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Land-cleaning campaign underway once more



Prime Minister, António Costa, and the Minister for Agriculture, Capoulas Santos, get equipped for land clearance during a clean-up campaign last year. (Photo: Lusa/Nuno Veira). Full story, see page 4.

Republicans use Portuguese murder suspect as justification to build Mexican border wall. P6



Road deaths have risen 40 percent in the Algarve over the last year. P8



The Portuguese-American sailor shown celebrating V-J Day kissing a woman has died aged 95. P.12



Burnout and depression are having a significant effect on Portuguese doctors. P16



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Portugal can use its economic recovery to

Portugal's economic recovery is now well established, with GDP back to pre-crisis levels, a substantially lower unemployment rate, renewed investment and domestic consumption now joining a robust export sector to drive the economy. Efforts should now focus on reducing vulnerabilities to build resilience to future shocks, according to a new OECD report.

The latest OECD Economic Survey of Portugal forecasts GDP growth for 2019 and 2020 of 2.1 percent and 1.9 percent respectively. A drop in the unemployment rate to below 7 percent and rising earnings are driving consumption, adding to the economic lift from tourism and manufacturing, which were behind much of the 60 percent rise in export volumes that the Portuguese economy experienced from 2009 to 2017. The Survey, presented in Lisbon by OECD Secretary-General Angel Gurría alongside Portuguese Minister Assistant to the Prime Minister and for the Economy, Pedro Siza Vieira and Deputy Minister and Secretary of State of Finance, Ricardo Mourinho Félix, says Portugal should now take the opportunity to further shore up its public finances and banking sector. To improve living standards and address still-high levels of poverty and inequality, Portugal should also aim to raise productivity, which has stalled in recent years, and get the long-term unemployed back into jobs. At around 120 percent of GDP, Portugal's public debt is falling but is still among the highest in the OECD, limiting the country's ability to respond to external shocks. Reducing the debt will require ongoing fiscal consolidation and further

measures to offset the rising costs of ageing, including optimising health spending and further reducing pathways to early retirement. On the revenue side, the tax base could be broadened by reducing consumption tax exemptions and expanding the use of environmental taxes. In the banking sector, there is a need to reduce the share of non-performing loans, which have declined since a peak in 2016 but remain high by OECD standards. "Portugal has made tremendous progress restoring its economy to health since the financial crisis, but challenges remain in public finances and the financial sector," said OECD Secretary-General Angel Gurría. "The more Portugal can do to build up resilience while its economy is turning over nicely, the better it will be able to weather any future shock, ensuring the sustainability and inclusiveness of its economic recovery." External risks to Portugal's outlook could include a slowdown in economic activity in major trading partners and future rises in Eurozone interest rates. The Survey includes a thematic chapter on efficiency in the judicial system and its effect on productivity and economic performance. It notes that despite reforms to reduce the time needed to resolve a civil or commercial

case in the court system, cases still typically run longer than in other OECD countries. The report also highlights the importance of continuing efforts to foster integrity and promote transparency in both the public and business sectors, as a key priority. A second thematic chapter focuses on Portugal's export performance. With exports still relatively low as a share of GDP, it recommends doing more to improve competitiveness on international markets, to open up to external trade and to participate in global value chains. This could include removing barriers to competition, to further encourage exporting firms to compete on price and quality, and making efforts to improve domestic infrastructure and skills. The secretary-general of the Organisation for Economic Cooperation and Development (OECD), Angel Gurría, meanwhile said at a press conference in Lisbon that confidence in the future is a determining factor in boosting the country's birth rate. Gurría told *Lusa News Agency* in an interview during a break at the presentation of the OECD's new report in Lisbon that what determined the number of children a family had was their future perspective. He added that low birth rates happened in countries with



The Secretary-General of the OECD, Angel Gurría. (Photo: EPA/Jose Sena Goulao)

higher standards of living, whether these are "Buddhist, Catholic or Protestant." He also said problems relating to access to housing, namely for young people, were crucial, adding that there was a "problem" regarding young

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build up resilience, says OECD



el Gurría (L), pictured handing the latest economic report on to Prime Minister António Costa earlier this week.

people's confidence in the future. New generations don't believe they will be as well off as their parents, he explained. "At the moment, we have a crisis of expectations," Gurría said. The OECD also said Portugal should raise taxes on diesel fuel

and increase energy tax of coal and natural gas, in addition to promoting the use of public transport and shared transport solutions. In order to "recalibrate the economy for greener growth," Portugal should "encourage

public transport use and the development of new shared transport solutions, accompanied by appropriate supervision and regulation," in addition to "raising the tax on diesel fuel and increasing energy taxes on coal and natural gas."

N News in Brief

Civil servants could soon see doctors' notes waived

Portugal's civil servants could soon see doctors' notes for short sick leaves waived by their employers. The government is introducing a new experimental scheme in certain areas which would see civil servants who are off sick for two consecutive days and up to seven days a year no longer require a medical certificate to justify their absence. The measure is part of a Civil Service Workplace Health and Safety Action Plan to be implemented by 2020.

Fuel prices go up again

Fuel prices have risen once again. These latest increases are due to the higher cost of oil along with the euro weakening against the dollar. The price hike affects both diesel and unleaded petrol, whose cost has gone up by 1.5 cents per litre following this latest weekly adjustment. Diesel now costs an average of around 1.36 euro, while unleaded petrol has climbed to 1.43 euro a litre.

Left Bloc loses founding members

A group of 26 members of the Left Bloc, including three founders, have resigned in protest against the party's leadership moving away from its original political ideology. The group said the party's actions were not up to scratch, and that the Left Bloc had placed itself on the wrong side in the fight against racism.

Old café in Faro destroyed by fire

An old café in Faro has been destroyed by a fire. Fire fighters were called out to the blaze during the early hours of Saturday morning. The fire completely destroyed the ceiling and two rooms inside the building, in Bela Curral, Pechão. No injuries were caused by the fire.

WEATHER

Spring draws nearer

While the start of the meteorological spring is just under a month away, the weather in the coming week will in many places resemble that time of the year.

Lisbon: The Portuguese capital will be mild, with partly cloudy skies for much of the week, with thermometers averaging 10 degrees Celsius at night and just under 20 degrees in the day.

The South: Southern Portugal will see the best of the weather this coming week, with a

high of 23 degrees Celsius forecast for this coming Sunday. No rain is predicted.

The North: Northern parts of the country will also enjoy some good weather, and while overnight temperatures will drop to as low as 5, highs could reach 22 degrees or more on at least three days in the coming week.



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Land-cleaning campaign underway once more

With just a few weeks left until the deadline, Portugal's GNR police force have this week launched a nationwide drive to encourage property-owners to comply with their legal obligation to clean their land before 15 March, as part of preventative measures against wildfires.

N CARRIE-MARIE BRATLEY



The GNR's 'Safe Forest 2019' campaign was launched on Monday and will be rolled out nationally. (Photo: Lusa/Antonio Cotrim)

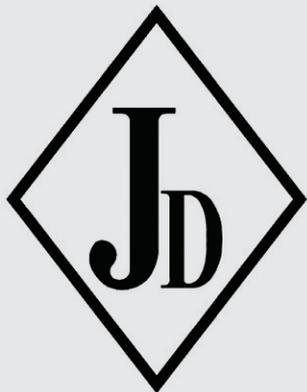
The much-debated land-cleaning deadline was introduced last year, following catastrophic wildfires in central Portugal in 2017, in which at least 66 people perished. Last year - the first year of the deadline's implementation - the time limit was extended until the end of May, by decree of President Marcelo Rebelo de

Sousa, after the majority of land-owners struggled to clean their properties in time. The law stipulates that in order to manage wildfire fuel, all land-owners with individual properties must clean a 50-metre border around the building, ridding it of combustibles such as grass, shrubbery, litter and debris, as well as thinning out vegetation and restricting the proximity and

height of trees, among other requirements. Clusters of houses, such as villages, require a 100-metre border. Non-compliant land-owners face fines that range from €280 to €120,000. The GNR's 'Safe Forest 2019' campaign was launched on Monday and will be rolled out nationally. It aims to "warn the population as

to the need for cleaning vegetation from around the buildings", and will see officers patrolling their local areas to "raise awareness, supervise, monitor and combat rural fires". The year-long operation runs until 6 December 2019, in phases, and counts on the support of local councils, fire-fighters, forest wardens and authorities including the ICNF Institute for Nature and Forest Conservation, and the ANPC National Civil Protection Association. In a statement, the GNR said 'Operation Safe Forest 2019' "integrates several phases, from the planning and implementation of awareness-raising and enforcement actions in the fields of fuel management, to reinforcing patrols and surveillance to prevent risky behaviour, as well as detecting and combating fires with the purpose of guaranteeing the safety of populations and their heritage and safeguarding the national forest fabric". GNR officers will be out and about, mapping local areas with a view to identifying and notifying

land-owners who need to clean their land. Speaking to the media at the launch of the operation in Chaves, Northern Portugal, on Tuesday, Chaves GNR Captain Bruno Antunes said the objective is not to "issue fines" but "to get people cleaning". National crime prevention and awareness association Safe Communities Portugal (www.safecommunitiesportugal.com) provides updated government information in English on all aspects relating to land cleaning and fire prevention, to help citizens comply with their duties. David Thomas, founder of Safe Communities Portugal, told **The Portugal News**: "It is important that land-owners do clean their land as by undertaking this it helps protect their property and their families". He explained that by creating a "defensible space" around properties, fires are most likely to reduce in intensity and less likely to reach homes. A dedicated government hotline - 808 200 520 - is also available for queries on land-cleaning



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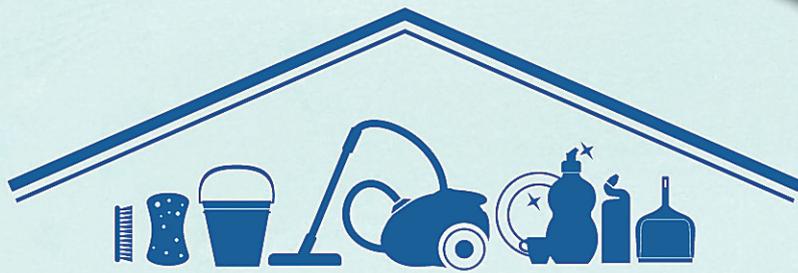
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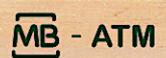
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Republicans use Portuguese murder suspect as justification to build Mexican border wall

The murder of an American woman, Valerie Reyes, allegedly caused by Portuguese-Venezuelan national Javier Enrique da Silva Rojas, has been used in a Republican video to call for the construction of a wall along the US-Mexico border, *Lusa News Agency* reported.



Photo: Justice for Valerie Reyes - Facebook



The Republican Party posted a video on Twitter where Valerie Reyes's murder is highlighted as an example of "what can happen when border security is neglected," according to coverage by Connecticut's *News 12*. Showing press coverage of the murder of Valerie Reyes (24),

who was found dead in a suitcase in the city of Greenwich, the video was uploaded by the Connecticut Republican Party's Twitter account last Thursday, but was removed shortly after due to complaints from the victim's family. Reyes' relatives reportedly said they did not want her name to

be used for political purposes. The authors of the video pointed a finger of blame at Connecticut's two Democratic senators responsible for the murder, saying, "Valerie Reyes is dead, your silence is deafening." They also demanded the two senators acted to "secure the border now," adding that the

alleged murderer, Javier da Silva, is in the United States illegally. One of the Democrat senators singled out, Richard Blumenthal, said the Republicans had used this case to distort the truth and had been dishonest, saying the border wall would not have stopped Javier da Silva from entering the United States. "What we need is a real, comprehensive immigration reform that will prevent visa overstays that were exploited by this hideous, abhorrent murderer - not distorted and fictional attempts to exploit this kind of tragic incident", the senator said. Several news outlets report that the suspect, who holds dual citizenship in Venezuela and Portugal, flew to the United States from Portugal, while others say it was from Venezuela. Portuguese citizens can apply for an Electronic System for Travel Authorization (ESTA) visa waiver and visit the US for up to 90 days. According to the police, Javier da Silva entered the US in May 2017, which means that he has

overstayed his visa for a year and a half. The victim's mother reportedly said that the Immigration and Customs Enforcement agency (ICE) has failed, but asked for the video to be removed, saying Valerie Reyes's death should not be used in the polarised political debate on immigration. Javier Da Silva has been charged with one count of kidnapping resulting in death, which carries a sentence of death or life in prison. According to Geoffrey S. Berman, United States Attorney for the Southern District of New York, "As alleged, Javier Da Silva is charged with committing a gruesome kidnapping that resulted in the death of a young woman. Thanks to the excellent work of the FBI and its local law enforcement partners, Da Silva will need to answer for his alleged actions in court." Javier da Silva is being held in custody and will appear before a court on 13 March. At a later conference, Greenwich Police Capt. Robert Berry said that the investigation is continuing and that "the suspect has admitted a role in Valerie's death."



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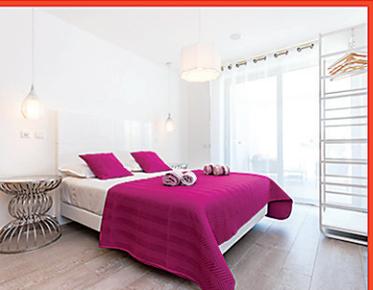
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Striking nurses 'will work under protest' and lodge a criminal complaint

The Democratic Union of Nurses of Portugal (Sindepor) has said that it will not give up the right to strike and that, if nurses are ordered to dispense with this right, they will only work under protest and submit a criminal complaint against the Government.

"Sindepor will not give up what is a legitimate right ... the right to strike," Carlos Ramalho, a union official, told *Lusa News Agency*. "We shall maintain our position and tell nurses that we have to stay on strike."

Ramalho added that "if nurses are notified in writing by the boards of directors [of hospitals] ... that they have to give up this right and are obliged to work, they will work, but they will fill out a document saying that they are being coerced and forced to work and to abdicate ... the right to strike."

If nurses are obliged to work, he said, "we will work, under protest, and present a criminal complaint against those who are coercing and threatening us illegitimately," Ramalho said, stressing that the written opinion released earlier in the day by the office of Portugal's attorney-general "only makes official what is a position [on the part of the] government" and not a court decision.

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Road deaths climb 40 percent in the Algarve

The number of people who have died in the past 12 months on roads in the Algarve has risen by almost 40 percent.



Algarve residents pictured here protesting against tolls on the A22 motorway and the state of the EN125 road, which is also the region's deadliest. (Photo: Lusa/Luís Forra)

In the week that the leftist majority in Parliament decided there will be no relief for motorists in the Algarve

seeking an exemption of tolls on the A22 motorway, comes the news that fatalities on the region's roads have climbed from

29 to 40 in the past year. The only other region to register worse data was Leira, where road deaths went up from 26 to 42 when

compared with records from the previous 12 months.

The figures, released by the ANSR national road safety agency, compares the 12 month period ending 7 February 2019, with the previous 12 months.

The southern Portuguese region has also fared poorly in terms of serious injuries suffered by motorists.

Between 1 January and 7 February, 20 people were seriously injured on Algarve roads, which is up almost 30 percent on the same period in 2018. The only other region nationally to produce more negative figures is the considerably more populated Greater Lisbon Metropolitan Area, where 25 serious injuries were recorded by officials during the first 38 days of the year. On a national level, road deaths rose from 508 to 517.

SEF detains four foreign citizens associated with illegal immigration networks

Portugal's borders and immigration authority SEF has detained four citizens suspected of belonging to illegal immigration networks that used Portuguese airports to route immigrants from eastern Europe to Ireland using fake documents.

In a statement SEF said that the four foreign nationals were detained for "strong suspicions that they belonged to a criminal network that aided illegal immigration and that they were facilitators and followers of other citizens who, bearing fraudulent documentation, used Portuguese airports to try to travel to other European countries, in this case, to Ireland".

SEF explained that a 20-year-old citizen was initially detained for being in Portugal illegally as he prepared to travel to Ireland aided by facilitators.

After his arrest, SEF agents detained the other three citizens.

The security service elaborated that the

incidents relating to the interception and detention of Eastern Europe citizens with falsified documentation at Portuguese border posts date from 2010.

The incidents took on particular relevance in 2012 when transnational criminal networks aiding illegal immigration, and who used Portugal as a transit platform to get nationals from Eastern Europe into Ireland and the United Kingdom, but also in Canada and the United States, were first identified.

Investigations by SEF, with the collaboration of Europol, have already identified criminal networks operating from Albania, Italy, the United Kingdom and Ireland.

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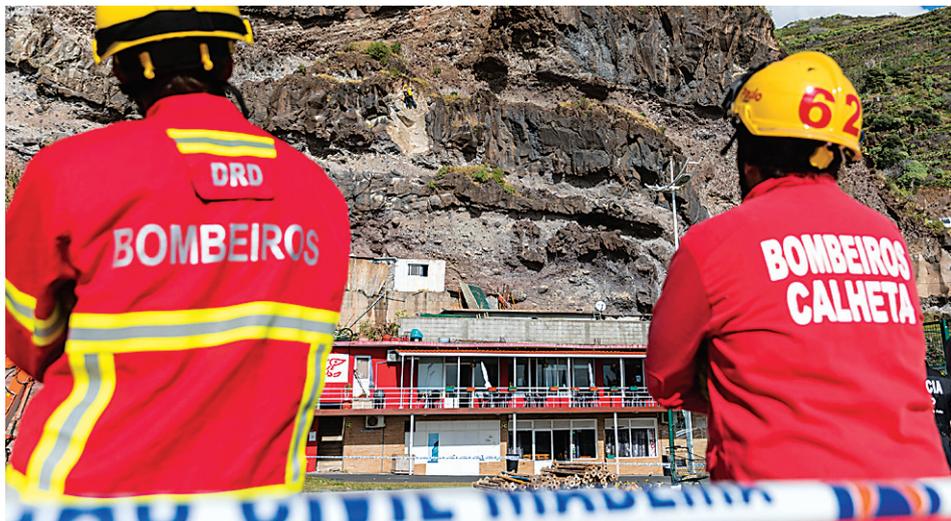
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Young cook killed following landslide on Madeira restaurant



Firefighters at the scene where a rockslide claimed the life of a young cook at a restaurant on the island of Madeira. (Photo: Lusa/Gregório Cunha)

A young woman working as a cook in a popular Madeira restaurant was killed last weekend after a landslide buried the eatery's kitchen.

According to reports, 23-year-old Carina Marlene, an only child, was working as a cook at the Rocha Mar restaurant, in Calheta, at the western end of Madeira island, when it was crushed by boulders after the cliff behind it disintegrated.

Her body was pulled from the debris ten hours after the incident. The head of the Regional Civil Protection Service, José Dias, confirmed the fatality, noting that "the main concern [of the operation] was to ensure the safety of the operatives.

The landslide happened shortly after 1pm on Saturday lunchtime, crumbling onto the kitchen area of the cliff-foot restaurant.

The establishment is located on the fringe of Calheta, at one end of the escarpment where a three-month strengthening

intervention has been ongoing, taking place until the end of March. The landslide also damaged a house adjoining the restaurant causing the temporary rehousing of a family comprising five adults and a minor.

The rescue operations of the young woman, who lived in the parish of Ponta do Pargo, in the municipality of Calheta, involved 53 local fire fighters and police officers. The victim's family is receiving psychological support from the local authority.

"Our first priority is to take care of the families, we have a psychologist from the council to accompany the family of the victim," said the city Mayor, stressing that the cliff has "given many problems" over the years. Work on the escarpment prompted the temporary closure of restaurants in the Calheta Marina, but on

Saturday they continued to function normally.

The owner of the restaurant, Manuel Jardim Barbosa, told *Lusa News Agency* he did not understand why the project to strengthen the escarpment did not cover that area as well, saying he warned authorities, but they "did nothing."

The regional secretary for Equipment and Infrastructures, Amílcar Gonçalves, said, however, that "the owner's version does not correspond to the truth."

Speaking to the media at the spot, the governor indicated that in 2012, when the first intervention was made, the owner "vehemently opposed" any intervention in the area and hindered all procedures for expropriation and property acquisition. Amílcar Gonçalves emphasised that this "totally prevented intervention on the escarpment" in that area.

First contracts to rebuilding homes affected by Monchique fire signed

The first contracts for rebuilding homes affected by last summer's devastating Monchique fire were signed last Thursday.

For now, about a dozen rebuilding or relocation processes under the *Porta de Entrada* programme are now complete,

meaning financing can start to be paid out. About 40 of the identified cases of families displaced by the fire remain unresolved.



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Left to right: Fátima Mendes; Hig. Telma Nhacarize; Catarina Silva; Manuela Rodrigues; Dr. Cris Piessens; Dra. Márcia Martins; Filomena da Cruz; Hig. Carla Sofia Martins; Stephanie Ataíde.

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Tourism record for Portugal

The number of foreign tourists visiting Portugal edged up to break another record last year.

The National Statistics Institute (INE) said total arrivals grew 0.4 percent to 12.8 million in 2018. Portugal's tourism has been growing for eight years in a row, though some in the industry believe it is set to reverse in 2019, partly due to a drop in British visitors due to Brexit. The head of the Porto and North of Portugal Regional Tourism Authority (TPNP), Luís Pedro Martins, has meanwhile said figures regarding overnight stays and guests for 2018 were

“fantastic.” The region registered 7.9 million overnight stays in 2018, a 5 percent increase compared to the previous year, and 4.3 million guests, an increase of 4.63 percent. According to the TPNP, the northern region saw the biggest growth and the figures show the country “is on the right track.” He told *Lusa News Agency* the World Tourism Organisation had forecast that these figures would be maintained until 2030. Asked about whether Brexit

was a reason of concern for TPNP, Pedro Martins said it wasn't, pointing out that the United Kingdom was the region's fifth largest source of tourists and that Spain was at the top of the list. Pedro Martins said the northern region had seen big growth in the Spanish market, as well as in the American and Brazilian markets. The French market continues to be the second best and could continue to grow, he added. The northern region ended 2018 with global income amounting to €482.7

Portugal has recorded yet another record in terms of tourism, which has seen the complete revival of villages like Cerdeira in the Lousã mountain range. (Photo: Lusa/Paulo Novais)



million (€52.4 million more, with revenue per available room, or RevPAR, of €46, an increase of 8.75 percent.) Pedro Martins said these figures showed that tourism activity was one of the levers of the economy and had a “big growth margin.”

Meanwhile, the Algarve garnered total hotel tourism revenue of one billion euros last year, according to data from the National Statistics Institute (INE) on tourism in the Algarve in 2018. This, the RTA Algarve Tourism Board said, mirrors the consolidation of tourism

performance in the region. The one billion euros in revenue represents a year-on-year increase of 4.7 percent, and was accompanied by a 1.5 percent increase in the number of guests, which stood at 4.2 million in the same period.

Three new five-star hotels to take shape in Portimão

Three new five-star hotels are to take shape in Portimão between Vau and Prainha, to a total investment of around €43 million

According to newspaper *Correio da Manhã* the low-rise luxury units will create some 400 jobs.

The newspaper states they are to be built on one of the few remaining non-developed swathes of countryside in that area.

The tourist project is part of an urbanisation plan approved by Portimão Council in January 2008; its Environmental Impact study report is open for public consultation until 15 March.

The project covers an area of 31.7 hectares,

located south of the V3 highway (between the Simon Bolívar roundabout and access to the Prainha tourist complex), extending towards the sea.

Three 5-star hotels are planned, with a total of 411 rooms, corresponding to

822 beds.

The development is promoted by the companies Astronow, MI Estoril Invest, Areia Feliz, Top Building and Prainha, with a period of six months established for the execution of the general infrastructures, and from 16 to 18 months for the

construction of each of the hotels.

According to the documents up for public consultation, “the main area of concession for the municipal public domain is the coastal belt”, where a “flyover” must be created, to allow guests' access without overrunning an area with

protected natural habitats and plant species”.

Sitting Portimão Mayor, Isilda Gomes, told the newspaper that “the issues raised during the public consultation phase will be analysed” and the council will make a decision on them at the end of the consultation.

Novo Banco loans Faro museum 17th-Century Flemish 'Tower of Babel' canvas

The Faro Municipal Museum, in Portugal's Algarve region, is currently displaying the 17th-century Flemish painting 'The Tower of Babel', thanks to an agreement between the municipality and Novo Banco, the bank announced this week.

The agreement with Faro city council will allow the loan of this oil painting by an unknown artist, which is part of Novo Banco's art collection, as part of the 27 major works to go on permanent exhibition in 15 museums around the country, the bank said in a statement.

Faro thus follows Castelo Branco, Guarda, Guimarães, Setúbal, Caldas da Rainha, Figueiró dos Vinhos, Lisbon, Viseu, Torres Novas, Obidos, Madeira and the Azores, which have previously received works from the Novo Banco collection for permanent exhibition in local museums, the bank added.

The agreement was signed at a ceremony on Tuesday at the Faro Municipal Museum, in the presence of the local mayor, Rogério Bacalhau,

and of the CEO of Novo Banco, António Ramalho.

“The Tower of Babel” is a canvas, painted in oil in Flanders at the end of the 17th century, depicting the construction of the Biblical tower, and which shows “the capacity of Flemish painters to, in a small space, illustrate a whole universe of narratives and details, thanks to a fine technique in the work of painting in oils,” the bank explained.

The valuable work is to go on display in a gallery in the Municipal Museum, together with other canvasses on religious themes, so enriching a collection that informs visitors about different artistic schools and styles, the municipality said.

The agreement forms part of a broader agreement between the Portuguese state and the

bank that will see a total of 37 works loaned to 20 museums in 14 regions of the country.

The initiative forms part of the strategy of Novo Banco, which was recently acquired by US venture capital fund Lone Star, to develop partnerships with public and private entities such as museums and universities to showcase its cultural and artistic heritage.

Its collections include almost 100 paintings dating from the 17th to the 20th centuries, the Pina Martins Library of Humanistic Studies, which is in the custody of the Faculty of Letters of the University of Lisbon, the Numismatics Collection and the Photography Collection, which has been described by the bank's CEO as “the jewel in the crown”.

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Portuguese-American sailor in famous V-J Day kiss dies

The ecstatic Portuguese-America sailor shown kissing a woman in Times Square celebrating the end of the Second World War has died aged 95.



(Photo: Lt. Victor Jorgensen/Navy)

George Mendonsa fell and had a seizure at an assisted living facility in Middletown, Rhode Island, where he lived with his wife of 70 years, his daughter Sharon Molleur told *The Providence Journal*. He was the son of Portuguese emigrants, and was a fisherman, just like his father. Mr Mendonsa was shown kissing Greta Zimmer Friedman, a dental assistant in a nurse's uniform, on 14 August 1945. Known as VJ Day, it was the day Japan surrendered to the United States. People spilled into the New York City streets to celebrate the news. Mr Mendonsa planted a kiss on Ms Friedman, whom he had never met. The photo by Alfred Eisenstaedt was first published in Life magazine and became one of the most famous photographs of the 20th century. It is called V-J Day In Times Square, but is known to most as The Kiss.

Several people later claimed to be the kissing couple. It was years before Mr Mendonsa and Ms Friedman were confirmed to be the couple.

Mr Mendonsa served on a destroyer during the war and was on leave when the end of the war was announced. When he was honoured at the Rhode Island State House in 2015, Mr Mendonsa spoke about the kiss. He said Ms Friedman reminded him of nurses on a hospital ship that he saw care for wounded sailors.

"I saw what those nurses did that day and now back in Times Square the war ends, a few drinks, so I grabbed the nurse," Mr Mendonsa said, according to WPRI-TV.

Ms Friedman said in a 2005 interview with the Veterans History Project that it was not her choice to be kissed. "The guy just came over and kissed or grabbed," she told the Library of Congress. She added: "It was just somebody really celebrating.

But it wasn't a romantic event." Mr Mendonsa died two days before his 96th birthday. Ms Friedman fled Austria during the war as a 15-year-old girl. She died in 2016 at the age of 92 at a hospital in Richmond, Virginia, from complications of old age. *TPN/PA*



(Photo: Alfred Eisenstaedt)

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“Rights of Portuguese in UK enshrined in law”

Portugal’s minister of foreign affairs revealed on Monday that his UK counterpart had informed him that the parliament in London has already approved the law enshrining the rights of European Union citizens residing in the UK, irrespective of whether there is a Brexit deal or not.



British Secretary of State for Foreign and Commonwealth Affairs Jeremy Hunt speaks to the media as he arrives for an European Foreign Affairs Council meeting, in Brussels, Belgium, 18 February 2019. (Photo: EPA/Olivier Hoslet)

After a meeting of the European Union member states’ foreign ministers in Brussels, Augusto Santos Silva noted that

he had had a bilateral meeting with Jeremy Hunt, the UK’s Foreign Secretary, who informed him that “the British Parliament has already approved the law

that enshrines the rights of European citizens living in the United Kingdom on 29 March this year, in accordance with the terms agreed and set out in the exit agreement” reached between the UK government and the EU, though not ratified by parliament.

“Therefore, irrespective of whether or not there is an agreement on Brexit, the United Kingdom has already decided that the rights of European citizens living in the United Kingdom on 29 March 2019, the date of Brexit, will be fully respected under the terms that had been negotiated”, Santos Silva said, adding that the rights of citizens “was the number one issue for Portugal”.

Santos Silva said that he was informed of this fact when he indicated to Hunt that Portugal’s government was preparing to present “briefly” in parliament in Lisbon draft legislation to confirm the rights of UK citizens living in Portugal.

The minister said that he had assured his UK counterpart that, “from a political point of view” the

law would be “approved by a very big majority”, so “it mattered that the United Kingdom should do the same thing, that it transform the policy paper that guarantees reciprocity into law.”

Hunt replied, according to Santos Silva, that “we have already approved it.” That information was news to the Portuguese minister, he said, but it could only be because of his ignorance. “So this point has been resolved, and that is very important because it was the number one question for Portugal.”

This follows a call made by British Prime Minister Teresa

May to her Portuguese counterpart António Costa to discuss changes that need to be made to the UK’s EU exit agreement.

A spokeswoman for Theresa May told *Lusa News Agency* the telephone conversation with António Costa is part of a series of contacts made by May with European leaders regarding Brexit.

In recent days, Theresa May has also reportedly phoned French President Emmanuel Macron, Austrian Chancellor Sebastian Kurz, and received the head of the government of Malta, Joseph Muscat, at Downing Street.

Cabinet reshuffled once more

The Portuguese government has undergone a series of changes over the weekend, in what was the fourth cabinet reshuffle since the Socialists came to power.

The latest move sees three ministers take office, while four new state secretaries have been appointed.

The reshuffle comes after

Transport and Infrastructure Minister Pedro Marques was unveiled as the chief Socialist candidate in the upcoming European elections.

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High number of Portuguese doctors suffer from burnout

Burnout and depression are having a significant effect on doctors. Nearly 20,000 doctors in six countries, including Portugal and the UK responded to the survey, with results revealing that more than one in three feels burned out and one in ten experiences both burn out and depression.



A new global study has found that a large percentage of Portuguese doctors suffer from burnout (Photo: Lusa/Mario Cruz)

Physicians from Portugal reported considerably higher levels of burnout, totalling almost half of all those interviewed. Burnout and depression are having a significant

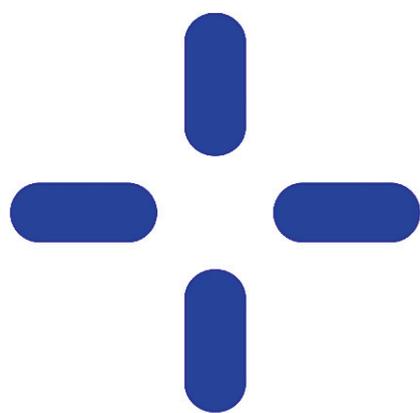
effect on the global medical community, as demonstrated by Medscape's *Global Physicians' Burnout and Lifestyle Comparisons* report. Physicians from Portugal

and Spain reported considerably higher levels of burnout than their counterparts in other countries, (47 percent and 43 percent respectively). By contrast, German doctors were the least

burned out, at 21 percent. Regarding depression, however, nearly one in four German physicians reported being depressed, followed by French physicians, with only 6 percent reporting depression. Most physicians report that it is unhappiness with work that is the key factor for burnout and depression; the majority in most countries reporting they are "extremely happy" with their personal lives, ranging from 65 percent of physicians in Spain to 50 percent in Portugal. Common themes driving burnout were excessive bureaucratic tasks (response rates ranged from 47 percent in the UK and Spain to 56 percent in the US and Portugal), spending too many hours at work (rates ranged from 26 percent in Spain to 51

percent in Portugal) and a lack of respect from administrators and employers (rates ranged from 25 percent in the US to 40 percent in Portugal). The majority of doctors said they had not sought professional help for burnout and/or depression (58 percent), with reasons ranging from symptoms not being severe enough (46 percent), being too busy to address them (33 percent) or thinking they could manage the situation without professional help (38 percent). In addition to examining the underlying professional causes of burnout and depression, the report also looked into doctors' lifestyles. Despite dispensing lifestyle advice to patients, doctors admitted to exercising infrequently,

with only 2 percent-11 percent exercising daily. One in five (21 percent) in France and a quarter (24 percent) in Portugal confessed to not exercising at all. "Medscape's first global comparison report on doctor burnout and depression shows that far too many are experiencing burnout, predominantly from excessive bureaucracy," said Veronique Duquero, Editorial Director of Medscape Global and co-author of the report. "Most doctors have no help in the workplace, and in some cases, are thinking of leaving medicine as the only solution. Clearly, our report shows that there is much to be done to improve the working conditions of doctors, regardless of where they practice, to the benefit of doctors and their patients."



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New rules cut red tape for citizens living or working in another EU state

As of this week, new EU rules to cut costs and formalities for citizens living outside their home country will start to apply across the European Union.

Previously, citizens moving to or living in another EU country had to obtain a stamp to prove that their public documents (such as a birth, marriage or death certificate) are authentic. Under the new regulation, this stamp and the bureaucratic procedures linked to it will no longer be required when presenting public documents issued in one EU country to the

authorities of another EU country. Under the new rules, citizens are also no longer required to provide a sworn/official translation of their public document in many cases. At the same time, the regulation foresees strong safeguards to prevent fraud. "This is excellent news for citizens who live or want to live in another EU country," said V'ra Jourová, Commissioner

for Justice, Consumers, and Gender Equality. As from this week "there will be no more costly and time-consuming bureaucratic procedures for citizens who need to present a public document to get married or start a job in the country they live in. It will make the daily lives of people living and working in another EU country easier and cheaper", said the EU Commissioner.

The new rules cover public documents, such as birth, marriage, or the absence of a criminal record and also abolishes the obligation for citizens to provide in all cases a certified copy and a certified translation of their public documents. Citizens can request a multilingual standard form, available in all EU languages, to present as a translation aid attached to their public document to

avoid translation requirements. The regulation sets safeguards against fraud: if a receiving authority has reasonable doubts about the authenticity of a public document, it will be able to check its authenticity with the issuing authority in the other EU country through an existing IT platform, the Internal Market Information System (IMI). The regulation deals only with the authenticity of

public documents, so Member States will continue to apply their national rules concerning the recognition of the content and effects of a public document issued in another Union country. Around 17 million EU citizens live in another EU country than their own. Around two million citizens are cross-border daily commuters who work or study in one country but live in another.

Consumer credit granted in 2018 rose 10 percent

The total amount of consumer credit granted in 2018 in Portugal rose 10 percent compared to the previous year to €7.35 billion, according to figures released late last week by the Bank of Portugal.

The central bank's latest figures on new consumer credit reveal that new car loans rose to €3.12 billion last year, corresponding to

over 42 percent of the total consumer credit granted and registered a rise of 12 percent compared to 2017.

Personal loans amounted to almost €3.16 billion, 11.8 percent more than the previous year. TPN/Lusa



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One in four pharmacies at risk of closing

Almost a quarter of Portuguese pharmacies are in a risky situation and are facing insolvency proceedings, according to data from the sector's main association.



Around a quarter of all Portuguese pharmacies are said to be facing a gloomy future. (Photo: Lusa/Mário Cruz)

Portugal's national pharmacies' association have in the past two weeks launched a public petition advocating a legislative programme for the pharmaceutical sector, to prevent the closing of pharmacies in a more difficult situation and to ask for equality for all Portuguese people's access to medicines. According to the association's data, 679 pharmacies are at risk, with lien and insolvency proceedings, which represent almost 25 percent of the 2,900 pharmacies in Portugal. Portalegre, Guarda, Santarém and

Setúbal are the districts with 30 percent or more of pharmacies at risk.

By signing on Friday, the petition "Save Pharmacies", physicians and pharmacists said that "they subscribe to the concerns of the promoters of the initiative, who warn against difficulties experienced by the pharmacies and for the problems related to medicines outages."

According to the petition, 64 million packs of medicines were reported out of stock in pharmacies last year. "Austerity over the medicine sector

cannot be eternal. It is urgent to save the pharmacy network," according to the petition.

However, on Thursday, the country's medicines authority, Infarmed, announced that it would intensify the inspection to the medicine circuit to detect any failures, after carrying out 400 inspections of pharmacies and distributors last year.

In a statement sent to *Lusa News Agency*, the authority said that in the 2018 inspections, some "issues related to medicine shortages" were identified, but "no situation that would justify intervention."

EU intensifies "no-deal" customs preparedness outreach to businesses

The European Commission has this week stepped up its "no-deal" outreach to EU businesses in the area of customs and indirect taxation such as VAT, given the risk that the United Kingdom may leave the EU on 30 March this year without a deal.

The outreach campaign launched on Monday is part of the Commission's ongoing efforts to prepare for the UK's exit of the European Union without a deal, in line with the European Council (Article 50) conclusions of

December 2018, calling for intensified preparedness work for all scenarios.

This campaign should help to inform businesses that want to continue trading with the UK after 30 March on what they need to do to ensure as smooth a transition as possible.

Preparing for the UK becoming a non-EU country is of paramount importance if significant disruption for EU business is to be avoided.

Pierre Moscovici, Commissioner for Economic and Financial Affairs,

Taxation and Customs, said: "With the risk of a no-deal Brexit increasing as we get closer to March 29, the European Commission and national customs authorities are working hard to be ready to introduce checks and controls on goods flowing between the EU and the UK.

"This is key to protecting our consumers and our internal market. A lot depends on the ability of businesses trading with the UK to get up to speed with the customs

rules that will apply on day one in case of no deal. There is no time to lose and we are here to help with the information campaign."

This week's launch aims to raise awareness amongst the EU's business community, especially SMEs.

A range of material has been made available to businesses, including a simple 5-step checklist, providing an overview of the steps that need to be taken.

While the EU says the overall impact of a "no-deal" scenario

cannot be mitigated, the current campaign is aimed at complementing national efforts to inform EU businesses and help to reach out to affected businesses in the EU27 Member States.

Preparatory work, supported by the Commission, is also underway in Member States to ensure that national customs infrastructure and logistics are ready to deal with a no-deal scenario.

For more information, see: https://ec.europa.eu/taxation_customsuk_withdrawal_en

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Environmental association wants an end to tax exemptions on aviation fuel

National environmental association ZERO has called for an end to tax exemptions on air fuel to avoid increasing distortions and emissions, citing a study by the European Federation of Transport and Environment that presents legal arguments for the application of VAT.

According to ZERO, the European Federation of Transport and Environment, of which the association is a member, has released a study that provides solutions for governments to end the exemptions, and considers them to be “of concern” throughout Europe. In a statement, ZERO explains that, in most European Union (EU) Member States, the air transport sector benefits from tax exemptions on excise duty (VAT) on fuel consumed on flights performed within or from the EU, which is not the case with fuel used for rail and road transport. In Portugal, where air traffic and associated emissions are growing, it adds, besides the VAT exemption, the kerosene used in aviation is also tax-exempt from the Tax on Petroleum Products (ISP). ZERO considers it unacceptable “for the Portuguese State to continue to maintain tax exemptions for aviation fuel, which not only represent a tax loss, but also allow the internalisation of environmental costs, while

benefiting one of the most carbon emission-intensive modes of transport, and penalising consumers, particularly those who do not use this mode of transport”. “At a time when the EU and its Member States, notably Portugal, are setting a course to decarbonise their economy, and the transport sector in particular by 2050, this exemption is inadmissible,” the association argued. The association believes EU countries should set a minimum taxation threshold on kerosene applicable to all airlines and should make efforts to remove all tax exemptions. Member States, it stresses, have been free to force airlines to tax domestic kerosene since 2003, but so far only the Netherlands has done so.

Although aviation accounts for only about 5 percent of global greenhouse gas emissions, emissions have doubled since 1990, the association explains, considering that a kerosene tax would encourage airlines and aircraft manufacturers to reduce the impact environment, by internalising environmental costs and alleviating the burden of other taxes on citizens and improving public services. The European Directive on energy taxation enables Member States to levy a VAT rate on aviation fuels on domestic flights without any limitation, as well as on flights between countries within the European Economic Area, provided that they are covered by bilateral agreements.

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Portuguese environmental group want an end to exemption of taxes on aviation fuel (Photo: Lusa/Inácio Rosa)

New law gives tenants right to 'lifelong' housing

Portugal's government has approved a law giving tenants and landlords the right to establish contracts for “lifelong” housing, through the payment of an initial deposit and a monthly payment.

According to Environment Minister João Matos Fernandes, the new measure signed

last week does not involve renting or owning the house. Matos Fernandes

explained that with lifelong permanence in housing, only the tenant can renounce the contract.



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Trump the Promise-Keeper

N GWYNNE DYER

Donald Trump is a man of his word, and he promised his ‘base’ to build a wall on the US border with Mexico to stop an “invasion of gangs, invasion of drugs, invasion of people.”



Trump International Tower and Hotel after the President declared a national emergency in Midtown Manhattan, New York, USA, 15 February 2019. (Photo: EPA/Alba Vigaray)

It turns out that Mexico isn't willing to pay for it after all, but a promise is a promise. So he has declared a fake 'national emergency' to get his hands on the money he needs. It's fake because the days when huge numbers of illegal immigrants were trying to come in across that 3,200 km. border are long past. Fifteen years ago it was more than a million and a half people a year. It had fallen to 400,000 by the middle of Barack Obama's first term

in 2010, and has not exceeded that number since. Half of those 400,000 people are caught while crossing, so let's just focus on the 200,000, more or less, who currently sneak through the border far from any legal crossing point, and whom a wall might stop. Let's imagine that it could stop them all. The predicted cost of the wall is \$23 billion, so how much would the United States be spending for each of these would-be border-crossers? Around

\$11,000 per person, and very, very few of those people are gang members or drug-smugglers; they are just looking for work and a better life. The United States is fully entitled to turn them all away, but this is ridiculous. The wall is largely symbolic, but it is a very important symbol for Trump. It was one of the key promises he made to the true believers in his 'base', and it was striking how angry they got at him when it looked like he would be thwarted by

Congress. As Ann Coulter said: "The only national emergency is that our president is an idiot." But the 'national emergency' will probably do the trick for Trump. It will face all sorts of legal challenges, but the rules for declaring national emergencies are so vague and the precedents so numerous that he will probably win in the courts in the end. In the meantime, he will have around \$8 billion to play with, mostly taken from the military and disaster-relief budgets. It's only a third of what it would take to build a full border wall, but it will let Trump look busy and persuade the 'base' that he is making progress. So there's one promise kept, more or less. The other two that really count are his promise to "bring the jobs back" and his commitment to outlaw abortion. He can't bring the jobs back because they never left. The vast majority (around 85%) of American manufacturing jobs lost since the turn of the century were killed by automation, not by free trade. But the fantasy statistics about near-full employment pumped out by the government may suffice to keep his base quiet, even if jobs are strangely scarce

or low-paying around where they live. What Trump does need to deliver on is banning abortion. He cannot do that himself, of course, but he promised to appoint 'pro-life' justices to the Supreme Court during the 2016 election campaign. He has probably managed to create an anti-abortion majority on the Court by now (although you can never tell with judges). But there is a problem for him and the Republican Party if he delivers on that promise. 47% of white women voted for Donald Trump in 2016, but around half of them were not part of his 'base'. They were just traditional Republicans who voted as they always did, some of them perhaps holding their noses this time. If the Supreme Court reversed its historic 1973 Roe vs Wade decision that made abortion legal throughout the United States, a lot of these women would be very cross with Trump and the Republican Party. Given that Trump only won by a hair's breadth in 2016, he cannot afford to lose their votes. Therefore he definitely doesn't need a big win on Roe vs Wade in 2019 if he wants to be re-elected in 2020. Does he know this? It's his own future at stake

here, and he's usually very alert to developments that might threaten it. He can't really control what the Court might decide, but he will be hoping that they just nibble at the fringes of the issue, not reverse Roe vs Wade outright. And the Court is quite likely to do just that, because senior judges hate to overthrow decisions of long standing that enjoy wide acceptance in the society. (Two-thirds of Americans support the current law.) Trump doesn't care about the outcome on most issues, probably including this one. He just wants a 'win', and he can conjure it up out of the most unpromising material. If the judges make a few minor changes to the law, he will portray it as a triumph and drop the subject. The real secret of dealing with Trump? Throw him a fish, and he will go away.



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

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Bowls Algarve

Thursday 14 February was Super 10's day, another beautiful, sunny day. Floresta took all eight points from Balaia, as did Tavira winning all eight points from Alvor; Valverde won six points leaving Pedras with two points. This changes the Table with Floresta at the top with sixty points, Albufeira who were the resting team this week, following closely on fifty-two points, and Valverde chasing closely behind on fifty-one

points. Alvor is the strongest team, holding up the league on twenty-one points. Only two more games to go in this competition with everything to play for.

Albufeira took the opportunity of their Super 10's resting week falling on Valentine's Day to host a fun afternoon bowling. The photo shows Albufeira's "Love Birds", Wendy and Roger Crowther who won the afternoons competition.

In the League matches, Tavira Tigers won two points from Alvor Scorpions who won six; Valverde Vipers took two points from Floresta Foresters who won six points; Valverde Vipers won all eight points from Albufeira Cats, as did Floresta Rangers taking all eight points from Pedras Panthers. In

League B, Balaia Pods took six points from Alvor Greens winning two points; Alvor Amigos won three points from Balaia Whalers taking five points, whilst Alvor Rooks shared the points with Valverde Vikings each winning four points.

This takes Floresta Foresters to the top of Table A, with seventy-three points, with Valverde Vulcans chasing closely behind on seventy-two points, and Albufeira Cats on



sixty-five points. The strong team in this league is Tavira Tigers on thirty-one points. In Table B, Alvor Amigos and Valverde Vikings each share the top slot, with fifty-four points each, with Floresta Huntsmen chasing behind on fifty points. The team holding up this league is Alvor Rooks on thirty points.

With only one more game to be played in the League, next week's matches will all decide who takes the Silverware for this year. Everything for the top teams to play for!

More quarter-final matches being played this week, as we are closing fast on the semi-finals, which are next week. Good luck to all players who have fought their way through.

Miriam Hare, Bowls Algarve Press Officer

Bike Rides

We have finalised dates for this years Rota Vicentina tour, details here :-

<https://www.algarvebikeholidays.com/tours/rota-vicentina-mtb-tour-nov-2019/>

Please let me know if you are interested in joining us this year.

Here are this weeks rides :-

Saturday 23 February: Bike Ride starting in Benafim, we meet by the roundabout in the centre of the village at 9.15am ready for a 9.30am start. This will be a challenging ride with a cafe stop somewhere along the way.

Sunday 24 February: Bike Ride starting in Almancil.

We meet by the rubber stamp roundabout in the centre of Almancil at 9.15am ready for a 9.30am start. This is a typical Sunday ride of around 35 to 40km with a café break somewhere along the way.

If you would like to come along to one of these rides, please do let me know either by text, e. mail or by confirming on Facebook via the Activity Algarve Bike Rides page! If a ride has to be cancelled for any reason, such as bad weather, then notification of cancellation will be via text, so please make sure that I have your mobile phone number! paul.beesley@sapo.pt

Charity Musical Evening

"Thanks to Tony Scriven, of The New Orleans Jazz Band, organising a recent charity evening at Silves Theatre, a near capacity crowd foot tapped, clapped and danced in the aisles to the music of The Jade Quartet, The Dixie Kings, Nightshift and The New Orleans Jazz Band. The evening was a resounding success and with each group

donating their time, the magnificent sum of 2,200 euros was handed over to Commandante Antonio Nunes on behalf of the Silves Bombeiros."



Club & Social

MUSIC

Aljezur International Choir. Thursdays 2.00 pm to 3.30 pm. wattys100@hotmail.com, 914 285 640.

Tavira Pop Choir. Santa Catarina, Sun 2.30pm - 4.30pm. Also, Fonte do Bispo, Sun. at 2pm-4pm. Call Gillian 966 006 436.

The East Algarve International choir. Thursdays, Luz de Tavira, Call Rineke Hofman 926 684 061. eastalgarvechoir@gmail.com

Coro dos Amigos do Museu. Thursdays from 6.30pm. Call David 289489374 david51.littlewood@gmail.com

Barbershop Chorus. Tuesdays 7.30pm. Moncarapacho. www.bellaacappella.net

SOCIAL

Chess Club. Eastern Algarve. chessalgarve@mail.com

Drawing the Nude. Olhão Thursday mornings. jill.stott@gmail.com

Painting for Pleasure Classes, water colours, oils or acrylics. Wednesdays Mesquite near São Brás from 10.30am to 12.30pm, 2.30pm to 4.30pm. Terry Reed 289 845 561.

C.A.S.A. - the Algarve's leading Social Club for expats meets monthly for dinners / lunches and social events. info@casasocial.club, 282 495 475. www.casa-social.club

Romantic Dinner

RC Estoi Palace Interational held its 2nd annual "Romantic Dinner" on 16 February at Comporta Eventos, at Lamaceiro, Pechao.

Over 50 people attended this fundraising event in aid of APPC (Algarve Cerebral Palsy Association). €600 was raised which go towards funding equipment required by the Association.

Our Club President Bruno Costa welcomed our guests including APPC Board member, Christina Sobral who thanked us for helping them. A superb Portuguese style buffet was

BRIDGE

Duplicate Bridge. Wednesday & Friday afternoons at Vale d'El Rei Hotel. Please contact 911 561 224 or 282 358 885.

Marina Club Suite Hotel Lagos. Tuesdays & Fridays 1.15pm. 963 977 642

Olhos de Agua. Tuesdays 1.45pm. Mary Moore 289 416 199.

Lagoa. Thursdays 1:45pm. 282 352 022 / 969 174 130.

Vale del Rei. Beginners 968 457 888.

Carvoeiro. Mondays & Thursdays 1.45pm for 2pm. 282 357 953 or 282 357 657.

Almancil Thursdays 3pm. Fridays 2pm Museu do Trajo in São Bras de Alportel. Frank Spelbos 937 802 110, spelbos@sapo.pt

SPORT

Walking Football Mondays, 50+, Tavira. Tuesdays 60+ ONLY, Olhão Thursdays, Olhão from 9.30 to 11.30am, €3. www.walkingfootballalgarve.com, christopher.wright@hotmail.co.uk

Tavira County Lawn Bowling Club - Cerro do Leiria, Santa Catarina, Fonte Bispo, Tavira. Roll-ups Mon, Wed & Fri. Joe Scott 963 997 582, joe.scott121@btinternet.com

Crown Green at Alvor bowling Club 10am. Peter or Janette 966 169 747 or 965 700 536.

Balaia Bowls Club. Tuesdays and Fridays 9:45am, Olhos de Agua, Albufeira. Jill 935 701 155.

Touch Rugby. Lagoa, Mondays and Wednesdays 8pm - 10pm. Men and women, all ages welcome. Simon Wilkinson wilks89@hotmail.com, 282 912 280 / 924 220 173.

afpop - Badminton in Silves. Thursdays, 8pm to 10pm. suesharman9@gmail.com, 910 108 730.

Alvor Bowls Club, Every Wednesday and Sunday, 10am. 282 490 280 www.alvorlawnbowls.com

Walking Football Wednesdays, 9:30am - 11:30am. Lagos. 50+. brian.efoster@yahoo.co.uk

Walking football Tuesdays & Thursdays 9:30am. Vilamoura. info@browns-club.com or 289 322 740.

Valverde Lawn Bowls Club - Every weekday from 10am, Almancil. Jen 282 332 628 or 937 264 287.

Algarve Hash House Harriers meet weekly. 289 413 854 or 918 806 044. www.algarvehhh.org

WORKSHOPS & COURSES

Latin American and Ballroom Dancing. Tues. 10am - 1pm Alvor. Wed 7pm - 8.30pm Carvoeiro. Caroline 961 916 821, strictlydancingcarvoeiro@hotmail.com

Scottish Country Dancing - Mondays 7.30pm to 9.30pm, Lagoa. Mardie Cunningham 282 356 029, rosevale45@gmail.com

Art Classes: Botanical Art in Watercolours for beginners. Weekly from 12th March. Vale D'el Rei every Tuesday 13:45-16:15 €15 per class.

Tel: 933669503 email: tonidade@yahoo.co.uk

Let's Walk

Saturday 23 February : Let's walk from Porto do Mos

An easy walk through countryside and back along the clifftops with stunning coastal views 13.30pm start - meet in the carpark at Porto do Mos. Drive to Lagos and follow signs for the 'centro'. Drive along the main avenida by the marina and follow the road up to the 'Ball' roundabout, here take the 3rd exit and follow the signs for Porto do Mos, the road ends at the carpark. Julie 965 753 033

Tuesday 26 February : Let's Walk from Figueira, near Portimao

A great circular walk through the countryside

where people still farm in the traditional way - just over 2.5 hours and moderately easy.

10.00am start - meet at the cafes in Figueira. Take the EN125 from Portimao, after 5km turn right for Mexiloheira Grande, then take the first right direction Arao. After 1km at the T-junction turn right direction Figueira and after crossing the bridge go right again and 100m on left you will find 2 cafes. Julie 965 753 033

All are very welcome please just come along wearing shoes suitable for country walking. There is a nominal charge of 5 euro p.p. this includes a donation to charity (full details www.portugalwalks.com)



Canadian Tour



Anne Matheson (front right) and the Canadian tour group

Earlier this month Valverde Lawn Bowls Club, Almancil, welcomed a group of bowlers from Canada. The group play at Nutana Lawn Bowls Club in Buena Vista Park, Saskatoon, Saskatchewan. They were pleased to leave temperatures of minus 35 degrees at home for the sunny Algarve.

The trip was arranged by travel agent Anne Matheson who loves her bowling. Rather than play as a team the bowlers preferred to play in three of Valverdes roll ups, enabling them to meet as many members as possible. They were all excellent players.

One member of the group was unable to bowl due to frost bite in his finger tips, acquired whilst clearing snow! But he was able to enjoy the lovely sunshine and watch the games.

Whilst in the Algarve the group stayed at Olhos de Agua and visited Albufeira and Loulé Saturday market. They also enjoyed a day trip to Silves and Monchique.

After their stay some of the group spent a few days in Lisbon before flying home to the snow.

They enjoyed their stay so much they intend to return next year.

World Day of Prayer

Refer to the advert below and you will see that the WDP Committee of Slovenia have prepared this year's service. They have chosen the title "Come - Everything is Ready" based on Luke 14:15-24

This programme was written by women in Slovenia, one of the smallest countries in Europe and a pretty young committee in the WDP movement.

At the core of the theme, an invitation - Come; and to enable the response - Everything is ready. Come to praise, thank, and proclaim the kingdom of love.

The invitation is grounded in the parable that Jesus told about a great dinner which was attended by the ones called off the streets, as the ones invited excused themselves. The community formed around the table is not enough to fill the house - there is still room. Who are missing from the table in

your community? How would you invite and prepare the feast?

Throughout the worship service, we hear the stories of those who are coming to the table of bread, wine, water, and salt. Their stories reflect the political and economic situation from the time Slovenia was a socialist-communist state to today. Their stories are the voices of the refugee and migrant workers, the mothers, the grandmothers, the wives, and the Roma people. While listening to their stories, we ask for forgiveness for being silent in the face of injustice, and we pray that God open our hearts to compassion and understanding. And we leave with a blessing prayer to mutually support one another on the path of freedom, justice, and peace.

All are welcome to the services, details below.



Animal Charity Party

A west coast group supporting their local animal shelter is hosting a charity Carnival party on Saturday 2 March.

The Friends Of AEZA are staging the event at the Restaurant Vale da Telha, aiming to raise funds that will help build feeding stations for the area's street cats.

The group was created to support Aljezur's animal welfare charity, AEZA (Association for Environment and Animal Protection of Aljezur), a non-profit association, whose main objective is to provide abandoned animals decent conditions to live in, with shelter, food, care and health care.

The Friends of AEZA stage a number of events through the year to provide financial support for the shelter.

And this latest venture is

taking place on 2 March, in the build-up to Portugal's Carnival 2019 which is to be celebrated on Tuesday 5 March.

The Carnival, also known as Entrudo, is a pagan festival that is always celebrated on the Tuesday that falls 47 days before Easter Sunday.

The Friends of AEZA party begins at 7.30pm and tickets cost €15 for an adult and €5 for children under 12.

The price covers a hot & cold Portuguese and English buffer meal, including bacalhau com natas, chicken, chips and salad.

There will be musical entertainment, prizes for the best costumes and a raffle for a large hamper and other prizes.

Tickets can be obtained from 915968260, 960306049 and 965343356, or 966602194 (Portuguese).

Tickets...Tickets...Get your Tickets Here!

"We are entering the digital era....a little late....but entering it we are!" said Chris Winstanley, Chairperson of The Algarveans Experimental Theatre Group. He was discussing the new ways that tickets are to be purchased for the group's production of "LADIES' DAY" by Amanda Whittington.

Following discussions with Lagoa Câmara and a recent change in the law, the group is having to change the ways it's sells tickets for their shows and in future audience members will be able to buy their tickets online or in person at numerous locations.

The group has been thinking of ways it could make tickets more readily available to customers for some time and a recent change in the law has meant the group speeded up the decision to sell tickets in a different way.

Tickets for LADIES' DAY which is being performed at the Auditório Carlos do Carmo in Lagoa are now on sale online at www.ticketline.pt, Portugal's leading online ticket agency, where for the first time clients can reserve the seats they want in the Carlos do Carmo Auditorium in Lagoa. The show is being performed Thursday to Saturday 21-23 March 2019 at 7.45pm.

You can also buy tickets in person at **Auditório Carlos do Carmo and Centro Cultural Convento de S. José in Lagoa** Tuesday to Saturday, 9am - 12:30pm and 2pm to 5:30pm or when the Auditoriums are

open for performances. Alternatively at **Município de Lagoa, Balcão Único**, Monday to Friday 9am to 4:30pm.

Tickets are also available in person at **Worten** and **FNAC** shops or online from their websites.

If the show is not sold out in advance, tickets can be purchased on the night from Auditório Carlos do Carmo, Lagoa from 7pm.

Tickets at €12 bought from Lagoa Câmara locations will be free from commission. Worten and FNAC shops and online purchases will charge an additional €1 per ticket.

To help the change of ticketing for shows, the group has posted all the information on its website www.thealgarveans.com and its Facebook page

"**The Algarveans Theatre Group**" links to both the Ticketline website and google maps to show customers where tickets can be purchased in person. You can also call a special telephone number for this show to direct you to the best place for you to get your tickets for the show which is being performed as part of Lagoa's annual HUMORFEST, which brings together a month of comedy to the region.

One critic described "LADIES' DAY" as having "all the charm of Calendar Girls and The Full Monty, with a good dollop of Dinner Ladies". Get your seat quick to see if they're right.

The special telephone number to call to direct you to the best place to purchase tickets is (+351) 913 745 261

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11am Igreja das Pereiras on the N125 near Almancil (St. Vincent's Chaplaincy) and
3pm Friday 1 March at the Salão (Community Centre) behind Luz Church
(followed by bring-and-share finger buffet)

Keep the slugs away – naturally



(Photo: PA Photo)

Slugs can be a real pest in the garden but you don't need to resort to pesticides to keep them at bay.

Try these suggestions from plant pathologist Pippa Greenwood to banish slugs the natural way.

Block their path with mulches

Crushed shells are a good mulch, says Greenwood. Poultry suppliers generally have an amount of crushed oyster shells and will be cheaper than buying a small box of crushed shells from a garden centre, she says. "Use the shells as a surface mulch around vegetables including purple sprouting broccoli and calabrese." The resin of pine needles,

as well as the spikiness, can also deter slugs. Mulch the needles right up to the stem of plants, as underground slug species such as keel slugs spend much of their time underground.

Create barriers

Greenwood uses copper tape, widely available at garden centres, around the rims of containers and the walls of raised beds, which act as a deterrent. "Occasionally, a slug will get in, but in the main copper tape helps hugely," says Greenwood. Other barriers, such as cloches, can also be placed over young vulnerable plants.

Encourage natural predators

Tempt natural predators who feed on slugs and snails into your garden, such as ground beetles, frogs, toads, hedgehogs and birds. Provide a variety of wildlife habitats and nesting boxes.

Choose resistant vegetable varieties

Some varieties of potato tuber, for instance, are particularly resistant to soil dwelling slugs, says organic gardening charity Garden Organic. These include Ambo, Cara, Desiree, Romano, Sante and Valor.

Choose trouble-free plants

Garden Organic recommends gardeners choose plants that slugs and snails don't like,

including *Acanthus mollis*, agapanthus, hardy geranium, *Digitalis purpurea*, *Nepeta x faassenii*, *Papaver orientale*, *Rudbeckia fulgida* and *Sedum spectabile*.

Keep your soil structure and drainage sound

Slugs thrive in rough, lumpy ground which is poorly drained, so improving drainage and soil structure is important where these conditions occur. Adding grit can help drain heavy and compacted soil. If you rake to create a fine tilth before sowing, you'll help to disturb slugs and their eggs, as well as helping soil to dry out on the surface, making movement more difficult for them, Garden Organic points out.

Be vigilant

Inspect vulnerable plants regularly and remove any pests. Put on a pair of rubber gloves and go out in the garden after rainfall and at night, when slugs and snails feed.

Keep the garden reasonably tidy

Don't give slugs hiding spaces by leaving piles of rubble or stones or stacks of flower pots close to cultivated areas. If you find large populations of slugs or snails in a corner of a veg bed or up an adjacent wall, pick them off and dispose of them.

PA/TPN

Bright rooms to

You don't need to rush out and arrange a major revamp - some little touches can be enough to lift a space and provide that all-important refresh. Here are six decor trends that will make a big impression on rooms this year, and could help banish the blues and take your home from drab to fab in no time...

Tell a texture story

If you want to give a scheme some 'wow' factor,

look no further than texture. Layering a mixture of soft fabrics - from fluffy sheepskin cushions and chunky wool throws to cowhide rugs - will not only draw the eye, which is essential in a muted scheme decorated in neutrals that could otherwise look bland, but also add cosiness. Adding texture is all about layering, so have a few key pieces, like a statement rug, a velvet chair, or a leather sofa, and then add smaller accessories and soft furnishings until the



Let Red Rule Lantana Orange Ceramic Lamp With Black Shade, (Photo: Habitat/PA Photo)

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banish the winter blues

room feels complete. Don't forget that your scheme need never be 'set in stone'. Moving or replacing a few texture-rich accessories is an easy way to re-energise and refresh the whole balance of a scheme.

Make it mellow yellow

Yellow has crossed over from the fashion catwalks - the colour was big news at the 2019 spring/summer shows - and is predicted to make its mark in our homes. The colour is associated with energy and optimism - we could all do with a dose of that this year - and you can easily play with all its hues, from bright daffodil yellow, through to the palest lemon. This is also a shade that works well in bold contrast, or blended with similar shades and tones - don't be afraid to experiment. Another bonus: Pops of yellow will act like beams of sunshine in any room, no matter what the weather's like outside.

Follow the fringe

Fringing - think the swishy, flamboyant Charleston dresses of the 1920s - is making a comeback in decor and home styling. You can interpret it elegantly and traditionally, with upholstery fringing on armchairs and sofas, or go for an ethnic, arty vibe with a colourful tribal wall hanging. However you use it, fringing is fabulous.

Touch wood

Natural materials, particularly wood, are essential for today's stylish homes. It's all about celebrating the beauty of natural materials and craftsmanship - think heirlooms and sustainability - and the unique grain of timber. Don't limit yourself to one piece. The chic take on the trend is to choose furniture made in different tones of wood, from pale ash to ebony, and let it share a space. Leave it raw and unstained to reveal the gorgeous imperfections of the knots and grain.

Let red rule

Let the warmest shades on the colour spectrum - rust, red and rose - warm your rooms (it's cheaper than turning up the central heating!). Our newfound boldness with colour means we're less timid and more prepared to splash on those bright shades these days - but even used sparingly, these shades will make an impact without being too dominating, especially if you lean towards the brown-based terracotta hues. Experiment with bed linen and accessories to test your enthusiasm, or paint a headboard or feature wall if you want to make a statement. Seeing red can be positive!

Pay a floral tribute

Nature's finding its way into more and more interiors, flowers, potted plants and succulents - both real and faux - are an easy way to bring natural appeal to rooms. Displaying bouquets in

Winter can be a bleak time of the year, even if you are in Portugal! Beat the winter blues this year by injecting some colour into your home.



Make It Mellow Yellow Juno yellow velvet sofa, Ladders cushion, Yuko cushion, Ellora coffee table and Valarie rug. (Photo: Atkin & Thyme/PA Photo)

clear glass vases can have a transformative effect on a space. As a transparent vase displays all of its contents, the possibilities for decorative ideas extend

beyond flowers, and you could use them for fruit or collections of beachcomber finds too. Change the atmosphere with blooms - a fresh cut

bunch from a garden will enhance a country/rustic effect, while an elaborate display of exotic blooms makes a luxe touch. PA/TPN

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Liven up your dog walk!

Training a dog can be a long process, however it doesn't have to be a boring one and a great way to increase training fun for you dog is to incorporate training games into your everyday activities – including walk time!



According to the RSPCA, when playing training games, it is best to start off somewhere quiet and without distractions, and from here you can gradually build up to noisier and busier locations. There are no

endpoints to learning with either of the games, so you can continue practising and improving for a lifetime. The key is to keep things short, fun and easy to understand. Here we have two simple games suggested by the RSPCA that owners can use when out for a walk.

Find it

Keeping your dog engaged and interested in you while you're out, means that you can keep an eye on them, and makes walks more interactive and enjoyable too. Dropping treats at regular intervals, and making a game out of finding them, gives your dog a motive for keeping closer and knowing where you are at all times.

- Bring some of your dog's favourite treats with you, begin the game by walking together on the lead.
- As you walk, drop a treat on the floor - either ahead of you, behind you, or to the side. Drop it close enough that your dog can still reach it easily!
- As you drop the treat, signal to your dog by pointing in the direction of the dropped treat and saying 'find it'. Allow them to find and eat the treat.
- Repeat this at random intervals throughout the walk.
- Progress to playing with your dog off lead, and calling 'find it' when they're further

away so they return near you to look for the dropped treat.

Get it and Come

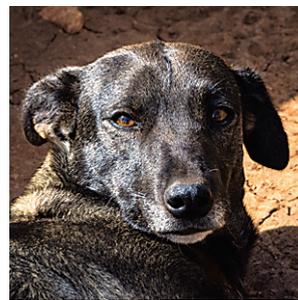
Recall is a really important skill to practise, and is super handy for off lead walking. This game is extra fun for your dog because they get the double bonus of two treats per cycle, one when you send them away from you and another for returning when called.

- With your dog running loose or on a long lead, call them to you by showing them a treat. Give them the treat.
- Take another treat - one that will show up easily on the ground - and making sure that your dog is watching, throw it away from you saying 'get it!', or another distinctive phrase, so that the dog moves away.
- Throw the treat far enough that they need to take a few steps, but close enough that it's visible and easy for them to find. If your dog is on a lead ensure it is loose enough to allow them to freely move away to get the treat.
- As soon as the dog has eaten the treat, call your dog back to you with another treat held in your hand, using a recall word such as their name, and 'come'.
- Reward your dog for returning, and then repeat the process again, throwing the treat in a different direction each time.
- Gradually increase the distance that you throw the treat. You can do this off the lead when your dog has really got the idea.

PETS FOR ADOPTION



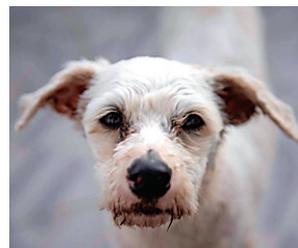
DEBRA is 6-years-old and a bigger dog. Not for rehoming with small children. She has food issues so needs to be fed separately from other dogs. A homecheck will be done before adopting as special conditions apply because of her breed. Email: friendscanilportimao@gmail.com



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Cooking

And then she found herself appearing on the Great British Menu, replacing Mary Berry on the Great British Bake Off, and "pinching" recipes off the contestants.

"When I stopped writing cookery books 25 years ago, half the people who are now watching Bake Off weren't even alive," she notes dryly. These people, as well as faithful Leith fans, are fully catered for in her new cookbook, Prue: My All-time Favourite Recipes.

Packed with classics like roast pork and cottage pie with black pudding, the South African cook is also sharing fresher, zingier dishes, like baked sea bass with samphire and cucumber, Colombian chicken, potato soup and burrata with kumquats. It helped that this time around, a doyenne of the food world, she got to skip the "tedious" bits of making recipe collections, namely the

extensive recipe testing (a job that went instead to talented cook Georgina Fuggle). "It's like writing a maths book, you don't dare have a mistake in the recipe because somebody's going to spend their hard-earned money on buying the ingredients and making the thing, and if it doesn't work, it's your fault," explains Leith. "It doesn't matter if you make a mistake in a novel - it's not going to ruin somebody's life, but if you've invited people round for dinner and spent a lot of money on something and you spoil it for them..."

Leith is ever prepared with a quick comment or dry remark, however, her (somewhat accidental) catchphrase - "Is it worth the calories?" - might be one of her abiding principles, but it wasn't meant to become her personal slogan.

"I always judge things by, 'I don't care how many calories it's got, it's so delicious I'm going to eat it', or, 'It's a special occasion, it's worth the calories'. I won't eat something which is high in calories and not particularly wonderful, because that's just not worth it, you feel guilty after," she explains, adding: "Now I hardly ever say it because I feel self-

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from experience



'Almost' Thai fish cakes. (Photo: PA Photo/Bluebird/David Loftus)

conscious!" She believes TV is beginning to prod people to pick up a frying pan but is adamant there needs to be more focus on learning cookery skills at school, and more support for people who aren't adept in the kitchen. "Life has got tougher and tougher for people on a real tight budget, so people who have never learnt to cook, who didn't learn at school and their mothers didn't cook, who have basically grown up on junk food, it's really difficult for them to change unless someone will give them a hand," she says, "because if you can't cook, you're not going to risk your benefit money on something the children won't eat because they've never seen it before."

'Almost Thai' Fish Cakes
(Makes 8)
300g floury potatoes, peeled

1 medium egg, beaten
3tbsp coriander leaves and stalks, finely chopped
1/2 green chilli, finely chopped
300g salmon fillet, skinned and cut into 1-2cm cubes
3cm piece of ginger, peeled and finely grated
Finely grated zest of 1 lime
1 lemongrass stem
3-4tbsp dried breadcrumbs
2tbsp sesame oil
1tbsp unsalted butter
Salt and pepper to season
For the dipping sauce:
4tbsp rice wine vinegar
1tbsp mirin
2tbsp Thai fish sauce (nam pla)
Juice of 1 lime
1tsp honey
1/2 red chilli, deseeded and very finely chopped

1. Bring a large saucepan of salted water to the boil, add the potatoes and simmer until tender, about 20 minutes. Drain well, and while still boiling-hot, crush (rather than mash)

the potatoes and allow the steam to escape - the drier the mash, the firmer your fish cakes will be.
2. Leave the mash to cool before stirring in the egg, coriander and green chilli. Generously season with salt and pepper. Set aside.
3. While the potatoes are cooking, whizz the salmon, ginger and lime zest in a food processor until they form a thick paste.
4. Peel the outer layer of the lemongrass and discard. Cut the stem in half lengthways and chop as finely as you are able. Add to the salmon paste, then add the salmon mixture to the cooled potato, combining well. Divide the mixture into eight and shape into patties.
5. Dip each one into the breadcrumbs to coat and put onto a large plate or baking tray. Chill in the fridge for at least an hour to firm up the fishcakes.
6. Place a large, heavy-based frying pan over a medium heat. Heat the sesame oil and butter together in the pan until beginning to foam, then fry the fish cakes in batches, until golden on both sides.
7. To make the dipping sauce, combine all the ingredients and pour into a small serving dish. Serve the hot fish cakes with the dipping sauce.

Fresh Gnocchi with Tomatoes
(Serves 4)
1kg ripe, plum tomatoes

About 3tbsp olive oil
1tsp fennel seeds
1 large onion, diced
2 large garlic cloves, sliced
150ml full-fat creme fraiche (half-fat will split during cooking)
A large handful of summer herbs, roughly chopped (dill, basil and parsley)
Salt and pepper to season
Grating of Parmesan or vegetarian hard cheese to serve
For the potato gnocchi:
500g potatoes, peeled
250g plain flour
1 medium egg, beaten
Salt

1. Heat the oven to 180°C/ fan 160°C/gas mark 4.
2. Halve the tomatoes lengthways and put them, cut-side down, in an oiled roasting tin. Sprinkle with most of the oil and the fennel seeds and season with salt and pepper. Roast for one hour, turning the tomatoes over halfway through cooking. When cool enough to handle, cut each tomato into smallish pieces with scissors.
3. Meanwhile, in a large frying pan, fry the onion gently in one tablespoon oil for four to five minutes until soft. Add the garlic and fry for a further minute, then set aside.
4. For the gnocchi, boil the potatoes in salted, simmering water for 20 minutes or until tender. Drain, mash, taste and season well. Mix in almost all the flour and the egg. Flour your hands and knead into a ball. Using more flour to prevent



Fresh Gnocchi with Tomatoes. (Photo: PA Photo/Bluebird/David Loftus)

sticking, roll out into long batons 2cm thick. Cut these into 2cm pieces. See the 'Tip' below if you want to give them a traditional gnocchi shape.
5. Cook the gnocchi for exactly three minutes in boiling water, then drain and spread out on a clean tea towel, separating them to prevent sticking.
6. Now back to the sauce: Tip the tomatoes and their juices into the onion pan and add the creme fraiche and herbs. Very gently, combine until everything is evenly distributed. Check

the seasoning, then stir the gnocchi into the sauce and serve with the Parmesan.
TIP: To get the traditional gnocchi shape, put a table fork, preferably one with four tines, face down on a board so the tips of the tines touch the board. Shape each piece of dough into a ball and roll it gently down the tines of the fork to make grooves in its surface. You should end up with a rugby-ball shape with indentations running around it.

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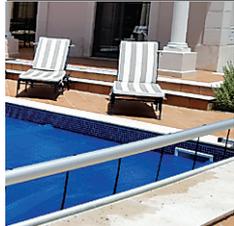
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- Confirm a real estate agency industry credentials - are they licensed by IMPIC (Instituto dos Mercados Públicos do Imobiliário e da Construção)?

- Take a look at the real estate agents website. Are the properties for sale presented well, with great photos, clear and attractive property descriptions and good grammar?

- Make a short list of agents in your area that specialise in properties similar to yours and contact them via email or telephone for a first impression. Are they polite, professional, passionate about their

work? If you don't get a good first impression, move on!

- Make an appointment to meet your top three. Look for passion, conviction and honesty. Are they knowledgeable? Can you trust them? Do they have your best interests at heart? You need to feel comfortable with your real estate agent. They are the first point of contact for potential buyers, so you need to be sure that they will represent you and your property well.

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- Pain tolerance is reduced by sleep deprivation
- 1 in 5 adults fail to get enough sleep
- Sleep deprivation will kill you more quickly than food deprivation
- Humans sleep an average of 1/3 of their lives



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Tackle the burn

There's nothing worse than finishing a delicious meal with an uncomfortable bout of heartburn.



Heartburn is brought on when acid leaks from your stomach and up to your oesophagus. (Photo: PA Photo)

The unpleasant sensation is usually caused by stomach acid, which leaks into the oesophagus and travels up towards the throat, commonly causing what's known as acid reflux. Many of us will be familiar with the tell-tale signs - pain in your chest, a burning at the back of your throat that gets worse when

you lie down - but how can you avoid feeling it in the first place? Here, we asked Arun Thiyagarajan, medical director at Bupa Health Clinics, to give us his top tips for beating the burn.

Avoid food and drink triggers "People who regularly get heartburn will often find that it's either caused, or made worse by, certain types of food and drink,"

says Thiyagarajan. "For example, excessive alcohol or caffeine intake is likely to trigger heartburn if you're prone to it, so you should take notice of this and manage your intake appropriately." It's bad news for fast food lovers, as he says that fatty and fried foods like burgers and chicken wings can commonly lead to heartburn. That being said, each person is different, so it's

important to monitor your heartburn and understand what triggers it for you.

Take time out for you Stress and anxiety can lead to many health issues if left unchecked, but what you might not know is that it can also be a trigger for heartburn. "If you find yourself struggling to manage your work-life balance, or feeling constantly anxious about other things, try to understand why this is and take steps to help yourself better manage it," says Thiyagarajan. "This means making more time for the things you enjoy, such as going for a walk, reading a book or spending more time with family. "If you're struggling to manage symptoms of stress or anxiety, don't be afraid to speak to your GP who will be able to help you," he adds.

Manage your weight Being overweight can be one of the leading causes of heartburn, so getting in better shape can be key to reducing your symptoms, advises Thiyagarajan. There are other benefits too. "By starting to exercise regularly and better managing your diet, you'll also reap other rewards such as feeling fitter and stronger both physically and mentally, as well

as getting better quality of sleep and being more productive."

Elevate your waist "Heartburn is brought on when acid leaks from your stomach and up to your oesophagus. This means lying down can make symptoms worse, which can make it tricky if you're experiencing symptoms when it's time for bed." Elevating your body from the waist up can help tackle this problem, by using gravity. "A common way of doing this is by adjusting the angle you're sleeping at, using a wedge pillow. This will elevate your head, shoulders and torso while still keeping you comfortable," says Thiyagarajan.

Avoid cigarette smoke Smoking comes with many serious health risks, and on top of an increased risk of cancer and heart disease, it can also be a major trigger for heartburn. "While you may think that smoking will provide relief when feeling uncomfortable, it will only make symptoms worse over time," says Thiyagarajan. "This can also be true of passive smoking, so be wary of those smoking around you and try and remove yourself from those situations if need be."

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Weight loss should be stabilised at least six months before surgery. (Photo: PA Photo)

is required.”
“A cosmetic surgery practice should never try to rush you into a choice, or try to pressurise decision-making through last-minute discounts or deals,” says Sforza, who adds that: “If you’re thinking of undergoing a procedure, it’s essential you’re healthy and understand the risks associated with the surgery you’re thinking about.” Here, Sforza outlines five key health considerations for anybody thinking about pursuing cosmetic surgery...

Being a healthy weight

“Bear in mind that excess weight could put the body under more strain and at risk of certain side-effects and complications from surgery,” says Sforza. Being overweight also increases the likelihood of sleep apnoea, where people stop breathing repeatedly during sleep. This can complicate the administration of general anaesthesia, and anyone prone to it should tell their surgeon. Cosmetic surgery results are generally best if your body mass index (BMI) is under 30, and Sforza advises: “If you’re told by your doctor that your weight might impact the results of your surgery - and the circumstances aren’t pressing - think about losing weight under a doctor’s supervision. Improving your health before surgery will make it as safe as possible,

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All surgery carries a degree of risk, and before having an operation to reduce or increase your breast size, make your nose or tummy smaller, or any other procedure, it’s important to be fully aware of these, and consider whether any individual lifestyle factors and pre-existing health conditions may affect the level of risk involved. “Cosmetic surgery is a growing industry, but organising it isn’t as simple as just calling up and booking yourself in,” says Professor Marcos Sforza, an aesthetic surgeon at MyAesthetics. “In some cases, you’re making the decision to have the equivalent of a major operation, which means thorough research

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ic surgery

Getting 'a bit of work done' isn't quite the taboo it used to be but going under the knife is a big step - and weighing up the likely results, plus whether your bank balance can take the hit, aren't the only considerations.

minimise chances of complications and quicken your recovery." Weight loss should be stabilised at least six months before surgery.

Allergies

It's imperative to inform your surgeon of any known allergies, because some dressings contain ingredients you may be sensitive to, such as acrylates, silicones, rubber and latex.

And it doesn't have to be a major allergic reaction to be worth mentioning - telling medical staff about any minor past reactions, such as irritations caused by silver or nickel in jewellery, bra clips or watch straps, can be useful, as it will help your surgeon build an accurate picture of how your body may respond to potential allergens. "Most allergic reactions aren't serious but can be uncomfortable," notes Sforza, who says that sometimes extra treatment, such as topical corticosteroids or antihistamines, may be required.

Cigarettes and alcohol

Smokers will need to quit before surgery, and for some time afterwards. Nicotine causes blood vessels to compress - and smaller blood vessels can reduce blood supply to organs and tissues, slowing wound healing. Also, smokers can be at higher risk of complications, says Sforza. Patients are advised to stop smoking completely for six weeks before and six weeks after surgery, and abstain from all nicotine-containing products too. In addition, cutting out alcohol one to two weeks before surgery is generally recommended, because of

possible interactions with anaesthesia and increased risks of bleeding. It's important to discuss any recreational drug use with your surgeon too, as this can increase anaesthetic risks.

"Just be honest, and your surgeon will discuss with you the best way forward to guarantee the best possible outcomes of your surgery," says Sforza.

Pre-existing health conditions

Your surgeon will also need to know relevant things about your general health, including any other conditions you have, or are being treated for. Two common examples are asthma and diabetes. Any heart or respiratory conditions must be reported, stresses Sforza. If you're scheduled for treatment, asthma needs to be well-controlled beforehand to reduce the possibility of a flare-up

before or during surgery. Get a check-up with your doctor at least a week beforehand, so you know you're in the best possible health. Those with more acute asthma may need to take inhaled bronchodilators or corticosteroids, or steroids by mouth before surgery to manage symptoms better. As for diabetes - the better controlled it is, the better your chances of an excellent surgical outcome, stresses Sforza. Keeping your blood glucose within the recommended parameters is vital, as is first-rate nutrition. If you're diabetic, hyperglycemia (high blood glucose) or hypoglycemia (low blood glucose) could be an issue post-procedure and wound healing could be slower. And tell your surgeon about any other medications you're taking, even if not regularly, because they could have side-effects that need to be considered.



Improving your health before surgery will make it as safe as possible. (Photo: PA Photo)

Mental health

Nerves, sleep deprivation and recovery, which may involve some pain, lethargy and swelling, can be both physically and emotionally draining, so it's essential you prepare yourself as best you can. "Surgery can be intimidating for anyone,"

advises Sforza. "After all, in some cases it's equal to a major operation, so even the most organised of us can feel apprehensive in the build-up." Patients who've experienced mental health issues in the past may be asked to complete

psychological screening prior to any surgery. This is just a precaution, so there's a second professional opinion on how well you recognise the implications of surgery, and the potential impact of any unanticipated outcomes. PA/TPN

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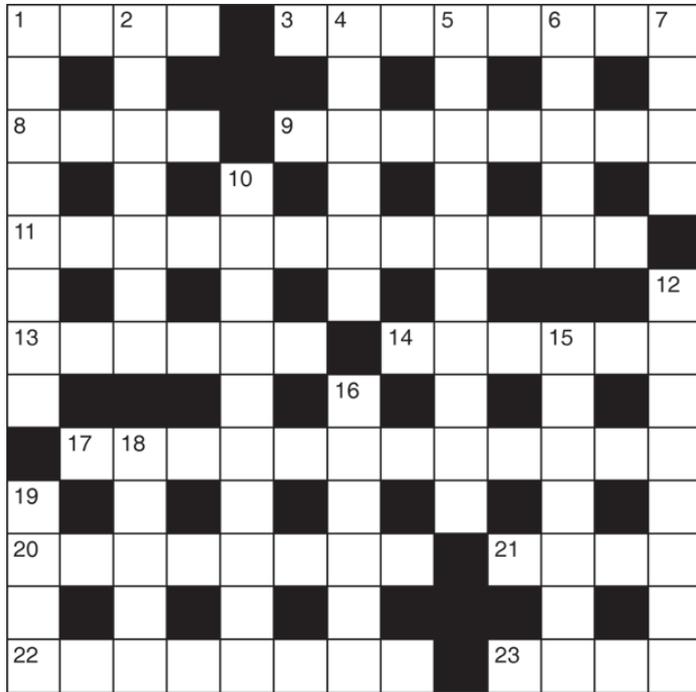
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Last week's cryptic crossword solutions
Across: 6 Physics; 7 Seven; 9 Try; 10 Insurance; 12 Inessential; 15 Hair-raising; 17 Rationale; 19 Pan; 21 Taxes; 22 Rosette.
Down: 1 Third; 2 Asp; 3 Scan; 4 Recanting; 5 Sea-coal; 8 Augers; 11 Untrained; 13 Swains; 14 Caravan; 16 Party; 18 Loot; 20 Led.

CRYPTIC CROSSWORD

ACROSS

1. Tie up fifty-one (4)
3. Sheepish roles in defence? (8)
8. Personal claim or the result of staking one (4)
9. Private housing? (8)
11. Announcement from the Roman Capitol (12)
13. Start a new arrangement of beds (6)
14. Shoot at nothing but obtain food (6)
17. Swiss cantons, for example? (7,5)
20. Actor has inept change (8)
21. Not the middle of the cutter? (4)
22. Moderate a mixed game and double it (8)
23. None of it is good, it's said (4)

DOWN

1. Standard feature of a city street perhaps (8)
2. Outline of a number in transit (7)
4. They disturb and get a number up in arms (6)
5. They know their actions mean the high jump (10)
6. Oddly numbered pages (5)
7. Mediocre appeal for help and love (2-2)
10. It could be responsible for a hold-up on the line (7,3)
12. They're worn with one's arms inside (8)
15. Contract for a spanner (7)
16. Horrified - has wrong tag outside (6)
18. Patent feature of a hover-train (5)
19. Staunch support (4)

QUICK CROSSWORD

ACROSS

1. Entrance (4)
3. Tranquillity (8)
8. Secure (4)
9. Debar (8)
11. Matchless (12)
13. Raid (6)
14. Small (6)
17. Detachment (12)
20. More stable (8)
21. Volume (4)
22. Shy (8)
23. Partiality (4)

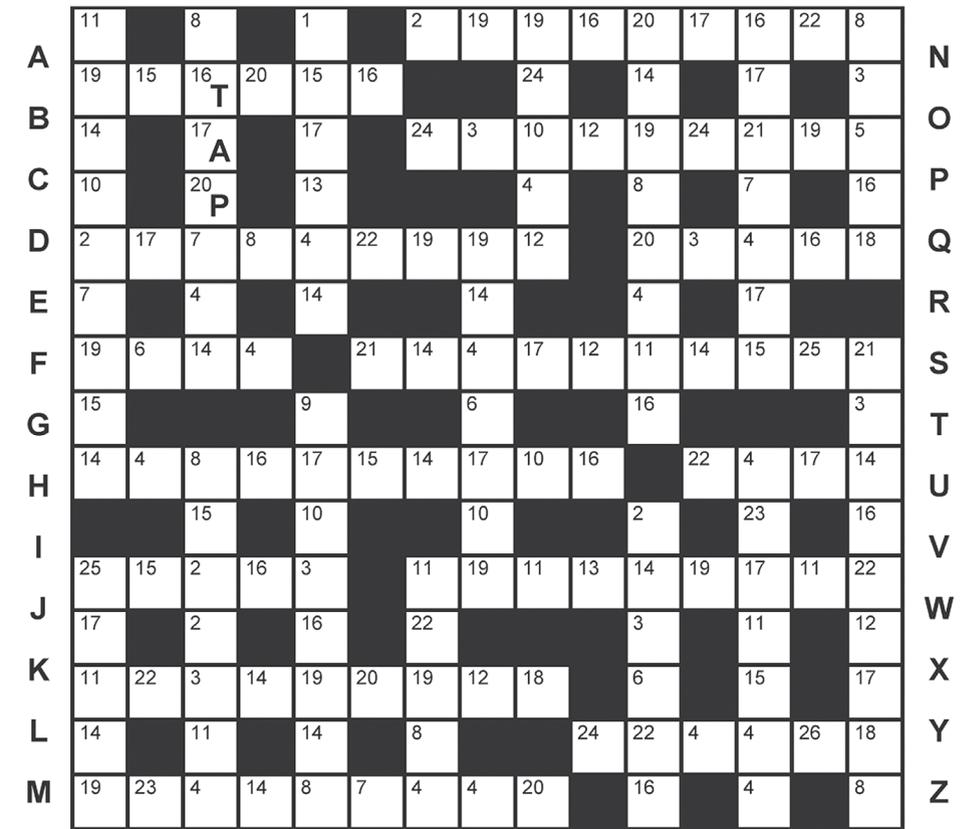
DOWN

1. Dishearten (8)
2. Functionary (7)
4. Overseas (6)
5. Automatic (10)
6. Peer (5)
7. Pace (4)
10. Envoy (10)
12. Stinginess (8)
15. Libyan Capital (7)
16. Mask (6)
18. Awkward (5)
19. Consumer (4)

Last week's quick crossword solution
Across: 7 Remnant; 7 Ideal; 9 Dry; 10 Negotiate; 12 Perfunctory; 15 Reformation; 17 Discourse; 19 Try; 21 Still; 22 Rejoice.
Down: 1 Yearn; 2 Inn; 3 Knee; 4 Addition; 5 Pasture; 8 Bonnet; 11 Reconcile; 13 Famous; 14 Deviate; 16 Trick; 18 Seed; 20 Cox.

CODEWORD

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



SUDOKU

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

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

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

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

Medium

Last week's solutions

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

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



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Ground Floor: Entrance hall, large living room with fire place, dining room, library, music room, fitted and equipped kitchen, laundry room, pantry, bedroom, shower room, garage.

1st Floor: Master bedroom with dressing room and en-suite bathroom, 2 bedrooms with en-suite bathrooms, office, 2 balconies and 1 terrace.

Basement: ideal as a wine cellar, gym and cinema room.

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Plot: 1.010m². Construction Area: 660 m². Built In: 1996. Comprising of: 4 Bedrooms, 4 Bathrooms, Double Garage, Heated Pool, Central Heating and Air conditioning.

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REF: AV-613SL - ALVOR
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REF: AT-600SNW - LAGOS
THIS SUPERB 5 BED VILLA WITH B&B POTENTIAL IS A ONE OF KIND LOCATED NEXT TO THE BEACH WITH LOVELY VIEWS, IN WALKINGDISTANCE TO THE CENTRE, A LARGE SOUTH FACING POOL & SEVERAL TERRACES. A MUST SEE PROPERTY!
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REF: AA-595SN - LAGOS
THIS SOUTH FACING 2 BED TOP FLOOR APARTMENT IS LOCATED IN A QUIET RESIDENTIAL AREA, IN WALKING DISTANCE TO ALL AMENITIES AND JUST A 5 MIN. DRIVE TO THE BEACH AND WITH A LOVELY WIDE TERRACE, GARAGE SPACE INCLUDED
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Vilamoura €895.000
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Vilamoura €340.000
*** New property ***
Refurbished 3 bedroom townhouse, situated in a friendly residential area. Ideal to enjoy your holidays or as permanent residence in central Algarve. Laid out over two floors with a beautiful secluded back garden with a private pool. Well maintained with modern fittings.



Vilamoura €2.500.000
*** New Property ***
Palatial 3 storey property showcases a modern and colourful ambience. 6 bedroom golf property with direct access to the golf course. South - west facing, the house enjoys sun all day long. Own private heated pool, Jacuzzi located on the 1st level balcony.



Vila Sol €1.175,000
*** Price Reduced ***
Beautiful 4 bedroom detached villa located on the golf resort of Vila Sol not far from the clubhouse. The Villa comprises of an impressive entrance hall, with lots of natural light through the double glazed windows. Built to a very high standard over two floors.



Vilamoura €700.000
*** New Property ***
4 bedroom / 4 bathroom detached villa, within a minute's walk of the Hilton Hotel. The Old Village is a 15-minute walk. The interior is to a high standard. Spacious outside terrace with built-in BBQ and gardens, private gated swimming pool.



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Tavira
Top quality 4 bedroom / 3 bathroom ultra-modern villa (271 m²) with pool. Fantastic sea & mountain view. Quiet and peaceful location. Plot of 2385 m².
EC: B
Ref: LHV-1434 Price: €775,000



Tavira
High quality 3 bedroom / 4 bathroom townhouse (333 m²) with fabulous views & terraces close to the Roman Bridge in Tavira. Garage. Large patio area.
EC: in progress
Ref: LHT-1038 Price: €500,000



Tavira
South facing 2 bedroom / 1 bathroom villa (159 m²) with swimming pool & pretty garden 5 min from Tavira centre. Plot of 734 m². Fully renovated. A/C.
EC: C
Ref: LHV-1427 Price: €360,000



Tavira
Immaculate 2 bedroom / 2 bathroom ground floor apartment (85 m²) with large patio and underground parking space. Elevator. A/C. Residential area.
EC: C
Ref: LHA-1456 Price: €179,000



Tavira
Sunny 1 bedroom / 1 bathroom apartment (52 m²) enjoying a balcony with open views. Gas logged fire place. Close to golf & beach. Sold furnished.
EC: in progress
Ref: LHA-1455 Price: €98.500



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Ref: W1-038

4 Bedroom Villa in Santa Bárbara with beautiful Sea View

This pretty villa is situated in a residential area in walking distance from the typical village of Santa Bárbara de Nexe with supermarket, cafés and a few restaurants. The large living and dining room is bright and airy with windows on one side and two sets of glass doors on the other side that lead to a covered terrace with seating area. On the ground floor are also a spacious kitchen and cloakroom. A wide staircase leads up to the first floor with three bedroom suites, of which the master suite has a vast terrace with views down to the coastline and the Atlantic Ocean beyond. The lower level of the property has a self-contained

apartment with bedroom, bathroom, kitchen and living room, which can be accessed internally or from the terrace of the back garden. The swimming pool is surrounded by large terraces and has a secluded BBQ and dining area. From here, some steps are leading into the mature garden areas with indigenous fruit trees and plants. A separate Garage is not far from the main entrance.
Build area: 285 m² | Plot size: 1.282 m²

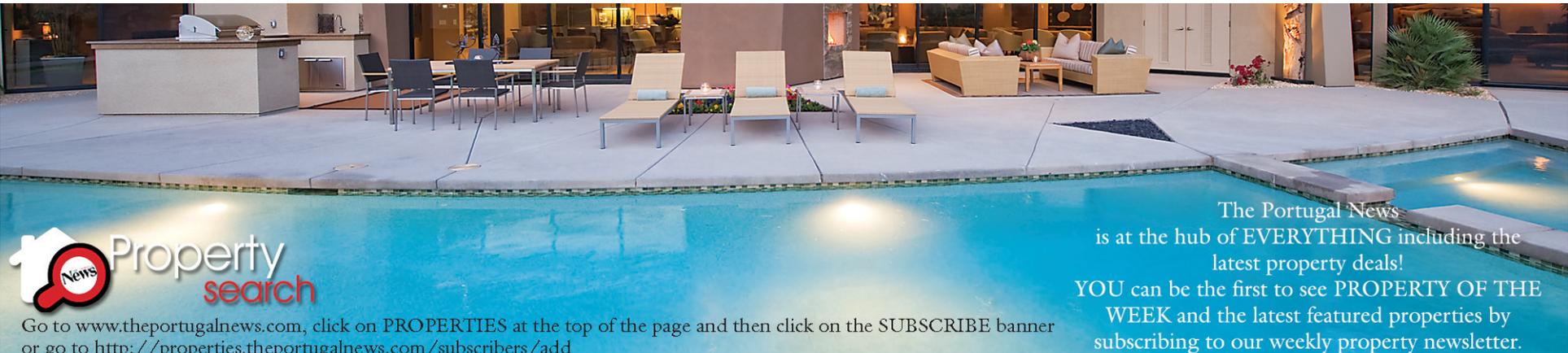
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BBC One	
06.00 Breakfast.	12.45 ITV News and Weather; Weather.
10.00 Saturday Kitchen Live.	13.00 Dancing on Ice.
11.30 Nigellissima.	15.00 Tenable.
12.00 Football Focus.	16.00 Tipping Point.
13.00 BBC News; Weather.	17.00 ITV News and Weather.
13.15 Bargain Hunt.	17.15 ITV News London; Weather.
13.45 Live Six Nations Rugby Union.	17.30 New You've Been Framed!
16.15 Live Six Nations Rugby Union.	18.00 The Chase Celebrity Special.
19.00 BBC News.	19.00 Small Fortune.
19.05 BBC Regional News; Weather.	20.00 The Voice UK.
19.10 The Greatest Dancer.	21.25 Through the Keyhole.
20.35 Casualty.	22.25 Out There.
21.30 Would I Lie to You?	22.50 ITV News and Weather; Weather.
22.00 BBC News; Weather; National Lottery Update.	23.05 The BRIT Awards 2019.
22.20 Match of the Day.	01.10 Jackpot247.
23.30 Man Like Mobeen.	03.00 WOS Wrestling.
23.55 FILM: Dom Hemingway (2013).	03.50 Little Big Shots USA.

Channel 4

01.25 Weather for the Week Ahead.	06.10 The King of Queens.
01.30 BBC News.	06.35 Everybody Loves Raymond.
BBC Two England	
06.45 All Over the Place: Asia.	07.00 Everybody Loves Raymond.
07.15 Wild & Weird.	07.25 Frasier.
07.30 All Over the Workplace.	07.50 Frasier.
08.00 Top Class.	08.15 Frasier.
08.30 The Dog Ate My Homework.	08.40 The Big Bang Theory.
09.00 Deadly on a Mission: Pole to Pole.	09.05 The Big Bang Theory.
09.30 Nature's Microworlds.	09.35 The Big Bang Theory.
10.00 Vultures: Natural World.	10.00 The Simpsons.
11.00 Homes Under the Hammer.	10.30 The Simpsons.
12.00 Rick Stein's Long Weekends.	11.00 The Simpsons.
13.00 Sean Connery: Talking Pictures.	11.25 The Simpsons.
13.45 FILM: The Life and Death of Colonel Blimp (1943).	11.55 Four in a Bed.
16.25 Final Score.	12.30 Four in a Bed.
17.15 Flog It!	13.00 Four in a Bed.
18.00 Back in Time for School.	14.00 Four in a Bed.
19.00 The Great British Sewing Bee.	14.30 A Place in the Sun: Winter Sun.
20.00 River Walks: The Lea.	15.35 Sun, Sea and Brides to Be.
20.30 Dad's Army.	16.35 Location, Location, Location.
21.00 FILM: La La Land (2016).	17.35 The Secret Life of the Zoo.
23.00 Mayans M.C.	18.35 Channel 4 News.
00.00 Mayans M.C.	19.00 The First Brit: Secrets of the 10,000 Year Old Man.
01.00 FILM: 8 Minutes Idle (2012).	20.00 FILM: Fantastic Four (2015).
02.20 This Is BBC Two.	22.00 FILM: The Boss (2016).
05.55 FILM: I Was Monty's Double (1958).	00.00 FILM: Pride and Prejudice and Zombies (2016).

ITV London

06.00 CITV.
07.30 Scrambled!: Scrambled!
07.35 Scrambled!: The Tom and Jerry Show.
07.50 Scrambled!: The Powerpuff Girls.
08.10 Scrambled!: ToonMarty.
08.30 Scrambled!: Marvel Ultimate Spider-Man vs The Sinister 6.
09.25 ITV News.
09.30 James Martin's Saturday Morning.
11.45 Ainsley's Caribbean

BBC Four

19.00 Yellowstone: The Wildest Winter.
20.00 Byzantium: A Tale of Three Cities.
21.00 Trapped.
21.50 Trapped.
22.45 Top of the Pops: 1987.
23.15 Top of the Pops: 1987.
23.50 Yellowstone: The Wildest Winter.
00.50 Hogarth - One Man and His Pug.
01.20 The Defiant Ones.

SUNDAY 24/02/19

BBC One	
06.00 Breakfast.	08.30 Scrambled!: Spy School.
08.45 Match of the Day.	09.05 Scrambled!: Teen Titans Go!
10.00 The Andrew Marr Show.	09.25 ITV News.
11.00 The Big Questions.	09.30 Parveen's Indian Kitchen.
12.00 Bargain Hunt.	10.30 This Morning - On Sunday.
13.00 BBC News; Weather.	11.30 Ainsley's Caribbean Kitchen.
13.15 Songs of Praise.	12.35 ITV News and Weather; Weather.
13.50 Lifeline.	12.50 The Voice UK.
14.00 Porridge.	14.15 Six Nations Live.
14.30 Money for Nothing.	17.35 ITV News and Weather.
15.00 Escape to the Country.	17.50 ITV News London; Weather.
15.45 Eat Well for Less?	18.00 Dancing on Ice.
16.45 Pointless Celebrities.	20.00 Endeavour.
17.35 BBC News.	22.00 ITV News and Weather; Weather.
17.50 BBC Regional News; Weather.	22.15 Martin Clunes: Islands of America.
18.00 Countryfile.	23.20 Cold Feet.
19.00 Antiques Roadshow.	00.20 Jackpot247.
20.00 Call the Midwife.	03.00 Amazing Greys.
21.00 Baptiste.	03.50 Little Big Shots USA.
22.00 BBC News.	04.35 ITV Nightscreen.
22.20 BBC Regional News; Weather.	05.05 The Jeremy Kyle Show.
22.30 Match of the Day 2.	
23.30 The Celebrity Apprentice USA.	
00.15 The Celebrity Apprentice USA.	

Channel 4

00.55 Weather for the Week Ahead.	06.20 The King of Queens.
01.00 BBC News.	06.45 The Big Bang Theory.
BBC Two England	
07.35 The Edible Garden.	07.10 The Big Bang Theory.
08.05 Monty Don's Japanese Gardens.	07.35 Frasier.
09.05 Countryfile.	08.00 Frasier.
10.00 Saturday Kitchen Best Bites.	08.25 Everybody Loves Raymond.
11.30 The Hairy Bikers' Chicken and Egg.	09.00 Everybody Loves Raymond.
12.30 Best Bakes Ever.	09.30 Sunday Brunch.
13.00 Talking Pictures: Deborah Kerr.	12.30 The Simpsons.
13.35 FILM: Black Narcissus (1947).	13.00 The Simpsons.
15.15 The Mating Game - Natural World Special.	14.00 The Simpsons.
16.00 Earth's Natural Wonders.	14.30 FILM: Monster Trucks (2016).
17.00 Mountain: Life at the Extreme.	16.35 FILM: Rio 2 (2014).
18.00 Six Nations Rugby Special.	18.30 Channel 4 News.
19.00 The 15 Billion Pound Railway.	19.00 Escape to the Chateau.
20.00 Top Gear.	20.00 George Clarke's Amazing Spaces.
21.00 Africa with Ade Adepitan.	21.00 Traitors.
22.00 Eight Go Rallying: The Road to Saigon.	22.00 8 Out of 10 Cats Does Countdown.
23.00 Top Gear: Extra Gear.	22.55 Ramsay's 24 Hours to Hell and Back.
23.25 Insert Name Here.	23.55 Ride Upon the Storm.
23.55 Rugby Union: Women's Six Nations Highlights.	01.05 FILM: Dark Night (2016).
00.25 FILM: Leave to Remain (2013).	02.35 The Big Narstie Show.
01.55 Sign Zone: Question Time.	03.30 Selling Houses with Amanda Lamb.

BBC Four

19.00 Britain's Outlaws: Highwaymen, Pirates and Rogues.
20.00 Mark Kermode's Oscar Winners: A Secrets of Cinema Special.
21.00 Pappano's Greatest Arias.
22.00 FILM: Marguerite (2015).
00.05 Britain's Most Fragile Treasure.
01.05 Cinema Through the Eye of Magnum Photos.

ITV London

06.00 CITV.
07.30 Scrambled!: Scrambled!
07.35 Scrambled!: The Tom and Jerry Show.
07.50 Scrambled!: The Powerpuff Girls.
08.10 Scrambled!: ToonMarty.
08.30 Scrambled!: Marvel Ultimate Spider-Man vs The Sinister 6.
09.25 ITV News.
09.30 James Martin's Saturday Morning.
11.45 Ainsley's Caribbean

MONDAY 25/02/19

BBC One	
06.00 Breakfast.	14.00 James Martin's Great British Adventure.
09.10 Food: Truth or Scare.	15.00 Tenable.
10.00 Homes Under the Hammer.	15.59 ITV London Weather.
11.00 Wanted Down Under Revisited.	16.00 Tipping Point.
11.45 A1: Britain's Longest Road.	17.00 The Chase.
12.15 Bargain Hunt.	18.00 ITV News London; Weather.
13.00 BBC News at One; Weather.	18.30 ITV Evening News; Weather.
13.30 BBC Regional News and Weather.	19.00 Emmerdale.
13.45 Doctors.	19.30 Coronation Street.
14.15 Shakespeare & Hathaway - Private Investigators.	20.00 The Martin Lewis Money Show.
15.00 Escape to the Country.	20.30 Coronation Street.
15.45 Best House in Town.	21.00 Long Lost Family Special: Born Without Trace.
16.30 Flog It!	22.30 ITV News; Weather.
17.15 Pointless.	23.00 ITV News London; Weather.
18.00 BBC News at Six; Weather.	23.15 Fred & Rose West: The Real Story with Trevor McDonald.
18.30 BBC Regional News and Weather.	00.15 Tenable.
19.00 The One Show.	01.05 Jackpot247.
19.30 Inside Out.	03.00 Little Big Shots USA.
20.00 EastEnders.	03.45 ITV Nightscreen.
20.30 Trans Kids: Why Medicine Matters - Panorama.	05.05 The Jeremy Kyle Show.
21.00 Warren.	
21.30 This Time with Alan Partridge.	
22.00 BBC News at Ten.	
22.30 BBC Regional News and Weather.	
22.45 Have I Got a Bit More Old News for You.	
23.30 The Graham Norton Show.	
00.15 Weather for the Week Ahead.	
00.20 BBC News.	

Channel 4

06.25 Cheers.
06.55 Cheers.
07.20 Cheers.
07.45 Everybody Loves Raymond.
08.10 Everybody Loves Raymond.
08.40 Frasier.
09.10 Frasier.
09.40 Frasier.
10.10 Ramsay's Kitchen Nightmares USA.
11.05 Undercover Boss USA.
12.00 Channel 4 News Summary.
12.05 Come Dine with Me.
13.05 Find It, Fix It, Flog It.
14.10 Countdown.
15.00 A Place in the Sun: Home or Away.
16.00 A New Life in the Sun.
17.00 Escape to the Chateau: DIY.
18.00 The Simpsons.
18.30 Hollyoaks.
19.00 Channel 4 News.
20.00 Child Genius.
21.00 Famous and Fighting Crime.
22.00 The Making of Me.
23.00 First Dates.
00.00 Skint Britain: Friends Without Benefits.
01.00 The Crystal Maze: Celebrity Special.
01.55 George Clarke's Amazing Spaces.
02.50 Liberty.
03.50 Selling Houses with Amanda Lamb.
04.40 Come Dine with Me: Costa del Sol Special.
05.40 Jamie's Comfort Food.
05.50 Countdown.

BBC Two England

06.00 Wanted Down Under Revisited.
06.45 Best House in Town.
07.30 Sign Zone: Tom Kerridge's Fresh Start.
08.00 Sign Zone: Great Canadian Railway Journeys.
08.30 The Week in Parliament.
09.00 BBC News at 9.
10.00 Victoria Derbyshire.
11.00 BBC Newsroom Live.
12.15 Politics Live.
13.00 Rugby Union: Women's Six Nations Highlights.
13.30 A Taste of Britain.
14.15 Full Steam Ahead.
15.15 Rise of the Continents.
16.15 Thailand: Earth's Tropical Paradise.
17.15 Antiques Road Trip.
18.00 Eggheads.
18.30 Great Indian Railway Journeys.
19.00 Top Gear.
20.00 Only Connect.
20.30 University Challenge.
21.00 Growing Up Gifted.
22.00 Cunk on Britain.
22.30 Newsnight.
23.10 Weather.
23.15 Africa with Ade Adepitan.
00.15 Sign Zone: The Real Marigold on Tour.
01.15 Sign Zone: Countryfile.

BBC Four

19.00 Beyond 100 Days; Weather.
19.30 On Hannibal's Trail.
20.00 Coast Great Guides: East Anglia.
21.00 A Very British History: The Jews of Leeds.
22.00 The Birth of Empire: The East India Company.
23.00 The Banker's Guide to the Art Market.
00.30 The Art of Spain.
01.30 Romancing the Stone: The Golden Ages of British Sculpture.
02.30 What Do Artists Do All Day?

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.

TUESDAY

BBC One	
06.00 Breakfast.	09.15 Food: Truth or Scare.
10.00 Homes Under the Hammer.	11.00 Wanted Down Under Revisited.
11.45 A1: Britain's Longest Road.	12.15 Bargain Hunt.
12.15 Bargain Hunt.	13.00 BBC News at One; Weather.
13.30 BBC Regional News and Weather.	13.45 Doctors.
14.15 Shakespeare & Hathaway - Private Investigators.	15.00 Escape to the Country.
15.00 Escape to the Country.	15.45 Best House in Town.
16.30 Flog It!	17.15 Pointless.
17.15 Pointless.	18.00 BBC News at Six; Weather.
18.00 BBC News at Six; Weather.	18.30 BBC Regional News and Weather.
19.00 The One Show.	19.30 EastEnders.
19.30 EastEnders.	20.00 Holby City.
20.00 Holby City.	21.00 Shetland.
21.00 Shetland.	22.00 BBC News at Ten.
22.00 BBC News at Ten.	22.30 BBC Regional News and Weather; National Lottery Update.
22.30 BBC Regional News and Weather; National Lottery Update.	22.45 Inside Britain's Black Market: Who's Selling Fake Stuff?
22.45 Inside Britain's Black Market: Who's Selling Fake Stuff?	23.15 Stacey on the Frontline: Girls, Guns and ISIS.
23.15 Stacey on the Frontline: Girls, Guns and ISIS.	00.00 Weather for the Week Ahead.
00.00 Weather for the Week Ahead.	00.05 BBC News.

BBC Two England	
06.30 Wanted Down Under Revisited.	07.15 Best House in Town.
07.15 Best House in Town.	08.00 Sign Zone: Great British Menu.
08.00 Sign Zone: Great British Menu.	08.30 Sign Zone: Grand Tours of Scotland's Lochs.
08.30 Sign Zone: Grand Tours of Scotland's Lochs.	09.00 BBC News at 9.
09.00 BBC News at 9.	10.00 Victoria Derbyshire.
10.00 Victoria Derbyshire.	11.00 BBC Newsroom Live.
11.00 BBC Newsroom Live.	12.15 Politics Live.
12.15 Politics Live.	13.00 The Super League Show.
13.00 The Super League Show.	13.45 An Island Parish: Shetland.
13.45 An Island Parish: Shetland.	14.15 Full Steam Ahead.
14.15 Full Steam Ahead.	15.15 Rise of the Continents.
15.15 Rise of the Continents.	16.15 Thailand: Earth's Tropical Paradise.
16.15 Thailand: Earth's Tropical Paradise.	17.15 Antiques Road Trip.
17.15 Antiques Road Trip.	18.00 Eggheads.
18.00 Eggheads.	18.30 Great Indian Railway Journeys.
18.30 Great Indian Railway Journeys.	19.00 Saving Lives at Sea.
19.00 Saving Lives at Sea.	20.00 Inside the Factory.
20.00 Inside the Factory.	21.00 The Great British Sewing Bee.
21.00 The Great British Sewing Bee.	22.00 The Mash Report.
22.00 The Mash Report.	22.30 Newsnight.
22.30 Newsnight.	23.10 Weather.
23.10 Weather.	23.15 Generation Gifted.
23.15 Generation Gifted.	00.20 Generation Gifted.
00.20 Generation Gifted.	01.20 Sign Zone: MasterChef.
01.20 Sign Zone: MasterChef.	02.20 Sign Zone: Imagine - Jo Brand: No Holds Barred.
02.20 Sign Zone: Imagine - Jo Brand: No Holds Barred.	03.20 This Is BBC Two.

BBC Two England	
06.30 Wanted Down Under Revisited.	07.15 Best House in Town.
07.15 Best House in Town.	08.00 Sign Zone: Great British Menu.
08.00 Sign Zone: Great British Menu.	08.30 Sign Zone: Grand Tours of Scotland's Lochs.
08.30 Sign Zone: Grand Tours of Scotland's Lochs.	09.00 BBC News at 9.
09.00 BBC News at 9.	10.00 Victoria Derbyshire.
10.00 Victoria Derbyshire.	11.00 BBC Newsroom Live.
11.00 BBC Newsroom Live.	12.15 Politics Live.
12.15 Politics Live.	13.00 The Super League Show.
13.00 The Super League Show.	13.45 An Island Parish: Shetland.
13.45 An Island Parish: Shetland.	14.15 Full Steam Ahead.
14.15 Full Steam Ahead.	15.15 Rise of the Continents.
15.15 Rise of the Continents.	16.15 Thailand: Earth's Tropical Paradise.
16.15 Thailand: Earth's Tropical Paradise.	17.15 Antiques Road Trip.
17.15 Antiques Road Trip.	18.00 Eggheads.
18.00 Eggheads.	18.30 Great Indian Railway Journeys.
18.30 Great Indian Railway Journeys.	19.00 Saving Lives at Sea.
19.00 Saving Lives at Sea.	20.00 Inside the Factory.
20.00 Inside the Factory.	21.00 The Great British Sewing Bee.
21.00 The Great British Sewing Bee.	22.00 The Mash Report.
22.00 The Mash Report.	22.30 Newsnight.
22.30 Newsnight.	23.10 Weather.
23.10 Weather.	23.15 Generation Gifted.
23.15 Generation Gifted.	00.20 Generation Gifted.
00.20 Generation Gifted.	01.20 Sign Zone: MasterChef.
01.20 Sign Zone: MasterChef.	02.20 Sign Zone: Imagine - Jo Brand: No Holds Barred.
02.20 Sign Zone: Imagine - Jo Brand: No Holds Barred.	03.20 This Is BBC Two.

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

Must See TV

Endeavour (ITV, Sunday 8pm)

The first episode of this new series introduced viewers to a scene-stealing new cast member - Shaun Evans' moustache. Now we've had a chance to get used to it though, we can hopefully concentrate on the mysteries instead. This week, the cops are looking into the murder of renowned chocolate factory owner Greville Creswell during a local hunt. His death isn't the only tragedy in the area, as couple Mandy-Jane and Rennett Bell are found dead from gunshot wounds. Thursday (Roger Allam) assumes it's a case of a spurned husband and a doomed affair, until the discovery of a collectible card suggests a link to the Creswells' murder. As Endeavour investigates, he meets a beautiful single mother - has Joan now got a rival for his affections?

26/02/19

15.00 Tenable.
15.59 ITV London Weather.
16.00 Tipping Point.
17.00 The Chase.
18.00 ITV News London;
Weather.
18.30 ITV Evening News;
Weather.
19.00 Emmerdale.
19.30 Call the Cleaners.
20.00 This Time Next Year.
21.00 Martin Clunes: Islands of
America.
22.00 ITV News at Ten;
Weather.
22.30 ITV News London;
Weather.
22.45 Long Lost Family Special:
Born Without Trace.
00.05 Tenable.
00.55 Jackpot247.
03.00 Little Big Shots USA.
03.45 ITV Nightscreen.
05.05 The Jeremy Kyle Show.

Channel 4

06.25 Cheers.
06.55 Cheers.
07.20 Cheers.
07.45 Everybody Loves
Raymond.
08.10 Everybody Loves
Raymond.
08.40 Frasier.
09.10 Frasier.
09.40 Frasier.
10.10 Ramsay's Kitchen
Nightmares USA.
11.05 Undercover Boss USA.
12.00 Channel 4 News
Summary.
12.05 Come Dine with Me.
13.05 Find It, Fix It, Flog It.
14.10 Countdown.
15.00 A Place in the Sun: Home
or Away.
16.00 A New Life in the Sun.
17.00 Escape to the Chateau:
DIY.
18.00 The Simpsons.
18.30 Hollyoaks.
19.00 Channel 4 News.
20.00 Child Genius.
21.00 24 Hours in A&E.
22.00 Safe at Last: Inside a
Women's Refuge.
23.00 Gogglebox.
00.00 Sleeping with the Far
Right.
01.00 Ramsay's Kitchen
Nightmares USA.
01.50 The Crystal Maze.
02.45 Liberty.
03.50 Child Genius.

BBC Four

19.00 Beyond 100 Days;
Weather.
19.30 On Hannibal's Trail.
20.00 British History's Biggest
Fibs with Lucy Worsley.
21.00 Rome's Lost Empire.
22.30 Defying the Cutting
Season - Storyville.
23.30 Rosslyn Chapel: A
Treasure in Stone.
00.30 B Is for Book.
01.30 Anjelica Huston on James
Joyce.
02.30 What Do Artists Do All
Day?
03.00 British History's Biggest
Fibs with Lucy Worsley.

WEDNESDAY 27/02/19

BBC One

06.00 Breakfast.
09.15 Food: Truth or Scare.
10.00 Homes Under the
Hammer.
11.00 Wanted Down Under
Revisited.
11.45 A1: Britain's Longest
Road.
12.15 Bargain Hunt.
13.00 BBC News at One;
Weather.
13.30 BBC Regional News and
Weather.
13.45 Doctors.
14.15 Shakespeare &
Hathaway - Private
Investigators.
15.00 Escape to the Country.
15.45 Best House in Town.
16.30 Flog It!
17.15 Pointless.
18.00 BBC News at Six;
Weather.
18.30 BBC Regional News and
Weather.
19.00 The One Show.
19.55 MasterChef.
21.00 The Real Marigold on
Tour.
22.00 BBC News at Ten.
22.30 BBC Regional News and
Weather; National Lottery
Update.
22.45 Match of the Day.
00.20 Weather for the Week
Ahead.

BBC Two England

06.30 Wanted Down Under
Revisited.
07.15 Best House in Town.
08.00 Sign Zone: Great British
Menu.
08.30 Sign Zone: Great
Canadian Railway
Journeys.
09.00 BBC News at 9.
10.00 Victoria Derbyshire.
11.00 BBC Newsroom Live.
11.15 Politics Live.
13.00 Lifestile.
13.10 Coast.
13.45 An Island Parish:
Shetland.
14.15 Full Steam Ahead.
15.15 Rise of the Continents.
16.15 Thailand: Earth's Tropical
Paradise.
17.15 Antiques Road Trip.
18.00 Eggheads.
18.30 Great Indian Railway
Journeys.
19.00 Saving Lives at Sea.
20.00 This Farming Life.
21.00 The Satanic Verses: 30
Years On.
22.00 Insert Name Here.
22.30 Newsnight.
23.10 Weather.
23.15 Love in the Countryside.
00.15 Love in the Countryside.

ITV London

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

Weather.
14.00 James Martin's Great
British Adventure.
15.00 Tenable.
15.59 ITV London Weather.
16.00 Tipping Point.
17.00 The Chase.
18.00 ITV News London;
Weather.
18.30 ITV Evening News;
Weather.
19.00 Emmerdale.
19.30 Coronation Street.
20.00 Britain's Brightest Family.
20.30 Coronation Street.
21.00 The Junk Food
Experiment.
22.25 ITV News; Weather.
22.55 ITV News London;
Weather.
23.10 Peston.
00.10 Tenable.
01.00 Jackpot247.
03.00 Lethal Weapon.
03.45 Little Big Shots USA.
04.30 ITV Nightscreen.
05.05 The Jeremy Kyle Show.

Channel 4

06.25 Cheers.
06.55 Cheers.
07.20 Cheers.
07.45 Everybody Loves
Raymond.
08.10 Everybody Loves
Raymond.
08.40 Frasier.
09.10 Frasier.
09.40 Frasier.
10.10 Ramsay's Kitchen
Nightmares USA.
11.05 Undercover Boss USA.
12.00 Channel 4 News
Summary.
12.05 Come Dine with Me.
13.05 Find It, Fix It, Flog It.
14.10 Countdown.
15.00 A Place in the Sun: Home
or Away.
16.00 A New Life in the Sun.
17.00 Escape to the Chateau:
DIY.
18.00 The Simpsons.
18.30 Hollyoaks.
19.00 Channel 4 News.
20.00 Child Genius.
21.00 Skint Britain: Friends
Without Benefits.
22.00 Pure.
22.45 Pure.
23.30 Naked Attraction.
00.30 Famous and Fighting
Crime.
01.25 FILM: Red Lights (2012).
03.20 Child Genius.
04.15 Come Dine with Me:
Rugby World Cup
Special.
05.10 Food Unwrapped.
05.35 Kirstie's Fill Your House
for Free.

BBC Four

19.00 Beyond 100 Days;
Weather.
19.30 On Hannibal's Trail.
20.00 Jago: A Life Underwater.
20.45 Live Women's
International Football.
23.00 How We Built Britain.
00.00 Barcelona: An Art Lovers'
Guide.
01.00 The Road to Palmyra.

THURSDAY 28/02/19

BBC One

06.00 Breakfast.
09.15 Food: Truth or Scare.
10.00 Homes Under the
Hammer.
11.00 Wanted Down Under
Revisited.
11.45 A1: Britain's Longest
Road.
12.15 Bargain Hunt.
13.00 BBC News at One;
Weather.
13.30 BBC Regional News and
Weather.
13.45 Doctors.
14.15 Shakespeare &
Hathaway - Private
Investigators.
15.00 Escape to the Country.
15.45 Best House in Town.
16.30 Flog It!
17.15 Pointless.
18.00 BBC News at Six;
Weather.
18.30 BBC Regional News and
Weather.
19.00 The One Show.
19.30 EastEnders.
20.00 MasterChef.
21.00 Death in Paradise.
22.00 BBC News at Ten.
22.30 BBC Regional News and
Weather.
22.45 Question Time.
23.45 This Week.
00.30 Weather for the Week
Ahead.
00.35 BBC News.

BBC Two England

06.30 Escape to the Country.
07.15 Best House in Town.
08.00 Sign Zone: The Great
British Sewing Bee.
09.00 BBC News at 9.
10.00 Victoria Derbyshire.
11.00 BBC Newsroom Live.
12.15 Politics Live.
13.00 Think Tank.
13.45 An Island Parish:
Shetland.
14.15 Full Steam Ahead.
15.15 Rise of the Continents.
16.15 Wild Burma: Nature's Lost
Kingdom.
17.15 Antiques Road Trip.
18.00 Eggheads.
18.30 Great Indian Railway
Journeys.
19.00 Saving Lives at Sea.
20.00 Back in Time for School.
21.00 The Parkinson's Drug
Trial: A Miracle Cure?
22.00 Better Things.
22.25 Race Across the World:
Meet the Couples.
22.30 Newsnight.
23.10 Weather.
23.15 Millionaires' Ex-Wives
Club.
00.15 Sign Zone: MasterChef.

ITV London

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

Weather.
14.00 James Martin's Great
British Adventure.
15.00 Tenable.
15.59 ITV London Weather.
16.00 Tipping Point.
17.00 The Chase.
18.00 ITV News London;
Weather.
18.30 ITV Evening News;
Weather.
19.00 Emmerdale.
19.30 Back Pain: Britain's
Unseen Crisis? Tonight.
20.00 Emmerdale.
20.30 Australia with Julia
Bradbury.
21.00 In the Line of Fire with
Ross Kemp.
22.00 ITV News at Ten;
Weather.
22.30 ITV News London;
Weather.
22.45 Britain's Busiest
Motorway.
23.10 Tenable.
00.05 Jackpot247.

Channel 4

06.25 Cheers.
06.55 Cheers.
07.20 Cheers.
07.45 Everybody Loves
Raymond.
08.10 Everybody Loves
Raymond.
08.40 Frasier.
09.10 Frasier.
09.40 Frasier.
10.10 Ramsay's Kitchen
Nightmares USA.
11.05 Undercover Boss USA.
12.00 Channel 4 News
Summary.
12.05 Come Dine with Me.
13.05 Find It, Fix It, Flog It.
14.10 Countdown.
15.00 A Place in the Sun: Home
or Away.
16.00 A New Life in the Sun.
17.00 Escape to the Chateau:
DIY.
18.00 The Simpsons.
18.30 Hollyoaks.
19.00 Channel 4 News.
20.00 Child Genius.
21.00 Three Identical
Strangers.
22.40 24 Hours in A&E.
23.40 Gogglebox.
00.40 Safe at Last: Inside a
Women's Refuge.
01.35 Pure.

BBC Four

19.00 Beyond 100 Days;
Weather.
19.30 Top of the Pops: 1987.
20.00 The Human Body: Secrets
of Your Life Revealed.
21.00 Wild Swimming with Alice
Roberts.
22.00 Apples: British to the
Core.
23.00 The Secret Rules of
Modern Living:
Algorithms.
00.00 Top of the Pops: 1987.
00.30 Flights of Fancy: Pigeons
and the British.
01.30 FILM: Peggy
Guggenheim: Art Addict
(2015).

FRIDAY 01/03/19

BBC One

06.00 Breakfast.
09.15 Food: Truth or Scare.
10.00 Homes Under the
Hammer.
11.00 Wanted Down Under
Revisited.
11.45 A1: Britain's Longest
Road.
12.15 Bargain Hunt.
13.00 BBC News at One;
Weather.
13.30 BBC Regional News and
Weather.
13.45 Doctors.
14.15 Shakespeare &
Hathaway - Private
Investigators.
15.00 Escape to the Country.
15.45 Best House in Town.
16.30 Flog It!
17.15 Pointless.
18.00 BBC News at Six;
Weather.
18.30 BBC Regional News and
Weather.
19.00 The One Show.
19.30 Celebrity Mastermind.
20.00 A Question of Sport.
20.30 EastEnders.
21.00 MasterChef.
21.30 Mrs Brown's Boys.
22.00 BBC News at Ten.
22.25 BBC Regional News and
Weather; National Lottery
Update.
22.35 FILM: Guardians of the
Galaxy (2014).
00.30 The Real Marigold on
Tour.
01.30 Weather for the Week
Ahead.
01.35 BBC News.

BBC Two England

06.30 Escape to the Country.
07.15 Best House in Town.
08.00 Sign Zone: River Walks:
The Dart.
08.30 Sign Zone: Great
Canadian Railway
Journeys.
09.00 BBC News at 9.
09.30 Athletics: European
Indoor Championships.
14.00 An Island Parish:
Shetland.
14.30 A Taste of Britain.
15.15 Giant Otters of the
Amazon: Natural World.
16.15 Wild Burma: Nature's Lost
Kingdom.
17.15 Antiques Road Trip.
18.00 Eggheads.
18.30 Athletics: European
Indoor Championships.
22.00 Qi.
22.30 Newsnight.
23.00 Weather.
23.05 FILM: La La Land (2016).
01.00 Better Things.
01.25 Sign Zone: Trans Kids:
Why Medicine Matters -
Panorama.
01.55 Sign Zone: Inside
Europe: 10 Years of
Turmoil.

ITV London

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

10.30 This Morning.
12.30 Loose Women.
13.30 ITV Lunchtime News;
Weather.
13.55 ITV News London;
Weather.
14.00 James Martin's Great
British Adventure.
15.00 Tenable.
15.59 ITV London Weather.
16.00 Tipping Point.
17.00 The Chase.
18.00 ITV News London;
Weather.
18.30 ITV Evening News;
Weather.
19.00 Emmerdale.
19.30 Coronation Street.
20.30 Vera.
22.30 ITV News; Weather.
23.00 ITV News London;
Weather.
23.15 Through the Keyhole.
00.15 Tenable.
01.05 Jackpot247.
03.00 All Star Mr & Mrs.
03.50 Little Big Shots USA.

Channel 4

06.25 Cheers.
06.55 Cheers.
07.20 Cheers.
07.45 Everybody Loves
Raymond.
08.10 Everybody Loves
Raymond.
08.40 Frasier.
09.10 Frasier.
09.40 Frasier.
10.10 Ramsay's Kitchen
Nightmares USA.
11.05 Undercover Boss USA.
12.00 Channel 4 News
Summary.
12.05 Come Dine with Me.
13.05 Find It, Fix It, Flog It.
14.10 Countdown.
15.00 A Place in the Sun: Home
or Away.
16.00 A New Life in the Sun.
17.00 Escape to the Chateau:
DIY.
18.00 The Simpsons.
18.30 Hollyoaks.
19.00 Channel 4 News.
20.00 Child Genius.
21.00 Gogglebox.
22.00 The Last Leg.
23.05 The Big Narstie Show.
00.10 The Real Football Fan
Show.
00.45 FILM: Oldboy (2013).
02.25 Traitors.
03.20 Child Genius.
04.15 Come Dine with Me.

BBC Four

19.00 World News Today;
Weather.
19.30 Top of the Pops: 1987.
20.00 Top of the Pops 1983: Big
Hits.
21.00 Soft Cell: Say Hello, Wave
Goodbye.
22.00 Synth Britannia.
23.30 Top of the Pops: 1987.
00.00 Arena: Magical Mystery
Tour Revisited.
01.00 Top of the Pops 1983: Big
Hits.
02.00 Arena: American Epic.
03.00 Soft Cell: Say Hello, Wave
Goodbye.

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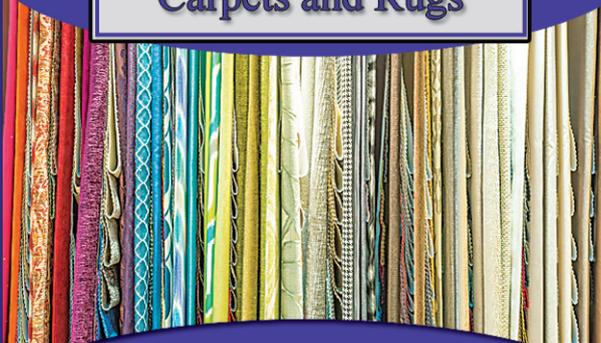
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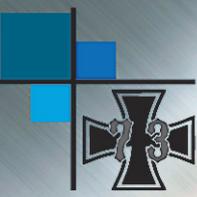
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How to Train Your Dragon: The Hidden World - Stars: Jay Baruchel, America Ferrera, F. Murray Abraham. *Genre:* Animation, Action, Adventure. *Director:* Dean DeBlois. *Rating:* PG. *Plot:* When Hiccup discovers Toothless isn't the only Night Fury, he must seek "The Hidden World", a secret Dragon Utopia before a hired tyrant named Grimmel finds it first.

The Sisters Brothers - Stars: John C. Reilly, Joaquin Phoenix, Jake Gyllenhaal. *Genre:* Adventure, Comedy, Crime. *Director:* Jacques



Audiard. Rating: R. *Plot:* Hermann Kermit Warm is being pursued across 1850s Oregon desert by the notorious assassins Eli and Charlie Sisters. Eli is having a personal crisis and beginning to doubt the longevity of his chosen career.

Cinema Listings

NOS Forum Algarve - Faro
Vice; Todos Lo Saben; How to Train Your Dragon: The Hidden World (PV & OV); The Sisters Brothers; Drôles de petites bêtes (PV); Cold Pursuit; Alita: Battle Angel

NOS Mar Shopping - Loulé
Cold Pursuit; Alita: Battle Angel; Asterix: The Secret of the Magic Potion (PV); Portugal Não Está a Venda; How to Train Your Dragon (PV & OV); The Hidden World; The Possession of Hannah Grace; Vice

Gran-Plaza NOS - Tavira
Alita: Battle Angel; The Mule; The Upside; Cold Pursuit; How to Train Your Dragon: The Hidden World (PV); Shaun the Sheep Movie; Happy Death Day 2u.

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The Sisters Brothers; How to Train Your Dragon: The Hidden World (PV & OV); Roma; Green Book; Vice

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Algarcine - Lagos
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Asterix: The Secret of the Magic Potion (PV); The Favourite; How to Train Your Dragon: The Hidden World; The Upside; The Sisters Brothers; Ralph Breaks the Internet; Wreck-it Ralph 2 (PV); Ghost Stories; If Beale Street Could Talk; Snow Queen 3: Fire and Ice (PV); The Mule; Dead Trigger; Cold Pursuit; Happy Death Day 2u; Alita: Battle Angel; Vice; The Possession of Hannah Grace; Mia and the White Lion (PV); Portugal Não Está a Venda.

Cineplace - Portimão
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Cineplace Riosul - Seixal
Snow Queen 3: Fire and Ice (PV); The Mule; Dead Trigger; Cold Pursuit; Happy Death Day 2u; Alita: Battle Angel; Vice; Instant Family; The Possession of Hannah Grace; Mia and the White Lion (PV); Portugal Não Está a Venda.

Estação Viana Shopping - Viana do Castelo
Snow Queen 3: Fire and Ice (PV); The Upside; Tiro e Queda; Dead Trigger; Cold Pursuit; Happy Death Day 2u; Alita: Battle Angel; How to Train Your Dragon: The Hidden World; Vice.

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EXHIBITIONS

The Vale of Trust in Money Exhibition. Until 23 February, Wednesday to Saturday from 10am to 6pm. Museu do Dinheiro, Lisbon. Free entry. www.museudodinheiro.pt

LUZAZUL until 24 February, 10am until 6pm. Museu Nacional de Arte Contemporânea Lisbon. Tickets from €2.25 www.museuarte contemporanea.gov.pt



LUZAZUL, Lisbon until 24 February

Silent Poetry Exhibition runs until 25 February, Casino. Free Entry. www.casino-estoril.pt

Jonah Freeman & Justin Lowe, Scenario In The Shade. Until 25 February, Wednesday to Monday 11am to 7pm. MAAT, Lisbon.

Haus Wittgenstein Exhibition. Until 25 February, Wednesday to Monday, 11am to 7pm, MAAT, Lisbon. Tickets €5. www.maat.pt

Courage is Fragil, Collective art exhibition. Until 10 March, Mon - Fri 5pm - 11pm, Teatro Taborda, Lisbon. Free entry. 218 854 190

Art Exhibition by New York painter Andrew Hart Adler until 24 March, at Centro Cultural de Cascais, Fundação de Dom Luís, Cascais.

A Striking story. Portugal-Japan Centuries XVI-XX Exhibition. Until 26 March, Palácio Nacional da Ajuda, Lisbon. From €5. www.palacioajuda.gov.pt

Art Exhibition to celebrate 55 years of Galeria 111, "Apart from this lonely roundabout" curated by Hugo Denis. Until 30 March, Tues-Sat 10am to 7pm.

Arte Portuguesa. Reasons and Emotions. Until 31 March, Tuesday to Sunday 10am to 6pm, Museu Nacional de Arte Contemporânea do Chiado, Lisbon. Tickets €4.50

Cats & Dogs, Interactive exhibition. Until 8 September, Tuesdays from 10am - 6pm, weekends from

11am - 7pm. Pavilhão de Conhecimento - Ciência Viva, Lisbon. Ticketd from €6. www.pavconhecimento.pt

FAIRS & FESTIVALS

IMOBINVEST Real Estate Salon. 8-10 March, 10am until 5pm, Alfandega do Porto.

BTL - Lisbon Travel Market. Feira Internacional de Lisboa, 13 - 17 March. www.btl.fil.pt

16th National Canine Exposition. 16 - 17 March.

Benfica Handicrafts Market. First Saturday of the month, 10am until 6pm. Estrada de Benfica, Lisbon

Flea Market. Every Tuesday and Saturday, 9am until 6pm. Campo de Santa Clara Lisbon

Handicraft and Antiques Market. Saturdays 10am until 7pm. Mercado de Ribeira, Lisbon

Antique Book Fair. Every Saturday 10am until 5pm. Rua Anchieta, Chiado, Lisbon

Handicrafts Market. Saturdays, Praça da Galiza, Vila Nova de Cerveira

Mercado de Santana. The largest Open Air Market in Portugal. Sundays, 8am until 1pm. Caldas da Rainha

MUSIC

Jazz Afternoons. Saturdays & Sundays until the end of February, 4pm until 9pm. MoraJazz, Escadas do Caminho Novo, Porto.

Crystal Fighters. 10 March, 9pm. Hard Club, Porto. Tickets from €26. www.hardclubporto.com

André Rieu - Johann Strauss Orchestra, 13 to 16, and 29 & 30 March, 11.30pm, Altice Arena, Lisbon. www.arena.altice.pt

Slash ft. Myles Kennedy & The Conspirators. 15 March Campo Pequeno, Lisbon. Ticket from €30. www.campo Pequeno.com

Shawn Mendes Live. 28 March Altice Arena Lisbon. Tickets from €36. www.arena.altice.pt

The EMOTION of the 80's. 2 & 3 April, 9.30pm. Sala Preto e Prata, Casino Estoril. Tickets from €12. http://www.casino-estoril.pt/geral@everythingisnew.pt

The World of Hans Zimmer. 3 April, 9pm, Altice Arena Lisbon. Tickets from €39. www.arena.altice.pt

Mark Knopfler. 30 April, 9pm, Altice Arena Lisbon. Tickets from €32. 213 933 770 geral@everythingisnew.pt

Metallica World Wired Tour 2019. 1 May, Estádio do Restelo Lisbon. Tickets from €65. www.metallica.com/tour

Backstreet Boys. 11 May, 8pm, Altice Arena Lisbon. Tickets from €32.84 www.everythingisnew.pt

Ed Sheeran - Everything is New Tour 2019 on 1 June at the Estádio da Luz, Lisbon. www.everythingisnew.pt/ed-sheeran/

Scorpions Live. 26 June, Altice Arena, 9pm. Tickets from €32. www.everythingisnew.pt

Rod Stewart Live in Concert on 1 July at Altice Arena. Tickets on sale. www.arena.altice.pt

Tool. 2 July, Altice Arena, Lisbon. Tickets from €42. www.arena.altice.pt

THEATRE & DANCE

Slava Snow Show, Teatro Tivoli, Lisbon, 28 February to 3 March €15 to €35. www.teatrotivolibva.pt

Tango Pasión - Dance Show. 7 - 10 March, 10pm, Salão Preto e Prata, Casino Estoril. Tickets from €18.76. www.ticketline.sapo.pt

Jimmy Carr Live - The Best of Ultimate Gold Greatest Hits. 15 & 16 March, 10pm, Cinema São Jorge - Sala Manoel de Oliveira. Tickets €37.55 www.ticketline.sapo.pt

Disney on Ice "Dare to Dream", Altice Arena 21 to 24 March. Tickets from €20. www.arena.altice.pt

Piaf! The Show. 6 April, Salão Preto e Prata, Casino Estoril. Tickets from €23.45 www.ticketline.sapo.pt

Tap Factory. 10 - 12 May, 4.30pm & 9.30pm. Tickets from €10. 213 572 025, bilheteira.tivolibva@uau.pt



Slava Snow Show, Teatro Tivoli, Lisbon, 28 Feb to 3 Mar

Dave Matthews Band. 6 April Altice Arena Lisbon. Tickets from €42. www.everythingisnews.pt

Mumford & Sons, 25 April, 8pm. Lisbon Altice Arena. Tickets from €40.

Bob Dylan - Coliseu Agea, Porto, 1 May, www.coliseu.pt

WORKSHOPS & COURSES

Theatre Workshop with Rita Fischer. 22, 23 & 24 February, 7pm - 10pm. Casa Bô, Rua do Bonfim, Porto. 934 614 314

NOTE For ongoing activities please look at our Club and Community pages

NOTE Events are correct at the time of going to press and according to information given to The Portugal News. However, events may be cancelled, delayed or fail to live up to their billing. Please send your events to events@theportugalnews.com by midday on Monday before publication.

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

Classified Ads
DEADLINE
5PM
MONDAY
FOR following
EDITION

Announcements

COLD FEET?

Save 50% on your Heating with SHS INFRARED: WWW.SHS-PT.COM

CC PROBLEMS WITH ALCOHOL? There is a solution! Alcoholics Anonymous. Find the nearest meeting, ask for help or assistance call: 919 005590. www.aaportugal.org

CC SUPPORT GROUP. Help and Support Group providing information on depression and Bi-Polar Disorder. All welcome. Meetings in Casa Inglesa, Portimão on the first Monday of every month at 6.30pm. Tel. 914878927.

Antiques

RESTORATION OF Antique Clocks. Has your precious clock been standing still for a while? I am Wout, graduated and registered clock mender. Call for a quote to repair your clock. Mobile: +31 631 288411 Email: info@uurwerkplaats112.nl Website: uurwerkplaats112.nl

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 Saturday, 2 March 2019
 10.00am onwards

Approx. 500 lots.

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- Furniture and Art
- Tools
- Jewellery: Antique, Vintage & Modern
- Sports Equipment

Check out our Facebook page & view items coming up at Auction. View the catalogue and bid on line at www.ahalgarve.com where further details are available. Tel: 289 832 380 or email us at info@ahalgarve.com

Caravans & Motor Homes

WANTED CARAVAN to buy, call 966706140 or email: bisnagas2002@sapo.pt Thanks!

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 THE NANDI CHARITY shop. Winter clothing in store. Furniture can be collected within 30k Lagos. Tel 912741857.

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 SUPPORT FOR FAMILIES in the Algarve receives items for families in need, Guia and surrounding areas. To donate or discuss concerns about a needy family contact Su Davis: 932307548, su.davis@sapo.pt Facebook:support for families in the Algarve.

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

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

CC THE GOODWILL CHARITY. R. Direita 5, Ed. Portus Magnus, Portimão. (Close to Theatre). 968 740 693, 10am to 2pm. Clothes, bric a brac and furniture in saleable cond., large items collected. *We would like to thank you all for your donations and for shopping, that has enabled us to help the local community.*

CC SECOND CHANCE charity shop at Largo Das Ferreiras (on roundabout), Ferreiras, Albufeira. Open Tues to Fri, 10am to 4pm. Sat 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 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 THE DONKEY SANCTUARY needs all your unwanted items for our shops in Ferragudo, Carvoeiro and Lagoa. Larger items i.e. furniture can be collected. The shop funds allow us to feed our many mouths at the Sanctuary. We always need extra hands at our shops so if you can spare 3-4 hours a week give us a call. Chris 966033127.

CC ASMAA CHARITY & UP-CYCLING HUB. Volunteers are now needed for our shop. Wed, Fri and Sat 11.30am to 5pm, other days by appointment only. Tel 969 320231, email info@asmaa-algarve.org Rua J. Pereira Sampaio Bruno, N° 53. Portimão (Behind Bombeiros).

CC MADRUGADA ASSOCIAÇÃO provides home-based, end of life, palliative care to patients and their loved ones free of charge. Your donations would be very welcome. Volunteers are also required. If you can help call us on 282 761 375 or visit our shops in Lagoa and Praia da Luz.

CC CADELA CARLOTA shop in Lagos open Mon to Fri, 10.00 to 13.00/15.00 to 17.00hrs. Almadena: Mon to Fri, 10.00 to 16.00 hrs, Sat, 10.00 to 13.00hrs. We always need extra hands in our shops.

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LEARN PORTUGUESE Easily on our enjoyable, effective and accredited courses. Beginners: 25 March. Pre-intermediate: 30 April. Intermediate: 24 April. Centro de Línguas de Lagos. Call 282761070. Email info@centrodelinguas.com.

Entertainment & Leisure

ALGARVE WEEKEND Walkers. Join us for professionally guided walks through the lovely Algarve countryside. February 24th Faro island, March 3rd Parragil. 10.30 start, €5 donation. Contact algarveweekendwalkers@gmail.com

ASK Kurt

All your computer questions answered



What is Android?

Android is an operating system for mobile phones and tablets, in much the same way that PC's run Microsoft Windows as their operating system. It's maintained by Google, and comes in a few different versions with Marshmallow (6.0) being the most popular.

Android's standard layout is to have a series of Home screens, which can contain shortcuts to launch apps, or can contain widgets, which are small programs that serve a single function, such as controlling your music or displaying Facebook updates.

From the Home screens, you can bring up a menu with all of your other apps on. Very little is done from within the Android interface, but instead you launch an app for what you want to do, including dialling the phone or browsing through your contacts.

Android itself contains the functions that are vital to using a mobile phone, including the phone dialler, text messaging client and phone number storage. Google also provides some additional apps, including a Gmail email client, Google Maps (which features free turn-by-turn satellite navigation) and YouTube. Beyond that, you can also buy or download for free many other apps to enable your phone or tablet to do more. You can get these apps from Google's Play Store, and currently there are over 2.6 million apps to choose from.

These apps can include ways to use Facebook, create documents, access online storage services such as Dropbox, or there's a huge range of games available. Currently Android holds more than 86 percent of the world's smartphone market.

Email your questions to Kurt: kurt@algarvecomputercentre.com

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CC

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



JJJOHNS DINNER-DANCE Show Afternoon at Restaurant A Cegonha N395 Camping Albufeira Sunday March 3rd from 2pm to 6pm. A delicious 3 course Sunday Roast €13,-pp, excl. drinks. On stage Country-Singer JJJOHNS with good ol country hits and Suzanna Wilson singing country, 60s+70s. Special guest: (Algarve Nightingale) **ILZE**. Line-Dances teacher: Mary Buckingham. Reservations at: 914900031 or 282442621



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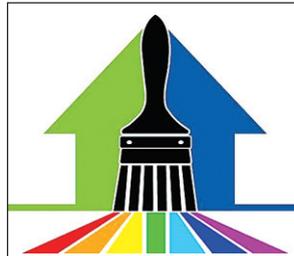
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POSITION OFFERED

MAINTENANCE ROLE

See page 19 for more details



BELA COLINA La Bistro Restaurant Manager
Required for the soon to open Bela Colina Bistro at the 5 Star Boavista Golf & Spa Resort, near Lagos, Algarve. La Bistro is in the heart of, and will cater for, the 200 room touristic village, serving breakfasts as well as Mediterranean Cuisine to the guests, 7 days a week. Candidates need to have the benefit of previous experience in a similar position and able to give hands on experience. Must be motivated to open and develop the business. Please apply in writing in the first instance enclosing details of experience and present salary level. Applications will be treated in the strictest of confidence.
Maria Merino
H.R. Manager
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WE ARE LOOKING for Thai Massage Therapists and Swedish Massage Therapists in the Carvoeiro area. Tel. +44779772662 or 918471197.

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BLANKETS FOR the soup kitchen. Please contact Joy 917 358 098. Email: borganjoy@gmail.com



SAVE YOUR STAMPS trim them to 1/2 cm all round and send to **The Portugal News**, Apt. 13, 8401-901 Lagoa. We will send them to the Helen Keller Centre (Biblelands) in Israel where they are used to fund education

Places of Worship

Lisbon

ST GEORGE'S CHURCH; LISBON (Church of England). Av. S.Jorge 6 (north of Estrela Gardens). Service 11:30am every Sunday. 211 306 293. British Cemetery open weekdays 10am-1pm
ST PAUL'S CHURCH, ESTORIL (Church of England). Av. Bombeiros Voluntários 59 (behind Hotel Sana Estoril). Sunday School. Service 9.30 am every Sunday. 211 306 293.
ST. ANDREW'S CHURCH OF SCOTLAND (PRESBYTERIAN) Rua Arriaga, 13, Lisbon: Sun. 11.am. Bi-lingual Sunday school & creche is available. Minister's 218 043 410, www.standrewslisbon.com

THE SALVATION ARMY, Lisbon. Rebolreira 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 (21805708).
GRACE INTERNATIONAL COMMUNITY CHURCH, Cascais. English speaking church, Cascais. www.lisbongrace.com
LISBON SYNAGOGUE: R. Alexandre Herculano Nº 59. Tel: 213 931 130 celesboa@mail.telepac.pt

LISBON - SYNAGOGUE OHEL JACOB Shabat services. Call 217975283
IGREJA BAPTISTA de Queijas (close to Cascais) Rua Carlos Santos 8B, Queijas Near the Olympic Stadium off the A5. 214172087. Sun: English 10:15.

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

KINGDOM HALL OF JEHOVAH'S WITNESSES. All Welcome, no collections. Lisbon Fri 7.30pm Sun 5.30pm Sintra Tues 8.15pm Sat 5pm. Cascais Wed 8.00pm Sun 2pm. Setúbal Wed 7.30pm & Sat 5pm. Obidos Wed 8.15pm, Sat 5.30pm. Setúbal Wed 7.30pm, Sat 5pm. Santarem Sat 7.30pm. www.jw.org

Oporto

GREATER GRACE INTERNATIONAL FELLOWSHIP, contemporary Christian gatherings on Sun afternoons at 3rd Baptist Church, R. Estação 133, & Sat evenings, 1st floor, Confeitaria Palácio (across the "Emergency" entrance of Hospital Stº António); www.NovaAurora.com, 220 994 785 or send an SMS to 917112736.
RIVERSIDE PORTO INTERNATIONAL CHURCH English language church Sun, 5pm, at R. Gonçalo Sampaio, 361, (nr Boavista roundabout) and on 3rd Sun every month at Valença do Minho. Tel: 916 440 795. contact@riversideporto.com / www.riversideporto.com

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

THE SALVATION ARMY OPORTO Pereiro Corps (Av. Vasco da Gama, 675-2 E Ramalde), Service 10am, Salvation Meeting 5pm. Coloras Corps. (Av. dos Bom-beiros Voluntários) Sun 10am. Thu 4pm Ladies Home League Meeting.
KINGDOM HALL OF JEHOVAH'S WITNESSES. All Welcome, no collections. Coimbra Wed 7.30pm, Sun 10.30am. Porto. Wed 7.30pm, Sat 7pm www.jw.org

The Algarve

JEWSH COMMUNITY OF SOUTH PORTUGAL Shabbat services. Call 922206333.
ALL SAINTS ANGLICAN CHURCH, ALGARVE Holy Communion every Sunday. Almoncil 10.30am Almoncil 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 & Almoncil; 11.30am St Luke's, Gorjões; 8.00am & 11.30am Igreja N Sra da Luz, Praia da Luz, nr Lagos. Visitors are especially welcome. 282 789 660 & 289 366 720 www.stvincentsalgarve.org

INTERNATIONAL CHRISTIAN FELLOWSHIP of Portimão Sun 11am. The Bridge" (A Ponte), Cedipraia Shopping Centre no. 23 / 282 042 836 / 917 358 098 www.icf-portimao.org
INTERNATIONAL 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-algarve.com. 289328635.
LAGOA CHRISTIAN FELLOWSHIP, English Speaking Calvary chapel of the Algarve, Sun 11am for contemporary worship and Christ centered Bible study. Rua Doutor Basílio Teles 32, Lagoa. Contact Peter Walden: 914 929 589 lagoachurch@gmail.com

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

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

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THE LIVING HOPE Baptist Church, Albufeira. Sun 4pm. Pastor Mark Pereira, Mob. 964860765.
OASIS CHRISTIAN FELLOWSHIP CONEXAO, R. Dr. Joaquim Tello 32C, Lagos. Sun: 11am; Tue: 6.30pm; Thu: 3.30pm Bible Study. Int. English w/ Portuguese translation available. Michael - 964 285 351 / Lois - 914 381 598 www.oasischristianfellowship.com

R.C. MASS in English, Igreja N Sra da Luz, Luz near Lagos. Saturdays 7pm. 917464353. **Lagoa Sunday Mass** (in Portuguese) Vale D'el Rei church, 9 am Lagoa Main church at 12 noon & Saturday 6.30 pm. Daily Mass at Lagoa Main church Mon & Fri: 9am & Tues & Thurs: 6.30pm. **Carvoeiro Church** Sat: 5.30pm (from 3 Nov), Sun: 10.30am.

LIFE HUB Albufeira Knowing Jesus and making Him known. House-church in Balaia meets Thu-7.30pm. Call Paul on 926482323 for directions.
TAVIRA From December, s Holy Mass in English will be at 12.15 pm. Church of Santa Maria Tavira Every Sunday 914621429 tavira@diocese-algarve.pt

KINGDOM HALL OF JEHOVAH'S WITNESSES. All Welcome, no collections. Largo Eng. Sarrea Prado, **Portimão** Mon 7.30pm Sat 4pm Tel. 282 476 111 Beco 25 de Abril, Ferreiras, **Albufeira** Wed 7.30pm Sun 10:15am **Faro** Wed 8.15pm, Sun 3pm **Tavira** Wed 7.30pm, Sun 1pm. **Odemira** Sun 6.15pm www.jw.org

HOUSE OF PRAYER CHAPEL Rua Município 31 Next to Hotel Paraíso, Albufeira Sunday service at 10am and 6pm For more info call now: 919 458 666
WESLEYAN METHODIST CHURCH, PORTIMÃO. Services Sunday - May to Sept 5pm, Oct to Apr 4pm. Silveira, Lote 2 - Lj. A Beco do Moleiro, Caldeira do Moinho - PORTIMÃO (near the roundabout of Aqua Shopping Center) GPS: 37° 08' 47.92" N 008° 32' 22.13" W For info or social help, please contact us: 931721005 www.imwportimao.org

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Verse of the Week

"Dear friends, since God so loved us, we also ought to love one another. No one has ever seen God; but if we love one another, God lives in us and his love is made complete in us."

John 4:11-12, New International Version

Richest prize in golf and increased Race to Dubai points headline European Tour end of season changes

The largest first prize in the history of tournament golf, alongside significantly increased Race to Dubai points, headline the changes announced today to the final three Rolex Series events of the 2019 European Tour season.

The season-ending DP World Tour Championship, Dubai, played at Jumeirah Golf Estates from 21-24 November 2019, will now see the winner pocket a cheque for US\$3 million, up significantly from the US\$1.33 million won by Danny Willett last November.

The DP World Tour Championship is also, of course, the final Rolex Series event of the season and the two Rolex Series events preceding that on the schedule - the Turkish Airlines Open from November 7-10 and the Nedbank Golf Challenge presented by Gary Player from November 14-17 - have also seen their first prizes substantially increased.

The winner of the Turkish Airlines Open will now go home with US\$2 million (up from the US\$1.16 million won by Justin Rose in 2018); while the champion at the Nedbank Golf Challenge will receive a cheque to the tune of US\$2.5 million (up from the US\$1.25 million won by Lee Westwood in 2018). The overall prize fund for the three events will remain the same (Turkey - US\$7 million, Nedbank - US\$7.5 million, Dubai - US\$8 million) with the balance of the field playing

for a US\$5 million prize fund: ie: the runner-up will receive first placed prize money based on a US\$5 million event.

With positions on The Race to Dubai now determined on points, these will also rise significantly; with the total number available at each tournament being: 9,000 at the Turkish Airlines Open (up from 7,000); 10,000 at the Nedbank Golf Challenge (up from 7,500); and 12,000 at the DP World Tour Championship (up from 8,000).

In addition, the field sizes for the final three events of the season have been revised and reduced to show a clear progression from event to event; with the leading 70 players from the Race to Dubai playing in Turkey, the leading 60 competing in South Africa, and the leading 50 lining up in Dubai.

The final change is in relation to the Bonus Pool which is distributed at the end of the season. It will now be divided amongst the top five players in the Race to Dubai instead of the top ten with the 2019 winner claiming US\$2 million, up from the US\$1.25 million claimed by Francesco Molinari last year.

Keith Pelley, Chief Executive of the European Tour, said: "The changes we have announced today in terms of enhanced winner's cheques, Race to Dubai points and Bonus Pool dividend are designed to increase the excitement around the end of the season for our fans, as well as encourage greater top player participation in our final three events."

"We have undertaken significant analysis recently and have found that, had these additional Race to Dubai points been available over the past five years; on average between five and 16 players would have come to our final event with a chance of winning the Race to Dubai, in addition to an average of 43 players having the chance to earn Bonus Pool money at the end of the season; both numbers considerably higher than was actually the case in those years. "With the revised prize money breakdown and the extra Race to Dubai points in place for 2019, this provides a tremendous incentive for our players."



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DISCOUNT TEE TIMES


GolfinPortugal.com

Troia Golf Resort venue of Tour Championship

Portugal Pro Golf Tour is delighted to announce that for the first time will be holding a Tour Championship.

The venue will be Troia Golf Resort, an amazing and challenging course, where the players will compete for a great prize over 3 rounds from March 14 to 17.

The Top 50 in the seasons Order of Merit will be eligible to play for the 5 Challenge Tour starts on

offer to the winner of the Tournament, however it will also be open to all PPGT members who can compete for the 5,000.00€ First Prize, the total purse will be 25,000 euros paid out to Top 35 + ties.

For more information visit ppgt.pt under packages and enter events.

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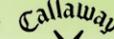
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Victories for FC Porto and Benfica as Sporting close gap on Braga

N CHRIS WRIGHT



Sporting players Das Bost (L) and Bruno Fernandes celebrate their team victory over Sporting de Braga during their Portuguese Primeira Liga soccer match, held at Alvalade Stadium, Lisbon, Portugal, 17 February 2019. (Photo: Lusa/Miguel A. Lopes)

Just one point separates FC Porto and Benfica at the top of the Primeira Liga but SC Braga have slipped further behind following their defeat at Sporting.

After two successive draws, Sérgio Conceição's Porto were in no mood to drop further points against Vitoria de Setúbal at the Estádio do Dragão. Adrián Lopez's blocked

effort after fifteen minutes enabled Héctor Herrera to head the home side in front. The visitors were reduced to ten-men eight minutes into the second period when Éber Bessa picked up a second booking for simulation

inside the box. The ten-men were soon punished as just twelve minutes later the Dragons landed the decisive blow when Tiquinho Soares headed home Alex Telles' in-swinging cross from the right flank for a 2-0 victory. The next twelve days could define Porto's season. Today (Friday) a tricky away game at CD Tondela is followed by two massive home games against Benfica

on the 3 March and three days later AS Roma arrive in the northern city with a 2-1 lead from the first-leg of their Champions League round of sixteen. Benfica's new boss Bruno Lage can do no wrong at the moment. The ten-goal mauling of Nacional was followed by a 2-1 triumph in Turkey against Galatasaray in the Europa League. A trip to relegation threatened CD Aves saw the Eagles a goal up

when Haris Seferovic lobbed the ball over keeper Beunardeau with just three minutes on the clock. The home side found themselves two goals behind when Rafa Silva curled his shot past the keeper ten minutes before the break. Ferro added a third on the hour mark but four minutes later he was off for an early bath as he hauled down Derley but the ten-men of Benfica had no problem seeing out the game. Benfica have now scored twenty-two goals in their last four league games, a goal less than Aves have scored in twenty-two leagues games this season! The Primeira Liga game of the weekend was between third placed Braga and fourth placed Sporting at the Avalade. Sporting were still reeling from their 1-0 home defeat against Villarreal (Spain) in the Europa

League. After a couple of half-chances Bruno Fernandes gave Sporting the lead in the thirty-third minute from a free-kick. Five minutes after the interval Abdoulay Diaby was upended in the penalty and Bas Dost made it 2-0 from the resulting spot-kick. Midway through the half, the Dutchman took advantage of a sleepy Braga defence to attack Bruno Fernandes' cutback and slot in goal number three for the Lions. This result keeps alive Sporting's chance of automatic Europa League qualification. SC Portimonense slipped to their fourth straight defeat as they lost 2-0 at Vitoria de Guimarões. With just one goal scored in six hours of football the Portimão fans will be hoping for a change in fortune as the entertain CD Aves at the Municipal Stadium tomorrow (Saturday) at 6pm.

Olhanense return home

After an absence of three months the Olhão based club returned to their spiritual home at the José Arcanjo Stadium.



Action between Olhanense (red/black) and Olimpico Montijo (yellow/green)

The new Italian investors have refurbished the stadium and renovated the previously poor playing surface. With six new players in the starting line-up the fans were looking for plenty of action against Olimpico do Montijo and they certainly got it in an action packed second-half! Skipper Leleco gave Olhanense the lead just before the break and further goals from

rampaging centre-forward Reider Rodriguez and substitute Hassan ensured a 3-1 victory in which the visitors had two players red carded late in the game. On Sunday Olhanense travel to the Azores to play league leaders Praiense and the following Sunday 3rd March, they entertain Angrense (Azores) at the José Arcanjo with a morning kick-off at 11am.

SEA VIEWS

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