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Euro Weekly News bags national prize

The EWN Media Group is delighted to announce that the Euro Weekly News was named Best Free Publication at the 2017 Spanish Periodical Publication Association (AEEPP) Awards on Tuesday February 28.

EWN publishers Michel and Steven Euesden were on hand to collect the award at the glittering gala event, which took place in the Auditorium of the famous Royal Post Office building in Madrid.



I PRESTIGIOUS EVENT: Michel and Steven (centre) collecting the award.





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LOCAL NEWS

On the buses

OVER the next three years, Palma's EMT bus service will receive 95 new buses, costing €30 million. The European Investment Bank's approval and financing of half of the costs will make it easier for Palma's mayor Jose Hila to negotiate loans from other banks for the other €15 million. The first 31 buses are due on the streets at the end of this year.

Mass grave

NO fewer than 87 dead cats and dogs were discovered on an estate belonging to the mother of a Spanish veterinarian discharged for malpractice. The decomposed animals were found due to the strong smell. At least 19 were microchipped, with two owners having been told that the vet would take care of everything after their pets died.

Domestic dispute

A 27-YEAR-OLD Dominican woman has been arrested by the family service agents in Palma after stabbing her husband in the hand. Police received many calls regarding the bleeding man who was walking the streets with his child in his arms. The woman committed the crime after returning home and expressing her disapproval over some shoes the man bought the youngster.

EWN Media Group takes over the RTN

SINCE the RTN was first published on October 1, 1999 Geoff Gartland and his team spent the subsequent years establishing a newspaper that represented it's thousands of readers, providing informative news. events and stories at a local, national and international level

After almost 15 years Geoff decided to take early retirement, signing an agreement with a third party publisher allowing them to continue to use the RTN brand, unfortunately things did not go as planned.

Negotiations broke down and Geoff had no alternative but to reclaim the RTN and join forces with the EWN Media Group, who also own the Euro Weekly News

Having sold the brand to EWN Media Group Geoff was asked to stay with the RTN and use his expertise and that of his team to bring the paper back to its former glory.

Geoff said: "this is a really exciting time, particularly as we have now joined the EWN Media Group who are a very strong

"They have the expertise, the infrastructure and are dynamic in their approach to sales. This can only be a positive move for the RTN, our readers and our advertisers."

Friday's RTN hit the streets with a bumper 56page edition, the original design style and an extensive

EWN Media Group takes over the RTN

SECURE FUTURE: For the RTN.

distribution in both North and South Costa Blanca.

The paper will continue to support local charities and events, but also cover national and up-to-date news articles from around the world

Geoff said: "I couldn't be happier to be back at the helm, with the original team by my side and backed by the EWN Media Group the future is secured for the

If you have any suggestions or comments Geoff is happy for you to share them with him, simply email ge off@ewnmediagroup.com.





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Trees at risk from olive to almond

THE Balearic ministry for agriculture has confirmed 111 different trees have tested positive for Xylella fastidosa, the highly contagious bacterium that is currently spreading throughout the islands.

Out of Mallorca's 595 samples taken, 95 were positive, meaning about one in six trees is infected.

The type of tree infected since the outbreak was discovered last October varies from olive to almond, cherry, plum trees, and other similar trees.

It is too late to focus on eradicating the bacterium, but the environmental ministry is quickly working on containing its spread through detection followed by incineration and dispos-

Spider protester

A 60-YEAR-OLD Palma resident, identified only as Ramon, climbed to the top of a crane in Can Domenge in protest at the construction work near his home in the Camp Redo neighbourhood.

The experienced climber ascended the crane with a harness and safety measures and remained on top for two hours, waving a red flag and banner.

Local and National Police waited along with medical staff at the base of the crane as the protester descended. The same man also climbed a crane in Plaza Espana 15 years ago during another protest.

Station mural

PALMA DE MALLORCA has unveiled its largest street art mural, painted by artist Joan Aguilo at the Soller train station.

The owner of the building contacted Aguilo to decorate a blank wall, and he has been working on the 20metre high mural since last Decem-

The mural depicts a young toddler with a bottle surrounded by a train, symbolising "the moment a child imagines greatness, in this case, a train conductor," according to Aguilo.

Caterpillars early

CIUDADANOS spokesman Carlos

SPANISH FACTS OF LIFE...4

More than half of Spain's 8,125 villages could disappear as populations plummet, with a combination of residents aging, low birth rates and poor employment opportunities to blame with fewer than 1,000 inhabitants now in 4,955 villages, according to a report.

Pueblos in peril

ALMOST 360 municipalities have seen their populations fall under 100 since the start of this century.

The national total now stands at 1,286, according to Spanish Statistical Institute figures just released, with the **National Federation of Municipalities and Provinces** subsequently demanding "urgent policies to curb a problem of the first order."

Guadalajara in Castilla-La Mancha, with 173 of its 288 villages having fewer than 100 residents, is the worst-affected province with around 85 per cent of its population density the same as Siberia.



RURAL VILLAGES: The population is dropping.

Much of this emigration of villagers has been driven by a lack of jobs, with modern management practices leading to a fall from 22 per cent of the population in the agricultural sector in 1976 to 6 per cent by 2001.

The government agrees rural depopulation is having a negative effect on pensions and the welfare state, with Prime Minister Mariano Rajoy recently setting set up a special commission to investigate the issue.

Village with 5 residents

- Illan de Vacas in Toledo is Spain's smallest village with just five inhabitants
- The least-populated Spanish province is Soria in Castilla y Leon, with just 9.1 residents per square kilometre according to 2013 statistics, the last year records are available. By contrast, Madrid had 809.1 and Barcelona
- In 1900, 48 per cent of the Spanish population lived in villages fewer than 2,000 inhabitants. By 2009 this had fallen to 20 per cent.
- At least 30 per cent of the population is aged 65 or over in 22 provinces, with less than 8 per cent aged 15 or under.
- Demographer Francisco Zamora has calculated that for Spain to return to

ing processionary caterpillar problem

Tarancon denounced that the

He said, "there have been no ag-

gressive actions against this species,

which caused the caterpillars to re-

produce and the rise in temperature

has caused the cocoons to open ear-

species was poorly managed in 2016,

leading to an even larger number ap-

across the town.

pearing this spring.



ILLAN DE VACAS: The smallest village in Spain.

the same population structure it had in 2001 by 2050, every woman would have to give birth to 7.5 children.

• However, national birth rates fell from 1.4 to 1.27 children per woman

from 2008 and 2013.

• In Galicia, it has been calculated that an annual net immigration of 20,000 women would be required to maintain stable birth rates until 2050.

Tarancon has called on Calvia Town **Pastry faces** Hall to address and manage the grow-

PALMA'S first ensaimada eating contest, La Menjaimada, was organised for Balearics Day 2017, with more than 60 contestants participating in the three-minute face-stuffing extrav-

Tomeu Fontrroig was the weekend's winner, eating four of the traditional pastries, the most out of all the various gender and age-group categories. Winners received a year's supply of ensaimadas.

Sustainable Lidl

THE discount supermarket chain Lidl has opened its most central and modern store in Mallorca, which is located behind shopping centre El Corte Ingles near the Plaza Espana.

The chain has invested 2.5 million into the new location, which is their newest model of store, focusing on sustainability and environmental efficiency.

The central store is designed with a completely new look and feel, implementing measures to generate, conserve and save energy, including in lighting and refrigeration.

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Motors



Sport

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Good riddance to bad rubbish

THERE has been a 9 per cent decrease in rubbish incinerated in Mallorca, and much credit goes to the awareness campaigns to promote recycling. More paper, glass and plastics are being recycled than ever before with the number of recycling containers increasing by 12 per cent in 2016 alone. Mallorca Council has also banned importing rubbish from elsewhere, something that was perviously done because of Mallorca's

vast, efficient waste management capabilities.

Several companies are offering door-to-door pick up of recycling and organic waste like food and garden compost, leading to an increase in organic matter collection by over 10 per cent. Some towns are leading the way, such as Valldemossa and their door-to-door programme which just started last April and has increased the town's recycling from 25 to 73 per cent.

Postscript to ponder



of Spaniards now take a siesta, though President Mariano Rajoy plans to wipe out the tradition by ending the national working day at

Artful arrests

SIX people in Barcelona, Madrid and Valencia have been arrested suspected of creating and selling fake works of art as

The investigation began when a collector complained after paying €7,200 for a painting supposedly by artist Ramón Casas.

More than 100 fake paintings sold for more than €100.000 have since been discovered.

108 days non-stop

SPANISH ocean racer Didac Costa finished 14th in the Vendée Globe non-stop solo round the world race.

He crossed the finishing line 108 days, 19 hours, 50 minutes and 45 seconds after setting off and in total sailed 27,964 miles. The 36-year-old amateur sailor from Cataluña was inspired by the late José Luis de Ugarté, who was the first Spanish sailor ever to finish the race.



Postcard from JEREZ



MIDWAY between the Atlantic and the Cadiz Mountains, Jerez de la Frontera with a population of more than 210,000 is the largest municipality in Cadiz Province.

Tracing its history back to before the Roman occupation, it was first named Xera and when the Romans arrived Asta Regia, with Jerez evolving from the Arabic Xerez with the whole area occupied by the Moors for centuries.

Famed for alcohol production for more than 3,000 years, the Spanish name for the fortified wine produced by local bodegas is Jerez, though the English speaking world has adopted the name sherry. Ironically, it was the Muslims who introduced the concept of distillation and this eventually led to the manufacture of brandy and sherry.

The British developed a taste for sherry after Sir Francis Drake returned from Spain with several barrels, and many of the famous bodegas were actually founded by British families.

To be called sherry, the wine must originate from Jerez, with a range of colours and tastes from the dry Fino to the sweet Pedro Ximénez. Tourists can visit bodegas on guided tours.

Cashing in

A 69-YEAR-OLD woman in Santander, Cantabria, pocketed €900 she found on the floor by a bank cash machine... and then quickly headed home. Unluckily for her the bank's CCTV recorded the incident, and she has now been identified and charged with theft after the person who dropped the money reported his loss.

Cheeky offer

A NIGHTCLUB in Barcelona introduced a special February offer, with women arriving with no underwear offered free entrance, a free drink and one will receive €100 in cash, Two women initially took up the offer, though it led to a law firm considering a boycott campaign against the club for perpetuating a "humiliating message to women."

Dog fights

A GANG which allegedly organised dog fights in Tenerife and Madrid has been broken up by National Police. The operation led to 23 arrests, including a Local Police officer and a vet suspected of administering drugs. More than 225 dogs were saved in the process.

More babies

SPAIN has appointed a demographic expert, or sex tsar, in order to combat the ongoing population crisis, with the country having one of the lowest birth rates in the developed world. With a current average of 1.33 children per adult woman, the nation's 46.5 million population is already falling, and being further threatened by the spiralling cost of raising children plus long working hours.

Birthdays

• Daniel Craig, Actor, March 2, 49

British actor who became the sixth person to play the role of James Bond having appeared so far in Casino Royale, Skyfall, Quantum of Solace and Spectre. Other films he has featured in include The Girl with the Dragon Tattoo and Road to Perdition. In 2011 he married actress Rachel Weisz.

- John Virgo, Snooker Player, March 3,71 Former professional player who turned pro at the age of 30 and whose wins include the UK Championship in 1979 and the Bombay International Championship in 1980. He also presented snooker coverage on the BBC and co-presented the game show Big Break. In 2011 he published a tribute book about the late snooker legend Alex Higgins.
- Kenny Dalglish, Footballer, March 4, 66 Glasgow born former footballer and manager who during his 22-year playing career was a striker for Celtic and Liverpool. He also made 102 appearances for Scotland making him Scotland's most capped player ever. He also went on to manage both Celtic and Liverpool as well as Blackburn Rovers and Newcastle United

• Kiki Dee, Singer, March 6, 70

English born singer known best for the hit duet Don't Go Breaking my Heart with Elton John which topped both the UK Singles Chart and the US Billboard Hot 100 chart in 1976. During her career she has released 40 singles and 12 albums including the hit I've Got the Music in Me.

• Elaine Paige, Actress/Singer, March 5, 69 Musical theatre actress/singer who has played a variety of theatre roles including

Eva Peron in the production of Evita. Alongside Andrew Lloyd Webber she developed Grizabella and played the role in the original production of Cats.



She had a Top 10 hit with the song Memory from Cats and released the hit duet from Chess I Know Him So Well with Barbara

Costly cheer

WINE lovers from China led buyers from various parts of the world in paying €2.000 each for a bottle of wine blended in Spain from Cabernet Sauvignon, Tempranillo and Merlot grapes. Produced in 2013 by a bodega in Pamplona, Navarra, but only just offered for sale, in total 688 bottles were produced, with the price tag making it the most expensive ever offered locally.



PRICE TAG: Most expensive ever offered locally.

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OUR VIEW

Here to stay

THERE is a saying that in business if you stand still then you are actually going backwards and this is something that we at Euro Weekly News are acutely aware of, which is why we are always looking to offer an ever improving service.

We are committed to both our readers and our advertisers without whom there would be no business, let alone a growing one and we believe in producing readable and informative newspapers, which unlike national press are not governed by politics.

The fact that our papers have won awards from Spanish organisations shows that we are a truly integrated organisation and despite the uncertainty following Brexit, we are committed to remain a true part of the English speaking community in our adopted homeland of Spain.

To this end therefore, we were delighted to welcome the RTN brand into our family and it will continue to stand alone as a publication but as part of an ever expanding family.

Without the involvement and dedication of our staff in offices across Spain we would be unable to publish all of these papers 52 weeks a year and thanks to them we will soon be announcing another new paper from the EWN Group.

> Now we want to hear your views. YOUR PAPER - YOUR VOICE - YOUR OPINION www.euroweeklynews.com

Calvia launches 2nd participatory budget

THE Calvia Town Hall has launched their second participatory budget, where over €890,000 of municipal money is voted on by the public. The town hall is accepting proposals from now until April 20. They will take one month to review all submissions, and voting will begin June 22.

Any resident registered in Calvia can submit proposals for investment, endowment, or subsidy, for either the whole or a specific area of Calvia.

There are new features and rules this year, such as the town hall can submit a maximum of three proposals and at most two may be chosen.

Residents may submit investment projects, with minimum budgets of €50,000 and maximum budgets of €200,000. Non-investment projects may budget between €5,000 and €50,000.

The first participatory budget in Calvia had 70 proposals submitted with 32 voted on by the public. Twenty-one received enough votes to acquire a portion of the budge and proceed forward.



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NFWS

The full list of winners was as follows:

Category A - Editorial

Best Professional Publication: Sobremesa magazine.

Best Free Publication: Euro Weekly News

Best General Publications Editor: Fernando Yarza Lopez-Madrazo for his transformation of the former Heraldo publishing group into the Henneo group, which includes the Spanish national newspaper '20 Minutos.'

Best printed publication: Amante magazine.

Best Digital Publication: Director TIC, part of TAI Editorial

New Publication of the Year: The Evooleium Olive Oil Guide by Edimarket Editores SL.

Internationalisation Award: Editorial MIC.

Professional Growth Award: Senda Media Group and Nexo Media Group.

Innovation Awards: JP Media, Movewoman and Las Mujeres nos Movemos digital apps, Habla Humano de Elocuent podcast, Principia magazine.

Honorary Award: Miguel de Haro, creator of IP-Mark magazine and nationally renowned editor.

Category B - Advertising

Campaign of the Year: 'Inclusion' by ONCE.

Advert of the Year: 'Victoria50' by Procter & Gamble.

Best Media Agency: GroupM.

Outstanding Communications Professional: Juan Ramon Plana, Director of the Spanish Advertising Association.

Category C - Special Awards

Outstanding Public Institution: National Archaeology Museum, Madrid.

Solidarity Award: The Aladina Foundation, for their work with young cancer sufferers.



>> From Front page

EWN's incredible achievement

The AEEPP event is now in its 11th year, and it is considered to be among the most prestigious press awards in Spain.

According to the official press release, the winner of the Best Free Publication award demonstrates "the most impressive knowledge of the publishing world alongside the greatest imagination, sense of originali-

ty, innovation and risk-taking."

The jury featured Francisco Hortigüela, communications and marketing director for Samsung Spain, Matilde Pelegri, president of Senda Group, and Elia Mendez, director general of the Spanish Mobile Marketing Association, among others.

The AEEPP comprises around 100 publishing firms which together produce more than 900 titles covering both online and printed media, with an estimated annual readership of almost 130 million.

After collecting the award, a thrilled Michel said: "What an incredible achievement to be recognised by a major Spanish Press association as the best free newspaper in Spain.

"This has come after 21 long hard years for the brilliant *EWN* family past and present who never fail to deliver.

"We were so proud to stand on the podium and collect the award for these dedicated professionals.

"We also want to thank all of our loyal clients and dedicated readers who have supported our six publications of the *Euro Weekly News* over the years.

"This prize has come at the most exciting time in our journey as we have just purchased the *RTN* newspaper in Costa Blanca North and South.

"We are also launching *EWN* Algarve and are just about to complete a purchase on another title.

"Therefore it leaves me nothing more to say but a very humbled thank you to all the fantastic people we are privileged to work alongside on a daily basis - you made the award possible and for that we are eternally grateful.

"So all it leaves me to say is Viva España y gracias!"

Steven added: "Wonderful to receive this recognition of all the hard work that the *EWN* team put into the paper week in week out. We know how hard we all work, nice to see that a Spanish press association also recognises it.

"We are so proud of everyone."

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Lighting up the issue in Palma

COMPLAINTS have been rolling in over the dimmer and lower lights that have been replacing the usual bright lights in Playa de Palma. The promenade from Can Pastilla to Arenal is around five kilometres long, with a lit up walking path and cycling lane along the beach.

According to Francisco Nogales, the president of the area's residents association, this winter is the first time that the lights illuminating the path are noticeably dimmer. The new lights are not just dimmer, but the shorter height has made a large difference in the area covered.

Residents are complaining about the darkness, and are afraid of being robbed if out after dark. Nogales highlighted that the police have

Bus routes to go ahead

PRESIDENT of the Balearic Islands, Francina Armengol is defending the opening of five new bus lines between Palma airport and popular tourist destinations as "citizens' right to mobility." The ongoing negotiations with Palma's taxi-driver representation has led to protests and strikes from the drivers, with more planned for March.

Armengol stresses that it is the government's responsibility to improve public transportation, and has been a part of many discussions with all those concerned.

In response to the view that the bus services will only increase the population of already over-crowded areas, Armengol maintains that airports all over the globe offer bus connections to several popular areas.

Currently Palma airport offers two bus lines, one to Palma, and the other to Playa de Palma, both well within 30 minutes of the airport.

The five connections coming this spring will connect the airport to each corner of Mallorca, along with a route to Son Espases Hospital.

encouraged the use of good lighting as a means of improving security on the

Nogales and the residents association are asking for the



place the current lamps of poor quality, and replace all those not in good condition.

The counsellor for infrastructure, Rodrigo Romero,

confirmed that around 300 street lights were taken down due to poor conditions. He also agreed that the current lighting is insufficient, and the town hall is arranging

€2.5 million in funding for a project in Playa de Palma, including the lighting.

Romero insists that lighting will be improved in time for the summer.



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Terms of Entry:

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

No employees of EWN Media Group can enter.

The winner will be announced on April 20, 2017. The winner will be required to take part in any promotional activity and EWN reserves the right to use the name of the winner and photographs in any publicity both in newspaper and online.

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

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

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Lord Heseltine to fight another female PM, now over Brexit



BREXIT PAGE By John Smith

FAMOUS as much as anything for resigning from the Cabinet after a massive disagreement with Margaret Thatcher, Lord Heseltine is now leading a revolt against Theresa May in the House of Lords

In an article published in the *Mail on Sunday*, Heseltine, a media baron in his own right, has thrown down the gauntlet over the bill to allow the government to trigger Article 50.

Allied with rebels from all parties in the Lords, he will be leading a challenge to amend the

White Paper in order to shackle able to have any right of disagreethe government so that Parliament would have the right to veto any Clearly the government and proposed agreement presented by supporters of Brexit are not in Mrs May and also to stop her favour of any opposition to the from simply walking away and proposed Bill and have immeditriggering Article 50 anyway. ately accused the Lord and his His argument is that following followers as being 'bad losers.' the Supreme Court ruling, it is Parliament in the form of MPs LORD HESELTINE: and peers who have the authority Leading a revolt. to make the final decision on the Brexit terms and goes on further to suggest that if the European Parliament and those of the 27 other member states can have

The cost of Brexit

AS a war of words is fought in Parliament over the terms for approving the triggering of Article 50 and the ability for it to throw out or try to amend any 'agreement' reached between Prime Minister May and the EU, watchdogs are questioning expenditure in the referendum.

The Electoral Commission has revealed that it is questioning the veracity of financial returns not just from the major lobbyers from the Stronger In and Vote Leave campaigns but also paperwork submitted by the European Movement, Labour Leave, UKIP, LibDems, Conservatives In and at least one individual donor.

The difference in expenditure between the main sides, appears to reflect the difference between the Leave and Remain votes, with Brexiteers reporting a spend of £16.4 million (€19.24 million) against the Bremainers spend of £15.1 million (€17.71 million).

What appears to be emerging is the fact that the financial returns from almost every pressure group involved in the Brexit campaign are incomplete and although there is no evidence that any offence has been committed, the commission is anxious to ensure that monies expended are both accountable and in accordance with regulations.

They have made it clear that the public deserve to be able to see that the money used was in accordance with the rules issued and if not then legal action may be taken against those who have not complied with the regulations.



their say, it is un-

thinkable for

the British

Parliament

not to be



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Son Dureta hospital remodel and reform

A NEW project for a health centre has been presented for the non-working hospital of Son Dureta. The old hospital closed its doors in 2011, after moving the last of its patients to the newer Son Espases Hospital. The future centre involved a €120 million investment, and will have 450 beds for chronic patients, and 120 beds for dependent geriatric citizens.

Francina Armengol, president of the Balearic government and one presenter of the project, assured the public that initial focuses will be on elderly care due to the aging population.

For over 40 years, Son Dureta was the only hospital, not only in Mallorca but in all of the Balearic Islands.

The remodel of Son Dureta will cover legislature and be carried out over multiple phases. "It is a very broad project, it encompasses more than one legislature," said Armengol, who has not specified dates for beginning the different phases of

Armengol outlined the plans alongside government Vice-President Biel Barcelo, social affairs minister Fina Santiago, and regional health minister Patricia Gomez.

The new centre will be 76,000 square metres in total, with two new buildings and 33,000 square metres of the current hospital being used as a third building. Eight thousand square metres of housing will be specifically for non-independent elderly pa-

Demolition of old sections of the building will be first on the agenda, including the kitchens and maternity ward. Armengol stressed that the gradual implementation of the project will parallel the increase in need and resources for the chronically ill.

Son Dureta's 2011 closing has cost the government €5 million, the current government are promising to make changes and take charge of the investment. Construction alone could employ 1,500

Demolition of old sections of the building will be first on the agenda. people, and many more long term employees once the cenfor patients and health and soconsider moving forward.

tre is open and running. The next phase is a consultation period, including associations cial service professionals, to



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Calvia study the elderly

THE Calvia Town Hall has announced a study has begun involving the elderly population over 65-years-old.

The social welfare and elderly registry along with Bunbury & Associates and the advice of the SIENA Association, a specialist in active aging, are analysing socio-demographic data along with services and benefits available to

When the study ends the results will be used to create a plan of action.



The Calvia City Council is tasked with planning and adapting to the new and future needs

of the growing population of those over 65, currently 14.8 percent of Calvia. The study will end

used to create a plan of action for the elderly.

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25 years for Balearic Masons

THE Balearic Islands Grand Lodge of Masons held its 25th provincial assembly, representing a quarter of a century of activity in Mallorca, About 50 members of the regular branch gathered in Palma, discussing the previous year's accomplishments and the future social works.

The organisation has raised funds for social causes, such as working with

the Spanish Association Against Cancer, as well as children's causes, such as organising summer camps.

The Grand Lodge brings together the 11 lodges across the Balearic Islands, five of which are in Mallorca, including one for English speakers. After 25 years, the Parliament of the Balearic Islands has given the growing organisation the status of 'honourable.'

Age Concern Mallorca

WHOAH! We're going to Ibiza and you are more than welcome to join in the fun.

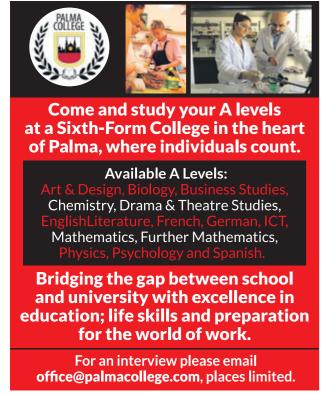
If you fancy a weekend in Ibiza from Friday March 24 to Sunday March 26 staying in a four-star hotel then get in touch now as there are limited places available. Costing €225 per person for residents with a certificate from the town hall the price includes return flights, transfers to the hotel, full board accommodation - all inclusive of beverages - and travel insurance. Optional cancellation insurances is available at an additional cost of €13 per person.

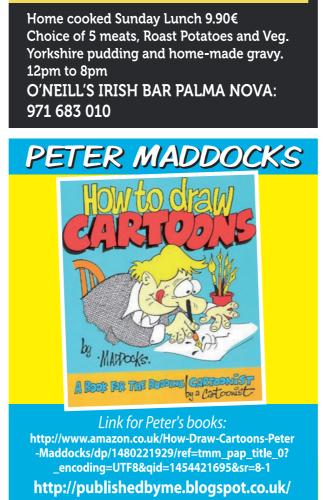
For more information or to book, please contact Jackie on 678 352 040 or 971 231 520 or via email at mallor ca@ageconcern.org.es.



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Advertising Feature

Sterling had an eventful week

Commentary by Moneycorp

MOST of the economic data from Euroland either beat forecast, were an improvement on the previous month or both. Among the provisional purchasing managers' index readings, which measure the vigour of the private sector, only French manufacturers reported any slowdown in growth. Germany's economy expanded by 0.4% in the fourth quarter of last year, less than Britain's upwardly-revised 0.7% but enough to make it the class leader for calendar 2016.

Sterling had an eventful week, trailing the other major currencies on two days and leading them on three. The overall result was a weekly win for the pound, which added a net one and a half euro cents. The euro, meanwhile struggled at the back of the field accompanied by its boon companion, the Swiss franc. It lost one US cent despite all the positive ecostats, principally because of strong opinion poll showings by antieuro candidates in Holland and France.

USD weekly currency update

Investors struggled to find inspiration among the few US economic statistics. Provisional purchasing managers' index readings came in below forecast and lower on the month. Existing home sales were reasonably strong but jobless claims increased by more than expected. It was left to the Federal Reserve to provide the guidance that was lacking elsewhere. Whilst a hand-

ful of senior Fed people stoked the anticipation of three interest rate increases this year the minutes of the last policy meeting were characteristically non-committal about when the process might begin. It was not enough to bring in new dollar buyers: the Greenback lost a cent to the euro and half a cent to the pound.

Sterling had a roller-coaster ride, leading the field on three days and lagging it on two. Its swings were driven more by sentiment and technical factors than by hard economic data, though weak retail sales figures were responsible for one of its losing days.

CAD weekly currency update

Neither Canada nor Britain had a great deal to say for itself when it came to hard economic statistics. Both were hurt by unexpected falls in retail sales and for the Loonie that was where the story began and ended. It lost a net quarter of a cent to the US dollar and fell by nearly a cent and a quarter against the pound. The Canadian dollar gained no advantage from an upward tilt

An upward revision, from 0.6% to 0.7% in fourth quarter UK economic growth did nothing for the pound because it was offset by a -1.0% decline in business investment. Sterling had an adventurous week, leading the field on three of the five days and trailing it on the other two. Remoneycorp exchange experts Clarisse Musselwhite is Moneycorp's Account Manager for Mallorca She can be contacted on Tel: +34 902 887 243 Mobile: +34 687 932 472 Email:mallorca@moneycorp.com

902 887 243 mallorca@moneycorp.com

tail sales aside, the moves were mainly the result of sentiment and technical factors. They nevertheless resulted in an overall win for the pound.

AUD weekly currency update

It was a reasonable week for the Australian dollar, which was not far behind the leaders. Against the pound the Aussie had to give back half a cent but it did manage to add a dozen ticks against the US dollar. There was little among the few Australian economic data either to inspire or discourage investors. The 1.9% annual rise in the wage price index for the fourth quarter of 2016 was identical to the figure for Q3. Construction output in the same three months was

While the US dollar was hampered by uncertainty about when the Federal Re-

serve will get on with increasing interest rates the pound was buffeted by technical factors and swings in sentiment. On three days sterling led the major currency pack: on two it took the wooden spoon. It eventually managed an overall win but the pound's supporters would have preferred it to have done so in a less exciting

NZD weekly currency update

There were just two sets of NZ data to guide investors: the Global Dairy Trade index and producer prices. Neither was of much help to the Kiwi. The producer price index showed input prices - manufacturers' costs - rising by 1.0% in the fourth quarter of 2016 while output - factory gate - prices went up by 1.5%. The fortnightly GDT index showed milk prices falling by -3.2%.

Sterling got off to a poor start because of an unexpected fall in UK retail sales. It dropped to the back of the field, beginning what would be a roller-coaster ride: On three days it led the other major currencies and on two it brought up the rear. Only one of those moves was caused by the UK economic data: the others were the result of technical factors and swings in sentiment. The pound eventually became the week's overall winner, beating the Kiwi by quarter of a cent as the NZ dollar added a fifth of a US cent.



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THE countdown for cancer-fighter Leo the Lion's proton beam therapy in Oklahoma has started. But his family have faced some agonising decisions as the treatment plan is formulated with the

After originally flying from his home in Almeria to the UK for his fourth brain tumour operation, four-year-old Leo Bermejo is now in the States for the next stage of his journey.

It's just two weeks since his surgery at the Alder Hey Children's Hospital on

Leo and his mother Karen, sister and gran flew from the UK to America with Virgin Atlantic who offered the family a complimentary upgrade to premium economy. Once on the flight the airline offered to transfer them to first class but the group felt more at ease in their orig-

Since arriving in the States the family have had a chance to relax a little and get to know their new surroundings as well as shop.

Mum Karen has had a meeting with oncologists at the proton beam clinic to decide the best way forward with Leo's treatment plan.

The team at the clinic have been in contact with Alder Hev and the experts all consider the best plan for Leo is to receive just the focal proton therapy.

So the beam will only radiate the tumour bed with an additional margin. According to all the test results this is the area where the disease is focused.

If Leo received full brain and spine the advantage of the proton to the conventional radio would be that his organs would not get damaged and his spine growth would not be as badly affected which are major benefits with proton.

However, as the full brain is still being radiated then the sensitive part of the brain which controls the learning would be destroyed.

Basically Leo would not progress any more than now with his speaking and understanding.

He would probably not be able to do a lot of little things on his own which we all take for granted.

ducing the chances of a cure but Leo gets to progress, learn and be as close to a normal child as is possible. Live a real life.

Mum Karen said, "We know this monster is deadly that keeps coming back in Leo's head and if he is going to be defeated by it then he needs to have whatever life he has left to be enjoyable.

"Hopefully it is a long long life ahead of him and he will have a chance to grow up to be a man."

With the focal proton Leo will not be any more damaged as he already is, but he may have a patch on his head with permanent hair loss. That is it

Karen added, "To be honest, the doctor didn't seem that positive but I did expect that as the situation is pretty bad, he just said that we can all just hope that it is a sub type of PNET that responds well to radiation, and again the chances of this being a cure are not 100 per cent. Anything is possible. And Leo is our little miracle; he keeps proving all of the doctors wrong, so this is his final challenge.

"The doctor also agrees that Leo should have oral chemotherapy for maybe a year after this treatment finishes as an additional precau-

Leo on a strict diet now with apricot kernal liquid, protein, alkaline water, greens, frankincense oil - whatever it takes 'to kill this so it never ever comes back.'

This week Leo will have a CT scan and a physio assessment. He should be able to begin the actual proton treatment early next week.

Karen said, "I think we need to enjoy and treasure every moment with Leo now, and just surround him with positivity and hope this will work."

Meanwhile the fundraising for Leo's ongoing care and rehabilitation after the treatment continues with many events still planned in the UK and Spain.









Spanish account • Bank: Banco Sabadell

Account Name: Leo James Bermejo

Account Number: ES69 0081 0597 0900 0602 1116 • Swift: BSAB ESBB

UK account • Bank: Royal Bank of Scotland Account Name: Alda Keefe

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



Gentrification to change Palma

BY the year 2030, Palma will have a 40 per cent foreign population, according to the observatory of gentrification in Palma. Some neighbourhoods such as Cala Major and Son Vida are projected to have around 60 per cent of a foreign population by then.

Currently, 35 per cent of home and property buyers are from abroad, largely from the UK, Scandinavia and Germany.

This number is growing as rental companies such as AirBnB attract buyers from abroad seeking a holiday home that can also make income.

Strikes coming to the docks

DOCKWORKERS across Spain have called for nine days of strikes, protesting the government's plan to allow non-union labour to be hired in ports. Starting on March 6, strikes everyother-day for three weeks could cause serious disruptions in Mallorca where merchant shipping is a large part of the economy.

Though the move to allow ports to hire non-union labour is unpopular with union workers, it would move Spain to be in line with European Union regulations.

President fined for protest

NEWLY elected president of the Balearic parliament, Baltasar Picornell, was fined €601 for 'resisting the Guardia Civil' while protesting in Fornalutx against the annual bull run.

Picornell stands by his ac-

tions as he remains committed to animal welfare. He also realises he could not do it again. saying, "it is clear I am now the president of parliament, so I could not act in the same way and take part in the protest."

NEWS EXTRA

Seized goods

LOCAL POLICE storage areas for seized objects is at capacity and they are asking permission to destroy materials to make room for new acquisitions. Imitation handbags, sunglasses and watches are just some common materials seized

Mown down

EIGHTY-YEAR-OLD Miquel Moya Mulet has died in Sa Cabaneta after being caught under the blades of a lawn mower on his family's farm. When police arrived, the mower was still running, but he could not be saved.

Health care

THE Balearic Islands have scored 6.8 from the public regarding health care, slightly above the national average. The Balearic residents find health more important than education.



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NEWS FROM OUR FIVE OTHER REGIONS

Celebrating autonomy



By Eleanor Hawkins

SCHOOLS all over Andalucia honoured Andalucia Day before breaking up for half term last week with activities related to the autonomous region.

In Nijar, Youth councillor Ainoha Salmeron celebrated in the company of 260 chidren aged between three and five at San Isidro infant school. The pupils had prepared in advance by learning all about the region's traditions and culture and formed a green and white Andalucian flag with sheets of paper before enjoying a typical breakfast prepared by the mums.

One of the fathers, Juan Bernardo, took his guitar along and played the regional hymn plus various sevillanas and rumbas, which the teachers danced to.

"It was great to see the little ones getting involved in celebrating their roots with their teachers and parents. These activities help teach them a bit more about our homeland, its musical roots and its gastronomy. It was a fun day for them and for us too," the councillor later

AXARQUÍA

Employment plan

RINCON DE VICTORIA is to launch a training programme for local unemployed and aims to give training in gardening for up to 90 people at a cost of

Bar incident

A 36-YEAR-OLD man has been arrested by National Police in Velez-Malaga following an incident in a bar. The man, who was wanted on an international arrest warrant from his home country of Lithuania, damaged a car and attempted to assault two police officers.

Nerja magician

A NERJA man, Pablo Romon stunned a talent show jury with a magic trick, making a €20 note appear inside a Kinder Egg. The show is made up of four jurors, all of whom voted for Mr Romon to remain in the contest.

Drug spat

A 17-YEAR-OLD man has been identified following an assault on a 45-year-old woman in Nerja's Tutti-Frutti Square. The crime, which is alleged have been a drugs dispute, involved him hitting her over the head with a stick, causing her to need 10 stitches.

Child unfriendly

AROUND 8,200 children in Axarquia are not being treated by specialists, due to a lack of paediatricians, according to the Partido

Dodgy tattooist

THE OWNER of a business in Almeria has been arrested by the National Police on suspicion of stealing from his employees. The 29-year-old man is accused of owing €3,000 in unpaid wages to his staff, and stealing five tattoo machines and a hair removal machine.

COSTA DEL SOL

Noah's Ark

open its doors to local residents free of charge to celebrate its enduring success as more than 70,000 people visited in 2016. In mid-March a new enclosure will be opened with Barbary macaques.

Heroic deeds

A LOCAL policeman has been handed Benalmadena's highest honour for helping children in Greek refugee camps. Gilberto Morales selflessly volunteered his time and money to help feed, clothe and teach the youngsters.

Turtle trauma

THE Salto del Angel Lake in Estepona was cleaned after years of bickering over costs. Severe flooding in December emptied the lake bed, making the work much easier. Two freshwater turtles have been saved.

Night owls

TWO burglars were caught red-handed by Marbella police in the early hours. Both incidents were luckily spotted by bleary-eyed neighbours who called the police, and they seized one man after he leapt from a balcony.

Train strike

LONG distance AVE and Renfe train services will suffer from strikes until March 5. Transport from Malaga to Sevilla, Madrid or other distant cities may be severely delayed.

COSTA DE ALMERÍA

Drug prevention

A NEW campaign which Zurgena Council and the Proyecto Hombre Foundation have agreed to run in the village will be working to prevent drug use amongst youngsters.

Easy access

A LIFT has been installed at the municipal sports centre in Huercal-Overa to allow people in wheelchairs or mothers with prams and pushchairs easy access to the upper

Neat and tidy

COUNCIL workers in Nijar are busy pruning the trees on the main streets, gardens and school surroundings, removing excess vegetation and damaged branches.

Health campaign

THE Official College of Pharmacists of Almeria will be collaborating with the Health Department on an informative campaign on the correct use of antibiotics, part of a European programme to combat resistant strains of bacteria

Busy burglar

THE Guardia Civil has arrested a 40year-old man from Pechina suspected of having broken into at least 31 cars parked in Almeria City, Huercal de Almeria, Viator and Benahadux since September.

COSTA BLANCA NORTH

Eco facilities

invest in a recycling plant that suffered severe fire damage in 2009. Benidorm Town Hall hopes that by 2019 the original plant could be operational with funding of €5 million being approved.

Neighbour disputes

THE Javea Local Police have set up a mediation service to resolve conflicts between residents.

Happy hospital

THE Elda Health department has launched a campaign called '12 months, 12 reasons to care.' The year-long programme aims to encourage better relations between staff and patients, with March designated as the 'encouraging a smile' month.

Women win vote

THE Association of San Jorge in Alcoy has agreed, by a large majority, to change the ordinance of the Moors and Christians festival so that women can also participate, with a female soldier squadron now being included.

Players wait

MUCHAMIEL residents will have to wait until the end of April to use the new artificially turfed football area, this is because the athletics track is still being renovated and the area is deemed not safe for use.

COSTA BLANCA SOUTH

Prince found

A MISSING dog has been reunited with his owner after being found in the streets of Santa Pola. Prince, a Chihuahua, had been missing since December last year until police managed to track him down.

Smart lessons

SMART classrooms in Murcia will offer training courses, workshops and seminars to residents. A network of 58 free classrooms will be available in the neighbourhoods and districts of the city.

Yecla fire

FIRE crews raced inside a burning property in Yecla, Murcia, to look for one of the daughters living there as she could not be located. Ruling out that she was in the house, the fire was extinguished. She was later found by Local Police.

Gender violence

CREVILLENT has hosted a lecture for parents and educational professionals on how to detect gender violence amongst adolescents. The talk was part of the town's programme on preventing gender violence and male chauvinist violence.

Lower sentence

A MAN, who beat his girlfriend in the doorway of her home in Sant Joan d'Alcant, has had his prison sentence reduced from two years to nine



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is the profit that the bailed out Lloyds Bank Group made in 2016 and is the highest recorded in the past 10 years.

A EURO WEEKLY NEWS 6 PAGE SPECIAL SECTION // WWW.EWNBUSINESS.COM

Qantas profits take a dip

By John Smith

AIRLINE revenues are similar to the way they operate their aircraft with many take offs and plenty of descents, but with very few crashes and none better to illustrate this than Australian airline Oantas.

At one time saddled with the soubriquet 'quite a nice trip any survivors,' the Oueensland and Northern Territories Aerial Service certainly became one of the big players in the airline field with a very high percentage of

A\$852 million (€620 million)

is the pre-tax profit that airline Qantas has reported for the end of 2016.

the domestic market and passengers having to book months ahead to obtain seats to both South Africa and Australia at peak times such as Christmas and the summer holidays.

The problem now however is that it

is facing competition from much cheaper airlines both internally and on routes via the Middle and Far East where airlines such as Etihad and Malaysian are offering newish aircraft with cheaper seats.

Although figures for the last six months of 2016 were slightly better than forecast, turnover was down by 3.5 per cent, but more importantly pre-tax profits fell by 7.5 per cent although the airline is still making money which is one consolation for shareholders.

This is somewhat disappointing after the airline had in June 2016 reported record profits, but it hopes to fill seats again by introducing new aircraft, free wifi and even more stringent

Mad for it

THE Advertising Standards Authority in the UK has been investigating the activities of a number of pay-perbid online auction houses and has decided that a number of them, most notably MadBid are confusing or misleading customers about costs.

With TV and press advertising suggesting that expensive items such as new cars can be obtained for as little as £500 (€585), customers flocked to the MadBid site in particular, but soon discovered that every time they placed a bid they had to make a payment and there was no refund in the event that they were not

Quote of the Week

I want banks, talents, researchers, academics and so on. I think that France and the EU are a very attractive space." French presidential candidate Emmanuel Macron inviting British business to France after Brexit.

» BUSINESS EXTRA

Telefonica profits

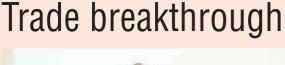
SPANISH communications giant Telefonica has announced that it's 2016 profits of just under €2.37 billion are nearly four times greater than 2015 results and whilst some countries have seen a drop in customers, overall numbers are up and spending more.

Stevedore strike

SPANISH stevedores have called a nine-day strike starting on March 6 in an effort to persuade the government to become involved in negotiations which are currently deadlocked. Strikes will be every other day and will affect

Postal loss

AS a reward for turning Australia Post's results from loss to profit, the Chief Executive was awarded a significant bonus, but once it became known that he was earning four times more than the Prime Minister, questions were asked and he has resigned.





ROBERTO AZEVEDO: General of the WTO.

By John Smith

QUITE coincidentally for the British government at a time when it wants to strike new trade deals, a new international agreement forecast to boost global trade by £1 trillion (€1.17 trillion) per annum has come into force.

"This is the biggest reform of global trade in a generation," said Roberto Azevedo, the Director General of the World Trade Organization (WTO), with regards to the Trade Facilitation Agreement (TFA) which

involves the overhaul and streamlining of customs procedures throughout the world.

The TFA has come into effect as many countries agreed to an exhaustive list of reforms which included making it easier for businesses to access information, reduced fees and simpler and faster procedures.

According to the WTO this could cut the cost of international trading by more than 14 per cent, but it has taken 15 years for this agreement to be

UK economy forecast up

THE UK economy grew by more than previously forecast in the final three months of 2016, according to the latest information released by the Office for National Statistics (ONS).

That body had cut its forecasts due to the fall in

the production and income for North Sea oil and gas, but this has been balanced by an unexpected increase of sales obtained by UK manufacturing industry and now leaves Britain slightly below the forecast for growth in Germany at 1.9 per cent.



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LONDON - FTSE 100

COMPANY Pr	RICE(P)	CHANGE(P)	% Снс.	NET VOL
Anglo American	1,255.00	2.50	0.20	17,801.49
Associated British Foods	2,610.00	-1.00	-0.04	20,662.70
Admiral Group	1,884.00	14.00	0.75	5,391.32
Ashtead Group	1,655.00	20.00	1.22	8,401.97
Antofagasta	826.25	18.75	2.32	8,128.39
Aviva	504.50	1.00	0.20	20,573.65
AstraZeneca	4,595.00	-14.00	-0.30	58,209.13
BAE Systems	611.00	-4.00	-0.65	19,360.14
Babcock International Group	907.50	23.50	2.66	4,423.97
Barclays	224.00	-1.90	-0.84	38,859.40
British American Tobacco	5,057.50	-12.50	-0.25	94,337.32
Barratt Developments	512.50	-1.00	-0.19	5,130.44
British Land Co	615.00	0.00	0.00	6,333.03
BHP Billiton	1,320.00	12.00	0.92	28,460.17
Bunzl	1,050.00	-2,171.00	-100.00	7,306.20
BP	448.50	1.40	0.31	87,733.29
Burberry Group	1,655.00	-6.00	-0.36	7,292.11
BT Group	330.00	-2.90	-0.87	32,987.00
Coca-Cola HBC	975.00	-1,936.00	-100.00	7,071.42
Carnival	4,335.00	-11.00	-0.25	9,399.70
Centrica	226.75	1.05	0.47	12,355.38
Compass Group	1,472.50	5.50	0.37	24,056.65
Capita Group (The)	544.50	-12.50	-2.24	3,712.64
Croda International	0.00	0.00	0.00	4,369.24
CRH	2,750.00	83.00	3.11	22,441.76
Convatec Group	0.00	0.00	0.00	4,580.11
Dixons Carphone	155.00	-300.60	-100.00	3,445.79
DCC	0.00	0.00	0.00	6,053.93
Diageo	2,267.50	-4.00	-0.18	57,116.72
Direct Line Insurance Group	368.50	3.90	1.07	4,989.88
Experian	1,587.50	-5.50	-0.35	15,025.81
easyJet	924.50	-7.00	-0.75	3,632.47
Fresnillo	1,542.50	17.50	1.15	11,318.69
GKN	346.50	1.40	0.41	6,000.83
Glencore	322.50	-5.00	-1.53	47,696.97
GlaxoSmithKline	1,631.50	-8.00	-0.49	80,162.18
Hikma Pharmaceuticals	1,074.00	-2,109.00	-100.00	4,962.60
Hargreaves Lansdown	750.00	-1,321.00	-100.00	6,346.38
Hammerson	589.00	-1.50	-0.25	4,683.78
HSBC Holdings	649.00	-1.30	-0.20	129,689.03
International Consolidated A		-6.00	-1.14	10,697.76
InterContinental Hotels Gr	3,765.00	5.00	0.13	7,458.26
3i Group	335.00	-687.50	-100.00	6,848.47
Imperial Brands	3,900.00	63.50	1.66	36,824.08
Informa	0.00	0.00	0.00	5,463.15
Intu Properties	145.00	-293.10	-100.00	3,983.82
Intertek Group	2,000.00	-3,445.00	-100.00	5,619.49
ITV	205.95	3.85	1.90	8,179.63
Johnson Matthey	2,940.50	-72.50	-2.41	5,798.26
Kingfisher	323.70	-0.10	-0.03	7,201.32

COMPANY P	RICE(P)	CHANGE(P)	% Снс.	NET VOL
Land Securities Group	1,074.00	7.00	0.66	8,413.51
Legal & General Group	246.00	-1.20	-0.49	14,666.66
Lloyds Banking Group ORD	69.40	0.12	0.17	49,640.43
London Stock Exchange Gr		-3,125.00	-100.00	10,947.07
Micro Focus International	1,075.00		-100.00	5,136.03
Mediclinic International	750.00		1.69	5,533.02
Merlin Entertainments	255.50		-100.00	5,124.76
Marks & Spencer Group	343.10		4.51	5,371.35
Mondi	1,880.00	15.00	0.80	9,167.26
Morrison (Wm) Supermarke	-	1.50	0.61	5,801.47
National Grid	970.25	-7.45	-0.76	36,475.03
Next	3,805.00	14.00	0.37	5,613.15
Old Mutual Group	210.00	-8.70	-3.98	10,796.56
Provident Financial	1,378.00	-2,920.00	-100.00	4,272.12
Paddy Power Betfair	0.00	0.00	0.00	7,185.82
Prudential	1,597.50		-0.71	41,685.83
Persimmon	1,874.50		-7.43	
-	662.50			6,201.47
Pearson		5.50	0.84	5,313.89
Reckitt Benckiser Group	7,325.00	14.00	0.19	50,776.95
Royal Bank of Scotland Gro		4.30	1.81	29,487.03
Royal Dutch Shell	2,126.50	53.50	2.58	92,497.66
Royal Dutch Shell	2,191.00	25.00	1.15	81,726.52
RELX	1,495.00	1.00	0.07	16,202.68
Rio Tinto	3,346.50	31.00	0.94	46,994.55
Royal Mail	409.00	0.70	0.17	4,073.00
Rolls-Royce Group	763.50	0.00	0.00	14,048.55
Randgold Resources	7,440.00	-210.00	-2.75	7,120.47
RSA Insurance Group	308.00	-595.00	-100.00	6,168.64
Sainsbury (J)	245.00	-20.60	-7.76	5,854.24
Schroders	1,550.00	-3,008.00	-100.00	6,884.64
Sage Group (The)	643.00	0.50	0.08	6,956.80
Shire	4,890.00	46.00	0.95	44,578.90
Smurfit Kappa Group	2,158.00	39.00	1.84	5,027.29
Sky	1,011.25	13.25	1.33	17,190.17
Standard Life	367.50	-1.90	-0.51	7,423.35
Smiths Group	1,489.00	7.00	0.47	5,947.45
Smith & Nephew	1,205.50	-0.50	-0.04	10,565.11
SSE	1,537.50	-9.50	-0.61	15,555.61
Standard Chartered	734.00	3.50	0.48	24,666.10
St James's Place	400.00	-1,085.00	-100.00	5,733.95
Severn Trent	2,351.50	6.50	0.28	5,473.17
Tesco	191.50	1.50	0.79	15,658.89
TULAG	1,193.50		6.09	6,604.18
Taylor Wimpey	175.60		-0.85	5,734.26
Unilever	3,750.00	-23.00	-0.61	48,367.17
United Utilities Group	971.00	-8.00	-0.82	6,576.81
Vodafone Group	203.05	0.20	0.10	53,836.76
Wolseley	2,420.50		-100.00	12,504.22
Worldpay Group	131.00	-271.40	-100.00	5,422.00
WPP Group	1,872.50		0.03	23,977.59
Whitbread	3,815.00	15.00	0.39	6,973.06
vviitbicaa	5,015.00	13.00	0.55	0,575.00

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

PRICE	Movement
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£1.1402	£0.0000
€1.0750	€0.0014
£1.2779	£0.0029
€1.1928	€0.0022
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3M	187,410	+0,12%	0,220	111M
AMERICAN EXPRESS	79,7600	-0,36%	-0,2900	71M
APPLE	136,660	+0,10%	0,130	713M
BOEING CO	177,440	+0,33%	0,580	108M
CATERPILLAR	95,480	-0,07%	-0,070	55M
CHEVRON	110,12	-0,81%	-0,90	207M
CISCO SYSTEMS	34,320	+0,82%	0,280	170M
COCA-COLA	41,78	+0,29%	0,12	179M
DU PONT(EI) DE NMR	79,8100	+0,28%	0,2200	68M
EXXON MOBIL	81,08	-0,86%	-0,70	335M
GENERAL ELECTRIC	30,1900	+0,57%	0,1700	265M
GOLDMAN SACHS	247,35	-1,53%	-3,84	98M
HOME DEPOT	145,9500	+0,86%	1,2400	177M
IBM	181,35	-0,17%	-0,30	171M
INTEL CORP	36,5300	+0,97%	0,3500	172M
J.P.MORGAN CHASE	90,3300	-0,88%	-0,8000	321M
JOHNSON & JOHNSON	122,7300	+0,85%	1,0300	332M
MC DONALD'S CORP	128,6500	+0,30%	0,3800	105M
MERCK AND CO. NEW	66,16	+0,47%	0,31	181M
MICROSOFT	64,620	+0,00%	0,000	496M
NIKE	57,86	+0,82%	0,47	76M
PFIZER	34,2600	+0,59%	0,2000	207M
PROCTER AND GAMBLE	91,050	-0,09%	-0,080	232M
TRAVELERS CIES	122,27	-0,07%	-0,09	34M
UNITED TECHNOLOGIE	112,46	+0,33%	0,37	90M
UNITEDHEALTH GROUP	163,06	+0,28%	0,46	154M
VERIZON COMMS	50,60	+0,58%	0,29	205M
VISA	88,43	+0,28%	0,25	163M
WAL-MART STORES	72,3900	+1,51%	1,0800	222M
WALT DISNEY CO	110,3200	+0,54%	0,5900	173M

NASDAQ

Movement

COMPANY	PRICE	CHANGE NET / %
Most Advanced		
Cempra, Inc.	\$ 4.05	0.90 ▲ 28.57%
Applied Optoelectronics, Inc.	\$ 45.98	8.51 ▲ 22.71%
Universal Display Corporation	\$ 81	13.55 ▲ 20.09%
Clearside Biomedical, Inc.	\$ 8.06	1.16 ▲ 16.81%
eHealth, Inc.	\$ 12.39	1.62 ▲ 15.04%
Rocket Fuel Inc.	\$ 3.07	0.38 ▲ 14.13%
Aurinia Pharmaceuticals Inc	\$ 3.72	0.44 ▲ 13.41%
Orexigen Therapeutics, Inc.	\$ 4.44	0.46 ▲ 11.56%
West Marine, Inc.	\$ 9.95	1.03 ▲ 11.55%
Digirad Corporation	\$ 5.25	0.475 ▲ 9.95%
8x8 Inc	\$ 16.15	1.45 ▲ 9.86%
Most Declined		
Acacia Communications, Inc.	\$ 54.04	9.39 ▼ 14.80%
Gulf Island Fabrication, Inc.	\$ 11.35	1.70 ▼ 13.03%
Benefitfocus, Inc.	\$ 25.10	3.25 ▼ 11.46%
Career Education Corporation	\$ 8.32	1.01 ▼ 10.83%
ATN International, Inc.	\$ 68.02	8.18 ▼ 10.73%
Smart Sand, Inc.	\$ 18.05	2.01 ▼ 10.02%
Nova Lifestyle, Inc	\$ 2.26	0.25 ▼ 9.96%
CSP Inc.	\$ 9.28	0.94 ▼ 9.20%
Achillion Pharmaceuticals, Inc.	\$ 3.86	0.38 ▼ 8.96%
Great Elm Capital Group, Inc.	\$ 3.45	0.30 ▼ 8%
Spartan Motors, Inc.	\$ 7.05	0.60 ▼ 7.84%



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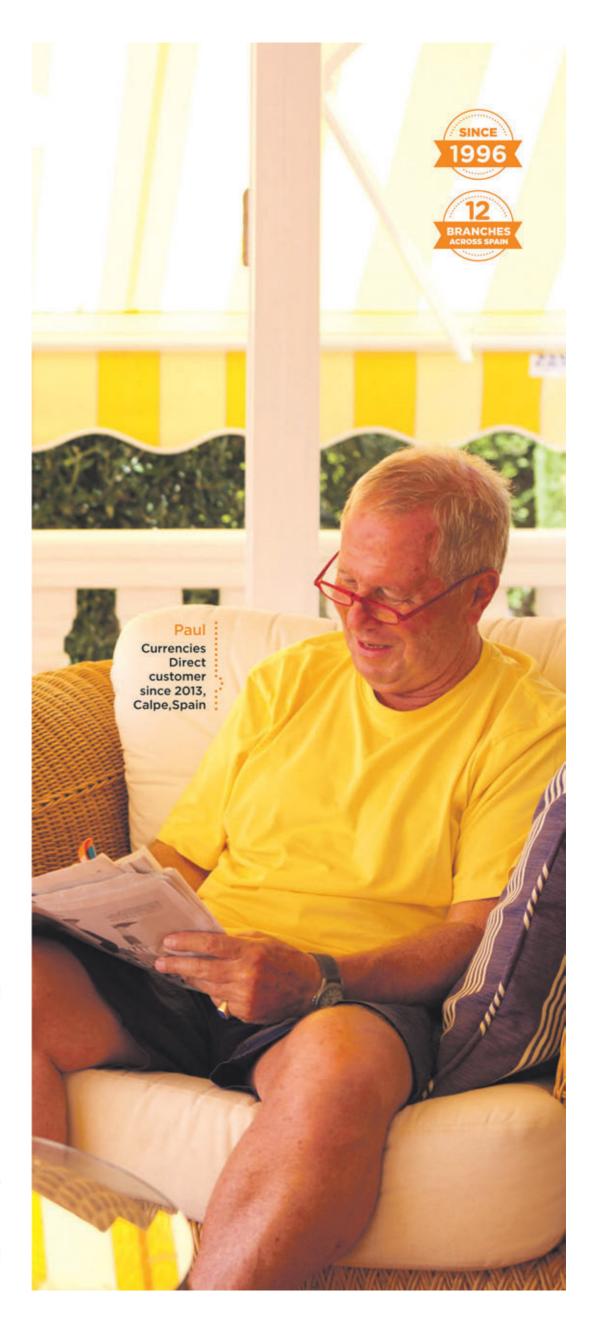
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Politics to drive the currency markets



OVER the last 12 months, we have witnessed increased volatility in the currency markets and this has been heated up by political events such as the Brexit vote and the election of US President Donald Trump. Swings in the currency markets have been severe and it seems that we are in a new environment where we need to expect large swings in major currencies.

However, the global economy is in many ways hitting a sweet spot at the moment. The current global recovery is the strongest since 2013, following the fallout in the Eurozone bond markets. The three big regions of the world - US, Europe and China have all shown recoveries in sync with each other. Although this is good news, we still expect to see heightened volatility in the currency markets as we adjust to political change of Brexit, Trump and renewed focus on approaching European elections.

Looking at Brexit, the UK government is currently on course to trigger article 50 in



INCREASED VOLATILITY: Swings in the currency markets have been severe.

March and this sets the scene for further volatility in Sterling. Currently, the pound is holding up well but the risk is skewed in the short term to the downside in line with a hard Brexit and lack of certainty to the deal the UK will achieve. The process to leave the EU is expected to take at least two years, potentially even longer, and the pound is likely to remain on the back-foot unless the road map becomes clearer. With this in mind you may see GBP/EUR move lower and potentially

retest the lows, however, Europe also faces political headwinds in the months ahead.

Firstly, recent polls for the presidential election in France have shown a majority for the Front National candidate Marine Le Pen in the first round. The first round normally skews towards a protest vote and it is unlikely that Le Pen would win the second round with bookies pricing in the odds at around 30 per cent. However, the bookies and the polls got it completely wrong with the Brexit vote and Trump and therefore we should

be on alert for the unexpected. The political uncertainties in Europe have recently started to weigh on the bond markets with the spread between France and Germany widening.

In addition, Greece has been back in the headlines for the wrong reasons after the IMF noted it was not possible for the country to meet its commitments and that it required more funding. Also, the ongoing problems with Italian banks not to mention the political uncertainty in Italy adds to the headwinds that Europe is facing over the coming months. This could in fact lead to pressure on the single currency vis a vis the USD and even Sterling in the coming months.

Finally, the impact of President Trump could be telling. Currently the market is awaiting more information on the proposed fiscal plan which in his words is going to be "phenomenal." So far Trump has held a hard line on trade and immigration, which the markets are uncertain how to price with the lean towards USD weakness.

Nevertheless, his tax plans could align with USD strength and higher interest rates so the market is currently fairly neutral, but expect this to change once clarity is achieved. The impact could see USD strength or weakness depending on policies and we can certainly expect volatility

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based company

Plastic Energy

Full Circle: Oil to Plastic to Oil

By John Smith

FOR years it has been the policy of governments around the world to try to cut down on the use of fossil fuels and even nuclear power in order to create electricity and Britain like the others has seen a growth in clean energy.

In addition to this, the world's seas and oceans are becoming more and more polluted by plastic and it is estimated that by 2050, the weight of plastic will exceed the weight of fish in the Mediter-

Plastic comes from oil and both industries are helping to pollute the planet with a product that is either almost indestructible or simply pumps out noxious gasses into the atmosphere.

A British company however believes that it has invented a process which will see a complete circle and go just a little way to alleviating the problem as it says that it can turn certain types of plastic back into usable oil.

Cynar Technology should become a household name, if it is able to deliver what it says it can achieve and it does seem to have a large number of supporters in scientific circles although it appears to be more involved in the development of the process than the actual extraction of the oil commercially.

In January, pilot Jeremy Rowsell made history by flying a light aircraft more than 500 miles from Sydney to Melbourne using a mixture of conventional fuel blended with 10 per cent of fuel manufactured by the Madrid

which is using the Cynar invention. According to UK charity Our Greener Future which was

Photo by Dominika Zarzycka Shutterstock

involved in the 'On Wings of Waste' flight, "a 747 aircraft on a 10,000 mile flight burns 36,000 gallons of fuel and 33 per cent of airlines' operating costs are spent on fuel.

"If 3,600 gallons of that fuel was sourced from plastic waste it would be the equivalent of 18 tonnes of waste plastic that might otherwise be dumped in the ocean. Factor in the 1,200 flights a day that are made from Heathrow, and approximately 21,600 tonnes of waste plastic would be transformed from pollutant to fuel - every day."

Plastic Energy is also involved in the building of extraction plants in Bristol in the UK and Almeria and Sevilla in Spain and can transform one tonne of used plastic into 1,000 litres of different types of fuel and although there are a number of plastics that they can't vet process, there is still more than enough to allow for huge mountains of plastic to

> Broadcaster and environmentalist Sir David Attenborough has backed the project saying "the Wings of Waste flight, I hope, will bring the attention of the world to this great solution that is there waiting to be taken, if only we can get the support of people to do so."

> > GLOBETROTTER David Attenborough approves.

Foreign workers in Spain

A REPORT from the Spanish Ministry for Employment and Social Security showed that the number of foreign workers registered with social security in January 2017 had recorded a slight decline at 1,687,585.

Traditionally, there is a drop following the lead up to Christmas but this fall of 24,274 is the lowest recorded since 2008 and the overall annual employment levels of foreign workers has in-

The main groups of foreign employees come from nine countries and are from Romania (304.590), Morocco (215.366), China (95,782), Italy (83,377), Ecuador (65,702) United Kingdom (58,951), Bulgaria (52,942), Colombia (49,218), and Bolivia (47,771) with men outnumbering women 945,462 to 742,123

Andalucia comes third for employment of foreign workers behind Barcelona and Madrid with 186,000.

Bundesbank may be helpful over Brexit



DR ANDREAS DOMBRET: Thinks it is not sensible to penalise Britain for leaving the EU.

By John Smith

DURING an interview with the BBC, Dr Andreas Dombret, a member of the board of the Bundesbank, the German equivalent of the Bank of England confirmed that it was not sensible to penalise Britain for leaving the

He recognised that some jobs will be lost in London and would flow not just into Europe but also the USA, but believed that it would still remain an important financial centre, probably 'the most important financial centre in Europe.

What Europe doesn't need is chaos and confusion in the financial markets and he sees Germany and Britain as being two

major planks in keeping strong and healthy international regulatory standards and certainly didn't want to see any drop of standards to obtain financial benefit.

He does see that there are financial risks to the City of London and in the event that Britain faces financial difficulty, this would almost certainly be reflected across Europe and said that he wants to see that "the transition is as smooth as possible, and we, I can promise, will be as pragmatic as possible."

He doesn't however hold out much hope for a free trade agreement between the UK and the EU, pointing out that there has never has been one signed between the Union and a nonmember but he believes that the

German government will do all that it can to assist Britain in its negotiations with the other

In the meantime however, the Bundesbank is offering on its website to advise commercial banks on how best to move their business to Frankfurt, which is a potential competitor to the City of London.

Dr Dombret doesn't however see this as a way of enticing business away from the UK but a simple response to enquiries from worried bankers who have asked for assistance and information so that they can decide if they should leave the shores of Britain and find out how easy it would be to be assimilated into Frankfurt.

Stock exchange merger falters again

AFTER a year of negotiations, it would appear that the planned merger between the London Stock Exchange (LSE) and its German equivalent the Deutsche Börse is about to fall through thanks in part to the European Union.

This will be the third time that merger efforts have fallen through after previous attempts in 2000 and 2005 failed

The news will please some British Eurosceptic MPs as well as German politicians who did not want to see the headquarters of the news organisation being based in London.

This 'hiccup' has been caused by a last minute EU directive for the LSE to sell an investment in an Italian bond trading company and although it divested itself of a French investment in order to reduce any anti-competition worries, it has seen this latest demand as a 'bridge too far' and has

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A bitter and twisted approach



JUST whose side are the British media actually on? It does seem that almost anything that may be commendable, or praiseworthy concerning the UK, is immediately put down by cynical news people; who really do appear to only be interested in pouring rain on any British parade that waves a Union Jack.

> **Immigrants** have been rioting on the streets of Brussels, France, Sweden and Germany.

Good news is immediately tempered by the introduction of some sourpuss leftie, who then proceeds to heap doom, gloom and scorn, on whatever positive announcement that has preceded them. And they are always given the last word.

I'm convinced the media is full of losers and jealous wannabes. People who



TWO PHOTOS: The explanation is of course simple.

really wanted to be stars or high flying politicians. Many of them have had to settle for second best and are subsequently bitter and twisted in their approach to anything that may be a plus, or indeed benificial to those achievers they are reporting. This attitude also gives credence to Mr Trump's allegations of fake news. An example of this are the two photos showing the crowds at both his and Obama's inaugeration.

Obama's showed thousands of people,

shoulder to shoulder, packing out the area in front of the Presidential presentation. The second, at Trump's swearing in, showed a far less attendance of people, with great gaps in the audience.

Underneath, the caption read, 'Where are the crowds Mr Trump?' Well of course this is typical of our esteemed media's attempts to discredit someone who they most certainly hate. The explanation was of course simple.

The photos were taken at different times of the day. Obama's during the inaugeration and Trump's some time earlier in the day. And what about immigrant is-

By the recent coverage, or lack of it, the problem appears to have been solved. Ha! Over just the last few weeks there have been immigrants rioting on the streets of Brussels, France, Sweden and Germany! No. I'm afraid that to me the whole scenario stinks of corrupt collusion in high places. Oh, and by the way, the irony of writing this piece has not escaped me!

> Keep the faith, Love Leapy leapylee2002@gmail/com





Mobile: + (34) 608 790 007

E-mail: darren@darrmar.com

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THURSDAY	BBBONE	BBCTWO	itv	CHANNEL 4	CHANNEL 5	sky SPORTS 1
O2 MARCH	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 Britain on the Fiddle	4:15pm Britain's Lost Routes with Griff Rhys Jones 5:15pm Africa 6:15pm 7:00pm Eggheads 7:30pm Great Continental Railway Journeys 8:00pm Antiques Road Trip 9:00pm The Great Pottery Throw Down 10:00pm The Attack: Terror in the UK	6:00pm 7:00pm 7:00pm 7:25pm 7:30pm 8:00pm 8:00pm 8:30pm 8:30pm 8:30pm 8:30pm 8:30pm 8:30pm 9:00pm 9:00pm 9:00pm 9:30pm 9:30pm Parry Hill's Alien Fun Capsule 10:00pm Prime Suspect 1973	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 Series 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 Supervet	4:15pm A Date to Die for 6:00pm 5 News at 5 6:30pm Neighbours 7:00pm Home and Away 7:30pm S News Tonight 8:00pm Nightmare Tenants, Slum Landlords 9:00pm The Nightmare Neighbour Next Door 10:00pm The Great British Benefits Handout	4:00pm Boxing Gold 5:00pm Boxing 5:30pm Football's Greatest 6:00pm Premier League 100 Club 6:30pm Boxing 7:00pm Barclays Premier League World 7:30pm Boxing 8:00pm Live Premier League Darts 11:00pm Boxing 11:30pm La Liga Show
FRIDAY 03 MARCH	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	3:00pm 4:00pm 4:00pm 8:30pm 9:30pm 10:00pm 11:00pm 11:30pm 12:05am 1:05am 2:00am 4frica's Giant Killers Athletics Celebrity Mastermind Only Connect The Secrets of Your Food Ql Newsnight Imagine Taboo Further Back in Time for Dinner	6:00pm 7:00pm 7:30pm 8:00pm 8:00pm 8:30pm 9:00pm 9:30pm 0:00pm 11:00pm 11:00pm The Chase ITV News London ITV Evening News Emmerdale Schofield's South African Adventure Coronation Street Lethal Weapon The Nightly Show with David Walliams	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	4:20pm The Front 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	10:00am 1:00pm Premier League Darts Premier League Match Pack 1:30pm Boxing Gold 2:30pm Premier League Darts 5:30pm Boxing 6:00pm Boxing Gold 6:30pm Boxing 7:00pm The Fantasy Football Club 8:00pm Football 11:15pm Boxing
SATURDAY 04 MARCH	5:10pm Final Score 6:10pm Celebrity Mastermind 6:40pm BBC News 6:50pm Regional News 6:55pm Weather 7:00pm Pointless 7:45pm Lets Sing and Dance for Comic Relief 9:00pm Who Dares Wins 9:40pm Casualty 10:30pm Mrs. Brown's Boys	2:30pm 3:15pm 4:15pm 4:45pm 5:15pm 9:15pm 9:45pm 10:15pm 11:00pm Escape to the Country Mastermind the Final University Challenge Only Connect Athletics Grand Tours of the Scottish Islands Dad's Army Live at the Apollo Martin Scorsese: True Confessions	2:30pm ITV Racing Live From Doncaster 5:00pm You've Been Framed! 5:30pm Local News and Weather 5:45pm ITV News and Weather 6:00pm Despicable Me 2 8:00pm Ant and Dec's Saturday Night Takeaway 9:30pm The Voice UK 10:45pm ITV News and Weather Lethal Weapon	3:00pm 3:30pm 4:00pm 4:00pm 4:30pm 5:35pm Come Dine with Me 4:30pm A Place in the Sun Location, Location, Location 6:35pm Grand Designs 7:30pm Escape to the Chateau Penelope Keith at Her Majesty's Service	6:15pm Can't Pay? We'll Take it Away: Final Demand 7:10pm Can't Pay? We'll Take it Away! 8:05pm NCIS: Los Angeles 9:00pm NCIS 9:55pm 5 News Weekend 10:00pm Football on 5 11:30pm Conspiracy: Pearl Harbor Cover-Up	9:30am The Fantasy Football Club 10:30am Barclays Premier League Preview 11:00am Soccer A.M. 12:30pm Live PI 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
SUNDAY 05 MARCH	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	12:15pm Nigel Slater's Dish of the Day 12:45pm Nigelissima 1:15pm MOTD2 Extra 2:00pm Triathlon World Series 3:30pm Robot Wars 9:00pm Top Gear 10:00pm Special Forces - Ultimate Hell Week 11:00pm	4:50pm The Chase 5:50pm Tipping Point 6:50pm Local News and Weather 7:00pm ITV News and Weather 7:15pm Harry Hill's Alien Fun Capsule 7:40pm 5 Gold Rings 8:45pm The Voice UK 10:00pm Hospital 11:00pm ITV News and Weather	3:00pm George Clarke's Amazing Spaces 4:00pm Location, Location 5:00pm Channel 4 News 5:30pm Fantastic Four 7:30pm The Jump 9:00pm Rivers with Jeremy Paxman Ep1 10:00pm Homeland 11:00pm Gogglebox	6:10pm Cruising with Jane McDonald 7:05pm Inside Windsor Castle 8:00pm Inside Windsor Castle 9:00pm Nightmare Tenants, Slum Landlords 9:55pm 5 News Weekend 10:00pm The Bruce Forsyth Story An Audience with Bruce Forsyth	10:00am The Sunday Supplement 11:30am Goals on Sunday 1:30pm Live Nissan Super Sunday 4:30pm Live Nissan Super Sunday 8:00pm EFL Goals 8:30pm Spanish Football Gold 8:40pm Football 10:40pm Spanish Football Gold 10:50pm Spanish Football Gold 11:00pm Football 11:30pm Football
MONDAY 06 MARCH	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	4:15pm Rivers with Griff Rhys Jones 5:15pm Madagascar 6:15pm Bargain Hunt 7:00pm Eggheads 7:30pm The Hairy Bikers' Comfort Food 8:00pm Top Gear 9:00pm University Challenge 9:30pm Mary Berry Everyday 10:00pm Meet the Lords	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 John Bishop	3:10pm Countdown 4:00pm Fifteen to One 5:00pm A Place in the Sun 6:00pm Couples Come Dine with Me 7:00pm The Simpsons 7:30pm Hollyoaks 8:00pm Channel 4 News 9:00pm Food Unwrapped 9:30pm Travel Man 10:00pm Mutiny	2:45pm Neighbours 3:15pm NCIS 4:20pm Her Dark Past 6:00pm 5 News at 5 6:30pm Neighbours 7:00pm Home and Away 7:30pm 5 News Tonight 8:00pm The Cars That Made Britain Great 9:00pm Winter Road Rescue 10:00pm The Railway	4:30pm Football Gold 4:45pm Football Gold 5:00pm Football 6:00pm Premier League 100 Club 7:00pm Premier League Legends 7:30pm Soccer AM: The Best Bits 2016/17 8:00pm Football 12:00am Revista de la Liga
TUESDAY 07 MARCH	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 Weather	4:15pm Rivers with Griff Rhys Jones 5:15pm Madagascar 6:15pm Bargain Hunt 7:00pm Eggheads 7:30pm The Hairy Bikers' Comfort Food 8:00pm Antiques Road Trip 9:00pm Kate Humble - Back to the Land 10:00pm 1066	3:00pm 4:00pm 5:00pm 5:00pm 6:00pm 7:00pm 7:30pm 8:00pm 8:00pm 8:30pm 8:	5:00pm A Place in the Sun Couples Come Dine with Me 7:00pm The Simpsons 7:30pm Hollyoaks 8:00pm Channel 4 News 8:55pm The Political Slot 9:00pm The Secret Life of the Zoo 10:00pm Mutiny Catastrophe	4:15pm Shoot to Kill 6:00pm 5 News at 5 6:30pm Home and Away 7:30pm 5 News Tonight 8:00pm Winter Road Rescue 9:00pm Inside Windsor Castle 10:00pm Secrets of the National Trust with Alan Titchmarsh 11:00pm Adolf and Eva	5:00pm Football 6:00pm MNF Highlights 6:30pm Premier League 100Club 7:00pm Scottish Football Round Up 8:15pm Football Gold 8:30pm Gillette Soccer Special 2016/17 11:00pm Football Club
WEDNESDAY 08 MARCH	4:45pm Money for Nothing 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	4:30pm 5:15pm Madagascar 6:15pm 7:00pm 7:30pm The Hairy Bikers' Comfort Food 8:00pm 9:00pm The House That £100k Built 10:00pm Mock the Week 11:00pm Channel Patrol Madagascar Laggheads The Hairy Bikers' Comfort Food Antiques Road Trip The House That £100k Built Mock the Week	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 The Nightly Show with John Bishop 11:30pm ITV News	3:10pm Countdown 4:00pm Fifteen to One 5:00pm A Place in the Sun 6:00pm Couples Come Dine with Me 7:00pm The Simpsons 7:30pm Hollyoaks 8:00pm Channel 4 News 9:00pm Hidden Restaurants with Michel Roux Jr 10:00pm The Royal House of Windsor	3:20pm NCIS 4:20pm Two Wrongs 6:00pm 5 News at 5 6:30pm Neighbours 7:00pm Home and Away 7:30pm Silver Landslides 9:00pm GPs: Behind Closed Doors 10:00pm Climbing the Property Ladder 11:00pm Can't Pay? We'll Take it Away!	5:00pm Premier League Review 6:00pm Premier League 100 Club 6:30pm Premier League 100 Club 7:00pm Premier League Review 8:00pm Barclays Premier League World 8:30pm Boxing Gold 9:00pm Fight Night 11:00pm Barclays Premier League World

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Eat 10 pieces of fruit a day?



Views of a **Grumpy Old Man**

WHEN I lived in England, and even when I visit now, if you want to pay someone with a £50 note they look at you like you are mad. But here €50 notes are used to pay for anything and no-one bats an eyelid. So why the big deal in the UK?

I was watching the news the other day and, once again, some genius has decided that I'm not eating enough fruit. It used to be an 'apple a day kept the doctor away,' and then it was five a day.

Now, on my diet that included Terry's chocolate orange, fruit pastilles, fruit and nut, a banana split and carrot cake. The advice has now changed to 10 a day. Ten a day? Are they crazy? How can you eat 10 pieces of fruit a day? Who are these people? Do they live in the same world as us? Do they not know what happens if you eat 70 bits of fruit a week? You will be spending most of your time in the loo! Never mind fruit they are all bloody nuts!

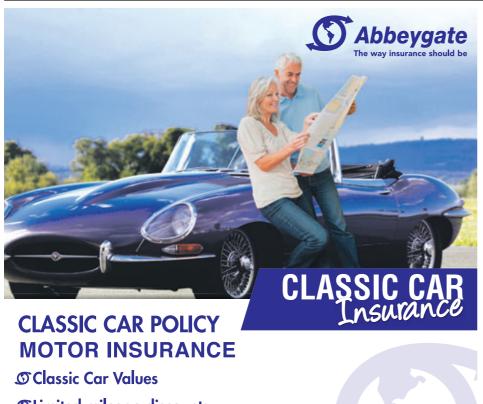
Once again I have to Trump Grump. This week he has banned the BBC, New York Times and CNN, to name a few, from his White House press conferences because he says they print fake news. This is ripe coming from a man that is always spouting 'alternative facts' aka LIES. Anyway I think that free speech is important and everyone is entitled to their opinion.

So if I was the world's media I would have stood together and just boycotted the press conferences anyway and show that they can't be bullied. Some have already done so, so well done to them. Because if there is no media there then no-one will be reporting all his propaganda. He needs the media and they, of course, need him. Anyone want to take me up on my bet he doesn't last the four years?

I have never got so much spam in my email as I am getting now. I'm used to getting the odd pharmaceutical one and the one from my Nigerian friends but all of a sudden I'm getting about 10 a day from the likes of Costco. Tesco. M &S. Morrisons and Boots.

In fact, they are from every major store in the UK. Why? Is it only me? And how do you stop it? It's going into a spam folder. Is there away to stop it? Don't say click on unsubscribe because as they are cons, anywhere you click sends them your information.

I'm going to watch the Oscars now, as I write these articles on Sundays, and listen to all the luvvies have a pop at Donald. Not sure it's the correct thing to do... actually I am. Email me at mikesenker@gmail.com.



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LEGALLY SPEAKING

Blue light approval

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.



THE Congressional Road Safety Commission has approved the move for all emergency service vehicles to use blue lights, rather than amber, to follow in line with the EU.

Traditionally, only security services such as the Guardia Civil and police would use blue lights, with ambulances. fire and other priority vehicles using orange lights, but now all will use blue.

The change had been approved by previous congressional committees in 2006. 2010 and 2011, but had not been previously implemented. Now, the move has been voted for in a bid to improve road safety. The change to blue lights will also be accompanied by an awareness campaign for road users so that everyone is clear of the need to give way to priority vehicles displaying blue lights.

Irene Rivera, the deputy for the Ciudadanos political party, had raised the motion saying that some emergency vehicles had lost vital minutes in attending to emergencies as some road users had thought they were just rubbish trucks or slow moving vehicles, which also display amber lights, and had not moved out of the way for the emergency vehicles quick enough. As a result, the party asked for the change to be implemented.

The committee also took the opportunity to approve an initiative proposed by the PP to raise awareness of the human responsibility factor, intending to promote self-awareness amongst drivers as the rise in accidents on Spanish roads caused by drivers being distracted is a growing concern. This includes alcohol and drug use whilst driving.

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

Can he still get a majority?

On our complex almost all the properties are holiday homes and not occupied much of the year. The owners are multinational and the AGM is poorly attended. This makes it difficult to get the required 60 per cent approval. I propose to write to

each owner with the details of a change of façade that I want to do. I will enclose a form to sign and return. Also, are the no shows at an AGM considered as a yes or no vote?

JN (Costa Blanca)

Perhaps you do not need to write to other owners. If your AGM is held on the 'second calling' and most of them are, a majority of 60 per cent of those present in person or by proxy will suffice to pass the mo-



tion. Unless the absentees protest within 30 days of being informed, their votes

count as favourable. I urge you to discuss your plan with your President and Administrator well in advance. Remember you need to be in the official Agenda of the meeting. You will also need a building permit.

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

Are you brokerless?

SOMETIMES people think that by using a broker for insurance it may cost more money. There is however, no reason why this should be the case. Like with everything in this world, one is free to shop around for the best price whatever the purchase may be, but with insurance, you need to think further than the cost.

In Spain, there are not any English comparison sites, unlike the UK. where there are many, each competing for business, with a bombardment of comical TV advertising.

Here it's a little subtler. Of course. we do have those that work solely by telephone, where you get your quote for say, car insurance, and everything thereafter is then done by post or perhaps email. This is, of course, very impersonal and maybe mistakes could creep in. Also, you never get to meet the person or the company selling you the insurance and, by telephone, it's never quite the same.

With Liberty Seguros, however, it's a different and pleasant kettle of fish. They have over 300 brokers,



LIBERTY SEGUROS: The Expats' Number 1 Choice with over 175,000 expat clients in Spain.

many of which have dedicated employees to look after expatriates and in most cases always speak your language, especially English but also other European languages too, in-

cluding Dutch, German and Scandinavian. By visiting your nearest Liberty broker, and there's sure to be one near you, it's much more friendly and personal. You can pop into a nice warm office; perhaps have a coffee; sit down face to face with a dedicated and professional insurance advisor, who can answer any questions you may have about many different types of insurance. They will also be as transparent as possible so that you're not surprised after you've contracted your insurance.

The Expats' No.1 Choice

Liberty provides insurance for car, home, life, pet, business and commercial, leisure like golf, marine, and personal injury; almost anything you want under one roof without you having the need to maintain correspondence from several other companies and deal with lots of renewals vear on year.

Liberty's advertising carries the slogan 'The Expats' Number 1 Choice' and with over 175,000 expat clients in Spain, you can perhaps see

Liberty Seguros can be contacted by telephone on 902 255 258 for the name of your nearest broker or agent, or visit www.libertyexpatriates.es for more information on all the insurances they offer.

Don't be 'brokerless,' a friend in need is a friend indeed!

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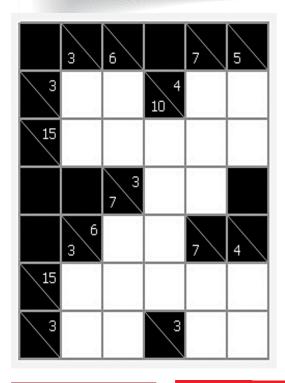


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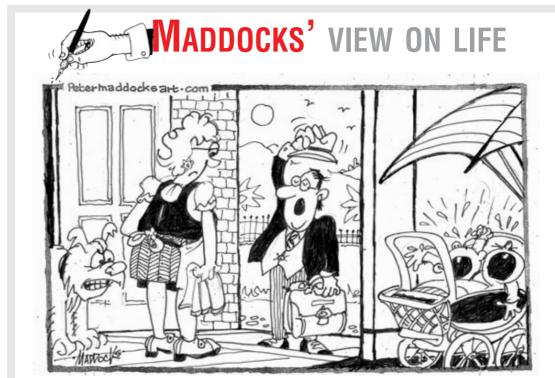
Kakuro



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

LAST WEEK'S

		33	1	27	
	19	8	5	6	24
	13/21	3	4	5	9
/3	2	7	12	2	3
/12	3	9	13/6	4	2
21	8	5	7	1	
	16	1	6	9	



'I'M SELLING PEACE AND QUIET, SENORA - FOR FIFTY EUROS I WILL GUARANTEE NEVER TO KNOCK ON YOUR DOOR EVER AGAIN!







































Mallorca



TOMORROW	
POLLENÇA	ALCUDIA
CALVIA INCA	CALA MILLOR
ANDRATX PALMA	CALA d'OR
MAGALLUF	LLUCMAJOR



880

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

静

weather

AllCalite			DIIOaO		
TODAY: MA	x 19, Min	11 - S	TODAY: MAX	20, MI	и 11 - С
Fri - 18	10	С	Fri - 18	7	Sh
Sat - 17	10	C	Sat - 12	5	Sh
Sun - 20	12	C	Sun - 14	8	Sh
Mon - 22	13	C	Mon - 17	10	C
Tues - 23	13	CI	Tues - 17	8	Sh
Wed - 21	12	CI	Wed - 19	8	Sh

Airicia			Madria		
TODAY: MA	x 19, Min	12 - CL	TODAY: MAX	17, Mi	N 4 - C
Fri - 21	11	С	Fri - 15	3	Sh
Sat - 19	11	C	Sat - 10	2	Sh
Sun - 20	13	C	Sun - 14	4	C
Mon - 23	14	CI	Mon - 17	5	C
Tues - 24	15	C	Tues - 19	4	C
Wed - 24	14	CI	Wed - 20	35	C

Almeria

Madrid

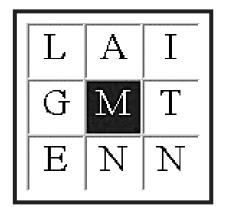
Barcelona			Malaga	Malaga					
TODAY: MAX	17, MIN	18 - CL	TODAY: MAX	TODAY: MAX 19, MIN 10 - C					
Fri - 16	10	CI	Fri - 18	9	С				
Sat - 13	7	Sh	Sat - 17	10	Sh				
Sun - 16	9	C	Sun - 20	12	C				
Mon - 17	9	CI	Mon - 22	12	CI				
Tues - 19	8	C	Tues - 24	12	CI				
Wed - 17	8	CI	Wed - 22	11	CI				

Benido	orm			Mallorca				
TODAY:	Max 2	0, MIN	10 - Cl	TODAY: MAX 19, MIN 8 - S				
Fri -	19	11	С	Fri -	18	9	С	
Sat -	17	10	C	Sat -	15	8	C	
Sun -	19	11	С	Sun -	16	9	C	
Mon -	21	13	С	Mon -	17	9	CI	
Tues -	23	13	CI	Tues -	- 20	8	CI	
Wed -	20	12	CI	Wed -	18	7	CI	

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

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



TARGET:

- Average: 14 Good: 19
- Very good: 28 Excellent: 36

LAST WEEK'S SOLUTION

ewer thaw thew twee wail wait wale ware wart weal wear weir welt were what whee whet whir whit wile wilt wire with writ hewer threw trawl tweer twirl waler water whale wheal wheat wheel where while whirl white withe wrath write awhile wailer waiter wealth welter wether whaler whiter withal wither wraith wreath writhe weather whereat wreathe WEALTHIER

World of English

Why does 'slow down' and 'slow up' mean the same thing?'

Crossword

page

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

LAST WEEK'S SOLUTIONS

Cryptic

Across

- 1 Wild rats sit for painters (7)
- 5 Young girls lose their heads, the idiots! (5)
- 8 Quietly stood up for ordinary writing
- 9 Told how the family is connected (7)
- 10 The last word in a team entry (4)
- 11 Ode Simon composed for a pub game (8)
- 13 Some scraps or relics are a light brown colour (6) 15 Fortune derived from some rich
- ancestors (6)
- 18 Hardy players press clothes (4-4)
- 19 Team get a new goalpost initially (4) 22 He has no illusions about a record (7)
- 23 Boast, having new part of tooth (5)
- 24 Singer John gets left in school (5) 25 Right, put your clothes on again (7)

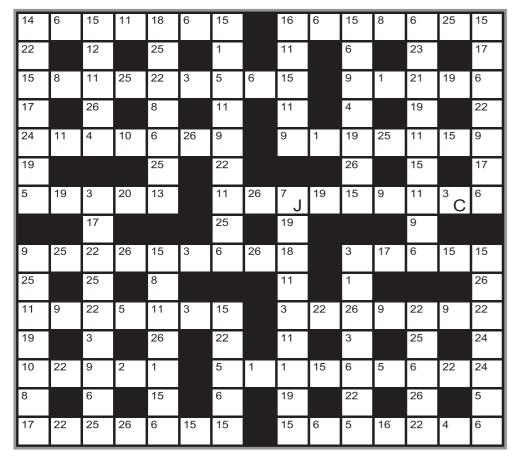
- 1 A paper's mistake crops up (7)
- 2 Treasure discovered in a controversial place (5)
- 3 Leave it in the last etching (4)
- 4 Vicar's address is in Lesser Mongolia
- 5 Nobody left, that's OK (3,5)
- ${\bf 6}$ It's in writing what newts do when confused (3,4)
- 7 "Yes", said Spanish Des, "we have teams" (5)
- 12 The ruling is in code, strangely (8)
- 14 Begin again to take it easy by drawing (7)

16 22

- 16 Internet search aids for motors (7)
- 17 Braggart discards small, straw hat (6)
- 18 Cut up five in anxiety (5)
- 20 Only an advance, say (5)
- 21 Compound discovered about 101 AD (4)

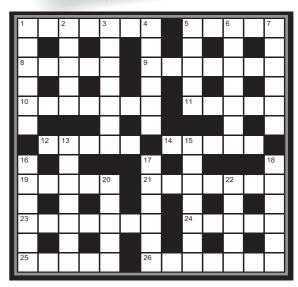
Code Breaker

Each number in the Code Breaker grid represents a different letter of the alphabet. In this week's puzzle, 3 represents C and 7 represents J, so fill in C every time the figure 3 appears and J every time the figure 7 appears. Now, using your knowledge of the English language, work out which letters should go in the missing squares. As you discover the letters, fill in other squares with the same number in the main grid and the control grid.



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

Quick

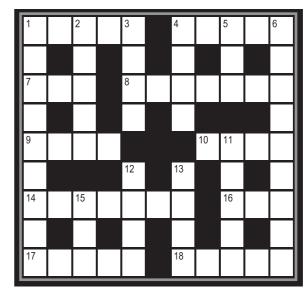


- 1 Bone of the upper arm (7)
- 5 Annoyed (5)
- 8 Monarch's domain (5)
- 9 Occurring at the beginning (7)
- **10** Enduring (7)
- 11 Took without the owner's consent (5)
- 12 Make somebody laugh (5)
- 14 Luxurious (5)
- 19 Not tense or taut (5)
- 21 Embarrassing mistake (7)
- 23 Having or showing profound knowledge (7)
- 24 Not in a state of sleep (5) 25 Encircle as a military tactic (5)
- **26** Boring (7)

- 1 Obstacle (6)
- 2 Complains (5)
- 3 Stays behind (7)
- 4 Unwilling to spend (6)
- 5 Strips of potato fried in deep fat (5)
- 6 Indicating evil intent or suggesting tragic developments (7)
- 7 Precious metal (6)
- 13 Ascertain dimensions (7)
- 15 Large, spotted African/Asian cat (7)
- 16 Appraise (6)
- 17 Not being in a specified place (6)
- 18 Welcomes warmly (6)
- 20 Bladed instrument for cutting or spreading (5)
- 22 Large musical instrument (5)

English - Spanish

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



Across

- 1 Yearning (desire) (5)
- 4 Arches (5)
- 7/5 Huevera (3,3)
- 8 Homet (7) 9 Plancha (utensilio) (4)
- **10** Oriente (4)
- 14 Lawyer (7) **16** Gold (metal, commodity, currency) (3)
- 17 Forma (figura) (5)
- 18 Suit (for man) (5)

- 1 Estadounidenses (9)
- 2 Century (5)
- 3 Abbot (4) 4 Celery (4)
- 5 See 7 Across
- 6 Insolación (9)
- 11 Now (at this time, immediately) (5)
- **12** Coffee (4)
- 13 Pie (anatómico) (4)
- 15 Goose (domestic) (3)

CRYPTIC

1 Staid, 4 String, 9 Chelsea, **10** Smell, **11** Rash, **12** Enchant, 13 Sum, 14 Glee, 16 Step, 18 Pie, **20** Air base, **21** Page, **24** Eclat, 25 Adipose, 26 Switch, 27 Evert.

Down:

1 Secure, 2 Avers, 3 Doss, 5 Test case, 6 Iterate, 7 Gelato, 8 Salem, 13 Semantic, 15 Lorelei, 17 Havens, 18 Pedal, 19 Deceit, 22 Abode, 23 Kite.

QUICK

1 Condor, 4 Pencil, 9 Agree, 10 Crazier, 11 Snag, 12 Sociable, 13 Lease, 15 Weird, 18 Reserved, 21 Spot. 24 Illness. 25 Amass, 26 Errant, 27 Bakery.

1 Chaos, 2 Narrate, 3 Oven, 5 Examine, 6 Climb, 7 Larder, 8 Echo, 12 Sue, 14 Surgeon, 15 Wed, 16 Replace, 17 Braise, 19 Solar, 20 Easy, 22 Tasty,

ENGLISH-SPANISH

1 Camisetas, 8 Sweet potato, 9 Acta, 10 Belt, 13 Tenis de mesa, 14 Escarlata.

2 Aceitunas, 3 Into, 4 Esos, 5 Amazement, 6 Asfalto, 7 Postman, 11 Isla, 12 Bell.

CODE BREAKER



Currencies Direct celebrate

their 21st anniversary

By Simon Firth

NO matter where you are in the world, reaching the age of 21 means a party is a must!

When you're one of Spain's premier currency transfer providers and you've hit 21 then you can be loud and proud about

Currencies Direct hosted their party, alongside their long-time media partners, EWN, at Marbella's

fantastic Puente Romano Beach Resort & Spa.

The venue was Joe's Bar with oversight on everything from the ambience to the wonderful canapés and drink, in the marvellous hands of Group Corporate Director John Thomson.

The guest list featured friends, family, and treasured and long-time clients and customers of both companies, who came from all over the Costa del Sol.

Their host on a wonderful night of celebration was Currencies Direct Southern Europe director, Peter Loveday and his team.

Peter spoke of the company's rise from small seeds to an enterprise with 14 offices in Spain, and a product which means "we buy in huge volumes at great rates and we pass these benefits onto our clients.'

He generously took time out not only to thank everyone for coming, but also asked everyone to spare a battling his cancer.

EWN's managing director Michel Euesden then had a surprise in the form of a giant birthday cake - so large it had to be wheeled in - to wish the company many more years of success.

It was accompanied after a chorus of 'Happy Birthday' by a salute from two cannons which fired orange confetti and mini-euro notes into the air!

On such a wonderful night, you want your choice of music to make it a celebration to remember.

This was achieved with the stunning vocals of Mr Maph and Simone Lisa, Marbella-based entertainer Antony Wolfson and his inimitable take on the Presley greats, and Steve Cline.

The thunderous applause after every act showed just what an appreciative audience was there on the night. This quartet made it a night that will live long in the memory.

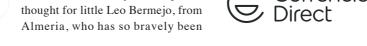
In keeping with the business of the hosts on such a wonderful evening, the guests were greeted by two giant balloon structures, one a euro and the other a pound sign.

Guests were generously supplied with money and although it was fake on this occasion, it did mean entitlement to cocktails throughout the evening!

Here's to the next 21 years!!!

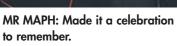
CurrenciesDirect





More pictures of this fantastic event on our website www.euroweeklynews.com





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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

President Trump and torture

DEAR Editor,

I see that Donald Trump 'absolutely' believes that 'torture works.' I've 'absolutely' no doubt whatsoever that after four years of his presidency the vast majority of Americans will hold the same view! Richard, Benidorm

Upset reader

I WAS truly shocked at the fact that you advertised the bull running in Pamplona in today's issue of your newspaper. I have always looked forward to reading your news and doing the crosswords.

No thanks, no more. Truly disgusting. I don't care if you print my letter or not... that is not the intention.

Even Professor Einstein stated that the human being was the most cruel animal on the Planet.

Olivia, Palma de Mallorca

Well done Leapy

HI Lee, I just read your fantastic article in Costa Blanca South so I need to respond and agree with what you said 100 per cent. I think Tony Blair conveniently forgets how wrong he was in the Iraq war cosying up to George Bush (and people are saying now how bad Donald Trump is!! I think George Bush was worse!).

Tony Blair has the barefaced front to say people voted for Brexit knowing nothing about the consequences - talk about insulting people's intelligence!! The situation as a result of Iraq was we didn't find any WMD which Iraq was supposed to possess and the main reason for going to war in the first place, the audacity of that Mother ...! And for people now to rise up with his popularity, anyone would liken him to Hitler!!

Anyway enough of this conman's talk. Hope people rise up against him, better less said about his wife as well. Still enough of my rant, it was a great article and you are a man of my own heart! Well done. Collin, Costa Blanca

Thought provoking

IN anything Leapy Lee writes, try replacing the word 'immigrants' with the word 'pensioners.' Makes you think, doesn't

Imagine if every time he complained about immigrants. Muslims, or anybody else who annovs him, he complained about pensioners instead - this newspaper would be inundated with protests.

But then, Leapy's both a pensioner and an immigrant so he wouldn't understand.

Brian, Mojacar

COMMENTS from the Euro Weekly **News website**

»Heseltine and Brexit

'LORD' Heseltine: says it all. To even threaten the delaying of triggering Article 50 smacks of an abuse of power. It also gives rise to the suspicion that this man has a serious financial interest in the EU (which nobody voted to join, other than some of our MPs, many of whom are now drawing incredible salaries and pensions from said organisation). Now that the 'common' people and the majority of MPs have voted to leave this club, he is doing everything he can to thwart the will of the people. Surely, it is only a matter of a decade or so before the common people will insist on dissolving the unelected, undemocratic House of Lords = House of Political Buddies..

Harry Paine

This idiot should shut up and leave May to do what she has to do. Britain will be far better off out of the 'Union', and its likely many other countries will follow. The European Union has turned out to be a disaster for all concerned. Hell, they even tell us what shape our bananas have to be.

Roy Peters

»Mallorca trains

Mallorca resident's discounts for train travel were abolished after a German tourist complained to the EU that it was discriminatory. ".. We see this time and time again. It takes a petition of 1000's to get something done and then a single objection gets it undone. Case of the tail wagging the dog over

Harry Bradfield

and over again!

Arsonist attacks

The guy is walking around Calahonda without a care in the world, the bar owners do not want to approach him in case they also get an arson attack. He needs to be in jail.

David Allcock

»Rajoy and Hollande meet

Illegal immigration regardless of whether the migrants are called refugees or economic migrants is one of the greatest challenges facing the world this century as hundreds of millions of people seek a better life. There is no point in leaders talking, we need action to stop the daily arrival of migrants on Europe's shores and the countless deaths caused by trafficking gangs who have made a lucrative criminal industry out of people's misery. Europe has millions unemployed and cannot cope with the invasion which is taking place which is leading to a growing social crisis. The UN needs to play a major role in bringing a change of mentality and together with the Western democracies plan to redistribute a fairer share of the world's economic wealth to improve the living standards of the population in the developing nations.

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



GRAVE CONCERN: Amongst air-traffic controllers about the number of planes handled every hour.

Safety in the

CERTAIN aspects concerning travel safety is difficult to evaluate for the common traveller. The planning of the winter stay 2016/2017 brought forward some consideration about the route followed by our ordinary airline.

There were two relevant destinations, either going to an island situated far to the east of the Mediterranean where the plane is crossing Turkey, just over Istanbul. We landed, literally, in Mallorca, the plane arriving from the Western Europe. Irrelevant anxiety? Maybe, maybe not.

According to reports the authorities in Spain has allowed the Palma airport to handle 80 planes every hour: is this something to be afraid of to put it that way? Certainly it is; the air-traffic controllers expressed grave concern in 2016, when the limit was 60!

Leif, Palma Nova

HAVE YOUR SAY

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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Kissing has a range of benefits

VALENTINE'S DAY may have come and gone but don't forget to continue kissing your loved one. As well as showing them you care, it could also be good for your health as scientists have proven that it can trigger a range of physiological processes from boosting your immunity, to improving your connection with your partner.

Good for teeth

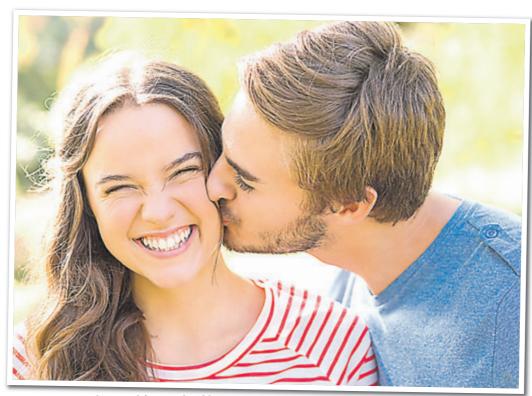
Kissing increases saliva flow which helps keep the mouth, teeth and gums healthy and reduce plaque build up.

Boosting immunity

As saliva produced by kissing can help oral hygiene, it can also give your immune system a boost as exchanging saliva can introduce new bacteria to the body which can help the body prepare for fighting off infections.

Calming effect

Kissing has been shown to de-



KISSING: Can be good for our health.

crease the stress hormone cortisol and increase serotonin which is responsible for balancing mood levels. It also releases oxytocin, also known as the 'love' hormone that promotes bonding in humans.



Kissing has been shown to decrease the stress hormone cortisol.

Anti-aging

Kissing increases blood flow to the face and this helps stimulates the production of collagen that is needed to plump out the skin to reduce the appearance of wrinkles.

Burns calories

Studies report that kissing can burn between two and six calories per minute, but add a little tongue action and using these extra muscles can burn up to 26 calories per minute.

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Avoiding eye strain with computer work

AROUND 13 million Spaniards suffer daily from eye fatigue and dryness as a result of frequent use of computers and electronic devices.

It can be a problem especially for those who work in offices where lighting or ventilation conditions are not adequate. However, according to international studies, seven out of 10

adults accept the symptoms of visual fatigue as 'normal' as the population has become more accustomed to the consequences of a digital lifestyle.

Spending at least two hours in front of electronic devices can lead to the eyes becoming dry, tired and red. leading to blurred vision and difficulty in focusing. Visual fatigue can also create physical discomfort such as headaches, neck, shoulder and back ache.

To try and prevent symptoms, it is recommended to rest every hour and look away from the screen. Remember to blink. It may sound simple, but constantly staring at the screen results in reduced blinking and this is essential for moisturising the eyes.

Maintain the correct distance between your eyes and the computer screen. Sit parallel to the screen and ideally keep it 50cm from vour eves.

Temperature, humidity and ventilation can all put the eyes under strain if at extreme levels so it is important to check the humidity and ensure there is adequate ventilation.



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Lowdown on shingles



SPECIALIST: Doctor Luis Perez Belmonte.

A READER'S letter regarding shingles made us decide to ask the doctor for some facts on an illness most of us have heard of, but not many know much about.

- Shingles is what you get if you've already had chicken pox, is that right?

Yes, that's right. Shingles consists of a painful rash formed by blisters. It is caused by the varicella-zoster virus, the same one which causes chicken pox.

- What are the symptoms?

The first sign is usually pain or a tingling or burning sensation on just one side of the body. The pain and burning sensation can be very intense and generally will be the first symptom to appear before there are any signs of a rash. In most patients, patches then appear on the skin followed by small blisters. Other symptoms can include: abdominal pain, fever and shivering, feeling generally unwell, genital ulcers, headache, joint pain and swelling of the lymphatic glands.

- How long do the symptoms usually last?

This varies but they can last up to a few months.

- What can be done to alleviate the symptoms? Can they be reduced without medicines, with acupuncture for example?

Shingles can be treated with an antiviral medicine to beat the virus. This will help reduce the pain, prevent complications and shorten the illness. Treatment with this medication should start within 72 hours after feeling the first pain or burning sensation. It should be started before the blisters appear.

This medication is usually given in tablet form, although in some cases patients may require treatment to be administered with a drip.

Strong anti-inflammatory medications known as corticosteroids, like prednisone, can be used to reduce swelling and pain. These medicines do not work for

Other medication can include: antihistamines (oral or topical) to reduce itching, pain killers, Zostrix (a capsaicin cream to reduce pain).

Acupuncture and other measures such as relaxation techniques can help control the symptoms.

- How long does it take to

This varies and in some cases can take months or even years.

- Is it contagious?

It can be, especially when blisters are weeping, so patients should try to avoid others coming into contact with

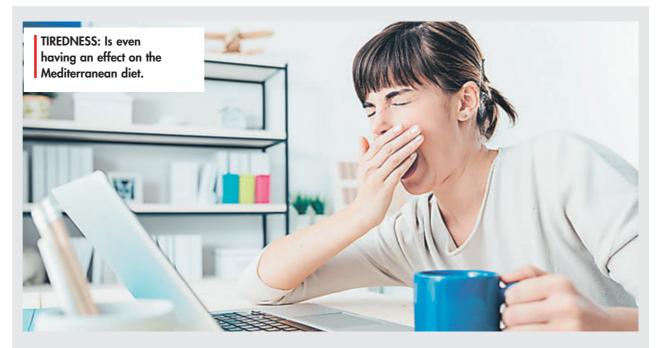
- Can you catch it more than once?

You can have shingles more than once as the virus remains dormant in the glands and symptoms can reappear at different times.

- Is there a vaccination to prevent it?

There is a vaccination against shingles and it is different from the vaccination against chicken pox. Older adults who receive the vaccination against shingles are less likely to suffer complications due to this illness.

If you have any questions for Dr Perez Belmonte, please send them to: jefemedico@helicopterossanitarios.com



Spanish cry for sleep

By Matthew Elliott

MANY Spanish people, especially during the hot summer months, complain of tiredness and fatigue. With more and more people commuting to work the siesta long a way of winding down during the day - has instead become simply a long lunch break.

Pressures in the office mean that many people feel compelled to work, or at least think about work, during their break. If not then the time is often spent preparing things for a busy home life, with children to pick up from school, groceries to buy, appointments to keep.

Recent surveys have revealed that more and more people are reporting stress from working days which last from 9am to 8pm, after which they must attend to family concerns. The government is aware of the problem and has

proposed a more typical 9 to 5 affair.

Another proposition is moving Spain's time zone into sync with Britain's, after Franco moved the clocks forward one hour to support the Nazis. With it becoming darker an hour earlier, a shift to earlier finishing hours would be easier and people might get to bed earlier instead of eating at 10pm.

Tiredness is even having an effect on the famed Mediterranean diet. More and more Spaniards are reporting reaching for sugary snacks, energy drinks and fast food to boost energy during marathon 11 hour shifts.

People in office work are typically stationary during the day, yet eating more calories than ever before. Little wonder that Spain's obesity rates are rising quickly, despite global conceptions that Spaniards are glowing with health.

Worryingly there is a correlating

growth in the number of products advertised to help people relax in order to get a good night's sleep. Rather than enjoying a healthy work-life balance, many Spanish are now locked in a chemical cycle of poor sleep, unhealthy food, long hours and medicines to induce 'relaxation.' A far cry from the lifestyles enjoyed by the grandparents of today's younger workers, even if the older generation might have endured more poverty and hardship.

The problem is that in today's globalised world, Spanish workers are in competition with billions of others across the planet. Jobs are inherently unstable and there are intense pressures to get new skill sets or risk becoming redundant.

Has the Spain of old gone forever? Or is there a way for today's generations to get mind, body and soul working together



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Mallorcan DJ Campos plays again in Palma

MALLORCAN DJ and producer Juan Campos will be performing disco hits from the 70's, 80's and 90's on March 3 at the La Movida concert cafe. Campos has played in some of the most famous clubs around the world, including the legendary Studio 54 in New York City. He also owns and runs two top recording studios in Mallorca.

The concert is free to attend at the cafe toward Son Rapinya in Palma.

Classic car rally returns

THE 13th annual Oris Classic Car Rally is taking over Puerto Portals from March 9 to 11. To be eligible for entry into the rally, cars must meet specific requirements, ensuring safety and prestige of all vehicles.

Many members of Mallorca's classic car club participate in the yearly rally sponsored by Swiss watchmaker Oris. Last year 100 cars from all over the world came to participate, spending three days touring Mallorca for all to see.

Carnival takes over Mallorca

by Gillian Keller

VILLAGES and towns across Mallorca were filled with colour this weekend when locals and tourists alike joined in Carnival and Sa Rua celebrations. Parades with locals of all ages dressed in imaginative and elaborate costumes, and

14 detailed floats drawing a large crowd. In the evening after the parade, Palma's centre was filled with celebrations. This year was the first that Playa de Palma and Llucmajor joined forces to create a grand festival in Arenal, drawing a large crowd.

Manacor's town hall hosted a popular

country western themed carnival, with special activities including a mechanical bull and disco party. Many people who went to Manacor's Carnival attended Porto Cristo's the following day as well.

Most towns held contests for categories such as most creative parade

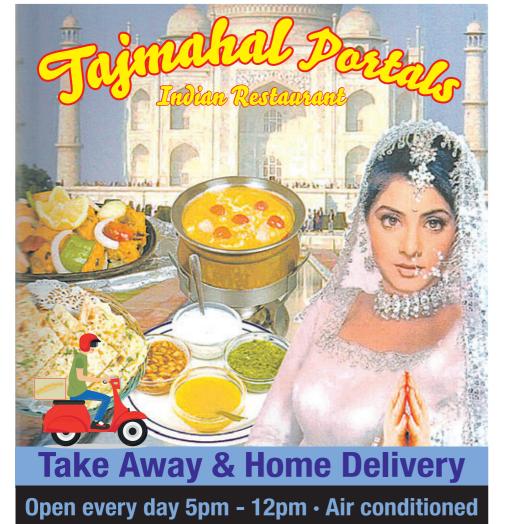
> float, or best costume and gave out cash prizes. Calvia's Sa Rua celebra-

> > tions had around 800 participants, and the

town hall gave out €5,000 in prize money. Festivals also commonly include balloon animals, face painting areas, puppet shows, and other engaging ac-

CALVIA was filled with colour and energy during Sa





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Agatha Christie in Mallorca

READING is a boon to all and with World Book Day celebrating its 20th anniversary on March 2, many children from all over the UK will be going to school dressed as their favourite characters whilst there are to be events nationwide.

One author who is destined to be remembered for generations to come is Dame Agatha Christie famous for her fictional detectives, but also a writer of some inspirational short stories, some of which feature scenes from Mallorca.

When the writer arrived in Palma for the first time in 1932, she quickly found that there were too many tourists already present who had booked all of the decent accommodation, so she had to look further afield and found herself in the Port of

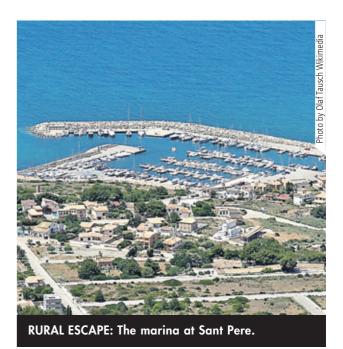
So impressed by the landscape was this doven of fiction that she was inspired to write a number of short stories, first published in magazines individually and then published as a collection in 1991 as the 'Problem at Pollensa Bay and Other Stories' which included two Hercule Poirot

So stimulating is the area that builders have flocked to Mallorca and many expatriates as well as Spaniards have purchased some exceptional properties and the whole area has become a magnate for

discerning property buyers

Just 45 minutes south of the inspirational Port de Pollensa, is the gorgeous Bahia Sant Pere where a new development is situated in the traditional north east coastal village of Colonia de Sant Pere, perfect for those wanting a more rur-

One of the companies currently building in the area is Taylor Wimpey España who are offering apartments with two bathrooms, open-plan kitchen with breakfast bar and the use of a private parking space as well as access to the development's two swimming pools and luscious communal gardens.



Ricky Martin hits Palma in May

RICKY MARTIN tickets are selling out quickly, over 100 ticket buyers waited outside El Corte Ingles shopping centre in Palma over an hour before they opened on the first day of sales. The Puerto Rican singer will be at the Palma Auditorium on May 17 which is one of seven concerts in

Martin will continue his 'One World Tour' after a residency at Park Theater at Monte Carlo in Las Vegas which begins this April. Last minute tickets

ma's concert can be purchased online or at your local post office.



Lindy Hop weekend up north

THE third annual Lindv Hop weekend will return to Pollentia Club Resort, full of dancing such as swing, jazz, balboa and step.

One of Mallorca's most prestige teachers, Jose Jimenez Rantala is teaching the multiple forms of dance

over March 4 and 5.

The lindy hop is an American dance evolving with the jazz music of the 1920's and 30's, and became very poplar during the swing era. The weekend includes delicious meals and a concert by Monkey

Doo and Va. Another popular and engaging activity is the aqua-swing, which allowing participants to dance in the water.

The weekend also includes relaxing time in event sponsor Port Blue Pollentia's spa.

Spring Festival in Port Adriano

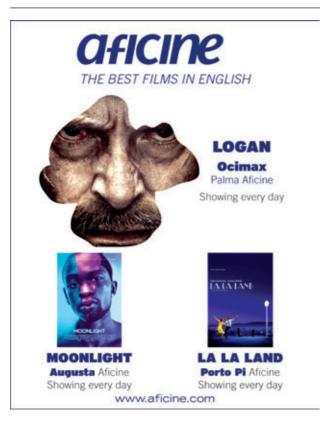
PORT ADRIANO is having a celebration for the beginning of the spring season on March 25

This year the festival will also support the non-profit organisation Smile Medical (Sonrisa Médica).

Smile medical transforms the medical community through humour with a team of 13 professional clowns who collaborate with staff from local hospitals.

The all-day event will include food and beverages, children's face painting, musical games, and a concert.

The celebrations begin at 11am and admission is €3 to support the Smile Medical charity.







A great restaurant icon has passed away

GOOD FOOD. **GOOD WINE AND GOOD FRIENDS**

GARRY WAITE

AD NEWS from the world of hotels and restaurants that the icon that was Victor Ceserani has passed away at the very wonderful age of 97. He was taken into hospital two weeks prior to his death suffering from cancer. Born of Ital-

ian-Belgian parents on October 23. 1919 in Knightsbridge, London, Ceserani spent the first 20 years of his life living in Chelsea.

Shortly after his 15th birthday, keen to get away from academic subjects that he said were "beyond my compre-

hension," he joined London's Ritz hotel as an apprentice, on a salary of seven shillings and six pence (37 new pence) for a six-day week. It was while working at the Ritz that that he met his future wife. Letti, at the Pheasantry Club in the Kings Road. The couple remained devoted to one another throughout what Cesarani described as "an exceptionally happy marriage."

Ceserani was one of those rare birds that combined academia with practical and creative culinary skills.

As Ceserani was technically Italian, he received his National Service papers for the Italian Army, but promptly tore them up as his father had just taken out UK nationality, and he didn't regard himself as an

When war was declared in 1939, Ceserani joined the Royal Fusiliers, initially training as a motor mechanic. He was then promoted to lance corporal and moved to the officers' mess as cook for the 19th Battalion of Fusiliers in Cheshire.

Throughout the war, he worked as an officers' mess cook in many units until he was posted to France just after VE day and finally demobbed in June 1946.

On returning to London, Ceserani took on the position of second chef at Boodles. In 1948, he was promoted to head chef and one of his famous recipes during that time was roast beaver, which he had acquired from the local

> butcher as it was not on ration.

He has written countless books on the subject of food, food preparation, culinary skills et al. He was muchrespected both as a teacher and a father figure to many well-known chefs. I was fortunate to meet him with Brian Turner many, many years ago in

London and my old colleague Gary Rhodes was one of his most enthusiastic students. Brian says he remembers all the wonderful, fun times.

Much-

as a teacher

and a father

figure.

respected

During his career Ceserani was awarded an MBE for services to catering education in 1974. He finally retired in 1980 and was announced as an honorary fellow of Ealing College of Higher Education in 1982.

He was presented with the Catey Special Award, then called Personality of the Year, in 1984, and received the Catey Lifetime Achievement Award in 1992. In 1999, Ceserani was granted honorary life membership of the HCI-MA, which later became the Institute of Hospitality. He was also an honorary member of the Royal Academy of Culi-

He will be sadly missed but warmly remembered by those that benefited from his skills and compassion and his love

A CATEY is the hotel industry's equivalent of theatrical awards.



If you have Catch Up TV, you could follow James with Keith's CV2 on a French adventure on ITV at 4.00pm.

CHEF AND TV PERSONALITY

James Martin resigned last year from his highly popular Saturday Morning Kitchen on the BBC. This light hearted look at food and the personality chefs that were guests on the programme regularly attracted viewers in excess of 3,000,000. He explained how he had been banned from making an omelette in public.

In an interview with Heat Magazine, Martin, who runs James Martin Kitchen in Stansted airport and James Martin Manchester in the Manchester235 Casino, revealed that his contract banned him from doing so. He said: "I'm not allowed to skydive, I'm not allowed to deep-sea dive, and then, 'Not allowed to make an omelette in public.'

The Omelette Challenge was a regular fixture on the BBC One Saturday morning show, where he invited the programme's two guest chefs to make an omelette as quickly as possible using three eggs.

Martin's job was to time the omelette-making and judge whether the often-uncooked dishes qualified for the leader board. He himself never

made an omelette on screen.

Chef Paul Rankin had previously held the record for the fastest omelette, but that accolade now goes to chef Theo Randall, chef at his eponymous site at the InterContinental London Park Lane hotel, whose 14.76 second effort from May 2015 has now been officially listed in the Guinness Book of World Records.

James is travelling around France at the moment making a food programme, James Martin's French Adventure. He's driving my old friend Keith Floyd's iconic CV2. Martin is an avid driver and collector of classic and performance cars. Knowing James' passion for cars, Keith's daughter Poppy called him and asked him if he would like to buy Keith's old Citroen which was languishing away in a garage in France.

James immediately flew to France to collect it and drive it back to the UK. She had intimated that it was in excellent condition, but when it came back it had to undergo a fair amount of work to make it British MOT worthy. But body wise it is just about orig-

HAS THE WORLD GONE MAD or is it just commerce and industry keeping up with an ever changing one. I was intrigued to find the following jobs being recently

Chief Listening Officer

Kodak hired Beth LaPierre as the first ever Chief Listening Officer in 2010. During her tenure, LaPierre engrossed herself on monitoring when and where Kodak was mentioned on social media channels, blogs, and anywhere else on the World Wide

From her extensive data gathering, LaPierre would relay her insight to department heads and managers. Given 'engagement' is a focal point in the company-customer exchange, the first step remains to listen. Hiring a person to only listen is essential in beginning a meaningful conversation and relationship.

With the rise of social media, so came the meteoric rise of ordinary individuals who became well-known through a social media channels, known as 'Influencers.' One of the new jobs that has derived from the new business is Influencer agencies. These agencies have a network of 'YouTubers,' 'Insta-famous,' or other social media stars signed to work with them. For brands, agencies are responsible for finding the most suited Influencer. For an Influencer, it's vital that the brand aligns with their public image and, together, create a successful campaign.

Emoji Translator

Global translation firm, Today Translations, put out the world's first job advertisement for an Emoji Translator in November 2016. With emojis becoming a part of communication, it's important to know exactly how different emojis are meant in varying cultures and contexts. For example, the emoji entitled 'face with tears of joy' is used by Westerners to convey laughter; in the Middle East, the symbol is used to express grief!

OVER THE YEARS I have attended many interviews and of

course interviewed hundreds of young (and old) applicants, but

I have never known any inter-

viewer ask the type of questions that a manager at TGI Fridays apparently asked an eager young recruit.

A good chef

recipe but a glass

of good wine.

needs no

The interviewer reportedly asked if the applicant, who would like to remain anonymous, would 'rather watch his parents have sex for a year or join in just for the start.'

Other questions included 'would you rather s*** a brick or cry glass?' during the interview for a part-time position at TGI Fridays in Derby's intu centre.

Speaking to the *Derby Telegraph*, the interviewee said: "I'd already had a successful phone interview and I was really looking forward to this. It was a company I had heard good things about and I thought this job would suit me. The first question I was asked was whether I would rather watch my parents have sex for a year or join in just for the start. I was absolutely gobsmacked.

"Before I'd had chance to respond I was asked whether I would rather eat chocolate flavoured s*** or s*** flavoured chocolate. He seemed to think I would find it funny and join in. I thought it was disgusting, sick and pa-

The interviewer has been suspended following the inci-

A spokesperson at TGI Fridays Derby said "As someone who loves being part of the Fridays' family we are all really disappointed here with what's happened and in no way does it reflect our Fridays' values."

In a statement, TGI Fridays said: "Fridays offers an industry-leading recruitment process, and this incident fell severely below our high standards.

"The questions posed during the interview with the candidate are absolutely not part of TGI Fridays' interview process and we were very disappointed to learn of this incident. Immediate action was taken, with the person involved suspended.

"We have apologised to the candidate for the experience and offered them the opportunity to re-interview with us, which we hope they will take up."



AWKWARD MOMENT: Inappropriate questions were asked by the interviewer.

OUR RESTAURANT project has come to fruition with the final touches being completed on Tuesday of this week. Even though I say so myself the place looks great and thankfully the client is very pleased. The chef is happy and is indeed producing some good food. The total cost of the project was just under €12,000 including my fees. Not bad for a cosmetic reform! We now wait for approval from the customers.

 $\mathbf{ON}\ \mathbf{THAT}\ \mathbf{NOTE}\ \mathbf{I}$ 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.

Spain: Investment hotspot

TO READ MORE

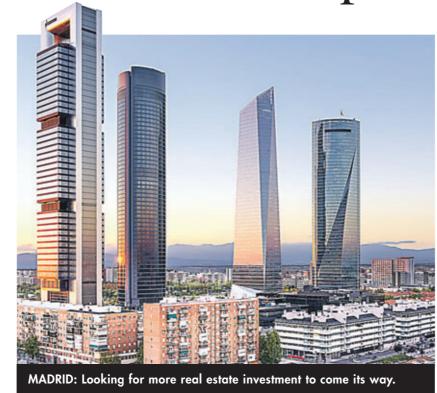
ONE of the world's biggest accountancy firms has revealed that Spain is set to become even more of an investment hotspot in 2017. Ernst and Young, now known as EY, found that Madrid is a favourite among investors looking to relocate from the UK following the Brexit vote.

Spain's capital city ranked as the fifth most attractive in all of Europe, while Barcelona secured 10th spot. Only London, Paris, Frankfurt and Berlin fared better than Madrid in the survey of top executives.

Many real estate experts across Europe are eagerly waiting to see where the money will go if, as expected, a great deal of it leaves London. The most likely scenario is that it will spread across different countries but with one key base, almost certainly in Germany.

That still puts cities like Barcelona and Madrid in pole position to see even more real estate investment come their way. The twin pillars of Spain's booming economy have seen billions of euros ploughed into serious property projects in recent years.

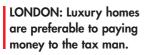
Commercial spaces and hotels are the



main agents of change and the trend looks certain to continue once the impact

It also bodes very well for Spain's quickly evolving residential property

The country needs more homes quickly. With the commercial real estate sector looking so promising the construction industry has swung into full gear and 2017 is looking like a year of terrific growth on all fronts.







Decisions, decisions

By Matthew Elliott

BILLIONAIRES prefer paying eye-wateringly expensive rents for luxurious London homes rather than forking out more money for the tax man in stamp duty. The final quarter of 2016 saw the number of rents exceeding £3,000 (€3,500) per week jump up by 28 per

Experts suggest that the 15 per cent stamp duty on second homes, which came into effect last April, is the prime

The final quarter saw the number of high rents jump up by 28 per cent.

motivation. By avoiding paying €1.5 million on a €10 million home, the uber rich can actually save money paying hundreds of thousands a year in rent.

There are thousands of properties listed online in London alone with rents over €3,500, which is more than €150,000 per year. Extreme luxury can be found in penthouse suites and Mayfair homes which command €40,000 a week, much more than the average annu-

And those are just the publicly listed properties. Regardless of the shift towards luxury rents, the public purse had done well out of the stamp duty, which raised more than €8 billion in 2016.



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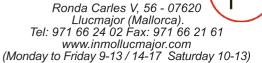
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Ref 2194, Vallgornera, 180,000€

Apartment with views to the sea. 2 bedrooms, 2 bathrooms, lounge, kitchen, laundry room, large balcony, parking place, community pool. Living area 80m².



Ref 2997, Llucmajor, 175,000€

Charming little chalet with 3 bedrooms living room, kitchen, bathroom, garage Electricity with solar panels. House 73m², plus 25m² garage, plus 25m² covered terrace plus 30 m² storerooms.



Various building plots with building permission in Vallgornera. Frontline from **600,000€** and third line from 95,000€, around Llucmajor and Algaida from 110,000€.





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The adjoining west facing plot with a size of 1,325sqm can be bought to enlarge the property. The purchase price is 650,000€.

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Your Hermann Köppler













Blair & Hogan-Howe aren't fading away, but are away with the fairies



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

THIS week my 'targets' are two old favourites. Tony Blair and Sir Bernard Hogan-Howe. Now, bear with me here - don't panic!

In a recent speech, Blair signalled a return to frontline politics, claiming that Brexit isn't inevitable and that Brits voted with 'imperfect knowledge' of what the alternative was (as opposed to his administration's own 'perfect knowledge' of WMD?), using the analogy of a bad house swap that could still be stopped by a 'revolt' of the people.

Is there no end to the hubris of this man? Not only did his government's immigration and fiscal policies precipitate the sort of problems which led directly to Brexit, his phoney war in Iraq was a precursor to the displacement of millions in the East and an escalation in Islamic extremism, both of which have allowed anti-immigrant feeling to spread throughout

Blair is a toxic brand and anathema to the British public. If you needed someone to help galvanise those who voted Leave whilst dividing those who voted Remain, he'd be the perfect choice, right?

Blair's like an aging rock star attempting to rekindle past glories by playing old hits to the faithful. Times have moved on, Tony. Accept that and fade away... gracefully if possible.

Someone else you might expect to fade away gracefully (with gold-plated pension plus all accompanying perks, like free truncheons for life) is recently retired Metropolitan Police Commissioner, Sir Bernard Hogan-Howe

who's about to embark on a lucrative world tour as keynote speaker. Remind you of

In a defiant final speech, Sir Bernard requested decent and fair treatment for armed police officers but, ironically, presided over a regime that failed to return the favour for high profile suspects like Cliff Richard etc.

Nobody should be above the law, but those charged with enforcing it should be competent, and take action based on verifiable evidence, not one man's unsupported allegations, classified as 'credible.'

And my own top three choices of



ra-johnson.net) available from Amazon in paperback/eBook (€0.99;£0.99) iBookstore. All profits to Costa del Sol Cudeca cancer

Tony Blair.

What is your greatest dream?



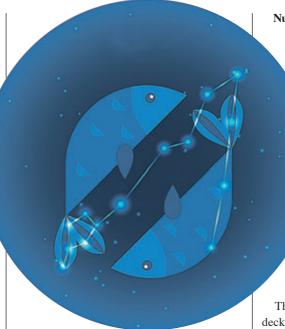
WELCOME to your March 2017 forecast. Every month I write about how the Astrology, Numerology and Tarot for the month ahead affects you, helping you to move forward confidently with your plans. Below is your forecast for March 2017:

Astrology: What's your dream?

Sun in Pisces: This month the sun is influenced by the watery and sensitive sign of Pisces. This intuitive sign is reminding you to stay true to your inner vision. What is your greatest dream? Is there a step you can take today towards fulfilling this dream? Take some time this month to reflect on what you want.

Create a vision board to help you stay focused by cutting out pictures and words from magazines, pinning them to a cork board and look at this every morning. By affirming your dream every day you will receive more inspired ideas as to how to bring your ideas to fruition.

Get in tune with the moon: The full moon this month is on March 12 in the earthy sign of Virgo. This sign will help you to get organised



PISCES: This intuitive sign is reminding you to stay true to your inner vision.

and make practical plans. This is a good time to think about the direction you would like to take in your working life. The new moon in fiery Aries on March 28 will give you all the confidence you need to follow your plans through. This is the first sign of the zodiac so use your leadership skills to help yourself, and others, move forward with plans.

Numerology: Get creative!

Number 3: This month the focus is on your creativity. Making time for your creativity is important, so consider how you can develop this side of yourself. As Spring approaches on March 21, your energy levels will begin to rise. Make the most of this increased activitiy to begin creating new projects. You are a creative being and when you balance this with logic you have limitless potential. Detach from the routine of life and think out of the box. Allow your imagination to open up, and use the power of creative visualisation to help manifest your highest vision.

The Tarot: Attitude of gratitude

The third card in the the Major Arcana Tarot deck is the Empress. This abundant female remains present and grateful at all times. Every moment offers new opportunities, so keep looking at your life with fresh eyes. By maintaining a sense of expectation and vitality, you continuously attract a richer reality. Open yourself up to creative ideas and follow these through with enthusiasm. Stay centred in an attitude of gratitude and positively expect the best for yourself this month.

Below is a testimonial from one of my clients.

Hi Sally, the compatibility report was so spot on. Seriously you have confirmed so much for me regarding my relationship. You are bang on with what my partner is like, and although you've never met him, it's like you know him. Thank you very much." Georgie, Tring, UK

A FREE gift for March!

I OFFER personalised Astrology, Numerology and Tarot consultations via Skype, Facetime, telephone and email. I also offer couples' compatibility reports to bring insight into your most significant relationships. Throughout March I am offering a free gift with every Astrology, Numerology and Tarot consultation. This gift, sent straight to your email inbox after booking your session, will help you to relax your mind and body, helping to bring creative insight and clarity to your life.

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Clean and save

By Eleanor Hawkins

DID you know that keeping your lights and lamps clean can cut 20 per cent off your electricity bill? And that a lightbulb is only half as efficient if it's dirty? Scheduling regular lamp cleaning can reduce spending and also help the envi-

Lightbulbs should be cleaned carefully with a dampened cloth when they are switched off and cold, ensuring they are completely dry before they are turned on again. In the case of halogen lamps a dry cloth should be used.

> Lampshades require different methods depending on what they are made of. For cloth or fabric, use the hoover to remove dust and if there are stains apply a dry cleaning mouse.

Paper lampshades can be cleaned with a special dust-catching cloth or, in some cases, with a damp cloth.

Parchment shades should be cleaned by dipping a cloth in water with neutral soap. If you apply a few drops of liquid wax after cleaning, they will be left impeccable.

Glass lampshades should be washed with a mixture of ammonia and water then dried with a soft cloth



HOUSEPLANTS: Leaves can become dirty.

Feed and clean

DUST and grime from outside and even the water we spray them with can dirty the leaves of houseplants or leave marks which make them look less than perfect.

There are many different products on the market to clean leaves and put a shine on them but to give your houseplants even more of a boost, go for one which feeds them too.

Plants can absorb liquids through their leaves, so adding nutrients to cleansers is a great way to kill two birds with one stone. The most common things included are nitrogen, phosphorus or potassium. Whichever one vou choose remember to rub them in well after spraying them onto the leaves to obtain a nice shine.

Less stress for new plants

EVER noticed that the perfectly healthy looking plant you bought from the garden centre started to drop leaves not long after you got it home?

Stress is the culprit and is caused by the sudden change from warm, humid greenhouse conditions to the drier, cooler conditions of its new residence.

Although this isn't the end of the world and most plants will adapt quite quickly to their new surroundings and pick themselves up again, you can assist them by providing them with as much natural light and humidity as possible, Spanish TV gardener Iñigo Segurola recommends.



methods of cleaning.

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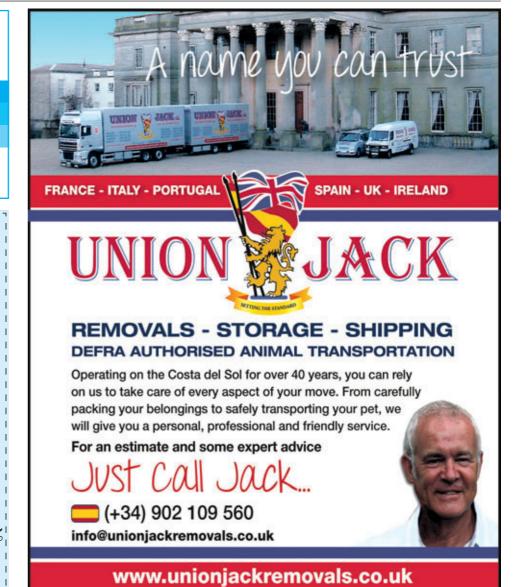
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Everything you need to know on the dangers of processionary caterpillars

By John Smith

MUCH is written and talked about the processionary caterpillar which makes an annual unwanted appearance across Spain early in the year, causing considerable upset and discomfort to adults and animals.

The pine processionary moth (Thaumetopoea pityocampa) which lives for about a year, lays its eggs in the upper part of pine trees and although there is some control from natural predators including small birds, crickets and wasps at various stages of development, the caterpillar itself is without doubt a public enemy of the worst kind.

After the moth lays its eggs, the larvae once hatched eat pine needles and build a white silken nest in which large numbers of the larvae are lodged until they

reach caterpillar stage in February or March depending upon the weather.

Numbers of these caterpillars which measure between three and four centimetres have already been reported leaving their trees and proceeding along the ground in their elephant like processions, although in a much smaller scale.

As they become large enough to leave the trees, they are covered in tiny toxin-laden bristles which detach easily and contain an irritating protein thaumetopoein which can cause dermatitis, eye damage and severe allergic reaction in adults, children and pets.

Most at risk are very young children and animals who can become curious about the caterpillars as they either fall from their trees or march through the

particular, the hairs can be transferred to their paws and irritate the animal.

Worse than irritation however is if the animal then licks its paw, it can take the barbed hair into its mouth and ingest the toxin, effectively poisoning itself resulting in vomiting, breathing difficulties and if left untreated can cause death.

Even speedy treatment from a vet can result in disfigurement or loss of part of the animal's face as the toxin is so fast acting and dangerous.

Any pine tree is a potential host to this monstrous insect and whilst various attempts are made to destroy the larvae, the most effective way to battle the caterpillar is to avoid any area where it is likely to nest.

Some councils have tried to







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inject a form of poison into potential host trees whilst others have set up bird boxes to attract small predatory birds to areas of potential infestation. In many cases however, they have found that the best form of defence is to keep watch on potential problem areas and then remove and destroy nests when spotted.

If you have pine trees on your property, then now is the time to keep a close watch on them and if you do spot a nest or indeed living caterpillars, you would be best advised to contact a professional pest eradicator rather than risk removing the culprits yourself, but if you insist on DIY lock up your animals and wear a mask, glasses and gloves!

Bella loves her bed

BELLA'S family know how fond she is of her bed. So much so that wherever they are whether in the UK or Spain they always take the same bed with them. because she would not be amused if she didn't have it with her at nap time. Is she spoilt? Not really. But she is fond of the bed.

So when housesitters come to care for her, if the family need to travel without her, then top of the briefing document, or 'the Housesitters' Agreement.' as we call it at HouseSit-Match, we attach this special note - Please make sure Bella has access to her bed at all times. Bella takes her bed with her up the stairs. into the living room, into the kitchen if it is dinner time. When she is indoors

she simply prefers to be on the bed. The bed has been discovered in the oddest of places, in the bathroom, in the wood store, and latterly half way up the stairs. Bella likes her home comforts and her family prefer that she stays at home while they travel.

Do you need a house or petsitter? Get in touch. Housesitting can be a win-win for both parties, free house and petsitting. and the experienced and checked sitters get free accommodation! Register as either housesitter or homeowner now with a 20 per cent off introductory offer using coupon code PERFECT20. To find a house or petsitter go to www.Housesit Match.com.

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Scratching and licking



David THE Dogman

Listen to David on TRE every Saturday 10am to 11am Costa del Sol (Gibraltar/Sotogrande) 98.7fm (San Roque to Calahonda) 91.9fm (Calahonda to Motril) 88.9, Costa Calida 92.7fm Costa Blanca (Torrevieja to Elche) 105.1fm (Elche to Calpe) 88.2fm, (Calpe to Gandia & Ibiza) (Denia to Valencia) 95.3fm

DOGS that ritualistically scratch and lick could well be indicating that there is an allergic reaction to the food they are eating, or to an ingredient in the food. If the body defence mechanisms are in action, this will in turn trigger off cells, which release histamine into the body.

In the dog, these cells are located in their greatest numbers on the feet and the legs, around the ears, eyes and nose, on the root of the tail and on the chest and abdomen. Frantic licking or scratching in these areas, especially shortly after eating a meal, will eventually damage the skin and leave it open to infection.

Some behaviours of licking and scratching are so extreme that they get to the point where the dog or cat does not want to sleep. They only want to do this particular behaviour.

Tail chasing and tail chewing in Bull Terriers, flank sucking in Dobermans, hind end licking and sucking in Schnauzers is well reported many dogs suffer imaginary



It is important that if you find your animal is scratching or licking excessively that the first report is made to your vet who will be able to determine if in fact this is an allergic reaction to food or whether the behaviour has medical cause. Parasites, skin problems or arthritis could cause excessive licking: liver disease could also cause unusual behaviour; and bowel or anal problems could result in hind end checking by

Some vets now understand the value of a canine behaviourist and often refer to them to enable a study of the particular behaviour to see if it is a learned response to the animal's owner. After physical causes and learned behaviours are ruled out, a vet or animal behaviourist takes a detailed history of events to find out what is triggering the behaviour.

Some of the common causes include a new baby or spouse in the family, moving to a new home, holiday periods like Christmas when the animal gets less attention,

when children go off to boarding school. Less attention paid to the pet or even less exercise, frustration at being left alone in too small an area or being confined for too long and harsh or inconsistent punishment. If a pet does not know what to expect from its owners, then this can cause conflict.

Many cases where a dog is seen licking itself by its owner and the owner getting frustrated shouting 'Stop licking' is enough to cause conflict in the pet's mind.

Stress levels should be reduced by maintaining regular schedules like feeding three times a day at a set time, habitual and increased exercise and consistent use of commands followed by immediate reward of 'Good dog.

Sometimes drug therapy is required to correct the animal's imbalances in the brain, as it is difficult with behaviour modification alone.

If any readers are experiencing excessive licking or scratching with their pet consult your vet.

French takeover

By Eleanor Hawkins

THE Labrador, which has been the UK's favourite dog since 1990, will probably lose its number one spot to French Bulldogs by next year, the Kennel Club predicts.

After 27 years in the limelight, Labs look set to be knocked down a spot due to the celebrity-inspired meteoric rise of the pooches from across the Channel. The preferred breed of trend-setters including the Beckhams and Lady Gaga, French Bulldogs now feature in 10.5 million photos on Instagram, just one example of their popularity.

While back in 2007 there

were just 670 French Bulldogs registered with the UK Kennel Club, by 2015 this had increased to 14,607 and grew a whopping 47 per cent to reach 21,470 last year.

The breed is expected to knock Cocker Spaniels out of second place this year and become top dog in 2018.

The Kennel Club is however concerned about the matter as it fears once fashions change people will abandon their pets. "While the French Bulldog is a lovely breed, it is unwise to buy one just because it looks cute or is in fashion," club secretary Caroline Kisko told the Huffington Post.





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Cassandra Nash

A weekly look

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

FOR a politician who was so often wrong, Artur Mas, ex-regional president of Cataluña, finally got it

There is an alternative to Catalan independence, he said, but the State must come up with it.

Of course Mas is no longer president after a sequence of early elections that ran his then party, the centre-right CiU, into the ground. The reason CiU's successor - its name changes so often it's hard to keep up - governs Cataluña is thanks to a parliamentary voting alliance with the CUP anti-system party. This unlikely support came at a high price for Mas as he had to hand over the regional presidency to Carles Puigdemont.

It will be up to Puigdemont to parlay with Mariano Rajoy but Mas, still a power behind the throne, has made his most sensible suggestion in years.

And the only likely one to prosper, bearing in mind that less than half of Cataluña favours independence.

A third way

Pablo gets his way

THINGS went the way Pablo Iglesias wanted at the Podemos party conference. His number two and Podemos parliamentary spokesman Iñigo Errejon was sidelined and Pablo Iglesias' present partner - in all senses of the word - Irene Montero has taken his place.

Meanwhile a Metroscopia poll showed more than half of those asked believed the manoeuvrings had weakened Podemos but strengthened Iglesias.

Sadly, in a party that claims to champion the vulnerable and under-privileged, it should have been the other way round.

Status symbol

IÑAKI URDANGARIN, erstwhile Duke of Palma de Mallorca, received a six-year prison term for misuse of public funds amongst

other transgressions.

His wife, the Infanta Cristina, was acquitted as the tribunal decided that despite benefiting, she didn't know what Iñaki was up to. Possibly that's true.

Clearly Cristina, who declared "I was born an Infanta and will die an Infanta" when asked by her family to renounce her hereditary rights, isn't like the rest of us. Although if she values status that much she should have married a prince or an oligarch, not a relatively penniless sports-

Asking a silly question

EX-PRESIDENT Felipe Gonzalez asked why Podemos was absent from a meeting that asked for Venezuela's political prisoners to be freed. Ask a silly question: those prisoners were incarcerated by Nicolas Maduro's government, the same regime that called in Iglesias & Co as political and economic assessors. Enough

ARTUR MAS.

The pearl among emeralds

man.

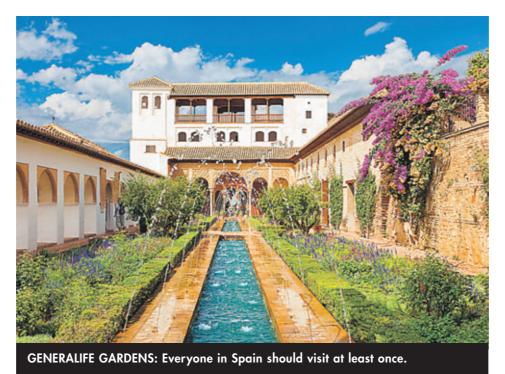
By Eleanor Hawkins

THE Alhambra Palace and Generalife gardens in Granada are one of those places everyone in Spain should visit at least once. History, stunning architecture, gardens and water features fill the complex, which was declared a UN-ESCO World Heritage site in 1984 and just missed out on becoming one of the seven new wonders of the world.

Described by Moorish poets of bygone times as a pearl set in emeralds, the fortress and palaces tower over Granada's Albaicin district, cutting an easily recognisable silhouette against the surrounding woods.

The Alhambra began with construction of a small fortress, the Alcazaba, on the remains of a previous Roman fortification in 889 AD but was then mostly forgotten about until the mid-13th century. Moorish emir Mohammed ben Al-Ahmar of the Emirate of Granada ordered the palace and walls built and in 1333 Sultan of Granada Yusuf I turned the complex into a royal palace.

The last remaining Islamic stronghold in Spain, the Alhambra was conquered in January 1492 by the Catholic Monarchs Fernando and Isabel, who set up their Royal Court within its walls to take advantage of the luxurious Moorish constructions and water management, which was virtually un-



known to Castilians at the time. It was in fact to the Alhambra that Christopher Columbus travelled to seek support from the monarchs before embarking on his journey which resulted in discovery of the Americas.

Just 6,600 visitors per day are allowed into

the Alhambra, meaning it is advisable to buy tickets in advance. Although they can be obtained on the day at the door, queues are generally extremely long and tickets sell out very early in the day therefore it is advisable to book online well in advance.

Entry tickets cost €14 for adults and €9 for Spanish and EU pensioners and students, who must prove their status. Children under 12 do not have to pay but must obtain free tickets from the ticket office as these are checked dur-

While it is perfectly possible to visit under your own steam and wander at will, guided tours are highly recommended as they provide a great amount of interesting information. Official tours are available for groups and there is also the possibility of booking private tours. For more information see www.guiasgranada.com or call 958

Sensible shoes are a must as it takes three to four hours to see everything. Wheelchairs are available for loan although they run out quite

Between October 16 and March 15 the Alhambra is open to the public from 8.30am to 6pm every day except Christmas Day and New Year's Day. From March 16 to October 15 the opening hours are extended to 8.30am to 8pm.

Due to the fact that access is limited to 300 visitors at a time in the Nasrid Palaces, for many the best part of the complex, tickets will include an exact time for this part of the visit. It is recommendable therefore to plan to start your visit there and continue on to the rest afterwards to avoid missing your slot.

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Clarkson **Quote of the Week**

"This is the thing you have to remember. Alpha build a car to be as good as a car can be...briefly."



Vintage velocity at Race Retro

By Matthew Elliott

ONE of Britain's best auctions took place over the weekend from February 24-26 and, as always, didn't disappoint with the motoring gems on display. The Race Retro historic motorsport show is in its 14th year and boasted its most fantastic ever collection of racing, rallying, touring, vintage, retro and marquee vehicles.

Thousands gathered at Warwickshire's

Among the mechanical stars of the show was a 1988 BMW E30 M3 which won dozens of touring trophies during a dynamic spell that saw it hailed as a historic great. Another German-built gem was the effortlessly cool 'Batmobile,' the BMW CSL 3.0 built in 1972.

Ford was well represented with its 1988 Escort RS Turbo that has unexpectedly gained legendary status over the years, a 1990 Ford Fiesta RS Turbo, and a custom built '72 Ford Capri Perana V8 with a 5.0 litre Mustang engine. A real piece of Ford history could be found in the '65 Cortina that won accolades on

Other huge hits at the auction included a modified 1974 Ferrari Dino, a 1960 Austin Mini Cooper with a 1.275 cc engine and twin fuel tanks, a 1980 Porsche 911 Turbo, and an original 1994 Lancia Delta Integrale with just over 13,000km on the clock.



Motoring shorts

Velar is unveiled

THE fourth edition to the Range Rover family goes on sale in spring 2017.

The brand new Range Rover Velar has been described as 'avant garde' will challenge Porsche's Macan for brash, sporty supremacy.

The Velar, named after the Latin 'velaris' meaning 'to veil,' slips into the perceived gap between the Range Rover Sport and the Evoque

It will have a panoramic glass roof and be powered by a JLR 2.0 litre turbo petrol and diesel engine.

In keeping with its name the full design is being kept under wraps until before the Geneva Motor Show in mid-March. Its first public debut was held on March 1 at a plush RR

COMPACT SUV models currently enjoy enormous popularity, with a wealth of competitors vving for customers in one of the most active sectors of the UK car market.

Kia Sportage, Renault Kadjar, SEAT Ateca, Ford Kuga, Nissan Qashqai, VW Tiguan and Peugeot 3008 are among formidable rivals that the latest Hvundai Tucson has to take on but in my view it is more than up to the challenge.

The Tucson holds plenty of aces - it is more eye-catching than some rivals, more spacious, better equipped, and its five-year warranty beats most of the opposition and helps it have strong residual values. Prices start at €22,823 (£19,450), petrol and diesel options are available and depending on model, two or four wheel drive.

Even entry-level models come with features such as alloy wheels, air conditioning and Bluetooth, and my test model was the flagship Premium SE which has heated and cooling electric front seats, a heated steering wheel, electric tailgate, larger 19-inch alloys, dual-zone climate control, panoramic glass sunroof, roof-rails, reversing camera and parking sensors, an

ROAD TEST by Nick Fletcher

undai Tucson Premium SE

eight-inch touchscreen, sat-nav, and a list of 32 safety and security features including rear cross-traffic alert and lane departure warning.

In two-wheel-drive 1.7 litre diesel form, with seven-speed auto gearbox, this top-spec model costs €31,325 (£29,695). Top speed is 185 kmph (115 mph), 0-100 kph and 0-60 mph time is 11.5 seconds and fuel economy is 20.3 kmpl (57.6 mpg) combined.

With a new chassis, new engines and new technology, the Tucson has a lot to offer but what impressed me most was its driving feel. It seems absolutely in touch with the driver, with intuitive steering response, beautifully composed ride quality and precise and assured handling. The 140 hp diesel unit is quiet and refined, the dual-clutch auto gearbox ultra-smooth with its

Over the months, I have driven all the main opposition models, and the Tucson is the one I have enjoyed most for overall driving dynamics.

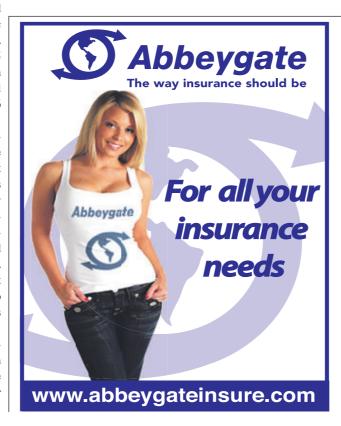
Striking exterior styling gives the Tucson plenty of charisma and while the cabin looks rather less exciting, it is well designed for function and ease of use. with a clean uncluttered look

and a quality appearance that matches that of Volkswagen.

Seating is comfortable and supportive, and there is good space in the rear for even taller adults. The boot space of 513 litres is larger than that of the Qashqai and Kadjar, and expands to 1.503 litres.

No doubt about it in my view, Tucson has to be on the short list of any potential SUV buyer.

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Close call for Oracle Team USA

ORACLE Team USA skipper Jimmy Spithill has spoke many times about the risks involved when pushing boundaries in sailing. Grinder Graeme Spence fell overboard in front of the main beam and between the two hulls while at high speeds on a new catamaran.

Spence was lucky to escape injury while training off their Bermuda base. "Any time you see or hear someone go over the front it's a real bad feeling," said Spithill. "That time from when he goes over the front to when you see him pop back up on the surface and see the thumbs up, always takes too long."

Oracle have recently launched the 50-foot foiling catamaran, in the hope of retaining the America's Cup when racing starts in Bermuda this May.

Visionary Superyacht Gallery draws attention

SUPERYACHT Gallery London 2017, which will be held this June at the Saatchi Gallery in London, has received an unprecedented amount of interest and momentum.

The exposition is aimed towards current, and more importantly, future superyacht owners and will showcase the finest aspects of the superyacht industry, designed to inspire, educate and connect a new generation.

SuperYacht Gallery, the vision of Merijn de Waard, managing director of SuperYacht Company, and Marijn Smit, former events and multimedia manager at Feadship, has received support from many of the industry's biggest names.

In recent weeks, several new partners have signed up, including the studio Joy, Studio Indigo, the Italian shipyard Rossinavi, Dutch shipyard Balk Shipyard, and the renowned French porcelain tableware brand, J L Coquet. These, along with over a dozen builders, designers and other specialists are drawing interest from all over Europe.

The new event steps away from the traditional approach of trade shows and promotional booths, creating instead an immersive and memorable experience.



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Congratulations to United and farewell Claudio as England go top of Six Nations



International Sports

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Costa de Almeria

FOOTBALL

I'll start by congratulating Manchester United on their 3-2 League Cup final victory over 'unlucky' Southampton last Sunday. It was United's fifth triumph in this competition and Jose Mourinho becomes the first manager to win a trophy in his first season in charge at Old Trafford.

This weekend there are some vital, very vital, Premiership matches at both ends of the table.

Down at the basement. reigning champions Leicester (who sacked manager Claudio Ranieri last week) meet fellow strugglers Hull in six-pointer at The King Power Stadium... while at the top, Liverpool take on Arsenal, Tottenham face Everton and runaway leaders Chelsea have a London derby against West Ham (Monday).

The other fixtures include Manchester United Bournemouth, Sunderland (bottom) v Manchester City, Swansea v Burnley and WBA v Crystal Palace.

The Championship's top two, Brighton and Newcastle, travel to Nottingham Forest and Huddersfield (third) respectively while Birmingham City (with only two wins from 13 League games under manager Gianfranco Zola) plav Sheffield Wednesday (fourth). And there's a key relegation battle involving Blackburn who have Tony Mowbray in charge, against Wigan.

The big fixture at the top of FL1 involves Scunthorpe (2nd) against Fleetwood (3rd) and in FL2 there are long return journeys for play-off chasing Exeter who go to Hartlepool (696 miles) and for Carlisle (3rd) who visit second-placed Plymouth (780).

The Scottish Cup quarter-finals are Hibs v Ayr and Rangers v Hamilton (Saturday) and Aberdeen v Partick and Celtic v St Mirren (Sun-

Earlier this week we had the second legs of the last 16 Champions League ties featuring Arsenal (trailing 5-1) v Bayern Munich and Napoli (1-3 down) v Real Madrid (Tuesday) and Barcelona (trailing 4-0) v Paris St Germain (last

And also last night, Manchester City played Huddersfield in a fifth round FA Cup replay, while on Tuesday there was a crunch Championship game involving the top two, Newcastle v Brighton.

milestones for Gareth McAuley and Darren Fletcher of WBA; Diego Costa and Cesc Fabregas of Chelsea and Harry Kane and Dele Alli of

the Potters.

have now won 30 home games in succession (a record) ing his 1,000th game as a club manager, saw his current club Bayern Munich whip Ham-

Although the winter season remains with us, England's cricketers are still in action and tomorrow they play the West Indies in the first of three ODIs in Antigua. The second is also in Antigua on Sunday, with the third in Barbados next Thursday

Australia beat India last Saturending India's 19match unbeaten run Test at

There were recent personal Spurs

MAuley and Fletcher scored on their 500th club and 300th PL appearances respectively in a 2-1 win over Bournemouth; Costa and Fabregas netted in their 300th career and 300th Premiership appearances in a 3-1 victory over Swansea and Kane and Alli hit their 100th club and 50th club and country goals in a 4-0 hammering of Stoke. Kane also completed his third hat-trick of 2016-17 against

Serie 'A' leaders Juventus and Carlo Ancelotti, celebrat-

Sidebottom, who has taken over 1.000 first-class wickets. will retire at the end of the 2017 season.

RUGBY UNION

Last weekend's Six Nation's Rugby matches ended England 36 points Italy 15,

Ireland 19 France 9 and Scotland 29 Wales This the was victory

onship wins last weekend for Wasps (1st), Exeter (2nd), Saracens (3rd) and Leicester

BOXING

WBO welterweight champion Manny Pacquiao will fight GB's Amir Khan on April 23. Unbeaten American Deontav Wilder beat Gerald Washington in Alabama to retain the WBC heavyweight title.

- Up and coming Ukrainian tennis star, Elina Svitolina, beat Caroline Wozniacki to win the Dubai championship.
- Indian Wells tennis tournament runs from March 6-19.
- The WGC Mexico golf championship is underway in Chapultepec.
- The European Indoor athletics meeting is in Belgrade: March 3-5.





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WE DELIVER WORLDWIDE Alberto Salazar is under investigation following the BBC's Panorama programme which alleged that drugs were used at his USA training base.

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El Toro RC win tough match

El Toro RC

struggling to stay

clear of RC Ponent.

LONG time rivals El Toro RC and RC Ponent met in Son Caliu for the return match of this season's league with the home team determined to make up for their loss in the last minutes in the previous match. After a very hard hitting and tough match the final score was 10 points to seven taking them closer to a chance at this season's League title.

Shamrock RC had a clear win over Club Rugby Escolar by 134 points to 0 in Son Roca. In Pollensa the match between Union RC and Bahia RC resulted in a win for the home team by 22 points to seven and Ibiza RC postponed their match against TRUC Menorca.

It was an early start on a sunny Sunday in S'Arraco as the youngsters got together for the Rugby Day organised by Bahia RC. The U10's were up first with teams from most local clubs taking part. In the U14 matches, El Toro RC con-

Alex Pages powering away to score the only El Toro RC try. tinued to play well beating Babarians whilst RC Ponent U14 beat Trepitjadors. A great turnout of players with plenty of supporters made for a success

Mallorca's best guide to local sport

Upcoming matches on Saturday in the Senior League: El Toro RC are away to Bahia

R C kick off at 3pm; RC Ponent meet Shamrock RC in Principes de España and TRUC Menorca are due to meet

Union RC. Ibiza RC are at home to Club Rugby Escolar on Sunday, kick off at 2pm.

have a Baleares training session in Son Roca, the youngsters have a break from competitions. The girls teams play their next matches in the Seven's competition in S'Arraco.





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