



THE PORTUGAL News

Portugal's National Newspaper in English



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The height of the Algarve's summer festival season kicks off this week with Portimão's traditional sardine festival, followed by Silves' famous Medieval Festival next week. P.16



Road debacle >P2



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Soaring temperatures, extreme UV and fire risks see officials place entire country on high alert.

PORTUGAL SET TO BREAK TEMPERATURE RECORDS

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(Photo: Lusa/Nuno Veiga)

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Alcohol-related road deaths on the up, in tragic week on Algarve roads

In 12 months, the number of drivers killed in accidents on Portugal's roads and who were found to have a blood alcohol content reading above the legal drink-drive limit of 0.5 grams per litre of blood, rose by more than five percentage points.



CARRIE-MARIE BRATLEY

According to fresh figures out this week, in 2017, 35.5 percent of drivers who died in road accidents had readings above the legal drink-drive limit.

This was significantly up on the 29.3 percent registered in 2016, and also up on the 31.8 percent registered in 2015.

According to data cited by newspaper *Jornal de Notícias* (JN), many of those drivers had readings that were criminally punishable; 70 percent of them were found to have consumed enough alcohol to give readings above the 1.2 grams per litre of blood, which is a criminal offence.

The numbers were crunched by JN after being sent from the Institute of Legal Medicine and Forensic Science, which autopsied 279 drivers.

More than 99 of the drivers autopsied gave readings of 0.5 g/l or above; ten were under 0.9 g/l; 20 were found to have readings of over 1.20 g/l, and 69 drivers had more than 1.2 grams of alcohol per litre of blood, a rate that, had they have been caught by police, would have made them liable to be sentenced to prison.

Southern Portugal was the re-

gion where the most people with alcohol in their blood were involved in accidents, according to data provided to JN by the National Road Safety Authority (ANSR), followed by the central and northern regions.

ANSR's data is based on deceased whose deaths were declared at the scene of the accident or en-route to the hospital.

On top of that, last year, 98 pedestrians also died as a result of road accidents, 17 of whom had an alcohol rate above 0.5 g/l.

Overall, during the first five months of this year, 182 people died on Portugal's roads and close to 53,000 accidents were registered, which is three deaths fewer than during the same period of last year, but almost 2,700 more crashes.

The number of serious injuries caused in the accidents was also up.

In the last week of May 2018 alone, from 22 to 31 May, 18 people died on Portugal's roads and 53 were seriously injured in accidents.

In related news, the start of this week was another stark reminder for the Algarve of the perils of the intense summer traffic currently being experi-

enced on the region's roads, as a young ex-hockey player was killed in a violent smash on the notorious EN125, and seven tourists were injured in an accident on the A22, on the same day.

Luís Godinho, 20, who formerly played hockey for Sporting, was killed in a crash on Monday morning on the EN125 near Lagoa. Nine other people were injured, two seriously, and the road was closed in both directions, causing massive tailbacks and congestion stretching for kilometres during commuter traffic.

Three cars were involved in the collision, which happened at around 9.30am, at kilometre 47, direction Portimão-Lagoa.

It is understood Luís Godinho, originally from Évora, was driving and had friends travelling with.

The stretch of road was cut off in both directions for emergency services to attend, and only reopened close to midday.

At least a dozen emergency INEM ambulance and VMER resuscitation vehicles, fire engines and *bombeiros* ambulances were at the scene, which was littered with debris and injured people. Most of the in-



The Algarve has experienced a black week (Photo: Lusa/ Luís Forra)

jured parties were taken to Portimão hospital; the two most seriously injured were rushed to Faro Hospital. The accident happened on a stretch of road with a solid white line down the middle. GNR police are still investigating the cause of the crash. Later that same day, an accident on the Algarve's A22 motorway, between Boliqueime and

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in terms of road accidents, with several incidents, including a fatal accident on the EN125, recorded last week.

Albufeira, saw seven foreigners injured; four Germans, two Swedes, and the Czech driver. The group, who had been on a safari tour of Loulé's rural interior, suffered just minor injuries after the closed-top tourist jeep rolled. The group was on its way back to a hotel in Albufeira. The horrific accidents come at a time when the volume of traf-

fic on the region's roads increases exponentially due to the heavy influx of summer visitors, further aggravated by the number of drivers who opt for the EN125 to avoid tolls on the A22. Last year the government said it would be looking to reduce the number of accidents occurring on the country's roads and tackle the main causes of them

in 2018, after 2017 saw a global rise in road-related deaths, severe injuries and crashes. And while the overall number of deaths caused in accidents on Portugal's roads up until May was marginally fewer than in the same period of 2017 (down three), it seems the government still has work to do when it comes to seasonal influxes and drink-driving.

Average house price in Portugal increases to €950m2

The average price of real estate in Portugal increased by 7.8 percent during the first quarter of this year, year-on-year, to 950 euros per square metre, according to the National Institute of Statistics. In the period under analysis, 40 of the 308 Portuguese municipalities had an average home sale price above the national benchmark. Portugal's most expensive real estate is in Lisbon, Porto and the Algarve.

Inmates in Portugal's jails gradually dropping

The number of inmates in Portugal's jails has been gradually dropping, according to the head of the country's prison service, Celso Manata. This, he says, is largely because the number of offenders wearing electronic tags has risen exponentially. Mr. Manata says the number of inmates in prisons has been constantly dropping since 2016 and that presently only a few of the country's prisons are overcrowded.

Air Force collects 7.4 tons of bottle tops for disabled boy

The Portuguese Air Force has collected 7.4 tons of bottle tops to help a disabled Portuguese boy. The eight-year-old boy has a disability limitation of almost 92 percent affecting his communication, mobility and autonomy. The revenue raised from recycling the bottle tops will be put towards the boy's medication and treatments.

Spain challenges Lisbon for Web Summit

Spain's government has unveiled bids by Bilbao, Madrid and Valencia as it looks to take the right to host the Web Summit from Lisbon. Recognised as one of the world's largest tech events, the Portuguese capital will host the event this year, but as from 2019 will face challenges not only from across the border, but also from London, Paris, Berlin, Dubai, Hamburg and Munich. This year's Web Summit is to take place in November, with some 70,000 visitors from 170 countries expected. Organisers estimate the event generates 300 million euros in revenue.

Few immigrants out of work - 2nd highest employment levels in EU

Portugal is the country in the European Union where the employment rate of foreign citizens is the second highest. Portugal's rate of just under 83 percent is only beaten by the employment rate in the UK, which has the lowest percentage of foreign nationals on unemployment benefits. Portuguese nationals are however much less likely to be working than foreigners, with a figure of only 73 percent.

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Portugal to break temperature records

N BRENDAN DE BEER

After recording a mild July, which had threatened to be one of the coolest in decades, the month of August has started with a red alert being issued due to extreme hot weather. Concerns are such that the Armed Forces have been called on to support rescue services already on the ground as temperatures could reach new record highs.

The Portuguese Met Office has in the past few days issued successive updates on the heatwave, with projected maximum temperatures now expected to top existing records in a number of areas. "There could be new record highs in several locations", said the Met Office, adding: "Highs are expected to climb to around 45 degrees Celsius while lows will approach 30 degrees Celsius in many areas." Officials from several agencies have been placed on high alert, with thermometers having started their upward climb on

Wednesday. The peak of the hot weather will be this Friday and Saturday, with Lisbon among the localities where record highs could be set. Forecasts are pointing to a high of 44 degrees Celsius this Saturday. The highest the Mercury has ever climbed in the capital was on 1 August 2003 when it reached 42.0 degrees. The highest recorded temperature in Portugal was also logged on the same day, when thermometers in Amareleja reached 47.4 degrees. As it stands, both Évora and Portalegre in the Alentejo have

been told to brace for highs of 46 degrees between this Friday and Sunday. While coastal areas along the Algarve are set to be the coolest in Portugal this coming week, with highs in the region of 35 degrees, forecasts show that Silves will see maximums soar above 40 degrees on at least two days in the coming week.

Sahara to blame

The excessive heat, brought into Portugal from the Sahara, is also expected to last well into next week. While average highs are set to drop to just below 40 degrees, nights are

predicted to be particularly warm, with only a handful of regions seeing lows of below 20 degrees.

The southerly breeze which has brought with it the exceptionally hot weather has also been dragging up dust particles from the world's largest desert across the Mediterranean, resulting in a yellowish tone of the sky across the Algarve and into southern parts of the Alentejo.

Army called in

The high temperatures have meanwhile also seen the Navy and the Army called in to assist members of the Civil Protection Agency.

According to a statement issued by the Armed Forces, the military will be deployed in 13 of mainland Portugal's 16 districts until at least this coming Sunday and will stand ready to extend this period should the adverse meteorological conditions persist.

The hot weather has also seen firefighters placed on maximum alert in several parts of the country. Most of the Algarve has been placed on the highest advisory since Thursday due to the imminent risk of wildfires, with fears that

once ignited, fires could spread relatively fast due to blustery conditions and low levels of humidity.

Ozone alert

As a result, law enforcement officials have been ordered to "exercise zero tolerance" with individuals who fail to adhere to the country's strict anti-fire regulations during the summer months.

Exposure to ultraviolet rays will also be a risk, especially for the elderly, children, pregnant women and people with respiratory problems. People have been told to avoid exposure to the sun during peak periods, which range from as early as 11am in some parts to 5pm in the afternoon. Most regions have been handed a UV rating of 9 or 10 for the coming week, with the highest being 11.

Environmental agency Zero has also cautioned that large urban centres such as Lisbon will breach the recommended ozone levels. Extreme ozone levels can result in lung damage, inflammation of respiratory passages, intense and increased coughing and a higher probability of asthma attacks.

WEATHER

Temperatures set to soar

The coming days are shaping up to be scorches with thermometers expected to breach the 40 degree mark in most of the country by the weekend.

Lisbon: Lisbon will be on orange alert until Saturday, with blistering temperatures of over 40 degrees forecast until Sunday, and just a few scattered clouds hanging around. Temperatures will drop back to the low 30's by the end of next week.

South: Temperatures are forecast to peak at 36 degrees Celsius in the Algarve on Saturday, with overnight lows also expected to stay in the high 20s, which means even the nights will feel warm, and highs will hover in the mid-30s for the rest of the coming week.

North: The coming days are forecast to be scorching even in northern Portugal, where the mercury will peak at a whopping 38 degrees on Saturday. By the end of next week, northern Portugal will start to look slightly cooler than the rest of the country, albeit with maximums in the high-20s, and some cloud around.



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Lisbon airport can handle 10 more planes an hour - minister

Lisbon airport could handle up to 48 take-offs and landings an hour in 2020, 10 more than it can at the moment, the planning and infrastructure minister said after seeing air traffic simulations earlier in the week.

After a visit to the Air Traffic Control centre in Lisbon, Pedro Marques said the simulations showed that there could be up to 72 take-offs and landings once the secondary airport in Montijo became operational, but the main

Lisbon airport could still handle many more planes.

The airport manager ANA said it was going to speed up the availability of the physical conditions to increase capacity to more than 40 movements an hour and even handle as many as 48. *TPN/Lusa*

Foul play suspected in Faro fires

PJ police are investigating a string of incidents in and around Faro which saw a €21,000 car torched and a series of urban equipment set on fire, during the early hours of last Sunday morning.

Besides the high-cylinder BMW, bins and a bus stop were also set on fire. Faro firefighters received the first reports of fires at around 7am on Cidade de Hayward Avenue, coincidentally not far from where the fire station is located.

A bin and the BMW were found burning on the street, which is one of the main thoroughfares through Faro.

A short while later, another fire was reported in the Rio Seco area, on the way out of Faro towards Olhão. Post boxes and a bus stop were on fire, and in this instance the flames spread to a nearby spot of scrubland, causing a small wildfire.

No one was injured in the fires, which were initially being investigated by PSP police, but due to suspicion of arson, have been passed on to the PJ police.

Porto residents protest for housing



Residents in Porto this week staged a protest calling for the rights to housing, as enshrined by the Constitution, not to be affected by the boost in tourism figures the northern city has experienced in recent years. (Photo: Lusa/Manuel Fernando Araújo)

Lisbon airport taxi drivers protest against competition

Dozens of taxi drivers were stopped at Lisbon airport on Tuesday morning in solidarity with Spanish colleagues who are striking against competitors such as Uber and Cabify.

The two taxi lanes at the airport were stopped and displayed banners with *fuera hermanos* (be strong brothers) and *estamos con ustedes* (we are with you).

"We only want to get the message across to our politicians that we are not asleep and that what is

happening in Spain could happen in Portugal", António Ribeiro, one of the taxi drivers prepared to give his name, said, stressing that the protest was "orderly, and in solidarity with taxi drivers who are independent" of unions and representative organisations.

He also said that out of the 300 drivers who usually worked at the airport only about 100 were still on duty to ensure a kind of minimum service, so waits could be longer.

Taxi drivers in various Spanish cities have joined a protest that began in Barcelona and Madrid last

Thursday against licences for Uber or Cabify, whose drivers have complained they are being physically attacked.

The taxi drivers are demanding changes to the law to limit competition from cars working for the electronic platforms.

TPN/Lusa



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Health Ministry admits it may review incentives to lure more doctors to Algarve

Portugal's deputy State Secretary for Health, Fernando Araújo, has said that the government is to rethink its formula to attract doctors to the Algarve, after its 'special mobility' plan failed.



The Government is looking for new ways to attract doctors to units in the Algarve, such as the Faro Hospital (pictured) with previous plans failing to deliver the desired numbers. (Photo: Lusa/ Luis Forra)

The deputy State Secretary's words came after newspaper *Público* reported last weekend that a tender launched by the Algarve regional health board, which foresaw the relocation of dozens of doctors to bolster contingencies during the busy summer season had failed to do so. According to newspaper *Público*, 67 doctors were expected to have arrived in the Algarve by the end of September, but none have made it to the Algarve so far, after the government's placement programme failed to attract candidates. The extra needs are reportedly being filled by professionals working overtime. The government official voiced the Health Minister's intention on the sidelines of the inauguration of the High Differentiation Palliative Care Unit at the São João Hospital Centre, in Porto. Faced with the failure of the mobilisation plan to provide the Algarve with another 67 doctors, Paulo Morgado has promised a response from the ministry. "We will try, above all else, to look again at the question of incentives, how to reflect and capture resources", said Fernando Araújo, recalling that the Algarve is "a very needy area" where there has been "a lot of difficulty over the last 10, 15 years in terms of capturing and securing" health professionals. "We have to think very carefully about all types of incentives, to change them and make them attractive so that young specialists will want to start a life project in the Algarve", he added.

Millions to be invested in expanding Algarve landfills

Waste recycling and treatment company Algar is to invest around €7.6 million in expanding its two landfills in the Algarve, to increase capacity for waste disposal.

In the eastern Algarve, in Cortelha, Loulé, the work will cost in the region of €4 million and be finished in October. According to newspaper *Correio da Manhã*, the new cell to be opened up will have capacity for 130,000 tons of un-separated waste, over 10 years. This landfill will take the waste produced in Faro, Loulé, São Brás de Alportel, Olhão, Tavira, Vila Real de Santo António, Castro Marim and Alcoutim, and will augment the existing two-cell landfill inaugurated 18 years ago. A third cell has been

planned for the site since its construction. In the western Algarve, in Porto de Lagos, Portimão, work is already underway to expand the site and is expected to be finished by the middle of next year. The original landfill was inaugurated 20 years ago. Investment in the region of €3.6 million will see the site expanded to accommodate an extra million cubic metres of solid waste, from the counties of Albufeira, Lagoa, Lagos, Monchique, Portimão, Silves, Aljezur and Vila do Bispo.

Motorbikes stolen during Faro Bike Meet

At least ten souped-up motorbikes were stolen during the Faro International Bike Meet.

All of the bikes were special editions or modified, and worth at least €15,000 each, leading police to believe the thefts were organised. One was a special edition Ducati Panigale bought in the UK and was a one-off in

Portugal. The bikes were stolen from parking spaces outside hotels and rented accommodation in and around Faro. Footage captured on CCTV showed one of the thefts took place in less than 40 seconds.

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Anti-speculation councillor resigns as he looks to make millions off building

A left-wing Portuguese politician, who campaigned against property speculation, has quit after it emerged he bought a Lisbon building for 347,000 euros and renovated it (at a cost of around 600,000 euros) for later sale with a list price of 5.7 million euros.

Ricardo Robles resigned from Lisbon City Council, saying controversy over the deal had become a political

problem and made it hard for him to do his job. Robles said he bought the building, which includes 11 apartments, in 2014 with his sister, and a luxury real

estate company started advertising it last February. Robles belongs to the Left Bloc, a left-wing party and an important backer in parliament of Portugal's

centre-left Socialist government. The Left Bloc confirmed it would replace scandal-hit Ricardo Robles as its single Lisbon councillor with Professor Manuel Grilo, who was number three on the party's list for last year's council elections, following a meeting of its Political Commission. Robles had earlier announced his resignation from the council post, stating that this was "a personal decision" with the "objective of creating the best conditions for the continuation of the Bloco's struggle for the best for the city" - a slogan encompassing the party's demands not only for individual liberty to access urban resources, but also democratic control over policy.

His resignation comes in the wake of a report in last Friday's edition of *Jornal Económico* to the effect that in 2014 Robles bought

a building in Alfama, a historic neighbourhood currently being transformed by speculation and tourism. The Left Bloc has been strongly opposing real estate speculation, and its latest propaganda campaigns on billboards have focussed on housing issues and the stresses caused by speculators on first-time buyers and low-income earners. "On Sunday I informed the leader of the Political Commission of the Left Bloc of my intention to give up the positions of councillor in the Lisbon Municipal Council and of member of the coordinating commission of the Left Bloc for the Lisbon municipality," Robles said in the statement.

He described his move as "a private option, forced by family constraints" and "with respect for legal rules", to overcome what had become "a real

political problem" and put enormous constraints on his "intervention as a councillor". While BE leaders were supportive of Robles in the wake of the initial newspaper report, some leading party figures have been critical of him, against a backdrop of public criticism of his alleged hypocrisy in repeatedly condemning property speculation and the conversion of buildings in central Lisbon into tourist apartments, when he himself appeared to be doing just that. The other name that had been cited as Robles's possible replacement as councillor was the number two on the list, who happens to be a leading figure in Habita, a group that campaigns for affordable housing for residents, but she declined to move to one of the most prominent political roles currently available to Left Bloc politicians. TPN/Lusa



Ricardo Robles pictured here earlier this year with Left Bloc leader Catarina Martins. Robles resigned earlier this week. (Photo: Lusa/Tiago Petinga)

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Foreigners arrested at Boom Festival where 'drugs were sold from a menu'



CARRIE-MARIE BRATLEY

Scores of people were arrested on suspicion of drug trafficking at the biannual Boom Festival, which took place in Idanha-a-Nova in Castelo Branco, from 22 to 29 July.



Police made several arrests at the annual Boom Festival where party goers were reportedly buying drugs off menus. (Photo: Boom Festival)

PJ police staged an operation named 'Operation Full Moon' to crack down on drug-trafficking and drug-taking at the festival. Twenty-three people aged 22 to 48 were arrested inside the festival's enclosure during the

course of the event, and a panoply of drugs - allegedly being sold like food from a menu - were seized. A statement from the PJ said the majority of those arrested were foreigners. A wider GNR police operation that centred on the roads and vicinity around the Boom Festival,

from 16 to 29 July, saw 46 people detained on suspicion of selling drugs and a further 85 people were given official

warnings for taking them. The alternative, transformational Boom Festival has in the past been named by US magazine 'Rolling Stone' as one of its '7 Wildest Transformational Festivals'. This comes as reports emerged of drugs being sold inside the festival venue from menus in English titled 'Happy Meal', according to newspaper *Correio da Manhã*. "The arrests took place inside the grounds of the Boom Festival in Idanha-a-Nova, in a fight against the trafficking of so-called synthetic or designer drugs, among others, which are usually consumed at this type of

event", the PJ explained. Carried out in close coordination with the services of the Castelo Branco Public Prosecutor's Office and with the operational help of Criminal Investigation and GNR police, among others, Operation Full Moon "was the culmination of an investigation that began three months ago, to flag and neutralise the action of individuals who travel to our country, with the sole purpose of marketing prohibited substances", the PJ said.

In addition to the arrests, 900 individual doses of liamba, 1,800 doses of hashish, 3,650 doses of MDMA, 75 doses of

cocaine, and 1,100 doses of amphetamines were seized in total, along with 1,216 ecstasy tablets, 801 LSD 'micro-stamps', 26 bottles of liquid LSD, 40 LSD-impregnated chewing gums, 216 grams of hallucinogenic mushrooms, 492 grams of DMT-impregnated plant substances, 130 grams Ketamine, 77 grams of opium, and 47 mescaline micropoints. Various precision weighing scales and about €91,000 in cash were also seized, among other drug-related paraphernalia. One of the individuals arrested has been banned from attending the BOOM Festival.

Packs of stray dogs causing panic in Sintra

A large pack of around 10 stray dogs is causing panic in Sintra, after some of the animals attacked a number of people in the Quinta da Beloura neighbourhood.

Newspaper *Correio da Manhã* reports Sintra council says it is aware of the issue and that there are in fact three packs it knows of that need capturing, but has only just started on the process because until now the local kennel was full.

Efforts are currently being made to capture the dubbed 'Beloura Pack', to ensure the safety of people, belongings and other animals.

Councillor Eduardo Quinta Nova explained: "We lacked the appropriate conditions; we had to create transient spaces and create tools. It was not an

easy task."

According to the councillor, a metal trap was specifically created to capture the animals.

Once caught and tranquillised, Sintra kennel caretakers will take the animals to a purposely-created space within the municipal kennel so the pack can remain together and away from other animals.

The same will be done with the two other packs, of Praia Grande and Massamá Norte, which have been identified by the council.

"Three spaces have been created for these packs", Councillor Quinta Nova said, noting that it would be unwise to join these packs with other animals because they would attack them.

The councillor says he had been aware of these packs since November, when he took office, but that only now have there been reports that they are dangerous.

After being housed in the temporary kennel area, the animals will be removed in threes and rehabilitated for adoption.

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Child pool deaths highlight summer perils

N CARRIE-MARIE BRATLEY

Two children on holiday in Portugal have died after drowning in pools at tourist accommodation, in two separate incidents in as many weeks.

Last weekend a five-year-old British boy died in Portugal after reportedly drowning in a swimming pool. The youngster was said to have been on holiday with his family at the Amendoeira golf resort near Silves in the Algarve. According to reports, the boy was pulled from the water at a villa on Saturday afternoon but could not be revived. It is understood his death is being treated as an accident. Citing GNR sources, newspaper *Diário de Notícias* reports the boy had been playing with his two siblings in the pool, but was later spotted floating by his parents after his siblings got out. The GNR said they were unaware whether there was anyone else in the pool with the children at the time. It is expected that the Public Prosecutor will investigate the death, which is standard procedure in such incidents. A spokesman for the Foreign Office confirmed they are providing support for the family of a British child who died in Portugal.

Just a week prior to this tragic incident, a six-year-old Belgian boy died in a pool at a rural tourism estate in Azeitão, Setúbal, after being sucked into a filter. Only firefighters were able to dislodge him after his arm became stuck at the bottom of the deepest part of the swimming pool. It is believed the boy, identified as Vic, was underwater at the Arrábida Country Retreat for 15-20 minutes. The child was rushed to the Dona Estefânia Hospital in Lisbon but succumbed to his injuries. His parents, who released a lengthy statement on social media last weekend, have asked for an inquiry to be launched into their son's death. The Public Prosecutor is reportedly investigating. The family had been travelling round Portugal for 15 days with friends and coming to the end of their holiday when the tragedy occurred. "Immediately, we all jumped in the water to help him, but it was impossible to release him. We tried it again and again (first times we tried, he was still alive and moving, trying to release himself)... I panicked

because it was clear we couldn't get him out, but we kept on trying", his parents recall in the heart-wrenching post. The couple said they called 112 and "got reconnected five times before we had someone on the phone who spoke English". Emergency response teams eventually arrived and "broke open the door and turned off the filter system", before releasing the boy and attempting to revive him. He was revived after 40-45 minutes. The boy "was transported to Hospital de Dona Estefânia and immediately surrounded with the best care and love by the staff of the paediatric intensive care unit. "They were clear that Vic was severely injured. They promised to try everything they could to get him back but were not sure if they could and if they could, how he would come out... but he didn't make it. Saturday, 21st July, an MRI showed that his brain was severely damaged, including his brainstem, and everything showed he was brain-dead. Monday morning, 23rd July, he died a second time in our arms". The parents claim the filter was uncovered and

"the suction was so strong that he had no chance". "[It's] unbelievable this could happen while a simple cover could have avoided this", they said, emphasising "we have issued this statement to ensure that a thorough investigation of this case is carried out and that measures will be taken to prevent this tragedy from happening to another family". An in-depth report in newspaper *Correio da Manhã* explains "in Portugal there is no legislation that requires the adoption of safety measures in swimming pools for domestic use, which extends to tourism properties. There are only recommendations. And given that there is no law, there are also no inspections of swimming pools".



Belgian boy Vic (pictured above) who drowned in Azeitão, is one of two children who have died after drowning in pools at tourist accommodation in Portugal, in two separate incidents in as many weeks. (Photo: Supplied)



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Multi-million euro project to make Guadiana Bridge orange and bright

Newspaper Económico, citing sources from IP - Infraestruturas de Portugal, said the new-look bridge, one of the main roads between Portugal and Spain, will be orange. Work is expected to be complete next year, although a specific date has not been given. According to a document seen by

Económico, the bridge will be retensioned and repositioned to its original setting, with interventions including the insertion of 40 hydraulic shock absorbers on the longest rods, close to the bridge's deck, and 68 of its rods will be painted orange. The project also foresees decorative up-lighting of the two main towers.

IP said, in its opinion, the interventions will improve the overall dynamism of the bridge. In the document, IP stressed that occasional constraints may affect traffic on the road for the work to take place, but at no time would the bridge be completely closed off. The contract was assigned by IP-Infraestruturas de Portugal on 4

Construction company Conduril was contracted by road managers IP - Infraestruturas de Portugal - in April to carry out a bold €9.3 million revamp of the Guadiana International bridge, which connects Ayamonte (Spain) to the Algarve, although total costs for the bridge's overhaul are expected to climb to close to €10.8 million.

April for a total of €9.3 million euros to construction company Conduril. However, the total cost of work is expected to amount to around €10.8 million, with the difference being split between Portugal and Spain. This cost-sharing between the two Iberian countries was agreed in an accord signed in 2015 by the governments of the Portuguese Republic and the Kingdom of Spain, which defined the principles and conditions for financing, contracting, conserving and monitoring the rehabilitation of the Guadiana

International Bridge. Globally, the intervention on the Guadiana Bridge will cover an extension of 666 metres and a width of 18 metres, and will include resurfacing and reinforcement, lighting and aerial and fluvial signage, as well as vertical and horizontal signage, sidewalks, safety guards and the installation of decorative bridge lighting. Two hydraulic devices that act as buffers in the event of an earthquake, located on the Portuguese side, will also be repaired.



The Guadiana Bridge that links the Algarve with Andalusia is set to be repainted and renovated in the foreseeable future. (Photo: Lusa/Luís Forra)

Two tons of rubbish removed from Ria Formosa

Two tons of rubbish was this weekend removed from the Ria Formosa.

The action took place last Saturday and involved some 70 volunteers.

The clean-up operation was organised by local tour and

recreation boat operators and users, who have been demanding the dredging of the Ria for some time.

The majority of the rubbish, which was cleared from the lagoon's waters and sandbanks, was plastic.



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Briton ‘identified by police for beating wife in front of toddler son’ while on holiday in Albufeira



British holidaymaker called in by Albufeira police after beating wife in front of toddler son.

A 44-year-old British man has been formally identified by Portuguese GNR police on suspicion of domestic abuse, for allegedly beating his wife in front of their three-year-old child while on holiday in the Algarve resort of Albufeira last weekend.

According to newspaper *Correio da Manhã*, the incident happened during the early hours of Sunday morning. The man is suspected of having violently beaten his 25-year-old Portuguese wife in an apartment at the Balaia tourist resort, at around 2am, where they were reportedly on holiday. According to CM, citing sources who asked for anonymity and were allegedly at the scene and who witnessed the incident, the couple was accompanied by their three-year-old son and an

aunt of the victim, who had another two children with her. The newspaper claims the victim was in the bedroom, resting with the son, “when the man arrived at the apartment, apparently drunk. “He went to the bedroom and started annoying his wife. She told him she wanted to rest, which he did not respect, so the victim said she wanted to leave the hotel. That is when he hit her”. Things then escalated, CM elaborates, when “the victim fled to her aunt’s room and asked for help, and both managed to push the man out of the

room and close the door. Shortly after, the assailant left the apartment. “The two women took the opportunity to pack and leave the tourist unit with the children. As they prepared to get into a taxi, the assailant re-appeared but was intercepted by the GNR, who had already been called”. The newspaper claims the man was injured on one arm and was taken to a local health centre for treatment. The women and children were taken to a GNR station for their safety. The case has been handed over to the public prosecutor.

Portugal told to reduce salt content in processed foods by 70 percent

Specialists have slammed many of Portugal’s favourite sweet and savoury processed foods, such as cheese, ham, soups, cereals and yoghurts, for having too much salt and sugar.

According to two studies by specialists at the Ricardo JorgeHealth Institute’s Food and Nutrition Department,

Portugal will have to implement drastic measures to achieve healthy eating goals set by the government for 2020.

Among their recommendations, are that salt content in such foods must be slashed by 70 percent.

Schoolbooks free for students up to the 6th grade this coming school year

Schoolbooks will be free for students up to the 6th grade this coming school year.

From last Wednesday parents can enrol on the Mega free schoolbook website and claim their vouchers. Last year schoolbooks were free for the first time to primary school students.

This year the measure is being extended to 5th and 6th year students, and next year it will be rolled out to all remaining school years right up to the 12th year.



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Algarve summer calendar reaches climax

August is here and with it comes the pinnacle of the Algarve summer party scene, entailing a string of the region's most famous events and festivals that will keep visitors entertained until September.



The Silves Medieval Festival is one of the many highlights lined up for the coming weeks across the Algarve. (Photo: Lusa/Luís Forra)

The region's summer festival season kicked off with Portimão's famous sardine festival this week, which started on Wednesday and runs on the city's riverfront until

Sunday, 5 August. Olhão and Silves pick up where Portimão leaves off, with the acclaimed Seafood Festival (Olhão) and massively popular Medieval Festival (Silves) both

starting next week, on Friday, 10 August, and running until 15 and 19 August respectively. Lagos is holding its second Sunset Colour Party, on 12 August, before the turn of southern

Portugal's biggest fair, Fatacil, which takes place at the Lagoa exhibition grounds, from 17 to 26 August. Held since 1980, the Fatacil Crafts, Tourism, Agriculture, Commerce and Industry Trade Fair is for many the highpoint of the Algarve summer calendar and the biggest annual event of its kind south of the Tagus River. It takes place this year for the 39th time. Several hundred exhibitors are due to take a place at the event, which also features dressage and horse shows, and nightly entertainment. Fado superstar Mariza has been confirmed as one of the acts performing this year, along with singers Carolina Deslandes and C4 Pedro (see www.fatacil.pt). The peak season fun rounds off in August with Faro's F Festival, dubbed 'the last big festival of the summer', and which this year features national artists including Salvador Sobral, D.A.M.A., Diogo Piçarra, Aurea, and Blaya. A celebration of art and culture, music and street food, the F Festival takes place in Faro's Old Town, from 30 August to 1 September.

Medieval cemetery with at least 20 bodies unearthed in Lisbon

A medieval cemetery containing at least 20 bodies, half male, half female and all adults with the exception of one child, was unearthed by a team of archaeologists in Lisbon.

The discovery of the ancient burial site was made during a dig in the Santa Maria Maior neighbourhood. Archaeologists believe the necropolis dates from the late 14th to the early 15th century, and that more bodies could yet be found.

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Algarve's oldest museum reopens to the public today

The Algarve's oldest museum, the Almirante Ramalho Maritime Museum in Faro, has reopened to the public.

Originally inaugurated in 1889, the museum's re-opening ceremony took place last Friday morning. It will be open to the public between 2.30pm and 4.30pm

on Tuesdays, Thursdays and Fridays. According to the Portuguese Navy, an ethnographic collection on maritime activity and Algarve fishing is currently on display.

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Portugal 'among world's most competitive' for solar; output to multiply

Portugal is one of the world's most competitive countries where the generation of solar energy is concerned and planned new capacity will enable it to multiply its output by six by 2025, without state subsidies, according to its minister of economy.



Portugal is among the world's most competitive countries when it comes to solar power. (Photo: Lusa/Nuno Veiga)

“What we have been able to do is to persuade international investors of the country's natural conditions make a clear and transparent regulatory framework to attract investment and create conditions for these investments to grow in a country that, in solar energy, is among the most competitive in the world,” Minister Manuel Caldeira Cabral, told journalists at the inauguration of a new solar plant at Ourique, in the Alentejo. Dubbed Ourika!, the plant is the first large-scale solar facility in Europe to produce electricity on a market basis, without guaranteed feed-in tariffs or

other state subsidies that result in costs to consumers and taxpayers. The plant cost €35 million to build and has an installed peak generating capacity of 46MW. Over 30 years it is to generate 80GWh per year - enough to power 25,000 households. According to the minister, 1,000MW of solar capacity is already installed in Portugal and there is “a little over one thousand megawatts in the process of licensing” in the form of new solar plants that are to operate without subsidies. With existing licensed capacity, Portugal should be able to “more than triple” solar energy production

by 2022, and “multiply it by six” by 2025 - all without state aid. “This shows that Portugal today is a competitive country in terms of renewable energies without the need for subsidies,” the minister said, adding that the “very strong expansion of solar” and the boom in new plants stem from the country's “great conditions” for solar energy production, progress in solar technology and the country's “stable regulatory framework, which gives investors confidence” and allows it to “be competitive at market prices”. Portugal, he said, “has the best conditions, not only in Europe, but [also] globally, for the production of solar energy and what can be seen is that, in fact, investors have responded well.”

In the long-term the current strategy will lead to lower electricity prices in Portugal, he promised, pledging the government to “continue with a consistent strategy of increasing the share of renewables in energy production” but “increasingly burdening consumers less”. Meanwhile, he added, the new plants “guarantee” that Portugal will become “ever more an energy exporter ... that fulfils and even exceeds the environmental targets set in the European Union” and that will “gradually” enjoy lower energy costs, so making business more competitive and boosting families' purchasing power. *TPN/Lusa*

State bank CGD continues to shrink workforce and branch numbers

More than 400 workers left Portugal's state-owned bank Caixa Geral de Depósitos (CGD) in the first six months of this year.

The bank had 7,903 employees in Portugal at the end of June, compared with the 8,321 it had at the beginning of the year.

The CGD ran a programme of mutual-agreement rescissions and early retirement programmes this year, just as it did last year when almost 550 workers agreed to leave.

Its network of branches also shrank by 65 to 522 branches in June compared with 587 at the start of the year.

The branch closures have stirred up considerable controversy, as many are in small towns and villages with no other banks, and many of its customers are former public service workers who for many years had to use the bank to receive their wages or pensions.

CGD announced yesterday it had made a profit of €194 million in the first six months of the year, compared with a loss of €50 million in the same period in 2017. *TPN/Lusa*

Around 40 new Burger Kings to open over next three years

The Burger King chain and Portuguese company Ibersol have signed an agreement to open 40 new restaurants for the brand in Portugal over the next three years and to refurbish another 30.

Borja Hernández de Alba, head of Burger King Spain and Portugal, said the deal showed a “clear, firm investment in Ibersol as a fundamental partner for the brand, the Iberian

Peninsula and its growth.” Recent results for the group showed a profit of €3.5 million in the first quarter of 2018, 70 percent up on the same period in 2017.

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Where Will It All End?

N GWYNNE DYER

This is Armageddon Summer in the northern hemisphere: out-of-control wildfires all around the Arctic Circle (not to mention California and Greece), weeks-long heatwaves with unprecedented high temperatures, torrential downpours and Biblical floods. And yes, it's climate change.

It's quite appropriate to be frightened, because the summers will be much worse ten years from now, and much worse again ten years after that. Prompt and drastic cuts in greenhouse gas emissions now might stop the summers of the 2040s

from being even worse, but they wouldn't do much to lessen the mounting misery of the next 20 years. Those emissions are mostly in the atmosphere already. Besides, we're not going to see 'prompt and drastic cuts in greenhouse

emissions' any time soon. It's going to get a lot worse before it gets better - if it ever does get better. And so it is probably time to ask the obvious question: where will it all end? The worst case isn't the only case, or even the most likely case, but there may

be some value in understanding how bad it could get if we miss all the exits on the highway to Hell. And here I'm going to quote from an interview I did ten years ago with Dr Dennis Bushnell, chief scientist at NASA's Langley Research Center. It's all

still true today. He had been talking about the 'feedbacks' (melting permafrost, warming oceans, huge releases of methane and carbon dioxide). Because they cannot yet be fully incorporated into the computer models of climate, they lead to systematic underestimates of future warming. And then he cut to the chase.

"If you take all these feedbacks into account, the estimates are that by 2100, instead of two to six degrees Celsius rise (in average global temperature), it looks like a possibility of six to twelve degrees...."

These temperature changes would change the ocean circulation patterns and end up with much of the oceans going anoxic - very low oxygen content - which would then promote bacteria which produce hydrogen sulphates. These would rise and take out the ozone layer, and also make it somewhat difficult to breathe. This is by 2100."

What Dennis Bushnell was referring to was 'Canfield oceans', now strongly suspected of being the cause of four out of the big five mass extinctions. Everybody knows about the huge asteroid that struck the Gulf of Mexico 65 million years ago and wiped out the dinosaurs. Fewer people know that there is no trace of an asteroid strike associated with the other four 'great dyings', 444 million, 360 million, 251 million and 200 million years ago. So what happened then?

One common factor was that the planet was unusually hot at the time, but the real clue was that the deep oceans were anoxic. There was no oxygen down there, and therefore no life that used oxygen. When the oceans are very warm, the 'overturning circulation' (like the Gulf Stream) that carries vast amounts of oxygen-rich surface water down into the depths simply stops, and the oceans stratify into an oxygenated surface layer and an anoxic deeper layer.

But there was still life down there: sulphate bacteria that normally hide in the silt, away from the oxygen that would destroy them. In an anoxic ocean, they come out and multiply - and eventually, if the conditions are right, they rise all the way to the surface and kill all the oxygen-based life in the sea.

Not only that, but hydrogen sulphide gas, a waste product of their metabolism, rises into the atmosphere, destroys the ozone layer, and drifts over the land where it also wipes out most life. This has happened not once but at least four times in the past.

In theory, by warming the planet we would be creating the right conditions for another go-round, but in practice it's not all that likely. There hasn't been a 'Canfield' event in the past 200 million years, and when those earlier mass extinctions happened the planet was a good deal hotter to begin with.

Even if we avoid that fate, we may be heading for a mass die-back, including of human beings. Food is the key issue: as warming depresses productivity and turns whole regions into desert, mass starvation is imaginable, although actual extinction seems improbable.

It's also still possible that we will react fast enough to stop well short of mass death. When dealing with the future, you can only deal in probabilities, and even those are very slippery.

The situation is already quite grim. Bad news, of course, but when you find yourself in a high-stakes game you should know what the stakes are.



Flames from the River Fire portion of the Mendocino Complex Fire in Lakeport, California, USA, 29 July 2018. (Photo: EPA/Alan Simmons)

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

Algarve Activity Bike Rides

Here are the details of this week's rides:

Saturday 4 August - Bike Ride starting in Moncarapacho: We meet by the cemetery at 9.15am ready for a 9.30am start. This will be a fairly challenging ride with a café break somewhere along the way.

Sunday 5 August - Bike Ride starting in Fuseta: We meet in Avenida Marginal at 9.15am ready for a 9.30am start. This will



be a mostly easy Sunday ride of around 35-40kms with a café stop somewhere along the way.

If you would like to come along to one of these rides, please confirm either by text, email or on Facebook via the Activity Algarve Bike Rides page. If a ride has to be cancelled for any reason, such as bad weather, notification will be via text. We reserve the right to cancel any ride if less than 5 people are signed up. Price for participation is €5 per rider per ride. For more information please contact Paul Beesley on tel: 913226954, email: paul@algarvebikelihoodays.com, see our website: www.algarvebikelihoodays.com, or Facebook: Algarve Bike Holidays.

ACCA launches another Back to School drive

Children's charity ACCA has started its annual drive to ensure that youngsters across the Algarve can start the new school year with confidence, and with the basic essentials, such as pens and text books, to help them achieve. Although the government here does provide text books for the poorest, it does not supply children with the simple, everyday materials that are vital to support the learning process. Your help is needed. Every year, ACCA increases its back-to-school programme in an attempt to help as many kids under the age of 10 as possible – in 2017 the charity gave out 850 back packs, filled with those all-important essentials and this

year hopes to top that figure. For more information on what is needed and where it can be dropped off (between 21 August and 5 September), contact: backtoschoolalgarve@gmail.com, or phone Lynda on 936463177 or Su Davis - su.davis@sapo.pt. Or, if you prefer to let us have a donation, we will do the shopping and assemble the back packs (we can purchase these – and gym bags – for just €5). ACCA, the Algarve-based charity dedicated to helping children in need across the region, was founded in 2000. Over the past two decades, ACCA has delivered life-saving, and life-changing, therapies and medical aid to disadvantaged



youngsters who either live below the poverty line, or are orphaned and in care, or who require specialist treatment that is not available to them through Social Services. ACCA is run by a small Committee who give their

time, experience and enthusiasm freely to making the world a better place for these children. Thanks to our generous sponsors, donors, and volunteers we can make a difference, and put smiles on young faces.

Bowls Algarve

From 22 to 27 July, players from Floresta Bowls Club in Luz took part in the prestigious Poole Bowls Tournament in Dorset, UK. The players taking part were Gerry and Sue Kinane, Des Kane, Richard and Ruby Fribbins, Norman and Carol Merritt, Carol Williams, Pat Derouane, and George Humphreys.

This was a very tough competition, not only at times battling the heat and very hard greens, but the field of competitors containing several English Internationals (some with over 45 English Caps) numerous County Players and of course the many players having home advantage. The Floresta team which in many eyes, were the underdogs from the start, gave their best.

The Floresta Pairing of Norman Merritt and Gerry Kinane reached the Men's Pairs Semi-Final just losing out in the last end. The Triples of George Humphreys, Norman Merritt, Gerry Kinane also reached the Semi-Finals, no

'mean feat' getting to this stage as they had to play four and five games respectively. All the players from Floresta put on a good show in every game they took part in.

At the end of the week, Play Tournament Organiser, Alan Hardy, complimented Floresta for putting on a good show and highlighted one match and one individual from that club. The individual being Gerry Kinane, who played very well and consistently out-bowled many County and International bowlers. Well done to Gerry Kinane. Due to the schedule, Norman Merritt and Gerry Kinane, had to play three times in one day, with the heat the UK has been having, no 'mean feat' of endurance.

The Mixed Pairs match between Pat Derouane and George Humphreys of Floresta against Penny Creswell (English Lady Team Reserve) and the 'King of Firing' Chris Kane (ranked 54th Australia Men's Singles). This game was 20-18 in favour



of Floresta, with the last end Floresta holding one shot with one bowl to go. Up steps opposing Chris Kane, who took out the Floresta bowl giving them two shots and taking the game to an extra end, where Floresta went 1 down to

lose the match 21-20. The opposing Pairing of Penny Creswell and Chris Kane lost in the Final to the 48 times Capped Lady and her partner.

Well done to all the players from Floresta who took part. *George Humphreys*

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Animal World

Don't give a dog a bone!

Glorious sunshine and high temperatures during the summer means that many people will be enjoying some al-fresco dining in the garden.



But while there will be barbecues aplenty, common treats such as ribs, corn-on-the-cob and chicken drumsticks, can prove fatal to pets if swallowed. The PDSA is sharing the story of Sapphire, a seven-month-old puppy, who had a lucky escape after swallowing a bone. She had been eyeing up a chicken drumstick that 13-year-old Abi Paterson was eating during a family meal, and pounced the moment Abi dropped her guard.

The mischievous pooch ran off with her prize bone and swallowed it whole before the family could stop her. Quick-thinking mum, Lesley, immediately contacted a PDSA Pet Hospital, and staff told her to bring the pup in straight away. Sapphire was x-rayed before being rushed for emergency surgery to remove the bone. Kate Cavanagh, PDSA Vet, said: "The x-ray showed the bone lodged in Sapphire's stomach. There was a real risk, due to its size, that it could have led to a life

threatening blockage in her bowel. "We knew we had to carry out an emergency operation to remove it as quickly as possible." Thanks to our vets, the surgery was a success and the bone was safely removed just an hour-and-a-half after Sapphire swallowed it. The pup was kept in overnight for observation before being allowed home the following day.

Lesley said she is hugely grateful to PDSA for the treatment Sapphire received. She said: "The service was five-star and I really can't thank them enough. I knew as soon as she swallowed the bone how dangerous it could be and we were all on tenterhooks the whole time she was in surgery. "Needless to say we're now much more careful with Sapphire where food is concerned."

Our vets warn that bones can be dangerous to dogs as they can cause digestive tract damage caused by splinters, particularly with cooked chicken bones. Larger pieces of bone can also cause blockages in the throat or bowel, which are life-threatening. Kate added: "We would advise keeping unsuitable foods out of paws' reach and sticking to dog friendly chew toys - these don't present a choking or blockage risk and can also help keep your dog's teeth clean."

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VIVO is a big boy, around 33kg and around 6-years-old. He is a hunting dog, has a lot of energy and needs a fenced garden. Good with other dogs and children. For information email: friendscanilportimao@gmail.com

Super mushroom



This hairy mushroom gets its peculiar name from its appearance, which bears a resemblance to (yep, you guessed it) a lion's bushy mane. (Photo: PA Photo)

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ms!

They've long been a staple of traditional Chinese medicine, while the pharaohs of Egypt prized mushrooms so highly they decreed only royalty could eat them.

Nobody knows how many types of fleshy fungi exist in nature - there are about 10,000 described species, but mycologists suspect that this is only a fraction of what's out there. Whether sprinkled on pizza or diced into a bolognese, these fungal organisms are a pretty common part of our western diet, but while you might be au fait with the likes of Portabello, Shiitaki and Chanterelle, there are plenty of medicinal varieties that you perhaps haven't yet heard of.

Here, we've picked out four superfood mushrooms being hailed as quiet achievers in the health and supplement industry, that any health buff worth their kale smoothie should really know about.

Lion's Mane

This hairy mushroom gets its peculiar name from its

Cultures around the world have been harnessing the healing powers of the humble mushroom for thousands of years.

appearance, which bears a resemblance to (yep, you guessed it) a lion's bushy mane. This bearded shroom grows on broad-leaf trees in temperate areas of North America, Europe, and Asia, although it is rare to find in the wild. So what magical properties does it possess? "Studies have shown that Lion's Mane mushrooms can help to improve cognitive function and ease symptoms of anxiety and depression," says Emily Hedgman, a spokesperson from Link Nutrition. In addition to helping enhance brain function, Hedgman explains that Lion's Mane can also help to support the heart and circulatory system, improve digestive health and reduce inflammation.

Chaga

The Chaga mushroom has been slowly gaining popularity in the west for its broad range of life-boosting benefits. It's been used for hundreds of years in Siberia and Asia, where they cut or grind dried Chaga and steep it in hot



Nobody knows how many types of fleshy fungi exist in nature. (Photo: PA Photo)

water, releasing its bioactive compounds into a mild tea. These hardy mushrooms mainly grow on the outside of birch trees in colder climates and have a lumpy exterior that makes them look similar to a piece of charcoal.

"Chaga mushrooms are most impressive for their high antioxidant content whilst also being high in fibre and naturally occurring beta-glucans," says Hedgman. "According to a study published in the World Journal of Gastroenterology, Chaga

extract may also be able to prevent liver cancer cell growth - although more research needs to be done."

Reishi

This flat fan-shaped mushroom, also known as 'King of the Mushrooms', has been utilised for more than two thousand years in Asia, where its effects were so powerful, it was thought by some to grant immortality.

"Reishi, which is considered to be an adaptogen, is strongly anti-inflammatory and has uses tied to longevity, better immune function, and mental clarity," says Hedgman. Adaptogens, if you haven't already heard, help us to deal with the negative effects of stress, such as depleted energy levels and various types of hormonal imbalances.

Cordyceps

"Cordyceps is an anti-ageing, energy-boosting mushroom found in the Himalayas, that many experts claim can boost aerobic capacity and improve stamina," says Hedgman. These impressive mushrooms are known for their natural ability to fight free radicals, infections, and inflammation.

"Cordyceps have also been used for centuries to reduce symptoms of respiratory disorders, coughs, colds, liver damage and more," she adds.

If you don't fancy popping them in supplement form, Cordyceps have a mild flavour and can be stirred into a variety of dishes including soups, stir-fries and casseroles. Get creative in the kitchen - both your body and your mind will thank you.

PA/TPN

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Is your garden toxic?

The summer brings a wealth of outdoor activities for children, including exploring the nooks and crannies of their own gardens.



Monkshood (Photo: PA Photo)

But there could potentially be toxic plants around every corner, from monkshood and laburnum, to hemlock, aquilegia, autumn crocus (*colchicum autumnale*), lords-and-ladies and hellebores. These are all common plants you might find in your garden or in a hedgerow, and all have different levels of toxicity. The amount you would have to ingest to do real damage varies from plant to plant. Gardeners tend to be more at risk from touching a plant which may cause a skin

irritation from its sap, or an allergic reaction. A small number of plants may also cause the skin to be excessively sensitive to strong sunlight, resulting in severe localised sunburn and blistering. Giant hogweed (*Heracleum mantegazzianum*) and garden rue (*Ruta graveolens*) cause a phototoxic reaction. Irritation, pain and blisters result from exposure to plant sap in bright sunlight. Curious children may also put flowers or leaves into their mouths which are poisonous. Many plants give off their own warning signs. Some have an unpleasant taste which reduces the likelihood of a dangerous quantity being eaten, while others just do not look edible. Here are five of the most common toxic plants:

Monkshood (Aconitum)
Often planted under trees or spring-flowering shrubs at the back of a border, bearing tall spikes of helmeted flowers in blues and purples in the summer, all parts of the plant are poisonous and a skin irritant, causing burning of the lips and mouth, intense vomiting, diarrhoea and spasms. Historically, monkshood was used by people to commit suicide by eating the leaves. Hunters in the Amazon rainforest also poisoned the tips of their

arrows with it to kill animals.

Laurel
Many of us have laurel in our gardens - it belongs to the family that includes apple, cherry, plum and almond. But be warned that when you chop your laurel hedge the sap gives off an unbelievably soporific effect and you may fall asleep.

Foxglove (Digitalis)
Both the wild and hybrid varieties produce tall spikes bearing bell-like flowers in a variety of colours, and are often grown in partial shade, reaching heights of up to 2m (6ft). All parts of the plant are poisonous.

Glory Lily (Gloriosa superba)
These beautiful summer-flowering climbers, producing red flowers with yellow tips, are often grown on a south-facing patio or in a sunny, sheltered spot. But their beauty belies their toxicity and every part of the plant - particularly the corm - is poisonous.

Rue (Ruta graveolens)
A native of the Balkans, this plant with pretty yellow flowers was historically grown as a medicinal plant known for its anti-bacterial, anti-viral and anti-inflammatory properties. However, its herbal uses may become insignificant if you get sap on your skin, which in sunlight can cause a blistering reaction which can last for weeks. What to do in an emergency If you think your child has eaten part of a poisonous plant or suffered an allergic reaction to it, don't panic but do seek medical attention from the accident and emergency department of your local hospital, taking a plant sample with you, the RHS advises. The main message from the charity is that you should be aware of the plants which are toxic - and teach your children that if it isn't a recognised food, don't eat it. A full list of poisonous plants is available at the RHS website (rhs.org.uk).
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Playing it cool in the bedroom

The long, hot days of summer call for a light touch in the bedroom. When the temperature's rising, an unfussy, uncluttered space can help you feel cooler, and even simple changes - like replacing heavy drapes with floaty fabrics like voiles, and using cotton or linen bedlinen - will all add to the relaxed vibe.

Choose from one of these three looks for a warm-weather bedroom makeover, and create the perfect chill-out zone...

Dive into dreamy blues

"Crisp white and serene blue is a classic combination - it can conjure the freshness of a by-the-sea setting, synonymous with clear summer skies and scudding white clouds," says Mark Chambers, marketing manager, English Blinds. "Dressing the window with a blind like our Visage Mayfair Snow, which echoes the colour palette, rather than bulky curtains, can help make the room appear larger and more airy. "For a light summery scheme," Chambers adds, "balance a white backdrop with splashes of blue in prints and cushions, to add depth and interest."

TIP: Suit the season with bedding to help keep you cool at night and consider climate control bedding.

Play with sunny shades

"The hot weather's inspiring people to create their very own summer sanctuary," says Samantha Parish, interior design account manager, at bed specialists, Hypnos. "Statement colours can create a truly stylish bedroom, and when used in the right way, will still conjure a relaxing ambience. Combine colour - such as bright sunshine yellow or deep, zingy citrus orange - with a neutral white, to keep a look light, fresh and contemporary. "Don't be afraid to be bold and brave with your colour choices," Parish adds. "Think of the impact of those distinctive vibrant shades in sun-splashed Mediterranean settings, which achieve dramatic impact by



Adding large botanical prints is a fabulous way to make an instant style statement. (Photo: Dekoria/PA)

contrasting cool and hot hues."

TIP: Bring personality to classic white sheets, by layering them with throws and cushions in bold colours and patterns. Ideally, stick to one style of pattern and just vary the scale, and use complementary shades. Add more interest by varying textures.

Create a palm-fringed sanctuary

"Even with the scorching temperatures outside, the right choice of textiles, accessories and plants will help create a relaxing and cool bedroom," says Ali Szalinska, director, Dekoria. "The concept of bringing the outside in, with greens, natural textures and lots of house plants, has stolen our hearts this season - for a very good reason! Natural colours have a calming effect on the mind and plants help oxygenate the air, which aids restful sleep.

"To make the most of this trend,

remember to add succulents, fern, ivy and snake plants for their air-enhancing properties," Szalinska adds. "Don't be afraid to mix real plants with faux ones to create your very own easy-to-maintain urban jungle, especially if you want to minimise watering, or would like green touches in dark areas, where real plants would struggle.

"Adding large botanical prints is a fabulous way to make an instant style statement, and we've drawn inspiration from tropical beach palms for our bold cushions and blind. Ensure the rest of your accessories are in neutral shades like pale grey, and keep the space uncluttered so those statement pieces shine."

TIP: The bedroom's an ideal place to use neutral muted colours for decor and bed linen. As with clothing, dark colours absorb the heat and light colours reflect it, so opt for whites and pale pastel colours for bedding, in soft cotton or breathable linen. PA/TPN

Speaking your animal's language



Ferragudo has welcomed a new vet to the town, with his state of the art clinic providing top level care for your pets at the Centro Veterinario de Ferragudo.

Dr Bruno Bizarro is on hand to help keep your pets fit and healthy with check-ups, preventative care and grooming and is also available 24 hours a day for emergencies.

A great deal of care and attention has been put into making the clinic, which is located on the riverbank opposite the main square, a reference for animal care, with Dr Bizarro kitting it out with an ultra sound machine, x-ray room, recovery room and consultation room and there are plans for a dedicated grooming room also.

As well as providing essential care

and surgeries, the clinic also has on hand a variety of complementary products including natural sprays, collars and a range of top quality cat and dog foods.

If you are looking for a vet that speaks your pets language then look no further than Dr Bizarro at the Centro Veterinario de Ferragudo.

The new clinic is open Monday to Friday from 10am until 1pm and from 3pm until 7.30pm. It is open on Saturdays from 10am until 1pm. Closed on Sundays and bank holidays.

For further information about the Centro Veterinario de Ferragudo, or to make an appointment, please call +351 910 844 256 or email centro.veterinario.ferragudo@gmail.com

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Islands packed with fun

Who said beach breaks have to be lazy? Verena Vogt gets active on a twin-centre holiday in Reunion and Mauritius.



The mountains near Mafate on Reunion. (Photo: PA Photo/IRT)

We're 15 minutes into our helicopter flight when we suddenly lose speed, and the deafening sound of the rotor blades fades. It's a rather worrying development considering we're flying high above a gorge with sheer vertical cliffs and no obvious place for an emergency landing. But it seems our pilot has simply slowed down so we can get a good look at waterfalls cascading below us, and soon we're back at full speed, zipping over mountain ridges and into lush green valleys. I'm on Reunion, a French overseas territory in the Indian Ocean, and our half-hour flight is the perfect introduction to this mountainous island. Often overshadowed by its beach-ringed neighbour Mauritius, Reunion is an outdoor enthusiast's dream, and combining both islands in one holiday means I get to explore

two very different worlds. An island made of mountains, with its jungle interior and volcanic peaks rising to more than 3,000 metres, Reunion is particularly popular with hikers, as many of its natural wonders can only be discovered on foot - or by air. Among them are the three cirques or calderas; tree-covered valley basins hidden deep inland that were created by collapsing volcanoes. From the air, we spot the most remote of these, Mafate, which is dotted with tiny villages and only accessible via a two-day hike. Our guide Alexis, a wiry Frenchman with bags of charm, tells us that rafting and canyoning are other popular pastimes here, as is cycling - either along the 200km coastal road or, if you have the stamina, up the steep and winding roads to the island's interior. But I decide to skip the high-intensity exploits and instead head south-east to Grand'Anse,

where a well-worn forest path leads us to clifftops and uninterrupted ocean views.

Getting to grips with a volcano

After an hour's drive further east, we stop at the Grand Brule, a 60-metre-wide hardened lava flow created by repeated outbursts of the Piton de la Fournaise, one of the world's most active volcanoes. The grey landscape has an otherworldly feel, and we detect few signs of life as we walk across the rough elephant skin-like surface back to our vehicle. The eruptions that caused these flows also created lava tunnels; kilometre-long underground networks that can be explored on guided tours. We follow along a slippery path, descend into a hole no more than two metres wide and find ourselves in a basalt tunnel that stretches for 700 metres up into the mountain, and all the way down to the sea. Equipped with headlamps, we

take a few steps before we switch off the lights and find ourselves in complete darkness. A nice moment for some quiet reflection - until we hear scuttling noises. Are we being attacked by the white crabs that live in these tunnels? No, it turns out to be our guide playing a joke.

A taste of the tropics

We decide to calm our nerves with food, and as we arrive at the local market in Saint-Paul, we're reminded that this is a slice of France in the middle of the Indian Ocean, with pain de campagne, macarons and brioche sitting alongside tropical fruit such as goyaviers (small and red with a slightly tangy taste) and combava (a wrinkled type of lime). And everywhere we look, there is vanilla. It was on Reunion in 1841 that a young slave discovered vanilla orchids could be pollinated by hand, revolutionising the plant's cultivation, and there are still more than 100 vanilla producers on the island today. Not surprisingly, the black spice is a key ingredient in Reunion's cuisine - my culinary highlight is a duck lentil curry with vanilla which we enjoy in a small restaurant in the village of Hell-Bourg. Fish and tropical fruit also feature prominently. The green papaya salad, grilled parrot fish and pineapple carpaccio we're served on our last evening at our hotel, the colonial-style five-star LUX* Saint Gilles, is the kind of food you're likely to find all over the island.

Zippering through the jungle in Mauritius

The next day, we say goodbye to Reunion and, after a mere 30-minute flight, land in Mauritius for the second part of our journey. Best known for its long, pristine

beaches, the former British colony immediately lures us into its warm and crystal-clear sea, but there are still plenty of non-water-based activities on offer. One afternoon, we head to the Domaine de l'Etoile nature park, which offers one of the world's longest zip-line courses (£45 per person), with seven lines ranging from 350-750 metres.

For two hours, we zip past fruit bats and through treetops, and once we're back on the ground, we watch our step to avoid crushing frogs hopping across the wet grass. We stay at another LUX* hotel, the LUX* Belle Mare, which has recently had a makeover from UK designer Kelly Hoppen, and comes with a distinctly British touch. A 1933 Rolls-Royce operates as a food stall, fish and chips are served at the beachside bar, and a red phone box allows you to make free calls to anywhere in the world. The hotel also organises cycling trips, so early one morning we find ourselves on bright red bikes, riding past tobacco fields, along a deserted beach and into the little fishing village of Trou d'Eau Douce, where we've just missed the fishermen bringing in the catch of the day. It's only 7.30am but the sun is already out in such force that we're glad to get soaked by roadside sprinklers as we make our way back to the hotel. We're drawn back to the sea one last time and end our holiday with a snorkelling trip just off the hotel beach. I watch a parade of fish swim past my face, and after the adrenaline rush of the past week, an unexpected feeling spreads through my body; a deep sense of serenity. **PA/TPN**

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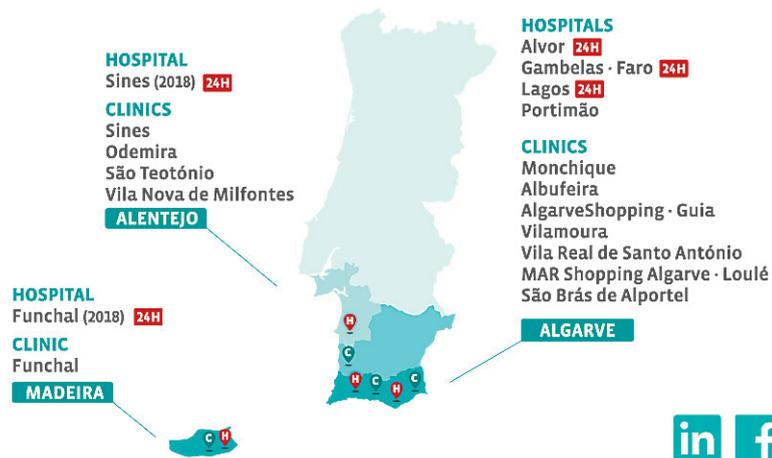
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Banish the rub!



If you've ever tried exercising in the heat, you'll know that this is a total danger zone for chafing. (Photo: PA Photo)

For many of us, the main drawback of this time of year is chafing - that highly irritating and painful phenomenon of skin rubbing against clothing or other skin. Chub rub (as it's delightfully known) can happen anywhere on the body, but as summer heats up, it's our thighs that really bear the brunt. Even though the curvier amongst us tend to experience worse chafing, it can happen to anyone - including those who are into their sunshine exercise. So, how can you get rid of chafing - or at least

minimise it? Here are some easy hacks you can try if the summer sun is getting the better of you.

Anti-chafing bands
Chafing is caused by friction, so you can minimise this by preventing the skin from rubbing. Anti-chafing bands are hugely popular, because they're inconspicuous bits of material you circle around the tops of your thighs, preventing the skin from touching. Unfortunately, these bands aren't a particularly well-kept secret and have sold out in places like Pretty Little Thing. Never fear, though, because you can actually

make your own - get crafty by cutting up some tights or even wear cycling shorts underneath your favourite summer dress, and you're good to go.

Lip balm
Wait, did you think that lip balm was only meant to go on your face? In fact, it's multi-functional - not to mention cheap. If you apply lip balm or Vaseline on the areas that are most likely to chafe, it will make the skin slick and slippery, and stop it from rubbing against skin or clothes.

Roll-on deodorant
Using deodorant to

Summer is full of amazing things, like actual warmth on your skin and the excuse to drink in the daytime, but it's not without its perils.

prevent chafing is one of those old wives' tales that has been circulating Twitter for years, but it really seems to work (plus, it has celeb endorsement from the likes of Amy Schumer). If you roll antiperspirant on the top of your thighs, it will stop them from sweating so much. As we all know, more sweat = more chafing, so the deodorant will help ease this.

Talcum powder
Talcum powder works in a similar way to deodorant, but instead of preventing sweat, it serves to soak it all up. Just beware of applying too much baby powder to your legs - you don't want to look like you're leaving a trail of dandruff behind you as you leave the house...

Watch what you wear
If you've ever tried exercising in the heat, you'll know that this is a total danger zone for chafing. It might seem unavoidable, but try and minimise chub rub as much as possible by wearing exercise gear that's moisture wicking and fits close to the skin. Even if you're not working out, it's also worth putting a bit more thought into what you're wearing. Small changes can make a big difference - such as swapping out your normal undies for seamless underwear, meaning you won't rub up against the seams any more.

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Could the 16:8 diet be the answer?

Most of us know all about the 5:2 diet. Sometimes recommended by doctors, it simply involves eating normally for five days, then having two fasting days where you consume only 500-600 calories per 24 hours.

The diet on everyone's lips right now, however, is the 16:8 - a regime which doesn't involve two days of feeling uber-hungry, but instead, allows you to eat normally between the hours of 10am and 6pm - meaning you have eight hours to consume your daily nutrients (and treats) and a daily 16-hour fast. Interest has been brewing since a group of 23 obese men and women took part in a study (published in the Nutrition And Healthy Aging journal) and ate abiding by the 16:8 rules - only drinking water after 6pm. Over a period of three months, the average body fat loss was 3% per person and there was a significant decrease in cholesterol levels, too. Another control group were allowed to eat freely, and the results found those on the 16:8 diet consumed roughly 300 calories less per day, meaning they weren't bingeing on food during the hours they could enjoy whatever they liked. So, the advantages of a diet like this include not having to give up any particular foods, and that your body knows what to expect each and every day, hopefully avoiding any of the bloating symptoms sometimes caused by the 5:2. However, if your vice is a glass of wine in the evening, you might find this eating plan tricky.

What are the headlines not telling us?

"Although many of the 16:8 headlines refer to 'eating what you want', achieving weight loss on this diet still occurs from a deficit in calorie intake," says fitness expert Laura Williams (laurawilliamsonline.co.uk). "Rest assured, if you were to really go for it, and have that ability to Hoover up thousands of calories in a short space of time, you might not get the



As long as you're happy to miss out on that evening mealtime experience, the 16:8 diet really could be worth a shot. (Photo: PA Photo)

results you'd bargained for." She also notes the study was pretty small, with 23 completers - who, by the way, had also completed a previous trial, so their awareness around weight loss might be different to participants selected in a randomised controlled trial. "This method of time-restricted fasting also carries a lower daily calorie reduction (the thing you need to achieve on any diet in order to lose weight) than intermittent fasting," adds Williams. "You'll drop around 25-35% of cals on intermittent fasting, vs 20% on time-restricted."

The verdict

"Eating this way usually means limiting your intake to three daily meals," says Rob Hobson, registered nutritionist and Healthspan head of nutrition. "It's the simplest of fasting methods and once you have the timings right, you can easily fit your meals into the eight-hour window. There's less time to eat between meals, which is obviously going to benefit your waistline. "I think this is more realistic than the

5:2 diet," he continues. "The fact that you can effectively be asleep for most of the fasting time on the 16:8 makes it easier to integrate into daily life." Williams can't decide if she's a fan, because fundamentally, the diet aims to appeal to the gluttonous, comfort eater in all of us. "I've seen that 'deprive, deprive, deprive, then... GO FOR IT!' approach work on first-time intermittent fasters (never seems to work quite as well on return attempts, interestingly)," she continues. "I'd say it's worth a go if you don't have any conditions which may make fasting unsuitable. You're unlikely to come to any harm going this long without food, as long as you eat well during the time you are eating. I'd suggest chomping as many nutrient-dense calories as you can; think fibre-and-protein-rich minestrone soup, jacket potatoes with tuna, beans on toast - all the stuff that gives you a lot of satiety bang for your calorie buck." So, as long as you're happy to miss out on that evening mealtime experience, the 16:8 diet really could be worth a shot.

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Sports and Feet

High impact sports such as basketball, soccer, running, football, golf and really any sport that involves using your feet can lead to injuries that will require specialist treatment. It is easy to injure your feet while playing sport as the forces between your feet and the ground are amplified during high impact activity.



Sports Injuries

Overuse syndromes are common occurrences in sport and include injuries sustained from repeated action such as long distance running, as opposed to acute injuries which occur in an instant such as a sprained ankle. Your individual biomechanics will have an effect on the likelihood of certain injuries. Prevalent sports injuries include shin splints, runner's knee, Achilles tendonitis and stress fractures. Sports people may also complain of thickened nails that can sometimes become ingrown or get bruises under the nail from repetitive trauma.

Treatment

Treatment for sports podiatric injuries involves a biomechanics assessment to look at your posture, strength, flexibility and movement, and an analysis of how the movement of your feet affects your lower limbs. Evaluation of sports shoes, stretches, strengthening exercises, application of various physical therapies and the fitting of orthotics are methods your podiatrist may use to address your particular injury.

Choosing the Right Shoes for Sport

Shoes must have sufficient room at the toe; we recommend a minimum of 2cm and shoes that do not compress the sides of the feet in a way that causes friction and potentially leads to sores or corns.

Identify the primary activity that will be performed in the shoes and select

accordingly - different kinds of exercise require different kinds of shoes.

Traditional running shoes are designed to absorb forces, which can be between 3 and 4 times your body weight. Lightweight mesh materials can ensure that the upper parts of the shoe are breathable and don't stretch or distort with exercise. Some runners are now choosing 'low profile' or 'barefoot' running shoes; however, these do not offer the same support or cushioning as a traditional sports shoe. If you are choosing this type of running shoe, you may need to adjust your running technique to avoid injury.

Shoes for general athletic or aerobic activities can have features that help control biomechanical problems. Your podiatrist can help advise you about the correct shoe for your preferred sporting activity and foot type.

In general you should aim for sturdy heel support, good arch and appropriate cushioning.

Wear and Tear

Athletic shoes should be immediately comfortable and not require breaking in. An average athletic pair should last 1000kms, although this will be influenced by your body weight and the surface you run on. You'll need to replace your shoe when it becomes distorted from constant wear or the mid sole has become compressed and is not able to absorb the forces of impact.

Grasshopper Greens Synthetic Grass Solutions

Grasshopper Greens was established in 2005 to introduce top quality synthetic putting greens to the Algarve golf market. Deceptively realistic, these closely replicate the playing characteristics of natural greens to offer a constant-use practice facility. Recently, we completed the construction of the prestigious Albufeira 20-hole mini-golf park visitor attraction at the Ondamar hotel for the Acitur Group, Lisbon based company, aimed at novices, families and seasoned golfers alike. This facility is open to the general public and not just hotel guests and is a hugely popular attraction for visitors to the Algarve.



Yet the golf market is just one area of specialism nowadays, as Grasshopper Greens offers a wide range of synthetic grass products for specific surfaces - tennis courts, soccer pitches and croquet lawns. The business has also broadened to meet demand for a range of domestic applications: lawns, patios, roof terraces, verandas, pool surrounds, even safe play areas for kids. Their most recent innovation is high-quality artificial hedge - either a box-type hedge or a tealeaf-style bush - which provides an immaculate, no-maintenance leafy border for any garden or patio.

Company director Martin Edwards explains: "In the Algarve environment, where lawns aren't naturally sustainable, where water conservation is a growing issue and water bills are rising steeply, many homeowners are looking at the long-term savings offered by synthetic lawns. Our lawns bring a realistic, lush and beautifully manicured aspect to all kinds of outdoor areas, requiring minimal maintenance - and no watering!"

Grasshopper Greens uses the finest-

quality products from Dutch manufacturers, offering the most advanced fibre technology. Martin underlines this necessity: "All too often I've seen the problems that occur with cheap products on the market, usually from the Far East. I completely avoid these, and the products I offer carry a 10-year warranty plus a 5-year installation guarantee."

The company prides itself in being the longest-established, and one of the only specialist synthetic grass companies in Portugal with a professionally-trained team of installers, now with over 13 years' experience. They offer a complete design & installation service or can also sell synthetic lawn direct 'off-the-roll'.

Martin concludes: "Grasshopper Greens takes absolute pride in delivering a first-class service: the best products, the highest quality workmanship - and an evergreen investment!"

Curtains and Cushions to Transform Your Home

Paula and Renata use their skills to create handmade curtains, covers, cushions and anything made from fabric - to make each property unique, comfortable and perfect for every homeowner. Established 3 years ago by Paula Suldac and her daughter Renata, the pair bring together their skills with fabric and their distinctive creative flair to transform homes quickly and effectively. Paula has 36 years of experience making curtains, cushions, blinds and covers by hand and between them Paula and Renata can make just about anything from textiles. All of the projects completed by Paula and Renata are carried out to the highest standard and all clients receive a visit from Paula and Renata prior to commencing any project to ensure correct measurements. The team are happy to complete projects of all sizes, from curtains in a single room, to the recovering of outdoor furniture, with discounts available for larger projects. New curtains in a room can change the look and feel of the space either by themselves or as part of a refurbishment project. Updating cushions on indoor sofas and chairs can transform their character. New cushions for outdoor furniture can update economic and old furniture to look exclusive and feel more comfortable. Paula and Renata work primarily in the Lagos area but for larger projects, almost any location along the



Algarve will be considered. Visits to the workshop, where clients are able to view a wide range of textile samples, are recommended and are by appointment only. Displays of work by Paula and Renata are available to be viewed at Furniture World on the EN125 Lagos. They also have a comprehensive Facebook page with numerous pictures and videos. Workshop address: Estrada da Barragem, No 13, R/C Esq. 8600-250 Odiáxere.

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Paul also specialises in cleaning fabric sofas, vinyl and of course is especially skilled at deep cleaning your leather. Did you know, that if you don't regularly clean, condition and protect your leather it can rot?

Basically, the special topcoat sealers on your leather's surface will simply deteriorate and breakdown, allowing the leather to be exposed to harmful body sweats, acids and oils.

Paul decided to extend his successful UK-based business, overseas, and start building his life, with his family and three children, in the Algarve. Now seven years later, his leather restoration business has gained a fine reputation for achieving amazing,



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If you can't imagine that this is possible, see the photo gallery and videos of Paul's work on his website: www.algarveleatherrestoration.com

"We were thinking of replacing our settees because suntan lotion had caused them to stain, but we thought we would try Algarve leather restoration and the results were unbelievable. The settees are like new. We are so pleased and recommend you try."

Jan and Richard Etheridge - Vilamoura.

Charming property on the outskirts of Praia da Luz

This charming property is set in a very quiet, sought-after residential area on the outskirts of Praia da Luz, only 1500m to the centre of the village and 15 min. walk to the beach. The main house has 2 bedrooms, along with 2 cottages, both with private access.

The property is complete with a 10x4 pool, a lovely garden, parking spaces and separate building with 3 rooms which can be converted into more accommodation with private access.

It's full of potential, perfect for a residential home, a holiday home or/and a good rental investment.

The property comprises on the ground floor, a square-shaped kitchen with separate front door entrance, the bright living/dining room which has a log fireplace and sliding doors with mosquito nets that leads onto the main terraced area, pool and BBQ. Down the corridor is the master bedroom and one twin room with a view to the garden, both with built-in wardrobes and sharing a large family bathroom with a shower and a bath. To the left of the main terraced area is the ample workshop/

storage room/laundry and office, here are 3 rooms which could be converted into more accommodation for guests.

The terrace turns into the lovely garden, and the 1st cottage, which is currently a living room with built-in wardrobes, a bathroom, and with private access.

First floor: the exterior staircase leads to the front door of a twin room with built-in wardrobes, a bathroom, a fridge and sink area and with a private balcony overlooking the garden with some sea views.

For further information or to arrange a viewing of this amazing villa (Ref: AV-510SL), priced at €450,000, do not hesitate to contact Abacoz Algarve, tel: (+351) 282 044 886, email: info@abacozproperties.com or visit: www.abacozproperties.com



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Tavira, Sao Estevão

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REF:614815 €825,000

Algoz, Silves

Lovely townhouse in Algoz village with a lush private garden (285m²). Downstairs 2 bedrooms, equipped kitchen, living room with a fireplace, bathroom with sauna and sunny winter garden room (30m²). Upstairs mezzanine rooms, W/C, terrace.

REF:606011 €205,000

Alvor, Torralta

Great investment studio in very good condition in Alvor village by the sea front just 2 mins walk to the beach. Horizontal views to a Alvor river, village and the mountains. Fully equipped kitchenette, A/C. Property is fully renovated (2018).

REF:615393 €115,000

Monchique, Sitio Da Gingeira

•Lovely sunny land, 1,6 hot., with the ruin on the hill with gardening terraces in Monchique mountains with magnificent views facing south and west.

REF:606969 €58,000

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Ready for you to choose the finishings, this large three storey house is the middle one of three, situated in a quiet location on the outskirts of Almancil. At the front it has its own swimming pool and appears to have two stories but being built into a hillside it has a rear, ground floor entrance to the enormous garage which could easily have various uses. At the moment there are three bedrooms and two bathrooms, kitchen which will be fully fitted and a large lounge with fireplace. There is an open view over countryside from the balconies to the rear.

€325,000

Ref. V661

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VILAMOURA – EXCELLENT OPPORTUNITY

Excellent apartment consisting of 1 bedroom, 1 bathroom, kitchenette and living room. Terrace. Outdoor parking area. Communal swimming pool and spacious green area. ENERGY CLASS – C

REF.A01660 PRICE: €115.000

VILAMOURA – SPACIOUS APARTMENT

Set in a complex with communal swimming pool and garden area, 2 bedroom apartment (en-suite), comprising 3 bathrooms, lounge with fireplace, equipped kitchen and spacious terrace. Const. area aprox. 105 SQ. M. Parking space in the garage. ENERGY CLASS - C.

REF.A01657 Price: €295.000

PADERNE – PRIVATE CONDOMINIUM

Beautiful villa situated in a private condominium consisting of 3 bedrooms, 3 bathrooms, living room with fireplace, fitted kitchen, utility room and several terraces. Carport and private garden. Two communal swimming pools. Const. area - 155 sq.m.

ENERGY CLASS - B- REF.V12892 PRICE: €399.000

VILAMOURA – EXCELLENT VALUE

Semi detached villa, 3 bedrooms, 3 bathrooms, living room with fireplace, kitchen, storeroom. Basement with small lounge, bathroom, laundry. Partly furnished, A/C. Plot area-320 sq.m. Const. area-150 sq.m. + basement (+ - 150 sq. m.). Golf view.

ENERGY CLASS - F REF.V12842 Price: €395.000

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Tavira: 281 320 281
Vilamoura: 289 301 294



Tavira
Exceptionally spacious 5 bedroom / 4 bathroom villa 277 m² with guest-house (108 m²), Mediterranean garden & heated swimming pool. Plot of 9140 m².
EC class: in process
Ref:LHV-1411 Price: €675,000



Moncarapacho
Moorish style 3 bedroom / 3 bathroom villa (188 m²) with swimming pool, garage & large (automatically irrigated) garden (5240 m²). Private borehole.
EC class: D
Ref:LHV-1389 Price: €650,000



Tavira
3 bedroom / 2 bathroom penthouse (130 m²) with sea view, exclusive roof terrace, garage & access to communal pool. Nice area. Completion early 2019.
EC class: in progress
Ref:LHA-1330 Price: €420,000



Tavira
Modern, new 3 bedroom / 2 bathroom apartments (121 m²) with terrace & underground parking space in the center. Elevator. Completion spring 2019.
EC class: A
Ref:LHA-1305 Price: €244,000



Tavira
Immaculate 2 bedroom / 1 bathroom countryside villa (83 m²) with pretty garden and stunning sea view. Possible all year round living. Private borehole.
EC class: D
Ref: LHV-1416 Price: €170,000



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STAR PROPERTY
Vilamoura

3 Bedroom detached villa in popular resort of Vilamoura. Very central position and walking distance to Vilamoura Marina. Good as a holiday home or investment.

Please call or see our website for details.

Ref:FS135 Price:€575,000





This 3 bedroom detached villa is situated next to the Old Village and within walking distance of Vilamoura Marina. It has been well maintained with good size bedrooms and an open plan lounge and dining area. Mature garden and secured parking area. Very good location.



AMI 7557

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Vilamoura €975,000
***** New property *****
A fantastic 5 bedroom villa located in a quiet location in Vilamoura, not far from local amenities. The Property is very well equipped offering, air-conditioning throughout, under floor heating/cooling, electric shutters, and an alarm system.



Vilamoura €475,000
***** Great investment *****
South facing 3 +1 bedroom property, located in a nice and residential area of Vilamoura. Within walking distance to restaurants, bars, some shops and a supermarket. This property would benefit with an update, perfect for someone who wanted to invest.



Vilamoura €650,000
***** New Property *****
Delightful traditional style 3 Bedroom / 2 Bathroom detached villa with private pool and on a good size plot. Set in a tranquil area of Vilamoura but within 5 mins walk to the Marina. Would make a wonderful permanent home or holiday home.



Vilamoura €585,000
***** New Property *****
Immaculate south facing 4 Bedroom / 3 Bathroom detached villa with ornate shaped private heated swimming pool and gardens located in 'Le Club' area of Vilamoura walking distance from the Hotel Hilton Spa Resort.



Vila Sol €820,000
***** Must Be Seen *****
Magnificent 3 bedroom / 2 bathroom detached bungalow with private swimming pool south facing, very private with underfloor heating and air-conditioning. Would make an exceptional family home or holiday residence.

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Lu·so·phile *noun*

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SATURDAY 04/08/18

BBC One	16.00 The Chase. 17.00 WOS Wrestling. 18.00 ITV News and Weather. 18.15 ITV News London; Weather. 18.30 Japandemonium. 19.00 Big Star's Little Star. 20.00 FILM: The Hobbit: The Desolation of Smaug (2013). 23.00 ITV News and Weather; Weather. 23.20 FILM: Hard Target (1993). 01.05 Jackpot247. 03.00 Eternal Glory. 03.50 ITV Nightscreen.
Channel 4	06.10 Triathlon: Hever Festival of Endurance. 06.40 The King of Queens. 07.05 The King of Queens. 07.30 The King of Queens. 07.55 Everybody Loves Raymond. 08.25 Everybody Loves Raymond. 08.55 Frasier. 09.25 Frasier. 10.00 The Big Bang Theory. 10.25 The Big Bang Theory. 10.55 The Simpsons. 11.25 The Simpsons. 11.55 Come Dine with Me. 12.55 Four in a Bed. 13.25 Four in a Bed. 13.55 Four in a Bed. 14.25 Four in a Bed. 15.00 Four in a Bed. 15.30 A Place in the Sun: Winter Sun. 16.30 The People's Vet. 17.30 Escape to the Chateau: DIY. 18.30 Channel 4 News. 19.00 A Year in the New Forest. 20.00 My Family and the Galapagos. 21.00 FILM: Sisters (2015). 23.20 FILM: The Twilight Saga: Breaking Dawn - Part 1 (2011). 01.25 The Last Leg. 02.20 The Big Narstie Show. 03.15 Hollyoaks. 05.25 Star Boot Sale. 05.55 Kirstie's Vintage Gems.
BBC Two England	06.35 Marrying Mum and Dad. 07.05 Officially Amazing Goes Bunkers. 07.35 The Dengineers. 08.05 Deadly Dinosaurs with Steve Backshall. 08.35 David Attenborough's Natural Curiosities. 09.00 European Champion- ships 2018. 13.15 Kew on a Plate. 14.15 Garden Rescue. 15.00 Wanted Down Under. 15.45 Escape to the Country. 16.45 Flog It! 17.20 Great British Railway Journeys. 17.50 Inventing the Impossible: The Big Life Fix. 18.50 Proms Extra. 19.30 Dad's Army. 20.00 Blitz: The Bombs That Changed Britain. 21.00 Angela Carter: Of Wolves and Women. 22.00 Alan Partridge: Why, When, Where, How and Whom? 23.00 Live at the Apollo. 23.45 Golf: Women's British Open Highlights. 00.45 Picnic at Hanging Rock. 01.35 FILM: Jackpot (2011). 02.55 This Is BBC Two.
ITV London	19.00 Mountain: Life at the Extreme. 20.00 Wonders of the Monsoon. 21.00 Cardinal: Blackfly Season. 21.40 Cardinal: Blackfly Season. 22.25 The Summer of Love: How Hippies Changed the World. 23.25 Top of the Pops: 1986. 23.55 Top of the Pops: 1986. 00.25 Jazz Divas Gold. 01.25 Mountain: Life at the Extreme. 02.25 Wonders of the Monsoon. 03.25 Top of the Pops: 1986.

SUNDAY 05/08/18

BBC One	06.00 Breakfast. 09.00 BBC News. 10.00 Sunday Morning Live. 11.00 Bargain Hunt. 11.25 Songs of Praise. 12.00 BBC News; Weather. 12.15 Live Challenge Cup Rugby League. 14.30 Live Challenge Cup Rugby League. 17.00 Pointless Celebrities. 17.50 BBC News. 18.05 BBC Regional News; Weather. 18.15 Countryfile. 19.15 Antiques Roadshow. 20.15 FILM: Florence Foster Jenkins (2016). 22.00 BBC News. 22.20 BBC Regional News; Weather. 22.30 MOTD: Community Shield Highlights. 23.15 Imagine: Jeanette Winterson - My Monster and Me. 00.30 Weather for the Week Ahead. 00.35 BBC News.
Channel 4	06.10 Motor Sport: Volkswagen Racing Cup. 06.40 Motor Sport: Mini Challenge. 07.05 Everybody Loves Raymond. 07.35 Everybody Loves Raymond. 08.00 Everybody Loves Raymond. 08.30 Frasier. 09.00 Frasier. 09.30 Sunday Brunch. 12.30 The Simpsons. 13.00 The Simpsons. 13.30 FILM: Diary of a Wimpy Kid: Dog Days (2012). 15.25 Location, Location, Location. 16.25 A Place in the Sun: Winter Sun. 17.30 Homes by the Med. 18.30 Channel 4 News. 19.00 Flying Across Britain with Arthur Williams. 20.00 Hidden Britain by Drone. 21.00 The Handmaid's Tale. 22.10 8 Out of 10 Cats Does Countdown. 23.10 The Shopping Centre: Artist in Residence. 00.15 FILM: Devil's Knot (2013). 02.15 FILM: Chevalier (2015). 04.00 Gillette World Sport. 04.30 Selling Houses with Amanda Lamb. 05.25 Star Boot Sale. 05.50 Kirstie's Vintage Gems.
BBC Two England	06.20 Glorious Gardens from Above. 07.05 Gardeners' World. 08.05 Countryfile. 09.00 European Champion- ships 2018. 12.15 European Champion- ships 2018. 17.00 European Champion- ships 2018. 21.00 Travels in Trumpland with Ed Balls. 22.00 FILM: Nightcrawler (2014). 23.50 Golf: Women's British Open Highlights. 00.50 Sign Zone: Countryfile. 01.45 Sign Zone: Holby City. 02.45 This Is BBC Two.
ITV London	06.00 CITV. 08.25 ITV News. 08.30 Zoe Ball on Sunday. 09.25 Japandemonium. 09.50 Cannonball Splash Hits. 10.55 Ninja Warrior UK. 12.00 WOS Wrestling. 13.00 ITV News and Weather; Weather. 13.15 Big Star's Little Star. 14.15 Catchphrase. 15.00 Tenable. 16.00 Tipping Point: Lucky Stars. 17.00 The Chase. 18.00 Paul O'Grady: For the Love of Dogs. 18.30 ITV News and Weather. 18.45 ITV News London;

MONDAY 06/08/18

BBC One	06.00 Breakfast. 09.15 Animal Park Summer Special. 10.00 Homes Under the Hammer. 11.00 Fake Britain. 11.45 The Farmers' Country Showdown. 12.15 Bargain Hunt. 13.00 BBC News at One; Weather. 13.30 BBC Regional News and Weather. 13.45 European Champion- ships 2018. 17.15 Impossible. 18.00 BBC News at Six; Weather. 18.30 BBC Regional News and Weather. 19.00 The One Show. 19.30 The Great Cheese Chase. 20.00 EastEnders. 20.30 Online Doctors Uncovered - Panorama. 21.00 Who Do You Think You Are? 22.00 BBC News at Ten. 22.30 BBC Regional News and Weather. 22.45 Cuckoo. 23.10 Have I Got a Bit More Old News for You. 23.55 Celebrity Apprentice USA. 01.20 Celebrity Apprentice USA. 02.05 Celebrity Apprentice USA. 02.50 Weather for the Week Ahead. 02.55 BBC News.
Channel 4	06.00 Countdown. 06.45 The King of Queens. 07.10 The King of Queens. 07.35 Everybody Loves Raymond. 08.00 Everybody Loves Raymond. 08.30 Everybody Loves Raymond. 09.00 Frasier. 09.35 Frasier. 10.05 Ramsay's Kitchen Nightmares USA. 11.00 The Simpsons. 11.30 The Simpsons. 12.00 Channel 4 News Summary. 12.05 Couples Come Dine with Me. 12.50 The Great British Bake Off. 14.10 Countdown. 15.00 A Place in the Sun: Winter Sun. 16.00 Sun, Sea and Selling Houses. 17.00 Come Dine with Me. 17.30 The Simpsons. 18.00 The Simpsons. 18.30 Hollyoaks. 19.00 Channel 4 News. 20.00 Heatwave Britain. 20.30 How to Get Rich Quick. 21.00 Saving Poundstretcher. 22.00 Who Is America? 22.40 First Dates. 23.40 Ramsay's 24 Hours to Hell and Back. 00.35 The Supertvet. 01.30 The Secret Life of the Zoo. 02.25 60 Days in Jail. 03.15 Vet on the Hill. 04.10 Lost and Found. 05.05 My Kitchen Rules.
BBC Two England	06.00 The TV That Made Me. 06.30 Bargain Hunt. 07.15 Impossible. 08.00 Sign Zone: Antiques Roadshow. 09.00 European Champion- ships 2018. 13.45 Red Rock. 14.30 Escape to the Continent. 15.30 Coast and Country Auctions. 16.15 Flog It! 17.15 European Champion- ships 2018. 21.00 Versailles. 22.00 QI. 22.30 Newsnight. 23.10 Weather. 23.15 The Five Billion Pound Super Sewer. 00.15 Sign Zone: The Private Life of the Royal Academy. 02.45 This Is BBC Two.
ITV London	06.00 Good Morning Britain. 08.30 Lorraine. 09.25 The Jeremy Kyle Show. 10.30 This Morning. 12.30 Loose Women. 13.30 ITV Lunchtime News; Weather. 13.55 ITV News London; Weather. 14.00 Judge Rinder. 15.00 Dickinson's Real Deal. 15.59 ITV London Weather. 16.00 Tipping Point.

TUESDAY 07/08/18

BBC One	06.00 Breakfast. 09.15 Animal Park Summer Special. 10.00 Homes Under the Hammer. 11.00 Fake Britain. 11.45 The Farmers' Country Showdown. 12.15 Bargain Hunt. 13.00 BBC News at One; Weather. 13.30 BBC Regional News and Weather. 13.45 European Champion- ships 2018. 17.15 Impossible. 18.00 BBC News at Six; Weather. 18.30 BBC Regional News and Weather. 19.00 The One Show. 19.30 EastEnders. 20.00 European Champion- ships 2018. 21.00 Age Before Beauty. 22.00 BBC News at Ten. 22.30 BBC Regional News and Weather; National Lottery Update. 22.45 Stacey Dooley: Face to Face with ISIS. 23.20 Who Do You Think You Are? 00.20 Weather for the Week Ahead. 00.25 BBC News.
Channel 4	06.00 Countdown. 06.45 The King of Queens. 07.10 The King of Queens. 07.35 Everybody Loves Raymond. 08.00 Everybody Loves Raymond. 08.30 Everybody Loves Raymond. 09.00 Frasier. 09.35 Frasier. 10.05 Ramsay's Kitchen Nightmares USA. 11.00 The Simpsons. 11.30 The Simpsons. 12.00 Channel 4 News Summary. 12.05 Couples Come Dine with Me. 12.50 The Great British Bake Off. 14.10 Countdown. 15.00 A Place in the Sun: Winter Sun. 16.00 Sun, Sea and Selling Houses. 17.00 Come Dine with Me. 17.30 The Simpsons. 18.00 The Simpsons. 18.30 Hollyoaks. 19.00 Channel 4 News. 20.00 Heatwave Britain. 20.30 How to Get Rich Quick. 21.00 Saving Poundstretcher. 22.00 Who Is America? 22.40 First Dates. 23.40 Ramsay's 24 Hours to Hell and Back. 00.35 The Supertvet. 01.30 The Secret Life of the Zoo. 02.25 60 Days in Jail. 03.15 Vet on the Hill. 04.10 Lost and Found. 05.05 My Kitchen Rules.
BBC Two England	06.00 Animal Park Summer Special. 06.45 Impossible. 07.30 Sign Zone: Nadiya's Family Favourites. 07.55 Sign Zone: Caught Red Handed. 08.30 European Champion- ships 2018. 13.45 Red Rock. 14.30 Escape to the Continent. 15.30 Coast and Country Auctions. 16.15 Flog It! 17.15 European Champion- ships 2018. 20.00 Inside the Factory. 21.00 Horizon: Jupiter Revealed. 22.00 Live at the Apollo. 22.30 Newsnight. 23.10 Weather. 23.15 Travels in Trumpland with Ed Balls. 00.15 Sign Zone: Animals Behaving Badly. 01.15 Sign Zone: Inside the Factory. 02.15 This Is BBC Two.
ITV London	06.00 Good Morning Britain. 08.30 Lorraine. 09.25 The Jeremy Kyle Show. 10.30 This Morning. 12.30 Loose Women. 13.30 ITV Lunchtime News; Weather. 13.55 ITV News London; Weather. 14.00 Judge Rinder. 15.00 Dickinson's Real Deal. 15.59 ITV London Weather. 16.00 Tipping Point.

**Hidden Britain by Drone
(Sunday C4, 8pm)**

New series. Tony Robinson presents a second series of the programme that uses drones to shoot aerial footage of areas of Britain that are off limits to the public. In the first episode, he dispatches flying cameras to explore an abandoned theme park, an immense stately home and underground wine vaults belonging to billionaires. The programme also examines the secrets that Argos conceals from the eyes of its customers and contains footage of a flower farm in full bloom, which is closed to the public for 50 weeks of the year.

Must See TV

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08/18

18.30 ITV Evening News; Weather.
19.00 Emmerdale.
19.30 10K Holiday Home.
20.00 Love Your Garden.
21.00 Long Lost Family.
22.00 ITV News at Ten; Weather.
22.30 ITV News London; Weather.
22.45 The Frankenstein Chronicles.
23.45 The Bletchley Circle: San Francisco.

Channel 4

00.40 Lethal Weapon.
01.25 Jackpot247.
03.00 Loose Women.
03.50 ITV Nightscreen.
05.05 The Jeremy Kyle Show.

06.00 Countdown.
06.45 The King of Queens.
07.10 The King of Queens.
07.35 Everybody Loves Raymond.
08.00 Everybody Loves Raymond.
08.30 Everybody Loves Raymond.
09.00 Frasier.
09.35 Frasier.
10.05 Ramsay's Kitchen Nightmares USA.
11.00 The Simpsons.
11.30 The Simpsons.
12.00 Channel 4 News Summary.
12.05 Couples Come Dine with Me.
12.50 The Great British Bake Off.
14.10 Countdown.
15.00 A Place in the Sun: Winter Sun.
16.00 Sun, Sea and Selling Houses.
17.00 Come Dine with Me.
17.30 The Simpsons.
18.00 The Simpsons.
18.30 Hollyoaks.
19.00 Channel 4 News.
20.00 Ackley Bridge.
21.00 999: What's Your Emergency?
22.00 The Foreign Doctors Are Coming.
23.05 24 Hours in A&E.
00.05 Random Acts.
00.30 Ramsay's Kitchen Nightmares USA.
01.20 60 Days in Jail.
02.10 The Secret Life of the Zoo.
03.05 Live Well For Longer.
04.00 Vet on the Hill.
04.55 Lost and Found.
05.50 Kirstie's Vintage Gems.

BBC Four

19.00 World News Today; Weather.
19.30 Handmade.
20.00 Andrew Marr's History of the World.
21.00 Mark Kermode's Secrets of Cinema.
22.00 FILM: Twelve Monkeys (1995).
00.05 Horizon: How to Build a Time Machine.
01.05 Italy's Invisible Cities.
02.05 Mark Kermode's Secrets of Cinema.
03.05 Handmade.

WEDNESDAY 08/08/18

BBC One

06.00 Breakfast.
09.15 Animal Park Summer Special.
10.00 Homes Under the Hammer.
11.00 Fake Britain.
11.45 The Farmers' Country Showdown.
12.15 Bargain Hunt.
13.00 BBC News at One; Weather.
13.30 BBC Regional News and Weather.
13.45 The Road to Armistice: Amiens Remembered.
15.15 European Championships 2018.
17.15 Impossible.
18.00 BBC News at Six; Weather.

Channel 4

18.30 BBC Regional News and Weather.
19.00 The One Show.
19.30 A Matter of Life and Debt.
20.00 Holby City.
21.00 The Real Marigold Hotel.
22.00 BBC News at Ten.
22.30 BBC Regional News and Weather; National Lottery Update.
22.45 A Question of Sport.
23.15 Live from the BBC.
23.45 United States of Hate: Muslims Under Attack.
00.40 Weather for the Week Ahead.
00.45 BBC News.

BBC Two England

06.00 Animal Park Summer Special.
06.45 Impossible.
07.30 Sign Zone: Eat Well for Less?
08.30 European Championships 2018.
12.00 European Championships 2018.
15.15 Escape to the Continent.
16.15 Flog It!
17.15 European Championships 2018.
21.00 Picnic at Hanging Rock.
22.00 Rhod Gilbert's Work Experience.
22.30 Newsnight.
23.10 Weather.
23.15 The Prosecutors.
00.15 Sign Zone: Matron, Medicine and Me.
01.00 Sign Zone: The Five Billion Pound Super Sewer.
02.00 Sign Zone: Mortimer & Whitehouse: Gone Fishing.

ITV London

06.00 Good Morning Britain.
08.30 Lorraine.
09.25 The Jeremy Kyle Show.
10.30 This Morning.
12.30 Loose Women.
13.30 ITV Lunchtime News; Weather.
13.55 ITV News London; Weather.
14.00 Judge Rinder.
15.00 Dickinson's Real Deal.
15.59 ITV London Weather.
16.00 Tipping Point.

17.00 The Chase.
18.00 ITV News London; Weather.
18.30 ITV Evening News; Weather.
19.00 Emmerdale.
19.30 Coronation Street.
20.00 Paul O'Grady's Little Heroes.
20.30 Coronation Street.
21.00 The Bletchley Circle: San Francisco.
22.00 ITV News at Ten; Weather.
22.30 ITV News London; Weather.
22.45 Bad Move.
23.10 British Touring Car Championship Highlights.

Channel 4

06.00 Countdown.
06.45 The King of Queens.
07.10 The King of Queens.
07.35 Everybody Loves Raymond.
08.00 Everybody Loves Raymond.
08.30 Everybody Loves Raymond.
09.00 Frasier.
09.35 Frasier.
10.05 Ramsay's Kitchen Nightmares USA.
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16.00 Sun, Sea and Selling Houses.
17.00 Come Dine with Me.
17.30 The Simpsons.
18.00 The Simpsons.
18.30 Hollyoaks.
19.00 Channel 4 News.
20.00 Live Well For Longer.
21.00 24 Hours in A&E.
22.00 Hang Ups.
22.35 999: What's Your Emergency?
23.35 Saving Poundstretcher.
00.30 Meet the Drug Lords: Inside the Real Narcos.

BBC Two England

06.00 The TV That Made Me.
06.30 Animal Park Summer Special.
07.15 Impossible.
08.00 Sign Zone: The Island That Saved My Life.
08.30 Sign Zone: Caught Red Handed.
09.00 European Championships 2018.
13.45 Red Rock.
14.30 Escape to the Continent.
15.30 Coast and Country Auctions.
16.15 Flog It!
17.15 European Championships 2018.
20.00 Inventing the Impossible: The Big Life Fix.
21.00 The Prosecutors.
22.00 Quacks.
22.30 Newsnight.
23.10 Weather.
23.15 Hospital.
00.15 Rhod Gilbert's Work Experience.
00.45 Sign Zone: Who Do You Think You Are?
01.45 Sign Zone: Matron, Medicine and Me.
02.30 Sign Zone: Back to the Land with Kate Humble.

BBC Four

19.00 World News Today; Weather.
19.30 Handmade.
20.00 1066: A Year to Conquer England.
21.00 Mechanical Monsters.
22.00 Timeshift: Bridging the Gap - How the Severn Bridge Was Built.
23.00 Timeshift: Sailors, Ships and Stevedores: The Story of British Docks.
00.00 The Secrets of Quantum Physics.
01.00 The Secrets of Quantum Physics.
02.00 Bunkers, Brutalism and Bloodymindedness: Concrete Poetry with Jonathan Meades.

THURSDAY 09/08/18

BBC One

06.00 Breakfast.
09.15 Animal Park Summer Special.
10.00 Homes Under the Hammer.
11.00 Fake Britain.
11.45 The Farmers' Country Showdown.
12.15 Bargain Hunt.
13.00 BBC News at One; Weather.
13.30 BBC Regional News and Weather.
13.45 European Championships 2018.
17.15 Impossible.
18.00 BBC News at Six; Weather.
18.30 BBC Regional News and Weather.

Channel 4

19.00 The One Show.
19.30 EastEnders.
20.00 European Championships 2018.
21.00 Keeping Faith.
22.00 BBC News at Ten.
22.30 BBC Regional News and Weather.
22.45 New Tricks.
23.45 How to Stay Young.
00.45 Weather for the Week Ahead.
00.50 BBC News.

BBC Two England

06.00 The TV That Made Me.
06.30 Animal Park Summer Special.
07.15 Impossible.
08.00 Sign Zone: The Island That Saved My Life.
08.30 Sign Zone: Caught Red Handed.
09.00 European Championships 2018.
13.45 Red Rock.
14.30 Escape to the Continent.
15.30 Coast and Country Auctions.
16.15 Flog It!
17.15 European Championships 2018.
20.00 Inventing the Impossible: The Big Life Fix.
21.00 The Prosecutors.
22.00 Quacks.
22.30 Newsnight.
23.10 Weather.
23.15 Hospital.
00.15 Rhod Gilbert's Work Experience.
00.45 Sign Zone: Who Do You Think You Are?
01.45 Sign Zone: Matron, Medicine and Me.
02.30 Sign Zone: Back to the Land with Kate Humble.

ITV London

06.00 Good Morning Britain.
08.30 Lorraine.
09.25 The Jeremy Kyle Show.
10.30 This Morning.
12.30 Loose Women.
13.30 ITV Lunchtime News; Weather.
13.55 ITV News London; Weather.
14.00 Judge Rinder.
15.00 Dickinson's Real Deal.
15.59 ITV London Weather.

16.00 Tipping Point.
17.00 The Chase.
18.00 ITV News London; Weather.
18.30 ITV Evening News; Weather.
19.00 Emmerdale.
19.30 Eat, Shop, Save.
20.00 Emmerdale.
20.30 Birds of a Feather.
21.00 Our Shirley Valentine Summer.
22.00 ITV News at Ten; Weather.
22.30 ITV News London; Weather.
22.45 Heathrow: Britain's Busiest Airport.
23.15 Unforgotten.
00.10 Give It a Year.

Channel 4

06.00 Countdown.
06.45 The King of Queens.
07.10 The King of Queens.
07.35 Everybody Loves Raymond.
08.00 Everybody Loves Raymond.
08.30 Everybody Loves Raymond.
09.00 Frasier.
09.35 Frasier.
10.05 Ramsay's Kitchen Nightmares USA.
11.00 The Simpsons.
11.30 The Simpsons.
12.00 Channel 4 News Summary.
12.05 Couples Come Dine with Me.
12.50 The Great British Bake Off.
14.10 Countdown.
15.00 A Place in the Sun: Winter Sun.
16.00 Sun, Sea and Selling Houses.
17.00 Come Dine with Me.
17.30 The Simpsons.
18.00 The Simpsons.
18.30 Hollyoaks.
19.00 Channel 4 News.
20.00 George Clarke's Old House, New Home.
21.00 Meet the Drug Lords: Inside the Real Narcos.
22.00 Ramsay's 24 Hours to Hell and Back.
23.00 Who Is America?
23.40 The Foreign Doctors Are Coming.
00.40 One Born Every Minute.
01.35 The Supertv.
02.30 The Shopping Centre: Artist in Residence.

BBC Two England

06.00 The TV That Made Me.
06.30 Animal Park Summer Special.
07.15 Impossible.
08.00 Sign Zone: Gardeners' World.
09.00 European Championships 2018.
13.45 Red Rock.
14.30 Escape to the Continent.
15.30 Coast and Country Auctions.
16.15 Flog It!
17.15 European Championships 2018.
21.00 Gardeners' World.
22.00 Mock the Week.
22.30 Newsnight.
23.00 Weather.
23.05 Performance Live: Taxi Tales.
23.35 FILM: My Brother the Devil (2012).
01.20 Sign Zone: Online Doctors Uncovered - Panorama.
01.50 Sign Zone: Reginald D Hunter's Songs of the Border.
03.05 Sign Zone: Picnic at Hanging Rock.
03.55 This Is BBC Two.

BBC Four

19.00 World News Today; Weather.
19.30 Top of the Pops: 1986.
20.00 Australia with Simon Reeve.
21.00 Super Senses: The Secret Power of Animals.
22.00 Science Britannica.
23.00 The Great British Year.
00.00 Top of the Pops: 1986.
00.30 Mechanical Monsters.
01.30 Australia with Simon Reeve.
02.30 The Rules of Abstraction with Matthew Collings.

FRIDAY 10/08/18

BBC One

06.00 Breakfast.
09.15 Animal Park Summer Special.
10.00 Homes Under the Hammer.
11.00 Fake Britain.
11.45 The Farmers' Country Showdown.
12.15 Bargain Hunt.
13.00 BBC News at One; Weather.
13.30 BBC Regional News and Weather.
13.45 European Championships 2018.
17.15 Impossible.
18.00 BBC News at Six; Weather.
18.30 BBC Regional News and Weather.

Channel 4

19.00 The One Show.
19.30 A Question of Sport.
20.00 EastEnders.
20.30 Still Open All Hours.
21.00 Would I Lie to You?
21.30 Mrs Brown's Boys.
22.00 BBC News at Ten.
22.25 BBC Regional News and Weather; National Lottery Update.
22.35 Room 101 - Extra Storage.
23.15 One Hot Summer.
23.45 The Real Marigold Hotel.
00.45 Weather for the Week Ahead.
00.50 BBC News.

BBC Two England

06.00 The TV That Made Me.
06.30 Animal Park Summer Special.
07.15 Impossible.
08.00 Sign Zone: Gardeners' World.
09.00 European Championships 2018.
13.45 Red Rock.
14.30 Escape to the Continent.
15.30 Coast and Country Auctions.
16.15 Flog It!
17.15 European Championships 2018.
21.00 Gardeners' World.
22.00 Mock the Week.
22.30 Newsnight.
23.00 Weather.
23.05 Performance Live: Taxi Tales.
23.35 FILM: My Brother the Devil (2012).
01.20 Sign Zone: Online Doctors Uncovered - Panorama.
01.50 Sign Zone: Reginald D Hunter's Songs of the Border.
03.05 Sign Zone: Picnic at Hanging Rock.
03.55 This Is BBC Two.

BBC Four

19.00 World News Today; Weather.
19.30 BBC Proms 2018.
21.15 TOTP2.
22.00 Elvis: The Rebirth of the King.
23.00 BBC Proms 2018.
00.20 Great American Rock Anthems: Turn It Up to 11.
01.15 Tom Waits: Tales from a Cracked Jukebox.
02.15 Elvis: The Rebirth of the King.
03.15 TOTP2.

Weather.
14.00 Judge Rinder.
15.00 Dickinson's Real Deal.
15.59 ITV London Weather.
16.00 Tipping Point.
17.00 The Chase.
18.00 ITV News London; Weather.
18.30 ITV Evening News; Weather.
19.00 Emmerdale.
19.30 Coronation Street.
20.00 James Martin's American Adventure.
20.30 Coronation Street.
21.00 Doc Martin.
22.00 ITV News at Ten; Weather.
22.30 ITV News London; Weather.
22.45 FILM: Forgetting Sarah Marshall (2008).
00.40 Jackpot247.
03.00 Who's Doing the Dishes?
03.50 ITV Nightscreen.

Channel 4

06.00 Countdown.
06.45 The King of Queens.
07.10 The King of Queens.
07.35 Everybody Loves Raymond.
08.00 Everybody Loves Raymond.
08.30 Everybody Loves Raymond.
09.05 Frasier.
09.35 Frasier.
10.05 Ramsay's Kitchen Nightmares USA.
11.00 The Simpsons.
11.30 The Simpsons.
12.00 Channel 4 News Summary.
12.05 Couples Come Dine with Me.
12.50 The Great British Bake Off.
14.10 Countdown.
15.00 A Place in the Sun: Winter Sun.
16.00 Sun, Sea and Selling Houses.
17.00 Come Dine with Me.
17.30 The Simpsons.
18.00 The Simpsons.
18.30 Hollyoaks.
19.00 Channel 4 News.
20.00 The Crystal Maze.
21.00 8 Out of 10 Cats Does Countdown.
22.00 The Last Leg.
23.05 Peng Life.
23.40 Rude Tube.
00.40 FILM: Haywire (2011).
02.10 Hang Ups.
02.35 Child Genius.

BBC Two England

06.00 The TV That Made Me.
06.30 Animal Park Summer Special.
07.15 Impossible.
08.00 Sign Zone: Gardeners' World.
09.00 European Championships 2018.
13.45 Red Rock.
14.30 Escape to the Continent.
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BBC Four

19.00 World News Today; Weather.
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00.20 Great American Rock Anthems: Turn It Up to 11.
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02.15 Elvis: The Rebirth of the King.
03.15 TOTP2.

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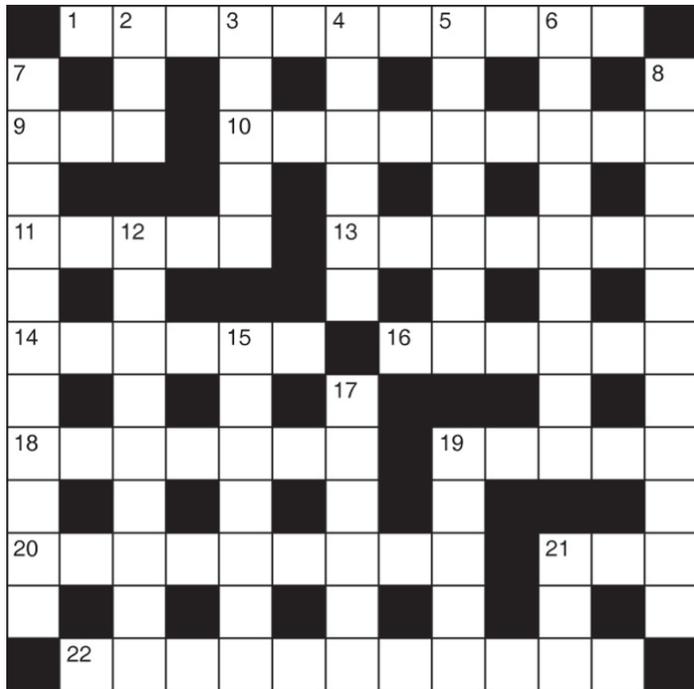
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Last week's cryptic crossword solutions

Across: 4 Startlet; 8 Flower; 9 Airlock; 10 Breath; 11 Notary; 12 Altering; 18 Teetotal; 20 Minute; 21 Defect; 22 Prepare; 23 Pickle; 24 Crossly.
Down: 1 Offbeat; 2 Honesty; 3 Mentor; 5 Triangle; 6 Relate; 7 Escort; 13 Integral; 14 Streaky; 15 Flutter; 16 Mirror; 17 Rumpus; 19 Tie-pin.

CRYPTIC CROSSWORD

ACROSS

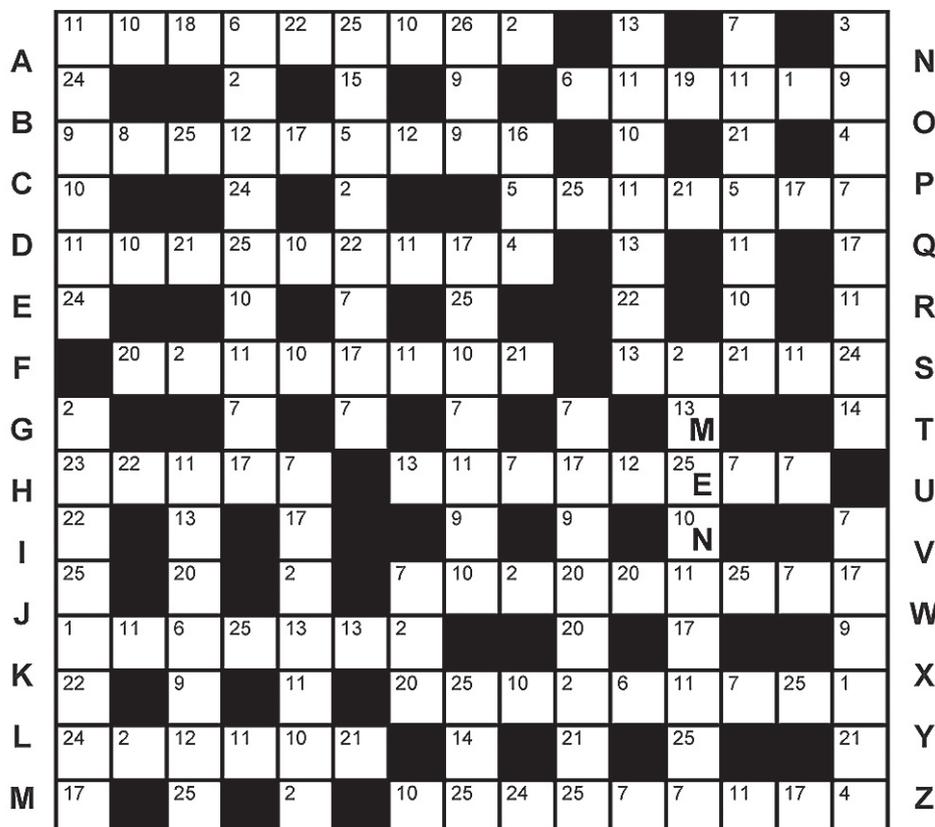
- I carry coats about for the gentry (11)
- Keep the copper quiet with a trophy (3)
- A terribly dirty room where people sleep (9)
- Speak about or eat (5)
- Small drink of paint (7)
- Having rung up about returning silver boat (6)
- Meets up with the egghead out of respect (6)
- Article, note, I run about Nye Bevan (7)
- Could be difficult - could be a sitter (5)
- Happen to upset terrapins (9)
- Fish over on the sheltered side (3)
- An oral edict, perhaps (11)

DOWN

- Agent's material (3)
- Plant with different edges (5)
- Nothing to upset Reg on the ship, but a monstrous woman (6)
- Is Iran's product dried fruit? (7)
- Our prices are set by casino employees (9)
- People giving a bill to the nobleman and the workers (11)
- Rebuild my park there at the shopping centre (11)
- Sum needed to get garage put up (9)
- Are loos cleaned up with a spray? (7)
- I never upset one who covets (6)
- Fold the petal up (5)
- The sign of a man (3)

CODEWORD

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



QUICK CROSSWORD

ACROSS

- Approaching (11)
- Unconscious (3)
- Obscure (9)
- Loud (5)
- Material (7)
- Delete (6)
- Rebel (6)
- Dispose (7)
- Shoot (5)
- Coil (9)
- Transgression (3)
- Natural damage (4,3,4)

DOWN

- Cereal (3)
- Late (5)
- Harsh laugh (6)
- Edict (7)
- Person nearby (9)
- Face (11)
- Spy (6,5)
- Deduction (9)
- Frankness (7)
- Go back (6)
- Fragrance (5)
- Spring (3)

Last week's quick crossword solution

Across: 4 Comport; 8 Events; 9 Spartan; 10 Seldom; 11 Nation; 12 Decrease; 18 Saturate; 20 Make-up; 21 Sketch; 22 Balance; 23 Decamp; 24 Release.
Down: 1 Seaside; 2 Reflect; 3 Stroke; 5 Opponent; 6 Purity; 7 Reason; 13 Auspices; 14 Martial; 15 Perhaps; 16 Manage; 17 Menace; 19 Upkeep.

SUDOKU

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

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

Medium

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

Hard

Last week's solutions

Last Week's Codeword Solution

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

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

Medium

Hard



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Cinema

NEW THIS WEEK

Mission Impossible: Fallout - Stars: Tom Cruise, Henry Cavill, Ving Rhames. *Genre:* Action, Adventure, Thriller. *Director:* Christopher McQuarrie. *Rating:* PG-13. *Plot:* Ethan Hunt and his IMF team, must protect the world from a fresh nuclear threat after a mission goes wrong. But with CIA Agent Walker sent to keep an eye on Ethan, can he show that he can still save the day.

I Kill Giants - Stars: Madison Wolfe, Zoe



Saldana, Imogen Poots. *Genre:* Drama, Fantasy, Thriller. *Director:* Anders Walter. *Rating:* 13. *Plot:* Twelve-year-old Barbara struggling through life flees from reality by living in the imaginary world of fantasy and magic, where she fights with giants.

Cinema Listings

NOS Forum Algarve - Faro

The Incredibles 2 (PV); Show Dogs; The Equalizer 2; The Little Mermaid (PV); Blood Lines; Hotel Transylvania 3 (PV); Mamma Mia! Here We Go Again; Mission Impossible: Fallout; Skyscraper.

NOS Mar Shopping - Loulé

The Incredibles 2 (PV); I Kill Giants; Blood Lines; Mission Impossible: Fallout; Hotel Transylvania 3 (PV); Mamma Mia! Here We Go Again; Coexist.

Gran-Plaza NOS - Tavira

Mission Impossible: Fallout; Mamma Mia! Here We Go Again; Hotel Transylvania 3 (PV); The Equalizer 2; The Little Mermaid (PV); Blood Lines; The Incredibles 2 (PV); Skyscraper.

Algarcine - Portimão

Mission Impossible: Fallout; Show Dogs (PV); Mamma Mia! Here We Go Again; The Incredibles 2 (PV); The Titan.

Algarcine - Lagos

Mamma Mia! Here We Go Again; The Incredibles 2 (PV & OV); The Titan.

Algarcine Ria Shopping - Olhão

Mission Impossible: Fallout; Show Dogs (PV); The Titan; The Incredibles 2 (PV); Mamma Mia! Here We Go Again.

Cineplace Algarve Shopping - Guia

Hotel Transylvania 3 (PV); The Equalizer 2; Mission Impossible: Fallout (2D & 3D); Show Dogs (PV); Gotti; The Little Mermaid; Coexist; Deep (PV); The Titan; Blood Lines; The Incredibles 2 (PV & OV); Jurassic World: Fallen Kingdom; Blindspotting; Mamma Mia! Here We Go Again; I Kill Giants; Skyscraper.

Cineplace - Portimão

Mission Impossible: Fallout (2D & 3D); Mamma Mia! Here We Go Again; The Little Mermaid (PV); I Kill Giants; Show Dogs (PV); Blood Lines; The Incredibles 2 (PV); Skyscraper; Hotel Transylvania 3 (PV & OV) (2D & 3D); The Equalizer 2.

Cineplace Loures Shopping

Deep (PV); Mamma Mia! Here We Go Again; The Little Mermaid

(PV); Jurassic World: Fallen Kingdom; Mission Impossible: Fallout (2D & 3D); Show Dogs (PV); Skyscraper; The Incredibles 2 (PV); The Titan; Hotel Transylvania 2 (PV); The Equalizer 2; I Kill Giants; Blindspotting; Blood Lines.

Cineplace Leiria Shopping

Deep (PV); Mamma Mia! Here We Go Again; The Little Mermaid (PV); Jurassic World: Fallen Kingdom; Mission Impossible: Fallout (2D & 3D); Show Dogs (PV); Skyscraper; The Incredibles 2 (PV); The Titan; Hotel Transylvania 3 (PV); The Equalizer 2; I Kill Giants; Blindspotting; Blood Lines.

Cineplace Riosul - Seixal

Mission Impossible: Fallout (2D & 3D); The Incredibles 2 (PV); Skyscraper; Deep (PV); Mamma Mia! Here We Go Again; Hotel Transylvania (PV); The Equalizer 2; The Little Mermaid (PV); Gotti; Show Dogs (PV); Blood Lines; Coexist; I Kill Giants; Blindspotting.

Estação Viana Shopping - Viana do Castelo

The Incredibles 2 (PV); The Equalizer 2; Mission Impossible: Fallout; Mamma Mia! Here We Go Again; Hotel Transylvania 3 (PV); Skyscraper; Mission Impossible: Fallout (2D & 3D).

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



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



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

North & Centre South



Open Air on 11 August from 11pm until 6am in Waikiki, Praia da Sereia. www.lxmusic.org | Tel: 964058182.

EXHIBITION

Roy Lichtenstein and Pop Art - the arrival of another edition of the 'Art arrived Colombo' is on display until **23 September** at the Centro Colombo, Avendia Lusíada, Lisboa. www.colombo.pt

Escutar as Águas - Works from the Schneider Collection and by Portuguese artists. Considered a vital resource, water is the cause of deadly conflicts. While it can be considered a natural threat to mankind, it is also threatened by man! On display in Museu do Dinheiro, Lisboa until **8 September**. museudodinheiro.pt

Art Exhibition - The biggest exhibition dedicated to the works of the Swiss-American artist Michael Biberstein, on display until **9 September**, Tuesday to Friday from 11am to 6pm; Saturdays and Sundays from 11am to 7pm. Culturgest, R. Arco do Cego (metro: Campo Pequeno). Tickets: €4. www.culturgest.pt

'The Mayas' a beautiful puppet exhibition on display until **31 August** in 'A Arte da Terra' next to the Lisbon Cathedral daily 11am to 8pm. Tel: 212745975. aartedaterra.pt

FAIRS & MARKETS

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

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

Estoril Crafts Fair'18, About three hundred artisans from all regions of the country bring their techniques and ancient traditions of folk arts to the Jardim do Estoril until **9 September**. facebook.com/feiraartesanatodoestoril/

Mercado D'Aqui - The first Sunday of every month 1^o de Maio sports field hosts a market promoting more positive, healthy lifestyles. Take part in all kinds of free activities, such as yoga, Pilates and workshops, as well as getting yourself a physical fitness checkup. (5 Aug from 10 am to 5 pm, Parque de Jogos 1^o de Maio.) www.mercadodaqui.pt

Botanic Market - every Saturday from 9am to 1pm: Sale of sustainable agricultural products, at the Botanic garden University of Coimbra. www.facebook.com/mercadinhodobotanicocoimbra

Jazz in August - taking place at Fundação Calouste Gulbenkian from until **5 August**. Tickets: €5 - 20. For more information: gulbenkian.pt/jazzemagosto

Somersby Out Jazz until September, every Sunday in different parks across Lisbon. **5, 12, 19, 26 August** at Jardim da Estrela Free Entry. www.ncs.pt

Classical Summer Festival 2018 will present daily concerts, until **7 August**, at Lisbon's Centro Cultural de Belém. www.veraoclassico.com/Festival

U2 "Experience + Innocence Tour" at the Altice Arena, Lisboa on **16 and 17 September**. Tickets and information from arena.altice.pt

August brings jazz nights with views over the Douro. From **4 to 25 August** for four Saturdays from 10pm to 11.30pm Jazz ao Relento will be at Crystal Palace Gardens, Porto. www.portolazer.pt

O Sol da Caparica Festival from **16 to 19 August** at Jardim Urbano da Costa da Caparica, Lisbon. Tickets: €17 to €37. More information and to view the line-up of artists visit: www.osoldacaparica-festival.pt

Imagine Dragons 'Evolve' World Tour comes to the Altice Arena on **4 September** at 8.30pm. For information about prices and tickets visit: www.everythingisnew.pt/imagine-dragons/

Camel - a unique concert on **2 September** at the Coliseum in Lisbon. Tickets from www.coliseum Lisboa.com

SOCIAL

Aura Festival 'Light Atmospheres' in the village of Sintra until **2 to 5 August** from 9pm till Midnight. For more information call 967354817 or visit: www.aurafestival.pt

AUCTIONS

Auction House Algarve. August on-line timed auction until **6 August**. Our next LIVE AUCTION on **1 September**. Approx 450 lots with 380 items starting at €1 including antiques, collectables, art, jewellery, tools, furniture, sports equipment, designer handbags. All of the items can be viewed at the auction house and through our online catalogue at www.ahalgarve.com Tel: 289832380 or email us at info@ahalgarve.com

EXHIBITION

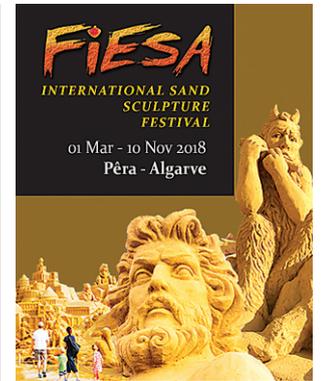
Local Arts and Crafts expo. Artes@Spa, at Caldas de Monchique, locally produced high quality unique items, ideal gifts or souvenirs. Glass, ceramics, jewellery, wooden puzzles, textiles, leather, original art, print and cards. Open daily from 10am until 6pm In main Square. Opp restaurant 1692.

Art Exhibition by four outstanding artists (Ana Perpinyá, Gérald Engelvin, Vicente Romero and Limited Edition Prints by Jack Vettriano) at ArtCatto Gallery, Loulé until **30 September** Mon to Fri 10am - 6pm and Sat 10am - 1pm. View the catalogue: issuu.com/artcatto/docs/summer-collective-issuu-print

Artisticspace Gallery - A New Art Gallery at Vale del Rei Hotel (outside Carvoeiro). Showcasing works from local and international artists Aderita Silva and cFey, on display until **30 September**. For more information visit: artisticspace.pt

FAIRS & MARKETS

Mercado Fora d'Horas - Silves market will open its doors to the public from 7pm



until midnight on **8 August**. mfh.pt

Car Boot Sale - The west coast Car Boot held on the **first Sunday of each month** will take place as usual at the Old School House, Vales, Aljezur this coming Sunday, **5 August**. Unwanted household items only - no goods grown, made or bought for profit please. Stallholders charged €2 for each table space, x multiples of €2, or €4 for vans (i.e. Transit size) and are permitted to enter and set up their tables from 7.30-9am with the sale then being open to the public from 9am.

Tavira Book Fair - until 5 August, From 7pm to midnight in Cais Street. Tel: 281 320 500. cm-Tavira.pt

City of Faro Book Fair at the Manuel Bivar Garden until **12 August**, from 8pm to midnight. Tel 289 870 827. cm-faro.pt

Book Fair along the river front (by Repsol Petrol Station) in Portimão until **24 August**, from 7pm to midnight. cm-portimão.pt

MUSIC

Sons Do Atlântico World Music Festival from **11 to 15 August** at Largo da Praia do Carvoeiro, with musical

ALL Saints
ANGELICAN CHURCH

Services of Holy Communion:

SUNDAYS 10.30am ASCA Almancil (next to Comunidades Garden)

SUNDAYS: 11am Convento de S. José Lagoa (37.13703,-8.45355)

all saints algarve
(351) 282 380 311 • email: info@allsaintsalgarve.org
www.allsaintsalgarve.org
Google maps: search for All Saints Anglican Church Almancil or Lagoa

Announcements

HOT WATER, Heating / Pool Heating without EDP or SUN, www.shs-pt.com

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

Auctions



NEXT LIVE AUCTION
Saturday, 1 September 2018
10.00am onwards

Approx. 500 lots.

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Charities

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

CC - SUPPORT FOR FAMILIES in the Algarve receives white & electrical goods, furniture, baby equipment, children's clothes, bedding, towels etc.. for families in need, in Guia and surrounding areas. Funds raised pay for spectacles and dental treatment for needy children. To donate or to discuss concerns about a needy family contact Su Davis 932307548, su.davis@sapo.pt Facebook: Support for families in the Algarve.

CC THE NANDI CHARITY Shop Summer clothing now in store. Bargain prices. Furniture can be collected within 30k Lagos. Tel 912741857

CC CADELA CARLOTA shop in Lagos open Monday till Friday 10.00-13.00 /15.00-17.00hrs. Almadena: Monday till

Friday 10.00-16.00 hrs
Saturday 10.00 -13.00hrs.
You are always welcome to donate and to purchase. We always need extra hands in our shops.

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

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

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

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

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

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

CC MADRUGADA ASSOCIAÇÃO provides home-based, end of life, palliative care to patients and their loved ones free of charge. Your donations of household items or clothes

would be very welcome. Volunteers are required for our retail shops, delivery service, Centre support and very importantly fund raising. If you can help with any of the above please call us 282 761 375 or visit our shops on Rua Direita No100, Praia da Luz.

CC A.A.G. CHARITY Shop Guia. We are situated in the Main Street, opposite the Football Club Snack bar and close to Credito Agricola Bank. Opening hours Monday till Friday 10am until 5.45pm, Saturday 10am till 2pm. Closed Sundays. Animal charity feeding street animals. Patron Bonnie Tyler.

CC ASMAA CHARITY & UP-Cycling Hub. Volunteers are now needed for our shop. Mon - Fri from 11.30am to 6pm, Sat. 11.30am to 2pm. Tel 969 320 231, email info@asmaa-algarve.org Rua J. Pereira Sampaio Bruno, Nº 53. Portimão (Behind Bombeiros).

CC THE ANGLICAN CHURCH of St Vincent's Chaplaincy at Praia da Luz is looking for someone, not necessarily a churchgoer, who could play for congregational hymns at Sunday morning services on a voluntary basis. The idea is to build up a 'piano pool' of people who could play occasionally, by arrangement, when needed. For more details please contact Choir Director Sandra Reynolds, Email: pet.alex@sapo.pt.

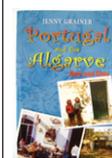
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Education

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Please note that the deadline for placing classified advertisements is Monday 5pm for that coming Friday's edition.

CC

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

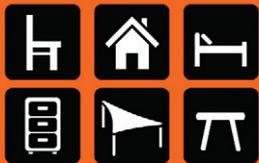
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N.B. The Portugal News does not print 'escort' or similar type ads.

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RETAIL SHOP in the Algarve area is looking for an enthusiastic and motivated English speaking assistant with sales experience to work Monday to Saturday (with half a day off in the week). please send your cv to faye_bennett6@hotmail.co.uk.

WANTED: JOURNALISTS
Join us at The Portugal News. See our full advert on Page 18 .

SHOP ASSISTANT
position available for a mature lady to work 5 days a week on a contract in our new retail Textile Store in Carvoeiro. must speak English and Portuguese. Please send CV FAO kathryn at hometextiles@sapo.pt

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VILAMOURA LONG let furnished T2, ground floor with 2 bathrooms, spacious lounge/dining room, fully fitted kitchen, large balcony overlooking pool area. Undercover parking. 850 Euros. Tel 962784661.

CLEAN SINGLE Room near Silves 10 euros per night call for details. 925098985.

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Vilamoura: 289 301 294

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FOR SALE Penina Golf. Alvor. Suit Retired Couple/ Investment. Luxury immaculate spacious Freehold South facing 2 bed apartment. 90 sqmtrs. Fully furnished. Lounge/ diner, shower room, fitted equipped kitchen, washing machine, dishwasher, aircon hot & cold, large sunny balconies, locked storage, own parking. Low running costs. Quiet location. Vacant. Excellent Rental Opportunity. Close all amenities, Championship golf, beaches, shopping, 125,000 euros. Private. 918594223.

PLOT FOR Sale, 500 m², water and electricity, good access, 2 to 3 km to two beaches, walking distance to Golf Resort Parque da Floresta. Suits perfectly for mobile homes or like. €19.500. PPI Agency Tel: 282698621.

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Excellent investment opportunity. T1 apartment in prestigious Vila Rosa area, Portimão (Algarve). Fully renovated and furnished. South-facing, coastal views, private parking. 600m walk to beach, marina, city centre. Public transport and amenities on doorstep. High rental returns. €108,000. Contact: 934808968.

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

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

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

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

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

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

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

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

INTERNATIONAL CHRISTIAN COMMUNITY LAGOS. Newfrontiers. Sunday service in English 10.30am. Madness Restaurant, Lagos Marina, Lagos. Tel. 910640927 www.icc-lagos.org

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

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

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ALL SAINTS ANGLICAN

Verse of the Week

For since the creation of the world God's invisible qualities - his eternal power and divine nature - have been clearly seen, being understood from what has been made, so that people are without excuse.

Romans 1:20; New International Version (NIV)

ASK Kurt All your computer questions answered

Windows 10 Action Centre?

One of the biggest issues users experienced with Windows 8.1 was the messy, disorganised Notification Centre that had no way to customise either the alerts you received or the buttons that were included each time you swiped to the right side of your screen to check what was new. Now however, the "Action Panel" gives you control over a whole new range of extended features that wouldn't otherwise fit on the taskbar, making it quick and simple to hotlink yourself to anywhere in the system with the press of a button. To start, it helps to know what the Action Panel actually is. From your desktop, begin by opening up the Action Centre by clicking the button at the bottom right-hand side of the taskbar next to the date and time. Next, scroll to the very bottom, where you'll find four buttons that each serve a different function. The Windows 10 default buttons are the Tablet Mode button (only useful on touchscreen devices), Flight Mode (for when you travelling), the "Network" button and the "All Settings" button. Click on the button that says All settings, then click on System and then navigate to the Notifications and Actions tab. Once there, you'll see the four buttons that are currently locked to your Action Center. As you click each of these, a menu will pop up that includes all the other options for the tasks you can attach to your Action Panel. These include finding your location (helpful for tablets), quickly setting up a new VPN connection through the Windows 10 VPN client, as well as connecting the PC to an external media device.

Email your questions to Kurt: kurt@algarvecomputercentre.com

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The champion maker



If you watched the Open Championship at Carnoustie, you will have seen one of the most fascinating finishes for a long time, with lots of really interesting subplots. I am going to focus on the Molinari transformation from 79 in the Official World Golf Rankings two years ago, to twenty first at the end of 2017 and now he sits at the heady heights of sixth in the world. Ahead of McIlroy, Spieth, Fowler and Day and having won three of his last six events, there's no real argument against him rising further.

You may have noticed that the Italian looked unflappable, serenely going about his Sunday's business, nothing extravagant to be seen, just sixteen pars and two birdies to make up his final round. The brace of birdies coming on fourteen and eighteen. Looking like the long distance runner who just kicks on the back straight to ease past his competition. Remember that he was partnered to the best subplot of the tournament; Tiger leading in the last round. To be clear, this wasn't the Tiger of old coming down the stretch, this was a great player finding his feet and getting comfortable with being in contention again. Yet Molinari unerringly stuck to his game plan. It has been said in the past that his putting was a weakness. Yet on the final green he was the player who looked like he was going to hole out for birdie and not Tiger. Which he duly did. Two years ago at Riviera Country Club, Molinari added a member to his team. If you are familiar with rugby and performance coaching the name Dave Alred should

be somewhat familiar. He teamed up with Jonny Wilkinson and arguably, through his training principles, forged the most prolific points scorer for England Rugby. To my knowledge he has only had one noticeable foray into golf and that was with Luke Donald when he became World Number One. Alred is a huge believer that you should play the way you practice and practice the way you play. Which essentially means there should be a heightened element of pressure whilst practicing. Make it real and like it is on the course. The concept of hitting a basket of six irons is ludicrous to Alred. When would you do such a thing on the course? That is why if you had been present at any of Molinari's practice sessions you would likely have seen him hit a few putts then go to the range and hit a driver, then an iron, then a bunker shot. Mimicking the flow of shots usually presented during a round of golf. Then there is what they call the 'Ugly Zone', an area where the maximum amount of energy and output is required. This is an area where fear of failure, complacency along with ego are all left outside.

The human instinct is to play it safe, protect what you have, don't look silly in public. Sound familiar? Yet the true champion spirit is to challenge boundaries, to continue to grow, never sit back, always create forward momentum. It could be said that Champions are born in the 'Ugly Zone' because here weaknesses are turned into strengths. So it is no surprise that the next person enlisted onto Molinari's team was the world renowned putting coach Phil Kenyon. After all, his stats showed that this was a true area for development. A place where 100 percent effort and commitment would reap rewards. A couple of years on you see a work in progress, an Open Champion. Alred will stress that nobody is the finished article; he has an Aristotle quote which rings true, "My philosophy comes from the Aristotle model: man who competes against his fellow man is noble but true nobility is man who competes against his previous self." So that's how it happens, the first Italian to win the Open Championship. He gets stripped bare by arguably the finest

performance coach in the world, then adds one of the best putting coaches in the world to turn his weakness into a strength. Now a note of caution would be the tale of Luke Donald. After reaching the World Number One spot under the tutelage of Alred, Donald decided that they were over analysing and they parted company. Donald is now 289th in the world.



Dave Alred



Francesco Molinari of Italy with the Claret Jug, after winning the British Open Golf Championship at Carnoustie, Britain, 22 July 2018. (Photo: EPA/Will Oliver)

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Sir Bobby Robson remembered in Porto

FC Porto and Newcastle United fans came together to remember the incomparable Sir Bobby Robson, who served both clubs with distinction, as the teams went head-to-head at the Estádio do Dragão.

N CHRIS WRIGHT



Lady Elsie Robson with the statue of Sir Bobby on the 18th green at Pestana Vila Sol. (Photo: Supplied)

FC Porto celebrate their 125th anniversary in September, just ten months after the Tyneside club celebrated the same milestone.

Thousands of the Toon Army had made their way from the UK to join the sell-out crowd of 45,000 as the Primeira Liga champions were held to a 0-0 draw thanks to the brilliance of the Magpies keeper Martin Dubravka.

Sir Bobby took charge at Porto twenty-five years ago and won two Portuguese titles, the Portuguese Cup and the Super Cup during his three-year tenure before moving on to Barcelona. Robson was not only revered in Porto because he won trophies, but it was his football philosophy that won the hearts and minds of the public.

He once said: "If we score a goal it's fine, it's great, but let's try for another. And if we get another, excellent, but the game continues and we will look for yet another goal. We

have to keep attacking and attacking, to get as many goals as we can."

Just as Sir Bobby had transformed Porto he did likewise on Tyneside after rescuing Newcastle, who were bottom of the Premier League in 1999, and turning them into a Champions League outfit. His first game at St James' Park will never be forgotten when Sheffield Wednesday were thrashed 8-0 and Alan Shearer, who had been on a bad run, grabbed five goals. Shearer recalls: "If it wasn't for Sir Bobby I would have left the football club. That was the reality of the situation. He saved my career. I didn't know where to go, what to do, what I was doing right and what I was doing wrong. He had an aura about him. He had a personality that was lovable, that was engaging and open." Shearer's revelation comes in a new film about Sir Bobby. Called 'Bobby Robson: More Than A Manager', it charts the life and career of one of English

football's most revered characters.

The same weekend as the Porto-Newcastle game was taking place in the north, the Sir Bobby Robson Celebrity Golf Classic was in full swing at the Championship Course at Pestana Vila Sol, Vilamoura where Alan Shearer, Harry Redknapp, Steve Bruce and Mick McCarthy led a star-studded field.

The annual fundraising event has raised over one million euros for the homeless children's charity the Refugio Aboim Ascensão, Faro since its inception fourteen years ago. Lady Elsie Robson and her family have continued their unwavering support for the charity following Sir Bobby's untimely death in 2009. Two years ago a wonderful statue of Sir Bobby was commissioned and placed in a beautiful position, sitting on a bench overlooking the 18th green, a favourite spot of Sir Bobby's at Pestana Vila Sol.

Another European title for Portugal

Portugal U19s lifted the European Cup after a thrilling victory against Italy in Finland on Sunday.

The squad was comprised largely of players that led Portugal to glory at the 2016 European U-17 Championship and it was that camaraderie that saw them run out victors 4-3 after extra time.

João 'Jota' Filipe opened the scoring just before half-time for Portugal and when

Francisco Trincão made it 2-0 with eighteen minutes to go it looked as if it was game over.

But Italy had other ideas and four minutes later Moise Kean (Juventus) scored twice within two minutes to take the final to extra-time.

In an action packed and thrilling final thirty minutes,

Portugal made it 3-2 when João 'Jota' Filipe got his second of the game in the 104th minute before Italy drew level yet again a minute later through Gianluca Scamacca (Sassuolo). Substitute Pedro Correia ensured a penalty shoot-out would not be necessary, firing home from the edge of the

area two minutes later as Portugal won the competition for the first time since 1999. Trincão Francisco and João Filipe were joint winners of the 'Golden Boot', finishing level with five goals a piece. Watch out for these youngsters, some of whom could be on their way to international

stardom.

Diogo Costa, Diogo Queirós (FC Porto); João Virginia (Arsenal); Ricardo Benjamim, Pedro Correia (Deportivo de La Coruña, Spain); Florentino Luís, Nuno Santos, Mésaque Djú, João Felipe. José Gomes (Benfica); David Carmo, Francisco Moura, Francisco Trincão (SC

Braga); Romain Correia (Vitória Guimarães); Rúben Vinagre (Wolverhampton Wanderers); Nuno Henrique (Sion, Switzerland); Diogo Teixeira (Rio Ave); Elves Baldé, Miguel Luís (Sporting Lisbon); Domingos Quina (West Ham United).



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