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Suffocated

Family crushed under piles of clothing

Three members of the same family who were crushed under more than a tonne of clothing in their own home, died from suffocation, tests show.

They had stored hundreds of boxes and bags containing clothes and footwear at their Alicante home. These were apparently destined for flea markets in Morocco and Algeria where the family are believed to have sold them as a business.

But in one bedroom, where the mother, father and their 12-year-old daughter were asleep,

the boxes had become dangerously unstable.

What caused the pillars of clothing to collapse is not known but police and fire crews estimate anywhere between a tonne and two tonnes came down on the trio.

The tragic scene was discovered by the couple's 18-year-old daughter who survived because she was asleep in another room.

She woke to find her sister, her father, 50 and mother, 49, had been crushed at their home

in Avenida de Alcoy.

Every room was said to be piled high with clothing but it was stored hygienically and neighbours had not complained about the business being run from the small flat.

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LOCAL NEWS

BA bonus

BRITISH AIRWAYS is to up its Spanish offering for the coming summer season, and will introduce flights connecting Alicante and Manchester for the first time. Modern Embraer 190 airliners will be assigned to the new route, featuring two rows of two seats on each side of the cabin, while one-way flights are expected to start at a competitive €58.

Body found

AN investigation has been opened after an inmate at the La Zarza youth detention centre in Abanilla was found dead. Initial reports suggest that the 18-year-old male victim, who was being held in preventative custody, may have committed suicide. He was being held over the alleged murder of an Ecuadorian man in Jumilla in April 2016.

Builders' boon

THE sudden burst of rain, snow and gale force winds that hit the province last month, has led to a 40 per cent increase in requests for property repairs. Construction and building companies in Alicante say they have been inundated with work after the storms struck, with water leaks, broken roof tiles and cracked walls the most common complaints.

On the market

AROUND 20 stallholders managed to paralyse Orihuela's traffic as they staged a protest to demand the immediate transfer of the town's Tuesday market to the town centre. Chants of "ineptitude" were directed at Markets councillor, Joaquin Olmeda. The group were backed by 40 municipal workers who are owed wages earned between January and March 2016.

Fighting fund for Leo, 4

By Simon Firth

BIG-HEARTED *EWN* online readers have stepped in to help try to save a four-year-old boy battling a killer cancer.

Within hours of the *EWN* posting details of the brave battle Leo Bermejo is fighting, the total on his fundraising website was rising.

His parents, Karen and Jorge, need €175,000 (£150,000) to take him to the United States and a renowned proton therapy centre in Oklahoma.

Leo has one of the most aggressive forms of cancer seen in children and has already had several tumours removed.

Although the operations and subsequent chemotherapy have left him brain damaged, his mother Karen says he is fighting back.

"He keeps defying all the doctors. He is so happy, when you see him he is playing, he laughs, he does everything."

Little Leo's next operation is at Alder Hey Children's Hospital in Merseyside on February 8.

That will remove the last of the tumours in his brain, but Leo will be left permanently handicapped if he undergoes conventional radiotherapy.

The family's only option is proton therapy in Oklahoma but the trip for Leo, Karen and Dad Jorge, will cost €175,000.

"With proton therapy he can still progress," said Karen. "He will still have the chance to learn again, to move his right side, speak again and he won't have problems that will affect his organs in the future."

"This really is Leo's last hope for a life and we have to take it."

If you would like to help little Leo, the family, who live in Vera Playa, Almeria, have set up a page at gofundme.com.

<https://www.gofundme.com/leothe lion3>

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Arsonist pensioner arrested

A MAN has been arrested, believed to be the person behind a series of bin fires in El Campello.

Around 16 fires in bins and rubbish containers have been occurring in the town with police launching an investigation believing the same person was behind all crimes. So far this year, 10 fires were started which were beginning to cause some alarm among residents.

A 69-year-old was arrested from El Campello charged with 16 offences of setting fire to waste and recycling bins. The man would go out in the afternoons and evenings to walk his dog, which he used as a cover to avoid suspicion, but he was arrested shortly after another fire started in Calle San Bartolome in the town.

Modern methods

THE Valencia Tourism Agency has launched the pilot project of offering a tourist service through WhatsApp.

The Tourist Information Offices of Alicante are the first to trial the service, with all those interested in receiving information through the instant messaging service, now able to use the 699 028 370 number.

Since WhatsApp has more than a billion active users, it is one of the most popular global phone communication systems, which the tourism department is hoping to utilise, reaching thousands upon thousands of visitors and potential visitors.

The Valencian Tourism Agency said using services such as WhatsApp was about revolutionising the tourist information offices, optimising new technologies and opportunities.

Fast and efficient

THE rapid response of the Torreveja fire brigade has been praised after the team sprang into action to quickly extinguish a fire which broke out at the main entrance to the local Carrefour supermarket.

The reason they were able to react

so quickly is that the fire station is located just 250 metres from the shopping centre, the largest in town.

Drugs gang goosed

POLICE investigators are celebrating after a two month drug trafficking operation concluded successfully with four arrests in Torreveja and Alicante.

One member of the alleged gang was nabbed in his car with 321 grammes of cocaine, with two mobile phones seized and the vehicle impounded.

Swoops on three private addresses then resulted in the confiscation of an additional 900 grammes of cocaine, two electronic balances, three mobile phones and €300 in cash.

All four of those detained have Colombian passports and one has been imprisoned without bail pending a court trial.

Mourning Mar Menor

CONTROVERSY over the degradation of the Mar Menor lagoon rumbles on, with the secretariat for the Ramsar convention, the international treaty for the conservation of wetlands, wading into the debate.

Mar Menor was handed official Ramsar status in 1994, joining hundreds of other wetlands that are considered to be important at the global scale, and it is thus protected by international law.

However, it is currently on the verge of ecological col-

lapse due to neglect and unsustainable management, as previously reported in the *Euro Weekly News*.

Now, the Ramsar secretariat has urged the Spanish Environmental Ministry to 'detail its proposals to solve Mar Menor's problems,' even offering to send a delegation to the wretched site in order to 'offer advice on problems and threats.'

As *EWN* went to press, the Spanish authorities had failed to respond.

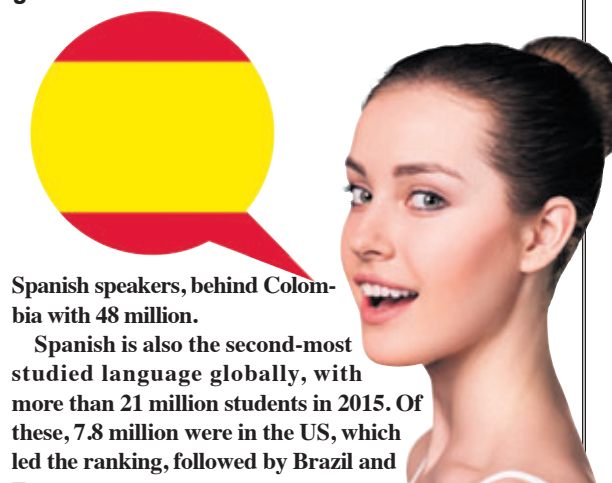
SPANISH FACTS OF LIFE...2

Spanish is the second most widely spoken language worldwide with only Mandarin Chinese used more. Spanish is now spoken by around 500 million people, with that figure pushing English into third.

Language on the up and up

MEXICO has the world's biggest number of Spanish speakers with 121 million, followed by the United States with 52 million, though statistics suggest the US could become the biggest Spanish-speaking nation by 2050, with almost a third of its citizens speaking the language to native level by then.

Spain currently ranks fourth on the list with 46 million



Spanish speakers, behind Colombia with 48 million.

Spanish is also the second-most studied language globally, with more than 21 million students in 2015. Of these, 7.8 million were in the US, which led the ranking, followed by Brazil and France.

It is additionally the third most widely-used language on the internet where its use grew 1,312.4 per cent from 2000 to 2015, even though less than 8 per cent of online traffic is published in Spanish.

8 AT-A-GLANCE SURPRISES

■ Spanish is the official language of 22 countries.

■ It was the language used by diplomats until the 18th century.

■ The earliest words written in Spanish appear in a series of 12th-century Visigothic texts which are copies of earlier documents, some dating back to 974-980.

■ The first Spanish grammar was written by Antonio de Nebrija in 1492, the same year that Columbus discovered the New World.

■ Spanish is also known as Castilian (Spanish: Castellano) due to its origins in the historical region of Castile, of which Burgos was the capital.

■ Spanish and English share much of their vocabulary through cog-



Used in 22 countries.



nates, since both languages derive many words from Latin and Arabic.

■ The longest Spanish word is the rarely used medical term *esternocleidomastoiditis* (25 letters) which refers to a neck muscle complaint.

■ The letter ñ does not exist in Latin and is the only Spanish letter of Spanish origin.

Touristic triumph

THE Valencian Community enjoyed a record year for tourism in 2016, with over eight million foreigners visiting, of which 70 per cent chose the Costa Blanca.

A beaming regional tourism secretary, Francesc Collomer, made the announcement after studying data from the National Statistics Institute.

"These results confirm our forecasts and represent a remarkable year-on-year increase of 16.6 per cent, the highest in the country," he said.

Postscript to ponder

300m

BIRDS cross the Strait of Gibraltar from Africa each spring en route to breeding grounds in Europe. The 2017 migration pattern is already under way.

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Nuclear clean-up

THE arrival of the Trump presidency has led to fears the US will not fulfil its obligations to clean up the Palomares site where a B-52 with four H-bombs came down in 1966. The land was left contaminated after the detonators on two of the bombs exploded.

Two square kilometres were covered in deadly plutonium. In October 2015 Madrid and Washington agreed the US would pay the €640m bill to remove all the contaminated soil.

But Spain's subsequent internal political turmoil led to a delay and now the US administration has changed. Now there are worries President Trump could turn round and ditch the agreement.

Bills go up

HOUSEHOLDS in Spain are braced for big fuel bills as wholesale prices rise and the cold snap forces many families to resort to extra heating. Consumer associations have warned of an increase as high as 20 per cent. Poor weather has hit solar output and the much publicised drought affected hydro-electric projects.

Hero officer jumps onto tracks

AN off-duty police officer leapt onto the tracks of the Madrid Metro after a passenger collapsed and fell onto the line. The officer was making his way home when he noticed the man was very near the edge of the platform. Suddenly the traveller pitched forward onto the tracks.

The National Police officer jumped down to rescue the man who was unconscious and bleeding profusely. With the help of others the injured man was pulled back onto the platform where the officer put him in the recovery position and monitored him until paramedics arrived.



Postcard from

TENERIFE



FOR most people, going out to a restaurant is a social event and usually means getting dressed up. But how would you feel if you were getting dressed 'down,' or to put it bluntly, getting your kit off completely?

That's the gimmick, if that's the right word, at a new restaurant in Tenerife.

You go to Innato, you're led to a changing room and then you don nothing more than a bathrobe.

But that doesn't stay on for long as you're then taken to your table and encouraged to flash the flesh. A bamboo partition separates you from other diners but there's an added 'gimmick.'

While the crockery can't be said to be the deciding factor in what draws you to any restaurant, should it actually be moving? At Innato you can eat your food off the staff! Vine leaves are strategically placed to protect their modesty.

Owner Tony de Leonardis said he got the idea after hearing about a similar venture in London.

A so-called aphrodisiac menu served on nude male and female models sounds like a must, followed by what is fast becoming a favourite, a dessert of drizzled melted chocolate with strawberries, which Tony calls 'Happy Ending.'

Jihadi wife is detained

POLICE have arrested a 38-year-old Mexican woman suspected of disseminating jihadist ideology. The evidence was found by surveillance of her electronic devices. Her husband, Moroccan national Aziz Zaghane, was captured in 2016 and subsequently jailed. Since 2015 Spanish security agencies have detained 183 suspected jihadist terrorists.

Truck gang

NEARLY 200 robberies have been cleared up after police arrested 38 members of a gang who looted entire consignments of high value goods from HGVs.

In a two-year operation police were able to link thefts all over Spain from trucks whose drivers were resting or parked up in industrial estates. When the target was identified, the vehicle was raided by a four to seven-strong team who then distributed the merchandise. In the homes of gang members police found guns, jewellery and drugs.

Paternity leave

NEW Spanish fathers can now take up to a month off work after the government doubled paternity leave. The new measure could cost up to €230 million a year to operate. The eventual aim is to offer new fathers the same 16 weeks as new mothers receive. The change in rules also extends to fathers adopting, fostering and those who are self-employed.

Birthdays

• **Duncan Bannatyne, Entrepreneur, February 2, 68**

Scottish businessman who is best known as one of the investors on the BBC show Dragons' Den. His business career started when he bought an ice cream van for just £450 and he's had a range of successful businesses. In 2016 the *Sunday Times* Rich List estimated his wealth to be around £200 million.

• **Warwick Davis, Actor/TV Presenter, February 3, 47**

Born with a rare form of dwarfism he has enjoyed a successful film and TV career with roles in Labyrinth, The Chronicles of Namia: Prince Caspian and the Harry Potter series. As an avid Star Wars fan he landed a dream role in Star Wars Episode VI as the Ewok Wicket.

• **Natalie Imbruglia, Singer/Actress, February 4, 42**

Australian singer and actress who shot to fame in the hit soap opera Neighbours. She has also starred in films such as Johnny English and Closed for Winter. She released her first hit single Torn in 1997 and has since sold 10 million albums.

• **Cristiano Ronaldo, Footballer, February 5, 32**

One of the top footballers in the world he plays for the Spanish club Real Madrid. He has been awarded both the FIFA Ballon d'Or and the European Golden Shoe four times. Last year *Forbes* magazine named him as the world's best paid athlete.

• **Garth Brooks, Musician, February 7, 55**

American pop country singer and musician who has sold more than 160 million records making him one of the world's best-selling artists ever. He has seven albums that have achieved diamond status, (awarded for selling 10 million units) in the USA and is the only artist in music history to have achieved this.

• **Trinny Woodall, TV Presenter/Fashion Advisor, February 8, 53**

Better known as one half of 'Trinny and Susannah,' a pair of British fashion advisers who shot to fame hosting What Not to Wear aired on the BBC. She co-wrote 11 fashion advice books and co-launched underwear and clothing ranges. She is now a regular fashion style expert on ITV's This Morning.

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Action to safeguard beach houses ordered

A COURT has ordered Costas to save the houses along the Babilonia beach in Guardamar.

With houses collapsing into the sea, the judge ordered Costas Territorial Service of Alicante to take action "with immediate effect" to prevent further deterioration of the properties.

The decision was taken at the request of the neighbours who for years say they have been neglected by the government in safeguarding their homes. Following the recent storms, more properties have suffered with rubble and bricks coming away from the foundations and landslides reaching the shoreline.

Residents staged a protest to demand both Costas and the City of Guardamar to take action and offer solu-



COLLAPSED HOUSES: In Guardamar del Segura.

tions following the catastrophic consequences of time and the storms with half the houses now collapsed or damaged.

The houses began to be constructed in 1929, and then there was about 100m of beach from the houses to the sea. However now, the channelling works of the Segura have caused sediments

to be stored meaning the beach is not regenerating leaving the sea to get closer and closer.

According to neighbours, this regression would be such that, since the completion of the channelling of the Segura and the breakwater in 1994, "some 20 or 25m of beach would have been lost."

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Law is not an empty measure



EMPTY HOMES: The government will be able to rent these out.

By Linda Hall

THE Generalitat will have the power to appropriate empty homes.

Valencia's regional parliament approved the draft of the Social Function law enabling the Generalitat to take over apartments and houses that belong to owners who possess 10 or more vacant properties. The Valencia government will be able to rent out these properties as social housing for five years.

The new measure applies to owners who have declined to sign up to the Generalitat's social housing network

and will principally affect banks that have repossessed unoccupied properties.

The PSPV socialists, Compromís, Podemos and Ciudadanos voted in favour of the motion, which was opposed only by the Partido Popular. The MPs voted down all the amendments proposed by the PP and Cs but approved a Podemos proposal to include a specific Energy Poverty monitoring committee.

Banks that do not cooperate face fines of up to €30,000 warned the Generalitat's Housing chief, Maria Jose Salvador.

OUR VIEW

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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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NEWS EXTRA**Attempted rape**

A YOUNG woman reported to police she was the victim of an attempted rape in Alicante when three men pinned her down on the floor and attacked her. They fled as they saw another couple approaching.

Fire victim

A WOMAN has died in a house fire in Callosa de Segura. It appears a heater was the cause of the blaze which then spread through the ground floor property.

New Year

EVENTS and celebrations to mark Chinese New Year were held across the province at the weekend. According to the National Statistics Institute, there are 7,657 Chinese immigrants in Alicante Province.

Could mystery structure help save Cala Mosca?

SPECULATION surrounds a mystery structure that has been found on Cala Mosca, Orihuela Costa.

Discovered on the last green area along the coast where a developer plans to build 1,500 new houses, the CLARO party said this structure must be declared and properly looked at. The party, which has continually fought against the development plans, said: "The owner of the land, has an obligation to declare what this is and have it properly investigated. CLARO will insist that this is done. It could be of some archaeological importance and be protected by regional or local laws. The developer has no excuse for not having declared it already. It is his obligation.

"He has owned the land for decades and applied for building permission 10 years ago. The infrastructure of streets and pavements has been in place for several years. He and his employees must know every inch of the land. Of course, if the structure is of significance and is protected by law, his interest in remaining silent is obvious since it could complicate and delay the final building permission which he is desperately seeking."



MYSTERY STRUCTURE: Gradient leads to what appears to be a tunnel.

The structure found is made of bricks and stones. It descends 10-15 metres at a gradient of 45 degrees leading to what appears to be a tunnel or cave. The person who discovered the structure did not enter and to do so would require authorisation, lights and proper protection. There is speculation that it could be a storage facility used during the

Spanish Civil War or the remains of an old irrigation system.

CLARO has for years led a campaign to save Cala Mosca. Currently a public consultation is in process where the degree of protection of two endangered species present on Cala Mosca, a rare flower and a snail, is one of the key issues.

50-year-old car thief arrested

A 50-YEAR-OLD man has been arrested in Santa Pola, believed to have carried out some 27 thefts from vehicles and public establishments.

Police arrested the man and found stolen items in his home totalling around €4,000. It is estimated the cost of damages as a result of his actions could reach €10,000. His stash of stolen goods included two GPS systems, car stereos, tools, fishing items, two watches, 15 pairs of sunglasses, phone chargers and cash.

Since September 2016, a series of thefts from inside vehicles was reported, as well as from local establishments, particularly in the Playa Lisa area of the town, causing social alarm amongst residents.

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NEWS EXTRA

Bulk protest

SOME 600 residents protested in Alicante along the streets to the doors of the Port Authority, complaining about bulk shipment. Banners read 'our minors breathe toxic dust from the bulk of the port' and they want action taken.

Tree fire

A CIGARETTE butt thrown from a balcony is believed to have started a fire in a tree in an Alicante neighbourhood. A car was parked below the tree but the owner moved it before it caught alight.

Uni honour

ELCHE'S Miguel Hernandez University has awarded Paralympic swimmer Teresa Perales with an honorary doctorate. Perales has 26 Paralympic medals and has won five world championship medals.



ALICANTE HOSPITAL: A letter was sent to the family apologizing

Were out of date

A FAMILY has filed a complaint against the General Hospital of Alicante for alleged medical malpractice.

Two sisters have made the complaint after their father died in hospital after suffering from acute pancreatitis in December last year. The family said during the month he was in hospital, he had been put on a drip and feed-

ing tube which had expired.

After filing the complaint in Alicante, the family said their father may have died as a result of the pancreatitis he was suffering, but it may also have been due to being given expired medication.

Their father was 80 and suffered from a mild degree of Alzheimer's but they said the



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...ing for the use of out of date medication.

Storm assistance approved

MUNICIPALITIES affected by the snow and coastal weather phenomena that occurred in the Valencia Region a few weeks ago, have until the end of March to request assistance.

The Regional Government has approved the process to address the damage caused by the storms from January 18-23. The affected municipalities have until March 31, to use the help of the technical services of the government and submit their estimates of damages to the infrastructure and buildings.

Submitted applications will be assessed by a technical committee and a commission will be responsible for making a budget estimate from the Contingency Fund for the 2017 financial year, which will be submitted for approval by the Consell.

The Council of Ministers has given its approval "to quickly and effectively" provide aid for those affected.

meds to blame?

doctor continually remained optimistic about his prognosis. However, after 10 days in hospital, the sisters realised that the medication going through the drip was over a year out of date.

A nurse said there was nothing wrong, it wasn't dangerous, just made the medication less effective. Days later and the feeding bag being administered

through a tube in the nose, was also out of date and from then their father's condition deteriorated.

The family received a letter from the hospital expressing their apologies saying to have out of date medication was "unusual, given the control exercised over pharmacy products."

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Have you been thinking that something could be wrong with the way your tax affairs are being handled? Or are you one of those unable yet to decide whether to take the step forward or just bury your head in the sand?

One phone call will help you to get a better understanding and moving in the right direction.

You deserve to be given an explanation about Why? and How? you should put your tax affairs in order.

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michelle.hamilton@uk-taxrefund.com
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Motorcyclist dies in RTA

A YOUNG motorcyclist lost his life in a road accident on the Dolores to San Fulgencio road

The 27-year-old was driving his motorcycle when he collided with a car. As a result of the impact, he was thrown from the bike and hit a tree.

The accident happened near the municipal

swimming pool in Dolores and was witnessed by several people, including a policeman and a doctor who offered immediate first aid until the SAMU emergency ambulance crew arrived.

He was taken to the Vega Baja Hospital but passed away shortly later with doctors unable to save his life.

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| BARCELONA | 4 | 340 € |

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| | | |
|-----------------------------|---------------|-------|
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| GIBRALTAR | 3, 4 | 140 € |
| C. DEL SOL - RONDA | 3, 9 | 190 € |
| SEVILLA | 4 | 295 € |
| CORDOBA - SEVILLA | 4 | 310 € |
| GRANADA - SEVILLA | 5 | 350 € |
| ANDALUCIA CLASICO & SABORES | 4, 5, 6, 7, 9 | 280 € |

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| | | |
|--------------------|---------|-------|
| CUENCA - TOLEDO | 3, 4 | 149 € |
| TOLEDO | 3, 4, 6 | 165 € |
| MADRID | 3, 4, 6 | 160 € |
| RIOJA-RIBERA DUERO | 4, 6 | 190 € |
| EXTREMADURA | 6 | 360 € |
| GALICIA | 7 | 530 € |
| BILBAO - CANTABRIA | 7 | 480 € |
| PORTUGAL | 6, 7 | 430 € |
| MOROCCO | 3, 9 | 230 € |

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■ In person:

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 03178 Benijofar, Torrevieja
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■ Terms of Entry:

Completed survey forms must reach Euro Weekly News by noon March 30, 2017 at the latest. Only FULLY completed forms received by the final deadline will be entered into the prize draw. All entrants must possess a current NIE number, hold a valid driving licence and must be aged 18 or over. Only one entry per person is allowed. Failure to meet these requirements will invalidate the entry. No cash alternatives.

No employees of EWN Media Group can enter.

The winner will be announced on April 20, 2017.

The winner will be required to take part in any promotional activity and EWN reserves the right to use the name of the winner and photographs in any publicity both in newspaper and online.

The winner will have to collect the car from the EWN offices in Benalmadena. Any expenses incurred by the winner in collecting the car will be their own responsibility.

Euro Weekly News takes no responsibility should the car offered differ from that pictured here in any way.

Tick box if you do not wish your personal details to be shared with third parties or to receive promotional information or special offers.

You and the EWN

How often do you read the EWN?

- Every week
- Regularly
- Monthly
- On occasions
- Very rarely

Which sections of the EWN do you read?

- Local News
- General Features
- Business
- Leapy Lee
- Other columnists
- Television
- Horoscopes
- Time Out
- Letters
- Health & Beauty
- Food/Social Scene
- Homes & Gardens
- Community
- Classified
- Motoring
- Sport

What do you THINK of the EWN?

.....

What do you EXPECT from the EWN?

.....

What would you like to CHANGE about the EWN?

.....

How long do you spend reading the EWN?

- Up to 10 minutes
- Up to 30 minutes
- Up to 45 minutes
- One hour or more

Do you find it difficult or easy to pick up your copy?

.....

Where do you usually pick up your copy?

.....

Do you have a suggested new distribution point?

.....

You and the EWN Online

Where do you primarily get your daily news from?

- Television
- Radio
- Newspaper
- Internet

What device do you browse the internet on?

- Desktop computer
- Laptop
- Tablet
- Mobile phone
- Smart TV

What time do you normally browse the internet?

- Morning
- Afternoon
- Evening
- All day

How often do you visit the www.euroweeklynews.com website?

- More than once a day
- Once a day
- Once a week
- Once a month
- Never

Do you subscribe to our daily news bulletins to your email inbox via the www.euroweeklynews.com website?

- Yes
- No

Do you follow Euro Weekly News on social media – Select those that apply...

-
-
-
-

Q & A

Gender

- Female
- Male

How old are you?

- 18 – 21
- 22 – 35
- 36 – 50
- 51 – 70
- 71+

Status

- Single
- Married
- Separated/Divorced
- Widowed

Which other local newspapers do you read?

.....

How often do you eat out?

- Once a week
- More than once week
- Once a month
- Rarely

How long have you been reading the EWN?

.....

Do you have private health insurance?

- No
- Yes (specify).....

Have you ever used a currency exchange/money transfer company?

- No
- Yes (specify).....

Is your telephone

- Landline
- Mobile
- Both
- Name of your provider(s)

Is your mobile

- Contract
- Pay as you go
- Name of network provider

What kind of mobile telephone do you use?

- Android
- iPhone
- Windows
- Other (specify)

Is your internet

- Fibre Optic
- ADSL
- Other (specify)

How often do you use the internet?

- Regularly
- Rarely
- Never

Which social media sites do you use?

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- Twitter
- Instagram
- Other (specify)

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Fill in this simple survey which will help us make decisions about the content and structure of the EWN in the future.

It does not matter whether you are a regular or casual reader, nor do you have to agree with our firm belief that we are the best. All of your opinions will help us to improve what we offer both readers and advertisers in the future across all six editions of the newspaper widely distributed each week from Valencia to Costa del Sol, as well as Mallorca and inland.

What's more, if you fully complete the survey in today's issue, which will be republished until March 23, 2017, or answer it online and send it back to us no later than March 30, 2017, then you stand the chance of winning this brand new car in our prize draw.

So what are you waiting for?

Grab your pen or log on to our website and say what you like, want to read about, and how you would like the Euro Weekly News to improve.



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Calls for the mayor's resignation

AS lawyers acting on behalf of Mayor Carlos Ramirez managed to delay his court case from the planned April date to September, there are calls for Ramirez to step down.

The PP leader of San Fulgencio, faces charges relating to irregularities in the awarding of sports contracts totalling some €190,000 over a number of years, to run the sports schools in the municipality.

The Anti-Corruption Prosecutor requests nine years of disqualification from public office for Ramirez, and the Partido Independiente Por Las Nacionalidades (PIP) in San Fulgencio is calling for his immediate resignation.

The party said in a statement: "We have not asked for his resignation until now as a date for the trial had not been set. It is unacceptable that the Partido Popular at provincial level isn't willing to make a statement or act on this issue,



UNDER PRESSURE: Carlos Ramirez (centre right).

when it has done in other municipalities for much less. Carlos Ramirez states that he has the full support of his party. We ask ourselves, when will they smack the table, say 'enough' and do what they stated they would do with all PP politicians who are indicted in any legal case?"

The PIPN said the mayor has made numerous 'stupid comments' such as "This is jealousy, the opposition who didn't win at the elections wants to win in the courts etc, etc."

PIP is also asking for the resignation of Susana Ramirez Ortuño (cousin of the mayor), one of his deputies in the previous legislature and first deputy mayor in the current one, as they claim she had 'full knowledge' of his actions and in supporting the mayor in all his decisions.

The mayor has continually claimed his innocence and denied any wrongdoing.

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Offshore banking options continue to narrow - Nationwide International to close

Many British expatriates close their UK bank accounts and open new ones in offshore centres once they leave the country. They may not have a choice if their bank does not allow non-UK residents to hold accounts. Nationwide International in the Isle of Man is a popular choice for expatriates in Spain and elsewhere, but it has announced it is closing its doors in summer 2017.

The bank will start closing customer accounts from early 2017. It will be writing again to clients with important information and dates regarding the closure of their specific accounts.

In the meantime, it suggested that since looking for a new home for their savings can take time, clients should start looking now. The bank has removed any notice requirement on its accounts, and fixed rate bonds can also be closed before the scheduled maturity date, with no penalty.

This only affects Nationwide International in the Isle of Man. Accounts held with the Nationwide Building Society in the UK are not affected.

Looking for a new home for your savings

This is a good opportunity to



By Gerald
Turner, Partner,
Blevins Franks

review your savings and consider if a bank is the best place for your money.

The Bank of England interest rate has been at historic lows since March 2009 and was cut to an even lower 0.25% following the Brexit referendum. If you need your savings to provide an income, preferably without withdrawing much capital, or are

looking for capital growth to keep pace with inflation over your retirement years, seek advice on how you may be able to generate better returns from your savings.

How long do you need your money to last?

This is a sobering question and not one most people can answer with certainty. Underestimate this, however, and your money could run out too soon, leaving you unable to live the lifestyle you want. Life expectancy has been increasing and you need to make sure that your savings will provide the income you need right to the end of your and your spouse's retirement years. No-one wants to be forced to reduce their quality of life in their later years.

You therefore need to establish a strategic savings and investment strategy to preserve the value of

your wealth and income.

Remember to factor in the effect of inflation on reducing your spending power each year. Say, for example, you typically spend €5,000 a month. Assuming an inflation rate of 3% a year, in 10 years' time you could need about €6,720 a month to maintain the same spending, and €9,030 in 20 years.

The uncertainty over Brexit has been making some people cautious about investing. However, trying to time when to buy and sell investments has plenty of risks - but the biggest one may be the risk of missing out. Missing just a few good days in a market cycle could significantly reduce your investment returns.

Protecting your savings

Another issue to consider, when

deciding the best home for your savings, is the level of protection you would get should the financial institution fail. For example, the Isle of Man Depositors' Compensation Scheme provides individuals with protection of up to £50,000.

It is important to ensure that your portfolio is built around your risk profile, and with strategic asset allocation and diversification to reduce risk and meet your objectives. You want to ensure that your portfolio is suitable for you. Take specialist, personalised advice and build a good relationship with your financial adviser so they understand your needs and guide you through the Brexit years and into the future.

To keep in touch with the latest developments in the offshore world, check out the latest news on our website www.blevinsfranks.com.

“I have an account with Nationwide International.
What should I do with my savings now?”

Talk to the people who know.

With Nationwide International closing this summer, you need to find a new home for your savings. Interest rates are likely to remain low for some time, reducing the spending power of your money over time.

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Repair work begins ahead of the summer

WORK has begun on replacing the walkway along La Mata beach that was destroyed in the December storms.

Councillor for Beaches, Javier Manzanares, explained that work will include building a completely new wall with railing along the promenade. The three accesses down to the beach from the promenade will also be removed and new ones put in place.

Councillor Manzanares expressed his satisfaction with



PROMENADE WORK: Repairs underway in La Mata.

“the speed that has been shown” in carrying out the work and, if all goes to plan, it should be completed before the summer season is underway.

Patrol arrests two suspects

ROUTINE police patrols in Alicante led to the arrest of two men in the city.

National Police spotted the vehicle occupied by two men who were looking nervous as they approached the police checks.

One of the men identified himself with a Romanian identity card which proved to be

false. Checks confirmed he had previous history of producing and using false IDs. The other man was also arrested as officers discovered numerous tools in the car which are commonly used in the theft of vehicles and it is believed the pair may have been trying to steal cars.

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With this information and our recommendations, **our customers can always plan in advance**, in order to avoid any undesirable events. With greater involvement in cross-border cases where the application of European regulations and national laws have different results, we always recommend proper international tax planning especially in inheritance matters.

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can plan for future economic scenarios.

2. **Review and recommend proper estate planning**, appropriate to your needs and wishes.

3. **Review existing wills in Spain** and abroad, and study their compatibility and validity, according to today's laws.

4. **Tax planning in the field of inheritance tax and gift tax** in Spain both for Spanish residents and non-tax residents.

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More schools want to go continuous

ANOTHER 95 schools in Alicante Province are requesting a change of the timetable to the continuous day.

Last year, hundreds of schools across the Valencia Region took part in a vote to change the day schedule with all lessons continuing until 2pm with no afternoon classes. Parents then had the options of taking them home or leaving them in school for

lunch and after school activities.

Many chose to make the changes following a vote by the parents and now, a further 95 schools in Alicante Province have asked for the continuous day. These schools must now present their project plan which would be approved first by the school board and then the Consell before parents will

be able to vote for or against the changes on April 4.

If a 'yes' vote is received, the changes will be in place from October.

Among the schools locally wanting to carry out a vote is San Fulgencio which last year had a 'no' result, Orihuela Costa's Los Dolses and Playas de Orihuela schools and the Maria Moliner school in Pilar de la Horadada.

Tourism for the next generation

TOURISM training, development and promotion is being carried out in Alicante.

The initiative is being carried out for the second year by the Local Agency for Economic and Social Development, headed by councillor Sonia Tirado (Compromis), and the Valencian Institute of Tourism.

The City of Alicante said the initiative seeks to develop the "creative potential, as well as to promote and motivate the new generation of innova-

tive and technology-based tourism projects."

The 11 participants, will have more than 80 hours of theoretical and practical training over the next three months. They will receive specialised tutoring and advice on business plans and models as well as how to help form a start up company.

Councillor Tirado said it was important to support innovation in a sector such as tourism, which remains one of the most important economies in Alicante.

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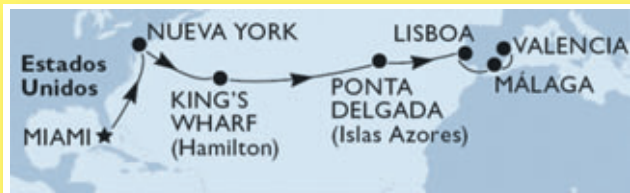


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Half of new businesses fail to remain open

STUDIES by the National Statistics Institute show that only 50 per cent of small and medium-sized enterprises survive the first three years, and 26 per cent of small companies close within a year. This trend would also seem apparent in Elche.

Professor of Business Administration and Management at the University CEU Cardenal Herrera de Elche, Javier Gran, admits that “to withstand the first year is the most complicated, and in Spain we are at the tail of Europe, below countries like Slovenia, and far from powers like Germany.”

Gran also pointed out that most of the companies that close the doors permanently are “the small ones that have between one and four workers.”

This situation can be seen within the centre of Elche where the commercial fabric

has undergone many changes during the years of the crisis. According to data managed by the Department of Openings, during the last two years the number of opening licences granted increased by 15 per cent.

Last year, over 1,030 licences were awarded compared to 900 in 2014, but the challenge lies in staying open.

The Confederation of Traders and Self-Employed in the Valencian Community (Covaco) warns that many people who do not find work are tempted to open their own business, despite the risks that this entails.

Covaco’s Secretary General, Amparo Barroso said “many people venture without a feasibility study” or without any previous experience.

The lack of liquidity is another of the problems fac-

ing the shops that end up closing, with few having the necessary financial backing to see them through.

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€2m improvements for Elche's ER



ER UPGRADE: Will include expansion to provide better services. |

REFORM of the Emergency Department of Elche's General Hospital will soon become a reality.

The tender process of the first phase of the project has been announced, with a budget of more than €300,000. In total, some €2 million will be spent on the renovations.

The changes come after a visit in 2015 by the Labour Inspectorate who said the service failed to comply with certain rules of occupational hazards. It visited the hospital following a complaint by the workers union. At that time, the Ministry of Labour granted the Ministry of Health five months

to make the necessary corrections, but they requested extensions to prepare a full project to improve the space for both workers and patients.

The project is divided into three phases to allow the ER department to continue operating and once started is expected to be completed within a year.

The ER will expand from 1,370m² to 1,858m². There will be a separate entrance for ambulances and another for walk in patients. There will also be separate areas for different specialities and more treatment rooms. For the first time, there will also be two boxes for patients in isolation and ones for sick psychiatric patients complete with security cameras.

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Jet2.com flies in the face of Brexit fears

DEFYING Brexit fears, British airline Jet2.com has announced that for the next summer season they will increase flights between the UK and Alicante-Elche airport.

Between April and November, the company will increase flights by 40 per cent. This winter season, which runs until March, is already offering 30 per cent more flights compared to the same period last year.

There will be routes between Alicante-Elche and nine destinations in the UK;

London-Stansted, Belfast, Birmingham, East Midlands, Edinburgh, Glasgow, Leeds, Manchester and Newcastle, reaching a peak of 93 flights per week in high season, compared to 76 per week in the summer of 2016.

The Municipal Tourism Board of Alicante, welcomed the work of Jet2holidays and said: "We value positively the promotion by Jet2holidays of our city, contributing in this way to spread the image of Alicante among its clients of the north and centre of England."



INCREASED FLIGHTS: Between Alicante-Elche and the UK.

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Rubbish disposal meeting planned

A MEETING is scheduled to take place between the 27 mayors of the Vega Baja to sort waste disposal.

The Waste Consortium of Vega Baja is the only area in the region that does not have a Zonal Plan or facilities for treatment of waste generated by the 27 municipalities. Nor does it have coordinated and efficient eco-parks. It is hoped the meeting will resolve these issues.

The proposal involves establishing an agreement for municipalities to give land to install waste collection for waste that can not be deposited in the containers, such as furniture, appliances or debris. A network of 23 eco-parks is planned.

Talks will also be underway about possible locations for two rubbish transfer plants in the Vega Baja. Having a local plant site would save thousands of euros and reduce environmental impact.



WORKS STOPPED: Construction on the site of CEIP Playas de Orihuela has halted.

School work stopped

ORIHUELA is calling on the Consell to resume the work on the CEIP Playas de Orihuela school after construction stopped around a month ago.

There have been no operators on the ground since before Christmas, a situation that has caused concern within the town hall and the school community, which has seen their students in temporary portacabins for 14 years.

Councillor for Education, Begoña Cuartero, said she understands that there has been a need to modify the original project

and this has forced construction to stop, but she urges the Consell to resolve the issue as quickly as possible: "It is urgent that the Consell solves the problems that have arisen so the works are not paralysed for another day."

Cuartero has held meetings with the Regional Director of Education, who confirmed that modifications were needed, to try and push through with the works.

Cuartero reminded that students have spent too many years in prefabricated classrooms that, at present

"cannot withstand rain, there are leaks, they suffer floods and every time we have a storm we have to close the centre."

The tender for the works of CEIP Playas de Orihuela was carried out in May last year, although work on the ground did not start until after summer 2016.

The work has an investment amount of €6.6 million and according to the contract, has a scheduled execution time of 18 months, meaning that the new school should be open in 2018.

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PRESIDENT of HELP Vega Baja, Michele Masson, and D Francisco Fiestras Perez, Managing Director of Quironsalud Hospital Torrevieja, have signed a collaboration agreement.

This new arrangement will provide members of HELP Vega Baja with a number of benefits including a free annual blood test, annual dental clean and a 10 per cent discount on general and surgical health services as of yesterday (Wednesday).

Michele Masson said: "We have been working very closely with Quironsalud Hospital recently and in particular with Samantha Biddles from the International Relations Department, who has been extremely supportive to the charity. Through the collaboration the hospital hosted a talk on Parkinson's earlier in the month and was very well supported by not only the HELP Parkinson's group but other people interested in the disease too. We anticipate holding similar talks in the future on subjects of interest to people and we are sure these will be well received also."

HELP has also been given permission by Quironsalud to introduce a hospital visiting team: "We believe this to be a huge benefit to those people who are admitted to the international ward and our volunteers will be meeting shortly to plan the rota, etc."

HELP Vega Baja have on several occasions announced they are keen to work together with other charities and organisations and Michele Masson chaired the first meeting of CARE (Communication And Resource Exchange) last week which was held at Quironsalud and attended by presidents from many local charities. Michele said: "We are fortunate in this area that there are several charities with committed volunteers who work extremely hard to support people in many ways."

It is therefore very important that charities communicate with each other to ensure that we are using our resources in the most efficient way possible. It is early days yet for this new group but the signs are very positive that we will be able to work together for the benefit of those people that need our help."



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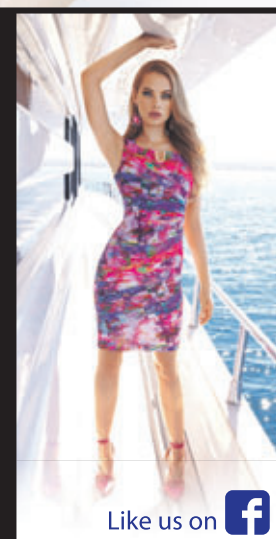
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Young discrimination

THE young of Alicante are the most discriminated against.

According to data, for each young person resident in the city of Alicante only €1.77 of the 2016 budget was spent on youth policies. This compared to €12.52 per youngster in Torrevieja and €11.47 in Benidorm.

The Consell de la Joventud d'Alacant, said: "While municipalities like Valencia, Castellón or Elche allocate an average of 0.3 per cent of their budgets to actions of the Council of Youth, in Alicante that figure barely reaches 0.08 per cent."

Last year Alicante City spent around €187,000 on the Youth Department, whereas Elche spent around €500,000.

The 2017 budgets have yet to be finalised, but Alicante says it is planning to increase the budget for the Department of Youth to €285,000, which would equate to around €2.60 per youngster compared to the €1.77 spent last year.

President of the Consell de la Joventud d'Alacant, Marina Guillen, said "Young people from Alicante need alternatives to leisure, culture, education, employment, sport. Young people are the present and future."



ALICANTE: Young people are the present and future.

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Brexit negotiator warns against Trump



BREXIT PAGE

By John Smith

FORMER Belgian Prime Minister and European Union chief Brexit negotiator Guy Verhofstadt has issued a dire warning that Donald Trump ranks alongside Daesh and Vladimir Putin as one of the three worst threats to the unity of the EU.

According to the man who had hoped to be president of the European Parliament following Martin Schulz, President Trump was doing all that he could to destabilise the Union with the promotion of the concept of nationalism rather than united federalism.

He wants to see Brexit over and done with

as quickly as possible so that a new, younger breed of European politicians can unite the remaining 27 states against the concept of self-interested nationalism which over the years has led to the death of millions of Europeans.

In his wish to see the speedy resolution of the UK exit, he made it clear that in his opinion, Britain should be able to negotiate its future relationship with the EU in concert with discussions and negotiations for exit which appears to differ from a view expressed by European president Jean-Claude Juncker at Davos.

Clearly he is worried about the elections due in France, Germany and Holland which have all seen a growth in the strength of right wing parties who, if elected, might be tempted to follow Britain's lead.



Guy Verhofstadt. |

Photo by Claude Truong-Ngoc Wikimedia

Gibraltar and Scotland visit the European Parliament

IN what turned out to be an eventful day, Gibraltar and Scotland - in some ways an unlikely pair, but not in their rejection of Brexit - were invited to address the European Parliament on January 30.

Both parties explained their views and wishes on Brexit to the Committee of Constitutional Affairs which became something of a 'shooting gallery' as Spanish MEPs took pot shots at Chief Minister Fabian Picardo during a question and answer session which followed the presentation.

Both Mr Picardo and MSP Fiona Hyslop explained the historical background to the referendum result and the fact voters in both areas had overwhelmingly rejected the concept of leaving the European Union and how they hoped to see fairness and compassion from the member states, which would take into account the wishes of the people they represented.

True to expectation, the Spanish contingent took the opportunity to complain about Gibraltar's position and to make it clear that in their minds, the only way forward was either Gibraltar out of the EU with the UK or in the EU with Spanish dual sovereignty.

Their vehemence was in contrast to placatory comments made by Spanish Foreign Minister Dastis a few days earlier when he said that Spain would not put Gibraltar at the centre of negotiations over Brexit.

Mr Picardo 'rolled with the punches' and suggested Spain should not only look to the future but those MEPs attacking Gibraltar should take the trouble to visit and see the Rock for themselves under a British flag as they would never see it under a Spanish flag.

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We hope the information provided in this article is of interest.

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A change to commercial



PLOT OF LAND: Has been registered for residential use since the late 1980s.

A DEVELOPER has submitted a project to the city of Torrevieja requesting a change of use in a plot of land from residential to commercial.

The project relates to a plot of around 6,000 square metres in Avenida de Roentgen, in an area of Los Locos surrounded by single-family homes.

The plans include the building of a Consum supermarket with parking areas. The change of use from residential to commercial, comes under the Internal Reform Plan (PRI) and according to the developer, is due

to the new needs of the area.

In the General Plan of Urban Planning (PGOU) of Torrevieja, the plot has been registered for residential use since the late 1980s. For many years it has been left in a state of abandonment and is not fenced off.

Consum supermarket, with more than 12,400 employees nationwide, already has four supermarkets in Torrevieja and another in neighbouring Orihuela Costa.

The proposal is now on public display within the town hall.

Show love by donating food this Valentine's

FEBRUARY is the month of love, but rather than just treating that special someone, optical chain Specsavers Opticas are asking people to show their love for the most disadvantaged in their community by making a small food donation this month.

They are collecting non-perishable food for the Spanish Federation of Food Banks in all eight of their stores on the Costa del Sol, Costa Blanca and Mallorca throughout the month and hope residents will get behind the campaign.

The Spanish Federation of Food Banks is a non-profit organisation which is fighting against hunger and waste and brings together 56 food banks throughout Spain. Each day they give out 419,000 kilos of food to the very needy members of society and have seen a

massive increase in demand in recent years.

In order to meet that need, they require donations from individuals, organisations and companies and Specsavers Opticas has taken up the challenge to make a difference this February.

From February 1 to 28, anyone can drop off food at their local store during opening hours. At the end of the month it will be donated to Alicante Food Bank, for them to distribute in the

community via partnerships with local charitable organisations.

The Alicante Food Bank would particularly appreciate donations of oil, sugar, drinking chocolate and milk, although any donation is of course welcome.

There are Specsavers Opticas stores in Javea, Calpe, Benidorm, Torrevieja and Guardamar on the Costa Blanca. To find your nearest Specsavers Opticas store visit www.specsavers.es.

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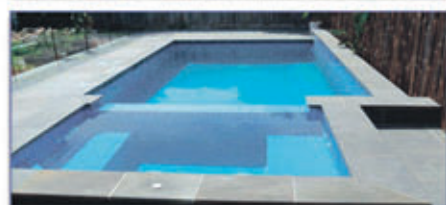
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Sing! Sing! Sing! ‘Allo



CRESCENDO CONCERT: Raising funds for orphanage in Uganda.

MEMBERS of Crescendo International Choir are hard at work practising for their forthcoming concerts.

Their concerts last year raised a fantastic amount for various charities. Most of this was from bucket collections especially from the joint concert with the military wives, but the choir also donated €600 of their own funds to make a grand total of €7,256!

The first concert of the new year will be at Torrevieja Christian Fellowship on March 4 at 5pm. Tickets are available costing €5 with all the proceeds going to an orphanage in Uganda.

‘Music to save lives’ is a non profit-making organisation helping the orphans to build confidence and develop talents. Musical Director of the school is Elisabeth Michot who will be at Crescendo’s concert to receive the monies collected for the orphanage. There are 13 boys and 10 girls with a staff of five teachers and assistants. Another eight children live locally and attend at weekends and holidays. There are six young people being helped to start their own business and 10 primary schoolchildren receive school fees.

For further information on crescendo’s past and future concerts, please visit crescendo-choir.com.

THE Deadwood Stage Company’s production of ‘Allo, ‘Allo Tries Panto was a fitting tribute to the beloved, late Gorden Kaye.

A sell-out show was performed at The Madhouse for two evenings. The costumes were most colourful and the cast of 15 portrayed the much-loved characters and brought a laugh invoking many happy memories of the original TV show. The audience enjoyed a tasty snack in the interval and 12 items were raffled each night, to the delight of the winners.

A lady in the audience was celebrating her birthday (no age disclosed!) on the Saturday evening and a kind friend and member of the cast, arranged for her to be presented with a bouquet. Also a small birthday cake had been made by the member in charge of catering each night. So, for the ‘birthday girl’ it was certainly a night to remember.

On the final night, a donation of €600 was presented to the parents of the late, delightful Katie Salmon. In memory of their daughter a fund had been started,

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'Allo readers



FITTING TRIBUTE: The production of 'Allo, 'Allo Tries Panto.

entitled 'The Katie Salmon Performing Arts Scholarship.' This allows children in the area, up to the age of 16, to attend discounted classes to study music and drama at The Matrix Studio held at The Madhouse.

So, the members of the newly

formed Deadwood Stage Company can now rest on their laurels after their first major production. They would welcome any new members, in any capacity to join them, that is to say budding actors, or helpers backstage and front of house.

Rehearsals are held, as from February 15, each Wednesday morning at 11.00am at Georgiou's Greek Restaurant near Blue Lagoon.

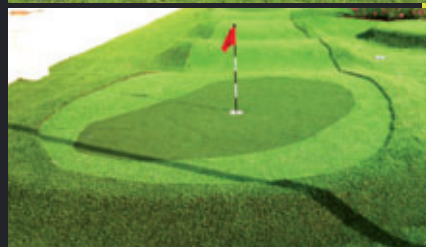
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Miniature steam

By Caroline Tyszka

EVERY month the Friends of the Railways Association host a miniature train event at the railway museum in Torrellano near Alicante airport.

The next event, on Sunday February 12, invites visitors to travel on the 1/8 scale replica steam train on a specially built model train track.

“ The museum has a collection of historical railway items.

Guests will also be able to visit the train museum on the same day, the museum and the train ride entrance each ask for a €1.50 donation.

Run and maintained by the Friends of the Railways Association the museum has a collection of historical railway items which include uniforms and caps.



The miniature train rides operate May to October on the second Saturday of every month 4.30pm to 7.30pm and November to April the second Sunday of every month 10.30am to 1.30pm.

The museum is open every Saturday from 4pm to 8pm and when the miniature train rides run.

For further information visit www.aaaf.org or call 646 253 303.



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Healthcare expert set to attends residents' meeting

WANT answers about what is happening in your local neighbourhood? Need advice on which corner to turn? Then the residents meeting in Sacko's Bar, El Limonar, aims to help.

The next monthly meeting is on February 13 at 4pm and is open to all residents. With Graham Knight and Rosario Martinez from the PP party in attendance, residents will be able to ask a whole list of questions.

As well as the common topic of the unfinished La Siesta park, which continually remains the top of the agenda at residents meetings, this month also sees the introduction of special guest speaker Samantha Biddles from Quiron-salud Hospital in Torrevieja.

Samantha will be on hand to answer all of your healthcare questions.

The meetings are open to all and aim to be non-political, simply informing and advising residents.

“ The meetings are open to all and aim to be non-political. ”

Donation put to good use

HELP Vega Baja made a donation to the Spanish Red Cross in Almoradi before Christmas, and the money has now been spent.

The two groups met up in Almoradi so that the happy Red Cross team could show off the new pieces of kit that the cash was used for.

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TEL: 650 631 719 TONY SMITH

Las Salinas Lodge su Alimentos Soladarios

LAS SALINAS LODGE NO 79 held a lunch last Thursday at the Asturias restaurant, where they celebrated the presentation of €1,300 worth of food stuff to Alimentos Soladarios.

The charity, which is situated on C/San Pascual 227 in Torrevieja, runs a 'soup kitchen' from which it distributes hot food, all prepared on the premises by a professional chef, to over 300 people a day and almost 2,000 every week. It does so with the help of almost 70 volunteers.

The kitchen first opened its doors to needy individuals and families in January 2010, since then it has largely survived on the generosity of the local public. It has received some small council grants in the past but these

seem to be diminishing as the funding to all charities is reduced. As such it has become increasingly reliant on donations from public groups and associations.

Past Worshipful Master, John Edwards, said that he had visited the kitchen and seen

how it works at first hand. He said that it really was a worthwhile cause and the experience had almost obliged him to adopt it as his annual charity whilst in the chair.

Most pleasingly, the result was in evidence at the lunch when Alimentos Soladarios supporters, Antonio Sanchez and Martina



Antonio Sanchez, Charity Steward Eddie Davis, Rosa Ochando Santander, Martina Mazon and Past Master John Edwards.

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Supports

OS

Mazon, formally thanked the Lodge members for their generous donation.

Charity steward Eddie Davis, who after 12 years with the lodge is moving back to the UK, said that he too was delighted to help in drawing the donations together and that he had been particularly pleased by the generosity of Los Balcones supermarket Dial Prix which, as a gesture of their own solidarity, had

increased the value of the €1,000 collected by the Lodge to €1,300 worth of goods.

John Edwards said that all of the goods, which included over 750 litres of milk, was delivered to Alimentos Solidarios prior to Christmas.



Age Concern Costa Blanca

A NEW weekly games afternoon at Age Concern Costa Blanca will start from Friday February 3 at 2pm.

It will be open every Friday to people who want to socialise and join in games of cribbage or dominoes whilst enjoying a cup of tea or coffee.

If you are interested go along to the centre at Calle Paganini s/n, Urbanisation La Siesta, 03184 Torrevieja.

Also, on February 4 at 8pm the fantastic Reef Band will play a gig at Casa Ventura, San Luis, Torrevieja in aid of Age Concern. Tickets cost €5 and a raffle will be held in support of Age Concern Costa Blanca.

If you are interested in attending any of these events or would like more information then please visit the centre or call 966 786 887.

If you would like more details about the gig or to reserve tickets call the number above or alternatively contact Reef Band via their Facebook page <https://www.facebook.com/reef.fans/>.

Tickets can also be bought at the door on the night.

Valentine's party night

A FUNDRAISING evening will be held on Tuesday February 14 at 7pm in Restaurante El Alto La Dolores in Guardamar to raise vital funds for Elche Children's Care Home.

Enjoy a three-course meal, music from the King of Mo-

town Richie Alexander and the chance to win a Mediterranean cruise in the raffle.

Tickets €14 from Restaurante El Alto La Dolores, The Post Room in Benijofar, The Card Place in Benimar, Redz Café Bar in Quesada or by calling 692 866 536.

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Bonnie Night for the RBL in La Zenia

THE Orihuela Costa Branch of The Royal British Legion had a busy week with activities on Wednesday and Thursday night.

On Wednesday over 60 members and guests celebrated Burns Night at Alfie's Place in

La Zenia whilst on the following evening, at the meeting postponed from the previous week, the District Community Support Officer from Spain North, Pamela Twissel Cross, brought members up to date

with recent changes to the RBL welfare system.

At Alfie's Place the branch celebrated the life of Scotland's National Poet Robert Burns in a way he would have wanted with eating, drinking, dancing, piping and poetry! Burns wrote some of the world's most famous songs and poetry including Auld Lang Syne and the Orihuela Costa celebrated his birthday in fine style.

Members looked on as the haggis was piped in by Barry Waddington of the Torrevieja Pipes and Drums. It was presented by branch member Terry Maguire following which Mark McMillan seized his moment of glory by offering a fluent and entertaining rendition of the Burns' poem the Address to the Haggis.

Rabbie would have been proud as Mark put in a spectacular performance following which the haggis was served with neeps and tatties, although there was not too much disappointment as the turnips, not easily available in Spain, were



BURNS NIGHT: An entertaining rendition of the Address to the Haggis.

substituted by carrots.

With the meal out of the way it was the turn of Terry Maguire to provide the humorous highlight of the night with the toast to the lassies. In his presentation Terry praised the role of women in the world today, especially his wife Kate, with selective recollections from a recent weekend break.

Needless to say, at the end of the evening the journey home was completed in silence!

But not to be outdone Kate did have the opportunity to answer as she was next up with the traditional reply to the toast to the lassies, in which, with her witty response and her quotes from the bard, she gained her revenge for the women.

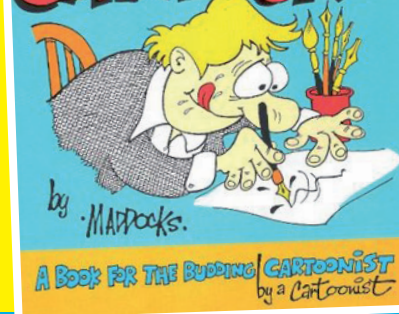
During the course of the evening Mark McMillan entertained the diners with the Gillie Callum or Scottish sword dance around two crossed swords, and then toward the end of the cele-

bration he was joined by fiancé Angie Real as the pair treated members to a highland dance.

Special mention must be made of Barry Waddington who, despite his illness, provided the piping accompaniment throughout the evening, to Dan Davy who crooned his way through the great American songbook and to the organiser, Branch Secretary Jean Heald, who spent many hours ensuring members enjoyed the evening.

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New venue for Royal British Legion

THE Gran Alacant and La Marina Branch of the Royal British Legion have a new venue for their monthly meetings.

They will now be meeting at The London Bar in Gran Alacant. This is part of the Monte y Mar Restaurant, Pool and Bowling complex, situated behind Dialpriz Supermarket in Avenida Luxemburgo, just off the N332 slip road to the urbanisations.

The Branch, which has an enviable record in raising money for the Poppy Appeal, meets on the first Monday of the month at 6pm. Their next meeting will be on February 6 and they are actively seeking new members. Remember that you do not have to be ex-services to join the Royal British Legion.

For more information contact Robin on 966 695 423, Brian on 639 917 971 or e-mail granalacant.secretary@gmail.com.

Melody Makers International present Andrew Lloyd Webber

'HOUSE FULL' signs are synonymous with Melody Makers International as their recent afternoon and evening performances again proved the truth of this adage.

Under the baton of conductor Nigel Hopkins, over 1,200 people enjoyed the very best tunes and songs from the pen of Andrew Lloyd Webber. Some of the songs were well-known to the audience, some perhaps new, but all beautifully sung by members of Melody Makers International, with the help of talented musicians on keyboard, woodwind and percussion.

Songs from Aspects of Love, Jesus Christ Superstar, Phantom of the Opera and Evita during the first half of the excellent show, had the house singing, along with many a tapping foot! Masquerade from Phantom of the Opera was a delight, along with the evocative Don't Cry For Me Argentina sung with great feeling by Jane Atkinson.

Mention should be made of Matthew Hopkins striding across the stage as the phantom, very formidable.



MELODY MAKERS: Supporting the charity Reach Out.

What a splendid voice Matthew has.

As in previous years, many of the songs and tunes have been arranged by

Nigel Hopkins. Eric Berg, referred to by conductor Nigel, as the companies 'wild card,' took to the stage with

King Herod's song, from Jesus Christ Superstar, and did not disappoint.

The talented Verity Hall and Rebecca Holt, the youngest members of Melody Makers, enthralled the audience with 'Pie Jesu' from Requiem, bringing the first half to a close.

During the second half of the show, songs from Whistle Down The Wind, Joseph and the Amazing Technicolour Dreamcoat, Sunset Boulevard and would you believe, the Barcelona Olympic theme, again penned by Andrew Lloyd Webber and Amigos Para Siempre. What a talent that man has.

The finale was a medley of great songs from Phantom of the Opera, to which the audience gave a well deserved standing ovation.

This concert by Melody Makers International was supporting the charity Reach Out, which helps the homeless and needy. A great concert for a tremendous charity. Andrew Lloyd Webber would have been well pleased.

Details of future concerts can be found by visiting the website www.costablancachoirs.es.

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DENMARK

Eagles
are back

EAGLE COUNT:
Highest number
ever recorded.

MORE than 400 white-tailed eagles were spotted in Denmark during the Danish Ornithological Society's 12th annual eagle count, the highest number ever recorded.

No island

THE Royal House has dismissed claims that Crown Prince Frederik plans to buy his wife Mary a private island off the coast of Tasmania. British and Australian



press reported the story but the Royal House said it is not true.

Border control

DENMARK is extending its temporary border control measures by another three months. The controls have been in place since January 2014 and were due to end next month.

Clean country

DENMARK has once again topped the rankings as being the least corrupt country in the world. It shared first place with New Zealand.



GERMANY

Teenager sentenced

A TEENAGE girl has been sentenced to six years in jail for stabbing a German police officer. The 16-year-old was intending to kill on behalf of Islamic State.

Arms exports

EXPORTS of German weapons dropped last year. According to figures, the value of Germany's military equipment deals dropped €7.86 billion in 2015 to €6.88 billion last year.

All level

POLLS are putting Martin Schulz from the German Social Democrats party, level with Angela Merkel ahead of the country's forthcoming election.

Drug problem

REPORTS say more drugs offences are occurring in German schools. In 2015, drug-related offences doubled in some states and tripled in others compared to 2011.



FRANCE

Fewer babies

THE birth rate in France has hit its lowest level in 40 years according to reports. The country saw 34,000 fewer babies born last year compared to 2014 and the birth rate is now an average of 1.93 children per woman.

Work probe

AN inquiry has opened into claims the wife of presidential candidate Francois

Fillon earned around €500,000 for a fake job as his parliamentary aide. It is not illegal to employ family, but questions arise as to whether she actually did any work.

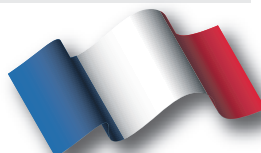
Destroying Europe

SPAIN'S Prime Minister has warned that the anti-immigration policy proposed by France's presidential candi-

date Marine Le Pen would be "a disaster" and would "destroy Europe."

Teacher temper

A TEACHER has been suspended for allegedly taping pupils to their chairs to keep them seated. Some parents have also suggested that the teacher also used tape over the children's mouths.



SWEDEN

More tourists

SWEDEN was the most popular out of all the Nordic countries for foreign tourists last year. There were 13.9 million foreign overnight stays in Sweden last year.

Bribe scandal

FOUR people are being questioned over a suspected bribe scandal within the National Property Board which manages around 3,000 buildings in Sweden. The board's director-general has already been replaced.

EMA wanted

STOCKHOLM wants to be the new home for the EU's European Medicines Agency (EMA) after the authority leaves London when the UK puts in place Brexit. Spain, Ireland and Italy are among the countries wanting to house the EMA.

Female fighter

SWEDEN has welcomed its first female fighter pilot in over 26 years. The 22-year-old has just graduated from the aviation school in Linköping along with 22 other students, but all will have more training to do.



HOLLAND

Building fine

THE Dutch prosecutor has ruled that no one will be prosecuted over the collapse of part of the FC Twente stadium in 2011 that killed two and injured nine others. The builders however will be fined €50,000 each.

No idea

WITH less than eight weeks to go before the general election, 70 per cent of Dutch voters say they still have no idea who they are going to vote for.

Border babies

AMSTERDAM could extend its borders allowing babies born in neighbouring Amstelland hospital to have Amsterdam listed on their birth certificate, as parents are not happy at being sent there and their child being classed as an 'Amstelveener.'

Roughed up

AN expat black female lawyer has claimed she was 'roughed up' by police after an arrest for a traffic offence. She claims it was 'racially-motivated police brutality' but police deny the claims.



BELGIUM

Dog sniffers

BELGIUM'S police dogs brigade sniffed out 11 kilos of drugs and €100,000 in cash last year. The unit, mainly used at Brussels Airport, has been in place for six years now to catch drug traffickers.

No freebies

MPS will now have to pay for their own drinks under new rules. Until now, they could drink as much beer and wine in their cafe at the tax payer's expense. They will still get free coffee.

More security

THE head of the Belgian intelligence service or CIA, has said greater security is needed in so-called 'garage' mosques to help prevent the spread of radical Islamic fundamentalists.

Constant work

A REPORT claims that one-third of self-employed people in Belgium are not satisfied with their work-life balance. The main problem lies with the number of hours they work.



NORWAY

Trade talks

THE EU cannot prevent Britain from entering trade talks with Norway as it prepares to leave the EU. Norway is not a member of the EU but is closely linked to it through the European Economic Area (EEA).

Deportation record

NORWEGIAN'S Immigration Service has revealed nearly 8,100 people were deported in 2016. Although this set an all-time record, it was less than the government's target. "It's about fighting crime and securing the population," said immigration minister Sylvi Listhaug who declared herself satisfied with the number of deportations.

Norwegians
honoured

ISRAEL has given a posthumous award to four Norwegians who saved the lives of hundreds of Jews during the Second World War after smuggling them across the border to Sweden.

Royal harassment

CROWN Princess Mette-Marit has criticised the Norwegian media for harassing her son. The 20-year-old is from a previous relationship of Mette-Marit's and next week will begin studying in America to avoid the Norwegian press.



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RUSSIAN PRESS



Cyber games



THE KREMLIN: Accused Facebook of censorship and threatened retaliation.

■ FACEBOOK'S temporary ban of state-backed propaganda channel Russia Today has drawn a harsh rebuke from the Kremlin. The social media site barred RT from any online activity for around 20 hours. A foreign affairs spokeswoman accused Facebook of censorship and threatened retaliation on western media.

Back scratching

■ RUSSIA is now ranked even worse in the corruption sweepstakes. The country is placed 131st out of 176 countries on the Transparency International table, which measures the perception of corruption among people. Russia fell four places last

year and is now ranked alongside Iran and Nepal.

Reverse evolution

■ THE great-great-grandson of famed Russian author Leo Tolstoy was accused of anti-semitism. Pyotr Tolstoy is the deputy speaker of the state parliament. In an unprovoked outburst he appeared to accuse Jews of trying to undermine the Orthodox Church. He also repeated a conspiracy theory that Jews masterminded the communist revolution of 1917.

Ante upped

■ THOUSANDS of new defence facilities were built

last year as Russia enjoys a boom in military construction. Radar stations, cadet colleges, camps and airfields are included in the building spree, said to be the biggest since the post-war era. More than 2.5 million square miles were developed in 2016 alone, stretching from Kaliningrad to Kamchatka.

Moscow's Hobbit

■ A FORMER Moscow lawyer is attracting attention after deciding to live in the forest as a hermit. Yury switched traffic jams for the wilderness, building a shelter 60 miles from the capital. He spends time reading and cooking. He has a pet rabbit, Petrusha, and still uses Facebook.

Nikolei Potter

■ A YOUNG Russian man is making a living off his uncanny resemblance to Harry Potter actor Daniel Radcliffe. Nikolei Posleda from Krasnoyarsk has a loyal online following of adoring fans. He will star in a TV advert, following the footsteps of a Russian bouncer known as the 'fat Leonardo DiCaprio.'



NIKOLEI POSLEDA: An uncanny resemblance.

Santander profits down in UK

By John Smith

SPANISH banking giant Santander has revealed that whilst overall profits rose in 2016, profits from its UK division which previously accounted for 20 per cent of operating profits saw earnings reduce by 15 per cent.

The reason for this sudden drop is blamed on the Brexit result causing a drop in the value of sterling against the euro and also a slowing down in attracting new customers to its 123 current ac-

€6.2 billion

vis the 2016 reported total worldwide profit from Spanish bank Santander and includes a major increase from its operations in Brazil.

count which reduced by half, due in part to a reduction in interest paid on the account.

Added to this was the introduction of a new bank corporation tax

surcharge and the need to set aside an additional €134 million in the last quarter of 2016 to cover additional PPI refunds.

Its worldwide business has seen

an increase of four million customers - meaning it now handles accounts for some 125 million personal and corporation clients - and profits have risen in nine out of the 10 countries in which it operates.

Whilst acknowledging that the future UK market appeared likely to be challenging as there will almost certainly be a temporary slowdown in UK corporate growth, the bank believes that it has now supported the UK economy to a greater extent than it had in 2015.

Royal Bliss

AFTER 10 years of launching no new product in Spain, the Coca Cola Company has revealed that it will be releasing a range of eight different premium drinks and mixers which will be sold exclusively to the catering trade and will not be available through stores or supermarkets.

After reportedly spending €22 million on producing this collection and keeping the brand completely secret until recently, the company has high expectations of success for this specially packaged new range which includes three different tonic waters, orange, lemon and berry flavours as well as soda water and ginger ale.

Quote of the Week

It's a chance for me to work part-time with one of the world's most respected firms and a major employer in Britain," said former chancellor and MP George Osborne on his additional role as a paid advisor to the BlackRock group.



Sky TV looks to the internet



Photo Credit: Steindy flickr

FOOTBALL: Sky had to dig deep to secure rights.

By John Smith

AS customers and therefore profits for the Sky Channel go down and Discovery threatens to remove its 12 channels with effect from February 1, it has been announced that Sky may supply its entire service for the first time via the internet.

Until now, subscribers have needed to receive the signal via a satellite dish but the pay-TV operation has been hit by companies such as BT who offer an

internet connection featuring many of the channels that Sky offers together with on demand films and sports.

The latest round of Premier League football negotiations saw Sky have to dig even deeper into its war chest in order to secure exclusive rights to screen the bulk of the matches live, but as subscribers desert the company, then it has to find new revenue streams elsewhere, with a potential six million new internet viewers.

» BUSINESS EXTRA

Spanish corruption

HAVING come second in Europe in a poll testing public opinion on country corruption, Spain has now been voted 41st least corrupt in the world according to Transparency International, but was more corrupt than Chile, Qatar and the United Arab Emirates.

Airport duty

IN a bid to ensure that Spain continues to be competitive in tourism, Mariano Rajoy has announced that his government will reduce airport tax by 2.2 per cent per annum until 2021 which will see an overall 11 per cent reduction.

Sun tax

DESPITE the enormous debts held by the electric companies and the recent hike in electricity charges, the opposition in the Spanish Parliament is calling for the abolition of tax on electricity obtained in the home by construction of solar panels.

British Steel looking up

AFTER British Steel was purchased from Indian conglomerate Tata in April 2016, the new owners asked staff to take a 3 per cent pay cut to keep their jobs, but so successful has it been since then that it intends to increase salaries

back to their original level by June.

The increase in business is thanks to new orders to supply steel to railways in Algeria and Italy as well as the Hinkley C power station.

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| Admiral Group | 1,785.50 | -19.50 | -1.08 | 5,030.19 |
| Ashtead Group | 1,628.50 | -10.50 | -0.64 | 8,232.23 |
| Antofagasta | 820.75 | -1.75 | -0.21 | 8,251.62 |
| Aviva | 478.75 | -6.75 | -1.39 | 19,738.92 |
| AstraZeneca | 4,237.00 | -2.00 | -0.05 | 54,379.56 |
| BAE Systems | 593.75 | 1.25 | 0.21 | 18,928.90 |
| Babcock International Group | 895.50 | -1.50 | -0.17 | 4,557.95 |
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| British American Tobacco | 4,874.75 | -45.75 | -0.93 | 91,904.31 |
| Barratt Developments | 469.95 | -2.55 | -0.54 | 4,743.70 |
| British Land Co | 580.50 | -2.50 | -0.43 | 6,028.87 |
| BHP Billiton | 1,437.75 | -12.25 | -0.84 | 30,530.00 |
| Bunzl | 2,083.00 | -7.00 | -0.33 | 6,950.42 |
| BP | 481.43 | -5.37 | -1.10 | 94,548.00 |
| Burberry Group | 1,637.50 | -11.50 | -0.70 | 7,323.45 |
| BT Group | 303.05 | 0.25 | 0.08 | 30,085.43 |
| Coca-Cola HBC | 1,807.00 | -12.00 | -0.66 | 6,592.00 |
| Carnival | 4,326.00 | -14.00 | -0.32 | 9,376.02 |
| Centrica | 224.95 | -2.05 | -0.90 | 12,464.45 |
| Compass Group | 1,407.00 | -10.00 | -0.71 | 22,885.71 |
| Capita Group (The) | 504.75 | -4.75 | -0.93 | 3,359.06 |
| Croda International | 3,395.00 | -11.00 | -0.32 | 4,449.30 |
| CRH | 2,830.50 | -13.50 | -0.47 | 23,840.16 |
| Convatec Group Ord 10p Wi | 244.40 | -0.50 | -0.20 | 4,716.71 |
| Dixons Carphone | 316.55 | -0.65 | -0.20 | 3,694.59 |
| DCC | 6,282.50 | 92.50 | 1.49 | 5,388.17 |
| Diageo | 2,209.50 | -34.50 | -1.54 | 55,819.89 |
| Direct Line Insurance Group | 352.60 | -2.30 | -0.65 | 4,848.25 |
| Experian | 1,546.50 | -2.50 | -0.16 | 14,471.07 |
| easyJet | 960.00 | -14.00 | -1.44 | 3,952.22 |
| Fresnillo | 1,419.50 | -8.50 | -0.60 | 10,110.18 |
| GKN | 346.25 | -2.25 | -0.65 | 6,004.09 |
| Glencore | 325.38 | -1.97 | -0.60 | 46,127.95 |
| GlaxoSmithKline | 1,520.25 | 0.25 | 0.02 | 75,075.58 |
| Hikma Pharmaceuticals | 1,854.00 | -1.00 | -0.05 | 4,487.15 |
| Hargreaves Lansdown | 1,334.50 | -6.50 | -0.48 | 6,412.79 |
| Hammerson | 543.25 | -3.75 | -0.69 | 4,334.78 |
| HSBC Holdings | 683.70 | -3.90 | -0.57 | 135,861.84 |
| International Consoltd Airlines | 491.30 | -6.60 | -1.33 | 10,415.73 |
| InterContinental Hotels Grp | 3,768.50 | -16.50 | -0.44 | 7,393.08 |
| 3i Group | 694.25 | -3.75 | -0.54 | 6,780.24 |
| Imperial Brands | 3,677.00 | -39.50 | -1.06 | 35,462.72 |
| Informa | 653.25 | -0.25 | -0.04 | 5,368.39 |
| Intu Properties | 265.90 | -3.60 | -1.34 | 3,668.09 |
| Intertek Group | 3,434.50 | -12.50 | -0.36 | 5,609.80 |
| ITV | 207.70 | 3.00 | 1.47 | 8,252.09 |
| Johnson Matthey | 3,259.50 | 6.50 | 0.20 | 6,231.78 |
| Kingfisher | 330.20 | -2.30 | -0.69 | 7,388.72 |

| COMPANY | PRICE(P) | CHANGE(P) | % CHG. | NET VOL |
|----------------------------|----------|-----------|--------|-----------|
| Land Securities Group | 985.00 | -7.00 | -0.71 | 7,954.74 |
| Legal & General Group | 241.80 | -2.00 | -0.82 | 14,487.68 |
| Lloyds Banking Group ORD | 65.41 | -0.46 | -0.70 | 47,228.00 |
| London Stock Exchange Grp | 3,102.00 | 2.00 | 0.06 | 10,736.89 |
| Micro Focus International | 2,120.00 | -5.00 | -0.24 | 4,825.50 |
| Mediclinic International | 792.75 | -17.75 | -2.19 | 5,949.56 |
| Merlin Entertainments | 483.35 | -0.05 | -0.01 | 4,893.15 |
| Marks & Spencer Group | 339.35 | -4.65 | -1.35 | 5,543.57 |
| Mondi | 1,744.50 | -28.50 | -1.61 | 8,599.16 |
| Morrison (Wm) Supermarkets | 237.70 | -0.40 | -0.17 | 5,518.73 |
| National Grid | 917.50 | -4.70 | -0.51 | 34,307.63 |
| Next | 3,822.50 | -27.50 | -0.71 | 5,683.74 |
| Old Mutual Group | 207.90 | -5.30 | -2.49 | 10,441.61 |
| Provident Financial | 2,681.50 | -12.50 | -0.46 | 3,957.27 |
| Paddy Power Betfair | 8,125.00 | 20.00 | 0.25 | 6,733.68 |
| Prudential | 1,565.75 | -11.25 | -0.71 | 40,948.54 |
| Persimmon | 1,905.00 | -12.00 | -0.63 | 5,818.28 |
| Pearson | 607.50 | 0.50 | 0.08 | 5,113.63 |
| Reckitt Benckiser Group | 6,818.50 | -51.50 | -0.75 | 47,899.21 |
| Royal Bank of Scotland Grp | 230.20 | -1.60 | -0.69 | 27,536.15 |
| Royal Dutch Shell | 2,179.25 | -11.75 | -0.54 | 96,948.70 |
| Royal Dutch Shell | 2,271.75 | -14.25 | -0.62 | 85,584.37 |
| RELX | 1,413.50 | 1.50 | 0.11 | 15,150.22 |
| Rio Tinto | 3,543.75 | -23.75 | -0.67 | 48,579.32 |
| Royal Mail | 405.90 | -2.80 | -0.69 | 4,082.00 |
| Rolls-Royce Group | 682.25 | -3.75 | -0.55 | 12,724.47 |
| Randgold Resources | 6,522.50 | -57.50 | -0.87 | 6,018.88 |
| RSA Insurance Group | 575.25 | -3.25 | -0.56 | 5,954.20 |
| Sainsbury (J) | 253.85 | -0.65 | -0.26 | 5,644.23 |
| Schroders | 2,912.00 | -11.00 | -0.38 | 6,660.88 |
| Sage Group (The) | 605.00 | -5.00 | -0.82 | 6,469.95 |
| Shire | 4,398.00 | 9.00 | 0.21 | 40,128.49 |
| Smurfit Kappa Group | 2,101.00 | -4.00 | -0.19 | 4,859.28 |
| Sky | 1,004.50 | -0.50 | -0.05 | 17,258.93 |
| Standard Life | 347.25 | -3.25 | -0.93 | 6,963.69 |
| Smiths Group | 1,522.50 | -3.50 | -0.23 | 6,049.86 |
| Smith & Nephew | 1,188.00 | -4.00 | -0.34 | 10,247.86 |
| SSE | 1,482.50 | -9.50 | -0.64 | 15,130.06 |
| Standard Chartered | 777.90 | -3.70 | -0.47 | 25,920.76 |
| St James's Place | 1,079.50 | -3.50 | -0.32 | 5,659.89 |
| Severn Trent | 2,244.00 | -18.00 | -0.80 | 5,202.06 |
| Tesco | 203.13 | -3.42 | -1.66 | 15,450.08 |
| TUI AG | 1,163.00 | 3.00 | 0.26 | 6,762.68 |
| Taylor Wimpey | 165.90 | -1.80 | -1.07 | 5,399.22 |
| Unilever | 3,211.00 | -22.50 | -0.70 | 40,955.19 |
| United Utilities Group | 902.00 | 2.50 | 0.28 | 6,065.40 |
| Vodafone Group | 198.93 | 5.58 | 2.89 | 51,239.55 |
| Wolseley | 4,931.50 | -3.50 | -0.07 | 12,495.23 |
| Worldpay Group | 282.10 | 0.10 | 0.04 | 5,616.00 |
| WPP Group | 1,871.00 | -7.00 | -0.37 | 23,657.38 |
| Whitbread | 3,942.00 | -21.00 | -0.53 | 7,145.23 |

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CLOSING PRICES JANUARY 30

| COMPANY | PRICE | CHANGE | %CHANGE | VOLUME |
|--------------------|--------|--------|---------|--------|
| 3M | 177.48 | 0.37% | 0.66 | 106M |
| AMERICAN EXPRESS | 76.85 | -0.10% | -0.08 | 69M |
| APPLE | 121.95 | 0.01% | 0.01 | 640M |
| BOEING CO | 167.7 | -0.84% | -1.42 | 103M |
| CATERPILLAR | 98.99 | 1.82% | 1.77 | 57M |
| CHEVRON | 113.79 | -2.37% | -2.76 | 214M |
| CISCO SYSTEMS | 30.98 | 0.78% | 0.24 | 155M |
| COCA-COLA | 41.45 | -0.86% | -0.36 | 179M |
| DU PONT(EI) DE NMR | 77.7 | -0.37% | -0.29 | 67M |
| EXXON MOBIL | 85.51 | -0.11% | -0.09 | 353M |
| GENERAL ELECTRIC | 30.01 | -1.02% | -0.31 | 265M |
| GOLDMAN SACHS | 236.95 | -1.10% | -2.63 | 94M |
| HOME DEPOT | 138.33 | -0.09% | -0.13 | 168M |
| IBM | 177.3 | -0.76% | -1.36 | 169M |
| INTEL CORP | 37.98 | 1.12% | 0.42 | 180M |
| J.P.MORGAN CHASE | 86.93 | 0.21% | 0.18 | 310M |
| JOHNSON & JOHNSON | 113.38 | 1.38% | 1.54 | 307M |
| MC DONALD'S CORP | 122.86 | 0.80% | 0.98 | 100M |
| MERCK AND CO. NEW | 61.75 | 0.90% | 0.55 | 170M |
| MICROSOFT | 65.78 | 2.35% | 1.51 | 510M |
| NIKE | 53.19 | -0.86% | -0.46 | 70M |
| PFIZER | 31.42 | 0.45% | 0.14 | 190M |
| PROCTER AND GAMBLE | 86.72 | 0.14% | 0.12 | 221M |
| TRAVELERS CIES | 118.1 | -0.03% | -0.03 | 32M |
| UNITED TECHNOLOGIE | 109.7 | -0.60% | -0.66 | 90M |
| UNITEDHEALTH GROUP | 162.99 | 0.15% | 0.24 | 155M |
| VERIZON COMMS | 49.6 | 0.98% | 0.48 | 201M |
| VISA | 83.77 | 0.64% | 0.53 | 155M |
| WAL-MART STORES | 65.66 | -1.60% | -1.07 | 201M |
| WALT DISNEY CO | 109.3 | 1.15% | 1.24 | 173M |

NASDAQ

CLOSING PRICES JANUARY 30

| COMPANY | PRICE | CHANGE NET / % |
|-----------------------------------|-----------|----------------|
| Most Advanced | | |
| Pulmatrix, Inc. | \$ 3.37 | 1.15 ▲ 51.80% |
| Oncobiologics, Inc. | \$ 3.74 | 0.68 ▲ 22.22% |
| Commercial Vehicle Group, Inc. | \$ 6.22 | 0.59 ▲ 10.48% |
| Air Transport Services Group, Inc | \$ 16.92 | 1.50 ▲ 9.73% |
| Key Technology, Inc. | \$ 13.38 | 1.18 ▲ 9.67% |
| Osiris Therapeutics, Inc. | \$ 5.90 | 0.50 ▲ 9.26% |
| Spartan Motors, Inc. | \$ 9.35 | 0.75 ▲ 8.72% |
| Wynn Resorts, Limited | \$ 103.08 | 7.58 ▲ 7.94% |
| Syneron Medical Ltd. | \$ 9.65 | 0.70 ▲ 7.82% |
| Synergy Pharmaceuticals, Inc. | \$ 6.27 | 0.44 ▲ 7.55% |
| Atrion Corporation | \$ 505.35 | 32.25 ▲ 6.82% |
| Most Declined | | |
| Novan, Inc. | \$ 4.86 | 13.84 ▼ 74.01% |
| The KEYW Holding Corporation | \$ 10.09 | 2 ▼ 16.54% |
| Diana Containerships Inc. | \$ 2.41 | 0.39 ▼ 13.93% |
| Avinger, Inc. | \$ 2.75 | 0.35 ▼ 11.29% |
| Eagle Bulk Shipping Inc. | \$ 6.36 | 0.60 ▼ 8.62% |
| LEAP THERAPEUTICS, INC. | \$ 7.77 | 0.7001 ▼ 8.27% |
| Spark Energy, Inc. | \$ 27.55 | 2.35 ▼ 7.86% |
| Strattec Security Corporation | \$ 36.70 | 2.95 ▼ 7.44% |
| 8point3 Energy Partners LP | \$ 13.66 | 1.09 ▼ 7.39% |
| PTC Therapeutics, Inc. | \$ 12.82 | 0.98 ▼ 7.10% |
| JetBlue Airways Corporation | \$ 19.65 | 1.45 ▼ 6.87% |

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

DEALING PRICE

£0.9856..... **£0.0000**
€0.9654..... **-€0.0002**
£1.1293..... **-£0.0068**
€1.0645..... **-€0.0069**
£1.2529..... **-£0.0082**
€1.1712..... **-€0.0083**
£1.3650..... **-£0.0112**
€1.2829..... **-€0.0111**

Price Movement

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Leaders' speeches grabbing attention

Ask the expert

Peter Loveday



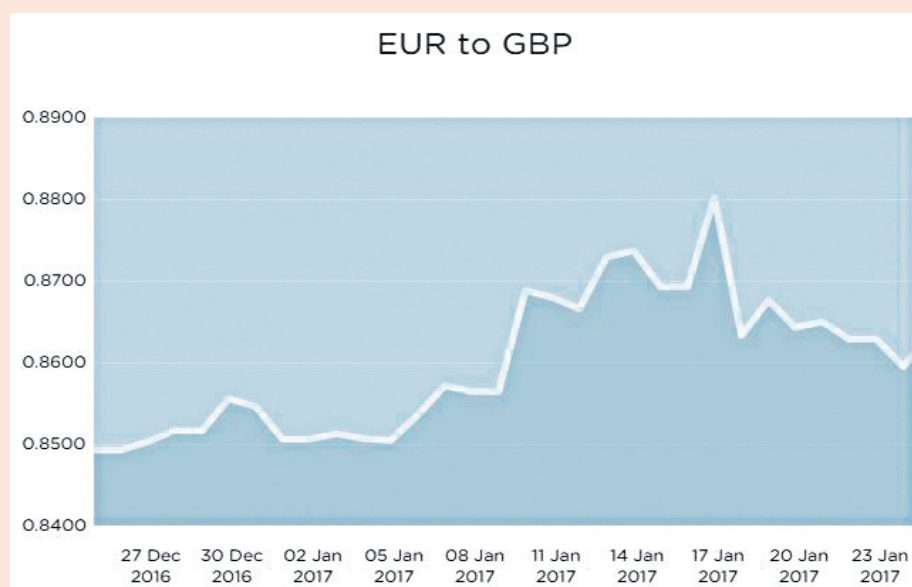
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IT has been a fiery start to 2017, with the markets having to decipher the outcome of speeches given by some of the world's most powerful political figures, Theresa May and Donald Trump.

As a result, Sterling has been the biggest mover; after hitting worrying lows early in the New Year, it has rebounded on the back of British PM Theresa May warning European leaders that the UK is prepared to crash out of the EU if she cannot negotiate a reasonable exit deal.

Although May mentioned that the UK could be the EU's 'best friend' if the article 50 divorce talks went well, she also said she was prepared to walk away. This sent alarm bells ringing around the Eurozone as they have a big year coming in terms of political elections in France and Germany. It appears that the PM's **plan is built around 12 principles for a clean Brexit and included a call for the UK to leave the single market and to avoid the EU's immigration**



STERLING: Has been the biggest mover after hitting worrying lows earlier.

rules and being subject to the European court of justice.

Although the recent fall in the pound has helped exporters, it made foreign holidays more expensive for British tourists and increased import costs for manufacturers. However, one beneficiary of cheaper Sterling has been the UK's

tourism sector, as a weaker pound makes Britain a cheaper destination for overseas tourists.

Whilst all eyes of late have been on the UK and their Brexit plan, there is expected to be a shift in the market to political risks within the Eurozone as the French, German and Dutch elections take place throughout the year.

France is where it will all be happening in April, with potential surprises in store as their government is expected to shift to the right as conservative candidate François Fillon is tipped to beat far right leader Marine Le Pen.

Furthermore, they have both argued that France is not a multi-cultural nation, and both are seen as pro-Russia. Should either win the battle of France, significant uncertainty, similar to that in the UK after Brexit, could be sprung across the Eurozone resulting in a potentially deflated euro.

Germany's elections are not anticipated to be half as exciting, as Angela Merkel is expected to be handed her fourth term in office.

The political unrest across the Eurozone and rise of the anti-populist parties could be a determining factor into potential Euro weakness. In addition, the European Central Bank are still in the middle of their easing policy which could put further pressure on the currency throughout the middle and back half of the year. Currently the euro is being masked by the state of the pound, however, should Britain's Brexit plans go like Theresa May plans, the euro is likely to be the victim of some serious pressure. Whichever way it goes, it is likely to be a year where investors are increasingly skeptical, given the events of 2016.

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"Sell the euro short" says expert

By John Smith

AS Prime Minister Theresa May was getting ready to meet Donald Trump, the man who is tipped to become America's Ambassador to the European Union said he could see the euro crashing within 18 months in an interview with the BBC.

Speaking about Europe, Professor Ted Malloch after suggesting that if he was a speculator he would "short the euro," confident that he would make a profit as it started to lose its value, he also suggested that there would be a huge advantage for Britain if it made a clean break with Europe.

He believes that a trade deal between the USA and Britain could be very quickly completed as Donald Trump is a man of action and rejected the thought of any attempt that Europe might take to postpone such a deal until Brexit was completed, even questioning whether it was enforceable.

Having been interviewed by the Trump administration in early January, the professor, who is a well-known figure and writer on financial matters, still awaits a formal



MAN OF ACTION: President Trump in meeting with American industrialists.

decision, but if he is appointed to the role, his comments, which included a question as to whether the EU itself will still exist, certainly won't have found favour with President of the Union Jean-

Claude Juncker.

He also confirmed his opinion that the much vaunted and equally much criticised Transatlantic Trade and Investment Partnership between the USA and the EU was ef-

fectively dead especially as it was possible that forthcoming elections in France, Germany and Holland would actually see additional defections from the EU or at least a major swing in policy.

Malaga company fights malware

A COMPANY opened in Malaga in 1998, Hipasec, is the only Spanish organisation invited to participate in a worldwide meeting of cyber security companies in Tel Aviv which has been organised by Google.

Their main product which has attracted attention is the free download for Android devices named Koodous which checks all programmes on Android phones or tablets which a user has installed and advises if there are any viruses or malware detected.

As an extension of this App, it reports any dangerous discoveries to security programmes and more than 1,700 analysts around the world so that as new attacks are discovered, the international data base of viruses grows and allows for the speedy creation of defences.

Currently with some 50,000 users of Koodous, it has identified more than seven million examples of malware and offers users a free daily update on latest virus news.

Royal Mail David Bowie stamps

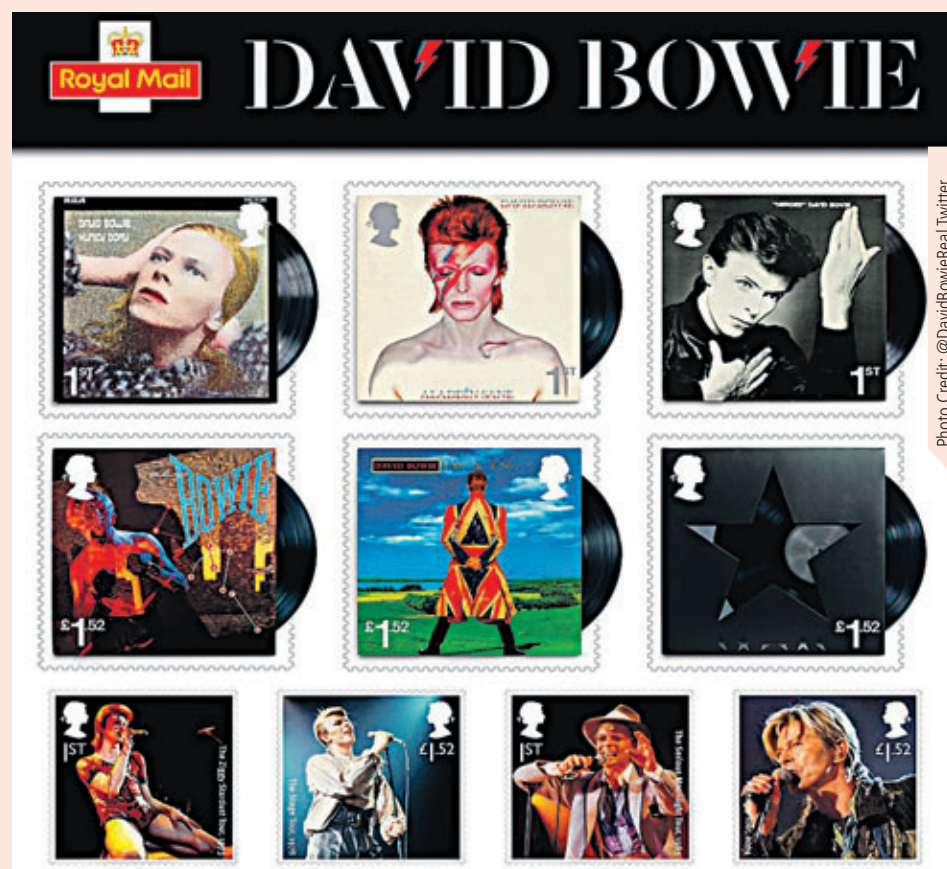


Photo Credit: @DavidBowieReal | Twitter

SOUVENIRS: The David Bowie stamps to be issued on March 14.

By John Smith

THE Royal Mail has announced it will issue a set of 10 stamps and a souvenir sheet on March 14 in recognition and homage to the late David Bowie as part of its ongoing tribute to modern British performers.

At one time the decision to release commemorative stamps was one which had to be considered very seriously as an effigy (often in cameo) of Her Majesty Queen Elizabeth II or the Royal Cypher appears on every stamp.

For this reason, it was considered inappropriate to be seen to be promoting any commercial concern or to feature any living person who was not part of the British Royal Family, but over the years this rule which was duplicated in many other countries throughout the world has changed dramatically.

At the end of the day, a postage stamp is simply a receipt for pre-payment of a delivery service, although it was also used as a propaganda media with stamps being an ambassador for the issuing country as they travel the world on mail.

In reality, no country really needs more than a dozen

stamps which show the actual value of the receipt although in certain countries with high illiteracy rates, each value should also have a distinctive single colour border or background which could be easily recognised.

This has all changed dramatically with stamps being a major income generator for countries around the world, especially if they are never used for postage and Britain eventually jumped on the bandwagon.

The change was gradual, with living people appearing alongside members of the Royal Family and some dead stars of the screen also appearing but all changed when different British sporting teams started to win major events and suddenly it was acceptable to show living players provided that they were part of a team.

In 1999 as part of the Millennium celebrations, Freddie Mercury who died in 1991 was shown in concert on a British stamp. What no-one in the Royal Mail admits to having done deliberately was to show drummer Roger Taylor in the background which gave precedence for what was to follow.

Suddenly shots from films and movie posters showing living actors were acceptable and huge successes such as The Lord of the Rings and Harry Potter franchises became big business not just for the Royal Mail but also the movie companies that sold them the licences allowing the use of the images.

Bowie appeared on the album cover of Ziggy Stardust on a set of music stamps issued in 2010 and since then various members of Pink Floyd have been featured.

An American stamp showing Elvis sold in its millions and after regular objections from the Palace because he returned his MBE, Gibraltar was finally allowed to issue a John Lennon set, although Yoko Ono had to stay in the margin of a souvenir sheet.

The whole world now issues stamps showing musicians, many having lived hard and died young, but profit sometimes comes before other considerations and this would be a relatively fun and inexpensive collection to put together, starting with Bowie and perhaps adding Spain's recent Paco de Lucia stamp.

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Grievances are coming to a head

LEAPY LEE SAYS IT

OTHERS THINK IT



WELL, whatever your views on 'PDT' you must admit that his actions certainly speak louder than his already robust dialogue.

Personally I find this trait enormously refreshing. Over decades of newly elected political leaders literally taking years (if ever) to implement the promises and policies they have been elected on, Trump has already put a number of his most controversial intentions into practice.

The problem is, in an effort to show he means what he says, he is 'el jefe' of a political express train that not only ignores stop lights and stations, but is in danger of not even noticing when the tracks run out! As much as I support Trump's new approach to national leadership, I would like to have seen him taking a rather more cautious route before implementing some of his



PRESIDENT TRUMP: Taking a new approach to national leadership.

more risky aspersions.

This doesn't mean I don't agree with his policies, ie 'The Wall' or barring the residents of certain countries from entering the USA (Saudi Arabia, the biggest terrorist nest of all, glaringly absent from the list!), I

most certainly do. It's the blanket finality of his decisions that worry me.

Things are moving so quickly, that by the time this column goes to press, anything could have happened. Unprecedented rioting all across America.

Trump on the back foot and forced to make concessions to the dissenters. The calling out of the National Guard, civil war, anything. At the time of scribing there is simply no way of knowing. One thing is for sure, many problems and grievances are

“ Let's hope the Trump administration doesn't get so bogged down in legal and constitutional matters that it is unable to function freely.

swiftly coming to a head and at least we no longer have an Islamic sympathiser making the biased decisions we have had to put up with for the previous eight years.

Let's just hope that the Trump administration doesn't get so bogged down in legal and constitutional matters that it is unable to function freely. As a final observation, to those who object to the new President's British visit, I would draw their attention to Mugabe. I didn't see any petitions or dissenting crowds objecting to visits from this despotic murderer!

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Departing in January 2019, this once-in-a-lifetime, amazing trip offers four embarkation points, 119 days of cruising across six continents visiting 32 countries and 49 unique destinations. The cruise also includes 12 nights in ports so you can fully enjoy

the destination and with more than 250 excursions to choose from, you really can make the most of your time.

As you sail from one spectacular destination to another, you will do so in five-star luxury on board the MSC Magnifica. You will be spoilt for choice during your days on board as you have the time to take in the ship's five gourmet restaurants and 12 designer-themed bars. Children and teenagers have their own themed venues and special clubs and for those looking to unwind there is the award-winning MSC Aurea Spa and leisure facilities including an open-air pool complex, indoor pool, tennis, minigolf, bowling, a gym and jogging track.

There is also a casino, dis-

cotheque, 4D cinema and 1,200 seat cinema with live entertainment. So whether you are on board or on shore, there is always something to do.

It may be two years away but Worldwide Horizons in La Zenia have already taken bookings. Prices start from €12,499 on a full board basis, and the team are on hand to give you more information and the full itinerary

The company, which has been established for more than 15 years, are cruise specialists so customers know their holiday is in safe hands. They



pride themselves on staying ahead of the industry and are continually researching new and exciting cruises for their customers.

They are soon to be visiting the Norwegian Cruise Lines ship in Alicante and owner

Yvonne Hollywood was recently on the NCL Escape launch in Hamburg as well as the Royal Caribbean Harmony ship. They have just returned from Fitur tourism fair in Madrid and are soon to be attending the Cruise Show in

London to find out what is new with river, ocean and luxury cruises. They are also the only accredited agent for Viking River Cruises in Spain.

Worldwide Horizons also has in place the highest level of insurance possible for a travel agency; covered by the Spanish equivalent of ABTA which is the reputable governing body for agencies, recognised in the UK.

So for all your cruise needs and questions, contact the team now, that trip you always dreamt of, could soon become a reality.

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 Email: travel@whtravel.es

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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 Doctors
 3:15pm Father Brown
 4:00pm I Escaped to the Country
 4:45pm Royal Recipes
 5:30pm Antiques Road Trip
 6:15pm Pointless
 7:00pm BBC News at Six
 7:30pm BBC London News
 8:00pm The One Show
 8:30pm EastEnders
 9:00pm Spy in the Wild
 10:00pm Death in Paradise
 11:00pm BBC News at Ten
 11:30pm BBC London News
 11:45pm Question Time
 12:45am This Week
 1:30am Weather for the Week Ahead
 1:35am BBC News

BBC TWO

8:15am Royal Recipes
 9:00am An Island Parish
 9:30am Great British Railway Journeys
 10:00am Victoria Derbyshire
 12:00pm BBC Newsroom Live
 1:00pm The Daily Politics
 2:00pm Cash in the Attic
 2:25pm Beat the Brain
 2:55pm Landward
 3:25pm Italy Unpacked
 4:25pm Indian Ocean with Simon Reeve
 5:25pm A Place to Call Home
 6:15pm Flog It!
 7:00pm Eggheads
 7:30pm Great American Railroad Journeys
 8:00pm Put Your Money Where Your Mouth Is
 9:00pm The Great Pottery Throw Down
 10:00pm Natural World
 11:00pm Mock the Week
 11:30pm Newsnight
 12:15am Further Back in Time for Dinner
 1:15am Panorama
 1:45am Spy in the Wild
 2:45am Operation People Power with Dave Myers

BBC FOUR

8:00pm 100 Days
 8:30pm Top of the Pops
 9:00pm Britain's Ancient Capital: Secrets of Orkney
 10:00pm British History's Biggest Fibs with Lucy Worsley
 11:00pm The Search for the Lost Manuscript
 12:00pm The Nazis: A Warning From History
 12:50pm British Empire: Heroes and Villains - A Timewatch Guide
 1:50am Top of the Pops
 2:30am Britain's Ancient Capital: Secrets of Orkney
 3:30am British History's Biggest Fibs with Lucy Worsley
 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.

CHANNEL 4

7:00am Countdown
 7:45am King of Queens
 8:10am King of Queens
 8:35am King of Queens
 9:00am Everybody Loves Raymond
 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
 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: Winter Sun
 6:00pm Come Dine with Me
 7:00pm The Simpsons
 7:30pm Hollyoaks
 8:00pm Channel 4 News
 9:00pm The Secret Life of 5 Year Olds
 10:00pm Escape to the Wild
 11:00pm Parenting for Idiots
 12:00am 60 Days in Jail

CHANNEL 5

8:50am Paw Patrol
 9:00am Ben and Holly's Little Kingdom
 9:15am Wissper
 9:25am Peppa Pig
 9:50am 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 Home and Away
 2:45pm Neighbours
 3:15pm NCIS
 4:15pm Garage Sale Mystery
 7: The Art of Murder
 6:00pm 5 News at 5
 6:30pm Neighbours
 7:00pm Home and Away
 7:30pm 5 News Tonight
 8:00pm Nightmare Tenants, Slum Landlords
 9:00pm Bargain Loving Brits in the Sun
 10:00pm Celebrity Big Brother
 11:00pm Get Your Tatts Out: Kavos Ink
 12:05am Celebrity Big Brother's Bit on the Side
 1:00am Super Casino

4

7:00am Suburgatory
 7:20am Charmed
 8:05am Brooklyn Nine-Nine
 8:35am Brooklyn Nine-Nine
 9:00am Rules of Engagement
 9:30am Rules of Engagement
 10:00am Baby Daddy
 10:30am Baby Daddy
 11:00am Coach Trip
 11:30am Hollyoaks
 12:00pm Charmed
 1:00pm Charmed
 2:00pm How I Met Your Mother
 3:00pm The Big Bang Theory
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 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
 9:30pm The Big Bang Theory
 10:00pm Brooklyn Nine-Nine
 10:30pm Brooklyn Nine-Nine
 11:00pm Chewing Gum
 11:30pm Gogglebox
 12:25am 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 SmackDown!
 9:00am Football
 9:30am Football
 10:00am Barclays Premier League World
 10:30am Football
 11:00am Football
 11:30am Barclays Premier League World
 12:00pm The Premier League Years
 2:00pm Premier League Legends
 2:30pm Premier League Legends
 3:00pm Football
 6:00pm Barclays Premier League World
 6:30pm Premier League Review
 7:30pm Barclays Premier League World
 8:00pm Premier League Match Pack
 8:30pm Football
 11:00pm Premier League Match Pack
 11:30pm La Liga Show
 12:00am Barclays Premier League World

itv

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 Jeremy Kyle's Emergency Room
 4:00pm James Martin's French Adventure
 5:00pm Tipping Point
 6:00pm The Chase
 7:00pm ITV News London
 7:30pm ITV Evening News
 8:00pm Emmerdale
 8:30pm Energy Bills: Can We be Smarter?
 9:00pm Emmerdale
 9:30pm The Cruise
 10:00pm Unforgotten
 11:00pm ITV News at Ten and Weather
 11:30pm ITV News London
 11:40pm Unbelievable Moments Caught on Camera
 12:40am Tipping Point
 1:35am Jackpot247
 4:00am Energy Bills: Can We be Smarter?

itv2

7:00am You've Been Framed!
 7:25am Who's Doing the Dishes?
 8:15am The Ellen DeGeneres Show
 9:00pm Emmerdale
 9:30am Coronation Street
 10:00am You've Been Framed!
 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!
 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!
 7:30pm You've Been Framed!
 8:00pm You've Been Framed!
 9:00pm Two and a Half Men
 9:30pm Two and a Half Men
 10:00pm Hall Pass
 11:00pm FYI Daily
 11:05pm Hall Pass
 12:10am Family Guy
 12:40am Family Guy
 1:10am American Dad!

itv3

7:00am In Loving Memory
 7:25am Heartbeat
 8:25am Where the Heart is
 9:30am The Royal
 10:35am 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 In Loving Memory
 5:50pm Rising Damp
 Classic sitcom about a cantankerous landlord and his unfortunate tenants.
 6:20pm On the Buses
 6:55pm Heartbeat
 8:00pm Murder, She Wrote
 9:00pm Heartbeat
 10:00pm Britain's Busiest Airport - Heathrow Lewis
 11:00pm Lewis
 1:05am Love and Marriage
 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
 10:55am Ironside
 11:55am Gunsmoke
 1:00pm Storage Wars Texas
 1:30pm Storage Wars Texas
 2:00pm Pawn Stars
 2:30pm Pawn Stars
 2:55pm Quincy, M.E.
 3:55pm Ironside
 5:00pm The Professionals
 6:00pm The Saint
 7:05pm Storage Wars Texas
 7:35pm Storage Wars Texas
 8:00pm Pawn Stars
 8:30pm Pawn Stars
 9:00pm River Monsters
 10:05pm Driven to Kill
 11:05pm FYI Daily
 11:10pm Driven to Kill
 12:10am 30 Days of Night
 1:10am FYI Daily
 1:15am 30 Days of Night
 2:20am The Professionals
 3:20am The Car Chasers
 3:45am ITV4 Nightscreen
 Text-based information service.
 4:00am Teleshopping
 Shopping from home.

sky CINEMA ACTION & ADVENTURE

7:25am The Top Ten Show 2017
 7:45am Into the Grizzly Maze
 9:25am Spectre
 11:55am Ant-Man
 1:55pm Sherlock Holmes
 4:10pm Backdraft
 6:30pm Spectre
 9:00pm Ant-Man
 11:00pm Sherlock Holmes
 1:15am Collateral Damage

sky CINEMA COMEDY

10:00am City Slickers
 12:00pm The Top Ten Show 2017
 12:20pm Trainwreck
 2:30pm Grimsby
 4:00pm Top Five
 5:50pm The Rocky Horror Picture Show: Let's Do the Time Warp Again
 7:30pm Police Academy 6: City Under Siege
 9:00pm Trainwreck
 11:10pm Grimsby
 12:40am Borat
 2:10am The Night Before
 4:00am Me Him Her

sky CINEMA PREMIERE

7:00am The Man Who Knew Infinity
 8:55am Just Jim
 10:25am The Challenger
 12:10pm Money Monster
 1:55pm Asian Connection
 3:30pm The Man Who Knew Infinity
 5:30pm Exposed
 Thriller about a detective investigating the death of his partner.
 7:30pm Just Jim
 9:00pm Money Monster
 The smirking host of a financial TV show is held hostage when an investment tip doesn't pay off.
 10:45pm Asian Connection
 Trouble brews when a pair of expat bank robbers unwittingly rip off a ruthless drug lord.
 12:20am Exposed
 2:05am Gentlemen
 4:30am Exposed
 Thriller about a detective investigating the death of his partner.

sky SPORTS 2

12:00pm Cricket
 1:00pm Cricket World Cup Classics
 2:00pm Cricket
 3:00pm Darts Gold
 3:30pm Wayne Mardle's Top 5 Moments
 3:45pm Rod Studd's Top 5 Moments
 4:00pm Dave Clark's Top 5 Moments
 4:15pm Rvb's Top 5 Moments
 4:30pm WDC Final 2017
 7:00pm Adrian Lewis's Top 5 Moments
 7:15pm Gary Anderson's Top 5 Moments
 7:30pm Phil Taylor's Top 5 Moments
 7:45pm Mvg's Top 5 Moments
 8:00pm Live Premier League Darts
 11:00pm Keith Deller's Top 5 Moments
 11:15pm John Part's Top 5 Moments
 11:30pm Adrian Lewis's Top 5 Moments
 11:45pm Gary Anderson's Top 5 Moments
 12:00am Darts Gold



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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 Revisited |
| 12:45pm | Caught Red Handed |
| 1:15pm | Bargain Hunt |
| 2:00pm | BBC News at One |
| 2:30pm | BBC London News |
| 2:45pm | Doctors |
| 3:15pm | Father Brown |
| 4:00pm | I Escaped to the Country |
| 4:45pm | Royal Recipes |
| 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 | Spy in the Wild |
| 9:30pm | Room 101 |
| 10:00pm | Not Going Out |
| 10:30pm | Tracey Ullman's Show |
| 11:00pm | BBC News at Ten |
| 11:25pm | BBC London News |
| 11:35pm | The Graham Norton Show |
| 12:25am | Uncle |
| 12:55am | The Guardian |

BBC TWO

| | |
|---------|--------------------------------------------------------------------------------------------------------------|
| 7:00am | Flog It! Trade Secrets <i>The Flog It! team explores some of the more unusual items seen on the show.</i> |
| 7:30am | Wanted Down Under |
| 8:15am | Royal Recipes |
| 9:00am | Antiques Roadshow |
| 10:00am | Victoria Derbyshire |
| 12:00pm | BBC Newsroom Live |
| 1:00pm | The Daily Politics |
| 2:00pm | Countryfile |
| 2:25pm | Beat the Brain |
| 2:55pm | Landward |
| 3:25pm | Italy Unpacked |
| 4:25pm | Indian Ocean with Simon Reeve |
| 5:25pm | A Place to Call Home |
| 6:15pm | Flog It! |
| 7:00pm | Eggheads |
| 7:30pm | Great American Railroad Journeys |
| 8:00pm | Big Dreams Small Spaces |
| 9:00pm | Mastermind |
| 9:30pm | Only Connect |
| 10:00pm | Birds of Paradise |
| 11:00pm | QI |
| 11:30pm | Newsnight |
| 12:05am | Tennis |

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 <i>Peter Powell and Gary Davies present the weekly chart show, first broadcast on 17 February 1983.</i> |
| 9:00pm | The Good Old Days |
| 9:50pm | Sounds of the Sixties <i>The Seekers kick off this episode of the sixties archive pop programme.</i> |
| 10:00pm | One-Hit Wonders at the BBC |
| 11:00pm | EMI: The Inside Story |
| 12:00am | Singer-Songwriters at the BBC |
| 1:00am | Top of the Pops |
| 1:30am | Prog at the BBC |
| 2:30am | EMI: The Inside Story |
| 3:30am | Singer-Songwriters at the BBC |
| 4:30am | This is BBC Four |

CHANNEL 4

| | |
|---------|--------------------------------------|
| 7:00am | Countdown |
| 7:45am | King of Queens |
| 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 |
| 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: Winter Sun |
| 6:00pm | Come Dine with Me |
| 7:00pm | The Simpsons |
| 7:30pm | Hollyoaks |
| 8:00pm | Channel 4 News |
| 9:00pm | Jamie and Jimmy's Friday Night Feast |
| 10:00pm | 8 Out of 10 Cats Does Countdown |
| 11:00pm | The Last Leg |
| 12:05am | First Dates Hotel |
| 1:10am | Virtually Famous |

CHANNEL 5

| | |
|---------|-----------------------------------------|
| 8:50am | Paw Patrol |
| 9:00am | Ben and Holly's Little Kingdom |
| 9:15am | Wissper |
| 9:25am | Peppa Pig |
| 9:35am | Peppa Pig |
| 9:50am | 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 | Home and Away |
| 2:45pm | Neighbours |
| 3:15pm | NCIS |
| 4:15pm | Secrets of Eden |
| 6:00pm | 5 News at 5 |
| 6:30pm | Neighbours |
| 7:00pm | Home and Away |
| 7:30pm | 5 News Tonight |
| 8:00pm | Caravanning |
| 9:00pm | Monkeys Make You Laugh Out Loud |
| 10:00pm | Celebrity Big Brother: Live Final |
| 12:05am | Celebrity Big Brother's Bit on the Side |

4

| | |
|---------|----------------------------------|
| 7:00am | Suburgatory |
| 7:20am | Charmed |
| 8:05am | Brooklyn Nine-Nine |
| 8:35am | Brooklyn Nine-Nine |
| 9:00am | Rules of Engagement |
| 10:00am | Baby Daddy |
| 10:30am | Baby Daddy |
| 11:00am | Coach Trip |
| 11:30am | Hollyoaks |
| 12:00pm | Charmed |
| 1:00pm | Charmed |
| 2:00pm | 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 | Coach Trip |
| 9:00pm | The Big Bang Theory |
| 9:30pm | The Big Bang Theory |
| 10:00pm | X-Men: First Class |
| 12:40am | Ghost Rider: Spirit of Vengeance |
| 2:30am | The Big Bang Theory |
| 3:00am | The Big Bang Theory |

sky SPORTS 1

| | |
|---------|---------------------------------|
| 9:00am | Premier League Match Pack |
| 9:30am | Barclays Premier League World |
| 10:00am | One2eleven |
| 11:00am | Premier League Match Pack |
| 11:30am | Barclays Premier League World |
| 12:00pm | Football Gold |
| 1:00pm | Premier League Match Pack |
| 1:30pm | Barclays Premier League World |
| 2:00pm | Football's Greatest |
| 3:00pm | Premier League Match Pack |
| 3:30pm | Barclays Premier League World |
| 4:00pm | The Premier League Years |
| 6:00pm | Premier League Matchpack |
| 6:30pm | Football Gold |
| 7:00pm | The Fantasy Football Club |
| 8:00pm | Football |
| 11:15pm | Barclays Premier League Preview |
| 11:45pm | The Fantasy Football Club |
| 12:45am | Football Gold |

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 | Jeremy Kyle's Emergency Room |
| 4:00pm | James Martin's French Adventure |
| 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 | Piers Morgan's Life Stories |
| 11:00pm | ITV News at Ten and Weather |
| 11:30pm | ITV News London |
| 11:40pm | Fishing Impossible |
| 12:10am | The Wine Show |

itv2

| | |
|---------|---------------------------|
| 7:00am | You've Been Framed! |
| 7:25am | Who's Doing the Dishes? |
| 8:15am | The Ellen DeGeneres Show |
| 9:00am | Emmerdale |
| 9:30am | Emmerdale |
| 10:00am | You've Been Framed! |
| 10:35am | Psych |
| 11:25am | Scorpion |
| 12:25pm | Who's Doing the Dishes? |
| 1:25pm | Emmerdale |
| 1:55pm | Emmerdale |
| 2:30pm | You've Been Framed! |
| 3:00pm | The Ellen DeGeneres Show |
| 3:50pm | The Jeremy Kyle Show |
| 4:55pm | The Jeremy Kyle Show |
| 6:00pm | Judge Rinder |
| 7:00pm | You've Been Framed! |
| 7:30pm | You've Been Framed! |
| 8:00pm | I Love You've Been Framed |
| 9:00pm | Skyfall |
| 11:45pm | Family Guy |
| 12:15am | Family Guy |
| 12:45am | American Dad! |

itv3

| | |
|---------|------------------------------------|
| 7:00am | In Loving Memory |
| 7:25am | Heartbeat |
| 8:25am | Where the Heart is |
| 9:25am | The Royal |
| 10:30am | Judge Judy |
| 10:55am | Judge Judy |
| 11:25am | Judge Judy |
| 11:50am | A Touch of Frost |
| 2:00pm | Heartbeat |
| 3:05pm | The Royal |
| 4:10pm | Where the Heart is |
| 5:20pm | In Loving Memory |
| 5:50pm | Rising Damp |
| 6:20pm | On the Buses |
| 6:55pm | Heartbeat |
| 8:00pm | Murder, She Wrote |
| 9:00pm | Doc Martin |
| 10:00pm | Agatha Christie's Marple |
| 12:00am | Blue Murder |
| 1:35am | Changeling |
| 2:35am | FYI Daily |
| 2:40am | Changeling |
| 4:05am | Wycliffe |
| 5:00am | Rory Bremner's Great British Views |
| 5:50am | On the Buses |

itv4

| | |
|---------|--------------------|
| 7:00am | Gunsmoke |
| 7:55am | The Saint |
| 8:50am | Quincy, M.E. |
| 9:50am | The Professionals |
| 10:55am | Ironsides |
| 12:00pm | Gunsmoke |
| 1:05pm | Storage Wars Texas |
| 1:35pm | Storage Wars Texas |
| 2:00pm | Pawn Stars |
| 2:30pm | Pawn Stars |
| 3:00pm | Quincy, M.E. |
| 4:00pm | Ironsides |
| 5:05pm | The Professionals |
| 6:05pm | The Saint |
| 7:10pm | Storage Wars Texas |
| 7:40pm | Storage Wars Texas |
| 8:10pm | Pawn Stars |
| 8:40pm | Pawn Stars |
| 9:05pm | Counting Cars |
| 9:35pm | Counting Cars |
| 10:00pm | Navy Seals |
| 11:00pm | FYI Daily |
| 11:05pm | Navy Seals |
| 12:20am | Resident Evil |
| 1:20am | FYI Daily |
| 1:25am | Resident Evil |
| 2:25am | The Professionals |
| 3:25am | The Car Chasers |
| 3:45am | ITV4 Nightscreen |
| 4:00am | Teleshopping |

sky CINEMA
ACTION & ADVENTURE

| | |
|---------|--------------------|
| 7:00am | Swordfish |
| 8:55am | Walking Tall |
| 10:30am | The Scorpion King |
| 12:10pm | Extraction |
| 1:50pm | Hitman |
| 3:30pm | Hitman: Agent 47 |
| 5:10pm | Babylon A.D. |
| 6:50pm | The Mummy |
| 9:00pm | Hitman |
| 10:40pm | Hitman: Agent 47 |
| 12:20am | Walking Tall |
| 1:50am | Sword of Vengeance |

sky CINEMA
COMEDY

| | |
|---------|---------------------------------------|
| 11:35am | Ted 2 |
| 1:35pm | Whiskey Tango Foxtrot |
| 3:35pm | Austin Powers: The Spy Who Shagged Me |
| 5:20pm | Pitch Perfect 2 |
| 5:50pm | Paul Blart: Mall Cop 2 |
| 7:30pm | Police Academy 7: Mission to Moscow |
| 9:00pm | Ted 2 |
| 11:00pm | Whiskey Tango Foxtrot |
| 1:00am | Revenge of the Nerds |

sky CINEMA
PREMIERE

| | |
|---------|--------------------------------------------------------------------------------------------------------------------------|
| 7:00am | The Man Who Knew Infinity |
| 9:05am | Exposed |
| 11:05am | The Trust |
| 12:50pm | Pitch Perfect 2 Special |
| 1:20pm | Money Monster |
| 3:15pm | Fast and Furious 7 Special |
| 3:45pm | Asian Connection <i>Trouble brews when a pair of expat bank robbers unwittingly rip off a ruthless drug lord.</i> |
| 5:30pm | Just Jim |
| 7:00pm | The Man Who Knew Infinity |
| 9:00pm | The Trust |
| 10:45pm | Money Monster <i>The smirking host of a financial TV show is held hostage when an investment tip doesn't pay off.</i> |
| 12:30am | Asian Connection |
| 2:05am | The Challenger |
| 3:50am | Gentlemen |

sky SPORTS 2

| | |
|---------|----------------------------|
| 7:00am | Cricket's Greatest |
| 7:30am | Cricket's Greatest |
| 8:00am | Cricket World Cup Classics |
| 9:00am | Darts Legends |
| 9:15am | Darts Legends |
| 9:30am | Darts Gold |
| 9:45am | Darts Gold |
| 10:00am | Premier League Darts |
| 1:00pm | Darts Legends |
| 1:15pm | Darts Legends |
| 1:30pm | Cricket's Greatest |
| 2:00pm | Cricket's Greatest |
| 2:30pm | Cricket World Cup Classics |
| 3:30pm | Cricket's Greatest |
| 4:00pm | Cricket Gold |
| 5:00pm | Cricket World Cup Classics |
| 6:00pm | Cricket's Greatest |
| 6:30pm | Cricket's Greatest |
| 7:00pm | Rugby Gold |
| 7:30pm | Rugby Gold |
| 7:40pm | Rugby Gold |
| 7:50pm | Rugby Gold |
| 8:00pm | Live Lions Special |
| 8:30pm | Live Pro 12 Rugby |
| 10:45pm | Sporting Triumphs |
| 11:00pm | Time of Our Lives |
| 12:00am | Rugby Gold |

It's a funny old game life, isn't it?

Guest

Columnist

Today: Marshall Howe

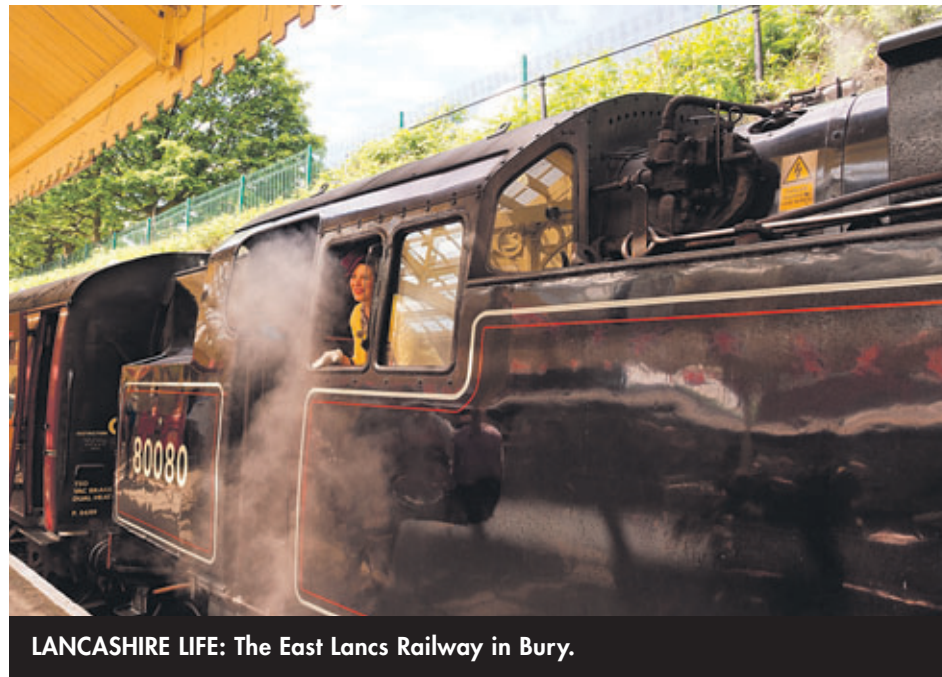


I WANTED to be a professional footballer. My Mum wanted me to be a ballet dancer (where she got that from I'll never know). I nearly succeeded having played at Bury, Oldham and Rochdale but never in the first teams.

“ I love life here, but will always remember my life in Lancashire and England.

After student teaching in Bury I went labouring on building sites and eventually finished up running my own civil engineering business which took me all over the country.

Three wives and six children later I've finished up in España and loving it. I wouldn't change a thing (well apart from the first two wives) and hopefully I will be able to pass on some of the stories and experiences in future articles.



LANCASHIRE LIFE: The East Lancs Railway in Bury.

My wife says I should write a book and I did start it once entitled 'The Escapades of a Lancashire Navvy.' I used to note stories in a little book as past incidents popped into my head. How it fell into my accountant's hands I'll never know, but at our annual review he brought it out and we spent the whole meeting laughing. I don't know how much tax I paid that year but I know he still charged me

for the session. The book was never returned and I bet he finished writing it under a different name, changed the title and made a fortune - well he is an accountant after all!

Earlier I mentioned teaching. It was at East Ward Secondary modern in Bury (it's gone now) as a PE and maths teacher. School uniform was leather jacket, jeans and hobnailed boots - and that was just the girls! I enjoyed

teaching as it can be very rewarding - children can be 'entertaining' to say the least.

One morning as I was stood at the side of the hall during assembly and the Head read out his 'rogues gallery' list of who he wanted to see outside his office after assembly. "Smith, Jones, Tomkins and Mr Howe."

Two hundred and fifty heads swivelled in my direction and laughter and sniggers rippled round the hall. Sure enough I finished last in line outside Mr Bradbury's office. "What you being done for Sir?" was the question they all asked. I genuinely did not know but it was a first for the school. Apparently a Prefect had booked me in for arriving late three days running (my old Austin A30 kept breaking down). Embarrassed!

I made that kid's life hell, especially when I got him on the football pitch for games lessons. (Not really as everyone could see the funny side). However, I've remained punctual for the rest of my life.

I still work every day pricing jobs for two of my sons (I wouldn't know what to do with myself) and I love the life here. But I will always remember my life in Lancashire and England. It made me what I am today and who knows what life has in store and what little adventures are still to undertake?

Yes. Life is a funny old game.

Business 1st, democracy 2nd

Mike Senker

In my opinion

Views of a Grumpy Old Man



I HEARD this week the phrase 'alternative facts' and of course it could only have come from one source. Donald J Trump, well his press officer actually.

Now I'm not the sharpest tool in the box but I know there is no such thing. It's a pile of BS. It means they are lying, that's it in a nutshell. This Trump geezer is seriously making me grumpy! Can you imagine saying to little Johnny 'Did you break that window?' 'No Mum,' 'Are you sure because your sister said you did!'

Well let me offer you an alternative fact. HE's lying! Just like Trump is about the crowds. So you didn't get as big a crowd as Obama, so what? The man is an embarrassment throwing hissy fits on Twitter at three in the morning. He even called the National Park Service director and told him he wanted him to produce photos to prove it. How about the wall? It started off as 'I am going to build a wall and the Mexicans are going to pay for it.' Their answer was pretty concise: 'We aren't paying for no f*****g wall.'

It is now 'We are going to build the wall and the Mexicans are going to reimburse us.'

Do what? My understanding of reimburse is like 'hey, if you're going to the shops get me a loaf and I'll give you the money when you come round.' Not trying to get \$10 billion off someone who has said they ain't paying for 1,900 miles of wall.

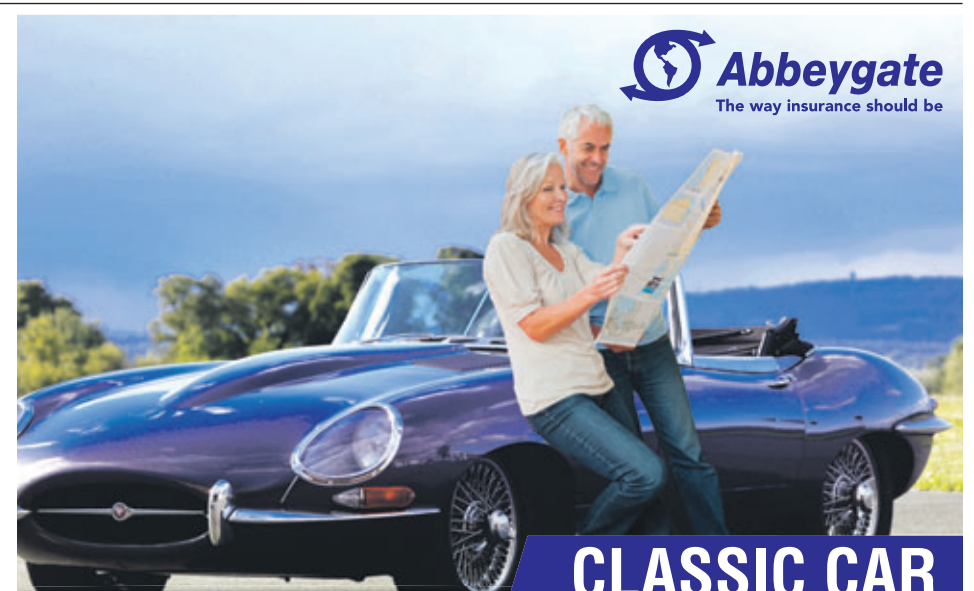
Strangely enough, the Mexican President cancelled his visit this week. Reimbursing is not paying get it?

I don't like any politicians they all lie but this geezer is one dangerous nutter.

How about the blanket banning of people from seven Muslim majority countries even if you have dual nationality passports which mean Sir Mo Farrah can't go back! The weird thing is he hasn't banned the countries that were involved in 9/11, the shoe bomber, Time Square bomber, San Bernardino shooters, Boston Marathon and Chelsea bombers. Maybe it's because he does business with those countries.

Look I know I'm usually writing light-hearted articles but every day I see what's going on and being said in the USA and it's not funny. The people taking to the streets to protest last night they all turned up at JFK.

I'm going to try and not let him make me grumpy but to be honest I'm going to struggle. Please don't try and convince me he is going to be good for the USA and the World because you won't do it ... Ok you can try! Email me at mikesenker@gmail.com.



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BBC one

7:00am Breakfast
 11:00am Saturday Kitchen Live
 12:30pm The Best Dishes Ever
 1:00pm Football Focus
 2:00pm BBC News
 2:10pm Weather
 2:15pm Six Nations Preview
 3:00pm Six Nations Rugby
 5:30pm Final Score
 6:30pm BBC News
 6:40pm Regional News
 6:45pm Weather
 6:50pm Pointless
 7:40pm Let it Shine
 9:25pm Casualty
 10:15pm Taboo
 11:10pm BBC News
The latest national and international news stories, followed by Weather.
 11:25pm Weather
The latest weather information.
 11:30pm Match of the Day
Highlights and reaction to all of the latest football action.
 1:00am The NFL Show

BBC TWO

7:50am Lady Luck
 9:25am School for Scoundrels
 11:00am Britain's Secret Seas
 12:00pm Homes Under the Hammer
 1:00pm A Cook Abroad
 2:00pm The Importance of Being Earnest
 3:30pm Cheetahs
 4:30pm The World's Most Extraordinary Homes
 5:30pm Mastermind
 6:00pm University Challenge
 6:30pm Only Connect
A show in which connections must be made between seemingly unconnected things.
 7:00pm Tennis
 9:30pm Dad's Army
 10:00pm QI XL
Panel-based quiz where it is more important to be interesting than right.
 10:45pm The Falling
 12:25am Julie and Julia
 2:20am In Darkness

BBC FOUR

8:00pm The Golden Age of the British Sports Car
 9:00pm Treasures of the Indus
 10:00pm Attenborough and the Giant Egg
David Attenborough returns to the island of Madagascar on a very personal quest.
 11:00pm The Young Montalbano
Prequel series giving an insight into the private life and early crime-fighting career of detective Salvo Montalbano.
 12:45am Top of the Pops
 1:25am Top of the Pops
 1:50am Robert Plant @ Glastonbury
 3:00am The Rolling Stones at the BBC
 3:45am Jeff Lynne's ELO in Concert

CHANNEL 4

7:20am King of Queens
 7:45am 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 The Big Bang Theory
 11:00am The Big Bang Theory
 11:25am The Big Bang Theory
 11:50am The Simpsons
 12:20pm The Simpsons
 12:50pm Jamie and Jimmy's Friday Night Feast
 1:55pm Come Dine with Me
 4:30pm A Place in the Sun
 5:30pm Location, Location, Location
 6:30pm Grand Designs
 7:30pm Channel 4 News
 8:00pm Penelope Keith's Hidden Villages
 9:00pm Great Canal Journeys
 10:00pm A Million Ways to Die in the West
 12:15am Van Helsing
 2:40am The Last Leg

CHANNEL 5

7:00am Milkshake!
 10:55am Teenage Mutant Ninja Turtles
 11:30am Kelly's Heroes
 2:10pm Police Interceptors
 3:10pm Police Interceptors
 4:10pm The Nightmare Neighbour Next Door
 5:10pm The Nightmare Neighbour Next Door
 6:10pm Nightmare Tenants, Slum Landlords
 7:10pm Can't Pay? We'll Take it Away!
 8:05pm NCIS: Los Angeles
 9:00pm NCIS
 9:55pm 5 News
 10:00pm Football on 5
 11:00pm Football on 5
 11:30pm Britain's Biggest Armed Robbery
 1:00am Super Casino
 4:10am Celebrity Botched Up Bodies
 5:00am My Mum's Hotter Than Me!
 5:50am House Doctor
Home improvement series that works its magic on neglected homes.

4

7:00am Young and Hungry
 7:20am Young and Hungry
 7:40am Black-ish
 8:05am Black-ish
 8:30am How I Met Your Mother
 9:00am How I Met Your Mother
 9:30am Melissa and Joey
 10:00am Melissa and Joey
 10:30am Baby Daddy
 11:00am Baby Daddy
 11:30am Young and Hungry
 12:00pm Young and Hungry
 12:30pm Hop
 2:30pm The Goldbergs
 3:00pm The Goldbergs
 3:30pm The Goldbergs
 4:00pm The Goldbergs
 4:30pm Brooklyn Nine-Nine
 5:00pm The Big Bang Theory
 9:00pm Marvel's Agents of S.H.I.E.L.D.
 10:00pm X-Men
 12:00am Gogglebox
 12:45am Gogglebox
 1:30am The Inbetweeners
 2:00am The Inbetweeners
 2:30am Cheating Gum
 3:00am Virtually Famous
 3:45am The Inbetweeners

sky SPORTS 1

7:00am Football Gold
 7:15am Football Gold
 7:30am Football Gold
 7:45am Football Gold
 8:00am Premier League Legends
 8:30am Premier League Legends
 9:00am Football Gold
 9:15am Football Gold
 9:30am Barclays Premier League Preview
 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 Football
 1:00am Football
 1:30am Football
 2:00am Football
 2:30am Football
 3:00am Football
 3:30am Football
 4:00am Football
 4:30am Football

itv

8:20am The Oddbods Show
 8:30am Scrambled!
 8:35am Mr. Bean
 8:50am Horrid Henry
 9:10am Teen Titans Go!
 9:30am Bear Grylls Survival School
 10:05am Adventure Time
 10:25am ITV News
 10:30am Rebound
 11:30am Guess This House
 12:30pm Judge Rinder
 1:30pm ITV News and Weather
 1:45pm River Monsters
 2:15pm Tipping Point
 3:15pm Dance Dance Dance
 4:45pm Regional News and Weather
 5:00pm ITV News and Weather
 5:10pm Rugby
 8:00pm Ninja Warrior UK
 9:00pm The Voice UK
 10:30pm Through the Keyhole
 11:30pm ITV News and Weather
 11:45pm The Bourne Supremacy
 1:45am Jackpot247

itv2

7:00am The Hot Desk
 7:10am Emmerdale Omnibus
 9:50am Coronation Street Omnibus
 12:20pm Ninja Warrior UK
 1:20pm Take Me Out
 2:25pm You've Been Framed!
 2:55pm Step Up 2: The Streets
 3:55pm FYI Daily
 4:00pm Step Up 2: The Streets
 4:55pm Inspector Gadget
 5:55pm FYI Daily
 6:00pm Inspector Gadget
 6:30pm Snow Dogs
 7:30pm FYI Daily
 7:35pm Snow Dogs
 8:35pm The Lord of the Rings: The Fellowship of the Ring
 9:35pm FYI Daily
 9:40pm The Lord of the Rings: The Fellowship of the Ring
 12:00am Family Guy
 12:30am Family Guy
 12:55am Family Guy
 1:30am American Dad!
 1:55am Run, Fat Boy, Run

itv3

7:00am Murder, She Wrote
Drama series about a sleuthing writer who solves murder mysteries.
 7:50am Murder, She Wrote
 8:45am Murder, She Wrote
 9:45am The Baby and the Battleship
 10:50am FYI Daily
 10:55am The Baby and the Battleship
 11:50am Columbo
Peter Falk dons the shabby mac and lights up a cheap cigar for more top drawer US detective drama.
 1:50pm Lewis
 3:50pm Wycliffe
 5:00pm Agatha Christie's Marple
 7:00pm Midsomer Murders
 9:00pm Doc Martin
 10:00pm Midsomer Murders
 12:00am Lewis
 2:00am Blue Murder
 2:55am ITV3 Nightscreen
 3:30am Teleshopping

itv4

7:00am The Professionals
 7:55am The Professionals
 8:55am The Saint
 10:00am Bundesliga
 11:00am ITV Racing: The Opening Show
 12:00pm Counting Cars
 12:30pm Counting Cars
 12:55pm Pawn Stars
 1:25pm Pawn Stars
 1:50pm Pawn Stars
 2:20pm Sports Fillers
 2:30pm ITV Racing: Live from Sandown
 5:00pm Superman
 6:00pm FYI Daily
 6:05pm Superman
 7:55pm Mr. Bean
 8:30pm Mr. Bean
 9:00pm River Monsters
 10:05pm Bullitt
 11:05pm Bullitt
 11:10pm Bullitt
 12:25am The Game of Death
 1:25am FYI Daily
 1:30am The Game of Death
 2:30am Hell on Wheels
 3:25am Tommy Cooper
 3:50am ITV4 Nightscreen
 4:00am Teleshopping

sky CINEMA ACTION & ADVENTURE

1:50pm The Goonies
 3:50pm Troy
 6:35pm Marvel's Avengers Assemble
 9:00pm Avengers: Age of Ultron
 11:25pm Once Upon a Time in Mexico
 1:10am Road House
 3:05am AVP: Alien vs. Predator
 5:00am Rocky II

sky CINEMA COMEDY

7:30am Sister Act
 9:20am The Hangover
 11:05am Magic Mike XXL
 1:05pm The Intern
 3:10pm The Top Ten Show 2017
 3:30pm Vacation
 5:15pm The Hangover
 7:00pm Magic Mike XXL
 9:00pm The Intern
 11:05pm Vacation
 12:50am Unfinished Business
 2:30am Two Night Stand
 4:00am I-Spy

sky CINEMA PREMIERE

12:15pm The Trust
 2:00pm Goat
 3:50pm The Challenger
 5:35pm Asian Connection
 7:15pm The Trust
 9:00pm Goat
 10:50pm Money Monster
The smirking host of a financial TV show is held hostage when an investment tip doesn't pay off.
 12:35am The Man Who Knew Infinity
 2:40am The Challenger
A legendary trainer comes out of retirement to help an underdog boxer fight his way to a better life.
 4:30am Just Jim
Things look up when lonely Welsh lad Craig Roberts forms a friendship with mysterious American neighbour, but is it all too good to be true?

sky SPORTS 2

7:00am Live World Rugby Sevens-Australia
 8:15am Super League Gold
 8:30am Super League Gold
 8:45am Super League Gold
 9:00am Cricket's Greatest
 9:30am Cricket's Greatest
 10:00am Darts Gold
 10:15am Darts Gold
 10:30am Darts Gold
 10:45am Darts Gold
 11:00am Sporting Triumphs
 11:15am Sporting Triumphs
 11:30am Super League Gold
 11:45am Super League Gold
 12:00pm Super League Gold
 12:15pm Super League Gold
 12:25pm Cricket
 8:25pm Cricket Gold
 8:35pm Cricket Gold
 8:45pm Sporting Triumphs
 9:00pm Cricket's Greatest
 9:30pm Cricket's Greatest
 10:00pm Cricket
 11:00pm Cricket
New Zealand host Australia in the third and final ODI in their series at Seddon Park in Hamilton.

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BBC one

7:00am Breakfast
 8:25am 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
 3:45pm Escape to the Country
 4:30pm Songs of Praise
 5:05pm Spy in the Wild
 6:05pm Spy in the Wild
 7:05pm BBC News
 7:20pm Regional News
 7:25pm Weather
 7:30pm Countryfile
 8:30pm Still Open All Hours
 9:00pm Call the Midwife
 10:00pm Apple Tree Yard
 11:00pm BBC News
 11:20pm Regional News
 11:25pm Weather
 11:30pm Match of the Day 2
 12:20am Super Bowl Live
 5:00am Weather for the Week Ahead

BBC TWO

7:00am A to Z of TV
 Gardening
 7:45am Big Dreams Small Spaces
 8:45am An Island Parish
 9:15am The Edible Garden
 9:45am Countryfile
 10:45am Saturday Kitchen
 Best Bites
 12:15pm Nigel Slater's Dish of the Day
 12:45pm Nigelissima
 1:15pm MOTD2 Extra
 2:00pm Netball
 3:45pm Nitro Athletics
 Usain Bolt Takes on the World.
 4:45pm Money for Nothing
 5:30pm Flog It!
 6:15pm Ski Sunday
 7:00pm Six Nations Rugby Special
 8:00pm City in the Sky
 9:00pm Dragons' Den
 10:00pm Special Forces - Ultimate Hell Week
 11:00pm Live at the Apollo
 11:45pm Women's Six Nations Highlights
 12:15am Tennis

BBC FOUR

8:00pm Hidden Killers of the Victorian Home
While the Victorians confronted the challenges of ruling an empire, perhaps the most dangerous environment they faced was in their own homes.
 9:00pm British History's Biggest Fibs with Lucy Worsley
 10:00pm Darcey Bussell
 11:00pm The Past
 1:05am Legends of the Deep: Deep Sea Sharks
 2:00am Legends of the Deep: Giant Squid
 2:45am Horizon
 3:45am Darcey Bussell
Documentary in which Darcey Bussell uncovers the life of Margot Fonteyn, who inspired generations of ballerinas..

CHANNEL 4

7:10am King of Queens
 7:35am King of Queens
 8:00am Everybody Loves Raymond
 8:30am Everybody Loves Raymond
 8:55am Frasier
 9:25am Frasier
 9:55am Frasier
 10:30am Sunday Brunch
 1:30pm George Clarke's Amazing Spaces
 2:30pm The Simpsons
 3:00pm The Simpsons
 3:30pm The Simpsons
 4:00pm Step Up All In
 6:15pm Channel 4 News
 6:40pm Ice Age: Dawn of the Dinosaurs
 8:30pm The Jump
 10:00pm Homeland
 11:00pm 8 Out of 10 Cats
 Does Countdown
 Jimmy Carr hosts the irreverent take on the classic letters and numbers quiz.
 12:00am Magic Mike
 2:05am How to Lose Weight Well
 3:00am Dogs on the Dole

CHANNEL 5

10:55am Teenage Mutant Ninja Turtles
 11:30am Football on 5
 The Championship.
 12:25pm Football on 5
 1:00pm Benefit House: Me and My 26 Kids
 2:00pm Benefits Britain: Life on the Dole
Documentary series lifting the lid on the reality of life on benefits in Britain.
 3:00pm Benefits Britain: Life on the Dole
Documentary series lifting the lid on the reality of life on benefits in Britain.
 4:00pm Leap Year
 5:50pm Around the World in Eighty Days
 8:05pm The Medallion
 9:55pm 5 News
 10:00pm When Live TV Goes Horribly Wrong
 1:05am Celebrity Botched Up Bodies
 2:00am Super Casino
 4:10am Get Your Tatts Out: Kavos Ink

4

7:00am Young and Hungry
 7:20am Young and Hungry
 7:40am Melissa and Joey
 8:05am Melissa and Joey
 8:30am Baby Daddy
 9:00am Baby Daddy
 9:30am The Goldbergs
 10:00am The Goldbergs
 10:30am Hollyoaks Omnibus
 1:00pm Coach Trip
 1:30pm Coach Trip
 2:00pm Coach Trip
 2:30pm Coach Trip
 3:00pm Coach Trip
 3:30pm The Goldbergs
 4:00pm The Goldbergs
 4:30pm The Big Bang Theory
 5:00pm The Big Bang Theory
 5:30pm The Big Bang Theory
 6:00pm The Big Bang Theory
 6:30pm The Big Bang Theory
 7:25pm Battleship
 10:00pm Marvel's Agents of S.H.I.E.L.D.
 11:00pm This Means War
 1:05am Tattoo Fixers
 2:10am Gogglebox
 3:05am Marvel's Agents of S.H.I.E.L.D.
 4:00am Rude Tube
 4:30am Hollyoaks Omnibus

sky SPORTS 1

7:00am Football
 7:30am Football
 8:00am Football
 8:30am Football
 9:00am Football
 9:30am Football
 10:00am The Sunday Supplement
 11:30am Goals on Sunday
 1:30pm Live Nissan Super Sunday
 4:30pm Live Nissan Super
 8:00pm EFL Goals
 8:30pm Football
Action from Spain's La Liga. Barcelona are the league's reigning champions.
 11:00pm Live NFL Super Bowl
 4:00am Pl Match Highlights
Manchester City take on Swansea City at the Etihad Stadium in the Premier League.
 4:30am Pl Match Highlights
Leicester City take on Manchester United at the King Power Stadium in the Premier League.

itv

7:00am CITV
 10:25am Countrywise
 11:00am Peston on Sunday
 11:55am Gino's Italian
 Escape: Hidden Italy
 12:25pm The Voice UK
 1:55pm ITV News and Weather
 2:00pm Rugby
 5:15pm The Chase
 6:15pm Ninja Warrior UK
 7:15pm ITV News and Weather
 7:30pm Dance Dance Dance
 9:00pm Lion Country
 10:00pm Good Karma
 Hospital
 11:00pm ITV News and Weather
 11:15pm Peston on Sunday
Weekly political magazine show featuring interviews, topical guests and a little satire.
 12:15am Rugby
 1:20am Jackpot247
 4:00am Chopping Block
 4:50am Nightscreen

itv2

7:00am You've Been Framed!
 7:25am Emmerdale Omnibus
 10:00am Coronation Street
 Omnibus
 12:30pm The Voice UK
 2:00pm Zawesome
 2:05pm Guidance
 2:40pm Fame High
 3:00pm Third Wheel
 3:20pm Third Wheel
 3:40pm L.A. Story
 4:00pm Mr. Magorium's Wonder Emporium
 5:00pm FYI Daily
 5:05pm Mr. Magorium's Wonder Emporium
 5:50pm The Princess Diaries 2: Royal Engagement
 6:50pm FYI Daily
 6:55pm The Princess Diaries 2: Royal Engagement
 8:00pm Evan Almighty
 9:00pm FYI Daily
 9:05pm Evan Almighty
 10:00pm Shaun of the Dead
 11:00pm FYI Daily
 11:05pm Shaun of the Dead
 12:00am Family Guy
 12:30am Family Guy
 1:00am American Dad!

itv3

7:00am On the Buses
 7:25am The Baby and the Battleship
 8:25am FYI Daily
 8:30am The Baby and the Battleship
 9:15am Heartbeat
 10:20am Heartbeat
 11:25am Murder, She Wrote
 12:30pm Murder, She Wrote
 1:35pm Columbo
 3:40pm Agatha Christie's Marple
 5:45pm Wycliffe
 6:55pm Midsomer Murders
 9:00pm This Time Next Year
 10:00pm Tonight at the London Palladium
 11:00pm Birds of a Feather
 11:30pm Captain Corelli's Mandolin
 12:30am FYI Daily
 12:35am Captain Corelli's Mandolin
 2:05am A Touch of Frost
 3:45am Wycliffe
 4:40am May the Best House Win
 5:30am May the Best House Win

itv4

7:00am The Wine Show
 7:55am Rugby Sevens World Series Highlights
 8:20am The Professionals
 9:20am The Professionals
 10:20am The Saint
 11:25am Shed and Buried
 12:30pm Storage Wars
 12:55pm Storage Wars
 1:25pm Pawn Stars
 1:50pm Pawn Stars
 2:15pm Pawn Stars
 2:45pm Pawn Stars
 3:15pm Pawn Stars
 3:45pm Every Which Way But Loose
 4:45pm FYI Daily
 4:50pm Every Which Way But Loose
 6:00pm Superman
 7:00pm FYI Daily
 7:05pm Superman
 9:00pm The Chase: Celebrity Special
 10:00pm Rugby
 11:00pm Mars Attacks!
 12:00am FYI Daily
 12:05am Mars Attacks!
 1:10am A Dangerous Man
 2:10am FYI Daily

sky CINEMA ACTION & ADVENTURE

1:05pm The Man From U.N.C.L.E.
 3:05pm The Spiderwick Chronicles
 4:45pm Tomorrowland
 6:55pm Spy
 9:00pm The Man From U.N.C.L.E.
 11:00pm Independence Day
 1:30am The Mummy: Tomb of the Dragon Emperor

sky CINEMA COMEDY

7:25am The Holiday
 9:45am My Big Fat Greek Wedding 2
 11:30am How to be Single
 1:30pm Pixels
 3:25pm Hitch
 5:30pm My Big Fat Greek Wedding 2
 7:10pm The Banger Sisters
 9:00pm How to be Single
 11:00pm Pixels
 12:50am Crocodile Dundee
 2:35am Loser
 4:15am Juno

sky CINEMA PREMIERE

7:00am Money Monster
 8:40am Just Jim
 10:10am Goat
 12:00pm The Man Who Knew Infinity
 1:55pm The Cell
 3:40pm The Trust
 5:20pm Money Monster
The smirking host of a financial TV show is held hostage when an investment tip doesn't pay off.
 7:10pm Goat
 9:00pm The Cell
 10:45pm The Trust
 12:30am Just Jim
 2:05am Asian Connection
Trouble brews when a pair of expat bank robbers unwittingly rip off a ruthless drug lord.
 3:40am Exposed
Thriller about a detective investigating the death of his partner.
 5:30am Pitch Perfect 2 Special

sky SPORTS 2

7:00am Great Sporting Moments
 7:15am Great Sporting Moments
 7:30am Great Sporting Moments
 7:45am Great Sporting Moments
 8:00am Sporting Greats
 8:30am Cricket
 9:30am Rugby Gold
 9:40am Rugby Union
 11:30am Cricket
 12:30pm Football
 3:30pm Sporting Triumphs
 3:45pm Sporting Triumphs
 4:00pm Football
 6:15pm Football
 8:30pm Cricket
 9:30pm Sporting Triumphs
 9:45pm Sporting Triumphs
 10:00pm Cricket
 11:00pm Pl Match Highlights
 11:30pm Pl Match Highlights
 12:00am Goals on Sunday 2016/17 v.2
 1:00am Pl Match Highlights
 1:30am Pl Match Highlights
 2:00am The Premier League Years

|| 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.

Want to get a weighty issue off your mind?

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



FEELING fit, fabulous and fantastic? No, thought not. Feeling fat, broke and Brex-bewildered instead? Well, be grateful January is over!

January is the month for New Year's resolutions, self-flagellation, weird diets, alcohol bans and shedding the excesses of the Christmas season currently hanging around your waistline. But spoiler alert: fad diets etc don't work and will make you heavier in the long term.

After numerous years of intensive research and applied probabilistic and nutrition technology, I can exclusively reveal that the definitive solution to the combined issues of weight, shape, well-being and fitness is a non-complex combination of eating less and exercising more.

Can I please have a fat fee for this earth-shattering scoop?



WEIGHT PROBLEMS: Fad diets don't work and will make you heavier in the long term.

Moreover, with its miracle weight-loss solutions and ongoing craze for juicing, superfoods and 'clean eating,' the nutrition world is a seemingly endless machine of Trump-like 'post-truths' and 'alternative facts.' Bogus claims about 'chlorophyll oxygenating

the body' or 'chocolate being an octave of sun energy' aren't just irritating, they're dangerous; they supplant useful, evidence-based information. The public are being misled, and that upsets the many good nutritionists out there.

Ever helpful, though, just as

Theresa May has her 12-point Brexit plan, here's my own five-point Weight plan to gauge if you do have an, err, weight problem:

1. If your doctor has to call the zoo to use their weight scales to weigh you.

2. If emergency services have to cut out entire sections of walls in your home, in order to evacuate you to A&E.

3. If your bed comes equipped with a crane and pulley bars.

4. If your photo is being used as the 'before' image in the 'before-and-after' adverts for the latest miracle diet-o-rama.

5. If you've ever been asked to leave an 'all you can eat' buffet because quite simply you've terrified the restaurant staff and patrons who have never seen anyone gorge like that before.

Well, I've made my own belated resolution. For the rest of 2017, I won't even look at any new diets. It's remarkable. I feel better already.

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 | Food: Truth or Scare |
| 11:00am | Homes Under the Hammer |
| 12:00pm | Wanted Down Under Revisited |
| 12:45pm | Family Finders |
| 1:15pm | Bargain Hunt |
| 2:00pm | BBC News |
| 2:30pm | Regional News |
| 2:45pm | Doctors |
| 3:15pm | Father Brown |
| 4:00pm | I Escaped to the Country |
| 4:45pm | Royal Recipes |
| 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 | Apple Tree Yard |
| 11:00pm | BBC News |
| 11:30pm | Regional News |
| 11:40pm | Weather |
| 11:45pm | Have I Got a Bit More Old News for You |
| 12:30am | The Graham Norton Show |

BBC TWO

| | |
|---------|------------------------------------|
| 7:00am | Flog It! |
| 7:30am | Wanted Down Under Revisited |
| 8:15am | Royal Recipes |
| 9:00am | Great Interior Design Challenge |
| 10:00am | Victoria Derbyshire |
| 12:00pm | BBC Newsroom Live |
| 1:00pm | The Daily Politics |
| 2:00pm | Women's Six Nations Highlights |
| 2:30pm | Coast |
| 2:55pm | Landward |
| 3:25pm | Northern Italy Unpacked |
| 4:25pm | Indian Ocean with Simon Reeve |
| 5:25pm | A Place to Call Home |
| 6:15pm | Flog It! |
| 7:00pm | Eggheads |
| 7:30pm | Great American Railroad Journeys |
| 8:00pm | Put Your Money Where Your Mouth Is |
| 9:00pm | University Challenge |
| 9:30pm | An Island Parish |
| 10:00pm | SAS: Rogue Warriors |
| 11:00pm | Insert Name Here |
| 11:30pm | Newsnight |
| 12:10am | Weather |

BBC FOUR

| | |
|---------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 8:00pm | 100 Days |
| 8:30pm | Reel History of Britain |
| | <i>Melvyn Bragg, accompanied by a vintage mobile cinema, travels across the country, to show incredible footage preserved by the British Film Institute and other national and regional film archives, to tell the history of modern Britain.</i> |
| 9:00pm | Natural World |
| 10:00pm | Art of France |
| 11:00pm | Yves Saint Laurent |
| 12:40am | Rich Hall's Inventing the Indian |
| 2:10am | The Maharajas' Car: The Story of Rolls-Royce in India |
| 3:05am | Britain's Lost Colosseum |
| 3:55am | Art of France |

CHANNEL 4

| | |
|---------|---------------------------------|
| 7:00am | Countdown |
| 7:45am | King of Queens |
| 8:10am | King of Queens |
| 8:35am | King of Queens |
| 9:00am | Everybody Loves Raymond |
| 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 |
| 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 |
| 9:00pm | The Fake News Show |
| 9:30pm | Food Unwrapped |
| 10:00pm | Confessions of a Paparazzo |
| 11:00pm | First Dates Hotel |
| 12:05am | Tattoo Fixers |

CHANNEL 5

| | |
|---------|-------------------------------------------------------------------------------------|
| 7:00am | Milkshake! |
| 10:15am | The Wright Stuff |
| 12:15pm | Cowboy Builders |
| 1:10pm | 5 News |
| 1:15pm | The Nightmare Neighbour Next Door |
| 2:15pm | Home and Away |
| 2:45pm | Neighbours |
| 3:15pm | NCIS |
| 4:15pm | Cradle of Lies |
| 6:00pm | 5 News |
| 6:30pm | Neighbours |
| 7:00pm | Home and Away |
| 7:30pm | 5 News |
| 8:00pm | The Cars That Made Britain Great |
| 9:00pm | Police Interceptors |
| 10:00pm | The Accused |
| 11:30pm | The Bucket List |
| 1:20am | In Therapy |
| 2:15am | Super Casino |
| 4:10am | A New Life in Oz |
| | <i>Documentary series following British families as they relocate to Australia.</i> |
| 5:00am | Criminals Caught on Camera |
| 5:45am | HouseBusters |

4

| | |
|---------|-----------------------|
| 7:00am | Made in Chelsea |
| 8:00am | Brooklyn Nine-Nine |
| 8:30am | Brooklyn Nine-Nine |
| 9:00am | Rules of Engagement |
| 9:30am | Rules of Engagement |
| 10:00am | Baby Daddy |
| 10:30am | Baby Daddy |
| 11:00am | Coach Trip |
| 11:30am | Hollyoaks |
| 12:00pm | Charmed |
| 1:00pm | Charmed |
| 2:00pm | 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 | Coach Trip |
| 9:00pm | The Big Bang Theory |
| 9:30pm | The Big Bang Theory |
| 10:00pm | Bridesmaids |
| 12:30am | The Big Bang Theory |
| 1:00am | The Big Bang Theory |
| 1:30am | Gogglebox |
| 2:15am | Tattoo Fixers |

sky SPORTS 1

| | |
|---------|----------------------------------|
| 8:00am | WWE Raw |
| 9:00am | Goals on Sunday |
| 10:00am | PI Match Highlights |
| 11:00am | Football's Greatest |
| 12:00pm | The Premier League Years |
| 2:00pm | PI Match Highlights |
| 3:00pm | Premier League Legends |
| 3:30pm | Premier League Legends |
| 4:00pm | NFL Super Bowl Highlights |
| 6:00pm | Football Gold |
| 7:00pm | Premier League Legends |
| 7:30pm | Premier League 100 Club |
| 8:00pm | Soccer AM: The Best Bits 2016/17 |
| 8:30pm | Spanish Football Gold |
| 8:40pm | Football |
| 10:40pm | Spanish Football Gold |
| 11:00pm | Scottish Football Round Up |
| 11:15pm | Football Gold |
| 11:30pm | NFL Super Bowl Highlights |
| 1:30am | Scottish Football Round Up |

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 | Regional News and Weather |
| 3:00pm | Judge Rinder |
| 4:00pm | James Martin's French Adventure |
| 5:00pm | Tipping Point |
| 6:00pm | The Chase |
| 7:00pm | Regional 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 |
| 11:30pm | Regional News and Weather |
| 11:40pm | Through the Keyhole |
| 12:40am | The Chase |

itv2

| | |
|---------|--------------------------|
| 7:00am | You've Been Framed! |
| 7:25am | 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 |
| 9:30pm | Two and a Half Men |
| 10:00pm | Family Guy |
| 10:30pm | The Great Indoors |
| 11:00pm | American Dad! |
| 11:30pm | American Dad! |
| 12:00am | Family Guy |

itv3

| | |
|---------|-----------------------------------------------------------------------|
| 7:00am | In Loving Memory |
| 7:25am | Heartbeat |
| 8:30am | Where the Heart is |
| 9:30am | The Royal |
| 10:35am | Judge Judy |
| 11:00am | Judge Judy |
| 11:55am | A Touch of Frost |
| 2:00pm | Heartbeat |
| | <i>Drama, set in the North Yorkshire moors in the 1960's.</i> |
| 3:05pm | The Royal |
| 4:05pm | Where the Heart is |
| 5:15pm | In Loving Memory |
| 5:50pm | Rising Damp |
| 6:20pm | On the Buses |
| | <i>This bold, bawdy and brash sitcom hit British screens in 1969.</i> |
| 6:55pm | Heartbeat |
| | <i>Drama, set in the North Yorkshire moors in the 1960's.</i> |
| 8:00pm | Murder, She Wrote |
| 9:00pm | Doc Martin |
| 10:00pm | Long Lost Family |
| 11:00pm | The Bletchley Circle |
| 12:00am | The Mafia with Trevor McDonald |

itv4

| | |
|---------|--------------------------------------------------------------------------|
| 7:00am | Gunsmoke |
| 7:55am | The Saint |
| 8:55am | Quincy, M.E. |
| 9:55am | The Professionals |
| 11:00am | Ironsides |
| 12:05pm | Gunsmoke |
| 1:15pm | Storage Wars Texas |
| 1:40pm | Pawn Stars |
| 2:05pm | Pawn Stars |
| 2:35pm | Quincy, M.E. |
| 3:35pm | Ironsides |
| 4:40pm | The Professionals |
| 5:40pm | The Saint |
| 6:45pm | Storage Wars Texas |
| 7:10pm | Storage Wars Texas |
| 7:45pm | Snooker |
| | <i>Coverage and reaction from the latest Snooker event taking place.</i> |
| 12:15am | Bundesliga |
| 1:15am | Rugby |
| 2:15am | River Monsters |
| 3:25am | Storage Wars Texas |
| 3:45am | ITV4 Nightscreen |
| | <i>Text-based information service.</i> |
| 4:00am | Teleshopping |
| | <i>Shopping from home.</i> |

sky CINEMA ACTION & ADVENTURE

| | |
|---------|----------------------------|
| 7:00am | Everest |
| 9:10am | Jupiter Ascending |
| 11:25am | Apollo 13 |
| 1:55pm | The Huntsman: Winter's War |
| 4:00pm | King Arthur |
| 6:15pm | Everest |
| 8:20pm | Precious Cargo |
| 10:00pm | The Huntsman: Winter's War |
| 12:00am | Jupiter Ascending |
| 2:10am | RoboCop |

sky CINEMA COMEDY

| | |
|---------|-----------------------|
| 7:40am | Big Hero 6 Special |
| 8:10am | What About Bob? |
| 9:55am | In Her Shoes |
| 12:10pm | The Benchwarmers |
| 1:45pm | Ride Along 2 |
| 3:35pm | Daddy's Home |
| 5:20pm | The Top Ten Show 2017 |
| 5:40pm | Billy Madison |
| 7:20pm | Hot Pursuit |
| 9:00pm | Daddy's Home |
| 10:45pm | Ride Along 2 |
| 12:35am | Crocodile Dundee II |
| 2:35am | Life |

sky CINEMA PREMIERE

| | |
|---------|------------------------------------------------------------------------------------------------------------------|
| 7:00am | Goat |
| 8:50am | The Trust |
| 10:40am | Jenny's Wedding |
| 12:30pm | Just Jim |
| 2:00pm | The Cell |
| 3:45pm | Asian Connection |
| | <i>Trouble brews when a pair of expat bank robbers unwittingly rip off a ruthless drug lord.</i> |
| 5:25pm | Goat |
| 7:15pm | Jenny's Wedding |
| 9:00pm | The Trust |
| 10:45pm | The Cell |
| 12:30am | Asian Connection |
| 2:15am | The Man Who Knew Infinity |
| | <i>True-life drama about a self-taught maths prodigy who makes the move from Madras to Cambridge University.</i> |
| 4:15am | Just Jim |

sky SPORTS 2

| | |
|---------|---------------------------|
| 7:00am | Cricket's Greatest |
| 7:30am | Cricket's Greatest |
| 8:00am | NFL: Greatest Games |
| 9:00am | NFL Super Bowl Highlights |
| 11:00am | NFL Super Bowl |
| 4:00pm | Cricket |
| 5:00pm | Boxing Gold |
| 5:15pm | Boxing Gold |
| 5:30pm | Boxing Gold |
| 6:00pm | Cricket |
| 7:00pm | NFL Super Bowl Highlights |
| 9:00pm | Boxing |
| 11:00pm | Cricket |
| 12:00am | Rugby Gold |
| 12:10am | Rugby Gold |
| 12:20am | Rugby Gold |
| 12:30am | Cricket Gold |
| 12:40am | Cricket Gold |
| 12:50am | Cricket Gold |
| 1:00am | Cricket |
| 2:00am | Cricket's Greatest |
| 2:30am | Cricket's Greatest |
| 3:00am | Rugby Gold |
| 3:10am | Rugby Gold |
| 3:20am | Rugby Gold |
| 3:30am | Sky Sports Years |
| 4:30am | Cricket Gold |
| 4:40am | Cricket Gold |

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BBC one

10:15am Food: Truth or Scare
11:00am Homes Under the Hammer
12:00pm Wanted Down Under Revisited
12:45pm Family Finders
1:15pm Bargain Hunt
2:00pm BBC News
2:30pm Regional News
2:45pm Doctors
3:15pm Father Brown
4:00pm I Escaped to the Country
4:45pm Royal Recipes
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 Holby City
10:00pm The Moorside
11:00pm BBC News
11:30pm Regional News
11:40pm Weather
11:45pm Tourettes: Teenage Tics
12:40am Who Do You Think You Are?
1:40am Weather for the Week Ahead

BBC TWO

7:00am Flog It!
7:30am Wanted Down Under Revisited
8:15am Royal Recipes
9:00am Great British Menu
10:00am Victoria Derbyshire
12:00pm BBC Newsroom Live
1:00pm The Daily Politics
2:00pm Cash in the Attic
2:25pm Beat the Brain
2:55pm Landward
3:25pm Italy Unpacked
4:25pm Tropic of Capricorn with Simon Reeve
5:25pm A Place to Call Home
6:15pm Flog It!
7:00pm Eggheads
7:30pm Great American Railroad Journeys
8:00pm Our Dancing Town
9:00pm Further Back in Time for Dinner
10:00pm Sicily: The Wonder of the Mediterranean
11:00pm Mock the Week
11:30pm Newsnight
12:10am Weather
12:15am Special Forces - Ultimate Hell Week

BBC FOUR

8:30pm Secrets of Bones
Evolutionary biologist and master skeleton builder Ben Garrod presents a six-part series looking at how bones have enabled vertebrates to colonise and dominate practically every habitat on Earth.
9:00pm Planet Earth II
10:00pm Flights of Fancy: Pigeons and the British
11:00pm D-Day: The Last Heroes
12:00pm Bombay Railway
1:00am Sappho: Love and Life on Lesbos with Margaret Mountford
2:00am Bought with Love: The Secret History of British Art Collections
3:00am The World's Most Expensive Stolen Paintings

CHANNEL 4

7:00am Countdown
7:45am King of Queens
8:10am King of Queens
8:35am King of Queens
9:00am Everybody Loves Raymond
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
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
9:00pm How to Get Fit Fast
10:00pm 24 Hours in A and E
11:00pm Britain's Greatest Hoaxer
12:05am This is Us
1:00am Confessions of a Paparazzo

CHANNEL 5

7:00am Milkshake!
10:15am The Wright Stuff
12:15pm Cowboy Builders
1:10pm 5 News
1:15pm The Nightmare Neighbour Next Door
2:15pm Home and Away
2:45pm Neighbours
3:20pm NCIS: Los Angeles
4:20pm Killer Assistant
6:00pm 5 News
6:30pm Neighbours
7:00pm Home and Away
7:30pm 5 News
8:00pm Loch Lomond: A Year in the Wild
9:00pm The Yorkshire Vet
10:00pm Secrets of the National Trust with Alan Titchmarsh
11:00pm When Magic Goes Wrong
1:50am Super Casino
Feeling lucky? Get the authentic, heart-thumping casino experience every night.
4:10am GPs: Behind Closed Doors



7:00am Made in Chelsea
8:00am Brooklyn Nine-Nine
8:30am Brooklyn Nine-Nine
9:00am Rules of Engagement
9:30am Rules of Engagement
10:00am Baby Daddy
10:30am Baby Daddy
11:00am Coach Trip
11:30am Hollyoaks
12:00pm Charmed
1:00pm Charmed
2:00pm 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
7:30pm 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

7:00am Football Gold
8:00am WWE SmackDown!
9:00am Premier League Legends
9:30am Premier League Legends
10:30am Soccer AM: The Best Bits 2016/17
11:00am Football Gold
1:00pm Soccer AM: The Best Bits 2016/17
1:30pm Football Gold
2:00pm Football's Greatest
3:00pm Football Gold
4:00pm One2eleven
5:00pm Soccer AM: The Best Bits 2016/17
5:30pm Football Gold
6:30pm Soccer AM: The Best Bits 2016/17
7:00pm Premier League Review
8:00pm Scottish Football Round Up
8:15pm Football Gold
8:30pm Gillette Soccer Special 2016/17
11:00pm La Liga World
11:30pm Football Gold
12:00am Premier League Review

itv

11:30am This Morning
1:30pm Loose Women
2:30pm ITV Lunchtime News
2:55pm Regional News and Weather
3:00pm Judge Rinder
4:00pm James Martin's French Adventure
5:00pm Tipping Point
6:00pm The Chase
7:00pm Regional News and Weather
7:30pm ITV Evening News
8:00pm Emmerdale
8:30pm Save Money
9:00pm Tales From the Coast with Robson Green
10:00pm The Secret Life of Dogs
11:00pm ITV News at Ten and Weather
11:30pm Regional News and Weather
11:40pm Wilderness Walks with Ray Mears
12:10am The Investigator: A British Crime Story
1:10am Jackpot247

itv2

7:00am You've Been Framed!
7:25am Who's Doing the Dishes?
8:15am The Ellen DeGeneres Show
9:00pm 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!
9:00pm Two and a Half Men
9:30pm Two and a Half Men
10:00pm Hell's Kitchen
11:00pm Celebrity Juice
11:50pm Family Guy
12:20am Family Guy

itv3

7:00am In Loving Memory
7:25am Heartbeat
8:25am Where the Heart is
9:30am 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
4:10pm Where the Heart is
5:15pm In Loving Memory
5:50pm Rising Damp
6:20pm On the Buses
6:55pm Heartbeat
8:00pm Murder, She Wrote
Drama series about a sleuthing writer who solves murder mysteries.
9:00pm Midsomer Murders
11:00pm A Touch of Frost
1:05am Wycliffe
2:10am The Knock
3:05am ITV3 Nightscreen
Text-based information service.
3:30am Teleshopping

itv4

7:00am Gunsmoke
8:00am The Saint
9:05am Quincy, M.E.
10:05am The Professionals
11:10am Ironside
12:10pm Gunsmoke
1:15pm Storage Wars Texas
1:45pm Snooker
6:15pm Storage Wars Texas
7:15pm Storage Wars Texas
7:45pm Snooker
Coverage and reaction from the latest Snooker event taking place.
12:15am Driven to Kill
1:15am FYI Daily
1:20am Driven to Kill
2:15am The Saint
Suave troubleshooter Simon Templar investigates another case.
3:25am Tommy Cooper
Comedy and magic from comedian Tommy Cooper. Guests include horror film superstar Vincent Price.

sky CINEMA ACTION & ADVENTURE

8:00am The Patriot
10:45am The Chronicles of Riddick
12:45pm Jurassic World
2:55pm 13 Hours: The Secret Soldiers of Benghazi
5:20pm Tracers
7:00pm Self/Less
9:00pm Jurassic World
11:10pm 13 Hours: The Secret Soldiers of Benghazi
1:40am RoboCop 2

sky CINEMA COMEDY

7:00am License to Drive
8:40am Down Dog
10:25am Jersey Girl
12:15pm Idiocracy
1:45pm Gremlins
3:35pm Gremlins 2: The New Batch
5:30pm Analyze This
7:20pm The Bad Education Movie
9:00pm Beverly Hills Cop
12:50am Beverly Hills Cop III
2:40am Fear and Loathing in Las Vegas

sky CINEMA PREMIERE

7:00am Jenny's Wedding
8:40am The Trust
10:25am Asian Connection
12:00pm The Cell
1:45pm The Top Ten Show 2017
2:00pm Goat
3:50pm Mojave
5:30pm Jenny's Wedding
7:15pm The Trust
9:00pm The Cell
10:45pm Mojave
A troubled Hollywood star retreats to the desert and has a run-in with a homicidal drifter.
12:25am Goat
2:15am Asian Connection
Trouble brews when a pair of expat bank robbers unwittingly rip off a ruthless drug lord.
4:00am Exposed
Thriller about a detective investigating the death of his partner.

sky SPORTS 2

7:00am Cricket's Greatest
7:30am Cricket's Greatest
8:00am Boxing Gold
8:30am Boxing Gold
9:00am Cricket World Cup Classics
10:00am Cricket World Cup Classics
11:00am Boxing Gold
11:15am Boxing Gold
11:30am Boxing Gold
11:45am Cricket's Greatest
12:15pm Cricket Gold
12:25pm Cricket
8:25pm Cricket Gold
8:35pm Cricket Gold
8:45pm Great Sporting Moments
9:00pm Sporting Greats
9:30pm Great Sporting Moments
9:45pm Great Sporting Moments
10:00pm Rugby Gold
10:10pm Rugby Gold
10:20pm Rugby Gold
10:30pm Cricket
11:30pm Gary Neville: The Pundit
12:00am Rugby Gold

NEW

Peter Bull
HOLIDAY RESORTS

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950 525 692 or 672 418 381 MODELS, PLANS, PRICES, LOCATION OF THE PARK ALL ON OUR WEBSITE

BBC one

| | |
|---------|-----------------------------|
| 7:00am | Breakfast |
| 10:15am | Food: Truth or Scare |
| 11:00am | Homes Under the Hammer |
| 12:00pm | Wanted Down Under Revisited |
| 12:45pm | Family Finders |
| 1:15pm | Bargain Hunt |
| 2:00pm | BBC News |
| 2:30pm | Regional News |
| 2:45pm | Doctors |
| 3:15pm | Father Brown |
| 4:00pm | I Escaped to the Country |
| 4:45pm | Royal Recipes |
| 5:30pm | Antiques Road Trip |
| 6:15pm | Pointless |
| 7:00pm | BBC News |
| 7:30pm | Regional News |
| 8:00pm | The One Show |
| 8:30pm | Match of the Day Live |
| 11:00pm | BBC News |
| 11:30pm | Regional News |
| 11:40pm | Weather |
| 11:45pm | A Question of Sport |
| 12:15am | Film 2017 |
| 12:45am | Someone to Watch Over Me |
| 2:30am | Weather for the Week Ahead |
| 2:35am | BBC News |

BBC TWO

| | |
|---------|-----------------------------------------------|
| 8:15am | Royal Recipes |
| 9:00am | World's Most Extraordinary Homes |
| 10:00am | Victoria Derbyshire |
| 12:00pm | BBC Newsroom Live |
| 12:30pm | The Daily Politics |
| 2:00pm | Cash in the Attic |
| 2:25pm | Beat the Brain |
| 2:55pm | Landward |
| 3:25pm | Italy Unpacked |
| 4:25pm | Tropic of Capricorn with Simon Reeve |
| 5:25pm | A Place to Call Home |
| 6:15pm | Flog It! |
| 7:00pm | Eggheads |
| 7:30pm | Great American Railroad Journeys |
| 8:00pm | Put Your Money Where Your Mouth Is |
| 9:00pm | Trust Me, I'm a Doctor |
| 10:00pm | Hospital |
| 11:00pm | Common Sense |
| 11:30pm | Newsnight |
| 12:10am | Weather |
| 12:15am | Dragons' Den |
| 1:15am | Our Dancing Town |
| 2:15am | Yellowstone |
| 3:15am | Stacey on the Frontline: Girls, Guns and Isis |
| 4:00am | Royal Recipes |

BBC FOUR

| | |
|---------|----------------------------------------------------------------------------------------------------------------------------------------------|
| 8:00pm | 100 Days As President Trump takes office, BBC News teams in Washington and London report on the events that are shaping our world. series 1. |
| 8:30pm | Reel History of Britain |
| 9:00pm | Fair Isle Two-part documentary revealing life on Fair Isle, Britain's most remote inhabited island. In this concluding episode |
| 10:00pm | Roots |
| 11:35pm | Genius of the Ancient World |
| 12:35am | Natural World |
| 1:35am | Horizon For centuries we have dreamt of reaching the centre of the Earth. |
| 2:35am | Treasures of the Indus |
| 3:35am | Planet Earth II |

CHANNEL 4

| | |
|---------|-------------------------------------------------------|
| 7:00am | Countdown |
| 7:45am | King of Queens Doug and Carrie get lost in the woods. |
| 8:10am | King of Queens |
| 8:35am | King of Queens |
| 9:00am | Everybody Loves Raymond |
| 9:30am | Everybody Loves Raymond |
| 10:00am | Frasier |
| 10:30am | Frasier |
| 11:00am | Frasier |
| 11:30am | Ramsay's Kitchen Nightmares USA |
| 12:30pm | Four in a Bed |
| 1:00pm | Channel 4 News |
| 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 |
| 9:00pm | Location, Location, Location |
| 10:00pm | No Offence |
| 11:00pm | Four Rooms |
| 12:00am | 24 Hours in A and E |
| 1:00am | Live From Abbey Road Classics |

CHANNEL 5

| | |
|---------|------------------------------------|
| 7:00am | Milkshake! |
| 10:15am | The Wright Stuff |
| 12:15pm | Cowboy Builders |
| 1:10pm | 5 News |
| 1:15pm | Benefits Britain: Life on the Dole |
| 2:15pm | Home and Away |
| 2:45pm | Neighbours |
| 3:15pm | NCIS |
| 4:20pm | Her Evil Twin |
| 6:00pm | 5 News |
| 6:30pm | Neighbours |
| 7:00pm | Home and Away |
| 7:30pm | 5 News |
| 8:00pm | Loch Lomond: A Year in the Wild |
| 9:00pm | GP's: Behind Closed Doors |
| 10:00pm | Climbing the Property Ladder |
| 11:00pm | Extraordinary People |
| 12:05am | Autopsy: Bobbi Kristina Brown |
| 1:05am | Nightmare Tenants, Slum Landlords |
| 2:00am | Super Casino |
| 4:10am | Bargain Loving Brits in the Sun |
| 5:00am | Criminals Caught on Camera |
| 5:45am | House Doctor |

4

| | |
|---------|-----------------------|
| 7:00am | Made in Chelsea |
| 8:00am | Brooklyn Nine-Nine |
| 8:30am | Brooklyn Nine-Nine |
| 9:00am | Rules of Engagement |
| 9:30am | Rules of Engagement |
| 10:00am | Baby Daddy |
| 10:30am | Baby Daddy |
| 11:00am | Coach Trip |
| 11:30am | Hollyoaks |
| 12:00pm | Charmed |
| 1:00pm | Charmed |
| 2:00pm | 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 |
| 7:30pm | The Big Bang Theory |
| 8:00pm | Hollyoaks |
| 8:30pm | Coach Trip |
| 9:00pm | The Big Bang Theory |
| 9:30pm | The Big Bang Theory |
| 10:00pm | Timeless |
| 11:00pm | Supernatural |
| 12:00am | The Big Bang Theory |
| 12:30am | The Big Bang Theory |
| 1:00am | Tattoo Fixers |
| 2:00am | Gogglebox |

sky SPORTS 1

| | |
|---------|---------------------------------|
| 7:00am | Football Gold |
| 8:00am | WWE Experience |
| 9:00am | Premier League Legends |
| 9:30am | Premier League Legends |
| 10:00am | One2eleven |
| 11:00am | Premier League Review |
| 12:00pm | The Premier League Years |
| 2:00pm | One2eleven |
| 3:00pm | Premier League Legends |
| 4:00pm | Football's Greatest |
| 4:30pm | Football's Greatest |
| 5:00pm | One2eleven |
| 6:00pm | Football's Greatest Teams |
| 6:30pm | Football's Greatest Teams |
| 7:00pm | Football's Greatest |
| 8:00pm | Barclays Premier League World |
| 8:30pm | Gillette Soccer Special 2016/17 |
| 11:00pm | Barclays Premier League World |
| 11:30pm | Great Sporting Moments |
| 11:45pm | Great Sporting Moments |
| 12:00am | Football's Greatest Teams |

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 | Regional News and Weather |
| 3:00pm | Judge Rinder |
| 4:00pm | James Martin's French Adventure |
| 5:00pm | Tipping Point |
| 6:00pm | The Chase |
| 7:00pm | Regional News and Weather |
| 7:25pm | Party Political Broadcast by the Conservative Party |
| 7:30pm | ITV Evening News |
| 8:00pm | Emmerdale |
| 8:30pm | Coronation Street |
| 9:00pm | Midsomer Murders |
| 11:00pm | ITV News at Ten and Weather |
| 11:30pm | Regional News and Weather |
| 11:40pm | Unbelievable Moments Caught on Camera |
| 12:40am | It's Not Rocket Science |

itv2

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

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 |
| 2:05pm | Heartbeat Drama, set in the North Yorkshire moors in the 1960's. |
| 3:05pm | The Royal |
| 4:10pm | Where the Heart is |
| 5:15pm | In Loving Memory |
| 5:50pm | Rising Damp |
| 6:20pm | On the Buses |
| 6:55pm | Heartbeat |
| 8:00pm | Murder, She Wrote |
| 9:00pm | Paul O'Grady: For The Love of Dogs |
| 9:30pm | Paul O'Grady: For The Love of Dogs |
| 10:00pm | When Ant and Dec Met the Prince |
| 11:30pm | A Touch of Frost |
| 1:35am | The Knock |
| 2:35am | Rising Damp |
| 3:00am | ITV3 Nightscreen Text-based information service. |
| 3:30am | Teleshopping |

itv4

| | |
|---------|-----------------------------------------------------------------------------|
| 7:00am | Gunsmoke |
| 8:00am | The Saint |
| 9:05am | Quincy, M.E. |
| 10:05am | The Professionals |
| 11:05am | Ironsides |
| 12:10pm | Gunsmoke |
| 1:15pm | Storage Wars Texas |
| 1:45pm | Snooker |
| 6:15pm | Storage Wars Texas |
| 6:45pm | Storage Wars Texas |
| 7:15pm | Storage Wars Texas |
| 7:45pm | Snooker Coverage and reaction from the latest Snooker event taking place. |
| 12:15am | 30 Days of Night |
| 1:15am | FYI Daily |
| 1:20am | 30 Days of Night |
| 2:25am | The Saint More action and intrigue with suave troubleshooter Simon Templar. |
| 3:35am | Sports Fillers |
| 3:45am | ITV4 Nightscreen Text-based information service. |
| 4:00am | Teleshopping Shopping from home. |

sky CINEMA ACTION & ADVENTURE

| | |
|---------|---------------------------------------|
| 9:40am | National Treasure: Book of Secrets |
| 11:50am | Spectre |
| 2:20pm | Armageddon |
| 4:55pm | The League of Extraordinary Gentlemen |
| 6:50pm | In the Heart of the Sea |
| 9:00pm | Spectre |
| 11:30pm | Run All Night |
| 1:35am | I Am Wrath |

sky CINEMA COMEDY

| | |
|---------|----------------------|
| 8:10am | Death Becomes Her |
| 10:00am | Romancing the Stone |
| 11:55am | Rock the Kasbah |
| 1:50pm | Nacho Libre |
| 3:30pm | Trainwreck |
| 5:40pm | Revenge of the Nerds |
| 7:20pm | Unfinished Business |
| 9:00pm | Meet the Parents |
| 11:00pm | Trainwreck |
| 1:10am | The Overnight |
| 2:40am | City Slickers |
| 4:40am | Lost in Karastan |

sky CINEMA PREMIERE

| | |
|---------|------------------------------------------------------------------------------------------------------------|
| 7:00am | The Trust |
| 8:45am | Jenny's Wedding |
| 10:30am | The Cell |
| 12:20pm | Asian Connection Trouble brews when a pair of expat bank robbers unwittingly rip off a ruthless drug lord. |
| 2:00pm | Mojave A troubled Hollywood star retreats to the desert and has a run-in with a homicidal drifter. |
| 3:45pm | Jenny's Wedding |
| 5:35pm | The Trust |
| 7:15pm | The Cell |
| 9:00pm | Goat |
| 10:50pm | Our Little Sister |
| 1:00am | Mojave |
| 2:40am | Exposed Thriller about a detective investigating the death of his partner |
| 4:40am | Goat |

sky SPORTS 2

| | |
|---------|----------------------------|
| 7:00am | Cricket |
| 1:00pm | Cricket Gold |
| 1:10pm | Cricket Gold |
| 1:20pm | Cricket Gold |
| 1:30pm | Cricket Gold |
| 1:40pm | Cricket Gold |
| 1:50pm | Cricket Gold |
| 2:00pm | Cricket |
| 3:00pm | Cricket's Greatest |
| 3:30pm | Cricket's Greatest |
| 4:00pm | Cricket |
| 5:00pm | Cricket |
| 6:00pm | Cricket |
| 7:00pm | Cricket |
| 8:00pm | HSBC Sevens Highlights |
| 8:30pm | Cricket Gold |
| 8:40pm | Cricket Gold |
| 8:50pm | Cricket Gold |
| 9:00pm | Cricket |
| 10:00pm | Cricket |
| 11:00pm | Cricket World Cup Classics |
| 12:00am | Cricket World Cup Classics |
| 1:00am | HSBC Sevens Highlights |
| 1:30am | Cricket |
| 2:30am | HSBC Sevens Highlights |
| 3:00am | Cricket |
| 4:00am | Cricket |
| 5:00am | Cricket |

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Bring the colour back to your car with a visit to Autokolor

IS the sun damaging your prized possession? Had a little scratch in your pride and joy? Or simply want to give your vehicle a new lease of life? Then Autokolor can help.

Established on the Costa Blanca for 15 years, Autokolor has repaired and repainted thousands of cars in that time. With a bodyshop space in a garage in Almoradi, the team will quickly and efficiently restore your vehicle back to its former glory, or, they can also offer a mobile service. This is extremely popular with clients and means they can have their car treated at their own home and see the results instantly.

Full resprays are available at the best possible price, us-



BEFORE & AFTER: Get your vehicle looking like new again with Autokolor.

ing high quality paint which Autokolor confidently boasts will last at least five years. For vehicles that are still mechanically in a very good working order but

have just suffered from being sat out in the weather year round, or have maybe been the victim of a shopping trolley or another car scratching and ruining the

paintwork, then resprays are the ideal way to restore your car and give it added resale value.

Some clients also require the services of Autokolor

having had a little accident just weeks within picking up the keys of their new car, but don't worry, Autokolor can help and will quickly and quietly get it back to perfect

without anyone needing to know.

Offering an open and honest service, they ask customers exactly what they want and their desired finish. They said that many people go to them and say they have been told they need a full respray, but in many cases they don't need that. If they are happy to let them just do a touch up, Autokolor can dramatically improve the appearance in a more cost effective way.

The company also offers crash repairs, insurance claims assistance and free estimations.

So don't delay, call today.

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Stay safe and secure the simple way

THINK simple when you think security systems. Think Simply Security Systems.

For all forms of CCTV for your home or small business, Simply Security Systems can help and has already fitted many systems giving people peace of mind to know their property is safe and secure and can be monitored from anywhere around the world.

“ Home owners can set up alerts from their security systems so they will receive an email.

Owner Clive has worked in computers and telecommunications for more than 10 years on the Costa Blanca. Already having thousands of satisfied customers in these fields, CCTV came as a natural progression finding more and more people were asking about it.

Whether you want simple wired cameras or the latest modern technology, Simply Security Systems can supply and install the system to suit you. They are happy to fit what you want but can also offer help and advice to ensure you have the best and maximum protection for your needs.

Home owners can set up alerts from their security systems so they will receive an email every time a sensor is activated.

This will allow them to click on a link to see a live feed to their property from wherever they may be in world, and see exactly what is hap-



SIMPLY SECURITY: Range of security systems available to suit all needs.

pening, whether it may be a stray cat having activated it, or something more untoward happening. Clive said once, a home owner got an alert as the sensor was activated through a power cut.

Asking a neighbour to go around and reset the power it seems that the connection had been deliberately cut by someone who could have been targeting it for a burglary. Snapshot photos can also be sent to your email address and you can have protection from just four cameras.

Simply Security Systems operate across the whole Costa Blanca and Costa Calida and offer the most competitive prices in the market. Once installed, there should be no maintenance, but the team will be on hand should you have problems.

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Email: *sales@simplysecuritysystems.com*
Facebook: *Simply Security Systems*



LETTERS

YOUR PAPER - YOUR VOICE - YOUR OPINION

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

Vulnerable left in the cold

I WAS very disappointed with my electric supplier here in Costa Blanca when I suddenly lost all power at 9.30pm on a very cold evening. There was a 24-hour emergency number on my bill which I called but no one could speak English so I was transferred to a recorded message which simply said 'hold on' in English and then cut me off!

It wasn't until the following morning that I managed to speak to a human who understood me and I explained that at nearly 80, heat and light were important to me. It was no consolation to be told that plenty of others were without electricity as well, especially as prices keep going up.

Nine hours later some electricians turned up, checked my property and identified that the problem was not caused by me or my circuit and disappeared around the corner to a box in the road and within a matter of minutes confirmed that the problem was there and they had fixed it.

Luckily I'm relatively fit, but there are other old and frail pensioners who could have been seriously affected by more than 18 hours without electricity through no fault of their own.

James, San Luis (Torrevieja)

Clinton mania

UNBELIEVABLE that the main stream media throughout the presidential campaign have and continue to ignore how corrupt the Clintons are.

Thank God she did not get in. Whatever his shortcomings are Trump is preferable. One thing, I don't think his presidency will be dull as he certainly is a controversial character and to be honest he is a breath of fresh air.

Vivienne Pimm

Wincing words

HOW many had winced, I wonder, at Theresa May's grammatical clanger? When delivering her discourse to the world press at the White House she was clearly heard to say at the very end: "...a signifi-

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



“ THE water authorities say that there are water shortages each year and they need to find solutions. If they imposed hosepipe bans there wouldn't be so much of a problem. Many people hose down their patios regularly and the road outside their house wasting great quantities, leaving rivers on the road. Intelligent people sweep and mop but it seems that this is too laborious. ”

Pete, Nerja

| SAVE WATER: By swapping the hose for a brush and mop

cant moment FOR president Trump and I to build our relations..." It's "...for president Trump and ME.." dear lady! Or didn't they teach you at Wheatley Park Comprehensive how you never use a subject pronoun after a preposition. Perhaps, aware of your shortcomings, this is the reason why you are in favour of building new grammar schools, like the one Maggie went to in Grantham.

*RJ Dworakowski,
Torremolinos.*

Why Trump won

WE the people want our lives back. The only way to that basic human need is through the likes of Farrage and Trump.

I recall that oddly, early in 2016 well pre-Brexit, the Americans embraced that theme. Hence the Nigel Donald love affair. Look for more rising out of the melee as the EU flounders for survival. Like it or not they are in a way our saviours and are leading the way out of the assembled political nightmarish trap.

Praising them for their outspoken courage and steely held beliefs favouring us, instead of finger pointing, will accelerate that beneficial process into a new world of simple base values we understand. Not couched in ever deeper legal jargon, mired in a litany of rules laws and certificates penned by hordes of PC pompous overpaid parasites.

Stand up and be counted. We are witnessing the dawn of a new era. Embrace it. Stand high enough and it will now make a difference.

Name withheld

Thank you

WE would like to say thank you to John Smith for his editorial on our restaurant in Benalmadena. John is a great guy with the old-fashioned approach of writing everything down rather than using iPads, etc. This impressed us both. We have had great feedback from customers who looked in both your paper and online. Thank you and we will certainly be looking to continue to work with you this year with our advertising.

Bob and Linda,

Aico Restaurant, Benalmadena.

Weather error

IN edition 1647 we stated that Boxing Day in Cuenca last year was the hottest day in Spain for the month of December. This was incorrect and we apologise for the error.

Crime fears

ARRIVING in Spain to stay in Costa del Sol for the winter months I have been the victim of two attempted and one successful robberies, most costly to me in financial and sentimental terms here in Estepona over a two-month period.

I am an experienced traveller and know the precautions one should take, however the tactics and sheer audacity is breathtaking. There appears to be carefully orchestrated teams working with spotters or those casing places then trackers who may also be finally the robbers.

Initially I thought that I had been very unlucky but when sharing my experiences with expats living here it is becoming a way of life with both men and women being targeted some more than once. Some gangs use distraction tactics like tripping up in front of their target who naturally goes to help them while a team member slips their hand in from behind to reach for a wallet.

I have been to the police on one occasion but it seems nothing can be done. Several retail outlets have cameras but who checks them? Another tactic can occur in a supermarket car park where one member of the team puts a nail into the target's car tyre and while the victim is distracted with a flat tyre another criminal sneaks into the car and picks up any valuables like phones, handbags, etc.

For those living here they are starting to look over their shoulders when out and certainly women are being forced not to carry their usual handbags. This is a not the quality of life that people including tourists expect here.

I am concerned that these robberies will escalate into self defensive methods having to be adopted which in turn could have more damaging effects rather than the upsetting physiological stress of invasion of one's privacy.

Name and address withheld

WHEN YOU WRITE

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

Letters may also be edited.

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

Is there a decision that you need to make?

Sally Trotman

www.sallytrotman.com



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

HOW can you learn to love yourself and others more this month? Read your Astrology, Numerology and Tarot Forecast for February and find out how you can make the most of the month ahead...

Astrology: Go with the flow!

Sun in Aquarius : This month the sun is influenced by the airy and visionary sign of Aquarius. Spend time with friends and family this month, talking about your hopes and dreams for the future. Creating a strong network of colleagues, friends and family is vital in order to feel supported and safe. Spend time this month strengthening your interconnectedness with those around you.

Ask for help where you need it to achieve the goals which are most important to you this year. Take action where you can, then let go and flow with where life is taking you. Aquar-

ius is a free spirited and open minded sign. Cultivate these characteristics and discover the benefits of relaxing into the flow of life, trusting in yourself and the universe to take you exactly to where you need to be.

Get in tune with the moon : The full moon this month on February 11, is in the sunny sign of Leo. What gives you the greatest feeling of confidence? Focus on your strengths this month and aim high!

Leo the lion will give you the energy you need to fulfil your most important goals. This generous and passionate sign is encouraging you to live life to the full and to give thanks for all the abundance in your life at this time. Remain present for every feeling you have now affects your future. Make a commitment to yourself to feel good today. On Sunday February 26 the New Moon in sensitive Pisces gives you the opportunity to become more aware of your deepest truth. Take time out for yourself on this day to reflect on the year so far and follow your heart when considering a new direction this month.

Numerology: Feeling indecisive?

Number two : Is there a decision you need to make? Wise decisions that you make for the good of all will bring you the most peace. When you take a decision based on your own truth, the universe works behind the scenes to ensure that everyone ultimately benefits. If you have an important decision to make this month, evaluate all the options, listen to your intuition and when clear, act decisively and with absolute belief that you are following your truth. The number two can indicate a fork in the road, a new perspective or change of direction in some way. Listen to the truth in your own heart and then act decisively knowing that you can trust yourself to make the right choices for you.

The Tarot: Learning to listen

The second card in the the Major Arcana Tarot deck is the High Priestess. This spiritual woman sits on a throne with her foot on the new moon, a cross hanging from her neck. The theme of listening to your own truth continues with the influence of this card this month.

Once you know what is true for you, communicate honestly with those around you. Truth has a vibration that

causes others to trust you intuitively. Speak from the heart and focus on the good and positive. Communication is also about listening to others, and be truly present. Practise this kind of listening and your relationships will improve. Be aware of what you say and try not to get involved in gossip. Instead speak from a place of inspiration and honesty and watch your relationships improve beyond measure!

February Special Offer!

Sally Trotman offers personalised Astrology, Numerology and Tarot Consultations via Skype, Facetime and telephone. Sally also offers couples compatibility reports to bring insight into your most significant relationships. Throughout February Sally is offering 30-minute consultations via Skype, Facetime and telephone for just £25. Here is a testimonial from one of

her clients: 'Sally, the compatibility report was so spot on. Seriously you have confirmed so much for me regarding my relationship. You are bang on with what my partner is like, and although you've never met him, it's like you know him. Thank you so much for your help.' Georgie, Tring, UK. Visit Sally's website today and book in! www.sallytrotman.com.

FEBRUARY: Spend time with family and friends this month.



Advertising feature

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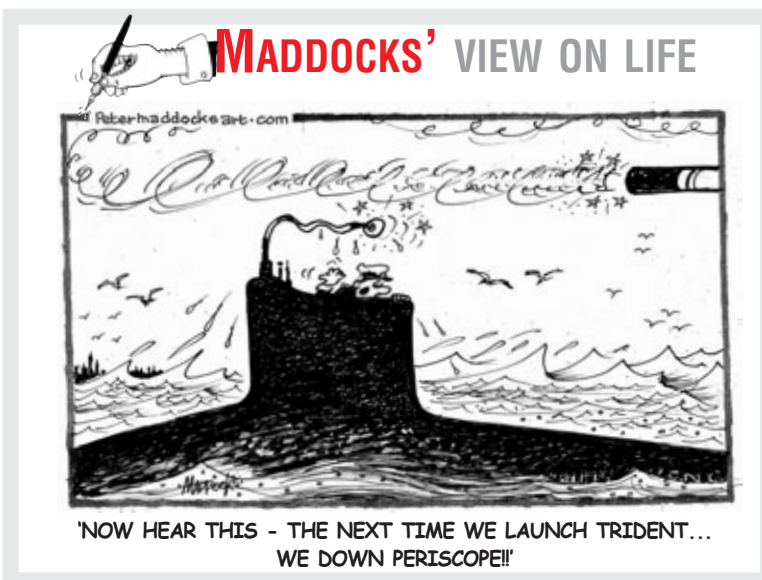
Kakuro

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.

| | | | | | | |
|----|----|--|----|----|----|----|
| | | | 31 | 15 | 28 | 22 |
| | 18 | | | | | |
| 31 | 26 | | | | | |
| 12 | | | | 13 | | |
| 11 | | | | 7 | | |
| 22 | | | | 13 | | |
| 21 | | | | | | |

LAST WEEK'S SOLUTION

| | | | | | |
|----|----|----|----|----|----|
| | | 24 | 11 | 27 | 21 |
| | 25 | 5 | 9 | 8 | 3 |
| | 14 | 3 | 2 | 4 | 5 |
| 14 | 8 | 6 | 9 | 3 | 6 |
| 7 | 5 | 2 | 7 | 9 | 7 |
| 17 | 9 | 1 | 5 | 2 | |
| 13 | 3 | 7 | 2 | 1 | |



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 D) and there must be AT LEAST ONE NINE LETTER WORD. Plurals, vulgarities or proper nouns are not allowed.

| | | |
|---|---|---|
| I | F | E |
| T | D | C |
| V | E | E |

TARGET:

- Average: 5 • Good: 7
- Very good: 10 • Excellent: 13

LAST WEEK'S SOLUTION

demo dime dome dorm drum emir firm form from fume idem mend menu mien mind mine mire mode more morn moue muon norm omen rime demon demur denim dimer femur fermi forum fumed fumer mined miner minor mired moire mound mourn odium rimed rumen deform formed frenum fumier inform merino minder modern monied murine remind fermion mourned uniform informed unformed UNIFORMED

LOTTERY

UK NATIONAL LOTTERY

Saturday January 28

| | | | |
|----|----|----|------------|
| 5 | 21 | 23 | BONUS BALL |
| 34 | 43 | 45 | 20 |

IRISH LOTTO

Saturday January 28

| | | | |
|----|----|----|------------|
| 13 | 14 | 22 | BONUS BALL |
| 24 | 25 | 42 | 7 |

EURO MILLIONS

Tuesday January 24

| | | | |
|----|----|---|------------|
| 1 | 5 | 7 | BONUS BALL |
| 17 | 23 | 8 | |

Friday January 27

| | | | |
|----|----|----|------------|
| 17 | 20 | 28 | BONUS BALL |
| 45 | 48 | 9 | |

LA PRIMITIVA

Saturday January 28

| | | | |
|----|----|----|------------|
| 8 | 10 | 22 | BONUS BALL |
| 24 | 35 | 47 | 3 |

EL GORDO DE LA PRIMITIVA

Sunday January 29

| | | | |
|----|----|----|------------|
| 15 | 40 | 41 | BONUS BALL |
| 49 | 51 | 9 | |

Costa Blanca

weather

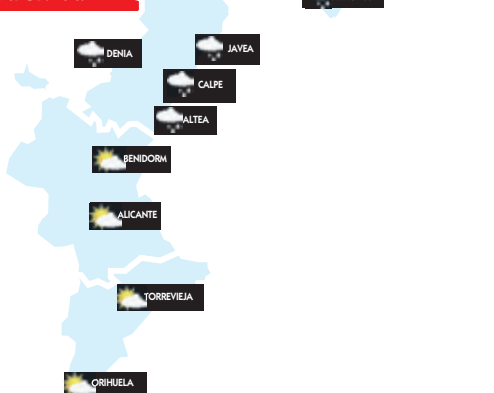
TODAY



TOMORROW



SATURDAY



S: Sun C: Clear F: Fog Cl: Cloudy Sh: Showers Sn: Snow Th: Thunder

Alicante

TODAY: MAX 18, MIN 12 - C

| | | | |
|------|------|----|----|
| Fri | - 18 | 11 | Sh |
| Sat | - 19 | 14 | C |
| Sun | - 21 | 13 | C |
| Mon | - 20 | 12 | Cl |
| Tues | - 21 | 12 | Cl |
| Wed | - 17 | 10 | C |

Bilbao

TODAY: MAX 16, MIN 9 - Sh

| | | | |
|------|------|----|----|
| Fri | - 13 | 7 | Sh |
| Sat | - 15 | 10 | Sh |
| Sun | - 14 | 8 | Sh |
| Mon | - 16 | 9 | C |
| Tues | - 16 | 8 | Sh |
| Wed | - 11 | 6 | Sh |

Almeria

TODAY: MAX 18, MIN 11 - Sh

| | | | |
|------|------|----|----|
| Fri | - 19 | 10 | C |
| Sat | - 20 | 12 | C |
| Sun | - 22 | 12 | C |
| Mon | - 22 | 12 | C |
| Tues | - 22 | 12 | Cl |
| Wed | - 19 | 10 | Cl |

Madrid

TODAY: MAX 11, MIN 6 - Sh

| | | | |
|------|------|---|----|
| Fri | - 10 | 4 | Sh |
| Sat | - 13 | 8 | C |
| Sun | - 14 | 5 | Sh |
| Mon | - 14 | 4 | Cl |
| Tues | - 14 | 4 | C |
| Wed | - 12 | 1 | Sh |

Barcelona

TODAY: MAX 15, MIN 10 - Sh

| | | | |
|------|------|---|----|
| Fri | - 13 | 9 | Sh |
| Sat | - 14 | 9 | C |
| Sun | - 17 | 9 | Sh |
| Mon | - 16 | 7 | Cl |
| Tues | - 16 | 9 | Cl |
| Wed | - 13 | 7 | Sh |

Malaga

TODAY: MAX 16, MIN 9 - Sh

| | | | |
|------|------|----|----|
| Fri | - 19 | 10 | C |
| Sat | - 20 | 12 | C |
| Sun | - 20 | 12 | Sh |
| Mon | - 22 | 10 | C |
| Tues | - 21 | 11 | Cl |
| Wed | - 17 | 8 | C |

Benidorm

TODAY: MAX 17, MIN 11 - C

| | | | |
|------|------|----|----|
| Fri | - 18 | 10 | C |
| Sat | - 18 | 13 | C |
| Sun | - 20 | 12 | C |
| Mon | - 19 | 12 | C |
| Tues | - 20 | 12 | Cl |
| Wed | - 17 | 9 | C |

Mallorca

TODAY: MAX 17, MIN 10 - C

| | | | |
|------|------|----|----|
| Fri | - 16 | 10 | Sh |
| Sat | - 17 | 11 | C |
| Sun | - 18 | 10 | Cl |
| Mon | - 16 | 7 | C |
| Tues | - 17 | 9 | C |
| Wed | - 16 | 8 | Sh |

Euro Weekly News strives for accuracy, but cannot be held responsible for the accuracy of published forecasts

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.

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

LAST WEEK'S SOLUTION

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

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Crossword

page

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

LAST WEEK'S SOLUTIONS

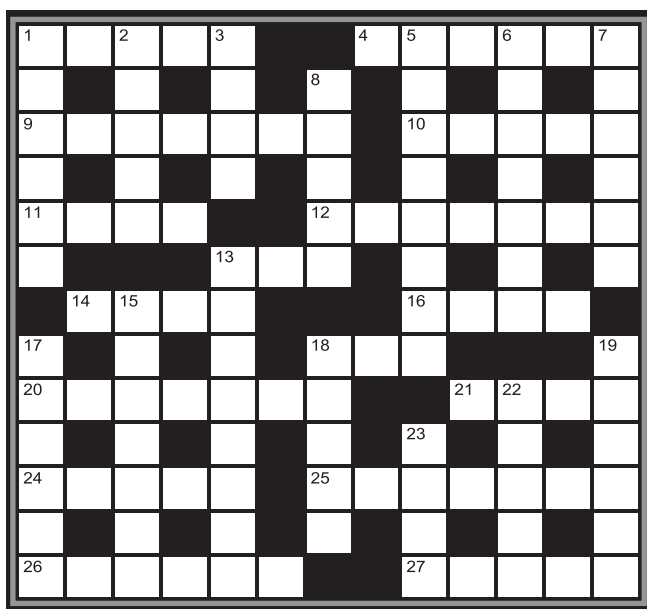
Cryptic

Across

- 1 Cook Delia felt poorly (5)
- 4 Hold up picnic container? (6)
- 9 Glad law was changed for this bird (7)
- 10 Greek deity is in charge of alarm (5)
- 11 Soundly study the plant (4)
- 12 Sister holding quiet girl's hand tool (7)
- 13 Camp bed in the discotheque (3)
- 14 Morning doctor on rounds (4)
- 16 Mets returned a bit of the plant (4)
- 18 Prosecute Johnny Cash's boy (3)
- 20 Till ICI change, it's forbidden (7)
- 21 Support some of your gender (4)
- 24 The summit of the damaged piers (5)
- 25 Holiday garland guaranteed (7)
- 26 Burns out the Spanish engine (6)
- 27 Paper cover on bed

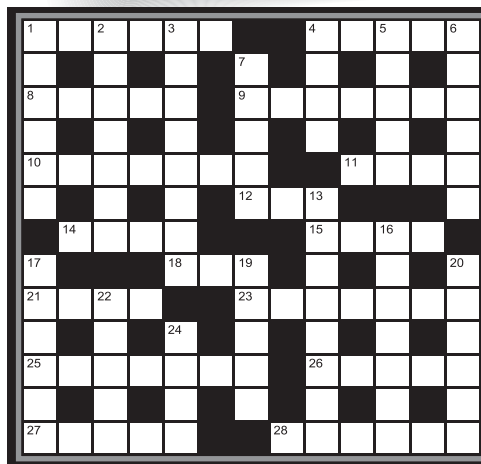
Down

- 1 Sausages, but no starter, makes one furious (6)
- 2 Stop in the small house (5)
- 3 Will, from the rear, looks dowdy (4)
- 5 Value a quiet compliment (8)
- 6 As an act of contrition the writer gets the cane, unfortunately (7)
- 7 Soldiers with rope and log (6)
- 8 Criticise British final (5)
- 13 Trick Greek island firm (8)
- 15 Part of Guatemala is expecting physical discomfort (7)
- 17 Didn't see fog, it's said (6)



- 18 Yet motionless (5)
- 19 Feel bitter but enters anyhow (6)
- 22 Wake up in wondrous excitement (5)
- 23 Tobias Smollett's secret is prejudice (4)

Quick



Across

- 1 Full supply (6)
- 4 Hide from view (5)
- 8 Happen again (5)
- 9 In accordance with fixed order (7)
- 10 Yarns (7)
- 11 Bucket (4)
- 12 Travel on snow (3)
- 14 South American country (4)
- 15 Small cut (4)
- 18 Weep convulsively (3)
- 21 At a distance (4)
- 23 Atrocity (7)
- 25 Invoke admiration (7)
- 26 Similar (5)
- 27 Expect to be true (5)
- 28 Allow (6)

Down

- 1 Examine in detail (6)
- 2 Surround (7)
- 3 End of the line (8)
- 4 Barred room (4)
- 5 Country estate (5)
- 6 Not often (6)
- 7 Meet at a point (5)
- 13 Bring into being (8)
- 16 Part of the skull that encloses the brain (7)
- 17 Bold (6)
- 19 Give help to improve (5)
- 20 Discover (6)
- 22 More than sufficient (5)
- 24 Fixed charges (4)

CRYPTIC

Across:

- 1 Peerless, 7 Stair, 8 Artichoke, 9 Ran, 10 Mint, 11 Rapids, 13 Staged, 14 Caesar, 17 Chides, 18 Fast, 20 Rue, 22 Narrative, 23 Enact, 24 Vehement.

Down:

- 1 Psalm, 2 Estonia, 3 Lock, 4 Slogan, 5 Lairs, 6 Grandeur, 7 Seminar, 12 Defiant, 13 Scarlet, 15 Seaside, 16 George, 17 Cedar, 19 Treat, 21 Sake.

QUICK

Across:

- 1/23 Pole star, 3 Cautious, 9 Retreat, 10 Plain, 11 Eerie, 12 Caddie, 14 Supper, 16 Vienna, 19 Paella, 21 Stoic, 24 Trout, 25 Cassock, 26 Randomly, 27 Arms.

Down:

- 1 Perverse, 2 Later, 4 Attack, 5 Tepid, 6 Ovation, 7 Sane, 8 Serene, 13 Pancakes, 15 Platoon, 17 Insist, 18 Cancel, 20 Lotto, 22 Odour.

ENGLISH-SPANISH

Across:

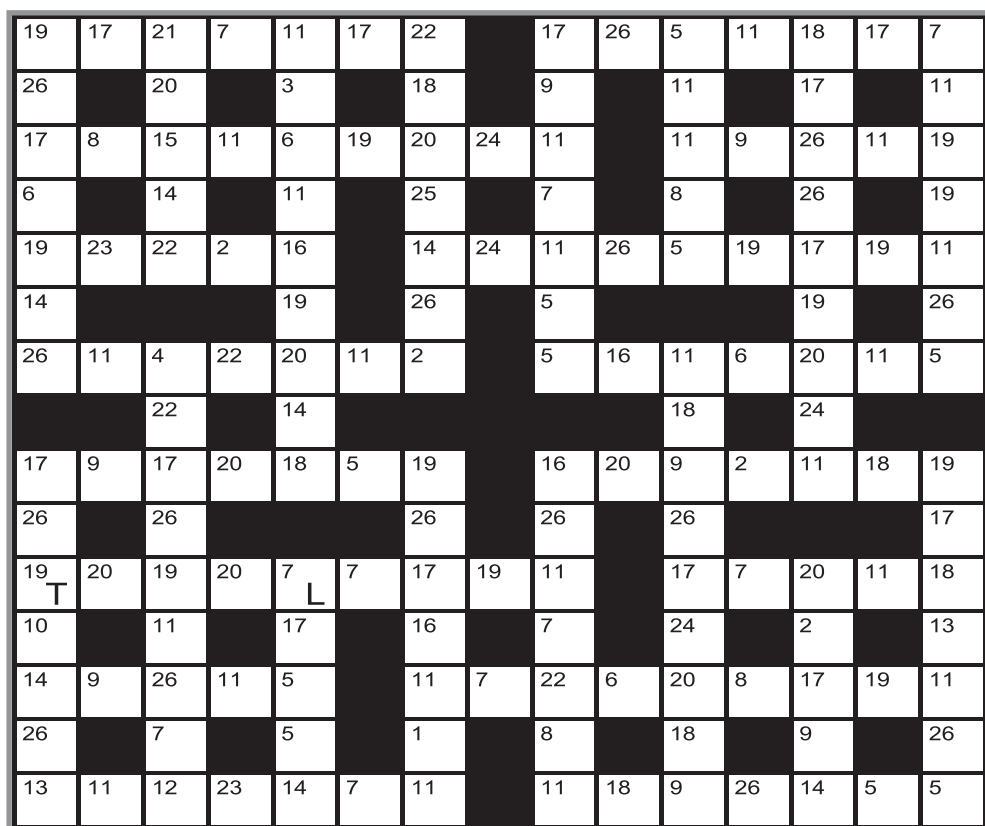
- 1 Loaf, 3 Ache, 8 Apple-tree, 9 Sometimes, 13 Guarantee, 15 Skin, 16 Foca.

Down:

- 1 Left, 2 Abajo, 4 Car, 5 Even, 6 Apretar, 7 Revista, 10 Enero, 11 Eggs, 12 Aula, 14 Ahi.

Code Breaker

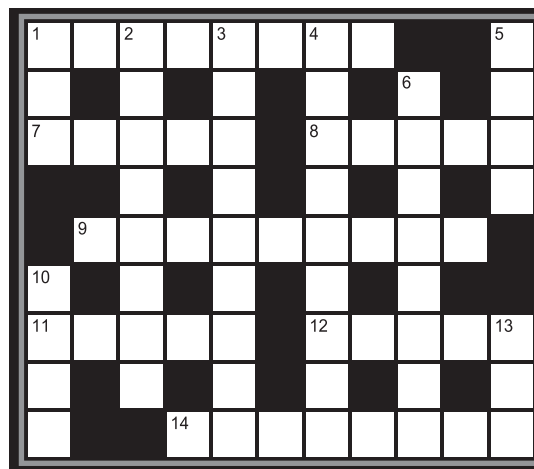
Each number in the Code Breaker grid represents a different letter of the alphabet. In this week's puzzle, 7 represents L and 19 represents T, so fill in L every time the figure 7 appears and T every time the figure 19 appears. Now, using your knowledge of the English language, work out which letters 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 |
| | | | | | | L | | | | | | |
| 14 | 15 | 16 | 17 | 18 | 19 | T | 20 | 21 | 22 | 23 | 24 | 26 |

English - Spanish

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



Across

- 1 Lancha de socorro (8)
- 7 Vestir (5)
- 8 Trozo (pedazo) (5)
- 9 Earthworms (9)
- 11 Journey (5)
- 12 Italia (5)
- 14 Indoloro (8)

Down

- 1 Tapa (de caja) (3)
- 2 Mops (for floors) (8)
- 3 Great grandmother (9)
- 4 Anfibio (9)
- 5 Ciervo (4)
- 6 Delegado (8)
- 10 Grapes (4)
- 13 Sí (3)

CODE BREAKER

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|----|----|----|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| K | A | Z | W | D | J | L | O | F | H | P | B | I |
| V | Y | U | S | C | Q | M | E | N | X | G | R | T |



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max speed: 15km/h



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speed
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More men are loving fake tan

MORE and more men are turning to the bottle. The bottle of fake tan that is. According to Mintel research, from August 2015-September 2016, the usage of self-tan among Britain's men rose from less than one in 10 (9 per cent) in 2015 to as many as 14 per cent of all Britain's males in 2016.

Figures showed that young men are the biggest fans of faking it and in 2016 almost three in 10 (27 per cent) of men aged from 16-24 used self-tanning products. This was an increase from 16 per cent in 2015.

Tanning salons are also proving popular amongst younger men, with 25 per cent of men aged 18-24 having used a tanning salon in 2016 compared with 21 per cent of women of the same aged group.

But it is not just self-tan which is proving popular among the nation's men.

Products such as pre-tan accelerator,

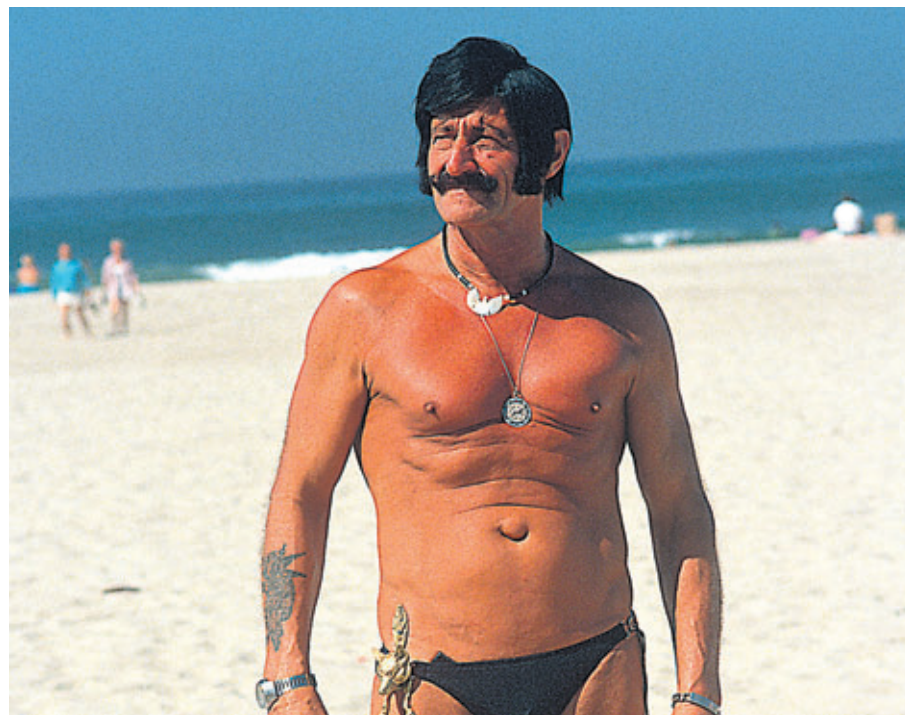
gradual tanners and oral tanning supplements have also increased.

While self-tan product usage has seen the greatest increase amongst men, Britain's women remain the most likely to use self-tan. Today, 18 per cent of women use self-tan and 19 per cent use gradual tanner.

Roshida Khanom, Senior Beauty and Personal Care Analyst at Mintel said: "The increase in usage of self-tan is growing rapidly amongst the nation's men, driven by the popularity of self-tan among high profile celebrities including Mark Wright, Rylan Clark and even Ed Balls.

"Today's men are reflecting on their image and responsibilities and how to express their masculinity. With younger men focusing on their appearance more, the self-tanning sector could see a boost."

Whilst many of us want a healthy glow



FAKE TAN: Self-tanning products have seen an increase in usage amongst men.

and the safest way to do this is from self-tan products, the Mintel report also said in 2016 there was an increase in the use of SPF products, protecting against the sun's harmful rays.

It also showed adults have a good general knowledge when it comes to regular sun

protection, with 52 per cent agreeing that you should reapply sun protection after being in the sun for 30 minutes.

However, there is a certain lack of understanding about the actual sun care ratings and protecting against UVA and UVB rays.



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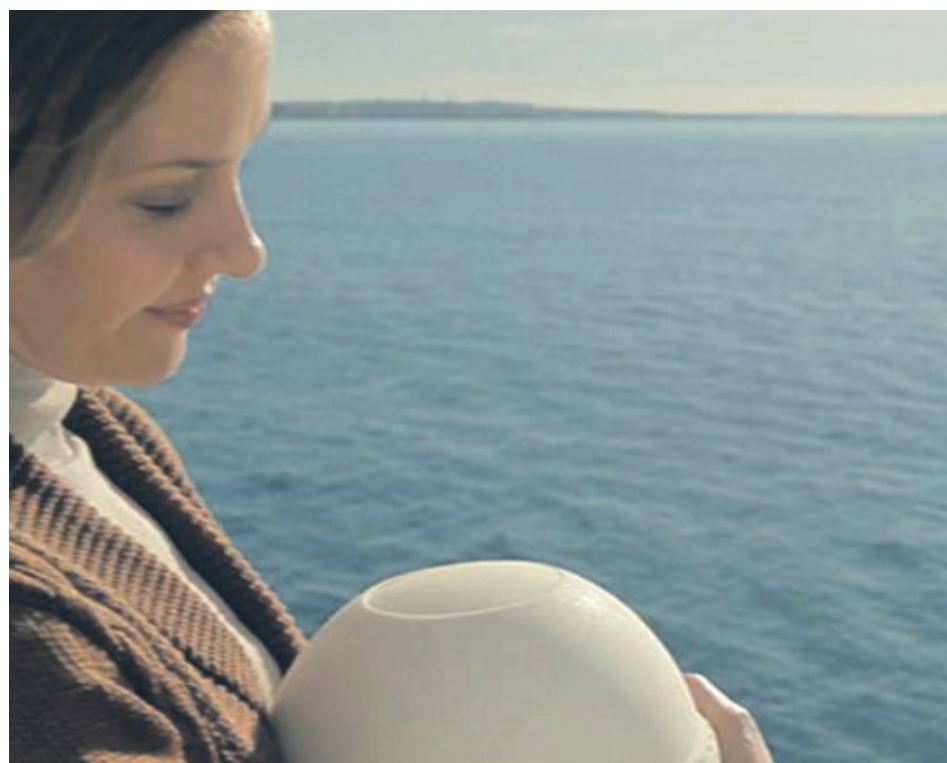
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Scientists design a 3D skin bio-printer

A TEAM of Spanish researchers say they have designed a prototype bio-printer that is able to create 3D human skin.

The group, from the Carlos III University of Madrid, worked with other research teams and the University Hospital Gregoria Marañon in Madrid on the project and said they can create "fully functional" skin suitable for use in research, testing cosmetic products and, in future, be able to be transplanted into patients.

It has been developed as a step further to the system using 'in vitro' where a small biopsy of a patient can be used to create skin in three weeks. This sort of treatment is already used in Spain to treat burns patients.

The bio-printer replicates the natural structure of the skin, along with a first outer layer, the epidermis, and a deeper and thicker, dermis.

The printer works on biosafety conditions to

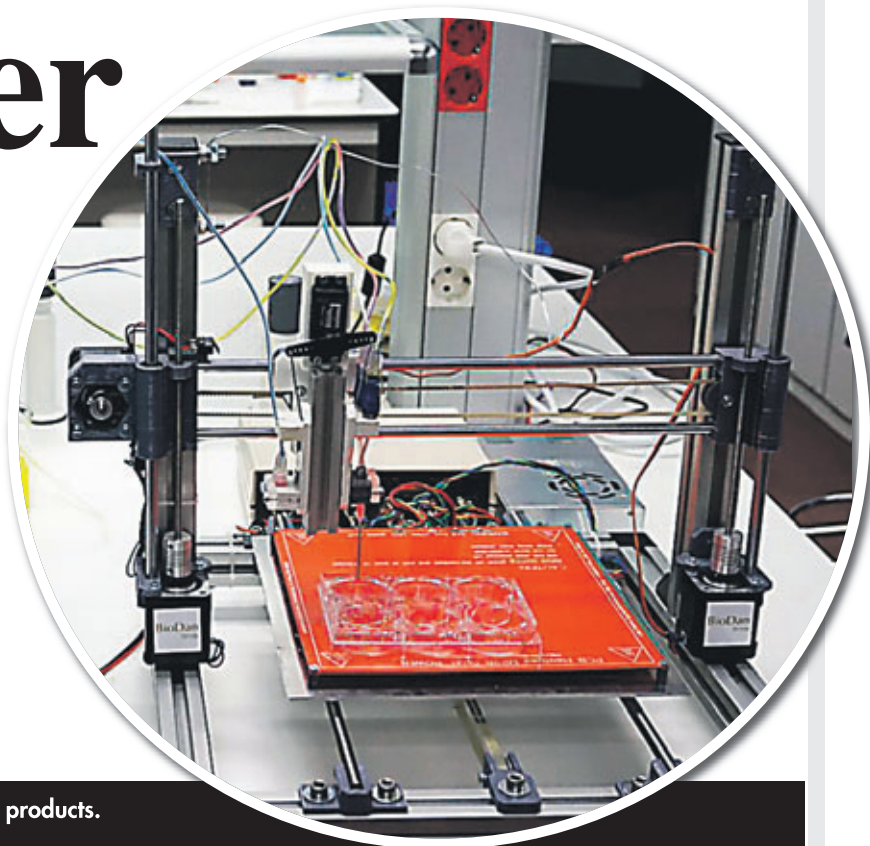
“

The bio-printer replicates the natural structure of the skin.

avoid contamination and it is currently in the process of seeking approval by different European regulatory bodies to ensure that the skin produced is suitable for use in transplants to patients with burns and other skin problems.

The team hope as technology improves and research continues, that one day they will be able to use 3D bio-printers to produce hearts.

3D SKIN: Suitable for use in research, testing cosmetic products.



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MANY people in the UK don't believe it but it's actually quite chilly in Spain during the winter. So how do you stay fit when there's storms and even snow lashing the beaches? Lots of people find themselves active in spring and autumn, sweating off the weight in summer and piling on the pounds in winter.

Winter commandos

Fortunately there are plenty of activities to get stuck into and even improve your social life at the same time. Dance classes top the list for their sheer intensity,

“

Get out and fix the car, tend the garden or walk the dog.

movement and skill.

But it's important not to stay inside all the time. Keep up your vitamin D levels with a brisk walk when the sun is out, even if you wrap up like

an SAS commando. Get out of the house to fix the car, tend the garden and walk the dog, even if you've cranked up the heating and its warm and cosy inside.

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Could pistachios help improve impotence?

MEN, could pistachios improve your sex life? Yes, according to a study by the University Hospital and Atatürk Research Centre Ankara, Turkey.

Their study, published in the International Journal of Impotence Research, showed that 17 men who added 100 grams of pistachios to their diet for three weeks, perceived significant improvements in sexual function, sexual satisfaction, orgasms, sexual arousal and overall satisfaction.

Pistachio nuts are rich in unsatu-

rated fats and mono-unsaturated fats that help maintain a normal level of blood cholesterol. Pistachio also has a high thiamine content, which contributes to normal cardiac function. These protective properties have encouraged scientists to investigate the effect of pistachios on erectile function as the problem may be related

to heart disease or vascular problems.

Although more research is needed to confirm the results, initial research suggests that eating pistachios may improve circulation to the penis and therefore improve sexual performance of men suffering from erectile dysfunction.

According to studies, more than half of men over age 40 have some degree of erectile dysfunction according to the World Health Organisation.



PISTACHIOS: Protective properties. |

Genes of others affect our health

THE genes of your roommate could affect your health, so choose who you live with wisely.

Scientists say a study has revealed how much another person's genetic traits affect our own lifestyles, particularly those we live with. It has been previously known that other people influence your own behaviour and well-being, but it was not known that there was a genetic basis for this.

The study was carried out at the European Bioinformatic Institute (EMBL-EBI), and looked at social genetic effects between mice in the same cage.

It is hoped studying this sort of social genetic effect will help researchers to learn more about the mechanisms behind how people influence one another and this could also be vital information for doctors in helping treat illnesses.

Secrets of the east

CHINESE beauticians have some 5,000 years of history behind them. A little more than most online magazines! Here are some top beauty tips that have been passed on down the ages.

Herbal tea and Chinese medicine are a well-established pair. But the herbal elixirs are good for beauty regimes as well as health. Chock full of vitamins and anti-oxidants, infusions such as goji berry tea help keep your skin clear and radiant.

Chinese royalty once used jade rollers to help improve facial circulation. The ancient ritual involves gently rubbing the stone across your face, letting

the blood flow and easing out wrinkles.

Afterwards you could put on a turmeric mask. With a little almond milk or yoghurt, honey and turmeric, the orange, wrinkle busting mask has been a firm royal favourite from Arabia to the Far East. Chinese women will also typically stay out of the sun, even using what you might call 'sunbrellas' to avoid the glare, though social class rather than skin care is the normal reason.

Another key beauty regiment which differs from the west is the use of massage, rather than exercise. But, be warned, they can be quite vigorous!

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Hearty and healthier

THERE'S nothing like a hearty soup or hot stew to ward away the winter chills, and give your body a healthy boost. The best part about wintry soups and stews is that many are easy to make and the only limit is your imagination.

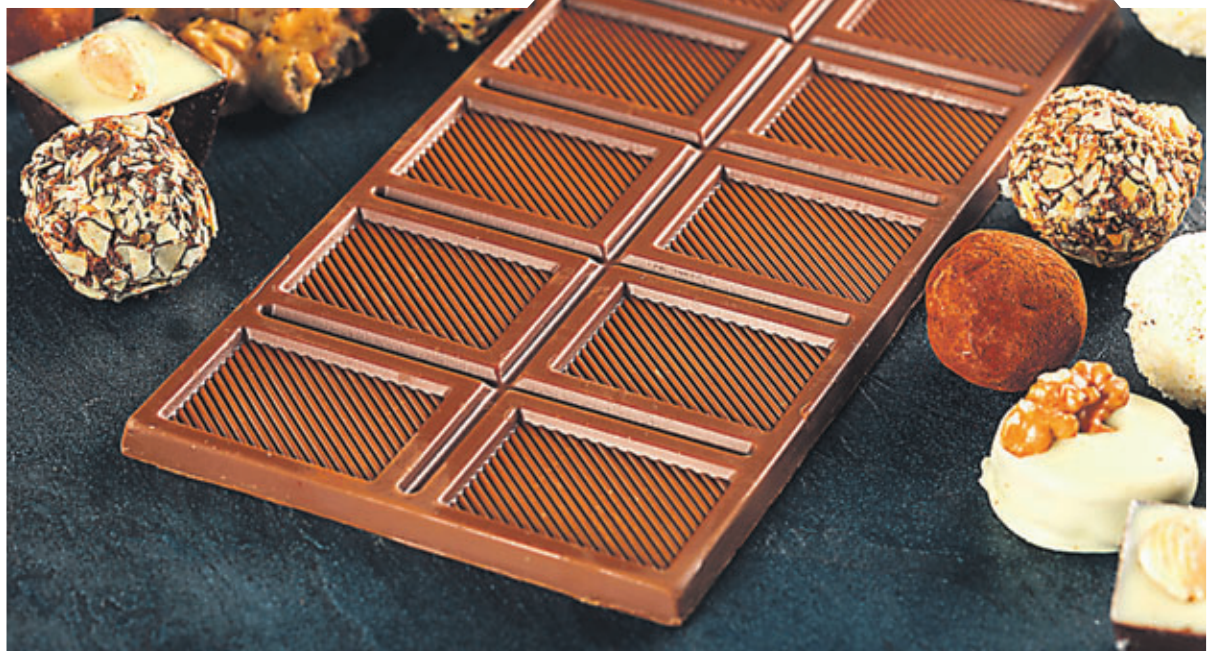
There are thousands of recipes which just use one pot. For the perfect healthy broth you should include a wide variety of spices, herbs and roots. Winter is the best time of year to incorporate things like cumin, pepper, garlic, ginger and turmeric into your diet.

“ For a healthy broth include spices, herbs and roots.

These immune boosting superfoods will help you to avoid catching the flu, warm up if the heating bill is a little too high, and enjoy the nostalgia of a hearty home cooked meal. Something you'll forget all about in a summer of light fishy tapas and white wine.



HEARTY SOUP: Will ward away the winter chills.



AMERICAN CHOCOLATE: Tastes distinctively different from the British version.

Chocolate that tastes of vomit?

IT is a common known fact that American chocolate is not the best in the world.

Tasting distinctively different from the mostly favoured British or Swiss chocolate, most chocolate lovers say the sweet stuff from across the pond does not taste too great, but why

is that? Well some experts claim it is because some brands of American chocolate contains a chemical that is also found in parmesan cheese, rancid butter and vomit.

This is a result of putting the milk through a process called controlled lipolysis.

“ American chocolate often contains fewer cocoa solids.

This breaks down the fatty acids in the milk and produces butyric acid which is

the chemical that gives vomit its distinctive smell.

American chocolate also often contains fewer cocoa solids than British chocolate. In the UK it must contain at least 20 per cent cocoa to qualify as chocolate, but in the USA this can be as low as 10 per cent.

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Is it normal for our hearing to worsen as we age?



SPECIALIST: Doctor Luis Perez Belmonte.

A **PROGRESSIVE** loss of hearing, due mainly to the loss of elasticity in the structures within the ear related to hearing, can be considered a normal part of the ageing process.

What are the most common causes of hearing loss?

Different causes of hearing loss are possible. The most common is due to sound transmission being affected. Over time, the structures within the ear become more rigid, losing their flexibility which means sound is not perceived correctly. Other possible causes include neurological issues such as damage to nerves related to hearing.

What should we do if we suddenly realise we can't hear as well as we used to?

The first thing to do is to see your GP who will send you as quickly as possible to see a hearing expert. Sometimes it is also useful to visit spe-

cialised hearing centres for a hearing test.

Are there any treatments and/or solutions?

There are various different options to treat this loss. The most common, when needed, is a hearing aid. Surgery is also a possibility.

Will everyone end up having hearing problems as they get older?

Not everyone, although a large percentage of people suffer different degrees, from minor changes to severe loss, as they get older.

Can anything be done to avoid it?

Obviously taking care of our ears, avoiding exposure to excessive acoustic contamination and good hygiene will help avoid premature hearing loss although the loss associated with ageing is mostly unavoidable.

If you have any questions for Dr Perez Belmonte, please send them to:

jefemedico@helicopterosanitarios.com

Work outs at work



OFFICE EXERCISE: You can still burn calories and tone up.

STRUGGLING to make time for exercise? Is working late meaning you are missing that trip to the gym? Well work should no longer be an excuse for not working out, as even if you spend most of your day slouched over your desk staring at a computer screen, you can still burn calories and tone up.

So what can you do around the office to help stay a little more active? Try these simple tricks to help shed a few calories:

Step aerobics. Stop using the lift and take the stairs. Climbing two steps at a time will burn 10 per cent more calories. On a break instead of sitting in the staff room, simply step up and down the bottom step for 10 minutes to get

the heart beating.

Leg lifts. It is recommended not sit down for more than 30 minutes at a time, but if you have to, leg lifts at your desk can be beneficial to help keep the blood circulating and to help strengthen leg muscles. Simply sit on the edge of your chair with your arms by your sides, and extend one leg out. Flex your foot until your leg is parallel to your hips.

Wall push-ups. Whilst having a natter in the kitchen try some wall push-ups which could help tone your arms. Place your hands on the wall and bending from the elbows, push out from the wall and back in again.

Wall sits. A study by the University of Sydney asked a group of workers to increase the amount they stood or moved in a day by 60-90 minutes. At the end of the day people said they felt more energised by moving more, so try some wall sits to get you moving. With your back against the wall, slide down until your legs are bent at a 90 degree angle.

Shoulder shrugs. You don't even have to leave your desk. To prevent back ache, try shoulder shrugs, which work muscles of the back. Sit upright in a chair, pull your abs in tight and turn the palms of your hands upwards as you feel your shoulders roll backwards.



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TO READ MORE

Costa clean up to begin

ORIHUELA'S Department of International Residents is reaching out to all residents, neighbours, visitors and friends, to help clean up the beaches. Following the heavy storms that battered the coast, 'operation clean up' will launch tomorrow (Friday) from 10.20am-1.30pm at various points along the coast. Please confirm your attendance by emailing residentes@orihuela.es.

What's on!

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Association welcomes all

THE Orihuela Costa Community Care Association meets every Tuesday from 2-5pm at Alfonso's Restaurant by the Orihuela Costa Town Hall.

Anyone is welcome to join who wants to enjoy a fun and relaxed afternoon and get help and advice.

The Community Care Association wants to provide a centre for everyone and are still lobbying the town hall to allow them to use the Library Point which they were told previously did not have the necessary insurance.

For more information, call Penny on 966 760 814.

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Going medieval

ORIHUELA'S annual Medieval Market launches tomorrow (Friday) and the town hall wants to ensure as many people as possible have the opportunity to experience the sights and sounds of the market. As a result, they have organised a bus that will go from the Orihuela Costa to Orihuela City.

Departure will be from the Mercadona roundabout in Playa Flamenca at 11am, where it will then go to Entrenaranjos for a pick up and on to the Ociopia Commercial Centre in Orihuela town. The bus will return from Orihuela at 7pm. Tickets cost €5.40 and booking is advisable.

To reserve your place or for more information, contact the Tourist Office in Playa Flamenca on 966 760 000, extension 32.

The market is always a popular event and attracts thousands of visitors each year enjoying a wide range of food stalls and hundreds of artisan and craft products for



MEDIEVAL MARKET: One of Orihuela's most popular annual events.

sale as well as entertainment which has traditionally included sword fighting and falconry displays, jousting events and puppet shows.

This year there will also be children's games, theatrical performances and circus shows across the market's three areas; the Christian Zone, Arab Zone and Leisure Zone.

Councillor of Festivities, Mariola Rocamora, also said

this year they are welcoming the presence of local associations such as ADIEM, ADIS and the Celiac Association of the Valencian Community.

Parents will also be able to receive an identification bracelet for their children in case they get lost amongst the crowds, a move which Rocamora said was well received last year.

The Medieval Market runs until Sunday February 5.

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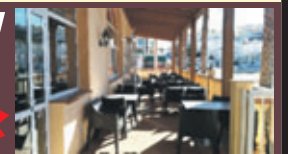
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Advertising feature

Overtones in town

SATURDAY February 4 sees the very talented and hugely popular Benidorm tribute act 'The Overtones' arrive in Mazarron.

The group will be performing at Mariano's Restaurant, Camposol, Mazarron, in support of charity Helping Hands.

The lads will delight with their vocal harmonies

and audience interaction guaranteed to keep everyone on the dance floor all night!

The evening will be hosted by popular local DJ Byron, and freshly prepared food will be available from Country Kitchen.

This is just one of the many top quality events scheduled by Helping Hands for 2017. The charity may be small in size but produces some of the area's most impressive and well-received events bringing exclusive acts to the area which have previously never been seen in the Almeria and Murcia area.

The charity was formed in 2011 and are a small group of people with a large workload



THE OVERTONES: Performing for charity.

in rescuing, healing and rehoming the many abandoned and ill-treated animals in Spain. Not having a sanctuary for their rescues, currently 26 are at the home of the charity's

President, seven are with the Treasurer, two with foster carers and one in paid kennelling.

Helping Hands also assist people in emergency situations wherever possible.

Funding to maintain the charity and the huge expenses involved, is reliant on selling donated items at their shop in Aguilas and from regular events such as this one. Support also comes from Furniture Plus in the form of retrieved second-hand furniture which is then sold on in the charity shop.

Tickets for The Overtones, at €12, are available at Mister Print on Camposol or call Helping Hands (Linda) on 634 456 701.

A Helping Hands Charity Fundraiser

HOSTED BY DJ BYRON

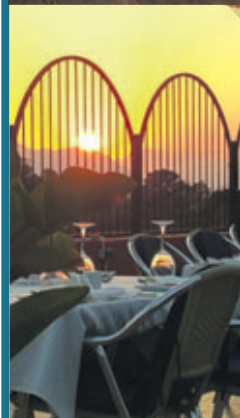
THE OVERTONES

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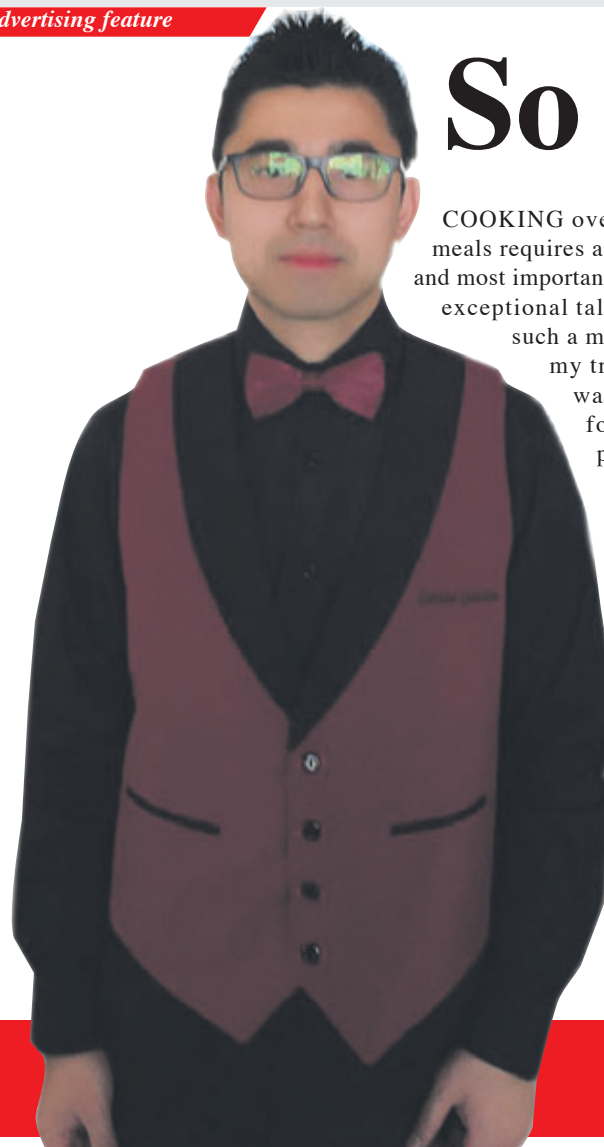
Meal
Roast Beef or Roast stuffed chicken, two veg, Yorkshire pudding, roast and mash potatoes and a thick meaty gravy.
Food served 8pm.
Show starts 9.15pm

Exclusive to The Emerald Isle
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Advertising feature



So what to

COOKING over 100 varieties of different style meals requires a good memory, to do so efficiently and most important with excellence requires a Chef of exceptional talent. Chef Guan, our head chef, is such a man. Chef Guan explains: "I started my training as a 15-year-old, where it was instilled in me to produce good food, the most important starting point is cleanliness, a clean kitchen is an efficient kitchen. In this regard I believe customers have a right to check my kitchen if they wish."

Now in his 50th year, Chef Guan has 35 years' experience in cooking Asian food, 21 as head chef, initially in Xia Men China, then Hong Kong where he catered for the expat (mainly British) community.

As a consequence he knows the requirement of the British-Irish and North European palate.

LIN JIE WEI: Will be managing the restaurant.

Opening hours: 12am to Seven a

THE EMERALD ISLE

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Roast Sirloin of Beef served with thick meaty gravy
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Vegetarian 'Mushroom Stroganoff on a bed of aromatic rice'

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Strawberry Hearts
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Home-made Black Forest Gateaux
Home-made Baileys & Orange Cheesecake

Get your tickets at €17.50 per person and fill in your menu choices at the bar. Meal served at 7:30 pm

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... expect...

“The most important starting point is cleanliness, a clean kitchen is an efficient kitchen.”

He moved to Las Palmas, Gran Canaria some 12 years ago, where the clientele was mainly British and North European tourists. Along the way he was awarded the Chef de-excellence London China Town 2012, so his knowledge of what you the customer requires is extensive. Chef Guan will be supported by three additional Chefs, all of whom meet his standard of excellence.

Management is under the control of Lin Jin Wei: many of you will recognise him from his work locally over the years. Lin speaks Spanish, English and as he says, German with some difficulty. His jovial nature and consideration for customer satisfaction, will add to your dining experience.

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Bright future

NOW in their new home within San Fulgencio, S F Costa Cobras RFC have formed a new committee who can take the club forward. With a range of new people and members with a vast range of experience in the sport and committee work, it means the club can start to progress more.

They also have a junior section so younger members are equally represented. Soon the rugby club will be nominating a local charity in San Fulgencio to support and to feel further part of the local community.

Costa Cobras are looking to put on a fun day in April to help attract more players and have also been asked to go over to the UK and have a training day with one of the top premiership clubs as a team, which will be for club members only.

The team thanks all their sponsors and are looking forward to welcoming over visiting teams this year. Training is now at the football ground in San Fulgencio on Monday and Wednesday from 8.30-10pm and everybody is welcome, from beginners to experienced players, the more the merrier.

For more information about the club contact Dutch on 692 767 242.

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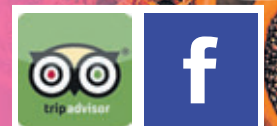
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Craft beers are becoming big business in the UK

with Garry Waite

THOSE of you who were born after 1966 can only remember the World Cup of that year from those who continue to reminisce about how England won it (the first and only time!!).

However it is still very close to many people's hearts and prompted the TV series Tina and Bobby, based on the life of the first golden couple of football. It made me smile when Tina was giving birth and Bobby yelled (from a safe distance) "Go on put your back into it!!"

Hardly a calming and caring way to encourage the poor girl in labour - sounded more like what the team manager would shout from the sidelines!!

I NEVER met Booby Moore but I have met, a couple of times, the legend that is Sir Geoff Hurst MBE, the only footballer to have scored a hat trick in a World Cup. The first time was when I was running Tikitano Beach Restaurant on the 'New Golden Mile' just outside of Estepona.

He was dining there with his family at the same time as the, then very popular boy band 'Blue.' Duncan James came over and asked me whether I would approach Sir Geoff and ask him if the boys could have a photo taken with him.

I tend to dissuade any guests from disturbing other guests for autographs or photos, but as Sir Geoff's daughters had already spotted the band I ventured over to ask him if it would be possible.

I think he had already been informed who they were, but he seemed quite astounded they should want a picture taken with him. He didn't seem to realise that nearly 40 years later those that were not even born at the time, consider him a legend!!

MY REVELATION last week that I was given a bottle of Prado Enea Gran Reserva 2009 to try, prompted a local wine shop to offer me a bottle of Gran Reserva 2007 from bodegas Rioja Alta SL from the same style of stables as Muga and Ardanza.

I was told that I may find this one even more exciting. Still with plenty of time left in the bottle, I found that the freshness of the vintage and its relatively young age gave the wine a youngish character that I quite liked, combining developed notes of meat, spices, leather with vanilla and balsam with almost cherry/wild berry -

like aromas.

The palate feels balanced and elegant, with fine-grained and fully resolved tannins and great acidity. Great with beef, game and rich red wine sauces. It is a blend of Tempranillo with 10 per cent Mazuelo aged for four years in well-seasoned American oak barrels.

THIS ASPIRES to be the classic Gran Reserva - polished, silky and elegant with familiar old style Rioja overtones. Not sure which of the two I prefer. I might have to buy myself a couple of bottles to try again. Just like the Enea not a quaffing wine as this comes out at around €39.

HAD LUNCH with a pal the other day at the very popular eatery, Vovem, in Nueva Andalucia, Marbella. Specialising in meats from different parts of the world it is obviously very popular with carnivores.

I have known my friend for many years and when we first met he had his meat well done. When I suggested that he may prefer his meat a little less cooked making it less dry he said he didn't like to see blood in meat. I explained that

there is no blood in meat and that it is purely the colour of the juice. Something I have been telling people for years, unsuccessfully! Now people say 'in that case I don't want to see the juice!' But

for the first time that I can remember, someone else was banging the same drum.

The very charming manageress, Nicoletta, explained to my colleague when once again he said he didn't want any blood, that there is no blood in meat. Good to find somebody that agrees with me!! Still, we have got him from well done to medium rare 12 years on!!

ALSO HAD a very pleasant lunch last week with Marbella Business International at Da Bruno sul Mare in Marbella. This is a monthly occurrence, a gathering of like-

minded folk who enjoy nothing better than a chat, a decent meal and copious amounts of quality grape juice! There is always a guest speaker, some more interesting than others, but always informative.

On this occasion the gathered masses were treated to a tasting of craft beer from an unusual source. Now craft beers are big business in the UK and giving it's support of real ale over the years it's not

surprising that it would become the centre of artisan and craft beers.

But the tasting on Friday came from Danish Brewery Gran de Select, based in Manilva, near Sotogrande, and is the passion of partners, Mads Sorensen and Frederik Avenstrup. Both experienced wine producers, they turned their skills to manufacturing craft beers. Their mission is to demonstrate that beer can offer a gastronomic experience and be much more than just a thirst quencher. The Gran de Select beer, is brewed with inspiration from and using techniques of vinification to obtain a unique, sophisticated beer with personality.

GRAN DE SELECT allows carefully selected ingredients plenty of time to work. This results in a beer with a soul and a fantastic taste that improves with time. The beer carbonates without additives and has a higher pressure in the bottle, which provides a sparkling beer, like Champagne. It is unfiltered, unpasteurised, and has no preservatives, additives or extracts.

ON THAT NOTE I will bid you farewell until next week and should aspiring restaurateurs need some help or advice, please do not hesitate to contact me. A toast to Good Food, Good Wine and Good friends.



Don't quaff it at this price



Unlikely 'fan' bedfellows?



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AM I the only one who watched the inauguration of Donald Trump, secretly waiting for him to turn around to Obama and utter the immortal words,

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Vintage Cristian

A dark and different beer to round off the meal. Ideal for cheeses and desserts. Alc. vol. 8%.

SERVE and enjoy the same way as wine. Chill the bottles in a wine cooler and serve in wine glasses. Having Champagne corks, the beer should be uncorked in the same festive, ceremonial and cautious manner as Champagne.

BEER pairing in restaurants has fast become one of the most fashionable ways to drink beer with food. The UK has many such restaurants and in Spain Gran de Select is served in Martin Berasategui's restaurant one of the finest in the world.

If any reader would like more information about these beers, send me an e-mail.

Garry Waite is a well-known foodie and restaurateur as well as a Hospitality Management Consultant. If you are contemplating setting up an operation in Spain, or indeed having problems with an existing project contact him on garrywaite@euroweeklynews.com.

Colonial controversy

By Matthew Elliott

FACEBOOK CEO Mark Zuckerberg is preparing to back down from expanding his secretive property empire in Hawaii. The billionaire entrepreneur was accused of behaving like a colonial overlord after filing lawsuits against hundreds of locals in a bid to enlarge his \$100 million home on the island of Kauai.

Hawaii's historical land laws mean that hundreds of 'natives' technically own tiny parcels of land on Zuckerberg's recently acquired 100 acre estate. Land is traditionally considered a collective responsibility and generations ago people who worked the soil were granted small pieces of it as payment.

But many Hawaiian's haven't kept the paperwork to prove their ancestors own the land, paving the way for savvy American lawyers to query ownership in so-called 'quiet title' lawsuits. Zuckerberg's legal army set about demanding that hun-

dreds of locals prove their property rights, expecting to clear the entire estate of small title owners.

“Hawaii's historical land laws mean that hundreds of 'natives' technically own tiny parcels of land on Zuckerberg's recently acquired 100 acre estate.

The backlash, however, has been immense. The 32-year-old and world's sixth richest man has been accused of colonialism and embarrassed by the publicity. At Christmas he and his wife wrote that they wanted to 'plant roots' in Hawaii and 'join the community,' a task made a little harder by infuriating the entire population.



MARK ZUCKERBERG: Planting roots.

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Europe's vision for 2017

By Matthew Elliott

SPAIN is now one of the best places to invest in real estate

in Europe as political turmoil grips the continent. Investor expectations for 2017 have been undermined by political

uncertainty, especially in the UK, but Spain fares very well in recent reports.

“Alternative property markets will see huge growth this year.

PwC has released its European Real Estate Market Trends 2017 analysis. The global law firm surveyed almost 800 top real estate managers to get their thoughts on the year ahead.

Low inflation and low interest rates were largely considered to consolidate Europe's global positioning as a top property investment destination. But Brexit, and upcoming elections in France and Germany, led to most managers expecting a lower return on their assets compared to 2016.

Yet more than three-quarters of those questioned believed



SPAIN: Now one of the best places to invest in real estate.

the impact of Brexit will be largely confined to the UK. Spain meanwhile was highlighted as an up and coming destination with Madrid and Barcelona among Europe's top

cities, only slightly behind the German powerhouses of Frankfurt and Berlin.

Investors also suggested that alternative property markets will see huge growth this

year. Student housing, nursing homes, hotels, and new urban residential areas will draw massive international investment this year across the EU.



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FREE TOOL: To obtain a detailed report on a particular property.

Did you know?

BANKIA has launched a free tool that allows anyone to discover the market price of any home in Spain. People can even obtain a detailed report on the property, local facilities, and its price evolution in recent months.

The tool can describe the socio-economic condition of the neighbourhood, transport services, nearby shops and schools, and information on the local real estate market.

It has only been active for just over a week and has seen thousands of 'simulations' carried out online each day.

“ The tool estimates prices based on previous offers and counter offers. ”

Developed in partnership with property portal Idealista, the tool estimates prices based on previous offers and counter offers collected by Idealista. It also has a mortgage simulator which can estimate monthly costs based on loan calculations and the property's intended use.

Surplus value tax

THE much-maligned Spanish surplus value tax may be on its last legs. Courts across the country are grappling with a variety of angry appeals against the tax, which must be paid when a property is sold, even if it has lost value.

The tax is levied on the increase in the value of the property from acquisition to sale. But thousands of homeowners during the crisis years found they had to pay it even when they sold a property at a loss.

Logically such cases should provide an exception to the rule. But the calculations assume an increase and apply theoretical (read fictitious) percentages to work out a levy that often seems random and borderline malicious to the homeowner.

A wave of cases are now pending in regional courts, brought by homeowners who perceive the tax as unconstitutional. The average amount claimed back is between €2,000 and €5,000, although many people are charged in

excess of €10,000.

In 2012 a Catalan court ruled that paying the tax was not obligatory if there was a loss in the real value of the property over time. Since then judges

across the land have followed suit, leading to a huge backlog of appeals at the regional level as local councils panic over the likely loss of their financial gains.



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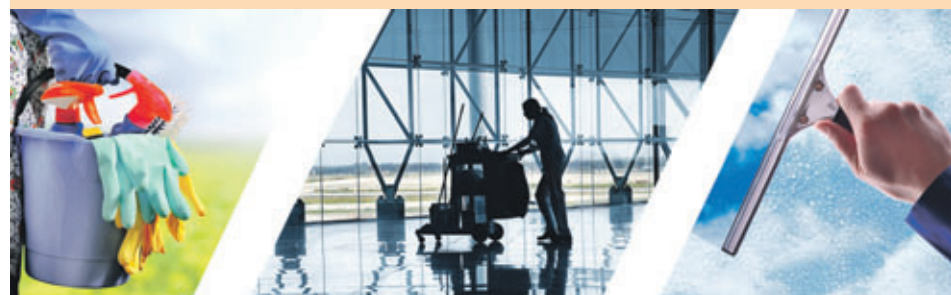
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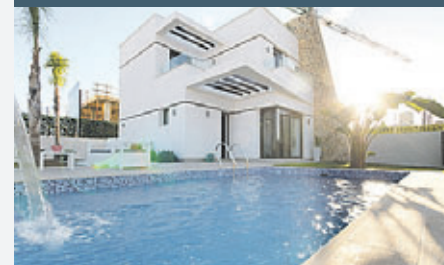
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Growing conditions for the Sun Parasol or Mandevilla

By Graeme Tyrrell

THE wet, wet weather this winter is enough to keep even the most enthusiastic gardener out of the garden. Waterlogged soil is best not walked on if it is for growing plants. The compaction of saturated soil is very damaging as even when it dries out the effects of compression last and cause clods of soil in summer that are difficult for plant roots to penetrate. This doesn't mean no gardening. Indoor gardening is always a possibility.

Tropical species are a very popular form of indoor plant for indoor gardening. They give a different range of plants that cannot be grown in the outdoor Mediterranean garden. If you grow tropical plants in pots they can grace the terrace or balcony in summer and be retired to the indoors in winter or they can be a permanent indoor feature in a bright, warm area of the home.

A favourite that is hardy and fast growing in the right conditions is the impressive glossy leaved trumpet flowered Mandevilla, also called the Sun or Summer Parasol. It originates from tropical Central America where it is a climbing plant. It was named after British explorer and diplomat Hen-

ry Mandevilla who first botanically identified it.

A Mandevilla needs plenty of sunlight or it will not flower profusely. It is very cold tender so must be kept in a warm place above 10°C throughout winter. They will thrive in a large container with a good soil mixture and will grow over a metre a year in good conditions and up to seven metres in length on maturity.

It will need a trellis or structure to grow up or along to give it support unless you keep it very well pruned in autumn when flowers are less frequent. Pruning is also recommended to encourage multiple stems to spread growth by creating more branching to have a more intensive flower display. Prolific flowering can be further promoted by pinching off the spent flowers and as flowers form mostly on the current year's growth, the pruning is done in a way to encourage this new growth.

If you are moving the container from outdoors for winter hibernation and protection from cold, you can submerge the container in water for at least a few minutes to flush out any ants or other bugs that you don't want inside. Wash the upper part of the plant also and allow the plant to dry and drain well after soaking before moving inside.

In winter when temperatures drop it is best to reduce wa-



Photo by Barbara Siebert Shutterstock

MANDEVILLA: Needs plenty of sunlight or it will not flower profusely.

tering so the soil mix is just moist as excess water amplifies the cold effect around the roots. Low light intensity in winter usually stops it flowering. This can be true in summer if indoors without sufficient light. The leaves may drop in winter if exposed to cold. If this happens reduce water to just moist until new leaves start to form. If necessary, repot in spring when growth starts due to the roots filling the container. This will help it last for many years more.

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NO SPACE: Opt for hanging baskets.

Small but stylish

JUST because you have a small garden, or balcony, doesn't mean you can't make the most of it and create a stylish place to relax.

First of all, play with light and mirrors to make your little oasis look bigger than it is: hanging mirrors will give an illusion of space or you could consider laying a trellis over a large mirror to make it look like there is another garden on the other side. Focal spotlights and mounted wall lights can add ambience in the evenings and give an impression of style.

Even a tiny balcony or patio has space for a table and chairs

if you can put them away when not needed. There are many folding bistro sets available which take up little storage space when not in use.

If floor space is sparse, you can still have plenty of plants. Think vertically and go for hanging baskets or a wall garden.

Finally, just because your garden is small don't think you can't have a water feature. Make your own mini-pond by recycling an old butler sink or galvanised water tank. It is very easy to add a few oxygenating plants and even a small pump and filter for a little fountain.

Cassandra Nash

A weekly look

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

PODEMOS was in the right place at the right time. It grew from discontent crystallised by the 15-M movement when thousands occupied Madrid's Puerta del Sol.

"They call it democracy but it's not," they chanted as they mistakenly equated democracy with prosperity, a forgivable misconception as the two often go hand in hand.

"No, no, no, they don't represent us" was another cry, this time aimed at the PSOE socialists and the Partido Popular.

Podemos, inflated by Pablo Iglesias' television programmes, emerged as a party from that movement but as it plunges into its party conference, the five principal founders are tussling over power, ideology and mundane organisation. The cracks are visible as the foundations falter and without some serious underpinning Podemos sympathisers could again find themselves with none to represent them.

Simple arithmetic

IN 2008 the PSOE socialist party had

Tussle for power



MADRID: Thousands occupied the Puerta del Sol.

236,572 paid-up members. By September 2016 this had shrunk to 186,000.

The rot set in towards the end of Jose Luis Rodriguez Zapatero's last term in office when - through no fault of his government - the global crisis traumatically changed

many life-styles.

By the 2011 general election, the PSOE was losing 18.4 paid-up members a day, rising to 20.4 with Alfredo Perez Rubalcaba as secretary general. Matters improved only slightly with Pedro Sanchez, losing 14.3 members a daily.

The PSOE will hold primaries next May and the membership will play a huge part in deciding who will head the party. Incredible as it may seem, without an influx of new members 186,000 people could decide the future of the 138-year-old party. Something doesn't add somewhere.

Broken promises

ALLEGEDLY Susana Diaz, president of the Andalucia Region and hugely influential in the PSOE, backed Pedro Sanchez in the 2014 primaries on the understanding that he would eventually stand down as secretary general. This would have given her a shot at the 2015 general election.

If this is true, Sanchez reneged as usually happens, as pacts like these normally backfire. Look what happened to Gordon Brown and Tony Blair.

Plain speaking

DONALD TRUMP has eliminated Spanish from the White House website.

This is in keeping with Trump's 'America First' slogan, with its pre-war connotations of isolationism. But Spanish is the US's second language and however much he fights against it, this is one tide he cannot keep back.

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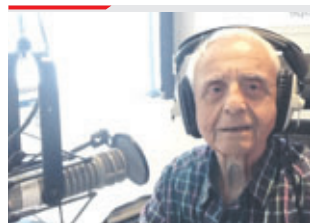
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MANY dogs love jumping over fences, fetching sticks or joining their owner on a long jog, but this is true only as long as they are in good health and in their prime.

Dogs, like their owners, grow old, and then everything becomes more difficult.

Their state of fitness declines, eyes, and ears and often the heart are no longer in top working order.

When this stage is reached it is important for owners not to over-extend their pets and to keep a watchful eye on their condition, just like with people.

Old dogs are no longer as active and would often rather stay at home on their rugs instead of running about wildly.

A dog's effective age depends on the breed. Small and medium-sized dogs grow old more slowly than big dogs. A Great Dane is getting on in years by the time it is six, while a small terrier can get to 10 before this is the case.

The size of the breed is not a reliable indicator on its own. A German sheep dog at the age of 12 is a rarity, whereas for a poodle this is no great age, the bigger dogs age more quickly because their joints and their hearts are too weak to carry the

greater weight. In addition big dogs tend to have a weaker immune system.

Like people, dogs tend to go grey with age. Dogs go grey first around the muzzle and then over the whole head.

Owners accustomed to taking their dogs to training sessions while they are in their prime need to realise that they may have to give this up at some point, or at least to restrict the dog's activities.

It makes sense to have your vet check the animal over to see whether its joints are still in good condition and whether the heart is still beating properly. This can be done at the usual annual inspection.

A dog that has been well exercised from its youth onwards can continue at training longer than another animal that has not been exercised.

Even for older dogs movement remains important, and the longer you are active, the longer you remain fit.

Animals that scarcely move from their comfortable place near the radiator tend to become overweight and are more likely to suffer health problems.

When this happens it makes more sense to go out sever-

al times a day with the dog, rather than undertake marathon walks. It is also necessary to take breaks when it becomes obvious that a dog is tiring.

Dogs should also be allowed to rest after feeding, and the food for the senior dog should be a Senior Food. An older dog needs considerably less feed than a younger dog, as its hormones and energy levels are very different.

Dog owners need to be watchful of their pets when they begin to age. There is scarcely a human disease that dogs do not also suffer.

The symptoms are often readily visible. Small dogs in particular often have problems with their teeth as they age. If the gums start to show red, the dog should be taken to the vet.

Difficulty in urinating and a matted coat are both indications that medical attention might be required. Dog lovers should not be in a perpetual state of panic about their animals.

If the dog makes a good impression in general, feeds normally and looks good, then there is in no reason to be constantly going to the vet for a check-up, but I recommend every six months.



OLDER DOGS:
Keep an eye on your pet.

Pablo likes to soak up the sun when at home

AFTER their daily run around the campo, there is nothing that Pablo, and his fur family Peggy, Poppy and Bella like more than a snooze. Pablo likes to soak up the sun.

Their owner Jose has lived in Alicante, Spain for many years, and over those years she has acquired and rescued many dogs. At one time she had nine, all cared for at home. Now her fur family are reduced but all very much loved.

Jose has always used her local kennels, which both she and the dogs have loved for the last 14 years.

The kennels are healthy, and well-designed with the help of the local vet. Now the dogs are getting a little older - Peggy is nearly 13 and Poppy is 11 - she is thinking about alternative solutions for pet care when she goes on holiday a couple of times a year.

HouseSitMatch was mentioned on David the Dogman's TRE radio show and she be-

gan to think maybe that might work for them. She contacted me and we started talking about options, the kind of sitters who are available and could she look at experienced mature house-sitting couples who in particular were dog lovers. And so we have started to work together to build her online

profile, her advert to promote the house-sit assignment and to find suitable sitters to move in and care for her dogs at home in their own environment.

Do you need a house or pet-sitter? Get in touch. House-sitting can be a win-win for both parties, free

house and pet-sitting, and the experienced and checked sitters get free accommodation! Register as either house-sitter or homeowner now with a 20 per cent off introductory offer using coupon code PERFECT20. To find a house pet-sitter go to www.HousesitMatch.com.



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Cats are just as smart

A NEW study at a Japanese university is once again backing up the age-old cat lovers' theory that felines are just as clever as dogs.

Forty-nine domestic cats were used for the study at Kyoto University, which tested their ability to remember which food bowl they had eaten out of after 15-minute intervals.

The cats, reported psychologist Saho Takagi, appeared to remember exactly which bowls should still contain food, suggesting they had what is re-

ferred to as episodic memory.

"Cats may be as intelligent as dogs, as opposed to the common view of people that dogs are much smarter. Also, an interesting speculation is that

they may enjoy actively recalling memories of their experiences just like humans," the scientist said.

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THE ROYAL NAVAL ASSOCIATION, Torrevieja Branch, meet at 17.00 on the first Wednesday of each month at the Restaurante El Paraiso, Urb. Jardin del Mar 3 (behind Carrefour), Torrevieja. Contact Paul Edwards, Chairman 618 644 934 or Margaret Forshaw, Secretary 966 921 996. (95455)

THE ROYAL BRITISH LEGION Orihuela Costa - covering from Punta Prima to San Javier. The branch meets at Olympia restaurant, Mil Palmeras on 3rd Thursday of each month at 19.00 - 19.30pm. More info can be found on branch website www.orihuelacostarbl.co.uk. (95457)

HELP VEGA BAJA. We are a non-profit making organisation that helps and supports anyone, without prejudice, in times of need or crisis within the Vega Baja area. Our offices are based in San Miguel at Calle Lope de Vega 46 (Tel 966 723 733), Torrevieja at Rambla Juan Mateo Garcia 4 (Tel 965 704 282). Both offices are open Monday to Friday from 10 am to 1.30 pm and the Helpdesk at La Marina is open every Thursday (10 am to 1.30 pm) at the Hope Fellowship Church (opposite the Thursday Market site) at Avda de Justo Antonio Quesada, Urb. La Marina (Tel 615770145). We are online at www.helpvegabaja.com and also on Facebook. You can email the San Miguel Centre at office@helpvegabaja.com **We also have a 24 hour Emergency help-line which is**

available to both members and non-members on 966 723 733 (95456)

THE BAKER FOUNDATION for SPIRITUAL AWARENESS. 16 Nicolas De Bussi Ave, Playa Flamenca. Sunday Service every week 11am to 12 noon, everyone welcome. For further details please phone/fax 966 760 665 (95458)

THE PHILIP SCOTT LODGE No 10671 of the RAOB meets every Friday in the Bar Catorce, Benijofar. Please call the secretary, Colin Bird on 693 287 614 for further information. (95459)

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CANCER SUPPORT GROUP (MABS) MURCIA/MAR MENOR Help and support is just a phone call away, Avda Rio Nalón, Tel: 693 275 779 (95462)

PILAR CHRISTIAN COMMUNITY CHURCH, Calle Canalejas, 3. Pilar de la Horadada. Sunday Service at 11am & Thursday at 5pm for Prayer and Praise and Worship. Home groups meet during the week. All welcome from any church background or none. For further information www.pilarchurch.org Reg No: 2009-SG/A (95463)

TORREVIEJA Christian Fellowship (TCF) is an English speaking lively church located at Avenida de las Valencianas 68, Torrevieja 03183. Residents and holidaymakers are welcome to attend our services with communion and 'kids church' each Sunday at 10.30am. We have a Fellowship Meeting (Bible Study) each Wednesday at 6.00pm. For further information see our website www.tcf-spain.org or tel 966 700 391. (95464)

THE AIRCREW ASSOCIATION COSTA BLANCA BRANCH. Former & serving aircrews of the UK or Allied Armed Forces are welcome to join this convivial & friendly organisation, now in its 21st year. www.aca-costablanca.org or call the Secretary on: 966 495 042 (95465)

THE ROYAL BRITISH LEGION JAVEA BRANCH meet on the 2nd and 4th Tuesday of each

month @ Scallops Rest on the Arenal at 11.00am. Everyone is welcome to attend as a visitor and join the branch if they wish. Anyone needing any help or advice on welfare, or any information regarding the branch can contact either Sheila on 965 791 270 or Roger on 965 790 123 (95472)

TORREVIEJA STROKE SUPPORT GROUP meets each Friday 2.45pm to 5pm in The Annex, (behind Age Concern Centre), Calle Paganini, Urb. La Siesta. Our aim is to support stroke survivors and their carers by a range of facilities from speech therapy, rehabilitation exercise, group discussion etc. For info: Louie 966 718 964 or 965 071 920, e-mail: strokesupportgroup@hotmail.com Donations and further voluntary helpers are needed and guest speakers with relevant knowledge or experience are very welcome. (95473)

THE ROYAL BRITISH LEGION Gran Alacant & La Marina Branch meets 1st Monday of every month (except July and August) at Bar Sioux, Avda Escandinavia GA at 7pm for 7.30pm prompt. For further info contact Brian, Branch Secretary on 639 917 971 / email secretary br3606@gmail.com (95474)

CAMPELLO CONTRA CANCER in conjunction with AECC Association Español Contra Cancer has opened a charity shop at C/Virgen de los Desamparados No 13 (next door to Mas y mas) El Campello. The shop is open Mon-Fri 10 - 2pm and is run by unpaid volunteers and all monies raised goes to the AECC. We urgently need donations of clothes, books, large and small furniture etc, and we will arrange collection of large items. We need volunteers to help out in the shop and also clothes rails, shelves etc. for display. Please support your local Cancer charity and if you wish to obtain literature or simply talk to someone. Please stop by at the shop. Contact Mina or Trisha. Tel 650 071 278 or 610 921 413 e-mail aecc_campello@hotmail.com (95475)

INTERNATIONAL CHRISTIAN ASSEMBLY Calle Pilar de Horadada 5, Torrevieja Evangelical non-denominational Sunday services 11am Children's church 11am House groups in Torrevieja, Los Balcones, San Javier Ladies meeting Thursdays 11am. Pastor, Rafael Restrepo All nationalities welcome 966 799 273 / 660 127 276. (95476)

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ROYAL MARINES ASSOCIATION (Costa Blanca). The aim of the Association is to bring together not just ex Royal Marines, but ex Service personnel with an affinity to the Royal Marines. We meet on the last Tuesday of the month at Casa Ventura, San Luis Urbanisation, at 6.30pm. For further details Hon Sec 965 724 652

FREEMASONRY Are you aware that Freemasonry is thriving on the Costa Blanca? There are various lodges meeting up throughout the Valencia region. If you already are a Mason or simply wish to know more about Freemasonry in Spain please contact Harry Palmer Membership Committee Tel: 966 712 326 or email: palmers.quesada@yahoo.co.uk (95477)

ROYAL AIR FORCES Association Branch #1359 Costa Blanca The Branch meets on the third Tuesday of the month at the El Paraiso Restaurant located close to the Carrefour Supermarket in Torrevieja. The meeting starts at 1430 hrs. You do not have to be an ex-member of the RAF to join this friendly Association which supports the welfare of the RAF family and provides a social hub for ex RAF members and their friends. For further information about the Association and its activities please contact the Chairman on 692 508 916 or the Welfare Officer on 615 048 892 or visit our website: www.rafacb.com.

MEETS at Hamilton's Bake House, 62 Calle Vicente, Blasco Ibañez, Benijofar 03178. We hold a Sunday Service at 11.30 a.m., a Tuesday Evening of Mediumship at 7 p.m. Also, every alternate Thursday from 12th January, there is an Development/Awareness Circle where you can develop your skills commencing at 6.30 p.m. Spiritual healing is available every Sunday and Tuesday after the service. The Divine Service with Mediumship on 5th February will be taken by Jackie Kershaw ((UK Medium). Jackie Kershaw will also take the Evening of Mediumship on Tuesday, 7th February. The Divine Service with Mediumship, on Sunday, 8th February will be taken by Annette Rogers. Contact Wendy on

965323028. www.spiritualistcentre-benijofar.com New email is phoenixchurch23@gmail.com or info@spiritualistcentre-benijofar.com Identificacion Fiscal G54713789.

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THE fourth annual Retro Malaga event was a huge success, with over 22,000 classic car enthusiasts visiting the Palacio de Ferias in Malaga City.

Perhaps the most striking

Malaga event a triumph

difference to previous years was the diversity and quality

of models on display, with particularly impressive displays, with more than 50 Porsches and 30 Ferraris proving particularly popular.

The congregation of Ferraris was in honour of the 70th anniversary of the Italian manufacturer, with models on display including a 1956 250 GT Speciale, an F40, an F488, a Testarossa, a 550 Maranello, a

360 Modena and a contemporary La Ferrari.

Seat also celebrated its 60th birthday with a cracking display of family vehicles from the 1960s onwards.

Vehicles from Malaga's Automobile Museum included a stunning 1955 Porsche Speedster, a 1937 Cord Sportsman, and a 1939 Lancia Astura.

An extensive classic motorcycle section included a special display of Ducatis built by Spanish firm Mototrans since the 1950s, including a 500 Desmo, a first series 24 hours,

a 350 Vento and a 250 Strada, among others.

Outside the main hall, owners of classic cars and other vehicles were able to display

their beloved machines, with over 1,000 to whet the appetite.

With record numbers of visitors, Retro Malaga has clearly become a reference point on the calendar of classic car-lovers in southern Spain and beyond.



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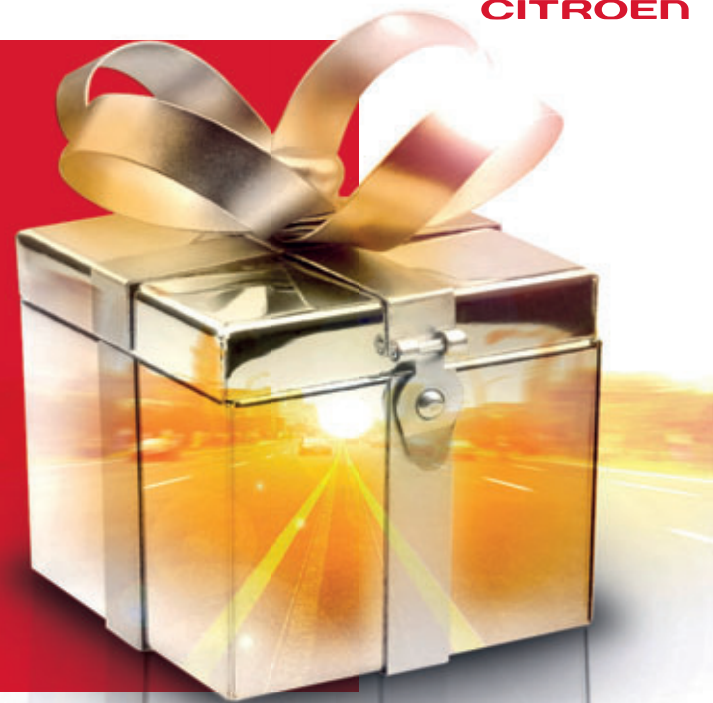
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Big week for football and Six Nations

Tony Matthews



International Sports

A former player and now the world's most prolific author of football books with almost 150 published since 1975, Tony is also the sports correspondent for Spectrum Radio and lives on La Pilica in the Sierra Cabrera Mountains overlooking Turre.

Costa de Almería

FOOTBALL:

THE result of Saturday's Chelsea-Arsenal derby at Stamford Bridge could effectively decide the 2017 Premiership.

Defeat for the Gunners, fresh from a 5-0 FA Cup win at Southampton, could end their hopes of winning the title they last won in 2004. But victory for Chelsea (comfortable 5-0 FA Cup victors over Brentford) will set them up for their fifth Premier League success in 12 years and a first for manager Antonio Conte.

If Arsenal win or draw, the chasing teams, Liverpool at Hull, Manchester City v Swansea and Spurs v Middlesbrough, must also gain victories to stand a chance of overhauling Chelsea.

Like Hull and Swansea, Crystal Palace and Sunderland are involved in a relegation bat-

tle, and they meet in a vital 'six-pointer' at Selhurst Park, also on Saturday... manager Sam Allardyce against his former club. Reigning champions Leicester, still in trouble, visit Manchester United 24 hours later.

In the Championship, it's Newcastle v Derby, Brentford v Brighton, Reading v Ipswich and Leeds v Huddersfield.

Leagues 1 and 2 leaders Sheffield United and Doncaster, play Wimbledon and Morecambe respectively, while at the basement it's Cheltenham v Newport.

Celtic, SPL leaders by 22 points and unbeaten in a club record 27 games, visit St Johnstone while Rangers play Ross County.

In La Liga on Saturday Barcelona (2nd/42 points) play Athletic Bilbao, followed on Sunday by Real Madrid (top/46 points and 3-0 winners over Real Sociedad last Sunday) v Celto Vigo who, last week, knocked them out of the Copa del Rey, leaving this week's semi-finals as Barcelona v Atletico Madrid and Celta Vigo v Alaves. The African Cup of Nations final takes place on Sun-

day with Burkina Faso and Cameroon looking strong.

Finally, the transfer window closed on Tuesday.

RUGBY UNION:

This weekend the 2017 RBS Six Nations Rugby Union tournament – without doubt, the world's greatest oval ball competition of all – gets underway.

Scotland and Ireland start with their Saturday afternoon match in Edinburgh. Later in the day England, missing four top players, face France at Twickenham and Italy meet Wales (captained by Alun Wyn Jones) in Rome on Sunday. All matches are live on TV.

OTHER EVENTS:

• There are several 'warm up' friendlies ahead of the Rugby League season which starts a week tonight.

• On Sunday, 72,000 fans will attend the US Super Bowl in Houston's NRG stadium between New England Patriots and Atlanta Falcons.

• Three tennis tournaments begin on Monday in Ecuador (Quito), France (Montpellier) and Bulgaria (Sofia).

• Preston (UK) stages World Grand Prix snooker: February 6-12.

• The Tour of Qatar cycle race starts on Monday.

• Austria hosts the World Biathlon championships: February 8-19.

• The one day cricket internationals this week involve South Africa v Sri Lanka and New Zealand v Australia while the India v Bangladesh Test Match starts on February 12.

• On Saturday, Chris Eubank junior fights Fijian Renold Quilan for the IBO World Super-middleweight title.

GENERAL ROUND-UP:

• Last week's fourth round FA Cup upsets saw Wolves win at Liverpool; Oxford beat Newcastle; Millwall k'od Watford; Fulham ousted Hull; Sutton United stunned Leeds and Lincoln defeated Brighton. Wycombe were beaten 4-3 'late on' by Spurs. The fifth round draw took place on Monday.

• Manchester United, despite a second leg s/f defeat at Hull, will meet Southampton in the FLC final on February 26.

SERENA WILLIAMS:
Wins her 23rd Grand Slam after beating sister Venus.

• Ex-Charlton defender Dave Shipperley has died, aged 64.

• Tottenham can play home PL games at Wembley next season.

• Nigel Clough will follow his father Brian as Nottingham Forest's manager.

• Italian club Palermo have appointed their 11th manager in two seasons.

• Roger Federer (v Rafael Nadal) and Serena Williams (versus sister Venus) won their respective Australian singles finals. It was

Federer's 18th and Serena's 23rd Grand Slam victories in the 'open era.' Serena is one behind Margaret Court's all-time record of 24 titles.

• Jeung-hun Wang won the Doha Golf Classic.

• Lee Westwood and Darren Clarke will captain England and Rest of the World football teams in a charity golf tournament at the Belfrey in June.

• ITV viewers saw Many Clouds, the 2016 Grand National winner, collapse and die last Saturday after victory in the Cheltenham's Cotswold Chase.



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A victory for Chelsea over Arsenal this weekend could set them up for their fifth Premier League win in 12 years, a first for manager Antonio Conte.

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Costa Blanca's best guide to local sport

Waltzing around

ON Thursday January 26 Eurogolf played an Australia Day Waltz where the format is on the first hole you need one score, second hole two scores and third hole three scores to count and so forth.

In third place was the team of Ian Pegg, Gary Grierson, Colin Hobden and Ray Porter with 75. Second team was Fred Reeve, David Valentine, Lauraine Walker and Jean Goodwin with 80. The winning team was Arty Crammon, Steve Sayers, Bev Fairhurst and Gina Ashworth with 86.

NTPs were 5th Clive Horne, 11th George McCallum, 12th in two Bill Martin, 15th George McCallum, 17th David Valentine. Football draw winners were Bev Fairhurst, George McCallum, Bev Evans, Susie Crammon and Steve Sayers.

On January 24 the Tuesday Toffs played their normal stableford competition.

The results were Cat 1 (0-14): 1st Pete Gartside 32, 2nd Robin Richards 31, 3rd Arty Crammon 30. Cat 2 (15-19): 1st John Kirkwood 32, 2nd Tony Stanley 32, 3rd Gary Grierson 30. Cat



WALTZ FORMAT: Was played by members on Australia Day.

3 (20-24): 1st Geoff Evans 30 c/b, 2nd Debbie Weedon 30, 3rd Colin Hobden 29. Cat 4 (25-36): 1st Lauraine Walker 30, 2nd Chris Stanley 29, 3rd Ed Silvester 29.

The overall Toffs winner was John Kirkwood. Best front 9: David Blanchette 18. Best back 9: Alan Venables 18. NTPs 5th Tony Forbes, 11th

Robin Richards, 12th in two Glo Manning, 15th John Barraclough, 17th Jeff Lynch. Football draw: Sharon Smith, Robin Richards, Sharon Horne, Dave Nichols and Pamela Davidson.

If you would like to play with Eurogolf at La Marquesa on Tuesdays and/or Thursdays please visit the website www.eurogolf-quesada.co.uk.

El Raso Golf Society

It was an early start for 28 members of the El Raso Golf Society who met at its home course, La Marquesa, to play the monthly Stableford.

Most members had an average game but the winner by far was one of the longer established members, John Holland, with an excellent 37 points.

Only two nearest the pins were managed: Robin Richards on the 11th and Stan Low on the 17th. Bob Shorley won the best front nine with 19 pts and best back nine went to David Valentine also with 19 pts. In third place Jan Shorley with 34 pts on c/b, second Linda Lynch 34 pts and first John Holland 37 points.

Afterwards the group returned to the Olde 9th in Quesada for refreshments and presentations. Captain Marilyn welcomed new members Carin van der Kruijs and David Horne and thanked Grant for the hot snack. Next game is on February 24 at Roda.

A hard day's fishing

THE match on January 26 was fished at the El Bosquet complex. With the thermometer on-site showing -10C at 8.30am, it was assumed fishing would be hard, which it was.

Although the day warmed up the fish were not really in the mood to feed. Roy Dainty finished first with 8.80kg using pole and bread flake, second was Steve Collins (5.54kg) using pole and bread, third Steve Fell (1.84kg) using pole and

maggot and Graham Ledley (1.50kg) was fourth using straight lead and sweet corn.

The club is currently looking for new members. Anyone interested in joining or looking for further information about the club should visit the website www.carp-r-us.weebly.com or the Facebook page Carp-R-Us Fishing Costa Blanca. Alternatively call the club secretary, Steve Fell, on 634 379 081.



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