

THE DREAM SCENE

NEWSLETTER

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As if the virus was not causing enough trouble, **heavy rainfall and storms** on 23th & 24th left up to 50 litres of rain per square metre with minor flooding in some areas and up to 40 litres in Torrevieja. Some secondary roads were cut-off in the Vega Baja, particularly near Los Montesinos with the flow of the River Segura increasing six-fold.

As expected, the Spanish government on Sunday, March 29, approved a **stricter lockdown across Spain**, which will only permit essential workers to leave their homes. This particular restriction is due to end on April 9, but it could, of course, be extended. The new measures are likely to restrict the movement of residents in Spain for work purposes apart from those employed in the sectors of foodstuffs, pharmaceuticals, healthcare, veterinarians, opticians, hygiene products, the press, fuels for the automotive sector, tobacconists, IT and telecommunications vendors, pet food, internet vendors and dry cleaners. Banks will likely also remain operational, while motor mechanics will continue to offer a service to the freight sector, but will not be open to the general public. The general lockdown will continue for several weeks, probably months yet.

Received this on Facebook from Eschi Remark *"Hi everyone !! Just to let you all know that the security guards told me that last night there were two folks with a stolen van trying to rob in Dreamhills. They called the police for help and they arrested one of them. He is a known junkie. The other guy, after a long chase in our and neighbouring urbanisations, managed to escape. So please, please be careful. Even we are all at home at the moment that does not stop that scum from trying to rob us. Close doors and windows at night time. And think about our security guards, they are really doing a good job trying to keep us safe. A big applause for them !!! Take care xxxx"*

Three months into this pandemic, scientists are coming to understand the novel coronavirus. They know, for example, that as horrible as this virus is, it is not the worst, most apocalyptic virus imaginable. Covid-19, the disease caused by the virus, **is not as contagious as measles**, and although it is very dangerous, it is not as likely to kill an infected person as say, Ebola. But there is one critically important, calamitous feature of SARS-CoV-2: the novelty. When it jumped from an animal host into the human population sometime late last year, **no one had immunity to it**. That is one reason the new coronavirus is not comparable to a harsh strain of the flu going around.

European leaders gathered on conference video on March 26 to reach an agreement on an action plan to deal with the economic fallout of the coronavirus crisis. The goal of the summit was to agree a 'coordinated strategy' to help the continent to recover economically and socially once the pandemic was over. They **failed to reach an agreement** and were deeply divided on the issue. France, Italy and Spain want to see a modern version of the 'Marshall Plan' introduced after the Second World War, which would require massive public investment. But the plan, which was proposed by the Spanish PM, Pedro Sanchez, met fierce opposition from

Germany, the Netherlands, Austria and Finland. These northern European countries want each nation to individually manage

their own economic response to the pandemic. Facing a veto from the southern European countries, the bloc agreed to give the various EU economic ministers a 15-day deadline to come up with a new plan, which hopefully will be out **by April 10**. Meanwhile the EU has given €200 million to Morocco!

And remember, social distancing is slowing not only COVID-19, but other diseases too! Think about it! Also, you don't have to sit next to that boring bastard in the pub! Also, police advise that in the first ten days of the state of alarm, the reports on gender and domestic violence **have decreased** considerably compared to the same period last year. It is the same with other crimes., Across the board, the reduction has been almost 50%.

Remember, we can never eliminate all risk.

The goal is to minimize it!

Check with your neighbours that they are ok.

Keep well, from The Dream Scene Team



"Yes, we know what it is. We want to know where you got it."

I left England at the age of four - when I found I couldn't be king.

Bob Hope

Covid -19 Nationally - Who is at Risk?

Amid reports of overwhelmed emergency wards, doctors and nurses have complained of a lack of basic protective equipment that has forced them to ration crucial supplies and craft protective shields out of plastic bags. Two unions representing doctors have filed lawsuits aimed at forcing the regional health authority and the Spanish government to deliver scrubs, masks and goggles to hospitals and other health centres. Nato said on March 24, that Spain had asked it for medical supplies, requesting items including 450,000 respirators, 500,000 testing kits and 1.5m surgical masks. In both Spain and Italy – as in the UK – concern has grown about healthcare workers in overcrowded hospitals who have scant supplies of protective gear such as masks and gloves. A regional newspaper here in Spain reported that medical staff were being told to wear their protective masks for a week and only replace them if they were broken in the meantime. This is absolute bollox and a very stupid and dangerous practice. I recall a male nurse in the Cabo Roig salud telling my wife, an insulin dependant, to re-use her needles when she requested some more!

The profile of the people who are dying in Spain from the Covid-19 disease caused by the SARS-CoV-2 coronavirus is becoming clearer. The most common victim is male, above the age of 80 and with previous health conditions – in particular, heart related. That's according to a report from the Carlos III Health Institute (ISCIII), which has analyzed 16,000 coronavirus cases, among which there were 566 deaths. The data reveals that while the disease only affects slightly more men than women (52%), the number of men who died from the disease in this data sample was nearly double that of the number of women: 376 versus 190.

With no clinical studies yet that elaborate on the risk factors, all the evidence so far is pointing to the influence of previous illnesses when it comes to mortality rates. This was explained on Monday by Fernando Simón, the director of the Health Ministry's Coordination Center for Health Alerts, and one of the government's most visible faces in Spain during the ongoing coronavirus crisis. "The illness affects certain risk groups more: those with high blood pressure, people with respiratory problems, diabetics – they all have higher mortality rates," he explained. "[These illnesses] affect men more than women, which is why it is normal that they suffer higher death rates."

This theory is also supported by María del Mar Tomás, the spokesperson for the Spanish Society of Infectious Diseases and Clinical Microbiology (SEIMC), who adds that genetic factors that we don't yet know about could also be playing a role. The same argument is supported by Germán Peces-Barba, the vice president of the Spanish Pneumology and Thoracic Surgery Society (SEPAR). "The fatality rates

are closely associated to age and comorbidities, and in Spain older men have a lot more of these," he explains. Some researchers are also pointing to differences in hormones and the immune system that could have a role in the body's response to the coronavirus, but these are unproved speculations for now.

In the cases analyzed by the ISCIII, whose sample differs from the last report from the Health Ministry, 74% of coronavirus patients who died or who required intensive care had some kind of previous condition: 64% presented cardiovascular diseases, 19% had respiratory problems, and 16% some other kind of issue. In other countries, diabetes, cancer or immunosuppression issues have been shown to be a factor. The report also underlines the key factor of age: nearly 90% of those who died were over the age of 70 (19.8% between 70 and 79, and 68.9% 80 or over).



"That's correct, Doctor. He claims that the instructions said to squeeze toothpaste from bottom."

These results are in line with what other studies have shown in the most-affected countries, such as Italy, China and South Korea. Research published at the beginning of March pointed to chronic obstructive pulmonary disease as the illness that most increased the risk of needing intensive care after contracting the coronavirus, followed by hypertension and vascular diseases.

This result is compatible with there being fewer patients in intensive care with respiratory illnesses than with cardiovascular issues, given that the latter are much more frequent. Something similar is happening with diabetes, which, in the view of Alfonso López Alba, the spokesperson for the Spanish Diabetes Society, is one of the main risk factors. "The fatality rate varies, but we know that it is around 0.9% and 3%," he explains. "For diabetes sufferers, this rises to 7.3%, which multiplies the chance of dying from Covid-19 by two, in the best of cases, and by eight, in the worst."

Another vulnerable group, cancer patients, could be at risk due to the treatment they are following. "Radiotherapy, chemo and palliative care can cause a reduced cellular response to the virus," explains Tomás. But she insists that until clinical studies have been carried out, it will be impossible to determine with any certainty what it is that makes some people more vulnerable to the coronavirus than others. (Partially from El Pais 25/03/2020)

However, the attrition rate among doctor, nurses and other medical staff to the virus in Spain is horrendous, exceeding any other country to date!

How did Spain get its coronavirus response so wrong?

By Giles Tremlett

Spain is now the hotspot of the global pandemic, a ghoulish title that has been passed from country to country over four months – starting in Wuhan, China, and travelling via Iran and Italy. As it moves west, we do not know who will be next.

What went wrong? Spain had seen what happened in China and Iran. It also has Italy nearby, just 400 miles across the Mediterranean and an example of how the virus can spread rapidly and viciously inside Europe. Yet Spaniards cannot blame that proximity. There are no land borders with Italy, while France, Switzerland, Austria and Slovenia – all countries that are doing much better – do have them.

This may, in fact, be one of the reasons for the country's late response. Spain thought it was far enough away. "Spain will only have a handful of cases," said Dr Fernando Simón, the head of medical emergencies in Madrid, on 9 February. Six weeks later he gives out daily figures of hundreds of deaths. The number of dead per capita is already three times that of Iran, and 40 times higher than China.

On 19 February, 2,500 Valencia soccer fans mixed with 40,000 Atalanta supporters for a Champions League game in Bergamo which Giorgio Gori, mayor of the Italian city, has described as "the bomb" which exploded the virus in Lombardy.

In Spain, Valencia players, fans and sports journalists were among the first to fall ill.

The main reason for the quick spread through Spain may be completely mundane. It has been an unusually mild, sunny spring. In late February and early March, with temperatures above 20C (68F), Madrid's pavement cafes and bars were heaving with happy folk, doing what Madrileños like best – being sociable. That means hugging, kissing and animated chatter just a few inches from someone else's face.

On 8 March, just a week before the country was closed down, sports events, political party conferences and massive demonstrations to mark International Women's Day all took place. Three days later, about 3,000 Atlético de Madrid fans flew together for another Champions League match in Liverpool.

The Socialist-led government of Pedro Sánchez reacted late and clumsily. The country lacked essential equipment. Ventilators, protective clothing for doctors and coronavirus tests are still only just being sourced. China has gone from villain to saviour, as equipment and tests pour in – much of it brokered by the same Chinese immigrant community that has closed shops and shut itself away to avoid a racist backlash.

The virus has laid bare, too, deep faults in the Spanish care system. Private old people's homes must turn a profit while charging people prices they can afford – which may be a basic pension of just over €9,000 (\$9,900/£8,200).

As a result, these were understaffed, unprepared and quickly overwhelmed, with death rates of up to 20%. The army was sent in, and found some people lying dead in their beds.

Spain has a magnificent primary care system, but its hospitals have been hit by a decade of austerity since the financial crisis. It has only a third of the hospital beds per capita that are provided by Austria or Germany. Yet that is still more than the UK, New Zealand or the US.

When Sánchez announced that he would be invoking emergency powers, he took more than 24 hours to put them in place – by which time part of the population of Madrid and other cities had dispersed across the country.

Poor coordination meant that the regional government of Madrid had closed universities and schools earlier that week, provoking a holiday atmosphere in which bars and parks were full **and many families left for their beach homes.**

The lockdown that began on 14 March has been efficiently enforced with police fines and popular pressure (including eggs hurled from balconies). As a result, Spain's ghastly curve of fatalities will begin to flatten soon and ministers say measures should start being relaxed when the month-long quarantine ends on 11 April. Yet no one expects a return to normality. When this is over, Spain will be extremely fragile. When the financial crisis hit in 2008, unemployment soared to 27%, public debt leapt upwards and the nosedive into recession was among the worst in Europe. Much the same will happen this year.

The solutions imposed a decade ago – austerity, jobs losses and salary cuts – will not be tolerated. The economist Toni Roldán has calculated that Spain needs a €200bn loan from the European Stability Mechanism (ESM). That, however, must wait. For the moment, Spain must beat the virus. This has been the toughest moment so far, but there may be worse to come. *(This article was taken from The Guardian, March 26. Tremlett is a correspondence based in Spain and author of Ghosts of Spain, a must read if you want to understand more about the Spaniards and Spain.)*

Buy me and stop one?

A young man walked into a pharmacy to buy a packet of condoms. The sales clerk persuaded him to buy some multicoloured condoms, which were on special offer. Nine months later, the young man returned to the chemist and asked for a maternity bra. 'What bust?' asked the chemist.

'I think it was the red one,' said the young man..

Why is the coronavirus killing nearly twice as many men as women in Spain?

Up to this Monday evening, the country registered 9,222 new infections in 24 hours - the number of fatalities rose to 8,189 (a record 849 on Monday alone) and the infections to 94,417. The profile of the people who are dying in Spain from the Covid-19 disease caused by the SARS-CoV-2 coronavirus is now becoming clearer. The most common victim is male, above the age of 80 and with previous health conditions – in particular, heart related. That's according to a report from the Carlos III Health Institute (ISCIII), which has analysed 16,000 coronavirus cases, among which there were 566 deaths. The data reveals that while the disease only affects slightly more men than women (52%), the number of men who died from the disease in this data sample was nearly double that of the number of women: 376 versus 190.

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These results are in line with what other studies have shown in the most-affected countries, such as Italy, China and South Korea. Research published at the beginning of March pointed to chronic obstructive pulmonary disease as the illness that most increased the risk of needing intensive care after contracting the coronavirus, followed by hypertension and vascular diseases.

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"Run around the house with a sock in your mouth for five minutes a day. Trust me, it will put you in a better mood."



It was a quiet Monday morning in 2053, when John awoke with the need to go to the bathroom. To John this wasn't just an ordinary day. This was the day he would open the last package of toilet paper his parents bought in the year 2020.

Some Questions Answered and the Lack of Essential Equipment.

Mar Masiá, photo, is the head of the Infectious Diseases Unit of the General Hospital of Elche. On March 27 she responded on some questions



concerning her geographic area - **When will good news come in terms of infections?** She responded 'In Madrid they started two weeks before us and in the province we are still in an ascending phase and I am afraid that we

will continue like this. This week has been tough. We were behind other communities and now we have suffered the consequences of the exodus of the population of Madrid 15 days ago. The incubation period ranges from two to fourteen days and now we see the effect of Madrid's contact with people around us. The exhibition has been tremendous, and we continue to climb.

Did you imagine that we would arrive at such a scenario?

Prevention and containment measures have failed, they should have been taken more than a month ago to prevent such an aggressive progression. We have not been able to learn from what was happening in China and Italy. More radical measures were necessary to avoid contacts, massive acts of people and the exodus of people from Madrid, which caused the virus to spread to the rest of the communities. Flights arriving from Italy should also have been canceled earlier because the epidemic was already evident there.

What deficiencies do they have, what means are they lacking?

The main lack is of protection material. Fortunately we are not working in conditions other than security. We reuse all the material we can. Our situation is relatively calm but Damocles' sword is always there. I know that in other communities they do not have protective equipment and use unsafe materials. We are the country with the most infected health professionals, which shows that there has been a lack of foresight in obtaining protective equipment.

Covid-19 testing in Madrid hospitals hit a major hurdle during the last week of March, when it emerged that a batch of rapid testing that had been ordered from China were discovered to be next to useless. Microbiology experts tasked with using testing the new kits, which are supposed to provide a result within 10-15 minutes, reported that **they were consistently missing positive cases.** On Thursday, March 26, the government admitted it had to return a

batch of defective tests it received from a Spanish supplier that had been imported from China. The tests, which were manufactured by the Chinese company Bioeasy, have a sensitivity level of just 30% when this should be 80%, according to a source familiar with the situation cited in El Pais. The Chinese Embassy in Madrid later posted a statement insisting that the tests had been purchased from a company **without licence and had not been on a government sanctioned list of approved suppliers.** The Spanish Government will send back 650,000 tests and the Chinese manufacturer will send 640,000 units of a new test model with the required specifications and sensitivity. Spain has ordered a total of 5.5 million diagnostic tests from China.

Of the 1.9 million masks that the Health Ministry said had been sent to Madrid, the First Minister there, Ayuso (PP), says only 400,000 have arrived and that of those, **only 37,000 are fit for protecting healthcare workers.**

Experts consulted by El Pais, who spoke on condition of anonymity, said that it is not only Spain but all European countries in general that **failed to take note** of the SARS and MERS outbreaks, unlike Asian nations. There was no stock of medical equipment to face a pandemic, and by the time the latter broke out, **the global demand for supplies made it very difficult to make last-minute purchases.**

A large hospital can use as many as **5,000 surgical masks** (the simplest type of facial protection) **in a single day.** On March 26, associations of physicians, pharmacists, nurses, dentists and veterinarians issued a joint statement in which they said that the 721,000 professionals they represent are in a situation of "complete defencelessness," working in "inadequate and very risky sanitary conditions" because of the supply shortage.

According to Health Minister Illa, 550 million face masks and 11 million gloves will be shipped to Spain over the coming eight weeks. **But that's two months!** Madrid regional premier Isabel Díaz Ayuso admitted that "purchasing material from other countries right now is frankly complicated."

A lawsuit has been filed by the College of Physicians of León against the regional health ministry in Castilla y León. They want an extremely urgent injunction to **force regional government** to give healthcare workers more protective equipment to "ensure effective occupational safety and health protection for health professionals" against Coronavirus. They want more gowns, FFP2 and FFP 3 masks, Coronavirus test kits, goggles and protective screens, right now, "in sufficient quantity and on a continuing basis".

4 Cups a Day: 4 Surprising Health Benefits of Drinking That Much Coffee

Coffee doesn't have the best reputation as a healthy beverage, despite several studies that suggest the contrary. The caffeinated drink is more than just a mood-stabilizer and morning savior. Among its many health benefits, researchers have linked it a lowered risk of Alzheimer's disease and suggest it's a worthy defender against cirrhosis of the liver.

Critics of the beloved bean juice have long maintained that coffee is bad for the heart, and considering too many cups tend to make people jittery, that rationale has gone mostly unchallenged. However, a study published in PLOS Biology argues that there is an optimum amount of coffee intake that will maintain a healthy heart. "We've disproved what doctors have told your grandma: Don't drink coffee if you have a heart problem," study co-authors Joachim Altschmied, Ph.D. and Judith Haendeler, Ph.D., told Inverse.

Altschmied and Haendeler, both University of Dusseldorf biologists, say that four cups a day can actually help heart cells function more efficiently, as that amount of caffeine will "push" a protein called p27 into the mitochondria of heart cells.

It's not the only health benefit. "It's known that four cups or more of coffee lowers the risk for heart attack, stroke, and diabetes," says Altschmied. So the next time you're worried about grabbing that late afternoon cuppa, remember these health benefits that come with four cups of coffee.

1. Decreased Risk of Heart Disease

Not only does coffee boost heart cell activity, but researchers at Sungkyunkwan University in South Korea found that regular coffee drinkers have less risk of heart disease. The study, led by Dr. Yuni Choi, screened over 25,000 men and women and found those who consumed three to five cups of coffee a day were less likely to see a prevalence of coronary artery calcium or early signs of heart disease.

2. Reduced Risk of Colorectal Cancer

According to a study at the University of Southern California, coffee can reduce the odds of developing colorectal cancer by 26 percent. And that's just if you're the casual coffee drinker. For those who drink more than 2.5 servings of coffee a day, the risk of cancer decreases up to 50 percent. This was true even when participants drank decaf, meaning there's more goodness to coffee than just the caffeine.

"We were somewhat surprised to see that caffeine did not seem to matter," said Stephen Gruber, M.D., Ph.D., M.P.H., and lead author of the study. "This indicates that caffeine alone is not responsible for coffee's protective properties."

It's the blackest day for Grand Prix racing since I started covering the sport.

Murray Walker

3. Defense Against Alzheimer's Disease

There have been several studies that suggest caffeine can protect against dementia and Alzheimer's disease. Not only does caffeine offer short-term stimulating



"Stop drinking coffee for a week, then start drinking it again. It's the same effect as rebooting your computer."

effects on the central nervous system, but researchers are beginning to study the long-term impacts on cognition. One such study from Portugal found that coffee drinkers have up to a 65 percent lower risk of getting Alzheimer's disease, which could open possibilities for preventing or postponing the onset of the disease.

4. Protecting the Liver

There's plenty of evidence that alcohol is bad for the liver. But if you're drinking coffee the morning after a party, you might be healing more than just the hangover.

Many diseases, such as hepatitis, fatty liver disease, or chronic alcoholism, can lead to cirrhosis, or scarring of the liver. However, separate studies conducted in the United States and Italy found that people who drank four or more cups a day up to an 80% lower risk of cirrhosis, especially the type brought on from alcohol consumption.

Unlike other caffeinated beverages, coffee's unique properties are offering scientists key insights on how to prevent diseases, suggesting that it's more than just a stimulant.

(This article was originally published on June 23, 2018, by Inverse)



LOCAL & NATIONAL

The Orihuela City Council has **temporarily suspended the collection of furniture and large items** in the municipality. The service is interrupted throughout the municipality, in the urban areas, in the districts and on the coast. The essential garbage



collection service continues to be provided and, at the same time, precautions have been taken because of this emergency situation, where the containers and litter bins

of the entire municipal area are being cleaned and disinfected daily "and rigorously", explains the mayor of Road Cleaning Dámaso Aparicio. Aparicio highlights that during the days of confinement, the amount of items such as mattresses, furniture, bulk items and tree cuttings collected on public roads has increased significantly. "For this reason, with the intention of minimizing the risk of contagion of our workers as well as the spread of the virus, we have decided to temporarily interrupt the equipment (bulk items) collection service." In compliance with the measures decreed during the state of alarm, the mayor has asked the citizens to "refrain" from leaving belongings on the public highway during the quarantine and to stay at home. "It is important to avoid unnecessary trips and only go out to cover basic needs such as food purchases or to dispose of normal house waste," added the Oriolan councillor.

A couple, Magali and Miguel Ángel, were **married in Almoradi** in a civil ceremony in the council offices of Almoradi. Photo. Both were dressed in jeans and a white polo shirt. In compliance with the security measures, the wore



masks and gloves, which could not be removed, even in the exchange of rings. They had spent 18 years together and have had two 15-year-old twins together, Raúl and Lucía, who were not allowed to attend the wedding. The bride wore a veil and as all the flower shops were closed, she carried an improvised bouquet made from a brush with a roll of toilet paper! After asking if they could kiss, the mayor gave them permission "You live together, nothing happens," she said.

Despite the state of alarm, the **salt company in**

Torrevieja, now operates with three shifts a day.

Whereas the bulk of the salt usually goes to de-ice roads in Europe, there has now been a surge in demand from the large food industry sector. The company, which averages a collection of around 600,000 tons of salt a year, has had to get thousands of tons from its other sites.

You wait 10 days to receive the online purchase from the supermarket due to the saturation of orders due to the coronavirus crisis. Some chains temporarily suspend teleshopping and home delivery as demand for home shipments more than doubles.

In just two weeks of 'lockdown', **Torrevieja authorities issued 1,000 penalties** to people flouting lock-down restrictions, according to the Mayor, Eduardo Dolón. Dolón said that many of the infractions were for ignoring the restrictions including taking the dog for a walk - four kilometres from one's home! Dolón reassured the people of Torrevieja that he will continue to work with local and regional Health Departments to gather more specific information regarding the spread of the coronavirus in the city and developing measures to address the pandemic. The lack of communication from the regional government has been a major problem. The mayors of Orihuela, Torrevieja & Pilar de la Horadada complained bitterly about the lack of communication to the Valencian socialist government a few days ago and hopefully the situation will soon improve.

Spain has made it illegal to fire workers during the coronavirus crisis. The new measure was passed on March 27 and came into effect immediately. The law will not be retroactive, however, meaning those who have already been fired will not be given their jobs back. Labour Minister Yolanda Diaz said the law states that even if there are economic or production issues or problems out of the company's control (i.e. COVID-19), dismissing of employees is prohibited. "You cannot take advantage of COVID-19 to fire workers," Diaz said, adding that companies can file for temporary layoffs instead, which are processed in a maximum of five days. "It is not necessary to fire anyone," she added. The social package passed today also states that temporary contracts cannot be cancelled. They may be interrupted during the crisis but must be resumed after the end of the lockdown period. The package has come after the UGT and CCOO worker unions warned the government that up to one million workers could lose their jobs in March alone.

Last night I tried sharing a bag of chips with a homeless man who was sat on a park bench.....
He said sod off and get your own bloody chips

THE CORONAVIRUS PREVENTION MANUAL - A PRECIS

The Coronavirus prevention manual. 101 Science-Based Tips That Could Save Your Life »(Skyhorse Publishing) is a book supervised by Wang Zhou, MD, Chief Physician of the Centre for Disease Control and Prevention in Wuhan, the Chinese city where it all started . The doctors who were there at the forefront of the epidemic have participated in this guide, which will be interesting for any citizen who wants to access information about the Covid-19 based on the experience of those who first faced it.

Here are some of the tips in this guide.

How to stay away from the new coronavirus?

-2019-nCoV is mainly transmitted by droplets and contacts, therefore medical surgical masks must be used correctly.

-When sneezing or coughing, do not cover your nose and mouth with bare hands, but use a tissue or mask.

-Wash your hands properly and frequently. Even if viruses are present on the hands, washing hands can prevent viruses from entering the respiratory tract through the nose or mouth.

-Increase your immunity and avoid going to crowded and closed places. Get more exercise and have a regular sleep schedule. Boosting your immunity is the most important way to avoid becoming infected.

-Make sure to always wear the mask! In case you come in contact with an infected person, wearing a mask can prevent them from inhaling virus-carrying droplets directly.

What are the key moments for hand hygiene in daily life?

-When covering cough or sneeze with your hand.

-After caring for a patient.

-Before, during and after preparing food.

-Before eating.

-After going to the bathroom.

-After touching animals.

-After touching elevator buttons and door handles or knobs.

-After arriving home from outside.

Can 75% alcohol reduce the risk of 2019-nCoV infection?

Yes. Coronaviruses are sensitive to organic solvents and disinfectants. 75% alcohol, chloroform, formaldehyde, disinfectants containing chlorine, peracetic acid, and ultraviolet rays can inactivate the virus, so cleaning hands and mobile phones with alcohol can prevent COVID-19 infection.



“Shall I move?”

What lifestyle is recommended in the midst of the COVID-19 outbreak?

-Eat daily foods rich in protein, such as fish, meat, eggs, milk, legumes and nuts, maintain an adequate intake based on the daily diet. Do not eat wild meat.

-Eat fresh fruits and vegetables every day and increase the intake according to the daily diet.

-Drink no less than 1500 ml of water per day

.-Have a varied and diverse diet of different types, colors and sources. Eat more than 20 types of food every day. Eat a balanced diet of plant and animal foods.

-Ensure a sufficient intake of nutrition based on the regular diet.

-It is recommended that malnourished older people and patients with chronic degenerative diseases supplement with commercial enteral nutrition solutions (food for special medical purposes) and supplement not less than 2100 additional kJ per day (500 kcal).

-Do not fast or follow a diet during a COVID-19 epidemic.
-Ensure regular rest and a minimum of 7 hours of sleep each day.

-Start a personal exercise regimen with no less than 1 hour of exercise per day. Do not participate in group exercises.

-During a COVID-19 epidemic, it is recommended to supplement with multivitamins, minerals and deep-sea fish oil.

How does smoking and drinking affect your immune system?

Smoking causes an increase in the concentration of nicotine in the blood, which could lead to vasospasm and transient hypoxia in the organs. In particular, decreased oxygen in the respiratory tract and viscera could damage immunity.

Drinking too much could damage the gastrointestinal tract, liver, and brain cells, and weaken immunity. It is recommended to quit smoking and limit alcohol consumption.

How to prevent 2019-nCoV infection in the workplace?

Keep the workplace well ventilated. Do not spit in public; You can spit on a tissue and then throw it away when it's convenient. Cough or sneeze into the tissues while completely covering the nose and mouth. Seal used tissues in a plastic bag before disposing of them immediately in a closed container labeled "residual waste" or "medical waste" to prevent the spread of the virus. Wash hands frequently for personal hygiene; avoid all kinds of social gatherings during the epidemic.

(This article is continued on the next page.)

As Moslems, all the women in my family wear the burka.

It's brilliant. Five of us share a bus pass.

Shazia Mirza

THE CORONAVIRUS PREVENTION MANUAL - A PRECIS

Continued from previous page.

How to prevent the 2019-nCoV infection in elevators?

During the 2003 SARS outbreak, an incidence of infected people was reported after taking elevators with cases. An elevator carries a high risk of transmission due to its confined space. To prevent the spread of 2019-nCoV in elevators, the following steps should be taken:

- Each day should be disinfected thoroughly and regularly several times with ultraviolet radiation, 75% alcohol or disinfectants containing chlorine.
- Minimize the risks of becoming infected by sneezing by taking the elevators alone if possible.
- Wear a mask before entering the elevator. If someone sneezes in the elevator while wearing no masks, cover your mouth and nose with your arm sleeve, measures such as changing clothes and personal cleanliness should be taken immediately afterward.

How to prevent infection with the new coronavirus at home?

- To raise awareness about health and hygiene. Moderate exercises and sufficient and regular rest can increase immunity.
- Maintain good personal hygiene. Cover your nose and mouth with a disposable tissue when you cough or sneeze. Wash your hands frequently and avoid touching your eyes, nose, or mouth with your hands without washing.

-Maintain good hygiene in the rooms, clean the floor and furniture, separate household waste and take out the trash on time.

-Maintain good ventilation. Ventilate every day to let in fresh air.

-Disinfection. Apply disinfectant regularly and mop the floor and clean the surface of the furniture. The new coronavirus is sensitive to ultraviolet rays and heat. Sustained heat at 56 ° C for 30 minutes, 75% alcohol, chlorine-containing disinfectants, hydrogen peroxide and chloroform disinfectants can effectively inactivate the virus.

-Avoid close contact with people who have symptoms of respiratory diseases (such as fever, cough, sneezing, etc.).

-Avoid going to crowded and confined spaces. Wear a mask if you must go.

-Do not eat wild animals. Avoid contact with poultry and wild animals, and do not handle fresh meat from wild animals.

-Keep pets in strict captivity. Get your pets vaccinated.

-Follow food safety precautions and habits. Eat well-cooked meat and hard-boiled eggs.

-Pay attention to the conditions of your body. Seek medical help immediately in case of symptoms such as fever, cough, etc.

(Translated from ABC.es)

From Ketchup to Pineapples: The Food That Should Never Be Kept in a Fridge

Refrigerating food helps it last longer and reduces waste. But there are always exceptions to the rule...

The line between what "could" and "should" be kept in the fridge can be furrer than a year-old jar of pesto.

A survey by Which? found that just one in five of the people surveyed checked a condiment's label to see where it should be stored. Marriages have exploded, families have warred and housemates have done unspeakable things with toothbrushes over the kinds of arguments that can erupt over whether ketchup should be kept in the fridge or the cupboard.

The Love Food Hate Waste campaign has a fairly definitive A-Z of food storage on its website, full of interesting tidbits such as "tucking in" your mushrooms under a tea towel in the fridge. Adorable.

According to the site, eggs are best kept in the fridge. Bananas and uncooked pineapple should live in the fruit bowl, but most other fresh fruit and vegetables can be given an extended shelf life by being refrigerated. Just be sure, they suggest, to bring them back up to room temperature before cooking or eating to increase the flavour.

Potatoes and onions belong in a cool, dark place such as a vegetable basket, ideally in a cloth bag (except spring onions, which should be kept in the fridge). You can also store soy sauce, ketchup, brown sauce, mustard, olive oil, pickles and chutneys in a cupboard away from sunlight, even if the label advises refrigerating after opening, according to Which?.

"Storing it in the right place keeps your food fresher for longer – and it saves you money," says Helen White, an adviser at Love Food Hate Waste. "If you're keeping bread in the fridge, it will go stale quicker; it needs to be in the cupboard or a bread bin. If you keep your apples in the fruit bowl, they will go wrinkly quicker. Store apples in the fridge – you'll be amazed at how long they last."

The broad message seems to be that keeping things in the fridge can keep them better for longer and therefore cause less food waste. Pesto, mayonnaise, avocados, butter and dips will last longer in a fridge than they might in a cupboard. But when it comes to honey, bread, pastries, grains, nuts, cake and bagels, a cool, dark cupboard with well-sealed containers is fine.

My mate is in hospital with COVID 19, he's on one of those new ventilators made by Dyson; word is he is picking up well.

IDIOTS & ODDITIES OF THE MONTH.



In North America, fermenting and distilling whey to make vodka is increasingly popular, and a handful of creameries have partnered with distilleries in recent years to make their own milky spirits. Experts expect more creameries in the US will soon launch their own products to diversify their offerings, as milk prices suffer. The result is a drink that's creamy and sweeter than traditional vodka made with potatoes or grains. A creamery in Oregon is **making vodka from milk**. Fermenting

leftover whey produces a clear liquor that the business has dubbed "Cowcohol."

As the country completes its second week of the alarm, a 77-year-old man in Madrid was caught outside in the Latina district last Sunday (22 March) while playing the popular game Pokemon Go. The man told police 'he was **hunting Pokemons**'. The man has been charged under the Law of Public Safety, which carries a fine from €601-30,000.

Police in northern Spain have **fined one of their own agents** for going jogging on Sunday, March 22. A Tweet from the Policia Local in Ponferrada, Leon, revealed a 'denuncia' has been made against the agent of the same force for 'exercising in his free time'. "We consider this behaviour intolerable and we apologise," the Tweet read. "All citizens are equal and, as police, we have to set an example." It comes as Spain enters its second week of lockdown due to the coronavirus pandemic. Nick, nick, nick!

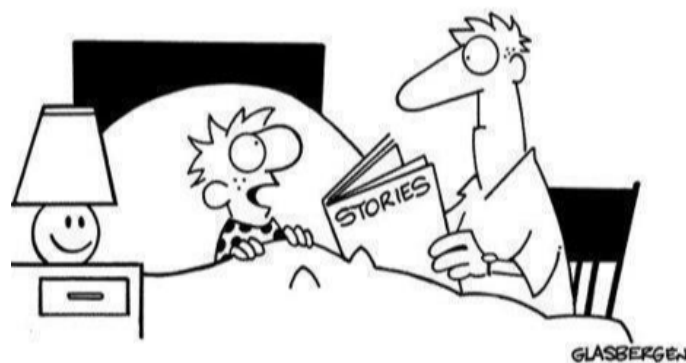
After complaints of noise from the neighbours in Tetuan, district in Madrid, police arrived at the scene on Saturday at 9.30am and found music on, disco lights along with a build-up of glasses and alcohol and an atmosphere full of smoke. In the bedrooms, **four women and two naked men** were found in different rooms located along the hallway. The party had been going on for several days, with loud music playing continuously and a steady stream of 'visitors' passing through. Five of them were charged with breaching the state of alarm, while the tenant was also reported for violating noise pollution laws.

A 27-year-old Australian astrophysicist has been admitted to hospital after getting **four magnets stuck up his nose** in an attempt to invent a device that stops people touching their faces during the coronavirus outbreak. Dr Daniel Reardon, a research fellow at Melbourne's Swinburne University, was building a necklace that sounds an alarm on facial contact, when the mishap occurred on Thursday night, March 26. "After struggling for 20 minutes, I decided to Google the problem and found an article about an 11-year-old boy who had the same problem. The solution in that was more magnets. To put on the outside to offset the pull from the ones inside. As I was pulling downwards to try and remove the magnets, they clipped on to each other and I lost my grip. And those two magnets ended up in my left nostril while the other one was in my right. At this point I ran out of magnets." Before going to the hospital, Reardon attempted to use pliers to pull them out, but they also became magnetised by the magnets inside his nose.

The **toilets on the US Navy's newest aircraft carriers clog frequently**, and fixing them costs \$400,000 per flush, according to a new government watchdog report. The Navy installed new toilet and sewage systems on the Nimitz-class aircraft carrier USS George H.W. Bush (with a crew of 3,532 and an air wing of 2,480) and the newer first-in-class USS Gerald R. Ford. To address unexpected and frequent clogs, the Navy found it needs to acid flush the Bush and the Ford's sewage systems on a regular basis, the Government Accountability Office reported. (Maybe they should try it on the president to get rid of the bull-shit!)

A Coruña is a city and municipality of Galicia, Here, a would be entrepreneur decided to **rent out his dogs to people** who could then go for a walk during the lockdown. He had been warned several times by the man continued to advertise the service on social media. He is now likely to be fined for failing to comply with the state of alarm and to the Ministry of the Environment of the Xunta for violating the regulations on animal welfare.

At five foot six and 270 pounds, the bank robber was impossible to miss. On April 19, 1995, he hit two Pittsburgh banks in broad daylight. Security cameras picked up good images of his face — he wore no mask — and showed him holding a gun to the teller. Police made sure the footage was broadcast on the local eleven o'clock news. A tip came in within minutes, and just after midnight, the police were knocking on the suspect's door in McKeesport. Identified as McArthur Wheeler, he was incredulous. "But I wore the juice," he said. Wheeler told police he rubbed lemon juice on his face to make it invisible to security cameras. Detectives concluded he was not delusional, not on drugs — just incredibly mistaken. Wheeler knew that lemon juice is used as an invisible ink. Logically, then, lemon juice would make his face invisible to cameras. He tested this out before the heists, putting juice on his face and snapping a selfie with a Polaroid camera. There was no face in the photo! (Police never figured that out. Most likely Wheeler was no more competent as a photographer than he was as a bank robber.) Wheeler reported one problem with his scheme. The lemon juice stung his eyes so badly that he could barely see. As Charles Darwin (1871) sagely noted over a century ago, **"Ignorance more frequently begets confidence than does knowledge"**



"Snow White was poisoned by an apple, Jack found a giant in his beanstalk, and look what happened to Alice when she ate the mushroom! And you wonder why I won't eat fruit and vegetables!?"

A Swiss Hotel Is Offering a Luxury Quarantine Package!

As the coronavirus pandemic continues to surge around the world, the hospitality industry has all but shut down. Airlines are cutting flights. Governments are telling citizens to stay home. So, to secure reservations in this unprecedented climate, some hoteliers have gotten creative.

For Le Bijou, a high-end Swiss hospitality company that's



part luxury hotel, part serviced apartment, that has meant launching the Covid-19

Service — a customizable stay with add-ons such as in-

room coronavirus testing, doctor visits and 24/7 nurse care.

Before the outbreak, Le Bijou catered to high-end clientele who could afford its rates, which ranged from around \$800 to \$2,000 per night. Their guest list in the past has included the Saudi royal family and Apple co-founder Steve Wozniak. In response to recent enquiries from the filthy rich, the hotel began to market quarantine-friendly perks, such as automated check-in (so that guests don't have to interact with strangers) and in-room medical services provided by Double Check, a private health clinic in Switzerland.

The in-room/apartment treatments can be purchased a la carte: Coronavirus testing is available for about \$500, twice-daily nurse check-in for about \$1,800, and the round-the-clock nurse care for about \$4,800. The properties are still providing food delivery and personal chef services, but they've cut daily cleanings and only sanitize rooms before and after guest checkout.

The hotel has been accommodating guests now for about 10 days and has already had guests call for the coronavirus test and sent doctors and nurses to address guest needs. While the company can arrange medical coverage for guests, it is not encouraging those with covid-19 to

relocate to Le Bijou properties.

Surprise! Surprise!

Le Bijou is not the only hospitality company marketing coronavirus-related services and packages, either.



Across Asia, hotels are promoting self-quarantine packages promising reduced rates for 14-day stays, room service delivered with special handling and transportation to local hospitals when necessary. And in Australia, the Novotel Sydney Brighton Beach is advertising a 14-day "Home Away from Home" package for self-quarantining guests that promises rooms with balconies.

Spanish Healthcare Creates a Self-test to Detect the Coronavirus

The Ministry of Health has made a self-test available to citizens according to the criteria of the Ministry of Health, to serve as a guide on the coronavirus. To obtain information on how to proceed in the event of symptoms or other circumstances related to the disease, simply access the following link: http://coronavirusautotest.san.gva.es/autotest_es.html

The test can be carried out in Spanish or Valencian. For the test to load correctly, Flash must be allowed in your browser.

Tengo síntomas y me preocupa que pueda ser por coronavirus

I have symptoms and I am concerned that it may be due to coronavirus

Estoy aislado/confinado en casa y:

I am isolated / homebound and:

He dado positivo por coronavirus y:

I have tested positive for coronavirus and:

Tengo dudas acerca de temas relacionados con el coronavirus

I have questions about coronavirus related issues

This application, following the criteria set by the Ministry of Health, offers information and aims to guide citizens on whether they should go to a Health Centre or call the **phone number enabled by the Ministry in Valencia, 900 300 555**, depending on the symptoms they present and other circumstances such as the places they have visited or the contacts they have had in recent days. Remember that the main symptoms of a Covid-19 infection are very similar to those of the common flu. Among the most prominent signs are the following: Fever; Cough; Shortness of breath; Headache; Generalized fatigue. Lack of senses of smell and taste may also be a factor. The diagnosis of the disease goes beyond these symptoms. Coronavirus infection, however, can only be confirmed by specific tests.

RIDICULOUS ROYALS & NEW ID CARDS FOR BRITISH RESIDENTS.

It's alright for some! The king of Thailand and his entourage have taken over a four-star spa hotel in the Bavarian Alps as unrest grows over his absence during the pandemic. Tens of thousands of Thais have defied the kingdom's lèse-majesté laws, under which they can be imprisoned for up to 15 years for insulting the monarchy, in a rare spasm of online protest. Maha Vajiralongkorn — King Rama X — is not thought to have made a public appearance in his country since February, although it now has 827 confirmed coronavirus cases and four deaths.

A Thai slogan stating “Why do we need a king?” appeared 1.2 million times on Twitter in 24 hours after an opposition activist claimed that the king was holidaying in Germany. Reports in the German press suggest that Vajiralongkorn, 67, has moved his entourage into a sizeable hotel in the Alpine resort town of Garmisch-Partenkirchen, even though the surrounding state of Bavaria has officially ordered all guesthouses to close. Bild, the German tabloid, reported that the group included a “harem” of 20 concubines and that 119 of its members had been sent back to Thailand because of a suspicion that they may have contracted coronavirus. Vajiralongkorn was educated at Millfield, the public boarding school in Somerset. He served in the Thai military, eventually making his poodle, Fufu, a high-ranking officer in the air force, according to leaked US diplomatic cables.



An autopsy performed on the bodies of a 40-year-old man and a 44-year-old woman who died on Monday, March 23 in Alicante, confirmed that the deaths occurred due to poisoning caused by the ingestion of 96 proof ethyl alcohol. This was mixed with soft drinks during a party family celebrated last weekend at a home in the Los Angeles neighbourhood. Two other partygoers are hospitalised, one of them is in the ICU. Witnesses have told the police that once the beers in the home were finished, they chose to use alcohol to mix it with soft drinks and previously heated it, presumably to reduce its high alcohol content. The deceased male, of Bolivian origin, and the woman, of Ecuadorian nationality, met at a family party last Saturday night attended by six people and several of them ended up drinking the deadly cocktail. Although the drinks were ingested on the Sunday morning, the fatal reaction did not occur until noon on the Monday.

Nearly 300 people in Iran died after drinking methanol, falsely believing it would help them ward off the Covid-19 virus. Ignorance can be tragic!

Britons to Get New ID card - in Due Course!

British residents will be able, in time, to apply for a ‘biometric residence document’ from the Spanish and other EU governments. The European Commission has adopted a decision that ensures governments issue UK nationals living in the EU, who are covered by the Withdrawal Agreement, with ‘simple and uniform’ documentation (TIE) that meets high security standards, making it difficult for counterfeiters. This is likely to be an identity card with a facial image and some personal information, valid for possibly five to ten years. A spokesperson for the British Embassy said **‘Anyone who is legally residing in Spain by the end of this year will be covered by the withdrawal agreement. The important thing to remember is that, whether someone has the green certificate or the new TIE once it is introduced, both will be proof of a person’s residence and their status as a beneficiary under the Withdrawal Agreement. It’s also important to be aware that there will be no deadline by which time UK nationals already in possession of a green certificate must have a TIE, so there is no need to panic.’**

The Embassy also stated that they will provide information on when the TIE will be introduced and the process for applying when it has been provided by the Spanish government. So, no rush!

So, whatever happened to Brexit? At this stage I cannot see the UK adhering to the cut-off of December 2020.

The Wheelie Bin!

A dustbin man is going along a street emptying the wheelie bins. He gets to one house where the bin hasn’t been left out, so he has a quick look for it, and then knocks on the door.

Eventually, a Japanese man answers. ‘Harro,’ he says.

‘Alright, mate, where’s your bin?’ asks the binman.

‘I bin on toiret,’ replies the Japanese bloke, looking perplexed.

‘No, mate, where’s your dustbin?’

‘I bin on toiret, I told you,’ says the Japanese man.

‘Mate,’ says the binman, ‘you’re misunderstanding me.....where’s your wheelie bin?’

‘OK, OK,’ says the Japanese guy. ‘I wheelie bin having wank.’

SPANISH FLAG TO CHANGE!

Anyone who has lived in Spain will be very aware of the importance of the mobile phone/cellphone to the Spanish. People who walk their dogs are on the phone, while driving they are on the phone, when crossing a zebra-crossing they are on the mobile, walking through the supermarket they are on the phone; I am not sure when I last saw a Spanish person locally



without a phone to their ear! Honest!

Central government in Madrid have finally decided to pay homage to the nation's love or addiction to the device by adding it to the national flag!

Sr. Batería Agotada, the Minister for Communications, has released an early image of the new flag. Can't say I'm impressed!

My friend Nick introduced me to a **new IPTV system** which is most impressive. It contains massive resources ranging from UK TV and satellite channels, movies on demand and a huge range of TV series, old and new, together with a large range of sports channels - not that there is any sport to watch at the moment! It can be watched on android box (because of the large memory), but it also works on Firesticks and a range of Smart TVs, which may require different set-up instructions. The TV system with Sports costs £50 for a year's subscription, add Video on Demand (which is massive, for just an extra £20. Also, you can have a free 24-hour trial to check it out! You contact the suppliers at office@grouponline.xyz for more details. They also have a Facebook page, email them for info'. **Highly recommended!**

Groan Joke No. 2

A frog goes into a bank and walks up to the teller. He sees the teller's name badge, which reads Miss Paddy Wack. "I'd like to arrange a loan for \$30,000, Miss Wack. I want to go on holiday" says the frog. The teller asks him for some details "can I get your name", she asks. "I'm Kermit Jagger" says the frog, "You've probably heard of my Dad, Mick". The teller seems unimpressed and asks Kermit "what collateral do you have Mr Jagger, you'll need to secure a loan of that size" At which point, the frog pulls a little china elephant from his pocket and asks "Will this do?" Miss Wack looks somewhat disdainfully at the little elephant and says she'll need to ask the manager. So she heads upstairs to see her boss. "Boss, I've got this crazy frog downstairs who wants a loan. Says his name is Kermit Jagger and all he's offering for collateral is this little china elephant" To which the manager replies.Wait for it..... "It's a nick nack Paddy Wack. Give the frog a loan. His old man's a Rolling Stone"

The editor, Mick, can be contacted mick.dreamscene@gmail.com



EMERGENCY PHONE NUMBER IN SPAIN 112

For a basic self test go to - <http://covid19.kpolom.com/>

Hats Off to Phoenix Computers/The Post Room in Via Park III. Because of the virus, Aoife is now offering customers a reduced service from Monday to Saturday 9.30 to 13.00, for example post, post collection, courier post, registered/recorded post, newspaper sales, phone and computer support will also be allowed.

Quickies

- As news breaks that Prince Charles is at Balmoral recovering from Covid19, it is revealed that Prince Andrew is at Windsor with Jessica 16.
- If you receive an e-mail with "ding dong" in the subject line don't open it. It's the Jehovah's Witnesses working from home.
- I was chatting to a supplier in China today. He told me not to bother getting COVID-19. They've releasing an improved version called COVID-20 Pro later in the year.
- I asked my girlfriend to put on her nurses uniform. "Are you feeling horny?" she asked. "No. I just need you to nip out for some bread."
- If somebody knocks on your door, telling you they need to test for Corona virus by sticking a thermometer up your backside, tell them to "Piss off!" It's a scam. I feel so stupid now.
- In Tesco yesterday saw a little old lady wrestling with a couple of guys for the last of the toilet rolls. So I ran across to help. She had no chance against the 3 of us.