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Family heartache

Children spend night next to dead father

By Matthew Elliott

A heartwarming community effort will see funds raised for the victims of the tragic road accident on the CV-60.

A family car overturned in Montichelvo, killing the father and seriously injured the mother and their two young children on March 4.

The family live in Onteniente but are originally from Bulgaria. Now, the president of the region's official Bulgarian community has pledged to raise funds for the funeral and the repatriation of the dead man's body so he can rest in his home country.

Ivan, who was just 36 when he died, was a much-loved figure in the community, running a car wash in Enguera with his partner Yana, 27. Yana has only just come out of the ICU at Valencia's General Hospital. Their daughter, aged five, and son, six, both remain under observation in hospital with different injuries and psychological symptoms.



RESCUE OPERATION: Firefighters at the crash scene.

Their car veered off the road, a notorious black spot, on Saturday night. The crash was severe, killing Ivan instantly. But the disaster wasn't discovered until the Sunday morning when a local farmer came across the wrecked Mercedes 180.

Yana and her daughter were forced to spend the night trapped in the car with their injuries. The boy had managed to escape and was found by firefighters outside the vehicle in a state of shock.

The rescue operation involved

five fire engines and 20 firefighters from Gandia. A helicopter was needed to transport the little girl to La Fe hospital, such was the severity of her injuries.

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LOCAL NEWS

Whisper it

A VALENCIAN woman has been arrested for allegedly concealing a microphone in her daughter's purse in order to secretly record her ex-partner's conversations. A friend

of the suspect has also been detained after it was revealed that she helped in modifying the zip of the purse in order to accommodate the secret device.

Biblical bus #2

CATHOLIC group Haste Oir show no sign of giving up after their bus daubed with anti-transgender slogans was seized by police. A new promotional bus will hit the

roads and visit Valencia next week, with the message that it will display remaining a secret for the time being, said Ignacio Arsuaga, president of the group.

Wacky baccy

THE Guardia Civil in Oliva have detained a green-fingered resident of Palmera, near Gandia, after discovering a marihuana plantation worth around €50,000 in the house she was renting. In addition, the owner of the property received an electricity bill of €26,000 after her tenant tapped into a street light in order to power heat lamps, fans, and air-conditioning units.

Clock is ticking to 'Win a Car' in Euro Weekly News survey

SPAIN'S biggest and best English-language newspaper is offering readers an opportunity to win a brand new car worth more than €10,000.

The prize is a Dacia Sandero Ambiance, a five-door offering from the French-owned brand that has become a global success story.

And that isn't all. Abbeygate will insure you for 12 months which means added peace of mind. And to really top off your winning day there's a celebratory lunch or dinner for two people at La Sala Banus too.

So what do you have to do to be in with a chance of winning this glittering prize bundle?

Well it's easy... just complete our reader survey. It is in every one of our six newspaper editions, and will not take you long to com-

plete - we estimate around eight minutes! Or you can send us your answers via the online version which is attracting most of our entrants because it's simple, quick and easy.

We'll be using the information gathered to improve how we do things on Spain's award-winning English-language newspaper.

So why not give it a go?

You only have until March 23 to be in with a chance of winning this great prize. If your name is the first out of the hat of all completed surveys, whether they are received by mail, delivered to our offices, sent by email or completed online, then the car is yours, it's as simple as that.

And you could soon be arriving at our Euro Weekly News head office to pick up your brand new car.



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Sky's the limit for tourism

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Teulada-Moraira mayor Carlos Linares hopes that this strategy will attract visitors from a wide variety of countries. "We are aware that tourism is our economic motor," said Linares, confirming that the town hall intends to continue to work hard on promoting the municipality and stimulating tourism.

The Ronda Iberia feature is part of Teulada-Moraira's 2016-2020 Local Identity Tourism Plan which includes other national and international initiatives like the leaflets and publicity material given out at Atocha, Madrid's principal rail terminus, during the Fitur tourism trade fair.

Shaggy blog story

FOLLOWING record figures last year, the regional tourist board is on a mission to up its online presence, and their master plan involves employing more than 50 bloggers.

The tourism secretary, Francesc Colomer, said: "The influence of travel bloggers is becoming more relevant, and the synergies they generate with travel agents through dissemination of their quality content reflects the rise of this trend."

He also unveiled a new working group, the Valencian Community Travel Bloggers Association, with an objective to highlight tourism across the region's three provinces.

Still no breakthrough

RELATIVES, friends and relatives continue to search for Maria Navarro Moreno, an elderly woman from

SPANISH FACTS OF LIFE...5

A beach in northern Spain has kicked sand in the eyes of all would-be Costa competitors by being placed in a ranking of the World's Best Beaches. Southern Spain and the Balearic Islands boast miles and miles of fabulous beaches, some jam-packed with tourists from all over Europe every summer, others offering relaxing peace and quiet year-round. But it is La Concha Beach in San Sebastian that tops all others in Spain, bagging sixth place in TripAdvisor's just-announced list of the World's Best 25 Beaches for 2017.

How cool!

THE only beach in Spain to make the Top 25, visitors to La Concha are able to paddle out to the small island of Santa Clara with its own beach bar and lighthouse, but it comes with a weather warning since San Sebastian does not enjoy near-year-round sunshine, as many southern Spain beaches do.

The global ranking was once again topped by Baia Do Sancho beach, on the stunning volcanic archipelago of Fernando de Noronha, Brazil.

With crystalline water, white sands and a breathtaking backdrop of high cliffs and tropical forest, it is a truly idyllic spot.



SIXTH PLACE: Beach in north wins global rating.

Grace Bay in the Turks and Caicos Islands, near the Bahamas, claimed second spot, while Eagle Beach on the tiny Caribbean island of Arruba was placed third.



Playas high in Europe

SES ILLETES: Features transparent waters and a pristine seagrass meadow.

LA CONCHA also topped the ranking in TripAdvisor's Best 10 European Beaches of the Year, with two other Spanish beaches also listed.

Playa de Ses Illetes on Formentera, off Ibiza, grabbed sixth place. The

beach, part of the Ses Salines natural area of special interest, features transparent waters and a pristine seagrass meadow, making it popular with divers. It is also clothing-optional, leading to a hedonistic ambience.

In 10th is the six-kilometre Playa de Muro in northern Mallorca. A long-standing favourite, it has three sections, with tourist facilities closest to Alcudia, and much of the remainder backed by unspoilt sand dunes and pine forest.

Alcoy who has been missing for over a week.

A large group of concerned citizens converged on Plaza de Al-Azraq on Sunday to launch a combined search for clues, but after several hours no new information had come to light.

At the time of her disappearance Maria was wearing a grey jacket and red scarf, and anyone with information as to her whereabouts is urged to call 665 380 633 or the police.

Narcotic negligence

A COUPLE who took their two-year-old daughter to Alicante's General Hospital have been arrested after cocaine was detected in her bloodstream.

The parents became alarmed after the infant's limbs began to freeze up, causing her to suffer a panic attack.

Although police failed to find any trace of narcotics during a search of the family's home, the father has a

previous conviction for cocaine possession, and the couple have been charged with neglect.

Grain on the brain

RICE producers in Pego are demanding that their grains be given their own Denomination of Origin status, insisting that it is different to other rice from the Valencia region.

A spokesman for the growers, Miguel Minguet, said: "The rice is grown on peat and salt water, so the plants develop differently than in other areas, giving the rice a unique size, colour and consistency."

Ambassador congratulates EWN

THE British Ambassador to Spain, Simon Manley, who is currently on tour of northern Spain and Costa Blanca on official duties, kindly managed to find the time to comment on the exciting news that *Euro Weekly News* had been voted Best Free Publication in the recent AEEPP awards.

"I was delighted to see that *Euro Weekly News* won the

'Best Free Publication' award at the AEEPP awards: it's an impressive achievement for an English-language newspaper to beat off the Spanish language competition and a tribute, I think, to the important role that the English-language press in general plays across Spain. My congratulations to Michel, Steven and the team at *EWN*," observed Ambassador Manley.

Postscript to ponder

279,243

Number of bars in Spain, corresponding to one per 175 inhabitants, the highest density throughout Europe and more than in the entire United States.

INSIDE VIEW

News

1 - 42

Finance

47

Leapy Lee

53

TV



56 - 68

Letters

67

Time Out

70

Health & Beauty

72

Social

78

Property

85

Services

91

Classifieds

95

Motors



98

Sport

102

Checking change

SO many bi-metal coins are in circulation and being passed in place of €1 and €2 coins that National Police are now urging people to check they are being handed euro coins as change. People who try to pass off foreign coins are committing an offence.

Cashing in on €500 notes

A TRADING scam which saw more than €50 million laundered with profits of €1.5 million has seen Guardia Civil and National Police in Madrid arrest 26 people.

The scam involved alleged responsible gold dealers making significant payments - always using €500 notes specifically sought from banks - for scrap gold.

However, rather than using them to purchase gold, they supplied the high value notes to drug cartels in exchange for smaller denominations, charging an extra 3 per cent for their service.



Postcard from

OSASUNA



DECLARED a site of historic and artistic importance, Osuna is a feast of history, culture and gastronomy for the discerning visitor.

The town with a population of just under 20,000 and about a one-hour drive from Sevilla, can trace its history back 3,000 years when it was inhabited by the Tartessos who lived in parts of what is now modern-day Portugal and Spain.

In the days of Marc Antony it was a town for legionary veterans who were given status as Roman Citizens although it became part of the Moorish invasion before being 'freed' in 1239 by Fernando III of Castile.

Many of the town's buildings date back to Renaissance times with visiting classical scholars and historians consequently finding visits fascinating and educational.

Surrounded by forests and olive plantations, the area also boasts a lagoon with flamingos and herons along with abundant flora and fauna. Additionally some mountainous areas offer incredible vistas, though visitors must allow for cold winters and hot summers.

Drag despair

A CONTESTANT in a Las Palmas drag queen competition won after dressing as the Virgin Mary, and then returned depicting the crucifixion. The Bishop of the Canary Islands, Francisco Cases, has since described the performance as "frivolous blasphemy" which made him even sadder than when the Spanair plane crashed in 2008.

No to wall

THE national construction company Grupo ACS will not bid for any contract involving US President Trump's proposed wall on the Mexican border, company head Florentino Pérez has revealed, contradicting a suggestion by its German subsidiary Hochtief.

"We have not even considered it and, moreover, it is not our specialty," said the businessman and Real Madrid head honcho.

His words came a day after Marcelino Fernandez Verdes, head of Hochtief and widely considered to be Perez's successor-in-waiting, suggested that the firm is looking to win more business in the US.

"At the moment the plans of Donald Trump's government are unknown, but we are open to all types of contract," he said.

Animal alert

A STUFFED lion, crocodiles and a number of rare and exotic birds were seized in an operation coordinated by Interpol across 42 countries. Guardia Civil officers helped carry out some of the near 6,000 inspections with almost 60 people believed to be smuggling or selling protected species of flora and fauna.

Birthdays

• **Prince Edward, Earl of Essex, March 10, 53**

The youngest of Queen Elizabeth II's four children who is ninth in the line of succession. He has taken over the Duke's role from his father in the Duke of Edinburgh's Award scheme. In June 1999 he married Sophie Rhys-Jones and they have a son, James, and a daughter Louise.



• **John Barrowman, Actor/Presenter, March 11, 50**

Born in Scotland he has had a successful theatre career in the West End and Broadway starring in productions such as Miss Saigon and The Phantom of the Opera. He has also featured in a range of TV shows in the UK and USA including Doctor Who, Torchwood, Titans and Central Park West.

• **Liza Minnelli, Actress, March 12, 71**

The American actress has a career which has spanned six decades. She has appeared on Broadway and in various films including Arthur and Cabaret which won her an Academy Award for Best Actress. She is the daughter of Judy Garland and made her screen debut when she was just three in the final scene of In the Good Old Summertime which her mother starred in.

• **Adam Clayton, Musician, March 13, 57**

Bass guitarist with Irish rock band U2. Although born in England he moved to Dublin when he was five and it was at school he met fellow band members Bono and Larry Mullen Jr. The self-taught guitarist had no formal bass training when he first joined the band.

• **Michael Caine, Actor, March 14, 84**

English actor whose career has spanned 50 years and earned him two Best Supporting Actor Academy Awards for his roles in Hannah and Her Sister and The Cider House Rules. The British film icon has appeared in more than 115 films including Zulu, The Italian Job and Alfie. In 2000 he received a knighthood for his services to cinema.

Dancing off into the sunset

A PARTY of 120 diners of Romanian origin, celebrating a baptism, paid a Castilla y Leon restaurant a €900 deposit saying they would settle the balance at the end of the meal. But just before the dessert, they formed a conga line and shot out, leaving a €2,000 bill unpaid.

"It happened in the space of a minute," said restaurant owner Antonio Rodriguez. "It was something

they had planned."

It later emerged the same people have a history of not paying their bills, and have been dubbed the 'kings of simpa,' which is a diminutive of the Spanish 'Sin pagar' [without paying]. They are thought to be responsible for legging it from another restaurant in the area after a wedding banquet earlier this year.

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Fire and explosion destroys building in Benitachell

By Matt Ford

CALLE MAJOR DE POBLE NOU in Benitachell was cut off for several hours on Monday, March 6, after an explosion in the Locutori Akram food store, known locally as Badulake.

“Firefighters plus Local and National Police were quickly at the scene.

Firefighters plus Local and National Police were quickly at the scene, and the owner, Hanna Faiz, was not harmed despite inhaling smoke and suffering a panic attack.

There were several customers in the store when the fire broke out, but they had left the premises by the time a butane gas canister exploded.

The blaze caused serious

structural damage to the building and the likelihood is that it will have to be demolished after the roof fell in.

Homes either side of the shop have been temporarily evacuated due to the risk of further collapse.



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Back to normal

SAND barricades erected this winter to protect Javea's Arenal beach and promenade have been removed.

As the town prepares for the Fallas fiestas later this month and the storm threat diminishes, the beaches department decided it was now safe to flatten the barriers.

The dykes were first put in place during the December storms. They were later removed but rebuilt in January to lessen the impact of the waves when even worse weather hit the coast.

Now that the beach has been levelled, gravel and pebbles dredged from the Gorgos rivermouth will be used to regenerate the Grava, Granadella, Caleta and Benissero beaches which were badly eroded by the mountainous winter seas.

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Growing your own

JAVEA Town Hall's Environment department allocated 11 new allotments beside the Trenc d'Alba school.

Eight went to local residents, two to the school and one to the TAPIS occupational workshop.

Twenty-four allotments remain vacant and residents wishing to acquire one can submit their names. Should there be more than 24 requests, there will be a draw for the allotments.

Hefty sentence for violent burglar

By Caroline Tyska

A ROMANIAN national has been sentenced to 16 years in prison for his part in a violent crime.

The man, aged 44 and named as Costel R, was one of a gang of five who burst into a house in Pedreguer on May 14, 2010.

The gang accessed the property in the early hours of the morning wearing scarves, balaclavas, gloves and wool socks

“The owner, his daughter and her boyfriend were all sleeping.

so as not to be recognised. The owner, his daughter and her boyfriend were all sleeping in the house at the time, when they were disturbed by the burglars.

They proceeded to beat the

homeowner and threatened him with a gun, demanding the whereabouts of the safe, before tying up the three victims. The gang then calmly sat in the kitchen eating and drinking for a couple of hours, before making their escape in cars belonging to the owner and the boyfriend.

A woman has already been convicted for her part in the violent attack, whilst three others are still at large.

OUR VIEW

Another success

It was very exciting for Michel and Steven Euesden to receive an invitation to attend the 2017 Spanish Periodical Association (AEEPP) Awards in Madrid and as they travelled to the venue, they wondered what award they might receive.

They were absolutely delighted therefore to discover that a jury made up of executives of different large Spanish companies had voted *Euro Weekly News* as the Best Free Newspaper in Spain.

If this was a competition between English newspapers, it would have been very nice but our newspaper beat some very impressive Spanish rivals and it just goes to show how embedded in the Spanish business culture the EWN Media Group has become.

Now with the acquisition of the RTN brand, the imminent publication of a new paper in Portugal and ongoing negotiations to take over other titles, it is clear that the *EWN* family is here to stay, regardless of the trials and tribulations of Brexit.

Readers, advertisers and business leaders have been very free with their congratulations and it is a very exciting time to be involved in the media industry as we kick off our expansion plans and show our commitment to a future in Spain, serving the English-speaking community.

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Fugitive caught by police in La Nucia

NATIONAL POLICE officers have arrested a Polish man wanted for drug trafficking offences in Poland.

Information provided to the officers through the Commissary General of the Judicial Police, in collaboration with the Polish and Alicante forces, meant that The European Order of De-

tention and Delivery warrant was executed following a covert surveillance operation.

The 50-year-old is accused of transporting several consignments of hashish from Spain to Poland, the first recorded incident was in September 2008, followed by another in November 2008. It is believed that he committed the

crime on more than two other occasions.

Should he be convicted he will face a sentence of up to 27 years in prison in Poland.

When he was arrested the officers noted that the man had drastically changed his physical appearance and was using fake identity documents in a bid to avoid being discovered.



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Car park thieves caught

By Caroline Tyska

THE Guardia Civil has arrested two men for a crime wave of thefts in Altea, Villajoyosa and El Campello.

In a joint operation between the Altea and Villajoyosa Guardia the men were charged, and released on bail, with 25 crimes of theft and one of robbery with violence.

Using a method known as 'the Peruvian' the men chose a victim who was using a car park, one would distract the vic-

tim whilst the other would steal anything from within the car. The group had also, on occasion, punctured victims' vehicle tyres as a distraction technique.

The operation, which began at the beginning of the year, is still ongoing as officers attempt to locate any other victims of the men, both Moroccan aged 33 and 45.

Officers reported that the items stolen included mobile phones, tablets and cash. The pair are estimated to be responsible for €47,000 worth

of goods being taken.

The thieves' car contained various tools which could be used to commit their crimes, including two hydraulic jacks, several knives and nails to puncture tyres.

Victims were able to identify the men and some of their belongings.

CAR HAUL: A variety of tools were found in the thieves' vehicle.



Neighbour's donation

THE Asociacion de Familiares de Enfermos de Alzheimer de Teulada-Moraira (AFA) received a €1,000 donation from Benitachell.

The money was raised by Amigos de Benitachell whose treasurer Barbara Carrier, accompanied by association's members, recently presented the cheque to AFA president Sylvia Tatnell at the Amigos shop in Benitachell.

The shop is located on the Benitachell-Moraira road and the association's 40 or so members are always glad of donated items in good condition that can be sold to raise funds for local charities.

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NEWS EXTRA**Improving Gandia**

GANDIA has approved a change in their General Plan of Urban Planning to allow a petrol station to be built near the beach area.

Fine appeal

MANY residents in El Campello have been appealing fines given for parking. Nearly 90 per cent of the warning signs have not been replaced since a new rule in April 2014 gave the council six months to make the changes.

New donors

LA CALA DE FINESTRAT is holding its first blood donation session today, March 9, at the social centre on Avenida Marina Baixa 3. Donations can be made between 4.30pm and 8.30pm.

Water under a cloud



SOLUTIONS SOUGHT : Mayor, councillors and Public Health officials discuss Altea water.

By Linda Hall

LAST December and again in January, Altea residents were warned not to drink the domestic water supply.

After years of drought, prolonged periods of torrential rain filled the Guadalest reservoir but also stirred up silt, producing unacceptable cloudiness in tapwater in Altea, Alfaz and La Nucia.

Local mayor Jaume Llinares and Roque Ferrer, the councillor responsible for water, have now met Inmaculada Clemente, director of the Marina Baja Public Health De-

“The public were kept in the picture at all times via public announcements.

partment, to discuss options and solutions for preventing future restrictions.

Llinares explained that Altea had in the past occasionally experienced episodes of cloudiness. “But Public Health directives were not as rigorous and exhaustive as they are now,”

he said while criticising his predecessors for not resolving this old problem.

The public were kept in the picture at all times via public announcements, the radio, social networks, the town hall website and the WhatsApp emergencies alert, the mayor pointed out. “Nevertheless, we want to prevent a repetition,” he said.

The domestic water supply could be filtered at the reservoir itself, Llinares suggested and then chlorinated and treated in the towns belonging to the Marina Baja Water Consortium.

Caterpillar plague

RESIDENTS in Campello's Muchavista neighbourhood are worried about processionary caterpillars.

Although the council fumigated pines in the area last month, this has not prevented the annual plague. The trees, including those in children's playgrounds, are full of the caterpillars' white gauzy nests, the l'Horta-Muchavista and La Zenia neighbourhood associations complained in a letter to the town hall.

The treatment was clearly inadequate, they said, as there are up to five nests in some of the trees in the Hello Kitty park behind the Villamarco shopping complex.

“We are faced with a plague that produces serious allergic reactions that can be dangerous for children and pets,” the letter continued, pointing out that long strings of the caterpillars have been seen in Calle Huelva and other streets nearby.

The associations urged the town hall to take urgent action with a year-round campaign using pheromone traps, phytosanitary pesticides and fumigation as well as destroying and burning the nests.

The town hall letter called on the council to distribute pheromone traps to the owners of private land with pines.

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CANDY WRIGHT: With Simon Manley (left) and the manager of the Denia Health Department.

Volunteers recognised by British Ambassador

THE British Ambassador, Simon Manley, has awarded Candy Wright, a volunteer of more than 25 years, the Points of Light Award.

Candy, a volunteer with Help Denia and Marina Alta for many years, received the

award for her tireless work as a volunteer in Spain, particularly working with the Department of Health in Denia.

Angel Giménez, Manager at the Marina Hospital said: "Both Candy Wright and the other volunteers of Help De-

nia carry out an important role at the help desk of Denia Hospital. Each day they attend to an average of 50 patients from other countries who require translation or accompaniment for consultations."

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What would you like to CHANGE about the EWN?

Which sections of the EWN do you read?

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Business ☐

Leapy Lee ☐

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Letters ☐

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Sport ☐

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Up to 45 minutes ☐

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Where do you usually pick up your copy?

What do you THINK of the EWN?

Do you have a suggested new distribution point?

What do you EXPECT from the EWN?

You and the EWN Online

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Radio ☐

Newspaper ☐

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Evening ☐

All day ☐

Q & A

Gender

Female ☐

Male ☐

How old are you?

18 – 21 ☐

22 – 35 ☐

36 – 50 ☐

51 – 70 ☐

71+ ☐

Status

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Which other local newspapers do you read?

How often do you eat out?

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Once a month ☐

Rarely ☐

How long have you been reading the EWN?

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No ☐

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Is your mobile

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Name of network provider ☐

What kind of mobile telephone do you use?

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iPhone ☐

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Other (specify) ☐

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Other (specify) ☐

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

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

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Policewoman showed the way

By Linda Hall

IT is now 30 years since Enriqueta Borrás Faus, the town's first female Local Police officer, arrived in Denia.

She was the subject of a tribute on International Women's Day which was preceded some days earlier by a seminar on 'Women's Integration in the Local Police within the Valencian Community.'

This examined the situation of women police officers in the past, present and future. Above all the seminar aimed to accentuate fairness and equality inside the Local Police force, said Javier Scotto, Denia's Public Safety councillor.

Enriqueta Borrás, who attended the seminar



DENIA'S FIRST: Enriqueta Borrás (centre) arrived 30 years ago.

and is now with the Local Police in Gandia, recalled that fairness and equality were once in short supply. After facing hostile interview panels, she joined the Denia force as an auxiliary in 1987, passing her police exams two years later.

"Often colleagues did not want to serve with me. In some cases it was machismo and in others their families were suspicious," Borrás revealed.

"In a masculinised force, a woman had to demonstrate that she could carry out the same tasks as her male colleagues and was therefore entitled to the same rights and opportunities," said Denia's Equality councillor Elisabet Cardona. "She showed the way with strength, dedication and courage."



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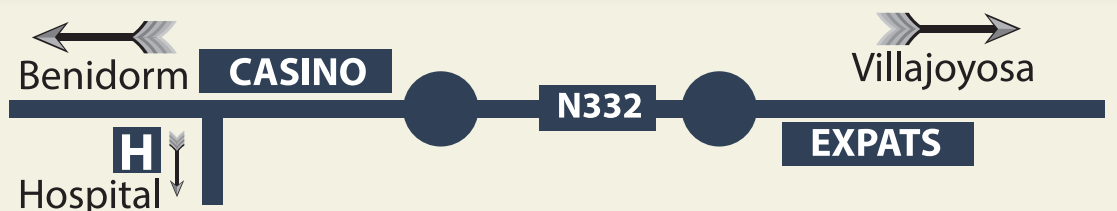
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Market plans to ban mobility scooters

By Caroline Tyska

THE Benidorm Indoor Market is considering banning mobility scooters.

The popular shopping area, in the Rincon de Loix part of the resort, has already refused access to the two-seater scooters, and is now looking into the legalities of refusing entrance to the one seater vehicles.

Shopkeepers are reported as being 'fed up' with the vast number of the vehicles moving down the narrow aisles of the

**SAFETY CONCERN: The scooters block aisles.**

market, often colliding with customers, as well as their stalls.

The indoor market, which has over 150 traders, is hoping to follow in the footsteps of some of the hotels within the resort, who have vetoed the access of scooters within their buildings because of the increasing problems that they are causing.

One café worker in the market, Paqui Sanchís, has witnessed many times the vehicles hitting chairs and said: "We have very narrow aisles, I would like to have no access to any of the chairs, not two seats, or one."

A further concern for many of the businesses is what would happen in the case of an emergency.

Citizens have a say

BENIDORM Council held a participatory forum which invited citizens to submit proposals regarding mobility and accessibility.

The meeting was part of the town hall's Sustainable Urban Mobility Plan. Representatives from all groups influ-

enced by mobility attended including taxi drivers, cyclists, social entities, business and neighbourhood associations and urban technicians.

Mayor Toni Perez opened proceedings and after the lectures citizens were invited to put their own proposals forward.

Filming set to start

FILMING for the 10th, and possibly final, series of hit ITV sitcom Benidorm is to begin next week, the town council has confirmed.

Nine episodes will be filmed, and Benidorm's mayor, Toni Perez, expressed his delight at "the promotion that this series offers to Benidorm in its main tourist market," adding that the series generates a direct economic benefit of around €2 million for the town.

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Photo by Adrian Scottow

CASA PINET: A tourist attraction for Tarbena.

End of an era threat

By Linda Hall

THE courts will decide the future of Casa Pinet.

The lease is up on the Tarbena restaurant, a shrine to Communism that opened in the mid-70s before the party was legalised. It occupies municipal property below the town hall and the lease has been renewed without problems until now.

The council is willing to extend the lease for four years but Jeroni Moncho Ferrer, son of Casa Pinet's founder is asking for another eight years, extendable for a further eight. The monthly rent would also rise from the present €100 to €450.

The town hall argues that it is not willing to

commit to so many years as the Pinet premises could be required for municipal use in the future. Jeroni argues that the restaurant, the electrical installation, water pipes and toilets all need attention, an investment that he cannot recoup in only four years.

Almost 9,000 people have put their names to a petition in the restaurant and another 3,000 have been collected by Change.org on the internet.

"We don't want Casa Pinet to close because it's an important tourist attraction," said Thierry Mas, Treasury and Town Planning councillor of the small town, which has a registered population of 636. "But we have to strike a balance between the general interest and this business."

Victim of its own success

THE annual tree planting event in Villajoyosa, celebrating the World Day of Nature has been postponed until May 14.

The Department of Environment took the decision having received a surge in inscriptions, just days before the event was due to take place at the weekend.

Councillor for the Environment, Pedro Alemany said: "The scheme, in which a tree is planted for each child born within the town boundaries, includes a name

plate for each child's tree. With the sudden influx of applications we wanted to ensure that everyone who wanted to participate could."

"A tree is planted for each child born within the town boundaries."

The deadline for applications will now remain open

throughout March and April, with the tree planting in the Bol Nou beach area coinciding with the towns Carta Poble celebrations.

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By Caroline Tyszka

ONCE again the Costa Blanca community responded to a missing person request, resulting in a happy ending.

The Costa Blanca Missing People's Facebook page, headed by Deborah Law and Jacqui Perkins, were contacted by the family of Tony Ahmid, a 70-year-old gentle-

man from the UK, who had gone missing in Benidorm.

Suffering from Alzheimer's Tony had already been missing for two days when the group was contacted.

Deborah said: "On receipt of that contact our adminis-

tration team collated certain information, started the process of social media appeals and getting feet on the ground in the area that Tony was last thought to have been seen."

Within 45 minutes of the me-

dia blasts the group were getting reports of sightings, which were immediately checked and either verified or ruled out.

The break came three hours after the initial appeal.

"I was able to confirm with a bar owner certain information

that was not made public," Deborah said, "This gave us a base for the fact verses fiction regarding sightings."

A member of the team went to the reported location but Tony could not be found. Fortunately he was then reported as being in a bar, saying that he was cold to a lady working at the premises. She, seeing the man was in need of help, gave him a jacket.

These details were kept out of the media spotlight, ensuring that information coming in would be correct in relation to what people had last seen him wearing.

Finally, a lady who had been at work and previously contacted the group, saw Tony and followed him whilst on the phone to Deborah.

She followed him into a local bar where the team collaborated with the police and the bar staff and arranged for friends of Tony's - who were also on holiday in Benidorm - to go to the bar to take over practical care until he could be reunited with his daughter

Lysa, later that evening.

Deborah said: "We had this case wrapped up within 24 hours of our involvement. Having direct contact with the family, and all leads coming directly to Costa Blanca missing people, meant that we were able to interview and collate the information immediately, with the support of the consulate."

Costa Blanca missing people are a voluntary group of professionals with expertise in the field of missing persons.

They have a team consisting of an ex-police forensic psychologist, IT experts, social worker, social researcher, translator, British consulate support, members who are relied on for practical feet on the ground support, along with local radio stations, and other social media groups.

Costa Blanca missing people are happy to help in any situation such as this and can be contacted by email at costablanmissingpeople@gmail.com or via their Facebook page www.facebook.com/groups/1834007226813856/

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EWN EXCLUSIVE

Best possible deal all important - envoy

British ambassador gives Brexit insight in exclusive EWN interview

THE pressures of being British Ambassador to Spain during the ongoing Brexit complexities are intense. But Simon Manley showed cool professionalism openly answering concerns of British expats put to him by Caroline Tyszka in this exclusive *EWN* interview at the Melia Villaitana hotel complex in Benidorm.

Brexit does not mean Britain is leaving Europe, merely that it is coming out of the European Union and becoming a sovereign independent United Kingdom "tolerant at home and confident abroad."

Spelling this out, Ambassador Manley was also keen to ease other concerns of the tens of thousands of British expatriates who call southern Spain home in the countdown to the triggering of Article 50 to Brexit.



SIMON MANLEY: With EWN Media Group Operations Consultant Nicki Burgess.

“ My priority is to ensure that in the negotiations we secure the best possible deal for British people living in Spain.”

■ Spain does not recognise dual nationality. What do you recommend to Britons considering applying for a Spanish passport?

“It is a matter for the individual. As British Ambassador for Spain I am not going to be recommending people take another nationality. My priority is to ensure that in the negotiations we secure the best possible deal for British people living in Spain - and anywhere else in the EU - and that we secure that deal as soon as possible. I know through all the contacts we have had, and talking to



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EWN EXCLUSIVE

British people across Spain, of the uncertainty they feel. I know people are very worried about reductions in their British pensions because of the fluctuating currency, and they are concerned about continuing healthcare. We are expressing these concerns to the Spanish government."

■ **How often do you receive updates from the UK government regarding the Brexit process and negotiations?**

"All the time, from both the Foreign Office and the new Brexit department. We are in close contact with all our European colleagues as well as understanding the position of the Spanish government, plus Spanish media and Spanish businesses. We spend a lot of time talking to Spanish investors in the UK and British investors in Spain, having a very fluid interchange with all parties."

“The most important thing is to prepare for the negotiations.”

■ **There appears a positive message from Spanish regional governments, with the Valencian authorities seeking to assure the British that they will still be welcome and valued. Is this the message you are getting?**

"That's right. My own contact with regional presidents all over Spain is that they are very keen to see the British here and continue to attract new business and tourism. It matters to them. The main problem is rumours and speculation via the British media which then get picked up by their Spanish counterparts, making what is fact and what is fiction blurred. I recommend people keep an eye - as a 'one-stop-shop' for accurate information - on the British government's website and Facebook page."

■ **Have you been told to prepare for a worst-case scenario in the event of a hard Brexit?**

"The most important thing is to prepare for the negotiations. We want to make sure they are a success, in that we come out with a sovereign independent United Kingdom which is tolerant at home, confident abroad, and engages in free trading across the world. This will give prosperity to the British people whilst having a close, constructive relationship with the European union, because we voted to leave the EU not Europe, and

we will all continue to face the same threats, whether through terrorism or Russian aggression, and we need to work together to face those threats."

■ **Do you think the House of Lords' decision has complicated things for the public and their understanding of what this means for Brexit,**

and with Tony Blair speaking out, did this detract from the inevitable?

"It's really important that we realise we have a democratic parliamentary process going on, we are the world's greatest democracy, I am confident we will bring that process to a successful conclusion this month,

and that Theresa May will be writing to her EU colleagues shortly. I recognise some of these developments make people wonder what is happening, which makes me come back to the British government website for updates, ensuring the things people read are the whole truth and nothing but the truth."

■ **If you were a retired expat in Spain, how would you be planning for the potential changes?**

"Firstly I would make sure that I was on the padron to ensure continued access to healthcare and also registering that I was legitimately here. I would also be thinking ahead and plan-

ning my finances for the future."

"It is important to remember that whilst we are leaving the EU we all face many similar challenges; combating terrorists, ageing populations and active labour markets, issues that we share and work closely together with, and will continue to do so."

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European Union rejects House of Lords report



BREXIT PAGE

By Matt Ford

EUROPEAN politicians are up in arms over a House of Lords report that suggests the UK could exit the EU without paying a €60 billion 'divorce settlement.'

That is the potential sum which the UK would have to pay to meet existing commitments according to the European Commission (EC) and 27 EU member states.

However, an analysis by the House of Lords EU financial affairs subcommittee published on Saturday concluded that the UK would be in a strong legal position should it opt to abstain from

the payment.

Gianni Pittella, who is leader of the socialists in the European parliament and likely to play a key role in Brexit negotiations immediately accused Theresa May of incompetence and bullying.

"Theresa May is a bull in a China shop," he said. "She likes playing the role of the hardliner, but she's just coming across as fully inadequate to live up to this incredibly delicate historical phase."

"Against this background, it is extremely important that the UK is called upon to honour all financial obligations falling due, up to and including the date of its withdrawal."

As far as the EC is concerned, the UK should

make payments to the EU in 2019 and 2020, although they may continue until 2023.

"Without an agreement on this and other crucial issues, talks on future relationships between the EU and UK cannot start," continued Pittella. "Madame May is fully aware of this, but she's still fooling herself that the EU can be impressed by her bullying attitude."

"The reality will soon wake her up. Negotiations between the European Union and UK should be concluded in good faith and a spirit of mutual respect to ensure the orderly exit of the UK from the EU."



Photo Credit: © European Union 2017

GIANNI PITTELLA:
In the European Parliament.

Northern Ireland election and Brexit

THE result of the election in Northern Ireland which saw the Democratic Unionist Party (DUP) just retain a majority of one seat over rivals Sinn Féin could lead to a major Brexit problem if the two main parties are unable to agree a workable power sharing procedure.

Under the current arrangements, there has to be an agreed position between the 'protestant' DUP which wants to remain part of the UK and the 'catholic' Sinn Féin which wants to see union with the Irish Republic in order for government to remain at Stormont in Belfast.

The parties have three weeks to come to form a government or there will be another election, but the Sinn Féin leaders object to the re-appointment of Arlene Foster as First Minister which is why they caused this election because of an investigation into what is referred to as the Renewable Heat Incentive scandal.

Should the next election see Sinn Féin obtain the majority of seats, then it would almost certainly demand immediate union with Eire, the DUP would refuse to form a government in the minority and the logical outcome is that the power to rule would then return to Westminster.



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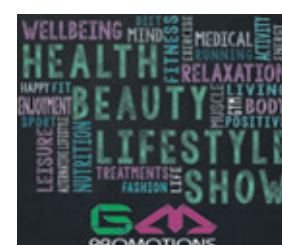
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A long wait for bridge repairs

By Linda Hall

THE Ministry of Public Works is treating repairs to the Fernando Roig suspension bridge in Alcoy as an emergency.

The bridge's 38 suspension cables must all be replaced after one was found to be corroded last summer. Closer inspection revealed that all were affected and the national government is now negotiating with the only two firms in Spain that specialise in operations like these. The Ministry has allocated €7.2 million for the repairs and the contract will go to the best offer.

Alcoy mayor Antonio Frances went to Madrid to discuss modernising the Alcoy-Xativa rail link with Ministry officials and raised the question of the bridge at the same meeting.

Closing the bridge has complicated the city's traffic system and the bridge is Al-



SUSPENSION CABLES: Must all be replaced.

coy's principal exit to Alicante City, Frances pointed out.

They explained that substituting the cables will be car-

ried out as soon and as quickly as possible although this is expected to take 13 months once the contract has been awarded.

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Dog lovers dig deep for charity

By Caroline Tyska

THE Showboat fundraiser for Benidorm Dog Homing was a resounding success at the weekend. The total of €2,500 is still growing.

It was standing room only on Sunday as the expat community gathered to help raise funds for local animal shelters, with many tribute artists giving their time for free to entertain the audience.

Guests were treated to some of the resorts finest, including performances from Jo Lynn and Mark Ellis (Ruby Rox), with David James compering the afternoon.

A guess the weight of the cake competition, a small entry fee, along with raffle tickets and football cards helped raise the amazing total, which continues to grow as loose change collections are counted.

Organisers of the charity day: Dona Dolly Sandland; David James (Duncan) and Angela Norris (who are volunteers at the shelter) worked tirelessly behind the scenes to ensure that a great day was had by all.

Pat Earle, President of BARC (Busot Animal Rescue Centre) showed her support for the charity and enjoyed the full afternoon's entertainment.

Pat said: "The Benidorm Dog Homing do so much with so little. They always have 200 dogs to care for, as soon as one is homed there is a new arrival, we always support them and will continue to do so. They



SHOWBOAT: Raising funds.

will be bringing some of their dogs for adoption to our 'Wet Nose Day' event which we are holding on May 6."

Also at the event were the Grupo de Voluntarios de Benidorm, Manos y Patas, who had a busy afternoon with their

fundraising stall, raising the profile of the work that they do for animals in the region.

Donna said: "It's great to see such support and to be able to involve the Spanish Dog charities, a huge thank you to everyone who came."

NEWS EXTRA

Good example

SEVENTY-TWO PER CENT of health professionals from Denia's Health Department were vaccinated against flu this year. This was almost 30 per cent above the Valencian Community average.

An appeal

SAN JUAN Town Hall appealed to residents for their written, oral and graphic memories of the town. All material will be scanned and added to the municipal archive.

Pop idols

EIGHTIES' pop idols Hombreros G return to Benidorm's two-day Iberia festival next August. Loquillo y Los Trogloditas and Pistones will also perform at the yet to be announced venue.

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property, not only in Spain but worldwide will need finance of some sort or might benefit from finance in some respects. Usually that finance is in the form of a loan or a mortgage.

Applying for a loan or a mortgage in a foreign country in a different language is overwhelming at best, so PELLICER &

HEREDIA has compiled a list of the most common things to bear in mind before searching for a mortgage.

If you would like our team of experts to help you, open a bank account, apply for a mortgage or assist you in the purchase or sale of a property, please do not hesitate to contact us.

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Unhappy boat owners

By Caroline Tyska

BOAT owners in Denia have complained that a recent decision by the council, where an agreement has been made with the marina authorities regarding the placing and re-

moving of vessels, is not satisfactory.

The public mooring users want to see the return of a ramp which was removed from the port during the building of the El Portet promenade.

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Advertising feature

What to do with a multi-currency mortgage in Francs, Yen... The nullity of multi-currency clauses

AS we have pointed out in previous articles, one of the types of loan that has seriously damaged the consumer is without doubt the multi-currency loan or mortgage, for which, instead of receiving the money in Euros, it is lent in a foreign currency, usually Swiss francs or Japanese yen, etc.

They are very risky loans, as the monthly mortgage payments to be paid, and the outstanding capital (the equivalent in Euros) depend on the exchange rate of the currency, which is highly unpredictable. This is why we believe this product is only advisable for experts in currency exchange, or for those who have their income in the currency chosen.

The legal consequences of requesting the nullity of multi-currency clauses.

In contesting these loans in court, it should be requested that the multi-currency clauses be declared null, but not the entire loan or mortgage, since doing so it would mean that both parties would need to give back anything received, so the bank would return what was received from the consumer

(monthly payments), but the consumer would also have to return the entire capital received from the bank.

Many banks in the court proceedings argue that in case of the nullity of the multi-currency clauses being declared, because the bank did not correctly inform about the risks and the clauses were not transparent, then the judge must declare the complete loan null and void. They argue that this is the only solution, since the judge cannot disintegrate the contract, modify it and set a different currency than the one agreed by the parties.

We do not agree, and along with most court precedents, we believe that the nullity of multi-currency clauses must result in the loan being understood as agreed in Euros from the beginning, and all the monthly payments paid, along with the amortization table, must be reviewed accordingly.

The full nullity of the loan as requested by the banks, would, as the ECJ says in its judgment of April 30, 2014, be against the ultimate aim of the consumers' regulation,

which is the protection of consumers, since the effect would be more detrimental to the consumer than to the bank, since the consumer has to repay the loan in full.

The possibility of interpreting these kind of mortgage loans as agreed in Euros leaving the loan to exist despite the nullity of part of its clauses, is also in line with the article 83 of RDL 1/2007 concerning consumers and users, and the principles of interpretation in favour of the consumer (pro consumatore) and the principle of conservation of the contract.

If you or someone you know has a problem with a foreign currency mortgage loan, **contact us and we will help you.**

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

Carlos Baos,

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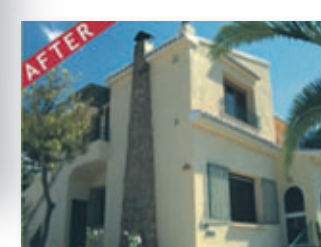
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Merely passing through

A SPOTTED CRAKE, rarely seen in Spain, was detected during a ringing session. It was identified by Pedro Gomez Clavel, an expert from the Bird Migration Centre in Madrid after it was caught in the Los Algezares park.

It is a bird of passage, Gomez Clavel said, that neither nests nor winters near the Vinalopo but is beginning to use the river as a migration route before crossing to Africa.

The ringing session was organised by the Carduelis Bird Protection Association and Aspe's Environment department to take a census of the birds in the Los Algezares park. Fifty-four birds were ringed and included willow warblers, snipe, black-caps and buntings.

Late payments costly to council

THE Villajoyosa Council has set aside €540,000 to pay interest to their rubbish contractor for late payments in 2010 to 2014.

A claim in 2014 by the contractor, Sociedad Anónima Agricultores de la Vega Valenciana (SAV), called for the payment of interest on arrears, over the four year period, of €1,178,853.23. Under appeal this amount was reduced to €543,755.93 which will now be paid this year by the council.

However, this is not the first time that the public coffers have been dipped into for late payments by the town hall.

The same company filed a legal claim against the council in 2008 regarding late invoice payments for road cleaning, collection of rubbish and management of the towns Eco Park which resulted in it receiving

€400,000 as a settlement.

Andreu Verdú, mayor of Villajoyosa said: "Once again the town has to pay for poor management, in this case for late payments to a basic service such as the contracting of rubbish.

It is unacceptable that this council has for years been paying bills late and sometimes, ignoring the company's claims. Thanks to the work we have done, the amount has been considerably reduced."

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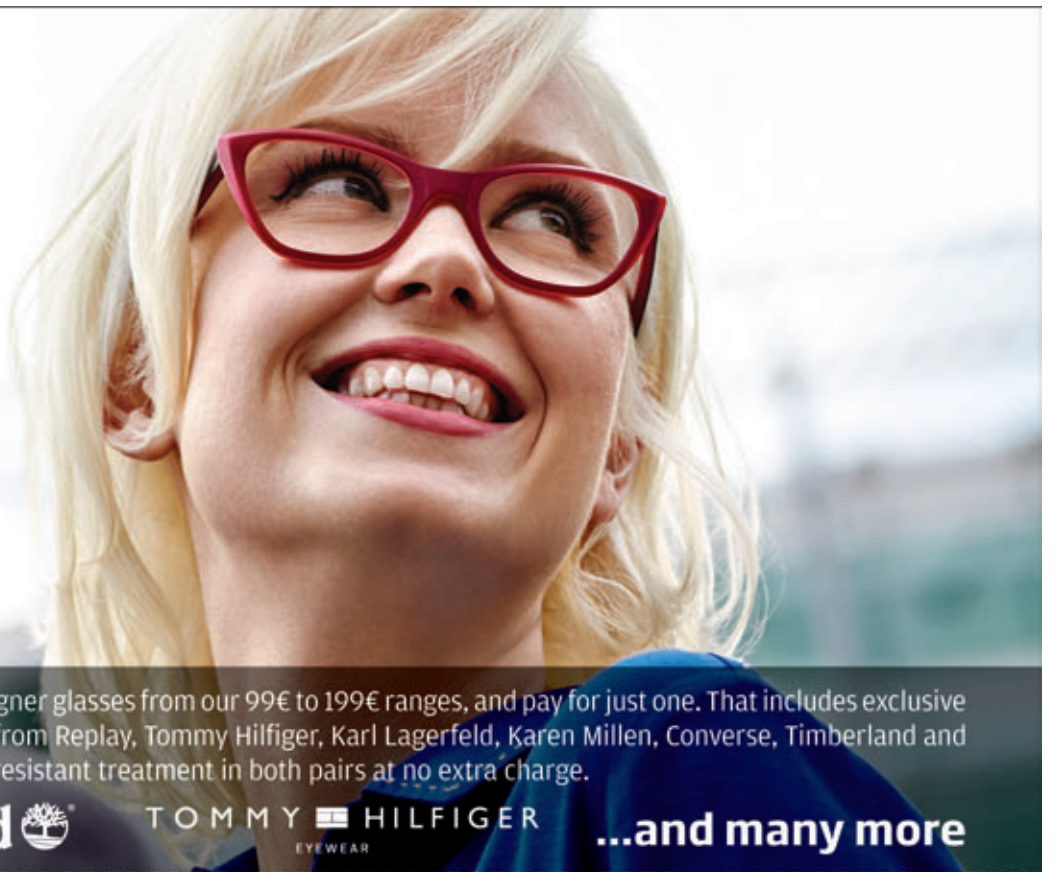
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U3A Vall Del Pop AGM

THE U3A Vall del Pop held its Annual General Meeting on March 2 at the Polivalent Centre in Murla, when its new committee for 2017 was elected.

The new committee comprises Bob Welham as president, Lorraine Bellami-Baker as vice president, Bob Hills as treasurer, Roger Bentley as assistant treasurer, Carole Wardle as secretary, Claire Dalton as membership secretary, Marie Fitzgerald as groups coordinator, Lorraine Bellami-Baker as newsletter editor, Anna Cameron as web master and Sandra Welham as TCET representative.

In addition the following members were elected as the support team: Lorrie Harkness as assistant membership secretary, Brigid Redmond as assistant groups coordinator, Ian Morton as assistant web master, Sue Harvey as publicity officer. The members representative and assistant secretary positions are pending.

Thanks were given to the 2016 committee members standing down: treasurer John Nicholson, membership secretary Sonia Higginson, members representative David Prestoe and almoner Sue Harvey (who stepped down from the committee but retained the position). All

were thanked for their service to the group and presented with a small gift.

The committee and members also extended hearty 85th birthday greetings to John Chilcott, and offered their thanks for his lead in establishing hillwalking as one of the group's most popular activities. John has been an active member since the group began 10 years ago.

Until January this year, John was the leader of the Friday walking group. It is hoped John will enjoy his additional free time and finds a nice sunny corner to enjoy his wine. No doubt he will continue to enjoy walking but without having to organise others over the more tricky trails.

Do not despair as there are still weekly walking groups on a Wednesday, half day finishing with coffee, and Thursday, full day with your own packed lunch and finishing at a wine bar or taverna.

For further information visit <http://u3avallpop.com>. The U3A is all about enjoyment and learning, and this is particularly evident in the U3A Vall del Pop group, whose members meet on the first Thursday of each month at the Polivalent Centre in Murla.



85th Birthday greetings for John.



Sonia with her flowers.



Sue with her flowers.

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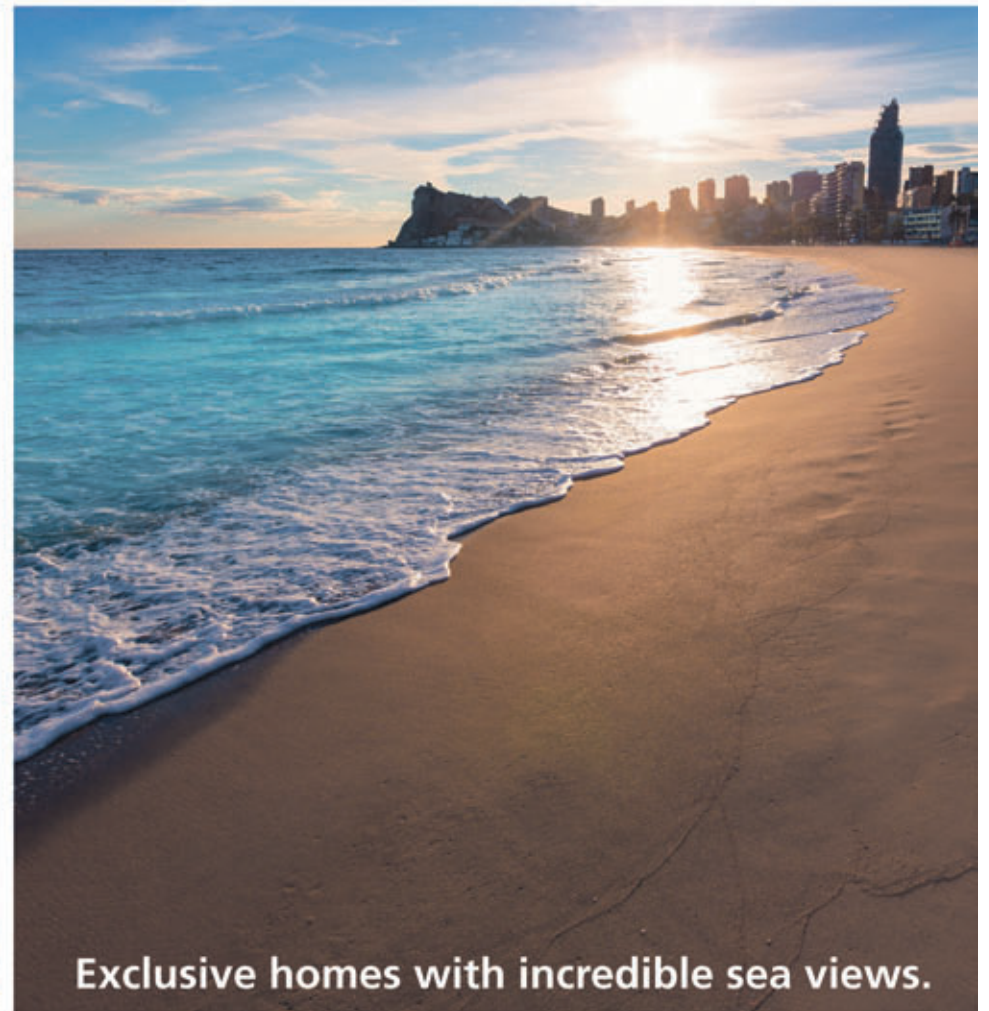


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AKIRA Animal Charity

AN open day is being organised by Rosie of Divino in support of the AKIRA Animal Charity.

The open day will be held on Thursday March 16 at La Finca in Beniarbeig from 10.30am until 4.30pm. There will be a wonderful range of gift and home items available.

AKIRA is looking for supporters to bake cakes and either take them along on the day or

alternatively to the charity shop the day before. Any cake makers out there who could make a nice cake suitable for a raffle? The charity also needs helpers for the day too. If you can help out please contact Maggie on 965 744 449 or email bmsluck@gmail.com.

Can anyone planning to bake a cake please let the charity know so that it can keep track?

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ACTIVITY CENTRE: The atmosphere was relaxed with lots of laughter, tea and cake.

Denia Rock Choir sing to local Parkinson's group

DURING February, in the HELP Activity Centre, La Xara, the Denia Rock Choir performed a collection of songs from their repertoire, led by Jan Dewland their Musical Director.

Singing is hugely beneficial to Parkinson's sufferers and Jan initiated the session with a thorough vocal and

physical warm-up. The audience participated by singing many of the songs with the choir. The atmosphere was very relaxed with lots of laughter and tea, cake and wine were generously provided.

The choir looks forward to returning in the future and is happy to support lo-

cal charities, if you would like them to perform for your charity please contact sallymerrett@yahoo.co.uk.

Denia Rock Choir meets in the Salon Social of the Hostal Loreto, Denia on Thursdays from 6pm-7.30pm with each session costing €3. New members are always welcome.

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The Coast's Newspaper Nº1

www.euroweeklynews.com

Glitz and glamour arrives in Calpe!

THE production by Marcia's Dance Centre and Stage School will be performed at the Casa de Cultura, Calpe on Friday March 10 from 8-10.30pm.

The audience will be treated to song and dance from students and guests. Enjoy ballet to belly dancing, burlesque to Bollywood, funky to flamenco, tap to musical theatre and more!

Tickets cost €10 for adults and €5 for children (under 5's are free) and are available from the school by calling 607 290 896 or 965 830 980. Alternatively you can obtain tickets from Margaret and Elena's Card and Book Shop, Edificio Mar Azul, Avenida Gabriel Miro, Calpe.

All proceeds raised from the production will be donated to The Friends of the Children of Emaus.



DANCE: Musical theatre. |

Photo by Lauren Aimee Glencross

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It's as bold as bass

JB BAND are well into the 2017 season with a number of concerts planned both on the Costa Blanca South and North as well as new ventures with the Royal British Legion.

However, the bass section are more excited over their new arrival... a 'new' BBb Bass all the way from the UK.

With the growing international interest in JB, the band has secured the services of a top class bass player from Norway leading to the need for an instrument. With the money earned over the year from raffles and drinks at concerts, kindly donated by Avalon, as well as Christmas caroling, the band managed to raise enough funds to purchase the bass. With some nifty bidding on eBay, a bass was soon winging its way from Yorkshire. Even more amazing is that the seller turned out to be an old school friend of the euphonium player, Jayne.

Mike Thornton said "It's not brand new but it's new to me."

MIKE THORNTON:
"It's new to me."

We'd have to sell a lot more raffle tickets to raise the €4,100 for a brand new bass."

No one in the band is paid, not even their MD Brian Webber and last year JB Brass Band donated over €1,000 to various charities.

The band continue to swell in

numbers and are also happy to welcome a euphonium player from Belgium, a percussionist also from Norway as well as two new members from the UK since January. To complete all sections, the band is looking for trombone players although anyone is welcome.

The new bass and players will make their debuts at the Band's first concert of the year A Celebration of Irish Music on March 18 in Union Musica, San Miguel.

Tickets cost €5 and information on concerts or the Band is available at www.justbrass.org.

Quiz time

IT was all go at PEPA with fundraising in full swing with quiz nights at Honey Dukes in Oliva and at The White Swan in Palma de Gandia as well as the Valentine's Day lunch.

At Honey Dukes quizmaster Russ pitted the teams' wits on the night and Alison kindly assisted with the collection of money. The evening was in memory of the charity's good friend Anita Smith who always helped out at the quiz events and a total of €88 was raised.

Norman was at the helm at The White Swan and provided another varied and interesting quiz. Thanks go to Brenda Whyte for her help in providing the raffle prizes and also Alfie Rodier who bravely called out the winning numbers. As a result the event raised a welcome €128 for the charity.

Forty-four people enjoyed a delicious lunch at El Pelut in Oliva on Valentine's Day. There was a raffle and a football lottery and at the end of the event a very health contribution of €269 was raised.

For information about the charity and it's upcoming events visit <http://www.pepaspain.com>.



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ALFAZ DEL PI

New training centre

ALFAZ has a new 200-square metre industrial building that will be used as a training centre. Municipal workers are currently transforming it to comply with health and safety regulations required by the regional government's Servef employment service.

The unit will soon be used for employment workshops, explained local mayor Vicente Arques who recently visited the site with councillors for Training and Education Dolores Albero and Isabel Muñoz.

Works go ahead on main roads

BULEVAR DELS MUSICS in Albir, one of the principal roads leading down to the seafront, is getting a facelift.

This road, together with Calle Oscar Espla and Calle Juan Sebastian Bach, is to be re-asphalted and new road signs installed. Work should be finished before the end of this month and the €240,000 cost will be entirely met by the Alicante Province Diputacion.

"While this is going on we shall take advantage and improve the rainwater runoff in the access zone to the Villa Ro-

mana Museum. This will prevent water from collecting there during heavy rain," said Town Planning councillor Toni Such who inspected the site accompanied by Alfaz's mayor Vicente Arques and councillor Rocio Guijarro.

"Two new gratings installed at that point on the boulevard should solve this old problem," he added.

Such also apologised in advance for the reduced parking and closed roads but called on Albir residents to respect temporary signposting and detours.

Modern tech

By Linda Hall

ALFAZ DEL PI recently hosted a conference on the Valencian Community's Museums and Museum collections.

This was inaugurated by Carmen Amoraga, the Generalitat's director general for Culture and Heritage and Raquel Huete, her Tourism department counterpart.

The 100 or so people attending the conference discussed strategies using technology to put the past within society's reach.

The conference centred on the role of modern advances in man-

"The guide merges the present-day world and the past."

aging the region's archaeological heritage. The same technology that has entered everyday life is being used by culture and tourism administrators to reach the public more effectively, the conference heard.

This is the case with the Villa Romana open-air museum in Albir where its interactive augmented reality guide on tablets sets a

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WILL COLES: Defiant and accessible street art.

Street art in a country garden

STREET ART, an exhibition by Will Coles, is currently on show at the Klein-Schreuder Foundation's sculpture garden in Alfaz.

Coles is renowned for a defiant and accessible take on street art, producing sculptures that combine pop and conceptual aesthetics.

By incorporating dissonant words and sentences into concrete casts of apparently commonplace objects, Coles uses dark humour to comment on modern society by tackling consumerism, environmental

destruction and other issues.

Although much of his work belongs to the street art movement many pieces now belong to institutional and private collections. But most of Coles's street work disappears as the public sculptures are much-prized and regularly stolen despite being firmly glued to the ground.

Born in Warwickshire, Coles grew up in Suffolk and as his grandfather Norman Sillman was a sculptor he had access to modern

and classical art as well as art theory from an early age.

He studied in UK art schools before moving to Sydney in the early 90's and now lives in Callosa.

Street Art can be seen in the Klein-Schreuder Sculpture Garden, Cami del Pinar, until April 9.

Open Sundays from 10am-2pm, admission €3 per person.

Smaller items by Coles are on show at the Frax Foundation in Albir until March 19.

ALBIR

NEWS

Technology

national example by applying the technology to the town's archaeological legacy.

The guide developed by Alicante University and Alfaz Town Hall combines real and virtual worlds on a tablet, merging the present-day world and the past.

"This guide shows the original architecture superimposed on the excavated remains," explained the museum's director Carolina Frias during the opening session of the conference. "It provides a tour that helps visitors understand the function of each room in the villa."



Photo credit: Alfaz08

VILLA ROMANA: Conducted tour in pre-tablet days.

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Give a dog a home



Alfaz town hall

APPA FESTIVAL: Some of the gymkhana contestants last year.

THE Alfaz Dog-Owners' Association (APPA) holds its Canine Adoption Festival in Albir this Sunday, March 12.

More than 20 cats and dogs from animal protection shelters found homes at the two previous festivals and APPA president Vanessa Pareja hopes for even better results this year.

"The number of participating associations and charities has doubled, widening the scope to include the entire province," she said.

Parallel events include a canine gymkhana and

beauty contests for pedigrees and mongrels. There will be a solidarity bar at popular prices, stalls representing animal charities and a raffle of items donated by local shops and business.

The high point of the festival comes at 12.30pm with a parade of dogs and cats now living in animal shelters.

Each has a story to tell and is now looking for a forever home and a loving owner, Pareja said.

The festival will be held from 10am until 3.30pm at the Golf and Cricket Ground in Albir.



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Improvements make road safer

THE first phase of improvements to the CV-743 between La Rambla and Moraira is now complete.

The road has been asphalted, storm drains installed and horizontal and vertical road signs put in place. Having been re-centred to provide space for a 1.5-metre wide pavement, this stretch of the CV-743 is now safer for pedestrians and also ready for the arrival of high season tourists.

Teulada-Moraira fair

THIS year's Vive Teulada Moraira fair will be held between April 28 and May 1.

As in past editions, local restaurants and shops will set up stalls on the seafront. There will also be live music and games for the children.

The fair showcases Teulada-Moraira's wide offer as it gears up for the summer.

Young music students show their skills

THE Teulada-Moraira Auditorium recently hosted a meeting of conservatoire pupils from Teulada, Benidorm, Altea, Denia and Javea.

The 80 music students who attended the gathering stayed at the La Marina youth hostel in order to make the most of their time at the two-day event, the organisers explained.

The meeting began on the same evening that the young people arrived with a rehearsal in the auditorium where they learnt new techniques under the guidance of the



CONCERT: Local music students and Cristobal Soler.

Valencian conductor Cristobal Soler.

Considered one of the most important conductors of his generation, Soler has established a successful career conducting an extensive repertoire of symphonies and operas.

Rehearsals continued the next day, concluding with a performance on the final day by all the young musicians. Their hard work bore fruit as the students put into practice all

that they had learnt over the two days.

They accompanied Sergi Llorens Molinillo, winner of the last edition of the Concurs Intercentros, in Pergolesi's Symphony for trombone and string orchestra which was followed by the Tchaikovsky's Nutcracker Suite.

The concert ended with two Handel arias interpreted by the mezzosoprano Lorena Valero, winner of the Grandi Voci prize.

Celebration of women will increase visibility

By Linda Hall

ALTHOUGH International Women's Day was celebrated on March 8, Teulada-Moraira events continue.

Today, Thursday March 9 art historian and expert in feminist studies Dr Irene Ballester gives a talk entitled Frida at the Function Room at Teulada-Moraira Town Hall at 7.30pm.

Activities continue on Saturday March 11 with Por el amor al Arte, an art workshop given by Paola R Bavaro at l'Espai La Senieta in Moraira. This costs €30 and it is still possible to register.

A solidarity march on Sunday March 12 supporting the AECC anti-cancer charity sets out from Plaza VI Centenari at 9.30am. Register at www.some-sport.com or at the Entrefils Teulada shop.

The town's Equality councillor Rosana Caselles declared



WOMEN'S WEEK: Rosana Caselles announces this week's events.

Teulada-Moraira Town Hall

that it was vital to commemorate and honour women's efforts to participate in society on an equal footing.

Guaranteeing equality creates a society that is more democratic and promotes a new social model by putting women

at its heart, Caselles said.

With this in mind the town hall had planned a week of activities giving visibility to the work carried out by women while reminding the public of the ongoing struggle to combat the scourge of gender violence.



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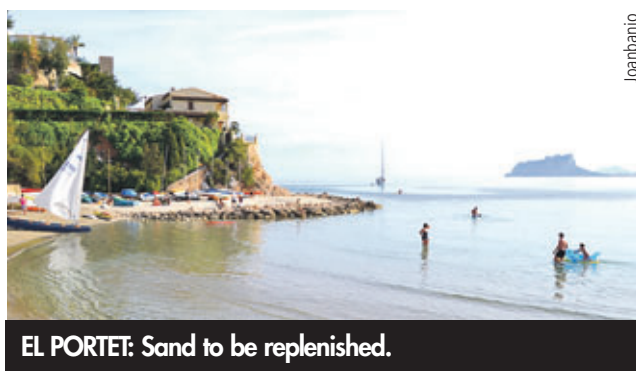


Regenerating El Portet

THE national government has included Moraira's El Portet beach in its storm-damage repairs programme.

The province's coastal authority, Costas, will replenish the sand, restoring an amount equal to the huge quantities swept out to sea during the December and January storms and gales. According to Costas, this will require roughly 8,000 tons of new sand.

This is the only practical way of restoring El Portet beach, said Costas experts who considered that waiting for natural regeneration would be 'difficult.'



EL PORTET: Sand to be replenished.

Costas will supervise the project both to ensure that it is carried out correctly and make certain that the marine ecosystem is not affected.

Work is due to commence this week and should be finished within 10 days, Teulada-Moraira Town Hall said.

Accessing and using the beach will be limited during this time, Teulada-Moraira Beaches councillor Nieves Rodriguez confirmed.

Accessing and using the beach will be limited during this time, Teulada-Moraira Beaches councillor Nieves Rodriguez confirmed.

Joanbanjo

Fight for your dreams

MORE than 100 pupils from Teulada-Moraira schools attended the last Trilogia3Arts event at the Auditorium.

The fifth and sixth-year primary school pupils were introduced to a fusion of gastronomy, photography and dance linked by Benissa sculptor Quico Torres, who works with Krion.

This is a new material of great beauty and purity made by Porcelanosa that he moulds into gravity-defying forms, eight of which the children saw in the Auditorium's exhibition room.

They then went into the Auditorium itself where the sculptor and Michelin-starred chef Manuel Alonso from Daimus spoke to them and answered their questions about their careers, how they started and what inspired them.

"It's a dream to earn a living from what you can make with your hands. That's what you must fight for, and don't let them rob you of your dreams," Torres said.

"Dreams come true, so you should fight for them with passion, work and dedication. The best way to predict the future is by creating it," Manuel Alonso told the young people.

The photographer Ouka Leele and the dancer Igor Yebra, who also took part in the Trilogia3Arts project, were not able to attend but sent messages and advice to the pupils.

The session finished with a demonstration by Manuel Alonso inspired by Torres' sculpture 'Mar' so that they could observe the dialogue between two branches of the arts.

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REF 00679 - Benissa
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bedrooms, 1 bathroom,
Cons. 240 m² Pl. 3,500 m².
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del Sol, built in 2004. South
facing, 4 beds, 3 baths,
Con. 264m² Pl. 1,003m
470,000€



Plan two years on

JAVEA'S Local Police recently reviewed its Strategic Plan adopted two years ago.

This was introduced to adapt the force to the needs of the 21st century, making it more approachable, sociable, empathetic and mediatory.

Public Safety councillor Pepa Gisbert explained that her department called in consultants to evaluate the Local Police and recommend action to turn it into a different force.

Two years later the situation has changed considerably, Gisbert said.

Communication with the public has improved thanks to the force's own web page and social

media presence, revealed Local Police superintendant Jose Antonio Monfort.

Officers are designated to mediate in day-to-day issues, twice as many deal with gender violence and there are environment protection and special assignment units.

The Javea force is currently completing the formalities to become a member of the European Forum for Urban Security (EFUS), which supports and motivates local authorities and their security policies.

Once incorporated, Javea's Local Police will be one of only three Valencian Community forces that belong to EFUS.

Putting the harbour to ri

THE regional government's Ports director general, Carlos Domingo, was in Javea recently to inspect the harbour.

The northern arm was badly damaged during the storm that raged between January 19 and 20 when 80 metres of the northern breakwater were affected as far as the Tango beach.

Pounding seas shifted the blocks of stone beneath the breakwater's cement platform, leaving visible gaps. His department classed repairs as an emergency, Domingo revealed during the visit, and was

obtaining the necessary €250,000 from the regional government's contingency fund.

Environmental impact permits were being processed and Ports were seeking a contractor to start repairs as soon as possible. These would be carried out on land so that port activities would not be affected, Domingo said.

Javea's mayor Jose Chulvi accompanied Domingo, his second-in-command Pilar Alvarez and Ports Management chief Julio Marin as they inspected the harbour.

They also visited the port installations from the Club Nautico to the public area, fishing berths and the fish market.

The contract to redesign the harbour will be put out to tender over the coming months, Domingo revealed. There are no plans for extending the port but the existing installation will be better organised, he explained. Protecting the fishing port was a priority, he continued, as care should be lavished on a sector that remains an economic pillar for municipalities like Javea.



REPAIRS: Port officials and Jose Chulvi inspect damage to the harbour.

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ights

Javea U3A Travellers' Tales

HOW would you feel if you had to climb the equivalent of three Montgros in a day... on a bike?

Well that's what Javea U3A member Peter Atkinson did when his planned cycle ride start was delayed after his bag went missing and he was hit by a reversing car and ended up being treated in hospital and interviewed by the French police!

Not a great start to Peter's cycle ride from Sevilla via Salamanca to San Sebastian - hence the title of his talk to the Javea U3A Travellers' Tales Group, 'A Traveller's Tale of Woe and Joy: Across France on a Bicycle... and Three Cities Beginning with S.'

However, nothing deters this cycling dynamo. His beautifully illustrated presentation, enhanced by

some brilliant photography, thrilled the audience at the Casa de Cultura in the Pueblo and confirmed that persistent Peter did indeed complete, and thoroughly enjoyed, his intended challenge.

Not only did he stop off regularly to take stunning photos of some beautiful scenery and fascinating architecture, but he managed to cycle a total of 823km, the equivalent of 75km a day.

Peter, who is also the U3A's History Group leader, received a warm round of applause from his audience and a special vote of thanks from Travellers' Tales group leaders Angela Chantry and Tony Dearie.

For details of further Travellers' Talks and other U3A activities, visit the website www.u3ajavea.org.

hulvi (left) inspect

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Cancer boy Leo the Lion ready to start proton beam therapy in the USA

MARCH is Brain Tumour Awareness Month and, appropriately, four-year-old Leo Bermejo from Almeria is about to embark on what could be life-saving treatment in the States.

Doctors at the Oklahoma clinic have now completed their assessments with Leo and consultations with cancer experts on each side of the Atlantic.

They have recommended 31 proton sessions, which will be given Monday to Friday, so once it begins it will involve approximately six weeks of treatment.

The consensus is that Leo needs full brain and spine proton therapy with a boost to the tumour bed. As mum Karen says, "The treatment needs to be aggressive to kill this beast."

Leo will be given a lower dose to the healthy brain and he will not be any worse than he is now.

Karen added: "The doses that we have dis-

cussed are the same doses that another child has had who had the closest condition I could find to Leo.

"I have been in contact with the mother of this child who also had weakness in one side and loss of speech but he is progressing and now goes to a normal school.

"This child is amazingly now three years in remission!"

Meanwhile fundraising events for Leo's campaign fund continue apace both in Spain and the UK.

Members of a gym in Stockport have raised an amazing £19,000 for Leo.

To give your support to the ongoing Leo the Lion fundraising campaign here is how you can donate:

“

Leo's treatment needs to be aggressive.”



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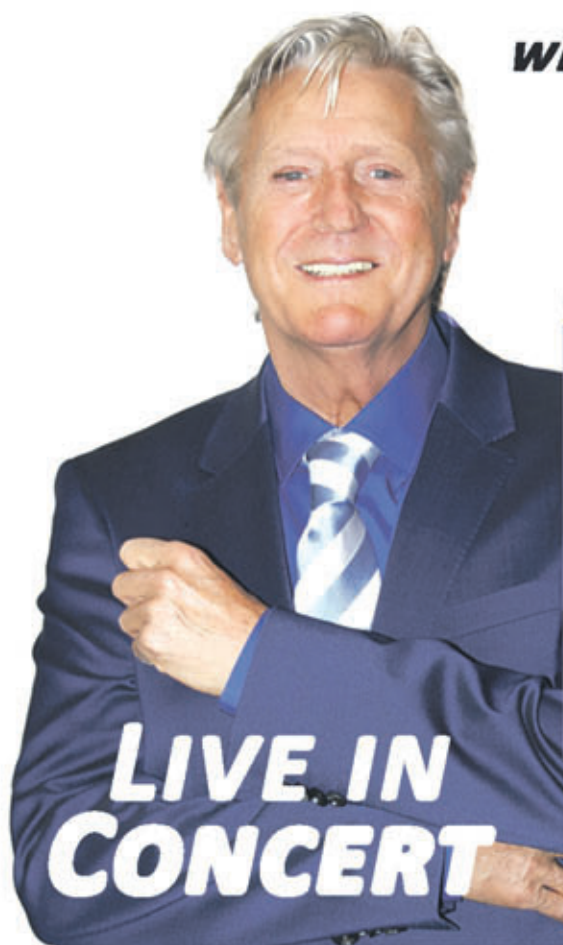
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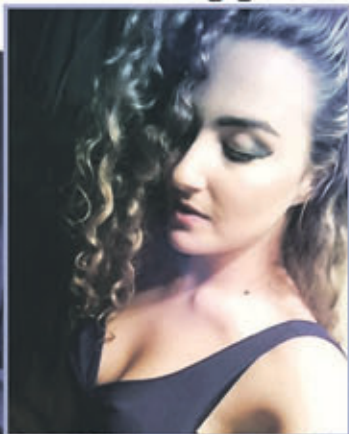
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HELP of Denia diabetes support

TWO HELP of Denia diabetes support meetings will take place in March. The Teulada meeting will be held on Tuesday March 21 in the MABS room of the IMED building, Cami Calvari. The La Xara meeting will be held on Friday March 24 in the HELP Activity Centre, Avenida Oeste 29 bajo (next door to the tobacco shop). The time for both meetings will be from 4.30-6.30pm.

Lead volunteer Dorothy Cook is planning a two-year programme to cover all aspects of diabetes and she will prepare notes which will help those who cannot attend. The meetings will include a one-hour diabetes related presentation which

will cover lifestyle (including diet and exercise), management (including results and feet), treatments and complications. Time is also made at every meeting for Q&A on any diabetes topic of interest or need.

Dorothy is able to answer any questions either at the meeting or will research the answer and send by email. Refreshments will be available at the meetings providing there is a volunteer to prepare them. Meetings are attended by people with diabetes, their spouses or partners as well as some health-care providers.

A diagnosis of diabetes can be devastating and bewildering. Dorothy is keen to see anyone struggling to

come to terms with the condition and help them on their way. In Aug 2016 while Dorothy was in the UK two people contacted Dorothy for such help.

One was as far away as Torrevieja and Dorothy was able to help by email. However Dorothy saw the other in Moraira, where she lives.

Now there is evidence that diabetes type two can be prevented Dorothy is keen to give talks to groups about the prevention of diabetes and the recognition of impaired glucose or pre-diabetes as it becoming known.

For more information please contact Dorothy Cook on 634 349 240 or email her at HELPOfdenia@gmail.com.

Sponsored dog walk

IN association with Giving4Giving Costa Blanca, the Doggie Angells charity is organising a sponsored walk due to take place on Sunday March 26 at 11am to raise vital funds in support of the charity.

The walk will start from the Repsol garage on CV70 Terra Mitica Benidorm (opposite Toyota) so please go along and join in.

The charity has proudly ran the sponsored walk for the last five years and it hopes you will continue to support the event.

Giving4Giving is the leading local charity

holding numerous fundraising events throughout the year in support of local animal and cancer charities.

It also runs three charity shops in La Nucia, two in Altea and has its own charity auction house in La Nucia. Please help support deserving Charities. Donations are always welcome.

For sponsorship forms and more information call or text Gary on 603 137 697 or call in to any of the Giving4Giving charity shops.

For more information about Doggie Angells visit www.doggieangells.org.

Make A Smile events

FANCY a fun night at the casino? Make A Smile are hosting a fundraising casino night on Friday March 31 from 7.30pm at Le Cabaret in Benissa.

It promises to be a fabulous night of fun and games so feel free to dress up a little, join in with some friendly gambling fun and enjoy a night to remember.

The entrance cost is €25 but this includes a hot and cold buffet dinner as well as \$100 of chips that you can

spend at the gaming tables on the night with all profits going to the Make A Smile charity.

If that's not your cup of tea then perhaps the garden party to be held on Sunday April 9 will be. From 12-4pm at Casa Santoja, Beniarbeig, the afternoon will feature walks around the gardens, cream teas, gift and craft stalls entertainment for children, a hog roast, bar... and much more!

You can pop along and chat

to the Make A Smile volunteers, sponsor a chicken for Easter or sign up for a veggie bag to sample the home grown vegetables, eggs and olive oil from the self sufficient farm in Relieu. With the entrance fee only €1, which includes a glass of cava, you won't want to miss this delightful fundraising event.

To book or for more information please call 680 673 871, email info@makeasmile.es or visit www.makeasmile.es.

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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 (AEPP) 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.

The AEPP 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 originality, 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 AEPP 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.



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

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."

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-Madrado 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 Eloquent podcast, Principia magazine.

Honorary Award: Miguel de Haro, creator of IPMark 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.



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NORWAY

Logging concerns

THE Norwegian government has raised concerns about new logging concessions in the Congo. The Central African Forest Initiative (CAFI) aims to limit deforestation in the the Congo Basin, with Norway providing substantial funding for the CAFI.

Chocolate cannabis

SWEDISH customs arrested a Spaniard at customs when it was found his box of chocolate bars was hiding 1.2kg of cannabis resin.

Test approval

NORWAY has approved the use of blood tests to detect Down Syndrome

DEFORESTATION:
Is to be limited.



in a foetus, but critics say the move will lead to more women choosing to abort their unborn babies if diagnosed.

Wealthier fund

THE country's sovereign wealth

fund saw substantial gains in 2016, returning 6.9 per cent or 447 billion kroner (€50 billion).

The fund benefited in the world's stock markets following the election of Donald Trump as president of the United States.

**NETHERLANDS**

Cycling city

THE annual competition to find the most bike friendly city in the Netherlands has been launched by the Dutch cyclists union Fietzersbond.

Facing deportation

CANADA could deport a Dutch man who has lived in Canada for 59 years, due to a jail sentence in his teens, under tightened legislation. He is appealing the deportation saying that he needs to care for his elderly mother in Canada.

Clubs investigated

A COMMITTEE has been set up to investigate alleged claims of sexual abuse of children within Dutch sports clubs. It will try and establish which clubs were involved, how many suffered and the type of abuse.

Crimes fall

CRIMES fell in the Netherlands for the fourth consecutive year in 2016 with the national statistics office also reporting that more people are feeling safe in their communities.

**GERMANY**

Mosque closed

THE mosque used by the Berlin Christmas market terrorist, has been closed by German authorities over its alleged links to radical Islamists.

Propaganda charges

THE arrest of a German journalist in Turkey has been condemned by human rights groups saying it is an 'assault on freedom of expression.'

The man was arrested on charges of propaganda and incitement to hatred.

Frau astronaut

GERMANY received over 400 applicants in a competition to become the country's first woman in space. The female astronaut project launched by a private human re-

sources company, now has six finalists.

Drunken actions

A MAN was fined for urinating on the Holocaust Memorial in Berlin when he was drunk. The 22 year-old said he was "ashamed" of his behaviour and was too drunk to realise what he was doing.

**DENMARK**

Child abuse

A RETIRED Danish man has confessed to ordering mass child sex abuse of children in the Philippines over a five-year period. He told a court he did it to help the victims financially.

Major promotion

WORLD famous restaurant Noma, has made a dishwasher from the Gambia a co-owner of the Copenhagen restaurant. The 62-year-old has worked in the kitchens since 2003 shortly after it opened.

Asylum rejected

PROTESTERS blocked Roskilde Airport to prevent the deportation of 10 Afghans who had their asylum rejected. The protesters said the deportations were 'morally indefensible.'

Balloon death

A DANISH tourist has died in a fall during a hot-air balloon ride in central Turkey. The man died after falling from the balloon after it made a hard landing in strong winds.

**FRANCE**

Missing or murdered?

A MURDER investigation has launched after bloodstains were found at the home of a family of four who have disappeared and not been seen since February.

Obama campaign

MORE than 42,000 people have signed an online petition linked to a poster campaign calling for Barack Obama to become the French president, despite a foreigner not being able to run in the presidential election campaign.

Farmers struggle

FRENCH farmers have politicians saying they have done little to solve the country's ongoing milk crisis with falling dairy prices meaning they struggle to make a living. An estimated 50 per cent of producers earn just €350 per month.

Mistreated models

FRENCH fashion label Balenciaga has announced it is changing its casting process and agency after claims that its casting agency mistreated girls with some branding their treatment "sadistic and cruel."

**BELGIUM**

Overweight soldiers

FIGURES from the Ministry of Health show that Belgian soldiers are overweight with an average body mass index (BMI) of 26.4 when the recommended healthy BMI is 25 or under.

Dry Feb

OVER 122,000 people in Belgium took part in the 'Tournée Minérale' and abstained from alcohol for the month of February. The dry month was organised to help raise funds for cancer research.

Changing tests

CHANGING to the driving test in Flanders means that anyone now sitting their test in the Flanders region will only be allowed to speak Dutch, French, German and English during the test.

Free wi-fi

MORE Brussels metro stations now have wi-fi facilities. Around 25 per cent of the stations now have free wi-fi although there is a time limit to how long it is free for.

**SWEDEN**

Cycle ferry

A NEW cycle ferry is operating this summer to carry cyclists across the Oresund strait between Dragor near Copenhagen, Denmark, to Limhams, near Malmö, Sweden.

Ice death

THREE people died after falling through ice on a lake in southern Sweden. After rescue services were deployed when they had not returned from a day trip, they were found with hypothermia, but later died in hospital.

Doctors needed

SWEDEN needs more doctors. Despite figures showing the number of doctors rose 10 per cent in relation to the population in 2014 compared to 2009, experts say more are needed.

Fewer killed

THE number of women killed by their partner or an ex-partner, has gone down every year since the turn of the century. That's according to a report by the Swedish Crime Prevention Council.



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Social pariah

■ PATRIARCH KIRILL, the head of Russia's Orthodox Church, has described social media such as Facebook as a disease. He lamented as a tragedy the trend of youngsters going to extraordinary lengths to win online approval from their virtual friends. Vanity is at the heart of the problem he said.

Debacle on ice

■ TWO bandy teams face punishment after intentionally scoring 20 own goals between them in the hope of losing to meet a weaker team in the play-offs. The game ended with an 11-9 victory for Baikal Energiya over Vodnik in the Russian Super League of bandy, similar to ice hockey.

Replica Reichstag

■ A REPLICA Reichstag has been built at a military theme park on the outskirts of Moscow. Children from the Russian Youth Army will be able to ransack the model Reichstag to recreate the Soviet storming of the Nazi building during the fall of Berlin in 1945.

Muslim Manchester

■ A RUSSIAN television programme raised eyebrows all the

way to England when it chastised the Manchester skyline for being 'nothing but mosques.' The remark was made on NTVnews programme 'Weekly Roundup' and has since been ridiculed by Mancunians online.

Back in the USSR

■ CONVICT Vasily Babina is thought to be the world's last Soviet citizen. He was thrown in jail for murder before the USSR collapsed in 1991 and

released in February 2017 with only his old Soviet passport. Officials want to deport him to Kazakhstan, where he was born.

Total abstinence

■ STRICT believers have embarked on a seven-week period of abstinence. Up to three million orthodox Russians are giving up meat, booze, sex, swearing and smoking to celebrate Lent. Around 2 per cent of the population follow the tough religious regime.



ROBOT ASSISTANT: To cheer up commuters.

Privet Metrosha

■ COMMUTERS on the Moscow Metro will have a friendly new robot assistant to cheer them up and help with directions. Metrosha has LED eyes and a polite tone but it's unclear how he alone can put a smile on the estimated 10 million faces venturing underground each day.

Reds plunge into the red

By John Smith

NOT just red jerseys but also red faces at Liverpool Football Club as their finances fall into the red with a pre-tax loss to May 2016, after making a £60 million (€70 million) profit the previous year.

Revenue was up, but after earning £124 million (€145 million) from the sale of Luis Suarez and Raheem Sterling to Barcelona and Manchester City respectively to boost the 2015 figures, Liverpool spent a huge amount of

£19.8 million (€23 million)

is the reported pre-tax loss made by Liverpool Football Club for the year to May 2016.

money in the following year on a number of not so successful players.

When you spend £82 million (€96 million) and receive £13 million (€15 million) back on players, it is clear that unless your new pur-

chases are particularly successful taking you into the European Championships and winning silverware, the only way financially is down.

Add to this, the compensation paid to Brendan Rodgers following the can-

cellation of his contract and it can be seen that whilst the club are not in a terrible financial position, they are not that successful and all of this emerges at a time when the team are going through a very bad losing streak.

More so than ever, most Premier League teams are owned by foreign investors who are looking for a significant financial return and there are very few clubs left with British owners who are prepared to support them just because of their love of the game.

Massive fraud in Ciudad Real

A FICTITIOUS company, set up in Tomelloso, Ciudad Real was investigated by the combined forces of the Guardia Civil, the Labour Inspection and Social Security of Ciudad Real and the National Police resulting in the arrest of 19 people.

The investigation started, when the local authorities determined that with 25 supposed workers that the company had incurred a €214,000 debt in respect of unpaid social security contributions.

It then transpired that the supposed workers had been claiming unemployment benefit to the value of €130,000 with the result that 12 Spaniards, six Romanians and one Ecuadorian have been arrested.

Quote of the Week

This is the first time I've been willing to admit that I need leadership help and I intend to get it," part of an apology by Travis Kalanick CEO of Uber the ridesharing company after swearing at one of his drivers.



Sir Philip Green may keep his knighthood



Photo by Twocom Shutterstock

SIR PHILIP GREEN: At London Fashion Week.

By John Smith

AFTER much criticism and threats concerning the possible stripping of his knighthood, Sir Philip Green has agreed to make a payment of £363 million (€426 million) to the BHS pension fund as a full settlement of his financial obligations.

Having agreed this deal, all claims by the regulator have now been withdrawn bringing the mat-

ter of payment to an end as far as Sir Philip is concerned although they will continue to pursue Dominic Chappell who purchased the firm from him.

Chairman of the House of Commons Business Select committee Iain Wright told the *Daily Mirror* that making this payment "doesn't wipe the stains from his reputation clean" adding "It's like rewarding an arsonist who put his own fire out."

» BUSINESS EXTRA

Petrol price

AS 95 Octane petrol breaks the €1.30 barrier in the Costa del Sol and appears to be continuing to rise, new self-service companies are expanding, offering fuel that is around 10c per litre cheaper. In Gibraltar however the current price is €1.03.

Google TV

GOOGLE has announced that it will launch a TV subscription service in the USA, YouTube TV where at least 40 channels will be available. Costing \$35 (€33) per month the advantage is that as many as six people can share the subscription.

Bankia staff

FOLLOWING the resignations of three serving directors named in an investigation into the Bankia share flotation, the Bank of Spain has announced that all three have now been replaced by officers who have been promoted from within.

Cheesegrater sold to Chinese

THE Leadenhall Building, in London which is affectionately known as the 'Cheesegrater' is to be sold to a Chinese investment company CC Land for a reported £1.15 billion (€1.29 billion).

This 225-metre skyscraper on 46 floors

was only completed in 2014 and reputedly receives some of the highest rents in the city.

Chinese investors are quick to purchase good properties and in this case, the sale should give a swift profit to the current owners.

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LONDON - FTSE 100

CLOSING PRICES MARCH 6

COMPANY	PRICE(P)	CHANGE(P)	% CHG.	NET VOL
Anglo American	1,253.00	-19.50	-1.53	18,369.40
Associated British Foods	2,597.50	1.50	0.06	20,726.03
Admiral Group	1,812.50	-0.50	-0.03	5,175.21
Ashtead Group	1,715.00	-6.00	-0.35	8,741.44
Antofagasta	814.25	-5.75	-0.70	8,256.55
Aviva	509.25	0.25	0.05	20,593.96
AstraZeneca	4,758.50	-22.00	-0.46	59,170.74
BAE Systems	644.25	0.75	0.12	20,281.30
Babcock International Group	916.25	-5.25	-0.57	4,734.91
Bardays	228.10	-3.30	-1.43	39,512.57
British American Tobacco	5,077.50	-29.50	-0.58	96,220.34
Barratt Developments	522.75	0.75	0.14	5,306.65
British Land Co	622.75	-0.75	-0.12	6,405.11
BHP Billiton	1,355.25	-7.25	-0.53	28,586.89
Bunzl	2,292.00	-15.00	-0.65	7,836.46
BP	459.13	-4.92	-1.06	90,499.30
Burberry Group	1,760.00	8.00	0.46	7,784.11
BT Group	334.28	1.33	0.40	32,713.10
Coca-Cola HBC	1,944.50	2.50	0.13	7,056.89
Carnival	4,408.00	-3.00	-0.07	9,606.77
Centrica	226.50	-1.20	-0.53	12,322.45
Compass Group	1,489.50	-9.50	-0.63	24,566.39
Capita Group (The)	511.75	-0.25	-0.05	3,769.35
Croda International	3,550.00	-7.00	-0.20	4,571.36
CRH	2,873.50	-11.50	-0.40	23,765.78
Convatec Group	252.05	0.95	0.38	4,749.88
Dixons Carphone	297.85	0.05	0.02	3,572.55
DCC	7,022.50	12.50	0.18	6,089.44
Diageo	2,248.75	-15.25	-0.67	57,393.62
Direct Line Insurance Group	345.90	-0.10	-0.03	4,808.38
Experian	1,603.50	-10.50	-0.65	15,271.05
easyJet	976.50	20.00	2.09	3,805.25
Fresnillo	1,396.50	-16.50	-1.17	10,854.44
GKN	376.20	1.30	0.35	6,359.16
Glencore	334.48	-3.77	-1.11	48,618.24
GlaxoSmithKline	1,676.25	-11.75	-0.70	81,831.72
Hikma Pharmaceuticals	2,104.00	-22.00	-1.03	5,212.17
Hargreaves Lansdown	1,328.50	2.50	0.19	6,332.15
Hammerson	584.00	-2.00	-0.34	4,679.81
HSBC Holdings	663.50	-4.30	-0.64	131,596.22
International Consolidtd Air Gr	549.25	5.75	1.06	11,662.57
InterContinental Hotels Group	3,818.00	-24.00	-0.62	7,630.10
3i Group	701.25	-0.75	-0.11	6,906.83
Imperial Brands	3,801.00	-12.50	-0.33	36,780.94
Informa	684.50	11.00	1.63	5,582.63
Intu Properties	282.60	-1.50	-0.53	3,872.71
Intertek Group	3,554.50	-13.50	-0.38	5,780.87
ITV	203.10	0.00	0.00	8,521.79
Johnson Matthey	3,054.50	-1.50	-0.05	5,972.44
Kingfisher	328.90	-1.40	-0.42	7,427.55

COMPANY	PRICE(P)	CHANGE(P)	% CHG.	NET VOL
Land Securities Group	1,058.50	-2.50	-0.24	8,445.14
Legal & General Group	254.20	0.10	0.04	14,988.22
Lloyds Banking Group ORD	67.99	-0.43	-0.63	49,133.68
London Stock Exchange Grp	3,101.00	-15.00	-0.48	11,003.12
Micro Focus International	2,141.00	-9.00	-0.42	4,986.93
Mediclinic International	738.50	-7.50	-1.01	5,488.78
Merlin Entertainments	485.95	-2.15	-0.44	5,051.62
Marks & Spencer Group	334.00	3.00	0.91	5,488.33
Mondi	1,916.00	-10.00	-0.52	9,254.66
Morrison (Wm) Supermarkets	245.55	1.95	0.80	5,708.05
National Grid	977.15	0.45	0.05	36,512.56
Next	3,944.00	-3.00	-0.08	5,886.67
Old Mutual Group	226.10	0.50	0.22	10,796.56
Provident Financial	2,948.00	1.00	0.03	4,362.26
Paddy Power Betfair	8,750.00	30.00	0.34	7,479.98
Prudential	1,643.25	-5.25	-0.32	42,537.62
Persimmon	2,092.00	12.00	0.58	6,633.41
Pearson	675.50	-3.00	-0.44	5,610.02
Reckitt Benckiser Group	7,335.50	-5.50	-0.07	51,463.03
Royal Bank of Scotland Group	243.20	-3.80	-1.54	28,836.75
Royal Dutch Shell	2,126.50	-11.00	-0.51	94,047.77
Royal Dutch Shell	2,228.25	-9.75	-0.44	83,430.72
RELX	1,527.00	-5.00	-0.33	16,451.62
Rio Tinto	3,306.75	-33.25	-1.00	46,829.56
Royal Mail	402.75	-1.45	-0.36	4,070.00
Rolls-Royce Group	765.75	-4.75	-0.62	14,388.74
Randgold Resources	7,395.00	90.00	1.23	6,961.09
RSA Insurance Group	597.00	0.00	0.00	6,153.35
Sainsbury (J)	262.05	0.65	0.25	5,869.54
Schroders	3,082.50	11.50	0.37	7,065.46
Sage Group (The)	645.50	0.00	0.00	7,081.03
Shire	5,027.50	-8.50	-0.17	44,777.91
Smurfit Kappa Group	2,193.50	23.50	1.08	5,166.74
Sky	996.00	-2.00	-0.20	17,164.39
Standard Life	405.15	26.65	7.04	7,350.12
Smiths Group	1,526.00	-7.00	-0.46	6,077.94
Smith & Nephew	1,218.50	-5.50	-0.45	10,722.79
SSE	1,537.00	-2.00	-0.13	15,484.77
Standard Chartered	745.40	-0.30	-0.04	24,583.99
St James's Place	1,088.50	8.50	0.79	5,675.93
Severn Trent	2,363.00	8.00	0.34	5,489.67
Tesco	187.95	-0.15	-0.08	15,544.44
TUI AG	1,131.00	-3.00	-0.26	6,721.59
Taylor Wimpey	184.05	1.05	0.57	6,074.45
Unilever	3,858.00	-1.50	-0.04	49,599.29
United Utilities Group	982.75	1.25	0.13	6,638.18
Vodafone Group	201.45	-0.75	-0.37	53,916.62
Wolseley	4,964.50	-28.50	-0.57	12,873.48
Worldpay Group	272.90	0.40	0.15	5,470.00
WPP Group	1,713.00	-46.00	-2.62	24,605.21
Whitbread	3,761.00	-10.00	-0.27	7,075.66

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CLOSING PRICES MARCH 6

COMPANY	PRICE	CHANGE	%CHANGE	VOLUME
3M	189,310	-0,31%	-0,580	112M
AMERICAN EXPRESS	79,8800	-0,27%	-0,2200	72M
APPLE	139,780	+0,59%	0,820	732M
BOEING CO	182,180	-0,44%	-0,810	111M
CATERPILLAR	95,120	+0,81%	0,760	55M
CHEVRON	113,55	+0,17%	0,19	214M
CISCO SYSTEMS	34,290	-0,29%	-0,100	171M
COCA-COLA	42,48	+0,02%	0,01	182M
DU PONT(EI) DE NMR	79,6000	-0,16%	-0,1300	68M
EXXON MOBIL	82,46	-1,01%	-0,84	342M
GENERAL ELECTRIC	30,1200	-0,23%	-0,0700	262M
GOLDMAN SACHS	252,89	+0,73%	1,83	101M
HOME DEPOT	147,8100	-0,09%	-0,1400	179M
IBM	180,05	-0,27%	-0,48	170M
INTEL CORP	35,9000	-0,03%	-0,0100	169M
J.P.MORGAN CHASE	92,8000	+0,72%	0,6600	332M
JOHNSON & JOHNSON	123,7900	+0,13%	0,1600	335M
MC DONALD'S CORP	127,9000	-0,26%	-0,3300	104M
MERCK AND CO. NEW	66,58	+0,76%	0,50	182M
MICROSOFT	64,250	+0,37%	0,240	496M
NIKE	56,70	-1,90%	-1,10	75M
PFIZER	34,5200	+0,03%	0,0100	205M
PROCTER AND GAMBLE	90,500	-0,45%	-0,410	230M
TRAVELERS CIES	124,13	-0,31%	-0,39	34M
UNITED TECHNOLOGIE	112,34	-0,31%	-0,35	90M
UNITEDHEALTH GROUP	168,20	+0,53%	0,89	159M
VERIZON COMMS	50,09	+0,22%	0,11	203M
VISA	88,79	+0,29%	0,26	165M
WAL-MART STORES	70,0300	-1,03%	-0,7300	215M
WALT DISNEY CO	111,2400	+0,59%	0,6500	175M

NASDAQ

CLOSING PRICES MARCH 6

COMPANY	PRICE	CHANGE NET / %
Most Advanced		
Alphatec Holdings, Inc.	\$ 4.58	0.68 ▲ 17.44%
Affirmed N.V.	\$ 2.50	0.35 ▲ 16.28%
SAExploration Holdings, Inc.	\$ 5.31	0.67 ▲ 14.44%
SunOpta, Inc.	\$ 6.90	0.80 ▲ 13.11%
Echelon Corporation	\$ 5.65	0.5841 ▲ 11.53%
Adaptimmune Therapeutics plc	\$ 4.61	0.44 ▲ 10.55%
The Habit Restaurants, Inc.	\$ 15.25	1.45 ▲ 10.51%
Kura Oncology, Inc.	\$ 10	0.95 ▲ 10.50%
Sundance Energy Australia Limited	\$ 10.75	1.0035 ▲ 10.30%
Foundation Medicine, Inc.	\$ 28.30	2.25 ▲ 8.64%
XBiotech Inc.	\$ 14.97	1.18 ▲ 8.56%
Most Declined		
Nutanix, Inc.	\$ 23	8.12 ▼ 26.09%
Immersion Corporation	\$ 8.58	2.11 ▼ 19.74%
SCYNEXIS, Inc.	\$ 2.70	0.57 ▼ 17.43%
Karyopharm Therapeutics Inc.	\$ 11.63	2.21 ▼ 15.97%
VisionChina Media, Inc.	\$ 2.29	0.43 ▼ 15.81%
Impax Laboratories, Inc.	\$ 8	1.35 ▼ 14.44%
MannKind Corporation	\$ 2.125	0.3115 ▼ 12.78%
Fred's, Inc.	\$ 16.30	2.02 ▼ 11.03%
Everspin Technologies, Inc.	\$ 9.01	1.02 ▼ 10.17%
Oncobiologics, Inc.	\$ 2.90	0.30 ▼ 9.38%
Intellia Therapeutics, Inc.	\$ 13.84	1.40 ▼ 9.19%

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Multi Asset Growth B GBP

Multi Asset Growth B EUR

DEALING PRICE

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£0.9644.....-£0.0002

£1.1476..... £0.0056

£1.0797..... €0.0047

£1.2865..... £0.0086

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Agent Provocateur in 'pre-pack' deal

By John Smith

NEVER one to shy away from controversy, Mike Ashley, owner of Sports Direct and a number of other businesses is said to be in the process of purchasing luxury lingerie brand Agent Provocateur much to the disgust of one of its original founders.

Joe Corr , the son of Dame Vivienne Westwood and the late Malcolm McLaren of Sex Pistols fame, co-founded Agent Provocateur in 1994 with his former wife Serena Rees and the brand currently employs some 600 people and has 11 shops in the UK.

In 2007, the couple split and at that time sold their business to private investment company 3i for a reported  60 million ( 69.5 million) and Corr  went on to become involved in other fashion and cosmetic operations from 2009, but he is clearly unhappy with the decision to allow Mike Ashley to become involved in his former company.

Known for his ability to obtain publicity, in late 2016 with the co-operation of his mother, the designer and entrepreneur arranged to burn an archive of punk memorabilia said to be worth  6 million ( 6.95 million)



AGENT PROVOCATEUR: The luxury lingerie brand.

on a barge in the River Thames.

Now he has described the sale of his former 'baby' as "a disgrace to British business" and "preposterous" and has intimated that he will take further action after previously taking le-

gal action against 3i and Ashley.

What he seems to object to is the fact that the sale is being made via a contentious financial vehicle known as a 'pre-pack administration' whereby 3i - originally founded in 1945 by the

Bank of England and various banks under a different name in order to stimulate the British economy - has allowed the sale of the company.

This type of sale means that many creditors including HM Revenue and

Customs will remain unpaid whilst a major creditor, thought to be Barclays Bank may take the majority of the revenue and Corr  believes that other 'safer' purchasers have been sidelined.

3i may well lose most of their investment but will no longer have to support the struggling brand and they argue that the decision has been made by AlixPartners, the administrators of Agent Provocateur not themselves.

The purchase is actually being made by Four Holdings, the parent company of Four Marketing, which is 25 per cent owned by Sports Direct which gives rise to the accusation that Mike Ashley who is the director of 218 companies is behind the purchase.

Whilst it would seem a strange 'bed fellow' to market besides the sporting clothes and utilitarian underwear sold in the Sports Direct shops, the owner, Mr Ashley has recently taken an interest in designer clothing brands such as French Connection.

He certainly appears to want to expand and move upmarket although there is some fear that he might just take the name and existing stock and dump everything else.

Lego NASA female pioneers

By John Smith

AFTER introducing such legendary fictional characters as Darth Vader, Harry Potter and Batman and to coincide with International Women's Day on March 8, Danish company Lego has announced that it will produce a set of NASA female pioneers.

“Once designed and manufactured, the collection is not expected to reach the markets until late in 2017 or early 2018.

As the company moves from strength to strength, it invited followers to put forward suggestions for new characters or images to add to the range and the concept of the NASA pioneers which was presented by science writer Maia Weinstock won the competition with more than 10,000 votes.

Much has been made of the previously unsung work of Afro-American mathematicians in the 1960s at NASA since it was brought into the spotlight by Oscar nominated movie Hidden Figures and one of the scientists featured in the film, Katherine Johnson will be one of the five Lego figures.



FAEMALE PIONEERS: The models which have been submitted for consideration.

The other four women being similarly 'honoured' are computer scientist Margaret Hamilton, astronauts Sally Ride and Mae Jemison and astronomer Nancy Grace Roman, all of whom are considered to have played pivotal roles in the development of the Space Agency.

The decision to proceed with the launch of these characters was announced in a video message on a Lego blog and a company spokesperson explained that they were

delighted that this concept had received so many votes.

Other candidates had ranged from The Addams Family to Japanese monster Voltron and the Large Hadron Collider and new proposals are accepted every six months with one of the latest being the Wizard of Oz.

The set will need to be designed and manufactured as part of a larger Lego NASA collection so is not expected to reach the markets until late in 2017 or early 2018.

Spain consulted over Opel sale

AS representatives of the PSA Group, makers of Citroen and Peugeot cars tour Europe to discuss their takeover of the Opel Group from US giant General Motors, they visited Spain to explain their plans to the Economy Minister De Guinos.

Partly state-owned by the French government with a large Chinese investment PSA visited the UK as there are still several thousand workers employed by Vauxhall, part of the Opel Group in Britain and are now wooing other European governments.

Car manufacture in Spain is a very useful part of the economy and Opel and PSA own three factories here employing some 13,000 staff throughout the country so the Spanish government is anxious to ensure continuity if the sale goes through.

To some extent however, there is a Catch 22 situation as although it is not easy to tool up to transfer manufacture from one factory to another, in the long term, there could be considerable savings by merging plants.

The minister however appeared fairly comfortable with the discussions that took place and believes that if the takeover does occur, then Spain will play an important part in future developments of the new company.

US firm raided by tax authorities

By John Smith

CATERPILLAR INC, an American company and the largest manufacturer of industrial machinery and trucks in the world has had three of its premises in the US raided by the authorities apparently investigating alleged tax evasion.

This follows an investigation into its Swiss subsidiary CSARL by the American authorities who accused the company of diverting funds to the semi-tax haven and supposedly saving \$2.4 billion (€2.28 billion) in tax which should have been paid going back to 2000.

An earlier senate paper suggested that having negotiated a special tax rate of 6 per cent with the Swiss government, Caterpillar regularly reported large amounts of profits earned through CSARL even though it had transferred no staff or ongoing business to the Swiss company.

There is something of a dilemma for President Trump as on one hand he pledged to make sure that American companies paid

proper tax within the USA yet on the other hand he wants to support American business and encourage a growth in employment and sales within the US.

It was just a week before the raids that the chairman of Caterpillar visited the White House to meet Donald Trump and these sudden raids suggest that there has been little co-ordination between departments.

tween departments.

Even though the Dow Jones (index of shares on Wall Street) rose to record levels, breaking 21,000 for the first time ever,

Caterpillar shares saw an immediate fall of 4.3 per cent upon release of the news of the raids.

CATERPILLAR: Largest manufacturer of trucks.



Photo Credit: Dan Fleet Wikimedia

Not as many unemployed

UNEMPLOYMENT continued to drop significantly in Spain during the last quarter of 2016 to its lowest level of 18.6 per cent and represented the lowest number of unemployed since 2009, although the fourth quarter of every year sees large numbers of seasonal jobs created which then disappear in the following month.

February figures however showed a positive result with 9,355 fewer people registered as unemployed taking the total for Spain to 3.75 million although it does appear the number who are eligible for employment has dropped as well.

According to the Ministry of Employment there are now 17,748,000 people actual registered with social security as being employed and this does not take into account those receiving cash in hand.

Overall, things are continuing to look positive although interestingly, there were 2,859 more foreign workers registered as unemployed.

Losing mental capacity whilst living abroad

by Stone King

Charlotte Macdonald

Contact me at international@stoneking.co.uk



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

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

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



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

What is an LPA?

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

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

Your attorney can be a professional,

such as a solicitor or a family member or friend.

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

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

Why should you get an LPA?

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

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

Will my LPA be recognised in Spain?

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

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

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



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Just who gives them the right?

LEAPY LEE SAYS IT
OTHERS THINK IT



IF you even bothered to watch it, I've no doubt you thoroughly enjoyed the cock up at the Oscars ceremony last week. As usual the 'stars,' who often find it impossible to connect two words without a script, were utterly tongue-tied at the mix up, producing more waffles than Dick's fast food Diner.

True to form, in their usual predictable arrogance, a number of them subsequently decided to use the opportunity to spout their knowledge of world affairs.

Why is it, that purely because they have attained success in their particular field, they automatically assume they have now earned the right to deliver their political views to all and sundry? As entertainers, theirs is primarily a profession that should help its fans to escape, not indulge in the trials and tribulations of our real, often depressing existence. Why don't they stick to what they are grossly overpaid for?

We also need to remember that most of the 'stars' of the acting industry are un-



OSCAR WINNERS: Mahershala Ali, Emma Stone, Viola Davis and Casey Affleck.

educated drop outs. High school failures, who decided that egotistic greatness was more important than educational gratifica-

tion. Hardly the qualifications that give them the right to advise us on world issues. If I want to listen to politicians I'll

“ Why don't they stick to what they are grossly overpaid for? ”

tune in to 'Politics Today' or 'PMQ.' Give us a break. They are of course often encouraged to regale us with rubbish.

I actually recall that when I achieved my 'overnight stardom,' (twinkle twinkle!), I was suddenly inundated by a whole host of media outlets for my views on just about everything; from politics to puritism. All I had actually achieved to suddenly become an authority on all these Earthly affairs, was to warble a three-minute, albeit quite catchy, tune on a bit of vinyl! Hardly a qualification to become a bottomless pit of invaluable knowledge!

Oh, and by the way, I am increasingly of the view that Trump could become one of the truly great Presidents of American history. Wot ya mean, 'practice what you preach?' I'm a columnist now, innit!

Keep the faith

Love Leapy

leapylee2002@gmail.com



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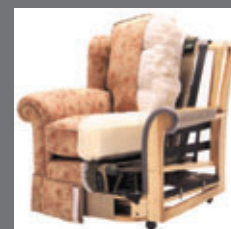
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Help support research into rare diseases

By John Smith

AS common diseases are brought under control around the world, so, the preponderance of the growing number of rare diseases becomes more obvious, but the 8,000 rare diseases that are said to exist cannot expect to raise huge amounts of funds for research.

Queen Leticia has helped to boost the campaign promoted under the heading 'Research is our hope' by meeting with sufferers, carers and researchers as it is estimated that nearly three million people in Spain are affected by some form of rare disease.

More than 300 patient groups belong to FEDER (The Spanish Association for Rare Diseases) and that group wants to stress the importance of research and believes that funds for such

research should have priority in the national budget as more research into rare diseases will allow improvements in areas such as access to diagnosis, treatments and prevention.

'DEBRA, the Butterfly Children Charity' is actively participating in the campaign by sharing and promoting it on their social media networks and through their nine charity shops across Spain. In addition the Marbella Council has accepted an invitation to join the campaign meaning that they will replicate the claims in the local government meeting therefore officially acknowledging the demand for research into rare diseases in Spain.

The skin of butterfly children can be so sensitive that the body must be wrapped in gauze to protect it from the mildest friction.

Even the brush of a bed sheet can cause a burn-like blister. Blistering also occurs internally (in the mouth, oesophagus, intestine, airways, urinary tracts and even the inside of the eyelids) leading to further suffering and serious health problems.

Butterfly skin also becomes a disability because people suffering from this condition require intensive daily care from their relatives.

They also tend to lose the use of their hands and feet due to the extent of the blistering and the retraction of the skin in these areas. Life expectancy is unfortunately short; hence the majority of its members are children.

To find out more and how you can help, visit <http://www.pieldemariposa.es>.

Advertising feature

It's never too early to plan your future

Ciudad Patricia luxury retirement apartments

WE love living in Spain, with its relaxed lifestyle, low cost of living and 300 days of glorious sunshine every year. But as we get on in years, life can become that little bit more difficult. Your luxury villa costs more and more to maintain, in fact it's just getting harder to keep up with the chores.

That spare bedroom for the family to pop over goes unused more often, and more friends are 'leaving' than coming. So, thoughts turn to moving back to the UK.

But what if there were a place where you could 'down-size,' where someone is on hand to look after all those little jobs at home, where the beautiful grounds are extensive and well kept, yet secluded and private. And most of all, you can meet new like-minded people and make new friends. Sounds like a dream, but in fact, this very paradise exists right here on the Costa Blanca.

Ciudad Patricia is a senior resort set in 100,000 square metres of beautiful woodland in the side of a hill with amazing views across the valley to the mountains. With a range of apartments to suit all,



you'll find a place just for you to relax and enjoy. You'll never feel alone, but can still retain as much independence as you like, and help is on hand for all those infuriating little things.

So many people have discovered the secret, isn't it time you did?

Well now you can because Amanda Hobbs at Ciudad Patricia is holding an Open Day where you can see for yourself and take in this glorious park. So, set a date in your diary for March 16 at 11.00am and see for yourself that it's never too early to start planning your future.

To register simply call Amanda on 673 064 288 or email ahobbs@ciudadpatricia.com. It's easy to find between Benidorm and Albir, to get directions, visit www.ciudadpatricia.com where you'll find a map.

CIUDAD PATRICIA:
A senior resort set in beautiful woodland with amazing views to the mountains.

CIUDAD PATRICIA OPEN DAY

16th March - starts 11am

It's Never Too Early To Start Planning Your Future

My name is Amanda and I will be giving the short presentation on the facilities at Ciudad Patricia. I will then after give you a guided tour of the show apartment and will be available all afternoon to answer any questions or concerns you may have.

It gives me great personal satisfaction, advising and helping many people planning and eventually making a move to Ciudad Patricia. It does not matter if you are not looking to move for a few years yet it is still worth your while to come along to our open day. You will then see first hand why so many people have made the decision to move here. How we have all the facilities in place to make your retirement living a happy one, giving you peace of mind when you need that little bit of

extra help its there.

You will never have to feel alone with so many activities going on and making new friends once you have moved here. There are many things people tell me they are worried about when they are living on their own. There is also the worry of being left on their own when their partner passes away is ... what if they had a fall and could not get up who would be there to help ?. At the open day you will then understand how it works with our on site emergency doctor which takes a little bit of that worry away.. So why not make the decision and come along to our open day. You have nothing to lose and so much to gain. I really look forward to meeting you on the day.

PROGRAMME

- 11:00 -**
ARRIVAL and COFFEE
- 11:30 -**
PRESENTATION & FILM
- 12:15 -**
TOUR OF GROUNDS &
VISIT OUR SHOW
APARTMENT
- 13:00 -**
LUNCH in RESTAURANT
(Optional - see right)

Afterwards, you can enjoy lunch at our restaurant. We've arranged a special 3-course menu for just 10€ per person including wine. We do ask that you book ahead of time by contacting ALMA either on **616 884 468** or via email to info@restauranteciudadpatricia.com. Please make all reservations before 14th March. All in all it's going to be a wonderful morning, we'll see you there!

Ciudad Patricia RESTAURANTE

STARTERS
Salad with Goatcheese and Honey Shrimp Cocktail

MAIN COURSE
Roulade of Turkey with Port Wine Sauce
Cod out of the Oven with Dill Sauce
Served with Fresh Vegetables and Fries on Mashed Potatoes

DESSERTS
Ice Cream, Fresh Fruit, Flan or Pie
10€ Incl. half a Bottle of Wine and Bread



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- Indoor/outdoor pools, mini-golf, tennis, petanca
- Restaurant, lounge, café, library, theatre, gym
- Wellness spa on-site
- Short stay 'try before you buy' scheme
- Residential Care Home
- Maintenance Man

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LATEST NEWS ON IRIS: OUR NEW BUILDING IRIS

We'll also be sharing an update on progress with our newest building - IRIS. We're nearly ready to break ground. We've already pre-sold 6 apartments. We have a reserve now and pay later plan, so it's best not to miss out.

BBC one

7:00am	Breakfast
10:15am	The Housing Enforcers
11:00am	Homes Under the Hammer
12:00pm	Heir Hunters
12:45pm	Dom on the Spot
1:15pm	Bargain Hunt
2:00pm	BBC News at One
2:30pm	BBC London News
2:45pm	Doctors
3:15pm	The Doctor Blake Mysteries
4:15pm	Escape to the Country
4:45pm	Money for Nothing
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	Would I Lie to You?
9:30pm	EastEnders
10:00pm	Britain on the Fiddle
11:00pm	BBC News at Ten
11:30pm	BBC London News
11:45pm	Question Time
12:45am	This Week
1:30am	Weather for the Week Ahead
1:35am	BBC News

BBC TWO

7:00am	Flog It! Trade Secrets
7:30am	Heir Hunters
8:15am	Money for Nothing
9:00am	An Island Parish
9:30am	Great British Railway Journeys
10:00am	Victoria Derbyshire
12:00pm	BBC Newsroom Live
1:00pm	The Daily Politics
2:00pm	Two Tribes
2:30pm	Beat the Brain
3:00pm	Building Dream Homes
3:30pm	Channel Patrol
4:15pm	Rivers with Griff Rhys Jones
5:15pm	The Hunt
6:15pm	Bargain Hunt
7:00pm	Eggheads
7:30pm	The Hairy Bikers' Comfort Food
8:00pm	Antiques Road Trip
9:00pm	The Great Pottery Throw Down
10:00pm	Brexit: Britain's Biggest Deal
11:00pm	Match of the Day
11:30pm	Newsnight
12:15am	Top Gear
1:15am	Top Gear
1:40am	Panorama
2:10am	The Real Marigold Hotel

BBC FOUR

8:00pm	100 Days
8:30pm	Top of the Pops
9:00pm	Thailand: Earth's Tropical Paradise
10:00pm	Sound Waves: The Symphony of Physics
11:00pm	Attenborough and the Giant Dinosaur
12:00am	The Nazis: A Warning From History
12:50am	World War Two: A Timewatch Guide
1:50am	Top of the Pops
2:25am	Sounds of the Eighties
2:55am	Sound of Song
3:55am	Sound Waves: The Symphony of Physics
4:55am	This is BBC Four

BBC Four is the BBC channel for people who want more.

CHANNEL 4

7:00am	Countdown
7:45am	King of Queens
8:10am	King of Queens
8:35am	King of Queens
9:00am	Everybody Loves Raymond
9:35am	Everybody Loves Raymond
10:05am	Frasier
10:35am	Frasier
11:05am	Undercover Boss USA
12:05pm	Ramsay's Kitchen Nightmares USA
1:00pm	Channel 4 News
1:05pm	A New Life in the Sun
2:05pm	Find it, Fix it, Flog it
3:10pm	Countdown
4:00pm	Fifteen to One
5:00pm	Crafts 2017
6:00pm	Couples Come Dine with Me
7:00pm	The Simpsons
7:30pm	Hollyoaks
8:00pm	Channel 4 News
8:55pm	The Political Slot
9:00pm	Crafts 2017
10:00pm	A Very British Hotel
11:00pm	Extremely British Muslims : Boys to Men
12:05am	Rich Dog, Poor Dog

CHANNEL 5

9:05am	Ben and Holly's Little Kingdom
9:15am	Digby Dragon
9:30am	Peppa Pig
9:40am	Peppa Pig
9:50am	Wissper
10:00am	Toot the Tiny Tugboat
10:15am	The Wright Stuff
12:15pm	GPS: Behind Closed Doors
1:10pm	5 News Lunchtime
1:15pm	Nightmare Tenants, Slum Landlords
2:15pm	Home and Away
2:45pm	Neighbours
3:20pm	NCIS
4:15pm	Perfect Life, Perfect Lies
6:00pm	5 News at 5
6:30pm	Neighbours
7:00pm	Home and Away
7:30pm	5 News Tonight
8:00pm	Nightmare Tenants, Slum Landlords
9:00pm	The Nightmare Neighbour Next Door
10:00pm	The Great British Benefits Handout
11:00pm	Celebrity Sex Pod
12:05am	100% Hotter!
1:00am	Super Casino
4:10am	Cruising with Jane McDonald

4

7:00am	Rude(Ish) Tube Shorts
7:10am	Made in Chelsea
8:00am	Game of Clones
8:30am	Hollyoaks
9:00am	Rules of Engagement
9:30am	Rules of Engagement
10:00am	Baby Daddy
10:30am	Baby Daddy
11:00am	Charmed
12:00pm	Charmed
1:00pm	How I Met Your Mother
2:00pm	The Goldbergs
2:30pm	The Goldbergs
3:00pm	The Big Bang Theory
3:30pm	The Big Bang Theory
4:00pm	Baby Daddy
4:30pm	Baby Daddy
5:00pm	How I Met Your Mother
6:00pm	The Goldbergs
6:30pm	The Goldbergs
7:00pm	The Big Bang Theory
7:30pm	The Big Bang Theory
8:00pm	Hollyoaks
8:30pm	Game of Clones
9:00pm	The Big Bang Theory
9:30pm	The Big Bang Theory
10:00pm	Gap Year
11:00pm	Celebs Go Dating
12:05am	Brooklyn Nine-Nine
12:35am	Brooklyn Nine-Nine

sky SPORTS 1

7:00am	Football Gold
8:00am	WWE SmackDown!
9:00am	Premier League Legends
9:30am	Premier League Legends
10:00am	Barclays Premier League World
10:30am	Premier League 100 Club
11:00am	The Premier League Years
1:00pm	Football's Greatest
1:30pm	Football's Greatest
2:00pm	Great Sporting Moments
3:00pm	Premier League Legends
4:00pm	Spanish Football Gold
4:30pm	Football Gold
5:00pm	Football's Greatest
6:00pm	Premier League 100 Club
6:30pm	Premier League Legends
7:30pm	Barclays Premier League World
8:00pm	Live Super League
11:30pm	Premier League Match Pack
12:00am	La Liga Show
12:30am	Barclays Premier League World

itv

7:00am	Good Morning Britain
9:30am	Lorraine
10:25am	The Jeremy Kyle Show
11:30am	This Morning
1:30pm	Loose Women
2:30pm	ITV Lunchtime News
2:55pm	ITV News London
3:00pm	Judge Rinder
4:00pm	The Home Game
5:00pm	Tipping Point
6:00pm	The Chase
7:00pm	ITV News London
7:30pm	ITV Evening News
8:00pm	Emmerdale
8:30pm	Buy Today, Pay Tomorrow? Tonight
9:00pm	Emmerdale
9:30pm	Harry Hill's Alien Fun Capsule
10:00pm	Prime Suspect 1973
11:00pm	The Nightly Show
11:30pm	ITV News
12:00am	ITV News London
12:15am	UEFA Europa League Highlights
1:15am	The Nightly Show
1:40am	Jackpot247
4:00am	Buy Today, Pay Tomorrow? Tonight
4:25am	ITV Nightscreen

itv2

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

itv3

7:00am	You're Only Young Twice
7:25am	Heartbeat
8:30am	Where the Heart is
9:25am	The Royal
10:25am	Judge Judy
10:55am	Judge Judy
11:50am	Inspector Morse
2:05pm	Heartbeat
3:05pm	The Royal
4:10pm	Where the Heart is
5:15pm	You're Only Young Twice
5:50pm	Doctor at Large
6:20pm	On the Buses
6:55pm	Heartbeat
8:00pm	Murder, She Wrote
9:00pm	Heartbeat
10:00pm	Rosemary and Thyme
11:00pm	A Touch of Frost
1:05am	Wycliffe
2:10am	The Knock

Classic sitcom. Stan and Jack are coerced into looking after the inspector's pets.

Detective drama series.

Drama series following the investigations of a Customs and Excise unit.

itv4

7:00am	Football Rivalries
7:15am	Gunsmoke
8:20am	The Saint
9:30am	Hogan's Heroes
10:00am	The Professionals
11:05am	Ironsides
12:05pm	Gunsmoke
1:10pm	Storage Wars Texas
1:45pm	Snooker
5:45pm	Storage Wars New York
6:15pm	Storage Wars Texas
6:45pm	Storage Wars Texas
7:10pm	Storage Wars Texas
7:45pm	Snooker
11:45pm	Dawn of the Dead
12:45am	FYI Daily
1:55am	Fishing Impossible
2:55am	Hogan's Heroes
3:25am	Hogan's Heroes
3:55am	ITV4 Nightscreen
4:00am	Teleshopping

Sitcom set in a WWII POW camp. Hogan plans to hijack a German bomber in order to destroy a refinery.

Text based information service.

Shopping from home.

sky CINEMA ACTION & ADVENTURE

8:50am	Lawrence of Arabia
12:30pm	Rocky
2:40pm	Captain America: Civil War
5:15pm	Night at the Museum
7:15pm	Charlie's Angels
9:00pm	Captain America: Civil War
11:30pm	Lucky Number Slevin
1:25am	Rocky

sky CINEMA COMEDY

7:00am	Shirley Valentine
8:55am	Pretty Woman
11:00am	Working Girl
1:00pm	Bad Neighbours 2
2:40pm	Spy
4:55pm	How to Lose a Guy in 10 Days
6:55pm	Pretty Woman
9:00pm	Bad Neighbours 2
10:40pm	Spy
1:00am	Election
2:50am	Working Girl
4:50am	Pitch Perfect 2
5:20am	Gentlemen Prefer Blondes

sky CINEMA PREMIERE

7:00am	Kicking Off
8:45am	Anguish
10:30am	The Top Ten Show 2017
10:50am	Florence Foster Jenkins
12:55pm	Imperium
3:00pm	Kicking Off
4:45pm	The Great Wall: Special
5:15pm	The Darkness
7:00pm	Florence Foster Jenkins
9:00pm	Imperium
11:00pm	Anna
12:45am	The Darkness
2:35am	The Surprise
4:30am	Anguish

When a critical decision to disallow a goal spells relegation for their beloved football team, two loyal fans decide to kidnap the referee.

A troubled teenager begins experiencing hallucinations linked to the death of other girl.

sky SPORTS 2

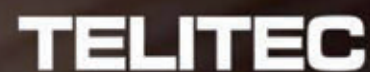
7:00am	Cricket Classics
8:00am	Cricket
9:00am	Sky Sports Years
10:00am	Cricket's Greatest
10:30am	Cricket's Greatest
11:00am	Cricket
12:00pm	Sporting Heroes
1:00pm	Cricket
2:00pm	Cricket
10:50pm	Cricket

Day two of the first Test between New Zealand and South Africa at the University Oval.

Series profiling some of the greatest cricketers of all time.

Day two of the first Test between New Zealand and South Africa at the University Oval.

Day three of the first Test as New Zealand host South Africa in Dunedin.



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BBC one

7:00am	Breakfast
10:15am	The Housing Enforcers
11:00am	Homes Under the Hammer
12:00pm	Heir Hunters
12:45pm	Dom on the Spot
1:15pm	Bargain Hunt
2:00pm	BBC News at One
2:30pm	BBC London News
2:45pm	Doctors
3:15pm	The Doctor Blake Mysteries
4:15pm	Escape to the Country
4:45pm	Money for Nothing
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	Six Nations Rugby Union
11:00pm	BBC News at Ten
11:25pm	BBC London News
11:35pm	Pirates of the Caribbean: The Curse of the Black Pearl
1:50am	The Real Marigold Hotel

BBC TWO

7:00am	Flog It! Trade Secrets
7:30am	Heir Hunters
8:15am	Money for Nothing
9:00am	Big Dreams Small Spaces
10:00am	Victoria Derbyshire
12:00pm	BBC Newsroom Live
1:00pm	The Daily Politics
2:00pm	Two Tribes
2:30pm	Beat the Brain
3:00pm	Building Dream Homes
3:30pm	Channel Patrol
4:15pm	Rivers with Griff Rhys Jones
5:15pm	The Hunt
6:15pm	Bargain Hunt
7:00pm	Eggheads
7:30pm	The Hairy Bikers' Comfort Food
8:00pm	Antiques Road Trip
9:00pm	Gardeners' World
9:30pm	Only Connect
10:00pm	The Secrets of Your Food
11:00pm	QI
11:30pm	Newsnight
12:05am	Robot Wars
1:05am	The Borderlands
2:30am	Andrew Marr: My Brain and Me

BBC FOUR

8:00pm	World News Today <i>The latest national and international news, exploring the day's events from a global perspective.</i>
8:30pm	Top of the Pops
9:00pm	The Good Old Days <i>Leonard Sachs presents the old-time entertainment show, first broadcast on 21 February 1978.</i>
10:00pm	The People's History of Pop <i>Series telling the story of pop music through fans' memories and memorabilia.</i>
11:00pm	Classic Albums
12:00am	Unfinished: The Making of Massive Attack
12:30am	Amy Winehouse in Her Own Words <i>A portrait of Amy Winehouse through interviews and performances, some previously unseen.</i>

CHANNEL 4

7:00am	Countdown
7:45am	King of Queens
8:10am	King of Queens
9:00am	Everybody Loves Raymond
9:35am	Everybody Loves Raymond
10:05am	Frasier
10:40am	Frasier
11:05am	Undercover Boss USA
12:05pm	Ramsay's Kitchen Nightmares USA
1:00pm	Channel 4 News
1:05pm	A New Life in the Sun
2:05pm	Find it, Fix it, Flog it
3:10pm	Countdown
4:00pm	Fifteen to One
5:00pm	Crufts 2017
6:00pm	Couples Come Dine with Me
7:00pm	The Simpsons
7:30pm	Hollyoaks
8:00pm	Channel 4 News
8:30pm	Crufts 2017
10:00pm	Gogglebox
11:00pm	The Last Leg
12:05am	8 Out of 10 Cats
12:55am	How'd You Get So Rich?

CHANNEL 5

8:50am	Paw Patrol
9:05am	Ben and Holly's Little Kingdom
9:15am	Digby Dragon
9:30am	Peppa Pig
9:50am	Wissper
10:00am	Toot the Tiny Tugboat
10:15am	The Wright Stuff
12:15pm	GP's: Behind Closed Doors
1:10pm	5 News Lunchtime
1:15pm	Winter Road Rescue
2:15pm	Home and Away
2:45pm	Neighbours
3:20pm	NCIS
4:20pm	10.0 Earthquake
6:00pm	5 News at 5
6:30pm	Neighbours
7:00pm	Home and Away
7:30pm	5 News Tonight
8:00pm	The Gadget Show
9:00pm	Naughty Toddlers Make You Laugh Out Loud
10:00pm	The Graham Norton Story
11:30pm	When Celebs Sing Pop... Badly
1:15am	Super Casino

4

7:10am	Made in Chelsea
8:00am	Game of Clones
8:30am	Hollyoaks
9:00am	Rules of Engagement
9:30am	Rules of Engagement
10:00am	Baby Daddy
10:30am	Baby Daddy
11:00am	Charmed
12:00pm	Charmed
1:00pm	How I Met Your Mother
2:00pm	The Goldbergs
2:30pm	The Goldbergs
3:00pm	The Big Bang Theory
3:30pm	The Big Bang Theory
4:00pm	The Big Bang Theory
4:30pm	The Big Bang Theory
5:00pm	How I Met Your Mother
6:00pm	The Goldbergs
6:30pm	The Goldbergs
7:00pm	The Big Bang Theory
7:30pm	The Big Bang Theory
8:00pm	Hollyoaks village.
8:30pm	Game of Clones
9:00pm	Unstoppable
11:00pm	Celebs Go Dating
12:05am	The Grey
2:25am	Tattoo Fixers
3:25am	Celebs Go Dating

sky SPORTS 1

8:00am	WWE Main Event
9:00am	Premier League Match Pack
9:30am	Premier League Legends
10:00am	Premier League Darts
1:00pm	La Liga Show 2016
1:30pm	Premier League Match Pack
2:00pm	Great Sporting Moments
3:00pm	Premier League Match Pack
3:30pm	Premier League Legends
4:00pm	Spanish Football Gold
4:30pm	La Liga Show 2016
5:00pm	Football's Greatest
6:00pm	Premier League 100 Club
6:30pm	Premier League Match Pack
7:00pm	The Fantasy Football Club
8:00pm	Football
11:15pm	Barclays Premier League Preview
11:45pm	The Fantasy Football Club
12:45am	Football Gold

itv

7:00am	Good Morning Britain
9:30am	Lorraine
10:25am	The Jeremy Kyle Show
11:30am	This Morning
1:30pm	Loose Women
2:30pm	ITV Lunchtime News
2:55pm	ITV News London
3:00pm	Judge Rinder
4:00pm	The Home Game
5:00pm	Tipping Point
6:00pm	The Chase
7:00pm	ITV News London
7:30pm	ITV Evening News
8:00pm	Emmerdale
8:30pm	Coronation Street
9:00pm	Schofield's South African Adventure
9:30pm	Coronation Street
10:00pm	Lethal Weapon
11:00pm	The Nightly Show
11:30pm	ITV News
12:00am	ITV News London
12:15am	Play to the Whistle
1:15am	The Nightly Show
1:40am	Jackpot247
4:00am	Storage Hoarders
4:50am	ITV Nightscreen

itv2

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

itv3

7:00am	You're Only Young Twice
7:25am	Heartbeat
8:25am	Where the Heart is
9:25am	The Royal
10:25am	Judge Judy
10:55am	Judge Judy
11:25am	Judge Judy
11:50am	Inspector Morse
2:00pm	Heartbeat
3:05pm	The Royal
4:05pm	Where the Heart is
5:10pm	You're Only Young Twice
5:50pm	Doctor at Large
6:20pm	On the Buses
6:55pm	Heartbeat
8:00pm	Murder, She Wrote
9:00pm	Doc Martin
10:00pm	Agatha Christie's Marple
12:00am	Blue Murder
1:30am	Inspector Morse
3:30am	Inspector Morse
5:20am	Rory Bremner's Great British Views

itv4

7:00am	Football's Greatest: Bobby Charlton
7:15am	Gunsmoke
8:25am	The Saint
9:30am	Hogan's Heroes
10:00am	The Professionals
11:05am	Ironsides
12:05pm	Gunsmoke
1:10pm	Storage Wars Texas
1:45pm	Snooker
5:45pm	Storage Wars New York
6:15pm	Storage Wars Texas
6:40pm	Storage Wars Texas
7:15pm	Storage Wars Texas
7:45pm	Snooker
12:15am	Born to Raise Hell
1:15am	FYI Daily
1:20am	Born to Raise Hell
2:10am	The Professionals
3:15am	Hogan's Heroes
3:50am	ITV4 Nightscreen
4:00am	Text based information service.
4:00am	Teleshopping
4:00am	Shopping from home.

sky CINEMA ACTION & ADVENTURE

8:35am	The Magnificent Seven
10:50am	Rocky II
1:00pm	Terminator Genisys
3:15pm	Deadpool
5:10pm	Charlie's Angels: Full Throttle
7:00pm	X-Men Origins: Wolverine
9:00pm	Terminator Genisys
11:10pm	Deadpool
1:05am	Rocky II

sky CINEMA COMEDY

8:45am	Pitch Perfect 2 Special
9:15am	Valentine's Day
11:25am	Steel Magnolias
1:30pm	Trainwreck
3:40pm	Bridget Jones's Diary
5:25pm	Mistress America
6:55pm	Steel Magnolias
9:00pm	Trainwreck
11:10pm	Bridget Jones's Diary
12:50am	Mistress America
2:20am	Valentine's Day
4:25am	The Top Ten Show 2017

sky CINEMA PREMIERE

7:00am	Anguish <i>Unnerving psychological horror about a troubled teenager who begins experiencing hallucinations linked to the death of another girl.</i>
8:45am	Florence Foster Jenkins
10:45am	Fences: Special
11:15am	The Darkness
1:00pm	Warcraft
3:15pm	Imperium
5:15pm	Anguish
7:00pm	Florence Foster Jenkins
9:00pm	Warcraft
11:10pm	Imperium
1:10am	Anna
2:55am	Kicking Off
4:35am	The Surprise <i>After signing an agreement with a company specialising in assisted suicides, a deeply depressed man suddenly falls in love.</i>

sky SPORTS 2

7:00am	Super Heroes: James Horwill <i>A series profiling some of the greatest players to have played in Super Rugby.</i>
7:30am	Rugby Union
11:45am	Cricket
12:45pm	Super League Gold
1:00pm	Cricket Classics
2:00pm	Fishing
2:30pm	Super League Highlights
2:45pm	Super League Gold
3:00pm	Sky Sports Years
4:00pm	Cricket
5:00pm	Cricket's Greatest
5:30pm	Cricket's Greatest
5:55pm	Rugby Union
8:05pm	Rugby Gold
8:15pm	Super League Gold
8:30pm	Live Super League
11:30pm	World Wrestling Entertainment Late Night Smackdown
1:30am	NFL
1:40am	NFL
2:00am	Football's Greatest Teams

LEGALLY SPEAKING

Tyre checks

AS part of a new series, we answer some common driving questions, 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.



TYRE TREAD: Needs to maintain grip.

TYRES are arguably one of the most important elements of a vehicle, but many drivers neglect them.

Through the intense daily wear they receive in hot and cold conditions, going over potholes and kerbs, they can become easily damaged so drivers are urged to carry out regular checks on their tyres to ensure they are in optimum conditions for safe driving. But what do you need to look out for?

Tyres must have enough tread to maintain grip, requiring a minimum tread depth of 1.6mm across the central area. At 1.6mm tread in wet weather it takes an extra two car lengths, around 8m, to stop if travelling at 50mph, compared to if the tread was 3mm.

Over or under inflated tyres will cause uneven wear on the tread which can also cause problems. An under inflated tyre can result in more wear on the edges of the tyres and over inflation could result in more wear in the centre. You should also check the tyre's pressure with most vehicles having a metal plate on or

near the driver's inside door which will indicate the optimum pressure, which is stated as PSI. Always check tyres when they are cold for an accurate reading.

There are also calls to ban the sale of used tyres amid increasing safety fears from industry professionals.

It is estimated that hundreds of thousands of vehicles on the roads of Spain are fitted with used tyres, a figure which has increased in recent years due to the financial crisis. One mainstream supplier states that 80 per cent of their business is in the sale of used, rather than new tyres. In addition, it is believed that 60 per cent of all cars over 10 years of age are fitted with used tyres.

Accident investigators say that tyres are a factor in three out of four road traffic incidents, and point out that tyre wear and tear is different on all vehicles, makes and models.

As a result, industry professionals are now lobbying for the sale of used tyres to be prohibited to ensure safer conditions for drivers.

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

Can they discount quotas?

Q. Our Community administrators give a 4 per cent discount if Community charges are paid by direct debit, which is unfair to owners who prefer to pay by other means. Does this concept go against the pre-

cept of Article 9.1 of the Horizontal Property Act, which appears to state specifically that contributions are according to the assessment quota?

L T (Costa Blanca)

A. Your Community does not go against the law. In fact, all owners are charged according to their participation share, or quota. After that, those who pay by direct debit through the bank, receive a discount of 4 per cent.

David Searl

You and the Law in Spain



The direct debit saves the Community administrators time and trouble in handling the funds. Many

Communities have voted at the AGM to use this discount system. Some even give discounts to owners who pay promptly. Those owners who choose to pay by other means or who pay late must pay the full amount of their fee.

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

Oh how I am smiling this week

Mike Senker

In my opinion

Views of a Grumpy Old Man



IT'S Sunday morning and I've just come back from a nice walk down the paseo with Mrs S and our dog whose name happens to be What What. I know it's a nutty name but he was a rescue dog and that was his name when we got him and as he was chipped and registered we kept it.

Anyway, on my walk I noticed the grua were just about to tow away a big Audi on Belgian number plates because it was parked in a disabled parking bay. So, to be honest, I've had a pretty good morning as nothing makes me happier than to see those selfish bar stewards that park in disabled bays get their comeuppance. I can just picture his face that was so smug when he parked there, not giving a toss about the fact it was a disabled bay and he was only going to be 'a minute.' Now he's standing there staring at this place where he thought he left his car, then pacing up and down because his pea size brain is now trying to remember if it was here he parked or not. Then he will realise it was and he has been towed away ... oh how I am smiling as I type this.

I've read this week that Malaga airport is

doing away with their free drop off point at departures. This, along with having to pay for parking at hospitals, is a diabolical liberty. For as many years as I can remember I have never seen a real problem at the airport. It's pretty free flowing most of the year.

Obviously late July and August it's crazy busy but even then I've never had a problem dropping off or even picking up. I'm not sure how it's going to work yet but I can't see the Spanish just accepting this, up to now free service, becoming a pay to drop off. One of the big problems is going to be that you get 15 minutes free then one second over and you have to pay.

I think this is going to cause more problems than they bargained for. I am not sure how it is going to work for disabled people that can't park and get bags and wheelchairs out in 15 minutes. Will there be wardens walking up and down or will it be a CCTV operation? If it is there are going to be murders with the rental car companies because if someone drops off someone and doesn't pay, the hire company will get charged.

They in turn will then have to charge their customer's credit card and, of course, there will be a service charge for that. Hertz charge 50 quid! I will keep you informed as I'm off to the airport on Wednesday after my 2.30pm afternoon appearance on the Selina McKenzie show on Talk Radio Europe.



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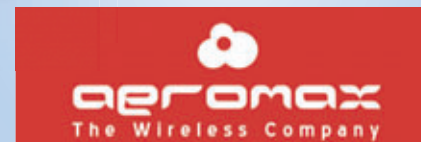
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7:00am	Breakfast	7:35am	Yellow Canary	8:00pm	Britain's Outlaws: Highwaymen, Pirates and Rogues	7:15am	Mobil 1 The Grid	7:00am	Milkshake!	7:00am	Made in Chelsea	7:00am	Football Gold
11:00am	Saturday Kitchen Live	9:10am	The Happiest Days of Your Life			7:45am	King of Queens		<i>Programming aimed at children aged two to seven years old.</i>	7:50am	Melissa and Joey	7:15am	Football Gold
12:30pm	Mary Berry Everyday			9:00pm	She-Wolves: England's Early Queens	8:10am	King of Queens	8:10am	Young and Hungry	8:10am	Young and Hungry	7:30am	Football Gold
1:00pm	Football Focus	10:30am	Coast		<i>In the medieval and Tudor world there was no question in people's minds about the order of God's creation - men ruled and women didn't.</i>	8:40am	Everybody Loves Raymond	8:40am	Everybody Loves Raymond	8:35am	Young and Hungry	7:45am	Football Gold
2:00pm	BBC News	11:00am	Natural World	10:00pm	Follow the Money	9:05am	Everybody Loves Raymond	10:55am	Teenage Mutant Ninja Turtles	9:00am	Baby Daddy	8:00am	Barclays Premier League Preview
2:10pm	Weather	12:00pm	Homes Under the Hammer	11:00pm	Follow the Money	9:30am	Frasier	11:35am	Benefits Britain: Life on the Dole	9:30am	Baby Daddy		
2:15pm	Bargain Hunt	1:00pm	Two Greedy Italians: Still Hungry	12:00am	Top of the Pops	10:00am	Frasier	12:30pm	Benefits Britain: Life on the Dole	10:00am	How I Met Your Mother	8:30am	The Fantasy Football Club
3:15pm	Escape to the Country	2:00pm	Little Paris Kitchen	12:35am	Top of the Pops	10:30am	The Big Bang Theory	1:30pm	Benefits: Yorkshire Dole	10:30am	How I Met Your Mother	9:30am	Barclays Premier League Preview
3:45pm	Kung Fu Panda	2:30pm	The Red Shoes	1:15am	People's History of Pop	11:00am	The Big Bang Theory	2:25pm	Dance Moms	11:00am	Young and Hungry	10:00am	The Fantasy Football Club
5:10pm	Final Score	4:40pm	Gardeners' World	2:15am	Blues America	11:30am	The Big Bang Theory	5:05pm	The Nightmare Neighbour Next Door	11:30am	Young and Hungry	11:00am	Soccer A.M.
6:10pm	Celebrity Mastermind	5:10pm	University Challenge	3:15am	Blues America	11:55am	The Simpsons	6:05pm	Can't Pay? We'll Take it Away!	12:00pm	Young and Hungry	12:30pm	Football
6:40pm	BBC News	5:40pm	Only Connect	4:15am	Sounds of the Eighties	12:25pm	The Simpsons	7:00pm	Can't Pay? We'll Take it Away!	2:00pm	The Goldbergs	4:00pm	Gillette Soccer Saturday
6:50pm	Regional News	6:10pm	Flog It!			1:00pm	Jamie and Jimmy's Friday Night Feast	7:00pm	Can't Pay? We'll Take it Away!	4:00pm	The Goldbergs	7:00pm	Live International Rugby
6:55pm	Weather	7:00pm	Natural World			2:00pm	Come Dine with Me	8:00pm	NCIS: Los Angeles	5:00pm	The Goldbergs	9:00pm	EFL Goals
7:00pm	Pointless	8:00pm	Natural World			4:35pm	A Place in the Sun	9:00pm	NCIS	5:30pm	Black-Ish	9:30pm	Nissan Game of the Day
7:45pm	Let's Sing and Dance for Comic Relief	9:00pm	Grand Tours of the Scottish Islands			5:35pm	Location, Location, Location	9:55pm	5 News	6:00pm	Brooklyn Nine-Nine	11:30pm	Nissan Match Choice
9:00pm	Who Dares Wins	9:30pm	Dad's Army			6:35pm	Channel 4 News	10:00pm	Football on 5	6:30pm	Brooklyn Nine-Nine	12:30am	Football
9:40pm	Casualty	10:00pm	Geri's 1990s: My Drive to Freedom			7:05pm	Dogs Behaving Badly	10:50pm	The Championship.	7:00pm	The Big Bang Theory	1:00am	Football
10:30pm	Mrs. Brown's Boys	11:00pm	Live at the Apollo			8:00pm	Crufts 2017	11:15pm	Live Boxing on 5	7:30pm	The Big Bang Theory	1:30am	Football
11:00pm	BBC News	11:45pm	L.A. Confidential			10:00pm	Room	1:10am	Super Casino	8:00pm	The Big Bang Theory	2:00am	Football
11:20pm	Match of the Day	1:55am	Taboo			12:20am	Tinker Tailor Soldier Spy	4:10am	Inside Windsor Castle	8:30pm	The Big Bang Theory	2:30am	Football
12:05am	Match of the Day: FA Cup Highlights	2:55am	Taboo							9:00pm	The Big Bang Theory	3:00am	Football
12:35am	This Country	3:55am	Rabbit Hole			2:35am	Ramsay's Kitchen Nightmares USA			9:30pm	The Big Bang Theory	3:30am	Football
1:05am	Line of Duty	5:15am	This is BBC Two Highlights of programmes on BBC Two.			3:25am	Hollyoaks Omnibus			10:00pm	Red 2	4:00am	Football
2:05am	Line of Duty					5:30am	Four in a Bed			12:15am	Gogglebox	4:30am	Football
3:05am	Weather for the Week Ahead									1:05am	Celebs Go Dating	5:00am	Football
3:10am	BBC News									2:05am	Celebs Go Dating		
										3:05am	Celebs Go Dating		

<div>itv</div>		<div>itv2</div>		<div>itv3</div>		<div>itv4</div>		<div>sky CINEMA ACTION & ADVENTURE</div>		<div>sky CINEMA PREMIERE</div>		<div>sky SPORTS 2</div>	
7:00am	CITV	7:00am	Totally Bonkers	7:00am	On the Buses	7:00am	Ironsides	7:45am	The Sorcerer's Apprentice	7:00am	Kicking Off	7:00am	Super Rugby Gold
10:25am	Alphabetical		Guinness World Records	7:25am	On the Buses	8:00am	Ax Men			8:45am	The Darkness	7:10am	Super Rugby Gold
11:25am	All Star Family Fortunes	7:10am	Emmerdale Omnibus	7:55am	Murder, She Wrote	8:55am	Fishing Impossible	9:45am	Rocky III	10:35am	The Great Wall: Special	7:20am	Super Rugby Gold
12:05pm	The Voice UK	9:40am	Coronation Street Omnibus	8:55am	The Belles of St. Trinian's	10:00am	Bundesliga	11:30am	Batman v Superman: Dawn of Justice	11:05am	Get a Job	7:30am	Rugby Union
1:25pm	ITV News and Weather	12:10pm	Ant and Dec's Saturday Night Takeaway	9:55am	FYI Daily	11:00am	ITV Racing: The Opening Show	2:10pm	The Great Escape	12:40pm	Warcraft	9:30am	Rugby Union
1:30pm	Italy v France Rugby Six Nations.	1:40pm	The Voice UK	10:00am	The Belles of St. Trinian's	12:00pm	Monster Carp	5:05pm	Mean Machine	2:55pm	Florence Foster Jenkins	11:45am	Sporting Triumphs
4:30pm	England v Scotland Rugby Six Nations.	3:00pm	You've Been Framed!	10:50am	Carry on Camping	1:00pm	Monster Carp	6:50pm	The Chronicles of Riddick	5:00pm	The Top Ten Show 2017	12:00pm	Cricket
7:30pm	Local News and Weather	3:30pm	Paul Blart: Mall Cop	11:50am	FYI Daily	2:00pm	Storage Wars New York	9:00pm	Batman v Superman: Dawn of Justice	5:20pm	Imperium	1:00pm	ATP Masters 1000-Indian Wells
7:45pm	ITV News and Weather	4:30pm	FYI Daily	11:55am	Carry on Camping	2:30pm	ITV Racing Live	11:35pm	The Great Escape	7:25pm	Get a Job	2:00pm	Rugby Union
8:00pm	Ant and Dec's Saturday Night Takeaway	4:35pm	Paul Blart: Mall Cop	12:40pm	Inspector Morse	5:00pm	The Great Outdoors				<i>Miles Teller and Anna Kendrick star as a pair of college graduates struggling to stay afloat in the cutthroat world of work. Comedy with Bryan Cranston and Alison Brie.</i>	4:00pm	Super Rugby Gold
9:30pm	The Voice UK	5:25pm	King Kong	2:55pm	Rosemary and Thyme	6:00pm	FYI Daily						<i>A chance to relive some classic Super Rugby action - here, the 2007 final between Sharks and Bulls.</i>
10:45pm	ITV News and Weather	6:30pm	King Kong	4:00pm	Agatha Christie's Marple	6:05pm	The Great Outdoors						
11:00pm	Lethal Weapon	9:00pm	Scorpion	6:00pm	Lewis	6:45pm	It's Not Rocket Science						
12:00am	Rambo: First Blood Part II	10:00pm	American Pie: The Wedding	8:00pm	Midsomer Murders		<i>Entertainment series celebrating gadgets, technology and innovation.</i>	7:00am	Hot Pursuit				
1:50am	Schofield's South African Adventures	11:00pm	FYI Daily	10:00pm	Midsomer Murders	1:00am	Wycliffe	8:30am	The Second Best Exotic Marigold Hotel				
1:55am	Jackpot247	11:05pm	American Pie: The Wedding	1:00am	Carry On Forever	2:05am	Marchlands	10:40am	Sister Act				
4:00am	Who's Doing the Dishes?	11:55pm	Family Guy	3:00am	ITV3 Nightscreen	3:30am	Teleshopping	12:30pm	The Intern	9:00pm	Warcraft		
4:50am	ITV Nightscreen	12:25am	Family Guy		<i>Innovative, value-for-money products brought directly to you at home.</i>			2:40pm	How to be Single	11:10pm	Florence Foster Jenkins		
		1:25am	American Dad!					4:35pm	In Her Shoes				
		2:25am	Release the Hounds					6:50pm	The Second Best Exotic Marigold Hotel				
								9:00pm	The Intern	1:05am	Imperium		
								11:05pm	How to be Single	3:05am	Anna		
								3:15am	Hot Pursuit	4:55am	Anguish		

7:00am	Super Rugby Gold	7:00am	Super Rugby Gold
7:10am	Super Rugby Gold	7:10am	Super Rugby Gold
7:20am	Super Rugby Gold	7:20am	Super Rugby Gold
7:30am	Rugby Union	7:30am	Rugby Union
9:30am	Rugby Union	9:30am	Rugby Union
11:45am	Sporting Triumphs	11:45am	Sporting Triumphs
12:00pm	Cricket	12:00pm	Cricket
1:00pm	ATP Masters 1000-Indian Wells	1:00pm	ATP Masters 1000-Indian Wells
2:00pm	Rugby Union	2:00pm	Rugby Union
4:00pm	Super Rugby Gold	4:00pm	Super Rugby Gold
	<i>A chance to relive some classic Super Rugby action - here, the 2007 final between Sharks and Bulls.</i>		<i>A chance to relive some classic Super Rugby action - here, the 2007 final between Sharks and Bulls.</i>
4:10pm	Rugby Union	4:10pm	Rugby Union
6:10pm	Super Rugby Gold	6:10pm	Super Rugby Gold
6:30pm	Football	6:30pm	Football
8:30pm	Spanish Football Gold	8:30pm	Spanish Football Gold
8:40pm	Football	8:40pm	Football
10:40pm	Spanish Football Gold	10:40pm	Spanish Football Gold
10:50pm	Spanish Football Gold	10:50pm	Spanish Football Gold
11:00pm	Live Fight Night International	11:00pm	Live Fight Night International
1:00am	Rugby Union	1:00am	Rugby Union

Advertising feature

Fighting the winter blues with Neater Heater

WITH winter still upon us, many people will be deciding how best to keep their homes warm. The choices seem endless, confusing, and contradictory.

There is no simple answer, or single best solution. Tony and Richard at Neater Heater have, however, got one solution that deserves serious consideration.

There are many reasons to choose electricity as your heating option. It is clean, requires no effort to maintain, and has a comparatively small installation cost.

In fact Tony and Richard claim to be able to install a five-to-seven heater system for the same price that many people pay just to have a gas bottle casita built.

But once you have decided on electricity then you have even more choices to contend with. The Neater Heater team sympathise with you, because that is exactly where they were seven years ago.

After discarding the unhealthy gas estufas, and deciding to 'Heat Electric' they tried various options -



as customers - and realised one thing.

There were no affordable good electric heaters on the market. Electric heaters tended to fall into one of the following categories.

- Very expensive (€400-€800) but make a virtue of being economical,

- Cheap to buy (but horrendously expensive to run) oil-filled heaters,

- Economical to run (but inefficient) panel heaters.

With a great stroke of luck, it was while actively looking for a heater for his son's room that Tony came across, and installed, some Norwegian BEHA convector heaters. That

NEATER HEATER DISTRIBUTORS: COSTA BLANCA NORTH

MORAIRA: S&W, The Tool Bar. Tel. 965 745 805
JAVEA: Connect 2 Spain, Javea Port. Tel. 966 460 133
CALPE: K & M's Electro Domesticos. Tel. 965 874 838
ALTEA: Leo's Superstore. Tel. 965 844 848
POLOP: Euronics. Tel. 965 870 209

Heaters also available for purchase at our online shop with free home delivery.

WWW.NEATERHEATER.ES or Tel. 634 312 171

decision was life changing.

Discovering just how good these heaters were, Tony saw a business opportunity and approached his friend Richard Winter and between them they started Neater Heater.

As Richard explains; "The beauty about Neater Heaters is that they are simple but are built to the highest quality. It also helps that they look good. They use modern, state of the art technology, such as extruded aluminium for the element, and a highly sensitive thermostat.

"This produces an affordable no-

nonsense heater that works efficiently and economically to keep your home warm through those long cold winter nights.

"Our website will let you know all about our products, and the FAQ section (Frequently Asked Questions) will hopefully clear up some questions you may have.

"It has an online shop, and also tells you the location of the outlet, or agent, nearest to you, including the details for our newest Spanish distributor in the Costa del Sol: The Bed Warehouse, Calahonda."

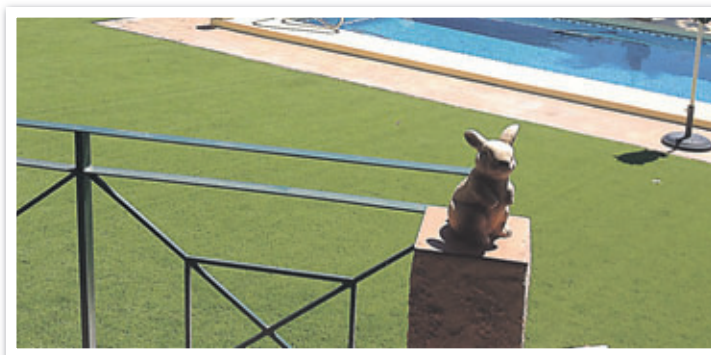
Advertising feature

For green grass all year round

EAZYLAWNS is the leading specialist in the trend for artificial grass that is taking the costas by storm. Forget 80's astro-turf and cheap-looking plastic turf, Eazylawns provides high quality artificial lawns that are so realistic no-one can tell the difference from real grass.

Eazylawns was born of necessity; A client was looking for a solution to the common problem in Spain - how to make a lawn green and keep it green. Through the business's extensive experience in garden maintenance, the team put together a programme of watering, scarifying, fertilising, hollow-tining and cutting. This method was extremely costly, time consuming and far from fool-proof.

Then they considered artificial grass. Eazylawns sourced several different types and were not impressed. Most of what they saw looked totally unrealistic and the level of service and expertise left more than a little to be desired. This inspired the team to develop its own product.



ARTIFICIAL LAWNS: So realistic no-one can tell the difference from real grass.

Eazylawns' products are produced in Spain and the business covers the Costa Blanca but also as far afield as

Valencia and Marbella. The business offers a free full consultation and quotation service and works closely

with each customer on the design and installation process. Once agreed, the installation is prompt and efficient,

leaving the site clean and tidy.

Artificial grass is safe and has a low abrasion index, providing a soft landing if there should be an accident. It is realistic and can be adapted to all areas, surfaces, uses and budgets and it comes with an eight year manufacturer's guarantee. Put simply, artificial lawns are practical, environmentally friendly, cost effective and convenient.

Added to that is the sheer quality and realistic look of this product, it really does have to be seen to be believed. So, whether it's a tennis court, putting green, communal lawn, picnic area or private garden, Eazylawns will make sure your grass is greener all year round.

In addition to artificial turf, Eazylawns offers a complete garden design service, including paths, patios, planting, irrigation systems, borders, outside lighting, and rockeries.

For further information on any of the above, call 636 102 509, email: info@eazylawns.es or visit: www.eazylawns.es.

GOOD NEWS FOR YOUR CAR 902 123 309



BBC one

7:00am	Breakfast
8:40am	Match of the Day
9:30am	Match of the Day: FA Cup Highlights
10:00am	The Andrew Marr Show
11:00am	The Big Questions
12:00pm	Sunday Politics
1:15pm	Bargain Hunt
2:15pm	BBC News
2:25pm	Weather for the Week Ahead
2:30pm	Match of the Day Live
5:00pm	Escape to the Country
6:00pm	Songs of Praise
6:35pm	BBC News
6:50pm	Regional News
6:55pm	Weather
7:00pm	The Big Painting Challenge
8:00pm	Countryfile
9:00pm	Call the Midwife
10:00pm	SS-GB
11:00pm	BBC News
11:20pm	Regional News
11:25pm	Weather
11:30pm	Match of the Day 2
12:30am	American High School

BBC TWO

7:45am	Island Parish Sark
8:15am	Around the World in 80 Gardens
9:15am	Coast
9:30am	Gardeners' World
10:00am	Countryfile
11:00am	Saturday Kitchen
12:30pm	Nigel Slater's Dish of the Day
1:00pm	Simply Nigella
1:30pm	MOTD2 Extra
2:15pm	Rivers with Griff Rhys Jones
3:15pm	Shall We Dance?
5:00pm	The House That £100k Built
6:00pm	Back to the Land with Kate Humble
7:00pm	Six Nations Rugby Special
8:00pm	Robot Wars
9:00pm	Top Gear
10:00pm	Down the Mighty River with Steve Backshall
11:00pm	Face of an Angel
12:40am	Women's Six Nations Highlights
1:10am	Taboo

BBC FOUR

8:00pm	Revolution and Romance: Musical Masters of the 19th Century
9:00pm	Dazzling Duets at the BBC
10:00pm	The Lunchbox
11:40pm	Sound Waves: The Symphony of Physics
12:40am	The Horizon Guide to Mars
1:40am	Edwardian Insects on Film
2:40am	Time Shift
3:40am	<i>Timeshift tells the story of how a traditional working-class pub game became a national obsession during the 1970s and 80s, and looks at the key role television played in elevating its larger-than-life players into household names.</i>
	Dazzling Duets at the BBC

CHANNEL 4

7:15am	King of Queens
7:40am	King of Queens
8:05am	King of Queens
8:30am	Everybody Loves Raymond
8:55am	Everybody Loves Raymond
9:25am	Frasier
9:55am	Frasier
10:30am	Sunday Brunch
1:30pm	The Simpsons
2:00pm	The Simpsons
2:30pm	Cheaper by the Dozen
4:25pm	George Clarke's Amazing Spaces
5:25pm	Location, Location, Location
6:30pm	Channel 4 News
7:00pm	Crufts 2017
9:30pm	The Jump
10:30pm	Homeland
11:30pm	War Child
12:40am	Gogglebox
1:40am	Departure
3:30am	The Last Leg
4:25am	Phil Spencer: Secret Agent

CHANNEL 5

7:00am	Milkshake!
10:55am	Teenage Mutant Ninja Turtles
11:35am	Football on 5
12:35pm	Football on 5
1:00pm	The Gadget Show
2:00pm	Are We Done Yet?
3:45pm	Big Momma's House
5:35pm	Little Nicky
7:05pm	Inside Windsor Castle
8:00pm	Inside Windsor Castle
9:00pm	The Nightmare Neighbour Next Door
9:55pm	5 News
10:00pm	Three Days to Kill
12:00am	Harry Brown
2:00am	Super Casino
4:10am	Secrets of the National Trust
5:00am	Witches: A Century of Murder
5:50am	House Doctor
	<i>Home improvement series that works its magic on neglected homes.</i>

4

7:00am	Made in Chelsea
7:50am	Melissa and Joey
8:15am	Baby Daddy
8:40am	Baby Daddy
9:10am	Black-Ish
9:40am	Hollyoaks Omnibus
12:15pm	Planet 51
2:00pm	The Jump
3:30pm	The Goldbergs
4:00pm	The Goldbergs
4:30pm	The Goldbergs
5:00pm	The Big Bang Theory
5:30pm	The Big Bang Theory
6:00pm	The Big Bang Theory
6:30pm	The Big Bang Theory
7:00pm	The Big Bang Theory
7:30pm	The Twilight Saga: Eclipse
10:00pm	Marvel's Agents of S.H.I.E.L.D.
11:00pm	Sleepy Hollow
1:10am	Celebs Go Dating
2:05am	Celebs Go Dating
3:05am	Marvel's Agents of S.H.I.E.L.D.
3:55am	Gap Year
4:55am	Hollyoaks Omnibus
	<i>A chance to catch up with all of the events and developments in Hollyoaks this week.</i>

sky SPORTS 1

7:00am	Football
7:30am	Football
8:00am	Football
8:30am	Football
9:00am	Football
9:30am	Football
10:00am	The Sunday Supplement
11:00am	Goals on Sunday
12:30pm	Football
3:30pm	Info Not Available
4:30pm	Live Nissan Super Sunday
7:30pm	Football
8:00pm	EFL Goals
8:30pm	Football
11:00pm	Football
11:30pm	Goals on Sunday
1:00am	Football
1:30am	Football
2:00am	Goals on Sunday
3:30am	The Premier League Years
5:30am	Football

itv

7:00am	CITV
10:25am	ITV News
10:30am	Countrywise
11:00am	Peston on Sunday
11:55am	Wild Australia with Ray Mears
12:25pm	Chopping Block
1:25pm	Who's Doing the Dishes?
2:25pm	ITV News and Weather
2:30pm	The Voice UK
3:45pm	Little Big Shots
4:45pm	The Chase
5:45pm	Tipping Point
6:45pm	Local News and Weather
7:00pm	ITV News and Weather
7:15pm	Harry Hill's Alien Fun Capsule
7:45pm	5 Gold Rings
8:45pm	The Voice UK
10:00pm	The Good Karma Hospital
11:00pm	ITV News and Weather
11:20pm	The Nightly Show
11:50pm	Peston on Sunday
12:50am	Rugby

itv2

7:00am	Totally Bonkers
	Guinness World Records
7:10am	You've Been Framed!
7:35am	Emmerdale Omnibus
10:10am	Coronation Street
	Omnibus
12:40pm	The Voice UK
2:00pm	Zawesome
2:05pm	Guidance
2:40pm	Fame High
3:00pm	Third Wheel
3:15pm	Third Wheel
3:30pm	L.A. Story
3:50pm	You've Been Framed!
4:20pm	You've Been Framed!
4:50pm	Ant and Dec's Saturday Night Takeaway
6:20pm	Despicable Me
7:20pm	FYI Daily
7:25pm	Despicable Me
8:15pm	Mr Bean's Holiday
9:15pm	FYI Daily
9:20pm	Mr Bean's Holiday
10:00pm	Ibiza Weekender
11:00pm	Family Guy
11:30pm	Family Guy
12:00am	Family Guy
12:30am	American Dad!

itv3

7:00am	Inspector Morse
9:00am	Heartbeat
11:05am	Murder, She Wrote
12:10pm	Blue Murder at St. Trinian's
1:10pm	FYI Daily
1:15pm	Blue Murder at St. Trinian's
2:00pm	A Touch of Frost
4:05pm	Carry on Up the Jungle
5:05pm	FYI Daily
5:10pm	Carry on Up the Jungle
6:00pm	Agatha Christie's Marple
8:00pm	Midsomer Murders
10:00pm	It'll be Alright on the Night
11:00pm	Carry On Forever
12:05am	The Constant Gardener
1:05am	FYI Daily
1:10am	The Constant Gardener
2:30am	Inspector Morse
4:20am	May the Best House Win

itv4

7:00am	British Touring Car Crashes and Smashes
7:10am	Hogan's Heroes
7:45am	Rugby 7s World Series
8:20am	The Car Chasers
8:50am	The Car Chasers
9:20am	Shed and Buried
10:20am	Storage Wars New York
10:45am	Storage Wars New York
11:15am	Storage Wars New York
11:40am	Monster Carp
12:40pm	Monster Carp
1:45pm	Snooker
6:15pm	Storage Wars Texas
6:40pm	Fishing Impossible
7:45pm	Snooker
12:15am	Lock Up
1:15am	FYI Daily
1:20am	Lock Up
2:30am	Sporting Funnies
2:45am	The Football Mavericks
3:50am	ITV4 Nightscreen
4:00am	Teleshopping

sky CINEMA ACTION & ADVENTURE

10:30am	Rocky IV
12:05pm	Star Wars: Episode VII - The Force Awakens
2:25pm	Apollo 13
4:45pm	Sherlock Holmes
7:00pm	The Huntsman: Winter's War
9:00pm	Star Wars: Episode VII - The Force Awakens
11:20pm	Hitman: Agent 47
1:00am	Max Payne
2:45am	Rocky IV

sky CINEMA COMEDY

9:05am	Mean Girls
10:50am	My Big Fat Greek Wedding 2
12:30pm	Pretty Woman
2:35pm	Pitch Perfect 2
4:35pm	Mean Girls
6:20pm	Whiskey Tango Foxtrot
8:20pm	My Big Fat Greek Wedding 2
10:00pm	Pitch Perfect 2
12:00am	Pretty Woman
2:10am	Whiskey Tango Foxtrot

sky CINEMA PREMIERE

7:00am	Anguish
8:50am	Kicking Off
10:35am	The Top Ten Show 2017
10:55am	Bravetown
1:05pm	Get a Job
2:40pm	Warcraft
4:55pm	Florence Foster Jenkins
7:00pm	Bravetown
9:00pm	Get a Job
	<i>Miles Teller and Anna Kendrick star as a pair of college graduates struggling to stay afloat in the cutthroat world of work. Comedy with Bryan Cranston and Alison Brie.</i>
10:35pm	Warcraft
12:45am	The Darkness
2:35am	Anna
4:25am	Florence Foster Jenkins

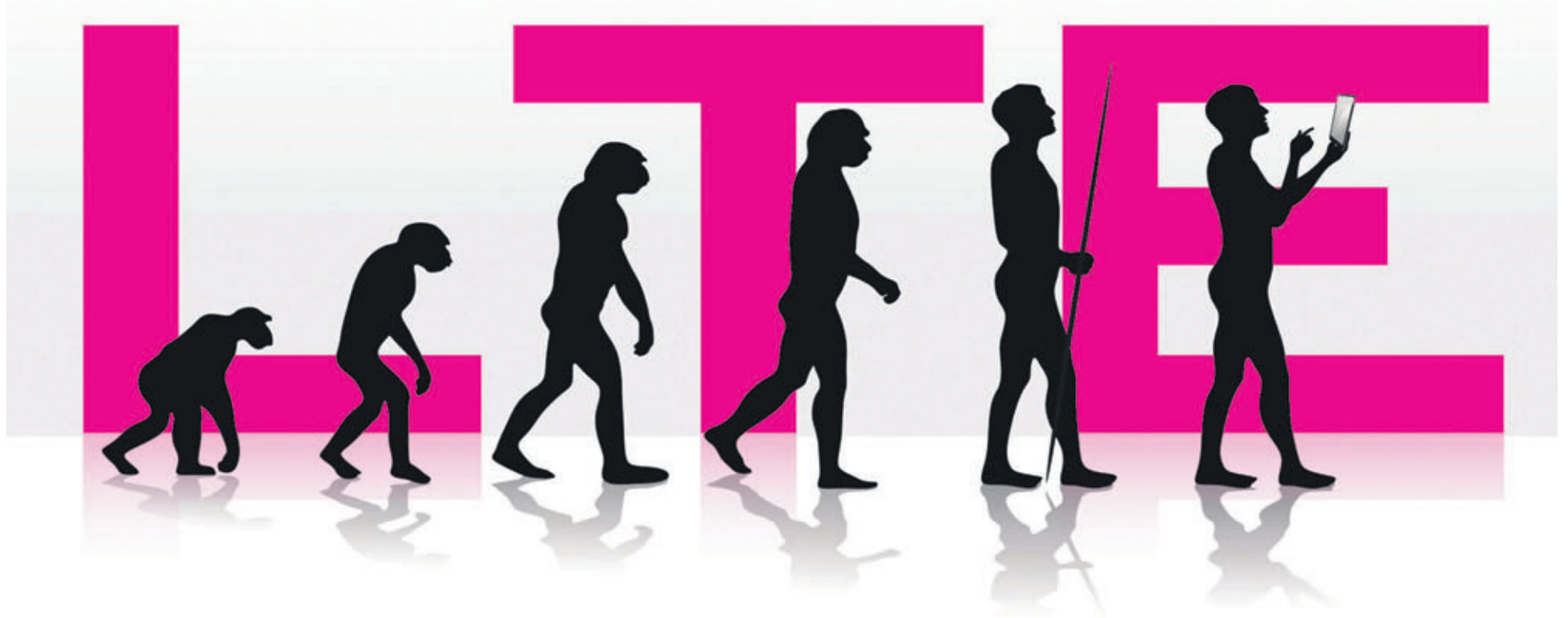
sky SPORTS 2

7:00am	Cricket Classics
8:00am	Time of Our Lives
9:00am	Cricket
10:00am	WWE SmackDown!
11:00am	Cricket's Greatest
11:25am	Cricket
12:25pm	Live Top 14
2:20pm	Spanish Football Gold
2:30pm	Cricket
3:30pm	Spanish Football Gold
3:45pm	Spanish Football Gold
4:00pm	Football
6:15pm	Football
8:30pm	Football
9:00pm	Cricket
10:00pm	Football Gold
10:05pm	Football
12:05am	World Wrestling Entertainment Late Night Raw
1:05am	World Wrestling Entertainment Late Night Smackdown
2:05am	Cricket World Cup Classics
3:05am	Sporting Rivalries
3:30am	Sporting Rivalries

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BBC one

10:15am	The Housing Enforcers
11:00am	Homes Under the Hammer
12:00pm	The Fugitives
12:45pm	Dom on the Spot
1:15pm	Bargain Hunt
2:00pm	BBC News
2:30pm	Regional News
2:45pm	Doctors
3:15pm	Escape to the Country
3:45pm	A Service of Celebration for Commonwealth Day
5:15pm	Flog It!
6:15pm	Pointless
7:00pm	BBC News
7:30pm	Regional News
8:00pm	The One Show
8:30pm	Match of the Day Live
11:00pm	BBC News
11:30pm	Regional News
11:40pm	Weather
11:45pm	Have I Got a Bit More Old News for You Extended edition of the hit political satire panel show Have I Got News For You.

BBC TWO

8:15am	Money for Nothing
9:00am	Great Interior Design Challenge
10:00am	Victoria Derbyshire
12:00pm	BBC Newsroom Live
1:00pm	The Daily Politics
2:00pm	Women's Six Nations Highlights
2:30pm	Beat the Brain
3:00pm	Building Dream Homes
3:30pm	Channel Patrol
4:15pm	Australia with Simon Reeve
5:15pm	The Hunt
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
11:00pm	Cradle to Grave
11:30pm	Newsnight Comprehensive coverage of the day's important national and international news stories.

BBC FOUR

8:00pm	100 Days
8:30pm	Reel History of Britain <i>Melvyn Bragg, accompanied by a vintage mobile cinema, travels across the country to show incredible footage preserved by the British Film Institute and other national and regional film archives, to tell the history of modern Britain.</i>
9:00pm	The Big Painting Challenge
10:00pm	Britain in Focus: A Photographic History
11:00pm	Murder in Italy - Storyville
12:25am	Brexit: Britain's Biggest Deal
1:25am	Oceans Series exploring the world's oceans.
2:25am	Art of China
3:25am	Britain in Focus: A Photographic History

CHANNEL 4

9:00am	Everybody Loves Raymond
9:35am	Everybody Loves Raymond
10:05am	Frasier
10:35am	Frasier
11:05am	Undercover Boss USA
12:00pm	Ramsay's Kitchen Nightmares USA
1:00pm	Channel 4 News
1:05pm	A New Life in the Sun
2:05pm	Posh Pawn
3:10pm	Countdown
4:00pm	Fifteen to One
5:00pm	Sun Sea and Selling Houses
6:00pm	Couples Come Dine with Me
7:00pm	The Simpsons
7:30pm	Hollyoaks
8:00pm	Channel 4 News
8:55pm	The Political Slot
9:00pm	Dispatches
9:30pm	Food Unwrapped
10:00pm	24 Hours in A and E
11:00pm	How'd You Get So Rich?
11:50pm	Tattoo Fixers
12:50am	Gap Year

CHANNEL 5

10:00am	Toot the Tiny Tugboat
10:15am	The Wright Stuff
12:15pm	GP's: Behind Closed Doors
1:10pm	5 News Lunchtime
1:15pm	Nightmare Tenants, Slum Landlords
2:15pm	Home and Away
2:45pm	Neighbours
3:15pm	NCIS US crime series.
4:15pm	Driven Underground
6:00pm	5 News at 5
6:30pm	Neighbours
7:00pm	Home and Away
7:30pm	5 News Tonight
8:00pm	World Rally Championship 2017
9:00pm	Naughty Dogs Make You Laugh Out Loud
10:00pm	Inside King's Cross: The Railway
11:00pm	Getting Away with Murder
12:05am	Sabotage
2:05am	Super CasinoSuper Casino
4:10am	GP's: Behind Closed Doors

4

9:00am	Rules of Engagement
9:30am	Rules of Engagement
10:00am	Baby Daddy
10:30am	Baby Daddy
11:00am	Charmed
12:00pm	Charmed
1:00pm	How I Met Your Mother
1:30pm	How I Met Your Mother
2:00pm	The Goldbergs
2:30pm	The Goldbergs
3:00pm	The Big Bang Theory
3:30pm	The Big Bang Theory
4:00pm	How I Met Your Mother
4:30pm	How I Met Your Mother
5:00pm	Last Man Standing
5:30pm	Last Man Standing
6:00pm	The Goldbergs
6:30pm	The Goldbergs
7:00pm	The Big Bang Theory
7:30pm	The Big Bang Theory
8:00pm	Hollyoaks
8:30pm	Game of Clones
9:00pm	The Big Bang Theory
9:30pm	The Big Bang Theory
10:00pm	To be Announced
11:00pm	First Dates Abroad
12:00am	The Big Bang Theory

sky SPORTS 1

8:00am	WWE Raw
9:00am	Goals on Sunday
10:30am	Football
11:00am	The Premier League Years
1:00pm	Football
1:30pm	Football
2:00pm	Goals on Sunday
3:30pm	Premier League Legends
4:00pm	Spanish Football Gold
4:15pm	Spanish Football Gold
4:30pm	Football
5:00pm	Football
5:30pm	Football
6:00pm	Football
6:30pm	Premier League 100 Club
7:00pm	Football Gold
7:10pm	Football
7:40pm	Football
8:10pm	Soccer AM: The Best Bits 2016/17
8:40pm	Football
10:45pm	Premier League Review 2016/17
11:45pm	Soccer AM: The Best Bits 2016/17
12:15am	Premier League Legends

itv

9:30am	Lorraine
10:25am	The Jeremy Kyle Show
11:30am	This Morning
1:30pm	Loose Women
2:30pm	ITV Lunchtime News
3:00pm	Judge Rinder
4:00pm	Dickinson's Real Deal
5:00pm	Tipping Point
6:00pm	The Chase
7:00pm	Local News and Weather All the very latest 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
11:30pm	ITV News at Ten and Weather
12:15am	The Chase
1:15am	The Nightly Show
1:40am	Jackpot247

itv2

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

itv3

8:25am	Where the Heart is
9:30am	The Royal
10:30am	Judge Judy
11:00am	Judge Judy
11:30am	Judge Judy
11:55am	Inspector Morse
2:05pm	Heartbeat
3:10pm	The Royal
4:15pm	Where the Heart is
5:20pm	You're Only Young Twice
5:50pm	Doctor at Large
6:20pm	On the Buses
6:55pm	Heartbeat
8:00pm	Murder, She Wrote
9:00pm	Doc Martin
10:00pm	Foyle's War Three-part series set in the era of the Cold War.
12:00am	Killer Women with Piers Morgan Documentary meeting some of America's most notorious female murderers.

itv4

7:00am	Gunsmoke
7:55am	The Saint
8:45am	Hogan's Heroes
9:20am	Hogan's Heroes
9:50am	The Professionals
10:50am	Ironsides
11:50am	Gunsmoke
12:55pm	Storage Wars Texas
1:25pm	Storage Wars Texas
1:55pm	The Car Chasers
2:25pm	The Car Chasers
2:55pm	Hogan's Heroes
3:25pm	Hogan's Heroes
3:55pm	Ironsides
5:00pm	The Professionals
6:00pm	The Saint
7:05pm	Storage Wars Texas
7:35pm	Storage Wars Texas
8:00pm	Rugby
9:00pm	Parking Wars
10:00pm	Get Carter
11:05pm	FYI Daily
11:10pm	Get Carter
12:10am	Bundesliga
1:10am	Rugby Anglo-Welsh Cup Highlights.
2:05am	The Professionals
3:10am	Hogan's Heroes

sky CINEMA ACTION & ADVENTURE

7:05am	Camino
8:55am	Drop Zone
10:45am	Rocky V
12:35pm	Batman
2:45pm	Fantastic Four: Rise of the Silver Surfer
4:20pm	Twister
6:15pm	Troy
9:00pm	Transformers: Revenge of the Fallen
11:40pm	Batman

sky CINEMA COMEDY

8:50am	Juno
10:30am	Ricki and the Flash
12:20pm	Welcome to Me
1:55pm	Bad Neighbours 2
3:35pm	Raising Helen
5:40pm	The First Wives Club
7:30pm	Welcome to Me
9:00pm	Bad Neighbours 2
10:40pm	The First Wives Club
12:30am	Raising Helen
2:35am	Ricki and the Flash
4:25am	Juno

sky CINEMA PREMIERE

7:00am	Imperium Tense true-life thriller about an undercover FBI agent tasked with infiltrating a neo-Nazi terrorist group.
9:05am	Bravetown
11:15am	Maggie's Plan
1:10pm	Warcraft
3:25pm	Get a Job
5:00pm	Bravetown
7:10pm	Maggie's Plan
9:00pm	Warcraft
11:10pm	Get a Job Miles Teller and Anna Kendrick star as a pair of college graduates struggling to stay afloat in the cutthroat world of work. Comedy with Bryan Cranston and Alison Brie.
12:45am	Anna
2:35am	Imperium
4:40am	Anguish

sky SPORTS 2

11:00am	Great Sporting Moments
11:45am	Great Sporting Moments
12:00pm	Cricket Classics
1:00pm	ATP Masters 1000-Indian Wells
2:00pm	Time of Our Lives
3:00pm	Sky Sports Years
4:00pm	Sporting Records
4:30pm	Sporting Records
5:00pm	ATP Masters 1000-Indian Wells
6:00pm	Sporting Greats
6:30pm	Sporting Greats
7:00pm	Sporting Triumphs
7:15pm	Sporting Triumphs
7:30pm	Cricket Gold
7:50pm	Cricket Gold
8:00pm	La Liga
8:15pm	La Liga
8:30pm	Spanish Football Gold
8:40pm	Football
10:40pm	Spanish Football Gold
10:50pm	Spanish Football Gold
11:00pm	Super League Fulltime 2017

Cassandra Nash

A weekly look

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

JUNTS PEL SI isn't a political party but a cross-party alliance that backs Catalan independence. They took less than 40 per cent of the vote in the 2015 regional elections and needed the CUP anti-system party for an overall parliamentary majority.

Although the pro-independence faction won't take 'maybe' for an answer, the same four parties are studying ways of preventing the Tribunal Constitucional, Spain's highest court, from suspending their Disconnection Law before it can be passed.

They're thinking now of rushing it through the regional parliament with just one reading in one day.

The Junts pel Si politicians are clearly obsessed with the referendum and independence which well over half of Catalans do not want. Not unlike Brexit but the other way round.

Hair's breadth

PABLO IGLESIAS has succeeded

Only disconnect



JUNTS PEL SI: Obsessed.

in shunting Iñigo Errejón in a siding so he can go ahead with his own plans for Podemos without being challenged or questioned.

His latest partner Irene Montero is now beside Iglesias on the Front Bench, but spare a thought for his former girlfriend Tania Sanchez who perches up in the parliament chamber's gods.

Errejón meanwhile sits directly

behind Iglesias and Montero where he has a good view of Iglesias' ponytail which is longer and more lustrous than his girlfriend's. No Samson and Delilah situation there, then.

Get real

PEDRO SANCHEZ, former PSOE secretary general who led the party

to its worst-ever election results, is confident of making a comeback.

He is already campaigning out in the sticks and giving the paid-up party members - aptly named 'militants' in Spanish - what they, but not necessarily PSOE voters want.

"Don't let's renounce Utopia. Socialism made the impossible possible," he urged at a recent meeting, following the words of the nostalgia songsheet.

Pablo Iglesias (no, not that one) made Spanish socialism possible. So did the people who lost their lives to it in the Thirties and still believed in it during the Franco years.

Utopia is a posh word for cloud-cuckoo-land or a fool's paradise, both of them much-travelled by Pedro Sanchez.

A cushy billet

FRANCISCO CORREA, responsible for the Gurtel corruption and kick-backs scandal, allegedly receives preferential treatment now that he is behind bars. The system is not impartial, complained the unions that represent warders and prison employees. They ain't seen nothing yet: just wait until Iñaki Urdangarin turns up.

Advertising feature

Don't paint it, Andura it

EVERY home owner on the Costa Blanca will be only too aware of the continual struggle to upkeep and retain the fresh, clean appearance of their Mediterranean home. From pool and garden care to maintaining balustrades and grills, it can be a never-ending task, but you can now remove painting your house from the 'to-do' list.

Thanks to the Andura Abroad No Need To Paint system, repetitive house painting is a thing of the past, as this specialist exterior wall coating lasts up to 10 times longer than any ordinary paint.

The system has been in place since 1979 and has been on the Costa Blanca in Spain for 25 years, transforming the exterior appearance of thousands of homes.

Andura wall coatings offer numerous benefits over standard exterior paints. The coating is made from a flexible resin allowing it to expand and contract with the building, preventing cracks and blisters. It is 10 times thicker than paint offering an unrivalled coverage and resists strong sunlight and UV rays. The coating creates an impenetrable barrier which prevents any water getting into the fabric of the building, but also allows internal moisture to escape. It prevents mould and fungus and also acts as an insula-



Before



After

tor to the building. As well as vastly improving the appearance of your property, it also adds value.

The coating comes in a standard range of 12 colours and the professional team will offer the best service possible working on your home until it is completed. The service begins with the walls being cleaned to remove dirt and loose paint, and surface imperfections are carefully treated. Doors and windows are masked up and plants and lawns are fully protected by tarpaulins before the primer and coating is applied.

Andura Abroad No Need To Paint is so confident of the long lasting finish you will obtain, they offer a guarantee of 15 years, and an insurance backed guarantee is available.

Promotional homes are currently wanted across the Costa Blanca. For nearly 20 years the company has successfully used the open house/open day promotional homes concept to promote the products and services they offer as the home owner enjoys substantial discounts on the normal cost of the Andura coating.

So for more information or to arrange a free on site survey and assessment, contact the team today.

No Need To Paint
Calle Cristo del Mar 29
Javea Port.
Calle de la Goleta 6
Denia
Grupo San Roque Los Dolores
Callosa de Segura
Tel: 659 692 540
Visit: www.noneedtopaint.com
Email: contact@noneedtopaint.com



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- Car Wash Included

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228€year

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606 684 683

BBCone

7:00am	Breakfast
10:15am	The Housing Enforcers
11:00am	Homes Under the Hammer
12:00pm	The Fugitives
12:45pm	Dom on the Spot
1:15pm	Bargain Hunt
2:00pm	BBC News
2:30pm	Regional News
2:45pm	Doctors
3:15pm	The Doctor Blake Mysteries
4:15pm	Escape to the Country
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
8:30pm	EastEnders
9:00pm	Holby City
10:00pm	The Replacement
11:00pm	BBC News
11:30pm	Regional News
11:40pm	Weather
11:45pm	Imagine...
1:00am	The Big Painting Challenge
2:00am	Line of Duty

BBC TWO

7:00am	Flog It!
7:30am	The Fugitives
8:15am	Money for Nothing
9:00am	The Big Painting Challenge
10:00am	Victoria Derbyshire
12:00pm	BBC Newsroom Live
1:00pm	The Daily Politics
2:00pm	The Super League Show
2:50pm	Countryside
3:00pm	Building Dream Homes
3:30pm	Channel Patrol
4:15pm	Australia with Simon Reeve
5:15pm	The Hunt
6:15pm	Bargain Hunt
7:00pm	Eggheads
7:30pm	The Hairy Bikers' Comfort Food
8:00pm	The Best of British Takeaways
9:00pm	Back to the Land with Kate Humble
10:00pm	1066: A Year to Conquer England
11:00pm	Inside No 9
11:30pm	Newsnight
12:10am	Weather

BBC FOUR

8:00pm	100 Days
8:30pm	Weird Nature, Puzzling Partners
9:00pm	Tales From the Royal Bedchamber
10:00pm	The Himalayas: Natural World
11:00pm	The Bridges That Built London - With Dan Cruickshank
12:00am	Calculating Ada: The Countess of Computing
1:00am	A Day in the Life of Andy Warhol
2:00am	Al Murray's Great British Spy Movies
3:00am	Ancient Greece: The Greatest Show on Earth
4:00am	The Bridges That Built London - With Dan Cruickshank

CHANNEL 4

7:00am	Countdown
7:45am	King of Queens
9:00am	Everybody Loves Raymond
9:35am	Everybody Loves Raymond
10:05am	Frasier
11:05am	Undercover Boss USA
12:00pm	Ramsay's Kitchen Nightmares USA
1:00pm	Channel 4 News
1:05pm	A New Life in the Sun
2:05pm	Posh Pawn
3:10pm	Countdown
4:00pm	Fifteen to One
5:00pm	Sun, Sea and Selling Houses
6:00pm	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
11:00pm	Catastrophe
11:35pm	This is Us
12:35am	Gogglebox

CHANNEL 5

7:00am	Milkshake!
10:15am	The Wright Stuff
12:15pm	GP's: Behind Closed Doors
1:10pm	5 News
1:15pm	The Great British Benefits Handout
2:15pm	Home and Away
2:45pm	Neighbours
3:20pm	NCIS: Los Angeles
4:20pm	Patient Killer
6:00pm	5 News
6:30pm	Neighbours
7:00pm	Home and Away
7:30pm	5 News
8:00pm	Inside King's Cross: The Railway
9:00pm	Inside Buckingham Palace
10:00pm	Secrets of the National Trust
11:00pm	Cleopatra's Dangerous Liaisons
1:05am	Secrets of the Egyptian Pyramids
2:00am	Super Casino
4:10am	Climbing the Property Ladder
5:00am	Now That's Funny!
5:45am	House Doctor

4

7:00am	Suburgatory
7:20am	Charmed
8:05am	Game of Clones
8:35am	Hollyoaks
9:05am	Rules of Engagement
9:35am	Rules of Engagement
10:00am	Baby Daddy
11:00am	Charmed
12:00pm	Charmed
1:00pm	How I Met Your Mother
2:00pm	The Goldbergs
3:00pm	The Big Bang Theory
4:00pm	How I Met Your Mother
5:00pm	Last Man Standing
5:30pm	Last Man Standing
6:00pm	The Goldbergs
6:30pm	The Goldbergs
7:00pm	The Big Bang Theory
7:30pm	The Big Bang Theory
8:00pm	Hollyoaks
8:30pm	Game of Clones
9:00pm	The Goldbergs
9:30pm	Black-ish
10:00pm	Tattoo Fixers
11:00pm	Bizarre ER
12:00am	The Big Bang Theory
12:30am	The Big Bang Theory
1:00am	First Dates Hotel
2:00am	Celebs Go Dating

sky SPORTS 1

7:00am	Football Gold
7:15am	Football Gold
7:30am	Football Gold
7:45am	Football Gold
8:00am	WWE SmackDown!
9:00am	Premier League Review
10:00am	Football Gold
10:30am	Soccer AM: The Best Bits 2016/17
11:00am	Football Gold
12:00pm	Premier League Review
1:00pm	Info Not Available
3:00pm	Fight Night Intl
5:00pm	Premier League Review
6:00pm	Premier League 100 Club
7:00pm	Premier League Review
8:00pm	Scottish Football Round Up
8:15pm	Football Gold
8:30pm	Gillette Soccer Special 2016/17
11:00pm	La Liga World
11:30pm	Scottish Football Round Up
11:45pm	Football Gold
12:00am	Premier League Review

itv

7:00am	Good Morning Britain
9:30am	Lorraine
10:25am	The Jeremy Kyle Show
11:30am	This Morning
1:30pm	ITV Lunchtime News
2:00pm	Cheltenham Festival
5:30pm	Celebrity Home Secrets
6:00pm	The Chase
7:00pm	Local News and Weather
7:30pm	ITV Evening News
8:00pm	Emmerdale
8:30pm	Britain's Busiest Motorway
9:00pm	The Secret Chef
10:00pm	Play to the Whistle
11:00pm	The Nightly Show
11:30pm	ITV News at Ten and Weather
12:15am	Prime Suspect 1973
1:15am	The Nightly Show
1:40am	Jackpot247
4:00am	Loose Women
4:50am	Nightscreen

itv2

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

itv3

7:00am	You're Only Young Twice
7:25am	Heartbeat
8:25am	Where the Heart is
9:30am	The Royal
10:30am	Judge Judy
11:00am	Judge Judy
11:30am	Judge Judy
11:55am	Inspector Morse
2:05pm	Heartbeat
3:10pm	The Royal
4:15pm	Where the Heart is
5:20pm	You're Only Young Twice
5:55pm	Doctor at Large
6:25pm	On the Buses
6:55pm	Heartbeat
8:00pm	Murder, She Wrote
9:00pm	Midsomer Murders
11:00pm	A Touch of Frost
1:10am	Inspector Morse
3:15am	ITV3 Nightscreen

itv4

7:00am	Snooker v Darts
7:05am	Gunsmoke
8:00am	The Saint
8:55am	Hogan's Heroes
9:25am	The Professionals
10:30am	ITV Racing: The Opening Show
12:00pm	Gunsmoke
1:05pm	Storage Wars Texas
1:35pm	Storage Wars Texas
2:00pm	The Car Chasers
2:30pm	The Car Chasers
3:00pm	Hogan's Heroes
4:05pm	Ironsides
5:05pm	The Professionals
6:05pm	The Saint
7:10pm	Storage Wars Texas
8:05pm	Pawn Stars
8:35pm	Pawn Stars
9:00pm	World Superbike Championship Highlights
10:00pm	Benidorm
11:05pm	Lethal Weapon
12:05am	Jaws 2

sky CINEMA ACTION & ADVENTURE

11:00am	Rocky Balboa
12:50pm	Ant-Man
2:50pm	The League of Extraordinary Gentlemen
4:50pm	Platoon
7:00pm	Fantastic Four
9:00pm	Ant-Man
11:00pm	Batman Returns
1:10am	Batman Forever
3:20am	Bloodsport
5:00am	The Comancheros

sky CINEMA COMEDY

10:10am	Sister Act
12:00pm	Grandma
1:25pm	Sisters
3:30pm	Bridget Jones's Diary
5:15pm	In Her Shoes
7:30pm	Grandma
9:00pm	Bridget Jones's Diary
10:45pm	Sisters
12:45am	Valentine's Day
2:55am	In Her Shoes
5:10am	Sister Act

sky CINEMA PREMIERE

7:00am	Get a Job
8:35am	Bravetown
	<i>After a run-in with the law an aspiring DJ is shipped off to the small town that's home to his estranged dad and a beautiful school dance captain.</i>
10:45am	Fences: Special
11:15am	Warcraft
1:30pm	Maggie's Plan
3:30pm	Awkward Sexy People
5:25pm	Get a Job
7:00pm	Bravetown
9:00pm	Warcraft
11:10pm	Awkward Sexy People
1:00am	Maggie's Plan
2:55am	Anna
4:45am	The Darkness

sky SPORTS 2

7:00am	Cricket Classics
8:00am	Time of Our Lives
9:00am	Super League Fulltime 2017
9:30am	Super League Gold
10:00am	Cricket's Greatest
11:00am	Great Sporting Moments
12:00pm	Cricket Classics
1:00pm	Super League Fulltime 2017
1:30pm	Super League Gold
2:00pm	Sporting Records
3:00pm	Sky Sports Years
4:00pm	Super League Fulltime 2017
4:30pm	ATP Masters 1000-Indian Wells
5:30pm	Cricket's Greatest
6:00pm	Super League Fulltime 2017
6:30pm	Super League Gold
6:45pm	Super League Gold
7:00pm	Top 14 Highlights
7:30pm	Super League Fulltime 2017
8:00pm	Info Not Available
10:00pm	Fight Night Intl
12:00am	Top 14 Highlights
12:30am	Ashes Best Days

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

The pros and cons of Leapy

Hi Leapy

Just got back to the UK after a couple of months in Denia. Always pleased to find a copy of *Euro Weekly*, with your lively column.

But Blair is too easy a target. The broader point is that lawyers ('proven lawyers' according to my Private Eye) are trained to take either side in any case - hence Blair could just as well have been a Tory. And the even broader point is that about 25 per cent of MPs making our laws are... lawyers.

Keep up the good work.

Rodrigo, UK

Hi Leapy

Your article in *EWN* today is ridiculous on a number of levels - but is actually dangerous in that it basically says every-

thing I don't like or believe has to be 'fake news.' Controlling the media is where all dictators start eg 1930s Germany.

I don't know which media outlets you read from here but in the UK, the far right media is the dominant voice. So much so that the *Express* and *Mail* have been censured recently for their vitriolic hate speech, particularly regarding the EU and immigrants. As an immigrant yourself and presumably a happy EU resident of Spain - do you not see the total hypocrisy of your article?

In addition, your comment that 'immigrants rioting on the streets of Brussels, France, Sweden and Germany' - really? - you have just yourself at the very least embellished or at worst made up 'fake news.'

If you like Trump and his twisted view of the world so much, maybe you should be an immigrant there... good luck with that!

For a more realistic view of life here in Spain, you should read your fellow columnist Nicole King this week.

Neil, UK resident and regular visitor to Costa Mijas

Malaga airport

I READ with interest Matthew Elliott's article in issue 1652 re the absurd arrangements now imposed by AENA on motorists dropping off or collecting passengers. AENA say it is to encourage people to use oth-

er drop off points, where would that be? In front of the San Miguel brewery!

People could get the train from Plaza Mayor I suppose but the reality is not everyone knows about this.

Let's put this into reality, a driver with an adult and two young children, prams etc needs to pull up in front of departures otherwise it becomes more time consuming and impractical.

I had to drop off family for a long distance flight the other day, we put the car in the express parking and in no time at all it cost us €5.70. That is an abuse and yet again another cost put on the traveller. Aren't we supposed to be encouraging people to come here?

Robert, Costa del Sol.

COMMENTS from EWN Online

» Heseltine and Brexit

SAYA SENDIRI was correct in saying that many UK nationals living in the EU did not have the right to vote in the referendum (was this democratic I ask). The May government seem to have totally forgotten us expats who are really living in limbo at this moment with respect to how we are to live and work.

I have to admit, I like the idea, but it seems just an idea, that UK citizens in the EU could be offered a form of EU passport but this seems a distant solution to the problem. I think it is time for UK expats to form an association to protect what rights we will have left by the time Brexit has happened.

With regards to the UK, why does this nation screw everything up for everybody in every way possible.

Ken in Austria

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 it's 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

» EU citizen rights

THANK you John for bringing this news to the attention of the *EWN* readership so quickly. As always, you have written the article with great care and attention to detail, trying to sift through the claims and counter claims and get to the truth. Not an easy task these days.

I've been following the developments myself. I watched Amber Rudd with great concern on Robert Peston's programme on Sunday morning. If the apparent intentions of the UK government turn out to be true then we could be in deep trouble in a matter of weeks. Just imagine the reaction of EU governments like Spain's if their citizens are banned so soon from settling in the UK or restricted in terms of health care and welfare. While this may only apply to newcomers, at least initially, it could be regarded as provocation leading to disproportionate retaliation.

Tit for tat might not even begin to describe the possible outcome.

Brian Eagleson

» Malaga airport

ABSURD... If they organised sufficient short stay, drop off / pick up parking spaces at the design stage when building their fancy extensions - they'd not be bleating about overcrowding. They never seem to get it right from the start...

Dave

» Gay lights

A DISGUSTING waste of money! Surely the money paid out for this outrage could have been spent on something more useful. Whoever came up with this idea should be sacked. I am sick and tired of seeing these q....s forcing their way into everyone's lives. It's disgraceful.

Roy Peters

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

Chalk and cheese

“NO-ONE can accuse the *EWN* of bias judging by the opposite opinions written by Messrs Senker and Lea. Total contrasting views on Trump's decision to ban certain media from his White House press conferences.

It's obvious which piece is correct and which is indicative of a man who is infatuated by a billionaire who has conned so many gullible yanks and most of the British government including good old Boris (sorry can't call him anything else).

Mike wins this argument hands down. You can't just court publicity when it suits Mr Trump. Hitler started with the press, radio stations and the public burning of books. Not for a minute do I think Trump is that ex-



Crown Copyright Jay Allen

» MEDIA BAN: Free speech is everything in my book.

treme, but free speech is everything in my book.

The paranoid Prez keeps droning on regarding lies, lies and more lies, yet he points to Sweden and the goings on there which the Swedish government immediately asked him to clarify, what goings on?? Where

did Mr Trump's bombshell scoop originate? Fox News, allegedly. Classic.

Mike's bet regarding the time-scale of his White House occupancy? Wouldn't touch it with a barge pole.

Philip, San Fulgencio

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

BBC one

7:00am	Breakfast
10:15am	The Housing Enforcers
11:00am	Homes Under the Hammer
12:00pm	The Fugitives
12:45pm	Dom on the Spot
1:15pm	Bargain Hunt
2:00pm	BBC News
2:30pm	Regional News
2:45pm	Doctors
3:15pm	The Doctor Blake Mysteries
4:15pm	Escape to the Country
4:45pm	Money for Nothing
5:30pm	Flog It!
6:15pm	Pointless
7:00pm	BBC News
7:25pm	Regional News
8:00pm	The One Show
9:00pm	The Sheriffs are Coming
10:00pm	The Real Marigold Hotel
11:00pm	BBC News
11:30pm	Regional News
11:40pm	Weather
11:45pm	Peter Kay's Car Share
12:15am	A Question of Sport
12:45am	Who Do You Think You Are?

BBC TWO

7:00am	Flog It!
7:30am	The Fugitives
8:15am	Money for Nothing
9:00am	Sicily: The Wonder of the Mediterranean
10:00am	Victoria Derbyshire
12:00pm	BBC Newsroom Live
12:30pm	The Daily Politics
2:00pm	Two Tribes
2:30pm	Beat the Brain
3:00pm	Building Dream Homes
3:30pm	Channel Patrol
4:15pm	Australia with Simon Reeve
5:15pm	The Hunt
6:15pm	Bargain Hunt
7:00pm	Eggheads
7:30pm	The Hairy Bikers' Comfort Food
8:00pm	Antiques Road Trip
9:00pm	The House That £100k Built
10:00pm	Incredible Medicine: Dr Weston's Casebook
11:00pm	Mock the Week
11:30pm	Newsnight
12:10am	Weather
12:15am	Brexit: Britain's Biggest Deal
1:15am	1066: A Year to Conquer England

BBC FOUR

8:00pm	100 Days
8:30pm	Reel History of Britain
	<i>Melvyn Bragg, accompanied by a vintage mobile cinema, travels across the country to show incredible footage preserved by the British Film Institute and other national and regional film archives, to tell the history of modern Britain.</i>
9:00pm	Canals: The Making of a Nation
9:30pm	What Do Artists Do All Day?
10:00pm	Smile! The Nation's Family Album
11:00pm	On Camera: Photographers at the BBC
12:00am	We'll Take Manhattan
1:30am	Imagine...
2:45am	Wild China
3:45am	Smile! The Nation's Family Album

CHANNEL 4

9:00am	Everybody Loves Raymond
9:35am	Everybody Loves Raymond
10:05am	Frasier
10:35am	Frasier
11:05am	Undercover Boss USA
12:00pm	Ramsay's Kitchen Nightmares USA
1:00pm	Channel 4 News
1:05pm	A New Life in the Sun
2:05pm	Posh Pawn
3:10pm	Countdown
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5:00pm	Sun, Sea and Selling Houses
6:00pm	Couples Come Dine with Me
7:00pm	The Simpsons
7:30pm	Hollyoaks
8:00pm	Channel 4 News
8:55pm	The Political Slot
9:00pm	Hidden Restaurants with Michel Roux Jr
10:00pm	The Royal House of Windsor
11:00pm	The Man on the Moor
12:00am	24 Hours in A and E
1:00am	Mutiny

CHANNEL 5

7:00am	Milkshake!
10:15am	The Wright Stuff
12:15pm	GP's: Behind Closed Doors
1:10pm	5 News
1:15pm	The Gadget Show
2:15pm	Home and Away
2:45pm	Neighbours
3:15pm	NCIS
4:15pm	Strangers in Amish Country
6:00pm	5 News
6:30pm	Neighbours
7:00pm	Home and Away
7:30pm	5 News
8:00pm	Ancient Mysteries
9:00pm	GP's: Behind Closed Doors
10:00pm	Nightmare Tenants, Slum Landlords
11:00pm	Can't Pay? We'll Take it Away!
12:05am	The Nightmare Neighbour Next Door
1:05am	Benefits Britain: Life on the Dole
2:00am	Super Casino
4:10am	Celebrity Sex Pod
5:00am	Now That's Funny!
5:45am	House Doctor

4

9:05am	Rules of Engagement
9:35am	Rules of Engagement
10:00am	Baby Daddy
10:30am	Baby Daddy
11:00am	Charmed
12:00pm	Charmed
1:00pm	How I Met Your Mother
1:30pm	How I Met Your Mother
2:00pm	The Goldbergs
2:30pm	The Goldbergs
3:00pm	The Big Bang Theory
3:30pm	The Big Bang Theory
4:00pm	How I Met Your Mother
4:30pm	How I Met Your Mother
5:00pm	How I Met Your Mother
5:30pm	How I Met Your Mother
6:00pm	The Goldbergs
6:30pm	The Goldbergs
7:00pm	The Big Bang Theory
7:30pm	The Big Bang Theory
8:00pm	Hollyoaks
8:30pm	Game of Clones
9:00pm	The Big Bang Theory
9:30pm	The Big Bang Theory
10:00pm	Timeless
11:00pm	Supernatural
12:00am	The Big Bang Theory

sky SPORTS 1

9:00am	Premier League Legends
9:30am	Premier League Legends
10:00am	Premier League 100 Club
10:30am	Premier League 100 Club
11:00am	The Premier League Years
1:00pm	Premier League Review
2:00pm	Great Sporting Moments
2:30pm	Great Sporting Moments
2:45pm	Great Sporting Moments
3:00pm	Premier League Legends
3:30pm	Premier League Legends
4:00pm	Spanish Football Gold
4:15pm	Spanish Football Gold
4:30pm	Football Gold
4:45pm	Football Gold
5:00pm	Premier League Review
6:00pm	ATP Masters 1000-Indian Wells
7:00pm	Live ATP Masters 1000-Indian Wells

itv

7:00am	Good Morning Britain
9:30am	Lorraine
10:25am	The Jeremy Kyle Show
11:30am	This Morning
1:30pm	ITV Lunchtime News
2:00pm	Cheltenham Festival
5:30pm	ITV Racing.
	Celebrity Home Secrets
6:00pm	The Chase
7:00pm	Local News and Weather
7:30pm	ITV Evening News
8:00pm	Emmerdale
8:30pm	Coronation Street
9:00pm	Little Big Shots
10:00pm	Benidorm
11:00pm	The Nightly Show
11:30pm	ITV News at Ten and Weather
12:15am	UEFA Champions League Highlights
	<i>Highlights of the latest UEFA Champions League action.</i>
1:15am	The Nightly Show
1:40am	Jackpot247
4:00am	1000 Heartbeats
4:50am	Nightscreen

itv2

7:00am	You've Been Framed!
7:25am	Who's Doing the Dishes?
8:15am	The Ellen DeGeneres Show
9:00am	Emmerdale
9:30am	You've Been Framed!
10:00am	You've Been Framed!
10:35am	Psych
11:25am	Scorpion
12:25pm	Who's Doing the Dishes?
1:25pm	Emmerdale
1:55pm	You've Been Framed!
3:00pm	The Ellen DeGeneres Show
3:50pm	The Jeremy Kyle Show
4:55pm	The Jeremy Kyle Show
6:00pm	Judge Rinder
7:00pm	You've Been Framed!
7:30pm	You've Been Framed!
8:00pm	You've Been Framed!
8:30pm	You've Been Framed!
9:00pm	Two and a Half Men
9:30pm	Two and a Half Men
10:00pm	The 40 Year Old Virgin
11:00pm	FYI Daily
11:05pm	The 40 Year Old Virgin
12:25am	Family Guy

itv3

7:00am	You're Only Young Twice
7:25am	Heartbeat
8:25am	Where the Heart is
9:30am	The Royal
10:30am	Judge Judy
11:00am	Judge Judy
11:30am	Judge Judy
11:55am	Inspector Morse
2:05pm	Heartbeat
	<i>Drama, set in the North Yorkshire moors in the 1960's.</i>
3:10pm	The Royal
4:15pm	Where the Heart is
5:15pm	You're Only Young Twice
5:50pm	Doctor at Large
6:20pm	On the Buses
	<i>This bold, bawdy and brash sitcom hit British screens in 1969.</i>
6:55pm	Heartbeat
8:00pm	Murder, She Wrote
9:00pm	Lewis
11:00pm	A Touch of Frost
1:10am	Inspector Morse
3:10am	ITV3 Nightscreen
	<i>Text-based information service.</i>
3:30am	Teleshopping

itv4

7:00am	Sporting Funnies
7:10am	Gunsmoke
8:05am	The Saint
8:55am	Hogan's Heroes
9:25am	The Professionals
10:30am	ITV Racing: The Opening Show
12:00pm	Gunsmoke
1:05pm	Storage Wars Texas
1:35pm	Storage Wars Texas
2:00pm	Pawn Stars
2:30pm	Pawn Stars
2:55pm	Hogan's Heroes
3:30pm	Hogan's Heroes
4:00pm	Ironsides
5:05pm	The Professionals
6:05pm	The Saint
7:05pm	Counting Cars
7:35pm	Counting Cars
8:05pm	Pawn Stars
8:35pm	Pawn Stars
9:00pm	River Monsters
10:05pm	GoldenEye
11:10pm	FYI Daily
11:15pm	GoldenEye
12:45am	Lethal Weapon
1:45am	RoboCop
2:45am	FYI Daily
2:50am	RoboCop
3:40am	British Touring Car Crashes and Smashes
3:50am	ITV4 Nightscreen

sky CINEMA ACTION & ADVENTURE

7:00am	Masters of the Universe
8:50am	Tomorrowland
11:00am	Spy
1:15pm	Dante's Peak
3:10pm	Days of Thunder
5:10pm	Rocky
7:20pm	Hitman
9:00pm	Spy
11:15pm	Once Upon a Time in Mexico
1:00am	Rocky
3:05am	12 Rounds
5:00am	Maverick

sky CINEMA COMEDY

9:15am	Hot Pursuit
10:50am	Mean Girls
12:35pm	Pitch Perfect 2
1:05pm	The Second Best Exotic Marigold Hotel
3:15pm	Trainwreck
5:25pm	Hot Pursuit
7:00pm	27 Dresses
9:00pm	The Second Best Exotic Marigold Hotel
11:05pm	Trainwreck
1:10am	27 Dresses

sky CINEMA PREMIERE

7:00am	Bravetown
	<i>After a run-in with the law an aspiring DJ is shipped off to the small town that's home to his estranged dad and a beautiful school dance captain.</i>
9:10am	Awkward Sexy People
11:05am	Get a Job
12:40pm	The Lego Batman Movie: Special
1:10pm	Warcraft
3:25pm	Bravetown
5:35pm	Maggie's Plan
7:25pm	Get a Job
9:00pm	Warcraft
11:10pm	The Commune
1:10am	Awkward Sexy People
2:55am	Anna
4:40am	Maggie's Plan
	<i>Offbeat rom-com about a young New Yorker whose plan to have a kid on her own is derailed when she falls for a married man.</i>

sky SPORTS 2

8:00am	Cricket Classics
9:00am	Sky Sports Years
10:00am	Cricket's Greatest
10:30am	Cricket's Greatest
11:00am	Great Sporting Moments
11:15am	Great Sporting Moments
11:30am	Great Sporting Moments
11:45am	Great Sporting Moments
12:00pm	Sporting Heroes
1:00pm	Sporting Rivalries
1:30pm	Sporting Rivalries
2:00pm	Time of Our Lives
3:00pm	Cricket's Greatest
3:30pm	Cricket's Greatest
4:00pm	Sporting Records
4:30pm	Sporting Records
5:00pm	Cricket's Greatest
5:30pm	Cricket's Greatest
6:00pm	Sporting Greats
6:30pm	Sporting Greats
7:00pm	Boxing Gold
8:00pm	Barclays Premier League World
8:30pm	Boxing Gold
9:00pm	Boxing
11:00pm	Boxing Gold
11:30pm	Revista de la Liga
12:00am	Premier League 100 Club

Trump this! The Donald on women's looks and bodies

Nora Johnson

Breaking Views

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



IF you could see inside my head, you'd find some profoundly insightful thoughts about the rise of the far right in European politics. Before you got there, though, you'd find the following: Donald Trump's recent edict that White House female employees "dress like women."

Now Trump's always made it clear he judges women by their looks. Being interviewed by a female journalist was fine, he once said, "as long as you've got a young and beautiful piece of ass" - no ifs or butts about it! When he bought the Miss USA beauty pageant in 1997, he vowed to get "the bathing suits to be smaller and the heels higher."

High heels, low-cut tops, trousers, dresses: all have a place in a woman's wardrobe. But they're fashion, not weapons. They should never be used as such by someone pontificating about what oth-



RECENT EDICT: Donald Trump insists White House female employees 'dress like women.'

ers must wear. Let's comfort ourselves imagining The Donald himself in a 'smaller' swimsuit with even 'higher' heels. Ugh!

And if that weren't enough, we women will soon be instructed by the media how to 'tackle'

our holiday wardrobe. How hard can it be to sling bikinis, shorts, t-shirts, dresses into a suitcase? No 'tackling' required. Similarly, when 'tackling' the latest fashions, the best plan of action is: try on item. If it suits, wear it, if it doesn't, don't. Noth-

ing that's nipped in or sticky-out or hard to sit down in or walk in. Problem solved. No further 'tackling' required.

(All the above fashion items available from my online store: www.wesawyoucoming.com. And for an additional discount, please quote code: ONEBORNEVERYMINUTE.)

Are we women so daft as to believe all this fashion guff? Hemlines up, hemlines down; walk about in rags showing our underwear and some idiot somewhere will tell us 'it's the latest trend!' and we fall for it every three months. Talk about Emperor's clothes.

We've had slip dresses, now it's pyjamas. Problem is, they still look like pyjamas whatever they're made of or whatever they cost, and would be considered best accessorised with a straitjacket in the village where I grew up.

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

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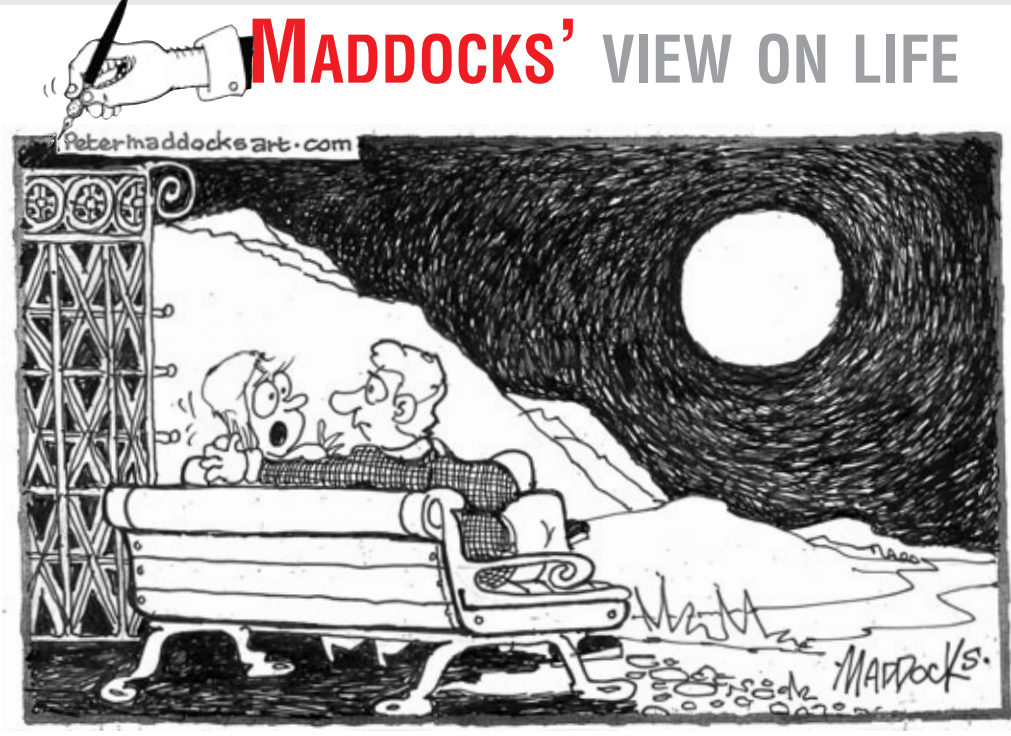
Kakuro

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 SOLUTION

	3	6		7	5
3	2	1	4	1	3
15	1	5	3	4	2
		3	1	2	
		7			
	3	6	2	4	7
15	1	4	2	5	3
3	2	1	3	2	1

	5	9	21	7	3
15					
16					
		3			
				6	
	10	6	5		
15					4
17					



'WHEN YOU SAID LET'S GO AND SEE MOONLIGHT - I WISH I HAD SAID
I WOULD PREFER SINGING AND DANCING LALA LAND!'

LOTTERY

UK NATIONAL LOTTERY
Saturday March 04

24	38	39	BONUS BALL
40	49	56	21

IRISH LOTTO
Saturday March 04

6	12	18	BONUS BALL
20	41	42	13

EURO MILLIONS

10	20	31	2	BONUS BALL
35	42	12		
2	11	29	1	BONUS BALL
30	47	12		

LA PRIMITIVA
Saturday March 04

8	17	25	4	BONUS BALL
26	38	48	2	

EL GORDO DE LA PRIMITIVA
Sunday March 05

3	35	42	8	BONUS BALL
45	54			

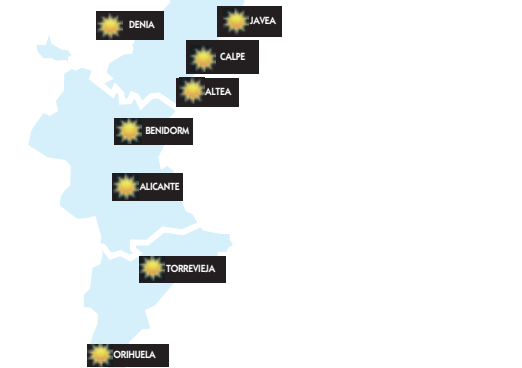
Costa Blanca

TODAY



TOMORROW

SATURDAY



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

weather

Alicante	Bilbao
TODAY: MAX 23, MIN 14 - S	TODAY: MAX 23, MIN 9 - S
Fri - 26 16 S	Fri - 27 12 S
Sat - 28 13 S	Sat - 16 8 C
Sun - 22 12 S	Sun - 16 8 Sh
Mon - 19 11 C	Mon - 14 6 Sh
Tues - 18 10 C	Tues - 15 6 Sh
Wed - 19 10 S	Wed - 15 6 Sh
Almeria	Madrid
TODAY: MAX 24, MIN 15 - S	TODAY: MAX 24, MIN 6 - S
Fri - 26 15 S	Fri - 25 8 S
Sat - 26 16 S	Sat - 22 6 S
Sun - 25 14 S	Sun - 20 5 S
Mon - 22 12 S	Mon - 18 4 C
Tues - 20 12 S	Tues - 18 4 C
Wed - 21 12 S	Wed - 18 4 S
Barcelona	Malaga
TODAY: MAX 18, MIN 10 - S	TODAY: MAX 22, MIN 13 - S
Fri - 20 11 S	Fri - 24 14 S
Sat - 20 10 S	Sat - 27 14 S
Sun - 17 9 C	Sun - 23 12 S
Mon - 17 9 S	Mon - 21 11 C
Tues - 16 8 C	Tues - 20 10 Sh
Wed - 15 8 Sh	Wed - 20 10 S
Benidorm	Mallorca
TODAY: MAX 23, MIN 15 - S	TODAY: MAX 22, MIN 9 - S
Fri - 26 16 S	Fri - 23 10 S
Sat - 26 13 S	Sat - 23 9 S
Sun - 20 11 S	Sun - 18 8 S
Mon - 18 10 Sh	Mon - 19 7 C
Tues - 17 10 S	Tues - 18 7 C
Wed - 18 10 S	Wed - 16 7 Sh

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

F	U	I
C	T	E
D	E	L

TARGET:

- Average: 11 • Good: 15
- Very good: 21 • Excellent: 27

LAST WEEK'S SOLUTION

amen emit game glam item lame lime limn mage magi mail main male malt mane mate meal mean meat mega melt mien mile milt mine mint mite name tame team time ament amine anime gamin gimel gleam image leman limen mange matin meant metal enigma gamine gimlet inmate lament laming legman lingam magnet malign mangel mangle mantel mantle mating menial mental meting milage mingle naming taming ailment aliment lineman malting meaning melanin melting mintage teaming ligament mantling metalizing ALIGNMENT LAMENTING

World of English

We recite at a play and play at a recital.

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

Crossword

page

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

LAST WEEK'S SOLUTIONS

Cryptic

Across

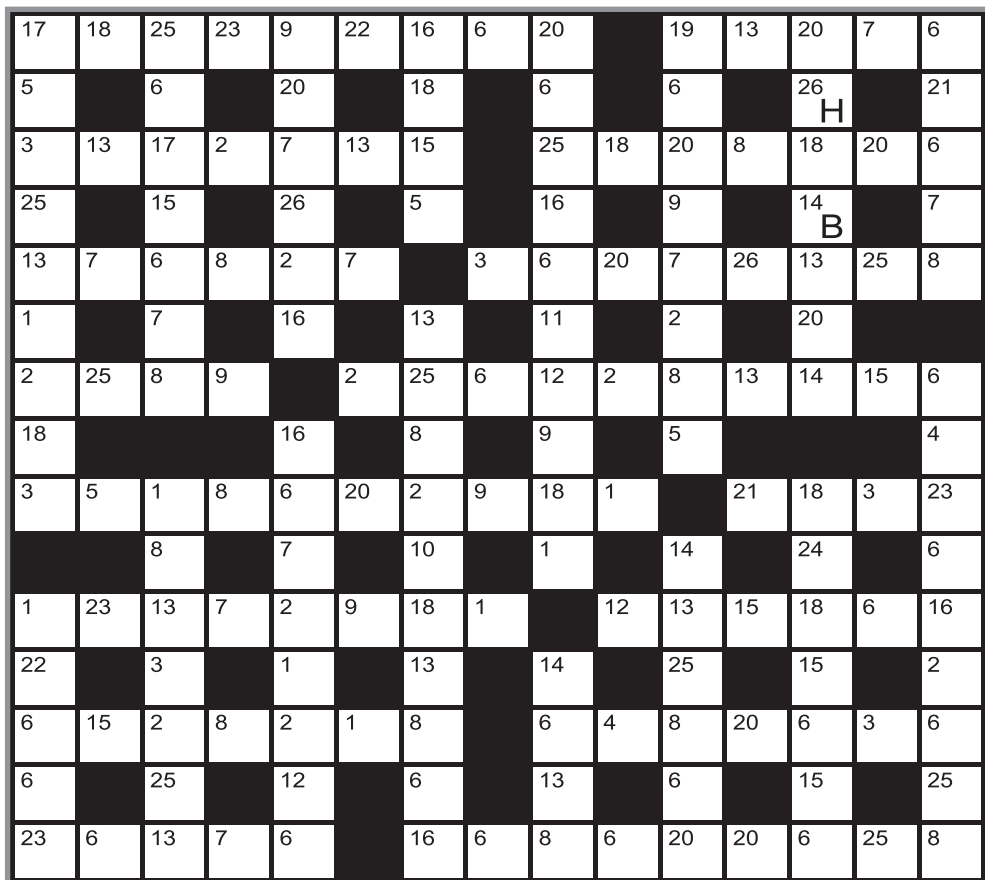
- 1 Let men test brew for payment (10)
7 Hearing it's contagious (8)
8 Busy worker has royal brew (4)
9 Draws neckwear (4)
10 Left European peninsula for a West African country (7)
12 Solid cable peters out (11)
14 Barrier is old and broken (7)
16 Reserve small lake (4)
19 A politician to the right of Conservative Party (4)
20 Artisans replaced Russian royals (8)
21 Nurses taking in ocean birds in pain (10)

Down

- 1 One receptacle in the middle of the street is insufficient (5)
2 They admit they are often punched (7)
3 Hide in Royal Air Force base (4)
4 Get a trim design for a surrealist (8)
5 Jack and the French aristocrat (5)
6 Judge finds detectives taken in by flower (6)
11 Found out that Ted and Ed etc were involved (8)
12 Build a range for old US president (6)

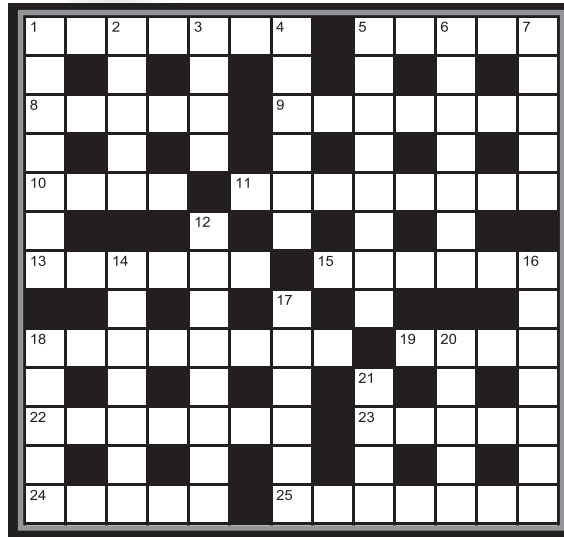
- 13 Newly-wed swallows order of salt (7)
15 The contents of stamp letters is enough (5)
17 Fresh pleas for springs (5)
18 Just fine! (4)

Each number in the Code Breaker grid represents a different letter of the alphabet. In this week's puzzle, 14 represents B and 26 represents H, so fill in B every time the figure 14 appears and H every time the figure 26 appears. Now, using your knowledge of the English language, work out which letters should go in the missing squares. As you discover the letters, fill in other squares with the same number in the main grid and the control grid.



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

Quick



Across

- 1 Large flatfish (7)
5 Tubers (5)
8 Australian wild dog (5)
9 Stop holding on to (7)
10 See 3 Down
11 Holiday (8)
13 Not open or public (6)
15 Health-care centre (6)
18 Buttoned sweater (8)
19 Two items of the same kind (4)
22 Small, egg-shaped wind instrument (7)
23 Exhibition of cowboy skills (5)
24 From that time (5)
25 City's outskirts (7)

Down

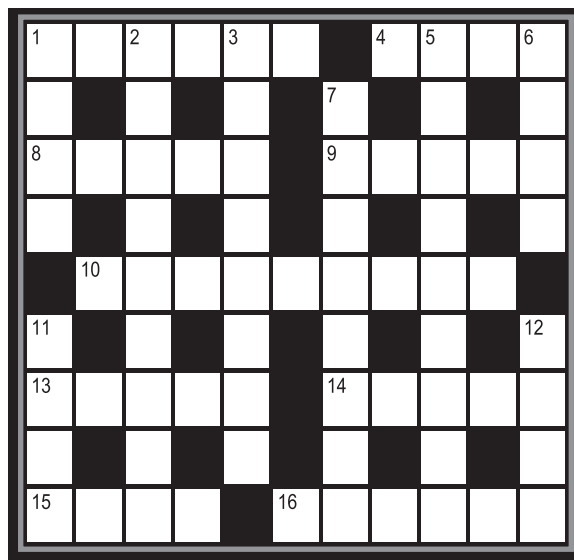
- 1 Grotesque (7)

Across

- 2 Make a thrusting forward movement (5)
3/10 Fade away without serious consequences (4,4)
4 Traditional headdress consisting of a long scarf wrapped around the head (6)
5 Trustworthy (8)
6 Formal speech (7)
7 Strict (5)
12 Associated with women and not with men (8)
14 Sure (7)
16 Anxious to learn (7)
17 Pester (6)
18 Meet at a point (5)
20 Viper (5)
21 Marine crustacean (4)

English - Spanish

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



Across

- 1 Bitter (in taste) (6)
4 Tricotar (4)
8 Spider (5)
9 Switzerland (5)
10 Faro (automóvil) (9)
13 Nail (metal) (5)
14 Nickname (5)
15 Buttonhole (of garment) (4)
16 Sawdust (6)

Down

- 1 To love (4)
2 Housewife (3,2,4)
3 Nieto (8)
5 Vecino (9)
6 Equipo (deporte) (4)
7 Presupuesto (para obra, encargo, etc) (8)
11 Eight (4)
12 Población (4)

CRYPTIC

Across:

- 1 Artists, 5 Asses, 8 Prose, 9 Related, 10 Amen, 11 Dominoes, 13 Sorrel, 15 Chance, 18 Cast-iron, 19 Gang, 22 Realist, 23 Crown, 24 Elton, 25 Redress.

Down:

- 1 Appears, 2 Trove, 3 Stet, 4 Sermon, 5 All right, 6 Set down, 7 Sides, 12 Decision, 14 Restart, 16 Engines, 17 Boater, 18 Carve, 20 Alone, 21 Acid.

QUICK

Across:

- 1 Humerus, 5 Cross, 8 Realm, 9 Initial, 10 Lasting, 11 Stole, 12 Amuse, 14 Plush, 19 Slack, 21 Blooper, 23 Erudite, 24 Awake, 25 Siege, 26 Tedious.

Down:

- 1 Hurdle, 2 Moans, 3 Remains, 4 Stingy, 5 Chips, 6 Ominous, 7 Silver, 13 Measure, 15 Leopard, 16 Assess, 17 Absent, 18 Greets, 20 Knife, 22 Piano.

ENGLISH-SPANISH

Across:

- 1 Ansia, 4 Arcos, 7/5 Egg cup, 8 Avispón, 9 Iron, 10 East, 14 Abogado, 16 Oro, 17 Shape, 18 Traje.

Down:

- 1 Americans, 2 Siglo, 3 Abad, 4 Apio, 6 Sunstroke, 11 Ahora, 12 Cafe, 13 Foot, 15 Oca.

CODE BREAKER

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

Advertising feature

Prostate Cancer Awareness Month!

IN the UK alone, nearly 32,000 men are diagnosed with prostate cancer each year and more than 10,000 will die from the disease.

March is Prostate Cancer Awareness Month and to mark the occasion, Medcare GP clinics in Benijofar and Alfaz del Pi have a special offer on the screening tests which aid in the diagnosis of the disease. The test is vital as too many men are losing their lives needlessly because prostate cancer goes undiagnosed.

Previously an internal examination which put many men off, screening for prostate cancer today is performed through a simple blood test called a PSA. For the whole month of March, PSA blood tests are available for just 40 euros at Medcare.

Terry attended Medcare because he noticed blood in his urine, and after tests including an ultrasound and a biopsy, prostate cancer was diagnosed. At just 58, Terry was young to get the disease but later found that both his father and brother

Included in your half-price health check for just €195 (terms and conditions apply):

- Screening for cervical, bowel and prostate cancer
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- Screening for anaemia and infection
- Cholesterol and blood pressure checks
- Screening for thyroid problems
- ECG
- BMI check
- Skin cancer mole check
- Plus - you can have a free dental examination and osteopath body alignment check.

had also been diagnosed. Although prostate cancer is very slow to develop, if left unchecked, it can spread to other parts of the body and become fatal. Terry's early diagnosis almost certainly saved his

life. Whilst there is no perfect screening for prostate cancer, PSA blood tests are an important aid to diagnosis and should be part of routine screening for all men over 50.

To book your PSA test at the special price of 40 euros (terms and conditions apply), just call Medcare on 966 860 258 or email doctors@medcarespain.com.

“ Early screening can save lives or improve the quality of life by early diagnosis. ”

Half Price Health Check Promotion - Extended for just one more month!

As well as this, Medcare will extend the very popular half price health check for a further month. Many people have taken advantage of this special offer and hidden diseases have been uncovered in numerous patients allowing them to get treatment before its too late.

Early screening can save lives or improve the quality of life by early diagnosis and intervention. If you and your loved ones have not yet had your health check, there is still time to book an appointment at the special offer price.

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Advertising feature

Clinica La Nucia: for your personal health needs and peace of mind

ARE you worried about your health and need to speak to someone who speaks your language?

It is often quite daunting when faced with a health problem and one needs to speak to a health care expert in a foreign country. But help is on hand. Clinica La Nucia provides health, prevention and diagnostic health services for the La Nucia area.

Rest assured that they will help you with all your health needs including a wide range of services carried out by the following health care professionals: a GP, a surgeon, a dermatologist and a cardiologist.

They can also take x-rays, carry out ultrasound tests, run laboratory tests and provide a chiropody service.

And if you are concerned about your hearing, in addition to all the above-mentioned services, a new free hearing-test service is now available.

So what else can the clinic do for you? It stands out in that it offers ambulatory surgery, ambulatory treatment of haemorrhoids under sedation - and other rectal problems - sclerosis of varicose veins, orthopaedic treatments



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For further information please call the clinic where Alexia and Nicola are waiting to take your call in Spanish, English, German, Norwegian or Dutch.

Clinica La Nucia is open Monday to Friday from 8:30am to 4:30pm. At the weekend there is a telephone number which may be called in case of emergency.

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Ask the Optician: Focus on Women's Eyes

Jorge Martinez, Store Director, Specsavers Opticas Benidorm

THIS year's UK Mother's Day falls on March 26 and as we know many of you celebrate on this special day we want to honour all the great Mums, Grandmas, Sisters and Aunties by answering some questions about how women's eyes are affected by hormones and what eye health conditions can particularly affect women.

■ **Are women's eye affected by hormones?** Unfortunately women's eyes can suffer when they are menstruating, pregnant or breastfeeding, as they need to retain more liquids and this can affect the eyes as well as giving other side effects such as bloating and swollen ankles.

■ **Are there any other things that can affect a woman's eyes?** The contraceptive pill can often cause changes in your vision, as can antidepressants, anti-anxiety medications and antihistamines.

■ **Why do my eyes get so dry?** The term 'dry eye' is used when we don't produce enough tears or our tears evaporate too quickly. People with dry eyes often have plenty of water in their tears but not enough oil.

Dry eye is three times more common in women than men, as it is affected by hormonal changes during a menstrual cycle, pregnancy, breastfeeding or

the menopause. As we age this can get worse, with 60 per cent of women over 50 years old suffering from this uncomfortable condition. To reduce symptoms drink plenty of water, use eye drops and sprays to add extra lubrication, reduce your central heating and avoid direct heat from heaters.

■ **What is conjunctivitis?** Conjunctivitis is the most common eye disease in the Western hemisphere and children often get this at school and pass this on to their Mums. It is an inflammation of the conjunctiva, which makes the sclera appear reddened due to an increase in blood supply. The eye feels itchy and watery. Sometimes, there is a sticky discharge, which feels uncomfortable and makes vision blurry.

Although conjunctivitis is often referred to as 'pink eye,' this technically only refers to one type of the eye disease, bacterial conjunctivitis. Users of contact lenses should remove them and wear glasses until your symptoms recover.

There are Specsavers Opticas stores in Javea, Calpe, Benidorm, Guardamar and Torrevieja on the Costa Blanca. If your eyes are sore or red, or you are experiencing discomfort, go to your nearest store for a free eye test www.specsavers.es.

More middle-aged women are suffering from eating disorders

ACCORDING to research by BEAT, an eating disorders charity, more middle-aged women are suffering from eating disorders. A study found that 15 per cent of women aged between 40 and 50 showed signs of a lifelong eating disorder, but less than 30 per cent had sought help for their problem.

The study by BEAT found that women dealing with an eating disorder at work felt stigmatised due to their illness and felt their colleagues were uneducated about eating disorders.

So how can you spot the signs that someone you work with could be suffering from an eating disorder?

Look for changes in mood and behaviour as they will appear long before the physical signs. Not eating will leave the

body deprived of nutrients making workers perhaps more moody, irritable and socially withdrawn than normal.

“ Remain compassionate, offer a listening ear and encouragement. ”

Look for signs they are not eating, they may be pushing their food around the plate or cutting it into extremely small pieces, to give the impression they are eating.

They may start wearing baggy clothes in an attempt to hide their weight and shape.

Above all, remain compassionate, offer a listening ear and encourage them to seek help.

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Ask The Doctor

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Dealing with high levels of cholesterol



SPECIALIST: Doctor Luis Perez Belmonte.

CHOLESTEROL is a word just about everybody has heard of but many people are unaware of what it really is, so this week we've asked the doctor to explain a little.

- What exactly does it mean to have high cholesterol?

If after a blood test you are told that you have high cholesterol, this means that the total cholesterol levels, and in particular the LDL (or so-called 'bad' cholesterol) levels in your blood are higher than they should be.

Although the maximum amount considered normal will vary depending on other medical conditions a patient may have, generally anything over 200 is considered to be high.

However, this is not an exact figure as it depends more on how much of the cholesterol is of the so-called 'bad' variety.

- What are the main causes?

The main cause of high cholesterol is genetic. If you have family members with high cholesterol levels you

are likely to inherit this condition. An unhealthy diet, rich in fat, and a lack of regular daily physical exercise are other things which can bring cholesterol levels up.

- Is it dangerous?

Yes, it is, as it can be a cardiovascular risk factor and can increase your chances of suffering heart attacks or strokes.

- What can be done to bring it down?

The first thing is to follow a balanced, low-fat diet and get regular physical exercise. If this fails to get the problem under control then medication, known as statins, will be necessary.

- Will I have to be on a diet the rest of my life to keep it down?

Yes. You will always have to stick to a balanced diet, especially as you get older as cholesterol levels tend to increase with age.

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

Simple tricks to avoid snacking

STILL struggling to fight those naughty little food cravings? Try these tips from a leading neuroscientist.

Pre-meal snack

Try eating a healthy snack 20-30 minutes before you go food shopping or pop out for lunch. You will be able to show much more control when selecting your food and ultimately make healthier choices as you won't have that intense feeling of hunger.

What we see is what we eat

Try changing your crockery and buy plates and bowls with smaller surfaces to help enforce portion control.

Predict the labels

Test how close your perceptions are to reality by guessing the fat, sugar or carbohydrate content in different foods and then retrain your brain by checking the

label. Over time, your perceptions will be much closer to reality.

Remove temptation

If you cannot move away from food entirely, you can use your imagination to distract yourself by pretending it is made out of an inedible, perhaps even disgusting substance.

Do exercise

Exercising can produce the same feel good chemicals that we receive when we eat comfort food so try exercising for just 15 minutes a day to get that same boost without reaching for the chocolate.

Stop eating sooner

It can take up to 30 minutes after eating for our body to finish processing the food and leave us feeling full, so don't carry on eating until you have that instant full feeling as you will have over eaten.

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Testimonial - Vicky Ward, Seattle

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introduced to Lifetime Health when I visited Spain and haven't looked back. Six weeks after starting my programme I lost 26lb, was taken off my anti-depressants by my doctor (20 years in!).

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nally have my life back. I cannot thank Lifetime Health enough and highly recommend anyone suffering with a chronic illness to contact them as I did."

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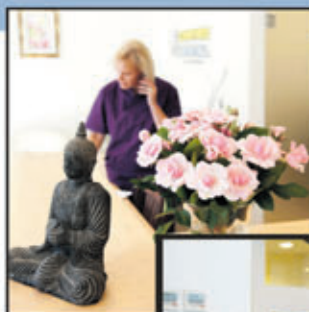
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TO READ MORE

**BERGENSTEST:** Last year's candidates.

Testing journey not necessary

ONCE again, students of Norwegian will be able to take the Bergenstest proficiency exam without leaving Spain.

The Bergenstest is the most widely-known and accepted Norwegian language test and essential for access to higher education but until recently students living in Spain had to take the written exam in one of the Norwegian consulates. They then had to travel to Norway for the oral.

Following an agreement between Alfaz Town Hall, the Norwegian School Costa

Blanca, the UNED open university in Denia and the Folkeuniversitet in Oslo, this long drawn-out procedure is no longer necessary.

Alfaz had a population of 21,700 at last count and 8,000 are Norwegian and the town is the only location outside Norway where both the written and oral test can be taken, said Alfaz's Culture secretary Rocio Guijarro.

The written exam, which lasts between five and six hours is scheduled for April 1 while the oral takes place in May via videoconference.

Season pass time at Terra Natura

By Caroline Tyszka

THE Terra Natura Park in Benidorm is now open to the public every day of the week and to celebrate this they have launched their annual season pass campaign.

The March campaign allows visitors to get their annual pass for the purchase of one entrance ticket plus an additional €2.

Kicking off the new season, with daily opening, the 12-month pass offers discounts in restaurants and shops, free parking throughout the year and discounts in other parks such as the Oceanogràfic centre in Valencia and Dinopolis in Teruel.

This year those buying their pass between March 1 and 31 can enter a draw for two people to take a seven-day cruise travelling to Cuba, Jamaica, Cayman Islands and Mexico.

Recently the park had an open day to show off their two new small addi-

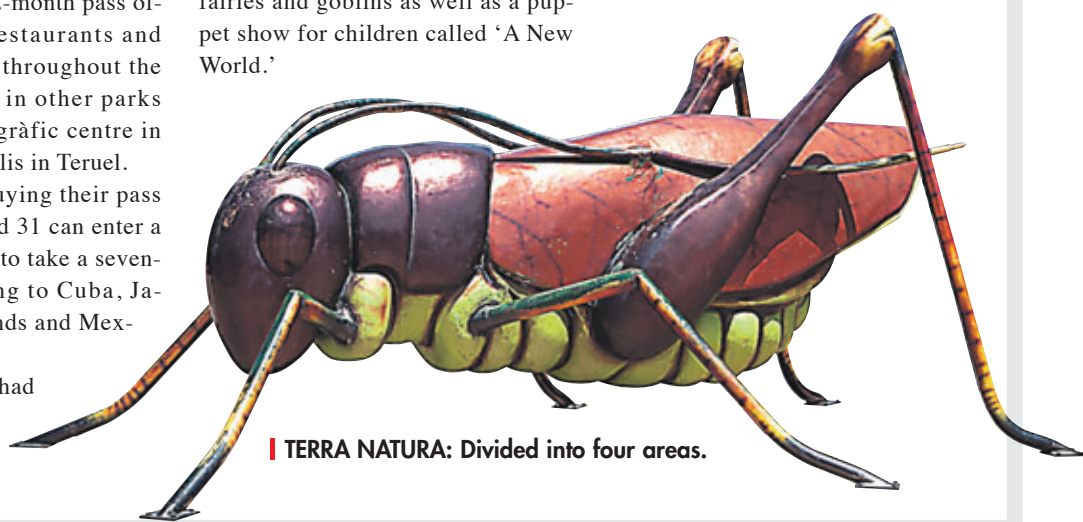
tions, baby tigers which had been born at the park. This proved such a success that on Saturday March 11 visitors will again be able to view the cubs, seeing how they have grown and how they are fed by their keepers.

Activities planned for March include the birds of prey show, a guided tour within the elephant enclosure and a close-up view of feeding the monkeys.

New for this season is a school for fairies and goblins as well as a puppet show for children called 'A New World.'

The park is home to more than 1,500 animals, with 50 of the 200 different species being in danger of extinction. The 79 acres (320,000 square metres) is divided into four areas: Pangea (the park entrance area), America, Asia and Europe.

Full details of the park's opening hours, timetable of shows and how to get your pass can be found on their website www.terranatura.com.

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Licensed to celebrate

ALCOY is preparing for next month's Moors and Christians celebrations, but one event will have fewer participants than usual.

For the first time those taking part in the Alardo (mock battle) must obtain a firearms licence before using a traditional harquebus.

Around 400 members belonging to the different Moors and Christians bands have dropped out, although 2,325 will still take part.

These individual bands have paid for their members' licence fees explained Juan Jose Olcina, president of Alcoy's Moors and Christians Association.

The cost of the medical certificates was met by the Association.

"It will be a respectable Alardo for the first year that licences have been required for front-loading weapons," continued Olcina, who added that he was confident there would be more participants next year.

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Cinema for all

A ONCE-MONTHLY children's film session begins at the Casa de Cultura in Campello.

The 6pm slot was deliberately chosen so that it would not clash with commercial cinemas, explained Culture councillor Pere Lluís Gomis.

The cycle begins tomorrow, Friday March 10, with the 2014 comedy, *Chef*, directed by Jon Favreau and starring Dustin Hoffman, Scarlett Johansson and Robert Downey Jr.

The initiative aims to widen the offer for the town's children and help to develop their love for the Seventh Art, the councillor said. He also advised parents to take a cushion or booster seat so that the youngest would be comfortable and able to see the screen easily.

Nanny McPhee (*La Niñera Mágica*) is the next film up on April 28.



SIERRA HELADA: World Water Day excursion.

Photo by Joanbanjo

Follow your water footprint

By Linda Hall

THE Sierra Helada natural park celebrates World Water Day with an excursion to Benidorm's Wastewater Treatment Plant (EDAR) on March 18.

The EDAR is located inside the park and was chosen in order to raise environmental awareness in a local setting.

Accompanied by personnel from the plant as well as officials from the park and Benidorm Town Hall,

visitors can learn at first hand the importance of the entire cycle of water in a municipality like Benidorm.

They will see how the wastewater is treated and its use together with the system's advantages and problems. Equally important, the EDAR tour is also planned to give participants a clearer idea of their water footprint and its effect on the local environment.

The excursion lasts from 10.30am until 1pm and

sets off from the Trinquet car park in Benidorm at the Avenida de l'Albir-Excalibur roundabout.

Comfortable clothing is recommended and participants should bring drinking water and have eaten beforehand, the organisers advised.

Places are limited and it is necessary to register first before March 16 via serragelada@gva.es with name, surname, age, mobile number, email address and residential address. More information is available on 629 321 248 between 9am and 2pm.

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Memorial benches raise eyebrows

BENCHES have appeared in some of Javea's green areas, public gardens and most spectacular lookouts.

Non-Spanish residents and tourists who sit down to enjoy the view take for granted the plaques explaining that the bench was installed in memory of a late family member. Not so the Spanish, who are allegedly puzzled by the custom.

“Bench-
es have
been installed
in memory
of a late
family mem-
ber.

There are two benches located at the Pesqueras mirador (lookout) in the Sol y Sombra urbanisation in memory of two Britons who died in 2010. Another appeared some months back at the Cabo de la Nao lookout.

According to an article in a local Spanish publication, the town hall confirmed that the benches were not put there by municipal services.

Benches without a backrest were installed when the Pesqueras mirador was made ready for the public but they are located where the viewing zone ends, town hall sources said. This is a British tradition that is not provided-for in current Spanish legislation, they added.

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Give him a medal!

By Linda Hall

VETERAN pop idol Camilo Sesto's fan club wants a top honour for the Alcoy-born star.

The Asociacion Siempre Camilo Superestrella (ASCS) has asked the national government's Ministry of Culture to give him the Services to Fine Arts gold medal.

"He is, without a doubt, Spain's most important 70's and 80's singer," said the ASCS letter to the Ministry. "He is recognised for his voice and countless contributions to melodic

music as the writer and singer of unforgettable themes."

Sesto is acclaimed throughout the Spanish-speaking world, the club continued, and their initiative had the backing of "important and influential bodies" as well as Valencia's regional government and Alcoy city Hall.

The club is now asking Sesto fans to

sign the petition on Change.org.



Photo by Felix Bernet

AGING IDOL: Camilo Sesto
recognised for his voice.

Concerts for spring

BENITACHELL'S spring concerts in the Santa Maria Magdalena church have begun.

The March 11 concert at 8pm features the brass quintet Cinc fan Brass playing themes from the soundtracks of well-known films.

A week later it is the turn of the Marina Alta Orchestra with a concerto for orchestra and guitar, again at 8pm.

Although the church concerts are usually held on Saturdays, the Costa Blanca Male Voice Choir will be appearing at 7.30pm on Friday April 7.

The last concert of the cycle with takes place at 6pm on April 9.

Everest says thank you!

OWNERS of the newly opened Everest Restaurant in Las Marinas, Denia, would like to give a big thanks to EWN readers for the great opening of their restaurant. They have had wonderful feedback from their guests on the delicious

original Nepali dishes, BBQ and restaurant.

They also offer separate dining areas for groups and parties. They look forward to welcoming regulars and new guests alike. See their advert below for all their details.

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Sell-by dates - a necessity or a con?

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FOR YEARS now, discussion has raged as to the amount of food wastage incurred domestically, as well as in our industry, although not so much as the former. The millions of tons representing 12bn pounds per year wasted have a lot to do with sell by/use by/best before dates. I notice the UK milk marketing board has challenged the government's date policy saying that no one need a use by date as it's pretty obvious when you can no longer use/drink milk!!

This is not new, in 2011 the Department of Environment, Food and Rural Affairs (DEFRA) said that sell by and

display until dates would be replaced with 'use by' and 'best before' dates.

Dates that I do think are useful are packaging and display until/best before dates. For instance if in a supermarket a packet of fish states it was 'packed' say on 6/4 and the 'display until date' says the 8/4 that makes sense. The buyer can then decide if they are going to consume it before say the weekend (in this case 11/4) or whether to freeze it down for later use - or give it to the cat!!

One good thing about sell by dates is that shops tend to put those items that are 'out-of-date' as 'bargain buys.' I know people who will not purchase anything past its 'sell by/consume before' dates. But astute shoppers can save quite a lot of money.

In my, not so, humble opinion the information that would be more help-

ful to the buyer, the supplier and would save tons of wastage are the following:

FISH: Caught/farmed date - packed on date - display until date

MEAT: Slaughter date - packed on date - consume preferably by date

DAIRY/VEGETABLES ETC. Best before date



MILK: That's my style of labelling!

There is a huge difference between the labelling used - and used intelligently could benefit all parties. You pays your money.....!

With frozen/jarred and tinned products that technically will not go passed their best if kept in their original state the date of packaging is the only guide that the buyer needs. We have all heard stories about canned food from the war days still being opened to be found in edible condition. I opened a tin of water chestnuts the other day that I have had in my cupboard for more than 10 years. The only reason I knew how old it was, was because of the 'sell by date'. Totally unnecessary, they were perfect!!

Most people know that a good quality piece of meat needs to hang for a couple of weeks minimum before eating. Many years ago I met a meat buy-

“ No matter where I serve my guests they seem to like my kitchen best. (in my Nan's kitchen growing up)

er for Marks and Spencer. He had to get up at three in the morning to get to the meat market as he had to buy the finest quality of meat available. Nothing strange about that, but he had also to make sure it was bright red, as, if it showed any brown/greenish tinges and dark yellow fat (the signs of good aging) their customers would not buy it!

That meat should carry a label, **BEST IN ABOUT TWO WEEKS!!**



CHEESE: The other extreme?



PANCHO CAMPO: Doing what he does best.

MY FRIEND AND WINE AFICIONADO Pancho Campo is holding one of his amazing Spanish Wine Experience courses at the American College on the road to Istan, Marbella.

This two-day course is full of educational instruction but also, in Pancho's inimitable style, fun and friendship. Meet other like-minded enthusiasts as you work your way through a cata (tasting) of 20 wines and a visit to a winery in Ronda.

Pancho takes the snobbery out of wines and despite being Spain's first Master of Wine ensures that you learn and appreciate wine in laymen terms. You will even receive a diploma for attending - great to impress your friends!!!

The courses are on March 20 and 27 and May 22 and 29.

If you would like to find out more about this very inexpensive fun and informative event you can contact Patricia on marketing@acmarbella.es. Mention me and who knows you might get a special offer.

MANY READERS ARE SURE to remember one of the UK's most respected journalists and TV anchor man Bob Friend who from the first broadcast of Sky News in 1989 became the 'Face of Sky News.'

I was going through some old photos the other day and came across a few pictures of us having dinner in Marbella and reflected that he died of a brain tumour more than eight years ago at the young age of 70. He was a great practical joker with a wicked sense of humour.

He told me many stories of his more than 50 years in journalism, many self mocking. Once he had to report the death of a relevantly unknown African figure with an unpronounceable name and despite practising the delivery many times before going on air he just couldn't get the name right, so with his friend and fellow presenter, Lisa Azziz at his side (also with a sense of humour) he began to report on the sudden death of an 'important figure in Africa whose name has not been released until his family have been informed.' Classic!!!

One day he was reporting on the fact that hedgehogs were fast disappearing from Britain's countryside. The reason apparently being that the 'Travellers' were eating them. So he invited viewers to send in the recipes for hedgehog!! Later that morning he phoned me and asked if I had heard the broadcast? 'Why don't you send me a recipe?' he asked. So, I did.

Hedgehog, despite being a verminous creature, is quite edible and has a flavour of chicken. The way



MY FRIEND: Bob Friend, MBE.



they are cooked is by encasing them in clay and baking them in a form of underground fire (earth oven). When cooked one breaks the clay and the spines fall away leaving a cooked 'chicken'! I thought this was too tame for Bob so I sent him a mildly humorous version of hedgehog chasseur! Informing those preparing this dish to avoid those animals that had been run over by a car as they would not be suitable, skin the animal and keep the skin to use as scrubbing brushes etc. And then went into the recipe for the dish. I was running La Reserva de Marbella, Las Chapas, at the time and as the breakfast programme went out (repeating the item every hour for three hours) it had Lisa (once again) giggling at such a ridiculous article but Bob continued seriously..... "the recipe for hedgehog has been sent in by Garry Waite, owner of Restaurante La Reserva de Marbella in Marbella....."

....." For three days after the broadcast I was getting reservations for hedgehog dinner, a call and interview with BBC Radio Four Food Programme and a call from the *Telegraph* and *Sunday Times* magazine, as well as our own trade magazine the *Caterer*. The power of advertising?

I had forgotten how many laughs we had and what an amazingly generous man he was, both professionally and personally. Why do the best go first?

TRAVELLER'S FRIEND: The hedgehog.

ON THAT NOTE I will bid you farewell until next week and should aspiring restaurateurs need some help or advice, please do not hesitate to contact me. A toast to Good Food, Good Wine and Good friends.

Garry Waite is a well-known foodie and restaurateur as well as a Hospitality Management Consultant. If you are contemplating setting up an operation in Spain, or indeed having problems with an existing project contact him on garrywaite@euroweeklynnews.com.

Advertising feature

Villa Lavanda, elegance with panoramic views

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LOCATED at the top of the urbanisation of Raco de Galeno, between Moraira and Calpe, Villa Lavanda is built on a plot of 1,506m². It is located 10 minutes' drive from Calpe's town centre as well as the wonderful beaches of Moraira and Benissa, not forgetting the nearby supermarkets and restaurants within the area.

Villa Lavanda stands out from the others thanks to its modern and vanguard style, like no other, reflecting perfection as a result of the combination of straight lines and the bicolour arrangement on the facade. Also, thanks to its large windows, the villa offers stunning panoramic views ranging from the Ifach rock in Calpe to the Cape of Moraira, which can be enjoyed from every room of the villa. What more could you ask for? We are sure you want to know more ...



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Brit buyers due billions

AS much as €6.2 billion could be dished out to the estimated 130,000 Brits who lost their deposits to bankrupt developers across Spain. The figure, almost triple the initially floated figure of €2.3 billion, was released by legal specialists Spanish Legal Reclaims.

The firm reckons that more Brits than previously imagined are due money and are likely to win their legal battles. Recent success stories have injected them with confidence that if affected Brits come forward they have a better chance of winning than ever before.

Spanish courts are bracing themselves for an avalanche of cases after the Supreme Court ruled banks must repay deposits if the developer went bankrupt. Although each case is different, the landmark ruling is certain to result in billions being paid out.

One such example is the case of Malcolm Young, who has now been awarded the €130,000 he put down as a deposit for a Marbella apartment in 2004.

Is new property better than second-hand?

MORE than half of the Brits buying new home have found huge problems with infrastructure and construction.

The UK government is struggling to meet housing demand by building a million new homes but

they are clearly of shoddy quality.

A survey from YouGov revealed that 51 per cent of new occupants endured problems ranging from unfinished fittings to severe electrical faults. The poll also found that a plurality of people believed that

second-hand homes were better than new builds and would rather not take the risk of living in a new property.

One developer has already had to fork out almost €10 million in compensation for faults.

Meanwhile housing charities have denounced the government's building plans as skewed towards favouring developers earning a profit, rather than struggling families getting a proper roof over their head.



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End to controversial tax



HOME OWNERS: Could be in for a cash windfall.

MORE than half a million home owners across Spain could be in for a cash windfall as an avalanche of regional judgements finally reached the Constitutional Court.

At the end of February national judges put an end to the surplus value tax controversy, raising hopes among the estimated 550,000 sellers who lost out to the unconstitutional levy.

The surplus value tax is a financial obligation imposed on anyone selling their prop-

erty in Spain to pay tax on the 'increased' value of the land. The bizarrely complex calculation means thousands of people have had to fork out thousands of euros even when they take a heavy hit on a sale.

Momentum began when an Andalusian court ruled that it was unfair to charge a Costa del Sol seller €5,000 in increased value tax when he sold a property he bought for €230,000 for just €70,000.

The latest decision from the Constitution-

al Court helps bring the wildly varying situations across the Spanish regions under some kind of national control.

It also means courts can expect a tidal wave of surplus value tax cases concerning properties that were unfairly charged. With taxes paid ranging from €1-10,000, the total payout is likely to be in the billions.

The decision also removes a valuable source of income for Spain's municipal governments.

New improved mortgages

ONE of the under-appreciated reasons the Spanish property market is in such robust health is the complete overhauling of the mortgage sector in recent years. After all with millions out of work during the crisis,

and controversy after controversy, something had to change.

By getting average citizens back on the property ladder, mortgages play a huge role in any economy. In the last five years in Spain four in five

homes bought by residents had the help of mortgage financing.

Mortgage lending in Spain is among the cheapest in Europe. Residential mortgages see an average rate of interest at 1.26 per cent, just over half the European average of 2.49 per cent. In Germany and the Netherlands people pay three times the rate of those in Spain.

Spain can offer such tremendous credit conditions thanks to the legal guarantees that came into force after the crisis, showing that the country has truly learnt its lesson. Today there is a double guarantee, both personal and commercial, that enables banks and other emerging lenders to offer extremely cheap rates to their clients.

The solution appears to have been placing the business of mortgages into the private sector, allowing new and energised competition to the battered banks, while enhancing government regulation.

Mortgages in Spain are now vastly more secure propositions than in the past, or in the US for example.

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Solar Sky Spain also install the Solar-Venti warm air system which will keep your home fresh and comfortable.

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from the Grid. Furthermore, 24/7 service support is provided for your peace of mind.

The area covered by the company encompasses the coastal and inland areas running all the way from Castellon in the north down to Almeria in the south.

Another excellent reason to choose Solar Sky Spain is its over 60 years' experience in the field of electrical installations of which 15 years are in the Solar energy sector. And as you would expect, the firm is fully certified, registered and authorised in Spain for installation of all electrical

and solar installations.

In addition the company is the authorised installer for the Himinsa, Hyundai range of generators with all their equipment carrying a five-year guarantee.

For further information and to answer any questions you might have you can visit their website at www.solar-sky.com their FB page or you can call direct on 0034 653 983 800. Their email is info@solar-sky.com

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Palm trees are ideal for a Mediterranean garden

By Graeme Tyrrell

A PALM tree has always been a must for the ideal landscape design in the Mediterranean garden. Palm lined strands, boulevards and well-placed palms around water features signal the relaxing atmosphere of enjoying hot days sitting by the pool or bathing in the sun or sea at the beach.

Over the last 10-15 years, the palm tree has been in serious decline due to a ravenous red beetle or weevil (*Rhynchophorus ferrugineus*) that has decimated thousands of Canary Island palms in Spain and has adversely affected other palm species as well.

The outbreak of the weevil is not yet under control in most areas of Spain or other Mediterranean and Middle Eastern countries where palms are prevalent. Fortunately the Canary Islands have been successful in eradicating the weevil through strict monitoring, sanitation and treatment of their thousands of palm trees.

Early detection is normally obtained with a specific pheromone trap for the weevil and just one adult caught indicates action is required to protect the palms in the vicinity. An adult female weevil can lay around 200 eggs. New treatments to combat the weevil are being developed to assist in the battle to save the palms, including chemical and biological agents.

The weevil is originally from Asia where it is a major pest of coconut palms. It appears that Canary Island palms are its favourite in Spain but it can



Photo by Küchenkraut Wikimedia

PALM TREE: Is decimated by the red weevil.

also affect other palms such as the Sago, Date, Washington, Sugar, Betel nut and Toddy palms.

If you have a palm tree that is healthy, it is best to have it checked by a person trained in palm care. If you have a sick or dead palm then have it completely removed. Once a palm shows signs of drooping leaves and stunted growth it is usually too late to save it. It will be necessary to have it disposed of in accordance with regional authorities guidelines.

The insect is extremely thorough in its infestation of the palm with eggs in cracks and crevices, larvae tunnelling through the palm and pupae in the roots in the ground so it is extremely difficult to eliminate all stages of growth completely.

In order to eradicate the weevil all palms should be checked and treated appropriately as was done in the Canary Islands. Eradication will require good community cooperation if it is to succeed. How many palms will remain in Spain before the weevil is stopped depends on the cooperation of everyone involved in landscapes containing palms and the preventative measures to protect the remaining healthy palms by responsible authorities and owners.

The Mediterranean garden will not be the same if the weevil is not stopped as all susceptible unprotected palms will eventually be lost. It would be hard to imagine the loss of such an icon of the region.



LAWNS: Remove weeds that appear in the grass.

March garden tasks

SPRING is coming and that means there is more to do in the garden to prepare for it. Airing the lawn, starting to plant seeds and carrying out the first fertilising treatments are a few of them.

Houseplants: no matter what time of year it is, indoor plants always need their leaves washing gently to remove dust and dirt. It's now time to start increasing the amount of water we give them and add some fertiliser too.

Garden plants, bushes and trees: Rose bushes should be fertilised after pruning. Now is also the time to divide up lively plants and take cuttings of geraniums, chrysanthemums and dahlias. It's also a good time to plant aromatic plants.

Lawns: As temperatures increase weeds may appear

amongst the grass that we need to remove. We must also air the lawn and start fertilising it, as well as replacing any deteriorated areas in preparation for spring.

Watering: As the weather warms up, depending on how much rain there is we may need to start upping watering routines, especially for plants that are starting to bud, and we can start including some liquid fertiliser in the water. Watering should be done in the morning to avoid fungal growth caused by excessively damp nights.

Pruning: Winter's nearly over so there are various pruning tasks to get done. By the end of this month we should have finished pruning fruit trees, rosebushes, trees and bushes and grasses like Pampas grasses should be cut right down.



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Paint it yourself tips

By Eleanor Hawkins

IF you're thinking of taking spring cleaning a step further and painting any of your rooms yourself, bear these tips in mind to

make the experience a successful one.

Before getting the brushes and rollers out, it's vital to ensure all furniture and fittings are well protected with plastic sheets and tape.

Experts say painting should always be done from top to bottom. If you're painting the ceiling too start there to avoid leaving marks or dribbles on newly-painted walls.

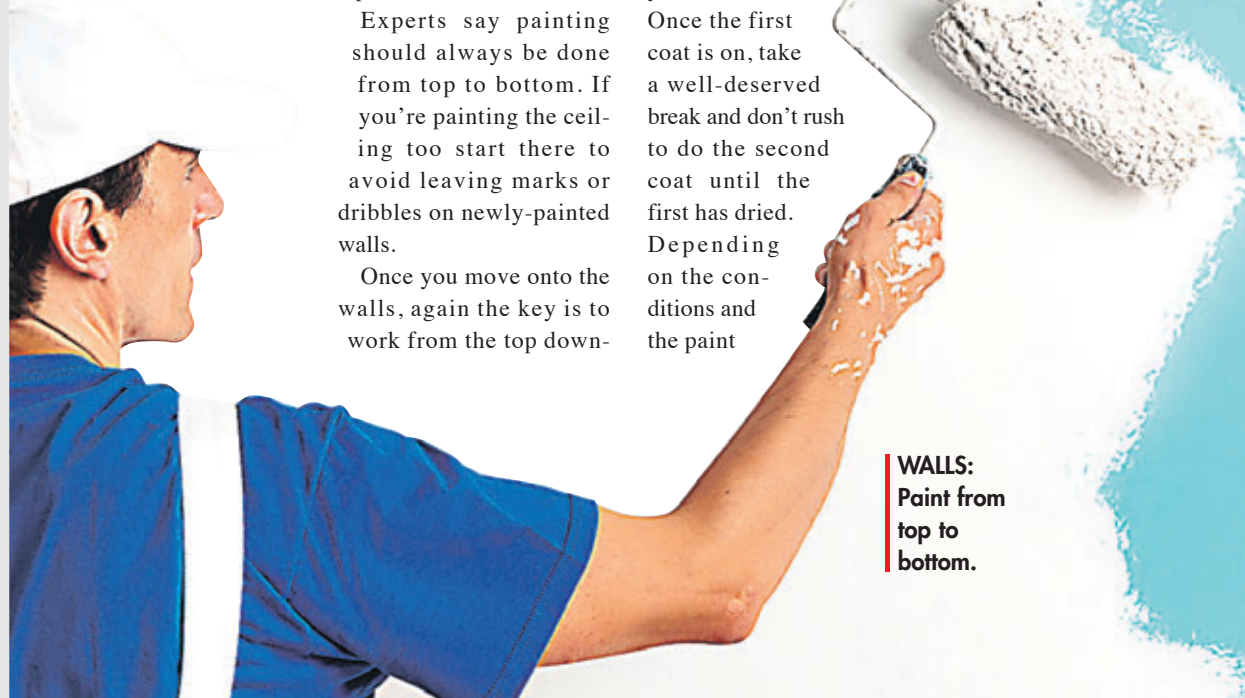
Once you move onto the walls, again the key is to work from the top down-

wards. To ensure an even coating on all areas, work in areas of about 60 by 60 centimetres at a time.

Go slowly and take frequent breaks so as not to wear yourself out. Once the first coat is on, take a well-deserved break and don't rush to do the second coat until the first has dried. Depending on the conditions and the paint

itself, this can take between eight and 24 hours.

WALLS:
Paint from
top to
bottom.



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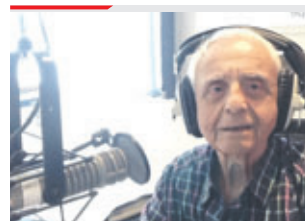
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THIS is an exercise that can only be correctly taught if each stage is perfected before continuing on to the next stage. The training for this exercise should be started indoors, the dog on the lead and no distractions. Initially the handler should kneel on the floor with the dog close to the handler's left.

1. Give the SIT command once only, whilst putting the dog into the sit position at your

left side, thereafter NEVER recommend, even if the dog moves. Pull up and back with your right hand in the collar, simultaneously push down with your left hand on the dog's back just above the base of his tail. Never apply pressure any higher up the dog's back as this could cause injury.

PRAISE the dog quietly once he is settled and comfortable in the SIT and remains there without any physical restraint. If the dog moves, replace him into the SIT with no further commands. Do this as often as necessary, until he is sitting still and comfortably, praise quietly, then give the release command and at the same time move the dog from where he is sitting. PRAISE.

2. Repeat stage 1 until the dog is sitting when commanded with confidence. Always use the method described in stage 1 to guide the dog into the sit position. Gently try to pull or push

the dog out of position (the handler should still be kneeling next to the dog), but be prepared to place him back into the SIT should he move. If he resists your gentle attempts to dislodge him, PRAISE and give the release command.

If the attempts to move succeed - place him back into the sit position without commanding and go back to stage 1 and start again, until he is doing the exercise with more reliability.

3. When the dog is doing stage 2 confidently, without moving, the exercise can be expanded. Put the dog into the SIT and with, as little fuss as possible, stand upright. If he moves, put him straight back into the SIT without saying a word. When you are able to stand next to him use the lead, gently applying pressure to the collar to test the sit. If he moves again, replace him giving no extra commands and start stage 3 again. When he is resisting your attempts to move him from the sit PRAISE and RELEASE.

4. When he is doing stage 3 reliably and confidently, the exercise can again be expanded. Place him in the SIT, take a couple of steps away from him, but be ready to put him back just as he moves. Using the lead again, gently apply pressure to the collar, return to the dog immediately, PRAISE profusely and then RELEASE.

NEVER release the dog until you are standing by his side or he will never do a reliable sit stay.

THE DOWN STAY

This is taught in exactly the same stages as the SIT - remember to only command the dog once and only when you are standing next to him, always replace him into position using no extra commands and PRAISE and RELEASE at the end of each sit/down.

When both the sit and down are perfected with no distraction indoors, use different places where there are no distractions and start again at stage 1, working through all the stages. Perfect the technique by gradually increasing the distractions ie rattling a bunch of keys, dropping your hanky etc.

Sancho is a beautiful male pointer about 6 years old.

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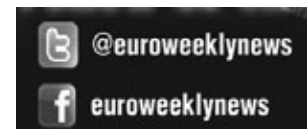
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**Clarkson
Quote of the Week****“**On the Mercedes CLS55 AMG “It sounds like Barry White eating wasps.”

Some might say...

**Motoring shorts****Texting epidemic**

DRIVING while using a phone will soon become as unforgivable as drink driving according to the UK government. Tough new laws punishing phone offenders came into place on March 1.

New drivers, who have passed their test within two years, could have their licence revoked if caught using a phone just once. Six penalty points and a £200 fine will be imposed on anyone caught. Experienced drivers caught twice face disqualification and a £1,000 fine.

The use of mobile phones on British roads has been described as an epidemic. There were 22 deaths and 99 serious injuries as a direct consequence of phone use in 2016. Research has shown that drivers who text take twice as long to react as those who have drunk moderately.

Used cars to beat Brexit blues

By Matthew Elliott

BEATING the Brexit blues, Britain's second-hand car industry skyrocketed in 2016 with more than eight million sales. Now figures allow us to find out which brands and models were the most popular.

Fifth spot was taken by the ever-green Volkswagen Golf which found 262,623 new driveways to occupy. That was handily outdone by the Vauxhall Astra in fourth which changed hands 298,540 times.

Third was the popular cheap and safe option, the Vauxhall Corsa, which was shifted

352,899 times.

Ford dominated the top of the table, taking the first two places. The Focus was second placed with 374,590

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sales, while Numero Uno was the Fiesta, just above at 381,519.

Positions six to 10 were made up by the BMW 3 Series; Renault Clio; Volkswagen Polo; Mini and Peugeot 206.

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ROAD TEST by Nick Fletcher

Nissan Navara double cab

ONCE, pick-up trucks were just pick-up trucks, rugged workhorses normally seen on building sites. But when double-cab versions began to be produced, the humble pick-up developed a new life as a dual-purpose family vehicle.

These days pick-ups are produced by several manufacturers but few can match Nissan for pick-up experience: the company has been making them for more than 80 years.

Nissan's latest Navara underlines just how far the double cab pick-up has come: it has a stylish exterior, a luxury interior,

high-spec standard equipment and the driving refinement of a family car.

It's not surprising really as most are bought by small businesses who also use them as family transport and thus require all the comfort and technology now common in most cars. Indeed, Nissan estimates 95 per cent of all Navara models will be double cab.

Navara prices start at €28,781 (£24,560) but the luxury versions cost more - my flagship Tekna all-wheel-drive with auto transmission cost €38,403 (£32,770). Standard

kit includes 18-inch alloy wheels, roof rails, parking sensors, leather seats, four powered windows, air-conditioning, hill-start assist, auto lights and wipers, limited slip differential, cruise control with speed limiter, radio/ CD/USB/AUX and Bluetooth, sat-nav and HD touchscreen.

Tekna models also come with 360-degree camera monitoring, meaning you can see all around the vehicle when manoeuvring.

That all sounds like the spec of a premium model, and the similarity doesn't end there because on the tar-

mac, despite its large overall footprint, the Navara has much of the refinement and road manners of a crossover model. And in the cabin, the Tekna's leather seats and classy dashboard styling that makes you think you in something quite superior.

With four doors, access to the rear seats is easy and there is plenty of head and legroom. The front seats are very comfortable and you get a commanding driving position. Underway the 2.3 litre diesel engine is smooth and quiet, and gives a nippy 0-100 kph time of 10.8 seconds. Top speed is 180 kph (112 mph) and the combined fuel figure is 14.5 kpl (41 mpg).



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UNLIMITED wifi is coming soon to new cars. Fast and strong 4G internet is being built in to new vehicles produced by American behemoth General Motors. From March 3 drivers eyeing new rides in the US have the tempting offer of in-vehicle 4G wifi for just \$20 (€19) per month.

Chevrolet, a General Motors brand, conducted research last year which found its drivers and passengers used more than four million gigabytes of data in their cars. That is almost 20 million hours of video.

Other General Motors brands include Buick and Cadillac, but the Americans are only jumping on a very busy bandwagon as firms across the world try to capture a new consumer imagination. Just as bars and cafes now need a wifi hotspot to compete on the modern high street, car manufacturers too are catching up with demand.

The modern car will soon become a humdrum of online activity.

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ON Monday February 27 in the Northern League the Benitachell Bowls Club (BBC) Jaguars played El Cid Sabres. The sun was shining, on probably the best day of the year so far, as the Jaguars drove north to El Cid, to play against the Sabres.

The result was a magnificent win for the challenger team 28-5, keeping them in the hunt for the title. The main team did not fare so well, losing by seven shots overall, 62-69, and gaining just two points. The friendly team also put in a good performance with a 19-12 victory.

The BBC Tigers were away to Javea Opals and came away with a 6-4 win. It was a close game which the Tigers won with a shot difference of 68-60. The challenge team romped in to an early lead and led by 11 shots at the half way stage. The

The Mavericks win



ANNUAL WINTER RINKS: The Mavericks take the win after the final game.

Opals came back fighting sharing the last nine ends but Tigers held on to win 19-11. The friendly team led from start to finish to win comfortably 28-8.

BBC Lions played against Javea Green Quartz who were breathing down the Lions' necks so they knew it would be a tough match. The main team won 6-4 with a shot difference of one.

The challengers had a good steady game winning nine of the 18 ends but with a six on the second end and another three '3's' they kept ahead to come out worthy 22-17 winners, very well done.

The final game of the Annual Winter Rinks completion was held on Saturday March 4. It was a cold and breezy day with two teams in the running to

win. The Mavericks managed to keep ahead against Great Expectation, both Benitachell teams, and won with a shot difference of five. Third place went to The Invaders team playing for Javea Green Bowls Club.

Prizes were presented by Viv from Direct Optic and Eleanor and George from Prudential, sponsors for the event.

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The Orba Warblers



GLORIOUS MORNING: For the members who played at Alicante.

IT was a glorious morning on March 1 as the Orba Warblers members enjoyed their round of golf at Alicante.

The greens were a bit tricky but overall the condition of the course was satisfactory. A few unexplained disappearing golf balls (from the middle of the fairway!!!) added a little mystery to the day.

In division one, Chris Williamson (Hcap 8.9) showed everyone how it's done coming in with 37 pts. Close in second place was Steve Davis (Hcap 12.4) with 36pts and in third place was former captain David Knight (Hcap 9.8) with 35 pts.

In division two, forever savvy David Edwards (Hcap 24.5) was first with 36

pts, with Sheila Dindar (Hcap 26.3) in second place with 35 pts and Peter Gibson (Hcap 22.3) in third place with 34 pts.

There was only one nearest the pin on hole 3 and Chris Williamson made it look easy. Captain Clive Kay won the football card with West Ham. There were three guests, Christine and John Bradbury and Bryan Dawson.

Next week, March 15, will be a Stableford/Eclectic competition at La Sella. Tee off time is 8.40am so please arrive by 7.55am for registration. Guests are welcome subject to space availability and current handicap certification. To book, please contact Michael Taylor at mjt@stylepms.com or call 639 242 896.

An action packed week coming up

Tony Matthews

International Sports

A former player and now the world's most prolific author of football books with almost 150 published since 1975, Tony is also the sports correspondent for Spectrum Radio and lives on La Pilica in the Sierra Cabrera Mountains overlooking Turre.

Costa de Almería



WE'LL start with football, and there are four intriguing FA Cup quarter-finals coming up: 12-time winners Arsenal face minnows Lincoln City, leaders of the Vanarama National League, and Middlesbrough play Manchester City (five final victories to their credit) on Saturday; Spurs (eight triumphs) meet Millwall in the London derby on Sunday and Chelsea (seven wins) take on Manchester United (12 wins) on Monday.

Forty-eight hours ago (not as stated in last Thursday's EWN) we had the second legs of the last 16 Champions League ties between Arsenal (trailing 5-1) and Bayern Munich and Napoli (1-3 down) versus Real Madrid, followed last night by Barcelona (trailing 4-0) against Paris St Germain. This evening, Manchester United visit Rostov in Russia, and in Spain, Celta Vigo play Kransnador in the Europa League.

Tomorrow night, Brighton (second) play Derby County in the Championship, followed on Saturday by Brentford v Huddersfield Town

(third), Leeds United v QPR and leaders Newcastle v Fulham.

There are also three Premier-ship games on Saturday: Bournemouth, on the back of an excellent 1-1 draw with 10 men at Manchester United, play West Ham; Everton meet WBA and Swansea visit Hull City in a six-point basement battle. Liverpool (recent 3-1 winners over Arsenal) play Burnley on Sunday.

In FL1, it's Fleetwood Town (second) against Bolton Wanderers and Gillingham versus Scunthorpe United while Doncaster Rovers (top) meet Cheltenham Town and Plymouth Argyle (second) travel to Mansfield in FL2.

The big game north of the border features runaway SPL leaders Celtic against arch-rivals Rangers at Parkhead. Both of the Glasgow clubs reached the Scottish Cup semi-finals last weekend - Rangers hammered hapless Hamilton 6-0, Celtic beat St Mirren 4-1; Hibs defeated Ayr 3-1 and Aberdeen edged past Partick Thistle 1-0.

Moving onto Rugby – and the first of this weekend's Six Nations matches kicks off tomorrow when Wales play Ireland in Cardiff. Twenty-

four hours later Italy

meet

France in Rome and unbeaten England take on Scotland in the Calcutta Cup encounter at Twickenham.

Switching to cricket... and England (with a century

by

captain Eoin Morgan) beat the West Indies by 45 runs in the first of three ODIs last Friday and followed up with a four wicket win (Joe Root 90 n.o.) in the second on Sunday. The third takes place in Barbados today.

ROUND-UP:

- Last weekend Andy Murray beat Spain's Fernando Verdasco to win his first Dubai tennis Championship and Sam Querrey surprisingly defeated Rafael Nadal in the Mexico Open. Murray (number one) is now 2,000 points ahead of Novak Djokovic in the world rankings. Indian Wells is currently hosting the 2017 ATP/WTATennis tournament.

- Tony Bellow (the reigning WBC cruiserweight champion) stopped an injured David Haye in the 11th round of a terrific, feisty heavyweight encounter at London's O2 Arena.

- GB's Laura Muir (1500m) and Richard Kilty (60m) won gold medals at the European Indoor Championships in Belgrade.

- The All-England badminton championships are currently taking place in Birmingham.

- England's women footballers beat world champions USA 1-0 with an Ellen White goal in a four-country tournament in America.

- Lionel Messi netted his 501st and 502nd goals in his 600th club appearance as Barcelona went top of La Liga with a 5-0 win over Celta Vigo. Real Madrid (second) won 4-1 at Eibar.

- Congratulations to Leicester who, since the sacking of manager Claudio Ranieri, have won two home PL games in a row under caretaker-boss Craig Shakespeare, both by 3-1, over Liverpool and Hull City.

- Former Scottish international left-back Tommy Gemmill, one of Celtic's 1967 'Lisbon Lions,' has died at the age of 73.

- For horse racing enthusiasts, the Cheltenham Festival starts next Tuesday (March 14).

ANDY MURRAY:

Won his first Dubai tennis Championship.



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