

**Weather**

**TODAY:** Warm and sunny. Temperatures will reach 30C inland, 29C to the south and east, 28C to the west and 23C over the mountains

**OUTLOOK:** More fine weather due until Wednesday, with a slight increase in temperatures possible

YESTERDAY	max/min temp	Humidity
Nicosia	30 - 17	28%
Larnaca	28 - 18	52%
Limassol	28 - 19	50%
Paphos	27 - 19	66%
Paralimni	28 - 17	45%
Prodrornos	21 - 12	75%

**SUNRISE:** 06.52 am      **SUNSET:** 18.12 pm

## 'Straighten up and move to avoid back pain'

UP TO 80 per cent of the population will suffer from back or neck pain during their lifetime while half the workforce will experience back and neck pain at least once a year, the association of chiropractors said yesterday.

"Back and neck pain is one of the most common reasons of sick leave from work," the association said in an announcement to mark World Spine Day this Tuesday. "Back pain is the second most common reason for visiting a doctor."

Chiropractors said spine disorders like back and neck

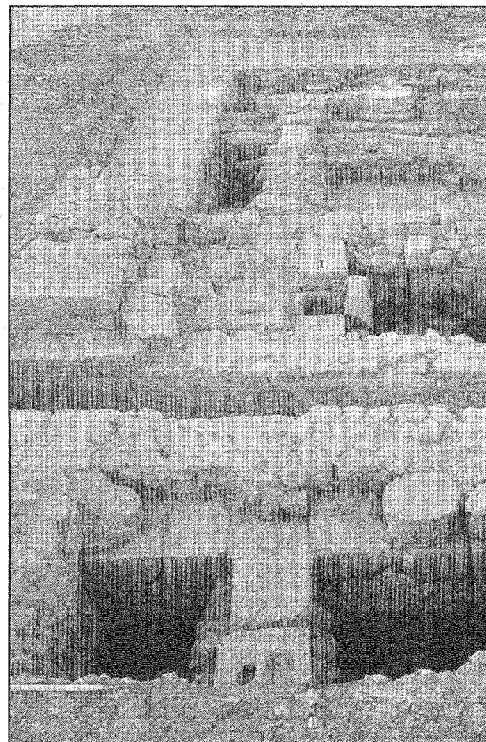
pain, scoliosis, and disc disease, are common phenomena "and can have a profound effect on a person's overall health condition, impacting their ability to work and enjoy everyday activities and even disrupting healthy sleep patterns."

According to research, the wrong posture and lack of exercise can lead to back and neck pain and other disorders of the spine.

This year's theme for World Spine Day is "Straighten Up and Move," focusing on the importance of proper posture and movement in maintaining good spinal health.

# Exploring an ancient mall

Jewellery, fine wares and storage vessels at Paphos site



The ancient Agora in Paphos: plenty of treasures yet

ARCHAEOLOGISTS exploring the Agora (market) of ancient Paphos have found a small tablet with the name of an official in Greek and a plethora of other artefacts including a golden pendant, it was announced this week.

"The most spectacular finds are a golden earring or pendant, ending in an ivy leaf, bronze objects such as a jug, a ladle with an iron handle, bronze ring, numerous coins, pins and other artefacts," the department of antiquities said. "The most notable artefact among the lead objects - apart from a ladle with an iron handle, similar to the one uncovered last year, and weights - is a small tablet with Greek inscription mentioning the official - Seleukos, son of Agoronomos (market administrator) Ioulios Bathylos.

Paphos was the capital of Cyprus in the Hellenistic and Roman periods.

The research took place between August 17 and the end of September.

The archaeologists from the Institute of Archaeology of the Jagiellonian University in Kraków, Poland, also unearthed numerous other objects including fine wares, plain wares, cooking pottery, transport amphorae, storage vessels, dated to the Hellenistic, early and late Roman, as well as Byzantine periods.

One section of the Agora, contained material - mostly pottery - of a purely Hellenistic origin, as well as walls, floors and habitation levels, which means that this area had certainly been in use during the Hellenistic period," the department said.

Architectural remains dating back to the Roman period were also uncovered in the

same area.

In 2011, five rooms were uncovered and partly explored and during the current excavations more rooms were found, bringing the number up to 12. "Most of them possibly functioned as shops (tabernae) in the early Roman period," the department said, adding that they were probably destroyed in an earthquake.

Beneath a collapsed wall in one room, archaeologists found a bronze jug and broken vessels on the floor, including a finely preserved mortarium - a large bowl with two producer stamps and writing with the owner's name.

## Possible 'package deal' on bailouts

THE BAILOUT for Cyprus, the revised loan request from Greece and the one anticipated request for assistance from Spain, could be dealt with in one fell swoop, reports said yesterday.

"If I had to bet, it would rather be in November than in October, if ever. Then it would be a package - you would have Greece and Cyprus and Spain. I think not Slovenia," one senior euro zone official told Reuters.

"The is because the Germans and others do not want to go many times to national parliaments and have painful, tortuous debates there," he said. Public opinion in Germany, as well as in Finland and the Netherlands has grown increasingly opposed to bailouts of euro zone governments. A sovereign bailout for Madrid would need to get parliamentary approval in Germany and Finland.

The Spanish government is considering the conditions of a rescue package and has said it would take a decision only once it has more clarity on the conditions and the scope of the aid.

"We're moving, we're taking steps, we're preparing it, things will crystallise in November," said a senior official who is directly involved in talks about a potential Spanish aid. Asked to clarify if this meant an aid request was expected in November, he said: "I am confident this will happen then, in November." A second senior source also pointed to November as the most likely time for a move from Madrid. Cyprus applied for a bailout in June. The troika have submitted draft proposals for €975 million in spending cuts over the next four years.

That would be in return for a bailout expected to exceed €10 billion more than half Cyprus's €17 billion output. Cyprus has instead sought an austerity drive generating more than one billion euros spread out over five years.

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