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Boom or bust

EU reopens Cala Mosca file

By Matt Ford

As the controversial plan to construct 1,500 new homes at Cala Mosca in Orihuela appears to be closer to the green light than ever, angry residents are digging in their heels.

Following last week's European Parliament decision to reopen the file on the long-mooted scheme, more than 300 people gathered on Flamenca beach to express their collective disgust at the proposed project.

As previously reported, the wrangling has been ongoing for more than a decade, with resi-

dents also concerned about how the projected influx of 6,000 people would stretch local services and infrastructure which are already at breaking point.

The protest has united both Spanish and foreign residents, with many German and English banners visible.

Although the EU will now examine the environmental impact analysis to ensure it complies with European law, the Valencian Generalitat has the final say.

"There are enough environmental and economic reasons for the regional parliament to

take up the matter and stop this project," said one Orihuela councillor.

"Another 1,550 homes would saturate Orihuela Costa," added Residents and Traders Association President, Felix Arenas. "The town council is already failing to maintain public services and rubbish collection as it should do, so this will bring a total collapse."

Among the more active of the protestors has been British ex-councillor, Bob Houlston, who said: "Today we have seen the reality, which is that the residents say no."

Photo Credit: KarlosBernaibeM/Twitter

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LOCAL NEWS

Danger deactivated

A NAVY diver's unit specialising in the deactivation of dangerous explosives neutralised an American-made flare found in the Major port in La Manga del Mar

Menor. The flare was found by a local fisherman who contacted police. In turn they reached out to the Maritime Action Force to deal with the threat.

Out of sight

TWO Kurdish families were found hidden inside a truck which originated from Murcia. The driver of the vehicle alerted the authorities after he discovered the stowaways, four of them minors, in the Biscayan town of Elorrio. A married couple had three children with them, while a young mother was accompanied by a one-year-old child.

International effort

IN the year it has been running, Murcia's Health Department has provided assistance to 3,892 people from 35 different countries under the Social Protection Programme. The figure was announced by Health Delegate Encarna Guillen at a meeting with charities and groups which deal with foreigners in irregular situations in the region with insufficient resources.

Rentals rise

MURCIA has always ranked among the cheapest regions for renting property in Spain, but latest figures show the average monthly price of rent has risen €59 since 2014. At the end of 2014, the average monthly rent in the region stood at €537 while in the last month of 2016, tenants paid an average €596.

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 complete - 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?




WIN A CAR: Prize is a Dacia Sandero Ambiance.

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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Benidorm Day: Sun, Mon & Wed 11€	Mon-Wed 4* Hotel FB available weekly	Almuñecar & Exc- Nerja/Gibraltar, etc. 26/3-1/4 4* FB/WW 309€ / 8-14 Oct 347€	Andalucian Trio 15-18 May / 5-8 June / 4-7 Sep 3* HB WW 209€	Calling at Malaga, Sardinia, Rome & Pisa/ Florence
Alicante City Every Monday 8€	Sun-Wed 4* Hotel FB available weekly	Granada 4* B&B 27-29 March / 19-21 April / 16-18 May From 129€	Sevilla City 16-19 May 3* B&B 219€	Inc transfers/port taxes All inclusive
Jalon Valley Every Mon 23€ incl lunch/wine	FIESTAS	Mojacar 5-7 April 4* FB WW 129€	Antequera + Ronda & Malaga 21-24 May 3* B&B 199€	MSC Med Cruises (Departs Valencia) 18-25 May, 29 Jun-6 Jul, 21-28 Sept & 5-12 Oct from 726€
Cartagena & Train to Mar Menor Every Tuesday 14€	Valencia Dressing the Virgin with flowers Fri 17th Mar Only 17€	Valencia 3* B&B 18-20 April / 22-24 May / 20-22 Jun 108€	Madrid/Escorial 23-26 May/20-23 Sept 3* B&B 229€	Calling at Marseille, Genoa, Rome, Palermo, Sardinia & Palma
Murcia City Every Thursday 11€	Valencia Fallas/burnings Sun 19th March Only 17€	Segovia & Salamanca 18-21 April / 24-27 Sept 3* B&B 199€	Zaragoza + exc. 23-27 May 4* B&B 309€ inc bodega visit/tasting	Inc transfers/port taxes All inclusive
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	Heather Small Sun 30th April 69€ show/coach or 120€ inc 1 night FB			

Suspected robber sent behind bars

NATIONAL POLICE in Alcantarilla have arrested a 26-year-old Spanish man with a previous record and wanted by three Murcia region courts for allegedly robbing minors.

The suspect, who was remanded in custody to await trial is suspected of being behind at least 11 crimes in which victims, all teenagers, reported that their attacker used his height and size to intimidate them as well as brandishing a knife.

Investigations began in November last year after a pattern was noted amongst the crimes reported at police stations in Alcantarilla and Murcia City's del Carmen district and the suspect was identified by victims through photographs.

Although upon his arrest the suspect tried to run away through the streets of Alcantarilla, where he lived, officers soon caught up and took him before a judge, who decided to send him to jail to wait for his trial.

Fake officer arrested

A SPANISH man was arrested for impersonating a police officer in Alicante.

The 28-year-old had made himself a special badge which he presented and announced he was part of the 'secret police' of the National Police, in order to deceive his victims.

The man stopped his victims and upon claiming to be police, asked them to remove their belongings from their bags for inspections.

Carrying out a quick search, he would ask them to wait as he made a few calls checking their documentation and paperwork. It was at this point that he would flee with their money and personal items.

Police launched the investigation in late November last year following a large number of complaints all telling the same story about the thefts.

Near miss for all

GUARDIA CIVIL officers and a petrol station attendant had a lucky escape in Monovar when a car raced off the road.

Bobbies out in bangers

NOT only do they have to cope with the largest workload in the country, the Guardia Civil in Torrevieja also have to do so in bangers which ought to be in the scrapyard, the AUGC (United Guardia Civil Association) union has complained.

In a city with an estimated 150,000 residents, many of which are not registered meaning fewer resources are available to the authorities, and many foreigners in residential complexes on the outskirts seen as easy prey by thieves, the force's patrol cars spend more time in the garage than on the

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 unspoiled sand dunes and pine forest.

Law-making begins

REGIONAL delegates are to begin debating their proposals for the future Mar Menor Law as from March 20.

The committee in charge of drawing up the law has agreed, according to its president Antonio Guillamon, to start working on the initial draft of the law and will be taking the opinions of as-

sociations, groups and institutions into account.

"It's a very important step," Guillamon said, and will eventually lead to a set of rules on management and care of the degraded lagoon in the future.

Costly solutions

TORREVIEJA'S desalination plant, the largest inverse osmosis centre in Europe and second largest in the world, needs a new €20 million power line to ensure correct functioning.

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.

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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.

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.



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 speciality," 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' 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.

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Child's terrifying ordeal

By Matthew Elliott

A MOTHER has been charged with abandoning her child after firefighters launched a nerve-racking rescue of a five-year-old girl stuck on a seventh-floor window ledge in her bare feet.

Nail-biting video footage of the tiny figure holding on to the window for dear life has shocked viewers across the country. It shows the girl balancing outside the extremely high Alicante apartment at 10pm in her pyjamas on March 1.

Neighbours fearing the worst placed mattresses around the bottom of the building. It was impossible to enter the apartment and eventually a firefighter was sent up on a crane to collect her.

Fortunately she was unscathed, though certainly terrified. She was alone in the apartment at the time and is now in her father's custody as criminal charges pend against her mother.

She claims to have left to meet a friend at a nearby fitness centre while her daughter was sound asleep. She says she thought it was impossible that a five-year-old could open the heavy window, let alone climb outside.

There are no previous complaints against the mother, but the girl's father has been battling for custody for four years and claims to have always worried for her safety.



BALANCING PRECARIOUSLY:
As neighbours feared the worst.

Woman killed in truck and bus collision

A WOMAN was killed and 10 people injured in a car crash in Murcia.

A truck and a bus collided at kilometre 649 of the A-7 in the municipality of Puerto Lumbreras. The bus driver alerted the emergency services in the early hours of the morning alerting them that a truck had collided with the bus and

one of the 28 passengers on board was seriously injured.

Five ambulance crews arrived on scene but a woman had been killed instantly. A further 10 people were attended to and taken to hospital, one of them had serious injuries and remains in the Virgen de la Arrixaca hospital in Murcia.

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.

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

Copper also prevents inflammation around the joints, so there is a feeling of well-being all round.

Malcolm has been marketing the Copper Heelers in Spain for more than five years now, and he has satisfied customers spreading the word about their change of life since using them. One lady from Las Siesta wrote to Malcolm only last week to say: "I have suffered for 10 years with the agony of arthritis, but since I have bought the Copper Heelers and worn them, my arthritis has improved in only five days!"

This miracle insole has brought joy to many who have been restricted with movement in the past.

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

Earlier fire warnings

EARLY warm weather has advanced the start of the government's campaign to prevent forest fires.

The Centre for Emergency Coordination is starting to anticipate the risk of forest fires in the province and will issue reports and alerts daily to all necessary agencies as well as municipalities.

Director of the Valencian Agency of Security and Response to the Emergencies, Jose Maria Angel, explained that, in the forest territory of the Valencian Community, there is a high risk of

fires, which is why a 'pre-emergence risk level' is issued that indicates the level of forest fire risk. Now, this risk level will be issued for the following day to "allow us to plan resources to the administrations and agencies involved."

A level one warning indicates a low or medium risk of danger; level two means a high risk of fire and a level three is when there is an extreme risk.

The information is updated, daily, through the www.112cv.gva.es website and on social networks through the Twitter account @GVA112.

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.

Now we want to hear your views.
YOUR PAPER - YOUR VOICE - YOUR OPINION
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Family can stay... for now

THE Stop Evictions platform has managed to prevent a family losing their home in Alicante.

It is the second time the group has managed to postpone an eviction. In this case a couple and their two children, aged one and three, faced being removed from a property in the Virgen del Remedio neighbourhood.

It is claimed they entered the building illegally and Marisa Garcia, spokeswoman for Stop Evictions,

said: "We have tried to have the bank offer the family a social rent in this same building, but we did not get it." Garcia added: "The family has tried to find a rented apartment with the help of the city, but nobody wants to rent to people who do not have a fixed income."

They have managed to halt the eviction this time, but have criticised the lack of social housing in Alicante to help such families.

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STREET RALLY: Saw thousands attend in protestation.

Demonstrators' rage against corruption

By Matthew Elliott

THOUSANDS of people took to the streets of Murcia to protest against endemic corruption. Demonstrators demanded the resignation of regional president, Pedro Antonio Sanchez, who has been implicated in a variety of financial scandals.

Organisers of the anti-corruption platform estimated that

10,000 people attended the rally on Sunday March 5. Their key message is that deep political corruption directly leads to the cuts and loss of public services affecting ordinary citizens.

The protest brought together a motley crew of unions, opposition groups, students and politicians. The slogan of the day denounced the president for being a liar who has to go. There

was even a sit in at the house of the former president Valcarel and there are now plans to march on the Palace of Justice unless Antonio resigns.

The president, a member of the ruling Partido Popular, has become public enemy number one following claims that he lined his own pockets handing out public contracts to associates in the building of an auditorium in Puerto Lumbreras.

Do they put in the hours?

THE PSOE socialist group in Almoradi has put in an official request for details of councillors working hours following complaints of unavailability from the public.

The opposition party reported residents have complained they are never able to find a councillor at the town hall leading to a request for in-

formation from the PP and C's council team.

"We all know that many kept their jobs or companies after becoming councillors even though all but one assigned themselves municipal salaries. We want to check whether they put in the hours the taxpayers are paying them for," the political party stated.

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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



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

southern Spain home in the count-down to the triggering of Article 50 to Brexit.

“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

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EWN EXCLUSIVE

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 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."

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

■ **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."

■ **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 planning 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."

Positive prediction for jobs

THE Valencia region will continue with its economic growth this year and next and by the end of 2018 will have reduced its unemployment rate to 15.5 per cent according to BBVA bank.


The bank's Macroeconomic Analysis department predicts 2.7 per cent growth this year and 2.6 per cent next year and the creation of

120,000 net jobs over the two years, department head Rafael Domenech has reported.

Indicators for the first three months of this year point towards a growth of around 3.2 per cent, yet it is expected to be lower than in 2016 due to a drop in tourism, asset movement and investment as a result of Brexit.

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Terms of Entry:

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

No employees of EWN Media Group can enter.

The winner will be announced on April 20, 2017.

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

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

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

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

You and the EWN

How often do you read the EWN?

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

Which sections of the EWN do you read?

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

What do you THINK of the EWN?

.....

What do you EXPECT from the EWN?

.....

What would you like to CHANGE about the EWN?

.....

How long do you spend reading the EWN?

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

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

.....

Where do you usually pick up your copy?

.....

Do you have a suggested new distribution point?

.....

You and the EWN Online

Where do you primarily get your daily news from?

- Television
- Radio
- Newspaper
- Internet

What device do you browse the internet on?

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

What time do you normally browse the internet?

- Morning
- Afternoon
- Evening
- All day

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

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

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

- Yes
- No

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

-
-
-
-

Q & A

Gender

- Female
- Male

How old are you?

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

Status

- Single
- Married
- Separated/Divorced
- Widowed

Which other local newspapers do you read?

.....

How often do you eat out?

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

How long have you been reading the EWN?

.....

Do you have private health insurance?

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

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

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

Is your telephone

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

Is your mobile

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

What kind of mobile telephone do you use?

- Android
- iPhone
- Windows
- Other (specify)

Is your internet

- Fibre Optic
- ADSL
- Other (specify)

How often do you use the internet?

- Regularly
- Rarely
- Never

Which social media sites do you use?

- Facebook
- Twitter
- Instagram
- Other (specify)

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WELCOME to the 2017 Euro Weekly News Reader Survey. We are continuously examining ways to further improve Spain's leading English-language newspaper and we want you, the reader, to take part.

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

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

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

So what are you waiting for?

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



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Mobiles banned in secondary schools

SECONDARY schools are prohibiting students from taking their mobile phones to school.

Currently students were only allowed them during break time but school heads say they want to avoid their misuse on campus in general, as a precautionary measure.

President of the Directors of Secondary Schools of Alicante Province, Toni Gonzalez Picornell, said that at his school "there are those who carry it in their bags, but as soon as we see some we confis-

cate it in the office until the day ends."

The IES El Pla de Alicante adds that "the use and possession of mobile phones, sound and electronic devices outside the teaching process is prohibited."

The move aims to prevent the misuse of phones by teenagers, which have often been the cause of bullying through social media.

The Azorin school in Santa Pola agrees and reminds pupils that they have a phone on the premises that

can be used when necessary.

When students move up to secondary school, parents are reminded that a phone should not be taken to school as they are not necessary and are an expensive toy.



PHONE BAN: To help avoid misuse. |

New inhabitants under investigation

By Eleanor Hawkins

EXPERTS at CIMAR marine investigation centre are currently studying 11 new invasive species which have appeared in Santa Pola and Tabarca.

The increasing temperature in the Mediterranean, scientist Andres Izquierda has explained, means that marine creatures entering via the Suez Canal and Straits of Gibraltar or arriving with boats from all over the world are able to adapt to the environment and remain.

The investigation centre has asked fishermen to help by remitting any members of intrusive species they find to the Santa Pola facility to allow further study and determine whether their continued presence could affect or endanger native species.



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Global Investment Outlook 2017. Finding reassurance in an uncertain world.

Blevins Franks has invited Iheshan Faasee of Russell Investments to discuss the current investment climate, in light of the ongoing issues around Brexit and Donald Trump's presidency, putting them into perspective for us and making sense of all the noise.

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Actions speak louder than words

MORE than 2,500kg of waste was removed from the River Segura during a clean up day in Guardamar.

Around 60 people responded to a call by the town hall to help volunteer and clean the mouth of the river, sending a clear message of the inaction and ineffectiveness of the CHS Hydrographic Confederation of Segura who are meant to clean the river. The waste was cleaned out of the river, bagged and loaded on to rubbish trucks with 2,500kg collected in just over two hours before the activity was called off due to inclement weather.

The town hall said they appreciated all individuals and bodies such as the Red Cross, Sail-



Photo by Ajuntament de Guardamar del Segura

RIVER CLEANERS: Volunteers cleared away 2,500kg of waste from the mouth of the Segura in Guardamar.

ing School and Marjal Campsite, who have assisted in cleaning the area.

A fiery day's work

RESIDENTS of an apartment complex were forced to evacuate amid dense plumes of smoke after a fire broke out in an accountants' office downstairs. It took eight firefighters over an hour to ex-

tinguish the fire in Los Palmerales, Elche. The electricity company for the building had to turn off the supply to prevent further disaster.

The blaze came just hours

after a van was completely charred when a fire broke out in a campo garage near Crevillent Boch. Six firemen battled that blaze for a full 90 minutes to protect the house from catching fire.

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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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Violent robbers arrested

A GANG has been dismantled and arrested for carrying out violent robberies from trucks, seizing their loads to be resold on the black market.

The three arrested, two men and a woman from Torrevieja and Rojales, are also accused of being engaged in

drug trafficking.

All three are charged with crimes of belonging to a criminal organisation, robbery with intimidation, two crimes of robbery with force and a crime against public health for drug trafficking.

The investigation launched in

August last year when a foreign exchange office on the Orihuela Costa was raided. Disguising their identity and holding firearms they made away on a motorbike with around €24,000.

As the investigations continued police identified the authors of this first robbery as members of a gang that was dedicated to targeting trucks in the area of Madrid. Another robbery was carried out in Ibi where items taken, including the cargo of the trucks and a tractor, were valued at more than €200,000.

With police closing in on the gang, raids were carried out at two properties in Torrevieja and Rojales, where officers seized high end vehicles, €5,000 in cash, numerous electronic devices as well as dried and packaged marihuana and 30g of cocaine. A total of 130 marihuana plants as well as equipment used for the cultivation of marihuana was also seized.

Based on documentation and evidence found, police believe the gang was preparing for another robbery.

The two men have been remanded in prison whilst the woman has been released on bail.

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FOREIGN REVENUE: Was on the up in January.

Visitors spending more on the Costa

AROUND half a million foreign tourists visited the Costa Blanca in January, spending around 26 per cent of the foreign revenue in Spain that month.

The 481,589 tourists spent an average of €1,089 each during their trip, an annual increase of 2.8 per cent compared to January 2016.

The average duration of the trip was

8.5 days with the UK being the main source of foreign visitors, allaying any fears so far of the 'Brexit effect' putting off British travel to Spain. Tourists from Germany and the Nordic countries also headed the list of foreign tourists.

The Valencia Region was the second most popular destination in Spain for foreign tourists after the Canary Islands.

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NEWS EXTRA

Tractor trauma

AN 18-year-old suffered traumatic brain injuries after crashing his car into a tractor in Orihuela. He was rushed to the Vega Baja hospital where he remains in critical condition.

Brutal fight

A MAN was seriously injured during a brawl on a Cartagena street in the early hours of Sunday morning March 5. The 45-year-old was unconscious and bleeding when he was rushed to hospital.

Green city

ORIHUELA has asked the regional water association to divert 600,000 cubic metres of recycled sewage water for use in irrigating green areas across the city in a smart move to help combat drought.

Finding jobs for asylum seekers

RED CROSS Alicante is carrying out activities aimed at helping asylum seekers integrate into society.

Amongst the projects is one co-financed by the Ministry of Employment, Social Security and the European Social Fund, to help get asylum seekers work, assisting them on learning about the labour market environment, labour legislation and job search tools.

The Red Cross headquarters in Alicante has also arranged three courses aimed to improve their job skills, in cookery and kitchen essentials, surveillance services and sales and online sales.

Red Cross spends hours with each person to analyse their profile and according to their nationality and existing skills and interests, works to fit them into



RED CROSS: The Alicante headquarters offers three courses to help asylum seekers find jobs.

“ The project assists asylum seekers in learning about the job market.

the most appropriate course.

The project has a duration of 18 months and the Red Cross is always looking for more volunteers to help with their integration programmes.

Dangerous weeks for cyclists on the roads

A CYCLIST was run over during a mountain bike test in Crevillent.

The accident occurred during the morning route of the Marcha BTT Crevillent event that sees cyclists complete a route from Crevillent centre to the mountains. The accident happened on the Estacion de Crevillent road when, for reasons that are still being investigated, a driver reached the circuit test and hit the cyclist.

The injured man, aged 31 from Elche, was treated at the scene before being moved to the General Hospital of Elche.

It was the second accident of the week involving cyclists as just a few days before a man hunt was launched for the driver who fled the scene after hitting a cyclist and knocking him off his bike.

The 42-year-old from Elche was cycling along a rural road between Guardamar and Quesada when a vehicle hit him and the driver took flight.

Police were first on the scene and attended to the cyclist until ambulance crews arrived and took him to hospital where he remains recovering from a broken rib and surgery for an injury to his face.

Friends of the cyclist have taken to social media pleading for information on the driver who left him lying in the road.

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Robotic revolution



Photo Credit: AIDE H2020 project

ROBOT ARM:
Functions through
brain waves.

LOCAL scientists are pioneering new technology that has the potential to transform the lives of disabled people. Neuroengineers at Elche's University of Miguel Hernandez are developing a robotic skeleton that can function as a powerful arm with the use of brain waves.

The arm would be attached to a wheelchair and connected to the patient's own arm. Using willpower alone patients will be

able to direct the robot arm, having it pick up items or open doors. Special glasses will help users focus the arm on objects.

Early efforts saw the robot arm weigh a hefty 35 kilograms but it is now down to just 10. It is so precise that patients can even use it to brush their teeth and comb their hair. The psychic energy involved in directing the arm's use gives patients a feeling of power that has been

denied them for many years. Most involved in the trials are confined to wheelchairs with little use of their arms and legs.

Engineers are also working on connecting wheelchairs to visual communication systems, allowing users to talk with friends and family through Skype, WhatsApp and Facebook. They can also watch a film, or even use the robot arm to draw and paint.

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Pines versus palms

RESIDENTS have reported more problems with the somewhat ill-fated La Siesta park as a palm tree has now died, fallen over and is nearly in half.

The fallen palm is on the side of Avenida Henri Matisse near the centre gate and has fallen on to the fence. If it had been much taller, it is likely that it could have gone over the fence, causing potentially, an unthinkable situation if anyone had been walking past at that time.

Carlos Gonzalez from the Department of Foreign Af-

FALLEN PALM: Still waiting to be removed by the town hall.

fairs at Torrevieja Town Hall, has been made aware of the situation as he was asked to get the palm removed and to check others to ensure they weren't dying off or subject to the palm weevil.

He has since emailed the Department of Gardens requesting the fallen palm tree is removed and the land reg-



ularly irrigated to keep palms watered. However, work has not yet been carried out as he was informed that the municipal gardening team first have to complete the campaign of spraying and fumigating the pine trees against the caterpillars in all parks and green areas of Torrevieja.

Residents have been assured that they will attend to the park after this campaign has finished.

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NEWS EXTRA

Bad image

RESIDENTS in the Santa Cruz area of Alicante City complain the area has become like a landfill. They say the area is one of the most visited by tourists but the image offered on weekends is "disastrous."

Blood given

A SPRING Blood Donation Marathon took place at the University of Alicante with 11 teams from the Alicante Transfusions Centre taking as much blood as possible from the 983 donors who took part.

Poison fines

AN animal rights group in Elche is calling for greater fines for those who put poison out, saying it is not only dangerous for small animals, but also for small children who can come into contact with it.

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Showcasing brain surgery developments

It may sound like something out of a horror film, but to undergo brain surgery whilst awake is very real and is a regular occurrence in Alicante.

The Neurosurgery team at the General Hospital of Alicante has reported that more than 80 per cent of the brain tumours they remove are from patients that are only sedated and have not under-

gone a general anaesthetic. maximum when a brain tumour is removed, the General Hospital has specialised in different techniques, some of which are new in Spain.

In this sense, the hospital has a team with the patient

who is awake, asking them to carry out certain exercises during the surgery. These tasks allow them to monitor the functions of the brain to ensure they are not doing damage that can have serious

consequences.

All the surgical instruments are also connected with electrodes that allow continuous stimulation during surgery and recently, the use of cameras through en-

dosopes has also been incorporated into this type of operation to reach areas of the brain previously inaccessible.

The techniques were shown during an internation-

al congress of neurosurgery, held in Alicante, which welcomed around 50 international specialists from countries such as India, Saudi Arabia, USA, Egypt, UK and Czech Republic.

“Patients are asked to carry out certain exercises during the surgery.

gone a general anaesthetic.

The surgeons say by keeping patients awake, this allows them to monitor the functions of muscles during the delicate surgery to ensure there is no damage during the operation: “It is a case of not only removing the tumour, but also to ensure we are not generating more damage to the patient since in the brain, only a millimetre more can lead to serious damage.”

In this effort to preserve the patient’s functions to the

Forest fire at La Mata natural park

A SMALL fire resulted in 1,500 square metres of scrubland being burnt in the Natural Park of La Mata.

Residents in the urbanisations of La Siesta and El Limonar spotted the fire and alerted the authorities to the blaze. Within minutes, two fire units from Torre Vieja and the Local Police arrived in the area.

A helicopter had also been dispatched but as fire crews saw the fire and that they could control it from the ground, the helicopter was withdrawn.

Due to the remoteness of the fire, it was also decided it was not necessary to evacuate any residents in the neighbouring urbanisations.

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EQUIPO up for award

THE extension building of the headquarters of the Office of Intellectual Property of the EU (EQUIPO) is in line for an architectural award.

The extension building is a finalist in the BREEAM 2017 international awards for sustainable construction which are being held in London. The EQUIPO building is in the category of 'offices of new construction' and is up against the offices of Ikea in Sweden, a bank and multinational in Holland and a project in the UK.

It is the first time that an office building in Spain has been



EQUIPO AWARD: The extension building of EQUIPO in Alicante is up for a sustainability award.

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has undergone a rigorous evaluation in 10 categories; energy, water, health and welfare, mate-

rials, transport, waste, management, ecological use of soil, pollution and innovation.

A healthier idea for tourism

HEALTH tourism is being promoted in Torrevieja.

The Quironsalud Hospital has signed a collaboration agreement with the Association of Hotels and Holiday Accommodation Alicante Sur with the objective of establishing 'a framework of cooperation,' to help promote health tourism.

By working together, it means that

there will be a greater exchange of information and promotional material so clients and patients can receive more knowledge about the new services of each organisation.

As a result of the agreement, clients of Alicante Sur will benefit from a 10 per cent discount on all health benefits from Quironsalud. In addition, free first aid

and healthcare courses will be offered to employees of this network of hotels and tourist accommodation.

A healthy information campaign will also be developed at these establishments. Likewise, hotels and other companies in this group will be able to offer packages of personalised health checks for groups housed in their facilities.

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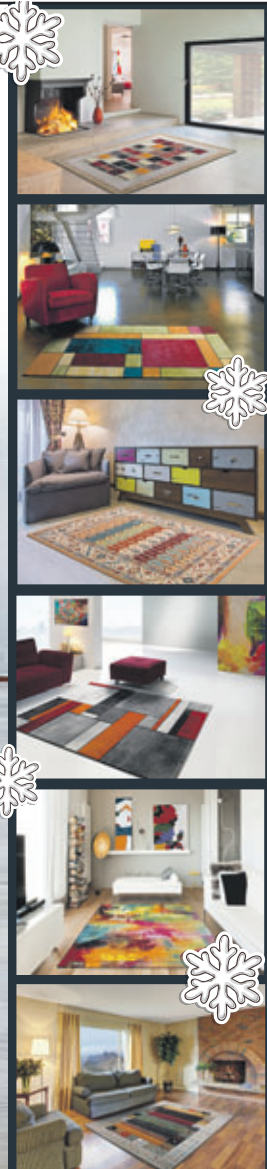
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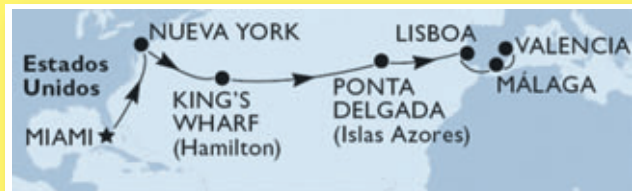
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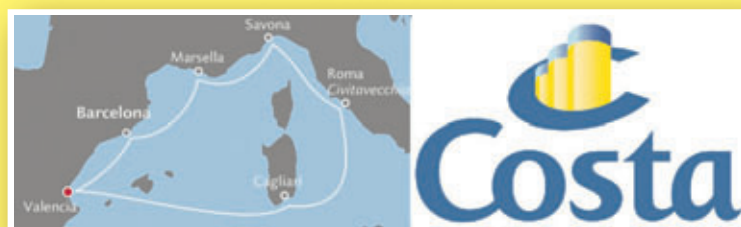
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European Union rejects House of Lords report



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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Cities unite on tourism plan

TORREVIEJA and Cartagena are working together to encourage a greater flow of tourists between the two cities.

Councillor for Tourism, Fanny Serrano, was joined by a team of tourism advisers and technicians from the city, on a visit to the municipality in which she met with Cartagena's councillor for Tourism, Ana Belen Castejon.

The meeting helped them finalise the details that will lead to the signing of a cooperation agreement in tourist matters between both cities, aimed at enriching and promoting both Torrevieja and Cartagena.

Serrano received a guided tour of the historical centre of Cartagena, including a visit to the Roman Theatre and the Roman Forum archaeological site where she said she was amazed at the restoration work being carried out. She then enjoyed a catamaran ride around the harbour.

Ana Belen Castejon has al-



CARTAGENA VISIT: Torrevieja's tourism team visit Cartagena.

ready made a reciprocal visit to Torrevieja to discover more of what the city has to offer.

The committees of both cities have agreed to hold a se-

ries of alternating regular meetings that will continue with the visit of Cartagena technicians to the Natural Park of the Lagunas de La Mata and Torrevieja.

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NEWS EXTRA

Honour plans

THERE are plans for a monument in commemoration of the end of the Civil War to be installed in the port of Alicante, following a proposal from the Civic Commission of Alicante for the recovery of Historical Memory.

Spring's here

WITH the arrival of March, temperature soared in the province with a balmy 25 degree centigrade recorded at Alicante-Elche airport in El Altet. Rojales reached highs of 22 degrees.

City awards

ALICANTE has launched the City of Alicante 2017 Awards which aim to recognise the work of different people and institutions in the city. Nominations can be made to the town hall by May 15.

In celebration of voluntary workers



VOLUNTEER DAY: Torrevieja's Civil Protection team were in Valencia to mark World Civil Protection Day.

A GROUP of Civil Protection volunteers from Torrevieja were in Valencia to mark World Civil Protection Day.

President of the Generalitat Valenciana, Ximo Puig, and the Director General of

Emergencies José María Angel Batalla, presided over the celebration of the event that took place in the Palace of the Generalitat of Valencia, as the president made clear how important the work of volunteering

was in the world.

Torrevieja's councillor for Security and Emergency Coordination, Javier Manzanares, said he was proud of the city's Civil Protection team which was "growing at an important

pace and makes commendable work in our city."

At the ceremony it was also announced that Torrevieja is working to become the chosen venue for all training courses for volunteers.

Murcia is top of the training list

WORKERS in the Murcia region are the best trained in the country.

Figures show Murcian companies offer more training opportunities for employees than any other region, with over 15,000 companies carrying out training workshops, covering 34.1 per cent of the potential beneficiaries, 6.6 per cent more than the national rate.

Over 76,000 workers received training through courses from the State Foundation for Training in Employment (Fundae), carried out through the Regional Employment and Training Service (SEF).

To give these courses, companies must make a private contribution according to their size and companies can decide what specific training to give; how and when to do it, and whether they wish to develop that training on their own or to group with others.

The director general of the SEF, Alejandro Zamora, stressed: "It is fundamental that companies continue to be aware of the importance of continued training for their workers, because this commitment will lead to higher quality employment and greater competitiveness in the market. From the view of the workers, training is not only key to finding employment, but also to keep it and thrive on it."

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NEWS EXTRA

Less gripes

TRAM received nearly 400 user complaints last year about the tram service across Alicante, a fall of 25.6 per cent compared to 2015. The most common complaint was related to delays.

Dog show

AN exhibition of the Local Police canine unit took place in Alicante's La plaza de la Viña neighbourhood. The event also collected 200kg of food for local animal charities.

Asbestos removal

ASBESTOS fibres will be removed from the roofs of schools in Crevillent before June according to the Councillor for Education after final technical reports were received.



WATER AWARD: Orihuela has received a national award for its water

Top water management

ORIHUELA has received a sustainability award for its water management systems. The city received the award in Madrid from the Environmental Forum Foundation in recognition of their 'good practices regarding the environment.'

The Minister of Agriculture and Fisheries, Food and Environment, Isabel García Tejerina, said during the presentation that Spanish municipalities are facing "the challenge of sustainability with individual, creative and innovative actions."

Orihuela received the award in the 14th edition of the 'Sustainable City' awards for its regeneration projects and work of the Segura river.

Mayor Emilio Bascuñana picked up the prize accompanied by councillor for the Environment Miguel Angel Fernandez, who said the award "serves as a motivation to continue improving, to offer our neighbours the river that they deserve."

Work has included in recent years the renewal of infrastructures and discharge control. Orihuela was one of the pioneer municipalities in the Valencian Community in the control of industrial discharges and since 2010, the controls have been increased by 72 per cent. Waste water treatment has improved, more waste water has been reused and cleaning of river banks has increased.

Good news for working parents

THE Escuela Infantil in La Manga will remain fully open and operational during the summer season. The continued schedule comes in order to meet the increase in the demand for places for children up to the age of six during the summer season when parents have to continue to work.

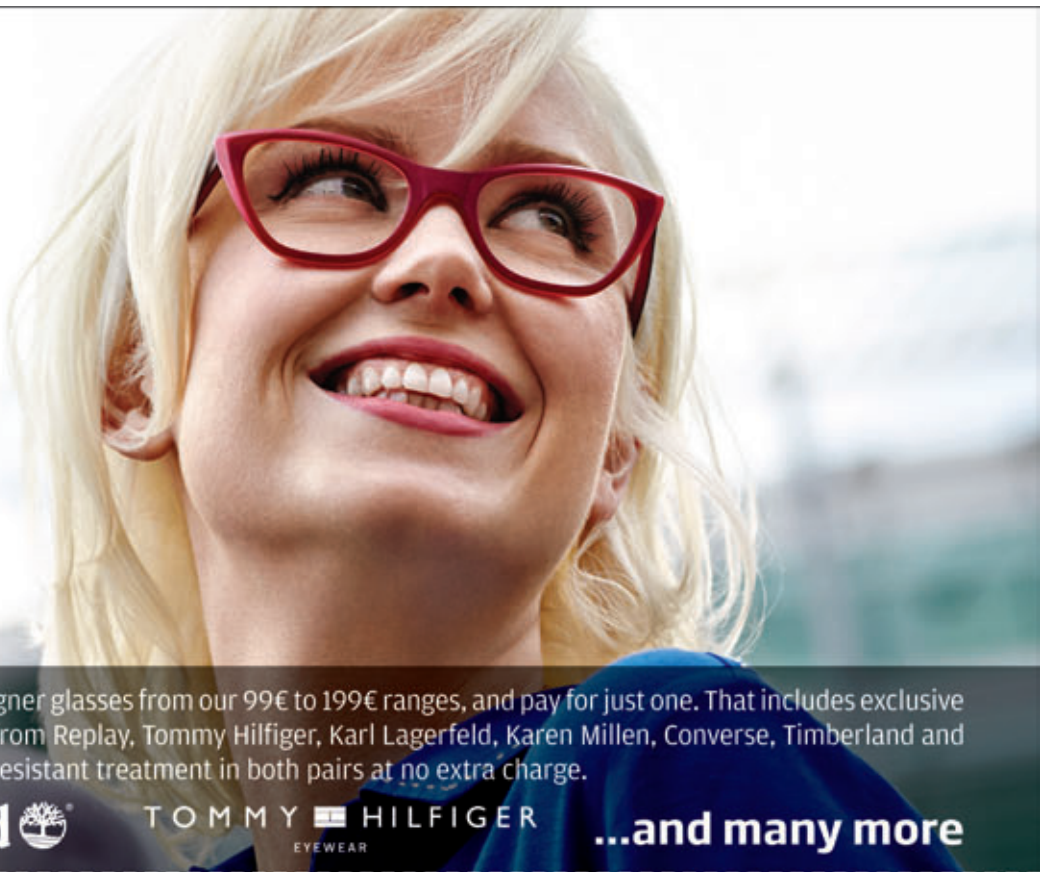
Councillor for Education, Catalina Perez, visited the educational centres of La Manga beginning with the Escuela Infantil, which currently hosts 13 children up to the age of three, but sees an increase in demand during holidays. This has led them to remain open in August with a summer school programme that will welcome children up to the age of six.

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NEWS EXTRA

Drugs bust

NATIONAL POLICE have dismantled a group that was distributing drugs around night club venues in Alicante. Five men and two women were arrested.

Cultural year

CREVILLEN'T'S Casa de Cultura hosted a total of 334 activities in 2016, enjoyed by more than 62,000 people. Thanks to charitable events held, a total of €12,858 was raised last year for good causes.

Fiesta budget

THE Moors and Christians Association of Crevillent has approved a budget of €123,000 for this year's fiesta celebrations.

Campsite expansion gets the go ahead

SIX years after the start of administrative procedures and finally, Camping International in La Marina, has been granted permission to further expand the facilities.

Currently, the site occupies some 70,000 square metres and permission has been granted to extend by a further 30,000 square metres. Originally, applications were made for an extension of 40,000 square metres, with an investment of almost €6 million, but both figures were eventually lowered.

Work is expected to start this month on a building for maintenance and laundry and then after the summer a new toilet block will be built and around 200 new plots will be created. This



MORE CAMPING PLOTS: Will be created at Camping International La Marina.

comes after the recent expansion of the swimming pool area meant that several plots were lost, so they will now be recovered with this new investment.

Patrick Le Metayer from Camping International said the investment and expan-

sion comes as more and more people are choosing to camp and the "tourism industry in general is going well."

The resort exceeded 300,000 overnight stays in 2016.

Whilst many have wel-

comed the further development of the campsite, bringing more revenue and employment to La Marina, others have been wary of its impact on the environment, being so close to the delicate beach and pine forest ecosystem.

Man threatened to throw his son off the balcony

A MAN is being investigated for a crime of family mistreatment after threatening to throw his son off the balcony after a fight with his partner.

Local Police and Guardia Civil were called to a property in Crevillent after receiving seven calls from nearby residents warning there was a woman calling for help and shouting from inside her home.

As officers arrived at the property in Calle Virgen del Pilar, they found the man, aged 39, stood naked on the balcony with his nine year-old son in his arms. Reports say the man was in a psychotic state, shouting and pointing at his son hanging on the edge of the balcony railing.

His partner was able to open the door to officers who managed to calm the man and take the child from his arms. He then became violent, resisting arrest and kicking and punching officers with two receiving treatment for minor injuries obtained during the struggle.

Due to his state, a doctor was called to administer a tranquilliser to calm him before taking him to the Vinalopo Hospital. He remains under assessment in the Psychiatry Unit.

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Truth and Dare

NETWORKS THEATRE, the English-speaking theatre in Orihuela presents Truth and Dare, a play with original music created by Ines Ruiz and Jo Papangelou.

It's a real emotional roller-coaster with touching songs that really involve you in the story of Alex and Nicole, two souls that fall in love. A million reasons to be together, only one to be apart. What will happen in the end? Will they listen to their hearts and be themselves or...?

Truth and Dare is another great show in Networks Theatre season of quality theatre that is all in English. If you haven't discovered them please visit their website where you can book tickets for this and every show. The show will be presented on Friday March 10 at 9.15pm and on Saturday March 11 at 6.30pm and 9pm.

Ticket prices are €6 for adults and €3.50 for students. Book your tickets online now at www.networkstheatre.com.

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 it's 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. We'd have to sell a lot more raffle tickets to raise the £3,500 (€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

It's as bold as bass

numbers and are also happy to welcome a euphonium player from Belgium, a percussionist 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.



MIKE THORNTON: "It's not brand new, but it's new to me."

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CHARITY LUNCH: Was enjoyed by 44 happy diners.

Raising funds for Huntington's Disease

A MAGNIFICENT €578 has been raised from a charity lunch which was enjoyed by 44 happy diners at Restaurante Giovanni's, Calle Pintor Serolla 28, Almoradi in aid of the not so well-known charity, Huntington's Disease Association.

The event was organised for the second year running by Margaret Tozer, whose brother-in-law David suffers from HD and moved to Spain three years ago in the hope that the warmer climate and relaxed way of life would help with his condition.

Restaurant owner John and his staff generously gave up their time for the afternoon and John donated

many prizes, including two Menu del Dia for two vouchers for the winners of Play Your Cards Right and Open the Envelope games.

Huntington's Disease is a hereditary terminal illness affecting both men and women which destroys the pathways between the brain and the rest of the body, resulting in uncontrollable movements, loss of speech, incontinence, and loss of memory function, to name but a few symptoms. It also causes changes of personality and depression.

The disease destroys everything that makes us recognisable as human beings and there is currently no cure. It has already claimed the life of David's

father and is now affecting David and his younger brother.

More fundraising events are planned for the area of Almoradi in support of families suffering from Huntington's, including a traditional afternoon tea on March 21 and the ever popular fun quiz on April 22, both to be held at the new premises of Cafe-Bar Almoradi, Calle Mayor 91. For more details, please contact Marion Smith on 651 043 681.

If you would like to get involved with organising an event for HD sufferers in your area, or know someone who is affected by the condition, then please contact Marion, on the number above.

Anglican Chaplaincy of St Peter and St Paul

ON February 28 Father Richard Seabrook of the Anglican Chaplaincy of St Peter and St Paul Torrevieja, hosted a pancake extravaganza at the Chaplaincy House to mark Shrove Tuesday and the last day before the start of Lent.

Lots of people from the seven churches that make up the Chaplaincy attended and Father Richard excelled himself with the making and tossing of the pancakes.

Apart from a most delightful culinary experience and a chance for people throughout the Chaplaincy to meet up and chat, €242 was raised for Chaplaincy funds.

On March 1 Campoverde Church, with Shoe Amor and accompanying stall holders, held a truly wonderful market day at the Rusty Nail in Campoverde, all in aid of Campoverde Church.

Maggie Dew said, "We were blessed not just by the wonderful sunny day, the helpful and friendly staff of the Rusty Nail, local people who made produce for the church's home-made stall but, most importantly, by the many Campoverdians who turned up to support our event."

The day raised €523



MARKET DAY: Local people made produce to raise funds.

“ Campoverde Church prides itself on working in and for the community.

which will all go towards the work of the church.

Campoverde Church is at the heart of Campoverde and prides itself on working

in and for the community. In return it is well supported by local people and local traders.

For further details about Campoverde Church, the services it provides and its work in the community contact Maggie Dew on maggieruthdew@hotmail.com. Services are held at 6pm every Sunday.

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Torrevieja Symphony Orchestra

AN Extraordinary General Meeting of members of the Torrevieja Symphony Orchestra recently took place at the Real Club Náutico de Torrevieja. The one and only point in the agenda was for the members to make a decision about the current situation of the orchestra having to pay for rent and staff at the auditorium, the usual venue for its performances.

The president, Pelayo Melado, and José Vicente Berná, member of the Board of Directors, explained in detail what was discussed at the meetings held with the mayor and other members from the town's administration. Even though many different options were offered to the Council, nothing has changed about the previous situation in that the law requires rent to be paid for a performance when tickets are going to be sold.

It was explained to members the difficulties with proceeding with the scheduled concerts given this unexpected payment. One solution

could be to charge an extra 20 per cent for the tickets and membership fees starting next season, assuming the risk of getting less sales.

Many of the members suggested that donations could be made at every concert.

Pelayo read an email from German members, Günter and Rosemarie, who stated that "they hoped in the next negotiations, the town administration will pay attention to the high international value of the Torrevieja Symphony Orchestra and the importance of the culture in this town, as well as to promote the use of this large concert hall.

"The orchestra and the Torrevieja Auditorium belong together. The concerts are a cultural highlight that give the town a special prestige and are of great tourist and economic value." Pelayo insisted it was important to have support from the Administration in order to get this project going, and that "this support doesn't have to be just a financial one."

Former councillor of Culture at Torrevieja Town Council and fellow member, Alejandro Blanco, showed his support and explained that, in his opinion, there could be other ways to overcome this expense by a nominative subsidy from the town council.

After much debate the 61 members present voted on how to proceed. An overwhelming majority (97 per cent) voted to carry on with the remaining concerts of the season by assuming the aforementioned expenses. Only 3 per cent voted to temporarily cancel the concerts and there were no votes for moving performances to an alternative auditorium. It wouldn't make any sense to take the orchestra out of Torrevieja, when it bears the name of the town.

Members present expressed a wish to highlight the orchestra's situation to the media and reiterate to the local government about the value of the importance of continuing to have the Symphony Orchestra in Torrevieja.

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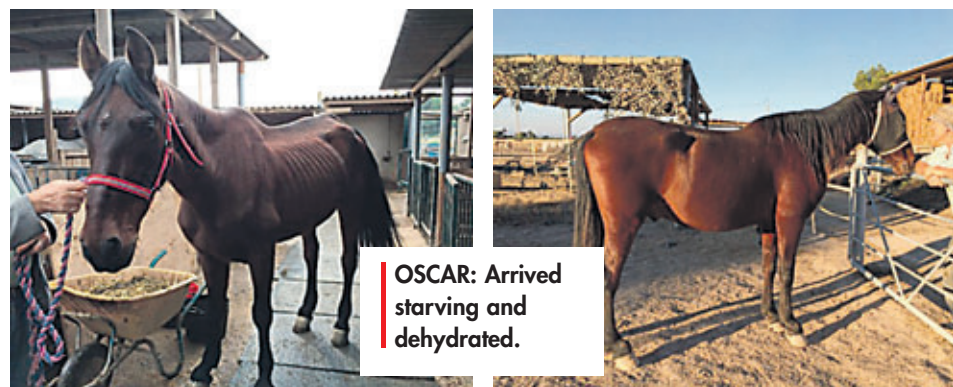


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THE FIRST section of the new secure boundary wall.



OSCAR: Arrived starving and dehydrated.

Rescue centre reopens major fundraiser as building work begins

AS construction ramps up on a secure new boundary wall funded entirely by kind donors, the Easy Horse Care Rescue Centre is calling for further donations to build the wall higher in a bid to better protect equines from winter winds and summer sun.

Co-founders Sue and Rod Weeding have reopened the rescue centre's major fundraiser and hope to raise a further €7,000 to fund the extra height, dramatically improving the lives of dozens of their rescued equines.

Sue said, "Making the wall higher will give our horses shelter from the cold north winds in winter and, in the future, allow us to create very sturdy and large field shelters for extra protection from the sun and rain, using the boundary fence as the back wall."

The new design will now include five higher sections along the 218-metre long block wall, with lower sections in between to allow the horses to look out to the road, which, Sue says, the horses love. A new gate will also provide additional secure access to the centre.

"It's a win-win situation re-

ally," says Sue, "but we do need help raising more money to go with this plan."

Rod, formerly a professional builder in the UK, is doing much of the work himself, which has reduced costs by as much as €4,000. The new donations will help cover additional blocks and materials required to increase the wall's height and strength to accommodate shelters in the future.

The major fence fundraiser was originally launched in March last year to secure the centre, following a string of break-ins and intimidatory behaviour. These acts were believed to be retaliation after Sue and Rod rescued a horse named Oscar, who arrived at the centre starving and dehydrated.

More than 90 donors rallied to help raise an incredible €13,000 for Sue and Rod, who felt under siege at the centre, which is also their home.

After a series of delays due to approvals and bad weather, work finally began on the wall late last year, with Rod completing the first of five sections last month. Importantly, this section preserved crumbling ir-

rigation channels, remnants of a centuries-old Moorish irrigation system still used by local farmers today.

Sue urged supporters to get behind the reopened fundraiser, saying even a small donation of just €5 would help. Donors who contribute €200 or more will be honoured with a plaque on a dedicated section of the fence.

You can make a secure online donation via the rescue centre's website www.easyhorsecare.net/donate/support-our-fence-fundraiser.

The Easy Horse Care Rescue Centre relies entirely on donations to fund its important animal welfare work, including the feeding and care of the centre's more than 100 horses, ponies and donkeys rescued from abuse, neglect and abandonment.

Located just outside Rojales at Partido Lo Garriga, 59, the centre opens to the public on the first Sunday of every month between 1pm and 4pm. Free horse tours run throughout the afternoon and refreshments are available in the café. For more details and directions, please visit www.easyhorsecare.net.

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Generous donation for Torrevieja Hospital

IN memory of the much-loved and admired Richard Vivian Jones, who sadly died at Christmas, a donation of €580 was made to the Department of Pulmonology at Torrevieja Hospital on Tuesday February 21.

Viv, husband of Judith, died after some weeks in hospital of complicated breathing problems, namely pulmonary fibrosis of the lungs. This donation was made from the money collected at Viv's funeral as well as a generous

donation of €250 from The Torrevieja Barbershop Harmonisers along with a donation of €100 from The Deadwood Stage Company.

Viv and Jude moved to the Costa Brava 14 years ago and were well-known for their contribution in time and effort to many societies and charities. Viv had been stage manager and an ardent back stage worker for several years for Campoverdy Teatro Grupo, having an artistic flair and skill. This last year he trans-

ferred to the newly formed group The Deadwood Stage Company.

Sadly his health deteriorated to such an extent that he was no longer fit to attend the meetings, but he will never be forgotten. He was a warm, quiet gentle man!

Another of his interests, apart from supporting Wales in rugby, was as a member of The Torrevieja Barbershop Harmonisers. He had a fine voice.

Jude presented the donation to the director of the hospital, Jose David Zafrilla, and Pulmonology Chief, Gabriel Mediero, together with Vida and photographer Colin Nelson from The Deadwood Stage Company and Geoff Gosben, president/chairman of the 'Harmonisers.'

The Hospital staff were somewhat overcome by this generous gesture as it is not a common occurrence.



BENEFIT CONCERT: To raise funds for those who lost everything.

Spangles support victims of the flood

THE Spangles Ladies' Harmony Chorus recently joined forces with the Agrupacion Coral Nuestra Señora de la Asuncion and Rondalla son del Mar Menor groups in a benefit concert to raise funds for those who lost everything in the devastating floods in Los Alcazares, just before Christmas.

The auditorium was packed as Spangles followed the Agrupacion Coral Nuestra Señora de la Asuncion onto the stage. Spangles' popularity continues to grow and they were able to invite their new ladies to join them in songs that they had already learned.

Spangles finished their set with a debut performance of 'Eres Tu' which stunned the predominantly Spanish audience with a serious 'goose-bump moment.'

All three groups came together for a finale of the Himno Independencia Municipal which celebrates the municipal autonomy of Los Alcazares, which was granted on October 13, 1983. "It was a pleasure and an honour to be included in this very significant event to help our local community and we are certain that this will lead to further collaborations in the future," commented Spangles MD, Wendy Grant.

On the night, the concert raised a whopping €1,475 and donations are still coming in.

Would you like to meet new people and sing a bit? If you fancy joining this champion chorus, Spangles always welcomes new members.

It's a great way to make new friends, so why not visit when they rehearse at Las Claras, Calle Helena, Los Narejos, Los Alcázares? The group meets every Thursday from 10am to 1pm.

To find out how to join or to book Spangles for an event, please call Lyn on 968 574 987 or Anthea on 968 334 527 or visit www.spangleschorus.com.

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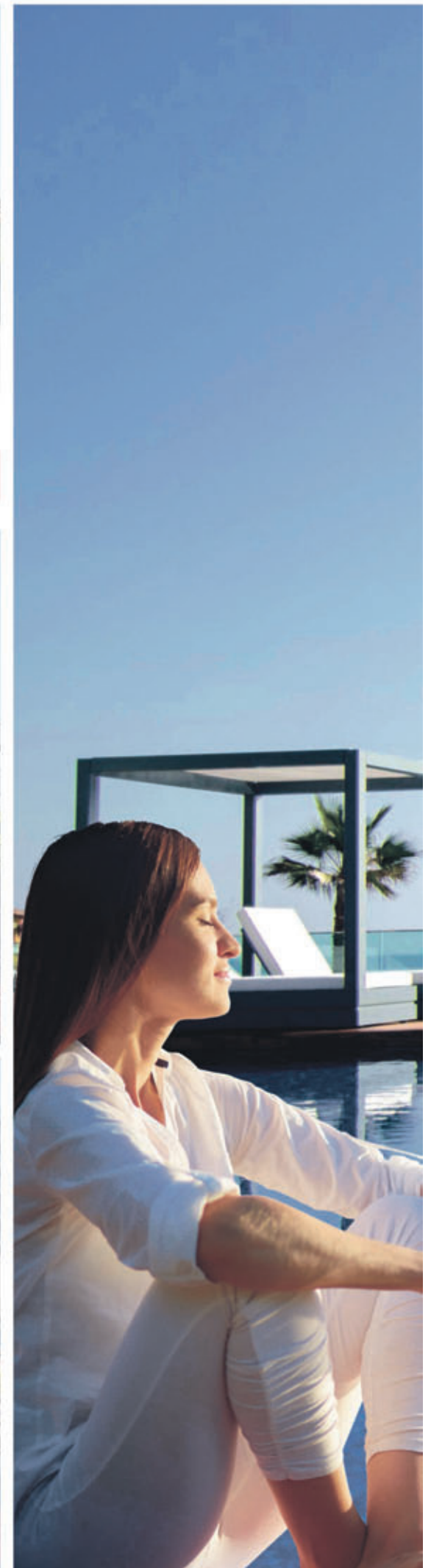
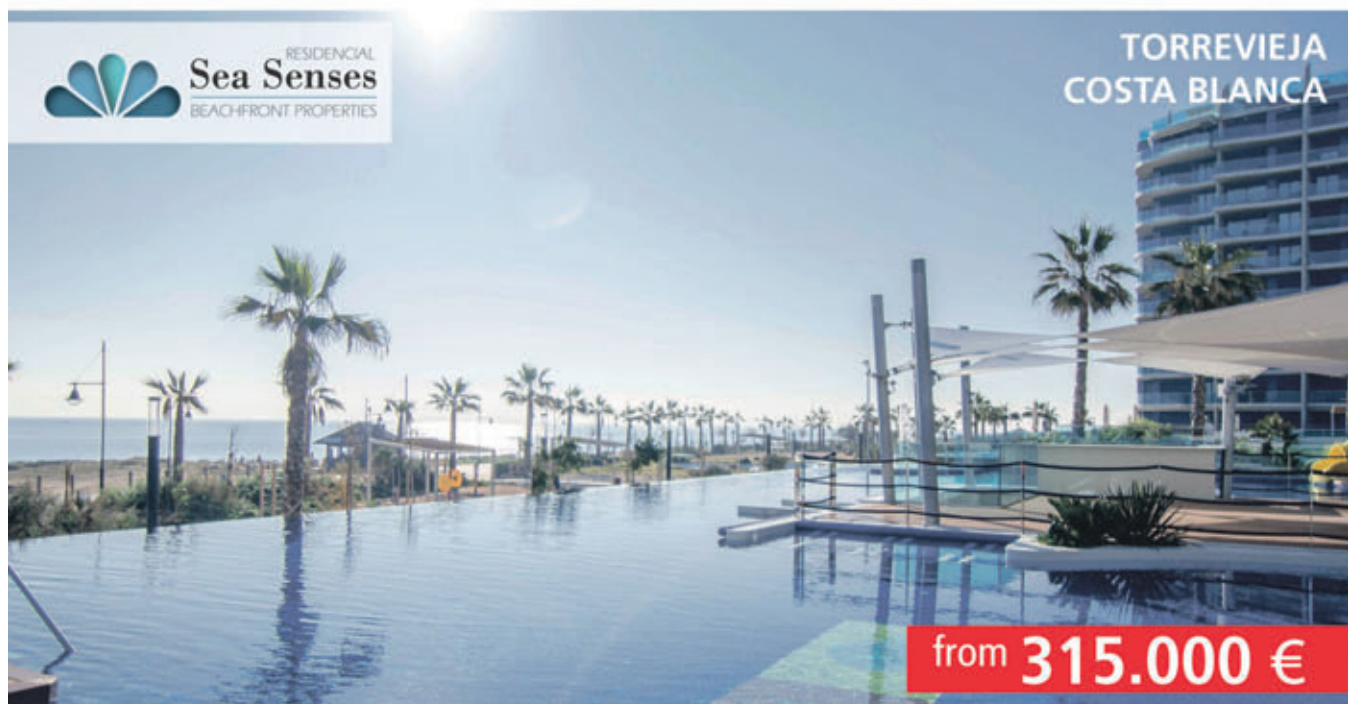
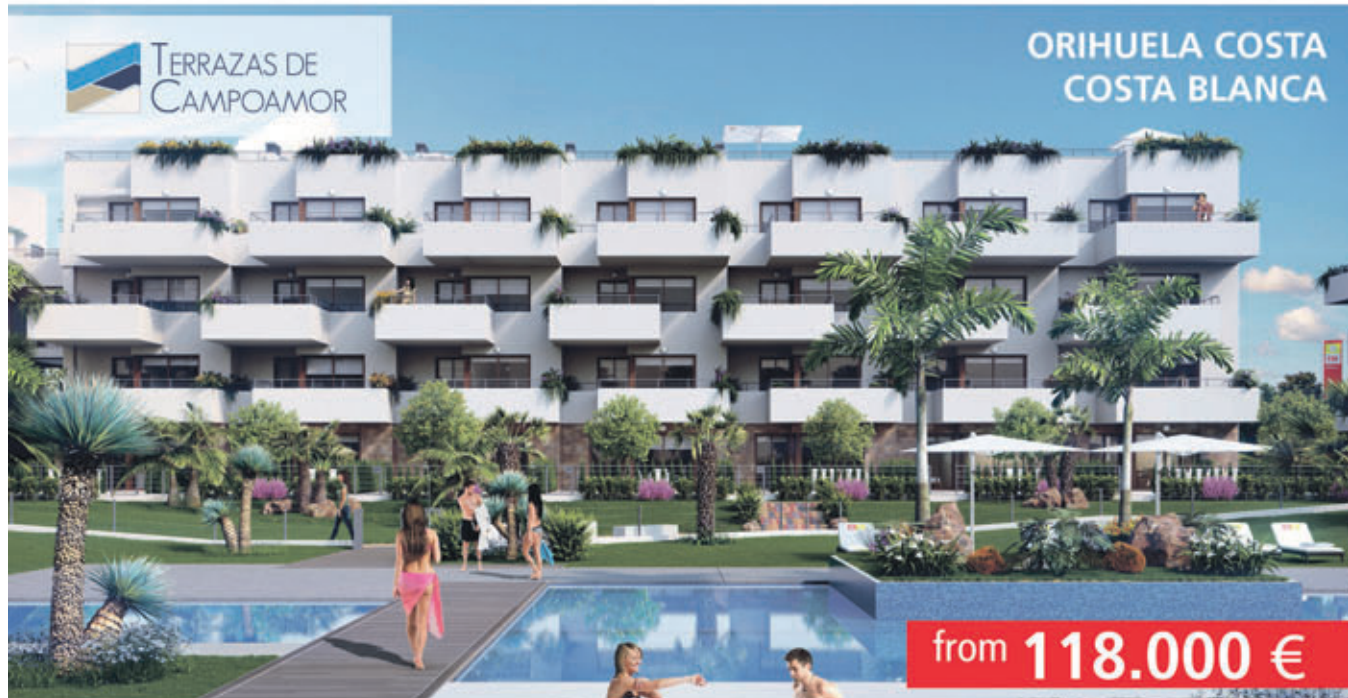
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Euro Weekly News bags national prize

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 Pelegrí, 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 Herald 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.



AEEPP AWARDS: The worthy winners.



MEMORABLE NIGHT: A first visit for Roz McQuillan, but it certainly won't be her last.

Costa Calida Country Music Club

AFTER really good nights in December 2016 with Johnny Scott and in January with Martin Ross, another memorable night was held in February with Roz McQuillan.

This was Roz's first time with the club and she was a bit nervous singing before 'strangers' but the butterflies soon disappeared within a couple of songs as the

dance floor filled, and it stayed that way all night.

The club's German contingent, who normally leave about 11.15pm to get to Los Madriles before the gates close, must have lost track of time listening and dancing to Roz as they stayed right to the very end. Having been told about this Roz was a little 'confused' as she thought it was

only 11.15pm or so when in fact it was midnight. She had almost run out of songs! This may have been her first visit but it certainly won't be her last.

Ann and Roy's line dance classes continue in the Cultural Centre, Camposol every Wednesday and Thursday. Further information can be obtained by calling 968 974 951.

Almoradi Scrabble Club change

IT was all change for Almoradi Scrabble Club's February meeting.

Maria opened her new doors at Cafe Almoradi in order for the group to enjoy an afternoon of word play and the club was pleased to welcome two new members.

Karen scored over 400 points to achieve the highest score of the afternoon. Vicky, one of the new members won a bottle of wine for laying the highest scoring word based on 'our new surroundings.'

The next meeting is on Tuesday March 28 at Cafe Almoradi, now on Calle Major 91. It will begin at 3.30pm and two games will be played. For information contact Christine on 694 437 698.

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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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The Almoradi Monday Club

THE Almoradi Monday Club meets on the first and third Monday of the month at 4pm in the Centro Social Rooms, Plaza San Andres, Calle Antimo Illescas, off Calle Comunidad Valenciana in Almoradi.

The idea of this modern and progressive club is that people who speak English and live in Almoradi or the surrounding area can meet one another on a regular but informal basis to talk together and enjoy life in this Spanish community.

The club's activities include social events, club lunches and evening meals in and around the local area, with guest speakers at meetings and entertainment when possible. The club also tries to associate itself with other local clubs that hold other events including coach trips and anything that may be of interest to members.

If you are interested and would like to have a wider circle of friends then go along to one of the meetings.

For more information contact davedanie@gmail.com or search for Almoradi Monday Club on Facebook.

The Almoradi Monday Club is an English speaking club and is open to people of every nationality living in or just visiting Spain.



ANNUAL AWARD: Given for the branch with the most improved membership over the last three years.

Torre vieja Royal British Legion

THE District North Recruiting and Retention Award is presented annually to the Royal British Legion Branch with the most improved membership over the previous three years. At a conference held in January, the award for 2016 was presented to the Torre vieja Branch by the national chairman, Terry Whittles.

Gerry Lynch, chairman of the branch said he was thrilled to have received this award, which came as a complete surprise and would be a great boost to the

branch. He paid tribute to the hardworking committee and the very supportive members. Events are always well attended and the branch regularly welcomes new members. It is a 'happy' branch which has been established in Torre vieja for 26 years, being the very first branch in District North.

Peggy Wyatt, principal district recruiting officer, said she was delighted that the Torre vieja branch had been recognised. It is testament to all the hard work

undertaken over the years. It really is a friendly branch and this has borne fruit when it comes to recruiting. It has also taken great steps to retain its members, some of whom holiday in the area.

The Branch meets on the second Friday of the month at Casa Ventura, La Siesta, Torre vieja at 6.30pm. For further information please contact the membership secretary, Pauline Grindlay on 966 704 146 or email rbl3456member@ship@gmail.com.

MABS roadshow

ON Wednesday March 15 MABS Cancer Support Group, Murcia Region, will be giving a slide and short video presentation explaining about the group, how it operates and where it is based.

This will take place from 12 noon at Las Claras Centro Municipal, c/e Helena, Urbanización Oasis, Los Narejos, Los Alcazares in Murcia. The presentation will take about one hour and there will be a question and answer session after the presentation. There is an adjacent bar/restaurant (Las Claras) available for refreshments.

MABS would be delighted to present this roadshow to any association or organisation. Contact mabdsmurciapr@hotmail.com.

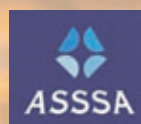
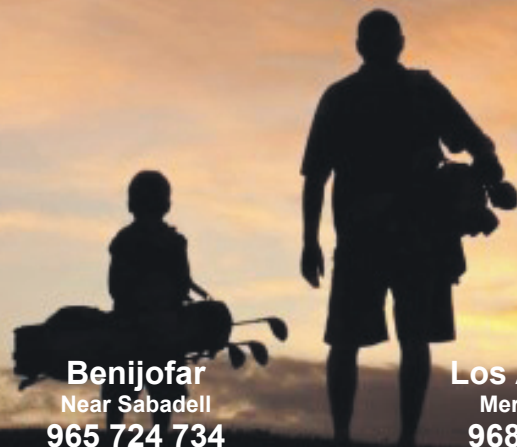


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NORWAY

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.



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

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.

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

Wealthier fund

THE country's sovereign wealth

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.

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

sources company, now has six finalists.

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.'

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-

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.

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 Minerale' 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.

NETHERLANDS

Cycling city

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

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.

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.

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.'

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.

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.

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 city, 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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KIRILL: Social media is a disease.

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.

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.

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

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

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.

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



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 Iwocoms 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
Barclays	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 Consolidated 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%
Affimed 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 Conservative B EUR
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Multi Asset Balanced B EUR
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**
€1.2002..... **€0.0074**
£1.4157..... **£0.0134**
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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)



Photo Credit: ShakaKahnevan flickr

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.



Photo Credit: Lego NASA Women Facebook

FEMALE 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.

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!

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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 -



SIMPLE: But of the highest quality.

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

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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."

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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	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	Crufts 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	Crufts 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	GP's: Behind Closed Doors
1:10pm	5 News Lunchtime
1:15pm	Nightmare Tenants, Slum Landlords
2:15pm	Home and Away
2:45pm	Neighbours
3:20pm	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 Match Pack
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
12:50am	Dawn of the Dead
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 Series profiling some of the greatest cricketers of all time.
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.

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

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 Club
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 <i>Text based information service.</i>
4:00am	Teleshopping <i>Shopping from home.</i>

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?

LT (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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BBC one

7:00am	Breakfast
11:00am	Saturday Kitchen Live
12:30pm	Mary Berry Everyday
1:00pm	Football Focus
2:00pm	BBC News
2:10pm	Weather
2:15pm	Bargain Hunt
3:15pm	Escape to the Country
3:45pm	Kung Fu Panda
5:10pm	Final Score
6:10pm	Celebrity Mastermind
6:40pm	BBC News
6:50pm	Regional News
6:55pm	Weather
7:00pm	Pointless
7:45pm	Let's Sing and Dance for Comic Relief
9:00pm	Who Dares Wins
9:40pm	Casualty
10:30pm	Mrs. Brown's Boys
11:00pm	BBC News
11:20pm	Match of the Day
12:05am	Match of the Day: FA Cup Highlights
12:35am	This Country
1:05am	Line of Duty
2:05am	Line of Duty
3:05am	Weather for the Week Ahead
3:10am	BBC News

BBC TWO

7:35am	Yellow Canary
9:10am	The Happiest Days of Your Life
10:30am	Coast
11:00am	Natural World
12:00pm	Homes Under the Hammer
1:00pm	Two Greedy Italians: Still Hungry
2:00pm	Little Paris Kitchen
2:30pm	The Red Shoes
4:40pm	Gardeners' World
5:10pm	University Challenge
5:40pm	Only Connect
6:10pm	Flog It!
7:00pm	Natural World
8:00pm	Natural World
9:00pm	Grand Tours of the Scottish Islands
9:30pm	Dad's Army
10:00pm	Geri's 1990s: My Drive to Freedom
11:00pm	Live at the Apollo
11:45pm	L.A. Confidential
1:55am	Taboo
2:55am	Taboo
3:55am	Rabbit Hole
5:15am	This is BBC Two Highlights of programmes on BBC Two.

BBC FOUR

8:00pm	Britain's Outlaws: Highwaymen, Pirates and Rogues
9:00pm	She-Wolves: England's Early Queens <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>
10:00pm	Follow the Money
11:00pm	Follow the Money
12:00am	Top of the Pops
12:35am	Top of the Pops
1:15am	People's History of Pop
2:15am	Blues America
3:15am	Blues America
4:15am	Sounds of the Eighties

CHANNEL 4

7:15am	Mobil 1 The Grid
7:45am	King of Queens
8:10am	King of Queens
8:40am	Everybody Loves Raymond
9:05am	Everybody Loves Raymond
9:30am	Frasier
10:00am	Frasier
10:30am	The Big Bang Theory
11:00am	The Big Bang Theory
11:30am	The Big Bang Theory
11:55am	The Simpsons
12:25pm	The Simpsons
1:00pm	Jamie and Jimmy's Friday Night Feast
2:00pm	Come Dine with Me
4:35pm	A Place in the Sun
5:35pm	Location, Location, Location
6:35pm	Channel 4 News
7:05pm	Dogs Behaving Badly
8:00pm	Crufts 2017
10:00pm	Room
12:20am	Tinker Tailor Soldier Spy
2:35am	Ramsay's Kitchen Nightmares USA
3:25am	Hollyoaks Omnibus
5:30am	Four in a Bed

CHANNEL 5

7:00am	Milkshake! <i>Programming aimed at children aged two to seven years old.</i>
10:55am	Teenage Mutant Ninja Turtles
11:35am	Benefits Britain: Life on the Dole
12:30pm	Benefits Britain: Life on the Dole
1:30pm	Benefits: Yorkshire Dole
2:25pm	Dance Moms
5:05pm	The Nightmare Neighbour Next Door
6:05pm	Can't Pay? We'll Take it Away!
7:00pm	Can't Pay? We'll Take it Away!
8:00pm	NCIS: Los Angeles
9:00pm	NCIS
9:55pm	5 News
10:00pm	Football on 5 The Championship.
10:50pm	Football on 5 Goal Rush.
11:15pm	Live Boxing on 5
1:10am	Super Casino
4:10am	Inside Windsor Castle

4

7:00am	Made in Chelsea
7:50am	Melissa and Joey
8:10am	Young and Hungry
8:35am	Young and Hungry
9:00am	Baby Daddy
9:30am	Baby Daddy
10:00am	How I Met Your Mother
10:30am	How I Met Your Mother
11:00am	Young and Hungry
11:30am	Young and Hungry
12:00pm	Young and Hungry
2:00pm	The Goldbergs
4:00pm	The Goldbergs
4:30pm	The Goldbergs
5:00pm	The Goldbergs
5:30pm	Black-ish
6:00pm	Brooklyn Nine-Nine
6:30pm	Brooklyn Nine-Nine
7:00pm	The Big Bang Theory
7:30pm	The Big Bang Theory
8:00pm	The Big Bang Theory
8:30pm	The Big Bang Theory
9:00pm	The Big Bang Theory
9:30pm	The Big Bang Theory
10:00pm	Red 2
12:15am	Gogglebox
1:05am	Celebs Go Dating
2:05am	Celebs Go Dating
3:05am	Celebs Go Dating

sky SPORTS 1

7:00am	Football Gold
7:15am	Football Gold
7:30am	Football Gold
7:45am	Football Gold
8:00am	Barclays Premier League Preview
8:30am	The Fantasy Football Club
9:30am	Barclays Premier League Preview
10:00am	The Fantasy Football Club
11:00am	Soccer A.M.
12:30pm	Football
4:00pm	Gillette Soccer Saturday
7:00pm	Live International Rugby
9:00pm	EFL Goals
9:30pm	Nissan Game of the Day
11:30pm	Nissan Match Choice
12:30am	Football
1:00am	Football
1:30am	Football
2:00am	Football
2:30am	Football
3:00am	Football
3:30am	Football
4:00am	Football
4:30am	Football
5:00am	Football

itv

7:00am	CITV
10:25am	Alphabetical
11:25am	All Star Family Fortunes
12:05pm	The Voice UK
1:25pm	ITV News and Weather
1:30pm	Italy v France Rugby Six Nations.
4:30pm	England v Scotland Rugby Six Nations.
7:30pm	Local News and Weather
7:45pm	ITV News and Weather
8:00pm	Ant and Dec's Saturday Night Takeaway
9:30pm	The Voice UK
10:45pm	ITV News and Weather
11:00pm	Lethal Weapon
12:00am	Rambo: First Blood Part II
1:50am	Schofield's South African Adventures
1:55am	Jackpot247
4:00am	Who's Doing the Dishes?
4:50am	ITV Nightscreen

itv2

7:00am	Totally Bonkers Guinness World Records
7:10am	Emmerdale Omnibus
9:40am	Coronation Street Omnibus
12:10pm	Ant and Dec's Saturday Night Takeaway
1:40pm	The Voice UK
3:00pm	You've Been Framed!
3:30pm	Paul Bart: Mall Cop
4:30pm	FYI Daily
4:35pm	Paul Bart: Mall Cop
5:25pm	King Kong
6:25pm	FYI Daily
6:30pm	King Kong
9:00pm	Scorpion
10:00pm	American Pie: The Wedding
11:00pm	FYI Daily
11:05pm	American Pie: The Wedding
11:55pm	Family Guy
12:25am	Family Guy
12:55am	Family Guy
1:25am	American Dad!
1:55am	American Dad!
2:25am	Release the Hounds

itv3

7:00am	On the Buses
7:25am	On the Buses
7:55am	Murder, She Wrote
8:55am	The Belles of St. Trinian's
9:55am	FYI Daily
10:00am	The Belles of St. Trinian's
10:50am	Carry on Camping
11:50am	FYI Daily
11:55am	Carry on Camping
12:40pm	Inspector Morse
2:55pm	Rosemary and Thyme
4:00pm	Agatha Christie's Marple
6:00pm	Lewis
8:00pm	Midsomer Murders
10:00pm	Midsomer Murders
12:00am	Carry On Forever
1:00am	Wycliffe
2:05am	Marchlands
3:00am	ITV3 Nightscreen
3:30am	Teleshopping Innovative, value-for-money products brought directly to you at home.

itv4

7:00am	Ironsides
8:00am	Ax Men
8:55am	Fishing Impossible
10:00am	Bundesliga
11:00am	ITV Racing: The Opening Show
12:00pm	Monster Carp
1:00pm	Monster Carp
2:00pm	Storage Wars New York
2:30pm	ITV Racing Live
5:00pm	The Great Outdoors
6:00pm	FYI Daily
6:05pm	The Great Outdoors
6:45pm	It's Not Rocket Science <i>Entertainment series celebrating gadgets, technology and innovation.</i>
7:45pm	Snooker Coverage and reaction from the latest Snooker event taking place.
12:15am	6 Bullets
1:20am	FYI Daily
1:25am	6 Bullets
2:35am	Ax Men

sky CINEMA ACTION & ADVENTURE

7:45am	The Sorcerer's Apprentice
9:45am	Rocky III
11:30am	Batman v Superman: Dawn of Justice
2:10pm	The Great Escape
5:05pm	Mean Machine
6:50pm	The Chronicles of Riddick
9:00pm	Batman v Superman: Dawn of Justice
11:35pm	The Great Escape

sky CINEMA COMEDY

7:00am	Hot Pursuit
8:30am	The Second Best Exotic Marigold Hotel
10:40am	Sister Act
12:30pm	The Intern
2:40pm	How to be Single
4:35pm	In Her Shoes
6:50pm	The Second Best Exotic Marigold Hotel
9:00pm	The Intern
11:05pm	How to be Single
1:00am	In Her Shoes
3:15am	Hot Pursuit

sky CINEMA PREMIERE

7:00am	Kicking Off
8:45am	The Darkness
10:35am	The Great Wall: Special
11:05am	Get a Job
12:40pm	Warcraft
2:55pm	Florence Foster Jenkins
5:00pm	The Top Ten Show 2017
5:20pm	Imperium
7:25pm	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>
9:00pm	Warcraft
11:10pm	Florence Foster Jenkins
1:05am	Imperium
3:05am	Anna
4:55am	Anguish

sky SPORTS 2

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

Advertising feature

Great value for money

BRAND new for 2017, this excursion offers fantastic value for money. With overnight stops in Toledo on the outward journey, and Sevilla on the return journey, and a relaxing five nights in Portugal this excursion highlights the best of Moorish history on our overnight stops and the best of Portugal on our day excursions.

Day 1: Travelling to Toledo with overnight stop in the 3* Hotel Real you will have a free afternoon/evening to explore the Alcazar, and Cathedral of Toledo.

Day 2: Travel to Coimbra to stay in the 4* Hotel Vila Gale, with a short stop in the walled town of Plasencia.

Day 3: Free day in Coimbra which is the fourth largest town after Lisbon, Porto and Braga.

Day 4: Day excursion to Lisbon with time to explore the old quarter, shops and maybe hop on a tourist bus/boat.

Day 5: Day excursion to Porto, dating back to 300BC, visit the Cathedral, a local bodega or just enjoy this town on foot.

Day 6: Day excursion to Sintra, stopping near to the National Palace, classified by UNESCO as a cultural landscape and heritage site, or take the tourist bus out to the most westerly point in Europe.



LISBON: The trip includes a day excursion to explore the old quarter.

Day 7: Travelling towards our 3* Hotel Alcazar in Sevilla, with a short stop in Evora. Free evening to explore Sevilla.

Day 8: Leave after breakfast and travel back towards your original destination.

Using 3 & 4* Hotels this excursion from David's Coachtrips gives you the perfect opportunity to explore the best of Portugal.

Eight days, seven nights, on a bed & breakfast basis: June 4 - 11. Only 495€.

These excursions will be accompanied by a well-informed English speaking courier who will help you to make the most of your visit. Great value for money and an experience not to be missed.

Reservations can be made by phone on (0034) 966 785 910 or online at www.coachtripsonline.com



TOLEDO: You will have free time to explore the Alcazar.



SINTRA: Cultural landscape and heritage site.



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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 Winter
8:15am	Around the World in 80 Gardens
9:15am	Coast
9:30am	Gardeners' World
10:00am	Countryfile
11:00am	Saturday Kitchen Best Bites
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>
3:40am	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 Goal Rush.
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

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

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
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

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.euroweeklynews.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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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	GPs: 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 Casino Super Casino
4:10am	GPs: 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 Drama, set in the North Yorkshire moors in the 1960's.
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
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



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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
7:30pm	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	Countryfile
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	GPs: 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
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

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 met with sufferers, carers and researchers to help boost the campaign.

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 impor-



Queen Leticia supporting Rare Disease Day in Madrid.

tance 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, treat-

ments 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 Marbel-

la 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>

12

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Habaneras
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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
9:00pm	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.
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
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	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	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
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
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
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
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
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

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

Cassandra Nash

A weekly look

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

Only disconnect

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



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

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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.

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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 or Mashed Potatoes

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



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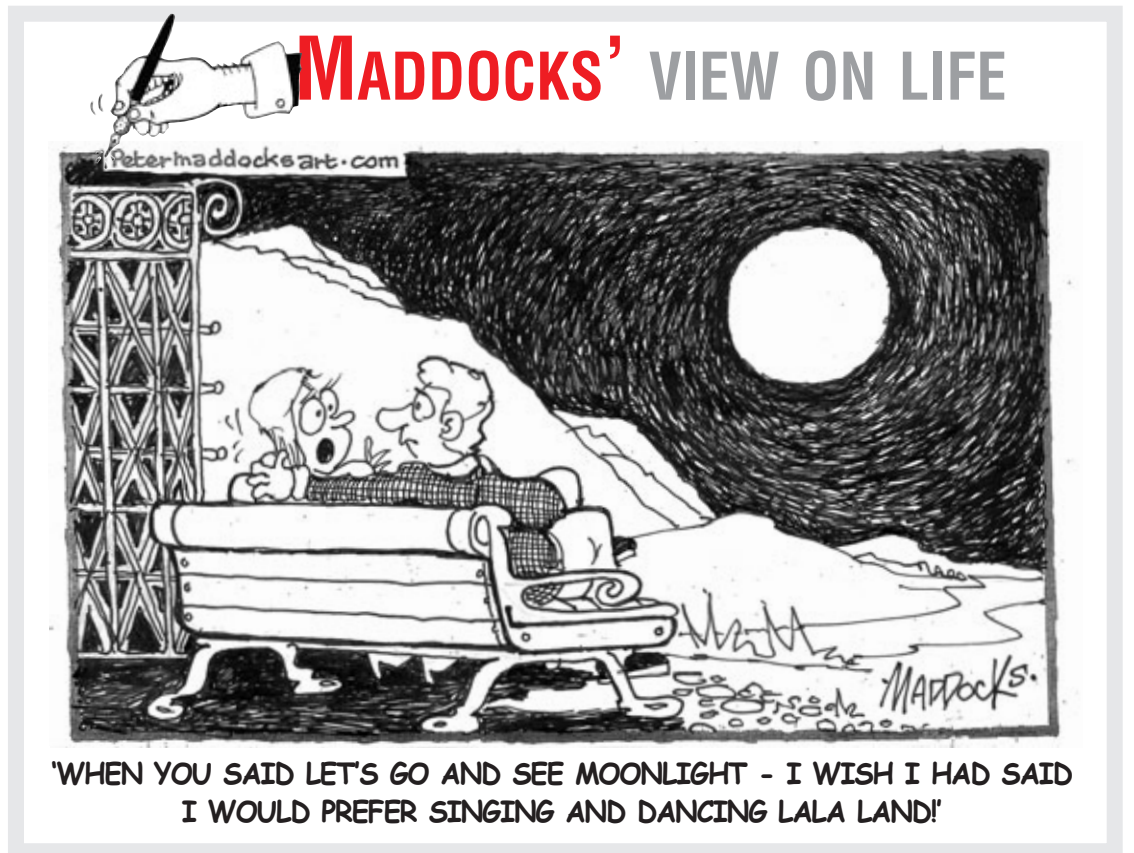
Kakuro

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.

	5	9	21	7	3
15					
16					
		3			6
	10	6	5		4
15					
17					

LAST WEEK'S SOLUTION

	3	6		7	5
3	2	1	10	1	3
15	1	5	3	4	2
		7	3	1	2
	6	2	4	7	4
15	1	4	2	5	3
3	2	1	3	2	1



LOTTERY

UK NATIONAL LOTTERY
Saturday March 04

24 38 39 BONUS BALL 21
40 49 56

IRISH LOTTO
Saturday March 04

6 12 18 BONUS BALL 13
20 41 42

EURO MILLIONS
Tuesday February 28

10 20 31 BONUS BALL 2
35 42 12

Friday March 03

2 11 29 BONUS BALL 1
30 47 12

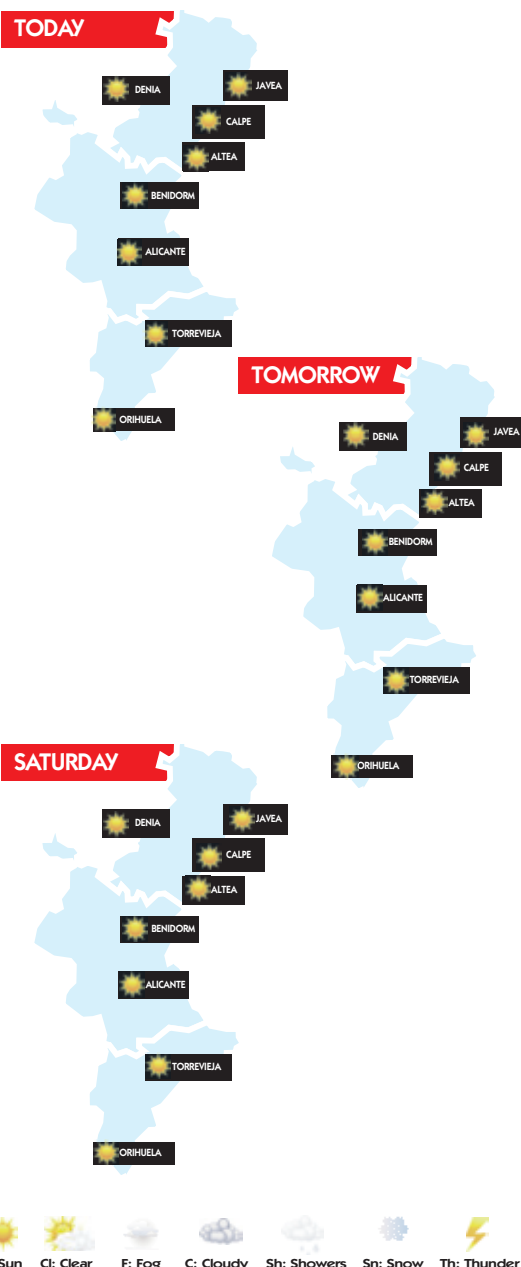
LA PRIMITIVA
Saturday March 04

8 17 25 BONUS BALL 4
26 38 48 2

EL GORDO DE LA PRIMITIVA
Sunday March 05

3 35 42 BONUS BALL 8
45 54

Costa Blanca

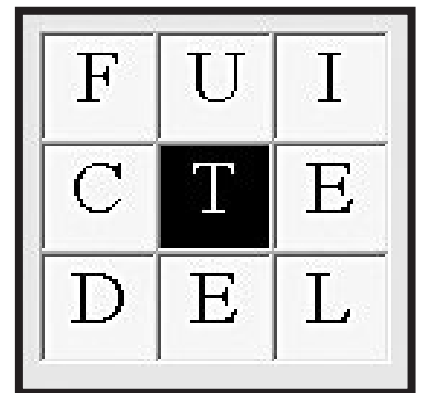


weather

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.



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 mit 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

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Crossword

page

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

LAST WEEK'S SOLUTIONS

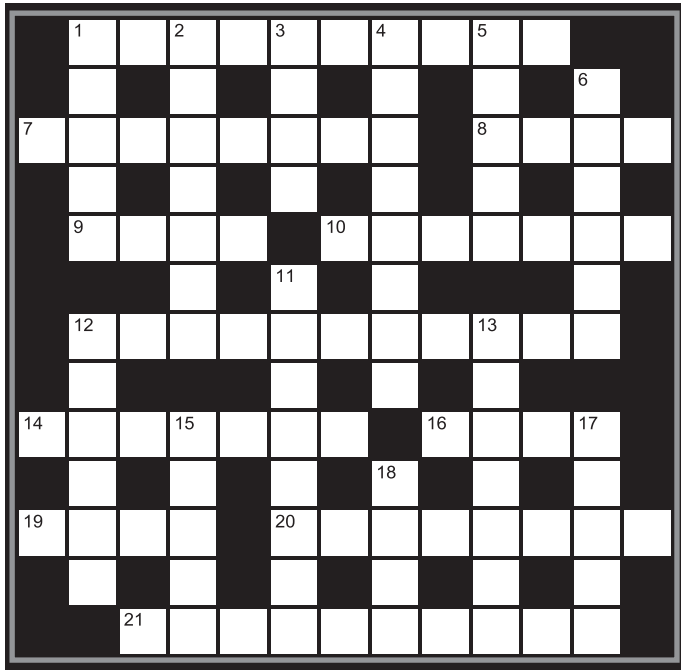
Cryptic

Across

- 1 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

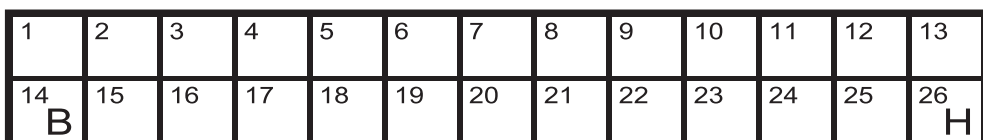
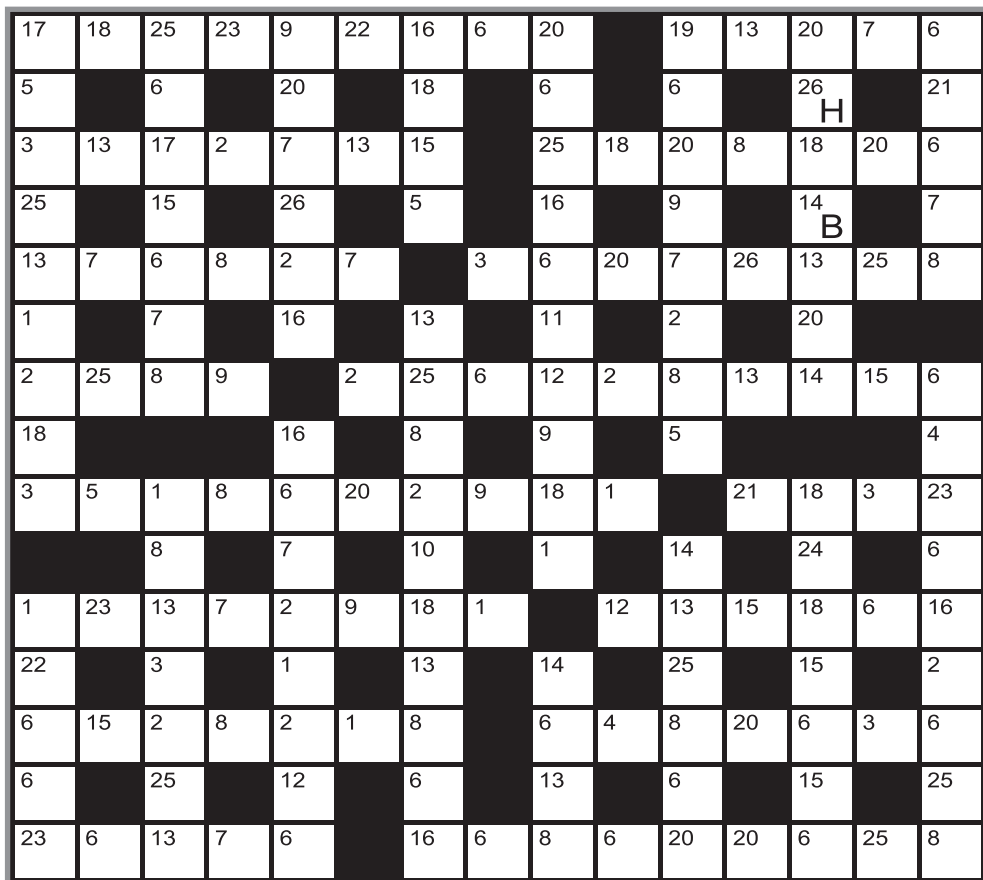
- 1 One receptacle in the middle of the street is insufficient (5)
- 2 They admit they are often punched (7)
- 3 Hide in Royal Air Force base (4)
- 4 Get a trim design for a surrealist (8)
- 5 Jack and the French aristocrat (5)
- 6 Judge finds detectives taken in by flower (6)
- 11 Found out that Ted and Ed etc were involved (8)
- 12 Build a range for old US president (6)



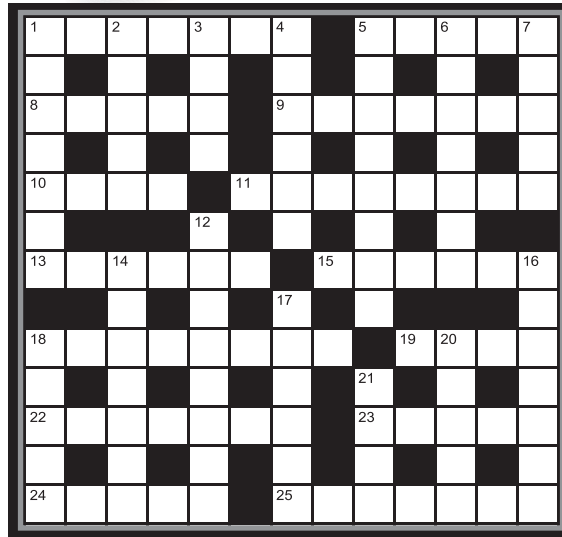
- 13 Newly-wed swallows order of salt (7)
- 15 The contents of stamp letters is enough (5)
- 17 Fresh pleas for springs (5)
- 18 Just fine! (4)

Code Breaker

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.



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

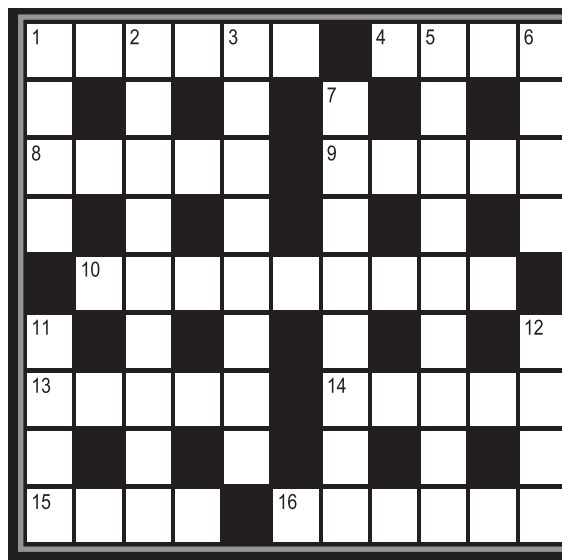
- 1 Grotesque (7)

- 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:

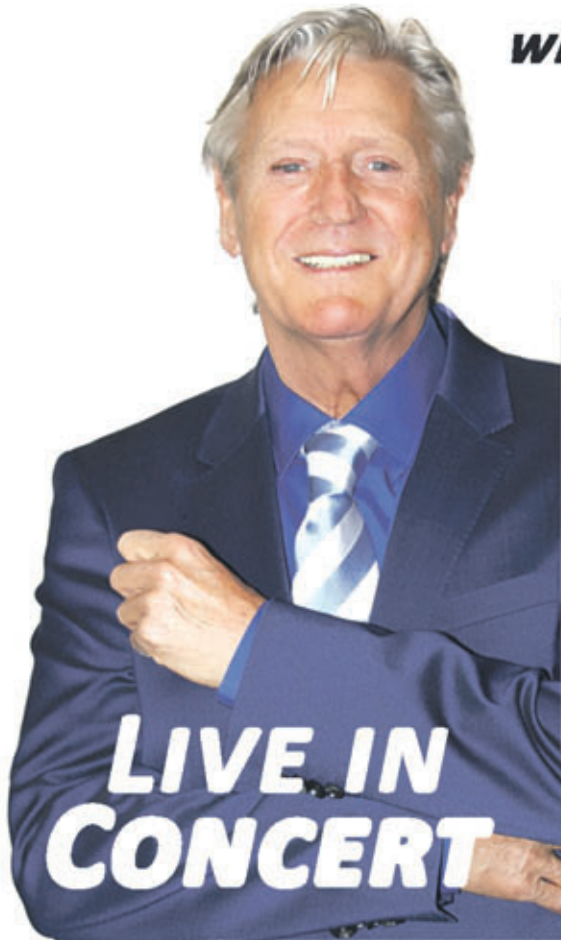
- 1 Americans, 2 Siglo, 3 Abad, 4 Apio, 6 Sunstroke, 11 Ahora, 12 Cafe, 13 Foot, 15 Oca.

CODE BREAKER

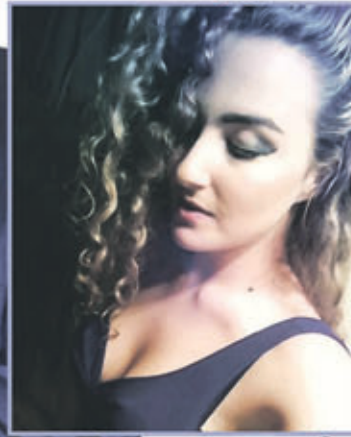


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Advertising feature

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

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- 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.

A BAD night's sleep can impact on your physical and psychological well-being, with a good rest essential to health.

The pillows you use are often overlooked but can be essential to helping you get a good night's sleep.

The General Council of physiotherapist's schools of Spain (CGCFE) emphasises that the choice of the pillow should be adapted

Choose the right pillow for you

to the morphology of each individual in order to achieve better sleep and avoid potential injury as you sleep.

President of CGCFE, Miguel Villafaina, recognises that most often people spend more

time choosing their mattress but the pillow is just as important: "The right pillow can help improve posture of the head, spine and shoulders and help prevent injury."

For those who often sleep on their backs,

the recommended ideal height of pillows is between 10-13cm and up to 15cm for those who sleep on their side. If sleeping on your stomach, pillows should be lower, up to 10cm.

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Millions suffering from osteoporosis

AROUND 3.5 million people in Spain suffer from osteoporosis and in 2010, the World Health Organisation (WHO) estimated that around 22 million women and 5.5 million men in the EU were suffering.

Osteoporosis is a bone disease that occurs when the bone mass breaks away, becoming weakened and brittle. When viewed under a microscope, a healthy bone looks like a honeycomb, but in those with osteoporosis, the holes in the honeycomb are much larger showing a loss in density and mass.

It can have serious consequences for sufferers who are much more fragile and can suffer from broken bones from a slight fall or knock, with hip fractures being the most common.

In those aged over 70, around 63,000-65,000 hip fractures occur every year in Spain, related to osteoporosis. In the country, between 20 and 25 per cent of the beds of the Traumatology Services of the hospitals are occupied by osteoporosis patients who have suffered a fracture.

In 2010 there were 42,809 deaths directly related to fragility fractures in the European Union. A total of 2,550 of these deaths were in Spain.

“ It can have serious consequences for sufferers who are much more fragile.

The economic burden of osteoporosis is also increasing and recent studies estimate that the direct costs associated with fragility fractures in 2010 amounted to €29 billion in the five largest countries in the EU of France, Italy, Germany, Spain and Great Britain.

Commenting on the figure, the Spanish Society of Geriatrics, believes that more information and advice must be given to osteoporosis sufferers as around 80 per cent of patients discharged after a fracture receive no recommendations to help prevent the onset of a new frac-



ture. The association also wants better management, diagnosis and treatment of these patients.

OSTEOPOROSIS: Is a bone disease that occurs when the bone mass breaks away.



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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



FASTING: For between 14 and 18 hours will put your body into fat-burning mode.

Science of eating

By Matthew Elliott

THERE are all kinds of fad diets doing the rounds, promising the world only to come crumbling apart like a tender chunk of carrot cake. But changing the focus to when and how often you eat, rather than only what, can bring serious slimming rewards.

The word fasting naturally brings negative con-

notations to mind. As though you were punishing yourself, or going on a religious retreat. But when you consider that the benefits of a fast - improved digestion, fat-burning, insulin resistance - come into play after just 12 hours, it's a different proposition.

The word 'breakfast' refers to breaking the evening fast. Try simply leaving a 12-hour space between dinner and

12

hours of fasting will make a big difference.

breakfast and you'll notice a major difference if you're used to grazing throughout the day. If you're feeling braver

then a 14-18 hour fast puts your body into fat-burning mode.

Once you feel comfortable, with reduced hunger pangs and sugar cravings, try a longer fast. Here the benefits are even stronger as your body begins the process of autophagy, renewing and repairing on a cellular level. Speak with your doctor first before attempting such a fast.

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Ask the Optician: Focus on Women's Eyes

By Saher Shrief, Store Director from Specsavers Opticas Torrevieja

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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Uniting generations in a unique project

ITALY is bringing together the youngest and oldest generations in a project that sees toddlers and pensioners co-existing together.

The unique experience in Piacenza in northern Italy sees children from the age of three, spend time with the elderly residents of a nursing home, coming together in a day care centre in what is called 'intergenerational education.'

Around 40 children attend, spending time

with the 80 elders, aged up to 90 years old, under the care of 25 skilled and trained workers. It allows children to establish new relationships with adults outside their families, while the elderly feel useful and as if they have been given a new lease of life passing on their wisdom and experience.

The two groups spend time gardening, painting or simply telling stories with benefits being seen in all users.



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The true cost of cancer

MACMILLAN Cancer Support warns that thousands of middle-aged cancer patients in the UK are having to borrow money from their parents.

Their report estimates 30,000 people with cancer in their 40's and 50's need help financially to make ends meet, being unable to work due to

“ **Loss of income can be devastating with some having to sell their homes.** ”

their illness. The cancer charity said the loss of income can be devastating with some even being

forced to sell their homes.

In many cases a cancer patient's partner also has to give up work to help care for them. Macmillan says patients lose around £570 (€670) a month in lost income and increased expenditure, due to the cost of travel to and from hospital appointments.



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When mood changes become a bipolar disorder

Bipolar

Formally known as the manic-depressive disorder, the bipolar disorder is one of the most common mental impairments these days. Manic episodes causing problems in social or occupational functioning on the one hand, and depressive episodes with diminished interest in (almost all) activities on the other hand characterise this disorder.

Therefore it is very important to recognise the symptoms at an early stage to heal the disease and improve the life of the sufferer and relatives. According to the worldwide accepted diagnostic classification system DSM-5 (Diagnostic And Statistical Manual of Mental Disorders), very specific symptoms describe a bipolar disorder and should be confirmed by a health professional in order to take necessary steps. These symptoms describe both poles of this disorder: The manic and hypomanic episodes as well as the depressive episodes. Also duration and occurrence of these episodes are important.

Recommended treatment

Talking about the different possible treatments, the cognitive behavioural approach is the first choice. Free of medication and side effects, the patient learns first of all, how to recognise the abnormal and strong mood changes. This is in many cases not easy to admit because especially the manic part of this disorder comes along with an overload of euphoria and self-esteem and

“When I'm depressed I feel like not being able to do anything, I feel weak and want to stay in bed all the time, suicidal thoughts often come up. Then I have periods of feeling superstrong and hyperactive, get up at 3am, no one can stop me and I start doing stupid things that nobody understands.

But I just want to be 'normal', not jumping from one extreme to the other...”

- Typical bipolar patient

it is hard for patients to accept the inadequateness of this behaviour. Once the patient learns how to recognise the different states, in a next step it is learned how to cope with the situations: Doing undepressive exercises and limiting themselves regarding inadequate behaviour when having a manic phase. Learning this coping behaviour plus the improvement of management of their emotions is the key to control this disease.

Professional advice is important at this stage because trying to handle these situations without the experience and knowledge of a psychologist or psychiatrist is nearly impossible and not at all recommendable. To consider that especially close relatives often suffer a lot, is also very important to find the motivation to seek help. Therefore, do not hesitate to look out for professional support and you will find advice in your language with treatments tailored to your needs.

In the CENTRO INTERNACIONAL DE ATENCION PSICOLOGICA we also treat other kinds of psychological topics: Anxiety, depression etc.

Do not hesitate to ask for professional advice in your own language!



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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.

CRAVINGS:
Try eating a healthy snack before food shopping.



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Emotional well-being and food

By Matthew Elliott

WHETHER it's broccoli, quinoa or chia seeds, Canadians are firm believers that healthy eating goes a long way to establishing a healthy mind and soul. New research from Mintel indicates that almost two in three Canadians say that what they eat affects their emotions. More than eight in 10 believe that their diet influences their health.

Around 45 per cent are interested in trying the latest 'superfood,' while more than a third regularly try to include superfoods, including kale and spirulina, in their cooking. Around 40 per cent actively

go online to conduct research on which foods helps a particular area, such as energy, or skin health.

Motivation matters. Montel's research shows that 49 per cent admit to trying to eat healthily because they feel guilty when they fall off the diet wagon. The figure reaches 60 per cent among mothers.

As always the reality of healthy eating is more complex. More than one third said that their busy lives made it harder to find the time to eat well. Mixed messages are also a complicating factor with a full 40 per cent unsure what is healthy these days and what isn't.



SUPERFOODS: The reality of healthy eating is more complex.



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Easter services

THE Anglican Chaplaincy of St Peter and St Paul Torrevieja have confirmed their Lent and Eastertide services for 2017.

On March 25 is the Annunciation of The Lord (Lady Day) at 11am at the Lago Jardin Church with Holy Eucharist.

Mothering Sunday services are held on March 26 and Palm Sunday is on April 9, both at the normal service times (Camperverde at 4pm).

On April 13, Maundy Thursday, the Centro Ecumenico at La Regia hosts at 11am the Holy Eucharist with Reception of Holy Oils from Diocesan

Chrism Mass and Lay Ministry. At 7pm at La Siesta there is Eucharist of the Lord's Supper and 'Watch of the Passion.'

The Centro Ecumenico La Regia on April 14, Good Friday, has the 'Stations of the Cross' service at 11am and at 3pm in Los Balcones there is the Celebration of the Passion of the Lord.

The Easter Vigil, followed by Resurrection Party, is on Saturday, April 15, at 7.30pm in Los Balcones. On Easter Sunday, April 15, all church centres' have normal service times and Lago Jardin is at 6pm.

Week's films in English

THIS week's film showing at the cinema in Pilar de la Horadada is 'The Magnificent Seven' showing tonight (Thursday) at 7pm and Saturday March 11 at 5pm. Starring Denzel Washington it tells the story of seven gun men in the old west who come together to help a village against savage thieves.

Tickets cost €5 and the cinema is located in the Duplex Espacio Cultural in Calle Canalejas, 4.

To keep updated on the latest films search Cinemapilar on Facebook or visit <http://cinemapilar.blogspot.com.es>.

Day of solidarity for charity in Torrevieja

THE next Solidarity Day for NGOs and charities, takes place in Torrevieja on Sunday March 12.

Councillors of Security, Javier Manzanares, and NGOs, Carmen Morate, presented the event which will take place by the Hombre del Mar statue along the sea front. The company Eco Vega Baja will also be present to collect used clothes and footwear, with the funds obtained from the collection being used to acquire material for the Civil Protection of Torrevieja.

The day starts at 10.30am with a zumba workshop, followed by an exhibition of search and rescue dogs at 11.30pm by the Ecos B & RMA Dog Unit. There will also be a simulation exercise by the Civil Protection at 1pm.

More exhibitions will continue in the afternoon from 5pm including a chance to see some of the dogs from the Municipal Shelter looking to be adopted in



NGO DAY: Councillors Manzanares and Morate announce the events joined by Ricardo Jimenez from Eco Vega Baja and Monica Rocamora, from Ecos B & RMA Dog Unit.

to a new family.

Councillor for NGOs, Carmen Morates, has invited the non-profit associations to join this day to publicise the

activities and work they carry out and urges residents to support the causes and donate all their unused and unwanted clothing and shoes.

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MACK & MABEL: Leading cast are in rehearsals for the next production by Studio 32.

Movies were movies

STUDIO 32 the Costa Blanca's leading amateur musical theatre company are well into rehearsals for their summer production of 'Mack and Mabel.'

Bill Nicholson takes on the lead role of Mack Sennett, and experienced actress Bev McEwan plays the leading lady role of Mabel Normand. Pictured alongside them are Nick Morgan playing Frank, and Alice Wakeford playing Lottie. They are admirably supported by a large company of character actors, singers and dancers.

'Mack and Mabel' is a true story, set in the period of the silent movies. It

tells the tale of the tumultuous romantic relationship between Hollywood director Mack Sennett and Mabel Normand who became one of his biggest stars.

The show contains some wonderful songs, including the opening number 'Movies Were Movies' when Mack reflects on the heyday of silent movies; a beautiful love song 'I Won't Send Roses' and the comic number 'Hit 'Em On The Head.'

Mix in some great dancing, humour, and the high standards of production from this talented company and audi-

ences will be in for a spectacularly entertaining evening.

Past shows have sold out quickly so make sure to book your tickets early. The Christmas show also helped raise €3,500 for local charities.

Show dates for 'Mack and Mabel' are May 31 to June 3 at the Cardenal Belluga Theatre in San Fulgencio. All performances start at 7.30pm with doors open 7pm.

Reserved seating tickets are now on sale, priced at €9 and can be obtained by calling Philip on 602 454 033, or by emailing tickets@studiothirtytwo.org.

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An invitation to perform on stage

TORREVIEJA is inviting unsigned artists to join them in the Eras Music Festival Torrevieja.

New groups and soloists from the Vega Baja, without a record contract of any type, can submit a demo tape between June 1-30 with nine finalists announced on July 12. They will then each take to the stage across the three-day music event being held at the Eras de la Sal in Torrevieja from September 1-9.

Councillor for Culture and Fiestas, Domingo Perez, said those interested should send a minimum of three songs in digital format and complete a registration form. Details can be found on the Facebook page of the Department of Fiestas and from the CIAJ centre for youth.

Councillor for Youth, Victor Fernandez, said the event was about listening to and re-



MUSIC FESTIVAL: Councillors for Culture and Youth, announce details of the Eras Music Festival.

sponding to the demands and needs of young people of Torrevieja: "The event will also serve to monitor and get an idea of the map of groups and

soloists that we have in the area and the young people who have started the path of music as a project for the future."

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Rojales is rocking with the annual music festival

ROJALES hosts the 10th edition of the 'Musicas Sin Fronteras' music festival from March 17 to April 7.

This year the festival will be opened by a jazz band that arrives in Rojales following some very successful international tours. The Joe Magnarelli and Perico Sambeat Quintet is led by New York trumpet player Joe Magnarelli and Valencian saxophonist Perico Sambeat.

On March 24, Javier Elorrieta Quinteto take to the stage as the musician and film director, Javier Elorrieta prepares to launch his new album Aranjuez Mon Amour.

Guitarist Carlos Piñana presents his new album in Rojales 'De la Raiz al Alma' on March 31, showing off his unique style that combines flamenco and classical guitar.

Juame Vilaseca Trio and Mar Vilaseca perform on April 7 where the rock music of British band Genesis becomes Jazz as the Juame Vilaseca Trio and

Mar Vilaseca close this year's festival. In their concert they will also play other songs from the 70's.

All concerts are at 9pm in the Teatro Capitol in Rojales. Tickets €8. Call 966 713 273 or visit www.rojales.es.

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Sell-by dates - a necessity or a con?

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GARRY WAITE



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@euroweeklynews.com.

Advertising feature

Expert services offered by OC Fincas

OC FINCAS in Torrevieja are experts in administration.

This small team of multilingual professionals has over 20 years of experience in building and urbanisation management, tax consulting, legal and solicitor services across the Costa Blanca, before they came together a year ago to combine their expertise and create OC Fincas.

They are official and qualified administrators, registered and recognised through the official bodies in Spain that regulate and oversee the industry. It means customers have the reassurance of knowing their affairs are being handled by professionals who know the industry inside out and follow a legal and moral responsibility.

Acting as administrators for communities they will deal with everything relating to living on a small urbanisation from holding AGMs, troubleshooting any problems and dealing with the accounts which are always up-to-date and available to be seen online. They also manage the collection of unpaid community payments and legal action without any legal fees for the community and work to obtain energy savings for the community by analysing accounts and



OC FINCAS: Experts in administration and legal services.

adjusting rates with electricity companies. OC Fincas has an agreement with Banco Sabadell to ensure that the community doesn't pay any bank charges for the services.

OC Fincas provide fiscal representation for communities and individual property owners,

can assist in ensuring all your IBI property taxes are collected and residents and non-residents taxes are submitted correctly and efficiently.

For those looking to purchase a property in Spain, OC Fincas are continually keeping on top of the ever-changing rules and regulations

to be able to offer a smooth and easy property transfer. They will assist in obtaining your NIE numbers, offer bank and mortgage advice and provide the necessary after sales services including the transfer of utility bills, wills, insurance and translations. For those looking to rent out their property they will also advise home owners on the correct and legal way to officially rent out your home.

Offering competitive fees and a first rate service, they have clients across Torrevieja, San Miguel, Rojales, Guardamar and the Orihuela Costa, so to join them, contact OC Fincas now to find out how experts Cathy and Oscar can help you.

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NEW HOMES: Found to have problems with infrastructure and construction.

Is new better than old?

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 un-

“Many people do not want to risk living in a new property.”

finished 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.

New Spain, new mortgage market



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 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 their Spanish counterparts.

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. The industry is at an exciting juncture, confident and creative enough to move forward and embrace the future.

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 that 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. The CEO of Spanish Legal Reclaims, Luis Cuervo, has said that British buyers “will finally get what they are owed.”

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End to unfair 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 property 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 Constitutional Court helps bring the wildly varying situations across the Spanish regions under some kind of national control.

It also means that courts across the land can expect a tidal wave of surplus value tax cases concerning the 550,000 properties that have been 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 hundreds of municipal governments.



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Press Release

Hospital Quirónsalud Torrevieja and British Residents' Association Help Vega Baja sign collaboration agreement

ALL members will receive a 10 per cent discount on all health services, a basic blood check and a free annual dental clean and review which can be carried out within the prevention programme Quirónsalud Health 2017.

On March 3 the Hospital Quirónsalud Torrevieja signed a collaboration agreement with the Help Vega Baja Association of British residents to offer them advantageous conditions in medical services as well as in health prevention campaigns.

Thanks to this agreement, members of this group of residents will be able to benefit, free of charge, from a basic annual blood analysis and dental cleaning, as well as a 10 per cent discount on all private health services of Quirónsalud not covered by insurers or other companies, amongst other advantages.

It is also planned to meet with journalists to talk about prevention in health to foreign resident members of the Help Vega Baja association, in addition to collaborating with the group in activities that are organised on the occasion of national and international health days.

The signing ceremony was attended by the managing director of the Hospital Quirónsalud Torrevieja, Francisco Fiestras, and the president of the Help Vega Baja Association,



COLLABORATION AGREEMENT: Will be beneficial for British residents.

Michele Lindsey Masson.

This action is part of the care prevention initiated by the Hospital Quirónsalud Torrevieja with the aim of improving the relations for foreign residents in the region of Vega Baja.

In its continuous effort of renewal and adaptation, the Hospital Quirónsalud de Torrevieja offers the patient the most qualified care an-

swer, with a warm and personalised treatment, which has in the province other areas of consultation and diagnosis: Quirónsalud Santa Pola Medical Centre and Centre Doctor Quirónsalud Orihuela. It should be remembered that the Hospital Quirónsalud Torrevieja is in agreement with the main insurance companies, both national and international.

About Quirónsalud:

Quirónsalud is the largest hospital group in Spain and the third largest in Europe. It is present in 13 autonomous communities, has the most advanced technology and has more than 6,200 beds in the 80 centres, like the Jimenez Diaz Foundation, Ruber, Hospital La Luz, University Hospital Quirónsalud Madrid, Teknon, Dexeus, Polyclinic Gipuzkoa, etc., as well as a large team of highly specialised professionals and international prestige.

It works in promoting and teaching (seven of the hospitals are universities) medical and scientific research (it has the Health Research Institute of the FJD, a unique private research centre accredited by the Ministry of Research, Development and Innovation).

In addition, its healthcare service is organised into units and transversal networks to optimise the experience accumulated in the various centres and clinical translation of its investigations.

Currently, Quirónsalud is developing more than 1,600 research projects throughout Spain and many of the centres are market leaders in this field, being pioneers in different specialties such as cardiology, endocrinology, gynecology, neurology and oncology, among others.

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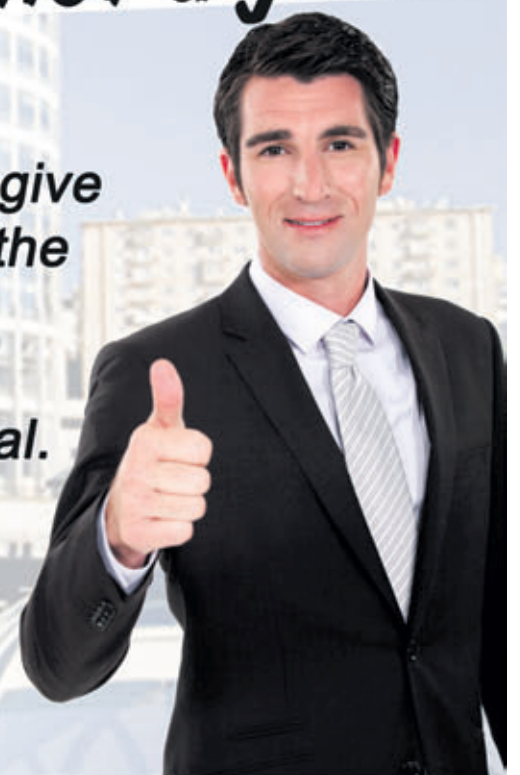
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Palm trees are ideal for a Mediterranean garden

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 also affect other palms such as the Sago, Date, Washing-



Photo by Kirchenkraut Wikimedia

PALM TREE: Is decimated by the red weevil.

ton, 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.

Paint it yourself tips for success

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 downwards. 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.

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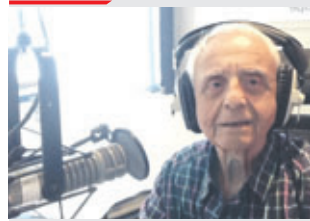


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The sit and stay



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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 side.

1. Give the SIT command once only, whilst putting the dog into the sit position at your left side, thereafter NEVER re-command, 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 from the handler. If the dog moves, replace him into the SIT with no further com-

SIT COMMAND:
Praise the dog
once he is settled.



mands. 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.

The more frequently stages 1 and 2 are repeated the easier it will be to progress through this exercise and the more reliable your dog will be.

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.

NB On no account should you proceed any further if he is not reliable on stage 3.

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.

NEVER TEMPT FATE by leaving the dog in a stay where a sudden distraction could cause an accident ie untethered outside a shop.

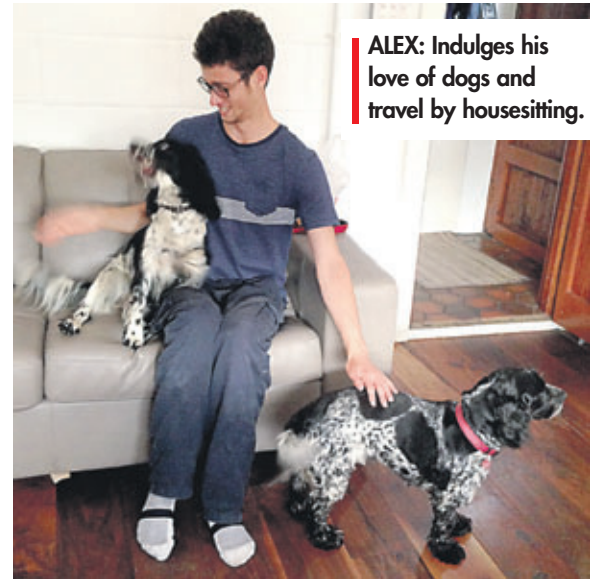
Alex loves spaniels

UNABLE to have dogs at home because of family allergies, Alex has always volunteered to walk the neighbours' dogs and as he got older to housesit for them.

He has grown particularly fond of a couple of spaniels for whom he housesits each summer. Meet Holly and Daisy, a very friendly pair of Cocker Spaniels. As you can see from this picture they love being with him and he with them.

Now Alex is older he likes to travel when he housesits. His years of experience of dogsitting as a student comes in handy now he wants to see a little of the world.

Over the last two years he has also built a profile on HouseSitMatch and has started to collect homeowner references on his profile to tell future homeowners about how he is respected as a housesitter. Alex is looking to travel across Europe on



ALEX: Indulges his love of dogs and travel by housesitting.

holiday, exchanging his services as a pet and housesitter as he goes. "It's a great way to live like a local and experience each location from a neighbourhood perspective! - I love it, it's a real experience of the country and not out of some travel guide."

Do you need a house or petsitter? Get in touch.

Housesitting can be a win-win for both parties, free house and petsitting, and the experienced and checked sitters get free accommodation! Register as either housesitter or homeowner now with a 20 per cent off introductory offer using coupon code PERFECT20. Visit www.HousesitMatch.com.

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Dating for dogs



DATING APP: Find your dog a partner.

FINDING a partner for your dog isn't always easy, especially if you're looking for a purebred or pedigreed suitor. This difficulty has led Eva Perez, a 25-year-old economist from Vigo in northern Spain, to develop an idea for a dating app for pets.

"I came up with the idea that there could be a sort of Tinder for pets," explained Perez, who developed her idea at an innovation and start-up workshop and is now seeking financing to carry out the technical side of the project.

The NetPet app, once up and running, will

allow dog and cat owners to create a profile for their pets with a photo and description which other users will be able to examine. Once a user marks a profile they like, if the other side also likes theirs, a private chat will be made available and the two will be able to continue their relationship from there, Perez explained.

Basic membership will be free and at a later date premium options will be added such as pet food discounts and free consultations with collaborating shops and vet, a vaccination and events calendar and other extras, the inventor said.

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plies.) On the 1st and 3rd Sunday's our Services are at 9.30 am. Our choir sings at our 11.00 am Services and there is also a Sunday School, called Stepping Stones, on these Sundays. We welcome residents, visitors and children. For more information see our website www.lasies.taevangelicalchurch.org or telephone Pastor Keith on 666 180 108.

THE ANGLICAN CHURCH, La Fustera. For more info: contact Frank Bentley on 966 495 188 (95461)

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ROUNDAABOUT CHARITY SHOP. We are now into summer and very soon we will be feeling the heat! It is time therefore for another visit to the shop where you might find a bargain or two. Choose from the clothing selection, jewellery, household goods, books or bric a brac. There is usually something there for everyone - but not always. Charitable donations have recently been made to The Alzheimers Centre, Cancer Research and The Amigos Ambulance Service. We still need your help with donations etc. Please keep them coming in! We are situated on Avenida Del Furs close to the Fountain Roundabout and immediate left by Don Colchon bed shop. (93325)

THE ROYAL NAVAL ASSOCIATION, Torre Vieja Branch, meet at 17.00 on the first Wednesday of each month at the Restaurante El Paraiso, Urb. Jardin del Mar 3 (behind Carrefour), Torre Vieja. Contact Paul Edwards, Chairman 618 644 934 or Margaret For-

shaw, Secretary 966 921 996. (95455)

THE ROYAL BRITISH LEGION Orihuela Costa - covering from Punta Prima to San Javier. The branch meets at Olympia restaurant, Mil Palmeras on 3rd Thursday of each month at 19.00 - 19.30pm. More info can be found on branch website www.orihuelacostarbl.co.uk. (95457)

HELP VEGA BAJA. We are a non-profit making organisation that helps and supports anyone, without prejudice, in times of need or crisis within the Vega Baja area. Our offices are based in San Miguel at Calle Lope de Vega 46 (Tel 966 723 733), Torre Vieja at Rambla Juan Mateo Garcia 4 (Tel 965 704 282). Both offices are open Monday to Friday from 10 am to 1.30 pm and the Helpdesk at La Marina is open every Thursday (10 am to 1.30 pm) at the Hope Fellowship Church (opposite the Thursday Market site) at Avda de Justo Antonio Quesada, Urb. La Marina (Tel 615770145). We are online at www.helpvegabaja.com and also on Facebook. You can email the San Miguel Centre at office@helpvegabaja.com **We also have a 24 hour Emergency help-line which is available to both members and non-members on 966 723 733** (95456)

THE BAKER FOUNDATION for SPIRITUAL AWARENESS. 16 Nicolas De Bussi Ave, Playa Flamenca. Sunday Service every week 11am to 12 noon, everyone welcome. For further details please phone/fax 966 760 665 (95458)

THE PHILIP SCOTT LODGE No 10671 of the RAOB meets every Friday in the Bar Catorce, Benijofar. Please call the secretary, Colin Bird on 693 287 614 for further information. (95459)

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PILAR CHRISTIAN COMMUNITY CHURCH, Calle Canalejas, 3. Pilar de la Horadada. Sunday Service at 11am & Thursday at 5pm for Prayer and Praise and Worship. Home groups meet during the week. All welcome from any church background or none. For further information www.pilarchurch.org Reg No: 2009-SG/A (95463)

TORREVIEJA Christian Fellowship (TCF) is an English speaking lively church located

at Avenida de las Valencianas 68, Torre Vieja 03183. Residents and holidaymakers are welcome to attend our services with communion and 'kids church' each Sunday at 10.30am. We have a Fellowship Meeting (Bible Study) each Wednesday at 6.00pm. For further information see our website www.tcf-spain.org or tel 966 700 391. (95464)

THE AIRCREW ASSOCIATION COSTA BLANCA BRANCH. Former & serving aircrews of the UK or Allied Armed Forces are welcome to join this convivial & friendly organisation, now in its 21st year. www.aca.costablanca.org or call the Secretary on: 966 495 042 (95465)

THE ROYAL BRITISH LEGION JAVEA BRANCH meet on the 2nd and 4th Tuesday of each month @ Scallops Rest on the Arenal at 11.00am. Everyone is welcome to attend as a visitor and join the branch if they wish. Anyone needing any help or advice on welfare, or any information regarding the branch can contact either Sheila on 965 791 270 or Roger on 965 790 123 (95472)

TORREVIEJA STROKE SUPPORT GROUP meets each Friday 2.45pm to 5pm in The Annex, (behind Age Concern Centre), Calle Paganini, Urb. La Siesta. Our aim is to support stroke survivors and their carers by a range of facilities from speech therapy, rehabilitation exercise, group discussion etc. For info: Louie 966 718 964 or 965 071 920, e-mail: strokesupportgroup@hotmail.com Donations and further voluntary helpers are needed and guest speakers with relevant knowledge or experience are very welcome. (95473)

THE ROYAL BRITISH LEGION Gran Alacant & La Marina Branch meets 1st Monday of every month (except July and August) at Bar Sioux, Avda Escandinavia GA at 7pm for 7.30pm prompt. For further info contact Brian, Branch Secretary on 639 917 971 / email secretarybr3606@gmail.com (95474)

CAMPello CONTRA CANCER in conjunction with AECC Association Español Contra Cancer has opened a charity shop at C/Virgen de los Desamparados No 13 (next door to Mas y mas) El Campello. The shop is open Mon-Fri 10 - 2pm and is run by unpaid volunteers and all monies raised goes to the AECC. We urgently need donations of clothes, books, large and small furniture etc, and we will arrange collection of large items. We need volunteers to help out in the shop and also clothes rails, shelves etc. for display. Please support your local Cancer charity and if you wish to obtain literature or simply talk to someone. Please stop by at the shop. Contact Mina or

Trisha. Tel 650 071 278 or 610 921 413 e-mail aecc_campello@hotmail.com (95475)

INTERNATIONAL CHRISTIAN ASSEMBLY Calle Urbano Arregui 23, Torre Vieja Evangelical non-denominational Sunday services 11am Children's church 11am House groups in Torre Vieja, Los Balcones, San Javier Ladies meeting Thursdays 11am. Pastor, Rafael Restrepo All nationalities welcome 966 799 273 / 660 127 276. (95476)

ROYAL MARINES ASSOCIATION (Costa Blanca). The aim of the Association is to bring together not just ex Royal Marines, but ex Service personnel with an affinity to the Royal Marines. We meet on the last Tuesday of the month at Casa Ventura, San Luis Urbanisation, at 6.30pm. For further details Hon Sec 965 724 652

FREEMASONRY Are you aware that Freemasonry is thriving on the Costa Blanca? There are various lodges meeting up throughout the Valencia region. If you already are a Mason or simply wish to know more about Freemasonry in Spain please contact Harry Palmer Membership Committee Tel: 966 712 326 or email: palmers.quesada@yahoo.co.uk (95477)

ROYAL AIR FORCES Association Branch #1359 Costa Blanca The Branch meets on the third Tuesday of the month at the El Paraiso Restaurant located close to the Carrefour Supermarket in Torre Vieja. The meeting starts at 1430 hrs. You do not have to be an ex-member of the RAF to join this friendly Association which supports the welfare of the RAF family and provides a social hub for ex RAF members and their friends. For further information about the Association and its activities please contact the Chairman on 692 508 916 or the Welfare Officer on 615 048 892 or visit our website: www.rafacb.com.

MEETS at Hamilton's Bake House, 62 Calle Vicente, Balco Ibañez, Benijofar 03178. We hold a Sunday Service at 11.30 a.m., a Tuesday Evening of Mediumship at 7 p.m. Also, every alternate Thursday from 23rd February, there is an Development/Awareness Circle where you can develop your skills com-

mencing at 6.30 p.m. Spiritual healing is available every Sunday and Tuesday after the service. The Divine Service with Mediumship on 12th March will be taken by Ray Bailey. Jillian and Martin will take the Evening of Mediumship on Tuesday, 14th March. The Divine Service with Mediumship, on Sunday, 19th March will be taken by Len Cox. Contact Wendy on 965323028. www.spiritualistcentre-benijofar.com New email is phoenixchurch23@gmail.com or info@spiritualistcentre-benijofar.com Identificación Fiscal G54713789.

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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

2016

top seller

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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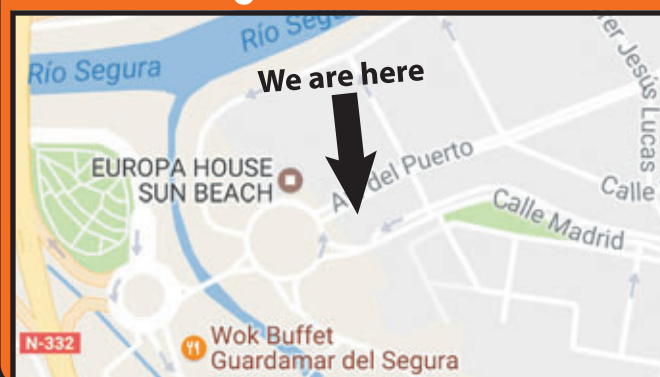
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ROAD TEST by Nick Fletcher

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 an exciting new life as a dual-purpose family vehicle.

These days pick-ups are produced by several manufacturers but few can match Nissan for 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.



sounds like the spec of a premium model, and the similarity doesn't end there because on the tarmac, 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're 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 remarkably smooth and quiet, and gives a nippy 0-100 kph time of 10.8 seconds. Top speed is 180 kph (112 mph) and combined fuel figure is 14.5 kpl (41 mpg).

Ride quality is exceptionally good for this type of vehicle, thanks largely to independent multi-link rear suspension instead of traditional leaf-springs. The steering is well-weighted and responsive and the cornering composure very good, though obviously not quite up to car standards.

The open load bay (payload is 1,059 kg) is lined with a durable plastic and there is an optional hard top which offers greater security and works from the remote central locking system.

New vehicles to feature unlimited 4G internet

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 at the other side of the pond 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 that its drivers and passengers used more than four million gigabytes of data in their cars. That amounts to 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.

In-built wifi with affordable monthly contracts is still a unique selling point, with just a few million enabled cars roaming American roads.

In Europe the first forays into wifi-enabled cars are likely to come from a Ford-Vodafone partnership. A deal has already been announced to bring 4G hotspots into new Ford cars.

The exact timetable and price expectations remain sketchy but up to 10 devices will be able to be connected at any one time.

That suggests the modern car will soon become a humdrum of online activity. How drivers will feel about transporting half a dozen netizens plugged into the iPhones, iPads, and iPads, remains to be seen.

Particularly frustrating when they face a hefty fine and penalty points for even making a call.

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SMGS MEMBERS: Played at Hacienda del Alamo.

Bogeys Medal Shield

MEMBERS from San Miguel Golf Society played at Hacienda del Alamo on March 1 in the second round of the Bogeys Medal Shield.

Gold category players, with their generally longer hitting and more consistent play, fared best with all five category winners beating those taking the prizes in the other categories, with the exception of Bronze's Chris Hamblett who, along with John Osborne and best of the day Robin Eastman, was one of only three to break par.

Bronze category: 5th Ralph Tilbrook (84 on CB), 4th Carmel McCann (82), 3rd Marg Birtwistle (78 on CB), 2nd Norman McBride (78 on CB) and 1st Chris Hamblett with 71.

Silver category: 5th Roger Webb (82), 4th Scotty Philips (80), 3rd

Phil de Lacy (79 on CB), 2nd Ivor Turkington (79 on CB) and 1st, for the second week in a row in his category, Brian Mulligan with 77.

Gold category: 5th John Aitchison (75), 4th Humphrey Kelleher (74), 3rd Tony Sims (72), 2nd John Osborne (71), and 1st, with the day's best return, Robin Eastman with 70.

The Abacus was won, due to the early departure of the true winner, by Keith Wickham.

Nearest the pins on the par 3's (open to all) went to Robin Eastman (5 and 12), Andy Shaw (8) and Keith Wickham (15).

Keep up to date with all SMGS matters at www.smgs.org or call Theo Boelhouver on 694 494 824 to find out more. Next week the society play El Plantio.

Eurogolf play team Texas Scramble game

ON Thursday March 2, a glorious sunny day, Eurogolf played the team game of a Texas Scramble. The course was in good condition and although some of the tees were off the plates, making the course longer, some great scores were recorded.

In first place was the team of George McCallum, Pino Perito, Debbie Weedon and Gill Gordon with 60.8 closely followed by the team of Clive Horne, David Horne and Tony Forbes with 60.9 and in third place was the team of Arty Crammon, Steve Sayers, Mary Sanderson, and Chris Stanley with 62.7

NTPs: 5th Jeff Lynch, 11th George McCallum, 12th in two John Stowe, 15th David Horne and 17th Arty Crammon. Football draw: Jenny Cheetham, Sue Forbes Sue Gillette, David Valentine and Mary Sanderson.

On Tuesday February 28 the Toffs played their normal Stableford competition and results were:

Cat 1 (0-14): 1st Arty Crammon,



SMILES ALL ROUND: As some great scores were recorded.

39. 2nd Bob Buckeridge, 36 c/b. 3rd Malcolm Foskett, 36. Cat 2 (15-19): 1st Alan Venables, 35. 2nd Gary Grierson, 34. 3rd Stan Low 32. Cat 3 (20-25): 1st Ken Brett, 39. 2nd Bruce Gordon, 34 c/b. 3rd David Valentine, 34. Cat 4 (26-36): 1st Ed Silvester, 38. 2nd Marion Quin, 35. 3rd Mike Gillette, 33.

Overall Toffs winner: Ken Brett c/b. Best front 9: Sue Gillette 21. Best

back 9: David Horne 20. NTPs: 5th Clive Horne, 11th Morag Turner, 12th in two Morag Turner, 15th Alan Venables, 17th Larry Kinsella. Football draw: Bev Fairhurst, Ian Stewart, Mary Sanderson, Robin Richards and Frances Buckeridge

If you would like to play with Eurogolf at La Marquesa Tuesdays and Thursdays please visit the website www.eurogolf-quesada.co.uk.

The upcoming week is going to be action packed

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 Turis.

Costa de Almeria

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 Premiership 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) trav-

el 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/WTA tennis 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.

• Some sad news... the former Scottish international left-back Tommy Gemmill - one of Celtic's 1967 'Lisbon Lions' when they became the first British team to win the European Cup - has died at the age of 73.

• And for horse racing enthusiasts, the Cheltenham Festival starts next Tuesday (March 14).



ANDY MURRAY: Won his first Dubai tennis Championship.

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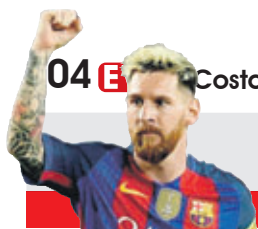
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Lionel Messi netted his 501st and 502nd goals in his 600th club appearance as Barcelona went top of La Liga with a 5-0 win over Celta Vigo.

TO READ MORE

Costa Blanca's best guide to local sport

Win moves Mazarron up

TWO late goals gave Mazarron an excellent victory against league leaders Minerva who had lost only once previously this season.

Mazarron made the early running with Boudia shooting over the bar and Jimmy twice unable to capitalise on through balls from Raul Torrano. However, it was the visitors who took the lead after 20 minutes when Juan Andreó's headed clearance was picked up by the Minerva midfield. The ball was threaded through a static Mazarron defence to Sergio who easily rounded Juan Pedro in the Mazarron goal and placed the ball into an empty net.

The game developed into a scrappy affair with Minerva using questionable tactics to break up play, feigning injury after every tackle and constantly appealing to the referee. They went close again after 35 minutes when a dangerous cross from the right eluded Juan Pedro but was just too far for their onrushing striker. At the other end Boudia's header was cleared off the line just before the half time interval.

The second half continued in the same way as the first half ended with Minerva continuing their dubious tactics of constantly feigning injury and appealing to the referee. One of their non-playing substitutes was shown a red card after 62 min-



LATE GOALS: Despite dubious tactics Mazarron scored twice to take the win.

utes and a spate of bookings for both teams continued to interrupt the flow of play.

Little football was played but Minerva got their just rewards when Mazarron scored twice in the closing stages. On 86 minutes Miguel was brought down in the act of shooting and captain Juan Andreó calmly stroked the resulting penalty past

Fernando in the Minerva goal for the equaliser. Three minutes later a cross from the left was met with a spectacular overhead kick by Miguel which rocketed into the far corner of the net to give Mazarron the three points and move them up to fifth in the league table. Raso took Man of the Match.

Medal haul for kickboxing club

KICKBOXING world champion Santiago Lopez and head coach at Quesada Fitness Gym: Boxing and MMA Club, has led his team Boxing Quesada, to more successes.

Attending the Regional Valencian Championships, the team gained six medals in total, three golds and three silver.

Two highlights were golds achieved by Andres Bas Mora improving from last year's bronze position in light contact and silver position in semi contact and Aiken Maxwell, who at just nine years old, brought home two golds and stood out from his peers. In both of these fights another Boxing Quesada team mate, Myles Nolan gained silver medals so Boxing Quesada dominated this division. Both will compete in the Spanish National Championships in June.

Rayhan Yakoobi competed as the youngest and smallest of the 13, 14 and 15 year category. In spite of his hand being raised as the winner, he was called to the side after the event as one of the judges altered his decision. Rayhan has superb potential and is very focused so it is hoped he will be even more focused for the June event.

Quesada Fitness Gym congratulates all the team who took part and represented the club and Santiago Lopez and the team would like to thank all the sponsors and collaborators that make it possible to develop and progress in this noble art.

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