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LOCAL NEWS

Local is best

THE 1643 (December 29 – January 4) issue of the Costa Blanca North *Euro Weekly News* contained no less than 65 local news items, demonstrating once again our dedication and commitment to delivering the news that matters most to you, our readers, in each of our six editions. Nobody does it better!

65

A helping hand

ALICANTE provincial council's Emergency Plan is helping 46 municipalities repair damage caused by last month's storms. Most of the worst-affected towns are located in the

Marina Alta, Marina Baja, Vega Baja, El Comtat and l'Alcoia areas. The council will also act as an intermediary in requests for help from other public Administrations.

Bulldozed barracks

BUSOT Council have knocked down their former Guardia Civil station after it started to collapse. The building, which was originally purchased in the 1990's for an estimated €60,000, had previously undergone a series of disinfection treatments because of the presence of rats and had suffered further structural damage during the recent heavy rainfall. Town mayor Alejandro Morant said: "It was bloody dangerous."

Master class from a medal champion

ALEJANDRA QUEREDA recently gave a gymnastics master class to a group of open-mouthed schoolchildren in Teulada-Moraira.

The decorated rhythmic gymnast, who lives in Alicante City, won an Olympic silver medal in Rio last summer and has twice taken gold in the World Rhythmic Gymnastics Championships.

The class was organised by Club Llebeig with the collaboration of Teulada-Moraira Council and before arriving at Teulada's Polideportivo sports complex, Alejandra visited the town hall.

Here she had a chin wag with the town mayor, Carlos Linares, and presented the Club Llebeig president with a t-shirt signed by members of the Spanish Olympic gymnastics team.

More than 50 gymnasts took part in Alejandra's class, of which the first half comprised a session adapted to their ages and levels. She then gave a lengthy talk after which the lucky participants had the opportunity to ask the champion some questions about her life and career.



Photo credit: Teulada-Moraira town hall

MASTERCLASS: Alejandra Quereda shows how it's done.

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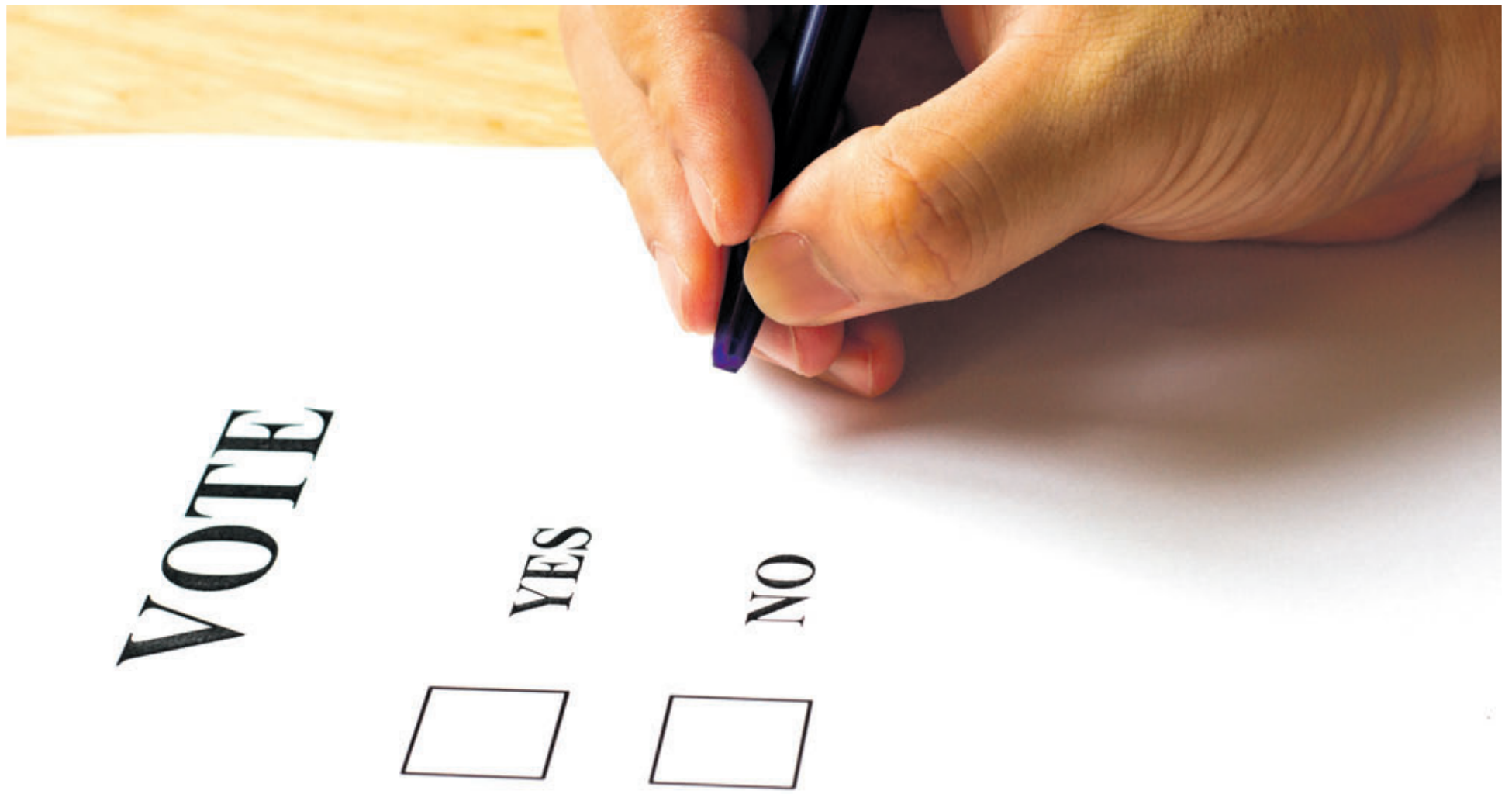


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FEATURED NEWS

Pressing a button... or making your mark



ONLINE VOTING: There have been calls to have this option for the 2020 general election.

IT had to happen but there can't be many of us who ever thought it would.

In the world's most advanced democracy there appears to be evidence of cyber groups entering the electoral fray in an attempt to influence the outcome.

Thirty-five Russian diplomats and their families ended up packing their belongings in a hurry and leaving the US. They were given just 72 hours to get out of town.

President Obama ordered the expulsions in retaliation for attempts to hack the US Democratic Party and Hillary Clinton's 2016 presidential campaign. Hacking, American security officials say, that was carried out by state-sponsored players and the state was Russia.

Will Donald Trump allow those self-same diplomats back? It's hard to believe that he would. But the issue of cyber attackers attempting to influence an actual election seems to have caught everyone by surprise. There was always a feeling that such groups may be capable of stealing millions of dollars/euros/pounds in elaborate viral raids, but getting involved in hacking an election? That seemed to be a step too far.

In the US the question has been asked: was Hillary Clinton's defeat in states that used electronic voting real, or could hackers have been at work?

Perhaps the question should have been: how is it that anyone really thought they'd be able to keep these groups out?

“ The stubby pencil and piece of paper that you put your cross on in the ballot box is actually more secure than anything which is electronic.”

Did the 'experts' think the hackers are only interested in money and stealing the millions of private identity files kept by such giants as Yahoo?

This threat to the voting systems of advanced democracies will not go away even if we employ fingerprint scanners, iris scanners and all the other bio-security measures under the sun.

Which brings us back to the humble polling booth, a piece of paper with the names of the candidates on it and your common or garden pencil to make your mark.

The former head of MI6 has now entered the fray: a man who surely knows better than most just what the hackers can do.

Sir John Sawers doesn't say voting by your phone or computer shouldn't be part of the future when it comes to exercising your democratic rights. But in an interview with the BBC he says: "The more things that go online, the more susceptible you are to cyber attacks."

When the American computer expert Edward Snowden fled the West and went to Russia, it was revealed the US National Security Agency collects information on something like one billion people. If it is true the mind boggles. And the collection of all that information involves fair means and foul. Everybody knew it, but to say it in public was another thing.

In the UK there has already been one call for online voting to be an option for everyone in time for the general election in 2020. That's not very far off. It would be naive to think the UK doesn't have the sort of enemies who'd

like to throw a spanner in that works. Which brings us to the alternative: paper and pencil.

There have been issues of vote rigging and ballot box fraud in the UK but they have always been extremely limited and the culprits have usually been swiftly stamped on.

As Sawers says "the stubby pencil and piece of paper that you put your cross on in the ballot box is actually much more secure than anything which is electronic."

Perhaps this is one area where the incessant rush to embrace all things technological should be reined in. An election in which the hackers are found to have played a part, even if a very small one, would send shockwaves round the world.

It may sound old fashioned to say, but "if it ain't broke, don't fix it." There isn't very much about the world of politics at the moment that endears it to its electorates, particularly those, like the UK, that aren't forced by law to vote or face a penalty. Leaving us with the feeling we're participating in a process that's at least democratic, by trailing to the polling booth and making your mark, even if you're not happy about the outcome, isn't too much to ask is it?

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New halt will link trains and buses

BENIDORM will get its much-requested TRAM halt at the mainline bus station.

Local mayor Toni Perez explained that the new stop will replace the nearby Disco Benidorm halt. "Their proximity would hinder rational and efficient use of both installations," said Perez, quoting from a Generalitat letter.

The TRAM line is almost within touching distance of the bus station but passengers transferring from one to the other must use Benidorm's main railway station, involving a lengthy detour to or from the bus station.

The town hall is now completing formalities to cede land between the bus station and the existing railway track to the regional government.

Plans for the halt, which will be financed with funds from



BUS STATION: Will soon have a TRAM stop.

Brussels, are now at the draft stage, and the mini-station must be ready by the end of 2017 if

the town hall wishes to receive the EU funds.

The track will be rerouted to

the bus station and the unused section of line will become a Verde cycling and walking route.

National bank holidays

SPAIN will have a total of 10 national bank holidays in 2017:

January 2, the Monday after New Year's Day, the Three Kings holiday on January 6, Good Friday on April 14, Worker's Day on May 1, the As-

sumption of Mary August 15, Spanish National Day on October 12, All Saint's Day on November 1, Constitution Day on December 6, December 8 for the Immaculate Conception and Christmas Day on December 25.

The regions will all have additional holidays, and Valencia's holidays fall on April 13 - Maundy Thursday, April 17 - Easter Monday, and October 9 - Valencia Day, which this year falls on a Monday.



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created by:

Publisher:
The Euesdens

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» From Front page

Well earned



CANDIDA WRIGHT: Tireless charity worker.

By Matt Ford

A BRITISH expat based in the northern Costa Blanca has been honoured by UK Prime Minister, Theresa May, with a personal letter and 'Point of Light' award for her outstanding charity work over three decades in Spain.

Candida Wright has been a volunteer for the HELP Denia and Marina Alta charity for over 30 years, and is currently president of the organisation.

She also works as an interpreter at Denia Hospital in Alicante Province, home to over 80,000 Britons, and is president of the charitable Carline Theatre Group, which raises funds for local medical centres.

According to the UK government statement, Candida's work "has been instrumental in transforming this NGO from a simple hospital visiting service into a formidable organisation which manages several charity shops, finances temporary care and runs a number of support groups." The seemingly tireless Candida has also helped create a women's shelter in Benissa, has links with a children's home in Denia and a homeless shelter in Gandia, and presents a show on a local English-language radio station.

The *Euro Weekly News* caught up with Candida and asked how she felt when the news broke.

"Hahaha, I cried!" she laughed. "I was out with some patients when I received a personal message from Simon Manley, the British ambassador to Spain, in which he said that

I'd won an award.

"At first, I thought it was a joke, but then I read my emails and realised that it wasn't, and at that point things got a bit emotional.

"I am really thrilled!"

The HELP charity is among the Costa Blanca's foremost charity success stories, and has grown to include a network of around 200 workers and volunteers who together raise tens of thousands of euros each year.

The Point of Light awards were created by ex-United States president George W Bush in order to recognise outstanding volunteer efforts. The scheme was introduced to the UK while David Cameron was prime minister, but Theresa May recently decided that volunteers based outside the country should also be included.

OUR VIEW

A New Year hope

IT seems that 2016 has been an incredibly bad year for the death of musicians and celebrities around the world and every loss has been very painful for their fans.

For some reason, musicians appear to attract the loyalist fans and this past year has seen some real heroes pass on, although they leave the legacy of their music as well as a good potential for new profit for their record companies.

What we sometimes overlook is that the death of every person be they famous or unheard of invariably leaves grieving relatives and a hole in a family dynamic.

All death is difficult to cope with, but sudden and unexpected death is in many ways the most difficult for the family to handle whilst

those who die from long and painful illnesses are often considered to have had a merciful release despite the fact that the family will mourn their passing.

As 2016 dies and 2017 is born, we hope the world will become a safer place and death whilst inevitable will not suddenly strike indiscriminately and the massacre of so many innocents in Syria and Yemen will come to an end so people can return to their normal lives and enjoy a peaceful period with their families.

At the end of the day, there is little any of us can do to resolve these dreadful situations but sometimes we just need to count our blessings as life here in Spain continues to be safe and mainly comfortable.

Now we want to hear your views.
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In the swim

by Linda Hall

SWIMWEAR manufacturer Speedo chose Denia for a feature on the benefits of swimming for cyclists.

Richie Porte, from the BMC racing team was filmed in the indoor swimming pool at the Sports Centre for a report that demonstrates how swimming can improve the performance of a professional cyclist.

Swimming exercises core muscles and takes the pressure off joints by working them through the water, experts have found. It also improves a cyclist's endurance, resistance and recovery, they said.

Denia's Sports Centre is a reference point for professional cyclists and several members of the BMC team are currently using the gym there. Two groups of triathlon athletes from Estonia are also training at the Centre as they do every year.

Professional athletes from all fields take advantage of the halt to competitions and exchange



Denia town hall

BENEFITS: Swimming is good for cyclists, too

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Preparing for the worst

BEFORE Christmas the Interior ministry recommended exceptional anti-terrorist measures for Spain's festive events and open-air markets. Christmas and New Year's Eve came and went without incident and the security forces are now focusing on the Three Kings' processions that are scheduled this evening throughout Spain.

The ministry's warning was prompted by the carnage at a Berlin Christmas market when 12 people were mown down and dozens injured by a hijacked lorry.

There was one uneasy moment in Alicante City on the afternoon of New Year's Eve when a light aircraft, which had not requested clearance, flew over Plaza de Luceros during a fireworks display. Initial investigations by the National Police suggest pilot had merely wanted a bird's-eye view of the fireworks.

Benidorm was the first of Alicante Province's big towns to act on the Ministry's advice, installing huge outdoor flower planters and other barriers in the resort's streets.

Repeat burglar arrested

By Caroline Tyszka

GUARDIA CIVIL have arrested a man believed to be responsible for a wave of burglaries in Altea. The 33-year-old Spanish man was detained having been spotted acting suspiciously, and because he was already known to the authorities.

Officers had increased patrols at the many outlying urbanisations where the bur-

glaries had taken place. They particularly focused resources in Sierra Altea and Galera de las Palmeras, where over the past months many residents had fallen victim to the one man crime wave.

The Spaniard's vehicle was stopped at a local check point and as officers went to question him he fled on foot, giving chase police quickly arrested him and proceeded to search his home.

Within his property officers found many of the items that he had previously stolen and which were identified by the victims as being theirs.

He has been charged with nine counts of burglary by forced entry, being in possession of illegal weapons, a crime against road safety and for attacking an officer having tried to run over him when he was first apprehended.

Young car thieves get caught in the act

TWO young Spanish men have been arrested in El Campello and charged with stealing a car in addition to reckless driving.

Aged 16 and 20 they were

detained by the Local Police and Guardia Civil officers who had received a call from a security guard working at the Altos Blancos urbanisation.

He had witnessed a group of young people entering the area and called the officers because they were vandalising property.

When the police arrived they

were attempting to break into a parked van. They fled the scene in a vehicle, stolen from Avenida Jaime I before being stopped by a patrol car.



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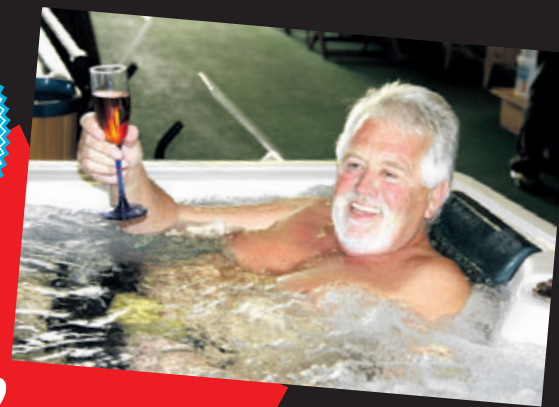
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Home truths from Civil Service leader



BREXIT PAGE

By John Smith

CIVIL SERVANTS in the UK who are not allowed to speak directly to members of the press on personal matters were less than pleased when the Prime Minister criticised them in early December.

She took the opportunity in an article written for *The Spectator* magazine to complain that senior civil servants didn't brief ministers adequately and had a tendency to say what they thought their minister's wanted to hear rather than give them an accurate summary of events.

In this article she made it clear that she wanted to know facts as well as opinions and then she and other politicians could make the actual decisions.

Now however David Penman general secretary of the FDA union (formerly The Association of First Division Civil Servants) has spoken out to alert Mrs May to what the bulk of his 19,000 members are thinking with regards to Brexit.



DIFFICULT OPERATION: For Brexit Joint Ministerial Committee.

He believes that the prime minister has decided to pretend that there will be no significant problems with handling Britain's exit from the European Union when the fact of the matter, as far as his union is concerned, is that the staff won't be able to cope.

Mr Penman added that anyone who had the audacity to warn that the timing would be long and complex was vilified by the government and accused of ignoring the wishes of the people.

According to the union supremo only two

ministries have received additional staffing whilst all of the others were being left to cope with implementing all of the legal requirements of Brexit without any additional resource.

In his opinion, and that of his members who are the most senior civil servants, the government is going to have to postpone a number of its new initiatives and plans if it wishes to complete the Brexit operation within two years.

The fact is that the Home Office is going to have to implement 1,200 EU laws which will

become British law and Defra (The Department for Environment Food & Rural Affairs) which manages Britain's farmers and fishing fleets will have to handle 400 new laws and explain their contents to users who will suddenly lose a number of grants.

Although not a civil servant, Mr Penman seems quite prepared to pass on apparently unpalatable truths to the prime minister who may have preferred that she and the country at large had not heard them!

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Prawn stars

By Linda Hall

PRIZED red Denia prawns were selling at €101 a kilo by the time the New Year arrived.

A week earlier when there were fewer around they fetched up to €150 in the harbourside auctions as restaurants and families snapped them up for Christmas meals.

Prices shot up owing to a combination of bad weather that kept Javea and Denia boats in port for several days and fewer prawns in their usual fishing grounds between Cabo de San Antonio and Ibiza.

Catches have recovered as stocks show signs of replenishing, promising a better holiday campaign than the fishing guild feared. Over the last two weeks, boats have been bringing in between 20 and 30 kilos a day, said Amadeu Ros, skipper of

the Cap Prim Segon.

Trawlers are catching increasing numbers of mud shrimps, a bio-indicator that

“Over the last two weeks, boats have been bringing in between 20 and 30 kilos a day.”

the fishing grounds are teeming with life, Ros said.

Overall this year's prices were better than 2015's maximum of €102 a kilo but

they are still a long way short of the €206 a kilo that the red prawns fetched in 2006.

Red prawns from Denia are considered to be the best in Spain due to unusually high levels of iodine and salt in the flesh, which impart a unique flavour.

They are harvested from a trench in the seabed which is around 600 metres deep, where the virtual absence of predators allows the prized crustaceans to attain a large size.



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Brand rip-offs swoop

FOUR people were arrested and charged with selling Nike and Adidas fakes in Benidorm.

Officers from the Guardia Civil's Fiscal and Frontiers (PAFIF) unit based in Calpe swooped on four shops and impounded 664 items of sports clothing that would have sold to the public for a total of €30,800.

The rip-offs included Barcelona and Real Madrid football shirts and other leading clubs as well as sweaters and PAW Patrol tracksuits and t-shirts.

The three men and a woman who were running the four shops now face charges of infringing industrial copyright regulations.

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The lowering of tensions

HIGH tension cables in San Vicente's El Tubo neighbourhood are not a health hazard. Residents, worried that electromagnetic radiation there is higher than normal, have been asking for years for

overhead high tension cables and an Iberdrola substation to be removed.

Last May the town hall's Environment department commissioned an external study from an independent

engineer in response to constant requests from El Tubo residents.

This has now been received and San Vicente's Environment councillor Nuria Pascual confirmed radiation is within the legal limits and residents' health is not at risk. "All readings throughout

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“Radiation is within the limits and health is not at risk.”

the neighbourhood were normal and within the boundaries required by Spanish law and EU directives," Pascual told El Tubo residents at a recent meeting.

The town hall itself wants both the cables and the substation to be moved underground as this will free more land for development but there are no plans to do so until 2020, Iberdrola reported.

... and not a drop in sight to drink



OCTOBER 2016 : Historically low levels for Guadalest reservoir.

By Linda Hall

TAP water in Alfaz, La Nucia and Altea was pronounced safe to drink after a five-day ban from the Health authorities.

Ten days earlier torrential rain and mountain streams poured into the Guadalest reservoir where levels had dropped considerably during the last three years of drought. Cloudy water eventually found its way into the network after the inrush of rain stirred up silt and sediment, triggering the ban by the General Directorate of Public Health.

Although the domestic supply was not cut off, the inhabitants of the three towns were warned not to use tap water for drinking, cooking or personal hygiene. The ban on washing was lifted after four days and the all-clear 24 hours later.

Meanwhile the three towns are sending two samples each day to the Public Health Centre in Benidorm to monitor for cloudiness and residual free chlorine.

Altea and Alfaz councils criticised the Marina Baja Water Consortium, which provides the supply for the three towns.

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Battle won, but not war

By Linda Hall

DENIA business-owners succeeded in temporarily halting plans to bar weekend traffic in Calle Marques de Campo.

The town hall decided last November that Denia's main shopping street, which is also crammed with bars and restaurants, should close to traffic from 7pm on Fridays.

Public Safety and Transport councillor Javier Scotto confirmed recently that following talks with owners, the weekend veto would be put on hold until after the holidays. The town hall did not want this to

affect takings over the festive season, Scotto said.

Without specifying dates, the councillor announced that the town hall would for the moment revert to an earlier arrangement where Marques de Campo was closed to traffic on Saturday afternoons and all of Sunday.

This would leave the road free for pedestrians and also give restaurants and bars more room for terrace tables, Scotto said.

Even Saturday closing at 2pm is not popular with businesses. They claim that when this was introduced the number of people visiting the



PEDESTRIANISED: Calle Marques de Campo last summer.

street fell by between 30 and 40 per cent. This was reflected in turnover, shopkeepers and bar-owners complained.

Members of the ACE business-owners association agreed with pedestrianising Denia's principal

thoroughfare so long as requirements were met, its president Antonio Llopis emphasised.

Fundamental amongst these, Llopis said was "a critical mass of public and visitors" to justify the measure.

Sweetener for ratepayers

OLIVA will reduce IBI rates on commercial properties in the town centre.

The reduction is part of the town's Revival programme created to revitalise the Old Town and the Raval neighbourhood.

Premises used for co-working, shops, the hospitality trade and hotel accommodation will receive discounts of between 50 and 85 per cent.

"We want to bring new life to this part of the town, in line with agreements that the council approved in 2014 and 2015," said Vicent Canet.

The rates' reduction will apply only to ratepayers who are up to date with their IBI and other municipal taxes.



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NEWS EXTRA

Charged up

DENIA Town Hall is buying two electric vehicles, its first acquisitions of this kind.

The council will provide two charging points for municipal and private vehicles.

Fair enough

A TRAM or trenet ticket still costs €1.35 inside zones B/C/D/E/F and fares on Alicante City's municipally-run buses will remain at €1.45 in a bid to encourage sustainable travel.

Council backs birth certificate battle

By Caroline Tyska

DENIA Town Council have backed two mothers in their bid to register the birth of their baby son Lennon.

As reported in the *Euro Weekly News* (edition 1642) the Denia Civil Registry had refused to register the birth of the baby because the parents were both women and would not provide certain 'intrusive documentation.'

Brenda Kelleher and Maria Jose Torres, who married in 2007 and have two other children, triggered the bureaucratic nightmare with the birth of their son at the Denia Marina Salud hospital earlier in the year.

The Denia Council have now approved a motion put forward by the PSPV and Compromís which called for 'an egalitarian interpretation' of the Civil Registry Law, whereby judges treat homosexual couples the same as heterosexual ones.

The birth certificate is urgently needed so that Lennon can have a SIP card. Had Maria been the birth mother the baby would



TWO MOTHERS: Brenda and Maria with their son, Lennon.

have automatically received the medical card, but because Brenda carried the child the difficulties in registering Lennon arose.

The other children of the couple, who live in Benidoleig, were registered without problems in their old residence in Atzane-

tadel Maestrat. At that time they were asked only to provide the same documents as any other couple to register their child, ie the photocopy of the family book, passport, ID and the certificate of the health centre where the baby was born.

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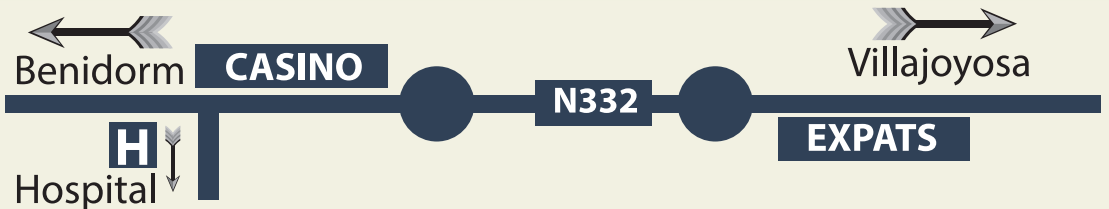
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Asbestos away



HEAVILY SUITED: For workers' protection

SPECIALISED workers have begun to remove an asbestos ceiling at a school's sports and dining area which has been there for 41 years. The company, hired by the Benidorm Council, began the dangerous work to remove the fibre cement roof containing the asbestos at the Vasco Núñez de Balboa School.

Prior to the work beginning permits had to be obtained from the regional department of labour and education because of the presence of asbestos. Costing €24,075 the specialised team had to wait until the school closed for the Christmas break so that the 306 pupils were not affected by the removal of the 630m² roof.

Work should be finished before the pupils return on January 9 however if not the children can still return.

Waiting for the go-ahead

UNIBAIL-RODAMCO has wanted to open a shopping centre inside Benidorm's town limits for almost 10 years. The town hall has now made modifications to both the PGOU town plan and local by-laws that should open the door to large commercial areas. Now Unibail-Rodamco, Europe's leading specialist in commercial property investments, is waiting for the definitive go-ahead from the regional government's Environmental Assessment Committee.

The multinational hopes to build a centre with 134 shops, 20 restaurants, a cinema and 3,000 parking spaces covering an area of 58,000 square metres.

"This ambitious project, which will create 1,500 jobs, was halted for almost seven years owing to complications arising from the accesses to the proposed centre," said Simon Orchard, managing director of Unibail-Rodamco España.

The regional government's Ministry of Public Works insisted on a large roundabout at the entrance. To get round this problem, Unibail-Rodamco has agreed to pay €3 million of the €4.5 million of the roundabout's cost, while the town hall will put up the rest. Plans are on public show and all that's needed is a favourable report from the Environment Assessment Committee.

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Advertising feature

Floor Rate Clauses: The European Court of Justice obliges Spanish banks to repay all overpaid mortgage interest

THE judgement of the European Court of Justice (ECJ) on December 21, 2016 (EDJ 2016/226005), will cost Spanish banks an estimated €3,000 to €5,000 million, depending on the number of affected customers who finally claim for the nullity of their mortgage floor rates or limitation to the variability of the interest clause.

As many readers will know, floor clauses were inserted by many Spanish banks in their mortgage loans, despite having agreed a variable interest rate. An example would be Euribor + 1 per cent, however the final interest payable would still not be lower than the floor rate, for example 3.5 per cent.

This limitation on the variability of mortgage interest implies a major loss for consumers in the current very low interest rate levels. Most customers were not sufficiently informed by the banks of the possible long-term consequences this type of clause could mean for them.

The Supreme Court of Spain, (TS) declared the nullity of these clauses when the information given to consumers was considered insufficient. However the effects of nullity could only be claimed from the May 9, 2013 when the Supreme Court issued its judgement.

The ECJ has now declared that this temporary limitation is contrary to European Union Law, and more specifically to Article 6 of Directive 93/13. It has declared that a clause considered unfair or null must be interpreted as though it had never existed, making it possible to claim the repayment of overpaid interest, etc., right from the beginning of the contract, not only from the date indicated by the Spanish Supreme Court.

In addition, the ECJ pointed out that the temporal limitation set by the TS meant insufficient and incomplete consumer protection, and therefore is not in line with European law. Along with the majority of Spanish Lawyers, we have

consistently championed that a contractual clause declared to be abusive must be interpreted as though it never had existed. It should be remembered that this ECJ judgment is binding for Spanish courts and tribunals.

Thus, those affected by a floor clause will be entitled to ask for the refund of excess interest paid, as well as the recalculation of amortization tables and the outstanding capital of their mortgages since the beginning of their mortgage loans.

If you have any questions about the floor clause, we are experts and will be glad to help, so contact us.

The information provided in this article is not intended to be legal advice, but merely conveys general information related to legal issues.

Carlos Baos (Lawyer)
Spanish Law firm solicitor attorney barrister. Alicante, Denia, Costa Blanca Marina Alta White & Baos 2016 – All rights reserved

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Multiple royal visits expected



CALPE VISIT: Royal emissary picked up letters from the town hall.

By Linda Hall

TODAY Thursday January 5 is the big day when the Three Wise Men arrive.

As always they will be laden with presents to leave on balconies and windowsills for children who have been good throughout the year. Transgressors, in contrast, wake on the morning of January 6 to find only coal in the shoes they

left out overnight.

Beforehand emissaries, royal postmen and pages will have visited every municipality in the country to collect children's letters listing the present they hope to receive.

Both Campello and San Juan welcomed royal postmen while in La Nucia, the mission was carried out by a page. An emissary arrived in Teulada and another in Calpe where he

was received at the town hall, wishing everybody a happy 2017 before collecting his letters and departing.

Fiestas councillor Ana Perles also had her wish list for 2017, she said. The present she would most like to receive, she revealed, was a much-needed walkway to eliminate the hazard of crossing the N-332 main road at Calpe's rail-way station.



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British residents in Spain awarded honours by Her Majesty The Queen in New Year Honours List 2017

TWO British residents in Spain have been awarded honours by Her Majesty The Queen in the New Year Honours List 2017.

Liz Parry, former Editor of *SUR in English*, an English-language newspaper in South-

ern Spain, and resident in the province of Malaga, has been awarded the British Empire Medal (BEM) for her services

to British nationals living in Andalusia.

Roger Cooke, latterly President of the British Chamber of Commerce in Spain and resident in Madrid, has been appointed a Member of the Most Excellent Order of the British Empire (MBE) for his services to British business in Spain and British-Spanish trade and investment.

Honours lists are published twice a year, on the Queen's official birthday in June and at New Year, and recognise extraordinary achievement and service to the UK. Following a nomination process, an honours committee reviews all the submitted nominations. The Queen then awards the honour.

In the cases of Ms Parry and Mr Cooke, their outstanding achievements ensured they stood out amongst the many nominations received for this year's New Year Honours list.

The British Ambassador to Spain, Simon Manley, said: "I am delighted that the achievements of Liz Parry and Roger Cooke have been recognised by Her Majesty The Queen in this way, whether it be Liz through her distinguished journalism and consistent promotion of Britons' integration into Spanish society, or Roger and his leadership of the British Chamber, our principal partner



AWARDED HONOURS: Liz Parry (top) and Roger Cooke.



Photo by British Embassy Madrid

in strengthening a €46 billion bilateral commercial relationship."

Reacting to the news of her award, Liz Parry said: "I am delighted and proud to have been awarded this medal for service to British residents in our international community! It came as a complete surprise and I don't know who nominated me, but I would like them to know that I am honoured and grateful."

Roger Cooke, similarly surprised, said: "I am delighted to receive this award and that a contribution to Anglo-Spanish

trade has been recognised at a time when this is so important to both countries' economic wealth and to their citizens. As always there is a team effort behind this success and it would not have been achieved without the great support of the team at the British Chamber of Commerce in Spain."



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Market death trial date set



THE SCENE of devastation in October 2011.

By Caroline Tyszka

THE trial against the Fines-trat Council and some of its councillors will begin on February 1, 2017.

Councillors Tomás Gaspar Sellés (PP), José Miguel Llorca Llinares (PSOE), and Honorato AlgadoMartínez (PP) together with an insurance company and the council itself have been charged

with recklessness resulting in injuries and death that occurred at the La Cala market in October 2011.

Heavy rains caused a torrent of water to travel down the ravine, uprooting newly installed posts where the market was held. The structures took out everything in their path resulting in the death of a British couple and five others being injured.

Although following this incident the market area was relocated, the ravine continues to flood with another person recently losing their life.

As reported in the *Euro Weekly News* a few weeks ago the current mayor, Juan Francisco Perez, has already requested channelling the ravine to prevent further loss of human lives.

[PA]

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IKEA not moving to Denia

CONSUMERS faced excitement and disappointment this week when it was wrongly announced a well-known Swedish furniture outlet was moving to Denia.

The multinational chain has been battling for months unsuccessfully in Alicante to build a new store. False reports that they had moved their attention to a plot of land in Denia soon resulted in the misapprehension that a new store was to be built on a plot of land between the roads of Les Marines and the Cami de Gandia.

Unfortunately it would appear that Costa Blanca North will have to wait a bit longer for a more local store than Valencia or Murcia.

Ombudsman



LES CANYADES: Ombudsman takes up the fight.

By Linda Hall

THE Valencia region's Sindic de Greuges (Ombudsman) is backing residents' complaints about the smell from Campello's landfill site.

He called on the town hall to intensify measures to reduce the bad smell that has hung over the Les Canyades landfill since it opened in 2009. The time has come to implement the measures approved by

the town council which include a pollution by-law and devices to monitor levels of emissions, he said.

This is the third time that the Sindic has backed Campello residents living near the site, following resolutions in April 2011 and October 2016.

The Sindic was responding to the formal complaint he received in April last year from several resi-

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dents' associations and the Anti-landfill Platform.

Municipal sources explained that the town hall accepted the Sindic's recommendations but argued that it lacked the means of creating a pollution by-law. Neither could it monitor emissions, owing to the "great complexity as well as the human and material sources required."

The same sources pointed out

that steps are now being taken at Les Canyades following modifications to its Integrated Environmental Authorisation (AAI) after the Generalitat agreed that residents in north Campello were subjected to "very bad smells."

It was hoped that these changes, combined with tighter controls in handling and treating rubbish at the site would "ostensibly improve the situation," the town hall said.

Cabbies are unhappy

THE region's cab drivers are united in opposing the Generalitat's new Taxi Laws. They particularly object to the 'one driver, one taxi' clause replacing earlier regulations allowing one driver to hold three licences.

This prejudices the interests of the sector and jeopardises rights acquired decades ago, complained Ismael Arraez, president of the UATCV union which represents 2,700 Valencia region drivers.

Cabbies with more than one licence have two years to transfer them unless they substitute one of their cars with a vehicle adapted for the disabled. This measure was "totally dictatorial" the UATCV said.

Despite the union's criticism, two Benidorm drivers have already applied for Eurotaxi licences, giving the resort a total of 14 adapted vehicles.

There was more censure for the law's insistence that widows or pensioners who still possess a licence may no longer retain it while employing a driver.



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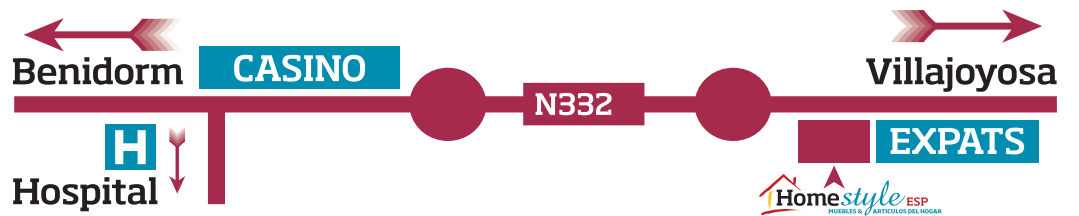
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Jehovah's Witnesses to gather in Benidorm

ON January 8, 2017, the English-speaking community of Jehovah's Witnesses of the Levante Region will once again meet for their much-anticipated circuit assembly with the theme 'Increase Your Faith In Jehovah!' The location of the assembly is Calle Archiduque

Otto de Habsburgo, 24, Benidorm.

As is the custom for Jehovah's Witnesses worldwide, they will discuss many topics that strengthen their faith and particularly their faith in their God, Jehovah. One of the discourses is a four-part symposium with the

theme 'Word Pictures That Inspire Faith in Jehovah.' The public discourse in the afternoon is entitled 'True Faith - What Is It, and How Is It Shown?'

The assembly programme concludes with the talk 'Reap the Rewards of Genuine Faith.'

The circuit assembly begins with music at 9.30am, it concludes at 4.15pm, and there is a brief lunch break at 12 noon. The entry is free of charge for all interested persons.

For further information, please visit www.jw.org.

Moraira World Mysteries

THIS is a friendly discussion group which meets up every second and fourth Thursday of the month from 6pm to 8pm at the Jacaranda Bar, Moraira, located at the corner of Calle de Mar de Timor and Camino de Viejo del Portet.

The next meeting is to be held on January 12, 2017. We aim to promote investigation and research in order to share information and discuss topics related to phenomena or events which are not easily explained and try to come up with theories to explain them.

Discussions include such well known topics as the Great Egyptian Pyramids, The Aztec civilisation, the newly discovered pyramids in Bosnia, or the meaning of the Sumarian stone tablets.

A speaker will discuss a chosen topic or a variety of topics and this is followed by a question and answer session where all will be invited to discuss the subject of the talk and possibly expand on the theme.

The group offers those who are interested the opportunity to learn more about these fascinating subjects.

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U3A discussi

THIS presentation by Lawrence Whalley, MD, FRCP(E), FRCPsych, Professor Emeritus at the University of Aberdeen, UK, takes place in Murla on Thursday, January 12.

Dementia researchers agree that if the onset of dementia could be delayed by six months within 20 years, the number of people living with dementia could fall by almost 30 per cent. A five-year delay would halve dementia incidence. Reports from Sweden, the UK, Spain and the US suggest substantial reductions of the dementia burden are starting to be observed.

Lawrence Whalley will encourage those at risk of dementia for reasons of age or family history to follow simple guidelines to reduce their personal dementia risk. This will not be 'a case of one size fits all' but advice to tailor personal interventions based on self-appraisal of risk.

Step 1 is to accept the maxim 'what's good for your heart is good for your brain.' This means keeping blood pressure within safe limits for a healthy male aged 40, weight control regimes and a healthy balanced diet with low-moderate alcohol consumption.

Step 2 is to maintain a socially engaged and physically effortful lifestyle.

Step 3 is to anticipate those exposures that may trigger dementia to either avoid or mitigate their effects.

Where supplementary steps are needed, blood pressure/cholesterol control with drugs can be essential, some dietary supplements are of proven benefit (especially vitamin B12/folate; oily fish less so), but otherwise there are no other drugs or specific nutrients that reduce dementia risk.

See the website www.u3avalldepop.com for further details. New members are always welcome - come



GUEST SPEAKER: Professor Lawrence Whalley

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on on dementia



Lawrence Whalley.

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U3A stands for the University of the Third Age and is about learning for pleasure and meeting like-minded people in a friendly atmosphere to share knowledge and interests. The word 'university' is used in the original sense of the word, 'a community of people sharing knowledge'. U3A Vall del Pop draw upon the knowledge, experience and skills of their own members to establish interest groups, with some 45 groups currently active on a weekly or monthly basis.

The groups include:

Leisure Pursuits – Casual Choir, Dining Experience, Wine Tasting;

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Educational – Spanish Conversation, Bridge, Egyptology, Creative Writing;

Active Pursuits – Ballroom Dancing, Line Dancing,

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Many many more groups are awaiting you to join.

In addition events and trips are organised throughout the year.

The group enjoys these opportunities whilst raising money for local charities. All this for a yearly membership fee of only a few euros!

New members are always welcome.

U3A Vall del Pop holds its General Meetings on the first Thursday of the month at the Polivalent, Murla. However, the first meeting in 2017 is scheduled for January 12.

See the website www.u3avalldelpop.com for further details.

Forthcoming Events

January 12 – General Meeting: Speaker Lawrence Whalley – Dementia Risk Reduction

January 27 – Benidorm Palace, Hotel & Show

February 2 – General Meeting: Speaker Robert van Loo – His work with the UN

February 8 – 10th Anniversary Fun Quiz at Los Amigos

March 2 – Annual General Meeting

March 20 – Sangreal Tour, Aragon

April 6 – General Meeting: Speaker Daniel Herrenz – Spanish Taxes

May 4 – General Meeting: Speaker Lorraine Bellami – Working with BOAC/BA

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STEP 2: CURRENT LOG BOOK

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STEP 3: RESIDENCY IN SPAIN

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ument. You will need to take your passport and proof of Spanish address (rental contract, contract to purchase or property deeds).

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All vehicles over four years old must be roadworthy and clearly display a valid ITV sticker. The ITV (Vehicle Technical Inspection) must be tested at an authorised centre, just as for an MOT test. You can find out the location of your nearest ITV centre on DGT website (equivalent to the DVLA). You can also call your local centre to make a booking. If the centre is busy, especially pre-summer, this can save a lot of time. The cost can vary but generally is around 40€ for petrol-engine cars and 56€ for diesel-engine cars.

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Christmas raffle helps raise funds for charity

ON Saturday December 17 the Gran Sol Hotel, Calpe was the setting for a charity raffle draw organised by Pippa Jones and friends in aid of MABS and local animal welfare. Angie from Javea won the top raffle prize; a luxury Christmas hamper full of delicious goodies. A list of the other 30 prize winners is on display at the hotel.

The raffle raised €1,334, bringing the total collected in 2016 to €3,228 which has been given to Help of Denia, MABS, AKIRA, Pluto-Tierschutz and the APROP animal shelter, formed in April 2016 when LAPS members decided they couldn't continue and the animals were all scheduled to be sent to the Alicante pound.

Members of APROP suddenly found themselves in charge of the shelter, having had no experience or knowledge of how to run a shelter. They were however sure that none of the

abandoned animals would be sent to Alicante. Since then 64 dogs have passed through, 37 of which have been adopted and seven reunited with their owners. Today there are 20 dogs living there. Of 55 cats, 25 have been adopted and 30 remain in the shelter.

It has been particularly difficult recently due to the poor state of the shelter and stormy weather. Volunteers found it impossible to keep animals safe and dry. Thanks to Javea Connect, PEPA (Oliva) and other

donations they were able to buy materials and people from Javea Connect worked tirelessly to improve conditions.

APROP is waiting to move from the present privately owned site to a new site designated by the town hall and is keen to start building the new shelter. They face a continual financial struggle and need more volunteers to help with the daily running of the shelter.

For details of how you can help visit <https://www.facebook.com/protectorapego/>



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Classical treat in store

By Linda Hall

THE Alfaz del Pi Classical Music Society commences its 2017 programme with 'Classic meets Jazz.'

Claudi Arimany (flute), Eduard Sanchez (flute), Santi Escura (piano), Manuel Vega (double bass) and Antoni Gadea (drums) will interpret works by Mozart, Verdi, Mendelssohn and Bolling at Alfaz's Casa de Cultura on January 14.

The Alfaz del Pi Music Society was created to meet the demand for classical music and organisers' monthly concerts for lovers of serious music. There is an annual fee of €60 for free entry to the Society's concerts, which are held from January to May and from October until December. Society members can also attend the Mozartmania Festival free of charge with discounts on other concerts and recitals at the town hall's Culture department.

"This gives us the opportunity to offer residents and visitors classical music of the highest order and at the same time to demonstrate our com-



CLASSIC MEETS JAZZ: Classical music of the highest order.

“ This gives us the opportunity to demonstrate our commitment to culture and the Arts.”

mitment to culture and the Arts,” said Culture councillor Mayte.

'Classic meets Jazz,' January 14 at 8pm in the Casa de Cultura, Alfaz del Pi. Members free, non-members €10. Tickets are on sale at the Casa de Cultura from 7pm on the day of the concert.

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All change!

ALFAZ Town Hall is spending €40,000 on renovating the dressing rooms at the Albir football ground. The pre-fab dressing rooms are now very deteriorated and they will be replaced by two new 24-square metre units, announced Sports councillor Luis Miguel Morant.

"They will be equipped with benches, five showers, two baths, washbasins and mirrors. Work is due to start this month," Morant added.

Later this year the town hall intends to substitute the football pitch's artificial turf. "It is very worn because the pitch sees a lot of activity and we hope to replace it before the summer," the councillor said.

Three Kings' schedule

MELCHOR, Gaspar and Baltasar are due to reach Albir at approximately 5pm today, January 5.

From Albir the Three Kings will be taken to the esplanade in front of the Casa de Cultura in Alfaz where they will set out at 6pm in a parade through Alfaz's principal streets.

After visiting the San Jose church to pay homage to the Infant Jesus the Three Kings will go to the

Carpa Municipal where they will give out presents to local children.

Events draw to a close with the Fiesta del Roscon with DJ Luis Mico in the Carpa Municipal which begins at 11.30pm. There will also be a raffle for seven hampers donated by local businesses to raise funds for the organising committee of the Jubileo and Santisimo Cristo del Buen Acierto fiestas.



Albir CoE celebrates

THE first day of January was a very special day as the church celebrated a Christening.

Leonardo Andrews was christened by Fr Ray with his family and friends around him. There were 43 in the congregation plus four very well behaved children which was great. The family provided the most beautiful cup cakes for after the service. Next week they will celebrate Epiphany and if you join them you can be assured of a warm welcome.

A service of Holy Communion is held in Albir every Sunday at 9.45am. You can find the church in the centre of Albir, turn up the main road hill, Camino de la Cantera, (quite near the Consum Supermarket), signposted Rober Palas Hotel, turn right in front of the hotel



THE CONGREGATION: Celebrated a christening.

and the Church (Norwegian Seaman's Church) is just inside the next road on the left, Carrer Mart. Also every Thursday at 11am at the Forum Mare Nostum, Alfaz del Pi there is a service of Holy Communion.

The second Thursday of each month is a healing service. If you need any further information please telephone the Local

Church Warden, Elaine Mitchell, on 966 864 962 or mobile 636 164 467. Albir is one of eight congregations in the Chaplaincy, from Gandia to El Campello and you can find much more information on the website www.costablanca-an-glicanchaplaincy.org.

Always be assured that a warm welcome awaits you.

Networking opportunities

ALFAZ DEL PI'S Casa de Cultura now belongs to Spain's Network of Theatres, Auditoriums, Circuits and Festivals.

This non-profit making association was created in 2000 with the mission of supporting the performing arts and music, making them accessible to all members of the population.

The Network's 152 associates represent more than 700 publicly-owned theatres and performing arts centres, some of them the best-known in Spain. Alfaz's incorporation into the Network will be very positive for the town, said Culture councillor Mayte Garcia.

The Network promotes close collaboration between the theatres, concert halls and circuits, Garcia explained. "Alfaz will be in touch with other directors

and programmers, exchanging ideas, learning about the latest tendencies and ac-

cessing top-quality cultural cycles from all branches of the arts."

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Teulada-Moraira Lions Grand Christmas Raffle winners

FRIDAY December 23, saw the culmination of many weeks work by the TM Lions as the winning tickets in their Grand Christmas Raffle, sponsored by Paichi Garden Centre, were drawn at their fundraising shop, The Lions Den. The lucky winners were as follows:



THE WINNERS: Winning tickets were drawn in the shop.

- 1st Prize.** Ticket No 01490. Tanja Wiersma (€250 Pepe la Sal supermarket vouchers)
- 2nd Prize** Ticket No 00817. Pamela King (€150 Paichi Garden vouchers)
- 3rd Prize** Ticket No 01266. John Snell (€100 Paichi Garden vouchers)
- 4th Prize** Ticket No 02106. Alan Lewis (€50 Pepe la Sal supermarket vouchers)
- 5th Prize** Ticket No 00735. Tony Robson (€50 Pepe la Sal

supermarket vouchers).

As ever, Teulada Moraira Lions would like to say a big thank you to everyone who was good enough to buy tickets and support this annual event, which always pro-

vides a very welcome year-end boost to the Lions' charity coffers, and also to Paichi Garden Center, Moraira, who, as in previous years, were generous enough to sponsor the Raffle.



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Storms transform Javea's coastline



AMAZING: The transformation from rock to sand.

By Caroline Tyska

THE recent storms have transformed what was a gravel and rock coastline area into a sandy beach.

The beach of Cala Blanca or Caleta in Javea has always been described in tourist guides as being 'a rustic beach of gravel and rock,' however now the beach area is covered in fine sand dragged in by the heavy storms at the beginning of December.

Along the coastline similar natural events have changed many of the coves from gravel to a carpet of sand with some experts predicting that beachgoers

will soon be able to walk from cove to cove bare footed instead of needing protective footwear as they have done in the past.

The town of Javea will now have to readdress how it promotes itself, being described as only having the one sandy beach, the Arenal.

Whilst holidaymakers may relish in the thought of another soft area to bathe, councils are concerned about the long term erosion effects this natural phenomenon will have, with the General Directorate of Coasts being asked to study what long term impact such events will have on the coastline.

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ExpatLive





By Linda Hall

WATER from Javea's wastewater recycling plant will be used to be relaunch traditional agriculture in the Pla district.

Plans are to be outlined at the next board meeting of the Irrigation Community whose members need water for their crops in Javea's principal agricultural area.

The town hall and the municipal water

A growing realisation

company Amjasa are also taking part in the project which will be carried out between 2017 and 2018.

Javea's Agriculture councillor, Tere Bis-

“

A meeting was held recently to discuss future plans and agree on a joint strategy.

quert, the Amjasa manager and the Director General of the Generalitat's Agriculture department together with Irrigation Community representatives met recently to discuss future plans and agree on a joint strategy.

Another of the pressing topics due to be discussed at the February meeting will be the state of the underground wells whose deposits are affected by seawater intrusion.

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Porking hell jobs torment pigs

By Linda Hall

A GANG of hooligans killed several Vietnamese piglets and badly injured others in El Saladar in Javea.

They used dogs and ropes to attack the animals which, unlike wild boar, are not aggressive and are unafraid of humans. Horrified residents saw the tearaways set upon the defenceless pigs and as well as lifeless bodies of piglets, they later found others with serious wounds clearly made by the dogs.

After photographing the car used by the thugs, they reported the incident to the Local Police who then identified and questioned the driver.

El Saladar householders and RAMA, the Marina Alta's animal rescue association, have already complained to the local authorities about the growing population of Vietnamese pigs. Fifty or so of them are invading gardens and are likely to cause traffic accidents if they reach the roads, they warn.

RAMA continues to recommend that the pigs should be adopted or taken in by an animal shelter.

The Vietnamese pig problem is not unique to Javea and, as rapid breeders, they are proliferating

along Costa Blanca. Many were abandoned on outgrowing their cuteness after they were misleadingly sold as miniature pigs, but the Javea animals are known to have escaped from a local smallholding.



VIETNAMESE PIGLET: Easy prey. |

'Not Just Folk Music' party

THERE is no better way to end the year than with a good old sing-song - and nobody appreciates that more than members of Javea U3A's Not Just Folk Music group.

The group celebrated the festive season with its annual Christmas soiree at its regular

meeting place, the Inn on the Green.

Orchestrated by group leader Ian Mackenzie and his right-hand man Howard Parker, fellow artistes performed a variety of Christmas songs as well as other popular favourites.

Visit www.u3ajavea.org.

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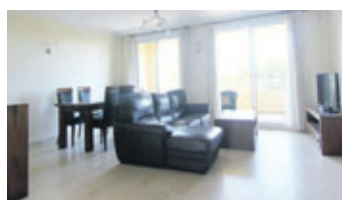
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Busy Bees at work changing lives



By Sam Holliday & Simon Firth

BUSY BEES BENIDORM is a charity which raises much-needed funds to support children whose home lives, for whatever reason, have fallen apart and who desperately need help.

Set up by Tad, Paige and Wayne and Des Bellamy-Wright, they had originally worked with local charities but decided to strike out on their own when they felt they could do a better job themselves.

Hence Busy Bees Benidorm, which now helps children in eight homes run by Emaus, around the Costa Blanca.

This includes not only 100 children, from new-borns up to teenagers, who have been taken into care by social services but there is also a refuge for women and children who are victims of domestic violence.

Busy Bees is proud to say that every cent raised and donated goes to those who are in need. Their operation is completely transparent and anyone can look at their books, should they so choose, to see where the money is going.

Your money goes towards looking after the children and no wages or expenses are taken by the

group themselves.

Since opening, they have raised more than €45,000, all of which has gone to the children and the women in need.

Their work has been so successful that it's about to get a boost, by featuring in a documentary set to go out over eight weeks on Channel 5.

With a bit of luck, and a push from *Euro Weekly's* readers, we can all help them continue their work, either by donating cash or much-needed foodstuffs and clothing. The ExPats Cash & Carry in Villajoyosa was helping out on Tuesday with Gary loading donated food for the homes.

The Busy Bees crowd stress what they also need just as much is quality clothing. The test, if you want to take it, is would you still wear an item if

you could? If so, then they'll happily take it. When it comes to foodstuffs what they're really looking for is what is in-date and Spanish. Most of the children are not familiar with British food, said the charity.

There are three collection points in Benidorm for Busy Bees: The Carousel Bar, The Benidorm Palladium Cabaret Bar and Yorkshire Pride III. In the most recent act of generosity, staff at the Rio Park Hotel and its customers donated presents to give out to the children for the Three Kings festivities.

If you would like to support the charity and its vital work you can click on their PayPal link on their Facebook page to make a donation and remember: every cent goes to those in need!



Tad, Wayne Bellamy-Wright and Des Bellamy-Wright.



Gary in the forklift truck.



In-date foodstuffs wanted.



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HOLLAND**Tourist tax**

■ AMSTERDAM is to raise tourist tax in a bid to reduce the number of stag and hen parties going to the city for cheap breaks. Currently, 28 per cent of bookings in the city are in budget hotels.

British exit

■ A DUTCH woman who has lived in the UK for 24 years and has two British children, was told by the Immigration Department to leave after her application for permanent residency was declined. She has now resubmitted her paperwork.

Toilet surprise

■ A DUTCH pensioner was surprised



to find a 1.5m python in the toilet of her flat in Amsterdam. Police arrived and the snake was removed, but no one has yet come forward to claim it.

Wrong sperm

■ 'HUMAN error' has been blamed

on mistakes made at a fertility lab in Utrecht. The hospital said the wrong sperm may have been used to fertilise the eggs of 26 different women. Whilst the likelihood is very slim, the hospital has informed all those involved and offered DNA tests.

FRANCE**Woman kidnapped**

■ A FRENCH aid worker who handed out food to malnourished children in Mali, has been abducted by armed men. French and Malian security forces are working together to locate and free the 67-year-old woman.

has set a new round-the-world solo sailing record after completing the trip in 49 days and three hours, slashing eight days off the previous record.

No cash

■ FAR-RIGHT leader Marine Le Pen may struggle in her bid for president as her National Front party lacks the re-

sources to fund a presidential campaign in 2017 as French banks are reportedly refusing to lend the party money.

No snow

■ IT wasn't such a white Christmas on France's ski resorts as unusually high temperatures left some ski runs without snow and holidaymakers disappointed.

Round the world

■ FRENCH skipper Thomas Coville

SWEDEN**Murder retrial**

■ A MAN who has spent more than a decade in jail for a murder he says he didn't commit, is to have a retrial after being found guilty despite a lack of forensic evidence.

Pen plea

■ THOUSANDS of people have helped cheer up a Swedish boy by sending him pens. The 10-year-old has autism and collects promotional pens. His mum made a plea for pens to be sent to him following the death of his grandmother.

Risky drinkers

■ ONE in five Swedish men are 'risky' drinkers compared to one in eight Swedish women. A report states that almost 20 per cent of men consume enough alcohol that could have harmful effects on their health.

Wheelchair trek

■ A SWEDISH man claims to be the first person in a wheelchair to reach the South Pole. Aron Anderson completed the 300km trek in a 21-day journey to help raise money for children with cancer.

NORWAY**Self-drive tests**

■ THE government is working on a bill for parliament that would allow the general public to test self-driving vehicles on the country's roads in a bid to make the roads even safer.

More tourists

■ NORWEGIAN tourism enjoyed a bumper 2016 with the Tromso region reporting a 32 per cent increase in foreign tourists compared to 2015. The country has seen a notable increase since the release of Disney's Frozen, developed with the support of Norway's tourism agency.

Separate ways

■ NORWAY'S church and the government have separated ways after nearly 500 years together. It means clergy are no longer government officials and the church is an independent business. The move has been eight years in the making.

Care case

■ INDIA'S foreign minister is urging Norway to return a five-year-old boy to his Indian parents after he was put into care over suspected abuse saying foster parents are ignorant of Indian culture.

GERMANY**Suspect arrested**

■ POLICE have arrested a suspected accomplice of the Christmas market terror attack in Berlin which killed 12 people. His contact details were found in the phone belonging to the main suspect.

Veggie sausages

■ GERMANY'S agricultural minister wants to ban meat names for plant-based foods saying things such as 'vegetarian sausage' confuse consumers.

Homeward bound

■ NEARLY 20,000 migrants were turned away at Germany's borders this year and a further 55,000 more chose to leave and return to their home country, the largest voluntary deportation in 16 years.

More action

■ A NEW poll has showed that 53 per cent of Germans want increased military action against the Daesh terror group in Syria and Iraq. The increased support comes after the terror attack at a Christmas market in Berlin.

BELGIUM**Missing at sea**

■ A BELGIAN trawler capsized off the English coast around 10km from Ramsgate. A UK sea rescue helicopter rescued a crew member, a second was later rescued, but the third crew member remains missing.

New recruits

■ BELGIUM'S five largest employers are expected to be recruiting around 6,000 posts in 2017 according to estimations made by two local Belgian newspapers.

Free trade

■ BELGIUM'S Foreign Minister has been in Australia to discuss free trade talks within the EU. Australia currently sees their agriculture products blocked from the EU market through restrictive tariffs.

Rest and recovery

■ QUEEN PAOLA, mother of Belgian King Philippe, is recovering after fracturing her vertebrae in a fall. It is not a life-threatening injury but she will need therapy for several months.

DENMARK**Christmas spending**

■ DURING the first 23 days of December, Danish consumers spent 30.5 billion kroner (€4.1 billion), 2.9 per cent more than in 2015.

Gender change

■ IN Denmark children from 12 can receive hormones to prevent puberty, used by those who feel they are the wrong gender and more youngsters this year have received the treatment with 130 minors wanting a gender change.

Totally unacceptable

■ OVER 30 people who left Denmark to fight for Daesh in Syria have been receiving unemployment benefits. Employment Minister Troels Lund Poulsen said it was "totally unacceptable" and promised to take action.

Checking out

■ AS of January 1, cheques are no longer accepted in the nation's banks with the payment method now rarely being used. You can currently still cash a cheque at the same bank it was issued at.

Salaries should be reduced

Expansion trail for BP

By John Smith

IN A newly published research document from the Lancaster University Management School, the link between salaries and bonuses paid to company directors and a company's financial performance in the UK is described as being 'negligible.'

Salaries of these executives have increased by an average of 82 per cent during the past 11 years although return on capital increased by just 1 per cent!

£1.9 billion
(€2.23 billion)

is the average salary of a CEO of a stock market quoted company in the UK.

In November of this year, Prime Minister Theresa May said that it planned to make companies explain as well as justify large salaries for their executives and at one stage, it was suggested that she would also encourage worker participation on company boards although this seems to have been diluted recently.

To some extent, having discovered that UK company directors' pay can be as much as 50 per cent more than their European counterparts, corporate investors and

shareholders are not waiting for the government to act and have already rejected pay rises for executives in Anglo American, BP and Smith & Nephew with more expected in the future.

One well-respected investment manager has criticised the greed of company executives, accusing many of them for helping to cause the financial crisis, but still acting as if they had a divine right to increase their salaries whilst planning to reduce staff or their salaries.

DUE to the anticipated long term rise in oil prices, BP is back on the investment trail and has just announced that it will be purchasing 543 service stations in Australia for a cost of €1.3 billion.

The deal is Woolworth's which will then allow it to team up with the supermarket to trial 200 convenience stores at the new stations in a strategy that has worked well in the UK, where with partner Marks and Spencer both companies have seen an increase in turnover.

Quote of the Week

Being out of what is a pretty unsuccessful European Union - particularly in the economic sense - gives us opportunities as well as obviously great political difficulties." Lord King former Governor of the Bank of England on Brexit.



Spain grabs tax from Monaco



Photo Credit: Marcos Mesa Sam Wordley Shutterstock

James Rodriguez was sold to Real Madrid.

By John Smith

THE Football Leaks release of information continues with news that French football team Monaco has had to agree to pay a large amount of tax to the Spanish government based on profits from transfers.

According to the official view of the Spanish government, Monaco is considered to be a tax haven and as such levies 19 per cent tax on any profit made from the sale of anything (including people) into Spain.

It appears therefore that the total amount involved comes to €11.7 million based on the purchase and sale of Colombian Captain James Rodriguez who they bought from Porto for €45 million and then sold to Real Madrid for a reported €80 million just one year later.

Also adding to the financial pot were profits on the sale of Belgian player Yannick Carrasco to Atletico Madrid and the Tunisian Aymen Abdennour to Valencia.

» BUSINESS EXTRA

Tobacco hikes

THE decision by the Spanish government to increase duty on cigarettes and tobacco has seen price increases of between 5c and 20c depending on the brands involved but this may simply encourage more tobacco smuggling.

Credit cards

WITH an expensive Christmas and much reported alcohol consumption in the UK, uSwitch a comparison website has reported that large numbers of people are looking to defray payment of interest on credit cards by moving their accounts to take advantage of interest free options.

Bitcoin value

DESPITE the fact that Bitcoin supplies can be relatively easily hacked and they are not popular with the majority of governments due to the fact that they are a currency which can be used by criminals, they keep increasing in value and are close to the €900 ceiling for a single coin.

Workers beware of the chatbot

ACCORDING to Barcelona development company Inbenta, by 2020, there are unlikely to be any more call centres manned by humans as all such jobs will be taken by chatbots.

The word is short for chat robot, a computer program that simulates human conversation, or chat, through artificial intelligence. Although at

the moment, chatbots used for these purposes are typically limited to conversations regarding a specialised purpose, so the ability of the chatbot will expand with it.

Naturally, this programme can respond 24 hours a day and doesn't have maternity leave or need an HR department.

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LONDON - FTSE 100

CLOSING PRICES JANUARY 2

COMPANY	PRICE(P)	CHANGE(P)	% CHG.	NET VOL
0Anglo American	1,145.50	-14.50	-1.25	16,280.02
Associated British Foods	2,710.00	-35.00	-1.28	21,612.71
Admiral Group	1,739.00	-88.00	-4.82	5,152.46
Ashtead Group	1,573.00	-7.00	-0.44	7,847.83
Antofagasta	673.75	-1.25	-0.19	6,669.32
Aviva	483.20	-3.20	-0.66	19,707.97
AstraZeneca	4,344.00	-93.50	-2.11	56,003.83
BAE Systems	583.25	-8.25	-1.39	18,895.59
Babcock International Group	881.50	-71.50	-7.50	4,780.42
Barclays	221.73	-1.72	-0.77	37,711.57
British American Tobacco	4,523.25	-98.25	-2.13	85,695.78
Barratt Developments	461.20	-1.20	-0.26	4,669.80
British Land Co	624.50	-5.00	-0.79	6,471.43
BHP Billiton	1,293.25	-13.25	-1.01	27,478.05
Bunzl	2,109.00	22.00	1.05	7,003.63
BP	504.80	-4.80	-0.94	99,540.45
Burberry Group	1,471.50	-25.50	-1.70	6,532.83
BT Group	363.95	-2.95	-0.80	36,938.52
Coca-Cola HBC	1,770.00	38.00	2.19	6,288.48
Carnival	4,102.50	-22.50	-0.55	8,893.92
Centrica	217.15	-16.95	-7.24	12,786.09
Compass Group	1,475.50	-25.50	-1.70	24,331.23
Capita Group (The)	508.25	-22.75	-4.28	3,485.81
Croda International	3,151.50	-44.50	-1.39	4,176.30
CRH	2,565.00	-265.00	-9.36	23,159.41
Convatec Group Ord 10p Wi	232.90	-1.10	-0.47	4,585.96
Dixons Carphone	324.30	-30.30	-8.54	4,021.72
DCC	6,020.00	-20.00	-0.33	5,410.37
Diageo	2,082.50	-27.50	-1.30	52,864.69
Direct Line Insurance Group	346.55	-22.85	-6.19	5,049.00
Experian	1,557.50	-16.50	-1.05	14,893.61
easyJet	997.50	-7.50	-0.75	3,980.03
Fresnillo	1,200.50	-20.50	-1.68	9,019.58
GKN	328.35	-3.35	-1.01	5,642.33
Glencore	274.00	-3.35	-1.21	39,657.51
GlaxoSmithKline	1,543.50	-18.50	-1.18	76,719.25
Hikma Pharmaceuticals	1,852.50	-40.50	-2.14	4,455.96
Hargreaves Lansdown	1,208.50	-4.50	-0.37	5,762.97
Hammers	560.50	-12.50	-2.18	4,465.65
HSBC Holdings	649.95	-6.95	-1.06	129,166.97
International Consolidatd Air	437.95	-2.95	-0.67	9,400.03
InterContinental Hotels Grp	3,638.00	55.00	1.54	7,077.05
3i Group	702.50	7.50	1.08	6,775.31
Imperial Brands	3,518.75	-23.75	-0.67	34,024.65
Informa	630.00	-50.00	-7.35	5,599.11
Intu Properties	280.55	4.00	1.44	3,757.53
Intertek Group	3,481.00	49.00	1.43	5,538.79
ITV	201.70	-4.70	-2.28	8,211.84
Johnson Matthey	2,941.00	-241.00	-7.57	6,150.49
Kingfisher	342.65	-7.65	-2.18	7,790.42

COMPANY	PRICE(P)	CHANGE(P)	% CHG.	NET VOL
Land Securities Group	1,040.50	-25.50	-2.39	8,294.74
Legal & General Group	244.80	-2.80	-1.13	14,808.78
Lloyds Banking Group ORD	61.26	-1.25	-2.00	44,808.43
London Stock Exchange Grp	2,914.00	59.00	2.07	10,001.25
Micro Focus International	2,171.50	16.00	0.74	4,959.66
Mediclinic International	771.00	-2.00	-0.26	5,698.90
Merlin Entertainments	447.65	2.90	0.65	4,527.46
Marks & Spencer Group	349.00	-1.00	-0.29	5,704.40
Mondi	1,666.00	1.00	0.06	8,084.47
Morrison (Wm) Supermarkets	229.10	-1.60	-0.69	5,371.50
National Grid	945.30	-6.30	-0.66	35,657.07
Next	4,944.00	-39.00	-0.78	7,270.48
Old Mutual Group	200.15	-7.15	-3.45	10,091.42
Provident Financial	2,838.00	44.00	1.57	4,141.67
Paddy Power Betfair	8,775.00	55.00	0.63	7,322.88
Prudential	1,588.75	-38.75	-2.38	41,671.74
Persimmon	1,738.00	-38.00	-2.14	5,384.51
Pearson	811.75	-6.75	-0.82	6,729.07
Reckitt Benckiser Group	6,724.50	-161.50	-2.35	48,019.60
Royal Bank of Scotland Group	223.05	-1.55	-0.69	26,448.40
Royal Dutch Shell	2,171.25	-71.25	-3.18	99,495.32
Royal Dutch Shell	2,327.25	-26.75	-1.14	88,318.58
RELX	1,434.50	-14.50	-1.00	15,695.04
Rio Tinto	3,134.25	-24.25	-0.77	43,306.43
Royal Mail	460.50	5.00	1.09	4,571.00
Rolls-Royce Group	667.00	-1.00	-0.15	12,466.98
Randgold Resources	6,362.50	-52.50	-0.82	6,012.91
RSA Insurance Group	584.25	6.50	1.12	5,907.18
Sainsbury (J)	247.70	-1.60	-0.64	5,467.07
Schroders	2,749.00	-249.00	-8.31	6,737.73
Sage Group (The)	650.25	-4.75	-0.73	7,112.10
Shire	4,627.00	-57.00	-1.22	41,887.39
Smurfit Kappa Group	1,884.00	-4.00	-0.21	4,462.22
Sky	858.25	-132.75	-13.40	17,001.08
Standard Life	356.50	-15.50	-4.17	7,317.49
Smiths Group	1,283.00	-133.00	-9.39	5,579.28
Smith & Nephew	1,199.50	-21.50	-1.76	10,609.21
SSE	1,553.00	-10.00	-0.64	15,817.21
Standard Chartered	653.85	-9.75	-1.47	21,405.16
St James's Place	907.00	-107.00	-10.55	5,295.79
Severn Trent	2,189.00	-33.00	-1.49	5,364.03
Tesco	205.18	-1.67	-0.81	16,872.17
TUI AG	1,163.00	21.00	1.84	6,703.98
Taylor Wimpey	153.40	-0.10	-0.07	5,001.93
Unilever	3,271.25	-21.25	-0.65	42,219.40
United Utilities Group	895.50	-5.50	-0.61	6,188.14
Vodafone Group	198.93	-0.92	-0.46	53,340.94
Wolseley	4,726.00	-236.00	-4.76	12,532.60
Worldpay Group	269.90	2.40	0.90	5,350.00
WPP Group	1,803.00	-13.00	-0.72	23,076.48
Whitbread	3,683.00	-93.00	-2.46	6,841.08

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CLOSING PRICES JANUARY 2

COMPANY	PRICE	CHANGE	%CHANGE	VOLUME
3M	178.57	0.09%	0.16	107m
AMERICAN EXPRESS	74.08	0.22%	0.16	67M
APPLE	115.82	-0.78%	-0.91	616M
BOEING CO	155.68	-0.01%	-0.01	95M
CATERPILLAR	92.74	-0.59%	-0.55	54M
CHEVRON	117.7	-0.10%	-0.12	221M
CISCO SYSTEMS	30.22	-0.79%	-0.24	151M
COCA-COLA	41.46	-0.34%	-0.14	178M
DU PONT(EI) DE NMR	73.4	-0.56%	-0.41	63M
EXXON MOBIL	90.26	-0.10%	-0.09	373M
GENERAL ELECTRIC	31.6	-0.35%	-0.11	278M
GOLDMAN SACHS	239.45	0.53%	1.27	95M
HOME DEPOT	134.08	-0.75%	-1.02	163M
IBM	165.99	-0.37%	-0.61	157M
INTEL CORP	36.27	-1.06%	-0.39	171M
J.P.MORGAN CHASE	86.29	0.47%	0.4	307M
JOHNSON & JOHNSON	115.21	-0.24%	-0.28	312M
MC DONALD'S CORP	121.72	-0.87%	-1.07	101M
MERCK AND CO. NEW	58.87	-0.29%	-0.17	161M
MICROSOFT	62.14	-1.21%	-0.76	483M
NIKE	50.83	-0.45%	-0.23	67M
PFIZER	32.48	-0.03%	-0.01	196M
PROCTER AND GAMBLE	84.08	-0.32%	-0.27	224M
TRAVELERS CIES	122.42	0.11%	0.13	34M
UNITED TECHNOLOGIE	109.62	-0.84%	-0.93	90M
UNITEDHEALTH GROUP	160.04	-0.62%	-1	152M
VERIZON COMMS	53.38	-0.67%	-0.36	216M
VISA	78.02	-0.40%	-0.31	144M
WAL-MART STORES	69.12	-0.20%	-0.14	211M
WALT DISNEY CO	104.22	-0.33%	-0.34	165M

NASDAQ

CLOSING PRICES JANUARY 2

COMPANY	PRICE	CHANGE NET / %
Most Advanced		
ImmunoGen, Inc.	\$ 2.04	0.46 ▲ 29.11%
Oncobiologics, Inc.	\$ 3.01	0.51 ▲ 20.40%
United Security Bancshares	\$ 7.75	1 ▲ 14.81%
Fulgent Genetics, Inc.	\$ 11.57	1.38 ▲ 13.54%
Everspin Technologies, Inc.	\$ 8.29	0.91 ▲ 12.33%
Nabriva Therapeutics AG	\$ 5.96	0.61 ▲ 11.40%
Health Insurance Innovations, Inc.	\$ 17.85	1.80 ▲ 11.21%
Conifer Holdings, Inc.	\$ 8.15	0.75 ▲ 10.14%
TRACON Pharmaceuticals, Inc.	\$ 4.90	0.45 ▲ 10.11%
Lonestar Resources US Inc.	\$ 8.54	0.78 ▲ 10.05%
Catabasis Pharmaceuticals, Inc.	\$ 3.61	0.30 ▲ 9.06%
Most Declined		
Opko Health, Inc.	\$ 9.30	2.16 ▼ 18.85%
MediWound Ltd.	\$ 4.5792	0.5208 ▼ 10.21%
XOMA Corporation	\$ 4.22	0.37 ▼ 8.06%
ALJ Regional Holdings, Inc.	\$ 4.39	0.37 ▼ 7.77%
Ever-Glory International Group, Inc.	\$ 2.05	0.15 ▼ 6.82%
Immune Design Corp.	\$ 5.50	0.40 ▼ 6.78%
Corium International, Inc.	\$ 4.06	0.29 ▼ 6.67%
Lawson Products, Inc.	\$ 23.80	1.70 ▼ 6.67%
Zions Bancorporation	\$ 8.65	0.60 ▼ 6.49%
Neos Therapeutics, Inc.	\$ 5.85	0.40 ▼ 6.40%
Prima BioMed Ltd	\$ 2.34	0.16 ▼ 6.40%

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EUR Currency B
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Multi Asset Conservative B EUR
Multi Asset Balanced B GBP
Multi Asset Balanced B EUR
Multi Asset Growth B GBP
Multi Asset Growth B EUR

DEALING PRICE

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€0.9663 -€0.0002
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€1.0679 €0.0050
£1.2500 £0.0075
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We are in the midst of volatile times

Ask the expert

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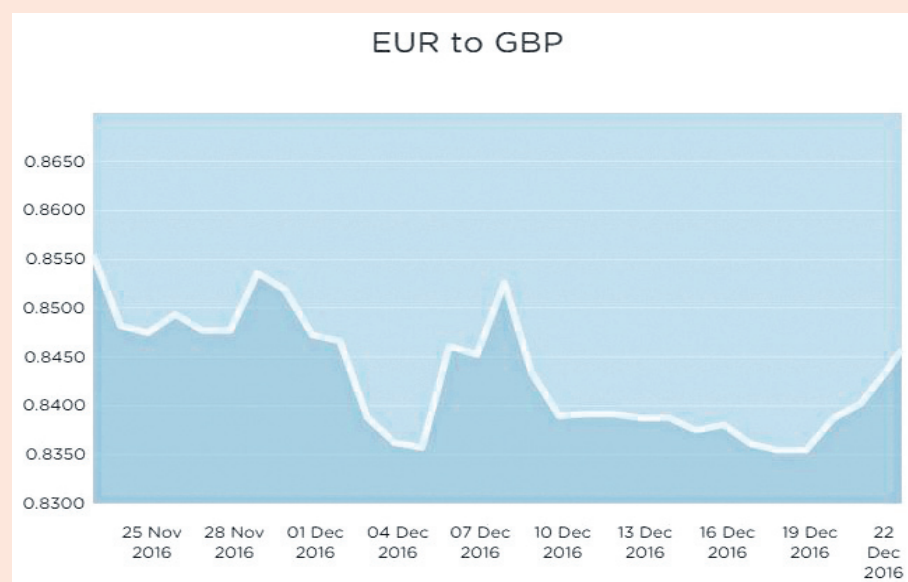
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WITH the UK electing to leave the EU, Matteo Renzi's crushing referendum defeat in the Italian referendum and the ECB choosing to expand its QE programme, we are in the midst of volatile times.

Seeing ranges between 1.10 and 1.20 over the last quarter, the market has clearly reacted heavily to the political turmoil erupting throughout Europe. On June 23, the UK announced a majority vote in favour of leaving the EU - on this day we saw a high of 1.30 before plummeting over 10 per cent within the two weeks that followed.

A lot of speculation has followed... will the pound recover before the year is out? Where will it be trading against the majors next year in comparison to where it has been? Will it fall further?

The truth is, there is such a lack of reliable information available and so much contradiction that it's been nigh impossible for any establishment to forecast a market analysis that isn't par-



ROCKY END: To 2016, with little visibility into the future currency prices.

tial to remaining fairly vague.

As of yet, it looks like we'll be sitting on our hands until March 2017 when Article 50 is (supposedly) finally going to be triggered in order for Britain to leave the EU in March 2019, immediately ahead of the next European Parliament elections. For now, the key focus has been hedg-

ing any potential further threat that lies within these plans for the future.

In terms of the ECB, they've made the decision to scale down its monthly purchases from €80bn to €60bn to ensure policy continuity, sending a clear signal there is a limit to how far the ECB's Quantitative Easing programme can

run and how high their balance sheet can grow beyond 2017, before it runs into hard technical and political constraints. They've effectively chosen to pump more money into the Eurozone economy until the end of next year, and longer if needed while maintaining a steady and controlled approach by lessening the monthly amounts and extended the overall time-scale of the plan.

The prospects of tapered monthly purchases and lower-for-longer negative yields means the ECB's reflation channels have shifted in favour of a weaker euro and higher equity markets, with negative discount rates and a cheaper exchange rate. I think it's safe to say that the ECB are certainly looking to take a short-term currency hit while focusing on their long-term plan to improve the state of the Eurozone economy which we could expect to see beginning to reflect going into 2018, should everything go to plan.

With that all said, it's going to be a rocky end to 2016 with little visibility into the future currency prices until at least Q1 2017 on the majors - Hence all of the corporate risk hedging. We stand to see The Bank of England looking further into inflation, tension between EU members and retaliation to the threat of terrorism.

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US law firms accused of poor cyber security

By John Smith

WHENEVER there is a takeover of one company by another, lawyers are invariably involved in drawing up contracts, heads of agreement and due diligence documents.

American prosecutors have discovered that a trio of bright Chinese hackers made a fortune by taking advantage of the very poor cyber security in many law firms and having gained easy access to numerous sites, they simply discovered information concerning a number of takeovers.

Having found out which companies were in merger and acquisition talks, they were able to purchase stocks in advance of public announcements and it is alleged that they made in excess of \$4 million (€3.8 million) in profits.

Of the three men involved who are all from Macau, one has been arrested by Hong Kong police and will be extradited to the USA to face charges of conspiracy, insider trading, wire fraud and computer intrusion, whilst the other two although identified have not been found and there appears to have been no direct request to the Macau authorities to assist.

This revelation of a new target for cyber intruders has come as something of a wake-up call for corporate America and US State Attorney Preet Bharara who is prosecuting the case has warned law firms that they will continue to be vulnerable not only from external hacking



US STATE ATTORNEY: Preet Bharara (centre) is prosecuting the current case.

but from internal manipulation unless their security is considerably improved.

According to the *New York Times* the trio had successfully hit seven different lawyers' firms during 2015 and had 'attacked' their sites and e-mail servers on more than 100,000 occasions with their profits coming from information concerning at least two major takeovers.

With accusations of the Russian government trying to influence the result of the latest Presidential Election through cyber manipulation and almost daily announcements of major banks and servers being hacked, it is possible that the activities that have been discovered are just the tip of an iceberg which could be more dangerous to interna-

tional economies than ever imagined.

It is not just computers in offices that are at risk, with the increase of available information on tablet and Android smart phones, these are also becoming a major target for malware and hacking especially with the proliferation of apps from banks which allow for the payment of goods and services.

Trump advisor says relocations are inevitable



CHIEF OF TRADE: Billionaire businessman Wilbur Ross with Donald Trump.

By Matthew Elliott

THE man who will be responsible for negotiating a free trade deal between Britain and the US has encouraged other countries to take advantage of the UK's post-Brexit vulnerability.

Billionaire businessman Wilbur Ross will be Donald Trump's chief of trade in the president-elect's new administration. He has said it was 'inevitable' that there would be 'relocations' and has urged Cyprus, Germany and Ireland to take full advantage of the volatility.

The investor, who will play a key role in determining the nature of Britain's transatlantic relations, described Brexit as a 'God-given opportunity' for London's financial rivals while addressing Cypriot bankers.

The revelations come amid a stream of developments related to Britain's post-Brexit trade prospects.

Ireland's future position as

the only English-speaking country in the EU has reportedly seen more than 100 top companies inquire about relocating from London to Dublin.

The man in charge of attracting foreign investment to the Republic has claimed to have received a huge increase in interest from financial services companies keen to maintain access to the European market.

Head of the Irish Industrial Development Agency, Martin Shanahan, said that Ireland is particularly attractive to Asian and American companies. Especially those looking for a European base with access to the single market, proximity to the UK that speaks the language of business and has low corporation taxes.

That places Ireland in prime position to make the most of Britain's likely withdrawal from the single market.

However if the former governor of the Bank of England is correct, Brexit could be positive

for both the UK and Ireland.

Speaking to Radio 4 on Boxing Day, Lord King said that the UK could soon take advantage of 'real opportunities' to sign trade deals with other countries outside of the EU.

"Being out of what is a pretty unsuccessful European Union - particularly in the economic sense - gives us opportunities as well as obviously great political difficulties," he told the programme.

"I think there are real question marks about whether it makes sense to remain in the customs union.

"Clearly if we do that we cannot make our own trade deals with other countries."

In the meantime, the Spanish National Council for Market Values is offering an advice service to British companies that want to invest in Spain but are scared of the bureaucracy and will supply English speaking advisors to explain Spanish laws and legal requirements.

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HOW typical of that petulant pill-lock Obama to make Trump's accession to the White House as difficult as possible.

Why didn't he just leave the decisions as to what action to take against Russia to the new administration? Why? Because he wants to throw that final rattle out of the pram, that's why. The fact that his favourite white Nanny didn't win the election meant that the country was also delivering its verdict on his own pathetic Islamic sympathising regime.

And what a limp wrist 'retaliation' it turned out to be. The expulsion of 35 Russian diplomats, just before Christmas, merely resulted in disrupting a few family lives and ruining their holidays. Yeah. Nice one Obama. That really showed 'em who was boss. I wonder how many Iranians he

would have expelled just before Eid!?! And what a wonderful reaction Putin had to this final effort to deliver as much infantile nastiness as possible.

In true leadership fashion, not only did he not retaliate with the tit-for-tat childish nonsense Obama was no doubt expecting, he actually extended greetings and invitations to American diplomats and their families to join the Russian people in their celebrations and attend their Christmas and New Year shows at the Kremlin!

“Onward and upward everyone, stay healthy, positive and above ground.”

I'd like to have been a fly on the wall when Obama and his equally arrogant missus heard that one. I can hear the toys hitting the bedroom wall from here. No, the world is well rid of this man, who to my mind posed a



serious threat to the safety of the West.

I know many have been sucked in by his apparent striving for world peace and unity, but I think that under all the rhetoric lurked an ulterior motive that, thank the Lord, with the demise of his chosen successor, will now be destroyed and consigned to the bin of dubious leaders, where it well and truly belongs.

Onward and upward everyone. Stay healthy. Stay positive. Stay above ground. And whatever ya do.

*Always Keep the Faith
love Leapy
leapylee2002@gmail.com*

| Barack Obama.

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Advertising feature

A unique company on Costa Blanca

EURONAUTICA have eight-person aluminium motor boats available for rental or sales which were designed and built by Euronautica.

The boats are moored in the Real Club Náutico of Calpe. Euronautica also offers the possibility of renting with a trailer so that you can travel to other areas.

Recently, Euronautica has received permission to operate from the Luis Campomanes Marina in Altea. As an extra service they offer the chance to obtain a boat licence (RYA – Titulin) in only two days.

Euronautica also organises fishing or coastal trips with a minimum duration of three hours.

Sales, storage, maintenance and transport are all possible. A tour round the enormous installations show that Euronautica doesn't rest on its laurels. The team is constructing a new hall with a vehicle lift for large campers, the other specialty of Euronautica.

"I must admit that we're a unique company in Spain," explains Jordi, the grandson of founder Fred. "We have different



| MOTOR HOMES: For outdoor lovers.

workshops where literally everything on boats or campers can be repaired, no matter whether it's aluminium, polyester or wood. Four qualified and constantly trained mechanics take care of the technical problems."

Needless to say the space for boat or camper storage is huge, either inside or outside.

The company's installations on the N-332 in Calpe have grown over the past 30 years to one of the

largest nautical companies on the Costa Blanca.

Euronautica comprises 13,550 m2 grounds with interior / exterior storage, workshops and a large showroom.

Euronautica Calpe will start the year with a wide range of new boats from the Bayliner shipyard. You will be able to find boats from five to 8.5m in length with a variety of different types including cabin cruisers, open bow boats and



| MOTOR BOATS: Designed and built by Euronautica.

fishing boats, all with outboard or inboard engines.

As well as the new range of boats, you will also find two new Citroen Jumper caravans for outdoor lovers.

Due to the ever increasing demand of motor homes, this has become a great success.

Come down and see everything for yourself at our exposition.

EURO NAUTICA CALPE SL
Ctra N-332, km 169, Calpe
+34 965 834 147
info@euronautica.com
www.euronautica.com
www.nauticaravanning.com

BBC one

7:00am	Breakfast
10:15am	Rip Off Britain
11:00am	Homes Under the Hammer
12:00pm	Wanted Down Under
12:45pm	Caught Red Handed
1:15pm	Bargain Hunt
2:00pm	BBC News at One
2:30pm	BBC London News
2:45pm	Father Brown
3:30pm	!Mpossible
4:15pm	Escape to the Country
4:45pm	The Hairy Bikers' Comfort Food
5:30pm	Antiques Road Trip
6:15pm	Pointless
7:00pm	BBC News at Six
7:30pm	BBC London News
8:00pm	The One Show
8:30pm	A Question of Sport
9:00pm	EastEnders
10:00pm	Death in Paradise
11:00pm	BBC News at Ten
11:30pm	BBC London News
11:45pm	Die Hard with a Vengeance
1:45am	Weather for the Week Ahead
1:50am	BBC News

BBC TWO

7:00am	Rip Off Britain
7:45am	Wanted Down Under
8:30am	Caught Red Handed
9:00am	Nature's Weirdest Events
10:00am	Victoria Derbyshire
12:00pm	BBC Newsroom Live
1:00pm	Coast
1:15pm	All Creatures Great and Small
2:45pm	Talking Pictures
3:30pm	Pets: Wild at Heart
4:30pm	The Tropic of Cancer
5:30pm	A Place to Call Home
6:15pm	Put Your Money Where Your Mouth Is
7:00pm	Eggheads
7:30pm	Great British Railway Journeys
8:00pm	Rick Stein's Long Weekends
9:00pm	The Great Interior Design Challenge
10:00pm	Yellowstone
11:00pm	Mock the Week
11:30pm	Newsnight
12:15am	The Last Kingdom
2:15am	Panorama
2:45am	Life in the Snow
3:45am	Gordon Buchanan: Elephant Family and Me

BBC FOUR

8:00pm	World News Today <i>The latest national and international news, exploring the day's events from a global perspective.</i>
8:30pm	Secrets of Bones
9:00pm	Natural World
10:00pm	Sword, Musket and Machine Gun: Britain's Armed History
11:00pm	The Greatest Knight: William the Marshal
12:00am	Donald Campbell: Speed King
1:00am	The Last Days of the Liners
2:00am	James May: The Reassembler
2:30am	The Greatest Knight: William the Marshal
3:30am	Sword, Musket and Machine Gun: Britain's Armed History
4:30am	This is BBC Four <i>BBC Four is the BBC channel for people who want more. More depth, more range, more to stimulate the mind.</i>

CHANNEL 4

7:00am	Countdown
7:45am	King of Queens
9:00am	Everybody Loves Raymond
9:30am	Everybody Loves Raymond
10:00am	Frasier
10:30am	Frasier
11:00am	Ramsay's Kitchen Nightmares USA
12:00pm	Supershoppers
12:30pm	Four in a Bed
1:00pm	News Summary
1:05pm	Four in a Bed
1:35pm	Four in a Bed
2:10pm	Four in a Bed
2:40pm	Four in a Bed
3:10pm	Countdown
4:00pm	A New Life in the Sun
5:00pm	A Place in the Sun
6:00pm	Come Dine with Me
7:00pm	The Simpsons
7:30pm	Hollyoaks
8:00pm	Channel 4 News
9:00pm	The Restoration Man Ep1
10:00pm	Spies
11:00pm	60 Days in Jail
11:55pm	A Very British Brothel
1:00am	The World's Greatest Spy Movies

CHANNEL 5

8:20am	Thomas and Friends
8:35am	Noddy: Toyland
Detective	
8:50am	Ben and Holly's Little Kingdom
9:00am	Wissper
9:15am	Peppa Pig
9:35am	Paw Patrol
9:45am	Toot the Tiny Tugboat
10:00am	Toby's Travelling Circus
10:15am	The Wright Stuff
12:15pm	Cowboy Builders and Bodge Jobs
1:10pm	5 News Lunchtime
1:15pm	Celebrity Big Brother
2:15pm	The Hotel Inspector
3:15pm	NCIS
4:15pm	Til Death Do Us Part
6:00pm	5 News at 5
6:30pm	Can't Pay? We'll Take it Away!
7:30pm	5 News Tonight
8:00pm	Nightmare Tenants, Slum Landlords
9:00pm	Bargain Loving Brits in the Sun
10:00pm	Celebrity Big Brother
11:00pm	Get Your Tatts Out: Kavos Ink
12:05am	Celebrity Big Brother's Bit on the Side

4

7:00am	Charmed
7:45am	Charmed
8:35am	Hollyoaks
9:05am	Rules of Engagement
9:35am	Rules of Engagement
10:00am	How I Met Your Mother
10:30am	How I Met Your Mother
11:00am	Charmed
12:00pm	Charmed
1:00pm	The Goldbergs
1:30pm	The Goldbergs
2:00pm	The Goldbergs
2:30pm	The Big Bang Theory
4:00pm	How I Met Your Mother
4:30pm	How I Met Your Mother
5:00pm	A Monster in Paris
6:45pm	Rude(Ish) Tube Shorts
7:00pm	The Big Bang Theory
7:30pm	The Big Bang Theory
8:00pm	Hollyoaks
8:30pm	Carjackers
9:00pm	The Big Bang Theory
9:30pm	The Big Bang Theory
10:00pm	Brooklyn Nine-Nine
10:30pm	Brooklyn Nine-Nine Ep2: Coral Palms
11:00pm	David Blaine
12:00am	The Big Bang Theory

sky SPORTS 1

7:00am	Football Gold
7:30am	Football Gold
8:00am	WWE SmackDown!
9:00am	Premier League Legends
10:00am	Football
10:30am	Barclays Premier League World
11:00am	The Premier League Years
1:00pm	Premier League Legends
2:00pm	Football
2:30pm	Great Sporting Moments
3:00pm	Premier League Legends
4:00pm	Football
4:30pm	Football Gold
5:00pm	Sporting Triumphs
6:00pm	Football
6:30pm	Barclays Premier League World
7:00pm	Premier League Review
8:00pm	Barclays Premier League World
8:30pm	Football
11:00pm	Barclays Premier League World
11:30pm	Premier League Review
12:30am	La Liga Show

itv

7:00am	Good Morning Britain
9:30am	Lorraine
10:25am	The Jeremy Kyle Show
11:30am	This Morning
1:30pm	Loose Women
2:30pm	ITV Lunchtime News
2:55pm	ITV News London
3:00pm	Judge Rinder
4:00pm	Dickinson's Real Deal
5:00pm	Tipping Point
6:00pm	The Chase
7:00pm	ITV News London
7:30pm	ITV Evening News
8:00pm	Emmerdale
9:00pm	Save Money
10:00pm	Unforgotten
11:00pm	ITV News at Ten and Weather
11:30pm	ITV News London
11:40pm	Piers Morgan's Life Stories
12:40am	Tipping Point
1:35am	Jackpot247 <i>Join the presenters live and play roulette on your telly. Join in now at Jackpot247.com.</i>
4:00am	ITV Nightscreen

itv2

7:00am	Planet's Funniest Animals
7:20am	Who's Doing the Dishes?
8:15am	The Ellen DeGeneres Show
9:00am	Emmerdale
9:30am	Coronation Street
10:00am	You've Been Framed! Gold
10:35am	Psych
11:25am	Scorpion
12:25pm	Who's Doing the Dishes?
1:25pm	Emmerdale
1:55pm	Coronation Street
2:30pm	You've Been Framed! Gold
3:00pm	The Ellen DeGeneres Show
6:00pm	Judge Rinder
7:00pm	You've Been Framed! Gold
8:00pm	Funniest Ever You've Been Framed! Gold
9:00pm	Two and a Half Men
10:00pm	The Bourne Ultimatum
11:05pm	FYI Daily
11:10pm	The Bourne Ultimatum
12:20am	Family Guy
12:50am	Family Guy

itv3

7:00am	Doctor in the House
7:25am	Heartbeat
8:25am	Where the Heart is
9:30am	The Royal
10:30am	Judge Judy
11:00am	Judge Judy
11:30am	Judge Judy
11:55am	A Touch of Frost
2:00pm	Heartbeat
3:00pm	The Royal
4:05pm	Where the Heart is
5:15pm	Doctor in the House
5:50pm	You're Only Young Twice
6:20pm	George and Mildred
6:55pm	Heartbeat <i>In the Aidsfield Arms, Rob and Phil are planning a night out in Whitby.</i>
8:00pm	Murder, She Wrote
9:00pm	Heartbeat
10:00pm	Love and Marriage
11:00pm	Lewis
1:05am	A Touch of Frost
3:05am	ITV3 Nightscreen <i>Text-based information service.</i>
3:30am	Teleshopping <i>Shopping from home.</i>

itv4

7:00am	Gunsmoke
7:55am	Minder
8:50am	Quincy, M.E.
9:50am	The Professionals
10:55am	Ironsides
12:00pm	Gunsmoke
1:00pm	Storage Wars New York
1:30pm	Storage Wars New York
2:00pm	Pawn Stars
2:30pm	Pawn Stars
3:00pm	Quincy, M.E.
4:00pm	Ironsides
5:00pm	The Professionals
6:05pm	Minder
7:05pm	Storage Wars New York
7:35pm	Storage Wars New York
8:00pm	Pawn Stars
8:30pm	Pawn Stars
9:00pm	River Monsters
10:05pm	The Krays
11:10pm	FYI Daily
11:15pm	The Krays
12:30am	American Gangster
1:35am	FYI Daily
1:40am	American Gangster
3:30am	Tommy Cooper
4:00am	Teleshopping <i>Shopping from home.</i>

sky/MOVIES ACTION & ADVENTURE

7:15am	Everest
9:25am	Poseidon
11:15am	Hitman: Agent 47
1:00pm	San Andreas
3:05pm	Exodus: Gods and Kings
5:40pm	Everest
7:50pm	Mission: Impossible III
10:00pm	Hitman: Agent 47
11:40pm	San Andreas
1:35am	Alien: Resurrection

sky/MOVIES COMEDY

8:00am	The Top Ten Show 2016
8:20am	Rock the Kasbah
10:15am	Walk Hard: The Dewey Cox Story
12:00pm	Year One
1:45pm	Billy Madison
3:25pm	Spy
5:30pm	Sister Act
7:20pm	Paul Blart: Mall Cop 2
9:00pm	Spy
11:05pm	Sisters
1:10am	The Overnight
2:40am	The Wedding Ringer
4:30am	Tenacious D in the Pick of Destiny

sky/MOVIES PREMIERE

7:15am	Batman v Superman: Dawn of Justice
9:50am	Captain America: Civil War
12:20pm	Truth
2:30pm	The 33 <i>True-life drama about the Chilean mine collapse that trapped 33 poor souls underground for 69 days.</i>
4:40pm	Batman v Superman: Dawn of Justice <i>The Dark Knight squares off against the Man of Steel in the ultimate superhero showdown.</i>
7:15pm	My Big Fat Greek Wedding 2
9:00pm	Captain America: Civil War
11:30pm	Kill Command
1:30am	Me Him Her
3:15am	Warsaw 44
5:30am	Star Wars: Rogue One Special <i>Sky Movies takes a special look at the first stand-alone Star Wars adventure.</i>

sky SPORTS 2

7:00am	Cricket Classics
8:00am	Time of Our Lives
8:55am	Cricket
4:30pm	Great Sporting Moments
4:45pm	Great Sporting Moments
5:00pm	Cricket's Greatest
5:30pm	Cricket's Greatest
6:00pm	Sporting Greats
6:30pm	Sporting Greats
7:00pm	Cricket
8:00pm	Cricket's Greatest
8:30pm	Cricket's Greatest
9:00pm	Cricket
10:00pm	Sporting Mavericks
10:30pm	More Than a Game
11:00pm	Cricket
12:00am	Cricket's Greatest
12:30am	Cricket's Greatest
1:00am	Cricket
2:00am	Cricket Classics
3:00am	Cricket
4:00am	Cricket's Greatest
4:30am	Cricket's Greatest
5:00am	Cricket <i>Day four of the second Test as South Africa host Sri Lanka at Newlands in Cape Town.</i>

LEGALLY SPEAKING

Paperwork needed

AS part of the series, we answer some common driving questions and keep you updated on the latest driving and road news kindly provided by members of the Guardia Civil based in Torrevieja, Costa Blanca, who set up the N332 website and Facebook page to help break down barriers.



IT is basic knowledge to know as soon as you get your car and start driving in Spain, but still many are not fully aware of what documents they should be carrying in the vehicle with them.

It is compulsory to carry certain documents with you in your vehicle and these include:

The ITV card. This is the official documents that relates to the technical inspection of the vehicle, or the ITV. Once your vehicle is four years old it will have to undergo this mandatory test and the vehicle will then be issued with the ITV report detailing what happened during the inspection. This report must also be carried in the vehicle.

Permiso de Circulacion. The Permiso de Circulacion is similar to a log book for the vehicle which contains information such as the number plate and vehicle owner.

Insurance Policy. Despite some being led

to believe otherwise, carrying the insurance policy details in the vehicle is not compulsory by law as the information is contained on a central computer, however, in the case of an accident, it is advisable to have the paperwork to hand.

European Accident Agreement. Again, this is not compulsory, but it is advisable to carry a European Accident form as it will help you ensure data is recorded correctly in the event of an accident. They are available in various languages and are all laid out the same making it easier to deal with it if different nationalities are involved in an accident.

It is also not compulsory to carry the information relating to the annual SUMA tax paid on the vehicle.

For the documents you carry, they must be the originals not photocopies. The only copy allowed are those that are stamped and certified by an official notary.

For more news and articles visit www.n332.es or search N332 on Facebook.

Reducing the size of our pool

Q. I recently wrote to you regarding the reduction of our Community swimming pool. I showed your response to our Administrators but they refuse to accept that we only need a simple majority vote and insist that, because the pool is part of the original structure, there must be 100 per cent agreement by attendees at the meeting. Where can I find the legislation that makes this clear? Is it in the Horizontal Law? If so, which section?

S.K. (Costa del Sol)

A. The requirement for a unanimous vote is set out in Article 17, paragraph 6, of the Law of Horizontal Property. It says that any change which modifies the original Constitutional Title or Statutes requires a unanimous vote. It would be most unusual

David Searl
You and the Law
in Spain

for the exact size of the swimming pool to be registered here. Nevertheless, it is possible,

and so would require a unanimous vote in order to change its measurements. In any case, most lawyers prefer to see a unanimous vote for any major change, even when it is not strictly necessary. This may explain your Administrator's insistence.

Send your questions for David Searl through lawyers Ubeda-Retana & Associates in Fuengirola at Ask@lawtaxspain.com, or call 952 667 090.

9 hours and I have the hump

Mike Senker

In my opinion

Views of a Grumpy Old Man



'HAPPY New Year to you both' was the message I woke up to on New Year's Day. It was one of many that I had received on WhatsApp over the last few days. 'So what?' you may ask. Well, the difference with this one was it was just from a telephone number.

There was no name which meant this person was not in my contacts. I stared at it for a while and then decided the best way to deal with it was to politely respond by saying, 'Happy New Year to you too, but who is this?' Back comes the response ... 'it's Peter.'

Mystery solved you may think. Nothing is ever that simple with me as I still haven't got a clue who Peter is. Oh and to make matters worse it's an English number. Then the phone goes and the mystery number comes up. It's a WhatsApp call. 'Hello Michael? It's me Peter.' 'Sorry, Peter who?' 'Hello Michael.' 'Hello Peter.' Now we can't hear each other and he hangs up. I call back but there's no answer. I send a message and there's no answer and no blue ticks. So now I have got the raving hump and we are only

nine hours into 2017 which has to be a record even for me. Good start. I'm peed off. Peter has obviously got the raving hump with me and will never speak to me again. Hey ho, off we go - another year under way.

I got a lovely poem from a reader called John Stevens about dodgy hosepipes. It is really good and I enjoyed it as I have one of the said hosepipes. It's the type that expands when you turn it on and contracts when you turn it off. His poem is all about how they split. Anyway nice poem, as I said, and I was going to read it on the radio. I also thought how unlucky he and his friends were as mine was fine... until today!

I don't have a tap on my balcony but do have lots of plants so I had a tap fixed under the sink in the bathroom. I then attach the hose and take it through the bedroom on to the terrace. Guess what happened today? IT SPLIT! Water was gushing everywhere. Rugs were soaked, the floor was soaked and it was an absolute disaster. How can it happen? What makes it split? John, did you ever find out what causes it? Is it the sun?

So before lunch on January 1, I've managed to get the hump with someone, whose only transgression was to wish me a Happy New Year, and flood my bedroom. You couldn't make this stuff up. Email me at mikesenker@gmail.com.



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GOOD NEWS FOR YOUR CAR 902 123 309



BBC one

7:00am	Breakfast
10:15am	Rip Off Britain
11:00am	Homes Under the Hammer
11:55am	Wanted Down Under
12:45pm	Caught Red Handed
1:15pm	Bargain Hunt
2:00pm	BBC News at One
2:30pm	BBC London News
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4:45pm	The Hairy Bikers' Comfort Food
5:30pm	Antiques Road Trip
6:15pm	Pointless
7:00pm	BBC News at Six
7:30pm	BBC London News
8:00pm	The One Show
8:30pm	Match of the Day Live
11:00pm	BBC News at Ten
11:25pm	BBC London News
11:35pm	Graham Norton's Big Red Chair
12:25am	Uncle
12:55am	The NFL Show
1:25am	The Uninvited
2:45am	Weather for the Week Ahead
2:50am	BBC News

BBC TWO

7:00am	Rip Off Britain
7:45am	Wanted Down Under
8:30am	Caught Red Handed
9:00am	Antiques Roadshow
10:00am	Victoria Derbyshire
12:00pm	BBC Newsroom Live
1:00pm	Fire Down Below
2:50pm	Talking Pictures
3:30pm	Pets: Wild at Heart
4:30pm	The Tropic of Cancer
5:30pm	A Place to Call Home
6:15pm	Put Your Money Where Your Mouth Is
7:00pm	Eggheads
7:30pm	Great British Railway Journeys
8:00pm	Big Dreams Small Spaces
9:00pm	Mastermind
9:30pm	Only Connect
10:00pm	World's Most Extraordinary Homes
11:00pm	QI
11:30pm	Newsnight
12:05am	The Last Kingdom
1:05am	The Last Kingdom
2:05am	Lenny Henry - A Life on Screen
3:05am	The Big Food Rescue
3:45am	This is BBC Two

BBC FOUR

8:00pm	World News Today <i>The latest national and international news, exploring the day's events from a global perspective.</i>
8:30pm	Secrets of Bones
9:00pm	The Good Old Days
9:45pm	Sounds of the Sixties
9:55pm	Pop Go the Sixties
10:00pm	Top of the Pops <i>It's 1983, and Top of the Pops reaches a landmark - its 1,000th edition.</i>
11:00pm	Top of the Pops
12:00am	Biggest Band Breakups and Makeups
1:00am	Pop Quiz: The Comeback <i>First seen in 1981 Pop Quiz was the BBC's Saturday night smash hit music quiz show.</i>
1:30am	Top of the Pops
2:30am	Top of the Pops
3:30am	Biggest Band Breakups and Makeups

CHANNEL 4

6:05am	Location, Location, Location
7:00am	Countdown
7:45am	King of Queens
8:10am	King of Queens
8:35am	King of Queens
9:00am	Everybody Loves Raymond
9:30am	Everybody Loves Raymond
10:00am	Frasier
10:30am	Frasier
11:00am	Ramsay's Kitchen Nightmares USA
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4:00pm	A New Life in the Sun
5:00pm	A Place in the Sun
6:00pm	Come Dine with Me
7:00pm	The Simpsons
7:30pm	Hollyoaks
8:00pm	Channel 4 News
9:00pm	Jamie and Jimmy's Friday Night Feast
10:00pm	Big Fat Quiz of Everything
12:05am	First Dates Hotel

CHANNEL 5

8:50am	Ben and Holly's Little Kingdom
9:00am	Wissper
9:15am	Peppa Pig
9:35am	Paw Patrol
9:45am	Toot the Tiny Tugboat
10:00am	Toby's Travelling Circus
10:15am	The Wright Stuff
12:15pm	Cowboy Builders and Bodge Jobs
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1:15pm	Celebrity Big Brother
2:15pm	The Hotel Inspector
3:15pm	NCIS
4:15pm	The Preacher's Mistress
6:00pm	5 News at 5
6:30pm	Can't Pay? We'll Take it Away!
7:30pm	5 News Tonight
8:00pm	That's So 1989
9:00pm	Cats Make You Laugh Out Loud 3
10:00pm	Celebrity Big Brother
11:00pm	Lip Sync Battle UK
11:30pm	Celebrity Big Brother
12:05am	Celebrity Big Brother's Bit on the Side
1:00am	Super Casino

4

7:00am	Charmed
7:45am	Charmed
8:35am	Hollyoaks
9:05am	Rules of Engagement
9:35am	Rules of Engagement
10:00am	How I Met Your Mother
10:30am	How I Met Your Mother
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7:30pm	The Big Bang Theory
8:00pm	Hollyoaks
8:30pm	Carjackers
9:00pm	Cars
11:30pm	Gogglebox
12:35am	Natural World

sky SPORTS 1

7:00am	Football Gold
7:30am	Football Gold
8:00am	WWE Main Event
8:55am	Cricket
4:30pm	La Liga Show
5:00pm	Barclays Premier League World
5:30pm	Premier League 100 Club
6:00pm	Premier League Legends
6:30pm	La Liga Show
7:00pm	Barclays Premier League World
7:30pm	Spanish Football Gold
7:40pm	The Fantasy Football Club
8:40pm	Football
10:40pm	Spanish Football Gold
11:00pm	The Fantasy Football Club
12:00am	Barclays Premier League World
12:30am	Premier League Legends
1:00am	Premier League 100 Club
2:00am	The Fantasy Football Club

itv

7:00am	Good Morning Britain
9:30am	Lorraine
10:25am	The Jeremy Kyle Show
11:30am	This Morning
1:30pm	Loose Women
2:30pm	ITV Lunchtime News
2:55pm	ITV News London
3:00pm	Judge Rinder
4:00pm	Dickinson's Real Deal
5:00pm	Tipping Point
6:00pm	The Chase
7:00pm	ITV News London
7:30pm	ITV Evening News
8:00pm	Emmerdale
8:30pm	Coronation Street
9:00pm	Best Walks with a View with Julia Bradbury
9:30pm	Coronation Street
10:00pm	The Big Soap Quiz: Coronation Street v Emmerdale
11:00pm	ITV News at Ten and Weather
11:30pm	ITV News London
11:40pm	Fishing Impossible
12:10am	The Wine Show

itv2

7:20am	Who's Doing the Dishes?
8:15am	The Ellen DeGeneres Show
9:00am	Emmerdale
10:00am	You've Been Framed! Gold
10:35am	Psych
11:25am	Scorpion
12:25pm	Who's Doing the Dishes?
1:25pm	Emmerdale
2:30pm	You've Been Framed! Gold
3:00pm	The Ellen DeGeneres Show
3:50pm	The Jeremy Kyle Show
6:00pm	Judge Rinder
7:00pm	You've Been Framed! Gold
8:00pm	Best of You've Been Framed! Gold
9:00pm	Two and a Half Men
9:30pm	Two and a Half Men
10:00pm	White House Down
11:00pm	FYI Daily
11:05pm	White House Down
12:40am	Family Guy
1:10am	Family Guy

itv3

7:00am	Doctor in the House
7:25am	Heartbeat
8:25am	Where the Heart is
9:30am	The Royal
10:30am	Judge Judy
11:00am	Judge Judy
11:30am	Judge Judy
11:50am	A Touch of Frost
2:00pm	Heartbeat
3:05pm	The Royal
4:05pm	Where the Heart is
5:15pm	Doctor in the House
5:50pm	You're Only Young Twice
6:20pm	George and Mildred
6:55pm	Heartbeat
8:00pm	Murder, She Wrote
9:00pm	Doc Martin
10:00pm	A Mother's Son
11:00pm	A Mother's Son
12:05am	Inspector Morse
2:15am	Good Will Hunting
3:20am	FYI Daily
3:25am	Good Will Hunting
4:20am	A Touch of Frost <i>Frost has to try and put an end to a series of brutal attacks on senior citizens on his patch.</i>

itv4

7:00am	Gunsmoke
7:55am	Minder
8:45am	Quincy, M.E.
9:50am	The Professionals
10:50am	Ironsides
11:55am	Gunsmoke
1:00pm	Storage Wars New York
1:30pm	Storage Wars New York
2:00pm	Pawn Stars
2:30pm	Pawn Stars
2:55pm	Quincy, M.E.
3:55pm	Ironsides
5:00pm	The Professionals
6:00pm	Minder
7:05pm	Storage Wars New York
7:35pm	Storage Wars New York
8:00pm	Pawn Stars
8:35pm	Pawn Stars
9:00pm	Counting Cars
9:30pm	Counting Cars
10:00pm	Heartbreak Ridge
11:05pm	FYI Daily
11:10pm	Heartbreak Ridge
12:40am	The Assassination of Jesse James by the Coward Robert Ford

sky MOVIES ACTION & ADVENTURE

7:00am	The Sum of All Fears
9:15am	Cloverfield
10:50am	Gone in 60 Seconds
1:00pm	Mission: Impossible - Rogue Nation
3:20pm	Run All Night
5:25pm	Cloverfield
7:00pm	The Great Escape
10:00pm	Mission: Impossible - Rogue Nation
12:15am	Run All Night
2:10am	Walking Tall

sky MOVIES COMEDY

8:00am	Mountain Men
9:40am	Loser
11:25am	Stage Fright
1:00pm	Coming to America
3:00pm	Ride Along 2
4:50pm	Talladega Nights: The Ballad of Ricky Bobby
6:55pm	Hitch
9:00pm	Coming to America
11:00pm	Ride Along 2
12:50am	Brüno
2:20am	South Park: Bigger, Longer and Uncut
3:50am	Blazing Saddles

sky MOVIES PREMIERE

7:00am	The 33
9:10am	Me Him Her
10:55am	Batman v Superman: Dawn of Justice
1:35pm	10 Cloverfield Lane
3:20pm	Me Him Her
5:05pm	The 33 <i>True-life drama about the Chilean mine collapse that trapped 33 poor souls underground for 69 days.</i>
7:15pm	My Big Fat Greek Wedding 2
9:00pm	10 Cloverfield Lane
10:45pm	Batman v Superman: Dawn of Justice <i>The Dark Knight squares off against the Man of Steel in the ultimate superhero showdown.</i>
1:30am	Kill Command
3:20am	Warsaw 44
5:30am	Pitch Perfect 2 Special

sky SPORTS 2

7:00am	Cricket Classics
8:00am	Barclays Premier League World
8:30am	Cricket Gold Shorts
8:40am	Cricket Gold Shorts
8:50am	Cricket Gold Shorts
9:00am	Sporting Greats
9:30am	Sporting Triumphs
9:45am	Sporting Triumphs
10:00am	Cricket
1:35pm	Cricket Gold Shorts
1:45pm	Great Sporting Moments
2:00pm	Time of Our Lives
3:00pm	Sky Sports Years
4:00pm	Cricket's Greatest
4:30pm	Cricket's Greatest
5:00pm	Cricket
8:35pm	Cricket Gold Shorts
8:40pm	Rugby Union
10:30pm	More Than a Game
11:00pm	Cricket
12:00am	Cricket's Greatest
12:30am	Cricket's Greatest
1:00am	Cricket
2:00am	Cricket
5:35am	Cricket Shorts Gold
5:45am	Great Sporting Moments

Buying, Selling or Renting?

from our **Javea and Moraira** portfolios



REDUCED



Moraira Fanadix Bungalow **149,999 €**
Ref: HO473008

Build: 110 m² Bedrooms: 2
Communal Pool Bathrooms: 1

Sea Views



Moraira Pinar De Advocat End Terrace Villa **159,000 €**
Ref: HO473331

Build: 87 m² Bedrooms: 2
Communal Pool Bathrooms: 1

REDUCED



Moraira Tabaira Villa **230,000 €**
Ref: HO473214

Build: 148 m² Bedrooms: 4
Plot: 800 m² Bathrooms: 2


REDUCED



Benissa Buenavista Villa **299,950 €**
Ref: HO473060

Build: 210 m² Bedrooms: 4
Plot: 900 m² Bathrooms: 4

Sea Views



Javea Old Town Duplex **320,000 €**
Ref: HO232783

Build: 200 m² Bedrooms: 4
Bathrooms: 3

Sea Views



Benissa San Jaime Villa **349,000 €**
Ref: HO473340

Build: 150 m² Bedrooms: 3
Plot: 1000 m² Bathrooms: 3

Private Pool



Javea Adsubia Type **359,000 €**
Ref: HO232707

Build: 220 m² Bedrooms: 3
Plot: 900 m² Bathrooms: 2



Javea Adsubia Villa **370,000 €**
Ref: HO232785

Build: 253 m² Bedrooms: 3
Plot: 1265 m² Bathrooms: 2

Mountain Views



Javea El Piver Villa **394,995 €**
Ref: HO232829

Build: 217 m² Bedrooms: 4
Plot: 1138 m² Bathrooms: 3



Javea Rafalet Villa **599,000 €**
Ref: HO232770

Build: 219 m² Bedrooms: 4
Plot: 1070 m² Bathrooms: 3


Lovely Sea Views



Benitachell Villa **949,000 €**
Ref: HO232830

Build: 600 m² Bedrooms: 4
Plot: 5,600 m² Bathrooms: 3

FRONT LINE



Benissa Costa La Fustera Villa **1,295,000 €**
Ref: 472617

Build: 230 m² Bedrooms: 4
Plot: 850 m² Bathrooms: 4

2017

Wishing you a happy and prosperous 2017

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BBC one

7:00am	Breakfast
11:00am	Saturday Kitchen Live
12:30pm	The Best Dishes Ever
1:00pm	Football Focus
2:00pm	BBC News
2:15pm	Athletics
4:30pm	Escape to the Country
5:00pm	Final Score
6:20pm	BBC News
6:30pm	BBC London News
6:40pm	Celebrity Mastermind
7:10pm	Pointless
8:00pm	Let it Shine
9:25pm	Casualty
10:15pm	Taboo
11:10pm	BBC News <i>The latest national and international news from the BBC.</i>
11:30pm	Match of the Day: FA Cup Highlights
1:00am	The Double
2:35am	Weather for the Week Ahead
2:40am	BBC News

BBC TWO

7:05am	Coast
7:50am	No Minor Vices
9:25am	Angels One Five
11:00am	Secret Britain
12:00pm	Homes Under the Hammer
1:00pm	Exploring China: A Culinary Adventure
2:00pm	Talking Pictures
2:35pm	Cimarron
5:00pm	Mastermind
5:30pm	University Challenge
6:00pm	Only Connect
6:30pm	World's Most Extraordinary Homes
7:30pm	Thailand: Earth's Tropical Paradise
8:30pm	Britain's Ancient Capital: Secrets of Orkney
9:30pm	Dad's Army
10:00pm	Bowie - The Last Five Years
11:30pm	The Man Who Fell to Earth
1:45am	Walkabout
3:20am	This is BBC Two <i>Highlights of programmes on BBC Two.</i>

BBC FOUR

8:00pm	Why the Industrial Revolution Happened Here
9:00pm	The Magic of Mushrooms <i>Professor Richard Fortey delves into the fascinating and normally hidden kingdom of fungi.</i>
10:00pm	Lost Kingdoms of Central America
11:00pm	The Young Montalbano
12:50am	An Evening with Sammy Davis Jr <i>Documentary telling Sammy Davis Jr's remarkable life story.</i>
2:50am	... Sings the Great American Songbook
3:55am	An Evening with Sammy Davis Jr
4:50am	This is BBC Four <i>BBC Four is the BBC channel for people who want more.</i>

CHANNEL 4

7:15am	King of Queens
7:40am	King of Queens
8:00am	King of Queens
8:25am	Everybody Loves Raymond
8:50am	Everybody Loves Raymond
9:20am	Frasier
9:50am	Frasier
10:20am	The Big Bang Theory
10:50am	The Big Bang Theory
11:15am	The Simpsons
11:45am	The Simpsons
12:15pm	The Simpsons
12:45pm	A New Life in the Sun
1:45pm	Darts
6:30pm	Speed with Guy Martin
8:00pm	Channel 4 News <i>Includes sport and weather.</i>
10:00pm	Ride Along
11:55pm	The Mechanic
1:45am	Derren Brown
3:15am	Hollyoaks Omnibus
5:20am	Shipping Wars <i>Laurie has to deliver two hand-carved wooden Gruffalo sculptures worth £10,000.</i>

CHANNEL 5

7:15am	Angelina Ballerina
7:30am	Bob the Builder
7:40am	Wanda and the Alien
7:50am	Zack and Quack
8:00am	Seaside Antics
8:10am	Fireman Sam
8:20am	Pip Ahoy!
8:30am	Little Princess
8:45am	Paw Patrol
9:00am	Blaze and the Monster Machines
9:25am	Noddy in Toyland
9:40am	Ben and Holly's Little Kingdom
9:55am	Shimmer and Shine
10:25am	Peppa Pig
10:35am	Peppa Pig
10:45am	Ben and Holly's Little Kingdom
10:55am	The Fairly Odd Parents
11:30am	The Hotel Inspector
3:15pm	Can't Pay? We'll Take it Away!
7:15pm	NCIS: Los Angeles
8:05pm	NCIS: Los Angeles
9:00pm	NCIS
9:55pm	5 News Weekend
10:00pm	Celebrity Big Brother
11:00pm	Sex Tape
12:00am	5 News Weekend

Eurosport 4

7:00am	Rude(ish) Tube
7:20am	Rude(ish) Tube
7:45am	Rude(ish) Tube
8:05am	Suburgatory
8:35am	Suburgatory
9:00am	How I Met Your Mother
9:30am	How I Met Your Mother
10:00am	Melissa and Joey
10:30am	Melissa and Joey
11:00am	Baby Daddy
11:30am	Baby Daddy
12:00pm	Black-Ish
12:30pm	Black-Ish
1:00pm	A Monster in Paris
2:45pm	Rude(ish) Tube Shorts
3:00pm	The Goldbergs
3:30pm	The Goldbergs
4:00pm	The Goldbergs
4:30pm	The Goldbergs
5:00pm	Brooklyn Nine-Nine
5:30pm	Brooklyn Nine-Nine
6:00pm	Ep2: Coral Palms
10:00pm	The Big Bang Theory
12:20am	Gogglebox
1:25am	Gogglebox
2:30am	Rude Tube
4:25am	New Girl

sky SPORTS 1

7:00am	Football Gold
7:15am	Football Gold
7:30am	Football Gold
7:45am	Football Gold
8:00am	Football's Greatest
8:30am	Football's Greatest
9:00am	Game Changers
9:30am	Premier League Legends
10:00am	The Fantasy Football Club
11:00am	Soccer A.M.
12:30pm	Football Gold
12:45pm	Football Gold
1:00pm	The Fantasy Football Club
2:00pm	Football Gold
2:10pm	Football Gold
2:20pm	Live Pro 12 Rugby
4:40pm	Rugby Union
6:50pm	Super Rugby Gold
7:00pm	NFL
7:10pm	NFL
7:20pm	NFL
7:30pm	NFL
8:30pm	NFL
9:30pm	NFL
10:30pm	Live NFL
2:00am	Live NFL
5:30am	Premier League Legends

itv

7:00am	CITV
10:25am	ITV News
10:30am	Thunderbirds are Go
11:00am	Rebound
12:00pm	Guess This House
1:00pm	Bargain Shop Wars
1:25pm	ITV News and Weather
1:30pm	Judge Rinder
2:35pm	Kindergarten Cop
4:40pm	Morecambe and Wise's Funniest Moments
6:35pm	Local News and Weather
6:45pm	ITV News and Weather
7:00pm	You've Been Framed! Unchained!
8:00pm	Ninja Warrior UK
9:00pm	The Voice UK
10:35pm	Through the Keyhole
11:30pm	ITV News and Weather
11:45pm	Jaws 4: The Revenge
1:25am	Jackpot247
4:00am	Who's Doing the Dishes?
4:50am	Nightscreen

itv2

7:00am	You've Been Framed! Gold
7:20am	Emmerdale Omnibus
10:00am	Coronation Street Omnibus
12:55pm	Take Me Out
1:55pm	Ninja Warrior UK
2:55pm	The Flintstones in Viva Rock Vegas
3:55pm	FYI Daily
4:00pm	The Flintstones in Viva Rock Vegas
4:45pm	Cats and Dogs: The Revenge of Kitty Galore
5:45pm	FYI Daily
5:50pm	Cats and Dogs: The Revenge of Kitty Galore
6:25pm	King Kong
7:25pm	FYI Daily
7:30pm	King Kong
10:00pm	The Bourne Supremacy
11:00pm	FYI Daily
11:05pm	The Bourne Supremacy
12:15am	Family Guy
12:45am	Family Guy
1:15am	Family Guy

itv3

7:00am	Judge Judy
7:20am	Murder, She Wrote
8:15am	Murder, She Wrote
9:15am	The Nun's Story
10:15am	FYI Daily <i>A round-up of the latest entertainment news.</i>
10:20am	The Nun's Story
12:15pm	Inspector Morse
2:30pm	Inspector Morse
4:45pm	Inspector Morse
7:05pm	Midsomer Murders <i>Neil Dudgeon's first appearance as the head of Causton CID.</i>
9:00pm	Doc Martin
10:00pm	Midsomer Murders
12:00am	Lewis
2:05am	Blue Murder
3:00am	ITV3 Nightscreen <i>Text-based information service.</i>
3:30am	Teleshopping <i>Shopping from home.</i>

itv4

7:00am	Gunsmoke
7:50am	The Professionals
8:50am	The Professionals
9:55am	Minder
11:00am	ITV Racing: The Opening Show
12:00pm	Shalako
1:10pm	FYI Daily
1:15pm	Shalako
2:20pm	Sporting Funnies
2:30pm	ITV Racing: Live from Sandown
5:00pm	Pawn Stars
5:30pm	Pawn Stars
5:55pm	Pawn Stars
6:25pm	Pawn Stars
6:55pm	Pawn Stars
7:25pm	Pawn Stars
7:50pm	Mr. Bean
8:25pm	Mr. Bean
9:00pm	River Monsters
10:00pm	Cliffhanger
11:00pm	FYI Daily
11:05pm	Cliffhanger
12:15am	On Deadly Ground
1:15am	FYI Daily
1:20am	On Deadly Ground
2:20am	Minder
3:20am	Tommy Cooper
3:45am	ITV4 Nightscreen

sky MOVIES ACTION & ADVENTURE

1:35pm	Spectre
4:05pm	Twister
6:00pm	The Mummy: Tomb of the Dragon Emperor
7:55pm	In the Heart of the Sea
10:00pm	Spectre
12:30am	Taken
2:05am	Collateral Damage
3:55am	AVP: Alien vs. Predator

sky MOVIES COMEDY

7:50am	I-Spy
9:35am	Nine Months
11:30am	Drillbit Taylor
1:20pm	Get Hard
3:10pm	Star Wars: Rogue One Special
3:40pm	Zoolander 2
5:30pm	Juno
7:15pm	The Bad Education Movie
9:00pm	Get Hard
10:45pm	Zoolander 2
12:35am	Dodgeball: A True Underdog Story

sky MOVIES PREMIERE

7:30am	Batman v Superman: Dawn of Justice
10:15am	10 Cloverfield Lane
12:00pm	Our Brand is Crisis
2:00pm	The Top Ten Show 2017
2:15pm	My Big Fat Greek Wedding 2
4:00pm	The 33 <i>True-life drama about the Chilean mine collapse that trapped 33 poor souls underground for 69 days.</i>
6:15pm	Batman v Superman: Dawn of Justice
9:00pm	Our Brand is Crisis
11:00pm	10 Cloverfield Lane
12:50am	Kill Command <i>A simple training exercise descends into a terrifying battle to the death for an elite army unit.</i>
2:40am	Me Him Her
4:30am	My Big Fat Greek Wedding 2

sky SPORTS 2

7:00am	Cricket Classics
8:00am	Time of Our Lives
9:00am	Sky Sports Years
10:00am	Cricket's Greatest
10:30am	Cricket's Greatest
11:00am	Great Sporting Moments
11:15am	Great Sporting Moments
11:30am	Great Sporting Moments
11:45am	Great Sporting Moments
12:00pm	Sporting Heroes
12:55pm	Football
3:00pm	Sporting Triumphs
4:00pm	Sporting Records
5:00pm	Cricket's Greatest
6:00pm	Spanish Football Gold
6:10pm	Spanish Football Gold
6:25pm	Football
8:25pm	Spanish Football Gold
8:40pm	Football
10:40pm	Football Gold
10:50pm	Football Gold
11:00pm	Sporting Triumphs
12:00am	Fights of the Year



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BBC one

7:00am	Breakfast
8:30am	Match of the Day: FA Cup Highlights
10:00am	The Andrew Marr Show
11:00am	The Big Questions
12:00pm	Homes Under the Hammer
1:00pm	Bargain Hunt
2:00pm	BBC News
2:15pm	Songs of Praise
2:50pm	Escape to the Country
3:35pm	Life in the Snow
4:35pm	Match of the Day Live
7:05pm	BBC News
7:20pm	BBC London News
7:30pm	Countryfile
8:30pm	Antiques Roadshow
9:30pm	Still Open All Hours
10:00pm	Sherlock
11:30pm	BBC News
11:50pm	BBC London News
12:00am	Match of the Day: FA Cup Highlights
1:05am	Celebrity Apprentice USA
2:30am	Weather for the Week Ahead
2:35am	BBC News

BBC TWO

7:10am	A to Z of TV Gardening
7:55am	Big Dreams Small Spaces
8:55am	An Island Parish
9:25am	The Edible Garden
9:55am	Countryfile
10:55am	Saturday Kitchen
	Best Bites
12:25pm	The Good Cook
12:55pm	Tom Kerridge's Proper Pub Food
1:25pm	Talking Pictures
2:00pm	Cromwell
4:15pm	Flog It!
5:15pm	Life in Polar Bear Town with Gordon Buchanan
6:15pm	Yellowstone
7:15pm	Ski Sunday
8:00pm	School Swap
9:00pm	Dragons' Den
10:00pm	Thailand: Earth's Tropical Paradise
11:00pm	A Most Violent Year
1:00am	QI XL
1:45am	Countryfile
2:45am	Holby City
3:40am	This is BBC Two

BBC FOUR

8:00pm	David Starkey's Music and Monarchy <i>Dr David Starkey reveals how the story of British music was shaped by its monarchy.</i>
9:00pm	Sword, Musket and Machine Gun: Britain's Armed History
10:00pm	Horizon
11:00pm	The Sky at Night
11:30pm	Venus in Fur
1:00am	Natural World
2:00am	The Magic of Mushrooms
3:00am	Lost Kingdoms of Central America
4:00am	Kings of the Ring
5:00am	This is BBC Four <i>BBC Four is the BBC channel for people who want more. More depth, more range, more to stimulate the mind.</i>

CHANNEL 4

6:05am	Kirstie's Vintage Gems
6:20am	The Restoration Man
7:15am	King of Queens
7:40am	King of Queens
8:05am	King of Queens
8:30am	Everybody Loves Raymond
8:55am	Everybody Loves Raymond
9:25am	Frasier
10:00am	Frasier
10:30am	Sunday Brunch
1:30pm	Darts
6:30pm	Find it, Fix it, Flog it
7:15pm	Channel 4 News
7:30pm	Britain's Wildest Weather 2016
9:00pm	Walking the Americas
10:00pm	The Hunger Games: Mockingjay - Part 1
12:20am	Big Fat Quiz of Everything
2:25am	How to Lose Weight Well
3:25am	The Secret Life of 4 Year Olds
4:15am	The Autistic Gardener
5:10am	Shipping Wars

CHANNEL 5

7:00am	Milkshake Monkey
7:05am	Milkshake! Bop Box
7:10am	Peppa Pig
7:15am	Bob the Builder
7:25am	Wanda and the Alien
7:35am	Zack and Quack
7:50am	Seaside Antics
7:55am	Fireman Sam
8:10am	Pip Ahoy!
8:30am	Little Princess
8:45am	Big Bash Cricket
12:30pm	Cats Make You Laugh Out Loud 3
1:30pm	Holy Man
3:35pm	The Kid
5:35pm	Legally Blonde
6:35pm	5 News Weekend
6:40pm	Legally Blonde
7:25pm	Along Came Polly
9:00pm	Kittens Make You Laugh Out Loud
9:55pm	5 News Weekend
10:00pm	Celebrity Big Brother
11:00pm	Celebrity Botched Up Bodies
12:05am	The BAFTA Britannia Awards 2016
2:00am	Super Casino
4:10am	A New Life in Oz
5:00am	Now That's Funny!
5:50am	Divine Designs

4

7:00am	How I Met Your Mother
7:20am	How I Met Your Mother
7:45am	Melissa and Joey
8:05am	Melissa and Joey
8:35am	Baby Daddy
9:05am	Baby Daddy
9:35am	The Goldbergs
10:00am	The Goldbergs
10:30am	Hollyoaks Omnibus
1:00pm	Catch That Kid
2:50pm	Rude(ish) Tube Shorts
3:00pm	The Goldbergs
3:30pm	The Goldbergs
4:00pm	The Big Bang Theory
4:30pm	The Big Bang Theory
5:00pm	The Big Bang Theory
5:30pm	The Big Bang Theory
6:00pm	The Big Bang Theory
6:30pm	The Big Bang Theory
7:00pm	The Big Bang Theory
7:30pm	The Big Bang Theory
8:00pm	The Big Bang Theory
8:30pm	The Big Bang Theory
9:00pm	The Big Bang Theory
9:30pm	The Big Bang Theory
10:00pm	Bullet to the Head
11:50pm	Tattoo Fixers
12:55am	Virtually Famous

sky SPORTS 1

7:00am	Football Gold
7:15am	Football Gold
7:30am	Football Gold
7:45am	Football Gold
8:00am	Football's Greatest
8:30am	Football's Greatest
9:00am	Premier League Legends
9:30am	The Sunday Supplement
11:00am	Goals on Sunday
12:00pm	NFL Highlights
1:00pm	NFL Highlights
2:00pm	Great Sporting Moments
2:15pm	Great Sporting Moments
2:30pm	Great Sporting Moments
2:45pm	Great Sporting Moments
3:00pm	Premier League Legends
3:30pm	Premier League Legends
4:00pm	Sporting Triumphs
4:15pm	Sporting Triumphs
4:30pm	NFL Highlights
5:30pm	NFL Highlights
6:30pm	Live NFL
10:30pm	Live NFL
2:30am	Darts Gold

itv

7:00am	CITV
10:25am	ITV News
10:30am	Carry on Up the Jungle
12:15pm	Chopping Block
1:15pm	ITV News and Weather
1:25pm	Tipping Point
2:25pm	Ninja Warrior
3:30pm	The Voice UK
5:00pm	The Big Soap Quiz: Coronation Street v Emmerdale
6:00pm	Local News and Weather
6:15pm	ITV News and Weather
6:30pm	Unbelievable Moments Caught on Camera
7:30pm	Dance Dance Dance
9:00pm	Endeavour
11:00pm	ITV News and Weather
11:15pm	Robson Crusoe: A Surprising Adventure
12:10am	Aviva Premiership Rugby Highlights
1:05am	Jackpot247
4:00am	Chopping Block

itv2

7:00am	Emmerdale Omnibus
9:40am	Coronation Street Omnibus
12:30pm	The Voice UK
2:00pm	Zawesome
2:05pm	Zawesome
2:40pm	Zawesome
3:20pm	Zawesome
3:40pm	Zawesome
4:00pm	Nanny McPhee
5:00pm	FYI Daily
5:05pm	Nanny McPhee
6:00pm	Despicable Me: Minion Madness
6:10pm	Despicable Me 2
7:10pm	FYI Daily
7:15pm	Despicable Me 2
8:15pm	The Amazing Spider-Man 2
9:15pm	FYI Daily
9:20pm	The Amazing Spider-Man 2
11:00pm	Family Guy
11:30pm	Family Guy
11:55pm	American Dad!
12:25am	American Dad!
12:55am	American Dad!
1:25am	The Cleveland Show
1:55am	The Cleveland Show
2:25am	Release the Hounds

itv3

7:00am	George and Mildred
7:25am	Where the Heart is
8:20am	Where the Heart is
9:25am	Heartbeat
10:30am	Heartbeat
11:35am	Murder, She Wrote
12:40pm	Murder, She Wrote
1:45pm	Murder, She Wrote
2:45pm	Columbo
6:55pm	Midsomer Murders
9:00pm	This Time Next Year
10:00pm	Tonight at the London Palladium
11:00pm	Birds of a Feather
11:30pm	Inspector Morse
1:50am	A Touch of Frost
3:30am	Wycliffe <i>Detective drama series about a Cornish police detective.</i>
4:30am	May the Best House Win
5:20am	May the Best House Win <i>There are some spooky moments in North Wales today</i>

itv4

7:00am	The Wine Show
7:55am	The Professionals <i>Action-packed drama series about two criminal-intelligence agents.</i>
8:45am	Minder
9:45am	Minder
10:45am	Shed and Buried
11:45am	Counting Cars
12:10pm	Counting Cars
12:40pm	Pawn Stars
1:10pm	Pawn Stars
1:35pm	Pawn Stars
2:30pm	FilmApache
3:35pm	FYI Daily
3:40pm	FilmApache
4:20pm	Red River
5:25pm	FYI Daily
5:30pm	Red River
7:00pm	633 Squadron
8:05pm	FYI Daily
8:10pm	633 Squadron
9:00pm	Rugby
10:00pm	The Krays
11:05pm	FYI Daily
11:10pm	The Krays
12:30am	Don't Say a Word
1:35am	FYI Daily
1:40am	Don't Say a Word

sky MOVIES ACTION & ADVENTURE

7:25am	Sherlock Holmes
9:40am	The Spiderwick Chronicles
11:25am	Point Break
1:30pm	G.I. Joe: The Rise of Cobra
3:35pm	Sherlock Holmes
5:50pm	Pearl Harbour
9:00pm	Point Break
11:00pm	G.I. Joe: The Rise of Cobra
1:10am	Armageddon
7:40am	Valentine's Day
9:50am	The Apartment
12:00pm	Pitch Perfect 2
2:00pm	Vacation
3:45pm	Bruce Almighty
5:35pm	Hot Pursuit
7:15pm	Police Academy
9:00pm	Pitch Perfect 2
11:00pm	Vacation
12:45am	Life
2:40am	The Night Before
4:30am	The War of the Roses

sky MOVIES PREMIERE

7:00am	10 Cloverfield Lane
8:50am	The 33
11:05am	Batman v Superman: Dawn of Justice
1:45pm	My Big Fat Greek Wedding 2
3:30pm	The Witch
5:15pm	Our Brand is Crisis
7:15pm	10 Cloverfield Lane
9:00pm	Batman v Superman: Dawn of Justice <i>The Dark Knight squares off against the Man of Steel in the ultimate superhero showdown.</i>
11:35pm	The Witch
1:20am	Our Brand is Crisis
3:10am	Kill Command <i>A simple training exercise descends into a terrifying battle to the death for an elite army unit.</i>
5:00am	Fast and Furious 7 Special
5:30am	Pitch Perfect 2 Special

sky SPORTS 2

7:00am	Cricket Classics
8:00am	Time of Our Lives
9:00am	Cricket
12:35pm	Cricket's Greatest
1:00pm	Cricket Classics
2:00pm	Fights of the Year
4:00pm	Football
6:15pm	Football
8:30pm	Football
11:00pm	Cricket's Greatest
11:30pm	Cricket's Greatest
12:00am	Goals on Sunday
1:00am	Great Sporting Moments
1:15am	Great Sporting Moments
1:30am	Great Sporting Moments
1:45am	Great Sporting Moments
2:00am	Cricket Classics
3:00am	Sporting Greats
3:30am	Sporting Greats
4:00am	Cricket World Cup Classics
5:00am	Sporting Records 2016
5:30am	Sporting Records 2016

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GOOD NEWS FOR YOUR CAR 902 123 309



BBC one

7:00am	Breakfast
10:15am	Rip Off Britain
11:00am	Homes Under the Hammer
12:00pm	Wanted Down Under
12:45pm	Caught Red Handed
1:15pm	Bargain Hunt
2:00pm	BBC News at One
2:30pm	BBC London News
2:45pm	Father Brown
3:30pm	!Mpossible
4:15pm	Escape to the Country
4:45pm	The Hairy Bikers' Comfort Food
5:30pm	Antiques Road Trip
6:15pm	Pointless
7:00pm	BBC News at Six
7:30pm	BBC London News
8:00pm	The One Show
8:30pm	Fake Britain
9:00pm	EastEnders
9:30pm	Panorama
10:00pm	Silent Witness
11:00pm	BBC News at Ten
11:30pm	BBC London News
11:45pm	Class
1:15am	Graham Norton's Big Red Chair
2:00am	Weather for the Week Ahead
2:05am	BBC News

BBC TWO

7:45am	Wanted Down Under
8:30am	Caught Red Handed
9:00am	Nature's Weirdest Events
10:00am	Victoria Derbyshire
12:00pm	BBC Newsroom Live
1:00pm	The Daily Politics
2:00pm	The Link
2:45pm	Chefs: Put Your Menu Where Your Mouth is
3:30pm	Supersized Earth
4:30pm	The Tropic of Cancer
5:30pm	A Place to Call Home
6:15pm	Put Your Money Where Your Mouth is
7:00pm	Eggheads
7:30pm	Great British Railway Journeys
8:00pm	Match of the Day
8:30pm	Antiques Road Trip
9:00pm	University Challenge
9:30pm	An Island Parish
10:00pm	Britain's Ancient Capital: Secrets of Orkney
11:00pm	Insert Name Here
11:30pm	Newsnight
12:15am	Bowie - The Last Five Years

BBC FOUR

8:00pm	World News Today <i>The latest national and international news, exploring the day's events from a global perspective.</i>
8:30pm	Grand Tours of Scotland
9:00pm	Swarm: Nature's Incredible Invasions <i>The first of a two-part documentary reveals the awe-inspiring world of animal swarms.</i>
10:00pm	The Great Butterfly Adventure: Africa to Britain with the Painted Lady
11:30pm	Clydebuilt: The Ships That Made the Commonwealth
12:30am	Knights of Classic Drama at the BBC
1:30am	David Starkey's Music and Monarchy
2:30am	The King and the Playwright: A Jacobean History

CHANNEL 4

7:00am	Countdown
7:45am	3rd Rock from the Sun
8:05am	King of Queens
9:00am	Everybody Loves Raymond
9:30am	Everybody Loves Raymond
10:00am	Frasier
10:30am	Frasier
11:00am	Ramsay's Kitchen Nightmares USA
12:00pm	Find it, Fix it, Flog it
1:00pm	Channel 4 News Summary
1:05pm	Salvage S.O.S
1:35pm	Darts
6:00pm	Come Dine with Me
7:00pm	The Simpsons
7:30pm	Hollyoaks
8:00pm	Channel 4 News
9:00pm	The Health Detectives
9:30pm	Food Unwrapped
10:00pm	The Undateables
11:00pm	First Dates Hotel
12:05am	Tattoo Fixers
1:10am	Spies
2:10am	60 Days in Jail
3:00am	Millionaires' Mansions

CHANNEL 5

9:15am	Peppa Pig
9:35am	Paw Patrol
9:45am	Toot the Tiny Tugboat
10:00am	Toby's Travelling Circus
10:15am	The Wright Stuff
12:15pm	The Hotel Inspector
1:10pm	5 News Lunchtime
1:15pm	Celebrity Big Brother
2:15pm	Home and Away
2:45pm	Neighbours
3:15pm	NCIS
4:15pm	Unwanted Guest
6:00pm	5 News at 5
6:30pm	Neighbours
7:00pm	Home and Away
7:30pm	5 News Tonight
8:00pm	Deep-Sea Super Predator
9:00pm	Extreme Sea Monsters
10:00pm	Celebrity Big Brother
11:00pm	The Week We Went Wild
12:05am	Celebrity Big Brother's Bit on the Side
1:05am	Tattoo Disasters

4

7:00am	Charmed
7:45am	Charmed
8:35am	Hollyoaks
9:05am	Rules of Engagement
9:35am	Rules of Engagement
10:00am	The Goldbergs
12:00pm	Charmed
1:00pm	Charmed
2:00pm	How I Met Your Mother
2:30pm	How I Met Your Mother
3:00pm	The Big Bang Theory
3:30pm	The Big Bang Theory
4:00pm	Baby Daddy
4:30pm	Baby Daddy
5:00pm	How I Met Your Mother
5:30pm	How I Met Your Mother
6:00pm	Brooklyn Nine-Nine
6:30pm	Brooklyn Nine-Nine
7:00pm	The Big Bang Theory
8:00pm	Hollyoaks
8:30pm	Carjackers
9:00pm	Johnny English Reborn
11:05pm	Gogglebox
12:10am	The Big Bang Theory
12:40am	The Big Bang Theory
1:10am	First Dates

sky SPORTS 1

7:00am	Football Gold
8:00am	WWE Raw
9:00am	Goals on Sunday Rpt
10:00am	Premier League 100 Club
10:30am	Premier League 100 Club
11:00am	The Premier League Years
1:00pm	Goals on Sunday Rpt
2:00pm	Great Sporting Moments
2:30pm	Great Sporting Moments
3:00pm	Premier League Legends
4:00pm	Goals on Sunday Rpt
5:00pm	Sporting Triumphs
6:00pm	Boxing Gold
6:30pm	Darts Gold
7:00pm	Soccer AM: The Best Bits 2016/17
7:30pm	Premier League 100 Club
8:00pm	Sporting Triumphs
8:15pm	Sporting Triumphs
8:40pm	Info Not Available
11:15pm	Scottish Football Round Up
11:30pm	Soccer AM: The Best Bits 2016/17
12:00am	More Than a Game
12:30am	Sporting Mavericks

itv

7:00am	Good Morning Britain
9:30am	Lorraine
10:25am	The Jeremy Kyle Show
11:30am	This Morning
1:30pm	Loose Women
2:30pm	ITV Lunchtime News
3:00pm	Judge Rinder
4:00pm	Dickinson's Real Deal
5:00pm	Tipping Point
6:00pm	The Chase
7:00pm	Local News and Weather
7:30pm	ITV Evening News
8:00pm	Emmerdale
8:30pm	Coronation Street
9:00pm	The Martin Lewis Money Show
9:30pm	Coronation Street
10:00pm	The Halcyon
11:00pm	ITV News at Ten and Weather
11:40pm	Through the Keyhole
12:40am	The Chase
1:35am	Jackpot247
4:00am	The Jeremy Kyle Show

itv2

7:00am	Planet's Funniest Animals
7:20am	Who's Doing the Dishes?
8:15am	The Ellen DeGeneres Show
9:00am	Emmerdale
9:30am	Coronation Street
10:35am	Psych
11:25am	Scorpion
12:25pm	Who's Doing the Dishes?
1:25pm	Emmerdale
1:55pm	Coronation Street
3:00pm	The Ellen DeGeneres Show
3:50pm	The Jeremy Kyle Show
6:00pm	Judge Rinder
7:00pm	You've Been Framed and Famous!
8:00pm	You've Been Framed! Gold
9:00pm	Two and a Half Men
10:00pm	Family Guy
10:30pm	The Great Indoors
11:00pm	American Dad!
11:55pm	Family Guy
12:25am	Family Guy
12:55am	The Cleveland Show

itv3

7:00am	Doctor in the House
7:25am	Heartbeat
8:20am	Where the Heart is
9:25am	The Royal
10:25am	Judge Judy
10:55am	Judge Judy
11:25am	Judge Judy
11:50am	A Touch of Frost
2:00pm	Heartbeat
3:05pm	The Royal
4:05pm	Where the Heart is
5:15pm	Doctor in the House
5:50pm	You're Only Young Twice
6:20pm	George and Mildred
6:50pm	Heartbeat
7:55pm	Murder, She Wrote
9:00pm	Doc Martin
10:00pm	Long Lost Family
11:00pm	The Bletchley Circle
12:00am	Inside Death Row with Trevor McDonald
1:05am	The Knock
2:35am	You're Only Young Twice
3:00am	ITV3 Nightscreen
3:30am	Teleshopping

itv4

7:50am	Minder
8:40am	Quincy, M.E.
9:45am	The Professionals
10:50am	Ironside
11:55am	Gunslinger
1:00pm	Storage Wars New York
1:30pm	Storage Wars New York
2:00pm	Pawn Stars
2:55pm	Quincy, M.E.
4:00pm	Ironside
5:00pm	The Professionals
6:00pm	Minder
7:05pm	Storage Wars New York
7:35pm	Storage Wars New York
8:00pm	Pawn Stars
8:30pm	Pawn Stars
9:00pm	The Chase: Celebrity Special
10:00pm	Billy Connolly's Tracks Across America
11:00pm	Death Wish 4: The Crackdown
12:05am	FYI Daily
12:10am	Death Wish 4: The Crackdown

sky MOVIES ACTION & ADVENTURE

11:15am	The Magnificent Seven
1:35pm	Star Wars: Rogue One Special
2:05pm	The Man From U.N.C.L.E.
4:15pm	Extraction
6:00pm	Babylon A.D.
7:45pm	The Mummy
10:00pm	The Man From U.N.C.L.E.
12:00am	RoboCop

sky MOVIES COMEDY

6:30am	Revenge of the Pink Panther
8:15am	Lost in Karastan
10:00am	The Man
11:30am	The Commitments
1:35pm	How to Lose Friends and Alienate People
3:30pm	Two Night Stand
5:05pm	Analyze This
6:55pm	Wedding Crashers
9:00pm	Bridget Jones's Diary
10:45pm	Magic Mike XXL
12:45am	Entourage

sky MOVIES PREMIERE

7:00am	Our Brand is Crisis
9:00am	Kill Command
10:45am	10 Cloverfield Lane
12:40pm	Sky Movies 2017 Preview
1:10pm	The Colony
3:10pm	My Big Fat Greek Wedding 2
5:00pm	The 33 <i>True-life drama about the Chilean mine collapse that trapped 33 poor souls underground for 69 days.</i>
7:10pm	The Witch
9:00pm	10 Cloverfield Lane
11:00pm	The Colony
12:55am	Kill Command
2:40am	Warsaw 44
4:50am	My Big Fat Greek Wedding 2

sky SPORTS 2

7:00am	Cricket Classics
7:30am	Cricket Classics
8:00am	Time of Our Lives
9:00am	NFL Highlights
10:00am	NFL Highlights
11:00am	Great Sporting Moments
11:15am	Great Sporting Moments
11:30am	Great Sporting Moments
11:45am	Great Sporting Moments
12:00pm	Sporting Heroes
1:00pm	Cricket Classics
1:30pm	Cricket Classics
2:00pm	NFL Highlights
3:00pm	NFL Highlights
4:00pm	Cricket's Greatest
4:30pm	Cricket's Greatest
5:00pm	NFL Highlights
6:00pm	NFL Highlights
7:00pm	Cricket Classics
7:30pm	Cricket Classics
8:00pm	NFL Highlights
9:00pm	NFL Highlights
10:00pm	Sporting Mavericks
10:30pm	More Than a Game
11:00pm	NFL Highlights
12:00am	NFL Highlight



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BBC one

10:15am Rip Off Britain
11:00am Homes Under the Hammer
12:00pm Wanted Down Under
12:45pm Caught Red Handed
1:15pm Bargain Hunt
2:00pm BBC News at One
2:30pm BBC London News
2:45pm Father Brown
3:30pm !Mpossible
4:15pm Escape to the Country
4:45pm The Hairy Bikers' Comfort Food
5:30pm Antiques Road Trip
6:15pm Pointless
7:00pm BBC News at Six
7:30pm BBC London News
8:00pm The One Show
8:30pm EastEnders
9:00pm Holby City
10:00pm Silent Witness
11:00pm BBC News at Ten
11:30pm BBC London News
11:45pm The War on Loan Sharks
12:35am Italy's Invisible Cities
1:35am Weather for the Week Ahead

BBC TWO

10:00am Victoria Derbyshire
12:00pm BBC Newsroom Live
1:00pm The Daily Politics
2:00pm The Link
2:45pm Chefs: Put Your Menu Where Your Mouth is
3:30pm Supersized Earth
4:30pm Land of the Lost Wolves
5:30pm A Place to Call Home
6:15pm Put Your Money Where Your Mouth Is
7:00pm Eggheads
7:30pm Great British Railway Journeys
8:00pm Rick Stein's Long Weekends
9:00pm The Great Interior Design Challenge
10:00pm Our Dancing Town
11:00pm Revolting
11:30pm Newsnight
12:15am NFL
1:05am Dragons' Den
2:05am The Real Marigold on Tour
3:05am The Brits Who Designed the Modern World

BBC FOUR

8:00pm World News Today
The latest national and international news, exploring the day's events from a global perspective.
8:30pm Grand Tours of Scotland
9:00pm The Trains That Time Forgot: Britain's Lost Railway Journeys
Timeshift journeys back to a lost era of rail travel, when trains had names, character and style.
10:00pm Dan Snow on Lloyd George: My Great-Great-Grandfather
11:00pm Wales: Man of Hope
12:55am The Real Great Escape
2:20am A Very British Renaissance
3:20am Britain on Film
3:50am Dan Snow on Lloyd George: My Great-Great-Grandfather
4:50am This is BBC Four

CHANNEL 4

7:15am 3rd Rock from the Sun
7:40am 3rd Rock from the Sun
8:05am King of Queens
8:30am King of Queens
8:55am Everybody Loves Raymond
9:25am Everybody Loves Raymond
10:00am Frasier
10:30am Frasier
11:00am Ramsay's Kitchen Nightmares USA
12:00pm Find it, Fix it, Flog it
1:00pm Channel 4 News Summary
1:05pm Darts
6:00pm Come Dine with Me
7:00pm The Simpsons
7:30pm Hollyoaks
8:00pm Channel 4 News
9:00pm How to Lose Weight Well
10:00pm 24 Hours in A and E
11:00pm This is Us
11:55pm The Undateables
1:00am Bodysockers
2:00am KOTV Boxing Weekly
2:25am Chasing Perfection
3:20am The Restoration Man

CHANNEL 5

8:20am Thomas and Friends
8:35am Noddy: Toyland Detective
8:50am Ben and Holly's Little Kingdom
9:00am Wissper
9:15am Peppa Pig
9:35am Paw Patrol
9:45am Toot the Tiny Tugboat
10:00am Toby's Travelling Circus
10:15am The Wright Stuff
12:15pm The Hotel Inspector
1:10pm 5 News Lunchtime
1:15pm Celebrity Big Brother
2:15pm Home and Away
2:45pm Neighbours
3:15pm NCIS
4:15pm Dangerous Lessons
6:00pm 5 News at 5
6:30pm Neighbours
7:00pm Home and Away
7:30pm 5 News Tonight
8:00pm To B&B the Best
9:00pm A New Life in Oz
10:00pm Celebrity Big Brother
11:00pm Celebrity 100% Hotter!
12:05am Celebrity Big Brother's Bit on the Side

4

7:00am Charmed
8:35am Hollyoaks
9:05am Rules of Engagement
10:00am Baby Daddy
10:30am Baby Daddy
11:00am Brooklyn Nine-Nine
11:30am Brooklyn Nine-Nine
12:00pm Charmed
1:00pm Charmed
2:00pm How I Met Your Mother
2:30pm How I Met Your Mother
3:00pm The Big Bang Theory
3:30pm The Big Bang Theory
4:00pm Baby Daddy
4:30pm Baby Daddy
5:30pm How I Met Your Mother
6:00pm Brooklyn Nine-Nine
6:30pm Brooklyn Nine-Nine
7:00pm The Big Bang Theory
8:00pm Hollyoaks
8:30pm Carjackers
9:00pm The Goldbergs
10:00pm Tattoo Fixers
11:00pm Virtually Famous
11:50pm The Big Bang Theory
12:20am The Big Bang Theory

sky SPORTS 1

10:00am Soccer AM: The Best Bits 2016/17
10:30am Premier League 100 Club
11:00am The Premier League Years
1:00pm Time of Our Lives
2:00pm Soccer AM: The Best Bits 2016/17
2:30pm Great Sporting Moments
3:00pm Premier League Legends
4:00pm Sporting Heroes
5:00pm Soccer AM: The Best Bits 2016/17
5:30pm Sporting Triumphs
6:00pm Boxing Gold
6:30pm Darts Gold
7:00pm Scottish Football Round Up
7:15pm Football Gold
7:30pm Soccer AM: The Best Bits 2016/17
8:00pm Premier League 100 Club
8:30pm Live EFL Cup Semi-Final
11:15pm La Liga World
11:45pm Soccer AM: The Best Bits 2016/17
12:15am Sporting Triumphs

itv

7:00am Good Morning Britain
9:30am Lorraine
10:25am The Jeremy Kyle Show
11:30am This Morning
1:30pm Loose Women
2:30pm ITV Lunchtime News
3:00pm Judge Rinder
4:00pm Dickinson's Real Deal
5:00pm Tipping Point
6:00pm The Chase
7:00pm Local News and Weather
7:30pm ITV Evening News
8:00pm Emmerdale
8:30pm The Money Saving Good Health Show
9:00pm Islands of Australia
10:00pm Sugar Free Farm
11:00pm ITV News at Ten and Weather
11:40pm Wilderness Walks with Ray Mears
12:10am Trawlermen Tales
1:10am Jackpot247
4:00am Loose Women

itv2

7:00am Planet's Funniest Animals
7:20am Who's Doing the Dishes?
8:15am The Ellen DeGeneres Show
9:00am Emmerdale
9:30am Coronation Street
10:35am Psych
11:25am Scorpion
12:25pm Who's Doing the Dishes?
1:25pm Emmerdale
1:55pm Coronation Street
2:30pm Coronation Street
3:00pm The Ellen DeGeneres Show
3:50pm The Jeremy Kyle Show
6:00pm Judge Rinder
7:00pm You've Been Framed!
8:30pm You've Been Framed!
9:00pm Two and a Half Men
10:00pm The Bourne Ultimatum
11:00pm FYI Daily
11:05pm The Bourne Ultimatum
12:15am Family Guy

itv3

7:00am Doctor in the House
7:25am Heartbeat
8:25am Where the Heart is
9:25am The Royal
10:25am Judge Judy
10:55am Judge Judy
11:25am Judge Judy
11:50am A Touch of Frost
2:00pm Heartbeat
3:00pm The Royal
4:05pm Where the Heart is
5:15pm Doctor in the House
5:50pm You're Only Young Twice
6:20pm George and Mildred
6:55pm Heartbeat
8:00pm Murder, She Wrote
9:00pm Midsomer Murders
11:00pm The Guilty
12:00am A Touch of Frost
2:10am The Knock
Action-packed drama series following an undercover customs and excise team.
3:05am ITV3 Nightscreen
Text-based information service.
3:30am Teleshopping

itv4

7:00am Gunsmoke
7:55am Minder
8:45am Quincy, M.E.
9:50am The Professionals
10:50am Ironside
11:55am Gunsmoke
1:00pm Storage Wars New York
1:30pm Storage Wars New York
1:55pm Pawn Stars
2:25pm Pawn Stars
2:50pm Quincy, M.E.
3:55pm Ironside
5:00pm The Professionals
6:00pm Minder
7:00pm Storage Wars New York
7:30pm Storage Wars New York
8:00pm Pawn Stars
8:30pm Pawn Stars
8:55pm Mr. Bean
9:30pm Mr. Bean
10:00pm Benidorm
11:00pm Heartbreak Ridge
12:05am FYI Daily
1:40am Crank
2:40am FYI Daily

sky MOVIES ACTION & ADVENTURE

10:10am Jurassic Park
12:30pm The Lost World
2:45pm National Treasure: Book of Secrets
5:00pm The Scorpion King
6:45pm Jurassic Park
9:00pm The Lost World
11:10pm Die Hard 4.0
1:20am Rocky
3:25am Rocky II
5:25am National Treasure: Book of Secrets

sky MOVIES COMEDY

8:45am Spud
10:40am Deuce Bigalow: European Gigolo
12:10pm Billy Madison
1:50pm Office Space
3:30pm The Top Ten Show 2017
3:50pm Daddy's Home
5:35pm Hot Shots!
7:10pm The Wedding Ringer
9:00pm Daddy's Home
10:45pm Brüno
12:15am The Hangover
2:00am Blazing Saddles

sky MOVIES PREMIERE

7:00am The 33
True-life drama about the Chilean mine collapse that trapped 33 poor souls underground for 69 days.
9:15am Star Wars: Rogue One Special
9:45am Our Brand is Crisis
11:45am All Roads Lead to Rome
1:30pm The Witch
3:15pm The Colony
5:15pm 10 Cloverfield Lane
7:15pm All Roads Lead to Rome
9:00pm My Big Fat Greek Wedding 2
10:45pm The Witch
12:25am 10 Cloverfield Lane
2:15am The Colony
4:15am Kill Command
A simple training exercise descends into a terrifying battle to the death for an elite army unit.

sky SPORTS 2

7:00am Cricket Classics
8:00am Time of Our Lives
9:00am Sky Sports Years
10:00am Cricket's Greatest
10:30am Cricket's Greatest
11:00am Great Sporting Moments
12:00pm Sporting Heroes
1:00pm Cricket Classics
1:30pm Cricket Classics
2:00pm Cricket World Cup Classics
3:00pm Sky Sports Years
4:00pm Cricket's Greatest
4:30pm Cricket's Greatest
5:00pm Cricket World Cup Classics
6:00pm Sporting Greats
6:30pm Sporting Greats
7:00pm Cricket Classics
8:00pm Top 14 Highlights
8:30pm Super Heroes: James Horwill
9:00pm Cricket Gold Shorts
9:30pm Sporting Triumphs
10:00pm Sporting Mavericks
10:30pm More Than a Game
11:00pm Sporting Mavericks
11:30pm More Than a Game
12:00am Cricket's Greatest

Going for the big one



| Iñigo Urkullu.

Cassandra Nash

A weekly look

- and not entirely impartial reaction -
to the Spanish political scene

MARIANO RAJOY and Spain's Right Wing have not made it easy for ETA to make its peace with society.

The Basque terrorist organisation ceased armed activity in October 2011 and of the five parties in the Basque regional parliament, only the Partido Popular does not back a non-government bill dissolving ETA and decommissioning its weapons.

The Basque president Iñigo Urkullu would like to see the regional PP swallow its misgivings and support the bill. The last ETA attack occurred in France in 2010 and Urkullu believes that Rajoy now needs to pool Spain's resources in fighting the big one: jihadism.

The jihadis do not differentiate between the Left, the Right or Centre and that goes for nationalists, too.

Take your pick

PRESIDENT of the Spanish government Mariano Rajoy has always disappointed Jose Maria Aznar, the former president who nominated him as his successor. Not only are the two men chalk and cheese, but Aznar has admitted that his first choice turned him down twice. And who was that? None other than Rodrigo Rato, the former vice-president and Hacienda minister who is now on trial for money-laundering, embezzlement and fraud.

This includes €2.8 million the former minister allegedly left off his tax returns to Hacienda. Rajoy might not say much for Aznar's good judgement, but Rato says even less.

Tread carefully

THE Podemos party hasn't been around long but its foundations are already shifting.

Iñigo Errejon, a Podemos party founder and currently its number two, did the unthinkable by challenging Podemos supremo Pablo Iglesias. In a panicky bid to shortcir-

cuit Errejon and silence debate, the Iglesias faction has unleashed a campaign to weaken him. Instead the plan could backfire by confirming the doubts of those already dubious about Iglesias. And it could summon support for baby-faced Errejon who is infinitely more adult than pony-tailed ego-tripping Iglesias.

Gender typing

DESPITE stringent equality laws and politicians' insistence on referring to niños y niñas instead of the collective ninos, some things remain the same in Spain. This was plain to see as small children played with their presents in Spain's squares and gardens on Christmas Day and will do so on January 6 as little girls push dolls' prams and small boys career on skateboards and scooters. Clearly Father Christmas and the Three Kings haven't taken in the equality message.

How to make the most of your year ahead

Sally Trotman

www.sallytrotman.com

Sally Trotman is a qualified Counsellor who works with Astrology, Numerology and the Tarot. Each month she will deliver the forecast as an intuitive tool to aid increased self awareness.



WHAT would you like to create in 2017? Find out how you can make the most of the year ahead with your Astrology, Numerology and Tarot Forecast for the New Year...

Astrology: Begin anew

Sun in Capricorn: With the new moon in this earthy sign at the end of last month guiding you, start the year by making practical plans. Begin with a spring clean (it is never too early to declutter!) and finish the month by taking action towards new goals for the year ahead. With the darkest part of winter now behind you, this is the time to embrace the light, feeling a sense of freedom and anticipation as the New Year begins.

Get in tune with the moon: The full moon in Cancer on January 12 brings the focus to your home life. Are there any changes you would like to make to your home to make this a more nurturing and comfortable place?



BEGIN ANEW:
Start the year by
making practical plans.

Perhaps it is time to redecorate, change the furniture or brighten your living space in some way. This watery sign is encouraging you to look at what you really need in order to look after yourself. On January 28 the new moon in Aquarius will help you to expand your vision. Aim high under the influence of this sign and work out your most important vision for the year ahead. What do you really want to do this year? Ask yourself this question on the eve of this new moon, and then boldly move forward with your plans.

Numerology: It's all about you!

Number 1: Numbers are symbols which carry energy and the influence of this number in January reminds you to focus on what you want. Worry is a form of negative prayer, so watch your thoughts. The number one also brings the focus back to yourself. It can be easy to hide behind the needs of others in order to forget your own dreams, but actually you have a responsibility to yourself to follow your heart!

Chose something you have been thinking about doing for some time

and take action this month towards this goal. Be bold and fearless - the universe will reward you for your actions!

The Tarot: Create the life you desire and deserve

The first card in the major arcana Tarot deck is The Magician. The man depicted on this card has everything at his disposal. You have all the talents to create what you want this year and by staying focused on what is important to you, opportunities will present themselves as you

move through the year with faith and confidence.

Talk to friends about your plans, do something every day towards your goal and then go with the flow of life. This year is bringing you the chance to know yourself better and to courageously move forward, so seize the moment and make the most of every day!

Create your best year yet!

Would you like to discover how you can make the most of the unique numbers and astrological placements based on your date of birth so that you can make 2017 your best year yet? Sally Trotman can help you to make the best choices for you in the New Year, based on your date of birth, by looking at your Numerology, Astrology and associated Tarot cards for the year ahead.

I also offer compatibility reports, looking at the unique connection between you and your partner, helping you to understand the strengths and challenges within your relationship. Readings are available via Skype or email. Contact Sally by email at sally.trotman@btinternet.com or visit www.sallytrotman.com to book in.

BBC one

7:00am Breakfast
 10:15am Rip Off Britain
 11:00am Homes Under the Hammer
 12:00pm Wanted Down Under
 12:45pm Caught Red Handed
 1:15pm Bargain Hunt
 2:00pm BBC News at One
 2:30pm BBC London News
 2:45pm Father Brown
 3:30pm !Mpossible
 4:15pm Escape to the Country
 4:45pm The Hairy Bikers' Comfort Food
 5:30pm Antiques Road Trip
 6:15pm Pointless
 7:00pm BBC News at Six
 7:30pm BBC London News
 8:00pm The One Show
 9:00pm The Sheriffs are Coming
 10:00pm Italy's Invisible Cities
 11:00pm BBC News at Ten
 11:30pm BBC London News
 11:45pm A Question of Sport
 12:15am Parkinson's: The Funny Side
 12:45am The Other Man
 2:10am Weather for the Week Ahead
 2:15am BBC News

BBC TWO

7:00am Rip Off Britain
 7:45am Wanted Down Under
 8:30am Caught Red Handed
 9:00am Great British Menu
 9:30am Great British Menu
 10:00am Victoria Derbyshire
 12:00pm BBC Newsroom Live
 12:30pm The Daily Politics
 2:00pm The Link
 2:45pm Chefs: Put Your Mouth is
 3:30pm Supersized Earth
 4:30pm Land of the Lost Wolves
 5:30pm A Place to Call Home
 6:15pm Put Your Money Where Your Mouth Is
 7:00pm Eggheads
 7:30pm Great British Railway Journeys
 8:00pm Rick Stein's Long Weekends
 9:00pm The Great Interior Design Challenge
 10:00pm Hospital
 11:00pm Common Sense
 11:30pm Newsnight
 12:15am Our Dancing Town
 1:15am Alan Bennett's Diaries
 2:15am Muslims Like Us
 3:15am Italy's Invisible Cities

BBC FOUR

8:00pm World News Today
The latest national and international news, exploring the day's events from a global perspective.
 8:30pm Grand Tours of Scotland
 9:00pm 10 Things You Didn't Know About Earthquakes
 10:00pm James May: The Reassembler
 10:30pm The Joy of (Train) Sets
 11:30pm Egypt's Lost Cities
Documentary exploring the secrets of ancient Egypt.
 1:00am Horizon
 2:00pm 10 Things You Didn't Know About Earthquakes
 3:00am Knights of Classic Drama at the BBC
 4:00am The Joy of (Train) Sets
 5:00am This is BBC Four
BBC Four is the BBC channel for people who want more.

CHANNEL 4

7:15am 3rd Rock from the Sun
 7:40am 3rd Rock from the Sun
 8:05am King of Queens
 8:30am King of Queens
 8:55am Everybody Loves Raymond
 9:25am Everybody Loves Raymond
 10:00am Frasier
 10:30am Frasier
 11:00am Ramsay's Kitchen Nightmares USA
 12:00pm Find it, Fix it, Flog it
 1:00pm Channel 4 News Summary
 1:05pm Darts
 6:00pm Come Dine with Me
 7:00pm The Simpsons
 7:30pm Hollyoaks
 8:00pm Channel 4 News
 9:00pm Location, Location, Location
 10:00pm No Offence
 11:00pm 19 Kids and Counting
 12:05am Finding My Twin Stranger
 1:10am Live From Abbey Road Classics
 1:40am Walking the Americas

CHANNEL 5

8:50am Ben and Holly's Little Kingdom
 9:00am Wissper
 9:15am Peppa Pig
 9:35am Paw Patrol
 9:45am Toot the Tiny Tugboat
 10:00am Toby's Travelling Circus
 10:15am The Wright Stuff
 12:15pm The Hotel Inspector
 1:10pm 5 News Lunchtime
 1:15pm Celebrity Big Brother
 2:15pm Home and Away
 2:45pm Neighbours
 3:15pm NCIS
 4:15pm Kidnapped: The Search for Tommy
 6:00pm 5 News at 5
 6:30pm Neighbours
 7:00pm Home and Away
 7:30pm 5 News Tonight
 8:00pm Bloody Tales of the Tower
 9:00pm GPs: Behind Closed Doors
 10:00pm Celebrity Big Brother
 11:00pm Celebrity Big Brother's Bit on the Side
 11:45pm Football on 5
 1:00am Bellator Mma's Greatest Hits Volume 1

4

7:00am Charmed
 7:45am Charmed
 8:35am Hollyoaks
 9:05am Rules of Engagement
 9:35am Rules of Engagement
 10:00am Baby Daddy
 10:30am Baby Daddy
 11:00am Brooklyn Nine-Nine
 11:30am Brooklyn Nine-Nine
 12:00pm Charmed
 1:00pm Charmed
 2:00pm How I Met Your Mother
 2:30pm How I Met Your Mother
 3:00pm The Big Bang Theory
 3:30pm The Big Bang Theory
 4:00pm Baby Daddy
 4:30pm Baby Daddy
 5:00pm How I Met Your Mother
 5:30pm How I Met Your Mother
 6:00pm Brooklyn Nine-Nine
 6:30pm Brooklyn Nine-Nine
 7:00pm The Big Bang Theory
 8:00pm Hollyoaks
 8:30pm Carjackers
 9:00pm The Big Bang Theory
 9:30pm The Big Bang Theory
 10:00pm Timeless the Alamo
 11:00pm Supernatural
 12:00am The Big Bang Theory

sky SPORTS 1

7:00am Football Gold
 8:00am WWE Experience
 9:00am Efl Cup Highlights
 9:30am Premier League Legends
 10:00am Premier League 100 Club
 10:30am Premier League 100 Club
 11:00am The Premier League Years
 1:00pm Time of Our Lives
 2:00pm Efl Cup Highlights
 2:30pm Great Sporting Moments
 3:00pm Premier League Legends
 4:00pm Sporting Heroes
 5:00pm Efl Cup Highlights
 5:30pm Sporting Triumphs
 6:00pm Boxing Gold
 6:30pm Efl Cup Highlights
 7:00pm Barclays Premier League World
 7:30pm Premier League 100 Club
 8:00pm Efl Cup Highlights
 8:30pm Live EFL Cup Semi-Final
 11:00pm Barclays Premier League World
 11:30pm Boxing Gold
 12:00am Great Sporting Moments

itv

7:00am Good Morning Britain
 9:30am Lorraine
 10:25am The Jeremy Kyle Show
 11:30am This Morning
 1:30pm Loose Women
 2:30pm ITV Lunchtime News
 3:00pm Judge Rinder
 4:00pm Dickinson's Real Deal
 5:00pm Tipping Point
 6:00pm The Chase
 7:00pm Local News and Weather
 7:30pm ITV Evening News
 8:00pm Emmerdale
 8:30pm Coronation Street
 9:00pm Midsomer Murders
 11:00pm ITV News at Ten and Weather
 11:40pm Unbelievable Moments Caught on Camera
 12:40am It's Not Rocket Science
 1:30am Jackpot247
Join the presenters live and play roulette on your telly.
 4:00am 1000 Heartbeats
 4:50am Nightscreen

itv2

7:00am Planet's Funniest Animals
 7:20am Who's Doing the Dishes?
 8:15am The Ellen DeGeneres Show
 9:00am Emmerdale
 9:30am The Cube
 10:35am Psych
 11:25am Scorpion
 12:25pm Who's Doing the Dishes?
 1:25pm Emmerdale
 1:55pm You've Been Framed!
 3:00pm The Ellen DeGeneres Show
 3:50pm The Jeremy Kyle Show
 4:55pm The Jeremy Kyle Show
 6:00pm Judge Rinder
 7:00pm You've Been Framed!
 8:00pm You've Been Framed! Gold
 8:30pm You've Been Framed! Gold
 9:00pm Two and a Half Men
 9:30pm Two and a Half Men
 10:00pm Through the Keyhole
 11:00pm Plebs
 11:30pm Plebs
 12:00am Family Guy
 12:30am Family Guy

itv3

7:00am Doctor in the House
 7:25am Heartbeat
 8:25am Where the Heart is
 9:30am The Royal
 10:30am Judge Judy
 11:00am Judge Judy
 11:30am Judge Judy
 11:55am A Touch of Frost
 2:05pm Heartbeat
 3:05pm The Royal
 4:10pm Where the Heart is
 5:15pm Doctor in the House
 5:50pm You're Only Young Twice
 6:20pm George and Mildred
 6:55pm Heartbeat
 8:00pm Murder, She Wrote
 9:00pm Paul O'Grady: For The Love of Dogs
 9:30pm Paul O'Grady: For The Love of Dogs
 10:00pm Life of Crime
 11:00pm Life of Crime
 12:00am Life of Crime
 1:00am Wycliffe
 2:05am The Knock
 3:00am ITV3 Nightscreen
Text-based information service.
 3:30am Teleshopping
Shopping from home.

itv4

7:00am Gunsmoke
 7:55am Minder
 8:50am Quincy, M.E.
 9:50am The Professionals
 10:55am Ironside
 12:00pm Gunsmoke
 1:00pm Storage Wars New York
 1:30pm Storage Wars New York
 2:00pm Pawn Stars
 2:30pm Pawn Stars
 2:55pm Quincy, M.E.
 4:00pm Ironside
 5:00pm The Professionals
 6:05pm Minder
 7:05pm Storage Wars New York
 7:35pm Storage Wars New York
 8:00pm Pawn Stars
 8:30pm Pawn Stars
 9:00pm River Monsters
 10:00pm Car Crash Britain Caught on Camera
 11:00pm American Gangster
 12:05am FYI Daily
 12:10am American Gangster
 2:10am The Wine Show
 3:10am The Professionals
 4:00am Teleshopping
Shopping from home.

sky MOVIES ACTION & ADVENTURE

7:30am Assassin
 9:00am The Patriot
 11:50am Jurassic Park III
 1:30pm Jurassic World
 3:45pm Hitman: Agent 47
 5:30pm Tracers
 7:15pm Jurassic Park III
 9:00pm Jurassic World
 11:15pm Hitman: Agent 47
 1:05am Rocky III
 3:00am Rocky IV
 4:45am Lost and Found

sky MOVIES COMEDY

7:25am Son of the Pink Panther
 9:05am Spud 2: The Madness Continues
 10:45am Idiocracy
 12:15pm The Top Ten Show 2017
 12:35pm Walk Hard: The Dewey Cox Story
 2:20pm The Benchwarmers
 3:50pm Dad's Army
 5:40pm Hot Shots! Part Deux
 7:20pm Unfinished Business
 9:00pm Dad's Army
 10:45pm Get Hard
 12:35am Crocodile Dundee
 2:20am Crocodile Dundee II

sky MOVIES PREMIERE

7:00am The Witch
 8:50am Star Wars: Rogue One Special
 9:20am Me Him Her
 11:05am Our Brand is Crisis
 1:05pm The Colony
 3:05pm 10 Cloverfield Lane
 5:05pm All Roads Lead to Rome
 6:50pm The 33
True-life drama about the Chilean mine collapse that trapped 33 poor souls underground for 69 days.
 9:00pm 10 Cloverfield Lane
 11:00pm A Tale of Love and Darkness
 12:45am The Witch
 2:30am Our Brand is Crisis
 4:30am The Colony
A young European couple are swept up in the Chilean military coup of 1973 and exposed to a notorious cult.

sky SPORTS 2

7:00am Cricket Classics
 7:30am Cricket Classics
 8:00am Time of Our Lives
 9:00am Sky Sports Years
 10:00am Cricket's Greatest
 10:30am Cricket's Greatest
 11:00am Great Sporting Moments
 11:15am Great Sporting Moments
 11:30am Great Sporting Moments
 11:45am Great Sporting Moments
 12:00pm Sporting Heroes
 1:00pm Cricket Classics
 1:30pm Cricket Classics
 2:00pm Time of Our Lives
 3:00pm Sky Sports Years
 4:00pm Cricket's Greatest
 4:30pm Cricket's Greatest
 5:00pm Cricket World Cup Classics
 6:00pm Sporting Greats
 6:30pm Sporting Greats
 7:00pm Cricket Classics
 7:30pm Cricket Classics
 8:00pm Live Greyhound Racing
 10:30pm Cricket Gold Shorts
 11:00pm Sporting Mavericks
 11:30pm More Than a Game
 12:00am Cricket's Greatest

The good, the bad and the bizarre of 2016

Nora Johnson
Breaking Views



Nora is the author of popular psychological suspense and crime thrillers and a freelance journalist. To comment on any of the issues raised in her column, go to www.euroweeklynews.com/3.0.15/nora-johnson

HAVE you recovered yet? No, not from your annual boozathon, but from 2016. What a year for pollsters, pundits, bookies getting it wrong! First, Brexit, then Donald Trump. Yes, if only Michael Fish (remember him?) had been plying his trade last year, he'd have looked bang-on.

It's too early to say where 2016 will rank in modern world history compared with, say, 1914 and 1939. But it was undoubtedly the most dramatic moment in British politics since the Second World War. Plus, the USA elected a president who publicly admitted he gropes women, doesn't pay taxes and, reportedly, summarised his future Republican supporters thus in *People Magazine*: "they believe anything... I could lie and they'd still eat it up." I mean, what do

you have to do to be unelectable?

Add that to the deaths of so many celebrities, and it's difficult to see how 2017 could be any more 'surprising.' But then, consider what'll be happening. The Supreme Court ruling, the triggering of Article 50, Trump's inauguration, the French and German elections, Russian and Chinese expansionism, the next inevitable terrorist attack and our response to it. Maybe we're heading for more of the same - 2016 Mark II?

As wishes for 2017 go, mine are pretty modest. Of course, a complete end to war, disease and famine.

But if I can't have that, maybe I can have something a little easier to achieve: an open, grown-up and serious debate about the future of the NHS (not helped by recent news of foreign patients running up £30m of unpaid NHS bills in one year) and of the Government's foreign aid spending target of 0.7 per cent of GDP (despite some worthwhile projects, enormous sums of taxpayers' money are currently wasted and would be surely

better allocated to hard-pressed defence, healthcare and education).

And as for the Brexit/Trump aspect: yes, who knows what the future holds, but there's been worse: the Blitz, for example.

For some, 2016 is set to take its place alongside 9/11, 24/7 and 360 as numerical descriptors that become words.

So, 2016: never again, please! *Nora Johnson's psychological/suspense crime thrillers 'No Way Back,' 'Landscape of Lies,' 'Retribution,' 'Soul Stealer,' 'The De Clerambault Code' (www.nora-johnson.com) available from Amazon in paperback/eBook (€0.99;£0.99) and iBookstore. All profits to Costa del Sol Cudeca cancer charity.*



DONALD TRUMP: Publicly admitted he doesn't pay taxes.

PHOTO: a.katz/Shutterstock.com

Advertising feature

Awnings Direct sun protection

AWNINGS DIRECT has been providing the Costa Blanca North with custom-made awnings and blinds since 2001 and has an enviable reputation built up through commitment, professionalism and the dedication of its team.

Supplying the coast for more than 15 years with awnings and blinds for any area including terraces, balconies, carports, seating areas and swimming pools or anywhere that needs sun protection, Awnings Direct cover the area between Valencia and Alicante including inland to Xativa and Ontinyent.

It is able to supply businesses and homeowners with retractable awnings, cassette awnings, pergola/flat awnings, drop arm awnings, vertical blinds, canopy blinds, balcony blinds and

conservatory blinds and is able to visit and give a free quotation within 24 hours.

The company has a vast product range and supply only the highest quality products ensuring that the customer has the best awnings or blinds at very competitive prices.

All awnings are made to measure using hardwearing and colourful fabrics with the option of manual or electric control and installation can usually be arranged within one week of order.

Awnings Direct currently has a special offer of 'Pay no IVA (21 per cent discount) for all installations by the end of January.'

All products are manufactured by leading and well-established companies. Everything is installed using the highest quality fittings and all

products are guaranteed for five years against wear and tear or general usage.

Awnings Direct also offer repair and recovering services for existing awnings and blinds including spare parts. Whether you want to change the canvas or fabric, Awnings Direct will help and advise, giving your home or business a bright and fresh new look.

Awnings Direct has an unrivalled after-sales service and is available for call-out within 24 hours and is always working to ensure the customer is happy.

For a free quotation or fur-

HIGH QUALITY PRODUCTS: Hardwearing and available in a range of colourful fabrics.

ther information call Awnings Direct on 676 583 246 Monday – Saturday from 8am until 8pm, email info@awningsdirect.es or visit their website www.awningsdirect.es.



FOR MORE INFORMATION ABOUT THE SPONSOR GO TO WWW.LINEADIRECTA.COM

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Word Ladder

CASH

Move from the start word (CASH) to the end word (POTS) in the same number of steps as there are rungs on the Word Ladder. You must only change one letter at a time.

POTS

- SLOd
- SLO7
- SSO7
- SSA7
- HSV7
- HSVC
- Solution

MADDOCKS' VIEW ON LIFE



'SHE IS THE SAME AGE AS YOU - SHE GAVE UP SMOKING IN 2014 - ALCOHOL IN 2015 AND HER HUSBAND THE DAY BEFORE YESTERDAY!'

Weather

for next 7 days

Alicante			Madrid		
TODAY: SUNNY MAX 17C, MIN 10C			TODAY: CLOUDY MAX 11C, MIN -2C		
Fri - 14 8 C	Mon - 16 7 CI		Fri - 10 -2 C	Mon - 10 -3 S	
Sat - 15 7 C	Tues - 15 7 CI		Sat - 10 -3 S	Tues - 10 -3 S	
Sun - 16 6 CI	Wed - 15 7 C		Sun - 11 -3 S	Wed - 10 -2 C	
Almeria			Malaga		
TODAY: SUNNY MAX 19C, MIN 10C			TODAY: SUNNY MAX 20C, MIN 11C		
Fri - 15 9 C	Mon - 17 8 CI		Fri - 16 9 C	Mon - 16 7 CI	
Sat - 16 8 CI	Tues - 17 8 C		Sat - 16 8 CI	Tues - 16 7 C	
Sun - 17 8 S	Wed - 16 9 CI		Sun - 16 6 C	Wed - 16 6 C	
Barcelona			Mallorca		
TODAY: SUNNY MAX 12C, MIN 5C			TODAY: SUNNY MAX 14C, MIN 5C		
Fri - 10 3 C	Mon - 13 4 S		Fri - 14 4 C	Mon - 15 5 S	
Sat - 13 3 C	Tues - 12 3 CI		Sat - 15 5 CI	Tues - 15 5 C	
Sun - 13 3 S	Wed - 12 2 CI		Sun - 16 4 S	Wed - 15 5 C	
Benidorm			Murcia		
TODAY: SUNNY MAX 17C, MIN 9C			TODAY: SUNNY MAX 17C, MIN 9C		
Fri - 14 8 C	Mon - 15 8 S		Fri - 15 6 C	Mon - 15 4 S	
Sat - 15 7 CI	Tues - 14 7 CI		Sat - 15 4 C	Tues - 15 5 CI	
Sun - 16 8 S	Wed - 15 6 C		Sun - 15 3 S	Wed - 15 5 CI	



Euro Weekly News accepts no responsibility for the accuracy of the weather forecasts which are supplied by a third party.

YOUR STARS

AQUARIUS ♒ (January 21 - February 19)

When it comes to throwing wobblers, please don't. It is so important this week to stay cool and unruffled. Change nothing that you can avoid changing. Even having discussions about change can set your nerves jangling. What is needed now is a comfort blanket and someone to put it around you.

PISCES ♓ (February 20 - March 20)

This month, there is much to be celebrated. So much has happened in the latter part of last year. Certainly, congratulations are in order. When you have made such an effort and are rewarded for it, the satisfaction level is high. Be aware, though, that someone close also needs to feel that there is progress.

ARIES ♈ (March 21 - April 20)

The importance of making the right choices is clear to you. Where to begin seems to be a sticking point. Starting by taking away the things you really do not want is essential. Be practical and logical. This is not a time for sentiment or muddled thinking. Although you will need patience in abundance as the week

CAPRICORN ♑ (December 22 - January 20)

You are in for a bit of a bumpy ride this week. Some things will go well but other outcomes can be quirky. People change their minds, technology doesn't work, phone calls don't come. Be assured, however, that if you keep your sense of the absurd it could all be quite amusing.

progresses, take one thing at a time.

TAURUS ♉ (April 21 - May 21)

Although you have the feeling that younger members of the family are not interested in your point of view, this is far off the mark. They, in their inexperience, may not know how best to approach you in this regard. Getting out family photos or starting a family tree with them can be both entertaining and fascinating. Altogether, this week is for the generations to come together and find a common cause. Teenagers seeking answers should ask grandparents.

GEMINI ♊ (May 22 - June 21)

The prospect of travel sets you thinking. Have you been spending too much time considering others? Should you take steps now to get time alone then these plans cannot be changed. This will save any discussions as to how or when. Taking charge of your own time is liberating. Someone has to make the decisions, why not you?

CANCER ♋ (June 22 - July 23)

With the best will in the world it is only

possible to spend money once. We are all guilty of trying to get over this truth, but it never works. Have patience when looking to improve your possessions. There are more pressing needs and these, in the long run, prove more satisfying. Should you be thinking of taking on a commitment, have clear ideas of how it will be managed.

LEO ♌ (July 24 - August 23)

Going over old ground is counter-productive. There is nothing to be gained from repeating methods that did not work in the past. If it is not possible to find a fresh approach then seek the opinions of others. You do not need experience of a situation to be able to come up with a useful idea. Staying in the same old rut has not served you in the past and will not do so now. Get a few days away and it will help to free your thoughts.

VIRGO ♍ (August 24 - September 23)

Getting together with others to entertain is sure to be successful after the sixteenth. Before that there may be some irritations, particularly with people who refuse to be positive and make decisions. Those moving house or going on a journey need a lot of patience, and forward planning is

essential. Do not assume that all will go according to plan. Having been forewarned, you will have plan B ready. Take a suggestion to make fast money with a pinch of salt.

LIBRA ♎ (September 24 - October 23)

This is an important week for both your physical health and your mental well-being. Because of things beyond your control, you may have let your diet or exercise slip. Having sorted out any problems that side-tracked you, there is a need to be particularly strong. There is no soft option when it comes to self-control but the rewards are amazing.

SCORPIO ♏ (October 24 - November 22)

This is a week to let yourself be heard. Be it writing letters, sending emails, making phone calls or making conversation, you must express yourself. Being honest and outspoken need not mean upsetting people. Think of the way that a child gets its point over. Eye contact, simple speech, humour, a smile: all will help to oil the wheels of achievement.

SAGITTARIUS ♐ (November 23 - December 21)

Having problems with that new computer? Fallen foul of the new mobile phone? That wouldn't be surprising this week. As you are prone to mistakes and misunderstandings, try not to tackle anything vital. Be sure to get plenty of sleep and fresh air. Someone who is supposed to help you proves more of an irritation than a saviour, and you may wish that you had stuck with the manual. This is a week to try to keep life simple.

Nonagram

How many English words of four letters or more can you make from the nine letters in our Nonagram puzzle? Each



letter may be used only once (unless the letter appears twice). Each word MUST CONTAIN THE CENTRE LETTER (in this case B) and there must be AT LEAST ONE NINE LETTER WORD. Plurals, vulgarities or proper nouns are not allowed.

TARGET:

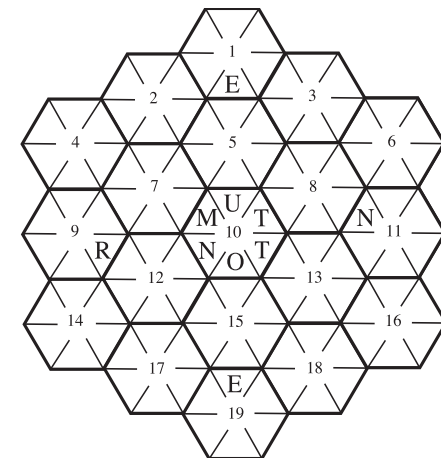
- Average: 14 • Good: 19
- Very good: 28 • Excellent: 36

LAST WEEK'S SOLUTION

acme ahem amah amen came camp game gamp hemp mace mage mana mane mean mega name champ mange encamp manage chapman chapmen CHAMPAGNE

Hexagram

The purpose of the Hexagram puzzle is to place the 19 six-letter words into the 19 cells. The letters at the edges of interlocking cells MUST BE THE SAME. The letters in the words must be written CLOCKWISE. The word in cell 10 (MUTTON) and one letter in four other cells are given as clues.



- DECREE
- DEPICT
- FORMIC
- GORGON
- HURLEY
- INVITE
- LOITER
- MUTTON (10)
- RESIST
- SCREEN
- SERVER
- SHELVE
- SHERRY
- SPRINT
- STRIFE
- THRONE
- TINGLE
- TOILET
- TWENTY

LAST WEEK'S SOLUTION

1 Specie 2 Demean 3 Tissue 4 Tallow 5 Impish 6 Jumble 7 Icicle 8 Nestle 9 Chapel 10 Cheers 11 Blonde 12 Chisel 13 Tendon 14 Vacate 15 Teeter 16 Patron 17 Wealth 18 Rotten 19 Teethe.

LOTTERY

UK NATIONAL LOTTERY

Saturday December 31



BONUS BALL



IRISH LOTTO

Saturday December 31



BONUS BALL



EURO MILLIONS

Tuesday December 27



LUCKY STARS



Friday December 30



LUCKY STARS



LA PRIMITIVA

Saturday December 31



REINTEGRO



EL GORDO DE LA PRIMITIVA

Sunday January 1



REINTEGRO



Sudoku

Fill the grid so that every row, every column and every 3X3 box contains the digits 1-9. There's no maths involved. You solve the puzzle with reasoning and logic.

LAST WEEK'S SOLUTION

2	6	9	4	5	3	1	7	8
8	1	3	7	2	9	5	6	4
7	4	5	6	1	8	9	2	3
9	7	6	8	4	5	3	1	2
3	2	8	9	6	1	4	5	7
1	5	4	2	3	7	6	8	9
6	3	7	5	9	2	8	4	1
4	8	1	3	7	6	2	9	5
5	9	2	1	8	4	7	3	6

	1					5	7	
				1			3	
		8						1
		3	9				6	
	7	9						
			6					1
		7			6			
		2			5		8	
5	9				4			

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Crossword

page

Enjoy filling in the following puzzles and check the answers in next week's edition

LAST WEEK'S SOLUTIONS

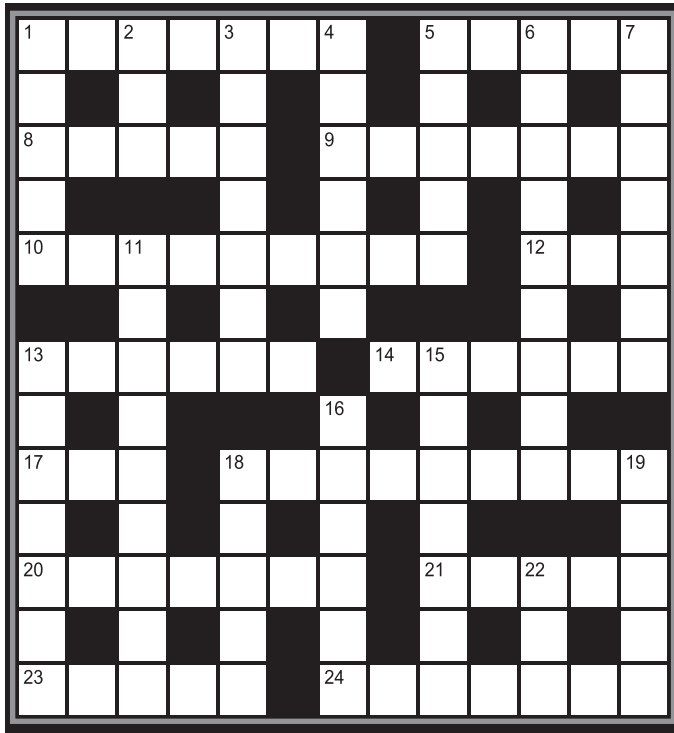
Cryptic

Across

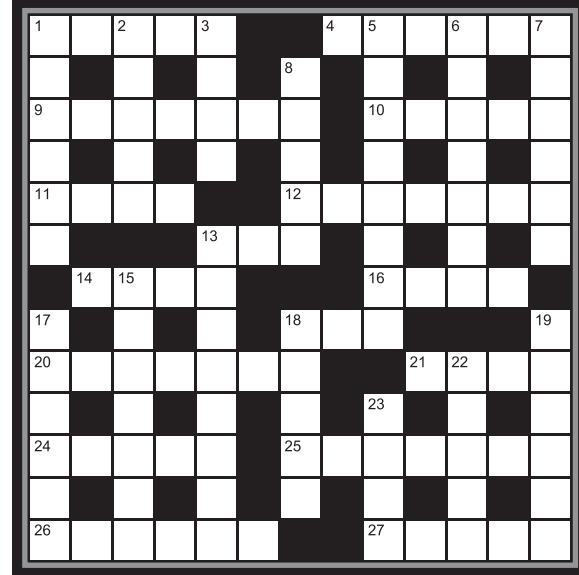
- 1 Fish left around here in France, more for Will (7)
- 5 Amazing girl? (5)
- 8 Mabel arranged a leisurely walk (5)
- 9 Difficulty returning cover to Jane Austen book (7)
- 10 I'm sure ten became insurgents (9)
- 12 Film location in middle of Ossetia (3)
- 13 Remained sober, so we hear (6)
- 14 Characters of Rebecca in America turn into a mad person (6)
- 17 A parliamentarian has power (3)
- 18 It's very common to stop framing Capone (9)
- 20 Long article on measure of rope (7)
- 21 Crowd in hydro-vehicle (5)
- 23 Temporary police force that left post-haste (5)
- 24 Indicated a negative time in legal document (7)

Down

- 1 Allegation about mail dispute (5)
- 2 Spot the bad back (3)
- 3 Absolve church holding lists (7)
- 4 Women with many strange ideas (6)
- 5 A leg's easily broken in such winds (5)
- 6 It's a crime to ruin the peace agreement (9)
- 7 'Stretchy', the Spanish cat, is hiding (7)
- 11 Netting the head of state's paraphernalia (9)
- 13 All cops cook this seafood delicacy (7)
- 15 A pop group on leave (7)
- 16 Looked after dented fiddle (6)
- 18 The spot to find fish, one hears (5)
- 19 Walk on part in first reading (5)
- 22 Not at home in the youth centre (3)



Quick



Across

- 1 Cutting (5)
- 4 Like better (6)
- 9 Stop holding on to (7)
- 10 Neck wrap (5)
- 11 Information about recent and important events (4)
- 12 Dash together (7)
- 13 Feline (3)
- 14 American tramp (4)
- 16 Any long and difficult trip (4)
- 18 Falsehood (3)
- 20 Brief look (7)
- 21 Small island (4)
- 24 On your own (5)
- 25 Outside or upper layer (7)
- 26 Makes up for (6)
- 27 Fraudulent (5)

Down

- 1 At peace (6)
- 2 Permit (5)
- 3 Highest point (4)
- 5 Determined (8)
- 6 Easily broken, damaged or destroyed (7)
- 7 Automatic response (6)
- 8 Respond to (5)
- 13 Having all necessary qualities (8)
- 15 Lengthy South American river (7)
- 17 Large American lizard (6)
- 18 Smallest in amount (5)
- 19 Defies authority (6)
- 22 Informal language (5)
- 23 Informal term for a meal (4)

CRYPTIC

Across:

- 1 Wiser, 4 Washer, 9 Sterner, 10 Strut, 11 Ears, 12 Service, 13 Apt, 14 Grin, 16 Easy, 18 Bid, 20 Decline, 21 Vote, 24 Rondo, 25 Cheroot, 26 Disney, 27 Swell.

Down:

- 1 Wasted, 2 Smear, 3 Reno, 5 Absorbed, 6 Harries, 7 Rotten, 8 Tryst, 13 Antidote, 15 Recants, 17 Adored, 18 Bench, 19 Rental, 22 Ozone, 23 Keys.

QUICK

Across:

- 1 Standard, 7 Speak, 8 Available, 9 Rat, 10 Lend, 11 Rested, 13 Betray, 14 Boring, 17 Scream, 18 Give, 20 Eat, 22 Examining, 23 Turns, 24 Tadpoles.

Down:

- 1 Small, 2 Against, 3 Dull, 4 Robber, 5 Weird, 6 Skating, 7 Section, 12 Marries, 13 Beneath, 15 Initial, 16 Banana, 17 Stare, 19 Edges, 21 Limp.

ENGLISH-SPANISH

Across:

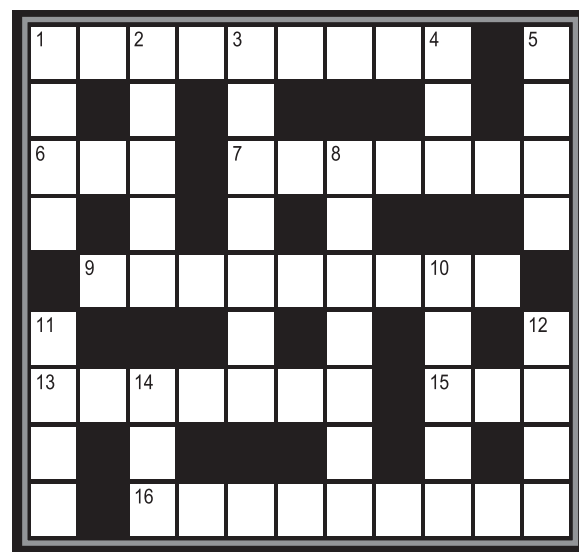
- 1 Aceite, 3 Util, 7 Lip, 9 Relleno, 10 Mariposas, 13 Rhubarb, 14 Lie, 15 Peso, 16 Cansar.

Down:

- 1 Aula, 2 Terminar, 4 Toenail, 5 Leon, 6 Alfombra, 8 Peanuts, 11 Drip, 12 Leer.

English - Spanish

The clues are mixed, some clues are in Spanish and some are in English.



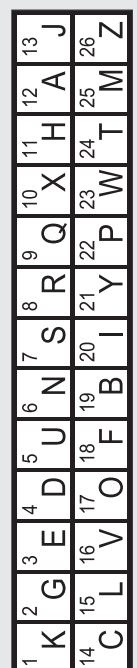
Across

- 1 Gemelos (de camisa) (9)
- 6 Ver (persona, objeto) (3)
- 7 Streams (brooks) (7)
- 9 Orquesta (9)
- 13 Happiness (cheerfulness) (7)
- 15 Aunt (3)
- 16 Peligroso (9)

Down

- 1 House (4)
- 2 To fry (5)
- 3 Cuero (piel) (7)
- 4 I am (3)
- 5 Weight (4)
- 8 Rescue (7)
- 10 Rhythm (5)
- 11 Glass (drinking) (4)
- 12 Aficionados (de equipo, grupo) (4)
- 14 Final (de ceremonia, vida, aventura, guerra) (3)

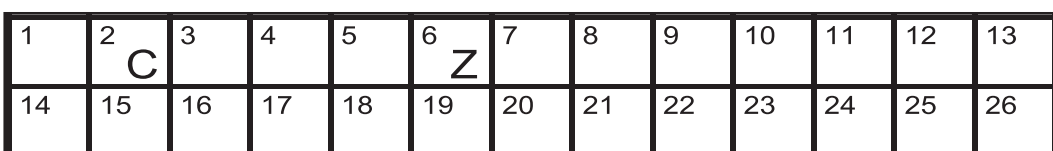
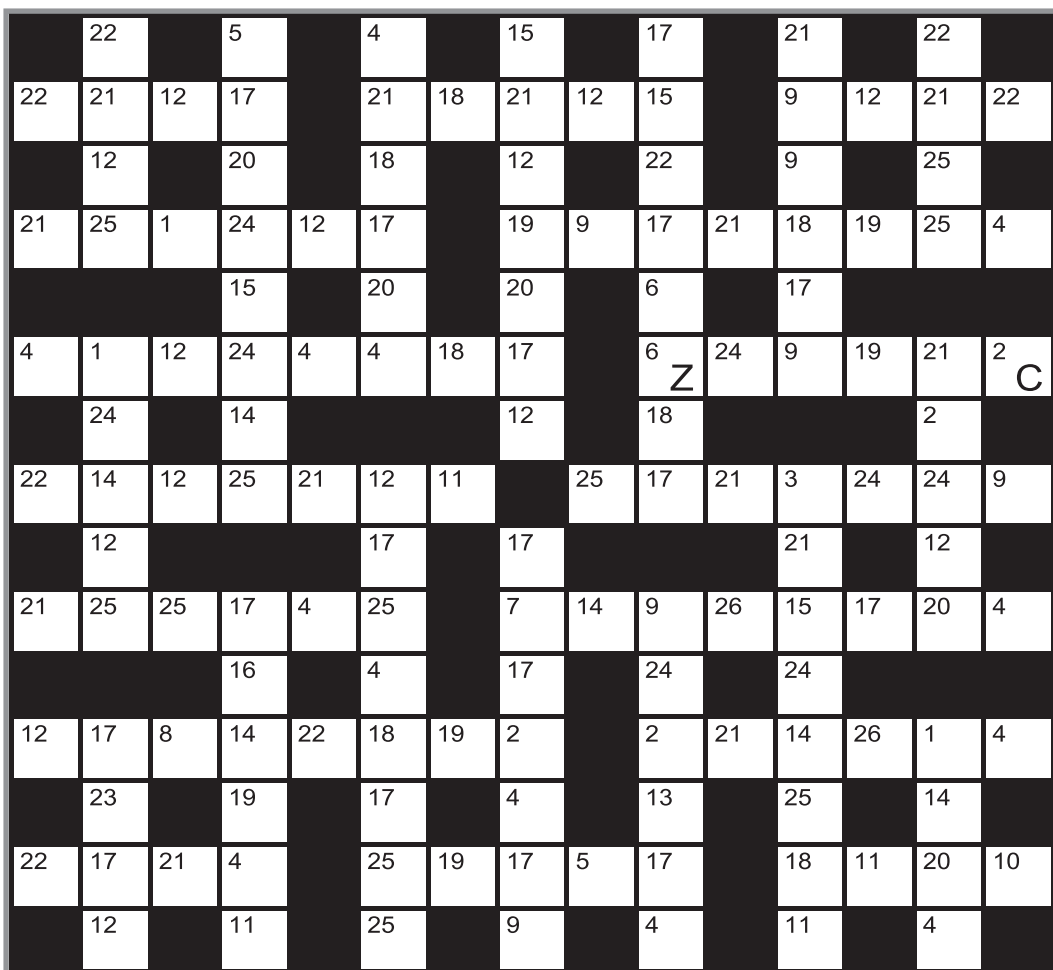
CODE BREAKER



Each number in the Code Breaker grid represents a different letter of the alphabet.

In this week's puzzle, 2 represents C and 6 represents Z, so fill in C every time the figure 2 appears and Z every time the figure 6 appears. Now, using your knowledge of the English language, work out which letters should go in the missing squares. As you discover the letters, fill in other squares with the same number in the main grid and the control grid.

Code Breaker



LETTERS

YOUR PAPER - YOUR VOICE - YOUR OPINION

Letters for Your Say should be emailed to yoursay@euoweeklynews.com or make your comments straight on our website: www.euoweeklynews.com

Cowboy builders come to Spain

LAST May I approached a kitchen business to find a reliable expert to lay a laminate floor in my villa. After an agreed quote this so-called expert carried out the work but within four weeks it had failed. After some trouble I managed to contact him through the kitchen business.

He returned to carry out repairs to the new floor at further cost to myself! In October the flooring developed further faults and since then I have called him five times and texted three times, but 'Yes' you've guessed it, 'No Reply'!

So I approached the kitchen business who first recommended this 'expert' to see if they would help to contact him but 'Yes' you've guessed it correctly again, 'two emails with no further replies from them'! I was advised to employ Spanish contractors but felt supportive towards Brits trying to run a business in another country!

I now have to employ another contractor to carry out repairs at further costs. We all know the pitfalls of being ripped off with poor workmanship, promises and lack of responsibilities towards those that pay good money to help keep them in business!!

My experience is a warning to others!

R J Gammon, Alicante

Weapons testing

THE testing of armaments has been going on from the beginning of time!

According to reports in the newspapers, Russia has tested '162 types of modern armaments during the campaign in Syria.'

What is their ambition, to be the sole superpower? Some 80 years ago Nazi-Germany aimed at world dominance and certainly some testing was needed: aerial warfare was crucial.

Hitler's support of Franco gave the Luftwaffe the opportunity and Guernica paid the price and was destroyed.

At the Nuremberg trials Hermann Goring testified that "The Spanish Civil War gave me an opportunity to put my young air force to the test and a means for my men to gain experience."

» Photographs for possible publication should be sent by email with a full caption to: photonews@euoweeklynews.com



TRAIN TRAVEL: Nationalisation could win an awful lot of votes.

Reasonable rail fares?

I GO to the UK fairly often and when I do I am forced to travel around by train. These journeys are relatively infrequent so I do not feel I am being taken advantage of by the cost.

But I do remember being a professional commuter and having to put up with dirty, uncomfortable trains that were late and too full. Is it beyond the wit of

man to run a train service that provides a level of comfort at a reasonable price? I am a fan of the West Coast main line run by Virgin. Virgin isn't big enough to take over the whole network. I know it's been said before, but in my opinion nationalising the rail service would win a political party an awful lot of votes.

D Smith, Marbella

That ambition brought Germany to its knees.

Leif Krogstad, Palma Nova

Meaningless death?

I AM too young to remember young men of conviction going to fight Franco's forces in the Spain of the 1930s.

Many died and everyone knows their efforts were ultimately futile. Why though are young men going to fight against Daesh in Syria?

For the same reasons?

I don't know, but it is all over the internet that a chef from Sussex appears to have been killed leaving his family with a tragedy

on their hands.

Did his sacrifice achieve anything at all?

Kate, by email

Brexit blues

LIKE most people I intend to tough it out and see what happens. Spain is my home now and to be honest I do not feel I have much in common with those who voted to leave the EU.

Maybe they don't care about people like me. One thing that does worry me is the number of EU citizens in the UK who say they have been subjected to abuse, just because they're not from the UK.

Almost all of them are holding down proper jobs and paying their

taxes. And some are doing jobs I know that Brits wouldn't want to do.

One Spanish paper featured a young teacher who has returned from the UK because he said the atmosphere has changed. It is very sad when a teacher feels that strongly.

Roy L, Almeria

Planet plea

THE election of Donald Trump made me happy at first, someone who will shake up the system.

But I can't be the only person who's worried he doesn't seem to think mankind has much impact on his environment. Drilling for oil and gas in some of the world's last wildernesses doesn't seem the

answer to me.

I don't see much evidence of people taking the environment seriously in Spain.

But if we don't take care the consequences will be severe and human lives will be lost.

Will that make people sit up and think?

Ellie T, by email

Honours compromised

WHY are we still giving honours to people who supply political parties with the most money?

I'm all for recognising the great and the good, but they have to deserve it. Knighthoods for civil servants nobody has heard of, gongs for cronies and even giving a knighthood to a sportsman when they're still young? None of that seems right to me.

Honours should rightly be for those who give service to their communities and there are plenty of these people. I worked with one for many years.

Maybe the system needs another review!

P Richards

Fond farewell

ON the subject of people we lost in 2016, I would like to remember Alan Rickman.

He died of pancreatic cancer in January and is a great loss. He appeared, at least in public, to be a very unselfish man who was not bowled over by stardom. I watched the Harry Potter films and I'm too old for them, just because he was such a lovely actor. A great loss to all of us.

Frank T, Benalmadena

WHEN YOU WRITE

All letters, whether by email or post, should carry the writer's postal address, NIE and contact number though only the name and town will be published.

Letters may also be edited.

Readers who have missed earlier correspondence can see all letters posted on: www.euoweeklynews.com



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Advertising feature

New Year's resolution - will you keep yours?

THIS week, millions of people will be making a promise to do an act of self-improvement from New Year's Day 2017.

But where did the tradition of making a New Year's resolution originate?

The idea can be traced back to the Babylonians who promised their gods that they would repay their debts and return borrowed objects. The Romans made promises to the god Janus, (after whom the month of January is named) and Medieval Knights took the 'Peacock Vow' to re-affirm their commitment to chivalry.

Today many religions observe periods of atonement by reflecting upon wrongdoings over the year and seeking forgiveness. The concept of a resolution, regardless of creed, is to reflect upon self-improvement annually.

Between 1940 and 2000 the number of American adults forming New Year's resolutions increased from 25 per cent to 45 per cent. Making a resolution actually improves the rate of success tenfold when compared to those who choose not to make resolutions. The most popular resolutions are to improve physical well-being by eating healthy food, losing weight, exercising more, stopping smoking, and drinking less alcohol. Sadly however,



CAMBRIDGE WEIGHT PLAN: Make us your choice partner for 2017.

nearly 90 per cent of our resolutions fail.

The Mayo Clinic recently stated that "Hundreds of fad diets, weight-loss programmes and outright scams promise quick and easy weight loss. However, the foundation of successful weight loss remains a healthy, calorie-controlled diet combined with increased physical activity. For successful, long-term weight loss,

you must make permanent changes in your lifestyle and health habits."

Having originated in 1984 Cambridge Weight Plan is certainly not a fad. By combining a balanced, scientifically proven, calorie controlled diet, with increased activity, our range of weight loss programmes are flexible enough to fit in with your own

lifestyle. With the one-to-one support from your very own Cambridge Weight Plan Consultant we will support and train you on how to successfully lose weight and keep it off.

You can choose the complete meal replacement option, or opt for one of our programmes that include healthy eating alongside meal replacements. More often than not our Cambridge Weight Plan Consultants have lost weight on the Plan, so they know exactly what you are going through.

It is easy to find a Consultant, simply contact us on 952 586 324, by email on info@cambridgeweightplan.es or via Facebook or our website: www.cambridgeweightplan.es for a list of Consultants who cover your area. It is then up to you to make that next step, and change your life forever!

At Cambridge Weight Plan we have been successfully helping people to achieve their New Year's resolution to lose weight for over 30 years. Trust experience and make us your choice partner for your 2017 resolution to lose weight and get healthy.

www.mayoclinic.org/healthy-lifestyle/weight-loss/in-depth/weight-loss/art-20047752

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Have a dental check carried out before scuba-diving

COULD scuba-diving be damaging your teeth?

It may be a favoured holiday pastime for many, but a study has found that around four in 10 people who dive suffer dental problems afterwards such as jaw pain and broken fillers.

This is believed to be caused by the fluctuations in pressure underwater that can lead to air pockets in the roots of teeth causing

a condition known as 'tooth squeeze.' This can become painful for those with cavities, broken or temporary fillings or an abscess. This, combined with some divers clenching their teeth against the mouthpiece can cause damage especially as in many cases the regulator is not the correct size for a diver.

The study looked at the more experienced

who dive for recreational fun rather than professionals or those who do it for a living.

The report, published in the British Dental Journal, concluded that recreational divers should consider consulting their dentist before scuba-diving.

SCUBA-DIVING:
Many people suffer dental problems.



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Advertising feature

Has alcohol addiction affected you?

ARE you concerned about a family member or a loved one who is drinking too much, taking other substances such as marijuana or prescription drugs, or engaging in any other reckless behaviour?

Have you noticed a negative change in their behaviour?

Have they started to struggle to live up to the normal day to day life responsibilities you would expect of them?

Have they started to act in unusual or secretive ways that are perhaps out of character?

Has this put a strain on your relationship?

Do you often argue or struggle to see eye to eye with them?

Do they seem to be in denial about the damage that their destructive behaviour is doing to themselves, and your relationship with them?

Alcoholism and other addictions affect not only one person but everyone close to them.

Quite often family members or



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Warm wishes for a bright and prosperous New Year

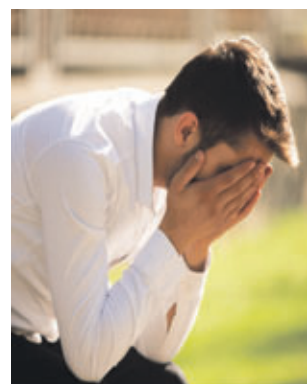


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ANTIBIOTICS: Spanish children are prescribed more.

Concern over antibiotic use

A STUDY has found that Spanish children are being prescribed more antibiotics than many other countries.

The study was carried out by the Foundation for the Promotion of Sanitary and Biomedical Research of the Region of Valencia (FIS-ABIO), which is attached to the Department of Health, together with a consortium of German, Italian, Norwegian, Korean and American scientists.

They followed more than 74 million children from birth to 18 between 2008 and 2012 in what the Valencian Government is calling the first and longest study ever carried out on antibiotic use between countries.

The results suggested that in the first two years of life, Spanish youngsters were being given up to 50 per cent more antibiotics than the Germans and Americans. The study found South Korea most frequently prescribed antibiotics followed by Italy and Spain, with Norway the lowest.

Over use of antibiotics can make youngsters become resistant.

The concern is that over use of antibiotics can make youngsters become resistant to them and inappropriate use can lead to more problems.

FISABIO warned there needs to be more social awareness on the use of antibiotics in Spain and paediatricians should be the first to act by reducing the number of prescriptions issued.

Variety sets up infants for life

CHILDREN who are breastfed as babies are less likely to be fussy eaters. That's according to researchers who found that youngsters who were breastfed were more willing to try new foods and had a greater chance of liking them by the age of six compared to those who were bottle fed.

The more variety given during the weaning stage can also lead to a greater liking of greens later in life.

The researchers at the Centre for Smell, Taste and Food Science in Dijon, France, who led the research, said exposing infants to healthy foods from a young age can have long-lasting effects. They followed 53 children from birth for their study.

Ask The
Doctor

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Some tips for a healthy new year



SPECIALIST: Doctor Luis Perez Belmonte.

HEALTH is a very important matter which everyone should keep in mind, and it is very much influenced by our lifestyle. There are a series of measures which can be taken to help us feel better and noticeably improve our health for a healthier 2017. These are the main points we should concentrate on to improve our health:

1. Diet: the saying "we are what we eat" is very true. Following a balanced diet which is rich in fruit and vegetables and limits meat, especially red meat, favouring fish instead will help us to maintain an optimal state of health as it helps reduce the amount of 'bad' fat and sugars we eat. All of this is included in the Mediterranean diet, which has been proven to be the healthiest.

2. Physical exercise: to keep our bodies fit and help out mental health, it is vital to carry out moderate daily physical exercise. An example of exercise would be walking or jogging for 30 to 60 minutes, depending on the person's level of fitness, every day or at least five days per week.

3. Avoid tobacco and alcohol: tobacco is ex-

tremely toxic and should be avoided in all its forms. Regarding alcohol, it is healthy to drink one or two glasses of red wine per day, but stronger alcoholic drinks should be saved for special occasions.

4. Avoid being overweight/obese: if we follow a healthy diet and maintain a good level of physical exercise, we will manage to keep our weight under control and stay healthy, reducing our risk of suffering diabetes, high blood pressure, high cholesterol or heart attacks among other things. Staying at a healthy weight also avoids putting excess strain on our joints.

5. Control stress: it has been proven that people who are subjected to a lot of stress, either at work or in their personal lives, suffer worse health and are at risk of serious illnesses. Stressful situations should be avoided as much as possible.

6. Sleep: decent sleep is essential to strengthen the body and mind. Avoid heavy meals, alcohol and stressful situations before bedtime to ensure a good night's sleep.

If you have any questions for Dr Perez Belmonte, please send them to:
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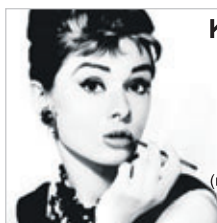
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Stay on trend this year

ANOTHER new year and another new healthy food fad. Move over coconut water and kale, top nutritionists are already predicting what will be helping you lose weight in 2017...

Jackfruit

From the same family as the fig, mulberry and breadfruit, the jackfruit is sometimes also known as jakfruit or simply jack. Young jackfruit isn't sweet as it is harvested before the sugars develop, but the fully ripened fruit has a similar texture of a banana. Studies have shown it has anti-inflammatory properties and the seeds are a good source of Vitamin C and antioxidants, that can help to prevent cell damage.

Plant water

Coconut water now has a new friend in the form of cactus plant water which is being tipped to be a big seller in 2017. It is believed to help fight high cholesterol levels and is even reported to help cure hangovers and prevent them if drunk before a night on the town.

Poke bowls

A poke bowl is a traditional Hawaiian dish consisting of a raw fish salad often served in a sushi dish but has now migrated to the mainland and is becoming more and more popular with entire restaurants being devoted to them. They combine raw fish such as tuna and salmon with fresh vegetables into super-nutritious meals full of good fats. It is recommended to eat at least one portion of foods rich in Omega 3 each week and poke bowls are a good source of this as well as staying bang on trend.



| Jackfruit.

Sciatica

Sciatica is a name that is used for many discomforts in the lower back. The real cause of Sciatica is an irritation of the sciatic nerve. This nerve runs, with its branches, from the spine through the pelvis to the leg. If the nerve gets irritated somewhere from the spine before it enters the leg, it is officially called Sciatica.

The symptoms manifest themselves often as pain in the buttock, radiating to the hip and often to the leg, to the calf and even into the foot. This all may be associated with or without back pain, while the cause is often located in the lower back. The leg pain will normally get worse by sitting in the car or sofa. Walking long distances is difficult and lying in bed flat on the back makes the pain in the leg get worse as well. Lying on the painful side is uncomfortable as well and triggers the leg pain.

There are basically three areas where the sciatic nerve might be trapped: in the spine, in the pelvis and the buttocks. In the spine, a vertebrae or an inflamed joint could give pressure to the roots of the sciatic nerve and cause radiation. An inflamed intervertebral disc could be the cause of this as well. Normally this kind of sciatic pain is accompanied with low back pain.

A misalignment of the pelvis can cause pressure on the nerve and prolonged



misalignment can even cause spasms and scar tissue in the pelvis, which in turn may compress the nerve. This complaint normally starts on one side of the lower back going into the buttock and then further down into the leg.

Furthermore, the nerve could be entrapped in or under the Piriformis muscle. If this muscle tenses or goes into a spasm,

pressure is put on the sciatic nerve and radiating symptoms as leg pain or/and pins and needles can arise. This is often seen in people with chronic back pain and / or with a (too) hollow back (lordosis).

Because the cause of sciatica is so diverse and because there is often a combination of factors at the fundament of this phenomenon, a correct diagnosis is

essential. The cause should be treated and not only the symptom. Symptomatic treatment will only lead to short-term relief or no results at all.

In our clinic, we are specialised in diagnosing and treating these unpleasant, often long-term complaints in the back, buttock and leg. We try to get to the core of the problem by addressing all aspects of the possible cause of the complaint. We apply an extensive examination throughout the whole body on all our patients, using postural computer analysis and special chiropractic tools to find the cause(s) of your complaint and we aim to treat this in all its aspects. This is the only way to get rid of this complaint...only treating one aspect of this complaint does NOT solve the problem!

You do not have to live with this pain, we can help you, even when you've been everywhere. Our approach is unique and very successful.

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Picasso in Paris

IN the year 1900, Paris was the place to be as it was the site for the World's Fair, and invited countries from around the globe came to celebrate their cultural similarity and differences. Most importantly, the spirit of this exhibition was to promote tolerance and humanism after a period of turmoil and warfare.

“ Paris at the turn of the 20th century was the place that shaped modern art and Picasso.

Open-minded thinkers, academics, elites, industrialists and artists of all sorts arrived from all corners of the planet to take part in the revelations and gaiety and also to take a glimpse at the exhibitions which featured a vision of what was coming in future years.

One of those expats was Pablo Picasso, who came to Paris as a struggling, poor, uneducated Spanish

painter and became, thanks to the influences of Paris, a world-class modernist painter, sculptor, print-maker, ceramicist, stage designer, poet, and playwright.

It was in Paris that Picasso met the people who would elevate his passions and his pocketbook to new heights. He lived with the most enlightened poets of the day, both nationals and internationals who fueled his inner thoughts and visions, which ultimately moulded his outlook on life and art. He drank in the most notorious cafes and spent nights in the most celebrated brothels and dance-halls. He also explored the most depraved and saddest places that Paris had created as well as the glorious and happiest. He was exposed to the most inspiring of art and history exhibitions that Paris offered as well as the offbeat Bohemian, avant garde art shows and performances.

Needless to say, Paris at the turn of the 20th century was the place that shaped modern art and Picasso.

On Saturday, January 14, Karla Darocas, Hons BA Fine Arts Histori-

an, specialising in the Spanish Masters and citizens of Benitachell, will embark on an adventurous lecture and slideshow that celebrates this beautiful era of modernism and transformation in Paris together with Picasso's journey to fame and fortune.

This event will take place at the Javea Church Centre in the old town. Guests must register to attend this 90-minute historical revival which aims to educate, entertain and inspire!

The Cafe shop will be serving coffee and treats for a small fee in aid of their centre at 10am. The lecture will start at 10.30am and reservations are a must!

The cost is only €10 and includes a free raffle ticket to win a piece of



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Musicals in Concert



AMADEUS: Perform a revue of all your favourite tunes from the musicals.

MUSICALS IN CONCERT is the latest revue of show tunes from the West End and Broadway performed by Amadeus at Espai La Senieta in Moraira on Thursday February 23.

After the success of the show at Finca Jacaranda during the summer, you now have another chance to see this mixture of well-known songs from musicals such as Les Miserables, Cabaret, West Side Story, Grease, Evita and more. The show is filled with a mixture of love songs, showstoppers,

comic routines and includes a medley of well-loved duets.

Come and join Philip, Amanda and Chris on their whirlwind tour of the theatre and enjoy some of your favourite songs and a few surprises.

Tickets are priced at €12 and are available online at

www.philipashley.com/boxoffice.php or by telephone on 965 581 483.

The doors will open at 7.30pm with the show itself starting at 8pm.

It's a Scream at the pantomime!

CARELINE THEATRE'S pantomime in Alcalali from January 19-22 is the classic fairy tale Pinocchio, directed by Dorothy Fish.

Based on the famous Walt Disney film, it is packed full of fun and laughter with songs you know and love including 'When You Wish Upon A Star.'

The dates are Thursday January 19 to Sunday 22 at 8pm, with matinees on the Saturday and Sunday at 3pm.

Opening night is Party At The Panto, with a free glass of cava and nibbles. Proceeds from this production will go to Jalon Valley Help, Help of Denia and Marina Alta, and MABS.



REHEARSAL: Geppetto The Toy Maker (Peter Clague) enjoying, if that is the word, some opera from Mama Macaroni (Dennis Arthurs), whose voice can shatter glass.

Tickets are already selling faster than Mama Macaroni can eat a bowl of pasta, so contact the Box Office now on 652 294 750 or by email to carelineboxoffice@gmail.com. Tickets cost €12 for adults (€11 for pre-paid groups of 10 or more) and €8 for children under 10 years of age.

Javea Book Circle

THE next meeting of the Javea Book Circle will take place on Tuesday January 10, 2017 at the Social Centre in Javea Old Town. Members are asked to arrive at 6.30pm for a 6.45pm start, with the meeting expected to last for around two hours.

At the first meeting of this New Year the group will be holding a brief AGM and discussion, followed by a review of their Christmas reading, presents received and

given, books we wish Santa had delivered, our good and bad reads over the holiday, etc.

The circle meets for two hours on the first Tuesday of each month and you can also follow their activities on the website www.xabiabookcircle.com.

For more information please contact the Javea Book Circle Secretary, Alma Dorn-dorf, on 636 898 162 or email alma@dorn-dorf.es.

Culture plans for 2017

By Linda Hall

THE Frax Foundation on Albir sea front is organising 27 exhibitions and 14 concerts this year.

The cultural centre, created to encourage, publicise and promote both new and established artists, will be in constant use with talks, courses and other events. "Without doubt there will be additions to the list as we finalise negotiations with artists from all branches of the Arts," said the Frax Foundation's presi-

dent, Matias Perez Such.

Prominent amongst forthcoming events is an exhibition of works from the Eberhard Schlotter Foundation from February 3 until May 21. This will be followed by further exhibitions of Schlotter's paintings, engravings and drawings throughout 2017.

The Foundation, which celebrates its 40th anniversary this year, will also inaugurate a library and plans to relaunch its Tourism Museum.

All budding story writers

EMPAR ARGUDO was the 'Special Category' winner of Teulada-Moraira's Second Short Story competition.

This category was open to those who were born in Teulada-Moraira, are registered on the town 'padron' or live there. Empar's story entitled 'Una de muchas' - One of many - won her a €100 voucher to be exchanged at any local bookshop or newsagent's.

All the short stories have been published in a magazine that can be downloaded from the Teulada-Moraira web page. A printed edition is available in Teulada's municipal library and the Moraira municipal reading room.

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RESTORING HISTORY at the Museum Casa Orduña.

Renovation for historic building

By Caroline Tyszka

MORE than €90,000 will be spent making improvements to the Guadalest Museum which dates back to the 17th century.

The Museum Casa Orduña, nestled in the hills of El Castell de Guadalest, has been granted funding from the regional council, the town council and the heritage conservation to carry out urgent maintenance work and improvements to the ancient building.

Enrique Ponsoda, mayor, said: "This investment will be spent on

many of the facilities that have been damaged through general use and the passage of time."

Included in the works will be the sanitation of the drains, which have suffered constant pipework blockages, and resolving the damp problems that come from the building being built into the rock.

The beacons in the inner courtyard which overlook the Guadalest reservoir will also be renovated.

The house was built following the great earthquake of 1644 - which ravaged the region and

ruined the castle - by the Orduña Family lineage, of Basque origin.

The museum became a house of nobility that today can be visited and in which you can see the kitchen, dining room, library and also access to the Castle of San Jose.

There are several exhibitions that the Casa Orduña Museum hosts throughout the year.

Visitors can currently see the work of the German painter Jorei in a series of oils and watercolours until January 8.

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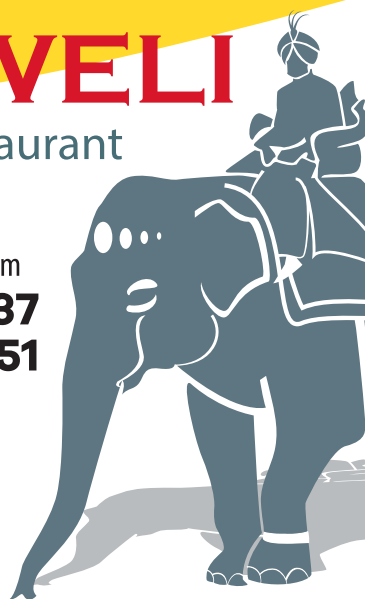
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It's panto time!

A FEW tickets are still available for The Broadway Performance Academy Pantomime, 'Snow White and the Seven Dwarves' in January 2017.

The show, written and produced by Matt King and Rebecca Troch, has a cast of over 60 dancers and actors who will entertain the audience with many family favourites including 'hi ho.'

Tickets for the Friday January 27 and Saturday January 28 shows at the Casa de Cultura in Alfaz del Pi are on sale at €10 for adults and €6 for children 10 and under.

All seats are bookable with seat numbers being offered on a first come, first served basis and can be obtained by email: broadwaydance1965@gmail.com or by calling Matt on 678 657 136 or Rebecca on 636 929 680.



Tick-tock - the real watchmaker.

Terra Natura holds musical adventure

THE Terra Natura Benidorm Park's new show 'El relojero real' will run until January 8 2017.

The musical adventure, 'the real watchmaker' is aimed at raising awareness of the importance of playing with children using riddles and fun tests.

Held in the amphitheatre area of the park each performance will choose a child

from the audience to play a main character, encouraging crowd participation and family interaction.

The park has many other festive activities including storytelling, carolling workshops and donkey rides.

Full details of the parks special activities can be found at www.terrannatura.com.

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Accessible housing

SPAIN may be finally getting with the programme when it comes to providing much needed accessible housing for elderly and disabled people.

A pioneering accessible home, specifically designed for people with reduced mobility, has just finished a tour across the nation. The three-month journey through 15 Spanish cities allowed roughly 30,000 people to see the accessible home of the future with their own eyes.

Everything from bathroom design to faucets, floor material, corridor width, bed height, windows, drawers and doorbells is adapted specially for the homeowner. More importantly designs are flexible,

meaning the slightest of changes can make winter a little easier to bear.

The home marks the entry into the property market of new architectural companies and opportunities and a growing wave of mobility-friendly homes. It has taken a surprisingly long time, especially as there is such a strong demand across Spain and in expat communities.

It is thought that more than half of the estimated 3.25 million disabled people have serious trouble moving around their own homes.

More startling is the fact less than a quarter of homes are considered accessible to the disabled. Fortunately, that looks set to change soon.

Finally, it is the end of an era



LONDON PROPERTY: Many professionals are now leaving the capital for cheaper pastures.

By *Matthew Elliott*

A SURVEY of some of the world's top property experts has found that the majority believe that 2017 will be the year the extraordinary London price boom finally comes to an end.

Conducted by *The Times*, the poll found that 22 out of 39 leading economists reckoned the show was over for the British capital. Most alarmingly some even anticipated prices dropping by a

hefty 10 per cent. Prime central London areas have already dropped by up to 13 per cent in 2016 while the JP Morgan analyst thought a city-wide 7 per cent fall is likely this year.

The survey confirms the expectations outlined in a report from the Royal Institute of Chartered Surveyors. It forecast a stalling of growth across the UK, a development that would fly in the face of over a decade of sharply rising prices.

House prices in the capital hit an aver-

age of more than €0.5 million in 2016, up from less than €300,000 in 2006.

The reasons for the expected price fall this year are many, but fortunately for the rest of Britain mainly revolve around London itself. Having been priced out of the market for too long, many professionals are now abandoning the expensive capital in search of greener, cheaper pastures from Birmingham to Brighton and Manchester.

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Advertising feature

Right Plumber: listening to their customers

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A plumbing emergency is any time a pipe bursts, sewage backs up, or the flow of water in your house is causing damage. Burst pipes could leak behind walls, onto ceilings or warp the floors in the home. These emergencies must be dealt with immediately before they cause further damage.

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Right Plumber is located in Calpe, operating in all areas of plumbing along the Costa Blanca whether it be a new home, renovation or an existing plumbing installation: it is there to help keep your home safe and your costs down. It offers a free quotation with no call-out fee.

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MODERN TAKE: Use plain wood and pale paint to lighten the effect.

Top 2017 kitchen trends

By Eleanor Hawkins

IF you're thinking of renovating your kitchen this year, there are a variety of new trends which are set to be firm favourites this year.

Industrial style

Practical kitchen areas with an industrial style are becoming all the rage as a change to modern fitted kitchens. Their key elements combine exposed features including exposed brick walls and beams with understated cabinets, metallic appliances and exposed pipes, all highlighted by reclaimed or imitation factory light fittings.

Modern but classic

Those old favourites, Shaker kitchens, are still all the rage and can be combined with country-style accessories or high-tech gadgetry to vary the final effect.

For a modern take on the traditional style, use plain wood and pale paint to lighten the effect. Whereas in the past Shaker units could be pricey, there are now versions available for all budgets and a sleek, modern worktop on top will be the perfect finishing touch.

A brightly coloured kitchen range between the light coloured cabinets will create an eye-catching focal point, while the rest of your appliances should be integrated behind doors.

Bold and brave

Playing it safe is out of fashion. Bold, brave colours are the latest way of saying it with your kitchen and there is a wide range of tones, patterns and textures on the market with something to suit every personality.

Dulux's Colour of the Year for 2017 is denim, and blues and greys are still in favour al-

though darker shades are coming into fashion.

Those not quite ready to go all the way can opt for more traditional toned cabinet doors and add splashes of bold colour in tiles or work surfaces, or by dotting the odd coloured door amongst the rest to break up a monotonous wall.

Sleek chic

Those in search for something chic and streamlined have an endless range of high-gloss finishes for a modern look. Clean lines, handle-free doors and lots of hidden storage space to hide clutter and keep everything slick and tidy combine perfectly with the latest in gadgets and equipment.

For a half and half version, combine traditional Shaker units with long, sleek handles, shiny built-in appliances and cool white worktops and fun, quirky accessories.

January tasks for the garden

JANUARY is a relatively quiet month for gardeners, with the main tasks consisting of protecting plants from cold and starting to plant for the spring.

Household plants should be checked to ensure they are not being dried out by heating and those in flower should be watered more often than usual. It is a good idea to combat dry air by increasing humidity.

Outdoors, it is time to start planting the vibrant plants which will flower in the spring, seasonal bushes and fruit trees. If puddles are a problem, dig drainage channels to avoid plants standing in water and remember although those planted directly in the ground will thrive on rain water, those in pots dry out quicker so may still need watering occasionally.

Keep lawns longer than usual to protect the ground from cold and, in the case of frost, do not walk on the grass as it will not regenerate in frozen conditions.

Prune rose bushes and ornamental trees.

In the vegetable garden, tomatoes, beetroot, leeks, peas, onions, radishes, celery, peppers, aubergines, garlic, spinach, carrots and lettuce can now be planted.



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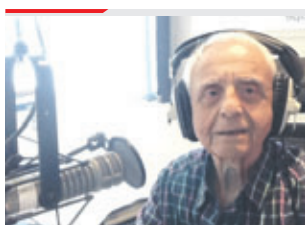
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It is essential that all dogs are regularly inoculated and wormed, that is; inoculations and boosters every year, worming treatments every three months. The only effective worming products are available from your vets.

Many pet owners encounter problems at the vet. The dogs and cats do not like to be examined. From an early age make it a pleasant experience for your pet to be handled and examined by different people. Always do this while you are present to reassure and reward the dog with praise and 'titbits.' Only ask sensible people,

who are used to dogs to assist you with this exercise.

Some if not most vets prefer to examine their patients on a table. So if you have a dog that can be lifted onto a suitable table, get the dog used to being put on the table. Hold him in a comfortable position for a few seconds, praising him and reassuring him, then give him a 'titbit' and gently lift him off. Never let a dog jump off the table by himself.

If you use a table make sure a mat or cover is placed on it so that it is not slippery for the dog. There is no quicker way to make a dog hate being picked up and put on a table than to place it on a slippery surface.

Administering prescribed treatments:

Often following a visit to your vet you will be required to continue a course of treatment at home. This can include: giving pills or liquid medicine (orally); applying ointments to eyes, ears and skin; giving eye or ear drops.

The only reason dogs object to taking medicine is that they are not used to being handled. It is kinder to prepare your dog to the best of your ability

for the occasion when this will probably arise. This is best done by training your dog to allow you to handle it and examine any part of its body under any circumstances without any resistance from your dog.

Pills can often be given by disguising the pill inside a little piece of butter, margarine or cheese. There are many 'Do Not's' associated with this sort of training, all of which are common sense, but you would be surprised how many dog owners have little of this precious commodity.

Do not give dogs any medicine unless specifically prescribed for that dog by a vet. If in doubt about your dogs health, consult a vet, never take advice from unqualified people; this includes pet shops, dog breeders, dog trainers, behaviourists and the person a friend knows who had a dog with the same sort of symptoms.

Do not put anything in your dog's ear. Look, don't poke! Report discharges or smells to your vet. Do not put any drops or ointment into your dog's eyes. Consult your vet. Do not interfere with any lumps, bumps, wounds, cysts, rashes or anything else on your dog's body. Consult your vet.

Spaniel Doc loves the beach

COCKER SPANIELS as a breed are known to have friendly, and loyal temperaments. They can be a little ditzzy too over their human families. Doc is very much an only dog, and gets very possessive and jealous in the company of other dogs. He particularly loves being at home or the beach at Fuengirola.

Once a year his family go on holiday to visit family back in England. At that time he used to stay with family friends, and once he went to a kennels that had been recommended to the family.

When they returned he had lost his voice, it simply didn't suit him. He missed his family and spent the three weeks howling for them for as long as his voice lasted. Then they decided to try to find suitable house-sitters.

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he can stay at home, near the beach - his favourite place - and he awaits his family's return in the company of friendly sitters who love to play with him...

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Pocket-pet care

By Eleanor Hawkins

SMALL and relatively cheap and easy to keep, hamsters have been a popular pet for many years.

Unlike mice, hamsters are not particularly interested in having company apart from making more hamsters, so can be kept individually without any major problems. They are nocturnal and tend to sleep most of the day before racing about at night.

Essential equipment for hamster owners consists of a cage, exercise wheel, water bottle, food dish and bedding.

While snazzy cages with mazes of

plastic tubes look cool and are loved by children, they are not the best bet as they are difficult to keep clean and can also cause problems if a chubby hammy gets stuck in a narrow tube.

Exercise wheels should be made of solid plastic, rather than old-fashioned wire ones which can easily cause injury.

Grass hay, hamster pellets and fresh veg are all a hamster needs to stay well-fed and healthy. Beware, however, that they love to stash food away which can quickly lead to rotting vegetables, so take care to search out and remove these stashes frequently. Sticks or chew toys are vital as the rodents' teeth grow constantly and need wear-

ing down and, like all pets, a constant supply of fresh water is vital.

There are many different types of bedding available but be aware that litters which clump can cause digestive problems and softwood shavings can cause respiratory disease. As hamsters do not tend to be smelly animals, shredded paper is the best option for bedding.

Hamsters generally keep themselves well-groomed so only those with long hair will need occasional grooming with a soft brush. Gentle handling from an early age will be enough to train a hamster as an affectionate pet, but avoid waking them up during the day to stop them from getting grumpy.



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Some might say...



Motoring shorts

An electric rip-off

A REPORT found that British electric car-owners are paying well over the odds to recharge their batteries. Some of the new public charging stations charge upwards of €15 for an hour of driving, making it far more expensive than refuelling with petrol or diesel.

The problem is a lack of consistency. Some points are free, others dirt cheap, and some eye-wateringly expensive. There are now thousands of public points across the UK and the government is planning to establish pricing control.

Once something of an oddity, electric cars are now quite commonplace on British streets and even motorways. By the end of 2018 estimates place the likely number at over 100,000, up from only around 3,000 just five years ago.



FITTING FINISH: At an Andalusian farm.

A fierce fighting bull

A GRAND tour celebrating 50 years of the Lamborghini Miura somewhat surprisingly finished up on an Andalusian

farm. After 12 months of touring Europe’s glamour spots, from Monte Carlo to Madrid, the tour rolled to a stop at a renowned but off-the-beaten track bull-breeding farm in the Spanish hinterlands.

It would be surprising if not for the interesting fact that Miura is actually the word used to describe a fierce fighting bull from the famous ranch.

The farm is owned by the sons of a man who inspired the great Ferruccio Lamborghini to call his new model the Miura and make 50 years of motoring history while he was at it.

Produced between 1966 and 1973 the Miura was the fastest production car in history when first unleashed in the new sports car era.

It was one of the first cars to trailblaze the mid-engined

two-seat layout and became a global phenomenon after starring in the opening credits to The Italian Job in 1969.

As well as the grand tour, 2016 also saw the release of the Aventador Miura Homage.

The Miura bulls of Andalusia are said to be intelligent, fierce, and overwhelmingly powerful. A fitting name then if ever there was one.

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ROAD TEST

by Nick Fletcher

Megane Dynamique S Nav

THE battle for car sales is at its most intense in the family hatchback sector dominated by the likes of the Ford Focus and Volkswagen Golf - but there are other strong contenders.

Among them is the new Renault Megane, which scores well for standard equipment levels, load space and its pleasing driving dynamics.

All versions come with alloy wheels, Bluetooth, and air-conditioning, with pricing from £16,950 (€20,066). Mid range Dynamique models add sat-nav, parking sensors, reversing camera, climate control, auto lights and wipers and larger 17 inch alloys among extra kit.

There's a choice of petrol engines and two diesels, 1.5-litre and 1.6-litre units. My Dynamique S Nav test model came with the 110 hp 1.5 litre diesel engine and priced at £20,400 (€24,155). While the 0-60 mph time of 11.3 seconds and top speed of 116mph are not exceptional by class standards, the fuel figure of 76.4 mpg combined is impressive.

As soon as you get behind the wheel, you find it easy to get a comfortable driving position thanks to multi-adjustable driver's seat and reach and rake adjustable steering wheel.

Underway, this Megane has a smooth agile feel to it and is reassuringly balanced on corners, instilling plenty of driver confidence.

The exterior restyling of the car provides a sporty low-slung look and the bonnet features a larger Renault badge and re-shaped grille which together give the Megane a bolder and more charismatic appearance.

In the cabin, there is a smarter, more classy look to the dashboard, which is well-laid out and with controls easier to use than in the previous model. Seating is comfortable and there is space in the rear for all but the tallest adults.

Load space is important to family car buyers and here the Megane scores well for practicality. The boot is a boxy shape and holds 405 litres, and the rear seats fold to boost capacity.



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La Liga's transfer talent

JANUARY'S transfer window is a week old and the rumour mill is well oiled as the Champions League race heats up and relegation fears are stoked. The top teams are said to be largely content with their squads but there's always room for a January surprise - or disaster.

Atletico Madrid could have the happiest shareholders in Spain if a proposed swoop by Man Utd's Jose Mourinho becomes reality. There's been talk of an audacious deal worth more than €150 million being put together to lure French forward Antoine Griezmann and Spanish defensive midfielder Saul Niguez away from Madrid to Manchester.

Mourinho is thought to be content with his striking line-up and should be, after Zlatan Ibrahimovic scored his

17th goal of the season and declared to have made critics 'eat their balls.'

Real Betis meanwhile have terminated the loan transfer of Chelsea winger Charley Musonda, whose knee injury held him back from La Liga competition. The Blues and Arsenal are said to be interested in snatching Sevilla mid-

fielder Steven N'Zonzi. The Spanish club expect to lose the Frenchman in January but hope to reel in €30 million from the sale.

Chelsea are also thought to be sniffing around Southampton's Virgil van Dijk, while Liverpool won't be rescuing Joe Hart from loan exile in Italy.




MOURINHO:
Happy with his striking line-up.

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FANCY DRESS: After some crazy bowling, the members went for a Chinese meal.

BENITACHELL BOWLS CLUB held their traditional 'Hangover bowls' New Year's Day competition again this year, with no less than 23 participants parading in their fancy dress. After some crazy bowling, interrupted with half time refreshments, the bowlers, plus seven spectators, moved on to Beni Asia, sponsors of the event, for an excellent Chinese meal.

Prizes were awarded to Jennifer Nesteroff and Trefor Evans as best bowlers, Ruth Meadows and Peter Griffiths as runners-up. The 'spider' winner was Liz Emmett. For best fancy dress the prizes went to Linda Ridall and Brian Fenton.

Thanks were made to Pauline Griffiths and her helpers for arranging the refreshments and Peter Griffiths who organised the very successful start to the New Year.

Runners were out in force

AN estimated 400 runners took part in the ninth Altea San Silvestre race.

The race - organised by the town council, the athletics club and the Grupo Brotos organisation - saw many of the com-

petitors dressed in festive costumes.

The winner of the race was Ahatach Youssef, who completed the 3,900 metre route in 13 minutes. In the women's race classification first place went to

Maria Fuentes Olcina.

In the local men's classifications first place went to Andres Fernandez Jimenez with Yolanda Jorge Beneyto crossing the line first for the local women group.

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An exciting year ahead

By Matthew Elliott

WITH no World Cup, Olympics or European Championships 2017 may be a slightly quieter year than the barnstorming 2016, but the sporting calendar holds plenty of promise.

Tennis will hold the first major event with the Australian Open kicking off down under on January 16.

Andy Murray may have been awarded a Knighthood and be the world No 1, but he'll have his hands full with Novak Djokovic. The Serb is the defending champion and has won a record six titles in Melbourne.

In the women's game Angelique Kerber will be looking to hold on to the title. The German became world No 1 in Sep-

tember and won a silver medal at the Olympics.

Wimbledon fans will be sharing airwaves with avid cyclists as the Grand Slam runs alongside the Tour de France in early July.

Golfers will look forward to the Masters, held this year in Augusta from April 3-9. The US Open is in Wisconsin this year from June 15-18, while the British Open is at Southport's Royal Birkside Golf Club from July 20-23.

In the rugby world the English women's

team will be stamp their authority on the game by defending their title at the 2017 World Cup, held in Ireland from August 3-16. Games will be played both north and south of the border.

Other miscellaneous sporting highlights across the year will include the Super Bowl in Houston, Texas on February 5, Special Olympics World Winter Games in Austria from March 3 and the Confederations Cup, held in Russia from June 17.

Key dates for the

calendar include the Grand National on April 8, Kentucky Derby on May 6, FA Cup final on May 27, and Champions League final on June 3.

On April 29 there could be a new unified world heavyweight champion when British Olympic gold-medallist Anthony Joshua

“Wimbledon fans will share the airwaves with avid cyclists.”

takes on Wladimir Klitschko, the Ukrainian former champ known as Dr Steelhammer.

The two Goliaths will fight in front of at least 80,000 baying fans at Wembley Stadium in what is set to be one of the biggest bouts ever staged on British soil.

ANDY MURRAY:
Will have his hands full playing Novak Djokovic.



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