

1) Patsy190 writes:

6 of us stayed here for the weekend. The first thing we noticed on entering our room was how small it was. Our rooms were clean, but the bed cover was stained. The furniture was really outdated, especially the bathroom, which had an old pink suite and linoleum on the floor. The 'shower' was a hose that you fit onto the taps. The sink was in the bedroom, right next to the television sockets which seems pretty unsafe to me. We had dinner there, and it was well-cooked, but we were still hungry afterwards because the servings were so tiny. The drinks prices were extortionate - £5 for a small glass of wine. My friend ordered a brandy and coke, but the waitress brought him whisky and coke. When we complained, she just walked off! Not impressed. I would like to say it was cheap and cheerful but at £120 a night, it was neither - overpriced and depressing more like.

*James Lewis*

2) PROVA NON ESTIMATIA

*N. de B. G. Harris*

Studies say that people nowadays have more free time than ever before. Then why doesn't it feel that way? These days, our free time is usually spent watching television, using computers or communicating on our phones. Images and information are constantly flashing into our brains, so it's no wonder we don't feel as if we have really switched off. To really wind down and help us regain our energy levels, it is important to use our free time wisely. Think about what you want to achieve in your free time. Do you want to get fit, get creative or simply relax? Don't worry about what you *ought* to be doing, just think about what will make you feel more content. Plan when you are going to enjoy your free time, and treat it in the same way as anything else on your calendar. If something else more important comes along, you can choose whether or not to postpone it, but never cancel it!

3)

The cafe chain Starbucks has made a new policy about who can use its cafes. Starbucks CEO Howard Schultz has announced that anyone can enter a Starbucks cafe in the USA without needing to make a purchase. That means people are free to sit in the cafe or use the restrooms. Mr Schulz has asked all Starbucks staff to treat every person entering the cafe as a customer. He said: "Any person who enters our spaces, including patios, cafes and restrooms, regardless of whether they make a purchase, is considered a customer." This means people can simply use Starbucks to sit down, relax and use the Internet. The new policy applies to more than 8,000 cafes in the United States. The new policy will also make it easier for store managers and baristas to do their job. However there have been high-profile cases recently of managers asking real customers to leave a cafe or telling them they cannot use the bathroom