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Holiday death

Mother of baby girl dies in hit-and-run



By Simon Firth

A mother was killed and her partner and baby daughter injured when a driver jumped several red lights and smashed into their car in Almería.

The 23-year-old driver was at the wheel of a BMW X5 which was doing more than 100km/h when it hit the couple's car.

The woman was killed almost instantly in the impact. The motorist then fled on foot but was arrested several hours later.

Police say he is a Romanian

national who needed hospital treatment for minor injuries. He was due to make a first appearance before a court on Wednesday.

The dead woman was 36 years old and from Manacor in Mallorca. Her partner, a 32-year-old Guardia Civil officer, is from Almería and suffered head injuries in the collision which took place on Sunday. The couple were apparently on holiday.

Debris from the accident was strewn across the area and injured another couple who were in a third vehicle.

After attending the accident in Almería City an operation was launched to find the driver and stop him leaving the area.

The man, named only as FB,

was picked up after the car was traced to a family member. He was treated in hospital and tested for the effects of drugs and alcohol.

A police spokesman said the man will face charges relating to the woman's death and also leaving the scene of an accident.

Wrong way driver

A MOTORIST slammed into a Guardia Civil roadblock after driving for more than 40km/h the wrong way along the A-92. He suffered only minor injuries in the collision, but officers were praised for preventing an accident that could easily have turned into a 'tragedy.'

» See page 2

Tricky trio

TWO men were arrested on suspicion of trying to smuggle a third man into Spain hidden in a concealed compartment of their van. Officers who searched the van after deciding

the pair looked nervous discovered the engine had been tampered to move parts and allow a person to hide in the vacant space.

» See page 8

Weapons haul

A GUNSMITH and his two sons are facing possible jail terms for illegally possessing weapons after a raid by police revealed 60 revolvers, pistols and rifles along with ammunition. The weapons

were destined for the black market, claim police, who also revealed criminals were bringing parts of broken guns to the man to be repaired.

» See page 8

Fruity thieves

SIX men have been arrested accused of stealing thousands of kilos of fruit and veg from farmers in Almería. The operation was the culmination of months of surveillance after links were found to other criminal groups who had been supplying to a wholesaler, stealing in total more than 26,000 kilos of farmers' produce.

» See page 14

Rifle rage

A MAN who tried to shoot four Guardia Civil officers will serve less than 10 years after reaching a deal with prosecutors. The 25-year-old, who had been growing and distributing cannabis, was pursued by officers and tried to shoot four of them with a rifle, but forgot to remove the safety.

» See page 17

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LOCAL NEWS

No great shakes

AN earth tremor registering a magnitude of 3.2 with an epicentre 11km underground in the municipality of Laroya was registered by the National Geographical Institute. Police received a number of calls from concerned residents who were able to feel the ground moving throughout the Almanzora Valley, although no major damage was reported.

Record numbers

THE Alcazaba of Almeria received a record number of visitors in 2016, with the fortified complex attracting 281,038 people to break the quarter million mark for the first time. The majority were Spanish, a quarter of which were from Almeria, with only 77,000 foreigners electing to explore the ancient medina.

Man missing

SPANISH police are on the hunt for 63-year-old Antonio Ballesteris Manzano from Dos Hermanas, Sevilla, who failed to return home as scheduled on January 7 having spent a few days on holiday in Almeria. He suffers from a minor disability and was wearing cream trousers, black trainers, a brown jacket and a cap, plus he was carrying a red suitcase.

Kamikaze driver derailed

By Matt Ford

A 40-YEAR-OLD man crashed into a Guardia Civil road block after driving the wrong way up the A-92 motorway in Almeria, becoming something of a social media sensation in the process.

Commencing his dangerous dash in the Almeria town of Abia, the man barrelled down the motorway for 40km before smashing into a police 4x4.

The Guardia Civil announced on their Twitter page that the man is believed to have mental health issues and they do not believe it was an act of terror.

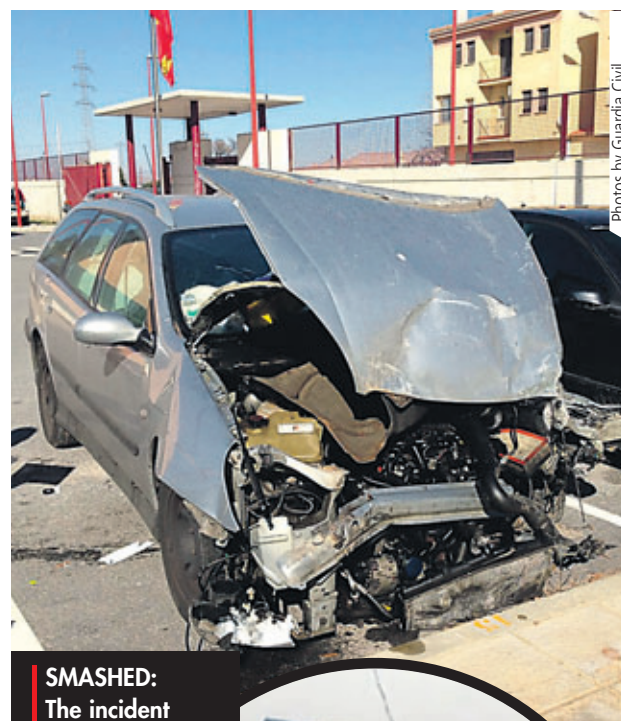
No-one was harmed except for the driver, who suf-

fered minor injuries.

The Senegalese man has a French passport and was imprisoned without bail in the wake of the incident, which was captured on video by a Guardia Civil officer and attracted thousands of views on social media.

As the *Euro Weekly News* went to print investigators had been unable to obtain any meaningful statement from the mettlesome motorist, although he has repeatedly said that he was trying to reach Marbella on the Costa del Sol.

National Interior Minister, Juan Ignacio Zoido, tweeted his thanks to the Guardia Civil for preventing "a tragedy."



Photos by Guardia Civil

SMASHED:
The incident was captured on video by the Guardia.



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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 em-

“*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.*”

brace 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 be-

cause 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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SUPPLY PROJECT: Will connect Mundo Aguilon reservoir and the local network.

Water woes weakened

By Matt Ford

ALMERIA'S provincial council has approved a €607,000 project that will guarantee the water supply for Pulpi and the Cuevas de Almanzora neighbourhood of Canalejas.

The project will include construction of an underground pipeline measuring some 4.3km

in length that will serve as a hydraulic connection between the Mundo Aguilon reservoir and the local network.

The council believes that this will offer a genuine safeguard should the municipal water supply dry up.

The deputy provincial development councillor, Oscar Liria, highlighted the importance of the

work in a statement, in which he said: "This is an extremely important job for both its complexity and budget, plus the guarantee of a quality service for thousands of citizens in the comarca."

This project was chosen due to a lack of real alternatives, since the current network is obsolete in terms of future capacity and the materials which were

used to construct it.

It is apparently possible that the pipes could burst at any moment it, an eventuality that would probably leave many homes without water for days.

There is one apparent flaw, however, since a little research reveals that the Mundo Aguilon reservoir is currently at just 7.8 per cent of capacity.

No holidays for emergency services

EMERGENCY services in Almeria dealt with 1,763 reports over the Christmas holiday period, 112 Andalucía has reported.

Between 3pm on Christmas Eve and midnight on January 8, the emergency co-ordination centre dealt with 771 medical emergencies, 339 situations relating to citizen safety, 173 traffic alerts, 135 accidents,

95 fires and 78 animal situations among other incidents, a spokesperson explained.

Almeria was, however, the second to last province in Andalucía for emergencies dealt with by 112 over the festive period. Top of the list came Sevilla with 7,812 incidents, followed by Malaga with 4,590, Granada with 3,365, Cadiz with 3,232, Cordoba with

2,059 and Jaen with 1,991. The only place with fewer emergencies was Huelva with 1,311.

112 Emergencias Andalucía is a free, multilingual service which can be used to obtain assistance in any emergency situation. The easy-to-remember number is also used for emergencies across Europe.

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Lucky number

A STAFF member of a tobacconists in Almería City won €75,000 on the El Niño national lottery draw after buying a ticket a customer changed his mind about and returned.

The ticket, numbered 95.379, was issued by the machine to the customer but he decided he didn't like the number and gave it back, the manager explained. The employee, whose boss said she was pleased she had won as she needed the money, decided to buy the ticket herself and see what happened.

Other winning tickets were sold in Carboneras, Tijola, Roquetas de Mar and El Ejido.

Hey big spenders

By Eleanor Hawkins

THE people of Almería expect to be spending the most money in the sales in Andalucía, a survey has revealed.

As the winter sales started earlier this month UCA consumers' association drew up a report on how much people from each province in Andalucía said they thought they would spend during the sales.

Almería residents, who said they expected to spend an average of €98.80, were at the top of the scale, followed by people in Málaga (€96.50) and Sevilla (€93).

The most popular purchases will as usual be clothing, with each person expecting to spend

€47.09 on new garb.

Although the dates shops are allowed to run their sales were liberalised some years ago, most keep with tradition and start their sales either at the beginning of January or immediately after epiphany. The sales period will in most cases last until the end of February.

The authorities remind consumers

that their rights during sales are identical to the rest of the year and stress that shops must offer the same items that were on sale beforehand at lower prices. At least 550 inspections will be made during the sales period to ensure shops meet the rules.



WINTER SALES: Will last until the end of February.

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.

Now we want to hear your views.
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Hidden passenger found

TWO men have been arrested in Almería port for allegedly trying to smuggle a person into the country concealed in a hidden compartment in their van.

Guardia Civil officers became suspicious while checking ID and paperwork for people getting off ferries from northern Africa as, although all seemed normal on the documentation provided, the two men appeared nervous.

Deciding to inspect the Nissan Vanette, the officers discovered a person huddled between different parts of the engine, which had been tampered with and moved out of place to leave a small space.

The man, who was carrying no documentation, was taken to the National



HIDDEN COMPARTMENT: Was found inside the vehicle's engine area.

Police station in the port where proceedings began to arrange for him to be sent back to his country of origin.

The two men, one from Albacete and

the other from Cáceres, were arrested for an alleged crime against foreigners' rights and the case has been handed over to the Almería courts.



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13 facing jail over guns

THE Almería Provincial Public Prosecutor is requesting between two and 12 years each in jail for 13 people accused of illegal weapon possession.

The Guardia Civil, acting under the orders of an Almería City court, carried out searches on private properties and at a gunsmith's workshop and confiscated 60 revolvers, pistols, rifles and cannons along with ammunition and gun-making tools.

The gunsmith faces a 12-year-sentence for storing

weapons outside the permitted areas on his premises and also for possession of forbidden weapons, while his two sons may be jailed for five years each.

The prosecutor's office, in its initial report, also accuses three brothers of organised crime suspecting them of having purchased broken guns and loose parts and taking them to be repaired with an aim to selling them on to third parties.

The attic of the home shared by the brothers was

also found to have been fitted out as a shooting range to test guns, and bullets and projectiles were pulled from the walls.

Police officers stated that the weapons and ammunition discovered were clearly intended to be sold on the black market.

Two employees of the gunsmith's workshop also face two-year jail sentences for illegal manipulation of weapons, while a third person is accused of providing spare parts to be used to make guns.



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4 beds • 1½ baths • Plot: 69m² • Build: 138m²
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Palomares - 74,950€ (ref: PAA)
2 beds • 1 bath • Plot: 72m² • Build: 65m²
Situated on the outskirts of Palomares this ground floor apartment with covered terrace & communal pool is an ideal "lock up and leave" holiday property. Short distance from village and beach.



Las Marinas - 79,500€ (ref: FMDW)
2 beds • 1 bath • Build: 61m²
500m from Las Marinas beach with 2 pools on the urbanization; bars, restaurants, shops & public transport all within easy walking distance, the Fuentemar development is an ideal location for all year round holidays.



Cuevas del Almanzora - 86,000€ (ref: CDAN)
3 beds • 1½ baths • Plot: 55m² • Build: 99m²
This double fronted house sits almost in the shadows of the castle would be an ideal property for anyone wanting to be based in a town & still have generous living space.



Los Gallardos - 89,950€ (ref: HNAC)
2 beds • 2 baths • Plot: 158m² • Build: 75m²
With east & west facing gardens; well proportioned internal & external spaces; in a community of 16 properties with swimming pool & off road parking; this property is something a little bit special.



Los Gallardos - 94,950€ (ref: HNAR)
2 beds • 1½ baths • Plot: 125m² • Build: 83m²
A fully furnished 2 bedroom house on a small community. Open plan living area, covered terrace, gardens, solarium, allocated off-road parking and communal swimming pool.



Vera Playa - 99,000€ (ref: VPAA)
2 beds • 2 baths • Build: 61m²
This is a well maintained property, furnished to a high standard & suitable for sleeping 5 people. Located on a gated complex with outdoor & indoor pools making it a great all year round holiday location.



Palomares - 99,500€ (ref: PDM)
2 beds • 2 baths • Build: 99m²
A fully furnished southeast facing duplex with multiple terraces providing generous outside living space to match that of the internal living space. Within walking distance to town and beach.



Los Gallardos - 114,950€ (ref: HNCP)
4 beds • 3 baths • Plot: 163m² • Build: 75m²
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A MAN has been arrested in Almería City for alleged attempted manslaughter, the Local Police has reported.

The suspect, aged 40, was arrested on Calle Marchales in the Los Angeles district after locals called the police out to deal with a fight, reporting one of the men had a knife.

Officers arrived at the scene to find two men struggling and after breaking the fight

Alleged stabber arrested

up, one explained that the other had tried to stab him a number of times and threatened to kill him. A search of the suspect's clothes revealed a knife with a 17-centimetre blade.

The arrestee put up a struggle and man-

aged to injure his knees after being forced into a police vehicle and had to be taken for medical attention before continuing on to the provincial police station.

Meanwhile the other man, who had suf-

fered minor injuries and bruising, was taken to Torrecardenas Hospital for treatment. Medical staff reported that although his clothes bore evidence of an attempt to stab him, the knife had not reached his skin.



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Policeman facing jail for fraud

By Eleanor Hawkins

A GUARDIA CIVIL officer and another person are on trial at an Almería court this week accused of cheating a scrapyard owner out of almost €64,500.

The Public Prosecutor is requesting a seven-year jail sentence for fraud and making threats for the defendant, who he accuses of masquerading as a representative of an engineering firm.

The prosecution claimed that the officer, a member of the Seprona nature protection branch of the police force, and a second man took advantage of their positions to persuade their victim to take out contracts for adaption projects.

The yard owner had already contracted another engineering company to adapt his three scrapyards to new regulations, yet the defendant persuaded him to cancel these and make



JAIL SENTENCE: Being sought as well as a fine.

the changes through him and his friend. His contacts with the Junta de Andalucía regional government's Environmental department would speed up the process, the defendant allegedly promised.

The business owner handed over cheques and cash for a total of almost €64,500 and only became aware that something was wrong when the engineering studio contacted him to demand payment, explaining that the studies had been ordered by

the policeman but no money had been handed over.

To get to the bottom of the situation the victim met the defendant, yet his complaints of the situation were met with threats to close his businesses.

Along with the jail sentence, the prosecution has requested €61,476 in damages for the victim and a fine of €12 per day for 11 months for the policeman and a three-year jail sentence for his alleged accomplice.

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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."



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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Alleged fruit thieves nabbed

SIX men have been arrested suspected of belonging to a criminal group and stealing more than 26,500 kilograms of fruit and veg from farms in Malaga, Granada and

Almeria provinces.

The arrestees, three Spaniards and three Romanians, are believed to have been involved in at least 24 thefts of avocados, mangos, peppers,

aubergines, courgettes and custard apples.

The National Police began investigations in November 2016 after catching seven people stealing 2,401 kilos of avocados from a farm in Velez-Malaga. Suspecting that the thieves may form part of a criminal group as it was unlikely they would be able to sell such a large amount of loot on their own, officers started looking into similar crimes.

This led to the discovery of a similar investigation being carried out by the Guardia Civil's ROCA rural crime branch in Motril and the two forces agreed to join forces.

Investigations eventually led to Almeria, where a criminal group was found to organise thefts of large amounts of fruit, mainly mangos and avocados, from farms along the Andalusian coast.

The main suspect is a businessman who made the most of his profession as a wholesaler to box up and sell the



CRIMINAL GROUP: Believed to have been involved in at least 24 thefts.

stolen fruit and veg, usually mixed with legal produce of lower quality.

Coincidentally, officers discovered a pending arrest order for theft issued by an Alicante court for one of the arrestees, the son of the main suspect.

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Revenge murder suspects face jail

FOUR men suspected of a revenge crime which led to the death of a Dominican man will be facing 29-year jail sentences when they go on trial in May.

The Public Prosecutor's initial report accuses the men, one Dominican, one Romanian and two Spaniards, of kidnapping and murdering the victim because they believed he had cheated them in a drug transaction.

The 37-year-old man was kidnapped and taken to a home on Calle Piscis in Almeria City which was occupied by squatters and held there for a number of days, the report states.

The four men, following a pre-planned routine designed to extract their revenge, strapped their vic-

tim to a chair with cables and brutally beat him before tying him to railings, dousing him with petrol and setting him on fire.

The man died of skull and brain injuries plus extensive burns caused directly by the violent acts of the attackers, the prosecution claims.

After the alleged attack the four men went in to hiding, by another six people who also face two-year jail sentences or fines, continued the report.

Along with the jail sentences, the Public Prosecutor will be requesting €125,000 in damages for the deceased's sister and €2,769 to cover damage to the property where the crime occurred.

29
years in jail potentially awaits four men suspected of the death of a Dominican man.

No n



WORK ACCIDENTS: Are avoidable

By Eleanor Hawkins

COMISIONES OBRERAS and UGT trades union representatives gathered in protest over the death of a security guard at the Michelin Experience Centre in Nijar.

The tragic accident, on Christmas day, led to the 12th death in

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and it's time the authorities put in and enforced necessary measures and resources.

work accidents in 2016 in Almeria Province, a figure which the unions have said is deplorable in this day and age.

UGT Almeria general secretary Carmen Vidal said: "we can't allow people to keep on dying at work. It's time the authorities put necessary measures and resources into avoiding work accidents and provide safety training for workers."

"The lack of safety measures is obvious. It's time to solve the problem," Vidal stressed.

Comisiones Obreras secretary Juan Pallares agreed: "the figures show that we're doing something wrong. All accidents are avoidable but we all need to work together to stop them, business people need to invest in protecting their workers and the authorities need to enforce the law."

Drug dealer accepts jail sentence deal

A MAN who tried to shoot four Guardia Civil officers has accepted a 17.5-year jail sentence, although he will only spend a maximum of nine years and three days behind bars.

The defendant reached a deal with the public prosecutor's office, which had initially requested a 43-year sentence for crimes including drug dealing, illegal weapon possession and attempted manslaughter.

The 25-year-old man was found guilty, along with another who failed to turn up for the hearing, of growing and distributing cannabis. The prosecution explained when police officers caught his collaborator carrying 11 small bags of cannabis and chased him to the home where they grew the drugs, the defendant attempted to shoot them through iron bars but forgot to remove the rifle's safety clip.

Although the sentences for the separate crimes total 17.5

years, current legislation dictates the maximum amount of time behind bars cannot be

more than three times the longest sentence, in this case of three years and one day.

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Better beach access Promoting equality for all



BEACH ACCESS: Works should be completed by the end of the month.

By Eleanor Hawkins

WORK in Carboneras to provide access to Playa del Ancon from Calles Bonito and Boraza should be complete by the end of the month, the council has announced.

Local mayor Salvador Hernandez and Town Planning councillor Salvador Alarcon

visited the site of the work to inspect progress and reported that everything was going as planned.

Residents had been demanding that safe accesses be created for some time to replace the complicated tracks used by those heading to the beach from the two streets. Now, locals and visitors will

be able to make use of specially built pedestrian accesses which will include drainage systems and be surrounded by gardens and local flora.

The work, with a €31,500 budget covered entirely by Carboneras Council, is being carried out by Agracon SL and was due to take a maximum of 30 days.

ALMERIA Provincial Council has carried out activities in 74 different towns and villages - many in the Almanzora Valley - in 2016 aimed to promote and encourage equality of the sexes.

The provincial authority provided grants and helped fund all sorts of projects and activities including theatre performances, musical events, awareness workshops and other educational activities, especially those aimed to prevent gender violence.

The provincial scheme, explained Equality Delegate Dolores Martinez, was aimed at municipalities with fewer than 20,000 inhabitants and places which took advantage included Albox, Alcolea, Bacares, Cantoria, Carboneras, Chirivel, Cuevas del Almanzora, Fiñana, Los Gallardos, Huercal-Overa, Lucar, Macael, Olula del Rio, Oria, Pechina, Pulpi, Turre, Velez Blanco, Velez Rubio, Vera

and Zurgena.

Altogether, the delegate reported, 23,980 people took part in the activities over the year, proving their popularity.

"We want to bring all sorts of initiatives within

reach of the people to promote gender equality at all levels, encouraging town halls to run activities to promote, encourage and raise awareness of such an important matter," Martinez said.

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RBL, Mojacar branch

ON Friday January 13 from 7.30pm the Royal British Legion (RBL) will be hosting a Fish and Chips with Quiz evening at the Oasis Bar, Palomares. To find out more information contact Christine on 697 887 362.

Another date for your diary is Thursday January 19 when a coffee/drinks/tapas morning will be held from 11.00am at Meson Felipe San Bernabe where everyone, members and visitors, will be made welcome.

The Mojacar branch of the RBL meets on the first Thursday of the month at 11.15am in the Centre of Multi Uses (Artisan Centre), Mojacar Pueblo.

Water fight continues



LACK OF WATER: The Los Molinos spring has seen its volume decrease drastically.

By Eleanor Hawkins

THE fight for water continues in Los Velez as the local Water Defence association has announced it will be making its views and requests clear to the regional and national governments this year.

The association, which gathered members last year who all strongly believe drilling and lettuce farms to the south are to blame for the aquifers which used to sup-

ply the area drying out, has stated its intention to continue demanding answers.

A report presented by the Hydrographic Confederations in November claimed that the lack of water suffered in Velez Blanco, Velez Rubio and Chirivel among other local villages was due to the drought in the same way that the rest of the province has been affected. However, the association refused to accept this reasoning and blamed lettuce farms which have been tapping into

the aquifers for more than 10 years. The farms, the association members insist, are taking far more water than they are licensed to take and this is drying out the whole area.

The Los Molinos spring, which supplies local municipalities, has seen its volume decrease drastically, especially over the last two years. Whereas in the past the spring produced more than 100 litres of water per second, this is now down to 40.

Councils to cover debts

THE Almanzora Valley village and town councils have agreed to assume an €800,000 debt from the Grupo de Desarrollo Rural Almanzora (PRODER) to avoid the offices which deal out European funds from closing.

Workers reported that the electricity company had threatened to cut off supply, bringing to a head a difficult situation which the group responded to by calling an assembly.

At the meeting, the mayors of local municipalities agreed that the work done by the PRODER was too important to allow it to dissolve and, dependant on a favourable legal report, would club together to cover the debt.

PRODER president and mayor of Lucar, Jose Antonio Gonzalez, said: "there was a similar problem recently with the internet over a bill of €182 and it was paid, the same will happen with this bill."

Long delays to the strategy to distribute European funds, which should have been ready in 2014, have led to the critical lack of funds within the group, Gonzalez said, but all should be correctly within weeks as the project is now ready and waiting for approval.

Hopefully the workers, who have not been paid for a year, will be able to open the offices up to entrepreneurs hoping to access funding with a few weeks, the president explained.



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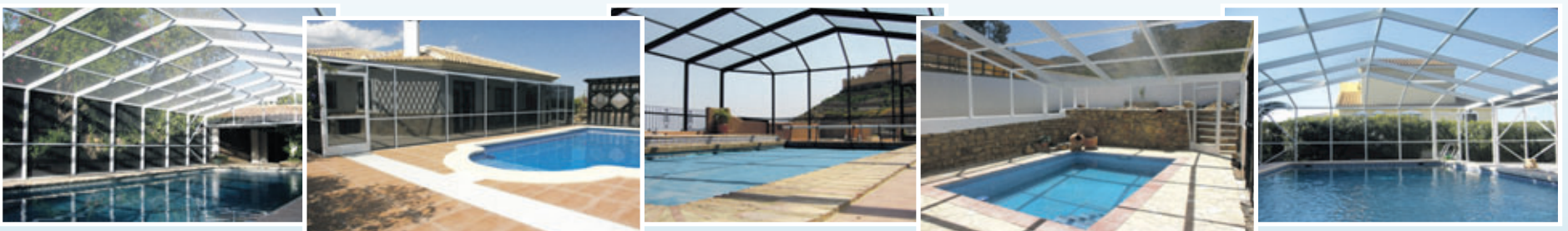
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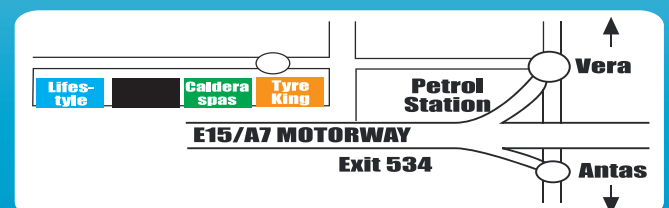
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NORWAY**Profitable fish**

■ **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.

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

has been pardoned by the President and released from jail.

Organ donation

■ **FRENCH** citizens are now all or-

Murder's pardon

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

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.

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.

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.

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.

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.

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.

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.

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A1262 169,950€

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A1286 125,000€

Mojácar Playa



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A1287 187,000€

Mojácar Playa



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A1280 95,000€

Cortijo Grande



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LV640 79,000€

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SDV643 155,000€

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LV644 275,000€

Palomares



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LV729 169,950€

Cabrera



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DV1407 495,000€

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DV1408 279,950€

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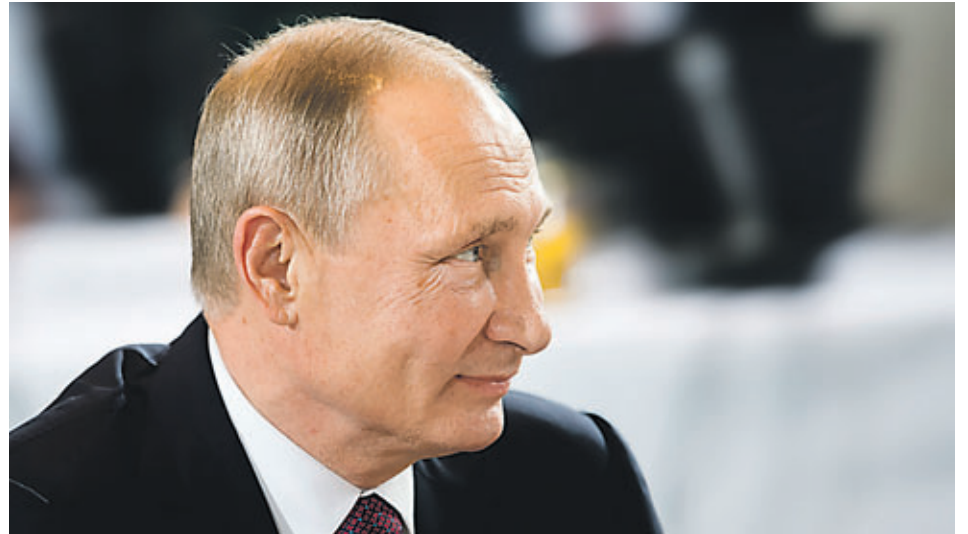
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Kitchen diplomacy



PRESIDENT PUTIN: Was commended for being 'very smart.'

■ PRESIDENT Putin was commended for being 'very smart' by his future counterpart Donald Trump. Putin didn't rise to the bait after President Obama expelled dozens of Russian diplomats from Washington over controversial claims that Moscow hacked the email accounts of American politicians.

Tony Montana

■ A KRASNODAR man who celebrated New Year's Eve by firing an AK-74 assault rifle from his apartment balcony has been identified by police. The man had uploaded a video of his Scarface-style firing session to YouTube and littered parked cars with hundreds of bullet casings.

Icy chill

■ TEMPERATURES in Moscow dropped to a bitter -30 degrees as a frosty chill descended on the city. The arrival of an anticyclone saw thermometers plummet in just hours as weather forecasters warned of black ice. The coldest temperature ever recorded in Moscow was an icy -42.5 in the winter of 1940.

Shady affair

■ A MOSCOW restaurant is under fire for naming itself NKVD after a Soviet secret

service unit associated with a fair amount of bloodshed. Some are furious that the eatery is located in a building where four people were killed during Stalin's reign of terror, others see a cheap marketing gimmick.

Good news

■ FOREIGN investment flooded into Russia in 2016 with more than €700 million worth of Russian stock bought up from abroad. It's the first time the country has seen a net increase in money coming in

since 2012 and is being described as the 'Trump' effect, amid expectations that the new president will drop sanctions.

Back to the future

■ AN old Soviet filmstrip depicting life in 2017 has come to light. Set 57 years in the future, the 45-pane strip depicts how evil Western capitalists have self-destructed while 'atomic trains' course across Soviet railroads and flying power stations control the weather.

Why not?

■ A SIBERIAN artist has marked the New Year by sculpting a giant rooster made out of frozen manure. Mikhail Boposov built the 3.5 metre tall, 4.2 metre long rooster in his hometown of Uolba, deep in Russia's far north-east, in honour of the Year of the Rooster in Chinese astrology.

GIANT ROOSTER: Sculpted out of frozen manure.



Photo by Sakhalife.ru

Car sales hit record high

Next warning for 2017

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.

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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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.



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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

Love Leapy

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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.

LEGALLY SPEAKING

Smoking in cars

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



DRIVERS SMOKING: In Spain it is not illegal. |

THE Guardia Civil Traffic team in Torre Vieja has reported an increased amount of enquiries from drivers asking if it is illegal to smoke in cars in Spain.

Currently, no, it is not illegal.

The confusion seems to occur for two reasons. The first is related to the law preventing anything interfering with the act of driving, with some saying if a driver was smoking, this could lead to a distraction.

The second factor relates to a law re-

lating to smoking in a car with children inside with some countries, including the UK, making this illegal. This law came into force in October 2015 in England and Wales and last month in Scotland meaning no one can smoke in a vehicle carrying children.

However in Spain, currently such a law does not exist, so whilst legally you are free to smoke whilst driving, it is never recommended for the health risk and as it can pose a distraction.

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

What exactly is a proxy vote?

Q. *I am not able to attend the coming Annual General Meeting of my Community of Property Owners, but I am told that I can assign my vote to another person, who will cast my vote at the meeting. Do I need to specify how I want him to vote on the different proposals, or must I just trust him? How does it work?*

S D (Costa del Sol)

A. Spain's Law of Horizontal Property says that a Community member can attend the AGM and vote either in person or by representation. Most Communities have a printed form on which you enter your details and those of the person to whom you assign your vote

David Searl
You and the Law in Spain



but any written authorisation will serve. You sign the form and give it to your Administrator or President. Your proxy holder then becomes

you in the meeting. Your proxy holder does not have to be a member of your Community. You can instruct him to vote in a certain way, but the proxy holder is not bound by this. The idea is that new information may come to light at the meeting and the vote needs to be changed.

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

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Is there any 'light' at the end of the tunnel?

Ric Polansky



Ric Polansky moved to Mojacar in 1969 as a pioneer developer. He reads extensively and has travelled in South America panning gold and looking for El Dorado.

BETTER look twice at that light. It is either the exit of the darkness from your oval confine or the proverbial fast moving train comin' your way! But, there is definitely no need to panic, yet.

It's a new dawn, a new set of circumstances and a new year to reformulate and control better our desired way forward.

We have indeed been passing through dark times. That reality cannot be denied. We have received the curse of the Chinese camel driver whose worst admonition was to condemn his detractors 'to live in interesting times.'

Well, that's just what we've inherited and are bombarded with dai-

ly. The solemnity of the occasion enforced by every news media within sight or listening distance.

The media has become the message. And, it is an absolute must we learn to turn the dial or push the off button. Start the day with music and, when feeling low, more music, and at the end of the day, more music. All the other jibber jabber is to keep you off balance and create an uncommon fear.

The great Buddha suggested a treatment for this 2,300 years ago. The problem is cured with right thoughts, right thinking, right actions. We must dominate the circumstances that try to surround and engulf us.

Oh, and Trump. Well I find him revoltingly refreshing. Isn't it nice to hear someone speak not like a politician. Not with the usual 'all is well.' There is no corruption, and if so "there will be an investigation, right away."

But have you ever heard of the

results of just one of those special enquiries? Me neither. Tell the dumb voter what they want to hear and nothing more. Never suggest new ideas or changes or policies that might be confusing. Stay with the status quo, kiss the babies, hug the mothers, smile and wave. All is well and will forever be so.

In reality that was Hillary's campaign - common banalities, but soothing only to not discerning minds. Whereas the other had a bombastic approach, fired up the masses and spoke in a gutter language no one was accustomed to hearing. Rhetoric so unusual it arrived on wings of undeniably disturbing change - but real authentic change.

The exciting challenge is that a non politician is taking the reigns. Approaching life's problems through a different systematic solution route.

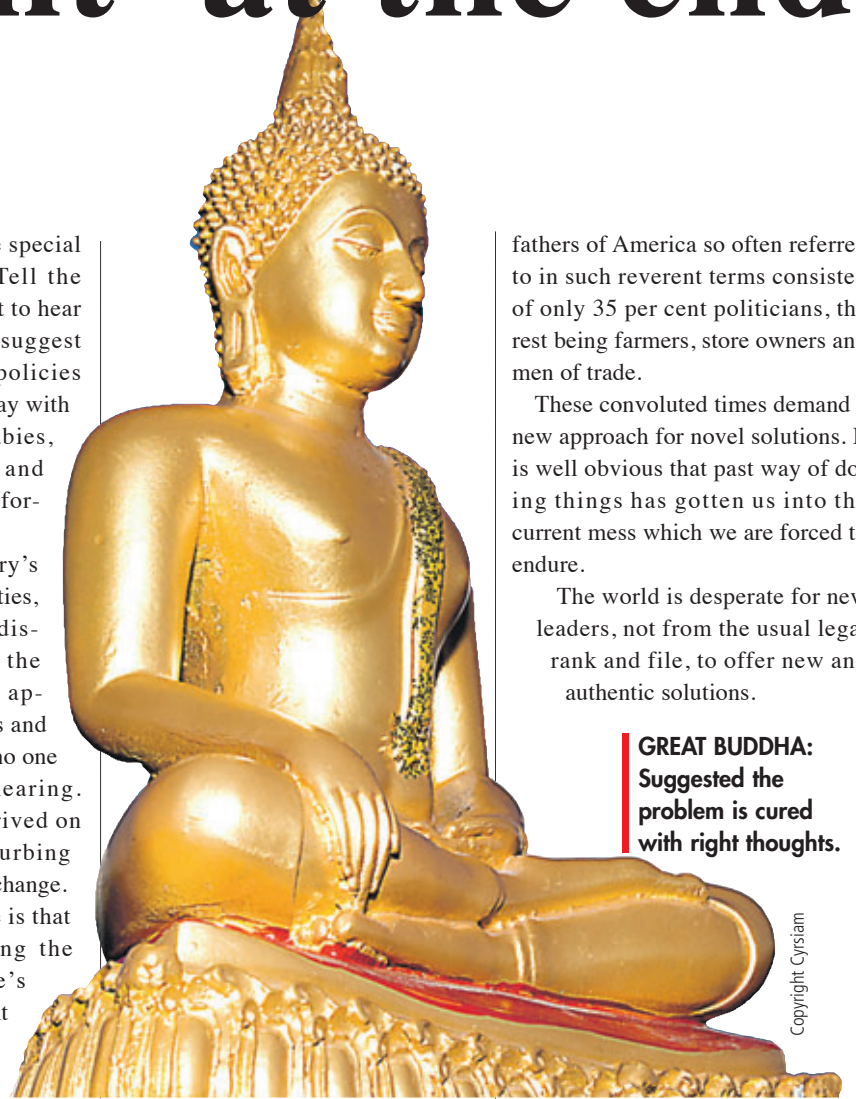
The revered founding

fathers of America so often referred to in such reverent terms consisted of only 35 per cent politicians, the rest being farmers, store owners and men of trade.

These convoluted times demand a new approach for novel solutions. It is well obvious that past way of doing things has gotten us into the current mess which we are forced to endure.

The world is desperate for new leaders, not from the usual legal rank and file, to offer new and authentic solutions.

GREAT BUDDHA:
Suggested the problem is cured with right thoughts.



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LETTERS

YOUR PAPER - YOUR VOICE - YOUR OPINION

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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

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

Sugar ill 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

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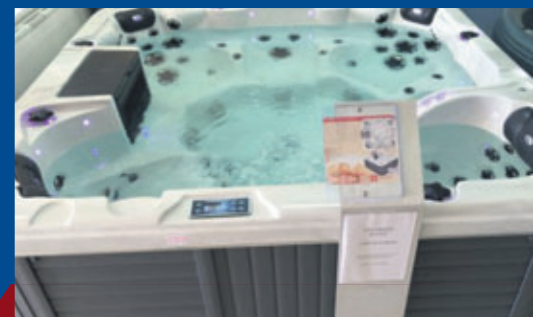
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Advertising feature

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 money. The well designed extruded aluminium element directly heats the cold air around it. The warm air rises and exits through the heater's upper vents drawing more cold air into the heater through the lower vents. The thermostat then cuts out the heater when the desired room temperature has been reached, saving you more money.

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 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 free-standing.



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12 JANUARY	6:15pm Pointless	8:00pm Rick Stein's Long Weekends	8:30pm Your Pound: What's It Worth? Tonight	1:00pm Channel 4 News Summary	7:00pm Home and Away	6:30pm Darts Gold
	7:00pm BBC News at Six	9:00pm The Great Interior Design Challenge	9:00pm Emmerdale	1:05pm Darts	7:30pm 5 News Tonight	7:00pm Barclays Premier League World
	7:30pm BBC London News	10:00pm Age 8 and Wanting a Sex Change	9:30pm The Cruise	7:00pm The Simpsons	8:00pm Nightmare Tenants, Slum Landlords	7:30pm EFL Cup Highlights
	8:00pm The One Show	11:00pm The Premier League Show	10:00pm Unforgotten	7:30pm Hollyoaks	9:00pm Bargain Loving Brits in the Sun	8:00pm Premier League Match Pack
	8:30pm EastEnders	11:30pm Newsnight	11:00pm ITV News at Ten and Weather	8:00pm Channel 4 News	10:00pm Celebrity Big Brother	8:30pm Football
	9:00pm Spy in the Wild	12:15pm The Last Kingdom	11:30pm ITV News London	9:00pm The Restoration Man	11:00pm Get Your Tatts Out: Kavos Ink	11:15pm Premier League Match Pack
	10:00pm Death in Paradise	1:15pm The Last Kingdom	11:40pm Piers Morgan's Life Stories	10:00pm Spies	12:05am Celebrity Big Brother's Bit on the Side	11:45pm La Liga Show
	11:00pm BBC News at Ten		12:40am Tipping Point	11:00pm 60 Days in Jail		12:15am More Than a Game
	11:30pm BBC London News			11:55pm 24 Hours in A and E		
	11:45pm Question Time			1:00am Kinky Britain		
12:45am This Week						
FRIDAY 13 JANUARY	8:00pm The One Show	7:30pm Great British Railway Journeys	8:30pm Coronation Street	1:05pm Darts	7:00pm Home and Away	6:00pm Boxing Gold
	8:30pm A Question of Sport	8:00pm Big Dreams Small Spaces	9:00pm Best Walks with a View with Julia Bradbury	7:00pm The Simpsons	7:30pm 5 News Tonight	6:30pm Barclays Premier League World
	9:00pm EastEnders	9:00pm Mastermind	9:30pm Coronation Street	7:30pm Hollyoaks	8:00pm Penguin A and E with Lorraine Kelly	7:00pm The Fantasy Football Club
	9:30pm Room 101	9:30pm Only Connect	10:00pm Tina and Bobby	8:00pm Channel 4 News	9:00pm Dogs Make You Laugh Out Loud 3	8:00pm Football
	10:00pm Not Going Out	10:00pm World's Most Extraordinary Homes	11:00pm ITV News at Ten and Weather	9:00pm Jamie and Jimmy's Friday Night Feast	10:00pm Celebrity Big Brother	11:15pm The Fantasy Football Club
	10:30pm Mrs. Brown's Boys	11:00pm QI	11:30pm ITV News London	8:00pm Channel 4 News	11:00pm Lip Sync Battle UK	12:15am Barclays Premier League Preview
	11:00pm BBC News at Ten	11:30pm Newsnight	11:40pm Fishing Impossible	10:00pm 8 Out of 10 Cats Does Countdown	11:30pm Celebrity Big Brother	
	11:25pm BBC London News	12:05am The Last Kingdom	12:10am The Wine Show	11:00pm Alan Carr Yap, Yap, Yap!	12:05am Celebrity Big Brother's Bit on the Side	
	11:35pm The Graham Norton Show			12:05am First Dates Hotel		
	12:25am Uncle			1:10am Sexy Beast		
12:55am The NFL Show						
SATURDAY 14 JANUARY	6:20pm BBC News	7:30pm Thailand: Earth's Tropical Paradise	6:45pm ITV News and Weather	12:55pm Ramsay's Kitchen Nightmares USA	6:25pm Kittens Make You Laugh Out Loud	6:15pm Football
	6:30pm Regional News	8:30pm Britain's Ancient Capital: Secrets of Orkney	7:00pm Brits Launch	1:55pm Jamie and Jimmy's Friday Night Feast	7:20pm NCIS: Los Angeles	9:00pm EFL Goals
	6:35pm Weather	9:30pm Dad's Army	8:00pm Ninja Warrior UK	3:00pm Darts	8:05pm NCIS	9:30pm Nissan Game of the Day
	6:40pm Celebrity Mastermind	10:00pm Imagine	9:00pm The Voice UK	7:30pm Channel 4 News	9:00pm 5 News	11:30pm Nissan Match Choice
	7:10pm Pointless	11:40pm On the Waterfront	10:30pm Through the Keyhole	8:00pm Penelope Keith's Hidden Villages	9:55pm 5 News	12:30am Pt: Match TBA Highlights
	8:00pm Let it Shine	1:25am Lay the Favourite	11:30pm ITV News and Weather	8:00pm Great Canal Journeys	10:00pm Football on 5	1:00am Pt: Match TBA Highlights
	8:00pm Casualty	2:55am This is BBC Two	11:45pm Terminator 2: Judgment Day	9:00pm Oblivion	11:00pm Football on 5	1:30am Premier League Highlights
	9:25pm Taboo		2:15am Jackpot247	10:00pm Immortals	11:30pm Celebrity Big Brother	
	10:15pm BBC News			12:30am Immortals	12:30am Lip Sync Battle UK	
	11:10pm Match of the Day				1:00am Super Casino	
11:30pm The Ring						
1:05am The Ring						
SUNDAY 15 JANUARY	7:05pm BBC News	1:15pm MOTD2 Extra	6:30pm The Chase Celebrity Special	2:50pm St. Trinian's 2: The Legend of Fritton's Gold	5:45pm You've Got Mail	11:30am Goals on Sunday
	7:20pm Regional News	2:00pm Masters Snooker	7:30pm Dance Dance Dance	4:55pm Channel 4 News	8:00pm Now That's Funny!	1:30pm Live Nissan Super Sunday
	7:25pm Weather	6:15pm Yellowstone	9:00pm Endeavour	5:15pm Darts	9:00pm Brides Make You Laugh Out Loud	4:30pm Live Nissan Super Sunday
	7:30pm Countryfile	7:15pm Ski Sunday	11:00pm ITV News and Weather	9:00pm Walking the Americas	9:55pm 5 News	8:00pm EFL Goals
	8:30pm Antiques Roadshow	8:00pm City in the Sky	11:15pm Peston on Sunday	10:00pm Bad Neighbours	10:00pm Celebrity Big Brother	8:30pm Football
	8:30pm Antiques Roadshow Holocaust Memorial Special	9:00pm Thailand: Earth's Tropical Paradise	12:15am Brits Launch	11:55pm 8 Out of 10 Cats	11:05pm Celebrity Botched Up Bodies	11:00pm Football
	9:30pm Still Open All Hours	10:00pm Match of the Day 2	1:15am Jackpot247	12:55am Hanna	12:05am The Roast of Donald Trump	11:30pm Football
	10:00pm Sherlock	11:00pm Match of the Day 2	4:00am Chopping Block		1:35am Impractical Jokers UK	12:00am Goals on Sunday
	11:40pm BBC News	11:50pm QI XL	4:55am Nightscreen			1:00am Football
	12:00am Regional News	12:30am Snooker				
MONDAY 16 JANUARY	7:30pm Regional News	6:15pm Flog It!	8:00pm Emmerdale	5:00pm A Place in the Sun	7:00pm Home and Away	7:30pm Premier League 100 Club
	8:00pm The One Show	7:00pm Eggheads	8:30pm Coronation Street	6:00pm Come Dine with Me	7:30pm 5 News	8:00pm Soccer AM: The Best Bits 2016/17
	8:30pm Inside Out	7:30pm Great British Railway Journeys	9:00pm The Martin Lewis Money Show	7:00pm The Simpsons	8:00pm World's Biggest Beast	8:30pm Football
	9:00pm EastEnders	8:00pm Rick Stein's Long Weekends	9:30pm Coronation Street	7:30pm Hollyoaks	9:00pm Police Interceptors	11:00pm Premier League Legends
	9:30pm Panorama	9:00pm University Challenge	10:00pm The Halcyon	8:00pm Channel 4 News Summary	10:00pm Celebrity Big Brother	11:30pm Premier League Legends
	10:00pm Silent Witness	9:30pm An Island Parish	11:00pm ITV News at Ten and Weather	9:00pm Dispatches	11:00pm The Week We Went Wild	12:00am Great Sporting Moments
	11:00pm BBC News	11:00pm Insert Name Here	11:40pm Through the Keyhole	9:30pm Food Unwrapped	12:05am Celebrity Big Brother's Bit on the Side	
	11:30pm Regional News	11:30pm Newsnight	1:40am The Chase	10:00pm The Undateables	1:05am Tattoo Disasters	
	11:40pm Weather	12:10am Weather	1:40am Jackpot247	11:00pm First Dates Hotel		
	11:45pm Class			12:05am Tattoo Fixers		
12:30am Class						
TUESDAY 17 JANUARY	7:00pm BBC News	7:00pm Eggheads	7:30pm ITV Evening News	7:00pm The Simpsons	6:00pm 5 News	8:15pm La Liga Goals
	7:30pm Regional News	7:30pm Great British Railway Journeys	8:00pm Emmerdale	7:30pm Hollyoaks	6:30pm Neighbours	8:30pm Soccerex: Football Festival
	8:00pm The One Show	8:00pm Rick Stein's Long Weekends	8:30pm The Money Saving Good Health Show	8:00pm Channel 4 News Summary	7:00pm Home and Away	9:00pm Fight Night
	8:30pm EastEnders	9:00pm Great Interior Design Challenge	9:00pm Islands of Australia	9:00pm How to Lose Weight Well	7:30pm 5 News	11:00pm La Liga World
	9:00pm Match of the Day Live	10:00pm Our Dancing Town	10:00pm Sugar Free Farm	10:00pm 24 Hours in A and E	8:00pm To B&B the Best	11:30pm Scottish Football Round Up
	11:00pm BBC News	11:00pm Revolting	11:00pm ITV News at Ten and Weather	11:00pm This is Us Ep7: The Best Washing Machine in the Whole World	9:00pm A New Life in Oz	11:45pm La Liga Goals
	11:30pm Regional News	11:30pm Newsnight	11:40pm Wilderness Walks with Ray Mears	11:55pm The Undateables	10:00pm Celebrity Big Brother	12:00am Premier League Review
	11:40pm Weather	12:10am Weather	12:10am Trawlermen Tales	1:00am Bodysockers	11:00pm Celebrity 100%	1:00am More Than a Game
	11:45pm Stacey on the Frontline: Girls, Guns and Isis				Hotter	
	12:30am Italy's Invisible Cities				12:05am Celebrity Big Brother's Bit on the Side	
WEDNESDAY 18 JANUARY	6:15pm Pointless	6:15pm Flog It!	6:00pm The Chase	5:00pm A Place in the Sun	6:00pm 5 News	7:30pm Spanish Football Gold
	7:00pm BBC News at Six	7:00pm Eggheads	7:00pm Local News and Weather	6:00pm Come Dine with Me	6:30pm Neighbours	8:00pm Barclays Premier League World
	7:30pm BBC London News	7:30pm Great British Railway Journeys	7:30pm ITV Evening News	7:00pm The Simpsons	7:00pm Home and Away	8:30pm Premier League Legends
	8:00pm The One Show	8:00pm Rick Stein's Long Weekends	8:00pm Emmerdale	7:30pm Hollyoaks	7:30pm 5 News	8:55pm Live Coppa Italia
	8:57pm BBC News and Regional News	9:00pm Great Interior Design Challenge	8:30pm Coronation Street	8:00pm Channel 4 News	8:00pm Bloody Tales of the Tower GPs: Behind Closed Doors	11:00pm Barclays Premier League World
	9:00pm Holby City	10:00pm Hospital	9:00pm Midsomer Murders	9:00pm Location, Location, Location	9:00pm Celebrity Big Brother	11:30pm Spanish Football Gold
	10:00pm Silent Witness	11:00pm Common Sense	11:00pm ITV News at Ten and Weather	10:00pm No Offence	10:00pm In Therapy	12:00am More Than a Game
	11:00pm BBC News at Ten	11:30pm Newsnight	11:40pm Joanna Lumley's Japan	11:00pm Britain's Benefit Tenants	11:00pm Celebrity Big Brother's Bit on the Side	12:30am Sporting Mavericks
	11:30pm BBC London News	12:10am Weather	12:40am It's Not Rocket Science	12:05am The Undateables	1:05am Sex Pod	
	11:45pm A Question of Sport			1:05am Road Classics		
12:15am Film 2017						

LOCATION

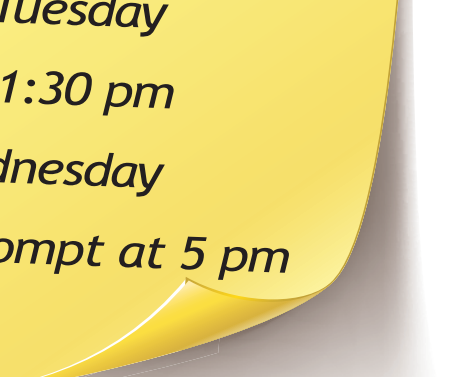
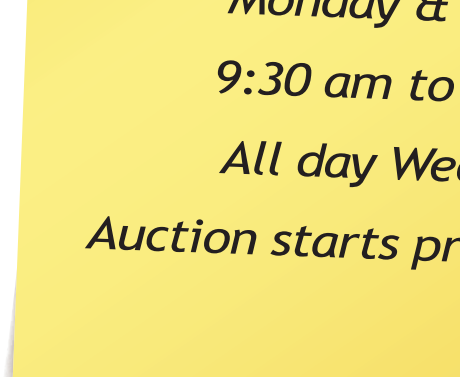
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Word Ladder

CITE

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

NEWS

SMEN
SWEN
NETS
NUTS
CUTS
CUTE
CITE
Solution

MADDOCKS' VIEW ON LIFE



'NO DOUBT ABOUT IT - BREXIT HAS PUT YEARS ON YOU, DEAR!'

Weather

for next 7 days

Alicante			Madrid		
TODAY: SUNNY MAX 18C, MIN 10C			TODAY: CLOUDY MAX 13C, MIN 9C		
Fri - 18 8 C	Mon - 14 6 S		Fri - 10 -1 C	Mon - 9 -4 C	
Sat - 15 6 C	Tues - 14 6 C		Sat - 10 -3 C	Tues - 8 -3 C	
Sun - 15 5 S	Wed - 13 6 Sh		Sun - 9 -3 C	Wed - 9 -3 S	
Almeria			Malaga		
TODAY: SUNNY MAX 18C, MIN 8C			TODAY: CLOUDY MAX 17C, MIN 8C		
Fri - 19 9 S	Mon - 15 6 S		Fri - 19 8 S	Mon - 15 6 S	
Sat - 15 6 C	Tues - 15 6 S		Sat - 17 6 C	Tues - 15 5 S	
Sun - 16 5 S	Wed - 15 7 C		Sun - 16 5 S	Wed - 15 6 Sh	
Barcelona			Mallorca		
TODAY: CLOUDY MAX 15C, MIN 7C			TODAY: CLEAR MAX 16C, MIN 9C		
Fri - 13 2 C	Mon - 11 1 S		Fri - 14 4 C	Mon - 12 3 C	
Sat - 12 2 C	Tues - 11 0 S		Sat - 12 4 Sh	Tues - 12 3 C	
Sun - 12 1 C	Wed - 11 0 S		Sun - 13 3 C	Wed - 12 3 C	
Benidorm			Murcia		
TODAY: SUNNY MAX 18C, MIN 10C			TODAY: SUNNY MAX 18C, MIN 8C		
Fri - 18 8 C	Mon - 14 7 C		Fri - 18 6 S	Mon - 14 4 S	
Sat - 15 17 C	Tues - 14 6 C		Sat - 15 4 C	Tues - 14 3 C	
Sun - 15 5 S	Wed - 14 5 Sh		Sun - 14 4 S	Wed - 14 4 C	

S Sun, CI Clear, F Fog, C Cloudy, Sh Showers, Sn Snow, Th Thunder
Euro Weekly News accepts no responsibility for the accuracy of the weather forecasts which are supplied by a third party.

YOUR STARS

AQUARIUS ♒ (January 21 - February 19)

It is difficult to avoid repeating mistakes made in the past. Your approach to certain situations has not changed and therein lies the problem. Someone who blames you for a mistake shows ignorance but that does not make it less upsetting.

PISCES ♓ (February 20 - March 20)

Who is trying to push you into a corner? Maybe it is being done so subtly that you have not even noticed. Who wants a decision from you? Appear to take pressure lightly and not give in to an irritation. There is some jealousy this week but refuse to be drawn into petty matters..

ARIES ♈ (March 21 - April 20)

A rather slow start to the week leads you to feel bored but be assured that the weekend will be far from dull. A recent conversation or correspondence with an old friend leads to

CAPRICORN ♑ (December 22 - January 20)

The need to plan ahead is frustrating when you know exactly what ought to be going on. Patience is something that you need to cultivate, or you risk upsetting someone close. Spending time with a colleague makes you realise how good things could be, but a lot of effort is involved. Pushing ahead does not guarantee results.

unexpected contact.

TAURUS ♉ (April 21 - May 21)

Everything on the home front is emphasised and there will be a flurry of activity. Get others involved in any changes. Work in the garden or painting is much more enjoyable and half the work if you enlist the help of someone you get on well with.

GEMINI ♊ (May 22 - June 21)

When discussing a holiday with others, be aware that agreement is not always easily met. Although you are not inclined to compromise, it is necessary to go with the majority decision. Patience is thin on the ground at the moment, but try not to over-react.

CANCER ♋ (June 22 - July 23)

After the 24th it is much easier to see the path ahead. This is particularly true of a financial situation, so there's no sense in

fussing until you understand what needs to be done. Someone who has in the past been unco-operative is more flexible. You wonder at this and try to see an ulterior motive, but it is most likely that they have seen the error of their past actions. Is it possible for you to take them on trust?

LEO ♌ (July 24 - August 23)

Your attention is needed on more than one front, and some decisions are at odds with your personal thoughts and attitudes. Being reminded that 'business is business' does nothing to relieve your conscience. You may have to upset someone by telling the truth, which may affect your longer-term finances but do you really have any choice?

VIRGO ♍ (August 24 - September 23)

Are you willing to take a risk on someone who has let you down before? Looking into their recent past is likely to tip the balance. What you find shows clearly if

there has been a change of heart on their part or if they are trying to pull the wool over your eyes.

LIBRA ♎ (September 24 - October 23)

A disagreement with a friend upsets you but is short-lived. To avoid such a situation in the future, look at how you should have dealt with it. There is always something to know that guides us to a better position. It will make you smile that someone has taken you for a fool because you have the last laugh.

SCORPIO ♏ (October 24 - November 22)

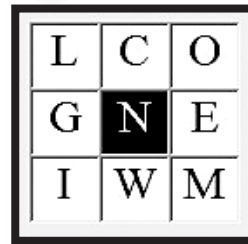
A great feeling of joy comes over you more than once in the week ahead. Your inner child has been set free, and this is likely to be because of recent restrictions, which are now lifted. Do not feel guilty about this because it is a choice that will serve you well in the future. Right now, things may seem like a bit of an effort for small reward.

SAGITTARIUS ♐ (November 23 - December 21)

Travel arrangements may have to be changed at the last minute. Do not fret, however, because success is more likely at the end of the month. During a dream, or when reading a book, an idea comes to you. Can this really make a difference to your future? You may need to act quickly to start a new project but progress will require patience.

Nonagram

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



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

TARGET:

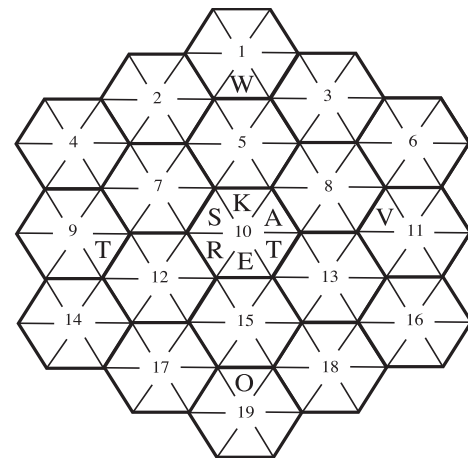
- Average: 12 • Good: 16
- Very good: 24 • Excellent: 31

LAST WEEK'S SOLUTION

abet baht bait bane bang bare barn bate bath bean bear beat bent berg beta beth bier bing bite brae brag bran brat brig brit garb gibe grab herb bairn barge bathe began begat begin being berth bang bight binge birth biter brain brant brent brine bring giber habit rehab tribe banger banter baring barite bather bating bertha breath bright bright grabn henbit bathing bearing beating benight berating berthing brighten rebating BREATHING

Hexagram

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



- ARREAR
- ARRIVE
- CHEESE
- CHISEL
- COHERE
- DEPOSE
- ESCROW
- GAITY
- LARVAE
- PASTOR
- PRESTO
- RASTER
- ROOKIE
- SKATER (10)
- STEREO
- TAPPET
- TWISTY
- VICTIM
- WORKER

LAST WEEK'S SOLUTION

- 1 Server 2 Loiter 3 Sherry 4 Strife 5 Hurley 6 Gorgon 7 Formic
- 8 Throne 9 Decree 10 Mutton 11 Tingle 12 Sprint 13 Invite
- 14 Depict 15 Toilet 16 Twenty 17 Resist 18 Shelfe 19 Screen

LOTTERY

UK NATIONAL LOTTERY	IRISH LOTTO	EURO MILLIONS		LA PRIMITIVA	EL GORDO DE LA PRIMITIVA
Saturday January 7	Saturday January 7	Tuesday January 3	Friday January 6	Saturday January 7	Sunday January 8
8 16 33	33 36 39	19 23 27	10 14 18	12 28 32	12 38 41
36 45 51	42 45 47	34 49	21 49	33 36 49	43 53
BONUS BALL 38	BONUS BALL 38	LUCKY STARS 1 11	LUCKY STARS 9 11	REINTEGRO 23 5	REINTEGRO 9

Sudoku

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

LAST WEEK'S SOLUTION

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

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



Crossword

page

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

LAST WEEK'S SOLUTIONS

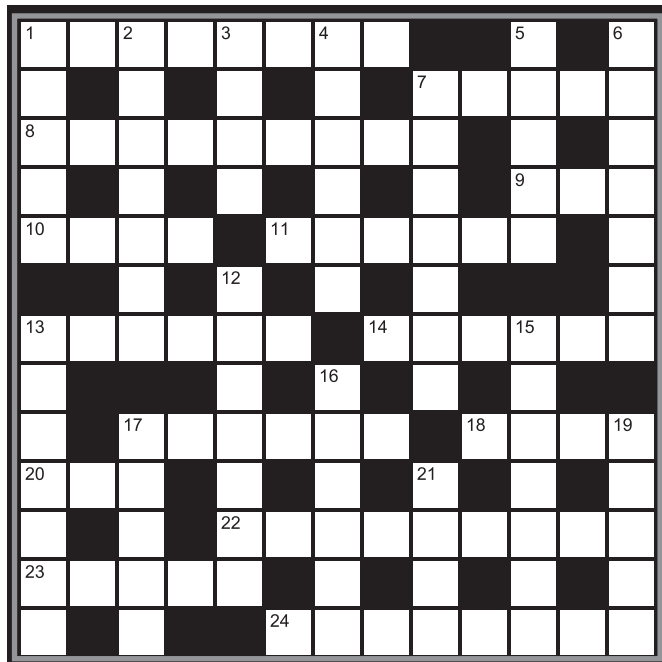
Cryptic

Across

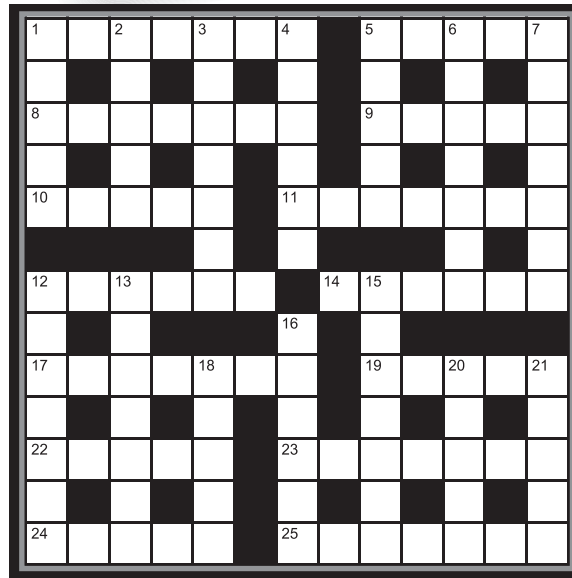
- 1 Revealing story of Swiss resistance (8)
- 7 Shut down kiosk (5)
- 8 Sound vibration could be on a screen (9)
- 9 Loud noise from Aladdin's cave (3)
- 10 Cleansing routine for city in Somerset (4)
- 11 A long bench? It's for the birds (6)
- 13 Inclined to use five hundred poles (6)
- 14 New treat 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)

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:

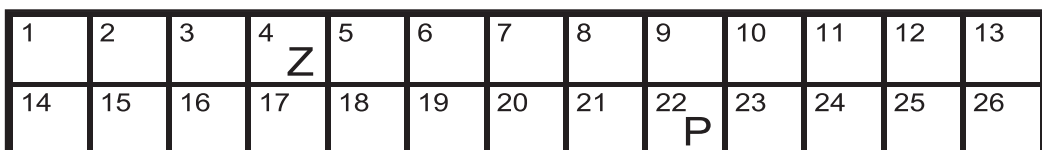
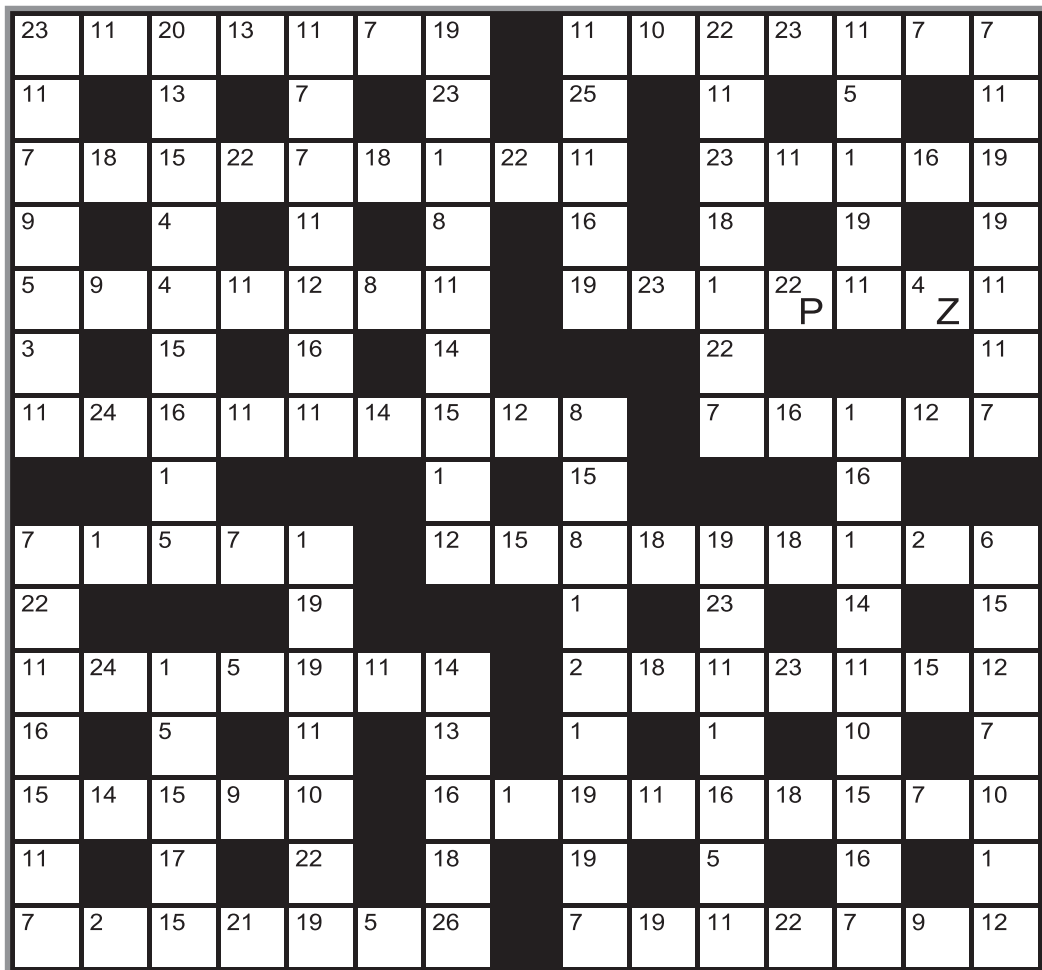
- 1 Cufflinks, 6 See, 7 Arroyos, 9 Orchestra, 13 Alegria, 15 Tia, 16 Dangerous.

Down:

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

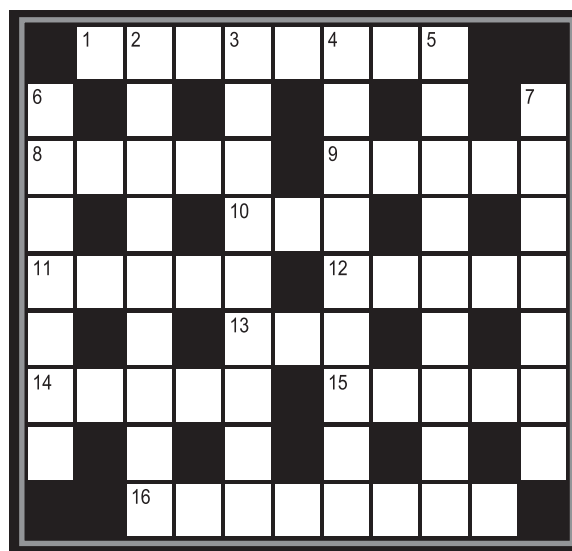
Code Breaker

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.



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)

CODE BREAKER



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TO READ MORE

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.

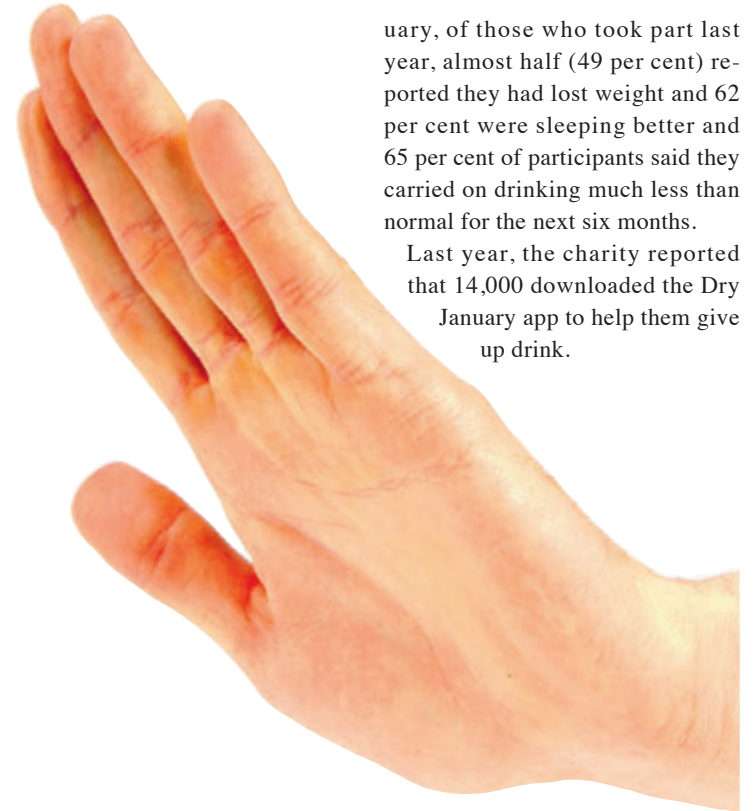
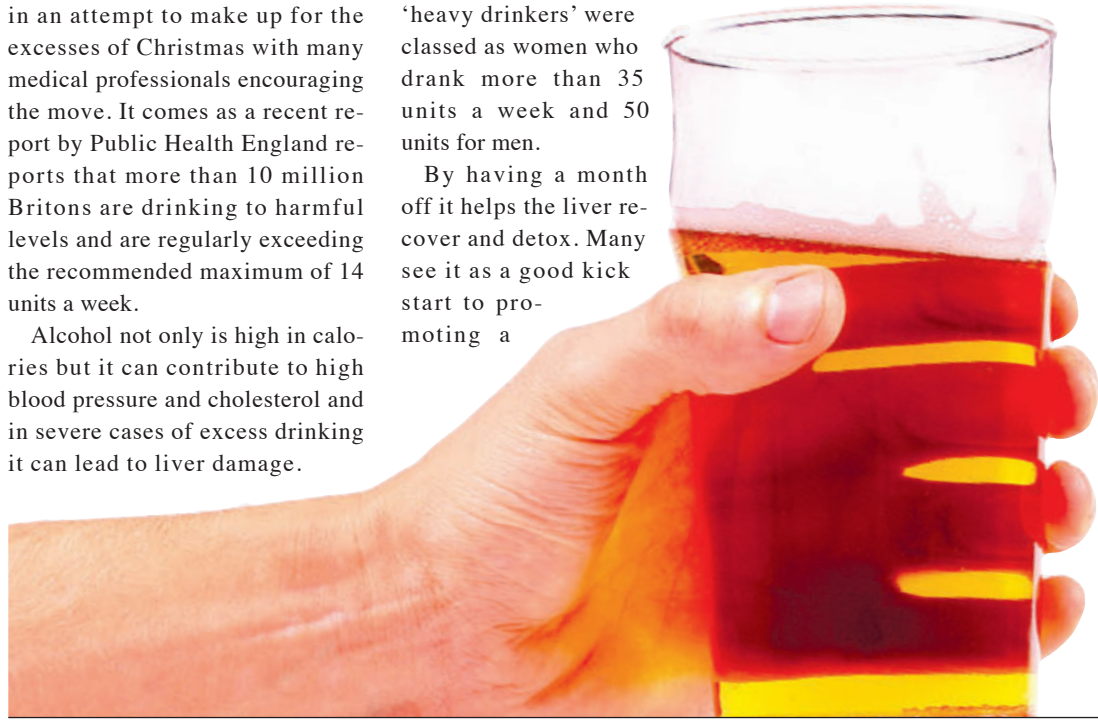
By having a month off it helps the liver recover and detox. Many see it as a good kick start to promoting a

general overall healthier eating and lifestyle programme as well as saving cash during the month.

According to UK charity Alcohol Concern, which promotes Dry Jan-

uary, 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.



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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.

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.

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.

Discomfort can be good for your health

BEING a bit uncomfortable could actually be good for you.

Not many of us like being cold or wearing uncomfortable shoes, but research suggests this may be better for you health in some cases....

Loo stop

A urologist in Birmingham said many bladder problems come from past habits such as emptying your bladder too often. Over time, this could lead to training your bladder to become more sensitive and being over-active. So rather than heading to the bathroom as soon as you get the first twinge, leave it a few minutes.

Be smart

Physiotherapists suggest that when people wear slouchy, comfy clothes, they get in the mindset of being slouchy. Wearing smart, formal clothes makes people

stand straighter and engage more muscles.

Cold baths

A warm bath is tempting to ease aching muscles but try a cold shower or cool bath instead as the cold is thought to be best for reducing pain and inflammation in muscles. Cold showers also increase levels of endorphins that raise our mood and make us feel happier.

Wearing heels

A day wearing heels may

not be the most comfortable but a study found that wearing two inch heels activates the pelvic floor muscles, working the muscles, helping to increase strength and reduce the risk of problems such as stress incontinence.

Get stressed

Short bursts of stress can trigger positive reactions in the body and help the immune system become more efficient at fighting infection.

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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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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:
jefemedico@helicopterosanitarios.com

Keeping up traditions

By Eleanor Hawkins

IN keeping with tradition, the Three Kings or Wise Men managed to stop off all over Almeria before their busy night of delivering gifts began on January 5.

Every town and village held its own parade to accompany the kings through the streets and distribute sweets, much to the joy of the young and not so young who crowded pavements to get a glimpse of their highnesses and fill their pockets with goodies.

In Mojacar the kings went a little further this year by handing out gifts to each of the 672 children registered as local residents and born between 2006 and 2016.

Upon arrival in town, Balthasar, Melchior and Gaspar were welcomed at La Fuente by Mayor Rosa Maria Cano and her council team, who accompanied them to the Edificio de Usos Múltiples to hand out gifts. Due to work on Plaza Nueva, the kings had to leave their floats outside town and walk instead.

In Níjar, 17 separate parades distributed a total of 1,000 kilos of sweets donated by Comunidad de Usuarios Comarca de Níjar. A particularly poignant moment saw the kings place flowers at a plaque in Campohermoso in memory of Juan Antonio Lozano, a local man who died in 2015 after falling from a float during the parade while filling the role of Balthasar.

Vera, which had a modest parade involving 150 children and seven floats, included a Moors and Christians representation in the parade for the first time.

Elsewhere, the Kings popped into the La Inmaculada hospital in Huerca-Overa to bring some festive cheer to patients.



VERA: The parade included a Moors and Christians representation.



THREE KINGS: Stopped off all over Almeria.



HUERCA-OVERA: The kings popped into the hospital.

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Wolves v Aston Villa 6.30pm
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Hiking and some history

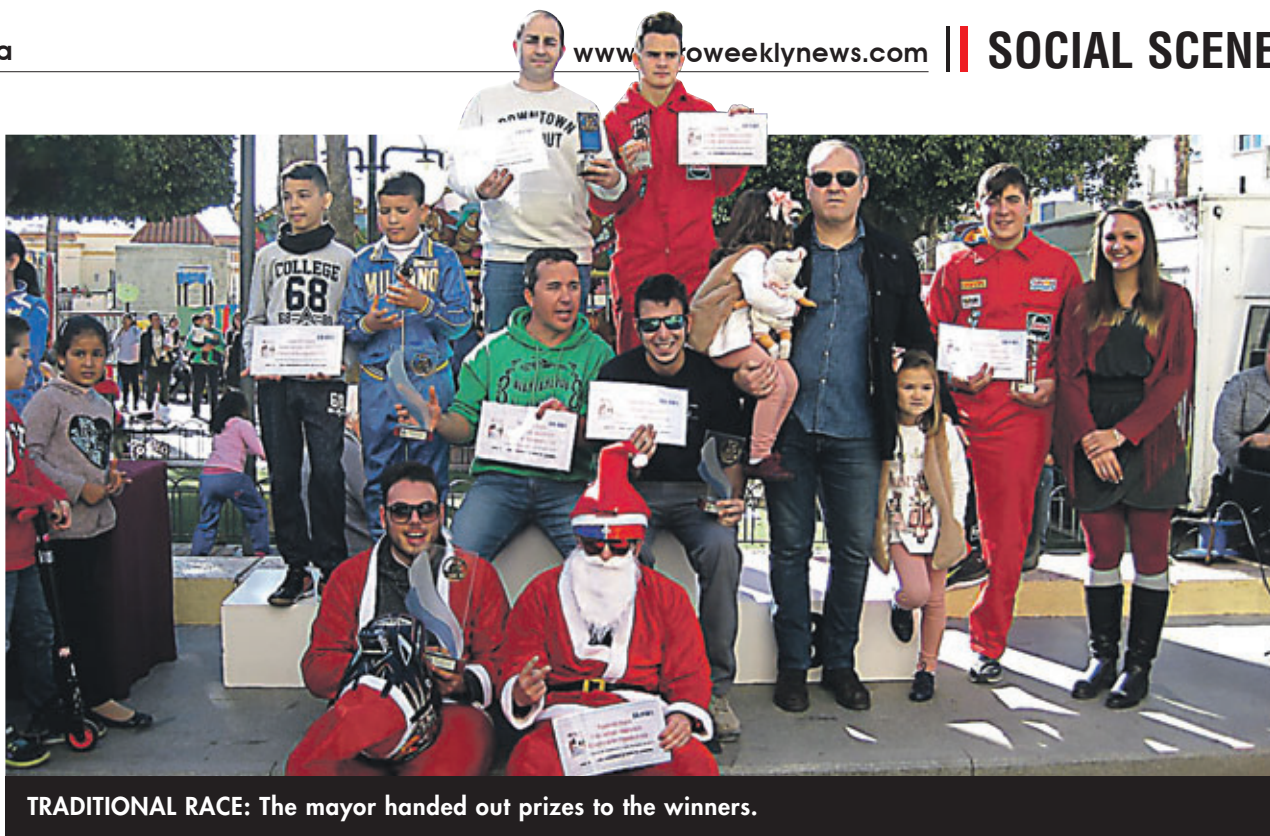
HIKING enthusiasts still have time to sign up for the second outing of the year under Vicar Council's sports and nature programme, which will visit Granada.

The walk, on Sunday January 22, will discover the secrets of the city on a path leading through the little-known Sacromonte and Albaicin districts and the surroundings of the river Darro.

This will be the seventh

of 13 walks planned for the 2016-2017 season by the council. The last walk, earlier this month, followed the tracks of the first inhabitants of Granada Province on a 15 kilometre hike between Castillejar and Galera.

For more information on the sports and nature programme or to sign up for hikes, contact Vicar Council's youth or sports departments.



TRADITIONAL RACE: The mayor handed out prizes to the winners.

Wacky Christmas races

By Eleanor Hawkins

CUEVAS DEL ALMANZORA held its traditional Christmas race at the weekend for home-made karts with no engines.

The event, the council reported, was a great success, both for the amount of people who took part and went along

to watch and for the originality and creativity seen in the karts.

Winners in the most original creation categories went to the Kilar and Paw Patrol karts, the creators of which both won €100.

Prizes were also given to the first karts over the finish line in both the junior and senior categories. The quickest karts to cov-

er the route, from Plaza del Castillo down to Avenida Barcelona, were Los Kilaru and Coche Rojo Volador in the junior category and Papa Noel, AVE, si se termina and La Cabra in the senior category.

Mayor Antonio Fernandez and Sports councillor Miriam Quintana handed out prizes to the winners.

What's on!

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Music school hopes to win itself a prize

A LOCAL music school is one of eight finalists hoping to win a prize for its annual marketing campaign this month.

The Leopoldo Torreccillas Iglesias Elemental Music Conservatory in Velez Rubio has been nominated for a prize in the first edition of the National Educational Marketing Awards in Madrid on January 20.

The Velez Rubio centre is the only music school running and is competing with its 'Todos al Conservatorio' campaign.

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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 Lenôte. 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 taking control with his brother Simon

they eventually opened Le Souflée where they gained a Michelin star in 1987 (only the second restaurant in Andalucía 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.



Game of Thrones pitted against The Night Manager at National Television Awards

Richard Shanley
Dishing the Dirt



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DID the Battle of the Bastards leave you breathless, or were you blown away by the gorgeous antics of Tom Hiddleston's suave spy? Now's the time to have your say, with fantasy epic Game of Thrones up against The Night Manager for best Drama at the National Television Awards 2017.

GoT is the one US drama to make it onto the shortlist this year, which is otherwise dominated by the best of British. It faces stiff competition in not just The Night Manager but also the ever-popular Casualty, ITV's heartwarming Cold Feet and acclaimed cop thriller Happy Valley - with that show's star Sarah Lancashire also competing with Hiddleston for best Drama Performance.

Jenna Coleman (Victoria) and Cillian Murphy (Peaky Blinders) are also on the shortlist for what's sure to



BEST DRAMA: Will it be Game of Thrones or The Night Manager?

be another hard-fought category.

Sherlock returned with a bang last week and it looks like a LOT of you were watching it. In fact, more peo-

ple saw the series four opener 'The Six Thatchers' than any other show this Christmas period - barring the New Year's Eve fireworks, which

pulled in 11.6 million. The episode had an average audience of 8.1 million, ahead of the Queen's Christmas message with 7.7 million people, ac-

ording to the BBC. However, the new episode was slightly below last year's New Year's Day Sherlock special, which had 8.4 million.

Mrs Brown's Boys was another big hit viewed by an estimated 6.7 million, ahead of EastEnders' dramatic Ronnie and Roxy deaths at 6 million. Coronation Street drew in slightly more than EastEnders with 6.2 million.

If you would like me to answer any questions you may have on satellite TV or to expand on anything I have written about please call me on 678 332 815 or email richard@europa-digital.com.

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Public shaming of young culprit

THE mayor of Albox has once again got people talking on Facebook, this time by publishing a photo of a young man urinating on Calle Posito taken by an angry local resident.

A few months ago Mayor Francisco Torrecillas attracted attention on the social media site by posting a photo of an 'arrested' football confiscated from youths on a public square and taken to the Local Police station to, in the mayor's own words, "teach the children a lesson."

This time, he decided to publish the photo provided by a homeowner on the

street on his wall to complain about the uncivilised behaviour of youths who frequent a nearby bar.

"Calle Posito has become the 'pee street' because rather than using the bar's bathroom these people choose to urinate on the street, which is an offence and can be punished with fines of up to €100," the mayor said.

Asked whether it was right to publish the photo of the individual, the mayor insisted that the culprit's face was not visible, nor was he named, therefore his privacy was not affected at all.

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ACUPUNCTURE

There is an abundance of research to support its use.

by Fred Smithers Lic. Ac., FEMTC.

One of the main criticisms levelled against Acupuncture is there is 'no evidence'. This may have been true 30 years ago but these days there is so much good research on its efficacy it's very hard to dispute. The National Institute of Clinical Excellence (NICE) in the UK now recommends Acupuncture for back pain, migraine and other common pain conditions. See below for the list of illnesses for which The World Health Organisation considers Acupuncture 'effective'.

The British Acupuncture Council holds a full record of research in their Acupuncture Research and Resources Centre. You can find them online.

Acupuncture has been shown to be better than placebo and sometimes better than conventional medicine in the treatment of quite a few conditions. But not all. It would be questionable to compare Acupuncture treatment with things like Insulin for Diabetes, Blood Pressure medication or even Hormone Replacement Therapy. There is much that conventional medicine is very very good at, even miraculous and the skill of surgeons is indisputable.

However, there are quite a few areas of illness and disease on which conventional medicine falls very short. If you speak to a person with chronic pain, depression, low back pain, insomnia, grief, Irritable Bowel Syndrome or some bladder problems they might confirm this. Conventional medical treatments for these conditions are often poor or over-pharmacised.

The first written records of Acupuncture are 4,500 years old. Odd as piercing skin with needles for therapy seems, it really has stood the test of time. Its theories, methods, diagnosis and treatments are laden with ancient, obscure and sometimes beautiful words and expressions, which can be confusing or strange. Along with herbs and massage Acupuncture forms a complete medical system that is complex and covers all aspects of health.

Treatments are usually weekly, often in courses of six and generally does not hurt. At the beginning there is a thorough assessment of a person's case including their medications to get a clear picture of their health - of they themselves, their body and their mind (also known as holistic). A diagnosis leads to a treatment plan in order to improve things or put them right. There is no guarantee of success but outcomes are often favourable. It is not uncommon for someone to simply 'feel much better'.

I practise in Sophia's Wellness Centre in Arboleas and would welcome your enquiry, my contact details are below. I offer a free 10 minute 'chat' by appointment to exchange information. There is no pressure to accept treatment,

In my 27 years of practice there have been 5 years of Acupuncture in Childbirth, 16 years in Palliative Care and plenty in the management of pain. I have seen Acupuncture fail, I have seen it succeed, sometimes spectacularly. There is no way of predicting outcomes. Every person is different, we treat people not illnesses.

If you'd like to talk about the possibility of getting Acupuncture please get in touch.

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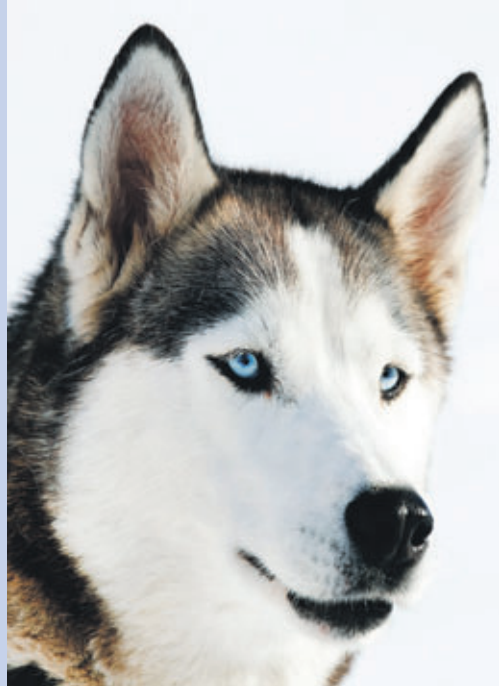
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Protest called

ALTHOUGH the provincial council has stressed that Almanzora's needs will be covered perfectly well by the Levante fire brigade, Izquierda Unida has called a protest against the situation for January 21.

Announced for 5pm on Plaza San Francisco in Albox, the protest is, the political party said, to allow locals to demand a fire station of their own and complain of the "absurd actions of the mayor and PSOE, which have left Albox with no fire brigade of its own and a €150,000 hole in its accounts."

Meanwhile provincial delegate for Fire Brigades, Isabel Belmonte said: "the service is covered. The Levante brigade has taken over from that of Albox and guarantees to cover the area's needs."

The provincial council has taken possession of Albox fire station and has announced 16 firefighters will be taken on to fill posts both in Albox and in Turre. However, training will take some time and in the meantime the staff of the Turre station will be stretched to provide the whole service, trades unions have warned.

To the rescue

ALMERIA Provincial Council has come to the rescue and sent technicians to help fix broken sewage and drainage systems in Alcontar.

A 2.5-kilometre stretch of pipes was affected by the torrential rains registered in the area in December which caused considerable damage in the Almanzora and further afield.

Public Works and Development delegate Oscar Liria explained that a team of technicians had been sent to Alcontar to study the situation and come up with a viable solution to not only fix the broken pipes, but also avoid repeat breakage in the case of future rains.

A solution must be found as soon as possible to guarantee the basic service, Liria

stressed. That, he said, is why the provincial council has decided to step in and lend the local council a hand with the problem.

The heavy rains of December caused a great amount of damage in the Almanzora area, and the provincial council has been clearing and repairing roads ever since, Liria explained.

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Calling all railway modellers!

By Mike Woolnough

I HAVE this mad idea! Are there any railway modellers out there that have a model railway layout that is capable of being moved to another location and exhibited to the public? My mad idea is that we might have a little model railway exhibition in the RENFE building at La Alfoquia, Zurgena, Almeria some time in 2017, in aid of the Harmony Haven charity.

"Now," I hear you say, "my layout is not that good!" If you have been to exhibitions in the UK and seen some of the layouts on display then you might feel like that, but

don't bother about that, I just want to see if there is sufficient interest and, if so, perhaps it might be the start of something bigger, whereby enthusiasts might get together on a regular basis. If you could provide a layout for the exhibition please e-mail basic details to moderailwaylaalfoquia@yahoo.com.

It may be that you have a layout that can't be moved, but if the exhibition goes ahead you could perhaps demonstrate a skill - making your own pointwork, kit building, etc. Contact me anyway!

I look forward to hearing from you.



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

“

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

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



ANN WIDDECOMBE: A former Strictly contestant.

public are enjoying the entertainment. 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 romance 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.

Part of life's rich tapestry

Guest
Columnist



Today: Neil Sambrook

ON a recent flight to Alicante from the UK I read a magazine article making the case for 1966 being the high watermark of popular music. The evidence looked watertight - Revolver, Pet Sounds, Blonde on Blonde, Fifth Dimension, each one a landmark album and released the same year as outstanding offerings from The Who, The Kinks, Rolling Stones (and that was just in London), with ground-breaking music also made in San Francisco and Los Angeles.

During the plane journey I began making a mental list of what I consider to be the greatest albums ever made: What's Goin' On, Born to Run, Blue, Blood on the Tracks, Rubber Soul, The Clash, Tapestry, Who's Next and in doing so realised how many were made in 1971. So without further ado here is the case for 1971 being the 'annus mirabilis' of rock music.

At first glance 1971 is a strange



THE WHO: Recorded possibly one of the greatest rock records ever made.

year for rock. The Beatles had split, there was no new material from Bob Dylan and constant personnel changes had blown The Beach Boys and The Byrds off course. But with What's Goin' On, Marvin Gaye gave

Motown its finest hour. More social comment than sweet soul, the songs focused on inner city deprivation, brotherhood and the mess being made of the environment - marvellous Marvin proving you could have

a message and make great dance music at the same time.

Tapestry (Carole King) and Blue (Joni Mitchell) are albums of incredible maturity and insight into human emotions, while Every Picture Tells

A Story is Rod Stewart at his most charming, funny and poignant - the killer second side (Maggie May, Mandolin Wind, (I Know) I'm Losing You and Reason to Believe) a match for any side of an album ever recorded.

It also brought Sticky Fingers, an album of such swagger and attitude it could only have been made by the Rolling Stones, while on The Kinks' Muswell Hillbillies, King Kink, now Sir Ray Davies, presents sketches of London that 30 years before Graham Greene would have been proud of.

But the final word in this momentous year goes to *Rolling Stone* magazine who routinely call Who's Next by The Who 'the greatest rock record ever made.' If you agree with that statement (as I do) there is little else to add. As Del Boy once said: "I don't care what they say, you can't whack The Who."

By the time we landed my mind was made up - 1971 was the golden year. But waiting to show my passport I thought of 1969 and Abbey Road, Tommy, Crosby, Stills & Nash, Let It Bleed, Bridge Over Troubled Water, The Band, Dusty in Memphis, Led Zeppelin II...

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.

4

per cent growth has been seen by rental market.

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.

Guiding you step by step without all 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

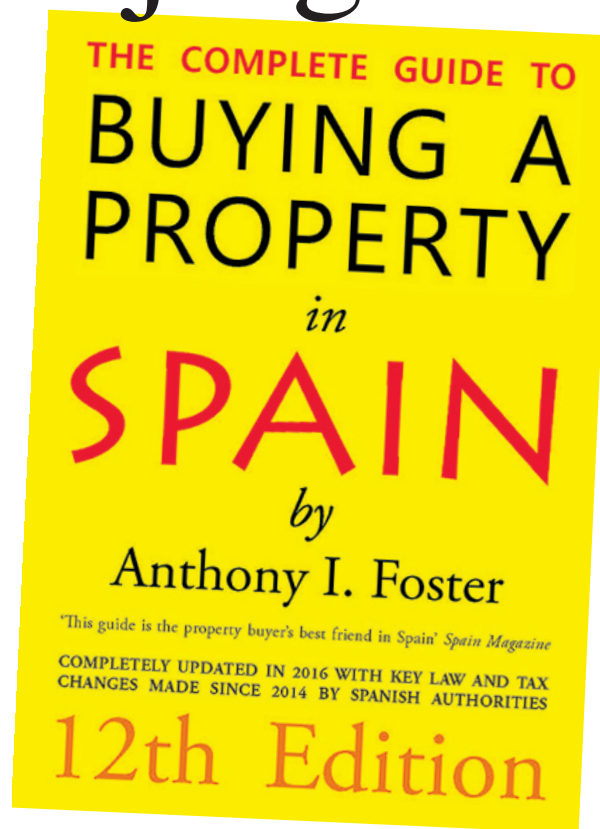
step journey to property purchases and sales without difficult jargon and ambiguity. It is an easy and informative read allowing those unfamiliar with Spanish protocols and laws to ensure that every step of the process is clearly understood.

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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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



MINI GARDEN:
Create a bonsai.

Photo Credit: Mick Harper Shutterstock.

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 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 water 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.

Quick and easy kitchen cleaning

KITCHEN cupboard doors tend to accumulate greasy residue and, worse still, fingerprints which can make them look terrible. Plus, using cleaning products which need rinsing off afterwards can leave water marks and make the results of our efforts less than perfect.

To avoid this and remove grease quickly and easily, look for a specific cleaner which does not

“ Clean doors and cabinets after cooking before the grease and dirt has time to stick.”

need to be rinsed off. This leads to better results and also saves time as all we have to do is spray it on then rub with a soft, dry cloth to remove dirt.

To save even more time and effort and make sure your kitchen is always impeccable, clean doors and outsides of cabinets after cooking before the grease and dirt has time to stick.





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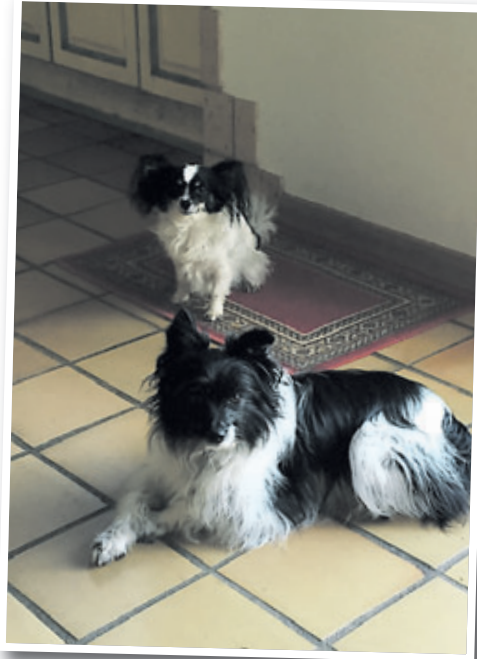
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Barry loves Flea

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.

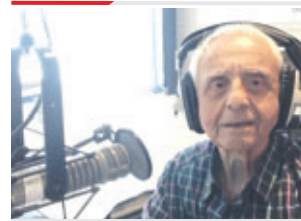


FRIENDS FOREVER: Barry and Flea.

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Dogs and cats: petting-induced aggression



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MANY cats purr like a well-oiled motor when stroked and dogs will put their head forward for petting. However some will suddenly turn on a 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.

This curious behaviour 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 they experience the same phenomenon we do when touched repeatedly in one spot on our bodies. Imagine someone is massaging your back and they continue to rub one specific area over and over again. It feels good at first, but after a while it's irritating. We ask the person to stop but our pets are more demonstrative.

Watch for signs to avoid the consequences of a dog or cat's irritability. Most cats when annoyed flatten their ears, swish their tail back and forth and the skin along their sides and back may ripple. When you notice

these signs freeze momentarily and then 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.

Teaching pets to enjoy touch entails daily counter-conditioning sessions. Most cats and dogs love cheese, so stroke the pet once, then feed a tiny amount of cheese. When the cheese has gone, stroke again, then feed. Repeat no more than 10 times in one sitting, fewer if the pet showed irritability.

After a week, occasionally stroke twice before feeding the cheese. After another week, gradually build tolerance, until the cat or dog becomes a two-stroke pet. With patience and perseverance can learn to enjoy the tactile contact.

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Clarkson
Quote of the Week

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Motoring shorts

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.

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 t h e

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 investor 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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ROAD TEST by Nick Fletcher

SEAT Ateca will muscle in

ATECA is SEAT's new compact SUV which aims to muscle in on a sector already packed with formidable rivals such as the Nissan Qashqai, Hyundai Tucson, Kia Sportage and Peugeot 3008.

However, there will be no worried faces in the SEAT boardroom, for while the Ateca is SEAT's first SUV, it is an instant winner - good-looking, spacious, great to drive, keenly priced and with the build-quality and badge kudos that comes with being part of the VW-Audi Group.

Ateca is priced from £17,990 (€21,099) and kit levels are generous, even the starter model comes with alloy wheels, air-conditioning, four electric windows, electric parking brake, hill-hold control, tyre pressure monitor and five-inch monochrome screen infotainment system with Bluetooth and audio streaming.

There are 1.0 and 1.4 litre petrol engines and 1.6 and 2.0 litre and diesels and two or four wheel drive. The 1.0 litre turbo-petrol engine in my test model

was a revelation, offering 113 hp, crisp acceleration and plenty of mid-range pulling power. Most passengers thought the car had at least a 1.6 litre engine! The 0-60 mph time is 11 seconds, top speed 114 mph and the combined fuel economy 54.3 mpg - impressive for a petrol SUV model. Ride quality is very good, with supportive seats, composed cornering and pleasant overall comfort.

My test car was in mid-range SE Ecomotive trim, priced at £19,590 (€22,975), with options including larger alloys, larger colour touchscreen, and auto lights and wipers which took the price to £22,875 (€26,828).

The Ateca looks sharp and sleek, with the subtle sporty styling associated with the SEAT brand. The cabin is well-designed and uses durable quality trim materials. The only mild disappointment is that the interior looks so dull. It's just grey on grey everywhere! The upside is that at least the Ateca cabin scores well for practicality. The switchgear and instruments are well-

located, easy to find and easy to use. Rear seat occupants are well taken care of - even those over six feet tall won't struggle for head or leg room. It has a big boot too - 510 litres beats most rivals - and it is a useful boxy shape.

All in all, this newcomer ticks most - if not all - of the important boxes for would-be buyers in this booming SUV sector, among them what SEAT describes as 'modern parents.' Keenly priced, well-equipped and very well built, the Ateca is set to become a very familiar sight on our roads.

Stats panel (optional):

*Model: SEAT Ateca SE Ecomotive
Engine: 1.0 litre turbo-petrol
Transmission: 6 speed manual
Performance: 0-60 mph 11 seconds, top speed 114 mph
Economy: 54.3 mpg combined
Emissions: 119 g/km*



SEAT ATECA: Sharp, sleek and well-designed.

New revolutions take centre stage

THE Consumer Electronics Show (CES) took place in Las Vegas from January 5-8, and as usual there were stacks of new revolutions in the automotive industry on display, with electric and autonomous developments taking centre stage.

BMW brought its future cockpit to the event, showcasing its latest 'virtual touchscreen' technology, which is able to offer a 'free-floating display' operated by finger gestures.

Fiat Chrysler Automobiles revealed their latest electric and autonomous concept at the show. The 'Portal' vehicle is focused on flexibility and comfort and is heavily biased towards 'millenials.'

Ford showed off an autonomous hybrid version of their popular Mondeo saloon, which is called the Fusion stateside, while Honda revealed an artificial intelligence 'emotion engine' which powers a 'co-operative mobility ecosystem' rather than a car (it's a car).

Hyundai brought their Ioniq autonomous car along, which is already in its fourth generation, with the cars driving themselves along Las Vegas boulevard.

Toyota and Volkswagen also brought their latest concept cars to CES, with the latter promoting their all-electric 'ID' vehicle.



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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 Gestede 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 has produced some intriguing ties including Spurs v Wycombe Wanderers, 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).

The top Championship games are Brentford-Newcastle, Leeds-Derby, Preston-Brighton and a Midlands battle involving Wolves and Aston Villa.

Pick of the FL1 fixtures are Bolton v Swindon and Walsall v Sheffield United while in FL2, we have Barnet v leaders Doncaster, 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.

Well how about this... 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. And in the 1960s, I played on a Good Friday, Saturday and on Bank Holiday Monday and the Tuesday. And I enjoyed it!

MY SPORTING ALMANAC

Could we see this happen in 2017?
asks Tony Matthews

Manchester United boss José Mourinho smiling after a win!

A Test Match victory for England's cricketers - please!

A decent round of golf for the aging Tiger Woods.

A suspension-free year for England's rugby star Dylan Hartley.

Ten more consecutive knock-outs for GB boxer Anthony Joshua.

Two (even three) tennis Grand Slam wins for British women.

A third Epsom Derby victory for jockey Ryan Moore.

Lewis Hamilton to win his fourth F1 driver's championship.

MotoGP star Cal Crutchlow to have a superb season on his bike.

GB swimmer Adam Peaty to break more world records.

Players from Asia to win every major snooker competition.

Alastair and/or Jonny Brownlee to win all triathlon races.

Baltimore Ravens (at 65-1) to lift the American Super Bowl.

PL team to get knocked out of the FA Cup by a non-League club.

Indian athlete to clear 8ft 6in to set new world high jump record.

Yorkshire to win every match in cricket's County Championship.

GB cycling duo of Laura and Jason Kenny to win 10 races overall.

Michael van Gerwen to have 50 nine-dart finishes in major event.

Castleford to claim 10 successive wins in Rugby's Super League.

Andy Murray to celebrate his knighthood with three Grand Slams.

And could this nine-timer happen, with odds of 50,000-1? Chelsea to win the PL title; Brighton to clinch the Championship; Bayern Munich, Celtic, Juventus and Real Madrid to complete domestic League/Cup doubles; Lionel Messi and Cristiano Ronaldo to end 2016-17 with 50 club goals each and Lewis Hamilton to regain F1 driver's crown.

DID YOU KNOW?

Kenny Dalglish was the first player to score 100 League goals north and south of the border, netting 112 for Celtic and 118 for Liverpool and he was the first Scot to win 100 caps.

ANDY MURRAY:
Was beaten by
Novak Djokovic.





“It was my best year so far. The trophy for Portugal was amazing. I was so happy and of course I cannot forget the Champions League and the Club World Cup.”

Costa de Almería's best guide to local sport

TO READ MORE

Forum swinging in the rain

FORUM GOLF SOCIETY'S first event of 2017 was a Pairs Betterball stableford competition held at Aguilon on January 6, with the winning pair being Dave and Wendy Greaves with 41 points, one better than second placed Graham Tabberer and Chris Mardon.

Three pairs had to be split on count-back after all scored 38 points, with Yvonne Mackay and Ron Wileman third, Dave Jordan and Malcolm Tilley fourth and Fran Elam and Geoff Hebb fifth. Ian Postles and Ann Lawrence came sixth with 37 points, the same as seventh placed Keith Jackson and Peter Tinsley.

Forum's upcoming fixtures are

January 20 - Stableford at Marina
February 3 - Double Par Medal at Aguilon

February 17 - Stableford at Valle del Este

For further information, contact Phil Elam on 666 847 840 / philjelam@yahoo.co.uk, or see www.forumgolfsociety.webs.com.



Dave Greaves with his wife scored 41 points.



Wendy Greaves, half of the winning pair.

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