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## News

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# Students escape London attack

## Alicante school group metres from bridge



By Matthew Elliott

Costa Blanca schoolchildren caught up in the horrific London terrorist attack have returned safely to Alicante.

The 44 students and four teachers from Maria Auxiliadora de Alicante were reunited with their relieved families at Alicante-Elche airport on March 24.

The dream trip turned into a nightmare when they witnessed

the Westminster Bridge massacre from just 50 metres away.

Taking photos of Big Ben and the British parliament, the group passed the attack site three minutes before killer Khalid Masood mowed down pedestrians on the bridge. With mayhem on the streets and helicopters in the air, the students fled to a McDonalds for shelter.

The group of teenagers, aged 15-16, heard what sounded like shots as the scene erupted with

screams and sirens. Some victims had dived into the River Thames to avoid being run over by the terrorist killer. The students were still oblivious to what had happened when Masood was shot dead by police.

When they arrived back in Alicante they were greeted by dozens of parents, many crying tears of relief. Applause rang out across the airport with even the school priest there for the moment.

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**LOCAL NEWS**

# Crystal clear

A RECORD €32.8 million will be invested in purifying water throughout the southern Costa Blanca this year in an ambitious move to tackle drought and pollution. The

heavy investment includes a €12 million reform package for Orihuela's wastewater treatment plant, irrigation infrastructure in L'Alacanti, and cleaning of the Vinolopo river.

# Down in history

THE Costa Blanca has just experienced its wettest winter since 1950 when The Archers was first broadcast and John Lennon was 10 years old. Alicante Province experienced two and a half times more rain than normal thanks to a series of torrential storms in the Levante. But it could have been worse. Further north in Valencia, residents saw the wettest winter since 1864.

# Fake bomber

POLICE arrested an Algerian man who left a backpack in the middle of Alicante, shouted that it was a bomb, and ran away. Military explosives experts were drafted in to cor-

don off the area before establishing that it was a false alarm. The incident took place on October 15, but until this week the suspect, 43, had eluded capture.

# Church respray

POLICE are investigating after a religious school was sprayed with anti-Catholic graffiti. The attack on the Franciscan school of Cartagena was the third to strike the Costa Blanca city in a matter of weeks. Vandals spray painted the walls with messages that read 'God does not exist' and 'if he does, he is probably gay or transgender.'

# Seven years of hell



Photo by Shutterstock

**SEXUAL SLAVERY:** The young woman was forced into prostitution for seven years.

By Matthew Elliott

POLICE rescued a young woman who was forced into prostitution for seven years by a pair of evil Romanian criminals.

The despicable crooks, aged 44 and 45, now face a maximum sentence of 20 years in prison each for their role in the sexual slavery.

Both are also accused of membership of a criminal

organisation. The man is believed to have sexually assaulted the victim repeatedly during her horrific ordeal.

Aged just 21 when she was forced into prostitution, the girl is now 28 and in the care of psychologists and social services.


She was shuffled around nightclubs across the southern Costa Blanca for years, sometimes being taken as far north as Barcelona.

**“ The woman was tricked into travelling to Spain from Italy.**

Constantly abused and mistreated she was kept on a tight leash to avoid police detection and 'paid' a pittance of just €6 a day for food.


As is often the case she was tricked into travelling to Spain from a poorly paid job in Italy by the gangmasters, who promised a legal job, good salary and new life.

The arrests were made as part of a new strategy launched by the Alicante Guardia Civil which ferociously targets human traffickers and organised crime groups involved in the illegal trade.



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| Alicante City every Friday 11€  | Joe Longthorne Sun 9th Apr<br>Show 58€ 1 night 110€                                | Antequera + Ronda & Malaga 21-24 May<br>& 28 Sept-1 Oct. 3* B&B 199€   | Cordoba 3* B&B 11-13 Sept 165€  |  |
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## Suspect protests innocence

THE prime suspect in the assassination of one of the Costa Blanca's most powerful businesswomen has pleaded for protection from his furious brother-in-law.

Miguel Lopez was controversially released from prison under strict bail conditions in mid-March. He is accused of murdering his own mother-in-law in cold blood after she allegedly planned to cut him out of the family fortune.

He paid bail of €150,000 after spending 39 days in prison over the murder of Maria del Carmen Martinez.

The widow of bank chief Vicente Sala was shot dead execution style in December.

Since his release Lopez has been assiduously courting controversy. He gives frequent interviews where he loudly protests his innocence, poses for photos and talks of a police conspiracy.

## The Brits are back

ALICANTE-ELCHE airport is relying on sun-seeking Brits to help it smash the 13 million passenger barrier in 2017.

Airlines operating to and from the airport hope to sell 11.5 million tickets between now and October 31.

Roughly five million seats will carry British holidaymakers from the UK who, despite Brexit budget fears, are on course to hit the southern Costa Blanca in record numbers.

There are now 203 routes connecting to Alicante during the summer season, 15 more than last year. More than half a million seats will be sold from Sweden and 700,000 from Holland.

Last year a record breaking 12.3 million people sauntered through Alicante airport security.

## Evil father

PROSECUTORS are demanding a six-year prison sentence for a Murcia man accused of sexually abusing

## SPANISH FACTS OF LIFE...7

With 15 National Parks (NPs) covering an area of more than 325,000 hectares, Spain offers extraordinary landscapes and wildlife in addition to its more famous touristic charms. From snow-capped mountains to unspoilt archipelagos and alien-like lava flows, the state-protected natural spaces showcase the nation's spectacular diversity.

### Call of the wild

A BITE-SIZED sample of the natural wonders in store for budding adventurers.



| Aigüestortes i Estany de Sant Maurici.

### Mountain high

TWO of the most iconic NPs are found in the peaks of the Aragonese and Catalan Pyrenees, where the Ordesa y Monte Perdido and Aigüestortes i Estany de Sant Maurici NPs offer wild scenery filled with deep, glacial valleys, lakes and a myriad of crystal-clear streams.

Equally memorable hiking and mountain biking can be experienced in the Picos de Europa, Sierra Nevada, and Sierra de Guadarrama NPs, in Asturias, Andalucia, and Madrid/Castile y Leon, respectively.

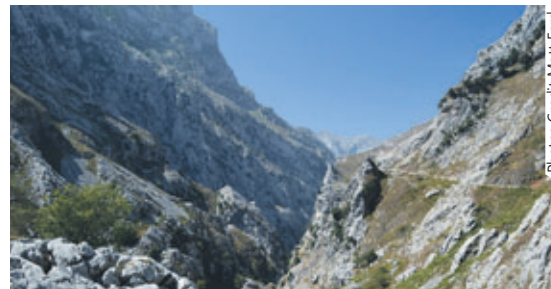
### Life on Mars

THE remaining four NPs are all in the Canary Islands, where rambblers can visit the active and imposing 3,718-metre volcano Mount Teide, the nation's highest summit.

A volcanic influence is also conspicuous in La Palma's Caldera de Taburiente NP which was formed via erosion, while on Lanzarote the Timanfaya NP has unique 'Martian'

landscape formed of solidified lava.

But finally, perhaps the most unique among Spain's national treasures belongs to the island of La Gomera, where the Garajonay NP ranks among the world's best example of laurisilva,



| Picos de Europa.

### Wildlife wonderland

FOR those seeking a salty flavour alongside world class bird-watching, the Atlantic Islands of Galicia NP offers some of the most important seabird colonies in Europe. In the Mediterranean, the Cabrera Archipelago Maritime-Terrestrial NP in the Balearics has one of the best-preserved coastal landscapes and is home to many birds and endemic plants, plus endangered marine species including turtles and whales.

For a spot of continental twitching, head to the Tablas de Daimiel NP, a restored wetland on the otherwise arid plains of Castile-La Mancha, combined with a tour of the nearby Cabañeros NP, the most well-preserved remaining example of Iberian Mediterranean forest.

Alternatively, check out the one of the planet's largest black vulture colonies at Monfragüe NP in Extremadura, or see lynx or birdlife in Doñana NP, Andalucia.



| Timanfaya.

a humid subtropical forest that dominated southern Europe millions of years ago.

his daughter for over a decade.

The girl, now aged 16, claims to have been abused since the age of just six, with it getting much worse when she turned 11 and he began using physical force.

She was too afraid to tell her mother or brothers, who were all asleep when the abuse took place. She recently worked up the courage to talk with a teacher, who immediately contacted police.

### Beauty to tragedy

A YOUNG man out for a run up the Sierra de Callosa de Segura tragically died when he tripped and fell from the mountain. His wife raised the alarm when the 33-year-old failed to respond to any of her calls and messages after he sent a photo of his gorgeous surroundings.

After a search lasting just one

hour, firefighters from Orihuela found the man's body in a ravine.

### Finding Nemo

STATE of the art technology, including an expensive air conditioning system, will keep the fish at Alicante Aquarium well fed and happy. Over €100,000 has been ploughed into upgrading the system after 177 fish died from bacteria poisoning in 2015.

The newly equipped tank is scheduled to open before Easter and will feature 101 specimens from 15 different species.

## Bike vandals wreak havoc

MURCIA's innovative bicycle rental scheme has suffered from severe vandalism. The local manager of MuyBici was forced to launch a police complaint and denounced the anonymous thugs in public.

Though proving popular among law-abiding locals, the scheme's finances are in dire straits. They have already spent almost all the money they had earmarked for a 12-year project after a series of teething problems and earlier vandalism.

In May 2016 more than 150 bicycles had to be replaced after being smashed by thieves and crooks. In the latest incident, a video was spotted online showing a group of teenagers stealing bikes by forcing them out of their security stations.

Despite such bike schemes being enormously popular across Spain, Britain and the rest of Europe, only Murcia has seen such determined vandalism.

## Postscript to ponder

**43.4**

The number of individual organ donors per million Spanish people last year, reinforcing the nation's global leadership and outstripping the EU (19.6) and US (26.6) averages.

## INSIDE VIEW

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# Gang busted

A GANG of mainly Romanians believed to have broken into more than 90 commercial buildings throughout Spain has been arrested near Madrid by officers who seized stolen items worth €96,000 together with firearms, six vehicles, 44 mobile phones, 2,000 metres of copper cable, 49 new tyres and €785.

# No deals

DISARMAMENT of the ETA must be unconditional according to Prime Minister Mariano Rajoy who underlined his belief by saying that "there is no negotiation with terrorists," a belief shared by Socialist Group spokesperson Antonio Hernando.

# Food swoop

EIGHTEEN tons of food and 6,000 litres of drinks - all out of date, counterfeit, unlabelled or improperly labelled - have been seized in Melilla following shop and warehouses checks.

## Postcard from GIRONA



Jolan Wikimedia

WITH a population of just under 100,000, Girona city with several rivers flowing through it is pleasant to visit especially given its proximity to Barcelona.

For fans of author Dan Brown and adherents to the search for the Holy Grail, Girona has an important part to play in deciphering its whereabouts and also with helping identify with what it is.

According to those who believe that the Grail was cared for by the Cathars in France prior to their massacre, there appear to be many similarities in their bases in the Languedoc to buildings in Girona.

Urban myths suggest that Salvador Dali, Howard Hughes and Jean Cocteau were part of a secret society which understood the meaning of the Grail. Several books by Patrice Chaplin, former wife of Charlie Chaplin's son, confirm this shared belief.

What might once have been dismissed as nonsense has attracted interest from the University of West London which has helped research and develop a new pan-European Holy Grail tourist route which takes in Girona, a city that traces its establishment back to 79BC.

# Mars goal

A NEW political party has emerged in Catalan whose primary focus is the conquest of Mars. 'Alternativa' claim Spanish politics has taken a backwards step and they want to distance themselves from rivals through space exploration and by not supporting the local independence referendum.

# Time to pay up

A GALICIA court has ordered low-cost airline Vueling to pay a disabled passenger €4,000 compensation after hearing that she was refused boarding for a return flight back to Chile because of claims her wheelchair was too heavy.

# What a find

THE tomb of an Egyptian noble has been found near Aswan by Spanish archaeologists who have been excavating locally for nearly 10 years. Believed to date back nearly 4,000 years a number of tomb ornaments were discovered along with the mummy.

# Birthdays

• **Sergio Ramos, Footballer, March 30**  
Spanish footballing legend Sergio Ramos is a long time fixture of both Real Madrid and the Spanish national team, joining both in 2005. He played a key role in Spain's World Cup win in 2010 and was named La Liga's best defender for four consecutive years from 2012 to 2015.

• **Ewan McGregor, Actor, March 31, 46**  
Scottish actor McGregor shot to fame in his portrayal of Mark Renton in the cult 1996 film Trainspotting. He then went on to star in big budget movies, gaining recognition as the young Obi-Wan Kenobi in the Star Wars prequel trilogy. His most recent role is as Lumiere in the box office smash Beauty and the Beast.

• **Beth Tweddle, Gymnast, April 1, 32**

British gymnastics champion Tweddle has had an incredibly successful career, competing in three Olympic games in Athens, Beijing, and London, where she won the bronze medal on the uneven bars. She has also won three World Championship gold medals, 11 World Cup gold medals and six European Championship gold medals.



• **Robert Downey Jr, Actor, April 4, 51**  
Robert Downey Jr's most famous role is his portrayal of Iron Man in the Marvel universe. He won a Golden Globe for Best Supporting Actor for his role in Ally McBeal in 2000 and another for Best Actor for his performance as Sherlock Holmes in 2009.

• **Pharrell Williams, Singer, April 5, 44**  
Grammy award-winning singer, rapper and music producer Williams is one half of record production duo The Neptunes and the lead vocalist of hip hop band NERD. He was nominated for an Oscar in 2014 for penning the song 'Happy' for the film Despicable Me 2.

## Numbers that add up to local life

9,474,556

people in Spain now receive some form of State pension.

13.1 %

the Spanish industrial turnover rise for January 2017, the best for 11 years.

11%

of Spaniards admit buying counterfeit goods, according to the European Union Intellectual Property Office.

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# Kept in captivity

By Matthew Elliott

ANIMAL rights activists have rounded on Local Police in Alicante whom they accuse of keeping German and Belgian shepherds locked in a cage for 16 hours a day.

The prize-winning breeds, which have made an immense contribution to local law and order, have suffered due to a police service restructure.

Before the change someone was present in the evenings to clean the kennels and take the dogs out for much-needed exercise. But in a bid to shave just €400 from the budget, this service has been abolished.

The shocking news was leaked to animal charities by horrified insiders who want to remain anonymous but see something done to help the dogs. Allegedly the kennels have not been properly cleaned since March 6 and the outside sand boxes and play areas have been totally neglected. During weekends, the whistleblowers say the seven shepherds are left alone locked in their cages.

Naturally there are justified concerns the dogs will suffer from severe psychological stress. They may begin to get antagonised and even violent unless they are allowed to play outside and enjoy company.

## OUR VIEW

# Wanton carnage

THERE is absolutely no question that the terrible events which took place outside the Houses of Parliament are unforgivable and all of our hearts go out to those who were injured or killed and of course to their families.

The fact is however that regardless of what any nation does, it will always be impossible to stop this type of attack from happening. According to reports the driver of the car who mowed down so many innocent people, including tourist visitors to London was born in Britain.

Many talk about the radicalisation of the young but Khalid Masood (born Adrian Russell Ajeo) was 52 years of age and was known as a criminal who it is claimed became an agent of Daesh.

Terrible as his actions were, in reality, there is little likelihood of the British people actually being intimidated by what has happened and they will simply continue their lives as normal.

One comfort that we can all take from this terrible event and other recent massacres in Europe is that the terrorists appear unable to make a major strike and rely upon individual madmen to drive their cars into crowds or attack people with knives.

Clearly the authorities can now deal with major incursions but will never be able to stop the lone wolf!

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# Eviction postponed

THE Platform of those Affected by Mortgages and Stop Evictions, have managed to prevent the eviction of a young family in Alicante.

The couple, with three children, had occupied a property owned by a bank in the Virgen del Remedio neighbourhood of the city, because they had no alternative due to their lack of in-

come. With protests taking place and a large number of people concentrated in the area and with children present, the court agreed to delay the eviction until May 5, giving the family more time to try and make other arrangements and get housing in place.

The Platform criticised the situation saying that banks are


rescued with public money, but they then fail to provide housing for social rent. They are also calling on a two-year suspension on evictions involving children, until families are offered alternative housing.

## Rescuing antiquity

PLANS are afoot to radically renovate the old town of Alicante. Councillors finally want to lavish the terrific attraction with the attention, and investment, it deserves. A cross-party commission will spend the next few weeks investigating the best ways to rejuvenate the old town, which is at risk of falling into disrepair without urgent action.

They will liaise with local business leaders, residents and even architects to ensure that the best blueprint is drawn up for the fragile, yet hugely important area. Outside the packed resorts and beaches of the Costa Blanca, Alicante's old town is one of the region's major cultural attractions, helping the city become a global destination in its own right.

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# Protest gets voices heard



**BRITISH EXPATS:** Allege the Camposol developers took advantage of them.

AFTER a criminal complaint was launched by 73 British expats over alleged fraud in the construction of the Camposol community in Mazarrón, a political party has brought the issue to the attention of parliament.

Ciudadanos, an anti-corruption party which is now the fourth largest in Spain, has asked the government to investigate the now notorious case.

Accusations made against the bankrupt developers include selling real estate without a building licence, insurance or habitability certificate.

The lawsuit claims many buildings were sold in a dilapidated state having been built precariously along the Los Aznares ravine. Lawyers also allege the developers took advantage of British retirees who didn't speak Spanish and were

unfamiliar with the complex legalities. Many of them paid cash, making resolution of the conflict incredibly difficult after the developer went bankrupt.

Last week the *Euro Weekly News* reported how the Camposol residents' association asked the British tourism ministry to stop promoting Murcia as a sun and sea destination in the hope of drawing attention to their cause.

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# 'Scandi noir' hits Cartagena

By Matthew Elliott

EVEN Scandinavian crime dramas would be hard pressed to come up with the storylines of death and intrigue that have afflicted Cartagena in recent times. The Murcian city has clocked up nine violent deaths and six serious injuries in just three months.

Such shocking statistics would see readers forgiven for mistaking the city with its Colombian namesake or wondering whether there was a Spanish Jack the Ripper on the loose.

Gangland murders, and macho violence

have played their part. In February a Lithuanian man was found murdered and tortured on a San Isidro farm in what investigators believe to be a crime linked to drug dealing.

Also this year a body was found floating in the port with stab wounds. Another case saw an Irishman drown after a fall. One man was shot dead at point blank range in another drug-related case in Jose Maria de Lapuerta.

The figures are, however, slightly misleading. Most of the dead were killed in a tragic car crash on February 4 which took the lives of four young men and a teenage girl.

# Mediterranean life on the big screen

A HUGE advertising campaign showing off the very best of the Costa Blanca South will be broadcast in cinemas across 187 cities.

The 20 second film, deployed just in time for Easter, will reach an estimated three million people in the space of a week.

The main focus will be in towns across Spain and the key domestic markets of

Barcelona and Madrid but if successful the ad might be revamped for summer and debut across the globe.

Crucial to the ad is the portrayal of the Costa Blanca as a cultural destination, with an educated avant-garde community, stylish cafes, restaurants, a vibrant nightlife and spectacular scenery. The region's terrific beaches and coastline will

be advertised as excellent sports destinations to Spaniards who are too familiar with sun, sea and sand to get excited by that alone.

The campaign is called 'Mediterranean Live' and will also feature a special segment on LGBT tourism, advertising Alicante and other cities as tolerant, welcoming places ripe for fun and adventure.



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# Social housing top of agenda

ALICANTE Council has created the Bureau for Housing to help manage social rents in the city.

The group involves the Platform of those Affected by Mortgages, Stop Evictions of Alicante (PAH), several financial institu-

tions, the Bar Association of Alicante and the Entity of Infrastructures of Generalitat Valenciana (EIGE).

It has been set up to help address the situation of vulnerability or social exclusion of citizens in the area of housing in Alicante.

Following the first meeting, PAH has proposed to the banking entities they assign 20 per cent of their housing stock to social rentals. Some entities already offer social rentals to families in a situation of social exclusion, however it was highlighted

that there are situations in which firm commitments are still lacking.

With more discussions planned, a full report is to be compiled for April 20 with real proposals in place.

## Truth behind heroism

By Matthew Elliott

HEADSTRONG school children who dream of heroic and often dangerous jobs were given the chance to see first hand what a career in saving lives is really like.

Firefighters, coastguards and nurses visited the Leonardo da Vinci Institute in Alicante to demonstrate a series of mock rescue situations and show students the hard work involved behind the scenes.

The firefighters stole the show, even drafting in a helicopter to simulate a mountain rescue. But they also educated young idealists on the science involved in identifying hazardous materials and the medical skills needed to save a life.

Coastguards showed off their swimming techniques and how to drag an unconscious swimmer back to shore. The nurses didn't hold back and taught students how to help a pregnant women give birth when the hospital is too far away.

## Baby threat to grandparents

PAEDIATRICIANS have recommended vaccinating children as young as six months with the flu jab to prevent them from passing the virus onto their more vulnerable grandparents.

Jose Pastor, president of the Alicante Medical Association said countless sick days are taken and many elderly people die as a result of influenza spread by children and teenagers.

He also advised inoculating health workers and public officials who deal with elderly citizens on a regular basis. Similar schemes in the UK and Germany have shown promising results.

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Photo by Lutmans/Flickr

# Sand sharing is now impossible

**MAR MENOR:** Of crucial ecological importance.

By *Matthew Elliott*

DESPITE the salt marshes of Mar Menor being in desperate need of fresh sand after the winter storms, Torrevieja has said it will not offer a solitary grain from its own beaches.

Plans to replenish the salty Murcia lagoon, a site of cru-

cial ecological importance, with sand from the Costa Blanca are now in total disarray.

Torrevieja has warned the environmental ministry that it's beaches have their own problems following one of the wildest, wettest winters in living memory. Mayor Jose

Manuel Dolon said he will forbid any sand collection from the city's beaches and wished Mar Menor the best of luck.

Where Mar Menor goes from here is anyone's guess. The famous marshes are on the brink of ecological collapse after decades of abuse and neglect.

## NEWS EXTRA

### Crucial fight

GENETICISTS at Elche hospital have discovered a new mutation associated with colorectal cancer which may be crucial in the fight against the disease.

### Super vandal

A YOUNG man was arrested in Murcia for causing a staggering €18,000 worth of damage to public property in a graffiti rampage using abrasive acids and permanent paint.

### Finally paid

POLICE officers and councillors across Torrevieja will finally be paid the more than €50,000 they are due in overtime from 2015 and 2016. Workers were furious at the suggestion they take extra time off instead of receiving payment.

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## Diving into paradise

SPORT, sea and sun were on the agenda as the Costa Blanca tourist board launched a huge international event in Alicante. British and Dutch radio stations, newspapers, and TV shows joined hundreds of exhibitors at the nautical tourism show.

The very best sporting activities the Costa Blanca has to offer were on display at the city's biggest water park. Attendees watched

professional divers plunge into a five-metre deep swimming pool while enjoying artisan beers brewed in Alicante.

Nautical tourism is the Costa Blanca's latest niche offering to the global marketplace. Watersports enthusiasts from all around the world are being invited to enjoy the Costa's magnificent scenery, tranquil waters and abundant sunshine.

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# Six things you should know about pensions today

With Brexit looming, global uncertainty and more options than ever, pensions can be a source of concern and confusion. But expatriates could find opportunities ahead, especially those with final salary ('defined benefit') pensions.

## 1. Pension providers are vulnerable

Employers providing final salary pensions guarantee a percentage of your salary throughout retirement. While income depends on salary and length of service, it is usually generous, especially compared to other pensions.

Today's low interest rates and increased life expectancy means the cost of funding these benefits has soared, making it harder for many companies to afford pension payments. Like BHS, companies with significant shortfalls can fail along with their pension schemes.

## 2. Transfer values have never been higher

To offload pension liabilities, many companies are offering members large sums ('transfer



By Brett Hanson,  
Partner,  
Blevins Franks

values') to leave. Some pay-outs have doubled over the last two years – sometimes by hundreds of thousands of pounds. Properly managed, such one-off pay-outs can potentially outweigh the benefits of drawing a guaranteed pension for life.

## 3. Expatriates can access tax-efficient alternatives

Expatriates may benefit from reinvesting UK pension funds into more tax-efficient arrangements for Spain or transferring to a Qualifying Recognised Overseas Pension Scheme (QROPS). This can also unlock estate

planning and multi-currency advantages. While many UK pensions are payable to your spouse on death, structures like QROPS offer flexibility to include other heirs. And by holding investments in different currencies, you can potentially insulate pension income from volatility in the Pound and the Euro.

However, tax benefits of QROPS vary greatly between providers and jurisdictions. Also, under certain circumstances the UK government now charges a 25% overseas transfer tax, although you will not be affected if both you and your QROPS are in the European Economic Area (EEA) or are both based in the same country outside the EEA.

Nevertheless, taking professional, regulated advice is essential to establish if this approach is suitable, navigate the numerous options and avoid pension scams.

## 4. A lower pension allowance could catch you out

Combined UK pension savings (excluding the State Pension) exceeding £1 million will breach the

lifetime pension allowance. This triggers 55% UK taxation when taking cash or 25% when drawing income or transferring to a QROPS, regardless of residency. Those with high-value pensions should consider HMRC 'protection' options or transferring to a QROPS to avoid tax penalties.

## 5. Advice is essential

Transferring is not suitable for everyone and is a key target for pension scams, so it is essential to employ due diligence and use a regulated provider. For benefits worth over £30,000, the Financial Conduct Authority makes this compulsory.

You should at least confirm your current transfer value and check if your scheme is at risk. If it is and your annual benefits are worth more than the government's Pension Protection Fund maximum £33,678 compensation, consider transferring.

## 6. The window of opportunity may close

If you decide to transfer, now may be the time to act. Not only could

such high transfer values be short-lived, some speculate that the UK government may make withdrawals more difficult, or introduce more taxation on transfers for non-residents.

Amidst so much uncertainty, there has never been a better time to review your pension arrangements and consider what could work for you now, under current rules. Take personalised, professional advice to ensure you are on the right track to continue enjoying the retirement lifestyle of your choice in Spain.

*Summarised tax information is based upon our understanding of current laws and practices which may change. This article is general in nature and should not be construed as providing any personalised taxation and/or investment advice. Individuals should seek personalised advice.*

Keep up to date on the financial issues that may affect you on the Blevins Franks news page at [www.blevinsfranks.com](http://www.blevinsfranks.com)

"I have a final salary pension. Should I take advantage of the current transfer values and cash it in?"

Talk to the people who know.

Many companies are currently offering larger than usual transfer values on defined benefit pension schemes. Properly managed, pay-outs could provide a retirement income that well exceeds the original scheme annual payment.

You should however take regulated advice to see if this would be the right move for you. At Blevins Franks we get to know your unique situation before reviewing how every pension option would work for you, from a tax and financial security point of view.

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## Supersonic demand

TRAIN chiefs are set to bypass Madrid and go straight to Brussels to demand a high speed rail link between Murcia and Almeria. Top businessmen and politicians claim that the so-called Mediterranean Corridor loses out on hundreds of millions of euros each year due to a lack of connections.

Rail experts, local businessmen and politicians have established a new platform calling for the Murcia-Almeria connection and is talking with the EU transport commission after denouncing Madrid for not caring about the region's economic health.

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# Motorcyclist's epic adventure

A DAREDEVIL explorer is set to embark on an epic two-wheeled adventure from the southern Costa Blanca all the way to China.

Elche-based rider David Gavina will leave the Costa on April 14 on an iconic Triumph motorbike hoping to cover the epic 10,000km journey in just 30 days.

With visas, tour guides, fuel and accommodation, the entire trip is expected to cost around €10,000. Luckily Gavina will have spon-

sorship from local motorcycle company TM-RT who will also equip the bike, which has a 15 litre engine, with extra petrol drums for emergency refueling.

Gavina's epic ride will see him pass through France, Italy, Slovenia, Croatia, Serbia, Bulgaria, Turkey, Georgia, Armenia, Iran, Turkmenistan, Uzbekistan, Kyrgyzstan, Kazakhstan and finally China, where he will settle in the desert city of Urumqi before bracing for the hard road home.



**DAVID GAVINA:**  
All set for the long ride.

## NEWS EXTRA

### Port success

EXPERTS from Alicante attended the International Cruise Show in Florida to learn from the best in the business. The Costa Blanca port wants to expand on last year's success which saw 89,000 people arrive on cruise ships.

### Doggy delay

PET owners have been reassured the new dog park at San Juan beach is still due some finishing touches. Many had complained over a lack of lighting, shade and water for the dogs.

### Runaway rue

POLICE found a teenage girl who fled her Villajoyosa home in Madrid. She left only a short note for her worried parents. The 17-year-old was fine but hugely embarrassed by the massive social media campaign to find her.

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# PELLICER HEREDIA

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## SOME LEGAL TIPS ABOUT THE SPANISH TAX SYSTEM

### Who is supposed to lodge an income tax return in Spain?

If you are resident in Spain for 183 days or more, you are considered a Spanish Tax resident. As such, you are required to submit an annual Spanish resident tax return known as a 'Declaración de la Renta'.

Some people however have more complex personal situations and they spend their time between a few countries and / or have property or business interests in other countries. In these cases there are International Double Taxation Treaties stating where the person subject to the tax should declare their income for tax purposes.

### When do I lodge my tax return in Spain?

This needs to be lodged between April and 31st June each year.

The tax year in Spain runs from January 1st – December 31st (for the year previous)

### Are there any tax deductions for living in Spain?

Yes, some of the main deductions are:

- A personal tax-free allowance.
- Married couples allowance for joint declarations.
- Employment allowance.
- Child tax allowance.
- Deductions for private pension plans.
- Taxation regime for income from annuity pensions.

### Can I pay the tax in stage payments?

Yes. The first payment (60%) will be taken on the 30th of June if you pay it by direct debit. The second payment (40%) will be taken on the 1st of November. If you would like to make the payment in more stage payments you will need to submit an application to the Tax Office.

If you require further information or an appointment in one of our offices, please contact us.



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MOUNTAINS of sand will be shipped to the beaches of Torrevieja. They are in dire need of replenishing after a hugely destructive winter.

A massive operation will involve dozens of trucks carrying 20 tons of sand at a cost of roughly €100,000.

“ The beaches are in dire need of replenishing after the winter.

The sand will be taken from nearby dunes. But there are fears that it will be of poor quality and spoil Torrevieja's all important reputation with inferior sand mixed with grit and gravel.

# Love, poetry and war



**75TH ANNIVERSARY:** Of the death of Miguel Hernandez was celebrated in Orihuela.

ORIHUELA, the entire Costa Blanca, and indeed the world celebrated the 75th anniversary of the death of Miguel Hernandez on March 28. President of Valencia, Ximo Puig, visited Orihuela to pay his respects to the town's favourite song, the world famous poet and playwright born there in 1910.

Moving tributes tried to capture the enormous influence Hernandez had on Spanish suffering, poetry and politics during the dark years of the Civil War and early fascism. A committed Republican, he was sentenced to death by the Franco regime in 1940. After enduring the harsh conditions of post-war prison he eventually succumbed to tuberculosis, dying at the age of 31.

Orihuela councillors praised his love of the people, passion for peace, poetry, love and life. Left wingers asked the Spanish government to formally repeal his conviction, which still stands.

Countless biographies have been written, murals painted, and songs sung about Hernandez and his contribution to Spanish culture. His poems later became a key symbol of the emerging Spanish resistance against fascism.

and helped pave the path to revolution.

Orihuela held its biggest ever poetry contest this year in honour of Hernandez. A total of 363 poems were submitted from countries as diverse as the UK, Colombia, Israel and Morocco.

## NEWS EXTRA

### Sneaky skyscrapers

MASSIVE high-rises planned for Torrevieja will not be approved by the council. There are fears that the vast skyscraping apartments would dramatically alter the city's landscape and be despised by locals on the ground.

### Autism Day

INCLUSIVE activities will be held across the southern Costa Blanca from March 30 to April 2 to celebrate World Autism Day.

### Still room

THERE is still space for another 13,000 homes to be built in Alicante. The city's urban plan of 1987 permitted 48,302 new homes by 2008, but the real estate crash put construction on the back burner.

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## Taiwanese scammers

THE extradition of Taiwanese fraudsters arrested in luxury villas scattered around the Costa Blanca has led to a major international incident. Spain is set to become the first EU country to deport criminals from Taiwan to the Chinese mainland instead of the breakaway island.

The vast majority of the 269 suspects arrested in joint Spanish-Chinese police swoops across the country are from Taiwan. Critics say their extradition to China could lead to an unfair trial and even torture.

For years the fraudsters operated sophisticated phone scams on unsuspecting Chinese-speakers across Europe. With full scale call centres operating in the southern Costa Blanca and Madrid, the scammers tricked people into depositing money into bank accounts.

Pretending to be policemen, or bank security officials, they managed to fleece Chinese expats out of more than 16 million before the cartel was crushed.

## Fantastic future



CRUISE SHIPS: Like the luxurious Britannia are expected to bring...

THE Port of Alicante will become the engine of the Costa Blanca economy under ambitious new plans drawn up by port president Juan Antonio Gisbert.

Speaking at a conference on March 29 Gisbert revealed that port traffic grew a healthy 33 per

cent last year.

More than 3.5 million tons of goods shifted through the port. Good news for the 2,000 local families whose livelihood depends on the port's success. Next year there are great expectations that nearly a quarter of a million

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... of tourists to the Costa Blanca.

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Not to mention celebrity and sporting success. This year, and in 2020 and 2023, Alicante will be the starting point for the world famous Volvo Ocean Race, the biggest event in the boating calendar.

## Sexual threat of virtual 'friends'

AN alleged paedophile stands accused of forcing a young girl from Almoradi to take naked photos of herself. The 11-year-old's shocked father found the explicit photos on his daughter's phone and immediately contacted police.

They tracked the WhatsApp messages to a number in Cartagena and captured a 29-year-old Spanish male who had been chatting with the girl for months. A police investigation revealed the youngster was part of an online chat group discussing anime.

She had claimed to be 13 and was targeted by the pervert, who pretended to be a teenager and managed to solicit a provocative photo from her. Once he had the photo he threatened to share it online and expose her to family and friends. She was blackmailed into sending more photos and even videos, progressively becoming more explicit.

In response, the local Guardia Civil has advised parents to protect their children online by adapting security settings on mobiles and WiFi routers to prevent them accessing chat groups.

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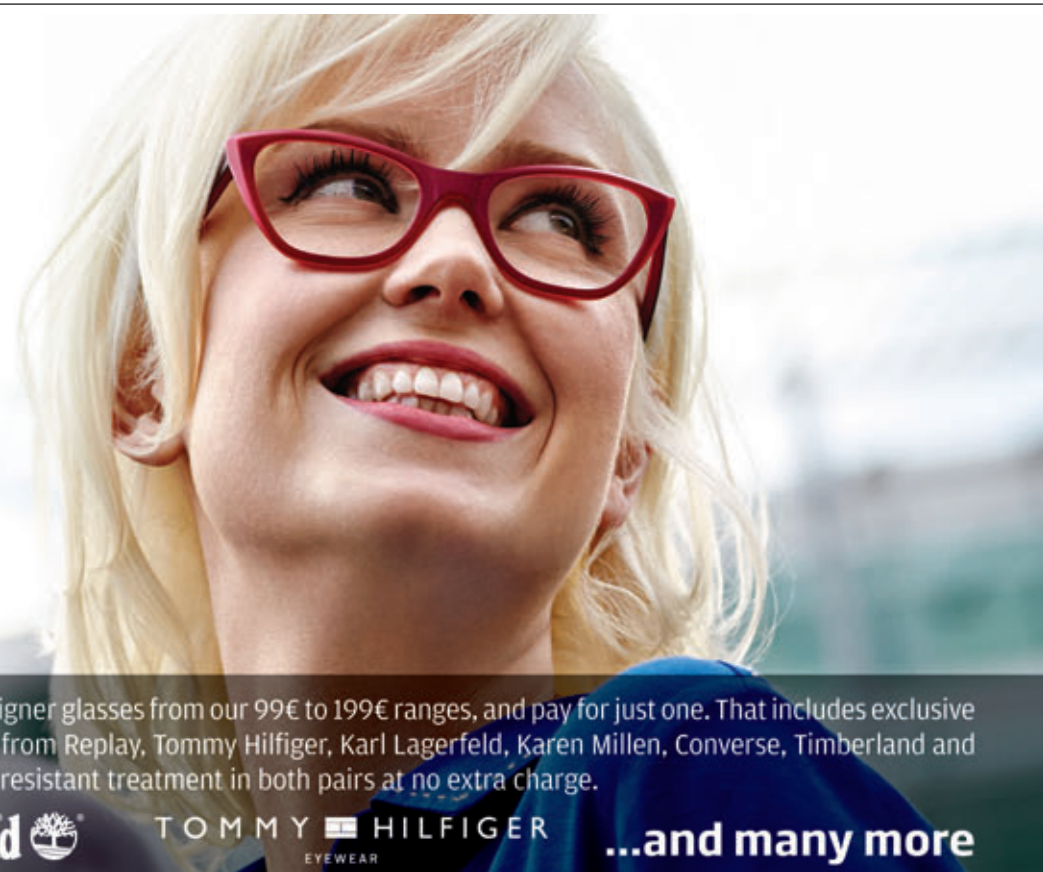
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# Billion euro black market



**TOURIST RENTALS:** Many now choose an apartment rather than a hotel.

By Matthew Elliott

COSTA Blanca residents who rent out rooms or homes to tourists should beware that a major crackdown on the practice is now underway. The regional government has slapped three global accommodation platforms with hefty fines for violating strict tourist rental laws.

Airbnb, Homeaway, and

Rentalia have been fined €30,000 each. It will soon be far more difficult for homeowners to take advantage of the enormously profitable business of renting out rooms.

In the Costa Blanca alone there are roughly half a million apartments, houses and rooms available for short term let at any one moment. But only 22,000 properties and

102,000 beds are officially registered for tax purposes.

Recent estimates suggest that almost three out of every four tourists now chooses to stay in an apartment rather than a hotel. The treasury believes that amounts to a rental black market that generates over €1 billion each year, none of which is taxed.



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# Battling against online bullying

By Matthew Elliott

ONE in every four bullying incidents suffered by children across the Costa Blanca happens online. Six per cent of children in the province claim to have been bullied and blackmailed on the internet.

The terrible humiliation of having mocking videos posted online and spread like wildfire on mobile phones makes some victims so ashamed they suffer for years before telling their families.

Helping child victims overcome these deep psychological wounds before they poison their adulthood is a pioneering initiative at the Cabo Huertas health centre. The child psychology unit began dealing with a huge number of troubled teenagers and traced their



**CHILDHOOD BULLYING:** Can be terribly humiliating.

problems back to childhood bullying.

Today the clinic is perhaps the only public facility in Spain dedicated to helping bullied children at the psychological level. It examines relationships with parents and other children to identify

emotional weaknesses and work towards strengthening them. Dozens of seven to 11-year-olds from across the southern Costa Blanca have benefited tremendously from the workshops.

Soon they will be expanded to help adolescents.

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**NEWS EXTRA**

**Modern problems**

TOURISTS criticised the shoddy WiFi at the Santa Barbara castle claiming that it's hard to find out anything about its history when the network keeps shutting down.

**Healthy hearts**

A VIRGIN olive oil fair held in Alicante attracted Michelin chefs and even talk of a course in olive oil preparation at the university as part of the popular Gastronomy degree.

**Bomb shelter**

THE Balmis bomb shelter in Seneca square, Alicante has been reopened to the public after repairs. The refuge was built in 1937 to protect up to 600 civilians from fascist air raids.

# Secrets of hedgehog hill

By Matthew Elliott

HUNDREDS of volunteers have signed up to scour the Benacantil hill for hedgehogs. The search parties will take place under the cover of darkness when the mysterious nocturnal mammals awaken from their slumber.

The volunteers will have only lanterns and moonlight to guide their way. They are taking part in a unique scientific experiment that hopes to gather as much information about the Costa Blanca's spikiest residents as possible.

Some are biologists or PhD students, others regular men and women with an appetite for hedgehog hunting.

When they get up close and personal with the famously shy creatures, the volunteers will delicately try to attach a GPS transmitter

o n

“ **The animals are facing existential threat from humans upending their natural habitat.**

their spikes. Scientists at the University of Alicante will then be able to study their population numbers, sleeping, eating and mating habits.

Armed with new data they will hopefully be able to help protect the Costa Blanca's native hedgehog population. The animals are facing an existential threat from humans upending their natural habitat to build roads and apartments.

**HEDGEHOG STUDY: Hopes to help protect the native population.**



**Animal lovers or con artists?**

SO-CALLED 'animal experts' charged Torrevieja Council an eye-watering €187 per hour for courses on protection legislation. Opposition councillors have absolutely savaged newly released receipts that show the shocking scale of the bills.

During December 2016 the department of animal protection enlisted the services of a group of self-proclaimed animal experts to educate them on relevant legal frameworks.

They took three courses. The first lasted just eight hours and cost a hefty €1,008 (€126 per hour). The second was on handling cat colonies and lasted four hours at the Torrevieja casino with a €520 invoice.

The final eight-hour course cost €1,499, or €187 per hour and examined how to work with animal shelters.

PP politicians accused the council of squandering public money. They noted that the animal experts weren't quite so altruistic when it came to getting paid and asked how the countless council workers waiting on two years worth of overtime pay must feel.

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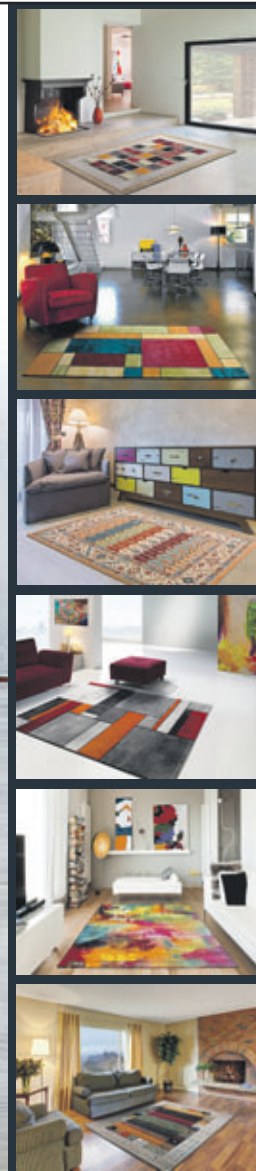
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# Jeremy Corbyn enters the Brexit fray



## BREXIT PAGE

By John Smith

AS the countdown to the triggering Article 50 continued, Jeremy Corbyn who appeared to have been a staunch supporter of the British Government decision to recognise the referendum vote has now thrown something of a 'spanner in the works.'

During a TV interview with Robert Peston, he said that Labour would not vote for any Brexit deal presented to parliament unless it guaranteed "unfettered access" to the European market, a proposal which has already been dismissed by EU leaders.

The timing of his comments has been questioned by pro-Brexit supporters with an immediate response coming from former Conservative leader Iain Duncan Smith who basically suggested that this was an ab-



Plashing Vole Flickr

JEREMY CORBYN: Has thrown a 'spanner in the works.'

surd observation and was being made so that it looked as if Labour has a policy.

Although the Conservatives have a majority in Parliament, a decision by Labour to vote against the deal could

attract Tory dissidents and the SNP and DUP but in the event that a majority decided to reject the deal, if Mrs May decided to ignore the vote and leave without a deal, this could lead to a very hard Brexit.

What is clear however is that those in the EU who want to 'punish' Britain for deciding to leave, will certainly be able to use Mr Corbyn's comments to their possible advantage in negotiations.

As Corbyn becomes more hawkish over Brexit, Jean-Claude Juncker almost became dovish when he announced that Brussels will approach the negotiation of Britain's withdrawal in a "friendly" and "fair" way, but warned that European institutions were not "naive" about the process.

He did however go on to say the UK will be handed a bill when it leaves although not as a "punishment" but as its fair share of pensions for EU officials as well as diverse ongoing projects.

Whilst no figure has been confirmed, it is estimated that it could be as high as €60 billion assuming that it is ever paid.

Juncker also said that he regarded Brexit as "a failure and a tragedy" but did make it clear that one major priority was to protect the rights of EU citizens currently living in the UK and British passport holders living in the European Union.

## Europe protest march

A MIXTURE of Britons born and living in the UK and the European Union as well as Europeans living in the UK took to the streets of London and Edinburgh on March 25 to protest again Brexit and to demand that plans be reversed.

It is estimated that many thousands took part in the London 'Unite for Europe' march which heard speeches from MPs David Lammy and Tim Farron as well as Sue Wilson from the Remain in Spain group in Parliament Square, where they also held a one-minute silence in memory of those caught up in the Westminster attack.

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## NEWS EXTRA

## Wise owls

DOCTORS older than 67 will now be obliged to pass on their wisdom to younger colleagues, rather than tending patients. The decision has not gone down well.

## Pirate nemesis

ONE of the jewels of the Spanish Armada, the tall ship *Serviola*, took a break from its duties combating piracy and drug trafficking to pose for photos in Alicante port.

## Fire above

A FIRE broke out on the eighth floor of an Alicante car park damaging six cars and forcing firefighters to use cranes to extinguish the dangerous blaze.

## Pitch black

CITIZENS of Alicante joined the fight against climate change as the town hall turned off its lights for Earth Hour alongside thousands of cities across the planet.

## Swedish saga on the Costa

By Matthew Elliott

NEGOTIATIONS between Ikea and Alicante City will take place in Madrid on April 19. The global furniture giant is trying to open its first store in the Costa Blanca city but has encountered serious resistance from residents and councillors.

The Scandinavian saga has been dragging on for years, making Alicante one of the very few major European cities not to have an enormous Ikea dominating the horizon.

Next month's negotiations will take place far away in

the Spanish capital because of the disaster which unfolded during a recent meeting with Ikea representatives.

**“ Alicante is one of the few European cities not to have an Ikea.**

Ikea walked out of the 2015 meeting in under five minutes after councillors invited paparazzi and resident's associations to take part.

The Swedish multinational wants to open a gigantic store at least 50,000 square metres in size. But this is problematic under Alicante's urban planning laws which restrict new commercial enterprises on such an enormous scale.



IKEA: Wish to open a huge store of around 50,000sqm.

## Last minute chaos

THE stall owners who make up Torrevieja's famous Friday market began the tough business of setting up camp in the new site near the waterpark. The change of location is set for the first week of April, but many sellers insist it be postponed until after Easter. They fear the change will confuse holidaymakers expecting

the market to be where it's always been.

The controversial move has been long awaited by many, though criticised by some. There will be better amenities for shoppers, including public toilets, at the new site on Delfina Viudes, but there has been a complaint over a lack of transport links.

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**ALICANTE: Proving a step too far.**

## Monty Python mayhem

By Matthew Elliott

GOOGLE maps has been driven crazy by the political intricacies and complex history of Alicante. The global giant can name almost every street in the world, from Fifth Avenue in New York to a dirt path in the slums of Baghdad. But Alicante is proving a step too far.

The search engine is con-

stantly having to update changes to the Alicante map. In recent months judges have abolished street names associated with the Franco dictatorship, then reinstated them after protests from conservative councilors.

The pendulum has swung so often that even postmen and taxi drivers are confused.

Signs and plaques dedicated to one faction or another

during the Civil War are constantly being rewritten or removed, making it difficult to have even basic reference points.

Whenever a street name is abolished over public protests, a rival protest demands it be reinstated.

Alicante cartography now resembles a Monty Python sketch which shows no signs of ever ending.

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# Doctors cleared of man's death

SIX doctors were acquitted of reckless homicide over the death of a young man who was discharged from Elche hospital but then collapsed and died just eight hours later.

The tragic case took place 17 years ago. Lawyers for the victim's family had demanded three-year prison sentences for the doctors, some of whom were just interns at the time.

In 2000, the 20-year-old entered A&E after suffering a back injury. A CT scan revealed no serious internal damage or bleeding and he was discharged. Days later he returned

complaining of severe stomach pain that radiated through his back, and constant vomiting.

He encountered six doctors at various stage of the attempted diagnosis but none inferred from his symptoms that he had suffered a lesion on his crucial aortic artery. He was advised to stay overnight but not compelled. Choosing to leave, the young man died just hours later.

Judges found that, while the doctors may have collectively done better, they were not negligent or in dereliction of duty as the likelihood of an aortic rupture was extremely small.

## Green champion

ELCHE has announced its ambitious plan to be the European Green Capital in 2030. It would be a huge coup for Elche, which already has two World Heritage awards, the Palmaral, and the Mystery Play of Elche staged at the Santa Maria Basilica. Becoming a European Green Capital isn't just a symbolic triumph. The city would reap serious financial dividends through increased tourist revenue and funding.

# Elche cigarette factory

By John Smith

ACCORDING to an official report from the National Police, officers have prevented the opening of an illegal tobacco factory in Elche which could have produced 40 million cigarettes (two million packs) just from the material seized.

Information was received that an organisation based in Bulgaria and with sections in different countries of the European Union which was involved in smuggling and money laundering, was in the process of setting up this illegal and unsanitary factory.

“ The organisation was also involved in smuggling and money laundering.

It was established that they had obtained a warehouse property and were in the process of shipping in machinery and building premises to house workers on site. In addition, officers discovered that those behind the factory had chartered a vessel which was bringing in tobacco so



Photo by Policia Nacional



WAREHOUSE: Machinery was seized.

that they could start manufacture.

Armed with all of this information, the officers raided the warehouse, seized the machinery and arrested five Bulgarians.

## NEWS EXTRA

### Flash mob

PEOPLE with Down's Syndrome and their relatives stormed Alicante's AVE station in a flash mob while singing the hit song 'Happy' by Pharrell Williams.

### Home defenders

A WAVE of home robberies has forced dozens of Villafranqueza residents to protest and demand extra evening patrols and security cameras.

### Tram battered

A TRAM linking San Juan beach to Alicante was wrecked after a gang of thugs threw stones at it, terrifying the passengers on board who later had to disembark and wait for a new tram.



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## NEWS EXTRA

### Have a say

MORE than 15,000 Costa Blanca parents have signed a petition demanding the right to a say in the language their children are educated in. At present the Madrid government has the final say on state school matters.

### Lost at sea

A CANDLELIT prayer ceremony was held on Postiguat beach to remember all the people who drowned in the Mediterranean in 2016, including countless thousands of refugees.

### Take over

AUSTRIAN airline, Niki, will take over all Air Berlin flights from Alicante to Berlin, Munich and Dusseldorf. Air Berlin cancelled routes from Alicante in December due to financial difficulties.

# Torre Vieja Co light work of

by Francesca Souter

ANIMAL rescue workers at Torre Vieja Town Hall have been dealing with more than just lost cats, having rescued 32 wild animals over the course of the last year.

The figures were announced at the end of February by Councillor Fanny Serrano, who also revealed that the number of successful rescues were up on the previous year.

The most prominent find was a royal python, a species not native to the Mediterranean, unable to withstand the low temperatures at night, and was most likely an escaped house pet. The snake was rescued after local residents alerted the Guardia Civil that they could see it moving towards them down the road.

A whopping 24 of those recovered were birds, including a hawk eagle, young owl, kestrel, four swifts and gulls. The kestrel was found nesting on a ninth floor bal-



ON THE TOWN: Kestrels are quiet

cony at the Hotel Playas where experts managed to move the nest full of chicks to a nearby terrace without much disturbance.

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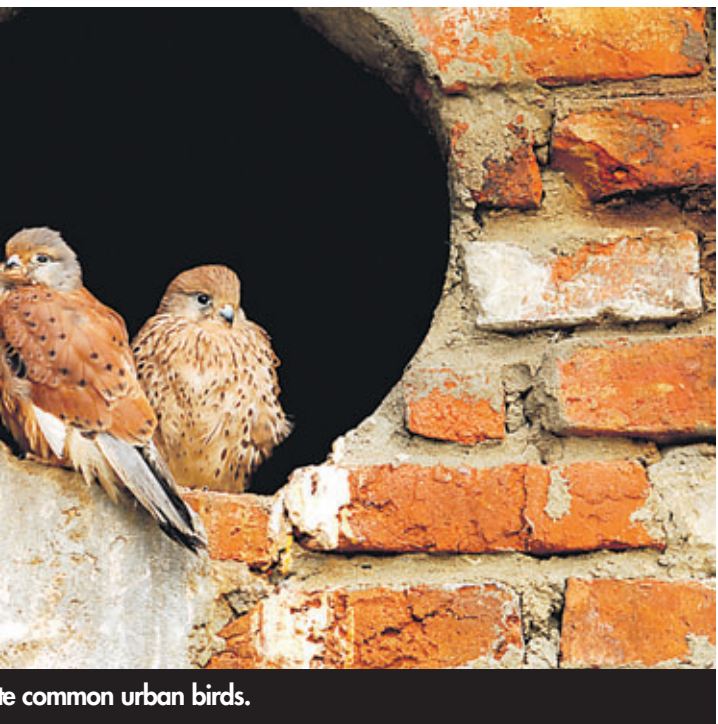
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# Council makes wild animals



Common urban birds.

Perhaps the most surprising of the rescues listed were two swarms of domestic bees. Serrano was keen to emphasise that it isn't

always the experts who do the rescuing! A resident of Aguas Nuevas managed to save a bat, releasing it at nightfall.

## Careless mess in city costs fortunes

DOG pee, cigarette butts and lazy recyclers cost Alicante an unbelievable €4 million every year.

With that money all of the city's beaches could be made immaculate every evening, and every street scrubbed and washed every two weeks.

The shocking revelation comes as part of a new cleaning campaign fronted by local rapper Arkano. Busting a rhyme in the new TV ad, Arkano, who dresses like Ali G, asks why people would never stamp out cigarette butts in their living room but happily do so on the street.

The hip campaign's catch motto is 'Why don't you eat it with chips?' juxtaposed with a steaming pile of dog poo. It will be brought to schools and community centres across the city.

Radio messages urging residents to keep the city clean will be recorded by famous voice actor Joan Pera, who usually plays Woody Allen on dubbed Spanish telly.

Though the message uses humour, the reality isn't quite so amusing. Chewing gum and cigarettes alone cost the city €180,000 to clean up each year. More than half a million is spent on dog urine. Meanwhile, separating recycling and organic waste, easily done at home, costs Alicante a staggering €3 million each year.

# On the Padron? Do you need to confirm your registration?

THE Spanish Office of National Statistics (INE) collects Padron data annually, and the closing date for information to be submitted this year is March 31.

This data is very important not just for town halls but for everyone living in Spain, as it is used for allocating local budgets, among other administrative processes. You should register with the town hall where you live.

The Padron is an administrative registration which provides proof of residence in your municipality. If you live in several places you only need to register in the place where you live the most.

Benefits include more and better public services, the ability to obtain Spanish residency, driving licence, pensioners' card, health card, and school grants and registrations.

According to the Spanish authorities, if you are resident in Spain, your registration on the Padron needs to be confirmed every five years. If you are not resident (e.g. living here temporarily),

but are registered on the Padron, your Padron registration needs to be confirmed every two years.

If your Padron registration is due for confirmation, you can do this by signing a declaration form at your town hall. In some cases, your town hall may contact you in person (either an official from the town hall or the Local Police) or send you a letter asking you to confirm your registration.

If you change your address or personal details with your local town hall, your Padron registration will be automatically confirmed.

If you don't confirm your registration every two or five years (depending upon your residency status), then your town hall will start the process to remove you from the Padron register. However, the town hall will attempt to inform you of this process, before you are removed.

If you have any questions about this process, please contact your local town hall.

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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!"

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# Labour leader takes up pension cudgel

**FIGHTING:**  
For pension equality.



By John Smith

FOR those 450,000 living in the European Union who are worried about the possibility of their state pensions being frozen in

the same way that they are for other overseas residents once Britain leaves the EU, Jeremy Corbyn has offered some words of comfort.

A motion to change this situation for the 550,000 retirees who receive no increase in the pensions because they live abroad is to be debated in the House of Commons and now Jeremy Corbyn has thrown his support behind MPs from most parties including the odd Conservative, DUP, Lib Dem and SDP.

As Leader of the Opposition, Corbyn can actually bring the matter to greater prominence in Parliament and has said: "It is contrary to natural justice for some pensioners living abroad to be left behind while others have their pensions increased in line with inflation."

"The next Labour government will treat all our pensioners equally, wherever they live, and ensure that overseas pensions are levelled up, not down when Britain leaves the EU."

**A motion is to be debated in the House of Commons.**

Whilst it is too early for pensioners to get too excited and the government has a good enough majority if it doesn't want to spend the money, up to 1,000,000 pensioners all able to vote by 2020, cannot be ignored and it will have to tread carefully if it doesn't want to be ousted by a bunch of 'Silver Surfers.'

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# Ship ahoy!

SAILING ship Pascual Flores is being rescued from rotting away in Torre- vieja harbour.

This beautiful ship was laid up in the UK after being used in 1970s serial drama The Onedin Line. Upon finishing filming, she was brought to Torrevieja where she was built 110 years ago.

The Partido Popular in Torrevieja spent a considerable amount of money in renovations to ensure she was ship shape and seaworthy but the PSOE coalition council had no interest in her.

The local branch of the Royal Naval Association was invited aboard and noticed the bell was missing so they raised funds to help purchase of a new one. After acquiring a bell, RNA members donated a bell rope from the old aircraft carrier HMS Ark Royal and she was complete.

The Spanish Navy's floating dry dock will arrive from Cartagena late on the evening of Friday March 31 and early the following morning, the crew will cast off the Pascual Flores' mooring ropes and steer her into the dry dock.

Once in position the water will be pumped out, the Pascual Flores will settle down, the dock will rise and she will depart Torre- vieja to the music of The British Royal Marine band.

Providing all goes to plan, the ship will leave Torrevieja around 12 noon on Saturday and the flags flying from the foremast will read 'Bon Voyage.' Plenty of car parking spaces will be made available why not go along and see this lovely ship off?

On arrival in Cartagena she will be rested high and dry on a concrete structure which is part of the Naval Maritime Museum.

# Bar Kenz's kind donation to AECC



**SUPPORTING AECC: Bar Kenz has raised vital funds for the cancer charity.**

THE amazing Bar Kenz on San Luis has given Maria and the Pink Ladies €1,020 for the AECC.

Landlords Jan and Ken, along with their hard working staff raised the money mainly from the charity tins which are passed around the bar regularly especially on the card bingo days when the bar is really busy.

There was also a very kind donation from one

of the bar's regulars of €125. As usual Jan and Ken would like to thank customers for their never ending generosity when raising money for charity.

If you would like to make an appointment with the AECC for a mammogram, cervical test or prostate check please telephone the office on 965 329 841 Monday to Friday 10am-1pm.

## Pet friendly shopping

A LIST of all the pet friendly shops, cafes and businesses throughout Torrevieja will soon be available on the council's website.

There are already at least 40 participating businesses who have pledged to warmly welcome cats, dogs, and other furry shoppers.

The pet friendly initiative has been a remarkable success in other European countries and will be publicised in Torrevieja's tourist office.

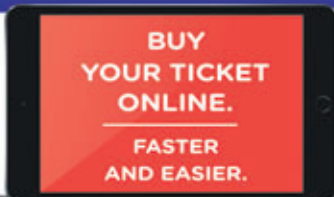
With so many people desperate to take their pets on short trips or holidays, the effort will doubtlessly prove popular among travellers.

All businesses which sign up for the scheme will be given an abundant supply of free doggy bags in appreciation of their tolerant attitude.



|                              |       |         |       |                        |  |
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| 9:00                         | 12:00 | 16:00   | 19:00 |                        |  |
| 10:00                        | 13:00 | 17:00   | 21:00 |                        |  |
| From 1 November to 31 March: |       |         |       |                        |  |
| 7:00                         | 11:00 | 15:00   | 19:00 |                        |  |
| 9:00                         | 13:00 | 17:00   | 21:00 |                        |  |

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| From 1 April to 31 October:  |       |         |       |            |  |
| 8:00                         | 12:00 | 16:00   | 19:00 |            |  |
| 10:00                        | 13:00 | 17:00   | 20:00 |            |  |
| 11:00                        | 14:00 | 18:00   | 22:00 |            |  |
| From 1 November to 31 March: |       |         |       |            |  |
| 08:00                        | 12:00 | 16:00   | 20:00 |            |  |
| 10:00                        | 14:00 | 18:00   | 22:00 |            |  |



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**ANNETTE AND DAVE** English receive the donation from event organisers, Marlene Brown and Joan Rampton.

## Thanks for the support

ELCHE Children's Care Home has received an incredibly generous sum of €928 which was raised at a charity night held at Restaurante El Alto La Dolores. The home is incredibly grateful to all involved for their continued support.

## Annual spring craft fayre

THE Torrevieja Christian Fellowship (TCF) will be holding its annual Spring Craft Fayre at TCF, Avenida de las Cortes Valencianas, 68 in Torrevieja on Saturday April 1 between 1pm and 3.30pm.

A range of beautiful handcrafted items including cards, jewellery, knitted items, cush-

ions, etc will be available as well as home-baked cakes and scones, bric-a-brac and nearly new clothing. Admission is free and there will also be refreshments on sale. Doors will open at 1pm prompt so get along and see the wonderful array of items available and feel free to bring your family and friends too.



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# Country music club celebrates birthday

AT the Costa Calida Country Music Club's March dance the club celebrated its fourth birthday. Tex Mex provided the live entertainment with their repertoire coming mainly from the Texas Tornados and the Mavericks.

Members also said goodbye to their German friends until such times as they return in October.

The monthly dance is held on the first Friday of each month in Marianos Camposol,

starting at 7.45pm and entry costs only €4.

The next night is on Friday April 7 and this will be a big screen/projector night, so if you want to hear a particular song let the club know through its Facebook page.

Ann, Roy, Tom and Helen, as well as running the club for four years, have also been involved with another club for six years. During this time it has always been their objective to book a Spanish country band

but there were none to book.

They were delighted therefore to come across Los Alacranes, a five-piece band with banjo, fiddle, according etc., which has recently been formed. This group has been booked for Friday May 5, so put that in your diary... a night to look forward to.

Ann and Roy's line dance classes continue in Camposol Culture Centre on Wednesdays and Thursdays. Call 968 974 951 for more information.

## HELP Murcia Mar Menor

HELP Murcia Mar Menor will be hosting a spring fair on Saturday April 8 at the HELP Outlet, Oasis Bulevar from 10am until 3pm.

There will be a range of stalls including cards, gardening equipment, stained glass, jewellery and cakes. There will also be a

tombola and at 12 noon there will be a small fashion show.

You can find the HELP Outlet located between the Arches Bar and the English butchers where everyone will be made more than welcome.

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## Phoenix announce new musical director

THE Phoenix Concert Band is pleased to announce the appointment of the new Musical Director, Mr David Last. David has vast experience in the musical world, having held the position of Principal at Lyceum School of Music, Manchester.

The Phoenix Concert Band was originally formed in 1996 and plays a wide variety of music such as songs from the musicals, ballads and sing-a-longs. They also play carols and hymns for special services and occasions. There are currently vacancies for musicians in all sections, brass and woodwinds.

So why not go along and have a chat over a coffee or contact them by phone on 646 031 584 or email [mspatshep@hotmail.com](mailto:mspatshep@hotmail.com) for further information. The band rehearses Tuesdays from 2pm - 4pm in San Miguel.

# Tap your troubles away

STUDIO32 are now halfway through rehearsals for their summer production of 'Mack and Mabel.'

The play is a true story, set in the period of the silent movies, starting in 1911 and ending in 1938. The role of Lottie is played by one of Studio32's younger stars, Alice Wakeford. This is Alice's fifth show with Studio32; her previous credits include a show-stealing performance as the cat in 'Dick Whittington,' the youngest daughter Chava in 'Fiddler On The Roof' and more recently the Ghost of Christmas Past in 'A Christmas Carol.'

At only 15 years old she is an accomplished singer, dancer and actress and is relishing the challenges of her current role. Lottie is Mack's previous leading lady, a girl who has been round the block a few times. She is the tap dance lead in the show, and her poignant song tells of years of putting up with life's little knocks – so just 'Tap Your Troubles Away'!

The show contains some great songs, dancing and humour, and the high standards of production from this talented company ensure that audiences will be in for a spectacularly entertaining evening. Studio32 are continuing to support the San Fulgencio

Alzheimer's Association and local charities with this show.

Past shows have raised significant sums of money and the company hope to repeat that with sell-out performances again. Tickets are available now and seats for their previous productions have sold out quickly so make sure to book your tickets early.

This performances will be Wednesday May 31 to Saturday June 3 at the Cardenal Belluga Theatre in San Fulgencio and start at 7.30pm with doors open 7pm. Reserved seating tickets are now on sale, priced at €9, and can be obtained by calling Philip on 602 454 033, or by emailing [tickets@studiothirtytwo.org](mailto:tickets@studiothirtytwo.org).

A seating plan is available on their website [www.studiothirtytwo.org](http://www.studiothirtytwo.org), along with lots of information about the company and past shows.

“ The show contains some great songs, dancing and humour.



**RISING star Alice Wakeford.**

## Oriheula dinner, dance and song

FOR one night only Oriheula Costa Community Care brings you the amazing voice of the fabulous tenor Paul Michael.

A dinner, dance and song will be held on Friday April 14 at Restaurante Alfonso's to help raise funds for the drop-in centre that the association would like to open. There will also be a raffle to help raise as much funds as possible.

The event costs €16.95 and reservations can be made by calling 966 760 814.



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# Huntington's Disease fundraiser

CAFE-BAR ALMORADI held its first event at its new premises in Calle Mayor, Almoradi last week, in aid of Huntington's Disease Association (HDA).

Supporters enjoyed a tradi-

tional afternoon tea of sandwiches; savouries and homemade cakes, raising a magnificent €212 for this not so well-known charity.

The next fundraising event in aid of HDA will be the

ever popular fun quiz on Saturday April 22 at 8pm. Tickets cost just €5 per person which includes tapas.

To book tickets please contact Marion Smith on 651 043 681.

Huntington's Disease, which is often called HD, is a hereditary disorder of the central nervous system. It is a terminal illness, affecting both men and women, causing a very wide range of

symptoms including, uncontrollable movements; loss of speech and ability to swallow; incontinence and loss of memory function, as well as depression and changes in personality. There is currently no cure for HD.

If you would like more information, or would like to get involved with organising a fundraising event in your area, then please contact Marion Smith on 651 043 681.



THE VELVETONES: Had a full house for its charity night to raise funds

## Oh, what a

THE Velvetones had a full house for its charity night to raise funds for AECC and ALPE with music from the fabulous Reef Band and a couple of songs from the ladies during the break.

A great time was had by all and €465 was raised which will be split between the two charities. Thanks to the band and everyone who came along to support the charities, it is an event that will definitely be done again!

“ The group can sing for groups, organisations or at weddings.

If you like to sing whilst having fun and raising money for charity the group would love to see you at El Paraiso, Torrevieja on a Wednesday morning between 10am-12.30pm.



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Photo by Kristoff

...nds for AECC and ALPE.

# night

Looking for someone to sing for you? The group needs no equipment and only charges a nominal fee for groups, organisations, weddings, etc although the fee is waived for registered charities. Visit [www.velvetoneharmonytorrevieja.com](http://www.velvetoneharmonytorrevieja.com) or Facebook page Velvetones Harmony Chorus for further details or phone Ena on 965 707 598 or Maryanne on 966 714 973. The group looks forward to seeing you soon.

# Jumping for local charity



**NICK MOORE (centre) and Dennis Carpenter (right).**

ON Sunday March 19, Costa Blanca residents Nick Moore and Dennis Carpenter jumped from a plane at 4,000 metres helping to raise over €2,600 for four animal rescues. Donations came from all over the UK, as well as locally in Spain. The brave duo jumped for the first time and both describe the fall as the most thrilling experience of their lives. Nick said, "I wouldn't say it was life-changing but there is definitely a before and after when you do a parachute jump." Funds raised will help care for abandoned animals in the Costa Blanca region in the care of ASOKA in Orihuela and Los Infiernos Supporters and Annette Crittall's Tranquila Para Animales both in Murcia. Nick added "the fight to care for these animals continues. Everyone can help by making sure their animals are chipped and neutered and never buying from pet shops! Adopt don't shop!"

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## Political perks

■ **CORRUPTION** allegations have been levelled against prime minister Dmitry Medvedev. Communist party deputy Valery Ruskin claims to have evidence that Medvedev owns a huge Moscow mansion, two glorious winter homes in the countryside, an Italian vineyard, a St Petersburg apartment complex and two yachts, despite his modest public salary.

### Dangerous game

■ A **LAWYER** who represents a dead Russian whistleblower mysteriously plunged from the fourth floor of an apartment building. Nikolai Gorokhov is the top lawyer for Sergei Magnitsky, who uncovered a huge fraud involving billions of roubles and key government officials in 2008. He later died in prison.

### Hot potato

■ **RUSSIA'S** entry to the Eurovision song contest has been banned by Ukraine, where the 2017 event takes place. The Kiev government is furious that Yulia Samoylova once performed in Crimea, which was Ukrainian territory before Russia took it back in 2014. She has been barred entry for three years.

### Medicine man

■ **AN** indigenous guardian of a Siberian lake considered sacred by local reindeer herders is launching a one man battle against oil drillers. Like many others Sergei Kechimov relies on fishing and an abundant ecosystem near Lake Imlor. But excavators and oil men are destroying the indigenous people's traditional way of life.

### Historical amnesia

■ A **POLL** found most Russians have no idea how their

country originated. Some believe the union of Slavic tribes in ancient Kiev, others when Christianity was adopted in 988. Many reckoned Russia began with Peter the Great or the collapse of the USSR. One third said 'the dawn of time.'

### Novice mistake

■ **TWO** Moscow-based sisters stole more than 40 million roubles (€600,000) from clients in the bank they worked at. They were arrested when they went to buy a luxury Ferrari at a prestigious dealership using a confused mixture of multiple bank accounts, cheques and cash.

### Basket case

■ A **GENEROUS** grocer in Strunino, north of Moscow, has been accused of 'stealing bread from Putin.' For years Mamud Shavershyan has dished out free bread to needy families and old ladies. But inquisitive locals can't believe he would just hand out 3,000 loaves a month and contacted police.



**FREE BREAD:** Was handed out to needy families.



# Credit availability in the UK

By John Smith

ACCORDING to a new Mintel report, whilst 60 per cent of British residents believe they could obtain credit if they needed to, almost the same percentage would either have difficulty or would pay a higher rate than expected.

One thing that goes against applicants for credit is if they have made just one late payment in the previous 12 months which would be likely to sound warning bells and suggest that they may have problems with managing money.

# 66

is the percentage of adults in the UK who owe money on a loan or credit product.

Those who have changed address on a regular basis or are in temporary employment (now known as the gig economy which is growing rapidly)

could also find their credit scores reduced which in turn would mean that they could face difficulty in obtaining credit.

Those in low paid jobs will also face some difficulty in obtaining the best rates, if indeed they can obtain credit of any type and according to the report, 23 per cent of households in Britain have an annual income of less than £15,500 (€17,900) which makes their positions difficult to say the least.

Student loans and mortgages also impinge upon the ability to obtain new credit which means a high percentage of those who do believe themselves likely to be able to obtain credit when needed, could be in for a rude awakening.

## Social services

A REPORT from Spanish Association of Directors and Managers of Social Services has criticised the Spanish government for its poor investment in social services, although there are currently 1,212,048 people (2.5 per cent of the population) who are dependent upon the state for financial assistance.

It is estimated however that no less than 350,000 people receive no assistance whatsoever and 125,000 have died in the past four years after receiving nothing from the state by way of support.

If those 350,000 people were to receive help, then it is estimated that at least 100,000 would be able to find work and income taxes would pay for additional costs.

### Quote of the Week

There can be no margin for error, and no excuses, when it comes to billing customers correctly." Lindsey Fussell, Ofcom consumer group director after PlusNet was fined for overcharging former customers.



## Boycott of YouTube

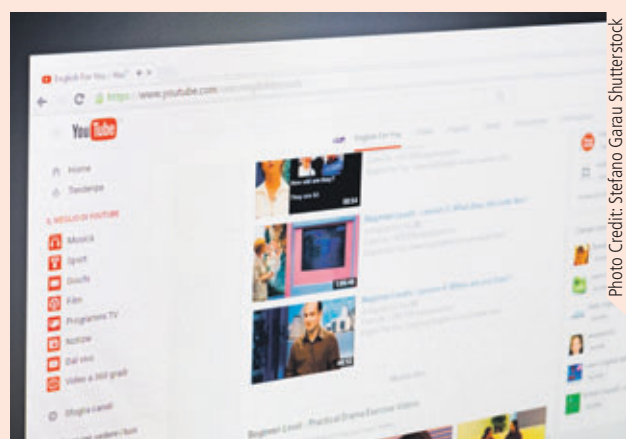


Photo Credit: Stefano Garau Shutterstock

**YOUTUBE: Companies are pulling their ads.**

By John Smith

AFTER a serious complaint from the British government concerning advertisements paid for by the tax payer on Google subsidiary YouTube, which were placed next to videos promoting extremist views and generating income for them, a number of companies have withdrawn their advertising.

Google had hoped to contain the damage following the public reprimand from the government (although why it needs to advertise at all on YouTube is another question) but not only

have 250 British companies pulled their ads, but a number of major US brands have followed suit.

According to *The Times* AT&T and Verizon, Enterprise and GSK have all publicly declared they will no longer advertise on YouTube until they are assured that this will not happen again.

Google responded "We've begun an extensive review of our advertising policies and have made a public commitment to put in place changes that give brands more control over where their ads appear."

### » BUSINESS EXTRA

## Public jobs

THE Spanish government has held meetings with Trade Union leaders to discuss the reduction of temporary positions in the civil service and replacing them with permanent positions, the appointment of additional staff to replace those who have retired and a possible increase in wages for public servants.

## Port workers

DESPITE the fact the law to reform employment of stevedores in Spanish docks was defeated in the Cortes, the unions and port owners are still in negotiation as they recognise the change will eventually take place. As far as the unions are concerned, they are looking for guarantees concerning the employment terms of exiting stevedores.

## Swiss charge

THE Swiss bank UBS has announced that with effect from the beginning of May it will be charging customers 0.6 per cent for any deposit exceeding €1 million, to follow up similar charges for customers who deposit large amounts of Swiss Francs with it.

## Trading benefits after Brexit

ACCORDING to a recent report from think tank CIVITAS, the benefits to Britain from trading with the European Union are nowhere near as good as people tend to think. Their research suggests that Britain was exporting far more than countries like

the USA to EU states prior to joining in 1993 but since becoming a member, Britain has been overtaken in the trading states by the non-EU exporters and therefore might be better off without an EU deal.



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## LONDON - FTSE 100

CLOSING PRICES MARCH 27

| COMPANY                         | PRICE(P) | CHANGE(P) | % CHG. | NET VOL    |
|---------------------------------|----------|-----------|--------|------------|
| Anglo American                  | 1,224.75 | -27.75    | -2.22  | 17,577.13  |
| Associated British Foods        | 2,630.50 | 0.50      | 0.02   | 20,916.03  |
| Admiral Group                   | 1,963.00 | -15.00    | -0.76  | 5,664.30   |
| Ashtead Group                   | 1,579.00 | -30.00    | -1.86  | 8,232.23   |
| Antofagasta                     | 806.50   | -24.00    | -2.89  | 8,246.69   |
| Aviva                           | 520.75   | -4.75     | -0.90  | 21,550.29  |
| AstraZeneca                     | 4,917.75 | -10.75    | -0.22  | 62,756.84  |
| BAE Systems                     | 646.00   | -7.00     | -1.07  | 20,730.69  |
| Babcock International Group     | 893.00   | -23.50    | -2.56  | 4,641.38   |
| Barclays                        | 222.85   | -4.10     | -1.81  | 37,990.64  |
| British American Tobacco        | 5,245.00 | -32.00    | -0.61  | 96,462.78  |
| Barratt Developments            | 534.25   | -8.25     | -1.52  | 5,528.25   |
| British Land Co                 | 603.00   | -4.00     | -0.66  | 6,250.65   |
| BHP Billiton                    | 1,214.50 | -30.50    | -2.45  | 26,506.50  |
| Bunzl                           | 2,313.00 | -9.00     | -0.39  | 7,829.78   |
| BP                              | 448.60   | -3.25     | -0.72  | 89,335.48  |
| Burberry Group                  | 1,743.00 | -19.00    | -1.08  | 7,756.61   |
| BT Group                        | 319.43   | -6.22     | -1.91  | 33,008.06  |
| Coca-Cola HBC                   | 2,015.00 | -8.00     | -0.40  | 7,376.50   |
| Carnival                        | 4,506.00 | -44.00    | -0.97  | 9,746.23   |
| Centrica                        | 217.85   | 1.45      | 0.67   | 11,813.04  |
| Compass Group                   | 1,504.50 | -6.50     | -0.43  | 24,648.21  |
| Croda International             | 3,582.00 | -26.00    | -0.72  | 4,752.48   |
| CRH                             | 2,765.00 | -56.00    | -1.99  | 23,612.63  |
| Convatec Group                  | 266.55   | 1.75      | 0.66   | 5,151.89   |
| DCC                             | 6,940.00 | -35.00    | -0.50  | 6,190.50   |
| Diageo                          | 2,298.50 | -9.50     | -0.41  | 57,917.66  |
| Direct Line Insurance Group     | 334.15   | -3.45     | -1.02  | 4,620.00   |
| Experian                        | 1,629.00 | -7.00     | -0.43  | 15,355.41  |
| easyJet                         | 994.75   | -10.25    | -1.02  | 4,003.86   |
| Fresnillo                       | 1,567.50 | 22.50     | 1.46   | 11,318.69  |
| GKN                             | 368.35   | -3.65     | -0.98  | 6,302.82   |
| Glencore                        | 307.95   | -11.80    | -3.69  | 46,300.68  |
| GlaxoSmithKline                 | 1,671.25 | 0.75      | 0.04   | 82,358.48  |
| Hikma Pharmaceuticals           | 2,003.00 | 2.00      | 0.10   | 4,861.88   |
| Hargreaves Lansdown             | 1,278.50 | -14.50    | -1.12  | 6,123.45   |
| Hammerson                       | 571.25   | -1.25     | -0.22  | 4,572.73   |
| HSBC Holdings                   | 643.30   | -5.00     | -0.77  | 128,652.69 |
| International Consoltd Airs Grp | 529.75   | -19.75    | -3.59  | 11,571.75  |
| InterContinental Hotels Grp     | 3,826.00 | -22.00    | -0.57  | 7,619.87   |
| 3i Group                        | 702.50   | -7.50     | -1.06  | 6,989.58   |
| Imperial Brands                 | 3,816.50 | 1.50      | 0.04   | 36,426.22  |
| Informa                         | 642.75   | -4.25     | -0.66  | 5,236.55   |
| Intu Properties                 | 274.10   | -1.30     | -0.47  | 3,754.82   |
| Intertek Group                  | 3,896.00 | -25.00    | -0.64  | 6,305.38   |
| ITV                             | 208.00   | -1.60     | -0.76  | 8,392.98   |
| Johnson Matthey                 | 2,906.00 | -17.00    | -0.58  | 5,747.94   |
| Kingfisher                      | 322.35   | -1.45     | -0.45  | 7,228.46   |
| Land Securities Group           | 1,049.00 | -6.00     | -0.57  | 8,326.59   |
| Legal & General Group           | 246.15   | -2.35     | -0.95  | 14,839.84  |

| COMPANY                    | PRICE(P) | CHANGE(P) | % CHG. | NET VOL   |
|----------------------------|----------|-----------|--------|-----------|
| Lloyds Banking Group ORD   | 66.17    | -1.88     | -2.76  | 48,900.05 |
| London Stock Exchange Grp  | 2,998.50 | -17.50    | -0.58  | 10,624.79 |
| Micro Focus International  | 2,174.50 | -18.50    | -0.84  | 5,033.29  |
| Mediclinic International   | 766.75   | 3.75      | 0.49   | 5,643.60  |
| Merlin Entertainments      | 473.75   | -2.15     | -0.45  | 4,802.75  |
| Marks & Spencer Group      | 329.80   | -2.10     | -0.63  | 5,480.21  |
| Mondi                      | 1,927.00 | -2.00     | -0.10  | 9,424.60  |
| Morrison (Wm) Supermarkets | 234.25   | -1.55     | -0.66  | 5,476.92  |
| National Grid              | 1,011.25 | -1.75     | -0.17  | 37,776.05 |
| Next                       | 4,122.50 | -7.50     | -0.18  | 6,174.91  |
| Old Mutual Group           | 222.35   | -0.15     | -0.07  | 10,993.81 |
| Provident Financial        | 2,950.50 | -15.50    | -0.52  | 4,326.91  |
| Paddy Power Betfair        | 8,687.50 | -7.50     | -0.09  | 7,317.06  |
| Prudential                 | 1,699.00 | -22.00    | -1.28  | 44,448.93 |
| Persimmon                  | 2,063.00 | -20.00    | -0.96  | 6,517.22  |
| Pearson                    | 634.00   | -9.50     | -1.48  | 5,223.43  |
| Reckitt Benckiser Group    | 7,320.50 | -24.50    | -0.33  | 51,362.92 |
| Royal Bank of Scotland Grp | 235.40   | -3.60     | -1.51  | 28,375.65 |
| Royal Dutch Shell          | 2,070.50 | -12.50    | -0.60  | 92,896.26 |
| Royal Dutch Shell          | 2,166.00 | -14.00    | -0.64  | 82,344.53 |
| RELX                       | 1,558.00 | -2.00     | -0.13  | 16,780.19 |
| Rio Tinto                  | 3,180.00 | -77.50    | -2.38  | 45,209.66 |
| Royal Mail                 | 417.25   | -2.85     | -0.68  | 4,180.00  |
| Rolls-Royce Group          | 746.00   | -10.50    | -1.39  | 13,864.73 |
| Randgold Resources         | 7,297.50 | 137.50    | 1.92   | 6,665.03  |
| RSA Insurance Group        | 592.50   | -3.50     | -0.59  | 6,038.94  |
| Rentokil Initial           | 241.70   | -2.30     | -0.94  | 4,484.93  |
| Sainsbury (J)              | 264.75   | -1.85     | -0.69  | 5,830.11  |
| Schroders                  | 3,058.50 | -25.50    | -0.83  | 7,024.78  |
| Sage Group (The)           | 627.50   | -3.50     | -0.55  | 6,800.18  |
| Shire                      | 4,677.75 | 1.25      | 0.03   | 42,226.09 |
| Smurfit Kappa Group        | 2,069.00 | -18.00    | -0.86  | 5,102.77  |
| Sky                        | 981.25   | 0.75      | 0.08   | 16,889.34 |
| Standard Life              | 354.15   | -2.75     | -0.77  | 7,010.20  |
| Smiths Group               | 1,591.00 | -10.00    | -0.62  | 6,153.18  |
| Scottish Mortgage Invstmnt | 355.95   | -3.45     | -0.96  | 4,626.79  |
| Smith & Nephew             | 1,239.00 | -4.00     | -0.32  | 10,954.26 |
| SSE                        | 1,498.00 | -6.00     | -0.40  | 15,206.74 |
| Standard Chartered         | 715.85   | -10.75    | -1.48  | 23,891.25 |
| St James's Place           | 1,052.00 | -9.00     | -0.85  | 5,570.53  |
| Severn Trent               | 2,409.00 | -2.00     | -0.08  | 5,706.54  |
| Tesco                      | 188.93   | -2.07     | -1.08  | 15,499.67 |
| TUI AG                     | 1,115.00 | -7.00     | -0.62  | 6,592.44  |
| Taylor Wimpey              | 189.65   | -1.85     | -0.97  | 6,372.61  |
| Unilever                   | 4,016.25 | -1.75     | -0.04  | 51,543.73 |
| United Utilities Group     | 1,002.00 | -2.00     | -0.20  | 6,873.44  |
| Vodafone Group             | 210.88   | -0.72     | -0.34  | 56,171.02 |
| Wolseley                   | 4,918.00 | -54.00    | -1.09  | 12,721.85 |
| Worldpay Group             | 288.40   | -2.00     | -0.69  | 5,798.00  |
| WPP Group                  | 1,667.50 | -17.50    | -1.04  | 21,382.75 |
| Whitbread                  | 3,888.50 | -21.50    | -0.55  | 7,196.66  |

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## DOW JONES

CLOSING PRICES MARCH 27

| COMPANY            | PRICE    | CHANGE | %CHANGE | VOLUME |
|--------------------|----------|--------|---------|--------|
| 3M                 | 191,510  | -0.33% | -0.630  | 114M   |
| AMERICAN EXPRESS   | 78,2000  | +0.46% | 0.3600  | 70M    |
| APPLE              | 140,640  | -0.20% | -0.280  | 737M   |
| BOEING CO          | 175,820  | -0.81% | -1.440  | 106M   |
| CATERPILLAR        | 92,150   | -0.09% | -0.080  | 54M    |
| CHEVRON            | 107,99   | +0.11% | 0.12    | 204M   |
| CISCO SYSTEMS      | 34,080   | +0.35% | 0.120   | 170M   |
| COCA-COLA          | 42,12    | -0.12% | -0.05   | 180M   |
| DU PONT(EI) DE NMR | 79,6000  | -1.19% | -0.9600 | 68M    |
| EXXON MOBIL        | 81,23    | -0.77% | -0.63   | 336M   |
| GENERAL ELECTRIC   | 29,7200  | +0.34% | 0.1000  | 258M   |
| GOLDMAN SACHS      | 228,41   | -1.50% | -3.49   | 90M    |
| HOME DEPOT         | 147,7100 | -0.19% | -0.2800 | 179M   |
| IBM                | 173,83   | -0.57% | -0.99   | 163M   |
| INTEL CORP         | 35,1600  | -0.31% | -0.1100 | 166M   |
| J.P.MORGAN CHASE   | 87,2900  | -0.11% | -0.1000 | 311M   |
| JOHNSON & JOHNSON  | 125,4800 | -0.33% | -0.4200 | 340M   |
| MC DONALD'S CORP   | 129,3400 | +0.26% | 0.3400  | 105M   |
| MERCK AND CO. NEW  | 63,18    | -0.16% | -0.10   | 173M   |
| MICROSOFT          | 64,980   | +0.17% | 0.110   | 502M   |
| NIKE               | 56,36    | +1.79% | 0.99    | 74M    |
| PFIZER             | 34,0000  | -0.85% | -0.2900 | 202M   |
| PROCTER AND GAMBLE | 90,570   | -0.22% | -0.200  | 231M   |
| TRAVELERS CIES     | 120,77   | -0.43% | -0.52   | 33M    |
| UNITED TECHNOLOGIE | 111,80   | -0.04% | -0.04   | 89M    |
| UNITEDHEALTH GROUP | 165,00   | -0.18% | -0.29   | 157M   |
| VERIZON COMMS      | 49,68    | +0.08% | 0.04    | 202M   |
| VISA               | 89,19    | +0.37% | 0.33    | 165M   |
| WAL-MART STORES    | 69,6100  | -0.36% | -0.2500 | 213M   |
| WALT DISNEY CO     | 112,1400 | -0.09% | -0.1000 | 177M   |

## NASDAQ

CLOSING PRICES MARCH 27

| COMPANY                              | PRICE     | CHANGE NET / % |
|--------------------------------------|-----------|----------------|
| <b>Most Advanced</b>                 |           |                |
| HTG Molecular Diagnostics, Inc.      | \$ 9.65   | 5.72 ▲ 145.55% |
| Cogint, Inc.                         | \$ 4.30   | 0.75 ▲ 21.13%  |
| Mazor Robotics Ltd.                  | \$ 28.87  | 3.37 ▲ 13.22%  |
| Global Brokerage, Inc.               | \$ 2.15   | 0.25 ▲ 13.16%  |
| Brightcove Inc.                      | \$ 9.05   | 1.05 ▲ 13.13%  |
| Microvision, Inc.                    | \$ 2.53   | 0.26 ▲ 11.45%  |
| Investors Title Company              | \$ 147.82 | 14.23 ▲ 10.65% |
| Layne Christensen Company            | \$ 8.68   | 0.83 ▲ 10.57%  |
| Selecta Biosciences, Inc.            | \$ 12.04  | 1.15 ▲ 10.56%  |
| Altisource Portfolio Solutions S.A.  | \$ 31.49  | 2.53 ▲ 8.74%   |
| Audentes Therapeutics, Inc.          | \$ 16.81  | 1.35 ▲ 8.73%   |
| <b>Most Declined</b>                 |           |                |
| Xenon Pharmaceuticals Inc.           | \$ 4.65   | 5.20 ▼ 52.79%  |
| The Finish Line, Inc.                | \$ 12.93  | 3.13 ▼ 19.49%  |
| Real Industry, Inc.                  | \$ 2.65   | 0.45 ▼ 14.52%  |
| Xcel Brands, Inc.                    | \$ 2.30   | 0.30 ▼ 11.54%  |
| Collegium Pharmaceutical, Inc.       | \$ 11.31  | 1.42 ▼ 11.15%  |
| Donegal Group, Inc.                  | \$ 15.35  | 1.65 ▼ 9.71%   |
| AgroFresh Solutions, Inc.            | \$ 3.59   | 0.36 ▼ 9.11%   |
| Oncobiologics, Inc.                  | \$ 2.79   | 0.25 ▼ 8.22%   |
| Lonestar Resources US Inc.           | \$ 5.16   | 0.44 ▼ 7.86%   |
| Sportsman's Warehouse Holdings, Inc. | \$ 4.64   | 0.39 ▼ 7.75%   |
| Bellicum Pharmaceuticals, Inc.       | \$ 12.04  | 0.86 ▼ 6.67%   |

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Price Movement

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

DEALING PRICE

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**€0.9637**..... **-€0.0003**  
**£1.1415**..... **-£0.0053**  
**€1.0726**..... **-€0.0052**  
**£1.2761**..... **-£0.0109**  
**€1.1889**..... **-€0.0105**  
**£1.4008**..... **-£0.0179**  
**€1.3124**..... **-€0.0172**

Price Movement

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\*\*Fees and exchange rate data for banks taken from the International money transfer index™ (imti™).

# UK airlines could lose routes in continental Europe after Brexit

By Jay Emeny

EU chiefs have warned UK-based airlines that they may need to relocate their headquarters if they want to keep their continental European routes after Brexit.

Executives at major carriers have been reminded they would also need to sell off shares to European nationals in order to operate on routes across the continent - for example, Malaga to Berlin - according to a report in *The Guardian*.

This puts airlines such as easyJet in a difficult position, as European routes have become increasingly important assets to their business models.

Decisions to move bases to the EU would lead to a significant number of jobs lost in the UK.

Should negotiators fail to reach an agreement, along the lines of the 'open-skies' deal granted to EU members, the UK could impose its own ownership rules, which would prevent airlines such as Ireland-based Ryanair from flying UK domestic routes.

A Ryanair spokesman said the company would "adapt" to changes but the airline's chief executive officer, Michael O'Leary, has warned of the dangers of a "cliff-edge" Brexit, and criticised the



Photo Credit: Ryanair

**RYANAIR: The company has said it will adapt to changes.**

"mildly lunatic optimism" of the British government.

easyJet is reported to be in the process of estab-

lishing an EU operating company, in order to obtain an EU air operating certificate, but insists that it will continue to be headquartered in the UK.

## Fashion fiesta for Madrid

THOSE living in or visiting Madrid are in for a fashion treat as Mango, having invested €79 million will open their new flagship store in the Calle de Serrano which will spread over four floors, have an indoor garden and will allow customers to choose music to be played.

Not to be outdone, the Inditex group is about to open their fourth Spanish outlet store, this time in the capital which will sell clothes, shoes, bags and fashion accessories from previous collections and seasons at discount prices.

The venture known as Tempe Outlet Store is part of a very special programme known as For & From which specifically aims to include disabled people in design, factory and store to ensure that they are able to enjoy the same work opportunities as others.

Based in the Sambil Outlet Shopping Centre, this store will join others such as El Corte Inglés and Mango in offering quality products at reduced prices and helps the environment by ensuring that old stock is not destroyed.

# Cost of death to increase in the UK

By John Smith

ALTHOUGH living in Spain, many people prefer to nominate to have their wills written in the UK and recorded under British law, as it is believed that individuals can have greater control over who receives what.

**“The new fees will come into effect from May 1.**

What needs to be considered however is what actually has to be done to obtain a grant of probate which will allow the executor to distribute any funds that exist in the deceased's estate.

Two new matters have emerged which are causing some distress to the recently bereaved in the UK and that is because the cost of obtaining probate has risen on a sliding scale that means that the greater the value of the estate the more that has to be paid.

This is nothing to do with inher-



**GRANT OF PROBATE: Allows the executor to distribute any funds that exist in the estate.**

itance tax, simply an extra charge that the government collects in order for probate to be allowed.

Under the new rules, anyone

who inherits an estate worth more than £50,000 will see the fee for probate rise to between £300 and £20,000 depending on the value of

the estate and these new fees come into effect from May 1.

In theory that is relatively straight-forward, but because of

backlogs at the tax office, it can take several months for applications to be processed and rather than charging the new fees on estates where death took place from May 1, the new charges are to be made on any document issued after that date.

It has not been publicised to any great extent, but provided all paperwork is presented by May 1 together with a note confirming that the inheritance tax form has been applied for, then the old fees should be payable.

Those living in Spain but trying to act as executor for an estate under British law would be well advised to consider using a solicitor and should also remember that if the bulk of the value of the estate is in shares and property, it may be necessary to make an advance payment to the government to cover a percentage of the likely inheritance tax.

In some cases, if there are insufficient funds in bank accounts or savings available to cover this advance payment, it may be necessary to apply to a bank for a short term loan as it is not generally possible to sell shares or property in order to cover the advance payment.

# Dutch leader upsets Eurozone neighbours



Photo Credit: Carlos Delgado Wikimedia

**ALBERT RIVERA:** It was agreed that his comments were ill-judged.

By John Smith

SPAIN does not “spend money on alcohol and women, we spend it on corruption, empty airports and roads without cars” according to Albert Rivera, leader of Ciudadanos.

This was spelled out when he replied to comments by the Dutch leader of the Eurozone Finance Ministers who chided that unlike some EU states

facing ongoing financial problems, he could not “spend all my money on liqueurs and women and then go and ask for your support.”

This comment was seen as being a direct attack on southern European states unfavourably referred to as the PIGS (Portugal, Italy, Greece, Spain) and their indebtedness and received an immediate response from senior politicians

in Portugal and Italy suggesting that he was both racist and xenophobic and should stand down immediately.

Whilst some members of the European Commission have agreed that his comments were ill-judged, he has refused to withdraw his comments and various Spanish politicians in the European Parliament have also taken him to task.

## UK state pensions reviews

DUE to the fact that not enough people are dying quickly enough, the NHS and Pension Department in the UK are continuing to experience financial difficulty which has resulted in two reports suggesting that the retirement age will have to be increased again.

These reports which are to be studied by the government within the next two months conclude that workers under the age of 30 may not qualify for a state pension until they reach the age of 70 and those under the age of 45 may have to work until they are 68 if the pension age is raised earlier.

Currently the retirement age is on a ‘sliding scale’ so for men it is 65 and for women

it depends upon their date of birth, but by 2018 to 2020 the retirement age for men and women will be 66 and remain until 2026 when it goes up to 67 and eventually 68.

Possibly of more importance for those currently or about to take the state pension, it is also recommended that what is known as the ‘triple lock’ on annual pension increases should be removed.

At present this means the increase is whichever is the highest of earnings growth, the inflation rate or 2.5 per cent but by limiting the increase to earnings only, it is estimated that the pension cost would eventually reduce from 6.7 per cent to 5.9 per cent of GDP.

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# Let me just spell it out for you!

**LEAPY LEE SAYS IT  
OTHERS THINK IT**



IS it not unbelievable, that, in the light of the recent Westminster terrorist atrocity, the authorities issue a statement informing us that 'the real reasons for this attack may never be known'!?

Despite all the evidence and facts surrounding this horrendous occurrence, our limp-wristed leaders are still in denial as to the motives and allegiances of this murdering scum. Well let me just spell it out.

The individual that committed this act was a moronic extremist psychopath. A follower of Daesh, he used their twisted interpretation of the Koran to suit his own evil ends and used it as an excuse to make his ultimate mission in life the murder of as many of the 'infidels' as possible.

Brainwashed by evil corrupted doctrine he believed that that he would subsequently be welcomed in paradise as a true hero and, among many other rewards, be presented with 72 virgins who would be enslaved to comply with his every twisted fantasy for all



**TERRORIST ATROCITY:** The real reasons for this attack may never be known.

eternity. Some of his fellow numbskull compatriots have even been known to strap armour around their nether regions to protect their privates from the blast of the suicide bomb! These are the reasons this lethal maniac carried out this attack, and there are thousands more goat grabbing gnat brains out there waiting to step into his shoes.

Until those in authority accept that this evil satanic corruption of Islam is at the root of all the death and destruction of innocent citizens its followers will continue to flourish. It's time the moderate Imams stood up and convinced their brethren there is room for all and that those who believe in different routes along the path of life will never be eliminated by the fear of physical destruction.

This primitive interpretation is the reason Jihad has never prevailed for some 1,500 years.

And as a final warning to those who wish us harm, make no mistake. More evil and dangerous individuals than you have discovered that there are limits and when the worm decides to turn the vengeance of the infidels will be terrible indeed!

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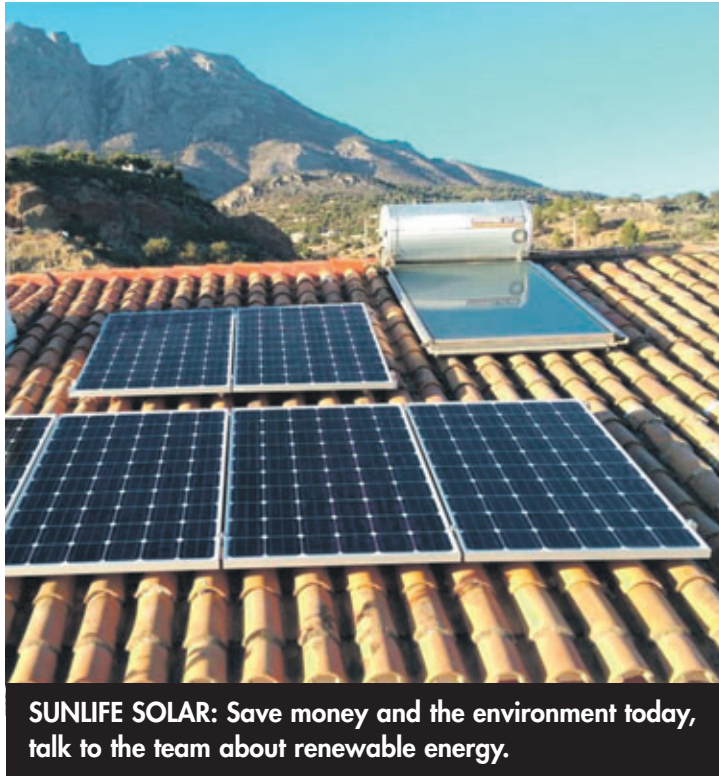
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and more companies are offering a range of solar systems and prod-

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product from a reliable company and invest in Sunlife Solar Solutions.

With a combined experience of over 20 years in the UK and Spanish solar sector, the company has supplied and fitted hundreds of systems for many happy clients on the Costa Blanca. Owner Paul Garrod said: "We use high quality products from Germany and Austria. They are all guaranteed and EU certified and are not cheaper versions from China." He said they are often called out to fix problems with systems installed by others, but with Sunlife, they work hard to ensure there will be no problems to start with. Photovoltaic products carry a 25-year performance warranty and a 10-year product guarantee.

They are a fully legal SL company and will happily show customers their company certificate from the notary. Their fitters, who are fully qualified and highly experienced and knowledgeable in

the field, are licensed in the area, with one working for Iberdrola and another who has worked for the Spanish government. They are all legal and paying taxes and can prove their autonomous payments and this all gives customers peace of mind and guarantees they are dealing with a proper company.

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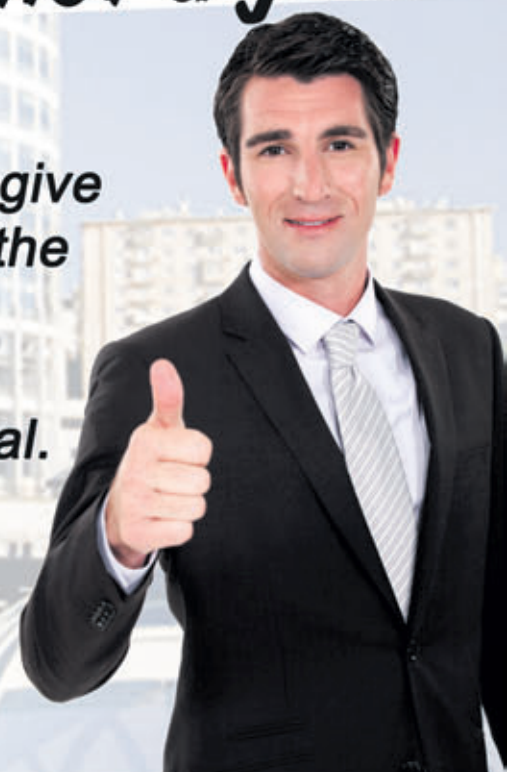
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## Costa Blanca South beckons everyone

By John Smith

ALTHOUGH people tend to just refer to the Costa Blanca, the reality is it covers such a large area with many geographical and economic differences it tends to be divided between the north and south with Alicante and its airport in the middle.

The area known as Costa Blanca South is considered to be a busier, perhaps brasher place than its northern counterpart but still offers some fantastic opportunities for visitors and residents alike. This is also a flatter area but has the same temperate climate, great beaches and lots of opportunities for sports, gastronomy and healthy living.

The area has seen a great deal of investment in property development and with its easy access from abroad through both Alicante and Murcia airports, it has become not only a popular area with expats but has seen a wide range of investment in property.

Although all parts attract visitors and have their positive points, the main towns which appeal to

the largest number of visitors as well as purchasers of retirement and holiday properties are:

Alicante which is a historic city with a population of over 300,000 manages to boast some of the best shops and restaurants due to its size. It has been one of the fastest growing cities in Spain for some time thanks to the influx of new residents from abroad.

Cartagena, a city with more than 2,500 years of history, is on the coast and is one of the main Spanish naval bases. Its charming history, sitting comfortably with its modern outlook and a growing population makes it an ideal spot to live in or visit and it does have a number of decent beaches.

Elche is just a 20-minute drive inland from Alicante. It is not a resort but a busy town with a population of around 200,000. Well-known as a UNESCO World Heritage Site due to its palms which have been known since Roman times it attracts tourists with a love of history.

Murcia, which also has its own airport is an important city inland from the coast which traces its



Torrevieja Marina.

Mark52 Shutterstock

history back

over 1,000 years. It has the Segura River flowing through it and boasts an array of bridges and historical architecture.

More sophisticated than many of the towns and cities based on the coast, Murcia is without doubt an impressive place to live in and offers great opportunities for overseas purchasers.

Orihuela Costa is situated just 20 kilometres from the medieval city of Orihuela and is recognised as one of the most ecologically sound areas in Europe. The coastal area has been developed, and will attract newcomers to its 16 kilometres of beach front with golf courses slightly inland, blue

flagged beaches, and a large number of restaurants serving first class cuisine.

Torrevieja which borders Orihuela has a reputation for being one of the fastest growing regions of Spain. It is located midway between Alicante and Murcia airports and is a popular destination for visitors all over due to the reasonable property prices and excellent climate.

Costa Blanca South is generally very popular with expats for holiday and retirement purchase so could be an attractive long term prospect for those who wish to enjoy a home in a new country.

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# See another side to Spain at Casa Camille

EVERYONE is busier these days. Life is harder. Life is more stressful. But it doesn't have to be. There are still corners of Spain that relish in the quieter times, in the beautiful basics, in community values and in offering you a glimpse into what Spain can really be like and the best bit of all? It is just a few hours away to be able to experience all of that and more.

Casa Camille and Casa Dora are two delightfully charming rural houses nestled in the heart of the village of Villares, in Albacete Province.

Owned and run by Margaret Wormington and her husband Peter, Casa Dora was actually the home of Margaret's mother Dora who had spent many happy years there after finding the hidden delight of Villares. Margaret and Peter then went on to demolish a corral that was previously used for holding animals on the property and built Casa Camille.

Despite the 'casa rural' being just six years old they found a builder who was sympathetic to the village's character and used some original bricks and tiles to create a traditional cottage feel that was in keeping with its surroundings.

These two properties now offer self-catering breaks and holidays in rural Spain. Casa Dora is a one bedroom house that is over 150 years old and Casa Camille has two double bedrooms and can sleep up to six people. They can be rented



**RURAL RETREAT:** Casa Camille is set in a quiet village amongst the Spanish countryside.

separately or adjoining and with prices from just €15 per person per night, there really is no reason why you can't escape the hustle and bustle of life and relax for a few days or weeks and enjoy the history, nature and charm of Villares and the neighbouring town of Elche de la Sierra. Pets are welcome and prices include linen.

Casa Dora and Casa Camille are fully legal and registered and appear on the tourism website for the area at [www.sierradealbacete.com](http://www.sierradealbacete.com). Spaniards are their main tourists visiting the area, but Margaret wants more expats to discover



**CASA CAMILLE and Casa Dora offer a delightful stay in the heart of Albacete Province.**

er the delights. Having lived in Spain for 12 years, she believes there is nowhere else in the country quite like it.

Their daughter, now 22, was, and remains, the only English child to have gone through the local school and the British visitors they receive are given a warm welcome from the villagers who go out of their way to show them the sights and give them samples of the local culinary dishes as they practise their English.

For those maybe a little unsure of the Spanish language, Margaret has prepared a welcome



**BREAK AWAY:** Get away from the hustle and bustle with a weekend rural retreat.

handbook giving information in English on the local area, places to visit and restaurants to try as well as translations of their menus and a better understanding of what is in the tapas dishes. Margaret said: "We have visitors who enjoy cycling and hiking, painting and photography and those who just want to just relax, visit the village and be surrounded by the Spanish countryside."

*Casa Camille - Villares, Albacete*

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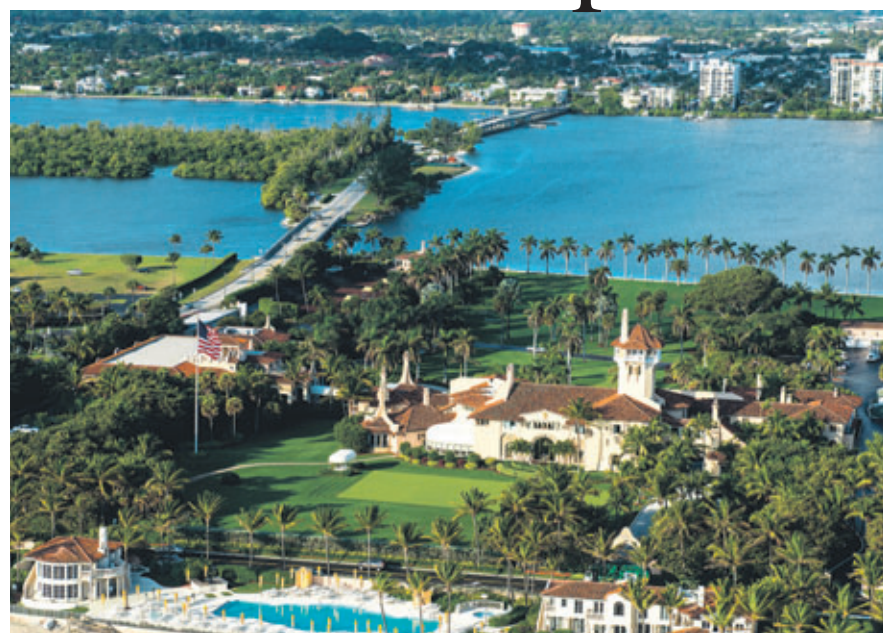
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WHAT does the winter white house of the wealthiest president in history look like? Donald Trump's Mar-a-Lago retreat in Florida manages to be both shrouded in secrecy and notorious for its opulent excess.

The property covers a vast 20 acres, is valued above €185 million and even has its own private members club, with membership fees in the hundreds of thousands. There are 58 bedrooms, 33 bathrooms, a

ballroom, theatre, golf club, and even golden walls.

It's been dubbed the southern White House but the real rival in the glamour game isn't the actual white house, it's The Donald's old hideout, the penthouse suite at Trump Tower. His modest New York home has a diamond and gold door, ancient Greek statues, and even temple-stye pillars coated in fine gold.

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**BERLIN:** Creative hub of the continent.

# Changing of the guard

GERMANY is now Europe's biggest commercial property market. A 2016 gold rush saw international investors conduct almost €60 billion worth of real estate business with all of the major German cities playing a key role in the country's fortunes.

Berlin continued strengthening its reputation as the creative hub of the continent. Munich is seeing a hugely profitable local property market emerge. Frankfurt is poised to take over from London as the EU's financial nerve centre.

Indeed Frankfurt leased more than half a million square metres of commercial property last year, its busiest since before the crisis. Its spectacular growth has helped knock the UK from its perch and established Germany as the new top dog in European real estate.



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The rural houses consist of ; **CASA CAMILLE**, large lounge with open fire, fully equipped kitchen, dining area, downstairs toilet. Included is a double sofa bed, 2 double bedrooms, bathroom with shower. Patio with stunning views. Sleeps up to 6 people. Secure adjoining door to **CASA DORA**, lounge, fully equipped kitchen, double bedroom, bathroom with shower. Sleeps 2 people. Towels and linen all included. The houses can be rented together or separately.

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## Properties of the Month

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### La Finca Golf Resort

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### La Marina

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#### TOWNHOUSE WITH A HUGE GARAGE

2 Bedroom, 1 Bathroom. This townhouse is east facing and has wonderful views of Guardamar del Segura, including views of the sea. This property has been **REDUCED FROM €79,000 to €76,000**. There is an exceptionally large garage/underbuild that can be used as storage or could be converted into a separate apartment which is common on this community.

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# Top show loves Spain

HIT British television show and fantasy property extravaganza **A Place in the Sun** is incredibly passionate about Spain. After all the country represents some of the best aspirations of the British public, offers a tremendous variety of properties, and is the very definition of a dream destination.

In fact the Channel 4 show recently named Spain as its No1 destination for the second year running. Producers have already scheduled dozens of trips across the country in 2017 as they bring the best of Spanish property to millions of British living rooms.

Earlier in March the show did a special feature on a selection of Spanish holiday homes they uncovered after months of scouring the market for the very best deals.

Needless to say the vast majority were dotted along the country's famous Costas. A few were inland, more rural, but still within easy driving distance of the beach.

The spring edition featured 16 Spanish properties. In keeping with the thriving scene on both the

Balearics and the Canaries, four of the featured homes were on islands. Among them was a lovely one-bedroom apartment at Puerto del Carmen on the Canaries for just €112,000. Closer to the mainland in Magaluf, Mallorca, could be found a gorgeous two-bed apartment with its own pool and just a 10 minute stroll from the beach for #173,000.

The cheapest on offer was a spacious three-bed townhouse in the popular Almerian town of Albox for just €75,000. At the other end of the spectrum was a magnificent five-bed, four-bath villa in Denia, Costa Blanca, for €455,000 and featuring a pool, jacuzzi and BBQ.

A place in posh Puerto Banus, Marbella could be had for €166,000, which gets you a two-bed new build apartment close to the beach. And the biggest house advertised was a fantastic eight-bed affair in Alcoy on the Costa Blanca. The enormous Hollywood-star enclave costs just €172,000 and is as private as it gets.



A PLACE IN THE SUN: Hit TV show.

ONE of the world's biggest investment groups is set to become the latest major player to join the exciting residential real estate market in Spain.

Kronos, which has offices in Madrid, London and Luxembourg, plans to invest €1 billion in Spain, an incredible vote of confidence in the country's property future.

Real estate subsidiary Kronos Homes will buy enough land to build 4,000 new

## A vote of confidence!

homes before selling them to eager buyers for a tidy profit. Houses will have an average cost of €300,000 but range from €150,000 to €2 million.

With a team of highly regarded experts in Spain's busy residential development

market, Kronos has selected sites in Alicante, the Costa del Sol, Costa Brava, and Madrid for its first foray into home building. More can soon be expected when the profits roll in.

The news comes just weeks after Bilbao-

based construction company Neinor Homes floated 60 per cent of its share capital on the Spanish stock exchange. The famous home-builder priced shares at €16.46 each, valuing the company at a huge €1.3 billion.

It was the first time a residential property developer ventured on to the stock exchange in a decade in a powerful display of belief in the future of the Spanish real estate sector.



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# How can you assess your best route to transfer money to or from Spain?

With summer around the corner, brighten up your bank balance by getting more for your currency transfers. However you plan to spend your downtime over the next few months, from lazy days at the beach to exploring the Spanish coast, with the right support you can get more for your currency transfers. Here we offer our three top tips to maximise how much you have to spend on enjoying yourself.

## 1. Follow the latest currency news

One of the easiest ways to lose money on a currency transfer is to time it badly. Moving money to Spain when the exchange rate is weaker has a significant impact on how much you receive. But knowing if it's a good time to make a transfer can be difficult.

The currency market has a tendency to be as unpredictable as UK weather, but by following the latest news you can find out how the euro's faring against the pound and make an informed decision about when to send your money to Spain. Some international currency transfer specialists, like Currencies Direct, will send regular market updates straight to your inbox, making it easy to know exactly what the GBP/EUR exchange rate has been up to and how much your currency transfer is likely to be worth.

## 2. Look into your options

Taking a one-size-fits all approach to swimwear could have unfortunate results, and a lack of options can have a similar impact on currency transfers. However, some foreign exchange providers appreciate that everyone's transfer requirements are different and offer services which can be tailored to suit individual needs.

Whether you want to use a forward contract to lock-in an exchange rate for up to a year before making your transfer or would like to streamline regular currency transfers to Spain, looking into your options can offer you greater flexibility and save you time and money.

## 3. Benefit from expert insight

Getting the best return for your currency transfers is much easier when you've got the right support. When making currency transfers to Spain, the insight of dedicated currency experts can make a massive difference. With teams of multilingual currency pros in 13 branches across Spain, Currencies Direct take the time to understand the things that matter to you and make sure you benefit from reliable, money-saving currency transfers.

At Currencies Direct, we've helped over 150,000 customers save on their currency transfers since 1996. We're authorised by the FCA as an Electronic Money Institution under the Electronic Money Regulations 2011.

Just pop into your local Currencies Direct branch or give us a call to find out more about how you can save money on your currency transfers.

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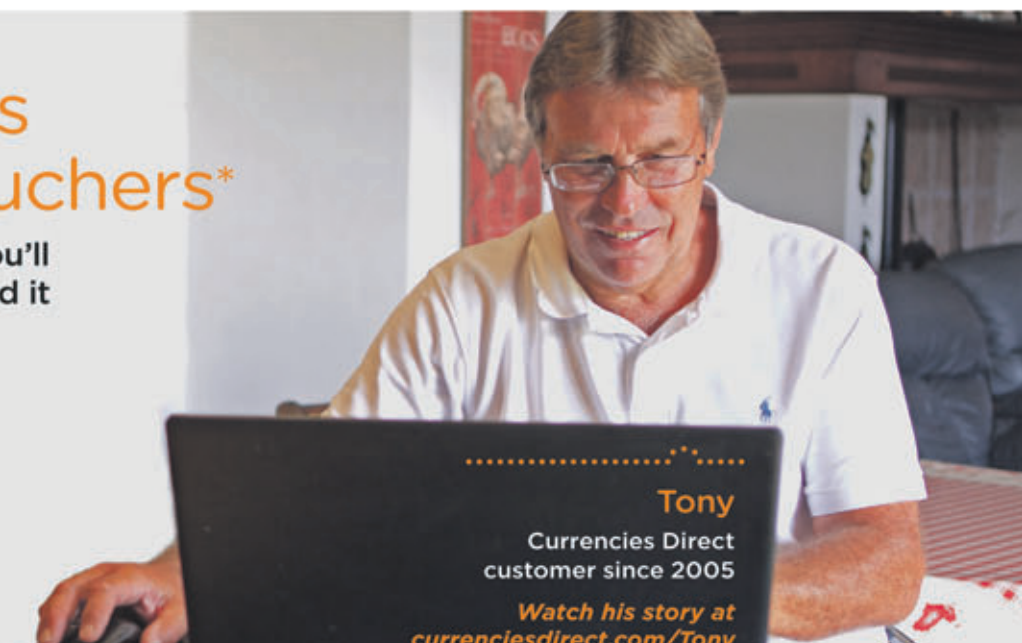
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Advertising feature

# A new showroom for Cosy Casa

COSY CASA is proud to announce the opening of their first showroom in Spain.

After more than a decade of serving customers across the Alicante and Murcia area, this family run business is responding to the demand of their clients and having a base in Benijofar where clients can view some of the products and services on offer, make enquiries and request on site visits and quotations.

The showroom in Avenida Garcia Lorca forms part of the Benijofar Business Centre located in the former supermarket near the Citroen garage. It opens its doors on April 15 and Cosy Casa will have numerous items on display allowing customers to get an idea of some of the top of the range, quality products they offer.

From seeing how solar hot water systems work, to central heating systems and boilers, there will also be a range of their quality kitchen and bathroom units on display.

Cosy Casa is renowned in Spain for its solar and heating systems, but also offer kitchens and bathrooms in which



**QUALITY KITCHENS:**  
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**BATHROOMS:** Cosy Casa are specialists in disabled bathrooms.

they had 15 years of experience in the UK. With this experience, it made perfect sense to bring that expertise and experience to Spain. Cosy Casa have all their own tradesman such as

builders, tilers, plumbers and electricians so you really can get the new bathroom or kitchen you always wanted. They can offer the complete range of doors, work tops, be it granite or wood, plus all appliances and the complete installation service.

They are also specialists in disabled bathrooms and kitchens having been the main contractor in the UK to local councils making their houses more accessible for their disabled and elderly tenants. So if you are struggling and simple day to day tasks of using the bathroom and kitchen are no longer simple, then speak to Cosy Casa for more information about their wet rooms, disabled accessories, lower units that allow for wheelchairs to go underneath them, and much more.

Of course the team continue to provide their solar and heating systems, so for more information on any of their services, call Kirk Thomas for a free survey, design and quote on 654 593 372.

*Cosy Casa*

Visit: [www.cosycasa.es](http://www.cosycasa.es)

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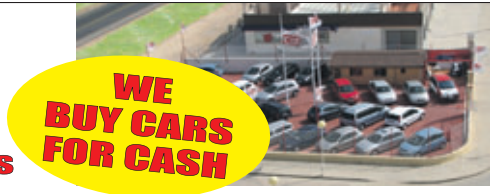
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# Could have spared us the tedium

**Cassandra Nash**

*A weekly look*

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

CARLES PUIGDEMONT, Cataluña's regional president and its vice-president Oriol Junqueras, recently co-authored a ponderous article in *El Pais*. It was entitled 'Let dialogue win and the ballot-box decide.'

Both launched into their independence spiel and plaintively asked why, if the British government and Scotland could hold a referendum, Spain can't.

They already know: Britain's unwritten Constitution allows referendums like last June's.

Spain's Constitution, which Cataluña happily accepted in the past, does not.

End of story. And Puigdemont and Junqueras could have saved themselves the bother of writing their leaden mini-treatise and spared us the tedium of reading it.



Photo Credit You Tube

**CO-AUTHORS: Carles Puigdemont (centre) and Oriol Junqueras (left).**

## Final curtain

THE death of Martin McGuinness came shortly after ETA's decision to surrender its remaining arms. This came more than five years after ETA's 2011 announcement that it was abandoning violence as a means of achieving Basque independence.

McGuinness reached that point much earlier when his conviction that

British presence in Ireland could only be ended by armed struggle mellowed into compromise. And it helped that even when IRA terror was at its bloodiest and most divisive there was always behind-the-scenes contact with the British government.

It has been pointed out in Spain that ETA is decommissioning after failing to obtain concessions from an unbending government, especially as regards moving ETA prisoners

to the Basque region.

Whether ETA's gesture is empty or not, at least it means that terrorism in Europe is the shameful preserve of that god-bothering bunch of butchers and murderers called ISIS.

## An even keel

MARIANO RAJOY, as has been his wont since 2011 when a comfortable overall majority allowed him to gov-

## No fear

PEDRO SANCHEZ is resorting to crowd-funding to finance his campaign to be chosen PSOE's next secretary general in the May primaries. The party's Managing Committee will supervise campaign donations and expenditure and Sanchez's rivals Patxi Lopez and Susana Diaz have raised no objections. Pedro is reluctant and there he goes: accentuating the negative again.

ern by decree, tried this with the dockers' dispute.

Brussels is fining Spain €27,000 a day for failing to comply with EU directives and the government urgently needs to reform this closed shop sector. Instead the opposition parties flexed their muscles and inflicted a defeat that prompted Rajoy to remind the opposition that without government stability there could be an early election.

### Advertising feature

# Be sure of your rights and legal position

VILLAMARTIN-LOS DOLSES based Society Law and Titles is a one-stop legal advice shop in Orihuela Costa.

The company lawyer has more than 26 years of experience in criminal and civil law throughout Spain and their resident town hall technician can issue licences and plans for new businesses and private dwellings.

Together with their team of multi-lingual translators covering all European nationalities, they have a wealth of experience in all aspects of living in a foreign country.

**Remember, ignorance will not be accepted as an excuse if you have not protected yourself in time.**

Now, with Brexit looming, it is more important than ever to be sure about your rights in Spain and to ensure all your documents are up to date and in order, while Britain is still part of the European Union. These documents include house deeds, wills and testaments, together with the options of legal donations to other family members.

Many people are under a misconception of



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their legal position in Spain. With all the forthcoming changes, give yourself and your loved ones the opportunity to have a trouble-free transition over the coming months to the new situation.

For many years, a good number of people have been paying too much for their mortgages. They can help you to reclaim these

over-payments from the banks. In many cases this amounts to thousands of euros.

Society Law and Titles can also arrange UK wills and power of attorney from their office, without the need to travel back to the UK to sort out property or family matters, with the partners and advisers able to organise all your UK legal paperwork from here in

Spain.

One of their most requested services is translation. Society Law and Titles can translate almost all European languages so if you have official documents and need them purely translated and/or apostilled for the courts or any other official body, they can do

it without delay. Births, deaths, marriages, divorces, bank loans, mortgages, passports, wills and/or inheritance related paperwork or any other legal documentation, can all be translated.

These are just some of the examples of the services Society Law and Titles can offer clients.

In this time of change, ensure you are protected from the winds of change which are blowing across Europe. Remember, ignorance will not be accepted as an

excuse if you have not protected yourself in time.

Call Society Law and Titles on 965 021 651, or visit the office from 9.30am-5pm Monday to Friday, to make an appointment with any of the professional staff and be certain about your rights. Do not let yourself be misguided in matters of the utmost importance to you and your family.

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 10:15am Holding Back the Years  
 11:00am Homes Under the Hammer  
 12:00pm Fugitives  
 12:45pm Fake Britain  
 1:15pm Bargain Hunt  
 2:00pm BBC News at One  
 2:30pm BBC London News  
 2:45pm Doctors  
 3:15pm The Code  
 4:00pm 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 MasterChef  
 10:00pm Galapagos  
 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**

7:30am Fugitives  
 8:15am Money for Nothing  
 9:00am Gardeners' World  
 9:30am Great British Railway Journeys Goes to Ireland  
 10:00am Victoria Derbyshire  
 12:00pm BBC Newsroom Live  
 1:00pm The Daily Politics  
 2:00pm Two Tribes  
 2:30pm Holiday of My Lifetime with Len Goodman  
 3:00pm The TV That Made Me  
 3:45pm Who Do You Think You Are?  
 4:45pm More Creatures Great and Small  
 5:15pm Life Story  
 6:15pm Antiques Road Trip  
 7:00pm Eggheads  
 7:30pm The Repair Shop  
 8:00pm Great Continental Railway Journeys  
 9:00pm Stargazing Live Australia  
 10:00pm The Last Kingdom  
 11:00pm Match of the Day  
 11:30pm Newsnight  
 12:15am Top Gear  
 1:15am Top Gear Extra Gear  
 1:40am Meet the Lords

**BBC FOUR**

8:00pm 100 Days  
*As President Trump takes office, Katy Kay in Washington and Christian Fraser in London report on the events that are shaping our world.*  
 8:30pm Top of the Pops  
 9:00pm Henry VIII: Patron or Plunderer?  
 10:00pm The Golden Age of Steam Railways  
 11:00pm Meet the Lords  
 12:00am Natural World  
 1:00am Britain's Outlaws: Highwaymen, Pirates and Rogues  
 2:00am Top of the Pops  
 2:35am From the Sea to the Land Beyond  
 3:50am Henry VIII: Patron or Plunderer?  
 4:50am This is BBC Four  
*BBC Four is the BBC channel for people who want more. More depth, more range, more to stimulate the mind.*

**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  
 9:30am 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 Vet on the Hill  
 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  
 9:00pm Great British Buildings  
 10:00pm Three Wives, One Husband  
 11:00pm Eyewitness  
 12:20am 24 Hours in A and E  
 1:20am Flashy Funerals

**CHANNEL 5**

7:45am Bob the Builder  
 7:55am Fireman Sam  
 8:05am Thomas and Friends  
 8:20am Milkshake Monkey  
 8:25am Shimmer and Shine  
 8:35am Noddy: Toyland Detective  
 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 To B&B the Best  
 1:10pm 5 News Lunchtime  
 1:15pm Police Interceptors  
 2:15pm Home and Away  
 2:45pm Neighbours  
 3:20pm NCIS  
 4:15pm Fatal Fiancé  
 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 On Benefits  
 10:00pm Rich House, Poor House  
 11:00pm Dirty Dancing  
 12:00am 5 News

**4**

7:00am Suburgatory  
 7:20am Charmed  
 8:05am Coach Trip  
 8:35am Hollyoaks  
 9:05am Rules of Engagement  
 9:35am Rules of Engagement  
 10:00am Last Man Standing  
 10:30am Last Man Standing  
 11:00am Charmed  
 12:00pm Charmed  
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 2:00pm The Goldbergs  
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 4:00pm How I Met Your Mother  
 5:00pm Last Man Standing  
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 6:30pm The Goldbergs  
 7:00pm The Big Bang Theory  
 8:00pm Hollyoaks  
 8:30pm The Goldbergs  
 9:00pm The Big Bang Theory  
 9:30pm The Big Bang Theory  
 10:00pm Gap Year  
 11:00pm Tattoo Fixers  
 12:05am The Big Bang Theory  
 12:35am The Big Bang Theory  
 1:00am First Dates  
 2:05am Celebs Go Dating

**sky SPORTS 1**

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

**itv**

7:00am Good Morning Britain  
 9:30am Lorraine  
 10:25am The Jeremy Kyle Show  
 11:30am This Morning  
 1:30pm Loose Women  
 2:30pm ITV Lunchtime News  
 2:55pm ITV News London  
 3:00pm Judge Rinder  
 4:00pm Chopping Block  
 5:00pm Tipping Point  
 6:00pm The Chase  
 7:00pm ITV News London  
 7:30pm ITV Evening News  
 8:00pm Emmerdale  
 8:30pm Help Stop Me Ageing! Tonight  
 9:00pm Emmerdale  
 9:30pm Harry Hill's Alien Fun Capsule  
 10:00pm Prime Suspect 1973  
 11:00pm The Nightly Show with Gordon Ramsay  
 11:30pm ITV News  
 12:00am ITV News London  
 12:15am Speeding Wars  
 1:15am The Nightly Show with Gordon Ramsay  
 1:40am Jackpot247

**itv2**

7:00am You've Been Framed!  
 7:25am Who's Doing the Dishes?  
 8:15am The Ellen DeGeneres Show  
 9:00pm Emmerdale  
 9:30pm Coronation Street  
 10:00am You've Been Framed!  
 10:35pm Psych  
 11:25am Below Deck  
 12:20pm 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 Best of You've Been Framed! Gold  
 9:00pm Coyote Ugly  
 11:00pm Family Guy  
 11:30pm Celebrity Juice  
 12:20am Family Guy  
 12:45am American Dad!  
 1:15am American Dad!  
 1:45am Two and a Half Men

**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 Road to Avonlea  
 12:45pm The Darling Buds of May  
 2:00pm Heartbeat  
 3:00pm The Royal  
 4:05pm 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 A Touch of Frost  
 3:00am ITV3 Nightscreen  
*Text-based information service.*  
 3:30am Teleshopping  
*Shopping from home.*

**itv4**

7:00am The Sweeney  
 7:50am Hogan's Heroes  
 8:15am Hogan's Heroes  
 8:45am The Professionals  
 9:45am Ironside  
 10:50am The Sweeney  
 11:50am The Chase  
 12:55pm Counting Cars  
 1:25pm Counting Cars  
 1:50pm Pawn Stars  
 2:20pm Pawn Stars  
 2:50pm Hogan's Heroes  
 3:25pm Hogan's Heroes  
 3:55pm Ironside  
 5:00pm The Professionals  
 6:00pm The Sweeney  
 7:00pm Counting Cars  
 7:35pm Counting Cars  
 8:00pm Pawn Stars  
 8:30pm Pawn Stars  
 9:00pm The Big Fish Off  
 10:00pm River Monsters  
 11:05pm First Blood  
 12:05am FYI Daily  
 12:10am First Blood  
 1:00am Cannonball Run II  
 2:00am FYI Daily  
 2:05am Cannonball Run II  
 3:10am Hogan's Heroes  
 3:35am Sporting Funnies  
 3:45am ITV4 Nightscreen  
 4:00am Teleshopping

**sky CINEMA ACTION & ADVENTURE**

7:00am I Am Wrath  
 8:40am Dante's Peak  
 10:30am Cop Out  
 12:20pm Captain America: Civil War  
 2:50pm Behind Enemy Lines  
 4:40pm Drop Zone  
 6:30pm Spider-Man 3  
 9:00pm Captain America: Civil War  
 11:30pm Cop Out  
 1:25am Last Action Hero

**sky CINEMA COMEDY**

7:35am Pitch Perfect 2 Special  
 8:05am Down Dog  
 9:50am Spud 2: The Madness Continues  
 11:30am Idiocracy  
 1:00pm Ghostbusters: Answer the Call  
 1:20pm Ride Along 2  
 3:10pm Entourage  
 5:00pm Hitch  
 7:00pm Crocodile Dundee II  
 9:00pm Ride Along 2  
 10:45pm Get Hard  
 12:35am The Night Before  
 2:25am Road Trip: Beer Pong  
 4:05am The War of the Rose

**sky CINEMA PREMIERE**

7:00am 12 Rounds 3: Lockdown  
 8:45am Moonwalkers  
 10:30am Welcome to Happiness  
 12:35pm Across the Line  
 2:15pm The Boss  
 4:00pm 100 Streets  
 5:45pm 12 Rounds 3: Lockdown  
 7:25pm Across the Line  
 9:00pm The Boss  
 10:45pm 100 Streets  
 12:30am Welcome to Happiness  
 2:30am Valley of Love  
*French drama about estranged parents sent on a strange journey to Death Valley by their dead son.*  
 4:10am Moonwalkers  
*Conspiracy theory comedy starring Ron Perlman as an unstable CIA agent tasked with faking the moon landing in case the real thing doesn't work out.*

**sky SPORTS 2**

7:00am Cricket Classics  
 7:30am Cricket Classics  
 8:00am Time of Our Lives  
 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 Cricket Classics  
 2:00pm Time of Our Lives  
 3:00pm Sky Sports Years  
 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 Fishing  
 7:30pm World Rugby  
 8:00pm Live Super League  
 11:30pm Cricket  
 3:05am Cricket's Greatest Moments  
 3:35am Great Sporting Moments  
 3:50am Cricket Gold  
 4:00am Cricket Classics



GOOD NEWS FOR YOUR CAR 902 123 309



## BBC one

|         |   |
|---------|---|
| 7:00am  | Breakfast                                   |
| 10:15am | Holding Back the Years                      |
| 11:00am | Homes Under the Hammer                      |
| 12:00pm | Fugitives                                   |
| 12:45pm | Fake Britain                                |
| 1:15pm  | Bargain Hunt                                |
| 2:00pm  | BBC News at One                             |
| 2:30pm  | BBC London News                             |
| 2:45pm  | Doctors                                     |
| 3:15pm  | The Code                                    |
| 4:00pm  | 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  | A Question of Sport                         |
| 9:00pm  | EastEnders                                  |
| 9:30pm  | MasterChef                                  |
| 10:00pm | Decline and Fall                            |
| 11:00pm | BBC News at Ten                             |
| 11:25pm | BBC London News                             |
| 11:35pm | Pirates of the Caribbean: On Stranger Tides |
| 1:40am  | Weather for the Week Ahead                  |

## BBC TWO

|         |                                    |
|---------|------------------------------------|
| 7:30am  | Fugitives                          |
| 8:15am  | Money for Nothing                  |
| 9:00am  | Back to the Land with Kate Humble  |
| 10:00am | Victoria Derbyshire                |
| 12:00pm | BBC Newsroom Live                  |
| 1:00pm  | The Daily Politics                 |
| 2:00pm  | Two Tribes                         |
| 2:30pm  | Holiday of My Lifetime             |
| 3:00pm  | The TV That Made Me                |
| 3:45pm  | Who Do You Think You Are?          |
| 4:45pm  | More Creatures Great and Small     |
| 5:15pm  | Life Story                         |
| 6:15pm  | Antiques Road Trip                 |
| 7:00pm  | Eggheads                           |
| 7:30pm  | The Repair Shop                    |
| 8:00pm  | Great Continental Railway Journeys |
| 9:00pm  | Gardeners' World                   |
| 9:30pm  | Only Connect                       |
| 10:00pm | The House That £100k Built         |
| 11:00pm | QI                                 |
| 11:30pm | Newsnight                          |
| 12:05am | Robot Wars                         |
| 1:05am  | Shadow Dancer                      |
| 2:40am  | Panorama                           |

## BBC FOUR

|         |  |
|---------|--|
| 8:00pm  | World News Today   |
| 8:30pm  | Top of the Pops<br><i>John Peel and David Jensen present the pop chart programme, first broadcast on 7 July 1983. Featuring Roman Holliday, Freeez, The Cure, Funk Masters and Jimmy the Hoover.</i> |
| 9:00pm  | BBC Young Dancer 2017<br><i>The series continues with the ballet final as five more hopefuls compete for the category title at The Lowry in Salford.</i>   |
| 10:00pm | Big Hits: TOTP 1964 to 1975  |
| 11:30pm | Top of the Pops  |
| 12:30am | Top of the Pops  |
| 1:20am  | Top of the Pops  |
| 2:20am  | Top of the Pops  |
| 3:00am  | Top of the Pops  |
| 4:00am  | Top of the Pops  |
| 5:00am  | This is BBC Four   |

## CHANNEL 4

|         |                                 |
|---------|---------------------------------|
| 7:00am  | Countdown                       |
| 7:45am  | King of Queens                  |
| 9:00am  | 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  | Vet on the Hill                 |
| 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                  |
| 8:30pm  | Unreported World                |
| 9:00pm  | George Clarke's Amazing Spaces  |
| 10:00pm | Gogglebox                       |
| 11:00pm | The Last Leg                    |
| 12:10am | First Dates                     |
| 1:10am  | How'd You Get So Rich?          |
| 1:55am  | Battle: Los Angeles             |

## CHANNEL 5

|         |  |
|---------|--|
| 8:35am  | Noddy: Toyland Detective                     |
| 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 | To B&B the Best                              |
| 1:10pm  | 5 News Lunchtime                             |
| 1:15pm  | The Gadget Show                              |
| 2:15pm  | Home and Away                                |
| 2:45pm  | Neighbours                                   |
| 3:15pm  | NCIS   |
| 4:15pm  | Lost Letter Mysteries: From the Heart        |
| 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  | Tony Robinson: Coast to Coast                |
| 10:00pm | Spectacular Spain with Alex Polizzi          |
| 11:00pm | Man in the Mirror: The Michael Jackson Story |
| 1:00am  | Super Casino                                 |

## 4

|         |                       |
|---------|-----------------------|
| 7:00am  | Black-Ish             |
| 7:20am  | Charmed               |
| 8:05am  | Coach Trip            |
| 8:35am  | Hollyoaks             |
| 9:05am  | Rules of Engagement   |
| 10:00am | Last Man Standing     |
| 11:00am | Charmed               |
| 1:00pm  | How I Met Your Mother |
| 2:00pm  | The Goldbergs         |
| 2:30pm  | The Goldbergs         |
| 3:00pm  | The Big Bang Theory   |
| 3:30pm  | The Big Bang Theory   |
| 4:00pm  | 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  | Brooklyn Nine-Nine    |
| 9:00pm  | The Big Bang Theory   |
| 9:30pm  | The Big Bang Theory   |
| 10:00pm | Prometheus            |
| 12:25am | The Adjustment Bureau |
| 2:30am  | The Big Bang Theory   |

## sky SPORTS 1

|         |                                 |
|---------|---------------------------------|
| 7:00am  | Football Gold                   |
| 8:00am  | WWE Main Event                  |
| 9:00am  | Barclays Premier League World   |
| 9:30am  | Premier League Match Pack       |
| 10:00am | Premier League Darts            |
| 1:00pm  | La Liga Show                    |
| 1:30pm  | Football's Greatest Moments     |
| 2:00pm  | Great Sporting Moments          |
| 3:00pm  | Barclays Premier League World   |
| 3:30pm  | Premier League Match Pack       |
| 4:00pm  | La Liga Show                    |
| 4:30pm  | Football Gold                   |
| 5:00pm  | Football's Greatest Moments     |
| 5:30pm  | La Liga Show                    |
| 6:00pm  | Barclays Premier League World   |
| 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  | Chopping Block                      |
| 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  | Judge Rinder's Crime Stories        |
| 9:30pm  | Coronation Street                   |
| 10:00pm | Lethal Weapon                       |
| 11:00pm | The Nightly Show with Gordon Ramsay |
| 11:30pm | ITV News                            |
| 12:00am | ITV News London                     |
| 12:15am | Play to the Whistle                 |
| 1:15am  | The Nightly Show with Gordon Ramsay |
| 1:40am  | Jackpot247                          |
| 4:00am  | Storage Hoarders                    |

## itv2

|         |                          |
|---------|--------------------------|
| 7:00am  | You've Been Framed!      |
| 7:25am  | Who's Doing the Dishes?  |
| 8:15am  | The Ellen DeGeneres Show |
| 9:00am  | Emmerdale                |
| 10:00am | You've Been Framed!      |
| 10:35am | Psych                    |
| 11:25am | Below Deck               |
| 11:55am | You've Been Framed!      |
| 12:20pm | 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     |
| 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 | Hall Pass                |
| 12:05am | Family Guy               |
| 12:35am | Family Guy               |
| 1:00am  | American Dad!            |
| 1:30am  | American Dad!            |

## 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 | Road to Avonlea                  |
| 12:50pm | The Darling Buds of May          |
| 2:00pm  | Heartbeat                        |
| 3:00pm  | The Royal                        |
| 4:05pm  | Where the Heart is               |
| 5:10pm  | You're Only Young Twice          |
| 5:45pm  | Doctor at Large                  |
| 6:15pm  | 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                      |
| 1:40am  | Rising Damp                      |
| 2:40am  | FYI Daily                        |
| 2:45am  | Rising Damp                      |
| 3:25am  | A Touch of Frost                 |
| 5:10am  | Charles: The Destiny of a Prince |

## itv4

|         |                   |
|---------|-------------------|
| 7:00am  | The Sweeney       |
| 7:50am  | Hogan's Heroes    |
| 8:20am  | Hogan's Heroes    |
| 8:50am  | The Professionals |
| 9:50am  | Ironsides         |
| 10:55am | The Sweeney       |
| 11:55am | The Chase         |
| 12:55pm | Counting Cars     |
| 1:25pm  | Counting Cars     |
| 1:55pm  | Pawn Stars        |
| 2:25pm  | Pawn Stars        |
| 2:50pm  | Hogan's Heroes    |
| 3:25pm  | Hogan's Heroes    |
| 4:00pm  | Ironsides         |
| 5:05pm  | The Professionals |
| 6:05pm  | The Sweeney       |
| 7:05pm  | Counting Cars     |
| 7:35pm  | The Darts Show    |
| 8:05pm  | Pawn Stars        |
| 8:35pm  | Pawn Stars        |
| 9:00pm  | Counting Cars     |
| 9:30pm  | Counting Cars     |
| 10:00pm | Assassins         |
| 11:05pm | FYI Daily         |
| 11:10pm | Assassins         |
| 12:40am | Fire Down Below   |
| 1:40am  | FYI Daily         |
| 1:45am  | Fire Down Below   |
| 2:50am  | River Monsters    |
| 3:45am  | ITV4 Nightscreen  |

## sky CINEMA ACTION &amp; ADVENTURE

|         |                                    |
|---------|------------------------------------|
| 7:00am  | The Man                            |
| 8:30am  | Batman v Superman: Dawn of Justice |
| 11:05am | Backdraft                          |
| 1:35pm  | Zulu                               |
| 4:00pm  | The Bridge on the River Kwai       |
| 6:45pm  | Tomorrowland                       |
| 9:00pm  | Batman v Superman: Dawn of Justice |
| 11:35pm | Darkman                            |
| 1:15am  | Shaft                              |

## sky CINEMA COMEDY

|         |                            |
|---------|----------------------------|
| 7:45am  | Office Space               |
| 9:20am  | Nine Months                |
| 11:10am | Spud 3: Learning to Fly    |
| 12:45pm | My Big Fat Greek Wedding 2 |
| 2:25pm  | Grimsby                    |
| 3:55pm  | The Overnight              |
| 5:25pm  | Magic Mike XXL             |
| 7:25pm  | The Simpsons Movie         |
| 9:00pm  | My Big Fat Greek Wedding 2 |
| 10:40pm | Grimsby                    |
| 12:10am | Brüno                      |

## sky CINEMA PREMIERE

|         |   |
|---------|---|
| 7:00am  | Moonwalkers   |
| 8:45am  | Across the Line   |
| 10:20am | Welcome to Happiness  |
| 12:20pm | The Boss  |
| 2:05pm  | Central Intelligence  |
| 4:00pm  | 100 Streets<br><i>British drama following the tangled, interconnected lives of a group of Londoners.</i>                        |
| 5:40pm  | Across the Line   |
| 7:15pm  | The Boss<br><i>Comedy about a disgraced entrepreneur looking to launch a comeback with the reluctant help of her former PA.</i> |
| 9:00pm  | Central Intelligence  |
| 11:00pm | 100 Streets   |
| 12:45am | 12 Rounds 3: Lockdown   |
| 2:30am  | Welcome to Happiness  |
| 4:40am  | Valley of Love  |

## sky SPORTS 2

|         |                                   |
|---------|-----------------------------------|
| 7:00am  | Cricket Classics                  |
| 8:00am  | Rugby Union Gold                  |
| 8:30am  | Live Super Rugby                  |
| 10:30am | Cricket's Greatest Moments        |
| 11:00am | Great Sporting Moments            |
| 11:15am | Great Sporting Moments            |
| 12:00pm | Sporting Heroes                   |
| 1:00pm  | Cricket Classics                  |
| 2:00pm  | Time of Our Lives                 |
| 3:00pm  | Cricket's Greatest Moments        |
| 4:00pm  | ATP Masters 1000-Miami Highlights |
| 5:00pm  | Cricket's Greatest Moments        |
| 5:30pm  | Cricket's Greatest Moments        |
| 6:00pm  | Super Rugby Highlights            |
| 8:00pm  | Super League Highlights           |
| 8:15pm  | Super League Gold                 |
| 8:30pm  | Live Super Rugby                  |
| 11:30pm | ICC Cricket                       |
| 12:30am | Sporting Triumphs                 |
| 12:45am | Sporting Triumphs                 |
| 1:00am  | Super League Highlights           |
| 1:15am  | Super League Gold                 |
| 1:30am  | Football                          |
| 3:30am  | Sporting Rivalries                |
| 4:00am  | Cricket Classics                  |

Advertising feature

# Off-Plan Property Deposit Refunds could help you

IF you are one of the many who paid over a deposit when deciding to buy an off-plan property in Spain and then the developer went bankrupt or disappeared and you lost your money, then all is actually not lost.

In a number of circumstances, it is perfectly possible to obtain a refund of what you have lost thanks to a ruling by the Spanish government and the involvement of a savvy group of lawyers and advisors.

Sheldon Grossmith was caught in exactly this situation but as a real estate agent based in Spain not only did he have a good idea of the law, he also knew a very astute and successful lawyer who helped him recover his funds.

Now, through his company Off-Plan Property Deposit Refunds based in Estepona, Sheldon and his Spanish associates are offering expatriates and Spaniards the opportunity to recover their funds, even if, as is often the case, they

were lost 10 years ago.

The answer is very simple and that is that the banks with whom the original deposit was lodged could well be responsible in law for the refund of the monies lost, provided that they didn't insist that monies lodged were covered by bank guarantees, separate insurance policies or in escrow accounts.

Almost none of the money lost was ever in a 'safe haven' and this is where OPP can assist. Sheldon isn't totally altruistic as he will make a charge for putting this together, but purely on a no-win-no-fee basis! Those who have suffered a loss are invited to contact him with a copy of the original purchase contract and proof of payment (as well as where it was paid to).

A decision as to whether there is a viable case to prosecute can be made very quickly and if the decision is positive, then it is intended that there will be a three-way agreement,

signed between the person losing the money, OPP and the lawyer who will undertake the case.

Once they proceed, it is likely that it will take 12 to 18 months to obtain a final court ruling although they have already managed to obtain full refunds in just eight months for some clients and in the event of the judge making an award to the person whose money has been taken, there will be a 15 per cent charge (plus IVA) from OPP and the lawyers will keep any interest that has been awarded by the court.

Should the case be unsuccessful, then no costs are charged to the client.

OPP was formed at the beginning of 2016 and is about to be featured on Sky TV to explain the concept. If you want to find out more visit [www.off-planpropertydepositrefunds.com](http://www.off-planpropertydepositrefunds.com) or call Sheldon on 642 740 708.



**SHELDON GROSSMITH:** Could help recover off-plan deposits paid.

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## BBC one

|         |   |
|---------|---|
| 7:00am  | Breakfast   |
| 11:00am | Saturday Kitchen  |
| 12:30pm | Mary Berry Everyday   |
| 1:00pm  | Football Focus<br><i>A look ahead to this weekends football action with interviews, expert opinions and highlights.</i> |
| 2:00pm  | BBC News  |
| 2:10pm  | Weather   |
| 2:15pm  | Bargain Hunt  |
| 3:15pm  | Escape to the Country   |
| 4:15pm  | Money for Nothing   |
| 5:00pm  | Final Score   |
| 6:15pm  | Madagascar  |
| 7:35pm  | BBC News  |
| 7:45pm  | Regional News   |
| 7:48pm  | Weather   |
| 7:50pm  | Pointless   |
| 8:40pm  | Who Dares Wins  |
| 9:25pm  | Casualty  |
| 10:15pm | All Round to Mrs Brown's  |
| 11:15pm | BBC News  |
| 11:28pm | Weather   |
| 11:30pm | Match of the Day  |
| 1:00am  | Cosmopolis  |

## BBC TWO

|         |   |
|---------|---|
| 8:00am  | Beautiful but Dangerous   |
| 9:25am  | We Dive at Dawn   |
| 11:00am | Natural World   |
| 12:00pm | Homes Under the Hammer  |
| 1:00pm  | Raymond Blanc: How to Cook Well   |
| 1:30pm  | The Hairy Bikers' Best of British   |
| 2:15pm  | Gypsy   |
| 4:30pm  | Natural World   |
| 5:30pm  | University Challenge  |
| 6:00pm  | Only Connect  |
| 6:30pm  | Flog It!  |
| 7:30pm  | Gardeners' World  |
| 8:00pm  | Amazing Hotels: Life Beyond the Lobby   |
| 9:00pm  | Grand Tours of the Scottish Islands   |
| 9:30pm  | Dad's Army  |
| 10:00pm | QI XL   |
| 10:45pm | Jimi: All is by My Side<br><i>A drama based on Jimi Hendrix's life as he left New York City for London where his career took off.</i> |
| 12:35am | Populaire   |
| 2:20am  | This is BBC Two   |

## BBC FOUR

|         |   |
|---------|---|
| 8:00pm  | The Silk Road   |
| 9:00pm  | Woolly Mammoth: Secrets From the Ice  |
| 10:00pm | Follow the Money  |
| 11:00pm | Follow the Money  |
| 12:00am | Top of the Pops<br><i>John Peel and David Jensen present the weekly look at the pop charts, first broadcast on 13th January 1983. Featuring Incantation, Men at Work, Sharon Redd, Keith Harris and Orville, The Belle Stars, John Williams, Eddy Grant, The Maisonnets, Phil Collins and Donna Summer.</i> |
| 12:35am | Top of the Pops   |
| 1:15am  | Classic Albums  |
| 2:15am  | Joy of the Guitar Riff  |
| 3:15am  | Kinks at the BBC  |
| 4:15am  | Sounds of the Eighties  |

## CHANNEL 4

|         |                                 |
|---------|---------------------------------|
| 7:05am  | Triathlon                       |
| 7:30am  | King of Queens                  |
| 8:45am  | Everybody Loves Raymond         |
| 9:10am  | Everybody Loves Raymond         |
| 9:35am  | Frasier                         |
| 10:05am | Frasier                         |
| 10:40am | The Big Bang Theory             |
| 11:05am | The Big Bang Theory             |
| 11:30am | The Big Bang Theory             |
| 12:00pm | The Simpsons                    |
| 12:30pm | The Simpsons                    |
| 1:00pm  | The Simpsons                    |
| 1:30pm  | Extreme Food                    |
| 2:00pm  | Come Dine with Me               |
| 2:30pm  | Come Dine with Me               |
| 3:00pm  | Come Dine with Me               |
| 3:30pm  | Come Dine with Me               |
| 4:00pm  | Come Dine with Me               |
| 4:30pm  | A Place in the Sun              |
| 5:35pm  | Location, Location, Location    |
| 6:35pm  | Grand Designs                   |
| 7:30pm  | Channel 4 News                  |
| 8:00pm  | Titanic: The New Evidence       |
| 11:45pm | Colombiana                      |
| 1:45am  | Ramsay's Kitchen Nightmares USA |
| 2:35am  | Our Guy in China                |

## CHANNEL 5

|         |   |
|---------|---|
| 7:00am  | Milkshake!                                |
| 11:05am | Teenage Mutant Ninja Turtles              |
| 11:40am | Access                                    |
| 11:50am | Police Interceptors Unleashed             |
| 12:20pm | Police Interceptors                       |
| 1:20pm  | On Benefits: Life on the Dole             |
| 2:20pm  | On Benefits: Life on the Dole             |
| 3:20pm  | 18 Kids and Claiming Benefits             |
| 4:20pm  | Nightmare Tenants, Slum Landlords         |
| 5:15pm  | Nightmare Tenants, Slum Landlords         |
| 6:15pm  | Can't Pay? We'll Take it Away!            |
| 7:10pm  | Can't Pay? We'll Take it Away!            |
| 8:10pm  | NCIS: Los Angeles                         |
| 9:00pm  | NCIS                                      |
| 9:55pm  | 5 News                                    |
| 10:00pm | Football on 5<br><i>The Championship.</i> |
| 11:00pm | Football on 5<br><i>Goal Rush.</i>        |
| 11:30pm | Mexico                                    |
| 1:15am  | Super Casino                              |
| 4:10am  | Blood Creek                               |

## 4

|         |                                     |
|---------|-------------------------------------|
| 7:00am  | Melissa and Joey                    |
| 7:40am  | Black-ish the Purge                 |
| 8:05am  | The Goldbergs                       |
| 8:35am  | The Goldbergs                       |
| 9:00am  | Made in Chelsea                     |
| 10:00am | Space Chimps 2: Zartog Strikes Back |
| 11:35am | Melissa and Joey                    |
| 12:00pm | Melissa and Joey                    |
| 12:35pm | Melissa and Joey                    |
| 1:00pm  | Melissa and Joey                    |
| 1:35pm  | Melissa and Joey                    |
| 2:00pm  | The Goldbergs                       |
| 2:35pm  | The Goldbergs                       |
| 3:00pm  | The Goldbergs                       |
| 3:35pm  | The Goldbergs                       |
| 4:00pm  | The Goldbergs                       |
| 4:35pm  | 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  | Iron Man 2                          |
| 10:00pm | The Transporter                     |
| 11:50pm | Gogglebox                           |
| 12:55am | Gogglebox                           |
| 1:55am  | Rude Tube                           |
| 3:00am  | Naked Attraction                    |
| 3:55am  | Marvel's Agents of S.H.I.E.L.D.     |

## sky SPORTS 1

|         |                                |
|---------|--------------------------------|
| 7:00am  | Football Gold                  |
| 7:15am  | Football Gold                  |
| 7:30am  | Football Gold                  |
| 7:45am  | Football Gold                  |
| 8:00am  | Premier League World 2016/17   |
| 8:30am  | Premier League Preview 2016/17 |
| 9:00am  | Game Changers                  |
| 9:30am  | The Fantasy Football Club      |
| 10:30am | Premier League Preview 2016/17 |
| 11:00am | Soccer A.M.                    |
| 12:30pm | Football                       |
| 1:30pm  | Football                       |
| 4:00pm  | Gillette Soccer Saturday       |
| 6:15pm  | Football                       |
| 9:00pm  | EFL Goals                      |
| 9:30pm  | Nissan Game of the Day         |
| 11:30pm | Nissan Match Choice            |
| 12:30am | Info Not Available             |
| 1:00am  | Premier League Highlights      |
| 1:30am  | Premier League Highlights      |
| 2:00am  | Premier League Highlights      |
| 2:30am  | Premier League Highlights      |

## itv

|         |   |
|---------|---|
| 10:25am | Alphabetical  |
| 11:20am | James Martin's French Adventure   |
| 12:20pm | Best Walks with a View with Julia Bradbury  |
| 12:50pm | ITV News and Weather  |
| 1:00pm  | Rebound<br><i>Game show in which six players take part in a quick fire quiz inspired by the 'Bleep Test'.</i> |
| 1:55pm  | Beethoven's 2nd   |
| 3:40pm  | Superman  |
| 6:30pm  | Local News and Weather  |
| 6:45pm  | ITV News and Weather  |
| 7:00pm  | You've Been Framed! Let Loose!  |
| 8:00pm  | Ant and Dec's Saturday Night Takeaway   |
| 9:30pm  | The Voice UK Final  |
| 11:20pm | ITV News and Weather  |
| 11:35pm | Lethal Weapon   |
| 12:35am | The Chase   |

## itv2

|         |  |
|---------|--|
| 7:00am  | The Hot Desk                               |
| 7:10am  | You've Been Framed!                        |
| 7:35am  | Emmerdale Omnibus                          |
| 10:05am | Coronation Street Omnibus                  |
| 12:35pm | Ant and Dec's Saturday Night Takeaway      |
| 2:10pm  | Britain's Got Talent                       |
| 3:15pm  | Cats and Dogs: The Revenge of Kitty Galore |
| 4:15pm  | FYI Daily                                  |
| 4:20pm  | Cats and Dogs: The Revenge of Kitty Galore |
| 5:00pm  | Mr. Bean                                   |
| 5:30pm  | Mr. Bean                                   |
| 6:05pm  | Evan Almighty                              |
| 7:05pm  | FYI Daily                                  |
| 7:10pm  | Evan Almighty                              |
| 8:00pm  | Scorpion                                   |
| 9:00pm  | The Mask                                   |
| 10:00pm | FYI Daily                                  |
| 10:05pm | The Mask                                   |
| 11:05pm | Family Guy                                 |
| 11:30pm | Celebrity Juice                            |
| 12:15am | Family Guy                                 |
| 12:45am | Family Guy                                 |
| 1:10am  | American Dad!                              |

## itv3

|         |  |
|---------|--|
| 7:00am  | Judge Judy   |
| 7:20am  | On the Buses   |
| 7:45am  | Murder, She Wrote<br><i>Drama series about a sleuthing writer who solves murder mysteries.</i> |
| 8:40am  | Murder, She Wrote  |
| 9:40am  | Murder, She Wrote  |
| 10:40am | Anne of Green Gables...  |
| 12:25pm | The Baby and the Battleship  |
| 1:25pm  | FYI Daily  |
| 1:30pm  | The Baby and the Battleship  |
| 2:30pm  | Heidi  |
| 4:35pm  | Rosemary and Thyme   |
| 5:40pm  | Inspector Morse  |
| 8:00pm  | Endeavour<br><i>Crime drama series about the young Detective Constable Endeavour Morse.</i>    |
| 10:00pm | Lewis  |
| 12:00am | Les Dawson Forever: Ep   |
| 1:00am  | Colditz  |
| 3:05am  | ITV3 Nightscreen   |
| 3:30am  | Teleshopping   |

## itv4

|         |   |
|---------|---|
| 7:00am  | Football Rivalries<br><i>Man Utd v Liverpool.</i> |
| 7:10am  | The Wine Show                                     |
| 8:10am  | The Darts Show                                    |
| 8:40am  | Storage Wars                                      |
| 9:05am  | Pawn Stars  |
| 9:35am  | Pawn Stars  |
| 10:00am | Pawn Stars  |
| 10:30am | Pawn Stars  |
| 11:00am | ITV Racing: The Opening Show                      |
| 12:00pm | The Big Fish Off                                  |
| 1:00pm  | Fishing Impossible                                |
| 2:00pm  | Pawn Stars  |
| 2:30pm  | ITV Racing Live                                   |
| 5:00pm  | The Horse Soldiers                                |
| 6:00pm  | FYI Daily   |
| 6:05pm  | The Horse Soldiers                                |
| 7:25pm  | It's Not Rocket Science                           |
| 8:25pm  | Fierce  |
| 9:30pm  | Cannonball Run II                                 |
| 10:30pm | FYI Daily   |
| 10:35pm | Cannonball Run II                                 |
| 11:40pm | The Last Boy Scout                                |
| 12:40am | FYI Daily   |
| 12:45am | The Last Boy Scout                                |
| 1:55am  | The Motorsport Mavericks                          |
| 2:55am  | Fifth Gear  |

## sky CINEMA ACTION & ADVENTURE

|         |                        |
|---------|------------------------|
| 7:00am  | Star Wars: Episode I   |
| 9:20am  | Star Wars: Episode II  |
| 11:45am | Star Wars: Episode III |
| 2:10pm  | Star Wars: Episode IV  |
| 4:20pm  | Star Wars: Episode V   |
| 6:30pm  | Star Wars: Episode VI  |
| 9:00pm  | Star Wars: Episode VII |
| 11:20pm | Star Wars: Episode I   |
| 1:40am  | Star Wars: Episode II  |
| 4:05am  | Star Wars: Episode III |

## sky CINEMA COMEDY

|         |  |
|---------|--|
| 7:00am  | The Naked Gun 2 1/2: The Smell of Fear |
| 8:30am  | Police Academy                         |
| 10:15am | Norbit                                 |
| 12:05pm | Vacation                               |
| 1:50pm  | The Top Ten Show 2017                  |
| 2:05pm  | Mean Girls                             |
| 3:50pm  | Sisters                                |
| 5:55pm  | Trainwreck                             |
| 8:05pm  | Click                                  |
| 10:00pm | Sisters                                |
| 12:00am | Vacation                               |
| 1:50am  | Trainwreck                             |

## sky CINEMA PREMIERE

|         |   |
|---------|---|
| 7:00am  | Film12 Rounds 3: Lockdown   |
| 8:40am  | Moonwalkers   |
| 10:20am | Across the Line   |
| 12:00pm | The Boss  |
| 1:45pm  | Central Intelligence<br><i>Riotous action comedy about a rogue CIA agent who turns to a former classmate Kevin Hart for help.</i> |
| 3:50pm  | Don't Breathe   |
| 5:30pm  | 100 Streets<br><i>British drama following the tangled, interconnected lives of a group of Londoners.</i>                          |
| 7:15pm  | FilmThe Boss  |
| 9:00pm  | FilmCentral Intelligence  |
| 11:00pm | FilmDon't Breathe   |
| 12:45am | Film100 Streets   |
| 2:35am  | Film12 Rounds 3: Lockdown   |
| 4:25am  | FilmWelcome to Happiness  |

## sky SPORTS 2

|         |   |
|---------|---|
| 7:00am  | Rugby Union   |
| 8:15am  | Rugby Gold  |
| 8:20am  | Rugby Union   |
| 10:30am | Live Super Rugby  |
| 12:45pm | Great Sporting Moments  |
| 1:00pm  | Great Sporting Moments  |
| 1:15pm  | Sporting Triumphs   |
| 2:00pm  | Sporting Records  |
| 3:00pm  | Cricket's Greatest  |
| 4:00pm  | Sporting Records  |
| 5:00pm  | Cricket's Greatest  |
| 5:30pm  | Great Sporting Moments  |
| 5:45pm  | Cricket's Greatest  |
| 6:15pm  | Live European Champions Cup   |
| 9:00pm  | Live European Challenge Cup   |
| 11:15pm | Sporting Triumphs   |
| 11:30pm | Sporting Triumphs   |
| 11:45pm | Sporting Triumphs   |
| 12:00am | Cricket   |
| 3:35am  | Sporting Rivalries<br><i>Series profiling some of the greatest rivalries in sporting history.</i> |
| 4:00am  | Cricket Classics  |



## LEGALLY SPEAKING

# Wear your seatbelts

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.



**BELT UP:** A seatbelt halves the risk of death in the event of an accident.

POLICE checks by the Guardia Civil, supported by colleagues from the National and Local Police, are increasing with officers paying particular attention to the wearing of seatbelts and correct child restraint systems.

Statistics show that using a seatbelt halves the risk of death in the event of an accident; a message repeated by countless authorities, experts and organisations around the world.

It is important to remember that children under 135cm in height, regardless of their age, must sit in the rear seats and be properly restrained in the appropriate child safety device.

The use of seatbelts and child restraints is compulsory for all occupants of a vehicle on any distance of route and on any road. The use of child restraint systems reduces injuries by up to 75 per cent in the event of a collision.

According to the DGT, road traffic incidents are the leading cause of death amongst children under the age of 14 and tragically, 40 per cent of those children who lost their lives wore no protection system.

In 2015, the last year of which completed data is registered, 22 per cent (159) of those who lost their lives in cars or vans on interurban roads were not wearing a seatbelt. On urban roads, the figure was 19 out of 70 of those killed. Many of those could be alive today if they had been wearing a seatbelt.

Using the seatbelt in the front seats protects the occupants from getting thrown from the vehicle or impacting the dashboard. Using the seatbelt in the rear seats prevents the occupant impacting with the seat in front and causing further injury to other vehicle occupants.

For more news and articles visit [www.n332.es](http://www.n332.es) or search N332 on Facebook.

## Do they pay wealth tax?

**Q.** My husband and I have two apartments on the Costa Blanca. In the current market, they are probably worth about €250,000 for both. We have owned them since 2002, but have never rented them. We are non-residents. Our solicitor here started taking Spanish wealth tax again in 2014 and we are now paying from

€111 to €140 per person per apartment. This is four declarations because we each own half of the properties. Her invoice for this is around €500. I have read that you need assets of €700,000 to pay this tax and no one else here seems to pay it. I would appreciate your advice.

*LP (Costa Blanca)*

**A.** Until changes in 2014, non-residents did not have the exemption on the first €700,000 and had to pay Spanish wealth tax from the first euro of valuation. Now they share

**David Searl**  
You and the Law  
in Spain



in the exemption, in the same way as residents, so

you should not have to pay wealth tax. Make sure you are not confusing non-resident property owners imputed income tax, declared on Form 210, with Wealth Tax, declared on Form 714.

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.

## What is reaching out?

**Mike Senker**

*In my opinion*



*Views of a Grumpy Old Man*

THE conversation with my American mate starts, "You will never guess who reached out to me the other day?" "What?" "You will never guess who reached out," he repeats. "I dunno, a baby wanting a cuddle?"

He then tells me an old friend of ours sent him an email. Great, but what's with this 'reaching out' nonsense? Just say so and so emailed me. Why is it necessary to use these ridiculous new sayings and who invents them? The only reference to it I can remember is when the Four Tops sang 'Reach Out and I'll be there.' I've decided to put it at the top of my 'stupid sayings list' replacing some nonsense about 'windows of opportunity.'

Dr S, my daughter, is trying to buy her first house and at a price that makes my eyes water. My first house was about four grand and I had a mortgage of £59 a month and I was always struggling to pay it. It was sold to me by an estate agent who was also a valuer and surveyor. He was so proper that he could even sign my passport! He was helpful and would answer all my questions.

I could go and view the property as many times as needed because I was making a

commitment to spend, what was then, a lot of money. So jump forward to now renting a room, not a house, in London which can cost you a £1,000 a month easily.

What makes me really angry now is the attitude of these snotty nosed salesmen that call themselves estate agents. Dr S is saying to me that she has just had a survey done and apart from the little bits of damp that need doing, the surveyor has said it's about £10k overpriced. She wants to go and see it again with her boyfriend and the agent is saying he will see what he can do. Have I missed something? They are making the biggest single purchase that they have ever made.

They are committing themselves to a monthly payment for the next 25 years or so and this geezer is saying he will see what he can do! If that was me I would do anything to try and make the sale happen. Yes, they have agreed to buy it, but the service shouldn't just be one sided to the seller. The buyer has to be looked after too rather than 'I'll see what I can do.' How about, 'certainly you can, when's a good time for you?'

Terrible things to hear on a Sunday. I haven't done roast potatoes, I forgot to buy bacon, it's Monday tomorrow. The doorbell! No Donny Trump this week, although I have loads to say.

Maybe Leapy and I should do a joint article. Email me at [mikesenker@gmail.com](mailto:mikesenker@gmail.com).



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# GOOD NEWS FOR YOUR CAR 902 123 309



## BBC one

|         |                             |
|---------|-----------------------------|
| 7:00am  | Breakfast                   |
| 8:25am  | Match of the Day            |
| 10:00am | The Andrew Marr Show        |
| 11:00am | The Big Questions           |
| 12:00pm | Sunday Politics             |
| 1:15pm  | Bargain Hunt                |
| 2:00pm  | BBC News                    |
| 2:10pm  | Weather for the Week Ahead  |
| 2:15pm  | Homes Under the Hammer      |
| 3:10pm  | Countryfile Spring Diaries  |
| 3:55pm  | Escape to the Country       |
| 4:20pm  | Songs of Praise             |
| 5:00pm  | The Boat Race               |
| 7:25pm  | BBC News                    |
| 7:40pm  | Regional News               |
| 7:45pm  | Weather                     |
| 7:50pm  | Countryfile                 |
| 9:00pm  | Antiques Roadshow           |
| 10:00pm | Line of Duty                |
| 11:00pm | BBC News                    |
| 11:20pm | Regional News               |
| 11:25pm | Weather                     |
| 11:30pm | Match of the Day 2          |
| 12:35am | I'm Different: Let Me Drive |
| 1:10am  | BBC News                    |

## BBC TWO

|         |                                |
|---------|--------------------------------|
| 7:45am  | The Beechgrove Garden          |
| 8:15am  | Around the World in 80 Gardens |
| 9:15am  | Gardeners' World               |
| 9:45am  | Countryfile                    |
| 10:45am | Saturday Kitchen Best Bites    |
| 12:15pm | Nigel Slater: Eating Together  |
| 12:45pm | Simply Nigella                 |
| 1:15pm  | MOTD2 Extra                    |
| 2:00pm  | Figure Skating                 |
| 4:00pm  | When Danny Won the Masters     |
| 4:30pm  | Holiday of My Lifetime         |
| 5:00pm  | The House That £100k Built     |
| 6:00pm  | Flog It!                       |
| 7:00pm  | Inside the Factory             |
| 8:00pm  | Robot Wars                     |
| 9:00pm  | Top Gear                       |
| 10:00pm | Turkey with Simon Reeve        |
| 11:00pm | Live at the Apollo             |
| 11:45pm | Dead Poets Society             |
| 1:50am  | Question Time                  |
| 2:50am  | Holby City                     |
| 3:45am  | This is BBC Two                |

## BBC FOUR

|         |  |
|---------|--|
| 8:00pm  | Dame Vera Lynn: Happy 100th Birthday   |
| 9:00pm  | Giselle  |
| 10:00pm | Do We Really Need the Moon?  |
| 11:00pm | Gravity and Me: The Force That Shapes Our Lives  |
| 12:30am | Sex: A Horizon Guide   |
| 1:30am  | The Story of Maths Series about the history of mathematics, presented by Professor Marcus du Sautoy.   |
| 2:30am  | The Century That Wrote Itself Series in which author Adam Nicolson takes an intimate look at the 17th century's diarists and letter writers and how they produced the first great age of self-depiction. |
| 3:30am  | How to Get Ahead at Versailles   |

## CHANNEL 4

|         |                                 |
|---------|---------------------------------|
| 7:20am  | King of Queens                  |
| 7:45am  | King of Queens                  |
| 8:10am  | King of Queens                  |
| 8:35am  | Everybody Loves Raymond         |
| 9:00am  | Everybody Loves Raymond         |
| 9:30am  | Frasier                         |
| 10:00am | Frasier                         |
| 10:30am | Sunday Brunch                   |
| 1:30pm  | The Simpsons                    |
| 1:55pm  | The Simpsons                    |
| 2:25pm  | The Simpsons                    |
| 2:50pm  | Gogglesprogs                    |
| 3:55pm  | Gulliver's Travels              |
| 5:30pm  | Night at the Museum             |
| 7:35pm  | Channel 4 News                  |
| 8:00pm  | Titanic                         |
| 9:00pm  | Spying on the Royals            |
| 10:00pm | Homeland                        |
| 11:05pm | Gogglebox                       |
| 12:00am | 8 Out of 10 Cats Does Countdown |
| 1:00am  | Seven Psychopaths               |
| 3:00am  | The Last Leg                    |
| 3:55am  | Great British Buildings         |
| 4:50am  | Building the Dream              |
| 5:45am  | Kirstie's Handmade Treasures    |

## CHANNEL 5

|         |  |
|---------|--|
| 7:00am  | Milkshake!   |
| 10:45am | Teenage Mutant Ninja Turtles   |
|         | <i>Underground crime-fighting escapades with the heroes in a half-shell.</i> |
| 11:20am | Football on 5 The Championship.  |
| 12:15pm | Football on 5  |
| 12:45pm | The Gadget Show  |
| 1:45pm  | Police Interceptors  |
| 2:40pm  | Operation Daybreak   |
| 4:55pm  | 5 News   |
| 7:15pm  | 5 News   |
| 7:20pm  | Inside Kensington Palace   |
| 8:10pm  | Inside Buckingham Palace   |
| 9:00pm  | Disobedient Dogs Make You Laugh Out Loud                                     |
| 10:00pm | The Michael McIntyre Story   |
| 11:30pm | 20 Moments That Shocked Comedy   |
| 1:00am  | Football League Tonight  |
| 1:45am  | Police Interceptors Unleashed  |
| 2:10am  | Super Casino   |

## 4

|         |                                 |
|---------|---------------------------------|
| 7:00am  | Rude(Ish) Tube                  |
| 7:25am  | Couples Come Dine with Me       |
| 8:20am  | Couples Come Dine with Me       |
| 9:25am  | Hollyoaks Omnibus               |
| 12:00pm | Made in Chelsea                 |
| 1:00pm  | Clueless                        |
| 3:00pm  | The Goldbergs                   |
| 3:30pm  | The Goldbergs                   |
| 4:00pm  | The Goldbergs                   |
| 4:30pm  | Black-Ish the Purge             |
| 5:00pm  | Baby Daddy                      |
| 5:30pm  | Brooklyn Nine-Nine              |
| 6:00pm  | Brooklyn Nine-Nine              |
| 6:30pm  | The Big Bang Theory             |
| 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 | Marvel's Agents of S.H.I.E.L.D. |
| 11:00pm | Tattoo Fixers                   |
| 12:00am | Celebrity First Dates           |
| 1:05am  | Naked Attraction                |
| 2:10am  | Gogglebox                       |
| 3:15am  | Bizarre ER                      |
| 4:05am  | Marvel's Agents of S.H.I.E.L.D. |

## sky SPORTS 1

|         |   |
|---------|---|
| 7:30am  | Premier League Highlights   |
| 8:00am  | Premier League Highlights   |
| 8:30am  | Premier League Highlights   |
|         | <i>The best of the action from a match in the Premier League.</i> |
| 9:00am  | Premier League Highlights   |
| 9:30am  | Premier League Highlights   |
| 10:00am | The Sunday Supplement   |
| 11:30am | Goals on Sunday   |
| 1:30pm  | Live Nissan Super Sunday  |
| 2:30pm  | Live Nissan Super Sunday  |
| 4:30pm  | Live Nissan Super Sunday  |
| 8:00pm  | EFL Goals   |
| 8:30pm  | Live Spanish Football   |
| 10:30pm | EFL Goals   |
| 11:00pm | PI Match Highlights   |
| 11:30pm | PI Match Highlights   |
| 12:00am | Goals on Sunday   |
| 1:00am  | PI Match Highlights   |
| 1:30am  | PI Match Highlights   |
| 2:00am  | EFL Goals   |

## itv

|         |                                |
|---------|--------------------------------|
| 7:00am  | CITV                           |
| 10:25am | ITV News                       |
| 10:30am | Countrywise                    |
| 11:00am | Secret Dealers                 |
| 12:00pm | Wild Australia with Ray Mears  |
| 12:30pm | ITV News and Weather           |
| 12:45pm | From Russia with Love          |
| 3:00pm  | The Voice UK Final             |
| 4:50pm  | Little Big Shots               |
| 5:55pm  | Harry Hill's Alien Fun Capsule |
| 6:30pm  | Local News and Weather         |
| 6:40pm  | ITV News and Weather           |
| 7:00pm  | 5 Gold Rings                   |
| 8:00pm  | The Voice Final Results        |
| 9:00pm  | Vera                           |
| 11:00pm | ITV News and Weather           |
| 11:15pm | The Nightly Show Best Bits     |
| 11:45pm | Hard Target                    |
| 1:30am  | Jackpot247                     |
| 4:00am  | The Cube                       |
| 4:50am  | Nightscreen                    |

## itv2

|         |  |
|---------|--|
| 7:00am  | Emmerdale Omnibus                        |
| 9:40am  | Coronation Street Omnibus                |
| 12:05pm | The Voice UK Final                       |
| 2:00pm  | Zawesome                                 |
| 2:05pm  | Guidance                                 |
| 2:40pm  | Fame High                                |
| 2:55pm  | L.A. Story                               |
| 3:10pm  | Side Effects                             |
| 3:40pm  | The Hot Desk                             |
| 3:50pm  | You've Been Framed!                      |
| 4:20pm  | Ant and Dec's Saturday Night Takeaway    |
| 5:55pm  | The Princess Diaries 2: Royal Engagement |
| 6:55pm  | FYI Daily                                |
| 7:00pm  | The Princess Diaries 2: Royal Engagement |
| 8:15pm  | Liar Liar                                |
| 9:15pm  | FYI Daily                                |
| 9:20pm  | Liar Liar                                |
| 10:00pm | Ibiza Weekender                          |
| 11:00pm | Family Guy                               |
| 11:30pm | Family Guy                               |
| 12:00am | Family Guy                               |
| 12:30am | American Dad!                            |
| 12:55am | American Dad!                            |
| 1:25am  | The Cleveland Show                       |
| 1:55am  | The Cleveland Show                       |

## itv3

|         |   |
|---------|---|
| 7:00am  | On the Buses                                |
| 7:25am  | The Baby and the Battleship                 |
| 8:25am  | FYI Daily                                   |
| 8:30am  | The Baby and the Battleship                 |
| 9:25am  | Heartbeat                                   |
| 10:25am | Heartbeat                                   |
| 11:30am | Murder, She Wrote                           |
| 12:30pm | Heidi                                       |
| 2:45pm  | Sparkling Cyanide                           |
| 4:50pm  | Agatha Christie's Marple                    |
| 7:00pm  | Midsomer Murders                            |
| 9:00pm  | Paul O'Grady: For The Love of Dogs          |
| 9:30pm  | Paul O'Grady: For The Love of Dogs          |
| 10:00pm | Les Dawson: An Audience with That Never Was |
| 11:00pm | Les Dawson Forever: Ep                      |
| 12:05am | Steptoe and Son Ride Again                  |
| 1:05am  | FYI Daily                                   |
| 1:10am  | Steptoe and Son Ride Again                  |
| 2:10am  | Sparkling Cyanide                           |
| 3:50am  | May the Best House Win                      |

## itv4

|         |                                      |
|---------|--------------------------------------|
| 7:00am  | World Cup Top Goalscorers            |
| 7:15am  | The Wine Show                        |
| 8:20am  | Hogan's Heroes                       |
| 8:55am  | Car Chasers                          |
| 9:25am  | Pawn Stars                           |
| 9:50am  | Pawn Stars                           |
| 10:20am | Pawn Stars                           |
| 10:50am | Pawn Stars                           |
| 11:15am | MSA British Touring Car Championship |
| 7:15pm  | The Motorsport Mavericks             |
| 8:15pm  | The Big Fish Off                     |
| 9:15pm  | Jackie Chan's First Strike           |
| 10:15pm | FYI Daily                            |
| 10:20pm | Jackie Chan's First Strike           |
| 11:00pm | First Blood                          |
| 12:00am | FYI Daily                            |
| 12:05am | First Blood                          |
| 12:55am | Cliffhanger                          |
| 1:55am  | FYI Daily                            |
| 2:00am  | Cliffhanger                          |
| 3:10am  | Hogan's Heroes                       |
| 3:45am  | ITV4 Nightscreen                     |
| 4:00am  | Teleshopping                         |

## sky CINEMA ACTION & ADVENTURE

|         |  |
|---------|--|
| 11:15am | The Lord of the Rings: The Two Towers      |
| 2:15pm  | Star Wars: Episode VII - The Force Awakens |
| 4:45pm  | Rocky                                      |
| 6:50pm  | Rocky II                                   |
| 9:00pm  | The Lord of the Rings: The Two Towers      |
| 12:00am | The Guns of Navarone                       |

## sky CINEMA COMEDY

|         |  |
|---------|--|
| 8:00am  | The Top Ten Show 2017                  |
| 8:15am  | The Naked Gun 33 1/3: The Final Insult |
| 9:45am  | Hot Pursuit                            |
| 11:20am | Ghost Town                             |
| 1:10pm  | Robin Hood: Men in Tights              |
| 3:00pm  | The Intern                             |
| 5:05pm  | Ted 2                                  |
| 7:15pm  | Bridget Jones's Diary                  |
| 9:00pm  | The Intern                             |
| 11:05pm | Ted 2                                  |
| 1:15am  | The Hangover                           |

## sky CINEMA PREMIERE

|         |  |
|---------|--|
| 8:55am  | 12 Rounds 3: Lockdown  |
| 10:30am | Across the Line  |
| 12:10pm | London Town  |
| 1:55pm  | Don't Breathe  |
| 3:40pm  | Central Intelligence <i>Riotous action comedy about a rogue CIA agent who turns to a former classmate Kevin Hart for help.</i> |
| 5:35pm  | The Boss   |
| 7:20pm  | London Town <i>Daniel Huttleston stars as a 70s teen who changes forever when he hears The Clash.</i>                          |
| 9:00pm  | Don't Breathe  |
| 10:40pm | Central Intelligence   |
| 12:35am | 12 Rounds 3: Lockdown  |
| 2:20am  | 100 Streets <i>British drama following the tangled, interconnected lives of a group of Londoners.</i>                          |

## sky SPORTS 2

|         |                              |
|---------|------------------------------|
| 7:00am  | Cricket Classics             |
| 8:00am  | Live Super Rugby             |
| 9:50am  | Rugby Gold                   |
| 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  | Football                     |
| 4:00pm  | Live Spanish Football        |
| 6:00pm  | Sporting Heroes              |
| 7:00pm  | Live ATP Masters 1000- Miami |
| 9:30pm  | Football                     |
| 11:40pm | Cricket                      |
| 3:15am  | Sporting Triumphs            |
| 3:30am  | Sporting Rivalries           |
| 4:00am  | Cricket Classics             |
| 5:00am  | Cricket's Greatest           |
| 5:30am  | Cricket's Greatest           |

# That's just rich! lies, predictions and the world's billionaires

**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)*

MICROSOFT founder Bill Gates (with \$86 billion) again tops Forbes' list of the world's richest people with the number of billionaires increasing by 13 per cent. But bad news for Trump who dropped 220 places and \$1 billion, and must now rub along on just \$3.5 billion. Bless!

Many recoil at the very mention of such extreme wealth but forget that the world's top 10 richest people have actually done something to acquire it.

Gates was personally involved with writing the codes which evolved into the software that runs on so many of the world's computers and, compared with the likes of, say, Sir Philip Green, has also done something worthwhile with his billions, giving over \$40 billion to the Gates Foundation

which seeks cures for infectious diseases.

Together with the founders of Amazon, Facebook etc, Gates and co are all entrepreneurs who have created, mainly through their own drive and determination, substantial and reputable businesses serving millions of customers and employing thousands of staff.

One hundred and fifty years ago, the list would have been dominated by people who inherited their wealth across centuries, originally acquired by men who waged wars and unleashed other kinds of violence.



**BILL GATES:** Has done something worthwhile with his billions.

Doubtless, of course, there'll be tweets from Trump just how wrong Forbes' accounting of his wealth is. But how would we know whether this is true? Recently, we've had so much fake news, who knows what's truth, what's paid for or what's partisan nonsense. News flash: Trump denies existence of the moon.

White House spokesman supports Trump's claim. News update: disclaimer from chief spokesman for Trump's State Department of Alternative Truth: "This was a post-truth, alternative facts, fake news broadcast." (I made this up but you get the drift.)

And all this just weeks after front-page outrage and the nation left reeling in horror - forget Brexit, Mary Berry added white wine to a bolognese! - it's with a heavy heart that I report things could get even worse. What about when 'Trump the Musical!' opens on Broadway, with hits such as 'Ivanka Tell You Something,' 'Your Tiny Hand is Frozen,' and the show stopper, 'If You Knew Putin'...

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



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**BBC one**

|         |  |
|---------|--|
| 10:15am | Countryside 999                        |
| 11:00am | Homes Under the Hammer                 |
| 12:00pm | The Sheriffs are Coming                |
| 12:45pm | Fake Britain                           |
| 1:15pm  | Bargain Hunt                           |
| 2:00pm  | BBC News                               |
| 2:30pm  | Regional News                          |
| 2:45pm  | Doctors                                |
| 3:15pm  | The Code                               |
| 4:00pm  | 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  | Fake Britain                           |
| 9:00pm  | EastEnders                             |
| 9:30pm  | Panorama                               |
| 10:00pm | Child of Our Time                      |
| 11:00pm | BBC News                               |
| 11:30pm | Regional News                          |
| 11:40pm | Weather                                |
| 11:45pm | All Round to Mrs Brown's               |
| 12:45am | Have I Got a Bit More Old News for You |

**BBC TWO**

|         |   |
|---------|---|
| 7:30am  | Fugitives                                 |
| 8:15am  | Money for Nothing                         |
| 9:00am  | Antiques Roadshow                         |
| 10:00am | Victoria Derbyshire                       |
| 12:00pm | BBC Newsroom Live                         |
| 1:00pm  | Conversations                             |
| 1:45pm  | Two Tribes                                |
| 2:15pm  | Holiday of My Lifetime                    |
| 2:45pm  | Who Do You Think You Are?                 |
| 3:45pm  | More Creatures Great and Small            |
| 4:15pm  | France                                    |
| 5:15pm  | Life Story                                |
| 6:15pm  | Antiques Road Trip                        |
| 7:00pm  | Eggheads                                  |
| 7:30pm  | The Repair Shop                           |
| 8:00pm  | Top Gear                                  |
| 9:00pm  | University Challenge                      |
| 9:30pm  | Mary Berry Everyday                       |
| 10:00pm | Amazing Hotels: Life Beyond the Lobby     |
| 11:00pm | Cradle to Grave                           |
| 11:30pm | Newsnight                                 |
| 12:10am | Weather                                   |
| 12:15am | When Danny Won the Masters                |
| 12:45am | Incredible Medicine: Dr Weston's Casebook |

**BBC FOUR**

|         |  |
|---------|--|
| 8:00pm  | 100 Days<br><i>As President Trump takes office, Katy Kay in Washington and Christian Fraser in London report on the events that are shaping our world.</i> |
| 8:30pm  | The Beauty of Anatomy  |
| 9:00pm  | Yellowstone  |
| 10:00pm | Roof Racks and Hatchbacks: The Family Car  |
| 11:00pm | The Queen Mary: Greatest Ocean Liner   |
| 12:00am | Oceans<br><i>An exploration of the profound effect that man is having on the Mediterranean Sea.</i>  |
| 1:00am  | Chef v Science: The Ultimate Kitchen Challenge   |
| 2:30am  | Jonathan Meades: The Joy of Essex  |
| 3:30am  | Roof Racks and Hatchbacks: The Family Car  |

**CHANNEL 4**

|         |                                 |
|---------|---------------------------------|
| 7:00am  | Countdown                       |
| 7:45am  | King of Queens                  |
| 9:00am  | Everybody Loves Raymond         |
| 10:05am | Frasier                         |
| 11:05am | Undercover Boss USA             |
| 12:05pm | Ramsay's Kitchen Nightmares USA |
| 1:00pm  | Channel 4 News                  |
| 1:05pm  | Vet on the Hill                 |
| 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                  |
| 9:00pm  | Dispatches                      |
| 9:30pm  | Travel Man                      |
| 10:00pm | 24 Hours in A and E             |
| 11:00pm | How'd You Get So Rich?          |
| 11:50pm | Britain's Benefit Tenants       |
| 12:50am | Three Wives, One Husband        |
| 1:50am  | Tattoo Fixers                   |

**CHANNEL 5**

|         |  |
|---------|--|
| 7:00am  | Milkshake!   |
| 10:15am | The Wright Stuff   |
| 12:15pm | GPs: Behind Closed Doors   |
| 1:10pm  | 5 News   |
| 1:15pm  | Can't Pay? We'll Take it Away!   |
| 2:15pm  | Home and Away  |
| 2:45pm  | Neighbours   |
| 3:20pm  | NCIS   |
| 4:20pm  | Nightmare Nurse  |
| 6:00pm  | 5 News   |
| 6:30pm  | Neighbours   |
| 7:00pm  | Home and Away  |
| 7:30pm  | 5 News   |
| 8:00pm  | Lost at Sea: Air France 447  |
| 9:00pm  | Police Interceptors  |
| 10:00pm | Going Underground  |
| 11:00pm | All New Traffic Cops   |
| 12:05am | Conan the Barbarian  |
| 2:05am  | Super Casino<br><i>Feeling lucky? Get the authentic, heart-thumping casino experience every night.</i> |
| 4:10am  | Law and Order: Criminal Intent   |
| 5:00am  | Britain's Greatest Bridges   |

**4**

|         |                       |
|---------|-----------------------|
| 7:00am  | Charmed               |
| 7:40am  | Coach Trip            |
| 8:10am  | Hollyoaks             |
| 8:40am  | Melissa and Joey      |
| 9:05am  | Rules of Engagement   |
| 9:35am  | Rules of Engagement   |
| 10:00am | Last Man Standing     |
| 10:35am | Last Man Standing     |
| 11:00am | Charmed               |
| 12:00pm | Charmed               |
| 1:00pm  | How I Met Your Mother |
| 2:00pm  | The Goldbergs         |
| 2:30pm  | The Goldbergs         |
| 3:00pm  | The Big Bang Theory   |
| 3:30pm  | The Big Bang Theory   |
| 4:00pm  | 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  | Baby Daddy            |
| 9:00pm  | The Big Bang Theory   |
| 9:30pm  | The Big Bang Theory   |
| 10:00pm | Made in Chelsea       |
| 11:00pm | Empire                |
| 12:00am | The Big Bang Theory   |

**sky SPORTS 1**

|         |                                  |
|---------|----------------------------------|
| 7:00am  | Football Gold                    |
| 7:15am  | Football Gold                    |
| 7:30am  | Football Gold                    |
| 8:00am  | WWE Raw                          |
| 9:00am  | Goals on Sunday                  |
| 10:00am | PI Match Highlights              |
| 10:30am | PI Match Highlights              |
| 11:00am | The Premier League Years         |
| 1:00pm  | PI Match Highlights              |
| 1:30pm  | PI Match Highlights              |
| 2:00pm  | Goals on Sunday                  |
| 3:00pm  | Premier League Legends           |
| 4:00pm  | Spanish Football Gold            |
| 4:30pm  | Football Gold                    |
| 4:45pm  | Football Gold                    |
| 5:00pm  | PI Match Highlights              |
| 5:30pm  | PI Match Highlights              |
| 6:00pm  | Live Masters - On the Range      |
| 8:00pm  | Masters - Drive, Pitch and Putt  |
| 11:00pm | Soccer AM: The Best Bits 2016/17 |
| 11:30pm | Premier League Review            |
| 12:30am | Soccer AM: The Best Bits 2016/17 |
| 1:00am  | Scottish Football Round Up       |

**itv**

|         |                                     |
|---------|-------------------------------------|
| 7:00am  | Good Morning Britain                |
| 9:30am  | Lorraine                            |
| 10:25am | The Jeremy Kyle Show                |
| 11:30am | This Morning                        |
| 1:30pm  | Loose Women                         |
| 2:30pm  | ITV Lunchtime News                  |
| 3:00pm  | Judge Rinder                        |
| 4:00pm  | Chopping Block                      |
| 5:00pm  | Tipping Point                       |
| 6:00pm  | The Chase                           |
| 7:00pm  | Local News and Weather              |
| 7:30pm  | ITV Evening News                    |
| 8:00pm  | Emmerdale                           |
| 8:30pm  | Coronation Street                   |
| 9:00pm  | The Kyle Files                      |
| 9:30pm  | Coronation Street                   |
| 10:00pm | Broadchurch                         |
| 11:00pm | The Nightly Show with Bradley Walsh |
| 11:30pm | ITV News                            |
| 12:15am | Robson Green's Tales From the Coast |
| 1:15am  | The Nightly Show with Bradley Walsh |
| 1:40am  | Jackpot247                          |
| 4:00am  | The Jeremy Kyle Show                |

**itv2**

|         |  |
|---------|--|
| 7:00am  | Totally Bonkers Guinness World Records |
| 7:10am  | You've Been Framed!                    |
| 7:35am  | You've Been Framed!                    |
| 7:55am  | Below Deck                             |
| 8:20am  | The Ellen DeGeneres Show               |
| 9:00am  | Emmerdale                              |
| 9:30am  | Coronation Street                      |
| 10:00am | Coronation Street                      |
| 10:35am | Psych                                  |
| 11:25am | Below Deck                             |
| 12:20pm | 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!                    |
| 9:00pm  | Two and a Half Men                     |
| 10:00pm | Family Guy                             |
| 10:30pm | The Great Indoors                      |
| 11:00pm | American Dad!                          |
| 12:00am | 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                           |
| 11:20am | Judge Judy                           |
| 11:45am | Road to Avonlea                      |
| 12:50pm | The Darling Buds of May              |
| 2:00pm  | Heartbeat                            |
| 3:00pm  | 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 | Foyle's War                          |
| 12:00am | Britain's Busiest Airport - Heathrow |
| 1:00am  | Cold Blood                           |
| 2:35am  | Doctor at Large                      |
| 3:00am  | ITV3 Nightscreen                     |
| 3:30am  | Teleshopping                         |

**itv4**

|         |                   |
|---------|-------------------|
| 7:00am  | The Sweeney       |
| 7:50am  | Hogan's Heroes    |
| 8:15am  | Hogan's Heroes    |
| 8:45am  | The Professionals |
| 9:50am  | Ironsides         |
| 10:55am | The Sweeney       |
| 11:55am | The Chase         |
| 12:55pm | Counting Cars     |
| 1:25pm  | Counting Cars     |
| 1:50pm  | Pawn Stars        |
| 2:20pm  | Pawn Stars        |
| 2:50pm  | Hogan's Heroes    |
| 3:25pm  | Hogan's Heroes    |
| 3:55pm  | Ironsides         |
| 5:00pm  | The Professionals |
| 6:00pm  | The Sweeney       |
| 7:00pm  | Counting Cars     |
| 7:30pm  | Counting Cars     |
| 8:00pm  | Pawn Stars        |
| 8:30pm  | FA Youth Cup Live |
| 11:00pm | Bundesliga        |
| 12:05am | Renegades         |
| 1:05am  | FYI Daily         |
| 1:10am  | Renegades         |
| 2:10am  | The Sweeney       |
| 3:10am  | The Professionals |
| 4:00am  | Teleshopping      |

**sky CINEMA ACTION & ADVENTURE**

|         |                                       |
|---------|---------------------------------------|
| 7:20am  | 12 Rounds                             |
| 9:15am  | Self/Less                             |
| 11:20am | Hitman: Agent 47                      |
| 1:10pm  | Terminator Genisys                    |
| 3:20pm  | The League of Extraordinary Gentlemen |
| 5:20pm  | The Scorpion King                     |
| 7:00pm  | Self/Less                             |
| 9:00pm  | Terminator Genisys                    |
| 11:10pm | Hitman: Agent 47                      |
| 12:50am | Cyborg 009                            |

**sky CINEMA COMEDY**

|         |                                |
|---------|--------------------------------|
| 11:50am | Me Him Her                     |
| 1:35pm  | Zoolander 2                    |
| 3:25pm  | Ghostbusters: Answer the Call  |
| 3:45pm  | Happy Gilmore                  |
| 5:25pm  | Big Daddy                      |
| 7:10pm  | Pixels                         |
| 9:00pm  | Zoolander 2                    |
| 10:45pm | Meet the Parents               |
| 12:35am | There's Something About Mary   |
| 2:40am  | Fear and Loathing in Las Vegas |
| 4:40am  | Spud                           |

**sky CINEMA PREMIERE**

|         |   |
|---------|---|
| 9:20am  | London Town   |
| 11:10am | Winter  |
| 12:55pm | Ghost in the Shell: Special   |
| 1:25pm  | Central Intelligence  |
| 3:35pm  | Don't Breathe   |
| 5:25pm  | London Town   |
| 7:15pm  | Winter  |
| 9:00pm  | Central Intelligence<br><i>Riotous action comedy about a rogue CIA agent who turns to a former classmate Kevin Hart for help.</i>                         |
| 11:00pm | Don't Breathe   |
| 12:40am | Across the Line   |
| 2:25am  | 12 Rounds 3: Lockdown   |
| 4:10am  | Welcome to Happiness<br><i>Fantasy drama about a struggling children's author who rents an apartment containing a portal to a land of second chances.</i> |

**sky SPORTS 2**

|         |                            |
|---------|----------------------------|
| 7:00am  | Cricket Classics           |
| 8:00am  | Time of Our Lives          |
| 9:00am  | Sky Sports Years           |
| 10:00am | Cricket's Greatest         |
| 10:30am | Cricket's Greatest         |
| 11:00am | Great Sporting Moments     |
| 12:00pm | Sporting Heroes            |
| 1:00pm  | Cricket Classics           |
| 2:00pm  | Time of Our Lives          |
| 3:00pm  | Sporting Greats            |
| 3:30pm  | Sporting Greats            |
| 4:00pm  | Sporting Records           |
| 4:30pm  | Sporting Records           |
| 5:00pm  | Cricket's Greatest         |
| 5:30pm  | Cricket's Greatest         |
| 6:00pm  | Cricket Classics           |
| 7:00pm  | Cricket's Greatest         |
| 7:30pm  | Cricket's Greatest         |
| 8:00pm  | Boxing                     |
| 10:00pm | Sporting Greats II         |
| 10:30pm | Great Sporting Moments     |
| 10:45pm | Great Sporting Moments     |
| 11:00pm | Super League Fulltime 2017 |
| 11:30pm | More Than a Game           |
| 12:00am | Sporting Mavericks         |
| 12:30am | Sporting Mavericks         |

# Make enjoyment your priority

**Sally Trotman**

www.sallytrotman.com

*Sally Trotman is a qualified Counsellor who works with Astrology, Numerology and the Tarot. Each month she will deliver the forecast as an intuitive tool to aid increased self awareness.*



**ARIES:  
A fiery  
sign.**



**ASTROLOGY: Ready, set, go!**

**Sun in Aries:** This month the sun is influenced by the fiery sign of Aries. As this is the first sign of the zodiac, take risks, be bold and courageously move forward with your plans. Aries will help you to develop your leadership qualities, so find ways to lovingly guide yourself and others. Try different ventures and experiences this month as a way to grow and learn. Break free from old habits and conditioning, explore new hobbies and ways of spending your leisure time. Aries encourages you to have fun, so make enjoyment your priority this month!

**Get in tune with the moon :** The new moon in Aries at the end of last month sets the tone for most of the month of April. A time of new beginnings, this is the moment to dive in and embrace your heart's desires. The full moon in Libra on April 11 brings the focus to your relationships. How can you create more balance here? Do you need to sit back and observe your relationships for a while to assess how you feel and what is most important for you at this time? The full moon in Libra will bring the clarity you need this month.

On Wednesday April 26 the new moon in Taurus emphasises the importance of perseverance and determination. With the ideas gleaned from the influence of Aries at the beginning of the month, make practical plans towards the end of the month to help you fulfil your goals.

**Numerology: Create firm foundations**

**Number 4:** This number brings order and struc-

ture to our lives. It steadies the influence of impulsive Aries, helping you to balance action with reflection in order to make wise decisions from your heart. A time of endings and new beginnings as spring begins, gracefully release anything which no longer serves you, and make a commitment to yourself to honour your needs and deepest desires.

Spend time with friends and family this month too, as the influence of this number reminds you of the im-

portance of your support network. When this is strong, you are able to weather the storms of life, and help others through times of difficulty too.

**The Tarot:**

*Steady Progress*

The fourth card in the the Major Arcana Tarot deck is the Emperor. This protective and paternal figures helps you to maintain your concentration and focus. When coupled with assertiveness and confidence, you can forge ahead this month with what you want to do, and what you know is best for you at this time. The appearance of this card means that structure and logic is favoured over emotional desires, so keep your plans practical and focused in order to plant seeds which will blossom into a healthy harvest later in the year.

Remember also that what you focus on grows, so think only of abundance and health in order to keep fears and lack at bay. Expect the best for yourself!

## April special offer!

WHEN you book in for a one-hour Astrology, Numerology and Tarot Consultation via Skype, Facebook or Telephone this month, receive a FREE Guided Meditation straight to your email in-box to help you relax into the new beginnings of spring. To book in contact me at [sally.trotman@btinternet.com](mailto:sally.trotman@btinternet.com). Visit my website for more tips to help you make the most of the month ahead [www.sallytrotman.com](http://www.sallytrotman.com).



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**BBC one**

7:00am Breakfast  
10:15am Countryside 999  
11:00am Homes Under the Hammer  
12:00pm The Sheriffs are Coming  
12:45pm Fake Britain  
1:15pm Bargain Hunt  
2:00pm BBC News  
2:30pm Regional News  
2:45pm Doctors  
3:15pm The Code  
4:00pm 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 Child of Our Time  
11:00pm BBC News  
11:30pm Regional News  
11:40pm Weather  
11:45pm The Richard Dimbleby Lecture 2017  
12:30am Galapagos

**BBC TWO**

7:00am Flog It!  
7:30am The Sheriffs are Coming  
8:15am Money for Nothing  
9:00am The Big Painting Challenge  
10:00am Victoria Derbyshire  
12:00pm BBC Newsroom Live  
2:00pm Super League Show  
2:45pm Golf  
3:45pm More Creatures Great and Small  
4:15pm Kate Humble: Into the Volcano  
5:15pm Attenborough's Birds of Paradise  
6:15pm Antiques Road Trip  
7:00pm Eggheads  
7:30pm The Repair Shop  
8:00pm Great American Railroad Journeys  
9:00pm Bake Off Crème de la Crème  
10:00pm American Justice  
11:00pm Inside No 9  
11:30pm Newsnight  
11:30pm Weather  
12:15am Turkey with Simon Reeve  
1:15am Versailles

**BBC FOUR**

8:00pm 100 Days  
8:30pm The Beauty of Anatomy Scientific Documentary  
9:00pm 1066: A Year to Conquer England History Documentary  
10:00pm How to be a Surrealist with Philippa Perry Documentary  
11:00pm The Secret Surrealist: Desmond Morris Documentary  
11:30pm Un Chien Andalou Film, 1929  
11:45pm Spike Milligan: Assorted Q  
12:20am Spike Milligan: Assorted Q  
12:50am How Quizzing Got Cool: Tv's Brains of Britain Entertainment  
1:50am The Fight for Saturday Night Documentary  
3:20am The Secret Surrealist: Desmond Morris

**CHANNEL 4**

7:00am Countdown  
7:45am King of Queens  
9:00am 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 Vet on the Hill  
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  
9:00pm The Secret Life of the Zoo  
10:00pm One Born Every Minute  
11:00pm Catastrophe  
11:40pm This is Us  
12:35am 19 Kids and Counting  
1:35am Ramsay's Kitchen Nightmares USA

**CHANNEL 5**

7:00am Milkshake!  
12:15pm GPs: Behind Closed Doors  
1:10pm 5 News  
1:15pm On Benefits: Life on the Dole Documentary following people living on benefits.  
2:15pm Home and Away  
2:45pm Neighbours  
3:15pm NCIS: Los Angeles  
4:15pm Strangers in Amish Country  
6:00pm 5 News  
6:30pm Neighbours  
7:00pm Home and Away  
7:30pm 5 News  
8:00pm Police Interceptors  
9:00pm Inside St Paul's Cathedral  
10:00pm Yorkshire: A Year in the Wild  
11:00pm Restless Legs Syndrome: Desperate for Help  
12:05am The Boy Who Sees Upside Down  
1:05am On Benefits  
2:00am Super Casino

**4**

7:40am Coach Trip  
8:10am Hollyoaks  
8:40am Melissa and Joey  
9:05am Rules of Engagement  
10:00am Last Man Standing  
11:00am Charmed  
1:00pm How I Met Your Mother  
2:00pm The Goldbergs  
2:30pm The Goldbergs  
3:00pm The Big Bang Theory  
3:30pm The Big Bang Theory  
4:00pm 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 Black-ish  
9:00pm The Goldbergs  
9:30pm The Goldbergs  
10:00pm Tattoo Artist of the Year  
11:00pm Bizarre ER  
12:00am The Big Bang Theory  
12:30am The Big Bang Theory

**sky SPORTS 1**

7:00am Football Gold  
8:00am WWE SmackDown!  
9:00am Premier League Legends  
10:00am Premier League 100 Club  
10:30am Soccer AM: The Best Bits 2016/17  
11:00am The Premier League Years  
1:00pm Premier League Review  
2:00pm Football Gold  
2:15pm Scottish Football Round Up  
2:30pm Football Gold  
3:00pm Premier League Legends  
4:00pm Premier League Review  
5:00pm Football's Greatest  
6:00pm Premier League 100 Club  
7:00pm Premier League Review  
8:00pm Football Gold  
8:15pm Scottish Football Round Up  
8:30pm Football  
11:15pm Nissan Match Choice  
12:15am PL Highlights  
12:45am PL Highlights

**itv**

6:05am The Jeremy Kyle Show  
7:00am Good Morning Britain  
9:30am Lorraine  
10:25am The Jeremy Kyle Show  
11:30am This Morning  
1:30pm Loose Women  
2:30pm ITV Lunchtime News  
3:00pm Judge Rinder  
4:00pm Chopping Block  
5:00pm Tipping Point  
6:00pm The Chase  
7:00pm Local News and Weather  
7:30pm ITV Evening News  
8:00pm Emmerdale  
8:30pm Britain as Seen on ITV  
9:00pm Save Money Good Food  
10:00pm Play to the Whistle  
11:00pm The Nightly Show with Bradley Walsh  
11:30pm ITV News  
12:15am Prime Suspect 1973  
1:15am The Nightly Show with Bradley Walsh

**itv2**

7:00am Totally Bonkers Guinness World Records  
7:10am You've Been Framed!  
7:35am Below Deck  
8:20am The Ellen DeGeneres Show  
9:00pm Emmerdale  
9:30pm Coronation Street  
10:35am Psych  
11:25am Below Deck  
12:20pm Who's Doing the Dishes?  
1:25pm Emmerdale  
1:55pm Coronation Street  
3:00pm The Ellen DeGeneres Show  
3:50pm The Jeremy Kyle Show  
6:00pm Judge Rinder  
7:00pm You've Been Framed!  
9:00pm Two and a Half Men  
10:00pm Hell's Kitchen  
11:00pm Family Guy  
12:30am American Dad!  
12:55am The Vampire Diaries  
1:50am American Dad!  
2:20am Celebrity Juice

**itv3**

7:00am You're Only Young Twice  
7:25am Heartbeat  
8:25am Where the Heart is  
9:25am The Royal  
10:30am Judge Judy  
10:55am Judge Judy  
11:25am Judge Judy  
11:50am Road to Avonlea  
12:50pm The Darling Buds of May  
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 Drama series about a sleuthing writer who solves murder mysteries.  
9:00pm Midsomer Murders  
11:00pm A Touch of Frost  
1:05am Cold Blood  
2:35am Doctor at Large  
3:00am ITV3 Nightscreen  
3:30am Teleshopping

**itv4**

7:00am British Touring Car Crashes and Smashes  
7:10am The Sweeney  
7:55am Hogan's Heroes  
8:25am Hogan's Heroes  
8:50am The Professionals  
9:55am Ironside  
11:00am The Sweeney  
12:00pm The Chase  
1:00pm Counting Cars  
1:30pm Counting Cars  
1:55pm Counting Cars  
2:25pm Pawn Stars  
2:55pm Hogan's Heroes  
3:25pm Hogan's Heroes  
4:00pm Ironside  
5:00pm The Professionals  
6:05pm The Sweeney  
7:05pm Counting Cars  
7:35pm Counting Cars  
8:00pm Pawn Stars  
8:30pm Pawn Stars  
9:00pm World Superbike Highlights  
10:00pm Benidorm  
11:00pm Lethal Weapon  
12:00am The Last Boy Scout  
1:00am FYI Daily  
1:05am The Last Boy Scout

**sky CINEMA ACTION & ADVENTURE**

11:20am 13 Hours: The Secret Soldiers of Benghazi  
1:50pm The Magnificent Seven  
4:00pm The Mummy Returns  
6:15pm Fantastic Four  
8:00pm Point Break  
10:00pm 13 Hours: The Secret Soldiers of Benghazi  
12:30am True Lies

**sky CINEMA COMEDY**

8:20am Alien Autopsy  
10:00am Who's Harry Crumb?  
11:40am Vacation  
1:25pm Dad's Army  
3:10pm The Apartment  
5:20pm When Harry Met Sally  
7:00pm Hitch  
9:00pm Dad's Army  
10:45pm Two Night Stand  
12:20am Mistress America  
1:55am South Park: Bigger, Longer and Uncut

**sky CINEMA PREMIERE**

7:00am Across the Line  
8:40am 12 Rounds 3: Lockdown  
10:15am Winter A father consumed by grief must come to terms with an emotional breakdown in order to save his relationship with his two young sons.  
12:00pm Central Intelligence  
2:00pm London Town  
3:50pm Date and Switch Two guys make a pact to lose their virginity before senior prom, but things take an unexpected turn when one of them comes out of the closet.  
5:35pm Winter  
7:20pm Don't Breathe  
9:00pm Central Intelligence  
10:50pm Date and Switch  
12:30am London Town  
2:20am Don't Breathe

**sky SPORTS 2**

7:00am Cricket Classics  
8:00am Time of Our Lives  
9:00am Sky Sports Years  
10:00am Cricket's Greatest  
11:00am Great Sporting Moments  
11:15am Great Sporting Moments  
12:00pm Sporting Heroes  
1:00pm Super League Fulltime 2017  
1:30pm Super League Gold  
2:00pm Time of Our Lives  
3:00pm Sporting Greats  
4:00pm Super League Fulltime 2017  
4:30pm Sporting Records  
5:00pm Cricket's Greatest  
5:30pm Super League Fulltime 2017  
6:00pm Boxing  
8:00pm Super League Fulltime 2017  
8:30pm Gillette Soccer Special  
11:00pm More Than a Game  
11:30pm More Than a Game  
12:00am Ashes Best Days  
2:00am Cricket World Cup Classics

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**BBC one**

|         |   |
|---------|---|
| 10:15am | Countryside 999   |
| 11:00am | Homes Under the Hammer  |
| 12:00pm | The Sheriffs are Coming   |
| 12:45pm | Fake Britain  |
| 1:15pm  | Bargain Hunt  |
| 2:00pm  | BBC News  |
| 2:30pm  | Regional News   |
| 2:45pm  | Doctors   |
| 3:15pm  | The Code  |
| 4:00pm  | 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  |
| 9:00pm  | MasterChef  |
| 10:00pm | Benefits (w/t)  |
| 11:00pm | BBC News  |
| 11:30pm | Regional News   |
| 11:40pm | Weather   |
| 11:45pm | Match of the Day  |
| 1:25am  | Weather for the Week Ahead  |
| 1:30am  | BBC News<br><i>The latest national and international news stories, followed by Weather.</i> |

**BBC TWO**

|         |  |
|---------|--|
| 7:30am  | The Sheriffs are Coming  |
| 8:15am  | Money for Nothing  |
| 9:00am  | See Hear   |
| 9:30am  | Mary Berry Everyday  |
| 10:00am | Victoria Derbyshire  |
| 12:00pm | BBC Newsroom Live  |
| 1:00pm  | Conversations  |
| 1:45pm  | Two Tribes   |
| 2:15pm  | Holiday of My Lifetime   |
| 2:45pm  | Who Do You Think You Are?  |
| 3:45pm  | More Creatures Great and Small                                   |
| 4:15pm  | Kate Humble: Into the Volcano                                    |
| 5:15pm  | David Attenborough's Rise of Animals: Triumph of the Vertebrates |
| 6:15pm  | Antiques Road Trip   |
| 7:00pm  | Eggheads   |
| 7:30pm  | The Repair Shop  |
| 8:00pm  | Great American Railroad Journeys                                 |
| 9:00pm  | Me and My Dog  |
| 10:00pm | Second Chance Summer: Tuscany                                    |
| 11:00pm | Jack Dee's Helpdesk: 1st World Problems                          |
| 11:30pm | Newsnight  |
| 12:10am | Weather  |

**BBC FOUR**

|         |   |
|---------|---|
| 8:30pm  | The Beauty of Anatomy   |
| 9:00pm  | Lost Land of the Volcano<br><i>Documentary series combining remarkable wildlife discoveries with high action adventure.</i>   |
| 10:00pm | The Bermuda Triangle: Beneath the Waves   |
| 11:00pm | Exposed Magicians, Psychics and Frauds - Storyville.  |
| 12:20am | Servants: The True Story of Life Below Stairs   |
| 1:20am  | Who Were the Greeks?  |
| 2:20am  | 1066: A Year to Conquer England   |
| 3:20am  | The Art of Gothic: Britain's Midnight Hour<br><i>Series in which Andrew Graham-Dixon looks back at 19th-century Britain and its obsession with all things Gothic.</i> |

**CHANNEL 4**

|         |  |
|---------|--|
| 7:00am  | Countdown                                    |
| 7:45am  | King of Queens                               |
| 8:10am  | King of Queens                               |
| 8:35am  | King of Queens                               |
| 9:00am  | Everybody Loves Raymond                      |
| 9:35am  | Everybody Loves Raymond                      |
| 10:05am | Frasier                                      |
| 10:35am | Frasier                                      |
| 11:05am | Undercover Boss USA                          |
| 12:00pm | Ramsay's Kitchen Nightmares USA              |
| 1:00pm  | Channel 4 News                               |
| 1:05pm  | Vet on the Hill                              |
| 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                               |
| 9:00pm  | Location, Location, Location                 |
| 10:00pm | Marilyn Monroe                               |
| 11:00pm | Meet the Trumps: From Immigrant to President |
| 12:05am | Gogglebox                                    |

**CHANNEL 5**

|         |                                   |
|---------|-----------------------------------|
| 7:00am  | Milkshake!                        |
| 10:15am | The Wright Stuff                  |
| 12:15pm | GP's: Behind Closed Doors         |
| 1:10pm  | 5 News                            |
| 1:15pm  | The Gadget Show                   |
| 2:15pm  | Home and Away                     |
| 2:45pm  | Neighbours                        |
| 3:15pm  | NCIS                              |
| 4:15pm  | Abducted: The Carlina White Story |
| 6:00pm  | 5 News                            |
| 6:30pm  | Neighbours                        |
| 7:00pm  | Home and Away                     |
| 7:30pm  | 5 News                            |
| 8:00pm  | Revealed                          |
| 9:00pm  | GP's: Behind Closed Doors         |
| 10:00pm | Can't Pay? We'll Take it Away!    |
| 11:00pm | One Night with My Ex              |
| 12:05am | Gypsy Kids: Our Secret World      |
| 1:05am  | All New Traffic Cops              |
| 2:00am  | Super Casino                      |
| 4:10am  | Law and Order: Criminal Intent    |
| 5:00am  | Britain's Greatest Bridges        |
| 5:45am  | House Doctor                      |

**4**

|         |                       |
|---------|-----------------------|
| 7:00am  | Charmed               |
| 7:40am  | Coach Trip            |
| 8:10am  | Hollyoaks             |
| 8:40am  | Melissa and Joey      |
| 9:05am  | Rules of Engagement   |
| 9:35am  | Rules of Engagement   |
| 10:00am | Last Man Standing     |
| 10:30am | Last Man Standing     |
| 11:00am | Charmed               |
| 12:00pm | Charmed               |
| 1:00pm  | How I Met Your Mother |
| 2:00pm  | The Goldbergs         |
| 2:30pm  | The Goldbergs         |
| 3:00pm  | The Big Bang Theory   |
| 3:30pm  | The Big Bang Theory   |
| 4:00pm  | 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  | The Goldbergs         |
| 9:00pm  | The Big Bang Theory   |
| 9:30pm  | The Big Bang Theory   |
| 10:00pm | The 100               |
| 11:00pm | Supernatural          |
| 12:00am | The Big Bang Theory   |
| 12:30am | The Big Bang Theory   |
| 1:00am  | First Dates           |

**sky SPORTS 1**

|         |                           |
|---------|---------------------------|
| 7:00am  | Football Gold             |
| 7:15am  | Football Gold             |
| 7:30am  | Football Gold             |
| 7:45am  | Football Gold             |
| 8:00am  | WWE Experience            |
| 9:00am  | PL Highlights             |
| 2:00pm  | Great Sporting Moments    |
| 2:15pm  | Great Sporting Moments    |
| 2:30pm  | La Liga World             |
| 3:00pm  | Premier League Legends    |
| 4:00pm  | Spanish Football Gold     |
| 4:30pm  | Football Gold             |
| 5:00pm  | Football's Greatest       |
| 5:30pm  | La Liga World             |
| 6:00pm  | Premier League 100 Club   |
| 6:30pm  | Premier League 100 Club   |
| 7:00pm  | Football's Greatest Teams |
| 7:30pm  | La Liga World             |
| 8:00pm  | Football's Greatest Teams |
| 8:30pm  | Football                  |
| 11:15pm | Nissan Match Choice       |
| 12:15am | PL Highlights             |
| 12:45am | PL Highlights             |
| 1:15am  | PL Highlights             |
| 1:45am  | PL Highlights             |
| 2:15am  | PL Highlights             |

**itv**

|         |                                     |
|---------|-------------------------------------|
| 7:00am  | Good Morning Britain                |
| 9:30am  | Lorraine                            |
| 10:25am | The Jeremy Kyle Show                |
| 11:30am | This Morning                        |
| 1:30pm  | Loose Women                         |
| 2:30pm  | ITV Lunchtime News                  |
| 3:00pm  | Judge Rinder                        |
| 4:00pm  | Chopping Block                      |
| 5:00pm  | Tipping Point                       |
| 6:00pm  | The Chase                           |
| 7:00pm  | Local News and Weather              |
| 7:30pm  | ITV Evening News                    |
| 8:00pm  | Emmerdale                           |
| 8:30pm  | Coronation Street                   |
| 9:00pm  | Little Big Shots                    |
| 10:00pm | Benidorm                            |
| 11:00pm | The Nightly Show with Bradley Walsh |
| 11:30pm | ITV News                            |
| 12:15am | Crash: Anatomy of an Accident       |
| 1:10am  | The Nightly Show with Bradley Walsh |
| 1:40am  | Jackpot247                          |
| 4:00am  | 1000 Heartbeats                     |
| 4:50am  | Nightscreen                         |

**itv2**

|         |  |
|---------|--|
| 7:00am  | Totally Bonkers Guinness World Records |
| 7:10am  | You've Been Framed!                    |
| 7:35am  | Below Deck                             |
| 8:20am  | The Ellen DeGeneres Show               |
| 9:00am  | Emmerdale                              |
| 9:30am  | You've Been Framed!                    |
| 10:35am | Psych                                  |
| 11:25am | Below Deck                             |
| 12:20pm | 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 | Horrible Bosses                        |
| 11:00pm | FYI Daily                              |
| 11:05pm | Horrible Bosses                        |
| 12:05am | Family Guy                             |
| 12:30am | Family Guy                             |

**itv3**

|         |  |
|---------|--|
| 7:00am  | You're Only Young Twice  |
| 7:25am  | Heartbeat  |
| 8:25am  | Where the Heart is   |
| 9:20am  | The Royal  |
| 10:25am | Judge Judy   |
| 10:55am | Judge Judy   |
| 11:20am | Judge Judy   |
| 11:50am | Road to Avonlea  |
| 12:50pm | The Darling Buds of May  |
| 2:00pm  | Heartbeat  |
| 3:00pm  | The Royal  |
| 4:05pm  | Where the Heart is   |
| 5:10pm  | You're Only Young Twice  |
| 5:45pm  | On the Buses   |
| 6:20pm  | On the Buses   |
| 6:55pm  | Heartbeat  |
| 8:00pm  | Murder, She Wrote  |
| 9:00pm  | Lewis  |
| 11:00pm | A Touch of Frost   |
| 1:05am  | Cold Blood   |
| 2:35am  | Doctor at Large  |
| 3:00am  | ITV3 Nightscreen   |
| 3:30am  | Teleshopping<br><i>Innovative, value-for-money products brought directly to you at home.</i> |

**itv4**

|         |                              |
|---------|------------------------------|
| 7:00am  | The Sweeney                  |
| 7:50am  | Hogan's Heroes               |
| 8:20am  | Hogan's Heroes               |
| 8:45am  | The Professionals            |
| 9:50am  | Ironsides                    |
| 10:55am | The Sweeney                  |
| 11:55am | The Chase                    |
| 12:55pm | Counting Cars                |
| 1:25pm  | Counting Cars                |
| 1:55pm  | Pawn Stars                   |
| 2:25pm  | Pawn Stars                   |
| 2:50pm  | Hogan's Heroes               |
| 3:25pm  | Hogan's Heroes               |
| 3:55pm  | Ironsides                    |
| 5:00pm  | The Professionals            |
| 6:00pm  | The Sweeney                  |
| 7:05pm  | Counting Cars                |
| 7:35pm  | Counting Cars                |
| 8:00pm  | Pawn Stars                   |
| 8:30pm  | Pawn Stars                   |
| 9:00pm  | British Superbike Highlights |
| 10:00pm | Rambo: First Blood Part II   |
| 11:00pm | FYI Daily                    |
| 11:05pm | Rambo: First Blood Part II   |
| 12:05am | Lethal Weapon                |
| 1:00am  | The Big Fish Off             |
| 2:00am  | Fifth Gear                   |
| 3:00am  | The Wine Show                |
| 3:50am  | ITV4 Nightscreen             |
| 4:00am  | Teleshopping                 |

**sky CINEMA ACTION & ADVENTURE**

|         |                         |
|---------|-------------------------|
| 9:00am  | Rocky                   |
| 11:00am | The Karate Kid, Part II |
| 1:00pm  | Bad Boys                |
| 3:05pm  | Barely Lethal           |
| 4:45pm  | Tomorrowland            |
| 7:00pm  | Rocky                   |
| 9:00pm  | Bad Boys                |
| 11:05pm | xXx2: The Next Level    |
| 12:50am | The Ox-Bow Incident     |

**sky CINEMA COMEDY**

|         |   |
|---------|---|
| 7:30am  | Jersey Girl   |
| 9:25am  | The Rocky Horror Picture Show: Let's Do the Time Warp Again |
| 11:05am | Ghostbusters: Answer the Call                               |
| 11:20am | Valentine's Day   |
| 1:30pm  | How to be Single  |
| 3:30pm  | Ride Along 2  |
| 5:25pm  | The Bad Education Movie                                     |
| 7:05pm  | Rock the Kasbah   |
| 9:00pm  | Ride Along 2  |
| 10:50pm | How to be Single  |
| 12:50am | The Night Before  |
| 2:40am  | The War of the Roses  |

**sky CINEMA PREMIERE**

|         |   |
|---------|---|
| 7:00am  | London Town   |
| 8:40am  | Across the Line   |
| 10:20am | The Top Ten Show 2017   |
| 10:40am | Central Intelligence<br><i>Riotous action comedy about a rogue CIA agent who turns to a former classmate Kevin Hart for help.</i> |
| 12:40pm | Date and Switch   |
| 2:20pm  | Don't Breathe   |
| 4:00pm  | Winter  |
| 5:40pm  | London Town<br><i>Daniel Huttleston stars as a 70s teen who changes forever when he hears The Clash.</i>                          |
| 7:20pm  | Date and Switch   |
| 9:00pm  | Central Intelligence  |
| 11:00pm | Kill Zone 2   |
| 1:10am  | Don't Breathe   |
| 2:50am  | Across the Line   |
| 4:30am  | Winter  |

**sky SPORTS 2**

|         |  |
|---------|--|
| 7:00am  | Cricket Classics   |
| 8:00am  | Time of Our Lives  |
| 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  | Cricket Classics   |
| 2:00pm  | Time of Our Lives  |
| 3:00pm  | Sporting Greats  |
| 3:30pm  | Sporting Greats  |
| 4:00pm  | Live Indian Premier League   |
| 8:30pm  | Football   |
| 11:00pm | Indian Premier League  |
| 3:30am  | Sporting Rivalries   |
| 4:00am  | Cricket Classics   |
| 5:00am  | Cricket's Greatest   |
| 5:30am  | Cricket's Greatest<br><i>Series profiling some of the greatest cricketers of all time.</i> |



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max speed: 13km/h



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max speed: 15km/h



**Nico 4031B**  
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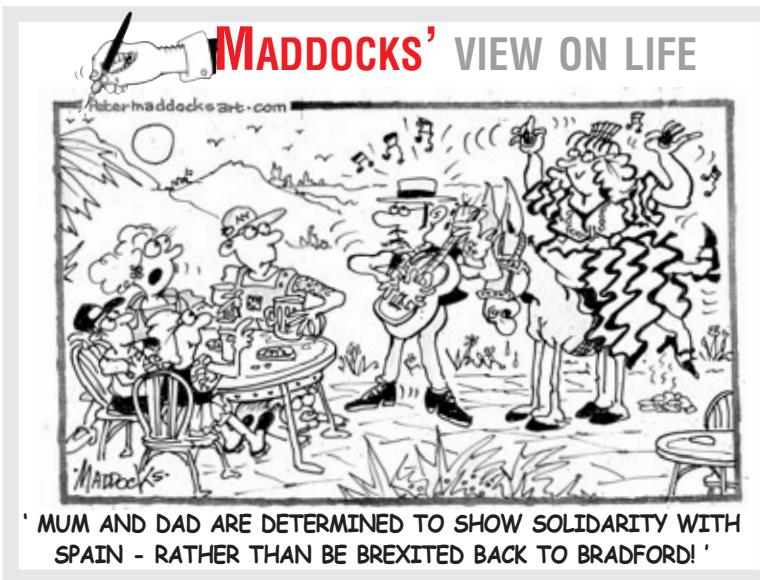
## Kakuro

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

|    |    |    |    |    |    |
|----|----|----|----|----|----|
|    | 8  | 32 |    | 32 | 8  |
| 14 |    |    | 10 |    |    |
| 17 |    |    | 18 |    |    |
| 20 |    |    |    |    | 13 |
|    | 20 |    |    |    |    |
| 24 |    |    |    |    |    |
| 8  |    |    |    |    |    |
|    |    |    | 6  |    |    |

### LAST WEEK'S SOLUTION

|    |    |   |    |    |
|----|----|---|----|----|
| 9  | 10 |   | 10 | 14 |
| 3  | 6  |   | 5  | 2  |
| 6  | 4  | 2 | 3  | 5  |
| 14 | 15 | 6 | 2  | 7  |
| 3  | 2  | 5 | 11 | 8  |
| 6  | 7  | 8 | 2  | 3  |
| 5  | 1  |   | 9  | 5  |



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



**TARGET:**

- Average: 8 • Good: 11
- Very good: 16 • Excellent: 21

### LAST WEEK'S SOLUTION

cart cert kart rata rate rete tack taka take  
tare teak tear tree trek carat caret carte  
cater crate eater erect karat rater react  
recta taker terce terra trace track aerate  
crater create errata karate racket retake  
tacker tearer tracer caterer retrace  
teacake terrace tracker CARETAKER

## LOTTERY

### UK NATIONAL LOTTERY

Saturday March 25

|    |    |    |            |
|----|----|----|------------|
| 39 | 48 | 52 | BONUS BALL |
| 53 | 54 | 58 | 28         |

### IRISH LOTTO

Saturday March 25

|    |    |    |            |
|----|----|----|------------|
| 1  | 4  | 6  | BONUS BALL |
| 16 | 18 | 27 | 28         |

### EURO MILLIONS

Tuesday March 21

|    |    |    |            |
|----|----|----|------------|
| 1  | 20 | 23 | BONUS BALL |
| 44 | 47 |    | 11         |

Friday March 24

|    |    |    |            |
|----|----|----|------------|
| 2  | 17 | 21 | BONUS BALL |
| 27 | 34 |    | 9          |

### LA PRIMITIVA

Saturday March 25

|    |    |    |            |
|----|----|----|------------|
| 7  | 11 | 35 | BONUS BALL |
| 36 | 37 | 40 | 7          |

### EL GORDO DE LA PRIMITIVA

Sunday March 26

|    |    |    |            |
|----|----|----|------------|
| 28 | 32 | 35 | BONUS BALL |
| 39 | 41 |    | 3          |

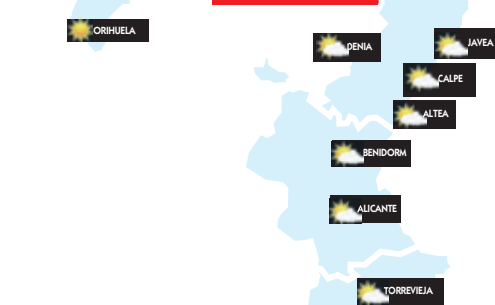
## Costa Blanca

## weather

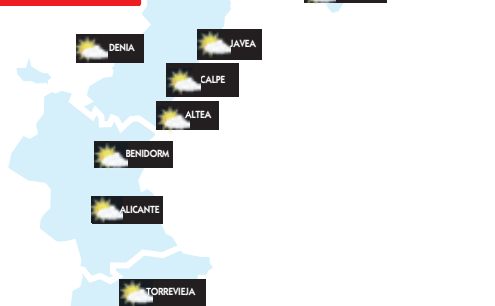
### TODAY



### TOMORROW



### SATURDAY



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

### Alicante

TODAY: MAX 19, MIN 11 - CL

|           |    |    |
|-----------|----|----|
| Fri - 21  | 13 | C  |
| Sat - 22  | 12 | Cl |
| Sun - 21  | 11 | S  |
| Mon - 20  | 11 | Cl |
| Tues - 20 | 11 | Cl |
| Wed - 21  | 11 | Cl |

### Bilbao

TODAY: MAX 25, MIN 12 - C

|           |   |    |
|-----------|---|----|
| Fri - 19  | 9 | Sh |
| Sat - 15  | 8 | Sh |
| Sun - 16  | 7 | Sh |
| Mon - 19  | 8 | Cl |
| Tues - 18 | 8 | Sh |
| Wed - 18  | 8 | C  |

### Almeria

TODAY: MAX 24, MIN 13 - C

|           |    |    |
|-----------|----|----|
| Fri - 21  | 13 | C  |
| Sat - 22  | 13 | C  |
| Sun - 22  | 13 | S  |
| Mon - 23  | 13 | Cl |
| Tues - 23 | 13 | S  |
| Wed - 22  | 13 | S  |

### Madrid

TODAY: MAX 21, MIN 7 - C

|           |   |    |
|-----------|---|----|
| Fri - 19  | 5 | C  |
| Sat - 18  | 4 | Cl |
| Sun - 21  | 4 | S  |
| Mon - 22  | 6 | S  |
| Tues - 22 | 6 | S  |
| Wed - 21  | 6 | S  |

### Barcelona

TODAY: MAX 19, MIN 8 - S

|           |    |    |
|-----------|----|----|
| Fri - 17  | 9  | C  |
| Sat - 15  | 8  | Sh |
| Sun - 17  | 8  | Sh |
| Mon - 19  | 10 | S  |
| Tues - 19 | 10 | S  |
| Wed - 19  | 9  | S  |

### Malaga

TODAY: MAX 20, MIN 10 - CL

|           |    |    |
|-----------|----|----|
| Fri - 23  | 13 | Cl |
| Sat - 23  | 12 | Cl |
| Sun - 23  | 12 | S  |
| Mon - 22  | 12 | S  |
| Tues - 22 | 13 | S  |
| Wed - 21  | 11 | S  |

### Benidorm

TODAY: MAX 20, MIN 11 - C

|           |    |    |
|-----------|----|----|
| Fri - 21  | 13 | Cl |
| Sat - 21  | 12 | Cl |
| Sun - 20  | 12 | S  |
| Mon - 19  | 11 | S  |
| Tues - 20 | 12 | C  |
| Wed - 20  | 11 | S  |

### Mallorca

TODAY: MAX 20 MIN 8 - S

|           |   |    |
|-----------|---|----|
| Fri - 21  | 9 | Cl |
| Sat - 19  | 9 | Sh |
| Sun - 19  | 9 | Cl |
| Mon - 20  | 8 | Cl |
| Tues - 21 | 9 | Cl |
| Wed - 21  | 9 | C  |

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

## 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.

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

### LAST WEEK'S SOLUTION

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

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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

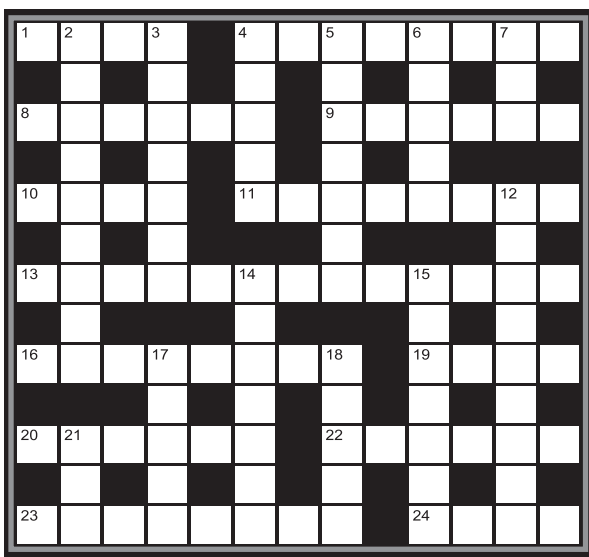
### Cryptic

**Across**

- 1 Small label for men only do (4)
- 4 Contrary for every stanza (8)
- 8 Heard a singer's note (6)
- 9 Building detail is closely followed (6)
- 10 Put up with a large carnivore (4)
- 11 Con isn't worried receiving a boycott (8)
- 15 Variety no longer lists famous rock group (7,6)
- 16 Admires spectres at sea (8)
- 19 Swat up on part of Sacramento (4)
- 20 Borsht is cooked pulses (6)
- 22 Fungus spoils a cigar (6)
- 23 Britain always has time for a cuppa (8)
- 24 It's unpleasantly damp hiding in old Ankara (4)

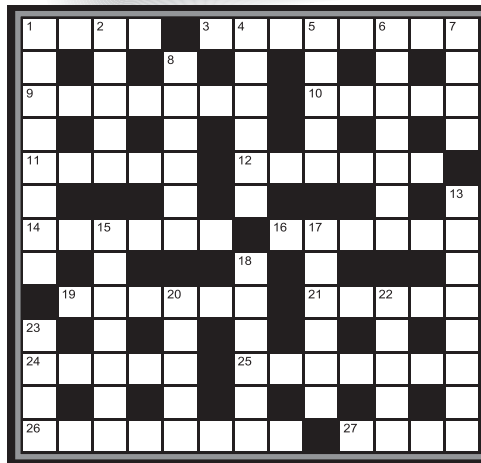
**Down**

- 2 Consequently the umpire gets money from Scandinavia (9)
- 3 Nonspecific military rank (7)
- 4 Studies intensely the tiny holes (5)
- 5 Grades given to sailors (7)
- 6 Order some draught cider in retrospect (5)
- 7 She can prosecute (3)
- 12 Change to open-air function (9)



- 14 Capital I put into new casino (7)
- 15 Old church with tough fruit-trees (7)
- 17 Likely to be in favour of the northeast (5)
- 18 Heads turn in the gloom (5)
- 21 First hold out every tool (3)

### Quick



**Across**

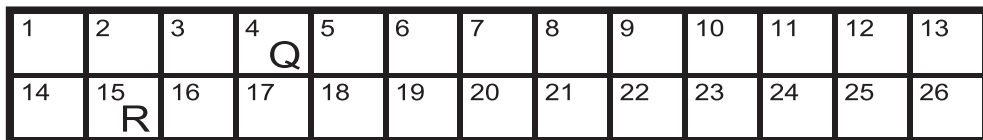
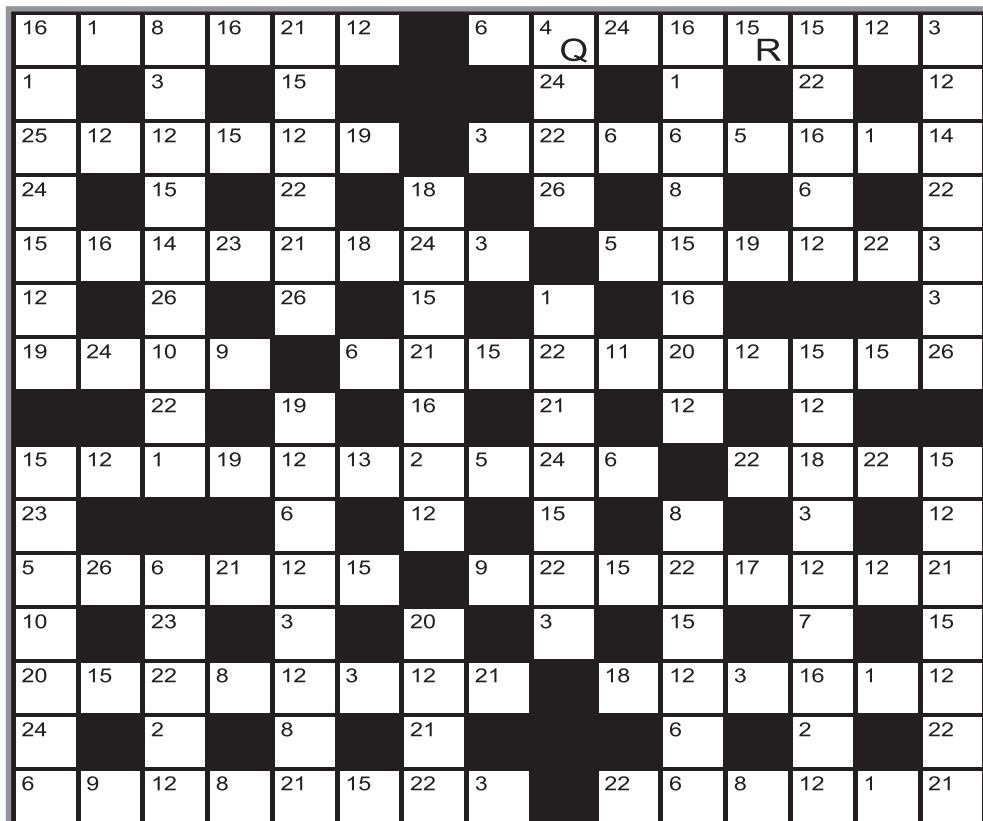
- 1 Horrifying beast (4)
- 3 Move hurriedly (8)
- 9 Give details (7)
- 10 Shares (5)
- 11 Cut by 50 per cent (5)
- 12 State of commotion and noise and confusion (6)
- 14 Confesses to (6)
- 16 Armed engagement (6)
- 19 Car repair shop (6)
- 21 Low in stature (5)
- 24 Common viper (5)
- 25 Sure, confident (7)
- 26 Necromancer (8)
- 27 Come upon, as if by accident (4)

**Down**

- 1 Located or originating from above (8)
- 2 Force or drive back (5)
- 4 Be in agreement (6)
- 5 Make different (5)
- 6 Brazenly obvious (7)
- 7 Posing no difficulty (4)
- 8 Natural ability or quality (6)
- 13 Fated (8)
- 15 Wander aimlessly (7)
- 17 Senseless or meaningless (8)
- 18 Free from harm or evil (6)
- 20 Be in accord (5)
- 22 Giraffe-like African animal (5)
- 23 Officially disallows (4)

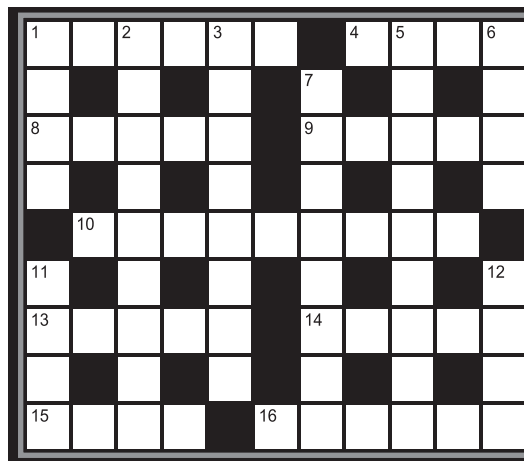
### Code Breaker

Each number in the Code Breaker grid represents a different letter of the alphabet. In this week's puzzle, 4 represents [letter] and 15 represents R, so fill in [letter] every time the figure 4 appears and R every time the figure 15 appears. Now, using your knowledge of the English language, work out which letters should go in the missing squares. As you discover the letters, fill in other squares with the same number in the main grid and the control grid.



### English - Spanish

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



**Across**

- 1 Cercano (6)
- 4 Polvo (en el aire) (4)
- 8 Sobrina (5)
- 9 Envelope (5)
- 10 Bibliotecas (9)
- 13 Nail (metal) (5)
- 14 Bag (paper, plastic) (5)
- 15 Oriente (4)
- 16 Patatas fritas (de bolsa) (6)

**Down**

- 1 Ninguno (4)
- 2 Estadounidenses (9)
- 3 Remolacha (8)
- 5 Paraguas (pl) (9)
- 6 Dedos del pie (4)
- 7 To write (8)
- 11 Dolor (4)
- 12 Country (nation) (4)

### CRYPTIC

**Across:**

- 7 Facile, 8 Elixir, 9 Case, 10 Streamer, 11 Farrier, 13 Laden, 15 Armed, 17 Sub zero, 20 Trespass, 21 Aida, 23 Galore, 24 Enough.

**Down:**

- 1 Gala, 2 Linear, 3 Feasted, 4 Beard, 5 Tirana, 6 Life peer, 12 Agrarian, 14 Pursued, 16 Euston, 18 Zealot, 19 Label, 22 Doge.

### QUICK

**Across:**

- 1 Surplus, 5 Orate, 8 Bonus, 9 Retract, 10 Even, 11 Saboteur, 13 Turban, 15 Walrus, 18 Consider, 19 Keen, 22 Avarice, 23 Unite, 24 Poker, 25 Squeeze.

**Down:**

- 1 Subject, 2 Range, 3 Lush, 4 Spread, 5 Optional, 6 Amateur, 7 Enter, 12 Familiar, 14 Ransack, 16 Sincere, 17 Recess, 18 Clamp, 20 Elite, 21 Guru.

### ENGLISH-SPANISH

**Across:**

- 1 Sweets, 4 Odio, 8 Anger, 9 Aisle, 10 Encontrar, 13 Heels, 14 Siglo, 15 Wash, 16 Jarras.

**Down:**

- 1 Swan, 2 Engineers, 3 Tortoise, 5 Descargar, 6 Obey, 7 Fantasma, 11 Chew, 12 Dogs.

### CODE BREAKER



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# An expensive parking mistake

THIS is a warning to all visitors and tourists of Mijas Pueblo to avoid getting a €200 parking ticket.

The popular tourist attraction TUK TUK tours has a reserved area in Mijas Pueblo where they start tours from and park their Tuk Tuks from morning till around 5-6pm every day.

The area is marked by a sign, 'reserved till 8pm' however the employees of the company that conducts the tours advise visitors that they are allowed to park in the area reserved for them as long as they do not need the space for example after 6pm.

Trusting that you get proper information from such people with knowledge will cost you dearly.

If you park there even for 10

minutes after the Tuk Tuks cease daily operation, you may get a parking ticket for €200 which is what happened to me and two other cars on March 21 at 6pm.

I was told by the Tuk Tuk ladies that I can park there with no problem but this information is false and can be an extremely costly experience; probably the most expensive parking ticket in the world given out by the Mijas Local Police.

*Zenna A Buchbinder, Mijas*

## Ask Leapy

I NOTICE Donald Trump never provides evidence for his outrageous allegations. He just makes things up.

Does this remind you of anyone? Leapy Lee, for instance?

After the paranoid lunatic in the White House issued crazy tweets saying Obama wire tapped him, his equally mad minion, Sean Spicer, said Obama got Britain's GCHQ to do it, stating: "He didn't use the NSA, he didn't use the CIA, he didn't use the FBI, and he didn't use the Department of Justice, he used GCHQ."

How on Earth? And where's the evidence?

There is none of course as shown by GCHQ's unprecedented statement: "Recent allegations about GCHQ being asked to conduct wiretapping against the then president-elect are nonsense. They are utterly ridiculous and should

be ignored."

It then took further intervention from Number 10 before the current White House mafia decided to say they won't repeat the allegations.

Well somebody should tell them, once something is said, it cannot be unsaid.

Are you listening Leapy?

*Brian Eagleson, Mojacar*

## Brexit view

I AM disappointed you were unable to print my letter about Brexit but very pleased it obviously inspired you to write a more positive Our View leader on page six today. An example to others in your industry. Thank you.

*John Price, Javea*

## COMMENTS from EWN Online

### » Go Leapy!

WELL said Leapy. You 'hit the nail on the head' again.  
*Roy Peters*

### » Football brawl

PARENTS showing by 'example' what 'good sportsmanship' looks like....was alcohol involved, or simply a lack of self control or both?

*Dylan Machado*

### » EU celebrates birthday

THERE'S nothing to celebrate! Absolutely nothing.  
*Carsten Thorvald*

WHAT like no war in 70 years within the Union? The longest time in a history I believe. That in itself is worth celebrating. Seems to me a case of 'What did the Romans do for us?'

*Barbara Jago*

### » Manipulation of water and electric costs

MOST people who own a property in Costa Blanca have most likely been offered to cut their electric bill in half after talking to someone they know (often a neighbour). Pricing was from €200 to €500.

I know many who said yes, so I don't think there are so many innocent homeowners as this article claims. But they are all being caught now, with the new meters being installed, and that is of course not a pleasant situation.

However the reality is that the ones of us who turned down the dramatic cut in electricity bills are the ones who paid for these fraudsters. They should pay their €3,000 fine and be very happy they get away with this without spending time in jail.

Of course there are a few innocent ones, but the majority was very aware of what they did. So let them pay!

*John B*

ACTUALLY John I totally disagree. This happened to me when my meter fell off its support and could not be read.

I received an extremely high bill, totally out of context from any other previous bill I had had, so Endesa came and changed the meter to a digital one while I was at work. Then I received notification of manipulation although I did not have access to the meter.

My argument was why would I manipulate a meter if all the readings for years had been similar! It is a fraud by the companies.

*Wrong John*

### » Dog fighting

SHOULDN'T be a picture of the poor dogs it should be pictures of those arrested!!! Horrible individuals, hope they get what they deserve...

*Paul Nicol*

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

# I'm curious?

“THE dreadful event at the Palace of Westminster London March 22 numbed Britain.

The brave hearts on the front line deserve royal accolades and quite rightly one should express their sincere condolences and sympathies to all the people affected by the action of a crazed terrorist.

However, at the very height of the Palace of Westminster boundary fence fracas it was allegedly reported that the prime minister, debating in the House of Commons, was immediately taken out of the chamber, bundled into the boot of a car or back seat, then with high speed sped out of the House of Commons gate to the nearby 10 Downing Street, leaving MPs, Lords and employees 'locked down in the building' and the dead and

wounded in the streets nearby.

The following day, the prime minister was back in the House of Commons addressing the chamber of MPs and British public and stated and I quote, "we must be brave and resolute and steadfast."

I have always believed that when a ship is in serious trouble and 'abandon ship' is announced, the captain is always last to leave the ship.

Now I'm curious as no matter who is prime minister, they are dispensable so was the actions and later statements of the prime minister on this very sad day, hypercritical, stalwart or cowardly? I would welcome reader's comments please.

*JA McDougall, Casares*



## 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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# We're living in a material world

**Trudy Stewart**



FOR most of my life, I've been far from wealthy. I've spent more time than I'd like worrying about money and how to pay the bills. Like a lot of people, I've tried the lottery and scratchcards but, deep down, I know I'm never going to win a fortune and it's unlikely I'll ever end up keeping up with the Kardashians!

I do wonder what it would be like to never have to worry about money again but honestly, I think being vastly wealthy brings its own problems. The thing about having no money (or very little) is that you adapt to your situation and get creative with what you have. You never have to worry about losing it all so, you know, there's that!

But seriously, I'm not saying the best things in life are free but

a few of them are. Some of my best childhood memories are of going to the park with my mum after school. It was a huge Victorian park in Aberdeen with indoor winter gardens as well as plenty to do outside. I'd bounce on the trampolines and zoom down the huge slide having as much fun as I could before heading home to do boring homework.

**“As long as I have a roof over my head and my loved ones and pets are healthy, I'm happy.”**

I have been guilty of materialism in the past. I got caught up in the hamster wheel working long hours in a job I hated just to acquire more things. Things I probably don't even have any more. But, I have also had to start over a few times and been left with very little.

It was during one of these times

where I was starting from scratch I started to realise that I didn't need all the things I'd had before. Actually, I could manage with a lot less.

It wasn't so much a blinding epiphany as a lack of funds to replace all the things I'd previously had. I had to prioritise. It was tough at first as I'd spent a lot of time with my nose to the grindstone acquiring things, but it was also strangely liberating. Those things have a hold over you.

The more you have, the harder you have to work to protect it and what happens if one day you get made redundant or can't work due to ill health? The companies that were falling over themselves to give you credit while you had money will not wait for you to be in a better position to pay them back. At worst, all those things

y o u

worked so hard for may be taken back or sold for a lot less to pay the bills.

Take a look around you. Do you really need all those things? Does it make you feel better and improve your life or is it just another source of stress as you wonder how to keep paying for it?

Modern life is expensive but you don't have to

be hoodwinked by advertisers into buying solutions to problems that didn't even exist until someone realised there was money in it. As long as I have a roof over my head and my loved ones and pets are healthy, I'm happy.

Saying that, I have moved house recently and really need a flat screen TV, so if anyone knows of any good deals...



**MONEY:** Modern life is expensive.

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Advertising feature

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There is no pill that will cure it or make the pain disappear completely after going to the bathroom. It can improve at times but often pain tends to reappear.

For many years, the Public Health Service has offered surgery as the only treatment, but this can sometimes take months for the operation to happen, during which time patients become more nervous and anxious at the thought of having surgery and the fear that it



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can result in the patient becoming incontinent after the operation.

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search at your disposal and offer patients an updated, immediate and effective solution, without the need for surgery.

Treatment is carried out on an

outpatient basis without the need for an operation or hospital stay. QUPA believes the key is to apply the treatment over a number of sessions to overcome the disease completely. Keeping watch for a few months, they can then guarantee that the result will be sustainable in the long term. However, it does eliminate pain from its first application. Treatment prices are affordable and payment plans can be arranged to suit.

For more information on the fissures or haemorrhoids treatment available from QUPA, call now to make your appointment and get on the road to being pain free.

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Press Release



HOSPITAL QUIRON SALUD: The programme forms part of Health Week.

# Free tests available for early detection of colon cancer

HOSPITAL QUIRON SALUD TORREVIEJA has launched a free campaign for early diagnosis of colon cancer to mark the International Day of this pathology, which is celebrated on March 31. The initiative consists of free examinations of faecal occult blood for residents of the Vega Baja region and patients of the hospital, aged between 50 and 74 years.

The registration period will be from March 27-31, from 10am to 12pm, and the collection of samples will be from April 3-7 at the same times. Interested persons can request information by calling 966 925 770, emailing [prevencion.trv@quironsalud.es](mailto:prevencion.trv@quironsalud.es) or checking the website <http://www.quironsalud.es/torrevieja/es>.

The required kit for the testing can be collected from information points at the hospital Quironsalud Torre Vieja entrance and the two Quironsalud clinics in Orihuela and Santa Pola.

The free programme forms part Health Week Torre Vieja Quironsalud 2017, which the hospital will celebrate from April 3-7 on the occasion of World Health Day (April 7).

The objective of the campaign is to inform the population about the importance of prevention and early detection for a good prognosis of this disease. A common barrier is the lack of knowledge about the tests.

"Curing colon cancer is possible if detected early," explained Dr. José Farré, head of the Oncology Surgery and General and Digestive Surgery Unit.

Colon cancer is the most common oncology pathology in Spain. However, when detected early, this tumour can be cured in 90 per cent of cases. Most colorectal cancers develop on precursor lesions (polyps) and need between 10 and 15 years of evolution. Through the various diagnostic tests, "not only can it be detected early when it has not yet produced symptoms, but it can also be prevented by locating and removing existing polyps before they become malignant," Dr Farré said.

The faecal occult blood test is a non-invasive test that consists of checking, in a quick and simple way the presence of non-visible blood in the stools in order to detect the existence of a colorectal lesion. To do this, the patient must deposit a small amount of faeces using the supplied kit and then deliver it at the collection points where the specialists will submit it for analysis.

Obtaining a negative test result indicates that a person is very unlikely to have colon cancer, although the reliability is not 100 per cent. Therefore, it is recommended to repeat the test every two years.

If the result is positive, it is important to understand that "the presence of blood does not imply, on most occasions, that there is a colon cancer, but usually it is due to a benign lesion, such as a polyp.

"In such cases, the patient is advised to have a colonoscopy to rule out the presence of lesions in the colon," concluded Dr Farré.



Advertising feature

# Don't suffer in silence

MANY people accept and almost expect that they will suffer hearing problems as they get older, but there is no need to suffer in silence.

Leslie Hill, of Hills Hearing Care, is committed to bringing both volume and quality back to sufferers on the Costa Blanca. With more than 30 years experience and esteemed qualifications as a registered hearing aid dispenser and a member of the Society of Hearing Aid Audiologists, hearing consultant Leslie is an ambassador to his profession.

He works to provide precious relief for those with hearing impairments improving their quality of life once more.

Leslie worked for Amplivox Ultratone, one of the UK's leading hearing aid suppliers, for more than 25 years. During this time he had an 18 month deployment to Spain, where he paved the way for expats to receive expert care which he now offers

having returned to the Costa Blanca and established his own hearing consultancy. Through Hills Hearing Care, Leslie delivers the same UK standards of care and service as well as recognised brand names in hearing devices that clients can depend on.

**“ Client satisfaction is paramount so the service does not end at the point of sale**

He can offer a complete service from the initial hearing test to prescription and fitting of a broad spectrum of hearing aids. Hearing aids can differ in accordance with the person's needs, preferences and lifestyle and he is dedicated to finding the best possible solution for each person's requirements.

Leslie is happy to visit the client at their own home, travel-

ling from Mazarron to Torrevieja, where he will offer his professional advice and allow customers to inspect the hearing aids available to them with no obligation to buy.

At Hills Hearing Care, client satisfaction is paramount so the service does not end at the point of sale but they will also take care of the servicing, testing and repair of hearing aids as required.

All products are manufactured and repaired by registered UK companies for optimum peace of mind and purchases are insured for 12 months, which can be extended should the client wish, whilst repairs carry a six-month guarantee.

So for a chance to hear how noisy the world is again, call Leslie now and make an appointment for your free no obligation hearing test.

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# And sleep....

STILL waking up feeling tired and groggy despite going to bed early? Well it could be that you woke up during your sleep cycle.

Scientists say an average adult has sleep in 90-minute cycles meaning there are five or six a night and if you wake up during this cycle it can leave you feeling tired and lethargic, so to try and optimise your sleep it is important to work out the best time to nod off and a 'sleep calculator' predicts just that.

Blind retailer Web Blinds created the 'sleep calculator' based on it taking an average of 14 minutes to fall asleep, which aims to help people know when the best time to go to sleep is for when they have to get up, ensuring they wake up refreshed.

For example, if you need to wake up at 7am, the sleep calculator believes that you should try and sleep at the beginning of a sleep cycle at either 9.46pm, 11.16pm, 12.46am or 2.16am.



**SLEEP CYCLE:** Ensures you wake up refreshed.

## The great outdoors is great for your health

EVER wondered why the great outdoors is called 'great'? Well it seems that living closer to open spaces and the countryside could reduce your chance of an early death by up to 16 per cent.

Scientists say after reviewing hundreds of previous studies, they have concluded that living closer to fields and trees not only helps prevent an ear-

ly death, but also reduces your risk of being obese or depressed.

The study was funded by Friends of the Earth Europe (FoE) and also showed that the great outdoors had benefits for pregnant women, being considered a 'natural healer' with women giving birth to children of healthier sizes.

If you are struggling to sleep, camp-

ing could also help. Scientists found that sleeping under canvas for a few nights, away from the hustle and bustle of city life, helped to reset the internal body clock, with the body reacting to the natural cycle of light and dark rather than being influenced by artificial lighting from computers and televisions.



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## Determination and strength for recovery

ELEVEN months after a car accident completely sliced off her arm, a woman from America is finally able to use it once more after it was reattached in ground-breaking surgery.

The woman from Texas was driving home in April 2016 when her vehicle rolled off an exit ramp and a metal guardrail crashed through the passenger window slicing off her right arm above her elbow.

Doctors initially thought little could be done but managed to reattach it. It was the first time this type of operation had been carried out at the San Antonio Military Medical Centre (SAMMC) in Texas and the procedure has been done fewer than 10 times across the USA.

Doctors hope this breakthrough will mean more reattachments in the future.

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## Dealing with bites



**SPECIALIST:** Doctor Luis Perez Belmonte.

WITH recent wet weather and the onset of the summer months, mosquitoes are now starting to buzz about and cause a nuisance.

For many people, a bite from one of these bugs can go unnoticed, but for others it can become a serious problem.

There are a variety of reactions mosquito bites may cause, varying from a small amount of redness, swelling and itchiness, all the way up to those who experience a full blown allergic reaction.

**Why do I seem to attract so many mosquitoes?**

Research is not conclusive on this issue, but there is evidence that mosquitoes do tend to prefer certain victims over others. People with type O blood seem to be more susceptible to being bitten.

Also, because mosquitoes are attracted to heat, wearing dark clothing could make you a more likely target.

**Why do I swell up when bitten?**

Chemicals found in mosquito saliva prevent blood from clotting, spurring your immune system into action. The body detects the presence of the saliva and begins to produce a substance called histamine to fight it. When this reaches the bite, it causes the surrounding bloody vessels to swell as it tries to heal the bite.

**How can I treat a bite?**

In the case of a normal reaction, a topical treatment can cool the itch of the bite, whilst an antihistamine tablet can help to soothe the swelling. Avoid scratching the bite as this can create openings in your skin that allow bacteria in.

**Can mosquito bites be dangerous?**

Mosquito bites can become a serious matter. In some countries, mosquitoes can carry and transmit viruses and deadly diseases like the West Nile Virus and Malaria. Recent years have seen the rise of the Asian Tiger mosquito here in Spain, a species which can carry more than 20 exotic diseases.

**Can I avoid being bitten in the first place?**

Although it may seem impossible to avoid them, there are steps you can take to reduce the chance of being bitten. Peak time for mosquito activity is between dusk and dawn, so if you are outside make sure you spray yourself with an insect repellent containing DEET and cover up as much as possible.

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

# History in Cartagena

FOR those who wish to follow the fascinating history of the town of Cartagena, a new tourist route will concentrate on the former old Marine Hospital which is now used as the headquarters of the Higher Technical School of Industrial Engineering (ETSII).

The buildings in the area have been restored from virtual ruins until they are now in good shape and are an important seat of learning with-

in the town where hundreds of young people are able to qualify for jobs that will give them a good head start, as well as being useful to the community.

The first of these routes will focus on the ETSII, a 250-year-old building with more than 30,000 square metres of space which was part of a series of military works carried out in the 18th century, with three floors and an attic that now houses the

Museum of Engineering, Technology and Industry ( MITI ). This route is called 'Ingenios and Inventions' and will begin at ETSII , move on to the permanent collection at the MITI and finish with the Civil War Refuge Museum and the Lumière exhibition, 'The illusion of a dream.'

This activity, will be held on a monthly basis on April 1 and 22, May 6 and 27 and June 10 and 24 starting at 11.30am and costing €8.

## A wintery wonderland

SUCH was the rarity of the heavy snowfall across the Costa Blanca south earlier this year an entire photography exhibition has been devoted to the most startling images of the winter.

Aptly named 'Torrevieja: Blanca de Nieves' (Snow White), the exhibit debuted on March 29 and can be visited until April 16 at the Torrevieja Casino.

With the mercury soon likely to hit the 30's, the artworks offer residents a once-in-a-lifetime opportunity to tell their tourist friends 'I survived the winter of 2017.' Whether t-shirts will be made with that slogan and the photos isn't yet clear.

The project was spawned from the incredible media coverage given to the unusual snowfall. Tabloids across the UK were plastered with images of snow-covered beaches, offering a moment of comfort to commuters in rainy Britain.



**CARTAGENA:** There is to be a new tourist route.

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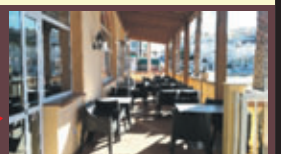
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## 3 different workshops

THERE will be three children's workshops held at the Civil War Refuge Museum in Cartagena on different topics so that on April 2 and 23 as well as May 7 and 28 there will be a course on the creation of cartoons with each session costing €6.

Little Actors will be run on April 9 and 30 and May 14 also costing €6 per session followed by 3,2,1, Action every Sunday in April costing just €3.50. Still with the young in mind but also for adults, at 10pm on Friday, June 16, there will be a presentation of 'Cinema cabaret' which will feature scenes from musicals such as Chicago.

**What's on!**

**DO YOU HAVE ANY IMPORTANT EVENT LISTING TO SHARE?**

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# Music in Elche



Photo Credit: Grego Blanco flickr

**MISS CAFFEINA:** Just one of the bands in the festival line up.

THE second Elche live music festival will take place on April 8 at the Candalex parking area with a full line up which includes million selling Spanish electronic band Fangoria, Spanish Indie band currently in the middle of a major tour Miss

Caffeina, Second, Full, Julieta 21, Olivia and Alan Parrish.

The show starts at 6pm and tickets cost from €30 although there are discounts for multi purchase. For more information visit Elche Live Music Festival Facebook.

## Capturing a hero

WHILE famous poet Miguel Hernandez was a true son of Orihuela, he is rightfully claimed by all of the southern Costa Blanca, especially Elche, which named its university after him. From now until May 7 the Costa Blanca city is holding a special exhibit to commemorate the 75th anniversary of his death.

Held in the town's main exhibition hall, the project is a vast collection of paintings, poems and graffiti, passionately sketched out in homage to Hernandez.

The poet died on March 28, 1942 after suffering two years in prison at the hands of the fascist regime.

Anyone interested in discovering more about this fascinating Costa Blanca history would do well to attend the Elche exhibitions and countless bars, museums and monuments devoted to the great man.

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Photo Credit: wikimedia

**BLASCO:** Just a taste of the sheer artistic talent to be seen.

## Architecture meets art

THIS Friday March 31, Jesus Garcia Herrero is presenting 'The work of Arcadio Blasco in the Architecture of Luis Cubillo,' in collaboration with the Museum of the University of Alicante.

The exhibition will take place at the Museum of Contemporary Art in Alicante and will begin at 7pm. Herrero will take you through this work and successes of these two creative visionaries.

The evening explores the development of Cubillo's late 50's radical architecture and the inspiration he took from artist Arcadio Blasco.

Cubillo's buildings were decisively enriched by Blasco's ability to experiment with shape, colour, large dimensions and manipulation of materials.

The artist could achieve what seemed almost impossible. As Cubillo developed his architectural aesthetic, Blasco was not

only able to respond effectively, but continued his experimentations with stunning results.

Despite their religious and political differences, the architect and artist shared an avant-garde vision which led to art such as that in Castellon Seminary, where you can find the largest stained glass window of its kind ever made in Spain.

This is an evening of art, architecture and history that cannot be missed.

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## Habaneras' next top model?

CASTING for models to walk in this year's much anticipated Alicante Fashion Week has started in Habaneras.

The first casting test is taking place at the Habaneras shopping centre on Saturday April 8 between 10am and 2pm, and then from 4.30pm to 9pm. Applicants must be between 16 and 32 years old.

If you are under 18, you must provide authorisation from a legal guardian, along with a photocopy of their identification documents.

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# Sculpture in Murcia

THE sculptor from Murcia, Sofía Tornero presents a number of truly delicate pieces in her new exhibition Fragile which will open to the public until May 12 at the Exhibition Hall El Jardín in Molina de Segura.

The exhibition follows sequentially the creative process of a series of works carried out by the artist between 1997 and 2017 and in the 20 years that the display has taken to create, she has herself changed and developed over the years in the same way that a seed will grow into a flower or tree.

Using natural materials including seeds and pieces of plants, the sculptor says "The aim of this work is to humanise nature and to naturalise humanity."



Photo Credit: Sofía Tornero

**FRAGILE EXHIBITION: Nature and humanity together.**

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## SOCIALEXTRA

### Golf training

THE Association of Golf Courses on the Costa Blanca has organised training on the basic notions and gold terminology, aimed at receptionists who work or are interesting in working in the golf tourism industry.

### Cancer day

THE Spanish Association against Cancer will be having a day against colon cancer on March 31 from 10am to 7pm in Torrevieja. The group will be manning an information desk on Calle Concepcion and wish to raise awareness for this terrible disease.

### Silk history

THE history of silk in Murcia is currently being exhibited at the Archaeological Museum of Murcia and kicked off on March 28. The museum will be playing host to multiple guest speakers, experts in silk.

# Brexit just won't go away

**GOOD FOOD,  
GOOD WINE AND  
GOOD FRIENDS  
WITH  
GARRY WAITE**



**F**OLLOWING MY ARTICLE in last week's column about EU staff in Britain, the investors, on which the UK hospitality industry relies, have spoken of their concerns in the event of a hard Brexit.

"There is still confidence and demand in the UK for hospitality investment - but its reputation as a 'safe haven' for investors could be under threat."

That was the message of a recent discussion panel 'Post-Brexit British market opportunities' at the International Hotel Investment Forum (IHIF) in Berlin. "There are clouds over the UK in terms of its safe haven status for us as investors," said Martin Bruehl, chief investment officer at Union Investment Real Estate.

"We are continuing to invest in the UK but it's getting more challenging for us to underwrite," he said, adding that his company is being more cautious about UK investment.

Keith Evans, vice-president

- hotel acquisitions at Starwood Capital Group, agreed, and said that a lot of domestic investors in the UK had either put their transactions on pause around Brexit or were looking at smaller transactions.

However, he also said that he felt there are still good growth opportunities in both London and the regions. "We are believers in the UK," he said, adding that although the uncertainty surrounding Brexit had made large investment decisions more complicated, Starwood is focusing on "driving its assets forward" in the UK.

British Hospitality Association chief executive Ufi Ibrahim addressed the uncertainties in terms of worker concerns - she quoted statistics that there are approximately 700,000 EU workers in hospitality in the UK, 97,000 of which would be unable to stay under proposed immigration restrictions. She said that the industry could be looking to replace 50-75,000 people every year "just to stand still," and described immigration policy as "the single biggest threat to our business in the UK" and reiterated the association's call for a cut on VAT.

## DURING MY TIME IN BRISTOL

many years ago, a fledgling street artist, whose work suddenly started to appear on buildings throughout the city, went under the name of Banksy who till this day has managed to stay anonymous. It would appear that he has never been seen, but I am sure his mother and bank manager know who he is!! His artwork is in demand even though at one stage his work was cleaned off walls and buildings. Now, some of his work fetches more than 1.5 million euros. As protected art the city council are now unable to clean off his work or knock down the walls on which his art appears.

He has now turned his incredible talent into the interior design of the wonderfully named Walledoff Hotel in Bethlehem, Palestine.

Situated adjacent to the Israeli West Bank wall, which divides Palestine from Israel, one room allows guests to sleep underneath one of his artworks showing a Palestinian and an Israeli in a pillow fight. Artists Banksy, Sami Musa and Dominique Petrin have customised guest rooms, with more to follow.

The hotel also houses a gallery dedicated to art created in Palestine and the Diaspora (\*), a piano bar, and a museum



**I hope whoever owned the bin on which banksy did this piece of art never cleaned it off unknowingly !**

which tells the story of the wall. A 'budget' room, outfitted with surplus items



The difference between being a good cook and a good chef is as big as the difference between playing Texas Hold 'em in your pyjamas and holding a chair at the World Series of Poker."

Gabrielle Hamilton

from Israeli military barracks, is available from 30€ a night.

Wisam Salsaa, the owner of the hotel, said the establishment, which officially opened on 11 March 2017, will be operated by the local community, the hotel staff did not know about the artist's involvement until the opening.

The hotel is aiming to remain open during 2017 - the centenary anniversary of the Balfour declaration, when Britain pledged to support the establishment of a 'national home' for Jewish people in Palestine.

Banksy's website says of the hotel: "The aim is to tell the story of the wall from every side and give visitors the opportunity to discover it for themselves."

Needless to say that the hotel restaurant has its own Walledoff salad!! Well it would wouldn't it?

*\*(The term Diaspora comes from an ancient Greek word meaning 'to scatter about.' And that's exactly what the people of a Diaspora do - they scatter from their homeland to places across the globe, spreading their culture as they go. The Bible refers to the Diaspora of Jews exiled from Israel by the Babylonians.)*

**IN OUR WINE CORNER THIS WEEK,** I am focusing on the Priorat, one of my favourite areas and the wine featured is Terroir al Limit Les Manyes 2014.

In 2004 Eben Sadie (a winemaker from South Africa) and Dominik Hubre started a new project in the trendy Catalan wine region of Priorat, called Terroir al Limit. They prospected the region for great old vines to work with, and then began taking a very un-Spanish approach in the cellar, avoiding small oak barrels and instead opting for inert tanks and larger foudres (\*).

The wines are made in quite a natural way, and the vineyards are managed biodynamically.

Eben is now so busy he's not involved in any practical way with the project, so it's now Dominik's baby (although Eben remains a significant shareholder). These wines are stunning: so fresh and expressive, and are a unique expression of this dramatic region, whose wines are so often blighted by new oak and over-ripeness. Alas, they are fiendishly expensive with the village level wines at 25€, the mid-range 45€, and the last two top wines are 140€ a bottle (prices are approx and depending



**TERROIR AL LIMIT: Made in quite a natural way.**

soils. It distills all the Mediterranean herbs and flowers, the essence of ripe red cherries and wild strawberries with some chalky minerality in a nose and palate that is close to perfection.

So fine, supple and elegant with a lovely purity, but it has real mineral power with good acidity and fine structure. There were only 1,008 bottles produced.'

*\*(A Foudre is a generic French term for a large wooden vat between 20-120 hectolitres in size (hectolitre = 100 litres). These large oak barrels vary enormously in size but are significantly larger than the normal oak barrels.)*

where you buy).

Tasting notes reveal, 'that in many wineries in Priorat, 2013 is clearly better than 2014, but it's not that clear in the case here, and you have to take it wine by wine. In the case of this Les Manyes, the 2014 was the big surprise, with a combination of depth, perfume, subtleness and power difficult to achieve.

The clay and chalky soils provide for an extraordinary texture of tannins, a lot less coarse than those from slate

**TELEVISION PROGRAMMES** these days are besotted with teaching/featuring people who can't cook and then training them up to prepare a 'Michelin' star standard meal for their unsuspecting family and friends - or 'celebrities' who are novices too and put them in competition with each other, then select a winner who suddenly opens a restaurant or does the TV circuit as a 'guest celebrity' 'celebrity' chef!!!

Don't get me wrong anything that gets people interested in food and getting them to discover new abilities I am all for. But it does sort of imply that great chefs (and even not so great chefs) have worked for years to perfect their craft, but actually you can turn it all out after a week or so of training!! But the funny thing about these programmes is that they are often presented or involve the same chefs that have been on this long and arduous journey to hone their skills only to appear to impart their knowledge to a housewife in less time that it takes to make a perfect soufflé!

Gordon Ramsay and Marco Pierre White come to mind in Hell's Kitchen and everyone from Raymond Blanc to Brian Turner extolling the virtues of cooking a gourmet meal to please or appease your spouse. Just take them out for dinner - I say!!!

**ON THAT NOTE I will bid you farewell until next week and should aspiring restaurateurs need some help or advice, please do not hesitate to contact me. A toast to Good Food, Good Wine and Good Friends.**

*Garry Waite is a well-known foodie and restaurateur as well as a Hospitality Management Consultant. If you are contemplating setting up an operation in Spain, or indeed having problems with an existing project contact him on garrywaite@euroweeklynews.com.*

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# How to heat your pool in 4 easy steps?

**I WANT my pool to be at 28° by next week, is that feasible?**

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With a pool cover on, we are always confident of the timing and result. You can start your count down from the moment the installation is done. The best part is always the feedback we get from our customers when they really see the temperature going up day by day!"

**A week... are you sure that is possible?**

Paul, technical expert at Poolworx explains: "Sure! In my personal experience with heat pump installations, I see that it's actually less than a week! As soon as outside temperatures exceed 10°, it takes about four days to heat a pool from let's say 15° to 25°."

"Few people know this, but a heat pump is the single, most efficient way to heat a pool. The cost to run, outside summer season is less than 2€/day. Because for every kW of electricity consumed by the heat pump, six are returned to heat the pool. That's 5kW for free! The warmer it gets, the cheaper the heating. And the best news, you don't need sunshine, only the right ambient temperature."

**How is the installation of a heat pump done?**

Albert: "Wait... Step 1 is actually talking to you in person! Choosing the right heat pump, fit for your pool is where it all starts. We do the calculations for you and assess your current



**HEAT PUMP: The single, most efficient way to heat a pool.**

pool situation. This includes an analysis of the circulation system setup. We pick a good spot

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staller. Look for yourself and get an idea of what you need on [www.poolworx.eu](http://www.poolworx.eu)."

Paul: "Step 2 is the installation of the unit itself. Once the heat pump is on site, we mount it on rubbers and hook up the electrics. This is straightforward as all our heat pumps for domestic use can be connected to your existing wiring, 230V single phase."

"Step 3 is the installation of bypass valves to direct the flow of pool water from the existing circulation piping to the unit and back into your pool. There's no need to run the wa-

ter through the unit during boiling hot summer months!"

"Step 4 is setting the desired temperature via the digital control panel and after a few days patience you can start enjoying your pool at any time."

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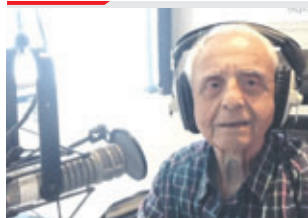
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### GRADUATE DAY: What a clever dog!

#### The problem

JUST like a human infant, for the first part of his short life, your dog had no control of his functions. Then, when control started, he learned that it was ok to go anywhere except in his bed. That is his world now. As far as he knows, it's ok to go anywhere else, whenever the urge strikes.

#### The basic rule

When you can't monitor your pet's behaviour he must be in the crate. Easy, no? When he makes a mistake, and he will, you must see it. If you miss it, even by a couple of seconds, it's too late. Don't get angry at your pet, it's your failure, not his. He didn't do anything wrong.

#### The process

When you first bring him home, take him outside. Try to use the same door to take him outside all the time, preferably the one you want him to go to when he has to go outside. Start saying over and over again, 'Busy, busy, busy,' in low soothing tones. As soon as he goes, get excited. Keep saying, 'Busy, busy, busy' and add 'That's a goooooood dog. What a goooooood dog you are. That's

a goooooood puppy.' Repeat these phrases as long as he is urinating. When he's finished, bend down and stroke him, still repeating, 'Break, break, break,' and 'That's a goooooood dog.' Your tone of voice must be happy and upbeat. Act as if he has just given you the best present of your life.

Take him inside and put him into the crate with an old towel. He's used to lying against his mother or his brothers and sisters and this will help comfort him. Try not to leave him alone at this point. If you do, he may start crying and whining.

Leave him in the crate except for when you can monitor him every second. He will need to go outside after every meal and every three to four hours. When you take him outside, behave just as you did when you first brought him home. Coax him into urinating with, 'Break, break, break' and praise him heavily when he does. Let him explore a little and remember that your command, 'Busy, busy, busy,' is just starting to mean something to him.

When he's outside the crate, he will try to urinate on the floor. You must be there to see this. As soon as the first drops hit the floor, grab your dog by the scruff of his neck and loudly yell, 'No, bad dog.' Pick him up, shaking him gently and carry him outside. Put him down where he's gone before and immediately start saying, 'Busy, busy, busy,' and within a few moments, he'll start to urinate. When he does, praise him lavishly just as you did the first time he urinated.

When he's finished, take him back inside and again monitor him. If he tries to repeat it, do the same thing as before. With a couple of repeats of this he'll catch on.

Use the same technique when he tries to defecate. If he manages to urinate or defecate away from your view, you will have set your training back several days, perhaps a week. If you try to discipline him after he's walked away from his mistake you'll only confuse him and teach him to be afraid of you. If he's more than two or three seconds from the act, he has no conscious memory of it.

He may try to duck out of your sight to urinate. Don't let him succeed in this. Follow him. He doesn't yet know that he's supposed to go outside, only that he's not supposed to go inside. He has to go and associates his unpleasant experience of being yelled at and shaken, with you, not with his inappropriate location to urinate. After a few more repetitions he will realise that it's his act that draws the unpleasant response from you, not just your presence.

At some point in his training he'll go to the door that you've been using and whine or scratch to get outside. When he does this, praise him very heavily as you open the door to let him go out. Remember to start saying, 'Busy, busy, busy,' as soon as he is clear of the door. As soon as he hits the grass, he'll probably urinate. When he does, go crazy with praise but don't get him so excited that he stops urinating.



FUNNY PHOTOS: Must feature an amusing scene with an animal.

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FROM time to time we love you to share your funny animal or travel photos with us. Our current competition requests that you share your funny travel photos with us and our newsletter readership.

The photo must be one that you have taken so you own the copyright. Also it must have an animal featured in the picture somewhere, or an amusing scene you witnessed while travelling. Please name your location and tell us what you find funny about this picture. Then we'll let you know if we agree and add you to the competition entries!

To enter you'll need to email your picture to us at [admin@housesitmatch.com](mailto:admin@housesitmatch.com) and title your email 'ENTRY Funny Travel Photo Competition.' The best three will win a Free

Premium HouseSitMatch annual membership either homeowner or housesitter - you get to choose. If you are already a member of our international housesitting and petsitting network, then you get a free renewal! And the very best of the shortlisted three will also get £25 in Amazon vouchers.

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## Unconventional pets

NOT all people have a place in their hearts for the traditional pet. Some prefer the challenge and thrill of owning something unique and eye-catching.

However, many are put off by the thought of owning and caring for a non traditional pet, but would be surprised to know that some are actually relatively low maintenance. Hedgehogs, for example, are often mistaken for prickly and unintelligent, but these gentle souls are actually quite shy.

Only stiffening their spines when threatened, they are a humble and easy pet, often comparable to hamsters. With time and commit-



### LEGAL ALIEN: The Axolotl is incredibly unique.

ment, owners can expect to develop a strong bond with this interesting pet.

On the other end of the spectrum is the Axolotl, a unique pet that looks a little like a domesticated alien. Proving to be very weird pets, it is able to regenerate any part of its body in due time, ideal for anyone with

a feisty aquarium environment.

The Axolotl is a type of salamander which originated in Mexico. They grow to be quite large and require quite specialised care and equipment, making it a little more high maintenance, but otherwise a fantastic pet for those with a taste for the unique.

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9.30 am. Our choir sings at our 11.00 am Services and there is also a Sunday School, called Stepping Stones, on these Sundays. We welcome residents, visitors and children. For more information see our website [www.lasies.taevangelicalchurch.org](http://www.lasies.taevangelicalchurch.org) or telephone Pastor Keith on 666 180 108.

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

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

**THE ROYAL NAVAL ASSOCIATION**, Torrevieja Branch, meet at 17.00 on the first Wednesday of each month at the Restaurante El Paraiso, Urb. Jardin del Mar 3 (behind

Carrefour), Torrevieja. Contact Paul Edwards, Chairman 618 644 934 or Margaret Forshaw, Secretary 966 921 996. (95455)

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

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

**THE BAKER FOUNDATION SPIRITUALIST CENTRE.** Find us on the Saturday market road opposite the Chinese Restaurant. Playa Flamenca. Different International and local mediums every Sunday and Tuesday. Sunday, divine service with clairvoyance 11 am start. Tuesday, evening of clairvoyance doors open 7 o'clock for 7.30 start. Spiritual Healing is available on Sundays after service and on Thursday mornings from 10.30 until 12. We have a development group on Tuesdays 5 until 6.30 for those interested in meditation and advancing your knowledge of spirit. Private readings are available on request. Please join us and make new friends, a warm welcome awaits you all. Tea, coffee and soft drinks are available. You can join us on Facebook at, The Baker Foundation spiritual centre. Hall is available for hire. For more information please contact Linda on 606 990 665. Email, [schugy54@gmail.com](mailto:schugy54@gmail.com) (95458)

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

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

**TORREVIEJA Christian Fellowship (TCF)** is an English speaking lively church located at Avenida de las Valencianas 68, Torrevieja 03183. Residents and holidaymakers are welcome to attend our services with communion and 'kids church' each Sunday at 10.30am. We have a Fellowship Meeting (Bible Study) each Wednesday at 6.00pm. For further information see our website [www.tcf-spain.org](http://www.tcf-spain.org) or tel 966 700 391. (95464)

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

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

**TORREVIEJA STROKE SUPPORT GROUP** meets each Friday 2.45pm to 5pm in The Annex, (behind Age Concern Centre), Calle Paganini, Urb. La Siesta. Our aim is to support stroke survivors and their carers by a range of facilities from speech therapy, rehabilitation exercise, group discussion etc. For info: Louie 966 718 964 or 965 071 920, email: [strokesupportgroup@hotmail.com](mailto:strokesupportgroup@hotmail.com) Donations and further voluntary helpers

are needed and guest speakers with relevant knowledge or experience are very welcome. (95473)

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

**CAMPELLO CONTRA CANCER** in conjunction with AECC Association Español Contra Cancer has opened a charity shop at C/Virgen de los Desamparados No 13 (next door to Mas y mas) El Campello. The shop is open Mon-Fri 10 - 2pm and is run by unpaid volunteers and all monies raised goes to the AECC. We urgently need donations of clothes, books, large and small furniture etc, and we will arrange collection of large items. We need volunteers to help out in the shop and also clothes rails, shelves etc. for display. Please support your local Cancer charity and if you wish to obtain literature or simply talk to someone. Please stop by at the shop. Contact Mina or Trisha. Tel 650 071 278 or 610 921 413 e-mail [aecc\\_campello@hotmail.com](mailto:aecc_campello@hotmail.com) (95475)

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

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

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

**THE SPIRITUALIST CENTRE, Benijofar** meets at Hamilton's Bake House, 62 Calle Vicente, Blasco Ibañez, Benijofar 03178. We hold a Sunday Service at 11.30 a.m., a Tuesday Evening of Mediumship at 7 p.m. Also, every alternate Thursday from 23rd February, there is an Development /Awareness Circle where you can develop your skills commencing at 6.30 p.m. Spiritual healing is available every Sunday and Tuesday after the service. The Divine Service with Mediumship on 2nd April will be taken by Len Cox. Anna Marie Blyth will take the Evening of Mediumship on Tuesday, 4th April. The Divine Service with Mediumship, on Sunday, 9th April will be taken by Jillian and Martin. Contact Wendy on 965323028. [www.spiritualistcentre-benijofar.com](http://www.spiritualistcentre-benijofar.com) New email is phoenixchurch23@gmail.com or in fo@spiritualistcentre-benijofar.com Identificacion Fiscal G54713789.

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**Clarkson  
Quote of the Week**

**“If you want to win all you have to do is go a little bit faster than all the others.”**

Some might say...



**Motoring shorts**

## Top Gear: Stateside

DESPITE its post-Clarkson Top Gear being roundly ridiculed as one of the most disastrous TV efforts of 2016, the BBC is launching an American version of the show. An all-American line-up will bring the British show's format across the pond for an eight episode run.

It is the third time American producers have tried to turn the hit show, one of the most popular in history, into a stateside phenomenon.

The latest incarnation will be produced by BBC America and led by actor William Fichtner alongside drag racer Antron Brown and writer Tom Ford. All three are apparently serious motorheads, suggesting the Beeb isn't taking a Chris Evans-sized gamble with its budget this time around and hoping for third time luck.

# Classics and crashes at Goodwood

By Matthew Elliott

A 1963 JAGUAR E-Type and 1964 Ferrari 250 GTO, worth tens of millions of euros a piece, almost collided at the 73rd annual Goodwood Members Meeting. They missed one another by millimetres on a drizzly English afternoon that gathered some of the finest classic cars on the planet to the famed Goodwood estate in Sussex.

Cars from all eras, including a 1909 Blitzen Benz and an army of single seaters, raced the circuit in front of dozens of motoring celebrities and wealthy patrons. David Coulthard was in attendance as was Goodwood estate owner Lord March, who regularly donates millions to motoring causes.

One of the most prestigious events on the motoring calendar, the Members Meeting is an intentionally quiet affair, allowing attendees to get up close and personal with some of the finest cars in the country.



**CLASSY:** Emerald green dream machine.

Highlights included an Edwardian-era race, a mini chasing a rover, and a moving Wall of Sound/Minute of Noise tribute to Formula One legend John Surtees who died in March.

There was a special Group A touring cars race featuring a Rover, Alpha

and Capri battering around the 2.4 mile track and the Graham Hill trophy pitting Ferraris against Aston Martins.

The next big event at Goodwood will be the spectacular Festival of Speed from June 29 to July 2. This

year's theme will be 'Peaks of Performance - Motorsport's Game Changers.'

Lucky ticketholders can expect to see the world's finest racing collection of 1930's Grand Prix cars, Turbo-charged F1s, and Group B Rally cars take to the hallowed circuit.

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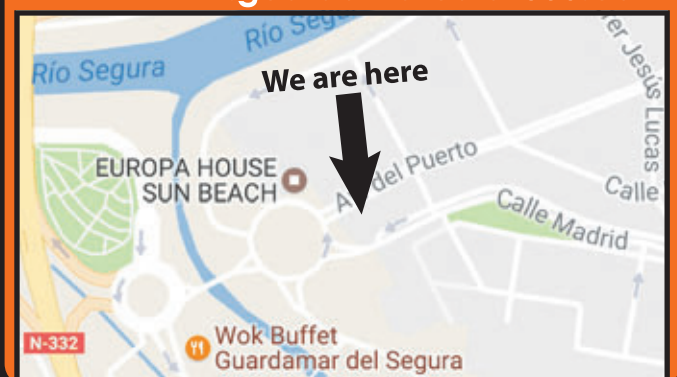
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## Teenage kicks come at a decent price



THE first choice car of a newbie driver should be safe, reliable, and not too flash to arouse passing patrol car suspicions or raise the insurance bill through the roof.

Britain's Money Supermarket website decided to find out just which cars were most popular among new drivers.

The Ford Ka took fifth spot thanks to its incredibly cheap insurance packages, relatively speaking. It's a terrific city car, perfect for urban commutes, easy to park and simple to fix.

Next up, is the second gen Renault Clio which has top marks for safety and can come packed with an unusually strong 75hp 1.2 litre engine for a decent price.

Volkswagen's supermini-style offering, the Polo, has intentionally targetted first time buyers. It is tough, hardy and often comes with lots of added extras, including insurance deals that make it appealing for budget buyers.

The UK's best selling car, the Ford Fiesta, comes second

**ROAD TEST** by Nick Fletcher

# Peugeot 3008 GT Line model

PEUGEOT says its new 3008 will become 'a key player' in the booming SUV sector, and anyone who sees the car - a radically different design from its predecessor - and what it offers will find it hard to argue with that assertion.

The 3008, priced from €25,035 (£21,795), is very well kitted with even the entry level Active model having driver attention alert, programmable cruise control and speed limiter, auto emergency braking, large 31cm digital instrument display and a separate 20cm touchscreen infotainment system, dual-zone climate control and rear parking sensors.

Launched in two-wheel drive form, you

can specify a Grip Control option which in effect provides a form of all-wheel-drive for slippery conditions. There are 1.2-litre and 1.6-litre turbo petrol engines and 1.6-litre and 2.0-litre diesels, each with two power versions.

But while the 3008's generous specification and multiple engine options are stand-out features, the car's stunning external styling and refined driving dynamics give it the sort of appeal that takes it to the head of the class. It has a beautifully designed and rather futuristic-looking quality interior and latest technology, and offers practicality and versatility, and a smart

upmarket appearance which exudes the cool persona the SUV market requires.

On the road, the 3008 - voted Car Of The Year at the Geneva Motor Show by 58 motoring journalists from 22 countries - reveals a neat balance of ride comfort with lots of grip and composed handling, taking corners with minimal body pitch and tackling rough surfaces with aplomb, despite its raised ride-height.

The 3008 is roomy for front and rear occupants and the boot space at 591 litres is one of the largest in the sector which also expands to a massive 1,670 litres with the rear seats folded.

The top-seller is likely to be the 1.6 diesel, but my test model was the three-cylinder 1.2 litre

PureTech GT Line turbo-petrol version which is smooth, fluent and surprisingly powerful. It packs 130 hp, has a nippy 0-100 kph time of 10.8 seconds, top speed of 190 kph and fuel economy of 19.61 kpl (55.4 mpg). This sporty GT Line version is €29,286 (£25,495) and extra kit includes 3D sat-nav, exterior sports trim, LED self-leveling headlights, and smartphone charging plate.

The new 3008 is an impressive new model in an SUV class already packed with impressive models, and I struggled to find any negative points. It is right at the top of the class.

*Model tested is UK-specification and equipment levels and prices may vary in other markets.*

**GT LINE: Practical and versatile.**



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### Stats panel:

Model: Peugeot 3008 GT Line  
 Engine: 1.2 litre turbo-petrol  
 Transmission: 6 speed manual  
 Performance: 0-100km 10.8 seconds, top speed 190 kph  
 Economy: 19.61 kpl (55.4 mpg)  
 Emissions: 117g/km

# Team EWN makes official racing debut

EURO WEEKLY NEWS publisher Steven Euesden was back in the driving seat at the Mike G Racing circuit in Guadix, Granada, on Sunday March 26, as he began his quest to attain his Race International B driver's licence.

The first stage of the process involves accumulating a particular number of points in nationally-recognised race events, so this outing saw him take the wheel of a Renault Clio Cup IV car for two 10-lap contests in the year's first meeting of the Andalucian Velocity Motor Racing Championship.

Steven, Team EWN, and the SPV Racing Team arrived at the track bright and early to compete in qualifying, and he managed to secure a position of eighth on

the grid in the 'Touring' class after a solid performance.

There were several more powerful cars in this group, including a Porsche 944 Cup and a Porsche 997 GT3 alongside other Clios, a Seat Leon Supercopa Mk2, Mazda MX5, a Citroën AX GT and several Hyundai Accents.

SPV had kindly decked out Steven's car in full EWN livery, which looked spectacular, and he was given a full technical briefing on his qualifying performance by SPV CEO Raul Garcia Isern and manager Lars GV Linberg.

Prior to the first race, Steven said that his main concern was getting away cleanly without stalling the car and he managed to do so, unlike fellow Brit and teammate for the day Shawn

Wakefield, who last year drove for SPV in the NASCAR Whelen Euroseries.

Shawn eventually managed to make up the gap and almost made the podium, but Steven was nevertheless delighted to gain two places and finish sixth in his first ever competitive race, having been held up by two slower cars in the latter stages.

**“ The SPV team were certainly impressed with his performance and he will compete in Valencia next. ”**

He thus achieved his primary aim of finishing cleanly and getting some points on the board.

Following a lengthy break to allow the drivers to recuperate and the cars to be refuelled and tweaked, there was a second chance for Steven to check out his performance statistics on the laptop and get some tips on how to improve.

During the second race Shawn sped away and

Steven also started strongly before he found himself in fourth position and in no danger of being passed.

The event featured a few collisions, including a remarkable incident which saw one car drive into the back of the other, forcing it off the track as race officials waved the yellow flag.

Steven's race was somewhat more uneventful as he avoided trouble to clinch fourth place at the chequered flag and obtain more crucial points, an impressive debut considering he had never even seen the car prior to the day.

The SPV team were certainly impressed with his performance, and he is now set to compete in Valencia in two week's time.

A huge thank you to everyone at SPV Racing for another cracking day, plus Clive and all the staff at The Mike G Racing Circuit for their superb hospitality.



STEVEN EUESDEN with Lars (right), Raul (centre) and the SPV pit crew.



# Wins for Vettel, Maverick and Dustin ahead of the Merseyside derby!

## Tony Matthews



International Sports

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

Costa de Almeria

### FOOTBALL:

THIS weekend's PL matches are Arsenal v Manchester City, Burnley v Spurs, run-away leaders Chelsea v Crystal Palace, Hull v West Ham, Leicester v Stoke, Liverpool v Everton, Manchester United v WBA, Southampton v Bournemouth, Swansea v Middlesbrough and Watford v struggling Sunderland.

The second tier matches include Brighton (second) v Blackburn, leaders Newcastle v Wigan, Huddersfield (third) v Burton Albion and Reading v Leeds (fourth); it's Bolton (second) v Chesterfield in FL1 and Grimsby Town v high-flying Doncaster Rovers in FL2.

Also on Sunday, Coventry City face Oxford United in the Checkatrade Trophy final at Wembley.

Then, next Tuesday/Wednesday in the PL, we have, among others, Arsenal v West Ham, Chelsea v Manchester City, Hull v Middlesbrough (a real six-pointer this), Leicester v Sunderland, Liverpool v Bournemouth, Manchester United v Everton and Swansea v Spurs, plus Brentford v Leeds, Brighton v Birmingham, Huddersfield v Norwich and Newcastle v Burton in the Championship. Plenty of interesting fixtures all round, I would say.

- Arsenal are on their worst run of results for 21 years, six defeats in nine, and leaking goals galore.

- Everton has agreed building details for a new 50,000+ capacity stadium in the north of Liverpool.

### MOTOR SPORT:

Around 118,000 spectators saw Sebastian Vettel (Ferrari) win last Sunday's first F1 Grand Prix of 2017 in Australia.

The Mercedes duo of Lewis Hamilton and Valtteri Bottas were second and third. This was Ferrari's 225th F1 race victory.

And on two wheels, Spain's Maverick Vinales won the first MotoGP of 2017 in Qatar; Andreas Dovizioso came second and Valentino Rossi third.

The cars and motorbikes race again on April 9, in Shanghai and Argentina respectively.

### ROUND-UP:

- England lost last week's friendly 1-0 in Germany before beating Lithuania 2-0 in their 2108 WC qualifier on Sunday.

Also in WC qualifiers, the Republic of Ireland drew 0-0 with Wales, Scotland, following a 1-1 draw with Canada, beat Slovenia 1-0, Northern Ireland defeated Austria 2-0 and Spain won 4-1 against Israel.

- Dundee United beat St Mirren 2-1 in the Scottish Challenge Cup final.

- Ronnie Moran, the former player, coach and assistant-manager of Liverpool, has died at the age of 83.

- This weekend's Rugby Super League games include Catalan Dragons v Wakefield, Leigh v Widnes and Warrington Wolves v Hull. The Wolves have yet to win this season!

- In the Aviva Premiership, Leicester beat Northampton 36-31 to move into fourth place behind Wasps, Exeter and Saracens.

- The Miami Open tennis championship is underway and is followed almost immediately by two more top events, in Mexico and in

South Carolina.

- The Houston and Mississippi Open golf championships are taking place in the USA and Dustin Johnson won the recent match-play tournament in Texas.

- Thousands of runners are getting 'fit and well oiled' for the Boston and London marathons on the April 17 and April 23 respectively.

- On Saturday we have the Cambridge-Oxford University boat race.

### WHO WILL WIN THE MASTERS?

The first major golf tournament of the year, the US Masters, starts in Augusta next Thursday (April 6) and I believe one of these six players will end up wearing the green jacket.

- Home favourite Jordan Spieth from Texas, winner in 2015 and runner-up in 2014 and 2016.

- Recent Match Play winner and World Number One Dustin Johnson from South Carolina, sixth in 2015 and fourth last year.

- Ireland's Rory

McIlroy with three consecutive top-10 finishes and a best of fourth in 2015.

- Australian Jason Day, second in 2011 and third in 2013.

- Reigning champion from England, Danny Willett, despite his poor form of late.

- Japan's Hideki Matsuyama, who ended up fifth and seventh in the last two years.

Another six to 'watch out for' are Emiliano Grillo from Argentina, Spanish youngster Jon Rahm Rodriguez, Bubba Watson from Florida, South African Charl Schwartzel and the Australian duo of Adam Scott and in-form Marc Leishman who won recently in Orlando.

And of course the winner, and the runner-up, may come from the following... the English quintet of Paul Casey, Matthew Fitzpatrick, Tommy Fleetwood, Tyrrell Hatton and Justin Rose... Germany's Martin Kaymer... Alex Noren and Henrik Stenson from Sweden ... Italian Francesco Molinari... South Africa's Branden Grace... the Spanish duo of Rafael Cabrera-Bello and Sergio Garcia.

Plus the huge American contingent which in-

cludes Texans Roberto Castro and Patrick Reed; Cleveland-born Jason Dufner; Californians Phil Mickelson (now aged 46) and Rickie Fowler; Charley Hoffman from San Diego; JB Holmes from Kentucky; Kevin Kisner from South Carolina; the Florida pair of Brooks Koepka and Matt Kuchar; 2012 US Open champion Webb Simpson from North

Carolina; Nashville's Brandt Snedeker; Justin Thomas from Louisville; Jimmy Walker from Oklahoma City.

Or even Tiger Woods, if he competes! However, if he does, even his diehard supporters don't think he'll make the cut.

Watch and enjoy... it will be another excellent golfing weekend.

**SEBASTIAN VETTEL: Winner of the first Grand Prix of 2017. |**



**JORDAN SPIETH: A home favourite to win the US Masters golf tournament.**

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ENGLAND lost last week's friendly 1-0 in Germany before beating Lithuania 2-0 in their 2108 WC qualifier on Sunday.

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Costa Blanca's best guide to local sport

# Mazarron's unbeaten run comes to an end

MAZARRON'S 11 game unbeaten run came to an abrupt halt with a 3-0 defeat away to local rivals CD Bala Azul.

Mazarron started quite brightly with Adrian twice getting on the end of long throws by Raul Torrano to force saves from the Bala keeper and, at the other end, Pablo had to make a smart diving save to keep out a long range shot from the home team.

Bala Azul went close on a couple of occasions before they took the lead on 39 minutes. A cross from the right was volleyed home by Santiago giving Pablo in the Mazarron goal no chance.

Mazarron made two substitutions at half time with Raul and Dani replacing Javi Torrano and Andreo but Bala Azul went straight onto the attack

with Diego shooting well wide. On 54 minutes the home team should have increased their lead. A short corner was played to Diego and a superb cross from the ex-Mazarron player found Francisco unmarked at the far post. Fortunately for

Mazarron, he somehow contrived to shoot the ball back across goal from two yards out for a goal kick.

Mazarron's best chance of the game came after 60 minutes when Miguel's cross from the right was met by

Jimmy whose shot went agonisingly past the far post.

In Mazarron's best spell of the game Dani

then headed Miguel's cross wide.

Bala Azul increased their lead after 74 minutes when a cross from another ex-Mazarron favourite Jose Da was only half cleared and Salvador slammed the ball into the net from the edge of the penalty area.

It was 3-0 eight minutes later when Santiago tormented the Mazarron defence down the left before crossing to Jose Da who made no mistake to spark off wild celebrations by the home supporters. To cap a miserable afternoon Raul Torrano was sent off just before the end for kicking out at Santiago.

Marcos was named Man of the Match which was presented to him by ex-England international Tony Currie.



TONY CURRIE: The ex-England international presented Man of the Match to Marcos.

## The Plaza Golf Society at Roda

WITH a chilly start to the day members teed off at Roda, a popular course for many, with some hot scores.

The two's pot was won by Lee Williamson, Bob Kemp, Phil de Lacy, Eldon Carey and Barry Lane who all collected €14.40 each. Nearest the pin was sponsored by the committee with all winners receiving a €10 bar tab for The Alehouse. Steve Higgins took hole two, Phil de Lacy hole seven, Lee Williamson hole 11 and Barry Lane hole 13. Well done lads.

The best lady of the day was Jane Cowan collecting a bottle of Cava and surprisingly the last placed lady was Liz Sully taking home a bottle of wine. Well done ladies.

The lowest placed player was Ronnie Cain winning a bottle of wine. The guests saw Graham Wren coming in third with 27 points and

Chris second with 27 points and Declan Crowley with an impressive 30 points all winning wine and balls.

Members saw great scores with Kevin Rose scoring an impressive 35 from his handicap of 13 coming in third. In second place was chairman Christian Attwood with an exceptional 36 points from his handicap of 18 and Dave Lethaby was first with a sizzling 41 points from his handicap of 12. Well done to all and thanks again for making the golf days such a great success.

With the next game sold out weeks ago the next available is April 21 at Mar Menor which is the last game of the season.

For more information on the society please email [theplazagolfsociety@gmail.com](mailto:theplazagolfsociety@gmail.com) or visit the Facebook page. New members always welcomed.

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