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Stop Press DON'T MISS OUR PROPERTY SUPPLEMENT INSIDE! PAGES 89 - 94

Stabbed to death

Husband 'murdered wife' at care home

By Linda Hall

An 86-year-old Briton stabbed his wife to death and then tried to use the knife to kill himself, police believe.

The couple lived together at a complex for the elderly in Campello adjoining the Muchavista beach.

Staff at the home, the Residencia Orpea, say they shared a room at the home and there was no history of violence between them.

» Turn to page 4



NO HISTORY: Of violence between the couple.

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LOCAL NEWS

Country chaos

RURAL parts of the Marina Alta are suffering from deterioration due to a lack of management as tourism increases, concluded farmers, hunters, conservationists and experts

who met in Xalo as part of the Denia and Marina Alta Tastinglife project. The group went on to lament the worsening "saturation of emblematic natural spaces."

Up to speed

THE Directorate General of Traffic (DGT) has published a list and accompanying map detailing the precise locations and directions of all 57 fixed and mobile radars in the province of Alicante, including 18 on the

N-332 and six on the A-70. The resources are intended to assist drivers and can be found by visiting the website: <http://www.dgt.es/es/el-trafico/control-de-velocidad/alicante>.

Mama gets mad

DRAMA unfolded at a Tavernes de la Vallidigna park after a mother beat and stabbed another woman while their children were playing. Eye witnesses reported how the pair began to argue before one of them became aggressive and began to punch and slap the other, eventually pulling out a knife and plunging it into her foe's leg.

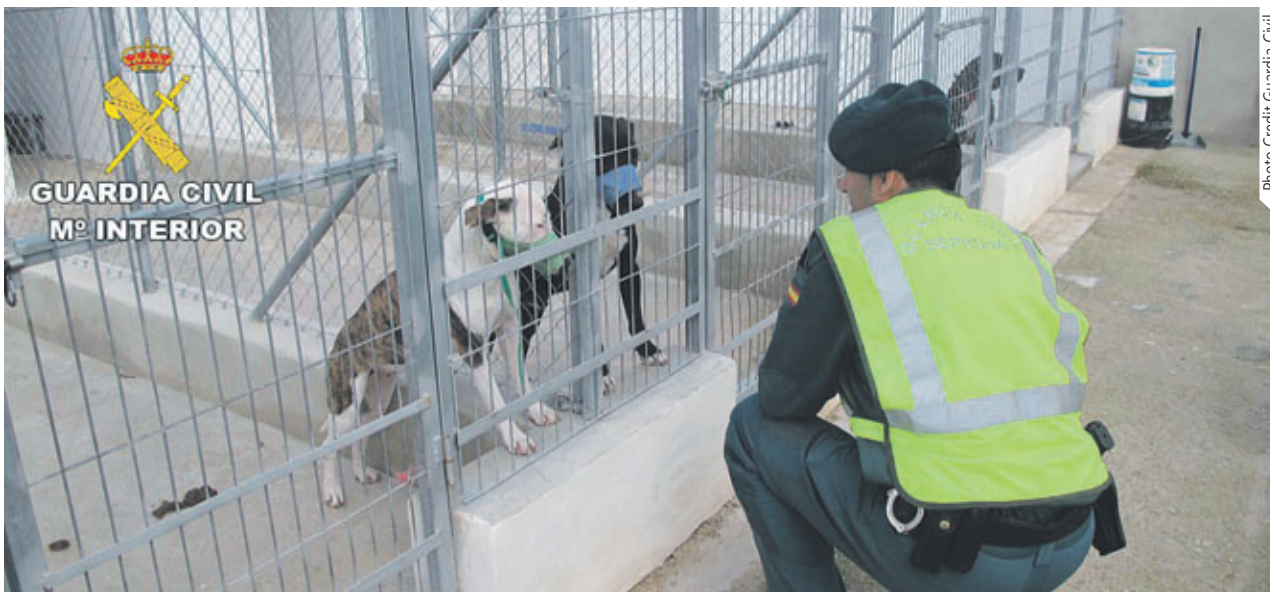


Photo Credit Guardia Civil

IMPOUNDED: The dogs have been seized while the investigation proceeds.

Dogs maul man to death

By Matt Ford

SPANISH police are investigating the death of a 66-year-old man in Beniarbeig, Alicante, who was reportedly savaged by a group of five dangerous dogs owned by a neighbour.

The man was attacked as he walked from his home to a small farm where he had an orchard.

His badly-wounded body was discovered by his son, who became worried

when his father failed to return and decided to search for him.

Guardia Civil officers confirmed that he had been killed by a group of dogs, since there are no dangerous wild animals in the area.

During interviews with local residents, one admitted that he owned five pit bull crosses, and although there were no traces of blood on them, at least one was soaking wet.

The owner claimed that it had fallen

into his swimming pool, but further questioning revealed that the dogs were unlicensed and only one was micro-chipped.

The animals were seized and placed in a local pound, where they attacked one member of staff and destroyed their cage overnight.

Potentially dangerous dogs must be licensed in Spain, and the owner is likely to face charges of reckless homicide should his pets prove to be the killers.

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Left to die

TWO Spanish brothers, aged 38 and 42, have been arrested after the elder of the pair used a large rock to repeatedly hit a 36-year-old Romanian woman on the head and before leaving her half-naked and seriously-injured in a Quart de Poblet street.

The aggressor's brother came across her lying in the same place the following morning but did not attempt to help her, although he did inform the Guardia Civil.

Paramedics were then able to locate and transfer her to hospital, later confirming that she was in a critical condition and close to death when they arrived.

Happy urban bunnies

A PLOT of fenced land in San Vicente has become a haven for rabbits.

Children and families visit and feed the bunnies each day, since they are not afraid of humans. Food trays and water bowls litter the piece of wasteland, infringing local by-laws, pointed out Health councillor Begoña Monllor, who has unsuccessfully asked school-farms and friends to take them on.

Vindictive vet

A 46-YEAR-OLD veterinarian from Alcoy has been arrested and charged

with animal abuse.

He was found to be performing unnecessary surgical procedures on animals in order to collect payouts from insurance firms.

Owners' personal data was also used to register non-existent pets for insurance policies, with the accused later inventing afflictions in order to bag additional cash.

After one enraged dog owner contacted the police to complain, investigators conducted interviews with other clients, with one even claiming that the vet had killed his healthy dog.

To the rescue

ALICANTE'S Consorcio Provincial de Bomberos has Spain's first unit dedicat-

ed solely to freeing accident victims.

The unit will be called out to cut people free from vehicles involved in road accidents, rescue them from collapsed buildings or other situations that require a fire brigade's specialised equipment.

A total of 140 municipalities belong to the Alicante consortium which comes under the control of the provincial Diputacion.

Stinking sands

THE Sardinera de Xabia cove, one of the most beautiful in the Marina Alta, became a cemetery this week after the recent storms washed up the bodies of a five-foot dolphin plus a multitude of seabirds.

Masses of fishing nets, boxes, plastic and even a fire extinguisher were also plonked on the normally pristine shore, which was cleaned up by members of IROX, Javea's oceanographic research institute.

Rolling stone blocks river

A HUGE boulder, loosened by last month's rain, diverted the Rio Guadalquivir in Callosa after it crashed to the riverbed.

Although no properties were affected, the change of course flooded adjoining terraces of fruit trees.

The Local Police, Guardia Civil, local growers belonging to the Comunidad General de Regantes immediately went to the scene to inspect the damage and report to the Confederacion Hidrografica del Jucar (CHJ). This was another in a succession of landslips that have affected the area since storms

in December and January but the first to involve the river.

Engineers from the CHJ, which is responsible for the area's rivers and watercourses, arrived the following morning and called in the public-sector company TRAGSA which is routinely called in to cope with agricultural, forestry and environmental problems.

As the boulder was too big to move, TRAGSA employees have had to break up the boulder to enable the river to follow its normal course and prevent further flooding.

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Postscript to ponder

8 billion

The estimated amount in euros that political corruption has cost Spain since the country became a democracy in 1978, with 175 official cases recorded.

Clean-up time!

SPAIN has been sent a final warning to comply with EU air pollution standards. If it does not show how it intends to comply with EU law within two months, a court hearing with the power to impose heavy fines could begin later this year. There are three 'air quality zones' that exceed the NO2 limits in the country, one in Madrid and two in Barcelona.

Poor air quality is believed to be the cause of an estimated 30,000 deaths a year in Spain alone. The UK has been issued a final warning for 16 air quality zones exceeding the pollution limits, including London, Birmingham and Leeds.

Ghostly fear

A COUNCILLOR claims a ghost is living in a Granada council building. A supporting photograph taken by a civic worker at the Vegas de Genil council building has been widely circulated on the internet. The councillor told the *Ideal* newspaper: "It was unusually cold in the office. I put on my coat and went to the bathroom. That's when I heard strange rustling sounds down the hallway."

Slave saved from service

THREE people suspected of subjecting a young Moroccan woman to slave-like conditions of domestic servitude have been arrested in Navarre.

The victim was handed to a family in Holland who are accused of exploiting her by making her work long hours for minuscule pay, with Spanish police describing her employment as "almost feudal."

The woman had no rights or permits and was forced to give most of her small income to her father.

When police in Holland became aware of the woman's situation they alerted colleagues in Spain with a joint operation resulting in the arrests of three Moroccans in Navarre. Dutch police believe the Netherlands-based family had also exploited two other women.



Postcard from

PAMPLONA



THE eight-day festival of Saint Fermin is held every July and is famous the world over. While not all will know why it is globally famed from such a bare description, many will have heard of the events which annually put the courage, or in some cases the drunken bravado, of mostly young men to the test.

The event is the running of the bulls, or encierro in Spanish. Six young bulls are released from a coral, accompanied by six bullocks and three more behind them. The last three aim to ensure there are no reluctant stragglers. Ahead of them are hundreds of mainly men, who basically act as their quarry.

The bulls are set off on a route of city streets that culminates in the bullring, with the near three minutes it takes them to get there fraught for the men running... and dodging... in front. Injuries are common but not all are caused by the bulls. Records kept since 1910 show only 15 people have been killed in that time, usually by goring. Nowadays around 200 medics are on duty each day.

If you fancy testing your courage against rampaging bulls with sharp horns then put any one of the eight days from 7 July in your diary!

Baby boom

A 64-YEAR-OLD who underwent in vitro fertilisation in the United States has given birth to twins by caesarean section in the northern city of Burgos. She also gave birth to a daughter six years ago via the same method, but the Junta de Castilla y Leon placed the girl into the care of a relative in 2014 after social workers reported issues with her personal hygiene, clothing and absenteeism from school.

Porno sting

SPAIN'S National Police force has arrested 22 people and is investigating another 10 for distributing photographs and videos of child pornography. One of the detainees has also been accused of abusing his children, aged eight and 13, one with a mental disorder. Two others arrested are also suspected of grooming children on the Internet. They deceived the victims by posing as teenage girls and took photographs of them naked, with which they subsequently blackmailed them.

Banking scandal

THREE Bank of Spain officials are stepping down after learning that they are under investigation by the High Court as part of a probe into the Bankia flotation fiasco of 2011. The bank's Director General of Supervision, Mariano Herrera Garcia-Canturri, his deputy Pedro Comin Rodriguez and Pedro Gonzalez Gonzalez, who headed an inspection unit at the lender, are all to leave their posts, the bank has announced.

>> From Front page

Wife dies following husband's attack

By Linda Hall

Workers raised the alarm after finding the woman, who was 79, bleeding badly from a knife wound to the throat.

Medics were quickly on the scene, but nothing could be done to save the woman.

The man, who has not been named, also had injuries to his throat which were initially thought to be superficial.

He was then taken to San Juan Hospital under police guard but subsequently required emergency surgery.

The care home does have a unit catering for people with health problems such as Alzheimer's and dementia.

But investigations are currently centred on the theory that the murder was an act of domestic violence.

Ximo Puig, president of the Valencia region, expressed his condolences to the family of the victim.

He said society faced "an enormous task" to end domestic and gender-based violence.

The city council for El Campello declared a minute's silence in memory of the woman and as a gesture of solidarity calling for an end to such violence. Soraya Vega, the head of equality for the PSOE party, said society as a whole "must combat this scourge."

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MEDI XXI GABINET DE SOLUCIONS INTEGRALS: Measures reducing risk of forest fires.

Forest fire plan drawn up

By Sally Underwood

THE city of Xabia has put together a series of measures to reduce the risk of forest fires. The plan, which was revealed on Monday, also aims to reduce the risk of casualties in the event of fire.

“Residents to be given training and equipment to aid professionals.”

A specialist firm has been employed to lead the operation, Medi XXI Gabinet de Solucions Integrals. The company has met with members from the fire services, Guardia Civil, Local and National Police, Forest Brigade, Civil Protection, Red Cross and local volunteer groups, making contact and explaining their plan.

The engineer responsible for the strategy, Ferran Dalmau, explained that Xàbia has 2,500 hectares of forest and it was therefore important to focus efforts on areas where forests and urbanisations touch. He also set out the different causes of fire, such as arson, weather conditions and negligence, and explained it was the responsibility of every resident to be prepared to act.

Mr Dalmau added that new firewalls should be created and that residents will be given training and new equipment so that in the event of fire they aid professionals, rather than hinder them. He finished by emphasising prevention was much cheaper

than cure, revealing that the cost of firefighting reached around €600,000 a day when the Granadella burnt down.

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British climber rescued

THE provincial fire brigade's Rescue Unit was called out when a 67-year-old Briton fell while descending Puig Campana.

The Briton was using the 1,406-metre mountain's stone-strewn La Pedrera path when he slipped and fell, breaking his fingers in several places.

Four rescue unit members set out at 7.45pm. On reaching the climber they found that his blood sugar levels were dangerously low. Valencia region's Emergency Informations and Coordination Centre (CICU) transported the victim to a waiting ambulance in Finestrat shortly before 10pm.

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Helping the British overseas

THE Director for Consular Affairs in the UK's Foreign and Commonwealth Office in London, Julia Longbottom, is currently in Spain visiting residents' associations, official bodies and media representatives.

The *Euro Weekly News* was delighted to be invited for an interview with Ms Longbottom and Sarah-Jane Morris, British Consul for Alicante, to discuss the concerns of expats and tourists regarding Brexit, how to stay safe, and what consular services are available.

Ms Longbottom, who is also head of the Crisis Services, detailed how her department is continually evolving to meet citizens' needs, with Spain having the largest con-

sular team in the world, helping 1.5 million British visitors each year and an estimated 300,000 expatriates.

She said: "It is important for me to understand how our team is reaching out to the British community at all levels, from the ambassador in Madrid to the groups who have concerns. We need to make sure that their views are heard."

The Consular service has a four year plan which in part focuses on prevention rather than treating the symptoms, encouraging people and authorities to engage with them and move forwards in a positive manner.

Many incidents can be prevented if travellers follow the

official advice given.

"No one wants to have their holiday ruined," the Director said, "so if we can help prevent such events and give advice on how to prepare for an overseas trip and assist when things do go wrong, that is what we are here for."

Ms Longbottom talked about the increasing availability of digital services. For example emergency travel documents can be processed in one day and are

normally available the next.

"Our services have to be relevant and accessible to all our customers, we have to ensure that the information is available by other means even though the majority now have access to the internet," she said. It is important to hear and understand all the questions that our customers have."

The Consular team are aware that there are lots of groups within the community who are well organised to help each other, and they have been working with these groups in order to provide the best information available.

Up to date, accurate advice can be found on the Foreign and Commonwealth Office Consular Facebook page, while details of the Helping British People Overseas plan are available at www.gov.uk/fco.



POSITIVE MESSAGE: Julia Longbottom (right) and Sara-Jane Morris.



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OUR VIEW

Drive safely

RECENTLY there seem to have been a large number of serious road accidents reported with some lucky escapes, but sadly a number of deaths.

We all think that we are good drivers, but one has to think about the other person and not be tempted to get involved in trying to stop the idiot behind you from overtaking.

There is a huge business in car rentals to tourists and all that a visitor needs to do is produce money to cover the rental and a valid driving licence and they are then allowed to get behind the wheel of a large piece of fast metal.

At night, in Spain in particular, it seems that every other car has a problem with badly adjusted headlights or with one out completely and the dazzle effect from their lights in rear view mirrors is quite frightening.

At *Euro Weekly News* we value all of our readers and would simply ask that you ensure that your car is properly looked after as although there is nothing you can do to stop the other hazards on the road, if your car is kept in good order, then it makes life safer for everyone.

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Navigating bureaucratic waters

DENIA'S Real Club Nautico can at last recommence remodelling its premises. The Generalitat's Ports' Authority halted work at the end of January over confusion and red tape surrounding the €22,239 surety required by the regional Treasury department.

In August 2016 the Real Club Nautico applied to partially reform the building and improve access. It had agreed to suggested changes that included adding another adapted toilet for the disabled in addition to the existing three. Authorisation arrived in late

December, subject to putting up a €22,239 surety that was deposited on January 18, 2017.

No sooner had work started on the club's building than the order arrived to halt work due to overlooked procedures regarding pa-

perwork, a problem that has now been solved. The yacht club's president Jaime Portoles thanked Denia's Sports' councillor Marian Tamarit for her help. "Many at the town hall could learn from her," applauded Portoles.

Beach-watch all at sea

By Linda Hall

THE courts ordered Denia's beach-watch concessionary to reinstate 30 Red Cross life-guards or pay them €47,000 compensation.

The Salvamar company took over last year when the contract was put out to tender and the Red Cross, due to a human error, put in a bid several cents over the specified amount.

The town hall was obliged by law to award the contract to Salvamar and Red Cross had to dismiss its Denia lifeguards.

Meanwhile Salvamar who put in the lowest bid for the contract refused to take on all the lifeguards who had worked for the Red Cross for at least

five months. This labour law proviso affected 40 of the 47 employees, of whom 30 then sued both the Red Cross and Salvamar.

“Red Cross life-guards to be reinstated or compensated.”

The future of the Denia life-saving service once the high season starts is now in doubt although insiders suggested that Salvamar is likely to appeal against the court order. This would delay further action until after the summer when its contract ends.

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Finestrat support children's cancer

By Caroline Tyszka

THE Finestrat Town Hall commemorated International Children's Cancer Day by displaying a golden ribbon on their building.

Councillor for Health Victoria Curtis reported that the Finestrat website and social networks would provide details about a character named Nacho, a child superhero who suffers from cancer.

Victoria said: "Nacho is a creation of the Spanish Association against cancer to explain to the very small, very simple, concepts of this disease and how to fight against it. We felt it important to share these resources so that families can play or tell stories to their children, while explaining what is happening to them.



GOLDEN RIBBON: On display to show support.

"Titles such as The Best medicine, In the Country of the Dragons, Let's Chemotherapy and Let's Radiotherapy can be read on the website of the Spanish Association against Cancer.

"Likewise, other resources such as riddles, jokes,

videos, readings and games by age are available."

The International day is designed to help raise awareness about the importance of the challenges faced by children and their families when suffering from cancer.



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COSTA DIADEMA

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

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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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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.

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By Linda Hall

XYLELLA FASTIDIOSA, a bacteria known as 'ebola for olive trees,' could be approaching the Spanish mainland.

It has already decimated thousands of trees in Italy in the three years since it was first detected and Alicante Province olive growers have watched with apprehension after cases were confirmed in Mallorca and Ibiza.

The bacteria, which is carried from tree to tree by insects, was first located in three cherry trees at a Mallorca garden centre last November and the regional government recently declared all the Balearic islands to be infected areas.

Eladio Aniorte, president of the Asaja Alicante Agricultural Union did not hide his fears that the bacteria could make the short sea crossing to the province.

Olive trees threatened



TREE BACTERIA: Is a real threat to Alicante Province's ancient olive trees.

"All plagues are a great worry and this one in particular because the consequences would be huge," Aniorte said.

“The situation would be dramatic if the plague were to extend through the Mediterranean.”

Most trees show few symptoms until leaves and branches begin to dry up and eradicating the bacteria is extremely difficult. Since prevention is the best strategy, Asaja is in constant touch with the region's Agriculture department. "The situation would be dramatic if the plague were to extend through the Mediterranean and its ancient olive trees," Aniorte said. "But possibly we won't even know until it's here."

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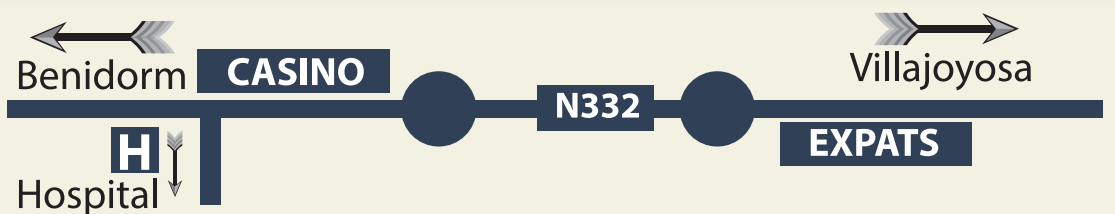
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If you have worries or concerns regarding the Brexit or if you would like any other expat advice please do come and visit us.

Man charged with cat deaths

By Caroline Tyszka

A MAN has been charged with causing the death of cats in his neighbourhood by hanging them.

Following on from the public outcry over the previous few weeks - a peaceful protest and a higher police presence - a Benidorm resident in the Calle Entrepinos area of the Rinco de Loix has been charged with threatening behaviour and cruelty to animals

resulting in their death.

The man, who is reported to have confessed to National Police officers, having been identified, claimed he had an allergy to the felines and objected to a 75-year-old lady who regularly fed the colony of cats. He had apparently threatened the lady several times and

at one point assaulted her.

The discovery of another cat, found with a noose around its neck but still alive, has showed the abhorrent disregard for any emotion towards the animals, with rescuers highlighting the fact that the cats had been hanged alive and died in terrible pain.



CAT: Found alive but very weak.

Irresponsible dog owners

THE Benidorm Council is to crack down on dog owners who fail to clear up after their pets.

The local government is proposing that dog owners not only pick up the faeces when their animals are out walking but also clean up when their dogs have urinated by carrying a bottle of water.

Owners failing to comply with the proposed law could face a fine up to €150 if seen not washing away their dogs' urine.

In addition to this new regulation the council has suggested that the €150 fine for owners failing to pick up their dogs faeces be raised to €400, therefore reflecting the seriousness of the crime.

José Ramón González de Zárate, councillor for the Environment said, "These measures are necessary to present a good image for tourism and to offer protection from the smell and damage that the faeces and urine cause. It is easy for an owner to take a small bottle of water and a bag when they are out."

The council are still evaluating whether dog owners may be required to use a type of cleaning product in the bottle or just water but bleach is ruled out.

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Photo by Diego Delso



BONELLI'S EAGLE:
Emblematic of the
Valencian Community.

Eagles have flown

By Linda Hall

THE regional government's decision to allow hunting when endangered eagles were nesting was described as an attack.

The Sociedad Valencian de Ornitología warned that the permit to hunt in the Hoces del Cabriel affected a special protection area for wild birds during the breeding season for Bonelli's eagles.

This interrupted their life cycle, explained Victor Paris, the SVO's president, as the pair of eagles had lived in the area since 2009 but without

producing offspring.

He had nothing against hunting, Paris stressed, but it should comply with regulations. The eagles have now abandoned the nest due to the Hoces del Cabriel hunters, he said.

Bonelli's eagles are emblematic of the Valencian Community countryside, which was once the habitat of one of the most numerous populations in Europe but they have suffered "alarming setbacks" in recent decades, Paris said.

Some are electrocuted by high tension cables, others

drown in irrigation water deposits but many are killed by trophy-hunting poachers.

This was not an isolated incident, the SVO said, as a similar case was detected some weeks ago in the Font Roja national park near Alcoy. The Bonelli's eagles episode was "just the tip of the iceberg" of the results of the regional government's hunting policies, Paris claimed.

Bonelli's eagles are considered endangered in Europe, with just over 1,000 pairs remaining, of which over 700 reside in Spain.

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MARINA ALTA residents converged on Benitachell recently for a talk on Pativel - the Generalitat's Territorial Action Plan for Green Coastal Infrastructure - that affects 6,500 hectares of the Valencian Region's still undeveloped coastline. Thirty-seven per cent of this land is located in Alicante province, affecting Gata, Javea and Teulada as well as Benitachell.

With very few exceptions new constructions will be vetoed on a 500-metre strip measured

Little love lost over Pativel

from the shore and restricted on the next 500-metres.

Land usage engineer Jesus Reina first described Pativel's repercussions, answering questions. Benitachell mayor Josep Femenia then addressed the audience, explaining that as far as the town hall was concerned, the Pativel docu-

ment was outdated and divorced from the realities of present-day development.

"Benitachell Town Hall has done its homework," Femenia declared. "We have passed on our misgivings to the regional government about a document which, as other Marina Alta towns have noticed, has errors and little definition."

The Cumbre del Sol urbanisation was approved in 1975 and is now practically finished, but Pativel would prevent developing further services vital to the town's economy and tourism. The town hall and Femenia were no happier about the Generalitat's designation of Benitachell's Moraig beach, also lamenting that the Pativel document made no mention of economic sustainability or compensation arising from the changes that the law would bring.



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Let's make it a happy anniversary!

By Caroline Tyszka

A COSTA BLANCA couple are hoping the expat community can help locate their wedding film made 50 years ago.

Barbara and Dennis Jackson, who were childhood sweethearts from the age of seven are about to celebrate their 50th wedding anniversary.

Married at the St Peter's Church Centre in the Rhond-



MISSING CINE FILM: Help find the wedding day memories.

da Valley in South Wales on March 25 1967 the couple were told that a lady was going to use a cine camera to film the event but they never got to see it.

Having brought up their

two girls in the UK the couple retired to La Nucia in Spain in 2001. With the special anniversary approaching they have looked at the wedding photographs and seen that there was indeed a

lady filming their wedding day.

A family member identified the lady as Mrs Maeve Lewis from Porthcawl in South Wales. Barbara and Dennis would dearly love to get in contact with either Maeve or her family to see if the film has been stored somewhere.

This is where our readers can help, if you have any family living in the South Wales area please share this information and help make this special anniversary one to remember.

The couple told the *Euro Weekly News*, "It would mean the world to us if the film could be found, it would make our Anniversary special."

Anyone with information can contact the couple via email: dennisjackson@yahoo.co.uk.

Photos show Dennis and Barbara Jackson at their wedding in 1967 and soon to celebrate 50 years of marriage.



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Lucrative avocados

By Linda Hall

AVOCADOS could oust citrus fruit as a Marina Baja money-earner.

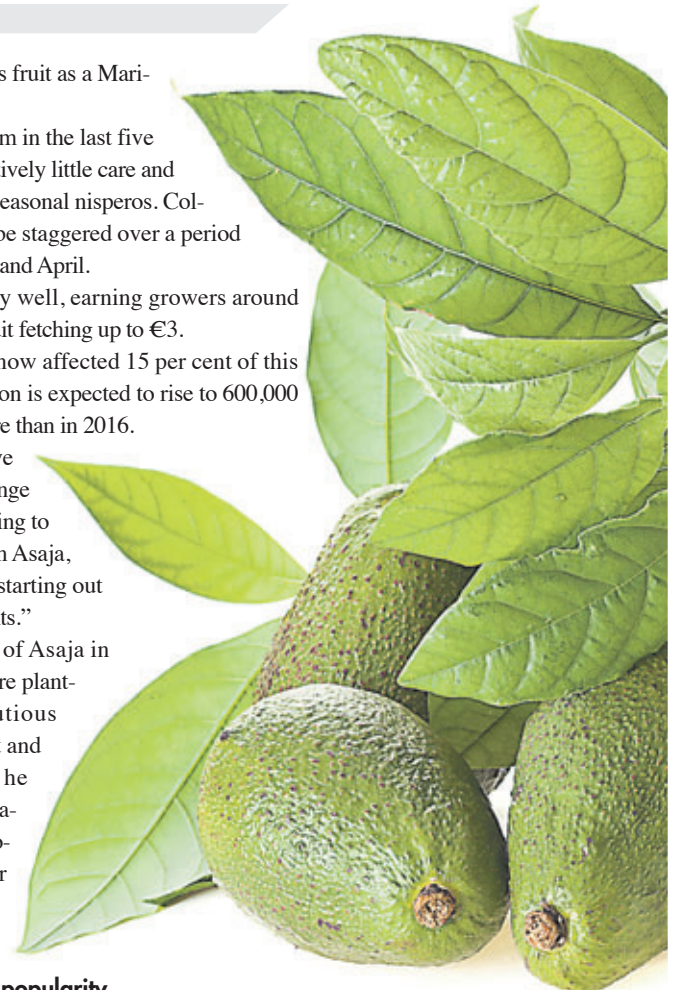
Growers have turned to them in the last five years as they require comparatively little care and are easier to harvest than the seasonal nisperos. Collecting is also easier and can be staggered over a period of months between December and April.

Like nisperos avocados pay well, earning growers around €2 a kilo, with best-quality fruit fetching up to €3.

Although wind, rain and snow affected 15 per cent of this year's crop, avocado production is expected to rise to 600,000 kilos this year, 50 per cent more than in 2016.

In some areas avocados have replaced 80 per cent of the orange and lemon plantations, according to the agricultural growers' union Asaja, "They attract young growers starting out or taking over from their parents."

Rafael Gregori, president of Asaja in Callosa, where 600 hectares are planted with avocados, was cautious about abandoning citrus fruit and nisperos. Yield fluctuates, he said, and as a substitute for traditional Marina Baja crops avocados were more viable for large plantations.



AVOCADOS: Growing in popularity.

Photo by Pexels

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Precedent set in mothers' battle

By Linda Hall

AFTER battling since last August, Maria Jose Torrez and Brenda Kelleher are registered as the mothers of their son Lennon.

Lennon is brother to the married couple's two other children whose births were registered in Castellon.

The couple now live in Benidoleig and their problems began when they tried to register Lennon's birth in Denia's Registro Civil.

The judge asked for a certificate from an IVF clinic which both women regarded as discrimination and intrusion. The women complained that no man should have to provide this kind of paperwork even if their partner conceives through as-

sisted reproduction.

The couple appealed to the General Directorate of Registrars and Notaries attached to the Ministry of Justice where they handed in a 1,000-signa-

ture petition. In the meantime Lennon was registered as Brenda's child.

Good news finally arrived from the head of the Directorate, Francisco Javier Gomez

“ Victory for mothers in IVF case. Judge overruled.

who overrode the Denia judge's objections. Whether Lennon was conceived via IVF is a private matter, Gomez announced.

Lennon is now registered as the son of Brenda and

Maria Jose, recognising both women as his mother.

The Directorate ruling also sets a precedent as most Registrars have until now asked the judge for the IVF certificate.

Thirty years on

IT is now 30 years since Enriqueta Borrás Faus joined Denia's Local Police.

She was the town's first female officer and will be the subject of a tribute during official events leading up to International Women's Day on March 8.

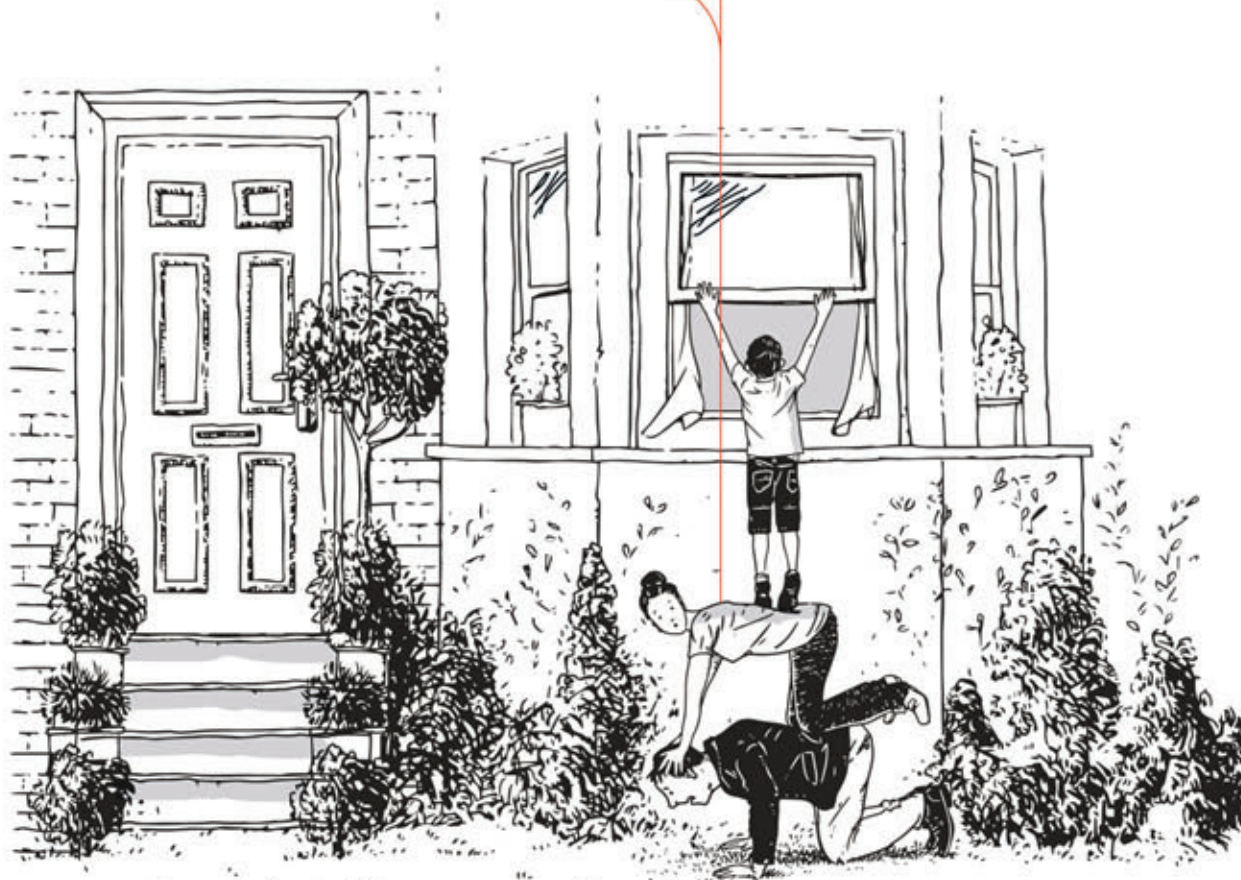
Borrás first joined the local force as an auxiliary in 1987, passing her police exams two years later. She is at present with the Local Police in Gandia.

The anniversary was important because it commemorates the admission of a woman into a force that was formerly exclusive to males, said Javier Scotto, Denia's Public Safety councillor.

“This gives us the chance to examine much-needed equality, in this instance within the police force, as well as professionalism in serving the public,” said Javier Scotto, Denia's Public Safety councillor.

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Spirited Lords to debate Brexit



BREXIT PAGE

By John Smith

ALTHOUGH there is regular criticism of the activities of the House of Lords and calls for its abolition, it has to be said that whilst the House of Commons effectively gave Prime Minister Theresa May carte blanche on Article 50 the Lords are looking feistier.

With no majority in 'the other place', the Conservative government has to expect some opposition to the bill concerning Article 50 although Labour leader Lady Smith has gone on record saying that it is highly unlikely that the Lords will try to block a late March trigger.

What does however appear likely is that with 200 peers wanting to speak on the matter that one major area will concern the guarantee of resident status for all those from the European Union who were in the UK prior to the referendum.

If this does go back to the Commons and the amendment is accepted (although the same amendment brought by an MP was rejected previously) then this may bring comfort for British passport holders living in EU member states as they could reasonably anticipate a similar commitment from the EU.

In the same way that you don't expect turkeys to vote for Christmas, many peers fear that if they are too obstructive to the government, action will be taken to dissolve the House and bring in an alternative and this has been inferred in warnings from Conservative ministers.

Threats however have not deterred former Labour minister Lord Hain or the ever present Lord Mandelson from suggesting a more vigorous opposition and the latest former politician Tony Blair has also joined in, saying that it is his "mission" to try to persuade the British people to rise up against the decision to leave the EU.

As Mr Blair certainly divides much of the population, many of whom believe that he took

Britain into Iraq based on falsehoods Brexiteers appear to be pleased that he has joined in as they consider that his comments will have the opposite effect on what he hopes to achieve.

Time will tell whether 'the Ayes have it' when the vote is taken in the Lords at the beginning of March.

TONY BLAIR at the European Parliament.



Photo by Roman Yanushevsky Shutterstock

Brussels will not surrender

A NUMBER of Members of the European Parliament (MEPs) from different countries have been vocal in comments to European and British media warning that if Prime Minister May expects to divide and conquer or blackmail a soft exit then she will be disappointed.

From an early stage, Mrs May has warned the EU that if negotiations are difficult and if Britain is being given a difficult time, then she will simply walk away, regardless of whether any agreement is in place and in such a scenario, she has warned that member states will suffer.

These MEPs however have said that there will be a united front and Britain could be surprised at the response from the European Parliament if it tries to threaten or bully it.



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NEWS EXTRA

Landslides cleared

REPAIRS have begun on the landslide damage in El Campello following the storms. The government has invested €120,000 and it is hoped the repairs will be completed before Easter.

Record readers

THE La Nucia Caravana library has seen 270,000 users since opening in February 2007. To celebrate this Dr Miguel Llopis donated 70 books.

Social aid donation

TEXLIMCA, which collects clothing in containers in La Nucia, has presented the town's social welfare department with €1,965.

British group wants EU citizens' passport rights

By John Smith

A NUMBER of British citizens, especially those with links to European Union members are worried about their future ability to live, work and travel within the EU once Britain has left, possibly as early as 2019.

They are therefore encouraging those who want to keep access to the EU member states open to consider signing a petition to the Euro-

pean Commission requesting that it considers the granting of EU passports to those who want them.

The European Union citizens' initiatives allow for pressure groups to request a debate on different proposed courses of action, but any petition does require one million signatures from those individuals who meet voting criteria with the proviso

that signatures come from at least 25 per cent (seven) of the countries in the Union.

Whilst the EU is not a country and therefore cannot bestow citizenship, it does have the possibility to issue EU passports which it does for some diplomats and EU officials and it is the argument of those behind the petition that this could be extended to protect British citizens.

One week into the campaign the petition which can be viewed at <http://choosefreedom.eu/> had attracted less than 12,000 signatures, but organisers believe that even if they fail in their bid, they will have succeeded by drawing the attention of the Commission and Parliament to the wish of the many who do not want to cut their ties with the EU.

The recently appointed EU chief, Brexit negotiator and former Belgian Prime Minister Guy Verhofstadt, has already indicated that he may be in favour of some form of 'associate citizenship' for British passport holders, but it is debatable whether it would be possible to implement this.

GAY VERHOFSTADT and Jean-Claude Juncker.

Photo by © European Union - Jean-François Badias



What's in a name?

THE town of Villajoyosa has voted to maintain its current Castilian spelling as opposed to a call to change it to the Valencian La Vila Joiosa.

Many of the political groups representing the town had wanted the official Valencian spelling but the PP party felt that the measure was sectarian.

The council voted 11 in favour of keeping the Castilian spelling with 10 voting for the change.

Jaime Llorca of the PP party said: "Residents will still be free to say the town name in either way as they have always done, but Villajoyosa will remain official the Castilian spelling."



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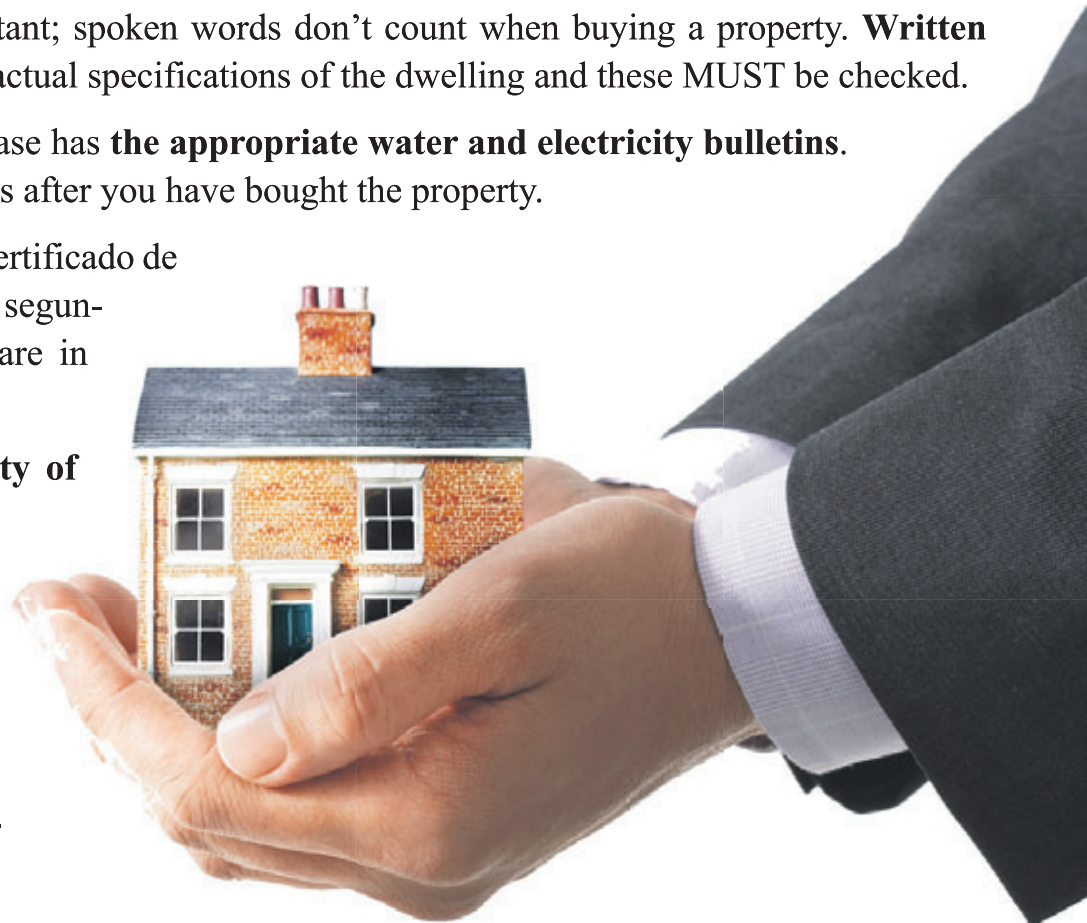
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- Check that the property that you are about to purchase has **the appropriate water and electricity bulletins**. This can be an expensive and time consuming process after you have bought the property.
- **Ensure that all of the paperwork**, including the “certificado de habitación” (habitation certificate) or the “licencia de segunda ocupación” (the licence of second occupation) are in place and registered.
- Investigate the **payment status of the community of owners** and ensure that there are no outstanding debts.

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New successful Mortgage Floor Clause cases as court rules in our client's favour

IN this article we would like to remind consumers affected by mortgage floor clauses, and

other abusive clauses like the clause that makes them pay all the costs of the mortgage, that

recent rulings negate the claims by banks that clients would lose out in pursuing any court case.

Banks keep losing these cases, and are being asked by the courts to pay back not only the overpaid interest, but also interest on the interest. The recalculation of the mortgage table means that the pending capital should also be reduced with the nullity of the mortgage floor clause.

As we previously informed our readers, the banks are not offering the correct amount to the customers affected by mortgage floor clauses.

Here are some of the favourable court decisions we obtained for our clients from the courts of Denia, all of them granted against banks.

1. Court Decision number 274/2016 from the First Instance Court number 3 of Denia, granted in favour of Mr

and Mrs B against Bank Sabadell. The court agreed with 100 per cent of our petition and declared:

“ The banks are not offering the correct amount to customers.

The clause included by the bank on the mortgage loan deed, stating that the bank has the right to terminate the contract and claim for the whole pending capital of the loan back, if the debtor (our client) missed only one payment of the loan is abusive and therefore null and void.

2. Court Decision number 27/2017 from the First Instance Court number 5 of Denia, granted in favour of Mr and Mrs S, against Banca March.

The court agreed with 100 per cent of our petition and declared:

That the delay interest of 18 per cent included by the bank on the mortgage loan deed is abusive and therefore null and void.

Abusive and therefore null and void the mortgage floor clause of 4 per cent.

3. Court Decision number 17/2017 from the First Instance Court number 4 of Denia, granted in favour of our client Mr J, against Banco Popular (before Banco Pastor). Declares abusive and therefore null and void the mortgage floor clause of 3.50 per cent and asks the bank to pay for the legal costs.

In these three cases:

- The bank was asked by the court to remove the mortgage floor clause, make a recalculation of the whole mortgage amortization table, and com-

paring it with the money charged, pay back the overpaid interest charged, plus interests, and recalculate the pending capital, etc.

- The bank was also asked to pay all the legal fees of our client, meaning 0€ will be paid by the clients to us since all will be paid by the bank, and the client will receive all the money from the bank.

Defend your rights, and do not enter into an agreement with the bank without reviewing the figures offered by them. You can claim at no cost to yourselves. **Contact us, we are experts, and we will help you.**

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

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New Bengal tigers at Terra Natura

By Caroline Tyszka

THE Terra Natura Park in Benidorm has been showing off its newest additions at the weekend, two baby Bengal Tigers.

Members of the public were invited to attend the park to meet the new additions named Neu and Pluja who were born on January 20.



Photo by Terra Natura website

NEW ADDITIONS: Neu and Pluja.

“ There are presently less than 2,500 left in the wild.

The two females are currently being fed and monitored by the park's veterinary team after their mother rejected them.

The cubs' parents Shana and Rajiv moved to the Benidorm park from France in November 2015 along with their three

male cubs.

A protected species, the Bengal tiger originates from Asia. There are presently less than 2,500 left in the wild because of poaching and their natural habitat being destroyed.

At the event Bimbo, the food company, offered special 'Tigerton' cupcakes to celebrate the arrival of the tiger cubs.

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Musicals in concert

IF you enjoy musical theatre then you are welcome to come along to Espai La Senieta in Moraira this evening (Thursday February 23), where Amadeus is performing its latest revue show 'Musicals in Concert.'

The show features many well-known songs from Broadway and the West End including Les Miserables, Evita, West Side Story and Spamalot to name just a few.

Philip, Amanda and Chris last performed this

show at their successful summer concert at Finca Jacaranda.

Some changes of the show have been made for this performance including a couple of new routines for you to enjoy alongside the showstoppers, duets, love songs and comic routines. Doors open at 7.30pm with the show itself starting at 8pm.

Tickets are priced at €12 and are available online at www.philipashley.com/boxoffice.php or by calling 965 581 483.

Quiz Night At

A full house, eyes down



QUIZ NIGHT: Teams were nervous not to be placed last.

THE U3A Vall del Pop 10th anniversary quiz began quietly, with all 61 players apprehensive and all the teams nervous not to be placed last. All the questions were linked, sometimes rather tenuously, to the Vall del Pop, the U3A, 10 years and valleys. A side order of cryptic drinks and some very obscure photos from TV sitcoms completed the menu.

The U3A team were anxious when 50's and 60's sitcom questions were thrown into the arena! It would appear that no one had a television in those days and the anticipation of the usual sport and general knowledge questions was in doubt. The team was not looking confident! Pub drinking during mis-spent youth was more likely than watching TV!

At the end of Round Two and the meal many raffle prizes were gladly received.

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WINNING TEAM: Had a wealth of knowledge.

“ Join the Vall del Pop U3A and enjoy good company and gather new interests.

Owing to a wealth of knowledge the winning team was ‘Not Completely Green’ with 60.5 points led by Barbara Hendry and Gordon Rodman. ‘Pooh Corner’ was second with 58 points followed by ‘Scrambled Eggheads’ with 55.5 points. Well done all of you!

Why not come and join us at the Vall del Pop U3A and enjoy good company and gather new interests.

For more information visit <http://u3avalldepop.com>.

Hearts for MABS

STAFF and pupils at Elians British School in La Nucia celebrated Saint Valentine’s Day for charity.

Selling cakes for MABS were sixth formers Emma Jayne Jackson and Masha Vladimirova assisted by younger pupils Zina, Pau and Amber.

Sharon Bell, a teacher at the school said: “It has gone really well and we have raised €333 for the Costa Blanca North MABS charity.”

The Elians community often hold events to raise money for local and international causes and will be holding a fancy dress event in May for World Endangered Animal Day with funds being sent to WWF.

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El Campello Christian Community welcomes you to a new year

EL CAMPELLO CHRISTIAN COMMUNITY has welcomed new worshippers and has begun the new year with enthusiasm and passion being inspired by the visit of a group of young people from YWAM, Youth with a Mission.

The community continues to grow and it now has more Spanish speakers than English so more bilingual people and equipment are needed.

Owing to the marvellous growth of their church the CCC is considering joining FIACME which is a sub-division of the Christian and Missionary Alliance in Spain. Their help and support would be beneficial to everyone in the community.

The CCC often organises events at very short notice which will be found on their website or Facebook page.

February and March events:

On Sunday February 26, 11am torchbearers will lead the service.

Table Top bargains, with a chat and coffee, can be found on

Saturday March 11, at 11am.

For information email campellocc@gmail.com or to book a table call 693 048 200 or 665 922 245. Tea & Cake & Encouragement on Thursday March 23 is a ladies' afternoon tea with as much as you can eat including tempting home-made cakes. Tickets €5. For information email campellocc@gmail.com or call 693 048 200

Music worship lead by the community's young and talented musicians, and often 'live,' is enjoyed by many every week.

Informal services continue to take place every Sunday at

11am followed by tea and cake.

Prayer and Bible Study takes place on a Tuesday at 7.30pm and coffee morning is every Thursday at 10.30am.

The CCC is also supporting a valued member of their community who is a young artist/musician. Aroa, from Alicante is an 18-year old Arts student. She kindly donated one of her paintings to the church to celebrate its inauguration.

Further information email: aroaleans@gmail.com.

The CCC welcomes you to all events and thanks you for your support.

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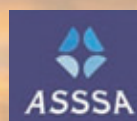


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Calpe RBL Poppy Appeal underway

MEMBERS from the Royal British Legion, Calpe and guests recently spent a day at the Hotel Gran Sol where they enjoyed music, dancing, food and friendly staff hospitality. A raffle with a range of prizes took place which raised €185.20 for the 2017 Poppy Appeal.



THE PONTARDDULAI MALE WELSH CHOIR: Has achieved 16 first places at the Royal National Eisteddfod.

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Welsh male voice choir to visit Teulada

THE Costa Blanca Male Voice Choir is pleased and very proud to announce that it will be appearing with the internationally-renowned Pontarddulais Male Choir at the Teulada-Moraira Auditori on May 6. The Welsh choir will be 80-strong and the CBMVC will provide another 40 voices, creating a rousing finale when both choirs will sing together. The locally popular Dolce Divas will also be appearing.

The Pontarddulais Male Choir has achieved prominence through a record 16 first places at the Royal National Eisteddfod of Wales and two first places at the Llangollen International Eisteddfod. They have undertaken 13 overseas tours including Canada, United States of America and several European

countries. During the 55 years of its existence the choir has raised hundreds of thousands of pounds for charity and more details can be found on its website www.pontarddulaismalechoir.com.

Tickets for this prestigious concert, price €12, are available online now at www.instantticket.es, from Teulada Town Hall front desks, the town hall office at Espai La Senieta Theatre in Moraira and the Teulada Auditorio Box Office. Donations from ticket sales will be made to Teulada-Moraira Proteccion Civil, the Alzheimer Centre and Make A Smile.

When asked about the Costa Blanca Male Voice Choir's 10th anniversary year, founder and president Mike Evans said, "The choir has come from very small beginnings in 2007 to a well-re-

spected and constantly improving choir, which has earned its growing reputation and popularity. We look forward to a memorable season."

The CBMVC is also holding a 10th anniversary concert at Benitachell Church on April 7 with free entry, no booking required and an exciting concert at the Cuevas de la Calaveres in Benidoleig on June 30. It is hoped that the seated-open-air concert, at Cuevas de la Calaveres, will be a lovely warm evening, when the choir will sing in the wonderfully acoustic entrance to this historic cave. Tickets price €10, support the single-parent charity Guardian Angels and Proteccion Civil, Benidoleig. For reservations, please call 965 744 577 or email cbmalevoicechoir@gmail.com.



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Talk it over

THE L'Arabi high school has a new mediation service for parents and children.

This aims to improve communication within the family, encouraging dialogue and harmony, explained Social Services councillor Isabel Muñoz.

Alfaz's pupil mediation service was introduced six years ago to improve coexistence between pupils, explained Educational mediator Raquel Guerrero. "But we noticed that conflict did not always originate in the classroom but at home, triggered by lack of communication between parents and adolescent children," said Guerrero, who can be reached on Wednesday between 4pm and 7pm at the Centro L'Alfas + Social.

Analysing the melting pot

By Linda Hall

ALICANTE University lecturer Francisco Montllor attended the latest monthly meeting for foreign residents at Alfaz Town Hall.

Montllor is heading an Alicante University study of Alfaz as a sustainable and healthy tourist destination. The team of investigators has now visited the town several times to assess firsthand the social and healthcare structure. On this last occasion their attention focused on Alfaz's foreign residents.

"We are very interested to hear their opinions," Montllor said. "We want to identify the resources and functions that Alfaz has built up over the last 40 years, allowing it to take the lead in integration and multiculturalism."

Almost 100 different nationalities live in Alfaz and more than 50 per cent of the population were born outside Spain. Montllor's team is analysing the characteristics that draw foreign residents to the town, building up a profile of the people who choose to live in Alfaz and discovering the reasons why.

They want to know what residents feel

NEWS EXTRA

Crossroads puzzle

ALFAZ residents' opinions were divided about the new roundabout at Avenida del Pais Valencia. Some welcomed it but others asked why it already appeared to be under repair.

On tap

ALFAZ water can now be used for all purposes. Restrictions were introduced last month after storms stirred up silt in the Guadalest reservoir, producing unacceptable levels of cloudiness.

Growing interest

ALFAZ'S Environment department is organising a two-session free course on organic agriculture on February 25 (theory) and March 4 (practical) from 9am-1pm. For more information email rbarreno@alfas.com.

Tennis for the blind

A COSTA BLANCA town has been chosen to celebrate the first International Tennis Championships for the blind.

Alfaz del Pi will host the first tournament of its kind for the blind and visually impaired from May 6 to 12.

Organisers of the event, the tennis academy IQL Sports and the Sound Foundation are hoping that more sponsors such as institutions, official

bodies and companies will want to be involved in supporting the international sporting event.

During the event players from all over the world are expected to compete and will stay at the Albir Garden Sports Resort which has adapted spaces and accommodation for the blind and visual impaired.

For further information www.lalfas.es.



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Photo by Alfaz Town hall

REGULAR MEETINGS: Representatives from foreign residents' groups.

they get out of the town, what improvements they would like to see and to learn if the quality of life is better than in their countries of origin.

“We hope to discover what differentiates Alfaz from other towns in the area and why it is so attractive to residents of so many nationalities,” Montllor explained.

Raising funds for Aspanion

RESIDENTS in Alfaz del Pi showed their support for Aspanion and presented a €200 cheque to the charity.

The town, celebrating their fourth day of nutrition, sport and health coinciding with International Child Cancer Day, held an event at the sports centre and Casa de Cultura promoting local businesses and raising much-needed funds for the cancer charity.

Fran Morcuenda, President for the Local Board of Aspanion in Benidorm said: “We offer psychological, social and economic support, comprehensive care in advanced disease, social cooperation and volunteer programmes.”

He also highlighted that the need for palliative care at home for paediatric patients was paramount.

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Photo by Alfaz Town hall

BLUE WINE: Age Folkestad with Alfaz mayor and councillors.

Wine gets the blues

AGE FOLKESTAD, a Marina Baja resident for 16 years, has produced a blue chardonnay wine.

Prior to the formal presentation at the Frax Foundation in Albir, Folkestad introduced the wine, named Azul Mediterraneo, to Alfaz's mayor Vicente Arques and councillors Rocio Guijarro

and Martine Mertens.

A growing number of clients are attracted to the colour which is entirely natural, Folkestad said.

“The skin of red grapes has a blue pigment called anthocyanin which is also rich in antioxidants,” he explained.

An Albacete bodega has

produced 120,000 bottles of Azul Mediterraneo in Classic, Dry and Frizzante versions. Folkestad, a businessman with interests in the hospitality trade, has dedicated the last year to producing 11 different wines which are sold principally in Norway, Sweden, Germany and Bulgaria.



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TEULADA MORAIRA

NEWS

Roads to be resurfaced



Photo by Teulada Town hall

ASPHALTING: Getting ready to roll.

MORE than 20 Teulada-Moraira streets are due for re-asphalting.

This is only the first phase of improvements to be carried out in coming months, said councillor Raul Llobell.

The roads to be resurfaced are as follows:

Calle Altea, Clementina Bertomeu, Cami Camp de Tir, Cami del Pas, Cami de la Sisca,

Cami de la Font Santa, Pintor Sorolla, Paloma, Canario, Fasian, Pintor Zuloaga, Pintor Leonardo Da Vinci, Puerto Espindola, Puerto de la luz, Puerto Lapice Benipeixcar, Alamo, Cami de l'Andrago, Cabo San Vicente, Cabo Finisterre, Cabo San Martin, Monte Perdido, Cartagena, Salamanca and the Mostoles-Cami de la Camarrocha intersection.

The town's got talent

TEULADA-MORAIRA residents will have the chance to display their artistic side at several local venues.

There is a €400 prize for the winner of the competition organised by the town hall's Youth and Public Works departments with €300 for the runner-up.

The competition is open to all non-professional entertainers who are over 16 although under-18s need parental permission.

“ €400 prize for local over-16s artistic talent.

Monologues, conjuring, drama, sketches, improvisations or other acts in Spanish or Valenciano by soloists or groups of up to three people, should last between 15 and 30 minutes. Music and dance are excluded unless they complement the turn and the organisers will not accept themes that discriminate against race, gender, sexual orientation, religion, nationality or political ideology

Participants can register until March 3 and heats will be held in local venues on Thursday evenings. The winners will be decided by a jury as well as a popular vote.

More information and entry forms are available at the SITs in Teulada and Moraira as well as *juvenud@teuladamoraira.org*.



CANCER CARE JAVEA: Raised €18,000 for MABS fifth hospice room

MABS open hospice room

By Caroline Tyszka

THE MABS cancer support group has opened its fifth hospice room.

Funded by Cancer Care Javea the new room in the Ana Maria Espinos Residential home in Teulada is the second at the facility and known as 009.

The opening ceremony was attended by Elizabeth Bell the British First Consulate, Jacqui Phillips MABS President, Sue Reula Director for MABS, Maggie MacKenzie from Cancer Care Javea and other dignitaries and supporters of the charity.

Cutting the ribbon to officially open the room Elizabeth Bell said: “It has been a pleasure to be involved, seeing various associations supporting each other and working together is wonderful.”

MABS, which was formed on June 7, 1999 opened its first room in Fontilles. This was then joined by a room in Villamartin, La Nucia and the

two in Teulada. All of the rooms offer comprehensive care for terminally ill cancer patients as well as those in need of respite and can accommodate family members for overnight stays.

Cancer Care Javea presented a cheque to the facility for €18,000 which will fund the bed for a year.

Jacqui Phillips said: “This room is available to anyone irrespective of their nationality, age or gender, there is no discrimination.”

The new room, which has a calming view onto the gardens, has an en-suite bathroom, a sofa bed, which was donated by the Lions Club, and offers 24-hour nursing care.

Maggie from Javea Cancer Care detailed how funding, raised through the community had meant that within a month of planning the room was available and that only one day after the funding had been put into place the room had been occupied, such was



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Short film festival

THE second edition of the Muscatel Short Films festival is scheduled for the end of August.

Last year 19 of the 257 films that were originally submitted by 21 national and international filmmakers were shown over two days in the Teulada-Moraira Auditorium. The first prize was awarded to Alberto Rodriguez's 'No abortamos.'

This year's main prize of €1,000 from Teulada-Moraira Town Hall will go to the best short film about muscatel. The Sant Vicent Ferrer wine cooperative is putting up a €500 prize for the best short on any theme and there will be €150 for the public's favourite film provided by Teulada's Associacio Cultural Amics.

All the films must have been made in 2016 and 2017 and should be presented before June 30.

More details are available on the www.curtssdelmoscatell.es website.



Photo by Teulada-Moraira Town hall / Matt Ford

FACT-FINDING: University experts at Senillar marsh.

Closer look at the marsh

VALENCIA University is carrying out its second survey of Moraira's Senillar marsh.

This comes more than 10 years after scientists from university's Cavanilles Institute of Biodiversity and Evolutionary Biology studied the marsh, its wildlife and plants.

The 760 square metres of marshland adjoining the Ampolla beach was restored in 2002 and much of the neglected area's ecosystem has now been recovered.

It became an officially protected wildlife reserve in 2004 and is the habitat of several native amphibians and, above all, the fartet (Spanish toothcarp). This

is a small fish considered to be at greater risk of extinction than almost any other Iberian vertebrate.

The Cavanilles Institute study was commissioned by Teulada-Moraira Town Hall which has allocated a €7,260 grant to the team led by Dr Antonio Camacho Gonzalez.

The survey, which continues throughout the present hydrological year between October 1 2016 and September 1 2017, aims to obtain reliable information about the current state of the marsh. This will be compared with the findings of the 2005-2006 investigation to help the town hall decide on future actions and improvements.



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Responsible for much of the behind the scenes equipment supply, technical support and transport is Francis McNeil. He told the *Euro Weekly News* that "in addition to the wonderful work that goes on in the public eye there is an amazing team of drivers, helpers, support workers and volunteers. For example a patient may need to travel from Javea to Valencia, or further, for 40 days of radiation treatment which is just one of the many things MABS assist with."

He went on to highlight that when someone is suffering from cancer it is such a difficult time for everyone involved but that it was important for people to forward plan, putting systems in place so that help can be given quicker. This included having a key holder named, detailing who is the next of kin and where bank accounts and solicitors are based.

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Beach barrier to r

By Linda Hall

SANDBANKS on the Arenal beach will remain there until next month.

Bulldozers piled up sand barricades to protect seafront businesses from battering waves last December after Spain's meteorological office forecast four-metre waves.

The dykes did their job and were later flattened but built up again in January when even worse weather hit the Marina Alta coastline.

This time the town hall has decided to leave them in place, explained Services councillor Kika Mata. Meanwhile, accu-



mulated reeds and rubbish that were carried out to sea and returned by the waves will be cleared away.

The winter's weather has been very unstable and as it was impossible to rule out further bouts of gales and heavy

seas it was thought wiser to leave them in place until spring. By then there will be less risk of storms and the town's beaches can be readied for the Easter Week tourist influx, Mata said.

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Photo by Javea Town hall

PROTECTION: Sand barriers keep the waves out.

also be levelled and their characteristic stones replenished by those swept down the swollen River Gorgos in December and January.

Great escape brings problems

RACHAEL and Hannah adopted 20 of the Vietnamese pot-bellied pigs that have colonised Javea's El Saladar district.

Several escaped some time ago from a local smallholding and bred uncontrollably. El Saladar residents called for solutions that included a cull but Rachael and Hannah stepped in to save 20 pigs and installed them on a rented plot of land.

The pigs soon escaped by tunnelling under the fencing, returning to eat but making off again, raiding gardens and causing the same problems that prompted the El Saladar residents' original complaints.

The landowner has now asked Rachael and Hannah to move the animals. If they fail to do so, she will have the pigs put down, she warned.

Desperately anxious to find a home for the pigs, Rachael and Hanna are urgently seeking another suitable plot of land where they can continue to look after the animals and feed them, they said. They are also looking for members of public willing to adopt one of the pigs.

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Citizens' needs should come first

By Linda Hall

JAVEA mayor Jose Chulvi and Treasury councillor Antoni Miragall recently attended the Municipalities Conference in Valencia.

The conference was attended by mayors and councillors from all over Spain who represent 10.5 million people and are seeking fairer financial support from the national government in Madrid.

The two-day conference focused on obstacles

to local funding and the municipalities' belief that this should be available whether or not a town hall's books and budgets are balanced.

Local Administration are closest to the population, delegates concluded. They should be able to provide the essential services relevant to the daily lives of millions of people without being subject to the needs of the national government's Treasury, they agreed.

Too often local councils have to cut back on some services or

spend government funding as directed by Madrid, delegates maintained.

"The government cannot continue turning its back on the needs of town halls that comply with their obligations and are not in the red," Chulvi said.

"It is inexplicable that there can be a surplus - whether ours or the Alicante Diputacion's - which we are not allowed to spend on improving people's lives because the law tells us that the banks come first."



VALENCIA CONFERENCE: Jose Chulvi and other conference attendees

Photo by Javea Town hall

Museum visits increase

A RECORD number of 23,125 people visited Javea's Archaeological and Ethnological Museum in 2016, a 2,560 increase on 2015.

Only 1998 saw more visitors when part of the exhibition of the Valencian-born painter Joaquin Sorolla's works were displayed at the museum.

Almost 40 per cent of the Museum's visitors went there on organised events including conferences, talks and exhibitions while just over 60 per cent were individual visits.

A quarter were foreigners, the majority from the European Union, for whose benefit volunteers from the Amics del Museu (Friends of the Museum) association have



MORE VISITS: Record year for Javea museum.

Photo by Javea Town hall

translated information panels.

Local residents accounted for 4,889 visits, a further 2,072 were Valencian Community residents and the remainder came from other Spanish municipalities.

End of an era

AT the recent AGM of the Valleys International Bridge and Social Club, the President Sylvia Hollender announced her decision to retire. Sylvia has been a founder member of the club

since it was formed in the Jalon Valley and served on the Committee since it moved to El Cid Restaurant in the Orba Valley and became a properly constituted Club, some 13 years ago.

Sylvia became president and has lead the club with distinction and calm friendliness ever since. As she says herself, The Valleys has been an extremely important part of her life in Spain.

The reason for her retirement is because she intends to spend her summers in the UK and return to Spain when the weather cools down. She had considered being a part-time president, but realised that even a small club like theirs needs a full time leader.

She will, of course, return to the Valleys every week whilst she is in Spain, where she will be welcomed by the members for her exhaustive knowledge and charming company.



SYLVIA receiving a framed certificate as an Honorary Member of the club from the new President, **BRENDA RUSSELL**.



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Leo en route to his treatment in the USA



LITTLE Leo is on his way to the States! The four-year-old was declared well enough to make the journey to the treatment centre in Oklahoma. Under the guidance of Dr Andrew Chang, Leo will undergo proton therapy. It's the only treatment that will reduce the damage to his brain and hopefully kill off the tumours.

Mum Karen told *EWN*: "Part of me is feeling nervous and anxious as we are going into the unknown to a country far away, but as the days pass I am more and more positive. We are doing the right thing."

Leo has been given his chance by the surgeons at Alder Hey. One of the best-known children's hospitals in the UK, they were able to remove the cancerous tumours that keep coming back inside his brain.

"I am sure we have made the right decision giving Leo the best chance at having a normal life," says Karen.

She admits the medical team's reports have not been easy to understand and believes what was worrying the surgeons before his operation - nodules near the tumours - have now been cut out.

"From what I understand these nodules have been removed, including the suspicious one that the doctors were worried about. Hopefully I will get confirmation that Leo has a clear scan with nothing suspicious, but I am trying not to get too excited."

Keeping her spirits up over such a long period has not been easy, she admits.

"I was having a couple of down days, everything getting on top of me, living out of a suitcase and trying to organise a million things.

"Maybe it was the depressing English weather, and comments from people who don't mean anything but I'm not going to let them get me down anymore."

Leo is making the trip with his older sister Sofia to try to make the atmosphere around him as normal as possible and make up for the time they've lost together during his prolonged bouts of treatment.

Once in Oklahoma his treatment will start almost immediately, and, the family hope, impact less on him as he tries to recover.

"Seeing Leo go through one of the most aggressive forms of chemotherapy that exists was very difficult, one of the worst things for a parent to witness," says Karen.

"During proton therapy Leo might only have a bit of nausea and a headache during treatment which is a breeze compared to the chemo."

How long it will take before the success of the proton treatment can be gauged, won't be clear for some time.

If young Leo is not too ill, then the family hope they can actually enjoy some aspects of life in the USA.

Says Karen: "We hope that he can actually enjoy his stay in the USA and still have some fun, despite having his treatment."



“His treatment will start almost immediately.”



KAREN'S BROTHER: Giving the thumbs up.



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Valley Voices and distant memories!

VALLEY VOICES are busy rehearsing new music for their up and coming concerts, so watch this space for details.

After two concerts just before Christmas, which seems a distant memory now, the choir had a full house at La Musical in Parcent where they performed a mix of Christmas songs together with carols with audience participation. The second was a shared concert with the Cor d'Orba which was held in the Iglesia de la Navidad Señor de Orba, both choirs sang a mixture of songs traditional and modern, the beautiful church atmosphere certainly added to the Christmas singing from both the choirs.

Valley Voices is a mixed choir, anyone interested in joining this happy band of singers please contact musical



director Aileen Lightfoot on 696 514 613 or Jennie Tollan on 646 606 433. The choir meets on Monday afternoons at the Jalon Valley Animo drop in centre in Alcalali between 4pm and 6pm where

VALLEY VOICES: Sing a mixture of traditional and modern songs.

everyone is made most welcome. Valley Voices is kindly sponsored by Garcia Villas.

ABEL MICHELETTI

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Barn dance a success!

**BARN
DANCE:**
An evening
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cheer.

THE enthusiastic group of residents and friends, nearly 70 of them, who braved the rather inclement weather to attend the recent Anglican Chaplaincy barn dance, were rewarded with an evening full of fun and good cheer!

The floor of the Ermita San Josep in La Fustera was cleared for the evening and very soon experts and beginners alike were square dancing and 'reeling' away guided by the very professional calling of Eileen Hodson, supported by her husband Raymond, who helped demonstrate some of the more complicated steps.

Raymond also did a great job sorting and playing the recorded music, while Dave Peachey added

“ **€1,000 was raised and the money split between various local charities.**

his own touch to the evening by playing live a number of the line dance and country tracks.

The catering team organised a tasty Ploughman's supper and the pay bar was busy all evening,

after all dancing is thirsty work!

When the dust had settled and the hay bales cleared away, Eileen was able to announce that €1,000 had been raised and the money would be split between The Friends of the Children of Emaus and the Costa Blanca Anglican Chaplaincy.

For more information on the churches of the Chaplaincy and the work they undertake in the area, visit www.costablanca-anglican-chaplaincy.org.

Testing journey for students

HIGH schools in Teulada-Moraira and Benitachell joined forces and called for local university entrance exams.

These are held over three days and students from all over the province must go to Alicante City or Elche, pointed out the Education councillors from both towns.

This is a financial burden for some families without factoring in the physical and psychological toll of journeys of up to 150 kilometres, they said. After talks with headteachers both town halls agreed that extending the 2016-

2017 academic year at whichever Instituto was chosen for the exams would solve this problem. Care would be taken to ensure that the entrance exams did not interfere with normal lessons, both councillors stressed.

Meanwhile Teulada-Moraira's Education councillor, Daniel Ibanco and Teulada-Moraira's acting mayor Raul Llobell have also suggested introducing additional courses at the Teulada school, including tourism and agriculture, as these are linked to the town's economic and social background.

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DENMARK

Grammy performance



DANISH band Lukas Graham performed at the 59th Grammy Awards in Los Angeles, USA, but despite being nominated in three categories, failed to pick up any awards.

Homeless numbers

A COUNT of the homeless people on

Copenhagen's streets revealed that 41 were foreign and just three were Danish. Copenhagen municipality said many of the foreign homeless are in Denmark illegally and so cannot assist them.

Happy 100th

MORE Danes are reaching the ripe old age of 100. Last year saw 1,143 Danes celebrate their 100th birthday with better childhoods and friendlier workplaces believed to be the reason behind why people are living longer.



Photo by Wikimedia

LUKAS GRAHAM: Failed to pick up any awards. |

City roadworks

COPENHAGEN seems to be a city of roadworks with figures showing that last year nearly 11,000 digging permits were granted in the city, an increase of 18 per cent on the previous year.

GERMANY

New chancellor

THE most recent poll has shown that 64 per cent of Germans want a new Chancellor after the election to replace Angela Merkel following 12 years in office.

were booked in hotels and guest houses in the region in 2016.

Bavaria boost

BAVARIA is enjoying a tourism revival with more tourists than ever. For the first time, 90 million beds

Outback death

AN elderly German couple have died in the Australian outback after becoming disorientated. The couple had been missing for days and were found near Alice Springs as temperatures topped 40 degrees

centigrade.

Fake news

TWO people are being investigated amid claims they made up a story about dozens of Arab men rioting and sexually assaulting women in Frankfurt. Interviews with alleged witnesses led to doubts over what had happened.

**FRANCE**

Rape riots

RIOTS broke out in a suburb of Paris following the alleged rape of a black youth with a police baton. President François Hollande has condemned the riots but said justice must be served of what happened.

Skiers killed

FOUR skiers were killed following an avalanche in the town of Albertville in the Alps. The avalanche, some 400m wide, is believed to have been set off by a group of skiers higher up the mountain.

Obesity rates

THE country's childhood obesity rates are stable or declining according to the French Ministry of Health. According to a study, 18.1 per cent of French children were considered overweight, significantly less than the European average.

No hacking

RUSSIA has denied that it was behind media attacks of presidential hopeful Emmanuel Macron. A Kremlin spokesperson said: "We do not have any intention of interfering in the internal affairs of other countries."

**NORWAY**

More recycling

A CONSORTIUM of companies are backing research which focuses on the development of new technologies for bio-plastics and recycling of plastics packaging. Currently, over 60 per cent of plastic packaging is recycled in Norway.

Hit and run

A DRIVER has been arrested after hitting a six-year-old girl and then fleeing the scene. She was on her way to school at the time and was taken to hospital for checks.

Drugs ban

NORWEGIAN cross-country skier Therese Johaug, aged 28, has been suspended from the sport for 13 months after testing positive for steroids.

Child welfare

NORWAY'S Child Welfare Service is being criticised for the number of children it puts into care. A total of 1,664 children were taken into care in 2014 and in the last year eight cases have been taken up by the European Court of Human Rights.

**BELGIUM**

Winning ticket

A BELGIAN man has scooped €23.5 million on the Euromillions lottery. He is the first major jackpot winner in the country for 2017.

launched a campaign to get more employees to exercise at work and is set to advise companies on the issue and how to get workers more active.

Fighting force

ESTIMATIONS predict that by 2028, Belgium will have lost a quarter of its fighting forces. That's according to the military trade union.

Bad air

AIR quality in Belgium is below par and not what it should be, with levels exceeding the European alert level of 50 microgrammes per cubic metre in some places with Flanders and Antwerp the worst affected.

Active workers

THE Flemish government has

NETHERLANDS

Early spring

SPRING has sprung early as many parts of the country basked in above average temperatures, just a week after snow. In Maastricht, the temperature reached 17 degrees, compared to the average six degrees for this time of year.

Street harassment

HOLLAND'S Labour party wants to make it a criminal offence to sexually harass women in the street with fines of up to €8,200 for offenders.

Worker arrest

A MAN who spent more than 15 years working in child care has been arrested on charges of possessing child pornography.

Cat's travels

A CAT which went missing from Tilburg in August has reportedly been found in Austria. It was found and taken to a vet who located its owner thanks to its microchip.

**SWEDEN**

Match fixing

A SWEDISH football striker is one of three people jailed for match-fixing. The case followed a complaint from the Norwegian Football Association.

Milk study

A SWEDISH study claims that drinking too much milk could shorten your life. Women who drink at least three glasses of milk per day with little fruit and veg, are three times more likely to die earlier than those who drink one glass of milk a day.

Offensive plates

A SWEDISH man has had two of his latest attempts to create his own personalised number plates denied after it was deemed they were offensive when the letter and number combinations were reflected in a mirror.

Horny beer

A NEW beer from a Swedish microbrewery has become an overnight success selling out within a day. It could be due to its unusual name; Katol, which roughly translates as 'horny beer.'





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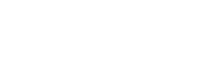
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Booze ban at Lloyds of London

By John Smith

BACK to the coffee house is the instruction that Lloyds of London has effectively given to its 800 strong staff as it has banned the drinking of alcohol between the hours of 9am and 5pm.

Originally set up in Edward Lloyd's coffee house in the 17th century, it became the world's largest insurer and some of the deals were struck over fairly boozy lunches, but the organisation now intends to ensure that its

£2.1 billion (€2.47 billion)

is the profit that Lloyds of London declared for the 2015 accounting year and it is on course to exceed this when 2016 profits are announced later this year.

staff are not influenced by the 'demon drink.'

One of the reasons for the decision is because in a survey of internal grievance and disciplinary cases, a high percentage were fuelled

by or related to alcohol and the employer now wants to ensure that its policies are in accord with other industries.

Certainly at one time every senior employee of the Royal Mail, apart

from being a member of the Territorial Army), had their own drinks cupboard in their rooms which ranged from antique wood to metal lockers in their rooms, but that was stopped many years ago.

Ironically and perhaps irritatingly for Lloyds' staff, independent brokers and underwriters who work in the same building will not be subject to the ban.

The organisation is also gearing up for Brexit and has already announced that it will be moving some of its staff to new offices in Europe.

£5 update

AFTER saying that it has treated the 100,000 signature petition calling for the withdrawal of the new £5 note due to use of tallow with "utmost seriousness," the Bank of England has announced that it will continue to issue that note regardless.

In addition, having already spent £24 million (€28.25 million) on production, it will also go ahead with the release of the equally 'tainted' new £10 bank note in September of this year.

The bank argues that only a very small amount of tallow is used in the process of production, which is a bit like arguing that there is only a bit of pig in crackling!

Quote of the Week

Good for jobs and businesses in Europe and Canada. Voted in favour of CETA." Jyrki Katainen, European Commission vice-president for jobs, growth, investment and competitiveness on trade deal with Canada.



Opel and Vauxhall sale



Photo by Vauxhall

GENERAL MOTORS: The Astra in production.

By John Smith

GENERAL MOTORS (GM) which owns the Opel and Vauxhall car brands has indicated that despite both companies turning in regular losses over the years, there is a possibility that a French group may be interested in taking them over.

The PSA Group, makers of Citroen and Peugeot cars works with GM on a number of projects in Europe and is currently the third largest manufacturer in Europe, behind Renault-Nissan

which has recently recorded increased sales and Volkswagen.

Vauxhall currently employs 4,500 staff in the UK, but unions estimate that a further 30,000 people worked in occupations connected with Vauxhall and its vehicles.

The French company is partly owned by the state, but also has investment from the Peugeot family as well as a Chinese vehicle manufacturer and if a sale was to be agreed, the new company would become Europe's number two producers of vehicles.

» BUSINESS EXTRA

Going Greek

WHILST the International Monetary Fund warns about the continued fragility of the Greek economy and invites the European Union to give more financial assistance, creditors have previously indicated that nothing is likely to be available to assist Greece until 2018.

Bank rate

THE chairperson of the US Federal Reserve Janet Yellen has indicated to Congress that it would probably be sound economic sense to increase the base rate of interest in the USA in the not too distant future following a December 2016 increase.

Alleged fraud

ACCUSATIONS of corruption will not disappear as far as the ruling Partido Popular of re-elected Mariano Rajoy is concerned as the president of Murcia has been accused of alleged fraud and bribery, whilst the former mayor of Cartagena has been accused of using public funds to underwrite a digital newspaper which promoted her in a positive light.

Increasing price of milk


AFTER the publicised shortage of vegetables in the UK and bacon in the US, the next possible consumer problem could be with milk and yoghurt according to French global company Danone.

There isn't likely to be a shortage of the dairy

product, but prices of milk have risen by 9 per cent in the last year which means that the owner of the Activia and Actimel brands will be keeping a close watch on the escalating price of the 'white stuff.'

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Bunzl	1,050.00	-2,162.00	-100.00	7,188.74
BP	447.50	1.50	0.34	87,343.71
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Coca-Cola HBC	1,000.00	-1,989.00	-100.00	6,944.30
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Centrica	230.00	-2.60	-1.12	12,898.77
Compass Group	1,455.00	-18.00	-1.22	23,810.00
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GKN	346.50	-0.80	-0.23	5,951.11
Glencore	324.00	4.55	1.42	46,710.93
GlaxoSmithKline	1,620.00	-19.50	-1.19	79,401.07
Hikma Pharmaceuticals	1,975.00	-59.00	-2.90	4,835.42
Hargreaves Lansdown	750.00	-1,372.00	-100.00	6,460.22
Hammerson	256.00	-564.50	-100.00	4,469.62
HSBC Holdings	704.00	-3.50	-0.49	140,019.65
International Consolidated Airlines	497.50	-15.50	-3.02	10,740.17
InterContinental Hotels Group	1,400.00	-3,889.00	-100.00	7,649.85
3i Group	335.00	-720.00	-100.00	7,004.11
Imperial Brands	3,700.00	-81.00	-2.14	35,136.75
Informa	0.00	0.00	0.00	5,413.71
Intu Properties	124.50	-273.50	-100.00	3,677.58
Intertek Group	2,000.00	-3,538.00	-100.00	5,680.81
ITV	211.05	5.55	2.70	8,376.88
Johnson Matthey	2,940.50	-121.50	-3.97	5,945.35
Kingfisher	329.00	1.90	0.58	7,362.59

COMPANY	PRICE(P)	CHANGE(P)	% CHG.	NET VOL
Land Securities Group	1,033.50	-20.50	-1.94	8,318.63
Legal & General Group	245.00	1.00	0.41	14,624.98
Lloyds Banking Group ORD	66.40	-0.46	-0.69	47,998.84
London Stock Exchange Grp	1,645.00	-3,130.00	-100.00	10,926.06
Micro Focus International	0.00	0.00	0.00	5,007.57
Mediclinic International	375.00	-828.00	-100.00	6,100.69
Merlin Entertainments	0.00	0.00	0.00	4,969.34
Marks & Spencer Group	343.15	17.65	5.42	5,361.60
Mondi	1,837.50	-21.50	-1.16	8,934.19
Morrison (Wm) Supermarkets	253.00	4.10	1.65	5,822.49
National Grid	963.00	1.80	0.19	35,953.37
Next	3,750.00	-102.00	-2.65	5,664.62
Old Mutual Group	209.00	-7.10	-3.29	10,722.61
Provident Financial	0.00	0.00	0.00	4,094.79
Paddy Power Betfair	0.00	0.00	0.00	7,051.35
Prudential	1,557.50	-56.50	-3.50	42,060.10
Persimmon	1,935.00	-76.00	-3.78	6,207.64
Pearson	669.50	1.00	0.15	5,429.05
Reckitt Benckiser Group	7,080.00	-20.00	-0.28	48,312.66
Royal Bank of Scotland Group	238.50	-3.90	-1.61	28,789.46
Royal Dutch Shell	2,145.00	50.00	2.39	94,025.63
Royal Dutch Shell	2,229.00	43.50	1.99	83,355.81
RELX	1,464.50	-19.50	-1.31	15,921.27
Rio Tinto	3,606.00	6.50	0.18	50,143.10
Royal Mail	424.00	13.40	3.26	4,100.00
Rolls-Royce Group	703.25	37.25	5.59	12,752.19
Randgold Resources	7,340.00	-45.00	-0.61	6,886.09
RSA Insurance Group	300.00	-581.50	-100.00	5,995.31
Sainsbury (J)	245.00	-23.40	-8.72	5,845.49
Schroders	1,550.00	-3,069.00	-100.00	6,882.38
Sage Group (The)	348.50	-633.50	-100.00	6,864.98
Shire	4,845.00	9.00	0.19	43,086.30
Smurfit Kappa Group	2,187.50	-49.50	-2.21	5,206.92
Sky	995.00	0.00	0.00	17,155.79
Standard Life	355.00	-12.20	-3.32	7,274.92
Smiths Group	745.00	-1,514.00	-100.00	6,038.40
Smith & Nephew	1,196.00	-7.00	-0.58	10,573.87
SSE	1,535.00	11.00	0.72	15,494.89
Standard Chartered	782.50	9.50	1.23	26,544.80
St James's Place	400.00	-1,090.00	-100.00	5,776.15
Severn Trent	2,327.50	17.50	0.76	5,423.67
Tesco	196.40	0.65	0.33	16,088.06
TUI AG	1,193.50	69.50	6.18	6,580.70
Taylor Wimpey	176.60	-0.90	-0.51	5,786.59
Unilever	3,792.50	-4.50	-0.12	42,963.80
United Utilities Group	938.00	-13.00	-1.37	6,454.07
Vodafone Group	197.50	-0.50	-0.25	52,785.32
Wolseley	2,400.00	-4,991.00	-100.00	12,709.08
Worldpay Group	131.00	-267.20	-100.00	5,400.00
WPP Group	1,896.00	-4.00	-0.21	24,208.15
Whitbread	3,750.00	-186.00	-4.73	7,231.39

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COMPANY	PRICE	CHANGE	%CHANGE	VOLUME
3M	182,950	-0.25%	-0.460	109M
AMERICAN EXPRESS	79,7100	+0.25%	0.2000	71M
APPLE	135,720	+0.28%	0.375	710M
BOEING CO	172,710	+1.11%	1.900	105M
CATERPILLAR	98,850	+0.60%	0.590	57M
CHEVRON	110,33	-0.32%	-0.35	207M
CISCO SYSTEMS	33,740	+0.42%	0.140	169M
COCA-COLA	41,23	+0.07%	0.03	177M
DU PONT(EI) DE NMR	77,4900	-0.39%	-0.3000	66M
EXXON MOBIL	81,76	-0.66%	-0.54	338M
GENERAL ELECTRIC	30,3700	-0.26%	-0.0800	267M
GOLDMAN SACHS	250,38	+0.38%	0.94	99M
HOME DEPOT	143,0000	+1.03%	1.4600	173M
IBM	180,67	-0.42%	-0.76	171M
INTEL CORP	36,4800	+0.19%	0.0700	172M
J.P.MORGAN CHASE	90,2300	-0.33%	-0.3000	323M
JOHNSON & JOHNSON	118,8600	+0.66%	0.7800	322M
MC DONALD'S CORP	127,8000	+0.87%	1.1000	104M
MERCK AND CO. NEW	65,39	+0.20%	0.13	179M
MICROSOFT	64,620	+0.15%	0.100	497M
NIKE	56,75	+0.82%	0.46	74M
PFIZER	33,6200	+0.00%	0.0000	203M
PROCTER AND GAMBLE	91,090	+0.33%	0.300	232M
TRAVELERS CIES	121,95	+0.13%	0.16	34M
UNITED TECHNOLOGIE	112,15	+0.07%	0.08	90M
UNITEDHEALTH GROUP	157,62	-3.68%	-6.03	149M
VERIZON COMMS	49,19	+1.51%	0.73	199M
VISA	87,46	+0.06%	0.05	161M
WAL-MART STORES	69,3700	+0.73%	0.5000	212M
WALT DISNEY CO	110,0600	-0.59%	-0.6500	173M

NASDAQ

CLOSING PRICES FEBRUARY 20

COMPANY	PRICE	CHANGE NET / %
Most Advanced		
LMI Aerospace, Inc.	\$ 13.66	4.47 ▲ 48.64%
GSI Technology, Inc.	\$ 6.99	1.27 ▲ 22.20%
SunPower Corporation	\$ 7.89	1.13 ▲ 16.72%
Fate Therapeutics, Inc.	\$ 3.93	0.54 ▲ 15.93%
Cohu, Inc.	\$ 15.72	2.08 ▲ 15.25%
Universal Electronics Inc.	\$ 72.65	9.55 ▲ 15.13%
Connecture, Inc.	\$ 2.212	0.222 ▲ 11.16%
The Kraft Heinz Company	\$ 96.65	9.37 ▲ 10.74%
Corium International, Inc.	\$ 3.84	0.33 ▲ 9.40%
Encore Wire Corporation	\$ 47.85	4.10 ▲ 9.37%
Nabriva Therapeutics AG	\$ 10.82	0.87 ▲ 8.74%
Most Declined		
Icahn Enterprises L.P.	\$ 2.29	0.41 ▼ 15.19%
Impinj, Inc.	\$ 31.17	4.19 ▼ 11.85%
Monotype Imaging Holdings Inc.	\$ 21.40	2.20 ▼ 9.32%
Gibraltar Industries, Inc.	\$ 40.30	4 ▼ 9.03%
Marchex, Inc.	\$ 2.80	0.27 ▼ 8.79%
Huron Consulting Group Inc.	\$ 42.60	4 ▼ 8.58%
Orexigen Therapeutics, Inc.	\$ 4.38	0.30 ▼ 6.41%
Zynerba Pharmaceuticals, Inc.	\$ 21.23	1.41 ▼ 6.23%
Bel Fuse Inc.	\$ 29.90	1.80 ▼ 5.68%
Avis Budget Group, Inc.	\$ 33.76	2 ▼ 5.59%
Credit Acceptance Corporation	\$ 191.99	10.41 ▼ 5.14%

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Accumulating Funds

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

DEALING PRICE

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€1.0736 €0.0040
£1.2750 £0.0128
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Ethical Co-op Bank may be sold or split up

By John Smith

IT has been announced that the self-proclaimed ethical bank owned by the Co-op which was founded in 1872 as the Loan and Deposit Department of the Co-operative Wholesale Society has been put up for sale by the Board of the Co-op.

In reality however this is not strictly true as following the huge scandal concerning former chairman, the 'crystal Methodist' Paul Flowers and the discovery of a £1.5 billion (€1.75 billion) hole in its finances, the parents raised the funds needed by selling 80 per cent of the equity to mainly American hedge funds.

What is actually being sold therefore is the remaining 20 per cent of the business and there are suggestions that it might appeal to the TSB which is owned by Spanish bank Sabadell, fellow Spanish group Santander or Virgin Money.

Hedge funds invest in weak businesses in order to see a relatively quick growth and return and therefore they will be looking to either walk away with a decent profit or perhaps release their investment to



CO-OP BANK: Has been put up for sale by the Board.

place elsewhere.

A complete sale is not the only option as in theory, the bank could be floated on the stock exchange or broken into parcels and sold to different

financial groups, but a number of politicians including former Finance Minister Sir Vince Cable are worried by the possible sale.

According to the Liberal Democrat

grandee who lost his seat in parliament in the 2015 election, Britain, unlike the USA and so many other countries in Europe does not have a large number of small local banks but

effectively the entire high street banking system is run by a few conglomerates which have gobbled up any 'lame ducks.'

Sir Vince's opinion is shared by a number of MPs who fear that the options for consumers in particular could be restricted even further if the Co-op Bank is taken over by one of the 'big boys,' as it still has four million account holders who would be treated as a commodity.

Having disposed of a number of 'bad loans' and introduced cost savings, the Co-op group has still 'written down' the book value of its 20 per cent shareholding on more than one occasion and it seems likely that the entire bank is worth less than £1 billion (€1.17 billion).

With the recent acceptance by Lloyds Banking Group that there were irregularities at HBOS prior to its takeover, repeated accusations against HSBC and now lawsuits from a number of former and often bankrupted clients of RBS, the need for an ethical bank is possibly greater than ever which is why the possible disappearance of the Co-op is under the microscope.

Champagne prices may rise

By John Smith

IT appears that the price of 'premium' Champagne in Britain is likely to jump due to Brexit and UK tax, but it is still possible to purchase a bottle of supermarket Champagne for less than £10 (€11.70) and with continued price wars this should continue.

“ Champagne brands invest huge amounts of money in marketing.

Whilst many will turn their noses up at the Champagne from Aldi or Lidl, it should be remembered that to be called Champagne it has to go through all of the requirements of its much more expensive premium brothers and sisters which begs the question as to why prices vary so much.

At the end of the day, the long established Champagne brands such as Krug, Moët, Bollinger and Taittinger are names that everyone knows and are therefore associated with quality. If you are holding a social function, you are far more likely to serve one of those brands rather

than a Tesco best buy.

The Champagne brands capitalise on this 'snobbery' and charge accordingly and there is no doubt that they have in-

vested huge amounts of money into their properties, their grapes and their marketing, so need to see a decent return.

When Boris Johnson directed observations to the Italian government about a trade deal following Brexit he was quite accurate in warning them about the market for Prosecco as it is a simple fact that the Italian fizz now outsells the

French 'original' by a factor of four to one and it is still relatively inexpensive.

It is considered (rightly or wrongly) to be a cut above Cava from Spain and Sekt from Germany and whilst ladies who lunch now ask for Prosecco, it is highly unlikely that any of them will know the name of any of the brands.

Sparkling wine is big business in the UK and even British wineries, particularly those in Kent, Surrey and Sussex, with similar ground and grapes to those used in the Champagne region and are beginning to be treated seriously with some high quality production and financial results.

CELEBRATING with Champagne.



Photo by Mikael Damkier Shutterstock

Charging costs

A CAFÉ in Vienna has decided to 'call time' on nuisance customers who come in for a cup of coffee and then spend hours occupying a seat and what is worse recharging their phones or running their laptops at the café owner's expense.

“ It costs less than €1 a year to charge a phone.

Whilst this may appear to be a reasonable decision with anti-social customers hogging seats, the argument about the cost of electricity isn't so strong as research suggests it costs less than €1 a year to charge a phone.

Some café owners have taken to disguising electric points and only let regular customers know where they are.

Former Bank of Spain Governor to be quizzed over Bankia Group

Spanish pensions

By John Smith

THE farrago which saw the public flotation of the Bankia Group and then the huge loss of value of shares following the revelation of the misleading financial prospectus and the government bail-out continues to rumble on.

The Spanish government invested more than €22 billion in saving the group and although it is beginning to see some positive results, Bankia is still having to compensate those persuaded to purchase shares when the bank was first floated.

In the meantime, former Spanish government minister and former Bankia president Rodrigo Rato is still awaiting a verdict following his trial for alleged misuse of Bankia funds which he has always denied.

There is no question that the whole Bankia affair came as a huge embarrassment to the Spanish government and helped in its own way to trigger a major



Photo by Banco de España/Flickr

FORMER GOVERNOR: Miguel Ángel Fernández Ordóñez.

financial crisis in the country.

Now it has been announced that a number of senior former employees of the Bank of Spain including the former governor Ordóñez as well as others from the watchdog National Commission for

Market Values are to be interviewed by the court in Madrid over their inability to detect the irregularities in the Bank.

No formal charges have been laid against any of those who will be examined and three current Bank of Spain em-

ployees have resigned their positions as they are to be interviewed, but they will all need to explain why they apparently ignored information from a Bank of Spain investigation team which warned that Bankia was not financially sound.

“ The Bankia affair came as a huge embarrassment to the Spanish government.

According to the court, these warnings included unequivocal and strong advice that the listing of the bank on the Spanish stock market should not be allowed and if their warnings had been heeded, investors and tax payers would have been in a much better position, as much of the money invested by the government following the crisis will never be repaid.

AWARE that the Spanish pension pot has been considerably reduced by the current government in order to ‘plug holes’ in state finances, the governor of the Bank of Spain, Luis Maria Linde has come up with a plan.

According to the governor, as people live longer and pension funds are stretched, it would be sensible to increase the retirement age as has been done in the UK which would mean less money spent and more taxes collected.

He would like to see the new retirement age of 67 which is due to be implemented in 2027 brought forward, but this idea has not found favour with the government, although they have no problem in principle if people wish to voluntarily continue to work after they reach 65.

Losing mental capacity whilst living abroad

by Stone King

Charlotte Macdonald

Contact me at international@stoneking.co.uk



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

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

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



“ An LPA must be made while you have full mental capacity.

What is an LPA?

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

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

Your attorney can be a professional,

such as a solicitor or a family member or friend.

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

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

Why should you get an LPA?

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

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

Will my LPA be recognised in Spain?

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

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



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Blair is an eloquent con artist

LEAPY LEE SAYS IT
OTHERS THINK IT



COULD anyone believe the gall of Tony Blair in last week's rambling tirade against Brexit?

This arrogant war criminal, personally responsible for the destabilising of the Middle East and the deaths of thousands, is a political conman who, through added guile and misinformation, not only opened the doors to millions of immigrants purely to bolster his re-election, but now has the audacity to stand up as bold as brass and virtually call for another referendum!

“ He sees the Brexit situation as just another opportunity.

'The people voted knowing nothing about the consequences,' he spouted. Pretty rich from a man who led us into a con-

flict of which the public, not only had no idea of the outcome, but were even lied to about its true purpose. Blair possesses the one thing that is a basic necessity for all con artists, he is extremely eloquent.

He, like many

successful conmen are akin to market 'mock' auctioneers, who can basically talk the hind leg off a donkey which is why he has amassed millions spouting his diatribes to anyone prepared to line his pockets.

This despicable individual is also the classic opportunist.



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Tony Blair.

All those years ago, realising the Labour party had sunk into an unelectable morass (sound familiar) he gleefully swooped in, renamed it 'New,' and callously used it as a vehicle to ultimately attain the highest office in the land.

He sees the Brexit situation as just another opportunity.

Completely unaware, or simply not giving a damn about the revulsion he attracts, he deviously observes it as a chance to form some kind of new 'movement,' which at some point will be able to 'Rise Up' and challenge the present Labour party. With him at its head of course!

I bet he's even decided on a name for it. Send this revolting intelligence insulter back to whatever cesspit he crawled out of; along with his equally abhorrent, self-gratifying spouse!

Thanks for all your mail. Most with attachments, or too long to publish. Nevertheless, much appreciated, I do read them all. Keep 'em coming. And whatever ya do. Always.

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Who wants to be a millionaire? Even lottery winners are victims now

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



NEWS that Britain's youngest Euromillions winner, Jane Park, had planned to sue lottery bosses for negligence for 'ruining' her life is hardly surprising. 'I thought it would make it 10 times better but it's made it 10 times worse. I wish I had no money most days,' she moaned.

Only 17 when she won £1m with her first-ever ticket in 2013, Jane whinged about being sick of shopping for designer goods and staying in upmarket holiday resorts, struggling to find a boyfriend who's not after her money and being burdened with the stress of being a millionaire.

Poor Jane - how we feel for her pain! Well, she could always have

given it to some deserving cause (like, for example, here in Spain the Costa del Sol Cudeca cancer charity celebrating its well-earned 25th anniversary this year).

Basically, she should have employed a minder to stop her frittering away her million, but the fact that she didn't is, naturally, someone else's fault. When are we ever going to return to an era when people take personal responsibility for their actions rather than whine: 'I'm the victim here, who can I sue?' But then, people taking responsibility for their actions? What a quaint old-fashioned notion these days...

However, thoroughly inspired by Jane Park's experience, just think what some might still do. Sue secondary schools and/or colleges for allowing them to achieve less than top grades and, consequently, top jobs. Cosmetic



JANE PARK: Lottery ruined her life.

companies for not allowing their 'miracle' creams and potions to make them instantly look decades younger. Supermarkets for allowing them to get not only well and truly plastered but also morbidly obese as a result of their wine and chocolate multi-buy offers. Well, that should all go down, as a certain orange president ensconced in his golden tower might say, 'bigly'!

Finally, to return to the lady in question, I am reminded of an advert from years ago where a little girl utters the immortal words: 'and my mother says that one day I shall grow up to be a right little madam.' 'Nuff said.

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

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For all your beloved British products at EX-PATS

EX-PATS Cash & Carry is a name well-known throughout the Costa Blanca for providing residents, holidaymakers and traders with our beloved British products.

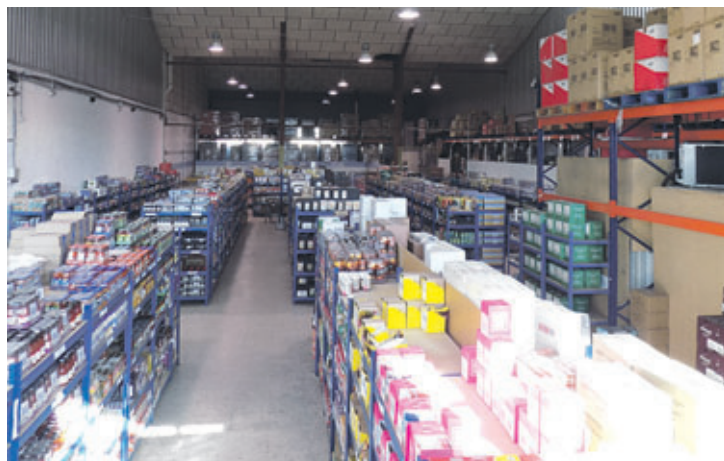
With top quality goods from washing powder to English sliced bread, EX-PATS has been at the heart of the community for over 12 years and continues to provide us with the products that we all rely on for that 'taste of home.'

Owners Gary and Debbie have always believed that people living here should still be able to get British products but at affordable prices. With that in mind Debbie continues to source quality products from the UK and Gary is kept busy with the deliveries, organising the warehouse and stock co-ordination.

Due to the buying of items in bulk, the prices at EX-PATS are kept low which is the key to their success and there is always an exceptional offer or two to be found. There are discounts for purchases of six or more on any item as well as a loyalty card for the public. Trade customers can also get discounts and any one of the friendly, efficient team will be only too glad to explain and help set up.

The shelves are always fully stocked and due to the professionalism of the staff, all products have a long shelf-life and are rotated on a regular basis, giving every customer assurance that what they are buying is fresh and 'in-date.' This is vital to the ongoing success of Ex-PATS and the fantastic reputation they have built over the years.

EX-PATS have also been known as a popular meeting place for many people due to the café that they have.



EX-PATS: At the heart of the community for over 12 years.

Although the café has been closed for four months, Gary and Debbie are delighted that it is once again open and is even better than before. The new streamlined kitchen has been extended and completely remodelled to high specifications and is clean, modern and more accessible with the service, presentation and waiting time being vastly improved.

The cafe is serving exceptional food at prices that cannot be beaten.

EWN was lucky enough to be one of the first to have a breakfast in the new café and it certainly did not disappoint. Tucking into two sausage, two bacon, two hash browns, a fried egg and baked beans was an absolute delight and this was only the standard breakfast costing just €2.50. Those with a bigger appetite can look forward to the large breakfast for €4 which has three sausage, three bacon, two hash browns, two



CAFÉ: Is open once again.

fried eggs, black pudding, mushrooms, toast or bread and baked beans or plum tomato. Of course in true EX-PATS style there are extras and those looking for a lighter bite there are sandwiches and toasties on offer. The café will soon be introducing daily specials from €3.50 where there will be mouth-watering dishes to enjoy freshly prepared by the café.

Shoppers (public only) are in for an extra treat as for a limited time



only if you spend €75 or more in-store then they will receive a free standard breakfast. Terms and conditions apply and any member of staff will be happy to explain them.

EX-PATS continually strive to bring everyone all their favourites from the UK at prices that are fair and reasonable. Gary, Debbie and each member of the team have a 'can do' attitude and focus on customer satisfaction which is paramount to their business and they are always on hand with a big friendly smile to assist in any way they can.

EX-PATS is easy to find and has plenty of parking. They are open seven days a week from 9am - 6pm Monday to Friday, 10am - 5pm Saturday and 10am - 2pm on Sunday. Find them at Partida Torres 38, 03570 Villajoyosa or call 965 895 323 or visit the website www.expatspain.net for more information.

Competition Time Supermarket Sweep at EX-PATS

EX-PATS in Villajoyosa are offering two lucky readers of EWN the chance to win a two-minute Supermarket Sweep around the store. To enter is simple: mark your entry 'EWN EX-PATS COMPETITION' and send us an email with your name and telephone number to competition@ewnmediagroup.com.

Entries are to be received by March 15 to be entered into the big draw.
Winners will be picked at random by Euro Weekly News.
(Terms and conditions apply: only 1 entry per person, no cases of goods, only 1 of each item).

BBC one

7:00am	Breakfast
10:15am	Britain's Home Truths
11:00am	Homes Under the Hammer
12:00pm	Wanted Down Under Revisited
12:45pm	Oxford Street Revealed
1:15pm	Bargain Hunt
2:00pm	BBC News at One
2:30pm	BBC London News
2:45pm	Doctors
3:15pm	The Coroner
4:00pm	Escape to the Country
4:45pm	The Farmers' Country Showdown
5:30pm	Flog It!
6:15pm	Pointless
7:00pm	BBC News at Six
7:30pm	BBC London News
8:00pm	The One Show
8:30pm	EastEnders
9:00pm	Shop Well for Less
10:00pm	Death in Paradise
11:00pm	BBC News at Ten
11:30pm	BBC London News
11:45pm	Question Time
12:45am	This Week by-Election Special
4:00am	Weather for the Week Ahead

BBC TWO

7:00am	My Life in Books
7:30am	Wanted Down Under Revisited
8:15am	The Farmers' Country Showdown
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	Mountain
4:25pm	Africa
5:25pm	A Place to Call Home
6:15pm	Antiques Road Trip
7:00pm	Eggheads
7:30pm	Great Continental Railway Journeys
8:00pm	The Hairy Bikers' Chicken and Egg
9:00pm	The Great Pottery Throw Down
10:00pm	Born Too White
11:00pm	Match of the Day
11:30pm	Newsnight
12:15am	The Drug Trial:
1:15am	David Bowie
2:45am	Royal Recipes
3:30am	This is BBC Two

BBC FOUR

8:00pm	100 Days
8:30pm	Top of the Pops
9:00pm	Thailand: Earth's Tropical Paradise
10:00pm	Madame Tussaud: A Legend in Wax
11:00pm	The French Revolution: Tearing Up History
12:00am	The Nazis: A Warning From History
12:50am	Andrew Marr on Churchill
1:50am	Top of the Pops
2:20am	Sounds of the 70s
2:50am	Sound of Song
3:50am	The French Revolution: Tearing Up History
4:50am	This is BBC Four <i>BBC Four is the BBC channel for people who want more.</i>

CHANNEL 4

7:00am	Countdown
7:45am	King of Queens
8:10am	King of Queens
8:35am	King of Queens
9:00am	Everybody Loves Raymond
9:35am	Everybody Loves Raymond
10:05am	Frasier
10:35am	Frasier
11:05am	Undercover Boss USA
12:00pm	Ramsay's Kitchen Nightmares USA
1:00pm	Channel 4 News
1:05pm	A New Life in the Sun
2:05pm	Find it, Fix it, Flog it
3:10pm	Countdown
4:00pm	Fifteen to One
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 Supertvet
10:00pm	Has Political Correctness Gone Mad?
11:00pm	The Swingers
12:00am	24 Hours in A and E
1:05am	The Trouble with Dad

CHANNEL 5

9:05am	Ben and Holly's Little Kingdom
9:15am	Digby Dragon
9:30am	Peppa Pig
9:40am	Peppa Pig
9:50am	Wissper
10:00am	Toot the Tiny Tugboat
10:15am	The Wright Stuff
12:15pm	GP's: Behind Closed Doors
1:10pm	5 News Lunchtime
1:15pm	On Benefits: The Millionaire Shoplifter
2:15pm	Home and Away
2:45pm	Neighbours
3:15pm	NCIS
4:15pm	Deadly Paradise
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	The Great British Benefits Handout
11:00pm	Celebrity Sex Pod
12:05am	The Nightmare
1:00am	Super Casino

4

8:00am	Hollyoaks
8:30am	Coach Trip
9:00am	Brooklyn Nine-Nine
9:30am	Brooklyn Nine-Nine
10:00am	Rules of Engagement
10:30am	Rules of Engagement
11:00am	Baby Daddy
11:30am	Baby Daddy
12:00pm	Charmed
1:00pm	Charmed
2:00pm	How I Met Your Mother
2:30pm	How I Met Your Mother
3:00pm	The Big Bang Theory
3:30pm	The Big Bang Theory
4:00pm	Baby Daddy
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5:00pm	How I Met Your Mother
5:30pm	How I Met Your Mother
6:00pm	Brooklyn Nine-Nine
6:30pm	Brooklyn Nine-Nine
7:00pm	The Big Bang Theory
7:30pm	The Big Bang Theory
8:00pm	Hollyoaks
8:30pm	Coach Trip
9:00pm	The Big Bang Theory
9:30pm	The Big Bang Theory
10:00pm	Gap Year : China - The Wall
11:00pm	Celebs Go Dating

sky SPORTS 1

10:00am	Barclays Premier League World
10:30am	Premier League Legends
11:00am	One2eleven
11:15am	One2eleven
11:30am	One2eleven
11:45am	One2eleven
12:00pm	The Premier League Years
2:00pm	Barclays Premier League World
2:30pm	Premier League Legends
3:00pm	Premier League Legends
3:30pm	Premier League Legends
4:00pm	One2eleven
4:15pm	One2eleven
4:30pm	One2eleven
4:45pm	One2eleven
5:00pm	The Premier League Years
7:00pm	Premier League Legends
7:30pm	Barclays Premier League World
8:00pm	Live Premier League Darts
11:00pm	Premier League Match Pack
11:30pm	La Liga Show

itv

7:00am	Good Morning Britain
9:30am	Lorraine
10:25am	The Jeremy Kyle Show
11:30am	This Morning
1:30pm	Loose Women
2:30pm	ITV Lunchtime News
2:55pm	ITV News London
3:00pm	Judge Rinder
4:00pm	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	Tonight
9:00pm	Emmerdale
10:00pm	Mafia Women with Trevor Macdonald
11:00pm	ITV News at Ten and Weather
11:30pm	ITV News London
11:40pm	UEFA Europa League Highlights
12:40am	Tipping Point
1:35am	Jackpot247
4:00am	Tonight
4:25am	ITV Nightscreen <i>Text-based information service.</i>

itv2

7:00am	You've Been Framed!
7:25am	Funniest Ever You've Been Framed! Gold
8:15am	The Ellen DeGeneres Show
9:00am	Coronation Street
9:30am	You've Been Framed!
10:00am	You've Been Framed!
10:30am	Ninja Warrior UK
11:30am	Honey
12:30pm	FYI Daily
12:35pm	Honey
1:30pm	Coronation Street
2:00pm	100% 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	Totally You've Been Framed! Gold
9:00pm	Two and a Half Men
9:30pm	Two and a Half Men
10:00pm	Release the Hounds
11:00pm	Family Guy
11:30pm	Family Guy
12:00am	Family Guy
12:30am	American Dad!

itv3

7:00am	In Loving Memory
7:25am	Heartbeat
8:25am	Where the Heart is
9:25am	The Royal
10:25am	Judge Judy
10:55am	Judge Judy
11:25am	Judge Judy
11:50am	Inspector Morse
2:05pm	Heartbeat
3:05pm	The Royal
4:05pm	Where the Heart is
5:10pm	In Loving Memory
5:45pm	Doctor at Large
6:20pm	On the Buses
6:55pm	Heartbeat
8:00pm	Murder, She Wrote
9:00pm	Heartbeat
10:00pm	Murder on the Home Front
11:00pm	Murder on the Home Front <i>Conclusion of the crime drama set during the birth of modern forensics - the London Blitz of 1940.</i>
12:05am	Prime Suspect <i>The last of three feature-length crime dramas.</i>
2:20am	The Knock

itv4

7:00am	Gunsmoke
7:55am	The Saint
9:00am	Hogan's Heroes
9:30am	The Professionals
10:35am	Ironsides
11:40am	Gunsmoke
12:45pm	Snooker
6:30pm	Storage Wars Texas
7:00pm	Storage Wars Texas <i>US reality series. The buyers go to Texarkana in search of new territory.</i>
7:30pm	World Cup Top Goalscorers <i>Short football film.</i>
7:45pm	Snooker <i>The fast and furious action continues as 32 more players do battle at the Watford Colosseum.</i>
11:45pm	Memphis Belle
12:45am	FYI Daily <i>A round-up of the latest entertainment news.</i>
12:50am	Memphis Belle
1:55am	The Professionals
2:45am	Hogan's Heroes
3:15am	Hogan's Heroes

sky CINEMA ACTION & ADVENTURE

10:50am	The Mummy: Tomb of the Dragon Emperor
12:50pm	John Wick
2:45pm	Avengers: Age of Ultron
5:15pm	Fantastic Four: Rise of the Silver Surfer
7:00pm	The Huntsman: Winter's War
9:00pm	John Wick
10:50pm	Avengers

sky CINEMA COMEDY

8:00am	The Lego Batman Movie: Special
8:30am	Big Daddy
10:10am	Welcome to Me
11:45am	In Her Shoes
2:00pm	Bridget Jones's Diary
3:45pm	Zoolander
5:25pm	Zoolander 2
7:15pm	Bridget Jones's Diary
9:00pm	Zoolander
10:40pm	Zoolander 2
12:30am	Pixels
2:25am	Team America: World Police
4:10am	Nacho Libre
5:50am	The Trail of the Pink Panther

sky CINEMA PREMIERE

7:00am	Anything for Love
8:45am	Fathers and Daughters
10:45am	The Lego Batman Movie: Special
11:15am	The Meddler
1:05pm	Bad Neighbours 2
2:55pm	Fathers and Daughters
5:00pm	Oscars 2017 Nominations Special
5:15pm	Mccanick
7:00pm	The Meddler
9:00pm	Bad Neighbours 2 <i>Fast-paced comedy sequel about a married couple tormented by a hard-partying sorority.</i>
10:45pm	The Top Ten Show 2017
11:00pm	The Greasy Strangler
12:45am	Mccanick
2:30am	The Goob
4:05am	Hacked
5:30am	The Lego Batman Movie: Special

sky SPORTS 2

7:00am	Cricket
12:30pm	Cricket Gold
12:40pm	Cricket Gold
12:50pm	Cricket Gold
1:00pm	Cricket Classics
2:00pm	Time of Our Lives
3:00pm	Cricket
4:00pm	Sporting Records
4:30pm	Sporting Records
5:00pm	Rugby Union
7:05pm	Super League Gold
7:20pm	Cricket Gold
7:30pm	Super League Gold
7:45pm	Super League Gold
8:00pm	Live Super League
11:30pm	World Rugby
12:00am	Cricket
1:00am	Darts Gold
1:15am	Darts Gold
1:30am	Premier League Darts
4:30am	Cricket Gold Shorts
4:40am	Cricket Gold Shorts
4:50am	Cricket

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- Google & YouTube
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- Block Criminals/Hacking

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GOOD NEWS FOR YOUR CAR 902 123 309



BBC one

10:15am	Britain's Home Truths
11:00am	Homes Under the Hammer
12:00pm	Wanted Down Under Revisited
12:45pm	Oxford Street Revealed
1:15pm	Bargain Hunt
2:00pm	BBC News at One
2:30pm	BBC London News
2:45pm	Doctors
3:15pm	The Coroner
4:00pm	Escape to the Country
4:45pm	The Farmers' Country Showdown
5:30pm	Flog It!
6:15pm	Pointless
7:00pm	BBC News at Six
7:30pm	BBC London News
8:00pm	The One Show
8:30pm	A Question of Sport
9:00pm	EastEnders
9:30pm	Room 101
10:00pm	Not Going Out
10:30pm	Tracey Ullman's Show
11:00pm	BBC News at Ten
11:25pm	BBC London News
11:35pm	The Graham Norton Show

BBC TWO

7:30am	Wanted Down Under Revisited
8:15am	The Farmers' Country Showdown
9:00am	Big Dreams Small Spaces
10:00am	Victoria Derbyshire
12:00pm	BBC Newsroom Live
1:00pm	The Daily Politics
2:00pm	Coast
2:25pm	Beat the Brain
2:55pm	Landward
3:25pm	Mountain
4:25pm	Africa
5:20pm	A Place to Call Home
6:15pm	Antiques Road Trip
7:00pm	Eggheads
7:30pm	Great Continental Railway Journeys
8:00pm	Big Dreams Small Spaces
9:00pm	Mastermind
9:30pm	Only Connect
10:00pm	The Secrets of Your Food
11:00pm	QI
11:30pm	Newsnight
12:05am	Further Back in Time for Dinner

BBC FOUR

8:00pm	World News Today
8:30pm	Top of the Pops
9:00pm	The Good Old Days
9:40pm	Sounds of the Seventies
9:50pm	Pop Go the Sixties
10:00pm	Queen: From Rags to Rhapsody
10:55pm	Queen: The Legendary 1975 Concert
12:00am	Even More Guitar Heroes at the BBC
1:00am	When Albums Ruled the World
2:25am	Top of the Pops <i>Simon Bates and Peter Powell present the pop chart programme, first broadcast on 7th April 1983.</i>
3:00am	Queen: From Rags to Rhapsody
4:00am	Even More Guitar Heroes at the BBC
5:00am	This is BBC Four <i>BBC Four is the BBC channel for people who want more.</i>

CHANNEL 4

7:00am	Countdown
7:45am	King of Queens
8:10am	King of Queens
8:35am	King of Queens
9:00am	Everybody Loves Raymond
9:35am	Everybody Loves Raymond
10:05am	Frasier
10:35am	Frasier
11:05am	Undercover Boss USA
12:00pm	Ramsay's Kitchen Nightmares USA
1:00pm	Channel 4 News
1:05pm	A New Life in the Sun
2:05pm	Find it, Fix it, Flog it
3:10pm	Countdown
4:00pm	Fifteen to One
5:00pm	A Place in the Sun
6:00pm	Come Dine with Me
7:00pm	The Simpsons
7:30pm	Hollyoaks
8:00pm	Channel 4 News
9:00pm	Jamie and Jimmy's Friday Night Feast
10:00pm	Gogglebox
11:00pm	The Last Leg
12:05am	8 Out of 10 Cats
12:55am	Rude Tube

CHANNEL 5

8:50am	Paw Patrol
9:05am	Ben and Holly's Little Kingdom
9:15am	Digby Dragon
9:30am	Peppa Pig
9:40am	Peppa Pig
9:50am	Wissper
10:00am	Toot the Tiny Tugboat
10:15am	The Wright Stuff
12:15pm	GP's: Behind Closed Doors
1:10pm	5 News Lunchtime
1:15pm	Winter Road Rescue
2:15pm	Home and Away
2:45pm	Neighbours
3:15pm	NCIS
4:15pm	At Risk
6:00pm	5 News at 5
6:30pm	Neighbours
7:00pm	Home and Away
7:30pm	5 News Tonight
8:00pm	Happy Campers: Caravanning
9:00pm	Celebrity Carry on Barging
10:00pm	Cruising with Jane McDonald
11:00pm	The Freddie Mercury Story: Who Wants to Live Forever?
1:00am	Super Casino

4

9:00am	Brooklyn Nine-Nine
9:30am	Brooklyn Nine-Nine
10:00am	Rules of Engagement
10:30am	Rules of Engagement
11:00am	Baby Daddy
11:30am	Baby Daddy
12:00pm	Charmed
1:00pm	Charmed
2:00pm	How I Met Your Mother
2:30pm	How I Met Your Mother
3:00pm	The Big Bang Theory
3:30pm	The Big Bang Theory
4:00pm	Baby Daddy
4:30pm	Baby Daddy
5:00pm	How I Met Your Mother
5:30pm	How I Met Your Mother
6:00pm	The Big Bang Theory
6:30pm	The Big Bang Theory
7:00pm	The Big Bang Theory
7:30pm	The Big Bang Theory
8:00pm	Hollyoaks
8:30pm	Coach Trip
9:00pm	Rude(ish) Tube Shorts
9:15pm	Men in Black II
11:00pm	Celebs Go Dating
12:05am	Tattoo Fixers

sky SPORTS 1

1:00pm	Premier League Gold
1:10pm	Premier League Gold
1:20pm	Premier League Gold
1:30pm	Premier League Gold
1:40pm	Premier League Gold
1:50pm	Premier League Gold
2:00pm	Premier League 100 Club
2:30pm	Football's Greatest Premier League Legends
3:30pm	Premier League Legends
4:00pm	Premier League Gold
4:10pm	Premier League Gold
4:20pm	Premier League Gold
4:30pm	Premier League Gold
4:40pm	Premier League Gold
4:50pm	Premier League Gold
5:00pm	Premier League 100 Club
5:30pm	Football's Greatest Premier League Matchpack
6:00pm	Premier League Matchpack
6:30pm	Premier League Matchpack
7:00pm	The Fantasy Football Club
8:00pm	Football Barclays Premier League Preview

itv

7:00am	Good Morning Britain
9:30am	Lorraine
10:25am	The Jeremy Kyle Show
11:30am	This Morning
1:30pm	Loose Women
2:30pm	ITV Lunchtime News
2:55pm	ITV News London
3:00pm	Judge Rinder
4:00pm	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	Schofield's South African Adventure
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
1:10am	Jackpot247
4:00am	Freeze Out

itv2

7:00am	You've Been Framed!
7:25am	You've Been Framed!
8:15am	The Ellen DeGeneres Show
9:00am	Emmerdale
9:30am	Emmerdale
10:30am	Ninja Warrior UK
11:30am	St. Trinian's
12:30pm	FYI Daily
12:35pm	St. Trinian's
1:30pm	Emmerdale
2:00pm	Emmerdale
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	100% You've Been Framed!
9:00pm	Two and a Half Men
9:30pm	Two and a Half Men
10:00pm	Hot Fuzz
12:20am	Family Guy
12:50am	Family Guy
1:20am	American Dad!
1:50am	American Dad!

itv3

7:00am	In Loving Memory
7:25am	Heartbeat
8:25am	Where the Heart is
9:25am	The Royal
10:25am	Judge Judy
10:55am	Judge Judy
11:25am	Judge Judy
11:50am	Inspector Morse
2:05pm	Heartbeat
3:05pm	The Royal
4:10pm	Where the Heart is
5:15pm	In Loving Memory
5:50pm	Doctor at Large
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	Prime Suspect 5
2:20am	Wycliffe <i>Drama series about a Cornish detective.</i>
3:15am	Inspector Morse <i>Feature-length drama series featuring Colin Dexter's laconic detective.</i>

itv4

7:00am	Gunsmoke
7:55am	The Saint
9:00am	Hogan's Heroes
9:30am	The Professionals
10:35am	Ironsides
11:35am	Gunsmoke
12:45pm	Snooker
6:30pm	Storage Wars Texas
6:55pm	Storage Wars Texas
7:25pm	Hat-Trick Heroes <i>Short film featuring more three-goal football heroes.</i>
7:45pm	Snooker
11:45pm	The Specialist <i>Action thriller.</i>
12:45am	FYI Daily <i>A round-up of the latest entertainment news.</i>
12:50am	The Specialist <i>Action thriller.</i>
2:00am	The Professionals <i>Action-packed drama series about two criminal intelligence agents.</i>
2:50am	Hogan's Heroes
3:20am	Hogan's Heroes
3:45am	ITV4 Nightscreen

sky CINEMA ACTION & ADVENTURE

9:00am	Star Wars: Episode VII - The Force Awakens
11:25am	Captain America: Civil War
2:00pm	The Dark Knight
4:35pm	Pearl Harbour
7:40pm	Star Wars: Episode VII - The Force Awakens
10:00pm	Captain America: Civil War

sky CINEMA COMEDY

7:30am	The Apartment
9:40am	The Bad Education Movie
11:20am	How to be Single
1:20pm	The Top Ten Show 2017
1:40pm	The Intern
3:50pm	The Simpsons Movie
5:25pm	Vacation
7:10pm	Big
9:00pm	The Intern
11:05pm	How to be Single
1:05am	Brüno
2:35am	Sister Act

sky CINEMA PREMIERE

7:00am	Mccanick
8:50am	The Lego Batman Movie: Special
9:20am	The Meddler
11:20am	Fathers and Daughters
1:20pm	Bad Neighbours 2 <i>Fast-paced comedy sequel about a married couple tormented by a hard-partying sorority.</i>
3:10pm	Teenage Mutant Ninja Turtles: Out of the Shadows
5:10pm	The Meddler
7:00pm	Fathers and Daughters
9:00pm	Teenage Mutant Ninja Turtles: Out of the Shadows
11:00pm	Bad Neighbours 2
12:40am	The Greasy Strangler
2:30am	Mccanick
4:20am	Men and Chicken

sky SPORTS 2

7:00am	Cricket
12:30pm	Cricket Gold
12:40pm	Cricket Gold
12:50pm	Cricket Gold
1:00pm	Cricket Classics
2:00pm	Cricket Classics
3:00pm	Cricket
4:00pm	Sporting Records
4:30pm	Sporting Records
5:00pm	Cricket
6:00pm	Sporting Records
6:30pm	ICC Cricket
7:30pm	Cricket
8:30pm	Live Super League
11:30pm	Rugby Union
1:25am	Super League Highlights
1:40am	Super League Gold
2:00am	Cricket
3:00am	Super League Highlights <i>Wigan Warriors entertain Widnes Vikings at the DW Stadium in the Bettfred Super League.</i>
3:15am	Super League Gold
3:30am	Cricket Gold

LEGALLY SPEAKING

Are you distracted by modern systems?

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



OVERLOAD: Can fatigue a driver.

THERE are many systems now on vehicles that can help make driving safer. Many hide behind names and acronyms that not everyone understands such as ABS, ESP, traction control or blind spot control and whilst these aim to improve safety, they can also increase the level of distraction.

A recent study by RACE and Castrol revealed that the lack of knowledge about the operation of these technologies can have a negative effect on driving, with a reported 6 per cent frightened by these systems, 13 per cent stressed and 25 per cent distracted by them.

As a result, it is necessary to know how they operate to avoid the anxiety caused by the new technology. As a car's cockpit becomes more like that of a complex space shuttle than a classic car with steering wheel and levers, it is important to train yourself on exactly what your vehicle does. Read the manual, search the internet and train yourself on every device on

your vehicle, and do so before you take to the road.

According to studies, ignorance or relying too much on the technology, can directly influence driving. For example, if the system alerts the driver when they are exceeding the speed limit, but the speed control is automatic, the driver can become lazy and forget about the acceleration and take longer than normal to take it off speed control and manually reduce the speed.

The stress caused by new technologies in the vehicle can also affect your psychophysical state. According to Luis Montoro, President of the Spanish Foundation for Road Safety (FES-IVAL), long periods of stress behind the wheel, means the mind cannot rest and consequently, the body will perform negative actions which can affect driving safety.

An overload of data from all the extra dials, controls and equipment, can also fatigue a driver and distract attention from the road.

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

Does he need building permit?

Q. More than 10 years ago I applied to my local town hall for a building licence to build my house in the 'campo.' Under the regulations at the time, the minimum area to build was 10,000m² of land and the maximum built-area of the house was 2 per cent of the plot area.

My plot was over 10,000m² and the built area was less than the maximum. The licence was issued, the house was built and a Certificate of

Habitation issued on completion. The house is U-shaped around an open courtyard. Now I want to extend my house by enclosing part of the courtyard. The new enclosed area will take the built-area to the limit of 2 per cent of the plot size, but will not extend beyond the original footprint. Do I need to apply for a building licence for this small extension?

BC (Costa Blanca)

A. Yes. If you build, you need a licence. You need to take your plan to your town hall urbanismo department. Further,

David Searl
You and the Law
in Spain



when you are done, you need to change your listing in the Property Registry to show your new covered area.

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

The great diesel car scam

Mike Senker

In my opinion

Views of a Grumpy Old Man



ONCE again the British public have been stuffed by misinformation from the government. I'm talking about diesel cars. About 15 years ago Gordon Brown offered incentives for people to buy diesel fuelled cars and over the next few years we did ... in fact over eight million were sold. Fuel was cheaper and no-one wanted to buy your second-hand petrol car so their prices dropped.

Now it turns out they were wrong and they want you to pay a surcharge if you want to drive your diesel car into many city centres. So, of course, no-one wants to buy your poison-spewing death machine diesel car! It's absolutely disgusting that folks that bought these cars in good faith are now being punished by the new 'toxic tax.' There is talk about a scrappage scheme to encourage people to dump their diesel cars and buy a petrol car. That is no help whatsoever to the punter who just can't afford a new car. As usual the government has cocked up and you, me and all the other mugs that listened to them are going to have to foot the bill.

On to more serious things. What is the point of garnish? I like veal Milanese with

spaghetti bolognese. A pretty basic, simple dish for a pretty simple person. So why does it turn up with a lettuce leaf and a slice of orange on it? The orange, of course, is slightly cut and twisted to make it look pretty. It does nothing to compliment the meal and immediately gets dumped on to the nearest side plate.

I've had egg and bacon with parsley on the plate! In fact, parsley keeps turning up everywhere. Why? Why use up so much of something nobody wants? I've had food turn up with so much green stuff sprinkled over it, it looks like it was left in the garden and someone has gone past it with a Flymo! I've even had a sprig of parsley on an ice cream dessert. Are you raving bonkers? The only things you can garnish ice cream with is chocolate or fudge sauce or another dollop of ice cream. NOT GREEN STUFF!

I used to go to a great Thai restaurant on the Mijas road, which is closed now, and they used to make amazing things with carrots, like little sculptures of flowers and animals. It was a bit wasted on me because I like carrots and I just ate them only to be informed one day that they were only for decoration and sometimes got moved from plate to plate! That will teach me to think that everything served with my dinner was for me to eat and not to take a bloody photo of! I'm on Talk Radio Europe Friday February 24 at 11.30am.

Email me at mikesenker@gmail.com.



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GOOD NEWS FOR YOUR CAR 902 123 309



BBC one

7:00am	Breakfast
11:00am	Saturday Kitchen Live
12:30pm	Little Paris Kitchen
1:00pm	Football Focus
2:00pm	BBC News
2:10pm	Weather
2:15pm	Bargain Hunt
3:00pm	Six Nations Rugby Union
5:30pm	Final Score
6:10pm	BBC News
6:20pm	Regional News
6:25pm	Weather
6:30pm	Celebrity Mastermind
7:00pm	Pointless
7:45pm	Let it Shine
9:25pm	Casualty
10:15pm	Taboo <i>Documentary exploring taboos across different cultures.</i>
11:15pm	BBC News
11:28pm	Weather <i>The latest weather information.</i>
11:30pm	Match of the Day
12:50am	This Country
1:15am	Return From the River Kwai

BBC TWO

7:30am	They Flew Alone
9:10am	In Which We Serve
11:00am	Britain's Secret Seas
12:00pm	Homes Under the Hammer
1:00pm	Two Greedy Italians: Still Hungry
2:00pm	Waterloo
4:10pm	Natural World
5:00pm	Mastermind
5:30pm	University Challenge
6:00pm	Only Connect
6:30pm	The House That £100k Built
7:30pm	Flog It!
8:30pm	Grand Tours of the Scottish Islands
9:00pm	Diana
9:30pm	Dad's Army
10:00pm	My Old Lady
11:45pm	QI XL <i>Panel-based quiz where it is more important to be interesting than right.</i>
12:30am	Albert Nobbs
2:15am	Youth Without Youth
4:15am	This is BBC Two

BBC FOUR

8:00pm	Indian Hill Railways
9:00pm	The People's Liners: Britain's Lost Pleasure Fleets
10:00pm	Treasures of Ancient Egypt
11:00pm	Captain Cook: The Man Behind the Legend
12:00am	Top of the Pops
12:30am	Top of the Pops
1:05am	Arena <i>Legendary country music singer-songwriter Loretta Lynn is loved by fans from across the world.</i>
2:35am	Country Kings at the BBC
3:35am	Country Queens at the BBC
4:35am	Sounds of the 70s
4:50am	Pop Go the Sixties

CHANNEL 4

9:00am	Everybody Loves Raymond
9:30am	Frasier
10:00am	Frasier
10:30am	The Big Bang Theory
11:00am	The Big Bang Theory
11:30am	The Big Bang Theory
12:00pm	The Simpsons
12:30pm	The Simpsons
1:00pm	Jamie and Jimmy's Friday Night Feast
2:00pm	Come Dine with Me
2:30pm	Come Dine with Me
3:00pm	Come Dine with Me
3:30pm	Come Dine with Me
4:00pm	Come Dine with Me
4:30pm	A Place in the Sun
5:30pm	Location, Location, Location
6:35pm	Grand Designs
7:30pm	Channel 4 News
8:00pm	Penelope Keith's Favourite Villages
9:00pm	Great Canal Journeys
10:00pm	Dawn of the Planet of the Apes
12:35am	Surrogates
2:15am	Ramsay's Kitchen Nightmares USA
3:05am	Hollyoaks Omnibus

CHANNEL 5

7:00am	Milkshake!
11:05am	Teenage Mutant Ninja Turtles
11:40am	Access
11:45am	Police Interceptors Unleashed
12:15pm	Police Interceptors
1:15pm	Police Interceptors
2:15pm	Benefits Britain: Life on the Dole
3:15pm	Benefits Britain: Life on the Dole
4:15pm	The Nightmare Neighbour Next Door
5:15pm	The Nightmare Neighbour Next Door
6:15pm	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 <i>The Championship.</i>
11:00pm	Football on 5 <i>Goal Rush.</i>
11:30pm	Stealing the Mona Lisa
12:30am	Police Interceptors Unleashed

4

7:30am	Rules of Engagement
8:00am	Rules of Engagement
8:30am	Young and Hungry
9:00am	Young and Hungry
9:30am	Baby Daddy
10:00am	Baby Daddy
10:30am	The Goldbergs
11:00am	The Goldbergs
11:30am	How I Met Your Mother
12:00pm	How I Met Your Mother
12:30pm	Melissa and Joey
1:00pm	Melissa and Joey
1:30pm	Young and Hungry
2:00pm	Young and Hungry
2:30pm	Baby Daddy
3:00pm	Baby Daddy
3:30pm	The Goldbergs
4:00pm	The Goldbergs
4:30pm	The Goldbergs
5:00pm	Information not available.
7:00pm	The Big Bang Theory
7:30pm	The Big Bang Theory
8:00pm	The Big Bang Theory
8:30pm	The Big Bang Theory
9:00pm	The Big Bang Theory
9:30pm	The Big Bang Theory

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	Barclays Premier League Preview
1:00pm	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	Live International Fight Night
5:30am	Football

itv

7:00am	CITV
10:25am	ITV News
10:30am	Alphabetical
11:25am	Guess This House
12:25pm	Off Their Rockers
12:55pm	ITV News and Weather
1:00pm	Free Willy 2: The Adventure Home
2:50pm	Tipping Point
3:50pm	The Chase
4:50pm	Local News and Weather
5:00pm	ITV News and Weather
5:15pm	Ireland v France Rugby Six Nations.
8:00pm	Ant and Dec's Saturday Night Takeaway
9:30pm	The Voice UK
11:30pm	ITV News and Weather <i>A round-up of the latest news headlines and a national weather forecast.</i>
11:45pm	The Boat That Rocked

itv2

7:00am	Totally Bonkers Guinness World Records
7:10am	Emmerdale Omnibus
9:50am	Coronation Street Omnibus
12:10pm	Ninja Warrior UK
1:10pm	Take Me Out
2:25pm	The Brit Awards 2017
4:55pm	Step Up 3
5:55pm	FYI Daily
6:00pm	Step Up 3
7:05pm	Jack and Jill
8:05pm	FYI Daily
8:10pm	Jack and Jill
9:00pm	Scorpion
10:00pm	American Pie
11:10pm	FYI Daily
11:15pm	American Pie
12:30am	Family Guy
12:55am	Family Guy
1:25am	American Dad!
1:55am	Couples Retreat
2:55am	FYI Daily
3:00am	Couples Retreat
4:00am	Teleshopping

itv3

7:00am	Murder, She Wrote
7:50am	Murder, She Wrote
8:45am	Murder, She Wrote
9:45am	Hidden Treasure
11:50am	Inspector Morse
2:05pm	Carry on Cleo
3:10pm	FYI Daily
3:15pm	Carry on Cleo
4:00pm	Agatha Christie's Marple
6:05pm	Midsomer Murders
8:00pm	Midsomer Murders
10:00pm	Midsomer Murders
12:00am	Carry On Forever <i>Documentary celebrating the success of the Carry On franchise.</i>
1:00am	Wycliffe
2:05am	Marchlands <i>Chilling drama about three families who live in the same remote house in different time periods.</i>
3:05am	ITV3 Nightscreen <i>Text-based information service.</i>
3:30am	Teleshopping

itv4

7:00am	The Professionals
8:00am	The Professionals
9:00am	The Car Chasers
9:30am	The Car Chasers
10:00am	Bundesliga
11:00am	ITV Racing: The Opening Show
12:00pm	Storage Wars Texas
12:35pm	Storage Wars Texas
1:00pm	Pawn Stars
1:30pm	Pawn Stars
2:00pm	Pawn Stars
2:30pm	ITV Racing Live
5:00pm	Cimarron Kid
6:00pm	FYI Daily
6:05pm	Cimarron Kid
6:45pm	Storage Wars
7:10pm	Storage Wars
7:45pm	Snooker <i>Coverage and reaction from the latest Snooker event taking place.</i>
12:00am	Red Heat
1:00am	FYI Daily
1:05am	Red Heat
2:05am	River Monsters
3:00am	Gunsmoke
3:55am	ITV4 Nightscreen
4:00am	Teleshopping

sky CINEMA ACTION & ADVENTURE

9:15am	G.I. Joe: The Rise of Cobra
11:20am	The Great Wall: Special
11:50am	Batman v Superman: Dawn of Justice
2:25pm	Furious 7
4:45pm	Sherlock Holmes
7:00pm	G.I. Joe: The Rise of Cobra
9:00pm	Batman v Superman: Dawn of Justice

sky CINEMA COMEDY

8:00am	Valentine's Day
10:10am	Norbit
12:00pm	Two Night Stand
1:35pm	Sisters
3:35pm	Daddy's Home
5:20pm	The Devil Wears Prada
7:20pm	Airheads
9:00pm	Sisters
11:00pm	Daddy's Home
12:45am	There's Something About Mary
2:50am	When Harry Met Sally
4:30am	Working Girl

sky CINEMA PREMIERE

7:00am	Mccanick
8:50am	The Top Ten Show 2017
9:05am	Fathers and Daughters
11:10am	Bad Neighbours 2
1:00pm	Demolition
2:55pm	Teenage Mutant Ninja Turtles: Out of the Shadows
5:00pm	Fathers and Daughters
7:10pm	Demolition
9:00pm	Teenage Mutant Ninja Turtles: Out of the Shadows
11:00pm	The Greasy Strangler
12:40am	Bad Neighbours 2 <i>Fast-paced comedy sequel about a married couple tormented by a hard-partying sorority.</i>
2:20am	The Goob
4:00am	Hacke
5:30am	The Great Wall: Special

sky SPORTS 2

7:00am	Cricket
12:30pm	Cricket Gold
12:40pm	Cricket Gold
12:50pm	Cricket Gold
1:00pm	Cricket
1:55pm	Rugby Union Super League Highlights
4:00pm	Boxing Gold
4:30pm	Cricket
5:30pm	Cricket
6:30pm	Football
8:30pm	Bellew: My Greatest Night
9:00pm	Live Fight Night
12:30am	Bellew: My Greatest Night
1:00am	Boxing Gold
1:30am	Bellew: My Greatest Night
2:00am	Football
2:30am	Football
3:00am	Football
3:30am	Football
4:00am	Boxing Gold
4:30am	Cricket Gold
4:40am	Cricket Gold
4:50am	Cricket

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GOOD NEWS FOR YOUR CAR 902 123 309



BBC one

7:00am	Breakfast
8:35am	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	Flog It!
4:15pm	Escape to the Country
5:00pm	Songs of Praise
5:35pm	Shop Well for Less
6:35pm	BBC News
6:50pm	Regional News
6:55pm	Weather
7:00pm	The Big Painting Challenge
8:00pm	Countryfile
9:00pm	Call the Midwife
10:00pm	SS-GB
11:00pm	BBC News
11:20pm	Regional News
11:25pm	Weather
11:30pm	Have I Got a Bit More Old News for You

BBC TWO

7:15am	Big Dreams Small Spaces
8:15am	An Island Parish
8:45am	Around the World in 80 Gardens
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	Holiday of My Lifetime
2:30pm	Money for Nothing
3:15pm	Wanted Down Under Revisited
4:00pm	Birds of Paradise
5:00pm	Bobsleigh and Skeleton World Championships
7:00pm	Six Nations Rugby Special
8:00pm	Dragons' Den
9:00pm	Dragons' Den
10:00pm	Special Forces - Ultimate Hell Week
11:00pm	Life of Crime
12:35am	Women's Six Nations Highlights
1:05am	Badlands

BBC FOUR

8:00pm	Sound of Song <i>Composer and musician Neil Brand presents a series which explores the magical elements that come together to create our favourite songs by recreating some of the most memorable and innovative recording sessions in music history.</i>
9:00pm	South Downs: England's Mountains Green
10:00pm	Two Days, One Night
11:30pm	Hockney
1:15am	Treasures of the Louvre
2:45am	Order and Disorder with Jim Al-Khalili
3:45am	South Downs: England's Mountains Green

CHANNEL 4

7:15am	King of Queens
7:40am	King of Queens
8:05am	Everybody Loves Raymond
8:30am	Everybody Loves Raymond
8:55am	Everybody Loves Raymond
9:25am	Frasier
10:00am	Frasier
10:30am	Sunday Brunch
1:30pm	The Simpsons
2:00pm	The Simpsons
2:30pm	The Simpsons
3:00pm	George Clarke's Amazing Spaces
4:00pm	Location, Location, Location
5:00pm	Channel 4 News
5:30pm	101 Dalmatians
7:30pm	The Jump
9:00pm	Rivers with Jeremy Paxman Ep1
10:00pm	Homeland
11:00pm	Gogglebox
12:00am	Clear and Present Danger
2:30am	The Last Leg
3:30am	Hoarder SOS
4:25am	Phil Spencer: Secret Agent

CHANNEL 5

7:00am	Milkshake!
11:10am	Teenage Mutant Ninja Turtles
11:45am	Football on 5
12:40pm	Football on 5
1:10pm	Inside Windsor Castle
2:10pm	Secrets of the National Trust
3:10pm	No Reservations
5:10pm	5 News
6:55pm	5 News
7:00pm	The Fifth Element
9:15pm	The EFL Cup Final Highlights: Football on 5
10:00pm	5 News <i>The latest news coverage.</i>
12:15am	The Terminator <i>Classic sci-fi action thriller.</i>
2:15am	Super Casino <i>Feeling lucky? Get the authentic, heart-thumping casino experience every night.</i>
4:10am	Secrets of the National Trust
5:00am	Witches: A Century of Murder

4

7:00am	Rude(Ish) Tube
7:30am	How I Met Your Mother
8:00am	How I Met Your Mother
8:30am	Melissa and Joey
9:00am	Melissa and Joey
9:30am	Hollyoaks Omnibus
12:00pm	Coach Trip
12:30pm	Coach Trip
1:00pm	Coach Trip
1:30pm	Coach Trip
2:00pm	Coach Trip
2:30pm	The Jump
4:00pm	The Goldbergs
4:30pm	The Goldbergs
5:00pm	The Goldbergs
5:30pm	The Big Bang Theory
6:00pm	The Big Bang Theory
6:30pm	The Big Bang Theory
7:00pm	The Big Bang Theory
7:30pm	The Big Bang Theory
7:55pm	To be Announced
10:00pm	Marvel's Agents of S.H.I.E.L.D.
11:00pm	To be Announced <i>More information will be available closer to broadcast.</i>
1:00am	Celebs Go Dating
2:00am	Celebs Go Dating

sky SPORTS 1

7:00am	Football
7:30am	Football
8:00am	Football
8:30am	Football
9:00am	Football
9:30am	Football
10:00am	Football
10:30am	Football
11:00am	The Sunday Supplement
12:00pm	Goals on Sunday
2:00pm	Live Nissan Super Sunday
4:45pm	Live EFL Cup Final
8:00pm	Boxing
8:30pm	Football
11:00pm	Football
11:30pm	Live EFL Cup Final
12:30am	Goals on Sunday
1:30am	Football
2:00am	Live EFL Cup Final
3:00am	Goals on Sunday
4:00am	Football
4:30am	Live EFL Cup Final
5:30am	Football <i>Tottenham Hotspur host Stoke City at White Hart Lane in the Premier League.</i>

itv

7:00am	CITV
10:25am	Countrywise
11:00am	Peston on Sunday
11:55am	Who's Doing the Dishes?
12:55pm	ITV News and Weather
1:00pm	The Voice UK
3:00pm	England V Italy Rugby Six Nations.
6:30pm	Local News and Weather
6:45pm	ITV News and Weather <i>A round-up of the latest news headlines and a national weather forecast.</i>
7:00pm	Unbelievable Moments Caught on Camera
8:00pm	The Voice UK
10:00pm	The Good Karma Hospital
11:00pm	ITV News and Weather
11:20pm	Peston on Sunday

itv2

7:00am	Emmerdale Omnibus
9:35am	The Voice UK
11:35am	Coronation Street Omnibus
2:00pm	Zawesome
2:10pm	Guidance
2:45pm	Fame High
3:05pm	Third Wheel
3:15pm	Third Wheel
3:35pm	L.A. Story
3:50pm	The Hot Desk
4:05pm	The Smurfs 2
5:05pm	FYI Daily
5:10pm	The Smurfs 2
6:10pm	Ant and Dec's Kindergarten Cop
7:45pm	Kindergarten Cop
8:45pm	FYI Daily
8:50pm	Kindergarten Cop
10:00pm	Ibiza Weekender
11:00pm	Family Guy <i>Animated comedy series about the everyday trials and tribulations of family life.</i>
11:30pm	Family Guy
12:00am	Family Guy
12:30am	American Dad!
12:55am	American Dad!
1:30am	The Cleveland Show

itv3

7:00am	On the Buses
7:25am	Heartbeat
8:20am	Heartbeat
9:20am	Murder, She Wrote
10:25am	Murder, She Wrote
11:30am	Inspector Morse
1:50pm	Inspector Morse
4:10pm	Carry on Girls
5:10pm	FYI Daily
5:15pm	Carry on Girls
6:00pm	Agatha Christie's Marple
8:00pm	Midsomer Murders
10:00pm	Tonight at the London Palladium
11:00pm	Carry On Forever <i>Documentary celebrating the success of the Carry On franchise.</i>
12:05am	Carry on Cleo
1:10am	FYI Daily
1:15am	Carry on Cleo
2:00am	Inspector Morse
3:55am	May the Best House Win
4:45am	May the Best House Win
5:35am	On the Buses

itv4

7:00am	Football Rivalries Man Utd v Liverpool.
7:10am	The Wine Show <i>A magazine show especially for wine lovers.</i>
8:10am	The Saint
9:15am	Hogan's Heroes
9:50am	Shed and Buried
10:50am	Storage Wars
11:20am	Storage Wars
11:50am	Pawn Stars
12:15pm	Pawn Stars
12:45pm	Snooker <i>Coverage and reaction from the latest Snooker event taking place.</i>
5:00pm	Pawn Stars
5:30pm	The Car Chasers
5:55pm	The Car Chasers
6:25pm	World Cup Top Goalscorers
6:45pm	Snooker
11:00pm	Total Recall
12:00am	FYI Daily
12:05am	Total Recall
1:15am	From Dusk Till Dawn
2:15am	FYI Daily
2:20am	From Dusk Till Dawn

sky CINEMA
ACTION & ADVENTURE

10:15am	Hitman
12:00pm	Hitman: Agent 47
1:50pm	The Great Wall
2:20pm	Back to the Future
4:20pm	Back to the Future Part II
6:15pm	Back to the Future Part III
8:15pm	Hitman
10:00pm	Hitman: Agent 47
11:40pm	The Matrix Revolutions

sky CINEMA
COMEDY

9:05am	The Lego Batman Movie: Special
9:35am	Walk Hard: The Dewey Cox Story
11:20am	The Top Ten Show 2017
11:35am	Pitch Perfect 2
1:35pm	Definitely, Maybe
3:35pm	Ride Along 2
5:25pm	Hot Pursuit
7:00pm	Pitch Perfect 2
9:00pm	Ride Along 2
10:45pm	Wedding Crashers
12:50am	Talladega Nights

sky CINEMA
PREMIERE

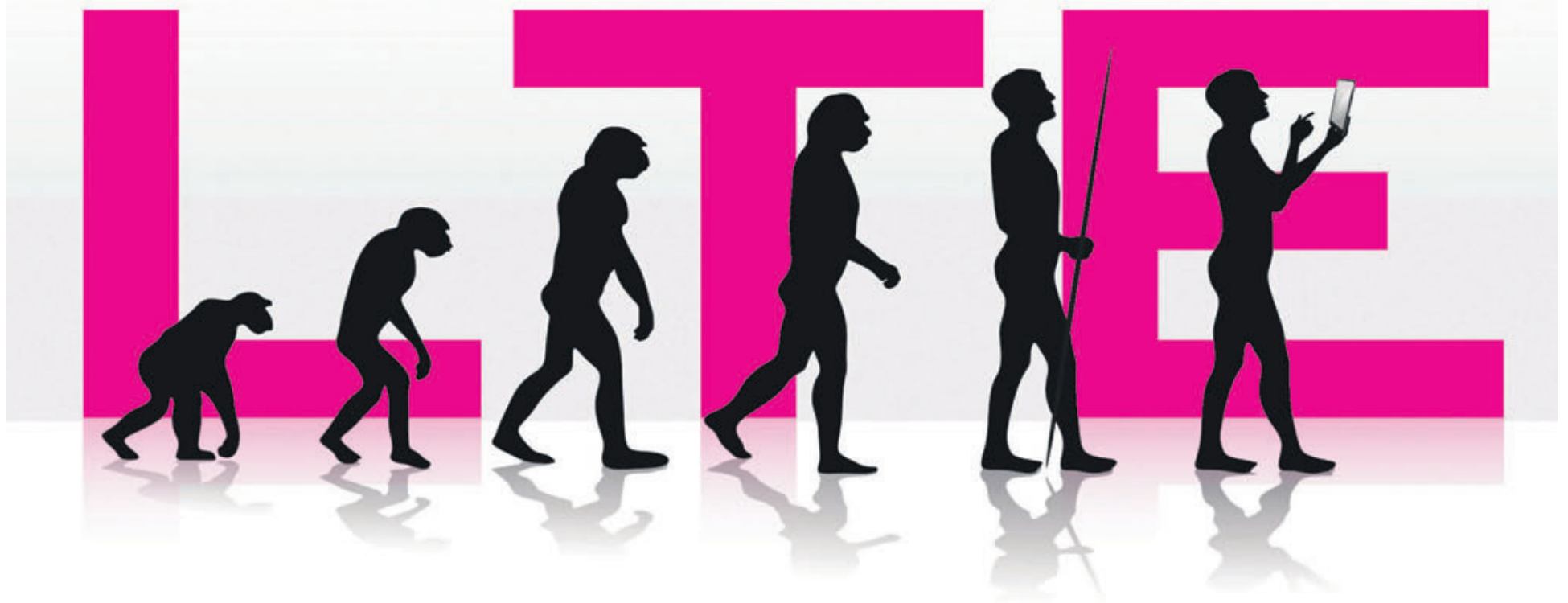
7:00am	The Meddler
8:50am	Fathers and Daughters
10:50am	Teenage Mutant Ninja Turtles: Out of the Shadows
12:50pm	The Top Ten Show 2017
1:05pm	Demolition
2:50pm	The Meddler
4:50pm	I Saw the Light <i>Gritty music biopic about booze-addled country and western icon Hank Williams.</i>
7:00pm	Teenage Mutant Ninja Turtles: Out of the Shadows
9:00pm	Demolition
10:45pm	I Saw the Light <i>Gritty music biopic about booze-addled country and western icon Hank Williams.</i>
12:55am	The Greasy Strangler
2:40am	Mccanick
4:30am	Men and Chicken

sky SPORTS 2

7:00am	Cricket
12:30pm	Football
3:30pm	Great Sporting Moments
3:45pm	Football
6:15pm	Football
8:30pm	EFL Goals
9:00pm	Live ATP Tennis 500 - Rio
11:00pm	Boxing
11:30pm	Cricket
12:30am	Sporting Triumphs
12:45am	Sporting Triumphs
1:00am	Cricket
2:00am	Cricket World Cup Classics <i>A look back at some classic matches from the ICC Cricket World Cup.</i>
3:00am	Sporting Rivalries
3:30am	Cricket Gold
3:40am	Cricket Gold
3:50am	Cricket
4:50am	Cricket

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BBC one

7:00am	Breakfast
10:15am	The Housing Enforcers
11:00am	Homes Under the Hammer
12:00pm	Heir Hunters
12:45pm	Dom on the Spot
1:15pm	Bargain Hunt
2:00pm	BBC News
2:30pm	Regional News
2:45pm	Doctors
3:15pm	The Coroner
4:00pm	Escape to the Country
4:45pm	The Farmers' Country Showdown
5:30pm	Flog It!
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	Crimewatch
11:00pm	BBC News
11:30pm	Regional News
11:40pm	Weather
11:45pm	Match of the Day 2
12:30am	The Graham Norton Show

BBC TWO

7:00am	The World's Most Photographed
7:30am	Wanted Down Under Revisited
8:15am	The Farmers' Country Showdown
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	Beat the Brain
3:00pm	Landward
3:30pm	Britain's Lost Routes with Griff Rhys Jones
4:30pm	Africa
5:25pm	A Place to Call Home
6:15pm	Bargain Hunt
7:00pm	Eggheads
7:30pm	Great Continental Railway Journeys
8:00pm	Antiques Road Trip
9:00pm	University Challenge
9:30pm	Mary Berry Everyday
10:00pm	Meet the Lords
11:00pm	Cradle to Grave
11:30pm	Newsnight
12:10am	Weather

BBC FOUR

8:00pm	100 Days
8:30pm	Reel History of Britain
9:00pm	The Big Painting Challenge
<i>Entertainment series searching nationwide for the best amateur artist in Britain.</i>	
10:00pm	Britain's Pompeii
11:00pm	Dan Cruickshank and the Family That Built Gothic Britain
12:00am	Born Too White
1:00am	Oceans
<i>Series exploring the secrets of our underwater world.</i>	
2:00am	Art of China
3:00am	The People's Liners: Britain's Lost Pleasure Fleets
4:00am	Dan Cruickshank and the Family That Built Gothic Britain

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
9:35am	Everybody Loves Raymond
10:05am	Frasier
10:35am	Frasier
11:05am	Undercover Boss USA
12:00pm	Ramsay's Kitchen Nightmares USA
1:00pm	Channel 4 News
1:05pm	A New Life in the Sun
2:05pm	Find it, Fix it, Flog it
3:10pm	Countdown
4:00pm	Fifteen to One
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	Dispatches
9:30pm	Food Unwrapped
10:00pm	999: What's Your Emergency?
11:00pm	The Two Million Calorie Buffet

CHANNEL 5

7:00am	Milkshake!
10:15am	The Wright Stuff
12:15pm	GPs: Behind Closed Doors
1:10pm	5 News
1:15pm	The Nightmare Neighbour Next Door
2:15pm	Home and Away
2:45pm	Neighbours
3:15pm	NCIS
4:15pm	A Father's Denial
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	Ice Chaos: Winter Road Rescue
10:00pm	The Railways That Built Britain with Chris Tarrant
11:00pm	From Paris with Love
12:50am	War
2:30am	Super Casino
4:10am	The Week We Went Wild
5:00am	Tattoo Disasters
5:20am	Tattoo Disasters
5:45am	House Doctor

4

11:00am	Baby Daddy
11:30am	Baby Daddy
12:00pm	Charmed
1:00pm	Charmed
2:00pm	How I Met Your Mother
2:30pm	How I Met Your Mother
3:00pm	The Big Bang Theory
3:30pm	The Big Bang Theory
4:00pm	Baby Daddy
4:30pm	Baby Daddy
5:00pm	How I Met Your Mother
5:30pm	How I Met Your Mother
6:00pm	The Goldbergs
6:30pm	The Goldbergs
7:00pm	The Big Bang Theory
7:30pm	The Big Bang Theory
8:00pm	Hollyoaks
8:30pm	Information not available.
9:00pm	Information not available.
11:00pm	Celebs Go Dating
12:00am	First Dates Abroad

sky SPORTS 1

7:00am	Football Gold
7:15am	Football Gold
7:30am	Football Gold
7:45am	Football Gold
8:00am	WWE Raw
9:00am	Goals on Sunday
10:00am	The Premier League Years
12:00pm	Football's Greatest
12:30pm	Live EFL Cup Final
1:30pm	Football
2:00pm	Boxing
2:30pm	Football's Greatest
3:00pm	Premier League Legends
3:30pm	Boxing
4:00pm	Live EFL Cup Final
5:00pm	Football
5:30pm	Live EFL Cup Final
6:30pm	Football
7:00pm	Soccer AM: The Best Bits 2016/17
7:30pm	Boxing
8:00pm	Football
12:00am	Boxing
12:30am	Scottish Football Round Up
12:45am	Football Gold
1:00am	Mnf Pre-Game Show
2:00am	Football
2:30am	Boxing

itv

7:00am	Good Morning Britain
9:30am	Lorraine
10:25am	The Jeremy Kyle Show
11:30am	This Morning
1:30pm	Loose Women
2:30pm	ITV Lunchtime News
3:00pm	Judge Rinder
4:00pm	The Home Game
5:00pm	Tipping Point
6:00pm	The Chase
7:00pm	Local News and Weather
7:30pm	ITV Evening News
8:00pm	Emmerdale
8:30pm	Coronation Street
9:00pm	The Kyle Files
9:30pm	Coronation Street
10:00pm	Broadchurch
11:00pm	The Nightly Show with David Walliams
11:30pm	ITV News
12:15am	Rugby Aviva Highlights
1:15am	The Nightly Show with David Walliams
1:40am	Jackpot247

itv2

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!
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	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
9:25am	The Royal
10:30am	Judge Judy
10:55am	Judge Judy
11:25am	Judge Judy
11:50am	Inspector Morse
2:05pm	Heartbeat
3:10pm	The Royal
4:15pm	Where the Heart is
5:20pm	In Loving Memory
5:50pm	Doctor at Large
6:20pm	On the Buses
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	Foyle's War
12:00am	Prime Suspect 5
2:05am	The Knock
3:00am	ITV3 Nightscreen
<i>Text-based information service.</i>	
3:30am	Teleshopping

itv4

7:00am	Gunsmoke
7:50am	The Saint
8:45am	Hogan's Heroes
9:20am	Hogan's Heroes
9:50am	The Professionals
10:50am	Ironsides
11:55am	Gunsmoke
1:00pm	Storage Wars Texas
1:30pm	Storage Wars Texas
1:55pm	Storage Wars Texas
2:25pm	Storage Wars Texas
2:50pm	Hogan's Heroes
3:25pm	Hogan's Heroes
3:55pm	Ironsides
4:55pm	The Professionals
6:00pm	The Saint
7:00pm	Storage Wars Texas
7:30pm	Storage Wars Texas
8:00pm	Rugby
9:00pm	Parking Wars
10:00pm	Double Jeopardy
11:00pm	FYI Daily
11:05pm	Double Jeopardy
12:10am	Bundesliga
1:10am	Rugby
2:10am	The Professionals
3:15am	Hogan's Heroes
3:40am	ITV4 Nightscreen
4:00am	Teleshopping

sky CINEMA ACTION & ADVENTURE

9:05am	The Magnificent Seven
11:15am	In the Heart of the Sea
1:20pm	Everest
3:25pm	Night at the Museum
5:20pm	Dante's Peak
7:10pm	X-Men: The Last Stand
9:00pm	In the Heart of the Sea

sky CINEMA COMEDY

8:45am	The Top Ten Show 2017
9:00am	Raising Helen
11:05am	Sister Act
12:55pm	The Lego Batman Movie: Special
1:25pm	Ted 2
3:35pm	Bridget Jones's Diary
5:20pm	Austin Powers: The Spy Who Shagged Me
7:05pm	Pixels
9:00pm	Ted 2
11:10pm	Bridget Jones's Diary

sky CINEMA PREMIERE

7:00am	Mccanick
8:40am	The Great Wall: Special
9:10am	I Saw the Light
<i>Gritty music biopic about booze-addled country and western icon Hank Williams.</i>	
11:20am	Locked in
1:05pm	Teenage Mutant Ninja Turtles: Out of the Shadows
3:05pm	Demolition
4:50pm	The Top Ten Show 2017
5:05pm	I Saw the Light
7:20pm	Locked in
9:00pm	Teenage Mutant Ninja Turtles: Out of the Shadows
11:00pm	Demolition
12:45am	Mccanick
2:25am	The Greasy Strangler
4:05am	Fathers and Daughters
<i>Drama about a widowed writer struggling with mental illness.</i>	

sky SPORTS 2

7:00am	Cricket
12:30pm	Cricket Gold
12:40pm	Cricket Gold
12:50pm	Cricket Gold
1:00pm	Cricket's Greatest
1:30pm	Cricket's Greatest
2:00pm	Time of Our Lives
3:00pm	Cricket
4:00pm	Live ATP Tennis - Dubai
<i>The second session from day one of the Dubai Duty Free Tennis Championships.</i>	
8:00pm	Fight Night
10:00pm	Laureus Awards 2017 Highlights
11:00pm	Cricket's Greatest
11:30pm	Cricket's Greatest
12:00am	Sporting Triumphs
12:15am	Sporting Triumphs
12:30am	Sporting Triumphs
12:45am	Sporting Triumphs
1:00am	Live ATP Tennis Acapulco

Advertising feature

Do less and see more: try a great canal journey

Christina Sharp

GLOBELINK INTERNATIONAL

christina@globelink.co.uk



REMEMBER the 1970's Hoseasons advert to the tune of 'Messing About on the River'? We've come a long way since then, but 40 years later, canal and barging holidays are seeing a revival; possibly thanks to the compulsive viewing of TV programmes like Great Canal Journeys and Celebrity Carry on Barging.

Canal holidays are a glorious leisurely alternative to a driving or walking holiday. With over 2,000 miles of waterways in the English countryside alone, it's a perfect way to slow down the pace and see more of your surroundings while revelling in the comforts of a cosy home-away-from-home.

Whether you opt for a crewed barge and just sit back and enjoy the scenery as you meander by, or fancy learning the ropes yourself, you can enjoy an unhurried holiday afloat with friends or family and discover the hidden world of canal boating.

Beginners will soon get the hang of it and if you need an extra hand, there are



| CANAL HOLIDAYS: A glorious leisurely alternative to a driving or walking holiday.

several online and paper guides available.

Where are the top destinations for your canal boat holiday? It depends what rocks your boat (and your budget), however, some of our favourites include: the Shropshire Union Canal, in England's West Midlands, meandering through rolling hills, valleys and across deep cuts and magnificent bridges - a testament to the bygone

era of the industrial revolution.

Or opt for the picturesque, wide tree-lined routes of Canal du Midi, France which passes through vineyards and walled cities in easy reach of the canal. Board in the ancient canalside village of Le Somail, near Narbonne. Life slows to a snail's pace and the most taxing decision is whose turn it is to buy the fresh croissants for breakfast.

The Gota Canal, Sweden, offers spectacular scenery and history, connecting a series of lakes across Sweden from Lake Vänern, near Gothenberg, to the Baltic. The canal includes 58 locks along the way.

Book direct with boat companies, or via operators like www.Hoseasons.co.uk, www.barginginfrance.com, or try lateboat.com and save trawling through lots of websites to compare prices.

Wherever you chose, be a savvy traveller and buy a reliable Travel Insurance Policy to avoid deep water if you have a mishap while away. Globelink's Annual Multi Trip Policy covers an unlimited number of trips for as little as £59.47 (one adult aged 51-65yrs travelling in Europe for 17 days) and you'll be covered for up to £10,000,000 emergency medical and repatriation, up to £3,000 for your baggage and £4,000 if you have to cancel or cut short your trip.

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Heather Small is doing it to make you happy (and proud)!

HEATHER SMALL, born January 20, 1965, grew up on a West London council estate. From going to Sunday school and attending the 'Good News Club,' religion and faith became an important aspect of

Heather's life. Growing up in 70's Britain and not wanting to be stereotyped or treated differently, Heather knew that she wanted to make something of herself.

Even though Heather battled with shyness and severe nerves, she joined her first band Hot!House who released two albums in the late 80's.

As part of M People, hits such as 'Moving On Up,' 'One Night In Heaven' and 'Search For The Hero' and albums like *Elegant Slumming*, *Bizarre Fruit* and *Fresco* achieved massive worldwide success.

Heather became one of the seminal British voices of the 1990's, with the band winning the

Best British Dance Act Award at the Brits in 1994 and 1995, as well as the Mercury Music Prize for *Elegant Slumming*.

Heather has since had great successes with two solo albums - the title track of her 'Proud' album has gone on to become the soundtrack to a whole host of very special events including London's successful 2012 Olympic bid, the 60th anniversary of VE Day in Trafalgar Square, the launch of Queen Mary 2, the Tsunami Relief Concert, England's victory at the Rugby World Cup celebrations, and the official ceremony marking the handover of the Olympic Games from Beijing to London.

And when Oprah Winfrey was looking for a song to sum

up the work she'd been striving to achieve over her 20-year career, she got in touch with Heather, who somehow managed to squeeze in a trip across the Atlantic to perform on the show right in the middle of her last UK tour with M People ("If Oprah calls, you go!" she laughs, adding that the first lady of chat was "very sweet to me").

In 2008, Heather embarked on a journey that would see her dance into the public's affection as she became a contestant in Series 6 of the BBC's 'Strictly Come Dancing' - Heather's infectious personality and her trademark sense of humour earned her appearances on a number of TV news and chat shows including Paul O'Grady, Alan

Titchmarsh, GMTV, BBC Breakfast, The Wright Stuff, Newsnight, as well as special appearances on The Weakest Link and Who Wants To Be a Millionaire?

The year 2009 was another busy one as Heather took to the road again with her band completing two highly successful UK tours in May and November, performing at over 30 venues nationwide to sell-out crowds.

She also continued her TV work with regular slots on music, entertainment and politics shows, including 'Dancing On Wheels,' a wheelchair dancing competition-come-documentary airing on BBC Three in early 2010.

In the autumn, Heather teamed up with singing sensa-

tions Anastacia and Lulu for the critically acclaimed 'Here Come The Girls' - an unforgettable night of feel-good party music and dance, touring arenas across the UK and Ireland during November and December 2010.

Well-known for her charitable work, Heather was recently made an ambassador for the children's charity Barnado's and is continually involved with fundraising and helping lend her valuable support to projects around the country.

So what gives Heather the impetus to keep moving forward, to keep challenging herself, to keep trying new things and not resting on her laurels? "If you get the feeling I do when I sing," she smiles, "you'd understand."



HEATHER SMALL: Two successful solo albums.



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BBC one

7:00am Breakfast
10:15am The Housing Enforcers
11:00am Homes Under the Hammer
12:00pm Heir Hunters
12:45pm Dom on the Spot
1:15pm Bargain Hunt
2:00pm BBC News
2:30pm Regional News
2:45pm Doctors
3:15pm The Coroner
4:00pm Escape to the Country
4:45pm The Farmers' Country Showdown
5:30pm Flog It!
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 Replacement
11:00pm BBC News
11:30pm Regional News
11:40pm Weather
11:45pm Imagine...
1:20am Who Do You Think You Are?

BBC TWO

7:00am The World's Most Photographed
7:30am Heir Hunters
8:15am The Farmers' Country Showdown
9:00am World's Most Extraordinary Homes
10:00am Victoria Derbyshire
12:00pm BBC Newsroom Live
1:00pm The Daily Politics
2:00pm The Super League Show
2:50pm Countryfile
3:00pm Building Dream Homes
3:30pm Britain's Lost Routes with Griff Rhys Jones
4:25pm Africa
5:25pm A Place to Call Home
6:15pm Bargain Hunt
7:00pm Eggheads
7:30pm Great Continental Railway Journeys
8:00pm Antiques Road Trip
9:00pm Further Back in Time for Dinner
10:00pm 1066
11:00pm Inside No.9
11:30pm Newsnight
12:10am Weather

BBC FOUR

8:00pm 100 Days
8:30pm Weird Nature
A series examining nature's oddities - quirky creatures and baffling beasts.
9:00pm Planet Earth II
Wildlife documentary series presented by David Attenborough.
10:00pm The Secret Science of Pop
11:00pm The Richest Songs in the World
12:30am Indian Hill Railways
1:30am What a Performance!
Pioneers of Popular Entertainment
2:30am The Real Tom
Thumb: History's Smallest Superstar
4:00am Planet Earth II
Wildlife documentary series presented by David Attenborough.

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
9:35am Everybody Loves Raymond
10:05am Frasier
10:35am Frasier
11:05am Undercover Boss USA
12:00pm Ramsay's Kitchen Nightmares USA
1:00pm Channel 4 News
1:05pm A New Life in the Sun
2:05pm Find it, Fix it, Flog it
3:10pm Countdown
4:00pm Fifteen to One
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 Secret Life of the Zoo
10:00pm 24 Hours in A and E
11:00pm Catastrophe
11:35pm This is Us
12:30am Gogglebox

CHANNEL 5

7:00am Milkshake!
10:15am The Wright Stuff
12:15pm GPs: Behind Closed Doors
1:10pm 5 News
1:15pm The Nightmare Neighbour Next Door
2:15pm Home and Away
2:45pm Neighbours
3:15pm NCIS: Los Angeles
4:15pm Dear Diary, I Died
6:00pm 5 News
6:30pm Neighbours
7:00pm Home and Away
7:30pm 5 News
8:00pm Ice Chaos: Winter Road Rescue
9:00pm Inside Windsor Castle
10:00pm Secrets of the National Trust with Alan Titchmarsh
11:00pm Shannon Matthews: What Happened Next
12:05am Ian Brady: 50 Years Behind Bars
1:05am When Kids Kill: Catfish Killer
2:00am Super Casino

4

11:00am Baby Daddy
11:30am Baby Daddy
12:00pm Charmed
1:00pm Charmed
2:00pm How I Met Your Mother
2:30pm How I Met Your Mother
3:00pm The Big Bang Theory
3:30pm The Big Bang Theory
4:00pm Baby Daddy
4:30pm Baby Daddy
5:00pm How I Met Your Mother
5:30pm How I Met Your Mother
6:00pm The Goldbergs
6:30pm The Goldbergs
7:00pm The Big Bang Theory
7:30pm The Big Bang Theory
8:00pm Hollyoaks
8:30pm To be Announced
More information will be available closer to broadcast.
9:00pm The Goldbergs
9:30pm To be Announced
More information will be available closer to broadcast.
10:00pm Tattoo Fixers

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 Mnf Pre-Game Show
10:00am Football
10:30am Soccer AM: The Best Bits 2016/17
11:00am Premier League Legends
11:30am Premier League Legends
12:00pm Football Gold
12:15pm Football Gold
12:30pm Football Gold
12:45pm Football Gold
1:00pm Football
5:00pm Mnf Pre-Game Show
6:00pm Football
6:30pm Boxing
7:00pm Premier League Review
8:00pm Boxing
8:30pm Football
11:00pm Boxing
11:30pm Boxing Gold
12:00am Boxing
12:30am Boxing
1:00am Premier League Review

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
A thorough round-up of this lunchtime's main national and international news.
3:00pm Judge Rinder
4:00pm The Home Game
5:00pm Tipping Point
6:00pm The Chase
7:00pm Local News and Weather
7:30pm ITV Evening News
8:00pm Emmerdale
8:30pm Britain's Busiest Motorway
9:00pm Secret Chef
10:00pm Play to the Whistle
11:00pm The Nightly Show with David Walliams
11:30pm ITV News

itv2

7:00am You've Been Framed!
7:25am Who's Doing the Dishes?
8:15am The Ellen DeGeneres Show
9:00pm Emmerdale
9:30pm Coronation Street
10:00pm Coronation Street
10:35pm 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!
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 Hell's Kitchen
11:00pm Plebs
11:30pm Family Guy

itv3

7:00am In Loving Memory
7:25am Heartbeat
8:30am Where the Heart is
9:25am The Royal
10:30am Judge Judy
10:55am Judge Judy
11:25am Judge Judy
11:50am Inspector Morse
2:05pm Heartbeat
Drama, set in the North Yorkshire moors in the 1960's.
3:10pm The Royal
4:15pm Where the Heart is
5:20pm In Loving Memory
5:55pm Doctor at Large
6:25pm On the Buses
This bold, bawdy and brash sitcom hit British screens in 1969.
6:55pm Heartbeat
9:00pm Midsomer Murders
11:00pm Wycliffe
12:10am Prime Suspect
2:20am The Knock
3:15am ITV3 Nightscreen
Text-based information service.
3:30am Teleshopping

itv4

7:00am Gunsmoke
7:50am The Saint
8:45am Hogan's Heroes
9:15am Hogan's Heroes
9:50am The Professionals
10:50am Ironside
11:55am Gunsmoke
1:00pm Storage Wars Texas
1:30pm Storage Wars Texas
1:55pm The Car Chasers
2:25pm The Car Chasers
2:55pm Hogan's Heroes
3:30pm Hogan's Heroes
4:00pm Ironside
5:00pm The Professionals
6:05pm The Saint
7:05pm Storage Wars Texas
7:35pm Storage Wars Texas
8:00pm Pawn Stars
8:30pm Pawn Stars
9:00pm World Superbike Championship Highlights
10:00pm Benidorm
11:00pm Total Recall
12:00am FYI Daily
12:05am Total Recall
1:15am 16 Blocks
2:15am FYI Daily
2:20am 16 Blocks

sky CINEMA ACTION & ADVENTURE

9:15am Into the Grizzly Maze
10:55am Cellular
12:45pm The Top Ten Show 2017
1:05pm Spy
3:20pm Tomorrowland
5:35pm I Am Wrath
7:20pm The Scorpion King
9:00pm Spy
11:15pm Run All Night
1:15am Asian Connection
2:50am Armageddon

sky CINEMA COMEDY

7:45am South Park: Bigger, Longer and Uncut
9:15am The Man
10:45am How to Lose a Guy in 10 Days
12:45pm Bruce Almighty
2:30pm Bad Neighbours 2
4:10pm Grimsby
5:40pm The Hangover
7:25pm Unfinished Business
9:00pm Bad Neighbours 2
10:45pm Grimsby
12:15am Bruno
1:45am Top Five

sky CINEMA PREMIERE

7:00am Locked in
8:45am The Top Ten Show 2017
9:00am Demolition
10:55am Teenage Mutant Ninja Turtles: Out of the Shadows
1:00pm I Saw the Light
Gritty music biopic about booze-addled country and western icon Hank Williams.
3:15pm Locked in
5:00pm Demolition
6:50pm I Saw the Light
Gritty music biopic about booze-addled country and western icon Hank Williams.
9:00pm Teenage Mutant Ninja Turtles: Out of the Shadows
11:00pm Darling
12:30am The Greasy Strangler
2:20am Darling
3:55am The Goob
5:30am The Lego Batman Movie: Special

sky SPORTS 2

7:00am Super League Gold
7:15am Super League Gold
7:30am Super League Fulltime 2017
8:00am Time of Our Lives
9:00am Super League Fulltime 2017
9:30am Super League Gold
9:45am Super League Gold
10:00am Cricket
11:00am Live ATP Tennis - Dubai
3:00pm Cricket
4:00pm Live ATP Tennis - Dubai
8:00pm Super League Fulltime 2017
8:30pm Gillette Soccer Special
11:00pm Super League Fulltime 2017
11:30pm Super League Gold
11:45pm Super League Gold
12:00am Cricket's Greatest
12:30am Cricket's Greatest
1:00am Cricket
1:55am Cricket

Advertising feature

Better hearing for a better life

AFTER forming in 2000, Apple Hearing & Healthcare has gone on to become one of the best hearing aid and mobility specialists in the UK and Spain.

With a clinic in Quesada already having helped and advised hundreds of people, Apple Hearing & Healthcare is pleased to announce the opening of their new Benidorm store on Avenida Doctor Severo Ochoa. It's located opposite the Mas y Mas supermarket, between the Benidorm Palace and The Showboat. They are hosting a three-day special opening event from March 1-3. During these three days, customers are invited to go in and meet the specialist and qualified team.

You can undergo a free hearing test, and see the full range of hearing aids and the latest wireless technology which gives the user full control and a world of possibilities with some devices able to be connected directly to your iPhone. With this Bluetooth technology, you can listen to your music, TV and even receive phone calls directly to your hearing aids



with no wires or a separate device needed.

During the open days, there will also be discounts available of up to €200 and a free, money back guarantee. Throughout the month of March, selected ranges also have a

five year guarantee, compared to the usual two years. Special technology also allows you to see inside your own ear.

The company is committed to constantly helping to improve the lives of thousands of people with the latest hearing and mobility solutions. They believe that when you hear better, you feel better. Many people take their hearing for granted and don't fully realise

how vital it is. With hearing problems, lifestyles can suffer with people becoming withdrawn and stopping social event attendance.

But when you realise your hearing isn't as sharp as it used to be, then it is important to do something about it.

So, if you find yourself switching off in groups because it's hard to concentrate and try and work out what people are saying, or find that listening has become an effort, then don't delay, and contact the team at Apple Hearing & Healthcare today.

As well as the Quesada and Benidorm stores, home visits can be arranged.

Mobility scooters, chairs and stair lifts are also available.

Apple Hearing & Healthcare
Calle Los Arcos 5
Quesada
Avenida Doctor Severo Ochoa 7
Benidorm
Tel: 965 020 813
Visit: www.applecares.eu
Email: info@applecares.eu

WIRELESS AIDS: Small, discreet and wireless hearing aids can change your life.

SPECIAL BENIDORM OPEN EVENT!

JOIN US AT OUR NEW HEARING CENTRE!

WEDNESDAY 1ST TO FRIDAY 3RD MARCH - 9.30AM TO 4.30PM

AV. DOCTOR SEVERO OCHOA 7 · LOCAL 4 · BENIDORM · 03503

LIMITED SPACES
RSVP TODAY ON **965 020 813**



SPECIAL GUEST!

Hearing Aid Expert, Paul Lamb, has travelled to be available for our special event — AT NO CHARGE!

FREE HEARING CONSULTATION!

Schedule your confidential, one-on-one session - no obligation!

FREE!

- FREE technology demonstration
- FREE trials on many models*
- FREE hearing screening & consultation
- FREE clean & check of your current hearing aids

Whatever your hearing needs may be, we invite you to our Special Open Event & you'll receive:

SPECIAL OFFERS ON THE DAY **FREE 5 YEAR WARRANTY WORTH €350*** **FREE REMOTE MIC ACCESSORY WITH SELECTED MODELS***

REFRESHMENTS ALL DAY
Call in for an informal chat.

APPLE HEARING & HEALTHCARE CAN ALSO OFFER YOU...

CALL US TODAY **965 020 813**
AV. DOCTOR SEVERO OCHOA 7 · LOCAL 4 · BENIDORM · 03503

- Free Trials with a Money Back Guarantee
- Free Advice & Demos - No Obligation
- Latest Invisible Digital Hearing Systems
- Repair & Servicing - All Makes & Models



HEARING SPECIALISTS THROUGHOUT COSTA BLANCA · COSTA CALIDA
FREE HOME VISITS · FREE LIFETIME AFTERCARE · WAX REMOVAL SERVICE · NO OBLIGATION



* T&C's apply. Offers end 31ST MARCH 2017. Apple Hearing & Healthcare reserve all rights. Offers correct at time of printing. cannot be used in conjunction with any other offers.

BBC one

7:00am	Breakfast
10:15am	The Housing Enforcers
11:00am	Homes Under the Hammer
12:00pm	Heir Hunters
12:45pm	Dom on the Spot
1:15pm	Bargain Hunt
2:00pm	BBC News
2:30pm	Regional News
2:45pm	Doctors
3:15pm	The Coroner
4:00pm	Escape to the Country
4:45pm	The Farmers' Country Showdown
5:30pm	Flog It!
6:15pm	Pointless
7:00pm	BBC News
7:30pm	Regional News
8:00pm	The One Show
9:00pm	Who Do You Think You Are?
10:00pm	The Real Marigold Hotel
11:00pm	BBC News
11:30pm	Regional News
11:40pm	Weather
11:45pm	Peter Kay's Car Share
12:15am	Film 2017
12:45am	The Big Painting Challenge

BBC TWO

7:00am	The World's Most Photographed
7:30am	Heir Hunters
8:15am	The Farmers' Country Showdown
9:00am	See Hear
9:30am	Great British Railway Journeys
10:00am	Victoria Derbyshire
12:00pm	BBC Newsroom Live
12:30pm	The Daily Politics
2:00pm	Cash in the Attic
2:30pm	Beat the Brain
3:00pm	Building Dream Homes
3:30pm	Channel Patrol
4:15pm	Britain's Lost Routes with Griff Rhys Jones
5:15pm	Africa
6:15pm	Bargain Hunt
7:00pm	Eggheads
7:30pm	Great Continental Railway Journeys
8:00pm	Antiques Road Trip
9:00pm	The House That £100k Built
10:00pm	Incredible Medicine: Dr Weston's Casebook
11:00pm	Mock the Week
11:30pm	Newsnight
12:10am	Weather
12:15am	Dragons' Den

BBC FOUR

8:00pm	100 Days
8:30pm	Reel History of Britain
9:00pm	Jet! When Britain Ruled the Skies
10:00pm	Roots
11:25pm	Wild China <i>Documentary capturing pioneering images to exhibit the dazzling array of mysterious and wonderful creatures that live in China's most beautiful landscapes.</i>
12:25am	Imagine... <i>Alan Yentob gains exclusive access and insight into the creative world of Dame Shirley as she tentatively re-enters the ring to confront her life in song.</i>
1:25am	Archaeology: A Secret History
2:25am	Treasures of Ancient Egypt
3:25am	Wild China
4:20am	Britain on Film

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
9:35am	Everybody Loves Raymond
10:05am	Frasier
10:35am	Frasier
11:05am	Undercover Boss USA
12:00pm	Ramsay's Kitchen Nightmares USA
1:00pm	Channel 4 News
1:05pm	A New Life in the Sun
2:05pm	Find it, Fix it, Flog it
3:10pm	Countdown
4:00pm	Fifteen to One
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	The Royal House of Windsor
11:00pm	Adults in Crisis
12:00am	999: What's Your Emergency?

CHANNEL 5

7:00am	Milkshake!
10:15am	The Wright Stuff
12:15pm	GPs: Behind Closed Doors
1:10pm	5 News
1:15pm	The Great British Benefits Handout
2:15pm	Home and Away
2:45pm	Neighbours
3:15pm	NCIS
4:15pm	Fatal Honeymoon
6:00pm	5 News
6:30pm	Neighbours
7:00pm	Home and Away
7:30pm	5 News
8:00pm	Sinkholes: Buried Alive
9:00pm	GPs: Behind Closed Doors
10:00pm	Climbing the Property Ladder
11:00pm	Can't Pay? We'll Take it Away!
12:05am	Nightmare Tenants, Slum Landlords
1:05am	Benefits Britain: Life on the Dole
2:00am	Super Casino <i>Feeling lucky? Get the authentic, heart-thumping casino experience every Night.</i>

4

9:00am	Rude(ish) Tube
9:30am	Rude(ish) Tube
10:00am	Rules of Engagement
10:30am	Rules of Engagement
11:00am	Baby Daddy
11:30am	Baby Daddy
12:00pm	Charmed
1:00pm	Charmed
2:00pm	How I Met Your Mother
2:30pm	How I Met Your Mother
3:00pm	The Big Bang Theory
3:30pm	The Big Bang Theory
4:00pm	Baby Daddy
4:30pm	Baby Daddy
5:00pm	How I Met Your Mother
5:30pm	How I Met Your Mother
6:00pm	The Goldbergs
6:30pm	The Goldbergs
7:00pm	The Big Bang Theory
7:30pm	The Big Bang Theory
8:00pm	Hollyoaks
8:30pm	Information not available.
9:00pm	The Big Bang Theory
9:30pm	The Big Bang Theory
10:00pm	Timeless
11:00pm	Celebs Go Dating

sky SPORTS 1

7:00am	Football Gold
7:15am	Football Gold
7:30am	Football Gold
7:45am	Football Gold
8:00am	WWE Experience
9:00am	Boxing Gold
10:00am	Boxing Gold
11:00am	Live ATP Tennis - Dubai
3:00pm	Boxing Gold
4:00pm	Spanish Football Gold
4:15pm	Spanish Football Gold
4:30pm	Football Gold
4:45pm	Football Gold
5:00pm	Football's Greatest
5:30pm	Boxing Gold
6:30pm	Boxing
7:00pm	Boxing
7:30pm	Boxing
8:00pm	Barclays Premier League World
8:30pm	Football
11:00pm	Boxing
11:30pm	Barclays Premier League World
12:00am	Boxing
12:30am	Boxing
1:00am	Barclays Premier League World
1:30am	Football's Greatest
2:00am	Premier League Legends

itv

7:00am	Good Morning Britain
9:30am	Lorraine
10:25am	The Jeremy Kyle Show
11:30am	This Morning
1:30pm	Loose Women
2:30pm	ITV Lunchtime News
3:00pm	Judge Rinder
4:00pm	The Home Game
5:00pm	Tipping Point
6:00pm	The Chase
7:00pm	Local News and Weather
7:30pm	ITV Evening News
8:00pm	Emmerdale
8:30pm	Coronation Street
9:00pm	Little Big Shots
10:00pm	Benidorm
11:00pm	The Nightly Show with David Walliams
11:30pm	ITV News
12:15am	Robson Crusoe: A Surprising Adventure
1:15am	The Nightly Show with David Walliams
1:40am	Jackpot247
4:00am	1000 Heartbeats
4:50am	Nightscreen

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	You've Been Framed!
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!
1:35am	Two and a Half Men

itv3

7:00am	In Loving Memory
7:25am	Heartbeat
8:25am	Where the Heart is
9:25am	The Royal
10:25am	Judge Judy
10:55am	Judge Judy
11:25am	Judge Judy
11:50am	Inspector Morse
2:00pm	Heartbeat <i>Drama, set in the North Yorkshire moors in the 1960's.</i>
3:05pm	The Royal
4:10pm	Where the Heart is
5:15pm	In Loving Memory
5:50pm	Doctor at Large
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	Lewis
11:00pm	Wycliffe
12:05am	Prime Suspect
2:10am	The Knock
3:30am	Teleshopping

itv4

7:00am	Gunsmoke
7:50am	The Saint
8:50am	Hogan's Heroes
9:25am	Hogan's Heroes
9:55am	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
2:55pm	Hogan's Heroes
3:30pm	Hogan's Heroes
4:00pm	Ironsides
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
10:00pm	16 Blocks
11:00pm	FYI Daily
11:05pm	16 Blocks
12:05am	Jackie Brown
1:05am	FYI Daily
1:10am	Jackie Brown
3:10am	The Football Mavericks
4:00am	Teleshopping

sky CINEMA ACTION & ADVENTURE

7:00am	Smokey and the Bandit
8:40am	Sahara
10:50am	K-19: The Widowmaker
1:10pm	Collateral Damage
3:05pm	John Wick
4:50pm	Twister
6:45pm	John Carter
9:00pm	Mean Machine
10:45pm	John Wick
12:30am	Drop Zone
2:15am	RoboCop 2
4:20am	Avengers
5:50am	Eragon

sky CINEMA COMEDY

7:45am	1941
9:50am	Down Dog
11:35am	Just Married
1:15pm	Daddy's Home
3:00pm	The Lego Batman Movie: Special
3:30pm	Me, Myself and Irene
5:30pm	Walk Hard: The Dewey Cox Story
7:15pm	Paul Blart: Mall Cop 2
9:00pm	Daddy's Home
10:45pm	Dodgeball: A True Underdog Story
12:30am	Entourage

sky CINEMA PREMIERE

7:00am	Locked in
8:40am	I Saw the Light
10:50am	Demolition
12:45pm	Fences: Special
1:15pm	Teenage Mutant Ninja Turtles: Out of the Shadows
3:20pm	Locked in
5:00pm	I Saw the Light <i>Gritty music biopic about booze-addled country and western icon Hank Williams.</i>
7:15pm	Demolition
9:00pm	Teenage Mutant Ninja Turtles: Out of the Shadows
11:00pm	Summertime <i>Enchanting drama about young lesbian lovers struggling to be together in conservative 70s France.</i>
12:50am	Darling
2:15am	The Greasy Strangler
3:50am	The Goob
5:30am	Fences: Special

sky SPORTS 2

7:00am	Cricket
10:00am	Cricket's Greatest
10:30am	Cricket's Greatest
11:00am	Premier League Legends
11:30am	Premier League Legends
12:00pm	Cricket
1:00pm	Premier League Review
2:00pm	Great Sporting Moments
2:15pm	Great Sporting Moments
2:30pm	Great Sporting Moments
2:45pm	Great Sporting Moments
3:00pm	Cricket
4:00pm	Cricket's Greatest
4:30pm	Cricket's Greatest
5:00pm	Boxing Gold
5:30pm	Cricket
6:30pm	Cricket's Greatest
7:00pm	Football
9:25pm	Football
11:25pm	Spanish Football Gold
11:35pm	Spanish Football Gold
11:45pm	Great Sporting Moments
12:00am	Cricket's Greatest

Cassandra Nash

A weekly look

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

The cold caller

MARIANO RAJOY'S phone conversation with Donald Trump was called his Azores Moment.

The offer by Spain's president to act as Trump's mediator with Latin America was considered as unnecessary and servile as Spain's ex-president Jose Maria Aznar's decision to sign up for the Iraq war in 2003.

The moment was immortalised in a photo where George W Bush encircles Aznar with an avuncular arm. Unfortunately Bush always had trouble with Aznar's name, often referring to him as Mr Ansar, which means 'goose' in English.

The un-avuncular Rajoy-Trump phone conversation lasted 15 minutes instead of the planned 20. And what did Trump make of Rajoy's name. Mr Rajah perhaps?

Possibly Trump hung up believing he had spent 15 minutes trying to cut short a cold caller from an Indian call centre.

Proxy empathy

THE Podemos party conference enthroned Pablo Iglesias as its one and only. Meanwhile party Number Two Iñigo Errejón who challenged Iglesias' policies of street protests to bring about change will soon be shunted into a siding. Errejón also wants change but believes it should arrive via the institutions and parliament.

He and Iglesias come from very comfortable backgrounds and have strings of letters, in-

cluding doctorates, after their names. They preach radicality aka pie in the sky without ever having been broke, hungry or jobless. For all their talk about comrades they are as cushioned from reality as the political caste they affect to scorn.

As per usual

MARIANO RAJOY emerged from his own party conference as unassailable as expected. What he said was expected too, particularly regarding Cataluña. Nei-

ther he nor the party would ever countenance "any process leading to the destruction of national sovereignty," he declared.

But if the Catalans won't be allowed a referendum, what will Rajoy offer in return? Every parent and politician knows that "no" might mean "no" but there has to be a sweetener of some kind to compensate.

MARIANO RAJOY:
Spoke with Trump.



Double vision

FORMER Minister of Health Ana Mato resigned because she was deemed to have benefited via her ex-husband from freebies and kick-backs in the Gurtel corruption case. She knew nothing of their provenance, Mato told judges: "They were given to my husband, not me." Can someone please explain how a woman with sufficient ability to rise to ministerial level can be unaware of what goes on in her own family?

Advertising feature

Rent your property this summer!!

DO you own a finca, villa with private pool or an apartment with a communal pool in Denia, Javea, La Sella Golf or Pedreguer? Are you looking to earn some extra money through the summer months? Have you ever considered renting your property for holiday lets but don't know how to go about it?

If the answer is yes to the above questions then Christine and Lynn of Vacation Villas are the people to call today.

The beginning of February marked the 18th anniversary of Vacation Villas, who continue to provide a professional and highly successful holiday rental service to property owners along the Marina Alta. Having been established in La Xara since 1999, their reputation and knowledge of their business is phenomenal and have many satisfied owners that return to them year after year.

With a vast number of clients looking to holiday in the Costa Blanca, Vacation Villas urgently need new properties for holiday rentals through the months of June, July, August and September.

The properties must have a modern kitchen and bathroom, air conditioning, Wifi, satellite TV and be close to a beach and amenities to meet the demands of their clients.

In return the owners are safe in the knowledge that Christine and Lynn look after every-



LYNN: Call Vacation Villas today.



CHRISTINE: Visit her at their offices.

thing from start to finish. They do extensive marketing and advertising of the property, all administration including initial client contact, bookings, key holding, changeover cleaning, supply of linen and towels, laundry, troubleshooting and with the office being local they are available 24/7 to deal with any problem should one arise.

At the end of the season all properties are left in immaculate condition with owners very satisfied and holidaymakers booking their next visit.

Vacation Villas are registered with the Valencian Tourist Board, Spanish Estate Agents Association (AEGAI) and the mercantile register in Alicante, giving owners complete peace of mind and assurance that all properties are expertly handled.

If you are interested in renting your property for the summer holiday season speak with Christine and Lynn at either their office in La Xara or they can arrange a visit to you to discuss options without obligation.

The Vacation Villas office can be found at Avenida del Oeste 8, 03709 La Xara, Denia or call 966 424 505 for further information.

Alternatively email info@vacationvillas-spain.com or visit the website www.vacationvillas.com

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

Low fare Ryanair played fair

ON the morning of February 15 my friends booked a flight from Malaga to Dublin travelling on February 22. At 5pm they received a call from Ireland to say a close friend had died.

They immediately contacted Ryanair to ask if they could transfer their flight to the following day i.e. February 16. Their request was dealt with at no extra cost. Well done Ryanair. So often they get bad publicity.

*Yvonne Thomas,
Torremolinos*

Brexit confusion

FIRST it was 'Brexit means

Brexit' with no further details. Then it was the boiled egg variety 'soft or hard Brexit.' There were even some references to 'black or white Brexit.' Now it seems it is 'Brexit at any cost.'

One particular commentator here is fond of calling Remain voters 'confused.' There is no confusion among Remain voters. They voted with perfect clarity to remain inside the EU. They would do so again given the opportunity. The confusion is all in the Brexit camp.

Just look at the pledge they made to divert British EU money to the NHS - completely opposed in the Bill before Parliament by the very people who argued FOR it only nine months ago!

Immigration - arguably the biggest issue of all in the referendum - has been shown to be mostly from countries OUTSIDE the EU. In fact, most Brexit voters just want to keep out people from Muslim countries which are not in the EU. How confused is that?

'Brexit at any cost' means exactly that. Cost.

*Brian Eagleson,
Mojacar*

Trump truths

THE only person scowling after that fiasco was Trump seeing his great plan blown out of the water and the

worldwide condemnation that followed.

The would-be terrorists must be rolling all over the desert busting their sides laughing.

Immigration control is vital but it is also such a serious and contentious issue that it needs to be carefully planned and executed.

This was neither. It was clumsy and amateurish. The follow up was equally pathetic. At the moment all we are seeing from Trump's Presidency is disarray and chaos.

Naturally he denies this, claiming that it is a well-oiled machine. And of course, he is the president therefore he must be telling the truth and everyone else is wrong.

Ian Terry

COMMENTS from the Euro Weekly News website

» On Tony Blair

I STILL cannot understand why this man is not in prison for what he has done to the country. He took us into the Iraq war after which the world now suffers from terrorism, and he destroyed Britain with his immigration programme. Anyone who listens to this idiot deserves a good slapping.

Roy Peters

» Mallorca taxi drivers

A GREAT common sense idea, I can't understand why there isn't already a bus service to and from the airport! As is the Spanish mentality, taxi drivers hate competition rather than looking at it as a way of using it to provide a better service to try and entice customers! Spain is way behind on the competition front because their culture, political and otherwise, prefers monopoly, they don't like giving... but they love taking!

Mike in ESP

» Animal rights in Benidorm

I WOULD like to thank your paper for taking the time to cover this story, you have the thanks of all animal lovers and also thanks from the members of Benidorm News & Information Forum on Facebook who expressed their horror at this barbaric incident. Special thank you to Caroline for covering the story.

J. A. Perkins

» Brexit & Blair

WHY wont people just accept that, rightly or wrongly the vote was leave - had the vote been stay then the remainers would be saying 'the people have spoken!' (for what it is worth I think leaving is a mistake).

David Allcock

I THINK the point is that people were wrongly informed and blatantly lied to (£350 million to the nhs) and while I don't like the guy no one else is willing to stand up to the right wing media and say it.

Scott Wilkinson

THERESA MAY has changed her mind. Why can't others - especially when new information becomes available? Blair has rattled those in favour of Leave. Why, because he is listened to by most and Brexit cannot be defended when sensible questions and concerns are raised. Anyone in favour of Remain, are crazy not to support Blair's intervention.

Graham Clark

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



LETHAL WEAPON: The deadly hairs of the processionary caterpillar.

Caterpillar curse

“EVERYONE, especially dog owners and parents, should be aware that the hairs on processionary caterpillars carry a deadly poison.

A mere touch by a dog's nose or tongue can have deadly consequences. One of our own dogs was poisoned in this way. With just a little of the poison on her nose, she naturally stretched her tongue to lick it off but this immediately transferred into her mouth. Unless very quick remedial action is taken, serious damage then occurs often causing complete loss of the tongue and possibly death.

The best and vital action to take is to immediately and thoroughly wash the inside and outside of the dog's mouth with running water, taking great care not to touch the dog's mouth or nose with bare hands. It is strongly advised to have a vet repeat the mouth washing and give injections of cortisone or other medicine to counter the poison plus pain killers.

Luckily, our dog responded well and appears normal again. The most important recommendation is to stay well away from pine trees, particularly during the caterpillar season.

Ken Lelliott

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

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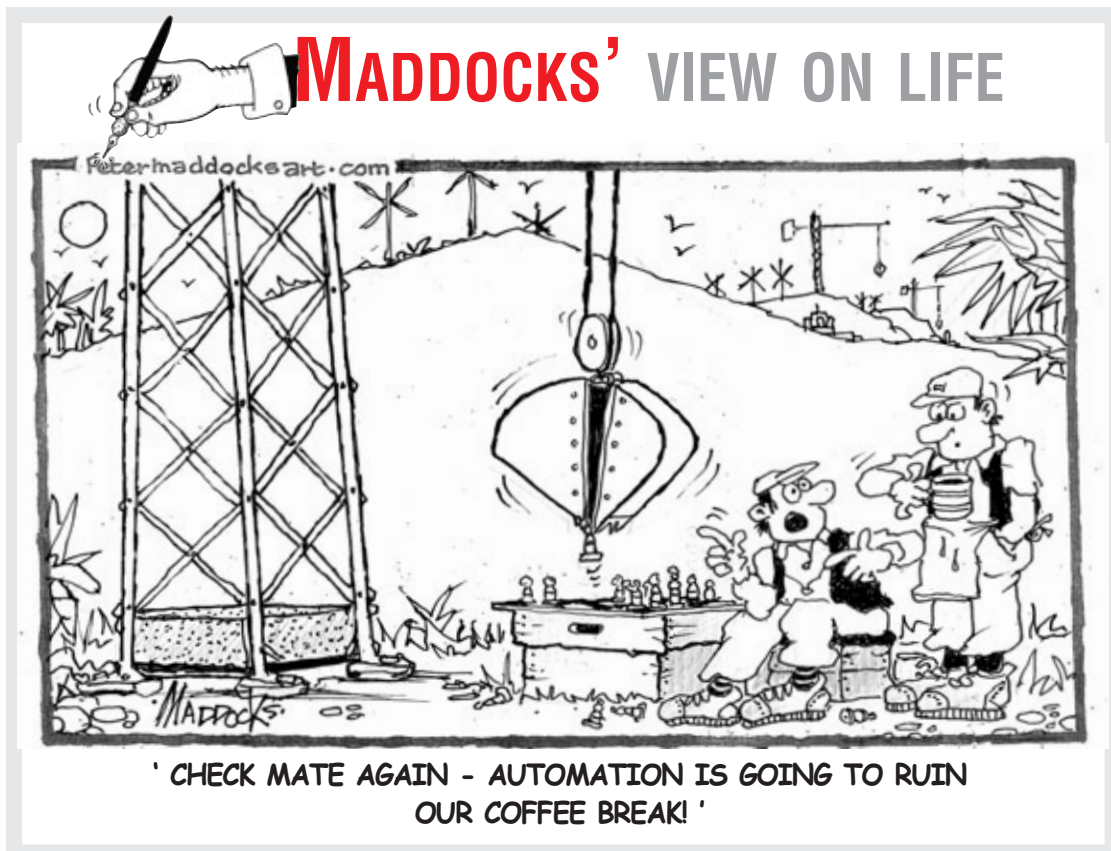
Kakuro

			33	9	27	
	19					14
	21					
	13					
9				5		
12				6		
			13			
21						
		16				

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

LAST WEEK'S SOLUTION

		28	10	33	
21	3	2	6		14
19	5	2	8	1	3
13	3	9	15	9	6
9	4	7	10	8	2
12	9	1	2	7	4
	6	7	2		



Women's wit

The three ages of man: youth, middle age, and 'my word you do look well'!

June Whitfield, Actress



Famous quote

You can be the one-in-a-million. Don't be discouraged by the odds to succeed.'

David Beckham, Professional Footballer

World of English

Why is the time of day with the slowest traffic called rush hour?'

YOUR STARS FOR 7 DAYS

ARIES ♈ (March 21 - April 20)

Emotional and monetary wealth go hand in hand at the beginning of this energetic week. Someone is likely to make demands that you find unacceptable and you will need all your tact to avoid unpleasantness, but any resistance by you will, in the longer term, only gain you respect.

TAURUS ♉ (April 21 - May 21)

You may feel a bit like Sherlock Holmes when you solve a tricky dilemma. With your intellect soaring, it is little surprise that others come to you with their problems.

GEMINI ♊ (May 22 - June 21)

Someone with a romantic interest

PISCES ♉ (February 20 - March 20)

Even as you prepare to go on a trip or start something new this week, the future beckons. In small things there are clues to

in you starts buzzing around. This is all very well if you are willing, but if not keep your distance. As thoughts turn to a well-deserved break, it is not surprising that a holiday is on your mind.

CANCER ♋ (June 22 - July 23)

Small matters start to clog up the emotional works. You would rather be somewhere else, but grit your teeth and deal with necessary matters. Finances certainly must be watched most carefully. Get your glad rags on at the weekend and

the way forward. A chance encounter brings humour and opens your eyes to a friendship lately neglected.

really let your hair down. time.

LEO ♌ (July 24 - August 23)

Mutual plans are exciting but make sure that others know your needs exactly. As a Leo, you will never willingly accept second best but how can others know your standards?

VIRGO ♍ (August 24 - September 23)

Putting your thoughts and feelings on a par with someone else will help you to understand their point of view. As painful as it seems, there will need to be some compromise if everyone is to be happy. Are you feeling the need for some activity and excitement?

LIBRA ♎ (September 24 - October 23)

Sometimes, you retreat into your shell and your normally gregarious personality takes a back seat. Although you may not have received the expected response to a question recently, it is no reason to brood.

SCORPIO ♏ (October 24 - November 22)

The way to bring energy levels up

this week is to spend time with energetic people. You may feel a little on the fringes initially but, at the end of the day, your spirit will be lifted.

SAGITTARIUS ♐ (November 23 - December 21)

Look ahead to see how exactly you can make this spring time extra special.

Making your plans clear to others means a smooth journey as opposed to unnecessary delays. A particular place brings back memories of a love long past.

CAPRICORN ♑ (December 22 - January 20)

There is an incredibly romantic week ahead if you only enter into the spirit of it.

Let your feelings be seen and felt, showing appreciation for loved ones. You do not need the excuse of a birthday or anniversary to give a gift, just a heart full of love.

AQUARIUS ♒ (January 21 - February 19)

Being at the forefront of a learning experience is pleasurable this week.

An unexpected offer seems small but could have a big effect. A friend in need may go over the top and annoy you. It may be necessary to distance yourself and give help through others. Planning ahead to the weekend means that you have more time and energy to get things done.

LOTTERY

UK NATIONAL LOTTERY	IRISH LOTTO	EURO MILLIONS		LA PRIMITIVA	EL GORDO DE LA PRIMITIVA
Saturday February 18	Saturday February 18	Tuesday February 14	Friday February 17	Saturday February 18	Sunday February 19
11 13 21 37 49 59	27 32 44 45 46 47	2 10 24 40 44	19 25 33 36 48	5 15 19 21 29 39	7 31 37 38 39
BONUS BALL 4	BONUS BALL 24	LUCKY STARS 3 10	LUCKY STARS 2 9	REINTEGRO 43 1	REINTEGRO 7

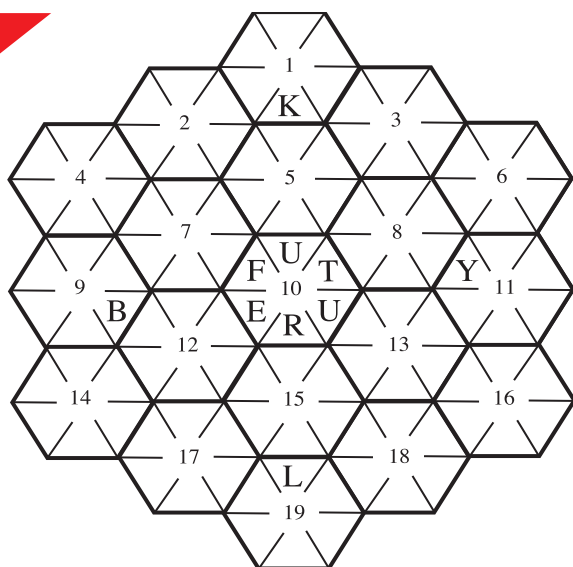
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Hexagram

- | | |
|-------------|--------|
| AMOEBA | GRISLY |
| AROUSE | MAGGOT |
| BARBER | OYSTER |
| BARFLY | RELIEF |
| BARLEY | STOCKY |
| CHEESE | STROLL |
| EARTHY | TOUSLE |
| EUREKA | TRACER |
| FILTER | TUMBLE |
| FUTURE (10) | |



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

LAST WEEK'S SOLUTION
1 Decode 2 Nettle 3 Beater 4 Ninety
5 Beyond 6 Survey 7 Yeoman
8 Server 9 Anneal 10 Myself
11 Insert 12 Deafen 13 Seller
14 Leaden 15 Teller 16 Hoyden
17 Advent 18 Eldest 19 Hearty.

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



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

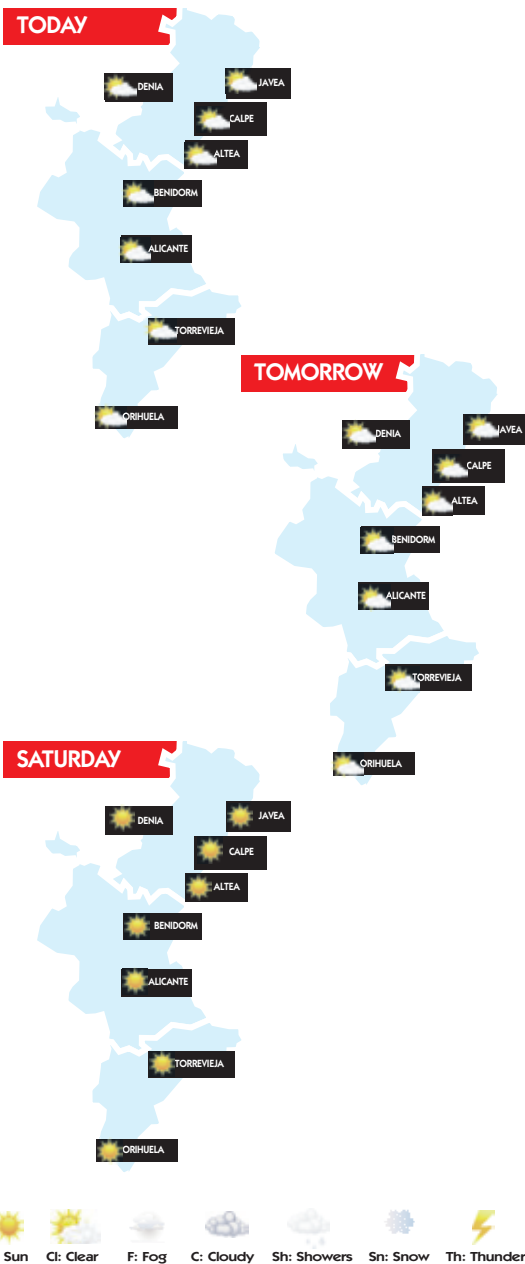
LAST WEEK'S SOLUTION
aeon amen anoa damn dam dean done earn mana mane
mean mend moan morn name nard near nerd node norm
omen rand rend roan adman admen adorn amend anode
arena demon drone maned manor monad named namer
nomad radon roman anadem daemon enamor madman
madmen maenad merman moaned moaner modern random
remand adenoma MEMORANDA

This week in history

- 1950** – Labour's Clement Attlee returned as prime minister after winning the general election by a slim majority.
- 1959** – British Prime Minister Harold Macmillan met with Soviet premier Nikita Khrushchev to discuss expansion of Anglo-Soviet trade.
- 1964** – At the age of 22 Cassius Clay, who later became better known as Muhammed Ali, unexpectedly became the heavyweight champion of the world when he beat Sonny Liston.
- 1971** – The UK government introduced a new Immigration Bill which meant Commonwealth citizens lost their automatic right to remain in the UK.
- 1975** – A packed London underground tube train crashed killing 43 people, including the driver. The cause of the crash was never established.
- 1981** – Buckingham Palace announced that Prince Charles and Lady Diana Spencer were engaged to be married.
- 1982** – Corporal punishment was banned in British schools after the European Court of Human Rights ruled it violated the Human Rights Convention.
- 1987** – The General Synod of the Church of England voted to allow ordination of women priests.
- 1896** – French physicist Henri Becquerel discovered evidence of radioactivity which led him to being awarded a Nobel prize.
- 1991** – As Allied troops entered Kuwait Saddam Hussein ordered a retreat bringing an end to the ground war.
- 1979** – Referendums in Scotland and Wales saw both countries reject devolution which had a crippling affect on Labour's minority government.
- 1993** – Sir Bobby Moore, captain of the winning England team in the 1966 World Cup, died at the age of 51, 10 days after announcing he had cancer.
- 1994** – NATO carried out its first combat in its 45-year history when American fighters shot down four Bosnian Serb jets in a no-fly zone.

Costa Blanca

weather



Alicante TODAY: MAX 21, MIN 12 - C Fri - 20 11 Cl Sat - 19 10 C Sun - 19 11 S Mon - 21 12 S Tue - 19 11 S Wed - 18 11 S	Bilbao TODAY: MAX 15, MIN 10 - C Fri - 12 6 Sh Sat - 18 7 C Sun - 19 9 C Mon - 18 8 Sh Tue - 14 6 C Wed - 16 7 Sh
Almeria TODAY: MAX 22, MIN 12 - CL Fri - 19 12 Sh Sat - 19 11 C Sun - 20 12 S Mon - 21 13 S Tue - 21 12 S Wed - 19 12 Cl	Madrid TODAY: MAX 20, MIN 5 - CL Fri - 18 3 S Sat - 17 4 S Sun - 18 5 S Mon - 17 4 C Tue - 16 3 C Wed - 16 3 Cl
Barcelona TODAY: MAX 19, MIN 9 - S Fri - 16 9 Cl Sat - 16 8 C Sun - 17 8 Cl Mon - 18 9 S Tue - 15 8 Sh Wed - 16 8 C	Malaga TODAY: MAX 21, MIN 11 - S Fri - 21 11 Cl Sat - 18 9 Cl Sun - 20 10 Cl Mon - 21 11 S Tue - 19 10 S Wed - 19 9 Cl
Benidorm TODAY: MAX 21, MIN 12 - C Fri - 19 12 C Sat - 18 11 C Sun - 19 11 S Mon - 21 12 Cl Tue - 19 11 Cl Wed - 18 10 Cl	Mallorca TODAY: MAX 21, MIN 10 - CL Fri - 18 8 Cl Sat - 17 8 S Sun - 18 7 C Mon - 18 8 C Tue - 18 8 Cl Wed - 17 7 Cl

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

NEW ON DVD

Arrival

Directed by: Denis Villeneuve
Starring: Amy Adams, Forest Whitaker, Jeremy Renner



Linguistics expert Dr Louise Banks (Amy Adams) is enlisted to decipher an alien language after 12 mysterious spacecraft appear around the planet. Arrival is a stunning, philosophical new take on the sci-fi contact movie which features a cracking performance from Adams and a number of thought-provoking themes. The film was nominated for eight Oscars and ranks among the very best releases of 2016 while cementing Villeneuve's reputation as one of the most impressive directors at work today.

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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

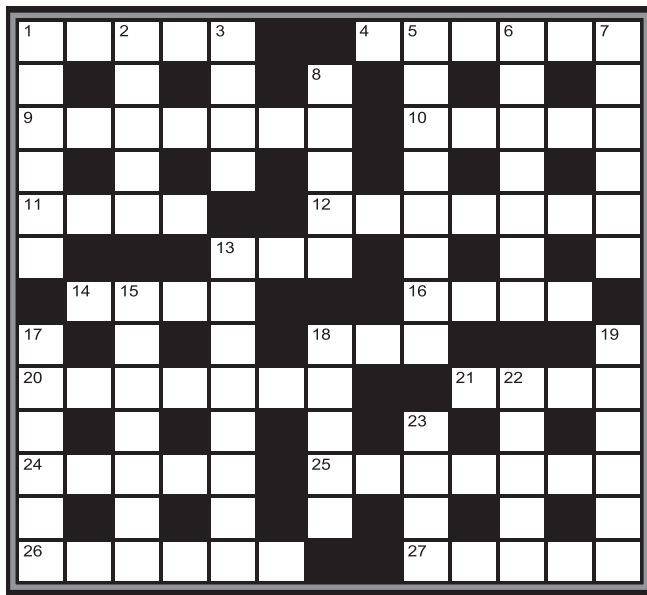
Cryptic

Across

- 1 Good man has help to get sober (5)
- 4 Street telephone line (6)
- 9 Church renews lease for a football team (7)
- 10 Sense some of his mellowness (5)
- 11 Foolish King is with Cinders (4)
- 12 Delight in French song (7)
- 13 Liberal left slum the lot (3)
- 14 Delight some eagle-eyed viewers (4)
- 16 Upset pet's gait (4)
- 18 The dish is from occupied France (3)
- 20 A sabre I broke in a military installation (3,4)
- 21 Call for part of a book (4)
- 24 Enthusiastic approval is lost in a terrible clatter (5)
- 25 I posed a problem being fat (7)
- 26 Substitute a small sorceress (6)
- 27 Wimbledon champion Chris is always on time (5)

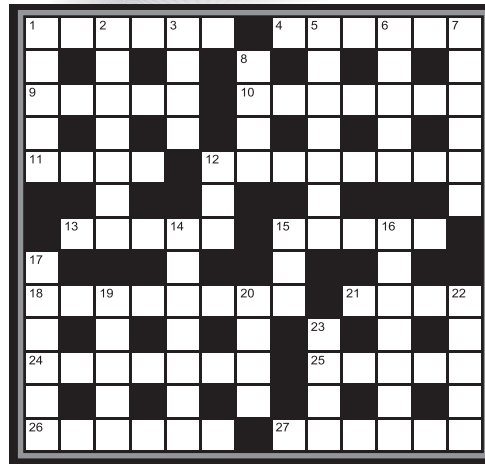
Down

- 1 Observe dog being kept safe (6)
- 2 Raves about claims (5)
- 3 Sleep like a tramp in Barbados shack (4)
- 5 Examine luggage to establish legal precedent (4,4)
- 6 Repeat some of the composite rates (7)
- 7 For a change, go late for an Italian ice cream (6)
- 8 Corrupt males in Oregon (5)
- 13 Times can change meaning of words (8)
- 15 Knowledge Garland added for enchantress (7)



- 17 Harbours with own poles (6)
- 18 Bar some flopped albums (5)
- 19 'God without end' admitting church is fake (6)
- 22 Poem for a sailor to remind him of home (5)
- 23 Textbook item contains mention of bird of prey (4)

Quick



Across

- 1 New World vulture (6)
- 4 Writing implement (6)
- 9 Be in accord (5)
- 10 Less rational (7)
- 11 Unforeseen obstacle (4)
- 12 Friendly and pleasant (8)
- 13 Let for money (5)
- 15 Strikingly odd or unusual (5)
- 18 Reticent (8)
- 21 Blemish made by dirt (4)
- 24 Disease (7)
- 25 Accumulate (5)
- 26 Wayward (6)
- 27 Place where bread and cakes are made or sold (6)

Down

- 1 State of extreme confusion and disorder (5)
- 2 Give a spoken or written account of: (7)
- 3 Kitchen cooker (4)
- 5 Check closely (7)
- 6 Ascend (5)
- 7 Small storeroom for storing foods or wines (6)
- 8 To say again or imitate (4)
- 12 Prosecute at law (3)
- 14 Operating physician (7)
- 15 Take in marriage (3)
- 16 Put back (7)
- 17 Cook in liquid (6)
- 19 Relating to the sun (5)
- 20 Posing no difficulty (4)
- 22 Savoury, appetising (5)
- 23 Spanish sparkling wine (4)

CRYPTIC

Across:

- 7 Recall, 8 Attune, 9 Node, 10 Entirely, 11 Abstain, 13 Peace, 15 Brisk, 17 Beating, 20 Lacerate, 21 Ruse, 23 Renege, 24 Scarab.

Down:

- 1 Nero, 2 Lament, 3 Algeria, 4 Paste, 5 Starve, 6 Anglican, 12 Barrages, 14 Reverse, 16 Sweden, 18 Tarzan, 19 Jaded, 22 Span.

QUICK

Across:

- 1 Robin, 4 Phobic, 9 Tractor, 10 Nurse, 11 Apex, 12 Edifice, 14 Grab, 16 Acre, 18/13 Rip off, 20 Piccolo, 21 Save, 24 Erode, 25 Trample, 26 Linger, 27 Maybe.

Down:

- 1 Ritual, 2 Brave, 3 Note, 5 Handicap, 6 Barrier, 7 Clever, 8 Brief, 13 Obsolete, 15 Raccoon, 17 Appeal, 18 Route, 19 Recede, 22 Apply, 23 Calm.

ENGLISH-SPANISH

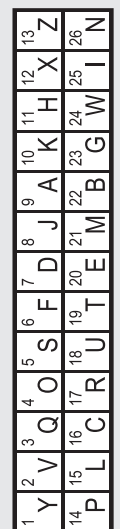
Across:

- 1 Llegar, 4 Eggs, 8 Clear, 9 Ataud, 10 Aconsejar, 13 Leche, 14 Often, 15 Ríos, 16 Tapete.

Down:

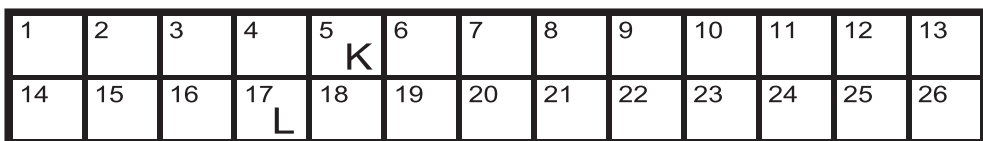
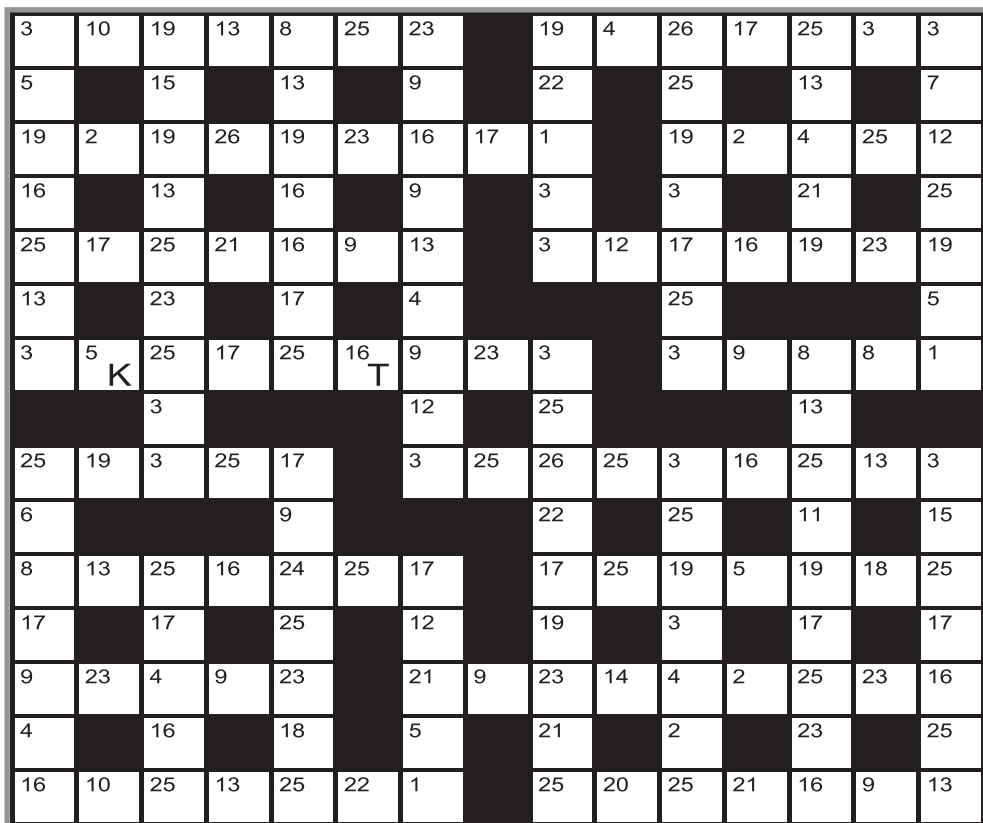
- 1 Lock, 2 Ejercicio, 3 Aprender, 5 Guarantee, 6 Seda, 7 Cacerola, 11 Flor, 12 Once.

CODE BREAKER



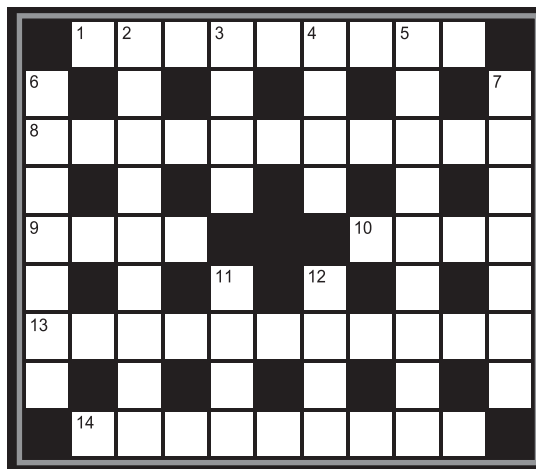
Code Breaker

Each number in the Code Breaker grid represents a different letter of the alphabet. In this week's puzzle, 5 represents K and 17 represents L, so fill in K every time the figure 5 appears and L every time the figure 17 appears. Now, using your knowledge of the English language, work out which letters should go in the missing squares. As you discover the letters, fill in other squares with the same number in the main grid and the control grid.



English - Spanish

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



Across

- 1 T-shirts (9)
- 8 Boniato (5,6)
- 9 Minutes (of a meeting) (4)
- 10 Cinturón (4)
- 13 Table tennis (5,2,4)
- 14 Scarlet (9)

Down

- 2 Olives (9)
- 3 Dentro de (4)
- 4 Those (4)
- 5 Asombro (9)
- 6 Asphalt (7)
- 7 Cartero (7)
- 11 Island (4)
- 12 Campana (de iglesia, puerta) (4)

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BOOKS

Theresa May: The Enigmatic Prime Minister



By Rosa Prince

MORE than a decade after she warned stunned Conservatives of their 'nasty' image, May has become the champion of Middle England. This maps the rise of Britain's second female premier, who had to fight against the odds to become an MP, remained overlooked and undervalued during much of her time in Parliament, yet went on to become a formidable Home Secretary. She is now the leader of her country as it faces its greatest challenge since the Second World War. In this fascinating biography, Rosa Prince explores the self-styled unflashy politician whose commitment to public service was instilled in her from childhood.

books@euroweeklynews.com

TOP 10

Sporting events in 2017

RUGBY fans will be in their element at the moment with the Six Nations Rugby currently underway. If rugby isn't your thing well perhaps one of our top 10 sporting events to look forward to in 2017 will be. Here's a look at what's coming up.

1. The London Boat Race

Now known as the Cancer Research UK Boat Race this popular event first took place in 1829 with the men's race. The women's race was introduced in 1927. It is amongst the oldest sporting event in the world. The annual contest sees rival rowing crews from Oxford and Cambridge universities race four miles (6.8km) along the River Thames. This year's races will take place on Sunday April 2.

2. The Grand National

First run in 1839, this annual National Hunt horse race takes place at Aintree Racecourse in Liverpool. This year's event will be held on Saturday April 8. The handicap steeplechase has 30 jump fences over the two laps and the gruelling course is four miles and 514 yards (6,907km) in length. As the race has a higher than average death rate for horses, animal rights groups often campaign to have it modified or abolished.

3. The World Snooker Championship

If you are 'snooker loopy' then you will be eagerly awaiting this year's championship which will take place between April 15 and May 1. This ranking tournament first took place in 1927 and it has been held in the Crucible Theatre in Sheffield since 1977. The Second World War played havoc with the event meaning it was not held between 1941 and 1945 and from 1958 to 1963 it was not held due to a decline in interest.



BOAT RACE: One of the oldest sporting events in the world.

4. UEFA Champions League Final

In 1992 the European Cup, which was founded in 1955, was rebranded and replaced with the UEFA Champions League. One of football's most prestigious competitions it is a firm favourite with football fans. Reigning champions, Real Madrid, have won the tournament 11 times making them the most successful club. The 2017 final will be played at the Millennium Stadium in Cardiff on Saturday June 3.

5. The Tour de France

Since the first race in 1903 it has been held every year except during both of the World Wars. Bike buffs can catch the event from July 1 to July 23 this year. Each year the route changes although the race format stays the same and it also alternates between clockwise and counterclockwise circuits around France. The

cyclists will cover around 2,200 miles (3,500km) over a 23-day period with 21 day-long segments.

6. Royal London One-Day Cup

If cricket's your thing then July 1 is the date for you to remember. This is a 50-over limited overs competition for England and Wales first-class counties which replaced the ECB 40 tournament in 2014. Two groups of nine teams play and the top four teams from each group progress to the quarter-finals. Cricket fans are sure to be bowled over.

7. Wimbledon

One of four Grand Slam events it is the oldest and often considered the most prestigious tennis tournament. Played on outdoor grass courts it is the only major tournament to be played on grass. Established in 1877 it is played at the All

England Club in Wimbledon, London. Will the world's number one Andy Murray successfully retain the title this year? Tune in from July 3-16 to find out.

8. The Open Championship

Golf fanatics will be heading to Royal Birkdale for the 146th Open which will be held this year from July 20-23. This will be the 10th time it has been hosted at this course. The Open was first played at Prestwick Golf Club in Scotland on October 17, 1860. Currently the event rotates around nine different courses - four in Scotland, four in England and one in Northern Ireland.

9. Athletics World Championships

The first Athletics World Championship event was held in Helsinki in 1983. It used to be held every four years but since 1991 it has been held every two years. This will be the 16th event and it will take place from August 4-13 in the Olympic Stadium in London. Sprinter Usain Bolt and long distance runner Mo Farah are likely to be highlights as both have announced this will be their final track and field competition.

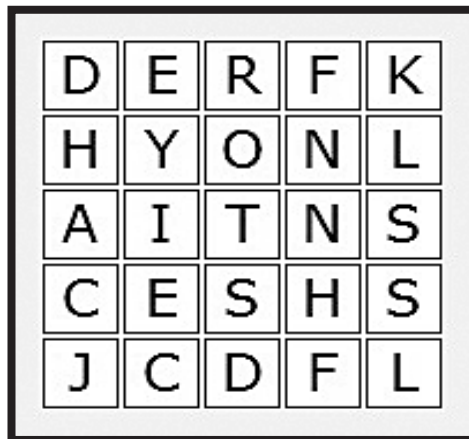
10. F1 Grand Prix

Avid Formula One fans will be looking forward to the final race of the season which is scheduled to be held in Abu Dhabi on November 26. Motor racing has its roots in France and the first Grand Prix took place in 1906 at Le Mans with racers completing six laps each covering 105km. The race currently rotates around various courses around the world with racers completing the smallest number of laps that exceeds 305km, although no race can exceed two hours in length.

Boggled

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

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



TARGET:

- Average: 19
- Good: 26
- Very good: 38
- Excellent: 49

SCORING:

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

LAST WEEK'S SOLUTION

jotted jotter jots josh joss jest jests jess ditto dittos dent dents dentist dentin dentins denim dermis hotted hotter hottish hone honed hots hose host hosts estop edit erns sire hush hurt hurts huts indite into inter intern interns inert inst inrush inrushes

Sudoku

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

LAST WEEK'S SOLUTION

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

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

Word Ladder

SEND

WORM

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

- WORM
- WORD
- WARD
- WAND
- (WEND)
- SAND
- SEND
- or Solution

Wean yourself off the addiction

MANY experts now believe sugar is just as deadly an addiction as drink and drugs, with many people consuming far too much.

Whilst it may be easier to lay off the sweets and chocolate, nutritionists say it is the hidden sugar in foods that catch people unaware such as in pre-made pasta sauces and baked beans.

“Cutting out sugar can re-programme your taste buds.”

So what can you do to help wean yourself off sugar?

Try and keep your blood sugar balanced and avoid low blood sugar that will make you want to go and get something sweet for a quick fix, eat smaller amounts more regularly. Don't go longer

than three hours without eating, especially women, or your blood sugar levels will drop too low and your body will give you a craving for something sweet.

Weaning yourself off sugar can be easier for some than others. Some may prefer to go cold turkey, others gradually reduce it. First, after removing from the house the obvious sources, such as chocolates and cakes, it is recommended to take out of your diet all the savoury foods that contain added sugar. Savoury foods such as sauces like Dolmio, which recent-



ly changed its packaging to show the sugar content, contain added sugar so look for healthier or home-made versions to remove this added sugar.

Other foods deemed healthier such as yoghurts and cereal bars can also contain high levels of sugar so check the labels.

Next, stop adding sugar to your hot drinks and other foods such as cereal. Checking the package of your cereal will show you there is already sugar in it.

Detoxing from sugar can be difficult and it is normal to struggle with headaches, cravings, tiredness, spots and an upset stomach, but after the initial first few days your body will start to recalibrate itself. Cutting out sugar can reprogramme your taste buds and can improve your body, mind and mood, helping you to sleep better, have brighter and clearer sight and be less stressed.

SUGAR ADDICTION:
Don't go longer than three hours without eating.

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ical discipline. It is one of the four branches of traditional Thai medicine and has its roots in the Chinese Tui Na massage, Hindu Yoga, and Ayurvedic medicine which date back more than 4,000 years.

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To sleep or not to sleep



SPECIALIST: Doctor Luis Perez Belmonte.

THIS week we've asked the doctor about something a lot of people complain about, insomnia.

- How many hours of sleep does the average adult really need?

The number of hours of sleep a healthy adult needs varies as it depends on many different factors. Getting at least seven hours of good, uninterrupted sleep is considered to be adequate on average, however some people find six hours to be sufficient and others need more to be able to correctly carry out their daily activities.

- When are sleep problems considered to be insomnia?

A patient is considered to have insomnia when they are regularly unable to fall asleep or suffer from frequent episodes during which they wake up during the night and are unable to get back to sleep and all of this causes them problems and stops them carrying out their normal activities during the day.

- What are the most common causes of insomnia?

There can be many different reasons behind insom-

nia. The most frequent cause is emotional stress. There are, however, also many psychiatric problems and hormonal imbalances which also include insomnia as one of their symptoms.

- What can be done to cure it?

The first thing to do is discover and avoid the cause of the insomnia. For example by avoiding stress or by remedying the hormonal imbalance which produces it. Medicines such as muscle relaxants or anti-depressants can help people get to sleep. Sometimes natural remedies alone such as relaxation techniques and exercises and herbal teas can be sufficient to keep it under control.

- Can it be bad for our health?

It can most definitely be very bad for our health, not just because it can affect our normal day-to-day lives and activities, but also because it can be a cardiovascular risk factor.

If you have any questions for Dr Perez Belmonte, please send them to:
jefemedico@helicopterosanitarios.com



SALMON: On the shopping list for ingredients that will help to enhance your skin.

Eat your way younger

FORGET fancy creams and lotions, target the aging process from the inside and change your diet to help you stay looking younger for longer.

An Australian nutritionist has revealed her top shopping list of foods to enhance your skin which includes salmon, blueberries, dark chocolate, carrots, almonds, tomatoes and citrus fruits.

Salmon is a fatty fish that has long been hailed for its healthy benefits, but it is also said to allow water to better penetrate the top layer of the skin leaving it looking plumper and well hydrated.

Blueberries, as well as being rich in Vitamin C, are high in potassium,

which helps to combat puffiness and provide minerals and salts which help the body to fight the aging process.

“

Vitamin C is also a popular skincare ingredient that helps with the production of collagen.

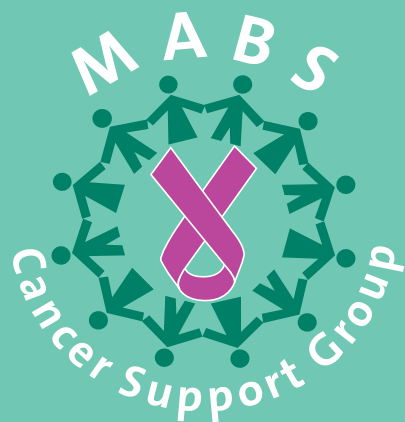
Those with a sweet tooth can indulge a little bit of the dark stuff without guilt as dark chocolate is rich in flavonoids, a form of antioxidant that helps the skin fight against UV rays which can lead to premature aging.

The beta-carotene in carrots helps cells to grow and repair, resulting in fewer dead cells.

Almonds are full of Vitamin E, another antioxidant that helps to protect skin cells from UV light and free radicals that can lead to cell damage.

Tomatoes contain lycopene, which is what makes them red. In humans, this lycopene can help protect against sunburn and aging caused by the sun's rays.

Citrus fruits, full of Vitamin C are the fruit of choice to help ward off colds and illnesses, but Vitamin C is also a popular skincare ingredient, helping with the production of collagen.



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More research into Butterfly Children to be carried out

THERE is positive news for people living with Epidermolysis Bullosa (EB), a rare genetic skin disease more commonly known as Butterfly Skin which causes the skin to blister and scar at the slightest touch. A clinical trial starts this year in Spain based on the use of stem cells derived from bone marrow as a treatment for recessive dystrophic Epidermolysis Bullosa (RDEB), a type of Butterfly Skin.

The aim of the trial is to evaluate how mesenchymal cells can improve the healing of wounds caused by Butterfly Skin.

The trial is being promoted by the Foundation for Biomedical Research at La Paz University Hospital in Madrid and will be carried out by the Department of Haematology and Dermatology



Photo by Maria Cano

BUTTERFLY CHILDREN: Bandages protect wounds caused by EB.

at La Paz University Hospital in collaboration with a number of

organisations.

The clinical trial has a budget

of €308,000 of which 75 per cent is being financed by Carlos III

Institute of Health and the remaining 25 per cent by the patients association DEBRA, The Butterfly Children Charity. At present the trial is being approved by the Spanish Agency of Medicines and Sanitary Products.

Furthermore, DEBRA has announced it will extend its collaboration with the Centre for Biomedical Research in Network by funding a molecular geneticist for one year. With this extra resource families with Butterfly Children will have better access to genetic diagnosis of their condition. This is extremely important for both the affected child and their relatives because it clearly defines what type of Epidermolysis Bullosa they suffer from therefore providing prognostic value.



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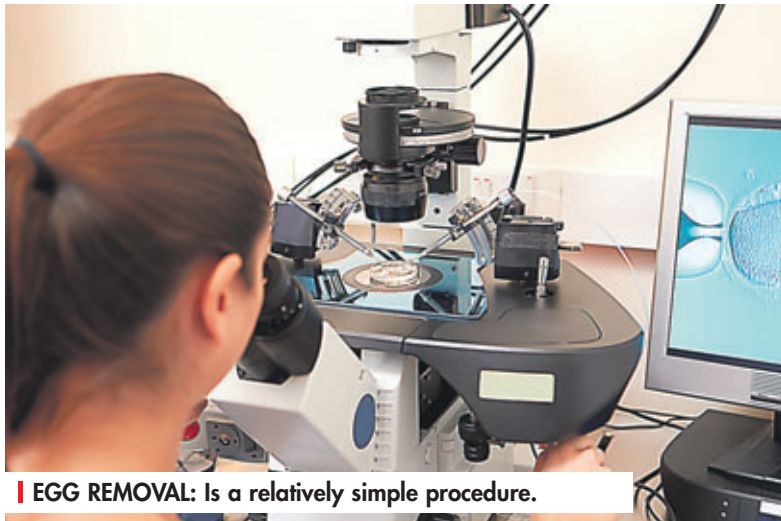
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Spain is leading the way in egg donation

SPAIN is the European leader of egg donations in women.

The European IVF Monitoring Group (EIM) recently released data on egg donations made throughout Europe which revealed Spain has the highest figure with 30 per cent of all European donations made coming from Spain. The Czech Republic and Russia had the second and third highest number of donations, but many countries have restrictive laws on assisted reproduction. There are countries like Italy or Germany where many types of treatments cannot be performed, and others like Holland where the use of these techniques for single or lesbian women is not permitted.

The figure in Spain is deemed to be so high as the Assisted Reproduction Law 14/2006, is quite permissive. Spain also has high rates of assisted reproduction with excellent



EGG REMOVAL: Is a relatively simple procedure.

results meaning many patients travel to a Spanish centre for IVF treatment.

The removal of eggs is also a relatively simple procedure with few risks. It does not require general anaesthesia and after a few hours

rest the donor can return to normal life. The eggs remain frozen until the receiver is ready. Egg donations can now also be stored until a suitable recipient patient is found to receive them, as is the case with sperm banks.

Top beauty trends to try this year

THE popular website Pinterest has published its list of top trends for 2017, which includes a beauty category.

Trends which made the cut have displayed at least a 25 per cent increase in search activity over the last few months.

In terms of hairstyles, the braided top knot is expected to continue its rise, having been sported by stars such as Julianne Hough and Hailee Steinfeld recently.

Silver to ash-blond balayage are predicted to be the

hair colours of 2017, replacing the currently popular ombre graded style.

Reflective chrome nails were among 2016's biggest trends, and the craze appears set to continue, having obtained a 570 per cent increase on Pinterest.

The cut crease technique, in which the eyes are defined and contoured using makeup, is also trending massively, as is microblading, an expensive eyebrow treatment which uses semi-permanent tattoos.

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Barbers undergo mental health training

BRITISH barbers are helping in the fight against male suicide, by undergoing mental health training.

Barbers and hairdressers are often known for lending a listening ear as clients offload their problems, worries, thoughts and feelings during their haircuts and this is why

they are seen as the perfect profession to help tackle male suicide, which has become the leading cause of death in men under the age of 45 in the UK.

The Lions Barber Collective is a national initiative working with Public Health England to provide hair-

dressers with the necessary training in a bid to be able to spot the signs that someone is in need of help and to offer advice.

Similar initiatives have now been set up in Sweden, Canada, the US, France and Australia.

Quiet hour to help autistic shoppers

UK supermarket chain Tesco is offering a 'quiet hour' for shoppers to help autistic customers.

Sufferers of autism often experience a 'sensory overload' and can struggle in crowded and noisy places such as in large stores. Supermarkets were considered the most isolating experience for sufferers according to a survey by the National Autistic Society and so in a bid to help make their shopping trip a calmer and easier experience for them, Tesco is to carry out a six-week trial of offering a 'quiet hour.'

This will see the lights dimmed and in store music and announcement systems turned off for an hour every Saturday morning.

“

A six-week trial will be carried out to offer a 'quiet hour.'

It is being trialled at its Crawley store in Sussex but if successful could be rolled out across all stores.

Swift possesses perfect pout

By Matt Ford

DR JULIAN DE SILVA from the Centre for Advanced Facial Cosmetic and Plastic Surgery in Hammersmith, West London believes that Taylor Swift has the most attractive lips in the world.

He has been documenting which lips his clients most often want to copy, and the American pop queen's so-called cupid pout is most popular.

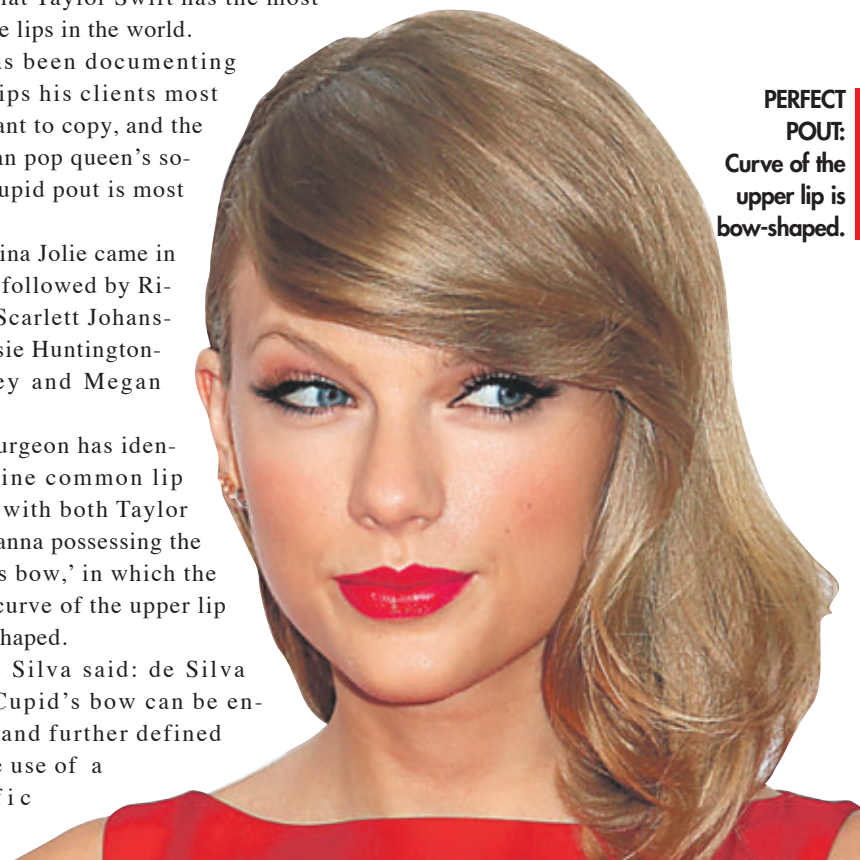
Angelina Jolie came in second, followed by Rihanna, Scarlett Johansson, Rosie Huntington-Whiteley and Megan Fox.

The surgeon has identified nine common lip shapes, with both Taylor and Rihanna possessing the 'Cupid's bow,' in which the double curve of the upper lip is bow-shaped.

Dr de Silva said: de Silva said: "Cupid's bow can be enhanced and further defined with the use of a specific

amount of filler in the upper lip to enhance the natural vertical columns that lie immediately about the upper lip. The use of a specific filler can also be used to enhance and redefine the overall contour of the lips."

PERFECT POUT:
Curve of the upper lip is bow-shaped.



Go natural to treat back pain

DRUGS should be a last resort in treating back pain according to doctors in the US.

They say massage, exercise and yoga should all be tried first before painkillers. The America College of Physicians issued the new guidelines to doctors, advising them to stop prescribing drugs as a first form of treatment. The recommendation comes as studies report they found that painkillers such as ibuprofen and paracetamol are often ineffective at treating back pain and stronger painkillers and more dangerous.

In Britain the NHS watchdog NICE does not make the same claim and advises doctors to use either exercise or drugs or to try both at the same time to deal with one of the most common medical complaints.

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Wine tasting

THIRTY Alicante Province tourism professionals visited Alfaz del Pi to learn more about Wine Tourism.

While in Alfaz the visitors were shown round the Bodegas Enrique Mendoza, sampling some of the winery's best-known varieties.

Alfaz is the only Marina Baja town that is on the Ruta del Vino de Alicante (Alicante Wine Route) which features 20 traditional wine-producing localities in the Vinalopo, Marina Baja and Marina Alta areas.

Child's play

THE children's entertainment event at Benitachell's municipal market was so successful that more will follow.

The scheme will continue to encourage Benitachell residents to buy at the market and local shops, said Economic Promotion councillor Manolo Segarra.

As hoped, the children were kept amused while their parents did shopping or enjoyed tapas.

International Day celebrations

By Caroline Tyszka

LA NUCIA will be celebrating their fourth International Day on Sunday March 12 with at least 32 countries being represented.

The day, which is a multi-cultural event, gives visitors a chance to try authentic cuisine from around the world and see traditional costumes whilst watching musical performances from several nations.

Amongst the performers will be Broadway Academy who have once again been invited to take part in this year's exposition that has become a regular event for both La Nucia and the ever-expanding Performance School.

Fresh from the success of their last production 'Snow White and the Seven Dwarves' the group - ex-Benidorm dancer and London School of Contemporary Dance Student Rebecca Troch and Matt King - local performer, writer, teacher and director has more than 60 students with an age range of three to 73 - are ready to showcase



BROADWAY ACADEMY: The children have been invited to take part in this year's event.

their talents at the event.

Matt said: "The La Nucia International Day is always a fun and relaxed event offering visitors the chance to experience other cultures dances."

The opening parade of nations will start at 11am led by a Celtic music group. Each year a different country leads the parade, in 2016 it was Bulgaria.

The entertainment which includes

music, dance, and games will continue until 6pm at the Camilo Cano Sports Centre in La Nucia.

Organised by the town's Department of Foreign Residents and Citizen Participation the annual celebrations are a meeting of cultural exchanges, to show the culture, folklore and tradition of the 85 different nationalities that coexist in the town.

The event is open to everyone and

free with an estimated 11,000 attending last year.

Bernabe Cano, mayor, said: "In La Nucia we live with neighbours of 85 different nationalities and for the integration and social cohesion of the whole population different events are organised throughout the year. The aim of the International Day is to be a further step towards the integration of all residents."



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Art on the street

WILL COLES exhibits 'street art' in the sculpture gardens of the Klein-Schreuder foundation in Alfaz del Pi until April 9. The inauguration with a 'vino de honor' is on February 26 at 11am. The entrance fee is €3. The show can be visited Sundays from 10am to 2pm and on weekdays by prior appointment.

The last decade has seen the street art phenomenon explode across the world, un-commissioned installations to some, illegal graffiti to others, but it is seen as the most democratic art movement ever. From back alleys to up-market city galleries it has changed the way we access art. Names like Banksy, Basquiat and Haring are now major art investments, often worth millions of dollars.

Will Coles is seen as one of the main sculptural 'street artist provocateurs' in the world. He recently moved from Sidney Australia to Callosa (Alicante), and has been 'installing' free art in the area and beyond. His work can also be seen on the streets of Berlin, Hamburg, London, Paris, Barcelona, and other major cities in different continents, but is also in major public collections in Australia and Europe.

The space at the sculpture garden really gives his bigger sculptures room to breathe, said Will.

But even if you can't make it, you can see



WILL COLES: Has exhibited worldwide.

his less-than-legal sculptures in public spaces from Alicante to Barcelona.

Some smaller items can also be seen in the Frax Foundation in Albir.



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Dog fundraiser

By Caroline Tyszka

THE Costa Blanca community is getting ready for an afternoon of live entertainment to raise funds for the Benidorm Dog Homing charity.

The event on March 5 at Benidorm's Showboat aims to raise funds and awareness for the Benidorm Dog Home and other small local dog shelters. Guests will be treated to some of the resort's finest entertainers who have kindly given their time to help raise as much money as possible for the shelter.

Organisers of the charity day: Dona Dolly Sandland; David Duncan and Angela Norris (who are also volunteers at the shelter) have been working tirelessly behind the scenes to ensure that a great day is had by all and most importantly as much money as possible is raised to help with the ongoing care needed for the shelter and its guests.

Doors will open at mid-day for a 1pm start of non-stop music and fun. Amongst the Benidorm acts donating their

time are Mark Ellis, Stella Artois with the Dream Girls, Tim Aimes with the comperes for the day David James ensuring everything runs smoothly.

An entry fee of €2 together with some amazing raffle prizes should help the charity continue with their good work caring for abandoned

and dumped dogs.

Organisers said: "Many of you



know

Benidorm as the glamorous summer holiday destination open 365 days a year, what many don't know is that only several streets away from the beach is Benidorm Dog Shelter home to the abandoned, abused and neglected dogs of the area. If you are in Benidorm on March 5 please come along and help us raise much needed funds."

Last year Paco a little puppy met with celebrity fan Danny Walters who took time out from his busy filming schedule to walk some of the dogs and show his support for the charity.

To donate a prize contact the Benidorm Dog Homing Facebook page or call Dona 603 271 109. PayPal is *Benidormdoghoming@mail.com*.



Danny Walters (left) in the TV series Benidorm and with Paco (inset).

Television producers love Benidorm

FIGURES just released for 2016 show the popular tourist town of Benidorm increased its share of audio visual productions by 13 per cent.

The Benidorm Film Office, who co-

ordinate all applications and requests, have said that a record number of 85 productions including filming, live television or photography sessions for national and international advertise-

ments took place over 291 days.

The cost to these companies was an estimated €2.4 million. The applications for use of public spaces gave a revenue of €5,000.

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Homage to local artist

By Linda Hall

MORE than 100 people attended Altea's homage to the late painter, Batiste San Rok.

Local mayor Jaime Llinares stressed the Altea roots that imbued San Rok's work, together with his domination of technique and colour.

The artist died a year ago and the exhibition is an indication that Altea is still a cultural reference point thanks to the quality of the painters who live - and have lived - in Altea.

The 45 works on show cover the period between 1966 and 2010 and include paintings belonging to the artist's widow,



Photo credit: Altea town hall

BATISTE SAN ROK: Paintings show Altea life.

private collectors, the Caixaltea Foundation and the town hall.

The exhibition remains open until April 30 and can be visited

between 4.30pm-7.30pm when the Palau box office is open and also on days when there are performances.

Routes for snorkellers

VILLAJOSYA Town Hall has marked out six underwater routes for snorkellers.

The routes, suitable both for professionals as well as amateurs, will be publicised on social media and the Tourism department's web page.

The town hall has also allocated funds to print out leaflets for distribution at the local

Tourist Office.

The six routes are located in the Conill and Charco coves and the Estudiantes, Malladeta, Caleta and Esparrello beaches. Each route includes information on locating the area and also describes the characteristics and special features of the seabed as well as the types of fish found there.



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Carnival parades 2017

• **ALTEA**

February 24: Children's fiesta in the Garganes sports centre from 5-7pm with games and workshops.

Fiesta at the Centro Juvenil between 8pm-midnight for young people, also open to the public.

• **Benidorm**

February 25: Children's parade leaves Calle Escuelas at 11am, finishing in the Plaza Triangular with games and bouncy castles.

Adults' parade starts in Calle Venus at 8.30pm and ends in the Plaza Triangular. Bocadillo and soft drink for all registered participants.

• **Callosa d'en Sarria**

February 25: Children's parade leaves Plaza del Convent at 5.30pm, returning to the Plaza where the town hall will provide merienda followed by Circo Selma.

Adult parade leaves Plaza del Convent at 11.30pm accompanied by the La Bona band.

• **Campello**

February 25: Events throughout the day from 10am at the Sports Centre. Chil-

dren's parade at 12 noon and Adults fancy dress competition at 8.30pm.

• **Denia**

February 25: Children's and family parade leaves Calle La Via at 5.30 pm, finishing in Calle Sagunto. Hot chocolate and merienda for the public with children's disco at 7.30pm.

• **Javea**

February 25: Children's parade leaves Plaza de la Constitucion at 5pm returning to the Plaza via the Old Town for 'El tren de la alegria.'

Adults' parade leaves Placeta del Convent at 11pm finishing in Plaza de la Constitucion with a mobile disco.

• **La Nucia**

February 24: Children's parade leaves Plaza Mayor at 5pm, finishing at Salon Social El Cirer with merienda (tea party). Tickets for the merienda cost €5 in the Centre Juvenil cafeteria, Panaderia Mary and at the Salon Social door.

February 25: Paella and tardeo from 12 noon until 9pm at Salon Social El Cirer. Free entrance although paella and a drink costs €5 a head.

Reservations on 628 039 844 or 695 318 620.

• **Oliva**

February 24: Children's fiesta in Plaza de la Bassa at 5.15pm.

February 25: 9pm at the Casal Jove, mobile disco and a make-up workshop. Buses to Pego's carnival run between midnight and 1am, returning between 5 and 6am.

• **Pego**

February 25: Children's parade leaves Plaza del Mercado at 11am, finishing at Pla de la Font.

Super disco in Plaza del Ayuntamiento from 7pm-4am.

Adults' parade leaves Pla de la Font at 8.30pm .

• **San Juan**

February 25: Mardi Gras parade sets out from Plaza de la Constitucion.

Concert at 1.30pm by the Refugio Swing Band. Family carnival Plaza Jaime I from 5.30-10.30pm with prizes for the best 20's and Silent Movies costumes.

Calpe and Alfas del Pi celebrated Carnival last weekend while Benissa's will be held on March 4.

CARNIVAL TIME: Children's and adults' parades will be held in various towns throughout the region.

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IN LAST WEEK'S column I continued reporting on the progress that we were making regarding the regeneration of a client's restaurant.

The menu has now been decided upon and both the owner and his chef are happy with the outcome. We now have to look at creating a different image. No great changes as the client had spent quite a bit of money on reforming in the first place. This is more cosmetic. A lot of effect can be had by changing tableware, table setting and lighting.

At present the restaurant, which is open for lunch and dinner, is clothed up. A standard base cloth with a coloured slip cloth. Slightly old fashioned for a place that is aiming to modernise its image. A look under the cloths however revealed good quality oak effect tables. The crockery that was being used was standard white round plates most of which appeared to have come with the property when the client bought it. Lighting was a bit bright and mostly white but candles in the evening softened the room.

The first decision was to remove the cloths for the lunch time service and replace with place mats and 'table runners.' However in the evening we would revert to table cloths. Considering the decoration of the room which was mainly cream/vanilla colours we chose a contrasting almost chocolate colour base cloth for the evening service with vanilla top cloths. Using the same material as the base cloths we made the table runners.

For the individual place setting I sourced a very attractive matt vinyl table mat in the same colour. This enabled us to use the runners on the square and rectangular tables and the mats on the round tables.

We discussed using serviettes of the same colour the only problem with coloured serviettes is that continual washing makes them fade. So we decided on vanilla serviettes and using brown presentation plates for the evening. Lunchtimes the serviettes will go perfectly on the coloured place mats.

Crockery was the next step. As we had an abundance of white plates it was sensible to continue to use many of those, but we added some different shapes and styles which helped to modernise the presentation and allowed the chef to play around with his food presentation. Nowadays you can get every shape and style imaginable.



Funky shapes and styles make for interesting place settings

Next was lighting. First thing was to put all the lights on dimmers. Then we changed the fixed ceiling lights to pendulum lights with a mixture of cream and brown shades. The effect was stunning. Picking out some of the columns in brown would finish off the effect perfectly. The next week or so it should all come together and the place will be ready to welcome clients old and new.

MY SISTER sent me a picture of a bottle of wine she had just consumed and commented that she 'had never had this before.' It was a Sancerre Red. It's true that it is not very common to see it in the UK or here in Spain. Sancerre is from the Loire and is famous for its Sauvignon Blanc. But it is interesting to know that Sancerre had been producing reds for several hundred years until phylloxera destroyed its vines in 1860.

Up until then it was a favourite served in the royal courts on both sides of the channel. Sancerre uses the popular Pinot Noir for its red wine. It is interesting to note that of the total production of Sancerre 57 per cent is exported of which only 3 per cent is red.

The bigger day-night temperature differences in the Loire compared with Burgundy gives more of a crunchy raspberry- and cranberry-style fruits over cherry, and a spicy, peppery complexity rather than Burgundy's earthy undergrowth.

Better known for their crisp white sauvignon blanc.

The unique soil structure in Sancerre is also key. About 40 per cent of the vineyards lie on the white chalky limestone-clay soils in the west of the region, many on steep hills above Bué and Chavignol, called terres blanches. These are among the best vineyards for both Sauvi-



gnon Blanc and Pinot Noir, along with those on the most easterly slopes around Sancerre which are planted on the flinty silex terroir (about per cent of the appellation), which gives a trademark smoky note and superb minerality and acidity to the wines. The remaining vineyards are on limestone pebbles, or caillottes.

The last few years the weather has been better in the Loire than in wine producing areas of France meaning that Sancerre has been able to come up with some good vintages such as 2014. As I said, I haven't drunk any in years, but I personally found the wine very light and despite its popularity I'm not really a Pinot Noir kind of guy!! But I would be happy to try a bottle again. (Nothing new there I hear you say!!)

LOVE IT OR HATE IT, TripAdvisor, the bible for many a traveller, is here to stay. It comes in for a lot of stick especially from restaurateurs and hoteliers. And yet we all check our rankings and read the comments, smiling when we receive good reviews and scowling when we receive bad or unfair ones. I have had run ins with TripAdvisor especially their aptly named 'Content Integrity' department who, as the name suggests, are responsible for not only what goes into the reviews, but whether said reviews are legitimate and not written by members of staff or friends and family.

I was contacted once about one of my restaurants where they informed me that I was being 'disciplined' - ie being dropped down in the ratings - because they were under the impression that a member of staff or of their family had written a glowing review. This was not the case as it happens, but there was a review from the brother of one of my staff, but he was a regular client and was perfectly qualified to write a review.

Where does one draw the line between a random client and a regular who becomes a 'friend' of the business. Because of the link between TripAdvisor and Facebook if a 'friend' on Facebook writes a review it states that that review was written by a 'friend.' How does that fit into their rules?

Businesses are encouraged to get clients to write reviews for them. Some even offer incentives like complimentary wine or drinks. Is this against the rules or just enthusiastic marketing?

In some cases, penalised businesses are not even aware that rules are being broken, as in the case of a small hotel where an elderly relative of the owners posted reviews after staying at the hotel as guests.

As a result, TripAdvisor dropped the business in the rankings by over 100 places.

There have been cases though where some businesses have written bad reviews about their competitors. This is a despicable act and should be stamped on, but their rulings are a bit wacky! Business owners are often unaware that they should not post reviews about a competitor business, even if they are relaying a genuine experience, good or bad.

The problems arise when those that own or work in a business do not realise how TripAdvisor defines direct competitors. TripAdvisor confirm that this would apply to any type of business in the same sector if that business is within 10 miles of your business. To put that into perspective, an employee, say of the three Michelin star Alain Ducasse restaurant at the Dorchester hotel (in Park Lane, London) is not permitted to write a review of McDonald's in Hackney!!

“ People who love to eat are always the best people. ”
Julia Child.

ONE OF THE STRANGEST projects I undertook many years ago was to put together a Chinese/Japanese restaurant. It was a huge reform of an old villa near Puerto Banus. I designed what I thought was a brilliant table setting consisting of a black base cloth with an orange/rust top cloth with black Chinese style writing. I then finished the setting with black base plates, rust coloured serviettes and black stemmed glasses. It looked fantastic and I showed it

to an old friend, fellow restaurateur and interior design guru and he loved it!!

So armed with my brilliant table setting I proudly presented it to my client who stepped back in

horror. I thought the 'Chinese' writing might have actually meant something rude but it was simpler than that - Black is a very unlucky colour in Chinese culture. Oops!!

Recommended



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.

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.

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Costa Blanca North promotes a healthy life

By John Smith

THANKS to its spectacular coastline, picturesque scenery and delightful climate, Costa Blanca North which runs from Gandia to Benidorm has been described as one of the healthiest places to live in by the World Health Organisation.

It is generally fairly laid back apart from the very vibrant city of Benidorm which has managed to throw off its old image of drunken and riotous Brits abroad and is now much more family friendly but with many Spanish holidaymakers returning as well.

Hotels are the main source of accommodation but many British couples, nostalgic for their first holidays abroad, are buying reasonably priced properties in the general vicinity.

Despite areas like Benidorm, the whole zone is less commercially developed than its neighbour Costa Blanca South.

Albir and Altea are towns which are both close to busy Benidorm and are perfect for beach holidays although just 10 kilometres away from Albir is the unspoilt beauty spot of the waterfalls of Algar, near the small inland town of Callosa d'en Sarria, which are a welcome haven during the hottest days of



ATTRACTIVE PROSPECT: Whether on the coast or inland Costa Blanca offers lots of opportunities.

summer.

Altea is said to be the artists' capital of the area and is a fairly affluent resort, with a picturesque harbour boasting some fine restaurants. It is a town which attracts visitors all year round although it has managed to retain much of its former charm as a fishing village.

Benidorm is one of the most famous of the Costa Blanca resorts and offers an enjoyable and inexpensive time to those who enjoy a

more commercial holiday and also has a thriving gay community.

Calpe, which is further north from Benidorm, is known for its rocky peninsular which stretches into the Mediterranean and its surrounding national park which appeals to walkers and climbers alike.

Although the sea-front area of Calpe has been heavily developed it is a safe environment particularly for children as the sea never

gets too deep near to the shore.

Denia has become increasingly more popular as a holiday and residential destination, appealing particularly to the British as it boasts nearly 20 kilometres of high quality beaches. There is a daily ferry to three of the Balearic Islands which also makes it an ideal base for resident and visitor alike who hanker for the occasional change of scenery.

Gandia the furthest point north of Costa Blanca of any significance is just a 45 minute drive from Valencia and although not as picturesque as Calpe and Denia, it has a large sandy beach and attractive harbour with a wide range of properties and prices.

Javea is another town of note which attracts the rich and famous as it offers a combination of great scenery and exclusive accommodation.

Moraira is an attractive and not so heavily developed town which can be busy in the summer and has attracted a large number of property buyers from Northern Europe.

Costa Blanca North continues to attract purchasers from the UK, especially at the moment with many looking to purchase second homes as possible long-term residences once the matter of Brexit is resolved.

JUDGES have suggested that every Spanish province should be equipped with a court specialising in abusive mortgage clauses. The proposed emergency plan from the General Council of the Judiciary comes after the European Court of Justice ruling that banks must pay back money to clients who lost out to the unfair floor clauses.

The judiciary is anticipating an avalanche of difficult cases to join the thousands already in litigation across Spain. Banks including BBVA, Popular and Caixabank are expected to have to pay out billions of euros to affected clients in the coming years and decades.

Specialised regional courts would help offset the considerable workload and streamline cases into a more manageable system. Their creation would all ensure that people are not discriminated against because of where they reside, ensuring that clients in Madrid or Andalusia can expect the same quality of justice.

The courts would oversee

All hands on deck for refunds

all matters related to the legality of the mortgage clauses and compensation concerns. They are expected to be in

operation by June 1, allowing three months for the training of judges and for the banks to get their legal teams prepared.

The hugely expensive debacle relates to 'floor clauses' which impose a minimum rate of interest on floating rate mort-

gages, which ultimately cost homeowners a lot of money during the years of record low interest rates.

Spanish courts ruled that they were illegal in 2013 but also that banks wouldn't have to compensate clients for their losses. The banks were not let off the hook so easily in December's European ruling.



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USUALLY when one thinks of the duty of a notary, often we think it is limited to simply providing legal witness to the signing of wills or property sales. Nothing could be further from the truth.

In this article, the first of a series I hope I to be publishing in the *Euro Weekly News*, we are going to cover some important notary duties and services, focusing on non-Spanish residents' interests.

Power of Attorney: When arriving in Spain, hiring the services of consultants and lawyers is a d v i s a b l e when real estate or business investment is

involved. The notary can provide guidance about the best way to authorise power of attorney, measuring the entrusted faculties and the level of trust required.

Real estate transactions: When the day to buy or sell your property arrives, not being familiar with the Spanish language and law could be a weak point to your interests. The notary should be able to give you advice about documents required, costs and tax fees, ensuring your interests are fully covered.

Wills: Each country has its own laws which determine what can be bequeathed by will and what cannot. Being aware and following inheritance law is essential to prevent inheritance problems. With the entry in force of the European regulation 650/2012 the inheritance law might not be the one of your home country, but rather the law of your place of residence or even one of your choice. Setting things right shouldn't take more than 30 minutes.

Gifts/Donations: Fearing high taxes or donor concerns, many may abandon the idea of donating goods between parents and children. However, there are different kinds of donation and a less prohibitive tax scheme, meaning that sometimes

donating is actually cheaper than inheriting.

Setting up a Company: Setting up a company might be profitable, and takes advantage of certain tax benefits. Appropriate expertise over corporate forms, partner's duties and obligations and tax costs will contribute to the correct and proper operation of your business.

Foreign documents: When a foreign document is called to take effect in Spain, a notarial legalisation might be required. A similar procedure is needed when a document created in Spain has to extend its effects overseas. The Chamber of Notaries will verify and stamp the document, with the collaboration of the notary required.

Counselling: Probably the most unknown function, the notary will be pleased to capture and respond to the issues of concern, questions, debates and outcomes that you could have, all in a detached manner and for free!

Within the next year I look forward to publishing a series of articles related to the most frequent law issues, focusing on non-Spanish residents. If you want to suggest a topic or an issue please feel free to contact me on fbelda@notariado.org.

A new record is set

AVERAGE property prices in England and Wales exceeded £300,000 (€354,000) for the first time in history. Prices slid up by 0.3 per cent in January to mark a new peak and an average increase of £10,000 since January 2016.

Though central London has seen decline, areas in and around the capital saw some of the largest increases with homes costing almost double the average at £598,000. Prices across England and Wales have doubled in the 15 years since they hit £150,000.



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Spain soars for first timers



NEW REPORT: Found that Spain is currently enjoying a rise in salaries combined with relatively cheaper homes.

By Matthew Elliott

SPAIN is the second-best country for first-time buyers to get on the property ladder according to a new report from a British company. Movehub analysed data from 33 countries across the globe and found that only the oil-rich United Arab Emirates could compete with spectacular Spain.

The extensive survey found that Spain is currently enjoying a rise in salaries combined with relatively cheaper homes,

making it ideal for young families or fresh expats. Spain ranked ahead of wealthy enclaves Singapore and Switzerland, having fought back from the brink of recession.

Other countries, including the UK, have seen Spain's idyllic salary and house price combination in reverse. Movehub ranked countries with stagnant wages and sharply rising prices towards the bottom of the table.

Movehub's analysis doesn't quite paint the full picture as to why this is an excellent time to buy in Spain.

There is a massive construction boom in both residential and commercial property, interest rates are low, the Euribor being below zero for the past year, and the political system has stabilised itself.

Having experienced such a sharp crisis, the Spanish real estate sector is in a better position than almost any other to learn the lessons of property cycles. The industry has vastly improved since 2007 in transparency and professionalism and local agents and residents are now seeing the fruits of their labour.

How can you assess your best route to transfer money to or from Spain?

When it comes to transferring money overseas, making the right decision starts by asking the right questions, before considering the options available on the market. It's a simple process that could help you save a considerable amount of money on all your transfers.

Be prepared

Preparation is essential; by assessing your personal requirements, you will be in the best position to later discuss them with a currency specialist like Currencies Direct. Ask yourself the following questions:

- **Why are you transferring funds?** For a property purchase, a foreign pension, to pay bills or make mortgage payments?
- **How often will you need to transfer funds?** Will it be a one-off transfer or regular payments?
- **When you will need the funds?** Is the money needed at a specific date? How much time and flexibility do you have?
- **Are there any other specific criteria relating to your own personal circumstances?**

Consider your options

Next step is the choice of the service provider. The solution may appear simple - you'll just use your bank, right? In truth, it could actually cost you a lot more money to take that route, as traditional high-street banks often offer poor exchange rates and tend to charge commission. Whereas alternatively, currency transfer specialists, like Currencies Direct, provide a tailored service and highly competitive rates.

You will then have to decide the type of transfer that you will go for. This is where the initial assessment and the guidance provided by the currency experts will help you to find the service most adapted to your needs, as well as the right time to transfer.

And, your options don't stop there, as you can also choose your transfer method, such as by phone, online or via a dedicated mobile transfer app.

Speak to the experts

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Advertising feature

Architectural trends for 2017

THE first month of 2017 has already come to a close. Time has flown by and if we cast our gaze back, we can see some of the architectural trends that stood out in 2016: Ecological style, straight lines, huge windows, etc...

But what does 2017 hold for us? If you are looking for ideas when building your new home, here's a list of some styles which will help you.

Combining Materials:

In the interior of the house, combining different materials will be this year's trend, mainly iron, wood and ceramic, especially those with an imitation wood finish, providing a lasting high quality feel.

The exterior will also play with different types of materials, especially on the façade and terraces. For example, Villa Rosa (one of our latest built houses) combines many of the materials spoken about previously in its design, giving it a beautiful look.

Style is coming to the kitchen:

Kitchen designs are also heading for an environmental feel in terms of choice of materials.

Earth and wooden floors are coming back as well as bright coloured flooring, if marble floors are more to your taste.

Kitchen islands are still a popular choice in new kitchens with stools but straying away



NATURAL LIGHT: Big windows and a south facing house help make the most of the sunlight.

from the industrial look and heading for a more stylish and high quality feel.

Big windows:

Huge windows are essential and continue to be so this year. The more natural light you can get the better. Therefore it is paramount that you make sure your house is situated correctly in order to make the most of the day's sunlight.

South facing houses get the most light throughout the day.

Those are some of the trends to follow if you want to have the most up to date designs for your future home. However, don't forget that it is also your house, and your personal preferences are also important.

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Old time feeling

THE former home of Johnny Cash and June Carter is now on sale for just shy of \$4 million (€3.8 million). The gorgeous Tennessee estate has been described as a 'once in a lifetime property.'

It was bought by the country music couple way back in 1968 and they stayed there right up until both died four months apart in 2003.

The house was the backdrop to Cash's 2002 video 'Hurt' and also featured in 'Walk the Line,' a Hollywood epic dramatising their relationship.

In 2006 Bee Gee Barry Gibb bought the four-acre estate and the main house burnt down in a huge fire just months later, no doubt a coincidence.

It has changed hands just once since then, to the Texas businessman who now hopes to make a tidy profit and see a genuine music fan restore the old home.

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By Graeme Tyrrell

Winter pruning

WINTER pruning time is here. Pruning is an essential part of any healthy garden. It is necessary to remove damaged and dried out branches, restrict plants to fit into the garden design space, promote flowers and fruits of better quality, and to shape the plant to look better. Now is the time to prune most deciduous trees that require improvement.

The first key to good pruning is understanding the basics of plant growth to cut in the right place at the right angle at the right time to improve recovery of the plant from the wound. The second is ensuring the right tools for the job are sharp and effective to give a clean cut. Thirdly, as a rule of thumb, only prune a third of the plant's height and width in a year to allow it to recover before removing any more. If you need to prune more than a third of a plant in a year your plant is probably in the wrong place.

There are different types of pruning methods and tools to suit the way you tackle the maintenance of your plants. Trees need specialist care when mature to ensure their longevity, shape



Photo by Fotokostic Shutterstock

SAFE PRUNING: Use a sharp tool to give a clean cut.

and purpose with correct pruning cuts. Densely branched shrubs and hedges need skill but generally have smaller, thinner branches that allows shearing off multiple branches with minimal damage to the plant if pruning is done regularly. Sparsely branched shrubs,

such as roses, need more care and skill in pruning to encourage a good framework and promotion of flowers.

The main point to pruning cuts is to make the cut just above a bud or branch with minimal waste wood after the joint. This is to prevent die back

which promotes insect and fungal entry. Avoid damaging the remaining bud or lateral branch including the branch collar, which is the swelling on the branch around the joint, by allowing a small space of clearance above the joint.

On large limbs it is easiest to cut a branch first well away from the joint to the trunk to remove the weight and make the final precise cut with only the stub to be removed.

In a garden with a variety of plants and trees, pruning can be a year round activity. Autumn is the time to restrict pruning to damaged and dead branches for mature trees as it is a time of fungal growth and insect activity that can infect trees. Most deciduous trees are pruned in winter when the plants are dormant in order to establish a good framework of branches while visible and encourage stronger growth in the remaining branches to produce better flowering and, for fruiting trees, premium quality fruit.

Spring pruning is normally undertaken for winter and spring flowering plants to remove flower stems and re-shape the plant to encourage the next flowering season. Summer pruning is mostly removal of die back branches and overgrowth that may be taking over the allotted space to the detriment of other plants, paths or proximity to buildings and utilities, this includes hedges and topiary features. Take care when pruning.



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Fighting nature with nature

By Eleanor Hawkins

SPRING is just around the corner and with it, the dreaded flies will be back in force.

Although there are plenty of things, from electric zappers to chemical sprays, on the market to get rid of the annoying insects, sometimes they are less efficient and more harmful to the environment than we would like.

There are, however, some natural, traditional tricks which have been used in Spain for as long as anyone can remember which can help you keep your home fly-free. They are all cheap and simple and take very little time to prepare:

1. Aromatic plants

Not only do these come in useful for warding off mosquitoes, hanging bunches of lavender, basil or citronella in doorways or windows will also encourage flies to go and knock on someone else's door instead.

2. Bags of water

Ever wondered why you often see transparent plastic bags full of water hung up in Spanish bars or homes? The magnifying effect is said to scare flies away when they see their reflection.

3. Clove and lemon

Another firm favourite with Spanish housewives that also serves as an air freshener. Cut a lemon in half and stick a few cloves into it, then place it wherever you want to banish flies from.



CLOVE AND LEMON: Also serves as an air freshener.

4. Honey trap

Not too pleasant but very effective! Mix some honey, flour and water to form a paste and place dishes of this

about the area you want to maintain fly-free. Flies are attracted by the smell of the honey but will get caught by the sticky mixture and be unable to escape.

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By Eleanor Hawkins

Long-life bouquets

THERE'S nothing worse than receiving a beautiful bouquet of flowers then watching it wilt within a couple of days.

Although every bouquet is different and some types of flower last better than others, there are a few basic rules for care and maintenance which will keep them all looking better for longer.

Usually a bouquet which has come from a

florist will have been treated to make it last longer, and we can help it along by making sure we don't place it in direct sunlight or draughts and avoid subjecting it to extreme temperatures.

If the stalks need to be cut down, always do so at a 45-degree angle and try to cut them with a

knife, under water if at all possible. Leaves should not come into contact with the water inside your vase and it should never be too cold.

Change the water frequently, at least once or twice per day, to keep it spotlessly clean and clean the vase at the same time. Remove any wilted flowers at the same time. There are spe-

cial products which can be added to the water to kill bacteria and make cut flowers last longer, or try adding a drop or two of white vinegar, gin or lemon juice.

If you are on the giving, rather than receiving end, try to buy flowers first thing in the morning, avoid bouquets which are in the sun and look for the freshest looking blooms. If you want to gift something pretty and long-lasting you could also consider a small decorative plant instead.



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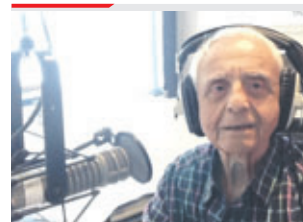
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MANY times in a week I am informed that a dog only understands German, French, Spanish, English etc.

I find that many owners and some trainers have a misguided perception of what a dog really is and entertain false expectations of their pet. Most think their pet is a small hairy person based on the assumption that a dog's level of understand-

ing is equal to their own.

It is vital to keep in mind that dogs do not have the capacity to intercept human language, behaviour or emotions.

“ A dog's natural instinct plays a vital role.

Dogs are capable of linking two ideas together, but cannot link actions, which are separated to another time. If for example a dog makes a mess during your absence there is no point in telling the dog off or getting annoyed; the dog's brain cannot link the action. Many will say 'He knows he has done wrong.' He does not, the brain is not formulated this way.

A dog's brain is much smaller than man's in particular the cerebrum - the portion

of the brain associated with intellectual function, emotion and personality. Dogs cannot understand our human language. It is far more important to use sound patterns, intonation and facial and body language as a form of communication. A dog wants to please and all learning should be based on a positive reinforcement of reward. Owners should keep in mind that a large part of a dog's brain is occupied with sensory activity, particularly the interpretation of scent.

Dog's natural instinct plays a vital role and often it is difficult to understand why so few dog owners can differentiate between instinct and intelligence. Instinct is an urge from within. Instinct makes a dog act in certain ways and has no connection with intelligence.

Dog's first instinct is to survive, when a pup is born he squirms about until he finds a teat and then sucks it. No intelligence or learning by any association plays a part in the process. The maternal instinct tells the female to clean up the foetal membrane etc and stir the puppy into action by licking it. The female is not taught, she has not seen another female do this.

Most instincts provide pleasure to the dog, and because it associates the action with pleasure, the instinct grows stronger with usage.

Instinct can be strengthened, weakened or diverted, it cannot be put there, and it cannot be taken away. It might lie dormant, but once developed it can never be weakened.

A dog with an obsession for chasing balls can be controlled by training and by providing other outlets for his energy. The same if a young dog is corrected the first time he chases a car he may give up the idea, but if he is allowed to chase cars the hunting instinct becomes stronger, and in no time it will be very difficult, even impossible to cure the habit.

Instinct also covers survival, hunting, guarding, and the pack.

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Clarkson Quote of the Week

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Some might say...



Rare breed hits auction

By Matthew Elliott

A FORD GT once owned by Jenson Button is going on sale at an auction where it is expected to fetch more than €300,000. Built in 2005 the VIP Ford boasts a hand-crafted 550bhp V8 engine with a quad camera and six-speed manual transmission.

It can easily hit 200mph plus and reaches 60mph from a standstill in just three and a half seconds. Benson, awarded an MBE for his services to the sport, raced the car from 2006 to 2011.

Even today it has less than

9,000 miles on the clock.

The Ford will be sold by Silverstone Auctions who described it as that 'rare breed of modern cars that instantly be-

“A rare breed of modern car that instantly becomes collectable.”

come collectable.' It goes on sale at the track's famous Race Retro rally from February 24-26.

The Warwickshire show will see a terrific selection of classics, including a TS14 raced in 1972 and a Bentley Speed 8 worth over €10 million.

It's unknown if Button himself will be in attendance. The 27-year-old announced his retirement from Formula One racing in 2016, but remains an ambassador for McLaren until at least 2018. He won the 2009 Championship with Brawn GP and won 15 races out of 305 with 50 podium finishes.



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Supermoto screeches into action

THE Supermoto race series has started in Spain with the first round of the Catalan championships held last weekend at the spectacular Mora d'ebre circuit in Cataluña.

Whilst Saturday practice was held under sunny skies, on race day the heavens opened and the best of Spain's Supermoto racers did battle in the torrential rain and winds. The track was partially flooded in places and the dirt section had to be closed due to the tricky conditions.

The Supermotoland team were fielding three riders in the premier SM1 class with

Mathew Ford-Dunn and his brother Anthony in the SM road class.

The third rider was Mat's son Loris Ford-Dunn, who, at only 15 years old, was the youngest competitor in the SM2 youth class that runs in the same race as the adults.

Anthony got off to a good start by qualifying third in the SM road class. In his first race he was third away, but an early crash ended his day with a dislocated shoulder. He hopes to be fit again for the first round of the European championships in Italy at the end of March.

Undeterred by Anthony's injury, Loris and Mat lined up in one of those rare moments where father and son are in the same race.

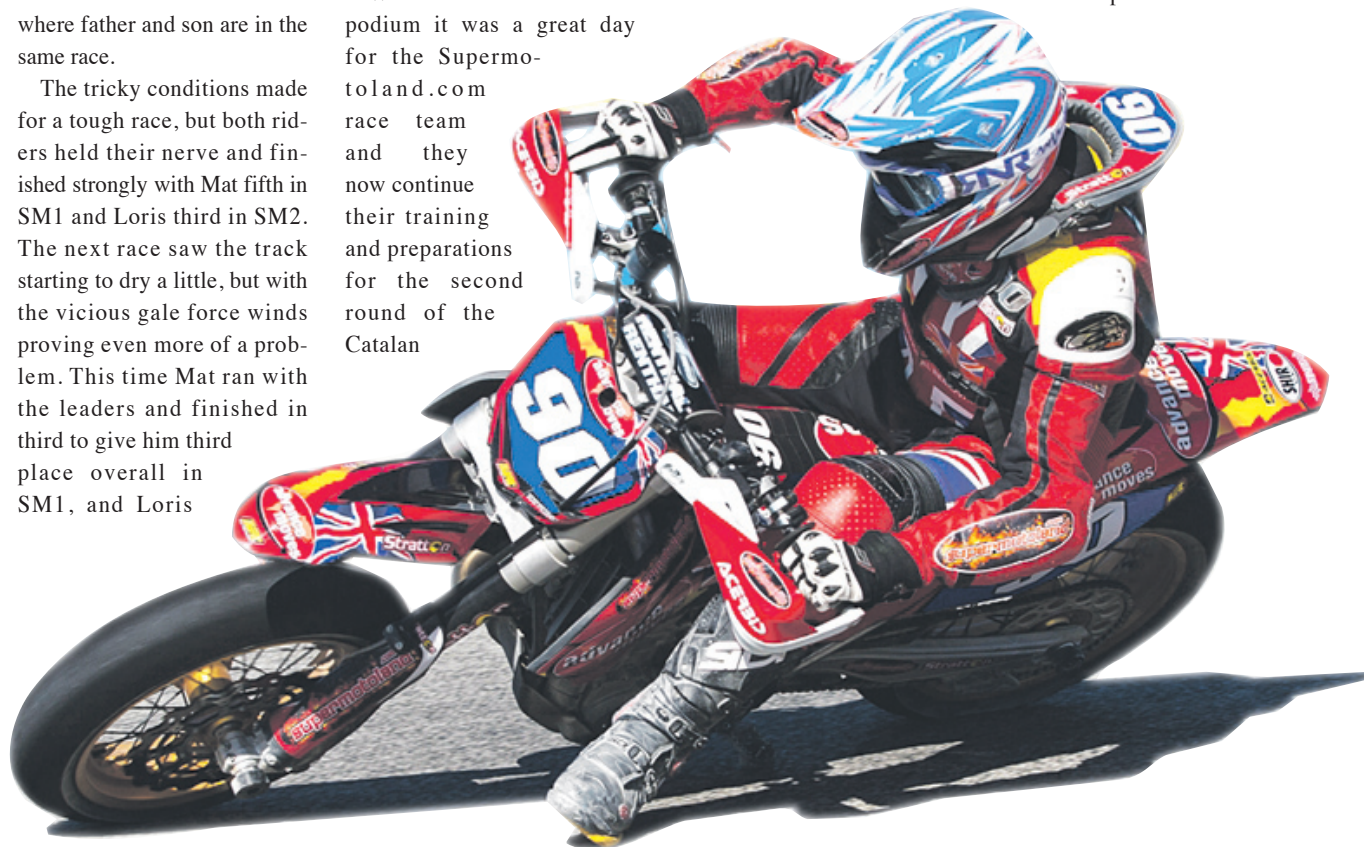
The tricky conditions made for a tough race, but both riders held their nerve and finished strongly with Mat fifth in SM1 and Loris third in SM2. The next race saw the track starting to dry a little, but with the vicious gale force winds proving even more of a problem. This time Mat ran with the leaders and finished in third to give him third place overall in SM1, and Loris

finished third again in SM2 to put him third overall as well.

With both riders on the podium it was a great day for the Supermotoland.com race team and they now continue their training and preparations for the second round of the Catalan

championship on March 12, followed closely by the first

rounds of the Spanish and European Supermoto championships.



SUPERMOTO: The first round of the Catalan championships were held last weekend in Cataluña.

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Top Gear returns

TOP Gear returns to the BBC for the second season in its controversially revamped formula. The first new episode will be broadcast on BBC Two on March 5 featuring a spanking new line-up minus one Chris Evans.

The marmite radio presenter who fronted the first season without Clarkson and co quit the show after receiving quite appalling feedback from viewers last year. Instead the 2017 version will feature Matt LeBlanc, an unexpected hit from season one, motoring journalist Chris Harris, and TV presenter Rory Reid.

One ad for the new show has already aired on the BBC featuring helicopters and rocket launchers, suggesting the Beeb is pulling out all the stops to challenge Clarkson, May and Hammond and their Grand Tour.

The show is currently available on Amazon Prime. The former Top Gear trio has also launched a new motoring platform DriveTribe which is set to compete with the BBC online as well as on the small screen.

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Valentine's Massacre at Benitachell

YET another win for the men in the yearly 'Valentine's Massacre' and although the women put up a good show winning the third set, they lost on overall points.

The weather was very kind and some of the outfits were a sight to behold! The day was terrific fun and a presentation of a trophy for the men and flowers for the ladies was followed by drinks and nibbles. Benitachell wish to thank all who took part, especially the two recruited male bowlers who had to be ladies for the day to keep the numbers even!

The Valentine's Dance held at the club on the evening of Saturday February 18 was well attended and a good time was had by all.



A GREAT NIGHT: Was had by all at the Valentine's Dance.

The evening commenced with a reception of pink Cava and strawberries dipped in chocolate, followed by a superb table buffet. This consisted

of a variety of choices to satisfy the tastes of all attending.

To round the evening off everyone was very well enter-

tained by James Hurst who kept the evening swinging with a variety of music. The consensus of opinions was that it had been 'a great night.'

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Challenging and chilly



WINNING WARBLERS: Had a good day playing for the Valentine's Cup.

A RATHER chilly start to this year's Valentine's Cup but nevertheless the Orba Warblers made it a good day. A medal competition is never easy on the best of days but some players had their game up to scratch.

The winner of this year's Valentine's Cup was Rosemary Edwards (Hcap 22.5) coming in with an impressive net 70. Well done Rosemary! Second was Fred Cooley (Hcap 11.4) with a net 73 and in third place Bob Edwards (Hcap 8.5) with net 74. Steve Smith (Hcap 6) and Peter Gibson (Hcap 22.2) followed in fourth and fifth place, both with net 75. Finally, in sixth place was ex-captain David Knight (Hcap 9.6) with net 76.

Steve Smith recorded the lowest gross of 81. Well done everyone for a day that was

challenging and chilly.

There were three nearest pins Hole 3: Steve Smith, Hole 11: Jan Wilson and Hole 16: Michael Morley. The four 2s Hole 3: David Knight and Hole 16: Bob Edwards, Micheal Morley and Chris Hoare.

The club had the pleasure of two guests Sylvia and Will Evans. The winner of the football card was Stafford Pemberton choosing Manchester United.

Next week March 1, the players will be in Alicante for a Stableford. First tee time is at 9.57am so please arrive by 9.10am for registration.

Guests are welcome subject to available space and current handicap certification. To book, please contact Michael at mjt@stylepms.com or telephone 639 242 896.

The Old Bats and Balls

THE Old Bats and Balls are a definitely non-serious tennis club, playing every week at the wonderful municipal courts at Rafol d'Almunia.

After a string of wet weeks, the annual tournament finally got under way with 16 members taking part.

With a range of abilities, dis-

abilities and bandages, and a range of styles (some more squash or badminton than tennis!), the competition is always lively. Anyone taking the losing of a game to heart is definitely frowned upon.

Tournament winner Keith Edwards was presented with the cup by tennis club leader

Rod Waspe last week.

Some members had never held a racquet before joining the club whilst others have been keen players in their previous pre-Spain lives

. Anyone interested in playing on a Thursday morning should get in touch with Rod Waspe on 605 231 331.

Well done to Lincoln, Millwall and Farah

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 Pileca in the Sierra Cabrera Mountains overlooking Turre.

Costa de Almeria



Spanish time) four-time winners Manchester United play Southampton in the League Cup final at Wembley. This technically is a 'repeat' of the 1976 FA Cup final which Saints won 1-0.

* The top Premiership games coming up this weekend are Chelsea v Swansea City, out-of-forms Leicester City v Liverpool, Southampton v Arsenal and Spurs v Stoke City.

* In the Championship, we have Wolves v Birmingham (Friday) and Brighton & Hove Albion v Reading and Newcastle United v Bristol City (Saturday).

* It's Bristol Rovers v Scunthorpe United and leaders Sheffield United v Bolton Wanderers in FL1, and Doncaster Rovers (top) v Accrington Stanley and Luton Town v Plymouth Argyle in FL2.

* Celtic, 24 points clear of Aberdeen in the SPL, face Hamilton Academical.

* La Liga leaders Real Madrid, who visited Valencia last night, will take on Villarreal on Sunday.

* On Tuesday, in the first

legs of their last 16 ties in the Champions League, Manchester City played AS Monaco and last night it was Sevilla v Leicester. Also 24 hours ago, in the return legs of their Europa League round of 32, St Etienne (3-0 down) met Manchester United and this evening Spurs (1-0 up) play AA Gent in the same competition at Wembley.

* Senior Premier League referee Mark Clattenburg is set to quit the UK to 'work' in Saudi Arabia.

* Arsene Wenger, Arsenal's manager since 1996, may have a new club next season (we'll see).

* Goal-line technology could be used in the Championship matches starting in August.

* And the attendance of 30,193 for Saturday's Wolves-Chelsea FA Cup-tie was the biggest at Molineux since 1981.

RUGBY

* The Six Nations tournament continues this weekend with Scotland v Wales, Ireland v France and England v

Italy.

* Bath (22-12 v Harlequins), Exeter (48-32 at Worcester), Gloucester (31-23 v Saracens) and Leicester (50-17 over Bristol) are all going exceedingly well in Rugby Union's Aviva Premiership.

* Warrington Wolves beat Brisbane Broncos 27-18 to win the World Series.

* Ex-Australian lock Dan Vickerman has died, aged 37.

ROUND-UP

* Some of the world's top cyclists compete in the Los Angeles Track World Cup on February 25/26.

* The Dubai Duty Free tennis tournament starts on Monday and will feature in-form Karolina Pliskova who beat Caroline Wozniacki in this week's Qatar women's singles final.

* Stuart Bingham beat Judd Trump to take his first Welsh Open snooker final. Earlier in the competition, 15-year-old Jackson Page defeated two higher ranked players and 17-year-old Chinese star Yan Bingtao knocked out world

number one Mark Selby.

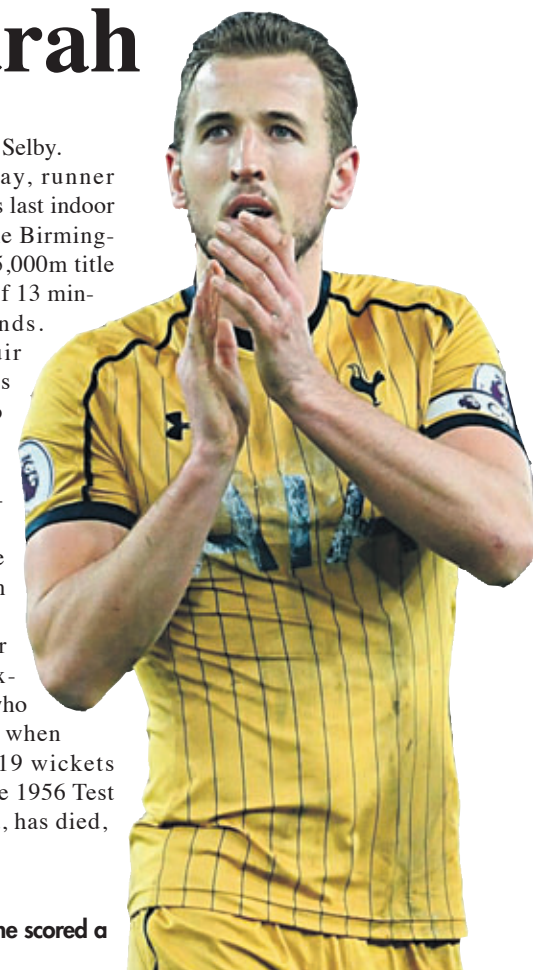
* Last Saturday, runner Mo Farah won his last indoor race, taking in the Birmingham Grand Prix 5,000m title in a record time of 13 minutes 9.16 seconds.

GB's Laura Muir won the women's 1,000m title, also in a record time.

* Joe Root's first Test as England's new cricket captain will be against South Africa in July

* And Peter Richardson, ex-Worcestershire, who scored a century when Jim Laker took 19 wickets for England in the 1956 Test against Australia, has died, aged 85.

SPURS:
Harry Kane scored a hat trick.



DID YOU KNOW?

Fulham defender Matt Briggs, aged just 16 years and two months, became the youngest-ever Premiership footballer when he made his debut as a substitute at Middlesbrough in 2007. Briggs currently plays for Colchester United.



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