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# Hot pursuit



**HASHISH RESIN:** Was packed into bale-shaped objects on the back seat.

## Hash smuggler nabbed after dramatic car chase

A spectacular Hollywood-style car chase ended in the seizure of 631 kilos of hashish resin and one arrest in Estepona.

The massive haul was being transported in a Citroen C5 which has also been impounded after several Guardia Civil patrol vehicles were involved in a hair-raising 40-kilometre pursuit.

The drama unfolded after officers were called to assist the occupants of a vehicle that had been involved in a traffic accident at kilometre 25 of the A-7 motorway in

San Roque, Cadiz.

One of the patrolmen was charged with controlling passing traffic, and his suspicions were raised as the French motor approached since it was straining under a heavy load which appeared to outweigh the maximum permitted on Spanish highways.

As he gestured to the car to pull over, the driver instead put his foot down and hurtled away at breakneck speed.

The startled officer was forced to take evasive action to avoid being flattened, but managed to spot a number of

bale-like objects on the back seat.

Meanwhile, his partner, who had seen everything, leapt into the patrol car and began to chase the fugitive, with a number of other police vehicles joining in as the

alarm was raised.

The dangerous high-speed pursuit continued as far as Estepona, where the trafficker left the motorway and entered a hotel car park, where he was eventually subdued following a violent struggle.

**Win a Car!**

**YOU CAN STILL BE THE WINNER OF A CAR! SEE PAGES 8 - 9**

See us on page 60

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**LOCAL NEWS**

## Paramedic pickle

THE CSIF Malaga trade union has expressed concern over what it considers an insufficient number of ambulances on the Costa del Sol. The union reported that there are just 12 emergency and critical care ambulances available to cover the 80 kilometre stretch between Torremolinos and Manilva, plus Churriana, Mijas, Ojen, Istan, Benahavis and Casares.

## Road revolt

HEAVYWEIGHT politicians will raise the issue of making the AP-7 free during severe delays in Spain's national parliament. After a campaign launched by thousands of frustrated Costa del Sol drivers, local mayors and now the Socialist political party (PSOE) have steamed in. Benalmadena mayor Victor Navas has also demanded urgent investment for the entrance to Arroyo de la Miel.

## Homing in

HOTELS are no longer the heaviest hitters on the Costa del Sol tourist monopoly board. For the first time ever there are more beds available in apartments, homes and villas than in hotels. At the beginning of March there were just over 100,000 hotel beds available across the Costa. But the number of real estate places available now exceeds 103,000.

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

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

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

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

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

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

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

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

So why not give it a go? You only have until March 23 to be in with a chance of winning this great prize. If your name is the first out of the hat of all completed surveys, whether they are received by mail, delivered to our offices, sent by email or completed online, then the car is yours, it's as simple as that.

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



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## 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.

## Life behind bars

PROSECUTORS are demanding a 37-year sentence for a man accused of strangling a prostitute before burning down her apartment.

The accused made an appointment with his victim and they ate a meal together before having sex, employing erotic asphyxiation at his request. He lured her into placing a dog leash around her neck before strangling her.

At that point the prosecution believes he seized an unknown quantity of money, placed her body in the bathtub filled with water, and set fire to the mattress to eliminate any traces of the deed.

## New pest in town

AS if killer caterpillars and wildfires weren't enough, locals may now have to deal with a new type of pestilence. The brown-banded cockroach has arrived on the Costa del Sol after colonising homes in Madrid and Barcelona.

Scientifically known as *Supella longipalpa*, the small cockroach was

## 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.

extremely rare at these latitudes until now, although it is very common in the United States.

People are advised to stay alert and call pest control at the first sign of infestation.

## Odd couple

A MARRIED couple suspected of holding a young man captive while

torturing him and forcing him to beg has been arrested in Coin by the Guardia Civil.

The 18-year-old Spanish man entered a bar in the town after allegedly escaping from his tormentors and told the waiter that the couple forced him to beg at local supermarkets and beat and burned him with cigarettes when he tried to refuse before locking him up with no food or water.

## Sunny weather

SPRING is expected to make its 2017 debut ahead of schedule with a warm weekend forecast, even pushing 30 degrees in Malaga.

Winter technically lasts until March 20 but it will be beach weather on Friday March 10 with temperatures ranging from 25-29 degrees.

The question now is whether the province can beat the March record of 31.4 degrees set in 1988 before the month is over.

## Police inhibitor wrecks havoc

MODERN car drivers are reporting issues with their vehicles when driving past, or parking near, the National Police station in Torremolinos.

People parking their cars on Skal and Brasil Street find they cannot lock their cars with remote keys, often resulting in people unknowingly leaving their vehicles unlocked.

Similar issues occur at every station however the signal strength and range of the frequency inhibitor at the Torremolinos headquarters has caused numerous complaints.

There have also been reports of the latest models of cars shutting down when driving past the station, blocking the road until the inhibitor is turned off or the car is towed.

Residents have been at loggerheads with the police for years but one resident said although it is "much easier to steal a car on this street, the fact that its next to a police station compensates it." A police spokesperson said the inhibitors are "essential for the security of every police station," and frequencies are "limited and cannot be changed."

## Postscript to ponder

# 279,243

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

## INSIDE VIEW

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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.

Advertising Feature

### Copper Heeler brings relief from arthritis

MANY people have suffered with arthritis over the years, finding no long-term solutions, turning to strong medication to try and ease the pain, and thus putting up with a lesser quality of life.

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

Copper also prevents inflammation around the joints, so there is a feeling of well-being all round. Malcolm has been marketing the Copper Heelers in Spain for more than five years now, and he has satisfied customers spreading the word about their change of life since using them. One lady from Las Siesta wrote to Malcolm only last week to say: "I have suffered for 10 years with the agony of arthritis, but since I have bought the Copper Heelers and worn them, my arthritis has improved in only five days!" This miracle insole has brought joy to many who have been restricted with movement in the past.

For more information on the Copper Heelers, please visit the website at [www.copperheeler.es](http://www.copperheeler.es) or call Malcolm on 966 763 770.



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## NEWS EXTRA

## Forbidden fruit

TWO men have been arrested in Alhaurin de la Torre on suspicion of having stolen hundreds of kilos of avocados and citrus fruit from local growers via a series of night-time raids.

## Firing back

**MALAGA'S miffed firemen, who have been on partial strike for weeks, have said that "a real negotiation" with the city council is the only way to avoid their first-ever general strike on March 14.**

## Joints ready

A TRIO of stoners from the UK, US and Ireland have had their knuckles rapped in Marbella after they were caught with 339 pre-rolled joints ready for sale at a cannabis club which has no commercial licence.

# Plot thickens in the Agnese case

By Matthew Elliott

A NIGHTCLUB porter is facing charges over the mysterious disappearance of Latvian waitress Agnese Klavina from a Marbella nightclub. Detectives believe the worker at Aqwa Mist may have helped prime suspects Westley Capper and Craig Porter bundle the girl into their car.

Capper, who faces a court trial over a drink and drug fuelled hit and run killing of a Bolivian mother in San Pedro last May, is believed to have called the porter 48 times after Klavina's disappearance in September 2014.

Personal connections and an assumed friendship with the British suspects have been sufficient for Spanish prosecutors to investigate the man. Klavina's family lawyers have also voiced their suspicion that he was involved.

Video surveillance shows him holding the door of a car closed against the waitress as she struggled to exit the vehicle. The question is whether the janitor was following instructions from Capper.

What exactly happened that night or Agnese's ultimate fate remains unknown but the National Police's homicide unit are adamant that she was kidnapped.

Capper, the son of a wealthy British property developer, told police that she entered the car voluntarily and that he and Porter dropped her off at a



AGNESE KLAVINA: Disappeared in 2014.

roundabout while they did cocaine.

In the absence of a solid criminal prosecution case, Agnese's family have launched a private, civil prosecution. They want the courts to imprison the men until more evidence can be gathered. That motion was denied but a travel ban has been imposed.

Capper is currently free having posted €50,000 bail over the death of Fatima Dorado in the hit and run incident.

## OUR VIEW

## Another success

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

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

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

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

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

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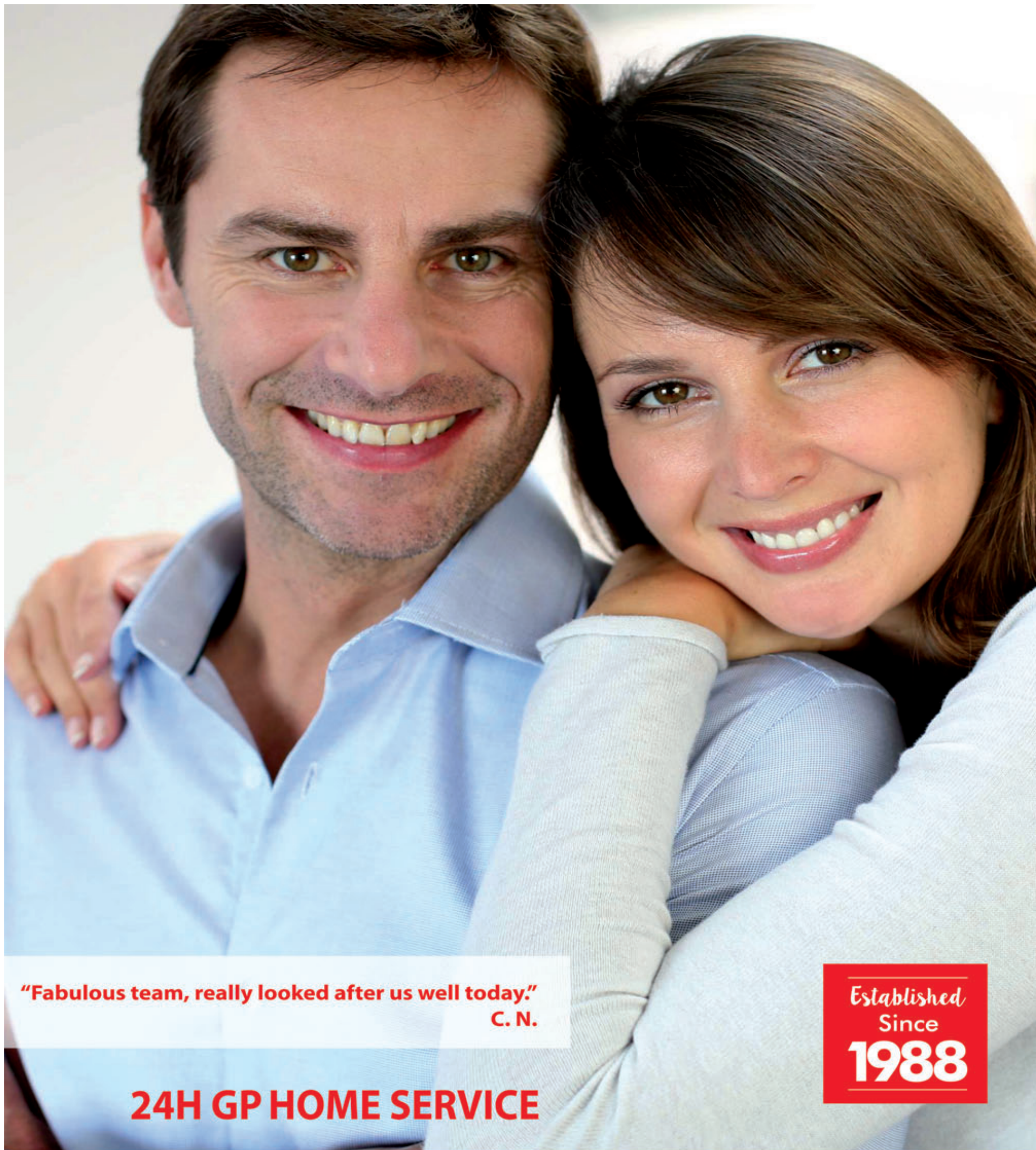
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■ Terms of Entry:

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
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- Leapy Lee
- Other columnists
- Television
- Horoscopes
- Time Out
- Letters
- Health & Beauty
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- 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?**

.....  
 .....

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**Where do you usually pick up your copy?**

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**Do you have a suggested new distribution point?**

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- All day

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## Q & A

**Gender**

- Female
- Male

**How old are you?**

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

**Status**

- Single
- Married
- Separated/Divorced
- Widowed

**Which other local newspapers do you read?**

.....  
 .....

**How often do you eat out?**

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

**How long have you been reading the EWN?**

.....

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

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

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- 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).....

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- Fibre Optic
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- Other (specify).....

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

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

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## NEWS EXTRA

## Tax refund

THE number of properties across the Costa del Sol and Malaga Province believed to be due money back on unfairly paid surplus value tax when sold is now estimated at 35,000.

## Top tuna

COSTA DEL SOL shoppers should look out for Calvo brand tuna. A consumer study found it has the least mercury, best taste and real olive oil. Auchan and Aldi also got the thumbs up.

## Sprucing up

TOURISTS are helping renovate Malaga's old town. Hundreds of abandoned buildings are now being remodelled for use as tourist apartments as landlords hope to capitalise on the huge demand for a historic experience.



ED SHEERAN: Two concerts in Spain.

## Kind of jealous

By Matthew Elliott

BRITISH singer Ed Sheeran raised eyebrows on the Costa del Sol when he mentioned Malaga in one of his new songs. The redhead is one of the best-selling artists in the world and his latest album 'Divide' stormed to the top of the British charts in January, smashing all manner of records along the way.

On the album the song 'New Man' sees the 26-year-old Yorkshireman wax lyrical over his old flame's new lover and his lifestyle. 'Every year he goes to Malaga, with all the fellas, drinks beer but has a six pack, I'm kind of jealous' goes the line.

Two other singles from the album hit number one and two on the UK chart, the first time a British artist has nabbed the top two spots. Sheeran performs in Madrid and Barcelona this year on April 8 and 9.

Both events sold out within an hour while there's clearly no plans to journey south to Malaga.

## Debonair jewel thief pulls gun

POLICE are hunting for a well-dressed, English-speaking armed robber who made off with €700,000 worth of jewels from Diamonds & Co in Puerto Banus. Detectives have released CCTV footage of the February robbery in the hope that someone recognises the assailant.

Video surveillance shows a middle-aged man wearing a classic jacket with a turtleneck jumper and brown suede shoes. Covering the ensemble is a thick Scottish plaid coat. He has grey hair and black-rimmed spectacles.

The thief sits down with the jeweller to peruse items, but leaves without making a purchase.

Half an hour later the same man returns. From underneath the coat he whips out a pistol and begins barking instructions in English. He pistol whips one assistant to make his point and escapes with the immensely valuable haul.

Police believe that the suspect is a foreign national but his origins are a mystery.

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**NEWS EXTRA**

**Helping hand**

THE Social Welfare and Equality Department of Mijas Council has launched a special service to care for immigrants and their families, with a dedicated social worker tasked to assist with medical care, schooling and other essential needs.

**Dubious bus**

CATHOLIC group Hazte Oir's redecorated promotional bus, which was recently censored by the Spanish government for its transphobic message, has been out and about in Malaga City this week.

**Dodgy dealer**

A MAN has been arrested for committing a series of fraudulent transactions involving bogus internet car sales, in which clients never received their vehicles after being persuaded to part with a deposit.



Photo Credit Ayuntamiento de Marbella

**SUPPORT FOR RAEZ:** Almost 200,000 signatures have been gathered.

# Crusade to honour Pablo

By Matthew Elliott

AFTER the moving campaign urging Marbella to name a street after Pablo Raez gathered almost 200,000 signatures, Mayor Jose Bernal has expressed his support.

Raez, who inspired millions during his courageous battle with leukemia,

died in February aged just 20.

The young man from Ojen single-handedly managed to increase bone marrow donations across the Costa del Sol by 1,400 per cent through his inspiring messages on social media.

Hundreds gathered at his funeral, with even the Spanish Prime Minister Mariano Rajoy paying tribute to Pablo

and his family.

The petition to have a Marbella street named after him began on *Change.org* and quickly captured the public's imagination. With Bernal's support it looks certain to become a reality. The mayor says it may be a street, square, boulevard or health centre.

## War over a woman

INVESTIGATORS are slowly piecing together the fateful night in Benalmadena that left one man dead, another injured, and two possibly facing murder charges. Police believe the suspects and victims initially squared off inside a cocktail bar when one apparently flirted with another's girlfriend.

Last week the *Euro Weekly News* reported two men were arrested over an apparent revenge hit and run attack on two youths riding a moped. One man, the 40-year-old owner of the Renault Laguna used in the killing, was arrested on the night. His accomplice, 24, came forward of his own accord four days later.

They are accused of taking revenge on two youths of Moroccan descent, 22 and 19, after the fight by driving into their moped. One died instantly and the other is in critical condition.

Both tested positive for alcohol and cocaine. Eyewitnesses described how they drove the Renault into the moped which was dragged for several metres.

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## Injured in fall

A MAN was injured when he fell into an empty water tank in Las Albarizas, Marbella, while carrying out plumbing tasks, the authorities have reported.

Emergency services were alerted at 4.20pm on Tuesday (March 7) that a 53-year-old had fallen into a tank at a residential complex on Avenida Jose Manuel Valles and needed help.

After firefighters helped the victim out of the tank he was taken to Costa del Sol Hospital for treatment to leg injuries.

# Skyscraper skyline plans cause furore

By Matthew Elliott

HUNDREDS of artists and public figures have protested the controversial decision to build a monstrous 135 metre hotel at the port of Malaga.

The enormous skyscraper would tower over the rest of the gateway to the Costa del Sol, dominating the skyline and panorama. A Qatari consortium funded by rich Arab Sheikhs is already drawing up blueprints.

Cultural groups across the city have denounced the decision and plan public protests. They warn building the tower will have irreversible consequences for Malaga and its traditional seafaring façade. It will also obscure views to the Cathedral and other historical landmarks.

Despite the strong opposition, politicians from all sides are unusually united in their



**STRONG OPPOSITION:** Claim it would obscure views.

defence of the project. Mayor Francisco de la Torre says the hotel will be beautifully designed, help create jobs and guarantee the port's economic viability into the future.

Still the critics argue beauty is in the eye of the beholder and that short-term economics cannot justify changing the face of the Costa del Sol's biggest city forever.

## NEWS EXTRA

### Cyclists unite

ON March 12 Fuengirola will celebrate its first ever 'Bike Day' with hundreds of cyclists taking to the streets to raise money for local and national charities.

### Safety net

**STRUGGLING** Mijas families will have 40 per cent of their rent paid as the council hopes to stop evictions. Some 120 families will benefit from the new social scheme.

### Islamic relations

*HALAL* meat is set to become more commonplace as the Costa del Sol tries to attract more Muslim tourists from south-east Asia. Tourism chiefs are also playing up the region's Islamic past after the Roman Empire.



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## Cocaine takeaway

IN what they probably thought was a very good way of avoiding arrest, a couple in La Linea de la Concepcion made their two sons aged 13 and 15 deliver cocaine to 'clients' who called up and placed orders with them.

The two boys who are not considered legally responsible for their actions used a car and a motorbike to make late night deliveries even though neither held driving licences and the matter came to light when reports were received suggesting that the boys were being mistreated.



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INFLUENTIAL WOMEN: Were honoured at the 'Recognised 2017' gala.

# Celebration of iconic females

By Matthew Elliott

IN celebration of International Women's Day on March 8, 20 of the Costa del Sol's most influential women were honoured at the 'Recognised 2017' gala in Malaga. They were awarded for their dedicated struggle to furthering the cause of equality across the region.

Many were athletes, including rugby and football players, judokas, archers and athletes, alongside Carmen Morales, captain of the Costa del Sol handball team.

Other honourees included the vice-presi-

dent of the Red Cross, Encarnation Trivino, and the leaders of local women's associations and disabled groups.

One much-loved retired matron was recognised for her services to health, while scientists and entrepreneurs from across the province also received awards.

Costa del Sol tourism chief Elias Bendodo was on hand to call for the eradication of machismo culture. He noted that women continue to face daily struggles with the wage gap, stereotypes, inequality and violence, expressing hope that today's children will be spared such a world.

## NEWS EXTRA

### Family fray

GOVERNMENT run Family Reconciliation Points in Marbella and Malaga City dealt with a total of 643 cases of family conflict involving minors in 2016, the Junta de Andalucía regional government has reported.

### Tourist trap

ANTEQUERA and its dolmens, declared Unesco World Heritage last July, will be included in more than 100 promotional events the Costa del Sol Tourism agency will be attending this year.

### Needs must

A STUDY on 174 immigrant women from 22 countries aged between 30 and 48 and resident in Malaga city has revealed that 52 per cent of them moved to Spain in search of work and left their children behind.

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# Benalmadena crime spree foiled by National Police

By John Smith

OFFICERS of the National Police have broken up a gang of criminals in Benalmadena who had been involved in breaking and entering commercial properties in the area and have arrested five people, two of them minors.

The investigation started after there was a sudden increase in the number of break-ins at bars, restaurants and warehouses, all taking place in quiet streets and



at properties without security systems or alarms.

The bulk of these robberies took place at daybreak with the gang forcing locks, bars or doors and the robbers removed any cash left on the property as well as computers, television, food and drink before fleeing to local 'bolt holes.'

**NATIONAL POLICE:**  
Investigated sudden increase in break-ins.

As the investigation continued, it was discovered that one of the gang worked for a company selling security systems, so he passed on information concerning unprotected establishments to the leader of the gang, a 33-year-old male who chose the targets.

With the arrest of the five people, it is believed that 19 robberies and four attempted robberies in Benalmadena have now been solved.

## NEWS EXTRA

### Sea rescue

MARITIME agents rescued 43 men, six children and five women from sub-Saharan Africa stranded on a boat some 30 miles south of Marbella. Two needed urgent physical treatment.

### Grandmaster quest

HUNDREDS of young strategists gather in Estepona for the provincial youth chess championships on March 11 and 12 as Spain seeks future grandmasters.

### Generation Z

LES ROCHES International School of Hotel Management held an Open Day for potential new students. The acclaimed Marbella institute has almost 1,000 students from 70 countries.

### Worrying trend

JOBLESS numbers have risen in Marbella for six months running, now standing at 13,389. Neighbouring Estepona has been heading the other way and now has 5,709 unemployed.

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# Singer and actress tells EWN of her love for Marbella

By John Smith

WHEN three-year-old Malia Arkian was brought to the UK from Iran by her parents as they travelled to set up a new life, it is unlikely that they would have forecast that the little girl would grow up to become so well known.

Having settled in Manchester, the young Malia originally planned to become a midwife but the glamour of celebrity and ‘girliness’ proved to be too strong and she entered the Miss Manchester competition doing very well although she decided that the pageant life wasn’t for her.

Music was her first love and the singer songwriter who is very much into the ‘grime’ movement (effectively musical British Rap espoused by the likes of Dizzee Rascal and Stormzy) and she spent some time flitting between the UK and Los Angeles where she became friendly with rapper Tyga who would later go out with Kylie Jenner.

Seven years ago she first visited Marbella after signing a record deal and fell in love with the city and now back in the Costa del Sol again for a few days Malia, travelling with her friend Jessica, found it hard to believe that the same vibe which she loved so

much was still present.

“I’m seriously thinking that it would be great to live here” she told EWN “although driving is a bit difficult with narrow roads and a satnav that doesn’t seem to work.”

Although this is a short vacation, she is talking to Fake Bake, a tanning company, about the possibility of doing some work for them in Spain and she has also been enjoying the nightspots in Banus and Nueva Andalucia.

Malia shot to UK fame when she was sensationally kicked off Love Island, a TV reality show, on her first day after a row with a fellow contestant which gave her a huge amount of publicity but also a great deal of heartbreak.

She had auditioned for this show and Big Brother and had eventually decided to go with Love Island but wasn’t prepared to be ‘bullied’ as she saw it and whilst receiving a great deal of positive social media response from girls who had been bullied, she was also the subject of a hate campaign which upset her a great deal.

After receiving fantastic support from her family “I decided that the only way is up” laughed Malia and she went back to music but also landed a part in a new British movie Dan-

gerous Game starring many well-known names including Calum Best.

“I play a ‘honey trap’ but hopefully there will be a sequel in which my character reveals hidden depths” she

commented, “It was great to work with Calum who is a really nice person.”

Lover of Marbella, an actress who is enjoying learning about the entire film business, singer and great company, Malia can be followed via @onlymalia.



Photo Credit: Euro Weekly News

**MALIA ARKIAN:**  
Relaxing in Marbella.



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**CILLA BLACK:**  
A statue has been unveiled in her home town of Liverpool.

Photo by Rodhullandemu Wikimedia



## NEWS EXTRA

### Purse snatchers

POLICE arrested two men accused of snatching purses from at least 20 people while zipping past them on a moped in Malaga, particularly targeting vulnerable women.

### Budget bargain

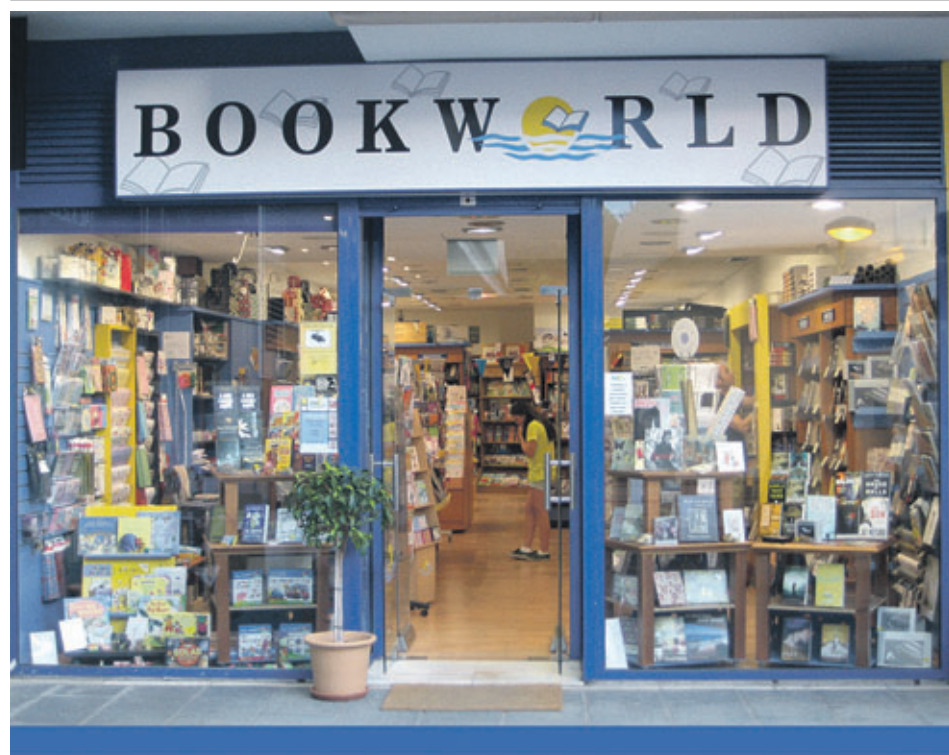
PUBLIC spending in Marbella will have a €191 million ceiling in 2017 as the council finally got the green light on its budget after tough negotiations.

### Climbing plants

MAJOR renovations will see the historic centre of Casares transformed. Climbing plants will make up new vertical gardens and the Plaza del Llano will be completely repaved.

### Run around

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# Musical to celebrate Cilla Black

By John Smith

HAVING sadly died from a stroke at her second home in Estepona in 2015, singer Cilla Black was mourned by a generation of fans, but her story continues to interest people, especially after the screening of the mini-series starring Sheridan Smith.

Now, following the unveiling of a statue outside the Cavern Club in her home city of Liverpool, her eldest son has revealed that there will be

a musical produced celebrating her life and the music that not only meant so much to her, but brought her initial fame.

The original concept was born before the star's death and went on hold whilst family and friends including producer and former Everton chairman Bill Kenwright decided whether they should continue, but they have decided that this is something that she wanted to see come to fruition.

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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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## Inland attraction

AS of today, Thursday 9, a new attraction is open to the public in Ronda.

The roofs of the Church of Santa Maria de la Encarnacion la Mayor, the tallest of the historical monuments in the town, have been prepared for visits through a €140,000 project designed by local architect Sergio Valadez.

Amazing views of the town and its surrounding countryside await those brave and energetic enough to climb the spiral staircase built in 1675 to provide access to the upper areas of the church for maintenance.

The church itself was built under orders from the Spanish Catholic Kings, Isabel and Ferdinand, on the site of the area's main mosque in times of Moorish occupation and includes Moorish, gothic, renaissance and baroque architectural details.

# Spanish master of international wine

By John Smith

GROWING up in San Pedro Alcantara and Estepona, 35-year-old Paco Galdeano knew that he wanted to follow his parent's example of being involved in restaurants and hospitality, but he also needed to expand his knowledge and travel the world.

First he studied hotel management in Spain and then gravitated towards wine and obtained his formal sommelier qualification before undertaking the gruelling study needed to obtain a WSET diploma in wines and spirits.

His first real job in the hotel industry took him to



Photo by Paco Galdeano

one of the top London hotels where he honed his English language knowledge.

From there he worked in the self-proclaimed most luxurious hotel in the world, the Burj Al Arab in Dubai as well as Italian restaurant Roberto's Restaurant and Lounge and then the Marina Bay Sands opened by the late Spanish three Michelin star chef Santi Santamaria in Singapore.

After spending some time in Japan, importing Spanish gourmet food and wine, Paco has now moved to the brand new Wynn Palace Hotel in Macao as director of wine where he is responsible for choosing and purchasing 400 different wines from around the world.

Having recently returned to Estepona to visit his family, Paco is considering the possibility of purchasing his own apartment in Marbella so that when he wants to return to his roots for a few days, there will always be a place in Spain for him to 'chill out' in.

**PACO GALDEANO:**  
With some of his wines.

“ Paco wanted to follow his parent's example of being involved in restaurants.

## NEWS EXTRA

### Future leaders

TIVOLI Park held the Costa del Sol's first official Youth Day, celebrated across the world on March 5. Hundreds of youngsters spent the day being creative at the region's theme park.

### Family strife

**A NIGERIAN man was arrested for threatening to kill his wife. She had run out onto a Malaga street screaming for someone to save her and their three children, all under nine years old.**

### Shaping up

*EVICCTIONS have fallen across Malaga Province as the property market and economy get back in shape. There were 2,989 forced evictions in 2016, compared to a high of 3,485 in 2014.*

### Desert man

A LOCAL man has been appointed Spain's new ambassador to Iraq. Juan Stemmann, 55, was born in Malaga and has worked diplomatic missions in Bulgaria, Honduras, Morocco, Argentina and Jerusalem.

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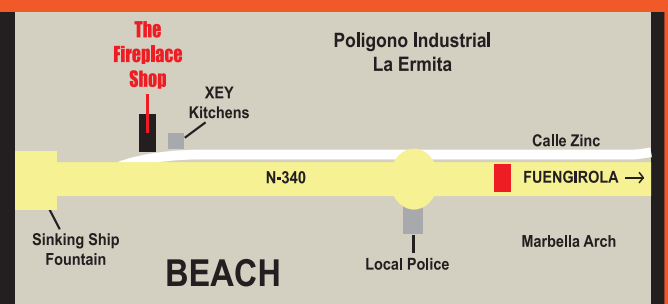
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# Charity campaigner is walking the walk

By Matthew Elliott

A FITNESS instructor walking almost 1,000 kilometres across Spain has passed through the Costa del Sol.

Miguel Angel Palomino from Jaen stopped at Marbella Town Hall for a photo shoot before setting off again for Huelva.

Carrying just a backpack and sleeping under the stars alongside his two dogs, Leia and Kenya, the 38-year-old is walking from Nerja to Huelva to raise funds for diabetes research and treatment.

During his 780 kilometre hike he is meeting with local politicians and mayors to raise awareness of the cause.

He was warmly welcomed in Marbella on



Photo by Ayuntamiento de Marbella

**SPORTING CHALLENGE:** To raise money for charity.

March 5 and met with diabetes support group Adisol. They supplied him with a small luxury as a token of their appreciation, a night's stay for him and his dogs in a friendly hostel. His last local stop is in Sabinillas before he crosses into Cadiz

and then Huelva. Palomino hopes to cover 40km a day and finish his trek on March 14. Curiously he hasn't been affected by diabetes but has dedicated himself to completing sporting challenges to raise money for different local causes.

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# Hair to Care will raise funds for the Cudeca Foundation

By John Smith

A VERY laudable fundraising campaign is due to take place in Fuengirola on Saturday March 11 in order to raise money for the Cudeca Hospice which offers palliative care to those suffering from the effects of cancer in this its 25th year.

All proceeds received between 9am and 4pm by two local hairdressing salons, Petro Peluqueros, Calle Fiesta de la Crema, Edif. La Polonia, Local B1 (telephone 952 467 130) and CR Hair Stylists, Avenida Jesús

Santos Rein, Edif Don Luis will be donated to the charity.

The main events of the day will take place at the Petro Peluqueros salon and at noon, local alternative band Auralyn Waves formed by Danish singer Sandie Ann Nielsen and Spanish guitarist Dario Merino will present a number of their songs.

Baldo restaurant situated in the Plaza de la Hispanidad has agreed to supply 200 portions of paella and tickets for this tasty option will be sold in the salon whilst La Tahona de los Boliches is joining in with 150 cakes

which will be available with some refreshing mojitos.

Raffle tickets will be on sale with some great prizes, including styling from Petro Peluqueros, massages from Fisio la Hispanidad and a flat screen TV, with the draw at 4pm.

The whole point of the day, which is organised by Cudeca Goldies and sponsored by 93.6 Global Radio, is to raise funds so that the Cudeca Foundation can continue to give its vital assistance to those suffering from the scourge of cancer and their families.

**NEWS EXTRA**

## Timberrrrr!

PHENOMENONALLY strong winds blew down a 24-metre-tall pine tree in Arroyo de la Miel, Benalmadena. Fortunately no one was hurt although emergency services took two hours to remove it.

## Pork power

**MORE than 2.3 million pigs are killed in Malaga Province each year. The province has the fourth biggest pork export industry in Spain, producing 200 million kilos of meat worth €112 million.**

## Human rights

AMNESTY International held a rally in Malaga calling for greater rights for refugees claiming asylum. Spain has promised to welcome 17,337 people to the country but so far hasn't made good on the pledge.

## Guernica graffiti

A GRAFFITI artist in Estepona will paint a giant mural paying homage to Pablo Picasso's historic work 'Guernica' which depicted the Nazi bombing of Spain during the Civil War.

## Green scheme

CHILDREN in Mijas are encouraged to cycle to school under a new green scheme. New, old and rental bikes will be discounted, while police will keep an eye out for their safety.

## Talking business

ENTREPRENEURS of all stripes gathered in Benalmadena under the umbrella of Business Network International (BNI). More than 450 companies discussed how to transform the Costa del Sol town into a global business hub.

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# Hottest market in town

By Matthew Elliott

JUST 5 per cent of the German population is considered 'cosmopolitan' but that's the segment the Costa del Sol team are after at the massive ITB tourism fair in Berlin.

The pressure was on Costa representatives to convince a tough crowd as German holidaymakers return to old favourites Egypt and Greece with a vengeance.

Yet German tourists are the second most important for the Costa del Sol after the Brits and bring a huge market worth an estimated €1 billion to the region. So it was little surprise that tourism chief Elias Bendodo was pulling out all the stops to rekindle the love affair.

That involves promoting Malaga as an ideal city-break destination for wealthy cul-

ture vultures with a taste for gastronomy, art and history. If the plan succeeds the gateway to the Costa del Sol will be behind only Madrid and

Barcelona as a hotbed of Spanish cultural attractions.

German tourists are especially sought after. The average age of a German guest is

45, they take longer trips than most, have 40 days of paid holiday a year, value their travel experience highly, and of course, spend lots of mon-

ey. Top priorities are culture and sun, which makes Spain perfect.

Berlin's ITB fair is one of the biggest in the world, run-

ning from March 8-12 for its 51st edition. It attracts more than 100,000 tourism professionals, and 10,000 exhibitors from 180 countries.

## Surgical surge

SURGERIES are up and waiting times are down at the Costa del Sol hospital. Despite ongoing construction works at the Marbella facility, there were 619 more surgical operations in 2016 than the previous year.

The population has remained stable meaning the increase shows improved efficiency at the hospital and not simply the burden of more people.

The immediate consequence for locals was a healthy decrease in waiting lists, reduced by 9 per cent over the year. Delays dropped by 5 per cent and bed occupancy was robust at 67 per cent.

One of the Costa del Sol's biggest hospitals, it dealt with a daily average of 313 emergencies in 2016. The facility is also trying to reduce bureaucratic red tape, making it easier for patients to get appointments and medication without endless pen pushing.

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**SOLIDARITY RACE:** Children, professional runners and pensioners all took part.

# Runners unite for charity

By Matthew Elliott

A SOLIDARITY race organised by the Holiday World resort in Benalmadena was a spectacular success. An estimated 850 people ran around a glorious seafront circuit on Sunday March 5 to help raise money for charity.

Numbers were even bigger than the 700 who turned out last year. Children, professional runners, weekend warriors and pensioners alike all joined in, running or walking either five or 10 kilometres.

After the wild weather of late, conditions were perfect for the athletes, with little wind, heat or rain. Nerja-based runner Alvaro Fernandez won the 10km with a time of just under 34 minutes.

**“The conditions were perfect for the athletes.”**

With traffic lights and roundabouts it wasn't the circuit he is used to but the

winner told the press that he loved the atmosphere and appreciated the terrific community turn-out.

The women's winner was the speedy Raquel Munoz in just over 44 minutes and even the mayor of Benalmadena took part. All the registered racers were treated to a complimentary massage and paella afterwards.

The annual race raises funds for Proyecto Hombre. The group helps thousands of people with addiction problems across Spain and supports their families.

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# Cinema in Spanish festival



Photo by festival of Cinema

**20TH YEAR: Announcing the film festival in Malaga.**

*By John Smith*

THE Cinema in Spanish film festival in Malaga celebrates its 20th year and will be held from March 17 to 26 with an entry of no less than

1,585 films with entries from all over Latin America together with Spain.

There is a combination of short films, documentaries, feature films, and more than 200 focusing on the rights of

women. There will be a competition and details of the various films participating and tickets to allow viewing of the films may be obtained by visiting the website [www.festivaldemalaga.com](http://www.festivaldemalaga.com).

## Disaster insurance

STORM damage inflicted by a torrential 24 hours in February will be repaired with the help of almost €5 million in emergency funds from the national government.

Beaches across the province were severely damaged when more rain fell in a

few hours on February 19 than usually does in four months. Malaga's iconic Malagueta beach was ruined, roads were entirely destroyed, trees felled and hundreds of bolts of lightning struck the ground.

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PLAYA OPENING 17TH MARCH



# Costa del Sol DFAS

THE Costa del Sol Decorative and Fine Arts Society (DFAS) will host two lectures in March.

On Monday March 13 lecturer Brian Healey will present Vincent in Arles at the Salon Varietes Theatre in Fuengirola starting at 4.30pm. The second, Caravaggio and Rembrandt: Baroque Masters, Magical Light and Disturbing Reality, will be presented by lecturer Helen Sijssling. This will be held on Tuesday March 14 at 10.30am in The Danish Club, Urb. Haza del Algarrobo, Ctra. de Mijas, Mijas.

Visitors are welcome to attend either lecture and tickets cost €10. For more information contact Yvonne Sjukvist on 952 858 952 or 617 368 414 or visit [www.costadel soldfas.com](http://www.costadel soldfas.com).

## United hands across the sea

IN February 1990, when Dorothy Rose chaired the panel which appointed Dave Punshon as chief officer of Age Concern Teesside, little did they know that they would form a bond which would span nearly 30 years and 1,600 miles.

**“ Dave and Dorothy met with staff members old and new.**

Dorothy first became involved with Age UK Teesside's predecessor organisation at the age of 19 when her father Alderman Wiseman from Stockton recruited her as the

minute secretary. Now at the age of 92 she is still involved in activities centred at Hardwick Methodist Church!

Dave, chief executive of Age Concern Teesside from 1990, until forced into retirement due to a brain haemorrhage in 2008, went to live in Spain where he was diagnosed as having Parkinson's.

Meeting up at the headquarters of Age UK Teesside in Borough Rd in February, Dave and Dorothy met with staff members old and new and were delighted that the organisation continued to change with the times and grows from strength to strength.

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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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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.”

■ **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.

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

■ **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 prosperi-

ty 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.”

**EWN EXCLUSIVE**

**NEWS EXTRA**

**Sheep stealers**

RURAL robberies have dropped for the fourth year running. There were 405 animal or fruit and veg thefts in 2016, compared to 609 in 2013, thanks to a crackdown by Local Police.

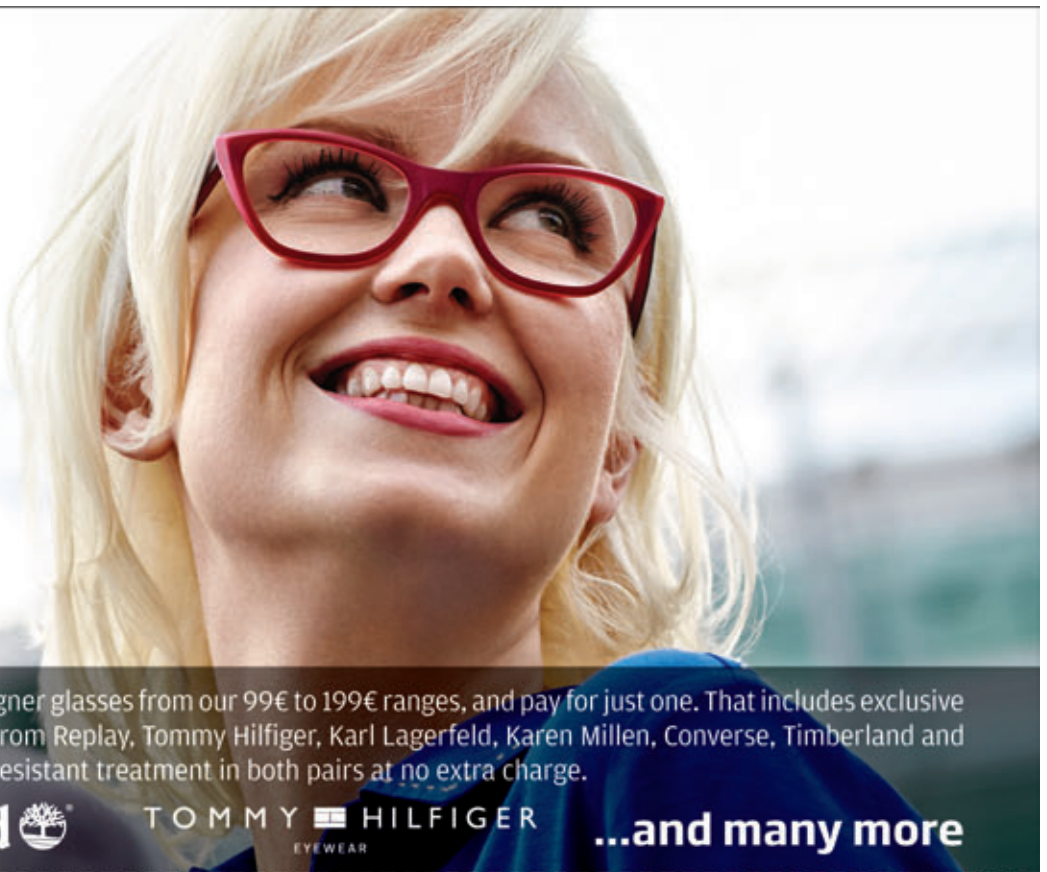
**Narrow escape**

FIREFIGHTERS rescued a man from a Marbella balcony after a fire broke out in his flat at 4.30am. The 22-year-old was taken to hospital with severe smoke inhalation.

**Local HQ**

A NEW National Police station could be built in Mijas within months. The centre of La Cala is the likely location for the much demanded local headquarters.

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## Visit Valencia with Lux Mundi

BOTH centres of Lux Mundi, Fuengirola and Torre del Mar, have organised a five day/four night excursion to Valencia from May 8-12.

Leaving Malaga Ma Zambrano Station at 4.35pm on the Monday travelling on the AVE the group arrives in Valencia at 9.05pm and will stay at the four-star hotel Eurostars Rey Don Jaime on a bed and breakfast basis. The hotel is situated near one of the main attractions in Valencia, the City of Arts and Sciences, and the historic centre is within easy reach.

On the Tuesday and Thursday there will plenty of time to explore Valencia, to see the cathedral, to visit Oceanographic, the Bioparc and the many museums.

On Wednesday, after breakfast, the group will travel to the Albufera Natural Park and on arrival will take a boat trip on the lake which is the largest in Spain. This is one of the most important wetland areas in the

Iberian Peninsula and rare species of wading birds and a rich variety of wildlife can be seen. Also included is a traditional Valencian paella lunch in a local restaurant.

On Friday there will be more free time in Valencia until the group leaves the hotel at 4pm for the return journey to Malaga on the AVE, arriving back at 9.51pm.

The price per person in a double room is €403 and €455 per person in a single room and a €140 deposit is required. Included in the price is all transfers from local pickup points (in both Fuengirola and Torre del Mar) to and from Malaga station, tourist class on the AVE, transfers to and from Valencia station, four nights&b in the hotel, the excursion to Albufera and travel insurance.

For more information please contact the centres: Fuengirola 952 474 840 or Torre del Mar 952 543 334.

## New charity shop in Los Boliches for Age Concern

AFTER two years of searching Age Concern Fuengirola y Mijas are delighted to announce that they have found the perfect location for their first charity shop in the heart of Los Boliches.

It has been an exciting journey for the charity who has established three drop-in centres and a very busy Welfare Outreach Programme in just 30 months.

The charity shop is located in Calle Francisco, 56 parallel with the main high street just two minutes from the church. Cross the road from the church and enter the passage way between Unicaja and Relojeria, go past Spainsbury's and you will see their new 120 square metre shop straight ahead.

Coming from the Paseo enter the passageway between La Primavera Italian restaurant and Helado Verdu (next to the Sandpiper). Walk until you reach the El Rio restaurant and

then turn left.

The charity has a unique ethos that sets them apart from other organisations. All their clients, volunteers, donors and supporters are considered part of an extended family and the style of their shop is also very different. It is light and airy with plenty of room to walk around and browse with easy access for wheelchair users and attentive volunteer staff always on hand to help.

Items for sale are selected for their quality from clothes for all the family to jewellery, crockery, glassware, tools or books (the list goes on).

The charity shop opens its doors for the first time on Monday March 20 at 10am. It will be open each weekday from 10am-2pm and because they understand that their customers don't just go out in the morning it will also open on Wednesdays from 5-7pm.

All proceeds from the sale of goods go directly to:

- Support activities at the three drop-in centres for the benefit of all clients.
- Underpin the work of the Welfare Outreach Programme and maintain the LIFELINE service.
- Recruit, train and develop volunteers who are the backbone of the charity.

With no offices or salaried staff every cent goes back into the funds that provide advice, support, help and friendship to the over 50's English speaking expat community, regardless of nationality, within the geographical area.

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Age Concern Fuengirola y Mijas look forward to seeing you very soon.



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# ADANA dogs find their forever homes

THE ADANA team was thrilled to be able to report that a total of 37 dogs left the shelter to go to their forever homes in January. No matter how good the care is that the dogs receive at the shelter, it's no substitute for a loving home.

Always on the look out for ways to find new homes for the unwanted and abandoned dogs in its care, ADANA volunteer Shellie Outram came up with a new idea of taking the dogs out to meet the public so as to add to the opportunity people have of visiting the kennels in the Parque de los Pedregales and seeing the dogs there.

Shellie and a team of ADANA Volunteers took Myrtle, Fido, Rosco and Luke for a stroll along the sea front and then to Fathoms Bar Sabinillas where they were seen and admired by many people shopping or out for a stroll.

This is set to become a regular event



**ADOPT ME:** It is hoped dogs attract new owners on the public walks.

as Shellie and her team will now take ADANA dogs to Fathoms Bar in Sabinillas on the first Friday of each month from 11.30am until 1.30pm.

There are a few upcoming ADANA events including the AGM on March 28 which will take place from 7pm at the Padre Manuel Centre in Estapona. Documentation for this meeting will be sent electronically to paid up members at least 14 days before the date of the meeting. Anyone who has not yet paid the fees for 2017 can pay online (preferably by PayPal), at the kennels or at the shop (again preferably by PayPal).

Also, the usual monthly coffee morning will be held as usual on Friday March 31 in Plaza Manilva in Estepona from 11am.

For more information about ADANA visit [www.adana.es](http://www.adana.es).

## THESPA play readings

THE next play reading evening will be held on Wednesday March 29 and the evening will consist of two 'One Act' play readings and dinner.

The first play reading, Alternative Accommodation, was written by Pam Valentine and directed by Janet Gillett and features Wendy Smith as Anna, Christine Marriott as Joy, Jamie Stonehewer as Peter and Beverley Stonehewer as Gemma.

The second play reading, Mind Games, was written by Ian Hornby and directed by Geoffrey Stansfield and will feature Lydia Thomas as Ann Ablard and Richard Hughes as DI Barnes.

The entrance cost is €16 for members and €18 for guests. Bookings can be made by email to [thespa.booking@gmail.com](mailto:thespa.booking@gmail.com) or call the booking phone line on 622 454 422. It is preferable to book by

email rather than by phone.

If you use the booking phone line, you are likely to reach the voicemail so please leave a message. All bookings will be confirmed wherever possible. Please make reservations by Friday March 24 in order that Terry can organise catering.

Whether you email your booking or call please provide the following information: your name, number of places required and the names of everyone in your party, whether you want the set meal or vegetarian option and your contact details.

Held at the Masonic Hall, Los Boliches, Fuenigrola the doors open from 7pm with the performance starting at 7.30pm prompt. Please be seated by 7.25pm. A map indicating the Masonic Hall can be found on the contact page of the website [www.theatre.costadelSol.com](http://www.theatre.costadelSol.com).

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Rehearsals are held at Restaurante Dominique's, Paseo Maritimo, 83 Edif. Los Boliches in Fuengirola.

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Photo by David Grey

**MYSTICA:** Performed a combination of dance and illusion.

## Mollina RBL entertained

MEMBERS and friends of Mollina Royal British Legion were this week were entertained by a headlining duo who have recently moved to the area from Tenerife.

Mystica performed a combination of dance and illusion which kept members entranced for an hour and left many of the male members wishing their wives could learn the quick change techniques! A lunch of soup and rolls followed and the event raised €200 for the branch Poppy Appeal.

The chairman Steve Taylor thanked Anne Roberts who had organised the event and was

standing down as social secretary due to ill health. Barbara Punshon, who is Anne's successor, introduced a programme of upcoming activities.

These include the business meeting and quiz on March 14, a presentation 'Life after Brexit?' by Golden Leaves Expat Services on March 28, the business meeting and quiz on April 4 and a bring and buy sale on April 25.

You don't have to have served in the armed forces to join in, so come along on the second or fourth Tuesday of the month to the meetings which are held at Parque la Vina at 11am.



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### John Nesbitt 16-12-49 / 4-3-17

John passed away suddenly but peacefully on Saturday 4th March surrounded by his loving wife and soul mate Bea and his loving family which he adored so much. Loved by everyone who he met and touched all hearts.

Gone but never ever forgotten Nezza.







FROM APRIL 2017

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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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Account Name: Leo James Bermejo  
Account Number: ES69 0081 0597 0900 0602 1116 • Swift: BSAB ESBB

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## NEWS FROM OUR FIVE OTHER REGIONS

## Prepared for emergencies

» By Eleanor Hawkins

## ■ COSTA DE ALMERÍA



TRAINING SESSIONS: To ensure teachers and pupils know what to do in an emergency.

GARRUCHA'S educational community is learning to cope with emergencies at training sessions organised by the local council.

The town's Civil Protection volunteers are giving classes at Ex Mari Orta, Hispanidad and Mediterraneo schools to ensure teachers and pupils know what to do in an emergency situation. Classes include everything from first aid and defibrillator use for adults and older teens to knowing how to call 112 for help for the youngest children.

The council's Culture, Youth, Health and Civil Protection Department provided training materials including a practice defibrillator, CPR dummies and first aid kits for the course. Department head Angel Capel said: "we're trying to make sure they all learn useful emergency skills and to not overload them by trying to do too much. We have one of the best Civil Protection teams in the province and they had also been responsible for creating the municipal emergency action plan."

The final stage of the courses will include an emergency drill.

## ■ AXARQUÍA

## Tapas celebrated

A TOTAL of 31 bars and restaurants are due to take part in the sixth Route of Tapas in Velez-Malaga which will run until March 19. The event encourages locals and tourists to try different tapas in various establishments and enter a contest which has a grand prize of €500.

## Road works

WORKS are being undertaken in Almuñecar to the Calles Cerveteri and Miami at a cost of € 80,000 to improve accessibility, condition and drainage.

## Debt smashed

RINCON DE LA VICTORIA has ended the financial year with its debt reduced by €5 million to €3.2 million even though the council says that it has continued to invest in social welfare.

## Film festival

THE first Aguacate Film Festival will take place in Motril from March 21 to 25 and will be aimed at encouraging creativity in children who will be invited to produce short films with 20 being chosen to be shown at the festival.

## Body found

THE body of a man in his 40's who has since been identified was found in a dry riverbed near Motril Port by officers of the National Police and it is believed that he died several days prior to being discovered.

## Walk for equality

HUNDREDS of people joined the seventh Walk for Equality organised by the local council which took place in Nerja on Sunday March 5. At the culmination of the walk, the crowd, estimated at 500 or more, heard calls for greater representation for women in senior positions in all areas of work.

## ■ MALLORCA

## Rapper's petition

ALMOST 8,000 people signed the change.org petition asking for the acquittal of Majorcan rapper known as Valtonyc. A bank account accepting donations has been set up to aid in the rapper's legal costs.

## Best ensimada

A TOTAL of 10 finalists competed for the title of 'best ensimada in the world' on Balearic's Day. First prize went to the bakery Forn de Sant Francesc in Inca, winning 1,000 kilograms of flour from Hijos de Romon Oliver, the company that organised the event.

## Popular parliament

AROUND 2,000 people visited the headquarters of the Balearic Island's Parliament on Balearic's Day. The president of Parliament Baltasar Picornell personally received all groups of visitors.

## Saving lives

THE town of Calvia along with Mayor Alfonso Rodriguez Badal recognised and honoured the civil protection and emergency services. Volunteers worked 8,755 hours in 2016 in both preventative and emergency capacities.

## Dockers strike

DOCKWORKERS called off their planned strikes on March 6 and 8 in the hope that the national ministry for development will enter into real negotiations.

## ■ COSTA DE ALMERÍA

## Out of work

UNEMPLOYMENT rose very slightly in Almeria in February, with 383 more people registered as out of work than at the end of January, bringing the total in the province to 63,047.

## Naval visit

FOUR minesweeper ships, the Segura, Sella, Tambre and Tajo, currently carrying out exercises in Murcia region and Gulf of Vera waters, were docked in Almeria City port and open for visits, the Ministry of Defence reported.

## Too much smoke

A WOMAN had to be taken to Torrecardenas Hospital after inhaling large amounts of smoke when her fourth-storey flat in the city centre caught fire, Almeria fire brigade reported.

## Another death

EQUINAC volunteers were called out to Cabo de Gata when a two-metre dolphin was washed ashore. The ecologist group is concerned about the high numbers of dolphins and turtles appearing dead on the province's beaches.

## Migrants spotted

POLIMNIA lifeboat was sent out after a dinghy with 32 African migrants (30 men and two women) was spotted by a patrol ship near Alboran Island.

## ■ COSTA BLANCA NORTH

## Welcome rain

THE Villajoyosa reservoir is now at 90 per cent capacity, allowing the Community of Irrigators to allocate 500,000 cubic metres of water to local farmers for irrigation.

## Boating blues

BOAT owners in Denia have complained that a recent decision by the council, where an agreement has been made with the marina authorities regarding the placing and removing of vessels, is not satisfactory.

## Delayed payments

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

## Bridge repairs

THE Ministry of Public Works is treating repairs to the Fernando Roig suspension bridge in Alcoy as an emergency. The bridge's 38 suspension cables must all be replaced after one was found to be corroded last summer.

## Memorial benches

BENCHES have appeared in some of Javea's green areas, public gardens and most spectacular lookouts but are causing confusion as they have been installed in memory of late family members by foreigners, a tradition that Spain is not used to.

## ■ COSTA BLANCA SOUTH

## 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 sustainability award for its water management systems presented in Madrid by the Environmental Forum Foundation in recognition of their 'good practices regarding the environment.'

## Immigrant alert

TWO Kurdish families were found hidden inside a Murcian truck. The driver of the vehicle alerted the authorities after he discovered the stowaways, four of them minors, in the Biscayan town of Elorrio.

## Bad example

A MAN was arrested in Elche for selling drugs in the presence of his six-year-old daughter. The father was spotted by National Police officers passing the drugs in the centre of the city.

## Drunk driver

A TRUCK driver was stopped and arrested on the A-30 in Murcia for driving whilst almost 10 times over the alcohol limit permitted for professional drivers. The 60-year-old was driving a shipment of vegetables from Torre Pacheco to Burgos.



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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 'Tournee 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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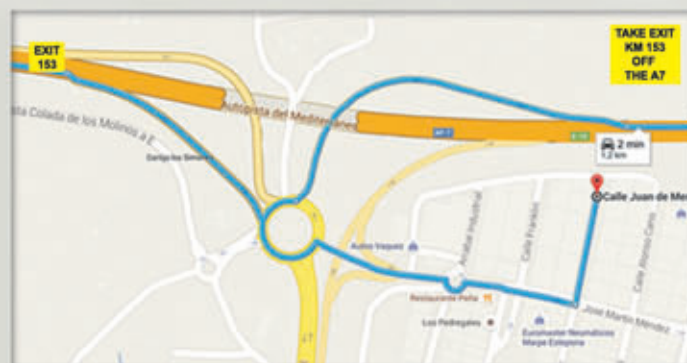
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# Reds plunge into the red

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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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 / %
<b>Most Advanced</b>		
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%
<b>Most Declined</b>		
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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Sterling Fixed Income B

DEALING PRICE

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€0.9492 ..... €0.0038

Price Movement

## Accumulating Funds

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

DEALING PRICE

€0.9850.....-€0.0001  
€0.9644.....-€0.0002  
£1.1476..... £0.0056  
€1.0797..... €0.0047  
£1.2865..... £0.0086  
€1.2002..... €0.0074  
£1.4157..... £0.0134  
€1.3282..... €0.0120

Price Movement

Remaining Elite Fund prices available on request

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# Agent Provocateur in 'pre-pack' deal

By John Smith

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

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

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

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



AGENT PROVOCATEUR: The luxury lingerie brand.

on a barge in the River Thames.

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

gal action against 3i and Ashley.

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

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

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

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

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

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

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

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

# Lego NASA female pioneers

By John Smith

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

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

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

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



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.

Photo Credit: ShakaKahnevan flickr

Photo Credit: Lego NASA Women Facebook



# 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 be-

tween departments.

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

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

**CATERPILLAR: Largest manufacturer of trucks.**



Photo Credit: Dan Fleet Wikimedia

## Not as many unemployed

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

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

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

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

# Losing mental capacity whilst living abroad

by Stone King

Charlotte Macdonald

Contact me at [international@stoneking.co.uk](mailto: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](mailto:international@stoneking.co.uk) or by telephone on +44 (0)1225 337599.





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# Just who gives them the right?

LEAPY LEE SAYS IT  
OTHERS THINK IT



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

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

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

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



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

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

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

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

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


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

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

Keep the faith

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Cassandra Nash

A weekly look

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

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

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

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

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

## Hair's breadth

PABLO IGLESIAS has succeeded

# Only disconnect



JUNTS PEL SI: Obsessed.

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

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

Errejón meanwhile sits directly

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

## Get real

PEDRO SANCHEZ, former PSOE secretary general who led the party

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

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

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

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

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

## A cushy billet

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

### Advertising feature

# The right solution for each individual case

SANCHEZ SOLICITORS SL, is a law firm that has a multinational team which allows them to provide services, both on the east coast of Malaga and along its west coast, in up to eight different languages, reflecting the multiculturalism of the area. They provide comprehensive advice and analyse the needs of each client and search for the right solution for every individual case.

They receive numerous queries from clients regarding the clause known as floor clause and the reimbursement of expenses regarding formalising of the Mortgage Loan Deed.

To begin with, they state that the Supreme Court declared in a sentence 705/2015 of December 23 that the clause in which BBVA imposed on the borrower the payment of all expenses, taxes and commissions derived from the mortgage loan was abusive.

The implementing rules in this matter are gathered in Article 89.3 of Texto Refundido de la Ley General de Consumidores y Usuarios and thus the judgement concludes that clauses that impose on consumers the payment of notary's and registry's costs for registration of the Mortgage Loan Deed, as well as the Tax on Patrimonial Transmissions, Stamp Duty and other expenses, such as pre-procedural expenses are abusive.

The expense that is excluded from this list is a property insurance.

**In relation to 'Clausula Suelo':**

On May 9, 2013, the Supreme Court declared



SANCHEZ SOLICITORS: They will analyse each case in detail.

void those abusive clauses for 'lack of transparency,' although it limited refunds to that date in order to avoid a shake-up in the sector just a few months after the multimillion-dollar EU bailout. Nevertheless, several courts went to the EU Court of Justice to enquire whether the retroactivity should be total.

In result, the EU Court of Justice, in its recent judgement of December 21, 2016, ruled in favour

# 2016

*On December 21 a judgement ruled that banks must fully reimburse clients' monies.*

of establishing a total retroactivity in the refund of the floor clauses that were applied without transparency, making it clear that the bank must fully reimburse the money.

Therefore, if you think that you may have been affected by the application of a floor clause in your mortgage loan, as well as if the bank has not reimbursed yet the costs of your Loan Deed, please do not hesitate to contact their office and they will analyse your case in detail.

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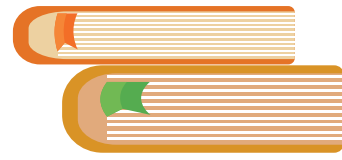
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Remember that prestigious British universities today look for more than just grades. They look for students who stand out. And on an application, fluency in more than one language is a rarity, especially in Britain which lags behind other countries in teaching multi-lingualism.

In today's globalised world where jobs are more unstable and competitive than ever before, helping your child develop two languages while attending an international school is one of the greatest gifts a parent can give.

It's not all about grades and careers, they will be happier, more confident and capable, and have an incredible new avenue of social opportunity and travel open to them. We all know we would have loved to have been exposed to languages earlier. Let's give our children that opportunity.

## Exceptional education

*By Matthew Elliott*

SELECTING the best school for your children is one of the hardest decisions a parent can make. Fortunately the choice available across the Costa del Sol is so exceptional that it is an extremely good position to be in.

There is an excellent range of British, International and private schools which offer youngsters a superb educational curriculum. All provide immensely strong prospects for further education at some of the world's top universities.

The advantage of an international curriculum is well documented. Your children will be learning all the skills and subjects mandated by the very best British universities.

But select Costa del Sol schools have a variety of other key advantages that will put your children well ahead of the curve in relation to their peers at British schools.

They will have international classmates, hand-picked teachers, wonderful and modern classroom facilities, a multi-lingual experience and a stronger range of subjects.

Competition for careers and university places is more intense today than ever before. But by choosing a top International

School on the Costa del Sol you guarantee your child an automatic advantage. Universities and employers highly value an international education as it best prepares students for the global atmosphere of campuses and workplaces.

By choosing any one of the following acclaimed schools you will be investing in the best possible future for your young ones. Do your research today and rest assured that your children's education, and career prospects, are in safe hands.

- *Estepona International School*
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Advertising feature

## New website for British School Association

NABSS, The National Association of British Schools in Spain has launched a very stylish and informative new website [www.nabss.org](http://www.nabss.org).

NABSS is the only association of British Schools recognised by The Spanish Government.

NABSS schools are regularly inspected by qualified inspectors to ensure the schools conform to all requirements expected by a British School whether in the UK or in Spain.

If you are looking for a British education for

your child and require the security of a NABSS member, this website is well worth a visit.

You can see all the details of standards and inspections required to become a NABSS member school on the site.

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**Gillian Godbold CIF X2485503-P**

Advertising feature

## Once in a lifetime



ALOHA STUDENTS: At the THIMUN conference.



ARANZAZU DE LA LINDE, Emma Olde, Rosie Rainer, Lucia Rodriguez, Soler Schroder and Valeria Sinisi, participated in The Hague International Model United Nations (THIMUN), where they demonstrated Aloha's core values in abundance.

'A once in a lifetime experience' is how the students who travelled to Holland for the THIMUN conference summed up that week. The theme for this year's conference was Borders in a Globalised World and

the students shared the experience with 3,000 students from other international schools from as far afield as Saudi Arabia, Uzbekistan, Ecuador and Singapore. Added to this, the standard of debating was very high.

"Our minds were opened to the problems of today and we worked intensively together to find ways to solve them by debating and creating resolutions," stated Rosie.

Mrs del Aguila, who accompanied the group, said she could not have been prouder of

the students, each of whom exceeded expectations in their participation, demonstrating responsibility and enthusiasm throughout the week.

Meanwhile, the next group is preparing the topics for their conference in Barcelona in April and will be practising putting their ideas forward at weekly sessions, energised and encouraged by the THIMUN participants who are sharing their successes and experiences.

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With such a good level of tutor attention given by our highly qualified professionals, our students have an academic level that very few universities can beat.

### Family Like Atmosphere

Marbella Design Academy has a family like atmosphere among students and staff. With a max capacity of 230 students at the Academy, each student is not only known by name but also has plenty of direct tuition. No wonder they are good!

### All tuition is in English.

### Accommodation and students lifestyle

90% of the students live in rented apartments in Monda only a short walk from the Academy. Our staff help all new students to find good and furnished accommodation. With so many international students living in Monda the village has become a small University Village and the student community is thriving. The comparative cost of living is unbeatable with monthly rents for around 200Euros or less including water and electricity. What a great lifestyle!

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# New British School coming soon to Los Arqueros in Benahavis

ON Saturday February 18 the British International School of Marbella (BISM) shared its plans for a second campus that will open in September 2017 in Los Arqueros.

Ake Olofsson from Benahavis Town Hall, Department of Urban Planning addressed the audience, which was made up of mainly parents, stating how pleased he was that there would now be a British international school in the area. Ulf Svendsen, director of Taylor Wimpey and director at Los Arqueros Golf Club, also expressed his delight that the project was underway and extended a warm welcome to the BISM.

The new campus is being built in Los Arqueros urbanisation allowing BISM to develop into a full secondary school offering GCSEs and A-levels. The new 10,000m<sup>2</sup> campus will have state of the art facilities including indoor and outdoor sports fa-



**NEW CAMPUS:** Will be developed into a secondary school.

ilities, an indoor swimming pool and a 200-seat theatre.

Stewart Fry, Chairman of the

British Schools Foundation, said:

“We are so pleased to finally be able to offer the excellent facilities that

match the outstanding education being offered at BISM.”

BISM currently has a campus on Calle Jacinto Benavente in the centre of town which will remain open as an infant school with shuttle buses running between the two schools.

Headmistress, Sian Kirkham, said: “This is a very exciting time for the BISM community. The new site is in a beautiful location with all the facilities our children need as we expand into secondary school. The new campus will allow our commitment to sports and the arts to flourish for all of our children.”

The British International School of Marbella opened in 2010 and follows the English National curriculum.

Part of the British Schools Foundation, it has sister schools in Kuala Lumpur, Manila, Moscow, Nanjing, Navarra, Sao Paulo, Brasilia, Tashkent and Yangon.

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Advertising feature

# Calpe School: a hidden gem on the coast

DESPITE its small appearance from the outside, there is far more to Calpe School than meets the eye! From its Pre-Nursery class right through to Upper Key Stage 2, dynamic learning activities are being carried out by its highly motivated pupils and staff.

As you enter the school through the modern, spacious library, you will already see fantastic interaction taking place between the oldest and youngest pupils, creating strong bonds between all age groups. The weekly Reading Buddy scheme between Reception Class and Upper Key Stage 2 instils a love of reading amongst all pupils involved and furthermore helps to develop a sense of responsibility in the older children.

Through the corridor, the murmur of happy voices can be heard as the children in Early Years learn through play. The use of role play is encouraged and is fostered throughout the Foundation Stage. Stimulated by a wealth of tactile games and experiences, the essential 'building blocks' for the future learning of the children are being laid down. The use of tech-



**DYNAMIC LEARNING:** Children work collaboratively on many tasks.

nology has already been introduced at this early stage and is developed throughout the school.

Although technology is a key element, and interactive whiteboards are used in each classroom, the traditional, academic skills of maths, reading and writing are the primary focus.

Children can be seen working collaboratively on many tasks where teamwork and positive pupil relations are established.

At Calpe, the children are fully encouraged to have a strong ethos of community within the classroom and beyond.

The highest academic standards can be achieved by the older pupils and they benefit and thrive in this personalised environment.

Where Calpe School is concerned, 'good things do come in small pack-



ages' and it definitely lives up to the school motto of 'Happy to Learn.'

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**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](http://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](mailto: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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# 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](http://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](http://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](http://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.*

Advertising feature

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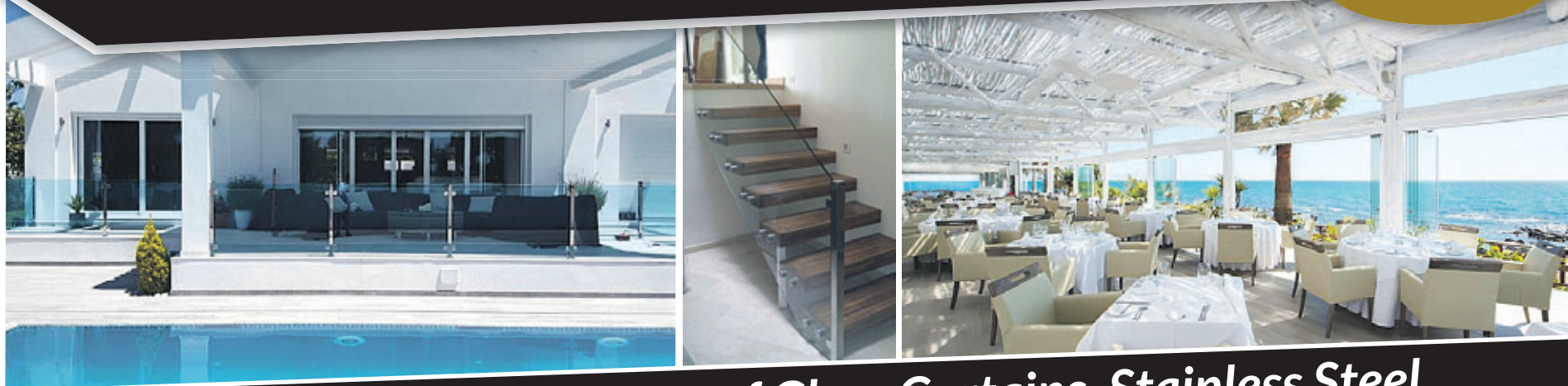


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## Marbella Moments

by Nicole King



# Lost in translation

COMMUNICATION is one of the hardest things to master as everything can be interpreted in so many ways, even when speaking the same language. Manners and customs also vary so greatly that simple situations can lead to misunderstandings and false conclusions.

As a child I remember my family thinking that our Spanish exchange student had bad manners for not saying please and thank you for every single thing she was served. When I moved to Spain the locals made fun of me for saying please and thank you all the time when 'once is enough'!

Every story has more than one 'truth' so the art of communication also requires us to actually listen to what is being said in order to have a chance at correctly translating the intent of the message.

A few years ago I and members of local international associations were invited to the town hall of Marbella for a meeting at 9am with the mayor and Tourism councillor of the time.



LOST IN TRANSLATION: It's that easy for communication to break down.

Even though the mayor was delayed I'm sure she envisioned us all mingling, drinking coffee and happily munching on the croissants that were laid out in the corner of the room where we waited.

However, although most of us hadn't had time for coffee let alone breakfast, no one even approached the coffee table. There

we all sat, some still complaining they hadn't had time for coffee, occasionally glancing over at the table in the corner laden with the goodies.

Finally one of the guests broke the spell, stood up and started bringing people coffee but we were still unsure if this was meant for later or someone else? No one

had told us it was for us.

Ironically I'd also been guilty of this same oversight at the informal pre-launch cocktail for Mi Marbella Radio. I invited local international associations as an introductory 'hello' and provided plenty of delicious food and drinks, all spread out on tables. There was a great crowd and light-hearted atmosphere which is

why I was so surprised to receive a letter of complaint a few days later from a British couple who had left offended, thirsty and hungry because I hadn't personally invited them to serve themselves.

I'm English and I should have known this!! How simple it would have been for me to say, "please help yourself" when I had gone out of my way to make people feel welcome? I certainly meant no offence; it just simply hadn't occurred to me.

Our world is in turmoil, probably because it's that easy for communication to break down. But it could be different.

In Marbella we have 127 nationalities who live in this idyllic international community, all of us in a position to analyse our strengths and weaknesses and learn how to overcome our preconceptions and customs to embrace the possibility that if something seems negative for no apparent reason, perhaps the meaning just got lost in translation.

[www.rtvmarbellanow.com](http://www.rtvmarbellanow.com)

## Men Solutions: Who are we?

AT Men Solutions we are professionals in male sexual health with 20 years' experience specialising in medical treatments for erectile dysfunction, male impotence and urology. In short, we successfully treat all pathologies which affect the male genital apparatus.

### What is our goal?

As experts in urology we seek solutions for all types of erectile problems using cutting-edge technology and equipment. Our goal is to restore a man's sexual life to the full, however, we always keep in the mind the quality and safety aspects of the treatment.

Given that each man is a unique case we provide bespoke specialist treatments: from a medical check up through to a surgical intervention.

From among the range of treatments offered by Men



SEXUAL HEALTH: The team has more than 20 years experience.

Solutions we highlight the most frequent treatments for male sexual dysfunction:

- Erectile dysfunction/impotence with a physical and/or a physiological cause
- Premature ejaculation with a physical and/or physiological cause

- Lack of sexual desire
- Male menopause
- Peyronie's disease (curvature of the penis)

In the event that the pathologies found require corrective surgery, we have on hand a renowned staff of urologists and andrologists

from the best hospitals in Madrid, which will surgically correct phimosis, perform vasectomies, testicular surgery (for hydrocele and varicocele) and many kinds of prostate problems. We can also fit a penis prosthesis in cases of erec-

tile dysfunction with excellent results.

### Men Solutions' clinics

We currently have two clinics for the treatment of male sexual pathologies: one clinic in the centre of Madrid, and another in Marbella.

Furthermore, we have two operating theatres equipped with state-of-the-art technology. In the Men Solutions operating theatre our plastic and reconstructive surgery team provides a genital cosmetic surgery service. This team has more than 20 years experience.

Please feel free to contact us if you suffer from or feel that you might have any of the above-mentioned problems.

Contact us here at:

**MADRID:**

**Calle Menorca, 12,  
28009 Madrid  
Tel. 913 280 603  
and 673 101 012**

**MARBELLA:**

**Calle Maestra Doña Carola, 8,  
29602 Marbella, Malaga  
Tel. 951 409 875  
and 673 101 012**

Photo by Toeytoey



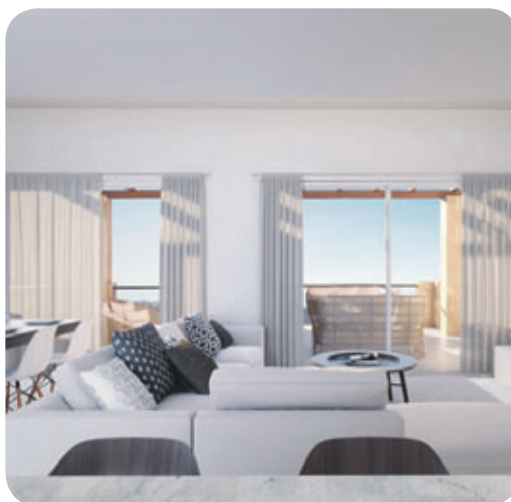
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**BBC one**

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	Crafts 2017
6:00pm	Couples Come Dine with Me
7:00pm	The Simpsons
7:30pm	Hollyoaks
8:00pm	Channel 4 News
8:55pm	The Political Slot
9:00pm	Crafts 2017
10:00pm	A Very British Hotel
11:00pm	Extremely British Muslims: Boys to Men
12:05am	Rich Dog, Poor Dog

**CHANNEL 5**

9:05am	Ben and Holly's Little Kingdom
9:15am	Digby Dragon
9:30am	Peppa Pig
9:40am	Peppa Pig
9:50am	Wissper
10:00am	Toot the Tiny Tugboat
10:15am	The Wright Stuff
12:15pm	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
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7:30pm	The Big Bang Theory
8:00pm	Hollyoaks
8:30pm	Game of Clones
9:00pm	The Big Bang Theory
9:30pm	The Big Bang Theory
10:00pm	Gap Year
11:00pm	Celebs Go Dating
12:05am	Brooklyn Nine-Nine
12:35am	Brooklyn Nine-Nine

**sky SPORTS 1**

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

**itv**

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

**itv2**

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

**itv3**

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

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

*Detective drama series.*

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

**itv4**

7:00am	Football Rivalries
7:15am	Gunsmoke
8:20am	The Saint
9:30am	Hogan's Heroes
10:00am	The Professionals
11:05am	Ironsides
12:05pm	Gunsmoke
1:10pm	Storage Wars Texas
1:45pm	Snooker
5:45pm	Storage Wars New York
6:15pm	Storage Wars Texas
6:45pm	Storage Wars Texas
7:10pm	Storage Wars Texas
7:45pm	Snooker
11:45pm	Dawn of the Dead
12:45am	FYI Daily
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
10:30am	Cricket's Greatest
11:00am	Cricket
12:00pm	Sporting Heroes
1:00pm	Cricket
2:00pm	Cricket
10:50pm	Cricket

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

*Series profiling some of the greatest cricketers of all time.*

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

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



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BBC one

7:00am	Breakfast
10:15am	The Housing Enforcers
11:00am	Homes Under the Hammer
12:00pm	Heir Hunters
12:45pm	Dom on the Spot
1:15pm	Bargain Hunt
2:00pm	BBC News at One
2:30pm	BBC London News
2:45pm	Doctors
3:15pm	The Doctor Blake Mysteries
4:15pm	Escape to the Country
4:45pm	Money for Nothing
5:30pm	Flog It!
6:15pm	Pointless
7:00pm	BBC News at Six
7:30pm	BBC London News
8:00pm	The One Show
8:30pm	Six Nations Rugby Union
11:00pm	BBC News at Ten
11:25pm	BBC London News
11:35pm	Pirates of the Caribbean: The Curse of the Black Pearl
1:50am	The Real Marigold Hotel

BBC TWO

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

BBC FOUR

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

CHANNEL 4

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

CHANNEL 5

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

4

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

sky SPORTS 1

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

itv

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

itv2

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

itv3

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

itv4

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



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**KÖMMERLING**



# GOOD NEWS FOR YOUR CAR 902 123 309



## 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  
*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.*  
 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!  
*Programming aimed at children aged two to seven years old.*  
 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 Ironside  
 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  
*Entertainment series celebrating gadgets, technology and innovation.*  
 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  
*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.*  
 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  
*A chance to relive some classic Super Rugby action - here, the 2007 final between Sharks and Bulls.*  
 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



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# GOOD NEWS FOR YOUR CAR 902 123 309



## BBC one

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

## BBC TWO

7:45am	Island Parish Sark 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 The Championship.
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



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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

sky CINEMA COMEDY

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

sky CINEMA PREMIERE

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

sky SPORTS 2

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



# Southern Soul Meets Southern Spain

*For one night only!*



## The Son of the King of Soul 'Otis Redding' is going to be performing in the South of Spain.

Also named Otis Redding he delivers the very best versions of his father's classic soul songs, carrying on a family legacy. The Redding family are a musical talented family and are well-known for their father's hit "Sitting On The Dock Of The Bay" which sold millions of copies worldwide. The musical baton has been passed on to Otis Redding Jnr who continues to delight fans around the world with the timeless classics. He will be bringing Southern Soul to Southern Spain on the 24th of March 2017, 7:30pm at The Moonlight Lounge in Sunset Beach Hotel, Benalmadena, Malaga, Spain.



Photo by Julie Roder Photography

Also with him on stage will be Mr Maph & Simone Lisa who are renowned Soul & Gospel Singers on the Costa Del Sol who recently performed at the well-known O2 Arena in the UK with Otis Redding and others like Imagination, Shakatak, Rose Royce and Edwin Starr's brother who carries on in his brother's stead.

Mr Maph & Simone Lisa have also performed at many well-known venues such as the Puerto Romano Hotel, Marbella Club Hotel, Villa Tiberio, El Oceano. They also had the privilege of singing at weddings and corporate parties for companies such as Marbella TV & the Euro Weekly and many others along with Celebrities such as Ronan Keating and Mica Paris. This has led to them singing in many other countries around the world like Holland, Italy, Norway, Switzerland to name a few. Another string to their bow is their songwriting and recording credits which can be found on Warner Brothers, Pacha Music and Channel 4 in the UK.

Tell all your friends and family and make it a night to remember.

### 'Southern Soul comes to Southern Spain'

To Book Your Ticket Now Go To:

[www.eventbrite.co.uk](http://www.eventbrite.co.uk)

and search "Otis Redding Concert".

Also see: [www.2trueentertainment.com](http://www.2trueentertainment.com)

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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
3:00am	Weather for the Week Ahead

**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
12:15am	The Secrets of Your Food

**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
1:30am	Ramsay's Kitchen Nightmares USA

**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
3:00am	Tattoo Fixers
4:00am	Bizarre ER

**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
10:15am	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**

7:00am	You've Been Framed!
7:25am	Who's Doing the Dishes?
8:15am	The Ellen DeGeneres Show
9:00am	Emmerdale
9:30am	Coronation Street
10:35am	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!
1:00am	The Vampire Diaries

**itv3**

7:00am	You're Only Young Twice
7:25am	Heartbeat
8:25am	Where the Heart is
9:30am	The Royal Judge Judy
10:30am	Judge Judy
11:00am	Judge Judy
11:30am	Judge Judy
11:55am	Inspector Morse
2:05pm	Heartbeat
3:10pm	The Royal Judge Judy
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
3:30am	Teleshopping

**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 Moments
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
2:30am	Cricket World Cup Classics
3:30am	Sporting Rivalries



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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**

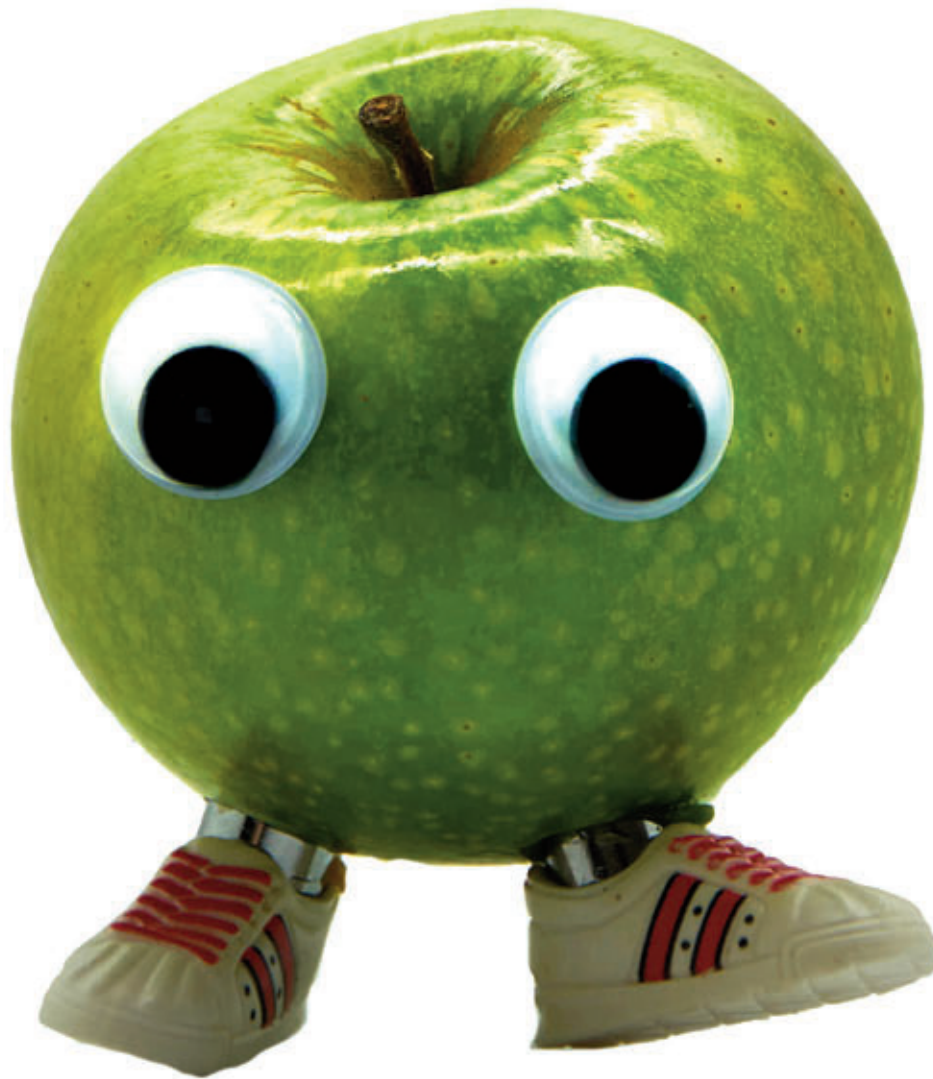
7:00am	Bravetown
9:10am	Awkward Sexy People
11:05am	Get a Job
12:40pm	The Lego Batman Movie: Special
1:10pm	Warcraft
3:25pm	Bravetown
5:35pm	Maggie's Plan
7:25pm	Get a Job
9:00pm	Warcraft
11:10pm	The Commune
1:10am	Awkward Sexy People
2:55am	Anna
4:40am	Maggie's Plan

**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



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## LETTERS

## YOUR PAPER - YOUR VOICE - YOUR OPINION

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# The pros and cons of Leapy

HI Leapy

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

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

Keep up the good work.

*Rodrigo, UK*

HI Leapy

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

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

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

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

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

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

*Neil, UK resident and regular visitor to Costa Mijas*

## Malaga airport

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

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

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

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

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

*Robert, Costa del Sol.*

## COMMENTS from EWN Online

### » Heseltine and Brexit

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

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

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

*Ken in Austria*

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

*Roy Peters*

### » EU citizen rights

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

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

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

*Brian Eagleson*

### » Malaga airport

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

*Dave*

### » Gay lights

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

*Roy Peters*

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

# Chalk and cheese

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

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

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



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

treme, but free speech is everything in my book.

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

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

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

*Philip, San Fulgencio*

## HAVE YOUR SAY

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

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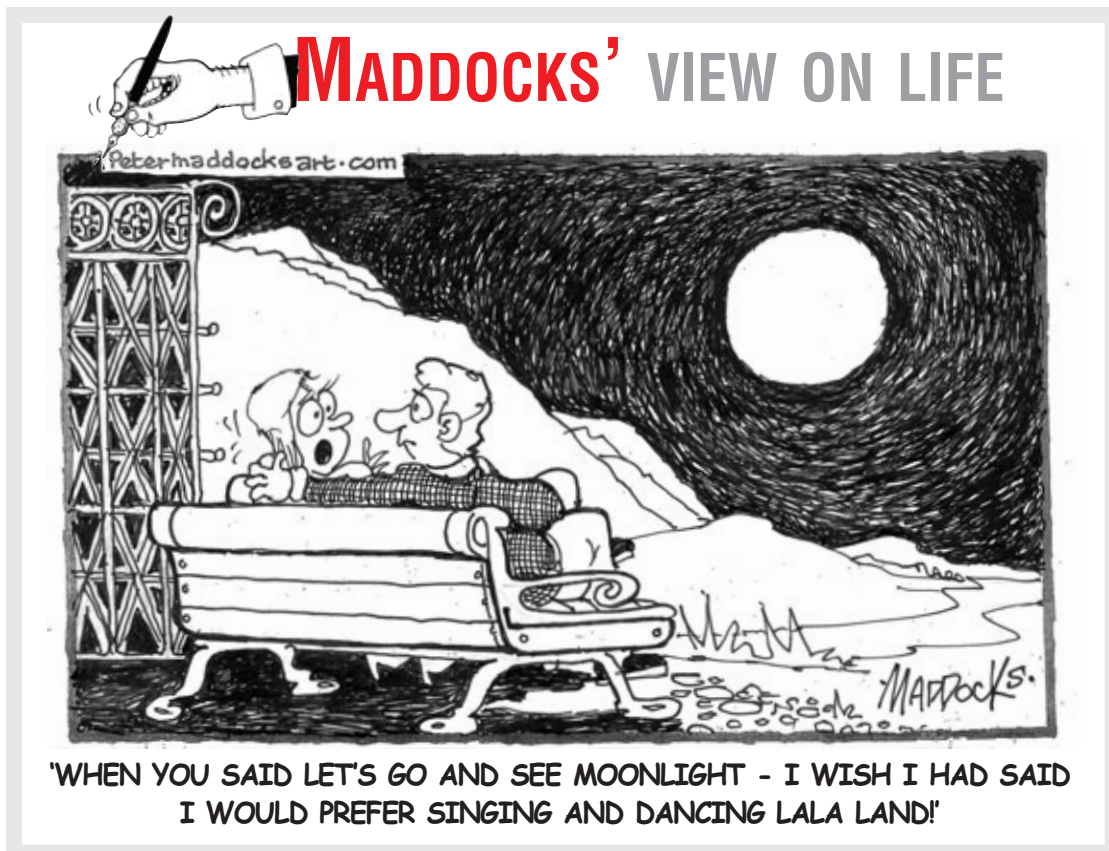
## Kakuro

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

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

### LAST WEEK'S SOLUTION

	3	6	7	5	
3	2	1	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



### Women's wit

"The best way to lose weight is to put the handle of the fridge two inches from the ground."

Dawn French, Comedian

### Famous quote

"I like women. I don't understand them, but I like them."

Sean Connery, Actor

### World of English

"We recite at a play and play at a recital."

## YOUR STARS FOR 7 DAYS

### ARIES ♈ (March 21 - April 20)

Surprising and happy news about the 30th really puts some bounce into you. Having been so busy recently, you may not have noticed that someone has a special interest in you. Another surprise then, but how will you react? Probably with interest but no great passion.

### TAURUS ♉ (April 21 - May 21)

Family members bring a sparkle to your eyes and a spring to your step. When there is so much going on it is easy to forget how much we are part of a whole. If you have neglected keeping in contact of late, this serves to remind you to try to do better.

### GEMINI ♊ (May 22 - June 21)

A trip to the cinema or theatre makes you take notice and may even shock.

### PISCES ♋ (February 20 - March 20)

What will really be appreciated this week is if you will give your time to others. I realise that your life is busy but the emotional rewards from helping

someone will be more than worth it. To see yourself in a truly positive light, imagine being in the positions of those round you.

There are many things in life that normally do not touch us but, once we are aware, there seems to be a need for action.

### CANCER ♋ (June 22 - July 23)

Expecting others to automatically know what you want is unrealistic. Even dropping heavy hints can go well astray of the mark. Although it is unpalatable to your sensitivity, plain talking is needed. Stop wanting everyone to like you and your personality will grow in leaps and bounds.

### LEO ♌ (July 24 - August 23)

Oh, gosh, this is a really sensitive time for Leos. Although it is easy to upset you, it is equally easy to fire your enthusiasm. Anyone considering not keeping a promise or appointment with you should beware because they will be whipped into shape.

### VIRGO ♍ (August 24 - September 23)

This is a week of deep thinking and meaningful conversations. Someone's opinion of you reaches your ears and pleases you greatly. Work that has been progressing at home faces hold-ups and tact is needed to avoid a row.

### LIBRA ♎ (September 24 - October 23)

Take extra care where finances concern your home. A legal matter should be considered carefully. When planning home improvements, get plenty of good advice and do not trust your heart. A new activity means new friends.

### SCORPIO ♏ (October 24 - November 22)

Being protective of those close does

not mean worrying all the time. With their co-operation, the burden, welcome though it may be, can be lightened. There is the opportunity to have fun with some young friends, which may not come again for some time.

### SAGITTARIUS ♐ (November 23 - December 21)

Be determined to make a budget and stick to it.

Even if you are arranging a holiday, resist the urge to splash out. Because this is such a busy week, it may not seem that there is time to read the small print. However, that would be a mistake, causing problems later.

### CAPRICORN ♑ (December 22 - January 20)

With a big event coming up, you need someone to give plenty of love and support. Starting a new interest could lead you into their path.

Going for looks alone will do you no favours. Be as broad-minded as possible when it comes to making friends.

### AQUARIUS ♒ (January 21 - February 19)

An area in which you have experience means that you are able to help someone close this week. Keep the advice free from personal opinions wherever possible. Some upsets on a day-to-day basis are all minor and will pass.

Your sensitivity this week is certain to cause frustration and even mayhem.

## LOTTERY

UK NATIONAL LOTTERY	IRISH LOTTO	EURO MILLIONS		LA PRIMITIVA	EL GORDO DE LA PRIMITIVA
 Saturday March 04	 Saturday March 04	 Tuesday February 28	 Friday March 03	 Saturday March 04	 Sunday March 05
24 38 39 40 49 56	6 12 18 20 41 42	10 20 31 35 42	2 11 29 30 47	8 17 25 26 38 48	3 35 42 45 54
BONUS BALL 21	BONUS BALL 13	LUCKY STARS 2 12	LUCKY STARS 1 12	REINTEGRO 4 2	REINTEGRO 8



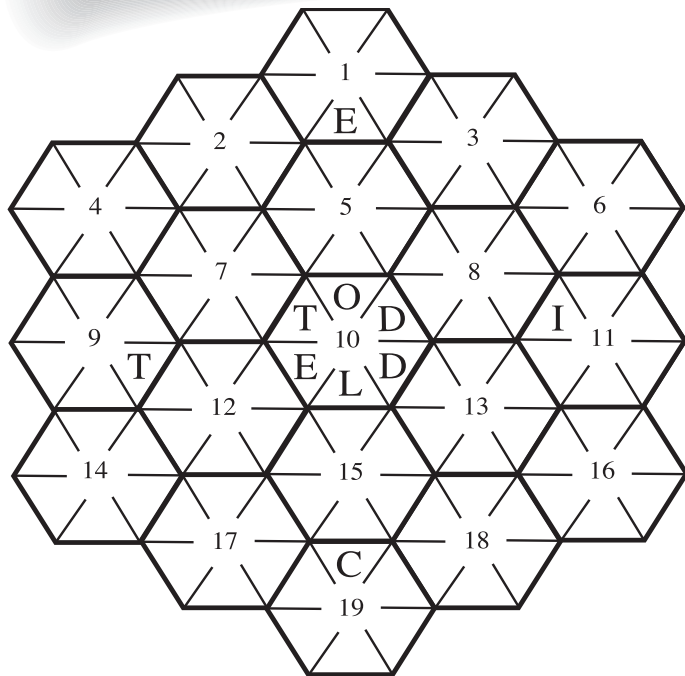
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# Hexagram

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



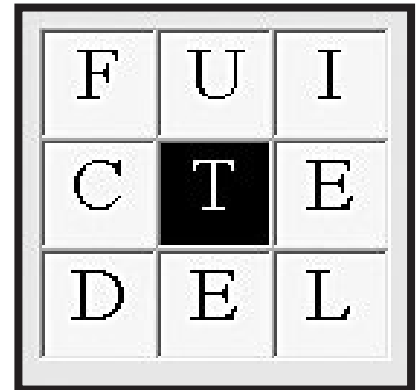
BYPASS	ESCAPE	TEACUP
CHALET	HELIUM	THREAT
CHEESY	PASTOR	TODDLE (10)
CONFER	RESENT	TREATY
COPIED	SCARCE	YOGURT
DEFEAT	SETTLE	
DELETE	SMOOTH	

### LAST WEEK'S SOLUTION

- 1 Huddle 2 Decree 3 United 4 Regale 5 Icicle 6 Toilet  
7 Grisly 8 Triton 9 Fraved 10 Scrape 11 Tyrant 12 Delete  
13 Errata 14 Sadden 15 Prompt 16 Filter 17 Upkeep  
18 Retort 19 Tedium.

# 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

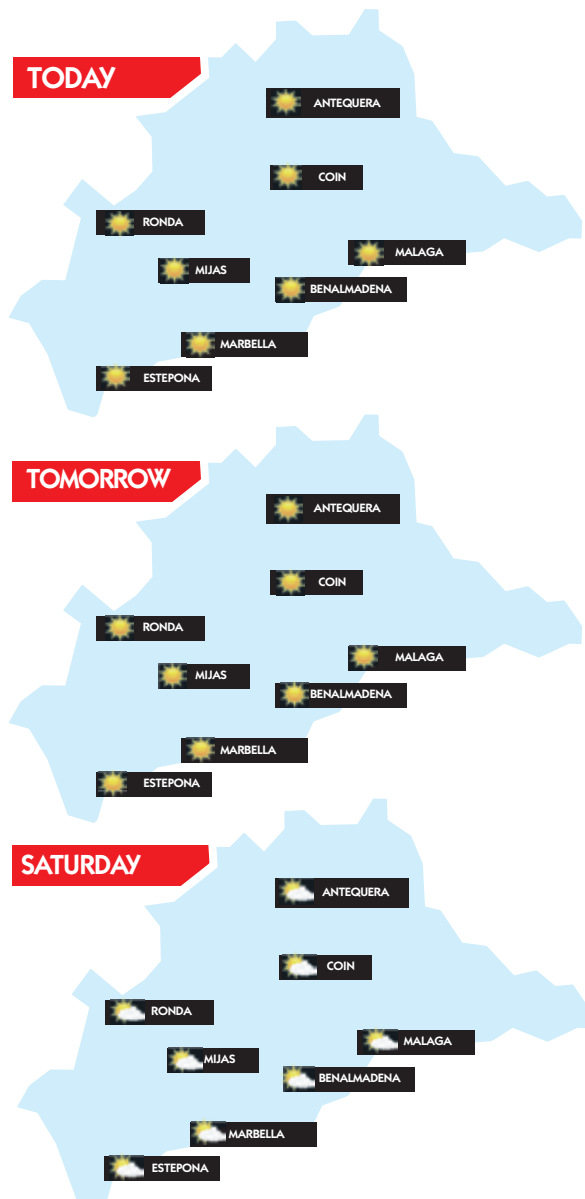
amen emit game glam item lame lime limn mage magi mail main male malt mane mate meal mean meat mega melt mien mile milt mine mint mite name tame team time ament amine anime gamin gimel gleam image leman limen mange matin meant metal enigma gamine gimlet inmate lament laming legman lingam magnet malign mangel mangle mantel mantle mating menial mental meting milage mingle naming taming ailment aliment lineman malting meaning melanin melting mintage teaming ligament mantling metaling ALIGNMENT LAMENTING

## This week in history

- 1609** – Bermuda was colonised by Britain after a ship, on its way to Virginia, was wrecked on the reefs.
- 1879** – Science genius Albert Einstein was born in Germany.
- 1916** – Harold Wilson, former British Prime Minister, was born in Huddersfield, Yorkshire.
- 1955** – Sir Alexander Fleming, who discovered penicillin, died at the age of 73 from a heart attack.
- 1969** – Beatles band member Paul McCartney married Linda Eastman at Marylebone Register Office in London.
- 1973** – A referendum took place in Northern Ireland, the result of which saw people vote to remain as part of the United Kingdom.
- 1976** – A London tube driver was shot dead after he chased a gunman linked to the IRA who detonated a bomb on his train.
- 1984** – Sinn Fein leader Gerry Adams was attacked in the street by several gunmen who shot him in the neck, shoulder and arm.
- 1985** – Mikhail Gorbachev became the youngest Soviet leader at the age of 54 following the death of predecessor Konstantin Chernenko.
- 1988** – Prince Charles had a narrow escape after an avalanche hit whilst he was skiing off piste in Switzerland.
- 1990** – Journalist Farzad Bazoft, who worked for The Observer in the UK was executed in Iraq after being accused of spying despite an appeal for clemency from British Prime Minister Margaret Thatcher.
- 1991** – The Birmingham Six, jailed for murdering 21 people in two pubs in 1974, had their convictions quashed by the Court of Appeal and were freed from jail.
- 1994** – Thirty-two women were ordained as the first female priests by the Church of England.
- 1996** – Thomas Hamilton killed 16 children and their teacher at a school in Dunblane, Scotland before shooting himself dead.

# Costa del Sol

# weather



Alicante			Bilbao		
<b>TODAY:</b>	MAX 23, MIN 14 - S		<b>TODAY:</b>	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		
<b>TODAY:</b>	MAX 24, MIN 15 - S		<b>TODAY:</b>	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		
<b>TODAY:</b>	MAX 18, MIN 10 - S		<b>TODAY:</b>	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		
<b>TODAY:</b>	MAX 23, MIN 15 - S		<b>TODAY:</b>	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	

## NEW ON DVD

### A Street Cat Named Bob



Directed by: Roger Spottiswoode  
Starring: Luke Treadaway, Ruta Gedmintas, Joanne Froggatt, Anthony Head

Based on a true story this film captures the precarious reality of what life is like living on the streets. It follows the story of James Bowen, a young homeless busker in London, who is in recovery from drug addiction. Whilst at a sheltered accommodation he comes across an injured ginger street cat, who is named Bob, and nurses him back to health. Once the cat is better, James tries to release him but Bob has other ideas and soon the unlikely pair become inseparable and both of their lives are transformed. This is a heartwarming film that is both moving and uplifting.

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



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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

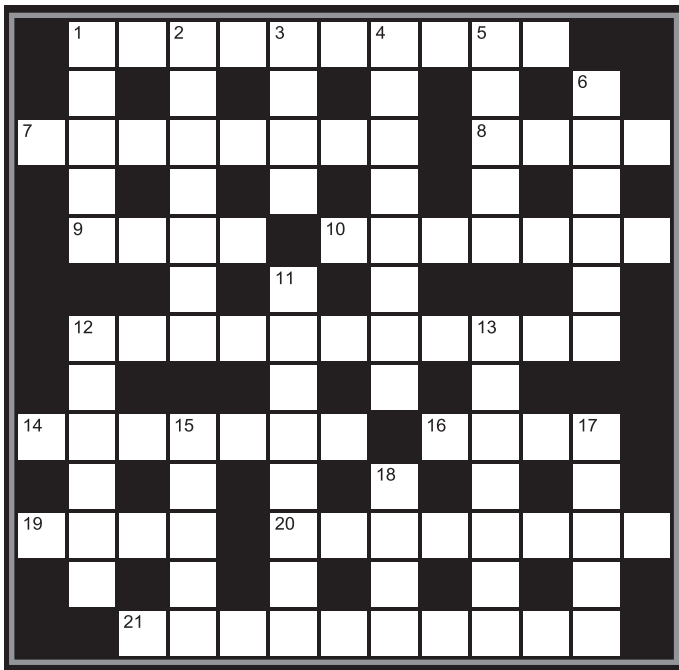
### Cryptic

#### 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

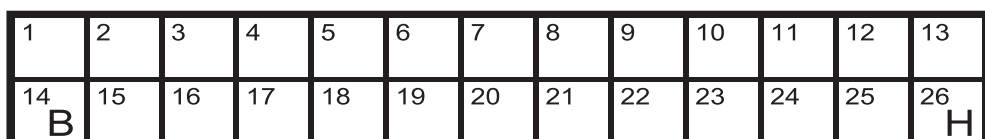
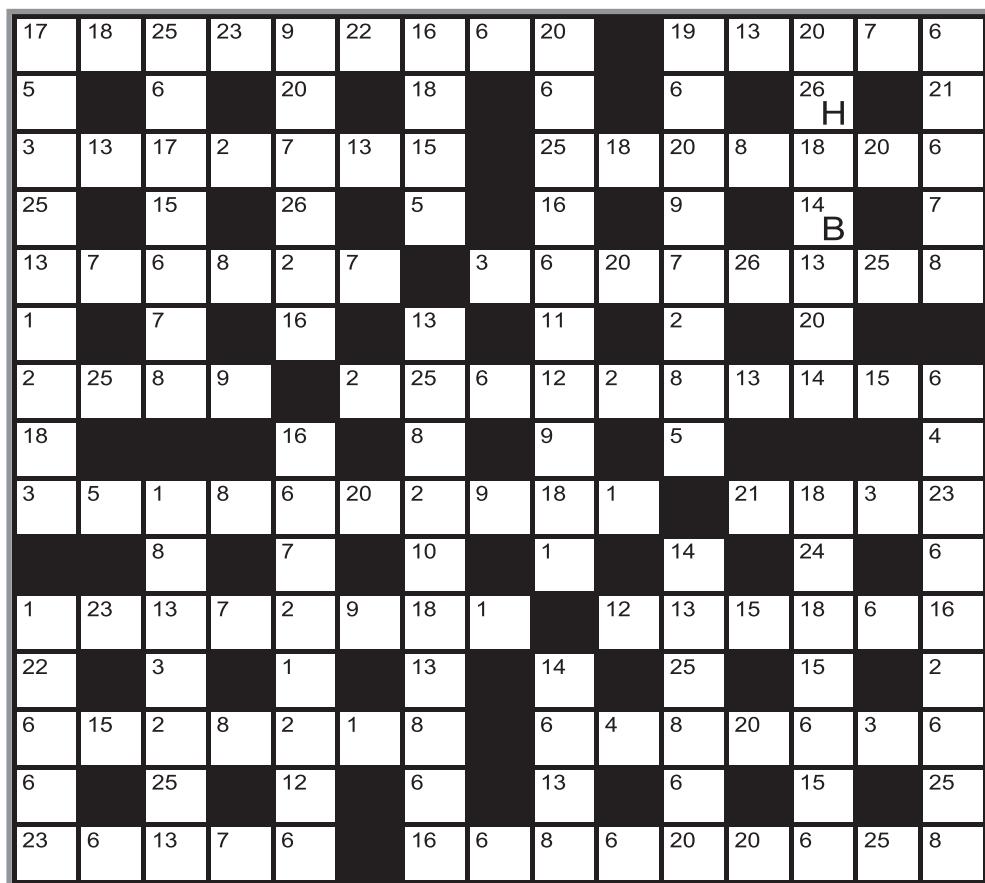
- 1 One receptacle in the middle of the street is insufficient (5)
- 2 They admit they are often punched (7)
- 3 Hide in Royal Air Force base (4)
- 4 Get a trim design for a surrealist (8)
- 5 Jack and the French aristocrat (5)
- 6 Judge finds detectives taken in by flower (6)
- 11 Found out that Ted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



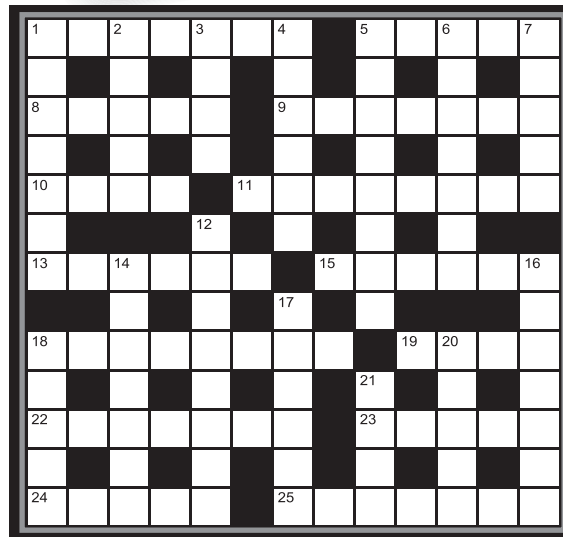
- 13 Newly-wed swallows order of salt (7)
- 15 The contents of stamp letters is enough (5)
- 17 Fresh pleas for springs (5)
- 18 Just fine! (4)

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.

### Code Breaker



### 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

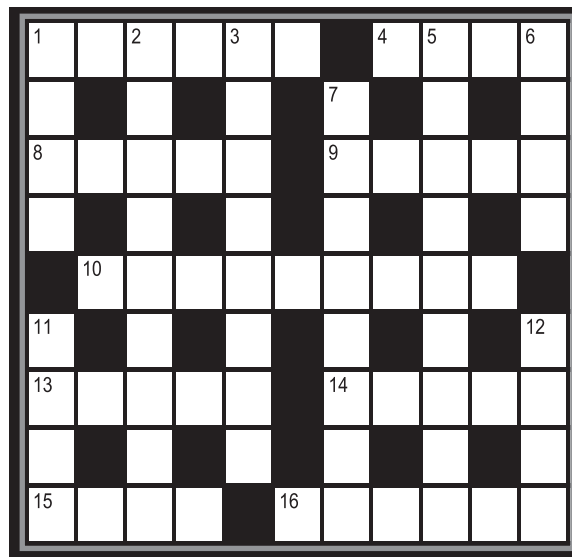
- 1 Grottesque (7)

#### Down

- 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 Greet, 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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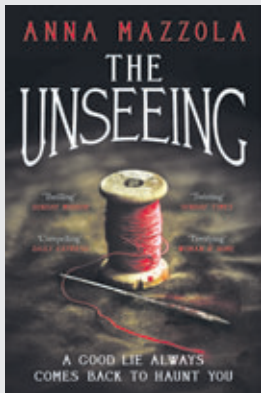
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EURO WEEKLY'S SPACE FOR YOU TO TAKE A BREAK, BE INFORMED AND ENJOY A CHALLENGE

BOOKS

The Unseeing



By Anna Mazzola

IT'S 1837 in London and Hannah Brown is murdered the night before she was due to marry James Greenacre who is the chief suspect. Sarah Gale, a seamstress and mother, is convicted of helping James dispose of Hannah's body and is sentenced to death by hanging. When a petition of mercy is filed young lawyer Edmund Fleetwood is tasked with investigating the police evidence to decide whether or not the court made the correct judgement. Edmund believes that Sarah is innocent but she is silent and uncooperative, although he knows she is hiding something. It's a race against time as he tries to unravel the puzzle to prove her innocence and spare her life.

books@euroweeklynews.com

TOP 10

First women to ...

ON March 8 people around the world observe International Women's Day which celebrates the social, economic, cultural and political achievements of women. The theme for 2017 was 'Be Bold For Change' and has inspired this week's top 10 as we take a look some of the women who implemented change when they became the 'first' in what were seen as traditional male roles or activities.

1. Marie Curie

A great role model for women scientists the Polish born physicist and chemist became the first woman to win a Nobel Prize and indeed went on to win another. Her first, the Nobel Prize in Physics, was awarded to her in 1903 recognising her services as a joint researcher on the radiation phenomena. In 1911 she received her second, the Nobel Prize in Chemistry, which recognised her discovery of polonium and radium which became instrumental in pioneering treatment for cancer.

2. Elizabeth Blackwell

Although born in England she moved to the United States with her family when she was 11 where she became the first woman to graduate as a doctor on January 23, 1849. Showing true grit she overcame the challenges and prejudice she faced to graduate top of the class with her medical degree. She was also the first female to be included on the UK Medical Register.

3. Gertrude Ederle

Nicknamed as the 'Queen of the Waves' the American competitive swimmer was the first female to swim across the English Channel. She set off from Cap Gris Nez in France on August 6, 1926 at 7.08am and after 14 hours and 24 minutes she arrived at Kingsdown in Kent.



MARIE CURIE: Awarded the Nobel Prize in 1903.

Swimming the front crawl she used motorcycle goggles, sealed with paraffin, to protect her eyes from the salty water.

4. Amelia Earhart

Flying the flag for women around the world the American aviation pioneer became the first female aviator to fly solo across the Atlantic Ocean. She took off from Newfoundland on May 20, 1932 and landed in Ireland after 14 hours and 56 minutes of flying through strong winds, icy conditions and mechanical problems. Unfortunately she went missing, presumed dead, in 1937 whilst she was attempting to circumnavigate the globe.

5. Barbara Mandell

The British journalist became the first female newsreader in the UK when she presented the

Middy News on the new TV channel Independent Television (now ITV) which launched in 1955 to rival the BBC. However her stint was short-lived after ITV, due to financial difficulties, pulled the plug on the Middy News in January 1956. She also helped to pioneer the new concept of interviewing members of the public in the street which became known as 'Vox pop' reports.

6. Valentina Tereshkova

The Russian cosmonaut boldly went where no woman had gone before as she became the first woman to travel into space on June 16, 1963. She was 26 years old when she was chosen from a field of over 400 applicants and five finalists. During her three-day visit to space she completed 48 orbits of the Earth and took pho-

tographs of the horizon which were then used to identify aerosol layers within the atmosphere.

7. Margaret Thatcher

A pioneer for women in politics in May 1979 she made history by becoming the first female British prime minister. The longest-serving prime minister of the 20th century she held office for three terms serving a total of 11 years and 208 days, announcing her resignation on November 22, 1990. Nicknamed 'The Iron Lady' she certainly ruled with an iron fist and some of her policies made her deeply unpopular.

8. Karen Brady

Having joined Birmingham City FC as Managing Director in March 1993 at the age of 23 she became the first female to have held this position at a Premier League club when the club was promoted in 2002. Affectionately termed as 'The First Lady of Football' she remained at the club until 2009. She is currently the vice-chairman of West Ham United FC.

9. Kathryn Bigelow

At the 82nd Academy Awards ceremony in 2010 she became the first woman to win the Oscar for Best Director. Although she had directed many great films such as Point Break and Near Dark it was The Hurt Locker that clinched her this award. To date she remains the only woman to have achieved this accolade.

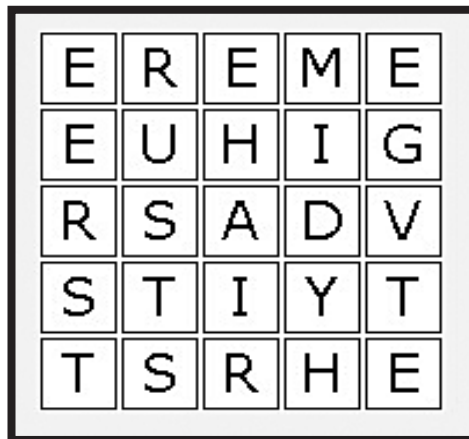
10. Libby Lane

After the Church of England voted to allow women to become bishops she was consecrated on January 26, 2015 becoming the first woman to be appointed as a bishop by the Church of England. She officially started her ministry as the Bishop of Stockport on March 8, 2015.

Boggled

How many English words can you find in the Boggled grid, according to the following rules?

- The letters must be adjoining in a 'chain'. They can be adjacent horizontally, vertically or diagonally.
- Words must contain at least four letters and may include singular and plural or other derived forms.
- No letter may be used more than once within a single word, unless it appears twice.
- No vulgarities or proper nouns are permitted.



TARGET:

- Average: 21
- Good: 29
- Very good: 41
- Excellent: 53

SCORING:

4 letters: 1 point 5 letters: 2 points 6 letters: 3 points 7 letters: 5 points 8 or more letters: 11 points

LAST WEEK'S SOLUTION

shawl seen seem seer steel steer stew stem stern smear hawk feet fete feel feeler felon teen teem teams tent tern tear teat tree treat meet mete metes melee meld melon mean meant meat avid jest jets jeer earn reef reefs reel relent renew rent rank rant wees weest wets weer weld went lees leer lewd lent learn lean lone loner loan loaner near neat arms anew ankle anklet atone idle idler diva knee kneel knew knot tart tarts tank told tone

Sudoku

Fill the grid so that every row, every column and every 3X3 box contains the digits 1-9. There's no maths involved. You solve the puzzle with reasoning and logic.

LAST WEEK'S SOLUTION

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

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

Word Ladder

REST

TALK

Move from the start word (REST) to the end word (TALK) in the same number of steps as there are rungs on the Word Ladder. You must only change one letter at a time.

- TALK
- TANK
- RANK
- RANT
- RUST
- REST
- or
- Solution





### Man falls overboard

AFTER being advised by the Algeciras Salvamento Marítimo that a passenger was believed to have fallen overboard from a ferry sailing from Algeciras to Tangier, various arms of the Gibraltar and MOD forces assisted in the search, but with no positive result, the search was called off the following day even though the missing passenger had not been found.

### Military officers arrested

THREE senior British military officials have been arrested by the Royal Gibraltar Police on suspicion of having tried to hinder a criminal investigation in Gibraltar which ended up with RGP officers and their car blocking the take-off of an RAF aircraft on which a suspect had been boarded. Both the Gibraltar government and the Governor were said to be aware of the arrests.

### Belgian trafficker caught

AS he tried to cross the border into Gibraltar, the documents of a 32-year-old Belgian national caused a computer alert and it was discovered there was a European Arrest Warrant for him outstanding from France where he is accused of various drug trafficking offences. Border officers called the police, who arrested the man and placed him in custody prior to an extradition hearing.

# Health Authority backs GADS' launch of Dementia Friends

By John Smith

THE Gibraltar Alzheimer's and Dementia Society (GADS) has announced the creation of Dementia Friends, an organisation which aims to change perceptions of dementia and to raise better understanding and a greater awareness of the disease in the community.

Dementia Friends Gibraltar was officially launched at a packed event in the Mediterranean Rowing Club backed by the Ministry for Health and the Gibraltar Health Authority.

At the launch, GADS chairperson, Daphne Alcantara, said "There are over 400 people diagnosed with dementia in Gibraltar, a number which is growing every year. We want to change the way people think, talk and act about dementia, and to get a far greater involvement



MINISTER COSTA: Addresses the audience.

from all sectors of society, not just the government, to ensure that people living with dementia feel properly integrated in our community.

Minister for Health, Care and Justice, Neil F Costa MP said he was delighted with the GADS initiative to launch Dementia Friends Gibraltar explaining "The recent opening of the excellent Bella Vista Dementia Day Centre and the forthcoming inauguration of the new Dementia residential facility with a 52 bed capacity, which will be opening its doors in April 2017, reflect our staunch commitment to provide the best possible care for a vulnerable section of our population.

"It is also worth noting that all furniture within Elderly Residential Services facilities will be replaced with dementia friendly fixtures and fittings," he added.

### Meetings for Brexit in UK

THE second meeting of the Joint Ministerial Council (JMC) on Brexit between the United Kingdom and Gibraltar governments took place at the Cabinet Office buildings in Whitehall and it is reported that the meeting was constructive.

A number of issues were covered in relation to the impact of the planned departure of the United Kingdom from the European Union and following this, the Deputy Chief Minister Dr Joseph Garcia met with UK Aviation Minister Lord Ahmad and Home Office Minister Robert Goodwill MP.

In the first meeting, Dr Garcia discussed existing and future Aviation measures, and in the second he was able to draw attention to frontier issues including the Schengen Border Code.

# Hansel and Gretel arrive with a real life gingerbread house

DURING World Book Week at St Paul's First School, Mrs Mahtani and her Reception class were delighted to receive a full sized gingerbread house from Mrs Leon the mother of pupil Nathaniel Leon and this gingerbread house was indeed spectacular!

It had taken Mrs Leon three weeks to make and was covered in different varieties of sweets, making it extremely visually appealing to the children. Many classes were taken to see the gingerbread house during the week and the children in Mrs Mahtani's class all took home some wrapped up sweets from the basket of sweets accompanying the house.



Photo by HM Government of Gibraltar

“The house was covered in different varieties of sweets, appealing to the children.”

Nathaniel Leon dressed up as Hansel and his friend Lauren Muscat dressed up as Gretel. Mrs Mahtani read the Hansel and Gretel story from a picture book and the gingerbread house brought the story to life.

**HANSEL, Gretel and the gingerbread house.**



# St. Patrick's Day

# SPECIAL



## Behind the legend

IT might surprise you to learn that St Patrick was never actually canonised as a saint... and his name wasn't Patrick either. Maewyn Succat was a Roman-British missionary who named himself Patricius in the Latin style. His sheer popularity at the time and down through history had him acclaimed a saint by popular demand.

In fact he remains so popular that Ireland isn't the only country with an official National Holiday dedicated to the man. The tiny Caribbean island of Montserrat holds a whole week of celebrations, topped off with a calypso competition.

Labrador and Newfoundland in Canada also officially join in the fun.

Ireland didn't even invent the St Patrick's Day parade. That first came

about in Boston in 1727, though naturally it was organised by the city's huge Irish population. But the week long festival was the brainchild of politician Enda Kenny.

The day wasn't always about the booze. In fact pubs were closed on March 17 across Ireland until the 1960s. Although it was already condemned as a day of wild celebration by American puritans in the age of prohibition.

Speaking of beer, it wasn't always green. The colour traditionally associated with St Patrick was blue, which might raise eyebrows among football fans. In 1798 Irish rebels merged St Patrick with myths and legends celebrated with green.

For the record, there are no snakes in

Ireland, and there never were, except perhaps in prehistoric times. And it isn't even a myth, or a metaphor, that St Patrick drove the snakes out of Ireland. The first mention of them only came about in the 20th century.

So who exactly was St Patrick and what did he do? Well even that is disputed. In fact some historians think his legend is a combination of the lives of two different men living at very different times.

The St Patrick we all know was first taken to Ireland as a slave. He managed to escape and sail for France. But dreams of the Irish people calling for his help drew him back. He returned to perform philosophical jousting with local druids and even got himself thrown in jail a few times.

## A healthy alternative

FEEL like an alternative to the booze on St Patrick's Day? If you're on a health kick, or still (incredibly) keeping to those New Year's resolutions, why not celebrate with food rather than drink?

Across the Costa del Sol you'll find dozens of terrific bars and restaurants doing a big St Patrick's Day brunch, lunch or dinner.

Whether it's soda bread, Irish stew, stout-braised steak or Guinness pudding there's plenty of options. And this being the Costa del Sol, there's always the Spanish twist. Forget the hangover, celebrate with healthy fare, family and friends.

“  
Acclaimed a saint by popular demand.”

**ST PATRICK'S DAY:**  
First parade was held in Boston.

A Warm Irish Welcome

## Tom's Irish Bar

17th March  
from  
9pm

Irish Vocalist

### ORLA

Singing hits from  
70's to today

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## SATURDAY 18TH

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3:45pm - France v Wales

6:00pm - Ireland v England

FOOTBALL

1.30pm - West Brom v Arsenal

4:00pm - Stoke v Chelsea

LIVE MUSIC

7:00pm -10:00pm **TONY WATSON**

10.30pm - 1.30am **MARK ROMANO**

## SUNDAY 19TH

FOOTBALL

1:00pm - M'boro v Man Utd

3.15pm - Spurs v Southampton

5.30pm - Man City v Liverpool

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# Help support research into rare diseases

By John Smith

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

**“ Queen Leticia has 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>

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



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- 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 horrendous-

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ly 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 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 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.”





**SUPERFOODS:** The reality of healthy eating is more complex.

# 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.



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## Ask the Optician: Focus on Women's Eyes

Amrik Sappal, Store Director from Specsavers Opticas Fuengirola

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 eyes 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 their symptoms recover.

There are Specsavers Opticas stores in Marbella and Fuengirola on the Costa del Sol. 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](http://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.

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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## 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@helicopterossanitarios.com](mailto:jefemedico@helicopterossanitarios.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 connotations 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 breakfast and you'll notice a major difference if you're used to grazing throughout

the day. If you're feeling braver than 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.

## 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.

## Choose the right pillow for you

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 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.

## Is your daily health getting you down?

THE link between chronic pain and depression is one that is fairly obvious, in fact people with chronic lower back pain are three to four times more likely to suffer from major depression (Sullivan et al 1992).

If your pain means you can't take part in your normal daily activities, golf, tennis or even moving about your house or the supermarket comfortably, then this brings you down even further (Williamson and Schulz, 1992). In fact, limited mobility is the strongest factor associated with depression.

### Chicken and egg

People with depression are more likely to have a poor surgical outcome, which we know often leads to chronic pain.

Does depression cause the pain or does the pain cause the depression?

One study suggests that patients with mild to moderate knee osteoarthritis experience far greater pain levels if they are also suffering from depression.

Do patients with depression feel pain more intensely?

### You're not making it up

One of the terms we use when talking about chronic pain is 'central sensitisation.'



By Estelle Mitchell

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This means that your entire nervous system becomes super sensitive to the tiniest possible pain signal - you quite literally feel more pain.

It is a key difference between a good result and ongoing issues.

### So what do I do?

1. Get help early - try and resolve the issue before it becomes chronic.

2. Remember that pain is personal. And you have your own personal pain level. You aren't making it up!

3. Think of your whole body and your whole history and share that with your practitioner - if pain messages are long term they get confused, so where you feel pain might not be the original cause.

4. Support and treat the nervous system where these long term pain messages get 'stuck.'

5. Don't get lost in the medical jargon - some of the terms can sound scary until you understand what they really mean. Do your research and never be afraid to get a second opinion.

For more information on resolving long term and chronic pain please check out our website [www.TheBodyworksClinic.com](http://www.TheBodyworksClinic.com), our Facebook page [Bodyworks Health Clinic](https://www.facebook.com/BodyworksHealthClinic) or call us on 952 883 151.

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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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You may start to notice a significant difference in the texture and tone of your skin in just a few weeks, as your skin begins to start producing more collagen.

It can naturally improve the appearance of fine lines, wrinkles, sun damage and skin that looks dull and tired. It can rejuvenate your face, neck, hands, and other body areas giving the skin a more radiant, fresher and youthful look. It can also be used to improve the appearance of scars and stretch marks, as well as to stimulate hair growth.

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For more information, please contact the clinic directly, either calling or sending WhatsApp to: 662 388 888



# Felipe VI Auditorium for all tastes

NOW that the Felipe VI Auditorium is under new management on a two-year contract, the deputy mayor of Estepona has announced a number of shows and innovations which will occur over the next few months.

It is intended that there will be a wide range of different activities at the Auditorium including plays, musicals, opera, concerts, ballet and even magic shows and ever aware of the financial difficulties that some families continue to face, the council will make 2,000 tickets available for those with reduced incomes.

The cafeteria will be opened to the public from March 16 and the new management, Malvisco Digital SL hope

that this will soon be the hub for a dining and show experience at weekends in particular.

Another concept will be the introduction of a 25 x 25 bonus which means that for €25, users of the Auditorium will be able to receive a 25 per cent discount on the price of tickets booked during the year and in the event that the discount holder attends more than seven concerts, they will receive their €25 back.

Planning ahead, there will be symphony concerts for both New Year and Three Kings and flamenco will be a strong part of future presentations as well as Madame Butterfly, a magic show and puppets so that all tastes are catered for.

# Costa Women supporting International Women's Day

THIS year the International Women's Day (IWD) global theme is #BeBoldForChange, and Costa Women are joining with 1230 The Women's Company to 'Make it Happen' for IWD on the Costa del Sol with two events.

On the evening of Thursday March 9 they will be hosting a special networking event around the global #BeBoldforChange theme at Avanto in La Cala de Mijas from 7.30pm. The evening will include a presentation by 'Sisu' ambassador, Kati van der Hoeven. Kati was a famous model in Finland who suffered an undiagnosed stroke in her 20's. She is now unable to speak and is in a wheelchair; suffering from locked-in syndrome.

However, Kati has learnt to use her eye movements to communicate - Kati is truly being bold for change and you can read her story at <http://katilepisto.fi/en/>

Costa Women are then hosting their fifth Annual Conference on Friday March 10 at Andalucia Lab in Marbella. Seven international speakers from the UK and Spain will be delivering talks on topics



**KATI: Truly being bold for change.**

currently being faced by Women in Business and receiving tips and ideas for how to make it happen. The full day conference is sponsored by IBEX Insurance, My Lawyer in Spain, IFX Spain and Andalucia Lab.

Visit websites <http://1230.co.uk/spain-2017/> or [costawomen.com](http://costawomen.com).

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**TOMATE FRESHCO**



# Enjoy lunch and help out Triple A animal charity

By John Smith

TRIPLE A animal charity still needs funds in order to care for the many cats and dogs that are not only rescued every week but to look after the older animals who don't stand much of a chance of finding a forever family.

Of course they could simply destroy the elderly, halt and lame but that isn't why they exist as those involved in the charity want to see every animal in their care lead a decent life unless they are so ill

that there is no hope for them.

Feeding all of these animals and paying vet bills doesn't come cheap so from time to time, they hold special fundraising lunches so that like-minded generous souls can get together, have a good time and help to keep these animals alive.

On Saturday March 11 from 1.30pm to 5pm, Triple A will be hosting a three-course lunch which includes a welcome glass of cava and half a bottle of wine (or beer/soft drinks) at the South Beach, Avenida del Limonar, 124, Costabella,

Marbella with live music from Acoustic Maniacs and friends.

Lunch will cost €35 per person of which €10 will be donated directly to Triple A and additional funds will be raised through a raffle. The main course will be chicken but when booking by calling the restaurant on 665 660 737 please mention if a vegetarian option is required.

Time is short, so if you are interested in attending you can find out more by visiting the South Beach Facebook page or [www.tripleamarbella.org](http://www.tripleamarbella.org).

## Spanish rapper visits Malaga

ONE of the leading proponents of Spanish and Latin rap music at the moment, award winning Rapsusklei is performing in Malaga at the Sala La Trinchera on Friday March 17 commencing at 9.30pm.

Currently on a tour of Spain, the rapper from Zaragoza will be performing tracks from his album Origami and there will be a limited edition CD available which will include a 20-page booklet containing lyrics.

With a career that stretches back many years some of the songs produced by 'Rapsus' - as he is often known - have been considered as poetry and studied in Spanish schools.

This will certainly be a different gig for anyone who decides to learn more about the Spanish rapper who also calls on the traditions of black music.

## Jetstream play La Sala

ONE of Gibraltar's most popular local bands Jetstream which has recently recorded the EP Sonic Graffiti will be appearing at La Sala Gibraltar on Saturday March 11.

To make reservations call +350 200 16870 or visit [www.LaSalaGibraltar.com](http://www.LaSalaGibraltar.com).

## Concordia benefit concert

THERE will be a benefit concert in aid of Concordia the HIV/AIDS charity based in San Pedro de Alcantara at the Church of Our Lady of the Incarnation, Plaza de la Iglesia, Marbella at 9.30pm on Tuesday May 23.

The Collegium Musicum of Marbella with the Camerata Singers from Sotogrande will perform Elijah (Elias) by Mendelssohn and Psalm (Salmo) 42 set to the music of Elgar.

Featured performers will be Soprano Sian Winstanley and Bass Juan Carlos Mera-Euler with the chorus and orchestra under the direction of Annemarie Phillips.

Admission is free but members of the audience will be encouraged to make donations in order for the charity to continue its important work, helping not just sufferers from the disease, but educating the young about the dangers of unprotected sex.

The concert has been made possible thanks to the support of a number of anonymous donors and Clinic Buchinger Wilhelmi.



Photo Credit: Tyk Wikimedia

MARBELLA: Entrance to the church.

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Advertising feature

# The culture of food

VISITING Da Bruno Mijas is like really capturing the essence of this restaurant, emphasising its staff, its cuisine, its surroundings and everything that makes the place magical and unique.

• **THE STAFF**

The behaviour of the staff in their relationship with the client is absolutely key. At Da Bruno Mijas, the clients are the most important thing, as they care for each detail so your meal is unforgettable and you can enjoy exquisite treatment.

• **THE FOOD**

It is very common for Italian gastronomy to be known for its most famous dishes such as pizza, pasta and risotto, but the truth is that it is a cuisine within which the abundant aromas and flavours of the Mediterranean co-exist.

The famous antipasti are the starters, amongst which the carpaccio, caprese salad, bruschetta and vitello tonnato are of particular note.

The cuisine at Da Bruno has a traditional, varied character which has been inherited from long-standing traditions and old recipes which combine with modern meat and fish dishes (the



ITALIAN GASTRONOMY: With flavours of the Mediterranean.

ossobuco and the Rossini sirloin steak for example). The Italian ham or prosciutto is also worth highlighting. One must also remember to try the tasty home-made desserts, like the tiramisu, brownie or cheesecake.

Every Sunday homage is paid to the Sunday

roast, typical British cuisine and one of the most representative icons of Cheerful England. The dish consists of roast veal in its juices with potatoes and Yorkshire Pudding.

• **THE ATMOSPHERE**

Da Bruno Mijas provides live music every



DESSERTS: Home-made tiramisu or cheesecake.

day and a great schedule of performances every week paying tribute to famous singers. This gives the restaurant an essential atmosphere in which you can wine and dine and listen to real live music.

Special made-to-measure events are also organised to meet the client's tastes. Da Bruno Mijas has capacity for more than 200 diners, spread between the spacious lounge and the interior patio. There is also exclusive parking for clients just outside the entrance to the restaurant.

• **THE LOCATION**

An establishment with the unmistakable stamp of Da Bruno is waiting for you at Centro Idea commercial centre on the Fuengirola-Mijas road. Enjoy their quality Italian and Mediterranean gastronomy. The 'non-stop' kitchen opens at noon and stays active until midnight from Monday to Sunday.

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# The Pour House, the ideal bar to enjoy in Fuengirola

VISIT the Pour House and you will be guaranteed that it won't become a trip to the Poor House!

This bright and airy bar which also serves food is run by genial host Brian and although he is Scottish, he welcomes all nationalities to visit this friendly and much-respected establishment in Fuengirola.

With free wifi, air conditioning inside and a 24-seat terrace for when the sun is out, you are guaranteed a warm welcome and a great choice of drinks and food at the Pour House.

Open from 2pm to late and situated just one block away from the sea front with plenty of relatively easy parking nearby, the bar offers one of Scotland's favourite brews, Tennents Lager on draught as well as a large range of local beers and brand name whisky and gin.

The menu is not enormous but is interesting with a good range of light snacks as well as more substantial meals at prices that are surprisingly inexpensive. There is even a children's menu so that the whole family can enjoy a visit to the bar.

Looking at their Facebook page, there are only five star reviews and

**THE POUR HOUSE: You are guaranteed a warm welcome.**

comments such as "Fantastic food and great value for money. The owners are extremely friendly and make you feel welcome" which explains in part the attraction of the Pour House.

There isn't loud and blaring music, but a slightly more laid back atmosphere although sports devotees won't be disappointed as they can watch their



favourite matches or competitions with like-minded fans.

This is a nice, friendly establishment where you can enjoy a drink and choose to have a baguette, a toastie, an omelette or a burger whilst there are some tapas dishes as well as pizza, fish and chips, curry and mussels with a mixed paella being served most Sundays.

Recently redecorated and with a new menu the Pour House guarantees a home away from home if you're Scottish and a very friendly welcome if you are not.

Do visit them at Calle Moncayo just behind the Hotel El Puerto in Fuengirola and check out whether there are any special offers on by calling 951 903 811.

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# West End stars bring their voices to the Costa del Sol

By John Smith

INCREDIBLY versatile singer, Michael Sterling has appeared in a number of West End musicals including Les Miserables and Phantom of the Opera but also puts together musical tours with other singers and will shortly be on the Costa del Sol.

Not content with playing the lead character in the 'Phantom' in more than 1,000 performances and playing Jean Valjean in 'Les Mis,' Mike toured China with Oliver and has even found time to sing with Legend of a Band, a Moody Blues tribute band which contains two former touring members of the famous 'Moodyies.'

In conversation, he told *Euro Weekly News* that one of the high spots in his career was to be invited to be part of an ensemble that performed at the Louvre in Paris for executives and senior staff of a Japanese multi-national.

During his long career, Mike has made a number of friends not just in the music business but also in different parts of the world where he has performed and when he visited Spain for a break, he stayed at a friend's house but was persuaded to sing at



Mike Sterling as himself and the 'Phantom.'

a birthday party so fell in love with the Costa del Sol.

At different times, Mike has been pleased to perform on behalf of both the Cudeca Foundation and Positively Pink Breast Cancer charity in order to help raise funds for these two worthy local causes and is regularly encouraged to perform in Spain.

On this visit, Mike will be accompanied by his very good friend Jo Gibb who he has worked with on a number of occasions and has appeared in numerous musicals including *Cats* and

*Beauty and the Beast* and the trio will be completed by Michael Conway who has previously appeared in *Jersey Boys*.

The venues during this tour are Tamisa Golf Hotel, Mijas Costa on Wednesday March 22; La Sala Puerto Banus on Thursday March 23; Las Lagunas Theatre Mijas Costa on Friday March 24 and La Sala at the Sunborn Gibraltar Saturday March 25.



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# Jacks Smokehouse is the place to visit

By John Smith

AFTER what is known as a 'soft opening' on St Valentine's Day so that staff could become used to everything about the new Jacks Smokehouse in Puerto Banus, it is now in full swing and visitors have been impressed with the incredible menu and décor.

There is a new central bar for eating, drinking or just chilling whilst upstairs is a newly de-



IMPRESSIVE: The new Jacks Smokehouse.

signed dining room with a terrace and its own bar.

To find out more, visit [www.jacks-smokehouse.com](http://www.jacks-smokehouse.com).

## Joseph at the Salon Varietes

THE Andrew Lloyd Webber and Tim Rice musical, Joseph and the Amazing Technicolor Dreamcoat will be presented at Salon Varietes in Fuengirola from March 17 to 26.

All performances start at 8pm except Sunday March 19 and 26 at 7pm and there is a matinee performance at 3pm on Saturday March 25. To book tickets for this musical feast which stars Ricky Lavazza and Johnny G, visit [www.salon-varietestheatre.com](http://www.salon-varietestheatre.com), call in at the box office or telephone 952 474 542.

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# A cure for fear of public speaking

MANY people who are happy to chat in small groups and are both amusing and interesting can suddenly find themselves tongue tied and suffering from Glossophobia (which is a fear of public speaking) if asked to address a group.

It's not a medical condition, but it can be both embarrassing and a hindrance to career progression if you can't stand up and deliv-

er a speech or in some cases even be able to undertake a job interview because of nerves.

There is a non-profit organisation, Toastmasters International which operates in 143 countries and encourages its members to learn how to be comfortable when addressing an audience. There are no structured lessons, just the chance for interested indi-

viduals to get together to practise speaking to each other and the confidence of learning how to talk in front of a friendly audience is very empowering.

Marbella is home to the first of the three Toastmasters clubs that exist in Andalucía.

Meetings take place every Wednesday in the social room above Bar El Jardin in Nueva Andalucía. Call 664 457 711 for info.

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## Carnival time

IT might have rained heavily for the Carnival parade in Arroyo del la Miele, Benalmadena, on the Saturday night, but bright sunshine brought out the crowds and colourful costumes for the Burning of the Lizard the next day.



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# Sell-by dates - a necessity or a con?

“ No matter where I serve my guests they seem to like my kitchen best. (in my Nan’s kitchen growing up)

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**F**OR 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-

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](mailto: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.....” 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](mailto:garrywaite@euroweeklynews.com).*



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# Paint it yourself tips

By Eleanor Hawkins

IF you're thinking of taking spring cleaning a step further and painting any of your rooms yourself, bear these tips in mind to

make the experience a successful one.

Before getting the brushes and rollers out, it's vital to ensure all furniture and fittings are well protected with plastic sheets and tape.

Experts say painting should always be done from top to bottom. If you're painting the ceiling too start there to avoid leaving marks or dribbles on newly-painted walls.

Once you move onto the walls, again the key is to work from the top 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.



**WALLS:**  
Paint from top to bottom.

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# Palm trees 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.

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.

Early detection is 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 Mediterranean garden will not be the same if the weevil is not stopped as all susceptible unprotected palms will eventually be lost.



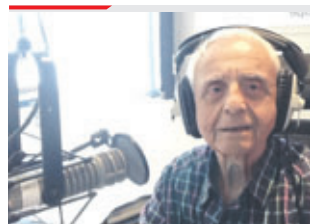
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# The sit and stay



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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 commands. Do this as often as necessary, until he is sitting still and comfortably, praise quietly, then give the release command and at the same time move the dog from where he is sitting. PRAISE.

2. Repeat stage 1 until the dog is sitting when commanded with confidence. Always use the method described in stage 1 to guide the dog into

the sit position. Gently try to pull or push the dog out of position (the handler should still be kneeling next to the dog), but be prepared to place him back into the SIT should he move. If he resists your gentle attempts to dislodge him, PRAISE and give the release command.

If the attempts to move succeed - place him back into the sit position without commanding and go back to stage 1 and start again, until he is doing the exercise with more reliability.

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.

This original system was devised by Annette Conn and Kevin McNicolas of the Barnet & Mill Hill District Dog Training Clubs.



**SIT COMMAND:**  
Praise the dog once he is settled.

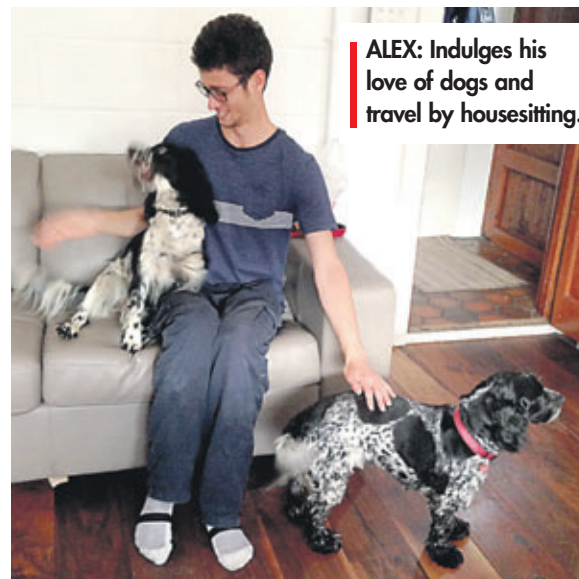
# Alex loves spaniels

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."

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# Dating app for dogs

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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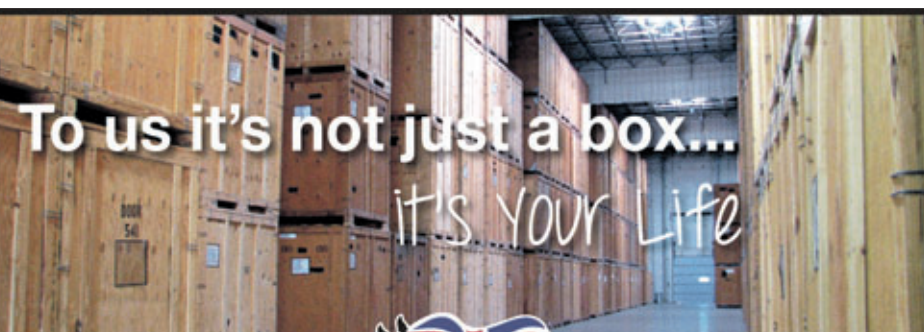
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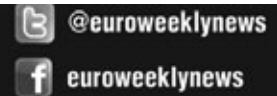
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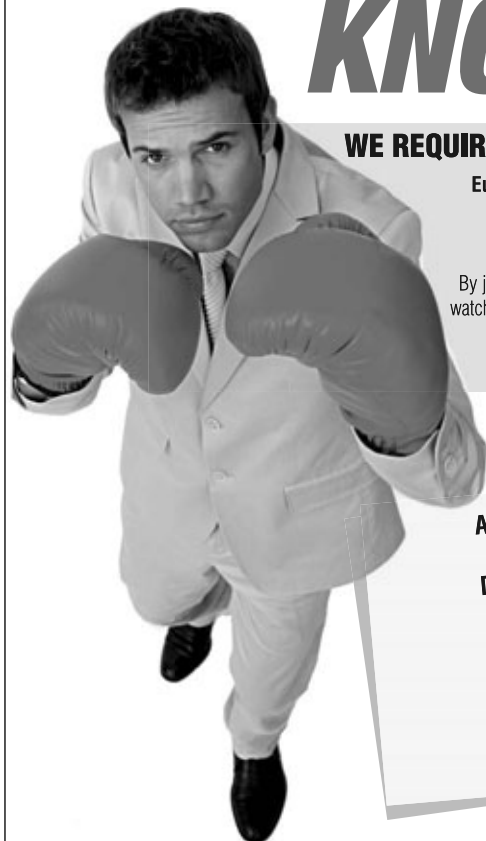
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Clarkson  
Quote of the Week

“On the Mercedes CLS55 AMG “It sounds like Barry White eating wasps.”

Some might say...



Motoring shorts

Texting epidemic

DRIVING while using a phone will soon become as unforgivable as drink driving according to the UK government. Tough new laws punishing phone offenders came into place on March 1.

New drivers, who have passed their test within two years, could have their licence revoked if caught using a phone just once. Six penalty points and a £200 fine will be imposed on anyone caught. Experienced drivers caught twice face disqualification and a £1,000 fine.

The use of mobile phones on British roads has been described as an epidemic. There were 22 deaths and 99 serious injuries as a direct consequence of phone use in 2016. Research has shown that drivers who text take twice as long to react as those who have drunk moderately.

# Used cars to beat Brexit blues

By Matthew Elliott

BEATING the Brexit blues, Britain's second-hand car industry skyrocketed in 2016 with more than eight million sales. Now figures allow us to find out which brands and models were the most popular.

Fifth spot was taken by the ever-green Volkswagen Golf which found 262,623 new driveways to occupy. That was handily outdone by the Vauxhall Astra in fourth which changed hands 298,540 times.

Third was the popular cheap and safe option, the Vauxhall Corsa, which was shifted

352,899 times.

Ford dominated the top of the table, taking the first two places. The Focus was second placed with 374,590

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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**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 pick-up experience: the company has been making them for more than 80 years.

Nissan's latest Navara underlines just how far the double cab pick-up has come: it has a stylish exterior, a luxury interior, high-spec standard equipment and the driving refinement of a family car.

It's not surprising really as most are

bought by small businesses who also use them as family transport and thus require all the comfort and technology now common in most cars. Indeed, Nissan estimates 95 per cent of all Navara models will be double cab.

Navara prices start at €28,781 (£24,560) but the luxury versions cost more – my flagship Tekna all-wheel-drive with auto transmission cost €38,403 (£32,770). Standard kit includes 18-inch alloy wheels, roof rails, parking sensors, leather seats, four powered windows, air-conditioning, hill-start assist, auto lights and wipers, limited slip differential, cruise control with speed limiter, radio/

CD/USB/AUX and Bluetooth, sat-nav and HD touchscreen.

Tekna models also come with 360-degree camera monitoring, meaning you can see all around the vehicle when manoeuvring.

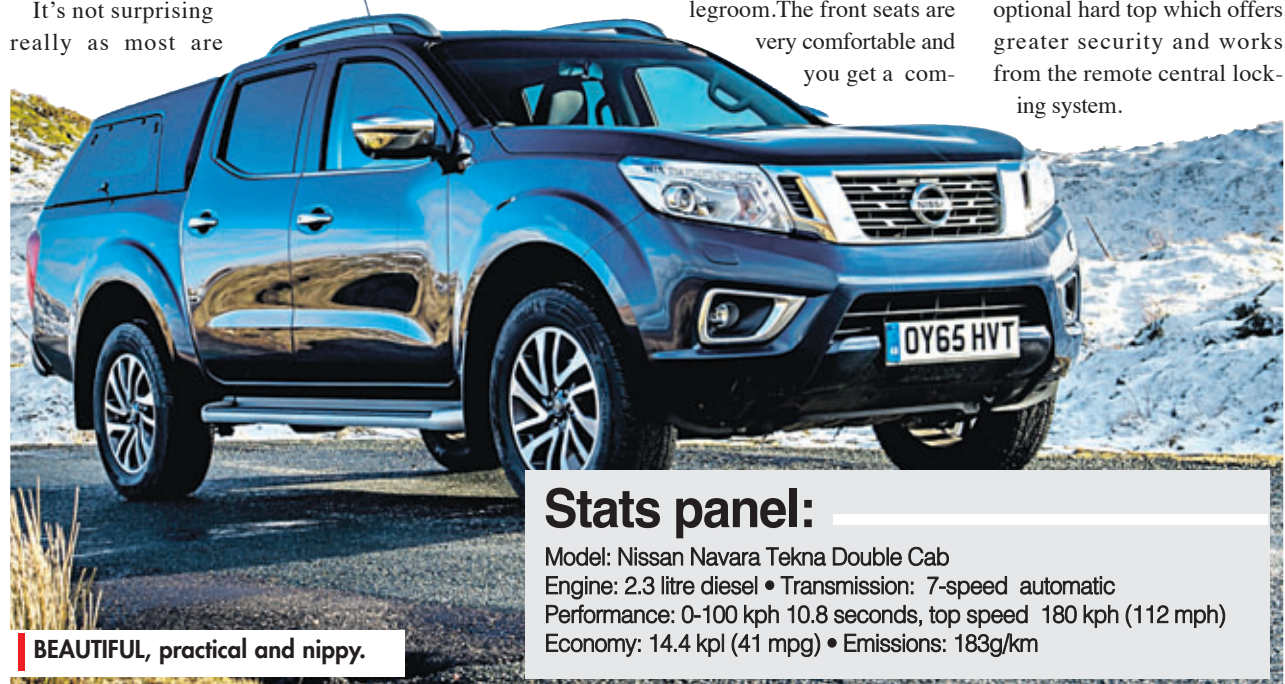
That all sounds like the spec of a premium model, and the similarity doesn't end there because on the tarmac, despite its large overall footprint, the Navara has much of the refinement and road manners of a crossover model. And in the cabin, the Tekna's leather seats and classy dashboard styling that makes you think you 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 com-

manding 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 the 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.



## Stats panel:

Model: Nissan Navara Tekna Double Cab  
 Engine: 2.3 litre diesel • Transmission: 7-speed automatic  
 Performance: 0-100 kph 10.8 seconds, top speed 180 kph (112 mph)  
 Economy: 14.4 kpl (41 mpg) • Emissions: 183g/km

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**Classic Car Club of Andalucia**

# Classic car spring fun run

**I**T'S springtime and a young man's fancy turns to, no, not what you're expecting! It turns to getting a classic car out and going off to enjoy the spectacular Andalucia countryside with a crowd of like-minded people and enjoying a decent lunch together at the end of it. Certainly that's what happens with The Classic Car Club of Andalucia! With the climate we have here that passion rages all through the year in sunny Spain.

To fuel this fire, the Club runs at least one full day classic car event every month and a number of three, five or six day events throughout the year.

Next Saturday, March 11, the Club has a classic car run starting from Venta El Tunel, near Malaga, running through fabulous countryside including the famous Montes de Malaga, RioGordo and more, before finishing in the picturesque village of El Borge.

El Borge is famous for being the centre of Bandit life in the 19th century and the hotel the Club is using, the

Posada del Bandolero, was the home of the renowned 'Cross-Eyed Bandit' Luis Muñoz Garcia. To celebrate this, the Club is asking members to dress in a theme of Bandits or 'Cops n Robbers.' All the cars will then be put on display in the main Plaza of El Borge and prizes will be presented over lunch in the Posada afterwards.

Any readers that would like to come along to see this will be most welcome. Cars will depart Venta El Tunel at 11am but will be gathered there from 10am for breakfast or coffee, etc. Come along and join in the fun!



**ENGLISH**  
beauty.



## The Tour D'Algarve

THE CCCA is working at this time on a five-day classic car run called the 'Tour D'Algarve' which will start in San Pedro on April 25 with a first night's stop at a five-star hotel in Jerez.

The route then heads via Sevilla to Val de Lobo in the Algarve, Portugal, where two nights are spent at a five-star hotel at the beach. After a rest day, the route heads back cross-country to Sevilla with a night in a five-star hotel nearby.

The event will arrive in Sevilla the evening before the Sevilla Feria gets under way. This is one of the largest and most spectacular Ferias in Spain so the atmosphere that night should be terrific! The fifth and final day is a cross-country run back towards Ronda with a finish lunch together in a beautiful old mill house before heading back to the coast.

A black-tie dinner, a party dinner in a beautiful restaurant on the Algarve and a finish lunch are included in the entry fee of €1,495 for two people in which non-members may participate.

This is a great opportunity to mix with this active and vibrant club. Please contact Ian Giles at [ian@iangiles.com](mailto:ian@iangiles.com) if you are interested in taking part in this fabulous event.



## ► Paul Yaffé

AT the March Clubnight and dinner on Tuesday evening the Club was delighted to have the famous photographer, Paul Yaffé, as a guest. Paul is sponsoring the Club's new annual photographic competition and gave a talk on how to get the best, photographically, out of a camera or even a smartphone. He is presenting an award to the value of €1,125 as first prize for the best photo of the year with second prize being a masterclass in photography by Paul himself. The Club is also presenting monthly prizes for the best photos each month which, we hope, will appear in this publication. The idea is to encourage more and better photographs to use on the Club website and within this column.

## ► Car show

THERE is always much going on in the Classic car world in this part of Spain and, on Andalucia Day, the Museum in Malaga opened its doors to enthusiasts to get together and even display their own cars in the grounds of the museum. Many 'aficionados' enjoyed a fun day looking at all the cars on show and the amazing fashion collection in the museum itself. This has now become an annual event every 'Dia de Andalucia.'

## ► F1 engines revving

AS enthusiasts of Formula 1 you might know that the first test sessions for the new cars are taking place at the Circuito de Catalunya in Barcelona. This is a terrific way to see close-up what is happening in F1 and to see the new cars before they start racing in earnest in Australia in March.

The CCCA has organised for some of its members to go along as guests of McLaren and will be staying there for three days which will also give time for some essential exploratory work of the night life of Barcelona. I will report back on my impressions of the new cars and what is happening in F1 now that its long-time supremo, Bernie Ecclestone, is no longer at the helm. Watch this space...

After the March events, the next Clubnight and dinner will be on Tuesday April 4 at El Chaparral Golf and the next Club classic car run will be on Saturday April 8.

Further information on Classic Car Club of Andalucia events can be found on the Club's website [www.cccandalucia.com](http://www.cccandalucia.com).

Membership of this vibrant club is open to anyone owning a genuine classic car here in Spain.

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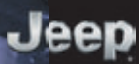
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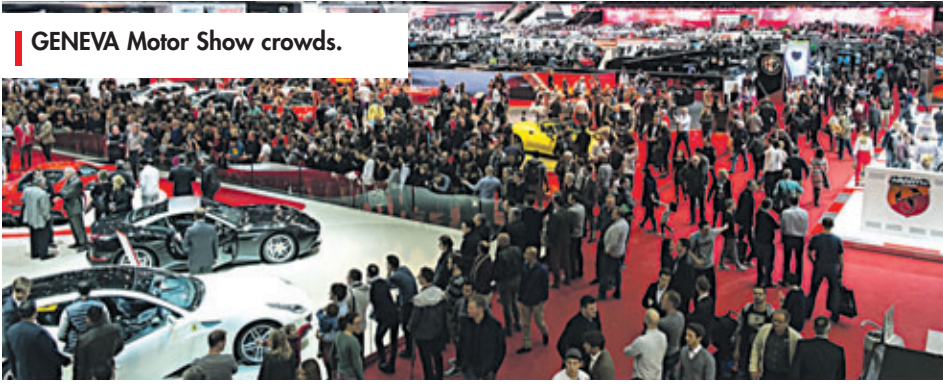


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GENEVA Motor Show crowds.



# Let the show begin

PUBLIC access to the hotly anticipated Geneva Motor Show opens on Thursday March 9 and the thousands of spectators set to swarm through the arena are in for a real treat. All the major names have already released various cryptic clues as to what they'll bring to the table, but motoring headlines will be made all through the week.

Among the big hitters McLaren's 720S is certain to stand out. A new level of supercar screechiness will be reached with the 720S being capable of hitting 124mph in under eight seconds before slamming to a standstill in just 4.6. It will be competing with Aston Martin's new hypercar and the Huracan Performante from

Lamborghini, a speedy lightweight edition of the hugely successful Huracan.

## 2017

*Thousands of spectators are set to swarm through the arena at the Geneva Motor Show and are in for a treat.*

From the East there's the new Suzuki Swift, a supermini more within the reach of the average motorist, and the Toyota Yaris which brings 200hp to the table with a 1.8 litre supercharged engine. The Kia

Picanto city car comes with torque vectoring and a turbo-charged petrol engine.

One of the worst kept secrets ahead of the show is the arrival of the Range Rover Velar, which hits the middle ground between the Evoque and Sport. It debuted on March 1 as a potent challenger to the Porsche Macan.

From Ferrari comes the 812 Superfast with a 6.5 litre V12 engine boasting 789hp that can hit 100kph in under three seconds and celebrates the 70th anniversary of the Prancing Horse. And from the UK, Aston Martin will debut the new Vanquish S Super GT with a top speed of 323kph.



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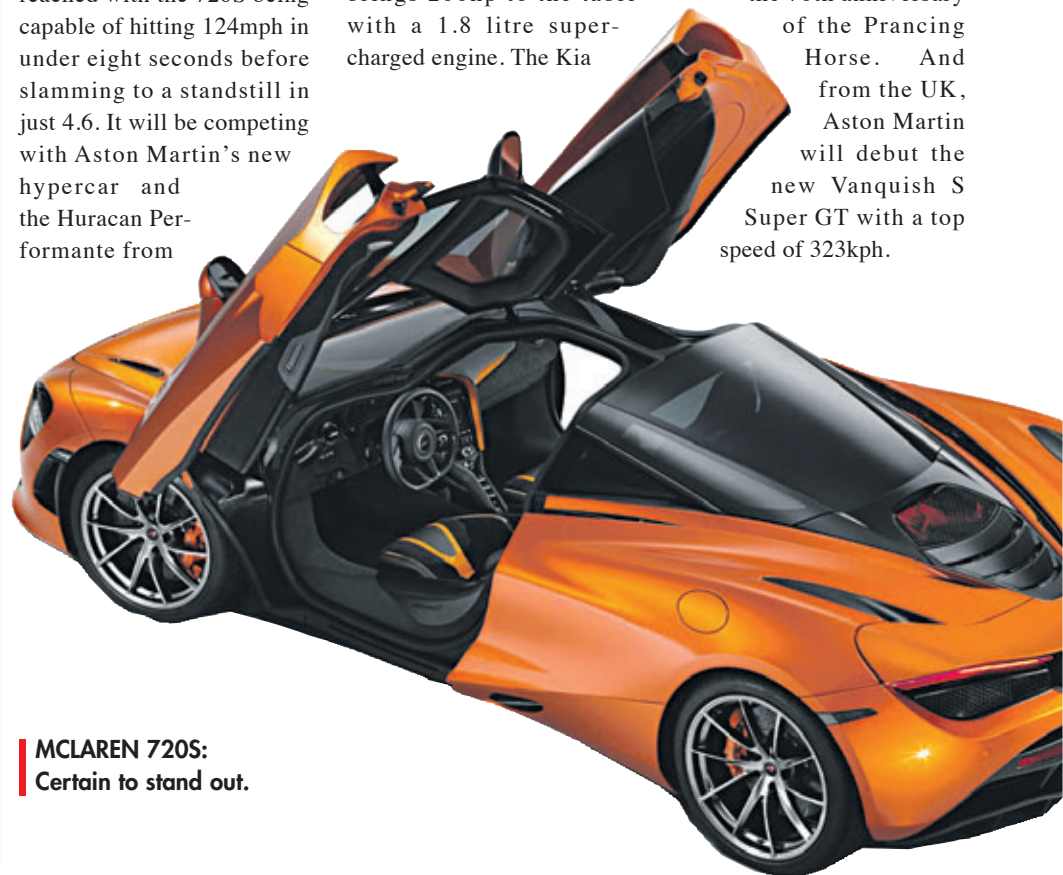



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A former player and now the world's most prolific author of football books with almost 150 published since 1975, Tony is also the sports correspondent for Spectrum Radio and lives on La Pilica in the Sierra Cabrera Mountains overlooking Turre.

Costa de Almeria

WE'LL start with football, and there are four intriguing FA Cup quarter-finals coming up:  
1 2 - t i m e

winner 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) travel to Mansfield in FL2.

**LAURA MUIR:**  
Won gold at the European Indoor Championships.

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).



**TONY BELLEW:**  
Stopped David Haye in the 11th round.



**ANDY MURRAY:**  
Won his first Dubai tennis Championship.

## DID YOU KNOW?

THE names of 13 players who appeared for Madagascar against Tunisia in a FIFA World Cup qualifier in 2001 began with 'RA'... Raharison (goal); defenders Radafison (sub Ralahanjalhary), Rakotonbrade, Radonamaha and Ratsimihalona; midfielders Randriamarozaka, Randrianaivo, Randrianoelison, Razafindrakoto and Rasoanaivo and striker Railison (sub Randriananteneinal).



## Torrequebrada Golf Resort is an interesting challenge

CostaLessGolf  
Weekly News

with  
Ron Garrod



TORREQUEBRADA golf course, in Benalmadena on Spain's Costa del Sol, opened in 1976. The course was designed by José 'Pepe' Gancedo, who has since designed many golf courses in Spain, the rest of Europe and in the States.

Torrequebrada was host to the 53rd Spanish Open Championship in 1979.

A unique feature of this course is the variety of fairway design, which makes it important to choose the right club for each shot. The more intrepid player can test his skill on every hole, whatever his handicap. It would not be correct to draw attention to any particular hole as they are all part of the combined



**TORREQUEBRADA:** Has a variety of fairways.

challenge presented by the landscape and nature itself.

The greens are notable for their size and speed. Strategically placed lakes and bunkers add to the course's challenge and interest. Over 100 varieties of shrubs and trees line Torrequebrada's fairways and every hole has a backdrop of the blue Mediterranean or the mountains.

The clubhouse, with its panoramic views and privileged situation overlooking the 18th fairway, provides all the modern facilities that one comes to expect from a golf

club of this category, terraces, reception rooms for private functions, dressing rooms, bar-restaurant, driving range and pro-shop.

CostaLessGolf have a late booking offer for two players inc shared buggy, valid for bookings made less than 24 hrs in advance and for tee times from 13.30 for only 175.00€ throughout high season. To Book email: [enquiries@costalessgolf.com](mailto:enquiries@costalessgolf.com) / call 952 661 849 or visit our booking office in Avenida Acapulco, Los Boliches, Fuengirola.

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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

The Costa Del Sol's best guide to local sport

# Benalmadena Bowls Club Open Championships

A most worthy event

THE Open Championships event, sponsored by Aerobowls, took place at Benalmadena Bowls Club from February 18-26 and saw 67 teams compete across four disciplines over the eight days.

Play started with the Rinks and Plate competition. A fine first day greeted the 15 contesting teams with play getting down to the semi-final stages. Unfortunately the complete wash out on Sunday led to cancellation of all of the bowling planned for that day.

The finals were therefore held over until the last day of the competition with Brian Todd, Malcolm Greenwood, Lennie and Amber Dineen just beating Tom Rogers, Marcus Smith, Phil and June Baldry by 15 shots to 13.

The first round losers of the Rinks went into a Plate competition won by a Benalmadena team of Neil Stanton, Clive Gibbs, Alex Bradley and Terry



TRIPLES WINNERS: Graham Jarrett, Paul Hughes and Ron Jones from Lauro Golf Bowls Club.

Barratt, who beat Lauro's Ron Jones, Paul Hughes, Graham Jarratt and Trevor Burgin in a last end shoot out 15-14.

The Triples, Mens Pairs and Ladies Pairs were played down to semi-final stages over the Monday to Thursday

with the hardy Thursday bowlers playing in waterproofs on wet rinks, just like in the UK! This continuation of play in adverse conditions allowed the Open to finish on the Sunday afternoon.

Ladies Pairs winners were Margaret Kain and Mary Detheridge, with runners up Jenny Parkin and Angela Holt. Mens Pairs winners were Joe Stamper and John Sullivan from the home club, with runners up Brian Todd and Lennie Dineen from Don Pablo. The Triples was won by Ron Jones, Graham Jarrett and Paul Hughes from Lauro Golf BC against Benalmadena's experienced bowlers Joe Stamper and John Sullivan with Marion Allen as lead.

The club would like to thank Aerobowls and everyone, both participants, workers and supporters, who helped to make 2017's Benalmadena Open such a great success. Well done!

THE Andalusian Basketball Federation and Benahavis, are back again for the most important event of the basketball calendar in Andalusia.

From Friday March 11 to Sunday March 13 Benahavis will host the third pre mini basketball fiesta, an intense weekend for players from the eight Andalusian provinces.

All of the meetings and formal events will take place in the municipal covered pavilion and the federation looks forward to welcoming everyone along.

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