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LOCAL NEWS

Dancing in street

A MARINA ALTA strip club has incensed local residents after it made the decision to completely ignore the ban on placing billboard advertising on the road between Javea and

Gata de Gorgos. Following a brief respite when the raunchy advert was destroyed during the recent storms, the club has now returned with an even steamier effort.

Oily customer

GUARDIA CIVIL have arrested a 39-year-old Spaniard who was part of a network stealing olives and selling them on using false documentation. Investigators managed

to identify the vehicle which was used and confirm that a whopping 2,300 kilos of the fruit had been nabbed and stashed in a trailer in an abandoned field.

Culture vultures

THE Generalitat has pledged to splash out €12 million in order to complete Benidorm's perpetually-delayed Cultural Centre, provided it can use the building for its own events. Construction began over 10 years ago, but the project was shelved in 2011 after funds dried up. Its concrete skeleton languishes on the corner of Avenida de Europa and Calle Lepanto, where the English Zone begins.

Football stars hit Benidorm complex

By Linda Hall

BUNDESLIGA team Schalke 04 recently trained at La Nucia's sports complex.

Hundreds of spectators including many children came to watch Markus Weinziern's team during the first two-hour session of their winter training programme.

The German side has spent eight days in Benidorm, preparing for the second half of the Bundesliga season which recommences on January 27. La Nucia was chosen for its excellent sports facilities, its excellent turf and the "extraordinary" Camilo Cano complex, Weinziern said.

In deciding to visit La Nucia, the German side has followed England's national team, Zenit St Petersburg, Spartak of Moscow and Shaktar Donetsk who have all trained there.

Schalke 04 has many top flight players and is well-known to Spanish football fans as Raul, one of Spain's greatest all-time footballers, played for the team when his Madrid days were over.



Photo credit: La Nucia town hall

SCHALKE 04: Trained at the Camilo Cano ground.

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FEATURED NEWS



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GREATER PROMOTION: Is required of the need to learn the English language.

‘Speak English or be ready to learn’

By Simon Firth

MIGRANTS to the UK must learn English or take language classes when they arrive.

Speaking English is key to “full participation in our society and economy” and a “prerequisite for meaningful engagement with British people.”

Those are the findings of an all-party group of MPs and peers, chaired by the Labour MP Chuka Umunna.

This is a thorny issue. The speed with which accusations of racism are banded about when it comes to even discussing this often make it too difficult to raise. It has effectively halted national debate in the UK.

But the findings of this group follow a wider review into the integration of minorities in the UK.

Dame Louise Casey was asked to look at the issue by the then PM David Cameron and his home secretary, now PM, Theresa May.

She found that “mistrust, anxiety and prejudice” arise in a society where “communities live separately, with fewer interactions between people from different backgrounds.”

Governments had been guilty of a “failure of collective, consistent and persistent will to do something about it or give it the priority it deserves at both a national and local level.”

Attempts to boost the integration of ethnic communities in the UK, she described as “saris, samosas and steel drums for the already well-intentioned.”

Immigrants, she says, could be encouraged to embrace

“

There are lots of other competing issues in the UK, not least the divisions in society caused by Brexit, but doing nothing shouldn't be an option.”

British values by taking an “integration oath;” there must be greater promotion of the need to learn the English language and young people of different ethnic backgrounds should be encouraged to mix more.

Women too, she says, are being “held back by regressive cultural practices.”

Casey turned her gaze on many communities in the UK but highlighted the feelings of Muslims who resent being blamed for terror attacks and extremism which then leads to feelings of hostility, mistrust and suspicion.

Some ethnic minority communities had religious and cultural practices that were “deeply regressive” and faced little or no challenge in the UK, she said.

If Casey's report is kicked into the long grass because

it's seen as disturbing the waters it will be a badly missed opportunity. There are lots of other competing issues in the UK, not least the divisions in society caused by Brexit, but doing nothing shouldn't be an option.

Britain is not a tinderbox, we all know that. But neither is it at ease with itself at the moment.

There are tensions over immigration and plenty of groups willing to capitalise on them.

Poles have been attacked in Cambridgeshire and north Yorkshire; Spaniards have been attacked in London. The list is a long one. But in these particularly brutal cases the victims spoke English. That isn't enough for certain groups – it never was and never will be.

But easing the wider tensions over immigration which have come to the surface again because of, or in spite of Brexit, by being able to speak English or being willing to learn, has to be a front line policy.

When the UK formally leaves the EU, in March 2019 if it takes two years, the government intends to cut the numbers of new immigrants.

But making access to the English language easier for them and the many communities who are already there has to be a priority.

It won't just be a case of putting on more classes at night school. Maybe an integration oath is a step too far but not being able to speak English leads to exclusion. And exclusion leads to mistrust and fear. It's as simple as that.

Your papers, your views

Our readers have been expressing their views about whether immigrants should learn English to have an understanding of British values. Here are a few comments from the web story and Facebook some of which have had to be cut due to size. We are always happy to hear from everyone.

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Not a word

ANYONE moving to another country should try to learn that country's language. Some people in the UK have been here over 40 years and still don't speak a word of English.

June Whitehouse

No knee jerk

NOTE it's from the all party committee on social integration and therefore cannot be dismissed in a knee jerk reaction as 'right wing xenophobia' by the usual chorus of leftists.

Chris Collier

French Farage

SAME in France, loads of Brits can't speak French! Even Farage, after more than 20 years as an MEP in France and Belgium, he still can't speak any French!!

David Etheridge

Same rules

SPAIN don't supply interpreters at taxpayers' expense like the UK. If you need to discuss important stuff, you bring an interpreter. All the UK has to do is adopt the same rule.

Ken Blakeman

Very simple

IN Spain official forms are in Spanish. If you need translation you find someone yourself. Education, health, signposts and everything else is in Spanish. Why? Because this is Spain. Very simple. The rules were clear when we all came to live here. The UK has allowed this to go on for at least a generation too long, and the results are clear for all to see.

PetMac

Need practice

LEARNING the language is not enough, you need to be able to practise which means interacting and making friends with locals. This is much easier if someone works but in the UK many of the women don't.

Annie

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Hospital shortages

» From Front page

UNIONS representing emergency service workers have complained that a major hospital was left without sufficient medical cover over the festive period.

In one incident a patient was having a heart attack but had to be accompanied to hospital by a doctor who, it is claimed, was not sufficiently trained to administer emergency health care on board an ambulance.

On the second occasion another patient with respiratory problems was taken to the Marina Baixa Hospital without a fully trained doctor accompanying them.

The claims are made by the Medical Association of Valencia (CESM).

It says the emergency service provider in Villajoyosa did not have a doctor available on call on Christmas Eve and New Year's Day.

In the two examples cited, doctors from health centres and clinics had to leave other patients to go with the emergency cases



A&E DEPARTMENT: At one point 46 patients were waiting hours to be seen.

to the hospital.

A CESM spokesperson claimed the medical authorities had not been made aware of the situation.

The "health emergency service for Alicante did not at any time inform the management of the Department of Health at the Marina Baixa."

Meanwhile, in a separate development, family doctors have launched a campaign to highlight the pressures they are working under, claiming there are too many patients and too few doctors.

Casualty departments in major hospitals are saturated, according to the group, who claim at one

stage 46 patients were waiting for hours to be seen in one A&E department.

The CESM are backing the campaign to obtain signatures from residents' associations and the various departments of the hospitals affected, in a bid to put pressure on the Valencian Department of Health.

Mind your language

GATA'S deputy mayor Jaume Monfort complained that two Guardia Civil officers told him to speak Spanish, not Valenciano.

Monfort, who is also secretary general of the Podem Gata party, was eating out with his family when a Guardia Civil patrol car stopped outside.

"It was on a corner where a sign clearly prohibits parking," Monfort said. "As councillor for Urban Development, I went out to remind them they were breaching regulations."

He addressed them in Valenciano and maintains they told him to speak Spanish. "The Constitution doesn't oblige us

to understand Valenciano," they allegedly said.

After contacting the Guardia Civil post the councillor maintained that a sergeant there argued, "You're mistaken. We are in Spain and we speak Spanish."

The Guardia Civil are now holding an internal enquiry, Monfort revealed.

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Virus alert!

By Matt Ford

THE Guardia Civil in Alicante Province has issued an urgent health alert after discovering that a Tantalus monkey, seized in an anti-animal trafficking investigation, has tested positive for HIV and a human cancer-inducing virus.

Investigators are now searching for 42 other monkeys, mostly marmosets, which came into contact with the infected animal.

The whereabouts of the primates are currently unknown, meaning their owners are potentially putting the lives of themselves and others at risk, according to the Guardia's nature protection arm, Seprona.

The Tantalus was one of 25 small monkeys confiscated by Seprona during an operation which took place several months ago, and resulted in the arrest of four suspected animal traffickers from Alicante, two from Murcia and one from Sevilla.

The gang offered the illegally-traded monkeys to pet stores, which secretly sold them on to private individuals for €1,800-€2,000 each.

Documents recovered during raids on the suspects' homes showed that 67 individuals from four species had been sold



TANTALUS MONKEY: Seized in an anti-trafficking investigation.

but only 25 have been accounted for, and it is likely that owners are unaware of the risk of infection.

Five of the monkeys seized were already dead, and the Guardia Civil has issued an urgent appeal for owners to come forward and hand their pets over to the authorities.

Meanwhile, the not-for-profit Equinac

association has blasted a local court which they claim failed to heed the group's warnings about the organised monkey trafficking.

Possession and breeding of primates and other exotic animals without a licence is illegal in Spain, with hundreds having been seized in the last 12 months alone.



Unexpected return from Hacienda

THIRTY-SEVEN municipalities in Alicante Province started 2017 with a €4.7 million windfall from Spain's taxman, Hacienda.

The Treasury headed miscalculated the amounts that had to be returned after the European Court of Justice and Spain's Supreme court ruled in 2014 that the 'health cent' charged on fuel was illegal.

Hacienda made initial repayments last summer and recently published another list following complaints from town halls.

"Anyone can make a mistake," said Ruben Alfara who is president of the Valencian Federation of Municipalities and Provinces (FVMP) and also mayor of Elda. "But Hacienda's policies mean that town halls always lose out," he continued.

Hacienda's biggest handout goes to Calpe which will receive €719,207 followed by Javea with €634,909 and Rojales with €521,746. At the

bottom of the list Parcent and Almudaina can look forward to just €1,114 and €1,039 respectively.

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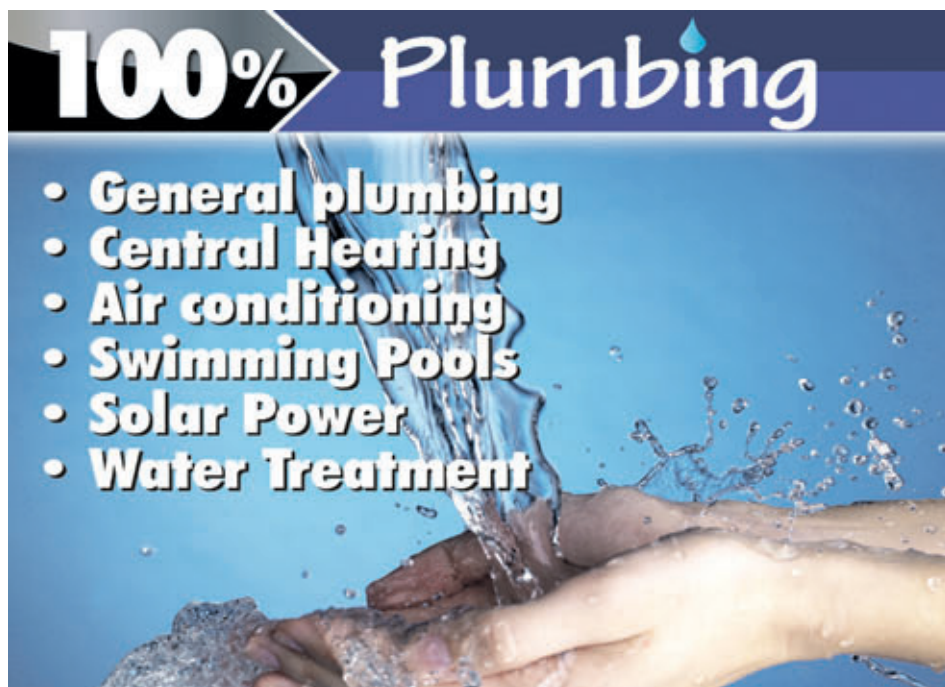
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Woman's six-month ordeal

THE Guardia Civil have freed a woman held captive in Novelda for six months and arrested her ex-partner.

She was found after an anonymous caller warned the Oliva-Gandia Guardia Civil that a woman was being held against her will. Twenty-four hours later, their enquiries led them to the Novelda apartment.

Despite a restraining order the 40-year-old Spanish man allegedly abducted the woman from her Alginet (Valencia) home last June and took her to Novelda.

He brought her food and essential items and occasionally took her outside but watched her so closely she was unable to alert anyone. Her living conditions inside the apartment were 'precarious' according to the officers who found her.

This was the second arrest for her ex-partner who was detained last April after breaking into her Alginet apartment.

OUR VIEW

Coming up Trumps

ON January 19, the world will see the inauguration of the 45th President of the United States amongst pomp, ceremony and controversy.

There is no question Donald Trump's win caught many by surprise and has divided the country more than any American election in recent memory but time will tell whether he turns out to be a complete disaster or an astute businessman who can actually make a difference.

Despite having a problem in thinking through what he says, there is no doubt he is a shrewd individual who has made a fortune and also seems to have had no problem in closing companies down, with six of them going bankrupt.

Hillary Clinton, herself

accused of being far from a bastion of honest business, did have one very clever observation on 'The Donald' when she said he had written a number of books on business but they all finished at Chapter 11 (the US equivalent of liquidation).

He seems to be a bully with quite thin skin, jumping into tweets over silly criticisms with equally silly responses which hopefully he learns to stop as he beds in.

The good news is he's friends with Russia but the bad news is he's winding up China, one of the few countries that appears to have any influence over North Korea.

What we have to hope is his good traits will outweigh his bad ones and he doesn't create a new wall between America and Europe.

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WINTER SALES: Thousands of shoppers grabbed a bargain.

Sale shoppers out in force

THE winter sales, rebajas in Spanish, have started with thousands of shoppers queuing for stores to open their doors.

Representing 20 per cent of a store's annual turnover the sales are an opportunity for many to either return unwanted gifts or pick up a bargain, with initial discounts mostly in the 50 per cent region.

The discounted products are mainly those related to fashion, such as textiles, shoes and accessories, although there are

also discounts on appliances, electronics, decoration and household items.

In Alicante the city centre and regional shopping centres reported that turnout had been good, particularly due to the sales starting on Saturday January 7, just one day after the Kings' celebrations and on a weekend.

It is estimated that the average person hit the sales with a budget of €100 to spend.

Winter plans help to prevent summer fires

By Linda Hall

MAIN drainage in the Girasoles zone in Benitachell's Cumbre del Sol is functioning once more.

The €52,000 cost of replacing 680 metres of sewage pipes damaged in last September's fire was financed by the council although the town hall has applied for grants to cover this from the Generalitat and the Alicante Diputacion.

Hydrants that were so important in preventing the fire from spreading to other urbanisations last year have also been inspected.

The town hall is currently dealing with owners' requests for undergrowth and trees to be cleared from areas surrounding their properties, said the town hall's Residents' department which is headed by Dirk Rheindorf.

The regional government has now issued a manual that recommends separating homes from woodland with a 30-metre strip that has been cleared of undergrowth. The



Photo by Benitachell town hall

HANDBOOK ADVICE: Trees should be at least 10 metres away from houses.

same handbook advises leaving four metres between trees inside gardens and pruning them to two-thirds of their height. They should also be at least 10 metres away from houses, the Generalitat said.

Applications can be made, by appointment, at the town hall's Residents' department on Mondays, Wednesdays and Thursdays from 10am to 2pm or by calling 606 831 607.

Jihadists will stand trial

ANOUAR MERABET, arrested in Altea last October, will stand trial for belonging to the Islamist terrorist group Daesh.

He and Abdelilah Migou, who was arrested in Morocco during the same joint operation, used social media to recruit and indoctrinate, said National High Court judge Eloy Velasco.

The jihadists used various Facebook profiles where they carried out 'radical virtual activity,' Velasco established during his investigation to determine whether there was a case against the men.

Both had declared their participation in the Global Jihad and urged others "to reach Paradise through martyrdom," Velasco said. Merabet and Migou are now remanded and face prison terms of between six and 12 years.

They were active members of the Joint Committee for the Defence of Islamist Prisoners (CCDDI) and had direct links to the Committee. They took part in CCDDI activities and used the association to contact ISIS supporters, according to the judge.

Contract killing continues to mystify police

POLICE are keeping all lines of enquiry open as they investigate the murder last month of Maria del Carmen Martinez.

The wealthy 72-year-old was prominent in Alicante City society and on the death in 2011 of her husband Vicente Sala, ex-president of the CAM bank, she headed their companies in Spain and Latin America.

The mother of three daughters and a son was shot dead when she went to collect her vehicle from Novocar, a second-hand car business run by her son-in-law. It was parked in the car-wash, a blind spot not covered by CCTV cameras, and employees said later that they heard no shots.

Police believe that Maria del Carmen was killed by a professional hitman who knew where and when she would collect her car and used a silencer when shooting her in the temple and cheek. She did not die instantly but managed to leave her

Porsche Cayenne before falling to the ground where staff later found her.

Police continue to focus their enquiries on Maria del Carmen's family circle and business interests at home and abroad.

It was common knowledge that there were tensions within the family

“Police continue to focus their enquiries on Maria del Carmen's family circle and business interests.”

following the dead woman's decision to transfer her deciding vote - the so-called 'golden share' - in all the family's companies to her son.

Her daughters complained about this to the Registro Mercantil, equivalent to Companies House, and it is known that Maria del Carmen had an appointment with a notary later that week.



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Another one bites the dust



BREXIT PAGE

By John Smith

THE man who warned the government a trade deal with the EU might take 10 years to sort out has gone. This was one who jumped, he wasn't pushed.

Sir Ivan Rogers was the UK's ambassador to the EU and has left eight months before he was due to.

His 'goodbye note' is being seen by commentators as evidence that Downing Street has not been listening to his advice. In it he told colleagues they must "challenge muddled thinking and... never be afraid to speak truth to power."

He also said "serious multilateral negotiating experience is in short supply in Whitehall" when it is not missing from those in the European Council or European Commission.

Those who opposed the UK leaving the EU have been quick to pounce on the departure of Rogers, seeing it as evidence, according to Lib Dem leader Tim Farron, that the PM was "marching ahead without a plan or even a clue."



Photo by Ujls Riba

EU AMBASSADOR: Sir Ivan Rogers has left eight months before he was due to.

The right wing press predictably attacked him, one paper describing him as the 'arrogant merchant of gloom.' A 'senior political source' supposedly said Rogers had "presided over the negotiations before the referendum which were an utter failure."

Leave EU chairman Arron Banks said he was "far too much of a pessimist and yet another of the establishment's pro-EU old guard. He has at least done the honourable thing."

His replacement is a former UK ambassador to Russia, Sir Tim Barrow.

The appointment was described as part of a concerted fightback against the claims of so-called muddled thinking.

But it did not please former UKIP leader Nigel Farage who tweeted: 'Good to see that the government have replaced a knighted career diplomat with... a knighted career diplomat.'

EU is being undermined

OUTGOING EU president, the German Martin Schulz, who may be moving into Germany's domestic political arena, has admitted the future stability of the EU is being undermined.

In an attack on national political leaders he said they had failed to explain to their electorates why powers had been transferred to Brussels. He accused them of failing to speak up for the European ideal.

But he also admitted some of the politicians currently working for the EU had become disconnected from the ordinary man in the street.

By only taking notice of life in Brussels it could "make you believe that Brussels life is the reality of people in Europe." The rush to embrace the countries of Eastern Europe, he admitted, had underestimated the difficulties of integration.

But he said if Europe had not enlarged the number of member states it would have faced "deep uncertainty" and "possibly a fear of war" given Russia's current stance towards the West.

His interview was given to the Europa group of newspapers.

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Storm damage funding

By Caroline Tyszka

VILLAJOSYOSA is asking the Provincial Council of Alicante for aid following the storm damage suffered during December 2016.

The council's Department of Environment is preparing a report which details the many areas affected by the extreme weather, with a

view to the regional authorities helping fund repairs.

Pedro Alemany, councillor for the Environment, Jaime Ramis, councillor for Urbanism and the town's mayor Andreu Verdú, have now visited the many sites, which were affected by the intense rains, to evaluate the damages and to personally ensure that the Provincial Council support

programme submission included all factors.

One of the areas the councillors visited was the beach of Bol Nou which suffered severe damage, causing concern for the safety of the public. Other parts of Villajoyosa saw large rocks disturbed and stone steps undermined.

Pedro Alemany said:

"Rains of such intensity as those suffered a few weeks ago always cause damage, especially in areas where water flows more intensely.

That is why we have started an evaluation file to be able to correct as soon as possible the damages caused by the rain. For this we will

ask for help to the Provincial Council as it is being carried out in other affected areas, we hope to be able to fix it as soon as possible."



VILLAJOSYOSA: Just some of the repairs needed.

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International Women's Day competitions

By Linda Hall

BENITACHELL is holding two competitions to commemorate International Women's Day on March 8.

There is a €400 prize for

the best poster and €200 for the winner of the Fotodona photographic competition with €100 for the runner-up.

The 50 x 70 centimetre posters should bear the legend '8 de marzo, Dia Interna-

cional de la Dona' with sufficient space for official logos.

Entries can be submitted until 2pm on February 7 and the winner will be announced on February 10.

More information is available on the town hall website www.elpoblenoudebenitatxell.org.

The object of the Fotodona competition is giving a personal interpretation of International Women's Day by using images of the bodies of Benitachell women.

"We want to give visibility to the diversity and richness of the different cultures that surround the women of our town. We want an evocative photograph taken with great sensibility that brings to light their latent beauty," said Jacinta Pastor, Equality and Women's councillor.

Entries can be presented until 2pm on February 15. More information is available on the town hall website www.elpoblenoudebenitatxell.org.



FOTODONA COMPETITION: Winning entries from last year's competition.

In a hurry for a haircut

A DRIVER returning from a fiesta crashed into a hairdresser's shop late at night in Petrer.

He was driving too fast as he entered the roundabout and lost control of the car, he later admitted, and ended up in the hairdresser's reception area. Both he and his passenger emerged from the vehicle with only superficial injuries.

The accident occurred at a known Petrer black spot although speeding vehicles more often end up in the fountain in the middle of the roundabout.

When he opened the hairdressing salon last November the owner foresaw problems and asked the town hall to install bollards. "But it went in one ear and out of the other," he lamented.

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An ivory tower

By Linda Hall

SMALL investors and creditors affected by the InTempo fiasco claim the liquidation administrator favoured Spain's 'bad bank,' Sareb.

The practically-finished tower block was destined to be Europe's tallest residential building but work halted years ago and the promoters Olga Urbana are now bankrupt.

The investors who include the buyers of apartments they might never receive, subcontractors, an Olga Urbana ex-partner and an architect, accuse the administrator of "conniving" with the promoter's principal creditor, Sareb.

The administrator, they claim, has smoothed the path for Sareb to ensure that InTempo reverts to the 'bad bank' which can then sell the building and recoup some of its losses.

If this happens, the smaller creditors claim, they will lose all chance of recovering their money as the proceeds of a subsequent sale

would go to Sareb.

It is now up to an Alicante court to decide whether Sareb is Olga Urbana's 'privileged creditor.' Should this be the case, the bank will be the first to be paid and able to go ahead with its plans.

If, as the small investors hope, the judge rules that Sareb is a subordinated creditor, the bank will find itself at the back of the queue and they will at least recover some of their cash.

INTEMPO: Big building with big problems.



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An invasion of seaweed

By Linda Hall

PLAYA DE SAN JUAN residents complained about accumulated seaweed on the beach.

It looked and smelled bad, they said, although San Juan is not the only Alicante City beach littered with *Posidonia oceanica* torn from the seabed during

last month's storms.

The Postiguet is also affected but although the seaweed is removed every five days from both beaches, the sea continues to bring more to the shore.

Alicante Council's Environment department explained that the seaweed will be left on the remaining beaches until the low season is over.

Despite the bad smell and the untidy image this presents, Alicante City Hall aims to make beach-cleaning more sustainable.

This move is backed by the Campello-based Institute of Coastal Ecology, which recommends leaving seaweed throughout the winter and spring to minimise erosion when storms are fiercest. The Institute also added that it is also preferable to use beach-cleaning machinery on dry sand only.



Photo credit: Mabel Calabuig

PILEUPS: *Posidonia* is regularly washed up during storms.

Struggling to pay the bills

THE Generalitat Valencia have agreed to defer €3,313.685 of unpaid social housing rent.

A total of 1,245 families who live in public housing have signed an agreement which allows them to postpone unpaid rent for a specific period of time under the Dignified Plan for Social Housing.

The Department of Housing, through the Entity of Infrastructures of the Generalitat (EIGE), has now launched a campaign to inform all social housing tenants about the existence of the scheme which can help them to pay their debts related to housing in a more flexible way.

The tenant signs a document stating that they are aware of the debt and a contract is drawn setting out how and when they can make payments to catch up. The agreement takes into account the family income, and number of children when assessing what is feasible to pay.

The information campaign has already been promoted in 34 towns in the region.

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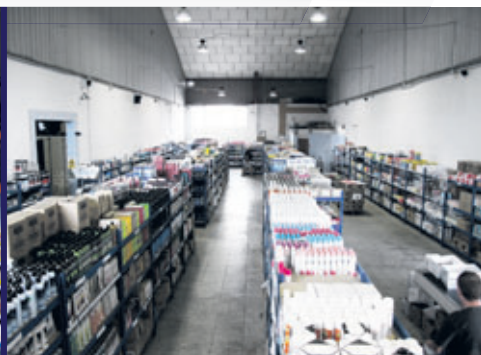


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Market moves again



MARKET: On the move again.

THE Benidorm market, based at Foietes, has again been moved to the fairground area of Els Tolls until March 2017.

The outdoor Wednesday market, which had been displaced from the Foietes site for almost a year, and only returned in November has now had its 19th location change as a result of the ongoing works to develop the Foietes Park.

Work began in the autumn of 2015 to create the new green areas and parking facilities, with traders being forced to move between the two locations. During the constant relocations residents in Els Tolls petitioned to make the temporary location a permanent change but were not successful.

Councillor for Commerce, Ana Pellicer said: “the company that is carrying out the works for the Foietes Park is ready to start planting and landscaping the green areas. This was originally planned for February when the market would have been moved, this temporary change will see the market return mid-March.”

The parking areas will not be affected by the planting works.

Tourist figures boom

LOVE it, or hate it, Benidorm has recorded its best tourism figures for 15 years.

Hotels in the resort achieved 11.7 million overnight stays during 2016, an increase of 4 per cent on the previous year and the best occupancy since 2001.

Averaging 85.5 per cent over the 12 month period the hotel employer group Hosbec announced that this increase had put many back into profitability following years of losses.

With the uncertainty regarding security at other holiday destinations, the town was able to capitalise on this and increase their UK visitor numbers to take 44.4 per cent of the market with the Spanish visitor figures being almost the same.

Toni Mayor, president of Hosbec said: “these figures show the fidelity of British tourism, we will remain faithful to these clients who, despite the losses in the value of the pound, have still chosen the resort for their holidays.”

Hosbec highlighted that part of their objectives for 2017 were to increase the number of Spanish tourists which had fallen slightly compared to previous years.

The third largest market for Benidorm was Belgium with a 4.5 per cent share of the market.

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What can be claimed? How much
would it cost?**

Yes, it is possible to claim back expenses paid by you when you signed your mortgage loan, mainly the following expenses: public notary fees, land registry fees, Stamp Duty Tax, etc, which translate to several thousand euros in most cases. This is according to the Spanish Supreme Court (TS), in its ruling number 705/2015 of December 23.

In their lengthy adjudication, the TS reviewed numerous abusive clauses contained in mortgage loan deeds, including the clauses relating to payment of the expenses of mortgage documents, which many banks claimed had to be paid exclusively by the borrower.

Thus, the consumer receiving the loan is asked to pay all taxes, commissions and expenses, arising from the preparation, formalisation, pro-

cessing, etc of the loan.

This type of clause is very common in the mortgage deeds prepared by Spanish banks, and is contrary to the Spanish General Consumers and Users Law, because, among other reasons, they impose on the consumer the payment of expenses that by law correspond to the lender, in this case to the banks.

For example, in the case of the notary's expenses and land registry fees, it is the bank who is interested in documenting the loan as a public deed and its registration at the Land Registry, not the consumer, and in spite of this, the consumer is obliged to pay for all these expenses.

In relation to taxes on the mortgages (mainly that of Stamp Duty) and usually the main cost of the mortgage loan, the Spanish Supreme Court says that banks should also pay, since the banks are the ones benefiting from setting up this right and guarantee.

Therefore, in response to your ques-

tion, in light of the Spanish Supreme Court ruling, you can indeed claim for return of the expenses that you paid for your mortgage loan, and the notary expenses, etc.

In general, anyone who has a mortgage in Spain as a consumer, with a bank or professional lender, will almost certainly have had to pay for all the costs of the operation, and they can claim for their reimbursement.

Send us a copy of your mortgage deed, and proof of the expenses paid by you, and we will help you; to make it easier to claim, we will only charge you if you get paid from the bank.

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

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All things bright and beautiful



Photo credit: La Nucia town hall

| SPECIAL DAY: Last year's blessing in La Nucia.

LA NUCIA'S parish church will hold the traditional blessing of animals on Saturday January 14.

The blessing is part of the festivities in honour of St Anthony the Abbot. As is now customary it will be held this coming weekend instead of the saint's January 17 feast day.

St Anthony, recognised for his love of animals, is known in this part of Spain as Sant Antoni del Porquet because he is usually depicted with a pig. In the past it was mainly domestic and farm animals that were blessed but this now extends to pets.

The blessing outside the Purisima Concepcion church will be held at 12 noon and is open to all members of public and their pets.



| RICO PEREZ: Alicante stadium

Out of

By Linda Hall

THE Jose Rico Perez stadium in Alicante City will be auctioned with a reserve price of €14.7 million.

The stadium is the home ground of Hercules Football Club, the city's principal football team which is now in the



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n is set to change hands.

play and up for sale

Second Division. The auction package includes the installation, valued at €13.527 million and other assets belonging to Aligestion. The group headed by Alicante businessman Enrique Ortiz is now in liquidation.

Sources confirmed that the stadium would be auctioned

in a single lot to ensure that the purchaser automatically becomes a Hercules shareholder on acquiring Aligestion's 15.5 per cent stake. Although the shares are nominally worth €3.606 million, for the purposes of the auction they are valueless as Aligestion is in liquidation.

Bidding conditions will be published before January 15 in Spain's Official State Bulletin (BOE). The auction is to be held online on the BOE website but opening bids of less than half the reserve price will not be accepted and participants must first leave a 5 per cent deposit.

Fortress may be saved

AN Iberian fortress destroyed in El Campello could be saved according to the Ministry of Culture.

The Aigües Baixes outpost in an enclave was destroyed by a bulldozer in 2014 when it was working in the area. This led to the conclusion that the site had been destroyed completely.

Following a survey of the site in 2015 the Ministry of Culture is now considering declaring the remains as of cultural interest (BIC) having discovered that the damages

are recoverable and only superficial.

A Guardia Civil investigation into the incident implied that the bulldozer may have deliberately damaged the building to avoid it being declared a BIC, with two people being prosecuted, although the outcome of the court case is not known.

The department of Cultures technical committee are now evaluating the information before deciding if the outpost should remain a point of good local relevance (BLR), which

it received in 2003, or be upgraded to the higher status which would protect more land in the surrounding the area.

An archaeological survey in 2013, prior to the bulldozer incident, showed the remains were of a fortress from some 2,500 year ago. Researchers from the University of Alicante used 3D scanners to reconstruct the building and help locate underground areas to be excavated, at this point the original request to become a BIC was made.

Police Commissioner king

BENIDORM'S Police Commissioner defended his decision to appear in the town's Three Kings procession as Melchior. Earlier the ARP police union asked the national government's Alicante delegation to prevent Juan Carlos Hernandez from taking part in the procession.

"The country is on high terrorist alert," the union complained. The request was turned down. "My job is coordination and we have spent three days planning police deployment and safeguarding the town centre," Hernandez said.

"Being on the street isn't amongst my duties. I've done my part and we have had days of meetings," the Commissioner continued, explaining that despite the terrorist alert, some officers were on leave. It was an affront on ARP's part to question the competence of Benidorm's National Police officers, he added.

Hernandez also pointed out after receiving the organisers' invitation to take part in the procession as Melchior he had asked his superior officer, Provincial Commissioner Alfonso Cid, for permission to appear.

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Currents eat beach



Photo credit: Campello town hall

CARRERLAMAR: Erosion is narrowing the beach.

By Linda Hall

SAND from Campello's silted-up port cannot be used to regenerate the Carrerlamar beach.

Campello's Beaches councillor Cintia Alaves recently met Coastal Authority officials who told her that sand dredged at the Yacht Club entrance would not be suitable for Carrerlamar.

Analyses of the samples that were provided revealed that it was not "optimum

quality," they said.

In 2003 the national government's Environment Ministry spent €3.7 million on regenerating and widening Carrerlamar with 400,000 cubic metres of sand.

The project also entailed three breakwaters and sinking an artificial reef but neither this nor the breakwaters have succeeded in protecting the beach.

Over the years sea currents have removed sand between La

Penyeta and the first breakwater and deposited it at Clot de l'Illot. This has silted up the port entrance which must now be dredged.

The Coastal Authority assured Alaves that it would produce an alternative plan for the beach this year.

This will centre on regenerating Carrerlamar with more sand while taking steps to prevent erosion through sea currents and wave action.

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The European Union Court of Justice (ECJ) orders today the full and total refund of the mortgage floor clauses in Spain

Overturning of the abusive clause

Today the European Court of Justice declared that the decision of the Spanish Supreme Court Ruling held on the 9th of May 2013 was limited, and the terms and conditions and indeed the use of the ruling were unfair.

Not only did the ruling provide incomplete and insufficient protection for consumers, it limited the amount that clients could claim back when trying to recover the money paid, in relation to overpaid mortgages.

Basically that meant that those affected by the ground floor rate clause could only reclaim any overpaid money from the 9th May 2013, irrespective of whether they had paid more before this date.

This new ruling is a total U-Turn and will mean that banks will now have to pay back – to the last euro – all of the money paid by the clients from the date that overpayment took place, rather than from the 9th May 2013.

This decision applies to the whole of the European Union and

especially in Spain, finally ending a long legal battle.

This new ruling represents a clear victory for customers and consumers against banks. According to the Bank of Spain report, the banks will have to return close to 7.5 billion euros to all the customers that have been affected.

This decision is legally binding - meaning that it affects both the pending cases and any future proceedings that have not yet been reviewed.

However, with regard to final judgements, this issue is still controversial.

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Preparing to fight flu

LOW temperatures, crowded holiday season venues and family get-togethers created ideal breeding grounds for flu.

The regional Health department's latest figures show there are currently 50 cases per 100,000 inhabitants, almost double the previous week's 26.4 cases per 100,000. Health authorities say this is normal and is comfortably below the 80 cases per 100,000 of an epidemic.

"Temperatures have fallen brusquely, especially early in the morning and late at night, meaning that people go out less," said Aurelio Duque, president of the Valencian Family Doctors' Society.

San Juan hospital has already admitted several flu patients to Intensive Care. Primary care doctors expect cases to peak within a week, much earlier than last year's peak.

Library supp



SATELLITE BRANCH: A quiet place to study with extensive fac

By Caroline Tyska

LA NUCIA has extended the opening hours of its Caravana library to help students with upcoming exams.

The library, which opened in February 2007 as a satellite branch of the town's main facility, has grown in popularity having 25,153 visitors in 2016, a rise of 70 percent on its first

year.

The excellent location of the Library along the CV-70 offering easy parking, its silence and its extensive facilities have made it the ideal place to study for university students of La Nucia and the region of Marina Baixa. In less than 10 years since its inauguration it has become a reference at the county level.

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ilities.

Councillor for culture Pedro Lloret said: "The aim of this measure is to provide a broad study schedule in this branch so that university and secondary school students can devote all the necessary hours to the January exams, and we will repeat this special schedule in June."

The new hours came into effect on January 9 and will operate until January 31. The facilities.

ty will be open from 9am until 9pm with no closure between these hours.

Staff at the library can expect an influx of approximately 4,000 students during this period who are preparing for their university examinations.

The normal winter hours will begin again February 1, these are 9am to 2pm and 4pm until 8pm Monday to Friday.

Minibus for tight streets

THE town of Alcoy has acquired a new minibus to improve transport services for its residents.

Toni Francés, mayor and Jorge Martinez, councillor for Mobility, personally welcomed the bus into service with the mayor saying, "this minibus has been demanded by the public for such a long time, we are so pleased to be able to finally present an addition to the fleet and therefore an improved service."

The new vehicle will be able to travel through the towns narrow streets, unlike the normal service buses, and will operate on all lines including the cemetery. Francés stressed the council's commitment to improving public transport including new measures to use more efficient and less polluting vehicles.

"It is vital to realise the increase in demand from the public and accommodate this," he said.

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Cultural building set to be restored

By Caroline Tyszk

FUNDING has been approved to begin restoring a 15th century Finca in San Joan d'Alacant.

The approval from the General Directorate of Heritage will enable archaeological experts to restore the roof and foundations of the Finca Ansaldo, which will eventually be transformed into a large musical centre.

The works, specifically next to the tower area, are part of a larger plan to provide rehearsal rooms, studios and concert spaces.

Jaime Albero, mayor, said: "When completed the historic Finca will benefit the whole community and preserve the one heritage building that the area has. It will be revitalised as a cultural and educational facility."

The project to carefully



FINCA ANSALDO: To be carefully restored.

transform the cultural building will be monitored for three months by archaeologists, with any artefacts found being sent to the Provincial Archaeological Museum of Alicante.

An investment of €240,000 has been set aside to complete the restoration.

Finca Ansaldo is located

in the rural part of Fabraquer and was a defensive tower at the end of the 15th century.

Several years later, a stately first-floor dwelling was built alongside it, with large horse stables and domestic service facilities in addition to a small hermitage for religious services.



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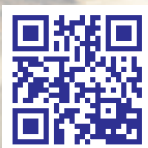
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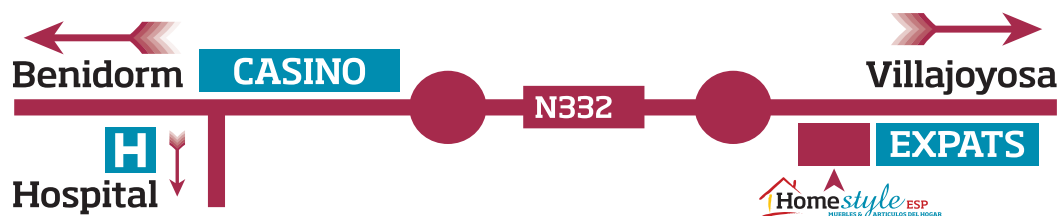
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Careline Theatre perform Pinocchio the pantomime



IT'S PANTO TIME: As Careline Theatre performs the classic tale of Pinocchio.

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

It is based on the famous Walt Disney animated film with the loveable characters of Pinocchio and Jiminy Cricket played by two very talented young actors (Emma Clay and Connie Levey).

In keeping with the best panto tradi-

tion there's the wacky dame Mama Macaroni (Dennis Arthurs), handsome and dashing principal boy Antonio (Tasha Fish), the beautiful principal girl Maria (Abigail Baldwin) and the evil Stromboli (Paul Young) who you will love to hate.

The panto opens on Thursday January 19 with Party At The Panto (a free glass of cava and snacks) and runs until

Sunday January 22. Curtain up at 8pm. Matinees are on the Saturday and Sunday at 3pm.

Tickets are already selling faster than Antonio can slap his thigh, so contact the Box Office now on 652 294 750 or email 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.

Walk for life

ON Sunday January 15 the hiking club 'Pas a Pas' in El Verger are organising for the third consecutive year a solidarity walk against cancer in association with AECC (Spanish Association against Cancer).

A trail of 6.4km is planned for runners and an easy circuit walk of 5km for hikers. This year they hope to beat the results of 2016 when there were 1,500 participants and €4,500 was donated to AECC.

The event will begin at 10.15am on Sunday January 15 from the town hall (ayuntamiento) in El Verger, where there will be music for entertainment and an enthusiastic

warm up routine. Each participant will receive a sponsored t-shirt and at the finish line back at the town hall, cake and mistela will be offered to all participants.

This year the organisation hopes to welcome more foreign participants, demonstrating their solidarity in the fight against cancer.

There is a registration fee of €5. To register please visit www.somesport.com. Proceeds will be donated to AECC. If you are unable to participate but want to donate send it to Cajamar account number 3058 2553 6927 2000 3755, citing Donativa Carrera Cancer.

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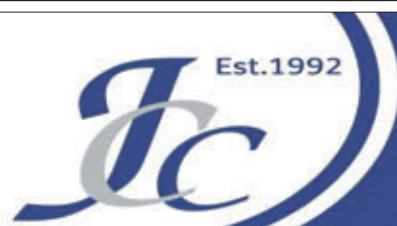
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CAROLS and games



FUN AND GAMES with the volunteers.

Busy time for the Salvation Army

By Caroline Tyszka

THE Denia branch of the Salvation Army had a very busy Christmas supporting all its clients in the town that is the capital of the Marina Alta.

Many events took place over the festive period with the band of the Salvation Army from

Madrid travelling to the town to perform concerts around the region, including the Pedrera hospital.

The organisation's social dining room hosted a special gala with carols, games and a film accompanied by a special dinner prepared and donated by the local Voramar Restaurant.

The volunteers served the food and presented each person with a special gift bag.

To ensure that the younger generation were not forgotten a special party, attended by more than 30 children was held. Volunteers and donors bought and wrapped gifts to give to each child.



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Reservoirs replenished

DECEMBER'S storms have helped to replenish the Marina Baja's reservoirs and wells.

After three years of very little rainfall the dams' levels were critical and the Marina Baja Water Consortium had requested a 7.5-cubic hectometre water transfer to cover 2017's needs.

The Consortium now hopes to cut this back to the five cubic hectometres supplement that Consortium members - Alfab del Pi, Altea, Benidorm, Finestrat, La Nucia, Polop and Villajoyosa - normally receive each year.

In this way councils will not have to increase water bills or absorb the cost themselves, although this second option would have jeopardised other projects. In Benidorm alone this would have cost the town hall another €1.5 million, municipal sources revealed.

Now that there is no longer an urgent need for a larger than usual transfer, Consortium members have called for a board meeting to discuss the changed situation.

"The cost of the water is high and given the new situation, town halls will press for a smaller transfer," said Benidorm's councillor for Water, Jose Ramon Gonzalez de Zarate.

His Villajoyosa counterpart Pedro Alemany was similarly in favour of a reduction: "If we can buy five cubic hectometres and not 7.5 as planned, there would be no extra outlay for anyone," Alemany said

Soundproofing for

By Caroline Tyska

SOUNDPROOFING panels have been installed in Alfab del Pi to reduce noise pollution for residents.

The 150 metres of green fencing have been erected along the new road to the south of the town which connects to the N-332 via a new roundabout.

The change in access to the town has meant that the traffic lights at the old junction into Alfab, by the tram station were removed, and the new roundabout now takes you over a bridge onto the N-332.

Previously houses on the Casas Blancas urbanisation were afforded peace and quiet, but when the traffic demand resulted in a new route being required the road was built at the back of some of the properties, with many properties being affected by the noise from the heavy volume of traffic.

The project of installing the soundproofing panels also included the landscaping of the new roundabout which is nearing completion.

Residents welcomed the new panels having endured a lack of privacy, as the new route was close to their properties, and also



TRAFFIC NOISE: Panels designed to help

the reduction in noise that they had experienced since the road was built in April 2015.

Braving the cold in aid of tourism

A DELEGATION from the Alfab del Pi Council will travel to Norway to present their town at the International Tourism Fair.

This will be the 26th year that the town has been represented at the event and highlights the importance that is placed on not only encouraging the Scandinavians to holiday in the area, but also to become residents.

Alfab del Pi has the second largest concentration of

Norwegian residents abroad.

To prepare for the event, which is being held between January 13 and 15, the mayor met with some of the business owners from the town who will travel to Oslo with the council delegation.

This year the town representatives will focus on presenting Alfab del Pi as a healthy resort.

Vicente Arques, mayor, said: "It is important to have public-private collaboration so that we can offer a com-

prehensive healthy option to our visitors, neighbours and residents. The companies are able to offer services and we are able to promote the use of the public spaces, our wide range of facilities and activities for sports and our almost inexhaustible cultural programme.

"We will demonstrate that synergies between the private sector and the public administration can and should exist and be encouraged to work together."



or local residents



noise pollution have been installed and the roundabout is now landscaped.

The original road project cost approximately €3 million, funded as a private project, divided between the property developers for the

proposed building planned in the area. It was a severe black spot for accidents for several years prior to the new route.



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TEULADA MORAIRA

NEWS

Safer by train

THE Marina Alta and Marina Baja sections of the N-332 main road have four serious accidents each year.

EuroRAP's latest risk map, issued by Spain's RACE and RACC motoring associations, described the Teulada to Benidorm stretch as 'high risk' while Teulada to Oliva (Valencia) was classed as 'moderate risk.'

The N-332, which connects northern Costa Blanca towns and links it to other areas, is used daily by 15,000 vehicles and EuroRAP's conclusions echo the regional government's recent studies.

The Generalitat submitted

the latest of these to the national government in Madrid last month, reminding the Ministry of Public works that N-332 infrastructure projects are still pending.

The regional government emphasised the need to lift the AP-7 motorway tolls. Using the Marina Alta as an example, Generalitat experts described it as "a tourist zone with heavy traffic choked by an obsolete main road and a toll road."

The same report repeated the Valencia government's support for the Tren de la Costa, a railway line that would link Alicante and Valencia via



SERIOUS ACCIDENTS: Some roads are classed as 'high risk.'

the coast. Although this would help to reduce the 15,000 vehicles using the N-332 each day, the Ministry of Public Works has temporarily halted

the project, dismissing it as "unprofitable."

Neither does the Generalitat support the Ministry's eventual plans for a train

that would stop only at the largest Costa Blanca resorts. The area needs a local service for all towns, the report insisted.

New Year's charity race

THE fifth edition of the solidarity run through the centre of Teulada attracted 140 participants, all in fancy dress. The event was organised by the athletic club Corremundos together with the department of sports of Teulada-Moraira, and all the participants were asked to bring unperishable food to be donated to charity.

It was a non-competitive race and times were irrelevant, but there were prizes for the best costumes.

Sponsors were: Sevisal, Bodegas Blasco, Carnicería Domingo, Bar Restaurante Nou Bon Lloc and Panadería Hijos de Rafael.

Councils' cashback

SIXTEEN towns and villages in Marina Alta are rubbing their hands together in glee as the government is having to give back extra cash charged on taxes by mistake.

The Ministry of the Treasury, led by Cristóbal Montoro, has admitted it overcharged a number of councils after errors occurred while calculating the amounts due on the so-called sanitary centime tax.

The Valencian Municipalities and Provinces Federation (FVMP) had lodged complaints and demanded calculations were revised, accusing the ministry of always making mistakes which affect councils.

Five places in particular will be seeing hefty sums returned by the ministry, which has yet to say exactly when it will be giving the money back.

Anti-flood project now a priority

RATHER than requesting aid to repair damage caused by last year's floods, Teulada Council has decided to push for help on a project to channel rainwater and avoid future flooding.

A project already exists and has received approval from the authorities and environmental departments to channel water in gullies in Moraira which includes building a new canal to divert rainwater away from the town centre. This, the council said, would put an end to common flooding problems in the area during heavy rains.

Approval has already been given by the General Director of Public Works and a Declaration of Environmental Impact was issued some time ago, plus permission has al-

ready been obtained from the corresponding Valencian government department and the Júcar Hydrographic Confederation.

The council has requested that the project be carried out as quickly as possible under the financial conditions agreed to in the past, which would involve the local authority paying 25 per cent of the cost with the remaining 75 per cent covered by the regional government.

Teulada Moraira Infrastructures Councillor Raul Dalmai explained that the project must be given priority due to the need to divert rainwater into the sea as many gullies end in the area and this can cause severe flooding in the case of further heavy rains.



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THE shop is delighted to announce it can look back on a very successful year. Donations were made to the following: Caritas €9,600, The Red Cross €6,460, The Franciscan Refuge €11,200, Alberto's Fund €4,025, Raquel Paya School for special needs children €3,988, Bomberos Javea and Benitachell €1,600, and some smaller amounts which were paid out to various other deserving causes.

The last donation of the year was a €5,000 cheque received by swimmer Jose Ramon Garcia, who started his 'Make a Splash' project in aid of The Red Cross a year ago and successfully completed 10,500 lengths (equivalent to 262.5 kilometres!) at the Benitachell swimming pool.

The shop would like to thank all its loyal customers, sponsors and hard-working volunteers who made it all possible. For more information please see the website www.charityshoplibrary.com.



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By Linda Hall

MIRACLE twins Valentina and Isabella are out of Intensive Care at Alicante General hospital.

It was the best present they could have asked for, said their parents Craig and Arlene Drysdale who live in Javea.

The girls were born in the 26th week of Arlene's pregnancy and were so impatient to

Early arrivals home soon

enter the world that there was no time to get the mother to Denia hospital.

Instead there was an emergency birth at Javea's health centre where they were delivered by a midwife and paediatricians Monica Bonora and Silvana Pintos. On the journey

to hospital the two doctors held the tiny girls skin to skin to transfer vital bodily warmth.

Weighing around 700 grammes at birth, Valentina now weighs 2.1 kilos and Isabella 1.52 kilos. They are due to return home at the end of this month, Craig revealed, after

Isabella has a hernia operation on January 23.

"There really haven't been that many problems," he told the Spanish press. Because the twins have done so well they will be able to go straight home without going first to Denia hospital, he added.

The proud parents were both full of praise for Dr Sanchez and his team. "They are unequalled," Craig said.

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XABIA NEWS

Calendar sold for a good cause

By Eleanor Hawkins

JAVEA'S Tourism Department has created a calendar to raise funds to reforest the La Granadella area which was severely affected by a forest fire in September.

The calendar, now on sale at a price of €2 each, is entitled Sustainable Javea and aims to promote the area's attrac-

tions. The sea features in many of the illustrations, as do quiet beaches which locals say are a far cry from the crowds and traffic seen in recent summers.

A couple eating a peaceful meal beside the sea, the mountains and traditional activities illustrate the 2017 version of the fundraising calendar produced by the council.

This is not the first time the council has chosen to make calendars to raise funds to repair the effects of natural dis-

asters in the area. A few years ago a similar initiative was launched to contribute to reforestation of Montgo, also affected by fire in 2014.

Meanwhile, work is underway in La Granadella to clear the burned out woods and make way for new life.

Whilst some work was done to remove burnt trees as soon as the fire which affected 812 hectares in September was out, the brunt of the clear-up job was left to wait.

Now the council has thrown itself into the job, starting on the slopes by Valsol and Pinosol residential complexes.

BURNT OUT: To be reforested.



Prizewinners announced

THE prizes offered in Xabia Historica's Christmas promotion have now been given out.

One was a hamper with items worth €2,000 but local shoppers also won 10 vouchers worth €100 each and two for €500. All can be exchanged in Xabia Historica

establishments.

The €500 vouchers went to Enric Domench who made a purchase in the Salva Mulet jeweller's and Pepa Ribes who filled in her winning coupon at the Castello butcher's stall in the Municipal Market. The draw took place in the market.

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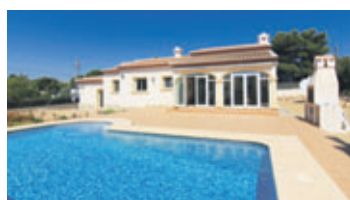
C936-JAVEA-COVATELLES **330,000€**

Private villa, 3 bedrooms, 2 bathrooms, solarium, garage, pool 8x4, open views. 145m² C. 867m² P.



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C952-COSTA NOVA-JAVEA **350,000€**

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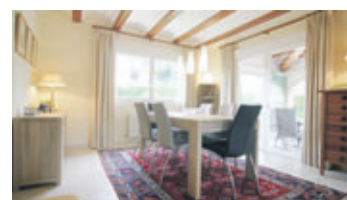
C543-JAVEA-LLUCA **480,000€**

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A369-JAVEA-PUERTO **265,000€**

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C973-CAP MARTI

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MABS needs you

By Caroline Tyska

MABS cancer support charity are urgently looking for volunteers to help in their charity shops based throughout the region (Javea, Denia, Oliva, Moraira, Teulada, Mutxamel, Villajoyosa, San Javier, Los Alcazares and Mazarron).

Anyone who is able to spare some time to help man the tills and stock the rails can either pop into their local branch or alternatively go to www.mabscancersupport.org to get contact details.

The charity support group offer services such as support centres, carers, drivers, translators and palliative nursing.



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U3A Vall del Pop

TWO new activity groups are being initiated by U3A Vall del Pop.

First up is Word Addicts which will offer an opportunity for members with an interest in literature and the written word to experience new authors and genres, including poetry and plays.

The members have assembled a reading list and will select a different book each month to read. The group will then meet on the third Thursday of each month to discuss their experiences drawn from the written words and formats, over coffee, in a relaxed social gathering, presently at The Citrus café in Orba.

The first three books read were The Separation by Dina Jefferies, The Snow Garden and Other Stories by Rachel Joyce and Regeneration by Pat Barker.

The plan is to add new authors and books to the list as recommended by the group members, to include personal favourites and even the classics. It is also proposed to attend the Literature Festival in Gibraltar in the autumn. So why not join Geraldine and her present members and extend your knowledge of literature, participate in lively discussion on the merits of each author and make new like-minded friends?

Secondly, a new padel group will be starting in February meeting at the Padel Centre at the La Marina shopping complex in Ondara. It is a very sociable game, being played by teams of two against players of your own standard, and is structured to ensure everybody plays everybody else initially in games of four to six games, and as skills increase as the best out of three sets.

Some previous racket sport skill is an advantage but not an essential and the basic skills are soon learnt. The group is being structured to address three principle functions: to introduce a new sport, to offer fun

exercise with you setting your own level of exercise and to provide a social opportunity.

Changing facilities are available at the Ondara Padel Centre so playing padel can be combined with a trip to the shopping centre. Group leader Duncan and his wife Patricia will be at the next meeting so take the opportunity to sign up and give it a try. Everyone is likely to be at the same standard so it should be fun!!

The first meeting of the year will take place on Thursday January 12, 2017 at 11.00am in the Polivant in Murla. New U3A members are always welcome. For more information visit u3avallpop.com.

FORTHCOMING EVENTS:

January 12

General meeting at Polivant in Murla starting at 11.00am. Speaker Lawrence Whalley: Dementia Risk Reduction

January 16

Egyptology Group at Jalon Town Hall starting at 11.00am. 'The Phoenix and the West: The Great Migration'

January 27

Benidorm Palace, hotel and 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 Belami: Working with BOAC/BA

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NORWAY**Profitable fish**

■ NORWAY'S farmed salmon and trout sales totalled 65.3 billion kroner last year (€7.5 billion), over 30 per cent more than in 2015. The increase is largely from an increased demand from China.

**Best project**

■ SCHOOLS from Norway and Russia came together to discuss climate change as part of the BEST (Barents Energy Sustainability Technology) Future project. They investigated sustainability and renewable energy and looked at the environmental challenges.

Climber dies

■ A BRITISH mountaineer died in Norway after a fall from a mountain in Telemark county. The man, in his 20's was with another climber when he fell 30 metres.

High price

■ PETROL and diesel prices have reached their highest level ever in Norway after a fuel tax increase which came into force in the New Year.

FRANCE**Road power**

THE world's first solar panel road has opened in Normandy. The route is covered with 2,800 square metres of electricity-generating panels and should be able to power the street lighting.

Organ donation

■ FRENCH citizens are now all or-

gan donors unless they register to opt out. The new rules of 'presumed consent' came into force at the start of the year.

Murder's pardon

■ A FRENCH woman jailed in 2014 for murdering her abusive husband who raped and beat her,

has been pardoned by the President and released from jail.

Above average

■ A SURVEY carried out by a dating site claims that the typical Parisian has had an average of 19 sexual partners, more than the national average of 11.

SWEDEN**Nordic lights**

■ SWEDEN is hosting the eighth edition of the Nordic Lights Film Festival which takes place this weekend running until January 16. It features a range of films from across the Nordic nations.

Golf event

■ THE Annual Swedish Golf Tournament has taken place in Southern Florida, USA, with a new Volvo XC90 up for grabs with a hole in one on hole three. The event raised money for the Swedish Church in Florida.

Armed security

■ SWEDEN'S three power plants are increasing security following recent terror attacks around the world. Security officers at the nuclear power stations will be equipped with firearms from February.

More gamers

■ SWEDEN needs more games developers in order to maintain its top position in the field as concerns arise over a shortage of skilled labour. Sweden is behind household names like Candy Crush and Minecraft.

HOLLAND**Banana drugs**

■ AROUND 250 kilos of cocaine was found hidden in a consignment of bananas at Rotterdam port. Five people have been arrested in connection with the drugs haul.

No pension

■ HOTEL booking site Booking.com will not be forced to join the Reiswerk pension scheme after a judge ruled it is not a travel agency and does not have to join the industry pension provider.

Increased checks

■ THE government is in talks with Belgium, Germany and France to increase security and step up checks on passengers on international buses, trains and boats, in light of recent terror attacks.

Food help

■ MORE people will be able to ask for a food parcel after the Dutch food bank organisation raised the income level. It means single people receiving less than €200 a month can apply, which is an increase from last year's €180.

GERMANY**No better**

■ A STUDY by Germany's Public Health Insurers Association has found that just around one third of new medicines introduced to the market since 2012 are actually better than the old ones.

Not a joke

■ A MAN found himself the victim of a serious prank when he opened the front door of his home and found a brick wall had been built over night trapping him inside. Police said they are treating it as a crime.

Whistle-blowing

■ A NEW anonymous online portal has been set up so that banking whistle-blowers can report wrongdoing in the industry such as money laundering and corruption.

Bird flu is back

■ THERE were more than 30 separate incidents of bird flu recorded in Germany last year leading to thousands of chickens, ducks and geese being culled and experts warn the outbreak shows no signs of letting up in 2017.

BELGIUM**Internet clampdown**

■ BELGIUM is clamping down on hate messages on the internet following a number of racist messages regarding the death of a Belgian man of Turkish descent at the Istanbul nightclub terrorist attack.

Balcony punishment

■ THE parents who left their six-year-old son out on the balcony for 15 hours in near-freezing temperatures as a punishment, have been arrested accused of torture. The youngster is now said to be out of critical care.

Nearly full

■ THE Brussels Hotel Association reports that up to 90 per cent of hotel beds were occupied and booked on New Year's Eve with the number of overnight stays during Christmas also up compared to 2015.

Bomb hoax

■ THE Brussels North train station was the scene of two bomb scares within two days. Each time the station was evacuated, but both were hoax calls.

DENMARK**Cancer survival**

■ DENMARK has the worst cancer survival rates amongst the Nordic nations. Around one in three Danes will suffer some form of cancer and figures show around 60 per cent will survive more than five years after their diagnosis.

Celebration injuries

■ FIGURES show that 267 people in Denmark ended their New Year's Eve celebrations with a trip to hospital with 37 of these being treated for serious injuries.

Car sales

■ LAST year saw a record number of cars sold in Denmark. According to the Danish Car Importers Association, 222,924 vehicles were sold, 7.3 per cent more than in 2015.

Flu season

■ DENMARK is in the middle of a flu epidemic with the number of cases over Christmas doubling in a week. A total of 263 patients have been hospitalised this flu season with 136 in the last two weeks.

Car sales hit record high

By Matthew Elliott

MORE new cars were sold in the UK last year than ever before. Figures in for 2016 show that a staggering 2.69 million new cars were registered, making Britain one of the strongest motoring markets in the world.

The volume represents an increase of 2 per cent on 2015, but analysts believe Britain has hit 'peak car' and that 2017 will witness a drop of between 5 and 7 per cent.

The car bubble comes courtesy of high consumer confidence, low-in-

2.69 million

The record breaking number of new cars registered in the UK in 2016.

terest financing and a diverse range of models according to the Society of Motor Manufacturers and Traders.

It is also thought to reflect years of

pent-up frustration among consumers desperate for a new car, but thwarted by the recession years from 2007-2011.

But not everyone is convinced that the numbers are accurate. Some analysts note that the 2.69 million figure includes cars sold to dealerships, making the number of individual buyers significantly lower.

In fact the number of private and business registrations actually declined by around 1 per cent.

There are also concerns for the future, particularly over what Brexit

will mean for the industry. Almost nine out of 10 new cars purchased in the UK are imported, despite British production enjoying its own mini-boom.

Car prices are beginning to rise and the devaluation of the pound following the referendum has already notched them up by almost 3 per cent.

The evergreen Ford Fiesta was the most popular new car in Britain with 120,525 registrations, while the number of eco-friendly vehicles rose by 22 per cent.

Next warning for 2017

SHARES in British High Street stalwart Next have plummeted by more than 14 per cent as the clothes retailer endured a hugely disappointing Christmas season. Chief executive Simon Wolfson has warned that the firm faces a tough 2017 and claimed that the wider clothing industry was in for a hard run as consumer preferences change.

Next performed poorly in both Boxing Day and January sales and also saw a major drop in gift vouchers. Wolfson, a prominent Brexit campaigner, claims that consumers are today favouring more 'experiential' spending, focused on leisure activities.

But many shareholders are unconvinced and believe that Next is simply not connecting with the public. The results have, however, sent a chill down the High Street, which is hugely concerned about the potential impact of Brexit and a possibly devalued pound forcing them to raise prices.

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.



Britain's man in Brussels



SIR TIM BARROW: To be the top EU diplomat.

THERESA MAY resisted calls to install a hard-nosed Brexiteer as the country's top EU diplomat, instead choosing the practical-minded Sir Tim Barrow, a former ambassador to Moscow, for the role.

Barrow replaces Sir Ivan Rogers, who resigned on January 3 after being savaged by pro-leave campaigners for suggesting a formal Brexit settlement may take up to a decade to finalise.

The government has been keen to trumpet the quick appointment of Barrow as evidence that they are well prepared for the looming Brexit negotiations, expected to begin in March.

But EU officials reportedly sense anxiety in the hastiness of the decision. A discord between the civil service and executive has been suggested, while Rogers himself claimed that Britain lacked a competent negotiating team and a coherent strategy.

Described as a 'quintessential diplomat' and a 'seasoned negotiator' Sir Barrow's private position on Brexit is unknown, but he is considered capable of getting stuck into the role, rather than bringing an air of 'doom and gloom' as his predecessor was accused of.

Naturally not everyone was happy with the appointment.

» BUSINESS EXTRA

Fat cats

BRITISH FTSE 100 bosses earn more than €1,000 per hour on average. From a Monday morning to Wednesday lunchtime they will take home more than the average worker will net for a full year, earning roughly 129 times more than their employees.

Solar solution

CHINA is set to invest more than €300 billion into renewable energy. The world's biggest energy consumer is turning away from coal towards nuclear, wind, solar and hydro power. China generates more solar energy than any other country but is still consumed by smog.

Sexist pricing

TESCO has slashed the price of women's razors on the high street after campaigners argued women pay over the odds for toiletries. A study found that women were charged on average 37 per cent more than men for similar goods.

Apple has hit a Chinese firewall

APPLE has folded to Chinese pressure and withdrawn the *New York Times* from its App Store. Both the English and Chinese downloads of the American newspaper were taken out in December due to a 'violation of local regulations.'

The broadsheet believes it is being given the run around by Chinese authorities, who have banned

access to the NYT website since 2012. Competitors, including the *Washington Post*, are still available on the China App Store, but the country has a long history of online censorship.

The Great Firewall of China blocks access to a wide variety of western sites, including Facebook and occasionally Google.

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LONDON - FTSE 100

CLOSING PRICES JANUARY 9

COMPANY	PRICE(P)	CHANGE(P)	% CHG.	NET VOL
Anglo American	1,155.00	20.00	1.76	16,055.68
Associated British Foods	2,660.00	5.00	0.19	21,256.45
Admiral Group	1,975.50	145.50	7.95	5,197.96
Ashtead Group	1,596.00	4.00	0.25	7,992.60
Antofagasta	696.00	2.00	0.29	6,896.07
Aviva	490.00	0.60	0.12	19,901.38
AstraZeneca	4,547.50	-3.00	-0.07	57,559.84
BAE Systems	594.50	-10.50	-1.74	18,658.95
Babcock International Group	1,040.00	100.50	10.70	4,830.98
Bardays	229.00	-6.25	-2.66	39,448.02
British American Tobacco	4,585.00	11.00	0.24	85,388.16
Barratt Developments	492.00	-1.90	-0.38	5,009.53
British Land Co	635.75	-0.75	-0.12	6,461.34
BHP Billiton	1,320.00	3.00	0.23	27,805.43
Bunzl	0.00	0.00	0.00	6,987.34
BP	513.00	-1.50	-0.29	100,761.60
Burberry Group	1,457.50	-15.50	-1.05	6,378.70
BT Group	382.00	-2.55	-0.66	38,281.50
Coca-Cola HBC	900.00	-1,789.00	-100.00	6,422.82
Carnival	4,167.50	-21.50	-0.51	9,028.20
Centrica	228.00	-5.50	-2.36	12,804.74
Compass Group	1,465.00	7.00	0.48	24,021.01
Capita Group (The)	520.00	4.50	0.87	3,469.13
Croda International	1,500.00	-3,248.00	-100.00	4,300.99
CRH	1,300.00	-2,767.00	-100.00	22,965.83
Convatec Group Ord 10pWi	0.00	0.00	0.00	4,744.03
Dixons Carphone	348.00	10.20	3.02	3,928.53
DCC	3,000.00	-6,210.00	-100.00	5,596.78
Diageo	2,130.00	-13.50	-0.63	53,731.05
Direct Line Insurance Group	161.70	-364.70	-100.00	5,032.50
Experian	1,580.00	11.00	0.70	14,822.14
easyJet	1,056.50	-2.50	-0.24	4,190.55
Fresnillo	1,355.00	6.00	0.44	10,301.77
GKN	331.50	0.10	0.03	5,698.91
Glencore	287.50	-0.95	-0.33	41,867.10
GlaxoSmithKline	1,585.00	1.50	0.09	77,751.59
Hikma Pharmaceuticals	2,000.00	84.00	4.38	4,647.92
Hargreaves Lansdown	600.00	-1,289.00	-100.00	6,094.99
Hammers	568.00	-3.00	-0.53	4,517.21
HSBC Holdings	661.50	-7.50	-1.12	131,411.92
International Consolidatd Air	469.50	2.90	0.62	9,923.79
InterContinental Hotels Grp	3,700.00	34.00	0.93	7,339.75
3i Group	305.00	-723.50	-100.00	7,028.29
Imperial Brands	3,530.00	-8.50	-0.24	33,943.16
Informa	290.00	-686.00	-100.00	5,660.92
Intu Properties	0.00	0.00	0.00	3,780.56
Intertek Group	2,000.00	-3,480.00	-100.00	5,546.86
ITV	203.50	-2.00	-0.97	8,235.99
Johnson Matthey	3,145.00	-15.00	-0.47	6,082.76
Kingfisher	345.00	0.40	0.12	7,700.69

COMPANY	PRICE(P)	CHANGE(P)	% CHG.	NET VOL
Land Securities Group	1,041.50	-15.50	-1.47	8,247.31
Legal & General Group	247.25	-2.35	-0.94	14,731.37
Lloyds Banking Group ORD	65.50	-0.40	-0.61	46,143.12
London Stock Exchange Grp	2,710.00	-214.00	-7.32	10,190.41
Micro Focus International	1,025.00	-2,113.00	-100.00	4,855.32
Mediclinic International	350.00	-786.50	-100.00	5,743.13
Merlin Entertainments	0.00	0.00	0.00	4,674.75
Marks & Spencer Group	331.15	-2.55	-0.76	5,374.60
Mondi	0.00	0.00	0.00	8,074.76
Morrison (Wm) Supermarkets	233.75	-2.55	-1.08	5,443.90
National Grid	942.00	-2.40	-0.25	35,331.18
Next	4,100.00	1.00	0.02	6,013.14
Old Mutual Group	202.50	-5.60	-2.69	10,209.90
Provident Financial	0.00	0.00	0.00	4,208.48
Paddy Power Betfair	0.00	0.00	0.00	7,464.60
Prudential	1,612.50	0.00	0.00	41,310.50
Persimmon	1,875.00	-59.00	-3.05	5,984.87
Pearson	808.00	-5.50	-0.68	6,679.78
Reckitt Benckiser Group	6,700.00	13.00	0.19	46,982.12
Royal Bank of Scotland Group	230.00	-2.40	-1.03	27,323.33
Royal Dutch Shell	2,271.50	4.00	0.18	100,248.24
Royal Dutch Shell	2,355.00	-4.50	-0.19	88,281.12
RELX	1,440.00	1.00	0.07	15,532.82
Rio Tinto	3,100.00	5.00	0.16	42,763.38
Royal Mail	459.00	0.20	0.04	4,564.00
Rolls-Royce Group	642.50	-8.00	-1.23	11,759.11
Randgold Resources	6,865.00	350.00	5.37	6,286.08
RSA Insurance Group	560.00	-16.50	-2.86	5,851.11
Sainsbury (J)	251.00	-1.00	-0.40	5,478.03
Schroders	1,250.00	-3,019.00	-100.00	6,828.14
Sage Group (The)	655.50	-2.00	-0.30	7,058.62
Shire	4,885.00	28.50	0.59	44,296.86
Smurfit Kappa Group	0.00	0.00	0.00	4,663.11
Sky	988.50	-2.50	-0.25	17,018.27
Standard Life	361.50	-2.50	-0.69	7,187.31
Smiths Group	575.00	-1,444.00	-100.00	5,634.67
Smith & Nephew	1,212.50	0.50	0.04	10,684.81
SSE	1,525.00	-15.00	-0.97	15,636.08
Standard Chartered	690.00	-5.70	-0.82	22,669.50
St James's Place	400.00	-1,060.00	-100.00	5,538.57
Severn Trent	2,205.50	-9.50	-0.43	5,316.71
Tesco	198.25	-1.25	-0.63	16,271.34
TUI AG	0.00	0.00	0.00	6,874.22
Taylor Wimpey	177.75	9.25	5.49	5,530.85
Unilever	3,285.00	-9.00	-0.27	42,341.33
United Utilities Group	897.50	0.50	0.06	6,137.00
Vodafone Group	209.50	-1.85	-0.88	55,749.80
Wolseley	2,400.00	-4,985.00	-100.00	12,548.33
Worldpay Group	150.00	-281.10	-100.00	5,562.00
WPP Group	1,815.00	-25.00	-1.36	23,409.07
Whitbread	3,899.00	-42.00	-1.07	7,147.06

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CLOSING PRICES JANUARY 9

COMPANY	PRICE	CHANGE	%CHANGE	VOLUME
3M	178,230	+0,29%	0,520	107M
AMERICAN EXPRESS	75,4700	+0,20%	0,1500	69M
APPLE	117,910	+1,11%	1,300	629M
BOEING CO	159,100	+0,25%	0,390	98M
CATERPILLAR	93,040	+0,04%	0,040	54M
CHEVRON	116,84	-0,40%	-0,47	220M
CISCO SYSTEMS	30,230	+0,20%	0,060	152M
COCA-COLA	41,74	-0,02%	-0,01	180M
DU PONT(EI) DE NMR	73,3800	-0,58%	-0,4300	63M
EXXON MOBIL	88,50	-0,06%	-0,05	367M
GENERAL ELECTRIC	31,6100	+0,29%	0,0900	280M
GOLDMAN SACHS	244,90	+1,48%	3,58	97M
HOME DEPOT	133,5300	-0,28%	-0,3700	163M
IBM	169,53	+0,49%	0,83	161M
INTEL CORP	36,4800	+0,36%	0,1300	173M
J.P.MORGAN CHASE	86,1200	+0,01%	0,0100	308M
JOHNSON & JOHNSON	116,3000	-0,48%	-0,5600	316M
MC DONALD'S CORP	120,7600	+0,89%	1,0600	100M
MERCK AND CO. NEW	60,27	+0,27%	0,16	166M
MICROSOFT	62,840	+0,87%	0,540	489M
NIKE	53,91	+1,60%	0,85	72M
PFIZER	33,4800	-0,39%	-0,1300	203M
PROCTER AND GAMBLE	85,030	-0,04%	-0,030	227M
TRAVELERS CIES	118,27	-0,05%	-0,06	33M
UNITED TECHNOLOGIE	112,55	+1,08%	1,20	92M
UNITEDHEALTH GROUP	162,41	+0,14%	0,23	154M
VERIZON COMMS	53,26	-2,53%	-1,38	216M
VISA	82,21	+1,38%	1,12	152M
WAL-MART STORES	68,2600	-1,37%	-0,9500	209M
WALT DISNEY CO	108,9800	+1,49%	1,6000	173M

NASDAQ

CLOSING PRICES JANUARY 9

COMPANY	PRICE	CHANGE NET / %
Most Advanced		
Pernix Therapeutics Holdings, Inc.	\$ 2.9332	0.6532 ▲ 28.65%
Zafgen, Inc.	\$ 4.18	0.83 ▲ 24.78%
Pacira Pharmaceuticals, Inc.	\$ 40.05	5.90 ▲ 17.28%
Quotient Limited	\$ 6.27	0.88 ▲ 16.33%
Cempra, Inc.	\$ 3.75	0.50 ▲ 15.38%
Fulgent Genetics, Inc.	\$ 13.04	1.54 ▲ 13.39%
Calithera Biosciences, Inc.	\$ 4.45	0.50 ▲ 12.66%
KalVista Pharmaceuticals, Inc.	\$ 7.4495	0.7295 ▲ 10.86%
Arotech Corporation	\$ 4.65	0.45 ▲ 10.71%
Aurinia Pharmaceuticals Inc	\$ 2.36	0.22 ▲ 10.28%
Gridsum Holding Inc.	\$ 11.06	0.91 ▲ 8.97%
Most Declined		
Avinger, Inc.	\$ 3.30	0.60 ▼ 15.38%
Stein Mart, Inc.	\$ 4.51	0.75 ▼ 14.26%
Apollo Endosurgery, Inc.	\$ 17.31	2.0906 ▼ 10.78%
Orexigen Therapeutics, Inc.	\$ 3.38	0.40 ▼ 10.58%
ICU Medical, Inc.	\$ 131.875	15.475 ▼ 10.50%
Eagle Pharmaceuticals, Inc.	\$ 75.17	7.03 ▼ 8.55%
Depomed, Inc.	\$ 19.17	1.75 ▼ 8.37%
NII Holdings, Inc.	\$ 2.75	0.25 ▼ 8.33%
Sears Holdings Corporation	\$ 9.56	0.83 ▼ 7.99%
Endologix, Inc.	\$ 5.705	0.485 ▼ 7.84%
MaxPoint Interactive, Inc.	\$ 5.64	0.46 ▼ 7.54%

Distributing Funds

EUR Fixed Income B

Sterling Fixed Income B

DEALING PRICE

Price Movement

€0.9783

-€0.0028

€0.9464

£0.0001

Accumulating Funds

GBP Currency B

EUR Currency B

Multi Asset Conservative B GBP

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

Price Movement

£0.9861

£0.0000

£0.9661

-€0.0002

£1.1310

£0.0002

£1.0676

-€0.0003

£1.2520

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Spain finishes the year strongly

By Matthew Elliott

A LONG overdue turnaround in employment numbers and increased household spending means Spain's economic growth in 2016 may have exceeded expectations.

More workers were hired by Spanish firms last year than at any other time since the recession. The economy is estimated to have grown by more than the 3.2 per cent predicted last January, establishing itself as one of the fastest growing in Europe.

Even if the 3.2 per cent growth target is not bettered, Spain will still clock up growth that is easily double the eurozone average. This is despite (some might say due to) the country lacking a central government for more than 10 months.

Foreigners also made a substantial contribution, with tourists and guests spending more than €73 billion in Spain in the 11 months from January to November 2016. That is already some €5.6 billion more than the total amount spent in 2015.

As always, British travellers contributed the largest share at around 21 per cent of the total (€15.3 billion).

But it is the sharp rise in employment figures that will be the most welcome development for Madrid. The number of registered employees leapt by 540,655 across the year, while the number of unemployed fell by 390,534, the largest drop in recorded history.

The recession hit Spain hard on many fronts but the loss of almost four million jobs during its



EMPLOYMENT FIGURES: Will be a most welcome development for Madrid.

toughest spell has been its enduring legacy for millions of Spanish families. Entering 2017 almost two million of those jobs have been recovered. Clearly there is a long way to go, but Spain is certainly on the right track.

The next employment battle will be over the terms and conditions of worker contracts. Countless thousands of the new jobs created are based on short-term temporary contracts with very little in the way of rights or benefits.

Seasonal employment is also a pivotal issue. But the tourist industry is expected to make a huge drive this year to attract guests during autumn and winter, attempting to kill two birds with one stone.

Credit card debt warning for the UK

By Matthew Elliott

DEBT experts have warned that UK households are caught in the grip of a credit boom reminiscent of the levels seen just before the financial crash in 2008.

Unsecured consumer credit increased

by 10.8 per cent in 2016 according to Bank of England figures that run until November.

The British public now owes a staggering £192.2 (€225) billion after credit boomed at the fastest rate in over a decade. The previous consumer credit

debt peak in Britain was £208 (€243) billion just before the banks crashed in late 2008.

Credit cards, second mortgages and car loans are all considered unsecured credit, with plastic payments now accounting for some £66.7 (€78) billion of the total.

Eager to attract new customers in an era of reduced public confidence in the markets, credit

card companies have been offering 0 per cent interest rate deals as competition ratchets up a notch.

Millions of people are now using credit cards to pay for shopping, and other regular expenses, rather than saving them for seasonal or luxury purchases.

With both borrowing and lending higher than at any point since the crisis, debt charities are calling on the government to take action to prevent people being suddenly exposed to wider economic changes.

Unemployment is rising and 2017 is expected to offer the first true glimpse of what a post-Brexit economy may look like, as the fall in sterling seen since the referendum has a practical impact.

One debt charity, StepChange, claims to have received more than 300,000 calls for help in just six months. They point out that a job loss, or hefty bill, can knock a family off a cliff as one missed payment results in extreme penalty charges and the beginning of a vicious cycle.

The charity is now asking the government to establish a 'breathing space' scheme which would offer legal protection from harsh penalties in return for agreeing to a manageable payment schedule.



CREDIT CARDS: Are considered unsecured credit.

British economy finishes strongly

By Matthew Elliott

THE Bank of England's chief economist has admitted a huge disconnect between the dire predictions of financial experts and the facts on the ground as the British economy finished 2016 strongly.

Andy Haldane said that it was a 'fair cop' to criticise economists. He even compared their off kilter predictions to Michael Fish's notorious 1987 weather forecast when he dismissed hurricane warnings just before one of the greatest storms to ever batter the UK.

Haldane offered the modest excuse that contemporary economic models were not able to cope with 'irrational behaviour' among consumers. But the Bank of England now faces redoubled criticism from many Brexiters who sensed

bias in the BoE's predictions of a dramatic slowdown.

“

Predictions for 2017 are now expected to be revised upwards as the momentum continues well into the New Year.

Britain's services sector polished off a hat-trick of solid performances from the manufacturing and construction industries.

The sector, which includes transport, hotels and banks, grew at the fastest pace seen in 17 months in December as the wider economy grew 0.5 per cent in the year's final quarter.

The news was in stark contrast to pessimistic predictions from many forecasters who warned that growth would grind to a standstill as the financial ramifications of the Brexit vote began to hit home.

Predictions for 2017 are now expected to be revised upwards as the momentum continues well into the New Year. British exporters are also optimistic over the prospects of a Donald Trump presidency as the tycoon is expected to cut taxes and crank up the American economy.

The Bank of England had cut interest rates to an all-time low of 0.25 per cent in August in a move to bolster confidence and keep people spending. At the time the BoE stressed that a further cut may soon be needed but, given the 2016 data, now the smart money would be on a fractional rise.



ANDY HALDANE: Chief Economist of the Bank of England.

Losing mental capacity whilst living abroad

by Stone King

Charlotte Macdonald

Contact me at international@stoneking.co.uk



MANY UK expatriates living in Spain own properties in the UK and have pensions and investments in the UK. They rely on their UK assets to maintain their lifestyles (and those of their families) in Spain. If they can no longer manage their affairs in the UK due to a loss of mental capacity, it can cause many difficulties.

“

You can choose a person or people, who you trust, to act for you when you are no longer able.

The best way to avoid the legal and practical difficulties that can occur with the loss of mental capacity is to plan for it in advance by drawing up a document called a 'Lasting Power of Attorney' ('LPA').



POWER OF ATTORNEY: A legal document that enables someone to act on your behalf.

What is an LPA?

An LPA is a legal document that enables you to appoint one or more attor-

neys to act for you when you are no longer able to act for yourself.

Your attorney can be a professional,

such as a solicitor or a family member or friend.

There are two types of LPA: 'Health and Welfare' or 'Property and Financial Affairs'

An LPA must be made while you have full mental capacity. It is therefore important to make one while you are in good health.

Why should you get an LPA?

You can choose a person or people, who you trust, to act for you when you are no longer able.

If you lose your mental capacity and do not have an LPA, then your family (or the authorities) will have no choice but to make an application to the Court of Protection to appoint a 'deputy' to look after your affairs, which can be time consuming and costly.

Will my LPA be recognised in Spain?

Unfortunately there is no international type of LPA which is guaranteed to work in both the UK and Spain.

The advice we give to our clients at Stone King, is that if you have assets in both Spain and the UK, your only safe option is to appoint attorneys in both jurisdictions.

If you would like to discuss LPAs contact Charlotte Macdonald or Dan Harris at Stone King LLP by email international@stoneking.co.uk or by telephone on +44 (0)1225 337599.



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The danger of even more racism

LEAPY LEE SAYS IT
OTHERS THINK IT



I'M sure we were all thoroughly sickened by the attack on a defenceless patient by the four black care workers in America this week. These animals unleashed an assault on this young, mentally impaired white man, that truly defies the imagination.

To add insult to his horrific ordeal, this evil quartet actually videoed their actions and published it on social media. Let's hope this scum get all they deserve and, if found guilty, find themselves gazing through bars for some considerable time.

What interested me was the overall reaction of the white communities. Basically this consisted of expressions of disgust and disbelief, followed by the calm trust that the law will take its course and justice ultimately be served. The difference here of course is that, had the positions



Foto Copyright: Thawornmuak

SICKENING ATTACK: The carers deserve long jail terms.

been reversed, and the attack perpetrated by four white workers on a defenceless black person,

there would have been screams of racism, marches and possible rioting throughout the country.

Why is that? Why are some black people so quick to blame white people for their misfor-

“ These actions create the very real danger of turning even more people into racists. ”

tunes and so-called social injustices? I have never considered myself a racist but to my mind, these hysterical and often violent reactions, are, in fact, racism in its most serious form: precisely what the demonstrations are supposed to be protesting against.

Makes no sense to me, in fact to my mind, these actions create the very real danger of turning even more people into racists.

I think it is high time black communities began looking inward for solutions to their problems, instead of constantly blaming outside white influences for their shortcomings.

Please peruse this piece carefully before releasing the expected slings and arrows. Thanks.

Keep the Faith

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Angel Poveda - Juan Abad ■■■

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Javea office:
1.20 Centro Comercial Arenal. Avda. del Plá, 126-03730 Javea (Alicante).

Valencia office:
Avda. Barón de Cárcer, 31-3º-6ª - 46001 Valencia

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	EastEnders
9:00pm	Spy in the Wild
10:00pm	Death in Paradise
11:00pm	BBC News at Ten
11:30pm	BBC London News
11:45pm	Question Time
12:45am	This Week <i>Andrew Neil reviews the political week with Michael Portillo and guests.</i>
1:30am	Weather for the Week Ahead

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	The Daily Politics
2:00pm	Coast
2:10pm	The Link
2:55pm	Chefs: Put Your Menu Where Your Mouth is
3:40pm	Four for Texas
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	Age 8 and Wanting a Sex Change
11:00pm	The Premier League Show
11:30pm	Newsnight
12:15am	The Last Kingdom
1:15am	The Last Kingdom
2:15am	Panorama

BBC FOUR

8:00pm	World News Today
8:30pm	The Sky at Night
9:00pm	The Mary Rose: A Timewatch Guide
10:00pm	Sword, Musket and Machine Gun: Britain's Armed History
11:00pm	Gunpowder 5/11: The Greatest Terror Plot
12:00am	Roger Bannister: Everest on the Track <i>Documentary about athletics legend Roger Bannister.</i>
1:00am	The Trains That Time Forgot: Britain's Lost Railway Journeys <i>Timeshift journeys back to a lost era of rail travel, when trains had names, character and style.</i>
2:00am	James May: The Reassembler
2:30am	Gunpowder 5/11: The Greatest Terror Plot
3:30am	Sword, Musket and Machine Gun: Britain's Armed History

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
7:00pm	The Simpsons
7:30pm	Hollyoaks
8:00pm	Channel 4 News
9:00pm	The Restoration Man
10:00pm	Spies
11:00pm	60 Days in Jail
11:55pm	24 Hours in A and E
1:00am	Kinky Britain
2:00am	Anari
4:45am	Kirstie's Vintage Gems
5:00am	Location, Location, Location
5:55am	Location, Location, Location

CHANNEL 5

8:30am	Noddy: Toyland Detective
8:50am	Paw Patrol
9:00am	Ben and Holly's Little Kingdom
9:15am	Wissper
9:25am	Peppa Pig
9:45am	Milkshake Monkey
9:50am	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
4:20pm	A Mother's Fear
6:00pm	5 News at 5
6:30pm	Neighbours
7:00pm	Home and 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	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
3:00pm	The Big Bang Theory
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6:30pm	Brooklyn Nine-Nine
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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
11:00pm	Chewing Gum
11:30pm	Gogglebox
12:35am	The Big Bang Theory
1:05am	The Big Bang Theory
1:35am	Tattoo Fixers

sky SPORTS 1

9:30am	Premier League Legends
10:00am	Barclays Premier League World
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	Barclays Premier League World
3:00pm	Premier League Legends
3:30pm	Premier League Legends
4:00pm	Sporting Heroes
5:00pm	Efl Cup Highlights
5:30pm	Barclays Premier League World
6:00pm	Boxing Gold
6:30pm	Darts Gold
7:00pm	Barclays Premier League World
7:30pm	Efl Cup Highlights
8:00pm	Premier League Match Pack
8:30pm	Football
11:15pm	Premier League Match Pack
11:45pm	La Liga Show
12:15am	More Than a Game
12:45am	Barclays Premier League World

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	Your Pound: What's It Worth? Tonight
9:00pm	Emmerdale
9:30pm	The Cruise
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
4:00am	Your Pound: What's It Worth? Tonight
4:25am	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
3:50pm	The Jeremy Kyle Show
4:55pm	The Jeremy Kyle Show
6:00pm	Judge Rinder
7:00pm	You've Been Framed! Gold
8:00pm	You've Been Framed!
9:00pm	Two and a Half Men
10:00pm	White House Down
11:00pm	FYI Daily
11:05pm	White House Down
12:40am	Family Guy

itv3

7:00am	Doctor in the House
7:25am	Heartbeat
8:25am	Where the Heart is
9:30am	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
6:55pm	Heartbeat
8:00pm	Murder, She Wrote
9:00pm	Heartbeat
10:00pm	Love and Marriage
11:00pm	Lewis
1:05am	Wycliffe
2:10am	The Knock <i>Drama series which enters the unique world of an investigations unit of HM Customs and Excise.</i>
3:05am	ITV3 Nightscreen
3:30am	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	Ironsides
11:55am	Gunsmoke
1:00pm	Storage Wars New York
1:30pm	Storage Wars New York
2:00pm	Pawn Stars
2:55pm	Quincy, M.E.
4:00pm	Ironsides
5:00pm	The Professionals
6:00pm	The Saint
7:05pm	Storage Wars New York
7:35pm	Storage Wars New York
8:00pm	Pawn Stars
9:00pm	River Monsters
10:00pm	Unforgiven
11:00pm	FYI Daily
11:05pm	Unforgiven
12:40am	The Assassination of Jesse James by the Coward Robert Ford
1:45am	FYI Daily
1:50am	The Assassination of Jesse James by the Coward Robert Ford

sky/MOVIES ACTION & ADVENTURE

11:00am	In the Heart of the Sea
1:10pm	Once Upon a Time in Mexico
3:00pm	Gone in 60 Seconds
5:10pm	Armageddon
7:50pm	In the Heart of the Sea
10:00pm	Once Upon a Time in Mexico
11:45pm	Enemy of the State
2:00am	Rocky V

sky/MOVIES COMEDY

8:05am	Spud 3: Learning to Fly
9:35am	The Apartment
11:45am	The Rocky Horror Picture Show: Let's Do the Time Warp Again
1:20pm	Ted 2
3:20pm	Ride Along 2
5:10pm	Raising Helen
7:15pm	The Cable Guy
9:00pm	Ride Along 2
10:45pm	Ted 2
12:45am	Police Academy
2:30am	Top Five
4:20am	Stage Fright

sky/MOVIES PREMIERE

10:30am	Star Wars: Rogue One Special
11:00am	The Colony
1:00pm	10 Cloverfield Lane
3:00pm	Jamie Marks is Dead
4:45pm	Our Brand is Crisis
6:45pm	Sky Movies 2017 Preview
7:15pm	All Roads Lead to Rome <i>Sarah Jessica Parker stars as a single mum who runs into her ex-boyfriend when she takes her rebellious teenage daughter to Tuscany.</i>
9:00pm	The Witch
10:45pm	Jamie Marks is Dead
12:30am	10 Cloverfield Lane
2:30am	A Tale of Love and Darkness
4:15am	Our Brand is Crisis <i>Political satire starring Sandra Bullock and Billy Bob Thornton as rival strategists working during the 2002 Bolivian elections.</i>

sky SPORTS 2

7:00am	Cricket Classics
8:00am	Cricket's Greatest
8:30am	Sporting Triumphs
8:45am	Cricket Gold Shorts
8:55am	Cricket
4:00pm	Great Sporting Moments
4:15pm	Great Sporting Moments
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	Sporting Rivalries
7:30pm	Sporting Greats
8:00pm	Info not Available
8:30pm	Live European Rugby
11:00pm	Sporting Mavericks
11:30pm	More Than a Game
12:00am	Info Not Available
12:30am	Cricket
1:30am	Sporting Rivalries
2:00am	Cricket Classics
3:00am	Sporting Greats
3:30am	Sporting Greats
4:00am	Cricket World Cup Classics
5:00am	Sporting Rivalries
5:30am	Sporting Rivalries

Advertising feature

Be wise and protect your eyes at Interoptics

SO Fay, let's talk about eye care, what's the most important advice you can give to people about eye care?

The most important thing to remember is a regular complete eye test at least once a year. Apart from checking your prescription they are very important for preventing pathologies such as glaucoma, cataracts, retina problems and more.

They are vitally important for people with health problems such as diabetes, high blood pressure, blood circulation problems... they should check their eye health at least once a year. Many problems can be detected and even prevented by a **complete eye test**.

At Interoptics our eye tests are **FREE** and we will send you a reminder so you don't forget.

Regarding our eyes, is there anything special that people should be aware about when they come to live in Spain?

Well it's the reason most of us come to live here and that's the sun, **please don't wear cheap sunglasses!** People should really be aware of the damage that the sun can cause to



INTEROPTICS: Pop in for a chat with us.

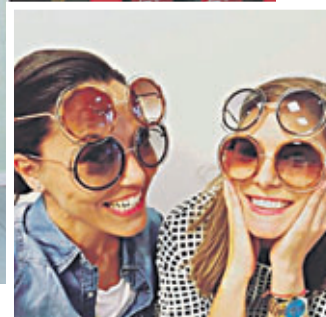
their eyesight. Problems such as cataracts, macular degeneration, pterygium, are caused mostly by the sun so it is very important to use eye protection even in the winter months here in Spain. We all slap on the sun cream but then forget about our eyes and like skin cancer, problems caused by sun damage only appear as we get older.

If you do sports, we offer a wide range of sports glasses with the correct protection, and yes, you can have your prescription in sunglasses, even varifocal lenses. We have a large range of lenses for sun protection to pick from at reasonable prices.

We have polarized sunglasses from **39 euros** so there is no excuse for not protecting your eyes. And also our

2x1 offer where you can pick one clear and one pair of sunglasses. Pop in for a chat with us at Interoptics.

Call Interoptics **965 033 038** for an appointment or call in for more information. Find us 50 metres from the **Medical Centre, Alfaz del Pi**. Opposite the **Casa del Cultura** on the number 10 bus route.



TV is just full of reality crap

Mike Senker

In my opinion

Views of a Grumpy Old Man



VERY pleased that Three Kings has come and gone so we can now stop walking around wishing everybody, even bloody strangers, a Merry Christmas and a Happy New Year. We can also dispense with the post-holiday questioning: "How was your Christmas?" "Get anything nice?" "Did you do anything nice New Year's Eve?" My reply as usual, "Nah just had a quiet one." Meaning - we went to the local Indian restaurant, were the only two in there, out by 8 and then watched telly.

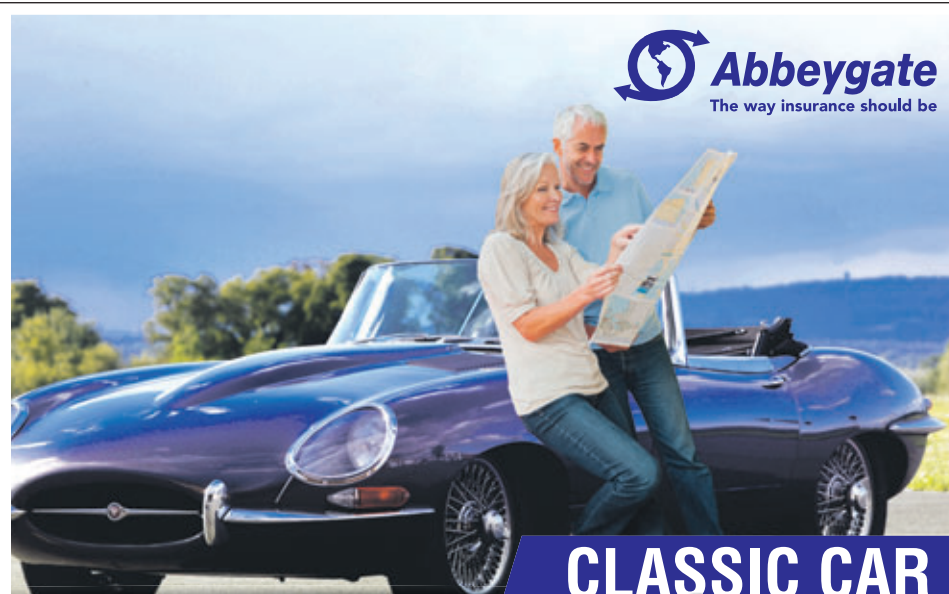
And that's because I think most of the places are a rip-off as I don't drink and don't dance because the old legs don't allow it. Then at midnight it started - the fireworks. My poor dog shot up on the couch and sat there in my arms shaking for the next hour. I'm also trying to remember the last time I ate something that wasn't on a cling-filmed plate in the fridge.

Watching TV on Three King's night or the UK's Twelfth Night, so technically the tree and decorations should have just come down; I was amazed to see an advert for Cadbury's Crème Eggs! By my reckoning that's about 14 weeks to go. Bit too soon don't you think? Mrs S is still munching her way through her selec-

tion box. Mind you, I went into Iceland the other day and they had birthday cakes in there and my birthday isn't till July! Talking about telly, all the junk stuff is back on like Celebrity Big Brother where a bunch of Z-list nobodies pee each other off for a month while we watch them disintegrate in front of our very eyes.

Then we have The Voice, now on ITV. I love watching people singing their hearts out to the back of chairs. At least this season the chairs don't turn round if nobody wants them and the judges don't have to explain. The singer can just walk off the stage in tears... now that's entertainment! There is also a new show with Gary Barlow called 'Let it Shine' which I watched. Mrs S loves all this stuff and I have to tell you it's embarrassing. It's not a TV show, it's pathetic. If Mr B wants to put a show on in the West End of London just do some casting. There is only so much reality stuff that can be peddled out in the name of entertainment. I must have 150 channels on my TV and at prime time on a Saturday night that's the best they can come up with. I flick through all the channels and yeah there are a few old movies and some sport, but the rest is reality crap. Cooking, buying houses, dancing mums, pregnant teenagers and if I want to look at an embarrassing body I'll look in the mirror!

Back on Talk Radio Europe on the 13th at 11.30am. Phone in and have a grump or email me on 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
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
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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
9:30pm	Room 101
10:00pm	Not Going Out
10:30pm	Mrs. Brown's Boys
11:00pm	BBC News at Ten
11:25pm	BBC London News
11:35pm	The Graham Norton Show
12:25am	Uncle
12:55am	The NFL Show
1:25am	The Black Balloon

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
1:00pm	The Daily Politics
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3:00pm	Talking Pictures
3:35pm	From Here to Eternity
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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

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	Top of the Pops
9:00pm	The Good Old Days
10:00pm	Sound of Musicals with Neil Brand
11:00pm	Bowie at the BBC
12:00am	David Bowie: Five Years <i>An intimate portrait of five key years in David Bowie's career. Featuring a wealth of previously unseen archive this film looks at how Bowie continually evolved, from Ziggy Stardust to the soul star of Young Americans and the 'Thin White Duke'.</i>
1:30am	Top of the Pops
2:05am	Sound of Musicals with Neil Brand
3:05am	David Bowie: Five Years

CHANNEL 4

7:15am	3rd Rock from the Sun
8:05am	King of Queens
8:30am	King of Queens
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10:30am	Frasier
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1:00pm	Channel 4 News Summary
1:05pm	Darts
7:00pm	The Simpsons
7:30pm	Hollyoaks
8:00pm	Channel 4 News
9:00pm	Jamie and Jimmy's Friday Night Feast
10:00pm	8 Out of 10 Cats Does Countdown
11:00pm	Alan Carr Yap, Yap, Yap!
12:05am	First Dates Hotel
1:10am	Sexy Beast
2:45am	No Offence
3:40am	The Secret Life of 5 Year Olds
4:35am	Kirstie's Handmade Treasures
4:55am	Hoarder SOS

CHANNEL 5

9:00am	Ben and Holly's Little Kingdom
9:15am	Wissper
9:25am	Peppa Pig
9:35am	Peppa Pig
9:45am	Milkshake Monkey
9:50am	Toot the Tiny Tugboat
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4:15pm	The Wrong Woman
6:00pm	5 News at 5
6:30pm	Neighbours
7:00pm	Home and Away
7:30pm	5 News Tonight
8:00pm	Penguin A and E with Lorraine Kelly
9:00pm	Dogs 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

4

7:00am	Charmed
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8:30pm	Carjackers
9:00pm	The Big Bang Theory
9:30pm	The Big Bang Theory
10:00pm	Speed
12:20am	The Big Bang Theory
12:50am	The Big Bang Theory

sky SPORTS 1

8:00am	WWE Main Event
9:00am	Barclays Premier League World
9:30am	Premier League Legends
10:00am	Premier League 100 Club
11:00am	The Premier League Years
1:00pm	Barclays Premier League World
1:30pm	Premier League Match Pack
2:00pm	Great Sporting Moments
3:00pm	Premier League Legends
4:00pm	Sporting Heroes
5:00pm	Barclays Premier League World
5:30pm	Premier League Match Pack
6:00pm	Boxing Gold
6:30pm	Barclays Premier League World
7:00pm	The Fantasy Football Club
8:00pm	Football
11:15pm	The Fantasy Football Club
12:15am	Barclays Premier League Preview

itv

7:00am	Good Morning Britain
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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	Tina and Bobby
11:00pm	ITV News at Ten and Weather
11:30pm	ITV News London
11:40pm	Fishing Impossible
12:10am	The Wine Show
1:10am	Jackpot247
4:00am	Freeze Out

itv2

7:20am	Who's Doing the Dishes?
8:15am	The Ellen DeGeneres Show
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11:00pm	FYI Daily
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12:10am	Family Guy
1:10am	American Dad!

itv3

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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
6:55pm	Heartbeat
8:00pm	Murder, She Wrote
9:00pm	Doc Martin
10:00pm	A Touch of Frost
12:10am	Blue Murder
1:45am	The Knock
2:40am	Wycliffe
3:40am	Wild at Heart
5:15am	Rory Bremner's Great British Views <i>Rory Bremner is in the beautiful Cotswolds where he takes a trip on the local steam railway.</i>

itv4

7:00am	Gunsmoke
7:55am	The Saint
8:50am	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
2:55pm	Quincy, M.E.
4:00pm	Ironsides
5:00pm	The Professionals
6:00pm	The Saint
7:10pm	Storage Wars New York
7:40pm	Storage Wars New York
8:05pm	Pawn Stars
9:00pm	Counting Cars
9:30pm	Counting Cars
10:00pm	The World is Not Enough
11:05pm	FYI Daily
11:10pm	The World is Not Enough
12:40am	Death Wish 4: The Crackdown
1:40am	FYI Daily

sky MOVIES ACTION & ADVENTURE

11:30am	The Italian Job
1:30pm	Star Wars: Episode VII - The Force Awakens
3:55pm	Cop Out
5:50pm	The Mummy: Tomb of the Dragon Emperor
7:50pm	Everest
10:00pm	Star Wars: Episode VII - The Force Awakens
12:20am	The Matrix
2:45am	The Italian Job

sky MOVIES COMEDY

7:55am	What About Bob?
9:40am	Nacho Libre
11:20am	The Intern
1:30pm	Spy
3:45pm	Hot Pursuit
5:25pm	The Simpsons Movie
7:00pm	Pitch Perfect 2
9:00pm	The Intern
11:10pm	Spy
1:25am	The Simpsons Movie
3:00am	The Night Before
4:50am	Search Party

sky MOVIES PREMIERE

9:00am	The Witch
10:40am	Sky Movies 2017 Preview
11:10am	10 Cloverfield Lane
1:10pm	The Huntsman: Winter's War <i>Chris Hemsworth's Huntsman battles to keep the fabled magic mirror out of the wrong hands.</i>
3:10pm	The Top Ten Show 2017
3:30pm	The Colony <i>A young European couple are swept up in the Chilean military coup of 1973 and exposed to a notorious cult.</i>
5:30pm	All Roads Lead to Rome
7:15pm	The Witch
9:00pm	The Huntsman: Winter's War
11:00pm	10 Cloverfield Lane
12:50am	Jamie Marks is Dead
2:45am	The Colony
4:45am	All Roads Lead to Rome

sky SPORTS 2

7:00am	Cricket Classics
8:00am	Cricket's Greatest
8:30am	Great Sporting Moments
8:45am	Cricket Gold Shorts
8:55am	Cricket
4:00pm	Great Sporting Moments
4:15pm	Great Sporting Moments
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	Sporting Greats II
7:25pm	Cricket
8:40pm	Football
11:00pm	Sporting Mavericks
11:30pm	More Than a Game
12:00am	Cricket
1:00am	Sporting Rivalries
1:30am	Sporting Rivalries
2:00am	Cricket Classics
3:00am	Sporting Greats
4:00am	Cricket World Cup Classics

Advertising feature

Minimise retirement income tax

ONE of the most important decisions expats need to make when retiring to Spain is how to take pension benefits from their retirement plans.

Spain has a unique system where individuals can buy either a temporary or lifetime annuity. For those who qualify, it is possible to take your pension as a 'three-year temporary annuity.' This form of annuity allows an individual to withdraw equal amounts from their pension fund over a three-year period.

Annuities are taxed favourably in Spain with the authorities treating a proportion of the income as non-taxable capital; only the balance is subject to income tax. The taxable income element of the annuity is determined by applying a fixed percentage of between 8 - 40 per cent to the amount received, depending on the age of the beneficiary at the time the annuity vests.

With a three-year temporary annuity, tax will only be charged on 12 per cent of the payment. It would also be possible to set up a temporary annuity for three years, and then switch to a lifetime annuity at a later date. This would be an age related decision.

Income tax on temporary annuities are dependent on the term of the annuity, whereas



“Annuities are taxed favourably in Spain with the authorities treating a proportion of the income as non-taxable capital; only the balance is subject to income tax.”

rates for lifetime annuities are determined by one's age. The lifetime annuity becomes a more suitable and effective option as an individual gets older. Retirees older than 70 are taxed on lifetime annuities at a rate of 8 per cent.

Holders of Recognised Overseas Pension Schemes (ROPS) qualify for this special tax treatment in Spain. The net effect of using this legal loophole is a pension income tax rate of between 3 - 5 per cent per annum.

Find out if a Spanish annuity is suitable for you!

Contact: Des Cooney
 Director at AXIS Strategy Consultants
des.cooney@axis-finance.com
 or visit our website at: <http://axis-finance.com/free-qrops-guide/>

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Invest your assets and draw your retirement income in the currency of your choice!

For more information on our services contact Des Cooney:

Des mob: 0033 671 629 079
 or enquiries@axis-finance.com

Alternatively, visit our website:
axis-finance.com/free-qrops-guide



GOOD NEWS FOR YOUR CAR 902 123 309



BBC one

7:00am	Breakfast
11:00am	Saturday Kitchen Live
12:30pm	The Best Dishes Ever
1:00pm	Football Focus
2:00pm	BBC News
2:10pm	Weather
2:15pm	Bargain Hunt
3:15pm	Wanted Down Under
4:15pm	Escape to the Country
5:00pm	Final Score
6:20pm	BBC News
6:30pm	Regional News
6:35pm	Weather
6:40pm	Celebrity Mastermind
7:10pm	Pointless
8:00pm	Let it Shine
9:25pm	Casualty
10:15pm	Taboo
11:10pm	BBC News
11:30pm	Match of the Day
1:05am	The Ring
2:50am	Weather for the Week Ahead
2:55am	BBC News
	<i>The latest national and international news stories, followed by Weather.</i>

BBC TWO

9:15am	The Magic Box
11:00am	Secret Britain
12:00pm	Homes Under the Hammer
1:00pm	Exploring China: A Culinary Adventure
2:00pm	Ice Station Zebra
4:20pm	Flog It!
5:00pm	Mastermind
5:30pm	University Challenge
6:00pm	Only Connect
	<i>A show in which connections must be made between seemingly unconnected things.</i>
6:30pm	The 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	Imagine
11:40pm	On the Waterfront
1:25am	Lay the Favourite
2:55am	This is BBC Two
	<i>Highlights of programmes on BBC Two.</i>

BBC FOUR

8:00pm	The Golden Age of Coach Travel
9:00pm	Treasures of the Indus
10:00pm	Lost Kingdoms of Central America
11:00pm	The Young Montalbano
	<i>Prequel series giving an insight into the private life and early crime-fighting career of detective Salvo Montalbano.</i>
12:45am	Top of the Pops
1:20am	Elvis Costello: Mystery Dance
2:20am	Later Presents... Elvis Costello in Concert
3:20am	Great Guitar Riffs at the BBC
5:05am	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

7:15am	King of Queens
7:40am	King of Queens
8:05am	Everybody Loves Raymond
8:30am	Everybody Loves Raymond
9:00am	Everybody Loves Raymond
9:30am	Frasier
10:00am	Frasier
10:30am	The Big Bang Theory
11:00am	The Big Bang Theory
11:25am	The Big Bang Theory
11:55am	The Simpsons
12:25pm	The Simpsons
12:55pm	Ramsay's Kitchen Nightmares USA
1:55pm	Jamie and Jimmy's Friday Night Feast
3:00pm	Darts
7:30pm	Channel 4 News
8:00pm	Penelope Keith's Hidden Villages
9:00pm	Great Canal Journeys
10:00pm	Oblivion
12:30am	Immortals
2:30am	Hollyoaks Omnibus
4:35am	Information not available
5:05am	Hoarder SOS

CHANNEL 5

7:00am	Milkshake!
10:45am	Big Bash Cricket Live
2:30pm	The Hotel Inspector
3:25pm	Pets Make You Laugh Out Loud
4:25pm	Dogs Make You Laugh Out Loud 2
5:25pm	Dogs Make You Laugh Out Loud 3
6:25pm	Kittens Make You Laugh Out Loud
7:20pm	NCIS: Los Angeles
8:05pm	NCIS: Los Angeles
9:00pm	NCIS
9:55pm	5 News
10:00pm	Football on 5
11:00pm	Football on 5
11:30pm	Celebrity Big Brother Lip Sync Battle UK
12:30am	Super Casino
1:00am	Celebrity Big Brother
4:10am	Celebrity Botched Up Bodies
5:00am	Divine Designs
5:50am	<i>Paul Binski examines some of Britain's most fascinating religious artworks and artefacts.</i>

4

7:00am	Rude(ish) Tube
7:30am	Rude(ish) Tube
8:00am	Suburgatory
8:30am	Suburgatory
9:00am	Black-Ish
9:30am	Black-Ish
10:00am	How I Met Your Mother
10:30am	How I Met Your Mother
11:00am	Melissa and Joey
11:30am	Melissa and Joey
12:00pm	Baby Daddy
12:30pm	Baby Daddy
1:00pm	Black-Ish
1:30pm	Black-Ish
2:00pm	Young and Hungry
2:30pm	Young and Hungry
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	The Big Bang Theory
9:30pm	The Big Bang Theory
10:00pm	Info Not Available
12:10am	Gogglebox
1:10am	Gogglebox
2:10am	The Inbetweeners
2:40am	The Inbetweeners

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 Preview 2016/17
10:00am	The Fantasy Football Club
11:00am	Soccer A.M.
12:30pm	Football
4:00pm	Gillette Soccer Saturday
6:15pm	Football
9:00pm	EFL Goals
9:30pm	Nissan Game of the Day
11:30pm	Nissan Match Choice
12:30am	Pl: Match TBA Highlights
1:00am	Pl: Match TBA Highlights
1:30am	Premier League Highlights
2:00am	Pl: Match TBA Highlights
2:30am	Pl: Match TBA Highlights
3:00am	Pl: Match TBA Highlights

itv

7:00am	CITV
10:25am	ITV News
10:30am	Rebound
11:30am	Guess This House
12:30pm	Judge Rinder
1:30pm	ITV News and Weather
1:40pm	River Monsters
2:10pm	Bargain Shop Wars
2:40pm	The Mummy Returns
5:05pm	Dance Dance Dance
6:35pm	Local News and Weather
6:45pm	ITV News and Weather
7:00pm	Brits Launch
8:00pm	Ninja Warrior UK
9:00pm	The Voice UK
10:30pm	Through the Keyhole
11:30pm	ITV News and Weather
11:45pm	Terminator 2: Judgment Day
2:15am	Jackpot247
4:00am	Who's Doing the Dishes?
4:55am	Nightscreen

itv2

7:00am	The Hot Desk
7:10am	Emmerdale Omnibus
9:55am	Coronation Street Omnibus
12:20pm	The Big Quiz
1:25pm	Ninja Warrior UK
2:30pm	50 Greatest Harry Potter Moments
4:05pm	Horrid Henry: The Movie
5:05pm	FYI Daily
5:10pm	Horrid Henry: The Movie
5:55pm	Hotel Transylvania
6:55pm	FYI Daily
7:00pm	Hotel Transylvania
7:45pm	The Amazing Spider-Man 2
8:45pm	FYI Daily
8:50pm	The Amazing Spider-Man 2
10:30pm	Wanted
11:30pm	FYI Daily
11:35pm	Wanted
12:40am	Family Guy
1:10am	Family Guy
1:40am	Family Guy
2:05am	American Dad!
2:35am	American Dad!
3:00am	Dads

itv3

7:00am	Judge Judy
7:20am	Murder, She Wrote
8:10am	Murder, She Wrote
9:15am	Murder, She Wrote
10:20am	Columbo
12:25pm	Hidden Treasure
2:30pm	A Touch of Frost
4:50pm	A Touch of Frost
7:00pm	Midsomer Murders
9:00pm	Doc Martin
	<i>Drama series about a GP in Cornwall.</i>
	<i>Martin and Louisa's baby is giving them sleepless nights.</i>
10:00pm	Midsomer Murders
12:00am	Lewis
2:00am	Blue Murder
2:55am	ITV3 Nightscreen
	<i>Text-based information service.</i>
3:30am	Teleshopping
	<i>Shopping from home.</i>

itv4

7:00am	Gunsmoke
7:55am	The Professionals
8:55am	The Professionals
9:55am	The Saint
11:00am	ITV Racing: The Opening Show
12:00pm	Pawn Stars
12:30pm	Apache
1:30pm	FYI Daily
1:35pm	Apache
2:25pm	Nijinsky's Triple Crown
2:30pm	ITV Racing Live
5:00pm	Red River
6:05pm	FYI Daily
6:10pm	Red River
7:40pm	Pawn Stars
8:05pm	Mr. Bean
8:40pm	Mr. Bean
9:10pm	River Monsters
10:15pm	The Client
11:15pm	FYI Daily
11:20pm	The Client
12:40am	Don't Say a Word
1:40am	FYI Daily
1:45am	Don't Say a Word
2:55am	Hell on Wheels
3:50am	ITV4 Nightscreen
4:00am	Teleshopping

sky MOVIES ACTION & ADVENTURE

7:00am	The Lord of the Rings: The Two Towers
10:00am	The Da Vinci Code
12:30pm	Mad Max: Fury Road
2:35pm	Night at the Museum
4:30pm	The Lord of the Rings: The Two Towers
7:30pm	The Da Vinci Code
10:00pm	Mad Max: Fury Road
12:00am	The Matrix Reloaded

sky MOVIES COMEDY

7:00am	1941
9:05am	Rock the Kasbah
11:00am	Star Wars: Rogue One Special
11:30am	Daddy's Home
1:15pm	How to be Single
3:15pm	Sister Act
5:05pm	The Top Ten Show 2017
5:25pm	Big Daddy
7:05pm	Pixels
9:00pm	How to be Single
11:00pm	Daddy's Home
12:45am	Rush Hour 2

sky MOVIES PREMIERE

9:00am	All Roads Lead to Rome
10:45am	Wild Horses
12:45pm	The Top Ten Show 2017
1:00pm	10 Cloverfield Lane
	<i>Tense thriller about a woman who wakes up in an underground bunker after surviving a car accident.</i>
3:00pm	The Huntsman: Winter's War
	<i>Chris Hemsworth's Huntsman battles to keep the fabled magic mirror out of the wrong hands.</i>
5:00pm	Our Brand is Crisis
	<i>Political satire about rival strategists working during the 2002 Bolivian elections.</i>
7:00pm	Wild Horses
9:00pm	The Huntsman: Winter's War
11:00pm	10 Cloverfield Lane
12:50am	The Witch

sky SPORTS 2

7:00am	Cricket Classics
8:00am	Cricket's Greatest
8:30am	Cricket's Greatest
9:00am	Sporting Rivalries
9:30am	Sporting Rivalries
10:00am	Sky Sports Years
11:00am	Sporting Triumphs
12:00pm	Cricket's Greatest
12:30pm	Super Heroes: Jean De Villiers
1:00pm	Super Heroes: James Horwill
1:30pm	Live European Champions Cup Rugby
4:00pm	Boxing Gold
4:30pm	Boxing Gold
5:00pm	Boxing Gold
5:30pm	Super Heroes: Ali Williams
6:00pm	Live European Champions Cup Rugby
8:30pm	Cricket
9:30pm	Sporting Greats
10:00pm	Sporting Rivalries
10:30pm	Live NFL
2:00am	Live NFL
5:30am	Sporting Rivalries



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BBC one

7:00am	Breakfast
8:30am	Match of the Day
10:00am	The Andrew Marr Show
11:00am	The Big Questions
12:00pm	Sunday Politics
1:15pm	Bargain Hunt
2:00pm	BBC News
2:10pm	Weather for the Week Ahead
2:15pm	Homes Under the Hammer
3:15pm	Wanted Down Under Revisited
3:45pm	Escape to the Country
4:30pm	Spy in the Wild
5:30pm	Songs of Praise
6:05pm	Call the Midwife
7:05pm	BBC News
7:20pm	Regional News
7:25pm	Weather
7:30pm	Countryfile
8:30pm	Antiques Roadshow Holocaust Memorial Special
9:30pm	Still Open All Hours
10:00pm	Sherlock
11:40pm	BBC News
12:00am	Regional News
12:05am	Weather

BBC TWO

7:15am	A to Z of TV Gardening
8:00am	Big Dreams Small Spaces
9:00am	Island Parish Sark Winter
9:30am	The Edible Garden
10:00am	Countryfile
11:00am	Saturday Kitchen Best Bites
12:30pm	Talking Snooker
1:15pm	MOTD2 Extra
2:00pm	Masters Snooker
6:15pm	Yellowstone
7:15pm	Ski Sunday
8:00pm	City in the Sky
9:00pm	Dragons' Den
10:00pm	Thailand: Earth's Tropical Paradise
11:00pm	Match of the Day 2
11:50pm	QI XL
	<i>Panel-based quiz where it is more important to be interesting than right.</i>
12:30am	Snooker
1:20am	Snooker
3:20am	Question Time
4:20am	Holby City
5:20am	This is BBC Two

BBC FOUR

8:00pm	David Starkey's Music and Monarchy <i>Dr David Starkey's exploration of how the monarchy shaped Britain's music reaches the 17th century, when religious conflict threatened not only the lives of musicians and monarchs, but the future of the monarchy and the glorious tradition of British music itself.</i>
9:00pm	Sword, Musket and Machine Gun: Britain's Armed History
10:00pm	Rich Hall's Presidential Grudge Match
11:30pm	Bowie at the BBC
12:30am	John Berger: The Art of Looking
1:25am	Sound of Musicals with Neil Brand
2:25am	Lost Kingdoms of Central America

CHANNEL 4

7:20am	King of Queens
8:10am	Everybody Loves Raymond
8:35am	Everybody Loves Raymond
9:00am	Everybody Loves Raymond
9:30am	Frasier
10:00am	Frasier
10:30am	Sunday Brunch
1:30pm	The Simpsons
2:50pm	St. Trinian's 2: The Legend of Fritton's Gold
4:55pm	Channel 4 News
5:15pm	Darts
9:00pm	Walking the Americas
10:00pm	Bad Neighbours
11:55pm	8 Out of 10 Cats Does Countdown
12:55am	Hanna
2:55am	How to Lose Weight Well
3:50am	The Autistic Gardener <i>Alan Gardner is an award-winning garden designer. But he's no ordinary gardener.</i>

CHANNEL 5

10:55am	The Fairly Odd Parents
11:30am	Football on 5
1:00pm	Fail Army
1:25pm	Message in a Bottle
3:50pm	5 News
5:45pm	You've Got Mail
8:00pm	Now That's Funny!
9:00pm	Brides Make You Laugh Out Loud
9:55pm	5 News
10:00pm	Celebrity Big Brother Bodies
11:05pm	Celebrity Botched Up
12:05am	The Roast of Donald Trump
1:35am	Impractical Jokers UK
2:00am	Super Casino <i>Feeling lucky? Get the authentic, heart-thumping casino experience every night.</i>
4:10am	Under the Tuscan Sun
5:50am	Divine Designs <i>Paul Binski examines some of Britain's most fascinating religious artworks and artefacts.</i>

4

7:00am	Rude(ish) Tube
7:30am	Rude(ish) Tube
8:00am	How I Met Your Mother
8:30am	How I Met Your Mother
9:00am	Melissa and Joey
9:30am	Melissa and Joey
10:00am	Baby Daddy
10:30am	Baby Daddy
11:00am	Hollyoaks Omnibus
1:30pm	Couples Come Dine with Me
2:30pm	Couples Come Dine with Me
3:30pm	The Goldbergs
4:00pm	The Goldbergs
4:30pm	The Goldbergs
5:00pm	The Goldbergs
5:30pm	The Goldbergs
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	Johnny English Reborn
11:05pm	Tattoo Fixers
12:05am	Virtually Famous
12:50am	The Inbetweeners

sky SPORTS 1

7:00am	Pl: Match TBA Highlights
7:30am	Pl: Match TBA Highlights
8:00am	Premier League Highlights
8:30am	Pl: Match TBA Highlights
9:00am	Pl: Match TBA Highlights
9:30am	Info Not Available
10:00am	The Sunday Supplement
11:30am	Goals on Sunday
1:30pm	Live Nissan Super Sunday
4:30pm	Live Nissan Super Sunday
8:00pm	EFL Goals
8:30pm	Football
11:00pm	Football
11:30pm	Football
12:00am	Goals on Sunday
1:00am	Football
1:30am	Football
2:00am	Boxing Gold
2:30am	Darts Gold
3:00am	The Premier League Years
5:00am	Sporting Heroes

itv

7:00am	CITV
10:25am	ITV News
10:30am	Countrywise
11:00am	Peston on Sunday
12:00pm	Gino's Italian Escape
12:30pm	Chopping Block
1:30pm	ITV News and Weather
1:35pm	Judge Rinder
2:35pm	Tipping Point
3:35pm	Ninja Warrior UK
4:35pm	The Voice UK
6:05pm	Local News and Weather
6:15pm	ITV News and Weather
6:30pm	The Chase Celebrity Special
7:30pm	Dance Dance Dance
9:00pm	Endeavour
11:00pm	ITV News and Weather
11:15pm	Peston on Sunday
12:15am	Brits Launch
1:15am	Jackpot247
4:00am	Chopping Block
4:55am	Nightscreen

itv2

7:00am	You've Been Framed!
7:25am	Emmerdale Omnibus
10:10am	Coronation Street Omnibus
12:30pm	The Voice UK
2:00pm	Zawesome Link
2:05pm	Guidance
2:30pm	Zawesome Link
2:40pm	Side Effects
3:10pm	Zawesome Link
3:20pm	Third Wheel
3:40pm	L.A. Story
4:00pm	Space Jam
5:00pm	FYI Daily
5:05pm	Space Jam
5:45pm	Despicable Me 2
6:45pm	FYI Daily
6:50pm	Despicable Me 2
7:45pm	The Hobbit: An Unexpected Journey
8:45pm	FYI Daily
8:50pm	The Hobbit: An Unexpected Journey
11:00pm	Family Guy
11:30pm	Family Guy
12:00am	Family Guy
12:30am	Family Guy
1:00am	American Dad!
1:30am	American Dad!
2:00am	The Cleveland Show

itv3

7:00am	Where the Heart is
7:50am	Where the Heart is
8:45am	Heartbeat
9:45am	Heartbeat
10:50am	Murder, She Wrote
11:50am	Murder, She Wrote
12:55pm	The Mirror Crack'd
1:55pm	FYI Daily
2:00pm	The Mirror Crack'd
3:05pm	A Touch of Frost
5:20pm	Columbo: How to Dial a Murder
7:00pm	Midsomer Murders
9:00pm	This Time Next Year
10:00pm	Tonight at the London Palladium
11:00pm	Birds of a Feather
11:30pm	The English Patient
12:35am	FYI Daily
12:40am	The English Patient
2:40am	A Touch of Frost
4:30am	May the Best House Win
	<i>More house tours, this time from the North Yorkshire coast.</i>
5:20am	May the Best House Win

itv4

7:00am	Sports Fillers
7:10am	The Wine Show
8:05am	The Saint
9:00am	The Professionals
10:00am	Counting Cars
10:55am	Shed and Buried
11:55am	Pawn Stars
12:20pm	Pawn Stars
12:50pm	Pawn Stars
1:20pm	Pawn Stars
1:50pm	Pawn Stars
2:15pm	Pawn Stars
2:45pm	Pawn Stars
3:10pm	Pawn Stars
3:35pm	633 Squadron
4:35pm	FYI Daily
4:40pm	633 Squadron
5:40pm	The Dam Busters
6:40pm	FYI Daily
6:45pm	The Dam Busters
8:15pm	When Ali Came to Britain
9:15pm	Police Academy 4: Citizens on Patrol
10:15pm	FYI Daily
10:20pm	Police Academy 4: Citizens on Patrol
11:00pm	Maximum Conviction
12:00am	FYI Daily

sky MOVIES ACTION & ADVENTURE

12:10pm	The Man From U.N.C.L.E.
2:15pm	The Mummy
4:25pm	The Lord of the Rings: The Return of the King
7:45pm	Maze Runner: The Scorch Trials
10:00pm	The Man From U.N.C.L.E.
12:00am	The Matrix Revolutions

sky MOVIES COMEDY

9:15am	Ghost Town
11:05am	Trainwreck
1:15pm	My Big Fat Greek Wedding 2
3:00pm	Three Amigos!
4:50pm	The Devil Wears Prada
6:50pm	The Second Best Exotic Marigold Hotel
9:00pm	My Big Fat Greek Wedding 2
10:40pm	Trainwreck
12:50am	There's Something About Mary

sky MOVIES PREMIERE

10:45am	Star Wars: Rogue One Special
11:15am	Our Brand is Crisis
1:15pm	Precious Cargo
3:00pm	The Huntsman: Winter's War
5:00pm	The Top Ten Show 2017
5:15pm	Jamie Marks is Dead
7:15pm	All Roads Lead to Rome
9:00pm	The Huntsman: Winter's War <i>Chris Hemsworth's Huntsman battles to keep the fabled magic mirror out of the wrong hands.</i>
11:00pm	Precious Cargo
12:35am	Wild Horses
2:25am	A Tale of Love and Darkness
4:10am	The Colony <i>A young European couple are swept up in the Chilean military coup of 1973 and exposed to a notorious cult</i>

sky SPORTS 2

6:15am	Sporting Triumphs
6:30am	Sporting Triumphs
6:45am	Sporting Triumphs
7:00am	Cricket Classics
8:00am	Sporting Triumphs
8:15am	Sporting Triumphs
8:30am	Sporting Triumphs
8:45am	Sporting Triumphs
9:00am	Cricket Gold Shorts
9:10am	Cricket Gold Shorts
9:20am	Cricket Gold Shorts
9:30am	Cricket
6:30pm	Live NFL
10:00pm	Live NFL
1:30am	Great Sporting Moments
1:45am	Great Sporting Moments
2:00am	Cricket
3:00am	Sporting Greats
3:30am	Sporting Greats
4:00am	Cricket
5:00am	Sporting Rivalries
5:30am	Sporting Rivalries <i>Series profiling some of the greatest sporting rivalries of all time.</i>

|| The schedules for the television programme pages are provided by an external company: we regret that any changes or errors are not the responsibility of Euro Weekly News.

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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
2:30pm	Regional 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
7:30pm	Regional News
8:00pm	The One Show
8:30pm	Inside Out
9:00pm	EastEnders
9:30pm	Panorama
10:00pm	Silent Witness
11:00pm	BBC News
11:30pm	Regional News
11:40pm	Weather
11:45pm	Class
12:30am	Class
1:15am	Weather for the Week Ahead

BBC TWO

7:00am	Rip Off Britain
7:45am	Wanted Down Under
8:30am	Cash in the Attic
9:00am	Big Dreams Small Spaces
10:00am	Victoria Derbyshire
12:00pm	BBC Newsroom Live
1:00pm	The Daily Politics
2:00pm	Masters Snooker
6:00pm	Coast
6:15pm	Flog It!
7:00pm	Eggheads
7:30pm	Great British Railway Journeys
8:00pm	Rick Stein's Long Weekends
9:00pm	University Challenge
9:30pm	An Island Parish
11:00pm	Insert Name Here
11:30pm	Newsnight
12:10am	Weather
12:15am	Snooker
1:05am	Snooker
3:05am	Countryfile
4:00am	West Side Stories - The Making of a Classic
5:00am	This is BBC Two Highlights of programmes on BBC Two.

BBC FOUR

8:00pm	World News Today
8:30pm	Grand Tours of Scotland
9:00pm	Swarm: Nature's Incredible Invasions Documentary series revealing the incredible swarm intelligence that lies behind animal invasions.
10:00pm	Zero Day: Nuclear Cyber Sabotage - Storyville
11:30pm	How it Works From the Stone Age to the Silicon Age, materials have helped drive forward our civilisation.
12:30am	When God Spoke English: The Making of the King James Bible
1:30am	David Starkey's Music and Monarchy
2:30am	The King and the Playwright: A Jacobean History

CHANNEL 4

7:15am	3rd Rock from the Sun
7:40am	King of Queens
9:00am	Everybody Loves Raymond
9:30am	Everybody Loves Raymond
10:00am	Frasier
10:30am	Frasier
11:00am	Frasier
11:30am	Ramsay's Kitchen Nightmares USA
12:30pm	Four in a Bed
1:00pm	Channel 4 News Summary
1:05pm	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 Summary
9:00pm	Dispatches
9:30pm	Food Unwrapped
10:00pm	The Undateables
11:00pm	First Dates Hotel
12:05am	Tattoo Fixers
1:05am	Spies

CHANNEL 5

7:00am	Milkshake!
10:15am	The Wright Stuff
12:20pm	The Hotel Inspector
1:10pm	5 News
1:15pm	Celebrity Big Brother
2:15pm	Home and Away
2:45pm	Neighbours
3:20pm	NCIS
4:20pm	Mother Betrayed
6:00pm	5 News
6:30pm	Neighbours
7:00pm	Home and Away
7:30pm	5 News
8:00pm	World's Biggest Beast Documentary looking at the largest animals ever to roam the earth.
9:00pm	Police Interceptors
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
8:05am	Hollyoaks
8:35am	Rude(ish) Tube
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
7:00pm	The Big Bang Theory
7:30pm	The Big Bang Theory
8:00pm	Hollyoaks
8:30pm	Coach Trip
9:00pm	The Addams Family
11:00pm	Gogglebox
12:00am	The Big Bang Theory

sky SPORTS 1

7:00am	Football Gold
7:15am	Football Gold
7:30am	Football Gold
7:45am	Football Gold
8:00am	WWE Raw
9:00am	Goals on Sunday
10:00am	Pl Match Highlights
11:00am	The Premier League Years
1:00pm	Pl Match Highlights
1:30pm	Pl Match Highlights
2:00pm	Great Sporting Moments
3:00pm	Premier League Legends
4:00pm	Sporting Heroes
5:00pm	Pl Match Highlights
5:30pm	Pl Match Highlights
6:00pm	Boxing Gold
6:30pm	Pl Match Highlights
7:00pm	Pl Match Highlights
7:30pm	Premier League 100 Club
8:00pm	Soccer AM: The Best Bits 2016/17
8:30pm	Football
11:00pm	Premier League Legends
11:30pm	Premier League Legends
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	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
1:40am	Jackpot247
4:00am	The Jeremy Kyle Show
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	Coronation Street
10:00am	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
4:55pm	The Jeremy Kyle Show
6:00pm	Judge Rinder
7:00pm	You've Been Framed!
9:00pm	Two and a Half Men
10:00pm	Family Guy
10:30pm	The Great Indoors
11:00pm	American Dad!
11:55pm	Family Guy
12:30am	Family Guy

itv3

7:00am	Doctor in the House
7:25am	Heartbeat
8:30am	Where the Heart is
9:35am	The Royal
10:35am	Judge Judy
11:00am	Judge Judy
11:30am	Judge Judy
11:55am	A Touch of Frost
2:00pm	Heartbeat
3:05pm	The Royal
4:05pm	Where the Heart is
5:15pm	In Loving Memory
5:50pm	Rising Damp
6:20pm	George and Mildred
6:55pm	Heartbeat
8:00pm	Murder, She Wrote
9:00pm	Doc Martin
10:00pm	Long Lost Family
11:00pm	The Bletchley Circle
12:00am	Women Behind Bars
1:05am	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	The Saint
8:50am	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
3:00pm	Quincy, M.E.
4:00pm	Ironsides
5:00pm	The Professionals
6:00pm	The Saint
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	Unforgiven
12:05am	FYI Daily
12:10am	Unforgiven

sky MOVIES ACTION & ADVENTURE

9:05am	K-19: The Widowmaker
11:35am	Backdraft
2:00pm	Hitman: Agent 47
3:50pm	The Scorpion King
5:40pm	I Am Wrath
7:25pm	Walking Tall
9:00pm	Hitman: Agent 47
10:50pm	Road House
12:55am	Self/Less
3:05am	Bad Asses on the Bayou

sky MOVIES COMEDY

10:30am	Never Been Kissed
12:25pm	Dude, Where's My Car?
1:55pm	The Top Ten Show 2017
2:10pm	Grimsby
3:40pm	Me Him Her
5:25pm	Paul Blart: Mall Cop 2
7:05pm	Click
9:00pm	Grimsby
10:30pm	Brüno
12:00am	Borat
1:30am	Ali G Indahouse

sky MOVIES PREMIERE

7:00am	All Roads Lead to Rome
8:45am	Precious Cargo
10:20am	The Huntsman: Winter's War
	Chris Hemsworth's Huntsman battles to keep the fabled magic mirror out of the wrong hands.
12:20pm	5 to 7
2:05pm	Jamie Marks is Dead
3:55pm	The Witch
5:30pm	Wild Horses
7:15pm	5 to 7
9:00pm	Precious Cargo
10:45pm	The Huntsman: Winter's War
12:45am	The Witch
2:30am	The Colony
	A young European couple are swept up in the Chilean military coup of 1973 and exposed to a notorious cult
4:30am	Jamie Marks is Dead

sky SPORTS 2

7:00am	Cricket Classics
8:00am	Cricket's Greatest
8:30am	Great Sporting Moments
8:45am	Cricket Gold Shorts
8:55am	Cricket
4:30pm	Great Sporting Moments
4:45pm	Great Sporting Moments
5:00pm	Cricket
6:00pm	Cricket
7:00pm	NFL Highlights
8:00pm	Great Sporting Moments
8:15pm	Great Sporting Moments
8:30pm	Spanish Football Gold
8:40pm	Football
10:40pm	Spanish Football Gold
10:50pm	Spanish Football Gold
11:00pm	NFL Highlights
12:00am	Cricket
1:00am	Cricket
2:00am	Cricket
4:00am	Cricket World Cup Classics

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BBCone

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
2:30pm	Regional 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
7:30pm	Regional News
8:00pm	The One Show
8:30pm	EastEnders
9:00pm	Match of the Day Live
11:00pm	BBC News
11:30pm	Regional News
11:40pm	Weather
11:45pm	Stacey on the Frontline: Girls, Guns and Isis
12:30am	Italy's Invisible Cities

BBC TWO

7:00am	Rip Off Britain
7:45am	Wanted Down Under
8:30am	Cash in the Attic
9:00am	Caught Red Handed
9:30am	Sign Zone Caught Red Handed
10:00am	Victoria Derbyshire
12:00pm	BBC Newsroom Live
1:00pm	The Daily Politics
2:00pm	Masters Snooker
6:00pm	Coast
6:15pm	Flog It!
7:00pm	Eggheads
7:30pm	Great British Railway Journeys
8:00pm	Rick Stein's Long Weekends
9:00pm	Great Interior Design Challenge
10:00pm	Our Dancing Town
11:00pm	Revoluting
11:30pm	Newsnight
12:10am	Weather
12:15am	NFL
1:05am	Snooker Coverage and reaction from the latest Snooker event taking place.
3:55am	The Cook Who Changed Our Lives

BBC FOUR

8:00pm	World News Today <i>BBC Four is the BBC channel for people who want more. More depth, more range, more to stimulate the mind. More daily from 7.00pm.</i>
8:30pm	Grand Tours of Scotland <i>Paul Murton presents the series that relives the golden days of Scottish tourism.</i>
9:00pm	The Golden Age of Canals
10:00pm	Britain Beneath Your Feet
11:00pm	Horizon
12:00am	Circus Elephant Rampage - Storyville
12:55am	A Very British Renaissance
1:55am	How the Devil Got His Horns: A Diabolical Tale
2:55am	The Unthanks: A Very English Winter

CHANNEL 4

7:00am	Countdown
7:45am	King of Queens
9:00am	Everybody Loves Raymond
10:00am	Frasier
11:30am	Ramsay's Kitchen Nightmares USA
12:30pm	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 <i>Kim makes a panicked phone call to Grace asking her to get to the hospital.</i>
8:00pm	Channel 4 News Summary
9:00pm	How to Lose Weight Well
10:00pm	24 Hours in A and E
11:00pm	This is Us Ep7: The Best Washing Machine in the Whole World
11:55pm	The Undateables
1:00am	Bodysockers

CHANNEL 5

10:15am	The Wright Stuff
12:20pm	The Hotel Inspector
1:10pm	5 News
1:15pm	Celebrity Big Brother
2:15pm	Home and Away
2:45pm	Neighbours
3:15pm	NCIS
4:15pm	Who Killed My Husband?
6:00pm	5 News
6:30pm	Neighbours
7:00pm	Home and Away
7:30pm	5 News
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
1:05am	Celebrity Big Brother
2:00am	Super Casino
4:10am	GPs: Behind Closed Doors
5:00am	Now That's Funny!
5:45am	Great Scientists <i>Series presented by Allan Chapman profiling famous and influential scientists.</i>

4

7:00am	Charmed
8:05am	Hollyoaks
8:35am	Rude(ish) Tube
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
5:00pm	How I Met Your Mother
5:30pm	How I Met Your Mother
6:00pm	Brooklyn Nine-Nine
7:00pm	The Big Bang Theory
8:00pm	Hollyoaks
8:30pm	Coach Trip
9:00pm	The Goldbergs
10:00pm	Tattoo Fixers
11:00pm	Virtually Famous
11:45pm	The Big Bang Theory
12:15am	The Big Bang Theory

sky SPORTS 1

10:30am	Scottish Football Round Up
10:45am	La Liga Goals
11:00am	The Premier League Years
1:00pm	Time of Our Lives
2:00pm	Scottish Football Round Up
2:15pm	La Liga Goals
2:30pm	Great Sporting Moments
3:00pm	Premier League Legends
4:00pm	Sporting Heroes
5:00pm	Sporting Triumphs
6:00pm	Boxing Gold
6:30pm	Darts Gold
7:00pm	Premier League Review
8:00pm	Scottish Football Round Up
8:15pm	La Liga Goals
8:30pm	Soccerex: Football Festival
9:00pm	Fight Night
11:00pm	La Liga World
11:30pm	Scottish Football Round Up
11:45pm	La Liga Goals
12:00am	Premier League Review
1:00am	More Than a Game

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
4:50am	Nightscreen

itv2

7:00am	You've Been Framed!
7:20am	Who's Doing the Dishes?
8:15am	The Ellen DeGeneres Show
9:00am	Emmerdale
9:30am	Coronation Street
10:00am	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
4:55pm	The Jeremy Kyle Show
6:00pm	Judge Rinder
7:00pm	You've Been Framed!
9:00pm	Two and a Half Men
10:00pm	Get Him to the Greek
11:00pm	FYI Daily
11:05pm	Get Him to the Greek
12:10am	Family Guy

itv3

7:00am	In Loving Memory
7:25am	Heartbeat
8:25am	Where the Heart is
9:30am	The Royal
10:30am	Judge Judy
11:00am	Judge Judy
11:55am	A Touch of Frost
2:00pm	Heartbeat
3:05pm	The Royal
4:10pm	Where the Heart is
5:15pm	In Loving Memory
5:50pm	Rising Damp
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
2:05am	The Knock <i>Drama series about the activities of an investigations unit of HM Customs and Excise.</i>
3:00am	ITV3 Nightscreen <i>Text-based information service.</i>
3:30am	Teleshopping <i>Shopping from home.</i>

itv4

7:00am	Gunsmoke
7:55am	The Saint
8:50am	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
3:00pm	Quincy, M.E.
4:00pm	Ironside
5:00pm	The Professionals
6:00pm	The Saint
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	Another 48 Hrs
12:00am	FYI Daily
12:05am	Another 48 Hrs
1:05am	Road
2:05am	FYI Daily

sky MOVIES ACTION & ADVENTURE

7:00am	The Salvation
8:40am	Collateral Damage
10:35am	AVP: Alien vs. Predator
12:35pm	Furious 7
3:00pm	Sherlock Holmes
5:15pm	Extraction
6:55pm	Demolition Man
9:00pm	Furious 7
11:20pm	Sherlock Holmes
1:30am	Camino
3:15am	Montana

sky MOVIES COMEDY

7:00am	The Monster Squad
8:30am	Bad News Bears
10:30am	Bruce Almighty
12:20pm	Idiocracy
1:50pm	Vacation
3:35pm	Zoolander 2
5:25pm	Bridget Jones's Diary
7:10pm	Galaxy Quest
9:00pm	Zoolander 2
10:45pm	Vacation
12:35am	The Bad Education Movie
2:15am	Stir Crazy

sky MOVIES PREMIERE

10:45am	Sky Movies 2017 Preview
11:15am	All Roads Lead to Rome
1:00pm	The Huntsman: Winter's War
3:00pm	Precious Cargo
4:45pm	Wild Horses
6:45pm	Pitch Perfect 2 Special
7:15pm	5 to 7
9:00pm	The Huntsman: Winter's War <i>Chris Hemsworth's Huntsman battles to keep the fabled magic mirror out of the wrong hands.</i>
11:00pm	Rise of the Footsoldier II
12:55am	Precious Cargo
2:30am	Rise of the Footsoldier II
4:30am	The Colony <i>A young European couple are swept up in the Chilean military coup of 1973 and exposed to a notorious cult.</i>

sky SPORTS 2

7:00am	Cricket Classics
8:00am	Time of Our Lives
9:00am	Sky Sports Years
10:00am	Cricket
11:00am	Cricket
12:00pm	Sporting Heroes
1:00pm	Cricket Classics
2:00pm	Time of Our Lives
3:00pm	Cricket
4:00pm	Cricket
5:00pm	Cricket World Cup Classics
6:00pm	Sporting Greats
6:30pm	Sporting Greats
7:00pm	Sporting Greats
7:30pm	Super Heroes: Ali Williams
8:00pm	Super Heroes: James Horwill
8:30pm	Super Heroes: Jean De Villiers
9:00pm	Cricket
10:00pm	Cricket
11:00pm	More Than a Game
11:30pm	More Than a Game
12:00am	Ashes Best Days
2:00am	Cricket Classics
3:00am	Cricket
4:00am	Cricket
5:00am	Sporting Rivalries

The big stick

Cassandra Nash

A weekly look

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

MARIANO RAJOY wants to complete his full four-year term at the head of the Spanish government.

He avoided a third general election in the interests of stability, he says in self-sacrificing tones. Rajoy's huge overall majority has shrivelled into a minority government obliged to negotiate on all sides, so why do it when a third election would have theoretically benefited him?

The PSOE is split after sensibly allowing Rajoy to govern. Podemos is equally riven by personality clashes amongst its founders. Ciudadanos does better in opinion polls than elections and is quietly merging into the background.

Rajoy believes he has them all in a cleft stick as another general election could harm them more than it would hurt him. This, he hopes will prevent them from opposing new legislation or eviscerating his

Education, Labour and Public Safety laws.

If the situation gets out of control the threat of another election should keep them all in line. Shrewd Galician thinking, or whistling in the dark?

Balancing act

REFORMING the Constitution will not solve the Catalan problem, Mariano Rajoy maintains.

He is right for the wrong reasons because what needs reforming is Spanish thinking on nationalism. Equating this with separatism adds fuel to the Catalan fire which is why Rajoy's treatment of the problem over the last five years is tipping the balance in the wrong secessionist direction.



Mariano Rajoy.

Minor weapon of destruction

THE PSOE told Rajoy that whether he lasts the entire four years depends entirely on him.

The party now led by a management committee knows it does not have a Rajoy-type cleft stick but the socialists still have a minor weapon in their depleted armoury.

If Rajoy throws his rattle out of the pram and dissolves parliament in the near future, the non-thinking voting public is unlikely to pay much attention to his motives. Many would believe he had intended to do this all along and he, not the PSOE or other parties, could pay for that at the polling station.

Old wounds

THERE have been moves in the past to raze or rename Franco's Triumph Arch and now the Compromis party wants it to be demolished. Few Madrileños or visitors associate it with the late dictator and fewer understand its Latin inscriptions. If older Spaniards learned to live with their past, why can't young politicians?

Advertising feature

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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	Holby City
10:00pm	Silent Witness
11:00pm	BBC News at Ten
11:30pm	BBC London News
11:45pm	A Question of Sport
12:15am	Film 2017
12:45am	What Doesn't Kill You
2:25am	Weather for the Week Ahead
2:30am	BBC News

BBC TWO

7:00am	Rip Off Britain
7:45am	Wanted Down Under
8:30am	Cash in the Attic
9:00am	Sign Zone Caught Red Handed
9:30am	Great British Menu
10:00am	Victoria Derbyshire
12:00pm	BBC Newsroom Live
12:30pm	The Daily Politics
2:00pm	Masters Snooker
6:00pm	Coast
6:15pm	Flog It!
7:00pm	Eggheads
7:30pm	Great British Railway Journeys
8:00pm	Rick Stein's Long Weekends
9:00pm	Great Interior Design Challenge
10:00pm	Hospital
11:00pm	Common Sense
11:30pm	Newsnight
12:10am	Weather
12:15am	Snooker
1:05am	Snooker
3:05am	Italy's Invisible Cities
4:05am	Life in Polar Bear
5:05am	This is BBC Two Highlights of programmes on BBC Two.

BBC FOUR

8:00pm	World News Today
8:30pm	Grand Tours of Scotland
	<i>Paul Murton presents the series that relives the golden days of Scottish tourism</i>
9:00pm	Natural World
10:00pm	James May: The Reassampler
10:30pm	Play it Loud: The Story of the Marshall Amp
11:30pm	Autism: Challenging Behaviour
12:30am	The Secret Rules of Modern Living: Algorithms
1:30am	Time Shift
2:30am	Natural World
3:30am	Autism: Challenging Behaviour
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. More daily from 7.00pm.</i>

CHANNEL 4

7:00am	Countdown
7:45am	King of Queens
8:10am	King of Queens
8:35am	King of Queens
9:00am	Everybody Loves Raymond
10:00am	Frasier
10:30am	Frasier
11:30am	Ramsay's Kitchen Nightmares USA
12:30pm	Four in a Bed
1:00pm	Channel 4 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	Location, Location, Location
10:00pm	No Offence
11:00pm	Britain's Benefit Tenants
12:05am	The Undateables
1:05am	Live From Abbey Road Classics

CHANNEL 5

7:00am	Milkshake!
10:15am	The Wright Stuff
12:15pm	Cowboy Builders
1:10pm	5 News
	<i>The latest news coverage.</i>
1:15pm	Celebrity Big Brother
2:15pm	Home and Away
2:45pm	Neighbours
3:20pm	NCIS
4:20pm	Lost Letter Mysteries: Love and Tragedy
6:00pm	5 News
6:30pm	Neighbours
7:00pm	Home and Away
7:30pm	5 News
8:00pm	Bloody Tales of the Tower
9:00pm	GP's: Behind Closed Doors
10:00pm	Celebrity Big Brother
11:00pm	In Therapy
12:05am	Celebrity Big Brother's Bit on the Side
1:05am	Sex Pod
2:00am	Super Casino
4:10am	Bargain Loving Brits in the Sun
5:00am	Criminals Caught on Camera
5:45am	Great Scientists

4

7:00am	Charmed
8:05am	Hollyoaks
8:35am	Rude(ish) Tube
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
7:30pm	The Big Bang Theory
8:00pm	Hollyoaks
8:30pm	Coach Trip
9:00pm	The Big Bang Theory
10:00pm	Timeless
11:00pm	Supernatural
12:00am	The Big Bang Theory

sky SPORTS 1

7:00am	Football Gold
8:00am	WWE Experience
9:00am	Premier League Review
10:00am	La Liga World
10:30am	Premier League 100 Club
11:00am	The Premier League Years
1:00pm	Premier League Review
2:00pm	La Liga World
2:30pm	Great Sporting Moment
3:00pm	Premier League Legends
4:00pm	Sporting Heroes
5:00pm	Sporting Triumphs
6:00pm	Boxing Gold
6:30pm	Darts Gold
7:00pm	La Liga World
7:30pm	Spanish Football Gold
8:00pm	Barclays Premier League World
8:30pm	Premier League Legends
8:55pm	Live Coppa Italia
11:00pm	Barclays Premier League World
11:30pm	Spanish Football Gold
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	Midsomer Murders
11:00pm	ITV News at Ten and Weather
11:40pm	Joanna Lumley's Japan
12:40am	It's Not Rocket Science <i>Entertainment series celebrating gadgets, technology and innovation.</i>
1:40am	Jackpot247
4:00am	1000 Heartbeats
4:55am	Nightscreen

itv2

7:00am	You've Been Framed!
7:20am	Who's Doing the Dishes?
8:15am	The Ellen DeGeneres Show
	<i>US comedienne Ellen DeGeneres presents another edition of her fun, upbeat chat show.</i>
9:00am	Emmerdale
	<i>Popular long-running soap opera, set in a Yorkshire village.</i>
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
6:00pm	Judge Rinder
7:00pm	You've Been Framed!
9:00pm	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	In Loving Memory
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
3:05pm	The Royal
4:10pm	Where the Heart is
5:15pm	In Loving Memory
5:50pm	Rising Damp
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
1:00am	Wycliffe
2:05am	The Knock
	<i>Drama series following the dangerous investigations of an HM Customs and Excise unit.</i>
3:00am	ITV3 Nightscreen
	<i>Text-based information service.</i>
3:30am	Teleshopping

itv4

7:00am	Guns smoke
7:55am	The Saint
8:50am	Quincy, M.E.
9:50am	The Professionals
10:55am	Ironsides
11:55am	Guns smoke
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	The Saint
7:10pm	Storage Wars New York
7:40pm	Storage Wars New York
8:05pm	Pawn Stars
8:35pm	Pawn Stars
9:00pm	River Monsters
10:00pm	Frustrated Britain: Caught on Camera
11:00pm	Terminator 2: Judgment Day
12:05am	FYI Daily
12:10am	Terminator 2: Judgment Day
1:45am	The Saint
2:50am	The Wine Show
3:45am	ITV4 Nightscreen

sky MOVIES ACTION & ADVENTURE

7:45am	Gone in 60 Seconds
9:50am	Once Upon a Time in Mexico
11:40am	Spectre
2:15pm	Everest
4:25pm	Exodus: Gods and Kings
7:00pm	Run All Night
9:00pm	Spectre
11:30pm	Once Upon a Time in Mexico
1:15am	Everest

sky MOVIES COMEDY

7:40am	The Top Ten Show 2017
8:00am	Lost in Karastan
9:45am	Search Party
11:25am	The Wedding Ringer
1:15pm	I-Spy
3:00pm	Spy
5:05pm	How to Lose a Guy in 10 Days
7:05pm	Entourage
9:00pm	Spy
11:05pm	Austin Powers: The Spy Who Shagged Me
12:45am	The Hangover
2:30am	White Men Can't Jump

sky MOVIES PREMIERE

7:00am	Jamie Marks is Dead
8:45am	Fast and Furious 7 Special
9:15am	The Huntsman: Winter's War
	<i>Chris Hemsworth's Huntsman battles to keep the fabled magic mirror out of the wrong hands.</i>
11:15am	All Roads Lead to Rome
1:00pm	5 to 7
2:45pm	Star Wars: Rogue One Special
3:15pm	Wild Horses
5:15pm	Precious Cargo
7:00pm	Jamie Marks is Dead
9:00pm	The Huntsman: Winter's War
11:00pm	The Wonders
	<i>A family of bee-keepers struggle to make ends meet in the isolated Italian countryside.</i>
1:00am	Rise of the Footsoldier II
2:55am	Precious Cargo
4:40am	5 to 7

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
1:00pm	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
7:00pm	Cricket Classics
8:00pm	Great Sporting Moments
9:00pm	Cricket Gold Shorts
9:30pm	Sporting Triumphs
10:00pm	Sporting Mavericks
10:30pm	More Than a Game
11:00pm	More Than a Game
11:30pm	More Than a Game
12:00am	Ashes Best Days
2:00am	Cricket Classics

2016: The good, the bad and the bonkers

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

I WROTE last time about 2016, the year of the political earthquake, and pollsters, pundits, bookies - you name it - getting everything wrong! Well, this time, let's look not at events of 2016, but at some of the people who made the headlines.

We saw David Cameron stepping down and Theresa May stepping up and Jeremy Corbyn clinging on and Nigel Farage becoming the most influential Brit with the president-elect of the United States. Then there was Boris Johnson becoming our top diplomat and Great Balls on Fire / Ed the Sex Demon / Golden Balls (or, in other words, Ed Balls to you and me) becoming for some a 'national treasure' on 'Strictly Come Dancing'...

But why this support for sec-

ond-rate politicians who happen to have had years of dubious free publicity (for which they were

“ Is it just me, or are ex-politicians disporting themselves on such shows turning themselves into figures of ridicule? ”

quite rightly dumped by the electorate) stealing the limelight from others?

For some, the former Conservative MP Ann Widdecombe (whose own, err, natural grace carried her to week 10 as a Strictly contestant in 2010) advising Balls not to “do a John Sergeant” and quit the show before the better contestants were voted off smacked of the Second-Rate Politicians' Union.

“He must go with what the public decide,” she declared at the time. “If he gets into the final he should do his best to win... The public are enjoying the entertain-



ANN WIDDECOMBE: A former Strictly contestant.

ment. If that's what they want it's what they should get.” Populism rules OK!

Is it just me, or are ex-politicians disporting themselves on such shows turning themselves into figures of ridicule? Heck, if you had told me two years ago that the man who stopped Gordon Brown hitting people would be pirouetting on national television, I'd have said, “Oh yeah, and the next American president will be Donald Trump!”

Finally, as for the transatlantic bromance between Donald Trump and Nigel Farage, an anagram of their two names would seem to be: ‘Parade of dull, grating men.’ Hmm. “Make America grate again!” as the man (might have) said.

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.

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have been keeping promises to their customers since 1942 and all are fully Spanish registered. The insurer you select should offer a fair price and deliver the quality you require. Sunbay believes that each of their clients have unique needs when it comes to claims and there is two-hour English international assistance “because we know how difficult it is for our foreign customers to get instant help when needed if they have to do it in Spanish,” said Monica, who has worked for one of the biggest brokers on the coast for over 10 years.

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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

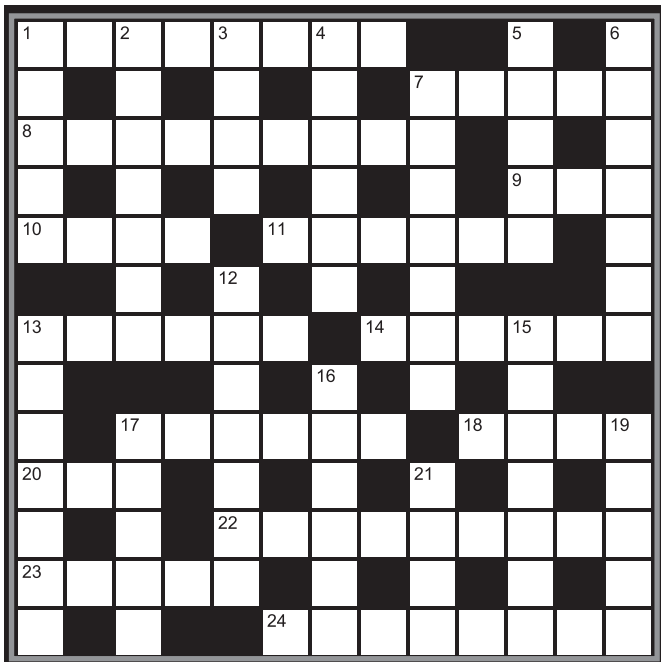
Cryptic

Across

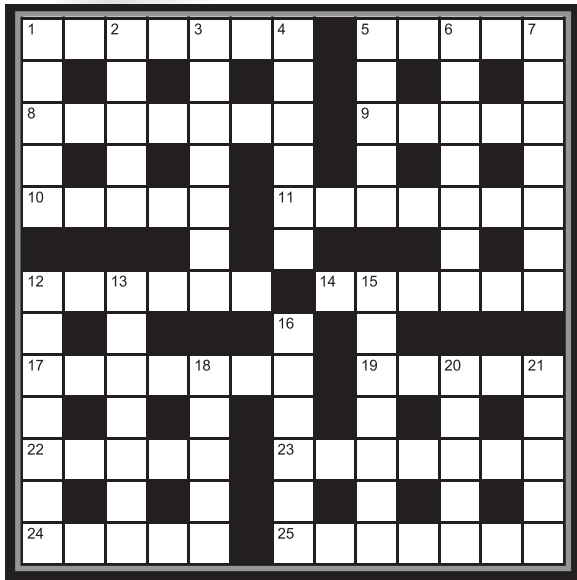
- 1 Revealing story of Swiss resistance (8)
- 7 Shut down kiosk (5)
- 8 Sound vibration could be on a screen (9)
- 9 Loud noise from Aladdin's cave (3)
- 10 Cleansing routine for city in Somerset (4)
- 11 A long bench? It's for the birds (6)
- 13 Inclined to use five hundred poles (6)
- 14 New treat made for gossip (6)
- 17 Island off Atlanta I wanted to be in (6)
- 18 Understands temporary quarters (4)
- 20 Pair of characters from The Network (3)
- 22 I get armed lunatic and left the country (9)
- 23 Direction shown by nurse housing rebel leader (5)
- 24 Imperfect start to Football Association's little league I began last Easter (8)

Down

- 1 Pound found in a bathrobe (5)
- 2 Lion has eaten terrible shot in African country (7)
- 3 Distinctive flavour of old Chinese dynasty (4)
- 4 Maybe Nigel has right to stay behind (6)
- 5 Praises lads about turn (5)
- 6 Record turns up under rifle (7)
- 7 Marines organised an advanced course (7)
- 12 Just tired me out (7)
- 13 Figure it's about time for Bill (7)
- 15 But win tenant new type of washing machine (4,3)
- 16 Capital kind of strong paper (6)
- 17 One who drags behind a tall structure (5)
- 19 Plant at the southern border (5)
- 21 Unwritten letters from Balmoral Castle (4)



Quick



Across

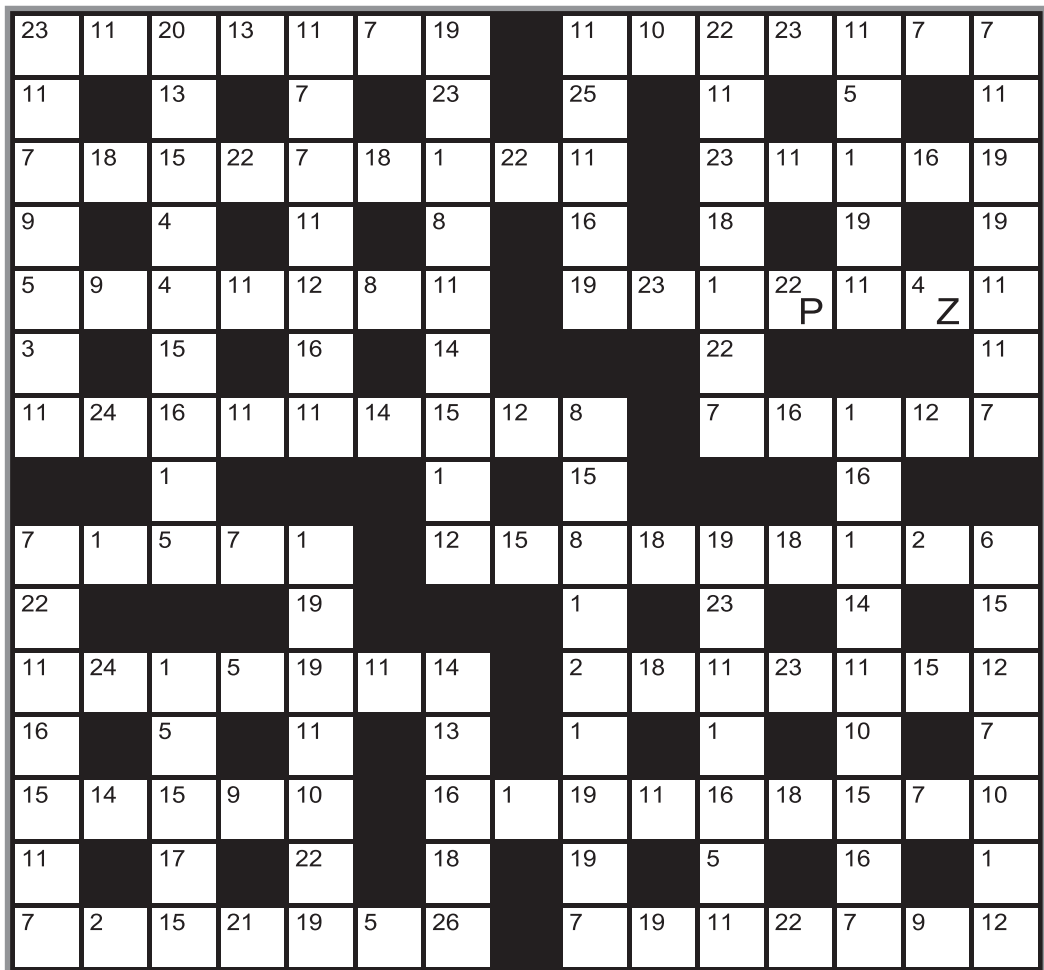
- 1 Manner of dressing (7)
- 5 Metal fastening device (5)
- 8 Argue about (7)
- 9 Make fit or suitable (5)
- 10 Lift up (5)
- 11 Definite (7)
- 12 Portable platform for storing or stacking goods (6)
- 14 Canal boats (6)
- 17 Child's room for a baby (7)
- 19 Exert a pushing force upon (5)
- 22 Come into existence (5)
- 23 White ant (7)
- 24 Flavoursome (5)
- 25 Frightening creature (7)

Down

- 1 Large evergreen, coniferous tree (5)
- 2 Japanese fish dish (5)
- 3 Hawaiian stringed instrument (7)
- 4 Free or grant immunity from (6)
- 5 Have in common (5)
- 6 Moving about aimlessly (7)
- 7 Testifier (7)
- 12 Long, tapering flag (7)
- 13 Heavily built motor vehicles (7)
- 15 Acetylsalicylic acid (7)
- 16 Method (6)
- 18 Each (5)
- 20 Expel a tenant (5)
- 21 Slanderous defamation (5)

Code Breaker

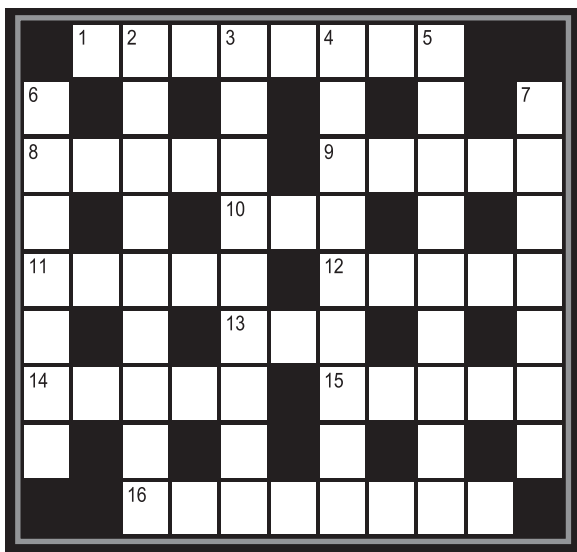
Each number in the Code Breaker grid represents a different letter of the alphabet. In this week's puzzle, 4 represents Z and 22 represents P, so fill in Z every time the figure 4 appears and P every time the figure 22 appears. Now, using your knowledge of the English language, work out which letters 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.



1	2	3	4	5	6	7	8	9	10	11	12	13
			Z									
14	15	16	17	18	19	20	21	22	23	24	25	26
								P				

English - Spanish

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



Across

- 1 Hosepipe (8)
- 8 Sobrina (5)
- 9 Paquetes (de cigarrillos) (5)
- 10 Todo (en su totalidad) (3)
- 11 Tin cans (5)
- 12 Gum (anatomical) (5)
- 13 Departure (3)
- 14 Desde entonces (5)
- 15 Drug (estupefaciente, medicamento) (5)
- 16 Sábado (8)

Down

- 2 Olives (9)
- 3 El más grasiento (9)
- 4 Employer (9)
- 5 Globe artichoke (9)
- 6 Inglés (7)
- 7 Swords (7)

CRYPTIC

Across:

- 1 Codicil, 5 Grace, 8 Amble,
- 9 Dilemma, 10 Mutineers, 12 Set,
- 13 Stayed, 14 Maniac, 17 Amp,
- 18 Prevalent, 20 Lanyard,
- 21 Drove, 23 Posse, 24 Denoted.

Down:

- 1 Claim, 2 Dab, 3 Cleanse,
- 4 Ladies, 5 Gales, 6 Armistice,
- 7 Elastic, 11 Trappings, 13 Scallop,
- 15 Abandon, 16 Tended, 18 Place,
- 19 Tread, 22 Out.

QUICK

Across:

- 1 Sharp, 4 Prefer, 9 Release,
- 10 Scarf, 11 News, 12 Collide,
- 13 Cat, 14 Hobo, 16 Trek, 18 Lie,
- 20 Glimpse, 21 Isle, 24 Alone,
- 25 Surface, 26 Atones, 27 Bogus.

Down:

- 1 Serene, 2 Allow, 3 Peak,
- 5 Resolute, 6 Fragile, 7 Reflex,
- 8 React, 13 Complete, 15 Orinoco,
- 17 Iguana, 18 Least, 19 Rebels,
- 22 Slang, 23 Grub.

ENGLISH-SPANISH

Across:

- 1 Cufflinks, 6 See, 7 Arroyos,
- 9 Orchestra, 13 Alegria,
- 15 Tia, 16 Dangerous.

Down:

- 1 Casa, 2 Freir, 3 Leather,
- 4 Soy, 5 Peso, 8 Rescate,
- 10 Ritmo, 11 Vaso, 12 Fans,
- 14 End.

CODE BREAKER

1	2	3	4	5	6	7	8	9	10	11	12	13
H	C	F	T	V	Z	J	P	D	X	Y	R	K
14	15	16	17	18	19	20	21	22	23	24	25	26
U	M	Q	E	L	I	N	A	B	W	O	S	G

LETTERS**YOUR PAPER - YOUR VOICE - YOUR OPINION**

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

Read up on the safety of drones

WHETHER you love or hate drones, I urge you to look at our government's consultation questions regarding drone safety for 'leisure' users (small drones) on www.gov.uk.

It is very easy to complete and you do not need qualifications of any kind. It is open to every member of the public and you do not have to be a drone user. You have until March 15 to respond and you must enter your name and email address. It took me, a complete novice, 15 minutes.

Currently users of small drones are unregistered in the UK and there is no way to find who is responsible when they are being used in the wrong way and in the wrong areas. This is our chance to participate with proposed changes to the few existing drone laws.

Search on www.gov.uk - Benefits of drones to the UK economy.

The bottom of the screen has the 'Respond Online' choice, but I would advise you to view Page 50 of the first document 'Unlocking the UK's high tech economy...' as it lists a summary of the relevant questions.

After reading these you have a choice as to whether you participate or not. Pages one to 49 contain lots of drone information which I, as a non-drone user, found very interesting.

Ann Paterson, Didcot

English lessons

ISN'T it common sense to say you should either speak English before you arrive in the UK or be willing to learn when you get there? It's not racist to say that if you don't speak the language and you're not willing to learn then you get a ghetto effect.

At least if you have a grasp of the language then a country's culture and values become more obvious. Having said that, we have to admit there are large parts of some cities in the UK where English is spoken and understood, but you feel another set of values prevail altogether.

Jane by email

Leapy Logic

AFTER a fabulously ignorant, ill-informed and misleading assault on the character of British MPs, Mr Lee launches into a hymn of praise for the ongoing Trump plan to hand over the

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



WORRYING REPORTS: No wonder we are a nation of overweight people.

Sugar ills of today

“ SUGAR has never been that important to me, but I know I'm taking it in whether I want to or not in most foods today. At least I try not to consume too much of the white stuff. But I worry about reports that children are getting breakfast cereals with high amounts of sugar.

I've seen packets of six cakes for £1. What goodness is going to be in those?? No wonder we are a nation of overweight people. The sight of young children stuffing themselves with crisps and pop is sad but it's the parents who must do more to stop it.

K L, Fuengirola

running of the United States to a cabinet of wealthy business tycoons.

According to Leapy Logic, a knack for lining your pockets whilst paying zero tax - just the sort of behaviour he deplores in our MPs - is the very qualification needed by America's administration in waiting. In previous administrations the bar for political err... compromise was set by Vice President Cheney's awarding the untendered contract for reconstruction in Iraq to Halliburton, a company of which he was former CEO.

But this week's column titled 'The world is well rid of this man' exceeded even the gravity defying logic of the previous rant. In his vitriolic attack on Barack Obama, Mr Lee seems to think a president of the US should not respond to an attack on his country aimed at the very process of democracy. The validity of the intelligence is beyond dispute by all but the President Elect, whose motives for denial are too obvious to state.

Accusing Obama of childish and spiteful behaviour is a bit rich coming from your contributor. Obama will go down as one of the better American presidents. His reluctance to throw away more of his soldiers' lives in the Middle East, unlike his predecessor, is plainly what gets up Mr Lee's nose. Obama was elected on a ticket to bring the troops home, and that, largely, is what he's done.

He famously does not commit his country to involvement in 'stupid stuff.' He has taken his country from the brink of catastrophe eight years ago to solid economic recovery; halved unemployment; saved the American motor industry; brought affordable health care to 20 million Americans and brought justice to Bin Laden. He legitimised same sex marriage which should smooth the pathway to a blissful union between your contributor and The Donald ('Let's make America grope again!').

Mr Lee plainly wants his babies,

but he'll have to get past Vladimir first. Keep your geiger counter in your pocket, Leapy!

Anthony Jones, Torrevieja

Self-drive

WHO on earth would think driverless cars are anything but a tragedy waiting to happen? Having just watched a documentary I can happily say you are not getting me in one of those. Driverless trains might be something you could get used to, but a mixture of manual and driverless cars on the road? Frightening prospect.

David C by email

Fat Cats

WHEN I worked for a medium-sized company we knew the boss was earning a much bigger salary than the rest of us. You expect that, but it's a bit

worrying when your boss by lunchtime has made what you make in a year. Fat Cats was a phrase we saw a lot in the papers a few years ago. But when David Cameron and George Osborne talked about austerity you never really thought the bosses were joining in. It seems the gap is getting wider and I can certainly say it doesn't do anything for staff morale.

Jean, Benidorm

Bitter taste

IT'S MORE than 'about time' to get rid of our antiquated, obsolete, and most importantly, unfair system of electing our US President. For the fifth time in US history, last November 8, American voters 'elected' the candidate who did not 'win' a majority of the 'popular vote,' Donald Trump.

The 'Official Loser,' Hillary Clinton, received, according to the final recount, 2,800,000 MORE votes nationwide than the 'Winner,' Donald Trump. To add insult to injury for frustrated Clinton voters, knowing that 'The Donald,' practically a 'self-declared' misogynist, anti-African-American, and anti-Hispanic, has now been officially elected our next President, leaves us frustrated voters with more than just 'a bitter taste in our mouths!'

Ask Al Gore, another recent victim of our unjust and nonsensical 'Electoral College System,' when in the 2000 Presidential Elections, the Democratic candidate 'Loser' received 543,895 MORE votes than 'The Winner,' Republican George W Bush.

Now 'The Dreaded Donald' will take office I daresay many Americans 'await' his arrival with much fear and trepidation: what price will we pay for not having 'deep-sixed' our obsolete and unjust 'Electoral College System' about 150 years ago, when historians say it did make some sense then as a means of avoiding more power for 'Slave States.'

Richard M McBride, Benidorm

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.

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Richard has been a fully qualified hearing aid audiologist since the early 1990s. He has been a hearing aid dispenser, but has mainly been an educator, lecturing at De Montfort University. He has worked for hearing aid companies as a trainer,

and his last post in the UK before relocating to Spain was head of professional compliance, responsible for maintaining professional standards within the industry.

It was in 2012 that Richard came to Spain, where he bought Premier Hearing Services

from the audiologist who set it up in 2002. In addition to the home visits, he does have a number of centres on the Costa Blanca, and covers the area from below Murcia up to Oliva.

These days there's a huge choice of hearing aids available, so Richard's advice and guidance are invaluable. As well as the familiar behind-the-ear

styles, there are those that fit into the bowl of the ear, and the invisible types that fit in the ear canal. All are digital and programmable, and it's possible to

have wireless Bluetooth connectivity which can access a whole range of modern technology, including iPhones, iPads, televisions, telephones and remote microphones. There are even models which have a remote control, which are ideal for those with limited dexterity.

Richard doesn't limit his services to the devices he has supplied either. He is happy to carry out repairs where possible, whether he has supplied them or not, and is happy to help with programming issues.

Prices start at €995 for a basic pair, which is significantly lower than UK or Spanish prices.

Why not give Richard a call on 659 644 106, and arrange your free consultation, or email richardgsykes@gmail.com. You can also visit the website; www.premierhearingaids.es



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Watch out for bronchitis in infants

BRONCHITIS is the most frequent cause of hospitalisation in youngsters under the age of one in Spain.

It is more prolific when the temperatures drop and affects mostly infants being a viral infection of the lower respiratory tract system. This becomes inflamed and narrowed so air passage is difficult and whilst it can occur in older children and adults, in babies under the age of three months, it can be particularly serious in the young respiratory and cardiac system.

So how can you spot the signs? Bronchitis starts initially as a cold with coughing, a fever and signs of respiratory distress. In babies they may struggle to feed and show laboured breathing. Hospitalisation is often necessary with the infant put on oxygen and further bouts of bronchitis are not uncommon in youngsters.

BRONCHITIS:
Watch for the signs.



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Iron deficiency could be the reason behind your fatigue

MORE than a quarter of women of working age in the UK suffer from iron deficiencies. Almost half of young girls aged between 11 and 18 also fall short of the necessary intake of the nutrient, leading to feelings of tiredness and exhaustion.

Iron is an important component of haemoglobin, which is the protein in red blood cells that carries oxygen throughout the body. Without enough iron there is not enough healthy oxygen-carrying red blood cells leading to feelings of fatigue. Women in their childbearing years are most likely to suffer from an iron deficiency because of the loss of blood during menstruation and pregnant women should increase their intake as the baby takes its mother's iron.

Another reason why women are more likely to have deficiencies in iron is due to their healthier eating habits. Traditionally women eat less red meat than men which is rich in iron and swapping red meat for chicken, fish and vegetarian options



IRON DEFICIENCY: Help boost your intake by eating more red meat.

lowers iron intake.

So how can you tell if you may be suffering from iron deficiencies?

Fatigue

Feeling tired, weak and sluggish is the most common sign as your body is having trouble carrying oxygen around your body, affecting energy levels.

Frequent infections

Iron plays a key role in a healthy immune system, so lower levels can leave you susceptible to more infections.

Pale skin

Haemoglobin gives skin its nice healthy, rosy colour, so low levels can cause the skin to become lighter, so

look for changes in your skin tone.

Swollen tongue

Lack of oxygen can cause muscles to enlarge and become painful, but this is only visibly noticeable in the tongue. Look also for cracks on the side of the mouth.

Hair loss

Iron deficiency, especially when it develops into anaemia, can cause hair loss as the hair follicles go into a resting stage and more hair than normal falls out.

Help boost your iron intake by eating more red meat and the proteins in meat are also believed to enhance iron uptake from vegetables, so combine your steak with spinach and you'll be boosting the iron considerably. Try drinking orange juice with your meat as a study showed that 100ml of orange juice, which has around 40-50mg of ascorbic acid, increased iron absorption from a meal by 181 per cent.

You can also speak to your pharmacist about taking iron supplements.

Specialist help too far away

MORE than 10 million children in America live too far from specialist paediatric anaesthesiologists if they need emergency surgery.

These anaesthesiologists specialise in sedating and monitoring children during surgery and small children needing more serious medical care should be treated by these paediatric specialists according to new guidelines from the American College of Surgeons.

However, millions live in rural areas of the country and are more than 50 miles away from such doctors leaving families faced with the choice of travelling long distances or using the services of more local general anaesthesiologists.

According to records, there were just over 4,000 paediatric anaesthesiologists in the US in 2015.

Warm wishes for a bright and prosperous New Year



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NO ALCOHOL: Helps the liver to recover and detox.

Are you still dry this January?

HOW are you doing now we are nearly midway through Dry January? Have you given up already, is there really any benefit to giving up alcohol for the month?

Many people go dry in January in an attempt to make up for the excesses of Christmas with many medical professionals encouraging the move. It comes as a recent report by Public Health England reports that more than 10 million Britons are drinking to harmful levels and are regularly exceeding the recommended maximum of 14 units a week.

Alcohol not only is high in calories but it can contribute to high blood pressure and cholesterol and in severe cases of excess drinking it can lead to liver damage. This is such a concern that the National Institute for Health and Care Excellence (NICE) in the UK, recently proposed that all

heavy drinkers should have a scan to screen for liver disease. These 'heavy drinkers' were classed as women who drank more than 35 units a week and 50 units for men.

By having a month off it helps the liver recover and detox. Many see it as a good kick start to promoting a general overall healthier eating and lifestyle programme as well as saving cash during the month.

According to UK charity Alcohol Concern, which promotes Dry January, of those who took part last year, almost half (49 per cent) reported they had lost weight and 62 per cent were sleeping better and 65 per cent of participants said they carried on drinking much less than normal for the next six months.

Last year, the charity reported that 14,000 downloaded the Dry January app to help them give up drink.

Monthly moods could be in genes

SCIENTISTS believe they have found a gene that makes woman angry and moody during their menstrual cycle.

Around 85 per cent of women experience PMS, but, for up to 5 per cent of them, these symptoms can be more severe and related to a condition called premenstrual dysphoric disorder (PMDD) which scientists say is due to a gene.

A study was carried out by the National Institutes of Health in the US and researchers said it shows that women with PMDD have differences in their molecular apparatus with PMDD being a disorder related to the cellular response to oestrogen and progesterone.

Ask The Doctor

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Do you snore while asleep?



SPECIALIST: Doctor Luis Perez Belmonte.

SNORING is a condition by which some people make a rattling or snorting sound when they sleep. The noise derives from the soft palate and tissue in the mouth, nose or throat vibrating, and some people may snore loudly every night.

• Why do some people snore? What are the most common causes?

There are many factors that can cause people to snore. Some are directly related to a person's respiratory system but the way we sleep and unhealthy habits can also influence a person's snoring. Obesity, smoking, drinking, jaw deformities, nasal blockages, inadequate sleeping positions and suffering from sleep apnoea are some of the main reasons we snore.

• Can it be a health warning signal?

The most serious problem that snoring can point to is sleep apnoea, which can have adverse effects on a person's health as it can increase, among other things, the chance of cardiovascular problems.

• How can you stop snoring? Are there medical treatments or is it simply a question of changing your lifestyle?

Some of the ways to try and stop snoring is to main-

tain a healthy weight, don't drink excessively, quit smoking, avoid using sleeping pills, sleep on your side and always try to sleep around the same time. If these don't work and a person is diagnosed with sleep apnoea they can opt to use a breathing apparatus to help manage the symptoms. In extreme cases a person may require surgery to rectify the problem.

• What if lifestyle changes don't work?

If basic measures don't work then it is important to go and see a sleep specialist for professional advice.

• Does everyone who snores have sleep apnoea?

People who suffer from sleep apnoea tend to snore, but also have difficulties breathing, chest pains, daytime fatigue... etc. If you are experiencing any of these systems you must see a sleep specialist and take a test that measures how often you stop breathing in your sleep and the overall quality of your sleep.

If you have any questions for Dr Perez Belmonte, please send them to:
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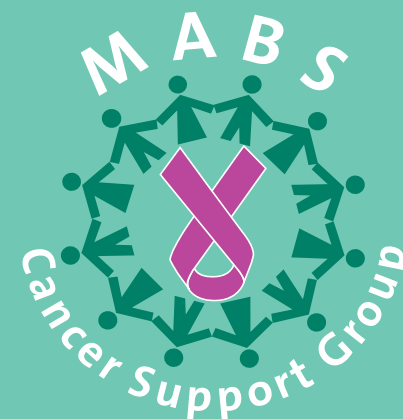
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A Med diet may offer brain gain

EATING a Mediterranean diet may reduce brain shrinkage in older adults, according to scientists. The human brain naturally shrinks with age, but a study in which 401 people in their 70's were followed found that those who stuck most closely to a classic Mediterranean diet suffered significantly less brain shrinkage over

a three-year period. A typical Mediterranean diet comprises high amounts of vegetables, fruit, olive oil, pulses and cereal grains, with moderate amounts of fish, dairy products and wine, and small amounts of red meat and poultry.

"As we age, the brain shrinks and we lose brain cells, which can affect learning and memory," says lead researcher Michelle Luciano from the University of Edinburgh. "This study adds to the body of evidence that suggests the Mediterranean diet has a positive impact on brain health."

The differences in shrinkage were measured via brain scans, and other studies have found that being overweight appears to increase the rate of shrinkage.



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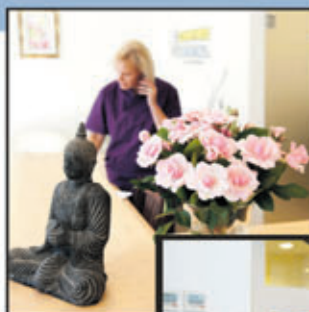
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Advertising feature

Kathmandu coming to Albir

KATHMANDU Indian-Nepalese Restaurant have been serving the residents and tourists of Denia, Javea and Moraira their exquisite fusion cuisine for a number of years and now they are taking their culinary skills to Albir.

With the fourth restaurant due to open in the next few weeks, Kathmandu are bringing their Indian-Nepalese food to the Marina Baixa, offering a new dining experience to the area.

Whichever restaurant you may be visiting you will know that you are in Kathmandu as they are all beautifully decorated in a contemporary, modern style which is both elegant and comfortable and the new restaurant promises to be no different.

The fourth restaurant (opposite Albir Playa Hotel) brings its popular, flavoursome menu to the heart of Albir, which is well-known for its many restaurants, bars and cafés. Kathmandu Albir seats up

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to 80 people inside and has a large terrace area, ideal for summer evenings. There is also plenty of parking and Kathmandu will be open seven days a week for lunch and evening meals.

The mouth-watering Kathmandu menu has many dishes to choose from with old favourites

and new dishes. Whether you like a mild creamy Korma or a fiercely hot Vindaloo, Kathmandu can tailor-make dishes to suit any



cooked to order ensuring a delicious, authentic Indian-Nepalese meal.

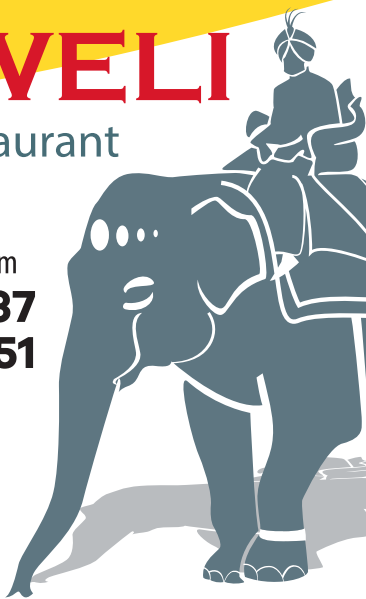
A good bottle of wine, a cold beer or a non-alcoholic beverage are the perfect accompaniment to any great meal and Kathmandu has a vast wine list and a well-stocked bar as well as all soft drinks making it a fabulous place for families, larger parties or an intimate meal for two.

Kathmandu Albir will be having an opening night where you will be invited to look around and sample some of the wonderful food they will be serving which will be announced shortly or visit the Facebook page for dates.

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Popular musical tribute

By Eleanor Hawkins

THE sixth edition of Symphonic Rhapsody of Queen will be launched at La Nucia's l'Auditori de La Mediterrania at 8pm on Saturday, January 14.

Featuring international singers Patti Russo, Tommy Heart, Thomas Vikström, Pablo Perea and Graciela Armendariz accompanied by a rock band and One World Symphonic Orchestra, the event is a two-hour performance featuring all the best of Queen's music.

More than 300,000 people have seen performances of the previous five versions of Symphonic Rhapsody of Queen, which will be touring the best and bigger theatres and auditoriums in Spain after its debut performance in La Nucia.

Tickets are priced at €30 and are available from the auditorium box office or via instant ticket (965 117 117 / 902 444 300 or www.instantticket.es).



QUEEN TRIBUTE: Will be performing in La Nucia.

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Food, wine and friends

with Garry Waite

FIRSTLY may I wish all our readers a very happy, healthy and prosperous New Year.

I am very pleased to be asked by Steven and Michel to contribute on a regular basis to this illustrious periodical. I shall be drawing on the experiences and knowledge of friends and colleagues in an attempt to bring you informative and entertaining articles about food, wine, people and anything to do with the world of Gastronomy.

I will also be drawing on my knowledge and experiences as a prolific project manager and consultant to offer advice to anyone who needs it regarding the opening and operating of any type of catering operation. Some questions I will be able to answer in this column, other problems may be better faced on a one-to-one basis, but feel free to contact me either way.

Last year saw the passing of many great actors, singers and icons of the entertainment world. But the culinary world also lost some famous faces. Not all of them will be known to all of our readers but the people here contributed no less to their craft, and provided pleasure to thousands, than some of their more famous theatrical counterparts.

Chef Benoit Violier was the proprietor of Restaurant Hotel de Ville in Crissier near the Swiss city of Lausanne. The restaurant was voted the Finest in the World by La Liste, a French initiative, launched in 2015 in which an international jury ranks the world's top 1,000 restaurants (he was the first recipient, Spain's El Celler de Can Roca was voted 6th).

The holder of the greatest accolade of three Michelin stars this 44-year-old was found shot to death in an apparent suicide on January 31, 2016. It was alleged, although vehemently denied by his colleagues and directors of the hotel, that he had lost more than €1 million in a type of ponzi scheme involving high priced fine wines.

Great success does not always bring great happiness.

Legendary chef and author Michel Richard died on the morning of Saturday August 12. He was 68 and died from complications from a previous stroke.

Since the 1980s, Richard built a catalogue of restaurants that blended American and French cuisine. He garnered national acclaim with his flagship fine-dining American eatery, Citronelle, in Washington DC's Georgetown neighbourhood and later Central Michel Richard.

Born in Brittany, France, Richard was an adept pastry chef who began his bakery apprenticeship at age 14. Three years later Richard moved to

Paris where he worked at Maison Lenotre under famed French pastry chef Gaston Lenôtre. In April 1974, Lenotre sent 20-year-old Richard to help open Chateau France in New York. Though the restaurant and pastry shop was short-lived, the experience marked a turning point and encouraged Richard to stay in America. France's loss and the USA's gain!

On a slightly different note, the creator of the Big Mac, one of the most popular fast foods in the world, died on November 30, 2016 aged 98. Jim Delligatti was a McDonald's franchisee who came up with the idea in 1967 because he said customers wanted a bigger sandwich.

His invention was almost rejected by McDonald's, which was happy that its traditional meals – a hamburger, fries and a milkshake – were selling well. The firm relented, but while it says it has since sold billions of the sandwiches, it admits Delligatti never received a penny in royalties.

The McDonald's franchisee, whose full name was Michael James Delligatti, invented the burger while running his restaurant in Pittsburgh, Pennsylvania. He was later said to have eaten at least one Big Mac every week for decades. (Living until 98... maybe the Big Mac has healthy connotations that we have not been told about!).

When the burger turned 40, McDonald's estimated it was selling 550 million Big Macs a year. The company admitted that they had never paid Delligatti royalties for it. In an interview once he joked that he got a dollar a piece for every one sold!! But soon retracted, jokingly saying that he would have been happy with one 10th of a cent!! But he got nothing.

Closer to home, one of the best known culinary figures of the past 20 odd years on the Costa del Sol, San Pedro legend Albert Benisty, passed away at the age of 63 in September 2016.

The former Michelin-star chef suffered from a heart attack, only hours after completing a shift at his well known Albert y Simon restaurant in San Pedro, near Marbella.

Born in Morocco in 1953 Albert Benisty's destiny was to become a great chef and at the age of 15 he started that long walk to success by training in Sweden.

He returned to Marbella in the 1980s to work at his parents well-known restaurant Casa David. Then tak-

ing control with his brother Simon they eventually opened Le Souflée where they gained a Michelin star in 1987 (only the second restaurant in Andalusia to achieve the accolade at that time)

He was the Coast's Dani Garcia of the time and maintained a loyal following which continues today, in his sad absence, in the hands of his brother and his children Deborah and David who continue his great work as chefs in their father's kitchen.

In the problem corner section I hope to be able to help newcomers to our area, or indeed to Spain and perhaps more importantly, to our industry. If you would like to ask for my help, send me an email. But here is one question I frequently get asked:

'I am opening a new restaurant and I am concerned about getting the right staff. I have been in Spain only a few months and this is my first business here. Any advice?'

You don't say whether you have been in the hospitality industry in your home country, but for the sake of reply I will assume that you have not.

Opening any business in a foreign country is always a difficult process but a restaurant is fraught with more problems than most.

If you are not a chef then the selection of someone to run the kitchen is the most important decision you will make. Most successful small operations are when the proprietor is the chef or at least can move into the kitchen in the event of a fall

out or problem with the chef!

It depends on what style of restaurant you wish to open. Once you have decided the style then you can ask people in the industry if they know of any chef's that would suit your criteria.

Firstly talk to the candidate about your concept and ask him/her to design a small menu that he/she would put on if they were opening their own restaurant. This will give you an idea of their capabilities. No matter who has recommended them, after interviewing them and, if you are happy with them, check references.

In all the years I have been in Spain only one person has ever asked me for references for staff that have worked for me. I have seen staff that I have fired working for other people and causing the same problems. Nobody would take on someone in their home country without checking references so don't do it here!!

Look for stability in the applicant. How long has he been here? Why did he leave his last job? How long was he working there? Has he got a wife/girlfriend/resident partner? If the applicant is Spanish he should be able to communicate in your language if you don't speak Spanish. Likewise if the applicant is not Spanish they should have a knowledge of Spanish even if it is only sufficient to deal with suppliers.

Above all monitor the kitchen, take stock monthly, check invoices against actual purchases and above all ensure the kitchen is kept clean.

Any staff working in the hospitality industry needs to hold a food handlers certificate. This is carried out by your local authority and is a simple Q&A that most people pass without problems.

GARRY WAITE: Will offer advice to anyone who needs it.



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A bumper year ahead

THIS year is set to be an expansive year for the Spanish property market as it solidifies recent successes and breaks new ground. Price growth is expected to hum along at a steady 2 per cent while the residential construction sector also gains modest ground.

The number of property transactions will likely top the half million mark for the first time in years and around 450,000 new mortgage loans will be signed, an increase of almost 10 per cent on 2016.

Long-term fixed interest loans have benefited from the negative Euribor interest rates across the past 11 months. Meanwhile fixed mortgages are set to continue gaining popularity among more conservative

buyers. Today they represent roughly a third of all new mortgage loans.

Bubbling under the surface is a vibrant rental market which has seen growth of 4 per cent in the past year. Following the example of other countries Spain is set to see more professionalism and choice in the rental world, traditionally not as popular here as in Germany for example.

Finally 2017 may end up being the year of the subsidiaries – companies born of the banking real estate industry who are now offering mortgages and acting as estate agents. The sector is expected to gradually monopolise throughout the year, leaving just three or four major players.

Spain is a global property hotspot

FOREIGN buyers are set to play an even more important role in boosting the Spanish property market this year. Non-EU residents are expected to form an integral part of the ever growing foreign demand for a place in the sun.

Last year foreign buyers accounted for about a fifth of all transactions. A fast-growing economy, value for money, and booming international demand could see that increase further in 2017.

Middle-eastern and Asian buyers in particular are in-

creasingly casting an eye towards Spain, especially given the alarming situation in London, where buying property no longer offers guarantees healthy returns.

Low-cost flights from Barcelona to New York and California promised by IAG and Norwegian could be a game changer. Spain is already a popular tourist destination for Americans and better travel links may see many look upon the country as a potential home away from home.

Guiding you step by step without the jargon

THE idea of starting a new life in Spain has been a dream for many. However, we all have heard of that dream turning into a nightmare. The key to preventing this disastrous scenario is to be aware of all the risks and pitfalls so that they can be avoided but where can this information be found.

Anthony I Foster has lived in Spain for 35 years. He was a partner in an estate agents where he met many who were in search of the idyllic Iberian lifestyle and he was able to successfully steer them in the right direction.

To help this process be a smooth transition Anthony decided to write *The Complete Guide To Buying A Property In Spain* which was first published in 1994. As laws and taxes change Anthony updates his work and the guide is now in its 12th edition.

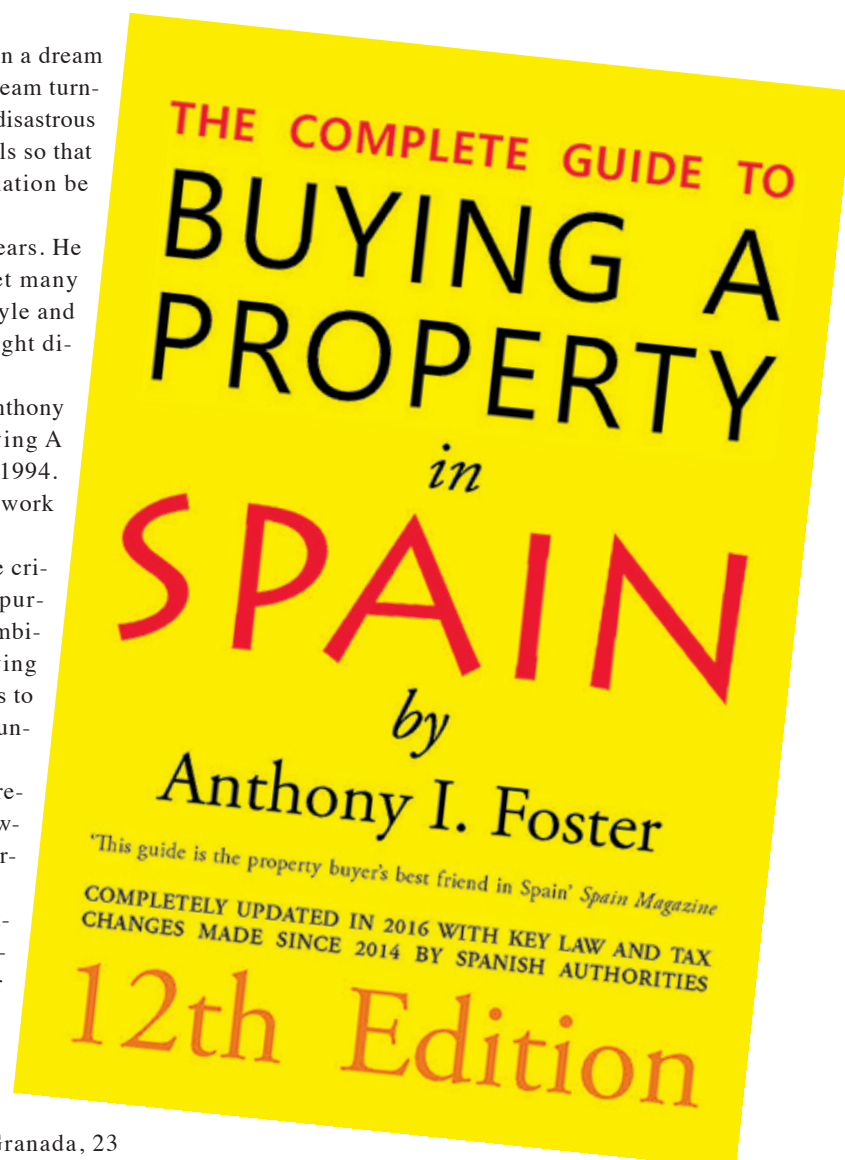
The layout of the book ensures a no-nonsense critique on the step by step journey to property purchases and sales without difficult jargon and ambiguity. It is an easy and informative read allowing those unfamiliar with Spanish protocols and laws to ensure that every step of the process is clearly understood.

The guide also gives invaluable information regarding mortgages, Spanish driving licences, Power of Attorney, business premises, wills and inheritance tax.

In all, Anthony has carefully and clearly written a most useful handbook which takes the unsure newcomer to the level of savvy homeowner allowing the Spanish dream to begin.

The Complete Guide To Buying A Property In Spain (12th Edition) is available in paperback or as an e-book from www.amazon.co.uk.

Alternatively from Anthony's office in C/Granada, 23 Pasaje Granada Local 3, Nerja 29780.



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Skating on thin ice

By Matthew Elliott

TWO major financial institutions have sounded a warning bell over fears that several key property markets could overheat and collapse. Both Barclays and the Organisation for Economic Co-operation and Development (OECD) have painted a stark picture of the potential threat.

A recent OECD report has identified Sweden and Canada as the unlikely candidates facing the greatest risk of a housing crash in 2017.

Extremely high and artificially inflated prices of both residential and commercial properties is the culprit.

House prices in Canada have practically doubled since the year 2000, while Sweden was aptly described as 'skating on thin ice.' Economists worry that the rapid rise is courting an abrupt correction that could affect millions of households.

Barclays has drawn up a similar chart of the European countries it perceives as running the greatest risk



SWEDISH MARKET: At risk of collapsing.

of sudden fall. It bases its findings on the European Systemic Risk Board's (ESRB) findings.

The figures indicate that Sweden and Luxembourg have the most fragile bubbles, closely followed by the

UK, Austria, Belgium and Finland.

All countries have received an official warning from the ESRB. Spain has one of the lowest risk levels on the chart, faring far better than Germany, Ireland and France.



NEW HOUSING: Has seen a rise in price.

A stable situation

THE price of new housing across Spain has jumped up for the second consecutive year, rising by 3.3 per cent in 2016. That leaves an average price per square metre in newly built properties of €2,120.

When the price of new builds rose in 2015 it marked the first increase since the financial crisis hit home in 2007. Last year's figures therefore represent incredibly positive news for the sector.

Even better is the fact that prices have risen across the board, in all regional capitals from Malaga to Madrid. That's a marked departure from previous years which have seen increases in cosmopolitan cities

offset by regression in provincial towns and the interior.

The two-tier system still persists, however, with Madrid and Barcelona registering far higher growth than other cities. In the Catalan capital new builds now average a price of €3,528 per square metre, compared to the cheaper Badajoz where they command just €1,140.

Regardless of the regional discrepancies what really counts is the continued stabilisation of the sector. Price rises for new builds help bolster the already strong construction sector and are occurring alongside enhanced access to credit, better mortgage rates, and more property transactions.

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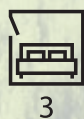
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Advertising feature

Neater Heaters take the sting out of the new digital electric meters

THE arrival of the new digital electric meters has provided a real demonstration, if one was needed, of the advantages Neater Heaters have over most of their competition.

For many years, the installers from Neater Heater have been removing old heaters from homes and replacing them with the more efficient Norwegian-designed Adax and Beha ranges. This meant that, in many cases, customers were nearly halving their consumption, as they now heated with one kilowatt, or less, an area that had previously been warmed by two kilowatts, or more.

Until recently, these inefficient heaters were just expensive to run, but at least they did

run. However, with the new digital meters, customers are finding their supply won't support these older heaters, which keep tripping their electric.

This was the case recently with a Moraira resident who had a nine kilowatt contracted allowance, but his new electric meter kept tripping. On inspection, he was running six two kilowatt heaters. He now has six one kilowatt Neater Heaters, and is just as warm. Also, he can now use his electric kettle again!

Neater Heaters are not just stylish and attractive, as you would expect from a Scandinavian design, but they use modern technology, materials, and engineering, to ensure that the customer gets genuine value for

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Neater Heaters now come in a variety of models which include some with timing controls and colour options and can be used for full central heating

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of the home or can be purchased individually for one or more rooms. They can be wall mounted or if you are limited for wall space additional feet can be purchased to enable them to be freestanding.

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The power of 15

PRODUCTIVITY experts swear by dividing big tasks into small steps to simplify them and this mindset is also ideal for those who are too busy to spend hours cleaning and tidying at home but wish

they could get on top of everything.

In just 15 minutes per day, it is possible to get the clean, organised house you have always wanted with very little effort, time management coaches in-

sist. All you need is a timer.

Dedicating just a quarter of an hour per day to a task will help you realise how long it really takes to get things done. You may well be putting off a certain, seemingly huge task, thinking you will never find the time to get it done all at once. Yet if you set your mind to dedicating just 15 minutes to it, you could well find that within a couple of days it is done and dusted.

You may have been wishing for weeks that you could find an hour and a half to clear out and clean the guest bedroom. Start today and give it 15 minutes, concentrating on one small area.

Do the same tomorrow, and the next day, and in under a week you will have done the lot!

It may take a while to see noticeable results on a larger scale but with so little effort required there really is no reason not to give it a go. After all, everyone can find 15 minutes per day no matter how busy their routine may be.

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We speak

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The ancient art of bonsai

By Graeme Tyrrell

BONSAI is an ancient art and craft of creating a landscape in miniature in a shallow pot or container. The tradition of bonsai includes careful placement of stones, mosses, lichens, soil mixture and other materials using highly refined methods of care to reduce a tree's growth to appear as a full sized tree in proportion to the rest of the features in the bonsai container. The word bon-sai means planted tray (shallow container).

It is a great way to enjoy gardening using artistic garden design skills. Through attention to detail using so many different materials, such as beach shells, hollowed logs, naturally occurring stones, and a huge variety of pottery designed especially for bonsai plants, a miniature garden is developed.

The tradition of miniature landscapes goes back thousands of years. Their care was a part of eastern meditation practice in temples and they were considered valuable gifts by royalty in Asia. The Japanese developed the concept of miniaturising trees with various methods as a Buddhist practice including Zen gardening. A bonsai had special importance as people were

able to take their garden with them or present them as a gift or family heirloom.

Creating a bonsai can be as easy or complicated as you like. Basically you need a shallow container, free draining quality soil mixture and a suitable long-lived tree with small leaves

“If you have an artistic flare for gardening, bonsai is a wonderful challenge of patience.”

to allow proportion to the container.

The selection of the tree should take into consideration the climate it will grow. A tree that grows easily in the natural environment where you are will generally do best, unless you plan to have the bonsai in a controlled environment. If the tree is an outdoor plant it will not do well indoors for very long. Tropical trees such as ficus that are used as indoor plants are a better choice if you plan to have your bonsai indoors.

Maintaining a bonsai requires detailed care to remove excess leaves, branches and roots to maintain proportion. Wiring and clamping can also be used

to shape the tree into the desired form to suit the landscape concept.

Watering application is different to most houseplants due to the smaller soil volume requiring more frequent application. Simple watering devices can be used to ensure constant watering supply.

They also need supplementary nutrient application to maintain health but not too much to stimulate excess growth. Very light or diluted applications are required frequently. A minimal amount of slow release

fertiliser

and

weak

liquid fertiliser in the wa-

ter supply is a good solution.

So if you have an artistic flare for gardening, bonsai is a wonderful challenge of patience and discipline with long-lasting benefit. Established plants are readily available and, while needing a little more care to maintain, they provide a fascinating focal point to feature on your balcony, patio or terrace.



MINI GARDEN:
Create a bonsai.

Photo Credit: Mick Harper Shutterstock.

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Dogs and cats: petting-induced aggression

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MANY cats will purr like a well-oiled motor when stroked, and many dogs will put their head forward for petting. However some will suddenly turn on the person. My own dog Sheba appears most friendly but I have to tell people to leave her alone, after a few pats she will turn aggressive.

Sense and Sensitivity: This curious behaviour that some cats and dogs display is called petting-induced aggression. Behaviourists are familiar with this feline and canine quirk.

The cat acts affectionately,

rubbing against the person and purring, but responds with painful swipes and bites should the person attempt to touch them. Some cats will endure a number of pats before reacting, while others, will stand for only one or two before striking out. Behaviourists often refer to these animals as 'two-or-three-stroke' cat or dog.

While we don't understand exactly why some dogs and cats are so intolerant of touch, one hypothesis is that they experience the same phenomenon that we do when we are touched repeatedly in one spot on our bodies. Imagine that someone is massaging your back and they absent-mindedly continue to rub one specific area over and over again. It feels good at first, but after a while, the touch becomes irritating.

We humans might simply ask the person to stop but our pets are more demonstrative in their communication. One more pat, and gotcha! Unfortunately, sim-

ply stroking the pet on a different part of their body each time isn't sufficient. It's as if the cat or dog has become sensitised all over.

Watch for certain signs how to avoid the consequences of a dog or cat's irritability. Most cats, when annoyed, will flatten their ears and swish their tail back and forth. Often, the skin along their sides and back will ripple. While it may be too late by the time these signs are present, it is best to freeze momentarily and then calmly and cautiously lift ones hand away from the cat.

Sometimes the cessation of movement will prompt a dog or cat to move away, or they may at least refrain from attacking.

The Light Touch: Teaching pets to enjoy being touched entails daily counter-conditioning sessions. The objective is to link being touched with something pets consider supremely delightful. Most cats and dogs

love cheese, so it is best to stroke the pet once, then feed a tiny amount of cheese. When the cheese has gone, stroke again, then feed. Repeat the stroke/cheese association no more than 10 times in one sitting, fewer if the pet showed even a hint of irritability.

After one week, one can occasionally stroke the pet twice before feeding the cheese. After another

week, gradually building tolerance, until the cat or dog becomes a two-stroke pet. By the third week, they should allow the occasional three strokes before receiving cheese. And by the end of the fourth week, most pets can become a three-stroke pet.

With patience and perseverance, pets can become a six-stroke pet. Pets can learn to enjoy the tactile contact.

WATCH FOR SIGNS: To avoid the consequences of a dog or cat's irritability.



Sally (Fox Terrier Cross)

You may recall that Sally was rehomed recently. However, due to unforeseen circumstances, Sally is again back at the K9 Animal Shelter and available for adoption. This quiet, friendly and affectionate girl is in need of some quality TLC and a comfortable home. Sally walks well on a lead and is good with people. If you are able to offer Sally a forever home, please call Alan and Bev at the K9 Animal Shelter on



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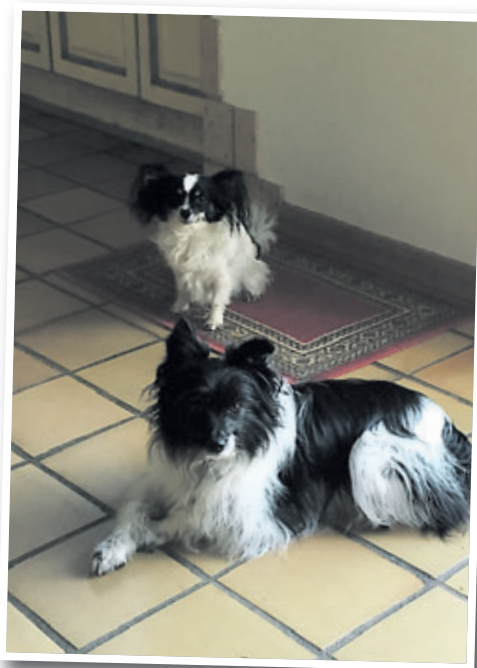
Barry loves Flea

WHEN homeowner Susan returns to the UK for holidays she worries about what to do with her dogs. Barry and Flea in particular are small dogs, a little anxious because of their rescue history but above all they are great companions and are always seen together.

Barry, a young Chihuahua, loves to challenge Flea, to tease her and nip at her heels. Flea is more relaxed, and perhaps because she is more mature tolerates Barry's friendly needling, but in actual fact she rather likes his attentions. They enjoy each other's company so much that they appear inseparable. They have only to hear tyre tracks on the road outside their gate and off they swoop to chase the sound of the car across the length of the property.

They see the hens emerging from their coup each morning in the garden and off they trot to check on the flock. It's a great team, and they evidently love their life at home. So when their owner Susan plans a holiday she always prefers to have house-sitters at home, following her routine with the dogs and hens. It means that after her holiday she returns worry free, with a knowledge that Barry and Flea will be safe and contented at home in her absence.

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FRIENDS FOREVER: Barry and Flea.

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Charity dogathon proves popular

ALMOST 1,000 dogs took to the streets of Madrid for San Perrestre, the canine version of the popular San Silvestre end of year marathon.

With a war-cry of "the dogs are taking over the streets again" pet-owners took off from Plaza Cibeles for a race through the streets of the city-centre, passing emblematic points including the Plaza del Sol.

The race, in its sixth year, was organised as usual by El Refugio animal charity and aimed to raise awareness of the importance of adopting pets instead of buying them. Humans paid €6 to take part while dogs paid a token €1

each, all of which went to the charity.

Children on bikes or in pushchairs accompanied their pets and there was even one owner disguised as Darth Vader for the dog-friendly event.

David Aparicio, who placed third with his dog Oliva, later said: "I thought it was more of a rally but when we reached Calle Huertas people started running and we didn't want to get left behind!"



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Faraday Future takes off

By Matthew Elliott

BILLED as a 'new species' of car, Faraday Future officially launched their new electric sedan which goes

faster than a Ferrari and is capable of learning. The FF 91 debuted in Las Vegas, will be on the roads in 2018 and can hit 60mph from a dead stop in

just 2.39 seconds.

That puts it in elite company, faster than both the Tesla record and the Ferrari LaFerrari. In fact it would be the second fastest production vehicle ever made - only the Porsche 918

Spyder has hit 60mph in under 2.3 seconds.

Boasting 1,050 hp, the FF 91 unlocks itself by recognising the driver's face and adapts to their personalities and preferences.

It can even be ordered to park itself. That claim led to some chuckles, however, when billionaire Chinese in-

vestor Jia Yeuting was invited on stage to try it out.

Murphy's Law intervened and the FF 91 refused to

budge, forcing Faraday's vice-president to crack a joke (and doubtlessly fire an unfortunate technician).



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Beetles' revenge

FOR the first time in over half a century the best-selling car in Sweden was not a Volvo. Recently released figures for 2016 show that the ubiquitous Volkswagen Golf outstripped Volvo's biggest sellers the V70 and V90 combined.

It's reportedly the first time since 1962 that the home favourite hasn't produced Sweden's most popular new car. Back then Ringo Starr had just joined The Beatles and a Volkswagen Beetle was topping Sweden's sales charts.

Between them Volvo and Volkswagen dominate the Swedish market, with only Toyota and Skoda slipping in as honourable mentions. Volvo has almost a century of history in Sweden since the first model rolled off a Gothenburg production line in 1927.

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A fine win for Ed and Jan

FIRST of all the committee and members of Montgo Golf Society would like to wish golfers everywhere a very happy and successful New Year.

On Friday January 6, members played the first event of 2017. Being the day after the Three Kings celebrations they started with a gentle better ball pairs competition. There were 32 players in the competition, kindly sponsored by Norman Howell, and most of the prizes went to lady members.

In third place was the all lady pairing of Stella Fox and Denise Cooper with a fine 40 points, whilst second place went to Roy Jones and Richard Fox with an equally impressive 41 points. Top of the pile however was the pairing of Ed Wallace and Jan Jones with an excellent 43 points, with Jan using her shots well to add to their team score.

Two nearest the pins went to Jan Jones



NEW SEASON: The better ball pairs competition winners.

who took the 3rd and Celia Cronin the 16th. With nobody making a two on the day the stock of Montgo balls remained unscathed.


The next event is on the January 20, when a stableford team accumulator will be

played. Guests are welcome, subject to availability and a current handicap certificate, and should register by visiting the website at www.montgogolfsociety.net and completing an online booking form.

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Campoamor welcomes TMGS' first 2017 visit



SOCIETY WINNERS: At Campaomar as part of the new schedule.

YES, TMGS is scheduled to play Campoamor on the first Wednesday of the month for the whole of 2017.

The society has a completely new schedule and is making frequent visits to those courses that give it a warm welcome, so out with the old and in with the new!

This course is improving on every visit, the sixth green is now back in play and the fairways are in great condition. Added to that it took the first group just four hours and five minutes to play the third round of the Annual Medal Trophy, yes just four hours and five minutes. That's the big advantage of an early start.

It must be said that the 'medal' format is not the most favoured by the membership, but once in a while it has to be done. It is obvious that this format is more suited to the lower handicappers and for that reason the competition will undergo a revision before next years' competition begins.

Derek Sullivan, the recently retired school teacher, had misfortune and good fortune within just a few minutes. Obviously he has quite accustomed himself to hav-

ing all of this free time on his hands and as he admits he will be playing a lot of golf from now on. So Derek firstly you have to learn how to pace yourself, taking 17 shots on the par four 5th and then claiming nearest the pin on the 6th is just a little too erratic!

NTP results: hole 4 Nada, hole 6 D Sullivan, hole 10 Captain J Eyre, hole 15 was the grandson of Viking Ole Rong, Helge Rong, hole 17 was new member C Pedersen.

There was a massive €122 in the '2's' pot after several rollovers. Mick Kennedy was the only lucky winner!

Best guest: J MacKay nett 80.

Bronze category: 3rd J Hillier 82 L/H, 2nd C Marsden 78, 1st H Rong 74. Silver category: 3rd F Kras 78, 2nd A Rickers 77, 1st J Eyre 69. Gold category: 3rd C Pedersen 79, 2nd R Eiken 77, 1st B Watson 74.

For further information about the society visit www.tmgs.org or www.facebook.com/TMGSGOLF. The forthcoming event on January 25 will be at La Manga south course.

It's Manchester v Merseyside at football after Murray loses in Qatar

Tony Matthews

International Sports

A former player and now the world's most prolific author of football books with almost 150 published since 1975, Tony is also the sports correspondent for Spectrum Radio and lives on La Pilica in the Sierra Cabrera Mountains overlooking Turre.

Costa de Almería



Football summary

ONCE again, football has taken centre stage as Chelsea's 13-match winning run came to a stuttering end at Tottenham; Brighton replaced Newcastle at the top of the Championship; Celtic beat Rangers in the Auld Firm derby; managers in new jobs include Marco Silva (Hull), Paul Clement (Swansea) and Alan Smith (Notts County); the first big transfers of 2017 saw Aston Villa's Rudy Gestege join Middlesbrough for £6.5m and Wilfred Ndidi move from Genk to Leicester for £6m; FC Chapecoense (Brazil) are recruiting 20 new players (remember all but three of the

team were killed in the pre-Christmas Colombian air crash) and six PL clubs crashed out of the FA Cup last weekend with Millwall causing the biggest upset by beating Bournemouth 3-0.

Derby won at WBA, Wolves (who handed Morgan Gibbs-White, aged 16, his debut) ko'd Stoke and fourth tier Plymouth drew with Liverpool who fielded their youngest team ever, while Brentford, Huddersfield (4-0 v Port Vale), Manchester City (5-0 at West Ham), holders Manchester United (4-0 v Reading) and 10-man Chelsea (4-1 v Peterborough) gained the biggest victories as Arsenal scraped through 2-1 at Preston.

Plucky non-League sides Sutton (v AFC Wimbledon) and Lincoln (at Ipswich) both earned replays, but Barrow, Stourbridge and Eastleigh all lost.

The FA Cup 4th round draw produced intriguing ties including Spurs v Wycombe Wander-

ers, Derby v Leicester, holders Manchester United v Wigan, Crystal Palace or Bolton v Manchester City, Plymouth or Liverpool v Wolves and Chelsea v Brentford. Games to be played January 27 to 30.

Other sport

Michael van Gerwen won the World Darts tournament at Ally Pally... Sir Andy Murray's 28-match winning run has come to an end - beaten by his arch-enemy Novak Djokovic in the Qatar Open... Scot Laura Muir has broken Liz McColgan's 25-year-old British 5,000m indoor record by 14 seconds... Dylan Hartley will captain England's rugby team in the Six Nations... Tiger Woods competes in his first golf tournament of 2017 at Torrey Pines in two weeks time... and Virat Kohli has replaced M S Dhoni as India's cricket captain for the forthcoming ODI and T20 series against England (from January 15).

Soccer Diary

On Tuesday, Manchester United - 4-0 FAC winners over Reading last Saturday when Wayne Rooney equalled Bobby Charlton's club record of 249 goals - met Hull City and last night Liverpool visited Southampton in League Cup semi-final first leg ties.

The Premiership matches this weekend include two Manchester-Merseyside clashes - Everton (7th) v Manchester City (4th) and Manchester United (6th) v Liverpool (2nd). Reigning champions Leicester (15th) play table-toppers Chelsea, Swansea (19th) meet Arsenal (5th), Tottenham (3rd) take on WBA (8th) in the early kick-off, and Crystal Palace (17th) visit West Ham (13th).

Top Championship games are Brentford-Newcastle, Leeds-Derby, Preston-Brighton and Wolves-Aston Villa.

Pick of the FL1 fixtures are Bolton v Swindon and Walsall v Sheffield United and in FL2, we have Barnet v leaders Don-

caster, Carlisle v Morecambe and Plymouth v Stevenage.

Tonight, La Liga leaders Real Madrid, fresh from a 5-0 win over Granada and now unbeaten in 39 matches - a Spanish record they share with Barcelona - play the return leg of their Copa Del Rey last 16 tie against Sevilla, having won the first 3-0. The last time Real lost was 2-0 away to Wolfsburg in the Champions League in April 2016. Tonight sees the start of a hectic schedule for Zinedine Zidane's Real team who could play 21 matches in 11 weeks. Atletico Madrid met Barcelona, also in the Copa del Rey, last night.

Tomorrow, we have the opening games of the 14th Copa Centroamericano in Panama and the first matches in the Africa Cup of Nations in Gabon.

Championships taking place right now:

Group games in World Junior and U18 Ice Hockey here

in Spain.

The 40th UK BDO World Darts at the Lakeside Club.

Women's World Ice Hockey in Belfast.

Men's World Handball in France.

Men's Indoor Junior Super Six Field Hockey in Nottingham.

World Indoor Bowls in Switzerland.

Short Track Speed Skating in Italy.

NB: On Monday, January 16, the Australia Tennis Open starts in Melbourne.

Stop Whingeing!

PL managers including Mourinho, Guardiola, Klopp and Wenger, continually moan about the number of games their teams have to play in such a short period of time.

Back in April 1912, without a huge squad, West Bromwich Albion completed 12 matches in 26 days including an FA Cup semi-final, the FA Cup final and FA Cup final replay.





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