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She did it!

Shelter boss killed 2,200 cats and dogs

By Simon Firth

The boss of an animal shelter who needlessly euthanised hundreds of cats and dogs, many of them suffering an 'agonising and slow death,' has been jailed.

Carmen Marin was convicted of animal cruelty and sentenced to nearly four years in prison.

She was the president of an animal care centre in Torremolinos when it was raided by police.

They found the bodies of hundreds of animals. Tests showed they had been given small doses of euthanasia drugs to save money.

The prosecution said this would have left many of them writhing "in pain for hours." No sedatives were given either, according to court documents.

Marin claimed at one stage that only 283 animals had been put down during her tenure at the shelter.

Her trial was told Marin spent donated money that was intended to be used for the benefit of the animals, on personal and family holidays.



CARMEN MARIN:
Was convicted of
animal cruelty.

She was jailed for three years and nine months after being convicted of cruelty and forging veterinary documentation.

Marin, who was also fined almost €20,000, has indicated she intends to appeal.

Her co-accused, Felipe Barco Gómez, 55, was jailed for a year and fined €3,600.

Investigations are now under way to find out who was help-

ing forge the documentation.

The Spanish nature protection service, SEPRONA, has also accused a previous Torremolinos city administration of failing to collaborate with their inquiry "in any way."

The council has pledged to investigate the background to the case and whether any of its officers or councillors acted to conceal what was taking place at the shelter.

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LOCAL NEWS

Footie fiasco

A GERMAN football team needed emergency kit and equipment loan from other German sides while winter training on the Costa del Sol. Thieves raided Augsburg's

Marbella training camp, stealing balls, boots and even goalie gloves. Luckily Werder Bremen, Mainz and the Würzburg Kickers were also in town to save the day.

Legal aliens

RESIDENTS of the Guadalmina neighbourhood in Marbella were flummoxed by a mysterious flying object which materialised on consecutive evenings at 8.40pm, was 'twice the size of Venus,' and emitted a ghostly light. Having uploaded photos of the suspected alien craft to social media, the concerned citizens were relieved to learn that it was in fact a National Police helicopter performing night surveillance in the Strait of Gibraltar.

Assets axed

THE fire brigade has hinted that an unidentified British man who drowned off a Málaga City beach last week after falling into the sea could have been saved with the right

equipment and staff. They were unable to save his life due to a lack of equipment and rescue personnel and equipment since their special rescue unit was closed down.

Nitrogen chef comes home

DANI GARCIA: Opening fourth restaurant in Marbella.

by Matthew Elliott

ACCLAIMED Spanish chef Dani Garcia will open a fourth restaurant in Marbella. The two-starred Michelin general now has five restaurants across Spain, clearly favouring the flavours and limelights of the Costa del Sol and his home city Marbella.

The new Marbella affair is named

'Lobito de Mar' and will open to the public in June 2017. It will be located in the old El Portalon restaurant in front of the Marbella Club Hotel, near Puente Romano where Dani Garcia Restaurante and BiBo can be found.

El Portalon was a terrific site and operated for 25 years before closing in January 2016. The replacement La Parrilla Grill didn't quite match its success

and closed down a few months ago.

But with native son Dani Garcia at the helm, Lobito de Mar will surely be a local hit. The 40-year-old culinary prodigy is famed for his tapas and Andalusian twist on seafood classics. A natural experimenter, Garcia pioneered the use of liquid nitrogen in cooking, using freezing temperatures of minus 196 degrees to create unique dishes.



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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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Present wrapping raises €25,205.58 for DEBRA



VOLUNTEER WRAPPERS:
Dedicated their time over
the Christmas period to
help raise funds.

By John Smith

OVER a period of three years, volunteers of the Butterfly Children Charity have raised an incredible €25,205.58 by wrapping presents outside the FNAC store in Marbella.

Christmas is a time for giving and receiving and thanks

to the store FNAC the Butterfly Children Charity DEBRA has been able to benefit from these sentiments.

For the past three years FNAC at La Cañada in Marbella has provided the charity with the opportunity to wrap gifts bought in their store over the Christmas period in exchange for a dona-

tion to the cause.

In keeping with tradition the event started on Black Friday, November 25 and finished on the eve of Three Kings' Day, January 5.

Over 100 volunteers dedicated their time to the charity by wrapping gifts continuously for 41 days and in return the charitable clients of

FNAC made a donation thus raising €7,669.

Initiatives like this demonstrate the charitable nature of individuals and organisations within Marbella. Together, they are helping to raise awareness of this unknown condition that affects approximately 1,000 people throughout Spain.

Crane operator death investigated

THE Guardia Civil is investigating the death of a crane operator in La Zagaleta who died of severe head injuries.

Emergency services were alerted to an accident on a building site at the luxury residential complex in

Benahavis, where they were told a 56-year-old worker from Ronda had been run over by a crane.

Police officers cordoned off the scene of the accident and investigators were called in to study the possible causes of the death.

The work inspection and labour risk prevention authorities were also informed of the accident and are carrying out their own investigations to determine exactly what happened and whether the building site and developer met safety regulations.

Advertising Feature

Copper Heeler brings relief from arthritis

MANY people have suffered with arthritis over the years, finding no long-term solutions, turning to strong medication to try and ease the pain, and thus putting up with a lesser quality of life.

Malcolm Landsman, who had studied magnetic and copper therapy for years, realised he may have hit on the solution to easing the joint pain that so many people experience. Copper Heelers are a simple accessory placed inside the heel of the shoe that gives arthritis sufferers incredible results within weeks. This works by means of replacing the copper in the body that arthritis sufferers lack. We all need certain metal elements in order to thrive and one of those key elements is copper, it is an essential part of the minerals within the body. There are 25,000 sweat glands in the foot alone, and so this is a prime area to absorb copper and utilise its healing properties.

Copper also prevents inflammation around the joints, so there is a feeling of well-being all round. Malcolm has been marketing the Copper Heelers in Spain for more than five years now, and he has satisfied customers spreading the word about their change of life since using them. One lady from Las Siesta wrote to Malcolm only last week to say: "I have suffered for 10 years with the agony of arthritis, but since I have bought the Copper Heelers and worn them, my arthritis has improved in only five days!" This miracle insole has brought joy to many who have been restricted with movement in the past.

For more information on the Copper Heelers, please visit the website at www.copperheeler.es or call Malcolm on 966 763 770.



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Costa's shopping frenzy

By Matthew Elliott

LOCAL businesses and global giants got a welcome bounce as residents flocked to the shops for the traditional January sales after Three Kings' Day. Many shops had already begun their sales early after New Year but, by the weekend of January 7, the consumer frenzy was in full swing.

For many Spaniards the Three Kings celebration of the epiphany of January 6 is the superlative celebration of the Christmas festivities and they proved it in sheer numbers over the weekend. Shopping centres from Marbella to Malaga were packed to the rafters as thousands descended on the discount season.

With Sunday opening allowed for the last time until June, there were traffic jams exceeding three kilometres leading to the La Cañada centre in Marbella and monstrous delays towards El Corte Ingles in Malaga.

Clothes, shoes and accessories accounted for the bulk of buys at around 76 per cent, Costa del Sol residents forked out just under €100 each on goods, more than €20 over what the average Andalucian spent.

One hugely positive early sign is that it was not only major international clothes retailers who benefited from the record spending. Small and medium-sized businesses saw sales grow by more than 3 per



WINTER SALES: Prove very lucrative for many companies.

cent on last year, and the money they earn will be ploughed back into the local economy.

The winter sales continue until February 28 with increasingly large discounts available.

OUR VIEW

Coming up Trumps

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

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

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

Hillary Clinton, herself

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

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

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

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

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Stowaway daredevil

DETECTIVES are struggling to work out how a Moroccan teenager managed to stash himself in the hold of a Melilla to Malaga flight.

Fortunately the nimble 17-year-old was discovered before the flight took off from Melilla on Monday afternoon January 9.

One passenger broadcast a video on social media of the captain telling them that the flight would be delayed while they performed fur-

ther security checks.

The boy is believed to hail from Fez, Morocco's second-largest city, and to have sneaked across the border into Melilla, Spain's North African enclave, sometime in December.

Stowaway attempts on flights are relatively unusual due to tight security measures. Last year Guardia Civil officers found more than 1,500 children hidden on ships departing from Melilla to mainland Spain.

Zero confidence

By Eleanor Hawkins

MALAGA firefighters are heading into their third week of protests and continue demanding that the city mayor sacks the head of the fire brigade, Jose Cruz Romero, in who they now have zero confidence.

Of the 306 firefighters in the brigade, 286 have signed a manifesto demanding Cruz is removed from his post of 17 years as a condition to end protests.

While trades unions attempt to negotiate other conditions to put an end to the conflict the firemen insist that they have decided their problems are down to bad management on Cruz's part and say he has to go.

Meanwhile the council holds firm and has refused to react to the pressure, probably because apart from sounding sirens at 11am each day, hanging signs on fire engines and pirate flags



FIREFIGHTERS: Are also a demanding a revision to their regulations.

on fire stations and sleeping locked inside a station, the firefighters have continued to do their job and the public has not been affected.

Citizens' Safety councilor Mario Cortes said: "This isn't an association where

the workers can choose their president."

Apart from the removal of the chief, the firefighters are demanding a revision to their regulations, which have not changed since 1959, a reduction to work-

ing hours (Malaga's firefighters work 1,944 hours per year, the most in Spain) and for their professional group status to change to put them on an equal standing (and salary) as other brigades in Andalucia.

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Mafia scam

CROOKS managed to fleece the public purse of hundreds of millions of euros by selling bootleg petrol. The Malaga provincial budget lost €280 million to the fraudsters, enough to fix 4,300km of roads, or build 10 schools.

The scale of the fraud was finally revealed after the Guardia Civil conducted a joint operation with the tax agency over five years. During that time police carried out six major busts across the Costa del Sol and made 194 arrests.

Mafia-linked gangsters from Italy were behind the scam and Spanish police are now working with their Italian counterparts to bring them to justice. Fake companies were set up to provide the illusion the crooks had paid VAT on petrol sold, when in reality the taxman received a tiny fraction of the 21 per cent.

Around half of the money has since been recovered but this is the first time the authorities have come clean over how much was stolen.

Well over €130 million remains unaccounted for, deposited in complex foreign banking accounts that may take years to unravel at great expense.

Kamikaze drivers derailed

By Matt Ford and Matthew Elliot

IT has been a wild week for Guardia Civil traffic officers, who were forced to sacrifice two of their own vehicles in order to stop a pair of dangerous drivers in their tracks.

First, a 40-year-old man slammed 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 thought 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 suffered 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



ROAD MAYHEM: A pair of dangerous drivers were at large.

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."

Meanwhile, in Malaga itself, the mockers were put on a second manic motorist who also

ploughed into a police roadblock at breakneck speed and was tested at triple the legal alcohol limit subsequent to his arrest. Police at the roadblock were expecting the driver in the early hours of the morning after emergency services received multiple calls about a mad man on the roads.

What they didn't know was

whether the Spaniard, in his 30's, was intent on fulfilling a kamikaze mission. Rather than stopping at the roadblock, on the way to Malaga, he crashed straight into the patrol cars, injuring one officer who had to leap out of the way.

Even then the drunk driver wasn't finished. He came out of the car swinging and had to be

subdued by other officers, who may have been forgiven for mistaking him for a terrorist in a weaponised Seat Cordoba.

The breathalsyer registered triple the 0.25 milligram limit and it later emerged he had been tearing up the motorway from Alora to Malaga on the wrong side of the road for at least 16 kilometres.

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Another one bites the dust



BREXIT PAGE

By John Smith

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

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

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

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

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



Photo by Ugo Riba

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

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

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

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

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

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

EU is being undermined

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

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

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

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

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

His interview was given to the Europa group of newspapers.

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NEWS EXTRA**Badly burned**

A MAN, 77, had to be transferred to the burns unit at Seville's Virgen del Rocío hospital after suffering serious burns when a fire broke out at his home in San Pedro Alcántara.

Good news

MÁLAGA airport saw 16.6 million travellers passing through in 2016, an increase of 15.7 per cent on the previous record, with 5.5 million of them carrying British passports.

Urgent pipework

ALHAURIN DE LA TORRE Council has carried out urgent repairs to sewage pipes in Torrealquerra which were damaged in the recent floods.

3,000 dogs dumped

By Eleanor Hawkins

ALTOGETHER 3,000 dogs were abandoned in Málaga last year, the city council has reported.

Although the number is half of that registered back in 2011, it remains too high to allow the municipal animal pound to fulfil the pledge to not put down any animals, explained Environmental Sustainability councillor Raul Jimenez.

In 2016, the pound had to put down 547 dogs, half the number for 2011 and 14 per cent lower than in 2015.

Adoptions on the other hand are on the up, with 2016 registering a total of 863, 12 per cent more than the previous year. This, Jimenez said, is due to increased awareness of the need to give abandoned pets a second chance.

Capture, sterilise and release programmes underway in the city seem to be doing their job, the councillor said, as municipal services collected 775 stray cats from the streets during

2016, 24 per cent less than in 2011.

This allowed the number of cats which had to be put down at the pound to also drop to 555, 16

per cent lower than 2015 and 38 per cent lower than 2011, Jimenez stressed.



DOG ADOPTIONS: Are on the up, due to awareness of the need to give a dog a chance.

Emergency repair work

THE regional government is spending about two million euros on emergency repairs to schools damaged by the torrential rains in December, 13 of them in Málaga Province.

Work is currently underway at San Sebastian infant and primary school in Mijas, where Education Delegate for the Junta de Andalucía regional government Adelaida de la Calle stopped off for a visit this week.

The work being done includes demolition of a surrounding wall and construction of a new one plus channelling of rainwater from the mountain-side behind the school.

Another two schools in Mijas, Villa de Mijas secondary schools and La Cala school, are also on the list for emergency repairs.

Some of the other education centres included in the scheme are Capellania and Galileo secondary schools in Alhaurin de la Torre and Fuente Luna secondary school in Pízarra.

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MC Boulevard News

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NEWS EXTRA**Rockets pocketed**

GUARDIA CIVIL officers confiscated more than 50,000 fireworks during their Costa del Sol Christmas clampdown. Illegally sold fireworks were seized in Marbella, Mijas and Fuengirola alongside hundreds of boxes of contraband tobacco.

Lashing out

A PATIENT at the Costa del Sol hospital punched a nurse in frustration after she was placed in the wrong ward due to overcrowding.

Body riddle

A POST-MORTEM confirmed a man found in a Malaga lake died of drowning. His body was found early on Sunday morning and precisely what happened remains a mystery.



EL CHATO: Would like to help children keep fit, active and out of trouble.

Heroic local boxer

By Matthew Elliott

LOCAL boxer Antonio Benitez has been awarded for his services to the sport and to Marbella. 'El Chato' officially hung up his gloves in January after being badly injured in a fight in Bilbao last November.

The former welterweight champion was defending his Spanish national title when he was knocked out in the 10th round and diagnosed

with bleeding on the brain.

Marbella mayor Jose Bernal paid tribute to the Costa del Sol city's native son and offered a commemorative plaque as a symbol of the example the fighting man set throughout his career.

At the ceremony El Chato and Bernal spoke of the boxer's desire to give classes to local children, teaching them the sweet science while keeping them fit, active and out of trouble.

Rescuing the health service

REPRESENTATIVES of a group of 700 retired doctors from Malaga attended a meeting with Junta de Andalucia regional government members to discuss how to save the public health system.

The doctors, who had requested a meeting with Health Delegate Aquilino Alonso and Andalucian Health Service director Jose Manuel Aranda five months ago, explained points they consider crucial.

The first point was what they consider to be a severe lack of funds for the service. The €9,304.7 million assigned to the service this year is insufficient, the retired doctors, some with more than 40 years' experience, stated and is in fact less than the amount budgeted for 2007.

Another vital addition to the service, the doctors stressed, is a third hospital complex to meet increased population and demand. "The health service cannot continue ignoring the reality, which is that there is a severe lack of beds, especially in the summer," representatives stated.

Other suggestions included changes to management of systems which in their opinion now follow more political than medical criteria and to improve working conditions for doctors and health workers.

Alonso agreed with various of the matters discussed, the doctors later reported, and a further meeting has been pencilled in for March to debate certain aspects in more detail.

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Tiger mosquito disease threat

By Matthew Elliott

THE dreaded tiger mosquito is relentlessly colonising the Costa del Sol. It has slowly gained ground since arriving on Catalonia's Costa Brava over a decade ago and today occupies a dozen territories along the Malaga coastline.

Now found in Benalmadena, Fuengirola, Mijas, Marbel-

la and Estepona, the insect is a notorious pest that is native to south-east Asia but has easily spread due to international transportation.

It has been named one of the world's 100 worst invasive species and is extremely difficult to suppress. They particularly favour travelling in tires and are now even found in Germany due to tourists dri-

ving back from Spain.

Scientists warn tiger mosquitoes can easily transmit viruses to humans. In 2007 one person died and 200 were sick in a small Italian town when an Indian man arrived carrying an exotic disease. Upon arrival he was bitten by the mosquito, which then spread the disease to hundreds of others.

DIY green-fingered outlaws

POLICE have warned of a radical shift in the Costa del Sol's booming market in illegal drugs. Growers and dealers are no longer relying on risky routes from Morocco or South America but are instead operating DIY laboratories at home.

Figures from 2016 confirmed the budding trend of home plantations. Traditionally done by private users, technological advances are allowing serious dealers to grow marihuana in bulk without attracting attention.

An abundance of weed is now grown at luxurious private homes across the Costa del Sol and exported to cannabis clubs in Europe. All that is needed is the right equipment, water and electricity. Spain's lax control over fraudulent access to the electricity grid makes the region perfect for high stakes growers.

Electricity fraud rose by 25 per cent last year, now reaching a staggering €150 million, with just 1 per cent being attributed to poor families skirting around extortionate bills.

Severe influenza outbreak

INFLUENZA cases have risen sharply since the start of the New Year. More than 2,000 people have been treated for flu-like symptoms, including fever and breathing problems across the region.

There is now an alarming incidence rate of more than 91 out of every 100,000 people be-

ing struck down by the flu, the vast majority suffering from Influenza A virus. Carlos Haya hospital, one of the largest on the Costa del Sol, registered the winter's peak attendance for respiratory problems and has seen a 10 per cent rise in bronchitis cases over the last year.

Emergency services have

been expecting a local epidemic on this scale since an extremely dangerous flu outbreak in 2009.

Viruses can survive for hours on handrails, tables and chairs. Health experts advise avoiding direct contact with sufferers, washing hands and don't share dishes. Vaccination remains the best prevention.



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NEWS EXTRA**Suitcase snatchers**

TWO thieves who stole a suitcase and €200 from a car in Sotogrande marina were caught in Guadiaro after their suspicious behaviour attracted Guardia Civil officers.

New route

HELICOPTER flights between Europe and Africa will soon be possible. A new route will open taking adventurous passengers on return legs from Ceuta to Malaga airport and Algeciras.

Fab fruit

ESTEPONA's Agricultural Cooperative has been awarded for its tremendous promotion of Andalusian produce over the years. It has existed for over 100 years, the oldest of its kind in the region.

Bigger, better hospital opens

By Eleanor Hawkins

RONDA'S new hospital will open its doors to the first outpatients on Tuesday, January 17.

Expected to attend to the medical needs of 85,000 inhabitants of nearby towns and villages in Malaga and Cadiz provinces, the Serrania de Ronda hospital will be gradually taking over from the old facility over a period of 12 weeks.

First to be up and running will be outpatients' departments for general surgery, dermatology, anaesthesia, gynaecology, obstetrics and paediatrics, which the Junta de Andalucía regional government reported had cost €48.5 million to set up.

The old and new hospitals will both be running over the three months it will take to move all departments over to guarantee service



NEW HOSPITAL: Will open shortly to its first outpatients.

to patients, Junta representatives explained.

The new hospital, which covers a surface area of more than 37,000m²,

is expected to deal with more than 41,000 emergencies, 113,000 outpatient appointments, 32,000 hospital stays and 3,500 operations per year.

A risky move

A NEW law forces anyone who wishes to develop 'floodable land' to sign a waiver acknowledging that the government bears no responsibility for damage. It is part of a plan by the regional government to wash its hands of any future liability for floods.

The law is a direct response to the financial cost of the devastating December rains. Total damage across the region, including the Costa del Sol, was estimated to exceed €100 million. Where private businesses had built on public land, the government was responsible for at least some of that financial burden.

The authorities are making sure that won't happen again. Businesses, farms or other endeavours built on land designated a flood risk will now take on 100 per cent of the financial responsibility. It is still permitted to build on floodable land, but insurance premiums will go up drastically and private companies held accountable for all risk.

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NEWS EXTRA**Out of control**

AN out of control lorry careened into the Customs building by Malaga City port after knocking down various traffic signs along Avenida Manuel Agustin Heredia.

Sales up

MALAGA Province registered the highest number of property sales since 2007 over the first nine months of 2016. There were 20,801 sales, the majority in Malaga City and Marbella.

Record stays

BENALMADENA registered a record number of visitors in November, with 160,995 overnight stays, 56 per cent more than the same month in 2015.

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 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.



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

Out of the frying pan...

WEATHER statistics are finally in for 2016 and unsurprisingly show last autumn to be among the wettest in Costa del Sol history. In just three weeks it rained more than the rest of the year combined, causing severe flooding across the area.

Yet while many residents still count the cost of the floods, officials are already panicking over how to handle drought in 2017. Though helpful, the December deluge was not enough to restore reservoirs to safe levels.

The largest reservoir in the province is barely a third full. Much more rain is needed before spring or emergency water rationing will be activated in March ahead of what promises to be a long, dry summer.

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NEWS EXTRA**Too late**

AN 84-year-old man from Monda who went missing on New Year's Eve has died of hypothermia. He was found unconscious in a small ravine days after he disappeared.

Sunrise sailors

THREE huge trans-Mediterranean cruise ships sailed simultaneously into Malaga port at dawn, startling early-bird workers who filmed the thousands of docking tourists.

Autobus accident

A BUS driver was injured during a collision in Malaga. Luckily no passengers were hurt and another driver was quickly dispatched to resume the service.

Pushing the eco routes

By Eleanor Hawkins

MARBELLA and Ojen have joined forces to promote eco-tourism in the area and will be pushing their attractions at travel fairs this year.

As recently reported by EWN, the two councils have had 2,000 leaflets printed detailing five popular hiking routes which will be officially presented at Fitur travel fair in Madrid next week.

After that, the leaflets will be distributed to tourist information points in the city and village and will also be available to download from the councils' websites.

Marbella Mayor Jose Bernal stressed the city has "an extraordinary amount of different things to offer such as sun and sand, gastronomy and cultural heritage, but it was missing eco-tourism attractions which we can now present thanks to this synergy with Ojen."

"Marbella's sea is Ojen's



JOINING FORCES: To promote eco-tourism in the Marbella and Ojen area.

beach and Ojen's hills are Marbella's green lung," said the mayor, who reported that the hiking attraction is to be promoted at travel fairs where Marbella will have a stand of its own this year in-

cluding Madrid, Berlin and London and also at all those which the city will attend with Andalucia.

"We are the balcony of the Costa del Sol and the gateway to what we hope will be

the future Sierra de las Nieves natural park and that is something Marbella and Ojen should have been promoting for a long time now," mayor of Ojen Jose Antonio Gomez said.

Students braving the cold

ALMOST 500 students have returned to college wearing coats, scarves and even carrying blankets after the promised new boiler failed to materialise.

The old boiler at Professor Gonzalo Huesa institute in Ronda failed last month.

When parents complained about the situation investment of nearly €50,000 was sanctioned for a new boiler and heating system.

But with the holidays, work on the project, which started on 12 December, was not completed before the start of the new term.

Students and their teachers have been forced to turn up in winter clothing and then keep it on with the recent fall in temperatures.

College management expect the installation to be finished soon and be fully operational once tested.



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NOW that a number of well-known British furniture stores are opening in Spain, it is very tempting to take advantage of opening offers but cash is still tight after Christmas so a short-term loan from Hola Credito (www.holacredito.com) would certainly help to spread the cost and it will be easier than you would expect.

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Operation orange blossom

NEARLY two dozen people were charged with growing marihuana and exporting it to Holland hidden among boxes of oranges. Guardia Civil officers seized more than 2,000 plants, 88 kilograms of fresh marihuana, 1.8 kilograms of hash, eight vehicles, €1,385 in cash and two firearms in a major operation across the Costa del Sol.

The police investigation leading to the arrests

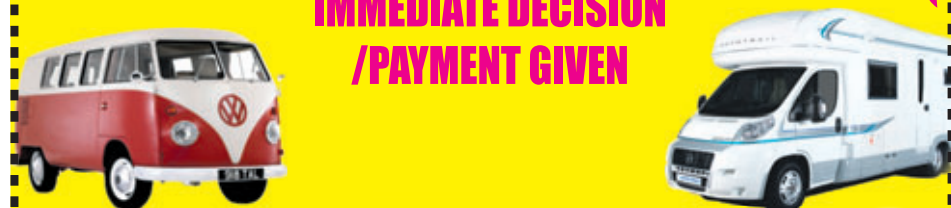
had taken over a year. Officers became aware of greenhouses in the Antequera area being used as clandestine labs to grow the drug.

Detectives uncovered an export trail leading to the Netherlands and pieced together a picture of the wider operation before making a move. Most of the 22 arrested were small drug dealers, although one major organiser was captured.



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Illegal immigrants freed



BURSTING POINT: The CIE on the Isla de las Palomas, Tarifa, is totally full.

By Eleanor Hawkins

A CHRONIC lack of space at the CIEs (foreigners' internment centres) in Tarifa and Algeciras, Cadiz, has led to 495 immigrants who arrived from Africa on dinghies in the space of a week being allowed to walk free.

While immigrants caught attempting to illegally enter Spain are initially sent to CIEs, the number of people already filling the centres in Cadiz meant this was impossible and the police were forced to hand the new arrivals over to NGOs.

Meanwhile, judge Belen Barranco complained of the

overcrowded conditions at the CIE in Tarifa following a recent visit. Inmates, the judge said, are suffering conditions which require "immediate correction."

“Most of those who are sent to the centre will never actually be deported anyway.”

Barranco has urged management of both centres to put an immediate stop to the use of rooms for more than three people, to ensure each room be provided with its own bathroom including

shower and flushing toilet, and provide somewhere for inmates to receive visits.

The current conditions at the centres, ONG representatives have said, are similar to those of a prison, yet inmates have committed no crime and are simply guilty of attempting to enter the country without the correct paperwork.

Plus, said Jose Miguel Sanchez, a criminal law professor from Madrid's Rey Juan Carlos University, most of those who are sent to the centre will never actually be deported anyway and will go free after their maximum 60-day stay in the centre, meaning the process is pointless.

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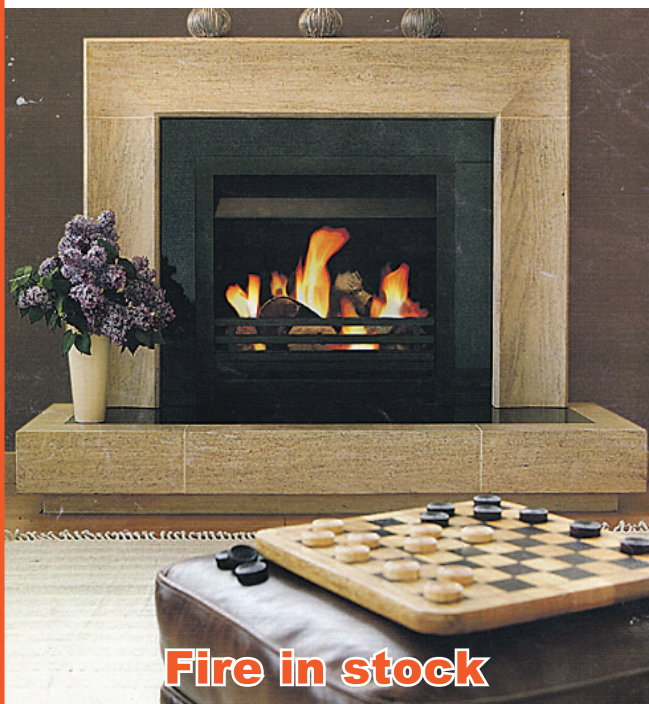
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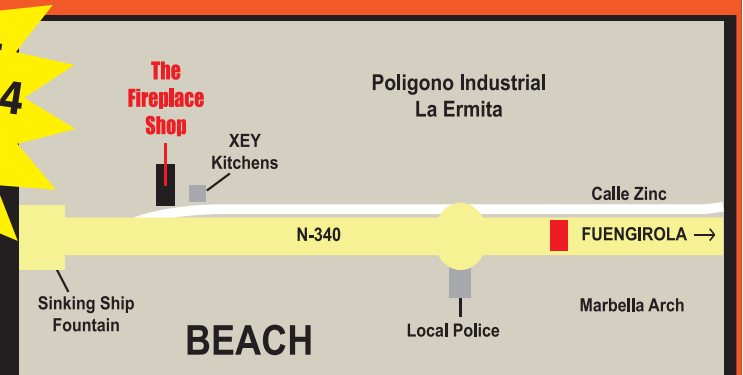
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Road reparation warriors in action

By Matthew Elliott

PROPER emergency roadworks to tackle the severe damage from the early December deluge are finally underway. More than €3 million is being spent to repair 17 Costa del Sol roads wrecked by the heaviest rains and worst floods seen in decades.

Fixing up walls and re-establishing drainage routes will be key and the regional government anticipates spending between one and three months on the affair, depending on the extent of the damage.

Among the roads expecting serious works are the A-377 from Gaucin to Manilva; the A-397 from Ronda to San Pedro; and the A-369 from Ronda to Gaucin, a scenic route that suffered severe cracks in the road.



Photo Credit Ayuntamiento de Casares.

EMERGENCY ROADWORKS: Will repair the severe damage.

Kilometre 45 of the A-397 has presented a serious problem for the more than 8,000 people who travel between Ronda and the San Pedro coastline each day. A temporary diversion has brought all lanes back into action but it will take some time to permanently heal the traffic flow.

Works will also take place on the A-743 access road to Ronda, the A-355 highways

to Ojen and Monda from Marbella, the A-7175 ascent to Benahavis, and A-7053 from Alhaurin de la Torre to Cartama.

Right across the Guadalhorce valley emergency workers will be tackling landslide threats and cleaning ditches as the regional government finally steps up to help begin what will surely be a long process.

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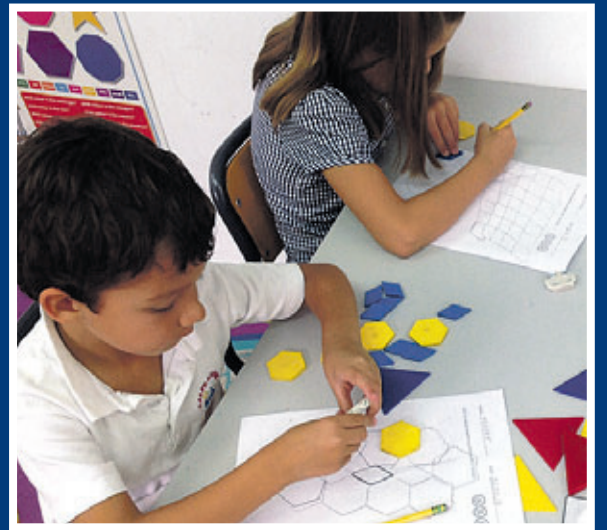
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Slick cycle city



PUERTO BANUS: Avenue to be remodelled and a bike path built.

By Matthew Elliott

PUERTO BANUS' Julio Iglesias avenue will be completely remodelled and boast a bike path almost one kilometre long. The project has massive public support and is part of redoubled

efforts to transform greater Marbella into a cycle-friendly zone.

The 800m bike path was the second most popular demand from local residents who voted on the top 10 new projects they wished to see in Marbella and

San Pedro in 2017. Fixing up the city's Divina Pastora square topped the list.

Sustainability is the new buzzword among city officials who hope to draw tourists in to cycle around Marbella, while reducing pollution from cars.

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FOR the third year running, various womens' groups across the Costa del Sol joined hands to donate gifts to the children of female inmates. The presents were given to the Alhaurin de la Torre prison which passed them on to mothers so they could hand the gifts to their children in person.

The gift-giving ceremony took place on

Prisoners are people too

Three Kings' Day and saw children aged from just 14 months to nine years pop along to see their mothers. Represented

were the Womens' Association of Alhaurin de la Torre, Women for Joy and the Victoria Kent association.

The mayor of Alhaurin also attended to express gratitude to the associations for bringing some real festive spirit to some troubled families. Charity members emphasised how important it is for children to see the human side of their mothers, so often stripped away during routine prison visits.



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Ingenious solar saviour

By Matthew Elliott

A LOCAL start-up company is set to transform global transport. Costa del Sol based cooperative Evolvero Malaga has designed a two-seater solar-powered car that is perfect for small, urban journeys.

Named Mö, the car is described as a cheaper and greener alternative to the traditional gas guzzlers and is aimed at people who travel between 10 and 30 kilometres per day. With a maximum speed of 50kph, Mö isn't made for motorways but is ideal for getting around a town or city.

Just over 100 of the solar cars have been produced but they are already in hot demand across Europe and even America after being presented to wide acclaim at the 2016 Paris Climate Summit. Demand far out-



GREEN TRANSPORT: The solar powered Mö car.

strips supply so far and Evolvero have their work cut out for them.

Mö is fuelled by flexible solar panels incorporated in the body of the car and also a chargeable lithium battery for cloudy days. The battery weighs just eight kilograms and

can be charged in a regular socket just like a mobile phone, taking little over an hour to fully charge.

The car has a curved body and can travel for up to 90 kilometres on a full charge. Pricing is also relatively modest at €4,500 plus VAT.

Dire speed camera fine statistics

IN the time it takes to make a cup of tea, Costa del Sol cameras will have issued around four traffic fines, and Malaga Province has been denounced for its disproportionate number.

Shocking statistics show that the province issued more than a quarter of a million fines in 2015. That is almost 8 per cent of all the fines invoiced in Spain that year, despite having around 3 per cent of the population.

Malaga has five of the most prolific speed cameras in Spain with the A-7 between Mijas and Marbella being the worst stretch for drivers. A close second is the A-45 road to Las Pedrizas.

This is despite none of the 140 most dangerous roads in Spain being located on the Costa del Sol.

The president of the European Automobile Association has specifically condemned Malaga roads as a 'hit parade' of fines that essentially behave as a secretive toll. Mario Arnaldo also questions why road deaths are increasing, despite the record amount of money being taken in.

With an average penalty of €120 that translates to more than €30 million in fines, although it is possible to reduce them with early payment.

Going back a decade the figures are even more startling. From 2006-2016 there were almost two million traffic fines issued averaging over 50 a day.

A staggering four out of every five are for speeding offences.

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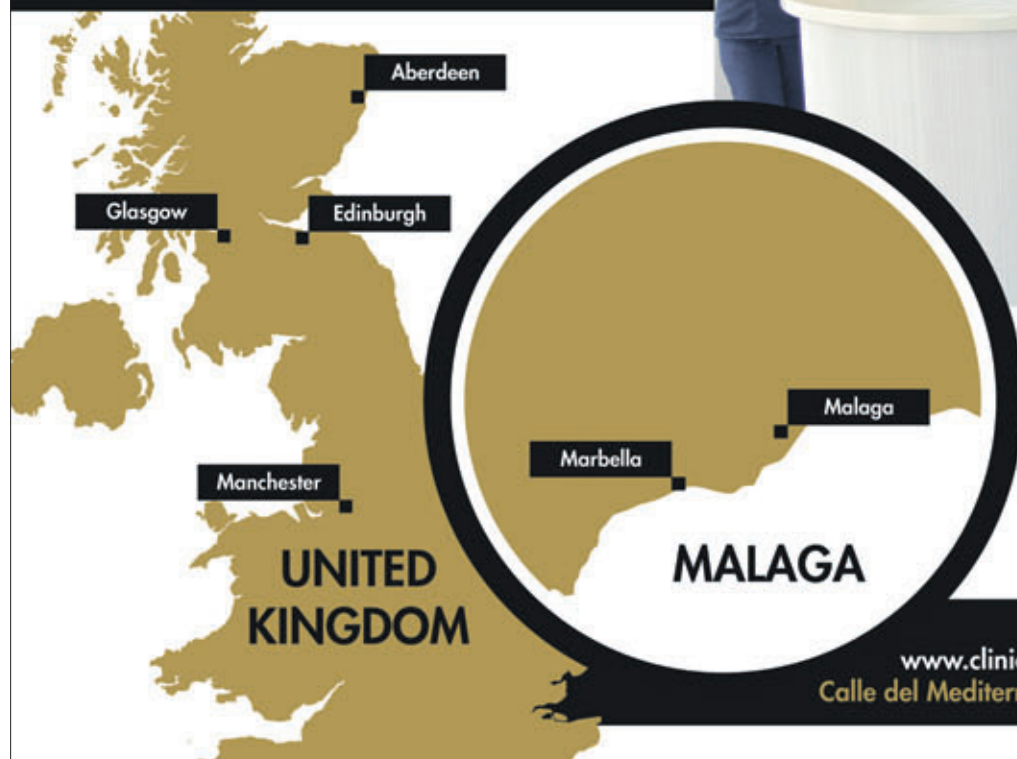
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Foxy emperor

A LITTLE village has decided its new mascot will be a special butterfly native to the area and pledged to create an oasis for the beautiful creatures. Selecting the Charaxes jasius as the local symbol represents the town's astonishing biodiversity.

Also known as the Foxy Emperor or Two-tailed Pasha, the butterfly favours shrubland and can be seen in Mediterranean Europe and right across Africa.

It is distinguished by its four false antennae, evolved as a defensive strategy and leading to its 'four-tails' moniker in Spain.

Jubrique mayor David Sanchez an-

nounced that an oasis will be set up in the Mirador del Altillo for the Foxy Emperor and dozens of other species.

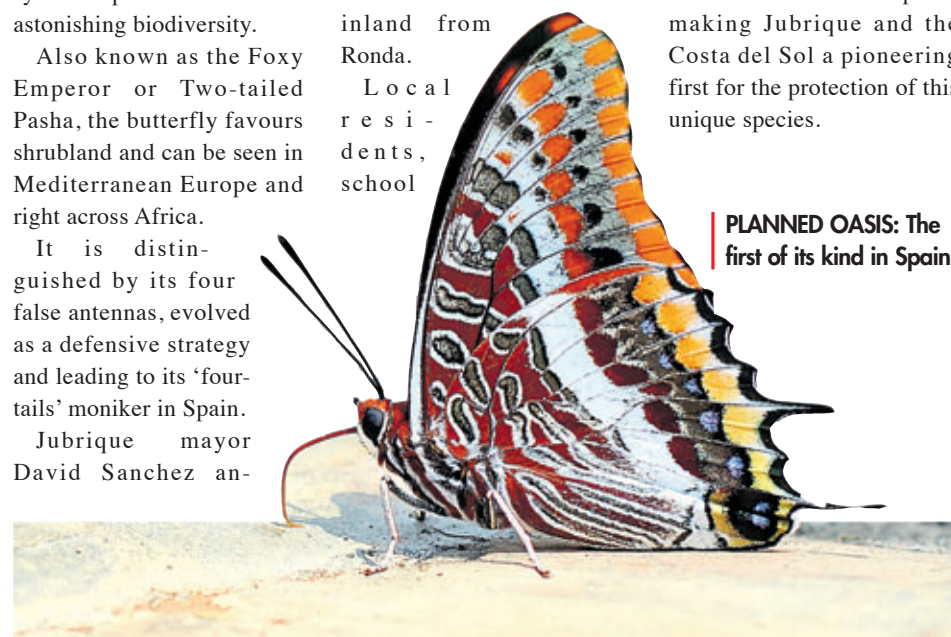
Councillors hope the oasis will help draw more visitors to the picturesque town, situated around 35km inland from Ronda.

Local residents, school

students, scientists and nature-lovers will all be welcome to see the oasis for themselves.

Working together with the Zerynthia Association, the planned oasis will be the first of its kind in Spain, making Jubrique and the Costa del Sol a pioneering first for the protection of this unique species.

PLANNED OASIS: The first of its kind in Spain.



Don't fall for Microsoft scam

THE Microsoft technician scam is back, the Guardia Civil has warned on its official Twitter account.

The police force explained that people with British accents, claiming to be from the company, telephone victims and inform them of a serious security problem, virus or malware on their PC.

They then either demand money to install a cleaning program on the computer, urge victims to provide them with remote access to their PC to solve the problem or direct them to a fake website which

gathers personal information. Whichever way, the Guardia Civil tweeted, if you fall for it you can kiss your money goodbye.

Experts recommend using common sense and bear in mind that Microsoft only provides technical support over its official websites. If in doubt, do nothing until you have confirmed you are talking to a real representative of Microsoft, the police force advised in tweets marked with the hashtags #NoPiques (don't fall for it) and #Timo (scam).

To the rescue

ALHAURIN DE LA TORRE Council has congratulated the fire brigade and Civil Protection for successfully rescuing two dogs stuck in a quarry.

The local branch of Civil Protection was called by 112 Emergency Services, which

explained that the fire brigade was attempting to rescue the dogs and had requested assistance.

Four specialised firefighters and three Civil Protection volunteers were involved in the rescue, which involved climb-

ing to the top of a quarry in the Arroyo Blanquilla area.

Eventually, after a difficult two hours work, both dogs were carried to safety and one, which bore a microchip, was immediately returned to its owner.

First steps for park project

By Eleanor Hawkins

MIJAS Council has put a €244,000 contract to draw up the project and plans for its future mega-park out to tender, the mayor has announced.

Studios interested have until Monday 16 to put in their bids and a choice should be made within a fortnight, explained Mayor Juan Carlos Maldonado and Infrastructures councillor Jose Carlos Martin.

Locals, the council representatives said, are sending in their ideas for the 350,000m2 park to elgranparque@mijas.es and the project, which will be drawn up in a maximum of three months, will include all those which are technically possible.

"We're stressing the citizen participation side of things because we want locals to feel this



PARK PROJECT: To be put out to tender.

park is theirs. The council has voiced its ideas and now we're listening to the public's opinions," Maldonado said.

The council hopes to include the cost of building the park, between the race course access road and the Camino de Coin just 1.5 kilometres from the

centre of Las Lagunas, in its 2018 budgets.

The original proposal put forward by the local authorities includes a boating lake and emblematic bridge, an open air auditorium, a climbing area and tracks around the perimeter for jogging, cycling and skating.



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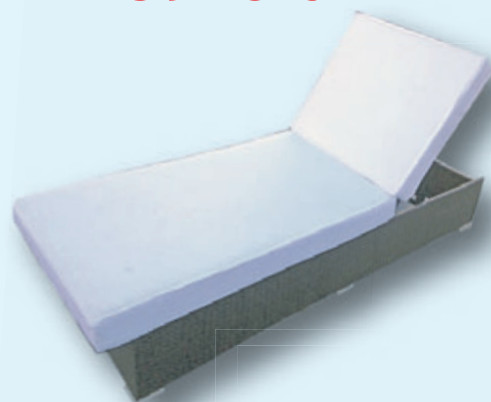
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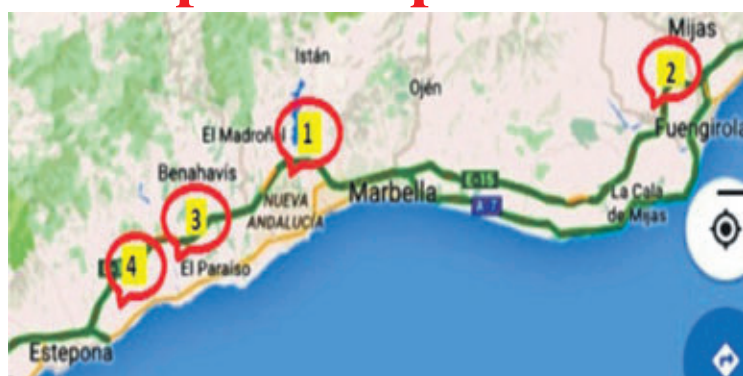
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Estepona Floral Art Club

AFTER two months of something different, a great trip to the Botanical Gardens, The Alameda in Gibraltar and a wonderful Christmas lunch at La Grappa restaurant, Estepona Floral Art Club are returning to their regular format of a flower arranging demonstration this month.

To start the New Year with a bang, the club is very pleased to welcome Emily Broomhead from Wiltshire. Emily is a young, talented floral designer based near Salisbury. Winner of four Royal Horticultural Society (RHS) Chelsea Flower Show gold medals, a keen competitor and designer of many flower festival exhibits, Emily is in demand across the UK as a floral art demonstrator.

Emily's work has featured in The Flower Arranger, Flora and Fusion

Flowers magazines. Emily will stage the honorary exhibit on behalf of the UK at the next World Flower Show to be held in Barbados in June 2017.

Emily's demonstration will take place on Tuesday

“No knowledge of flowers or flower arranging is necessary to enjoy the afternoon.

January 17 at Agro Jardin, Cancelada, and will start promptly at 3pm.

Why not come along and enjoy an afternoon of colour and fun? It's sure to brighten a winter afternoon. No knowledge of flowers or flower arranging is necessary to enjoy the afternoon.

Everyone is welcome and the visitors fee is 10€.

Emily has also kindly agreed to lead one of our 'look and learn' or 'hands on' sessions on Wednesday January 18, also at Agro Jardin from 3-5pm.

You are welcome to come and 'look and learn' or why not be adventurous and come and be 'hands on?' Emily will be there to help you create your own floral arrangement.

To book your place to either 'look and learn' or to take a more active part in the session please contact Janet on 694 425 219.

For more information and photographs visit the Facebook page www.facebook.com/esteponafloralartclub. To receive information about the club or join the mailing list for the monthly newsletter contact Janet or email esteponafloralartclub@hotmail.com.



PANTO TIME: Members enjoyed a fun visit to the Salon Varietes in Fuengirola.

Alhaurin el Grande RBL

CHRISTMAS festivities with the Alhaurin el Grande Royal British Legion Branch finished with a fun visit to the panto in the Salon Varietes in Fuengirola on January 5.

Previously, on December 22, members enjoyed a well-supported scrumptious meal at Restaurant Los Candiles, including a wonderful draw with abundant prizes to pad out members' Christmas stockings. A big thank you is well deserved for the Com-

mittee dedicating time and effort for two enjoyable afternoons

Quoting the infamous lines from the panto "It's behind you!" and "It's over there," brings the group to wish members a Happy 2017. The RBL can be found over at Restaurant Bichito near Poligono Rosa in Alhaurin el Grande on alternate Tuesdays at 11am.

They also meet on the other alternate Tuesdays as

a luncheon club. The Branch tries hard to provide a full and varied calendar of events for its members, starting 2017 with a Quiz at the Black Horse on January 12, starting at 7pm.

Why not come and join them, ex-Service or not? Enjoy the camaraderie, develop friendships, and support the Poppy Appeal to help our Heroes. Interested parties should contact 952 499 238 or 617 807 031.

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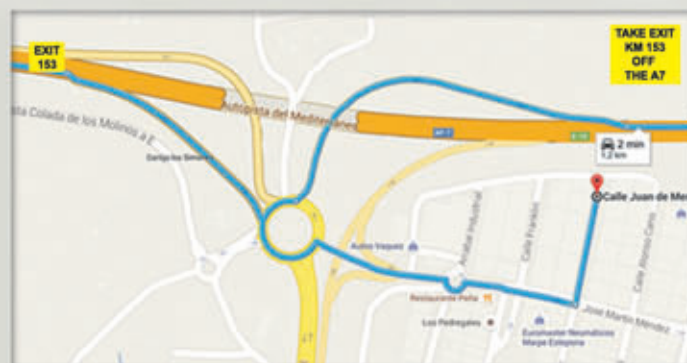
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OVER the last 12 months Positive Pathways has been working towards establishing and registering a new charity for people affected by mental health issues. It aims to provide job opportunities and experience; provide access to training; support and encourage independent living and also decrease the stigma and discrimination faced by people with mental health difficulties.

Positive Pathways has worked in partnership with Clubhouse Gibraltar, other mental health

New employment opportunities

charities, local businesses and the Gibraltar government to explore ways to fund this project and create opportunities for people experiencing mental health difficulties, who have been long-term unemployed and want to return to work.

The charity will support Clubhouse Gibraltar's Transitional Employment Programme

(TEP) in offering opportunities to work in different sectors of employment. The current project is within the catering and hospitality sector managing the cafeteria at Ocean Views Facility.

Future projects include delivering Mental Health First Aid workshops: an educational course which teaches people how to identify, un-

derstand and help a person who may be developing a mental health issue. In the same way as we learn physical first aid, Mental Health First Aid teaches how to recognise the crucial warning signs of mental ill health.

If you want to find out more Positive Pathway will be holding its first flag day on Friday January 13 at Morrisons, Eroski, Piazza and ICC from 9am. Alternatively, contact them by email at positivepathwaysgibraltar@gmail.com.

Plucky Foxy returns after convalescence

READERS may remember the sad story of Foxy, the little Podenco thrown over the fence at the ADANA dog rescue and shelter centre last autumn.

Foxy sustained severe injuries in the fall as a result of which he had to spend three months at the Clinica Veterinaria Estepona, where he underwent extensive surgery which involved steel pins to support the injured leg.

Thanks to the generosity of our readers, donations flooded in to help pay for Foxy's treatment.

He then spent three months convalescing at the clinic, thanks to owner and chief vet Ewa, until he was well enough to be returned to the ADANA shelter.

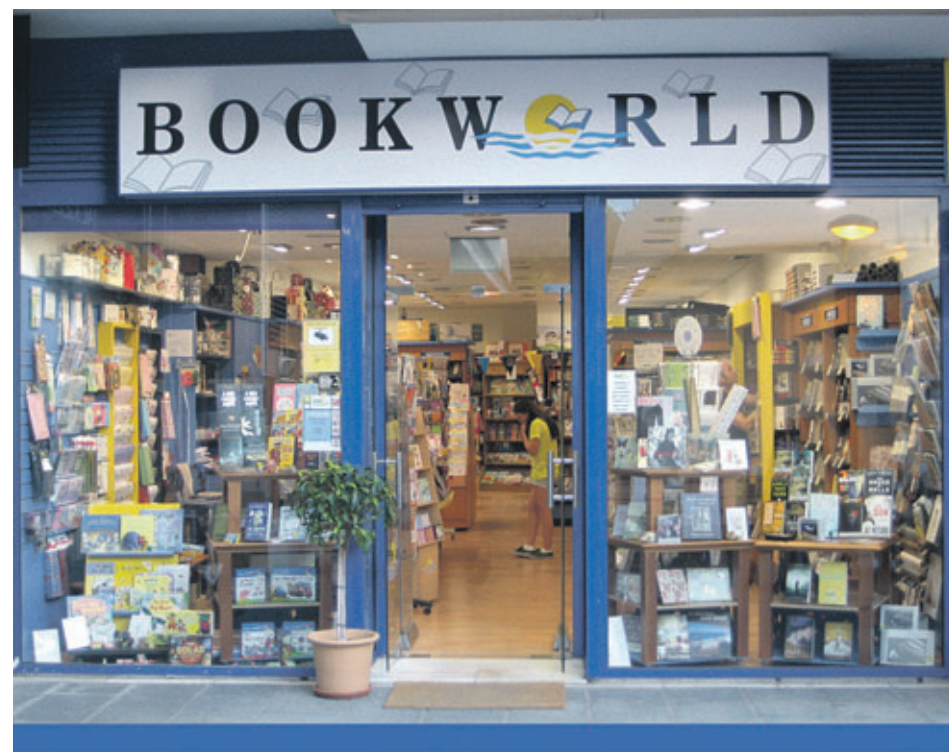
Staff and volunteers were delighted to see Foxy fully recovered and hope that Foxy will soon find a caring forever home.

If you would like to give Foxy a home, please contact Victor on 952 113 467.

The ADANA shelter is open each day from 10am to 1.30pm in the Parque de los Pedregales in Estepona.



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NEWS FROM OUR FIVE OTHER REGIONS

Fire service in numbers

■ COSTA BLANCA SOUTH

Photo by Ayuntamiento de Elche

FIREFIGHTERS: Dealt with a number of other issues in addition to extinguishing fires.*By Linda Hall*

THE Elche and Crevillente fire services were called out 1,560 times last year.

As well as extinguishing fires the two brigades, which cover the Baix Vinalopo area, broke down doors, freed road accident victims from vehicles and dealt with swarms of bees.

The number of elderly people living alone either trapped or having difficulty in opening their doors increased noticeably over the last year, firemen noticed.

They had to open 213 doors in 2016 but could not avert tragedy last February when a 77-year-old woman was unable to escape from a house fire. Her door had five separate security devices, it was found later.

The Baix Vinalopo brigades put out 19 forest fires, mostly in El Hondo, the Santa Pola salt beds, La Marina pinewood and Sierra Crevillente.

■ COSTA BLANCA SOUTH

Speed limit

THE MINISTRY of Public Works is due to reduce the speed limit on the CV-865 between Elche and Santa Pola to 70 kilometres an hour in a move to decrease the number of accidents at intersections.

Online rental

THE Valencian Tourism Agency is taking action against property rental portal Airbnb for promoting apartments in the Region that do not have the necessary rental registration number. According to sources, the company could face a fine of up to €30,000.

Monkeys rescued

A WOMAN has been arrested in Murcia for illegally trying to sell monkeys. The woman has a history of selling prohibited species and on this occasion is accused of trying to sell marmoset monkeys.

Storm study

RESERVOIRS could be built around the Vega Baja to help take advantage of rainwater after storms and the first study will be carried out for a reservoir near the mouth of the river Segura.

Policing problems

COMPLAINTS have been made about the lack of police officers in Los Montesinos with residents calling for action to be taken after a resident was attacked at around 8pm on New Year's Eve.

Offensive graffiti

GRAFFITI celebrating General Franco and the leader of the far-right political party Falange Española as well as statements such as "refugees not welcome" have been found in a train station in Callosa.

■ COSTA DE ALMERÍA

No damage

ZURGENA Council workers inspected the village and later confirmed that, although felt by many locals, a 2.8-degree earthquake registered in the village with an epicentre 12km below ground caused no damage.

Revenge murder

FOUR men suspected of a revenge crime which led to the death of a Dominican man in 2014 will be facing 29-year jail sentences when they go on trial in May.

No more deaths

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 work accidents in 2016 in Almeria province.

Gun law

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

Public shaming

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.

■ AXARQUÍA

Blown away

ONCE again, thieves have used explosives to attack an ATM machine at the BMN Bank in La Herradura in the early hours of January 10. The force of the explosion was so strong it damaged the front of the building which also houses residents on the upper floors.

Rock n' Roll

ALTHOUGH a well-known destination for rock climbers, mother earth turned the tables in Otivar on January 4 when a huge boulder detached itself from an area known for rock falls and completely wrote off two parked cars whilst three others were damaged.

Motril improvements

DUE to a variety of problems with the area, the Motril council has decided to allocate €32,394 for improvement works on the Rambla del Carmen which will be undertaken during January.

Safety first

THE department of transport and parking of Nerja has arranged for safety hand rails to be installed on the access ramps at the Plaza España underground car park.

Motril fire

A PROBLEMATIC electrical device was blamed for a house fire in Motril which was spotted by neighbours on January 8. Officers from the local fire brigade extinguished the fire and the resident treated on site for smoke inhalation.

■ COSTA BLANCA NORTH

Lots for plots

FORTY-FIVE Campello residents applied for a municipal allotment. The 24 plots will be allocated via a draw televised on the town hall's YouTube channel.

On duty

THE UK and Poland will join Nato's Rapid Response Force in Betera (Valencia) on a permanent basis. This brings the number of member countries there to 11.

Bullfight protest

A STATUE of bullfighter Enrique Ponce in his birthplace Chiva (Valencia) was sprayed pink by bullfight opponents. They also scrawled "Murderer" and inverted crosses on an adjoining church.

Market moved

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

Home soon

MIRACLE twins Valentina and Isabella are out of Intensive Care at Alicante General hospital. It was the best present they could have asked for, said their parents Craig and Arlene Drysdale who live in Javea.

Employment gains

THE regions of L'Alcoià, El Comtat and Foia de Castalla have ended 2016 with 1,444 fewer unemployed due mainly to jobs in the service and industry sector.

■ MALLORCA

Narrow escape

A TEENAGER and two teachers people mild injuries from a gas canister explosion at a Palma children's centre. The incident could have been far worse.

Slippery slope

A MOUNTAINEER was flown to safety by helicopters after falling five metres into a stream while hiking the Tramuntanas. She suffered multiple injuries, including a broken wrist.

Trailer trouble

SOLLER residents are campaigning for restrictions on boat trailer parking in the area. People are frustrated by the trailers blocking port access and public roads.

Skid row

TWO motorcyclists were taken to hospital with mild injuries after colliding with an ambulance in Santa Eugenia. With the paramedics out of action, firefighters had to take them to hospital.

Airport costs

DESPITE the fact that Mallorca appears to be one of the most successful holiday destinations in Spain for attracting overseas tourists, local transport minister Marcos Pons has suggested that there should be a 2.6 per cent reduction in airport charges for the next five years.

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NORWAY**Profitable fish**

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

**Best project**

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

Climber dies

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

High price

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

FRANCE**Road power**

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

Organ donation

■ FRENCH citizens are now all or-

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

Murder's pardon

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

has been pardoned by the President and released from jail.

Above average

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

SWEDEN**Nordic lights**

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

Golf event

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

Armed security

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

More gamers

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

HOLLAND**Banana drugs**

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

No pension

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

Increased checks

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

Food help

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

GERMANY**No better**

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

Not a joke

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

Whistle-blowing

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

Bird flu is back

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

BELGIUM**Internet clampdown**

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

Balcony punishment

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

Nearly full

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

Bomb hoax

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

DENMARK**Cancer survival**

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

Celebration injuries

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

Car sales

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

Flu season

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

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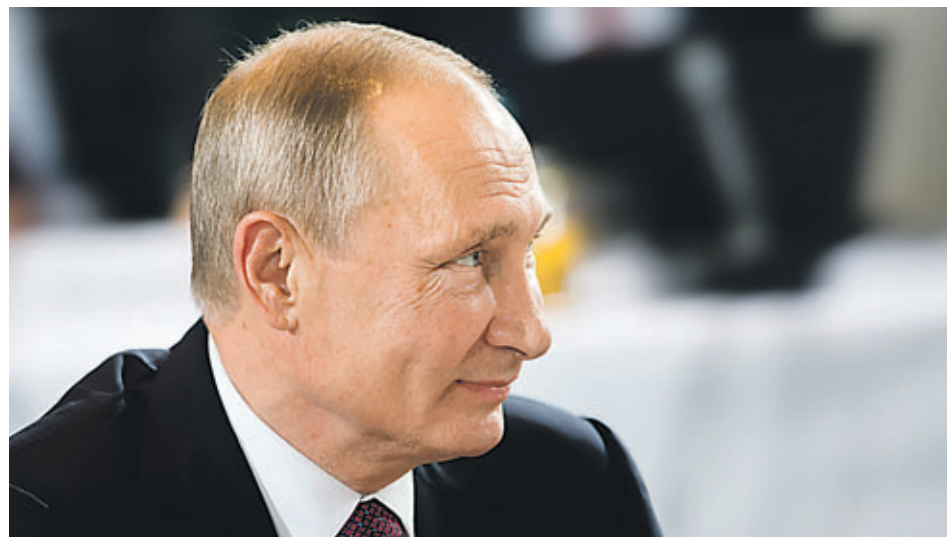
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RUSSIAN PRESS

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.

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.

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 1917 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.

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

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

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

By Matthew Elliott

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

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

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

2.69 million

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

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

It is also thought to reflect years of

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

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

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

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

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

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

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

Next warning for 2017

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

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

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

Quote of the Week

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



Britain's man in Brussels



SIR TIM BARROW: To be the top EU diplomat.

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

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

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

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

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

Naturally not everyone was happy with the appointment.

» BUSINESS EXTRA

Fat cats

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

Solar solution

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

Sexist pricing

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

Apple has hit a Chinese firewall

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

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

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

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

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

CLOSING PRICES JANUARY 9				
COMPANY	PRICE(P)	CHANGE(P)	% CHG.	NET VOL
Land Securities Group	1,041.50	-15.50	-1.47	8,247.31
Legal & General Group	247.25	-2.35	-0.94	14,731.37
Lloyds Banking Group ORD	65.50	-0.40	-0.61	46,143.12
London Stock Exchange Grp	2,710.00	-214.00	-7.32	10,190.41
Micro Focus International	1,025.00	-2,113.00	-100.00	4,855.32
Mediclinic International	350.00	-786.50	-100.00	5,743.13
Merlin Entertainments	0.00	0.00	0.00	4,674.75
Marks & Spencer Group	331.15	-2.55	-0.76	5,374.60
Mondi	0.00	0.00	0.00	8,074.76
Morrison (Wm) Supermarkets	233.75	-2.55	-1.08	5,443.90
National Grid	942.00	-2.40	-0.25	35,331.18
Next	4,100.00	1.00	0.02	6,013.14
Old Mutual Group	202.50	-5.60	-2.69	10,209.90
Provident Financial	0.00	0.00	0.00	4,208.48
Paddy Power Betfair	0.00	0.00	0.00	7,464.60
Prudential	1,612.50	0.00	0.00	41,310.50
Persimmon	1,875.00	-59.00	-3.05	5,984.87
Pearson	808.00	-5.50	-0.68	6,679.78
Reckitt Benckiser Group	6,700.00	13.00	0.19	46,982.12
Royal Bank of Scotland Group	230.00	-2.40	-1.03	27,323.33
Royal Dutch Shell	2,271.50	4.00	0.18	100,248.24
Royal Dutch Shell	2,355.00	-4.50	-0.19	88,281.12
RELX	1,440.00	1.00	0.07	15,532.82
Rio Tinto	3,100.00	5.00	0.16	42,763.38
Royal Mail	459.00	0.20	0.04	4,564.00
Rolls-Royce Group	642.50	-8.00	-1.23	11,759.11
Randgold Resources	6,865.00	350.00	5.37	6,286.08
RSA Insurance Group	560.00	-16.50	-2.86	5,851.11
Sainsbury (J)	251.00	-1.00	-0.40	5,478.03
Schroders	1,250.00	-3,019.00	-100.00	6,828.14
Sage Group (The)	655.50	-2.00	-0.30	7,058.62
Shire	4,885.00	28.50	0.59	44,296.86
Smurfit Kappa Group	0.00	0.00	0.00	4,663.11
Sky	988.50	-2.50	-0.25	17,018.27
Standard Life	361.50	-2.50	-0.69	7,187.31
Smiths Group	575.00	-1,444.00	-100.00	5,634.67
Smith & Nephew	1,212.50	0.50	0.04	10,684.81
SSE	1,525.00	-15.00	-0.97	15,636.08
Standard Chartered	690.00	-5.70	-0.82	22,669.50
St James's Place	400.00	-1,060.00	-100.00	5,538.57
Severn Trent	2,205.50	-9.50	-0.43	5,316.71
Tesco	198.25	-1.25	-0.63	16,271.34
TUI AG	0.00	0.00	0.00	6,874.22
Taylor Wimpey	177.75	9.25	5.49	5,530.85
Unilever	3,285.00	-9.00	-0.27	42,341.33
United Utilities Group	897.50	0.50	0.06	6,137.00
Vodafone Group	209.50	-1.85	-0.88	55,749.80
Wolseley	2,400.00	-4,985.00	-100.00	12,548.33
Worldpay Group	150.00	-281.10	-100.00	5,562.00
WPP Group	1,815.00	-25.00	-1.36	23,409.07
Whitbread	3,899.00	-42.00	-1.07	7,147.06

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CLOSING PRICES JANUARY 9				
COMPANY	PRICE	CHANGE	%CHANGE	VOLUME
3M	178,230	+0,29%	0,520	107M
AMERICAN EXPRESS	75,4700	+0,20%	0,1500	69M
APPLE	117,910	+1,11%	1,300	629M
BOEING CO	159,100	+0,25%	0,390	98M
CATERPILLAR	93,040	+0,04%	0,040	54M
CHEVRON	116,84	-0,40%	-0,47	220M
CISCO SYSTEMS	30,230	+0,20%	0,060	152M
COCA-COLA	41,74	-0,02%	-0,01	180M
DU PONT(EI) DE NMR	73,3800	-0,58%	-0,4300	63M
EXXON MOBIL	88,50	-0,06%	-0,05	367M
GENERAL ELECTRIC	31,6100	+0,29%	0,0900	280M
GOLDMAN SACHS	244,90	+1,48%	3,58	97M
HOME DEPOT	133,5300	-0,28%	-0,3700	163M
IBM	169,53	+0,49%	0,83	161M
INTEL CORP	36,4800	+0,36%	0,1300	173M
J.P.MORGAN CHASE	86,1200	+0,01%	0,0100	308M
JOHNSON & JOHNSON	116,3000	-0,48%	-0,5600	316M
MC DONALD'S CORP	120,7600	+0,89%	1,0600	100M
MERCK AND CO. NEW	60,27	+0,27%	0,16	166M
MICROSOFT	62,840	+0,87%	0,540	489M
NIKE	53,91	+1,60%	0,85	72M
PFIZER	33,4800	-0,39%	-0,1300	203M
PROCTER AND GAMBLE	85,030	-0,04%	-0,030	227M
TRAVELERS CIES	118,27	-0,05%	-0,06	33M
UNITED TECHNOLOGIE	112,55	+1,08%	1,20	92M
UNITEDHEALTH GROUP	162,41	+0,14%	0,23	154M
VERIZON COMMS	53,26	-2,53%	-1,38	216M
VISA	82,21	+1,38%	1,12	152M
WAL-MART STORES	68,2600	-1,37%	-0,9500	209M
WALT DISNEY CO	108,9800	+1,49%	1,6000	173M

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£1.1723.....£0.0014

£1.3626.....£0.0031

£1.2828.....£0.0024

Remaining Elite Fund prices available on request

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

By Matthew Elliott

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

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

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

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

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

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

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



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

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

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

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

Credit card debt warning for the UK

By Matthew Elliott

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

Unsecured consumer credit increased

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

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

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

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

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

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

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

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

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

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

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



CREDIT CARDS: Are considered unsecured credit.

British economy finishes strongly

By Matthew Elliott

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

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

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

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

“

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

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

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

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

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

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



ANDY HALDANE: Chief Economist of the Bank of England.

Losing mental capacity whilst living abroad

by Stone King

Charlotte Macdonald

Contact me at international@stoneking.co.uk



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

“

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

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



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

What is an LPA?

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

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

Your attorney can be a professional,

such as a solicitor or a family member or friend.

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

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

Why should you get an LPA?

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

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

Will my LPA be recognised in Spain?

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

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

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



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The danger of even more racism

LEAPY LEE SAYS IT
OTHERS THINK IT



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

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

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



Foto Copyright Thawornmuak

SICKENING ATTACK: The carers deserve long jail terms.

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

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

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

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

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

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

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

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

Keep the Faith

Love Leapy

leapylee2002@gmail.com

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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 pedalled 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 Torrevieja, 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 Torrevieja 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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2016: The good, the bad and the bonkers

Nora Johnson
Breaking Views

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

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

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

But why this support for sec-

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

“

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

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

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

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



ANN WIDDECOMBE: A former Strictly contestant.

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

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

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

Nora Johnson's psychological / suspense crime thrillers 'No Way Back,' 'Landscape of Lies,' 'Retribution,' 'Soul Stealer,' 'The De Clerambault Code' (www.nora-johnson.com) available from Amazon in paperback/eBook (€0.99; £0.99) and iBookstore. All profits to Costa del Sol Cudeca cancer charity.

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BBC one

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

BBC TWO

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

BBC FOUR

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

CHANNEL 4

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

CHANNEL 5

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

4

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

sky SPORTS 1

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

itv

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

itv2

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

itv3

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

itv4

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

sky/MOVIES ACTION & ADVENTURE

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

sky/MOVIES COMEDY

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

sky/MOVIES PREMIERE

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

sky SPORTS 2

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

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BBC one

7:00am	Breakfast
10:15am	Rip Off Britain
11:00am	Homes Under the Hammer
12:00pm	Wanted Down Under
12:45pm	Caught Red Handed
1:15pm	Bargain Hunt
2:00pm	BBC News at One
2:30pm	BBC London News
2:45pm	Father Brown
3:30pm	!Mpossible
4:15pm	Escape to the Country
4:45pm	The Hairy Bikers' Comfort Food
5:30pm	Antiques Road Trip
6:15pm	Pointless
7:00pm	BBC News at Six
7:30pm	BBC London News
8:00pm	The One Show
8:30pm	A Question of Sport
9:00pm	EastEnders
9:30pm	Room 101
10:00pm	Not Going Out
10:30pm	Mrs. Brown's Boys
11:00pm	BBC News at Ten
11:25pm	BBC London News
11:35pm	The Graham Norton Show
12:25am	Uncle
12:55am	The NFL Show
1:25am	The Black Balloon

BBC TWO

7:00am	Rip Off Britain
7:45am	Wanted Down Under
8:30am	Caught Red Handed
9:00am	Great British Menu
9:30am	Great British Menu
10:00am	Victoria Derbyshire
12:00pm	BBC Newsroom Live
1:00pm	The Daily Politics
2:00pm	Coast
2:15pm	Chefs: Put Your Menu Where Your Mouth is
3:00pm	Talking Pictures
3:35pm	From Here to Eternity
5:30pm	A Place to Call Home
6:15pm	Put Your Money Where Your Mouth Is
7:00pm	Eggheads
7:30pm	Great British Railway Journeys
8:00pm	Big Dreams Small Spaces
9:00pm	Mastermind
9:30pm	Only Connect
10:00pm	World's Most Extraordinary Homes
11:00pm	QI
11:30pm	Newsnight
12:05am	The Last Kingdom
1:05am	The Last Kingdom

BBC FOUR

8:00pm	World News Today
	<i>The latest national and international news, exploring the day's events from a global perspective.</i>
8:30pm	Top of the Pops
9:00pm	The Good Old Days
10:00pm	Sound of Musicals with Neil Brand
11:00pm	Bowie at the BBC
12:00am	David Bowie: Five Years
1:30am	Top of the Pops
2:05am	Sound of Musicals with Neil Brand
3:05am	David Bowie: Five Years
	<i>An intimate portrait of five key years in David Bowie's career. Featuring a wealth of previously unseen archive this film looks at how Bowie continually evolved, from Ziggy Stardust to the soul star of Young Americans and the 'Thin White Duke'.</i>

CHANNEL 4

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

CHANNEL 5

9:00am	Ben and Holly's Little Kingdom
9:15am	Wissper
9:25am	Peppa Pig
9:35am	Peppa Pig
9:45am	Milkshake Monkey
9:50am	Toot the Tiny Tugboat
10:00am	Toby's Travelling Circus
10:15am	The Wright Stuff
12:15pm	The Hotel Inspector
1:10pm	5 News Lunchtime
1:15pm	Celebrity Big Brother
2:15pm	Home and Away
2:45pm	Neighbours
3:15pm	NCIS
4:15pm	The Wrong Woman
6:00pm	5 News at 5
6:30pm	Neighbours
7:00pm	Home and Away
7:30pm	5 News Tonight
8:00pm	Penguin A and E with Lorraine Kelly
9:00pm	Dogs Make You Laugh Out Loud 3
10:00pm	Celebrity Big Brother
11:00pm	Lip Sync Battle UK
11:30pm	Celebrity Big Brother
12:05am	Celebrity Big Brother's Bit on the Side

4

7:00am	Charmed
7:45am	Charmed
8:35am	Hollyoaks
9:05am	Rules of Engagement
9:35am	Rules of Engagement
10:00am	Baby Daddy
10:30am	Baby Daddy
11:00am	Brooklyn Nine-Nine
11:30am	Brooklyn Nine-Nine
12:00pm	Charmed
1:00pm	Charmed
2:00pm	How I Met Your Mother
2:30pm	How I Met Your Mother
3:00pm	The Big Bang Theory
3:30pm	The Big Bang Theory
4:00pm	Baby Daddy
4:30pm	Baby Daddy
5:00pm	How I Met Your Mother
6:00pm	Brooklyn Nine-Nine
6:30pm	Brooklyn Nine-Nine
7:00pm	The Big Bang Theory
8:00pm	Hollyoaks
8:30pm	Carjackers
9:00pm	The Big Bang Theory
9:30pm	The Big Bang Theory
10:00pm	Speed
12:20am	The Big Bang Theory
12:50am	The Big Bang Theory

sky SPORTS 1

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

itv

7:00am	Good Morning Britain
9:30am	Lorraine
10:25am	The Jeremy Kyle Show
11:30am	This Morning
1:30pm	Loose Women
2:30pm	ITV Lunchtime News
2:55pm	ITV News London
3:00pm	Judge Rinder
4:00pm	Dickinson's Real Deal
5:00pm	Tipping Point
6:00pm	The Chase
7:00pm	ITV News London
7:30pm	ITV Evening News
8:00pm	Emmerdale
8:30pm	Coronation Street
9:00pm	Best Walks with a View with Julia Bradbury
9:30pm	Coronation Street
10:00pm	Tina and Bobby
11:00pm	ITV News at Ten and Weather
11:30pm	ITV News London
11:40pm	Fishing Impossible
12:10am	The Wine Show
1:10am	Jackpot247
4:00am	Freeze Out

itv2

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

itv3

7:00am	Doctor in the House
7:25am	Heartbeat
8:25am	Where the Heart is
9:30am	The Royal
10:25am	Judge Judy
10:55am	Judge Judy
11:25am	Judge Judy
11:50am	A Touch of Frost
2:00pm	Heartbeat
3:05pm	The Royal
4:05pm	Where the Heart is
5:15pm	Doctor in the House
5:50pm	You're Only Young Twice
6:20pm	George and Mildred
6:55pm	Heartbeat
8:00pm	Murder, She Wrote
9:00pm	Doc Martin
10:00pm	A Touch of Frost
12:10am	Blue Murder
1:45am	The Knock
2:40am	Wycliffe
3:40am	Wild at Heart
5:15am	Rory Bremner's Great British Views
	<i>Rory Bremner is in the beautiful Cotswolds where he takes a trip on the local steam railway.</i>

itv4

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

sky MOVIES ACTION & ADVENTURE

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

sky MOVIES COMEDY

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

sky MOVIES PREMIERE

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

sky SPORTS 2

7:00am	Cricket Classics
8:00am	Cricket's Greatest
8:30am	Great Sporting Moments
8:45am	Cricket Gold Shorts
8:55am	Cricket
4:00pm	Great Sporting Moments
4:15pm	Great Sporting Moments
4:30pm	Great Sporting Moments
4:45pm	Great Sporting Moments
5:00pm	Cricket's Greatest
5:30pm	Cricket's Greatest
6:00pm	Sporting Greats
6:30pm	Sporting Greats
7:00pm	Sporting Greats II
7:25pm	Cricket
8:40pm	Football
11:00pm	Sporting Mavericks
11:30pm	More Than a Game
12:00am	Cricket
1:00am	Sporting Rivalries
1:30am	Sporting Rivalries
2:00am	Cricket Classics
3:00am	Sporting Greats
4:00am	Cricket World Cup Classics

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GOOD NEWS FOR YOUR CAR 902 123 309



BBC one

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

BBC TWO

9:15am	The Magic Box
11:00am	Secret Britain
12:00pm	Homes Under the Hammer
1:00pm	Exploring China: A Culinary Adventure
2:00pm	Ice Station Zebra
4:20pm	Flog It!
5:00pm	Mastermind
5:30pm	University Challenge
6:00pm	Only Connect
<i>A show in which connections must be made between seemingly unconnected things.</i>	
6:30pm	The World's Most Extraordinary Homes
7:30pm	Thailand: Earth's Tropical Paradise
8:30pm	Britain's Ancient Capital : Secrets of Orkney
9:30pm	Dad's Army
10:00pm	Imagine
11:40pm	On the Waterfront
1:25am	Lay the Favourite
2:55am	This is BBC Two
<i>Highlights of programmes on BBC Two.</i>	

BBC FOUR

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

CHANNEL 4

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

CHANNEL 5

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

4

7:00am	Rude(ish) Tube
7:30am	Rude(ish) Tube
8:00am	Suburgatory
8:30am	Suburgatory
9:00am	Black-Ish
9:30am	Black-Ish
10:00am	How I Met Your Mother
10:30am	How I Met Your Mother
11:00am	Melissa and Joey
11:30am	Melissa and Joey
12:00pm	Baby Daddy
12:30pm	Baby Daddy
1:00pm	Black-Ish
1:30pm	Black-Ish
2:00pm	Young and Hungry
2:30pm	Young and Hungry
3:00pm	The Goldbergs
3:30pm	The Goldbergs
4:00pm	The Goldbergs
4:30pm	The Goldbergs
5:00pm	Brooklyn Nine-Nine
5:30pm	Brooklyn Nine-Nine
6:00pm	The Big Bang Theory
9:30pm	The Big Bang Theory
10:00pm	Info Not Available
12:10am	Gogglebox
1:10am	Gogglebox
2:10am	The Inbetweeners
2:40am	The Inbetweeners

sky SPORTS 1

7:00am	Football Gold
7:15am	Football Gold
7:30am	Football Gold
7:45am	Football Gold
8:00am	Football's Greatest
8:30am	Football's Greatest
9:00am	Game Changers
9:30am	Premier League Preview 2016/17
10:00am	The Fantasy Football Club
11:00am	Soccer A.M.
12:30pm	Football
4:00pm	Gillette Soccer Saturday
6:15pm	Football
9:00pm	EFL Goals
9:30pm	Nissan Game of the Day
11:30pm	Nissan Match Choice
12:30am	Pl: Match TBA Highlights
1:00am	Pl: Match TBA Highlights
1:30am	Premier League Highlights
2:00am	Pl: Match TBA Highlights
2:30am	Pl: Match TBA Highlights
3:00am	Pl: Match TBA Highlights

itv

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

itv2

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

itv3

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

itv4

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

sky MOVIES ACTION & ADVENTURE

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

sky MOVIES COMEDY

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

sky MOVIES PREMIERE

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

sky SPORTS 2

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



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BBC one

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

BBC TWO

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

BBC FOUR

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

CHANNEL 4

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

CHANNEL 5

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

4

7:00am	Rude(ish) Tube
7:30am	Rude(ish) Tube
8:00am	How I Met Your Mother
8:30am	How I Met Your Mother
9:00am	Melissa and Joey
9:30am	Melissa and Joey
10:00am	Baby Daddy
10:30am	Baby Daddy
11:00am	Hollyoaks Omnibus
1:30pm	Couples Come Dine with Me
2:30pm	Couples Come Dine with Me
3:30pm	The Goldbergs
4:00pm	The Goldbergs
4:30pm	The Goldbergs
5:00pm	The Goldbergs
5:30pm	The Goldbergs
6:00pm	The Big Bang Theory
6:30pm	The Big Bang Theory
7:00pm	The Big Bang Theory
7:30pm	The Big Bang Theory
8:00pm	The Big Bang Theory
8:30pm	The Big Bang Theory
9:00pm	Johnny English Reborn
11:05pm	Tattoo Fixers
12:05am	Virtually Famous
12:50am	The Inbetweeners

sky SPORTS 1

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

itv

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

itv2

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

itv3

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

itv4

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

sky MOVIES ACTION & ADVENTURE

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

sky MOVIES COMEDY

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

sky MOVIES PREMIERE

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

sky SPORTS 2

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

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

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BBC one

7:00am	Breakfast
10:15am	Rip Off Britain
11:00am	Homes Under the Hammer
12:00pm	Wanted Down Under
12:45pm	Caught Red Handed
1:15pm	Bargain Hunt
2:00pm	BBC News
2:30pm	Regional News
2:45pm	Father Brown
3:30pm	!Mpossible
4:15pm	Escape to the Country
4:45pm	The Hairy Bikers' Comfort Food
5:30pm	Antiques Road Trip
6:15pm	Pointless
7:00pm	BBC News
7:30pm	Regional News
8:00pm	The One Show
8:30pm	Inside Out
9:00pm	EastEnders
9:30pm	Panorama
10:00pm	Silent Witness
11:00pm	BBC News
11:30pm	Regional News
11:40pm	Weather
11:45pm	Class
12:30am	Class
1:15am	Weather for the Week Ahead

BBC TWO

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

BBC FOUR

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

CHANNEL 4

7:15am	3rd Rock from the Sun
7:40am	King of Queens
9:00am	Everybody Loves Raymond
9:30am	Everybody Loves Raymond
10:00am	Frasier
10:30am	Frasier
11:00am	Frasier
11:30am	Ramsay's Kitchen Nightmares USA
12:30pm	Four in a Bed
1:00pm	Channel 4 News Summary
1:05pm	Four in a Bed
3:10pm	Countdown
4:00pm	A New Life in the Sun
5:00pm	A Place in the Sun
6:00pm	Come Dine with Me
7:00pm	The Simpsons
7:30pm	Hollyoaks
8:00pm	Channel 4 News Summary
9:00pm	Dispatches
9:30pm	Food Unwrapped
10:00pm	The Undateables
11:00pm	First Dates Hotel
12:05am	Tattoo Fixers
1:05am	Spies

CHANNEL 5

7:00am	Milkshake!
10:15am	The Wright Stuff
12:20pm	The Hotel Inspector
1:10pm	5 News
1:15pm	Celebrity Big Brother
2:15pm	Home and Away
2:45pm	Neighbours
3:20pm	NCIS
4:20pm	Mother Betrayed
6:00pm	5 News
6:30pm	Neighbours
7:00pm	Home and Away
7:30pm	5 News
8:00pm	World's Biggest Beast Documentary looking at the largest animals ever to roam the earth.
9:00pm	Police Interceptors
10:00pm	Celebrity Big Brother
11:00pm	The Week We Went Wild
12:05am	Celebrity Big Brother's Bit on the Side
1:05am	Tattoo Disasters

4

7:00am	Charmed
8:05am	Hollyoaks
8:35am	Rude(ish) Tube
9:05am	Rules of Engagement
9:35am	Rules of Engagement
10:00am	Baby Daddy
10:30am	Baby Daddy
11:00am	Brooklyn Nine-Nine
11:30am	Brooklyn Nine-Nine
12:00pm	Charmed
1:00pm	Charmed
2:00pm	How I Met Your Mother
2:30pm	How I Met Your Mother
3:00pm	The Big Bang Theory
3:30pm	The Big Bang Theory
4:00pm	Baby Daddy
4:30pm	Baby Daddy
5:00pm	How I Met Your Mother
5:30pm	How I Met Your Mother
6:00pm	Brooklyn Nine-Nine
7:00pm	The Big Bang Theory
7:30pm	The Big Bang Theory
8:00pm	Hollyoaks
8:30pm	Coach Trip
9:00pm	The Addams Family
11:00pm	Gogglebox
12:00am	The Big Bang Theory

sky SPORTS 1

7:00am	Football Gold
7:15am	Football Gold
7:30am	Football Gold
7:45am	Football Gold
8:00am	WWE Raw
9:00am	Goals on Sunday
10:00am	Pl Match Highlights
11:00am	The Premier League Years
1:00pm	Pl Match Highlights
1:30pm	Pl Match Highlights
2:00pm	Great Sporting Moments
3:00pm	Premier League Legends
4:00pm	Sporting Heroes
5:00pm	Pl Match Highlights
5:30pm	Pl Match Highlights
6:00pm	Boxing Gold
6:30pm	Pl Match Highlights
7:00pm	Pl Match Highlights
7:30pm	Premier League 100 Club
8:00pm	Soccer AM: The Best Bits 2016/17
8:30pm	Football
11:00pm	Premier League Legends
11:30pm	Premier League Legends
12:00am	Great Sporting Moments

itv

7:00am	Good Morning Britain
9:30am	Lorraine
10:25am	The Jeremy Kyle Show
11:30am	This Morning
1:30pm	Loose Women
2:30pm	ITV Lunchtime News
3:00pm	Judge Rinder
4:00pm	Dickinson's Real Deal
5:00pm	Tipping Point
6:00pm	The Chase
7:00pm	Local News and Weather
7:30pm	ITV Evening News
8:00pm	Emmerdale
8:30pm	Coronation Street
9:00pm	The Martin Lewis Money Show
9:30pm	Coronation Street
10:00pm	The Halcyon
11:00pm	ITV News at Ten and Weather
11:40pm	Through the Keyhole
12:40am	The Chase
1:40am	Jackpot247
4:00am	The Jeremy Kyle Show
4:50am	Nightscreen

itv2

7:00am	Planet's Funniest Animals
7:20am	Who's Doing the Dishes?
8:15am	The Ellen DeGeneres Show
9:00am	Emmerdale
9:30am	Coronation Street
10:00am	Coronation Street
10:35am	Psych
11:25am	Scorpion
12:25pm	Who's Doing the Dishes?
1:25pm	Emmerdale
1:55pm	Coronation Street
2:30pm	Coronation Street
3:00pm	The Ellen DeGeneres Show
3:50pm	The Jeremy Kyle Show
4:55pm	The Jeremy Kyle Show
6:00pm	Judge Rinder
7:00pm	You've Been Framed!
9:00pm	Two and a Half Men
10:00pm	Family Guy
10:30pm	The Great Indoors
11:00pm	American Dad!
11:55pm	Family Guy
12:30am	Family Guy

itv3

7:00am	Doctor in the House
7:25am	Heartbeat
8:30am	Where the Heart is
9:35am	The Royal
10:35am	Judge Judy
11:00am	Judge Judy
11:30am	Judge Judy
11:55am	A Touch of Frost
2:00pm	Heartbeat
3:05pm	The Royal
4:05pm	Where the Heart is
5:15pm	In Loving Memory
5:50pm	Rising Damp
6:20pm	George and Mildred
6:55pm	Heartbeat
8:00pm	Murder, She Wrote
9:00pm	Doc Martin
10:00pm	Long Lost Family
11:00pm	The Bletchley Circle
12:00am	Women Behind Bars
1:05am	Wycliffe
2:05am	The Knock
3:00am	ITV3 Nightscreen Text-based information service.
3:30am	Teleshopping Shopping from home.

itv4

7:00am	Gunsmoke
7:55am	The Saint
8:50am	Quincy, M.E.
9:50am	The Professionals
10:50am	Ironsides
11:55am	Gunsmoke
1:00pm	Storage Wars New York
1:30pm	Storage Wars New York
2:00pm	Pawn Stars
2:30pm	Pawn Stars
3:00pm	Quincy, M.E.
4:00pm	Ironsides
5:00pm	The Professionals
6:00pm	The Saint
7:05pm	Storage Wars New York
7:35pm	Storage Wars New York
8:00pm	Pawn Stars
8:30pm	Pawn Stars
9:00pm	The Chase: Celebrity Special
10:00pm	Billy Connolly's Tracks Across America
11:00pm	Unforgiven
12:05am	FYI Daily
12:10am	Unforgiven

sky MOVIES ACTION & ADVENTURE

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

sky MOVIES COMEDY

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

sky MOVIES PREMIERE

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

sky SPORTS 2

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

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BBC one

7:00am	Breakfast
10:15am	Rip Off Britain
11:00am	Homes Under the Hammer
12:00pm	Wanted Down Under
12:45pm	Caught Red Handed
1:15pm	Bargain Hunt
2:00pm	BBC News
2:30pm	Regional News
2:45pm	Father Brown
3:30pm	!Mpossible
4:15pm	Escape to the Country
4:45pm	The Hairy Bikers' Comfort Food
5:30pm	Antiques Road Trip
6:15pm	Pointless
7:00pm	BBC News
7:30pm	Regional News
8:00pm	The One Show
8:30pm	EastEnders
9:00pm	Match of the Day Live
11:00pm	BBC News
11:30pm	Regional News
11:40pm	Weather
11:45pm	Stacey on the Frontline: Girls, Guns and Isis
12:30am	Italy's Invisible Cities

BBC TWO

7:00am	Rip Off Britain
7:45am	Wanted Down Under
8:30am	Cash in the Attic
9:00am	Caught Red Handed
9:30am	Sign Zone Caught Red Handed
10:00am	Victoria Derbyshire
12:00pm	BBC Newsroom Live
1:00pm	The Daily Politics
2:00pm	Masters Snooker
6:00pm	Coast
6:15pm	Flog It!
7:00pm	Eggheads
7:30pm	Great British Railway Journeys
8:00pm	Rick Stein's Long Weekends
9:00pm	Great Interior Design Challenge
10:00pm	Our Dancing Town
11:00pm	Revolting
11:30pm	Newsnight
12:10am	Weather
12:15am	NFL
1:05am	Snooker Coverage and reaction from the latest Snooker event taking place.
3:55am	The Cook Who Changed Our Lives
4:50am	The Sheriffs are Coming

BBC FOUR

8:00pm	World News Today <i>BBC Four is the BBC channel for people who want more. More depth, more range, more to stimulate the mind. More daily from 7.00pm.</i>
8:30pm	Grand Tours of Scotland <i>Paul Murton presents the series that relives the golden days of Scottish tourism.</i>
9:00pm	The Golden Age of Canals
10:00pm	Britain Beneath Your Feet
11:00pm	Horizon
12:00am	Circus Elephant
12:55am	Rampage - Storyville
1:55am	A Very British Renaissance
2:55am	How the Devil Got His Horns: A Diabolical Tale
3:55am	The Unthanks: A Very English Winter
	Britain Beneath Your Feet

CHANNEL 4

7:00am	Countdown
7:45am	King of Queens
9:00am	Everybody Loves Raymond
10:00am	Frasier
10:30am	Frasier
11:00am	Frasier
11:30am	Ramsay's Kitchen Nightmares USA
12:30pm	Four in a Bed
3:10pm	Countdown
4:00pm	A New Life in the Sun
5:00pm	A Place in the Sun
6:00pm	Come Dine with Me
7:00pm	The Simpsons
7:30pm	Hollyoaks <i>Kim makes a panicked phone call to Grace asking her to get to the hospital.</i>
8:00pm	Channel 4 News Summary
9:00pm	How to Lose Weight Well
10:00pm	24 Hours in A and E
11:00pm	This is Us Ep7: The Best Washing Machine in the Whole World
11:55pm	The Undateables
1:00am	Bodysockers

CHANNEL 5

7:00am	Milkshake!
10:15am	The Wright Stuff
12:20pm	The Hotel Inspector
1:10pm	5 News
1:15pm	Celebrity Big Brother
2:15pm	Home and Away
2:45pm	Neighbours
3:15pm	NCIS
4:15pm	Who Killed My Husband?
6:00pm	5 News
6:30pm	Neighbours
7:00pm	Home and Away
7:30pm	5 News
8:00pm	To B&B the Best
9:00pm	A New Life in Oz
10:00pm	Celebrity Big Brother
11:00pm	Celebrity 100% Hotter
12:05am	Celebrity Big Brother's Bit on the Side
1:05am	Celebrity Big Brother
2:00am	Super Casino
4:10am	GPs: Behind Closed Doors
5:00am	Now That's Funny!
5:45am	Great Scientists <i>Series presented by Allan Chapman profiling famous and influential scientists.</i>

4

7:00am	Charmed
8:05am	Hollyoaks
8:35am	Rude(ish) Tube
9:05am	Rules of Engagement
9:35am	Rules of Engagement
10:00am	Baby Daddy
10:30am	Baby Daddy
11:00am	Brooklyn Nine-Nine
11:30am	Brooklyn Nine-Nine
12:00pm	Charmed
1:00pm	Charmed
2:00pm	How I Met Your Mother
2:30pm	How I Met Your Mother
3:00pm	The Big Bang Theory
3:30pm	The Big Bang Theory
4:00pm	Baby Daddy
5:00pm	How I Met Your Mother
5:30pm	How I Met Your Mother
6:00pm	Brooklyn Nine-Nine
6:30pm	Brooklyn Nine-Nine
7:00pm	The Big Bang Theory
8:00pm	Hollyoaks
8:30pm	Coach Trip
9:00pm	The Goldbergs
9:30pm	The Goldbergs
10:00pm	Tattoo Fixers
11:00pm	Virtually Famous
11:45pm	The Big Bang Theory
12:15am	The Big Bang Theory

sky SPORTS 1

10:00am	Soccer AM: The Best Bits 2016/17
10:30am	Scottish Football Round Up
10:45am	La Liga Goals
11:00am	The Premier League Years
1:00pm	Time of Our Lives
2:00pm	Scottish Football Round Up
2:15pm	La Liga Goals
2:30pm	Great Sporting Moments
3:00pm	Premier League Legends
4:00pm	Sporting Heroes
5:00pm	Sporting Triumphs
6:00pm	Boxing Gold
6:30pm	Darts Gold
7:00pm	Premier League Review
8:00pm	Scottish Football Round Up
8:15pm	La Liga Goals
8:30pm	Soccerex: Football Festival
9:00pm	Fight Night
11:00pm	La Liga World
11:30pm	Scottish Football Round Up
11:45pm	La Liga Goals
12:00am	Premier League Review
1:00am	More Than a Game

itv

7:00am	Good Morning Britain
9:30am	Lorraine
10:25am	The Jeremy Kyle Show
11:30am	This Morning
1:30pm	Loose Women
2:30pm	ITV Lunchtime News
3:00pm	Judge Rinder
4:00pm	Dickinson's Real Deal
5:00pm	Tipping Point
6:00pm	The Chase
7:00pm	Local News and Weather
7:30pm	ITV Evening News
8:00pm	Emmerdale
8:30pm	The Money Saving Good Health Show
9:00pm	Islands of Australia
10:00pm	Sugar Free Farm
11:00pm	ITV News at Ten and Weather
11:40pm	Wilderness Walks with Ray Mears
12:10am	Trawlermen Tales
1:10am	Jackpot247
4:00am	Loose Women
4:50am	Nightscreen

itv2

7:00am	You've Been Framed!
7:20am	Who's Doing the Dishes?
8:15am	The Ellen DeGeneres Show
9:00am	Emmerdale
9:30am	Coronation Street
10:00am	Coronation Street
10:35am	Psych
11:25am	Scorpion
12:25pm	Who's Doing the Dishes?
1:25pm	Emmerdale
1:55pm	Coronation Street
2:30pm	Coronation Street
3:00pm	The Ellen DeGeneres Show
3:50pm	The Jeremy Kyle Show
4:55pm	The Jeremy Kyle Show
6:00pm	Judge Rinder
7:00pm	You've Been Framed!
8:00pm	You've Been Framed!
8:30pm	You've Been Framed!
9:00pm	Two and a Half Men
9:30pm	Two and a Half Men
10:00pm	Get Him to the Greek
11:00pm	FYI Daily
11:05pm	Get Him to the Greek
12:10am	Family Guy

itv3

7:00am	In Loving Memory
7:25am	Heartbeat
8:25am	Where the Heart is
9:30am	The Royal
10:30am	Judge Judy
11:00am	Judge Judy
11:30am	Judge Judy
11:55am	A Touch of Frost
2:00pm	Heartbeat
3:05pm	The Royal
4:10pm	Where the Heart is
5:15pm	In Loving Memory
5:50pm	Rising Damp
6:20pm	George and Mildred
6:55pm	Heartbeat
8:00pm	Murder, She Wrote
9:00pm	Midsomer Murders
11:00pm	The Guilty
12:00am	A Touch of Frost
2:05am	The Knock <i>Drama series about the activities of an investigations unit of HM Customs and Excise.</i>
3:00am	ITV3 Nightscreen <i>Text-based information service.</i>
3:30am	Teleshopping <i>Shopping from home.</i>

itv4

7:00am	Gunsmoke
7:55am	The Saint
8:50am	Quincy, M.E.
9:50am	The Professionals
10:50am	Ironsides
11:55am	Gunsmoke
1:00pm	Storage Wars New York
1:30pm	Storage Wars New York
1:55pm	Pawn Stars
2:25pm	Pawn Stars
3:00pm	Quincy, M.E.
4:00pm	Ironsides
5:00pm	The Professionals
6:00pm	The Saint
7:00pm	Storage Wars New York
7:30pm	Storage Wars New York
8:00pm	Pawn Stars
8:30pm	Pawn Stars
8:55pm	Mr. Bean
9:30pm	Mr. Bean
10:00pm	Benidorm
11:00pm	Another 48 Hrs
12:00am	FYI Daily
12:05am	Another 48 Hrs
1:05am	Road
2:05am	FYI Daily
2:10am	Road
3:10am	The Saint
4:00am	Teleshopping

sky MOVIES ACTION & ADVENTURE

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

sky MOVIES COMEDY

7:00am	The Monster Squad
8:30am	Bad News Bears
10:30am	Bruce Almighty
12:20pm	Idiocracy
1:50pm	Vacation
3:35pm	Zoolander 2
5:25pm	Bridget Jones's Diary
7:10pm	Galaxy Quest
9:00pm	Zoolander 2
10:45pm	Vacation
12:35am	The Bad Education Movie
2:15am	Stir Crazy
4:15am	Eddie Murphy: Raw
5:55am	The Trail of the Pink Panther

sky MOVIES PREMIERE

7:00am	5 to 7
8:45am	Wild Horse
10:45am	Sky Movies 2017 Preview
11:15am	All Roads Lead to Rome
1:00pm	The Huntsman: Winter's War
3:00pm	Precious Cargo
4:45pm	Wild Horses
6:45pm	Pitch Perfect 2 Special
7:15pm	5 to 7
9:00pm	The Huntsman: Winter's War <i>Chris Hemsworth's Huntsman battles to keep the fabled magic mirror out of the wrong hands.</i>
11:00pm	Rise of the Footsoldier II
12:55am	Precious Cargo
2:30am	Rise of the Footsoldier II
4:30am	The Colony <i>A young European couple are swept up in the Chilean military coup of 1973 and exposed to a notorious cult.</i>

sky SPORTS 2

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

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• N E R J A • F U E N G I R O L A • M A R B E L L A • G I B R A L T A R

BBCone

7:00am	Breakfast
10:15am	Rip Off Britain
11:00am	Homes Under the Hammer
12:00pm	Wanted Down Under
12:45pm	Caught Red Handed
1:15pm	Bargain Hunt
2:00pm	BBC News at One
2:30pm	BBC London News
2:45pm	Father Brown
3:30pm	!Mpossible
4:15pm	Escape to the Country
4:45pm	The Hairy Bikers' Comfort Food
5:30pm	Antiques Road Trip
6:15pm	Pointless
7:00pm	BBC News at Six
7:30pm	BBC London News
8:00pm	The One Show
9:00pm	Holby City
10:00pm	Silent Witness
11:00pm	BBC News at Ten
11:30pm	BBC London News
11:45pm	A Question of Sport
12:15am	Film 2017
12:45am	What Doesn't Kill You
2:25am	Weather for the Week Ahead
2:30am	BBC News

BBCTWO

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

BBCFOUR

8:00pm	World News Today
8:30pm	Grand Tours of Scotland
	Paul Murton presents the series that relives the golden days of Scottish tourism
9:00pm	Natural World
10:00pm	James May: The Reassampler
10:30pm	Play it Loud: The Story of the Marshall Amp
11:30pm	Autism: Challenging Behaviour
12:30am	The Secret Rules of Modern Living: Algorithms
1:30am	Time Shift
2:30am	Natural World
3:30am	Autism: Challenging Behaviour
4:30am	This is BBC Four BBC Four is the BBC channel for people who want more. More depth, more range, more to stimulate the mind. More daily from 7.00pm.

CHANNEL4

7:00am	Countdown
7:45am	King of Queens
8:10am	King of Queens
8:35am	King of Queens
9:00am	Everybody Loves Raymond
10:00am	Frasier
10:30am	Frasier
11:30am	Ramsay's Kitchen Nightmares USA
12:30pm	Four in a Bed
1:00pm	Channel 4 News Summary
1:05pm	Four in a Bed
1:35pm	Four in a Bed
2:10pm	Four in a Bed
2:40pm	Four in a Bed
3:10pm	Countdown
4:00pm	A New Life in the Sun
5:00pm	A Place in the Sun
6:00pm	Come Dine with Me
7:00pm	The Simpsons
7:30pm	Hollyoaks
8:00pm	Channel 4 News
9:00pm	Location, Location, Location
10:00pm	No Offence
11:00pm	Britain's Benefit Tenants
12:05am	The Undateables
1:05am	Live From Abbey Road Classics

CHANNEL5

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

E

7:00am	Charmed
8:05am	Hollyoaks
8:35am	Rude(ish) Tube
9:05am	Rules of Engagement
9:35am	Rules of Engagement
10:00am	Baby Daddy
10:30am	Baby Daddy
11:00am	Brooklyn Nine-Nine
11:30am	Brooklyn Nine-Nine
12:00pm	Charmed
1:00pm	Charmed
2:00pm	How I Met Your Mother
2:30pm	How I Met Your Mother
3:00pm	The Big Bang Theory
3:30pm	The Big Bang Theory
4:00pm	Baby Daddy
4:30pm	Baby Daddy
5:00pm	How I Met Your Mother
5:30pm	How I Met Your Mother
6:00pm	Brooklyn Nine-Nine
6:30pm	Brooklyn Nine-Nine
7:00pm	The Big Bang Theory
7:30pm	The Big Bang Theory
8:00pm	Hollyoaks
8:30pm	Coach Trip
9:00pm	The Big Bang Theory
10:00pm	Timeless
11:00pm	Supernatural
12:00am	The Big Bang Theory

skySPORTS 1

7:00am	Football Gold
8:00am	WWE Experience
9:00am	Premier League Review
10:00am	La Liga World
10:30am	Premier League 100 Club
11:00am	The Premier League Years
1:00pm	Premier League Review
2:00pm	La Liga World
2:30pm	Great Sporting Moment
3:00pm	Premier League Legends
4:00pm	Sporting Heroes
5:00pm	Sporting Triumphs
6:00pm	Boxing Gold
6:30pm	Darts Gold
7:00pm	La Liga World
7:30pm	Spanish Football Gold
8:00pm	Barclays Premier League World
8:30pm	Premier League Legends
8:55pm	Live Coppa Italia
11:00pm	Barclays Premier League World
11:30pm	Spanish Football Gold
12:00am	More Than a Game
12:30am	Sporting Mavericks

itv

7:00am	Good Morning Britain
9:30am	Lorraine
10:25am	The Jeremy Kyle Show
11:30am	This Morning
1:30pm	Loose Women
2:30pm	ITV Lunchtime News
3:00pm	Judge Rinder
4:00pm	Dickinson's Real Deal
5:00pm	Tipping Point
6:00pm	The Chase
7:00pm	Local News and Weather
7:30pm	ITV Evening News
8:00pm	Emmerdale
8:30pm	Coronation Street
9:00pm	Midsomer Murders
11:00pm	ITV News at Ten and Weather
11:40pm	Joanna Lumley's Japan
12:40am	It's Not Rocket Science Entertainment series celebrating gadgets, technology and innovation.
1:40am	Jackpot247
4:00am	1000 Heartbeats
4:55am	Nightscreen

itv2

7:00am	You've Been Framed!
7:20am	Who's Doing the Dishes?
8:15am	The Ellen DeGeneres Show
	US comedienne Ellen DeGeneres presents another edition of her fun, upbeat chat show.
9:00am	Emmerdale
	Popular long-running soap opera, set in a Yorkshire village.
9:30am	The Cube
10:35am	Psych
11:25am	Scorpion
12:25pm	Who's Doing the Dishes?
1:25pm	Emmerdale
1:55pm	You've Been Framed!
3:00pm	The Ellen DeGeneres Show
3:50pm	The Jeremy Kyle Show
6:00pm	Judge Rinder
7:00pm	You've Been Framed!
9:00pm	Two and a Half Men
10:00pm	Through the Keyhole
11:00pm	Plebs
11:30pm	Plebs
12:00am	Family Guy
12:30am	Family Guy

itv3

7:00am	In Loving Memory
7:25am	Heartbeat
8:25am	Where the Heart is
9:30am	The Royal
10:30am	Judge Judy
11:00am	Judge Judy
11:30am	Judge Judy
11:55am	A Touch of Frost
2:00pm	Heartbeat
3:05pm	The Royal
4:10pm	Where the Heart is
5:15pm	In Loving Memory
5:50pm	Rising Damp
6:20pm	George and Mildred
6:55pm	Heartbeat
8:00pm	Murder, She Wrote
9:00pm	Paul O'Grady: For The Love of Dogs
9:30pm	Paul O'Grady: For The Love of Dogs
1:00am	Wycliffe
2:05am	The Knock
	Drama series following the dangerous investigations of an HM Customs and Excise unit.
3:00am	ITV3 Nightscreen
	Text-based information service.
3:30am	Teleshopping

itv4

7:00am	Gunsmoke
7:55am	The Saint
8:50am	Quincy, M.E.
9:50am	The Professionals
10:55am	Ironsides
11:55am	Gunsmoke
1:00pm	Storage Wars New York
1:30pm	Storage Wars New York
2:00pm	Pawn Stars
2:30pm	Pawn Stars
3:00pm	Quincy, M.E.
4:00pm	Ironsides
5:00pm	The Professionals
6:05pm	The Saint
7:10pm	Storage Wars New York
7:40pm	Storage Wars New York
8:05pm	Pawn Stars
8:35pm	Pawn Stars
9:00pm	River Monsters
10:00pm	Frustrated Britain: Caught on Camera
11:00pm	Terminator 2: Judgment Day
12:05am	FYI Daily
12:10am	Terminator 2: Judgment Day
1:45am	The Saint
2:50am	The Wine Show
3:45am	ITV4 Nightscreen

skyMOVIES ACTION & ADVENTURE

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

skyMOVIES COMEDY

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

skyMOVIES PREMIERE

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

skySPORTS 2

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



Famous quote

“Scepticism must go hand in hand with rationality. When theories are shown to be false, the correct thing to do is to move on.”

Professor Brian Cox

Women's wit

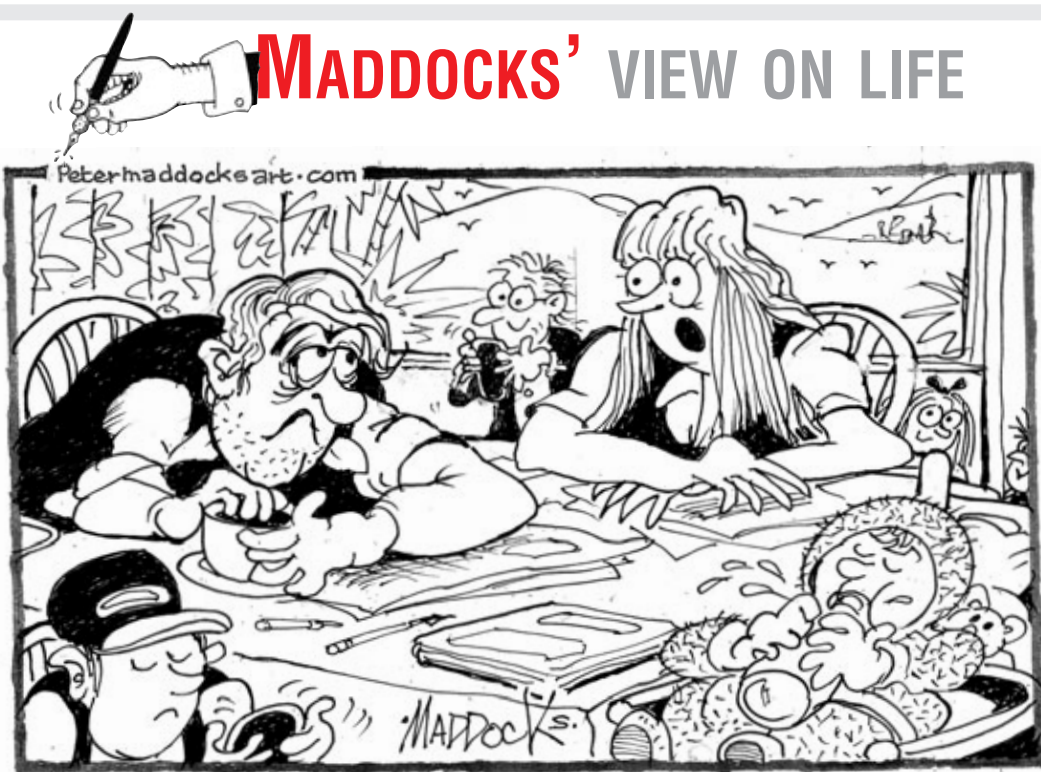
“When I think of the future, I think of doing my washing so I've something to wear tomorrow.”

Julie Walters



World of English

“Give me ambiguity or give me something else.”



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

This week

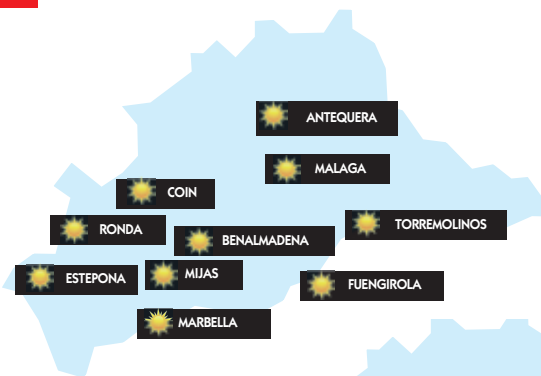
in history

- 1535 – Henry VIII declared himself as the Supreme Head of the Church of England as a result of the Act of Supremacy.
- 1559 – The daughter of Anne Boleyn and Henry VIII, Elizabeth Tudor, was crowned Elizabeth I in Westminster Abbey.
- 1773 – Captain James Cook sailed the first vessel, the ship Resolution, across the Antarctic Circle.
- 1879 – The Zulu War began between the British and Zulu natives in Southern Africa which ended in the destruction of the Zulu empire.
- 1893 – The British Independent Labour Party was founded with James Keir Hardie as its first leader.
- 1927 – The first live BBC sports commentary was broadcast with Teddy Wakelam commenting on the England v Wales Five Nations rugby match.
- 1929 – African American civil rights leader Martin Luther King was born in Atlanta, Georgia.
- 1942 – Cassius Clay was born in Louisville, Kentucky, he of course was better known as the legendary boxer Muhammad Ali.
- 1943 – Prime Minister Winston Churchill and President Franklin Roosevelt met in Morocco to work on strategy during the Second World War.
- 1954 – Marilyn Monroe married for the second time to New York Yankee Joe DiMaggio.
- 1966 – An American B-52 jet collided during mid-air refuelling causing an explosion which killed seven crewmen. Two hydrogen bombs exploded near the Spanish village of Palomares spreading radioactive contamination. One didn't detonate and the other landed in the Mediterranean Sea just off the coast of Spain. Four crew members managed to parachute to safety.
- 1969 – Sir Matt Busby announced that he would stand down as manager of Manchester United at the end of the season after the FA Cup final day on April 26.
- 1990 – The Simpsons cartoon premiered on Fox TV.
- 1991 – Following Iraq's invasion of Kuwait President George Bush received authorisation from the USA Congress to use military force against Iraq.
- 1996 – Lisa Marie Presley filed for divorce from Michael Jackson.
- 1999 – President Bill Clinton sent Paula Jones a cheque for \$850,000 to end the sexual harassment legal case that put his presidency term in danger. His affair with Monica Lewinsky was also exposed and led to his impeachment and subsequent trial.
- 2002 – With no cases reported for three months the UK was declared free of foot-and-mouth.
- 2003 – Bee Gees guitarist Maurice Gibb died of a heart attack aged just 53.
- 2016 – Actor Alan Rickman died of cancer, aged 69. He starred in many great films including Harry Potter where he played Professor Snape and Die Hard as the villain Hans Gruber.

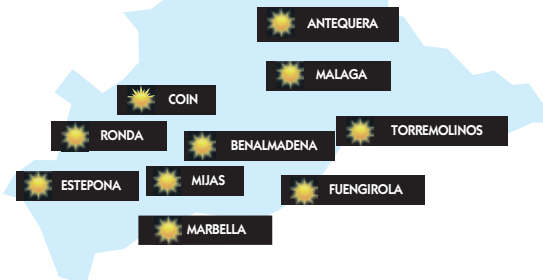
Costa del Sol weather

for next 7 days

TODAY



TOMORROW



Alicante

TODAY:	SUNNY	MAX 18°C, MIN 10°C
Fri -	18 8 C	Mon - 14 6 S
Sat -	15 6 C	Tues - 14 6 C
Sun -	15 5 S	Wed - 13 6 Sh

Almeria

TODAY:	SUNNY	MAX 18°C, MIN 8°C
Fri -	19 9 S	Mon - 15 6 S
Sat -	15 6 C	Tues - 15 6 S
Sun -	16 5 S	Wed - 15 7 C

Barcelona

TODAY:	CLOUDY	MAX 15°C, MIN 7°C
Fri -	13 2 C	Mon - 11 1 S
Sat -	12 2 C	Tues - 11 0 S
Sun -	12 1 C	Wed - 11 0 S

Benidorm

TODAY:	SUNNY	MAX 18°C, MIN 10°C
Fri -	18 8 C	Mon - 14 7 C
Sat -	15 17 C	Tues - 14 6 C
Sun -	15 5 S	Wed - 14 5 Sh

Bilbao

TODAY:	SHOWERS	MAX 12°C, MIN 7°C
Fri -	8 4 Sh	Mon - 8 0 Sh
Sat -	8 4 Sh	Tues - 9 -1 C
Sun -	8 3 Sh	Wed - 8 1 C

Madrid

TODAY:	CLOUDY	MAX 13°C, MIN 2°C
Fri -	10 -1 C	Mon - 9 -4 C
Sat -	10 -3 C	Tues - 8 -3 C
Sun -	9 -3 C	Wed - 9 -3 S

Malaga

TODAY:	CLOUDY	MAX 17°C, MIN 8°C
Fri -	19 8 S	Mon - 15 6 S
Sat -	17 6 C	Tues - 15 5 S
Sun -	16 5 S	Wed - 15 6 Sh

Mallorca

TODAY:	CLEAR	MAX 16°C, MIN 9°C
Fri -	14 4 C	Mon - 12 3 C
Sat -	12 4 Sh	Tues - 12 3 C
Sun -	13 3 C	Wed - 12 3 C

Murcia

TODAY:	SUNNY	MAX 18°C, MIN 8°C
Fri -	18 6 S	Mon - 14 4 S
Sat -	15 4 C	Tues - 14 3 C
Sun -	14 4 S	Wed - 14 4 C

S Sun, C Clear, Fog, C Cloudy, Sh Showers, Sn Snow, Th Thunder

Kakuro

		29	24	8		
18					23	21
26						
13				10		
5				3		
29				10		
				11		

Fill all the empty squares using the numbers 1 to 9, so that the sum of each horizontal block equals the 'clue' on its left, and the sum of each vertical block equals the clue on its top. No number may be used in the same block more than once.

LAST WEEK'S SOLUTION

19	22	10	28	29
6	1	3	2	18
27	3	2	8	5
12	8	4	14	6
13	5	8	9	3
21	2	5	7	1
			2	4

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 36 45 51	33 36 39 42 45 47	19 23 27 34 49	10 14 18 21 49	12 28 32 33 36 49	12 38 41 43 53
BONUS BALL 38	BONUS BALL 38	LUCKY STARS 1 11	LUCKY STARS 9 11	REINTEGRO 23 5	REINTEGRO 9

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NEW ON DVD

Anthropoid

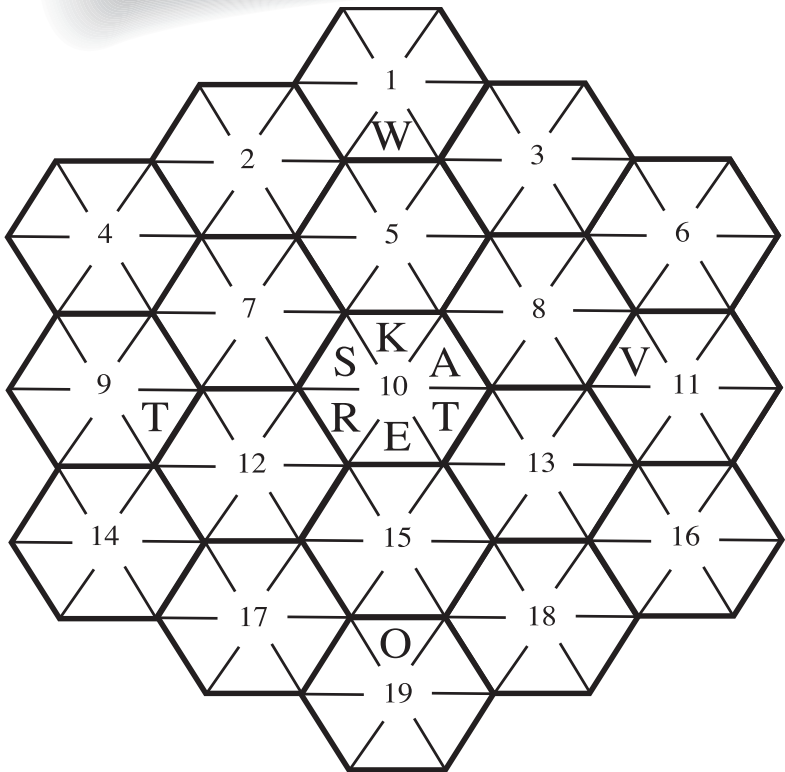
Directed by: Sea Ellis
Starring: Jamie Dornan,
Cillian Murphy, Charlotte
Le Bon, Anna Geislerova



This World War Two thriller is based on the true story of Operation Anthropoid. With their mission to assassinate SS General Reinhard Heydrich, the third in command after Hitler and Himmler, two Czechoslovakian soldiers Jozef Gabčík and Jan Kubis are parachuted into their German-occupied homeland. To help with their operation they are assigned Marie and Lenka as 'partners' for their cover story. They have very little resources or intelligence with which to plan and undertake the assassination assignment. As the Germans close in around them they begin to realise the enormity of the vital mission they have been tasked with undertaking.

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

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 Shelve 19 Screen

40

Cayetano Rivera Ordóñez,
Spanish Bullfighter,
January 13



Born in Madrid he comes from a long line of famous bullfighters with his great-grandfather, grandfather, great-uncle, father and elder brother all matadors. He made his novice debut in March 2005 and became a full matador in September 2006. He appeared on the cover of Vogue in 2007 with Penelope Cruz for a 'Made in Spain' editorial.

- **Melanie Chisholm, Singer, January 12, 43**
Sporty Spice in the Spice Girls. In 1998 she hooked up with Canadian singer Bryan Adams featuring on the hit song When You're Gone. She has since went on to enjoy a successful solo career having sold more than 12 million records. She is also an amateur triathlete having completed the London Triathlon.
- **Jack P Shepherd, Actor, January 14, 29**
British actor best known for his role as David Platt in the soap opera Coronation Street which won him Best Villain at the British Soap Awards in 2008. He is also a talented theatre performer who has starred in the production of West Side Story and Oliver. He has a daughter and a son with his girlfriend.
- **Claudia Winkleman, TV Show Host, January 15, 45**
The current co-presenter of BBC One's Strictly Come Dancing after replacing Sir Bruce Forsyth. She is also host of the film review programme Film, also on BBC One. Her mum is the author and journalist Eve Pollard and she is married to producer Kris Thykier with whom she has three children.
- **Michelle Obama, First Lady of the United States, January 17, 53**
A lawyer and writer America's First Lady has been married to President Barack Obama since 1992. She studied at Princeton University and Harvard Law School and met husband Barack when she was working for Chicago law firm Sidley Austin. She is an advocate for women's rights and education.
- **Richard Dunwoody MBE, Retired Jockey, January 18, 53**
Three-time Champion Jockey who rode 1,699 winners in his career. He won the King George VI Chase four times, won the Grand National twice and the Cheltenham Gold Cup once. He has received the Lester Award for Jump Jockey of the Year five times. He appeared in Strictly Come Dancing.

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 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

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.

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.

Play on Words

GAP GAP

APPLE PIE ICE
CREAM ETON
MESS TREACLE
TART RHUBARB
CRUMBLE TRIFLE
BANOFFEE PIE
BLANCMANGE

Answers: Fill in the gaps, just desserts.

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 brag bran
brat brig brit garb gibe grab herb bairn barge bathe began
begat begin being berth bhang bight binge birth biter
brain brant Brent brine bring giber habit rehab tribe
banger banter baring barite bather bating berth a breath
bright graben henbit bathing bearing beating benight
berating berthing brighten rebating BREATHING



Crossword

page

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

LAST WEEK'S SOLUTIONS

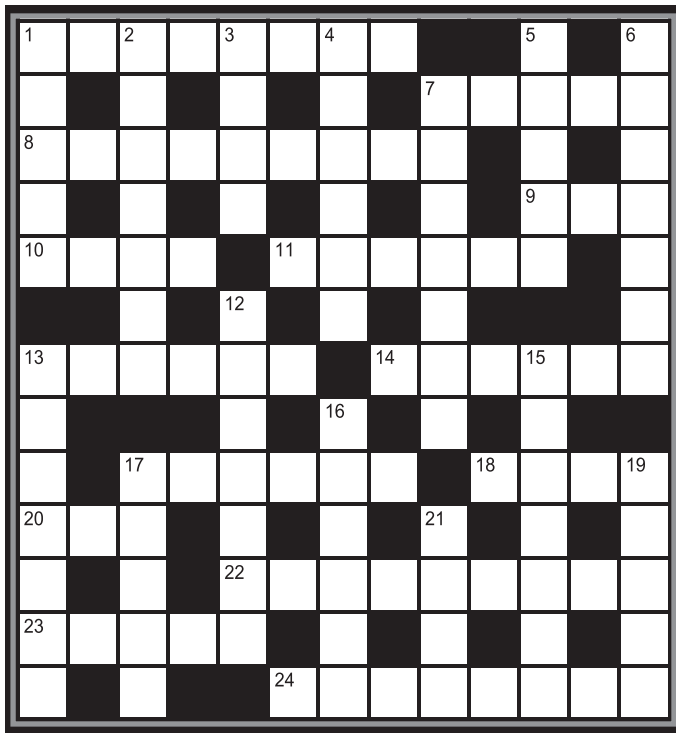
Cryptic

Across

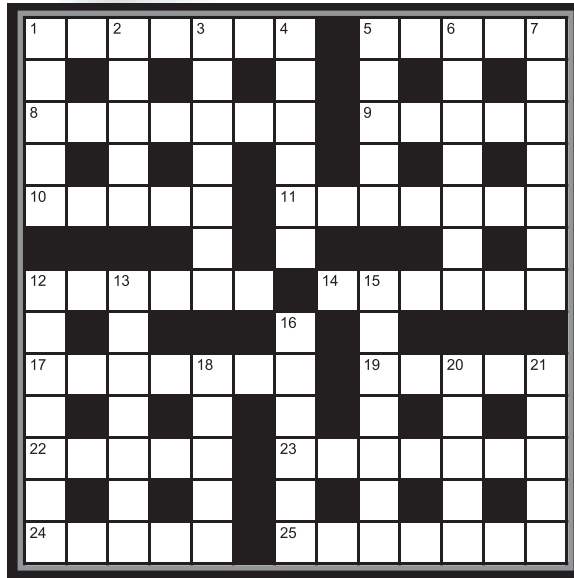
- 1 Revealing story of Swiss resistance (8)
- 7 Shut down kiosk (5)
- 8 Sound vibration could be on a screen (9)
- 9 Loud noise from Aladdin's cave (3)
- 10 Cleansing routine for city in Somerset (4)
- 11 A long bench? It's for the birds (6)
- 13 Inclined to use five hundred poles (6)
- 14 New treat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

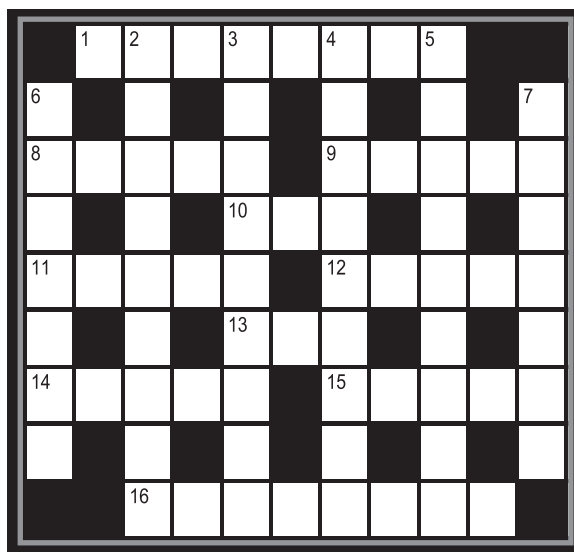
- 1 Cufflinks, 6 See, 7 Arroyos, 9 Orchestra, 13 Alegria, 15 Tia, 16 Dangerous.

Down:

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

English - Spanish

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



Across

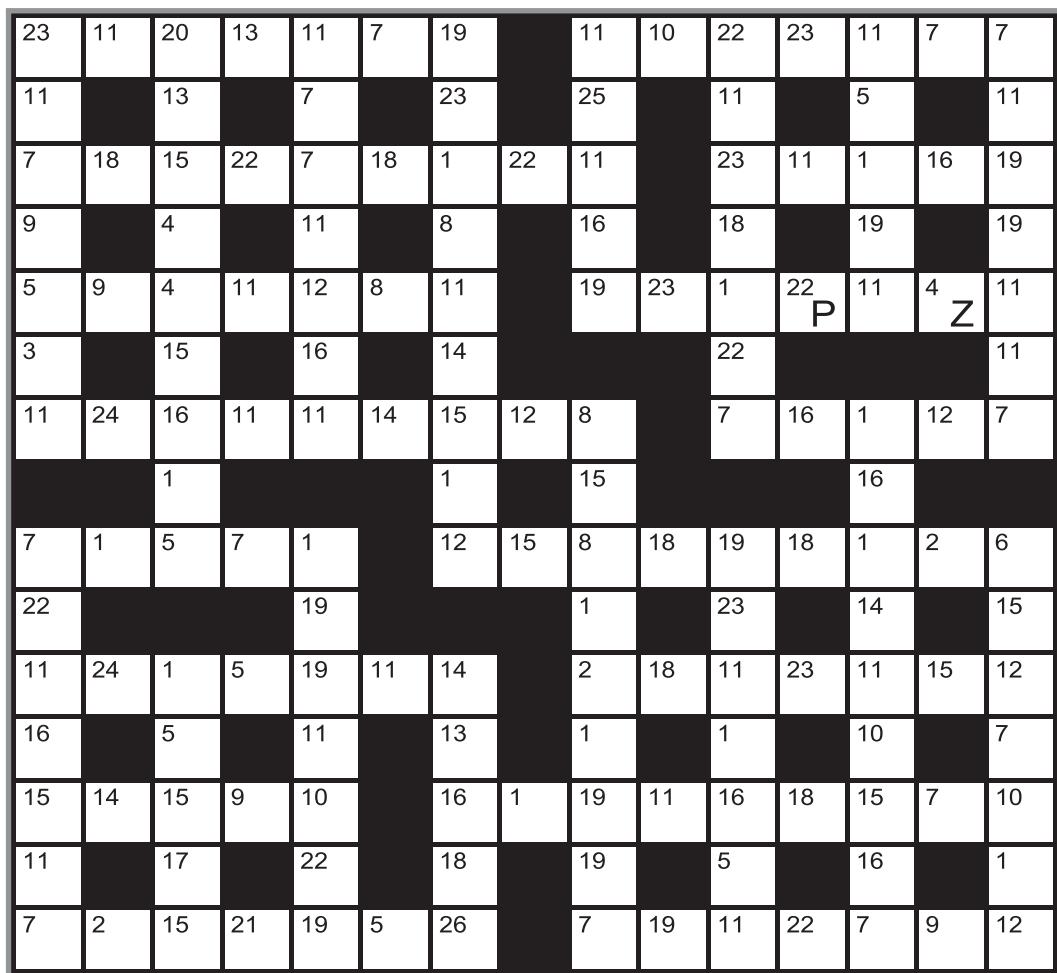
- 1 Hosepipe (8)
- 8 Sobrina (5)
- 9 Paquetes (de cigarrillos) (5)
- 10 Todo (en su totalidad) (3)
- 11 Tin cans (5)
- 12 Gum (anatomical) (5)
- 13 Departure (3)
- 14 Desde entonces (5)
- 15 Drug (estupefaciente, medicamento) (5)
- 16 Sábado (8)

Down

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

Code Breaker

Each number in the Code Breaker grid represents a different letter of the alphabet. In this week's puzzle, 4 represents Z and 22 represents P, so fill in Z every time the figure 4 appears and P every time the figure 22 appears. Now, using your knowledge of the English language, work out which letters should go in the missing squares. As you discover the letters, fill in other squares with the same number in the main grid and the control grid.



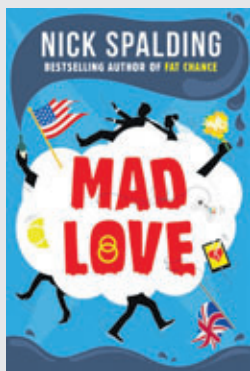
1	2	3	4	5	6	7	8	9	10	11	12	13
14	15	16	17	18	19	20	21	22	23	24	25	26

CODE BREAKER

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

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**SPONSORED BY**EURO WEEKLY'S SPACE FOR YOU TO TAKE A
BREAK, BE INFORMED AND ENJOY A CHALLENGE**BOOKS****Mad Love**

By Nick Spalding

AS an expensive publicity stunt Sociality, a popular dating site, runs a competition where two entrants, and complete strangers to each other, are matched by 'love algorithms.' Their prize is a Valentine's Day wedding with a honeymoon, cash prize and an apartment to live in for a year thrown in. Enter the winning couple Jessica, from California, and Adam from London.

With two million Sociality subscribers and the media following their every move and a myriad of publicity stunts to endure so Sociality can prove how happy the couple are, the pressure is on. At face value they appear to be have been very badly mismatched but do opposites attract? Can a computer algorithm really create a perfect couple? More importantly can Jess and Adam make their marriage work?

books@euroweeklynnews.com

TOP 10**Films to enjoy in 2017**

FOR the film lovers out there 2017 is set to be a good year and it's packed full of sequels and superheroes. Here's a look at 10 of the most anticipated films set for release on the big screen this year.

1. Star Wars: Episode VIII

Star Wars fans will have a bit of a wait before they can feast their eyes on the second instalment of the Star Wars sequel trilogy. The as yet untitled follow-up to The Force Awakens will be written and directed by Rian Johnson and will resume the story of Rey having tracked Luke Skywalker to a remote planet. It is scheduled for release in December 2017, so until then... may the force be with you!

2. Fifty Shades Darker

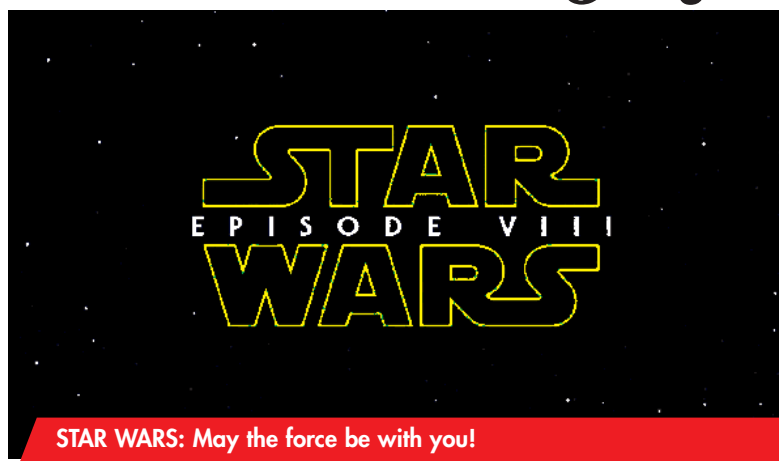
One for the ladies? Or with the release due in February 2017 perhaps the ideal Valentine's Day gift for the lady in your life! Based on the phenomenally popular E L James' books this steamy sequel follows Christian as he wrestles with his inner demons whilst Anastasia is confronted with the anger and envy of the women in Christian's life before her. Later, baby.

3. Logan

Hugh Jackman makes his return as the Marvel Comics superhero character Wolverine in the last solo instalment. Taking place in the future an aging Wolverine and Professor X must safeguard a young mutant female clone from an evil organisation. Directed once again by James Mangold this will make its way to the silver screen in March 2017.

4. Split

In cinemas from January 29, don't miss this



enthralling thriller featuring James McAvoy (X-Men and Filth). McAvoy's convincing portrayal of Kevin, a man with a multiple personality disorder that manifests itself as 23 different characters who kidnaps three teenage girls, will send chills up your spine and leave you on the edge of your seat.

5. Beauty and The Beast

This adaptation of the 1991 Disney animated classic is being remade in live action with Emma Watson cast as the beauty, Belle, who is trapped in the castle with Dan Stevens playing the monstrous prince, the beast. The star-studded cast also includes Emma Thompson, Kevin Kline and Sir Ian McKellen. Adults and children alike are sure to be swept up in this nostalgic delight.

6. Kong: Skull Island

From one 'beastly' remake to another cue King Kong! Strictly speaking it's not a remake, more like a new adventure. Set in Skull Island in the 1970s this revival follows a group of explorers who stumble across the giant ape. Due out in October 2017 it stars Tom Hiddleston, Samuel L Jackson, Brie Larson and John Goodman. Maybe, just maybe it's a precursor to a future King Kong v Godzilla showdown film.

7. Thor: Ragnarok

Another Marvel superhero adventure Thor returns in this third film where he comes together with the Hulk and Doctor Strange to face off against intergalactic enemies including the villain Hela.

The fantastic cast includes Chris Hemsworth, Cate Blanchett, Benedict Cumberbatch, Tom Hiddleston and Sir Anthony Hopkins. Released in November 2017, it's sure to leave you feeling 'marvellous!'

8. The Fate of the Furious

Showing no sign of slowing down, despite having to bid farewell to Brian due to the tragic death of Paul Walker, the evolutionary franchise lives on and the eighth instalment is due for release in April 2017. Once again featuring Vin Diesel as Dom he appears to be turning evil thanks to being seduced into the world of crime by the new villain Cipher (Charlize Theron). Fans are unlikely to be disappointed.

9. Wonder Woman

Another superhero adventure this time it's the turn of Wonder Woman. Diana, the Amazon princess raised on a sheltered island paradise, becomes one of the world's greatest heroes when she leaves to try and stop the threat of conflict in the outside world. Due to be released in June 2017 the iconic female superhero will be played by actress Gal Galdot - go 'Gal' power.

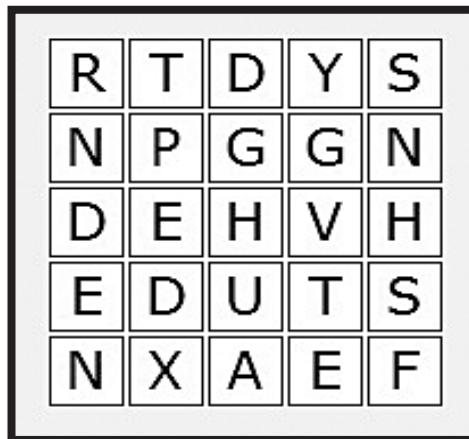
10. Spider-Man: Homecoming

Finally we have another superhero as Spider-Man makes another visit to the big screen this time returning to Peter Parker's younger days as he is beginning to navigate his new identity. Tom Holland will play Spider-Man and Michael Keaton will star as the villain The Vulture. This summer you're sure to get caught up in the webby world of Spider-Man when it hits cinemas in July 2017.

Blogged

How many English words can you find in the Boggled grid, according to the following rules?

- The letters must be adjoining in a 'chain'. They can be adjacent horizontally, vertically or diagonally.
- Words must contain at least four letters and may include singular and plural or other derived forms.
- No letter may be used more than once within a single word, unless it appears twice.
- No vulgarities or proper nouns are permitted.

**TARGET:**

- Average: 10
- Good: 14
- Very good: 20
- Excellent: 26

SCORING:

- 4 letters: 1 point
- 5 letters: 2 points
- 6 letters: 3 points
- 7 letters: 5 points
- 8 or more letters: 11 points

LAST WEEK'S SOLUTION

aerobe anopia agone enrobe envoi erns gasser gases guano guns gone goner govern governs boss bore bores boreas born borne borer beau bean beans beano bens bros brose berm erose erne jones jive jives ions icon icons cons cone cones conga congas cove coves coven covers cover coir cram amir arco

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.

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

LAST WEEK'S SOLUTION

			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		

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

10
NEWS
SLEN
NETS
(SETS)
SLIN
(BITS)
NEWS
NETS
SITS
(BITE)
SUN
CUTS
CITE
CITE
Solution



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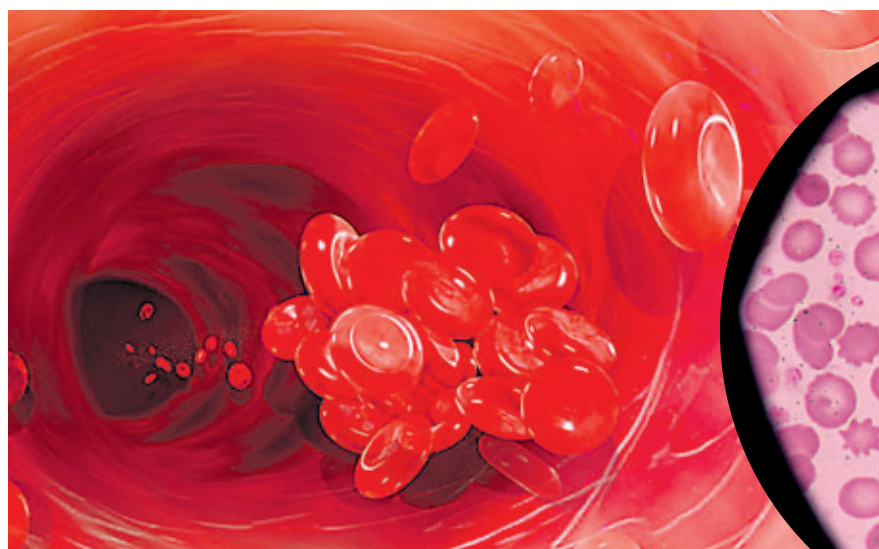
Blood therapy can enhance your sexual experience

NEW for 2017 at Men Solutions is Platelet Rich Plasma therapy (PRP). PRP is blood plasma that has been enriched with the patient's own platelets at a high concentration that can stimulate and accelerate the healing of soft tissue.

Whenever damage occurs, this biological repair and regeneration is automatically activated but with PRP the process can be enhanced, which is why the treatment is so popular among sportsmen and women with golfer Tiger Woods and tennis player Rafael Nadal both reportedly having received PRP to help treat various problems.

So how does PRP work? Blood is taken from the patient with the platelets separated from the other blood cells before going through a centrifugation process to increase the platelet concentrations. It is these platelets that are understood to have healing benefits with the platelet-rich plasma then injected back into the patients and administered in the area to be treated.

PRP hit the headlines when it was growing in popularity and being used at the time amongst Hollywood celebrities as a form of facial rejuvena-



PRP THERAPY: Results in a higher platelet count in the blood.

tion. It can also assist in healing pulled muscles and arthritis, but how does PRP work in being able to rejuvenate and develop the penis?

Men Solutions say PRP strengthens the penis and gives it a more youthful appearance. It can help straighten the penis and increase blood circulation. The size and intensity of an erection are the result of blood flow to the penis. With increased circulation comes

increased blood flow, which translates into better quality and size of erection.

This procedure also improves other treatments for erectile dysfunction. For example, if you are taking Viagra or Cialis, the medications will be more effective after PRP rejuvenation and development of the penis. It can also make your sexual experiences more pleasurable and increases sensitivity and sexual pleasure without causing

premature ejaculation.

It is recommended to make several applications, with a frequency that depends on the clinical situation and other criteria considered by the doctor.

Men Solutions has already been using PRP successfully in Madrid and have now brought it to the Marbella clinic, with consultations now available. This treatment is done by certi-

fied medical professionals using devices with total quality assurance (QC-CE marked). As it only uses the patient's own blood there is no risk of contagion of diseases or reactions and as the treatment is performed in consultation, there is no need for an operating room.

Men Solutions approach the general and sexual health of patients from a holistic point of view, providing clear, accurate and above all ethical information and treatments. Their high level of success in all therapies and surgeries is due to their expertise and commitment to your well-being.

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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...

Advertising feature

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members of the British Spanish Law Association and the Deutsch-Spanische Juristenvereinigung EV.

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She has worked in London and Hamburg

and is fluent in both languages.

Montserrat Navarro is a 'Procuradora' and is the person in charge of the relations with the Courts for all procedures in Málaga. She has worked previously in Barcelona and

speaks English.

Catalina P Tomé is in charge of the German department and is responsible for the day-to-day contact with German clients, providing any assistance they may need. She deals

also with the translations needed as she is bilingual German - Spanish.

I H Melero is the Economist and Accountant who deals with all matters related to Individual and Company Taxes. She is also an Insolvency Administrator and Administrative Consultant. She speaks English.

Not only should those, who already have a legal problem, contact us. We think it is better to prevent any future problems, therefore, whenever you think there may be an imminent problem, do contact us. We can help you to address the situation and possibly reduce the damages. The first consultation is free of charge.

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The big stick

Cassandra Nash

A weekly look

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

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

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

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

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

Education, Labour and Public Safety laws.

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

Balancing act

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

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



Mariano Rajoy.

Minor weapon of destruction

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

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

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

Old wounds

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

Advertising feature

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



MODERN TECHNOLOGY:
Ensures value for money.

or more rooms. They can be wall mounted or if you are limited for wall space additional feet can be purchased to enable them to be freestanding.

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Pool Masters competition

■ THE World Pool Masters will take place at the Tercentenary Hall, Gibraltar, from Friday February 17 to Sunday February 19 when 15 of the World's best players, along with the winner of a qualifying event for local players, will fight for a \$20,000 (£16,500) top prize. Entrance tickets for afternoon sessions cost £15, evening sessions are £20 and a season ticket is £75.

December health report

■ ST BERNARD'S Hospital experienced a surge in admissions in December, greater than normal for the time of year. Although more patients than usual required hospital treatment, the GHA was prepared for the increased demand. All patients who required admission were provided with a bed, although some were treated in A&E until they could be moved to a ward.

Gibraltar Port Authority

■ AGAINST the backdrop of a slowdown in global economic activity, overcapacity in shipping across the world, and stiff regional competition, the GPA reported an increase in the number of vessels calling at Gibraltar and the quantity of fuel delivered. This positive trend is reflected more widely in the total number of all vessels calling, including cruise ships and superyachts.

New Year's broadcast



Photo Credit: HM Government of Gibraltar.

CHIEF MINISTER PICARDO: Delivered a fairly upbeat New Year message.

By John Smith

MUCH as was to be expected, the New Year's message from Chief Minister Fabian Picardo, which was broadcast on GBC, was fairly upbeat with few surprises but some good news.

After receiving some criticism over delays, he was able to confirm that the Alzheimer's and Dementia Day facility will open shortly with the residential facility planned to open within the next 90 days.

In addition, those who had applied for the latest development of new affordable homes would expect to hear from the government concerning their applications shortly.

“The Alzheimer's and Dementia Day facility will open shortly.”

Few governments would downplay their success and Mr Picardo went to some lengths to explain what his party had achieved since coming to power which included the growth in employment and the building of new schools both of which augured well for those still in education as well as those who had recently left.

He reminded viewers how lucky they were to be living in Gibraltar at

a time when the world economy had been faltering and where so many people were suffering from war and terrorist activity.

One of the targets for government is to continue to improve medical services and it was intended to re-introduce the post of Matron to St Bernard's in order to ensure that patients rather than bureaucracy were at the heart of the health service.

Naturally much was made of the result of the Brexit referendum and the Chief Minister made it clear that he and Dr Garcia would be continuing to devote a great deal of their time in 2017 to ensure that Gibraltar was in the forefront of discussions and decisions.



Photo Credit: Gibraltar Hockey Association.

COACHING COURSE: Kick-started 2017.

International hockey coach visits Gibraltar

SPORT continues to play an important role in Gibraltar and the Gibraltar Hockey Association (GHA) prepared a three day goalkeeping and coaching course to kick-start 2017.

Hockey goalkeeper coaching is often a neglected area, but not for the GHA which is why they brought over Graham Mansell-Grace, known as the Panda and the @Goalee-Guru to coach interested goalies.

He is an expert in his field and the GHA were extremely lucky to obtain his services. He is extremely busy working with GB and England Hockey as a consultant, also he is a performance coach at Loughborough University as a consultant to the Women's hockey programme.

With three busy days of coaching the GHA qualified coaching staff and the national and club goalkeepers, the coaching started not long after Graham had stepped onto the Rock.

Starting off in the classroom, the first and only session lasted 30 minutes, then it was straight onto the training pitch. Whilst on the pitch the participants were introduced into the stance, kicking, lunging, pad saves at knee height and moving efficiently in the circle.

The GHA is investing in its players and the next course is the Level 1 coaching qualification from January 20 to 22 which is already fully booked. This course will be delivered by Michel Kinnen who is the Belgium U21 coach.

New border protection gates could lead to delays

AS part of a decision to ensure that countries on mainland Europe who are members of Schengen are able to protect their borders, it has been agreed that anyone crossing in or out of a non-Schengen country will need to have passports checked.

This of course applies to Gibraltar and Spain which is why there is a number of new automated gates for pedestrians at the border. It appears however that these scanners cannot read Gibraltar ID cards and there is no information yet on how vehicles will be treated.

hicles will be treated.

Fears exist that should the Spanish government so decide, significant border queues could build up again with effect from March.

Advertising feature

Minimise retirement income tax

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

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

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

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

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



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

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

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

Find out if a Spanish annuity is suitable for you!

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

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

Read up on the safety of drones

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

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

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

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

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

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

Ann Paterson, Didcot

English lessons

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

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

Jane by email

Leapy Logic

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

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



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

Sugar 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

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

Letters may also be edited.

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With Brexit now pending, many British expats are concerned about their medical care and feel in limbo

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

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THE COAST'S
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MAGAZINE

MARBELLA

Infants' bronchitis - watch for the signs

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:
Common in
youngsters.

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.

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Iron deficiency could be the reason behind your fatigue

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

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

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

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

Fatigue



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

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 in-

take 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.

Ask The

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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

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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.

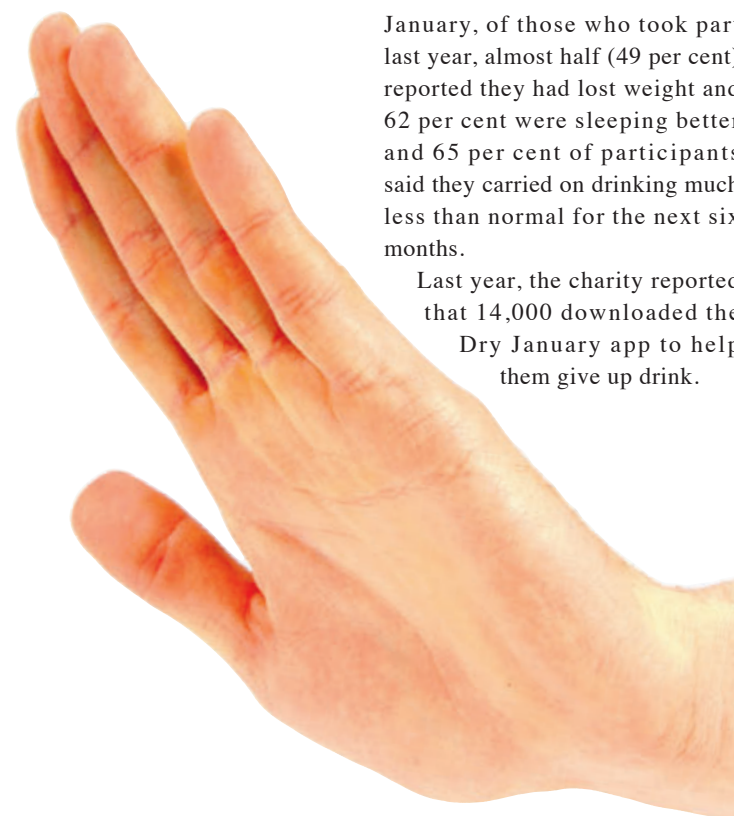
By having a month off it helps the liver recover and detox. Many see it as a good kick start to promoting a gener-

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

According to UK charity Alcohol Concern, which promotes Dry

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

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



NO ALCOHOL: Helps the liver to recover and detox.

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.

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Three Kings' parades

By John Smith

COUNCILS all over the Costa del Sol entered into the fun of the Three Kings' parade with several thousand people turning up in individual towns where they lined the streets and enjoyed not only the parade but free sweets.

Some of the Kings arrived by helicopter, some by sea and others by car, but they were welcomed with smiles and cheers wherever they went.

Just a few of the Kings are pictured here.

Las Lagunas.



Estepona.



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Fuengirola rocks in February

By John Smith

THE first ever rock festival promoted by the Fuengirola Town Hall will take place at the Palacio de la Paz at 9.30pm on Saturday February 4.

Tickets to see three local bands Sidharta, Jackal Pack and Stereo 80 will cost just €5 or €3 if presenting a Fuengirola Youth Card and the price has been kept deliberately low to encourage a large audience as this is part of the 175th Anniversary of Fuengirola celebrations.

When announcing this concert, councillor for Culture, Rodrigo Romero, and the representative of the Fuengi Pop Association, Antonio Sánchez made it clear that the production of a concert featuring rock bands from Fuengirola was a natural extension from the Fuengirola Pop weekend where visitors had often lamented that there were few pure rock bands taking part.

Also attending the presentation was Fernando Pleite from Sidharta who explained that his band was a cross be-



Photo Credit: Ayuntamiento de Fuengirola.

ROCK FESTIVAL: Announcing the first ever concert.

tween old school hard rock bands like the Rolling Stones and Led Zeppelin, but spliced with a melodic theme and that everyone would be welcome to come to see the band who will be launching their new

work Sidharta III.

All of the bands taking part are proud to be performing in their home town and want to show that the quality of music coming from Fuengirola continues to be of the highest

quality and in keeping with a long running tradition.

Tickets for the concert will be available in advance from the Casa de la Cultura and from the box office of the Palacio de la Paz on the night.



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A one woman show in Fuengirola

By John Smith

FIRM Salon Varietes favourite Bobbye Aaron returns to the stage in a comedy tour de force which sees her standing alone as she presents the one woman comedy 'Just the Ticket' by Peter Quilter.

Susan is an eccentric 60-year-old who decides to celebrate her birthday by repeating a journey to Australia she made with a group of friends when she was 20. This time, she's travelling alone - carrying the same hopes and dreams, but with 40 years of extra baggage!

Endlessly chatty, accident-prone and often looking like she's been dragged through a hedge backwards, Susan is undoubtedly colourful but her wit, charm, chaos and hint of sadness have given her a unique outlook on life and make her an unforgettable character.

Romance slowly but awkwardly blossoms as she reunites with Bill, the bartender at the hotel, an unexpected turn of

events that causes Susan to reflect on life, love, loneliness, friendship and the trials and joys of growing older.

'Just the Ticket' is a poignant journey through Susan's hilarious life and has received numerous plaudits since its debut performance in Sydney five years ago.

Directed by Salon regular Henrik Hagensen the comedy has a three-night run on Friday January 20 at 8pm, Saturday January 21 also at 8pm and Sunday January 22 at 7pm.

Tickets cost €13 and can be obtained from the theatre box office or through the Salon Varietes website www.salonvarietestheatre.com.

Don't forget that the theatre also has a great bar and you can even get a bite to eat before the performance.

Bobbye Aaron.



Photo Credit: Salon Varietes Fuengirola.

Marbella Venus and the nymphs

IN anticipation of the annual Marbella Carnival which this year will take place from February 25 to March 4, the Marbella Council has opened the competition for the election of Venus and the nymphs.

Those who wish to enter must be residents of the municipality and be aged between 15 and 25 on February 28 this year.

Registrations must be submitted to the council at the various municipal headquarters no later than January 27 and the result of the election will be decided at the Carnival Association office in Calle Jose Iturbi starting at 9pm on January 28.

Mushing race in Manilva

TOWN councils in Spain go to a great deal of trouble to entertain residents and visitors with different activities and Manilva is no exception as on Sunday January 15, it will host the 4th Manilva Mushing Race.

Loosely based on North American Husky racing, this festival of speed sees dogs pulling participants on bicycles and skate boards through a laid out course running through the Pinar de Tábanos.

Organised by Triatcan in conjunction with the departments of environment and sports of Manilva, the competitors will gather at

8am so that the dogs may be given a health check by qualified vets before a number of races start at 9am followed by a general activity for all dog owners at 11am.

There will be a collection with proceeds being shared between SPCA and ADANA and all participants will enjoy lunch before proceeding to the awards ceremony which will take place in the Plaza de la Vendimia in Manilva.

There is quite a thriving mushing community in Andalucía with competitions of this type taking place in different parts of the region on a regular basis.



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Curious? Here are some of the dishes that you can find on the menu:

STARTERS

- Wild boar liver pate with walnuts, blue cheese mousse & caramelized red onion.
- Seven stages of salmon; Salmon roe; Whiskey cured salmon; Cold smoked; Hot smoked; Salmon mousse; Seared salmon with olive oil & thyme ice cream & lemon caviar.
- Smoked black pudding and quail scotch egg with whiskey crump & peppercorn sauce garnished with crispy leeks and beetroot & apple crisps.

MAINS

- Coconut curried monkfish tail with shredded shallots & courgettes with butterflied king prawn & saffron rice.
- Brined BBQ chicken, stuffed with apple and camembert mousse with rosti potato & port and pancetta jus with char grilled sprouts, chestnuts & pancetta.
- Smoked ribs with cajun dry rub & bourbon BBQ sauce, served with fennel & apple slaw & Mayan gold hand cut chips.
- Wild mushroom & walnut tortellini in brandy cream sauce with house garlic bread.
- Yogurt garlic and rosemary marinated lamb fillets in a spinach & mushroom tartlet with a duo of beetroot creams & parsnip mash.

DESSERTS

- Winter panna cotta with apple cider and ginger & nutmeg candied cranberries & roasted chestnuts.
- Trio of fruit crumbles, apple, cherry and rhubarb with oat crumb topping & Chantilly cream.
- Spanish trifle-Clementines and roasted hazelnuts set in an orange jelly topped with vanilla custard and whipped cointreau cream, sprinkled with white chocolate shavings & sugar roasted pomegranate.

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Engines heat up for Malaga motor show

By Eleanor Hawkins

PETROL heads are in luck as the Auto&Moto motor fair is coming to Malaga on January 20-22, attracting classical and collection car fans from across southern Spain and Andalucia.

The show, the first on the Spanish calendar of classical car and motorbike shows, will cover an area of 10,000m2 with vehicle displays and a commercial area, and 6,000m2 are also set aside for individual owners and classic car club members to display their pride and joy.

Highlights announced so far include a display in honour of Ferrari to mark its 70th birthday and another to mark the 60th anniversary of the SEAT 600, an iconic vehicle in Spain.

While not the first car sold by Seat from its factory in



MOTOR SHOW: Attracts classical and collection car fans from across southern Spain.

Barcelona, the 600 was certainly the most popular and registered 100,000 orders within months of its launch. The Malaga display will include various different versions of the car.

Malaga's Automobile Muse-

um will also hold an area of the fair in which to display some of its models and surprise fans, and there will be a display of Ducati motorbikes made in Spain by Mototrans since the 50's. The commercial area of

the fair will be of interest to those looking to buy a new car or motorbike, find spare parts, memorabilia, books and other motor-related items. There will also be a stand for private individuals to sell their vehicles.

Women's free workshop

THE Council for Equality of Fuengirola, under the direction of Mayor Ana Mata has opened the registration for women to participate in a workshop 'Creating my own life: from discontent to self-realisation.'

Due to expected level of take up, two sessions will be held, the first on January 17 from 4.30pm to 8pm and the second on January 18 from 10am to 1.30pm.

The objective of this free workshop which will be conducted by Encarna Sedeño López, a psychologist at the Municipal Women's Centre, is to promote women's self-development and personal autonomy.

Traditional gender segregation makes women very dependent on the approval of others, with the consequent fear of rejection and loneliness. All this paralyses the development of their true identity.

Known as the 'Depression of Gender,' symptoms are often different according to age and situation, but their origin is common and cannot be resolved with anti-depressants or with complaints.

In this workshop participants will work with practical exercises to explore and discover their own needs and interests, and take responsibility for them, thus allowing them to grow as individuals.

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Children's Carnival Competition

THE Children's Competition of Chirigotas has been announced and children from schools within the Marbella municipality are invited to enter a team consisting of no less than 10 and no more than 25 children.

Traditionally the Chirigotas is a group of carnival characters who go through streets singing humorous songs and on this occasion the best group will be rewarded with a party for their school including a bouncy castle and a number of organised activities.

Groups are invited to register at the Delegación de Fiestas (in Calle Jacinto Benavente, 10) no later than February 21 and the contest will then take place in Marbella at 11am on Thursday February 23.

Weddings and Communion

By John Smith

THE 16th annual Wedding exhibition, now expanded to include First Communions will be held at the Congress and Exhibi-

tion centre in Torremolinos from Friday January 13 until Sunday January 16.

With 3,000 square metres of exhibition space devoted to couples in the

process of planning their weddings and families who are organising the all-important first communion there will be exhibits, displays and sales stands to suit every need and pocket.

In the case of wed-

dings, there are now many couples who decide not to 'splice the knot' in a religious ceremony and prefer a less formal civil ceremony, but will still need many of the services as those chosen for the more traditional church ceremony.

Since this exhibition first arrived on the scene, it is estimated that more than 34,000 couples and 83,000 visitors have passed through its doors and despite the financial difficulties of the past years, couples and parents somehow manage to find the money to celebrate these important events.

With admission costing just €3 per person and hours of opening January 13, 5pm to 9pm, January 14, 11am to 9pm and January 15 11am to 8.30pm there will be

plenty of time to browse the many stands that offer a complete range of every item that a young couple taking the plunge or a child taking first communion may need.



First Communion.

Photo Credit: Pawel Loj flickr.

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Food, wine and friends

with Garry Waite

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

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

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

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

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

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

Great success does not always bring great happiness.

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

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

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

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

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

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

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

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

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

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

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

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





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The ancient art of bonsai

By Graeme Tyrrell

BONSAI is an ancient art and craft of creating a landscape in miniature in a shallow pot or container. The tradition of bonsai includes careful placement of stones, mosses, lichens, soil mixture and other materials using highly refined methods of care to reduce a tree's growth to appear as a full sized tree in proportion to the rest of the features in the bonsai container. The word bon-sai means planted tray (shallow container).

It is a great way to enjoy gardening using artistic garden design skills. Through attention to detail using so many different materials, such as beach shells, hollowed logs, naturally occurring stones, and a huge variety of pottery designed especially for bonsai plants, a miniature garden is developed.

The tradition of miniature landscapes goes back thousands of years. Their care was a part of eastern meditation practice in temples and they

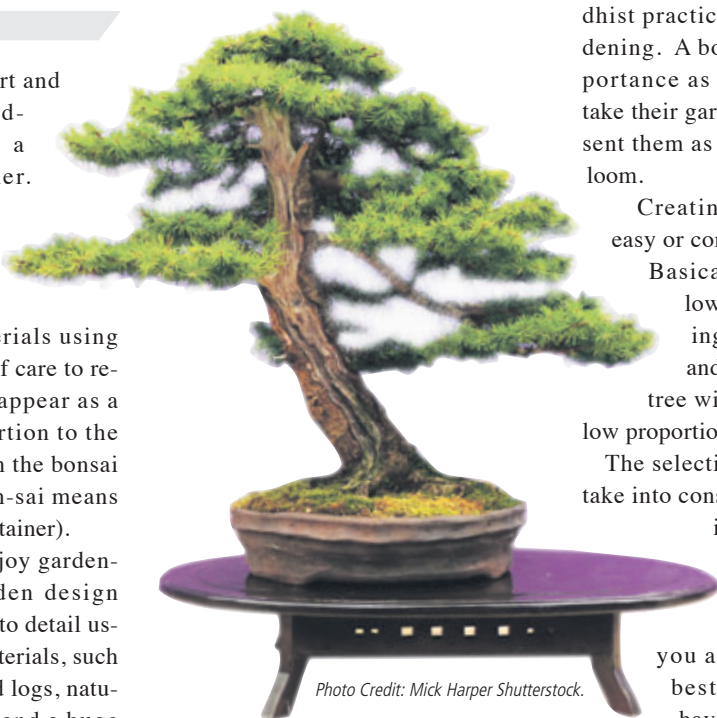


Photo Credit: Mick Harper Shutterstock.

MINI GARDEN: Create a bonsai.

were considered valuable gifts by royalty in Asia. The Japanese developed the concept of miniaturising trees with various methods as a Bud-

dhist 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 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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JOB DONE: By spending just 15 minutes per day on a task.

The power of 15

PRODUCTIVITY experts swear by dividing big tasks into small steps to simplify them and this mindset is also ideal for those who are too busy to spend hours cleaning and tidying at home but wish they could get on top of everything.

In just 15 minutes per day, it is possible to get the clean, organised house you have always wanted with very little effort, time management coaches insist. All you need is a timer.

Dedicating just a quarter

of an hour per day to a task will help you realise how long it really takes to get things done. You may well be putting off a certain, seemingly huge task, thinking you will never find the time to get it done all at once. Yet if you set your mind to dedicating just 15 minutes to it, you could well find that within a couple of days it is done and dusted.

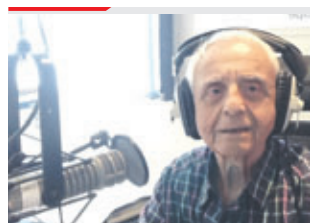
You may have been wishing for weeks that you could find an hour and a half to clear out

and clean the guest bedroom. Start today and give it 15 minutes, concentrating on one small area.

Do the same tomorrow, and the next day, and in under a week you will have done the lot!

It may take a while to see noticeable results on a larger scale but with so little effort required there really is no reason not to give it a go. After all, everyone can find 15 minutes per day no matter how busy their routine may be.

Dogs and cats: petting-induced aggression



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MANY cats will purr like a well-oiled motor when stroked, and many dogs will put their head forward for petting. However some will suddenly turn on the person. My own dog Sheba appears most friendly but I have to tell people to leave her alone, after a few pats she will turn aggressive.

Sense and Sensitivity: This curious behaviour that some cats and dogs display is called petting-induced aggression. Behaviourists are familiar with this feline and canine quirk.

The cat acts affectionately, rubbing against the person and purring, but responds with painful swipes and bites should the person attempt to touch them. Some cats will endure a number of pats before reacting, while others, will stand for only one or two before striking out. Behaviourists often refer to these animals

as 'two-or-three-stroke' cat or dog.

While we don't understand exactly why some dogs and cats are so intolerant of touch, one hypothesis is that they experience the same phenomenon that we do when we are touched repeatedly in one spot on our bodies. Imagine that someone is massaging your back and they absent-mindedly continue to rub one specific area over and over again. It feels good at first, but after a while, the touch becomes irritating.

We humans might simply ask the person to stop but our pets are more demonstrative in their communication. One more pat, and gotcha! Unfortunately, simply stroking the pet on a different part of their body each time isn't sufficient. It's as if the cat or dog has become sensitised all over.

Watch for certain signs how to avoid the consequences of a dog or cat's irritability. Most cats, when annoyed, will flatten their ears and swish their tail back and forth. Often, the skin along their sides and back will ripple. While it may be too late by the time these signs are present, it is best to freeze momentarily and then calmly and cautiously lift ones

hand away from the cat.

Sometimes the cessation of movement will prompt a dog or cat to move away, or they may at least refrain from attacking.

The Light Touch: Teaching pets to enjoy being touched entails daily counter-conditioning sessions. The objective is to link being touched with something pets consider supremely delightful. Most cats and dogs love cheese, so it is best to stroke the pet once, then feed a tiny amount of cheese. When the cheese has gone, stroke again, then feed. Repeat the stroke/cheese association no more than 10 times in one sitting, fewer if the pet showed even a hint of irritability.

After one week, one can occasionally stroke the pet twice before feeding the cheese. After another week, gradually building tolerance, until the cat or dog becomes a two-stroke pet. By the third week, they should allow the occasional three strokes before receiving cheese. And by the end of the fourth week, most pets can become a three-stroke pet.

With patience and perseverance, pets can become a six-stroke pet. Pets can learn to enjoy the tactile contact.



WATCH FOR SIGNS:
To avoid the consequences of a dog or cat's irritability.

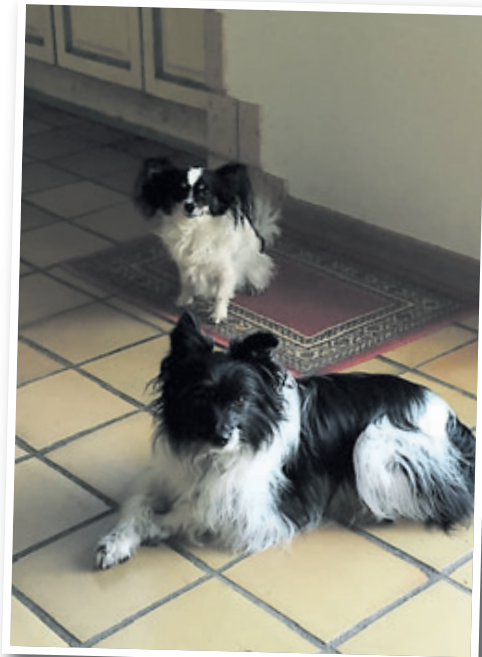
Barry loves Flea

WHEN homeowner Susan returns to the UK for holidays she worries about what to do with her dogs. Barry and Flea in particular are small dogs, a little anxious because of their rescue history but above all they are great companions and are always seen together.

Barry, a young Chihuahua, loves to challenge Flea, to tease her and nip at her heels. Flea is more relaxed, and perhaps because she is more mature tolerates Barry's friendly needling, but in actual fact she rather likes his attentions. They enjoy each other's company so much that they appear inseparable. They have only to hear tyre tracks on the road outside their gate and off they swoop to chase the sound of the car across the length of the property.

They see the hens emerging from their coup each morning in the garden and off they trot to check on the flock. It's a great team, and they evidently love their life at home. So when their owner Susan plans a holiday she always prefers to have house-sitters at home, following her routine with the dogs and hens. It means that after her holiday she returns worry free, with a knowledge that Barry and Flea will be safe and contented at home in her absence.

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Fireworks can kill

NOR, a 10-month-old English setter living at Ocho Vidas animal refuge in La Rioja, died on New Year's Eve due to fireworks, the charity president has claimed.

Ana Gonzalez, head of Ocho Vidas, explained she had shut three dogs in their usual kennel on the evening of December 31 with fresh water and food before leaving for the night, and

had been horrified to find Nor dead the next morning.

"The others were nervous but okay and, talking to local residents, I found out there were fireworks and rockets going off until 4am," Gonzalez said. The charity president stressed vets and animal charities warn every year of the dangers fireworks pose to dogs, who can suffer the canine

equivalent of panic attacks due to the noise.

Gonzalez pointed out some places, like Collecchio in Italy, have introduced silent fireworks to put across the message displays can be enjoyed without health risks to pets.

Ocho Vidas has called for town councils to urge police forces to up surveillance and for an Animal Protection law.

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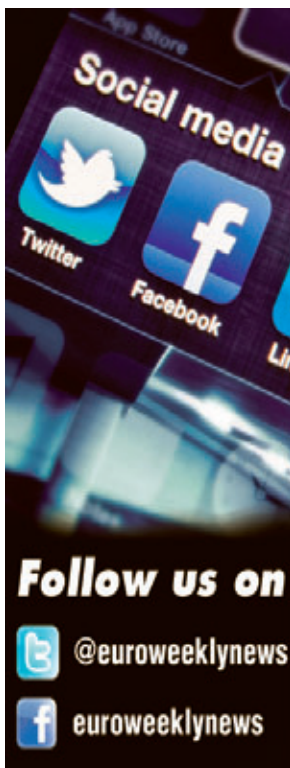


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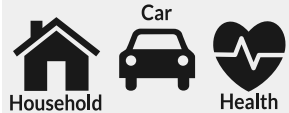
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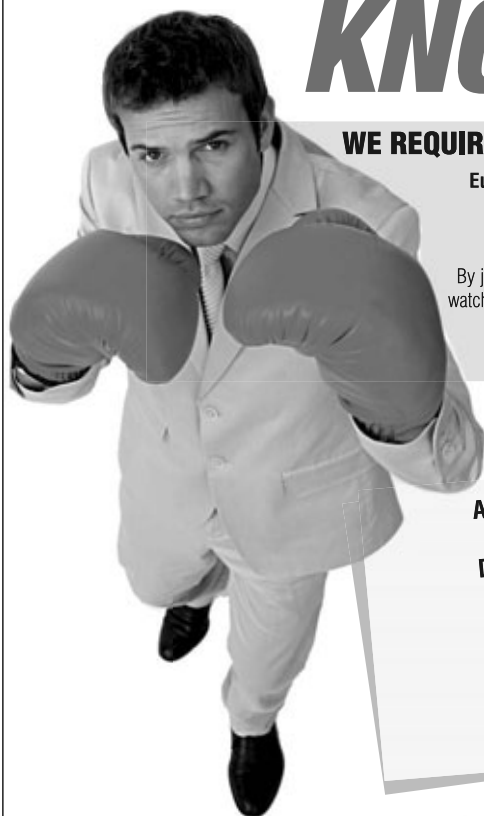
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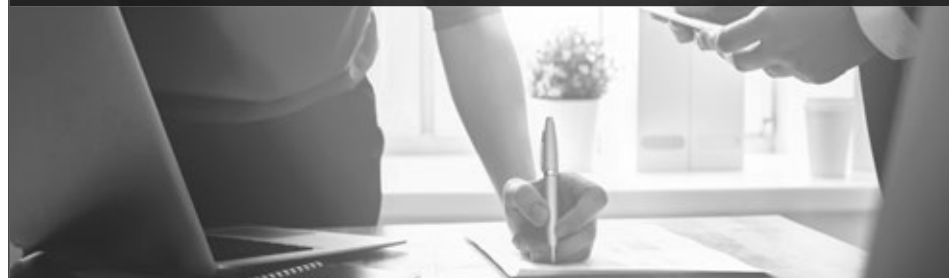
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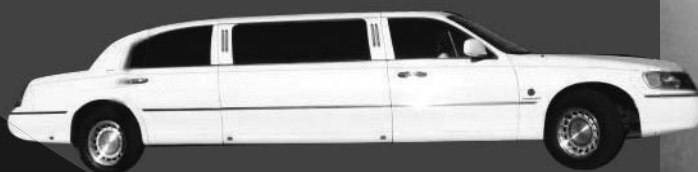
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**Clarkson
Quote of the Week**

“On the McLaren MP4-12C “the first thing I would like to know is why they’ve named it after a fax machine.” *Some might say...*



Faraday Future takes off

By Matthew Elliott

BILLED as a ‘new species’ of car, Faraday Future officially launched their new electric sedan which goes faster than a Ferrari and is capable of learning. The FF 91 debuted in Las Vegas, will be on the roads in 2018 and

can hit 60mph from a dead stop in just 2.39 seconds.

That puts it in elite company, faster than both the Tesla record and the Ferrari LaFerrari. In fact it would be the second fastest production vehicle

ever made - only the Porsche 918 Spyder has hit 60mph in under 2.3 seconds.

Boasting 1,050 hp, the FF 91 unlocks itself by recognising the driver’s face and adapts to their personalities and preferences.

It can even be ordered to park itself. That claim led to some chuckles, however, when billionaire Chinese 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).



FARADAY FUTURE:
New electric sedan.

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.



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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

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 'millennials.'

Ford showed off an autonomous hybrid version of their popular Mondeo saloon, which is called the Fusion state-side, 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.

Renault-Nissan and Mitsubishi big cheese Carlos Ghosn gave a keynote speech at the event, in which he discussed Nissan's vision of mobility in the future, as well as announcing a number of developments and partnerships.

Toyota and Volkswagen also brought their latest concept cars to CES, with the latter promoting their all-electric 'ID' vehicle as it attempts to distance itself from Dieselgate.

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needs****www.abbeygateinsure.com****BUGATTI CHIRON: A two-seater.**

2017 enters Warp Drive

By Matthew Elliott

ONE of the wilder developments in 2016 was seeing classic supercars sell at auction for far more than their contemporaries would fetch brand new from the showroom.

This year is set to swing the motoring world's attention back to the hypercars of the 21st century with the looming release of dozens of models that will set buyers back upwards of a cool €1 million.

Take the new Mazzanti Evantra

Millecavalli. It lives up to its name with a 7.0 litre twin-turbo V8 engine that generates 1,000hp, can hit 250mph, and comes in a lightweight carbon fibre body. Each of the only 25 produced will cost around €1.3 million.

A bit further up the ladder is the insane Arash AF10 Hybrid is English produced and can even come with a fire extinguisher. A 6.2 litre petrol V8 engine can call on the fire power of four electric motors to enter 'Warp Drive' with an unfathomable 2,080hp.

Snaking well beyond the €2 million mark is the extravagant Bugatti Chiron, a two-seater that can hit 60mph in just 2.5 seconds courtesy of a bespoke 8.0 litre W16 engine.

Then there's the Arab awakening. The Lykan Hypersport is billed as the first hypercar from the Middle East and each of the only seven models is priced at over €3.5 million. Built by W Motors in Dubai it is a typically flash affair with diamond encrusted LED headlights just one of the temptations.



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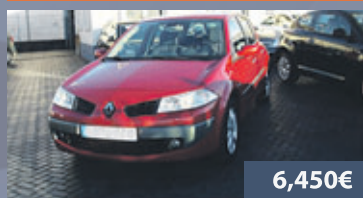


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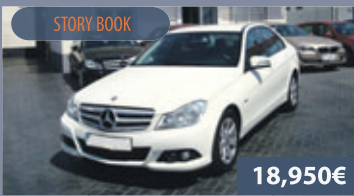


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2012 - 176,000 KM



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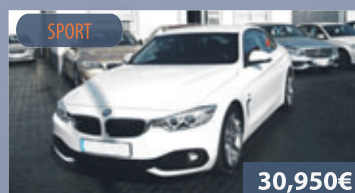


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It's Manchester v Merseyside at football after Murray loses in Qatar

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 Almeria

Football summary

ONCE again, football has taken centre stage as Chelsea's 13-match winning run came to a stuttering end at Tottenham; Brighton replaced Newcastle at the top of the Championship; Celtic beat Rangers in the Auld Firm derby; managers in new jobs include Marco Silva (Hull), Paul Clement (Swansea) and Alan Smith (Notts County); the first big transfers of 2017 saw Aston Villa's Rudy Gestege join Middlesbrough for £6.5m and Wilfred Ndidi move from Genk to Leicester for

£6m; FC Chapecoense (Brazil) are recruiting 20 new players (remember all but three of the team were killed in the pre-Christmas Colombian air crash) and six PL clubs crashed out of the FA Cup last weekend with Millwall causing the biggest upset by beating Bournemouth 3-0. Derby won at WBA, Wolves (who handed Morgan Gibbs-White, aged 16, his debut) ko'd Stoke and fourth tier Plymouth drew with Liverpool who fielded their youngest team ever, while Brentford, Huddersfield (4-0 v Port Vale), Manchester City (5-0 at West Ham), holders Manchester United (4-0 v Reading) and 10-man Chelsea (4-1 v Peterborough) gained the biggest victories as Arsenal scraped through 2-1 at Preston.

Plucky non-League sides Sutton (v AFC Wimbledon) and Lincoln (at Ipswich) both earned replays, but Barrow, Stourbridge and Eastleigh

all lost.

The FA Cup 4th round draw 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 Whinging!

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.



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CostaLessGolf
Weekly News

with
Ron Garrood



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VALE DO LOBO: On the golden coastline of the Algarve.

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“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.”

The Costa Del Sol's best guide to local sport

TO READ MORE

Christmas fun at Mijas

By Christine Wilson

THE Christmas celebrations are now over for another year at Mijas Bowls Club; the decorations have gone and the bowling calendar for 2017 is in full swing.

It all started with the Annual Dinner Dance at Restaurante Valparaíso at the beginning of December, where, as usual, members and friends enjoyed an evening of good food, dancing and entertainment. That was followed quite quickly by the Christmas Draw and a lunch. Prizes for the winners of the bowling were presented to Carol Wright, Jennie Parkin and Dave Wilson before the draw took place.

The club remained open over the Christmas and New Year period but was reasonably quiet as many members were away spending time with their families in the UK or elsewhere.

The finale to the festive season was Three Kings; this year the Kings had lost their way to the bowls club as they did not arrive until Sunday January 8. On that day around 30 bowlers took part in fun bowling during the morning before sitting down in the clubhouse to



CHRISTMAS LUNCH: Where the draw took place and prizes were presented.

lunch. The prizes were given to Stuart, Ray and Tony Land. A fourth prize went to Ella More for the best crown.

Do you fancy playing bowls at Mijas Bowls Club? If so, whether you are a beginner or an experienced bowler, why not ring Robert Wright, our club captain, telephone number 952 492 434.

You will be made very welcome. Mijas Bowls Club is situated just off the

Carretera de Mijas at 1.8 kms. From Fuengirola turn into Camino de Cortijo Grande at the Farmacia del Agua and you will find the club about 150 metres on the left.

Club days are normally held on Tuesday and Thursday afternoons at 1.30pm for 2.00pm and on Sunday mornings at 10.00am for 10.30am. We look forward to seeing you.

Crusaders win against Malaga

COSTA DEL SOL CRUSADERS clinched victory from the jaws of defeat with a wicket from man of the match Jesper Hensen.

Costa del Sol won the toss and batted first, and were soon in trouble at 25-4, as the bowlers from Malaga CC were steaming in with sheer pace with the new ball. The pitch assisted the faster bowlers, but the fifth wicket partnership between Egan Dantis and Jasper Hensen of 141 began to turn the tide. Jesper, who scored an unbeaten 101, and Egan with 38 helped the team to score 193-7 off 30 overs. Waqas Ali was pick of the bowlers with two wickets.

In reply, Malaga CC slumped to 68-7 with some excellent bowling from Nick Harvey, Jody, James Riley and Amjad, all with two wickets apiece. However, some crisp lower order hitting by Waqas Ali (41) and Awais Cheema (56) with a partnership of 117 almost took Malaga to the brink of a sensational victory. Games of cricket very often hinge on critical moments of skill, though, and David Pollock took an amazing catch to help dismiss Waqas, before Jesper took the last two wickets leaving Malaga short of one run with one over to spare as they were all out for 192. The Crusaders' next match is against Fuengirola CC, while league matches begin on January 28. Interested teams should contact sportsworldspain.com for further information, either via the website itself or Facebook.

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