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"Saida: We are all with you"

POLICE PROBE CARNIVAL FIREWORK HORROR

THE famous Carnival celebrations in Santa Cruz are back in full swing but thoughts are very much with a young woman lying in a Spanish hospital bed.

Tributes have poured in for beautiful Saida Prieto who faces a long battle, both physical and emotional, after suffering 42% burns during the annual contest to find the 2013 Carnival Queen on February 6th. A device known as a "cold firework" to shower out confetti went off in another contestant's outfit, shooting flames across the stage and setting fire to both Saida's dress and the curtains.

Eye witnesses said the flames were up to ten metres high and it was only through the quick-thinking of some of the show technicians that Saida was saved even more serious injury. Two designers also needed hospital treatment for hand and facial burns.

Thoughts and prayers have been with Saida, who is 25, ever since. Goodwill messages have been posted on all the social network sites under the title of "Saida: we are all with you" and a huge billboard was put up alongside the north motorway to pledge solidarity with her family.

In Puerto de la Cruz, also celebrating its own smaller Carnival, the opening parade was dedicated to Saida. Her plight has even reached further abroad with one Carnival group in Cádiz honouring Saida with their musical performance.

At one stage, there was a question mark over whether the Santa Cruz Carnival celebrations would continue. Whilst waiting for an update on Saida's condition, the Mayor José Manuel Bermúdez announced that the opening parade on February 8th would be cancelled, together with that evening's dances in the main plazas.

The next day, however, the go-ahead was given for the Carnival to continue as planned, a decision which was made in conjunction with Saida's parents. Their daughter was initially treated in Tenerife but then transferred to the intensive care unit of a specialist burns unit in Seville. Her parents will also remain there for at least three months in a rented flat near the hospital which is said to be one of the best in Spain. Two famous footballers, Victor Anino "Vitolo" of Panathinaikos FC and Pedro Rodriguez of FC Barcelona, have generously offered to fund their stay.

Saida's mother and father have asked for privacy and for only the hospital to give medical updates. A spokesman has told the press Saida is stable given the gravity of her injuries. She has second and third degree burns to her legs, arms and back and needed to



Carnival Queen. Photo by Gerard Zenou

be heavily sedated, with life support.

The Mayor, who accompanied the family on the journey from Tenerife to Sevilla, has promised a thorough and exhaustive investigation as to what happened and potential liability. The council says it never gave permission for cold fireworks to be used in the

elaborate fantasy costumes. Police have been taking statements and have visited the scene of the accident in the International Conference and Exhibition Centre in Santa Cruz.

Something very similar happened during some traditional celebrations in Gran Canaria last year and questions are now being raised about the role of pyrotechnics in fiestas.

The main Carnival "Coso" was on Tuesday, February 12th when thoughts would also have been with Saida and festivities continue over the final weekend of February 16th and 17th when hundreds of thousands of people are expected.

FIVE DIE IN LA PALMA TRAGEDY

A tragedy on a British cruise ship also interrupted Carnival celebrations in La Palma on Sunday, February 10th.

The capital was shocked by five deaths and three serious injuries caused when a lifeboat fell 30 metres into the sea from the Thomson Majesty which was in dock at the capital's port.

Crew members had been conducting a regular test but were thrown into the water when the boat plunged down and overturned. Those who died were either drowned or crushed.

The terrible accident is being investigated, including by the British Foreign Office and police, but it is believed the wire mechanism which connected the lifeboat to the ship snapped.

The five dead crew members include three Indonesians, a Filipino and a Ghanaian. The three wounded are two Greeks and one Filipino.

Around 2,000 passengers were on the cruise, including British holiday-makers, but none of them were hurt. Divers and a helicopter were involved in the dramatic rescue.

Because of the tragedy, some of the Carnival celebrations on the Sunday were suspended but resumed on Monday afternoon.

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Our new website is also updated each day with some of the latest Tenerife and Canary news and includes all your favourite sections of sport, eating out, Lookout, motoring, pets, health and our regular columns. You can also send your views direct to our "Letters to the Editor" page and submit your short stories.

We hope you like the format of www.tenerifenews.org.es which is clean, modern and easy to use. There are also details of how to contact us, how to subscribe to the Tenerife News and some useful numbers.

Your feedback on our new site would be welcome, together with any suggestions for improvements or information you would like us to include.

Iberia unions call new strikes

AIRPORT DISRUPTION

Unions are warning of airport chaos after calling for Iberia strike action in February and March

IT is the first time staff have agreed on five consecutive strike days (the first from Monday, February 18th to Friday, February 22nd) and more dates could follow.

The unions have been discussing their grievances with Iberia through a mediation service but a meeting last week ended without agreement.

The CCOO, UGT, Asetma, Sitcpla, USO and CTA-Vuelo are representing 93% of the staff who are protesting about Iberia's restructuring plans. This will involve a cut in capacity of

around 15% and about 4,500 jobs, 23% of the total.

The 24-hour strikes will affect ground staff and cabin crew. They will be held from February 18th to 22nd, March 4th to 8th and March 18th (a

public holiday in some regions) until March 22nd.

The unions say their strike action could lead to "uncontrollable situations in several Spanish airports, especially at Madrid Barajas".

LAGUNA PLEA

Complaints about illegal motocross

LA Laguna council has been accused of ignoring complaints about illegal motocross in the municipality.

Councillor with "Si se puede", Juan Miguel Mena says an official report was made to the authority on January 4th because bikers were spoiling the natural environment.

Sr. Mena said it was a very serious offence for riders to practice without the relevant qualifications and on unauthorised land and it could lead to substantial fines.

He has asked the council to take action on complaints from residents and neighbourhood groups.

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“Save our Lifeguards” petition launched

LIFEGUARDS in Arona who have not been paid wages since last July have started an online petition as another way of highlighting their dire situation.

At least two of them are on hunger strike and all of them are relying on the generosity of friends and supporters to live. Even tourists have been making donations after being alerted to their plight during demonstrations on the sea-front in Los Cristianos.

Around 18 lifeguards are

involved and are desperately trying to claim back their unpaid wages after their previous employer went bust and Arona council say they are unable to step in and pay the money.

Despite their predicament, the lifeguards are continuing to do their job because they

feel they have a responsibility towards the people using the beaches and do not want a fatality on their conscience.

Their petition has been launched under the banner of “Salvamento de Arona (Playa de Las Vistas)” on the petition site www.change.org and also on Facebook through “SOS Socorristas de Arona”. They have also alerted the unions CC.OO to their plight, as well as the Canary Government and

Tenerife Cabildo because they consider it is having a serious effect on tourism on the beaches.

The lifeguards are calling on Arona council to find a solution as soon as possible. Two previous attempts to award a new contract for the running of this vital service have failed.

It is understood the council is to ask for further bids as a matter of urgency which will take 15 days.

PLIGHT CONTINUES

RAVINE FIND

Shock over dead dogs

POLICE believe more people may have been involved in a case of animal cruelty.

The bodies of a dozen dogs were found in the bottom of a ravine in Arona, leading to shock and outrage that anyone could behave in such a way. It is believed at least two of the animals were still alive when they were thrown in.

One man has already been questioned on suspicion of animal abuse but the Civil

Guard has launched an investigation.

Members of the police nature conservation team Seprona found the bodies after an environmental group raised the alert. Most were Canario hounds and were in an advanced state of decomposition, lying between rocks at the bottom of the gully.

Campaign groups sets up fighting fund



The Popular Party in the Canary Islands has already agreed to back their case which says the archipelago should be treated as a special case and therefore win a reprieve.

The axe is poised over many homes and businesses which have been deemed as illegal and constructed too close to the sea-front by the controversial “Ley de Costas”. The law has recently been relaxed in other areas but not in the Canaries, something the PCalc (Canary Platform of People Affected by the Coastal Act) feels is very unfair and should be changed.

Any reprieve would come too late for places like Cho Vito, the Tenerife fishing village where all the homes were demolished but the group says it would safeguard the future of many others. It's estimated that 150,000 Canary residents are affected.

A round of meetings is taking place with all political groups to fight for the Canaries in Parliament.

Local people are also being asked to get involved and to follow progress on pcalc.es. The group intends to set up a welfare fund for all those affected by the current law who do not have sufficient funds to fight it.

THE campaign group fighting to save thousands of Canary homes and businesses from demolition is seeking political and public support.

BRIDGE RESCUE

Missing woman found dead

POLICE have confirmed that a body recovered from under a bridge in La Laguna is that of a local woman who went missing more than ten days before.

The alert was raised after the 40-year-old mother of two failed to return after leaving her children at her parents' house. Posters were put around the town, together with an appeal for information.

Police were alerted by a resident of the area of La Verdellada who had spotted a body under an old bridge. The rescue operation was long and complex because of the location. An autopsy will now determine the cause of death.

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Puerto death

FIRE fighters were called in to recover the body of a man who was spotted from a Puerto viewing point.

The 1-1-2 emergency service was alerted when he was seen in the hillside area of Martiánez. The location was a particularly difficult one to access.

A doctor and basic life support ambulance also went to the scene but the man, aged 66 and believed to come from La Orotava, was certified dead.

Internet fraud

POLICE investigating internet fraud have arrested a 35-year-old man in Santa Cruz who had been running an advertising scam for three years.

He had used pages on the net devoted to the sale of electronic products, mobile phones and cameras to "sell" items at prices substantially below the market value. He then asked buyers to forward full or partial payments but never forwarded the goods. To avoid detection, he would systematically change his email address. The fraud is believed to have netted around 30,000 euros.

Noisy cemetery

IT'S usually nightclubs or bars which generate noise complaints but in Santa Cruz, it's a local cemetery.

Residents living near Cueva Bermeja say activity in the cemetery there far exceeds the permitted 55 decibels at night and is keeping them awake.

Complaints from householders are being backed by the "Yes we can" group which says reports from international organisations, such as the World Health Organisation, backs up the claims that their health is being put at risk.

TOURISM CONGRESS



Photos by Gerard Zenou

Tenerife looks to the French market

Tenerife is continuing to foster its links with France

FOLLOWING the unsettled situation in the Magreb, many French holiday-makers decided to try Tenerife instead. They seem to be captivated by the island's charms and in 2012, there were nearly 150,000 French arrivals in Tenerife.

Of the five million tourists who spend their holiday on the island each year, the French share is around three per cent, the fifth most important source market behind the British, Spanish, German and Nordic.

With this background, Tenerife was delighted to welcome "Snav", a congress of French travel agents involving some 350 professionals.

Cabildo president, Ricardo Melchior attended the closing ceremony, together with tourism councillor, Carlos Alonso, at the Hotel Bahia del Duque. The event was also attended by the president of the Canary Government, Paulino Rivero, the French Minister for Tourism Sylvia Pinel, Spanish Secretary of State for Tourism, Isabel Borrego and director of the OET in Paris, Ignacio Vasallo.

During their stay, the travel agents were able to mix business with pleasure as working sessions were held in the morning and visits to the main tourist attractions made in the afternoons. The programme included a meeting between representatives of 40 tourist companies on the island who are interested in the French market.

ROLLING PROGRAME

More road repairs in Puerto

VARIOUS road repairs are to be carried out in Puerto de la Cruz. The local council is considering quotes for the entire resurfacing of calle Retamas but for the time being has concentrated on filling holes and undertaking repairs and cleaning. Six municipal staff have been involved.

Councillor responsible for the projects, Ricardo Padrón said the continuous passage of heavy vehicles along this road had caused significant damage. Given the flow of traffic, they had considered it necessary to carry out corrective action first of all before looking at the budget for resurfacing.

Other roads will be tackled

after calle Retamas, including La Carreta, Tafuriaste, Camino Cordobés and various zones in the centre.

Sr. Padrón also announced that within the next few weeks, they would start repairs to the iron bridge linking San Antonio with Camino Cordobés. Materials had arrived and following the appropriate technical reports the improvements would begin and would take several days.

Arona to offer tourism phone apps


ARONA is to become the first municipality to offer free tourism information via Android and Apple mobile devices.

The new project was unveiled during the recent FITUR tourism fair in Madrid by the Mayor, Francisco José Niño and tourism councillor, Evelin Santos.

The new mobile phone application will relay a host of information to holiday-makers and local residents and will become an official guide to the municipality.

Evelin Santos said Arona was rising to the challenge of promoting tourism through new technology. The app will be available mainly in Castilian, English and German but also in other languages such as Russian and Chinese. It will be designed especially for tablets and smartphones and will have a multi-media gallery with pictures and videos about the products and tourism resources of the municipality of Arona, its beaches, natural areas, trails, monuments, water sports, golf, cultural centres, theme parks, festivals and concerts, as well as the accommodation on offer in hotels, cottages, campsites and apartments.

The council is also to venture into ebooks and promotional material which can be downloaded from www.arona.travel



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New **Atos** centre to create 200 extra jobs

THE internationally-reknown information technology services company, Atos has made a further pledge to Tenerife and the Canary Islands.

Its new site in Santa Cruz was inaugurated last week by president of the Canary Government, Paulino Rivero who praised the Atos investment in the archipelago.

This new development is likely to lead to 200 more jobs and represents a huge boost of confidence for the Canaries as it looks to position itself on the international business map.

Patrick Adiba, CEO Atos Iberia (Olympics & Major Events) and José Manuel Rodríguez Macías, Atos Managing Director in the Canary Islands, were in charge of welcoming Sr. Rivero, who presided over the event and the visit to the new premises. Also present were Ricardo Melchior, President of Tenerife Cabildo; Carlos Alonso, Cabildo Vice-president; and José Manuel Bermúdez, Mayor of Santa Cruz, among other authorities and group executives.

The new Atos site in Tenerife is located at El Mayorazgo in Santa Cruz and has allowed for expansion of the centre of excellence for user assistance. This was created in 2008 with the aim of rendering from the Canary Islands services to companies from all over the world. Two hundred employees already work in the building and that number is expected to double up to a workforce of 400 in the present fiscal year.

Currently, more than 40 large multinational companies from 19 countries of three continents have their assistance services connected to the new Atos Centre in Santa Cruz. The centre operates in six languages and has the capacity to resolve more than 600,000 contacts with users in a year, a figure that will increase dramatically in the future.

Atos already has a significant presence in Spain with a testing factory in Seville, a software factory at Valladolid and several other divisions.

Patrick Adiba said the inauguration represented the start of the largest investment by Atos in the field of services to companies on a global scale and the centre had already become a shining example of its kind. He said they were very grateful for the support of the Canary Government, Tenerife Cabildo and Santa Cruz city council and were "excited" about the growth potential of the new centre.

Paulino Rivero said the Canary Government supported any corporate initiative that may contribute to enhance the competitive position of the Canary Islands in the world, the diversification of the economy and job creation.

Atos has operated in the Canary Islands since 1999 and its Canarian subsidiary was the first company created in the ZEC zone. It provides integral services of consulting, systems integration and outsourcing for the public administration of the Canary Islands and for the last four years it has been rendering services to multinational companies of three continents. According to Gartner's independent analysis, Atos is a European leader of these services in Europe and fifth in the world.



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OUR PARTNERS:



Town remembers a terrible tragedy

GRANADILLA CEREMONY

TERRIBLE tragedies have happened all over the world and Granadilla here in Tenerife is no exception.

On Sunday, February 3rd, 1963, 24 people lost their lives in a heart-breaking incident at the Covento Franciscano de la Villa.

That terrible day was officially mourned and remembered when Granadilla held an official ceremony to commemorate the 50th anniversary of the disaster, the worst in its history.

It had been raining very hard with hail on February 3rd 1963 and a huge number of people took refuge in the convent. Around 1,300 people were inside when there was a partial collapse of the building. There was mass panic at the noise and the uncertainty of what was happening and a stampede happened as everyone rushed toward the

staircase which led into the street.

Most of those who died were suffocated or crushed on the landing. As well as the 24 fatalities, more than 100 were injured.

In the hours that followed, Granadilla and its neighbouring municipalities showed tremendous community spirit. Ambulances, the Red Cross, police, medical teams and volunteers were assisted by the people of Granadilla who offered their homes, kitchens, blankets, warmth and everything available. Planes from the Tenerife Aeroclub tried to participate but they were unable to take off because of the bad weather. However, a plane from the company



Tassa was able to leave the airfield at El Médano with a doctor who treated the seriously injured.

It was a terrible night and the next day, there was a massive parade of coffins and more than 20,000 people joined the procession to the cemetery.

Granadilla is said to still remember 50 years on all those

who gave their time and sympathy.

On Sunday, February 3rd to mark the anniversary of the tragedy, around 300 people attended a church service followed by a ceremony in the courtyard annex of the church where a wreath was laid and a piece of cello music played. The names of those who lost their lives were also read out.

Take part in Adeje Passion Play

UNIQUE EXPERIENCE



As a resident or visitor to Tenerife, you may already have experienced the wonder of the Adeje Passion Play but did you know you could take part?

Preparations have already started for this Easter extravaganza which involves around 300 amateur players and attracts an audience of thousands.

Culture councillor, Nayra Medina Bethencourt said they were mostly residents of the municipality and it was thanks to them that Adeje could present this important cultural event each year which had become part of the municipality's history.

It is so important that this year, it will be receive national and international recognition when it is broadcast live by Spanish television. This, of course, will enable people who can't get to Adeje or Tenerife to see it but as the council says, one of the best ways to live the experience is to take part in it.

The Passion of Adeje has become a tourism attraction and many people aim to coincide their holiday in Tenerife with the play's date.

This year, there will be some major changes which will be revealed on the big day of Friday, March 29th at noon.

Meantime, there is an open invitation to go along to the theatre of the cultural centre on February 22nd to enjoy a film of the 2012 Passion Play. The evening starts at 7pm and admission is free.

If interested in taking part this time, you should also go along to Adeje cultural centre for further information.

A week dedicated to volcanoes

LOS Realejos is to hold a week dedicated to volcanoes as part of its 2013 environmental awareness programme.

It will be held between February 18th and February 22nd and follows on from a previous project which proved a great success.

On February 18th, the Instituto Volcanológico de Canarias (Involcan) will put up a display stand outside the town hall from 10am to 2pm, offering information about the origins and volcanoes of the archipelago.

February 19th, 20th and 21st will see an educational programme in the Casa de La Parra from 8pm to 9.30pm when three films will be shown about understanding volcanoes, volcanic hazards and reducing the volcanic risk.

At the end of the week, there will be a thematic route in the Montaña de Los Frailes. You need to pre-register to take part in this and transport is not included. Phone 922 34 62 34 or 010 if phoning from inside the municipality. The meeting point will be at 10am outside the restaurant El Monasterio.



Home used as drugs laboratory

COCAINE, crack, marijuana, gold jewellery and more than 17,500 euros in cash have been seized by the National Police in raids on three Santa Cruz homes.

One of the properties was being used as a drugs laboratory whilst another hid the drugs. The third concealed items of "questionable" origin such as jewellery and varied computer equipment.

The raids were carried out by agents with the narcotics squad in the north and south districts of Santa Cruz. Three men were arrested, aged 27, 25 and 48, all on suspicion of drug offences.

The haul included 668 grammes of cocaine, 20 grammes of crack, 33.5 grammes of marijuana, four precision scales, about 300 grammes of gold jewellery believed to have been stolen, seven mobile Smartphones, money, five laptops, several boxes of anabolic steroids, four vehicles and a high-powered motorbike.

The crack was being taken to the Cuesta Piedra area of the city where it was sold "retai".

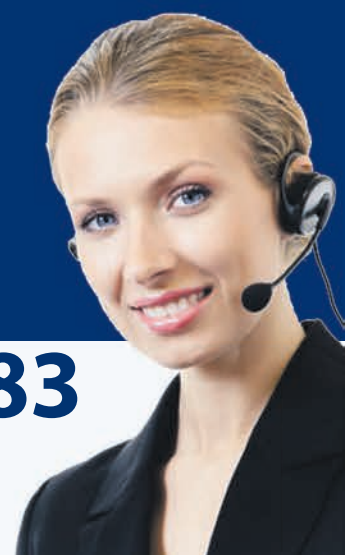


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“Starlight” boost for Granadilla

ASTRONOMY TOURISM

GRANADILLA is seeing stars after being designated a “Starlight” world tourist destination.

Mayor, Jaime González Cejas and tourism councillor, Nuria Delgado Hernández received the certification at the FITUR tourism fair in Madrid. It’s a huge boost for Granadilla’s promotion of its astronomical delights and will help to bring in more visitors who seek something different and observing the heavens is certainly that.

Granadilla is already a pioneer in Spain for astronomy tourism and is the first municipality in the Canary Islands to gain the Starlight classification.

Nuria Delgado said Granadilla was one of the best places in the world for observing the night sky and is involved in several projects.

Starlight destinations, which are sponsored by organisations such as UNESCO, are defined as places of great interest for studying the skies.

Granadilla has many claims to fame, including astronomer Charles Piazzi Smyth who constructed the first observatory in the Canaries in the Guajara mountains in the mid-19th century. This cumbre is steeped in history and biodiversity, with an altitude of 2,717 metres. From its summit, you can see a spectacular view of Mount Teide and is said to be named after a princess who jumped to her death because she was so distraught about the death of her husband.



Taxi drivers “back to normal”

CAPITAL'S EXPERIMENT

TAXIS in Santa Cruz have returned to a normal working pattern following suspension of a trial shift system.

Under this experiment, the taxi drivers were arranged in three groups and were given a rota to work on, some in the evenings, some in the day. This was part of an overall look at how the taxi system works in

the capital in order to bring about improvements.

The Mayor, José Manuel Bermúdez has confirmed that the trial shift experiment is now over following requests from seven of the city’s taxi

associations. He said the council was happy to concede to the majority wish but also because they felt enough time had elapsed to see if it could work or not.

He pledged they would continue to discuss with taxi drivers the best way forward and another meeting had been arranged for February 18th.

Curse of copper thefts

THE curse of copper thefts is seriously affecting the municipality of Guimar. Councillors say that since last October, about one ton of copper has been stolen from the street lighting network.

These thefts intensified during last December and this January, leaving several areas of the town without lights. Replacement is adding an extra burden to the council’s budget but this is being done in aluminium rather than copper to save further incidents.

Local people have been urged to play their part by being vigilant and reporting any thefts immediately to the police.

Candelaria has also reported a succession of copper thefts, costing about 35,000 euros during 2012 when about 1,500 metres of wiring disappeared.

Arona aims to be transparent

AN index into the “transparency” of local councils has provided an accolade for Arona council. The municipality topped the list of scores for the Canary Islands in the Transparency Index for Ayuntamientos (ITA 2012). Arona ranked 29 out of 110 municipalities audited with a score of 91.3 out of 100.

The assessment was made on access factors such as corporate information, public relations, economic and financial transparency, transparency in contracting services as well as planning and public works.

The council has welcomed the news and says it is the result of efforts made by the governing group to make matters dealt with as transparent as possible.



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Support for Puerto's quality drive

A project which could bring a mark of quality to Puerto de la Cruz is prompting an excellent response.

More than 50 companies have joined the programme which works hand in hand with the town's Rehabilitation Consortium. Its chairman, Tenerife Cabildo vice-president and tourism chief, Carlos Alonso said there had been a great response from the business sector and 54 had so far pledged to work towards the tourist quality commitment mark.

Those who have so far given their support include taxi drivers

ANNUAL COMPETITION

Design Orotava's fiesta poster

If you are artistic, you might like to design the poster for the 2013 fiestas in La Orotava.

The local council has launched the annual competition and entrants have until April 5th to submit their work.

You can enter the competition either as an individual or as a group with a maximum of two poster ideas. They should portray the festivities of Corpus Christi, San Isidro Labrador and Santa Maria de la Cabeza.

Work must be original and unpublished and measure 45 by 65 centimetres and can be in hard copy or on CD. Any techniques can be used but the poster must reflect the customs and traditional spirit of the popular festivals.

This contest has been organised since 2008 and all the rules are available on www.villadelaorotava.org.

Judges will meet in April to award the top prize of 600 euros.

CONSORTIUM BACKED

and the car rental industry.

Puerto de la Cruz hopes to join the ranks of 148 other destinations across Spain to receive the "SICTED" quality mark which is a nationally-recognised brand.

CUISINE PROMOTION



Island food and wine for Madrid

MORE than 100 kilos of food and 264 bottles of wine have been sent from Tenerife to Madrid to highlight the island's cuisine.

Three top chefs prepared and served special dishes at the FITUR international tourism fair. Their guests included top food critics and travel writers.

Tenerife Cabildo vice-president and tourism chief, Carlos Alonso said this was a great opportunity to promote the island's cuisine, wines and top quality chefs.

The three chefs were Juan Carlos Clemente, Braulio Simancas and Seve Diaz. Their dishes included Canary potatoes with mojo sauce, fresh fish and traditional desserts. The wines represented all five designations of origin in Tenerife.

During FITUR, the three chefs talked about their dishes on Spanish TV, another major promotion for Tenerife.

Tegueste fights for playground grant



PORTEZUELO PROJECT

TEGUESTE is seeking grant aid so it can construct a playground and leisure area in El Portezuelo.

The council would like 23,600 euros from the Canary Government to improve facilities for residents. A grant may be available from the Ministry of Agriculture as part of its project to enhance rural life.

The work would be carried out on a site in calle La Lavandera. A dilapidated building would be demolished and the land cleared and cleaned before the installation of different play areas.

Councillor for works, Sandra Ramallo said El Portezuelo was the least connected area to the main centre of Tegueste but there was a significant presence of folk groups, neighbourhood associations, culture, environmental and youth activities. It has a population of 1,500 people.



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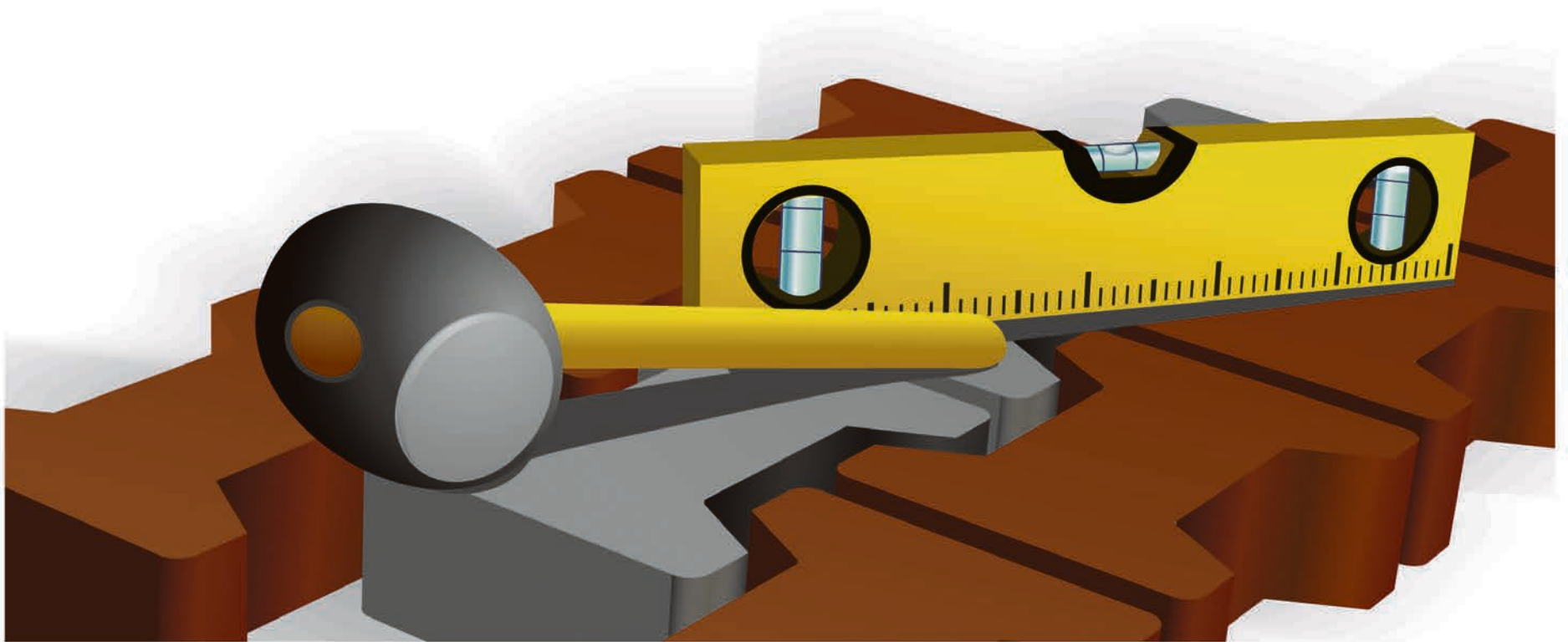


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LA JAQUITA

Beach clean-up at El Médano



VISITORS to El Médano will hopefully notice a big improvement to the beach area of La Jaquita.

Granadilla council has been carrying out a clean-up, concentrating on pruning vegetation and clearing away weeds. Councillor responsible for services, Juan Rodriguez Bello said the work fell into the municipality's overall plan for improvements and its plan to reduce the chances of contamination.

Other work was carried out at La Jaquita and El Cabezó last year to enhance the environment and access to swimming areas. This also improved the aesthetics of the area and safety for the thousands of tourists and local people who come to the Granadilla municipality throughout the year.

LAGUNA DEMOLITION

Drama as cinema roof collapses

A n old cinema in La Laguna came to an ungracious end following the collapse of part of its roof.

The building in Valle de Guerra had to be demolished because its structure had become unstable and posed a threat to public safety.

Firefighters were called to the scene after a beam apparently fell and brought down other parts of the roof. The drama was watched by a big crowd of onlookers.

Although the old cinema is next to two houses, these were not affected and no-one was hurt.

The building was situated in the municipality of Agüere on the road between Tejina and Tacoronte.

CULTURAL CHARMS

El Sauzal welcomes global visitors

The historic charms of El Sauzal are being opened up to visitors from Scandinavia, Russia, Germany and Austria, as well as Britain

TRAVEL company, Turismo y Ocio Ataman SC has been bringing international holiday-makers to the town since its launch in August 2012. Nearly 500 visitors from Germany and Austria have already been to the municipality and more tours are planned from other countries.

Turismo y Ocio Ataman SC specialises in trips to coincide with events, excursions and guided tours, taking in the culture and museums of El Sauzal as well

as other areas of the Canary Islands. It also organises various initiatives to promote the Canary culture, traditions and sports, together with wine and food tastings.

Popular locations for tourists in El Sauzal include the municipal cemetery, the Parque Mirador La Garañona, the gofio mill, the church of

San Pedro, the mountains and so on.

One man who plays a leading role is director of the Museo de la Sierva de Dios, Agustin Rivero who relates the history of the municipality.

Anyone who would like to find out more about the tour company can visit www.turismoocioataman.com

SAN ISIDRO RELOCATION

New advice centre opens its doors



RESIDENTS of San Isidro now have a more central Citizen's Advice Service. The new SAC (Servicio de Atención al Ciudadano) is now part of the SIEC civic centre near avenida Santa Cruz.

At the formal opening, the Mayor Jaime González Cejas said he hoped visitors would find the new office more comfortable and modern, with easier parking.

During 2013 and in future years, further services will be added to the civic centre such as "incubators" for starter businesses, training, a library and auditorium. It is part of a modernisation plan being undertaken by the local council with the ultimate goal of bringing the administration closer to citizens through an "open door" policy.

The San Isidro SAC is in calle Santa Maria de la Cabeza no. 3, right next door to the church. It is open Monday, Thursday and Friday from 8.30am to 2.30pm and on Tuesdays and Wednesdays from 8.30am to 2.30pm and 4.30pm to 7.30pm.

LOS CRISTIANOS PLAN

First step for training centre

A new vocational training centre in Los Cristianos would provide new opportunities for people seeking jobs, Arona council believes.

A plot of land of 8,000 square metres has been allocated in the vicinity of IES Los Cristianos and the municipal sports complex Jesús Dominguez "Grillo".

The site was transferred to the Canary Government's Ministry of Education following a request made by the department in January 2010.

Arona's education councillor, Miguel Angel Méndez said the Ministry had repeatedly shown interest in improving vocational training and a new centre would provide specific training in different market niches.

No details have been given about timescale or financing.

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Die Zeitung der Kanarischen Inseln

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In Valle Gran Rey zerstörte der Waldbrand auch 46 Häuser - Regionalregierung beschließt Hilfszahlungen

Feuer auf La Gomera endlich im Griff

Kanarische Inseln
Der Sommer 2012 ist von Waldbränden geprägt. Besonders schlimm hat es La Gomera getroffen, wo der verheerende Waldbrand über zwei Wochen andauernd war. Am 21. August meldete die Regionalregierung endlich, dass die Löschbrigaden das Feuer zum Glück hätten. Ein Löschhubschrauber und zwei Pflanzgeräte sind aber weiterhin im Einsatz und werden immer wieder Wasser über den noch glühenden Gebieten ab. Auch unter der Erde schreit es noch. In einer ersten, vorläufigen Schadensbilanz heißt es, dass etwa 11% der Inselfläche betroffen sind.
Die Regionalregierung hat unterdessen die Höhe der Hilfszahlungen für die Betroffenen festgelegt, die bei dem Brand zum Teil ihr gesamtes Hab und Gut verloren haben. Unterstützung für die Geschädigten kommt in Form von Sachspenden auch von den Bürgern, die eine beispielhafte Solidarität zeigen.
Brandstiftung gilt als wahrscheinliche Ursache der zahlreichen Waldbrände, die in den letzten Wochen auf Tenerife, La Palma und La Gomera wütheten. Die aufgewühlte Hitze, die den Anstoß in mehreren Wellen traf, erschwerte



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„Kleiner Reiseführer Kanarische Inseln“
Seite 27 - 34
„Veranstaltungs-Tipp“
Seite 44 - 49

Am 1. September wird die IVA auf 21% angehoben. Die Kanarischen Inseln können von dieser Abgabe auf dem Festland geltenden Mehrwertsteuer profitieren. Seite 2

Den Gürtel noch enger schließen
Im kommenden Jahr muss die Regionalregierung weitere 120 Millionen Euro einsparen. Seite 4

TTISA erhöht Fahrpreise um 10%
Daher können werden Fahrten zum Flughafen mit Korsett mit einem Zuschlag belegt. Seite 8

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CINEMA THEME

Credits roll for Los Gigantes Carnival

Los Gigantes will be celebrating its annual Carnival from February 20th to February 25th

THIS year, the theme is "El Cine" or "The Cinema" and it is hoped to attract a huge crowd of people with a varied and exciting programme of events. The programme is as follows:

February 20th. 9pm. Grand Gala for the election of the adult Carnival Queen with participation from the Ballet de Apertura, Baile Internacional, and starring Anaé.

February 21st. From 9pm, pop music night with groups Whiskey & The Traveller Blues Band and Tio Franklin.

February 22nd. Children's day from 4pm with Musical Disney, Mr Semual and the groups Sole, Vane and Atte.

From 9pm, Drag Extravaganza, followed by a dance with the group Pasión.

February 23rd. From 4pm, Fiesta Blanca Latina with the groups Mambo Latino and Maikel Jiménez. From 11pm, grand dance with the orchestra Arguayo Band and Malibú.

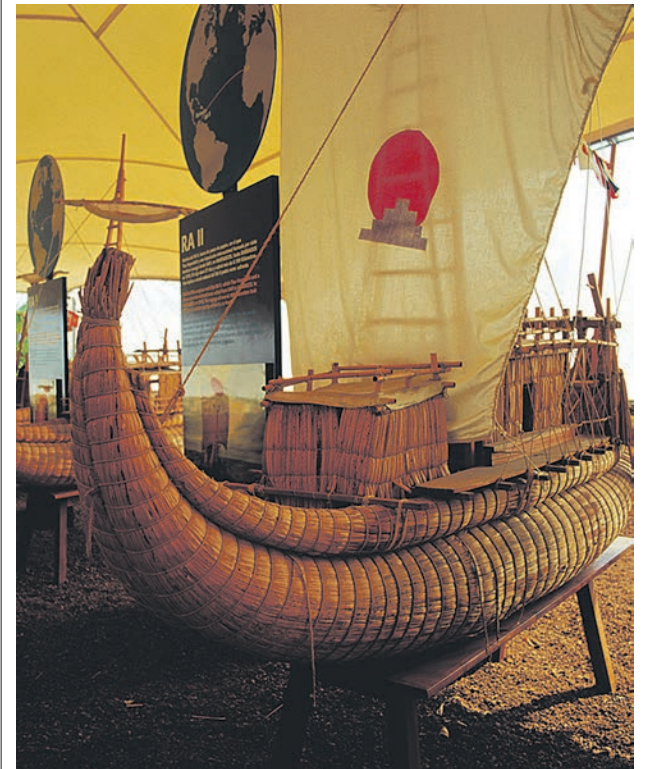
February 24th. From 5pm. Gran Coso, Carnival day, from the roundabout at La Pescadora of Puerto de Santiago to the plaza Baganilla of Los Gigantes with various groups taking part and Carnival floats, masked groups, musical groups and Los Silos Fanfare. There will also be a dance with the orchestra Vieja Escuela, in the Plaza.

February 25th. From 9pm. Burial of the Sardine with procession towards the Los Gigantes hotel for the traditional "burning" of the sardine and a spectacular firework display, followed by dancing to the orchestra Arguayo Band.



FILM NOMINATION

Tenerife watches the Oscars



TENERIFE will have special reason to be interested in the 85th edition of the Academy Awards on February 24th.

The Norwegian film "Kon-tiki" about the famous adventurer Thor Heyerdahl has been nominated for an Oscar in the category of "Best Foreign Language Film". This follows on from its nomination just a month ago for a Golden Globe in the "Best Foreign Film" section.

Thor Heyerdahl discovered the fascinating Guimar pyramids in Tenerife and developed the Ethnographic Park around it which today is a big tourism attraction on the island. He spent the last few years of his life in Tenerife with his wife.

The Oscar-nominated film recalls his expedition in the "Kon-tiki" in 1947 during which Thor Heyerdahl undertook an expedition of 8,000 miles

across the Pacific Ocean. He embarked on the raft with five crew members, starting from Peru and successfully battled the storms. Coincidentally, his own documentary won an Oscar in its category in 1952.

The ethnographic park helped with the film by providing some of the material used to recreate the ship.

Visitors to the pyramids can see a permanent exhibition about his adventures, watch the documentary and see a large-scale reproduction of the reed boat Ra II with which he crossed the Atlantic in 1970.

The film is a real phenomenon in Norway where 900,000 people have seen it, almost one in five in the country. It is scheduled to premiere in Spain in June.

Market reopens its doors

SANTIAGO VENUE



THE Farmers' Market "Llano de Abajo" has reopened its doors at Santiago del Teide.

Farmers, artisans and bakers were able to meet again on Saturday, February 9th and will be able to do so every 15 days thereafter.

It means residents and visitors have a new place to buy local produce and stall-holders have an excellent showcase for fruit, vegetables, flowers, crafts, bread, cheese and so on.

The market is situated at Avenida de La Iglesia number 2.

Santiago del Teide council hopes the new attraction will transcend being simply a farmers' market by becoming a centre for business and a meeting point.

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A View on Anglo
Canarian community,
its history and influences
DAVE PENNY

Love it or hate there is no getting away from it and Carnival time is here again

THE Carnival of Santa Cruz has been celebrated, in Tenerife, from the times of the earliest European settlement and in 1605 Gaspar Luis Hidalgo makes the first reference to the changing of sexes through costume, an occurrence which still enjoys great popularity today.

In 1778 the "War Diary" of Antonio Lope refers to "Comparsas" the elaborate dance groups which remain one of the main attractions of Carnival.

In 1783 the Mayor enforced a Royal Decree banning the wearing of masks, but, like many laws, this was largely ignored and the famous "Tapadas" continued with the aristocracy and lower classes mixing together – not knowing who was who.

The first "Rondalla" (Musical Carnival Group) was formed in 1891 and the Choir of Santa Cruz shortly after in 1897.

During the dictatorships of Miguel Primo de Rivero (1923-1935) and General Francisco Franco (1940-1976) carnival was banned, but once again the "Chichareros" (residents of Santa Cruz) got round the ruling by changing the name to "Fiestas de Invierno" (Winter Festivals) and carried on revelling regardless.

Together with the port cities of Cadiz and La Isleta in Las Palmas, Santa Cruz was the only place in Spain to continue with carnival throughout these years of austerity.

The first of the ever popular "Murgas" was formed in 1954; this was the group "Afilarmónica NiFu-NiFa", still going strong to this day. These groups dress in outrageous clown outfits and play kazoos made to look like trumpets, horns or saxophones and sing satirical lyrics about politicians and personalities of the moment. They seem to get away with a great deal more than they would if similar sentiments were to be expressed via more traditional media means.

The Carnival poster is another traditional part of the event and has been a feature each year since 1962. Well known artists who have designed the posters over the years include Cesar Manrique, Paco Martinez and Javier Mariscal. In recent years the chosen design has been by way of a public competition.

1987 saw the introduction of the "theme" years, the first one being "Roman" with a different topic having been chosen for each successive

year. (This year's themes are "Bollywood" for Santa Cruz and Comic Book Characters for Puerto de la Cruz).

It was during this year that the Cuban Salsa star Celia Cruz performed with the orchestra "Billo's Caracas Boys"; the concert was attended by 250,000 people and was registered by the Guinness Book of Records as the largest gathering of people in an outdoor plaza to attend a concert. A record which has yet to be exceeded.

Tickets for the main Carnival events are immensely popular with the Adult Murgas and Carnival Queen events selling out of more than 20,000 tickets each in under an hour. However the traditional overnight queues for tickets were much reduced this year due to the combined result of tickets being available on line and "el crisis".

In the year 2000 Santa Cruz became the Carnival Capital of the world and the headquarters for the Twentieth Convention of the Federation of European Carnival Cities (FECC).

It is currently seeking to gain recognition from UNESCO to be included in its list of Intangible Cultural Heritage which would make it Spain's third listing of this kind, along with the Mystery of Elche (a liturgical drama dating from the middle ages) and the Patum of Berga (a traditional Catalan festival celebrated each year during Corpus Christi).

Although Carnival is thought of as a Christian festival (marking the onset of lent), its origins can be traced back to antiquity with probable connection to the pagan festival of Bacchus, the Roman god of wine. There are some historians claiming that it may go back even earlier, its roots being connected with Samaria and Egypt as far back as 3,000 B.C.

The actual name Carnival comes from the Medieval Latin "carnelevarium" meaning to remove flesh, and relating to the religious prohibition of eating meat during the forty days of lent.

Rotary Clubs' initiative

Support urged for "Trees Solidarity" and Orotava concert



THE Rotary Clubs of Tenerife have come up with a wonderful project which will help both the environment and those in need, as well as being a way to remember loved ones.

Whether you live here or are just visiting, either as a "Swallow" or a holiday-maker, you can help in a number of ways, including giving your support to a concert in La Orotava on February 23rd. This evening is being organised by Rotary Club Puerto de la Cruz as another way of backing "Trees Solidarity" and will feature a wide spectrum of music from Handel and Bizet to Bach and Coldplay.

"Trees Solidarity" has as its slogan "Food for Trees" which explains the objectives perfectly. The Rotary Clubs want to raise funds to purchase food which will go directly to food shelters on the island to help relieve their dire shortage in these difficult economic times.

The clubs decided that they would invite people to sponsor a tree as they know many of us

are particularly concerned about the environment and are very sensitive to the needs of others. These trees are being planted in the mountains of Tenerife which were devastated by last year's ferocious fires, with mainly pine and Canarian laurel.

These plantings have already started. On January 26th, for example, Rotarians went out to the Aguamansa area and planted 1,300 trees.

If you would like to help, you can buy one or more sponsorship bonds at the price of five euros each.

Individuals or companies who would like to sponsor more than 100 trees will be issued with a personalised certificate as "Godparents' Solidarity".

You might like to do this as a caring gesture or perhaps to remember someone who was close to you but has been lost or,

if you are a company, to give something back to Tenerife. You can find more details on www.treesforfood.org which is available in English, Spanish and German.

Meantime, your support for the February 23rd concert at the auditorio Teobaldo Power in La Orotava would also be appreciated (8pm start).

This is an event to suit all tastes, not just classical music lovers. It will be a journey through time from the mid-1500s to the present day, hence its title of "Un Viaje con La Musica" with classics, impressionism, spiritual, tangos, modern and more.

Providing the music will be the very talented quintet of Miguel Cervera on trumpet (a professor of the Conservatorio Superior de Musica de Canarias), Joachim Spieth on trumpet and also a professor of the Tenerife Symphony Orchestra), Inés Gonzalez, also on trumpet and also a professor of the Tenerife Symphony Orchestra, Ismael Brajin on trombone (professor of the Municipal Band of Santa Cruz) and Miguel Radal on tuba.

Admission to this concert is just eight euros and there is no charge for children. Tickets are on sale at a number of outlets in Puerto de la Cruz, namely gestoria Plambeck (at Calle Castaño, Edificio Colón), in Optica Columbus (CC. Columbus, Calle Quintana, 2), and at the Wochenblatt offices in Plaza del Charco.

Rotary's worldwide motto is "To serve others before thinking of oneself" and by supporting "Trees Solidarity", you will be doing just that.

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Flu bug still rife in Canaries

CASES PEAKING

BEWARE the flu! It is still rife in the Canary Islands although the archipelago seems to have escaped better than areas of mainland Spain, including Andalucía and Navarra.

Rather later than usual, influenza cases were hitting a peak by the end of January, reaching epidemic proportions in the archipelago, Aragón, Valencia, Cataluña, Madrid and Melilla amongst others. Latest figures showed the

rate of influenza was 156.73 cases per 100,000 and "gripe B" was the most predominant virus, except in Madrid (AH1N1) and in the Canaries (Ans/B).

Children under the age of 15 were also proving very

susceptible.

Since the beginning of the flu season, there has only been one death from influenza B, a man over 64 who had other risk factors. In addition, 42 people needed to be taken to hospital, 52% of them serious.

Most cases seemed to be hitting the 45-64 year age group (31%) followed by toddlers up to four (21%).

LATEST OIL RULING

Canaries "have no power over sea-bed"

THE two sides involved in the oil drilling controversy in the Canary Islands continue to clash over the project.

The Canary Government says it is very disappointed to lose a court battle in which it claimed the ocean surrounding the archipelago was their domain and up to them to decide what happened there.

But the Spanish Government has described the anti-oil campaign as a political crusade over something which could bring many benefits to the Canaries.

The Canary Government claimed in the Constitutional Court that they should decide whether oil drilling could go-ahead off the coast of Lanzarote and Fuerteventura. If that were the case, they would have refused it on numerous grounds, including environmental reasons and potential untold harm to the tourism industry.

The court did not agree, ruling that the sea around the

islands was not the territory of the Canary Government so it had no authority to issue or refuse permits.

The judgement was made on January 17th but was only revealed in Parliament last week.

The Canary Government believes permission to sink test oil wells is an outrage and an action is still pending in the Supreme Court to try and nullify the permission given to Repsol. Two complaints have also been made to the European Union.

SCIENTIFIC REPORT

El Hierro had two eruptions, not one

SCIENTISTS on Tenerife believe El Hierro experienced not one but two underwater volcanic eruptions in 2012.

The most publicised activity happened off the coast of La Restinga where the sea changed colour and shot out plumes of gas and volcanic material.

There were suspicions at the time that there might have been a second eruption under the ocean but this was denied. Now, however, a team at the Instituto Vulcanológico de Canarias (Involcan) has presented evidence that there was

another one in the zone of El Julán on the other side of the island.

The key to coming to this conclusion was several emissions of plumes of volcanic material spotted by the research vessel "Hespérides" on June 27th, 2012. These were at a depth of 64 and 88 metres.

The information was presented during a press conference in Santa Cruz and will also be put to an

international conference of geoscientists in Vienna in April.

Involcan has stressed that the eruption (or at least the issue of magnetic material) had not presented any safety threat to the population but it did confirm that the volcanic activity on El Hierro had been more complex than first thought.

During the press conference, Involcan commented on problems between the various bodies involved in the monitoring and control of volcanism in the Canaries.

Car chase

A man was arrested for drug offences following a high-speed car chase through Las Palmas on Gran Canaria.

Police were manning check-points in the La Isleta area as part of a narcotics operation when they saw a driver speed past them.

They gave chase and eventually stopped the car in which a plastic bag was found containing 500 grammes of cocaine. He has now been charged with a road safety offence as well as drug possession.

Power protest

PROTESTS have been voiced on El Hierro about the prospect of new overhead power lines on the island.

"La Agrupación Herreña Independiente" (AHI) says all of the installation should be carried out underground or through tunnels as no overhead cables have been allowed on El Hierro for 15 years.

The group is asking El Hierro's Cabildo to find the funds to allow the cables to be buried. It also wants Endesa to remove existing overhead lines between San Juan and Tenesedra.

La Palma flights

AIR Europa says it is interested in helping to improve air links from La Palma to the mainland.

Cabildo president, Guadalupe González Taño met with representatives of the company during the FITUR tourism fair in Madrid.

La Palma is anxious to fill the gap left by Iberia's decision to cancel most of the direct flights to Madrid. Tourism chiefs say it is essential to have direct connectivity with Barajas airport, both for local people and holiday-makers.

ISLAND'S ALERT

Watch for stranded turtles

ENVIRONMENTAL experts believe there is a danger of lots of turtles being stranded on the beach of Fuerteventura because of the strength of the ocean.

There has already been a significant increase in incidents this winter and the Environmental Council of Fuerteventura is worried about the fate of a number of marine animals.

A call is being made to all citizens to play their part and to be particularly vigilant, especially along the northern coast. The Cabildo's environment department says it would be a great help if people immediately reported any strandings so that rescue teams can be called in straight away.

Guidelines are being drawn up to establish a protocol in such instances.

The numbers to call are 928 533 427/928 861 115 or 928 862 300/22.

Arrests in gold mine scam

FRAUDULENT BONDS

A major police operation has uncovered another scam with strong links to the Canary Islands

THIS latest money-making venture involved the fraudulent sale of bonds which were said to be linked to gold mines in Argentina but which were non-existent.

Police believe several Spanish businessmen have become victims, some of them in Tenerife. Up to five people living on the island have been implicated in the scam.

The network is believed to have netted more than one million euros following claims that buying a bond could give a return of 400%.

Investigations began last April

when complaints were made by some of those affected in Tenerife. The ringleader posed as a dynasty prince with links to a false chamber of commerce.

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MARRIAGE STATISTICS

Civil unions are more popular

Civil unions appear to be significantly more popular in the Canary Islands than religious marriage ceremonies.

Latest figures given by the Ministry of Justice show that during 2012, there were 99,898 civil unions as opposed to 55,033 religious weddings. This trend is echoed in the Canaries where there were 2,816 civil unions but 1,178 religious ceremonies.

The biggest exception was Andalucia where civil and religious ceremonies are on an equal basis ie. there were 31,863 weddings, of which 15,946 were civil and 15,917 religious.

In Cataluña, there were a large number of civil ceremonies (20,881) and only 4,802 religious weddings.

DRILLING CLAIMS

Oil company says ocean is rich

Oil experts believe drilling off the coasts of Fuerteventura and Lanzarote could provide the equivalent of ten per cent of the total consumption in Spain.

This is the prediction of the Ministry of Industry which seems to be echoed by the confidence of one of the companies which would be involved.

German company RWE says drilling in the Atlantic between the Canary Islands and the coast of Morocco could produce at least 1,390 million barrels.

RWE has a 20% share in the bid made by oil giant Repsol (which has 50%) and the Australian company, Woodside Energy with 30%.

As part of its anti-oil campaign, Fuerteventura Cabildo has distributed a publicity brochure created by RWE to attract investors. In it, the company also highlights the "favourable" tax environment of the area.

Both Lanzarote and Fuerteventura are vehemently against drilling, as is the Canary Government and a wide range of organisations and institutions, plus pressure groups and environmental platforms. They believe oil drilling poses a very serious threat to the Canary Islands and any spill would ruin its eco-structure and tourism.

At present, Repsol is preparing detailed environmental reports which will go out for public consultation, although initial permission has already been granted by the Spanish Government.

The oil companies want tests to start in 2014 and have identified three areas off the north coast of Fuerteventura which they describe as "drill ready".

NAKED OBJECTIONS

"Body sushi" causes a row

A sushi gimmick at a Canary Island casino seems to have backfired.

The Casino at Las Palmas received a number of complaints after it decided to use naked bodies to "serve" sushi to customers. The management has since explained that no-one was

asked to eat the sushi off the person, they simply acted as "display trays" as a promotion.

However, after finding that ten per cent of the comments on the social network sites

were against the idea, it has been suspended.

One of the organisations which expressed its objection was the Canary Institute of Women which filed a complaint to the Work Inspectorate.

"Body sushi" is apparently used in other restaurants in the

Canary Islands and on the mainland. Professional models are used.

The Casino at Las Palmas had intended to run the promotion once a month but has cancelled it to avoid controversy even though objections were in the minority.



FIRST-TIME ARRIVAL

Big Mac on its way to La Palma

IT'S taken some time to get there but at last McDonald's is on its way to La Palma.

The international chain's first fast food restaurant on the island is likely to be open in late June or early July and will be located next to the marina at Santa Cruz de La Palma.

McDonald's says it is sorry it has taken so long to get to the island but it is convinced La Palma is a place they need to be as it has a population more than sufficient for its needs.

Under a franchise agreement, work will start in late February or early March, with McDonald's being responsible

for construction of the building on a plot of around 2,000 square metres whilst inside will be down to the franchisee. There will be a McAuto service, terrace and playground and sales of around two million euros a year are expected.

The new venture will provide jobs for between 30 and 35 people, with the majority being recruited from La Palma. However, existing staff from Tenerife will be going over to train the new crew in the McDonald's way.

PATERA SINKING CASE

Immigrants want to sue in Canaries

A group of illegal immigrants who tried to reach Lanzarote in December are continuing their quest to sue the State.

This is despite the fact that virtually all of them are very likely to be deported back to Africa after several judges confirmed a repatriation order.

The immigrants tried to get to the Canary Islands on a small boat which sunk off the coast and at least one man was drowned. They are blaming the accident on a collision with a Civil Guard patrol boat and are demanding compensation.

The immigrants say they are entitled to stay in Spain

because they are taking court action and need to present their case. However, several judges have ruled that being returned to Morocco does not prevent them from continuing the proceedings which can be done through letters.

At least two of the immigrants allege they have historic rights in Spain which allows them to stay and there is also a question mark over the age of one of them who might be a minor.

Poop scoop or lose your dog!

TAKE your dog out for a walk in Las Palmas, fail to clean up if it fouls the pavement and you could lose both your money and your pet!

The Gran Canaria capital intends to get really tough on the dog mess problem by hitting owners hard in the heart and pocket.

The city council tried last September to raise awareness by launching a major campaign which asked dog owners to act more responsibly following dozens of complaints about pavement fouling. This included handing out leaflets and putting posters on information boards and in parks written in Spanish and English. Hundreds of leaflets were also distributed to schools, neighbourhood associations, councils, parks, pet shops and veterinary clinics and the social network was also used to reinforce the message.

Now, however, the city wants to take a tougher stance and fine owners up to 1,500 euros if they fail to pick up dog mess in a public place. An order could also be made to seize the animal.

Offences will be graded from mild to serious, with penalties starting at 150 euros and rising steeply thereafter.

The new regulations are currently out for public consultation but could come into force shortly if agreed.

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INCREASING PROBLEM

Clampdown urged on money laundering

AN appeal has been made to all the public authorities in the Canary Islands to clampdown on money laundering.

Experts say the illegal methods used are changing all the time and becoming more sophisticated.

Speaking at the fourth conference into money laundering held in Gran Canaria, deputy Minister of Justice of the Canary Government, Pedro Herrera Puentes said it was so hard to chase and fight, let alone detect.

Sr. Puentes said tax evasion and money laundering caused terrible damage and it must not be allowed to continue.

He called for co-ordinated activities and real commitment to address the problem. He also questioned whether a tax amnesty adopted by the central executive was sufficient to stop fraud and whether punishments were sufficient to act as a deterrent.

GUACHINCHES REGULATIONS

New rules will not allow cider

THE Canary Government has stressed that new rules about "guanchinche" restaurants are to ensure their survival, not to ruin them.

Nevertheless, a bid by Valleseco on Gran Canaria to allow these ad hoc eating places to serve either apple wine or cider, in addition to home-made wine, has been dismissed.

The government is currently drawing up new guidelines for the guanchinches which are little restaurants which Canary families set up in their own homes to serve their own food and drink. They have existed for centuries but full-time restaurants believe they represent unfair competition and need to be regulated.

A new order was expected to come into force early in 2013 but this has been delayed for a few months because of issues raised by various parties. The government says it anticipates it will come into force before the new harvest.

The rules will govern aspects such as how long the guanchinches can open (for three to four months of the year), clear prices, hygiene certificates and so on. Only wine made by the family can be sold.

Deputy councillor for public administration for the Canary Government, Carmen Nieves Rodriguez Fraga insisted the regulations were for the good of the guanchinches as without them, municipalities would have forced their closure.

OPERATION OUT

More arrests for child porn

MORE arrests have been made by police as they continue to investigate child pornography across Spain.

In this latest phase, four people aged between 21 and 53, one of them in Las Palmas, were arrested. The others were in Madrid, Murcia and Barcelona. They will face charges of corruption of minors and possession and distribution of child pornography.

Civil Guard said the operation was part of "Operation OUT" and that houses have now been searched in Gran Canaria, Malaga, Murcia, Barcelona and Madrid. Items seized include memory cards, CDs, USB sticks and hard drives.

COMPLAINT FILED

Group claims La Gomera fire negligence

THE wild fires which caused considerable damage on La Gomera last summer have led to an official complaint of "negligence and recklessness".

The allegations have been made by the association "La Gomera se Mueve" which has filed an official complaint with the courts in San Sebastián.

The group claims politicians and technical officers who were responsible for the fire extinction operation did not do their job properly. Seven actions are being challenged, including imposing a lower level of emergency when the fire had not yet been controlled and despite the announcement that a heatwave was on the way.

La Gomera se Mueve also complains that aid promised for those who lost their homes and crops has not yet materialised and there is no plan of action for the recovery of the Garajonay National Park which was 25% affected. The group also alleges that nothing has yet been done to look at things which might have affected the fire or could do so in the future, such as the elimination of any asbestos and any other hazardous materials.

NEW FLIGHTS?

Lanzarote looks to New York

LANZAROTE is exploring the possibility of opening up a new route to New York.

Tourism chiefs met with representatives of the US travel company, Canary Island at the recent FITUR travel fair in Madrid.

This initial contact will be followed by further discussions with a view to perhaps instigating the flights in 2014. Lanzarote believes this will be a huge boost for the island and open up the North American market.

Cabildo chiefs are very aware that American tourists favour online bookings and

like destinations which offer cultural activities and outdoor sports, primarily with their families. Nearly two out of three American travellers (64%) are willing to pay the right price if they are guaranteed quality and service.

The Lanzarote team also met with Iberia Express to see if flights to Madrid-Barajas can be strengthened to two or three frequencies in the months of July and August.

EL HIERRO RING

Island to tackle power cuts

MAJOR works on the electricity supply across El Hierro will provide the island with a double circuit.

The project is being carried out in three stages at a cost of one million euros and will guarantee power in the event of bad weather or cuts.

The "ring" was agreed in 2010 and should be ready by this summer. The energy can be sent from two interchanges and will ensure that customers will not be left

isolated and without electricity, particularly important for the municipality of La Frontera.

Vice president of El Hierro Cabildo, Atilano Morales described the achievement as "historic" for the island thanks to a collaboration between the Canary

Government, Endesa, the Cabildo and the island's three town halls. It meant the villages of El Hierro would have the same service as urban areas.

The 11.6 kilometres of line involves eight kilometres underground and the rest in the air.

PRODUCT SHORTAGES

Crisis still hitting Canary chemists

CHEMISTS across the Canary Islands say the Government's decision to charge full price for certain products is having a significant impact.

Sales of items such as eye drops, syrups and laxatives have all gone down, as well as statins to control high cholesterol. In some cases, the decrease is as much as

50%. Last August, the Ministry of Health announced a long list of products which would no longer be subsidised and would therefore result in

higher prices.

These 417 items include formulas for treating coughs and mucus, stomach upsets, inflammatory products, digestive treatments and eye care.

The Canary Pharmaceutical Federation also highlights the fact that many

chemists don't keep as much stock as in previous years because of the financial crisis and delayed payments by the Government. Staff levels have also been cut. The Federation says it is very damaging that they cannot serve some customers with what they want simply because of costs.

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Tenerife Best Hotel First church service



EVERYONE connected with the newly named 'Tenerife Family Church' was pleased to report that a congregation of approximately 60 people made their way to their inaugural service in the Tenerife Best Hotel in Playa de las Americas on Sunday 3rd February.

Holidaymakers and celebration of this new residents joined together in church, which is easily

accessed by all, as it is on the ground floor, near to the bus route and amidst hotels, shops and the beach 'Tenerife Family Church,' encompasses three venues under the wing of Pastor Bill Jeffrey and his wife Pastor Roz, contact number 609565528.

Pastor Bill mentioned all the wonderful work that is done in the south of the island by the church and how many people's lives have changed since attending church.

He is now hoping to spread God's word in the Playa de las Americas area. The whole community is cared for by the church from small children to people in the later stages of life and special help is given to people with addiction problems. The homeless are supported by staff going out from the Living

Room in the Veronicas area of Playa de las Americas above Burger King.

It was an uplifting service with trained staff on call to look after children, so that the whole family was catered for during the worship session.

Service times are as follows: 10am at Costa Silencio in Coral Mar Square in the lower level, 11am at the Best Hotel, Calle Antonio Domingo 6, Playa de las Americas and 6pm at the Living Room in Las Veronicas Playa de Las Americas.

Christine Hoban

Tenerife Family Church member

Amarilla Golf

Charity Shop News

SADLY it is with heavy hearts that we will closing the Costa del Silencio charity shop at the end of March. An increase of charity shops in the area has meant that the shop is no longer economically viable.

This was our first shop and we are very sad to see it close but we feel we have no choice, as we have to concentrate our efforts on our remaining two shops which are of course situated in the busier tourist areas.

We thank Julie and all the volunteers for all their hard work and we hope to see

them in the Los Cristianos shops Calle Reverón (near the harbour play park) or San Eugenio (opposite Hotel La Nina, near Amandas bar).

Please "Like" our Facebook page! There are almost 4600 followers now and we find this a fantastic way to let everyone know about dogs for adoption and general day to day news.

IMPORTANT PHONE NUMBERS.

General Enquiries. Sue Havenhand 629 388102 Siobhan Ferguson 630 857626

Update from Accion de Sol



DESPITE windy conditions and a chill in the air, Accion del Sol's fund-raising event "La Fiesta De Cafe" was a great turnout and a fun-filled afternoon was had by all.

Lots of the dogs for adoption joined in the fun and games and they thoroughly enjoyed a rare afternoon full of love and attention, none more so than Shiva, one of the dogs which has waited the longest to find a new home.

The dogs were very happy to show of their talents which included tricks, dancing and much more. There are many canine stars waiting to be discovered in Tenerife so watch out Pudsey!

The cake stall was groaning under the weight of cakes in all shapes and sizes and there were even hand-made special biscuits for the dogs. Four different dance groups kept everyone entertained and a very big thank you goes out to all 35 dancers who participated and to all the many staff and supporters for making the day such a success.

If you would like to visit or assist Accion del Sol in any way in the future, please call 922778630 for more information or do call in Monday-Friday 3pm-6pm. The refuge is situated at Poligono De Industrial Estate, Granadilla, Exit 51 on the TF1, directly next to ITER the Parque Eolica where the windmills are.

Accion del Sol is always looking for people who would like to walk some of the many dogs at the refuge. If you have a little bit of spare time and would like to volunteer, please do call or just pop in. You would make a few dogs very happy for sure.



Canaries open days

THE British Consulate and its partners present the most up to date information on the issues that matter most to British residents.

The "Open Day" events held on 30th and 31st January in Lanzarote and Tenerife were organised as part of a rolling programme to make Brits aware of their rights and obligations as residents in Spain.

British Consul General for the Southern European Network Region of Consulates, Dave Thomas, was pleased to be present to open the events on each island. British Consul to the Canaries, Steve Jones, took the opportunity to explain how the Consulate can assist residents that find themselves in distressing circumstances and reiterated the

Consulate's role within the British community.

Department of Health representatives based in Madrid, Alexis Aguilera and Hannah Galloway, provided vital information regarding recent Spanish healthcare reform and stressed the obligations of residents to always update both UK and Spanish authorities when their circumstances change. They also offered basic pension and benefit information on behalf of the Department for Work and Pensions.

Mr. Jones said, "The community outreach events are an excellent way of

ensuring our British residents get the right information from the right source. We continue to work closely with our local partners and authorities who have the knowledge and are able to deliver the most up to date information directly to British residents."

The panel of guest speakers in Los Cristianos included representatives from Tenerife South Citizen's Information Office, legal firm De Cotta McKenna & Santafe and She Europe, while in Puerto del Carmen, presentations were given by the Mayor of Tías and the current Notary Public for Tías and Playa Blanca.

Alexis Aguilera said, "This was a great opportunity for us to reiterate important

messages to the British community in the Canaries. In particular, registering correctly for healthcare and as soon as possible in order to avoid any delays in the event of a medical emergency."

Almost 42,000 British residents are registered with local authorities across the Canary Islands, however the Consulate estimate that figure to be closer to 80,000 with almost 50% of Brits not registering with their local town hall or foreigners office.

For the most up to date information on all the Consulate's services, healthcare, pensions and benefits for residents, check out the quick links on ukins-pain.gov.uk.

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Over many years products for homes were designed, built and often patents applied. Many of these products are manufactured today under license by other companies.

For 40 years atm-Müller has been active in the Canary Islands. Based in Santa Ursula, in Tenerife, aluminum products are produced here for all the Canary Islands. This takes place under the control of the founder of the company and his family, based on the quality standards of the original German company.

The folding elements of the Slide-Shading equipment are also built here. These folding elements are used in many winter gardens and windows.

atm-Müller is a company which specialises in manufacturing verandas (or skylights) installing roofs (fixed, mobile motorised or manual), pyramids and any customised idea we are asked to develop, using all kinds of materials, such as sandwich panel, polycarbonates and especially new generation laminated glass for solar control and low emissivity and is an example to follow in dynamism and creativity in Europe.

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THE 100% English Academy, based in Las Arenas, Puerto de la Cruz, is offering new courses in IGCSE and A Level Economics, with the first exams to be taken in 2014.

Commenting on the new courses Noor Gardner said: "Economics is a valuable subject, especially for those who are interested in a career in business, or want

an introduction to the subject prior to university. It's also practical subject for life in general and very useful if you want to go to university to study banking, finance or business".

The economics courses are taught in small groups to ensure maximum individual attention for each student.

The Academy is also offering the "International Certificate in Financial English" from Cambridge University. This is a qualification that gives a thorough grounding in financial sub-

jects and it is especially useful for those who want to work in international finance or accountancy, or want to study these subjects at an English speaking university. All those interested to learn more should phone Noor Gardner on 646 725 689 or send an email to contact@100percentenglish.net.

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LEGAL COLUMN WITH JOHN HATRICK

How to make a denuncia

A Denuncia is the procedure used to alert the authorities that you have witnessed a crime or a breach of civil law

THE interesting point is that by law, everyone is obliged to report that they have witnessed a crime, even if they are not actually the victim. A typical example of a criminal breach would be to witness an act of criminal damage which the property owner may not have witnessed personally. Examples of civil denuncias include denouncing a neighbour for building on his property without a proper licence, or denouncing the community on your complex for not complying with a legal regulation or procedure.

Denuncias can be presented to the relevant police authority (Guardia Civil, Policia Nacional, Policia Local) or in the case of a criminal offence, it can also be presented directly to the criminal court local to where the offence took place.

Denuncias are best presented in writing, whereby a copy can be stamped and returned to you as a receipt. If the authorities consider the allegations to be serious enough to warrant an investigation, the police may look into the matter further, or it may be referred to a local Judge to decide what additional steps need to be taken.

If the denuncia is serious enough to be followed up, then the person or organisation you have denounced (el denunciado) is given notice of the denuncia and must make a statement in response. Even if they deny the allegation, an investigation may proceed to determine whether or not a crime has actually been committed. The victim must also clarify whether he or she actually wishes to 'press charges' via a private prosecution that he or she will control, or whether to leave the matter in the hands of the public prosecutor. Either way, the matter will proceed to either a dismissal of the allegations or the bringing of a formal charge.

Liberty Seguros launches new pet insurance



LIBERTY SEGUROS, the Expat's no. 1 choice for insurance in Spain has launched Pet Insurance for all your BEST FRIENDS! This new Policy cover now means all your essential cover is available from just one company – Liberty Seguros – including car, home, pet, marine, commercial, life and golf insurance.

Pets form an integral part of any family so it is vital to make sure they are protected too, for your own peace of mind. For those of you who have ever had to take your pet to the vet for more than just a flea and worming treatment, you'll know that pet insurance can be worth its weight in gold. Vet fees are increasing every year, and it is needless to say that pet insurance is part of being a responsible pet owner.

There are many different pet insurance policies on the market, but Liberty Seguros is the only company that offers the best possible cover at an affordable price, depending on your pet's size, leaving you with total peace of mind knowing that your pet is covered against accidents and illness as well as public liability, telephone assistance, stay in kennels/

cattery stay if owner is in hospital, help with expenses for finding your pet when lost and much more!

There are three options; Liberty Pets Small, for dogs under 9 kilos such as Chihuahuas, Scottish Terriers as well as Cats; Liberty Pets Medium, for dogs between 9 and 15 kilos such as French Bulldogs, Beagles, Dalmatians etc.; Liberty Pets Large for dogs over 15 kilos such as Boxers, German Shepherds etc.

What's more, if you take out a Liberty Seguros Pet Insurance policy before March 31, you receive a free 25euros shopping voucher to spend in El Corte Ingles! Visit www.libertyexpatriates.es now, give them a call in your own language on tel: 902 255 258 or find out where to find your nearest Liberty Seguros broker.

ADEJE COURSES

Your year to learn Spanish

Was one of your New Year resolutions to learn Spanish? Have you kept it yet?

YOU may be interested to hear about Spanish courses organised by Adeje Town Hall together with the University of La Laguna.

Graciela Dávila González, the tutor, is an experienced qualified teacher trained for teaching Spanish to foreigners and can guide you through the learning process in an easy way.

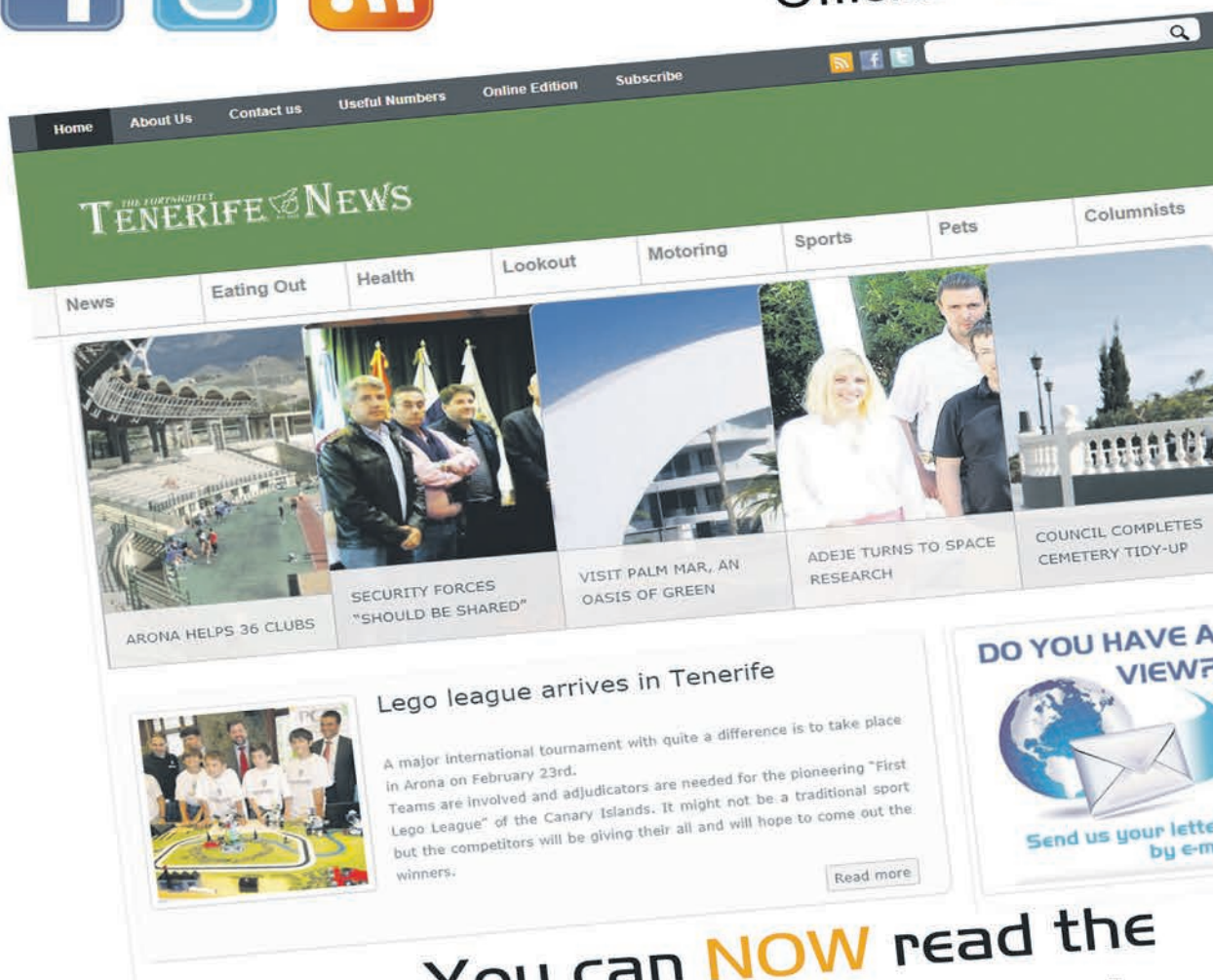
Whether you are an absolute beginner, basic, an intermediate or advance learner, the teacher will introduce you to ways to immerse yourself in the language.

Once you finish the course, you can get the certificate of the University of La Laguna.

If you are interested in taking a course, please visit their website at www.adeje.es, click on "FORMACION, CURSOS DE IDIOMAS CAMPUS DE ADEJE", or call into the offices at Adeje Cultural Centre, Pelinor Street, Adeje Town.



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David S. Franks



The Tightening Tax Net

BY BILL BLEVINS, FINANCIAL CORRESPONDENT, BLEVINS FRANKS

BY 30th April, you need to declare all your offshore assets to the Spanish authorities under the new reporting obligation, or face costly penalties.

This is Spain's latest initiative to increase tax revenue, which it is doing with both higher tax rates and a crackdown on tax evasion - a trend we are seeing in many European countries. I have been covering these developments for well over a decade, over which time the tax environment has changed dramatically.

Your tax planning needs to be fully up-to-date. You should seek advice from a specialist firm like Blevins Franks on how best to structure your assets to be tax efficient under today's tax rules.

HERE IS A SUMMARY OF KEY TAX EVENTS SINCE 2000.

2000, JUNE - EU starts negotiations on its Savings Tax Directive, resolving that "with a view to implementing the principle that all citizens resident in a Member State should pay the tax due on all their savings income, exchange of information on as wide a basis as possible shall be the ultimate objective of the EU".

2001, APRIL - UK banks start passing details of all new accounts opened by non-residents to over 25 countries.

2002, JULY - Spanish tax authorities reach agreement with Jersey regarding information exchange.

2003, JANUARY - EU ministers reach agreement on the Savings Tax Directive.

2004, MARCH - UK regulated professionals now have to report suspicions of tax evasion under the UK Money Laundering Regulations and Proceeds of Crime Act amendments.

2005, JULY - Savings Tax Directive comes into force. Most EU countries start to automatically exchange information. Austria, Belgium, Luxembourg, Isle of Man, Channel Islands, Switzerland, Liechtenstein, Andorra, Monaco and San Marino start deducting a 15% withholding tax from savings income.

2006, APRIL - Barclays Bank is forced to disclose details of its offshore customers to HM Revenue & Customs (HMRC).

2007, FEBRUARY - Four major UK banks are made to reveal details of offshore customers to HMRC.

2008, JULY - Savings Tax Directive withholding tax rate increases to 20%.

2009, MARCH - International pressure builds on offshore financial centres in wake of the financial crisis. Several offshore financial centres say they will cooperate with the Organisation for Economic Cooperation and Development (OECD) principles on exchange of information on tax matters. Switzerland agrees

to relax its banking secrecy rules and exchange more information on suspected tax evaders.

2009, APRIL - At the G20 Summit, world leaders declare the "era of banking secrecy is over" and threaten offshore financial centres with sanctions and blacklisting if they fail to comply.

2009, JUNE - Isle of Man announces it will start to automatically exchange information in 2011 under the Savings Tax Directive, ending banking secrecy for EU residents.

2009, AUGUST - 308 UK and offshore banks are ordered to give HMRC details about customers with offshore accounts.

2009, AUGUST - Liechtenstein signs landmark tax agreement with the UK.

2010, JANUARY - Spanish tax rate on savings income increases from 18% to 19% on the first €6,000 and 21% after that.

2010, JUNE - Spanish government says it has received details of 3,000 Swiss bank accounts owned by Spanish taxpayers, and has started to investigate. The information came from stolen data handed to the French authorities.

2010, JUNE - Swiss parliament agrees to hand over names of 4,450 UBS bank's American clients to US government.

2010, OCTOBER - Switzerland and the UK agree to negotiate an accord to tax Swiss bank accounts owned by UK taxpayers.

2011, JANUARY - Spain introduces two additional income tax bands, taking the top rate to 45%.

2011, FEBRUARY - Electricity companies are now obliged to provide information to the Spanish tax authorities regarding the electricity usage and ownership of every property in Spain.

2011, JULY - Savings Tax Directive withholding tax rate jumps from 20% to 35%. Isle of Man and Guernsey abolish the withholding tax option for EU residents and start to automatically report on interest earnings.

2011, SEPTEMBER - Wealth tax is re-introduced in Spain for 2011 and 2012.

2011, OCTOBER - The Spanish tax office starts writing to around 300,000 property owners, warning them it is aware they have not submitted tax returns.

2012, JANUARY - Income tax rates increase for everyone in Spain, by up to 7% for higher earners, taking the top rate up to 52% (54% in Andalucía and 56% in Cataluña). The fixed rate on savings income increases to 21%, 25% and 27% depending on amount earned.

2012, JANUARY - Spanish government announces a new crackdown on tax evasion.

2012, APRIL - Valenciana (Valencia, Alicante and Castellon provinces) says it will start to charge wealth tax again as per the state rules.

2012, APRIL - Spain's tax amnesty is approved. The

government promises to get tough on tax evaders after it closes.

2012, APRIL - Spanish government publishes its draft anti-fraud plan, including a measure to oblige all residents to report bank account and other assets located overseas.

2012, SEPTEMBER - The government announces that wealth tax will be extended for 2013. Short term capital gains will be taxed as general income, instead of savings income, from January 2013.

2012, OCTOBER/NOVEMBER - Spain's anti-fraud plan, including the new asset reporting requirement, is passed into law.

2013, 30 APRIL - First deadline to report your offshore assets.

Tax rates and rules will continue to change, and the tax net will get tighter. To make sure your tax planning is up to date and you do not fall foul of any tax rules, take professional advice from a specialist firm like Blevins

Franks which has decades of experience advising British expatriates in Spain.

Tax information has been summarised; an individual should take personalised advice.

Blevins Franks local Partner Paul Montague is happy to give presentations on this important asset reporting topic to local groups and clubs. This would include a question and answer session.

If you would like to organise a forum for your group, please contact Paul on

922 716079
or

paul.montague@blevinsfranks.com
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CONTACT

DETAILS

To keep in touch with the latest developments in the offshore world, check out the latest news on our website www.blevinsfranks.com

You may also contact our partner Paul Montague on Tel: 922 716 079 or Email: paul.montague@blevinsfranks.com

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Who is battling for our air fares?

Campaign group launches new offensive but what about the politicians?



IF there is one common thread which seems to be running through the Canary Islands at the moment, it's transportation. Virtually every island has been expressing concerns about its air and sea routes, whether it be El Hierro which fears being isolated or La Palma which wants better connections all round.

It's also a subject which has dominated the FITUR international tourism fair in Madrid where a range of meetings have been held with tour operators and airlines. On one day alone, Tenerife's delegation had nearly 20 meetings with airlines such as Jet2, Norwegian, Vueling and Monarch, together with selling travel portals (Lastminute and

Rumbo), representatives of Spanish tourism offices abroad and different tour operators.

Last week, the campaign movement Tenerife Se Mueve announced that it was starting a new campaign about air fares. The group fears that the Spanish Government is about to make a significant dent in the 50% air subsidy enjoyed by Canary residents both to and from the

other islands and to the mainland. Though it has yet to be decided, Spain may decide to impose a 60 euro discount limit on certain flights, which Tenerife Se Mueve believes will be a very detrimental step.

Add to all this the very imminent ratification of a decision to allow Tenerife into the Trans-European Transport Network and it's obvious just

how important the whole subject of transportation is to the archipelago.

People are right to be worried, annoyed and motivated to do something about it.

Despite all the economic doom and gloom, Tenerife has done remarkably well to hold its own when it comes to tourism numbers and it remains the mainstay of the economy. What it can't afford is anything which will dent that achievement and air fares and connections is one of the biggest dangers. The number

of foreign visitors may well be stable but the Spanish domestic market remains depressed and it needs help not hinderance.

There is absolutely no point in having a wonderful island with a vast range of attractions if people can't get here or have no money left when they do. Holiday-makers are already starting to complain about the increased cost of air fares, even from the so-called low cost airlines. You only have to tap into any airline's website and seek a quote on a flight to realise it is becoming expensive to get here. More often than not, some of the air fares, particularly at Easter, during school holidays or in the summer, are ridiculous.

Spare a thought for all those who have invested in timeshares and have to bring a whole family here, not just themselves or a couple. Families we have spoken to say it is costing them around 1,000 euros for a group of four to fly from Britain to Tenerife, something they can no longer afford. As a result, their timeshare remains unused but they still have to pay maintenance and Tenerife misses out on their expenditure.

The same applies to second home owners, whether a villa or an apartment, made even worse because of the strict new rules on holiday lettings.

During FITUR, Tenerife Cabildo vice-president and the island's tourism chief, Carlos Alonso rightly said that air connections were the key to obtaining better occupancy for hotels. He is right, of course. But better air fares and better services will also have a massive spin-off for virtually every business and every service on the island, let alone jobs which are desperately needed.

It seems pretty obvious that the Cabildo is doing all it can to fight for the rights of the Canary Islands and the delegation's trip

to Madrid for FITUR has been no jaunt. But can we say the same of the Canary Government and our island's representatives? Are they at the helm of this fight?

Tenerife Se Mueve deserves nothing but praise for the way it is battling for the archipelago which is always going to face disadvantages because of its isolated position. Last year, the group campaigned vigorously to get the EC to change its mind about including Tenerife in the Trans-European Transport Network so it could gain access to potentially huge grants for its airports and ports. Thousands of people signed their petition which was taken around the island as well as being available online.

Now, it is doing the same about the threat to residents' air fare discounts, this time under the banner of #AisladosNo which is being conducted through the social network sites of Facebook and Twitter. They are calling on everyone to sign and also asking for volunteers to collect signatures.

It's great to see that democracy is alive and well but the Cabildos apart, are these campaigners doing a better job than the Canary politicians? It certainly seems that way.

There is, of course, no easy answer to the problem of air fares and routes. Airlines claim their costs are rising every day because of fuel and surcharges but there has to be a solution. Otherwise, all the good work done by Tenerife over the last few years to keep its tourists will begin to unravel.

With all this going on, it's also neither the time or the right decision to even think of affecting residents' travel discounts. Canary residents have suffered enough blows over the last 12 months and this would be a very unwelcome and hugely unpopular decision.

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Visit us at **Club Atlantis, Puerto Colón, San Eugenio**

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Allan McIntyre

New Santa Fe SUV big on style

THE battle for SUV sales continues and Hyundai's much-improved third-generation Santa Fe is more than capable of picking up its fair share of the market.

You cannot help but be impressed by the sleek new design of a model that manages to seat driver and six passengers.

It might be a bit cramped in the two third row seats but that wouldn't be a problem for school runs as these would be okay for children.

And if the model is needed for airport pick-ups or packing leisure equipment such as bicycles, there are lots of seating options with the second row split 40/20/40 and 50/50 third row.

Front headroom is improved by 11mm, legroom by 38mm and 45mm in the second row over the previous model.

With the third row folded flat there is a 534-litre boot – fold the second row and this extends to 1,615 litres.

You don't have to worry about choosing your engine – it comes with just the one variant, a very useful 2.2-litre 194bhp CRDi.

You do get a choice of two or four-wheel drive, five or seven models which start at £25,495, an additional £1,200 for the extra two seats, and rise to £34,305 for the range-topping seven-seater Premium SE 4WD.

There is also the option of manual or automatic six-speed transmission and the test car was a seven-seat Premium 4WD with auto box.

The interior quality and

layout in this model has been greatly improved and there is no shortage of standard equipment either – inside and out.

On the entry Style this includes 18-inch alloy wheels, body coloured door handles and door mirrors with integrated indicator lights, reverse parking sensors,



daytime running lights and a rear spoiler with high-mounted brake light.

The interior has air conditioning, Bluetooth connectivity with voice recognition, heated front seats, driver's seat electric lumbar support and multi-function steering wheel.

Safety features include ESP, Hill Start Assist, Vehicle Stability Management, Trailer Stability Assist and seven airbags.

It also comes with an active bonnet system which raises the

bonnet by 60mm in the event of a pedestrian collision to help minimise the impact of head injuries.

The Premium adds touchscreen sat-nav, reverse parking camera with parking guidance system, electric folding door mirrors with puddle lamps, dual zone climate control, roof rails, chrome effect door handles and black leather seat trim, with beige leather an alternative at no additional cost.

Premium SE gets 19-inch alloy wheels, electric driver's seat adjustment, panoramic sunroof, Xenon headlights, headlamp washers, keyless entry with engine start/stop button, front parking sensors, smart parking assist, tyre pressure monitoring system, supervision cluster with LCD display.

I didn't get the opportunity to drive the Santa Fe anywhere near full capacity or off-road but it was highly efficient during my time on the tarmac.

It runs in front-wheel drive with the rear wheels only coming into play when loss of grip is detected. The touch of a switch brings permanent four-wheel drive and with the recent icy and snow conditions in the UK, two-wheel drive models would be a rather strange choice here.

The diesel engine is certainly quiet enough,

especially on the motorway, and throttle response was good coming through the auto transmission.

SUV buyers aren't normally looking to sprint off the blocks so a 10.1 seconds time to reach 62mph is acceptable as is a

top speed of 118mph. Fuel economy also rates favourably, achieving 41.5mpg combined in this model and CO2 emissions of 178g/km.

Hyundai say the latest Santa Fe's suspension was tuned specifically for rough roads

and I felt it did travel fairly smoothly over the many potholes and uneven surfaces that we drive over daily.

All round visibility was also good in an attractive model that should continue to build on the Santa Fe's sales success.

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MOTORWORLD

ITVs in Tenerife



ITV station in Los Realejos

MOST people who own a car will have at some point had to have an ITV which is the equivalent to a UK MOT, but that is where the similarities end!

In the UK you have approved MOT testers and garages and you take your car there, leave it, the mechanic does the MOT and tells you what is wrong or gives you a certificate. This normally occurs every twelve months and this certificate must be shown in order to tax the vehicle.

An ITV is somewhat different, as you would expect perhaps. There are various (although not numerous here on the island) ITV testing stations. In order to obtain a new ITV you must first make an appointment at your selected station, Las Chafiras, Adeje, Guimar or El Rosario. You have to arrive at the appointed time with the car, ficha tecnica, permiso de circulacion and current insurance policy and receipt proving payment. You will also have to provide the NIE /CIF for the registered owner along with a current address and telephone number.

You attend the office first and present all the above (of course they must be originals) and your paperwork will be processed. You will be handed a paper showing all the car details and payment and you then proceed with the car and you in it! to the appointed line. To many this would be a very daunting task and the majority of people who are not fluent Spanish speakers will choose to pay someone to take their car for them.

The test begins by checking the horn, windscreen wipers (although not the washers!) seat belts, tyres, lights and emissions, together with noting the current mileage. You proceed to check the brakes on a rolling road and finally the suspension, steering, chassis etc on moving plaques. Finally you await the verdict! If the car passes you will be given back your original paperwork with a new expiry date stamped on the reverse of the ficha tecnica and a sticker for the windscreen.

If the car fails or has no current insurance the a failure sheet will be issued showing the defects and whether they are serious, minor or very serious. Dependant on the reason for failure determines whether you can continue to drive the vehicle or whether it should only be driven from the testing station direct to the garage for repairs.

Once the car has had the necessary work done it must be taken back and rechecked, although at this time they will only check the items shown on the failure sheet.

If you have any question or queries please contact me
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THE LOOKOUT

Theatre in the streets "A place called Orotava"

Roll up! Roll up! The curtain is about to go up on a new theatrical drama which will introduce you to the wonderful delights of La Orotava. This historic municipality is full of charm and history with stunning buildings, parks and plazas, including the famous Casa de los Balcones, Iglesia de La Concepción, Hotel Rural Victoria, Sociedad Liceo de Taoro and Casa Pierres.

People don't need any excuse to go there as there is so much to see and do, regardless of whether you take part in an organised event or not.

However, La Orotava council is always striving to put the beautiful area on the international map more and to attract as many visitors as possible of all nationalities.

Last December, the ayuntamiento organised three theatrical routes (in Spanish, "las rutas teatralizadas") which proved a huge success. This was the first time they had been tried but thanks to the great response, they are to be repeated.

These unusual theatrical tours will be held between April and December and will be available in Spanish, English and German as required. Councillor for economic development, Felipe David Benitez said the initiative was attractive in many ways. It was fun and entertaining and put history and La Orotava's famous monuments in the spotlight. The routes would help to bring more holiday-makers and local people into the town and complement tourism and trade.

Under the title of "Un lugar llamado Orotava" ("A place called Orotava"), the project has been created by the company Jaster & Luis Creaciones and is a spectacular which moves around the streets of la Villa. The "show" takes about an hour and last December, attracted a very high turnout with a very receptive audience.

The history tale originates from Manuel Luis and Antonia Master who make "Orotava" the star, ready to seduce visitors with all its nooks and crannies and beautiful places. Its a story of love, music, speech, dance, architectural charm, history and atmosphere. Above all, it enlightens the visitor about Orotava in a surprising way. It also shows a city alive with atmosphere, balancing its past centuries with today's modernity.

You can keep up to date on www.villadelaorotava.org and get a taste of the show on <http://youtu.be/Q2QbYF8TDal> (Jaster & Luis Creaciones are based in Los Realejos, telephone 922 35 93 93).

LIVE CARICATURES

Humour kicks off new Villarte season

THE successful La Orotava project "Villarte" has restarted its 2013 season by turning the spotlight on the digital world and caricatures.

The unusual work of Rafa Gámez can be seen in the Centro Comercial La Villa until February 16th.

The idea of "Villarte" is to give local young artists the chance to showcase their work in various corners of La Orotava and to become better known, if possible.

Rafa was born in 1983 in La Orotava so fits the bill exactly. His work is his main income at the moment and he has already won awards. After gaining a diploma in information systems, he co-founded and co-directed in 2010 the animation studio "Klanc" (better known as anikami) which was a finalist in an entrepreneurship competition.

In 2012 after designing logos and web sites for international clients as a freelance, he chose to focus on humour, cartoons, comic and digital illustrations by attending various workshops. He is currently responsible for www.caricaturaonline.com and works with other professionals to attend events as a team of cartoonists, especially weddings.

Part of Rafa's work is to create live caricatures and hopes this new exhibition will allow him to interact with interested visitors.

CARNIVAL CONCLUSION

Time to burn the gardener



THERE are some strange and unusual traditions in Tenerife and the "Burning of the Gardener" is one of them.

This event, known in Spanish as "La Quema del Jardinero", is one of the highlights of the Los Realejos Carnival which began on February 2nd.

The burning of the gardener on February 14th is a slant on the better known "Burial of the Sardine" where a symbolic sardine is carried on a plinth

accompanied by weeping widows and then incinerated. In the case of Los Realejos, the sardine is replaced with the effigy of a gardener.

The ceremony will bring the carnival to a close, with the evening's entertainment starting at from 7pm to include different groups from the municipality.

COMIC BOOK THEME

Having a laugh at the Puerto Carnival

PUERTO de la Cruz has always prided itself on being the "people's Carnival" and this year there are even more attractions for visitors to see.

The theme is dedicated to comic books so there will be lots of humour and colour and for the first time in three years, the procession is making a welcome return. The high-heeled race for men and the Burial of the Sardine are two other highlights.

The Puerto carnival began on January 30th and continues until February 17th. The remaining programme is:

Wednesday, February 13th. 11.30am, Sardine's arrival, Avenida de Colón. 9.30pm. Burial of the Sardine, Avda. Colón, Avda. Familia Betancourt and Molina, Calle Valois, Calle Blanco, Calle La Marina and Muelle Pesquero, followed by fireworks and burning of the sardine. 11.30pm, Big Dance, Plaza del Charco, Calle La Marina and Plaza del Escultor Angel Acosta.

Thursday, February 14th. 8pm. Reception for German visitors from Dusseldorf.

Friday, February 15th. 8.30pm, Registration for the men's high heel marathon "Mascarita Ponte Tacón", Plaza del Charco. 10pm, Race start, route along Plaza del Charco, Calle Santo Domingo, Paseo de San Telmo, Calles Santo Domingo, La Marina, Las Lonjas and back to Plaza del Charco. Midnight, Big Dance Plaza de Charco, Calle La Marina and Plaza del Escultor Angel Acosta.

Saturday, February 16th. 4pm, Gran Coso, procession through Avda. Colón, Plaza de los Reyes Católicos, Calle Obispo Pérez Cáceres, Avda Familia Betancourt, Calle San Felipe and Avda. José del Camp Llarena. 8pm, Big Dance, Plaza del Charco, Calle La Marina and Plaza del Escultor Angel Acosta.

Sunday, February 17th. Noon, displays by children's Carnival groups, Plaza de Europa. Noon to 4.30pm, Verbena, Plaza del Charco. 4.30pm, displays by children's and adult Carnival groups, Escanario Piedra Plaza del Charco. 5pm, more displays by groups, including daners, Plaza de Europa. 5.30pm to 10pm, Guateque del Carnival, Plaza del Charco.



Art show to provoke views

ADEJE is staging a multi-national art exhibition aimed at encouraging people to talk.

"Arte siglo 21" spotlights on art in the 21st century and can be seen in the cultural centre throughout February.

Artists are taking part from

the mainland and the Canary Islands, as well as Mexico, Romania, Italy, Russia, Germany, Cuba, The Netherlands and Costa Rica among

others.

Adeje's councillor for culture, Nayra Medina Bethencourt said they wanted art to encourage discussions as modern work was often in the eye of the beholder. Subjects include animals and

human figures, advertising, the environment and general culture with vivid colours and designs.

The exhibition hall at the cultural centre is open Monday to Friday from 9am to 9pm.

Music and poetry in Puerto de la Cruz

A charming chamber choir will bring a successful series of matinee concerts in Puerto de la Cruz to a close on Sunday, February 24th.

These concerts have been designed to bring a variety of music for all the family in a lovely atmosphere and provide something different to do on a Sunday.

Organisers, the Asociación Cultural Reyes Bartlet have chosen the voices of the "Coro de Cámara de Garachico" for this closing event at noon in the Castillo San Felipe. They will perform works by Belisario, Oltra and Grenet, as well as poetry by Garcia Cabrera and Lorca.

Highlights will include the Peruvian waltz "Amarraditos" and "Tres canciones de amor" ("Three Songs of Love") by Manuel Oltra. The poetry will be accompanied by music.

Tickets can be purchased on the morning of the concert at Castillo San Felipe, at a price of 10 euros, and can also be booked by email on mail@reyesbartlet.com or phone 922 386 974 and 696 227 636, as well as at the tourist information offices at Casa de la Aduana and the CIT of Puerto de la Cruz.

This concert series, organised in conjunction with the Puerto Cultural Association, raises funds for the important musical work carried out in local schools.



TV GUIDE

THE FORTNIGHT TENERIFE NEWS

BBC ONE 15TH FEBRUARY
23:20

TROPIC THUNDER
(FILM)



Action comedy. A troupe of pampered Hollywood actors are shooting a Vietnam war epic when they are ambushed by a gang of local drug dealers. The gangsters kidnap the lead actor and it is up to the rest of the cast and crew to form an armed rescue task force.
Director: Ben Stiller
Starring: Ben Stiller, Robert Downey Jr., Jack Black, Brandon T. Jackson, Jay Baruchel, Steve Coogan

(WIDESCREEN, SUBTITLES, DOLBY DIGITAL 5.1, AUDIO DESCRIBED, 2008, 15, 4 STAR)

BBC TWO 18TH FEBRUARY
18:00

EGGHEADS
(QUIZ SHOW)



Jeremy Vine hosts the show where every day a new team of challengers take on probably the greatest quiz team in Britain - The Eggheads - made up of some of the country's top quiz champions, including new Egghead, Tremendous Knowledge Dave Rainford; Mastermind and Millionaire winner Pat Gibson; winner of Are You An Egghead? Barry Simmons; Millionaire winner Judith Keppel; Mastermind winner Chris Hughes; four times world quiz champion Kevin Ashman; 15-1 winner Daphne Fowler. Can today's challengers triumph over the general knowledge Goliaths and walk off with the cash prize or will it roll over to the next show?

(STEREO, WIDESCREEN, SUBTITLES, 4 STAR)

4 20TH FEBRUARY
12:25

THE LADYKILLERS
(FILM)



Alexander Mackendrick's classic Ealing comedy stars Alec Guinness as the sinister, eccentric leader of a gang of crooks whose perfect crime meets its nemesis at the unwitting hands of Guinness's elderly landlady, played by BAFTA-winner Katie Johnson.
Director: Alexander Mackendrick
Starring: Alec Guinness, Cecil Parker, Herbert Lom, Peter Sellers, Danny Green, Jack Warner

(SUBTITLES, 1955, U, 4 STAR)

FIVE 22ND FEBRUARY
17:30

NEIGHBOURS
(SOAP)

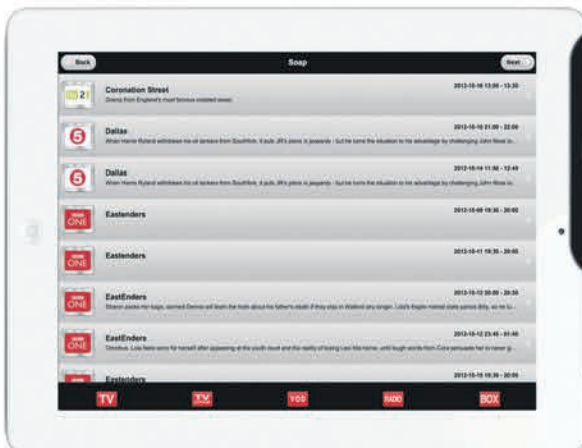
Tash offers Sonya a genuine apology. After getting some perspective from Vanessa and Patrick's situation, Sonya accepts. Paul, however, tells Tash how close she came to getting fired. Lucas opens up to Toadie about the frustration he feels at not being able to make Patrick better.
Starring: Ashleigh Brewer, Stefan Dennis, Kym Valentine, Gemma Pranita, Chris Milligan, Morgan Baker

(REPEAT, SUBTITLES, AUDIO DESCRIBED, 4 STAR)



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06:00	Breakfast
09:15	Wanted Down Under Revisited
10:00	Homes Under the Hammer
11:00	Saints and Scroungers
11:45	Cowboy Trap
12:15	Bargain Hunt
13:00	BBC News at One
13:30	Regional News and Weather
13:45	Doctors
14:15	Only Fools and Horses
15:15	Perfection
16:00	Escape to the Country
Cumbria. Property show. Alistair Appleton house hunts in Cumbria with an active young couple looking to spend up to 300,000 pounds.	
16:30	Antiques Road Trip
17:15	Pointless
18:00	BBC News at Six
18:30	Regional News and Weather
19:00	The One Show
20:00	Holiday Hit Squad
21:00	DIY SOS The Big Build
22:00	BBC News at Ten
22:25	Regional News and Weather
22:35	A Question of Sport
23:05	Film 2013
23:35	City by the Sea
01:20	Weatherview

BBC TWO	
06:00	Homes Under the Hammer
07:00	Saints and Scroungers
07:45	Cowboy Trap
08:15	Show Me the Monet
09:00	The Flowerpot Gang
10:00	Robbed, Raided, Reunited
10:30	See Hear
11:00	BBC News
11:30	The Daily Politics
13:00	The One Show
13:30	The Weakest Link
14:15	Mastermind
14:45	Reel History of Britain
15:15	Two Greedy Italians
16:15	Life on Earth
17:15	Antiques Roadshow
18:00	Eggheads
18:30	Flog it! Trade Secrets
19:30	Great British Menu
20:00	Hairy Bikers
21:00	Everyday Gourmets
22:00	The Brain Doctors
22:30	The Culture Show
23:20	Newsnight
23:20	The Genius of Invention
00:20	See Hear
00:50	World's Most Dangerous Roads
03:55	How to Have a Clear Skin

itv 1	
06:00	Daybreak
08:30	Lorraine
09:25	The Jeremy Kyle Show US
10:25	This Morning
11:25	ITV News
11:30	This Morning
12:30	Loose Women
13:30	ITV News and Weather
14:00	Dickinson's Real Deal
15:00	The Alan Titchmarsh Show
16:00	Tipping Point
17:00	The Chase
18:00	ITV News London
18:30	ITV News and Weather
19:00	Emmerdale
Alicia tries to remain upbeat about planning David and Priya's wedding. Laurel is shocked when Ashley and Gabby move in with Bernice. Lisa warns Rachel not to take advantage of Sam.	
19:30	Coronation Street
20:00	From the Heart
22:00	ITV News at Ten and Weather
22:35	Martin Clunes: Heavy Horsepower
23:35	Safari Vet School

4	
06:10	The Hoobs
07:00	According to Jim
07:30	Everybody Loves Raymond
08:25	Frasier
10:00	Undercover Boss USA
11:00	Come Dine with Me
12:00	Channel 4 News
12:05	River Cottage Veg Heroes
12:35	Shenandoah
14:40	Countdown
15:30	Face the Clock
16:00	Deal or No Deal
17:00	Four in a Bed
17:30	Come Dine with Me The Simpsons
18:00	Hollyoaks
19:00	Channel 4 News
19:55	4thought.tv
20:00	Obsessive Compulsive Cleaners
21:00	One Born Every Minute
22:00	Derek
22:30	8 Out of 10 Cats
23:20	The Last Leg
23:50	2 Broke Girls
00:20	Random Acts
00:25	Launched at Red Bull Studio in Association with Lacoste!

FIVE	
07:45	Noddy in Toyland
07:55	Milkshake Monkey
08:00	Fifi and the Flowertots
08:15	Peppa Pig
08:30	Bert and Ernie's Great Adventures
08:35	Roary the Racing Car
08:45	Bananas in Pyjamas
09:00	Tickety Toc
09:15	The Wright Stuff
11:10	Trisha
12:00	Looney Tunes
12:10	5 News Lunchtime
12:15	Britain's Strangest Pets
13:15	Home and Away
13:45	Neighbours
14:15	NCIS
15:10	Remember Me
17:00	5 News at 5
17:30	Neighbours
18:00	Home and Away
18:30	5 News
19:00	Benidorm ER
20:00	Killers Behind Bars: The Untold Story
21:00	NCIS
22:00	Law and Order: Special Victims Unit
22:55	CSI: Crime Scene Investigation
00:50	True Crimes: The First 72 Hours

sky SPORTS 1	
08:00	Barclays Premier League Review
08:55	ICC Women's World Cup Cricket
17:00	Cricket
18:00	Boots 'n' All
19:00	Transworld Sport
20:00	ICC Women's World Cup Cricket
21:00	Cup Cricket
22:00	Sporting Heroes
23:00	FIFA Futbol Mundial
23:30	Hyundai A League
00:00	UEFA Champions League
01:00	Sporting Heroes

sky SPORTS 2	
08:00	Super League Backchat
08:30	Cricket
12:00	Super League Backchat
12:30	Champ. Leag. Goals
13:30	Golfing World
14:00	Revista de la Liga
15:00	Champ. Leag. Goals
16:00	Barclays Premier League Review
17:00	Revista de la Liga
18:00	Football
22:15	Boots 'n' All
23:15	ICC Women's World Cup Cricket



BBC ONE	
09:15	Wanted Down Under Revisited
10:00	Homes Under the Hammer
11:00	Saints and Scroungers
11:45	Cowboy Trap
12:15	Bargain Hunt
13:00	BBC News at One
13:30	Regional News and Weather
13:45	Doctors
14:15	Only Fools and Horses
15:15	Perfection
16:00	Escape to the Country
16:30	Antiques Road Trip
17:15	Pointless
18:00	BBC News at Six
18:30	Regional News and Weather
19:00	The One Show
19:30	EastEnders
20:00	Waterloo Road
21:00	Crimewatch
22:00	BBC News at Ten
22:25	Regional News and Weather
22:35	Crimewatch Update
Kirsty Young, Matthew Amroliwala and Martin Bayfield present the latest developments on the cases featured in the main programme.	
22:45	Question Time
23:45	This Week
00:30	Skiing Weatherview

BBC TWO	
06:05	Homes Under the Hammer
07:05	Saints and Scroungers
07:50	Cowboy Trap
08:20	Show Me the Monet
09:05	The Flowerpot Gang
10:05	Robbed, Raided, Reunited
10:35	HARDtalk
11:00	BBC News
11:30	BBC World News
12:00	The Daily Politics
13:00	The One Show
14:00	Coast
14:15	Mastermind
14:45	Reel History of Britain
15:15	Two Greedy Italians
16:15	The Living Planet
17:15	Antiques Roadshow
18:00	Eggheads
18:30	Flog it! Trade Secrets
19:30	Great British Menu
20:00	The Planners
21:00	The Genius of Invention
22:00	Charlie Brooker's Weekly Wipe
22:30	Newsnight
23:20	The Railway: Keeping Britain on Track
00:20	The Brain Doctors

itv 1	
06:00	Daybreak
08:30	Lorraine
09:25	The Jeremy Kyle Show US
10:25	This Morning
11:25	ITV News
11:30	This Morning
12:30	Loose Women
13:30	ITV News and Weather
14:00	Dickinson's Real Deal
15:00	The Alan Titchmarsh Show
16:00	Tipping Point
17:00	The Chase
18:00	ITV News London
18:15	ITV News and Weather
18:45	Emmerdale
19:45	UEFA Europa League Live
22:10	ITV News at Ten and Weather
22:45	The Jonathan Ross Show
23:45	The Golden Rules of TV
00:15	Jackpot247
Join the presenters live and play roulette on your telly. Find out how or join in now at Jackpot247.com .	
03:00	Tonight

4	
06:00	Baking Mad with Eric Lanlard
06:10	The Hoobs
07:00	According to Jim
07:30	Everybody Loves Raymond
08:25	Frasier
10:00	Undercover Boss USA
11:00	Come Dine with Me
12:00	Channel 4 News
12:05	Kirstie's Vintage Gems
12:25	Rear Window
14:40	Countdown
15:30	Face the Clock
16:00	Deal or No Deal
17:00	Four in a Bed
17:30	Come Dine with Me The Simpsons
18:00	Hollyoaks
19:00	Channel 4 News
19:55	4thought.tv
20:00	Britain's Secret Shoppers
21:00	Hugh's Big Fish Fight
22:00	Streak! The Man Who Can't Keep His Clothes on
23:05	Richard III: The King in the Car Park
23:10	Inside Nature's Giants
00:40	

FIVE	
06:50	Olive the Ostrich
06:55	Little Princess
07:10	Ben and Holly's Little Kingdom
07:20	The Mr. Men Show
07:35	Thomas and Friends
07:45	Noddy in Toyland
08:00	Fifi and the Flowertots
08:15	Peppa Pig
08:30	Milkshake Monkey
08:35	Roary the Racing Car
08:45	Bananas in Pyjamas
09:00	Tickety Toc
09:15	The Wright Stuff
11:10	Trisha
12:00	Looney Tunes
12:10	5 News Lunchtime
12:15	Britain's Strangest Pets
13:15	Home and Away
13:45	Neighbours
14:15	The Mentalist
15:15	Mystery Woman: Wild West Mystery
17:00	5 News at 5
17:30	Neighbours
18:00	Home and Away
18:30	5 News
19:00	Police Interceptors
20:00	Dangerous Drivers' School
21:00	Winter Road Rescue
22:00	The Matrix Revolutions
00:30	Super Casino

sky SPORTS 1	
08:00	Total Rugby
08:25	Cricket
16:00	UEFA Champions League
17:00	Hyundai A League
17:30	FIFA Futbol Mundial
18:00	Ringside
19:00	Premier League Darts 2013
22:30	The Footballer's Football Show
00:00	Ringside
01:00	Barclays Premier League World

sky SPORTS 2	
11:30	Champ. Leag. Goals
12:30	Total Rugby
13:00	Inside the PGA Tour
13:30	European Tour Golf
15:30	FIFA Futbol Mundial
16:00	Boots 'n' All
17:00	America's Cup Discovered
17:30	Netball
19:30	Barclays Premier League World
20:00	The Rugby Club
21:00	Ringside
22:00	World Wrestling Entertainment Late Night Raw

BBC ONE	BBC TWO	itv 1	4	FIVE	sky SPORTS 1
06:00 Breakfast	06:00 Homes Under the Hammer	06:00 Daybreak	05:45 Baking Mad with Eric Lanlard	06:20 Fireman Sam	12:00 Barclays Premier League World
09:15 Wanted Down Under Revisited	07:00 Saints and Scroungers	08:30 Lorraine	06:10 The Hoobs	06:30 Jelly Jamm	12:30 The Rugby Club
10:00 Homes Under the Hammer	07:45 Cowboy Trap	09:25 The Jeremy Kyle Show US	07:00 According to Jim	06:45 Peppa Pig	13:30 Ringside
11:00 Saints and Scroungers	08:15 Show Me the Monet	10:25 This Morning	07:30 Everybody Loves Raymond	06:50 Olive the Ostrich	14:30 Cricket
11:45 Cowboy Trap	09:00 Antiques Roadshow	11:25 ITV News	08:25 Frasier	06:55 Little Princess	15:30 Barclays Premier League World
12:15 Bargain Hunt	10:00 Question Time	11:30 This Morning	10:00 Undercover Boss USA	07:10 Ben and Holly's Little Kingdom	16:00 Ringside
13:00 BBC News at One	11:00 BBC World News	12:30 Loose Women	11:00 Come Dine with Me	07:20 The Mr. Men Show	17:00 Cricket
13:30 Regional News and Weather	12:00 The Daily Politics	13:30 ITV News and Weather	12:00 Channel 4 News	07:35 Thomas and Friends	18:00 Barclays Premier League World
13:45 Doctors	13:00 The One Show	14:00 Dickinson's Real Deal	12:05 Kirstie's Vintage Gems	07:45 Noddy in Toyland	18:30 The F1 Show
14:15 Only Fools and Horses	13:30 The Weakest Link	15:00 The Alan Titchmarsh Show	12:25 Halls of Montezuma	08:00 Fifi and the Flowertots	19:30 Rugby League
15:15 Perfection	14:15 Mastermind	16:00 Tipping Point	14:40 Countdown	08:30 Milkshake Monkey	22:00 The Fantasy Football Club
16:00 Escape to the Country	14:45 Reel History of Britain	17:00 The Chase	15:30 Face the Clock	08:45 Roary the Racing Car	23:00 The F1 Show
16:30 Antiques Road Trip	15:15 The Marvellous Mrs Beeton, with Sophie Dahl	Quiz show hosted by Bradley Walsh. Four contestants pit their wits against the Chaser, a ruthless quiz genius determined to stop them winning the cash prize.	16:00 Deal or No Deal	09:00 Tickety Toc	
17:15 Pointless	16:15 The Living Planet	18:00 ITV News London	17:00 Four in a Bed	09:15 The Wright Stuff	
18:00 BBC News at Six	17:15 Antiques Roadshow	18:30 ITV News and Weather	The rival owners come together for the final time, to discover what they've been paid and settle some scores. And a huge clash between two of the weeks' hosts ensues.	11:10 Trisha	
18:30 Regional News and Weather	18:00 Eggheads	19:00 Emmerdale	17:30 Come Dine with Me	12:00 Looney Tunes	
19:00 The One Show	18:30 Flog it! Trade Secrets	19:30 Coronation Street	18:00 The Simpsons	12:15 5 News Lunchtime	
19:30 A Question of Sport	19:30 Great British Menu	20:00 Wild Britain with Ray Mears	18:30 Hollyoaks	13:15 Home and Away	
20:00 EastEnders	20:00 Mastermind	20:30 Coronation Street	19:00 Channel 4 News	13:45 Neighbours	
20:30 Room 101	20:30 Sea City	21:00 Great Night Out	19:55 4thought.tv	14:15 Person of Interest	
21:00 New Tricks	21:00 Monty Don's French Gardens	22:00 ITV News at Ten and Weather	20:00 My Big Fat Gypsy Valentine	15:15 Ambulance Girl	
22:00 BBC News at Ten	22:00 QI	22:35 The Last Boy Scout	21:00 8 Out of 10 Cats	17:00 5 News at 5	
22:25 Regional News and Weather	22:30 Newsnight		21:30 The Last Leg	17:30 Neighbours	
22:35 The Graham Norton Show	23:00 The Review Show		22:20 Paddy's TV Guide	18:00 Home and Away	
23:20 Tropic Thunder	23:50 The Notorious Bettie Page		23:10 Shooter	18:30 5 News	
01:00 Weatherview	01:20 Question Time		01:30 Random Acts	19:00 Winter Road Rescue	
				20:00 Ice Road Truckers	
				21:00 The Losers	
				23:05 Police Interceptors	
				00:05 Super Casino	



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25 years in Tenerife

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BBC ONE	BBC TWO	itv 1	4	FIVE	sky SPORTS 1
06:00 Breakfast	06:00 Preview	07:05 Almost Naked Animals	06:10 The Hoobs	07:55 Little Princess	06:30 Ringside
10:00 Saturday Kitchen	07:30 Great British Menu	07:40 Matt Hatter Chronicles	07:00 Will and Grace	08:15 The Adventures of Bottle Top Bill and His Best Friend Corky	07:30 The F1 Show
11:30 The Good Cook	10:00 A History of Britain	08:05 Ultimate Spider-Man	07:30 Football Short: Kingsmeadow	08:30 Angelina Ballerina	08:25 Cricket
12:00 BBC News	11:00 Meet the Ancestors	08:30 Victorious	08:00 The Morning Line	08:45 Rupert Bear	16:00 Sporting Greats
12:05 Regional News	11:30 Map Man	09:00 Jessie	08:55 Everybody Loves Raymond	09:00 Ben and Holly's Little Kingdom	Georgeie Thompson and Ted Kravitz bring you all the latest stories and features on Formula 1. They'll be joined by guests to preview and review every race from the 2013 season.
12:10 Weather	12:00 Indian Food Made Easy	09:25 ITV News	09:55 Frasier	09:15 Toby's Travelling Circus	16:30 Rugby League
12:15 Football Focus	12:30 Mastermind	09:30 The Jeremy Kyle Show US	10:50 The Big Bang Theory	09:25 Roary the Racing Car	18:55 Football
13:00 British Athletics Grand Prix	13:00 University Challenge	11:20 Saturday Cookbook	11:50 The Simpsons	10:00 Power Rangers: Samurai	23:00 Rugby Super League
16:30 Final Score	13:30 John Wayne Talking Pictures	12:20 ITV News and Weather	12:45 The Secret Millionaire	10:35 Batman: The Brave and the Bold	00:30 Cricket
17:10 Animal Antics	14:15 She Wore a Yellow Ribbon	12:25 Murder, She Wrote	13:50 Channel 4 Racing	11:10 Britain's Strangest Pets	
17:40 BBC News	16:00 Restoration Home	13:25 My Tasty Travels with Lynda Bellingham	16:10 Come Dine with Me	12:05 Dangerous Drivers' School	
17:50 Regional News	17:00 Flog It!	14:30 Dinner Date	19:10 4thought.tv	13:05 Black Widow	
17:55 Weather	Coventry. Members of the public try to make money out of their antiques with the help of experts by taking a risk at auction. Over 800 people come along to the valuation day in Coventry Transport Museum. Paul Martin is joined by experts James Lewis and Charlie Ross as they pick out their favourite antiques to take to auction.	15:30 The Chase	19:15 Porridge	14:50 A River Runs Through It	
18:00 Pointless		16:30 You've Been Framed!	Ronnie Barker, Richard Beckinsale and Fulton Mackay star in this spin-off feature from the much-loved TV sitcom. Cell-mates Fletch and Godber find themselves on the wrong side of the bars when they're inadvertently bundled out of Slade Prison during someone else's escape. Somehow they've got to break back in before warder Mackay notices their absence.	17:05 5 News Weekend	
18:50 Let's Dance for Comic Relief		17:00 Regional News and Weather		17:10 Columbo: Prescription Murder	
20:10 The National Lottery: In It to Win It		17:15 ITV News and Weather		19:10 CSI: NY	
21:00 Casualty		17:30 FA Cup 5th Round Take Me Out		19:55 NCIS	
21:50 Mrs. Brown's Boys		21:20 The Jonathan Ross Show		21:50 Law and Order: Special Victims Unit	
22:20 BBC News		22:20 ITV News and Weather		22:50 Law and Order: Criminal Intent	
22:38 Weather		22:35 FA Cup Highlights		23:45 True Crimes: The First 72 Hours	
22:40 Kevin Bridges - The Story So Far		23:50 The Big Quiz: Benidorm v Essex		00:15 Super Casino	
23:40 The Football League Show		00:40 Jackpot247			
00:55 Weatherview					
01:00 BBC News					
BBC One joins the BBC's rolling news channel for a night of news, with bulletins on the hour and the headlines every 15 minutes.					

sky SPORTS 2

07:00 Football League

08:30 Champions League Weekly

09:00 The Fantasy Football Club

10:00 Soccer A.M.

12:00 The Fantasy Football Club

13:00 Sporting Heroes

14:00 NBA Action

14:30 Premiership Rugby

19:30 Test Cricket

21:30 Premiership Rugby

23:30 Test Cricket

01:30 Fight Night International

BBC ONE	BBC TWO	itv 1	4	FIVE	sky SPORTS 1
09:00 The Andrew Marr Show 10:00 The Big Questions 11:00 Sunday Politics 12:25 Countryfile 13:20 Call the Midwife 14:20 Bargain Hunt 15:20 Escape to the Country 16:20 Lifeline 16:30 Songs of Praise The Gift of Music. David Grant explores how music transforms lives, with a group of young singers finding harmony together and a choir who are singing away the blues. Plus performances from singers Laura Wright and Ramin Karimloo, and hymns from St Mary's Church in Portsmouth. 17:05 Penguins - Spy in the Huddle 18:05 BBC News 18:20 Regional News and Weather 18:30 Blandings 19:00 Countryfile 20:00 Call the Midwife 21:00 Ripper Street 22:00 BBC News 22:15 Regional News and Weather 22:25 Room 101 23:05 Match of the Day 2 23:35 The Apprentice USA	08:45 Life in a Cottage Garden with Carol Klein 09:15 A to Z of TV Gardening 10:00 Saturday Kitchen Best Bites 11:30 The Little Paris Kitchen: Cooking with Rachel Khoo 12:00 EastEnders 12:00 Omnibus 13:50 Coast 14:00 Great British Food Revival 14:30 Rick Stein's Mediterr. Escapes 15:30 Flog It! 16:15 Natural World 17:15 A History of Ancient Britain 18:15 Ski Sunday 19:00 Food and Drink 19:30 Open All Hours 20:00 Top Gear 21:00 Wonders of Life 22:00 Dancing on the Edge 23:05 In the Valley of Elah Drama. A man receives word that his son, a soldier recently returned from a tour of duty in Iraq, has gone missing. He decides to investigate his son's disappearance himself.	07:05 Almost Naked Animals 07:40 Matt Hatter Chronicles 08:05 Rated 'A' for Awesome 08:30 Big Time Rush 09:00 The Aquabats! Super Show! 09:25 House Guest in the Sun 10:25 60 Minute Makeover 11:30 FA Cup 4th Round Replay 14:15 ITV News and Weather 14:30 You've Been Framed! Top 100 Animals 15:30 FA Cup 5th Round 18:05 ITV News London 18:10 ITV News and Weather 18:15 Dancing on Ice 19:45 All Star Family Fortunes 20:30 Dancing on Ice 21:00 Mr Selfridge 22:00 ITV News and Weather 22:15 FA Cup Highlights 23:15 Perspectives: Looking for Lowry 00:15 Rugby Highlights 01:20 The Store	06:10 The Hoobs 07:05 Will and Grace 07:30 Everybody Loves Raymond 08:25 Frasier 09:30 Sunday Brunch 12:05 The Big Bang Theory 13:30 Maggie Simpson in 'The Longest Daycare' Oscar-nominated animated short film directed by David Silverman in which Maggie, the youngest member of the Simpson family, spends a day at The Ayn Rand School for Tots, where she makes friends with a caterpillar who needs her help and stands up to a destructive playmate. 13:35 The Simpsons 14:35 Penelope 16:20 Time Team 17:20 Deal or No Deal 18:20 Channel 4 News 18:50 4thought.tv 18:55 The Political Slot 19:00 The Year Britain Flooded 20:00 The Hotel 21:00 Complicit 22:55 True Lies 01:30 Al Murray: My Funniest Year	07:25 Make Way for Noddy 07:40 City of Friends 07:55 Little Princess 08:05 Mio Mao 08:10 The Adventures of Bottle Top Bill and His Best Friend Corky 08:25 Angelina Ballerina 08:40 Milkshake Monkey 08:45 Rupert Bear 09:00 Ben and Holly's Little Kingdom 09:15 Toby's Travelling Circus 09:30 Roary the Racing Car 09:45 Jelly Jamm 10:00 Power Rangers: Samurai 10:35 Batman: The Brave and the Bold 11:10 Looney Tunes 11:20 Monkey Life 11:50 Once Upon a Time 12:50 Winter Road Rescue 13:50 My Dog Skip 15:40 Daddy Day Care 17:25 Ace Ventura: Pet Detective 18:55 5 News Weekend 19:00 Ghostbusters 21:00 Person of Interest 22:00 Snatch 00:05 Ice Road Truckers	06:00 Cricket 08:55 ICC Women's World Cup Cricket 16:55 Little Princess Cricket 17:55 Football 23:00 Cricket New Zealand v England 1st Odi. New Zealand and England contest their first ODI at Hamilton's Seddon Park. 00:00 WWE Late Night Afterburn 01:00 WWE Elimination Chamber sky SPORTS 2 10:00 The Sunday Supplement 11:30 Goals on Sunday 13:00 NBA Action 13:30 Rotterdam 500 Tennis 15:30 The F1 Show 16:30 This Week in WWE 17:00 WWE Experience 18:00 Test Cricket 19:00 ICC Women's World Cup Cricket 20:00 Cricket 21:00 Test Cricket 22:00 Super League Fulltime





Your dining experience around our restaurants

Regular round-ups for a few ideas

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MONDAY 18TH FEBRUARY 2013

BBC ONE	BBC TWO	itv 1	4	FIVE	sky SPORTS 1
09:15 Wanted Down Under Revisited 10:00 Homes Under the Hammer 11:00 Saints and Scroungers 11:45 Britain's Empty Homes Revisited 12:15 Bargain Hunt 13:00 BBC News at One 13:30 Regional News and Weather 13:45 Doctors 14:15 Only Fools and Horses 15:15 Perfection 16:00 Escape to the Country 16:30 Put Your Money 17:15 Where Your Mouth Is Pointless 18:00 BBC News at Six 18:30 Regional News and Weather 19:00 The One Show 19:30 Inside Out 20:00 EastEnders 20:30 Panorama 21:00 Penguins - Spy in the Huddle 22:00 BBC News at Ten 22:25 Regional News and Weather 22:35 Being Eileen 23:05 Blandings 23:35 The Graham Norton Show	06:10 Homes Under the Hammer 07:10 Saints and Scroungers 07:55 Cowboy Trap 08:25 Show Me the Monet 09:10 Countryfile 10:05 Robbed, Raided, Reunited 10:35 Click 11:00 BBC News 11:30 BBC World News 12:00 Animal Park 13:00 The One Show 13:30 The Weakest Link 14:15 Mastermind 14:45 Reel History of Britain 15:15 Rick Stein's Mediterranean Escapes 16:15 The Living Planet 17:15 Antiques Roadshow 18:00 Eggheads 18:30 Flog it! Trade Secrets 19:30 Great British Menu 20:00 University Challenge 20:30 Food and Drink 21:00 Dancing on the Edge 22:00 Mock the Week...Again 22:30 Newsnight 23:20 Wonders of Life 00:20 Film 2013 00:50 Who Do You Think You Are?	06:00 Daybreak 08:30 Lorraine 09:25 The Jeremy Kyle Show 10:30 This Morning 11:25 ITV News 11:30 This Morning 12:30 Loose Women 13:30 ITV News and Weather 14:00 Dinner Date 15:00 The Alan Titchmarsh Show 16:00 Tipping Point 17:00 The Chase 18:00 ITV News London 18:30 ITV News and Weather 19:00 Emmerdale 19:30 Coronation Street 20:00 Cornwall with Caroline Quentin 20:30 Coronation Street 21:00 Her Majesty's Prison: Aylesbury 22:00 ITV News at Ten and Weather 22:35 The Agenda 23:05 Monk 00:00 Jackpot247 03:00 UEFA Champions League Weekly	06:10 The Hoobs 07:00 According to Jim 07:30 Everybody Loves Raymond 08:30 Frasier 10:00 Undercover Boss USA 11:00 Come Dine with Me 12:00 Channel 4 News 12:05 The Silent Enemy 14:15 Face the Clock 14:40 Countdown 15:30 The Common Denominator 16:00 Deal or No Deal 17:00 Four in a Bed 17:30 Come Dine with Me 18:00 The Simpsons 18:30 Hollyoaks 19:00 Channel 4 News 19:55 4thought.tv 20:00 Dispatches 20:30 Wild Things 21:00 Embarrassing Bodies 22:00 Black Mirror 23:05 Random Acts Channel 4's nightly short-form arts strand presents a romantic tale demonstrating that love conquers all. 23:10 America's Animal Hoarder: Horror at the Zoo 00:30 The Shooting Gallery 01:40 Scandal	07:10 Ben and Holly's Little Kingdom 07:20 The Mr. Men Show 07:35 Thomas and Friends 07:45 Noddy in Toyland 08:00 Fifi and the Flowertots 08:15 Peppa Pig 08:30 Bert and Ernie's Great Adventures 08:35 Roary the Racing Car 08:50 Bananas in Pyjamas 09:00 Tickety Toc 09:15 The Wright Stuff 11:10 Trisha 12:00 Looney Tunes 12:10 5 News Lunchtime 12:15 Being Liverpool 13:15 Home and Away 13:45 Neighbours 14:15 NCIS 15:15 Jane Doe: Now You See It, Now You Don't 17:00 5 News at 5 17:30 Neighbours 18:00 Home and Away 18:30 5 News 19:00 Rory and Will: Champions of the World 20:00 Police Interceptors 21:00 Extraordinary People 22:00 Speidi: Scandal, Secrets and Surgery! 23:00 A Perfect Getaway	08:00 Champions League Weekly 08:25 Cricket 16:00 La Liga 17:30 Champions League Weekly 18:00 Soccer A.M. - The Best Bits 19:00 Netbusters 19:30 Football 22:00 Netbusters 22:30 SPL Round-Up 23:00 Soccer A.M. - The Best Bits 00:00 Football 01:30 Netbusters sky SPORTS 2 06:30 Thrillseekers- Snow 07:00 WWE Vintage Collection 08:00 PGA Tour Golf 11:00 European Tour Golf 13:00 PGA Tour Golf 16:00 Fight Night International 18:00 Super League Fulltime 19:00 Cricket 21:00 NBA 22:00 Cycling-Tour of Oman 23:00 Cricket 01:00 European Tour Golf

BBC ONE	BBC TWO	itv 1	4	FIVE	sky SPORTS 1
06:00 Breakfast	07:05 Saints and Scroungers	06:00 Daybreak	06:10 The Hoobs	07:20 The Mr. Men Show	09:00 Football
09:15 Wanted Down Under Revisited	07:50 Britain's Empty Homes Revisited	08:30 Lorraine	07:00 According to Jim	07:35 Thomas and Friends	10:30 Netbusters
10:00 Homes Under the Hammer	08:20 Show Me the Monet	09:25 The Jeremy Kyle Show	07:30 Everybody Loves Raymond	07:45 Noddy in Toyland	11:00 SPL Round Up
11:00 Saints and Scroungers	09:05 The Flowerpot Gang	10:30 This Morning	08:30 Frasier	07:55 Mio Mao	11:30 Soccer A.M. - The Best Bits
11:45 Britain's Empty Homes Revisited	10:05 Robbed, Raided, Reunited	11:25 ITV News	10:00 Undercover Boss USA	08:00 Fifi and the Flowertots	12:30 Football
12:15 Bargain Hunt	10:35 HARDtalk	11:30 This Morning	11:00 Come Dine with Me	08:15 Peppa Pig	14:00 Netbusters
13:00 BBC News at One	11:00 BBC News	12:30 Loose Women	12:00 Channel 4 News	08:30 Bert and Ernie's Great Adventures	14:30 SPL Round Up
13:30 Regional News and Weather	11:30 BBC World News	13:30 ITV News and Weather	12:05 River Cottage Veg Heroes	08:35 Roary the Racing Car	15:00 Soccer A.M. - The Best Bits
13:45 Doctors	12:00 Animal Park	14:00 Dinner Date	12:35 The Tall Stranger	08:50 Bananas in Pyjamas	16:00 Football
14:15 Only Fools and Horses	12:00 The One Show	15:00 The Alan Titchmarsh Show	14:15 Face the Clock	09:00 Tickety Toc	17:30 Football Asia
15:15 Perfection	13:00 The Super League Show	16:00 Tipping Point	14:40 Countdown	09:15 The Wright Stuff	18:00 Revista de la Liga
16:00 Escape to the Country	13:30 Mastermind	17:00 The Chase	15:30 The Common Denominator	11:10 Trisha	19:00 Sporting Greats
16:30 Put Your Money Where Your Mouth Is	14:15 Reel History of Britain	18:00 ITV News London	16:00 Deal or No Deal	12:00 Looney Tunes	19:30 Gillette Soccer Special
17:15 Pointless	15:15 Rick Stein's Mediterranean Escapes	18:30 ITV News and Weather	17:00 Four in a Bed	12:15 5 News Lunchtime	
18:00 BBC News at Six	16:15 The Living Planet	19:00 Emmerdale	17:30 Come Dine with Me	12:15 Being Liverpool	
18:30 Regional News and Weather	17:15 Antiques Roadshow		18:00 The Simpsons	13:15 Home and Away	
19:00 The One Show	18:00 Eggheads		18:30 Hollyoaks	13:45 Neighbours	
19:30 EastEnders	18:30 Flog it! Trade Secrets		19:00 Channel 4 News	14:15 NCIS	
20:00 Holby City	19:30 Great British Menu		19:55 4thought.tv	15:15 Murder 101: Locked Room Mystery	
21:00 Death in Paradise	20:00 Alex Polizzi: The Fixer		20:00 Supersize v Superskinny	17:00 5 News at 5	
22:00 BBC News at Ten	21:00 The Railway: Keeping Britain on Track		21:00 The Fried Chicken Shop: Life in a Day	18:00 Home and Away	
22:25 Regional News and Weather	22:00 The Sarah Millican Television Programme		22:00 Utopia	18:30 5 News	
22:35 Litter Wars	22:30 Newsnight		23:25 Random Acts	19:00 Monkey Life	
23:25 Who Do You Think You Are? USA	23:20 A Culture Show Special		23:30 Derek	19:30 Highland Emergency	
00:05 The Breakfast Club	00:20 Britain's Hidden Heritage		00:00 One Born Every Minute	20:00 Benidorm ER	
01:40 Weatherview				21:00 CSI: Crime Scene Investigation	
				22:00 Brain Hospital: Saving Lives	
				23:00 Dallas	
				00:00 CSI: NY	
				00:55 Super Casino	

Cain tries to tell Moira how he feels. Lisa and Zak struggle to cope with a teenage Belle. Sandy finds an unexpected friend in Sean.

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BBC ONE	BBC TWO	itv 1	4	FIVE	sky SPORTS 1
06:00 Breakfast	07:45 Britain's Empty Homes Revisited	06:00 Daybreak	06:05 Sali Mali	07:20 The Mr. Men Show	10:00 Revista de la Liga
09:15 Wanted Down Under Revisited	08:15 Show Me the Monet	08:30 Lorraine	06:10 The Hoobs	07:35 Thomas and Friends	11:00 Football Asia
10:00 Homes Under the Hammer	09:00 An Island Parish	09:25 The Jeremy Kyle Show	07:00 According to Jim	07:45 Noddy in Toyland	11:30 Super League
11:00 Saints and Scroungers	10:30 See Hear	10:30 This Morning	07:30 Everybody Loves Raymond	07:55 Mio Mao	12:00 Backchat
11:45 Britain's Empty Homes Revisited	11:00 BBC News	11:30 This Morning	08:30 Frasier	08:00 Fifi and the Flowertots	12:00 UEFA Champ. Leag.
12:15 Bargain Hunt	11:30 Sons of the Musketeers	12:30 Loose Women	10:00 Undercover Boss USA	08:15 Peppa Pig	13:00 Cricket
13:00 BBC News at One	12:50 Lifeline	13:30 ITV News and Weather	11:00 Come Dine with Me	08:30 Bert and Ernie's Great Adventures	15:00 UEFA Champ.Leag.
13:30 Regional News and Weather	13:00 The One Show	14:00 Dinner Date	12:00 Channel 4 News	08:35 Roary the Racing Car	16:00 European Tour Weekly
13:45 Doctors	13:30 The Weakest Link	15:00 The Alan Titchmarsh Show	12:05 Kirstie's Vintage Gems	08:50 Bananas in Pyjamas	16:30 Inside the PGA Tour
14:15 Only Fools and Horses	14:15 Mastermind	16:00 Tipping Point	12:25 The Ladykillers	09:00 Tickety Toc	17:00 World Golf Champ.
15:15 Perfection	14:45 Reel History of Britain		14:15 Face the Clock	09:15 The Wright Stuff	23:00 FIFA Futbol Mundial
16:00 Escape to the Country	15:15 Rick Stein's Mediterranean Escapes		14:40 Countdown	11:10 Trisha	23:30 Hyundai A League
16:30 Put Your Money Where Your Mouth Is	16:15 Coast		15:30 The Common Denominator	12:00 Looney Tunes	00:00 UEFA Champ.Leag.
17:15 Pointless	16:45 Cycling		16:00 Deal or No Deal	12:15 5 News Lunchtime	01:00 Johnstone's Paint Trophy
18:00 BBC News at Six	18:00 Eggheads		17:00 Four in a Bed	12:15 Being Liverpool	
18:30 Regional News and Weather	18:30 Flog it! Trade Secrets		17:30 Come Dine with Me	13:15 Home and Away	
19:00 The One Show	19:30 Great British Menu		18:00 The Simpsons	13:45 Neighbours	
20:00 Holiday Hit Squad	20:00 Hairy Bikers		18:30 Hollyoaks	14:15 NCIS	
21:00 Meet the Izzards	21:00 Everyday Gourmets		19:55 4thought.tv	15:15 Crimes of Passion	
22:00 BBC News at Ten	21:00 The Brain		20:00 Obsessive Compulsive Cleaners	17:00 5 News at 5	
22:25 Regional News and Weather	22:00 Doctors		21:00 One Born Every Minute	17:30 Neighbours	
22:35 A Question of Sport	22:00 A Culture Show Special		22:00 Derek	18:00 Home and Away	
23:05 Film 2013	22:30 Newsnight		22:30 8 Out of 10 Cats	18:30 5 News	
23:40 Rounders	23:20 The Genius of Invention		23:20 The Last Leg	19:00 Extraordinary People	
01:35 Weatherview	00:20 See Hear		00:10 Random Acts	20:00 Killers Behind Bars: The Untold Story	
01:40 BBC News	00:50 World's Most Dangerous Roads		00:15 Launched at Red Bull Studio in Association with Lacoste!	21:00 NCIS	
				22:00 Law and Order: Special Victims Unit	
				22:55 CSI: Crime Scene Investigation	
				00:50 True Crimes: The First 72 Hours	

Ben Shephard hosts the quiz show in which four players take on an extraordinary machine in the hope of winning a £10,000 jackpot.

sky SPORTS 2

09:00 Champions League Goals
10:00 World Cup of Pool
11:00 British Basketball League
13:00 Revista de la Liga
14:00 Super League
14:30 Backchat
14:30 World Cup of Pool
15:30 Revista de la Liga
16:30 Cricket
18:30 FIFA Futbol Mundial
19:00 Football
22:00 Sporting Heroes
23:00 Boots 'n' All
00:00 Cricket

BBC ONE	BBC TWO	itv 1	4	FIVE	sky SPORTS 1
06:00 Breakfast	06:05 Homes Under the Hammer	06:00 Daybreak	06:05 Sali Mali	07:20 The Mr. Men Show	09:00 UEFA Champions League
09:15 Wanted Down Under Revisited	07:05 Saints and Scroungers	08:30 Lorraine	06:10 The Hoobs	07:35 Thomas and Friends	10:00 Johnstone's Paint Trophy
10:00 Homes Under the Hammer	07:50 Britain's Empty Homes Revisited	09:25 The Jeremy Kyle Show	07:00 According to Jim	07:45 Noddy in Toyland	11:00 Boots 'n' All
11:00 Saints and Scroungers	08:20 Show Me the Monet	10:30 This Morning	07:30 Everybody Loves Raymond	08:00 Fifi and the Flowertots	12:00 UEFA Champions League
11:45 Britain's Empty Homes Revisited	09:05 An Island Parish	11:25 ITV News	08:25 Frasier	08:15 Peppa Pig	13:00 FIFA Futbol Mundial
12:15 Bargain Hunt	10:35 HARDtalk	11:30 This Morning	10:00 Undercover Boss USA	08:30 Bert and Ernie's Great Adventures	13:30 Sporting Heroes
13:00 BBC News at One	11:00 BBC News	12:30 Loose Women	11:00 Come Dine with Me	08:50 Roary the Racing Car	14:30 Dubai Racing Carnival
13:30 Regional News and Weather	11:30 BBC World News	13:30 ITV News and Weather	12:00 Channel 4 News	09:00 Bananas in Pyjamas	18:00 Ringside
13:45 Doctors	12:00 Animal Park	14:00 Dinner Date	12:05 The Third Man	09:15 The Wright Stuff	19:00 Premier League
14:15 Only Fools and Horses	13:00 The One Show	15:00 The Alan Titchmarsh Show	14:15 Face the Clock	11:10 Trisha	Darts 2013
15:15 Perfection	14:00 Coast	16:00 Tipping Point	14:40 Countdown	12:00 Looney Tunes	22:30 The Footballer's Football Show
16:00 Escape to the Country	14:15 Mastermind	17:00 The Chase	15:30 The Common Denominator	12:10 5 News Lunchtime	
16:30 Put Your Money Where Your Mouth Is	14:45 Reel History of Britain	18:00 ITV News London	16:00 Deal or No Deal	12:15 Being Liverpool	
17:15 Pointless	15:15 Rick Stein's Mediterranean	18:30 ITV News and Weather	17:00 Four in a Bed	13:15 Home and Away	
18:00 BBC News at Six	16:15 Escapes	18:30 ITV News and Weather	18:00 The Simpsons	13:45 Neighbours	
18:30 Regional News and Weather	18:00 Cycling	22:10 ITV News at Ten and Weather	18:30 Hollyoaks	14:15 The Mentalist	
19:00 The One Show	18:30 Eggheads	22:50 The Jonathan Ross Show	19:00 Channel 4 News	15:15 Murder Without Conviction	
19:30 EastEnders	18:30 Flog it! Trade Secrets	23:50 The Golden Rules of TV	19:55 4thought.tv	17:00 News at 5	
20:00 Waterloo	19:30 Great British Menu	00:15 Jackpot247	20:00 Britain's Secret Shoppers	18:30 5 News	
21:00 Meet the Izzards	20:00 The Planners		21:00 Hugh's Big Fish Fight	19:00 Police Interceptors	
22:00 BBC News at Ten	21:00 Murder on the Victorian Railway		22:00 Walking Wounded: Return to the Frontline	20:00 Dangerous Drivers' School	
22:25 Regional News and Weather	22:00 Charlie Brooker's Weekly Wipe		23:05 Random Acts	21:00 Jack Taylor: The Guards	
22:35 Question Time	22:30 Newsnight		23:10 Embarrassing Bodies	22:45 Law and Order: Special Victims Unit	
23:35 The Magdalene Sisters	23:20 The Railway: Keeping Britain on Track		00:15 The Fried Chicken Shop: Life in a Day	23:45 True Crimes: The First 72 Hours	
01:30 Skiing Weatherview	00:20 The Brain Doctors			00:15 Super Casino	
01:35 BBC News					

Join the presenters live and play roulette on your telly. Find out how or join in now at Jackpot247.com.

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FRIDAY 22ND FEBRUARY 2013

BBC ONE	BBC TWO	itv 1	4	FIVE	sky SPORTS 1
06:00 Breakfast	06:00 Homes Under the Hammer	06:00 Daybreak	06:00 The Treacle People	06:30 Jelly Jamm	06:00 Cricket
09:15 Wanted Down Under Revisited	07:00 Saints and Scroungers	08:30 Lorraine	06:10 The Hoobs	06:45 Peppa Pig	11:30 Cricket
10:00 Homes Under the Hammer	07:45 Britain's Empty Homes Revisited	09:25 The Jeremy Kyle Show	07:00 According to Jim	06:50 Olive the Ostrich	17:00 Super Rugby Union
11:00 Saints and Scroungers	08:15 Show Me the Monet	10:30 This Morning	07:30 Everybody Loves Raymond	06:55 Little Princess	19:00 Barclays Premier League
11:45 Britain's Empty Homes Revisited	09:00 Antiques Roadshow	11:25 ITV News	08:25 Frasier	07:10 Ben and Holly's Little Kingdom	League Challenge
12:15 Bargain Hunt	10:00 Question Time	11:30 This Morning	10:00 Undercover Boss USA	07:20 The Mr. Men Show	19:30 World Club
13:00 BBC News at One	11:00 BBC News	12:30 Loose Women	11:00 Come Dine with Me	07:35 Thomas and Friends	The Fantasy Football Club
13:30 Regional News and Weather	11:30 BBC World News	13:30 ITV News and Weather	12:00 Channel 4 News	07:45 Noddy in Toyland	23:00 Barclays Premier League
13:45 Doctors	12:00 Animal Park	14:00 Dinner Date	12:05 Kirstie's Vintage Gems	08:00 Fifi and the Flowertots	The F1 Show
14:15 Only Fools and Horses	13:00 The One Show	15:00 The Alan Titchmarsh Show	12:15 Distant Drums	08:15 Peppa Pig	00:30 Cricket
15:15 Perfection	13:30 The Weakest Link	16:00 Tipping Point	14:15 Face the Clock	08:35 Roary the Racing Car	
16:00 Escape to the Country	14:15 Mastermind	17:00 The Chase	14:40 Countdown	08:45 Milkshake Monkey	
16:30 Put Your Money Where Your Mouth Is	14:45 Reel History of Britain	18:00 ITV News London	15:30 The Common Denominator	08:50 Bananas in Pyjamas	
17:15 Pointless	15:15 Rick Stein's Mediterranean	18:30 ITV News and Weather	16:00 Deal or No Deal	09:00 Tickety Toc	
18:00 BBC News at Six	16:15 Escapes	18:30 ITV News and Weather	17:00 Four in a Bed	09:15 The Wright Stuff	
18:30 Regional News and Weather	18:00 Cycling	22:00 Newsnight		11:10 Trisha	
19:00 The One Show	18:30 Eggheads	In-depth investigation and analysis of the stories behind the day's headlines with Eddie Mair.		12:00 Looney Tunes	
19:30 A Question of Sport	18:30 Flog it! Trade Secrets	20:00 Wild Britain with Ray Mears		12:10 5 News Lunchtime	
20:00 EastEnders	19:30 Great British Menu	20:30 Coronation Street		12:15 Being Liverpool	
20:30 Room 101	20:00 Mastermind	21:00 Piers Morgan's Life Stories		13:15 Home and Away	
21:00 New Tricks	20:30 Sea City	22:00 ITV News at Ten and Weather		13:45 Neighbours	
22:00 BBC News at Ten	21:00 Wild Arabia QI	22:35 Three Kings		14:15 Person of Interest	
22:25 Regional News and Weather	22:00 Newsnight	00:40 Jackpot247		15:15 Stolen Innocence	
22:35 The Graham Norton Show	23:00 The Review Show			17:00 5 News at 5	
23:25 Pretty Woman	Oscars Special			17:30 Neighbours	
01:20 Weatherview	Southern Comfort			18:00 Home and Away	
01:25 BBC News				18:30 5 News	

Will Nick confess to stop Gail revealing the truth? Eric becomes disenchanted with Gloria. Ryan comes to the rescue.

It's time for the B&Bers to face the music, as they come together for one last time to find out what they've been paid and confront their critics face to face.

sky SPORTS 2
08:00 World Golf Champ.
11:00 Premier League
14:30 World Golf Champ.
17:30 NBA Action
18:00 Vendée Globe Sailing
18:30 Tight Lines
19:30 Football
22:00 World Wrestling Entertainment Late
00:00 Night Smackdown
World Wrestling Entertainment Late
Night Bottom Line
Football League

BBC ONE	06:00 Breakfast The latest news stories and events. Featuring regional news and whether forecasts as well as regular sports and business bulletins.
	10:00 Saturday Kitchen
	11:30 Nigel Slater's Simple Cooking
	12:00 BBC News
	12:10 Regional News and Weather
	12:15 Football Focus
	13:00 TBA
	14:00 Six Nations Rugby Union
	19:00 BBC News
	19:10 Regional News and Weather
	19:20 Let's Dance for Comic Relief
	20:40 National Lottery Saturday Draws
	20:50 Casualty
	More realistic medical drama with love, life and emergency operations from the Bristol based A and E.
	21:40 TBA
	22:10 BBC News
	22:30 Match of the Day
	23:50 The Football League Show
	01:05 Weatherview

BBC TWO	07:30 Great British Menu
	10:00 A History of Britain by Simon Schama
	11:00 Meet the Ancestors
	11:30 Map Man
	12:00 Indian Food Made Easy
	12:30 Mastermind
	Classic quiz show. Each week, four contestants are interrogated on a chosen subject, plus a general knowledge round, in the famous black chair, to compete for the grand title of Mastermind.
	13:00 University Challenge
	13:30 Talking Pictures
	14:10 The Black Shield of Falworth
	15:50 TBA
	16:30 Final Score
	17:15 Cycling
	19:00 Top Gear
	Motoring magazine programme that tests and reviews the latest models of cars on the market, as well as covering older 'classic' models and news in the motoring world.
	20:00 Dad's Army
	20:30 TBA
	21:30 Howard Goodall's Story of Music

itv 1	07:10 Animals
	07:25 Bookaboo
	07:40 Matt Hatter Chronicles
	08:05 Kick Buttowski: Suburban Daredevil
	08:30 Victorious
	09:00 Jessie
	09:25 ITV News
	09:30 The Jeremy Kyle Show US
	11:20 Saturday Cookbook
	12:20 ITV News and Weather
	Murder, She Wrote
	My Tasty Travels with Lynda Bellingham
	14:30 Dinner Date
	15:30 Carry on Up the Jungle
	TBA
	17:15 18:15 Regional News and Weather
	18:30 ITV News and Weather
	You've Been Framed!
	19:15 TBA
	20:30 Take Me Out
	22:00 The Jonathan Ross Show
	23:00 ITV News and Weather
	The Gauntlet
	01:15 Jackpot247

4	06:05 Sali Mali
	06:10 The Hoobs
	07:00 Sport
	07:55 The Morning Line
	08:55 Everybody Loves Raymond
	09:55 Frasier
	10:55 The Big Bang Theory
	11:50 The Simpsons
	12:50 Undercover Boss USA
	Tim White, the chancellor of UC Riverside, goes undercover to see if his university is achieving its goals. When working in the library, Tim is disappointed to see that a shortage of books is preventing some of the students from learning. On the campus athletics track, Tim learns that the tired and damaged seating is preventing the university from holding track meets. Will Tim take on everything he's learned on his mission and implement the changes needed to get UC Riverside to the top of the class?
	13:45 Channel 4 Racing
	16:10 Come Dine with Me
	18:45 Channel 4 News
	18:55 4thought.tv
	19:00 TBA
	20:00 Kevin McCloud's Man Made Home

FIVE	07:00 Roobarb and Custard Too
	07:10 Bananas in Pyjamas
	07:25 Animal Antics
	07:35 Make Way for Noddy
	07:50 City of Friends
	08:00 Little Princess
	08:15 The Adventures of Bottle Top Bill and His Best Friend Corky
	08:30 Angelina Ballerina
	08:45 Rupert Bear
	09:00 Ben and Holly's Little Kingdom
	09:15 Toby's Travelling Circus
	09:30 Roary the Racing Car
	09:45 Jelly Jamm
	10:00 Power Rangers: Samurai
	10:35 Batman: The Brave and the Bold
	TBA
	11:10 Police Interceptors
	11:15 Dangrous Drivers' School
	12:15 TBA
	18:55 5 News Weekend
	19:00 CSI: NY
	20:00 CIS
	22:00 Law and Order: Special Victims Unit
	23:00 Law and Order: Criminal Intent
	00:00 Super Casino

sky SPORTS 1	06:00 Cricket
	17:00 Sporting Greats
	17:30 Rugby League
	20:00 Prizefighter-the Heavyweights-Live
	23:30 Sporting Greats
	Michael Johnson. A look at the career of record-breaking American sprinter Michael Johnson. A winner of four Olympic gold medals, Johnson is one of the greatest track and field athletes of all time.
sky SPORTS 2	08:00 Barclays Premier League
	08:30 Champions League Weekly
	09:00 The Fantasy Football Club
	10:00 Soccer A.M.
	12:00 Barclays Prem.Leag.
	12:30 Football
	15:15 Sky Sports Classics
	15:30 NBA Action
	16:00 Sporting Heroes
	17:00 Football
	19:55 Champions League Weekly
	20:25 Football First

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BBC ONE	06:00 Breakfast
	07:35 Match of the Day
	09:00 The Andrew Marr Show
	10:00 The Big Questions
	11:00 Escape to the Country
	12:00 BBC News
	12:10 Countryfile
	13:05 TBA
	13:30 Six Nations Rugby Union
	16:00 TBA
	16:30 Songs of Praise
	The long running Sunday evening festival of well loved hymns from churches all across the United Kingdom.
	17:05 Penguins - Spy in the Huddle
	TBA
	18:35 BBC News
	18:50 Regional News and Weather
	19:00 Countryfile
	20:00 Call the Midwife
	21:00 Ripper Street
	22:00 BBC News
	22:15 Regional News and Weather
	22:25 Match of the Day 2
	23:25 The League Cup Show
	00:05 The Apprentice USA
	01:35 Weatherview
	01:40 BBC News

BBC TWO	08:15 Life in a Cottage Garden with Carol Klein
	08:45 A to Z of TV Gardening
	09:30 Saturday Kitchen
	Best Bites
	11:00 Cycling
	14:00 EastEnders
	Omnibus
	15:55 Flog It!
	16:55 TBA
	17:55 Coast
	18:15 Ski Sunday
	19:00 Food and Drink
	19:30 Open All Hours
	20:00 Top Gear
	Motoring magazine programme that tests and reviews the latest models of cars on the market, as well as covering older 'classic' models and news in the motoring world.
	21:00 Wonders of Life
	22:00 Dancing on the Edge
	Drama set in the early 1930s, following a black jazz band in London at a time of extraordinary change.
	23:00 Six Nations Rugby Highlights
	23:45 TBA
	01:25 Holby City

itv 1	08:05 Rated 'A' for Awesome
	08:30 Almost Naked Animals
	09:00 The Aquabats Super Show
	09:25 ITV News
	09:30 House Guest in the Sun
	10:25 60 Minute Makeover
	11:25 May the Best House Win
	12:25 ITV News and Weather
	Dickinson's Real Deal
	13:30 Doc Martin
	14:30 Murder, She Wrote
	15:30 TBA
	16:00 Carry on Henry
	17:45 Regional News and Weather
	18:00 ITV News and Weather
	Dancing on Ice
	18:15 All Star Family Fortunes
	19:45 Dancing on Ice
	20:30 Mr Selfridge
	21:00 22:00 ITV News and Weather
	TBA
	22:15 Rugby Highlights
	23:15 The Store
	00:15 Monk
	02:15

4	06:20 The Hoobs
	07:10 Will and Grace
	07:35 Everybody Loves Raymond
	08:30 Frasier
	09:30 Sunday Brunch
	12:00 The Big Bang Theory
	13:00 The Simpsons
	14:00 Star Trek IV: The Voyage Home
	16:20 Deal or No Deal
	17:20 Time Team
	18:20 Channel 4 News
	18:50 The Political Slot
	18:55 4thought.tv
	Recent surveys suggest that Britons have never been more secular. At the same time new immigrants are boosting the number of believers across Britain as never before. 4thought.tv asks: 'Can immigration save religion in Britain?' Rabbi Anna Gerrard believes British Jews need to become more open and diverse, by welcoming and learning from immigrants of other faiths. But Anna asks that all immigrants remember that Britain is an open and inclusive society and that they may need to adjust some values accordingly.
	19:00 TBA
	01:00 My Funniest Year

FIVE	06:30 The Mr. Men Show
	06:40 Olive the Ostrich
	06:50 Abby's Flying Fairy School
	07:00 Roobarb and Custard Too
	07:10 Bananas in Pyjamas
	07:25 Animal Antics
	07:35 Make Way for Noddy
	07:50 City of Friends
	08:00 Little Princess
	08:15 The Adventures of Bottle Top Bill and His Best Friend Corky
	08:30 Angelina Ballerina
	08:45 Rupert Bear
	09:00 Ben and Holly's Little Kingdom
	09:15 Toby's Travelling Circus
	09:30 Roary the Racing Car
	09:45 Jelly Jamm
	10:00 Power Rangers: Samurai
	10:35 Batman: The Brave and the Bold
	TBA
	11:10 Once Upon a Time
	11:15 Being Liverpool
	12:10 TBA
	20:55 5 News Weekend
	21:00 Person of Interest
	22:00 TBA
	00:05 Ice Road Truckers
	01:05 Super Casino

sky SPORTS 1	06:00 FIFA Futbol Mundial
	06:30 Football First
	09:30 The Sunday Supplement
	11:00 Goals on Sunday-Live From Wembley
	13:00 Football
	18:30 La Liga
	22:30 Ford Football Special
	00:00 Capital One Cup Final
	01:00 Scottish Premier League
sky SPORTS 2	06:00 Aerobics: Oz Style
	06:30 Rugby Super League
	08:00 World Golf Championship
	12:00 Premiership Rugby
	14:00 World Golf Championship
	23:00 Super League Fulltime
	00:00 Rugby Super League
	01:30 NBA
	02:30 Rugby Super League

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16TH FEBRUARY
14:15

SHE WORE A YELLOW RIBBON
(FILM)

Western drama with John Wayne as a US Cavalry officer on his last duty before retiring: escorting two women civilians to a stagecoach. The trio soon run into trouble in the form of hostile Indians. The second in Ford's cavalry trilogy produced an Oscar for Winton C Hoch's cinematography and one of John Wayne's finest performances - as a man learning to accept the relentless march of time.

Director: John Ford
Starring: John Wayne, Joanne Dru, John Agar, Ben Johnson, Harry Carey Jr., Victor McLaglen

(STEREO, SUBTITLES, 1949, U, 4 STAR)



18TH FEBRUARY
23:05



MONK
(DRAMA)

Mr. Monk's 100th Case. Series 7, episode 7.

Crime drama series about a private police consultant with an obsessive-compulsive disorder.

Crime drama series about a private police consultant with OCD. The solving of Monk's hundredth case, involving a serial killer, is featured on television. While watching, Monk soon realises that one of the four victims was actually murdered by someone else.

Director: Randall Zisk
Starring: Tony Shalhoub, Traylor Howard, Jason Gray-Stanford, Ted Levine, Eric McCormack, Brooke Adams

(STEREO, REPEAT, WIDESCREEN, SUBTITLES,
AUDIO DESCRIBED, 2008, 5 STAR)



21ST FEBRUARY
14:45

ONLY FOOLS AND HORSES
(SITCOM)

From Prussia with Love. Series 5, episode 1. It's closing time at The Nag's Head, and Mike the landlord is having problems clearing everyone out, particularly a young pregnant foreign girl who doesn't seem to speak Peckham English. Del and Rodney offer to help, and despite Del Boy's dodgy French, they work out that Anna is from Germany, and she's been chucked out on the street and was considering getting her child adopted. They leave Rodney to take Anna to a hotel, but he ends up bringing her back to the flat. Director: Mandie Fletcher
Starring: David Jason, Nicholas Lyndhurst, Buster Merryfield, John Challis, Sue Holderness, Kenneth MacDonald

(STEREO, REPEAT, WIDESCREEN, SUBTITLES, 1986,
PG, 5 STAR)



22ND FEBRUARY
12:15

DISTANT DRUMS
(FILM) (SUBTITLES, 1951, U, 3 STAR)

Capt Quincy Wyatt is leading a military expedition against a ring of gun-runners in the treacherous Florida swamplands when he and his men are surrounded by hordes of hostile Seminole Indians. As the Indians force him deeper and deeper into the unyielding Everglades, Wyatt has to take drastic action to ensure the safety of his men.

Director: Raoul Walsh
Starring: Gary Cooper, Mari Aldon, Richard Webb, Ray Teal, Arthur Hunnicutt, Robert Barrat



23RD FEBRUARY
08:30

ANGELINA BALLERINA
(ANIMATION)

Angelina's Trick-or-Treat Feat. The mouselings wonder what to do when their Halloween costumes don't arrive in time for trick or treat.

(STEREO, REPEAT, 4 STAR)



THE ESSENTIAL GUIDE TO TENERIFE

FEBRUARY WALK

Volcanic route to Garichico

KEEN hikers will be interested to know about a themed route organised by Adeje council.

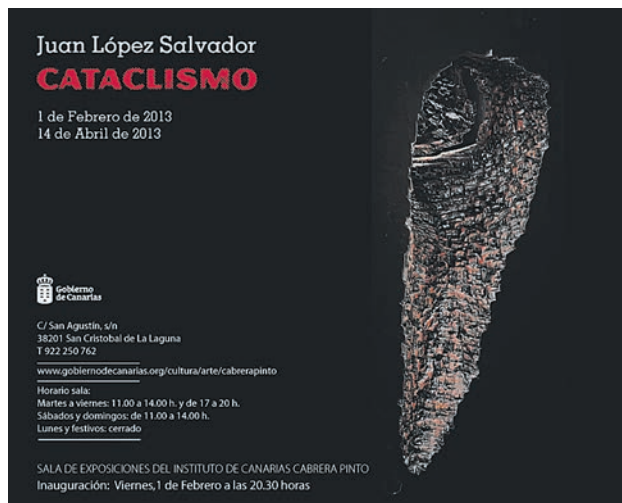
The volcano of Garichico will be the subject of a walk on Sunday, February 24th from La Montañeta to Garichico.

The route takes about five hours and is described as "medium to high" difficulty, taking in some important sloping landscape. The scenery is particularly beautiful in this area and walkers will be able to enjoy a stunning view of the "isla baja" region below. The history of the eruption of the volcano and its effects on Garichico will also be explained.

Entry is now open, costing five euros for those with a youth card, eight euros for residents and 15 euros for visitors. Please see www.adeje.es

"CATACLISMO" EXHIBITION

Nature inspires Laguna artist



AN artist who is staging an exhibition in La Laguna says he is inspired by his "awe of nature".

Juan López Salvador creates most of his sculptures in wood, particularly *tea*, but also uses stone and other materials, such as polyester mixed with fibreglass and metals.

There are 60 pieces of work in "Cataclismo" which is on show in the Sala de Arte Cabrera Pinto until April 14th. Many of them date back to the 1970s.

The artist was born in La Laguna in 1951 and has presented 20 solo exhibitions as far afield as New York, Paris, Washington, Lisbon and Madrid, as well as in the US and Germany. His sculptures

can be seen in the Tenerife Espacio de las Artes in Santa Cruz and in various public places across the archipelago.

Critics say his work "evokes the topography of the Canary landscape, its volcanoes, craters and cliffs."

The artist himself, who is self-taught, says he hasn't tried to represent nature but to create sculptures out of what he feels. He wants to convey the same emotions a person gets when they turn a corner and see an unexpected breath-taking sight, whether created by the wind, the ocean or the landscape.

NEW 2013 PROGRAMME

How Pinolere is preserving Canary traditions

IF you haven't yet heard of "La Asociación Cultural Pinolere", 2013 will be the year to discover what it has to offer.

Despite the tough economic situation, it is investing around 120,000 euros in its new programme which will feature workshops, talks, exhibitions, shows, fairs and demonstrations, all designed to preserve Canary life traditions.

The association is based in La Orotava and prides itself on bringing interesting events to the people to spotlight on culture, education, social and leisure. Each summer, there is also a major craft fair.

At a press conference, deputy Mayor and councillor for education and culture, Francisco Linares described Pinolere's work over the last 30 years as "unique and exemplary".

Half of the association's budget is self-funded and the rest is from government grants (30,000 euros from La Orotava, 19,000 euros from Tenerife Cabildo and 14,000 euros from the Canary Government and Ministry of Culture).

Sr. Linares encouraged all schools and educational centres in the Canary Islands

to get involved.

Apart from its full programme of events, Pinolere has its own ethnographic park. You can check all the activities on www.villadelao-rotava.org and on www.pinolere.org

Highlights to look forward to rural photography days on March 16th and 17th, a Canary cheese fair on April 6th and 7th, "Taparte" on June 22nd when art and gastronomy come together, a full range of children's summer leisure activities in July and August, a regional craft fair from August 31st to September 1st, an introduction to the craft of leather in October and a course on the whistling language Silbo in November.

Other projects take place throughout the year to help further enhance the traditions of Canary life and these turn the spotlight on such things as cultivating mushrooms, recovering traditional crops, the art of being a blacksmith and basketry.



HERMANO PEDRO PROMOTION

Limelight falls on cave and camino

AN old cave and religious route which has fascinated thousands of people in Tenerife is to be enhanced to attract even more international tourists.

Tenerife Cabildo took the opportunity at the FITUR tourism fair in Madrid to reveal details of a restoration plan for the cave of Hermano Pedro and the walk or "Camino" to reach it.

Hermano Pedro became Tenerife's first saint some 335 years after his death in 1667 aged just 41. It was his work with the poor and the sick in Guatemala which turned him into a legend amidst stories

NEW TAPAS EVENT

La Orotava offers some magic



The annual Carnival in La Orotava is proving simply magic

THIS year's event is inspired by "La Magia" and features some new arrivals as well as the traditional highlights. In La Orotava, they don't have the Burial of the Sardine but the "Entierro de Crispin" combined with tapas "for the widows" in the town's restaurants.

The Carnival poster represents a wizard's hat that explodes like a magic trick and the programme promises all that and more. The budget was reduced this year but the local council feels they have managed to bridge the gap and keep the spirit of the carnival alive.

The fun began on February 9th and the big parade has already taken place but there is still much to come, including:

Wednesday, February 13th. 9pm, Calle San Agustín (Plaza de la Constitución), traditional burial and burning of Crispin, with various Carnival groups, plus the new "Tapas y Viudas" on the streets with various tapas served by restaurants, sardines being their flagship, from 7pm to midnight. Tapas will be 1.5 or two euros. Also Orotava wine and other local produce. Followed by a performance from "Clave de Son".

Friday, February 15th. 8.30pm, VI Festival Pizzicatos Solidario, food collection in aid of Hermanas de la Cruz, Auditorio Teobaldo Power.

Saturday, February 16th. From 9pm, traditional Piñata Dance, Plaza de San Juan Bautista.

that he could perform miracles. However, his own story started in Tenerife as a lowly shepherd who used to take his flock past a cave where he lived for a while because of lack of money and this has since become a shrine to his memory.

The cave falls within the Granadilla municipality and the local council has long been keen to promote this and religious tourism.

Now, an agreement has been reached to promote the route and the annual pilgrimage which is considered one of the most important in the Canary Islands. When the event is held this year, it will be for the eighth edition.

It is planned to improve the path network to reach the cave which lies near the south airport. This will include new signposting, restoration of the track and safety measures.

The "Camino" is actually

19 kilometres and takes about five hours to walk properly. It starts about 1,500 metres above sea level and those who take part can see some of Tenerife's nature and culture at its best, with orchards, unique flora and pine forests.

*To get to the cave, follow the road towards El Médano. On your right, you will pass by a restaurant called Restaurante Hermano Pedro. Turn right immediately at the next turn (this is the secondary road which takes you towards Los Abrigos). A few kilometres ahead, you will see a sign on your right hand side indicating you have arrived at the cave. There is parking up the hill, approximately 20 metres away from the cave. If planning to take a long hike, please go properly equipped for all weather, always take a mobile phone and tell someone where you are going and when to expect you back.

Swallows show their art

Los Cristianos Exhibition



These beautiful paintings show the talent of "swallows" to Tenerife. Once again, the very popular Swallows Art Exhibition is being held in Los Cristianos where you can see more pictures like these and even buy one if you wish. You might even be inspired to join the group and take up painting yourself.



The 2013 exhibition will open for one week at the Swedish Church on the sea front at Los Cristianos on Saturday, February 23rd until Saturday, March 2nd.

The Art Group has held successful exhibitions at The Cultural Centre in Los Cristianos, the Hacienda Cristoforo near Playa Paraiso and in The Swedish Church, Los Cristianos.

The Art group meets every Thursday morning in Los Cristianos. Members venture out each week painting and sketching in all art disciplines. Their canvas is the beautiful Canary island of Tenerife with its diversity of volcanic landscapes, pine forest, picturesque villages with fincas and vineyards, harbours and seascapes.

The exhibition has a variety of paintings with varying subjects such as beautiful floral art work, still life and portraits showing the dedication and enjoyment of all the artists.

The Art Group occasionally holds workshops and painting classes. They also meet at the end of each month at the Hacienda Cristoforo near Playa Paraiso to chat and discuss their paintings and techniques. If you are interested in painting please do go along and join them.



All the paintings are for sale but there is no obligation to buy, just come and be inspired. Admission is FREE. Everyone is welcome. Delicious cakes and varying hot drinks are available in the charming café in The Swedish Church.

Jacqueline Hankin can be reached on 922 738 143 if you wish for further information.

The exhibition will be open on weekdays, opening on the Saturday 10am – 4pm, Monday and Friday 10am – 2pm, Tuesday, Wednesday and Thursday 10am-2pm and 4pm-7pm, closing on the final Saturday from 10am to 4pm.





YOUR DINING EXPERIENCE AROUND OUR RESTAURANTS

WHICH RESTAURANT SHOULD YOU VISIT
HAVE A LOOK AT OUR REGULAR ROUND-UP FOR A FEW IDEAS

Geordie Pride, Puerto Colón

Geordie Pride is a long-established name with an excellent reputation. What you might not realise, however, is what a great place this is to eat, to watch live sport and to enjoy a very unexpected view!

The best way to get to Geordie Pride is down the steps at the taxi rank and then turn left. The frontage belies what you will find inside as it is deceptively spacious, with a terrace at the front and at the back overlooking Puerto Colón harbour, with some fabulous sunsets. New owners, Mark and Kerry offer an extensive menu with breakfasts, snacks, lunches, burgers, sandwiches, salads and evening meals.

This is a family-friendly venue, specialising in the Newcastle matches, and is highly recommended for home-made Sunday roasts with good portions and prices inclusive of a pudding (ranging from 5.50 euros to 7 euros) or 3.50 for a children's portion. There's entertainment on a Saturday night and "free and easy" entertainment from 4pm to 7pm on Sundays with Ray Wilde from Coast FM, followed by a quiz and karaoke from 9pm.

Restaurante Magnolia, Puerto de la Cruz

Restaurante Magnolia has come a long way in the last three decades, starting life as a small intimate restaurant with an outdoor terrace to the finished article we see today, with the terrace now covered and well spaced tables inside. The décor is pleasant and comfortable and makes you feel at home right away. Windows run down both sides of the restaurant allowing the light to beam in, creating a bright atmosphere even on a dull day and there are lovely views.

The kitchen is open plan and creates the most wonderful Catalan and international dishes with an extensive menu of fish, shellfish, lamb, steaks, pastas. The combination of ingredients and flavours is wonderful with exquisite sauces.

This venue is always busy and customers are full of praise for the Restaurante Magnolia as one of the finest places to eat on the island. The quality and service certainly stands out and the cost is very reasonable indeed.

You will find Restaurante Magnolia opposite the Hotel Botánico on the main road, tucked into the side of Apartamentos Molino Blanco.

Tapas 'n' Chill, Golf del Sur

If you are looking for somewhere chic and stylish to eat, drink and relax, can we point you in the direction of Tapas 'n' Chill at Golf del Sur?

This lovely restaurant, with its clean-cut design but welcoming atmosphere, is run by Gary, who also has Volare next door and a great team to help him. The popular cabaret show-bar opened in August 2009 and Tapas 'n' Chill followed in November 2010.

Dutch chef, Art has worked in Michelin star restaurants in Holland and it's testament to his dishes that Tapas 'n' Chill is very popular so you are advised to book to avoid disappointment (619 909 417). Art is joined in the kitchen by sous chef, Scott and the restaurant is managed by Lynda.

The recommended way to eat here is to order two or more different dishes per person and then share. Prices vary between 2.90 euros and 7.50 euros and all the food is artistically presented.

It is open seven nights a week from 6pm until late and is situated a stone's throw from the ocean and not far from the market site/car park.

Tressardi, Puerto de la Cruz

If you want to seek out a really good Italian restaurant at an affordable price, look no further than Tressardi in Puerto de la Cruz.

This well established Italian restaurant and pizzeria is managed by three partners from Sardinia and can be found in La Paz (the main tourist area of Puerto).

It offers a very varied menu including traditional Italian dishes, pizza and pasta with gorgeous fillings and sauces, meat dishes, fresh fish and crunchy salads. You can accompany it with an Italian wine or cold beer whilst enjoying romantic soothing Italian music. The desserts like tiramisu and pannacota are to die for!

Depending on your choices the price averaging 15-16 Euros per person is what you can expect.

So if you want a good Italian restaurant for a family meal, a romantic dinner, a quick lunch when working or a take away, Tressardi is the restaurant for you. A friendly and homely restaurant that has quality products combining fast food and well prepared dishes for kids and grown ups.

Bistro Bolle, Costa del Silencio

Bistro Bolle in Costa del Silencio is a popular haunt for all nationalities and with multi-lingual owner Patrick, he can greet everyone in their own language.

It is set in a good location with stunning views, including Mount Teide, a huge sunny terrace which can be covered against the elements, easy parking, great food, big portions and low prices, plus regular music and theme nights (the next on February 23rd with Duo Recuerdo and Jan Lesley).

There is no formal menu (you choose from the blackboard or specials) though favourites like steak with various sauces and chicken à l'orange are firm favourites.

Bolle's aim is to re-introduce the diner to the whole experience of food in terms of appearance, smell and taste. It serves a wide range of Belgian beers, including 'on draught', and holds regular theme nights.

By car, turn left into Silencio from the main Galletas road, keep on until you see the statue with the figures in the swimming pool. Turn right here in front of them, then first left along the one way system and first left again and you will see the restaurant's red awning.

Tipsy Terrace, Los Gigantes

Tipsy Terrace in Los Gigantes is described as one of the friendliest places around and you will see why when you visit.

This delightful venue is run with great enthusiasm by owners Sally and Sarah. They love to celebrate special occasions and dates in the calendar and have become experts in providing great entertainment and lovely decorations.

It is not by chance that it has become a favourite place for many people, locals and holiday-makers alike.

You will find great home cooking and dishes to suit all tastes, from breakfast time through to evening meals and everything in between.

Tap into their menu on www.tipsyterrace.net and you can see all the choices for yourself, from Topsy's Ploughman's and Rise and Shine sandwiches to wraps, jacket potatoes, burgers, crunchy salads, light lunches and much, much more. Topsy Terrace also has a swimming pool, tennis, mini-golf and lovely gardens. It is easy to find as it is just by the coach and bus stops.

Emblematic tasca goes virtual

El Callejón

One of Tenerife's most emblematic gastronomic addresses in Santa Cruz has "gone virtual" to celebrate the annual Carnival.

Chef at the tasca "El Callejón", Braulio Simencas is sharing some of his secrets to followers of YouTube, Facebook and Twitter.

A master of cuisine on the island, the virtual tour includes a look round the restaurant and the kitchen where some of the dishes on the menu are explained and created.

"El Callejón" is owned by Grupo CIO and is expected to become a hub of activity during the Carnival celebrations which this year are on the theme of Bollywood.

Chef Simencas always advocates the use of fresh produce from the islands, including fish and items from the traditional Canary garden. He believes food should be very light and very healthy in terms of ingredients and processes. His mouth-watering creations include octopus tortilla with caramelized onion and salmon with a red onion pickle with lime and parsley.

You can share his secrets on <http://www.youtube.com/watch?v=dbNhxbsApQ>.



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WHEELCHAIR ACCESS



YOUR DINING EXPERIENCE AROUND OUR RESTAURANTS



WHICH RESTAURANT SHOULD YOU VISIT

HAVE A LOOK AT OUR REGULAR ROUND-UP FOR A FEW IDEAS

Bodeguita Algarrobo, Puerto de la Cruz

Across the street from the Botánico Hotel is the small but chic "Bodeguita Algarrobo".

A family-run business with a long history of restaurateurs, the restaurant was opened by Cristobal and Antonio whose parents founded the Algarrobo in La Orotava more than three decades ago, so it has a fine pedigree.

The cuisine served here is local Canary food with some surprisingly original features and the most exquisite flavours. Piquillo peppers stuffed with mushrooms and prawns, hake mounted on a moulded tower of perfectly cooked, seasonally fresh veg, wrinkled potatoes with a twist, lamb *bestofado*, an inside-out pie without the pastry, fig biscuit with chocolate sauce, pork steak with caramelised onions open sandwiches, stuffed leak with cheese and belly of pork fritters, *piquillo* peppers stuffed with mushrooms and prawns. These are just some of the dishes which have enchanted diners of all nationalities throughout the day and night. Some British tourists eat here four times during a week's holiday! Plan a visit and you will see for yourself why.

Rendezvous Restaurant/ Bar and Bistro, Golf del Sur

The Rendezvous in Golf del Sur offers diners a double delight.

By day and in the evening, you can enjoy a full menu with great prices and big portions at the Rendezvous Bar and Bistro, overlooking the bowling green at the Winter Gardens.

In the evening, you might opt for the Rendezvous Restaurant which is just above it and offers an extensive à la carte menu, fine wines and a relaxing night out to enjoy excellent cuisine at a leisurely pace.

"The Rendezvous Restaurant has a lovely ambience and it's a restaurant where you can sit back and enjoy".

The Winter Gardens is very easy to find and is on your right just as you drive into the Golf and where you can park. Just go through the main entrance and down the steps or ramps to find Rendezvous. Booking is advised at the main restaurant because it is extremely popular and it's testament to its success that diners come back time and time again.

Mamma Rosa, Playa de las Américas

Mamma Rosa has recently changed and updated its look, as well as introducing a new menu and presenting a more modern ambience to appeal to all ages. The things that haven't changed after 22 years are elegance, top-class cuisine, an excellent varied wine list and, of course, the service you would expect.

The restaurant is next to the Colón II apartments at the end of The Patch (near the last roundabout, with Santander Bank on the corner, and not far from the Hotel Palmeras). The cuisine is described as classical Italian and Scandinavian with Spanish and French influences, blended together and cooked in a modern style. Part of the new approach is to offer a very extensive fish menu. As with the meat, the restaurant tries where possible to buy local produce and support the islands' agriculture. Likewise, the wine list allows you to choose a Canary Island wine, together with wines from around the globe such as the mainland, Italy, France etc.

El Rincón de Cafetería Nivaria, La Laguna

La Laguna is such a beautiful place to enjoy whether you live here permanently or are on holiday.

If you are planning a visit, it's nice to have some idea of where to eat so can we recommend El Rincón de Cafetería Nivaria. Sometimes, the best food is found in the most unlikely places and this "corner café" is definitely one of them.

This family business was established in 1956 in the north of the island. El Rincón de Cafetería Nivaria opened its doors in the centre of La Laguna just a few metres from the municipal police station and the town hall so it's easy to find. You will find this small but cozy little restaurant at no 22 Calle Consistorio and you can be assured of a warm welcome from owner José Mario.

Here you will find a fantastic array of delicious home-made *tapas* (such as *tortilla*, octopus, meatballs, meatloaf) plus *bocadillos* with various fillings like meat, ham, chicken and a good variety of desserts.

Restaurant Algarrobo, Las Candidas

This family run restaurant is situated in the well-known and much visited venue in Las Candidas (La Orotava). The current owners are brothers Toño (front of house) and Cristóbal (head chef).

They have carried on the family tradition of offering top quality products at affordable prices whilst bringing the menu up to date. There is a lively atmosphere here with some really unusual dishes to taste. All the dishes are fresh using vegetables from the market. The cuisine is traditional with a modern slant without being too over elaborate.

They specialise in roast lamb and suckling pig and fish lovers have a huge choice. You will find Restaurant Algarrobo in Las Candidas just off the road between El Monasterio and La Orotava. A great place for parties, communions, business meetings etc.

Restaurant La Bohème, Puerto de la Cruz

Having recently celebrated its 25th anniversary, Restaurant La Bohème can rightly claim to be one of the best and most popular restaurants in Puerto de la Cruz.

Near the Plaza del Charco, you will find it on the first floor of Calle Blanco 5 and it is well worth seeking out for a really excellent meal in comfortable surroundings.

The restaurant has been under the same management for 25 years and has many loyal customers of all nationalities. They have always followed the same concept of presenting high-quality dishes with friendly service. La Bohème believes in moving with the times so there are always new additions to the menu, naturally cooked with fresh ingredients daily. A firm favourite of many is the crispy roast duck with delicious red cabbage, stuffed pear and various sauces. Do ask about the festive and New Year menus as well as birthday, anniversary and jubilee parties.

Clubhouse Fairways, Amarilla Golf

There are now even more reasons to discover the new restaurant Club House.

The menu is currently being updated to present even more unusual dishes, including ostrich meat and crocodile. The dishes are prepared with great flair and are excellent value for money.

The Club House also serves more traditional dishes, including lunch snacks, and has recently introduced a help yourself English buffet breakfast from 9am to 11.30am which at 4.50 euros is excellent value for money and includes a drink. Each afternoon, there is also a barbecue with a range of BBQ food.

Despite its name, the Club House is not at the golf course. It is next door to the Fairways Club with its own separate staircase from the road and it is open to the general public. It has a Spanish owner, a Swiss manager, Thomas Brand and a chef from the Canaries so has an international appeal.

Thomas speaks English, German, Italian, French and Spanish and would be delighted to welcome you. It is a great place for a special occasion so do pop in if you would like to make a group booking or require a special menu.

Tasca Casa Paco, Los Cristianos

Tasca Casa Paco is a hugely popular restaurant because it offers a real taste of Spain right in the heart of Los Cristianos.

It has become known as the restaurant with the singing chef because owner Paco is always singing and most evenings will take to his guitar to sing Spanish and English songs with great expertise.

There are more than 30 dishes on the menu and a wine list with over 50 choices. Paco is passionate about his food and only uses fresh ingredients and you can watch him as he creates your meal with an artistic flair. He's like a maestro conducting an orchestra. People often talk about this place for weeks after their visit because it is a unique experience over and above the excellent cuisine. It's not surprising it is highly rated on TripAdvisor, having recently held the number two spot for Los Cristianos.

It's easy to find near the cultural centre as you walk into Cristianos town. Find the two petrol stations and it is on the left of the one in the centre of the road.

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THIS IS OUR SPECIAL FORTNIGHTLY RESTAURANT REVIEW

CUESTA DE LA VILLA *Restaurant Reina*



CUESTA de la Villa is the last stop before getting to Puerto de la Cruz on the autopista (or the first one leaving Puerto towards Santa Cruz); so stopping off at the Reina for lunch is as logical as could be, perhaps on your way shopping in Santa Ursula, at Lidl, Mercadona or Hiperdino.

I'm saying this because as well as it being Tenerife News' home-patch, there's a great restaurant/cafe'ria called Reina located to the right as you turn right onto the old road. It's a great little place to stop off for a coffee on the terrace, a snack or a meal. On average a three course lunch/dinner will set you back about 12euros with wine so the food's excellent value.

Restaurante Reina only opened its doors on the 1st December 2012, so its brand new – neat, clean and gleaming. The chrome counters and kitchenware shiny-bright, as is the Maitre D' Tino. Tino is well known to many British residents as "Tino el Maño" who for many years ran the restaurant "Los Faroles" down on Playa Jardin. If you like nostalgia Tino's your man, as he proudly shows off the 1960's black and white mural of the Orotava Valley which takes up the main wall of the restaurant. The giant photograph shows the view from the restaurant of the valley before the previously mentioned autopista was built. Bananas abound, and you can trace your way down to La Paz, the Botanico and up towards La Orotava, and talk of what was where and when.

Tino insists that the Restaurant is not about him, though his charisma fills the place, he's retiring soon (so you'd better get there soon) – no it's all about Manolo – the young and brilliant chef, who dresses in dazzling whites and wears a black chef's hat tilted to one side. Manolo takes great pride in his presentation – not only of himself but also of his dishes, which he calls "innovative Canary cuisine with an international flavour".

"Let the food-fest begin" – cried Tino, waving Manolo back towards to sparkling kitchen. The team of four (Tino, Manolo, a female kitchen assistant and a waiter) run the Reina Restaurant like a well-knit team, and you can't help admire Tino's spirit. "El Maño" as he's known, gets his nick-name because he comes from Zaragoza on the mainland, and his influence is reflected in the menu. He met Manolo at the Restaurant but despite the obvious age gap they seem to be life-long friends. The menu boasts an excellent variety of dishes. Meat, chicken, fish and seafood all feature in the starters and main courses. However,

they specialise in rice dishes.

Being asked to review such a restaurant is a poisoned chalice for an English speaking newspaper. For a start we don't have many rice dishes – but Spanish rice comes in many different guises and the most difficult to explain is their speciality "Arroces Caldorosos". The best I can do is "Thick rice broth" which neither sounds good nor does it justice. Arroz Caldoroso is soup-like paella, juicy, liquid stock and exceptionally tasty textured rice. Try it, if you haven't. Or ask for

What followed was chickpeas and cod. Cod is salted in the Canaries, so don't expect it deep fried and battered. The small portion that we tried was a 1/2 serving (una media) and you can often ask for "una media" of anything on the menu. It's a great way to try things. This dish was very good, and most enjoyable. It consisted of chickpeas in a yellow sauce, with chunky bits of salty cod and rough spinach leaves. The verdict: recommended.

Next came one of Manolo's innovative specialities: the stuffed potato. A brilliantly presented dish which reminded me of the Spanish flag: flaming yellow sauce with bright red bands of pimientos, dusted with picante smoked pimiento (paprika). The potatoes were boiled, but light and fluffy with a light textured meat filling. The dish was as much a feast for the eyes as for the belly.

The main course was, in my opinion, Manolo's piece de resistance: the stuffed chicken's breast. From the first bite it was astoundingly good! A slight sweetness, a crunchy texture and a savoury centre. Again the English only have one word for mushroom, and it isn't enough to describe the stuffing. "Setas, hongos y champiniones" is what it is... and these different varieties of mushroom, combined with dates, is what makes this "Manolo's special fried stuffed chicken" absolutely lip-smacking, finger-lickin', espi-dali-docious! He wouldn't let us try the sirloin version, insisting that we must come back on another occasion – and you can bet we will. The chicken was accompanied by French fries and a tower of fresh seasonal veggies that included all the favourites, calabacin

(large courgette), runner beans, red peppers, celery, spring onions and various other green leaves. This is a five star dish within a roadside cafe'!

We had a six-sweet-tray of "postres" to end with. The pistachio ice cream tart with hot chocolate sauce won 1st prize. The quality of the abundant chocolate was superb and tasted like melted Cadburys buttons. A commendable runner-up was the pumpkin and carrot biscuit desert. There were also 3 varieties of "quesillo" which rapidly passed by and a coffee cake "tira-misssed-you".

The Reina Restaurant is not a posh place to eat, neither is it a traditional Canary haunt. It is what it is: a place you can enjoy lunch (or dinner) every day or any day. The staff are exceptional, the welcome, warm and inviting. The food is innovative, bold and has something to say. But that stuffed chicken... now that really is something to write home about.



The team at Restaurante Reina

the better known, drier, Paella, which is also a house speciality.

We started our meal with a "montadito" literally a "small-mounted-snack" or what we would call a "fancy open-sandwich". Manolo is understandably very proud of his montadito. He decorates it with quail's egg and king prawn, and it sits on a bed of fresh lettuce, with plumes of red piquillo peppers that garnish the slice of crusty bread. This could easily be a tapa, sitting at the bar with a beer or a glass of vino. Speaking of which, the wine we tasted was smooth as silk, considering it is locally grown in La Victoria. This house wine, served slightly chilled in an earthenware jug, by the 1/4 litre is wonderful (cost 2euros). Tino was keen to point out that he had bottles of Rioja and Ribera del Duero and also Zanata and Viñatigo (both from Icod).



Stuffed potatoes



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YOUR DINING EXPERIENCE AROUND OUR RESTAURANTS WHICH RESTAURANT SHOULD YOU VISIT



HAVE A LOOK AT OUR REGULAR ROUND-UP FOR A FEW IDEAS

Restaurante Sabor Canario, La Orotava

If you haven't yet discovered La Orotava, you must do so as it is the most wonderful town full of charm, character and Canary architecture.

This restaurant is located in one of the oldest buildings in the centre of La Orotava in a two-floor house of 800 square metres and two patios. Here you can taste the best of traditional Canary food with flair and innovation and wines from La Orotava.

The reputation of this restaurant with regard to the originality of its cuisine has been acknowledged for two consecutive years with the prize "Plato de Oro a la Gastronomía Canaria". Its style is home-made Canary food, with both conventional and creative dishes, always inspired by the best produce from the town. Prices suit all pockets.

You will find Sabor Canario on Calle Carrera, 17, La Orotava. (Tel:922322793, info@saborcanario.es www.hotelruralorotava.es).

Restaurante La Palmera, La Orotava

A visit to this stunning restaurant is guaranteed to take your breath away.

It enjoys the most spectacular of views so take your camera if you want to catch beautiful scenes of the ocean, Mount Teide and the Orotava valley.

The food, of course, matches the setting and you won't be disappointed. Restaurante La Palmera serves typical Canary food and wine but also offers an international menu and a special menu for children.

The restaurant is situated within an old property which is more than 250 years old and has a superb atmosphere, both inside and out within the gardens.

This is definitely a restaurant worth seeking out. Enjoy it as a couple, with family or friends, with a bigger group or for a special occasion.

You will find Restaurante La Palmera on Calle El Ramal s/n, La Orotava, parallel to the motorway Km33, returning to Santa Cruz. Find out more on www.restaurantelapalmera.es or www.guia-derestaurantes.com

Bistro Bodega ¡Yoo Más!, Los Realejos

Chef-owner, winemaker, co-founder and vice president for Slow Food Tenerife, Dutch born Adrián Bruins has made himself into a Canary gastronomic expert and also established himself as a respected local chef.

The thinking behind his kitchen is based on sourcing only fresh, local and when possible, ecological products straight from his own finca and local producers. Thus he has made it possible to offer excellent dishes at really economical prices.

Before coming to Tenerife, Adrián has had the good fortune of working in countries like the UK, New Zealand, Japan, mainland Spain and the Netherlands with some very well known chefs. This experience has helped him to come up with a whole new way of serving local and authentic Canary dishes in a contemporary and original style. Working this way, it means that the menu changes on a monthly basis according to the availability of produce.

Jack's Bar, El Duque/La Caleta

If you are looking for something nice to do one day or evening, why not seek out Jack's Bar which is in the El Duque area on the way to La Caleta?

You can walk here along the beach-front from El Duque.

Though small it's one of those very friendly places which will become a firm favourite once discovered and it is only a short taxi drive away from the main resort areas if you don't want to walk.

Run by Leonard and Christine from Newcastle, Jack's Bar offers good British cooking and drinks at affordable prices, all live sporting events, karaoke and a quiz on a Tuesday and a Thursday and cabaret with a singer on a Saturday with songs from the 60s to 90s.

The menu includes breakfast all day, snacks and baked potatoes, main meals, children's favourites and desserts. You can sit inside or outside on the small sunny terrace. On Sundays, they serve a traditional Sunday lunch with roast beef etc and all the trimmings like Yorkshire pud and roast potatoes.

El Lagar del Abuelito, La Cruz Santa, Los Realejos

If you would like to eat traditional Canary cuisine, with creative dishes which captivate you at first glance, then you must seek out this lovely restaurant.

Great eating places are often hidden away in corners of various towns but once discovered, you will want to visit time and time again. This restaurant is one of them.

In a prime location with a tranquil, rural setting, it affords great views and has excellent facilities, both for enjoyment inside or out. The food really is awesome, creatively prepared and with excellent service. Dishes offer an unusual combination of flavours and you will find all the traditional dishes on the menu. Children also have their own menu.

Outside, the restaurant has ample parking and tables on the terrace and there is an area with swings for children. The rustic dining room is very cosy but there is a larger room available for special celebrations and events. A brilliant place to "go Canary" and to share dishes without breaking the bank.

Creativo – Gourmet Bistro Restaurant Café Playa de San Juan

Creativo San Juan is a quality bistro restaurant-café bar located on the church square in the centre of this charming and traditional fishing village. Offering a relaxed and informal environment, it is run by husband and wife team Klaus (Danish) and Eva (Canary).

Creativo gained its name from Klaus's ambition to deliver fabulous creative dishes to excite the taste buds whilst at the same time being attractively priced. He combines his many years of experience as a chef in starred restaurants in Denmark with his own innovative flair for turning locally sourced fresh ingredients into something completely different and very special.

During the day, why not try a simple delicious lunch of Danish open sandwiches and tapas or perhaps come in the evening for something more exotic like roast lamb or cider pork. Choose from a simple one course to a three or four course menu with wine for a fine dining experience. Alternatively just enjoy sitting on the square and having a drink with friends. If you come on a Wednesday, you can see the local market in the square and stop in for a coffee break or lunch.

Children and dogs are also catered for. A delightful, honest and refreshing venue catering for all. For reservations call 650-609-791.



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PETS WORLD

All you need to know about your pets

A STRANGE TALE

Alfie and the TV aerial!

THERE are lots of strange but true stories involving pets, including the recent one about the cat which lived to tell the tale after being stuck under a train for more than 1,000 miles.

This one about Alpie the kitten takes some beating, however. Apparently, he managed somehow to swallow a six-inch TV aerial!

His owner back in Britain said the young tabby had an obsession with the television and would sit looking at it for ages, mesmerised by the moving pictures on the screen.

One night, she heard a loud bang and found Alpie hiding under the bed. She thought he had fallen off the window sill but took him to the vet the next morning after he was sick. The vet later discovered he had swallowed an aerial antenna.

"It's very rare," said the vet who treated Alpie. "We did have a case a few years ago when a dog ate a tent peg but

it's very unusual for such a solid object to be swallowed in this way.

"It seems as though the kitten had been playing with the antenna and inadvertently swallowed it which is a very unusual accident.

"It's fortunate that he didn't swallow it the other way round as the sharp broken end could have punctured his stomach and caused damage to his intestines which could have been fatal."

Every year charity vets see many cases of pet patients that have swallowed strange items, ranging from rubber ducks to socks, golf balls to dummies. If pet owners suspect their pet has swallowed something it shouldn't, they should consult their vet immediately.

Neutering your dog

NEUTERING can have really great benefits, both to your pet and to you! You will also be doing your bit to help the growing crisis of pets being abandoned, dumped or given away because there aren't enough homes to go around.

Neutering means surgically preventing pets from reproducing. In males, the operation is called castration and in females it's called spaying.

With castration both testicles are removed which takes away the main source of the male hormone testosterone. With spaying, both the ovaries and the uterus are removed which means the female is unable to become pregnant.

Both operations are carried out under general anaesthetic. Every surgical procedure has some risk but modern techniques are very safe. Because it involves surgery, there will be some discomfort but dogs are given drugs to control this and most of them are up and about just a few hours after they've had their operation.

The cost can vary a lot depending on the sex and type of dog you have so it's best to check with your vet. Female dogs can be spayed from around six months old and there's no benefit to waiting until they've had their first season. Male dogs can be neutered from six to seven months old although the exact age varies depending on their breed, so speak to your vet – but don't leave it too late otherwise the benefits associated with neutering start to reduce.

DENTAL CARE

A perfect smile for your pet!



ONE of the funniest adverts on UK TV is the one where the dogs smile and show their false teeth!

Though guaranteed to raise a chuckle, it does of course have a serious side as looking after the teeth of our pets is very important and that applies as much to cats and rabbits as it does to dogs.

Without healthy teeth and gums, a pet may not be able to chew food, could develop bad breath and suffer dental pain.

Feeding a pet sugary treats and not brushing their teeth can cause build-up of dental plaque, which is formed from bacteria. If left, plaque can form yellow/brown tartar. The acid created by the bacteria in plaque seriously damages the surface of the teeth and irritates the gums. This can lead to gingivitis (inflammation of the gums), periodontal disease (damage to the tissues around the teeth) and tooth loss.

Special toothbrushes and toothpastes are available for dogs and cats. Pet toothpaste, which usually has a meaty flavour, should always be used because pets dislike human toothpaste.

Pets should be introduced to toothbrushing as young as possible, though it can be successfully started in adult animals.

Signs that your pet is suffering from dental disease include bad breath, yellow/brown plaque-covered teeth and red or bleeding gums. Other signs include difficulty eating, food falling from the mouth, a lack of interest in food, weight loss, face rubbing and excessive saliva.

Rabbits also need special attention. Unlike human teeth, rabbit teeth grow continuously throughout their life. This means that they need to nibble constantly to wear their teeth down. Wild rabbits achieve this by eating lots of grass. Pet rabbits should have constant access to good quality hay. If rabbits don't eat enough grass or hay, their teeth can become overgrown, leading to painful mouth ulcers. In severe cases, overgrown tooth roots can even penetrate the eye socket. Hay is essential in helping to prevent such tragic cases.

Vets advise that rabbits should be fed at least their body size in hay each day, a handful of fresh vegetables, morning and evening, one tablespoon of commercial rabbit nuggets once a day for rabbits under 3.5kg or one tablespoon twice a day for rabbits over 3.5kg. Don't feed a muesli-type mix to rabbits as it is linked to painful dental disease.

For a demonstration from a vet of how to brush your dog or cat's teeth, visit the charity People's Dispensary for Sick Animals' website on pdsa.org.uk/pethealthvideos

EUTHANASIA DILEMMA

Little pets but big decisions



TINY pets such as gerbils and mice do not live as long as humans. Thinking about euthanasia – literally, a "gentle and easy death" – is something that no pet owner likes to dwell on but sadly it is a decision that many pet owners eventually have to face.

Euthanasia is most commonly used to end the suffering of sick or injured animals. Reasons may include diagnosis of an inoperable or untreatable condition, treatment may not be working and recovery is unlikely or is questionable since it may simply be prolonging suffering without benefit.

It is always advisable to discuss the option of euthanasia with your vet. Remember to include family members in the decision, particularly those who are fond of the pet or involved in its care.

Is it pain or is it old age?

The lifespan of some pets such as hamsters or gerbils

may be only two or three years. Just like other animals, small pets tend to "slow up" as they age. Sometimes they will develop conditions such as arthritis, which may be treatable. However, pet owners should consider their pet's short lifespan – prolonged illness or extensive surgery in an aged pet may cause suffering with little long-term benefit.

Happy, healthy pets are bright, active and investigative. When sick or in pain, they are hunched, inactive and not interested in food. Assessment of pain can be difficult even for vets and sometimes the only way is to try painkillers (only use those prescribed by a vet) to see if behaviour returns to normal.

It is sensible to visit the vet as soon as you notice your pet

is unwell. Modern veterinary medicine means that therapy is now available for conditions that were untreatable in the past. However, diagnostic techniques and therapies are often less sophisticated for small pets than for dogs and cats. Veterinary treatment can still be costly even for small pets.

Illness in tiny animals often comes on rapidly and owners are understandably stunned that a pet, bright and happy yesterday, is severely ill today. In the wild, many small animals are at risk from predators. This means they tend to hide early symptoms of illnesses and so are often extremely ill by the time symptoms are seen. They also have a fast metabolism (their bodies "work" at a high speed) so many illnesses worsen quickly. Sometimes they can be so ill that it is necessary for a decision for euthanasia to be made before a diagnosis can be reached.

Persistent and incurable inability to eat, signs of pain, distress or discomfort, difficulty in breathing and painful sores that will not heal are all indications that euthanasia should be considered. You know your pet best, so try to make a reasoned judgement on his or her quality of life. Your vet will help and will often make a recommendation. If you are hoping for an improvement in your pet's condition, setting a time limit may be a sensible option. Sadly, not all small pets die peacefully in their sleep at home. Many reach a point when their quality of life is unsatisfactory and a decision for euthanasia has to be made.

Living with a chronically ill animal can be emotionally draining. The time needed for care may be considerable and not everyone can cope. If there is no chance of a recovery, it may be better to opt for euthanasia.



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Roses are red at Card and Candy Store

WITH a name like "Card and Candy Store", it's obvious what this lovely shop at Costa del Silencio sells.

It does indeed offer all sorts of British traditional sweets and very affordable cards, in all shapes and sizes, and personalised if you wish on the spot.

But with Valentine's Day in mind, owner Sharon is offering customers a "one-stop-shop" where you can buy your loved one a gift and invest in a red rose (or a bouquet, if ordered).

Of course, Valentine's Day is Thursday, February 14th but if you are planning a celebration perhaps this weekend or later, do pop in. It's also the place to head for in advance of Mother's Day, Easter or for weddings, anniversaries, special celebrations and so on.

The Valentine's cards cost from 2.50 euros to eight euros for a really large size, there are "I love you" teddies, Thornton chocolate hearts, balloons, table confetti, sweets which can be boxed up and gifts, plus those fresh roses.

You will find the Card and Candy Store on the ground floor of the Coral Mar shopping square with plenty of free parking available.



Win a Valentine meal at El Sauzal

Go shopping in El Sauzal and you might win yourself a Valentine's culinary treat

THE local council in association with the Business Association has organised a Valentine campaign until February 14th under the banner of "San Valentin invites you to dinner".

Customers who buy purchases in shops within the "Zona Comercial Abierta" will get the chance to win various raffle prizes and dinners for two. Those restaurants who have collaborated include Casa del Vino,

Jalea de Menta, Terrazas del El Sauzal, La Amistad, Bodegón Vijariego, La Barrica, Campo de Tiro, Casa Odón, Hay lo que Hay and La Baranda.

Whilst in El Sauzal, pop in to see an exhibition about the different forms of love ("Diferentes formas del amor") in the Sala de Exposiciones del Ayuntamiento de El Sauzal Banca Civica-Caja Canarias. This is being staged by students on a digital and photoshop course.

Their 20 photographs show the evolution of love from early childhood to adulthood, through parents and family and also emphasise love of nature, animals, photography and interactive love.

The exhibition remains open in the cultural space until February 17th and can be seen Wednesday to Sunday 5pm to 8pm.

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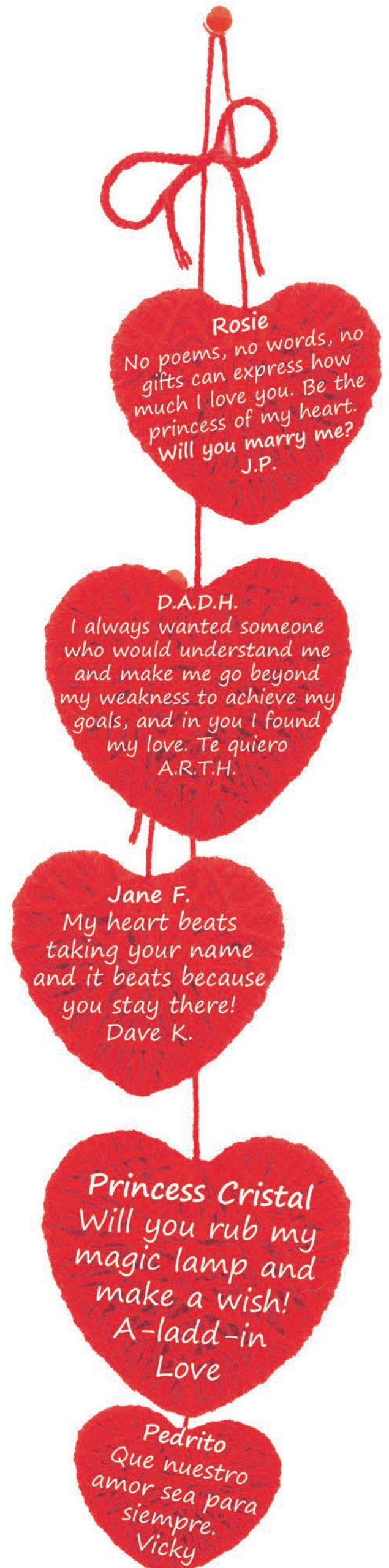
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...Be my Valentine...



I love you!

Let it be LOVELY, this Valentine's Day

SINCE we are only giving our readers a taste of what's to come from our Style Page, we thought it would be sensible to start with love (and cupcakes) since it is Valentine's Day. We also thought we would take you day trippin' to Candelaria, to a place called Varabara. Though the name Varabara may look like a word misspelled or even gibberish, it's a revolutionary label that perfectly describes a place for creative people who have a hankering for cooking, painting, design and creative arts.

Don't worry, you don't need to be an artist to paint ceramics or take a cooking or baking class in their workshop, "el taller" with Pilar, founder and chef extraordinaire. She will take you step by step through the process and if you're lucky she'll whip up some of her famous cupcakes. She also brings in top-end chefs to lead classes in Lebanese cooking, Indian and even macrobiotic, to name just a few.

For those of you that are no lonely hearts, and have a flair for the original, stop in and surprise your loved one with a mug or serving plate that you can paint together. I think you'll understand. Pilar stocks the taller with high quality ceramics from Portugal that are just waiting to be painted and taken home.

When we were there we made cookies and decorated cupcakes (demonstrated here by the delightful Arminda and her companion Andres). When we walked in, we did a twist and shout when we saw the wall-to-wall chalkboard with all its zany drawings and words of wisdom, not to mention the enormous kitchen that is Scandinavian in style with hints of 1950s Americana. Lima de Oliveira, our photographer chalked on the wall "all we need is love," because that is her new Beatles motto. The rest of us just couldn't wait to eat the red velvet cake. I could do that eight days a week.

Visit Varabara, The Creative People on facebook or online www.varabara.com or in Candelaria: C/ Los Príncipes, Edificio El Paso, Local 4 (next to centro cultural de la villa). They are open M-F from 4 to 9pm, Sat. 10-1 & 4-9pm

If you like what you see visit Lima de Oliveira Photography www.limadeoliveira.com



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Why our skeletons need loving care

WE think our skeleton will provide a solid framework for life but it needs tender loving care just like our skin, hair or heart.

It's so important to keep your bones healthy and there are many steps you can take to help build healthy bones, which are all linked to leading a healthy lifestyle.

GET PHYSICAL!

Your skeleton grows stronger if you do regular weight-bearing exercise. This is any kind of physical activity where you are supporting the weight of your own body, for example jogging, aerobics, tennis, dancing and brisk walking.

Weight lifting is another good type of bone-building exercise, where the action of the tendons pulling on the bones seems to boost strength.

If you have osteoporosis you may need to be careful of vigorous, high impact exercise but it's important to stay active and find something you enjoy. Leading an active lifestyle will ensure you have good balance and co-ordination and will also help to develop muscle strength. The following exercises may help keep you fit and reduce your risk of falling and breaking a bone:

swimming, gardening, walking, golf and Tai Chi.

EAT YOUR WAY TO HEALTHY BONES

The body contains 1kg of calcium, 99% of which is stored in our bones. While it is important to eat plenty of calcium to help build or maintain healthy bones, other vitamins and minerals are also important. If you enjoy a wide variety of food you will get a mix of all the vitamins and minerals you need.

The UK Food Standards Agency advises that a healthy balanced diet has plenty of fruit and vegetables (at least a variety of five portions every day), plenty of starchy foods, such as bread, rice, potatoes and pasta, wholegrain varieties whenever possible, some milk and dairy foods, some meat, fish, eggs, beans and other non-dairy sources of protein, plus just a small amount of food and drinks

high in fat and/or sugar.

WHAT ABOUT DIETARY SUPPLEMENTS?

If we eat a healthy, varied diet then we should be able to get all the vitamins and minerals we need from food. This is certainly a lot tastier than pills!

However, as we get older, we absorb nutrients less efficiently. Many older people also have smaller appetites so may benefit from supplements if they are getting insufficient nourishment from food.

THE IMPORTANCE OF VITAMIN D

Vitamin D is vital to help the body absorb calcium. The main source is the sun through our skin which the body converts into vitamin D and stores in our fat. Most of us will get enough sun to help our bones if we get out and about in the summer without even thinking about it.

However, older people, those who do not go out much

and people who cover up for religious or cultural reasons may become deficient and 400 iu (international units), or 10micrograms, a day is recommended.

Studies have also shown that vitamin D and calcium supplements can help to cut the risk of broken hips in frail, older people so supplements may be prescribed.

QUIT SMOKING

Smoking has a toxic effect on bone by stopping the construction cells from doing their work. It's another good reason to try to give up.

REDUCE YOUR ALCOHOL INTAKE

Enjoying the odd glass of wine could actually help your bones. But drinking too much alcohol is damaging to our skeleton and increases your risk of fracture. Bear in mind that drinking alcohol can also make you unsteady and increase your risk of falling, and therefore breaking a bone.

Does my child have measles?



MEASLES is a highly infectious viral illness. It can be very unpleasant and possibly lead to serious complications, including blindness and even death. However, it's now rare in the UK due to the effectiveness of the MMR vaccination.

Anyone can get measles if they haven't been vaccinated or had it before, although it's most common in children aged between one and four years old.

The measles virus is contained in the millions of tiny droplets that come out of the nose and mouth when an infected person coughs or sneezes.

The virus spreads very easily and measles is caused by breathing in these droplets or by touching a surface that has been contaminated with the droplets and then placing your hands near your nose or mouth.

The initial symptoms of measles include cold-like symptoms, red eyes and sensitivity to light, fever and greyish white spots in the mouth and throat.

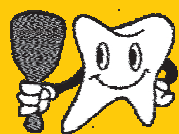
After a few days a red-brown spotty rash will appear. It usually starts behind the ears, then spreads around the head and neck before spreading to the legs and the rest of the body.

Most childhood rashes are not measles but see your doctor if you notice the above symptoms and suspect it's measles. Measles is a notifiable disease, which means that any doctor who diagnoses the infection must inform the local health authority in order to identify the source of the infection and stop it spreading.

If you notice any additional symptoms while your child has measles, seek urgent medical attention.

Measles can be extremely unpleasant and can lead to complications such as meningitis and pneumonia. In very rare cases people have died from measles.

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Dealing with warts

MOST people develop warts at some stage in their life, usually by the age of 20.

Warts are flesh-coloured lumps, which can be 1mm to over 1cm across. They can appear anywhere but usually affect the hands and feet. A wart on the foot is called a verruca. Genital warts appear around the genitals or anus.

They are caused by infection with the human papilloma virus (HPV), which can be passed on through skin-to-skin contact and sometimes through surfaces such as floors and towels. If you have a wart, you can spread it to other people

through close contact and also to other parts of your own body.

Most warts go away by themselves but this can take up to two years. Treatments include over-the-counter creams and gels (not for use on genital warts): ask your pharmacist which ones may be suitable for you.

Prescription chemicals can be dabbed onto the wart. Cryotherapy (freezing) should only be carried out by a practitioner who is trained in cryotherapy. There is also the



option of surgery and laser treatment but these are not commonly used. There is limited evidence that duct tape placed over the wart can be effective.

See your doctor if the wart is bothering you, if you want your

doctor to treat it or if treatments from the pharmacy have not worked. If you have genital warts, it's important to go to your doctor or a genitourinary medicine (GUM) clinic so that you can be given appropriate treatment.

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Reduce the chances of back pain

ALTHOUGH it is not always possible to prevent sciatica, there are several things you can do to help prevent a slipped disc or other back injuries that could lead to sciatica.

POSTURE

How you sit, stand and lie down can have an important effect on your back.

STANDING

Stand upright, with your head facing forward and your back straight. Balance your weight evenly on both feet and keep your legs straight.

SITTING

You should be able sit upright with support in the small of your back. Your knees and hips should be level and your feet should be flat on the floor (use a footstool if necessary). Some people find it useful to use a small cushion or rolled-up towel to support the small of the back.

If you use a keyboard, make sure that your forearms are horizontal and your elbows are at right angles.

DRIVING

Make sure that your lower back is properly supported. Correctly positioning your wing mirrors will prevent you from having to twist around. Foot controls should be squarely in front of your feet. If driving long distances, take regular breaks so that you can stretch your legs.

SLEEPING

Your mattress should be firm enough to support your body while supporting the weight of your shoulders and buttocks, keeping your spine straight. If your mattress is too soft, place a firm board – ideally 2cm thick – on top of the base of your bed and under the mattress. Support your head with a pillow but make sure that your neck is not forced up at a steep angle.

EXERCISE

Exercise is both an excellent way of preventing back pain and reducing any back pain you might have. However, if you have chronic back pain (pain that has lasted more than three months), consult your doctor before starting any exercise programme.

Exercises such as walking or swimming strengthen the muscles that support your back without putting any strain on it or subjecting it to a sudden jolt.

Activities such as yoga or pilates can improve the flexibility and the strength of your back muscles. It is important that you carry out these activities under the guidance of a properly qualified instructor.

Don't laugh at men's midlife crisis

THE male midlife crisis is often made fun of but for many men it is a distressing experience.

It can happen when men think they've reached life's halfway stage. Anxieties over what they have accomplished so far, either in their job or personal life, can cause a period of depression. In men, this usually happens between the ages of 35 and 50 and can last for up to ten years.

It's a controversial syndrome that health experts think is related to the brain or to hormonal changes. While it may be a great source of jokes and amusement for some, for those affected it can be quite debilitating.

The topic seems to be poorly researched with few

surveys but it does seem as though the midlife crisis hits men in different ways and at different times.

The best advice is to see your doctor and get help. Depression can be triggered by a major life change, such as divorce, separation, long-term illness, bereavement or job loss. Sometimes there appears to be no obvious reason.

The point is, if you feel

very low for more than a couple of weeks, it is vital that you go to your doctor for help. You may be prescribed antidepressants or referred to a counsellor.

Ways to help avoid depression include regular exercise, which can ease tension and trigger brain chemicals that improve mood (endorphins), eating well and sleeping well. Most of all, don't bottle your feelings up.

Overcome those exercise excuses!

DID you make a New Year resolution to get fit? Chances are, you have probably broken it by now.

It takes an awful lot of willpower to exercise on a regular basis but it really doesn't have to be that taxing. Do these excuses ring true?

"I don't have time"

This is a genuine barrier but it's like anything you want to do, you have to prioritise and manage your schedule so that it fits in. It's very easy to use time as an excuse but you just need to work out ways around it.

"I'm too tired"

Fatigue is often a real barrier. You might get home from work at the end of the day and feel worn out but often you are just experiencing mental fatigue. If you do go out and exercise, you'll find you're invigorated and it will give you a whole load more energy. It's a nice paradox that exercise will relieve that tiredness.

"I don't have the willpower"

Staying motivated is a key issue. One very powerful way is to make yourself accountable by doing the plan with a friend or family member, so you can encourage each other. It means you've got someone to report to, to explain why you didn't turn up, or someone to share it with so you can share your lack of motivation.

A good technique for people who prefer to train alone is what the experts call 'self-regulation'. For this, you

could start a diary or a blog. Being faced with an empty page if you miss a session can be a powerful incentive to keep going.

"I don't like exercise"

Often when people say 'I don't like exercise' what they really mean is they didn't like sport at school – going out for a cross country run or playing hockey. Also, for people who haven't exercised for many years – or maybe never – they don't think of themselves as an exerciser or a sporty person. But the good news is that there are so many ways of being active, it's just a case of finding something you enjoy. As well as jogging, it could be tennis or badminton, it might be hiking, it might be mountain-biking, canoeing, frisbee, aqua aerobics or spinning. There are so many sports available to us now.

"It's hard work"

Often people don't want to exercise because they think that it's hard work, or they start out and feel it's too hard and so they give up. If exercising for the first time, start slow and build up gradually. With running, for example, you improve gradually until you can go further and faster and you forget it was hard in the beginning.

"The weather is too bad for exercising"

Lots of people struggle in bad weather if they exercise outside, as they don't like the dark or the cold (unless you

are in Tenerife, of course!).

Learn to love the weather, remember to wear a good sunscreen even if it is cloudy as the sun can still burn here.

There are advantages to it, too. If you're self-conscious you can put sports clothes on and a hat and if there are people around they're not going to recognise you.

"I've missed a session. I'll never get back on track"

It happens to everybody, no one sails through never missing a session. It's normal, the thing is not to let that mean a return to a sedentary lifestyle. Just start again and bear in mind you're not starting back at the same place as before. You may have to redo some of what you've already done but you'll get back to where you were, faster.

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THE reservations for the Pig Roast to be held on Saturday 23rd March are coming in thick and fast, so if you wish to attend, do please book as soon as possible. Priority will, however, be given to Library members.

A talk, the details of which are yet to be confirmed, will be held on Thursday 14th March. This will as usual be followed by a buffet lunch, including wine etc. for the price of 6 euros. Watch this space, or the Library notice board for information.

Available now, the new best seller from one of my favourite husband and wife team, *Complicit* by Nicci French. Bonnie Graham is in her friend's flat. She is alone, apart from the dead body lying in a pool of blood. What happened? What will she do?

And is any or all of it her fault?

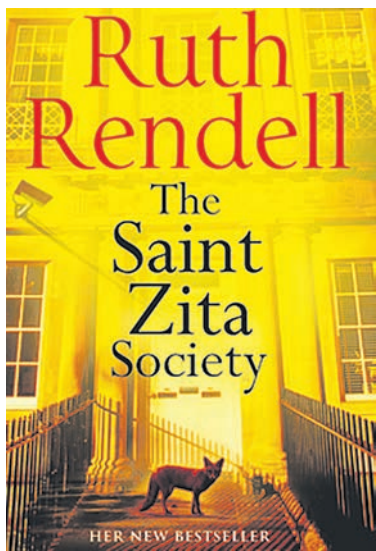
Bonnie is a music teacher who has spent a long hot summer in London rehearsing with a band. It was supposed to be fun, but the tricky knots of the band's friendships begin to unravel with each passing day. What was meant to be a summer of happiness, music and love turns deadly as lovers betray, passions turn homicidal and friendship itself becomes a crime. Someone in the band must be a killer. Is it Bonnie?

And if not, who is?

To fans of Nicci French, this does not disappoint!

Another book from Ruth Rendell

The Saint Zita society



Someone had told Dex that the Queen lived in Victoria. So did he, but she had a palace and he had one room in a street off Warwick Way.

Still, he liked the idea that she was his neighbour.

Dex works as a gardener for Dr. Jefferson at his home on Hexham Place in Pimlico: an exclusive street of white-painted stucco Georgian houses inhabited by the rich, and serviced by the not so rich. The hired help, a motley assortment of au pairs, drivers and cleaners, decide to form the Saint Zita Society. (Zita was the patron saint of domestic servants) as an excuse to meet at the local pub and air their grievances. When

Dex is invited to attend one of these meetings, the others find that he is a strange man, seemingly ill at ease with human beings. These first impressions are compounded when they discover that he has recently been released from a hospital for the criminally insane, where he was incarcerated for attempting to kill his own mother. Dex's most meaningful relationship seems to be with his mobile phone's service provider, Peach, and he interprets the text notifications and messages he receives from the company as a reassuring sign that there is some kind of god who will protect him.

And give him instructions about ridding the world of evil spirits.....

Accidental death and pathological madness cohabit above and below stairs in Hexham Place.

First Ladies by Kay Burley

(Kay Burley is the longest-serving female journalist on British television. As host of her daily Sky News show, *Afternoon live with Kay Burley*, she has covered some of the world's biggest news stories.

Her coverage of 9/11 helped Sky win its first TV Bafta. She was on air when Diana, Princess of Wales, died, Concorde crashed and the Iraq War began, and her exclusive interviews saw her shortlisted for presenter of the year alongside Jon Snow. Kay is a proud ambassador for Macmillan Cancer Support)

Suave PM Julian Jenson has just been re-elected. The nation's darling, he has an elegance and natural charm in public. But in private the cracks are beginning to show. At his side is his wife, Valerie. Trim, tall, well educated but deeply unhappy - with her son and daughter away at school, alcohol is becoming a trusted friend.

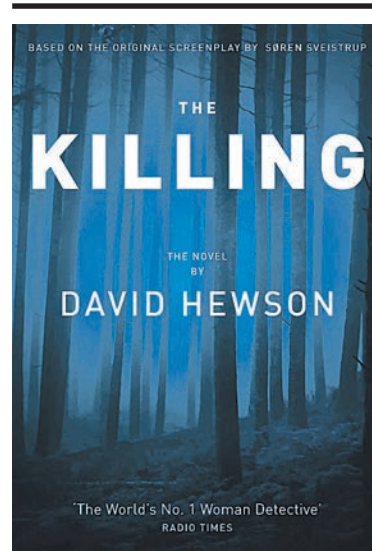
Sally Simpson is at the peak of her game. Powerful editor of the bestselling magazine 'Celeb', she can't wait to take her rightful place by Julian's side.

Sexy TV reporter Isla McGovern has caught Julian's eye, and she will do anything, (or anyone) to

get to the top.

When the three women meet, so begins a perfect storm, and only one can emerge as the First Lady.

The Killing by David Hewson



(Based on the original screenplay by Soren Svestrup) Through the dark wood where the dead trees give no shelter, Nanna Birk Larsen runs.... There is a bright monocular eye that follows, like a hunter after a wounded deer. It moves in a slow approaching zig-zag, marching through the Pineskoven wasteland, through the Pentecost forest.

The chill water, the fear, his presence not so far away...

There is one torchlight on her now, the single blazing eye. And it is here...

Sarah Lund is looking forward to her last day as a detective with the Copenhagen police department before moving to Sweden. But everything changes when nineteen-year-old Student Nanna Birk is found raped and brutally murdered in the woods outside the city. Lund's plans to relocate are put on hold as she leads the investigation along with fellow detective Jan Meyer.

While Nanna's family struggles to cope with their loss, local politician Troels Hartmann is in the middle of an election campaign to become the new mayor of Copenhagen. When links between City Hall and the murder suddenly come to light, the case takes an entirely different turn. Over the course of twenty days, suspect upon suspect emerges as violence and political intrigue cast their shadows over the hunt for the killer.

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ARIES (Mar. 21- April 20)



Compromise if you wish to have any fun at all. Don't reveal any personal details. You must be careful not to ignore the needs of the youngsters in your family.

TAURUS (Apr. 21- May 21)



You will be misinterpreted if you get involved in other people's problems. Don't let any small misunderstandings get in the way. Unexpected changes in friendships could occur.

GEMINI (May 22-June 21)



Be creative in your efforts. Get together with friends and do something entertaining but not too expensive. Socialize with friends, but don't overspend on lavish entertainment.

CANCER (June 22-July 22)



If you're single, get out there and you'll meet someone new. Your dynamic, determined approach will win favors as well as a helping hand. Travel for business or pleasure.

LEO (July 23-Aug 22)



Rewards, gifts, or money from investments or taxes can be expected. This is not the day to be extravagant. Don't consume more than necessary.

VIRGO (Aug. 23 -Sept. 23)



Be sure to sidestep those who are eccentric or unpredictable. You may be overreacting to a situation at hand. Residential moves will also be advantageous for all concerned.

LIBRA (Sept. 24 -Oct. 23)



You can make financial deals, but it may be best if you're not using your own cash. Your fight for those less fortunate is not likely to end in sweet victory. Try not to hesitate; act on your initial instincts.

SCORPIO (Oct. 24 - Nov. 22)



Concentrate on work and on making money. Just be yourself. You may have more people on your domestic scene than anticipated.

SAGITTARIUS (Nov. 23 -Dec. 21)



Take the whole family and make it an enjoyable outing. Your high energy, original ideas, and excellent memory will aid your accomplishments. You can expect to have problems with your mate if you've been spending too much time away from home.

CAPRICORN (Dec 22.- Jan. 20)



Don't hesitate to visit someone who hasn't been well. If it can make you extra cash, it will be even better. The knowledge you have will enhance your reputation.

AQUARIUS (Jan. 21 -Feb. 19)



Your mate will appreciate your honesty. Don't make large purchases unless you have discussed your choices with your mate. You could have trouble persuading others to accept your ideas and opinions.

PISCES (Feb. 20-Mar. 20)



It's doubtful anyone will try to stand in your way or cut you off at the pass today. Be careful not to sign your time or your cash away. You can make financial gains if you are prepared to take a risk.

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PUERTO DE LA CRUZ, El Tope, 1 bedroom apartment with nice garden. Further information on Tel: 922 30 10 10

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LOS CRISTIANOS, Centre. Avda. Suecia. 1 bedroom apartments, semi-atic. 70.54 sqm. Big terrace. Amazing sea views to port and bahia. 649 142 612

SUNNY 3 bed apartment Tabaiba Alta (5 mins German School, 10 mins Santa Cruz), 103 sq m, 2 bathrooms, fitted kitchen, garden, large terrace with panoramic sea views, parquet floors, garage & store rooms, very small complex.. Tel. 922 71 05 15.

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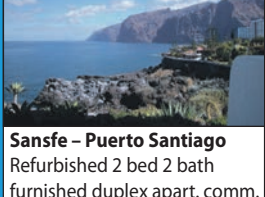
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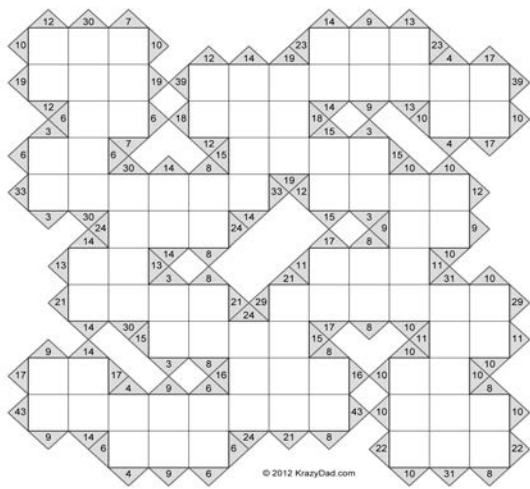
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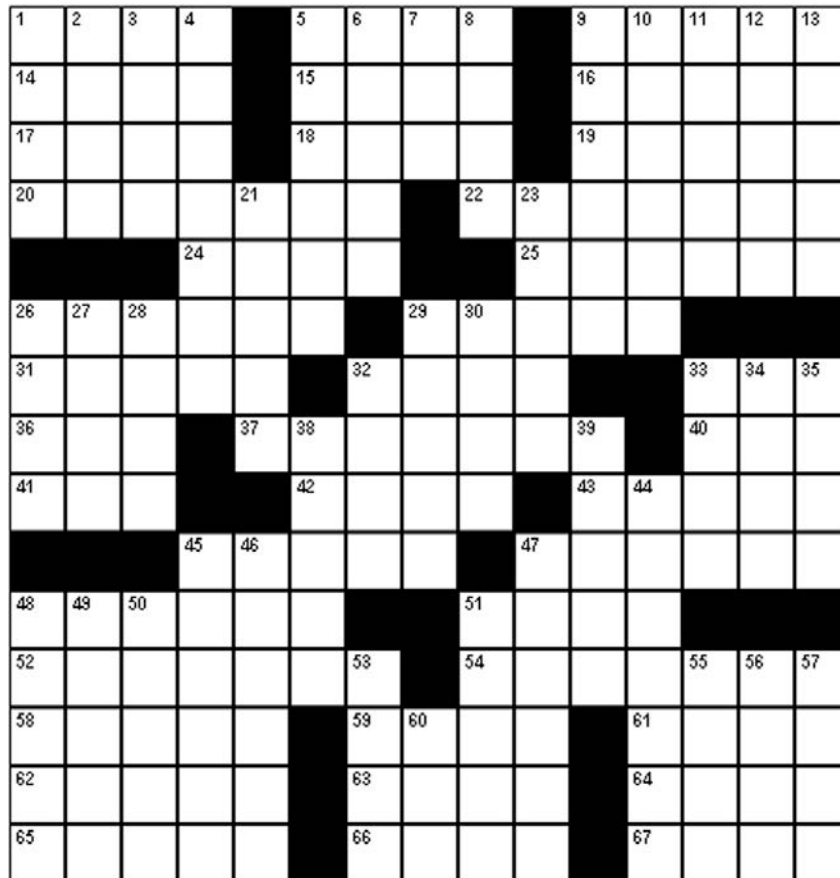
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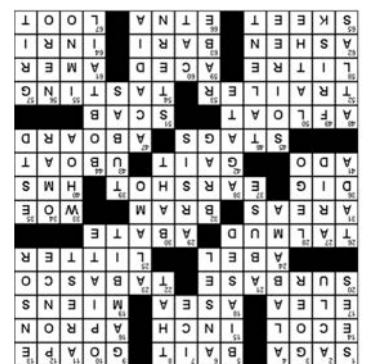
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DOWN

1- Goes out with; 2- Legal rights org.; 3- Attendee; 4- Montgomery's state; 5- Tendentious; 6- First name in photography; 7- Vanilla ____, American rap star; 8- Yonder thing; 9- Ploy; 10- Narcotic; 11- Give it __!; 12- __ de Leon; 13- Belgian painter James; 21- Misuse; 23- Budget alternative; 26- I did it!; 27- Bone-dry; 28- Building block brand; 29- Upbeat, in music; 30- Monetary unit of Thailand; 32- Boast; 33- Rider's command; 34- Actor Epps; 35- Cornerstone abbr.; 38- Playing marble; 39- Big brass; 44- Bells on ____ ring, making spirits bright...; 45- Evening affair; 46- Aptitude; 47- Former French colony of North America; 48- Collection of maps, Titan of Greek mythology; 49- Frolic; 50- Shop shaper; 51- Severe; 53- Broccoli __ (leafy vegetable); 55- __ expert, but...; 56- Emperor of Rome 54-68; 57- Fortitude; 60- Feline;



SOLUTIONS



ACROSS

1- It's a long story; 5- Switch's partner; 9- Flip out; 14- Earth Day subj.; 15- Move slowly; 16- Cookwear; 17- Zeno's home; 18- On or towards the Mediterranean, for example; 19- Bearings; 20- Crowning molding of a pedestal; 22- Pungent sauce; 24- Explorer Tasman; 25- Scattered rubbish; 26- Jewish law; 29- Become less intense, die off; 31- Specific geographical places; 32- "Dracula" author Stoker; 33- Trouble; 36- Excavate; 37- Hearing distance; 40- __ Pinafore; 41- Fuss; 42- Manner of walking; 43- Lusitania sinker; 45- Male deer; 47- On the train; 48- Financially solvent; 51- Strike breaker; 52- Mobile home; 54- Sampling; 58- Brit's bottle measure; 59- Served perfectly; 61- From the U.S.; 62- Gray; 63- Adriatic seaport; 64- Calvary letters; 65- Shooting sport; 66- Gas burner or Sicilian volcano; 67- Booty;

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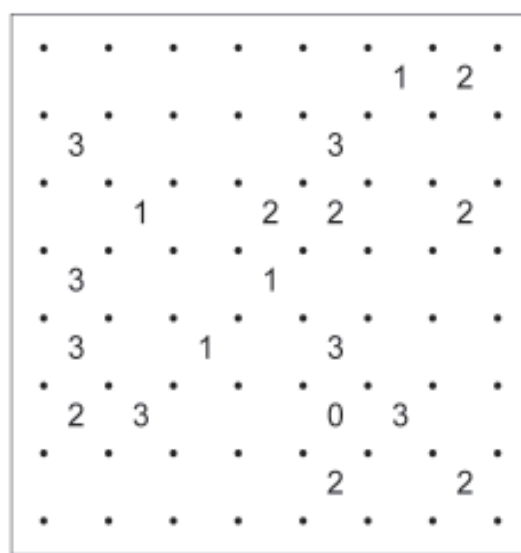


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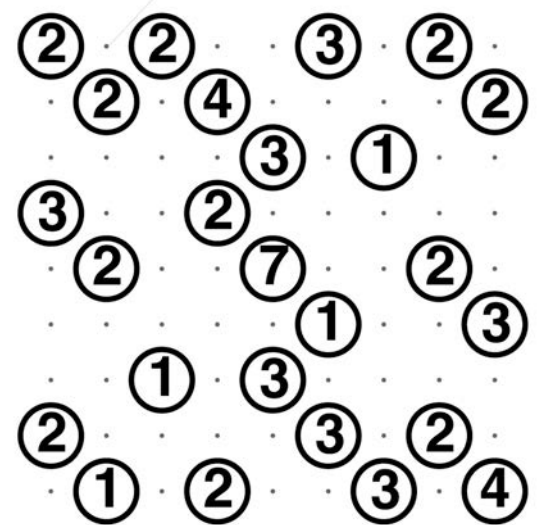


Solution: 1. Tie on lady's hat is missing. 2. Strap on backpack is missing. 3. Extra stripe on man's sombrero. 4. Bush outside window is colored in. 5. Pocket on shirt has moved. 6. Stripe on sleeve has moved. 7. Patch on pants is different. 8. Curtain is wider. 9. Brim on hat is wider. 10. Neckline on shirt has moved. 11. Stripe on skirt is taller. 12. Letter on suitcase is upside down.

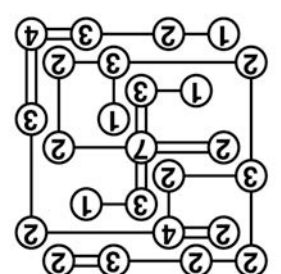
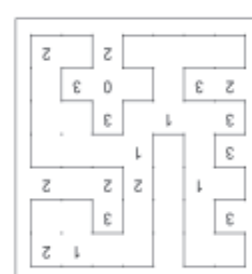
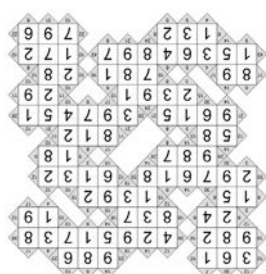
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CAPTAIN CANARIO



"Little tweets on Canary Life"

¡Hola! It's **Captain Canario**, your friendly bird from the Islands. You hear it all the time on the radio "**Una hora más en Canarias**" (One hour more in the Canaries). Some say it's because the Islands are further West than Europe, others say it's to bring it in line with the UK; I say it's because the **Canarios** need it to get anywhere on time. ¿Why is it that Canary time is always 30 minutes, 40 or even an hour behind "real" time? And don't expect to get anything done after 2pm, or even 1. You won't. **Canarios** do not work well in the afternoon, if at all! When making an appointment you can always use the expression – "**a las 9, hora inglesa**" which means at 9am, English time, in other words be on time, be punctual. However, after millennia drifting alone in the Atlantic and years of being told "**una hora más**" you might be better off turning up late yourself, or leaving it to **mañana** (tomorrow), **la semana que viene** (next week), next month (**mes**), or year (**año**) or just forgetting about it completely – (**mandarlo tomar por c*****). Unless it's fiesta time. These will happen on time, every time. So, enjoy this fortnight and make the most of **Carnaval Canario** time! *NB: Please add at least 30 minutes to officially-published start times.*

SHORT STORY CORNER



Appointment in Alcalá

BY BELINDA RATCLIFFE

VERONICA drove very cautiously along the road to Alcalá. This was not just because it was her first time driving on the 'wrong' side of the road, but because she was aware that her driving which always tended to be erratic, was especially so when she was feeling highly strung.

At the stretch of road before the turn off to the square she slowed down in order not to miss the sharp left hand turn and earned herself a loud hoot from the car behind her. "Typical man!" she grumbled, then realised that she had not indicated her intended turn!

She drove round the Plaza, indicating at every corner, eyes keenly focused on the parking possibilities. It took her three turns of the square before she spotted a car pulling out. In exactly the position she had hoped for when she had been on her preliminary trip by bus a few days earlier!

Once the car had been safely backed into the vacant slot Veronica could relax. She checked her hair and make up - as good as it could be; she was showing her sixty-plus years but her golfing buddies had used some sort of Polyfilla on her wrinkles! "You've got to give it your best shot!" Sue had said. "It must be fate that this man is in Tenerife at the same time as you are - it must be written in the Stars!"

Veronica had muttered something to the effect that it wasn't much of a coincidence, since Jerome allegedly came out at regular intervals to the Palacio de Isora at the far end of Alcalá "... and we come to the Abama at least once a quarter. So it's not like a meeting on Mars!"

But she had felt that there was something special about this man who called himself Jerome. It was the 'first time' for both of them - neither of them had had the courage to enrol in an online dating agency before, they were both 'well on in years' and both keen golfers. Oh, and they had both been on their own for several years!

She had scolded herself for assuming that all the guff he had told her about himself was true. Not that she had admitted her high hopes to Sue. The two women worked together, as volunteer instructors in Lip Reading and British Sign Language on a special

project for the elderly deaf and Veronica had no wish for too much pity from her colleagues when she came home alone yet again. Better to appear a scornful man-hater than the repeated victim of the gold-digging lying Lotharios that had duped her before.

That's why she had hired this particular car; even if it was bright purple, it had darkly tinted windows. She could see and not be seen. She looked around the houses nearby and felt quite snug, safe and in control.

Jerome looked at his watch again. Surely Veronica had said that they were to meet outside the Banco Santander at 11.30 a.m.? He had arrived a little bit early, just leaving himself time for one important phone call before she arrived.

But she still hadn't arrived and it was past noon! He had gone for a coffee in the nearby café, one with a cave in the back room, (a favourite haunt of his, which he had been hoping to show Veronica), but had made sure he was clearly visible at all times to anyone coming to the Bank. However, he saw nobody looking the remotest bit like Veronica's photo or description of herself and at 'thirteen hundred hours' he left.

Daisy, Daisy give me your answer do

The old Music Hall song ran through her head like vicious refrain. Jerome was married - and to a woman called Daisy, of all the silly names! She had spotted him coming out of the Banco Santander at 11.25. He looked just like his online picture - grey-haired and tanned, pleasantly distinguished looking. Veronica had whipped out her opera glasses - a tip she always passed on to her elderly lip reading students. "People think you're an innocent bird watcher, but you can eavesdrop on the most unlikely conversations!" she was wont to tell them, a merry twinkle in her eye.

"Daisy sweetie, glad I caught you before you went out! Yes, it's the same-old same-old over here; you wouldn't enjoy it" he

had told the mobile phone with a smile on his lips.

Veronica had not waited to hear any more. She had been on the receiving end of too many phone calls like that in her time. When her little purple car swung into the car park back at the Abama she was so cross she nearly ran over Sue!

In Milton Keynes Daisy had a soft smile on her face as she walked to her work. He was obviously missing her as much as always, that widowed Dad of hers.

But this time, when he told her of the appointment with Veronica and how he had broken his rule and gone on the Internet dating site, he had sounded so very hopeful - the most optimistic she'd heard him since Mum died!

"Appointment in Alcalá" he had said "It must have been Written in the Stars!"

YOUR CHANCE

Would you like to see your short story in print? This is not a competition and sorry, we don't pay but if you would like to put pen to paper, we would welcome your submission.

Your story should be around 1000 words and must have a theme related to Tenerife or the Canary Islands. You can live here or be on holiday to participate.

Please e-mail your story, together with your full name and address to info@tenerifenews.org.es



WRITE TO US

We welcome Letters to the Editor, which must be exclusive to Tenerife News. For the purposes of verification, please include your home address and telephone number. Please cite the page and edition for articles mentioned. Due to space limitations letters of 300 words or less are preferred. We reserve the right to edit, condense or reject submissions. Copyright in letters and other materials sent to the publisher and accepted for publication remains with the author, but the publisher and its licencees may freely reproduce them in print, electronic and other forms. Although we are unable to acknowledge letters we cannot publish, we value the views of all readers who take the time to send us their comments.

Post your Letters to: The Editor, Tenerife News, Apartado de Correos nº54, 38390 Santa Ursula

Barking dogs are a nuisance

Dear Editor

A lot of people write to your paper about dog mess but what about barking dogs? I think these also cause a big nuisance in Tenerife, especially as the sound seems to echo so much in apartment blocks. Personally, I don't think it is fair to keep a dog in an apartment and lock it out on the balcony for hours on end. If someone

has to go out for hours, can't they get someone to go in and take it out for a walk a bit more often.

I have heard of lots of people here having problems with neighbours with constantly barking dogs and see that some municipalities intend to impose some stiff fines and double them unless action is taken.

Dogs seem to take up a great deal of headline space in the newspapers, don't they?

TGK Playa de las Americas

It could only be Costas!

Dear Editor

So, the Spanish coastal department is up to its old tricks, I see (Puerto defies Costas, page one, edition 467). Is this department for real? On the one hand, we read about Spain wanting to demolish businesses and houses which have supposedly been built too close to the sea's edge. This is because they are apparently causing an eye-sore and Spain wants to protect its beaches and the look of the country. Yet when Puerto de la Cruz asks for permission to clean up its sea-front after being hit by bad weather, their response is.....nothing! Something is wrong somewhere, isn't it?

P Taylor Puerto de la Cruz

Lido Area

Dear sir / madame

We enjoyed our stay over the xmas period for the 5th time the weather was very good, back in rainy England now. We were disappointed that all over our stay the < jacuzzi > pool was not heated and virtually unusable due to a fault with the heating system, going in each day we were told mañana, but it was not fixed during our stay as we had paid the 350 entrance fee. But we did

enjoy the sun. Best wishes
Ken & Carolyne .

The noise of Veronicas

Dear Editor

As a regular visitor to Tenerife, I seem to be unlucky when it comes to fights home. On two occasions within the last 12 months, my evening flights (both with Monarch) were cancelled after waiting for a number of hours at the south airport. On both occasions, we weren't told until about 11pm. On the last occasion, we were taken by bus to a big hotel in Playa de las Americas. All my friends back home said "lucky you" spending an extra night in Tenerife. Not quite! I won't say which hotel but to be honest, I never got a wink of sleep and neither did the lady I had to share with.

This particular hotel is right next to Veronica's and the noise which came from it was horrendous. You had to have your bedroom window open as it was just too hot but it meant you heard all the music virtually all night. It was made worse because each establishment down below was blasting out different music so it clashed as well.

Needless to say, our "treat" extra night wasn't that at all and I think I came back to England looking more tired than when I had went away. I do feel sorry for all those holiday-makers who have accommodation near Veronica's and wonder how on earth they manage!

Unhappy tourist
Oxfordshire

Heartbreak of animal cruelty

Dear Editor

What on earth is wrong with the people in Tenerife? Over the last few weeks, I have been absolutely horrified to read story after story about animal cruelty. Just recently, I think the Tenerife News and the Spanish papers ran an article about a Staffie sort of dog which had been put into a refuse container in Santa Cruz. It was only rescued when passers-by heard it whimpering. Whilst it was

rescued, the police officer cut a hole in the suitcase so it could put its head out and breath properly. That picture has haunted me for weeks. Then last week we were told about three horses which were found in a tiny hut with no water and no food and just a small window.

In between there have been reports about dogs being abandoned on balconies and this week dogs being thrown into a ravine in Arico, two of them whilst still alive apparently. Other dogs were recently seized which officers suspected had been used in illegal dog fighting. I say illegal but when is it ever illegal? How barbaric. What sort of an age are we living in?

We also read every week about the dog refuges which have to deal with some really horrible and heartless cases and their numbers are increasing just as quickly as they can find new homes for the lucky ones.

Is it because Tenerife is a small island that the incidence of animal cruelty seems so high? I know it happens in Britain too, you only have to look at the RSPCA site so see what people can do to their so-called pets.

It would be my greatest wish to see all animal cruelty become non-existent but that I suppose is too great a wish. It just breaks my heart to hear about all these cases and if anyone is reading this who has ever been cruel in any way whatsoever to an animal, then you should be ashamed of yourself.

TIJS, Los Cristianos

Go ahead with red rings

Dear Editor

Your recent viewpoint article about dog mess really made me laugh. Not the content but the bit about the council in Cheltenham deciding to paint red rings and then more coloured ones around dog mess.

I think it is a good idea but what made me laugh was people's reaction in Cheltenham. Apparently this project was not continued because they thought the paint looked unsightly! How on earth can that be unsightly compared with dog mess. What are they trying to say? That it is okay to have dog mess on the pavements and verges for everyone to see, in the hope

that passers-by might not just notice it? I don't think so! Yes of course they would notice red rings about the dog mess but that is the whole point. It is meant to draw people's attention to it because then more and more people might get involved in trying to solve this horrible problem once and for all. I think it is better to have red paint rings than brown dog mess!! I would agree, however, that Tenerife needs many more doggie loo bins in strategic places, especially along the sea front provided they are emptied on a regular basis. If not, that will be even worse.

T. Carpenter Golf del Sur

Make these "artists" pay

Dear Editor

You asked for views about graffiti so here is mine. Make those responsible wash it off and hopefully it will take them hours to do so and then make them pay for the paint and any damage as well.

If these people are so artistic, why don't they channel their efforts in a different direction? Get involved in a project or something where their skills are appreciated or mean something.

Design something for charity like a card or a painting and then sell them. Help decorate somewhere which needs it like a youth club or similar. Anything but mindless vandalism.

I really can't see the point. The very essence of graffiti is to do it under-cover so you don't get caught and remain anonymous. So why? No-one is going to praise them for their wonderful work, just the opposite.

I suppose graffiti is like alcohol or smoking. A compulsion they can't get rid of. Perhaps hitting the culprits who do get caught hard in the pocket might be a deterrent.

What these people have to remember is that they are defacing people's properties. These people have to pay to get the paint off and to redecorate their premises. Don't these graffiti "artists" realise businesses here on Tenerife have enough to contend with without this extra stupid expense? Get real and grow up is my view.

Name and address withheld on request

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UNBEATEN RUN

Tenerife triumph in softball tournament



THE sport of softball intrigued supporters and led to a well-deserved victory for the team representing Tenerife.

Teams from Italy, Zaragoza and Tenerife competed for the "Copa Internacional de Sóftball Fastpitch de Granadilla" at the municipal baseball camp in Los Abrigos. This is considered to be one of the best stadiums of its kind in Tenerife.

The Tenerife team remained unbeaten throughout the competition which was opened by the president of the Canary Federation of Baseball and Soteball, Gerardo Orozco Torres.

After some thrilling mat-

ches, the final was between by Rome and Tenerife, with the island side proving victorious at 4-1.

An awards ceremony followed to congratulate Adasi for coming fourth, Panteras de Granadilla in third, Rome runners-up and Tenerife Team as champions. Individual awards included best performance in the final to Jorge Domingue of Tenerife.

All agreed the weekend had been a huge success for players, family and fans of the sport and had also brought everyone together. At all times, great sportsmanship was shown, together with fair play and respect.

Sports councillor, Marcos González stressed the importance of Granadilla for hosting sporting events such as this which all helps to revitalise the municipality. He also thanked everyone who had been involved.

Carnival contest at Los Palos Golf

GOOD SPORTS NEEDED!

THE popular Los Palos golf centre at Guaza intends to join in the Carnival spirit on Saturday, February 16th.

It is planning to hold its first-ever Carnival tournament from 2pm with competitors taking on the challenge of 18 holes ie. twice around the pretty course.

The big difference to this sporting challenge is that players will be asked to wear fancy dress costume in

celebration of Carnival time across Tenerife, not least in Santa Cruz.

An awards ceremony will be held at 6pm when it will be cocktail time and prizes will include an award for the best fancy dress outfit. After that there will be a Brazilian-style party with live music. A special

Carnival menu is also being offered for nine euros.

Los Palos, a 27-par nine hole course where you can just turn up and play, was looking for a minimum of 36 players to take part in the competition. The registration fee is 26 euros to include a cocktail and the entertainment.

Do pop in and put your name down if interested or ring 922 169 080 (see also www.golflospalos.com)

GRANT AID

Sport is a priority in Adeje

SPORTS as diverse as dominoes, clay pigeon shooting, archery and women's soccer have been grant aided by Adeje council.

Grant aid amounting to 50,000 euros will help more than 20 clubs and individual athletes. Other sports helped include paragliding, pigeon racing, hockey, soccer, karate and baseball.

Sports councillor, Adolfo Alonso Ferrera said they were committed to helping sport in the municipality and to bringing larger events such as Olympic beach volleyball.

The high performance

centre Tenerife Top Training continues to attract top sportsmen and women. Last year, stars who had come to Adeje to enhance their training had included Pedro Rodriguez Ledesma "Pedrito", Victor Añino Bermúdez "Vitolo" and Vicente del Bosque.

TWO DISTANCES

Night Race seeks entrants

LA Laguna is encouraging as many people as possible to take part in the 2013 popular Night Race.

Registration is now open for the event on March 2nd at 8pm.

This year, there will be two runs, one of 5,000 metres and the other over 10,000 metres. Runners in the shorter test will tackle the circuit once, the others will go round twice. Organisers have set a ceiling of 1,500 competitors.

It costs eight euros to enter of which part will go to La Laguna organisations and the runner can choose which to support. There is a 100% subsidy for the unemployed.

Those interested can enter on www.oadlaguna.com or in person at the sports shops Guzmán and Natalia.

Hockey day proves great success



ADEJE was delighted to host a first-time hockey day and hopes to build on its success.

More than 80 young people from various clubs took part in the event which culminated in an awards ceremony.

In the Benjamin category, success went to Nañdu Hockey Club Adeje and in the Alevin section, El Club Sagrado Corozón triumphed. The youth category proved one of the most competitive and in a confrontation settled by penalties, victory also went to the Nañdu Hockey Club Adeje against UD Taburiente.

Adeje's sports councillor, Adolfo Alonso Ferrera said the day had proved very positive and they hoped the Canary Hockey Federation would recognise the excellent facilities at the Centro Deportivo del Colegio Costa Adeje.



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Enter now for the Half Marathon

Fancy taking part in a half marathon from Las Galletas?

THIS annual event is coming up again on Sunday, April 7th and subscriptions are now open. If you book during February, the price is lower.

This will be the 17th time this popular race which is open to everyone over the age of 18. It is a great flat route, starting from picturesque Las Galletas at 9am and going around El Fraile, Palm Mar, Guargacho and Ten Bel.

There are various categories (for the men, M35, M40, M45, M50, M55, M60 and M65) and for women (F35, F40, F45, F50 and F55). Once again, there will be trophies and cash prizes.

The total length of the route is 21km and 97.5 metres over the roads of the TF 6222, TF 6225 and TF 6221. Roads affected will be closed for the duration of the race.

If you feel you aren't up to a half marathon yet, there will also be a 10.8km race.

You can register on the web www.mediomaronlasgalletas.com or at the Jesus Dominguez El Grillo sports centre in Los Cristianos, Guzmán Sport in La Laguna or Mundi Sport in Puerto de la Cruz.

Spanish shock as Canada wins

DAVIS CUP

TOP seeds Spain suffered the earliest shock of the 2013 Davis Cup tournament when they were beaten 3-2 by lowly Canada in the first round.

The Spaniards, five time champions, were without four of their top players, including Rafael Nadal and David Ferrer and the Canadians took full advantage.

There were huge scenes of jubilation in Vancouver as Canada made tennis history by advancing to the second round of the World Group level for the very first time. Canada had been ranked 12th on the Davis Cup table so it proved a huge shock to triumph.

Milos Raonic who secured the victory said it was "amazing", especially as he

had to pull out last year because of injury.

Canada will now host Italy in the quarter-finals in April.

Canadian captain Martin Laurendeau said: "As a country, we have had some big wins in Group One but for the first time ever in the history of Canada, we have managed to get to the quarters. It's such a great feeling we want to do it again in April."

Canada and Spain had only met once before in the Davis Cup with the Spaniards winning 4-1 in 1991.

CAPTAINCY HOPES

Sandy still has Ryder dream

FORMER US Masters and Open champion Sandy Lyle has not given up on one day captaining Europe's Ryder Cup team.

The 54-year-old feels once more in the frame after discovering he was considered to

lead the team in 2014.

Players' Committee chairman Thomas Bjorn phoned Lyle

to tell him he was one of five candidates discussed before Paul McGinley was selected.

"At least I'm still being considered because two years ago I thought I was regarded as

too old," said Lyle.

Lyle believes that the selection of veteran Tom Watson as United States captain means that age is no longer viewed as a barrier to the role.

Hiking alert in Realejos

HIKING is a very popular pastime in Los Realejos but enthusiasts should be aware about a situation affecting the protected zone of Rambla de Castro.

The local council has asked Tenerife Cabildo to restore sections of the route which were affected by the recent heavy rains which created some landslides.

Mayor, Manuel Dominguez said these had mainly affected the areas around the beach of Los Roques, La Romántica I and La Romántica II.

As an immediate safety precaution, the council has ordered the closure of access to the affected areas and has provided alternative routes because it has encountered similar scenarios before.

However, the Mayor said the sooner the paths could be restored, the better.

The affected areas are situated within the protected natural space within a special plan adopted by COTMAC, the Canary environment plan.



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TEGUESTE APPLICATION

Los Zamorano to become an outdoor gym



TEGUESTE council is planning to turn the sports' circuit at Los Zamorano into an open-air gym.

The authority has applied for a grant of just over 8,000 euros so it can install various items of circuit apparatus for physical exercise and muscle stretching.

The project would further enhance the appeal of Finca Los Zamorano for those who go to the farm to play sport, jog or simply to get in touch with nature.

Tegueste has made the request under the Canary Government's rural development programme which is intended to improve the quality of life in rural areas.

The new equipment would be installed in an area next to the jogging circuit and would be used for bending, back exercises, jumping, stretching, sit-ups, climbing walls and

bars among others.

La Finca de Los Zamorano was acquired by the council in late 2001 and is dedicated to organic farming, training, sport, ecology, agriculture and the environment.

Sport has become a main feature with the addition of the 1,500 metre circuit for walking and jogging but also for various athletic clubs to train their athletes.

It is estimated that more than 3,000 people use the circuit each month, with a daily average of 100 people, doubling this figure at the weekends. The route also has the backing of the Tenerife Athletics Federation which has already hosted various athletic championships, both regional and island-wide.



DAVE GAMBA
Personal Trainer

Five steps to start to lose weight, without dieting

Lose the kilos without the diet

WEIGHT loss diets can be the worst thing on occasions. They may perhaps cause us to lose a few kilograms but our body will readily regain them as soon as we quit .. with interest!

In fact, a diet is often a caloric restriction, which requires our body to burn our fat-free mass (especially muscle) and this also means significantly lowering our metabolic rate! This is exactly what we do not want. A high metabolic rate allows us to burn more calories, even at rest!

So it is certainly healthier to learn how to have a permanent healthy diet, rather than rely on occasional diets.

There are some basic steps that anyone can take to begin with. They are easy and do not disturb our current habits.

Let's take a look at them:

1) REPLACE WHITE SUGAR WITH BROWN SUGAR.

If there is a real enemy at the table, you know, it's white sugar. Many people do not think about it but there is a huge difference between white sugar and brown sugar. In fact, brown sugar is not refined and the body digests it better without creating the dangerous blood sugar spikes. This also means that we do not turn it into fat. It is just as good and sweet, if not more so!

2) DRINKN TEA

Vastly healthier than the classic black tea, it also has a strong draining and purifying power.

This makes it ideal for flushing out excess water in our skin.

3) DECREASE THE MEAT AND INCREASE THE FISH

Many of us eat meat every day and almost every meal. This is because meat is found in nearly all prepared meals, and side dishes.

These types of meat are full of nitrates and saturated fats that our body struggles to break down.

Fish, however, has very different characteristics and its fats are even useful and healthy for those who want to lose weight.



4) EAT MORE FRUIT AND LESS BREAD

Our body runs on sugar and so of course we need sugar. But not all sugars are the same! In fact, the natural fructose in fruit is very different from carbohydrates in flour. We assimilate fructose much more slowly and this allows the body to use it for our activities instead of storing it as fat.

It is important to always eat fruit alone, without mixing it with other foods.

5) DRINK MORE WATER

The polls say that almost all of us drink less water than necessary.

If the body does not have enough water, it cannot eliminate waste and toxins. These remain in the skin and tend to create the common problem of water retention.

Make sure you drink at least two to three litres of water per day which allows you to drain your system properly.



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