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EDITOR'S LETTER



Last month, while driving to work, I had a heart

I've always thought a heart attack would feel like being kicked in the chest, so I didn't realise what this strange lump-in-the-throat feeling and mounting sense of anxiety was at all. In fact, I managed to park my car, buy a bottle of water, drink half of it, drive five more kilometres, park the car and get to the office before I realised this wasn't going away.

I'm 55, swim regularly, eat a healthy diet and my only real vice was the odd cigarette, so that's another reason why I wasn't prepared. I'd thought I'd be like my granny, who smoked well into her 70s, and I conveniently managed to forget that my three other grandparents had all died of heart attacks.

Anyway, since that Friday I've seen the inside of a couple of ambulances, a helicopter and three wards in Las Palmas's excellent Dr. Negrín Hospital; I've eaten a lot of hospital food and taken more pills than I've ever seen in my life before. I've watched a surgeon place a stent in my

aorta live on screen and I've been inundated with messages of support from family and friends

A brush with death is humbling; it makes you \square feel smaller and weaker, and it alerts you to the fact that we all have a clock that never stops ticking. But it also makes you feel how important all the connections in your life are, as well as the community that you live in.

I can't start to to express my gratitude to everyone at the Canarian Health Service, from the dashing helicopter pilot and the skilful surgeon to the cheerful paramedics and the drily funny night nurse at Las Palmas. I also can't begin to thank everyone who offered support, best wishes and concern throughout this time.

A couple of weeks after the attack, I found myself looking out at the high tide on one of those gloriously calm and peaceful days when Lanzarote seems to hold its breath in awe of its own beauty. Then I got up and I walked down to that beach.

There's a lot of living left to do, and I can't think of a better place to start













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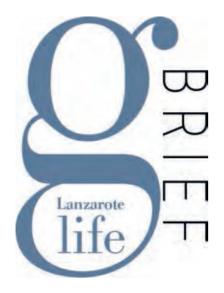
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Canarian scientists call for ban on Sonar

By Darren Parkin

MARINE scientists in the Canary Islands are calling for a world-wide ban on the use of military sonar following a study which links mass whale strandings to naval exercises

A recent study highlighted a connection between the use of sonar and strandings which have accounted for the deaths of dozens of whales.

It is now understood that a whale's navigational senses could be severely impeded by the use of underwater military pulses which, according to marine biologists, may confuse the creatures.

Scientists say evidence points to the mammals attempting to escape the source of the sound in a panic, becoming disorientated and then, in certain circumstances, beaching themselves.

In some species - such as the beaked whale used in the study - the need to 'take flight' from the sound forces them into a deep dive, the following ascent from which can be too fast and lead to severe decompression sickness.

This, coupled with mass strandings, leaves the alreadydistressed mammal unable to survive the stress of becoming stranded, even if they are returned to the water after only a brief spell of being beached.

The researchers behind the study, from the University of Las Palmas de Gran Canaria, focused entirely on the beaked whale population around the Canary Islands.

Their evidence suggests that a 2004 ban on sonar in Canarian waters had proved effective in combatting the number of average strandings each year. However, the Canarian marine biologists are urging further action be taken where beaked whale numbers are dwindling. In particular, they point to the Mediterranean where the species is classed as 'vulnerable' and where many military vessels operate.

> "Reports show evidence that military vessels may be the cause of mass whale strandings."

In the report, published in the 'Proceedings of the Royal Society' journal, the team from the University of Las Palmas de Gran Canaria called for action across the globe to reduce the use of sonar.

"Mass stranding events (MSEs) of beaked whales (BWs) were extremely rare prior to the 1960s but increased markedly after the development of naval mid-frequency active sonar (MFAS)," the report stated.

"The temporal and spatial associations between atypical BW MSEs and naval exercises were first observed in the Canary Islands, Spain, in the mid-1980s

"Further research on BWs stranded in association with naval exercises demonstrated pathological findings consistent with decompression sickness.

"A 2004 ban on MFASs around the Canary Islands successfully prevented additional BW MSEs in the region, but atypical MSEs have continued in other places of the world, especially in the Mediterranean Sea, with examined individuals showing decompression sickness."

Scientists held a workshop in Fuerteventura two years ago where they reviewed current knowledge on mass strandings of beaked whales associated with sonar activity.

"Spatial management specific to BW habitat, such as the MFAS ban in the Canary Islands, has proven to be an effective mitigation tool and mitigation measures should be established in other areas taking into consideration known population-level information," the report added.

"Animals may respond to stressful situations by exhibiting the 'flight or fight response' with increased heart and metabolic rates, often accompanied by fast movement away from the perceived stressor.

"We recommend a moratorium on mid-frequency active sonar in those regions where atypical mass stranding events continue."



Sort our school

A parents' association in Costa Teguise has protested against the conditions at Costa Teguise's primary school, which they claim have worsened over recent years. The parents are demanding "basic, minimum conditions" to be fulfilled.

Among their complaints are the fact that classes have been amalgamated, which the parents believe has affected academic performance. They also wish to see the premises renovated, claiming that there is no air-conditioning in several classrooms, where temperatures can reach 30 degrees Celsius.

The parents also complain that classroom roofs leak when it rains; that there are no shaded areas in the outdoor playgrounds and that bathroom facilities could be improved.

Mars simulation



The Cabildo and the European Space Agency (ESA) have signed an agreement that will see Lanzarote continue as the base of

the PANGAEA (Planetary Analogue Geological and Astrobiological Exercise for Astronauts) project until 2022. The ESA has claimed that Lanzarote offers the "perfect conditions" to improve efficiency on future expeditions to the moon or Mars.

The geological conditions of Lanzarote, in particular, are valued by space researchers, as it is thought they closely mirror conditions on lunar or Martian landscapes. The last time researchers came, in November last year, they spent a lot of time at an area in Tinajo where the configuration of the earth's crust permitted many simulations.

The ESA will set up a "class" on Lanzarote, and use it as the base for future research projects.

Open All Hours

The Canarian Government has agreed to declare Arrecife a "zone of high tourist affluence", and this status will allow businesses in the capital to open and close when they wish.

This will allow businesses in Arrecife to open during the hours when cruise tourists are out and about in the capital, whereas previously many have been forced to close during the afternoons.

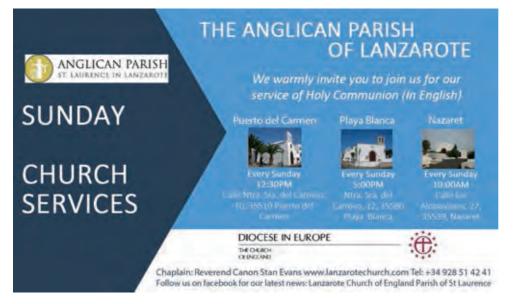
Lanzarote leads tourism

Lanzarote and Tenerife were the only Canary Islands to see a rise in tourism in the first four months of this year, according to recent statistics from the Canarian Government.

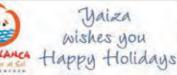
Lanzarote saw an increase of 4.2% compared to the January - April period in 2018. Of these tourists, German arrivals saw a 9.9% rise and British tourists a 5.3 % rise, bucking trends on other islands. Irish (6.4%) and French (6%) tourists also increased.



Another important rise was also seen in the amount of domestic Spanish tourists, signalling that the recovery may be well under way.









Love Island renovated

The swimming pool at the Islote de la Fermina in Arrecife has been renovated and should be open to the public shortly.

The Islote, which lies in the sea next to the capital's Gran Hotel, has a swimming pool complex designed by César Manrique, but has long been closed to the

public due to neglect and vandalism. For years the island has been known to locals as "Love Island", as it was a popular place for romantic trysts.

Now, however, the Islote is being fully renovated and will become one of Lanzarote's network of Art, Culture and Tourism Centres.



Off their trolleys

Two men have been arrested after stealing 95 shopping trolleys from an Arrecife supermarket.

The men, one of whom ran a scrap metal business, were arrested and charged

with theft and receiving stolen goods after the supermarket manager spotted various trolleys at a scrap metal business, and reported them to the police.

The supermarket estimates the trolleys to be worth a total of $\[\in \] 10,260 - just over \]$ eq. 100 a trolley.

easy

Bienvenue á Bordeaux

Easyjet has launched twice-weekly flights to Bordeaux in France, which will continue until the end of October.

The route commenced in mid-June and flights will leave Lanzarote for the French coastal city on Mondays and Thursdays.

Wine Run

Local runners Albi Cedrés y Aroa Merino won 65 and 50 litres of wine repectively, after triumphing in the Lanzarote Wine Run in June.

As usual, the winners were weighed and presented with their own body weight in wine. For Aroa, it was the ninth time she had won the first prize, while Albi Cedrés took the top spot on the podium for the first time after finishing as runner-up last year.







SARA Summer Charity Gala

SARA's Summer Gala will take place at Highlander Too, Calle El Toscón, 7, Puerto del Carmen, on Thursday, 25th July from midday until 6pm. There'll be a Bouncy Castle, Face Painting, the Raffle of the Year, a mini market for all your shopping needs, Steve and Daragh will perform live from 12-2pm, followed by a Quiz and Bingo with our John 2-4pm. Ricky Lee will be live from 4-6pm

Entry is free but we do ask you to dig deep to support SARA's charity. As many of you may already be aware SARA is on the brink of closing its doors after all government funding has been stopped. As a result, the shelter needs the help of the general public more than ever.

Raffle tickets are available from The Highlander Too. Spread the word and get this date in your diary.

Lanzarote Firefighters Win National Championships



A team of firefighters from Lanzarote won first place in an annual contest held in Alcaniz on the Spanish mainland. The contest was designed to test response to serious traffic accidents, and, as well as winning the overall prize, the local lads came first in terms of command, equipment and a complex casualty manoeuvre.



SPORT

EFPT Lanzarote 2019 Pro & Juniors, 3rd - 6th July

The European Freestyle Pro Tour (Surfing competition) will take place in Costa Teguise from the 3rd to 6th July, and the prize money is 10,000€. For more information, contact Antxon Otaegui by email on info@procenterlanzarote.com.



Travesía Museo Atlántico, 14th July

The unique Museo Atlántico 5k open water swim departs from Papagayo Beach in Playa Blanca at 10am and passes over the Museo Atlántico statues, taking in other superb views such as the Castillo del Aguila. There is also a young person's race open to swimmers aged 14 and upwards.

Registration can be done online at www.tripasioneventos.com/event/museo-atlantico and for more information contact info@b15active.com.

Lanzarote Summer Challenge qualifiers, 15th - 28th July

The International CrossFit Championship is to be held on Playa del Reducto in Arrecife, on 28 and 29 September 2019. Athletes have to complete demanding tests combining the harsh environment of the beach with aquatic tests and many other surprises. There are several different categories including mixed teams. To sign up for the qualifying events during July, visit https://games.aimharder.com/lanzarotesummer

Skatoons Charity Gig update

After a really successful charity gig at La Grulla Bar de Cosas in Arrecife Marina on 31st May, The Skatoons were thrilled to donate €315 to Arrecife homeless charity Calor v Café and would like to thank everyone for their ongoing support.

Electric Scooter Update



After a number of complaints and issues with the electric scooters that have recently popped up around the island, the transport department (DGT) has issued

Tel: 928 517 709

information to clarify how they are to be regulated.

Electrical scooters and bicycles with a push-start button and which do not require pedalling are classified as motorised, so now need to adhere to the following regulations.

- They must have a number plate
- They must have compulsory insurance
- They must have an ITV when they are four years old
- Riders must wear a helmet and have at least a moped driving licence

These rules do not apply if these vehicles are used on private land.

'E-bikes' are bicycles which need to be pedalled but have an electrical motor to make travel easier. They can continue to be treated like normal bicycles because they are speed-restricted so that the motor assistance cuts out at speeds of 25km/h or more.

Electric mobility aids are also classified differently as they should not be driven on the road.

Murder, Mayhem and Moonshine

LADS (the Lanzarote Amateur Dramatic Society) presents a Murder Mystery night at Decades Bar in Costa Teguise on the 19th and 20th July.

Curtain up at 7:00pm. Tickets cost €7.50 and include nibbles.

To book your tickets phone Tina on 630 790 867 or Olivia on 606 971 853.



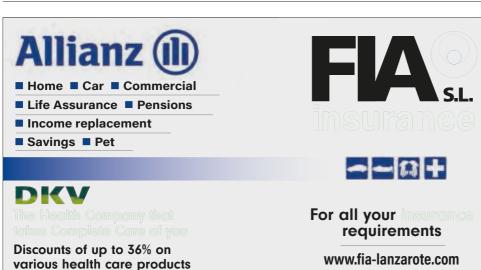
Report cruelty online

There is now a website where you can make an online report about animal cruelty, including violence, abandonment and inadequate living conditions. It has been developed by PACMA, Spain's Animal Rights Party, with the goal of ending animal abuse across Spain. Go to www.yodenuncio.pacma.es

Direct Flights To La Palma

If you fancy discovering one of the most spectacular Canarian islands, Binter Canarias has announced a new service offering direct flights to La Palma from Lanzarote. There will be four departures per week, all connecting Lanzarote directly with La Palma's airport just south of the capital Santa Cruz.





Mob: 678 451 168





Notre Dame's first mass

Exactly two months since the devastating fire that ravaged Notre Dame Cathedral on 15th April, the first mass took place, led by Paris Archbishop Michel Aupetit, in a side-chapel. Only 30 people were in attendance, mostly priests, canons, church employees and some people involved in rebuilding the iconic building, all wearing hard hats. Other worshippers were able to watch the Mass on a Catholic TV channel.



Limited attendance was in part due to concerns raised by environmental campaigners around potential lead pollution, and protective nets were strung above the nave and choir to protect them from possible falling debris. French President, Emmanuel Macron has set a five-year target for completion of the cathedral's restoration, but the French Culture Ministry confirmed that as of 14th June, only 10% of the €850m pledged by individuals and business leaders for reconstruction has been paid.

UK failing on family-friendly policies

According to research done by UNICEF based on available data from 31 countries, the UK is one of the worst in Europe when it comes to parental leave and affordable quality childcare.

Sweden, Norway and Iceland were the highest ranked countries and the only European countries worse than the UK were Cyprus, Greece and



Switzerland. Ranks were given based on length of full-rate maternity and paternity leave pay, plus quality childcare services for children aged between 0 and 6-years-old.

The report is part of UNICEF's 'Early Moments Matter' campaign that aims to support families so they can provide a nurturing environment

and stimulating experiences which are vital for healthy brain development in young children. They believe that family-friendly work policies such as a minimum of six months' paid leave strengthens the bond between parent and child, and this is a key element, not only to positive developments within a family, but in relation to societal cohesion.

The study highlights that working parents or caregivers in the UK face major difficulties around balancing work with care-giving responsibilties. When it comes to paternal leave, UK fathers are entitled to two weeks statutory parental leave at a rate of £148.68.

In relation to maternity leave for new mothers, the UK doesn't measure up very well either, only offering eligible new mothers six weeks at 90% of their average weekly pre-tax earnings, 33 weeks at $\mathfrak{L}148.68$ per week or 90% of their average weekly earnings, if lower (both under the National Minimum Wage) and a further 13 weeks unpaid.

In comparison, Estonia offers 85 weeks of fully paid maternity leave, and Sweden and Norway, who are in the top slots overall, offer the equivalent of 35 and 45 weeks at full pay.

Continued Chaos

Spain's Supreme Court has temporarily blocked Catalonia's jailed former vice-president, Oriol Junqueras, from leaving jail to take up his seat in the European Parliament, to which he was elected on 26th May. The court said that he must remain in prison until there is a verdict in the trial over the failed bid for independence. Junqueras is facing a number of charges including rebellion for his part in organizing a referendum and declaration of independence that were deemed illegal by Spain's Constitutional Court. He denies the charges but a conviction could result in a 25-year jail sentence.

Two other Catalan politicians won seats on the European Parliament, but will be detained in Spain if they return to collect their MEP papers. The region's former leader Carles Puigdemont and local council member Antoni Comin are currently living in self-emposed exile in Belgium after fleeing the country

when arrest warrants were issued for the 12 separatist leaders.

The four month trial concluded recently. It involved 400 witnesses and the verdict is expected to be delivered in the Autumn.





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The Canaries and Lanzarote will have new Socialist Presidents following the regional and local elections on May 26th, while Lanzarote will also see at

least three new Mayors.

Overall, the Socialist surge that brought Pedro Sánchez victory in the Spanish general election in April was maintained throughout the Canaries, with the party finally winning not only the most votes, but also

the largest amount of seats in the Canarian parliament. However, once the results have been counted a lot of work has been required to create majorities in several institutions.

Central to these pacts has been a firm determination on the side of both the Socialists and the People's Party (PP) to dislodge the Coalición Canaria (CC) from power. The CC has ruled the islands for over 20 years, but finally saw it's power broken in May's elections.

The key to control is the Canarian government, where the Socialists won, giving their leader Ángel Víctor Torres the option to form a government. However, they came 9 seats short of winning a majority and, at the time of writing, are still attempting to form a pact in which a tiny party from La Gomera who won just 6,000 votes may act as kingmakers. Should the Socialists arrange a pact, Torres will take over as Canarian President from Fernando Clavijo.

The Cabildo

The alliances made in the Canarian Government, and the apparent determination to remove the CC from power wherever possible, are likely to affect Lanzarote's island government, the Cabildo, where Pedro San Ginés (CC) was defeated by the Socialist Loli Corujo, ending almost ten years of his presidency. Corujo became one of two women leaders in Lanzarote's eight institutions, but she has also faced a delicate balancing act in constructing a majority.



Arrecife

Eventually, an agreement was reached in which the PP's leader, Astrid Pérez, would become Mayor of Lanzarote's most densely populated municipality, Arrecife – despite the fact that the CC won the most seats and their candidate Echedey Eugenio fully expected to be clutching the Mayor's sceptre by June.

The unlikely prospect of eternal rivals from the PP and the PSOE pacting in order to freeze out the CC could mean real change in Lanzarote, although there is also the very real possibility of pacts breaking up.

Tías

No such pact took place in Tías, however, where Pancho Hernández lost his job as Mayor despite winning the most votes. Hernández's PP tied with José Juan Cruz of the Socialists on nine seats each, and the role of kingmaker fell to Lanzarote Avanza councillor Mame Fernández who backed Cruz in return for some juicy positions in the new council, including that of Tourism councillor. Mayor "Pepe Juan" will be well known to older Tías residents, and served as Mayor for the municipality for several years in the 90s and 2000s



Three majorities

In Tequise, Oswaldo Betancort (CC) won an outright majority and will continue as Mayor of the island's largest municipality, while Jesús Machín (CC) will also rule Tinajo without having to seek support. These are the only two remaining strongholds Lanzarote, although Haría also remains under the precarious rule of Marcial Acuña. who was appointed Mayor of the northern región without gaining a majority or forming a pact. Acuña could be toppled at any time.

In San Bartolomé, Alexis Tejera (Socialist) won a majority and Óscar Noda of Lanzarote Avanza will continue as Mayor of Yaiza after agreeing to a governing pact with the CC.

Reform likely?

The issue of seat allocation in the Canaries is likely to return now that the Socialists hold more power. In the last elections in 2014, both the Socialists and the PP won considerably more votes than the CC, but received fewer seats due to the way smaller islands receive more seats per

In these elections, for example, the tiny Socialist Grouping of La Gomera (ASG) won three seats with just 6,215 votes, while the centre-right Ciudadanos party won only two seats, despite receiving over 65,000 votes, over ten times more than the ASG.



The Europe Dimension

Spain and the Canaries aren't the only places under new management following recent elections. The European Union has also seen important changes, while a new British Prime Minister plans to take the UK out of the EU by October 31st.

The EU elections, which took place at the end of March, saw increased representation for Green parties and right-wing populists. However, centrist parties are still likely to make the important decisions.

In the UK, the big news was Nigel Farage's Brexit Party winning 29 seats, while both the Conservatives and Labour lost heavily due to dissatisfaction on their Brexit policies. Farage's party is the largest in the EU parliament, but is likely to be rapidly sidelined by larger groupings and alliances for as long as the UK remains within the union.

Among those larger groupings, the centreright EPP and the centre-left S&D groups remained the largest in the parliament, despite both losing several seats compared to the 2014 elections. The Liberal ALDE group was bolstered by Emmanuel Macron's En Marche party in France, while the Green and Nationalist groupings also increased their representation.

Meanwhile, in the UK, Theresa Mav's resignation triggered a seemingly endless

leadership contest in the UK, with more than 10 candidates originally hoping to step into her leopard-print shoes.

Boris Johnson remains the strong favourite at the time of writing, while the revelation of the campaign has been Rory Stewart, the opiumsmoking alleged ex-spy whose honesty about Brexit has been in marked contrast to the bluff and bluster of other candidates.

The winner will find themselves in precisely the same situation May was left in in March this year, facing a European Union that is unwilling to change the deal it already approved in November last year and a hung parliament where absolutely nothing can be guaranteed.

Under pressure from Nigel Farage, most Conservative candidates have stated that they are willing to take the UK into a no deal Brexit scenario by the end of October, but this could easily be opposed by parliament.

Once again, the only thing we can say with any confidence is that anything could happen in the next few months.

ONLINE LIFELINE



Support in Spain



This week the British Consulate and the University of Birmingham launched local coverage in Lanzarote of their support website for older and more vulnerable British residents. An information session took place on 17th June at the Hotel Las Costas, Puerto del Carmen, to raise awareness of the fantastic online resource that could potentially save lives with the aim of preventing British Nationals from falling into social exclusion whilst living abroad. Below are extracts from the press release from the meeting that took place on island.

The website, Support in Spain (www. supportinspain.info), contains useful information on how to get extra support and help on a wide range of topics, such as health care, disabled services and benefits, as well as a directory of

local support organisations. It seeks to help tackle the challenges of an ageing foreign population and was launched this week at networking events for voluntary groups on the Canary Islands.

"Our message from the British
Consulate to UK residents is clear:
Plan ahead for the future. Anyone can
become vulnerable at any time and it
is better to be prepared."

Jackie Stevenson, British Vice-Consul – Las Palmas, said ahead of the launch, "It is exciting to see this website expanding into Lanzarote after a successful start in mainland Spain."

"There is some incredible work carried out by so many volunteers across the islands to support foreign residents who are in need. As the Consulate cannot be in all areas at once, we hope that this website is a useful support tool for voluntary groups in their work and for residents as well."

"We have compiled the site in Spanish, as well as English, so that social workers, medical staff and Spanish-speaking friends can, for the first time, access information on English-speaking support available."

Jackie continued, "Our message from the British Consulate to UK residents is clear: Plan ahead for the future. Anyone can become vulnerable at any time and it is better to be prepared."

At the well-attended event, different charities and voluntary groups from the island presented their services and also launched requests for more English-speaking volunteers to help them grow their work into foreign resident communities. Giving their interesting talks were AFOL Cancer Care, the Lanzarote Business and Residents Association, AFA Alzheimer's Support, PerpetuARTE (cancer support) and Flora Acoge (social & welfare support).

The meeting was led by Neil Hesketh of the Support in Spain project and Caroline Sproule, Consular Officer for the British Consulate Las Palmas.

The meetings were also an important opportunity for those present to meet with a Consulate representative and network with other people working with older and more vulnerable people in Lanzarote.

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<<< cont: p.14

SUPPORT IN SPAIN

The Support in Spain website is the result of a close cooperation between the British Consulates in Southern Spain and the School of Social Policy at the University of Birmingham.

The original project set out to research the issues older and vulnerable British people face while living in Spain and to suggest possible solutions to help prevent them becoming socially isolated in the future.

One of the conclusions of the study was the need to develop a website that included all the contact information of the different voluntary groups and Spanish statutory authorities available locally, as well as helpful advice on common questions, such as how to secure extra social care, help for a disability or assistance with paperwork in Spanish.

The project was funded by the UK's Economic and Social Research Council and the Foreign and Commonwealth Office.

The content of the website currently covers the Costa del Sol, Almeria and the Canaries, where there are high numbers of British residents. It is published in Spanish as well as English and has had over 35,000 visitors since it was launched.

Website address: www.supportinspain.info

More information: Neil Hesketh, 677 688 427, info@supportinspain.info





AND ICONIC

British women made it three in a row at this year's Ironman Lanzarote race, as Nikki Bartlett stormed to victory in the women's event. Belgian Frederik Van Lierde was the men's winner, adding another first to his impressive list of honours.

Stiff winds on Lanzarote promised a tough race for competitors on 25th May, but the athletes stepped up to the challenge in a race that revealed some huge future promise.

Frederick Van Lierde is no stranger to the top step of the podium – the 40-year old Belgian has won five French Ironmans and in 2013 was the Ironman World Champion in Hawaii. He emerged from the brutal swimming stage just behind Emilio Aguayo before taking the lead on the cycling stage. German competitor Christian Kramer briefly took the lead at the start of the marathon, but Van Lierde ran him down to win in a time of 8:51:16.

British women Lucy Charles and Lucy Gossage were the last two winners of the womans' race, and this year it was Nikki Bartlett who continued the tradition, with the biggest result of her 4-year professional career. Nikki also established a lead on the bike and managed to hold off Danish rival Maja Stage Nielsen and finish in a time of 9:59:10.

Nikki tweeted: "It's not often I'm speechless. My first ever win and to do it on this brutal iconic course is a dream come true. Thank you everyone who's a part of this. Those crowds and volunteers thank you."

Overall, it was a terrific day for British competitors, with Brian Fogerty, Corrinne Clark, Lucy Biddlestone, and racing couple Jennifer and Graeme Stewart, who all managed podium finishes









in their age group. 54 year-old Gill Fullen also conquered her age group and will be off to Hawaii.

Several hundred competitors also crossed the finishing line with no hope of ever stepping

onto a podium, but that does not diminish their efforts in any way. The Ironman is more than a race, it's a contest – against the elements, against Lanzarote and against yourself, and everyone who completes it is worthy to be called an Ironman.



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Pension Legislation Changes - Malta

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Malta remains as one of the world's leading jurisdiction for pension business and the jurisdiction, its policy makers and industry, are determined to maintain that position by offering well regulated, compliant and prudent pension products.

There have, however, been a number of legislative changes to Maltese pensions since the start of 2019, ranging from tighter investment due diligence to full disclosure of commission. For advisers and clients, one of the most important measures introduced is the requirement for advisers to have greater regulation than ever before.

Family Run Business

Investment advisers, in addition to having to be licensed/authorised to provide investment advice in the country where the adviser firm is established, must also be duly authorised and regulated to provide the investment advice being given to the member, in the member's respective jurisdiction.

For European based investment advisers and

members, the rules require that the adviser will need to be duly regulated to give investment advice in their European country of establishment, and where the advice is provided to a member. If the member is based in another European jurisdiction, the adviser firm must have pass ported their services under the Markets in Financial Instruments Directive (MIFID II) and the Insurance Distribution Directive (IDD) in the case of insurance based investment products, to this EU jurisdiction.

To put it simply, advisers now need to have access to both the IDD and MIFID II licences, which will essentially allow them to advise on both direct and

indirect investments. Indirect investments are those via a life assurance bond or wrapper.

I am pleased to say that whilst many other advisory firms are now rushing around to make sure they have licences in place ahead of the six-month transition period, Logic Financial Consultants already have both the IDD and MIFID II licences, so it is pretty much business as usual for us.

The new rules also state that every member of a Maltese pension must have an appointed investment adviser, unless they can categorically class themselves as a "professional member".

At Logic, we see the introduction of these new regulations as a positive move made by the financial and pension industries. Increasing the protection for clients both from a regulation and due diligence stance can only be considered a good thing in our opinion.

If you have a Maltese pension or have ever thought about transferring a pension overseas, we would welcome the chance to discuss your options with you.

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The last

Antonio Cedrés delivered the mail in Mácher for 38 years before retiring in March this year. Born and bred in the village, he's seen the way it's changed, got to know the locals and handed over hundreds of thousands of parcels, letters, bills and Christmas cards.

Has this always been the post office here in Mácher, Antonio?

No, it used to be another building on the hill over there, but there's been an office in the village for over 100 years. This was an important area for the tomato packaging industry on Lanzarote – women used to come up from Puerto del Carmen to work in the packing plant, and onions were also important.

Is this a job that runs in the family?

Not really. My father delivered the mail for a while during the Civil War when the postman was called up to fight, but it wasn't his official job. He and my mother ran Mácher's general supplies shop from this building, selling everything from groceries to fabrics, hats, cleaning products and even petrol.

In 1965, we installed Mácher's first public telephone in the shop. You had to call the exchange in Arrecife to place every call, and the operator would tell you how much each call had

cost at the end. Every month my mum would go into Arrecife to settle the bill, and we'd keep 20%.

This also meant that we'd receive telegrams. My father would note down the message on a piece of paper – for example, "The tomatoes sold in Barcelona for 6 pesetas a kilo", then he'd type it

I've been bitten by dogs 3 times in my 40 year career.

up and tell me to run out and deliver it.

I liked doing that. I still remember who'd give me tips I got when I delivered the telegrams, and one local man had a very attractive daughter, so I always wanted to go there.

How did you get the job of official postman?

The postman who worked here asked if I was interested. He used to take the mail around on a donkey, but was retiring. I said I'd love the job, and so he went into Arrecife to have a word.

On the 23rd March 1981, a van stopped, the driver threw a bagful of mail outside the shop and he told my mother "Tell the boy he's got the job and he has to deliver these."

I didn't have a clue what to do. So I went down to Yaiza and talked to the postman there. Finally, I delivered the letters. My first wage packet was 10,621 pesetas.

Do you have problems with lack of numbering on houses?

It's total chaos. People change their house names, they don't display the number and the Ayuntamiento hasn't sorted things. I usually go by the name on the letter– if I went by the address I'd only confuse myself.

I was delivering in La Asomada, Mácher and Puerto Calero until the year 2000, when I complained that my route was too long, so Correos sent an assessor to follow me and note down the distance, time and amount of letters. That day, 828 letters arrived, and it took us three and a half days to deliver them all, over a distance of 150 kilometres. They appointed a postman in La Asomada and in Puerto Calero shortly afterwards.

Any problems with dogs?

I've been bitten three times and have fallen off the motorbike a couple of times, too, but it's not a dangerous job.

Did you find you were the bearer of good news or bad news?

Not really. People get really bad news by telephone, not post. The day-to-day bad news is the bills and fines. I once told a German woman who lived here about the death of César Manrique and remember her bursting into tears, but that wasn't to do with the post.

But you must have known a lot of people over the years.

Oh yes. Often I was the first visitor people

who'd moved to Mácher would see. I liked to chat and talk to everyone – sometimes older people get lonely and you have to give them some time. My son did the route for me recently and completed it much faster, but they don't know him.

Who's taking over now you've retired?

They've appointed a stand-in for a couple of months, but then the office here in Mácher will close. There'll still be home deliveries, but if people need to pick up a letter or send a parcel, they'll need to go to the office in Puerto del Carmen. That's a problem, because there's no bus and if they take the car they have trouble parking.

How are you finding retirement, Antonio?

I've been working on my finca, and have lots of stuff to do in my home, so I'm busy. But I have to admit I don't have as much enthusiasm for the day when I get up. People say "Come around and see us any time", but it isn't really the same. The job gave me that excuse to meet everybody. But I've got plenty of plans.

Good luck, and all the best.



"Here's your new postman"

This is the photograph that Antonio sent to his wife, who was studying off the island at the time, shortly after starting his job in 1981. The old grey uniform and caps worn by postmen have long been replaced by the yellow livery adopted by Correos.

Antonio delivered the mail on foot and in a car for a month or two before investing in a Honda 70 moped, and the sight of him buzzing around Mácher will be missed by many locals.





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MILANO HOME FACTORY & NAKAI Cooking up a Feast

On the occasion of the new MILANO HOME FACTORY store opening, last Saturday July 15th, Milano presented the new line of kitchens with a cooking show by the prestigious chef from Lanzarote Jon Pérez, owner of the NAKAI restaurant in Playa Honda, where all the people there enjoyed the live preparation of different dishes from the Asian cuisine, the specialty of the well-known chef.

The tasting of these exquisite dishes was accompanied by dry malvasia wines from the island.

The administration of MILANO HOME FACTORY, is setting up another cooking show for November 2019 with another prestigious chef. We will keep you informed in future editions.



Royal Kookabura

This interesting store in Costa de Antigua, Fuerteventura, offers a unique combination of modernism with exoticsm. It has a great reputation and is the end result of over 10 years of experience in furniture and interior or exterior decoration. They sell high grade pieces of furniture made from teak (plantation or recycled), bamboo or resinated mango wood with a commitment to respecting the environment and non-destruction of forests.

Every month they have new products which can be viewed in their 1000m2 showroom and are carefully selected from their best craftsmen across Asia. the Indies and Europe. They also offer a made-tomeasure service for custom furniture, guaranteeing high quality specifications and customer service at every step of the way.

For more information and/or contact, visit their website www.royal-kookabura.com.

Mario's Around the World



If you've been to Mario's Restaurant in C.C. Montaña Tropical, based in the Old Town of Puerto del Carmen, you may be one of those people who has, 'been there, done that, got the T-shirt', but have you joined in with the Facebook blog, 'Mario's Around the World' and had your photo taken with it on? The T-shirt was made to celebrate the 25th Anniversary of the incredibly popular restaurant and has the phrase, "Mario's is not a destination. It is a way of life" on the back.

There are some fantastic photographs of Mario fans wearing their T-shirts in Bratislava, Costa Rica, Madrid, Norway, Seville, Uruguay, Ubrique and the on top of Mount Teide in Tenerife. Why not join them?

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■ CHASING THE PAPER

Dear editor

As an old (by age 76) expat who has been given a smartphone to drag me into the 21st century, I find it anything but smart! And not very user friendly like my old Nokia.

However, for millions of people throughout the world, the smartphone is their utopia of how they control their lives - or does it control them?

For many years as a reader of the Sunday Times newspaper, I was concerned to read recently of a fee-paying girls' school where close friends only communicated by their smartphones. The headmistress found their relationship so shallow, they really knew nothing about each other, family backgrounds, relatives jobs etc. So much so, the headmistress was setting up a week's course off site, where mobiles were banned, so that pupils would complete a course on face-to-face verbal communication. Before Silicon Valley took over the world, this was a natural life skill.

Which really brings me to the point of this (concerning) preamble. Lanzarote has gone back to the 1990s as the Sunday Times is now virtually unobtainable. My local newsagent, Coronas in Costa Teguise, used to sell 15+ copies each Sunday and now they receive none!

Having to go in that direction, on a recent Sunday I called into the Airport Librería, and was astounded to be told that they only receive two copies per week!

What's going on? Is there a total loss of this newspaper throughout the island? Are the wholesalers in dispute or just too apathetic to provide a service that is required?

I look forward each week to the Sunday Times as my weekly additional brain exercise, as its in depth articles provide much more than TV and radio news.

Yes! I hear you techno junkies shouting, "You can get it on an iPad/Pod thing!", which, like the 'Kindle' was never a book, and this big bit of plastic will never be a newspaper.

The even more grumpy, old, expat, Costa Teguise.

Peter

Grapple fans

Dear G Life.

Thanks for your article on Canarian wrestling last month. It's not easy to find out when the matches take place, but we followed the link to the Federación de Lucha Canaria you provided and ended up enjoying a great evening out in Haría.

Thanks K & J. Morris

Vulture watch

Good morning all,

Al was interested to read in your June issue the article on pages 12/13 regarding environmental issues, in particular the final section regarding the campaigns aimed at saving Shearwaters/pardelas and Egyptian vultures.

I've lost count of how many pardelas I've rescued along the coastline, always taking them to the local police station in Tequise where they have specific containers supplied by Medio Ambiente, and there they await collection and return to their nest sites. However, after having read the article on page 9, I do wonder as to their fate!

In the last six months or so, when walking our two dogs we have also spotted the vultures, sometimes as many as five together. I'm reluctant to sav exactly where because I'm aware of birdwatching groups that visit the island and the fewer people that see and possibly disturb the birds, the better. I have a few photos taken at a distance which appear to show rings on some of the Vultures so it appears that some conservation efforts are in place. Now to my question, have you any idea as to who I might contact to give information as to where I've seen these birds?

Best regards, **David Thurlow**

Ed: Hi. David. We're not sure if there are actually any programmes for monitoring Egyptian vultures on the island, but it's certainly worth contacting SEO/Birdlife, Spain's ornithological society, to find out. They run various census projects throughout the country. Oh, and don't worry about leaving pardelas at the police station.

Clean it up

Dear Editor

The elections have been over for weeks, so why are several of the political posters still up? This happened last time round, too, and I understand it's actually illegal once the vote has taken place.

I'm taking a personal note of all the parties and candidates who can't be bothered to take their publicity down, which I think says rather more about their commitment to the island's image than anything they might say or promise on the campaign trail.

Yanne-Marie Huntours



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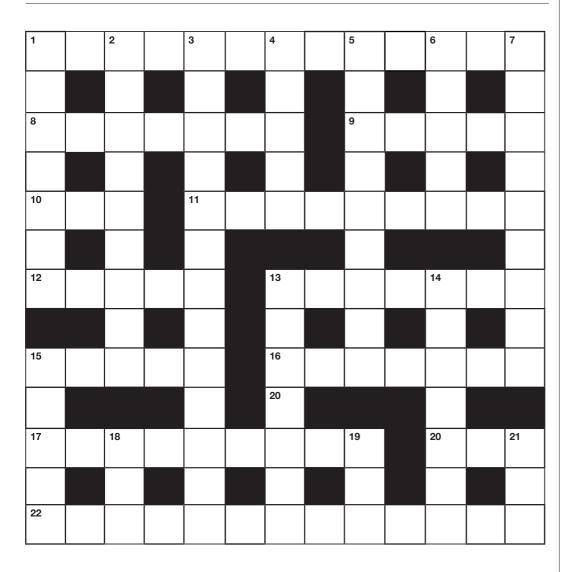
CROSSWORD



It's World Chocolate Day on July 5th, so this month's crossword has a choccie theme. Just fill in your answers and you could win a bottle of Lanzarote wine.

Last month's winner was: Nicola! Well done and get in touch for your prize!

Please send your entries to: editorial@gazettelife.com See our addresses on pg 5



Last months answers: Across: 1. Champagne 6. Rev 8. Italian 9. Equal 10. Nirvana 11. Nueva 12. AGM 13. Lambrusco 15. Bodega 17. Cellar 21. Odour 22. Avocado 23. Malvasía 24. Cava **Down**: 1. Crianza 2. Anagram 3.Prima 4. Gendarme 5. Eleanor 6. Rouge 7. Volcano 13. La Geria 14. Sultana 15. Bloom 16. Droll 18. Ewok 19. Rioja 20. Saki

ACROSS

- 1. He won the Golden Ticket to the Chocolate Factory (7,6)
- 8. 1897 Bram Stoker novel (7)
- 9. Chocolate substitute made from the locust bean (5)
- 10. Town in Yaiza, Lanzarote (3)
- 11. Occurring in turns, one after the other (9)
- 12 Abominable snowmen (5)
- 13. A pill or medicine with no active ingredient (7)
- 15. Greek island in the Ionian Sea (5)
- 16. Juliette, star of the film Chocolat (7)
- 17. The capital of country music (9)
- 20. Village in Teguise, Lanzarote (3)
- 22. Cult leader and convicted mass murderer who died in 2012 (7,6)

DOWN

- 1. Birmingham chocolate family who built the Bournville estate (7)
- 2. Soft, white mineral used for carving busts or ornaments (9)
- 3. Mexican author of the novel Like Water For Chocolate (5,8)
- 4. Precise (5)
- 5. Unsure (9)
- 6. Mild curry containing yoghurt or cream (5)
- 7. Triangular Swiss chocolate bar (9)
- 13. Fred and Wilma Flintstone's daughter (7)
- 14. Attempts to justify or explain bad behaviour (7)
- 15. A disbeliever, a critic (5)
- 18. Australian singer of Chandelier and Titanium (3)
- 19. Estimated time of arrival (1.1.1)
- 21. Possess (3)

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Dogs and cats don't need nearly as much food as you think they do, and they hardly ever need special supplements. Lanzarote vet Jane Burke advises pet owners how to keep their pets lean, healthy and happy.

Every working day of my life involves requests for advice on whether diet can cause or cure disease and/or affect behavior in our furry families' lives, and what is best to feed them. And yes, diet can indeed cause or seriously exacerbate many life-threatening conditions. And whilst it may not cure, it can be manipulated to help, rather than hinder, disease problems.

Overfeeding certainly causes serious illness and suffering in our pets. Obesity is a human-caused epidemic. It is not caused by "hormones", their genetic make up, or even increasing age. Obesity is really, really serious and completely avoidable. It is always, without exception, due to overeating relative to size and activity levels. And that is caused by overfeeding or failing to control family or neighbours from doing so.

Obesity can lead to and exacerbate heart failure, liver disease, kidney failure, chronic cystitis and disease of the urinary tract, arthritis, rheumatism, diabetes etc., etc. It will cause a reduction in life span and a lot of unnecessary suffering.

It is a sad sign of my antiquity that I qualified in a world in which dried complete dog and cat food did not exist, and veterinary surgeons could be struck off for selling pet food of any kind. Whilst the convenience and science of the former has changed all our lives largely for the better, I remain uncomfortable with the conflict of interest combining pet shop stores with veterinary practices, and I'm convinced that a great deal of obesity problems are due to a failure of the public to grasp that a handful of dried food equals five handfuls of wet food.

I spend a lot of my life trying to explain the dangers of dried food and wishing that it was labelled 'concentrated' so that the realities of quantity control could be better understood and the enormous problems of pet obesity less prevalent. Everything we eat is 70-80% percent water (as are our bodies!). Dried food, by definition is less than 8% water. So one bowl full of dried food contains the same amount of nutrients as five bowls full of real

The only way to monitor your pets' weight is to weigh them. And get an independent opinion (from someone prepared to be honest!) on his or her bodily condition, preferably from someone trained in animal health and whose

first priority is your pet's health rather than selling you stuff.

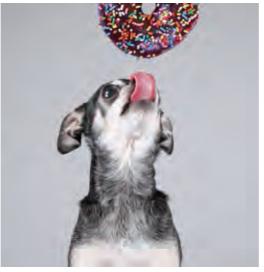
A recent extensive American veterinary research project on dogs and rheumatic/ arthritic pain control was performed over a six-month period and the results used to compare the pain relief from opiates, ibuprofen type steroids, and simple weight loss. Thousands of dogs demonstrated irrefutably that opiates provided no significant relief at all; NSAIDs gave significant pain relief in 30% and some relief in 50%. But loss of 10% of body weight produced some pain relief in 100% and serious pain relief in 70%! These figures tell the whole story very clearly - and they apply to people as well as pets.

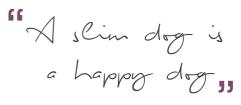
My message for this month is simple. Protecting your pets from being overfed is extremely important. While hugely expensive diets can be invaluable for delicate, diseased or recuperating animals there is little if any evidence to show that they are of any advantage to normal healthy pets.

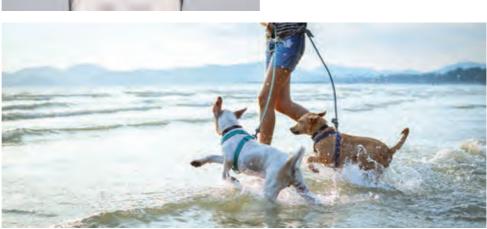
I rarely see a case where vitamin or mineral supplements are required, and if they are it should be your pet's diet as a whole that

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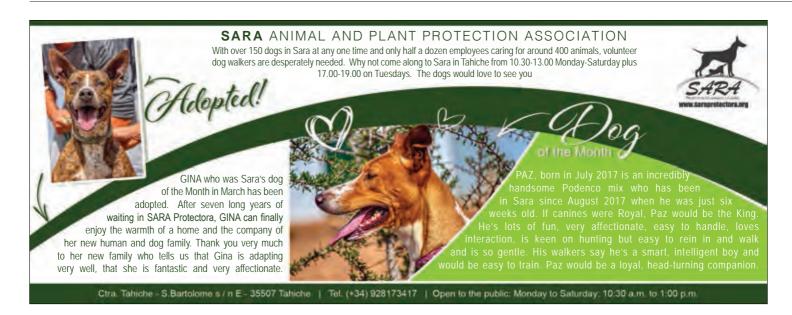


is reconsidered (I believe these are megaindustries based on fake science, and hugely successful with a human population that actually do need supplements because they themselves eat such restricted chemical laden rubbish).

It is truly very rare for me to see a pet that is deficient of anything except time and exercise! I have seen many a cat (and a few dogs) crippled with arthritis from being given cod liver oil or liver itself on a regular basis (hypervitaminosis A causes irreversible arthritis throughout the body in cats and dogs). I have seen bitches with eclampsia because some fool gave them calcium supplements during pregnancy, and a litter of magnificent Alsatian puppies that all died before puberty because the breeder injected them with vitamin D. I have seen litters of kittens with horrendous thyroid problems due to supplementing their mum with seaweed, and pets die of diarrhea

resulting from iron supplements. There are too many cases to mention where, with the best of intentions; food supplements have resulted in disastrous effects. Too much is often just as dangerous as too little.

Let's make sure they have clean water in spotless bowls 24/7, and monitor their waistlines. In fact let's raise a toast to reducing veterinary costs and our pet's aches and pains by keeping them slim.





Wellness temple Hydrothermal circuit Turkish bath Chromotherapy Treatments Massage Ocean Deluxe treatment rooms

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The relaxation you deserve, the wellness you long for, the comfort you find.





Health fixes







Want to stay healthy? Well there's more to it than just diet and exercise. It's all about mental attitude and lifestyle, too. Here are just a few accessories that will ensure your life is fitter, healthier and more satisfying.

A dog

If you want to get healthy, get a hound. Studies show that dog owners are 23% less likely to suffer from heart disease than dogless folks, and 20% less likely to die of any other causes.

Why? Well walkies are an important part of it - a dog needs exercise, and that also means exercise for its owner, but dogs also bring important benefits for mental health. A dog is a

a companion, something to get out of bed for, something to look forward to coming home to – and these effects

to – and these effects are hugely important on our lust for life.

Cat lovers will be pleased to learn that cats also improve well-being, although not to the same extent as dogs.

A good friend

As long as it's not too excessive, a social life is also guaranteed to improve your mental and physical health. On your own, you can plan to go for a jog every evening or join a gym and swear you'll attend, but you'll lack the feeling of

commitment that you'll get by arranging to do it with a friend.

Social commitments can reduce stress and act as an incentive to live healthily

folk e-minded
folk and get fit
together, but
don't forget that
exercise isn't
everything. We
are social animals,
and getting out,
meeting up, chatting and

Team up with

sharing is what we do, and it's a lot more rewarding in real life than it is from behind a screen.

The right bed

A decent night's sleep is one of the most important things you can do for your health. Even if you're not aware of being insomniac, the wrong bed can still leave you feeling tired, tetchy and low in energy.

This is one of the most important health investments you can make, so be prepared to splash out. Test several mattresses, get expert help and make sure your bedroom is a cosy, quiet and peaceful retreat. You spend far more time in your

bed than in your car, and look how much you paid for that.

A new tune

Turn to a different radio station, download some new music or get out and see some live performances. It's all good for your mental health.

Prof. Ben Fletcher, a psychologist at Hertfordshire University, points out "Deeply engrained habits of thinking and behaviour keep us doing things that are bad for us, like smoking, eating and drinking too much or becoming stuck in negative thought patterns – all of which impacts on our health." He says, "We can make our lives much better with very small changes."

The most important discovery we make as we get older is that we never stop learning, so keep your mind open and stay enthusiastic with new experiences.

A doctor

Sorry to go on about cars, but how many of you take yours for a service more regularly than you get a medical check-up?

A doctor is not just a mechanic who'll help keep you ticking over correctly; he or she also offers peace of mind, good advice and ideas that may never have occurred to you. The older you get, the more important your relationship with your doctor will be, so make sure it's a good one.





CANARIO



EVERY ITEM HAS been carefully selected Paying attention to authenticity and ecological sustainability "

THE HEART AND SOUL OF LANZAROTE

A brand new store dedicated to Lanzarote in so many ways; an emporium of local goods and souvenirs, unique pieces of art and jewellery handmade in the Canary Islands, and eco-friendly products that help us maintain this precious environment.







Visiting the brand new Emporio Canario in La Santa is an absolute pleasure. It's clearly a labour of love for owners Rui and Diana, who also have the BioMeco store in San Bartolomé; an eco shop selling organic food and products aimed at a more sustainable and low environmental impact lifestyle.

They have such a passion for this island, The Canaries and the environment in general, and when talking to them about their products it truly is an educational process, in addition to an exclusive and special shopping experience. Although it has only recently opened, Emporio Canario has been a work in progress for over a year, and every item you see has been carefully selected, paying attention to authenticity and ecological sustainability.

On entering, the first thing you notice is the large image of César Manrique smiling and at work in his art studio. This gives the first indication that this store has Lanzarote at its very core, and as you continue to explore, there are so many local goods to discover, such as wines from the bodegas in La Geria, craft beers sold by the bottle, not to mention a fantastic selection of Aloe Vera products and salt from the island's salt fields.

There are a number of elements which make Emporio Canario unique. On the one hand, it almost feels like an art gallery because of the beautiful, handmade products, including for example, the stunning collection of jewellery made from recycled cds and the sensational bowls etc that are made from olive tree roots. They also sell clothes, hats, sunglasses, and bags, plus they have a great T-shirt selection with brilliant, guirky designs made in Tenerife and hand-printed onto organic cotton, which are incredibly soft to the touch. They have a number of wooden children's toys that are beautifully made, and suitable for very young children.

It's the perfect place to buy a different class of souvenir to remind you of your holiday, or for a special present if you are a permanent resident on the island. There's definitely something for everyone, and for every occasion. Onstreet parking is available so it's a perfect stop-off point whilst exploring the rest of this incredible island.

As in their BioMeco store, they have a fantastic eco-friendly range of feminine hygiene products which avoid waste and chemicals, organic, 100% biodegradable plant-based detergent, plus reusable stainless steel or bamboo straws. They also have a food section dedicated to 100% organic products including cereals and superfoods.

The inside and outside of this store are so thoughtfully designed. There is a metal loop on the wall where you can safely tie up your dog whilst you have a leisurely browse, plus they have a large, handcrafted wooden box for recycling plastic bottle tops.

Future plans include offering practical workshops with local artesans in addition to having QR codes in store that you can use to access information about the artists whose work you are going to buy. They are also looking to link with local schools to increase awareness and education about ecology. There is an online store in the process of being developed, so that even when you've gone home, if you run out of your favourite product or simply want to buy something beautiful that will make you smile every time you look at it, you will be able to contact Emporio Canario and have a piece of Lanzarote shipped to your door, no matter where you are.



Sun, sea, sand...and style. Lanzarote has its own vision of beauty, and it's one that you can rock on any beach on the island this summer.

Hot hair

Sun, salt water, chlorine and warm breezes are bad news for your flowing locks, so make sure you give them plenty of tender loving care. Preparing your hair at a salon is a must during the hot long days, choosing a style that's both low maintenance and funky will take the pain out of sundried hair. Using a kind shampoo to preserve natural oils and combin conditioner at home will keep those locks extra hydrated. Remember to give your hair a break by tucking it into a hat, or just tying it back

"With ten daily hours of blazing sunshine that's reflected from water and blinding white buildings, sunglasses are a must on Lanzarote. They're a stylish and comfortable accessory that are worth spending good money on."

The skin you're in

We're not going to lecture you about sun protection here – you should know all about that by now – but your skin will benefit from some TLC before you hit the beach and poolside. For sleek, smooth legs, make sure you get a waxing at least two days before going out, allowing your skin to get used to its new state. Even better, book a beauty treatment and let the professionals nourish and pamper your skin, leaving you with a fantastic, visible glow and loads of confidence.



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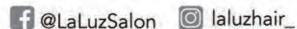


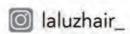


Come and experience our new manicure table, el fresco on our amazing terrace with outstanding seaviews and a free glass of Cava with every manicure or pedicure.

For all your hair and beauty need please message us!

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12:00 - 16.30



Playa Blanca

Open daily 12.15 - 23.00





Spirits are designed for sipping on their own, but wine is unique among drinks for its eternal and famed partnership with good food. A good meal is wonderful, and a fine wine divine, but when the two come together new heights of culinary pleasure can be reached.



The link between wine and food is no coincidence. Hundreds of years ago fresh water was far more difficult to get hold of than it is today, when all we have to do is open a tap. As a result, wine became the standard drink in countries where it was produced. In Britain and other northern countries where grapes don't grow, small beer served a similar purpose and was the main liquid drunk by many.

Choosing a wine to accompany your meal is by no means the high art that many like think it is. All you really need is a basic appreciation of different wine types to find what you like. The way a wine can

make a meal even better also has to do with the setting, the company and your mood, but some basic ground rules hold true. Simply put, stronger flavoured food is generally paired with robust red wines. Lighter reds are perfect with lamb and poultry dishes, and reflect the everyday wine drinking habits of huge portions of Europe. White wines are traditionally taken with fish and white meat, but a light red or rose may, in fact, be equally good. More importantly, the choice of wine that you make with a meal will depend on your own perceptions and tastes. The best way to find your favourites is by experiencing as many as possible.







Tood

Dining in Lanzarote is an experience for the body and the soul; a sensual delight that feeds your mind as well as your stomach.



Mind Matters

When dining, your most important organ is your brain. Before you swallow a single mouthful, you'll already be digesting delightful sensual input: the aroma of cooking food, the sound of sea and clinking cultery, the sight of blue skies, ocean horizons and gorgeously presented dishes and the feel of the breeze on bare skin. A drink will bring more enticing fragrances, icecool sensations and flavours into play, and once your order arrives, you'll be perfectly prepared to enjoy textures that are crisp, crunchy, smooth and buttery and flavours that speak of the sea, the soil and the beautiful island you're lucky enough to be on.

Health Matters

Lanzarote's outdoor lifestyle lends itself to light, healthy eating, and there's no shortage of that on an island where fresh fish, crisp vegetables, ripe fruit and locally made cheese are available everywhere.

But current trends in dining are also well represented here. No longer do vegetarians or vegans get blank stares when they state their preference; and if you're lactose or gluten intolerant, an increasing amount of establishments will also cater to your needs.

Taking a seat at a table is always a pleasure, but somehow that joy is enhanced when you've

come from a good stroll along a beach or promenade, a bracing swim in the sea or just an outing to one of Lanzarote's attractions. Your appetite is sharpened, and you feel like you really deserve the pleasures that lie ahead of you.

Celebrate In Style

On Lanzarote, food was associated with celebration long before tourists arrived looking for that unforgettable dining experience. This is an island where locals have never needed much of an excuse to break out the wine, fire up the barbecue and laugh, talk and simply enjoy being social. If there's a guitar around, so much the better.









Just visit the Charco in Arrecife on any Friday or Saturday evening and you'll see what it's all about - the buzz, the chatter, the music, the smiles and laughter, the drinks and, of course, plate after plate of delicacies to be savoured, shared and commented on.

Exactly the same thing happens in the resorts, as holiday makers head out to dine - every one of them anticipating much more than just a full belly.

You really deserve the pleasures that lie shead of you.

Adventure And Comfort

Lanzarote rewards adventurous eaters. Generations of tourists have tried dishes that they'd never consider at home, and begun a lifetime of discovering new and fascinating flavours. And that continues today, with brilliant chefs who are creating new combinations and expertly reinterpreting old classics. The influences here are global, from India to South America, from Japan to Africa which lies just 100 miles away, but they're also local, part of a cuisine that has always welcomed the new.

Comfort eating is also well catered for. Whether it's a taste of home, something sweet and consoling, or just the sort of cheerful fast food that fits into your busy day, there's plenty to warm the cockles here.





BEST CHEF OF THE **CANARY ISLANDS 2019**

GONZALO CALZADILLA

GASTRO CANARIAS

The chef of the gourmet restaurant Isla de Lobos (located in the Hotel Princesa Yaiza by PY Hotels and Resorts) has been recently named the winner of the Canary Islands Absolute Cooking Championship within the VI Gastronomic Hall of the Canary Islands - GastroCanarias.

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Puerto Del Carmen is now open!





Puerto Del Carmen

Avenida de las Playas 37 - Enfrente del Gran Casino Lanzarote 35510 - Puerto del Carmen Tias, Lanzarote (Las Palmas de Gran Canaria)

You can find us on Av. De Las Playas opposite Gran Casino de Lanzarote!

Open Monday - Sunday 9am to 9pm

Playa Honda

Zona Industrial Playa Honda 35509, San Bartolome, Las Palmas, Lanzarote Tel 928 942 036

5 minute drive from Arrecife Airport Located on the Industrial zone next to Africamar and Deliand Plaza shopping centre.

Open Monday - Sunday 9am to 8pm



Manrique/ Puerto del Carmen

Calle Cesar Manrique 8, Puerto del Carmen 35510 Lanzarote Tel 928 581 065

Located on Calle Cesar Manrique, 140m from O'Neill's Karaoke Bar on the corner of Av. de las Playas. Two minute walk from the bus stop outside Centro Atlántico.

Open Monday-Sunday 9am to 9pm

Playa Blanca

Calle Las Palmas 8, Local 1, Urbanización San Marcial del Rubicón, Playa Blanca -Yaiza 35580 Tel: 928 902 305

The Overseas store can be found between the Marina Rubicón and Las Coloradas. Located on the same street as the Hiperdino Supermarket and The Mirador Papagayo Hotel, On the Number 30 bus route, with plenty of free parking available.

Open Monday-Sunday 9am to 9pm













Squid made on the plancha

with a Parsley Mojo



1 kg of squid

4 garlic cloves

1 bunch fresh parsley

1 lemon

Salt

Pepper

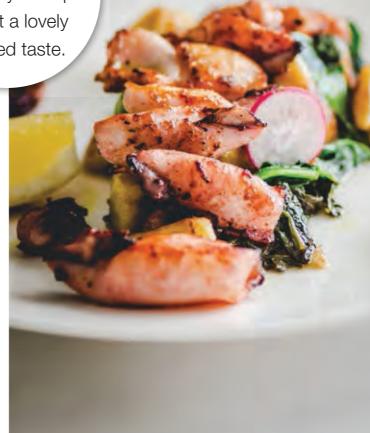
150 ml of olive oil

A grill or plancha

Chef's Tip:

Try this recipe on the BBQ, your squid will get a lovely

smoked taste.



RECIPE of the

MONTH

by Antonio Chicón of Cook In Lanzarote

Method:

- Clean your squid by separating the head and tentacles from the mantle and fins. From the head you should remove the eyes and the beak (a parrot like beak that you can pull out). From the head, you should empty it from its gills, the ink sac and everything that its inside the squid. You can also remove the skin from the mantle and fins (this is not mandatory. If you keep it your squid will have a lovely pink/ purple colour!)
- 2. Wash the parsley and chop it finely, set aside. Peel the garlic and dice 2 garlic cloves into a small brunoise (small cubes), set everything aside.
- 3. In a mortar, start mashing 2 of the garlic cloves with some rock

- salt. Once you have a puree, add the parsley and mash everything together. Add the olive oil little by little, stirring constantly with the pestle. Finish your sauce by adding the juice from a half of the lemon and by adding the garlic in brunoise.
- 4. Add some regular olive oil to your plancha or griddle, Heat to the maximum level and once you see some smoke, its time to start cooking your sauid. Cook it both sides (it'll get a golden crust) and, 1 minute before serving, add part of the sauce to both sides.
- 5. Serve it while it's hot, add the rest of the lemon juice to bring more acidity if needed.



Tood for thought



Lanzarote dining has improved immensely in recent years and is being taken seriously as a place where fine food and highly professional cooking can be found. Discover the culinary wonders of a small island, where a wealth of food is waiting to be celebrated.

So many of us return time and again to old favourite restaurants where we order the same meal that we've enjoyed plenty of times before. There's nothing wrong with that, but when you're on an island with so much to offer it's worth widening your horizons a little.

So why not think about ringing the changes? Try

that place that a friend recommended recently, or simply follow your nose or your instincts. Once you take your seat, why not look a little bit closer at that menu and see if there's anything else that takes your fancy.

If life is a culmination of all the experiences we have, then surely it makes sense to increase the

it pays to be a
little more
adventurous when
it's time to

eat.

experiences.
You'll learn, enjoy

range of those

and perhaps find new favourites, which can be added to your tried and trusted meals.

There's a whole world of flavour out there, so why not explore it?



SOME THINGS WERE JUST MEANT TO BE DRUNK

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hat's —

MUSIC



THE SKATOONS

5th July, 9pm - 11.30pm

Costa Teguise, Decades Showbar

EXODUS SUMMER WHITE PARTY

6th July, from 3pm

With DJ Aitor Alonso and DJ Luca Puerto del Carmen, Sala Ocean Entry: From 25€

THE GATHERING

13th July, 4:30pm

Puerto del Carmen, Mulligans Bar, Old Town. Doors open at 3pm.

Entry: 5€

BANDADA MUSICAL EN LA CALLE

13th July, 8:30pm

Banda Municipal de San Bartolomé Arrecife, Casa de la Cultura Agustín de la Hoz Free entry

MACEO PARKER CANARIAS JAZZ & MÁS FESTIVAL

19th July, 8.30pm

Arrecife, Plaza El Almacén After the concert, Jazz Session in the Gran Hotel Arrecife from 11.30pm

JAMEOS MUSIC FESTIVAL

19th July, 9.30pm

Osunlade, Phil Asher, The Mighty Zaf and the local DJ Checha Tambo, Jameos del Agua

MALVASOUL LOVE FEST MEETS PINK FLAMINGOS

20th July, 12pm - 11pm

DJ Party Costa Teguise, Sands Beach Resort Entry: 20€

AIRES DESDE LA OTRA ORILLA

20th July, 8:30pm

Classical concert with violin, viola, cello and bass Arrecife, Casa de la Cultura Agustín de la Hoz Free entry

LA NOCHE BLANCA

26th July, 8pm till late

Street party with live music: Wear white! Tequise

ALGO MÁS QUE ÓPERA

27th July 8:30pm

Classic concert with soprana, baritone and piano

Arrecife, Casa de la Cultura Agustín de la Hoz Free entry

LANZAROTE BIG BAND

27th July

15 piece orchestra with the fantastic voice of Collie Farrell.

Venue to be confirmed Entry: 10€

EXHIBITIONS



ENTRE ISLAS - ILDEFONSO AGUILAR

Until 13th July

On the 6th (12pm) and 9th (8:30pm) of July there will be additional projections of audiovisual art.

Arrecife. El Almacén

INSULARIA - 60 YEARS OF ART

Until 28th July

Arrecife, Lanzarote Cabildo Free entry

THEATRE

EL PRÍNCIPE HAMLET

5th July, 5.30pm

Musical for kids Tías, Teatro Entry: 8€

LAS BODAS DE FÍGARO

5th July, 7pm

Arrecife, Teatro El Salinero Free entry. Collect tickets from 1st to 5th July at the CIEM office in Arrecife between 9am and 1pm.

RECUÉRDAME - TRIBUTE TO "COCO"

15th July, 6pm

Tías, Teatro Municipal Entry: 15€



OTHERS

ORIGINAL PALS CAR BOOT SALE

Every Sunday, 9am

Lanzarote A Caballo. Sellers arrive 8-8.30am. No booking required.

Price per stall 10€.

GREAT KENNEL KLUB SALE

7th July, 10am - 2pm

This month and the first Saturday of every month. C/Las Puntas 6, El Cable, Arrecife

FARMERS AND ART MARKET

7th July, 10am

San Bartolomé, Plaza, Leon y Castillo

CAR BOOT SALE IN AID OF SARA ANIMAL **CENTRE**

13th July, 9.30am - 12.30pm

Tahiche Garden Centre

Call 646 838 749 for more information or to volunteer.

MURDER MYSTERY NIGHTS - "MURDER, MAYHEM AND MOONSHINE".

19th and 20th July, 7pm

Presented by LADS (Lanzarote Amateur Dramatic Society) Costa Tequise, Decades Showbar Entry: 7.50€ including nibbles. Call Tina on 603 790 867 or Olivia 606 971 853 for tickets.

SARA'S SUMMER GALA

25th July, 12 pm-6pm

Bouncy Castle, face painting, raffle, minimarket, guiz and bingo. Livemusic from 4-6pm. Highlander Too, Old Town, PDC Free entry

...EVERY MONDAY...

9am - 2pm: Market, Caleta de Sebo, La Graciosa

...EVERY TUESDAY...

9am - 2pm: Farmers Market, Pueblo Marinero, Costa Teguise

9am - 2pm: Market, Puerto Calero

9am - 2pm: Market, Caleta de Sebo, La Graciosa

7.30pm: Jameos Nights. Dinner and Live Music, Jameos del Agua Entry: 39,90€ (concert only: 11,50€)

...EVERY WEDNESDAY...

9am - 2pm: Market, Playa Blanca, Marina Rubicón

9am - 2pm: Market, Caleta de Sebo, La Graciosa

6pm - 10pm: Handicraft Market, Pueblo Marinero, Costa Teguise

...EVERY THURSDAY...

9am - 2pm: Market, Caleta de Sebo, La Graciosa

...EVERY FRIDAY...

9am - 2pm: Market, Puerto Calero

9am - 2pm: Market, Caleta de Sebo, La Graciosa

10am - 2pm: Market, Old Town, Puerto del Carmen 5pm - 10pm: Market, Pueblo Marinero, Costa Teguise

...EVERY SATURDAY...

9am - 2pm: Market. Playa Blanca, Marina Rubicón

9am - 2pm: Market, Arrecife, Plaza Iglesia de San Ginés

9am - 2pm: Market, Caleta de Sebo, La Graciosa

9.30am - 1.30pm: Market, Uga

10am - 2.30pm: Market & Handicraft Market, Haría, Plaza

7.30pm: Jameos Nights, Dinner and Live Music, Jameos del Agua Entry: 39,90€ (concert only: 11,50€)

> 10pm: Asadero Macher, International Live Music, Mompas Duet

...EVERY SUNDAY...

9am - 2pm: Market, Teguise

9am - 2pm: Farmers & Handicraft Market, Mancha Blanca, Tinajo

9am - 2pm: Market, Caleta de Sebo, La Graciosa

1pm - 5pm: Cuban music, El Patio Creperie, Teguise

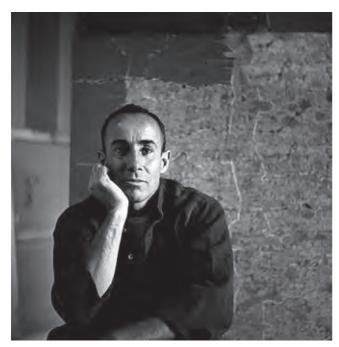
3pm - 5pm: Jazz session with Intrinsic at the Costa Sal, Matagorda

> 8am - 2pm: Lanzarote A Caballo Car Boot Sale

1pm - 3pm: Sax on the Roof session at the Biosfera Shopping Centre



rta Culture



100 years of César

Until 31st of October, Casa Amarilla Arrecife

In April 2019 the legendary island artist César Manrique would have celebrated his 100th birthday. Throughout the year there are a lot of different events, conferences, concerts and exhibitions to exhibition, called "100 años: Lanzarote y César" can be viewed

at Casa Amarilla, the former Cabildo situated on the Calle León y Castillo in Arrecife. "The exhibition shows a broad vision covering these past hundred years: from wooden mills to wind farms, from the saltworks to honour his legacy. One interesting the arrival of tourists, from camel to electric bicycles, from fishermen to surfers".

Afro Grooves 19th July, Jameos del Agua

American DJ and producer Osunlade will be the headliner of the second night of the Jameos Music Festival 2019. His music combines African grooves, Soul, Jazz and Funk in a very danceable mix which will light up the dance floor of Jameos del Agua.

During his career, Osunlade has worked with musicians including Candy Dulfer, Patti Labelle, Roy Ayers and Cesaria Evora, to name but a few.

In addition to Osunlade, DJ Phil Asher, The Mighty Zaf and the local DJ Checha (Tambo) will guarantee another great disco night in an absolutely unique surrounding.



Blow Maceo, blow

19th July, Arrecife, Plaza El Almacén

Maceo Parker is one of the most famous saxophone players in the world. He was part of the James Brown Band for many years and the Grandmaster of R&B always animated him to play his spectacular solos with the words, "Blow Maceo, hlow"

After he split up with James Brown, Maceo Parker played with other Funk and R&B legends Fred Wesley, George Clinton and Prince. The record "Roots Revisited" - released in 1990 - was the beginning of his solo career and it stayed at number 1 for 10 weeks in the Billboard Jazz Charts.

The Heineken Canarias Jazz & Más Festival brings the legend to the Canary Islands. Maceo Parker will perform on five of the Canary Islands, and can be seen live on stage in Arrecife on the 19th of July.





Experiences and handicraft workshops

Daily, Casa-Museo del Campesino

For a real 'hands-on' experience where you can make your own souvenir, come and enjoy the handicraft workshops offered on a daily basis at the Local Sustainable Market in Casa - Museo del Campesino.

Basic experiences take between 20 and 30 minutes at a cost of €3 per person, and can be carried out at different times of the day during the

centre's opening hours (from 10am to 5pm).

You will learn about long-established handicraft skills with local artisans, such as loom weaving, roseta embroidery, plaiting and making traditional pottery. You can also make your own mojo sauce and try gofio recipes plus many other experiential workshops to top up your visit to this emblematic spot in Lanzarote.







The heart of it all

Puerto del Carmen was the first tourist resort on Lanzarote, and remains the biggest and most popular, with hundreds of thousands of visitors arriving each year. It has become a legend among millions of holiday makers; the scene of countless happy holidays and unforgettable memories.

But when hotels and pretty white houses began popping up all over the hillsides, the rough dirt track soon became the bustling Avenida de las Playas – known to generations of tourists as "The Strip."

Now, the resort boasts five irresistible beaches and thousands of bars, restaurants, pubs and shops. There's always music and laughter in the air, shining lights and the

buzz of thousands of people enjoying life in one of the biggest and most enduring holiday attractions in Europe.

Puerto del Carmen offers so many different experiences. Enjoy the relaxed, chilled-out atmosphere of the Old Town or climb up the hill towards the Biosfera for a little more action.

Or just hit the Strip, stopping where the fancy takes you. There are dozens of clubs and literally hundreds of bars and restaurants here.

It is hard to
believe that just over
60 years ago Puerto del
Carmen was a little village
called La Tiñosa that made
its living from fishing and
agriculture, just like the
rest of the island.

There's just as much going on further along in Los Pocillos and Matagorda, so don't try to do too much ge take your time.

p fishing and puerto del Carmen was the first resort on Lanzarote, it remains the biggest and most popular and it still sets the pace for Lanzarote. It's the heart of it all.



Just over a century ago, 200 people lived in the village of La Tiñosa. Today that number has multiplied to several thousand, and the resort has adopted a new name, but the charm remains, as well as the opportunity to live well, work, make a living, raise children, start a business and fully engage with the world.

The perfect location

Situated on a broad, calm ocean bay where whales and dolphins frequently pass by, Puerto del Carmen enjoys one of the most privileged locations on Lanzarote. Just 10 minutes from the airport, 20 from the island's capital and a short distance from some of Lanzarote's most stunning natural sights, it's also well served by public transport and taxis.

An uninterrupted seafront promenade covers most of the resort, and is perfect for strolling and cycling. And, of course, there are those magnificent beaches. all of them under a fluttering Blue Flag for excellence.

Always new

Puerto del Carmen has launched an ambitious project of renewal in recent years, bringing five star hotels, promenades and renovation to the whole resort. A resort such as this has to improve continually, and Puerto del Carmen has risen to that challenge admirably.

Public spending has been matched by private investment, and the resort offers an incredibly wide range of shopping, dining and leisure opportunities, as well as the island's best nightlife. Nevertheless, the charming essence of the old village still persists, and Puerto del Carmen is still, above all, a peaceful and serene place.

Business as usual

Tías Ayuntamiento is fully aware that Puerto del Carmen is its largest town, and has established an office in the Fondeadero Centre in the Old Town where residents can get paperwork done. Other matters can be handled at the Guardia Civil office next to the Post office.

With several banks, lawyers, financial advisors, insurance companies and many more essential businesses, Lanzarote has become a place where you can get all sorts of things done on your doorstep.

And business is vital to this resort. It's a place where thousands of people have set up their own enterprises, catering to the millions of tourists who pass

Puerto del Carmen has always looked outwards, from its origins as a little village by the sea where locals would set out to fish or load up boats with local tomatoes and onions, becoming today's modern, buzzing tourist resort.



is lived



through, as well as to residents of the island

A place to grow

Generations of children have already grown to adulthood in Puerto del Carmen; children from all backgrounds and origins growing up, playing and learning together. With a primary school, a secondary school and two private schools that take children of all ages, it's a safe, stimulating launching point for any young life.



Feel the zing

The outdoor life takes priority in Puerto del Carmen, and sports and fitness are a way of life here. Whether you're taking a dip in the ocean, striding along the prom or preparing for a gruelling Ironman race, you'll find countless opportunities to play, work out and feel the caress of the sun on your face and cool

Whether you're new here or an old hand, it pays to pop into the resort's Tourist Information offices on Avenida de las Playas or in the Fondeadero centre in the Old Town to get more info.

Gazette Tip

breezes on your skin.

With health centres, private clinics, doctors and denists plus specialists speaking all languages it's also a place where you can stay healthy, check yourself up, eat good fresh food and live life to the absolute fullest. A simple life where nature rules.





What to do

"I can give you

the right bike and

If you want to get

around Lanzarote,

come and see me" -

Johan, Bike Sensations

New in Puerto del Carmen? Take our hand and we'll lead you on a tour of all the best tourist zones and activities in the resort.



Fishermen's rest

The Old Town is the original fishing village around which Puerto del Carmen was built. The fishing boats still go

out, and a large harbour also sees plenty of other activities. This is also where you'll find the Friday market and several public events, including the colourful fiesta in early August. Restaurants and bars are everywhere, and this is also one of the centres of Lanzarote's Irish community.

Getting around

Puerto del Carmen stretches for almost 7 kilometres, and you'll want to check it out. Buses pass regularly in one direction, and taxis are cheap and plentiful, but if you really want to have fun, hire a bike or an e-bike, which allows you to get around quickly and easily.

There's plenty of space for cycling on the prom, and more experienced cyclists can also use the resort as a starting point to discover the charming rural routes and dramatic volcanoes just a few sort out any other kilometres away. excursion you want.

Shopping galore

Puerto del Carmen offers pretty much everything a visitor could want in terms of shopping, from daily supplies to designer gifts and souvenirs.

The Biosfera Shopping Centre above the Old Town has four floors of shops, and other shopping centres can be found dotted along the seafront all the way to Matagorda.





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What to do





- but just a street away it's calm, peaceful and gorgeous. "-

Tee off

Lanzarote's newest 18-hole golf course, a par-72 challenge designed by Ron Kirby, lies just outside Puerto del Carmen on the hills leading up to Tías. With lessons,

tournaments, a bar and restaurant and plenty of other activities, а great place to swing a club, enjoy the spectacular views and relax.

"Don't miss our Special Summer Green Fee Offers!" -Nacho, manager of

Lanzarote Golf.

Texas style

Just north of Puerto del Martina Kent, tourist Carmen, Rancho Texas is Lanzarote's biggest theme park, with loads for children and adults to enjoy. Wander among all sorts of animals, take a pony ride, slide and splash in inviting pools, pan for gold, and enjoy a meal or snack in deligtful surroundings. The Wild West nights on Tuesdays and Thursdays are also unmissable, and the brand new Marine Mammal Environmental Centre is unforgettable, hurling you back millions of years to the the birth of the Canary islands.

The Strip

The Avenida de las Playas, known as The Strip, is Puerto del Carmen's famous beachfront boulevard, where thousands of tourists stroll to enjoy sea views, gorgeous sunshine and an immense range of shops, bars, restaurants and clubs. This is where you'll find the Casino, the Tourist

It starts at the Hotel Fariones, Lanzarote's first tourist hotel, and extends along the shoreline to the end of the broad Pocillos beach. But there's still a lot more to discover in Matagorda after that.

Information Centre and much, much more.





Beaches and beaches

Puerto del Carmen's success is based around its golden beaches, immense stretches of sand and sea that have all been awarded Blue Flags for cleanliness, safety, access and services.

Playa Grande and Pocillos are stunning expanses of sand looking out to an endless horizon, with plenty of leisure activities on offer. Matagorda's golden beach is narrower and a little breezier, but every bit as inviting, while little Playa Chica is a natural lagoon sheltered by volcanic rocks where

discover another world.

a snorkel and mask allow you to

Need for speed

- Kelly M.

That dry, parched landscape you saw from the plane as you arrived is perfect for exploring in a buggy or a quad. Just book a trip, strap on your helmet and prepare to be amazed.

Speed freaks will also find Go Karting just a short distance away from the resort - the best, most competitive afternoon of sheer fun you can imagine.

Sail On

Puerto del Carmen has always been a port, and you too can hop on board a boat to get a taste of the sea.

"Quote the Gazette and we'll give you a free buff scarf to remind you of your experience"

> - Pete, Buggies Lanzarote

Take a water taxi to sleek Puerto Calero, admiring the cliffs along the way; book a fishing trip or take a cruise or a party voyage. Elsewhere in the resort you'll find pedalos and banana boats, speedboat rides and plenty more.

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Living the high life

It's got to be at the top of your 'things to do' list when you're visiting Lanzarote. Based on the top floor of the Biosfera Shopping Centre in the Old Town of Puerto del Carmen, the Rooftop Entertainment Zone has so much to offer from 10am until 11pm, 7 days a week. You can spend hours here, whatever the weather, or keep coming back throughout your holiday.

If you've got kids or are a big kid at heart, the Jurassic Mini Golf Adventure has 12 holes, but to complete it you need to battle 15 dinosaurs whilst dealing with erupting volcanoes and running away from hatching eggs!

When you've safely negotiated the dinosaurs, you can get your strength back in the Lost World Themed Restaurant and Cafe. If the kids have any energy left, they can play in the soft play area whilst you're waiting for the food to arrive, and they'll absolutely love the jungle setting, complete with rainforest sounds, moving animals, more dinosaurs and coral reef portholes.

The Starlight Cinema is a totally unique, magical cinema experience where you can watch a film under the stars, snuggled under a blanket and with your feet up, pressing a button for table service so you don't ever have to move from your seat.

There are two films per night, with the first one starting at sunset. Wireless, comfortable headphones are provided.

Movie and Meal Offers are available, as are VIP offers where you can reserve your seats. The Starlight Cinema is really popular, so you need to ensure that you book in advance so as not to be disappointed. Tickets can be booked online by emailing info@ cinemalanzarote.com and prices start from 18€.

The Starcaf Restaurant and Cafe is situated next to the cinema and is open every day, with a varied, family friendly menu which also includes vegan and gluten free options.

If you're a music lover, there are three

opportunities each week for you to relax in the sunshine with a cocktail or coffee in the Ocean View

Rooftop Lounge Sessions are on most lunchtimes with local DJ's and on Sunday it's Sax on the Roof. Between 12 and 3 you can normally find us playing chillout, funk, jazz and mellow house music.

'Sax On The Roof' sessions are from 1-3pm on Sunday afternoons. 3 course brunch is available or you can just sit back whilst listening to Anthony Cummins singing your Swing, Rat Pack, and Jazz favourites, and playing some stunning sax solos.

Who would have thought you could ice skate in the sunshine? On Saturdays and Sundays from 6-10pm the state-of-the-art synthetic ice rink is open to all ages and abilities. Located on the 3rd floor of the

Biosfera, with great views of the ocean, it costs €5 for a 20 minute session which includes the hire of a helmet, knee and arm protection.

The Biosfera Shopping Centre is easily accessible by car or bus and there is a bus stop immediately outside. If you're coming from Costa Teguise, catch the No. 3 or No. 25 bus. From Playa Blanca, you can take the No. 6, 161 or 261 bus. There is some onstreet parking and also a free car park underneath the shopping centre.

For lots more information to help you plan your exciting and fun-packed trip, including how to sign up to receive the latest What's On at the Starlight Cinema list, visit the Rooftop website.

GALAXIA, 6D Cinema

Rooftop Entertainment now boasts the only 6D cinema on Lanzarote. It used to be located in Arrecife Marina and has returned after two years off island. It offers a choice of six films giving you an unforgettable experience and triggering all of your senses. Each immersive virtual reality motion adventure ride lasts approximately four minutes and themes include visiting the 'Great Wall of China' on a rocket-fuelled rickshaw, 'Meeting the Dinos' which is made especially for children as young as 3-years-old, and 'Penguin Race' which is a high-intensity race to the bottom of a slidy snow trail. The films are on a loop, so if you have a favourite, you won't have to wait long for it to come around. The price is €7 per ride or you can pay €10 for two rides.

The 6D cinema also shows a unique virtual tour around Lanzarote, either by air or underwater. 'Skyride' allows you to see the island as you've never seen it before, flying over the stunning volcanoes, gliding across cliff tops and



diving down into the sea. The latest Canary Islands tour is called 'Oceandive Atlantic' and allows you an incredible insight into what's going on under the waves here in the Canary Islands. You can swim with dolphins, explore the caves and ancient ship wrecks, as well as marvel at the beautiful local marine life. Each of these virtual tours cost €10.

Rooftop Entertainment is located on the top floor of the Biosfera Shopping Centre, Puerto del Carmen. Movies begin at sunset, every night! (Booking is recommended)

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Living the life



afternoon tea and of us associate The stroll holidays with

Early each morning, fishing boats head out of Puerto del Carmen's harbour; bars and cafés turn on their coffee machines ready and start preparing breakfasts, and restaurant owners head out to buy fresh supplies that will be served up later on in the day. This is a resort that's made it's reputation on good eating.

One of the greatest pleasures on a warm summer evening is just to take a walk around the resort, as you choose where you're going to dine. Delicious aromas waft through the air along with laughter, chatter and the clink of glasses. Take your time, soak up the atmosphere and then make your choice, take a seat and anticipate the pleasures to come.

Discovery time

If you love food, then you're in the right place to discover exciting new flavours and dishes. All

much more at The Good Old Days -Lanzarote's only 70's unforgettable bar!" - Nolita & meals, and Puerto del Charlie Carmen's wide range

Try cocktails

of eating establishments offers adventures galore. Open your mind, then open vour mouth and enjoy!

Your style

Whether you like to head out for a sit-down meal at a classic restaurant, or prefer to dip and graze, ordering snacks and drinks at







Living the life



a series of bars and restaurants. Puerto del Carmen will suit you perfectly. There's great food to be enjoyed all day, and the choice is entirely up to you.

Flavours from home

Puerto del Carmen has learnt that British, Irish, German and Scandinavian tourists sometimes love to enjoy their own favourite meals in the Canarian sunshine. That's why it's not difficult to find a Full English or Irish fry-up, a Sunday roast and many other favourites from back home.

And the resort has also discovered that tourists love ethnic cuisines from India, China and other

countries. It's not hard to satisfy an urge for the spicy stuff here.

Local heroes

far more than just those delicious wrinkled potatoes and mojo sauces. Puerto del Carmen has fine seafood galore, and many restaurants make a point of using the finest local ingredients, from cheese to organic fruit and vegetables. Any questions? Then there's always a friendly waiter on hand to point you in the right direction.

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We love it here -

Lanzarote is really our home away from home — but most of all we love you, our dear guests. So enjoy, and if there is anything we can do to make your experiencemore pleasurable, do not he sitate to ask.

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to join in the

and quests, the

the Guinness just

flies out!"

Josie at the Bodhran







Dance the night away

If you want to make a night of it, you're in the right place. Nightlife in Puerto del Carmen goes on until the early hours, and sometimes well into the morning after! Find your place, pace yourself and go for it.

During local fiestas and carnival, there's also plenty going on out in the streets and the squares.

Take your time

In Puerto del Carmen you can take your own sweet time. Stroll along the strip taking in the sights and singing with Johnny sounds, or explore the streets in the charming Old Town. You'll often come across friendly types who try and hustle you into their restaurant, but don't let yourself be hurried. If you like what's on offer you can always come back later.

You're in charge here. Take your time and get

the very best out of dining and nightlife in Puerto del Carmen.

Raise a glass

Whatever your poison is, you'll find it in Puerto del Carmen, which has been serving drinks to satisfied customers for decades. From local wines to British beers and Irish cider, from stunningly inventive cocktails to tempting liqueurs, you'll find all you ever wanted and more. But if you'd rather keep a clear head, this is a resort where fresh fruit, soft drinks or even a cup of perfectly prepared coffee are never far away.





San Bartolomé

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A Port of Call

Puerto Calero is a beautiful blue flag marina and a firm favourite not just among the yachting set, but also thousands of holiday-makers. A glittering jewel tucked snugly into protected coast of Lanzarote and a buzzing leisure marina where you can shop and dine in style and watch luxury yachts, big game fishermen, ladies who lunch, and perhaps the odd celebrity.

It's the perfect place for messing around on the water, taking an excursion over (or under) the waves or booking a fishing trip. But for most visitors, the main pleasure is wandering along the harbour, looking at the yachts, shopping, or enjoying a relaxed meal and maybe a cocktail as the sun goes down.

Rows of attractive restaurants overlook the marina, including some of the very finest on the island. A visit to the chic Amura restaurant, for example, is probably one of the most luxurious, elegant dining experiences available on the island. All along the sea front in Puerto Calero diners are certain to find something to their taste. And if you just fancy an

ice cream or a coffee and a cake, you've come to the right place.

Puerto Calero was a daring new project in 1986 – a luxury resort based around a high-class marina. Sailing and maritime pursuits are still very much at the centre of activities here, and there's a breezy, salty nautical flavour to the whole place. It has over the years attracted several famous faces to stop over including Tom Jones, David Cameron, Roman Abramovich and Rupert Grint from the Harry Potter films.



Puerto Calero is Lanzarote's newest resort, where homes and hotels tumble down the hill towards a sleek leisure marina where yachts rock gently beneath a Blue Flag for excellence.

A place to set anchor

Puerto Calero is situated in a large, protected bay on Lanzarote's south coast. This makes it an ideal safe haven for the scores of yachts that come and go, but it also brings its own microclimate, warmer and not as windy as much of Lanzarote, but still with cooling breezes that bring glorious relief from the sun.

Luxury experience

Just wander along the marina and breathe in the atmosphere of sleek luxury, where lemon trees and brass bollards line the walkway, luxury yachts bob gently at their moorings, and people take their time enjoying a coffee or a meal at several splendid restaurants and bars.

If you're looking for real luxury head up the hill to the Costa Calero hotel

and enjoy a session in one of the island's finest spas.

Kids welcome

Kids love the breezy feeling of activity in the resort; the submarine trips, delicious ice cream, and the fat fish cruising in the harbour, and if they're a little older there are plenty of activities available for them, including summer camps where they'll learn all kinds of nautical skills.

Discerning shopping

With souvenir and jewellery markets twice a week, it's always worth bringing your credit card to Puerto Calero. Step off the prom and you'll find also a small, elegant shopping street with designer items, clothing, gifts and ornaments that you'll find nowhere else on the island. Armani, Lacoste, Hugo Boss, Tommy Hilfiger

and much more await you.

There's also a supermarket and a parapharmacy, where you can stock up on essential supplies

Getting around

Puerto Calero's small enough to discover easily on foot, but if you're coming from outside, part of the fun choosing how to arrive. Just a few minutes from the airport, it's easily reached by bus or taxi, and is perfectly positioned for outings to the dramatic volcanoes of the south. You can also hire bikes at the Costa Calero hotel.

If you like try the delightful clifftop walk from Puerto del Carmen's Old Town, and if you really want to arrive in style, jump on the regular water taxi from the same departure point.







Millions of tourists mean that Lanzarote has developed a fantastic range of beauty treatments, spa therapy and general pampering. Choose the treatment for you, lie back and look forward to summer...

All types of everything

On Lanzarote there are more treatments available than you could ever imagine. From calming head massages to pampering pedicures, every part of your body is catered for, and the range of treatments is amazing – sea water, mud, seaweed, chocolate, fragrant essential oils of your own choosing, mystical stones and crystals

 it's all out there for you to discover. Costa Calero Thalasso and Spa is one of those to discover, it is open to residents throughout the year and has some impressive offers to make us all feel like we on our holiday.

Your body is a perfectly evolved mechanism, and to get the best out of it you need to ensure its working optimally. Supple joints, firm muscles,

efficient circulation and digestion are all important, but in the summertime its your skin that will need to be in tip top shape.

From your head to your toes, your skin is a living, breathing organ, and will respond quickly to tender, loving care and treatment. It's also one of the ways we can feel summer to the maximum, so ensure it's almost tingling with vitality and life.

There are several other treatments that can help to rejuvenate your skin. They include massages, presotherapy, mesotherapy, wraps and peels. There are so many treatments on offer that you can afford to take time and make the best choice possible, but always remember to put yourself in the hands of the professionals.







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From breakfast or brunch to ladies who lunch, from cocktails and coffee to fine dining under the stars, Puerto Calero's a great place to take a table, look at the menu and place your order.

Paseando

"El paseo" is the Spanish custom of taking a stroll, usually as the sun starts to go down. It's when you dress up a little, see and be seen, and it usually involves a pause or two for a drink or a snack. Puerto Calero is perfectly designed for this ritual, and as a leisure marina, it's something that happens all day long.

Snap happy

Puerto Calero isn't nicknamed "Millionaire's harbour" for nothing. The smart, opulent atmosphere tempts you to pause for a perfect cocktail or a more elaborate dining experience. Whether you want to Instagram that perfectlypresented drink or plateful or just take your time and enjoy it, you're in the right place.

Where flavours meet

Regatta every Friday A port is a place where people arrive from all over the world, and the same goes for food. At Puerto Calero you'll find classic Spanish fine dining, innovative restaurants that offer flavours from all over the world, seafood, Italian cuisine and

classic British and Irish pub grub.

Dining after dark

Don't miss the

at 4.30 pm!"

- Andrea, Roberto,

Paolo & Co

When the sun sets over the wild volcanoes to the south, Puerto Calero's lights shimmer on the dark water and there's a whole new, enchanting vibe to discover. This is the perfect time for an evening meal in the most sumptuous, elegant surroundings.





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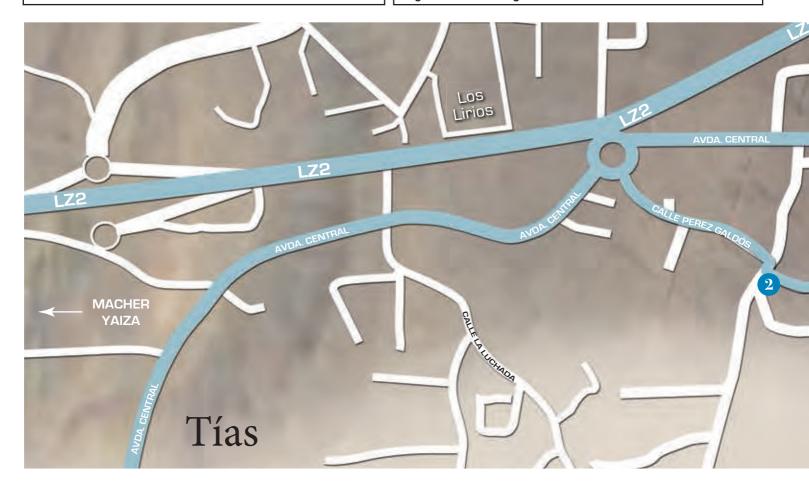
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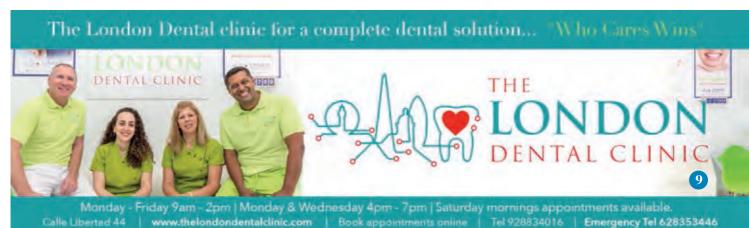


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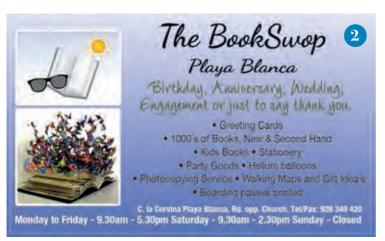














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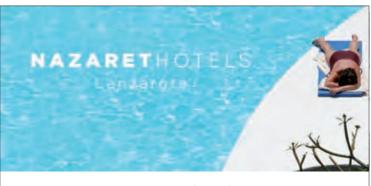
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Ref 324 - PLAYA BLANCA

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Price: 274.000€



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Price: 320.000€



Ref 394 - PLAYA BLANCA

3 bed 3 bath detached villa on large corner plot with private pool, hot tub and sea views.

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PROPERIY

WHY BUY CANARIAN?

Here are a few quotes from property owners on Lanzarote, giving their reasons for why they love living on Lanzarote

"It's just that feeling of sun pouring in through the window in the morning, every morning. No gloom, no rain, no darkness at four in the afternoon" - K.C.

"It seems like we discover a new favourite restaurant every month, but there's always a

new place round the next corner." A.D.J.

"Heating is something I no longer have to worry about. I've forgotten how to bleed a radiator, and my heating costs are the price of a warm jumper." D.J.

"In the morning I'm up a volcano with the dog, later on I'm in the sea, at night I'm out with friends, and I still fit a full day's work in." G.G.





CANARIAN CHANGES

The victory of the Socialists in the recent Canarian Government elections could signal a change to holiday rental policies. However, Socialist leader Ángel Victor Torres will need to form a government first.

The uninterrupted rule of the Coalicion Canaria over the islands for over 25 years looks set to come to an end, and with it that party's comfortable arrangement with the influential hotel lobby, which has been behind recent measures to prohibit holiday rentals and issuing fines to owners.

However, rental owners may not see immediate relief. The Socialists are clear that one of their main priorities is cheaper housing, especially in urban areas, and the holiday rental sector has been identified as a contributory factor to high rents.



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YOUTH BRINGS HOPE

A property expert has identified Canarian young people as a future asset that will safeguard the region's property sector.

Felix Lores, of the Property Research Division of the BBVA bank, pointed to the problem of an aging population in many of Spain's regions, which has led to a decreased demand for property and a stagnating market.

He highlighted the fact that the Canaries did not fit this pattern - The islands have the highest proportion of young people in Spain, with 17% of the population in the 15-29 age group. "This potential demand will help the islands to compensate for fluctuations in the property market," he said.

However, the high youth population on the islands has already brought serious challenges in terms of providing well-paid employment.



BUMPY RIDF FOR STFRI ING

As the UK heads towards a Brexit deadline in October, the immediate future of Sterling seems less certain

A "no deal" exit (referred to as a "disorderly" or "chaotic" exit in Spain) is more probable than ever, given the victory of Nigel Farage in the EU elections and a new Conservative leader who is likely to be a hard Brexit supporter; and money markets have reflected their fear of this outcome, with sharp recent drops in the value of Sterling against the Euro.

Anyone who's planning to transfer large amounts of British currency to Spain is advised to seek the best independent professional advice at this volatile time.

ITALIANS ON TOP

Italians topped the list of foreign property buyers in the Canaries in 2018, knocking British buyers into second place.

Italians made up 22% of foreign buyers, while British purchases remained strong on 16%, although this market has undoubtedly been affected by Brexit uncertainty. While Italians are arriving on all islands, Tenerife has proved particularly attractive.

A slowdown in the market saw 12% fewer properties sold to foreign buyers, which experts ascribe to uncertainty relating to Brexit. Italian Consul in Tenerife, Silvio Pelizzolo said that the Italian boom is down to "young people who see the islands as a promised land and arrive by word of mouth;



families who come to set up businesses and a significant number of retirees." He also pointed out that many Italians are escaping a financial crisis at home, which has made living in the Canaries simply cheaper.



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The house market in Spain is continuing to grow despite Brexit, and should continue to offer future opportunities throughout 2019. UK buyers are still number one in the home market throughout Spain, making up 14% of all foreign transactions. according to the Statitical Information Centre of Notaries in Spain.

Although Brexit still continues to make potential UK buyers worry, there is still, with all the uncertainty and no-one being able predict the outcome, an interest being shown in making the move. In some cases it has worked in Spain's favour, as people who may have always wanted to make the move, have finally decided the time is right to do so.

With interest rates historically low in Spain, many see property as an investment opportunity, and with rental prices going up strongly, it has made people sit up and plan a future different to the life they are currently living.

Housing prices in Spain have been steadily rising since the financial crisis in 2008 and during the first

"LANZAROTE OFFERS AN UNBEATABLE LIFESYLE AND COST OF LIVING."

few months of 2019, the national average property price increase was 6%. Despite this, Spanish property is still considered very good value for money when compared to buying property in the UK.

According to recent research, Spain ranked second

out of 33 countries as best for first-time buyers due to a combination of reasonable property prices and the cost of living being 22% lower than in the UK.

Spain is keen to attract foreign purchases and investments, so even if Brexit were to happen, British buyers don't have to worry about being outside of the EU as a large majority of foreign buyers currently include those from Morocco, Russia and China.

Foreign buyers, often with higher incomes appreciate and will pay more for location and something outside of the ordinary. The Islands, either the Canary Islands or Balearics, will continue to hold their prices and steadily improve, offering that perfect combination of financial security and the 'wow factor' when buying either a main home or a second property in stunning surroundings.

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This fabulous 4 bed 3 bath

This fabulous 4 bed 3 bath villa in PLAYA BLANCA is located in an elevated position offering panoramic views of the sea



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Ref 1041 - € 299.000



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REF: 968 - Price €385.000

Ref 1027 - € 189.000

REF: 999- Price: €175.650

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OPERTY BUYERS GU

This article is a general guide to buying real estate in The Canary Islands. It has been compiled from the knowledge and experience of a number of professionals involved in the selling, buying and conveyancing of property in Spain, but it should not be taken as a substitute for proper legal advice.

LOCATION

Is your property is intended for holiday use, longer term visits, or do you intend to live here year round? Your choice of location should take your needs into account, such as schools, medical services and recreational outlets.

RESEARCH

You need to know a great deal more about your property than you would if you were just spending a couple of weeks there. If there is a community association, ask your neighbours if it is well run. Ask about the community fees - don't forget that if you are in a Community you are legally obliged to pay

BUYING THE PROPERTY

First, make sure that the person selling you the property is entitled to do so. Your agent will be able to supply you with a list of suitable lawyers to act on your behalf, or the British Consulate in Las Palmas

can provide a suitable list on request. Your lawyer needs to check out your intended property thoroughly.

A check of legal title will be made through a search in the local Land Registry Office, which will also indicate if there are any mortgages or charges against the property. If you are buying a plot of land, the lawyer will also check if you can obtain permission to build on the land, and what size and type of property you can build. Once you have been assured by your lawyer that all is in order, you will need to sign a Contract of Purchase raised by a lawyer, and pay a deposit which is usually 10% of the intended purchase price; this deposit is normally held by the lawyer who has been appointed to arrange the signing of the Title Deed.

The contract will state the terms and conditions of the sale and will state a specific time for completion of the. If you decide, up to this completion time, that you cannot proceed with the purchase, you will forfeit the deposit paid, but if the seller changes his mind, he must return the deposit to you in full, plus a compensation payment for damages.

The next step is to complete the transaction by making the outstanding balance of payment and signing the title deed, which is known in Spain as the Escritura. This must be done in the Notary's Office. The Notary's task is to ensure that all of the legal documentation is correct. He will also carry out a search in the Land Registry Office on the day of signing to check the current status of the property or land (and will require the last annual rates receipt from the council in which the property is situated), that this is up to date as well. It is essential to ensure that your lawyer has current receipts for all other payments such as water, electric and community charges, as debts such as these in Spain are levied against the property and not the owner. Notaries now also demand an Energy Performance Certificate. When in the Notary's Office, you will be asked to produce your passport as evidence of identification. You will also be advised to obtain a NIF number, which your lawyer can arrange

MONEY MATTERS

If you are not resident in Spain and are buying property or land it is advisable to bring money from abroad to complete the purchase. It is simple to open a nonresident account in a local bank, and your estate agent will normally help you with this. You can then transfer your funds from your own bank in the UK to this new account. On the signing of the new Title Deed your



cheques for payment will be shown to the Notary and included as part of the documentation of the deed.

They must be inscripted with details of the property of land to be purchased, or have an investment certificate from the issuing bank attached. The Notary will also require you to sign a Spanish ministry form, declaring that the investment has been made. It is also possible when purchasing from a non-Spanish resident to pay the completion funds abroad in any currency. In this case, the deed will state an equivalent amount in Euros, as this gives the value in which the transmission tax (stamp duty) is calculated. You will have to produce more than one cheque as you will be liable for capital gains tax. In this situation, a sum of 3% calculated against the value declared in the title deed will need to be retained and paid to the Spanish Tax Authorities.

Estate Agent's fees are normally paid by the vendor and the details of the specific percentage to be paid will normally be noted in the Purchase Contract.

Some unscrupulous illegal agents have been known to charge the purchaser as well as the vendor for their fees, so ensure this is not the case. You may well also find that the price of your title deed is not exactly the same as the cost of the purchase, as some sellers prefer to treat the furnishings and fittings, if they are included, as a separate item.

REGISTERING THE PURCHASE

To complete the transaction you must register the deeds at the Registro de la Propiedad (Property Registry). When the deeds are taken to the Registro, the purchase tax of 6.5% of the value of the property must be paid.

Later the Registro will request a second payment to cover their charges. In addition, a tax to the Local Authority, based on the increase of values of land in their area since the property last changed hands (known as 'Plus Valia') is payable.

This is often negotiated between the vendor and purchaser. Your Lawyer can get an estimate in advance of the purchase, so that you have the funds ready. At the same time, a form should be entered to the local authority, advising them of the change of ownership. You should remind whoever is doing your paperwork about this, as it is often forgotten.

Residents must also be tax registered in order to sell property and avoid retentions, even if they pay no tax.

OTHER COSTS

Other costs include the Transmission Tax, the Notary's bill, the fees from the Registro and your lawyer's fee, which will probably come to about 10% of the purchase price.

Your Lawyer will ask for these funds to be placed with him before the work is done as clients have often disappeared leaving these bills unpaid.

Non-residents will be liable for property tax, while residents will pay the IBI assessed by the local council.

OUTSTANDING BILLS

When you buy a property you become liable for any outstanding bills for water, electricity, local rates and community fees. Both the Electricity Board (UNELCO) and the Water Company (CANAL GESTION) have forms which you and the seller must sign, to transfer the bills into your name. When you go to do this check that all payments are up to date.

Local rates are payable at the Town Hall. You or your representative will need to visit the 'Oficina de Recaudacion' at the Town Hall to complete the form changing the rates into your name, and again, checking that all payments are up to date. As bills are not sent out for the rates, property owners often forget to pay them, and they can soon mount up.

THE COMMUNITY OF OWNERS

The Community of Owners is a Spanish institution affecting any property owners who enjoy shared facilities and services, such as lifts, swimming pools, gardens and communal garages.

Information about your Association must be freely available to you, as do the accounts which have to be published to the members every year. You should check before you buy that your Community Association is functioning well, how much the monthly payment is, and whether the payments for your intended property are up to date.

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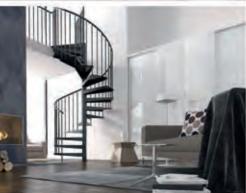
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Lanzarote isn't a place to follow the herd. Look at the wild and wonderful landscape around you, soak up the bold contrasts and inspiring colours, see how César Manrique's vision transformed the island and find your own individual vision.

There's something about Lanzarote that gets the creative juices flowing. Maybe it's the light and the space, perhaps it's the laid back atmosphere, but you instinctively know that this is a place where you can express yourself.

And if you've made your home here, you'll want to

let the self-expression flow. We're all individuals, with our own quirks and preferences, and there's huge satisfaction in living in a place that's just the way you want it to be.

"On Lanzarote, there's no such thing as normal."

We don't just dream up our homes - we soak up influences, develop our tastes and end up with something unique, and on Lanzarote you have

incredible opportunities to do just that. Just head out to local furniture stores, design studios, garden centres and let your butterfly mind settle on those things that you simply love.

Whether you're decorating an outdoor space where you can live the Canarian outdoor lifestyle to the full, or planning an attractive, welcoming interior where you can feel truly at home, you'll find endless inspiration and ideas here.

This is your space, to be shared with those you love, who understand you and appreciate your quirks and know that no matter how hard you try, you're never going to be normal. So embrace your quirks and get to work!





Lanzarote's stark contrasts and bold colours are everywhere, but look a little closer and you'll spot subtler shades that are beautiful, evocative and mature, a deeply satisfying and rich natural palette that it's a pleasure to live with.

César Manrique is one of the main influences behind colour on Lanzarote, and you don't need to look too hard to know that he was a man with a taste for bold and vivid statements. The bright colours of his murals, the glowing red and yellow of his logo for Lanzarote, the hire cars bearing the pattern of his "flags of the cosmos" - they all show an audacious, adventurous approach to colour.

But a closer look at Manrique's work shows another influence – the subtle, shifting shades of volcano country. Take a trip to Uga or La Geria at sunrise and sunset and you'll see how the volcanoes slowly

change colour in the light, shifting from deep, dark blacks and greys to softer, stunning ochre, cobalt and rust colours. Another Spanish artist famed for his use of colour, film-maker Pedro Almódovar, has described this sight as "deeply moving".

These subtle, brooding shades can be seen in many of Manrique's later paintings, and they also form the basis of the work of Lanzarote's finest living artist, Ildefonso Aguilar, who accurately reflects the beauty of these landscapes in his sober, sweeping works, where lava blacks blend with honey-browns, russet reds and deep, cool blues.









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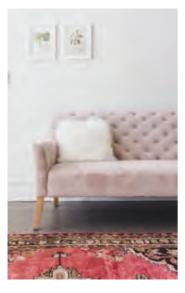


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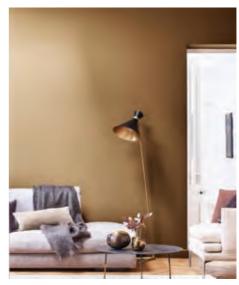
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SUBTLETY AT HOME

In the home, shades such as this are generally regarded as neutrals – safe, calming colours that are used as a backdrop for bolder, brighter contrasts, but on Lanzarote there's also a virtue in embracing subtlety and letting those soft, mystical volcanic shades surround you. While everyone else is outdoing themselves with lime, canary and flamingo shades, let your home be a soothing, relaxing place that breathes maturity and thoughtfulness.

You can use these shades as plain colours, painting an entire wall a rich honey or sand colour, for example. This allows other items in the room to step forward and do their thing, with elegant shapes and patterns pleasing the eye and bringing dynamism to the arrangement. And don't forget that, with a large expanse of colour such as this, you'll

see light do exactly the same thing as it does on the volcanoes, bringing richness to some areas and cool shade to others.

The more you examine the colours of Timanfaya,

"WHILE OTHER
COLOURS BRIGHTEN
OUR HEARTS, THESE
MOVING, SUBTLE
SHADES SATISFY OUR
SOULS."

the more you'll see - from delicate pink shades to chocolate browns, brimstone yellows and creamy whites. All of them will serve to add

mystery and subtlety to your home, and all of them come alive with candlelight – fire is where they were born.

VOLCANIC ART

Also forged in fire are glass and clay, and this allows you to bring more of these evocative colours into your home. We naturally gravitate towards these soft shades when choosing plantpots and other functional ornaments, but it's worth looking for more delicate items, too. These will complement your subtle colour scheme and allow the light to bring sparkle or shine into the equation.

And don't forget that the volcanoes aren't the only source of calm, beautiful, mystical colours on the island. Just gaze into the ocean for rich bottle greens and shifting shades of deep blue, or wander on Famara's cliffs to see silvery foliage or delightful pale greenery.



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Create a



Boutique Style

The word boutique originally denoted a small and exclusive purveyor of goods, whether it be clothes, gifts or food and wine. In recent years however its meaning expanded to include hotels which, that rather than displaying the grandeur of tradition, instead created an experience that incorporated a more homely feel. High luxury, but with the coziness of one's own home. Often small with just a few individually designed rooms, these 'boutique' hotels set the template for a style of decorating which was to translate into people's homes.

And today one will find that it is very simple to incorporate this style into your own home, as many interior designers and shops have brought this into the products that they offer. And it really isn't that difficult to give your home that boutique touch and air of luxury. It's all about attention to detail.

Boudoir Bedrooms

When considering boutique style, people often

think about bedrooms, as this is perhaps the most obvious example of the boutique style. Here the bed will be the central focus of the room, soft and full of plump pillows with a beautiful eiderdown. Whilst the four poster is not usually associated with the boutique look, it being much more to traditional tastes, if it has

Boutique style is about creating a feeling of ambiance and of luxury

a modern style frame, it can work.

Overall, the boutique style is about creating a feeling of ambiance and luxury. It will have elements of the shabby chic look within it, sheer, white curtains, that let as much sunlight filter through as possible, as well as lighting that provides a soft glow rather than something that is too harsh.



IT'S GOOD TO BE HOME.

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ou don't need to go far to discover how needs coaxing and care. gorgeous outdoor spaces in Lanzarote

Tahiche, the Monumento al Campesino or Jameos del Agua, or just head up to rural areas and see how the locals do it. But many residents still fail to make the most of their outdoor area. Why? The answer is simple - new homes on the

hotel, wander around César Manrique's home at

can be. Take a look at the gardens in any

island often offer concrete floors, white walls and little else in their outdoor areas. The rest is up to you, and while nature can thrive on Lanzarote, it The most obvious way to get in touch with nature is by planting and gardening. Trees, shrubs, climbing plants, herbs and flowers will all transform an outdoor

space. But in this arid climate, and especially at this time of year, they'll also need care and attention.

If that's something you're willing to take on, then fine, but if you're busy or regularly absent then it's worth considering more hardy, low-maintenance plants. Ask at garden centres for advice, and you may be surprised at what's possible.

Summertime, and the living is easy, but if you really want to make the most of the Lanzarote summer, you need to get in touch with nature.



One of the most attractive visual elements you can choose for your outdoor space is woven materials. Birds, insects, spiders and even fish all weave nests, webs and cocoons, and humans have done it since the very earliest recorded history, too.

On Lanzarote, it's easy to find locally made wicker baskets, boxes and containers, as well as the traditional palm-woven hats. Fishermen have also woven since time immemorial, and their nets can be a beautiful addition to any outdoor space.

As for fabrics, go for rough, loosely woven hessians; sacking and other functional textiles to add a natural element to your space.

When planning your natural outdoor area, the first thing to take into account is the basic difference between indoors and outdoors and that is sensory input. Interiors are static and unmoving. They rarely offer fragrance, and as they are a place where we seek peace and quiet, they are usually silent by default. The main sensory stimuli are usually visual and, perhaps, tactile.

Outdoors it's very different. The clouds scud

across the sky, leaves wave in the breeze, birds flit around and tweet while insects hum among the rustle of greenery. Fragrance can arrive from several sources - not all of them welcome.

To take advantage of this you first need to be sensible of these elements, and choose the ones you wish to develop. Fragrance can be provided by herbs and flowers and the sound of birds and bees can also be encouraged by the flowers and plants you have in your garden. But sound can

also come from wind chimes, mobiles, and the flutter of a canopy in the breeze.

Tactile sense is also different outdoors. While we value softness and smoothness indoors, the exterior is a place for rougher, gnarled, natural textures. The weathered surface of a piece of driftwood or antique farming tools, the rough texture of volcanic lava - these bring a real connection with the island we live on, and there are thousands of variations.

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Window Power



On Lanzarote, windows deserve careful consideration and wise investment. Choosing correctly will bring peace of mind and comfortable living.

Wander around any rural village in Lanzarote and you'll soon see tumbledown traditional houses that have long been abandoned. In Haría, for example, they're everywhere. Now look closer and see how the wooden windows and doors deteriorate without maintenance. Charming they may be, but wood is increasingly a material of the past for the most important home fittings.

Nowadays, modern materials such as PVC and aluminium offer much more durable alternatives, in a wide range of colours and styles. This is important for several reasons:

First, brand new, professionally fitted windows offer control. You can throw them open to let the sun shine in and allow fresh air into every corner of your home, or you can shut them tight when the wind blows or the rain comes down. With shutters

you can have even more control over light and ventilation, and curtains and blinds also increase

"Windows let you control light, rentilation and privacy"
- use them wisely."

your options – but the most important thing is that they're tough and tight.

Secondly, strong windows offer security. If you're leaving your property empty, you'll want to know it's

secure, and windows are usually the first option that intruders look at. An alarm system can help, too, but first and foremost you want potential burglars to look at your home and quickly decide it just isn't worth the bother.

Finally, windows offer privacy on an island where there's always the possibility of passers-by. Slatted shutters and light curtains can keep prying eyes out of your interior, and allow you to live your life in freedom and intimacy.

Always choose reliable, safety tested window glass. Lanzarote's wind means that unsecured windows can sometimes slam shut accidentally, and full-length patio windows often come in for knocks and bangs that smaller windows don't receive. If you have kids living in or visiting your property, safety glass is absolutely paramount.



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Lanzarote white roofs aren't just there to look pretty. Those gleaming white houses also play an important part in keeping your home cool.

The practice of painting homes white dates from the days when Lanzarote's main export was lime. Houses that required a little more protection against the elements were painted with whitewash – a simple mixture of lime and water.

This coating also looked attractive – the reason why César Manrique chose the colour for so many of this works and recommended it in his colour-scheme for the island – it also turned out to cool houses down in the scorching summer heat.

That's because white reflects heat and UV rays. Put a tight black T-shirt on and go out in the sun and you'll soon notice how dark colours absorb heat. On an island where interiors need to be cool and relaxing, whitewash turned out to be a close ally.

Even nowadays, white houses mean that we use fewer cooling devices in our homes. We can

keep the fans and air-conditioning to a minimum, reducing the island's carbon footprint. It's true that a white roof will also reflect heat in cooler months, but on Lanzarote you're unlikely to need any extra heating to deal with this.

"White reflects heat, leaving your home cooler and cutting energy costs."

It's not all good news - that reflected heat has to go somewhere and may help warm up particles in

ng to a minimum, the atmosphere - but the overall effect of cutting

down electricity appears to be more immediately beneficial.

However, the best idea, according to experts, is a white roof with solar panels, which will not only absorb heat but turn it into energy that will vastly reduce your consumption.

Flat roofs on Lanzarote can be used for solar panels, and can even be a good location for small gardens or clothes-drying areas, depending on the shape of your house. Calimas and dust, however, mean that they can often get dirty.

However, if your roof is fully waterproofed, a quick hose down will return it to its original spotless whiteness, especially if have a more modern polyurethane coating. Make sure you catch the run off in a container and use it to water your plants.



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HAVE A BANANA!

Bananas remain an important Canarian export - the small, sweet local variety has fans all over Europe - but the industry is mostly located on the western islands, where vast, lush plantations sweep down to the sea. On Lanzarote, a banana plant is a spectacular choice for a garden, with its immense, deep-green slotted leaves the main attraction. It'll require shelter from the wind, well-fertilised soil and plenty of water, and a bunch of bananas always does better than a solitary plant. Pay attention and you'll soon notice an exotic flower, with little bananas forming above it.

CUP AND SAUCER CREEPER



The Cup and Saucer Vine (Corbaea) is one of most remarkable garden plants you can see on Lanzarote. Its delicate flowers and pale green leavers seem too fragile to thrive in this harsh climate, but make no mistake - as long they get regular water and a bit of nourishment, there's no stopping them.

These vines have even been spotted thriving on the run-off from public showers on Lanzarote beaches, which accidentally provide the perfect combination of regular water and drainage, and they can be seen creeping over stone walls throughout the island.

Also known as Cathedral Bells, they grow quickly and may need some training in the early stages, especially if you want them to adorn a trellis or wall, but later they'll become thick and all you need to do is a little trimming and deadheading.

PROTECT AND SURVIVE

With a long, hot, dry summer on the way, now's the time to offer some protection for your plants. whether they're in the garden or containers.

Lanzarote's heat can quickly turn soil bone dry, and breezes will strip moisture from leaves - if you don't believe it, see how fast your washing dries here!

As a result, it's essential to conserve as much of that moisture as possible, and that can be done by protecting the soil around the stem of the plants, allowing moisture to remain and nourish the roots. Picón (black volcanic gravel) is perfect for this, especially in higher-lying areas where it also absorbs morning dew, but you can also use



decorative stones and pebbles from garden centres (don't steal from beaches!).

If you like, add some wood mulch, or even torn up newspaper before laying the protective layer.

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GREEN / US/



This month we look at how greenery can improve your life, and launch a new monthly series that points you towards some of the most wonderful green places on Lanzarote.

If you're looking for a green subtropical paradise, don't look out of your window as your plane approaches Lanzarote. You'll see a sandy, arid island of lava, rocks and wasteland, with just a few smatterings of green.

This is the eastern Canaries – more similar to the African desert 100 miles to the west than the lush, green western islands, where peaks and crags bring moisture and rain leads to an explosion of verdant life.

But the island's dry nature just makes those green spaces that do exist all the more precious and valuable, and gives those of us who live here the urge to create more of these oases of calm and tranquility.

Gardens do calm people. Research has shown that stress levels in humans of all ages decrease when they're in a green, natural environment, and town planners have long known of the therapeutic value of parks and green spaces. These are places where people socialise, walk, play and live out their leisure time.

And creating your own green corner of





the world has also been shown to be immensely beneficial. There's a deep satisfaction about choosing, planting and caring for a garden, slowly learning the rhythms and demands of nature, and losing yourself among other living things. This is no surprise - human beings have lived alongside plants and nature for millennia.

If you do have a garden space, then you're blessed. Lanzarote has stunning garden centres where you can buy exactly what you need, and the island's brilliant sunshine ensures that many plants and flowers thrive brilliantly here, with the help of a little tender loving care.

But even smaller spaces can be greened. Any balcony, for example, is a suntrap where plants will be happy to live, and on Lanzarote, where the line between indoors and outdoors is blurred, even your interior can be made to look like a green paradise.

One of the most rewarding things a gardener can do on Lanzarote is simply get out and about. Discover charming rural villages where gorgeously unruly gardens spill out onto the street; discover those cool, green retreats that exist in nature and in the tourist centres; find restaurants and hotels where greenery is used to create a beautiful atmosphere. Just drink it all in, feel the inspiration flow through you, then return home, get your hands dirty and create your own green paradise.



Garden of the month Hotel Melia Salinas, Costa Teguise



The first five star hotel on Lanzarote is also the home of one of the most stunning gardens on the island - an indoor jungle which was designed by César Manrique and was inspired by the Hanging Gardens of Babylon.

The inner atrium of the hotel, which was designed by the Pritzker-prize winning architect Fernando Higueras, is stunning, with creepers trailing from circular tiers that reach up to the roof, tall elegant palm trees and lush vegetation that thrives around pools and stone waterfalls. Elegant wooden walkways allow you to explore further.

The garden is an example of how Manrique blended nature with design.

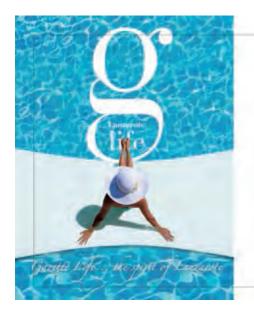
It's a place that inspires and delights, and the outdoor gardens, also designed by Manrique are just as wonderful.

You don't have to be a guest to visit the gardens, but make sure to ask at the reception.





If you've been following the all-new 2019 Honda Passport, you might be wondering how to make this awesome upcoming SUV perfect for you. Don't worry, because here's an easy breakdown of the Passport's trims and accessory packages!



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The 2019 Honda Passport is set to come out in four distinct trims, each with more standard features than the last. Every model will be comfortable, powerful, and off-road capable.

The entry-level 2019 Honda Passport Sport includes lots of great features on-road comfort and off-road capability It comes in 2WD or AWD with 20-inch alloy wheels, Honda Sensing, and comfortable cloth seats. Its standard 9-speed automatic transmission gives you excellent control and capability on the road, as well as Smart Start, Remote Engine Start, and Auto Stop-Start technology. It comes decked out in LEDs, too, including projector headlights, fog lights, daytime running lights, and taillights. There's a 215-watt audio system with six speakers, plus a subwoofer, and two USB ports to connect your device to. You'll also find an eight-way power driver's seat with power lumbar support. In addition to the Honda Sensing safety suite, the Sport has a three-way backup camera to help you reverse.

NO SPARE!

Flat tyres could soon become a thing of the past after a key player unveiled its latest innovation - a completely airless tyre.

The Unique Puncture-proof Tire System (Uptis for short) has been created by Michelin, and the French manufacturer hopes to see the tyres on roads by 2024.

Created in partnership with General Motors, the new airless tyre could revolutionise the car industry, improving driver safety, fuel economy and sustainability.

Although still in the prototype phase of development, the tyres could have significant implications for the future of motoring, particularly in terms of safety.

Airless tyres would mean an end to flat tyres, punctures and blowouts, which would in turn see safer cars and safer roads for all users, whether drivers, cyclists or pedestrians.

In fact, manufacturers say the tyres - which are made from resin-embedded fibreglass and an aluminium wheel - would need no maintenance at all.

Michelin predicts that improved reliability and the fact existing wheels can be fitted with new treads would eliminate the need for 200 million annual tyre replacements.



KEEP IT DOWN!

Noise cameras could soon be a fixture on UK roads after the Department for Transport (DfT) announced new plans to tackle noisy drivers.

The cameras, which detect cars or motorbikes exceeding the legal noise limit, will be trialled in several locations over the next seven months.



They're part of plans to address the issue of noise pollution, and could be rolled out across the country if the trial proves successful.

The cameras could work in a similar way to speed cameras, automatically capturing the number plate of offending vehicles as they pass.

The trial responds to growing concerns by police forces about excessive noise from car and motorbike engines, particularly in quieter residential areas.

Noise cameras are already in use in other countries, including Canada, Australia and Singapore, but this trial will be the first time the devices have been used on UK roads.



HMISSING POINT





Carole and Fran presenting Miguel Gómez with the player of the season award.

The Rojillos (The Reds) went into their last game of the season at home on the 19th May knowing that a single point would be enough to clinch a playoff spot for promotion to the Segunda B (Third Tier).

The team that they were facing was second placed La Palma side CD Mensajero who had already qualified for a top four finish whatever the result; however a win for either team would guarantee the second spot and also a Copa Del Rey position for next season.

Lanzarote had plenty of chances to take the lead but the visitors hit on the break and went 0-1 up just before half-time. The Rojillos, urged on by over 2000 supporters, huffed and puffed but could not find a way through and ended the season in fifth place, just one point short of the playoffs.

The fans 'Player of the Season' award was won by winger Miguel Gómez who had an exceptional year. It was presented to him by fans Carole and Fran.

The Socios (members) of the club voted in a new President on the 11th June. 48-year-old lawyer Claudio Doreste will hold the reins of the club for the next four seasons.

Claudio is from Gran Canaria but has lived on Lanzarote for 21 years and is married with two sons. He has an incredible passion for football and also speaks good English and a little German, which he enjoys practising.

The team will begin training in mid July and season tickets will also be available around the same time from me at the markets.

For all the information please go to:

- mww.lanzarotefootball.com
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Official club shirts and merchandise are on sale with lan at the clubs stall at Teguise market every Sunday (near the public toilets) and also at the Puerto Del Carmen Old Town market every Friday. All markets are from 10am to 2pm.



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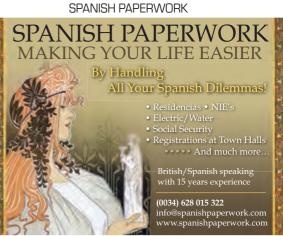








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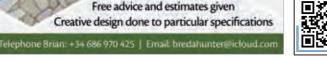


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VFTS



Fiesta Season

Summer sees dozens of local fiestas on Lanzarote. Here's what you need to know to fully enjoy them.

Fiestas are, first and foremost, religious occasions, when the Virgin or the Saint that the town has adopted as its patron is venerated. This usually takes place on the Saint's Day, or the closest Sunday to it, and often involves the statue in the local church being taken out and paraded. Songs are sung, flowers offered and mass is held.

However, this is usually the culmination of the fiesta, which may start up to two or three weeks before the day in question. It will be marked by various activities for locals of all ages, from art competitions to walks, from sporting events to concerts and verbenas (open air balls).

Each town or village will issue a programme of events in advance, although it may not always be easy to get hold of.

However, fiestas are also known for celebration and wild abandon, and this usually takes place at concerts or dances held towards the end of the festivities. If you're joining the fun, remember to avoid drink-driving.

This month, fiestas will take place in Femés, Valterra in Arrecife, Arrieta, La Graciosa, La Santa, Masdache and Tahiche. Puerto del Carmen Old Town will hold its unique celebration of the Virgin of Carmen on the second weekend in August, and Arrecife fiesta de San Ginés will dominate the Charco for most of this month, too.



Tide Tables for Arrecife, Lanzarote. Height are in metres. (Times may vary by a few minutes around the island)

Day	Hou	r	Metres	Day	Hou	r	Metres
	H:	00:42	2.5		H:	02:16	2.4
1	L:	06:52	0.5	17	L:	08:19	0.5
	H: L:	13:04 19:21	2.6 0.4		H: L:	14:29 20:49	2.7 0.5
า	H:	01:27	2.6		H:	02:52	2.4
4	L:	07:36	0.4	18	L:	08:54	0.6
$\stackrel{2}{\circ}$	H: L:	13:47 20:05	2.8 0.3	10	H: L:	15:05 21:24	2.7 0.5
	H:	02:12	2.6		 H:	03:27	2.4
3	L:	08:19	0.3	19	L:	09:29	0.6
J	H: L:	14:31 20:51	2.9 0.2	17	H: L:	15:39 21:59	2.6 0.5
	:: Н:	02:58	2.7		:: H:	04:02	2.3
4	L:	09:04	0.3	20	L:	10:03	0.6
71,	H: L:	15:16 21:37	2.9 0.2	$\Delta \mathbf{U}$	H:	16:14	2.6
					L:	22:34	0.6
5	H: L:	03:45 09:50	2.6 0.3	21	H: L:	04:37 10:39	2.3 0.7
ാ	H:	16:03	2.9		H:	16:51	2.5
	L:	22:26	0.2		L:	23:11	0.7
6	H: L:	04:34 10:39	2.6 0.4	<u> </u>	H: L:	05:15 11:17	2.2 0.8
6	H:	16:52	2.8	22	H:	17:29	2.4
	L:	23:17	0.3		L:	23:51	0.8
7	H:	05:26	2.4	0.9_	H:	05:56	2.1
7	L:	11:31	0.6	23	L:	11:59	0.9
	H:	17:46	2.6		H:	18:13	2.2
0	L:	00:13	0.5	2.4	L:	00:36	0.9
8	H: L:	06:24 12:29	2.3 0.7	24	H: L:	06:44 12:50	2.0 1.0
	H:	18:44	2.5		H:	19:04	2.1
\mathbf{O}	L:	01:14	0.6	25	L:	01:30	1.0
9	H: L:	07:28 13:34	2.2 0.8		H: L:	07:42 13:52	2.0 1.1
	H:	19:50	2.4		H:	20:07	2.1
3 0	L:	02:21	0.7	0.6	L:	02:33	1.0
10	H: L:	08:37 14:46	2.2 0.9	26	H: L:	08:50 15:04	2.0 1.1
	H:	21:01	2.3		H:	21:18	2.0
	L:	03:29	0.7		L:	03:41	1.0
7.7	H:	09:47	2.2	27	H:	09:59	2.1
11	L: H:	16:00 22:12	0.9 2.2	4	L: H:	16:16 22:27	1.0 2.1
	L:	04:34	0.7		 L:	04:45	0.9
12	H:	10:50	2.3	28	H:	11:01	2.3
12	L: H:	17:05 23:15	0.8	20	L: H:	17:20 23:29	0.8 2.3
			2.3				
12	L: H:	05:30 11:45	0.7 2.4	20_	L: H:	05:42	0.7
13	L:	18:02	0.7	29	L:	11:56 18:15	2.5 0.6
	 H:	00:09	2.3		 H:	00:23	2.4
14_	L:	06:20	0.7	30	L:	06:33	0.6
14	H:	12:33 18:51	2.5 0.6	J U	H:	12:45 19:05	2.7
	L: H:	00:56	2.4		<u>l:</u> H:	19:05 01:13	2.6
7 ~	L:	07:03	0.6	21_	L:	07:21	0.4
15	H:	13:14	2.6	31	H:	13:32	2.9
	L:	19:33	0.5		L:	19:52	0.2
16	H: L:	01:38 07:42	2.4 0.6	O Nev	W	Firs	
	H:	13:53	2.6	∪ M _o	OII	- Viii	arter Moon
	L: 20:12 0.5			Full		C Last	
H=High Tide L=Low Tide Moon Quarter M							arter Moon



We have already seen a calima in June with temperatures over 30 degrees. Last year in July we started and ended the month with a calima - this happens when the wind direction changes to Easterly or South Easterly, as opposed to the usual North Easterly trade winds that we see here in Lanzarote. The wind then brings with it the hot, dry air off the coast of Africa and also the Saharan dust and sand. This can leave an orange haze in the air and temperatures are often plus 30 degrees and may feel oppressive, although I guess for so many of the holiday makers seeking the sunshine this is what Summer holidays are all about!

July days are warm and long with the sunrise just before 7am and setting just after 9pm. There are also lots of festivals to enjoy. During the first week many of the towns and villages celebrate San Marcial del Rubicón in honour of this saint. Then there are celebrations of the Nuestra Señora del Carmen

with processions in almost all villages and towns. With the weather being so glorious you may see lucha canaria on the beaches (Canarian wrestling), as well as folklore performances, street parties and artisan fairs.



Follow @TerrieWeatherLanzarote on Facebook for Weekly weather videos and daily posts!

What to expext in July



Day Time Temps

Average 28°C (ranges from 25°C to 30°C)

•••••



Night Time Temps

Average 20°C (ranges from 18°C to 21°C)



Sunshine Hours

9 hours



Sea Temp

Average 21°C



Rain

0 days



Wind

Trade winds NE dominate with chance of calima:

•••••

March 21 to April 19th Aries

You can't travel back in time, Aries, but dealing with the past can help you understand the present. It's a great time to rekindle old friendships, revisit old stomping grounds and get a deeper knowledge of who you are and how you got here.

20 April to 20 May

aurus

Take a look at your diet this month, Taurus. Try some new flavours and ingredients, and try and avoid those comforting bad habits. Just a little effort will leave you feeling fitter and healthier, and full of the energy you'll need for a socially exciting time.

21 May to 20 June iemini

Do you ever spot your reflection accidentally in a shop window and wonder who that weirdo is? Well, that weirdo is you, and it's time for you to smarten up and do some clothes shopping. And don't worry,

you'll still be delightfully weird on the

21 Jun to 22 July

Cancer

You're feeling strong and determined this month, Cancer, but you need to pick the right project to channel this positive attitude into. There are several candidates, so think long and hard, talk to those you trust, then go for it - full steam ahead.

23 July to 22 Aug

Romance hardly ever pops up where we expect it, and this month you'll be surprised by attention from an unexpected source. Take your time and enjoy the spotlight, and even if it's not what you want right now, remember that it costs nothing to be kind.

23 Aug to 22 Sept

inside.

The world isn't what you see on your screen, Virgo. Put your phone down, get up from that computer and get out there into the real world. You'll find a place that's a lot more friendly, accepting and fascinating than you've been led to believe.

23 Sept to 22 Oct

Libra

Dancing when no one's watching is fun, but if you're going to make some moves in public it pays to learn a few steps. You've got a big event coming up, and some preparation and rehearsal is going to make all the difference, so start getting ready.

23 Oct to 21 Nov Scorpio

We're expected to be passionate about everything these days, Scorpio, but as you well know, passion can be destructive, too. Try and keep things on an even keel in your romantic and professional life, and try and keep the drama to a minimum.

22 Nov to 21 Dec

Sagittarius

You've looked for assistance and discovered much more than that - a friend who also stimulates and delights you. Enjoy this moment, and never forget that you've got just as much to offer, and don't be afraid to spread it around a little.

21 Dec to 19 Jan

Japricorn

Time to pack your toothbrush take a trip, Capricorn. Try to see something new, rather than just returning to the same old haunts, and don't worry if it's just a short break - it'll renew you and nourish you for a good while.

20 Jan to 18 Feb Aquarius

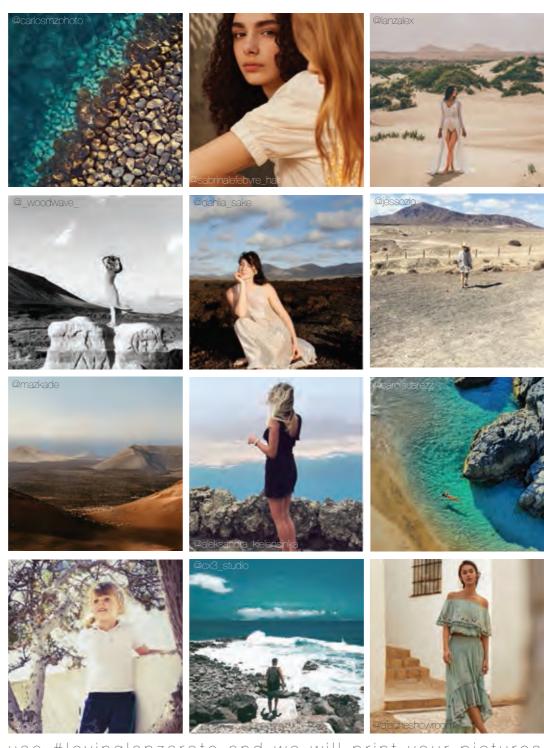
been almost saintly recently, Aquarius, so you can afford to let your halo slip a little this month. Team up with some old partners in crime, live, laugh, have fun, and don't worry too much about the consequences. This is life.

7ISCES

This is a month when you genuinely need to do some exercise, Pisces. Not only will it make you feel zingingly healthy, but you'll enjoy it and find that it's the perfect way to channel some of that undirected energy you've been



of the Month



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