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Costa's Welsh hero

Seafaring legend honoured during ceremony



By Matthew Elliott

A Welshman considered a hero among the people of Alicante was honoured as the Costa Blanca city paid tribute to the 15,000 Republicans trapped during the fascist blockade of the port during the Civil War.

Captain Archibald Dickson is credited with personally saving the lives of 2,683 refugees desperately fleeing the advancing fascist army in the spring of

1939. The young Cardiff-born captain disobeyed direct orders to help load thousands of civilians onto British coal ship the SS Stanbrook.

Leaving behind his intended cargo of saffron and oranges, Dickson risked his own life commanding the ship through a perilous U-boat blockade of Italian destroyers. The 230-foot vessel only had accommodation for 24 crew but despite tremendously overcrowded

conditions and Italian attacks, all 2,683 made it safely to Oran on the North African coast.

Many were interned in brutal French colonial concentration camps for months but survivors and their descendants have always kept Captain Dickson in their hearts.

Senior politicians and local leaders paid tribute to Dickson at a ceremony on Friday March 31. There are now plans to twin Alicante with Cardiff.

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LOCAL NEWS

| Jack Troughton



New recruit

EWN MEDIA GROUP is delighted to announce that Jack Troughton has joined the company as Regional News Editor for the two *Euro Weekly News* Costa Blanca editions. A seasoned journalist and former editor of the *RTN* newspaper, Jack's wealth of experience and high standing in the Costa Blanca expatriate community mean that he is sure to be a great asset to the *EWN* going forwards. Welcome on board, Jack!

Moggy mayhem

POLICE have opened an investigation into the death of a dozen cats on the Costa Blanca island of Tabarca. The 12 were killed during a castration campaign which targeted six colonies

during the winter and Seprona, the Guardia Civil unit charged with animal protection, filed a case after reviewing evidence as to how the castrations were conducted.

Sound investment

A HEFTY €4 million has been spent reviving the Costa Blanca's battered beaches in time for the tourist invasion. Every penny was needed to repair serious damage inflicted on the region's beaches during a particularly wild and brutal winter. From the bottom of Pilar de la Horadada to the tip of Denia a total of 33 urgent repair operations have been completed.

Lifeline for exotic animals at centre

By Matthew Elliott

NOAH'S ARK animal refuge centre in Alicante may stay open for another three or four years claims city mayor Gabriel Echavarri.

The Raul Merida foundation which manages the shelter in Tangel, near San Juan, has appealed a December court order demanding its closure.

Closing the facility immediately would represent a huge headache for the authorities.

It holds a stunning variety of wild and exotic animals, including two lions found in Orihuela, which have been smuggled into Spain or abused by circuses.

Monkeys, a python, two wolves, two big cats, and exotic birds still remain at the shelter.

It was only ever given temporary permission to open, and the six year term

has unfortunately now expired.

The sheer difficulty involved in

relocating them safely has seen the courts sympathise with the prospect of keeping Noah's Ark open while

Alicante City, which now owns the site, finds them alternative accommodation.



| LIONS: Are just one of the animals looked after at the refuge centre.

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Murcia City Every Thursday 11€	Murcia Easter Parade 14 April 12€	Benalmadena & Exc 3* HB WW 7-12 May 289€ / 3-8 Sept 345€	Burgos with Santander / Logroño / Bodega 25-30 June 4* B&B 319€	
Murcia & Calasparra Every Thursday 24€ inc lunch/wine	Alcoy Moors & Christians 22 Apr 15€	Andalucian Trio 15-18 May / 5-8 June / 4-7 Sep 3* HB WW 209€	Ribero Del Duero wine region 12-16 July 3* B&B + exc/fiesta 299€	Costa Cruises ADRIATIC CRUISE 25 Sept-2 Oct from 1,265€ Bari, Corfu, Santorini, Athens, Dubrovnik, Venice Inc transfers/Port taxes & Flights. All inclusive.
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Shocking behaviour

FOUR people have been arrested and charged with using electric weapons during an armed robbery spree targeting innocent residents of Torrevieja. The sadistic villains had managed to get hold of a taser, a weapon often used by police which discharges violent electrical shocks.

The incredibly dangerous device has controversially caused many deaths in police custody as victims suffer cardiac arrest. But that prospect didn't bother the thieving quartet, who managed to steal dozens of cars and thousands of euros in just a few weeks.

In one shocking incident they approached a Lithuanian man, shocked him with the taser and stole his briefcase, which contained €1,500 in cash and 15 car keys for work purposes. Police believe the attacks weren't random but were specifically targeting people the crooks knew were in possession of valuable items.

Electric avenue

A CAMPAIGN to collect electronic junk has resulted in an incredible three tons of appliances being handed in to green bin men across Alicante. The recycling project is soon due to hit all the small towns and villages across the southern Costa Blanca.

Collectors have expressed their amazement at both the value of the items found and the general ignorance as to how much environmental damage electrical products can cause. Part of the campaign involves giving people an incentive to recycle. Those handing over electronic waste are automatically entered into a competition to win an iPhone 7, which they won't throw away so easily.

The recycling campaign will focus on towns with populations greater than 50,000, which includes Torrevieja and Orihuela, before summer, and smaller towns and pueblos during autumn.

Classroom democracy

PARENTS across the southern Costa Blanca have voted on the class

SPANISH FACTS OF LIFE...8

WATER, WATER, EVERYWHERE. With most of Spain experiencing a relatively dry climate, water resources for irrigation and public supply are heavily dependent on an extensive reservoirs network. With 1,300 dams, the country places fifth in global rankings, including almost 1,000 'large' dams, more per inhabitant than any other nation in the world.



| Salto de Villarino.

Towering above

LA SERENA reservoir in Badajoz Province, Extremadura, is the biggest in Spain and third largest in Europe. Built on the Rio Zujar, a tributary of the Rio Guadiana, between 1985 and 1990, it can hold 3,219 cubic hectometres of water and is so vast that the adjoining comarca of La Siberia has more kilometres of freshwater coastline than anywhere else in the country.

The tallest dam in Spain is the 202-metre Salto de Villarino, also known as the Almendra dam, on the Rio Tormes in Salamanca, Castilla y Leon. Completed in 1970, it towers almost 50 metres above any other dam in the country, and locks in 2,586 cubic hectometres of water when at capacity.

Dams in their dotage



| Cornalvo Dam.



| Proserpina Dam.

While most Spanish dams were constructed during the 20th century, some have a far longer history.

The Cornalvo and Proserpina dams near Merida, Extremadura, date to the first or second century AD and are considered the oldest European dams still in use.

Built to supply the Roman colony of Emerita Augusta, founded in 25 BC, they now belong to the Archaeological Ensemble of Merida, one of the largest and most important archaeological complexes in Spain.

Less means more in Galicia

IN January this year, a seven-month drought in Galicia, the driest period since 1981, revealed the remains of lost towns and villages that hadn't been seen in decades. As capacities dropped below 25 per cent, locals were able to walk streets that were flooded during the 1960s and even check out forgotten Roman ruins.

The arid conditions were linked to climate change, and with the prospect of further extended dry periods as global temperatures rise, the Spanish National Dams Committee has recommended that 50 more large dams be constructed as soon as possible.



| ROMAN RUINS: The drought revealed the remains.

timetable they want for the coming 2017/18 school year.

A total of 97 schools throughout the region have been granted the right to have their say on whether classes will finish at 2pm with the possibility of free after-school activities until 5pm.

That means roughly 60,000 parents were eligible to cast a vote, though it is not yet clear how many did so. Single parents were given two votes, rather than there being one vote per household.

Language trouble

SPAIN's national education minister has launched a scathing attack on Costa Blanca politicians he believes are putting English and Valencian language study ahead of Castilian Spanish.

Mendez de Vigo, of the ruling conservative Popular Party, has criticised school systems across Valencia Province, and especially in Alicante. He alleges that schools offering a

stronger focus on Valencian, an official state language related to Catalan, also neglect traditional Spanish in favour of English.

Second to nun

POLICE are hunting for a sneak thief who burgled the Santa Ana and Magdalena de Clarisas monastery, Lorca. The raider struck during Sunday Mass and worked to a clear plan to make off with cash stored in a wooden drawer, forcing open locked doors with a screwdriver or jemmy. He was in and out before the 17-minute service was over.

Over 100 accused of child abuse

THREE Murcia men, aged 24-46, were nabbed in a string of arrests across Spain as police swooped on a sophisticated paedophile network. Addresses in Los Alcazares, Cartagena, and Alcantarilla were targeted in the coordinated dawn raids.

A total of 102 suspects were arrested in 38 provinces with a staggering 450,000 photos and videos seized from hundreds of laptops, computers, phones and hard drives. The operation was codenamed Pilumnus, after the Roman god in

charge of helping children grow healthily.

For the time being only three of the 102 suspects have actually been imprisoned. The rest are under investigation with their movements strictly controlled while the authorities collate evidence. Guardia Civil officers have publicly revealed that some of the suspects are employed in positions of trust such as teachers, swimming monitors and other careers involving exposure to children.

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Postscript to ponder

45%

The percentage of the world's olive oil that is produced in Spain, with the country also consuming 20 per cent of the global total, around 14 litres per person annually.

Adios topic

THE leaders of France, Italy, Portugal, Greece, Cyprus and Malta will gather at the El Pardo palace outside Madrid on April 10 to discuss Britain's formal notification to leave the EU at talks arranged by Spain for southern leaders.

Family wiped out

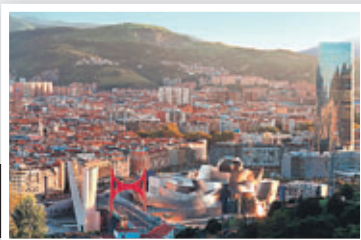
A 47-YEAR-OLD council worker is believed to have strangled his wife and then smothered his two children, aged five and eight, before committing suicide by jumping from a second-storey balcony in Ciudad Real in a suspected case of domestic violence.

Safety jump

THE driver of a car that drove through the border between Morocco and Melilla at high speed escaped Guardia Civil and National Police after jumping from the vehicle though his six passengers were all detained.



Postcard from BILBAO



WITH one million residents in the metropolitan area, Bilbao - the largest city in the Basque Country - traces its history back to the 14th century and is now a major industrial area.

There is a mixture of architecture from Gothic to Art Deco to Modernist, and the city centre attracts tens of thousands of visitors.

One of the most important cultural magnets is the Guggenheim Museum famous not just for its displays, but also for the impressive design created by architect Frank Gehry.

Boasting eight Michelin starred restaurants, the city offers a fantastic range of bars and restaurants offering typical Basque cuisine which includes a style of tapas known as pintxos which often marries bread or toast with a mixture of different toppings.

The Port of Bilbao is meanwhile an important conduit for the import and export of goods and additionally operates a ferry terminal for car passengers who wish to travel between Britain and Spain without having to drive the length of France.

Enjoying a climate which rarely gets very cold or very hot Bilbao has fairly regular rainfall.

So sordid

THREE people have been arrested suspected of human trafficking, drug trafficking, and corruption of minors following the discovery of a 14-year-old who was being prostituted in a Madrid club. Officers claim some girls were also used as guarantees for drug payments.

Down at heel

A MIDDLE-AGED driver whose shoe strap became entangled with the accelerator while exiting a car park in central Zaragoza, Aragon, crashed through a barrier and onto a pavement before slamming into a shop. No-one was seriously injured but the driver had to be treated after suffering a panic attack.

Pride and prejudice

A SURVEY by the Catalan Generalitat has revealed that 54.9 per cent of Catalans feel proud when a Spanish national sports team performs well. Meanwhile 32.6 per cent described themselves as feeling "quite proud," and a further 22.3 per cent admitted they are "very proud."

Birthdays

• Tim Peake, Astronaut, April 7, 45

First British European Space Agency (ESA) astronaut chosen from more than 9,000 applicants for a place on ESA's new astronaut training programme. In December 2015 he launched into space on a six-month mission to the International Space Station (ISS).

• Mylene Klass, Singer/TV Presenter, April 6, 39

British singer who shot to fame after auditioning for ITV reality show Popstars and winning a place in the newly formed band Hear'Say. After the band split she launched a solo career in classical music releasing two albums. She is now better known as a TV and radio presenter.



• Vivienne Westwood, Fashion Designer, April 8, 76

Outlandish British designer who brought modern punk and new wave fashion into the limelight in the 70's. She has many notable clients including Princess Eugenie, Camilla the Duchess of Cornwall and Pharell Williams.

• Robbie Fowler, Footballer, April 9, 42

Former English professional striker who had a natural ability for scoring goals and who is the Premier League's sixth-highest ever goal scorer. He played mainly for Liverpool FC but also had stints at other clubs including Leeds United and Manchester City.

• Sophie Ellis-Bextor, Singer, April 10, 38

English singer who has released six studio albums and had hits with songs such as Take Me Home, Murder on the Dancefloor and Heartbreak Make Me a Dancer. She is the daughter of former Blue Peter and Jigsaw TV presenter Janet Ellis.

• Jeremy Clarkson, TV Presenter/Journalist, April 11, 57

Opinionated and controversial former co-host of the hugely popular Top Gear TV show which he hosted for 17 years before being let go by the BBC in 2015 for attacking one of the show's producers.

Numbers that add up to local life

48.5 %

48.5 per cent of Catalonia residents would not vote for independence whilst 44.3 per cent would, according to a Centre d'Estudis d'Opinió poll.

€186,800

The salary received by the Governor of the Bank of Spain.

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The 'book value' of assets held by the Sareb 'bad bank' set up after the 2008 crisis.

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WITH the spring weather in full gear Semana Santa in Torrevieja is set to be a fantastic and fantastically busy affair.

It begins on Sunday April 9 with the Palm Sunday procession and floats marching from the Sagrado Corazon to Church of the Immaculate Conception. Later that evening the festivities will really begin with drums and the Los Salerosos brass band covering most of the town, including Constitution Square.

Though relatively quiet during the day, Holy Monday to Wednesday will see loud, vivacious processions begin each evening at 10pm. Each evening will see a different circuit around the town centre as all entertainment venues dim their lights in respect and cars are asked to leave the procession routes free.

Holy Thursday's silent procession begins at 11pm and is fittingly quiet ahead of an extremely busy weekend. It is the Holy Burial procession on Good Friday which begins at 8pm from the Church of

the Immaculate Conception and winds through the town taking in Constitution Square twice.

Saturday is by far the loudest day. Anyone who so wishes can bring along a drum for the great drum roll procession kicking off at 10.30pm at the Cultural Centre Virgen del Carmen. It will last until the early hours, finishing just in time for rest before the 8am Easter Sunday parade which saves the most magnificent floats for last.

Stunning show in Orihuela

ORIHUELA'S Semana Santa is widely considered one of the finest in Spain with a history exceeding 500 years. Palm Sunday's procession gets underway in time honoured fashion from the Parish Church of Saints Justa and Rufina at 11am, concluding at the Cathedral.

Later that evening sees the stunning self-whipping procession from the Brotherhood of the Flagellation beginning at 22.15pm from the Our Lady of Mercy

church. As in Torrevieja, on Holy Monday - Wednesday there will be evening processions commencing at 10pm, all taking in Plaza Nueva and Avenida de la Constitucion.

Holy Thursday's procession of the Brotherhood of Silence begins at 11pm from the Church of Santiago and winds its way through the town centre. Good Friday promises a very late night for urbanites. The general procession of the Passion of the Christ begins at 6.30pm from Our Lady of Monserrate. But the later procession from the Brotherhood of the Good Death doesn't begin until 2am!

Saturday's procession of the Holy Burial starts at 7pm from the Church of Saints Justa and Rufina and leads to the Cathedral. The last of the main processions is technically on Easter Sunday but really later that night. The resurrection procession starts at 12.30am and takes in most of the town centre before the week's conclusion.



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OUR VIEW

Westminster Bridge murders

JUST about the only really decent thing to come out of the Westminster Bridge murders has been the huge turn-out of Muslims all over the UK to express their sorrow at the events and their hatred of those who commit terrorist atrocities.

The press and this includes the ever-expanding *EWN Media Group* has an obligation to report the news, not just one part of it and certainly these demonstrations which saw young Muslims standing side by side with police officers and representatives of other religions needs to be reported.

Some in the media who have been calling for this type of demonstration will perhaps now suggest that this is a cynical show simply to hoodwink the public but in reality this is now one less stick to beat them with.

No-one can argue that a large number of recent terrorist events have been undertaken by those professing belief in their Prophet, but in the same way that large numbers of Irish Catholics were not supporting the IRA, there does need to be a modicum of sense in what is said, as one of the best ways to turn people is to constantly berate them.

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Fury over filthy river



Photo by Jose Luis Saez/Twitter

CLEANING UP: Residents are voluntarily cleaning up waste from the river mouth.

By Matthew Elliott

VEGA BAJA residents are voluntarily cleaning up waste from the mouth of the River Segura as local activists desperately seek proper investment in and cleaning of the iconic landmark. Now they have a local political party on their side.

Izquierda Unida (IU) a left-wing party will demand answers from ministers in Madrid over several key questions related to the fate of the river and local residents. The government will be asked directly whether it is budgetary constraints that have caused the river's abandonment? What does the government intend to do about waste? And

what preparations are being made in the increasingly likely event of a flood?

After consulting with irrigation experts and voices on the ground, IU revealed that only a few weeks ago more than 2.5 tons of waste was collected at the mouth of the river in Guardamar del Segura. An astonishing situation which provoked legions of local volunteers digging trenches to help remove it.

Help was outright refused from the Segura Hydrographic Confederation which IU accuses of completely abandoning its responsibilities to the Vega Baja and Murcia. Naturally the situation is also having a hugely detrimental impact on harvests and the local economy.



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Huge haul of drugs discovered in Alicante Province

By John Smith

A TOTAL of 13 people, (11 Spaniards, one Moroccan and one Russian) have been arrested by the Guardia Civil after it was discovered that they were involved in the cultivation of cannabis and the sale of cocaine.

Officers first became aware of the activities of a well-known drug dealer in the town of Alpera in Albacete who appeared to be selling quite large volumes of high quality cocaine to local individuals and they established that his 'gang' consisted of several members of his family.

After keeping a watchful eye on the dealer, he was followed to Villena in Alicante where he was purchasing cocaine as well as marijuana from three individuals with whom he had a close relationship and then selling it in his home town.



DRUGS RAID: Some of the haul which was recovered.

Whilst the officers kept the expanding ring under surveillance, they became aware of a third location, this time a warehouse in the Cañada area of Alicante and they then decided that it was time to put a stop to this business.

After arresting three of the gang on the A7 motorway, they seized €60,000 in cash and at the warehouse which was illegally connected to external electric lines they discovered a plantation containing 54,000 grams of cannabis which they discovered was mainly due for export to Holland and Italy using foreign registered vehicles with secret compartments.

As the raids continued, taking in 13 properties in all, the total haul amounted to 469 grams of high purity cocaine, 496 marijuana plants, 1,501 grams of amphetamines, one 9mm pistol and ammunition, €105,738 in cash, five cars used for the transport of the drugs, computers and mobile phones.



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Orihuela: City versus Costa

A LOCAL political party formed to fight for the interests of Orihuela Costa has denounced the lack of funding the Costa receives for cultural affairs. CLARO, formed by residents in 2006, has given a rather astonishing example of just how skewed culture funds are in Orihuela City's favour, at the expense of Costa residents.

The Orihuela Costa Town

Hall tried to arrange a tribute concert in honour of hometown hero, the poet Miguel Hernandez to commemorate the 75th anniversary of his death at Flamenca beach. Only 12 people showed up, mainly the councillor in charge and her assistants according to CLARO.

There was hardly any advertising, chairs or a proper stage. A fiasco to put it sim-

ply. CLARO contrast the shambolic affair with a proper concert held in central Orihuela that had professional lighting and a famous singer performing.

The independent political party notes that Orihuela has a cultural budget of €1 million, most of which goes to the city, despite the Costa population now being bigger. They are campaigning

for Orihuela Costa to be granted its own Cultural Centre with space for at least 400 people to give local residents the chance to integrate and enjoy a proper community life.

IBI tax challenge

THE Independent Party of Camposol and District (CDiP) is considering taking legal action against Mazarron Council. Following many serious complaints from residents of the urbanisation, CDiP has enlisted the help of a top law firm to demand lower IBI rates.

Given the extremely poor infrastructure and property conditions seen in some parts of the community, the CDiP initially consulted with the lawyers as to whether it was even legal for Mazarron to continue taking IBI payments from residents.

They were informed that IBI is an essential tax owed by all property owners but that the rate should be proportionate to the physical services provided. Since the CDiP claim there are in effect absolutely no services provided whatsoever, they are seeking a substantial reduction in the amount paid and a four year rebate for historical overcharges.

A highly successful fundraising campaign has been launched to help with the legal battle, which Camposol residents are fighting out of their own pockets.

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Latest news from Bremain in Spain



SUE WILSON:
At the Unite for Europe march.

Some of the
people at the
London march.



DURING a conversation with Sue Wilson the chair of pressure group Bremain in Spain, she told *Euro Weekly News* she had been very pleased with the fact more than 100,000 people had taken the trouble to attend the Unite for Europe march.

According to Sue, she felt part of a large upswell of people who are opposed to the decision for Britain to leave the European Union and although

she is not a public speaker she was delighted to address those attending alongside MPs Tim Farron and David Lammy as well as former deputy Prime Minister Nick Clegg.

Sue told *EWN* that "this was just one demonstration of the depth of feeling which is growing and will without doubt be repeated."

As far as the actual triggering of Article 50 is concerned, she

refuses to be downbeat as her group knew that it was coming but in her words it is "certainly not the end of the argument."

Indeed she is excited that members of the coalition opposed to Brexit managed to meet with the leader of the EU negotiating team Michel Barnier, even before the British government had done so.

She believes the meeting was the reason for a sudden decision by the Ministry for Exiting the European Union to agree to have face to face discussions with three representatives from the coalition on April 10, although they wait to find out who they will meet, as it appears Secretary of State David Davis will not be available.

Representing the coalition, British in Europe, the delegates will be Jeremy Morgan (Italy), Jane Golding (Germany), Fiona Frank-Godfrey (Luxembourg) and Margaret Hales (Spain).

One of the opinions Sue has was quite interesting as she feels it would appear European Union representatives have a greater interest in the protection of the rights of British citizens within the EU than the British government does.

For more details of the aims of the organisation, visit www.bremainin spain.com.

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Prime suspect hires Messi lawyer

A BUSINESSMAN accused of assassinating his mother-in-law has hired one of Barcelona star Lionel Messi's lawyers as part of his defence.

Miguel Lopez, the prime suspect in the shocking murder of Maria del Carmen Martinez, a matriarch of Alicante's high society, will be represented by Javier Sanchez Trelles.

The resignation of Lopez's former lawyer came as a huge surprise, raising eyebrows given his previous success. The solicitor was able to get Lopez out on bail for €150,000 after just 39 days in prison, despite him being considered a serious flight risk by the prosecution.

Mrs Martinez, the widow of wealthy Spanish banking executive Vicente Sala, was shot twice in the head at point blank range at her family's Alicante Novocar dealership in December 2016.

Suspicion immediately fell on her son-in-law, said to be furious that the family business would fall under the exclusive control of her son by blood, his brother-in-law.

Lopez's new lawyer was part of the legal team that defended football star Messi and his father over tax fraud allegations in 2016. Both the Argentine and his father were given a 21-month suspended sentence.

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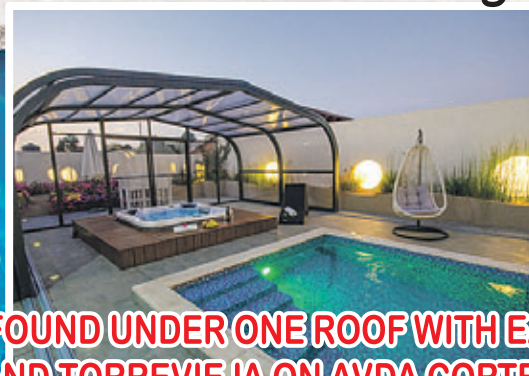
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The regulation that protects the consumer, in article 89.2 of the General Law of Consumers and Users also considers that clause abusive.

For example, a mortgage of €150,000 contracted between the years 2006 and 2013 would incur a

return for the customer of about €3,000.

It is estimated that millions of people who have a mortgage can now begin the process of reclaiming thousands of euros, via tribunals and the courts in Spain.

The Supreme Court has considered

that there is an unfair imbalance between lender and borrower.

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Return of the beehive



BEEHIVES: Spring has been especially chaotic thanks to the heavy winter rains.

FROM Torrevieja to Elche and Alicante City the beehive is making a comeback. But unfortunately it's not the hairstyle but actual swarms of bees that have been terrifying neighbours. Firefighters have been dispatched to multiple locations across the southern Costa Blanca and dozens of people have been treated for stings.

The revenge of the beehives began innocently enough in late March when an Elche woman found a swarm nestled inside her jeans on the terrace. But as April began the pest became dramatically more serious.

One wandering swarm of thousands of bees required serious intervention from fully protect-

ed firefighters in an Alicante park. They were also called to an address in Torrevieja and arrived in full space-age garb, equipped with pheromones to lure the Queen away.

Six firemen attended another swarm in a Torrevieja park, while several vehicles were called out to Pilar de la Horadada where there were reports of stings.

Though bees usually set up new hives at this time of year, spring 2017 has been especially chaotic thanks to the heavy rains of winter. Authorities advise anyone coming across a beehive to contact emergency services immediately and do their best not to disturb it.

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The Easter Week of Crevillent, Festivity of International Tourist Interest since 2011, has some peculiarities that make it different from the others. On the afternoon of the Saturday's Passion, the sounds of the two "Bocinas" of the passage "La Convocatória" invite us to participate and go out into the street to live "our" particular Easter Week.

The Palm Sunday and the first "Benlliure" runs through our streets accompanied by a crowd of worshippers with their palms, everything is bustle. The next event is the austerity of Holy Tuesday and its Procession of Penance, the dim lights, torches, grave voices, Christ on his shoulders, austerity.

The afternoon of Holy Wednesday with after the arrangement of the steps by the families, is transformed with its concentration around the Church, friends and family with the phrase "there are more people than ever" and then Procession of The Passion of Christ that ends with the songs of the people to their "Sorrowful", so that at dawn gives out to "Procesión del Traslado".

We are on Holy Friday and the "Dianas" the population awakened and the "Abrazo" of the Nazarene arrive with the Virgin and the lunch ("cocas", "pà torrat", broad beans, cod and garlic), after a rest, with great fervour, rigor and seriousness, witness or participate in the Procession of the Death of Christ, a whole concert of polyphony, eight choirs, after the different steps, four of them Benlliure.

Christ's Holy Burial Procession for the night of Holy Saturday and blast of joy on Easter Sunday when the Virgin leaves her clothes in mourning and sounds the Hallelujah of G. F. Handel.

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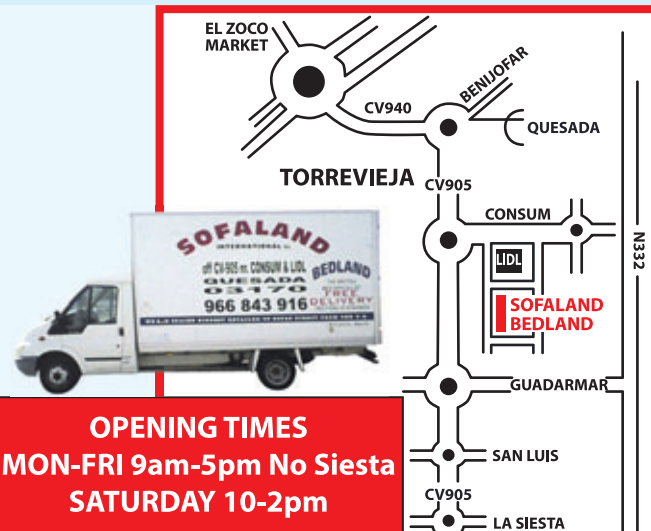
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MONTEAGUDO CASTLE: Has a deeper history than imagined.

Bronze Age wonder

HUTS dated to more than 4,000 years, millennia before the Romans set foot in southern Spain, have been uncovered in Monteagudo, Murcia. Years of intensive archaeological excavations led to the discovery of the ancient ruins, which will soon be on public display.

The discoveries, which continue to astound archaeologists, have been made as Murcia invests serious funds in renovating the old Monteagudo Castle. Dating from the Argaric

Bronze Age era the huts are among countless fascinating neolithic sites dotted across southern Spain.

Other huts have previously been discovered at Monteagudo. The latest treasure trove has helped the Murcian government decide to invest even more in conservation and excavation works. Soon the castle will be converted into a top tourist attraction with a fascinating history behind it.

Decor Kingdom

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Main Road into Benijofar from Quesada

Continuing IKEA saga

RIVAL politicians are gang-ing up on Alicante mayor Gabriel Echavarri to demand that he stop 'fooling around' and sign a deal with Swedish furniture giant IKEA.

The PSOE-led city council has been involved in lengthy negotiations with IKEA with results that have swung from the head-scratching to the bizarre.

There is little doubt that there is huge popular support for the city's first IKEA. But the obstacle concerns where to put it. Strict urban planning laws have enabled the council to shrug their shoulders but that is no longer enough for the PP and Ciudadanos.

The opposition parties have joined forces to demand that an urgent meeting be called to discuss the fate of IKEA's flagship Alicante store. Executives from IKEA have al-

ready agreed in principle to consider other sites than their first choice.

But relations are already strained. IKEA reps walked right out of an earlier meeting with top council chiefs after Alicante invited the paparazzi along for what was supposed to be an informal chat. The Swedes have suggested neutral Madrid as the venue for future talks, much to the exasperation of local leaders who just want the deal done.

Five councillors from the Guanyar Alicante platform are also deeply opposed to any IKEA being built, believing it to be bad for small enterprise and the environment. But it appears as though Echavarri is set to bend to demand to 'act like a mayor and get the job done,' especially given the thousands of jobs an IKEA would create.

NEWS EXTRA

Sly swindler

A 77-YEAR-OLD man is accused of being the mastermind behind the theft of three tons of olives from a Salinas grove, directing younger underlings who did the dirty work while he profited.

Worst postcard

CAMPAIGNERS to change Orihuela staged a 'worst postcard' competition to see who could capture the most neglected part of the city. The results will be presented to red-faced councillors.

Botox power

DOCTORS at Elche Hospital are using botox to treat urinary incontinence, showing that the drug offers far more medical promise than plastic surgery and aesthetic work.



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Smashing stereotypes



TORREVIEJA: Looking to boost its winter economy.

A NEW campaign hopes to bust stereotypes about Torrevieja and the wider Costa Blanca. The city has spent thousands on a new brochure to be distributed all across Spain as it tries to lure culture vultures to its sandy shores during the low season.

Instead of furnishing families in Madrid, Barcelona and Sevilla with well-worn clichés of

sunny beaches and snorkelling, Torrevieja will champion its pet friendly establishments, gastronomy, musical heritage, marine history, lagoons, marshes and the La Mata natural park.

The brochure will be freely dispersed on AVE high speed trains across the country and will be read by an estimated 1.6 million people in April alone. It's

not a bad return on an €8,000 investment.

Despite the sun shining almost 365 days a year, Torrevieja faces the same seasonal struggle as many other coastal Spanish cities. But by abolishing the stereotypes and embracing its character and cultural heritage, Torrevieja can both boost its winter economy and its global reputation.



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NEWS EXTRA**Fire ban**

RURAL fires are banned between April 13 and 24 to prevent the risk of forest fires, especially during Semana Santa. Crop burning must be done with a 500 metre perimeter established to ensure utmost safety.

Dolphin joy

WORKERS at the EU Intellectual Property Office in Alicante had a special visit from a family of dolphins spotted clapping joyously just outside their office windows before ducking back underwater and swimming south.

Park shame

RESIDENTS across Alicante transformed the children's game of hide and seek into an expose of how badly kept and maintained public parks are, showing councillors just how dirty their children get from playing outside.



URBAN CYCLING: Infrastructure and public promotion across Spain needs to be improved.

Cyclists' sweet spot

SPAIN'S official Organisation of Consumers has released a new survey showing the best and worst cities in the country for cyclists. Alarming, despite millions in investment, Murcia is near the bottom.

The group interviewed 3,685 residents of 10 Spanish cities to get their thoughts on cycling in their city. They specifically wanted thoughts on bicycle routes, safety, climate, geography, rental services and parking.

Across the board residents said that Spain needs better urban cycling infrastructure and public promotion. Roughly one in four regular cyclists said they had experienced either a crash or theft in the past five years.

Murcia stood out for having the worst cycling network of all the surveyed cities and is also considered the worst signposted and least comfortable for cyclists, although the proportion of people who regularly ride is quite high.



WORST CYCLING NETWORK: Despite having a bike rental scheme.

The findings aren't great news for the founders of Murcia's MuyBici bike rental scheme but the research does suggest that with more bike lanes and safety protocols, Murcia may soon top the list.

The problem is financing, as MuyBici has already spent much of its initial capital on replacement bikes, vandalism and theft.

Across Spain Sevilla and Valencia are currently cream of the cycling crop.

Attention shoppers

A BRAND new Carrefour has opened on the Orihuela to Bigastro road on the site of the old Eroski.

After months of preparation, the grand opening finally took place on Thursday April 6, inviting hungry shoppers to explore an entirely reformed 5,700 square metre space.

There is a fishmonger, butcher, bakery, and electronic and clothes sections. Parking is made easy with 460 new spaces and there are 68 members of staff.

Carrefour, a French company which conducts more than half a billion euros worth of business in the southern Costa Blanca alone, has pledged to bring excellent local and international produce to the people of Orihuela.

The new centre will also be furnished with poetry to honour the 75th anniversary of the death of Orihuela's most famous son, the poet Miguel Hernandez.

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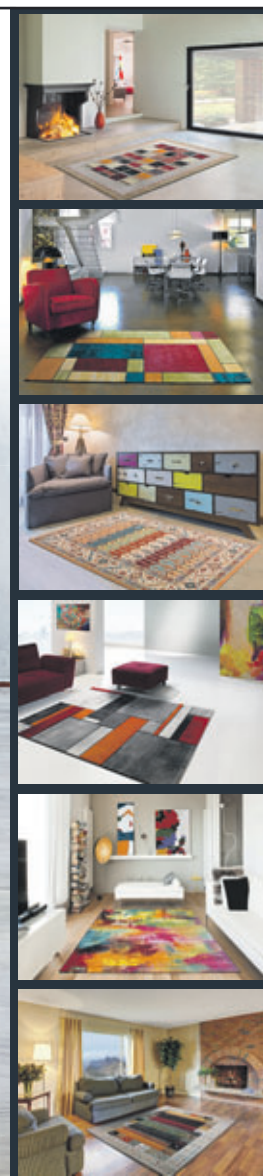
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Something fishy

SWORDFISH, bluefin tuna and quite literally tons of boquerones and sardines are arriving en masse at the rejuvenated Alicante fish market.

After six weeks in operation under a new lease of life, the market is enjoying a resurgence of business not seen since the mid 20th century.

Dozens of heavy cargo ships fishing in the Mediterranean are now using the southern Costa Blanca as their operations base for markets across Spain.

Fresh fish is distributed from Alicante Port to Murcia, Sevilla and even Madrid.

The upsurge in fishy business comes after the port awarded merchants from Lotja d'Alacant management of the market auction, which had been closed for 12 years.

Now the local economy, and restaurants, are reaping the rewards of a busy marine marketplace.



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Missing person: Time is o

By Costa Blanca Missing People

TIME is of the essence when a person goes missing as the first few hours after someone disappears are crucial.

Voluntary Facebook group, Costa Blanca Missing People, has been set up to support and help anyone affected by a missing person and is headed up by Deborah Law, Jacqui Perkins and a range of professional people with expertise in the field of locating missing persons.

Over the last few months the group has had to deal with some cases that have not been reported correctly and this has hindered with getting some investigations started. The group would like to draw attention to this issue by raising awareness of what you should do in the event that a loved-one or friend goes missing.

In order to get the investigation moving the group needs facts and once information is received the group sometimes rely on support from the police and often attend the scene of where a person went missing.

Recently there have been two cases where the group found this difficult since a denuncia (the official missing person report) had not been filed with the police and this greatly hindered the group as they had to put other actions into place.

For example, with the Tony Ahmid case support had to be requested from the consulate in order to clarify with the police, on behalf of the family, that Tony was indeed a missing person. Up until that point it was only the Costa Blanca Missing People team who were searching for Tony as the police were unaware he was missing so had no reason to look.

In another case, the family of a bereaved Venezuelan lady thought they had reported her missing but in fact had not because the report had not been completed correctly and therefore no police search took place for 11 days.

Thankfully Costa Blanca Missing People located the lady within 24 hours and made contact with her family. However, when the police were contacted to inform that she had been located they confirmed that no official report had been made.

Outlined below are some steps to follow if you suspect someone to be missing and how you can ensure you submit the correct information. If at any point you feel unable to carry on or need help, advice or just someone to make some calls for you then please contact Costa Blanca Missing People who will help you.

- Get a pen and paper as at this stage it will help you keep things clear in your own mind and note the following:

- When was the last time you saw this person?



WHAT TO DO: When a loved-one or friend goes missing.

- What was the location?
- Who were they last seen with?
- What were they wearing?
- Does this person have any illness or medical conditions?
- How tall is the person?
- How old is this person?
- Where are they from and where were they staying?
- Have you called the hotel or place they were

staying? Does anyone else living or working there know where they've gone or whether they have returned since your last known whereabouts of them?

- Have you tried their phone and sent a text, WhatsApp message and messages via social media eg Facebook?

- Can you see any recent interactions on Facebook or other forms of social media? Is there any information as to where this person

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was going and perhaps who with?

- Have you tried calling or speaking to all people they were travelling/ staying /living with?

If the answers above draw a blank call the police and hospitals in the area to see whether they've taken ill, been involved in an accident or perhaps got into a bit of trouble.

Once you have exhausted all of the above and the person has still not been found then it's time to report it to the police. Stay calm and go to a National Police station (not Local Police) to make a missing persons report, also known as a denuncia. This is very important so a reference number is obtained that allows all of the necessary organisations to work together.

You will receive a copy of the official denuncia report with the reference number on it. It is very important you keep this.

You will need to give the police as much of the following information as possible:

- Full name (as given on the person's passport);
- Date and place of birth;
- Insurance details;
- Travel itinerary;
- Time, date and place of when the person was last seen or contact with them;
- Contact details for the missing person eg mobile phone number, email address or any other method you use for contacting them.

Once you have made the official police report you should then call the Foreign and Commonwealth Office (FCO) on 020 7008 1500 and ask for Consular Support in Spain for the area of Spain you are in.

They will offer you advice and support and check to see if the person has come to their attention. This means whether the British Embassy has been notified of any accident, hospitalisation, arrest, etc and can quickly ascertain the person's whereabouts. If they don't have any record they will take details and alert the Embassy and keep you updated if something does come on to the system.

Your next step should then be to report the person missing to your Local Police force in the UK. This can sometimes be difficult to do but the key is in getting the right person. Costa Blanca Missing People suggests you ask to speak to an International or Interpol Liaison Officer, or someone who at least has experience of international missing cases. They should then take the same details as the FCO and inform the UK National Centre Bureau of Interpol who will also liaise with foreign police forces.

Your Local Police force may assign you a family liaison officer (FLO) to give you support.

Search for Costa Blanca Missing People on Facebook for more information or if you need help with a missing person.

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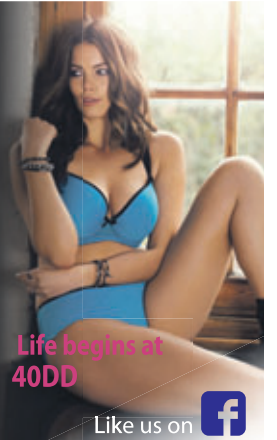
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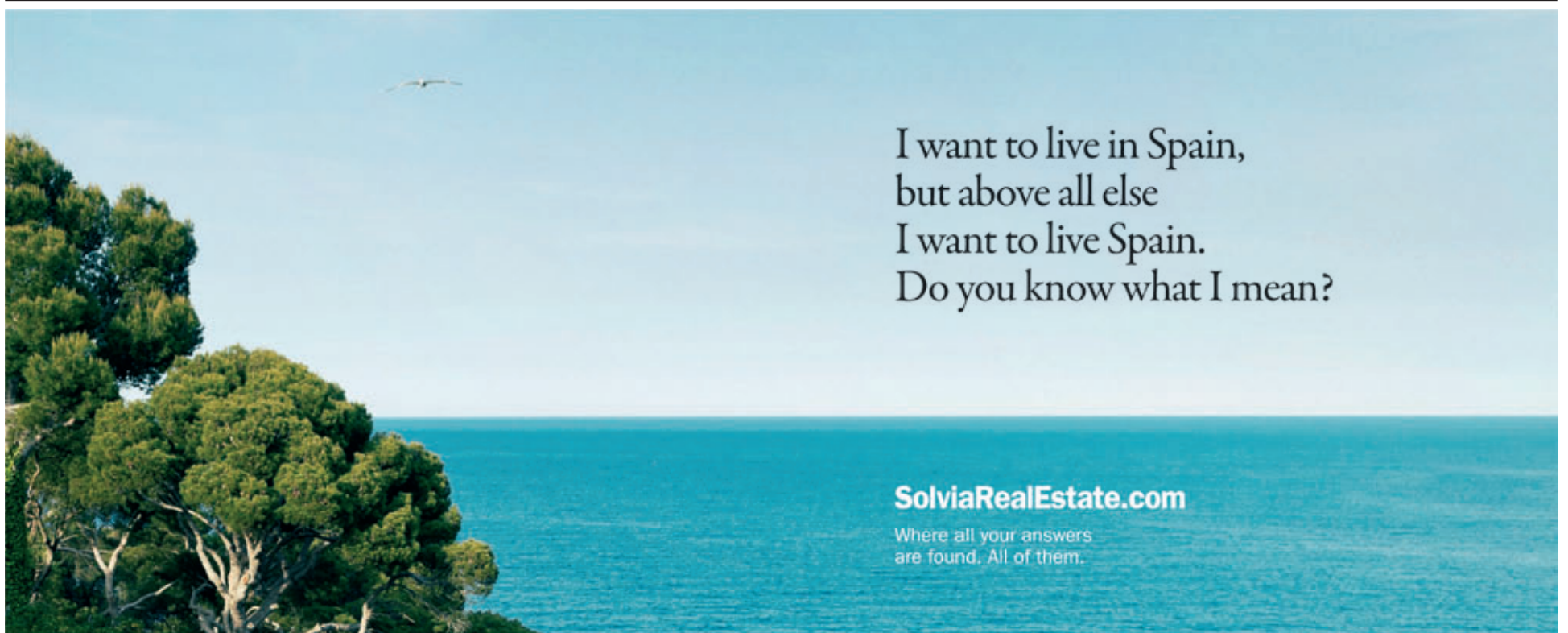
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**NEWS EXTRA****Market move**

ORIHUELA'S Saturday market will be on Avenida de la Vega from April 22 due to roadworks taking place around Los Ardenes. It will stay at the new location until the works are complete.

Grisly find

A **CORPSE** was found floating in the port of Alicante on April 3 and had to be taken out of the water by firemen. Police are investigating the death and remain open to all possibilities.

Health bonus

A *MERE 15 years after it was announced the much-awaited health centre of Benalua opened its doors in April. Local residents have been forced to travel miles to constantly changing health centres for decades.*

Heart charge implants

IMPLANTED defibrillators are set to transform the lives of Costa Blanca residents who suffer from heart disease. Alicante's General Hospital is now including brand new state of the art defibrillators in its treatment of patients with serious heart failure issue.

These are small devices which are actually implanted inside patients. They monitor heart rhythm and, when they detect an abnormal beat, send electrical impulses to the heart to help resynchronise it.

Known as cardiac resynchronisation therapy, or CRT, this is a cutting edge development with profound implications for the quality of life experienced by patients. It is also a long term treatment that can be tailored to meet individual needs and the particularities of each patient's genetic

make-up.

Patients with the implants will be far less likely to be rushed to hospital in the event of a cardiac incident. Should the problem require medical intervention, CRT buys them precious time before



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Reuniting lost family

COSTA BLANCA families are continuing to be reunited with loved ones lost abroad thanks to the Alicante Red Cross' incredible campaign.

The Restore Family Contact programme was launched almost 150 years ago as wars, famine and disease wrenched apart family members, who could easily find themselves stranded on different continents.

But today Alicante's local branch is busier than ever before. With immigration on the rise, whether within Europe or from shattered third-world countries, the family contact programme is proving essential to hundreds of desperate local people.

Cases tackled by the Costa Blanca Red Cross include calls from abroad searching for help in finding a family member who travelled to

Spain but since lost contact. It could be from choice, alcoholism, or death and Red Cross care workers always respect the right to anonymity of the people they find.

“Care workers respect the right to anonymity of the people they find.

One case for instance saw an English woman travel to the Costa Blanca to seek help finding her father, an Alicante man who had romanced her mother while she studied in 1960's Barcelona. Diligent workers managed to find the man, not easy in the pre-internet age, but he declined the chance to meet his daughter.

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Acute heart failure is a major public health problem across the world and Spain is no exception. An ageing population and other risk factors associated with modern diets mean that Spain can expect roughly 300,000 new incidences of heart failure by 2020.







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10:00	13:00	17:00	21:00

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By Matthew Elliott

THE 2017 Volvo Ocean Race is set to be radically different than earlier editions to depart from the Costa Blanca South. Alicante, its port and the entire province are betting heavily on the success of this year's event, having already secured the city as the point of departure for the 2020 and 2023 races.

Thousands of guests will be encouraged to explore beyond the port confines and embrace the city and wider province.

Project director Antonio Rodas Juan reckons that having the race depart from Alicante this October will translate to a massive cash injection of almost €300 million for the local economy and generate 5,000 jobs. He anticipates that 900 professional journalists will visit, 500 of them foreign, granting the Costa Blanca priceless global publicity.

King of the world



VOLVO OCEAN RACE: Will depart from Alicante in 2017, 2020 and 2023.

This tremendous opportunity to put the Costa Blanca on the map is why Rodas is determined to make the 2017 edition of the race

as much about Alicante and its culture as it is about sport. It will be far more open to the public than previous events and include music festivals, exhibitions and homegrown entertainment. Thousands of guests will be encouraged to explore beyond the port confines and embrace the city and wider province.

It will also be cheaper to the public purse, with more than €20 million in private sponsorship already secured. There will be an Olympic-style 'Race Village' and charity fundraising to help end the plight of refugees dying at sea.

One of the biggest yacht races in the world, the Volvo Ocean Race is held every three years. The route alternates but usually departs from Europe and takes in almost 40,000 nautical miles around some of the planet's most dangerous oceans.

The race can take up to nine months and is watched by an estimated television audience of two billion people worldwide.

Advertising Feature



Copper Heeler brings relief from arthritis

MANY people have suffered with arthritis over the years, finding no long-term solutions, turning to strong medication to try and ease the pain, and thus putting up with a lesser quality of life. Malcolm Landsman, who had studied magnetic and copper therapy for years, realised he may have hit on the solution to easing the joint pain that so many people experience.

Copper Heelers are a simple accessory placed inside the heel of the shoe that gives arthritis sufferers incredible results within weeks.

This works by means of replacing the copper in the body that arthritis sufferers lack. We all need certain metal elements in order to thrive and one of those key elements is copper, it is an essential part of the minerals within the body. There are 25,000 sweat glands in the foot alone, and so this is a prime area to absorb copper and utilise its healing properties.

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

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

Find us at Benidorm Market on Wednesday, Camposol (Alley Palais) on Friday, Playa Flamenca Market on Saturday, Zoco Market (near Benijofar) on Sunday.

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

The Great Costa Blanca Trail

AN incredible new hiking, driving, or cycling route has been unveiled by Costa Blanca tourist chiefs.

The Great Costa Blanca Trail runs an immense 434.9km from Orihuela to De-

nia through all nine regions of Alicante Province.

Chiefly taking in interior routes, the trail consists of roads and paths already in use and goes quite literally out of its way to include some of the

Costa Blanca's most spectacular sights.

Castles, fortresses, protected natural parks, bird watching sites, wetlands and mountains are all part of the adventure. The driving distance from Orihuela to Denia is just 151km.

pected to attract millions of tourists, hikers and explorers from across the country and beyond. Completing the entire trail would be a tremendous achievement and an excellent charity idea for adrenaline junkies.

The route includes walking all the way to the summit of the Aitana mountain range. Maps will soon be dispersed across Alicante in tourist offices, fairs, and even airlines.

Guides are already being printed in Spanish and Valencian. English, French and German editions are also on their way.

Completing the entire trail would be a tremendous achievement.

It is the only route in Spain that takes in all the regions of a particular province and is ex-

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Help Murcia Mar

THE charity HELP Murcia Mar Menor will be holding an Easter extravaganza on Monday April 17.

This fun afternoon will take place at Aquilino's Restaurant in San Pedro from 2pm. There will be good food, the ever-popular Easter bonnet competition and the grand Easter raffle.

Entry costs €12 and any money raised from the event will be donated to good causes within the Murcia region.

All are welcome to attend and the group looks forward to seeing you there.

Rock and roll

A CHARITY evening of rock and roll is being held in aid of Torrevieja Stroke Support.

The fundraising evening will take place on Wednesday April 12 in Restaurante Don Calvito from 7pm. Entertainment will be provided by Danny Fisher including his fabulous tribute to Elvis. There will also be a chance to win a fabulous Mediterranean cruise.

Tickets cost only €10 and includes a two-course meal. They are available to purchase from Restaurante Don Calvito, The Post Room in Benijofar, Redz Café Bar in Quesada, The Card Place in Benimar or by calling 692 866 536.



RASCALS: The new show features Broadway songs.

Rascals On Broadway

TICKETS are now on sale for Rascals' new show On Broadway being performed at the Los Montesinos School of Music and Culture on Friday May 26 and Saturday May 27.

The show features song and dance from Broadway shows

such as Kinky Boots, Beautiful, Hairspray, Cabaret, Show Boat, Chess, Les Miserables with a selection of songs from Andrew Lloyd Webber and scenes from Mamma Mia, Grease and Motown the Musical... with a few comedy

scenes put in for good measure.

Tickets can be booked in advance by calling Jill on 966 727 282 or you can purchase from cast members or call in at Sackos Bar, El Limonar on Monday or Thursday mornings from 10am until 2pm.

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complete honesty and never starting work on your vehicle without discussing it with the customer first.

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

*If you would like to contact Línea Directa please call 902 123 309
More information about Línea Directa online at www.lineadirecta.com*



RBL Fundraiser on St George's Day

ON April 23 the Emerald Isle in La Florida, in conjunction with Sunshine FM, will be hosting a charity fundraiser for the Royal British Legion.

The event will get underway at 12 noon and will last well into the early evening.

As well as a large selection of market stalls for visitors to wander round there will be a full afternoon of entertainment provided by some of the very best talent on the Costa Blanca.

Rebecca Holt will be appearing fresh from her success at the Benidorm Palace. She will be joined by Dan Davy, Cindy and the Crazy Ladies.

Also featured will be the Phoenix School Choir which will be supporting the RBL at a number of events throughout the year, as well as popular flamenco dancer Francisca Samper Navarro with her Sevillanas. The RBL's very own Sandie Coates will be making her debut appearance

at the event along with the very popular Torrevieja Pipes and Drums.

The day will be brought to a close by the draw for the mega raffle, all funds raised from which will be donated to the annual RBL Poppy Appeal.

There are still a number of pitches available for any traders wishing to take space at the event. Please contact Alan Darby on 667 941 165 for more information.

Morris dancing at Almoradi

ON Saturday March 25 Terri Horvath Morris were invited to dance at the Almoradi church square by the local Tourist Office.

Several members of the audience asked if this was a weekly event to dance for the public on market day and therefore the group will try to organise this in the future as members would welcome the chance to dance there again to such a receptive and appreciative multi-national audience.

Terri Hovarth Morris perform at many

venues, mainly charitable events or for requested performances and fiestas, etc. Morris dancing consists of many kinds of English traditional dances from various regions. The group is always looking for more dancers, with or without prior experience.

If you would like to find out more about the group, either as dancers or to enquire regarding booking performances for your venue then please contact Sue Walters at suzi.inspain@gmail.com.



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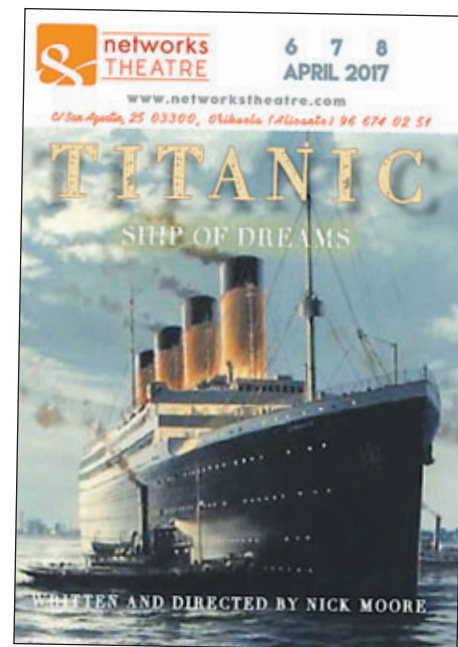
Titanic: Ship of Dreams

WRITTEN and directed by Nick Moore, Titanic: Ship of Dreams narrates the fateful tragedy of many first, second and practically all of the third class passengers on board the Titanic in April 1912.

Through a well put-together script, unforgettable songs and stunning choreographies, Titanic takes us to the magic of a first class ballroom and the harsh reality of the stokers who worked in 49° heat.

With a cast of 30 magnificent actors and actresses, sensational period costumes and props designed by Dennis Carpenter, this show set a milestone when it was first presented as the Network Theatre's Black Box opener in 2012. Don't miss the opportunity to see one of the best musicals ever put on its stage.

The shows will be held at Networks Theatre on Thursday April 6, Friday April 7 and Saturday April 8 at various times. Visit www.networkstheatre.com for the complete schedule and to book



ALL ABOARD: Don't miss the opportunity.

your tickets. Ticket cost €8 for adults and €4 for children and students.

Easter services

THE Costa Blanca Anglican Chaplaincy (the Church of England in Spain) has announced its programme of services for the Easter period. Visitors to the area and residents alike will be made very welcome.

On April 13, Maundy Thursday, in La Fustera there

will be a Seder/Passover meal followed by a vigil. Good Friday, April 14 will see services in Albir at 11am Gandia, Javea, Denia and Calpe at 12 noon and then La Fustera and El Campello at 2pm and then again in La Fustera at 8pm on Holy Saturday, April 15.

Further services will also

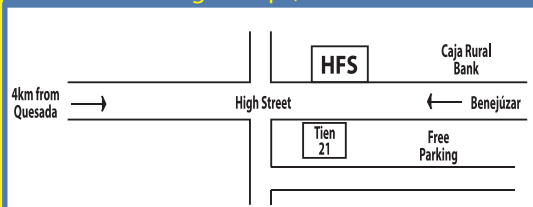
take place on Easter Monday, April 16 in Albir and Javea at 9.45am, Calpe at 10.30am, Denia at 11.45 am and then El Campello, Gandia and La Fustera at 12 noon.

For more information on the work of the Chaplaincy please visit costablanca-anglicanchaplaincy.org.

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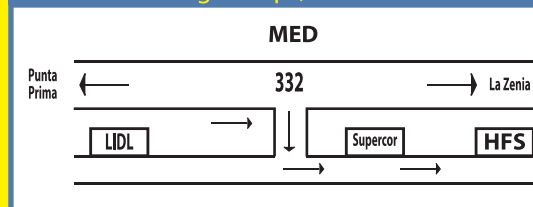
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BREXIT PAGE

By John Smith

THE last week fuelled a feeding frenzy for the press around the world and for politicians in Spain and the UK as following the triggering of Article 50 all eyes were on Gibraltar and its apparent importance to the Brexit agreement.

Point 22 of Donald Tusk's response, which is effectively the draft for European Union negotiations, caught most of Parliament and Gibraltar by surprise as it stated 'After the United Kingdom leaves the Union, no agreement between the EU and the United Kingdom may apply to the territory of Gibraltar without the agreement between the Kingdom of Spain and the United Kingdom.'

The press in Britain had a field



Photo by European Union

DONALD TUSK: His response caught most of Parliament and Gibraltar by surprise.

day about the machinations of the conniving Spanish who were already making a bid to take over the role from the UK as a major player in the EU top echelon and despite the fact that Alfonso Dastis, the Spanish Foreign Minister, has repeatedly said that Gibraltar would not be a pawn in the Brexit negotiations, he seemed to have possibly achieved quietly what

his noisy predecessors had not.

Gibraltar Chief Minister, Fabian Picardo who has visibly risen to the challenge, according to some papers suggested that Spain was behaving like a 'cuckolded husband,' a deadly insult had it been true but in actual fact he was talking about Donald Tusk, President of the European Council, in reaction to his use of

family oriented references.

Much was also made of the fact that Gibraltar was not specifically mentioned in the 'divorce' letter although Mr Picardo, appearing on BBC TV brushed that aside, inferring that the wording was deliberate and produced with the agreement of the Gibraltar government as the important thing was that Gibraltar is

covered in the White Paper.

Former Tory leader Michael Howard jumped into the melee on the exact 35th anniversary of the start of the Falklands War by suggesting that Theresa May could well be strong enough to follow in the footsteps of Margaret Thatcher in order to protect the integrity of the Rock.

The prime minister however decided to emulate an earlier conservative hero by suggesting that the matter would be resolved by "jaw-jaw (rather than war-war)" and with Boris Johnson, never short of a chirpy 'bon mot,' he wrote on Facebook "I wanted to reiterate that the UK remains implacable and rock-like in our support for Gibraltar."

It is still early days and all 27 members of the European Union have to approve the Tusk letter, so possibly Gibraltar will turn out to be a bit of a 'storm in a teacup' but there is no doubt that negotiations will be testing for both sides and will require give and take, especially as a Commons committee has just stated that there is no justification for suggesting that "no deal is better than a bad deal."



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Almoradi Scrabble Club

SUNSHINE and good cheer kept people's spirits up while the members focused on finding that elusive word befitting 'Mums.'

Marion won the day by laying the highest word 'loving' and gained herself a bottle of

“ There was a record number of seven letter words played.

wine. Her opponent retaliated by changing it to 'unloving,' but it was agreed that was too harsh!!

There was a record number of seven letter words played - Eileen (a new member) pipped Sam to the post by scoring 107 for a bonus word. Sam B (also a new member), had the highest score of the afternoon with 395, just short of the 400 target.

The next meeting will be the first anniversary and will be held on Tuesday April 25, starting at 3.30pm prompt.

For those budding players, the scrabble club meets the last Tuesday of every month, commencing at 3.30pm. Maria from Cafe Almoradi, at Major 10 (opposite the health centre), is the host. If you would like to join please contact Christine on 694 437 698 for further details.

If you can unscramble the following letters, you are certainly someone who would enjoy being a member: IVEHAEC.

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Posh nosh

SATURDAY March 25 saw the 'Posh Nosh' event swing into action starting with canapes and champers.

The event organised by Reach Out volunteers David and Lorraine Whitney exceeded expectations and raised a very satisfactory €302 for the charity.

With a two-course meal, fun and games and music from the ever popular Covers Brothers the afternoon sailed along nicely. Bingo, a tombola, raffle and quiz, all with prizes, plus with prizes for the glitziest woman and best dressed man, the event was thoroughly enjoyed by all who attended.

A special thanks must go to the brilliant Covers Brothers for their charitable support and also to Kelly's Cuts hairdressers of Torrevieja for their donation of a prize gift voucher.

Thanks also to everybody who helped out especially Reach Out volunteers Eileen and Jean and of course to Rita and Dave Monaghan and the staff of the Marina Bar for their hard work and continued support of this worthwhile charity which helps the



RAISING A TOAST: (L to R) David Whitney, Rita Monaghan, Dave Monaghan and Lorraine Whitney celebrate a successful evening.

poor and homeless in the area.

The next Reach Out event at the Marina Bar will be the very popular fashion show which is being held on Friday May 19 at 2pm.

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Entries to be handed into the Euro Weekly Benijofar Office or by email m.coy@euroweeklynnews.com
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Cash prize to be collected at the Euro Weekly Benijofar Office

Where's the writers?

STUDIO32 is now more than halfway through rehearsals for its summer production of Mack and Mabel. Tickets are available now and are already selling fast.

Mack and Mabel is a true story, set in the period of the silent movies, starting in 1911 and ending in 1938. The role of Frank is played by Nick Morgan.

Frank is working as a 'gofer' in Mack Sennett's studio – that's someone who 'goes for' everything such as props – but he dreams of becoming a successful screen writer, and when new financial backers turn up at the film studios Mack is only too

Past shows have raised significant amounts for charity and the company hopes to repeat that.



NICK MORGAN: Will play the role of Frank.

keen to introduce him as "the finest writer, fresh from the New York Times."

Frank is also secretly in love with leading lady Mabel Norman, personified in his solo 'When Mabel Comes In The Room,' but will his love be returned? Find out by going to see the show!

This is Nick's third show with Studio32, having joined last year within days of arriving in Spain. He is an accomplished dancer, including tap and ballet, and has many years' experience in musical theatre in the UK. He recently played the spirit of Christmas Present in Studio32's sell-out production of A Christmas Carol.

The show contains some great songs, dancing and humour, and the high standards of production from this talented company ensures 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. Seats for previous productions have sold out quickly so book your tickets early.

Show dates are Wednesday May 31 to Saturday June 3 at the Cardenal Belluga Theatre in San Fulgencio with all performances starting at 7.30pm with doors open from 7pm. Reserved seating tickets are now on sale, priced at €9, and can be obtained by calling Philip on 602 454 033, or emailing tickets@studiothirtytwo.org. A seating plan is available at www.studiothirtytwo.org, along with lots of information about the company and past shows.

Tickets are also available from News 4 U, La Marina (966 790 531), Cards & More, La Marina (966 790 954), The Card Place, Benijofar (966 713 266) and Kennedy Supermarket, Los Montesinos (966 720 006).



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ANGRY MOBS: Tens of thousands have marched in recent weeks.

Robocop returns

■ **ROBOT** riot police should tackle anti-corruption protesters should they ever again march on Moscow according to a top pro-Kremlin newspaper. Kom-somolskaya Pravda notes that kicking a robot only hurts your feet and recommends smoke grenades and rubber bullets to disperse angry mobs. Tens of thousands have marched in recent weeks.

Unpopular patriots

■ **CINEMAS** are fuming over the Ministry of Culture's decision to postpone the release of American blockbuster The Fast and the Furious 8. Ministers don't want the popular franchise to conflict with First Time, a state-funded film about a Russian cosmonaut expected to bomb at the box office.

Paid pregnancy

■ **SURROGATE** pregnancies may soon be banned all across Russia. A new bill before parliament describes it as a violation of children's rights. Unlike in the UK, surrogacy is an industry in Russia, where surrogate mothers can be paid handsomely. Fundamentalists fear that homosexual couples might pay for children.

Check mate

■ A **BIZARRE** controversy has engulfed the World Chess Federation. It released a statement saying that its president, Russian politician Kirsan Ilyumzhinov, had resigned. But Ilyumzhinov popped up a day later denouncing the news as 'fake.' The colourful leader also claims to have once been abducted by aliens.

Underdog jailed

■ **KEY** opposition leader Alexei Navalny was arrested for inspiring huge anti-corruption protests across Russia. Navalny was jailed for 15 days and fined 20,000 roubles. In 2018 he plans to run for president against Vladimir Putin. Pollsters give him almost no chance of pulling the upset.

Coffee kingdom

■ **COFFEE** sales are soaring in Russia while the tea trade plummets. Russia is one of the world's biggest instant coffee exporters, despite not a single bean growing there. Tea drinkers are also switching to alternative herbal concoctions.

Cult chaos

■ **MOSCOW** police launched a raid on a church of Scientology straddling the outskirts of the city. Russia and the American-based cult have a difficult relationship after lawmakers stripped Scientology of its religious status. Some politicians began treating its preaching as potentially seditious, along with Islam and Hinduism.



SCIENTOLOGY CHURCH: Police launched a raid.

Stock Exchange merger blocked

By John Smith

FOR the third time, the planned merger between the London Stock Exchange (LSE) and the Deutsche Boerse has fallen through, this time because it has been blocked by the European Commission in order to stop what it considered to be a potential financial monopoly.

To some extent it is ironic that the decision was announced so close to the triggering of Article 50 and it must have passed through the minds of exchange executives who 'regret'

€24 billion

would have been the value of the combined London Stock Exchange and Deutsche Boerse merger.

the decision that Brexit may have been partly responsible.

What would have seen the creation of a strong financial operation which

straddled the European Union and post Brexit Britain is now unlikely to ever come to fruition, but it does leave the door open for other organi-

sations to cast their eyes over the London Stock Exchange in particular.

Over the past 20 years, apart from the three failed attempts to merge, the LSE has rejected takeover bids from Australia, Sweden and the USA as well as almost merging with the Canadian Stock Exchange.

In the event of a hostile or even friendly bid, the LSE may be helped or frustrated by the government as it has recently introduced new rules concerning the take-over of British companies by foreign ones.

Real Madrid sponsor

IN what is a slightly unusual move, Spanish telecoms giant Telefonica will become a major sponsor of Real Madrid's basketball and football teams in a two year multi-million euro deal whereby it will supply WiFi at the Bernabeu stadium.

In addition it will launch an exclusive Madrid App but it will not gain the benefit of seeing its logo on the shirts of the players, as that right continues to remain with Emirate Airlines.

Quote of the Week

The answer is some form of passport for goods, a technology-based solution." Tim Waggott of Dover Port on movement of goods after Brexit.



Poundland venture



Photo Credit: Tumpago Shutterstock

POUNDLAND: Intend to offer cheap clothes in store.

By John Smith

THOSE who remember F W Woolworth & Co fondly may have a new champion in South African group Steinhoff International who purchased Poundland for £610 million (€700 million) in 2016, as they intend to ramp up the amount of cheap clothing in their stores.

By the end of 2017, they expect to have very cheap fashion clothing produced by

their brand Pep&Co in 100 of their 850 UK stores and then if take up is successful to expand to a further 100 stores.

It doesn't necessarily mean that all clothing placed in Poundland stores will cost just one pound but it is an indication that low priced fashion will be making its way back onto the high street, with many of the Poundland stores actually located where Woolworth used to be.

» BUSINESS EXTRA

Lloyds move

AS previously predicted, now that Article 50 has been triggered, Lloyds of London, the world's largest insurer has announced it will open a subsidiary office in Brussels in order to avoid losing EU business. It is not intended to be the start of a major move out of the UK but is a precautionary decision, made to ensure ongoing access to the EU market.

All Uber

SOMEWHAT controversial but highly successful cab hire firm Uber have announced after three years they will close their operation in Denmark in April due to newly introduced laws that require cabs to have fare meters and seat sensors. The company which has 2,000 drivers in Denmark will not see a huge profit loss.

New coin

THE UK has introduced a new 12 sided £1 coin which is said to be much more difficult to counterfeit than the old round pound. Operators of vending machines have faced large bills for converting their machines to recognise both coins.

Fighting cancer together

THE Amancio Ortega Foundation (FAO) has reached an agreement in principle with the health departments of all the autonomous communities to extend its support programme to modernise the cancer detection and radiotherapy treatment units

in public hospitals. This FAO programme, already underway in Galicia and Andalucia, has an overall budget of €320 million and will enable the purchase of 290 pieces of equipment, in accordance to the needs detected by local health professionals.

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LONDON - FTSE 100

CLOSING PRICES APRIL 3

COMPANY	PRICE(P)	CHANGE(P)	% CHG.	NET VOL
Anglo American	1,235.00	15.50	1.27	17,703.33
Associated British Foods	2,608.00	2.00	0.08	20,543.95
Admiral Group	1,820.00	-169.00	-8.50	5,658.61
Ashtead Group	1,680.00	27.00	1.63	8,377.01
Antofagasta	832.00	-2.50	-0.30	8,281.20
Aviva	515.00	-17.00	-3.20	21,448.73
AstraZeneca	4,845.00	-67.50	-1.37	62,345.58
BAE Systems	646.50	4.00	0.62	20,810.12
Babcock International Group	875.00	-7.00	-0.79	4,423.97
Bardays	225.10	0.00	0.00	38,694.80
British American Tobacco	5,260.50	-39.50	-0.75	98,998.33
Barratt Developments	547.00	0.50	0.09	5,487.97
British Land Co	600.75	-9.25	-1.52	6,101.34
BHP Billiton	1,250.00	16.00	1.30	26,833.87
Bunzl	2,250.00	-70.00	-3.02	7,802.93
BP	458.50	0.95	0.21	90,323.53
Burberry Group	1,721.00	-3.00	-0.17	7,633.77
BT Group	314.00	-4.20	-1.32	31,573.79
Coca-Cola HBC	2,080.00	19.00	0.92	7,485.46
Carnival	3,589.00	-989.00	-21.60	9,892.05
Centrica	220.50	3.50	1.61	11,944.79
Compass Group	1,507.50	1.50	0.10	24,812.64
Croda International	3,564.00	0.00	0.00	4,699.98
CRH	2,810.00	0.00	0.00	23,570.89
ConvaTec Group	286.00	7.00	2.51	5,331.42
DCC	7,025.00	0.00	0.00	6,252.67
Diageo	2,305.50	22.00	0.96	58,119.03
Direct Line Insurance Group	350.35	2.95	0.85	4,688.75
Experian	1,616.50	-11.50	-0.71	15,298.81
easyJet	1,020.50	-5.50	-0.54	3,999.89
Fresnillo	1,426.00	-130.00	-8.35	11,458.70
GKN	365.50	2.20	0.61	6,292.53
Glencore	311.00	-2.15	-0.69	45,703.30
GlaxoSmithKline	1,672.25	12.75	0.77	82,555.16
Hikma Pharmaceuticals	2,125.00	144.00	7.27	4,821.08
Hargreaves Lansdown	1,400.50	99.50	7.65	6,199.34
Hammerson	565.50	-5.50	-0.96	4,449.79
HSBC Holdings	668.50	17.60	2.70	130,401.99
International Consoltdt Air Gr	527.50	-1.50	-0.28	11,137.68
InterContinental Hotels Grp	3,924.50	16.50	0.42	7,812.36
3i Group	735.25	-14.25	-1.90	7,174.42
Imperial Brands	3,845.00	-22.00	-0.57	36,828.88
Informa	652.00	0.00	0.00	5,339.55
Intu Properties	279.20	0.00	0.00	3,684.35
Intertek Group	3,934.00	0.00	0.00	6,374.78
ITV	213.00	-5.90	-2.70	8,509.72
Johnson Matthey	2,995.00	-85.00	-2.76	5,914.38
Kingfisher	330.50	4.40	1.35	7,279.98
Land Securities Group	1,055.00	-4.00	-0.38	8,120.99
Legal & General Group	246.25	-1.05	-0.42	14,708.83

COMPANY	PRICE(P)	CHANGE(P)	% CHG.	NET VOL
Lloyds Banking Group ORD	67.80	1.48	2.23	47,628.07
London Stock Exchange Grp	3,171.00	0.00	0.00	10,975.10
Micro Focus International	2,351.00	73.00	3.20	5,198.47
Mediclinic International	712.25	0.25	0.04	5,595.68
Merlin Entertainments	477.75	-1.85	-0.39	4,792.59
Marks & Spencer Group	331.00	-6.00	-1.78	5,384.35
Mondi	1,945.00	18.00	0.93	9,599.40
Morrison (Wm) Supermarkets	241.00	1.00	0.42	5,659.09
National Grid	978.00	-35.50	-3.50	37,719.81
Next	4,285.00	-35.00	-0.81	6,264.61
Old Mutual Group	213.50	12.90	6.43	10,693.08
Provident Financial	2,997.00	0.00	0.00	4,340.21
Paddy Power Betfair	8,600.00	0.00	0.00	7,207.78
Prudential	1,680.00	-6.00	-0.36	43,545.49
Persimmon	1,700.00	-394.00	-18.82	6,483.27
Pearson	667.25	-15.25	-2.23	5,494.88
Reckitt Benckiser Group	7,285.50	-0.50	-0.01	51,397.93
Royal Bank of Scotland Group	240.50	-1.60	-0.66	28,659.41
Royal Dutch Shell	2,125.00	29.00	1.38	94,025.63
RELX	1,560.00	-4.00	-0.26	16,898.89
Rio Tinto	3,200.00	-9.50	-0.30	45,534.91
Royal Mail	423.00	-2.00	-0.47	4,190.00
Rolls-Royce Group	752.50	-1.50	-0.20	14,085.39
Randgold Resources	6,895.00	-70.00	-1.01	6,557.00
RSA Insurance Group	589.50	3.00	0.51	5,972.63
Rentokil Initial	224.60	-22.10	-8.96	4,527.19
Sainsbury (J)	265.00	0.70	0.26	5,799.49
Schroders	3,049.50	19.50	0.64	6,871.08
Sage Group (The)	634.00	3.50	0.56	6,854.20
Shire	4,755.50	94.50	2.03	42,846.13
Smurfit Kappa Group	2,317.50	196.50	9.26	5,154.86
Sky	857.50	-118.50	-12.14	16,794.80
Standard Life	355.00	0.30	0.08	7,043.84
Smiths Group	1,610.00	-9.00	-0.56	6,449.77
Scottish Mortgage Invstmnt	358.05	-8.05	-2.20	4,953.60
Smith & Nephew	1,243.50	27.50	2.26	10,656.78
SSE	1,472.50	-3.50	-0.24	14,822.27
Standard Chartered	765.00	2.00	0.26	25,162.51
St James's Place	950.00	-112.00	-10.55	5,602.18
Severn Trent	2,375.00	-7.00	-0.29	5,576.90
Tesco	188.85	3.25	1.75	15,450.62
TUI AG	1,106.00	0.00	0.00	6,610.05
Taylor Wimpey	193.20	0.10	0.05	6,303.91
Unilever	3,990.00	50.50	1.28	51,267.78
United Utilities Group	1,036.00	42.50	4.28	6,750.70
Vodafone Group	208.55	0.45	0.22	55,585.35
Wolseley	5,105.00	85.00	1.69	12,848.31
Worldpay Group	289.70	-5.70	-1.93	5,826.00
WPP Group	1,745.00	-7.00	-0.40	22,215.02
Whitbread	3,922.00	-36.00	-0.91	7,225.99

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APPLE	143,660	-0,19%	-0,270	753M
BOEING CO	176,860	-0,63%	-1,120	107M
CATERPILLAR	92,760	-0,49%	-0,460	54M
CHEVRON	107,37	-0,38%	-0,41	203M
CISCO SYSTEMS	33,800	+0,18%	0,060	169M
COCA-COLA	42,44	-0,38%	-0,16	182M
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EXXON MOBIL	82,01	-2,02%	-1,69	340M
GENERAL ELECTRIC	29,8000	-0,23%	-0,0700	259M
GOLDMAN SACHS	229,72	-0,65%	-1,50	91M
HOME DEPOT	146,8300	-0,08%	-0,1200	176M
IBM	174,14	+0,16%	0,28	164M
INTEL CORP	36,0700	+0,90%	0,3200	170M
J.P.MORGAN CHASE	87,8400	-1,34%	-1,1900	313M
JOHNSON & JOHNSON	124,5500	-0,09%	-0,1100	337M
MC DONALD'S CORP	129,6100	+0,22%	0,2900	106M
MERCK AND CO. NEW	63,54	+0,14%	0,09	174M
MICROSOFT	65,860	+0,23%	0,150	508M
NIKE	55,73	-0,55%	-0,31	73M
PFIZER	34,2100	-0,41%	-0,1400	203M
PROCTER AND GAMBLE	89,850	-0,39%	-0,350	229M
TRAVELERS CIES	120,54	-0,40%	-0,49	33M
UNITED TECHNOLOGIE	112,21	-0,21%	-0,24	89M
UNITEDHEALTH GROUP	164,01	-0,59%	-0,98	156M
VERIZON COMMS	48,75	-0,63%	-0,31	198M
VISA	88,87	-0,16%	-0,14	165M
WAL-MART STORES	72,0800	+0,68%	0,4900	221M
WALT DISNEY CO	113,3900	+0,19%	0,2100	179M

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CLOSING PRICES APRIL 3

COMPANY	PRICE	CHANGE NET / %
Most Advanced		
SteadyMed Ltd.	\$ 5.80	1.85 ▲ 46.84%
Dicerna Pharmaceuticals, Inc.	\$ 3.40	0.70 ▲ 25.93%
SORL Auto Parts, Inc.	\$ 3.86	0.6001 ▲ 18.41%
DXP Enterprises, Inc.	\$ 37.87	5.13 ▲ 15.67%
Mountain Province Diamonds Inc.	\$ 3.55	0.45 ▲ 14.52%
Bel Fuse Inc.	\$ 22.6738	2.4239 ▲ 11.97%
Apollo Endosurgery, Inc.	\$ 12.52	1.33 ▲ 11.89%
BlackBerry Limited	\$ 7.75	0.80 ▲ 11.51%
Optical Cable Corporation	\$ 3.10	0.30 ▲ 10.71%
Sangamo Therapeutics, Inc.	\$ 5.20	0.50 ▲ 10.64%
Inventure Foods, Inc.	\$ 4.42	0.42 ▲ 10.50%
Most Declined		
Proteostasis Therapeutics, Inc.	\$ 7.82	3.07 ▼ 28.19%
Acorda Therapeutics, Inc.	\$ 21	5.75 ▼ 21.50%
Forward Pharma A/S	\$ 21.51	5.34 ▼ 19.89%
Educational Development Corporation	\$ 6.75	1.35 ▼ 16.67%
Orexigen Therapeutics, Inc.	\$ 3.44	0.45 ▼ 11.57%
AC Immune SA	\$ 10.36	1.21 ▼ 10.46%
Great Lakes Dredge & Dock Corporation	\$ 4	0.40 ▼ 9.09%
Ramaco Resources, Inc.	\$ 9.67	0.82 ▼ 7.82%
Axsome Therapeutics, Inc.	\$ 3.90	0.30 ▼ 7.14%
Beasley Broadcast Group, Inc.	\$ 11.60	0.85 ▼ 6.83%
Collegium Pharmaceutical, Inc.	\$ 10.06	0.73 ▼ 6.77%

Distributing Funds

EUR Fixed Income B

Sterling Fixed Income B

DEALING PRICE

Price Movement

€0.9608

€0.0033

€0.9488

-£0.0005

Accumulating Funds

GBP Currency B

EUR Currency B

Multi Asset Conservative B GBP

Multi Asset Conservative B EUR

Multi Asset Balanced B GBP

Multi Asset Balanced B EUR

Multi Asset Growth B GBP

Multi Asset Growth B EUR

DEALING PRICE

Price Movement

£0.9846.....

£0.0000

£0.9636.....

-£0.0001

£1.1455.....

£0.0040

£1.0761.....

£0.0035

£1.2842.....

£0.0081

£1.1963.....

£0.0074

£1.4136.....

£0.0128

£1.3240.....

£0.0116

.....

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Focus on Brexit, nine months after the UK referendum

Ask the expert

Peter Loveday



Currencies Direct

Contact me at euoweekly@currenciesdirect.com

IT'S been over nine months since the UK referendum on Europe took place, and Brexit is about to get real, so markets are trying to figure out what this means for the UK. Theresa May is entering divorce proceedings with the EU in a position of strength that was unimaginable in the chaotic aftermath of the June 23, 2016 referendum. All the doom and gloom scenarios predicted failed to materialise.

Even in the face of legal challenges that a parliamentary assent is required for the government to trigger Article 50 of the Lisbon Treaty, notifying the EU of the decision to leave, there has been no constitutional crisis and the Parliament as well as the House of Lords have not revolted against the government, despite a think majority.

Theresa May has been lucky so far and the economy has been resilient despite all the challenges and uncertainties ahead. Growth remains buoyant, unemployment has continued to fall and house prices remained steady as consumers' confidence stays surprisingly strong.



ECONOMIC SLOWDOWN: Is not the only concern posed by Brexit.

One might think that the Prime Minister could not ask for more as she prepares for negotiations, but it would be naïve of Mrs May to forget that Brexit hasn't happened yet and firms are continuing to trade.

As the first quarter of 2017 comes to an end, the recent slight deterioration in data and the prospect of slower growth post-Brexit might really mean that uncertainty is starting to have a real impact. Inflation hit its highest level in February as rising fuel prices bumped up the cost of living. The staggering 20 per cent devaluation of

Sterling since the referendum is now filtering through the real economy as households start to crack under inflation pressures.

There are no more talks of a hard of soft Brexit in the news, but businesses are starting to adjust to the prospect of new barriers to trade with the EU as Mrs May seems willing to walk out from negotiations if the deal offered to the UK isn't right. Ahead of triggering Article 50, the challenges and uncertainties of the negotiation are laid bare by the government's own revised economic forecasts, which now expect growth to

slow to 1.6 per cent in 2018 and 2019.

Economic slowdown is not the only concern posed by Brexit as the government might potentially face constitutional crises on two fronts. The Scottish First Minister Nicola Sturgeon has now confirmed she will be calling for a new Scottish independence referendum.

Although the economic case for a Scottish referendum is not as strong as it was in 2014, the Scottish voters' commitment to the UK looks shakier now after Scotland voted overwhelmingly to stay in the EU. A bigger threat in a post Brexit world will be Northern Ireland, which will be the only part of the UK sharing a border with the EU. A hard border and barriers to trade with the Republic of Ireland could be economically damaging and there are fears new tensions could destabilise the region.

Brexit is for sure the biggest challenge facing the UK in a long time and Mrs May is not in such an enviable position as it might seem. Her own party keep her in check as the hardliners dictate their line of uncompromising attitude toward the EU and are prepared to walk away from negotiations if they don't what they want. As we are about to find out what Brexit is all about, Mrs May will have to rise to the challenge and show she has the political clout to strike the deal the UK needs in a post Brexit world.

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Albert Rivera confirms support of budget

By John Smith

IN a slight spirit of self-congratulation, Albert Rivera, leader of the Ciudadanos political party has announced that he has negotiated a deal with Mariano Rajoy and the government which will see real benefits for Spain.

Mr Rivera explained that in order to support the proposed budget, he has secured an additional €4.1 billion (a similar amount to that granted to Catalonia) to help the working and middle class without the need to increase income tax or IVA.

Of the €4.1 billion promised, €1.915 will be aimed directly at the working and middle classes and €2.1 billion is intended to help in the modernisation of the country.

According to him, he has achieved more than originally expected when he agreed to support the minority government and has secured a number of advantages in social measures as well as reversing cuts in such vital areas as education as well as seeing increased investment for future economic development.

The Ciudadanos leader also said that he can see that there is a new dynamic in which "two parties with different ideas can agree to take the budgets forward. It's a shame that the PSOE will not approve the most social budgets of recent years."

Having seen that the government can easily lose important votes if opposition parties act together or



ALBERT RIVERA: Announced that he has negotiated a deal which will see real benefits for Spain.

even abstain, a great deal does depend on the main opposition, the PSOE, as if it votes against the budget, despite or perhaps because it is currently being run by a committee, the position of the minority government would be difficult, especially as the European Union wants to see a strong and clear financial policy.

It may well be that the PSOE decides to abstain en masse in order to allow a new leader to be elected, especially as Mr Rajoy has hinted at the possibility of another election, which the main opposition would want to avoid at this time, especially if it was blamed by the public for causing the election.

Toshiba face serious financial problems

ONE negative side to globalisation has just emerged at a stormy meeting of shareholders in the giant Toshiba company which has revealed that its US business arm Westinghouse has just filed for bankruptcy protection.

In order to meet some of the projected annual losses of one trillion yen (€8 billion) it is looking to sell its valuable memory chip business which may be worth as much as €16 billion and this has reluctantly been approved by shareholders as Toshiba desperately needs to add liquidity to its business.

Westinghouse has suffered huge cost overruns at two US nuclear reactor projects in Georgia and South Carolina, so by applying for protection in the US, Toshiba hopes to reduce its future financial liability.

Coffee cups can help the environment

By John Smith

THE western world is besotted with the idea that purchasing coffee from one of a plethora of coffee shops is a cool and sensible activity but few give too much thought to the amount of waste that is created once the coffee is drunk.

Use of plastic bags from supermarkets has been dramatically reduced following the imposition of a charge and whilst you can't really take your coffee away without a container, a joint university study suggests that a charge could cut usage dramatically.

The concept is very simple and that is that a charge would be made for any disposable cup that was taken, but if a reusable cup was offered at no additional cost then people would be likely to think positively and would recognise the environmental benefits and financial advantage.

It would be naive to think that every reusable cup would be used again but the researchers who worked with students purchasing coffee in three universities around the UK and in other businesses believe that up to 12.5 per cent of the cups would be used again.

That doesn't sound like a great deal



Photo by Frantic00 Shutterstock

DISPOSABLE CUPS: Britain alone devours 2.5 billion each year.

but as Britain alone devours 2.5 billion disposable cups each year, that relatively small percentage adds up to 312 million and if the concept can then be taken up across Europe and North America, the number of cups saved

“ If a reusable cup was offered at no cost, then people would think positively.

would be absolutely enormous.

The results of this study will be presented to the government and major coffee stores in the hope that the idea might be picked up and the amount of landfill would reduce.

UK is not a 'cash cow'

ACCORDING to David Davis the Minister responsible for Brexit negotiations, whilst Britain will honour its financial obligations to the European Union when it leaves, it is leaving because it doesn't want to pay more and more money and certainly doesn't expect to pay the rumoured €57 billion.

The argument is that Britain will have to provide funds to cover its percentage of the pensions paid to EU employees for the period of which it has been a member until the last pensioner dies.

In addition the EU will also ask for funding for ongoing projects agreed whilst Britain was a member.

Losing mental capacity whilst living abroad

by Stone King

Charlotte Macdonald

Contact me at international@stoneking.co.uk



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

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

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



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

What is an LPA?

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

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

Your attorney can be a professional,

such as a solicitor or a family member or friend.

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

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

Why should you get an LPA?

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

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

Will my LPA be recognised in Spain?

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

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

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



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The gloves will be truly discarded

**LEAPY LEE SAYS IT
OTHERS THINK IT**



I THINK Gibraltar is about to become a huge and potentially highly dangerous issue between Spain and the UK.

“Gibraltar is far closer to home both in proximity and spirit.

Notwithstanding the disputes of its sovereignty, which date back to the 1700's and beyond, 'Gib' has however managed to maintain a somewhat 'rocky' alliance with the Spanish, purely because we were both members of the EU. With this stripped away, the gloves I feel will truly be discarded.

As many of you are aware, my re-



GIBRALTAR: Maintains a somewhat 'rocky' alliance with the Spanish.

spect for most politicians is not exactly glowing. I consider the majority of them self-serving bubble dwellers, whose naivety is sometimes almost beyond belief. The recent statement by Lord Howard is a case in point.

To announce that he is sure Theresa May will take the same stand

against the Spanish as Margaret Thatcher did against The Falklands, is almost unbelievably provocative and inflammatory.

He is actually inferring, that to protect Gibraltar, Britain would be prepared to go to war with the Spanish! Thank God this idiot no longer holds

any ministerial position.

He is however able to command an airing of his views to vast numbers of the public and would have most certainly been noted by the Spanish. His foolish remarks reveal just how out of touch and unaware he is of the Spaniards' passionate attitude to

Gibraltarian sovereignty.

I truly believe that should the situation be allowed to disintegrate into some form of confrontation, we could all be in trouble. I have been here long enough to remember Brits being spat on in the streets following the Falklands war, and that was with Argentina!

Gibraltar is far closer to home both in proximity and spirit. Just how this whole sorry situation will pan out I have no idea. I envisage border situations of alarming proportions with possible siege conditions arising.

The one thing I am sure about is that any troop deployment would be highly irresponsible and could lead to a dispute that could endanger us all.

Let us all hope that the leaders of both our countries have more sense than the ilk of former MP Howard but don't hold your breath!

Keep the faith

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Malaga |



Nerja |

Hail Holy Week

By Francesca Souter

FROM Palm Sunday to Easter Sunday, thrones bearing lifelike effigies of Christ and the Virgin Mary are carried through towns and cities the length and breadth of Spain. Semana Santa represents the journey that Jesus took from his arrival in Jerusalem to his death and resurrection.

Spain is internationally acclaimed for its Easter celebrations and Semana Santa is a big deal in the yearly event calendar.

Entire cities come to a standstill as grand processions make their way through the streets, men and women bearing floats upon which stand depictions of stories from the gospel.

In some cases, these floats have been preserved for cen-

turies in their original condition.

The history surrounding the celebration is tangible.

The origins of Semana Santa in Spain lie all the way back in the early 1500s and the celebrations we see today are the result of centuries of evolution. For example, it wasn't until the 17th century that the 'cofradías,' or brotherhoods, began to divide and organise themselves into the factions which are now essential to celebrations.

For spectators who expect every Spanish celebration to be a flamboyant fiesta, the first experience of a Semana Santa parade can be a little daunting. Depending on where you are in Spain, the celebrations can differ in both piety and vibrancy. Across Andalucía, the week is a jubilant celebration of religion, with incredibly de-

tailed and elaborate floats held up by different church brotherhoods.

These men and women are so in sync with one another that the effigies they carry look eerily lifelike.

The further north you travel, the more solemn and sombre the tradition becomes. Compared with the festival atmosphere in the south, some would describe Spain's northern towns as having more authentic and historical Semana Santa parades.

The processions are sober and regal, emphasising devotion, remembrance and silence.

Wherever you choose to visit during Semana Santa, it is guaranteed to be a unique and unforgettable experience. For information on what is happening in your city or town this year, head online for full breakdowns of the timetables.

Malaga

Semana Santa in Malaga

WITH over 500 years of history, Malaga is one of the most popular destinations for visitors who wish to see the religious, social and cultural spectacular that is Semana Santa.

Semana Santa on the Costa del Sol is often considered a little livelier than celebrations in the north of Spain.

There is no doubt that Malaga comes alive as the brotherhoods make their way through the streets bearing their thrones, over-

whelmed by the sounds of joy and applause, but there is still an element of religious piety evident throughout the week.

In fact, variety defines Semana Santa in Malaga, with old and new brotherhoods coming together to mix the luxury of the ornate thrones with a great emphasis on the penitential spirit.

Every year, Malaga-born actor Antonio Banderas makes an effort to spend Semana Santa in his hometown, where he leads the Virgin de las Lagrimas y Favores procession.

Almeria

Battling brotherhoods

IT may be bigger in Sevilla or Malaga, but Holy Week in Almeria is actually considered one of the best, and most important, in all of Spain. In fact the event itself is officially considered to be of National Touristic Interest, one of the exclusive few in the country to win such an accolade.

First and foremost is the fascinating rivalry between the brotherhoods.

Due to occupation by the Islamic Moors, Semana Santa didn't get off the ground in Almeria until the 16th century.

A century later different brotherhoods began competing for influence and souls during an economic and demographic crisis which saw many people set sail for the new world.

The brotherhoods became alternative power structures with incredible influence which lasts to this day.

Today there are more than 20 across the city and Semana Santa is made infinitely more fascinating as the different sects try to outdo one another with separate parades spread out across the week.

Interview

Community camaraderie in Calpe

AS more and more British become integrated with Spanish traditions and culture, *Euro Weekly News* caught up with one expat, who is taking part in the Holy Week events in Calpe, as part of the Cofradía Jesús Nazareno Calp brotherhood.

Giovanna Wallis moved to Calpe six years ago, and quickly settled into a life involving theatre, dance and singing (both performing and choreographing.) It was through this involvement with the community that, a few years ago, she attended the Good Friday procession in her town and left feeling really emotional and moved by the experience.

Giovanna said: "Watching the events left me feeling inspired, and wanting to find out



| Giovanna Wallis.

more, so with a group of friends I joined the Cofradía and feel honoured that I am going to take part in the most important week in the Catholic calendar."

"I definitely would recommend anyone to join a group like this, not just for integration into the community but to practise Spanish and make new friends, it really is like being part of another big family."

"I have been welcomed and nurtured by everyone and it is really lovely to feel part of the town's celebrations and learn about the old Spanish traditions."



| The Cofradía Jesús Nazareno Calp.

Costa Blanca

The passion comes alive

SEMANA SANTA on the southern Costa Blanca is truly a sight to see. Incredibly, the region has four different celebrations which are each officially recognised as festivals of international significance.

The entire Easter Week in Orihuela, Crevilient and Alicante are considered events of such special standing, as is the Palm Sunday procession in Elche.

And that's not even to mention spectacular affairs in Torrevieja and Murcia that are considered emblematic of Semana Santa in their own right. But it is in Alicante, the largest city of the southern Costa Blanca that Easter's profound yet bloody history is most chaotically celebrated.

Thronges of people, numbering well above 20,000 will set the city alight with colour amid the beating processionary drums.

A deeply religious place, especially during the darker ages of history, the Costa Blanca's proximity to the sea marries its maritime myths with passionate Catholicism. A past bloodied with conquest by the Moors means that Easter is celebrated even more fervently here.

Mallorca

Easter on the island

A LITTLE more subdued than the celebrations on the mainland, Mallorca takes the tradition of Semana Santa to heart.

One of the most significant and memorable weeks on the island, processions begin on Palm Sunday at churches everywhere with the bearing of palm branches, and continue throughout the week.

Brotherhoods dressed in penitential robes and conical hoods proceed through the streets accompanied by sombre music, taking hours to complete their penitentiary route.

The town of Pollensa is the location for one of the most incredible Semana Santa traditions in the world.

Thousands travel to the town to watch the dramatic recreation of the descent from the cross, where a figure of Christ is carried down the 365 Calvari steps after a mock crucifixion. The tone is sombre as the body is taken down by torchlight.



Alicante |



Almeria |



Elche |

BBC one

7:00am	Breakfast <i>The latest news, sport, business and weather from the BBC's Breakfast team.</i>
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 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	The National Pet Service

BBC TWO

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	Westminster in Review
2:00pm	Two Tribes
2:30pm	Holiday of My Lifetime with Len Goodman
3:00pm	Who Do You Think You Are?
4:00pm	More Creatures Great and Small
4:30pm	Natural World
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	Alone with the in-Laws
10:00pm	The Last Kingdom
11:00pm	Mock the Week
11:30pm	Newsnight
12:15am	Top Gear

BBC FOUR

8:00pm	100 Days <i>As President Trump takes office, Katty Kay in Washington and Christian Fraser in London report on the events that are shaping our world.</i>
8:30pm	Top of the Pops
9:00pm	A Very British Map: The Ordnance Survey Story <i>Timeshift looks back to tell the story of a quintessentially British institution.</i>
10:00pm	Mary Magdalene <i>Waldemar Januszczak explores the impact of Mary Magdalene's myth on art and artists.</i>
11:00pm	Roof Racks and Hatchbacks: The Family Car
12:00am	Yellowstone
1:00am	The Silk Road
2:00am	Top of the Pops
2:30am	A Very British Map: The Ordnance Survey Story
3:30am	Mary Magdalene
4:30am	This is BBC Four

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	Great British Buildings
10:00pm	Three Wives, One Husband
11:00pm	Kitchen 999: Emergency Chefs
12:00am	Isis and the Battle for Iraq
1:00am	24 Hours in A and E
2:00am	The Supervet
2:55am	The Secret Life of the Zoo

CHANNEL 5

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	GP's: Behind Closed Doors
1:10pm	5 News Lunchtime
1:15pm	Benefits: Breadline Britain
2:15pm	Home and Away
2:45pm	Neighbours
3:20pm	NCIS
4:20pm	Bond of Silence
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: Britain's Most Married Man
10:00pm	Rich House, Poor House
11:00pm	Shannon Matthews: The Mother's Story
12:05am	When Kids Kill

4

7:00am	Hollyoaks
7:30am	Coach Trip
7:55am	Baby Daddy
8:55am	Rules of Engagement
9:55am	Last Man Standing
11:00am	Melissa and Joey
12:00pm	Baby Daddy
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	The Goldbergs
9:00pm	The Big Bang Theory
9:30pm	The Big Bang Theory
10:00pm	Gap Year
11:00pm	Tattoo Fixers
12:00am	The Big Bang Theory
12:30am	The Big Bang Theory
1:00am	First Dates
2:00am	Tattoo Fixers

sky SPORTS 1

7:00am	Good Morning Sports Fans
8:00am	Good Morning Sports Fans
9:00am	Good Morning Sports Fans
10:00am	Football
10:30am	Football
11:00am	Premier League Daily
12:00pm	Football
12:30pm	Football
1:00pm	Football
1:30pm	Football
2:00pm	Football
2:30pm	Football
3:00pm	Football
3:30pm	Football
4:00pm	Premier League Legends
4:30pm	Football Gold
4:45pm	Football Gold
5:00pm	Football's Greatest
5:30pm	Football's Greatest
6:00pm	Premier League 100 Club
6:30pm	Premier League 100 Club
7:00pm	Premier League Review 2016/17
8:00pm	Masters - Live
1:30am	Scottish Football Round Up
1:45am	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	Grand National Festival
6:00pm	The Chase <i>Quiz show hosted by Bradley Walsh.</i>
7:00pm	ITV News London
7:30pm	ITV Evening News
8:00pm	Emmerdale
8:30pm	Deal or No Deal? Tonight
9:00pm	Emmerdale
9:30pm	Harry Hill's Alien Fun Capsule
10:00pm	Prime Suspect 1973
11:00pm	The Nightly Show with Bradley Walsh
11:30pm	ITV News
12:00am	ITV News London
12:15am	Speeding Wars
1:15am	The Nightly Show with Bradley Walsh
1:45am	Jackpot247

itv2

7:00am	Planet's Funniest Animals
7:10am	You've Been Framed!
7:35am	Below Deck
8:20am	The Ellen DeGeneres Show
9:00am	Emmerdale
9:30am	Coronation Street
10:00am	You've Been Framed!
10:35am	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	You've Been Framed!
9:00pm	The Mask
11:00pm	Family Guy
11:30pm	Celebrity Juice
12:20am	Family Guy
12:45am	Family Guy
1:10am	American Dad!
1:40am	American Dad!

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 <i>Drama about a girl sent to live with her eccentric family.</i>
12:50pm	The Darling Buds of May
2:00pm	Heartbeat <i>Nostalgic police drama series set in a 1960s Yorkshire village.</i>
3:00pm	The Royal
4:05pm	Where the Heart is
5:10pm	You're Only Young Twice
5:50pm	On the Buses
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
1:15am	Cold Blood
2:45am	Doctor at Large
3:10am	ITV3 Nightscreen

itv4

7:00am	Football Rivalries
7:10am	The Sweeney
8:00am	Hogan's Heroes
8:25am	Hogan's Heroes
8:55am	The Professionals
9:55am	Ironsides
11:00am	ITV Racing: The Opening Show
12:00pm	The Sweeney
1:00pm	Counting Cars
1:30pm	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	The Big Fish Off
10:00pm	Pale Rider
11:00pm	FYI Daily
11:05pm	Pale Rider
12:25am	Bundesliga
1:25am	Class of 92
2:30am	FYI Daily
2:35am	Class of 92
3:25am	Hogan's Heroes
3:50am	ITV4 Nightscreen
4:00am	Teleshopping

sky CINEMA ACTION & ADVENTURE

7:00am	Rocky II
9:05am	Lawrence of Arabia
12:40pm	Warcraft
2:50pm	The Mummy
5:00pm	X2
7:20pm	Extraction
9:00pm	Warcraft
11:10pm	The Mummy
1:20am	The Patriot
4:10am	Tracers
5:50am	The Magnificent Seven Ride!

sky CINEMA COMEDY

8:05am	Nine Months
10:00am	Ghostbusters: Special
10:30am	What About Bob?
12:15pm	The Benchwarmers
1:50pm	Ghostbusters: Special
2:20pm	My Big Fat Greek Wedding 2
4:05pm	Grimsby
5:35pm	The Banger Sisters
7:20pm	Hot Pursuit
9:00pm	My Big Fat Greek Wedding 2
10:45pm	Grimsby
12:15am	Dope
2:05am	Balls of Fury

sky CINEMA PREMIERE

7:00am	Winter
8:35am	Date and Switch
10:10am	Don't Breathe
11:50am	The Top Ten Show 2017
12:05pm	Kill Zone 2
2:15pm	Central Intelligence <i>Riotous action comedy about a rogue CIA agent who turns to a former classmate Kevin Hart for help.</i>
4:05pm	London Town <i>A 70s teen changes forever when he hears The Clash.</i>
5:45pm	Date and Switch
7:20pm	Don't Breathe <i>Home-invasion horror gets turned on its head when a trio of small-time crooks decide to knock off the old, rundown house of an ex-army loner.</i>
9:00pm	Central Intelligence
11:00pm	K-Shop
1:05am	Kill Zone 2
3:15am	Winter
4:50am	London Town

sky SPORTS 2

7:00am	Cricket Classics
8:00am	WWE SmackDown!
9:00am	Sporting Greats
9:30am	Sporting Greats
10:00am	Time of Our Lives
11:00am	Indian Premier League
4:00pm	Live Indian Premier League <i>Rising Pune Supergiants take on Mumbai Indians at the Maharashtra Cricket Association Stadium in Pune. Supergiants have players including Ben Stokes and Ravichandran Ashwin.</i>
8:30pm	Live Super League <i>Wigan Warriors take on Castleford Tigers at the DW Stadium in the Betfred Super League.</i>
11:30pm	Indian Premier League
4:00am	Cricket Classics
4:30am	Cricket Classics
5:00am	Cricket's Greatest
5:30am	Cricket's Greatest

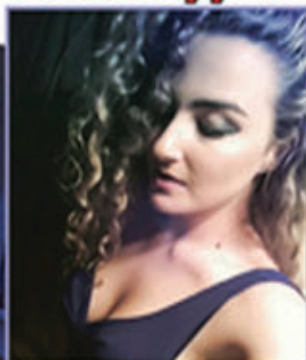
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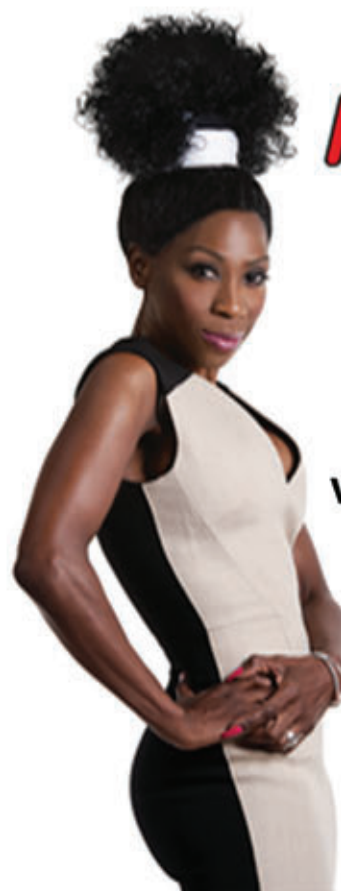
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<div>7:00am</div> <div>10:15am</div> <div>11:00am</div> <div>12:00pm</div> <div>12:45pm</div> <div>1:15pm</div> <div>2:00pm</div> <div>2:30pm</div> <div>2:45pm</div> <div>3:15pm</div> <div>4:00pm</div> <div>4:45pm</div> <div>5:30pm</div> <div>6:15pm</div> <div>7:00pm</div> <div>7:30pm</div> <div>8:00pm</div> <div>8:30pm</div> <div>9:00pm</div> <div>9:30pm</div> <div>10:00pm</div> <div>11:00pm</div> <div>11:25pm</div> <div>11:35pm</div> <div>12:25am</div> <div>12:50am</div>	<div>Breakfast</div> <div>Countryside 999</div> <div>Homes Under the Hammer</div> <div>The Sheriffs are Coming</div> <div>Fake Britain</div> <div>Bargain Hunt</div> <div>BBC News at One</div> <div>BBC London News</div> <div>Doctors</div> <div>The Code</div> <div>Escape to the Country</div> <div>Money for Nothing</div> <div>Flog It!</div> <div>Pointless</div> <div>BBC News at Six</div> <div>BBC London News</div> <div>The One Show</div> <div>A Question of Sport</div> <div>EastEnders</div> <div>MasterChef</div> <div>Decline and Fall</div> <div>BBC News at Ten</div> <div>BBC London News</div> <div>The Graham Norton Show</div> <div>Witless</div> <div>The Stepford Wives</div>	<div>7:00am</div> <div>7:30am</div> <div>8:15am</div> <div>9:00am</div> <div>10:00am</div> <div>12:00pm</div> <div>2:00pm</div> <div>7:00pm</div> <div>7:30pm</div> <div>8:00pm</div> <div>9:00pm</div> <div>9:30pm</div> <div>10:00pm</div> <div>11:00pm</div> <div>11:30pm</div> <div>12:05am</div> <div>1:05am</div> <div>2:35am</div> <div>3:05am</div> <div>4:40am</div>	<div>Flog it! Trade Secrets</div> <div>The Sheriffs are Coming</div> <div>Money for Nothing</div> <div>Back to the Land with Kate Humble</div> <div>Victoria Derbyshire</div> <div>BBC Newsroom Live</div> <div>Stay up to date on the day's top stories with the latest breaking news as it happens.</div> <div>Tennis</div> <div>Eggheads</div> <div>The Repair Shop</div> <div>Golf</div> <div>Gardeners' World</div> <div>Only Connect</div> <div>Natural World</div> <div>QI</div> <div>Newsnight</div> <div>Robot Wars</div> <div>Paula Rego: Secrets and Stories</div> <div>Panorama</div> <div>Imagine...</div> <div>This is BBC Two</div> <div>Highlights of programmes on BBC Two.</div>	<div>8:00pm</div> <div>8:30pm</div> <div>9:00pm</div> <div>10:00pm</div> <div>11:00pm</div> <div>12:00am</div> <div>2:00am</div> <div>2:35am</div> <div>3:35am</div> <div>4:35am</div>	<div>World News Today</div> <div>The latest national and international news, exploring the day's events from a global perspective.</div> <div>Top of the Pops</div> <div>BBC Young Dancer 2017</div> <div>Depeche Mode at the BBC</div> <div>In 2017 synth giants Depeche Mode returned with their 14th studio album Spirit.</div> <div>Depeche Mode at 6 Music Festival 2017</div> <div>Depeche Mode 101</div> <div>Top of the Pops</div> <div>Depeche Mode at the BBC</div> <div>Depeche Mode at 6 Music Festival 2017</div> <div>This is BBC Four</div> <div>BBC Four is the BBC channel for people who want more.</div> <div>More depth, more range, more to stimulate the mind.</div>	<div>7:00am</div> <div>7:45am</div> <div>8:35am</div> <div>9:00am</div> <div>10:05am</div> <div>10:35am</div> <div>11:05am</div> <div>12:00pm</div> <div>1:00pm</div> <div>1:05pm</div> <div>2:05pm</div> <div>3:10pm</div> <div>4:00pm</div> <div>5:00pm</div> <div>6:00pm</div> <div>7:00pm</div> <div>7:30pm</div> <div>8:00pm</div> <div>8:30pm</div> <div>9:00pm</div> <div>10:00pm</div> <div>11:00pm</div> <div>12:05am</div> <div>1:10am</div>	<div>Countdown</div> <div>King of Queens</div> <div>King of Queens</div> <div>Everybody Loves Raymond</div> <div>Frasier</div> <div>Frasier</div> <div>Undercover Boss USA</div> <div>Ramsay's Kitchen Nightmares USA</div> <div>Channel 4 News</div> <div>Vet on the Hill</div> <div>Posh Pawn</div> <div>Countdown</div> <div>Fifteen to One</div> <div>Sun, Sea and Selling Houses</div> <div>Couples Come Dine with Me</div> <div>The Simpsons</div> <div>Hollyoaks</div> <div>Channel 4 News</div> <div>Unreported World</div> <div>George Clarke's Amazing Spaces</div> <div>Gogglebox</div> <div>The Last Leg</div> <div>First Dates</div> <div>How'd You Get So Rich?</div>	<div>8:50am</div> <div>9:05am</div> <div>9:15am</div> <div>9:30am</div> <div>9:50am</div> <div>10:00am</div> <div>10:15am</div> <div>12:15pm</div> <div>1:10pm</div> <div>1:15pm</div> <div>2:15pm</div> <div>2:45pm</div> <div>3:15pm</div> <div>4:15pm</div> <div>6:00pm</div> <div>6:30pm</div> <div>7:00pm</div> <div>7:30pm</div> <div>8:00pm</div> <div>9:00pm</div> <div>10:00pm</div> 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Theory</div> <div>The Transporter</div> <div>The Big Bang Theory</div> <div>The Big Bang Theory</div>	<div>7:00am</div> <div>7:30am</div> <div>7:45am</div> <div>9:55am</div> <div>10:00am</div> <div>10:30am</div> <div>11:00am</div> <div>11:30am</div> <div>12:00pm</div> <div>12:30pm</div> <div>1:30pm</div> <div>3:30pm</div> <div>4:00pm</div> <div>4:15pm</div> <div>4:30pm</div> <div>4:45pm</div> <div>5:00pm</div> <div>5:30pm</div> <div>6:00pm</div> <div>7:00pm</div> <div>8:00pm</div> <div>1:30am</div> <div>2:00am</div>	<div>Football Gold</div> <div>Football Gold</div> <div>Live Chinese GP: Practice</div> <div>Great F1 Cars</div> <div>Live Team Principals' Press Conf</div> <div>The F1 Show</div> <div>Premier League Daily</div> <div>La Liga Show 2016</div> <div>Premier League Review 2016/17</div> <div>Football</div> <div>Premier League Legends</div> <div>Spanish Football Gold</div> <div>Spanish Football Gold</div> <div>Football Gold</div> <div>Football Gold</div> <div>Football's Greatest</div> <div>Football's Greatest</div> <div>Premier League Review 2016/17</div> <div>The Fantasy Football Club</div> <div>Masters - Live</div> <div>Barclays Premier League Preview</div> <div>Premier League Legends</div>
<div>itv</div>		<div>itv2</div>		<div>itv3</div>		<div>itv4</div>		<div>sky CINEMA ACTION & ADVENTURE</div>		<div>sky CINEMA PREMIERE</div>		<div>sky SPORTS 2</div>	
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Gold</div> <div>Two and a Half Men</div> <div>Two and a Half Men</div> <div>Knocked Up</div> <div>Family Guy</div> <div>Family Guy</div> <div>American Dad!</div> <div>American Dad!</div>	<div>7:00am</div> <div>7:25am</div> <div>8:25am</div> <div>9:30am</div> <div>10:30am</div> <div>11:00am</div> <div>11:30am</div> <div>11:55am</div> <div>12:55pm</div> <div>2:00pm</div> <div>3:05pm</div> <div>4:05pm</div> <div>5:10pm</div> <div>5:45pm</div> <div>6:20pm</div> <div>6:55pm</div> <div>8:00pm</div> <div>9:00pm</div> <div>10:00pm</div> <div>1:40am</div> <div>2:40am</div> <div>2:45am</div> <div>3:25am</div>	<div>You're Only Young Twice</div> <div>Heartbeat</div> <div>Where the Heart is</div> <div>The Royal</div> <div>Judge Judy</div> <div>Judge Judy</div> <div>Judge Judy</div> <div>Road to Avonlea</div> <div>The Darling Buds of May</div> <div>Heartbeat</div> <div>The Royal</div> <div>Where the Heart is</div> <div>You're Only Young Twice</div> <div>On the Buses</div> <div>On the Buses</div> <div>Heartbeat</div> <div>Murder, She Wrote</div> <div>Doc Martin</div> <div>Agatha Christie's Marple</div> <div>Blue Murder</div> <div>Steptoe and Son Ride Again</div> <div>FYI Daily</div> <div>Steptoe and Son Ride Again</div> <div>Cold Blood</div>	<div>7:00am</div> <div>7:05am</div> <div>7:55am</div> <div>8:25am</div> <div>8:55am</div> <div>9:55am</div> <div>11:00am</div> <div>12:00pm</div> <div>1:00pm</div> <div>1:30pm</div> <div>1:55pm</div> <div>2:25pm</div> <div>2:50pm</div> <div>3:25pm</div> <div>4:00pm</div> <div>5:00pm</div> <div>6:05pm</div> <div>7:05pm</div> <div>7:35pm</div> <div>8:05pm</div> <div>8:35pm</div> <div>9:00pm</div> <div>9:30pm</div> <div>10:00pm</div> <div>11:00pm</div> <div>11:05pm</div> <div>12:45am</div> <div>1:45am</div>	<div>Sporting Funnies</div> <div>The Sweeney</div> <div>Hogan's Heroes</div> <div>Hogan's Heroes</div> <div>The Professionals</div> <div>Ironsides</div> <div>ITV Racing: The Opening Show</div> <div>The Sweeney</div> <div>Counting Cars</div> <div>Counting Cars</div> <div>Pawn Stars</div> <div>Pawn Stars</div> <div>Hogan's Heroes</div> <div>Hogan's Heroes</div> <div>Ironsides</div> <div>The Professionals</div> <div>The Sweeney</div> <div>Counting Cars</div> <div>Pawn Stars</div> <div>Pawn Stars</div> <div>Pawn Stars</div> <div>Virtual Grand National</div> <div>Counting Cars</div> <div>Heartbreak Ridge</div> <div>FYI Daily</div> <div>Heartbreak Ridge</div> <div>Pale Rider</div> <div>FYI Daily</div>	<div>7:35am</div> <div>9:10am</div> <div>10:55am</div> <div>12:55pm</div> <div>3:00pm</div> <div>5:15pm</div> <div>6:55pm</div> <div>9:00pm</div> <div>11:00pm</div> <div>1:15am</div> <div>7:30am</div> <div>8:00am</div> <div>9:45am</div> <div>11:30am</div> <div>1:15pm</div> <div>3:15pm</div> <div>5:00pm</div> <div>7:00pm</div> <div>9:00pm</div> <div>11:00pm</div> <div>12:45am</div>	<div>Bloodsport</div> <div>Rocky III</div> <div>The Huntsman: Winter's War</div> <div>Spy</div> <div>The Mummy Returns</div> <div>Hitman</div> <div>Spy</div> <div>The Huntsman: Winter's War</div> <div>The Mummy Returns</div> <div>Con Air</div> <div>Ghostbusters: Special</div> <div>Lessons in Love</div> <div>Get Hard</div> <div>The House Bunny</div> <div>Pitch Perfect 2</div> <div>Dad's Army</div> <div>How to Lose Friends and Alienate People</div> <div>Four Weddings and a Funeral</div> <div>Pitch Perfect 2</div> <div>Dad's Army</div> <div>Awkward Sexy People</div>	<div>7:00am</div> <div>8:40am</div> <div>10:15am</div> <div>12:15pm</div> <div>12:45pm</div> <div>2:35pm</div> <div>4:20pm</div> <div>6:00pm</div> <div>8:00pm</div> <div>10:00pm</div> <div>11:45pm</div> <div>1:55am</div> <div>4:10am</div>	<div>Don't Breathe</div> <div>Winter</div> <div>Central Intelligence</div> <div>Ghost in the Shell: Special</div> <div>Pete's Dragon</div> <div>Date and Switch</div> <div>London Town</div> <div>Central Intelligence</div> <div>Riotous action comedy about a rogue CIA agent who turns to a former classmate Kevin Hart for help.</div> <div>Pete's Dragon</div> <div>Don't Breathe</div> <div>K-Shop</div> <div>Kill Zone 2</div> <div>An undercover cop on a quest to infiltrate a ring of organ traffickers winds up in a squalid Thai prison. Martial arts action.</div> <div>Date and Switch</div>	<div>8:00am</div> <div>9:00am</div> <div>9:15am</div> <div>9:30am</div> <div>11:30am</div> <div>4:00pm</div> <div>5:00pm</div> <div>5:15pm</div> <div>6:00pm</div> <div>6:15pm</div> <div>7:45pm</div> <div>8:00pm</div> <div>8:30pm</div> <div>11:15pm</div> <div>11:45pm</div> <div>12:45am</div> <div>1:00am</div>	<div>WWE Main Event</div> <div>Great Sporting Moments</div> <div>Great Sporting Moments</div> <div>Live Super Rugby</div> <div>Indian Premier League</div> <div>Sporting Records 2016</div> <div>Super League Highlights</div> <div>Great Sporting Moments</div> <div>Super League Highlights</div> <div>Sporting Records 2016</div> <div>Super League Highlights</div> <div>Barclays Premier League Preview</div> <div>Football</div> <div>Barclays Premier League Preview</div> <div>The Fantasy Football Club</div> <div>Football Gold</div> <div>Super League Highlights</div>

Advertising feature

Household insurance

YOUR home and the contents will most probably be the most expensive purchase you make in your lifetime, so it's worthwhile protecting your investment.

Every year insurers pay out millions of Euros to home owners due to water damage to the property and the contents due to accidental overflows, plumbing apparatus or leaks.

Preventative measures which can be taken include:

Plumbing

- Plumbing apparatus in hardwater areas is prone to build up of limescale, so try to add a water softener to your washing machine and dishwasher.
- Ensure your toilet cistern is fitted with an overflow, otherwise this can cause a leak.

• Rust inhibitors will extend the life of the central heating system.

• Have your central heating systems serviced annually.

Kitchen

- Ensure drain hoses from washing machines and dishwashers are firmly in the drainpipes and cannot jump out.

WATER DAMAGE: Protect your home.



• Ensure the water inlet pipes for appliances are correctly fitted.

• Check and clear the filters in washing machines and dishwashers regularly. If your machine has a special self-cleaning programme, it is recommended this is used periodically.

• Properly maintain appliances.

Bathroom

• Ensure the seal between the bath/shower cubicle and the wall is watertight to prevent leaks.

• Do not leave the bathroom when you are running a bath.

Key Points

- Make sure that all building and internal plumbing works are carried out

by qualified and competent people. Avoid cold callers.

• Do not leave washing machines or dishwashers on whilst the property is unattended.

• Turn off your water supply when you go on holiday or if you are leaving your holiday home for a period of over 14 days.

• Know where your stopcock is located.

• Make sure flat roofs receive a proper regular maintenance.

Contents cover forms a major part of a household insurance policy and is often overlooked or underinsured.

Breaking down your contents into

the following categories can assist you with ascertaining the amount of contents cover you may require.

Kitchen: furniture, free standing cooker, fridge, washing machine, equipment, unfixed flooring, curtains, pictures, lights, fittings, cutlery, utensils, pots, pans, food, drink.

Bedrooms: furniture, bedding, clothing, shoes, electrical equipment, carpets, curtains, pictures and other items.

Bathroom: furniture, towels, perfumes.

Hall, stairs, landing: furniture, carpet and other items.

Other (outbuildings, cellar, attic,

garage, etc): general items, gardening equipment.

Other items: jewellery, watches, clocks, miscellaneous.

Personal belongings (items that will leave home with you): jewellery, watches, photographic equipment, sports equipment, musical instruments, bicycles.

Household insurance can be tailored made to suit your needs and can cover items used outside the home (including worldwide cover) which perhaps you didn't know could be included on a household policy, for example:

• Permanent and second holiday homes on one policy.

• All Risk items - Jewellery, laptops, mobile phones, personal money, credit cards - on worldwide cover.

• Property Owners Liability.

• All risk cover - Pedal Cycles.

• All Risk Cover - Golf Equipment.

It's always worthwhile reviewing your home insurance, so visit Ibex offices at Mazarron, Orihuela Costa and Rojales, Quesada or call us on 968 595 945, 966 761 575 or 966 719 951.

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BBC one		BBC TWO		BBC FOUR		CHANNEL 4		CHANNEL 5		4		sky SPORTS 1	
7:00am	Breakfast	7:10am	Tinker Bell and the Secret of the Wings	8:00pm	The Silk Road	7:20am	Mobil 1 The Grid	7:00am	Milkshake!	7:00am	Rude(Ish) Tube	7:00am	Live Chinese GP: Practice
11:00am	Saturday Kitchen			9:00pm	Dust Storms	7:45am	King of Queens			7:30am	How I Met Your Mother	7:10am	F1 Great Cars
12:30pm	Mary Berry Everyday	8:15am	G-Force	9:45pm	Wild Scotland	8:10am	King of Queens					7:15am	Football Gold
1:00pm	Football Focus	9:35am	Shark Tale	10:00pm	Department Q: The Keeper of Lost Causes	8:40am	Everybody Loves Raymond			8:00am	How I Met Your Mother	7:30am	Football Gold
2:00pm	BBC News	11:00am	The Bat Man of Mexico - Natural World			9:05am	Everybody Loves Raymond	11:05am	Teenage Mutant Ninja Turtles			7:45am	Premier League 100 Club
2:05pm	Weather			11:30pm	Top of the Pops			11:40am	Access	8:30am	Baby Daddy		
2:10pm	Tennis	12:00pm	Homes Under the Hammer			9:30am	Frasier	11:50am	Police Interceptors Unleashed	9:00am	Baby Daddy	8:15am	Premier League 100 Club
	Coverage of the latest tennis action.	1:00pm	Raymond Blanc: How to Cook Well			10:00am	Frasier			9:30am	Black-Ish		
5:30pm	Final Score			12:05am	Top of the Pops	10:30am	Frasier	12:20pm	Police Interceptors	10:00am	Made in Chelsea	8:45am	Game Changers
6:15pm	Madagascar: Escape 2 Africa	1:30pm	The Best Dishes Ever	12:40am	Psychedelic Britannia	10:55am	The Big Bang Theory	1:20pm	Police Interceptors	11:00am	Clueless	9:15am	Premier League Preview 2016/17
	All the gang are back for this comedy animation sequel.	2:00pm	Golf	1:40am	Totally 60s	11:25am	The Big Bang Theory	2:20pm	On Benefits: Life on the Dole	1:30pm	Melissa and Joey	9:45am	The Fantasy Football Club
7:35pm	BBC News	3:00pm	Flog It!			11:50am	The Big Bang Theory	3:20pm	On Benefits: Life on the Dole	2:00pm	Melissa and Joey	10:45am	Soccer A.M.
7:45pm	Regional News	4:00pm	University Challenge	2:40am	Pink Floyd	12:25pm	The Simpsons	4:20pm	On Benefits: Life on the Dole	2:30pm	Melissa and Joey	12:30pm	Football
7:48pm	Weather	4:30pm	Only Connect			12:55pm	The Simpsons	5:20pm	Nightmare Tenants, Slum Landlords	3:00pm	Melissa and Joey	1:30pm	Football
7:50pm	Pointless	5:00pm	Gardeners' World	3:40am	Psychedelic Britannia	1:25pm	The Simpsons	6:15pm	Can't Pay? We'll Take it Away!	3:30pm	The Goldbergs		
8:40pm	Who Dares Wins	5:30pm	Tennis			2:00pm	Formula 1	7:10pm	Can't Pay? We'll Take it Away!	4:00pm	The Goldbergs		
9:25pm	Casualty	6:30pm	Amazing Hotels: Life Beyond the Lobby			3:30pm	Extreme Food	8:10pm	NCIS: Los Angeles	4:30pm	The Goldbergs		
10:15pm	All Round to Mrs Brown's	7:30pm	Natural World			4:00pm	A Place in the Sun	9:00pm	NCIS	5:00pm	The Goldbergs		
11:15pm	BBC News	8:30pm	Golf			5:00pm	Location, Location, Location	9:55pm	5 News	5:30pm	The Goldbergs		
11:28pm	Weather					6:00pm	Grand Designs	10:00pm	Football on 5	6:00pm	The Big Bang Theory		
11:30pm	Match of the Day	1:00am	Ilo Ilo			7:00pm	Channel 4 News	11:00pm	Football on 5	6:30pm	The Big Bang Theory		
12:55am	I Am Number Four					7:30pm	Escape to the Chateau	11:30pm	The Funny Thing	7:00pm	The Big Bang Theory		
2:40am	Weather for the Week Ahead					8:30pm	Battleship	12:30am	Fail Army	7:30pm	The Big Bang Theory		
2:45am	BBC News	2:35am	This is BBC Two			11:00pm	The World's End	12:55am	Access	8:00pm	The Big Bang Theory		
						1:05am	East is East			8:30pm	The Big Bang Theory		
						2:50am	Ramsay's Kitchen Nightmares USA			9:00pm	The Big Bang Theory		
						3:40am	Hollyoaks Omnibus			9:30pm	The Big Bang Theory		
										10:00pm	Transporter 2		
										12:05am	Gogglebox		
										1:05am	Gogglebox		
itv		itv2		itv3		itv4		sky CINEMA ACTION & ADVENTURE		sky CINEMA PREMIERE		sky SPORTS 2	
7:00am	CITV	7:00am	The Hot Desk	7:00am	Murder, She Wrote	7:00am	Football's Greatest	1:10pm	The Lord of the Rings: The Two Towers	7:00am	Central Intelligence	7:00am	Rugby Gold
10:25am	Alphabetical	7:10am	Emmerdale Omnibus	8:50am	Sparkling Cyanide	7:05am	Bundesliga			8:50am	Don't Breathe	7:10am	Live Super Rugby
11:25am	James Martin's French Adventure	9:50am	Coronation Street Omnibus			7:55am	Bundesliga	4:20pm	Armageddon	10:30am	Winter	9:10am	Rugby Gold
12:25pm	Best Walks with a View with Julia Bradbury	12:15pm	Ant and Dec's Saturday Night Takeaway	10:45am	The Railway Children	8:50am	Hogan's Heroes	7:00pm	Ant-Man	12:05pm	London Town	9:20am	Rugby Gold
1:00pm	ITV News and Weather	1:45pm	Britain's Got Talent	11:45am	FYI Daily	9:25am	Hogan's Heroes	9:00pm	Teenage Mutant Ninja Turtles: Out of the Shadows	1:55pm	Pete's Dragon	9:30am	Live Super Rugby
1:10pm	Carry on at Your Convenience	2:45pm	You've Been Framed!	11:50am	The Railway Children	9:55am	The Big Fish Off					11:30am	Live Super Rugby
3:00pm	Grand National Festival	3:15pm	Hairspray Live!	1:00pm	Heidi	11:00am	ITV Racing: The Opening Show	2:00am	The Scorpion King			1:45pm	Great Sporting Moments
5:30pm	The Grand National			3:00pm	Agatha Christie's Marple	12:30pm	The Virtual Grand National 2017			3:45pm	The Conjuring 2	2:00pm	Time of Our Lives
7:10pm	Local News and Weather	5:50pm	The Princess Diaries 2: Royal Engagement	5:00pm	Rosemary and Thyme	1:00pm	Pawn Stars					3:00pm	Sporting Greats
7:20pm	ITV News and Weather	6:50pm	FYI Daily	6:00pm	Lewis	1:30pm	Pawn Stars					3:30pm	Great Sporting Moments
7:30pm	You've Been Framed!	6:55pm	The Princess Diaries 2: Royal Engagement	8:00pm	A Touch of Frost	1:55pm	Pawn Stars					3:45pm	Rugby Union
8:00pm	Ant and Dec's Saturday Night Takeaway	8:00pm	Scorpion			2:25pm	British Touring Car Championship Highlights					6:15pm	Rugby Union
9:30pm	An Evening with Take That	9:00pm	Burlesque			3:55pm	The Alamo					8:15pm	Sporting Triumphs
10:35pm	King Kong	10:00pm	FYI Daily			4:55pm	FYI Daily					8:30pm	Cricket's Greatest
11:30pm	Inc ITV News and Weather	10:05pm	Burlesque			5:00pm	The Alamo					9:00pm	EFL Goals
11:45pm	King Kong	11:20pm	Celebrity Juice			7:05pm	It's Not Rocket Science					9:30pm	Nissan Game of the Day
1:25am	Lethal Weapon	12:05am	Family Guy			8:10pm	Fierce					11:30pm	Nissan Match Choice
2:15am	Jackpot247	12:35am	Family Guy			9:15pm	Jackie Chan's First Strike					12:30am	Football
		1:05am	Family Guy			10:15pm	FYI Daily					1:00am	Football
		1:35am	American Dad!			10:20pm	Jackie Chan's First Strike					1:30am	Football
		2:05am	American Dad!			11:00pm	Rambo: First Blood Part II					2:00am	Cricket's Greatest
		2:35am	The Cleveland Show			12:00am	FYI Daily					2:30am	Cricket's Greatest
												3:00am	Rugby Gold
												3:10am	Rugby Gold
												3:20am	Live World Rugby
													Sevens: Hong Kong

Living with the good life

Cassandra Nash

A weekly look

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

THE frugal will ever suspect flamboyant spend-thrifts and Eurogroup president Jeroen Dijsselbloem accused Spain of squandering Brussels money on "wine and women."

Speaking in the national parliament Ciudadanos leader Albert Rivera agreed that money was wasted, but it went on corruption, empty motorways and closed airports.

Admittedly, the population once enjoyed a slight trickle-down effect but it was largely a trickle-up process that has made the rich richer and the poor, poorer.

Forget ideology

THE PSOE crisis is about politicians, not politics. The party has been leaderless since its then secretary general Pedro Sanchez was manoeuvred into jumping before he was pushed last October.

Now it's time to choose his successor in a three-way stretch between Susana Diaz, Patxi Lopez and Sanchez.

They parrot their patter, lay out their wares and produce a magic formula for bringing the PSOE out of the shadows to bask in the sunny warmth of voter approval.

With primaries in view they are not trying to convince voters but must preach to the converted, the paid-up party militants who want doctrine not promises.

They should spare their



JEROEN DIJSSELBLOEM: Eurogroup president.

Photo by Wikimedia

breath and if the membership wants the PSOE to have an outside chance in any election they should forget ideology and choose the person most likely to rake in votes.

Staying power

SUSANA DIAZ won Andalusia's regional election shored up by Ciudadanos, Lopez another with PP (yes PP!) votes in the Basque Region. And Pedro Sanchez won nothing at all, apart from the 2014 primaries.

Both his parliamentary seats were inherited, his by default after those preceding him on the PSOE's closed candidates' lists dropped out.

On the face of it - and Sanchez's is a pleasant face - he had everything going for him as secretary general. Instead he brings to mind the winner of a television talent contest whose career nosedives after early triumph. It takes talent to get to the top but it needs more than talent to stay there.

A salutary lesson to be learnt

JEREMY CORBYN, is a salutary example of what happens when the membership chooses the party leader. And we probably have him to thank for Brexit as his Remain campaign fell flat and lacked an ounce of passion, possibly because his famed integrity made him reluctant to align with Cameron & Co.

Corbyn is a politician whose credentials look good on paper, who remains faithful to his beliefs and does a thoroughly mediocre job of leading the UK's Socialist party. A photo of him should be prominent wherever PSOE primaries are held.



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<div>BBCone</div>		<div>BBC TWO</div>		<div>BBCFOUR</div>		<div>CHANNEL 4</div>		<div>CHANNEL 5</div>		<div>4</div>		<div>sky SPORTS 1</div>	
7:00am	Breakfast	7:05am	The Beechgrove Garden	8:00pm	Britain at War	7:15am	King of Queens	7:00am	Milkshake!	7:00am	Rude(Ish) Tube	7:00am	Football
8:30am	Match of the Day				<i>Documentary looking at Imperial War Museums in the centenary year of its establishment.</i>	7:40am	King of Queens	11:00am	Teenage Mutant Ninja Turtles	7:30am	Couples Come Dine with Me	7:30am	Football
10:00am	The Andrew Marr Show	7:35am	Around the World in 80 Gardens			8:05am	King of Queens					8:00am	Football
				9:00pm	Teenage Tommies	8:30am	Everybody Loves Raymond	11:35am	Football on 5	8:30am	Couples Come Dine with Me	8:30am	Football
11:00am	The Big Questions	8:35am	Gardeners' World	10:00pm	Horizon			12:30pm	Football on 5			9:00am	Football
12:00pm	Wanted Down Under	9:05am	Countryfile		<i>Horizon looks at the strange patterns of weather seen in recent years.</i>	9:00am	Everybody Loves Raymond	1:00pm	The Gadget Show	9:30am	Hollyoaks Omnibus	9:30am	Football
1:00pm	Bargain Hunt		<i>News and stories concerning the heart of the British countryside.</i>					2:00pm	Police Interceptors	12:00pm	Made in Chelsea	10:00am	The Sunday Supplement
2:00pm	BBC News			11:00pm	Radio 2 Folk Awards 2017	9:30am	Frasier	3:00pm	Free Birds	1:00pm	To be Announced		
2:10pm	Weather for the Week Ahead	10:15am	Saturday Kitchen	12:00am	Arena	10:00am	Frasier	4:40pm	Fool's Gold	3:00pm	The Goldbergs	11:30am	Goals on Sunday
				1:30am	The Story of Maths	10:30am	Sunday Brunch	6:45pm	P.S. I Love You	3:30pm	The Goldbergs	1:30pm	Live Nissan Super Sunday Pre-Match
2:15pm	Homes Under the Hammer				<i>Four-part series about the history of mathematics, presented by Oxford professor Marcus du Sautoy.</i>	1:30pm	The Simpsons		<i>Romantic comedy about a widow who tries to come to terms with her husband's death by following ten instructions he has left for her.</i>	4:00pm	The Goldbergs	2:30pm	Live Nissan Super Sunday
3:15pm	Countryfile Spring Diaries	11:45am	Triathlon World Series	2:30am	The Bermuda Triangle: Beneath the Waves	1:55pm	The Simpsons			4:30pm	Black-Ish		<i>Sunderland v Manchester United.</i>
4:00pm	Flog It!		<i>Gold Coast Highlights.</i>			2:25pm	Gogglesprogs	9:00pm	Cutest Puppies Make You Laugh Out Loud	5:00pm	Baby Daddy	4:30pm	Live Nissan Super Sunday
5:00pm	Escape to the Country	1:15pm	MOTD2 Extra	3:30am	Exposed	3:30pm	Formula 1			5:30pm	Brooklyn Nine-Nine		
			<i>MOTD2 Extra presents the latest football action.</i>		<i>Magicians, Psychics and Frauds - Storyville.</i>	5:45pm	The Boxtrolls	9:55pm	5 News	6:00pm	Brooklyn Nine-Nine	4:30pm	Live Nissan Super Sunday
6:00pm	Songs of Praise	2:00pm	Tennis			7:35pm	Channel 4 News	10:00pm	When Chat Shows Go Horribly Wrong	6:30pm	The Big Bang Theory		
6:35pm	Galapagos		<i>Coverage of the latest tennis action.</i>			8:00pm	Kevin Mccloud's Escape to the Wild	1:00am	One Night with My Ex	7:00pm	The Big Bang Theory	8:00pm	Masters - Live
7:35pm	BBC News	7:30pm	Golf					2:00am	Super Casino	7:30pm	The Big Bang Theory		<i>The final day of the Masters at Augusta National Golf Club, Georgia.</i>
7:50pm	Regional News		<i>All the action from the latest Golfing events.</i>			9:00pm	Spying on the Royals	4:10am	Law and Order: Criminal Intent	8:00pm	The Big Bang Theory	8:00pm	
7:55pm	Weather	1:00am	The Tempest			10:00pm	Homeland			8:30pm	The Big Bang Theory		
8:00pm	Countryfile	2:40am	Question Time			11:00pm	Gogglebox	5:00am	Criminals Caught on Camera	9:00pm	The Big Bang Theory	2:00am	Goals on Sunday
9:00pm	Antiques Roadshow	3:40am	Holby City			12:00am	8 Out of 10 Cats	5:50am	House Doctor	10:00pm	Marvel's Agents of S.H.I.E.L.D.	3:00am	The Premier League Years
10:00pm	Line of Duty	4:40am	This is BBC Two										
11:00pm	BBC News					1:00am	The Guard			11:00pm	Tattoo Fixers		
11:20pm	Regional News					2:45am	Great British Buildings			12:00am	E4's Tattoo Artist of the Year	1:30am	Masters Official Film
11:25pm	Weather					3:45am	Isis and the Battle for Iraq						<i>The story of the 1995 Masters from Augusta National Golf Club</i>
11:30pm	Match of the Day 2					4:40am	Unreported World			1:00am	Celebrity First Dates		
12:30am	I'm Different: Let Me Drive					5:05am	Building the Dream			2:05am	Naked Attraction		
										3:10am	Bizarre ER		
										4:00am	Marvel's Agents of S.H.I.E.L.D.		
<div>itv</div>		<div>itv2</div>		<div>itv3</div>		<div>itv4</div>		<div>sky CINEMA ACTION & ADVENTURE</div>		<div>sky CINEMA PREMIERE</div>		<div>sky SPORTS 2</div>	
7:00am	CITV	7:00am	You've Been Framed!	7:00am	On the Buses	7:10am	British Touring Car Championship	1:05pm	The Lord of the Rings: The Return of the King	7:00am	London Town	7:00am	Live World Rugby
10:25am	ITV News	7:20am	Emmerdale Omnibus	7:25am	The Railway Children		Highlights			8:45am	Ghost in the Shell: Special		Sevens:Hong Kong
10:30am	Countrywise	10:00am	Coronation Street Omnibus	8:25am	FYI Daily	8:25am	World Superbike	4:30pm	Independence Day			11:00am	Cricket's Greatest
11:00am	Secret Dealers			8:30am	The Railway Children		Highlights	7:05pm	I Am Legend	9:15am	Pete's Dragon	11:30am	Cricket's Greatest
12:00pm	Wild Australia with Ray Mears	12:30pm	Ant and Dec's Saturday Night Takeaway	9:35am	Heartbeat	9:25am	British Superbike	9:00pm	John Wick		<i>A young boy orphaned by a car crash and left alone in a forest befriends a giant, fire-breathing dragon.</i>	12:00pm	Cricket's Greatest
				10:35am	Heartbeat		Highlights	10:50pm	The Lord of the Rings: The Return of the King			12:30pm	Sporting Triumphs
12:30pm	ITV News and Weather	2:00pm	Zawesome	11:35am	Murder, She Wrote	10:25am	Counting Cars					12:45pm	Sporting Triumphs
12:40pm	Who's Doing the Dishes?	2:05pm	Guidance	12:40pm	Heidi	10:55am	Pawn Stars	2:10am	13 Hours: The Secret Soldiers of Benghazi			1:00pm	Football
1:45pm	The Chase	2:40pm	Fame High	2:40pm	Sherlock Holmes	11:20am	Pawn Stars	4:40am	Tora! Tora! Tora!	11:10am	Wild Oats	4:00pm	Spanish Football Gold
2:45pm	Goldfinger	3:00pm	L.A. Story	4:55pm	Agatha Christie's Marple	11:50am	Pawn Stars				<i>Breezy comedy about two best friends who decide to take full advantage of a life insurance mix-up.</i>	4:10pm	Football
4:55pm	An Evening with Take That	3:15pm	Side Effects			12:15pm	Pawn Stars					6:10pm	Spanish Football Gold
		3:45pm	Mr. Bean	7:00pm	Midsomer Murders	12:45pm	Pawn Stars					6:25pm	Football
6:00pm	Little Big Shots	4:20pm	Mr. Bean	9:00pm	Paul O'Grady: For The Love of Dogs	1:15pm	Pawn Stars					8:25pm	Spanish Football Gold
7:00pm	Local News and Weather	4:50pm	Liar Liar	9:30pm	Paul O'Grady: For The Love of Dogs	1:45pm	The Land That Time Forgot						
		5:50pm	FYI Daily	10:00pm	Sunday Night at the Palladium	2:45pm	FYI Daily					8:40pm	Football
7:10pm	ITV News and Weather	5:55pm	Liar Liar			2:50pm	The Land That Time Forgot					10:40pm	Spanish Football Gold
7:30pm	Harry Hill's Alien Fun Capsule	6:35pm	The Lord of the Rings: The Fellowship of the Ring	11:00pm	Les Dawson Forever: Ep	3:40pm	The Alamo					10:50pm	Spanish Football Gold
8:00pm	5 Gold Rings					4:40pm	FYI Daily						
9:00pm	Vera	7:35pm	FYI Daily	12:05am	Elizabeth: The Golden Age	4:45pm	The Alamo					11:00pm	Football
11:00pm	ITV News and Weather	7:40pm	The Lord of the Rings: The Fellowship of the Ring	1:05am	FYI Daily	6:55pm	Fishing Impossible	1:30pm	Back to the Future Part III			11:30pm	Football
				1:10am	Elizabeth: The Golden Age	7:55pm	The Big Fish Off	3:30pm	Bad Neighbours 2			12:00am	Goals on Sunday
11:20pm	The Nightly Show	10:00pm	Horrible Bosses	2:20am	A Touch of Frost	9:00pm	Rugby	5:10pm	Drillbit Taylor			1:00am	Football
	Best Bits	11:00pm	FYI Daily	4:00am	May the Best House Win	10:00pm	The Deer Hunter	7:00pm	Magic Mike XXL	5:20pm	Pete's Dragon	1:30am	Football
11:45pm	The Cube	11:05pm	Horrible Bosses			11:05pm	FYI Daily	9:00pm	Bad Neighbours 2	7:15pm	Wild Oats	2:00am	Indian Premier League Highlights
12:45am	Aviva Premiership Rugby Highlights	12:05am	Family Guy	4:55am	May the Best House Win	11:10pm	The Deer Hunter	10:40pm	Planes, Trains and Automobiles	9:00pm	The Conjuring 2		
		12:35am	Family Guy			1:45am	River Monsters			11:15pm	Central Intelligence	3:00am	Indian Premier League Highlights
		1:00am	Family Guy			2:50am	Fifth Gear	12:20am	Office Space	1:15am	K-Shop		

Advertising feature

Relieve your arthritis pain with copper

THE popular Original Copper Heeler® can now be purchased locally across the region from the Benidorm market on a Wednesday, the Alley Palais in Camposol every Friday, Playa Flamenca market on a Saturday and the Zoco market near Benijofar on a Sunday.

It means the Copper Heelers are now more accessible than ever making it even easier to get you on the road to being pain free from arthritis.

The Copper Heeler® was developed by Professor Singer, an orthopaedic technician with over 40 years of experience, who wanted to find a natural, drug free pain relief solution to arthritis. It took him 18 months to develop and is an ultra thin insole that is moulded to the shape of the foot. It is light-weight for maximum comfort and initial trials proved tremendously successful in providing relief from arthritis.

Worldwide, an estimated nine million people are using heelers to relieve their pain, some with fantastic results such as Jean Davies. Doctors cancelled a hip replacement operation for the 72-year-old



COPPER HEELERS: Now on sale at markets across the Costa Blanca.

after a pair of copper insoles are believed to have cured her arthritis. She became pain free six weeks after starting to wear the copper

heelers and doctors said her operation was no longer needed.

This is just one of the many testimonies of users of The Original

Copper Heeler® which are available on the Costa Blanca and throughout Spain, with many happy customers reporting a positive re-

sult after wearing them.

But why is copper so effective? At least 20 per cent of the population suffers from a deficiency of copper which is an essential nutrient for well-being. Arthritis is associated with a deficiency of copper so by getting more copper in to the body, arthritis pain can be eased.

When copper comes into contact with the skin it forms chemical compounds called chelates, which play an important role in oxygen transportation. The 250,000 sweat glands on the soles of the feet provide an ideal environment for optimum copper absorption.

The Original Copper Heeler® provides a convenient and comfortable way of encouraging copper into the body, it is then circulated and targets pain throughout the entire body.

For more information or to purchase online visit www.copperheeler.es or call 966 763 770.

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Visit: www.copperheeler.es
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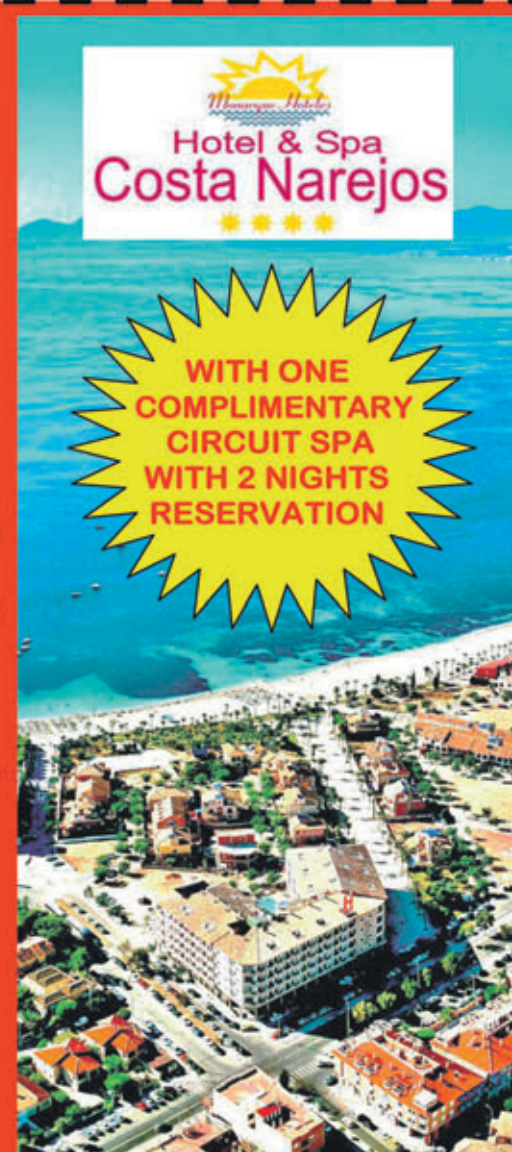
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BBC one

10:15am	Animal Park Easter Special
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	Peter Kay's Car Share
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 News for You

BBC TWO

8:15am	Money for Nothing
9:00am	Antiques Roadshow
10:00am	Victoria Derbyshire
12:00pm	BBC Newsroom Live
2:00pm	Two Tribes
2:30pm	Holiday of My Lifetime
3:00pm	Who Do You Think You Are?
4:00pm	More Creatures Great and Small
4:30pm	Natural World
5:15pm	Attenborough and the Giant Egg
6:15pm	Antiques Road Trip
7:00pm	Eggheads
7:30pm	The Repair Shop
8:00pm	Mary Berry's Easter Feast
9:00pm	University Challenge
9:30pm	Grand Tours of Scotland
10:00pm	Amazing Hotels: Life Beyond the Lobby
11:00pm	QI
11:30pm	Newsnight
12:10am	Weather
12:15am	Second Chance
1:15am	Versailles
2:10am	Countryfile

BBC FOUR

8:00pm	100 Days
8:30pm	The Beauty of Anatomy
9:00pm	Yellowstone
10:00pm	Blazes and Brigades: The Story of the Fire Service
11:00pm	The Bridge: Fifty Years across the Forth
12:00am	Oceans
1:00am	Everyday Miracles: The Genius of Sofas, Stockings and Scanners
2:00am	The Toilet: An Unspoken History
3:00am	Bright Lights, Brilliant Minds: A Tale of Three Cities
4:00am	Blazes and Brigades: The Story of the Fire Service

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
12:05pm	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	French Collection
6:00pm	Couples Come Dine with Me
7:00pm	The Simpsons
7:30pm	Hollyoaks
8:00pm	Channel 4 News
9:00pm	Warship
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

CHANNEL 5

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
4:15pm	Damaged
6:00pm	5 News
6:30pm	Neighbours
7:00pm	Home and Away
7:30pm	5 News
8:00pm	MotoGP
9:00pm	Police Interceptors
10:00pm	Inside the Tube: Going Underground
11:00pm	All New Traffic Cops
12:00am	Hummingbird
2:00am	Super Casino
	<i>Feeling lucky? Get the authentic, heart-thumping casino experience every night.</i>

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	Brooklyn Nine-Nine
5:30pm	Brooklyn Nine-Nine
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	Good Morning Sports Fans
8:00am	Good Morning Sports Fans
9:00am	Good Morning Sports Fans
10:00am	Football
11:00am	Premier League Daily
12:00pm	Football
12:30pm	Football
1:00pm	Goals on Sunday
2:00pm	Football
2:30pm	Football
3:00pm	Premier League Legends
3:30pm	Premier League Legends
4:00pm	Goals on Sunday
5:00pm	Football
5:30pm	Football
6:00pm	Premier League 100 Club
6:30pm	Football
7:00pm	Football
7:30pm	Soccer AM: The Best Bits 2016/17
8:00pm	Football
12:00am	Scottish Football Round Up
12:15am	Football Gold
12:30am	Soccer AM: The Best Bits 2016/17

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	Devon and Cornwall Cops
9:30pm	Coronation Street
10:00pm	Broadchurch
11:00pm	The Nightly Show
11:30pm	ITV News
12:15am	Robson Green's Tales From the Coast
1:15am	The Nightly Show
1:40am	Jackpot247
4:00am	The Jeremy Kyle Show
4:55am	Nightscreen

itv2

7:00am	Planet's Funniest Animals
7:10am	You've Been Framed!
7:35am	Below Deck
8:20am	The Ellen DeGeneres Show
9:00am	Emmerdale
9:30am	Coronation Street
10:00am	Coronation Street
10:30am	Below Deck
11:25am	The Hot Desk
11:40am	Bean
12:40pm	FYI Daily
12:45pm	Bean
1:25pm	Emmerdale
1:55pm	Coronation Street
2:30pm	Coronation Street
3:00pm	The Ellen DeGeneres Show
3:50pm	The Jeremy Kyle Show
4:55pm	The Jeremy Kyle Show
6:00pm	Judge Rinder
7:00pm	You've Been Framed!
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
11:50am	Road to Avonlea
12:55pm	The Darling Buds of May
2:05pm	Heartbeat
3:05pm	The Royal
4:05pm	Where the Heart is
5:15pm	You're Only Young Twice
5:50pm	On the Buses
6:20pm	On the Buses
6:55pm	Heartbeat
8:00pm	Murder, She Wrote
9:00pm	Doc Martin
10:00pm	The Suspicions of Mr Whicher
12:05am	Appropriate Adult
1:35am	Wycliffe
3:00am	ITV3 Nightscreen
3:30am	Teleshopping

itv4

7:00am	The Sweeney
7:50am	Hogan's Heroes
8:20am	Hogan's Heroes
8:45am	The Professionals
9:50am	Ironsides
10:50am	The Sweeney
11:55am	The Chase
12:55pm	Counting Cars
1:25pm	Pawn Stars
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
7:05pm	Pawn Stars
7:35pm	Pawn Stars
8:00pm	Pawn Stars
8:30pm	Pawn Stars
8:55pm	The Chase: Celebrity Special
10:00pm	Clear and Present Danger
11:00pm	FYI Daily
11:05pm	Clear and Present Danger
12:50am	Bundesliga
1:50am	Rugby
2:55am	The Professionals

sky CINEMA ACTION & ADVENTURE

7:10am	Marvel's Avengers Assemble
9:35am	Barely Lethal
11:20am	Hyena Road
1:30pm	Lawrence of Arabia
5:10pm	Tomorrowland
7:30pm	Marvel's Avengers Assemble
10:00pm	The Mummy
12:15am	Cloverfield
1:45am	The Mummy
4:00am	Con Air

sky CINEMA COMEDY

9:25am	The Cable Guy
11:10am	The Man
12:40pm	Ghostbusters: Special
1:10pm	Ghostbusters
3:10pm	How to be Single
5:10pm	The Top Ten Show 2017
5:30pm	Year One
7:15pm	Crocodile Dundee
9:00pm	Ghostbusters
11:00pm	How to be Single
1:00am	Bad Bromance
2:45am	Jackass: The Movie
4:20am	Stage Fright

sky CINEMA PREMIERE

7:00am	Winter
	<i>A father consumed by grief must come to terms with an emotional breakdown in order to save his relationship with his two young sons.</i>
8:35am	London Town
10:15am	Wild Oats
11:50am	Pete's Dragon
1:40pm	The Conjuring 2
4:00pm	Date and Switch
5:35pm	Wild Oats
7:10pm	Pete's Dragon
9:00pm	The Conjuring 2
11:20pm	House of Manson
	<i>Unflinching biographical drama charting the life of Charles Manson, from his early years to the Tate-LaBianca slayings and his eventual imprisonment.</i>
1:05am	Date and Switch
2:40am	K-Shop
4:50am	London Town

sky SPORTS 2

7:00am	Cricket Classics
8:00am	WWE Raw
9:00am	Goals on Sunday
10:00am	Indian Premier League Highlights
11:00am	Indian Premier League Highlights
12:00pm	Sporting Heroes
1:00pm	Cricket Classics
2:00pm	Indian Premier League Highlights
3:00pm	Indian Premier League Highlights
4:00pm	Live Indian Premier League
8:30pm	Spanish Football Gold
8:40pm	Football
10:40pm	Spanish Football Gold
10:50pm	Spanish Football Gold
11:00pm	International Bowls 2017 Highlights
12:00am	Cricket's Greatest
12:30am	Super League Fulltime 2017
1:00am	International Bowls 2017 Highlights
2:00am	Cricket Classics

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BBC one

10:15am	Animal Park Easter Special
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	Peter Kay's Car Share
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 News for You

BBC TWO

8:15am	Money for Nothing
9:00am	Antiques Roadshow
10:00am	Victoria Derbyshire
12:00pm	BBC Newsroom Live
2:00pm	Two Tribes
2:30pm	Holiday of My Lifetime
3:00pm	Who Do You Think You Are?
4:00pm	More Creatures Great and Small
4:30pm	Natural World
5:15pm	Attenborough and the Giant Egg
6:15pm	Antiques Road Trip
7:00pm	Eggheads
7:30pm	The Repair Shop
8:00pm	Mary Berry's Easter Feast
9:00pm	University Challenge
9:30pm	Grand Tours of Scotland
10:00pm	Amazing Hotels: Life Beyond the Lobby
11:00pm	QI
11:30pm	Newsnight
12:10am	Weather
12:15am	Second Chance
1:15am	Versailles
2:10am	Countryfile

BBC FOUR

8:00pm	100 Days
8:30pm	The Beauty of Anatomy
9:00pm	Yellowstone
10:00pm	Blazes and Brigades: The Story of the Fire Service
11:00pm	The Bridge: Fifty Years across the Forth
12:00am	Oceans
1:00am	Everyday Miracles: The Genius of Sofas, Stockings and Scanners
2:00am	The Toilet: An Unspoken History
3:00am	Bright Lights, Brilliant Minds: A Tale of Three Cities
4:00am	Blazes and Brigades: The Story of the Fire Service

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
12:05pm	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	French Collection
6:00pm	Couples Come Dine with Me
7:00pm	The Simpsons
7:30pm	Hollyoaks
8:00pm	Channel 4 News
9:00pm	Warship
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

CHANNEL 5

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
4:15pm	Damaged
6:00pm	5 News
6:30pm	Neighbours
7:00pm	Home and Away
7:30pm	5 News
8:00pm	MotoGP
9:00pm	Police Interceptors <i>Documentary series profiling the work of a high-speed police interception unit in Essex.</i>
10:00pm	Inside the Tube: Going Underground
11:00pm	All New Traffic Cops
12:00am	Hummingbird
2:00am	Super Casino <i>Feeling lucky? Get the authentic, heart-thumping casino experience every night.</i>

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	Brooklyn Nine-Nine
5:30pm	Brooklyn Nine-Nine
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	Good Morning Sports Fans
8:00am	Good Morning Sports Fans
9:00am	Good Morning Sports Fans
10:00am	Football
11:00am	Premier League Daily
12:00pm	Football
12:30pm	Football
1:00pm	Goals on Sunday
2:00pm	Football
2:30pm	Football
3:00pm	Premier League Legends
3:30pm	Premier League Legends
4:00pm	Goals on Sunday
5:00pm	Football
5:30pm	Football
6:00pm	Premier League 100 Club
6:30pm	Football
7:00pm	Football
7:30pm	Soccer AM: The Best Bits 2016/17
8:00pm	Football
12:00am	Scottish Football Round Up
12:15am	Football Gold
12:30am	Soccer AM: The Best Bits 2016/17

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	Devon and Cornwall Cops
9:30pm	Coronation Street
10:00pm	Broadchurch
11:00pm	The Nightly Show
11:30pm	ITV News
12:15am	Robson Green's Tales From the Coast
1:15am	The Nightly Show
1:40am	Jackpot247
4:00am	The Jeremy Kyle Show
4:55am	Nightscreen

itv2

7:00am	Planet's Funniest Animals
7:10am	You've Been Framed!
7:35am	Below Deck
8:20am	The Ellen DeGeneres Show
9:00am	Emmerdale
9:30am	Coronation Street
10:00am	Coronation Street
10:30am	Below Deck
11:25am	The Hot Desk
11:40am	Bean
12:40pm	FYI Daily
12:45pm	Bean
1:25pm	Emmerdale
1:55pm	Coronation Street
2:30pm	Coronation Street
3:00pm	The Ellen DeGeneres Show
3:50pm	The Jeremy Kyle Show
4:55pm	The Jeremy Kyle Show
6:00pm	Judge Rinder
7:00pm	You've Been Framed!
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
11:50am	Road to Avonlea
12:55pm	The Darling Buds of May
2:05pm	Heartbeat
3:05pm	The Royal
4:05pm	Where the Heart is
5:15pm	You're Only Young Twice
5:50pm	On the Buses
6:20pm	On the Buses
6:55pm	Heartbeat
8:00pm	Murder, She Wrote
9:00pm	Doc Martin
10:00pm	The Suspicions of Mr Whicher
12:05am	Appropriate Adult
1:35am	Wycliffe
3:00am	ITV3 Nightscreen
3:30am	Teleshopping

itv4

7:00am	The Sweeney
7:50am	Hogan's Heroes
8:20am	Hogan's Heroes
8:45am	The Professionals
9:50am	Ironsides
10:50am	The Sweeney
11:55am	The Chase
12:55pm	Counting Cars
1:25pm	Pawn Stars
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
7:05pm	Pawn Stars
7:35pm	Pawn Stars
8:00pm	Pawn Stars
8:30pm	Pawn Stars
8:55pm	The Chase: Celebrity Special
10:00pm	Clear and Present Danger
11:00pm	FYI Daily
11:05pm	Clear and Present Danger
12:50am	Bundesliga
1:50am	Rugby
2:55am	The Professionals

sky CINEMA ACTION & ADVENTURE

7:10am	Marvel's Avengers Assemble
9:35am	Barely Lethal
11:20am	Hyena Road
1:30pm	Lawrence of Arabia
5:10pm	Tomorrowland
7:30pm	Marvel's Avengers Assemble
10:00pm	The Mummy
12:15am	Cloverfield
1:45am	The Mummy
4:00am	Con Air

sky CINEMA COMEDY

9:25am	The Cable Guy
11:10am	The Man
12:40pm	Ghostbusters: Special
1:10pm	Ghostbusters
3:10pm	How to be Single
5:10pm	The Top Ten Show 2017
5:30pm	Year One
7:15pm	Crocodile Dundee
9:00pm	Ghostbusters
11:00pm	How to be Single
1:00am	Bad Bromance
2:45am	Jackass: The Movie
4:20am	Stage Fright

sky CINEMA PREMIERE

7:00am	Winter <i>A father consumed by grief must come to terms with an emotional breakdown in order to save his relationship with his two young sons.</i>
8:35am	London Town
10:15am	Wild Oats
11:50am	Pete's Dragon
1:40pm	The Conjuring 2
4:00pm	Date and Switch
5:35pm	Wild Oats
7:10pm	Pete's Dragon
9:00pm	The Conjuring 2
11:20pm	House of Manson <i>Unflinching biographical drama charting the life of Charles Manson, from his early years to the Tate-LaBianca slayings and his eventual imprisonment.</i>
1:05am	Date and Switch
2:40am	K-Shop
4:50am	London Town

sky SPORTS 2

7:00am	Cricket Classics
8:00am	WWE Raw
9:00am	Goals on Sunday
10:00am	Indian Premier League Highlights
11:00am	Indian Premier League Highlights
12:00pm	Sporting Heroes
1:00pm	Cricket Classics
2:00pm	Indian Premier League Highlights
3:00pm	Indian Premier League Highlights
4:00pm	Live Indian Premier League
8:30pm	Spanish Football Gold
8:40pm	Football
10:40pm	Spanish Football Gold
10:50pm	Spanish Football Gold
11:00pm	International Bowls 2017 Highlights
12:00am	Cricket's Greatest
12:30am	Super League Fulltime 2017
1:00am	International Bowls 2017 Highlights
2:00am	Cricket Classics

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BBC one

7:00am	Breakfast
10:15am	Animal Park Easter Special
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	Reported Missing (w/t)
11:00pm	BBC News
11:30pm	Regional News
11:40pm	Weather
11:45pm	Car Share
12:15am	A Question of Sport
12:45am	Child of Our Time
1:15am	Weather for the Week Ahead
1:20am	BBC News

BBC TWO

7:30am	The Sheriffs are Coming
8:15am	Money for Nothing
9:00am	Mary Berry Everyday
9:30am	Grand Tours of the Scottish Islands
10:00am	Victoria Derbyshire
12:00pm	BBC News
1:00pm	Cycling: World Track Championships
3:30pm	Who Do You Think You Are?
4:30pm	Orangutans: The Great Ape Escape
5:15pm	Attenborough: 60 Years in the Wild
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
11:00pm	Summer: Tuscany
11:30pm	Rhod Gilbert's Work Experience
11:30pm	Newsnight
12:10am	Weather
12:15am	Obesity
1:15am	Versailles
2:10am	MasterChef
3:05am	The Best of British Takeaways

BBC FOUR

8:00pm	100 Days
8:30pm	Into the Wind
9:00pm	Nature's Wonderlands: Islands of Evolution <i>Nature series investigating why islands are natural laboratories of evolution, and meeting some of the unique and remarkable species that live on them.</i>
10:00pm	Can We Live Forever? The Big Think
11:00pm	The Beginning and End of the Universe
12:00am	Servants: The True Story of Life Below Stairs
1:00am	Sappho: Love and Life on Lesbos with Margaret Mountford
2:00am	1066: A Year to Conquer England
3:00am	Nature's Wonderlands: Islands of Evolution
4:00am	Can We Live Forever? The Big Think

CHANNEL 4

7:00am	Countdown
7:45am	King of Queens
8:10am	King of Queens
8:35am	King of Queens
9:00am	Everybody Loves Raymond
9:35am	Everybody Loves Raymond
10:05am	Frasier
10:35am	Frasier
11:05am	Undercover Boss USA
12:05pm	Ramsay's Kitchen Nightmares USA
1:00pm	Channel 4 News
1:05pm	Vet on the Hill
2:05pm	Posh Pawn
3:10pm	Countdown
4:00pm	Fifteen to One
5:00pm	French Collection
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	The Knowledge
11:00pm	My Online Nightmare
12:05am	One Born Every Minute
1:10am	House of Quads
2:05am	Black Swan

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
3:20pm	NCIS
4:20pm	Deadly Daycare
6:00pm	5 News
6:30pm	Neighbours
7:00pm	Home and Away
7:30pm	5 News
8:00pm	Ancient Mysteries: Dead Sea Treasure Map
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	Criminals Caught on Camera
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
10:00am	Last Man Standing
11:00am	Charmed
1:00pm	How I Met Your Mother
1:30pm	How I Met Your Mother
2:00pm	The Goldbergs
2:30pm	The Goldbergs
3:00pm	The Big Bang Theory
3:30pm	The Big Bang Theory
4:00pm	How I Met Your Mother
4:30pm	How I Met Your Mother
5:00pm	Brooklyn Nine-Nine
5:30pm	Brooklyn Nine-Nine
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

sky SPORTS 1

7:00am	Good Morning Sports Fans
10:00am	Premier League Review
11:00am	Premier League Daily
12:00pm	Premier League Legends
1:00pm	Premier League Review
2:00pm	Great Sporting Moments
2:15pm	Great Sporting Moments
3:00pm	Premier League Legends
3:30pm	Premier League Legends
4:00pm	Live Indian Premier League
8:30pm	Burns Night Again
8:45pm	Ricky Burns: My Greatest Night
9:15pm	Burns Night Again
9:30pm	Barclays Premier League World
10:00pm	Premier League Review
11:00pm	Barclays Premier League World
11:30pm	Premier League Legends
12:00am	Premier League Review

itv

7:00am	Good Morning Britain
9:30am	Lorraine
10:25am	The Jeremy Kyle Show
11:30am	This Morning
1:30pm	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
	<i>Popular long-running soap opera, set in a Yorkshire village.</i>
8:30pm	Coronation Street
9:00pm	Little Big Shots
10:00pm	Benidorm
11:00pm	The Nightly Show
11:30pm	ITV News
12:15am	UEFA Champions League Highlights
1:15am	British Touring Car Championship Highlights
2:35am	Jackpot247
4:00am	1000 Heartbeats

itv2

7:00am	Planet's Funniest Animals
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!
10:30am	Below Deck
11:25am	Step Up 2: The Streets
12:25pm	FYI Daily
12:30pm	Step Up 2: The Streets
1:25pm	Emmerdale
1:55pm	Funniest Ever You've Been Framed! Gold
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!
8:30pm	You've Been Framed!
9:00pm	Two and a Half Men
9:30pm	Two and a Half Men
10:00pm	Knocked Up
11:00pm	FYI Daily
11:05pm	Knocked Up
12:35am	Family Guy
1:05am	Family Guy

itv3

7:00am	You're Only Young Twice
7:25am	Heartbeat
	<i>Drama, set in the North Yorkshire moors in the 1960's.</i>
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
3:05pm	The Royal
4:10pm	Where the Heart is
5:15pm	You're Only Young Twice
5:50pm	You're Only Young Twice
6:20pm	On the Buses
6:55pm	Heartbeat
8:00pm	Murder, She Wrote
	<i>Drama series about a sleuthing writer who solves murder mysteries.</i>
9:00pm	Lewis
11:00pm	A Touch of Frost
1:00am	A Touch of Frost
3:10am	ITV3 Nightscreen
3:30am	Teleshopping

itv4

7:00am	The Sweeney
7:50am	Hogan's Heroes
8:20am	Hogan's Heroes
8:45am	The Professionals
	<i>Action-packed drama series about two criminal-intelligence agents.</i>
9:45am	Ironsides
10:50am	The Sweeney
11:50am	The Chase
12:50pm	Cash Cowboys
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	Cash Cowboys
8:00pm	Pawn Stars
8:30pm	Pawn Stars
9:00pm	River Monsters
10:00pm	Heartbreak Ridge
11:00pm	FYI Daily
11:05pm	Heartbreak Ridge
12:40am	Lethal Weapon
	<i>US drama series based on the film franchise.</i>
1:40am	The Big Fish Off
2:40am	Hogan's Heroes
3:10am	Hogan's Heroes

sky CINEMA ACTION & ADVENTURE

10:25am	Batman v Superman: Dawn of Justice
1:00pm	John Wick
2:50pm	Apollo 13
5:15pm	Spider-Man
7:20pm	The Scorpion King
9:00pm	Batman v Superman: Dawn of Justice
11:35pm	The Italian Job
1:30am	John Wick

sky CINEMA COMEDY

7:40am	Two Night Stand
9:10am	Top Secret
10:45am	Awkward Sexy People
12:30pm	Police Academy 6: City Under Siege
2:05pm	Walk Hard: The Dewey Cox Story
3:50pm	Billy Madison
5:25pm	Pixels
7:15pm	Vacation
9:00pm	Back to the Future
11:00pm	Back to the Future Part II
1:00am	Back to the Future Part III
3:00am	The Overnight

sky CINEMA PREMIERE

7:00am	Date and Switch
8:35am	Winter
10:10am	Pete's Dragon
12:00pm	The Conjuring 2
2:20pm	Wild Oats
4:00pm	Date and Switch
	<i>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.</i>
5:35pm	Dirty 30
7:10pm	Pete's Dragon
	<i>A young boy orphaned by a car crash and left alone in a forest befriends a giant, fire-breathing dragon.</i>
9:00pm	The Conjuring 2
	<i>Paranormal investigators Vera Farmiga and Patrick Wilson battle dark supernatural forces in London.</i>
11:20pm	The Brand New Testament
1:20am	Dirty 30

sky SPORTS 2

7:00am	Cricket Classics
8:00am	WWE Experience
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	Indian Premier League
4:00pm	Premier League Review
5:00pm	Sky Sports Years
6:00pm	Time of Our Lives
7:00pm	Premier League Review
8:00pm	Barclays Premier League World
8:30pm	Cricket Gold Shorts
8:40pm	Cricket Gold Shorts
8:50pm	Cricket Gold Shorts
9:00pm	Indian Premier League
	<i>Rising Pune Supergiant v Delhi Daredevils</i>
1:30am	Cricket's Greatest
2:00am	Cricket's Greatest
2:30am	Time of Our Lives
3:30am	Sporting Rivalries
4:00am	Cricket Classics
5:00am	Cricket's Greatest

LEGALLY SPEAKING

New campaign highlights the danger of mobiles

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.

THE DGT has launched a new campaign to stop people from using their mobile phones whilst driving.

The campaign has engaged the comedic skills of comedy group Tricicle, Joan Gracia, Paco Mir and Carles Sans, to deliver the message of the dangers of distractions during driving, especially the increasingly frequent use of mobile phones.

It is hoped by using humour to raise awareness of the dangers, the campaign will become a viral message spread across social media.

Minister of the Interior, Juan Ignacio Zoido said: "We want to universalise a simple, friendly and cordial gesture that serves to warn drivers or pedestrians who are using their mobile phone whilst driving or crossing the road, of the risk involved and there is no one better than Tricicle for expressing the message."

A video has been released to accompany the campaign with the simple message 'At the wheel, don't use your mobile' which is available on various social media accounts.

It is reported that distractions cause around 30 per cent of all fatal incidents, meaning that at least 500 people die each year in traffic incidents where distraction was a concurrent factor.

Mobile phone use is cited as the most frequent distraction, an action that is classified as a very dangerous practice by 94 per cent of drivers according to a study by the RACC.

Another survey of more than 6,000 young Europeans found that despite the danger, 43 per cent of young people admitted to using What-



MOBILES: A dangerous distraction.

sApp instant messaging service whilst driving.

When dialling a number on a phone in a vehicle travelling at 120km per hour, a distance of 429m is travelled, the equivalent of around four football fields. Whilst writing a message, your vehicle can travel 660m blind whilst you are distracted typing.

According to the AAA Foundation for Traffic Safety, sending messages has three forms of distraction; the actual visual distraction, the manual distraction of the fingers typing on the keypad and the mental distraction as drivers are concentrating on the message rather than the road. These combined can multiply the possibility of an accident by up to 23 times.

Zoido wants to encourage drivers to make a simple hand gesture to phone users they spot on the roads to remind them to hang up.

He added: "We have an important awareness ahead of the real risk of using the phone whilst driving. Nothing is so urgent it cannot wait a few minutes."

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

Must they take down their shed?

Q. WE bought a penthouse on the Costa del Sol in 2015. The complex originally had planning permission, but the Andalucian Junta had withdrawn this so the complex was not legal. However our solicitor informed us that this would not be a problem. The maintenance company never gave us a copy of the Complex rules, so we went ahead and built a small aluminium

room on the roof. Since then our estate agent has been contacted by the maintenance company and he said we would have to take down the room. If we do not, we will be taken to court. My question therefore is: If this is an illegal Complex building, are the Committee legal? Can they make us take down the room on the roof?

MT (Costa del Sol)

A. YOUR building may be 'illegal' but your Community of Property Owners is perfectly legal and, yes, they can order you to take down your shed-type construction on the roof.

David Searl

You and the Law in Spain

In fact, the roof area actually belongs to the Com-

munity, with 'exclusive use' assigned to you.

Properly, you should have requested permission from the Committee or the President before you put up any structure.

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

No-one will listen to you

Mike Senker

In my opinion

Views of a Grumpy Old Man



WE have a couple of apartments that we rent out. Nothing too amazing, but nice and clean and tidy and help give us a small income. When we first started to rent them out we did it online and all went very smoothly for many years. Mrs S has always handled all the enquiries herself and dealt directly with the clients. She paid the annual fee for the use of the site and all was good. If you paid a bit extra you could go higher up the list.

Then the site got taken over and things became slightly more complicated. A few more things were added to 'help' us get the best from our apartments but all was still OK. The company has been sold again and is now owned by Trivago, which is a mega travel company, and it's turned into a nightmare.

They have, as all big companies do, told us what is best for us but in fact it's not best for us at all, it's best for them. They want to handle all the bookings, they want to handle all the payments and pay us after the punters have left. Yeah right oh. And they tell us the customers prefer this way. Oh and on top of that they now not only charge us they charge the punter a service charge too. Of course, if

you try and speak to them about anything they do, as all big companies do now, is just to monotonically repeat the party line. They will not listen to anything you have to say and are very much of the take it or leave it attitude.

The amazing thing is that if you go online and see if there are any others who are asking the same questions as you, there are pages and pages of thousands of people all complaining about the same thing but which falls on deaf ears. The trouble is, as one company just gets absorbed into another, everything becomes controlled by these huge multi-million pound faceless entities. No-one will listen to you. It's their way or no way because they know they have a monopoly.

On top of all that there are the new rental laws which means we have had to put aircon into both apartments. We have to meet and greet every arrival, take copies of their passports which then have to be registered with the police who, by the way, have no clue what's going on.

There are many other things which make renting out a lot less attractive and a lot more hard work to do something that has worked very well for as many years as I can remember. It has been said that these new rules were brought in after the large hotels put pressure on the government. Who knows? It will be interesting to see how it all works.

Email me: mikesenker@gmail.com



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Advertising feature

Travellers club launches

IT is exciting times at Worldwide Horizons in La Zenia, as they launch their new venture; a travellers club for like-minded people on the Costa Blanca.

"The idea came after lots of comments from our customers, many of whom have known us for many many years, but perhaps their circumstances have changed, and they are now looking for like-minded companions to travel with," said Yvonne Hollywood of Worldwide Horizons: "Visiting another country, experiencing another culture, or simply indulging in some luxury R&R time can be a daunting experience if you are on your own."

"We would like to organise group outings and group holidays where people can mix, mingle and enjoy a new destination without the stress or worry of having to travel alone."

Yvonne explained there are many destinations and even some cruise companies who offer single cabins or single occupancy of hotel rooms, at no supplement. This can open up destinations that previously have been ruled out when costed out for one individual, but on the basis of a group travelling, or even just a few on specially negotiated rates, this can have a massive impact on reducing single supplements across the board.



TRAVELLERS CLUB: For like-minded customers who like to travel launches with Worldwide Horizons.

"Our aim is to hold a monthly meeting, find out what destinations really interest people and then get the ball rolling; get some dates, destinations and prices and see who wants to travel there. Through the group there would be the opportunity to team up with others that wish for the same type of holiday, and input from everyone as to what destinations they want on the list. The meetings will be fun and informal, and a great opportunity for people to mix and mingle."

"All the details of the proposed meetings will be available through our office, or online on our web page www.whtravel.es and also on our specially dedicated Facebook page 'Worldwide Travellers Costa Blanca'."

If you run a social club, a sports club, a singles club, a business club, the Worldwide Horizons team are always happy to come and talk to your members, show them what is available and tailor make any itinerary to suit.

They also have a new 'premium' service

consisting of first class rail travel and home to home limousine transfer to and from Alicante or any other destination. Unlike taxis, who have legal impediments for certain pick ups, or even the 'unlicensed' taxi service that is prevalent but uninsured, this is a 100 per cent legally operated limousine service that can offer door-to-door anywhere in the Costa Blanca. It has been a great success for those who have used it, and is sure to be one of their most requested services.

Combined with first class travel on either flight or train, this service really does ensure that you are 100 per cent looked after from start to finish of your journey.

For more information on any of the services or to receive up to date offers, contact the team at Worldwide Horizons, on 966 761 492 or email travel@whtravel.es or look for them on Facebook; Worldwide Horizons Travel Agency or Worldwide Travellers Costa Blanca. They will be happy to contact you to discuss any travel requests you have.

Worldwide Horizons
Centro Comercial Zenia Golf, La Zenia
Tel: 966 761 492
Email: travel@whtravel.es



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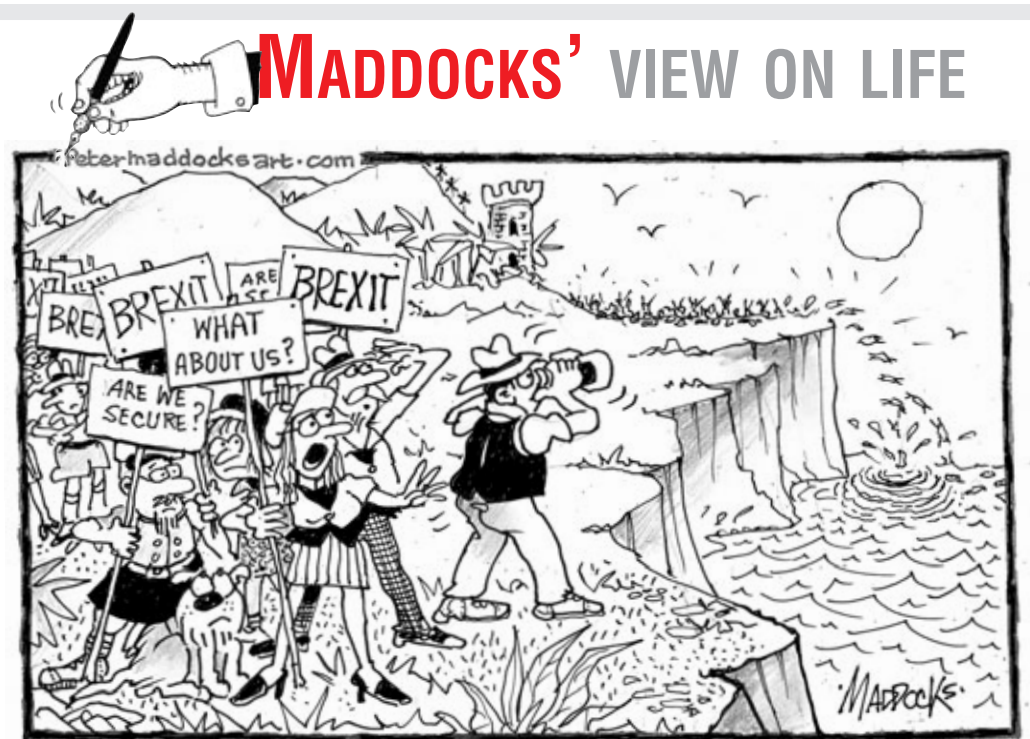
Kakuro

	15	29		26	9
9			3		
31			16		
	16				
13					3
26					
12			4		

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

LAST WEEK'S SOLUTION

14	8	32		32	8
5	9	18	8	2	
17	1	5	3	2	6
28	2	3	9	6	15
20	8	2	7	3	
24	6	1	4	5	8
9	2	6	6	4	2



'LOOK AGAIN ANTONIO - ARE YOU SURE THEY ARE ONLY LEMMINGS?'

Women's wit

I'm not offended by dumb blonde jokes because I know that I'm not dumb. I also know that I'm not blonde."
Dolly Parton

Famous quote

To write songs, I usually need a reason. Like not having any money."
Willie Nelson, Singer

World of English

Why do 'tug' boats push their barges?"

YOUR STARS FOR 7 DAYS

ARIES ♈ (March 21 - April 20)

Awkward situations usually bring out the best in you and this week proves that. In the longer term, you will be grateful to those making things difficult now.

this week could throw confusion into your ordered life. There is a partnership problem to be sorted out. Links with personal matters, however, make this tricky. Let some time pass so that someone close can get the message without feeling pressured.

LEO ♌

(July 24 - August 23)
Some loss of control over a project is irksome. A new start that seemed so promising seems to be going off course. A real injection of time and effort will make all the difference, however. Midweek, you see things going in the right direction again.

Keep finances simple and try not to combine business with pleasure.

VIRGO ♍

(August 24 - September 23)
You are holding a good hand. Deal with the right people and the rewards are high. There is potential for being cheated out of something that is morally yours, so it may be necessary to be 'difficult' or 'awkward' to get what you deserve. Some things you only get one shot at.

LIBRA ♎

(September 24 - October 23)
Being a brave and forthright soul, it is easy this week to dispel the negative thoughts of others. A relationship that makes you hesitate could be of great benefit to you. There is little to lose by 'going for it.' The outcome could be beyond your dreams, something that you have not had many of lately.

SCORPIO ♏

(October 24 - November 22)
Hidden forces are working away in the background. These give good and bad influences but life will not be dull this week. Sometimes you wish others would leave you alone more. Not that you are being anti-social. We all reach a point when we need space to think.

SAGITTARIUS ♐

(November 23 - December 21)
Petty arguments should be forgotten. More important things are afoot. Have you heard about fiddling while Rome burns? This may be you at the moment. Avoid wasting time with certain individuals and projects. A little extra effort in other directions, however, yields great results.

CAPRICORN ♑

(December 22 - January 20)
Avoiding a decision will not help this week. Who will deal with this matter but you? A relationship is threatened if you do not make a move. Will loved ones always be there for us no matter how much we neglect them? Why take such a chance? We only get out of life what there is willingness to put in.

AQUARIUS ♒

(January 21 - February 19)
In your heart of hearts you know what you want out of life. It is a little timidity of spirit that is now stopping you. I know that recent experiences have sapped your confidence, but I have a message for you. Now is the time that you are most likely to make progress in your chosen field.

PISCES ♓

(February 20 - March 20)
Let others whinge if they will. Being determined to get your own way, they will stand little chance. Recent disagreements have left a sour taste. In the best of worlds, things will not always go your way. Life would be boring if that were the case.

LOTTERY

UK NATIONAL LOTTERY	IRISH LOTTO	EURO MILLIONS		LA PRIMITIVA	EL GORDO DE LA PRIMITIVA
Saturday April 01	Saturday April 01	Tuesday March 28	Friday March 31	Saturday April 01	Sunday April 02
1 2 11 23 25 54	9 16 31 35 37 43	9 13 31 33 46	17 24 26 28 45	6 8 18 22 26 36	1 11 17 21 32
BONUS BALL 14	BONUS BALL 34	LUCKY STARS 6 10	LUCKY STARS 4 12	REINTEGRO 13 9	REINTEGRO 9

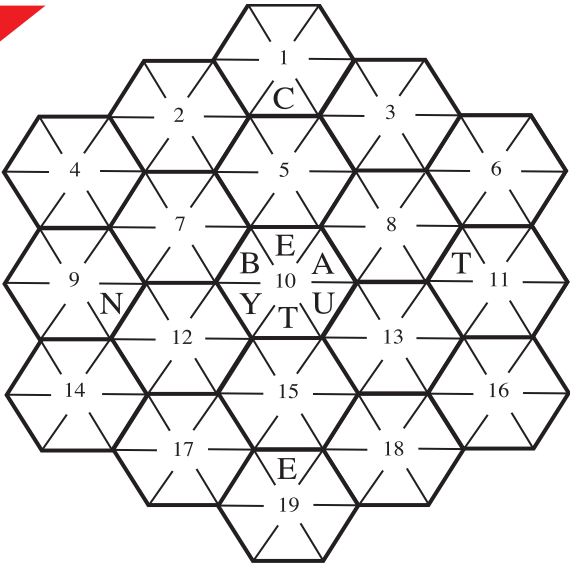
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Hexagram

BEAUTY (10)	NOTICE
CAREER	NUTRIA
CAREEN	PHOTON
DEBTOR	PIGEON
ERRAND	RATTLE
ESTATE	REPAIR
GARNET	SCANTY
INHERE	TRAUMA
MARMOT	TRUANT
MARTIN	



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

LAST WEEK'S SOLUTION

1 Letter 2 Advent 3 Theory
4 Gather 5 Dainty 6 Beyond
7 Ticket 8 Sundry 9 Hectic
10 Canopy 11 Assent 12 Stocky
13 Blouse 14 Toilet 15 Splash
16 Spread 17 Dither 18 Abrupt
19 Bestow.

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 G) 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

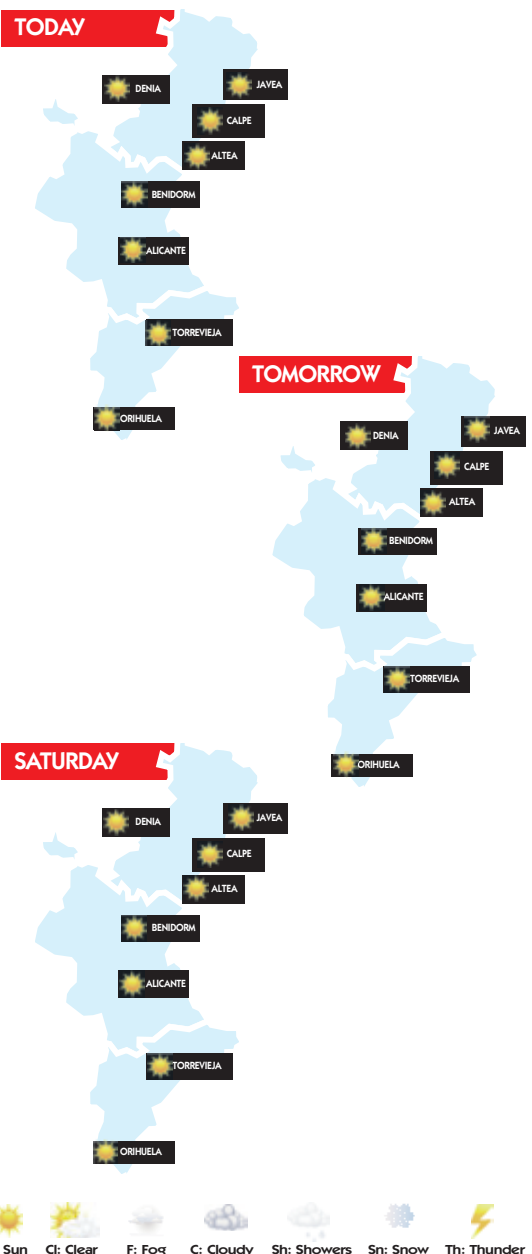
into newt nope note nowt open oven pent
peon pine pint pion pone pont tine tone
town twin vein vent vine vino went wine
wino wont envoi inept opine ovine pinto
piton point twine woven invite pointe
tiepin townie VIEWPOINT

This week in history

1896 – The first Olympic games of the modern era were held in Athens, Greece.
1945 – The Nazi concentration camp at Buchenwald was liberated by US troops.
1961 – Russian cosmonaut Yuri Gagarin became the first human in space on board the Soviet spacecraft Vostok I.
1968 – Motor racing world champion Jim Clark crashed and died during a Formula Two race at Hockenheim.
1970 – The Apollo 13 space shuttle was launched from the Kennedy Space Centre in Florida.
1973 – Spanish artist Pablo Picasso died of a heart attack in France at the age of 91.
1981 – Hundreds of youths rioted in Brixton in South London after police arrested a young black man during a random stop and question campaign.
1984 – Police arrested 100 pickets at the Cresswell and Babbington collieries after the striking miners, fighting plans to close 20 pits, clashed with police.
1986 – Pioneering inventor Sir Clive Sinclair sold the marketing and merchandising rights to his home-computing inventions to computing rival Amstrad for £5 million.
1994 – Nirvana lead-singer Kurt Cobain was found dead in his Seattle home after having shot himself in the head.
1997 – Bosnian police found 20 anti-tank mines under a bridge just hours before the Pope arrived in Sarajevo for a two-day visit.
1998 – Peace talks in Northern Ireland ended after nearly two years with the historic Good Friday Agreement bringing an end to 30 years of conflict.
2003 – A group of Iraqi men, assisted by US troops, pulled down the statue of Saddam Hussein in Baghdad after he was ousted from power.
2005 – Prince Charles married Camilla Parker Bowles in a small private civil wedding at Windsor's Guildhall.

Costa Blanca

weather



Alicante	Bilbao
TODAY: MAX 20, MIN 11 - S	TODAY: MAX 16, MIN 6 - C
Fri - 21 12 S	Fri - 20 9 S
Sat - 21 12 S	Sat - 26 11 S
Sun - 23 13 S	Sun - 26 13 S
Mon - 23 14 C	Mon - 22 10 Sh
Tues - 23 13 C	Tues - 17 10 Sh
Wed - 22 13 Sh	Wed - 16 9 C

Almeria	Madrid
TODAY: MAX 20, MIN 13 - C	TODAY: MAX 22, MIN 7 - S
Fri - 23 13 S	Fri - 24 7 S
Sat - 24 14 S	Sat - 25 8 S
Sun - 25 15 S	Sun - 25 9 Cl
Mon - 25 15 C	Mon - 23 8 C
Tues - 24 14 Cl	Tues - 20 7 Sh
Wed - 23 14 Cl	Wed - 19 6 Sh

Barcelona	Malaga
TODAY: MAX 20, MIN 9 - S	TODAY: MAX 20, MIN 10 - Cl
Fri - 18 9 C	Fri - 22 10 Cl
Sat - 19 9 S	Sat - 21 11 Cl
Sun - 19 10 S	Sun - 22 10 S
Mon - 19 12 C	Mon - 23 12 C
Tues - 18 11 Sh	Tues - 22 12 Sh
Wed - 18 10 Sh	Wed - 22 12 Sh

Benidorm	Mallorca
TODAY: MAX 20, MIN 12 - S	TODAY: MAX 21 MIN 9 - S
Fri - 20 12 S	Fri - 22 8 S
Sat - 20 12 S	Sat - 22 9 S
Sun - 21 13 Cl	Sun - 23 10 S
Mon - 22 14 C	Mon - 24 11 Cl
Tues - 21 12 C	Tues - 21 11 C
Wed - 21 13 C	Wed - 21 11 C

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

NEW ON DVD

Paterson

Directed by: Jim Jarmusch
Starring: Adam Driver, Golshifteh Farahani, Barry Shabaka Harmon, Chasten Harmon



Paterson shares his name with the city he lives in, Paterson in New Jersey, where he works as a bus driver. A hard-working man, he lives a simple life and uses the city scenery from his daily bus route and the conversations he overhears on the bus as inspiration for his passion for writing poetry. By contrast his wife Laura is ambitious and fills her days with many creative endeavours. In celebration of the small details in life this film follows the charming and poetic love story about a perfectly ordinary couple who live in a perfectly ordinary town.

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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

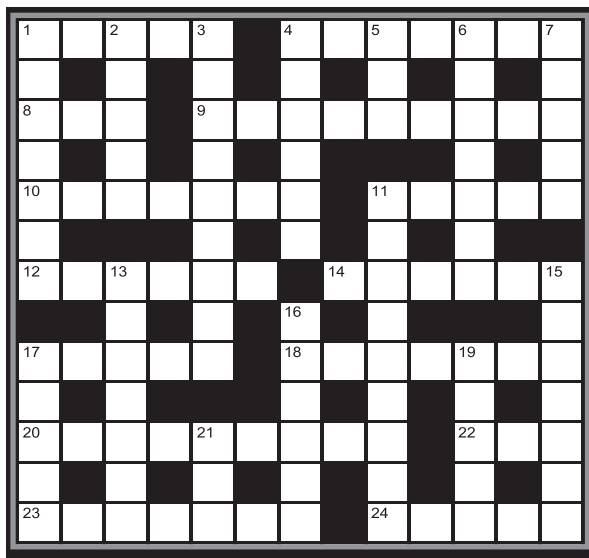
Cryptic

Across

- 1 Decides on ground-breaking tools (5)
- 4 Repeat odd tea rite (7)
- 8 Raced one out of the rain (3)
- 9 Organise date with Rambo, he's a hunk (9)
- 10 Article about a concert (7)
- 11 The whole small drink is given to a beginner (5)
- 12 Could be a worry for this garden plant (6)
- 14 Offer to be gentle (6)
- 17 Satisfies asset management (5)
- 18 Taking a chance, hide in oil platform (7)
- 20 Infantryman re-reading novel (9)
- 22 Some insipid yellow colour? (3)
- 23 Comes back for the profits (7)
- 24 Breaks useful for snooker players (5)

Down

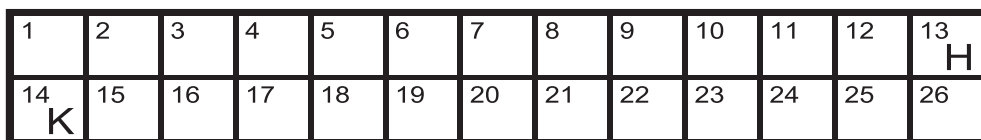
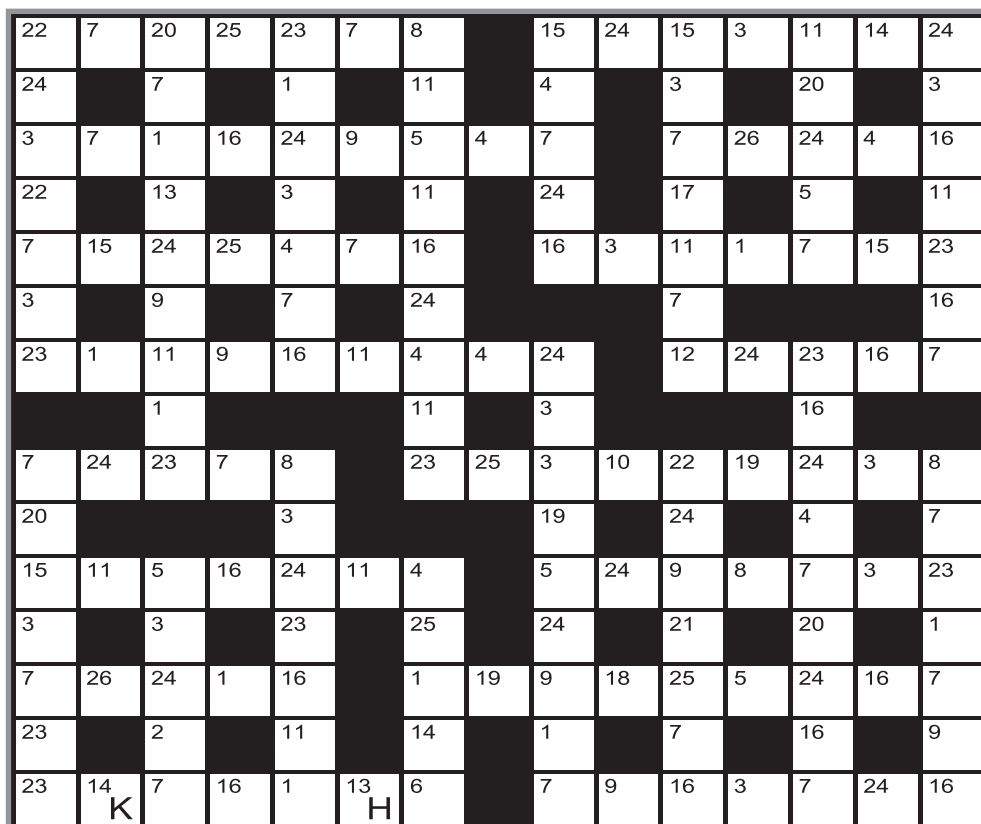
- 1 Depict a harbour man (7)
- 2 'Incompetency' nicely encapsulates doubter (15)
- 3 Disloyal revolutionary is outside (9)
- 4 Goals for working ladies (6)
- 5 Tree turns up in Hamlet (3)
- 6 Fuss before a small department gets reorganised and taken over (7)
- 7 Celebrate former road charge? Not entirely (5)
- 11 Money manager more confident after rate review (9)



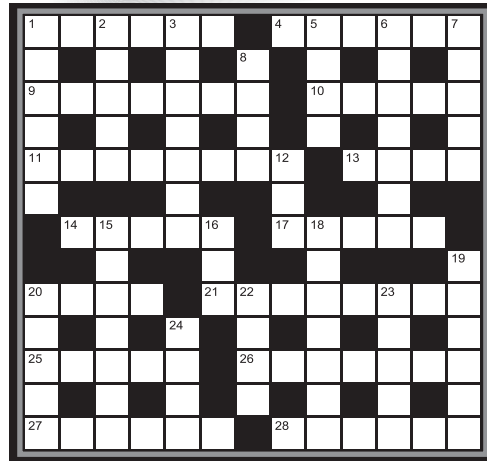
- 13 Go back and pay for the drinks again (7)
- 15 Sorrow for river herons (7)
- 16 Paths of planets or particles (6)
- 17 Some tiramisu, garibaldi biscuits etc are sweet (5)
- 19 A flower in Asia some find useful (5)
- 21 The appearance of a melody (3)

Each number in the Code Breaker grid represents a different letter of the alphabet. In this week's puzzle, 13 represents H and 14 represents K, so fill in H every time the figure 13 appears and K every time the figure 14 appears. Now, using your knowledge of the English language, work out which letters should go in the missing squares. As you discover the letters, fill in other squares with the same number in the main grid and the control grid.

Code Breaker



Quick



Across

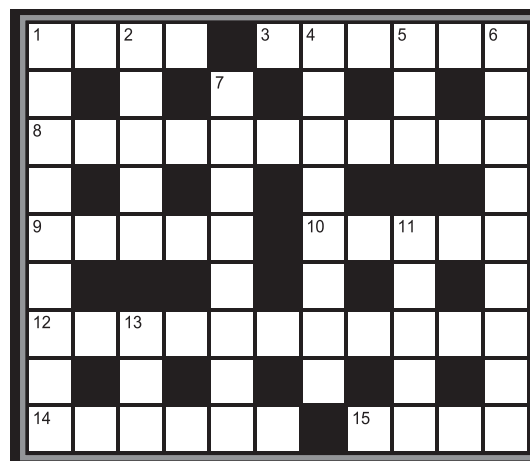
- 1 Frightened (6)
- 4 Leave (6)
- 9 Amaze (7)
- 10 Female fox (5)
- 11 Buttoned sweater (8)
- 13 Gloomy (4)
- 14 Earnings (5)
- 17 Quick and energetic (5)
- 20 Highest quality (4)
- 21 Greek lamb dish (8)
- 25 Frighten (5)
- 26 Rust (7)
- 27 Call off (6)
- 28 Upper class (6)

Down

- 1 Look for (6)
- 2 Following (5)
- 3 Difficult to describe (7)
- 5 Covetousness (4)
- 6 Apprehensive (7)
- 7 Adult male singing voice (5)
- 8 Thought (4)
- 12 Writing point of a pen (3)
- 15 Voluntarily refrain (7)
- 16 Total (3)
- 18 Set aside (7)
- 19 Recently (6)
- 20 Fundamental (5)
- 22 On one occasion (4)
- 23 Regarding (5)
- 24 Give over (4)

English - Spanish

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



Across

- 1 Una vez (4)
- 3 Caricia (6)
- 8 To stammer (11)
- 9 Silver (metal) (5)
- 10 Regla (para trazar líneas) (5)
- 12 Grasshopper (11)
- 14 Señal (6)
- 15 Brazos (4)

Down

- 1 Pulpos (9)
- 2 Letter (mail) (5)
- 4 Aquariums (8)
- 5 Ojo (3)
- 6 Sorpresas (9)
- 7 Pumpkin (8)
- 11 Más tarde (5)
- 13 Pierna (3)

CRYPTIC

Across:

- 1 Stag, 4 Perverse, 8 Tenner,
- 9 Tailed, 10 Bear, 11 Sanction,
- 13 Rolling stones, 16 Respects,
- 19 Cram, 20 Throbs, 22 Agaric,
- 23 Beverage, 24 Dank.

Down:

- 2 Therefore, 3 General, 4 Pores,
- 5 Ratings, 6 Edict, 7 Sue,
- 12 Operation, 14 Nicosia,
- 15 Orchard, 17 Prone, 18 Shade,
- 21 Hoe.

QUICK

Across:

- 1 Ogre, 3 Scramble, 9 Explain,
- 10 Traps, 11 Halve, 12 Up roar,
- 14 Admits, 16 Battle, 19 Garage,
- 21 Short, 24 Adder, 25 Certain,
- 26 Sorcerer, 27 Find.

Down:

- 1 Overhead, 2 Repel, 4 Concur,
- 5 Alter, 6 Blatant, 7 Easy, 8 Talent,
- 13 Destined, 15 Meander,
- 17 Absurd, 18 Rescue, 20 Agree,
- 22 Okapi, 23 Bans.

ENGLISH-SPANISH

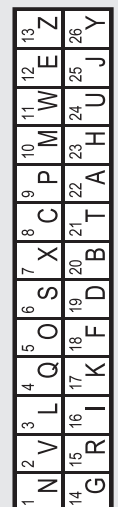
Across:

- 1 Nearby, 4 Dust, 8 Niece,
- 9 Sobre, 10 Libraries,
- 13 Clavo, 14 Bolsa, 15 East,
- 16 Crisps.

Down:

- 1 None, 2 Americans, 3 Beetroot,
- 5 Umbrellas, 6 Toes, 7 Escribir,
- 11 Ache, 12 Pais.

CODE BREAKER



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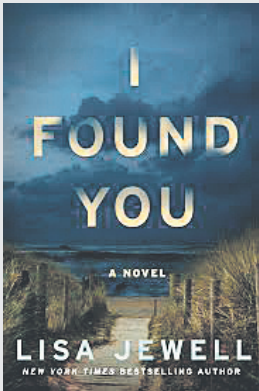
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**EURO WEEKLY'S SPACE FOR YOU TO TAKE A
BREAK, BE INFORMED AND ENJOY A CHALLENGE**

BOOKS

**I
Found
You**



By Lisa Jewell

IN East Yorkshire single mum Alice finds a man sitting on the beach in the rain outside her house with no jacket, no recollection of who he is or how he got there.

Against her better judgement she offers him shelter and attempts to help him discover who he is.

In Surrey Lily, aged 21, married for just three weeks in a new country and with no friends or family, is stranded after her husband doesn't come home from work one night.

The police tell her that her husband never existed.

Two decades of secrets begin to unravel and the three separate strands from three very different characters begin to come together as the man begins to recover the sinister memories from his past.

books@euroweeklynews.com

TOP 10

Cosmic facts about space



NO GRAVITY: So astronauts float weightlessly.

SPACE... the final frontier. It's 56 years since Russian cosmonaut Yuri Gagarin became the first human in space when he orbited Earth in the Vostok I spacecraft. Here we take a look at some cosmic facts about space, space travel and astronauts that will take you to infinity and beyond!

1. The centre of the Universe

Astronomers once thought Earth was the centre of the Universe but it is now known the Sun is the centre of our Solar System and the planets orbit it. The surface temperature is 5,500°C and at its centre it reaches 15 million °C. The Sun is 4.6 billion years old and it will eventually die.

2. Rocket fuel

Space shuttles need to reach speeds of around 28,000 kilometres an hour to be able to remain in orbit. That means they need more than 500,000 gallons of fuel. This is stored in a large external tank which is loaded with super-cold liquid oxygen and liquid hydrogen. The fuel for the rocket engines is created when these are mixed and burned together.

3. Take a load off

We all know that there is no gravity in space and therefore astronauts float weightlessly around. They are obviously not walking and bearing weight on their feet like they do on earth. This means the skin on their feet starts to soften and flake off so they need to be very gentle when taking off their socks. They wear the same socks (and underwear) for several days!

4. Some like it hot

Most people presume the hottest planet is Mercury as it is the closest to the Sun but it's not as it has no atmosphere, so it is only hot during the day when it faces the Sun. Temperatures during

the day can reach 425°C while at night they can plummet to -180°C. The hottest planet is Venus which is a blistering 500°C all of the time due to the thick clouds that trap the Sun's heat.

5. Keep it clean

There is no shower on a space shuttle so astronauts have to have a sponge bath. When astronauts need to go to the loo they use a toilet which is similar to what we use on Earth but instead of water moving waste through the system it uses flowing air. Waste water gets vented into space whilst solid waste gets compressed and

stored onboard until they return to Earth.

6. Save your tears

Astronauts will still feel the same emotions that they do here on Earth and being so far away from their family and friends it would only be natural to feel a little tearful at times. However, any tears that they cry won't fall as water floats like bubbles or spheres so the water will cling to a surface. Tears therefore form bubbles around the eyes in the weightless environment.

7. The International Space Station (ISS)

The ISS has had to be built piece-by-piece in or-

bit. This process started in 1998 and has taken more than 40 missions. Situated approximately 400km above the Earth's surface it weighs nearly 400 tonnes and covers an area the same size as a football pitch. Travelling at 28,000 kilometres per hour it covers a distance equivalent to the Moon and back every day.

8. Batten down the hatches

The weather here on Earth can be horrendous at times, but it is nowhere near as extreme as some of the other planets in our Solar System. Uranus, Saturn and Jupiter all have fast winds and Jupiter has a massive hurricane storm called the Great Red spot which has raged there for 300 years. Neptune sees the fastest winds at 2,500 kilometres per hour.

9. Back to Earth with a thump

Astronauts, regardless of how long they have been in space are a bit off-balance when they return home. Floating about in space means your inner ear doesn't need to keep you balanced and astronauts take time to readjust to Earth's gravity. When they try to stand up for the first time they feel about five times heavier and after a long duration in space may even need to learn to walk again. They often feel dizzy and sick too.

10. Walking on the Moon

Very few people will not know that Neil Armstrong was the first man to walk on the moon along with fellow Apollo 11 astronaut Buzz Aldrin. Many however will be unaware that those footprints will remain on the moon for at least 100 million years. This is because the moon has no atmosphere, so there is no wind or water to erode or wash them away, although they will eventually disappear.

Boggled

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

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

S	I	O	R	A
T	O	F	Y	T
S	D	O	B	T
M	A	E	T	U
T	P	M	M	O

TARGET:

- Average: 22
- Good: 31
- Very good: 44
- Excellent: 57

SCORING:

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

LAST WEEK'S SOLUTION

aide aides aids adios adds eldest eddo ends inst into
ions jade jades join joins joint jointed joints joist joes
jots jest jets idea idle ides dais deist dens dense dies
diet diets dieted detest deids deids deids deids deids deids
does doest dose dosed dost dots dote

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.

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

LAST WEEK'S SOLUTION

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

Word Ladder

FARM

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

MILK

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MILE
(MIRE)
FILE
FIRE
(FIRM)
FARE
FARM
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LETTERS**YOUR PAPER - YOUR VOICE - YOUR OPINION**

Letters for Your Say should be emailed to yoursay@euroweeklynnews.com or make your comments straight on our website: www.euroweeklynnews.com

Help indeed for couple in need

I WOULD just like to say a massive thank you to Carolyn Drew from Benidorm's indoor market, what a lovely helpful person she is and a credit to your paper.

Myself and my wife were in a bit of a state in March due to missing flights back to the UK, but unlike the hotel group mercenaries, this lady was sympathetic to our situation and helped as much as she could. I will write our story in due course and hopefully you will publish it, but at the moment I just want to thank Carolyn.

Arthur Redwood, Benidorm

Idea for Leapy

THERE are two million empty properties in Spain and the UK needs two million properties

Crisis in care service in UK. Spanish always looking for this

work. One Spanish lady today asked if I knew of anybody looking for a carer. Live-in carers get €700 (£600).

Never any waiting in local private hospital in emergency. Pay €17 for nurses. Once had six nurses, two working on my infected leg, two trainees and two holding my hands and chatting about dating sites in Spain!!!

Solution: ship two million elderly Brits to Spain. Solve housing crisis in both countries. Health and care service problems solved. Simple. Should make me prime minister. Love your page.

Robert Mason

Spain's OK!

I WAS very interested in the tweet from Mr Harry Paine in your paper dated February 22.

Mr Paine seems upset about some aspects of Spanish culture. He seems to forget illegal

hare coursing with dogs, pit bull type dog fights and much more take place in the UK.

On the whole, Spanish people are very kind to their old people and children.

Contrast this with old people in England, dying of cold and neglect, often pushed into so-called care homes by their grasping children, waiting to get their inheritance.

Care home workers have been sent to prison for abuse of old people.

Then there are the dreadful cases of sexual abuse, torture and murder. In one terrible case a baby of six weeks suffered life threatening injuries by sexual assault. There was a man alone in the house and the judge let him off, saying it could not be proven. You could not make it up, as the great Leapy Lee might say!

Might I suggest to Mr Paine that he leaves this wonderful country we live in and returns

to the 'land of milk and honey' that is the UK? Then he could devote his time to writing to the newspapers about the above subjects.

I hope you can find space for my letter in my favourite newspaper.

J E Frensham, Rojales, Alicante

Age Concern

JUST a quick word of thanks for the coverage you have given our first charity shop in Fuengirola. The response in terms of customers, donated goods and enquiries to be volunteers has been incredible.

Thought you would like to know the outcome of your efforts.

Thank you for your continued support.

Steve Marshall, Fuengirola

COMMENTS from EWN Online

» Gang in Valencia

THERE are so many crimes committed by people from other member countries across the EU that it is time to fix laws so that anybody convicted has to serve his or her sentence in their own country and be denied the right to return for five or 10 years depending on the nature of the crime. Why should Spain, in this and other cases, be obliged to house thousands of foreign criminals at a great cost to the state.

Peter Fieldman

» Female equality

JUST a thought... what do the female of the species receive when they enter the gates of paradise?

Are there 35 big hunky men awaiting their every wish? I say 35 because it is reputed that they are half the value of men.

Do the washing up! Clean the kitchen! Put more shelves up! Mow the lawn! Weed the garden! etc.

How silly of me... as if the females would be allowed in to such a masculine club. Unless they died as virgins of course.

The more people that see through this mask of masculine control the sooner we might have some peace on earth.

I saw a devout Muslim on TV some time back, explaining how paradise had rivers flowing with wine. One of the gathering reminded him that alcohol was not permitted. Without hesitation, he replied... "Ah it is alcohol free wine." All religion is man made for the benefit of the strong men to remain in control.

We all know that women are just as capable as men in most things, and even better in some. That is why these control freaks don't want to give women the chance of proving it, in case they lose their control.

There are evil men and women all over the world needlessly killing and torturing children for instance. Radical Muslims are just the flavour of the decade. We do not have to concentrate on their crime alone.

Let's get our own house in order before we complain about others.

Roy Leon

» Free Scotland

SCOTLAND needs freeing from England's negative downward spiral.

Denise Williams

» Home Nations

HAVE to say it's very refreshing to see good sports writing from a female writer! Bravo EWN.

James H

» British Ambassador statement

ONE item of legislation that does need to be retained is The European Pension Regulations. There are many UK citizens who have worked in the EU (including Spain) but will not have sufficient years in the EU schemes to get a pension but within the regulations, their service in, say Spain, can be amalgamated with their pensionable service in the UK to give them a reasonable pension.

Alan Bowman

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

Marbella's horses

I WOULD like to react to an article about a horse and carriage petition in EWN last week. As anyone can see, these horses are well fed, well shod, have a shiny coat and no injuries. Some of them wear leg protectors.

Most owners have more than one horse which means they don't work every day. They are stabled at night and although they work hard in the summer, in winter most of them are turned out in a field.

They have water at the stops to drink and cool them down, the only problem being a lack of shade but that is an issue for the town hall, as they cut down all the shady trees.

Believe me, if all the horses in Spain looked like these in Marbella there would be no need for rescue centres.

So if you do want to sign a petition, change Marbella into Marakech - over there it really is shameful.

Hanneke Haslinghuis



IN FINE FETTER: The horses are well looked after.

HAVE YOUR SAY

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

Readers who have missed earlier correspondence can see all letters posted on: www.euroweeklynnews.com

Advertising feature

Select Medcare as your first choice for cosmetic and minor op surgery

AT Medcare, we are well aware of the problems people face when choosing a surgeon which is why we have done all the hard work for you - carefully selecting only the best surgeons to work with our patients. Dr Bernabeu is not only an experienced and skilled surgeon; she was recently invited to speak at the AGM of the British Association of Aesthetic Plastic Surgeons in London.

With the growth in demand, there has been a growth in surgeons offering procedures - making deciding which surgeon to choose harder than ever before, so it is essential to pick the right one! Get it right, and you will be happy

with the results, feel better about yourself and receive a confidence boost. Medcare patient, Norma, explained how her tummy tuck experience was made easier by Dr Bernabeu. "I cannot thank my surgeon enough," she said. "Teresa was so nice and kind, and the aftercare was first class. All I had to do if I wanted her was to phone, but with such good care I didn't need to." Dr Bernabeu removed nine kilos of fat, leaving Norma thrilled with the result.

If you are considering cosmetic surgery and would like to discuss your options with Dr Bernabeu, book a free consultation with her at either our Benijofar or Alfaz del Pi clinic.

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- Rhinoplasty (nose)
- Tummy tuck surgery

ic. Simply call us on 966 860 258 or email doctors@medcarespain.com

Medcare's GP and aesthetic doctor performs minor surgical procedures such as mole

and skin tag removals - most of which can be done at the Practice making it convenient and simple for patients.

Day procedures, such as skin cancer removal and vari-

cose vein treatment, are carried out by our dermatological surgeon in Alicante.

One of Medcare's patients who was worried about a mole on his back, saw Dr Hussain after reading an article about skin cancer and checks at Medcare in the local paper. Starting as a small mole-come-spot on his back left shoulder which kept bleeding, and which he was always scratching, he took advice from a nurse friend who advised him to get it checked.

Luckily he had just seen an article in the paper about skin cancer and checks by Dr Hussain at Medcare so he made an appointment to see her. She took one look and advised immediate removal - and just

three days later, she did the minor surgery in her clinic in Benijofar. The lab confirmed that it was basal cell carcinoma (skin cancer). Spending much time in the sun when he was younger, the patient did most of the damage to his skin when he was 18 or 19 - spending hours lying in the sun getting burnt as he tried to get a dark tan. Years later, the cancer developed. Because of Dr Hussain's early intervention, the patient still has regular skin checks, but remains well.

Book a free skin cancer check with Dr Hussain at either our Benijofar or Alfaz del Pi clinic. Simply call us on 966 860 258 or email doctors@medcarespain.com.

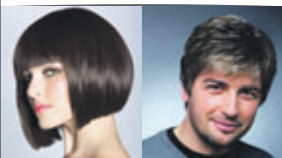
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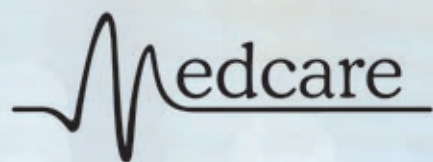
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Treatment for ingrown toenails



SPECIALIST: Doctor Luis Perez Belmonte.

AN ingrown toenail occurs when the nail grows into the skin surrounding it. Eventually, the nail pierces the skin, causing it to redden and become swollen and tender.

The big toe is most commonly affected, with other typical symptoms including pain when pressure is applied to the toe, inflammation of the skin, a build-up of fluid beneath the skin, bleeding, an overgrowth of skin around the end of the toe, or the excretion of pus.

What causes an ingrown toenail?

It comprises excessive growth of the skin around the nail, causing it to become red and inflamed, and even becoming infected with accumulation of pus.

How do you treat an ingrown toenail?

First of all you should ensure proper foot hygiene. You can reduce inflammation using warm salt baths or taking anti-inflammatory drugs, al-

though in some cases this is insufficient and surgery may be required.

What type of surgery?

When surgical intervention is necessary the idea is to free the nail and eliminate any infected areas. In rare cases the infection can be so severe that antibiotic treatment is required after surgery.

Can an ingrown toenail occur more than once?

It can happen many times if you do not take care of your feet and use appropriate footwear.

What can I do to avoid ingrown toenails?

It is best to take care of your feet avoiding the accumulation of dirt or moisture. You must also choose footwear that does not rub when you are walking or running.

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

Spain remains meat eaters

IN Spain, 8 per cent of 16-24-year-olds say they are vegetarian, and 7 per cent say they follow a vegan diet.

This compares to the rest of Europe where in Germany, 14 per cent of those in this age category call themselves vegetarian and 10 per cent are vegan. In Italy and Poland 11 per cent are vegetarian, with 9 per cent being vegan in Italy and 10 per cent in Poland.

Whilst Spain remains a strong meat lover it seems, the vegan market is growing worldwide and it seems that Germany is the leading country for vegan product innovation.

According to the Global New Products Database (GNPD), by Mintel market intelligence agency, Germany was the leading market for vegan food and drink product launch activity in 2016, with 18 per cent of all global food and drink product launches with vegan claims occurring in Germany.

The only country coming close to this amount of vegan launch activity in 2016 was the United States, where 17 per cent of all new global vegan food and drink products were launched, followed by the UK with 10 per cent global share.

Vegetarian claims have also witnessed growth in recent years in Germany. Over the

past five years, the share of food and drink launches with vegetarian claims more than doubled, rising from 3 per cent in 2012 to 7 per cent in 2016.



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Going loco for c

LOVED by models Gisele Bundchen and Miranda Kerr, coconut oil is becoming something of a beauty must-have on the dressing tables of fashionistas around the globe.

This yummy-smelling oil is being praised by beauty editors for its soothing and moisturising properties; and there are lots of ways to use it.

First, the science bit. Coconut

oil contains high levels of several beneficial acids; lauric, caprylic and capric acids. These chemicals have antifungal, antibacterial and anti-viral qualities, making the product a brilliant natural cold-sore remedy. These acids also reduce inflammation, helping those who suffer from acne.

Taken internally; either eaten straight off the spoon or used in cooking, coconut oil boosts levels of 'good' cholesterol, helps to fight in-

fection and improves the immune system.

The product, which has a solid, frosting-like texture at room temperature, melts with the warmth of your hands and makes an excellent all-round moisturiser. Its natural antioxidant levels will help ward off the effects of pollution and delay wrinkles on both the face and body.

The oil makes a gentle and effective eye make-up remover and a great natural lip balm. Used before going in the sun, it provides natural low levels of SPF, and will nourish your skin at the same time. Used on nails, coconut oil will



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Coconut oil

moisturise your cuticles, and massaged into the ends of hair will tame frizz and soften split-ends.

Better still, the whole family can enjoy this multi-purpose natural remedy. The oil is brilliant as both a shaving and after-shave cream and when used on beards will soften bristles. Babies' bottoms will also benefit as coconut oil helps clear up nappy rash. Gargled in the mouth, a 2015 study found it can decrease plaque levels and reduce gum disease. Fans also claim it helps to whiten teeth.

If you're feeling particularly adventurous and want to have a go at some kitchen sink chem-

istry, why not try mixing equal parts of sugar and coconut oil to make a natural body scrub? If you have a favourite aromatherapy oil, you could also try adding a couple of drops to a handful of coconut oil and make a massage lotion, or mixed with peppermint oil in a small pot you can create your very own lip balm for on the go.

If you're thinking of trying coconut oil for any of its uses, though, it's worth bearing in mind there are several different qualities, and organic, virgin products will give you the best results. Hydrogenated coconut oil is unhealthy to cook with and oily rather than moisturising if

oil; did you know?

High levels of beneficial saturated fats help balance hormones
Best source of lauric acid, a natural anti-bacterial, after breast milk
It won't break down when cooking at high temperatures like other
It won't go off as quickly.



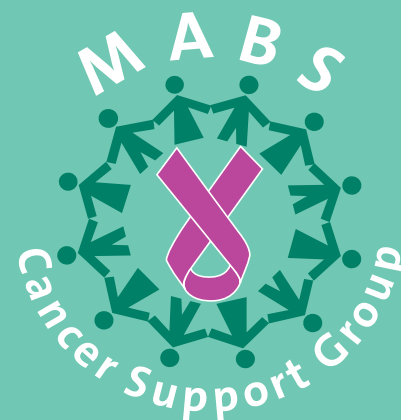
Father's influence?

DOES living with a two parent family really affect the health and future of children? A new study carried out on British families claims it does.

Researchers from the London School of Economics looked at the lives of more than 1,000 children born to single mothers at the turn of the century, based on reports following the lives of nearly 20,000 children. They followed youngster's health, in-

telligence and social skills up to the age of seven and found that those who lived with their biological father also, were more likely to go on to have a better education and get a good job.

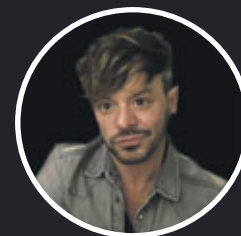
However, if a stepfather joined the father the results were not the same and children were more likely to have the same issues as youngsters brought up by just their mothers.



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Advertising feature

A bittersweet tooth story



A LOVELY scone with jam and clotted cream has always been my secret energy source in the afternoon to get through the day. However leaving Okehampton to spend the first year of my retirement in Alicante has made me a big fan of the rich hot chocolate churros.

Well, you need to be careful with having a sweet tooth at my age... one minute you are happily munching, and the next you are crunching on your own sweet tooth.

A quick consultation on the phone with my dentist leaves me with two choices: having a crown fitted on two perfectly serviceable teeth on either side or getting an implant. My dentist gives me an offer for the implant. "Wow, I could go on a trip for that price!" Then the idea hits me.

I have heard many times about the Eastern European dental tourism, but never

“ A quick consultation with the dentist leaves me with two choices.

thought about going for it before. I am petrified of all dental treatment but I guess a little trip to another country may distract me from my fears. Okay, let me see. I start browsing and end up choosing a professional Hungarian dentistry on GCR. (www.evergreen-dent.co.uk)

The more I think about it, the more I like the idea of combining saving money and visiting fabulous Budapest. I am greeted at the airport and taken to the hotel which is nice and welcoming. Before going to my consultation I

It was so simple; I entered my telephone number and received a call back within one hour in English. The package I chose included my flights, accommodation, transport and lounge service. What impressed me the most was the 24/7 assistance giving me peace of mind.

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have a chance to relax and refresh. Then the complimentary car is here to pick me up.

The Evergreen Dental Clinic is located in a beautiful building in the heart of Budapest and has a lovely and friendly atmosphere. The representative met me in the lobby to guide me around. He and the rest of the staff speak perfect English - this can be a

big relief when you are about to get a treatment in a foreign country.

The treatment rooms are huge and comforting, giving me the necessary space against the usual claustrophobic feeling I have at the other dentists... (to be continued...)

By Helen Pearl



A bittersweet tooth

- continuation of the previous article -

The doctor took me to the treatment room office to discuss the plan of action. He seems to think the implant will be straightforward, and compliments me on reacting and acting quickly after losing my tooth.

Patients often hesitate too long before seeking solutions. So they end up needing a small bone graft because by the time they get in to the dentist's chair their jaw starts to recede.

My treatment plan is created around my needs. My appointments arranged to minimise my waiting time, giving me plenty of opportunity to relax, go sight-seeing or wander around the beautiful capital... (To be continued...)



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Evening with the classics

ROMANTICS and classic music lovers have a real treat in store for them in Torrevieja.

A delightful performance of both Brahms and Schubert is scheduled for the international music auditorium on Saturday April 22. Tickets are now available.

Featuring the double concerto with violin and cello from Brahms, and Schubert's fourth symphony, the evening is certain to pull the heart strings while soothing the ears. A welcome respite perhaps after the chaos and noise of Semana Santa.

There will also be solo performances from acclaimed musicians Laura Rodriguez and Ryo Mee-Hae.

The show begins at 7pm and tickets are very reasonably priced, ranging from just €6 to €16, depending on where you would like to sit. They can be bought in person at the theatre

Basketball wizards

THE one and only Harlem Globetrotters are coming to the Costa Blanca South! Tickets are now available for this once-in-a-lifetime experience seeing history's most famous basketball team playing live, bringing their wacky fun and stunts for all the family to see.

The Globetrotters became part of American sporting legend shortly after their formation in 1927 and have been touring the world with the unique basketball and comedy set since the 1950s. As All-American as Disney, the team have now played over 26,000 exhibition games across the world and are returning to Spain in May.

This time around they will be performing at the Pabellon Pablo Ferrandiz Sports Centre in Alicante. The show is on Monday May 15 at 7pm. It's a perfect family outing with the Globetrotters performing all manner of acrobatic tricks and keeping children glued to their seats in awe at their ball-spinning skills.

It's an interactive affair with the crowd fully involved and engaged.



HARLEM GLOBETROTTERS: Are coming to the Costa Blanca South.

Tickets are available from the El Corte Ingles website and cost €22.80,

though children under two get in free. There are also special 'magic' passes

available allowing earlier access and backstage passes.

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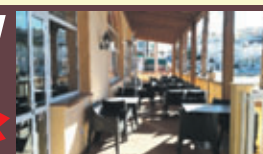
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Rock 'n' Roll returns to the Costa



MAREA ROCK: Will celebrate its 12th edition in Elche this summer.



ELCHE'S stellar reputation for international music festivals continues to grow. In fact the Costa Blanca town has cultivated such a name for itself that it is set to snatch one of Alicante's biggest festivals in summer 2017.

Marea Rock, which drew more than 32,000 people to the Costa Blanca's shores last year, roughly 8,000 per day

in a four-day run, will celebrate its 12th edition in Elche this summer. An enhanced bus network will connect the Business Park, the likely venue, with Alicante-Elche airport for travellers.

From July 19-22 a huge camping space with room for 4,000 people will be set up in the town as dozens of local and international bands get ready to rock. Confirmed groups already include Non Servium, Juantxo Skalari, Desakato, Josex Piperrak and Los de Marras. Many more big names will soon be announced.

Juantxo Skalari.

What's on!

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PILAR DE LA HORADADA: Is a terrific spot for a day or evening trip.

Easter's best foodie festival in 7th year

WHILE the Costa Blanca South's top tourist hotspots are jam-packed for Semana Santa there's an alternative option for those who know that food comes first, whatever the occasion.

Until April 14 Pilar de la Horadada is offering its very own Culinary Easter Fest which sees dozens of top local restaurants offer guests and tourists the chance to sample some of the Costa's finest cuisine at excellent prices.

Located at the southernmost tip of Valencia Province, Pilar de la Horadada is a terrific spot for

a day or evening trip. The Culinary Fest is firmly established and now in its seventh year, regularly featuring classic home-made meals traditionally eaten in southern Spain over Lent.

With routes, maps, brochures, and signs in English, Spanish and German, the festival offers guests a diverse and delicious variety of restaurants to choose from.

If you collect stamps from three different establishments then you are even entered in the special raffle and can win a top prize!

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Soul and Motown!

A FABULOUS Festival of Soul and Motown Music has been announced for sunny Murcia. Some of the southern Costa Blanca's biggest local music stars are already signed up to perform. The funky festival run from Friday May 12 to Sunday May 14 and proceeds raised will help the battle against the Big C.

Organised in concert with the Maldito Domingo Scooter Club in association with the Los Alcazares Scoots, there will be hundreds of, yes you guessed it, scooters revving up the volume.

Already confirmed are local superstars Richie Alexander, Bee, J.J Soul Man, and a terrific variety of other singers and DJs to be announced.

The festival takes place on Calle Infanta Cristina, Murcia. Further information can be found and tickets bought at www.charitysoul.co.uk

Fantastic fair coming soon!



MAY FAIR: Is looking set to be the biggest and best ever this year.

ONE of the Southern Costa Blanca's biggest festivals is just around the corner. Torrevieja's May Fair has been announced for May 10-14 and is looking set to be the biggest and best ever.

Known as the Feria de Sevillanas, the awe-inspiring fun-filled spectacle had humble origins among a group of dance-loving friends in 1987. They wanted to bring the fantastic, flamenco-inspired Sevillian dances that engulf Andalusia to the Costa

Blanca. And where better place to start than Torrevieja.

Now some 20 years later, the Torrevieja May Fair is one of the most famous in the entire region. It has even been named an official event of touristic importance by the Valencian government. Only a few spectacles such as Semana Santa parades are valued so highly.

Held from a Wednesday to Saturday, the fair marks the switching on of the summer

lights and combines Sevillanas, the colourful Sevillian dances, with food, music, horse riding and countless shows and spectacles suitable for all ages.

For five fantastic days down at the Port area, locals, tourists and guests from all over the Costa Blanca will be able to join in the fun. Whether it's dancing or drinking, playing or partying, or just soaking up the incredible atmosphere, the Torrevieja May Fair is the best show in town.

Party for pilgrims

AN enormous music festival looks set to bring 15,000 revellers to Sant Joan, Alicante on the day of the region's famous Santa Faz pilgrimage.

A group of local businessmen have petitioned Alicante Council for permission to set up a vast music and party extravaganza to coincide with the April 27 pilgrimage.

Every year hundreds of thousands of people journey to Alicante for the traditional eight-kilometre pilgrimage on the second Thursday after Easter. It has a history spanning more than 500 years and is undoubtedly one of the biggest attractions across Europe.

This year roughly a quarter of a million people are expected to walk from the Cathedral of Saint Nicolas to the Monastery of Santa Faz near San Juan. Buses help transport pilgrims back to Alicante and there are dozens of markets along the way.

It's an incredibly devout affair but also one ripe for a music festival in the eyes of local entrepreneurs. The city will likely wait until the last moment to confirm whether the planned party on a 20,000 square metre plot of land behind Sant Joan hospital can go ahead.

If so it will begin on Thursday April 27 at noon and run until midnight. Access will depend on arrival time and there will be food, drink and picnic areas. The organisers also want the festival to be a more family-orientated alternative to the illegal partying that goes on every year at the beach.

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A FEW YEARS AGO there was a super trendy tapas bar that opened behind the gas station on the 'Ronda roundabout' near San Pedro, called Biznaga. It was a forerunner for lots of new trendy tapas bars and was even around before Funky Tapas. It was run by a Spanish couple (no relationship - just working partners!), he front of house and she was in the kitchen. He was a very knowledgeable wine enthusiast and she was a damn good cook.

The combination was great and the place became very popular. Every client was made welcome and suggestions and specials, were made daily.

If you wanted something that wasn't actually on the menu, then they would prepare that something for you as long as they had the necessary ingredients. It was popular with the local Spanish business people as well as the expats that appreciated what they had to offer. My friends and I would frequent it regularly. Service was always attentive and the staff that were there were brilliant. There was always a warm welcome and often a glass or two of wine on the house for their regulars.

Sadly, the young lady Chef

left and the manager also. Despite one of the waiters taking over the food went downhill and eventually the team changed completely and we stopped going. It was no longer the place it was and eventually it closed. Sometime later it re-opened as Friends. I popped in one day to check it out and was not impressed. It took me ages to get a glass of wine (there was only three clients in the place) the wine was undrinkable and the service and attitude were not good. Some several weeks later a friend of mine who used to go with me to the previous operation asked me to join him for lunch. I told him I was not over impressed on my one and only visit. He said it had become quite good.

We have now been using it for some time but recently the guy who seems to be running the place has developed an attitude which is in keeping with the stereotypical bad Spanish waiter. He hardly smiles, makes you as about welcome as a f..t in a spacesuit! And his attitude is dreadful. When you order your food you ask for it in an order of some sort.

I don't want to eat meat while I am still waiting for fishy bits! "It's a tapas bar, you get it when it's ready" he would say. He would take last orders at 3.30 despite the fact they say 4.00. Even if you only wanted a drink! A couple of the other waiters made up for this ignoramus which encouraged

us to keep going.

Anyway after a catalogue of disasters over the last few months a visit the other day proved yet again a problem for 'Mr Personality' when we asked for a plain mixed salad to go with the steak. They sent out a salad with tuna.

When we asked for the tuna to be removed as we only wanted a simple salad he said that was a mixed salad and that is 'what we serve.' Needless to say we did not eat it but of course paid for it, as we were charged for it. On Wednesday last week we popped in for a glass of wine before moving on to two different appointments. Mr Rude came over asking if we had a reservation.

We replied that we did not, but were only stopping for a glass of wine and my colleague wanted a quick tapa. Apart from about six people in the place - it was empty. "There are no tables for you two here!" came the astonishing reply. We had been banned!! Incredible. This is the sort of attitude I have not seen in many, many years and I can't wait to write to the owners if I can be bothered. After all, it's probably their fault for employing such a twerp! (the nicest word I could come up with!!).

Well, there is a consolation, in as much as I don't have to see his ignorant face again and also can take pleasure in the fact I have been banned from far better places than that!!

“

If your job is to tell me how to do my job, you should at least know how to do my job.

A reminder to those managers I have seen in jobs over the years.

THERE CAN'T BE MANY FOODIES who have not heard of Le Gavroche, one of London's premiere restaurants, once the holder of three Michelin stars under the guidance of its original family team of Albert and Michel Roux. This iconic eatery is celebrating its 50th anniversary, having first opened in Lower Sloane Street in 1967.

In 1974 it gained a Michelin Star (the first in Britain) and in 1977 made it two. In 1981 it moved to Upper Brook Street and the following year achieved the highest accolade of Three Michelin Stars.

In 1991 Le Gavroche was taken over by the very amiable Michel Roux Jr and despite receiving only two stars in 1993 the family tradition continues and in a climate where quality restaurants come and go it is wonderful to see such an institution still respected as one of the consistently finest restaurants in the world.

But in true controversial style, since the end of January 2017 Michel has removed the 13 per cent service charge from its menus. In a bid to explain this move he claims that the addition of a service charge confuses the clients as they believe it to be a tip!! Well hang on a bit Michel, I think the majority of diners probably do, especially when the words 'optional' or 'voluntary' are added to the words 'service charge'!

This takes me back to the early days in hotels in the 60's when a 10 per cent or 12.5 per cent service charge was added to all bills, the explanation being that everyone from the kitchen porter to the Head Housekeeper received a share.

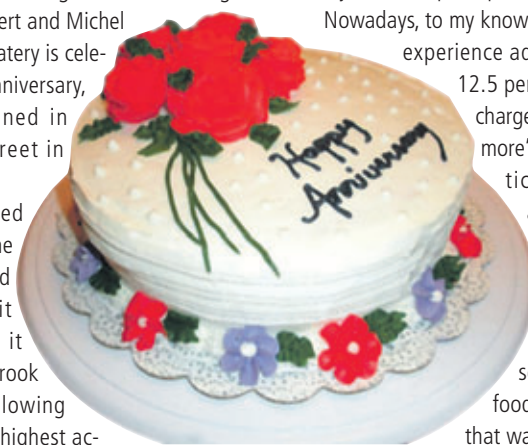
The truth was though, that this charge was used to pay wages and although staff did receive a 'payment' as part of their salaries it was certainly not an 'equal' split.

Nowadays, to my knowledge and professional experience adding a 10 per cent or 12.5 per cent 'optional service charge for parties of seven or more' is fairly common practice - and it does get added to the tips and is distributed as such. When explained as a charge that includes the preparation, presentation and service of food I would have thought that was part of the workload of a restaurant. After all I can't ever remember going to have a suit made and the tailor telling me it was 300 pounds for the suits and 15 per cent service charge for making it!!

So guests at Le Gavroche can now leave a tip without being encumbered as to whether or not to leave a voluntary or optional service charge - not tip!! - as Michel Roux explains:

"For me, tipping and service charge are two different things but by removing the service charge and incorporating it into the cost of the menu then it is clear, clean, and unambiguous. Then if diners wish to leave a tip on top of that it is up to them. I think this is something we should do in the restaurant industry. It is not clear for the customer whether or not they should leave extra on the table or whether or not it is going to all the staff or how it is being distributed. I dare say some restaurateurs have been abusing that."

Ahhhh! Now I get it! It ain't voluntary any more - you've got to pay it!! Oh well, you win some, you lose some!!



**Roux Family Le Gavroche
50 years 1967 - 2017.**

ON THE OTHER SIDE OF THE COIN, my appointment that same day meant meeting a colleague for a late lunch in San Pedro. So we paid a visit to an Indian restaurant. Nothing spectacular from the outside but a pleasant terrace on which to enjoy the spring sunshine!

But most importantly was the welcome from the young Indian manager, Fahim. "Whichever table you would like," he offered, immediately clearing the tables from the departing clients. An hour ago I had been treated with such contempt, but now was being treated with such respect. The menus arrived and wine was served.

Apart from the menu being artistically well put together it also contained some dishes not normally seen in a bog standard Indian eatery. I was intrigued



It's not just the food that is important - the welcome and the attention count too.

with the dishes on offer and asking the young man what he considered the specialities of the house to

be, he enquired as to my personal taste in Indian food. I told him what style I liked and he immediately offered to create something he felt sure I would like. Filled with confidence, my colleague said they would leave him to create something as well. The food arrived, excellent!

But the care for his clients was as it should be. Up until then I thought he was the owner and asking if he was, was when I was told that he was only the manager. As I told him, if you look after your guests as if you were the owner, an owner can ask no more of a manager than that.

So pay a visit to the Bombay Grill Indian restaurant (number 15 out of 147 restaurants in TripAdvisor) and ask for Fahim and avoid the aforementioned tapas bar!

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.

Fake research and some fake Latin tattoos ... Ad nauseam

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

HAVE you got a tattoo, like Angelina Jolie or David Beckham, fashionably in Latin? Do you take the latest health and medical research seriously? Now, bear with me here: I'm writing about fakery, which affects us all one way or another.

Firstly, news that over 300 allegations of plagiarism, fabrication and inaccuracy were reported at the research-intensive Russell Group universities between 2011 and 2016, resulting in the retraction of over 30 papers. Retractions of scientific papers, many describing medical breakthroughs, increased tenfold over the past decade amid reports this is a huge underestimate.

A respected scientific journal recently revealed that 50 per cent of scientific papers contain results that cannot be repeated and



LATIN TATTOOS: Are they correct?

are therefore false. And it's reasonable to assume that fields that attract huge publicity such as climate change, diet and health are more prone to this sort of fake science than other more staid research areas.

Does this affect us? You bet! Firstly, because of dangerously misleading (if not downright wrong) pseudo-medical 'revelations.' We're constantly bombarded with contradictions, particularly regarding health

and diet: eat this, don't eat that. Secondly, because of people like Trump - who calls global warming a "hoax" and is scrapping all Obama's climate-change policies.

This, then, is what happens when universities become obsessed with money and league tables. Being correct is less important than being published in prestigious journals and having masses of funding. Sadly, though, many scientists who get to publish in the most presti-

gious journals get to publish another, related paper, quite quickly: the retraction!

Finally, and back to Angelina's and David's tattoos which, at least, are in correct, non-faked Latin. Other tattoos have reportedly ended up with schoolboy errors or dodgy online translations, half in English, half in Latin (Linglish?) so: 'I walk through the valley of the shadow of death' becomes: 'Ingredior per valley of umbra of nex.'

I'm reminded here of my favourite Latin tattoo: 'Sic transit gloria mundi.' (Roughly translated: 'The van's broken down, can Gloria pick it up next week?')

So, in this era of Trump-style fake news, buyers beware of tattoos in fake Latin... caveat emptor!

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.

Mind your language if you please

Trudy

Stewart



MY love for reading comes from my mum. When I was little, she would read to me every night and as soon as I was old enough, we played Junior Scrabble. As I got older and started reading on my own, I would always have a dictionary on hand to look up and memorise any new words.

My love for books has never waned and alongside it my love of language developed. At school I studied French and Latin and although it seemed a cruel form of torture at the time, I'm glad that I did.

As I struggle now with my ageing brain to learn Spanish, I'm constantly surprised at how much more I can understand when I see it in written form. There is so much shared vocabulary - maybe not always identical but similar enough that you get the idea.

Words can be so powerful and as a form of communication it's about as effective as you can get even in an electronic age where images are often used as a replacement. Authors can transport you wherever their imagi-

nation takes you just by using words. Poets can bring us to tears.

However, it doesn't all have to come from putting the right combinations of words together, sometimes a single word can have all the punch of the Bard's best soliloquy. I'm

talking of course about swear words.

Now it's always made me chuckle that alongside developing language as a means to communicate, we've also felt the need for an alternative for when those other words just aren't enough. When children are learning to

speak and inadvertently copy what daddy said when he stubbed his toe moments earlier, they are discouraged from parroting the 'bad word.'

So, here's my confession. Yes, I adore language and words and have an extensive vocabulary at my disposal but sometimes that's just not enough and I swear. Now don't get me wrong, I'm not dropping 'f-bombs' all over the place offending all who come in contact with me, but every so often in the right context, it's the only word for the job.

A couple of weeks ago, whilst walking my dog at night, I was looking at the stars when I should have been looking where I was going and fell down some stairs. I went over my ankle and what sprang forth would not only have made a sailor blush, it would have had him reaching for a copy of the pro-fanisaurus!

I know swearing isn't big or clever and it definitely isn't for everyone but I'd say there are more damaging words than the standard swears. Words like stupid or ugly can do more to undermine a person. I find those sorts of words far more offensive but they are socially acceptable.

I guess, like everything else, it comes down to the individual and what they find offensive. At the end of the day, they're only words.



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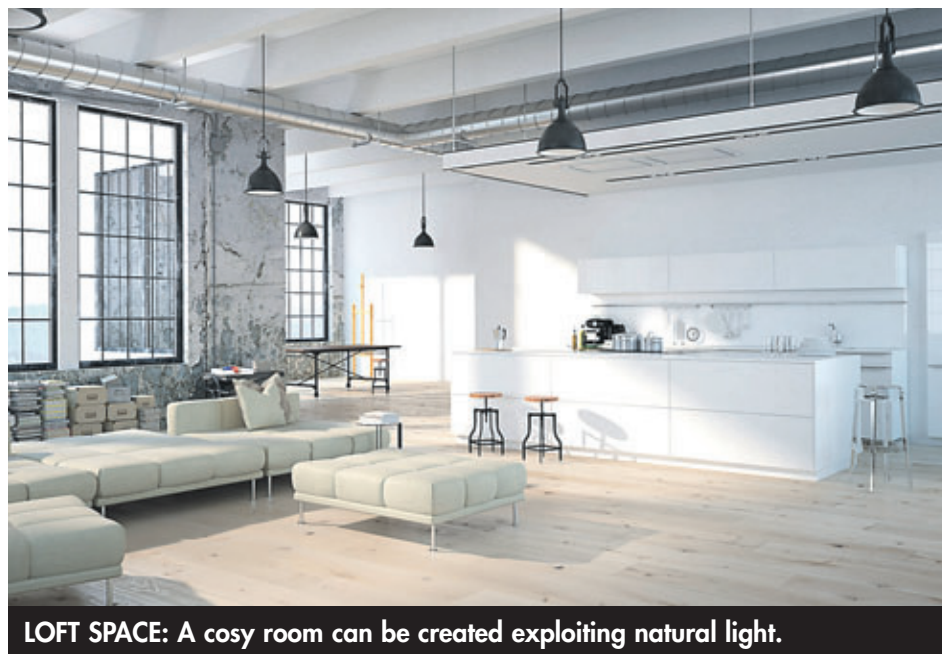
by Matthew Elliott

LOFTS are the next big property investment in Spain. Natural light, ventilation and views are the major benefits. Experts now reckon a well-crafted loft can increase the value of a property by up to 15 per cent.

With a solid budget around €5,000, a cosy room can be created, completely transforming the ambience of the home. Guestrooms, playroom, offices, or just somewhere to relax are all possible.

The key to a successful loft is exploiting natural light by making it open plan. Roofs provide twice as much natural light as windows because the sun shines through them far more often during the day. A glass roof of just 2sqm provides more than enough light for a loft space of 20sqm.

Warm colours help create



LOFT SPACE: A cosy room can be created exploiting natural light.

the illusion of more space and are an excellent contribution to feng shui and wooden floors with solid soundproofing spare people downstairs.

Other essentials include a spiral staircase leading up to

5,000

euros is all it can take to completely transform the ambience of the home.

save space, and proper insulation.

And if you don't have an attic space? A loft concept is easily achievable by vertically dividing a room with high ceilings.

Spain has become a mature marketplace for property

ECONOMISTS at the EU and IMF have warned that housing bubbles may be forming in Australia, Sweden, the UK and the Netherlands. Yet Spain is enjoying growth rates not seen in a decade and far outstrips the UK in the speed of the market's resurgence. So why are there no fears of a Spanish bubble developing?

In 2006 the Spanish property platform Idealista was roundly mocked for warning that the market was about to collapse. Needless to say they were correct. In 2017 Idealista are bullish about the future prospects for Spanish real estate. Head of research Fernando Encinar laughs at the prospect of a bubble in a country of 45 million people where just 100,000 homes are built each year and access to mortgage credit is now strictly regulated.

A key symptom of a housing bubble is the expansion of credit to people who simply can't

afford it, combined with the overvaluation of homes. In 2008 for instance almost one million mortgage contracts were signed, an obviously absurd figure in hindsight. In 2016 the figure was just above 280,000, a far healthier and more sustainable number.

Express financing and easy loans are on the backburner as the banks come to grips with a new regulated reality, consumer protection laws and the prospect of huge payouts over unfair mortgage clauses in the past. Today any talk of bubble is limited to the most desirable neighbourhoods of Madrid and Barcelona.

Research from BBVA indicates that real estate growth will continue its smooth growth in 2016. Sales will increase by around 7 per cent and level out at about 600,000 in the short term. Prices will rise between 3 and 4 per cent per annum until 2020.

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No Vegas to be built in Spain

THE search for Spain's first big Vegas-style property theme park goes on. A proposed multi-billion super complex planned for Torres de la Alameda, Madrid has fallen through.

It was due to be built by American giant, the Cordish Companies, but the Community of Madrid ultimately baulked at the public cost of €340 million needed for infrastructure. The Cordish Companies, which runs more than 40 million square feet of real estate worldwide, is still interested in setting up the macro-complex somewhere else in Spain.

They are prepared to invest €2.2 billion in a facility boasting hotels, restaurants, shops, cinemas, theatres, convention centres, casinos and even a circus. It would be an alternative to the failed Eurovegas concept planned by American gambling magnate Sheldon Adelson. Only 10 per cent of the enormous leisure centre would be devoted to casinos to get around strict Spanish gambling regulations.



EUROVEGAS RESORT:
The complex planned for Madrid fell through.

The failure to reach a deal is the latest in disappointments for American companies trying to construct spectacular gambling resorts across Spain. Eurovegas collapsed due to Adelson's demands on the Spanish parliament, even demanding it reverse anti-smoking laws for his premises alone.

Chinese group Wanda has

seen a similar project vanish. Another consortium tried to open 32 casinos in the Tabernas desert but again the deal fell through.

'Barcelona World' has been put on the backburner and, perhaps fortunately, plans to recreate the Lord of the Rings on the Costa del Sol never saw the light of day.

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Keyhole gardens offer a new option

By Graeme Tyrrell

CREATING a vegetable garden with limited space, time, soil materials and water available can make it a difficult decision for many aspiring, or even seasoned, gardeners.

There are many ways to grow plants in containers and raised beds that have advantages over the natural garden soil which always needs the adding of nutrients through compost and other soil improvement materials to make

the garden thrive.

Having gardens above soil height makes it easier to access the plants without creaking joints and strained backs and they reduce weed, pest and soil condition management problems due to greater ability to control the environment of the garden.

Containers and raised beds have the big disadvantage in the Mediterranean climate of needing more regular watering due to the long, hot and often dry summers. In cooler, wetter

climates containers and raised beds have the advantage of good drainage but as most popular vegetables are grown in the summer months it is not a great advantage here.

A great solution for making a raised garden with its own nutrient production from compost and higher water retention is a keyhole garden.

Keyhole gardens are generally a raised circular garden, around two metres in diameter with a central half metre diameter funnel for filling with compost that has an access path within the circle for adding the compost and accessing the garden.

The design gives the look of a keyhole which is the reason for its name. The border of the garden can be made from any suitable local material capable of retaining the soil mixture.

The selected materials for the border should also consider the permanency of the garden. Stone walls are strong, allow drainage and last for years, but



Photo by Isabel Schulz Flickr

HIGHLY PRODUCTIVE: A typical keyhole garden for growing vegetables, flowers or herbs.

an organic wall made of hay bales for example or untreated wood will decompose over a couple of seasons, which is fine if the garden is also for making compost to add to other gardens or for remaking new keyhole gardens.

The central funnel should be of a material to hold back the soil of the garden to allow the adding of compost in the cen-

tre. The funnel wall can be made of wire for more permanent gardens or materials such as bamboo or other types of wooden stakes that can eventually be a part of the compost in the garden.

The gardening area between the border wall and the funnel can be filled with organic soil and amendments with a base of coarse material such as

branches and twigs topped with manures, compost, washed sand, seaweed, mulching materials, other organic soil amendments and natural soil with the finer material at the top for preparing the garden bed.

The purpose of all the organic material is to provide good water retention and provide nutrients.

The central funnel compost is also a way to add nutrients to the garden, recycle organic material into the garden and allow water penetration deeper into the garden during hot dry periods. The funnel can be capped with a lid to prevent saturation of the compost during wet weather and to reduce unwanted insects access.

The result is a highly productive small garden to grow vegetable, flowers, herbs or a combination of the various plants you may wish to grow at an easily accessible height and with a means to add recyclable organic material to the garden.

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DANGER is lurking everywhere in your garden. All sorts of little pests are threatening your flowers and vegetables, but chemical pesticides don't have to be the answer! To keep your garden organic, you can enlist the help of the good bugs, ready to keep pest outbreaks at bay.

Ladybirds are a gardener's delight! The larvae will feed

on pests that are small and slow, like aphids, which can decimate flower beds. These little red bugs are attracted by dill and dandelions and can be great friends in the garden.

Feared by many, the misunderstood common spider is a fantastic member of the insect pest control team, so leave the webs untouched and let them help you out. Spiders have a wide range of prey, including caterpillars, aphids and fruit flies.

If you want a beneficial bug that you don't have to see very often, maybe consider introducing some ground beetles into your garden. Typically only active at night, these critters will eat slugs, caterpillars and some species of worm.

If you want something a little more interesting, a praying mantis could be the answer to your problems. Just be aware that these ferocious predators will attack just about any insect in its path, including the good guys.

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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 and title your email 'ENTRY Funny Travel Photo Competition.' The best three will win a Free Premium HouseSitMatch annu-

al membership either homeowner or housesitter - you choose. If you are already a member of our international housesitting and petsitting network, then you get a free renewal!

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Pets benefit children

By Francesca Souter

RECENT studies support the idea that a pet can be more than just a furry friend to young children. They can teach a child responsibility, confidence and empathy, as well as being very therapeutic. The bond between the two can grow to be incredibly strong, providing friendship and combating depression and loneliness.

Pets not only provide comfort for a child, but they enhance social skills and encourage nurturing. The ability to nurture is not intrinsic, nor can you learn it from being nurtured. People have to practise being caregivers when they're

young, and a pet can bring this out in a child.

Aside from emotional support, animals can help with learning development. Even adults talk to their pets, so it stands to reason that children will too. As they learn to speak and read, their small interactions with a furry friend can have a lasting effect.

Some pets, especially dogs, can keep a child fit and healthy. Having to look after, play with, and walk any ani-

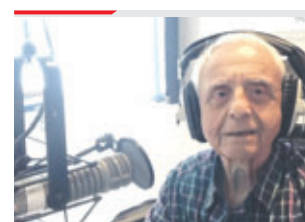
mal like a dog or even a horse, encourages an active lifestyle.

No matter what animal you choose, there are overwhelming benefits to raising children in a home with pets.

UNCONDITIONAL LOVE:
Pets could contribute to a happier childhood.



Sexual and behavioural tendencies



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BITCHES are more affectionate and easier to control than the male dog. They are about 30 per cent smaller than the male and whatever their breed, tend to be more gentle with children.

The bitch will come into season about every six months and this will last for around three weeks. The female is receptive to mating and extremely attractive to dogs that will instinctively try to mate with them.

A good clear sign that a bitch is coming into 'season' is that she will produce a discharge; initially a bloodstain, that will be deposited wherever she sits or lays. She will spend a great deal of time licking her vagina.

Be assured that your home will attract local male dogs that will camp outside your home for about three weeks. Expect howling throughout the night to attract her attention.

The female will when on heat attempt to escape at the first possible opportunity, so it is wise to keep all doors closed and secure, especially when greeting your guests. I have known bitches that have chewed their way through doors during the night to escape to get



IN SEASON: It's mating time.

the male dogs.

Do not underestimate the great heights that male dogs can climb and jump to reach a bitch on heat. During this period it is well-known that the male dog can be extremely aggressive and could well attack you if you tried to send him away.

If you are not going to breed from your bitch it is best to consider having her neutered a few months before her first season. Veterinary Colleges have endless scientific proof that the female will live longer and the likelihood of mammary tumours is negligible. She will certainly not put on weight. Male dogs whatever their breed tend to be more dominant than the female. The adult male has an instinctive urge to escape and wander free from home for periods ranging from an hour to several days or weeks.

Often a clear sign of a dominant male although house trained, will show when he starts to lift his leg in the house and urinate on walls and furniture. He does this to scent-mark his territory and to affirm his dominant status. This type of

dog should be castrated.

Owners of dominant dogs should spend time re-enforcing their own dominance and insisting on absolute obedience. This can be achieved through a training club where you can learn how to control the dominant male when he meets another dominant male dog.

Dogs that are confined and not allowed to roam can develop sexual frustration and will mount the human leg and even mount children who crawl on the floor. This is intolerable and very dangerous to a child.

The best way to deal with this is to discuss the problem with a vet who might consider either using a female hormone to try to counteract the condition or to castrate the dog.

I personally recommend castration for all dogs not being bred. A castrated dog is happy and free from worry and frustration. He'll be more pleasant to have around, less likely to fight other males and more submissive to the wishes of the human pack leader.

The best time to castrate a male dog is around five to six months before he starts to lift his leg. Your vet will advise when it is suitable for this minor operation. Within 24 hours your dog will have fully recovered.

Amendment to article 'House soiling cure' March 30, 2017

THIS article was written many years ago and normally when using old articles I bring them up-to-date in line with my website. Unfortunately I was unwell and did not check my article.

We do not pick up puppies by the 'scruff of the neck' neither do we ever scold or shout at them. We simply pick them up and gently put them down and say 'busy busy busy.'

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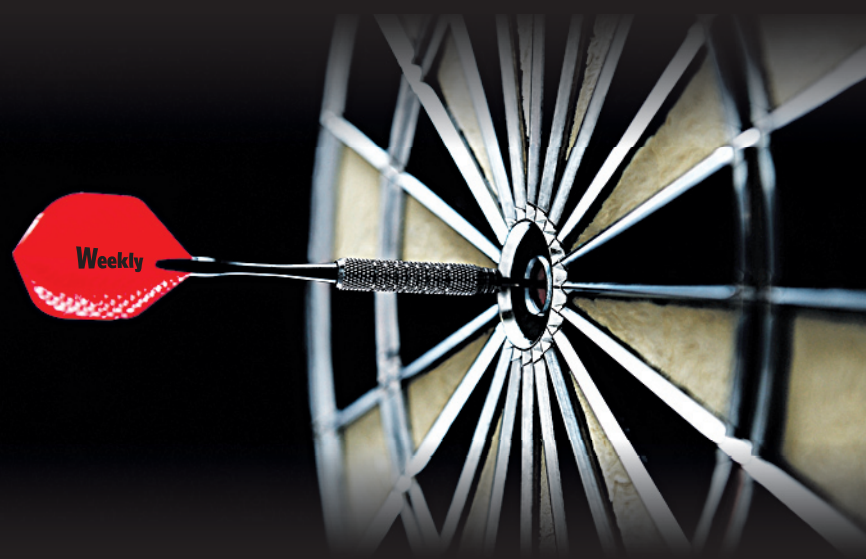
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9.30 am. Our choir sings at our 11.00 am Services and there is also a Sunday School, called Stepping Stones, on these Sundays. We welcome residents, visitors and children. For more information see our website www.lasies.taevangelicalchurch.org or telephone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

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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. (95457)

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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 or tel 966 700 391. (95464)

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

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

are needed and guest speakers with relevant knowledge or experience are very welcome. (95473)

THE ROYAL BRITISH LEGION Gran Alacant & La Marina Branch meets 1st Monday of every month (except July and August) at Bar Sioux, Avda Escandinavia GA at 7pm for 7.30pm prompt. For further info contact Brian, Branch Secretary on 639 917 971 / email secretary br3606@gmail.com (95474)

CAMPELLO CONTRA CANCER in conjunction with AECC Association Español Contra Cancer has opened a charity shop at C/Virgen de los Desamparados No 13 (next door to Mas y mas) El Campello. The shop is open Mon-Fri 10 - 2pm and is run by unpaid volunteers and all monies raised goes to the AECC. We urgently need donations of clothes, books, large and small furniture etc, and we will arrange collection of large items. We need volunteers to help out in the shop and also clothes rails, shelves etc. for display. Please support your local Cancer charity and if you wish to obtain literature or simply talk to someone. Please stop by at the shop. Contact Mina or Trisha. Tel 650 071 278 or 610 921 413 e-mail aecc_campello@hotmail.com (95475)

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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.

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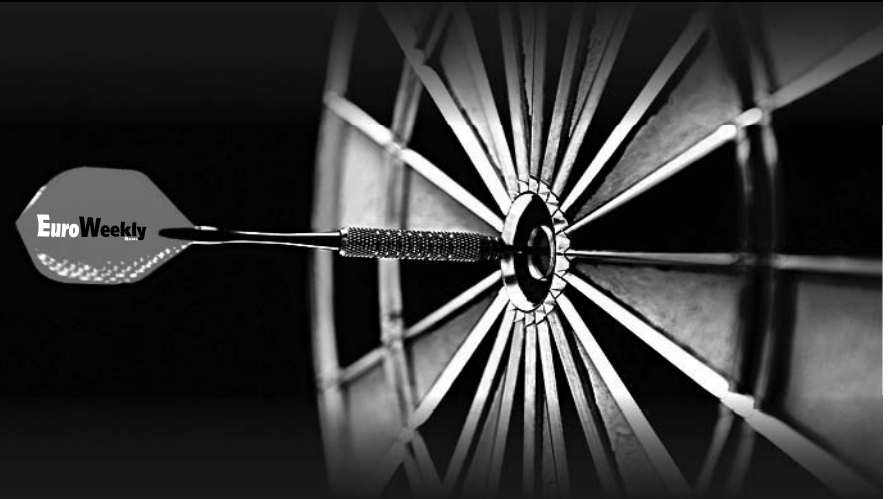
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Uber safety concerns

HUMANITY fended off the latest assault from the robotic car army as Uber suspended its self-driving taxi fleet over safety concerns. The popular taxi company, which is banned in Spain, is investigating a collision between two autonomous cars in Arizona.

Until a full investigation uncovers the cause of the malfunction, which may well be human error, the American firm has taken all its self-driving taxis off the roads. Uber, which allows users to hail a taxi using their smartphone while paying online, has been working with Ford and Volvo to bring

self-driving SUVs to the market.

It's not just a technological move. Uber has faced immense criticism over some of its drivers, who have been accused of everything from sexual assaults to racist tirades far worse than your average black cabbie.

Driverless taxis were already in service in California,

Pennsylvania, and Arizona. Users order the taxi using the Uber app on their phone. A car shows up and they slide into the back passengers seat. A small tablet near the dashboard addresses the passenger by name and asks them where they want to go. It has a picture of your driving route and progress, speed and time until arrival.

The car is flush with hidden sensors mapping out possible hazards and troublesome terrain. So far self-driving vehicles can only operate on well-established routes, using satellite maps and imaging to ensure there's no surprises.

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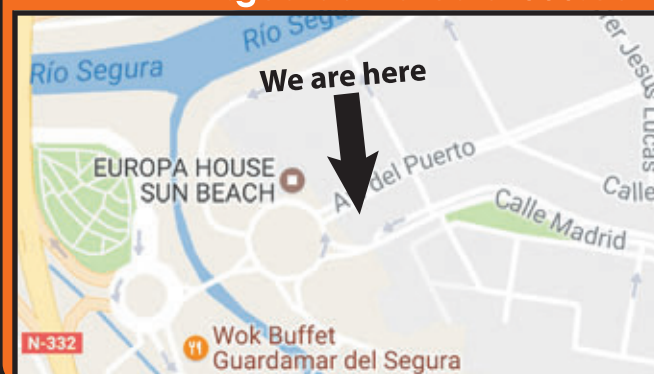
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Super cop car has now been unveiled

ITALIAN supercar heavy-weight Lamborghini has donated a rather special gift to the country's traffic police; a brand-new Lamborghini Huracan LP 610-4.

The Huracan Polizia is designed to chase down speeding drivers and has been modified for the transport of life-saving organs and blood between hospitals.

Boasting a top speed of 325kmh and the ability to accelerate from 0-100kmh in just 3.2 seconds, the new car is equipped with various technological gadgets, including a video camera that tracks and films vehicles being pursued, an on-board tablet and a gun holster.

It also has a defibrillator installed, plus a bespoke refrigeration system for the transport of human organs.

Under the bonnet is a V10 engine producing 610 horsepower, while the car also has all-wheel drive, and a hybrid chassis fabricated from aluminium and carbon fibre.

At a ceremony in Rome, State Police Chief Alessandro Pansa said that it will be used to "enhance street security" and prevent crime.

"This Lamborghini represents Italy and the quality of its people," he added. "The

same we find in both men and women who wear the uniform of the State Police."

The new car is to be assigned to highway patrol in Bologna, and will work alongside a second Huracan which has been in operation in Rome since 2015.

Two previous-generation Lamborghini Gallardos which have been used by the force since 2009 will now be decommissioned.

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Las Salinas Petanca League

THE summer Las Salinas Petanca League season will start today Thursday April 6 with a new fourth division of eight teams. A presentation dinner is being held on Friday April 7 at Restaurante Los Cucalos, in Los Dolses from 1.30pm. This a larger venue that can accommodate more than 300 people and with the League growing each year this should be ideal.

Two Competitions will be held during the summer, a Ladies and Mens Doubles with both events being held at Lakeside/San Luis and the AGM will be on May 8 at Asturias Restaurant.



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FINE WEATHER: For the Toffs Stableford competition.

EUROGOLF member Debbie, a member for over 20 years, has never known the club to have to cancel competitions due to weather conditions as many times as this season.

On Thursday March 23 a heavy mist/fog over the golf course made it impossible to see the ball hence members could not play.

However on Tuesday March 28 more than 70 players took part in the Toffs Stableford competition and the results were category one (0-16): 1st George McCallum 36, 2nd John Barraclough 34 and 3rd Fred Reeve 34. Category two (17-21): 1st John Kirkwood 39, 2nd Steve Sayers 37 and 3rd David

Blanchette 35. Category three (22-25): 1st John Holland 36, 2nd Geoff Evans 34 and 3rd John Cross 33. Category four (26+): 1st Kevin Bonser 36, 2nd Norman Woods 34 and 3rd Terry Glazier 33.

Overall winner: John Kirkwood. Best guest: David Bryce. Best front 9: Dave Nichols 20. Best back 9: Ray Porter 20. NTP's: 5th Steve Sayers, 11th Kevin Bonser, 12th in two George McCallum, 15th John Barraclough and 17th Eamonn Divine. Football draw: John Hill, John Kirkwood, Tony Stanley, Colin Daye-Gretton and John Fairhurst.

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SMGS visits Altoreal Golf

THE last meeting of the month for San Miguel Golf Society saw 39 members and a couple of guests make the trek to Altoreal, a course that used to be quite a favourite on the society's regular circuit... and it may well reclaim its previous popularity.

Members were fortunate enough to be blessed with a gorgeous day with wall-to-wall sunshine and only a light wind allowing both bronze and silver categories to each have their first and second position players beating par.

It was just the gold division that seemed to struggle a bit with a top score of 33. Congratulations (again!) must go to Keith for a magnificent 43 – which comes complete with a bit trim!!

Results

Nearest the pins: Dave Blackburn (5), Alan McDonald (8), Norman Cahill (10) and Ivan Hanak (17).

Best front and back 9 (but

not in the prizes): Both with 19 points were Phil Birtwistle (front) and Tony Smale (back).

Bronze: 5th Norman McBride (34 c/b), 4th Paul Cobain (34 c/b), 3rd Peter Cunliff (35), 2nd Norman Padmore (37) and 1st Keith Stevenson (43).

Silver: 5th Phil de Lacy (31 c/b), 4th Hugh Reilly (31 c/b), 3rd Alan McDonald (33), 2nd Colin Rust (37) and 1st Norman Cahill (39).

Gold: 5th Tony Sims (32 c/b), 4th Barry Roehrig (32 c/b), 3rd Robin Eastman (32 c/b), 2nd John Osborne (32 c/b) and 1st John Aitchinson (33).

The society extends thanks to all the team at Altoreal Golf for their help in making the day a success.

To find out more about San Miguel Golf Society, visit www.smgs.org or call the captain, Theo, on 694 494 824 to find out more about the weekly Wednesday meetings... next week the society plays at Roda.

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Immosol Group Promotions

Palm Beach I



M2 130 3 3 1

Immosol Group presents its new development in the Costa Blanca: PALM BEACH I. Palm Beach I is a fantastic, modern new Residential Complex comprising of 31 villas with private pool in the best area of Orihuela, opposite its famous pine forest of the Dehesa de Campoamor, with great views and excellent connections with the Motorway and nearby towns. Our villas are located in a privileged setting in which to enjoy your leisure time and close to all amenities just a 10 minute drive to: Campoamor beach and three golf courses with 18 holes (the Ramblas, Campoamor and Villamartin). We hope to see you soon at our showhouse!



From
249,000€

Palm Beach II



M2 130 3 3 1

Immosol Group presents its new development in the Costa Blanca: composed of 16 independent villas with contemporary design and private pool on the Costa Blanca, in the area of Orihuela Costa in Cabo Roig.

The villas have 130 m2 built on two floors. On the ground floor there is a spacious living room with kitchenette and a bedroom with en suite bathroom. On top floor it has two bedrooms with en suite bathrooms...



From
309,900€

Galdos 3



3 2 1 M2 99

Immosol Group presents its new project in the centre of Alicante. Excellent new construction with only 20 apartments from € 179,000, with 1, 2 and 3 bedrooms, two penthouses with terraces of 32 m2 and 64 m2 and parking.

Located in the centre of Alicante, on Avenida Benito Perez Galdos, this new building is surrounded by all the services you may need: supermarkets, schools, cinemas, restaurants, shopping centres.



From
179,000€

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our promotions**

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AFTER Barcelona B crushed Club Deportivo Eldense 12-0 in the Segunda B division last week it emerged the match may have been fixed amid allegations Eldense's players had been bribed.

TO READ MORE

Costa Blanca's best guide to local sport

Los Amigos De Mazarron FC's annual gala week

THE Los Amigos de Mazarron FC's eight annual gala week events between March 18-21 were a great success smashing all previous records.

The three events, a race night, celebrity golf day and the gala dinner at the Hotel la Cumbre Puerto de Mazarron raised the magnificent sum of €5,650 for the local football team, Mazarron FC.

Los Amigos de Mazarron FC would like to thank everyone who supported the events and to all the main sponsors, Ibex Insurance, the Club House Camposol Club de Golf, Expat Pensions and Westfield Health as well as all the local businesses who sponsored holes at the golf day.

Celebrities Alvin Martin, Gary Marshall, Tony Currie

and Mark Higgins flew into Spain to support the event and all took part in the golf day along with former Charlton Athletic midfielder Peter Reeves who lives locally.

Former West Ham and England defender Alvin Martin was the guest speaker at the lavish gala dinner and comedian Gary Marshall entertained the sell out audience in his own unique style. A superb evening was rounded off with music and dancing to the sounds of the fabulous Woody.

The record sum raised this year takes the total raised in the eight years since the gala dinner was first held to just short of €27,000 in support of Mazarron FC.

Comedian Gary Marshall supported the event.



Alvin Martin was the guest speaker.



Guests at the gala dinner.

Carp-R-Us

THE sixth match of the Spring Series was fished on the club's fifth different venue in six weeks, thus testing the skills of the anglers in a variety of different conditions and locations.

This time members were at the Embalse de Pedrera and after a very foggy start conditions were very pleasant. Mark Foden won with 7.10 kg of carp caught using feeder and sweetcorn just pipping Steve Fell (6.96 kg carp) who was using similar tactics. Third was Peter Boorman with 1.64 kg, his highest finish to date, and fourth was Roy Dainty with 1.50 kg.

Peter Boorman would like to give special thanks to Mark Foden for rescuing him when the bank gave way and he fell into the water!

Further information about the club can be



GONE FISHING: At Embalse de Pedrera.

found on its website www.carprus.weebly.com or on the Facebook page Carp-R-Us Fishing Costa Blanca.

The club is currently looking for new members and anyone interested can make contact through the Facebook page, the website or by calling the club secretary Steve Fell on 634 379 081.



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*Fees and exchange rate data for banks taken from the International Money Transfer Index™ (IMTI™).

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