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Stop Press DON'T MISS OUR HEALTH & BEAUTY SPECIAL INSIDE! **PAGES 61 - 76**

Assets seized

Family of Syrian leader implicated in surprise sting

By John Smith and Matt Ford

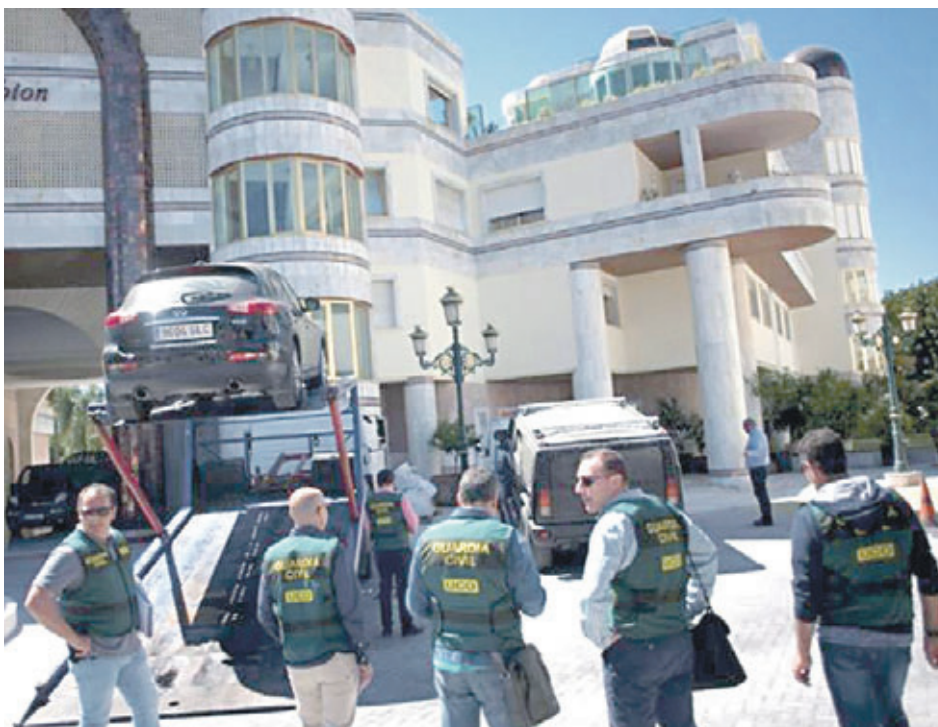
A major money-laundering investigation has been launched on the Costa del Sol after properties and businesses belonging to the uncle of Syrian president Bashar al-Assad were raided by Spanish police.

Around 30 Guardia Civil officers descended on the opulent Gray d'Albion building, informally known as the 'Syrian Palace' in Puerto Banus, of which Rifaat al-Assad owns several floors.

The 78-year-old was banished from his home country in 1984 by his brother Hafez al-Assad, then-president and father of the incumbent leader, who feared a coup against him.

In addition to the luxury apartment building police swooped on 14 other properties owned by al-Assad, including the Park Banus hotel, the Benabola apartment complex, an underground car park and the 33 million square metre La Maquina estate in Benahavis.

Bank accounts of 16 individuals and 76 companies associated with him have been



GUARDIA CIVIL: At the raid on the opulent Gray d'Albion building.

frozen, while officers seized piles of documents plus jewellery, antiques, tapestries and a number of vehicles including an armoured Hummer, an Infinity and two Mercedes.

Although there have been no arrests so far, those under investigation are said to include

two of al-Assad's wives, six of his children, several in-laws and a Spanish business administrator.

He was vice-president of Syria before his expulsion, overseeing the 1982 Hama massacre during which the

» Turn to page 4

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LOCAL NEWS

Eyes ahead

THE new wooden footpath which links the Guadalmar urbanisation with the golf course near Torremolinos has already provoked controversy since it passes straight through a notorious nudist

beach. Salvador Gonzalez, a Guadalmar resident, said: "It is a place where many families will walk with children, and it seems absurd that they will be confronted by people in the altogether."

Capital cutback

THE Spanish Government has announced a 43 per cent reduction in financial aid to Malaga for 2017, with a total of €136 million earmarked for mostly state companies such as train operator Renfe and rail infrastructure enterprise ADIF. Much of the cash will be used to finish the Bobadilla to Granada high speed AVE line.

Double smash

THE A-7 coastal road registered two traffic accidents in quick succession on Tuesday April 4. Both incidents occurred between 9am and 9.15am in the two kilometre stretch between Elviria and Cabopino. The collisions caused six kilometre tailbacks at what is one of the busiest times for the road. Nobody was seriously injured.

Banderas checks in

By Matt Ford

ANTONIO BANDERAS is home again, and he's excited.

The local legend and Hollywood heart throb has made his annual pilgrimage to his home town of Malaga to take in the city's recently concluded film festival and Semana Santa celebrations.

“ He may be preparing a return to live on the Costa del Sol.

During interviews with local media, the star of Zorro, Evita and, more recently, The 33, spoke of his love for Malaga and hinted that he may be preparing a return to live on the Costa del

ANTONIO BANDERAS: Back in town.

Sol, as rumours persist that a theatre bearing his name may be on the horizon.

Antonio also confirmed his belief that if Malaga "continues as it is now, it is going to be historic... a bomb," as he discussed the city's ongoing improvement in

its arts and culture offerings, and confessed that if he had the money, he would buy Malaga Football Club.

He did admit that he would like to see the city's infamous 'unfinished' cathedral completed, since "the cathedral as it stands now sends a metaphorical message that Malaga is an incomplete city and does not finish things that it started.

"We haven't covered ourselves in glory there."



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Prison for MDMA traffickers

MALAGA Provincial Court has sentenced three members of a gang to seven and a half years in prison for the trafficking of MDMA in Fuen-girola.

The men were arrested on June 25, 2016 when the National Police seized 37 kilos of the narcotic, with an estimated street value of €1.7 million.

Police were tipped off by an anonymous source that a drugs deal was going to go down at a mosque in Fuen-girola on June 23.

After setting up equipment to monitor the area, they had no luck in catching the criminals.

However, on June 25, officers carrying out surveillance in the area intercepted a speeding BMW containing the defendants.

They found bags of MDMA, a vacuum packing machine and the keys to a Mercedes van stashed in the boot.

The men were transporting the drugs from the Netherlands to Fuen-girola, where they planned to work out the logistics to sell them on to a third party.

Flamin go-go-go

FOLLOWING a dry start to the year, Laguna Fuente de Piedra now contains enough water for flamingos to breed, with some 11,000 pairs and 30,000 birds in total present.

The salt lake is home to the largest breeding colony of the greater flamingo (*Phoenicopterus roseus*) in the Mediterranean basin, with the animals nesting from March to July.

Although the majority of those present hatched at Fuente de Piedra, there are also representatives from the Camargue in France, the Ebro Delta, Sardinia, Italy, Algeria and Turkey, according to park staff.

The water is just 28cm deep, but this is ideal for flamingos to feed, while their conical mud nests are constructed on small islands.

Hand over handsets

RATHER than simply leaving them around the house, Estepona Council is encouraging residents to donate old and obsolete mobile phones to charity and they can be left in special collection boxes around the town.

Al-Thani accuses police of racism

OVER the weekend, Malaga FC owner Sheikh Al-Thani took to Twitter to express his anger after a policeman refused to let him into the the Rosaleda stadium.

The south entrance was closed off to traffic when the Sheikh pulled up, expecting the police to let him through. When they didn't, he sent out a tweet with pictures of the officers, stating "There is no justice and no respect in this country. Sorry but this is the truth."

In the aftermath of Malaga's loss to Atletico Madrid,

Al-Thani continued his Twitter rant, accusing the police of racism and later claiming that after this season, he would not be returning to the stadium.

On Sunday morning he took to social media again to say that he suffers racism, hatred and disrespect in Spain, and that the country no longer feels like his home.

This is not the first time that Sheikh Al-Thani has threatened to leave Malaga.

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.

As a starter to the campaign, the council has donated 30 cell phones which are not being used and all funds raised from refurbishing the phones will be shared between Action against Hunger and the Stop Sanfilippo Foundation.

Make way for the Metro

REGIONAL authorities have ap-

proved plans to restart work on the expansion of Malaga's metro.

The government has warned Malaga City Council that they will pay for damages to properties if they don't comply with the plan set out in 2013 to extend the service.

Work will recommence at the end of April, after two years of inactivity since the contract with Construction Company Ortiz was terminated in 2015.

Feline felony in Antequera

A 58-YEAR-OLD man has been arrested in Antequera on charges of animal abuse after he forced his dogs to kill a pregnant street cat.

Witnesses allege that the man coaxed the cat out from under a car, before goading his three dogs into attacking it.

Several people tried to stop the attack but were too late, the cat dying shortly after.

INSIDE VIEW

News

1 - 48

Finance

55

Health & Beauty

61

Leapy Lee

77

TV



86 - 98

Gibraltar

100

Time Out

101

Letters

105

Social

106

Services

116

Classifieds

120

Motors



129

Sport

134

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

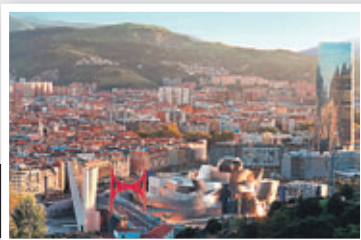
A 47-YEAR-OLD council worker is believed to have strangled his wife and then smothered his two children, aged five and eight, before committing suicide by jumping from a second-storey balcony in Ciudad Real in a suspected case of domestic violence.

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."



RIFAAT AL-ASSAD: Under investigation.

Operation Scar swoops on al-Assad

» From Front page

Syrian army besieged the town of Hama for 27 days and killed thousands in order to quash an uprising.

His brother allegedly compensated him to the tune of €300 million before he departed Syria, and he subsequently used the money to invest in properties in France and later Spain, the UK, Liechtenstein, Luxembourg, and Curaçao.

The current investigation has been code-named Operation Scar and follows similar raids conducted in France last year, where a judge concluded he had acquired his money through embezzlement of public funds to the detriment of the Syrian State.

He and his family are thought to own more than 500 properties with an estimated value of €690 million on the Costa del Sol, all of which have now been seized by Spanish authorities.

A legal spokesman said that neither the accused nor his family are aware of the charges against them, while the whereabouts of al-Assad himself was unconfirmed as the *Euro Weekly News* went to press.

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.

€3.389 billion

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



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NEWS EXTRA

Hot wheels

THE discovery of four stolen BMW X5 vehicles in a San Roque garage has been hailed as a major blow to drug dealers in the area, after one was identified from the number plate as having escaped in a police chase.

Head to head

PROFESSIONALS and students of gastronomy are getting ready to go head to head in a kitchen contest celebrating local produce. The competition now welcomes contestants from all over the Costa del Sol.

Mobile app

CASARES Council has launched a new online service that allows citizens to report incidents in the town from their mobile phone. The Green Line app is free to download.

British tourist in hospital after Gibralfaro mugging

By Francesca Souter

A 60-YEAR-OLD British woman has been hospitalised with a head injury after she fell down stairs at Gibralfaro castle in Malaga.

The victim lost several teeth and cracked her skull in the fall, losing her balance when her bag was snatched from her hand.

The incident happened on Friday March 31 and an investigation has been launched to establish the identities of the perpetrators and arrest them.

Several Local and National police officers were sent to the scene after emergency services received calls from members of the public. They found the woman bleeding on the ground, cradling several teeth in her hand, and immediately called for an ambulance.

Despite her initial shock,



VIOLENT MUGGING: The British woman is being treated for extensive injuries.

the victim was able to talk to investigators, telling them that she had been mugged.

It is alleged that she was assaulted by two women, plus a man who snatched her purse. The thieves managed to flee, taking advan-

tage of the confusion in the aftermath of the fall.

The 60-year-old, who travelled to Spain on holiday, has been transferred to the Clinico Universitario Hospital in Malaga where she is being treated for serious head trauma.

OUR VIEW

Westminster Bridge murders

JUST about the only really decent thing to come out of the Westminster Bridge murders has been the huge turnout 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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Brits shot in holiday hotspot

TWO British holiday-makers have been shot in Fuengirola following an altercation at a seafront bar.

Reports allege that the injured men, aged 55 and 60, started a fight which spilled outside before one was shot in the leg and the other in the foot.

The gunman, an unnamed 42-year-old Briton was also rushed to hospital after collapsing to the ground with head injuries.

He was said to have been clutching a 19mm semi-automatic hand gun, with a second weapon recovered from his car, which was parked nearby.

The tourists are believed to have been on a golfing holiday with two other friends, and were staying at the nearby Las Piramides hotel.

Post-Brexit healthcare concerns

By Francesca Souter

THERE is some confusion over the future of healthcare for thousands of Brits visiting or residing on the Costa del Sol.

Until negotiations begin, authorities are hesitant to make promises over the healthcare which will be on offer.

A spokesperson for the Spanish Ministry of Health has said that as it stands, no details have been given. For now, Brits will continue to receive health care coverage guaranteed by the European Health Insurance Card (EHIC).

There are two provinces which stand to lose the most if negotiations aren't favourable. In a recent census of Brits living in Spain, Alicante had the highest number with 72,935 people. Malaga took second place with 50,888.

Healthcare professionals have suggested that the best course of action would be a bi-lateral agreement guaranteeing that assistance will be reciprocated between the British in Spain and the Spanish in the UK.

This is a chance for the Spanish government to ensure Spain remains an attractive tourist destination, with the promise of sun, sea and healthcare.



Photo by Shutterstock

CONCERNS: Could healthcare become a bargaining chip in negotiations ahead?

Brits living in Spain permanently can currently register with their respective town council and be assigned a Social Security number, entitling them to healthcare. Alternatively, care is still guaranteed in emergencies with the use of an EHIC.

There are also many tourists and residents alike who choose to purchase private health insurance and it is cur-

rently unclear as to whether that could be the future of healthcare for Britons in Europe after Brexit.

The reality is unclear and complex, but it seems that many in the Spanish healthcare industry are urging their government to take advantage of the UK's EU divorce to forge an agreement which is beneficial for both nations.

NEWS EXTRA

All running

ALL functions of the old hospital in Ronda have now been transferred to the new Hospital de la Serrania and according to the council, everything is now up and running.

Long trip

WHEN an Argentinian couple drove out of Buenos Aires in a vintage car, they planned to spend six months on the road. Now 17 years, four children and 300,000 miles later they have added Malaga to their list of visits.

Not seen

DESPITE the huge crowds lining Malaga's streets, a whopping 46.7 per cent of locals do not see the Semana Santa processions. Of those rest, some 27 per cent are members of a church or brotherhood taking part.

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NEWS EXTRA

River tidy

WORK by Marbella Council to remove debris from rivers has reached Elviria and Las Chapas. The project aims to ensure natural runoff of streams and prevent any flooding during bad weather in the future.

Fishy future

AFTER months of work, the fishing community of Malaga has designed a plan aimed at increasing employment and cohesion. Local people will be encouraged to find work in the sector and stimulate economic growth.

Holy water

AS part of its preparations for Holy Week, not only will Estepona Council hose down the streets before each procession but will include a special deodorant perfume in the water that smells of orange blossom.

See our Semana Santa special on pages 84 and 85!

Semana Santa in full swing

By Francesca Souter

THIS year's Semana Santa is shaping up to be a spectacular celebration as we look towards Palm Sunday.

Numerous churches and brotherhoods have already started making their way through the city centre, transferring their thrones to the Casa Hermandad, with thousands of locals heading out into the heat to line the streets in celebration.

Good Friday is the final deadline for transfers to the Casa Hermandad, where many brotherhoods will start their processions throughout Semana Santa.

This Saturday evening (April 8), Misericordia will leave the Parroquia de Nuestra Señora del Carmen at 8.30pm. Their route will take them through the Plaza de Toros Vieja, Peregrino, Medellin, Ancha del Carmen, Monstalban, Arco, Malpica,

“Some procession routes take as long as nine hours to complete.

Ancha del Carmen, and La Serena to Casa Hermandad.

Palm Sunday's first procession will begin at 9.45am at the Casa Hermandad in Calle Perras. The route will take five hours to complete, moving through Alameda, Tribuna, Malaga Cathedral, and back to the Casa Hermandad. Each procession will take a different route and some will take as long as nine hours to complete, lasting to the early hours of Monday morning.

Canal Sur will be broadcasting special coverage of Semana Santa in Andalucia, with correspondents reporting live from processions across the entire province.



SPECTACULAR THRONE: A sight to behold.

Nobu to open restaurant in Marbella

DURING a conference hosted in Marbella by Dani Garcia, the well-known Michelin star chef, no less than 16 great Spanish chefs took part in a tribute to Japanese chef Nobu Matsuhisa who with partner, actor Robert de Niro owns 32 restaurants worldwide.

The up-market Nobu chain started a whole new wave of contemporary Japanese cuisine with a local touch when it opened its first restaurant 23 years ago and it has been revealed that it will open its first restaurant in Spain at the Puente Romano Hotel in Marbella later this year.

Following that, the group has announced plans to open a second Spanish restaurant in Ibiza and then plans a boutique hotel in Marbella as well.

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NEWS EXTRA

Granada trip

ORGANISED by Manilva Council, 55 residents enjoyed a three-day trip to the city of Granada where they had the opportunity to visit the Alhambra and other historic sites.

Plant a tree

'LEAVE my footprint as I plant a tree' is organised by women's group Venus on Mars which will invite local residents in Manilva to plant a tree in the town on April 25 as a gesture and a lasting statement.

San Roque allotments

WITH 40 allotments granted to residents aged over 55 in San Roque, there is a waiting list for any that become free and the council has now decided to clear some additional land to allow for a further allocation.

Marbella ups security for Semana Santa

MARBELLA City Council has announced plans to reinforce security services over the Easter period.

In collaboration with the National Police in Marbella, an extra 1,500 services will be put on by the Local Police. Councillor for Public Safety, Javier Porcuna, announced that they are "seeking to maintain security" in a city which attracts thousands of visitors over Semana Santa.

The councillor gave the announcement on April 3 accompanied by Local Police chief Javier Martin and Commissioner of the National Police in Marbella, Enrique Lamelas. The three were keen to stress the importance of security for tourists throughout the next week.

The Local Police will be covering the entire procession schedule, working a combined total of 12,000 hours. Porcuna has said that "every day, there will be more than 100 Local Police officers working in three shifts" along the processional route.

There will be daily support from the

National Police in Marbella, with tasks being shared between the two agencies, but Porcuna has appealed to the Spanish government for further reinforcements and where applicable, Guardia Civil presence.

However, Local Police chief Javier Martin has insisted that his officers are prepared for the large influx of tourists over the Easter period, ensuring that they are covering as much of the city as possible.

Officers will be divided into three distinct groups, one will work on the prevention of thefts, another

will collect intelligence of possible threats, and the final will cover security during the processions.

National Police Commissioner Enrique Lamelas has stressed that this increase in police presence on the streets will not distract from their day to day work, and crimes like burglaries will not be neglected.



HIGH ALERT: Police will be out in force for Semana Santa.

Army stud in Coin

THE Spanish army is proud of the number of purebred stallions it owns and, as part of a regular visit to assist top quality breeding in Malaga Province, has once again returned to Coin.

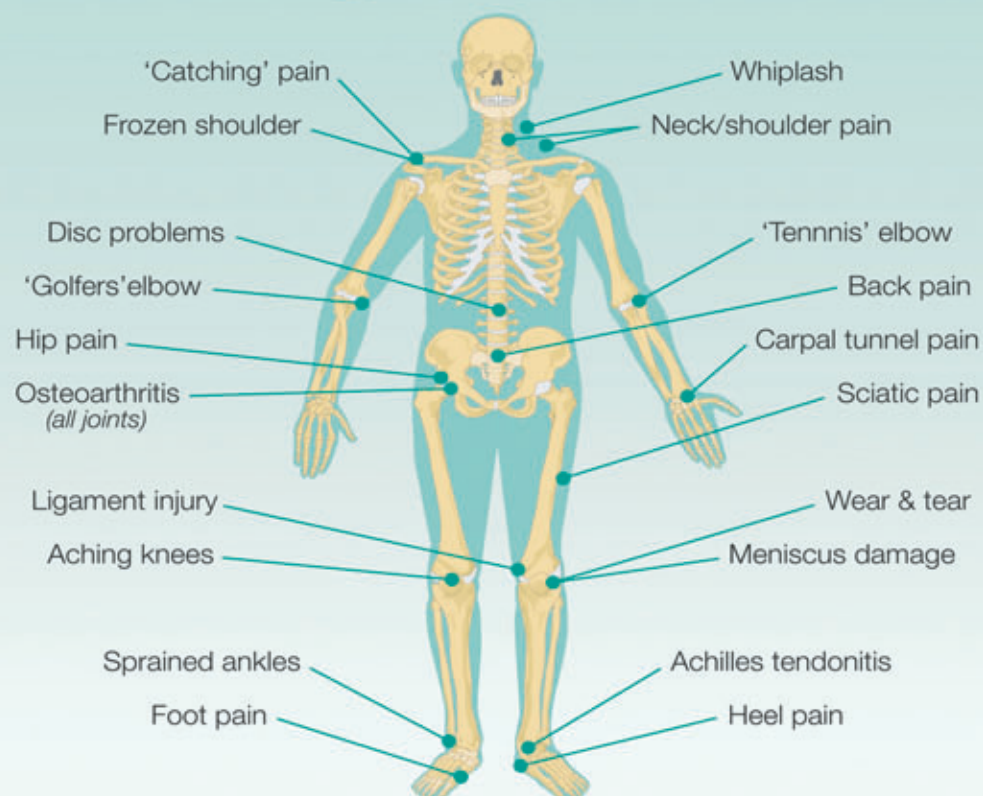
Five horses and a donkey will stay at stables in Miravalle until the June and will either mount presented local mares or supply high quality semen to allow for artificial insemination.

There are four pure Spanish, one pure Arab and a regular visitor, the Andalusian donkey who normally reside in Jerez de la Frontera so the local council and army are hoping to exceed last year's total of 185 inseminated mares.

With prices ranging from €58 to €115 and activities overseen by a vet, it is believed having a choice of breed and colour will help to add to the general well-being of local livestock.

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A woman with dark, wavy hair, wearing a black leather jacket over a dark top, is smiling and looking upwards. She is positioned in the upper half of the image against a bright, cloudy sky.

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Malaga's major motorways are amongst the busiest in Spain

THE two major motorways in Malaga have experienced another year of exponential growth. The Las Pedrizas toll road (AP-46) is now the second

busiest road in Spain, despite only opening in 2011, and the AP-7 coast road remains one of the country's most travelled routes.

In 2016, the AP-46 reached an average daily use of 13,152 vehicles, an increase of 13.4 per cent on 2015. This figure places it just behind the road linking Madrid to Navalcarnero in growth rankings, but the Las Pedrizas road boasts much more actual traffic.

Latest data published by the Ministry of Development shows that the motorway is on track to achieve the initial figures for traffic predicted prior to its construction. First estimations expected it to reach 15,000 vehicles per day, which should be the case by the end of this year.

President of Associated European Automobiles, Mario Arnaldo, believes that the in-



RUSH HOUR: Malaga's roads are seeing increases in traffic every year.

creased use of the coast's toll roads can be attributed to the arrival of tourists choosing to travel to Spain via car. "The use of the toll motorways has been witnessed all over Spain," and spikes in activity seem to coincide with holiday trips.

In his opinion, a key factor in the sudden desire to use the alternatives to the coast road is the lack of maintenance. The

roads leave much to be desired, deteriorating with the amount of traffic passing through and suffering from a lack of investment.

The alternative AP-7 coast road is considered the domain of seasoned veterans on the Costa del Sol. With an average of 29,762 drivers per day, the road is one of the most travelled in the province.

NEWS EXTRA

Police plea

POLICE union 'Sip An Marbella' are demanding new clothes for officers. The group used social media to show images of worn boots they allege have not been replaced or repaired for six years.

Safety first

BENALMADENA Council has installed a metal railing along the children's playground on Avenida Estrella del Mar, after a car killed a 35-year-old woman when it mounted the pavement at high speed last October.

Reform work

THE Andalucian Health Service has awarded €380,000 to Torremolinos Maritime Hospital for improvements which will focus on the roof and structure of the building and not affect its daily function.

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MC Boulevard News

Easter 2017 events in Puente Romano Beach Resort & Spa

The resort celebrates Easter 2017 with a series of events, including opening of a new venue!

Wednesday April 12

La Plaza Springtime Opening Party

The annual springtime celebration brings all the great people to the heart of the resort!
Event will begin with 'invitation only' cocktail from 9pm and continue with a public cocktail from 11.30pm.
Latest house music will be presented by guest-DJ Scott Larok from London.
Welcome to join us for drink, a catch-up, to enjoy the magical evening and feel the spring vibes...
The Springtime Season Opening Party will continue at La Suite Club from midnight till early morning hours.
The finest tunes by La Suite resident DJ Nilo will be supported by fashionable artists.

Thursday April 13

New open-air venue opening event

La Terrasse

Located near La Suite Club the new open-air terrace - La Terrasse -

promises guest-DJs from London and Paris, laid back ambience and great snack menu.
The opening party will take place on Thursday from 11.30pm with special live performance and trendy pop music by DJ Pakito and DJ Alvaro.
From midnight La Suite Club will be open for those who love to dance to the latest Ibiza tunes by Crush Djs.

Crush Djs is an eclectic duet of Spanish DJ girls - Babykat (Katy Sainz) and Cristina Tosio.

BabyKat (Katy Sainz) is a Spanish DJ, with over five years' experience, playing in both national and international clubs.

Cristina Tosio is a model who has been collaborating with Vogue, L'Officiel, Jalouse, Elle, Marie Claire and Harper's Bazaar. She combined her passion to music and formed a duo Crush Djs along with her friend the DJ Katy Sainz.

Friday April 14

La Suite Club 1st Anniversary Party

The most international and trendy nightclub in Costa del Sol is celebrating its first anniversary!

For the occasion the club will host dynamic DJ-duo DJ Lunnas.

These two artists, with only 24 years have managed to enter successfully into electronic music.

They have been performing across Spain and from year 2016 have been collaborating with worldwide know DJ Bob Sinclar.

More info www.suiteclubs.com



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Racist attack in Malaga

EIGHT men have been arrested in Malaga for their alleged participation in a racist attack on a woman.

The victim, of Moroccan origin, stated she was approached in the street by a group of eight men armed with sticks and knives. They allegedly subjected her to xenophobic insults and she sustained multiple injuries from blows, kicks and even cuts.

Three relatives of the victim, two men and one woman, were also assaulted as they tried to save her from the violent attack.



GIBRALTAR WATERS: Much ado about nothing.

Naval incursion sparks reaction

AS Spain does not recognise the sea around Gibraltar as being 'British Gibraltar Territorial Waters,' there are regular incursions by both official and unofficial vessels which tend to result in formal complaints from the Governor.

Due to the fracas arising from the recent media outcry about Gibraltar, Brexit and the potential of war, much was made in certain sectors of the UK press that the Spanish corvette the Infanta Cristina, which has recently returned from service in

the Gulf of Aden, entered Gibraltar waters.

The 16-metre HMS Scimitar approached the 89 metre Infanta Cristina and warned it to move out of Gibraltar waters which it did.

Normally, the Ministry of Defence would respond but due to current sensitivity the Foreign and Commonwealth Office responded stating "The Royal Navy challenges all unlawful maritime incursions into British Gibraltar territorial waters – and did so again on this occasion."

NEWS EXTRA

Squeaky clean

FUENGIROLA is acquiring four new self-flushing toilets for its beaches, at a cost of €182,952. The toilets, which can be used from 8am to 12am, are adapted for people with reduced mobility.

Plans on hold

THE government must carry out another environmental study at Baños del Carmen, Malaga. Regeneration plans have been put on hold after the Spanish Institute of Oceanography warned of possible endangered sea creatures in the area.

God's gift

RECENT data shows Semana Santa in Malaga generates €82.3 million for the city. The hundreds of thousands of visitors helps create 1,059 full time jobs stimulating local economy.



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Pension pinchers caught by police

A CRIMINAL organisation that specialised in robbing the elderly as they left banks has

been disbanded by police. The group were highly organised, monitoring banks in

the centre of Malaga during the first days of the month to coincide with pension deposits. One member would pretend to be a client, entering the bank and choosing their victim from those who had just collected their full pension.

This person would then relay information on the location of the money to others waiting outside the bank, who would then follow the target to their home and mug them, fleeing with the help of another.

Two women and one man were arrested for their alleged participation in 10 robberies committed in the north and the west of Malaga.

The police have advised the elderly to be cautious of anyone suspicious approaching them and avoid withdrawing large amounts of money in one transaction.



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Gay hotel for Costa del Sol

TORREMOLINOS is set to become the location for the first hotel directed at the LGBT community on the Costa del Sol.

Set to open its doors in May, Hotel Ritual Torremolinos will have a total of 400 rooms and is located just a few metres from the beach of Bajondillo, in the open and cosmopolitan area of La Nogalera.

After a complete refurbishment, the hotel has changed its image to fit its new clientele. The building will now offer services such as 'a nudist area on one of the terraces, a rooftop bar, a sauna and spa member and a gym.'



ALL INCLUSIVE:
 The hotel is aimed at LGBT guests.

The hotel is also pet friendly, 'will facilitate the reservation of party boats on the coast,' will host the 'Mister Gay Malaga' event and will be the 'official hotel of Torremolinos Pride 2017.'

NEWS EXTRA

Be respectful

BUSINESSMAN Francisco Gomez Palma has called for people to respect Catholicism and Christian values throughout Semana Santa. Gomez encouraged churchgoers to be brave against those who will mock them.

Road repairs


THE regional government of Andalucia has started work to improve the A-7201 road that runs between Villanueva de Algaidas and Cuevas Bajas. They are investing €300,000 and the work is set to last for two weeks.

Half staff

MARBELLA school Juan Ramon Jimenez has been left with just half their kitchen staff. Unable to cover the losses, children have spent the past few weeks eating off plastic plates.

New status


THE Sierra de las Nieves is set to make the transition from Natural Park to National Park, joining Doñana and the Sierra Nevada. The new status could generate 300 new jobs in the area.



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NEWS EXTRA

Smokey home

TWO adults and two children are being treated for smoke inhalation after a fire broke out in a one bedroom apartment in Malaga on April 2. Firefighters said the blaze was concentrated in one of the rooms.

Fewer bars

MALAGA Council are planning to reduce the number of restaurants and bars in the historic centre. The council insist nobody will be thrown out, but that restrictions on new establishments will be put in place.

Shellfish plan

THE Ministry for the Environment are putting protocols in place to control and eradicate the illegal selling of shellfish. Controls will be carried out in markets and restaurants along the Costa del Sol.

Food bar robbed in Marbella



Photo by Shutterstock

SHAWARMED ROBBERY: Thieves got away with €450.

TWO hooded individuals robbed a Turkish fast food bar at gunpoint on April 2, taking €450 from the till.

The incident happened at around 11:40pm on Calle Seranata and is the latest in a spate of robberies in the neighbourhoods surrounding the Plaza de Toros in Marbella.

It is alleged that several customers were inside the establishment when the individuals stormed in demanding that staff turn over

the cash.

Patrols of both National and Local Police officers regularly pass the bar, but the two had made sure that none were in the vicinity when they executed the armed robbery.

A customer managed to alert the police to what was happening and locals have complained that this is not the first time this type of robbery has occurred in that area of the city over the past few months.

New icon for Malaga's port

MALAGA'S Tourism Forum believes that the five star luxury hotel planned for the port could become a new icon for the city.

Qatari group 'Al-Bidda' presented their plans for the €120 million hotel last September, hoping to open its doors in 2020.

“ There have been plans to build a hotel since 1998.

There are currently only two five star hotels in the city, and some have emphasised the importance of this opportunity to create another.

During their April meet-

ing that the project is necessary in order to justify and enhance the city's status as a desirable holiday location.

The group emphasised that Malaga is one of Spain's most dynamic destinations and still has the capacity to increase the hotels on offer and attract even more tourists. The project will also create countless jobs during construction, and subsequently when it opens to the public.

They believe that open debate surrounding the hotel is "very healthy," after some groups have protested the addition of such a lavish building in the port. However, they have also indicated that it is pointless since there have been plans to build a hotel in the area since 1998.



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Multiple drug busts on coast

GUARDIA CIVIL officers have detained two people for the alleged possession of 556kg of cannabis.

The incident took place during an operation against drug trafficking on the A-7

at San Roque. Officers stopped multiple cars after one driver seemed nervous in their presence. The man aroused suspicions that he was some sort of lookout when they noticed two mo-

bile phones on his lap, possibly used to warn drivers transporting the drugs that police were nearby.

One of the cars stopped

was a BMW X5, the driver attempting a series of manoeuvres to avoid the authorities before being intercepted. Officers arrested the

driver after they found 22 bundles of hash hidden under a blanket.

It was verified that the driver of the first vehicle was providing coverage to the car containing the drugs, leading to his subsequent arrest.



BUSTED: Nervous driver aroused suspicions.

“ Officers arrested the driver after finding 22 bundles of hash under a blanket.

The detainees, aged 35 and 22, are foreign but legal residents in Spain. They were arrested for crimes against public health.

Elsewhere, a further 200kg of cannabis was seized by Local Police in Marbella. The drugs were found hidden in the boot of a car in San Pedro Alcantara.

Officers became suspicious of a boat on the shore, hearing what sounded like a warning of police presence when they approached. One man escaped on a jet ski as police found the car containing six wet bundles of cannabis.

This is not the first time drugs have washed up on the beaches along the Costa del Sol.

NEWS EXTRA

Natural death

THE open investigation into the corpse of a woman found on March 29 in Malaga has concluded that she died of natural causes after evidence shows the body showed no signs of violent struggle.

Man hit

A 73-YEAR-OLD man died on March 31 after being hit by a vehicle on the A-45 in Malaga. Emergency services were alerted to the incident at 5.15am and doctors pronounced him dead at the scene.

New buyers

ACCORDING to recent figures, the Turks and the Arabs are the newest property buyers on the Costa del Sol. Investors have been spurred into these changes by political and economic instabilities in their own countries.

It's cheaper

IT is officially cheaper to die in Malaga than any other province of Andalucia. The average cost of a funeral in Malaga is €2,665, compared to a whopping €3,998 in Cadiz.



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Marbella isn't horsing around

MARBELLA'S Council has put new measures into place to protect horses pulling carriages in the city.

Proposed plans will limit time the horses spend walking, as well as changing the horse-shoes from iron to plastic for their protection.

Councillor for Transport, Miguel Diaz, has said that one of the improvements will be the restriction of working hours for the horses. Carriages will be out of service between 3pm and 6pm when the sun is at its hottest.

Diaz noted that in previous

summers, some horses have suffered from serious heat-stroke.

In addition, the iron horse-shoes will be replaced for ones made of plastic. These will allegedly ease the pressure on the horses' hooves and will help to avoid pavement damage.

The changes come after a petition to address the welfare of the horses involved in tourism gained thousands of signatures in the area.

There will also be controls in place to ensure that horse stops have the necessary services for the well-being of the animal,

such as shaded areas and hydration points.

The council want to improve all elements of this tourist attraction, aiming to standardise the carriage sunshades and uniforms of the drivers, as well as introducing posters detailing the itinerary of the

cations of stops and prices.

Diaz said that "it is important that the service has a positive image as it is primarily used by tourists."

The team has even suggested the introduction of changes to the itinerary of the

horse drawn carriages, introducing places of historical interest that would make the rides more informative and avoid the busiest roads.

The councillor's main objective is to align the rights of the animals with those of the people operating the service.



CARRIAGE HORSES:
Proposed plans will limit their time spent walking.

NEWS EXTRA

Blaze out

FIREFIGHTERS in Malaga extinguished a raging fire in the Jardines de Puerta Oscura on April 2. It took two units from the fire department to put out the blaze, preventing it from spreading to a larger plot of land.

New club

BUSINESSWOMAN Maria Bravo has announced the opening of a new beach club in Marbella. The philanthropist will invest close to €1m to create the new addition to the beach of El Cable.

City link

MALAGA'S Provincial Council has begun the drafting of a project which aims to construct a series of wooden walkways along the beaches which will link the city with its neighbour Torremolinos.

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New mother almost loses her baby

AS a woman in La Linea was taken into the local hospital to give birth, a letter which was erroneously sent to the National Institute of the Sea was passed to the Local Police as it called for the child to be taken into care.

According to the contents of the letter which carried a council seal, the woman said that she was a drug addict who had no money and was unable to care for the child so it should be removed from her immediately and placed in council care.

Not convinced by the origin of the letter, the police investigated further and discovered that it had been written by a local woman who had a grudge against the mother and that forging the letter was her idea of revenge. The 29-year-old woman has been arrested and charged.



QUEUEING UP: Tourism from the UK is expected to continue to increase.

What Brexit?

FEARS that Brexit will pose a threat to tourism on the Costa del Sol have been rejected by Malaga's Provincial Council.

Recent data has indicated that Brits haven't changed their travel behaviour at all since voting to leave the European Union.

Tourism director for the

Costa del Sol, Arturo Bernal said that "2016 saw a 9.8 per cent increase in the number of UK residents travelling to Europe and tourist spending has grown by 11.4 per cent." He doesn't believe that Brexit has generated any sort of change in the British market.

It is a well known fact that UK holidaymakers are the

number one money-makers for the Costa del Sol. "Any negative effects in the aftermath of Brexit are non-existent. In fact, we have never had such accelerated growth in any market as we had in the British at the end of 2016," remarked Bernal.

The figures show that in the province of Malaga, hotel rooms and tourist apartments rented by British tourists have seen a total increase of 13.1 per cent. Similarly, the number of people using the coast's airports has grown by 17.1 per cent, rising higher than anywhere else in Spain.

Some 3.5 million seats will be offered on airlines from the UK to the Costa del Sol throughout 2017, an increase of 15 per cent on the previous

year. London will be the main starting point for tourists, with one in every three traveller coming from the capital.

This year no British airport has dropped the number of seats it offers to the Costa del Sol.

Not only did the figures continue to increase after the Brexit vote, but projections for 2017 show that the Costa del Sol can expect tourism from the UK to continue its more than satisfactory growth.

Bernal does admit that Brexit has had an impact on the purchasing power of customers, however, he is keen to stress that it doesn't appear to have had any influence on people's intentions to travel to the coast.

NEWS EXTRA

Palms axed

REFURBISHMENT works on Avenida Marques del Duero in San Pedro will be reducing the number of palm trees in the area and replanting them elsewhere in order to protect them from the ongoing works.

River tidy

MARBELLA Council are collaborating with the Andalusian Water Agency to remove debris from urban stretches of rivers and streams within the municipality in order to lower the risk of floods.

Political path

SPANISH Socialist Workers Party member Susana Diaz was in Marbella campaigning at restaurant La Reserva de Noelia on Wednesday April 3, after recently announcing her intentions to run for party leadership.

Serving up sports

WORK has begun in Alhaurin de la Torre to build a new area for beach volleyball at El Pinar. The project is expected to be complete in time for the summer season and adds yet another sports facility to the area.

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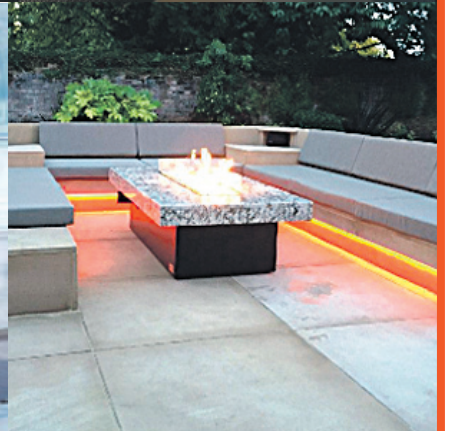


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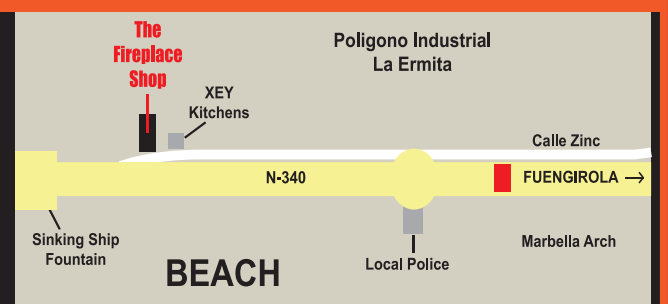
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NEWS EXTRA**Ruby, ruby**

POLICE in La Linea were alerted by their counterparts in Galicia of a fraud undertaken by a 60-year-old local resident who obtained a ruby valued at €18,000 using a false identity and was later arrested.

Costa creator

PRESTIGIOUS architect Antonio Lamela died on Saturday April 1 at age 90. He made a name for himself as the man responsible for Playamar, La Nogalera and the Tres Carabelas Hotel.

Send to jail

PROSECUTION has demanded 10 years in prison for a man accused of attempting to murder another man by allegedly stabbing him multiple times in the neck. The incident took place on September 24 2015 in Fuengirola.

New lease of life for Torrequebrada

MAYOR of Benalmadena Victor Navas was joined by the councillor for Town Planning Oscar Ramundo when he visited renovations on the beach at Torrequebrada this week.

Work to create a new promenade along the coast was stalled when the previous government team didn't manage to complete the project within the allotted time, losing their funding.

Navas was quick to congratulate Ramundo and his team for their efforts to resume the project, confirming that the new 'Paseo Maritimo' should be finished before the start of the summer.

They are currently on the second phase of construction, which includes finishing the pedestrian walkway, lighting the stairways, installing an irrigation system and placing railings around viewing decks.

This phase is costing around €114,000, adding to the €330,000 of the first phase and yielding a total investment amount of €444,000 for the remodelling of the Paseo.

Benalmadena Council was initially allocated a grant of €500,000 from the Provincial Council before eventually being awarded €390,000 in 2014. Work started that year, already two years behind schedule, after a delay in obtaining



PROJECT RESUMED: Torrequebrada's Paseo will be ready for the summer.

the permits from the Regional Council. The project was due to finish in May 2015.

However, due to unforeseen damage to the entire wall of the breakwater, the previous municipal government were unable to complete the project.

By the time the new government team took office, the situation had worsened after multiple storms, and a decision was taken

to abandon the initial project and focus on restoring the damage along the sea front.

Ramundo was happy to announce that despite losing a large part of the grant from the Regional Council, and after dodging a series of bureaucratic procedures, work has now been resumed on Torrequebrada's Paseo Maritimo. The promenade will be ready by the summer and is welcomed by locals and visitors alike.

Councillor receives death threats

TORREMOLINOS councillor Aida Blanes of the Socialist Party (PSOE) reported an alleged 'hate crime' against her to police on Monday April 3.

The councillor received a comment on Facebook in which a user insulted her and went on to say, "I would shoot her, no question. These communist people have no right to live."

The local branch of the socialist group said in a statement that the comment could constitute a serious threat to her safety, and the incident "could also constitute a hate crime, which article 510 of the criminal code describes as anything which incites hatred and damages someone's dignity whilst citing ideological differences."

The PSOE thanked local people for their kind messages of support.



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Stick and carrot over waste

THE facts that emerged from a conference held in Malaga City entitled 'The future of urban waste in the Province of Malaga' were not encouraging as far as recycling is concerned with Malaga being no more successful than any other province in Spain.

The European Union has declared that 50 per cent of all waste should be recycled by 2020 and Malaga like most of the rest of Spain currently manages just 30 per cent and appears to have no set programme for increasing the amount recycled in order to meet the target.

In the UK for example, with regular household collections, it is easy to require the segregation of recyclable waste such as paper, glass, food stuff and some packaging and to identify those who don't comply and take action against them.

In the Costa del Sol and most of Spain there are no household collections but bins scattered around cities, towns and communities, so no individual can be held responsible for what they throw where and many simply put everything in a single disposable bag which will end up in landfill.

Even those who want to be 'green' find obstacles as not every bin area has a range of different options for recyclable material and in the case of food stuffs in particular there is al-



Photo by Dalibor Danilovic Shutterstock

LANDFILL SITE: There are three in the province of Malaga.

most no option other than to feed to animals if you live in the countryside!

Malaga Province has three landfill sites, one in Malaga City which has a life expectancy of eight years, one in Casares that will be full in 11 years and one in Valsequillo (Cordoba) which could be in use for another 15 years,

“ The EU has declared that 50 per cent of all waste should be recycled by 2020.

but landfill really isn't the answer, so there is a need to reduce the volume in both quantity and size of garbage that can't be recycled.

The city of Barcelona has bucked the trend and already recycles 40 per cent of its waste and its representative at the conference, Josep Maria Tost explained that there were some very basic reasons for their success which employed a combination of carrot and stick.

Firstly the city has introduced what is known as the fifth container which is meant for organic waste and does account for a considerable amount of material that can be turned into compost as up to 40 per cent of everything thrown away is organic.

Secondly, the council has managed to promote awareness of the need to recycle and this is done by educating the young and advertising to the public at large.

The next step will be to remove anonymity from garbage so that by implementing locked rubbish bins which are only opened by use of a computer card, it may be possible to identify individuals who are not obviously using recycling bins and therefore making it cheaper to recycle rather than simply throw away.

This is a big problem that not only won't go away but could start to cost Spain even more if it is fined by the European Union for missing recycling targets.



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NEWS EXTRA

Easter ready

IN preparation for the Easter celebrations, Manilva Council has been undertaking remedial work in a number of areas including repairing pavements and painting constructions by the beach as well as obtaining new flags.

No entry

DUE to landslip, the Benahavis Council was forced to close the access stairs to the popular crossing point of the Rio Guadalmina and they feared there could be additional problems with irrigation trenches which they will need to remedy.

Blue light

TO recognise World Autism Day on April 2, the Estepona Council decided to illuminate the domes at the Orchid Botanical Park in blue as that was the colour chosen to represent autism in 2010 'light it up blue' programme.

Remembering a son of Marbella

MAYOR of Marbella José Bernal unveiled a plaque in the Calle del Viento in memory of one of Marbella's oldest and best remembered sons, Juan Zamora Martín, a year after he died aged 93.

With children, grandchildren and great grandchildren as well as numerous other relatives attending, the mayor recalled the exploits of a simple man who did everything he could to keep his family fed and healthy.

Having grown up under the cloud of the Spanish Civil War where he and his father escaped a firing squad, he worked in a barbershop, in a carpenter's shop, in a sawmill and then rode his bike to La Linea in 1941 to try to get a job in Gibraltar where he stayed for some time.

Returning to Marbella he worked in a cinema and then qualified as the first authorised



THE PLAQUE: Was unveiled in memory of Juan Zamora Martín.

electrician in the city, meeting a number of famous celebrities.

The new plaque quotes his own

words; "Being born in Marbella is a virtue, living and dying in it is a privilege and a great honour."

Recovered painting a fake

INVESTIGATORS have concluded that the stolen painting recovered in Arjona, which was initially believed to be an original Tintoretto, is actually a fake.

The painting was stolen in Marbella before being found over two months later. It was believed to be an original painting by Jacopo Comin, better known as Tintoretto, the prolific Venetian Renaissance artist whose work gives prestige to museums and private collections around the world.

A National Police investigation in Marbella has found that the recovered work is a replica and likely a product of the black market, where it is speculated to have fetched a price much higher than the original work.

In fact, police found that prior to the robbery the work had been priced at €300,000, whereas the original painting failed to reach the €70,000 wanted by its owner at auction in 2011.

The investigation began on June 14, 2016 when the owner of the fake painting reported it stolen after he was allegedly assaulted by four people with whom he had negotiated its sale.

The seller reported that a man who claimed to be interested in the canvas, along with three others, threatened and coerced him into signing ownership over to them. All three were identified and detained for alleged crimes of robbery with violence and intimidation, threats and coercion.

The main suspect kept the replica at his home in Jaen.

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NEWS EXTRA

Tourist fairs

CASARES Council will increase its presence at national tourism fairs by attending the Catalonia Tourism Fair in April as well as at the Doñana International Bird Fair. It will also participate in fairs as part of Andalucía tourism.

Sworn in

PRACTISING doctor, 27-year-old Irene Macías Guzmán has been sworn in as a councillor in Coin, representing the Izquierda Unida (United Left) party.

Safer play

HAVING decided to ensure that the popular Acapulco Park children's play area would be made safer by installing a complete rubber floor covering, Manilva council has announced the work has now been completed ahead of schedule.

Latest news from Bremain in Spain

DURING a conversation with Sue Wilson the chair of pressure group Bremain in Spain, she told *Euro Weekly News* that she had been very pleased with the fact that 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.



Some of the people at the London march.



SUE WILSON: At the Unite for Europe march.

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

"As I said in my speech at Parliament Square, I am a proud European and I would like to be proud to be British again," said Sue who is a long term resident of Alcossebre in the province of Castellón.

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

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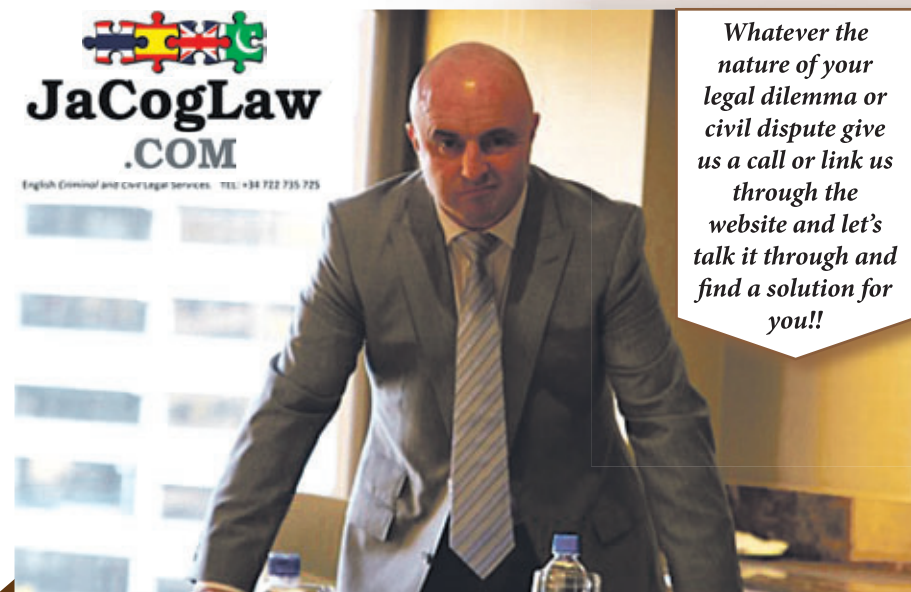
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BREXIT PAGE

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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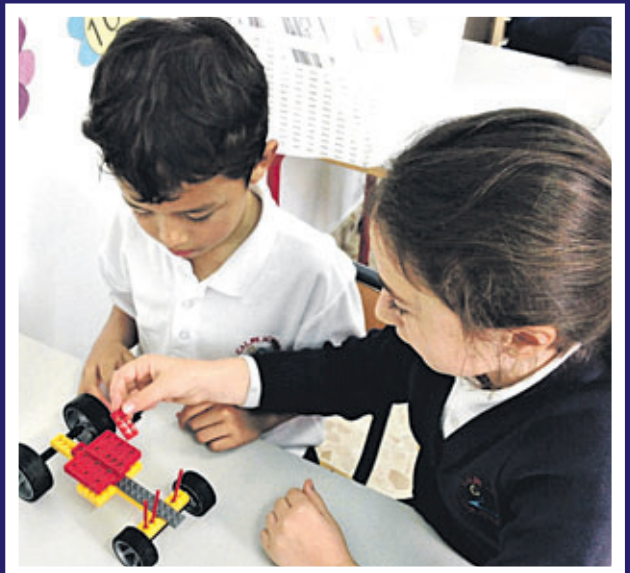
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OFFICERS of the National Police have arrested 73 people across Spain in connection with an internet travel agency which it is estimated obtained at least €1.5 million by use of fraudulent credit cards.

A single bank reported the possible use of a forged credit card to the National Police and this led to an investigation which discovered that banks in Australia, Europe and the USA were being duped by the use of fake credit cards.

The criminals who were based in Cadiz, Sevilla, Malaga, Marbella, Cordoba and Madrid worked together to set up different online travel agencies, taking money from genuine customers and supplying air, sea and

Huge credit card fraud

train tickets which they purchased from the service providers using a whole range of fake credit cards.

It is also transpired that

certain suppliers knew that the cards were fake but allowed them to be used in exchange for a percentage of the 'profit.'

In addition, the gang has set up a call centre through which a lot of the stolen money was routed, but they did not make social security

payments to the tune of €300,000 and of the 73 arrested, 35 were involved in social security evasion.

After raiding six premises,

officers recovered computers, card readers, fake cards supposedly from banks all over the world and physical documentation.

Jail time for thugs

A MALAGA court has sentenced four men to two years in prison after they beat another man to death as he lay in the street.

The incident happened in Malaga when the men punched, kicked and threw stones at the victim as he lay on the ground after he was stabbed in his right leg.

During the attack, the man sustained further injuries to his back, arms and torso. This, coupled with the stab wound, caused a serious haemorrhage that, despite two surgical operations, led to his death.

It transpires that the knife which caused the wound may have belonged to the victim. Two others have been acquitted by the court, one who was involved in a fight with the victim and another who intervened, holding him back until he dropped his weapon.

It hasn't yet been proven how the man came to be stabbed. The four men have been sentenced for their part in causing the injuries which contributed to his death.

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Coin children want new playground

AFTER a unanimous vote, the Coin Council will ask the Junta de Andalucia to transfer a vacant plot on Calle Urbano Pineda to the San Sebastian Nursery next door in order to allow the children to use the 400 square metre area.

Whilst work will need to be undertaken to create a playground and make it safe for the children, it will eventually be a great improvement on the relatively small courtyard area that they are currently forced to play in.

The plot was previously occupied by a dilapidated building which the council was forced to demolish as the owner did not do so and as it had previously housed the local association for ruminants, the council also had to spray the area in order to dispose of the very strong animal smell.



WASTE LAND: Would be beneficial for the children.

Photo by Ayuntamiento de Coin

Not only would the use of the land be beneficial for the children, it would also remove an ugly area of waste land from the local neighbourhood.

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**.

Police officers talks down suicidal man

NATIONAL POLICE officers in Malaga saved the life of a 32-year-old man on Sunday April 2 after he tried to throw himself in front of a train.

Emergency services received several reports that a man was on Avenida Juan Pablo II looking down at the

train tracks under the bridge and intended to commit suicide by jumping.

Thanks to protocol in place, police, an ambulance, and the fire brigade immediately made their way to the man's location. Two officers verified that he was on the bridge,

holding onto one of the screen barriers and shouting that he was going to 'throw himself into the void.'

After a 20-minute conversation, police finally managed to talk him down off the bridge and he was examined by paramedics on the scene.



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NEWS EXTRA

New W Hotel

FOLLOWING the revelation that a new W Marbella Hotel is to be constructed, Mayor Bernal has spoken about the financial benefit to the city as the construction is likely to employ several hundred people and generate €15 million in tax.

Pest control

FIGHTING mosquitos especially in the area of the Rio Guadalhorce has been at the forefront of the activities of the pest control department in Malaga but with a budget of €210,989, they may have to reduce their other activities.

Picnic area

AFTER admitting that it was a mistake to use heavy machinery around the sixth century Basilica of Vega del Mar, the San Pedro Council has not ruled out the possibility of creating a picnic area but will not include a barbecue.

Police anniversary

THE Local Police force in Marbella is one of the oldest in Andalucia and is about to celebrate its 150th anniversary with a new logo that will be worn on officer's uniforms and vehicles during the anniversary year.

Foxy friends

A GROUP of five friends from Marbella who compete on mountain bikes came across a fox which had been caught in an animal trap and after using their leathers as protection against being bitten managed to free it.

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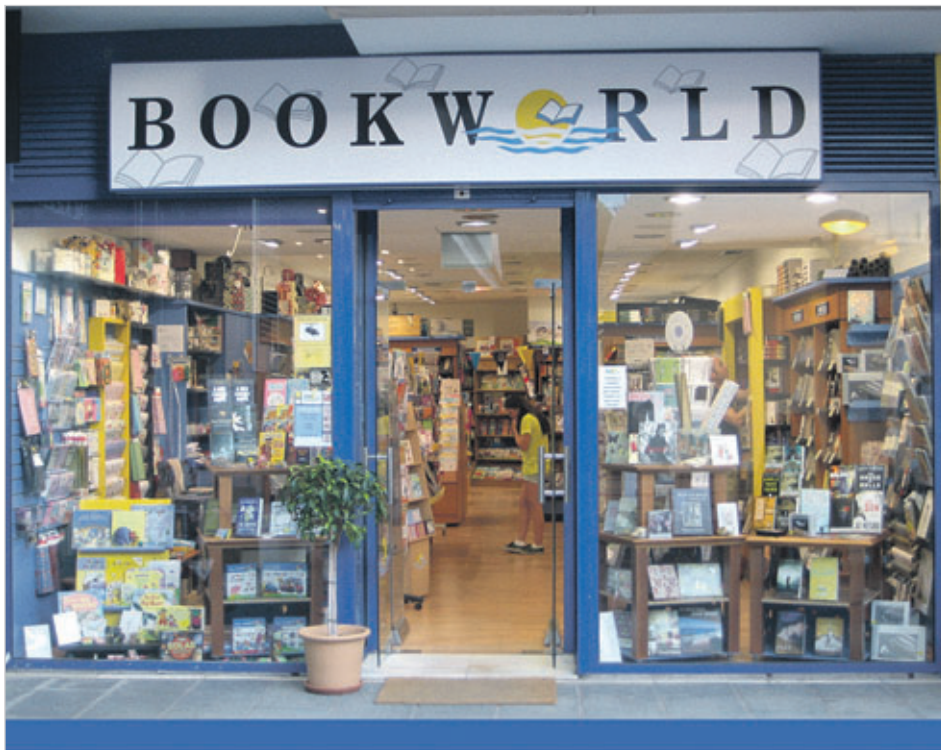
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We hope the information provided in this article is of interest.

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Press Release

Hope for the best, plan for the worst

THAT was the message from Independent Financial/Insurance Advisor Sarah Hawes, in association with Golden Leaves International, to members and supporters of the Royal British Legion Mollina branch.

Sarah stressed that the best way to be prepared for the confusion around Brexit was to ensure your personal affairs complied with current Spanish law and to seek assistance from appropriate professionals using an interpreter where necessary.

One of the biggest concerns among pensioner expats was that of healthcare which is in fact nothing to do with the EU but a bi-lateral agreement between the British and Spanish governments, but is being used by the UK as a bargaining chip.

Following the talk members enjoyed a lunch of pizza and salad and a football



SARAH HAWES: Be prepared.

card and raffle raised approximately €100 for the Poppy Appeal.

Barbara Punshon, social secretary, appealed for members to join the social committee which would mean attending a meeting following the next business meeting on Tuesday April 11 to finalise arrangements for the bring and buy sale on April 25, the 'day at the races' in May and the Armed Forces Day Picnic in June.

The venue for the meeting, which starts at 11am, will be Parque La Vina, Mollina.

The Mollina branch meets on the second and fourth Tuesday of each month and you do not have to be a member to go along.

You do not have to have served in the armed forces to become a member... so why not join?

Jurassic oceans

SEA LIFE Benalmadena is getting ready to open the doors on its new exhibit entitled 'Jurassic World.'

Visitors will be able to discover the secrets of prehistoric marine creatures like the Plesiosaur and the Megalodon, the ancestor of modern day sharks.

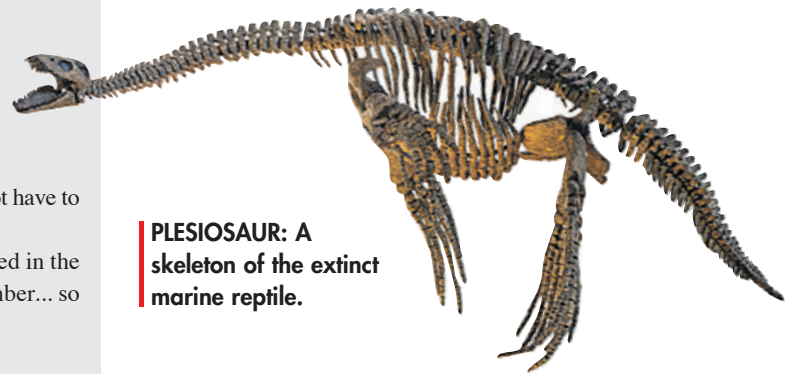
The main tank will be home to the world's oldest living Jurassic creature often described as a living fossil, the Horseshoe Crab, which is over 450 million years old.

The first of these crabs will be deposited into the tank by submarine archaeology expert and ex-actor Miguel Joven.

There is even the opportunity to walk beneath the skeleton of a Plesiosaur, an extinct marine reptile that lived for around 150 million years. You can then learn about the first ever Jurassic fossil found in Spain, the pectoral bone of this giant of the sea, found in Villaviciosa in 2003.

Children have the chance to become real palaeontologists and enjoy the new archaeological excavation activities, unearthing the skeleton of a plesiosaur.

The centre looks set to announce the opening of the exhibit today Thursday April 6.



PLESIOSAUR: A skeleton of the extinct marine reptile.

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ST2717 CALAHONDA € 870.000

Splendid south west facing villa located within a quiet residential area in Calahonda close to La Siesta Golf and enjoying beautiful views over the Mediterranean Sea. This comfortable and very pleasant property is immaculate inside out and is distributed as follows: entry level; hall, guest toilet, fitted kitchen, lounge with fireplace, dining room, three bedrooms, two bathrooms, veranda, cellar and ground floor terrace. The upper floor has a bedroom (at present used as an office), a lounge and a bathroom. The property is also equipped with lots of extras such as electric blinds and air conditioning.

4 bed 3 bath 322m2 built 17m2 terrace



ST2942 CALAHONDA € 950.000

Stunning villa situated on a large plot with a lovely garden and pool, right in the heart of Calahonda within walking distance to the beach and shops! The house has four bedrooms and four bathrooms and is the perfect family home! The house has central heating and a huge garage for several cars. The garden is filled with tropical plants and a beautiful cork oak stands proudly next to the private swimming pool. This house has a great and modern distribution, on the ground level you enter a lovely entry hall with extra ceiling height, a huge lounge with fireplace with several glass sliding doors on each side, leading to the garden and a big terrace with great sea views.

3 bed 2 bath 114m2 built 132m2 terrace



ST3078 CALAHONDA € 995.000

OUTSTANDING villa with panoramic views over the lush green Calahonda and the Mediterranean sea! This jewel of a property is located in a quiet location yet at only ten minutes walking distance to a number of bars, restaurants and supermarket. The beach is less than two km away and there are three golf courses and a tennis club at less than five minutes drive. This property is immaculate, even though it is of recent construction it has been thoroughly reformed and improved!

4 bed 3.5 bath 278m2 built 771m2 plot

All go at ADANA

FOR the first time in many years, ADANA was honoured to receive a visit from two members of the ruling Partido Popular party in Estepona, councillors Susana Casano and Adrian Trujillo who were accompanied by a TV crew.

The councillors paid a visit to inspect the renovations they and ADANA had carried out at the dog pound. They were welcomed by vice president Maria Cawsey and treasurer Reg Winkworth.

Susana, whose portfolio as councillor includes responsibility for ADANA, said she was impressed with the work and care shown to the dogs by volunteers and staff.

She pledged further help to enable ADANA to have all the facilities it requires in order to qualify for the necessary licences.

After being shown around the kennels and meeting the dogs, Susana was invited to



OFFICIALLY OPEN: Susana Casano cut the red ribbon.

cut the red ribbon and officially declare the new facilities open.

Upcoming ADANA events include the coffee morning which will be held on April 7 at Fathoms Bar in Sabinillas from 11.30am.

Then on April 9 there will be the Estepona Dog Walk which begins at the car park of the Estepona Palacio de Congresos with registration from 10.30am and the walk starting at 11am. Participants and their dogs will walk from the Palacio to Estepona

Port where there will be an opportunity for humans and dogs to refresh themselves with water or coffee. The registration fee is €5. For information visit ADANA Volunteers Facebook page or call 952 113 467.

April 14 is the doggie quiz at Fathoms Bar in Sabinillas from 8.30pm with entry €3 per person including half time food, there will also be a fundraising raffle. Another coffee morning will be held on April 28 at 11am.

Visit www.adana.es.

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Storm damage continues

■ COSTA BLANCA NORTH



DENIA'S COASTLINE: Now has a changed landscape with further erosion possible.

» By Caroline Tyszka

DESPITE the storms of January seeming to be a past event, many coastal areas are still experiencing ongoing problems.

One such resort is Denia, where an estimated 30 metres, about 50 tons of soil has simply collapsed into the sea.

The area, between two restaurants, the Helios and El Pegoli on the promenade of Les Rotes, is believed to have eroded as a direct result of the recent onslaught of heavy winds and rain delivered by Mother Nature earlier in the year.

Fortunately no one was harmed when the collapse occurred. However the Les Rotes area, which is popular with many walkers, now has a changed landscape with further erosion not being ruled out as the ground settles.

■ MALLORCA

Miró bronzes

KING FELIPE met with Joan Punyet Miró, the grandson of famous Mallorcan resident and artist Joan Miró together with Francina Armengol, president of the Balearic Islands when he was presented with 12 Miró bronze sculptures.

Mallorca explosion

AN explosion caused by a butane bottle in a building in Mallorca left a 72-year-old man with serious burns whilst the street was evacuated to allow the area to be cleaned up and ensure that no further explosions were likely.

SEAT Alcudia

AFTER learning that the SEAT car maker wanted to give its new SUV the name of a Spanish town beginning with A, the council has sent a suggestion to the company that as it is one of the main tourist spots in Mallorca, Alcudia should be the new name.

Parking costs

A DECISION has been made to introduce paid parking zones in Escorca with effect from the middle of next month which will affect the coastal areas of Sa Calobra and Cala Tuent.

Club closed

THE Calvia Council has decided to order the closure of the BCM nightclub in Magaluf, the second closure of a club owned by the Cursach Group following the closure of Tito's after an official inspection.

Guilty plea

THE 24-year-old defendant in a murder case which took place in the town of Forti pleaded guilty to the murder and agreed that he had mixed alcohol, cocaine and other drugs that night but denied that he had set fire to the victim's home.

■ AXARQUÍA

Bearing fruit

VELEZ-MALAGA is set to gain two new large companies who will join two already situated in its new business park, Parque Tecnoalimentario.

Cleaning up

VOLUNTEERS turned out in force at Almuñecar's Rio Seco to clean up its banks. The group of young people who were working with the town's environment department has been carrying out work to several areas around Almuñecar.

Power cuts

RECENT power cuts in Almuñecar and La Herradura are giving the council in particular a worrying time in case the Semana Santa celebrations will be affected again as they were in 2016, so they have instructed Endesa to replace the lines.

Spring timetable

THE tourist office of Almuñecar has released a new timetable for opening times of parks and museums which came into effect when the clocks went forward but things will be changed again in June.

Autism campaign

IN solidarity with those who suffer from autism and their families, the Motril Council joined the national campaign as part of the World Autism Awareness Day by illuminating the CDT building in the colour blue.

■ COSTA DE ALMERÍA

Home-grown empire

GRUPO CONSENTINO, perhaps the biggest name to come out of the Almanzora Valley, is expanding its American empire to Miami. In summer 2017 it will open its North American headquarters in the sunny Florida city.

Beauty treatment

A MAKE-OVER will smarten up Almeria's old town for spring. Residents are asked to decorate the historic quarter with plants and paintings while the city's youth orchestra provides the soundtrack.

Serious smash

A HEAD-ON collision in Huerca de Almeria between two vehicles injured four people, several of whom had to be extracted from their cars by firefighters.

Parental plea

WARM and welcoming homes are being sought for the 265 orphaned, vulnerable or abused children across Almeria under a new TV and radio campaign expected to reach 4.5 million people.

Dodgy dole

SIX people were arrested as National Police broke up a gang that nabbed unemployment benefits for foreign nationals from Almeria's public coffers using fake residency documents and work permits.

■ COSTA BLANCA NORTH

Transport grants

UNIVERSITY students in La Nucia have benefited from a €40,000 grant to help them with their transport costs. The 115 students enrolled in public universities have been awarded the funding this year compared to 35 students in 2016.

Children recycle

PUPILS from Villajoyosa have taken part in a campaign to raise awareness about the importance of recycling. The children watched a fun theatre performance about rubbish, recycling, clearing up after their pets and encouraged to have pride in a cleaner environment.

Friendly boar

ALARM spread when a wild boar was first spotted on an urbanisation in inland Tibi. The residents' initial reaction was to call the police but they soon realised that the boar was more like a pet than a wild animal.

Heritage signs

THE Department of Historic Heritage of Benidorm has marked the routes for visitors to reach two main monuments and archaeological remains in the resort, the Tossal de La Cala and Torre de les Caletes.

Road safety

NEARLY a thousand students in Alfaz del Pi have already taken part in a special programme learning about road safety.

■ COSTA BLANCA SOUTH

Attention shoppers

A BRAND new Carrefour opened on the Orihuela to Bigastro road on the site of the old Eroski on Thursday April 6, inviting shoppers to explore an entirely reformed 5,700 square metre space.

Exotic animals

NOAH'S ARK animal refuge centre in Alicante may stay open for another three or four years claims city mayor Gabriel Echavari. The Raul Merida foundation which manages the shelter in Tangel, has appealed a December court order demanding its closure.

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.

Cycling shame

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

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 dawn raids.



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NORWAY

Reindeer cull

NORWAY is preparing to cull thousands of reindeer because experts said an entire herd had to be culled after the spread of Chronic Wasting Disease was detected.

40 arrests

AROUND 40 young people have been arrested in schools and homes near Oslo. The 16-20 year-olds are suspected of being involved in the sale of illegal drugs.

Less understanding

CRITICISM has been raised after the Islamic Council Norway hired a woman who wears the full face-



REINDEER: Suffering from Chronic Wasting Disease.

GERMANY

Coin stolen

A GOLD 100kg gold coin with the image of Queen Elizabeth II, has been stolen from a museum in Berlin. It was minted by Canada in 2007 and has a face value of one million Canadian dollars (€70,000).

Demand rejected

CHANCELLOR Angela Merkel has rejected one of the key Brexit demands

covering niqab as a communications officer. The Minister for Culture said the appointment would create "distance."

Embassy move

THE US Embassy in Oslo is set to move into its new complex at Huseby and will be open on May 15.

Pay gap

A NEW graph has shown the average pay for professionals and business leaders throughout their working life in Germany. The biggest leap is be-

tween the ages of 25 and 30 when average salaries rose from €36,789 to €45,302.

Amazon jobs

AMAZON is looking for 2,000 new workers in Germany by the end of the year as part of its European expansion. Many will be based in the new logistics centre throughout the country.

FRANCE

Cheap driving

LORRAINE in north east France has been named as the cheapest region for owning a car according to the Automobile Club Association which looked at the cost of everything from petrol, road tolls, maintenance and insurance.

Caught red-handed

A MAN received a three-month suspended prison sentence after he was caught sexually assaulting one of his chickens in Normandy. His wife and daughter caught him in a compromising position with his trousers down.

More tolerant

AN annual survey measuring levels of racism has reported the French are becoming more tolerant of minority groups, with a drop in racist incidents.

Decisions, decisions

AROUND 40 per cent of French voters say they are still unsure of who to vote for in the presidential election, with less than a month to go.

BELGIUM

Rich regions

BRUSSELS is the fourth-richest region in the EU in terms of regional GDP per capita according to a report from the European Statistical Office. West London was named as the richest region.

Ticket-less travel

MORE than 1,000 passengers across the STIB public network, were caught without tickets or travel passes in Brussels during planned police checks.

Merger plans

BRUSSELS AIRLINES wants to take over Thomas Cook Airlines Belgium (TCAB) as part of merger plans recently announced.

Delay compensation

A COURT in Charleroi has ordered Ryanair to pay compensation to six Belgians because their flight was delayed. The ruling is a first since the budget carrier normally demands that unhappy travellers appear before an Irish court. Ryanair is appealing the ruling.

NETHERLANDS

Hotting up

MARCH 30 was officially the warmest day of the year in the Netherlands so far with temperatures topping 20 degrees at the De Bilt weather station.

Foreign students

FOREIGN students at Dutch universities have doubled to 81,000 over the past 10 years. In the 2016/17 academic year, a record 112,000 international students attended Dutch higher education centres with 81,000 on a full degree course.

Poor drawings

INSPECTORS said that today's 11 and 12-year-olds are producing more basic drawings stating that the standards in art are going down compared to 20 years ago.

New rules

THE Dutch doctors association said they are not in favour of new euthanasia rules for elderly people who want to end their lives despite not being physically ill.

DENMARK

Science month

THE Danish Science Festival is underway this month with 600 science orientated events taking place. It aims to encourage and inspire the next generation of scientists and engineers.

Immigrant detection

HELP is wanted to detect illegal immigrants. Denmark's integration minister wants citizens to alert the authorities if they witness people working in back rooms or in restaurant kitchens, not speaking Danish.

Uber no more

UBER car sharing will no longer be available in Denmark after a new taxi law was passed by the government introducing measures such as compulsory taxi meters and seat occupancy detectors.

First of a kind

A NEW supermarket has opened in Copenhagen that is fighting against food waste by selling produce cheaply that is technically past its sell-by date but is still edible. It is believed to be the first of its kind in Europe.

SWEDEN

Car crash

A MAN was killed after a car crashed into the City Hall building in Stockholm in the early hours of the morning. Police are investigating and trying to identify the body.

New brand

SWEDISH clothing giant H&M is launching its eighth fashion brand aimed at upmarket buyers in a bid to recover lost profits in the American and central European market. The Arket brand will launch in the summer in

London first of all.

Million people

THE population of Gothenburg, Sweden's second city, reached one million this week according to calculations by analysts.

Turn off

OVER 250 of Sweden's 290 municipalities took part in the big switch off, turning off lights during Earth Hour to raise awareness of climate change.

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MAGAZINE

MARBELLA



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. *Komsomolskaya 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.

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.

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.



SCIENTOLOGY CHURCH: Police launched a raid.

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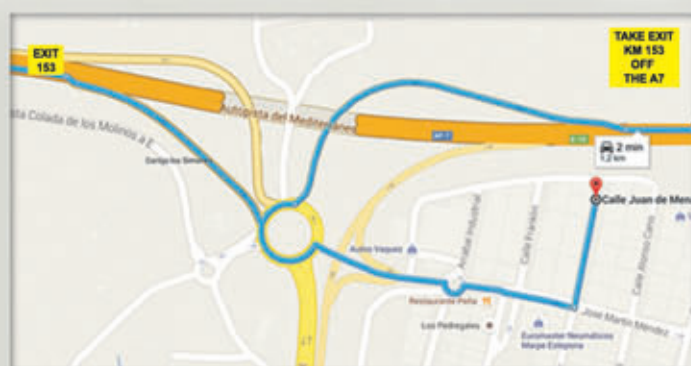
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Stock Exchange merger blocked

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: Tupungato 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
Barclays	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 Consoltd 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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3M	191,330	+0.03%	0.050	114M
AMERICAN EXPRESS	79,1100	-0.13%	-0.1000	71M
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
DU PONT(EI) DE NMR	80,3300	-1.60%	-1.3100	69M
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

NASDAQ

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%

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Multi Asset Balanced B GBP
Multi Asset Balanced B EUR
Multi Asset Growth B GBP
Multi Asset Growth B EUR

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£1.1455..... £0.0040
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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 thin 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 or 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 get 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.

Visit us at our Spanish offices in Costa del Sol, Costa Almeria, North Costa Blanca and South Costa Blanca.
Telephone: UK +44 (0) 207 847 9400 SPAIN +34 950 478 914 Email: euoweekly@currenciesdirect.com • www.currenciesdirect.com

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 elec-

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 Franitc00 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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Live long and prosper

by Francesca Souter

WHEN it comes to life in the sun, it doesn't get much better than the Costa del Sol. The clue is in the name and it's no surprise that thousands flock to the coast to live and holiday every year. The sun is almost always shining, with temperatures rarely dipping below 10 degrees, even in winter. People can truly live a life of sun, sea and sand all year round.

With such a fantastic climate, outdoor life becomes the norm, so it's not too difficult to lead a healthy lifestyle. Let's face it; nobody wants to exercise in the pouring rain.

It's much more enjoyable to cycle

down the paseo, hike through the beautiful mountains or swim in the sea. The weather on the Costa del Sol facilitates good habits which can keep you happy and healthy for longer.

So many aspects of life on the coast contribute to your overall happiness. The vitamin D you take from the sunshine alone can keep you in high spirits. In fact, vitamin D deficiency has even been linked with prolonged illnesses, but a healthy supply can promote bone growth and prevent serious ailments.

Sun exposure has been proven to lower blood pressure, improve brain function, and ease depression. It can even improve your quality of sleep! Sunlight can help to maintain a normal circadian rhythm, helping you to feel tired and drowsy at bedtime.

It's not just the sun that makes the Costa del Sol such a fantastic place to live a

healthy lifestyle. Everyone talks about the benefits of eating like a Spaniard. The Mediterranean diet is made up of fresh, local foods and encourages the use of fish, fruits, vegetables, beans, whole grains, nuts, and olive oil.

Olive oil is high in antioxidants and may actually be able to slow down the ageing of the heart. Researchers have found that it also contributes to the regulation of metabolic syndromes such as obesity, high blood pressure, and high blood sugar, which can all lead to type 2 diabetes, heart attacks and strokes.

Purchasing and eat-

the fresh and locally grown fruit and vegetables is the best way to ensure no nasty chemicals or preservatives are in your food. Nutritional value is higher and everything tastes more delicious. Scientists believe that this style of eating may lower cholesterol and could even prevent brain diseases such as Alzheimer's and dementia.

The Mediterranean diet is rich in fibre and fatty acids which can keep your body running smoothly.

It may be a little stereotypical, but Spanish scientists have proven once and for all that the siesta is good for you. A short nap after lunch can improve your alertness and memory, as well as reducing stress. Their findings showed that the siesta is actually part of the body's natural daily cycle, and missing it could be detrimental to our health. However, it should be noted that this isn't a licence to sleep the afternoon away! A siesta should last no longer than half an hour, without entering deep sleep. Evidently, the Spanish have got it right with this laid back approach to life.

By immersing yourself in the Spanish way of life and the sheer variety and wealth of culture available, you can live a more fulfilled, happy and healthy life.

Who can deny the appeal of spending your time off work, school, or in retirement wandering along beaches or through picturesque white villages?

LIVE A LIFE: Of sun, sea and sand all year round.

“ You can live a more fulfilled, happy and healthy life in the Spanish sun.”



Advertising feature

Prevention can save your life

THE breasts are the symbol of a woman's femininity, a crucial part of her sexuality and a bond between mother and child during maternity. But breasts are also the female organs that generate the highest incidence of cancer among women.

Hence our interest in making it widely known that early detection is the only way to achieve the highest number of cures using the least aggressive treatments.

The mammogram is undoubtedly the most effective method of cancer screening (the method used for early detection of the disease).

It can detect 35 per cent to 45 per cent of tumours smaller than 1cm, when we cannot yet feel them. However, this test is less sensitive to women younger than 40 due to the higher density of the breast tissue at a younger age.

Therefore, it is important that women under 40 assess their family-related risks. For example, whether they have any direct relatives with breast cancer in the family or whether they have ever had a breast disease, to ascertain which check-ups are needed.

In these cases, a complementary ultrasound scan can diagnose small hidden abnormalities that the mammogram is unable to detect.

And we must not forget the importance of breast self-examination.

All women should be familiar with their own breasts and the changes that occur during the

HC marbella
Breast self-examination

1. With your arms relaxed by your side, look for changes in shape and color or if the nipple has changed direction.
2. Place your hands on your hips and press firmly. Bend forwards and backwards looking for any changes.
3. Standing and with one hand behind your head, explore your entire breast, starting with the armpit and finishing with the nipple.
4. With the tips of the fingers together, feel your breast up and downwards. Also in round movements, starting from the outer part and pull inward toward the nipple.
5. Lying with a cushion under your back, repeat all previous movements.
6. Place your thumb and forefinger on the tissue around the nipple and press. Look for any abnormal discharge.

Early detection is fundamental

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SPECIALIST: Dr Ángela Escobar Casas.

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monthly cycle, so they can make an appointment with a gynaecologist if they detect anything unusual. Finally, a clinical breast examination should be part of an annual gynaecological check-up, together with the

smear test.

Non-aggressive and cost-effective methods are available today for the early diagnosis of breast diseases.

Don't forget that prevention starts with you.

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It's a no brainer

IN a recent study, researchers at Stanford University have discovered that a part of our brain continues to grow until we are 30.

The part in question deals with social interactions, particularly of faces, in a process that starts from childhood and continues well into adulthood. The study has proven that our brains continue to adapt long after birth.

The researchers, in collaboration with colleagues in Germany, recruited 22 children and 25 adults for the study. They used magnetic resonance imaging to scan their brains, focusing on the temporal lobe, containing the

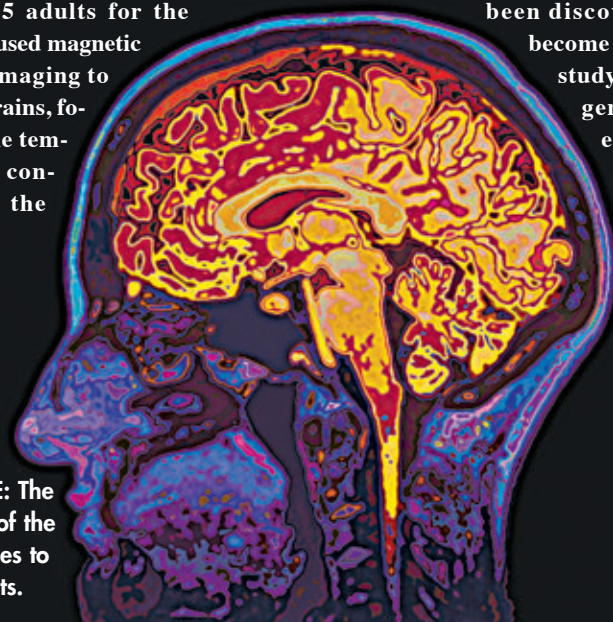
forementioned area that helps us to recognise numbers, words and faces.

When making comparisons in the differing results between the children and adults, researchers noted that the size of the area had increased well into adulthood.

The study does have some limitations. The size and age range of the observed sample give no indication of the extent to which the brain continues to grow. Nevertheless, what has

been discovered could become useful in the study of neurodegenerative diseases over the years to come.

REMARKABLE: The full capacity of the brain continues to elude scientists.





All our surgeons are specialist consultants at the Department of Plastic Surgery of Spain's elite hospital, Hospital Quirón. As their particular field of interest, our team of surgeons has specialized in advanced technology for free fat transfer of the patient's own fat, ideal for natural looking breast and buttock augmentation.



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Chairman of the Department of Plastic,
Aesthetic and Reconstructive Surgery

Hospital Quirón Málaga
Hospital Quirón Marbella
Director of Cirumed Clinic Marbella

Advertising feature

Talking about Arques 'Aesthetic Medicine'

ARQUES seems to be the name on nearly everyone's eye-catching lips in Marbella and surrounding areas when it comes to recommending a leading-edge beauty and anti-ageing clinic.

Its reputation resonates way beyond 'The Golden Triangle' as Arques' advanced treatments for such conditions as obesity, skin ageing, wrinkles, cellulite, varicose veins and other age-related and lifestyle conditions are now attracting patients from over 30 countries.

"We believe that the real revolution is quite simple," explained the clinic's principle, Dr Arques. "We offer the world's most innovative cosmetic techniques plus exquisite modern facilities, including a spa environment, a relaxed and harmonious setting and a very professional service.

"Added to that we source with great care the world's number one laboratory products and obtain the most competitive prices to pass on to our patients. We constantly seek

the latest tried and tested scientific advances to ensure the quality we offer is always the best you can obtain anywhere in the world."

Doctor Arques is qualified as an aesthetic doctor in the UK, is registered with the GMC and is also an associate member of the Royal College of General Practitioners. In addition, Doctor Arques is a member of the American Academy of Aesthetic Medicine so keeps completely up to date in the field of Aesthetic Medicine.

The clinic's 'Responsible Aesthetic Medicines' are based on new techniques that fight negative influences and wherever possible prevent them from happening. In many cases, the clinic asserts that it not only prevents the signs of ageing but can even reverse them.

"Fortunately we have access to inducers of collagen for our skin," he said. "Collagen is one of the most important support structures found naturally in our skin helping to

maintain firmness, radiance and elasticity. Over time our skin naturally loses its collagen producing laxity causing facial wrinkles and furrows."

The clinic offers what it believes is the best thread lift which allows clients to obtain a facelift without surgery.

Simply put, the functions that Dr Arques tries to encourage is the formation of new collagen and new blood vessels that provide nutrition to the tissues in the area where they are applied, leading to the renovation, repair and rejuvenation of old tissue.

"I feel really proud of our commitment to social responsibility, an approach shared by every member of our team," said Dr Arques "We are very gratified to be able to earmark a percentage of our profits to various foundations to help the needy.



DR ARQUES: Qualified as an aesthetic doctor.

For further information about the award-winning Arques Medical Clinic or to make an appointment, email: info@arquesclinic.com or visit www.arquesclinic.com.



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Doctor Mario Arques

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Just because we grow older doesn't mean that we have to feel older. Unfortunately, sometimes our skin finds it difficult keeping up with the lively, energetic person we might be on the inside.

Botox eliminates all the dynamic wrinkles on the forehead, frown lines and around the eyes, producing a lifting effect of your eyebrows, leaving your face wrinkle-free but with a natural, younger and fresher look, not only because we use the best products on the market, but also due to the technique 'Arques Natural Expression', known for its completely natural results.

Vampire Facelift /PRP

As we age, our skin produces less collagen and eventually loses its elasticity and youthful appearance. The revolutionary Platelet Rich Plasma (PRP) therapy harnesses the existing power of your own body to help healing and improving the look and feel of your skin.

The platelets in our blood are responsible for healing any damage to our skin. They have an ability to stimulate cell growth and regenerate tissue which, when used in PRP, can also help to promote the collagen in your skin to grow.

First, a small amount of blood is drawn from your arm and spun in a centrifuge until the red blood cells separate from the platelets and plasma. The platelet-rich plasma is then injected back into your troublesome areas to help soften, smooth and tighten your skin.

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

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

For more offers visit: <http://arquesclinic.com/en/promotions/>

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

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 that 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 after a pair



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

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

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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H&B EXTRA

Heart to heart

AROUND three in every 10 deaths globally are the result of cardiovascular diseases which cause heart attacks and strokes. Eighty per cent of premature deaths could be prevented through healthy lifestyle changes.

Memory boost

STUDIES have found that drinking green tea can improve your working memory, helping you to complete tasks quicker at work. Three cups a day can help headaches and increase mental alertness.

Sage advice

SAGE has been used for centuries to relax people and uplift moods, but it can also be used as an anti-inflammatory and adding sage to your meals can aid digestion.

Aloe vera is useful

FOUND in abundance in Spain, aloe vera has long been used as a remedy for common complaints such as sunburn.

But did you know the hardy plant could also help you to lose weight?

A natural detoxifying agent, aloe vera is said to help the body remove waste thanks to a chemical called aloin, which also acts as a natural laxative.

The plant may also help you to burn fat; a 2013 study found obese patients who were given aloe vera gel lost more weight and body fat than those who were not.

Recorded by the Egyptians as having medicinal properties, aloe vera is said by its fans to also help with immune function, skin health, recovery after exercise, stabilising blood sugars and high cholesterol.

It is even credited with al-

leviating symptoms associated with IBS, Crohn's and Coeliac disease.

If you're lucky enough to have access to the plant in its natural state, you can make a health drink from aloe vera by cutting a leaf from the shrub and standing it up to drain its bitter, yellow sap.

Once drained, you can fillet the leaf's gel centre and add it to a smoothie. Recipe suggestions include combining the gel with strawberries and orange or pineapple and cucumber, to create an enjoyable drink which enhances aloe vera's detoxifying properties.

Simply whizz the ingredients together with some ice in your blender and enjoy!

Before taking aloe vera internally consult your doctor as the gel may not be healthy for everyone.

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Advertising feature

Is it time for a new look?

WHAT is the LOOK for 2017? Well the truth is 'anything goes'! Spectacle frames are more diverse than ever.

New acetate plastic frames are being made in bright, funky colours and they're lightweight too!

Upswept, cats-eye shapes are elegant and flattering while some prefer the retro 70's look and prefer a heavier horn rim effect.

Round is always popular, especially this year.

For those who want a lighter look, then rimless frames are fab!

Titanium rimless frames are light and comfortable and are also available with changing sides for those who want a change of colour or style.

At Optica Machin, Jane and Joanne will do their best to help you choose the most suitable frame for both your prescription and your style.

As the summer approaches, don't forget your sunglasses. Did you know that if you need dri-

ving glasses then you can also have prescription sunglasses for driving and likewise prescription sunglasses are great for reading on the beach or relaxing on the terrace?

Nowadays there's a huge range of stylish sunglass frames which can be made up as prescription spectacles and if you hate swapping spectacles, then Transitions lenses are a great option.

They now come in three tones, Grey, Brown and the new cool and relaxing Green.

For those who need extra dark lenses, then Transitions Extra-active is the best option.

Choosing the right product for your visual needs and lifestyle can be confusing and this is where we at Optica Machin can help.

Whether its spectacles or contact lenses, Sunglasses or clear lenses, we can help you make an informed choice.

Optica Machin English Optician has been established in Estepona since 2000 and we pride

“ The ladies at Optica Machin have the time and patience to treat their clients as individuals. **”**

ourselves on taking the time to help you choose the right product for your visual needs.

Jane works alongside her sister-in-law and together they form a great team, one on the clinical side and the other managing the practice.

As an independent practice, the ladies at Optica Machin have the time and patience to treat their clients as individuals.

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HEALTH CLINIC

The A-Z of Knee Pain

THE KNEE is the largest joint in the body and one of the most complex, making it a very vulnerable joint! It is made up of four bones, more than 20 muscles each with a tendon, four major ligaments as well as many little ones, and at least three layers of cartilage.

Arthroscopy

An operation to 'clean' inside the knee joint. Results of a 10-year study report that arthroscopic surgery is one of the most unnecessary operations performed today, as the results are no better than placebo surgery!! Sadly, despite this monumental finding, thousands undergo this operation each year.

Bakers Cyst

Swelling at the back of the knee, which is a distress signal from the knee, and can make walking uncomfortable as it compromises the knee joint function.

Chilli

Researchers in Nashville, US, say that rubbing a cream containing capsaicin is 'significantly effective' for osteoarthritis of the knee as the heat distracts the nerves from the pain.

Diet

Visceral fat (the fat around the tummy) has been shown to be very toxic to all joints but the knee is particularly vulnerable. More weight also puts more load on weight-bearing joints like the knee.

Extension

Getting the knee straight is of critical importance and is often the first movement to go. This is what causes the limp. A bent knee can then cause hip and back problems as the whole lower body is out of alignment. Many leg length discrepancies are misdiagnosed and are really lack of knee extension. Special knee extension equipment from America reduces the pain and makes this an achievable outcome!

Feet

Your knee is the biggest shock absorber for every step you take, so if there is too much shock or twist from the feet, the knee is going to take the strain. Correct support at the feet can relieve the strain on the joint, reduce pain and prevent the situation getting worse.



By Estelle
Mitchell

www.thebodyworksclinic.com

Glucosamine

This helps lubricate the joints, making movement less painful and for maximum effect it is best taken with Chondroitin.

Hips

Pain from the hips is often referred to the knee. Make sure both are checked before starting treatment!

Ice

Numbs the pain and reduces swelling. Wrap an ice pack or frozen peas in a damp cloth to prevent ice burns, and apply for 10 minutes.

Joint Replacement

When the joint has become so damaged, it is replaced with a titanium joint. They are often refused if you are 'too young' as they have a lifespan of five to 10 years depending on activity levels. Consider this a last resort!

Knee Movement

If your knee can't get straight, then this puts huge strain on the joint and stops the muscles working properly. If you can't get the knee straight, it will not bend properly!

Limping

If not corrected, limping can cause problems in the back and hips. These problems can't be resolved until the knee problem is fixed.

Magnetic Resonance Therapy

A German technology for the treatment of osteoarthritis and degenerative joint disease. This treatment strengthens and reinforces the cartilage, ligaments and tendons in the joint. It reduces inflammation and pain, allowing you to get your exercise regime going. We have over a 90 per cent success rate for knees!

Nothing

Unfortunately, waiting for it



KNEE PROBLEMS: Can stem from a variety of reasons.

to 'go away on its own' doesn't always work, especially as you get older. It is always best to be proactive, the sooner you act the easier, quicker and more effective treatment is.

Orthotics

Modern computerised corrective insoles are slim and discreet enough to fit in everyday shoes and are a major tool to prevent knee problems.

Physical Therapy

American research shows that exercise significantly improves movement and reduces pain in the knee. The first muscle to lose strength in any knee problem is the quadriceps, so focus on these.

Exercise is not easy at first but

get advice and persevere! Stretch and strengthen!

Q Angle Correction

The angle formed by your thighbone and shinbone through the knee cap when viewed from the front. If you are knock-kneed or bandy-legged this angle is wrong, putting extra pressure on the knee. The right shoes and arch supports can reduce the risk of joint damage.

Referred Pain

Getting an accurate diagnosis is critically important! Pain in the knee can be referred from the hip or the feet and without an accurate diagnosis, treatment is a waste of time as you are not treating the true

cause of the problem.

Supports

Are not all created equal! It is important to get the right one for your knee problem and the activity you want to do. New specialised techniques using tape are most effective. Elastic supports stifle the circulation and restrict movement.

Tissue Engineering

Or stem cell regeneration. This is a new surgery technique which implants cartilage from elsewhere aiming to stimulate cartilage regrowth but has had mixed results to date.

Ultrasound

Used by physiotherapists, this therapy uses soundwaves to reach deep tissues and increase blood flow, relax muscles and aid healing.

Viscosupplementation

Injections of hyaluronate into the joint to lubricate it but not cure it. The injection can be painful and only offers short-term pain relief.

Water

Exercising in your swimming pool takes the weight off your knees. Over and over again research shows that exercise can reduce knee pain, and is an important MUST!

X-rays

And other investigations can give you a clearer idea of how advanced the problem is. Always make sure you get the right investigation for your problem, this should follow a detailed clinical assessment.

Yucca

Possible anti-inflammatory as well as a steroid effect on pain and potentially beneficial effects on bone density.

Zinc

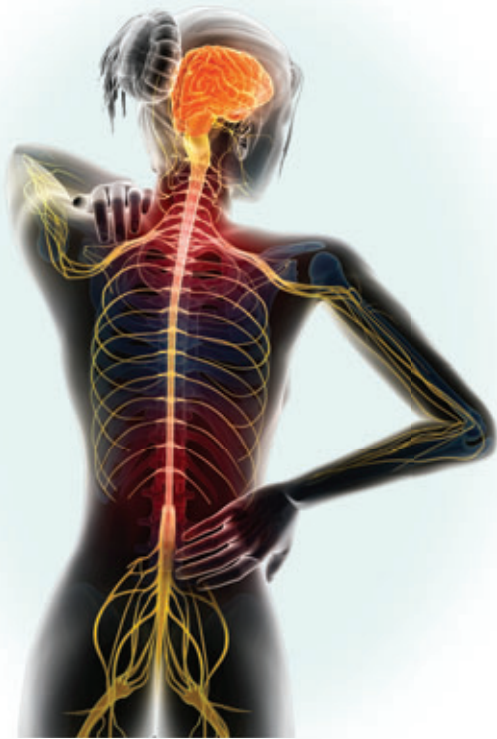
Helps trigger the growth of new cells to replace damaged tissue.

To understand your knee pain and the non surgical solutions available, come to visit the knee specialist, Estelle Mitchell.

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World Health Day

DEPRESSION. This is the theme of this year's World Health Day being marked tomorrow (Friday).

According to the World Health Organisation (WHO), globally, the number of people with depression was estimated to be over 300 million in 2015.

This is around 4.4 per cent of the world's population, and nearly double that number again suffers from a range of anxiety disorders. Depression is also the major contributor to suicide deaths, with around 800,000 per year.

In Spain, figures from the World Health Organisation, released to mark World Health Day, estimate that around 5.2 per cent of the population suffers from depressive disorders and 4.1 per cent from anxiety disorders.

In the UK 4.5 per cent of the population suffers from depressive disorders and 4.2 per cent from anxiety disorders.

People can suffer from depression on numerous levels,

from mood fluctuations to more severe symptoms and long term depressive episodes.

Although there are treatments for depression, fewer than half of those affected in the world receive such treatments. This can be as a result of a lack of resources and trained health-care providers, and social stigma associated with mental disorders.

World Health Day aims to remove these stigmas and raise awareness of depression and mental health disorders.

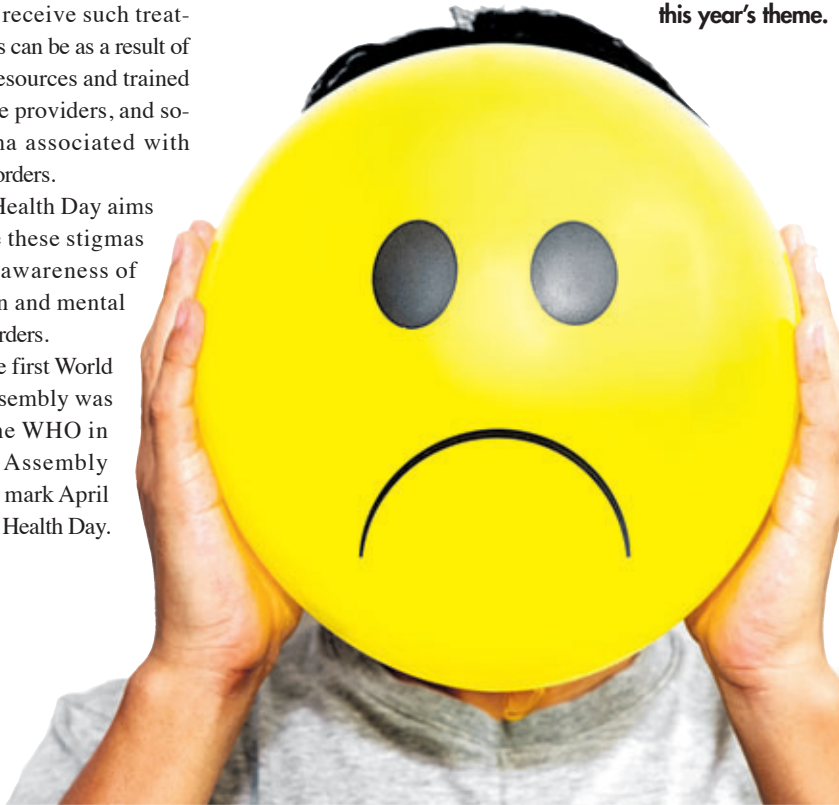
After the first World Health Assembly was held by the WHO in 1948, the Assembly decided to mark April 7 as World Health Day.

Since then, the day has been used to raise awareness worldwide of various health issues affecting global health.

Governments

around the world back the awareness programme and events are held internationally and locally, to mark the day.

DEPRESSION: Is this year's theme.



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Reduce your salt intake

ARE you finding yourself needing to make trips to the bathroom in the middle of the night? More than half of those aged over 50 feel the need to go to the toilet in the night, but the condition may not just be linked to age or drinking too much before bedroom, the problem may be related to salt. Doctors from Japan suggest that too much salt in your diet can lead to disrupted sleep and cutting back on salt could help prevent night time loo visits.

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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.

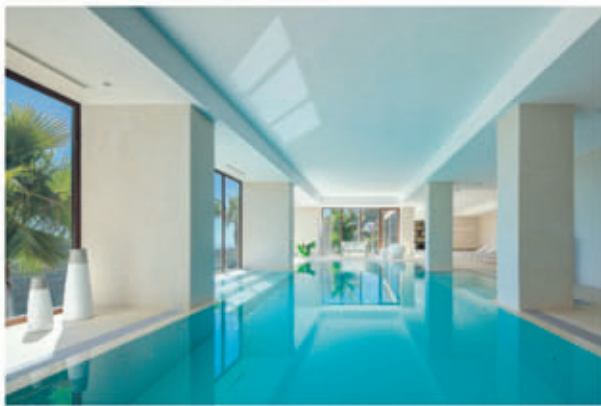
What can I do to avoid ingrown toenails?

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:
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Banish the burn

SUMMER is just around the corner and as things begin to hot up, it can be difficult to avoid the dreaded sunburn.

An unfortunate side-effect in the lives of many sun worshippers, sunburn can be a real pain - literally! The good news is that there are ways to ease the discomforts and minimise the consequences.

Your first step should be to stay out of the sun. Admittedly difficult in such a hot climate, but essential to prevent further sun damage. Keep the burned areas covered up with light-

weight clothing and stick to the shade.

A cool bath or shower is your new best friend. The cold can help to soothe the pain and inflammation that comes with sunburn. It's also a good idea to have a cold compress handy for use in short bursts throughout the day.

Sunburn dries out your skin, so a focus on hydration is key. Drink as much water as you can, avoid harsh chemicals in soaps, and slather on the moisturiser.

It isn't exactly groundbreaking information, but aloe is your best bet when treating a sunburn. If you can find pure aloe vera, it can seriously reduce the time it takes for your skin to fully heal.

The best sunburn cure is prevention. Ensure you're wearing high factor sun creams and if you can, stay in the shade between 12pm and 4pm when the sun is at its strongest.

SUNBURN: The pain can be avoided.

“A two parent family can affect children.”

A 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, intelligence 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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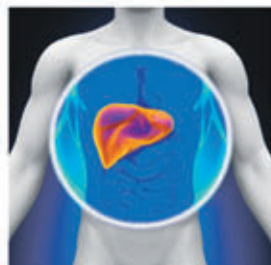
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H&B EXTRA

Prosecco
pinky

DEALS company Groupon has released an intriguing new edible nail polish which allegedly tastes of prosecco. Fans of the bubbly beverage can win a bottle in a sweepstake to enjoy the novelty polish.

Hormone D

DESPITE its name, vitamin D is not a vitamin, but a hormone. It regulates the metabolism of calcium and is mainly synthesised through the skin from sunlight.

Purrrfume

SCENT company, Demeter Fragrance Library, has released an unusual fragrance smelling of kitten fur. Makers say the product is the result of "15 years of effort" and is available as a spray and oil.

Going loco for coconut oil

LOVED by models Gisele Bündchen 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 sci-

ence 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 infection 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 moisturise your cuticles, and mas-

saged 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 chemistry, why not try mixing equal parts of sugar and coconut oil to make a natural body scrub? If you have a favourite aromather-

apy 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 used on the skin or hair.

Browse local chemists though and you'll find most medium-sized shops should offer a good quality oil.



COCONUT OIL: A beauty must-have.

Coconut oil; did you know?

- The oil's high levels of beneficial saturated fats help balance hormones
- It is the richest source of lauric acid, a natural anti-bacterial, after breast milk
- Coconut oil won't break down when cooking at high temperatures like other oils. It also won't go off as quickly.

Hit the snooze button

ONE of the most common complaints you will hear from a person is that they didn't get enough sleep.

Between work, school, and life, it can be difficult to get the eight hours we need to feel refreshed in the morning. Health experts have stressed the importance of sleep as part of a healthy lifestyle, putting it on a par with nutrition.

Sleep deprivation can take a very serious toll on your health, and using the weekends to catch up on lost hours isn't a viable long term solution.

Lack of sleep can affect how you think. It impairs cognitive functions, affecting your attention span and ability to make fast and balanced decisions. Studies have shown that people who have slept very little perform substantially worse in solving problems than those who are well rested.

In fact, lack of sleep has major repercussions for our brain as a whole. Although scientists are still at a loss as to the reasons, our brains are much more active at night. Studies have found that when we sleep, our brains process and consolidate our memories from the day and without a good night's sleep we could find ourselves suffering from memory loss.

It isn't just the brain that uses sleep to our benefit. Beauty sleep is a phrase we hear all the time, and it couldn't be more accurate. At night, your body is hard at work repairing itself, boosting blood flow to your skin so that you wake up with a lovely, healthy glow.



DEPRIVED: A lack of sleep can lead to major problems.

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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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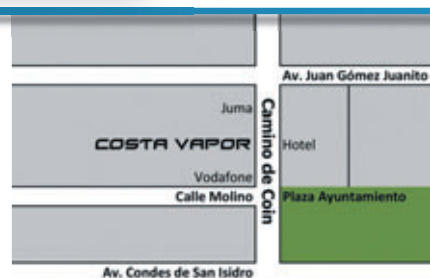
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Mind your language if you please

**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 imagination takes



OFFENSIVE WORDS:
Are not necessarily swear words.

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 al-

ternative 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 profanisaurus!

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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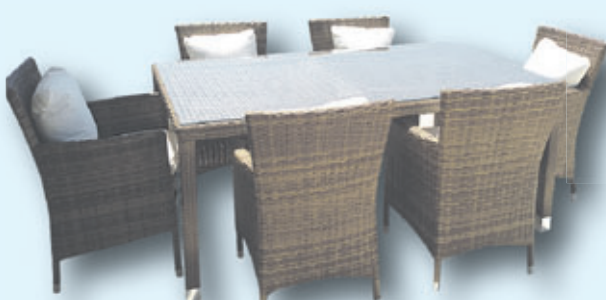


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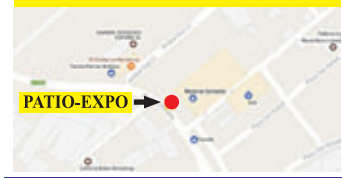
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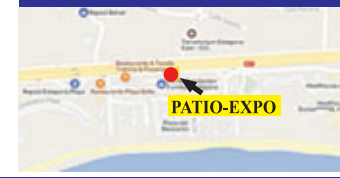
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No-one will listen to you

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

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 Torre Vieja, 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 Andalusian 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.

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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



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.

Advertising feature

Household insurance

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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

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- Ensure your toilet cistern is fitted with an overflow, otherwise this can cause a leak.

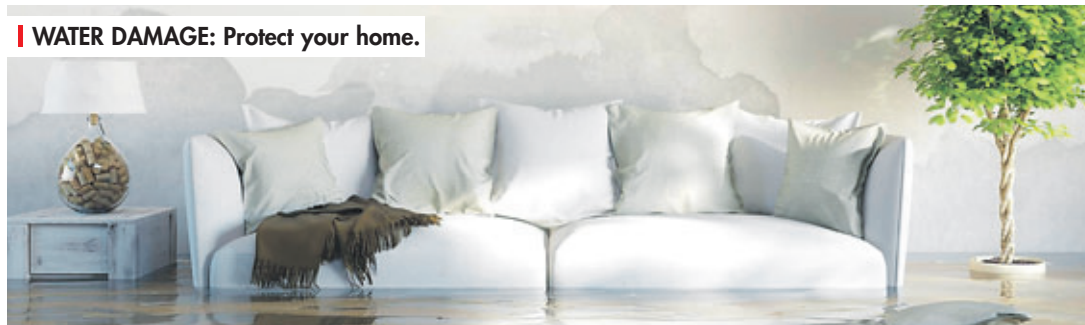
- Rust inhibitors will extend the life of the central heating system.

- Have your central heating systems serviced annually.

Kitchen

- Ensure drain hoses from washing machines and dishwashers are

WATER DAMAGE: Protect your home.



firmly in the drainpipes and cannot jump out.

- 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.

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Breaking down your contents into

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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, garden-

ing 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 tailor 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.

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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 Andalucia, 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 |



Nerja

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.



Alicante |



Almeria

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.



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, Katy 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 Supernet
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? Brexit Britain: 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 International 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

Do not miss the Easter hat parade!!

Marbella Moments

by Nicole King



CHRISTIANITY commemorates Easter on the same dates worldwide, but in Spain it's for a longer period of time than most and is more religious, particularly in Andalucia, renowned for its traditional Easter celebrations.

Traditionally there are no Easter eggs, to eat or paint, hence no Easter egg hunts or Cadbury's cream eggs. No yellow chicks or Easter bunnies and there are no hat parades, or at least not as we know them!

Here the Holy Week is just that, Holy and sacred. The first processions start off with great solemnity that depict the period of mourning, finishing off with joyous festivities symbolised by flowers and cheerier garments to rejoice in the son of God's triumph over death itself.

The clothing they wear is very symbolic and although there is not a bonnet in sight, hats certainly do play a big part, it's just a very dif-



Photo by marbellazul.com

EASTER PARADE: The clothing that is worn is very symbolic.

ferent type of hat!

According to a practice that seems to date back to the times of the Spanish inquisition, those punished on religious grounds were forced to wear a cloth garment that covered their chest and back and a long cardboard cone on top of their heads to

“**Embrace a week that is truly a ‘hats off’ to Spanish tradition.**”

hide their true height and help keep their anonymity.

They call this cone a ‘capirote.’ I on the other hand can only call it as I see it and when I first moved over from the UK in the 80's I saw before me none other than the archetypal headdress of the Klu Klux Klan.

I was already in awe at the magnitude of the whole Spanish Easter movement. The entire town seemed to be taking part in the parades or lining the streets. There was such an intense feeling of reverence on such a mass scale that when I suddenly saw the very epitome of the KKK coming towards us I nearly wet my knickers!

I'm not joking, when not expected, it's scary! I couldn't even begin to understand why they were there or what this had to do with Easter. Where on earth had I come to live?

Obviously at some point someone did explain that they were not the KKK, just part of the religious re-enactments, but 30 years on, although I do enjoy the locals' enjoyment of this time of year, I still find it unsettling to see so many 'klansmen' taking to our streets.

You on the other hand are now forewarned. Just be prepared for sharply pointed-hats, full-faced cloth masks with sinister looking eyes, peering through peepholes in the dark of night when you least expect it and embrace a week that is truly a 'hats off' to Spanish tradition.

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BBC one

7:00am	Breakfast
10:15am	Countryside 999
11:00am	Homes Under the Hammer
12:00pm	The Sheriffs are Coming
12:45pm	Fake Britain
1:15pm	Bargain Hunt
2:00pm	BBC News at One
2:30pm	BBC London News
2:45pm	Doctors
3:15pm	The Code
4:00pm	Escape to the Country
4:45pm	Money for Nothing
5:30pm	Flog It!
6:15pm	Pointless
7:00pm	BBC News at Six
7:30pm	BBC London News
8:00pm	The One Show
8:30pm	A Question of Sport
9:00pm	EastEnders
9:30pm	MasterChef
10:00pm	Decline and Fall
11:00pm	BBC News at Ten
11:25pm	BBC London News
11:35pm	The Graham Norton Show
12:25am	Witless
12:50am	The Stepford Wives

BBC TWO

7:00am	Flog It! Trade Secrets
7:30am	The Sheriffs are Coming
8:15am	Money for Nothing
9:00am	Back to the Land with Kate Humble
10:00am	Victoria Derbyshire
12:00pm	BBC Newsroom Live
	<i>Stay up to date on the day's top stories with the latest breaking news as it happens.</i>
2:00pm	Tennis
7:00pm	Eggheads
7:30pm	The Repair Shop
8:00pm	Golf
9:00pm	Gardeners' World
9:30pm	Only Connect
10:00pm	Natural World
11:00pm	QI
11:30pm	Newsnight
12:05am	Robot Wars
1:05am	Paula Rego: Secrets and Stories
2:35am	Panorama
3:05am	Imagine...
4:40am	This is BBC Two
	<i>Highlights of programmes on BBC Two.</i>

BBC FOUR

8:00pm	World News Today
	<i>The latest national and international news, exploring the day's events from a global perspective.</i>
8:30pm	Top of the Pops
9:00pm	BBC Young Dancer 2017
10:00pm	Depeche Mode at the BBC
	<i>In 2017 synth giants Depeche Mode returned with their 14th studio album Spirit.</i>
11:00pm	Depeche Mode at 6 Music Festival 2017
12:00am	Depeche Mode 101
2:00am	Top of the Pops
2:35am	Depeche Mode at the BBC
3:35am	Depeche Mode at 6 Music Festival 2017
4:35am	This is BBC Four
	<i>BBC Four is the BBC channel for people who want more. More depth, more range, more to stimulate the mind.</i>

CHANNEL 4

7:00am	Countdown
7:45am	King of Queens
8:35am	King of Queens
9:00am	Everybody Loves Raymond
10:05am	Frasier
10:35am	Frasier
11:05am	Undercover Boss USA
12:00pm	Ramsay's Kitchen Nightmares USA
1:00pm	Channel 4 News
1:05pm	Vet on the Hill
2:05pm	Posh Pawn
3:10pm	Countdown
4:00pm	Fifteen to One
5:00pm	Sun, Sea and Selling Houses
6:00pm	Couples Come Dine with Me
7:00pm	The Simpsons
7:30pm	Hollyoaks
8:00pm	Channel 4 News
8:30pm	Unreported World
9:00pm	George Clarke's Amazing Spaces
10:00pm	Gogglebox
11:00pm	The Last Leg
12:05am	First Dates
1:10am	How'd You Get So Rich?

CHANNEL 5

8:50am	Paw Patrol
9:05am	Ben and Holly's Little Kingdom
9:15am	Digby Dragon
9:30am	Peppa Pig
9:50am	Wissper
10:00am	Toot the Tiny Tugboat
10:15am	The Wright Stuff
12:15pm	GP's: Behind Closed Doors
1:10pm	5 News Lunchtime
1:15pm	Police Interceptors
2:15pm	Home and Away
2:45pm	Neighbours
3:15pm	NCIS
4:15pm	McBride: The Chameleon Murder
6:00pm	5 News at 5
6:30pm	Neighbours
7:00pm	Home and Away
7:30pm	5 News Tonight
8:00pm	The Gadget Show
9:00pm	Tony Robinson: Coast to Coast
10:00pm	Spectacular Spain with Alex Polizzi
11:00pm	Britain's Cleverest Dog
12:05am	Yorkshire: A Year in the Wild
1:00am	Super Casino

4

7:00am	Hollyoaks
7:30am	Coach Trip
7:55am	Baby Daddy
8:55am	Rules of Engagement
9:30am	Rules of Engagement
9:55am	Last Man Standing
10:30am	Last Man Standing
11:00am	Melissa and Joey
11:30am	Melissa and Joey
12:00pm	Baby Daddy
12:30pm	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
5:00pm	Last Man Standing
5:30pm	Last Man Standing
6:00pm	The Goldbergs
6:30pm	The Goldbergs
7:00pm	The Big Bang Theory
7:30pm	The Big Bang Theory
8:00pm	Hollyoaks
8:30pm	Brooklyn Nine-Nine
9:00pm	The Big Bang Theory
10:00pm	The Transporter
11:50pm	The Big Bang Theory
12:20am	The Big Bang Theory

sky SPORTS 1

7:00am	Football Gold
7:30am	Football Gold
7:45am	Live Chinese GP: Practice
9:55am	Great F1 Cars
10:00am	Live Team Principals' Press Conf
10:30am	The F1 Show
11:00am	Premier League Daily
12:00pm	La Liga Show 2016
12:30pm	Premier League Review 2016/17
1:30pm	Football
3:30pm	Premier League Legends
4:00pm	Spanish Football Gold
4:15pm	Spanish Football Gold
4:30pm	Football Gold
4:45pm	Football Gold
5:00pm	Football's Greatest
5:30pm	Football's Greatest
6:00pm	Premier League Review 2016/17
7:00pm	The Fantasy Football Club
8:00pm	Masters - Live
1:30am	Barclays Premier League Preview
2:00am	Premier League Legends

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
7:00pm	ITV News London
7:30pm	ITV Evening News
8:00pm	Emmerdale
8:30pm	Coronation Street
9:00pm	Judge Rinder's Crime Stories
9:30pm	Coronation Street
10:00pm	Lethal Weapon
11:00pm	The Nightly Show with Bradley Walsh
11:30pm	ITV News
12:00am	ITV News London
12:15am	Play to the Whistle
1:15am	The Nightly Show with Bradley Walsh
1:45am	Jackpot247
4:00am	Storage Hoarders
4:50am	ITV 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	Emmerdale
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	Emmerdale
2:30pm	You've Been Framed!
3:00pm	The Ellen DeGeneres Show
6:00pm	Judge Rinder
7:00pm	You've Been Framed!
7:30pm	You've Been Framed!
8:00pm	Funniest Ever You've Been Framed! Gold
9:00pm	Two and a Half Men
9:30pm	Two and a Half Men
10:00pm	Knocked Up
12:30am	Family Guy
1:00am	Family Guy
1:30am	American Dad!
2:00am	American Dad!

itv3

7:00am	You're Only Young Twice
7:25am	Heartbeat
8:25am	Where the Heart is
9:30am	The Royal
10:30am	Judge Judy
11:00am	Judge Judy
11:30am	Judge Judy
11:55am	Road to Avonlea
12:55pm	The Darling Buds of May
2:00pm	Heartbeat
3:05pm	The Royal
4:05pm	Where the Heart is
5:10pm	You're Only Young Twice
5:45pm	On the Buses
6:20pm	On the Buses
6:55pm	Heartbeat
8:00pm	Murder, She Wrote
9:00pm	Doc Martin
10:00pm	Agatha Christie's Marple
12:00am	Blue Murder
1:40am	Steptoe and Son Ride Again
2:40am	FYI Daily
2:45am	Steptoe and Son Ride Again
3:25am	Cold Blood

itv4

7:00am	Sporting Funnies
7:05am	The Sweeney
7:55am	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
4:00pm	Ironsides
5:00pm	The Professionals
6:05pm	The Sweeney
7:05pm	Counting Cars
7:35pm	Pawn Stars
8:05pm	Pawn Stars
8:35pm	Pawn Stars
9:00pm	Virtual Grand National
9:30pm	Counting Cars
10:00pm	Heartbreak Ridge
11:00pm	FYI Daily
11:05pm	Heartbreak Ridge
12:45am	Pale Rider
1:45am	FYI Daily

sky CINEMA ACTION & ADVENTURE

7:35am	Bloodsport
9:10am	Rocky III
10:55am	The Huntsman: Winter's War
12:55pm	Spy
3:00pm	The Mummy Returns
5:15pm	Hitman
6:55pm	Spy
9:00pm	The Huntsman: Winter's War
11:00pm	The Mummy Returns
1:15am	Con Air

sky CINEMA COMEDY

7:30am	Ghostbusters: Special Lessons in Love
8:00am	Get Hard
9:45am	The House Bunny
11:30am	Pitch Perfect 2
1:15pm	Dad's Army
3:15pm	Dad's Army
5:00pm	How to Lose Friends and Alienate People
7:00pm	Four Weddings and a Funeral
9:00pm	Pitch Perfect 2
11:00pm	Dad's Army
12:45am	Awkward Sexy People

sky CINEMA PREMIERE

7:00am	Don't Breathe
8:40am	Winter
10:15am	Central Intelligence
12:15pm	Ghost in the Shell: Special
12:45pm	Pete's Dragon
2:35pm	Date and Switch
4:20pm	London Town
6:00pm	Central Intelligence
	<i>Riotous action comedy about a rogue CIA agent who turns to a former classmate Kevin Hart for help.</i>
8:00pm	Pete's Dragon
10:00pm	Don't Breathe
11:45pm	K-Shop
1:55am	Kill Zone 2
	<i>An undercover cop on a quest to infiltrate a ring of organ traffickers winds up in a squalid Thai prison. Martial arts action.</i>
4:10am	Date and Switch

sky SPORTS 2

8:00am	WWE Main Event
9:00am	Great Sporting Moments
9:15am	Great Sporting Moments
9:30am	Live Super Rugby
11:30am	Indian Premier League
4:00pm	Sporting Records 2016
5:00pm	Super League Highlights
5:15pm	Great Sporting Moments
6:00pm	Super League Highlights
6:15pm	Sporting Records 2016
7:45pm	Super League Highlights
8:00pm	Barclays Premier League Preview
8:30pm	Football
11:15pm	Barclays Premier League Preview
11:45pm	The Fantasy Football Club
12:45am	Football Gold
1:00am	Super League Highlights

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GOOD NEWS FOR YOUR CAR 902 123 309



BBC one

7:00am	Breakfast
11:00am	Saturday Kitchen
12:30pm	Mary Berry Everyday
1:00pm	Football Focus
2:00pm	BBC News
2:05pm	Weather
2:10pm	Tennis
	<i>Coverage of the latest tennis action.</i>
5:30pm	Final Score
6:15pm	Madagascar: Escape 2 Africa
	<i>All the gang are back for this comedy animation sequel.</i>
7:35pm	BBC News
7:45pm	Regional News
7:48pm	Weather
7:50pm	Pointless
8:40pm	Who Dares Wins
9:25pm	Casualty
10:15pm	All Round to Mrs Brown's
11:15pm	BBC News
11:28pm	Weather
11:30pm	Match of the Day
12:55am	I Am Number Four
2:40am	Weather for the Week Ahead
2:45am	BBC News

BBC TWO

7:10am	Tinker Bell and the Secret of the Wings
8:15am	G-Force
9:35am	Shark Tale
11:00am	The Bat Man of Mexico - Natural World
12:00pm	Homes Under the Hammer
1:00pm	Raymond Blanc: How to Cook Well
1:30pm	The Best Dishes Ever
2:00pm	Golf
3:00pm	Flog It!
4:00pm	University Challenge
4:30pm	Only Connect
5:00pm	Gardeners' World
5:30pm	Tennis
6:30pm	Amazing Hotels: Life Beyond the Lobby
7:30pm	Natural World
8:30pm	Golf
	<i>All the action from the latest Golfing events.</i>
1:00am	Ilo Ilo
	<i>A pregnant woman and her husband hire a Filipino live-in maid.</i>
2:35am	This is BBC Two

BBC FOUR

8:00pm	The Silk Road
9:00pm	Dust Storms
9:45pm	Wild Scotland
10:00pm	Department Q: The Keeper of Lost Causes
11:30pm	Top of the Pops
	<i>John Peel and David Jensen present the weekly look at the pop charts, first broadcast on 13th January 1983.</i>
12:05am	Top of the Pops
12:40am	Psychedelic Britannia
1:40am	Totally 60s
	<i>Psychedelic Rock at the BBC</i>
2:40am	Pink Floyd
	<i>Beginnings 1967 - 1972</i>
3:40am	Psychedelic Britannia

CHANNEL 4

7:20am	Mobil 1 The Grid
7:45am	King of Queens
8:10am	King of Queens
8:40am	Everybody Loves Raymond
9:05am	Everybody Loves Raymond
9:30am	Frasier
10:00am	Frasier
10:30am	Frasier
10:55am	The Big Bang Theory
11:25am	The Big Bang Theory
11:50am	The Big Bang Theory
12:25pm	The Simpsons
12:55pm	The Simpsons
1:25pm	The Simpsons
2:00pm	Formula 1
3:30pm	Extreme Food
4:00pm	A Place in the Sun
5:00pm	Location, Location, Location
6:00pm	Grand Designs
7:00pm	Channel 4 News
7:30pm	Escape to the Chateau
8:30pm	Battleship
11:00pm	The World's End
1:05am	East is East
2:50am	Ramsay's Kitchen Nightmares USA
3:40am	Hollyoaks Omnibus

CHANNEL 5

7:00am	Milkshake!
	<i>Programming aimed at children aged two to seven years old.</i>
11:05am	Teenage Mutant Ninja Turtles
11:40am	Access
11:50am	Police Interceptors Unleashed
12:20pm	Police Interceptors
1:20pm	Police Interceptors
2:20pm	On Benefits: Life on the Dole
3:20pm	On Benefits: Life on the Dole
4:20pm	On Benefits: Life on the Dole
5:20pm	Nightmare Tenants, Slum Landlords
6:15pm	Can't Pay? We'll Take it Away!
7:10pm	Can't Pay? We'll Take it Away!
8:10pm	NCIS: Los Angeles
9:00pm	NCIS
9:55pm	5 News
10:00pm	Football on 5
11:00pm	Football on 5
11:30pm	The Funny Thing
12:30am	Fail Army
12:55am	Access

4

7:00am	Rude(Ish) Tube
7:30am	How I Met Your Mother
8:00am	How I Met Your Mother
8:30am	Baby Daddy
9:00am	Baby Daddy
9:30am	Black-Ish
10:00am	Made in Chelsea
11:00am	Clueless
1:00pm	Melissa and Joey
1:30pm	Melissa and Joey
2:00pm	Melissa and Joey
2:30pm	Melissa and Joey
3:00pm	Melissa and Joey
3:30pm	The Goldbergs
4:00pm	The Goldbergs
4:30pm	The Goldbergs
5:00pm	The Goldbergs
5:30pm	The Goldbergs
6:00pm	The Big Bang Theory
6:30pm	The Big Bang Theory
7:00pm	The Big Bang Theory
7:30pm	The Big Bang Theory
8:00pm	The Big Bang Theory
8:30pm	The Big Bang Theory
9:00pm	The Big Bang Theory
9:30pm	The Big Bang Theory
10:00pm	Transporter 2
12:05am	Gogglebox
1:05am	Gogglebox

sky SPORTS 1

7:00am	Live Chinese GP: Practice
7:10am	F1 Great Cars
7:15am	Football Gold
7:30am	Football Gold
7:45am	Premier League 100 Club
8:15am	Premier League 100 Club
8:45am	Game Changers
9:15am	Premier League Preview 2016/17
9:45am	The Fantasy Football Club
10:45am	Soccer A.M.
12:30pm	Football
1:30pm	Football
	<i>Tottenham Hotspur host Watford at White Hart Lane in the Premier League.</i>
4:00pm	Gillette Soccer Saturday
6:15pm	Football
	<i>Sheffield Wednesday host Newcastle United at Hillsborough Stadium.</i>
9:00pm	Masters - Live
1:30am	Sporting Triumphs
1:45am	Sporting Triumphs

itv

7:00am	CITV
10:25am	Alphabetical
11:25am	James Martin's French Adventure
12:25pm	Best Walks with a View with Julia Bradbury
1:00pm	ITV News and Weather
1:10pm	Carry on at Your Convenience
3:00pm	Grand National Festival
5:30pm	The Grand National
7:10pm	Local News and Weather
7:20pm	ITV News and Weather
7:30pm	You've Been Framed!
8:00pm	Ant and Dec's Saturday Night Takeaway
9:30pm	An Evening with Take That
10:35pm	King Kong
11:30pm	Inc ITV News and Weather
11:45pm	King Kong
1:25am	Lethal Weapon
2:15am	Jackpot247

itv2

7:00am	The Hot Desk
7:10am	Emmerdale Omnibus
9:50am	Coronation Street Omnibus
12:15pm	Ant and Dec's Saturday Night Takeaway
1:45pm	Britain's Got Talent
2:45pm	You've Been Framed!
3:15pm	Hairspray Live!
	<i>A production of the hit Broadway musical, recorded live for US television.</i>
5:50pm	The Princess Diaries 2: Royal Engagement
6:50pm	FYI Daily
6:55pm	The Princess Diaries 2: Royal Engagement
8:00pm	Scorpion
9:00pm	Burlesque
10:00pm	FYI Daily
10:05pm	Burlesque
11:20pm	Celebrity Juice
12:05am	Family Guy
12:35am	Family Guy
1:05am	Family Guy
1:35am	American Dad!
2:05am	American Dad!
2:35am	The Cleveland Show

itv3

7:00am	Murder, She Wrote
8:50am	Sparkling Cyanide
	<i>Agatha Christie's classic mystery is updated and relocated to a glamorous world of London socialites and secret agents.</i>
10:45am	The Railway Children
11:45am	FYI Daily
11:50am	The Railway Children
1:00pm	Heidi
3:00pm	Agatha Christie's Marple
5:00pm	Rosemary and Thyme
6:00pm	Lewis
8:00pm	A Touch of Frost
	<i>Set in the town of Denton, this police drama series focuses on Detective Inspector Frost and his long-suffering Superintendent Harry Mullett.</i>
10:00pm	Lewis
12:00am	Les Dawson Forever: Ep
1:00am	Colditz

itv4

7:00am	Football's Greatest
7:05am	Bundesliga
7:55am	Bundesliga
8:50am	Hogan's Heroes
9:25am	Hogan's Heroes
9:55am	The Big Fish Off
11:00am	ITV Racing: The Opening Show
12:30pm	The Virtual Grand National 2017
1:00pm	Pawn Stars
1:30pm	Pawn Stars
1:55pm	Pawn Stars
2:25pm	British Touring Car Championship Highlights
3:55pm	The Alamo
4:55pm	FYI Daily
5:00pm	The Alamo
7:05pm	It's Not Rocket Science
8:10pm	Fierce
9:15pm	Jackie Chan's First Strike
10:15pm	FYI Daily
10:20pm	Jackie Chan's First Strike
11:00pm	Rambo: First Blood Part II
12:00am	FYI Daily

sky CINEMA ACTION & ADVENTURE

1:10pm	The Lord of the Rings: The Two Towers
4:20pm	Armageddon
7:00pm	Ant-Man
9:00pm	Teenage Mutant Ninja Turtles: Out of the Shadows
11:00pm	The Lord of the Rings: The Two Towers
2:00am	The Scorpion King

sky CINEMA COMEDY

7:45am	Galaxy Quest
9:35am	South Park: Bigger, Longer and Uncut
11:05am	The Simpsons Movie
12:40pm	Welcome to Me
2:15pm	The Boss
4:00pm	Talladega Nights: The Ballad of Ricky Bobby
6:10pm	Whiskey Tango Foxtrot
8:10pm	Groundhog Day
10:00pm	The Boss
11:45pm	Brüno
1:15am	The Simpsons Movie

sky CINEMA PREMIERE

7:00am	Central Intelligence
8:50am	Don't Breathe
10:30am	Winter
12:05pm	London Town
1:55pm	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>
3:45pm	The Conjuring 2
	<i>Paranormal investigators Vera Farmiga and Patrick Wilson battle dark supernatural forces in London.</i>
6:05pm	Central Intelligence
	<i>Riotous action comedy about a rogue CIA agent who turns to a former classmate Kevin Hart for help.</i>
8:00pm	Pete's Dragon
10:00pm	The Conjuring 2
12:20am	Don't Breathe
2:05am	K-Shop
4:15am	Date and Switch

sky SPORTS 2

7:00am	Rugby Gold
7:10am	Live Super Rugby
9:10am	Rugby Gold
9:20am	Rugby Gold
9:30am	Live Super Rugby
11:30am	Live Super Rugby
1:45pm	Great Sporting Moments
2:00pm	Time of Our Lives
3:00pm	Sporting Greats
3:30pm	Great Sporting Moments
3:45pm	Rugby Union
6:15pm	Rugby Union
8:15pm	Sporting Triumphs
8:30pm	Cricket's Greatest
9:00pm	EFL Goals
9:30pm	Nissan Game of the Day
11:30pm	Nissan Match Choice
12:30am	Football
1:00am	Football
1:30am	Football
2:00am	Cricket's Greatest
2:30am	Cricket's Greatest
3:00am	Rugby Gold
3:10am	Rugby Gold
3:20am	Live World Rugby
	<i>Sevens: Hong Kong</i>

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GOOD NEWS FOR YOUR CAR 902 123 309



BBC one

7:00am	Breakfast
8:30am	Match of the Day
10:00am	The Andrew Marr Show
11:00am	The Big Questions
12:00pm	Wanted Down Under
1:00pm	Bargain Hunt
2:00pm	BBC News
2:10pm	Weather for the Week Ahead
2:15pm	Homes Under the Hammer
3:15pm	Countryfile Spring Diaries
4:00pm	Flog It!
5:00pm	Escape to the Country
6:00pm	Songs of Praise
6:35pm	Galapagos
7:35pm	BBC News
7:50pm	Regional News
7:55pm	Weather
8:00pm	Countryfile
9:00pm	Antiques Roadshow
10:00pm	Line of Duty
11:00pm	BBC News
11:20pm	Regional News
11:25pm	Weather
11:30pm	Match of the Day 2
12:30am	I'm Different: Let Me Drive

BBC TWO

7:05am	The Beechgrove Garden
7:35am	Around the World in 80 Gardens
8:35am	Gardeners' World
9:05am	Countryfile
	<i>News and stories concerning the heart of the British countryside.</i>
10:15am	Saturday Kitchen Best Bites
11:45am	Triathlon World Series
	<i>Gold Coast Highlights.</i>
1:15pm	MOTD2 Extra
	<i>MOTD2 Extra presents the latest football action.</i>
2:00pm	Tennis
	<i>Coverage of the latest tennis action.</i>
7:30pm	Golf
	<i>All the action from the latest Golfing events.</i>
1:00am	The Tempest
2:40am	Question Time
3:40am	Holby City
4:40am	This is BBC Two

BBC FOUR

8:00pm	Britain at War
	<i>Documentary looking at Imperial War Museums in the centenary year of its establishment.</i>
9:00pm	Teenage Tommies
10:00pm	Horizon
	<i>Horizon looks at the strange patterns of weather seen in recent years.</i>
11:00pm	Radio 2 Folk Awards 2017
12:00am	Arena
1:30am	The Story of Maths
	<i>Four-part series about the history of mathematics, presented by Oxford professor Marcus du Sautoy.</i>
2:30am	The Bermuda Triangle: Beneath the Waves
3:30am	Exposed
	<i>Magicians, Psychics and Frauds - Storyville.</i>

CHANNEL 4

7:15am	King of Queens
7:40am	King of Queens
8:05am	King of Queens
8:30am	Everybody Loves Raymond
9:00am	Everybody Loves Raymond
9:30am	Frasier
10:00am	Frasier
10:30am	Sunday Brunch
1:30pm	The Simpsons
1:55pm	The Simpsons
2:25pm	Gogglesprogs
3:30pm	Formula 1
5:45pm	The Boxtrolls
7:35pm	Channel 4 News
8:00pm	Kevin Mccloud's Escape to the Wild
9:00pm	Spying on the Royals
10:00pm	Homeland
11:00pm	Gogglebox
12:00am	8 Out of 10 Cats
1:00am	Does Countdown
2:45am	The Guard
3:45am	Great British Buildings
4:40am	Isis and the Battle for Iraq
5:05am	Unreported World
	Building the Dream

CHANNEL 5

7:00am	Milkshake!
11:00am	Teenage Mutant Ninja Turtles
11:35am	Football on 5
12:30pm	Football on 5
1:00pm	The Gadget Show
2:00pm	Police Interceptors
3:00pm	Free Birds
4:40pm	Fool's Gold
6:45pm	P.S. I Love You
	<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>
9:00pm	Cutest Puppies Make You Laugh Out Loud
9:55pm	5 News
10:00pm	When Chat Shows Go Horribly Wrong
1:00am	One Night with My Ex
2:00am	Super Casino
4:10am	Law and Order: Criminal Intent
5:00am	Criminals Caught on Camera
5:50am	House Doctor

4

7:00am	Rude(ish) Tube
7:30am	Couples Come Dine with Me
8:30am	Couples Come Dine with Me
9:30am	Hollyoaks Omnibus
12:00pm	Made in Chelsea
1:00pm	To be Announced
3:00pm	The Goldbergs
3:30pm	The Goldbergs
4:00pm	The Goldbergs
4:30pm	Black-ish
5:00pm	Baby Daddy
5:30pm	Brooklyn Nine-Nine
6:00pm	Brooklyn Nine-Nine
6:30pm	The Big Bang Theory
7:00pm	The Big Bang Theory
7:30pm	The Big Bang Theory
8:00pm	The Big Bang Theory
8:30pm	The Big Bang Theory
9:00pm	The Big Bang Theory
10:00pm	Marvel's Agents of S.H.I.E.L.D.
11:00pm	Tattoo Fixers
12:00am	E4's Tattoo Artist of the Year
1:00am	Celebrity First Dates
2:05am	Naked Attraction
3:10am	Bizarre ER
4:00am	Marvel's Agents of S.H.I.E.L.D.

sky SPORTS 1

7:00am	Football
7:30am	Football
8:00am	Football
8:30am	Football
9:00am	Football
9:30am	Football
10:00am	The Sunday Supplement
11:30am	Goals on Sunday
1:30pm	Live Nissan Super Sunday Pre-Match
2:30pm	Live Nissan Super Sunday
	<i>Sunderland v Manchester United.</i>
4:30pm	Live Nissan Super Sunday
	<i>Everton v Leicester City.</i>
8:00pm	Masters - Live
	<i>The final day of the Masters at Augusta National Golf Club, Georgia.</i>
1:30am	Masters Official Film
	<i>The story of the 1995 Masters from Augusta National Golf Club</i>
2:00am	Goals on Sunday
3:00am	The Premier League Years

itv

7:00am	CITV
10:25am	ITV News
10:30am	Countrywise
11:00am	Secret Dealers
12:00pm	Wild Australia with Ray Mears
12:30pm	ITV News and Weather
12:40pm	Who's Doing the Dishes?
1:45pm	The Chase
2:45pm	Goldfinger
4:55pm	An Evening with Take That
6:00pm	Little Big Shots
7:00pm	Local News and Weather
7:10pm	ITV News and Weather
7:30pm	Harry Hill's Alien Fun Capsule
8:00pm	5 Gold Rings
9:00pm	Vera
11:00pm	ITV News and Weather
11:20pm	The Nightly Show Best Bits
11:45pm	The Cube
12:45am	Aviva Premiership Rugby Highlights

itv2

7:00am	You've Been Framed!
7:20am	Emmerdale Omnibus
10:00am	Coronation Street Omnibus
12:30pm	Ant and Dec's Saturday Night Takeaway
2:00pm	Zawesome
2:05pm	Guidance
2:40pm	Fame High
3:00pm	L.A. Story
3:15pm	Side Effects
3:45pm	Mr. Bean
4:20pm	Mr. Bean
4:50pm	Liar Liar
5:50pm	FYI Daily
5:55pm	Liar Liar
6:35pm	The Lord of the Rings: The Fellowship of the Ring
7:35pm	FYI Daily
7:40pm	The Lord of the Rings: The Fellowship of the Ring
10:00pm	Horrible Bosses
11:00pm	FYI Daily
11:05pm	Horrible Bosses
12:05am	Family Guy
12:35am	Family Guy
1:00am	Family Guy

itv3

7:00am	On the Buses
7:25am	The Railway Children
8:25am	FYI Daily
8:30am	The Railway Children
9:35am	Heartbeat
10:35am	Heartbeat
11:35am	Murder, She Wrote
12:40pm	Heidi
2:40pm	Sherlock Holmes
4:55pm	Agatha Christie's Marple
7:00pm	Midsomer Murders
9:00pm	Paul O'Grady: For The Love of Dogs
9:30pm	Paul O'Grady: For The Love of Dogs
10:00pm	Sunday Night at the Palladium
11:00pm	Les Dawson Forever: Ep
12:05am	Elizabeth: The Golden Age
1:05am	FYI Daily
1:10am	Elizabeth: The Golden Age
2:20am	A Touch of Frost
4:00am	May the Best House Win
4:55am	May the Best House Win

itv4

7:10am	British Touring Car Championship Highlights
8:25am	World Superbike Highlights
9:25am	British Superbike Highlights
10:25am	Counting Cars
10:55am	Pawn Stars
11:20am	Pawn Stars
11:50am	Pawn Stars
12:15pm	Pawn Stars
12:45pm	Pawn Stars
1:15pm	Pawn Stars
1:45pm	The Land That Time Forgot
2:45pm	FYI Daily
2:50pm	The Land That Time Forgot
3:40pm	The Alamo
4:40pm	FYI Daily
4:45pm	The Alamo
6:55pm	Fishing Impossible
7:55pm	The Big Fish Off
9:00pm	Rugby
10:00pm	The Deer Hunter
11:05pm	FYI Daily
11:10pm	The Deer Hunter
1:45am	River Monsters
2:50am	Fifth Gear

sky CINEMA ACTION & ADVENTURE

1:05pm	The Lord of the Rings: The Return of the King
4:30pm	Independence Day
7:05pm	I Am Legend
9:00pm	John Wick
10:50pm	The Lord of the Rings: The Return of the King
2:10am	13 Hours: The Secret Soldiers of Benghazi
4:40am	Tora! Tora! Tora!

sky CINEMA COMEDY

9:20am	The Top Ten Show 2017
9:35am	Back to the Future
11:35am	Back to the Future Part II
1:30pm	Back to the Future Part III
3:30pm	Bad Neighbours 2
5:10pm	Drillbit Taylor
7:00pm	Magic Mike XXL
9:00pm	Bad Neighbours 2
10:40pm	Planes, Trains and Automobiles
12:20am	Office Space

sky CINEMA PREMIERE

7:00am	London Town
8:45am	Ghost in the Shell: Special
9:15am	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>
11:10am	Wild Oats
	<i>Breezy comedy about two best friends who decide to take full advantage of a life insurance mix-up.</i>
12:50pm	The Conjuring 2
3:15pm	Central Intelligence
	<i>Riotous action comedy about a rogue CIA agent who turns to a former classmate Kevin Hart for help.</i>
5:20pm	Pete's Dragon
7:15pm	Wild Oats
9:00pm	The Conjuring 2
11:15pm	Central Intelligence
1:15am	K-Shop

sky SPORTS 2

7:00am	Live World Rugby Sevens: Hong Kong
11:00am	Cricket's Greatest
11:30am	Cricket's Greatest
12:00pm	Cricket's Greatest
12:30pm	Sporting Triumphs
12:45pm	Sporting Triumphs
1:00pm	Football
4:00pm	Spanish Football Gold
4:10pm	Football
6:10pm	Spanish Football Gold
6:25pm	Football
8:25pm	Spanish Football Gold
8:40pm	Football
10:40pm	Spanish Football Gold
10:50pm	Spanish Football Gold
11:00pm	Football
11:30pm	Football
12:00am	Goals on Sunday
1:00am	Football
1:30am	Football
2:00am	Indian Premier League Highlights
3:00am	Indian Premier League Highlights

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GOOD NEWS FOR YOUR CAR 902 123 309



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 Summer: Tuscany
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 Super League Fulltime 2017
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
8:30pm	EastEnders
9:00pm	Holby City
10:00pm	Peter Kay's Car Share
10:30pm	My Friend Victoria
11:00pm	BBC News
11:30pm	Regional News
11:40pm	Weather
11:45pm	Panorama
12:35am	No Strings Attached
2:15am	Weather for the Week Ahead
2:20am	BBC News

BBC TWO

7:00am	Flog It!
7:30am	The Sheriffs are Coming
8:15am	Money for Nothing
9:00am	Puerto Rico: Island of Enchantment - Natural World
10:00am	Victoria Derbyshire
12:00pm	BBC Newsroom Live
2:00pm	Super League Show
2:45pm	Holiday of My Lifetime
3:15pm	Who Do You Think You Are?
4:15pm	Nature's Misfits
5:15pm	Attenborough: 60 Years in the Wild
6:15pm	Antiques Road Trip
7:00pm	Eggheads
7:30pm	The Repair Shop
8:00pm	Mary Berry's Easter Feast
9:00pm	Bake Off Crème de la Crème
10:00pm	Obesity
11:00pm	Later Live... with Jools Holland
11:30pm	Newsnight
12:10am	Weather
12:15am	Alone with the in-Laws
1:15am	Versailles
2:10am	Versailles

BBC FOUR

8:00pm	100 Days
8:30pm	The Beauty of Anatomy
9:00pm	1066: A Year to Conquer England
10:00pm	Should We Go to Mars? The Big Think
11:00pm	The Beginning and End of the Universe
12:00am	Ray Mears Goes Walkabout <i>Series following survival expert Ray Mears, as he makes four journeys through the wilderness of the Australian outback.</i>
1:00am	Servants: The True Story of Life Below Stairs
2:00am	Natural World
3:00am	How to be a Surrealist with Philippa Perry
4:00am	Should We Go to Mars? The Big Think
5:00am	This is BBC Four <i>BBC Four is the BBC channel for people who want more.</i>

CHANNEL 4

7:00am	Countdown
7:45am	King of Queens
8:10am	King of Queens
8:35am	King of Queens
9:00am	Everybody Loves Raymond
9:35am	Everybody Loves Raymond
10:05am	Frasier
10:35am	Frasier
11:05am	Undercover Boss USA
12:00pm	Ramsay's Kitchen Nightmares USA
1:00pm	Channel 4 News
1:05pm	Vet on the Hill
2:05pm	Posh Pawn
3:10pm	Countdown
4:00pm	Fifteen to One
5:00pm	French Collection
6:00pm	Couples Come Dine with Me
7:00pm	The Simpsons
7:30pm	Hollyoaks
8:00pm	Channel 4 News
9:00pm	The Secret Life of the Zoo
10:00pm	One Born Every Minute
11:00pm	House of Quads
12:05am	Gogglebox
1:10am	Kitchen 999: Emergency Chefs

CHANNEL 5

7:00am	Milkshake!
10:15am	The Wright Stuff
12:15pm	GPs: Behind Closed Doors
1:10pm	5 News
1:15pm	On Benefits: Life on the Dole
2:15pm	Home and Away
2:45pm	Neighbours
3:15pm	NCIS: Los Angeles
4:15pm	Aurora Teagarden Mystery: Three Bedrooms, One Corpse
6:00pm	5 News
6:30pm	Neighbours
7:00pm	Home and Away
7:30pm	5 News
8:00pm	FIA World Rally Championship Highlights
9:00pm	The Secret Lives of Puppies: Meet My New Families
10:00pm	Yorkshire: A Year in the Wild
11:00pm	Me and My... Face
12:05am	The Boy with Giant Hands
1:05am	On Benefits
2:00am	Super Casino
4:10am	Law and Order: Criminal Intent

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
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	Black-Ish
9:00pm	The Goldbergs
9:30pm	The Goldbergs
10:00pm	Tattoo Artist of the Year
11:00pm	Bizarre ER
12:00am	The Big Bang Theory
12:30am	The Big Bang Theory
1:00am	First Dates

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	Soccer AM: The Best Bits 2016/17
11:00am	Premier League Daily
12:00pm	Premier League Legends
12:30pm	Premier League Legends
1:00pm	Football's Greatest
1:30pm	Football's Greatest
2:00pm	Great Sporting Moments
2:15pm	Great Sporting Moments
2:30pm	Great Sporting Moments
2:45pm	Great Sporting Moments
3:00pm	Premier League Legends
3:25pm	Cricket
11:30pm	La Liga World
12:00am	Premier League Review
1:00am	Premier League 100 Club
1:30am	Premier League 100 Club

itv

7:00am	Good Morning Britain
9:30am	Lorraine <i>Join Lorraine Kelly and her celebrity friends for all the latest showbiz, news, style on ITV.</i>
10:25am	The Jeremy Kyle Show
11:30am	This Morning <i>The popular morning lifestyle magazine show with advice, chat and competitions.</i>
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	Save Money Good Food
9:00pm	The Olivier Awards
11:00pm	The Nightly Show
11:30pm	ITV News
12:15am	Prime Suspect 1973
1:15am	The Nightly Show

itv2

7:00am	You've Been Framed!
7:25am	Below Deck
8:10am	The Ellen DeGeneres Show
8:50am	Emmerdale
9:25am	Coronation Street
9:55am	Coronation Street
10:25am	Below Deck
11:15am	Step Up
12:20pm	FYI Daily
12:25pm	Step Up
1:25pm	Emmerdale
1:55pm	Coronation Street
2:30pm	Coronation Street
3:00pm	The Ellen DeGeneres Show
3:50pm	The Jeremy Kyle Show
4:55pm	The Jeremy Kyle Show
6:00pm	Judge Rinder
7:00pm	You've Been Framed!
7:30pm	You've Been Framed!
8:00pm	You've Been Framed!
8:30pm	You've Been Framed!
9:00pm	Two and a Half Men
9:30pm	Two and a Half Men
10:00pm	Hell's Kitchen
11:00pm	Family Guy
11:30pm	Family Guy
12:00am	Family Guy
12:30am	American Dad!
1:00am	The Vampire Diaries

itv3

7:00am	You're Only Young Twice
7:25am	Heartbeat
8:25am	Where the Heart is
9:25am	The Royal
10:25am	Judge Judy
10:55am	Judge Judy
11:25am	Judge Judy
11:50am	Road to Avonlea
12:55pm	The Darling Buds of May
2:05pm	Heartbeat <i>Drama, set in the North Yorkshire moors in the 1960's.</i>
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	Midsomer Murders
11:00pm	A Touch of Frost
1:05am	A Touch of Frost
3:00am	ITV3 Nightscreen
3:30am	Teleshopping

itv4

7:00am	The Sweeney
7:50am	Hogan's Heroes
8:15am	Hogan's Heroes
8:45am	The Professionals
9:45am	Ironsides
10:50am	The Sweeney
11:50am	The Chase
12:50pm	Pawn Stars
1:20pm	Pawn Stars
1:50pm	Pawn Stars
2:20pm	Pawn Stars
2:45pm	Hogan's Heroes
3:20pm	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	The Chase: Celebrity Special
10:00pm	Benidorm
11:00pm	Lethal Weapon
12:00am	Awake
1:05am	FYI Daily
1:10am	Awake
1:45am	Bear Grylls: Mission Survive
2:45am	Hogan's Heroes
3:15am	Hogan's Heroes
3:45am	ITV4 Nightscreen
4:00am	Teleshopping

sky CINEMA ACTION & ADVENTURE

7:45am	Asian Connection
9:20am	Hitman: Agent 47
11:00am	San Andreas
1:00pm	Behind Enemy Lines
2:50pm	The Salvation
4:25pm	The Great Escape
7:20pm	Hitman: Agent 47
9:00pm	San Andreas
11:00pm	RoboCop
12:55am	John Carter
3:15am	Son of a Gun
5:15am	Lost and Found

sky CINEMA COMEDY

7:50am	Ghostbusters: Special
8:20am	Definitely, Maybe
10:20am	Norbit
12:10pm	Just Married
1:50pm	Ghostbusters: Special
2:20pm	Daddy's Home
4:05pm	The Bad Education Movie
5:50pm	Welcome to Me
7:25pm	Casual Encounters
9:00pm	Superbad
11:00pm	Daddy's Home
12:45am	Jersey Girl
2:35am	Jackass: Number Two
4:15am	The Banger Sisters

sky CINEMA PREMIERE

7:00am	Date and Switch
8:45am	Wild Oats
10:30am	Kong: Skull Island Special
11:00am	Pete's Dragon
1:00pm	The Conjuring 2
3:25pm	Dirty 30 <i>Lifelong friends stuck in a rut decide to celebrate one of their birthdays in style, but things quickly spiral out of control.</i>
5:05pm	The Top Ten Show 2017 <i>Which movies are doing the best business at home and across the pond? Clips from the UK and US Top Ten show you the best of what's on offer on the big screen.</i>
5:25pm	Wild Oats
7:10pm	Pete's Dragon
9:00pm	The Conjuring 2
11:20pm	Dirty 30
12:55am	House of Manson
2:45am	K-Shop
4:50am	Winter

sky SPORTS 2

7:00am	Cricket Classics
8:00am	WWE SmackDown!
9:00am	Football
10:00am	Super League Fulltime 2017
10:30am	Cricket's Greatest
11:00am	Great Sporting Moments
11:15am	Great Sporting Moments
11:30am	Super League Fulltime 2017
12:00pm	Football
4:00pm	Live Indian Premier League
8:30pm	Burns Night Again
8:45pm	Ricky Burns: My Greatest Night
9:15pm	Fight Night
12:45am	Burns Night Again
1:00am	Ricky Burns: My Greatest Night
1:30am	Super League Gold
1:45am	Super League Gold
2:00am	Sporting Greats
2:30am	Sporting Greats
3:00am	Super League Gold
3:15am	Super League Gold
3:30am	Sporting Rivalries
4:00am	Cricket Classics
5:00am	Cricket's Greatest
5:30am	Cricket's Greatest

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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 Summer: Tuscany
11:00pm	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	GPs: 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	GPs: 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
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!
9:30pm	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
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
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
9:45am	Ironsides
10:50am	The Chase
11:50am	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
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
5:35pm	Dirty 30
7:10pm	Pete's Dragon
8:00pm	A young boy orphaned by a car crash and left alone in a forest befriends a giant, fire-breathing dragon.
9:00pm	The Conjuring 2
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
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

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Road accident

A LOCAL man was rushed to hospital with serious but not life-threatening injuries after a motorcycle accident on Devil's Tower Road on the afternoon of April 4 and both westbound lanes were closed whilst he was taken to hospital for treatment. It appears that the motorcyclist collided with a forklift truck and police are attempting to find out the cause of the accident.

Sun support

AFTER the headline GOTCHA following the sinking of the Belgrano, *The Sun* newspaper is taking up the cudgels for another Overseas Territory with the inspiring Up Your Seniors in support of its Gibraltar campaign. The paper exhorts its readers to publicly support the campaign and make it clear that Gibraltar is British proclaiming Hands Off Our Rock in English and Spanish.

Malteaser

THE Chief Minister Fabian Picardo called Joseph Muscat the Prime Minister of Malta and current President of the Council of the European Union to discuss matters related to the United Kingdom's exit from the European Union. The conversation allowed the Chief Minister to explain Gibraltar's special position in the forthcoming negotiations.

Artificial nests installed on the Rock

By John Smith

IN order to try to encourage the iconic Osprey (or Fish Eagle) back to Gibraltar, the Department of the Environment, Heritage and Climate change (DEHCC) has begun installing artificial nests within the Gibraltar Nature Reserve.

Ospreys were known to nest on Gibraltar's steep eastside cliffs up until the 1930s when the last breeding pair was recorded. Population numbers declined throughout much of Western Europe during this time largely due to the collection of eggs, hunting and habitat destruction and in Gibraltar, it is likely that quarrying and military activity during the War years also contributed to its disappearance.

In the region, a few pairs of Ospreys remained nesting on inaccessible sea cliffs on the coast of north-eastern Morocco but during the last decade, the Osprey popula-



Photo by HM Government of Gibraltar

tion has increased in many places around Europe including Scotland, Germany and Scandinavia.

A reintroduction programme is currently underway in Cadiz and scientists from the Department of the Environment have recently joined the regional efforts to increase population numbers in consultation with the Gibraltar Ornithological and Natural History Society as well as regional experts from Andalucia.

Partly as a result of the reintroductions in Cadiz, where some pairs are now nesting, Ospreys are now found all year round in the Bay of Gibraltar and are regularly seen on migration in spring when arriving from their wintering grounds in Sub-Saharan Africa.

The installation of artificial nests with decoys is aimed at attracting the interest of passing Ospreys that may then be enticed to stay.

Fabian Picardo on BBC TV

A SPECIAL guest on the BBC TV Andrew Marr show which was being presented by Eddie Mair on Sunday April 2 was Gibraltar's Chief Minister Fabian Picardo who had flown over specially for the interview.

Mair took a surprisingly aggressive stance all through the short interview, asking why Gibraltar had not managed to get itself mentioned in the Article 50 letter and then suggesting that it wouldn't be a bad thing for day-to-day existence if there was shared sovereignty.

Mr Picardo handled all of the questioning exceptionally well, explaining that Gibraltar had been involved in the wording of the document and was tangentially represented as the letter referred to the White Paper in which Gibraltar was certainly mentioned.

He went on to say that the people of Gibraltar had every belief in the integrity and support of the British government and that the Tusk letter was simply a 'wish list' and had to be ratified by all 27 member states and there was no guarantee that point 22 would be included.

Finally, he pointed out that by including this particular suggestion no approval to trade deals post Brexit should be made without approval by Britain and Spain and showed that the EU was not openly supportive of Spain's sovereignty claims.

With his perfect diction and a razor sharp intelligence, Mr Picardo will have certainly impressed British viewers with his ability and absolute conviction to the cause of the Territory.

New Gibraltar mayor sworn in

SPEAKING of community, nation and family Kaiane Lopez, (neé Aldorino) was formally sworn in as mayor of Gibraltar, taking over from Adolfo Canepa with both Chief Minister Fabian Picardo and Governor Lieutenant General Ed Davis looking on.

As she accepted the key to Gibraltar and wore her mayoral robes for the first time, the former Miss World announced that Julia Morley, the Chairman of the Miss World Organisation, who was present at the ceremony, would be donating \$10,000 (£8,000) to Gibraltar based charities.



Photo by HM Government of Gibraltar

NEW MAYOR: Handing over the key to the city.

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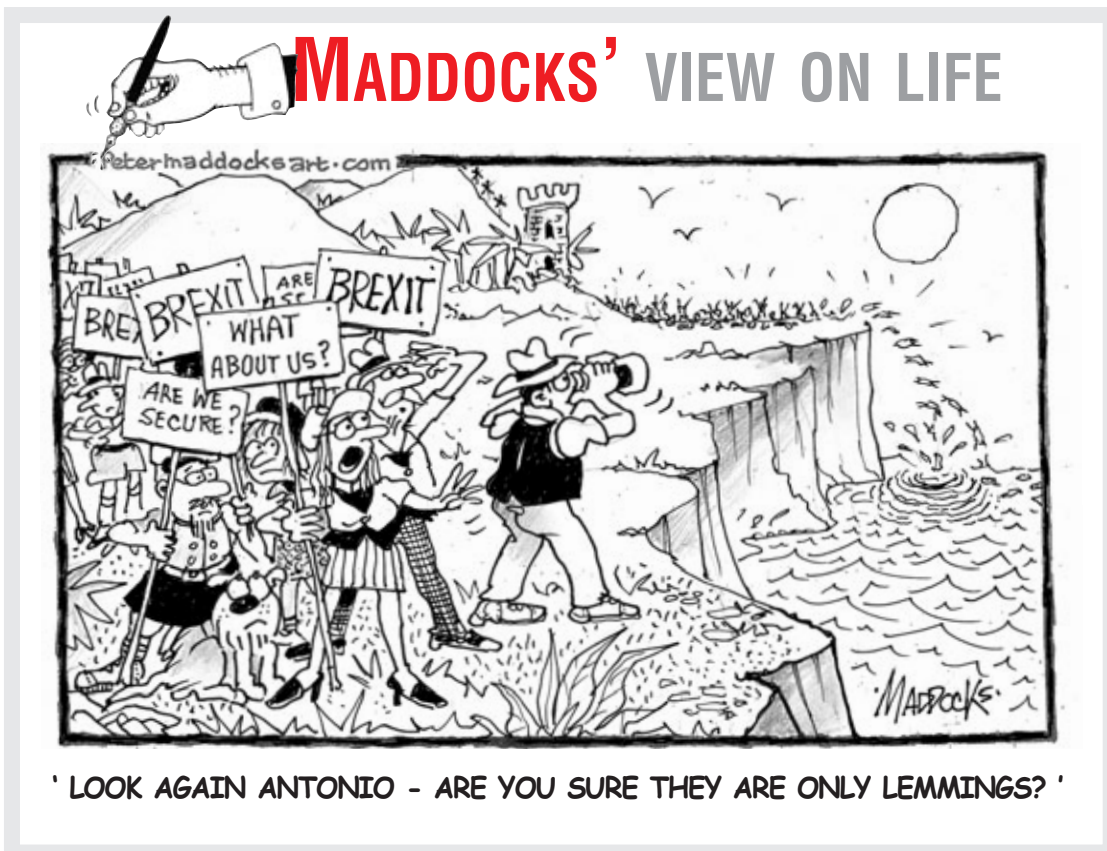
Kakuro

	15	29		26	9
9			3		
			16		
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	32	10	32	8
5	9	18	8	2	
1	5	3	2	6	
2	3	9	6		
	8	2	7	3	
6	1	4	5	8	
2	6	4	2		



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



Saturday April 01

1 2
11 23
25 54

BONUS BALL
14

IRISH LOTTO



Saturday April 01

9 16
31 35
37 43

BONUS BALL
34

EURO MILLIONS



Tuesday March 28

Friday March 31

9 13
31 33
46

LUCKY STARS
6 10

LA PRIMITIVA



Saturday April 01

6 8
18 22
26 36

REINTEGRO
13 9

EL GORDO DE LA PRIMITIVA



Sunday April 02

1 11
17 21
32

REINTEGRO
9

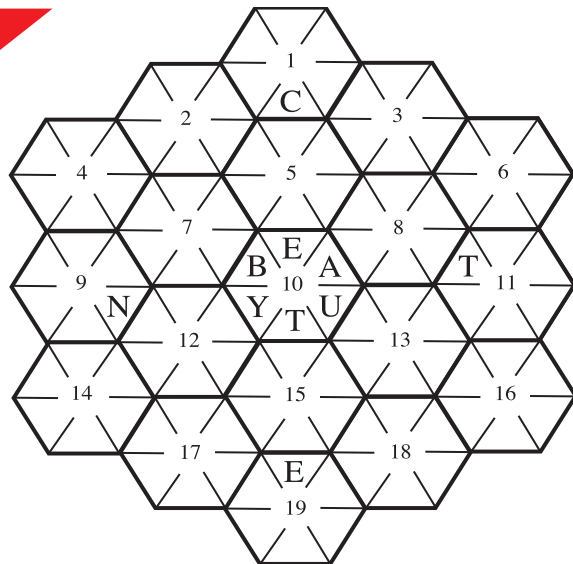
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Hexagram

- | | |
|-------------|--------|
| 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

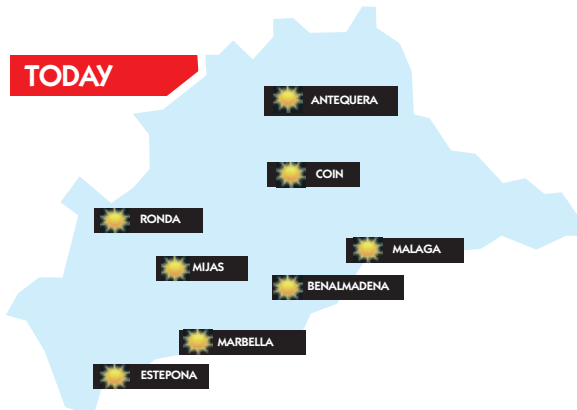
This week in history

- 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.

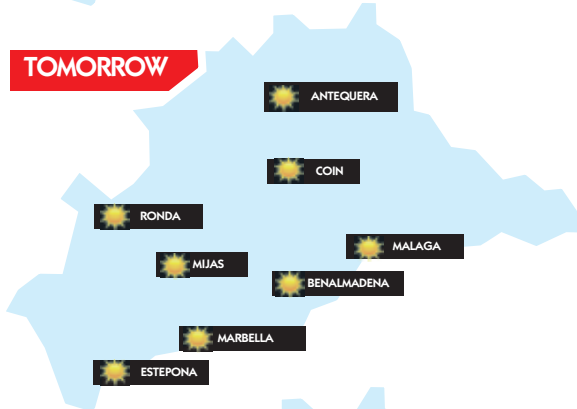
Costa del Sol

weather

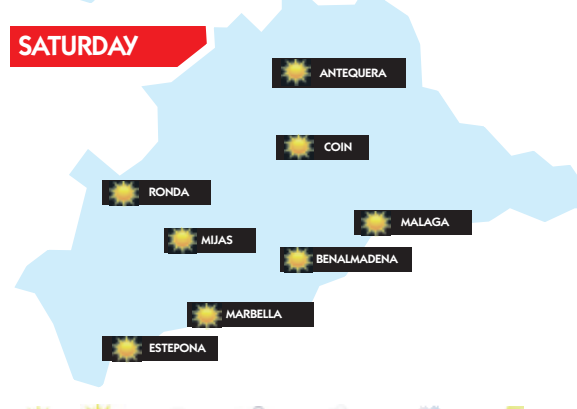
TODAY



TOMORROW



SATURDAY



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

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

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

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

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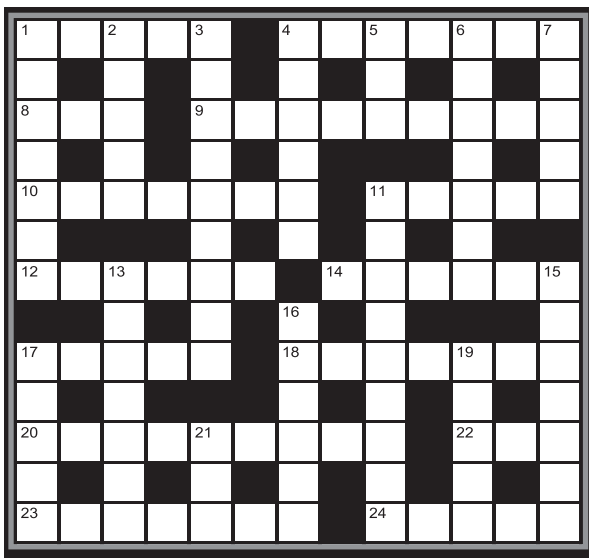
Crossword

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)

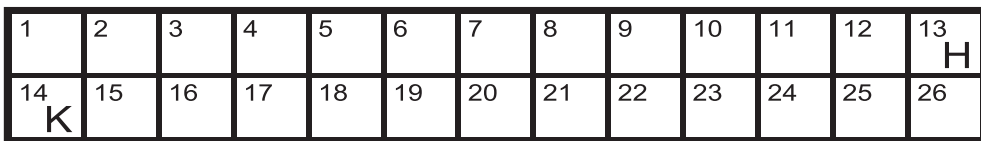
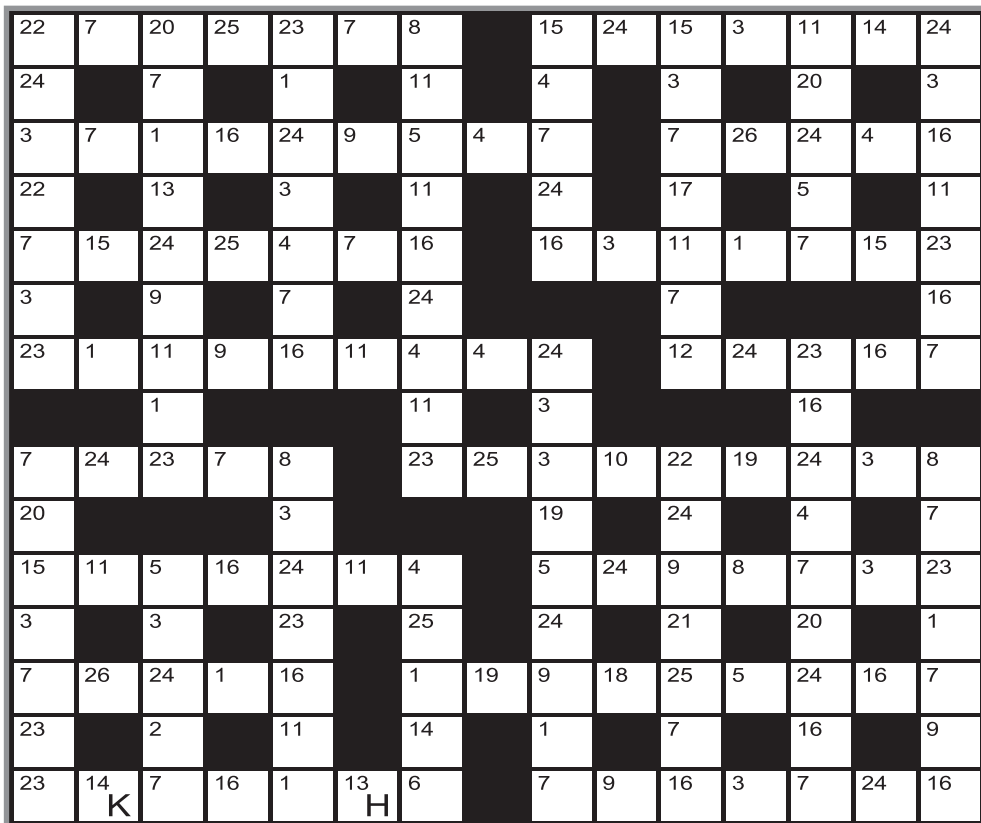
Down

- 1 Depict a harbour man (7)
- 2 'Incompetency' nicely encapsulates doubter (5)
- 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)

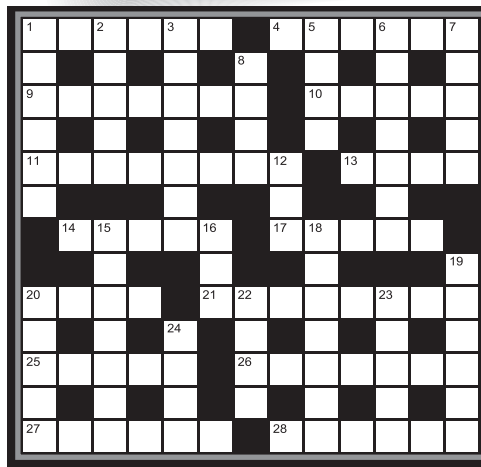
- 13 Go back and pay for the drinks again (7)
- 15 Sorrow for river herons (7)
- 16 Paths of planets or particles (6)
- 17 Some tiramisu, garibaldi biscuits etc are sweet (5)
- 19 A flower in Asia some find useful (5)
- 21 The appearance of a melody (3)

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)

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 Uproar, 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:

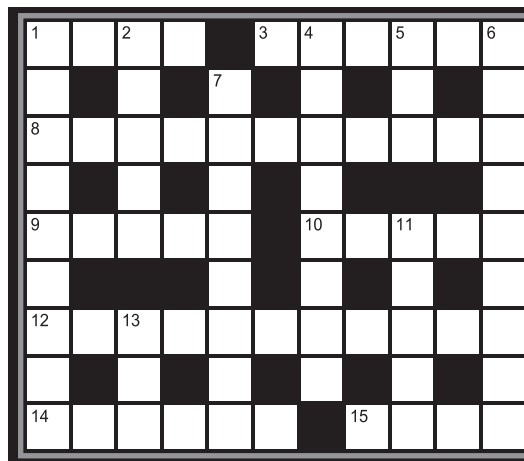
- 1 Nearby, 4 Dust, 8 Niece, 9 Sobre, 10 Libraries, 13 Clavo, 14 Bolsa, 15 East, 16 Crisps.

Down:

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

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)

CODE BREAKER



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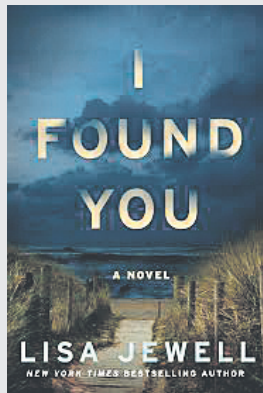
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EURO WEEKLY'S SPACE FOR YOU TO TAKE A BREAK, BE INFORMED AND ENJOY A CHALLENGE

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

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



NO GRAVITY: So astronauts float weightlessly.

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 gravit. 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.

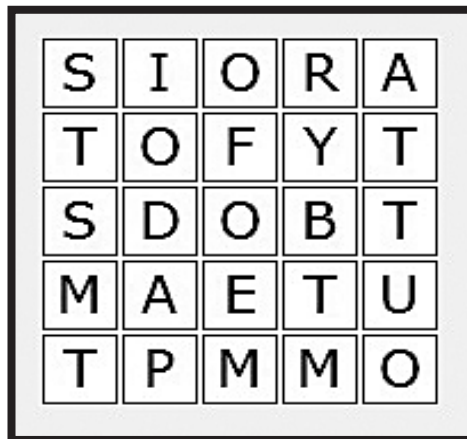
10. Walking on the Moon

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.



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 ideas dais deist dens dense dies diet diets detest detest deed deeds eons sett setts 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

- MILK
- MILE
- (MIRE)
- FILE
- FIRE
- (FIRM)
- FARE
- FARM

Solution

LETTERS

YOUR PAPER - YOUR VOICE - YOUR OPINION

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

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@euroweeklynews.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 Marrakech - over there it really is shameful.

Hanneke Haslinghuis



IN FINE FETTLE: 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.euroweeklynews.com

VISIT WWW.EUROWEEKLYNEWS.COM/FEATURES/RESTAURANTS

TO READ MORE

Advertising feature

Tomate, fresh fun food!

Real food for real people!

THE people behind the fresh new cool and urban café brand, Tomate have just opened another branch in the ever popular Banus area, making a total of four properties close to Marbella.

It's not just recipes that have a secret ingredient and owners, Laura and Jose Zorita modestly say it's just about keeping things real as Tomate consistently delivers fresh and fun food, in a funky environment. They offer a variety of home-made food, made with love which is ideal for any time of the day be it breakfast, brunch, lunch, light dinner or take-aways.

Often asked if they are a health café, they respond that they simply prefer real food for real people, saying "We like to eat well and feel well, which is possible with our menu."

Best-known for their freshly pressed juices, baguettes, wraps,



FRESH FOOD: In a funky environment.

salads, soups and fashion burgers, they also have a fantastic dish of the day which is always changing and is very creative. They bake all their own cookies, cakes, brownies and tarts accompanied of course by the best coffee in town! (So be sure to grab their coffee card for a free coffee).



Each of their four locations is totally unique. In Marbella, the Ricardo Soriano 20 property is in the urban mix, with an upbeat tempo. Tomate San Pedro at Calle Cordoba 15 is set in a quiet walking street, with a cosy and homely atmosphere.

The café in Puerto Banus, in Calle Rivera on the second line, is for the night revellers as it is

open all night for take-aways whilst Tomate Banus, in front of the PYR hotel in Plaza Antonio Banderas has recently opened and has an eclectic mix for the hustle and bustle of the area.

In the summer months from May to September you will be able to satisfy your Tomate cravings at any time of the day or night in Banus as the Puerto Banus Tomate will be open all night whilst Banus is open all day thereby satisfying customers 24hrs a day.

So if it is an 'Incredible Hulk' green juice or a 'Freda Kahlo' Mexican burger or a real 'Caesar Club,' then Tomate is the place to be.

Find the cafés on Facebook, under Tomate fresh fun food or Instagram and Twitter as @tomatefreshfun. See their advert below.

Marbella 951 968 253 San Pedro 951 196 494 Banus 952 636 923 Puerto Banus 951 279 334

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- ★ BEST BAGUETTES
- ★ FRESH SOUPS

★ SAN PEDRO, C/ CORDOBA 15 - 951 196 494 ★

★ MARBELLA, AV. RICARDO SORIANO - 952 968 253 ★

★ PUERTO BANÚS, C/ RIBERA (SECOND LINE) - 951 279 334 - TAKE-AWAY ★

★ BANUS, IN FRONT OF PYR, HOTEL PLAZA ANTONIO BANDERAS - 952 636 923 ★

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First line beachfront, near the port, with large outdoor terrace

www.asianfusionbingrestaurant.com

Asian Fusion Bing Restaurant



A great lunch offer at La Sala

LA SALA Gibraltar is well-known for the ever changing range of special lunch offers it makes and the latest is a fabulous choice - and in the words of Meatloaf, two out of three ain't bad - especially when it costs just £10.

Here is a great opportunity to visit the luxurious Sapphire Bar on board the Sunborn Yacht Hotel on any weekday between 12pm and 4pm when you can choose two dishes out of the three choices of soup, salad and a sandwich.

If you are travelling to Gibraltar for shopping then you really can't afford to miss visiting one of the 'in places' on the Rock to enjoy some good hearty food in great surroundings at a more than sensible price.

Once you have had a taste of La Sala Gibraltar, not only will you want to return but you will surely be tempted to visit one of their other prestigious outlets in the Marbella area.

For more information, visit www.LaSalaGibraltar.com.

Photography exhibition

IF you are a fan of high quality photographs, then the Asociación Fotográfica de Marbella which attracts a number of professional photographers to its ranks will present a Collective Exhibition on Wednesday May 3.

Debuting at 8pm in the Centro Cultural Cortijo Miraflores in Marbella, the exhibition will be part of the Marbella VI-SIONA Festival of Photography which is now in its fourth year and 48 members will each present two photographs.

The taste of Holy Week

ALTHOUGH it is traditional to fast during Lent, once the fasting is finished then anything is possible and Alhaurin el Grande Town Hall is organising its eighth Gastronomic Experience.

Under the title 'The taste of Holy Week' (El Sabor de la Semana Santa), the intention is to promote traditional dishes and desserts and will operate in the area until April 16

with the involvement of 20 different eateries.

With seven patisseries and 13 bars and restaurants taking part, the council is expecting a large number of visitors to see the parades and to enjoy the food so it has assisted in the publication of a booklet in Spanish and English detailing both the events taking place and the participating hostellers.



GASTRONOMIC EXPERIENCE: Some of the food on offer.

Photo Credit: Ayuntamiento de Alhaurin el Grande



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Testimonial for Marbella boxer

THERE will be a special Boxing night at the Elena Benitez Palacio de los Deportes in San Pedro Alcantara at 8pm on April 15 in honour of local boxer Antonio 'El Chato' Benítez.

Sponsored by Marbella Town Hall and presented by MGZ Promotions with the approval of the Spanish Boxing Association there will be a card which matches Spain v Hungary and will include world number three Kerman 'The Revolver' Lejarraga and four times Spanish champion Andoni Gago, as well as many others.

There will be in addition



Photo Credit: Ayuntamiento de Marbella

two amateur contests on the card, with the weigh in for all participants being held on Friday April 14, at 5pm in the Plaza de Los Naranjos.

Tickets which cost from €15 can be obtained at www.canalticket.es or at post offices in any part of Spain, with the profits going to Benitez to help his rehabilitation following his injury in November of last year.

According to the council, "this evening was a moral obligation because of how much 'El Chato' has given to the world of sport" and for his part, the boxer expressed his gratitude for the honour.

BOXING NIGHT: Antonio 'El Chato' Benítez.

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Laude Gala was a big hit

THE Laude San Pedro International College celebrated its biggest and best ever charity gala on Friday March 31.

This, the fourth annual gala was an important fundraising event on the Costa del Sol, raising thousands of euros for local and national charities.

The gala this year followed a Broadway theme, and showcased the creative talents of Laude's pupils and other special performances from visiting acts.

Over 500 people turned up to enjoy the show. Parents, teachers and members of the local community were treated to an action-packed evening of live music, dance perfor-



Photo Credit: Laude San Pedro International College

CHARITY GALA: Nicole King and Remedios López.

mances, a fashion show, and a luxury charity auction.

Special guests in attendance this year included British Consul Charmaine Arbouin, the

Vice-President of the British Chamber of Commerce Derek Langley, representatives from sponsors and partners, and local celebrities such as Nicole

King from Marbella TV.

The evening ended with a fantastic performance by Magnet Man, a reggae band from Barbados.

This year all money raised will go to Aldeas Infantiles and Save the Children.

Remedios López, Head of School, said: "It was a fantastic evening. It is always such a delight to open our doors to the local community and show them the work of our talented students. It is so satisfying to be able to support these two charities in this way."

For further information about the school, visit www.laudesanpedro.com

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Classical music and fine food

INTERNATIONALLY acclaimed classical pianist Chengwei Li will be performing a number of pieces at Les Cubes restaurant in Marbella at 8pm on Thursday May 4 and the price of admission includes a meal and welcome drink.

Tickets cost €55 and reservations can be made by visiting

www.projectmusman.com/contact.

Whilst enjoying a meal at this relatively new establishment which boasts a great sea view, guests will enjoy a selection of music which includes the Bach Marcelo concerto in D minor, Ravel's La Valse and the Liszt sonata in B minor.

The Mad Monk
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Rock legends to perform this summer in Estepona

SO many people, young and old, miss the excitement of 'old school rock' and in Spain in particular, there is still a large audience for touring bands such as Iron Maiden and AC/DC so the forthcoming Pink Purple Zep Fest is not to be missed.

Three first class tribute bands that spend most of their time on the tour circuit are going to join forces to present a genuine night to remember when they converge on the Plaza de Toros in Estepona on Saturday August 26 starting at 7.30pm.

After 23 years of gigging together, Think Floyd have literally gone through the entire Pink Floyd repertoire and their performance now takes in numbers from The Wall, Dark Side of the Moon, Wish You Were Here, The Division Bell and some slightly less-well-known tracks from albums like Ummagumma and La Vallee (Obscured by Clouds).

Whole Lotta Led are slightly younger at just 21 years but they boast that having played 1,300 gigs, they have performed Stairway to Heaven more times than any other band including Led Zeppelin! They don't dress up and wear wigs, simply get on stage and perform all of the favourite



Photo Credit: Think Floyd

FIRST CLASS: The Think Floyd band.

numbers from one of the world's favourite bands.

“ Three tribute bands are joining forces to present a night to remember.

Whilst the other two bands have their roots deeply in the UK, the third group in the line-up Deeper Purple includes a Spanish contingent and prior to this major gig will be playing two earlier dates at the Louie Louie club

in Estepona on July 14 and just down the road at the Castillo de la Duquesa on July 15. Concentrating on numbers played by Deep Purple Mark II, you can expect to hear such blockbusters as Smoke on the Water and Child in Time based on the Made in Japan album.

Ticket prices for standard entry are a very reasonable €25, whilst VIP tickets are €70.

The VIP package includes a goodie bag containing a t-shirt, souvenir programme, a fan (as it will be hot on Au-

gust 26) and a VIP lanyard which provides access to the Presidential box where VIPs will be greeted with a welcome drink from the private bar.

VIPs will also have access to a private seating area on the arena floor and the VIP after show party, which is being held in the Louie Louie Club in Estepona port, where guests can meet the bands.

To obtain tickets visit www.pinkpurplelezepfest.com to purchase online or for details of availability at selected outlets.

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Photo Credit: Salon Varietes

TWISTS AND TURNS: The cast of the comedy thriller.

Enjoy A Tomb with a View in Fuengirola

ACCORDING to a spokesman for the Salon Varietes about their next presentation, A Tomb with a View, "the play is not so much a case of 'who dunnit?' but "who keeps doing it?" or possibly "Agatha Christie meets the Addams family."

The Tomb family, greedily awaiting the reading of their father's will, are desperate to hear who has benefited from his millions, but the arrival of unknown authoress, Ermytrude Ash, and her male secretary throws them into a state of panic when they realise she is the main beneficiary!

What follows is a series of twists and turns

with corpses on and off-stage until the unexpected final dénouement. This play is full of quirky characters, not all of whom are who they claim to be, wacky events and even wackier outcomes.

Stephen Burns, David Vincent and Catrina Helsby head a strong cast of Salon regulars plus newcomer Rosanna Maconeghy as Ermytrude.

Running from April 7 to 11, if you wish to book tickets, visit www.salonvarietestheatre.com or call in at the box office. All performances start at 8pm except for Sunday April 9 when the curtain rises one hour earlier at 7pm.

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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!!

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.

“

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.

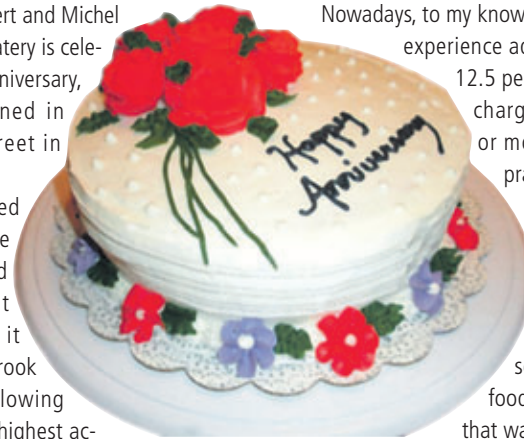
The truth was though, that this charge was used to pay wages and although staff did receive a 'payment' as part of their salaries it was certainly not an 'equal' split.

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 & 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.



Thursday 6th April

Free guided tour of the Rio Verde Villa Romana Roman Ruins. 11am to 1pm. Calle del Mar, Marbella.

Lux Mundi are having a quiz night at 6.30pm at Calle Nueva N.3, Fuengirola. €4 per person with prizes for first and second place teams!

Friends in Focus Camera Club are opening their photographic exhibition at 8pm at Casa de la Cultura in La Cala de Mijas.

The International Radikal Darts Championship is an unmissable event for darts players and fans. Held in the Palacio de la Paz, Fuengirola. The event will finish on April 9 and promises great competition mixed with entertainment and fun.

Fabuloso Vocal Group is rehearsing in Restaurante Verona, El Coto (Mijas). Meet new people and sing your heart out. For more information, call 622 514 781.

Malaga Philharmonic Orchestra presents Brahms 'Requiem Aleman, Op.45' for Semana Santa in the Teatro Cervantes, Malaga at 9pm.

Rotary Club meets every week during lunch at Cortijo de Ramiro, Calle 11, Urb Guadalmina Baja, San Pedro de Alcántara at 2pm. The meeting also comprises a two-course meal and drinks for €22. Please email lizzie@marriageweddingservices.com to book your place.

University of the Third Age singing group meet at the Manila Bar, Paseo Marítimo, Los Boliches. Sing with this friendly group, no previous experience is needed. Contact 639 044 924.

Friday 7th April

Age Concern meet every Friday at El Caballo de Oro in La Cala from 11.30am to 1pm.

'Musical Mornings' at Colegio Internacional Torrequebrada is welcoming famous Malaga pianist Paula Coronas for a special performance at 3pm. 952 576 065.

Home and Lifestyle Fair Costa del Sol opens in Torremolinos at the Palacio de Congresos until April 9. This home and lifestyle fair is free to anyone who registers at their website or €5 on the door.

The Foundation for Abandoned and Mistreated Animals (FAMA) is holding a coffee morning at El Brujo Restaurant in Mijas Costa from 11am to 2pm.

Malaga Philharmonic Orchestra presents Brahms 'Requiem Aleman, Op.45' for Semana Santa in the Teatro Cervantes, Malaga at 9pm.

The 'Gala Flamenca,' a dance and musical

DO NOT MISS....



ORANGE DAY: Taste exquisite dishes.

ISTAN'S yearly Gastronomic Fair and 'Dia de la Naranja' (Orange Day) will take place all day on Saturday April 8. The fair seeks to recover the town's ancient recipes and celebrate their history. Taste exquisite dishes like fennel stew or squash fried with cod and clams, all presented on tables decorated with oranges and lemons.

spectacle, will be held in the Peña Flamenca de Estepona at 9.30pm. For info and bookings call 952 803 183.

The Royal British Legion offers emotional and financial help to those who have served in the Armed Forces. Meet every Friday from 12:30-14:30 at Restaurante Puerta Niza, Carretera Nacional 340A Km 263,7, 29792 Benajázar (Malaga).

Saturday 8th April

Volunteer to walk a dog with Triple A, an organisation that helps and protects abandoned animals, in Calle Carril de la Mina 33, Marbella. 952 771 586.

Fabuloso Vocal Group is rehearsing in Restaurante Dominique's in Los Boliches, Fuengirola. Meet new people and sing your heart out. 622 514 781.

Malaga FC v Barcelona FC at the Rosaleda Stadium in Malaga. Kick off 8.45pm.

Miguel A Gil Quintet presents their concert Grooveland at 8.30pm in Centro Cultural Vicente Aleixandre, Alhaurin de la Torre. Tickets are €5.

Sunday 9th April

Semana Santa begins throughout Spain. Events will be on in each town and city throughout the week.

Craft market at Marbella Marina on the Teresa Zabell Pier from 12pm to 6pm.

Church group Lux Mundi will be having their Ecumenical Blessing of the Palms at 11.30am in Calle Nueva N.3, Fuengirola.

Lecture on the art of the Mughal Empire from the Costa del Sol Decorative and Fine Arts Society at 4.30pm at Salon Varietes Theatre in Fuengirola. €10 on the door, free for members.

Costa Chordbusters Barbershop Harmony Chorus meets at Aparthotel C. Marina in Torremuelle, Benalmadena at 7.30pm. 952 464 184.

University of the Third Age coffee morning at 11.30am until 1pm at the Primavera Bar, Paseo Marítimo, Los Boliches. More info 952 466 738.

Monday 10th April

Age Care drop in where people can chat and share experiences at La Iglesia Bar, Benalmadena Costa 11am - 12.30pm.

Arts and Crafts Fair at 8pm in the Main Square, Benahavis.

Age Concern drop in, coffee and chats at The Captain's Bar, Urb Las Aldelfas No. 11, La Cala de Mijas. 11.30am to 1pm.

Fuengirola Field Club plan walks throughout the year and meet between 10.30am and 11.30 am at Hogar del Jubilado, Calle Blanca Paloma, Fuengirola.

The Royal British Legion offers emotional and financial help to those who have served in the Armed Forces. Meets every Monday from 11:00 at The Lounge Bar, Avenida Bonanza, 29631, Benalmadena.

Tuesday 11th April

The Costa Women Coffee Club meets every second Tuesday at 10am until 12.30pm for coffee, chats and other activities. 608 408 771.

International meeting for Expats in Estepona. Chat and meet up with people over a cup of coffee at The Irish Fiddler in the port from 12pm to 2pm.

Fabuloso Vocal Group is rehearsing in Restaurante Verona, El Coto (Mijas). Meet new people and sing your heart out. For more information, call 622 514 781.

The Good Companions Club, a social and cultural group, is meeting at Stella Maris, Paseo Marítimo, Fuengirola from 12pm to 2pm. Contact 952 565 501.

University of the Third Age Costa del Sol play Mah Jong at the PYR Hotel, Fuengirola from 2pm to 5pm. Contact 952 467 156.

Wednesday 12th April

Age Care drop in where people can chat and share experiences at Bar Salon Varietes, Fuengirola 11am - 12.30pm.

Guided tours in English at the Malaga Picasso Museum every Wednesday at 11.30am. Admission is €8, children under 18 go free.

Thursday 13th April

Age Concern meets for advice, support and friendship at Manila Bar in Los Boliches from 11am to 1pm.

All day market in Calypso, Calahonda.

Fabuloso Vocal Group is rehearsing in Restaurante Verona, El Coto (Mijas). Meet new people and sing your heart out. For more information, call 622 514 781.

Flamenco evening with Retales Flamenco Band at Kempinski Hotel Bahia, Estepona. Three-course dinner €68, starts at 8pm. 952 809 500.

Rotary Club meets every week during lunch at Cortijo de Ramiro, Calle 11, Urb Guadalmina Baja, San Pedro de Alcántara at 2pm. The meeting also comprises a two-course meal and drinks for €22. Please email lizzie@marriageweddingservices.com to book your place.

University of the Third Age singing group meet at the Manila Bar, Paseo Marítimo, Los Boliches. Come along and sing with this friendly group, no previous experience is needed. Contact 639 044 924.



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Keyhole gardens an 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



Photo by Isabel Schulz Flickr

HIGHLY PRODUCTIVE: A typical keyhole garden for growing vegetables, flowers or herbs.

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 nu-

trient 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 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 centre. 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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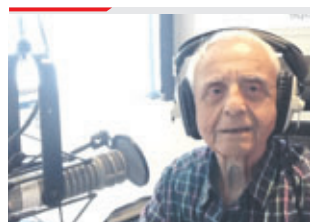


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The Female

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 to 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



IN SEASON: It's mating time.

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.

The Male

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 that are not to be used for breeding purpose. A castrated dog is happy and is free from worry and frustration. He will be more pleasant to have around, less likely to fight other males and more submissive to the wishes of the human pack leader.

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.'

I run a weekly radio pet show with Nazli a vet and Celia Haddon a feline/cat expert. If you would like to receive a copy of the pet show I can send you a link each week to enable you to play at your leisure.

Join the radio list each week and get a copy of show *radiolist@thedogman.net*.



RELAXED CAT: Sleeping on Buddah's lap.

Funny Travel Photo Competition

FROM time to time we love you to share your funny animal or travel photos with us.

Our current competition requests that you share your funny travel photos with us and our newsletter readership. The photo must be one that you have taken so you own the copyright. Also it must have an animal featured in the picture somewhere, or an amusing scene you witnessed while travelling. Please name your location and tell us what you find funny about this picture. Then we'll let you know if we agree and add you to the competition entries!

To enter you'll need to email your picture to us at *admin@housesitmatch.com* 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!

The very best of the shortlisted three will also get £25 in Amazon vouchers.

Your submissions deadline is Friday April 14, 2017.

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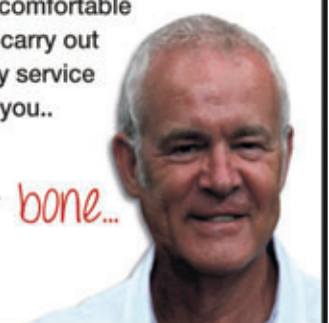
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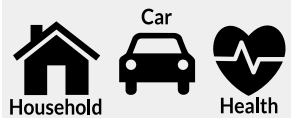
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Back on the track with *SPV Racing*

THE Mike G Racing circuit in Guadix, Granada, once again provided the perfect venue on Wednesday April 5, as *Euro Weekly News* publisher Steven Euesden buckled up for his second experience behind the wheel of SPV Racing's Ligier JS P3 European Le Mans Series car.

The aim this time was to complete 60 test laps of the challenging three-kilometre track in the 420 BHP car affectionately referred to as 'The Beast' by the SPV pit crew.

Also stepping out in the Ligier, this time decked out in Team EWN as well as *Euro Weekly News* livery were professional racing drivers Kim Rodkjaer and Alvaro Fontes.

Kim hails from Copenhagen, Denmark, and has previously driven in the Auto-G Danish Thunder-

sport Championship for the Fukamuni Racing Team.

He will be one of the named drivers for SPV in this year's European Le Mans Series, which comprises six four-hour

race events taking place at some of Europe's most iconic circuits.

The first round is at Silverstone on April 15 before the championship takes in Monza, Italy, on May 14, the Red

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Ring at Spielberg, Austria, on July 23, the Circuit Paul Ricard at Le Castellet, France on August 27, Spa in Belgium on September 24 and finally the Algarve International Circuit at Portimao, Portugal on October 22.

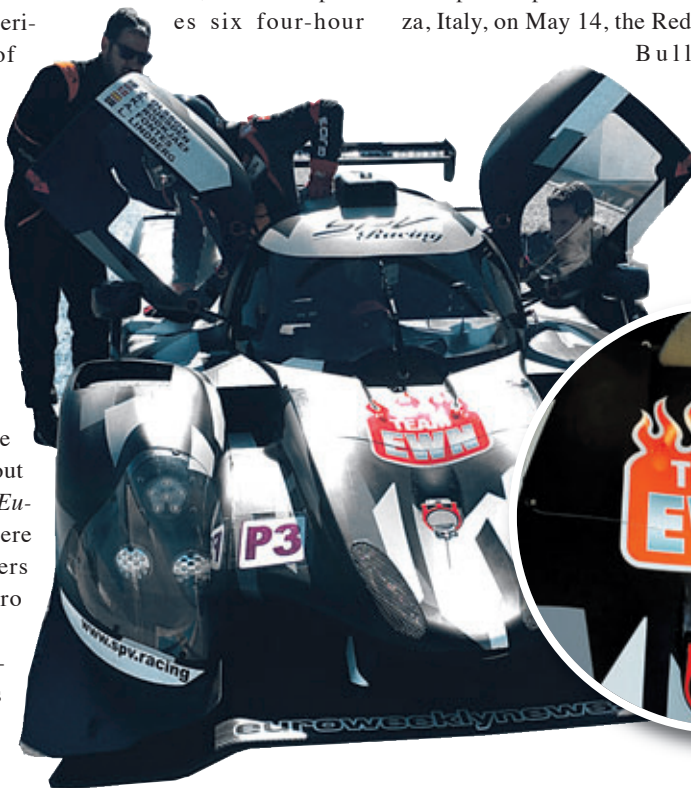
SPV's second driver in the series will be Spaniard Al-

varo Fontes, who was also testing at Guadix alongside Kim and Steven.

Alvaro has 249 races under his belt and has stepped onto the podium after over a quarter of them, and has experience with a wide range of vehicles having driven the SEAT Leon TCR, Ferrari F430 GT2 and Porsche 997 GT3R in competition, among others.

The SPV team is now working towards their ultimate aim of achieving a podium finish in the 24 Hours of Le Mans race in 2019, driving in the LMP-2 class.

Many thanks as always to SPV CEO Raul Garcia Isterm, team manager Lars GV Linberg and the pit crew, plus Clive Greenhalgh and all at the Mike G Racing Circuit.



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Classic Car Club of Andalucia

JEC and Porsche runs

March has, yet again, been a busy month in the Classic and modern car world here in sunny Spain.

Both the Porsche owners club and the Jaguar Enthusiasts Club had a monthly run on the same Saturday last week and actually met up at the same coffee stop en route in Zalea. Members of The Classic Car Club of Andalucia made up the bulk of participants in both events which says a lot for the influence of this amazing Club.

The Porsche run started from the Trocadero Beach near Marbella and finished near Istan whereas the JEC started from Venta Peligrino near the La Cañada shopping centre. The JEC run was a huge success, finishing at the beautiful Avanto Beach Club near La Cala. This is what two of the JEC members, Philip and Jenny Wray, had to say about this event organised by your correspondent, Ian Giles:-

"Once again the JEC enjoyed a fabulous day out in the glorious Spanish countryside; this time organised by Ian Giles. We gathered for breakfast at Venta Peligrino which is just a few kilometres north of La Cañada towards Ojen.

"More than 20 assorted classic and modern Jaguars filled the car park and we were happy to welcome Will Jackson who arrived in

his pristine red XK150. Even before we set off he had provided polishing cloths for bystanders to ensure not a speck of dust remained on the gleaming red paintwork.

"With dark clouds to the left and blue sky to the right difficult choices had to be made by some members to decide whether the convertible roof should be up or down. Like Brexit, the decision was split, the brave souls with jackets opting for the roof down.

"The route headed north past Ojen along fast sweeping bends to the coffee stop at Bar La Herradura. This bar has spacious outdoor seating under the trees with ample space for parking these beautiful cars. The Guardia turned up to do random checks on passing motorists however we suspect it was really in admiration of our cars.

"Part way through our coffee-stop the Porsche club arrived with much ribaldry sporting an impressive selection of German machinery. Jo Ramirez, a JEC and CCCA member, had decided to boost their numbers with his Porsche Cayman for the day.

"After leaving La Herradura we continued past Alozaina to our traditional Cava

“A fabulous day out in the glorious Spanish countryside was enjoyed.**”**

stop. This was on a forest track where we stretched our legs and enjoyed a glass of Cava. Although this was the middle of a forest it was interesting to note the number of locals who drove past looking slightly quizzical.

"From here we continued along a further selection of fast sweeping bends down to the beautiful Avanto Beach Club situated between La Cala and Calahonda. Here we had reserved parking and it was great to see the 20 plus gorgeous Jaguars as though they were lined up for a Le Mans start.

"On entering Avanto we were offered a welcoming glass of cava plus canapés, followed by lunch.

"We are very grateful to Ian Giles who so ably organised the run and well done Ian and the staff at Avanto."



AVANTO: For cava and lunch.



The CCCA April Run

THE next run for The Classic Car Club of Andalucia is this Saturday and will start from Venta Los Almendros, just above San Pedro on the Ronda road. Cars will depart at 11.00am. The route will head towards Ronda then go via the 'Smurf' blue village and follow the Chestnut route down to finish at the fabulous Restaurante El Gamonal around 2.30pm. Visitors are welcome to join in for breakfast at the Start and enjoy seeing the cars before the 'Off.'

The CCCA Summer Ball

AS the summer season finally gets under way there will be many events and the CCCA does not stop for the hot part of the summer.

A date for diaries is the annual Summer Ball on Friday, June 23 that is held at the Hotel Tamisa Golf in Mijas Costa. Cava and canapés are served before an excellent dinner outside around the pool. Top Costa entertainer Johnny G has been booked and tickets, available to non-members and guests are only €40. Contact brian.ladd8@gmail.com to reserve tickets.

Gibraltar Rally date

ANOTHER date to remember is May 20 and 21.

The GCVA organise a superb weekend 'Rally' in Gibraltar. The Saturday sees a fabulous display of well over 100 classics in Casemates Square and then a classic car run on the Sunday. This is a great weekend and well worth a look.

A little more about that in a May issue of this newspaper.

Formula 1

AFTER a winter of hype and great expectation the 2017 Formula 1 season got under way in Australia last week.

Not the most exciting of races but how wonderful to see Ferrari back on top, although only just.

Congratulations to Sebastian Vettel for finally putting one over Mercedes! Next race on the calendar is this weekend in Shanghai, China.

Ferrari go head to head again with Mercedes, Red Bull need to improve and let's hope that McLaren might even finish this race and maybe start going a little quicker in the process!

The CCCA Photo Competition begins

THE CCCA photo competition has now started and we'll be presenting an award each month for the best photo, as well as the big annual competition with the valuable first prize at the end of the year.

Paul Yaffé is supplying a new photographic tip each month and here is the

first one:-

Stability:

My first 'tip' in photography is to help ensure the essential clarity of the picture. The camera (or phone) must be held absolutely still to achieve this desired result. If not, the consequential 'camera shake'

will cause the image to look out of focus, or 'blurred'... even if the focus was correct at the time of the exposure!

For a greater understanding of photography contact paul@yaffefusionart.com.

That's it from me, more in two weeks time.

Ian Giles

Further information on Classic Car Club of Andalucia events can be found on the Club's website www.cccandalucia.com.

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

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ROAD TEST by Nick Fletcher

Fiat Tipo Lounge test

THINK of Fiat and its chic 500 model immediately springs to mind, followed by its practical Panda.

What probably won't come to mind right away is its Tipo model, and that is unfortunate for it deserves wider appreciation and more of the limelight.

Priced from €15,437 (£13,445), this mid-size hatchback and estate range offers a value-for-money alternative to the bigger names - Ford Focus and VW Golf for instance - in this popular mainstream sector.

My recent test model, a Tipo hatchback with an impressively economical 1.6 litre diesel engine, was a reminder that if potential buyers take a wider look at the market, they can come across commendable models that can sometimes slip under the radar.

The Tipo is quicker, more economical and has lower emissions than some rivals, and of course, being less common it is a little more exclusive! Its sleek shape has an elegance often lacking in the family hatchback class and it also has excellent driving dynamics.

My test model was an upper range Lounge version with a 120 hp 1.6 litre diesel engine.



TIPO HATCHBACK: The cabin is well designed for comfort and ease of use.

Model tested is UK Specification. Equipment levels and prices may vary in other markets.

The 0-100 kph time is quite nippy at 9.8 seconds and top speed is 200 kph (124mph). Fuel economy is impressive - 27 kpl (76.3 mpg).

Standard equipment on this version, which costs €20,819 (£17,995), includes alloy wheels, LED daytime running lights, climate control, touchscreen, DAB radio, sat-nav, USB and Aux port, and steering wheel audio controls. It has cruise control, auto lights and wipers and chrome detailing. The test model also had some optional features including leather seats.

The cabin is well designed for comfort and ease of use,

Stats panel:

Model: Fiat Tipo Lounge
Engine: 1.6 litre diesel
Transmission: 6 speed manual
Performance: 0-100 kph 9.8 seconds, top speed 200 kph
Economy: 27 kpl (76.3 mpg)
Emissions: 98g/km

with decent head and leg room for rear occupants and a roomy 440 litre boot which can be expanded with drop-down rear seats. Some of the trim materials do appear to be rather low-budget but that apart, the Tipo scores well.

It also impresses with its precise driving feel, with good steering feedback and a sus-

pension set-up which nicely balances the need for ride comfort with firmness for assured handling.

Anyone planning to buy a new mid-size hatchback ought to put the Tipo on their viewing list. It may have a low profile in its sector, but may also surprise many with just how much it offers.

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Costa de Almeria

FIRST and foremost, congratulations to Johanna Konta who became the first British woman to win a major tennis title in 40 years after beating Caroline Wozniaki in the Miami Open final last Saturday.

Looking ahead the Masters golf starts today; the Chinese F1 Grand Prix and Argentina Motor-GP on Sunday; the Grand National on Saturday (see my preview); France v GB in Davis Cup tennis; men's world curling and European weight-lifting championships, the Hong Kong rugby sevens and football matches galore.

• I think Jordan Spieth, Jason Day or Hideki Matsuyama will win the Augusta Masters.

• Second to Sebastian Vet-

tel in the first F1 Grand Prix of 2017, Lewis Hamilton is aiming to go one better in Shanghai. He was seventh last year.

• Spain's superstar Maverick Vinales, winner in Qatar a fortnight ago, can double up with victory in the second MotoGP in South America.

• GB will be without Andy Murray against France in the Davis Cup quarter-final tie but his brother Jamie, Kyle Edmund and Dan Evans all play.

• In the Premiership, Bournemouth play leaders Chelsea (reeling after losing against Crystal Palace and having had a tough mid-week game with Manchester City); Palace face Arsenal and City meet Hull; Stoke take on Liverpool; Sunderland play Manchester United and Spurs oppose Watford.

• In the Championship, Newcastle (top) visit Sheffield Wednesday; QPR play Brighton (2nd) and Huddersfield travel to Nottingham

Forest. In FL1, it's Sheffield United v Northampton and Scunthorpe v Bolton, while Doncaster entertain Mansfield, Plymouth play Crawley and Portsmouth welcome Yeovil in FL2. In the SPL, Aberdeen (2nd) play Rangers (3rd) and in Spain's La Liga, leaders Real face Atletico in a Madrid derby.

• Next Tuesday, we have Juventus v Barcelona and Borussia Dortmund v Monaco in the Champions League, followed 24 hours later by Atletico Madrid v Leicester and Bayern Munich v Real Madrid.

ROUND-UP:

• Congratulations to Coventry, FL Checktrade Trophy victors over Oxford and to Celtic on winning their 48th Scottish League title after a 5-0 romp over Hearts but alas Rotherham have been relegated from the Championship.

• PSG are the 2017 French Le Ligue champions and Bayern Munich (after wallop-

ing Augsburg 6-0) are close to clinching the German Bundesliga title.

• After last Saturday's 3-1 win over Everton, Jürgen Klopp became the first Liverpool manager to win his first three Merseyside derbies, and Leicester's Craig Shakespeare is the first English manager to record four successive PL wins in his first term in office.

• Chelsea recently had 32 players on international duty at various levels.

• Well done Oxford University – winners of the annual boat race.

• GB boxer James DeGale could meet Gennady Golovkin or George Groves in a super-middleweight fight this year.

• Mark Selby beat Mark Williams 10-08 in the China Open snooker final.

• It's Saracens v Munster and Leinster v Clermont in the semi-finalists of Rugby Union's European Champions Cup and France's Yoann

Maestri has been fined £26,000 (€30,379) for criticising referee Wayne Barnes after his country's 20-18 Six Nations win over Wales.

• Castleford, Leeds and Hull stand 1-2-3 at the top of Rugby's Super League.

• Roger Federer beat Rafael Nadal in the Miami singles final.

• Four more Russians have been found guilty of doping at the 2012 Olympics.

GRAND NATIONAL PREVIEW:

Vieux Lion Rouge (ridden by Tom Scudamore and trained by David Pipe) and Definitely Red (Danny Cook/Brian Elli-

son) are 10-1 joint favourites for Saturday's race. One for Arthur is 11-1, Cause for Causes 12-1, The Last Samuri and Blaklion 14-1 and More of That, Saphir Du Rheu, Uccello Conti, The Young Master and Pleasant Company all 16-1.

My three each-way tips are Uccello Conti, Foxrock (20-1) and Saint Are (25-1).



JOHANNA KONTA:
Winner of the
Miami Open final.

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CHINOOK: Ridden by Richard David Howley was the winner.

ON March 26, the Select Marina Park Grand Prix, named after one of Select's resorts, was won by Irish rider Richard David Howley on Chinook.

Richard was very pleased with the result saying, "The set-up here is brilliant. My horses have jumped superbly and this weekend alone there were three world-ranking show jumping competitions."

Richard was followed by Belgium's Viktor Daem on Bacardi in second place and Britain's Peter Charles on ABC

Quantum Cruise in third.

Lucien Le Moing, Business Development Director for Select Holiday Resorts, jumped at the chance to sponsor the Grand Prix event particularly as a number of the riders were staying at Select Marina Park, just seven minutes from the Hippodrome. Lucien said, "We are proud to sponsor an event on the Costa del Sol Equestrian Tour. We look forward to continuing our relationship when the tour returns for the Autumn Cup."

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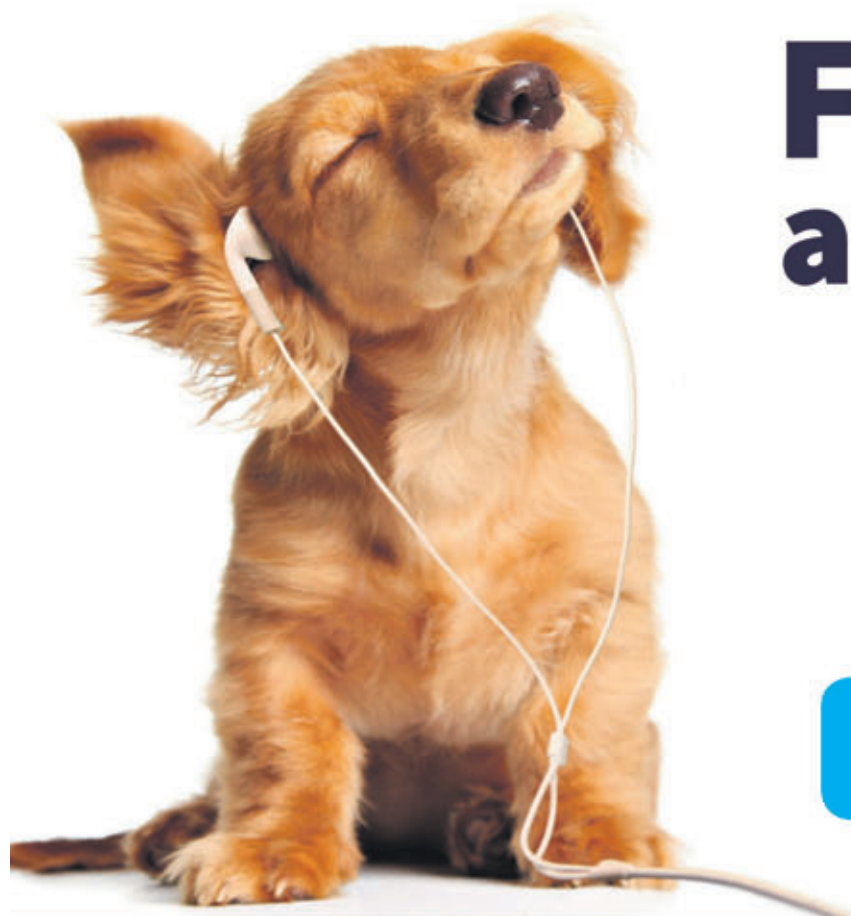
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AFTER Barcelona B crushed Club Deportivo Eldense 12-0 in the Segunda B division last week it emerged the match may have been fixed amid allegations Eldense's players had been bribed.

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