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Murder suspect changes story No doubt?



VICTIM: Rosemary Broadwell.

By James Hill

A British expatriate accused of beating his wife to death with a walking stick has changed his story.

It comes as pensioner Charlie Bevill-Warcup, 78, claimed that his 76-year-old partner Rosemary Broadwell died in an accident as his trial began in Elche, having originally confessed to murdering her in a drunken rage.

The incident allegedly occurred during an argument over money at their home in San Miguel de Salinas.

The victim had gone into the kitchen at his home to fetch ice when she reportedly slipped and fell face down on the floor, calling for her partner with a bloodied nose as she was unable to get herself up owing to back problems.

In an initial statement to detectives, Bevill-Warcup said he hit her repeatedly with his walking stick, telling her she was stupid and that he intended to leave her on the floor overnight.

He then waited two days before moving the body to a remote area of Algorfa, where he buried her in a shallow grave covered in brushwood.

During this time, he maintained his normal routine, telling friends and neighbours that Rosemary had disappeared until pressed by the victim's daughter, who was becoming worried for the safety of her mother.

He subsequently contacted the Guardia Civil to report Rosemary, who lived in Ciudad Quesada, as a missing person.

Prosecutors have requested a 19-year jail sentence as the trial continues.



I A dramatic sight.

Enormous water spout sparks shock

THIS is the dramatic moment that the rupture of a giant water pipe saw a dramatic 40 metre-high spout of water emerge near an industrial estate in Orihuela.

Local Police received reports from concerned residents stating that the huge geyser had appeared and could be seen from several kilometres away.

After several hours technicians were able to regain control of the water pressure, and started work to fix the pipe.

According to Redovan Council, the water supply for the surrounding areas was not affected by the breach since deposits were full.

TERRA NATURA
ZOO - Benidorm

DISCOUNT

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The solution to great currency savings is on page 47

NEWS EXTRA

Police up presence

CARTAGENA have increased police patrols on beaches of the Mar Menor with 40 extra officers on Fridays and Saturdays and 30 during the rest of the week.

€7.8 million

AGROSEGURO has initiated the payment of indemnities to Murcian fruit growers whose crops were damaged in the early part of 2017 - the total amounts to a whopping €7.8 million.

False claim

EIGHT members of a Murcian scam network were arrested last week - the network fraudulently billed insurance companies for medical services relating to road traffic accidents, involving rehabilitation clinics, lawyers and medical practitioners.

Timber!

TWO elm trees fell on Tuesday on carril Carceles in Beniajan - the inclination of the hill on which they sat together with their weight caused them to topple - one straight, the other at an angle.

By Matt Ford

KING FELIPE VI and Queen Letizia of Spain are set to travel to the UK for their State Visit from July 12-14.

It comes as the British Royal Family announced that Prince Harry is to undertake his first official role during their stay at Buckingham Palace.

The young prince will escort the Spanish guests on a tour of Westminster Abbey on the third day of the whistle-stop tour, while the Duke and Duchess of Cambridge will perform no official role.

He will accompany the pair as they lay a wreath at the Grave of the Unknown Warrior before being taken on a brief tour of the Abbey by the Dean.

The king and queen will also receive the customary Horse Guards Parade and a state carriage procession along the mall before a meeting with Prime Minister Theresa May at 10 Downing Street.

Felipe will address MPs and Lords in the Palace of Westminster and speak alongside Queen Elizabeth at the traditional State Banquet.

The event was originally due to take place from June 6-8 but was postponed in light of the UK General

Prince to escort Spanish Royals
Flash Harry!



ROYAL TREATMENT: Prince Harry set for first official State Visit role.



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Election in which the Conservative Party saw their commons majority crumble.

It will be the first State Visit by the Spanish royals since that of King Juan Carlos and Queen Sofia in 1986, and it remains to be seen whether Felipe chooses to raise the thorny issue

of Gibraltar.

During a 2016 United Nations speech he said: "I invite the UK, on this first occasion at the UN after Brexit, to end the colonial anachronism of Gibraltar with an agreed solution between both countries to restore the territorial integrity of Spain."

Attack witnesses sought

GUARDIA CIVIL investigators have launched a desperate appeal for information.

Detectives are seeking eye witnesses who may have seen a brutal attack in one of the kabila tents at the Moors and Christians festival in Rojales last weekend.

The 28-year-old victim, who had travelled to the event from his home town of San Fulgencio, was ambushed by an unidentified assailant who immediately fled the scene.

The shocking incident occurred around 4am last Saturday morning with the victim left unconscious on the floor after receiving a heavy blow to his head.

He was taken immediately by ambulance to hospital in Torrevieja but later transferred to Alicante General Hospital owing to the severity of his condition.

The aggressor is described as being of athletic build, the young victim remains in a coma caused by his head injuries, with doctors fearing for his life.

241 years

since the US declaration of independence celebrated this week

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Tourist beach death

A 62-YEAR-OLD Swedish tourist pulled from the sea by swimmers and lifeguards on Playa de Postiguet, near to the Hotel Melia in Alicante City, died from a suspected heart attack. The man who disappeared under the water while swimming, was given CPR resuscitation for an hour by medics but did not regain consciousness.

Plan bee launched

THE Guardia Civil has launched a probe after the Young Farmers Association of Asaja-Alicante revealed that 150 of their bee hives have been poisoned in Alicante Province, plus a further 170 in Valencia. It comes after a third spate of attacks on the association's hives, with over 800 destroyed in the last 12 months.

Falcon force

ECLHE environmental representative, Antonio Garcia, has announced that the council has researched kestrels in order to learn more about the red palm weevil. Garcia explained that by examining aspects of the birds' behaviour experts have found more effective methods to combat the parasitic Asian insect, which has killed thousands of palm trees in Spain since being introduced in the mid-1990s.

Order restored

ELCHE Council have begun work on a huge pothole which opened up after heavy rains in December 2016 on Calle Maroma in the Arenales del Sol neighbourhood. The council have announced that although they have taken on the work, a nearby hotel will foot the bill, after locals complained about the six-month waiting time.

Lead balloon

THE Guardia Civil has detained two men over alleged links to the theft of €10,000 worth of scrap metal and a truck in Bigastro. The pair reportedly disabled CCTV cameras and broke into an industrial area where they proceeded to strip the premises of copper, scrap metal and electric motors.

Drugs gang held after sting

A TOTAL of 13 people have been held in a major drugs sting by the Guardia Civil and National Police.

The arrests took place in Cartagena and La Union, with five individuals jailed without bail having been charged with drug trafficking, possession of illegal weapons and causing bodily harm.

Detectives became involved in the case after a man was shot at a country house in Sangonera La Verde.

Guardia Civil investigators found a cockfighting enclosure and a group of people who refused to cooperate, while the victim was nowhere to be seen.

The latter was tracked to the University Hospital Vir-

gen de la Arrixaca in Murcia and helped officers identify those involved in the shooting, who turned out to be five Cartagena residents with extensive criminal records.

National Police units subsequently raided eight homes in the neighbourhoods of Lo Campano, Jose Maria a la Puerta, Los Dolores and La Union, arresting eight people and seizing four vehicles, more than three kilograms of cocaine and a gun along with mobile phones and other electronics.

The two forces then collaborated in a second round of arrests.

SPANISH FACTS OF LIFE... 19

With over 70 million tourists visiting the country in 2016, Spain's airports are booming, as Madrid and Barcelona both ranked in the 2017 global Top 10 compiled by travel compensation experts AirHelp.

Flying visit!

MADRID'S Adolfo Suarez Madrid-Barajas and Barcelona's El Prat airports placed seventh and eighth respectively in AirHelp's passenger satisfaction survey.

The former remains the most sizeable airport in Spain covering 3,050 hectares, and also includes the country's biggest terminal. The iconic T4 building was designed by Rogers Stirk Harbour and Partners and features a bamboo linear roof structure, plus a series of cutting-edge environmental measures designed to significantly reduce energy consumption.

In addition to trailing Madrid in the



RECORD-BREAKER: Madrid airport's Terminal 4.

customer service stakes, Barcelona airport is also the second-largest in the country despite having been extended twice since a major expansion for the 1992 Olympic Games.

Until 2008 the internal Barcelona-

Madrid shuttle service was the world's busiest route with 971 services per week in 2007.

The schedule was reduced with the opening of the high speed AVE train line in February 2008.

Numbers soar

MADRID-BARAJAS airport topped the 2016 passenger chart, after 50.4 million travellers passed through the hub, while 44.2 million were handled by Barcelona-El Prat in second place.

Completing the top five were Palma de Mallorca with 26.2 million, Malaga-Costa del Sol with 16.7 million and Alicante-Elche with 12.3 million voyagers.

Among these, Madrid was the only airport to register annual growth of less than 10 per cent, with Malaga and Alicante both increasing by more than 15 per cent.

The Huesca-Pyrenees Airport saw the least traffic with just 95 passengers, a nosedive of 193.7 per cent since 2010. It was designed to carry snow-seekers to Pyrenean



BAD PLANNING: Huesca-Pyrenees Airport.

Javier Ortega Figueiral/Flickr

ski resorts, but there are none within 100 kilometres.

Silly money

WITH a population of 46.5 million, Spain has more airports (52) than provinces (50).

Among these, 47 are managed by state air navigation manager AENA, but only six - Palma de Mallorca, Malaga, Gran Canaria, Alicante-Elche, Tenerife Sur, Gerona, Bilbao and Murcia - are profitable.

Preyed on

A 36-YEAR-OLD woman received an eight-month prison term for fleecing a relative with Alzheimer's. She and her mother, aged 62, lived with the 73-year-old victim, the younger woman eventually persuading him to make her his sole heir and by the time he died had appropri-

ated €105,000 of his money, spending €5,115 on breast implants, according to his sister Teresa.

Verbal assault

AN alcohol-fuelled woman who appeared at the Guardia Civil station in Santa Pola four times in the space of

six hours was eventually held after wearing out duty officers' patience. The 53-year-old slept in a cell overnight after previous warnings and the intervention of her eldest daughter failed to prevent her from drunkenly complaining about a driving fine.

Off limits

A WOMAN was arrested in the early hours of the morning last Thursday after crashing her car into a traffic light in Torreaguera. The Local Police of Murcia tweeted through its official account that the woman had tested four times over the limit.

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Top 5 stories

From June 26 - July 3

- 1 50,000 trapped in beachfront town as Huelva fire rages on - **6,078**
- 2 One dead and six injured in multi car pile up in Torremolinos - **3,855**
- 3 Off-duty Guardia Civil officer arrested after allegedly causing Torremolinos crash - **2,890**
- 4 Outrage as Costa del Sol toll road raises fees - **2,705**
- 5 Kentucky Fried Chaos in Benidorm - **1,694**

Poll of the week

euroweeklynews.com

50 years after the introduction of plastic money, do you prefer it to cash?

LAST WEEK'S POLL:

Should the Pamplona bull run, and other similar local events held in various towns and villages, be banned?

Yes = 67%
 No = 33%

Top Social Media comments

Another forest fire breaks out in Huelva - Oh no! Those poor firefighters! I hope they can get it under control soon then out altogether. They are so brave and seemingly tireless. I thank them for their hard work and dedication.

Gaining power (Leapy Lee) - I am not a Jeremy Corbyn or a Labour supporter, but look at what Theresa May did to cling onto power, a lot of bad apples running our country!

60% of Brits want to keep their EU citizenship poll finds - Depending on the cost, yes. I want to be a European citizen. I've always thought of myself, in order, as German, British, then English. Perhaps, having a German/Danish mother, and a half Spanish father, a French uncle, having lived in England, France, Portugal and Spain colours my view.

Outrage as Costa del Sol toll road raises fees - Their greed is killing people and it's ridiculous as it's actually costing the government more in police and ambulances assisting roadside accidents than hospital bills. There are more frequent accidents because the roads are overloaded due to greed they should in fact cut the toll cost to keep the roads flowing safely!

Cataluña in final stages of legalising cannabis - I think it should be legalised. It would take a lot of

business off the streets and be beneficial to the government tax wise, it's a pretty harmless drug in the short term sense, a lot safer than alcohol, however it can have long term effects from prolonged use, like psychosis, however long term alcohol abuse can do far worse, it's all about finding the right balance, in moderation I think it's fine, but wouldn't advise daily use.

All it takes is a gust of wind... (video of fire spreading) - Why why why. Do these people have no sense at all??

Kentucky Fried Chaos in Benidorm - Kentucky fried KICKIN'!

Homeless man filmed before dying outside Malaga airport, court hears - This is such a horrible story, poor man. These pieces of scum deserve a prison sentence. As we all know the judge and authorities do not mess around. Hope the poor guy is at peace and his family will know that justice was served.

Growing concern for British Citizen's rights in EU - You mean TM's 'Serious and Generous offer' Secure? I think they need to come and join us in the real world and match the EU's position, the 'status quo' nothing less...



550 fire fighters were sent to combat the blaze in Huelva

TRIVIA FROM AROUND THE WORLD

India is the only country in the world that has a Bill of Rights for Cows.



The shortest place name is 'Å' with one in Sweden and another in Norway.

Spain was once a number of kingdoms with different languages that became unified in the 15th century. The kingdoms formed the basis for many of the 17 autonomous regions (15 on the mainland and the Balearic and Canary Islands), and the autonomous Ceuta and Melilla enclaves in North Africa that Spain now has.

Did you know?

Men's clothes button on the right and women's on the left because when buttons were invented, they were expensive and with most people right-handed, it was easier to push buttons on the right. Later many women were dressed by staff, so the buttons were placed to the maid's right, with women's buttons since remaining unchanged.

Lost in translation



Toilet button is on your back side

CORRECTIONS

At the EWN, we pride ourselves that reports are accurate and fair. If we do slip up, we promise to set the record straight in a clear, no-nonsense manner. To ask for an inaccuracy to be corrected.

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Little bits on the side

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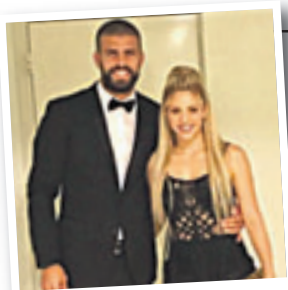
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Stars causing a stir.

Pique up the pieces

FC BARCELONA defender Gerard Pique, 30, and pop star partner Shakira, 40, caused a stir at Lionel Messi's wedding in Rosario, Argentina last Friday.

After joining a host of stars at the lavish ceremony, Pique reportedly lost €15,000 at a local casino, while his Colombian squeeze sparked a social media storm by choosing a dress she had previously worn for a fashion shoot.

Daddy's girl

TIFFANY ARIANA TRUMP, 23, youngest daughter of United States President Donald Trump, has been making waves in Marbella after jetting in on a private plane for a break with boyfriend Ross Mechanic, 22. The couple stayed at the Puente Romano Hotel and were reportedly accompanied by agents from the US Secret Service.

Dinkum digs

AUSTRALIAN cricket legend Shane Warne, 47, is thought to be holed up in a stunning mansion near Marbella after he took to Instagram to caption a photo: 'Home for the next 10 days in Spain, time for some rays & a swim!!!!!!'

He is in Andalucia to celebrate daughter Brooke's 20th birthday with his other kids Jackson and Summer, the quartet later posing together at the Gibraltar border.



Shane with his kids.

HE has sold more than nine million records and 30 million singles worldwide.

And superstar DJ David Guetta seemed inspired by 2009 hit 'When Love Takes Over' as he frolicked with model girlfriend Jessica Ledon on Formentera island near Ibiza.

The 49-year-old split from wife of 22 years Cathy, with who he has two children, in 2014, and has been dating the Cuban temptress for over two years.

Jess for the record

But the pair clearly remain besotted by one another as they shared a series of steamy embraces on a luxury yacht after 24-year-old Jessica slipped into a barely-there thong bikini before leaping into the crystal clear water as David captured the moment on his phone.

The French maestro has just released a smooth funk remix of

Bruno Mars' Versace on the Floor, and he plainly possesses some debonair charm of his own as his curvaceous partner showered him with hugs and kisses.

It comes after the couple made their relationship public at a 2016 French state dinner at the Elysee Palace in honour of Cuban President Raul Castro.



GOING STRONG: David and Jessica at the Elysee Palace.

What an Eiffel!

SHE'S been described as famous for being famous.

But 36-year-old former It girl Paris Hilton certainly looked the part as she hosted the Foam and Diamonds Opening Night Party at the Amnesia nightclub in Ibiza.

Having slipped into a plunging sheer gold dress decorated with sequins, the hotel heiress completed her outfit with a diamond choker and sparkling crown.

Her 32-year-old beau Chris Zylka, an actor and model, opted to dress down in black t-shirt and matching jeans.

The couple have been dating since the turn of the year and shared a cheeky embrace in front of the cameras before joining thousands of revellers inside the famous club.



Chris Zylka/Instagram

GOLDEN GIRL: Paris poses with Chris.

Off his broolly

HE has described his teams as playing heavy metal football.

But 50-year-old Liverpool manager Jurgen Klopp's softer side was on display as he relaxed on party island Ibiza with wife Ulla Sandrock and friends.

At one point the charismatic German was seen sporting a bizarre multi-coloured parasol on his head before he posed for photos with fans.

He later lounged on an outdoor bed sipping Champagne and smoking, clearly relaxed after recently signing Egyptian forward Mohamed Salah from Roma for a club record fee.

The Scouse club have eight pre-season friendlies lined up before the Premier League campaign gets under way, starting against Tranmere on July 12.



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Thief targeted places of worship

By Linda Hall

A 22-YEAR-OLD Moroccan arrested for robbing an Alcoy mosque is also suspected of stealing a relic from a Cocentaina church.

The thief, who entered the El Salvador church via the roof, took the relic containing a fragment of bone said to belong to San Hipolito as well as small but valuable items of silverware.

Shortly after the Cocentain theft, the National Police were informed of a robbery from an Alcoy mosque. Again the thief had gained access via the roof and taken every small but valuable object within reach.

Police investigators located the suspected thief as he was about to leave the city and whom they believe was responsible for stealing jewellery from several Cocentaina properties.

Bank break in

THIEVES broke into a branch of the Santander bank overnight.

The bank in Plaza Sierra Castilla in Urbanisation La Marina was targeted Wednesday night and on Thursday morning the area was cordoned off with Guardia Civil tape. A security guard on site told a passerby that the window had been blown off with some sort of explosive device as thieves then entered and targeted the ATM machine.

Noticeable damage was seen to the ATM with a small window beside the front door and side window laying shattered on the floor



SHATTERED: Damage to the bank.

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| 4 | Civitavecchia (ROM) | 07:00 | 17:00 |
| 5 | Palermo | 09:00 | 15:00 |
| 6 | Cagliari | 09:00 | 18:00 |
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Sex pest arrest

A MAN was sentenced to two years in prison for dragging his genitals across a baby's face in Alicante.

The incident occurred on Alonso Cano Street, where the accused, known only as

Francisco Javier M M, approached a woman and her baby and exposed himself while saying lewd phrases.

She and her 16-month-old attempted to leave the area, but were followed by the ex-

hibitionist, who upon catching up with them, rubbed his penis across the baby's face.

The police were called and mere minutes later the man was arrested.

In court, the defendant claimed he had no recollection of what happened, but it was not his "usual behaviour." He has a previous record for stealing, but not for sexual abuse.

The judge however found the woman's testimony evidence enough to sentence him as she "has no reason to present these allegations apart from to reveal the truth of the events transpired."

The court also rejected the notion to reduce his sentence as he is not "affected by a mental illness which nullifies, or significantly reduces his cognitive abilities."

He was also not under the influence of drugs or alcohol at the time of the incident.

NEWS EXTRA

Football flames

VEGA SUR firefighters spent an hour extinguishing a fire that broke out last Thursday on Vicente Garcia football field in Torrevieja affecting a press booth and part of the stands.

Security x 4

COUNCILLORS and sergeants of the security forces of Torrevieja, Orihuela, Pilar de la Horadada and San Pedro del Pinatar met last week to coordinate security and surveillance on their coasts during summer.

Port access

TORREVIEJA mayor Jose Manuel Dolon confirmed that access in the area surrounding the port is being changed this week to allow for fluidity throughout the high summer season.

OUR VIEW

The State of the Nation

IT appears that there is the start of a major power struggle within the Conservative party as Prime Minister Theresa May appears consistently out of her depth.

Various ministers are sniping at each other, either directly or indirectly and it looks as if Boris Johnson is lining up against Philip Hammond, two of the favourites to take over from Mrs May if she is forced to resign.

Initial discussions on Brexit haven't been terribly successful and there is still no agreement about the future of British passport holders living in the EU or EU passport holders living in the UK although it appears that Britain is prepared to continue to honour medical arrangements including the EHIC card for holidaymakers.

David Davis walked away from his first meeting with EU negotiator Michel Barnier leaving more questions than answers and the threat of the 'divorce bill' if accepted could mean that Britain could have been better off financially by staying in the EU for another decade.

The Labour Party has revelled in the fact it can appear united and take pot shots at a struggling government which turned to the DUP for support when in fact it could have relied on the absenteeism of Sinn Fein MPs to allow it to rule as a minority government thus saving taxpayers £1 billion.

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Photo by mapio.net

DISTRACTED: Recently arrived, Russian tourists were victims of the airport thief.

Airport robberies

A 58-YEAR-OLD Serbian man, operating in the arrivals area of Alicante airport, was arrested by police for two thefts of cash and items, worth more than €20,000.

The thief worked at the busiest times of day, with the terminal full of travellers arriving and arranging onward journeys.

His first victim had called in to a concourse cafe, after arriv-

ing on a flight from Russia.

Whilst ordering a drink at the bar, the distracted passenger left his bag briefly unattended, during which time the thief struck, stealing a total of 20,000 Russian roubles, plus €16,000 in cash.

He later conducted a similar robbery in the same café, whilst another arriving Russian tourist was distracted, getting away with €5,000 cash

and a top-of-the-range mobile phone.

Police investigating the incidents, armed with a description of the suspect, watched recordings from the airport's security camera system, searching for suspicious behaviour.

From this information, they were able to identify the thief, without reasonable doubt, resulting in his arrest on his next visit to the airport.

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Making memories trip to Disneyland Paris for Leo the Lion

INSPIRATIONAL cancer fighter Leo Bermejo from Almeria is heading to France with his family for a magical, memory-making five-night trip to the Disney theme park.

A fund launched late last year - and taken up by the *Euro Weekly News* with subsequent widespread publicity reaching hundreds of thousands of people - raised enough money to send him to the United States for cutting edge proton-beam therapy in Oklahoma.

But a recent MRI scan has

confirmed the cancer has returned and is growing quickly in different areas of the original cavity.

Speaking about the trip Mum Karen said, "I don't feel one bit excited. I am sure we will all have fun but deep inside our hearts we will know that it is the beginning of the end for Leo."

"Now we are being forced to think about life without him which seems impossible at the moment. His smile brightens our day every day, his happiness and positivity makes us

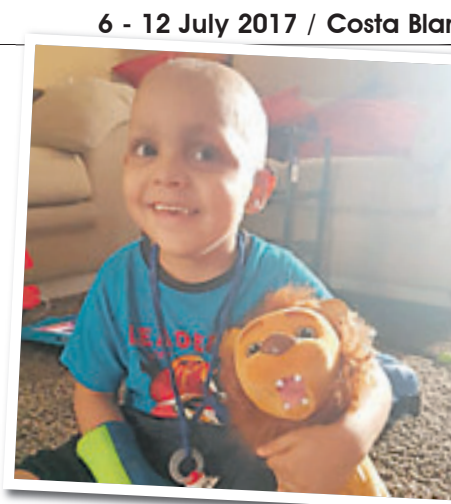
all better people."

She went on to say, "I am sure emotions will be all over the place. I will watch other families with their healthy children feeling envious. Why can't that be us? Why is it my baby boy that has to go through this."

"He has fought so hard but he has never stopped smiling and he has never shown that he is ready to give up."

The family will travel to Manchester first so that Leo can say 'hello' to his friends there. Then they will all travel to the Disney resort for five nights.

On their return to Spain the family will start arranging palliative care for brave Leo.



BRAVE LEO:
Has never stopped smiling.

9 bodyguards

protected Trump's daughter, Tiffany, as she holidayed on the Costa del Sol

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MOB: Tindaro Corso (front) with Carmelo Garcia Babarro.

Spanish man among 19 arrested in New York mafia crackdown

A SPANISH man is among 19 members of the Cosa Nostra, held in New York after a major sting by United States law enforcement agencies and the Guardia Civil.

Most of those arrested belong to the Lucchese, one of the five main Sicilian mafia families operating in the Big Apple, while others are associated with the Bonnano and Genovese clans.

They face a raft of accusations including murder, conspiracy, extortion, assault, fraud, drug smuggling, money laundering and illegal gambling.

It comes as one of those arrested has been named as Carmelo Garcia Babarro, a 65-year-old Basque from Bilbao, who has US citizenship and occupied the position of associate, the highest possible ranking for a non-Italian, within the Bonnano group.

He was involved in a plot to transport large quantities of cocaine to Spain from Argentina dissolved in bottles of wine,



Photo credit: Guardia Civil

CONNECTED: Babarro snapped by undercover detectives.

working alongside Lucchese second-in-command, Tindaro Corso.

Babarro, who the Italians nicknamed 'Spanish Carmine,' made two trips to Alicante in 2016, during which he was tracked by Guardia Civil investigators following an FBI tipoff.

During the second of these,

he stayed with Corso in the Melia Hotel near Postiguete beach, the pair spending several days together with visits to Benidorm, cocktail bars and a local strip club.

Both men now face life imprisonment after two Guardia Civil officers crossed the Atlantic to assist in their arrests.

NEWS EXTRA

Water watch

AGAMED, the concessionaire responsible for water supply and sanitation in Torrevieja, released its half year report last week – water consumption is up 11.2 per cent in comparison to 2016, indicating an increase in residents.

Robot rehab

NINE patients with brain damage, at the Vega Baja Hospital, are receiving robot assisted rehabilitation - allowing them to recover maximum autonomy and functionality, required for everyday living.

Play time

THANKS to a subsidy from the Diputacion de Alicante, Callosa de Segura has refurbished two of its playgrounds – on Plaza Cerdan Tato del Barrio de la Cruz and the other in the Parque San Roque.

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10% of all inheritances in Spain were renounced last year, with the number of people choosing not to accept their inheritance reaching the record figure of 38,791 in 2016. In 2007 it was 11,048.

The main reasons are the debts inherited along with the assets, and high levels of Spanish succession tax payable by the inheritors.

Spanish succession and gift tax is calculated on and paid by each recipient. It is due where the recipient is resident in Spain, or if any asset being inherited or gifted is a Spanish asset.

Under state rules the applicable rates range from 7.65% to 34%, and tax free personal reductions vary from €15,957 for descendants, ascendants and spouses, to €7,993 for siblings, nephews and nieces, step-children etc, to nil for everyone else. Multipliers can take the tax rate higher in some cases.

The autonomous communities are allowed to amend the rates, allowances and rules in their area, and some regions have higher tax burdens than others. You need to be clear on whether local or state rules apply to your heirs, and keep up-to-date as local rules can change

Record number of renounced inheritances in Spain



By **Gerald Turner,**
Partner,
Blevins Franks

one year to the next.

The region with the highest percentage of rejections in 2016 was Asturias with 16% and the lowest Aragón with 7%. Murcia had the 5th highest percentage with 12.5% (1,080 people renounced their inheritance compared to 208 in 2007) and Comunidad Valenciana was 11th with 8.7% (3,609 people

compared to 851 in 2007).

Spanish succession tax must be paid within six months of the date of death. This does not leave much time for heirs to sort out the paperwork and find the funds to pay the due tax.

When calculating the tax liability, debts are deductible from the amount inherited. However, the recipient also inherits the debt associated with the asset and is responsible for paying it off, as well as the tax bill on the balance. It is possible to accept an asset without having to pay creditors more than its value.

You can opt to renounce an inheritance in Spain, and avoid taking on the debt, but you have to renounce the whole inheritance.

If you simply renounce the inheritance, you are not liable to the succession tax. But if you renounce

it in favour of another person two tax liabilities arise - you still need to pay succession tax, and whoever you pass it to has to pay gift tax. This is why 'deed of variation' does not work in Spain. Let's say you leave a Spanish property equally to your children John and Mary. John decides to renounce his inheritance in favour of Mary. He will pay succession tax on his half, while Mary pays succession tax on her half, plus gift tax on the amount she receives from John.

Structure your assets to remove debt where possible, and take steps to lower succession tax for your heirs using compliant arrangements. There are more opportunities to mitigate tax on investment capital than on property. Some people opt to downsize in their later years or sell and move into rental property so

they can invest the funds in tax-efficient structures.

Wills, succession law and inheritance taxes are complex areas; you need specialist, cross-border advice. Your adviser should get to know you and your aims, so you have peace of mind that the inheritance process will be as simple as possible for your heirs and they will be well supported.

Tax rates, scope and reliefs may change. Any statements concerning taxation are based upon our understanding of current taxation laws and practices which are subject to change. Tax information has been summarised; an individual is advised to seek personalised advice.

Keep up to date on the financial issues that may affect you on the Blevins Franks news page at www.blevinsfranks.com.

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600 cannabis plants seized



Photo by NCB News

SEIZED: Guardia Civil officers found an illegal marihuana farm near Mula.

GUARDIA CIVIL officers who raided a country house outside Mula, Murcia uncovered an illegal marihuana farm, with 669 plants of around 60cm in height.

They also found 212 cuttings of marihuana plants, 4.3 kilos of dried marihuana in buds ready for distribution, 2.3 grams of hashish and tools used for cultivation.

Other items recovered in-

cluded 51 large halogen power lamps, 44 reactors, 12 electric extractors, nine fans, five air conditioners, a precision scale and €8,400 in cash.

Officers were alerted to the remote country house by its high consumption of electricity during previous months.

The property was consuming the same amount of power as a small business rather than a private dwelling and was using a

fraudulent illegal hook-up to avoid paying electricity charges.

The plants were growing in five rooms on the ground floor with temperatures regulated to perfect growing temperatures for marihuana.

Two men and one woman, aged from 35 to 43, from Mula and Murcia, were arrested in the drugs bust christened Operation Torrecica.

NEWS EXTRA

Fire damage

MURCIAN firefighters extinguished a fire in a fast food restaurant on Avenida Juan de Borbon on Monday – it broke out in the morning around 8.00am damaging the ceiling, electrics and furniture.

Alcohol issues

PROYECTO HOMBRE MURCIA presented its 2016 report on activities in the region of Murcia on Monday, revealing approximately half its users have a problem related to alcohol, either exclusively or alongside a drug problem.

New system

THE Department of Development with the Municipal Board of Sangonera la Verde has installed a sanitation system on Calle Las Rejas, just before the foreseeable summer storms.

WINE in MODERATION (EU)
 EL VINO SÓLO SE DISFRUTA CON MODERACIÓN

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Should Brexit stop you from buying a property in Spain? We can assure you that our clients, who committed to purchasing a Spanish property before the referendum have completed, and the result hasn't yet stopped those looking, even with a reduced budget.

As far as Spain is concerned, with its great access from UK airports, all year round sun, beautiful beaches, friendly culture and tasty cuisine, it remains a top destination for British buyers.

Property prices across Spain are still competitive and it is a buyers' market. Don't be afraid of offering below the asking price to offset the lower exchange rate. When it comes to the crucial moment in the negotiation process, Ignacio Pellicer Molla and Pedro Heredia Ortiz, both partners of the law firm PELLICER & HEREDIA, and specialists in real estate law, always recommend that you effectively negotiate and achieve discounts, which range from 5% to 20% of the initial price.

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price, taxes and costs. Depending on the region you buy in, property transfer tax varies. In the Costa Blanca it is 10% on second-hand properties. New properties are also subject to stamp duty up to 1.5%. At Pellicer & Heredia we can break down the total purchase cost for you.

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As and when the UK does leave the EU, we expect that Spanish property owners who spend less than 183 days in Spain will pay slightly more annual non-resident income tax, not enough to put you off buying though. Buyers moving to Spain permanently, will be more interested in finding out if they can access national healthcare. It is expected that an agreement will be reached between the EU & the UK on this subject, especially as there are more Europeans living in the UK than Brits in Europe.

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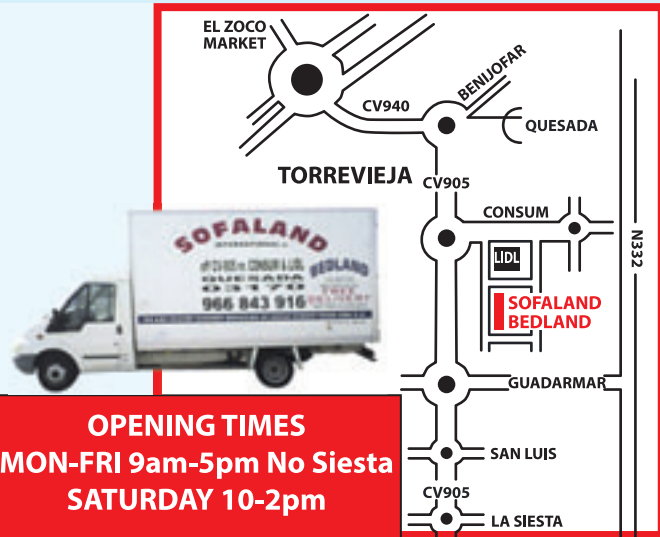


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Carer who stole from client detained

A 28-YEAR-OLD man has been detained by the National Police in Murcia for stealing gold jewellery from an elderly man he was supposed to be caring for and selling it on to pawnbrokers across the city.

Investigations began after the victim's son reported to the San Andres District Commissariat that, since his father had suffered a stroke and they had employed a care company to help with his day-to-day needs, some of his father's gold jewellery had gone missing.

The National Police routinely conducts inspections and checks at gold and precious metal buying and selling facilities and with an inventory from the victim's son of what jewellery had gone missing, it took no time at all



STRUCK GOLD: The cufflinks that were recovered.

Photo by National Police

for officers to detect the perpetrator of the crime - an employee of the care company.

Officers visited each of the pawnbrokers across the city and managed to recover some of the jewellery, including a pair of cufflinks

and a necklace.

The rest of the jewellery had already been melted down, after the legally established period to reclaim it had passed.

The thief has been arrested and detained.

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Blue flags: Cartagena receives the 12 blue flags awarded to its beaches



OBDULIA GOMEZ, Tourist councillor for Cartagena, has taken delivery of the blue flags which will wave above the 12 Mar Menor and Mediterranean beaches, granted the award of quality by the Instituto para la Calidad Turística (ICTE).

At the award ceremony, held in the Ministry of Industry, Energy and Tourism, chaired by the Secretary of State for Tourism, Matilde Pastora Asián, and ICTE President Miguel Mirones, the municipality received more awards than any other within the Murcia region.

ICTE audits are based on criteria including, cleanliness, good condition of facilities, accessibility, services to tourists such as hotels, security and first aid.

“ Cartagena has received more awards than any other within Murcia.

The beaches where the blue Q flags of Tourist Quality will fly, are Cala Cortina, Cala del Pino, Islas Menores,

Mar de Cristal, Playa de la Gola, Playa de Levante, Playa del Barco Perdido, Playa del Cavanna, Playa del Galúa, Playa Honda, Playa Paraiso and San Ginés.

This year, in total, the ICTE has awarded Q badges to 236 beaches and 19 nautical-sporting facilities throughout Spain, of which 37 are from the Murcia region.

Councillor Gomez also revealed that a proposal has been put forward for public consultation; to create a number of dog friendly beaches within the municipality, including El Vivero in La Manga, the estuary of the rambla of Lo Poyo, Cobaticas in Calblanque and the Colonies in El Cañar and Isla Plana.

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Photo by Allan

HUNTED: Boars cause region-wide damage.

Hunting for a solution

THE Valencian Community's Hunting Federation, has offered to solve the problems that wild animals are causing in the Valencian Community.

The president of the Federation's Castellon branch, Maximo Belenguer offered 16,000 volunteers from his own region; who would happily put an end to

the region's plague of rabbits, boars, and wild goats, he said.

All caused serious harm to agriculture and were responsible for "numerous road accidents" according to Belenguer.

Neither the regional government nor the taxpayer would have to pay for this "necessary" task cost, he

pointed out.

The region's three provinces could together call on more than 40,000 hunters, continued Belenguer. He urged the regional government's Environment Department to extend the hunting season which begins in September, by a month.

Ending this in March instead of February would be cheaper and more effective than other measures taken, to keep the animals numbers down, he claimed.

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Walk, don't run, in Mariola park



SIERRA MARIOLA: National park has valuable ecosystems.

IN future no organised sporting events and trials may be held in Sierra Mariola national park between February and July.

A circular letter from the park director stated that the veto applied to the park's maximum-protection area would lessen the impact on nesting birds and valuable ecosystems.

This will affect long-established races like the Montcabrer Ascent and the Trail Solidari as, according to the circular, inspections carried out after these and other events showed that the restrictions were advisable.

The number of sporting events has increased and with it the number of participants, the circular continued.

Sports clubs immediately criticised plans to scale down activities. In effect there will now be only three months when races can be held, argued the Centre Excursionista d'Alcoi.

Concentrating them into this period would cause massification as well as more erosion, the Centre pointed out. The association also asked to see the inspection reports to make sure that the restrictions were not an arbitrary decision from the park's director.

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NEWS EXTRA**Mazarron crash**

TWO people, trapped in vehicles and released by firefighters, were taken to hospital in Cartagena after being involved in a crash between a car and van in Mazarron.

Breath tests

GUARDIA CIVIL and **Local Police** officers in the Murcia region conducted a total of **5,252** breath tests over the last weekend, of which **94** were positive.

11 accidents

POLICE in the Murcia region recorded **11** accidents last week caused by distraction, invading the opposite direction, not respecting priority, vision and negligence.

Dead fish

HUNDREDS of dead fish which appeared in the River Segura at Alquerias, Murcia last week, were probably killed by heavy rains that brought mud and other materials into the river.

Big winner

A **EUROMILLIONS** lottery ticket bought in Yecla, won **€312,627.54** for matching **5+1** numbers in last Friday's draw.

Fake shoes

LOCAL POLICE in Alicante arrested two Senegalese nationals, aged 35 and 36, last Sunday, in a van carrying **153** pairs of fake sneakers with a street market value of **€3,825**.

Bloody face

A **MAN** was injured last Wednesday after crashing his car into a house in Abanilla - the incident took place at around 4.30pm on Avenida Francisco Salzillo and the man's face was bleeding heavily.

THE Regional Assembly of Murcia is supporting an initiative from the fruit industry to nominate July 12 as 'European Fruit Day' in a bid to boost consumption, creating social and economic benefits for the region.

The idea was born by the European Parliament and has the support of Proexport, agricultural unions and regional cooperatives.

Murcia backs fruit boost

It will now be put before the national government.

Murcia leads the way in Spanish melon exports, shipping 227,438 tonnes in 2016 or 51 per cent of the national total. Although volumes were down slightly compared to the previous

year, in value terms they increased by 9.5 per cent to €158.5 million.

France was the leading destination, followed by Germany and the UK.

In watermelons, Murcia exported 161,546 tonnes last year with a value of €67.9 million, an increase of 10.7 per

cent on the previous year. Much of this increase was due to a rise in consumption fuelled by the development and greater availability of seedless varieties.

Germany is the main destination for watermelons from Murcia, followed by the UK, Netherlands and France.

The region is also a major exporter of stone fruit and table grapes during the summer months.

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Time bomb



Guardia Civil

RECOVERED: Spanish Civil War mortar shells.

NO less than 538 live mortar shells were found by surprised divers, in a river in Aragon whilst searching for a missing person.

The Guardia Civil officers were underwater at an area known as Los Ojos del Rio Jiloca (The Eyes of the River Jiloca) when they discovered the shells placed in the mud during the Spanish Civil War.

This is one of the largest discoveries of unexploded ordnance ever found in Spain and the operation to remove and transport

the shells, to an area where they could be disposed of safely, was exceptionally dangerous.

The area had to be sealed off and the mortar bombs removed a few at a time, so that they could be safely transported to a local quarry, where they could be detonated.

The fact that the explosives were underwater in a relatively inaccessible area, meant they were potentially unstable. A number of specialist sections, involved with underwater activities and explo-

sives had to work together, over a number of weeks, to remove the shells in order for them to then be transported safely for detonation.

It is believed that armaments left over by both sides from the Civil War, are still found every three days somewhere in Spain.

Members of the public are advised never to go to close or to touch any suspect items. Instead it is advised to mark the spot where it is contained and contact the Guardia Civil immediately.

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Drugged and sedated: abducted man freed

A DUTCH man has been released by a joint police operation after being kidnapped and held for 11 days.

On returning to his home in Lloret de Mar, Girona, the unidentified victim, was assaulted by several men before being drugged, blindfolded and forced into the boot of a car at gunpoint.

The victim's wife later received a phone call and was told to pay €1,500,000 in return for her husband alive. The woman then contacted the Mossos d'Esquadra, the Catalan regional police, who opened an investigation.

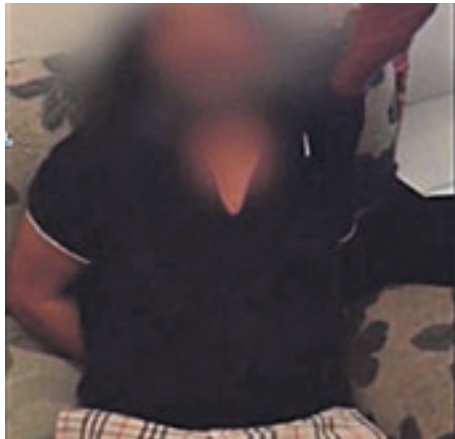
Early inquiries suggested that the perpetrators were an experienced gang from Eastern Europe, who were thought to be based between Madrid and Toledo but were known to move around to avoid capture.

The information gathered by the Mossos was passed on to the Abduction and Extortion unit of the National Police, who managed to identify several group members.

The family were contacted once more and agreed to meet to pay the ransom in a hotel car park on the side of the A-42 motorway.

Hours before the meeting however one of the suspect's cars was identified at a house in Casarrubios del Monte, Toledo. Police observed several gang members making preparations and at one point trying to force the victim into a wheelchair.

A rapid response sting saw the victim freed and



GANG MEMBERS: Captured by police.

four of the five suspects captured, with the other fleeing via the roof of the building.

The semi-conscious victim was taken to hospital and found to have suffered minor bruising and wrist damage from the bandages he was tied up with.

A search of the detainees' homes was conducted the following day, leading to the seizure of mobile phones, three vehicles, cocaine, marijuana, ski masks and surveillance technology.

The suspected gang leader is a Romanian citizen, who had studied medicine and was practising in Madrid.

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More arrive in Spain than leave for first time in 5 years

THE Spanish economy is showing signs of recovery as unemployment falls and immigration rises.

Spain's population has not risen since 2009 and has been falling every year since 2011. Data released for 2016 however shows an increase in foreigners coming into Spain alongside returning nationals according to the National Institute of Statistics (INE).

The severe economic crisis, beginning in 2008, led to unemployment rates rising to 27 per cent. Conditions in the country drove many more people to leave the country in search of employment and better quality of life than the number of arrivals as people no longer looked to Spain for jobs.

Data released for 2016 shows that 89,126 more people arrived in Spain than left. Of the arrivals



IMMIGRATION: Is on the increase.

Venezuelans came in the largest numbers following worsening conditions in their country followed by Moroccans, Colombians and Romanians. Eighty-five per cent of those coming in were foreigners and 15 per cent were Spaniards.

Germans and Swiss were among the largest groups of nationalities to be leaving Spain.

The rapidly improving employment rates and strong economic recovery that is

forecast is believed to be the reason for the increase.

Tourism and Agriculture throughout the crisis remained good seasonal employers, however the recovery of the construction industry which plummeted during the recession suggests continued sustainable growth.

Despite this positive increase more Spaniards still leave the country than arrive here, with the majority going to Britain even in the face of the Brexit uncertainty.

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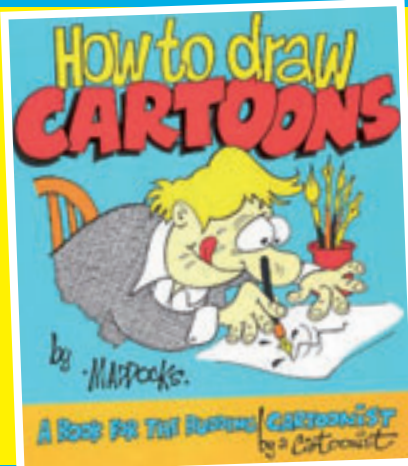
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Guardia Civil launch summer campaign for safer vacations

THE Guardia Civil has launched a campaign, with the title Ten Hints, which seeks to encourage responsible behaviour while tourists and residents enjoy their well-deserved vacations.

They have produced 17 short video clips which look at safety for individuals and regard for the environment in public and holiday areas.

The advice has been placed in five different categories, all of which appear to be overlooked at times during the summer and when an element of holiday 'excitement' makes peo-

ple forget the obvious.

In addition to the actual advice, suggestions are made as to the specialist divisions of the Guardia Civil, who are responsible for different areas of policing.

Firstly, the organisation reminds holidaymakers of the importance of protecting the environment and animals. This includes not leaving dogs in hot cars without water

and ventilation, individuals not throwing burning cigarette ends away (due to the strong possibility of starting a wildfire) and reminding all that rubbish of any type (including dog excrement) needs to be removed and disposed of properly.

The next topic covered is that of travel by road - which many people do - from holidaymakers travelling to second homes on the coast, to first time visitors driving hire cars.

The most important advice is never drive having taken alcohol or drugs, use seat belts at all times, respect the speed limits and never text or use a mobile phone when driving.

Don't make it easy for burglars, espe-

cially at home in this very hot weather, by leaving windows and doors open, (particularly when you are sleeping) and be alert to possible thefts on the streets, as mobile phones and bags can disappear in the blink of an eye.

Many tourists enjoy the outdoor life but too many go hiking or climbing with inadequate clothing, (especially footwear). The advice is to always take sufficient liquid and wherever possible, a mobile phone in case of accidents.

Every summer, reports abound of people drowning (often when caught in treacherous tides or from the shock of diving into very cold water) and children need to be watched at all times, both in the sea and when near swimming pools.

The water can be dangerous so don't drink and then go swimming at night and be careful when out with boats or hiring jet skis.

All of the hints are really quite obvious - but for some reason, when holidays come, common sense can be in short supply - so remember to be careful and save expense, discomfort and possible death as well as upset for all of the family, be sensible!



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Horsing around in Galicia

TOWNS across Galicia in the coming months will celebrate Rapa das Bestas, a display of horse taming best known for scenes of chaos as villagers grapple with the animals.

Rapa das Bestas (or the Capture of the Beasts) is the name of a 400-year-old event which takes place at different times in Galician villages over the coming months. The best known event is held in the village of Sabucedo, Pontevedra and always begins on the first Friday of July, lasting four days.

The practical purpose of Rapa das Bestas is to clip the tails and mains of the horses as well as de-worming them.

In Sabucedo the whole event begins at 6.30am on the first day as the church bells ring and rockets fire to wake and gather the town. A mass at first light will begin asking



Photo by Gabriel Gonzales/ Flickr

MAN vs HORSE: A big fall trying to catch the beast.

Saint Lawrence for protection and then crowds of locals and visitors will climb the mountains in search of wild horses.

Groups split in different directions and meet later to bring all the beasts together before they are driven en masse towards the village where they

will be kept in a tight enclosure.

The following three days consist of a melee each day where locals will enter the enclosure for a powerful display of man vs horse in which the people aim to physically control and trim the horses. This is the most chaotic part of the Rapa das Bestas and sees men ride, grapple and tumble with the horse in an incredible spectacle.

The event has caused controversy in recent years amongst animal rights groups as unnecessarily cruel but has been defended by supporters and villagers as a natural part of taming horses and looking out for the beast's best interests.

In 1963 the event was pronounced by Spain to be of national touristic interest and in 2007 was upgraded to international status.



RAPA DAS BESTAS: A scene of chaos.

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British wife beating suspect held in jail

AN 80-year-old British man has been arrested in Gran Canaria for allegedly beating his 47-year-old ex-wife to death.

The court has ordered that the former British wrestler, Jim Breaks, be imprisoned without bail after he allegedly killed partner Donna Cowley by punching her several times.

The two, an on and off couple for 20 years, lived in a flat on Avenida Cornice in Mogan.

Emergency services were called when a neighbour heard screams from the residence. When police arrived they found the victim lying in a pool of her own blood and rushed her to hospital.

Cowley died at an island hospital later the same day.

According to the Guardia Civil, Breaks will be charged with undermining



Photo Credit - @WrestlingCardz

JIM BREAKS: The accused.

authority after 'actively resisting' his arrest.

Investigators are waiting on the results of Cowley's

post-mortem to ascertain whether her death was caused by the assault or existing health problems.

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Blevins Franks open

BLEVINS FRANKS is pleased to announce that it continues to increase its presence in Spain by opening a new office on the Costa Blanca. This is located in Altea and James Johnson has been appointed as the new Associate Partner for the area.

The new office demonstrates Blevins Franks' commitment to the region and is a reflection of the company's continued growth and the increasing demand for its services. The office's location, in Greenwich Marina, provides a convenient and welcoming venue for clients to meet with James for advice and ongoing service.

Blevins Franks now has nine offices in Spain, providing cross-border advice to UK nationals living here. This includes the long-established offices in Javea and Benijofar. In all, the company has 22 offices covering Spain, France, Portugal, Cyprus, Malta, Monaco, Gibraltar, as well as their head office in St James's Square, London.

A more aggressive approach by tax authorities, both in the UK and Spain, means financial planning has become more complex for expatriates and specialist, regulated advice is essential to protect your wealth for yourself and your heirs.

Blevins Franks has been providing integrated



GROWTH: The new office demonstrates commitment to the region.

tax, wealth management, pension and estate planning services to clients in Spain for over 40 years. It has earned a reputation as the leading international tax and wealth management adviser to UK nationals living in Europe.

Today, Blevins Franks has over 40 advisers living and working locally in the same areas as their clients. The firm also has specialist tax, pension and investment advisory teams based in their Malta and London offices, dedicated regional client services teams and its own trust company.

James has been working with Blevins Franks

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...s new office in Altea



WELCOMING: The location provides a convenient venue for clients.

since 2014, when he joined its Javea office as a Private Client Manager. His role there was to work alongside Partners, Robert Croizat and Brett Hanson, providing dedicated reviews and advice to clients, ensuring they receive a high-quality ongoing service. He was appointed Associate Partner in April 2017.

He moved into financial services following a successful career in management. Prior to joining Blevins Franks in 2014, he worked for a number of UK international financial advisers providing holistic financial planning to clients. He is professionally qualified and holds the Diploma for Financial Advisers and the certifi-

cate in Securities and Investments. He is also a member of The Chartered Insurance Institute (CII).

The Altea office covers the coastal and inland areas from north of Alicante to Calpe. The address is:

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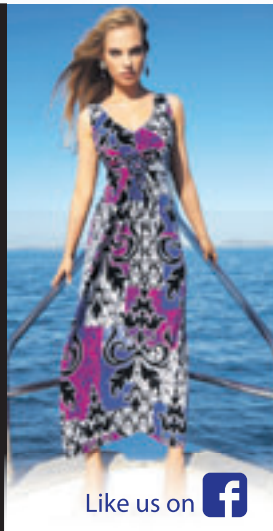
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More success for Footwork: Erica meets Darcey

SO far it has been quite a year for Footwork Dance. Following a very successful Christmas show, the opening of a second studio in Cabo Roig and students achieving exceptional exam results; it's the turn of principal and owner Erica Dorrill to shine.

Recently qualified as a DDMIX Instructor, Erica Dorrill has been back to London to train with Darcey Bussell and the DDMIX Dance Team.

DDMIX stands for Diverse Dance Mix. It is an aerobic dance fitness programme, which is designed to get everyone moving whilst embracing a broad spectrum of dancing cultures and eras from around the world. It has been created by Darcey Bussell, prin-

icipal dancer from the Royal Ballet and more recently a judge on Strictly Come Dancing.

Erica explains: "It's a fun class with easy repetitive steps, which can be adapted to suit any level of fitness, helping to tone the body and improve general fitness. Routines range from Bollywood, Arabic, line dancing, jive, salsa and much more! It's a great way to meet friends and have fun whilst keeping healthy."

New classes are available at the Footwork Dance Studios in Los Montesinos and are coming soon to Footwork Dance Studios in Cabo Roig.

As usual this time of year is a busy time for Footwork. Not only will stu-

dents be performing during Los Montesinos cultural week festivities, they are busy rehearsing for the not to be missed, Spectacular Summer Show. Featured are ballet, tap, modern jazz and acrobatic gymnastic dance, performed by students of all age groups.

Spectacular Summer Show can be seen at the Casa de Cultura y Musica, Los Montesinos, Sunday July 23. Curtain up 7.30pm.

Tickets are €7 and available from the Dance School or telephone Erica on 662 003 823.

A donation to the under-privileged of Los Montesinos will be made from all ticket sales.

SUMMER SHOW: Will feature ballet, tap and modern jazz.

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Studio32 raising funds for local charities

STUDIO32'S recent production of Mack and Mabel has raised over €3,500 for local charities.

Benjamin Villena Rodriguez, President of the San Fulgencio Alzheimer's Society, thanked Studio32 for their continued support of the charity, which provides help in the community to families and individuals affected by Alzheimer's.

Studio32 were delighted to raise €2,250 for this deserving charity. Rosa Maria Mira also received €250 towards the purchase of instruments and music, for students at the San Fulgencio Music School,

Philip Wilson Chairman explained: "Studio32 was

“ In only four years €20,000 has been raised for local charities.

set up four years ago to bring high quality full-scale musical theatre to the Costa Blanca, and through doing so enable us to support local charities.

"Everyone in the company worked extremely hard to make this show a great success and I'm very proud of them all. In only four years we've raised over €20,000 for local charities, and we will continue to support AFA San Fulgencio

and other local good causes in the coming year."

So what's next for this talented theatre company? They have just announced their winter show, the classic Irving Berlin show White Christmas, which will be performed from Wednesday November 29 to Saturday December 2 at the Cardenal Belluga Theatre in San Fulgencio. Advanced ticket bookings are already being taken and early booking is recommended to avoid so disappointment.

If you fancy getting involved the company are always keen to recruit more members, and not just on stage. They are currently seeking to expand their backstage and technical crew. Get in touch via their website to find out more: www.studiothirtytwo.org.

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Kim assumes patronage of welfare centre

ACTRESS Kim Taylforth, has taken on an extra special role, as the new patron of Finca la Castellana Animal Welfare Centre in San Miguel.

Kim, better known for her roles in Bad Girls, as Jim Fenner's long-suffering wife Marilyn, London's Burning's Nancy Rae, the mother of baby faced fireman Billy and more recently in Hollyoaks, playing the sister of her real life sister Gillian Taylforth of EastEnders fame.

Kim heard about the hard work being done at the centre through her brother, who lives here in Spain and was keen to become involved.

Kim said she was "totally blown away" by what she saw at the centre.



"The love and care being shown by the workers and

Kim with staff and her new dog Marco Polo.

volunteers there was quite remarkable.

"Dogs, cats, peacocks, pot bellied pigs, horses, donkeys and a goat, all mixing so calmly and happily to-

gether. I truly believe it is because of the love and calm atmosphere being shown by the owners, Janette and Antonio Lopez and their wonderful team, that makes these animals so happy."

The centre has been taking in and rehoming animals of all descriptions that have been abused, abandoned, ill treated or dumped, for many years and rely solely on voluntary donations.

Kim was so taken by one badly abused dog at the centre, Marco, she fell in love immediately and arrangements are being made to have him taken to the UK to live his life with her.

With over 200 animals to feed and be cared for, the centre is in dire need of help.

Any animal that you may be able to home will come fully inoculated, neutered, passported and chipped.

If anyone feels they could rehome a pet please contact the Finca on 610 451 133 or Facebook page... *finca la castellana* where donations can also be made.

Kim has now returned to

the UK to learn her script ready for Panto this Christmas in Peterborough, playing the Wicked Queen in Snow White and also to prepare her home for the arrival of Marco!

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FLASHBACK: Calle San Miguel in Torremolinos, which was among southern Spain's original popular tourist destinations.



CHANGING FACE: Calle San Miguel remains popular with locals and tourists alike to this day.

Spanish Costas are busier, brighter... In living

Has life become better or worse on the Spanish Costas over the past 30 years? Armed with industrial quantities of Factor-50, author and former resident Terence Kennedy hit the carretera to find out.

IN the early 80's, hit by a super sales pitch so hard that if it had been the Titanic the iceberg would have sunk, we bought 'our dream home on the Costa.'

Back in the old days some property salesmen were so persistent that once they got a foot in the door, they would keep it there until gangrene almost set in.

We quickly realised - after buying while still a few years short of our 40th birthdays - that we had personally jumped the gun in our own life pattern, and in doing so only succeeded in bringing down the average expat age in our urbanización from 66 to 65.5.

So after completing a book project we eventually sold up and moved on.

Last month - three decades on - we returned to a noticeably busier, brighter and bronzer coast. But has life improved in southern Spain over all those years... for more than perhaps the cement manufacturers?

According to the famous French proverb, 'Plus ça change, plus c'est la même chose': the more things change, the more they stay the same.

Well hasta la vista baby; if it weren't for the street sign where we once called home, we felt we could have been on a different planet entirely.

Where our hills were alive with cicadas, now it's cement mixers and a toll road, and what we paid for our house now barely buys a bike-rack.

Where Brits formerly arrived at the airport laden with baked beans, Angel Delight and Marmite, those who still insist they won't eat 'foreign muck' can now buy their own imported choice items in even the smallest supermercados.

● Tourism magnet

The statistics are truly astonishing: when we left 30 years ago, officially there were just 250,000 foreign-born people living in Spain.

Today, deep breath, it's 4.5 million, or some 10 per cent of the nation's entire population. The UK's *Financial Times* says Spain is the most favoured destination for other Europeans considering moving, chas-

Si señor! A truly enviable lifestyle

THERE'S no denying the magnificent quality of life in southern Spain today, with more foreigners than ever able to enjoy it in an era of enormous mobility and cheap travel.

It actually cost us on our visit more to park our car at our home airport Toulouse than the price of the flights from France.

And once settled into the holiday mode where else, for instance, could an everyday gal afford to buy a 'genuine' Gucci bag on the beachfront - or if you prefer Louis Vuitton - with the label changed following a quick dab of glue.

"No problem señor!"

Where else can one live in a t-shirt and shorts for the majority of the year... and skin-cancer be damned?

Where else can you browse happily in fleets of shops called 'Toda Una Euro' and

not actually find anything priced at a euro?

Where else can you brave the throngs of car-hire touts at the airport on arrival and be offered a week's rental for a breathtaking €1.80 (but then read the [very] fine-print: 'Mandatory insurance €200')?

Looking back to the 80's and crossing the dreaded coastal carretera used to be a dice with death. But now all you have to conquer is vertigo as you stride across the overpasses.

There are also many more shops of more variety including the top designer brand names as well as numerous Chinese bazaars that are the equivalent to the 'open-all-hours' corner-stores in the UK.

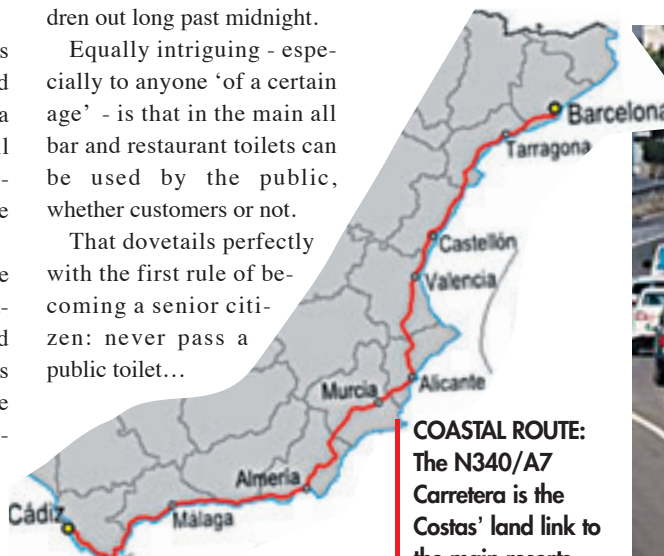
Further food for thought is provided with more restaurants and cafes of every

persuasion than even a customer on steroids could handle.

There's a lifestyle our forefathers could only dream of, in a country where many still believe it is one's birth-right to sleep for three hours in the afternoon and keep the children out long past midnight.

Equally intriguing - especially to anyone 'of a certain age' - is that in the main all bar and restaurant toilets can be used by the public, whether customers or not.

That dovetails perfectly with the first rule of becoming a senior citizen: never pass a public toilet...



COASTAL ROUTE: The N340/A7 Carretera is the Costas' land link to the main resorts throughout Spain.



FLASHBACK: The Plaza de la Costa del Sol in Torremolinos with Fiat 500s the car of the day in the mid 70's.

The old photographs featured are courtesy of Torremolinos Chic Facebook page. Readers with old

local photographs which they want to share should contact [es-es.facebook.com/torremolinoschic](https://www.facebook.com/torremolinoschic).



and more bronzed than 30 years ago

memory



SKYLINE CHANGE: Carihuela Beach today, with Torremolinos a much-changed but ever-popular resort with tourists from all over Europe.



FLASHBACK: Carihuela Beach in Torremolinos when the resort started becoming popular with tourists, initially mainly from Scandinavia.

ing what *The Economist* in London says is now the world's 10th-highest quality of life.

The British authorities estimate that the real population of Britpats living in Spain is far bigger than official Spanish figures suggest, at anywhere up to a million. And around 800,000 are permanent residents.

Are you as gobsmacked as I was to learn from the BBC that, contrary to popular belief, only 21.5 per cent are in fact over the age of 65?

Never mind the residents, how about the tourists? As the world's second-biggest tourism magnet after France, Spain has seen numbers rocket to a staggering 75 million annually. That's a whole heap of suntan lotion and Ambar Especial Lager, especially on the Costas!

But let's not wear any rose-tinted glasses. The Spanish coast in the 80's was already far from resembling that fabled and quaint little fishing port with a few bobbing boats that was Torremolinos,

when its first hotel opened on the Costa del Sol in 1960 and helped along with other key resorts of the time to unleash today's torrent of tourists.

Even by the time we hit the coast in the days when shoulder pads and big hair dos were in fashion, and when Wham, Donna Summers and Stevie Wonder were in the British pop charts, you had about as much chance of finding a summer car park space in the major resorts as you did of winning El Gordo.

The song of the cement mixer was already pervasive, as Spanish speculators fell over each other to colonise vast tracts of coastline and were steadily forced further and further inland.

As land pressure increased, buying into a complex which 'overlooks the sea' could mean you'd need to drag your bucket and spade several kilometres each way to get there, up hills which would make ideal Land Rover testing ground.

To an outside eye at least, the worst of the excesses are now past though the development continues apace (and amazingly to this once-burned writer at least, the often-maligned timeshare is actually experiencing a resurgence).

Fewer deserted building skeletons bear witness to the at-times greed and hopeless optimism of the 80's.

● Amazing beaches

EU rules have made it marginally less of a paper-chase for expats to live here (but who knows for the Brexpats from 2019!).

Additionally much of the previous corruption has been stemmed as some of the worst offenders - including many mayors and compadres - languish under the state's hospitality.

Polish up the crystal-ball and what might the Costas look like in another 30 years, when the only way this observer might be around is in an urn?

Residents and visitors alike will certainly be fatter, echoing the global obesity trends which are already so flabbily obvious here. It will be (even) hotter thanks to climate change, with Mr Trump's petulant blocking antics a mere speed-bump in history.

Contrary to what you might expect, the currently at times choked summer highways will be quieter and the air will be healthier, once the dawning of the electric car truly has broken.

And keeping fit might mean power-gliding along the growing boardwalk networks along the Costas on walker-drones.

The amazing beaches will still be packed, the beach bars passed from generation to generation will no doubt still be doing a roaring trade, the UK's *Daily Mail* will still insist Germans are buying up 99-year leases on beach deck chairs, and among more sensible Europeans, the Brits will still be burning to a bright-crimson crisp as further proof of constantly living the dream or of a great holiday visit.

Sunny outlook to taxing thoughts

IN a globalising world Spain may cling on to its unique and familiar habits.

But for how long?

One amazing change noted since the 80's is how industrious the otherwise laid-back Spanish appear to have become.

The Spanish actually spend more time working than many of their counterparts in Europe: 1,691 hours each year while the British put in 1,674 and the Germans just 1,371, says the OECD.

These days statistics also show that almost 60 per cent of Spaniards never have a siesta.

Yet some things have stayed stubbornly the same, including Spain's agonised relationship with Gibraltar.

I found it almost comforting that, just as decades ago, one can still whizz along the carretera and see The Rock rising magnificently out of the mist, yet not encounter a single road-sign pointing to it until virtually within sight of its 'OTT-English' teashops and red telephone kiosks.

Nor are many expats (here's looking at you, the Brits) apparently any more fluent in the local language than they were 30 years ago.

One quick survey recently showed that a third rarely or never meet Spanish people, apart from in shops and restaurants, and that 60 per cent speak little or no Spanish.

Indeed, we met one Brit who is



GOOD LIFE: British expats enjoy the Spanish lifestyle... but many still speak only English.

endearingly restricted to ordering petrol in one of the three or four amounts he can actually ask for in Spanish.

Even so he has comfortably lived life in Spain for more than 15 years after a near lifetime working in the Far and Middle East after heading abroad following the still clearly remembered UK miners' strikes and three-day week.

Having at times lived in tax-free states he wistfully points out the only thing nowadays easily obtainable untaxed in Spain - following the 2008 recession and a tightening of council belts - is the sun.

"But hey ho," he jokingly says.

"That's a small price to pay to feel the sun on my back for eight months of every year and to have London less than three hours away."



ABOUT THE AUTHOR
IRISH journalist, author and addictive traveller Terence Kennedy lived briefly on the Spanish coast with his Dutch wife Elise in the early 1980s, after crossing some 76 countries in a

Citroen 2CV for no apparent reason. He has worked variously as a newspaper reporter and columnist, a 'spectacularly inept' railway clerk, a rock and jazz drummer, a radio and television scriptwriter and announcer, and a

magazine editor. Among his books, the eccentric story of their oddball travels was published as 'A Nonsense of Direction' (now out of print but due for re-publication as an e-book). When static, the two now live in SW France.



MABS Party in the Park, September 24

ENJOY the warmth of a September evening in the open air with friends. Don't miss this - it only happens once a year.

Dance the late afternoon/evening away to the top groups and singers around on Sunday, September 24 at Centro Civico, Roda.

Gates open at 2pm for a 2.30pm start and hot food will



Photo credit William Boyd/Facebook

Partygoers at last

be served at approximately 4.30pm (also cheap bar prices).

Tickets cost €12 and include food. Tickets are available now from the MABS Shop, Avenida Ramon Y Cajal, San Javier or the MABS Bookstall at the Arches Bar, Los Alcazares.

Shop opening times Monday to Friday 10.00am until 2.00pm.

Anyone up for tennis?

AT the June meeting of the Almoradi Scrabble Club, members were challenged to come up with words relating to 'tennis.'

Words such as vie, draws, win, togs, line and a couple of tenuous ones including mow, were laid.

However it was Sandra's word 'winner' that scored the highest - winning her a bottle of wine in return.

Karen had the highest score of the afternoon with 405.

The next meeting will be on Tuesday July

25 at Cafe Almoradi (Calle Major 91 - opposite the health centre). Meeting at 3pm to start at 3:30pm.

There will be a raffle in order to raise funds for new boards, as numbers are growing steadily.

If you can rearrange the following letters, you may well be good at playing scrabble, and enjoy being part of the group - RANTHEE

For further information please contact Christine on 694 437 698.



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Travelling outside the EU

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side the European Community to one of the countries listed as requiring a Green Card, you will need to ask your insurance company to issue you a Green Card beforehand.

Road accident

If you're involved in a road traffic accident in a country requiring a Green Card, make sure the police are called to the scene of the accident. You will need a copy of the police report. If you don't understand what you're being told, request an interpreter.

We also advise that you contact your insurance company as soon as possible, whether you want to make a claim or not. Make notes of what happened. Take photographs of the accident, including plates of vehicles involved.

Exchange insurance details as you would in Spain. Take down the names and addresses of any witnesses. Never admit liability or apologise.

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

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Hitman trial



BORIS NEMTSOV: Was gunned down opposite the Kremlin.

■ FIVE hitmen who claimed to have been paid thousands by an unknown source were found guilty of assassinating Russian opposition leader Boris Nemtsov. The Putin critic was shot dead near the Kremlin in front of his model girlfriend in 2015. The killers have ties to Chechen leader Ramzan Kadyrov.

Space rubbish

■ A NOTORIOUS Moscow landfill has been closed after protests from residents. Neighbours called in to President Putin's marathon public phone in to complain publicly. The landfill has existed since 1964 and is so tall it is visible from outer space yet is just 200 metres from family homes.

Cheap flights

■ POBEDA Airlines is officially the world's fastest growing low-cost airline. The Russian airline is flourishing as residents across the country embrace cheap flights as wages stagnate. Last year it grew by 38.7 per cent compared to the global average of 10.8 per cent. It is part of the Aeroflot Group.

Living longer

■ LIFE expectancy has reached record levels in Russia. Babies born last year can expect to live to 71.87 on average, 77 for women and 66.5 for men. Ingushetia residents can expect to live until they hit 80.8. Meanwhile in the distant east Tyva residents would do well to reach 65.

Fake islands

RUSSIA will create four new artificial islands in the Barents Sea amid plans to stake its claim on the Arctic's energy reserves. Prime minister Medvedev has given the order and construction starts soon. Russia is competing with Canada and the US for access to lucrative oil and gas.

Famous figures

JOSEPH STALIN was crowned Russia's most influential historic personality. A poll of thousands of Russians saw Stalin receive 38 per cent of votes. President Putin came joint second with poet Alexander Pushkin. Lenin slid to third, while Peter the Great and astronaut Yuri Gagarin reached the top 20.

Food banks

A NEW poll found that one in 10 Russians struggle to buy food. Almost one in three can't easily afford to replace worn out clothes. The figures soar to almost half when it comes to the over-65 generation. Poverty figures rose sharply from 2015 but have evened out.

OLDER: Russians are living longer than ever before.



Iberdrola invests in energy upgrades

By John Smith

THE Spanish electricity supplier Iberdrola is to invest €2 billion in a programme to modernise distribution and introduce digital electric meters across the country.

This is part of an ongoing project which has already seen the installation of 9.5 million digitised meters and this will now be extended by a further four million.

Part of the cost will be covered by a significant loan recently agreed between the company and the European

€500 million

is the amount that Iberdrola is receiving as a loan from the European Investment Bank to modernise energy delivery.

Investment Bank (EIB) in a bid to meet new legal obligations to upgrade meters and to improve the quality of the service offered.

In addition to the improvement in

service being offered to consumers, it is forecast that the ongoing project will create in excess of 6,000 new jobs with workers either directly involved in installation and upgrading

or in production of the material associated with the work.

As this latest upgrade is rolled out, it will see work taking place in Aragon, Asturias, the Basque Country, Cantabria, Castilla-La Mancha, Castilla y León, Extremadura, Galicia, La Rioja, Madrid, Murcia, Navarra and Valencia.

According to Iberdrola and the EIC, this work will contribute towards a much more reliable delivery of electricity as well as contributing to making its generation and distribution more environmentally sustainable.

New debut on MAB

THE company which owns La Cañada shopping centre in Marbella has been listed on the Alternative Stock Market (MAB) with a valuation of €2 billion. General de Galerías Comerciales (GGC) owns another five centres throughout Spain as well as many smaller properties.

Share price was set at €79 and the company which is now considered to be the most valuable of its type on the MAB has proven to be an attractive investment as it generates significant rental income and owns all of its properties without any bank borrowing.

GGC chooses its own sites, develops them and then controls their lettings so concentrates on projects it knows and understands.

Quote of the Week

The problems in BMN's balance sheet have gone to Bankia, which also has its own load of bad assets," according to Bridget Gandy of Fitch Group, on merger of two Spanish banks.



La Moncloa flickr

MINISTER OF EMPLOYMENT: Fatima Bañez.

Robbing Peter to pay Paul

AN announcement has been made by the Spanish Council of Ministers that it will need to find an additional €9.5 billion to pay July pensions.

Minister of Employment Fatima Bañez explained that in order to pay the bonus July pension the government would have to lend this money to Social Security with €5.986 billion coming from government and €3.514 billion coming from the steadily shrinking 'pension piggy bank' or the reserve fund.

The total required to make

the July pension payments is €17.218 billion so in order to be able to meet government obligations, the loan which is interest free and does not have to be repaid until 2028 is absolutely vital.

There are 9.5 million pensioners who receive their normal pensions in July together with this extra summer bonus which is slightly more generous than the British winter fuel bonus that expatriate pensioners do not receive if resident in Spain.

» BUSINESS EXTRA

Santander service

CUSTOMERS of Banco Santander will be able to make payments from their debit or credit cards using some Samsung Galaxy phones. Samsung Pay is a new option which can be used at establishments that allow contactless card payments.

Dock strikes

THE unions representing dockers and employers have reached an agreement which will mean the end of strikes and protests. The new laws introduced at the behest of the European Union caused major problems but with employers guaranteeing jobs, the situation is resolved.

Prices down

AFTER a period of monthly consumer price rises at 3 per cent, May has shown a marked reduction to just 1.9 per cent. This drop is due to a drop in the cost of oil which is reflected in lower electricity and petrol charges.

New smart Chinese App

THE giant Chinese company Alibaba has signed an agreement with Spain's second largest bank BBVA to introduce a new payment App into Spain.

Chinese tourists will now be able to use the Alipay mobile App through BBVA's Smartpay

service to pay for certain items online.

Shops around Spain are now being encouraged to sign up with BBVA to allow those with Alipay to use the App whilst shopping and thus increasing their attraction to Chinese visitors.

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| COMPANY | PRICE(P) | CHANGE(P) | % CHG. | NET VOL |
|----------------------------------|----------|-----------|--------|------------|
| Anglo American | 1,040.25 | 16.25 | 1.59 | 14,383.16 |
| Associated British Foods | 2,947.50 | 11.50 | 0.39 | 23,243.55 |
| Admiral Group | 2,012.00 | 9.00 | 0.45 | 5,704.19 |
| Ashtead Group | 1,594.50 | 5.50 | 0.35 | 7,932.70 |
| Antofagasta | 810.75 | 11.25 | 1.41 | 7,881.92 |
| Aviva | 530.75 | 4.75 | 0.90 | 21,362.63 |
| AstraZeneca | 5,150.00 | 15.00 | 0.29 | 64,996.11 |
| BAE Systems | 630.25 | -3.25 | -0.51 | 20,170.54 |
| Babcock International Group | 889.75 | 9.25 | 1.05 | 4,451.78 |
| Barclays | 206.60 | 3.85 | 1.90 | 34,532.98 |
| British American Tobacco | 5,229.50 | -4.50 | -0.09 | 97,585.33 |
| Barratt Developments | 568.75 | 5.25 | 0.93 | 5,674.39 |
| British Land Co | 605.75 | 0.25 | 0.04 | 6,235.50 |
| BHP Billiton | 1,188.75 | 12.75 | 1.08 | 24,837.96 |
| Bunzl | 2,292.00 | 4.00 | 0.17 | 7,684.39 |
| BP | 447.65 | 4.85 | 1.10 | 87,163.55 |
| Burberry Group | 1,653.50 | -7.50 | -0.45 | 7,281.50 |
| BT Group | 292.98 | -1.77 | -0.60 | 29,358.76 |
| Coca-Cola HBC | 2,258.50 | 0.50 | 0.02 | 8,200.96 |
| Carnival | 5,070.00 | -10.00 | -0.20 | 10,840.14 |
| Centrica | 203.45 | 3.25 | 1.62 | 10,996.64 |
| Compass Group | 1,615.50 | -4.50 | -0.28 | 26,642.93 |
| Croda International | 3,907.00 | 22.00 | 0.57 | 5,104.61 |
| CRH | 2,746.00 | 12.00 | 0.44 | 22,864.04 |
| ConvaTec Group | 319.40 | 0.20 | 0.06 | 6,229.10 |
| DCC | 6,962.50 | -27.50 | -0.39 | 6,226.18 |
| Diageo | 2,262.75 | -5.75 | -0.25 | 57,108.25 |
| Direct Line Insurance Group | 355.90 | 0.50 | 0.14 | 4,886.75 |
| Experian | 1,573.50 | -1.50 | -0.10 | 14,815.46 |
| easyJet | 1,365.50 | 6.50 | 0.48 | 5,398.06 |
| Fresnillo | 1,474.00 | -12.00 | -0.81 | 10,950.24 |
| G4S | 327.35 | 0.95 | 0.29 | 5,064.40 |
| GKN | 326.50 | 0.50 | 0.15 | 5,598.78 |
| Glencore | 292.95 | 5.75 | 2.00 | 41,341.70 |
| GlaxoSmithKline | 1,633.25 | -2.25 | -0.14 | 80,431.53 |
| Hargreaves Lansdown | 1,302.00 | 0.00 | 0.00 | 6,175.63 |
| Hammerson | 574.75 | 0.25 | 0.04 | 4,557.04 |
| HSBC Holdings | 724.35 | 12.65 | 1.78 | 142,696.79 |
| Int. Consolidated Airlines Group | 617.75 | 7.75 | 1.27 | 12,786.78 |
| Int. Continental Hotels Group | 4,262.00 | -5.00 | -0.12 | 8,106.88 |
| 3i Group | 903.75 | 1.25 | 0.14 | 8,779.71 |
| Imperial Brands | 3,454.50 | 6.00 | 0.17 | 33,061.14 |
| Informa | 669.25 | 0.25 | 0.04 | 5,512.59 |
| Intertek Group | 4,183.00 | -34.00 | -0.81 | 6,805.84 |
| ITV | 182.95 | 1.55 | 0.85 | 7,302.09 |
| Johnson Matthey | 2,889.00 | 18.00 | 0.63 | 5,556.35 |
| Kingfisher | 304.60 | 3.90 | 1.30 | 6,650.49 |
| Land Securities Group | 1,019.50 | 6.50 | 0.64 | 8,010.32 |
| Legal & General Group | 257.70 | -0.60 | -0.23 | 15,382.68 |
| Lloyds Banking Group ORD | 67.21 | 1.06 | 1.60 | 47,469.22 |

| COMPANY | PRICE(P) | CHANGE(P) | % CHG. | NET VOL |
|---------------------------------|----------|-----------|--------|-----------|
| London Stock Exchange G. | 3,654.00 | 8.00 | 0.22 | 12,687.97 |
| Micro Focus International | 2,248.50 | -22.50 | -0.99 | 5,216.06 |
| Mediclinic International | 736.50 | -5.00 | -0.67 | 5,466.66 |
| Merlin Entertainments | 480.90 | 0.40 | 0.08 | 4,880.96 |
| Marks & Spencer Group | 338.30 | 5.00 | 1.50 | 5,415.22 |
| Mondi | 2,023.50 | 9.50 | 0.47 | 9,779.05 |
| Morrison (Wm) Supermarkets | 241.15 | -0.05 | -0.02 | 5,633.64 |
| National Grid | 951.90 | 0.10 | 0.01 | 32,720.95 |
| Next | 3,892.50 | 36.50 | 0.95 | 5,670.50 |
| Old Mutual Group | 192.50 | -0.90 | -0.47 | 9,534.56 |
| Provident Financial | 2,393.00 | -40.00 | -1.64 | 3,606.13 |
| Paddy Power Betfair | 8,187.50 | 7.50 | 0.09 | 6,889.67 |
| Prudential | 1,772.50 | 11.50 | 0.65 | 45,536.39 |
| Persimmon | 2,264.00 | 22.00 | 0.98 | 6,919.36 |
| Pearson | 695.50 | 4.00 | 0.58 | 5,688.19 |
| Reckitt Benckiser Group | 7,740.00 | -44.00 | -0.57 | 54,717.17 |
| Royal Bank of Scotland Group | 250.80 | 3.60 | 1.46 | 29,357.62 |
| Royal Dutch Shell | 2,050.25 | 15.25 | 0.75 | 91,100.75 |
| RELX | 1,651.50 | -8.50 | -0.51 | 17,765.69 |
| Rio Tinto | 3,283.75 | 41.75 | 1.29 | 44,723.20 |
| Royal Mail | 417.40 | -3.80 | -0.90 | 4,212.00 |
| Rolls-Royce Group | 889.25 | -1.75 | -0.20 | 16,395.65 |
| Randgold Resources | 6,712.50 | -92.50 | -1.36 | 6,396.36 |
| RSA Insurance Group | 618.25 | 2.75 | 0.45 | 6,294.08 |
| Rentokil Initial | 272.65 | -0.65 | -0.24 | 5,021.43 |
| Sainsbury (J) | 252.70 | 1.00 | 0.40 | 5,511.38 |
| Schroders | 3,113.00 | 9.00 | 0.29 | 7,015.74 |
| Sage Group (The) | 683.75 | -4.25 | -0.62 | 7,436.45 |
| Segro | 489.90 | 0.70 | 0.14 | 4,884.17 |
| Shire | 4,231.25 | -6.75 | -0.16 | 38,470.06 |
| Smurfit Kappa Group | 2,400.50 | 4.50 | 0.19 | 5,674.20 |
| Sky | 993.25 | -0.75 | -0.08 | 17,087.03 |
| Standard Life | 399.70 | 0.60 | 0.15 | 7,900.03 |
| Smiths Group | 1,608.00 | 11.00 | 0.69 | 6,315.70 |
| Scottish Mortgage Invest. Trust | 400.15 | 0.35 | 0.09 | 5,547.90 |
| Smith & Nephew | 1,324.50 | -0.50 | -0.04 | 11,593.46 |
| SSE | 1,459.50 | 6.50 | 0.45 | 14,659.40 |
| Standard Chartered | 781.40 | 4.20 | 0.54 | 25,577.69 |
| St James's Place | 1,193.00 | 11.00 | 0.93 | 6,247.93 |
| Severn Trent | 2,149.50 | -32.50 | -1.49 | 5,150.78 |
| Tesco | 169.40 | 0.60 | 0.36 | 13,820.87 |
| TUI AG | 1,108.50 | -10.50 | -0.94 | 6,568.96 |
| Taylor Wimpey | 176.15 | -0.05 | -0.03 | 5,765.17 |
| Unilever | 4,169.50 | 14.50 | 0.35 | 53,154.23 |
| United Utilities Group | 854.25 | -13.25 | -1.53 | 5,915.38 |
| Vodafone Group | 217.78 | 0.03 | 0.01 | 57,973.61 |
| Wolseley | 4,741.50 | 28.50 | 0.60 | 11,927.59 |
| Worldpay Group | 320.30 | 5.50 | 1.75 | 6,296.00 |
| WPP Group | 1,614.00 | -12.23 | -0.75 | 20,553.75 |
| Whitbread | 3,977.00 | 10.00 | 0.25 | 7,275.26 |

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| Norway kroner | 9.51113 |

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CLOSING PRICES JULY 3

| COMPANY | PRICE | CHANGE | %CHANGE | VOLUME |
|--------------------|--------|--------|---------|----------|
| 3M | 208.19 | 0.16% | 0.34 | 124.405M |
| AMERICAN EXPRESS | 84.24 | 0.73% | 0.61 | 75.336M |
| APPLE | 144.02 | 0.24% | 0.34 | 751.419M |
| BOEING CO | 197.75 | 0.15% | 0.29 | 119.425M |
| CATERPILLAR | 107.46 | 1.72% | 1.82 | 63.334M |
| CHEVRON | 104.33 | 0.20% | 0.21 | 197.811M |
| CISCO SYSTEMS | 31.3 | -0.35% | -0.11 | 156.502M |
| COCA-COLA | 44.85 | 0.04% | 0.02 | 191.710M |
| DU PONT(EI) DE NMR | 80.71 | 0.31% | 0.25 | 70.052M |
| EXXON MOBIL | 80.73 | 0.04% | 0.03 | 342.032M |
| GENERAL ELECTRIC | 27.01 | -0.04% | -0.01 | 234.858M |
| GOLDMAN SACHS | 221.9 | -1.12% | -2.51 | 87.402M |
| HOME DEPOT | 153.4 | 0.81% | 1.24 | 183.446M |
| IBM | 153.83 | -0.19% | -0.3 | 144.598M |
| INTEL CORP | 33.74 | 0.60% | 0.2 | 158.882M |
| J.P.MORGAN CHASE | 91.4 | 0.27% | 0.25 | 324.975M |
| JOHNSON & JOHNSON | 132.29 | -0.26% | -0.35 | 356.475M |
| MC DONALD'S CORP | 153.16 | 0.02% | 0.03 | 124.877M |
| MERCK AND CO. NEW | 64.09 | -0.39% | -0.25 | 175.379M |
| MICROSOFT | 68.93 | 0.64% | 0.44 | 532.252M |
| NIKE | 59 | 10.96% | 5.83 | 77.970M |
| PFIZER | 33.59 | -0.12% | -0.04 | 200.520M |
| PROCTER AND GAMBLE | 87.15 | 0.18% | 0.16 | 222.947M |
| TRAVELERS CIES | 126.53 | 0.11% | 0.14 | 35.363M |
| UNITED TECHNOLOGIE | 122.11 | 0.38% | 0.46 | 97.854M |
| UNITEDHEALTH GROUP | 185.42 | 0.08% | 0.15 | 178.701M |
| VERIZON COMMS | 44.66 | 0.56% | 0.25 | 182.225M |
| VISA | 93.78 | -0.68% | -0.64 | 173.160M |
| WAL-MART STORES | 75.68 | -0.33% | -0.25 | 228.167M |
| WALT DISNEY CO | 106.25 | 0.51% | 0.54 | 166.362M |

NASDAQ

CLOSING PRICES JULY 3

| COMPANY | PRICE | CHANGE NET / % |
|-------------------------------------|----------|----------------|
| Most Advanced | | |
| West Marine, Inc. | \$ 12.85 | 3.20 ▲ 33.16% |
| ObsEva SA | \$ 8.55 | 1.05 ▲ 14.00% |
| Dova Pharmaceuticals, Inc. | \$ 22.29 | 2.48 ▲ 12.52% |
| Proteostasis Therapeutics, Inc. | \$ 4.68 | 0.47 ▲ 11.16% |
| Xcel Brands, Inc. | \$ 3.05 | 0.30 ▲ 10.91% |
| Web.com Group, Inc. | \$ 25.30 | 2.30 ▲ 10% |
| A. Schulman, Inc. | \$ 32 | 2.65 ▲ 9.03% |
| The Hain Celestial Group, Inc. | \$ 38.82 | 3.06 ▲ 8.56% |
| Collegium Pharmaceutical, Inc. | \$ 12.51 | 0.90 ▲ 7.75% |
| CPI Card Group Inc. | \$ 2.85 | 0.20 ▲ 7.55% |
| Altimmune, Inc. | \$ 3.20 | 0.22 ▲ 7.38% |
| Most Declined | | |
| Cara Therapeutics, Inc. | \$ 15.39 | 10.12 ▼ 39.67% |
| Destination Maternity Corporation | \$ 3.23 | 1.45 ▼ 30.98% |
| Microvision, Inc. | \$ 2.12 | 0.19 ▼ 8.23% |
| VOXX International Corporation | \$ 8.20 | 0.70 ▼ 7.87% |
| Tetraphase Pharmaceuticals, Inc. | \$ 7.13 | 0.58 ▼ 7.52% |
| American Outdoor Brands Corporation | \$ 22.16 | 1.78 ▼ 7.44% |
| Conatus Pharmaceuticals Inc. | \$ 5.76 | 0.44 ▼ 7.10% |
| aTyr Pharma, Inc. | \$ 3.40 | 0.25 ▼ 6.85% |
| MediWound Ltd. | \$ 6.80 | 0.4999 ▼ 6.85% |
| Real Industry, Inc. | \$ 2.90 | 0.20 ▼ 6.45% |
| EXFO Inc | \$ 4.70 | 0.30 ▼ 6% |

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Sterling Fixed Income B

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£0.9459 -£0.0053

Price Movement

Accumulating Funds

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

DEALING PRICE

£0.9831 -£0.0001
€0.9601 -€0.0002
£1.1485 -£0.0079
€1.0745 -€0.0076
£1.2950 -£0.0107
€1.2003 -€0.0101
£1.4311 -£0.0154
€1.3339 -€0.0146

Price Movement

Remaining Elite Fund prices available on request

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*Fees and exchange rate data for banks taken from the International Money Transfer Index™ (IMTI™).

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Pound stumbles on GE2017 result

Ask the expert

Peter Loveday



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Contact me at euoweekly@currenciesdirect.com

ONCE again the currency market has been rocked by UK political uncertainty, with the general election triggering notable shifts in the pound.

In the two weeks surrounding the result of GE2017, the GBP/EUR exchange rate shifted by more than €0.026. The euro's gains against the pound may have been more substantial if not for the European Central Bank's (ECB) latest interest rate decision.

What's been happening?

The year 2017 is certainly shaping up to be as full of twists and turns as 2016.

While election campaigning was suspended in the wake of horrific terror incidents in Manchester and London, the election was held on June 8 as planned. However, the outcome certainly wasn't what Theresa May had planned when she called for the election in April.

Initially the Conservatives were expected to walk the election, increasing their majority and



OUTCOME: Interesting to see what happens to the pound over the next few weeks.

strengthening Prime Minister Theresa May's hand in Brexit negotiations in the process.

But the tide of public opinion turned, and in the end May failed to secure the 326 seats needed to form a majority government.

The result wasn't the continuation of the status quo some investors were hoping for and the pound fell by around 2 per cent as a result.

Although the GBP losses were nowhere near as dramatic as the ones recorded in the wake of Brexit, the UK's even more uncertain outlook

did leave Sterling struggling despite Theresa May's swift decision to form a coalition with the Democratic Unionist Party (DUP).

The euro did come under some pressure of its own however as the European Central Bank (ECB) cut inflation forecasts. The reduction in expectations for inflation reduced the odds of the ECB opting to reduce quantitative easing or increase interest rates in the near future, limiting the euro's gains.

What do you need to look out for?

It will be interesting to see what happens to the pound as the dust settles over the next few weeks.

Although it was boosted by the fact that a higher-than-expected number of Bank of England policymakers had voted in favour of raising interest rates, it was also unsettled as the decision to Brexit negotiations are just beginning, and Theresa May had asserted her commitment to continuing with the discussions as part of a minority government.

If it appears that May has lost some of her sway in Brussels as a result of the election outcome, fears that the UK will emerge from Brexit with a bad deal could put the pound under further pressure.

However, some suggest that Theresa May has indeed altered her approach and intends to target a 'Soft Brexit,' which could help GBP climb sharply.

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WARNER BROS -v- WANDA GROUP Potential *Clash of the Titans*

A MAJOR disagreement has broken out between movie giant Warner Bros and Spanish cinema chain Cinesa over the inclusion of a trailer with Wonder Woman.

The Chinese-owned Cinesa is furious that the Digital Cinema Package file that was supplied to its 45 theatres included a trailer for King Arthur: The Legend of the Sword which is the latest 'blockbuster' from director Guy Ritchie, due for August release in Spain and forecast to lose €130 million.

Warner's have taken this action to embed the trailer with the hugely successful Wonder Woman film to try to promote King Arthur and has refused to remove the trailer from the copies supplied to Cinesa.

In retaliation, Cinesa has either covered the screen with an apology for a technical problem or let the trailer run without sound or in some cases vision which spurred Warner Bros Spain to issue a tweet giving details of competitor cinemas which screen the trailer in full.

Cinesa which is owned by Chinese entertainment company, Wanda has deplored the decision to embed the trailer



GAL GADOT is Wonder Woman.



and to tweet the detail of competing cinemas but has also gone on to publicly blame Warner Bros for making it impossible for Spanish audiences to benefit from special offers.

The reason for this, according to Cinesa is the fact that rather than take a percentage of the ticket sales for its movies it instead charges a fixed fee for the screening of films, meaning that unless any cinema is prepared to reduce profits, then no special offers can be made.

Whilst looking at this dispute from a purely national perspective, with just 45

Cinesa cinemas in Spain, Warner Bros is hardly likely to be particularly worried.

However in China, Wanda owns 497 cinemas and 3,947 screens, 661 cinemas and 8,200 screens in the USA and 244 cinemas with 2,200 screens across Europe and this could become a major battle between two giant organisations, especially as the Chinese corporation is also a major producer of films.

Time will tell whether this spat becomes a major war or simply disappears with both sides claiming the moral high ground.

Germany calling Catalan unemployed

AS the economy in Germany continues to boom, there is a skills shortage which has led companies to recruit workers from Catalonia.

The state of Baden-Württemberg is acutely aware of the lack of young skilled technicians and engineers and has entered into an agreement with the Catalanian government to train youngsters and then offer them jobs.

This is quite a challenge for technicians as they need to be able to speak good German, but the Goethe Institute in Barcelona has been assisting with intensive language courses and provided that applicants accept that the weather in Germany can be less clement than that of Spain, this could be a way forward for the well-educated yet unemployed.

Salaries and living standards are good and it is only a 12-hour drive or two-hour flight from Stuttgart to Barcelona.



Photo by © European Union

DONALD TUSK, Justin Trudeau (Canada) and Jean-Claude Juncker discuss CETA.

PSOE abstain on CETA vote

AFTER initially indicating that it would vote in favour of the EU-Canada Trade Treaty (CETA), the PSOE Party decided to abstain.

This decision upset the minority ruling PP government as Prime Minister Mariano Rajoy accused the main opposition of potentially making Spain a laughing stock amongst its colleague states in the European Union.

In the event, when the vote was held in the lower house of the Spanish Parliament, it went through with 179 votes in favour

and 79 against, so the abstention of the 81 PSOE MPs effectively made no difference.

The upper house is dominated by PP senators, so its vote is a foregone conclusion.

The European Union voted to enter into this agreement which would make trade between the EU and Canada easier and with less restrictions, but each member state must approve the agreement and then a vote in the European Parliament must ratify the decision before the agreement can enter into law.

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Young people earn less than those they replace

THERE have been winners and losers in the growth of employment in Spain with workers under 40 seeing a real drop in the value of wages.

It would appear that there is a significant difference between the amounts paid to the young and those over 60 according to a report from the National Statistics Institute (INE) which suggests that age and length of service play a huge role in salaries.

Although these figures are historical, the information is illuminating as they show that as new workers are recruited to replace those who retire, they will invariably

earn less than those they are taking over from.

Average salaries for those under 24 are estimated to be €11,288 which is a massive 5.1 per cent drop on the previous year and in fact all average salaries have been reduced for those up to the age of 50 and it isn't until they break 60 that the average wage increases by 2.6 per cent.

According to the INE report, those who are older and have greater experience are in the main valued by employers whilst younger people are prepared to take lower wages initially in order to obtain work and to start their careers.

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Either shape up or ship out

**LEAPY LEE SAYS IT
OTHERS THINK IT**



I DUNNO, perhaps it is me. Of course I sympathise with the victims of the Grenfell horror. Of course I find the initial results of the nationwide fire hazard investigations extremely worrying. What I can't get my head round is all those who are now coming out of the woodwork and using this tragedy to whinge about the conditions they all 'have' to live in. Among others, those who reside on the notorious Broadwater Estate are a case in point.

'Why should we have to put up with these awful slum conditions?' they whine. Why doesn't the government (natch!) do something about it? Well just a minute. Ill-advised as high rise accommodation may have been, they were initially built in good faith. The rules governing public buildings were, and are, far more stringent than private projects. None of them began their existence as slum dwellings.



BROADWATER ESTATE: None of the buildings began their existence as slum dwellings.

None of them started out covered in graffiti, with lift shafts stinking of urine, or knee high in rubbish used condoms and drug paraphernalia. Flats originally built to accommodate families of four to six persons were never meant to cope with benefit scroungers boasting 10 or 15 off-springs, or jam-packed with scores of 'sub-lets.'

All these conditions are brought on by those who move into them. Human beings create the environments they reside in. It's time many of these residents started to get their own houses in order, rather than blaming all and sundry for their woes. Stop thinking about their so-called 'rights' and start concentrating more on their own wrongs would be a start.

All over the UK there are scores of high rise estates, which are proudly and properly run by local councils and caring tenants. With their carefully tended gardens, playgrounds for the children and hardworking responsible residents, they are wonderful examples of how decent human beings, however diverse their cultures and backgrounds, can live in perfect-

ly harmonious and orderly surroundings. I suggest those who feel all the blame for their 'misfortunes' lay outside their own walls, either shape up or ship out.

They are a drain on resources, a threat to democracy and utterly useless contributors toward any future of the country that nurtures them.

I do feel sorry for the Yemenis. I always found them an extremely happy and caring people. I shall never forget their kindness when I found myself hopelessly stranded in the desert. Believe me, if I'd also known the steel runway reinforcing I helped deliver to that secret Saudi air base, would one day be used to launch death and destruction among them, I would have 'accidentally' allowed my truck to topple off that extremely precarious mountain pass! (It's in the book!) Let's hope peace and tranquility will once again prevail for these likeable people in the not too distant future.

Keep the faith

Love Leapy

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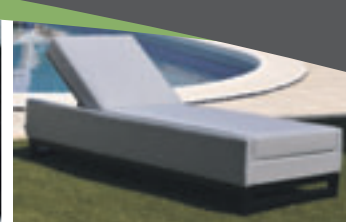
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| San Miguel de Salinas | 965 720 787 |



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ELECTRICITY

| | |
|-----------------------------|-------------|
| Iberdrola 24 hrs in English | 900 322 044 |
|-----------------------------|-------------|



GAS

| | |
|------------------------------|-------------------------------|
| Repsol (Red Bottles) | 901 121 212 or 901 100 100 |
| Cespa (Silver Bottles) Leaks | 902 100 224 |
| Cespa Information | 902 416 416 |



WATER

| | |
|----------|-------------------------------|
| Hidraqua | 900 101 270 or 902 250 270 |
|----------|-------------------------------|

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965 216 022



UK PASSPORT

Emergency UK passports www.gov.uk/emergency-travel-document
UK passport information www.gov.uk/browse/abroad/passports



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| | |
|------------------------------|-------------|
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| American Express | 900 814 500 |
| Diners Club | 900 801 331 |
| Red 6000 | 915 965 335 |
| Servired (Visa / Mastercard) | 902 192 100 |
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TOWN HALLS

| | |
|---------------------------------|-------------|
| Orihuela Costa (Playa Flamenca) | 966 760 000 |
| Torre Vieja | 965 710 250 |
| San Pedro Del Pinatar | 968 180 600 |
| San Javier | 968 573 700 |
| Rojales | 966 715 001 |
| San Fulgencio | 966 794 201 |
| Quesada | 965 725 722 |



AIRPORT

| | |
|--------------------|-------------|
| Alicante | 966 919 000 |
| | 966 919 400 |
| Murcia, San Javier | 968 172 000 |
| | 968 570 070 |



TOURIST OFFICES

| | |
|---------------------------|---------------|
| La Marina | 965 501 314 |
| Torre Vieja | 965 703 433 |
| Orihuela (Playa Flamenca) | 966 761 250 |
| | ext 31 and 32 |



SUPPORT GROUPS

| | |
|--------------------------|-------------|
| Costa Blanca Samaritans | 900 525 100 |
| Drug helpline | 900 161 515 |
| Domestic Violence | 900 100 009 |
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BBC one

| | |
|---------|---|
| 7:00am | Breakfast |
| 10:15am | Crimewatch |
| 11:00am | Homes Under the Hammer |
| 12:00pm | Kitchen Garden Live with the Hairy Bikers |
| 12:45pm | Caught Red Handed |
| 1:15pm | Bargain Hunt |
| 2:00pm | BBC News at One |
| 2:30pm | BBC London News |
| 2:45pm | Wimbledon 2017 <i>Continued live coverage from the fourth day of the 2017 Wimbledon Championships.</i> |
| 7:00pm | BBC News at Six |
| 7:30pm | BBC London News <i>The latest news, sport and weather from London.</i> |
| 8:00pm | The One Show |
| 8:30pm | EastEnders |
| 9:00pm | The Sheriffs are Coming |
| 10:00pm | Who Do You Think You Are? |
| 11:00pm | BBC News at Ten |
| 11:30pm | BBC London News |
| 11:45pm | Question Time |
| 12:45am | This Week |
| 1:30am | Weather for the Week Ahead |

BBC TWO

| | |
|---------|---|
| 7:15am | The TV That Made Me |
| 7:45am | Flog it! Trade Secrets |
| 8:15am | Bargain Hunt |
| 9:00am | Bake Off Crème de la Crème |
| 10:00am | Victoria Derbyshire |
| 12:00pm | The Daily Politics <i>Andrew Neil with the latest political news, interviews and debate.</i> |
| 12:30pm | Wimbledon 2017 |
| 9:30pm | Today at Wimbledon <i>Clare Balding is your host for highlights of the fourth day's play at Wimbledon.</i> |
| 10:30pm | The Hampton Court Palace Flower Show |
| 11:00pm | Mock the Week |
| 11:30pm | Newsnight <i>In-depth investigation and analysis of the stories behind the day's headlines.</i> |
| 12:15am | George Best: All by Himself |
| 1:45am | Paul Hollywood's Big Continental Road Trip |
| 2:45am | Wild Ireland |

BBC FOUR

| | |
|---------|---|
| 8:00pm | 100 Days+ |
| 8:30pm | Top of the Pops |
| 9:00pm | Castles: Britain's Fortified History <i>Series in which historian Sam Willis traces the story of Britain's castles and their unique role in our history, art and literature.</i> |
| 10:00pm | Horizon <i>Horizon investigates claims of signals from extraterrestrials.</i> |
| 11:00pm | Aliens: The Big Think <i>Professor Martin Rees, the astronomer royal, takes up the search for extra-terrestrials.</i> |
| 12:00am | Guts: The Strange and Mysterious World of the Human Stomach |
| 1:00am | Top of the Pops |
| 1:35am | What Ever Happened to Rock 'N' Roll? |
| 2:35am | Castles: Britain's Fortified History |
| 3:35am | Horizon |

CHANNEL 4

| | |
|---------|---------------------------------|
| 7:00am | Countdown |
| 7:45am | Will and Grace |
| 8:10am | Will and Grace |
| 8:35am | Everybody Loves Raymond |
| 9:00am | Everybody Loves Raymond |
| 9:35am | Frasier |
| 10:05am | Frasier |
| 10:35am | Frasier |
| 11:05am | Undercover Boss USA |
| 12:00pm | A Place in the Sun: Winter Sun |
| 1:00pm | Channel 4 News |
| 1:05pm | Couples Come Dine with Me |
| 2:05pm | Posh Pawnbrokers |
| 3:10pm | Countdown |
| 4:00pm | A Place in the Sun: Winter Sun |
| 5:00pm | Best of Both Worlds |
| 6:00pm | Four in a Bed |
| 6:30pm | Come Dine with Me |
| 7:00pm | The Simpsons |
| 7:30pm | Hollyoaks |
| 8:00pm | Channel 4 News |
| 9:00pm | The Supertet |
| 10:00pm | 8 Out of 10 Cats Does Countdown |
| 11:00pm | Naked Attraction |
| 12:05am | Natural World |
| 1:10am | First Dates |

CHANNEL 5

| | |
|---------|--------------------------------------|
| 8:00am | Fireman Sam |
| 8:10am | Thomas and Friends |
| 8:25am | Shimmer and Shine |
| 8:40am | Noddy: Toyland Detective |
| 8:55am | Paw Patrol |
| 9:10am | Ben and Holly's Little Kingdom |
| 9:25am | Digby Dragon |
| 9:40am | Peppa Pig |
| 9:50am | Wissper |
| 10:00am | Wanda and the Alien |
| 10:15am | The Wright Stuff |
| 12:15pm | House Doctor |
| 1:10pm | 5 News Lunchtime |
| 1:15pm | Big Brother |
| 2:15pm | Home and Away |
| 2:45pm | Neighbours |
| 3:15pm | NCIS: Los Angeles |
| 4:15pm | First-Class Fear |
| 6:00pm | 5 News at 5 |
| 6:30pm | Neighbours |
| 7:00pm | Home and Away |
| 7:30pm | 5 News Tonight |
| 8:00pm | Cricket on 5: England v South Africa |
| 9:00pm | Generation Poverty Gap: On Benefits |
| 10:00pm | Circus Kids |
| 11:00pm | Big Brother |
| 12:00am | Big Brother's Bit on the Side |

4

| | |
|---------|-----------------------|
| 9:30am | Brooklyn Nine-Nine |
| 10:00am | Melissa and Joey |
| 10:30am | Melissa and Joey |
| 11:00am | Baby Daddy |
| 11:30am | Baby Daddy |
| 12:00pm | How I Met Your Mother |
| 12:30pm | How I Met Your Mother |
| 1:00pm | New Girl |
| 1:30pm | New Girl |
| 2:00pm | Brooklyn Nine-Nine |
| 2:30pm | Brooklyn Nine-Nine |
| 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 | New Girl |
| 5:30pm | New Girl |
| 6:00pm | 2 Broke Girls |
| 6:30pm | 2 Broke Girls |
| 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 | Kevin Can Wait |
| 10:00pm | New Girl |
| 10:30pm | New Girl |
| 11:00pm | First Dates USA |
| 12:00am | The Big Bang Theory |

sky SPORTS 1

| | |
|---------|--|
| 9:00am | Premier League Legends |
| 10:00am | Barclays Premier League World |
| 10:30am | Premier League 100 Club |
| 11:00am | The Premier League Years |
| 1:00pm | Football's Greatest |
| 2:00pm | Great Sporting Moments |
| 2:30pm | Great Sporting Moments |
| 3:00pm | Premier League Legends |
| 4:00pm | 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 100 Club |
| 7:00pm | Premier League Legends |
| 7:30pm | Football's Greatest Teams |
| 8:00pm | Live Super League Wakefield Trinity v Castleford Tigers. |
| 11:00pm | Boxing Gold |
| 11:30pm | Boxing Gold |
| 12:00am | 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 <i>Alastair Stewart presents the latest headlines from around the world.</i> |
| 2:55pm | ITV News London |
| 3:00pm | Judge Rinder |
| 4:00pm | David Dickinson's Name Your Price |
| 5:00pm | Tipping Point |
| 6:00pm | The Chase |
| 7:00pm | ITV News London |
| 7:30pm | ITV Evening News |
| 8:00pm | Emmerdale |
| 8:30pm | The True Cost of Parking |
| 9:00pm | Emmerdale |
| 9:30pm | Coronation Street |
| 10:00pm | Killer Women with Piers Morgan |
| 11:00pm | ITV News at Ten and Weather |
| 11:30pm | ITV News London |
| 11:40pm | Fearless |
| 12:45am | Devon and Cornwall Cops |

itv2

| | |
|---------|--|
| 7:00am | The Hot Desk |
| 7:10am | You've Been Framed! Gold |
| 7:35am | Vanderpump Rules |
| 8:20am | The Ellen DeGeneres Show |
| 9:00am | Emmerdale |
| 9:30am | Coronation Street |
| 10:00am | You've Been Framed! Gold |
| 10:35am | Scorpion |
| 11:25am | Below Deck |
| 12:25pm | Vanderpump Rules |
| 1:20pm | Emmerdale |
| 1:55pm | Coronation Street |
| 2:30pm | You've Been Framed! Gold |
| 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! Gold |
| 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 | Love Island |
| 11:00pm | Celebrity |
| 11:50pm | Family Guy |
| 12:20am | Family Guy |

itv3

| | |
|---------|--|
| 7:00am | Man About the House |
| 7:25am | Heartbeat |
| 8:30am | Where the Heart is |
| 9:30am | Wild at Heart |
| 10:40am | Judge Judy |
| 11:05am | Judge Judy |
| 11:35am | Judge Judy |
| 12:00pm | Road to Avonlea <i>Drama about a young girl sent to live with her eccentric family on King Edward Island.</i> |
| 1:05pm | Love Your Garden |
| 2:10pm | Heartbeat |
| 3:10pm | The Royal |
| 4:15pm | Wild at Heart <i>Drama series set on an African nature reserve.</i> |
| 5:20pm | Man About the House |
| 5:55pm | Rising Damp |
| 6:25pm | George and Mildred |
| 7:00pm | Heartbeat |
| 8:00pm | Murder, She Wrote |
| 9:00pm | Endeavour |
| 11:00pm | Law and Order: UK |
| 12:00am | Wire in the Blood |
| 1:55am | Wycliffe |
| 2:50am | George and Mildred |
| 3:15am | ITV3 Nightscreen |

itv4

| | |
|---------|---|
| 7:00am | The Professionals |
| 7:50am | Pawn Stars |
| 8:20am | Pawn Stars |
| 8:40am | Pawn Stars |
| 9:00am | Storage Wars New York |
| 9:30am | Storage Wars New York |
| 10:00am | Counting Cars |
| 10:30am | Counting Cars |
| 11:00am | Tour de France Highlights |
| 12:00pm | Tour de France Live <i>Coverage of stage 6, from Vesoul to Troyes. The sprinters are back in action on this 216 km flat stage.</i> |
| 6:00pm | The Professionals |
| 7:00pm | Storage Wars New York |
| 7:30pm | Storage Wars New York |
| 8:00pm | Tour de France Highlights |
| 9:00pm | Goodwood Festival of Speed Highlights |
| 10:00pm | World Series of Darts |
| 2:00am | Tour de France Highlights |
| 3:00am | Goodwood Festival of Speed Highlights |

sky CINEMA ACTION & ADVENTURE

| | |
|---------|-----------------------------|
| 10:20am | The Mummy |
| 12:35pm | Jack Reacher: Never Go Back |
| 2:45pm | The Bourne Ultimatum |
| 4:45pm | Behind Enemy Lines X2 |
| 6:40pm | Jack Reacher: Never Go Back |
| 11:00pm | The Bourne Ultimatum |
| 1:00am | American Ultra |

sky CINEMA COMEDY

| | |
|---------|----------------------------------|
| 6:30am | The Trail of the Pink Panther |
| 8:15am | Spud 2: The Madness Continues |
| 10:00am | Billy Madison |
| 11:45am | 1941 |
| 1:45pm | When Harry Met Sally |
| 3:30pm | Daddy's Home |
| 5:15pm | The Tiger Hunter |
| 7:00pm | Back to the Future |
| 9:00pm | Dodgeball: A True Underdog Story |
| 10:45pm | Daddy's Home |
| 12:30am | Stakeout |
| 2:30am | Brüno |
| 4:00am | Top Secret |

sky CINEMA PREMIERE

| | |
|---------|---|
| 7:00am | The Call Up |
| 8:35am | Miles |
| 10:10am | Breakdown |
| 12:05pm | Morgan |
| 1:45pm | Purge, the: Election Year |
| 3:40pm | Mr. Right <i>Romantic action comedy about a neurotic young woman who falls head over heels for a hitman with a heart.</i> |
| 5:20pm | Breakdown <i>A hitman haunted by his violent past must protect his wife and teenage daughter from his ruthless employers.</i> |
| 7:20pm | Miles |
| 9:00pm | Morgan <i>Kate Mara stars as a corporate troubleshooter sent to a top-secret facility to investigate a new synthetic lifeform.</i> |
| 10:45pm | Purge, the: Election Year |
| 12:40am | Mr. Right |

sky SPORTS 2

| | |
|---------|---|
| 7:00am | Cricket's Greatest |
| 7:30am | Cricket's Greatest |
| 8:00am | ICC Women's World Cup 2017 Highlights |
| 9:00am | Cricket Classics |
| 10:00am | ICC Women's World Cup 2017 Highlights |
| 11:00am | Cricket <i>England's Test series against South Africa begins with the opening day at Lord's.</i> |
| 7:30pm | Cricket |
| 8:00pm | World Rugby |
| 8:30pm | ATP Tour Uncovered |
| 9:00pm | Cricket |
| 10:00pm | Cricket |
| 10:30pm | World Rugby |
| 11:00pm | Taekwondo |
| 11:30pm | ATP Tour Uncovered <i>All the latest from the tennis circuit, including the main headlines from the ATP 250, 500 and Masters 1000 tournaments.</i> |
| 12:00am | Cricket |
| 1:00am | Cricket |
| 1:30am | Cricket's Greatest |
| 2:00am | Cricket Gold |
| 2:10am | Cricket Gold |

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BBC one

| | |
|---------|---|
| 7:00am | Breakfast |
| 10:15am | Crimewatch |
| 11:00am | Homes Under the Hammer |
| 12:00pm | Kitchen Garden Live with the Hairy Bikers |
| 12:45pm | Caught Red Handed |
| 1:15pm | Bargain Hunt |
| 2:00pm | BBC News at One |
| 2:30pm | BBC London News |
| 2:45pm | Wimbledon 2017 |
| 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 | Count Arthur Strong |
| 10:00pm | Peter Kay's Comedy Shuffle |
| 10:30pm | Mrs. Brown's Boys |
| 11:00pm | BBC News at Ten |
| 11:25pm | BBC London News |
| 11:35pm | Not Going Out |
| 12:05am | Begin Again <i>US drama.</i> |
| 1:50am | Weather for the Week Ahead <i>Detailed weather forecast.</i> |
| 1:55am | BBC News |

BBC TWO

| | |
|---------|--|
| 7:15am | The TV That Made Me |
| 7:45am | Flog it! Trade Secrets |
| 8:15am | Bargain Hunt |
| 9:00am | Gardeners' World |
| 10:00am | Victoria Derbyshire |
| 12:00pm | The Daily Politics |
| 12:30pm | Wimbledon 2017 |
| 9:30pm | Today at Wimbledon <i>Clare Balding is your host for highlights of the fifth day's play at Wimbledon.</i> |
| 10:30pm | The Hampton Court Palace Flower Show |
| 11:30pm | Newsnight <i>In-depth investigation and analysis of the stories behind the day's headlines.</i> |
| 12:05am | Top of the Lake <i>Powerful and haunting mystery drama series.</i> |
| 1:05am | Top of the Lake <i>Mystery drama series.</i> |
| 2:00am | Panorama |
| 2:40am | Doctor Who |
| 3:40am | This is BBC Two |

BBC FOUR

| | |
|---------|--|
| 8:00pm | World News Today |
| 8:30pm | Top of the Pops |
| 9:00pm | Becoming a Lied Singer |
| 10:00pm | Rock n Roll Guns for Hire: The Story of the Sideman |
| 11:30pm | Girls in Bands at the BBC |
| 12:30am | The Genius of David Bowie |
| 1:30am | Top of the Pops <i>John Peel and David Jensen present the pop chart programme, first broadcast on 1 March 1984.</i> |
| 2:05am | Rock n Roll Guns for Hire: The Story of the Sideman |
| 3:35am | Sounds of the Eighties |
| 4:00am | Girls in Bands at the BBC |
| 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 | Will and Grace |
| 8:10am | Will and Grace |
| 8:35am | Everybody Loves Raymond |
| 9:00am | Everybody Loves Raymond |
| 9:35am | Frasier |
| 10:05am | Frasier |
| 10:35am | Frasier |
| 11:05am | Undercover Boss USA |
| 12:00pm | A Place in the Sun: Winter Sun |
| 1:00pm | Channel 4 News |
| 1:05pm | Couples Come Dine with Me |
| 2:05pm | Posh Pawnbrokers |
| 3:10pm | Countdown |
| 4:00pm | A Place in the Sun: Winter Sun |
| 5:00pm | Best of Both Worlds |
| 6:00pm | Four in a Bed |
| 6:30pm | Come Dine with Me |
| 7:00pm | The Simpsons |
| 7:30pm | Hollyoaks |
| 8:00pm | Channel 4 News |
| 9:00pm | Gogglesprogs |
| 10:00pm | The Crystal Maze |
| 11:00pm | The Last Leg |
| 12:05am | Naked Attraction |

CHANNEL 5

| | |
|---------|---|
| 8:55am | Paw Patrol |
| 9:10am | Ben and Holly's Little Kingdom |
| 9:25am | Digby Dragon |
| 9:40am | Peppa Pig |
| 9:50am | Wissper |
| 10:00am | Wanda and the Alien |
| 10:15am | The Wright Stuff |
| 12:15pm | House Doctor |
| 1:10pm | 5 News Lunchtime <i>National and international news.</i> |
| 1:15pm | Big Brother |
| 2:15pm | Home and Away |
| 2:45pm | Neighbours |
| 3:15pm | NCIS |
| 4:15pm | Salem Falls |
| 6:00pm | 5 News at 5 |
| 6:30pm | Neighbours |
| 7:00pm | Home and Away |
| 7:30pm | 5 News Tonight |
| 8:00pm | Cricket on 5: England v South Africa |
| 9:00pm | Blind Date |
| 10:00pm | Best of Bad TV: Live and Dangerous |
| 11:00pm | Big Brother: Live Eviction |
| 12:30am | Big Brother's Bit on the Side |

4

| | |
|---------|-------------------------------|
| 9:00am | Brooklyn Nine-Nine |
| 9:30am | Brooklyn Nine-Nine |
| 10:00am | Melissa and Joey |
| 10:30am | Melissa and Joey |
| 11:00am | Baby Daddy |
| 11:30am | Baby Daddy |
| 12:00pm | How I Met Your Mother |
| 12:30pm | How I Met Your Mother |
| 1:00pm | New Girl |
| 1:30pm | New Girl |
| 2:00pm | Brooklyn Nine-Nine |
| 2:30pm | Brooklyn Nine-Nine |
| 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 | New Girl |
| 5:30pm | New Girl |
| 6:00pm | 2 Broke Girls |
| 6:30pm | 2 Broke Girls |
| 7:00pm | The Big Bang Theory |
| 7:30pm | The Big Bang Theory |
| 8:00pm | Hollyoaks |
| 8:30pm | The Goldbergs |
| 9:00pm | Thor |
| 11:15pm | Britain's Favourite Superhero |

sky SPORTS 1

| | |
|---------|--|
| 7:30am | Football Gold |
| 8:00am | WWE Main Event |
| 9:00am | Premier League Legends |
| 10:00am | Premier League 100 Club |
| 11:00am | Football Gold |
| 11:30am | Rugby Union Gold |
| 11:40am | Rugby Union |
| 1:45pm | Rugby Union Gold |
| 1:50pm | Rugby Union |
| 3:55pm | Rugby Union Gold |
| 4:00pm | Spanish Football Gold |
| 4:30pm | Football Gold |
| 5:00pm | Football's Greatest |
| 6:00pm | Premier League 100 Club |
| 7:00pm | Premier League Legends |
| 7:30pm | Football's Greatest Teams |
| 8:00pm | Great Sporting Moments |
| 8:15pm | Great Sporting Moments |
| 8:30pm | Live Super League Action from the <i>Betfred Super League.</i> |
| 11:30pm | Boxing Gold |
| 12:00am | Premier League Legends |

itv

| | |
|---------|---|
| 9:30am | Lorraine |
| 10:25am | The Jeremy Kyle Show |
| 11:30am | This Morning |
| 1:30pm | Loose Women |
| 2:30pm | ITV Lunchtime News |
| 2:55pm | ITV News London |
| 3:00pm | Judge Rinder |
| 4:00pm | David Dickinson's Name Your Price |
| 5:00pm | Tipping Point |
| 6:00pm | The Chase |
| 7:00pm | ITV News London |
| 7:30pm | ITV Evening News |
| 8:00pm | Emmerdale |
| 8:30pm | Coronation Street |
| 9:00pm | The Secret World of Posh Pets |
| 9:30pm | Coronation Street |
| 10:00pm | Lethal Weapon |
| 11:00pm | ITV News at Ten and Weather <i>Julie Etchingham presents the latest headlines from around the world.</i> |
| 11:30pm | ITV News London |
| 11:40pm | Joanna Lumley's India |
| 12:40am | Tipping Point |

itv2

| | |
|---------|--|
| 7:35am | Vanderpump Rules |
| 8:20am | The Ellen DeGeneres Show |
| 9:00am | Emmerdale |
| 9:30am | Emmerdale |
| 10:00am | Coronation Street |
| 10:35am | Scorpion |
| 11:25am | Below Deck |
| 12:25pm | Vanderpump Rules |
| 1:20pm | Emmerdale |
| 1:55pm | Emmerdale |
| 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 | Funniest Ever You've Been Framed! Gold |
| 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 | Love Island |
| 11:00pm | Celebrity Juice |
| 11:50pm | Family Guy |
| 12:20am | Family Guy |
| 12:50am | Family Guy |

itv3

| | |
|---------|---|
| 7:00am | Man About the House <i>70s sitcom.</i> |
| 7:25am | Heartbeat |
| 8:30am | Where the Heart is |
| 9:30am | Wild at Heart |
| 10:35am | Judge Judy |
| 11:00am | Judge Judy |
| 11:30am | Judge Judy |
| 11:55am | Road to Avonlea |
| 1:00pm | Love Your Garden |
| 2:00pm | Heartbeat |
| 3:05pm | The Royal |
| 4:05pm | Wild at Heart |
| 5:10pm | Man About the House |
| 5:45pm | Rising Damp |
| 6:15pm | George and Mildred |
| 6:50pm | Heartbeat |
| 7:55pm | Murder, She Wrote |
| 9:00pm | Doc Martin |
| 10:00pm | The Street |
| 11:15pm | Law and Order: UK |
| 12:20am | Wire in the Blood |
| 2:10am | Prime Suspect |
| 4:00am | Mr Selfridge |
| 4:50am | Long Lost Family |
| 5:40am | Rising Damp |

itv4

| | |
|---------|--|
| 7:00am | Tommy Cooper |
| 7:25am | The Professionals |
| 8:15am | Storage Wars New York |
| 8:35am | Storage Wars New York |
| 9:00am | Counting Cars |
| 9:30am | Counting Cars |
| 9:55am | The Professionals |
| 11:00am | Tour de France Highlights |
| 12:00pm | Tour de France Live |
| 6:00pm | The Professionals <i>Action-packed drama series about two criminal intelligence agents.</i> |
| 7:00pm | The Darts Show |
| 8:00pm | Tour de France Highlights |
| 9:00pm | Goodwood Festival of Speed Highlights |
| 10:00pm | World Series of Darts |
| 2:00am | Tour de France Highlights <i>Coverage of stage 7, from Troyes to Nuits-Saint-Georges.</i> |
| 3:00am | Goodwood Festival of Speed Highlights |

sky CINEMA
ACTION & ADVENTURE

| | |
|---------|--|
| 11:00am | Walking Tall |
| 12:30pm | Star Trek Beyond |
| 2:35pm | Pirates of the Caribbean: Dead Man's Chest |
| 5:10pm | Once Upon a Time in Mexico |
| 7:00pm | The Bourne Supremacy |
| 9:00pm | Star Trek Beyond |
| 11:10pm | Spy |
| 1:15am | Shaft |

sky CINEMA
COMEDY

| | |
|---------|----------------------------------|
| 9:55am | Click |
| 11:50am | Hot Pursuit |
| 1:25pm | The Top Ten Show 2017 |
| 1:45pm | The Intern |
| 3:50pm | Mike and Dave Need Wedding Dates |
| 5:35pm | Beverly Hills Cop |
| 7:25pm | Dirty 30 |
| 9:00pm | The Intern |
| 11:05pm | Mike and Dave Need Wedding Dates |
| 12:50am | Beverly Hills Cop |
| 2:40am | Welcome to Me |

sky CINEMA
PREMIERE

| | |
|---------|---|
| 9:05am | Mr. Right |
| 10:55am | Purge, the: Election Year |
| 12:55pm | Inferno |
| 3:05pm | Inferno: Special <i>Sky Movies takes a special look at mystery thriller Inferno.</i> |
| 3:25pm | Morgan |
| 5:10pm | Mr. Right <i>Romantic action comedy.</i> |
| 7:00pm | Purge, the: Election Year |
| 9:00pm | Inferno |
| 11:10pm | Inferno: Special <i>Sky Movies takes a special look at mystery thriller Inferno.</i> |
| 11:30pm | Morgan <i>Sci-fi thriller.</i> |
| 1:10am | Breakdown |
| 3:15am | Follow |
| 4:45am | The Measure of a Man |

sky SPORTS 2

| | |
|---------|---|
| 7:00am | Cricket's Greatest |
| 7:30am | Cricket |
| 8:30am | Cricket |
| 9:00am | Cricket Classics |
| 10:00am | Cricket |
| 11:00am | Cricket |
| 11:30am | Cricket |
| 7:30pm | Cricket |
| 7:45pm | Live T20 Blast Cricket |
| 11:15pm | ICC Cricket |
| 11:45pm | Sporting Triumphs |
| 12:00am | Cricket <i>The second day of the opening Test between England and South Africa at Lord's.</i> |
| 1:00am | Live T20 Blast Cricket |
| 4:30am | Cricket |
| 5:30am | Cricket |
| 5:45am | Sporting Triumphs <i>A look at the incredible sporting triumph of England captain Michael Vaughan as he led his side to one of the most memorable Ashes series wins of all time.</i> |

Flying by the seat of their pants - passengers and pilots

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

At this time of year, air travel's uppermost in many people's minds. Not always a pleasant experience what with queuing, flight delays, 'misunderstandings' etc.

easyJet recently denied claims that, ahead of a flight from Malaga to Bristol, its pilot announced there was a '50/50' chance both its engines would work, before asking passengers for a 'show of hands' whether or not they should take off or stay put - triggering panic on board. easyJet subsequently confirmed the 'technical issue,' strongly denying the request for a vote, while one witness said the hysteria may have been a 'misunderstanding.'

Nonetheless, cabin crew do live things up with the PA system -



AIR TRAVEL: Pilots can liven things up with the PA system.

occasionally at the expense of passengers.

On an early flight to Paris, a BA pilot announced: "Good morning ladies and gentlemen, I'd like to inform you that this is my very first flight... (long pause while passengers glared at each other in panic)... of the day." Cue relief all round.

BA again: "Ladies and gentlemen, welcome aboard this British Airways flight to Denver. If your travel plans do not include visiting

Denver, then now would be the perfect time to make yourself known to a member of the cabin crew."

A Virgin flight attendant once announced: "It's customary after a long-haul flight to ask for volunteers to clean the toilets. If you wish to volunteer, please stand up before the fasten seat-belt sign's been switched off."

And this during the safety briefing on the Canadian airline Westjet: "In the event of a sudden drop

in cabin pressure, oxygen masks will drop down. If you're travelling with someone who needs help, put your own mask on first, then help your husband."

After a jet landed at Heathrow in a storm, the Aussie pilot forgot to switch off the PA system. Passengers heard him snigger: "Hell, I need a cool beer and a warm Sheila after that." As a stewardess rushed to warn him, one passenger yelled: "You forgot the cool beer, Sheila!"

All airlines keep handcuffs on board to deal with 'over-boisterous' passengers. Maybe a spare pair of cuffs for 'over-boisterous' pilots too?

Nora Johnson's psychological/suspense crime thrillers 'No Way Back,' 'Landscape of Lie,' '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.

THURSDAY THOUGHTS

By Graham Braben, Almería

Viability of sheds

MY granddad had a shed. It was full of sacks, various garden tools, some sort of noxious liquids for making his plants into Triffids overnight, oh and a mangle. I'm pretty sure if he could see how sheds are being used today then granddad would be astounded. Although we don't know for sure, I would guess he can't get television where he is; I imagine Bolivian prisons are pretty strict!

Yes, things in the shed department have moved on at quite apace since granddad's days of freedom. In fact today there is something called Shedomics research. Honestly, I'm not making it up; people are employed to assess the economic viability of sheds!

I do know how important sheds are though. We lived in New Zealand for a short time and you would often see that a '...real Kiwi bloke's shed...' was a major selling point for a house. I was never able to find out what happened in them though.

But today sheds have taken on a new life. According to Shedomics experts - sorry, no matter how often I say it, it still sounds like it belongs in a Monty Python sketch. Seriously though, they - not the Pythons but the Shedonomists - say that a third of people in the UK want to renovate their shed so they can rent it out.

Which is just as well because the number of people who would like a shedcation - please stop laughing, this is serious stuff!! - has nearly doubled. Forget 5-star hotels or taking to the open road with a tent, people are now looking for a shed away from home.

However, it's not just holidays that have increased the profile of sheds. Apparently, over 10 per cent of men have admitted to planning a surprise for their partner in the shed. You can picture it can't you? Soft music, flowers and then that most romantic of lines, "Darling, I've bought you a new mangle."

Readers interested in submitting articles for this guest column should send articles of 3-400 words on topics felt to be of interest to the cosmopolitan EWN readership to editorial@euroweeklynews.com.

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BBC one

| | |
|---------|---|
| 7:00am | Breakfast |
| 11:00am | Saturday Kitchen Live <i>James Martin presents another menu of mouth-watering recipes, great chefs and celebrity guests.</i> |
| 12:30pm | Mary Berry Cooks <i>Mary Berry takes viewers step by step through delicious recipes for everyday and special occasions.</i> |
| 1:00pm | BBC News |
| 1:10pm | Weather |
| 1:15pm | Wimbledon |
| 7:25pm | BBC News |
| 7:35pm | Regional News |
| 7:40pm | Weather |
| 7:45pm | Pointless |
| 8:30pm | Pitch Battle |
| 10:00pm | Casualty |
| 10:50pm | BBC News |
| 11:05pm | Weather |
| 11:10pm | Little Fockers |
| 12:45am | Tropic Thunder |
| 2:30am | Weather for the Week Ahead |

BBC TWO

| | |
|---------|--|
| 7:00am | Lucky Partners |
| 8:35am | John Mills Talking Pictures |
| 9:15am | Scott of the Antarctic <i>Faithful re-telling of the doomed Antarctic expedition of 1911-12 led by Captain Robert Falcon Scott.</i> |
| 11:00am | Athletics |
| 12:00pm | Wimbledon |
| 1:15pm | Bargain Hunt |
| 2:00pm | Father of the Bride |
| 3:30pm | Wimbledon <i>Live coverage of the famous tennis tournament.</i> |
| 9:30pm | Today at Wimbledon |
| 10:30pm | Museum of the Year |
| 11:00pm | Mock the Week |
| 11:30pm | QI XL <i>Panel-based quiz where it is more important to be interesting than right.</i> |
| 12:15am | 2001: A Space Odyssey |
| 2:30am | West |
| 4:05am | This is BBC Two |

BBC FOUR

| | |
|---------|--|
| 8:00pm | Britain and the Sea <i>David Dimbleby explores how the sea emerged as a source of pleasure, Punch and Judy and sand sculpture.</i> |
| 9:00pm | Nature's Great Events |
| 10:00pm | Mea Culpa |
| 11:25pm | Titanic's Tragic Twin: The Britannic <i>Disaster Documentary investigating how the Britannic suffered the same fate as her sister ship the Titanic on the 100th anniversary of her sinking.</i> |
| 12:25am | Top of the Pops Special 20th anniversary edition of the pop chart programme, first broadcast on 5 January 1984. |
| 1:00am | Top of the Pops |
| 1:35am | Synth Britannia at the BBC |

CHANNEL 4

| | |
|---------|---------------------------------|
| 7:40am | 3rd Rock from the Sun |
| 8:05am | 3rd Rock from the Sun |
| 8:30am | Everybody Loves Raymond |
| 8:55am | Everybody Loves Raymond |
| 9:25am | Frasier |
| 9:50am | Frasier |
| 10:20am | The Big Bang Theory |
| 10:50am | The Big Bang Theory |
| 11:20am | The Big Bang Theory |
| 11:50am | The Simpsons |
| 12:20pm | The Simpsons |
| 12:50pm | The Simpsons |
| 1:20pm | Ramsay's Kitchen Nightmares USA |
| 2:20pm | Four in a Bed |
| 2:50pm | Four in a Bed |
| 3:25pm | Four in a Bed |
| 3:55pm | Four in a Bed |
| 4:30pm | Four in a Bed |
| 5:00pm | A Place in the Sun: Winter Sun |
| 6:00pm | Channel 4 News |
| 6:30pm | Formula 1 |
| 8:00pm | Rise of the Planet of the Apes |
| 10:00pm | Bridesmaids |
| 12:20am | Red Eye |

CHANNEL 5

| | |
|---------|---|
| 7:00am | Milkshake! <i>Programming aimed at children aged two to seven years old.</i> |
| 11:10am | Teenage Mutant Ninja Turtles |
| 11:45am | Make You Laugh Out Loud |
| 12:05pm | Police Interceptors |
| 1:05pm | Police Interceptors |
| 2:00pm | Police Interceptors |
| 3:00pm | The Nightmare Neighbour Next Door |
| 4:00pm | The Nightmare Neighbour Next Door |
| 5:00pm | Can't Pay? We'll Take it Away! |
| 6:00pm | Can't Pay? We'll Take it Away! |
| 7:00pm | Can't Pay? We'll Take it Away! |
| 7:55pm | 5 News <i>The latest news coverage.</i> |
| 8:00pm | Cricket on 5 |
| 9:00pm | Blind Date |
| 10:00pm | Big Brother |
| 11:00pm | Live Boxing |
| 1:00am | Super Casino |

4

| | |
|---------|--------------------------------------|
| 7:00am | Rude(ish) Tube |
| 7:25am | Couples Come Dine with Me |
| 8:20am | Couples Come Dine with Me |
| 9:25am | Binky and Jp's Baby: Born in Chelsea |
| 10:30am | Melissa and Joey |
| 11:00am | Melissa and Joey |
| 11:30am | Melissa and Joey |
| 12:00pm | Melissa and Joey |
| 12:30pm | Melissa and Joey |
| 1:00pm | The Goldbergs |
| 1:30pm | The Goldbergs |
| 2:00pm | The Goldbergs |
| 2:30pm | The Goldbergs |
| 3:00pm | The Goldbergs |
| 3:30pm | The Goldbergs |
| 4:00pm | Ferris Bueller's Day Off |
| 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 | Die Hard 2 |
| 12:25am | Gogglebox |
| 1:25am | Gogglebox |

sky SPORTS 1

| | |
|---------|--|
| 7:00am | Football Gold |
| 7:30am | Football Gold |
| 8:00am | Super League Gold |
| 8:15am | Super League Highlights |
| 8:30am | Live British and Irish Lions Tour |
| 12:15pm | Great Sporting Moments |
| 12:30pm | Sporting Greats |
| 1:00pm | Live Austrian GP: Qualifying |
| 3:40pm | The F1 Show |
| 4:10pm | British and Irish Lions Tour |
| 5:10pm | The F1 Show |
| 5:40pm | Great Sporting Moments |
| 5:55pm | Live Super League Catalans Dragons v Wigan Warriors. |
| 8:00pm | British and Irish Lions Tour |
| 9:00pm | Cricket |
| 10:00pm | Cricket |
| 10:15pm | British and Irish Lions Tour |
| 11:15pm | Sporting Greats |
| 11:45pm | Super League Gold |
| 12:00am | Premier League Legends |

itv

| | |
|---------|--|
| 7:00am | CITV |
| 9:25am | ITV News |
| 9:30am | Weekend |
| 10:25am | The Home Game |
| 11:20am | Harry Potter and the Chamber of Secrets |
| 2:20pm | ITV News and Weather |
| 2:30pm | ITV Racing: Live from Sandown |
| 5:00pm | The Chase |
| 6:00pm | Paul O'Grady: For the Love of Dogs |
| 6:30pm | Little Big Shots USA |
| 7:25pm | Local News and Weather |
| 7:35pm | ITV News and Weather |
| 7:45pm | Catchphrase |
| 8:30pm | The Voice Kids |
| 10:00pm | ITV News and Weather |
| 10:15pm | Skyfall <i>The latest in the James Bond franchise, his loyalty is tested when details of M's past comes to light.</i> |
| 1:00am | The Chase |

itv2

| | |
|---------|---|
| 7:00am | Planets Funniest Animals |
| 7:20am | Emmerdale Omnibus |
| 10:20am | Coronation Street Omnibus |
| 1:10pm | Take Me Out |
| 2:20pm | Catchphrase |
| 3:05pm | You've Been Framed! Gold |
| 3:35pm | A Cinderella Story |
| 4:35pm | FYI Daily |
| 4:40pm | A Cinderella Story |
| 5:30pm | Charlie and the Chocolate Factory |
| 6:35pm | FYI Daily |
| 6:40pm | Charlie and the Chocolate Factory |
| 7:45pm | Step Up 3 |
| 8:50pm | FYI Daily |
| 8:55pm | Step Up 3 <i>Two dancers take part in a contest, competing against the world's best hip hop dancers.</i> |
| 10:00pm | Love Island |
| 11:00pm | Celebrity Juice |
| 11:50pm | Family Guy |
| 12:20am | Family Guy |
| 12:45am | Family Guy |

itv3

| | |
|---------|---|
| 7:00am | Murder, She Wrote <i>Drama series about a sleuthing writer who solves murder mysteries.</i> |
| 7:45am | Murder, She Wrote |
| 8:45am | Murder, She Wrote |
| 9:45am | The Darling Buds of May |
| 10:55am | The Mirror Crack'd <i>Agatha Christie's Miss Marple investigates a murder on a film set.</i> |
| 11:55am | FYI Daily |
| 12:00pm | The Mirror Crack'd |
| 1:05pm | Bertie and Elizabeth |
| 3:05pm | Hans Christian Andersen |
| 5:00pm | Wycliffe |
| 6:05pm | Agatha Christie's Marple |
| 8:00pm | Agatha Christie's Marple |
| 10:00pm | Foyle's War |
| 12:00am | Law and Order: UK <i>Crime drama based on the hit US series Law and Order.</i> |
| 1:00am | Law and Order: UK |

itv4

| | |
|---------|------------------------------|
| 7:00am | Hat-Trick Heroes |
| 7:15am | The Darts Show |
| 8:05am | Motorsport UK |
| 8:55am | Goodwood First Glance |
| 10:00am | Tour de France Highlights |
| 11:00am | ITV Racing: The Opening Show |
| 12:00pm | Tour de France Live |
| 5:30pm | Pawn Stars |
| 6:00pm | Better Late Than Never |
| 6:55pm | Monster Carp |
| 8:00pm | Tour de France Highlights |
| 9:00pm | The Chase: Celebrity Special |
| 10:05pm | Renegades |
| 11:05pm | FYI Daily |
| 11:10pm | Renegades |
| 12:15am | Awake |
| 1:20am | FYI Daily |
| 1:25am | Awake |
| 1:55am | Tour de France Highlights |
| 3:00am | Hand of God |
| 3:50am | ITV4 Nightscreen |
| 4:00am | Teleshopping |

sky CINEMA ACTION & ADVENTURE

| | |
|---------|-------------------------------|
| 7:05am | Wild Wild West |
| 8:55am | Jurassic Park |
| 11:05am | The Lost World |
| 1:20pm | Jurassic Park III |
| 3:00pm | The Day the Earth Stood Still |
| 4:50pm | The Sum of All Fears |
| 7:00pm | The Huntsman: Winter's War |
| 9:00pm | Jurassic Park |
| 11:10pm | The Lost World |
| 1:25am | Jurassic Park III |

sky CINEMA COMEDY

| | |
|---------|----------------------------|
| 7:35am | Mean Girls |
| 9:20am | Galaxy Quest |
| 11:05am | Central Intelligence |
| 1:00pm | The Blues Brothers |
| 3:20pm | Superbad |
| 5:20pm | Beverly Hills Cop II |
| 7:10pm | Robin Hood: Men in Tights |
| 9:00pm | The Blues Brothers |
| 11:20pm | Central Intelligence |
| 1:15am | Beverly Hills Cop II |
| 3:05am | Team America: World Police |

sky CINEMA PREMIERE

| | |
|---------|---|
| 7:00am | Morgan |
| 8:50am | The Call Up |
| 10:35am | Mr. Right |
| 12:25pm | Inferno |
| 2:35pm | Inferno: Special |
| 2:55pm | Purge, the: Election Year |
| 4:55pm | Morgan |
| 6:40pm | Spider-Man: Homecoming: Special <i>Sky Movies takes a special look at the latest take on the classic Marvel superhero.</i> |
| 7:10pm | Mr. Right |
| 9:00pm | Inferno <i>When a Dante-obsessed madman develops a devastating virus, it's up to crack symbology professor Robert Langdon to save the day.</i> |
| 11:10pm | Dog Eat Dog |
| 12:55am | Purge, the: Election Year |
| 3:00am | Follow |

sky SPORTS 2

| | |
|---------|---|
| 7:00am | Cricket's Greatest |
| 7:30am | Cricket |
| 8:30am | Cricket |
| 8:45am | Cricket Classics |
| 9:45am | Cricket |
| 10:00am | Cricket |
| 11:00am | Cricket <i>Day three of the first Test as England meet South Africa at Lord's.</i> |
| 7:30pm | Cricket |
| 7:45pm | Live T20 Blast <i>The opening weekend in the NatWest T20 Blast continues as the Birmingham Bears take on the Nottinghamshire Outlaws at Edgbaston.</i> |
| 11:15pm | Sporting Triumphs |
| 11:30pm | Cricket Gold |
| 11:40pm | Cricket Gold |
| 11:50pm | Cricket Gold |
| 12:00am | Cricket |
| 1:00am | T20 Blast |
| 4:30am | Cricket Gold |

LEGALLY SPEAKING

ITV tests to become stricter

AS part of a new series, we answer some common driving questions, kindly provided by members of the Guardia Civil based in Torrevieja, Costa Blanca, who set up the N332 website and Facebook page to help break down barriers.



ITV TEST: Increase in fees is likely.

THE ITV test, the Spanish equivalent of the MOT, is set to become much stricter from 2018. Elements being toughened up in particular is the area of pollutant emissions as well as a large part of the vehicle's security systems that are controlled electronically.

The process to enforce the tests began almost three years ago with the publication of a European directive. The Spanish government hopes to have passed the legislation via Royal Decree before this summer to come into force in 2018. The process has been accelerated and reinforced as a result of the so-called 'dieselgate' surrounding Volkswagen and the resultant doubts that arose over diesel emissions.

Although the changes, aimed at improving inspections of emissions, still have to overcome pitfalls, as they were originally not looking at the control of nitrogen oxide (NOx) emitted by cars, which is classed as one of the worst air pollutants and which was the main focus of the Volkswagen emissions violations.

Now the CITA, an international working group that works on improving vehicle inspections, has developed its own protocol to adequately measure the NOx as well as detect possible fraud or manipulation in a vehicle's readings. Field tests are expected to be completed next month and by the end of the year, along with a manual with the maximum NOx limits, the protocols for its measurement and the procedures to verify that anti-pollution devices have not been manipulated, should be in place. With this, Luis Gutierrez, president of the association Aeca-ITV, said the goal of the industry would be to incorporate these protocols "as soon as possible" across ITV stations.

In 2018 it is also expected for ITV tests to greater assess security systems under electronic control such as airbags and seatbelt pretensioners. However, to do this, access to the vehicle's switchboard would be needed and information about the systems shared, which some say will mean an increase in ITV fees.

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

Inheritance tax in Mallorca?

Q. MY wife and I are residents in Mallorca and I want to ask about inheritance tax.

We are in our 70s and we have a finca here worth about €500,000, and life insur-

ance for €20,000 each. We would like an idea of what the survivor would have to pay. Many years ago we made Spanish wills.

M.B. (Mallorca)

A. EACH individual Autonomous Region of Spain has control over inheritance tax. In the Balearics, as of January 1, 2016, rates have been lowered. When a resident bequeaths the principal residence to a spouse, it is free of tax up to €180,000. If your house is valued at

David Searl
You and the Law in Spain



€500,000 and your wife inherits your half, this is €250,000. Take away €180,000 and you have a tax base of €70,000. A spouse has a further deduction of €25,000,

bringing the base down to €50,000. The Balearics Region now applies a tax rate of one per cent to estates up to €700,000. This gives you a tax of €500. Whoops, we forgot the insurance policy. The first €12,000 of your €20,000 is tax exempt, so you must pay one per cent of €8,000, or €80, more.

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

A mountain of odd socks

Mike Senker

In my opinion

Views of a Grumpy Old Man



I'M lying in bed and all of a sudden I hear that dreaded noise. It's the single tone buzz that tells you that there is one serious bad ass mozzie flying round the room. I wave my arms about like a nutter then there is silence. I reach out and get the mozzie spray that I keep next to the bed. I press the nozzle to protect myself from this kamikaze killer... and nothing! I shake the container - there is plenty in there - I press again - still nada.

I don't like waste and I certainly don't like wasting stuff that I've paid for. The case in question this week is products that come in spray form. Either the old-fashioned aerosol type or the newer environmentally friendly pump sprays. Three times this week I've had one sell me short.

The mozzie spray was the first, the second was some glass cleaner - this was even worse as I could actually see, in the clear container, how much was left. It didn't matter how many times I pulled the trigger - not a dribble. The third was a pump action sun cream which just packed up. This one at least I could unscrew and pour it out.

So, as usual, I ask the question - is it only me? I've had expensive eau de toilette atomizers do it and if you have half a bottle of something left do

you take it back to the shop? Well, of course, you can't because you could have had it for a few months. So you have to chuck it out.

There is one mystery in life which I have been trying to solve for years and to this day have got no nearer to solving this problem. Now I know this happens to every man I know and, I bet, to millions I don't. So here's the question. WHERE DO ALL THE ODD SOCKS GO??? I definitely wear two socks and, for sure, I put two into the laundry basket and they are then transferred to the washing machine. And that's when it happens.

One or two disappear into sock land. Somewhere in the world there must be a mountain of odd socks as high as Everest. Where do they go? There was actually a study done which revealed that the average man loses 15 socks a year leaving them with loads of mismatches. So, with the average Brit living to 81 it means you lose 1,215 socks over a lifetime costing you about €3,000.

By the way, that's 84 million odd socks just in the UK and with all these statistics and money spent - guess what - no-one came up with an answer. Makes you wonder doesn't it?

The silly season is approaching. The holiday-makers will arrive and nothing will be the same till mid-September. There will be loads of people about and most will be having a fun time with the family but some will act like idiots. But then, of course, that gives me plenty to be grumpy about!

Email me mikesenker@gmail.com.



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BBC one

| | |
|---------|-------------------------------------|
| 7:00am | Breakfast |
| 10:00am | The Andrew Marr Show |
| 11:00am | Sunday Morning Live |
| 12:00pm | Sunday Politics |
| 1:15pm | Bargain Hunt |
| 2:00pm | BBC News |
| 2:10pm | Weather for the Week Ahead |
| 2:15pm | Athletics: London Anniversary Games |
| 5:30pm | Escape to the Country |
| 6:10pm | Songs of Praise |
| 6:45pm | How to Holiday Better |
| 7:35pm | BBC News |
| 7:50pm | Regional News |
| 7:55pm | Weather |
| 8:00pm | Countryfile |
| 9:00pm | Fake or Fortune? |
| 10:00pm | Poldark |
| 11:00pm | BBC News |
| 11:20pm | Regional News |
| 11:25pm | Weather |
| 11:30pm | Sue Barker: Our Wimbledon |
| 12:45am | The Week the Landlords Moved in |
| 1:45am | Weather for the Week Ahead |

BBC TWO

| | |
|---------|--|
| 7:00am | The Secrets of the Mona Lisa |
| 8:00am | A to Z of TV Gardening |
| 8:45am | The Instant Gardener |
| 9:30am | Countryfile |
| | <i>News and stories concerning the heart of the British countryside.</i> |
| 10:30am | Saturday Kitchen Best Bites |
| 12:00pm | Nigel Slater: Eating Together |
| 12:30pm | The Hairy Bikers' Best of British |
| 1:15pm | Athletics: London Anniversary Games |
| 2:15pm | The Great Caruso |
| 4:00pm | Killer Whales |
| 4:45pm | Money for Nothing |
| 5:30pm | Rowing |
| 6:30pm | Flog It! |
| 7:00pm | The Fifteen Billion Pound Railway |
| 8:00pm | Dragons' Den |
| 9:00pm | The Life Swap Adventure |
| 10:00pm | Foxcatcher |
| 12:05am | White Gold |
| 12:35am | The Goob |

BBC FOUR

| | |
|---------|---|
| 8:00pm | The Royal Ballet |
| 10:00pm | Horizon |
| | <i>Horizon follows an international team of volcanologists in Iceland as they draw fascinating parallels with the volcanoes on Earth and those elsewhere in the solar system.</i> |
| 11:00pm | The Sky at Night |
| | <i>A look at the world of astronomy.</i> |
| 11:30pm | Destination Titan |
| 12:30am | The Search for Life: The Drake Equation |
| 1:30am | Nature's Great Events |
| | <i>Series about the most dramatic wildlife spectacles on our planet.</i> |
| 2:30am | The Royal Ballet |
| | <i>Woolf Works.</i> |

CHANNEL 4

| | |
|---------|---------------------------------|
| 7:10am | King of Queens |
| 7:35am | King of Queens |
| 8:05am | Everybody Loves Raymond |
| 8:30am | Everybody Loves Raymond |
| 8:55am | Frasier |
| 9:25am | Frasier |
| 10:00am | Frasier |
| 10:30am | Sunday Brunch |
| 1:30pm | Eat the Week with Iceland |
| 2:30pm | The Simpsons |
| 3:00pm | The Simpsons |
| 3:25pm | George Clarke's Amazing Spaces |
| 4:10pm | A Place in the Sun: Winter Sun |
| 5:10pm | Homes by the Sea |
| 6:15pm | Channel 4 News |
| 6:45pm | Formula 1 |
| 9:00pm | Secrets of the Forbidden City |
| 10:00pm | The Handmaid's Tale |
| 11:00pm | Epidemic |
| 11:55pm | 8 Out of 10 Cats |
| | Does Countdown |
| 12:55am | This Means War |
| 2:45am | Ramsay's Kitchen Nightmares USA |
| 3:35am | The Last Leg |

CHANNEL 5

| | |
|---------|--|
| 7:00am | Milkshake! |
| | <i>Programming aimed at children aged two to seven years old.</i> |
| 11:00am | Teenage Mutant Ninja Turtles |
| 11:35am | Access |
| 11:40am | Police Interceptors |
| 12:40pm | Police Interceptors |
| 1:40pm | Police Interceptors |
| 2:35pm | The Flintstones |
| | <i>Prehistoric cartoon adventures in Bedrock with the Flintstones.</i> |
| 4:15pm | Inside Windsor Castle |
| 5:15pm | Inside Windsor Castle |
| 6:15pm | Inside Windsor Castle |
| 7:10pm | Inside Windsor Castle |
| 8:00pm | Cricket on 5 |
| 8:55pm | 5 News |
| 9:00pm | That's So...1990 |
| 10:00pm | Big Brother |
| 11:05pm | Omg: Make Me a Famous Face |
| 12:05am | The Bounty Hunter |
| 2:10am | Super Casino |

4

| | |
|---------|---|
| 7:00am | Rude(ish) Tube |
| 7:25am | Couples Come Dine with Me |
| 8:20am | Couples Come Dine with Me |
| 9:25am | Hollyoaks Omnibus |
| 12:00pm | Binky and Jp's Baby: Born in Chelsea |
| 1:00pm | New Girl |
| 1:30pm | New Girl |
| 2:00pm | Kevin Can Wait |
| 2:30pm | The Big Bang Theory |
| 3:00pm | The Big Bang Theory |
| 3:30pm | The Big Bang Theory |
| 4:00pm | The Big Bang Theory |
| 4:30pm | The Big Bang Theory |
| 5:00pm | The Big Bang Theory |
| 5:30pm | The Big Bang Theory |
| 6:00pm | The Big Bang Theory |
| 6:30pm | The Big Bang Theory |
| 7:00pm | 101 Dalmatians |
| | <i>Live-action version of the Disney classic.</i> |
| 9:00pm | The Crystal Maze |
| 10:00pm | The Inbetweeners 2 |
| 12:00am | The Inbetweeners |
| 12:35am | The Inbetweeners |
| 1:05am | Rude Tube |
| 2:05am | Tattoo Fixers |
| 3:10am | 8 Out of 10 Cats |
| 3:55am | Gogglebox |

sky SPORTS 1

| | |
|---------|---|
| 7:00am | Football Gold |
| 7:30am | Football Gold |
| 8:00am | WWE Main Event |
| 9:00am | Premier League Legends |
| 10:00am | British and Irish Lions Tour Highlights |
| 11:00am | Fight Night |
| 12:00pm | European U21 Championship Final Highlights |
| 12:30pm | Live Austrian GP: Track Parade |
| 1:00pm | Live Austrian GP: Pit Lane Live |
| 1:30pm | Live Austrian GP: Race |
| 4:30pm | Live Austrian GP: Paddock Live |
| 5:15pm | Cricket Gold |
| 5:25pm | Cricket |
| | <i>West Indies take on India in the single T20 in their series at Sabina Park in Kingston, Jamaica.</i> |
| 9:00pm | Spanish Football Gold |
| 9:15pm | Fight Night |
| 11:15pm | Boxing Gold |
| 12:00am | Premier League Legends |

itv

| | |
|---------|------------------------------|
| 7:00am | CITV |
| 9:25am | ITV News |
| 9:30am | Weekend |
| 10:25am | Wild Animal Reunions |
| 11:15am | Judge Rinder |
| 12:15pm | Love Your Garden |
| 1:15pm | ITV News and Weather |
| 1:25pm | Babushka |
| 2:30pm | The Voice Kids |
| 4:00pm | Bear Gryll's Survival School |
| 4:30pm | Moonraker |
| 7:00pm | Local News and Weather |
| 7:15pm | ITV News and Weather |
| 7:30pm | The Chase Celebrity Special |
| 8:30pm | The Voice Kids |
| 10:00pm | The Loch |
| 11:00pm | ITV News and Weather |
| 11:20pm | Lethal Weapon |
| 12:20am | Take Me Out |
| 1:25am | Jackpot247 |
| 4:00am | Motorsport UK |
| 4:50am | British Superbike Highlights |

itv2

| | |
|---------|---|
| 7:00am | Emmerdale Omnibus |
| 10:00am | Coronation Street |
| 12:50pm | The Voice Kids |
| 2:20pm | Ninja Warrior |
| 3:20pm | You've Been Framed! Gold |
| 3:55pm | The Smurfs |
| 4:55pm | FYI Daily |
| 5:00pm | The Smurfs |
| 6:00pm | St. Trinian's 2: The Legend of Fritton's Gold |
| 7:00pm | FYI Daily |
| 7:05pm | St. Trinian's 2: The Legend of Fritton's Gold |
| 8:10pm | Gravity |
| 9:15pm | FYI Daily |
| 9:20pm | Gravity |
| 10:00pm | Love Island |
| 11:00pm | Love Island |
| 12:05am | Family Guy |
| 12:30am | Family Guy |
| 1:00am | Family Guy |
| 1:30am | American Dad! |
| 1:55am | American Dad! |
| 2:25am | Totally Bonkers Guinness World Records |

itv3

| | |
|---------|---|
| 7:00am | George and Mildred |
| | <i>Comedy series following George and Mildred Roper.</i> |
| 7:25am | Hans Christian Andersen |
| 9:00am | Heartbeat |
| | <i>Drama, set in the North Yorkshire moors in the 1960's.</i> |
| 10:10am | Heartbeat |
| 11:20am | Murder, She Wrote |
| | <i>Drama series about a sleuthing writer who solves murder mysteries.</i> |
| 12:15pm | The Darling Buds of May |
| 1:30pm | Sherlock Holmes |
| 3:50pm | Wycliffe |
| 4:55pm | Foyle's War |
| 7:00pm | Doc Martin |
| 9:00pm | The Booze Cruise II: The Treasure Hunt |
| 11:00pm | Law and Order: UK |
| | <i>Crime drama based on the hit US series Law and Order.</i> |
| 12:00am | Law and Order: UK |
| 1:00am | Wire in the Blood |

itv4

| | |
|---------|--|
| 7:00am | Snooker v Darts |
| 7:05am | Tommy Cooper |
| 7:35am | Goodwood Festival of Speed 1 |
| 8:25am | Goodwood Festival of Speed 2 |
| 9:20am | British Superbike Highlights |
| 10:25am | Tour de France Highlights |
| 11:30am | Tour de France Live |
| 5:30pm | Pawn Stars |
| 6:00pm | Monster Carp |
| 7:00pm | Fierce |
| | <i>Natural series seeking out the world's most fierce animals.</i> |
| 8:00pm | Tour de France Highlights |
| 9:00pm | Road Racing Series 2017 |
| 10:00pm | Jaws |
| 11:05pm | FYI Daily |
| 11:10pm | Jaws |
| 12:40am | Renegades |
| 1:40am | FYI Daily |
| 1:45am | Renegades |
| 2:45am | Tour de France Highlights |

sky CINEMA ACTION & ADVENTURE

| | |
|---------|--|
| 2:00pm | The Magnificent Seven |
| 4:15pm | Pirates of the Caribbean: The Curse of the Black Pearl |
| 6:40pm | Star Wars: Episode VII - The Force Awakens |
| 9:00pm | The Bourne Ultimatum |
| 11:00pm | The Matrix |
| 1:20am | I Am Legend |

sky CINEMA COMEDY

| | |
|---------|----------------------------|
| 8:00am | The Top Ten Show 2017 |
| 8:15am | Three Amigos! |
| 10:10am | Dumb and Dumber |
| 12:05pm | Juno |
| 1:50pm | My Big Fat Greek Wedding 2 |
| 3:35pm | Bad Neighbours 2 |
| 5:20pm | Beverly Hills Cop III |
| 7:15pm | 50 First Dates |
| 9:00pm | My Big Fat Greek Wedding 2 |
| 10:45pm | Bad Neighbours 2 |
| 12:30am | Beverly Hills Cop III |

sky CINEMA PREMIERE

| | |
|---------|--|
| 7:00am | The Call Up |
| 8:35am | Breakdown |
| 10:30am | Inferno |
| 12:40pm | The Girl with All the Gifts |
| | <i>As flesh-eating Hungries plague Earth, a little girl showing signs of immunity could be mankind's only hope</i> |
| 2:45pm | Mr. Right |
| 4:35pm | Spider-Man: Homecoming: Special |
| 5:05pm | Morgan |
| 6:50pm | Inferno |
| 9:00pm | The Girl with All the Gifts |
| 11:00pm | Dog Eat Dog |
| 12:45am | Purge, the: Election Year |
| | <i>The presidential election is fast approaching, but can anti-Purge candidate Charlie Roan survive the night?</i> |
| 2:45am | Miles |
| 4:25am | Mr. Right |

sky SPORTS 2

| | |
|---------|---|
| 7:00am | Cricket's Greatest |
| 7:30am | Cricket |
| 8:30am | Cricket |
| 8:45am | Cricket |
| 9:45am | Cricket |
| 10:00am | Cricket Writers on TV |
| 11:00am | Cricket |
| | <i>Day four of the first Test as England host South Africa at Lord's.</i> |
| 7:30pm | Cricket |
| 8:00pm | ICC Women's World Cup 2017 Highlights |
| 9:00pm | Cricket |
| 10:00pm | Cricket |
| 10:30pm | Cricket's Greatest |
| | <i>Series profiling some of the greatest cricketers of all time.</i> |
| 11:00pm | ICC Women's World Cup 2017 Highlights |
| 12:00am | Cricket |
| 1:00am | Cricket |
| 1:30am | Cricket's Greatest |
| 2:00am | Cricket Gold |
| 2:10am | Cricket Gold |
| 2:20am | Cricket Gold |
| 2:30am | Cricket |
| 3:30am | Cricket |

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BBC one

| | |
|---------|--|
| 7:00am | Breakfast |
| 10:15am | Right on the Money |
| 11:00am | Homes Under the Hammer |
| 12:00pm | Council House Crackdown |
| 12:45pm | Rip Off Britain |
| 1:15pm | Bargain Hunt |
| 2:00pm | BBC News |
| 2:30pm | Regional News |
| 2:45pm | Wimbledon <i>Live coverage of the famous tennis tournament.</i> |
| 7:00pm | BBC News |
| 7:30pm | Regional News |
| 8:00pm | The One Show |
| 8:30pm | Mini Monet Millionaire |
| 9:00pm | EastEnders |
| 9:30pm | Panorama |
| 10:00pm | Supermarket Shopping Secrets |
| 11:00pm | BBC News |
| 11:30pm | Regional News |
| 11:40pm | Weather |
| 11:45pm | Peter Kay's Comedy Shuffle |
| 12:15am | Have I Got a Bit More Old News for You |

BBC TWO

| | |
|---------|---|
| 7:15am | The TV That Made Me <i>Entertainment series in which celebrities reminisce about their favourite TV shows.</i> |
| 7:45am | Flog It! <i>Antiques show which helps amateur auctioneers, collectors and bargain-hunters make a saving.</i> |
| 8:15am | Bargain Hunt |
| 9:00am | Antiques Roadshow <i>Antique experts travel the country to appraise people's wares.</i> |
| 10:00am | Victoria Derbyshire |
| 12:00pm | The Daily Politics <i>Political show examining the latest news, views and moves in the world of politics.</i> |
| 12:30pm | Wimbledon |
| 9:30pm | Today at Wimbledon |
| 10:30pm | Ripper Street |
| 11:30pm | Newsnight |
| 12:10am | Weather |

BBC FOUR

| | |
|---------|--|
| 8:00pm | 100 Days + |
| 8:30pm | Great British Railway Journeys |
| 9:00pm | Colour: The Spectrum of Science |
| 10:00pm | Science and Islam <i>Physicist Jim Al-Khalili travels through Syria, Iran, Tunisia and Spain to tell the story of the great leap in scientific knowledge that took place in the Islamic world between the 8th and 14th centuries.</i> |
| 11:00pm | This Was My Dad - The Rise and Fall of Geoffrey Matthews |
| 12:25am | Ocean Giants |
| 1:25am | Hidden Kingdoms <i>Nature documentary telling the story of two young animals forced to grow up fast.</i> |
| 2:25am | Science and Islam |
| 3:25am | Colour: The Spectrum of Science |

CHANNEL 4

| | |
|---------|--------------------------------|
| 7:45am | Will and Grace |
| 8:10am | Will and Grace |
| 8:35am | Everybody Loves Raymond |
| 9:00am | Everybody Loves Raymond |
| 9:35am | Frasier |
| 10:05am | Frasier |
| 10:35am | Frasier |
| 11:05am | Undercover Boss USA |
| 12:00pm | A Place in the Sun: Winter Sun |
| 1:00pm | Channel 4 News |
| 1:05pm | Couples Come Dine with Me |
| 2:05pm | Posh Pawnbrokers |
| 3:10pm | Countdown |
| 4:00pm | A Place in the Sun: Winter Sun |
| 5:00pm | Best of Both Worlds |
| 6:00pm | Four in a Bed |
| 6:30pm | Come Dine with Me |
| 7:00pm | The Simpsons |
| 7:30pm | Hollyoaks |
| 8:00pm | Channel 4 News |
| 9:00pm | Dispatches |
| 9:30pm | How to Retire at 40 |
| 10:00pm | Catching a Killer |
| 11:25pm | 60 Days in Jail |
| 12:20am | Bodysockers |

CHANNEL 5

| | |
|---------|---|
| 7:00am | Milkshake! <i>Programming aimed at children aged two to seven years old.</i> |
| 10:15am | The Wright Stuff |
| 12:15pm | House Doctor |
| 1:10pm | 5 News |
| 1:15pm | Big Brother |
| 2:10pm | Access |
| 2:15pm | Home and Away |
| 2:45pm | Neighbours |
| 3:15pm | NCIS |
| 4:15pm | Truth and Lies |
| 6:00pm | 5 News |
| 6:30pm | Neighbours |
| 7:00pm | Home and Away |
| 7:30pm | 5 News |
| 8:00pm | Cricket on 5 <i>Highlights coverage of England's summer season begins on 20th May 2014 on Channel 5.</i> |
| 9:00pm | All New Traffic Cops |
| 10:00pm | Silver Service |
| 11:00pm | Big Brother |
| 12:05am | Big Brother's Bit on the Side |
| 1:05am | Countdown to Murder |
| 2:00am | Super Casino |

4

| | |
|---------|-----------------------|
| 8:00am | Made in Chelsea |
| 9:00am | Brooklyn Nine-Nine |
| 9:30am | Brooklyn Nine-Nine |
| 10:00am | Melissa and Joey |
| 10:30am | Melissa and Joey |
| 11:00am | Baby Daddy |
| 11:30am | Baby Daddy |
| 12:00pm | How I Met Your Mother |
| 12:30pm | How I Met Your Mother |
| 1:00pm | New Girl |
| 1:30pm | New Girl |
| 2:00pm | Brooklyn Nine-Nine |
| 2:30pm | Brooklyn Nine-Nine |
| 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 | New Girl |
| 5:30pm | New Girl |
| 6:00pm | 2 Broke Girls |
| 6:30pm | 2 Broke Girls |
| 7:00pm | The Big Bang Theory |
| 7:30pm | The Big Bang Theory |
| 8:00pm | Hollyoaks |
| 8:30pm | Star Trek |
| 11:00pm | Vlogglebox |
| 12:05am | Naked Attraction |

sky SPORTS 1

| | |
|---------|---------------------------------|
| 7:30am | Football Gold |
| 8:00am | WWE Raw |
| 9:00am | Premier League Legends |
| 10:00am | Premier League 100 Club |
| 11:00am | The Premier League Years |
| 1:00pm | Football's Greatest |
| 2:00pm | Great Sporting Moments |
| 2:30pm | Great Sporting Moments |
| 3:00pm | Premier League Legends |
| 4:00pm | Spanish Football Gold |
| 4:30pm | Football Gold |
| 5:00pm | Football's Greatest |
| 6:00pm | Premier League 100 Club |
| 7:00pm | Premier League Legends |
| 7:30pm | Football's Greatest Teams |
| 8:00pm | Live Horse Racing: Winning Post |
| 10:00pm | Fight Night |
| 12:00am | Fight Night |
| 12:30am | Fight Night |
| 1:00am | Premier League 100 Club |

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 | David Dickinson's Name Your Price |
| 5:00pm | Tipping Point |
| 6:00pm | The Chase |
| 7:00pm | Local News and Weather |
| 7:30pm | ITV Evening News |
| 8:00pm | Emmerdale <i>Popular long-running soap opera, set in a Yorkshire village.</i> |
| 8:30pm | Coronation Street |
| 9:00pm | Amazing Animal Births |
| 9:30pm | Coronation Street |
| 10:00pm | Fearless |
| 11:00pm | ITV News |
| 11:45pm | Killer Women with Piers Morgan |
| 12:45am | The Kyle Files |
| 1:10am | Jackpot247 |

itv2

| | |
|---------|--------------------------|
| 9:00am | Emmerdale |
| 9:30am | Coronation Street |
| 10:00am | Coronation Street |
| 10:35am | Scorpion |
| 11:25am | Below Deck |
| 12:25pm | Vanderpump Rules |
| 1:20pm | 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! Gold |
| 7:30pm | You've Been Framed! Gold |
| 8:00pm | You've Been Framed! Gold |
| 8:30pm | You've Been Framed! Gold |
| 9:00pm | Two and a Half Men |
| 9:30pm | Two and a Half Men |
| 10:00pm | Love Island |
| 11:05pm | Family Guy |
| 11:30pm | Family Guy |
| 12:00am | American Dad! |

itv3

| | |
|---------|--|
| 7:00am | Man About the House |
| 7:25am | Heartbeat |
| 8:30am | Where the Heart is |
| 9:25am | Wild at Heart |
| 10:25am | Judge Judy |
| 10:55am | Judge Judy |
| 11:25am | Judge Judy |
| 11:50am | Road to Avonlea |
| 12:55pm | Love Your Garden |
| 2:00pm | Heartbeat |
| 3:00pm | The Royal |
| 4:05pm | Wild at Heart |
| 5:10pm | Man About the House |
| 5:50pm | Rising Damp |
| 6:20pm | George and Mildred |
| 6:55pm | Heartbeat |
| 8:00pm | Murder, She Wrote <i>Drama series about a sleuthing writer who solves murder mysteries.</i> |
| 9:00pm | Agatha Christie's Marple |
| 11:00pm | Law and Order: UK |
| 12:00am | The Street |
| 1:20am | Colditz |
| 3:10am | ITV3 Nightscreen |
| 3:30am | Teleshopping |

itv4

| | |
|---------|------------------------------------|
| 7:00am | Football's Greatest |
| 7:10am | The Chase |
| 8:00am | The Professionals |
| 8:50am | The Saint |
| 9:55am | Storage Wars New York |
| 10:25am | Storage Wars New York |
| 10:50am | The Chase |
| 11:50am | The Professionals |
| 12:55pm | The Saint |
| 2:00pm | Tour de France Highlights |
| 3:00pm | Ironsides |
| 4:00pm | Quincy, M.E. |
| 5:05pm | Minder |
| 6:05pm | The Professionals |
| 7:05pm | Storage Wars New York |
| 7:35pm | Storage Wars New York |
| 8:00pm | Tour de France Highlights |
| 9:00pm | Better Late Than Never |
| 10:00pm | Car Crash Britain Caught on Camera |
| 11:00pm | Crank |
| 12:10am | FYI Daily |
| 12:15am | Crank |

sky CINEMA ACTION & ADVENTURE

| | |
|---------|------------------------------|
| 7:00am | Arthur and Merlin |
| 9:00am | 12 Rounds |
| 11:00am | Independence Day: Resurgence |
| 1:10pm | The Patriot |
| 4:00pm | The Matrix Reloaded |
| 6:25pm | American Ultra |
| 8:10pm | xXx2: The Next Level |
| 10:00pm | Independence Day: Resurgence |
| 12:00am | The Matrix Reloaded |
| 2:20am | Deadly Departure |

sky CINEMA COMEDY

| | |
|---------|---|
| 9:55am | Wild Oats |
| 11:35am | Grandma |
| 1:05pm | Couples Retreat |
| 3:05pm | The First Wives Club |
| 4:55pm | The Holiday |
| 7:15pm | The Bad Education Movie |
| 9:00pm | Couples Retreat |
| 11:00pm | Grimsby |
| 12:30am | Borat: Cultural Learnings of America for Make Benefit |
| 9:00pm | Glorious Nation of Kazakhstan |

sky CINEMA PREMIERE

| | |
|---------|--|
| 7:00am | The Call Up <i>Sci-fi action about a group of elite online gamers invited to trial a state-of-the-art virtual reality shoot 'em up.</i> |
| 8:45am | The Girl with All the Gifts |
| 10:50am | Inferno |
| 1:05pm | Inferno: Special <i>Sky Movies takes a special look at mystery thriller Inferno.</i> |
| 1:25pm | Frankie and Alice <i>Drama about an LA stripper struggling to cope with three distinct personalities.</i> |
| 3:20pm | Morgan |
| 5:10pm | Mr. Right |
| 7:00pm | The Girl with All the Gifts |
| 9:00pm | Inferno |
| 11:10pm | Frankie and Alice |
| 1:00am | Dog Eat Dog |
| 2:45am | Miles |
| 4:25am | Breakdown |

sky SPORTS 2

| | |
|---------|--|
| 7:00am | Cricket's Greatest |
| 7:30am | Cricket |
| 8:30am | Cricket |
| 9:00am | ICC Women's World Cup 2017 Highlights |
| 10:00am | Cricket |
| 11:00am | Cricket |
| 11:30am | Cricket <i>The fifth and final day of the first Test as England take on South Africa at Lord's.</i> |
| 7:30pm | Cricket |
| 8:00pm | ICC Women's World Cup 2017 Highlights |
| 9:00pm | Cricket |
| 10:00pm | Cricket |
| 10:30pm | Cricket's Greatest |
| 11:00pm | Cricket's Greatest |
| 11:30pm | Cricket Gold |
| 11:40pm | Cricket Gold |
| 11:50pm | Cricket Gold |
| 12:00am | Cricket |
| 1:00am | Cricket |
| 1:30am | Cricket's Greatest |
| 2:00am | Cricket Gold |
| 2:10am | Cricket Gold |
| 2:20am | Cricket Gold |
| 2:30am | Cricket |

Advertising feature

Worldwide Horizons can help you find the perfect holiday anywhere

WE are now fully into the summer holidays and Worldwide Horizons Travel Agency in La Zenia are busy daily selling day trips to the popular coastal areas and theme parks around them.

However this isn't all they are focusing on at the moment. As usual, they have some pretty large holidays on the go, as well as looking out for the next up and coming holiday location!

Popular at the moment is their offer for a 14-night Asian Cruise starting in October in Hong Kong, and finishing in Singapore, visiting some of Asia's most sought after locations on the way. From their office, Worldwide Horizons have combined this cruise with the best flights available, allowing for a two-night pre-cruise stay in Hong Kong and an overnight stay in a five star hotel in Singapore before starting the journey back to Alicante.

"This has been one of our most popular adverts," said owner Yvonne Hollywood: "I think it's the combination of the itinerary, the flights that depart from Alicante and also the fact that the price is very reasonable, this has allowed us to sell quite a lot on this particular cruise." There are still some cabins available, with



WORLDWIDE HORIZONS: From Spain to Singapore, the team will help you find your perfect holiday.

prices from €2,192 per person sharing an interior cabin; contact Yvonne for more details.

Over the last few years, Worldwide Horizons have forged strong connections with Viking River Cruises, being the sole registered agent for them here in the whole of Spain: "In order

to offer the best travelling routes with these cruises, Viking offer us a discounted price and allow us to travel direct to the departure point for the cruise, meaning that it's not necessary to go to the UK to start your holiday each time," explained Yvonne: "We also have this agree-

ment with APT Cruises and several other river cruise companies."

A new contract for this year has been signed with Cruise & Maritime, meaning they now have the ability to sell their cruises from the La Zenia office. Particularly of interest has been the ongoing offer of a World Cruise in 2018, from Tilsbury in London. It is a 121-day cruise from just £14,999, which is based on an inside cabin, however with one paying cruiser, the other person is free, so effectively from just £7,500 per person you can enjoy a full board cruise round the world: "This is a bargain when you see the prices offered for other cruises!"

Even though we are firmly in the grasp of a full-on heatwave, Yvonne and the team are looking ahead to the cooler temperatures of Christmas. As agents of Gandia Tours and Rosa Tours, they are a local booking office for all these companies offer.

So whatever you're looking for, Worldwide Horizons can find the perfect holiday for you

Worldwide Horizons

Tel: 966 761 492

Email: travel@whtravel.es

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BBC one

| | |
|---------|--|
| 7:00am | Breakfast |
| 10:15am | Right on the Money |
| 11:00am | Homes Under the Hammer |
| 12:00pm | Council House Crackdown |
| 12:45pm | Rip Off Britain |
| 1:15pm | Bargain Hunt |
| 2:00pm | BBC News |
| 2:30pm | Regional News |
| 2:45pm | Wimbledon |
| 7:00pm | BBC News |
| 7:30pm | Regional News |
| 8:00pm | The One Show |
| 8:30pm | EastEnders <i>Another visit to the residents of Albert Square, for a regular dose of drama, excitement and tears.</i> |
| 9:00pm | Holby City |
| 10:00pm | In the Dark |
| 11:00pm | BBC News |
| 11:30pm | Regional News <i>All the latest local news.</i> |
| 11:40pm | Weather |
| 11:45pm | Granddad, Dementia and Me |
| 12:45am | Mini Monet Millionaire |

BBC TWO

| | |
|---------|--|
| 7:00am | The TV That Made Me |
| 7:25am | Right on the Money Series |
| 8:15am | Super League Show |
| 9:00am | DIY SOS The Big Build |
| 10:00am | Victoria Derbyshire |
| 12:00pm | BBC Newsroom Live |
| 12:30pm | The Daily Politics |
| 1:30pm | Wimbledon |
| 9:00pm | Today at Wimbledon |
| 10:00pm | Hospital <i>Documentary capturing the day-to-day realities of the pressures the NHS is facing today.</i> |
| 11:00pm | Detectorists <i>Sitcom in which two friends go hunting for their heart's desire with a couple of metal detectors.</i> |
| 11:30pm | Newsnight |
| 12:10am | Weather |
| 12:15am | Brexit Means Brexit |
| 1:15am | The Life Swap Adventure |
| 2:15am | Me and My Dog |

BBC FOUR

| | |
|---------|--|
| 8:00pm | 100 Days + |
| 8:30pm | Handmade: By Royal Appointment |
| 9:00pm | Britain Beneath Your Feet <i>Documentary exploring Britain's best landscapes and how they have been transformed by the varied geological nature of the country.</i> |
| 10:00pm | The British Garden: Life and Death on Your Lawn |
| 11:30pm | Deep, Down and Dirty: The Science of Soil |
| 12:30am | The Brits Who Built the Modern World |
| 1:30am | Medieval Lives: Birth, Marriage, Death |
| 2:30am | Britain and the Sea <i>David Dimbleby explores how the sea emerged as a source of pleasure, Punch and Judy and sand sculpture.</i> |

CHANNEL 4

| | |
|---------|--|
| 8:35am | Everybody Loves Raymond |
| 9:00am | Everybody Loves Raymond |
| 9:35am | Frasier |
| 10:05am | Frasier |
| 10:35am | Frasier |
| 11:05am | Undercover Boss USA |
| 12:00pm | A Place in the Sun: Winter Sun |
| 1:00pm | Channel 4 News |
| 1:05pm | Couples Come Dine with Me |
| 2:05pm | Posh Pawnbrokers |
| 3:10pm | Countdown |
| 4:00pm | A Place in the Sun: Winter Sun |
| 5:00pm | Best of Both Worlds |
| 6:00pm | Four in a Bed |
| 6:30pm | Come Dine with Me |
| 7:00pm | The Simpsons |
| 7:30pm | Hollyoaks |
| 8:00pm | Channel 4 News |
| 9:00pm | Tried and Tasted: The Ultimate Shopping List |
| 9:30pm | Supershopper |
| 10:00pm | Phil Spencer |
| 11:00pm | First Dates |
| 12:05am | 24 Hours in A and E |

CHANNEL 5

| | |
|---------|---|
| 7:00am | Milkshake! <i>Programming aimed at children aged two to seven years old.</i> |
| 10:15am | The Wright Stuff |
| 12:15pm | House Doctor <i>Home improvement series that works its magic on neglected homes.</i> |
| 1:10pm | 5 News |
| 1:15pm | Big Brother |
| 2:10pm | Access |
| 2:15pm | Home and Away |
| 2:45pm | Neighbours |
| 3:15pm | NCIS |
| 4:15pm | Abducting Zoe |
| 6:00pm | 5 News <i>The latest news coverage.</i> |
| 6:30pm | Neighbours |
| 7:00pm | Home and Away |
| 7:30pm | 5 News |
| 8:00pm | Britain's Greatest Bridges |
| 9:00pm | The Dog Rescuers with Alan Davies |
| 10:00pm | The Hotel Inspector |
| 11:00pm | Big Brother |
| 12:05am | Big Brother's Bit on the Side |

4

| | |
|---------|-----------------------|
| 10:30am | Melissa and Joey |
| 11:00am | Baby Daddy |
| 11:30am | Baby Daddy |
| 12:00pm | How I Met Your Mother |
| 12:30pm | How I Met Your Mother |
| 1:00pm | New Girl |
| 1:30pm | New Girl |
| 2:00pm | Brooklyn Nine-Nine |
| 2:30pm | Brooklyn Nine-Nine |
| 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 | New Girl |
| 5:30pm | New Girl |
| 6:00pm | 2 Broke Girls |
| 6:30pm | 2 Broke Girls |
| 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 | Rude Tube |
| 11:00pm | 8 Out of 10 Cats |
| 11:50pm | The Big Bang Theory |
| 12:20am | The Big Bang Theory |

sky SPORTS 1

| | |
|---------|---------------------------------|
| 7:00am | Football Gold |
| 7:30am | Football Gold |
| 8:00am | WWE SmackDown! |
| 9:00am | Premier League Legends |
| 10:00am | Premier League 100 Club |
| 11:00am | The Premier League Years |
| 1:00pm | Football's Greatest Moments |
| 2:00pm | Great Sporting Moments |
| 2:30pm | Great Sporting Moments |
| 3:00pm | Premier League Legends |
| 4:00pm | Spanish Football Gold |
| 4:30pm | Football Gold |
| 5:00pm | Football's Greatest |
| 6:00pm | Premier League 100 Club |
| 7:00pm | Premier League Legends |
| 7:30pm | Premier League Legends |
| 8:00pm | Live Horse Racing: Winning Post |
| 10:00pm | Fight Night |
| 12:00am | Boxing Gold |
| 12:30am | Boxing Gold |

itv

| | |
|---------|--|
| 7:00am | Good Morning Britain |
| 9:30am | Lorraine |
| 10:25am | The Jeremy Kyle Show |
| 11:30am | This Morning <i>The 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 | David Dickinson's Name Your Price |
| 5:00pm | Tipping Point |
| 6:00pm | The Chase |
| 7:00pm | Local News and Weather |
| 7:30pm | ITV Evening News <i>Round-up of the main national and international news.</i> |
| 8:00pm | Emmerdale |
| 9:00pm | Midsomer Murders |
| 11:00pm | ITV News |
| 11:40pm | Davina: Life at the Extreme |
| 12:40am | Play to the Whistle |
| 1:20am | Jackpot247 |

itv2

| | |
|---------|--------------------------|
| 9:30am | Coronation Street |
| 10:00am | Coronation Street |
| 10:35am | Scorpion |
| 11:25am | Below Deck |
| 12:25pm | Vanderpump Rules |
| 1:20pm | 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! Gold |
| 7:30pm | You've Been Framed! Gold |
| 8:00pm | You've Been Framed! Gold |
| 8:30pm | You've Been Framed! Gold |
| 9:00pm | Two and a Half Men |
| 9:30pm | Two and a Half Men |
| 10:00pm | Love Island |
| 11:05pm | Family Guy |
| 11:30pm | Family Guy |
| 11:55pm | Family Guy |
| 12:25am | Family Guy |

itv3

| | |
|---------|---|
| 7:00am | Man About the House |
| 7:25am | Heartbeat |
| 8:30am | Where the Heart is |
| 9:30am | Wild at Heart |
| 10:30am | Judge Judy |
| 11:00am | Judge Judy |
| 11:30am | Judge Judy |
| 11:55am | Road to Avonlea |
| 1:00pm | Love Your Garden |
| 2:00pm | Heartbeat |
| 3:05pm | The Royal |
| 4:10pm | Wild at Heart |
| 5:15pm | Man About the House |
| 5:50pm | Rising Damp |
| 6:20pm | George and Mildred |
| 6:55pm | Heartbeat |
| 8:00pm | Murder, She Wrote |
| 9:00pm | The Booze Cruise III <i>The Scattering.</i> |
| 11:00pm | Law and Order: UK |
| 12:00am | Inspector Morse <i>Police drama series featuring Colin Dexter's enigmatic chief inspector and his sidekick Sergeant Lewis.</i> |
| 2:10am | Wycliffe |

itv4

| | |
|---------|---------------------------|
| 7:00am | Goals of the 90's |
| 7:10am | Storage Wars New York |
| 7:35am | Storage Wars New York |
| 7:55am | The Professionals |
| 8:50am | Minder |
| 9:50am | Ironsides |
| 10:55am | Quincy, M.E. |
| 12:00pm | Tour de France Highlights |
| 1:00pm | Tour de France Live |
| 6:00pm | The Professionals |
| 7:00pm | Storage Wars New York |
| 7:30pm | Storage Wars New York |
| 8:00pm | Tour de France Highlights |
| 9:00pm | Monster Carp |
| 10:00pm | Benidorm |
| 11:05pm | Awake |
| 12:15am | FYI Daily |
| 12:20am | Awake |
| 12:55am | Lethal Weapon |

sky CINEMA ACTION & ADVENTURE

| | |
|---------|--|
| 2:20pm | The Matrix Revolutions |
| 4:35pm | X-Men Origins: Wolverine |
| 6:25pm | Armageddon |
| 9:00pm | Pirates of the Caribbean: At World's End |
| 11:50pm | The Matrix Revolutions |
| 2:05am | Face/Off |
| 4:30am | The Blue Max |

sky CINEMA COMEDY

| | |
|---------|-----------------------|
| 9:30am | Valentine's Day |
| 11:45am | Laws of Attraction |
| 1:25pm | The Top Ten Show 2017 |
| 1:45pm | Hot Tub Time Machine |
| 3:40pm | Dope |
| 5:35pm | Big Daddy |
| 7:15pm | Crocodile Dundee |
| 9:00pm | Hot Tub Time Machine |
| 10:45pm | The Intern |
| 12:50am | Police Academy |
| 2:35am | Mistress America |

sky CINEMA PREMIERE

| | |
|---------|---|
| 7:00am | Frankie and Alice |
| 8:55am | Miles <i>A teenage boy, desperate to go to film school in Chicago, joins a girls' volleyball team in the hope of qualifying for a scholarship.</i> |
| 10:35am | I'll See You in My Dreams <i>Heartfelt drama about an ageing former songstress who discovers a new lease of life.</i> |
| 12:25pm | Spider-Man: Homecoming: Special |
| 12:55pm | Inferno |
| 3:10pm | The Girl with All the Gifts |
| 5:15pm | Frankie and Alice |
| 7:10pm | I'll See You in My Dreams |
| 9:00pm | Inferno |
| 11:10pm | The Girl with All the Gifts |
| 1:10am | Dog Eat Dog |

sky SPORTS 2

| | |
|---------|--|
| 7:00am | Cricket's Greatest |
| 7:30am | Cricket |
| 8:30am | Cricket |
| 9:00am | Cricket Classics |
| 10:00am | Cricket |
| 11:00am | Cricket |
| 11:30am | Cricket's Greatest |
| 12:00pm | Cricket's Greatest |
| 12:30pm | Cricket |
| 1:30pm | Cricket |
| 2:00pm | Cricket's Greatest |
| 2:30pm | Cricket's Greatest |
| 3:00pm | Cricket |
| 4:00pm | Cricket |
| 4:30pm | Cricket's Greatest |
| 5:00pm | Cricket's Greatest |
| 5:30pm | Cricket |
| 6:30pm | Cricket |
| 7:00pm | Live T20 Blast <i>Northamptonshire Steelbacks take on Yorkshire Vikings at The County Ground in Northampton in the NatWest T20 Blast.</i> |
| 10:45pm | Sporting Triumphs |
| 11:00pm | Cricket's Greatest |
| 11:30pm | Cricket's Greatest |
| 12:00am | T20 Blast |

Advertising feature

Continued success for HFS

HFS Kitchens, Bedrooms and Bathrooms wishes to thank all customers, old and new, who have joined them at their new showroom in Algorfa.

After five years at its previous location in Benijofar, HFS moved just 4km down the road to the main High Street in Algorfa next to Caja Rural and opposite Tien 21 earlier this year and has already been well received by customers who have enjoyed the opportunity to view some of the latest trends and styles on offer. The showroom is easily accessed from all areas and is open Monday to Friday from 10am-2pm and Saturdays from 10am-1.30pm and now works alongside the Playa Flamenca showroom.

HFS Kitchens, Bedrooms and Bathrooms has been established on the Costa Blanca for over 14 years. Offering the latest designs and prod-



NEW DESIGN: Now in place at the Algorfa showroom.

ucts from the best Spanish and German designers, HFS literally has hundreds of options whatever your style, preference and budget.

A full range of granite and Silestone composite work surfaces are available alongside brand name appliances all at very competitive prices. It means that HFS literally

can supply you with everything from the smallest details to an entire new kitchen. Building works, plumbing, tiling and electrics can also be done to transform your home.

HFS is a family-run business, headed by expert professional Graham Jordan who has decades of experience in the industry and ran his own



HFS KITCHENS: Stylish modern designs.

company in the UK before planning to retire to Spain.

But upon seeing the lack of quality some others were offering fellow expats, he set about transforming the reputation of the industry and providing the same exacting high standards his UK customers expected and got, to clients in Spain. This quality and ser-

vice is why the company has survived and grown in strength for over a decade: "We work hard for our customers" said Graham: "They want a fantastic kitchen, they get a fantastic kitchen."

A proud member of Master Builders in the UK, which quality checked Graham's work before accepting him,

all units and parts are checked as they arrive in the warehouse before being installed, with any slight dent or mark, being discarded and a new one ordered. His high exacting standards have led to hundreds of happy clients and a folder full of genuine client comments and feedbacks is available to view in the showroom. Appointments are carried out in the afternoons with free consultations offered and a 3D design plan can be arranged.

So for a company that ticks all the boxes on price, quality, professionalism and service, visit HFS today in either Algorfa or Playa Flamenca.

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BBC one

| | |
|---------|---|
| 7:00am | Breakfast |
| 10:15am | Right on the Money |
| 11:00am | Homes Under the Hammer |
| 12:00pm | Council House Crackdown |
| 12:45pm | Rip Off Britain |
| 1:15pm | Wimbledon |
| 2:00pm | BBC News |
| 2:30pm | Regional News |
| 2:45pm | Wimbledon |
| 7:00pm | BBC News |
| 7:30pm | Regional News |
| 8:00pm | The One Show |
| 9:00pm | Watchdog Live |
| 10:00pm | The Week the Landlords Moved in <i>Documentary challenging landlords to live in one of their rental properties for a week.</i> |
| 11:00pm | BBC News <i>The latest national and international news stories, followed by Weather.</i> |
| 11:30pm | Regional News |
| 11:40pm | Weather |
| 11:45pm | Room 101 |
| 12:25am | Supermarket Shopping Secrets |

BBC TWO

| | |
|---------|--|
| 7:00am | The TV That Made Me |
| 7:30am | Right on the Money Series |
| 8:15am | Council House Crackdown |
| 9:00am | Great British Menu |
| 9:30am | Great British Menu |
| 10:00am | Victoria Derbyshire |
| 12:00pm | BBC Newsroom Live |
| 12:30pm | The Daily Politics |
| 2:00pm | Wimbledon <i>Live coverage of the tennis tournament.</i> |
| 9:00pm | Today at Wimbledon |
| 10:00pm | Gardeners' World <i>More handy horticultural tips from the gardening experts.</i> |
| 11:00pm | QI |
| 11:30pm | Newsnight <i>Comprehensive coverage of the day's important national and international news stories.</i> |
| 12:10am | Weather <i>The latest weather information.</i> |
| 12:15am | Hospital |
| 1:15am | Eat Well for Less |

BBC FOUR

| | |
|---------|--|
| 8:00pm | 100 Days + |
| 8:30pm | Handmade: By Royal Appointment |
| 9:00pm | Hunting the Nazi Gold Train |
| 10:00pm | Sound Waves: The Symphony of Physics |
| 11:00pm | Railways: The Making of a Nation - Time |
| 11:30pm | Railways: The Making of a Nation <i>Documentary exploring how Britain's expanding rail network sparked a social revolution.</i> |
| 12:00am | Patagonia with Huw Edwards |
| 1:00am | The Renaissance Unchained |
| 2:00am | Horizon <i>Series exploring topical scientific issues.</i> |
| 3:00am | Voyages of Discovery <i>Historical documentary series which looks at some of history's most momentous voyages.</i> |
| 4:00am | Hunting the Nazi Gold Train |

CHANNEL 4

| | |
|---------|--------------------------------|
| 7:00am | Countdown |
| 7:45am | Will and Grace |
| 8:10am | Will and Grace |
| 8:35am | Everybody Loves Raymond |
| 9:00am | Everybody Loves Raymond |
| 9:35am | Frasier |
| 10:05am | Frasier |
| 10:35am | Frasier |
| 11:05am | Undercover Boss USA |
| 12:00pm | A Place in the Sun: Winter Sun |
| 1:00pm | Channel 4 News |
| 1:05pm | Couples Come Dine with Me |
| 2:05pm | Posh Pawnbrokers |
| 3:10pm | Countdown |
| 4:00pm | A Place in the Sun: Winter Sun |
| 5:00pm | Best of Both Worlds |
| 6:00pm | Four in a Bed |
| 6:30pm | Come Dine with Me |
| 7:00pm | The Simpsons |
| 7:30pm | Hollyoaks |
| 8:00pm | Channel 4 News |
| 9:00pm | Ackley Bridge |
| 10:00pm | 24 Hours in A and E |
| 11:00pm | The Windsors |
| 11:30pm | Fargo |
| 12:30am | Catching a Killer |
| 1:45am | Ramsay's Hotel Hell |

CHANNEL 5

| | |
|---------|--|
| 7:00am | Milkshake! <i>Programming aimed at children aged two to seven years old.</i> |
| 10:15am | The Wright Stuff |
| 12:15pm | House Doctor |
| 1:10pm | 5 News |
| 1:15pm | Big Brother |
| 2:10pm | Access |
| 2:15pm | Home and Away |
| 2:45pm | Neighbours |
| 3:15pm | NCIS |
| 4:15pm | Rags to Riches: Ultimate Life |
| 6:00pm | 5 News |
| 6:30pm | Neighbours |
| 7:00pm | Home and Away |
| 7:30pm | 5 News |
| 8:00pm | All New Traffic Cops <i>Action-packed documentary series following Yorkshire-based law enforcers.</i> |
| 9:00pm | The Highland Midwife |
| 10:00pm | Where There's Blame, There's a Claim |
| 11:00pm | Big Brother |
| 12:05am | Big Brother's Bit on the Side |
| 1:05am | On Benefits |
| 2:00am | Super Casino |

4

| | |
|---------|------------------------|
| 9:00am | Brooklyn Nine-Nine |
| 9:30am | Brooklyn Nine-Nine |
| 10:00am | Melissa and Joey |
| 10:30am | Melissa and Joey |
| 11:00am | Baby Daddy |
| 11:30am | Baby Daddy |
| 12:00pm | How I Met Your Mother |
| 12:30pm | How I Met Your Mother |
| 1:00pm | New Girl |
| 1:30pm | New Girl |
| 2:00pm | Brooklyn Nine-Nine |
| 2:30pm | Brooklyn Nine-Nine |
| 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 | New Girl |
| 5:30pm | New Girl |
| 6:00pm | 2 Broke Girls |
| 6:30pm | 2 Broke Girls |
| 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 Inbetweeners Movie |
| 12:00am | The Big Bang Theory |

sky SPORTS 1

| | |
|---------|---|
| 7:00am | Football Gold |
| 7:30am | Football Gold |
| 8:00am | WWE Experience |
| 9:00am | Premier League Legends |
| 10:00am | Premier League 100 Club |
| 11:00am | Football Gold |
| 11:20am | Live ICC Women's World Cup 2017 <i>England face New Zealand at County Cricket Ground, Derby, in the ICC Women's World Cup.</i> |
| 7:00pm | Football's Greatest Teams |
| 7:30pm | Football's Greatest Teams |
| 8:00pm | Barclays Premier League World |
| 8:30pm | Football's Greatest |
| 9:00pm | Fight Night |
| 11:00pm | Barclays Premier League World |
| 11:30pm | Boxing Gold |
| 12:00am | Premier League Legends |
| 1:00am | Premier League 100 Club |
| 2:00am | Football's Greatest Teams |
| 2:30am | Football's Greatest |

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 | David Dickinson's Name Your Price |
| 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 <i>More drama and turmoil from the residents of Coronation Street in the longest running TV Soap.</i> |
| 9:00pm | Love Your Garden |
| 10:00pm | Joanna Lumley's India |
| 11:00pm | ITV News |
| 11:40pm | Paul O'Grady for the Love of Animals: India |
| 12:40am | Goodwood Festival of Speed |

itv2

| | |
|---------|--------------------------|
| 7:35am | Vanderpump Rules |
| 8:20am | The Ellen DeGeneres Show |
| 9:00am | Emmerdale |
| 10:00am | You've Been Framed! Gold |
| 10:35am | Scorpion |
| 11:25am | Below Deck |
| 12:25pm | Vanderpump Rules |
| 1:20pm | Emmerdale |
| 2:30pm | You've Been Framed! Gold |
| 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! Gold |
| 7:30pm | You've Been Framed! Gold |
| 8:00pm | You've Been Framed! Gold |
| 8:30pm | You've Been Framed! Gold |
| 9:00pm | Two and a Half Men |
| 9:30pm | Two and a Half Men |
| 10:00pm | Love Island |
| 11:05pm | Celebrity Juice |
| 11:50pm | Family Guy |
| 12:20am | Family Guy |

itv3

| | |
|---------|--|
| 7:00am | Man About the House |
| 7:25am | Heartbeat |
| 8:25am | Where the Heart is |
| 9:25am | Wild at Heart |
| 10:25am | Judge Judy |
| 10:55am | Judge Judy |
| 11:25am | Judge Judy |
| 11:50am | Road to Avonlea |
| 12:55pm | Love Your Garden |
| 2:00pm | Heartbeat |
| 3:05pm | The Royal |
| 4:10pm | Wild at Heart |
| 5:15pm | Man About the House |
| 5:50pm | Rising Damp |
| 6:20pm | George and Mildred |
| 6:55pm | Heartbeat |
| 8:00pm | Murder, She Wrote <i>Drama series about a sleuthing writer who solves murder mysteries.</i> |
| 9:00pm | Lewis |
| 11:00pm | Law and Order: UK <i>Crime drama based on the hit US series Law and Order.</i> |
| 12:00am | Wycliffe |
| 1:55am | Wycliffe |
| 2:55am | ITV3 Nightscreen <i>Text-based information service.</i> |

itv4

| | |
|---------|-------------------------------------|
| 7:00am | Football's Greatest: Bobby Charlton |
| 7:15am | The Professionals |
| 8:05am | The Chase |
| 8:55am | Storage Wars New York |
| 9:25am | Storage Wars New York |
| 9:55am | The Car Chasers |
| 10:25am | The Car Chasers |
| 10:55am | The Professionals |
| 12:00pm | Tour de France Highlights |
| 1:00pm | Tour de France Live |
| 6:15pm | World Cup Rivalries: Brazil v Italy |
| 6:35pm | Pawn Stars |
| 7:00pm | Storage Wars New York |
| 7:30pm | Storage Wars New York |
| 8:00pm | Tour de France Highlights |
| 9:00pm | Dirtquake Motorbike Festival |
| 10:00pm | Jaws |
| 11:05pm | FYI Daily |
| 11:10pm | Jaws |
| 12:40am | Lethal Weapon |
| 1:35am | Dirtquake Motorbike Festival |
| 2:35am | Tour de France Highlights |

sky CINEMA ACTION & ADVENTURE

| | |
|---------|------------------------|
| 7:10am | Swelter |
| 8:55am | Camino |
| 10:45am | Rocky |
| 12:50pm | Mission: Impossible II |
| 3:00pm | Charlie's Angels |
| 4:45pm | Batman and Robin |
| 6:55pm | Rocky |
| 9:00pm | Mission: Impossible II |
| 11:10pm | The Mummy |
| 1:20am | Con Air |

sky CINEMA COMEDY

| | |
|---------|---------------------------------|
| 7:20am | Spider-Man: Homecoming: Special |
| 7:50am | Drillbit Taylor |
| 9:40am | Date and Switch |
| 11:20am | Meatballs |
| 1:00pm | Sausage Party |
| 2:45pm | Miss Congeniality |
| 4:45pm | Working Girl |
| 6:45pm | Trainwreck |
| 9:00pm | Miss Congeniality |
| 11:00pm | Sausage Party |
| 12:35am | Welcome to Me |
| 2:10am | Gremlins |
| 4:00am | Jackass: Number Two |
| 5:40am | Curse of the Pink Panther |

sky CINEMA PREMIERE

| | |
|---------|--|
| 7:00am | I'll See You in My Dreams |
| 8:50am | Breakdown <i>A hitman haunted by his violent past must protect his wife and teenage daughter from his ruthless employers.</i> |
| 10:55am | Inferno |
| 1:05pm | The Girl with All the Gifts |
| 3:05pm | Frankie and Alice |
| 5:00pm | I'll See You in My Dreams <i>Heartfelt drama about an ageing former songstress who discovers a new lease of life.</i> |
| 6:55pm | Inferno |
| 9:00pm | The Girl with All the Gifts |
| 11:00pm | The Here After |
| 12:50am | Frankie and Alice <i>Dog Eat Dog When a mob kidnapping goes wrong, the LA criminals hired to do the job find themselves on the run.</i> |
| 2:45am | |

sky SPORTS 2

| | |
|---------|--|
| 7:00am | Cricket's Greatest |
| 7:30am | Cricket's Greatest |
| 8:00am | Cricket Gold |
| 8:10am | Cricket Gold |
| 8:20am | Cricket Gold |
| 8:30am | Great Sporting Moments |
| 8:45am | Great Sporting Moments |
| 9:00am | Cricket Classics |
| 10:00am | Cricket's Greatest |
| 10:30am | Cricket's Greatest |
| 11:00am | Live ICC Women's World Cup 2017 <i>Australia take on India at the Bristol County Ground in the ICC Women's World Cup.</i> |
| 7:00pm | Cricket's Greatest |
| 7:30pm | Live T20 Blast <i>Sussex Sharks take on Hampshire at the 1st Central County Ground in Hove in the NatWest T20 Blast.</i> |
| 10:45pm | ICC Women's World Cup 2017 Highlights |
| 11:45pm | Sporting Triumphs |
| 12:00am | T20 Blast |
| 3:45am | Sporting Triumphs |
| 4:00am | Cricket Classics |



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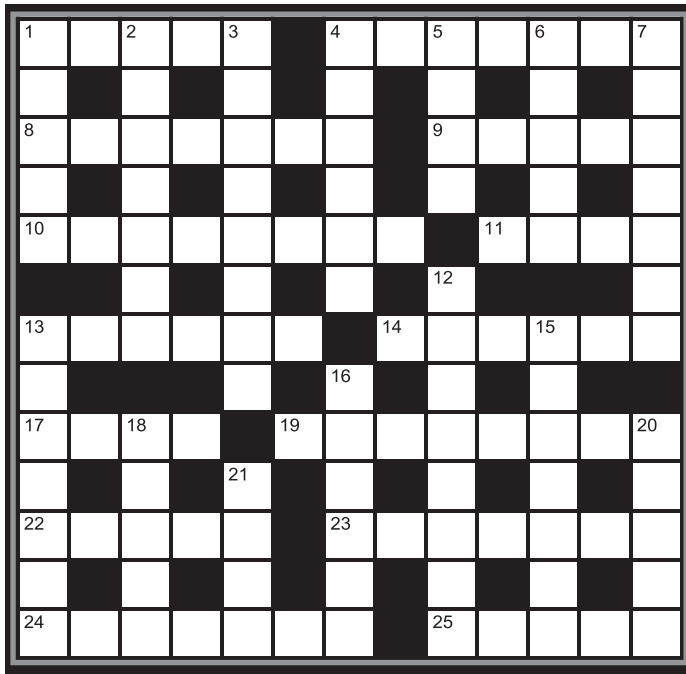
Cryptic

Across

- 1 Point to friendly crowd (5)
- 4 Rate all members of the side (7)
- 8 Cakes mix-up is clear (7)
- 9 Wept whilst mixing cider (5)
- 10 Creepy sibling hiding at home (8)
- 11 Something inherited from an espionage network (4)
- 13 Off around New York, nevertheless (6)
- 14 Rags, as in the river (6)
- 17 Pat's confused about what's gone on (4)
- 19 Splendid joke I fed into Scotsman (8)
- 22 Cliff Richard is miffed Elvis started lawbreaking (5)
- 23 Rider at doctor later (7)
- 24 Southern shark is skinny (7)
- 25 Big Bird beheads Snoopy (5)

Down

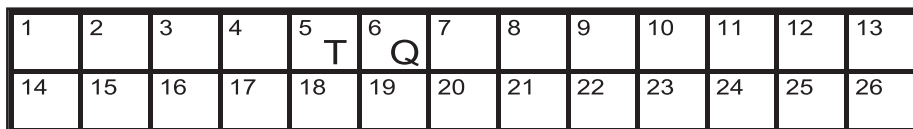
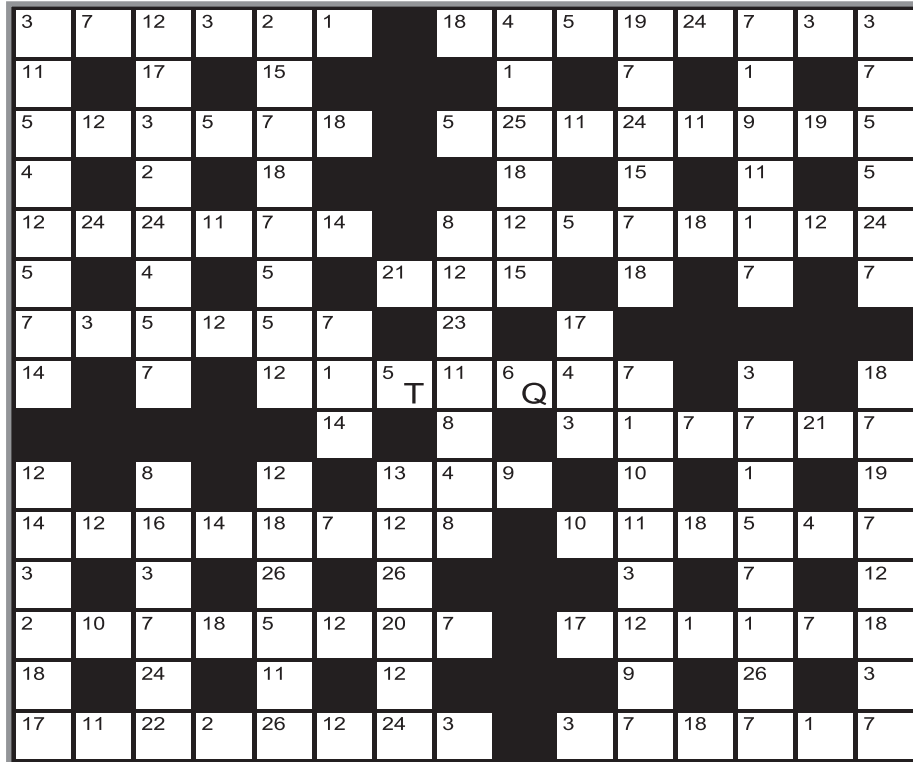
- 1 Look at Mississippi, it appears (5)
- 2 Penalty conversion is easily enough (7)
- 3 Chief to remain as support (8)
- 4 In part, cruciverbalist endeavours to pay attention (6)
- 5 Diplomacy is part of the Riot Act (4)
- 6 Erect or demolish, we hear (5)



- 7 Steps the German amongst the lads (7)
- 12 About a motor vehicle or train (8)
- 13 Caps set at different angles (7)
- 15 Meeting involves information technology in fraud (7)
- 16 Regiment in pursuit of support (6)
- 18 Gets a glimpse of what they confiscate, so we hear (5)
- 20 Denounce phoney cures (5)
- 21 Heavy Metal at number one (4)

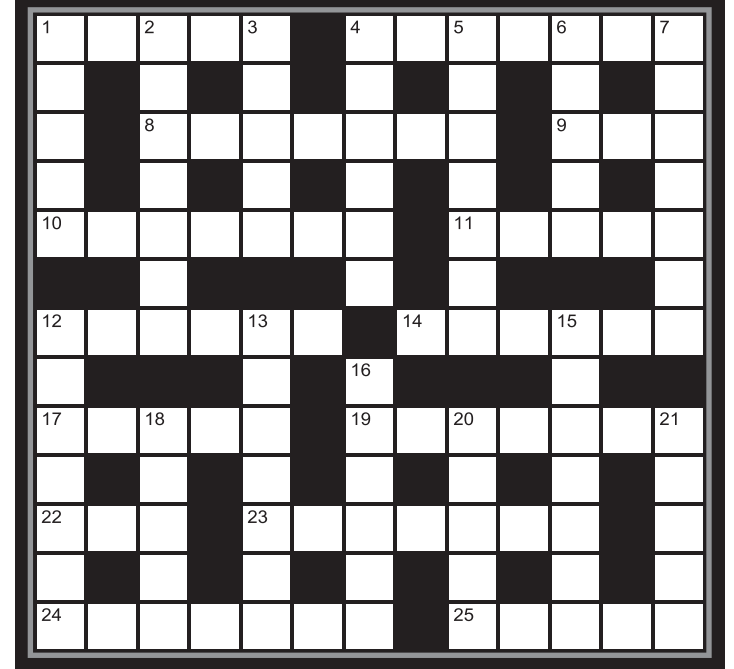
Code Breaker

Each number in the Code Breaker grid represents a different letter of the alphabet. In this week's puzzle, 5 represents T and 6 represents Q, so fill in T every time the figure 5 appears and Q every time the figure 6 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.



LAST WEEK'S SOLUTION FACING PAGE

Quick



Across

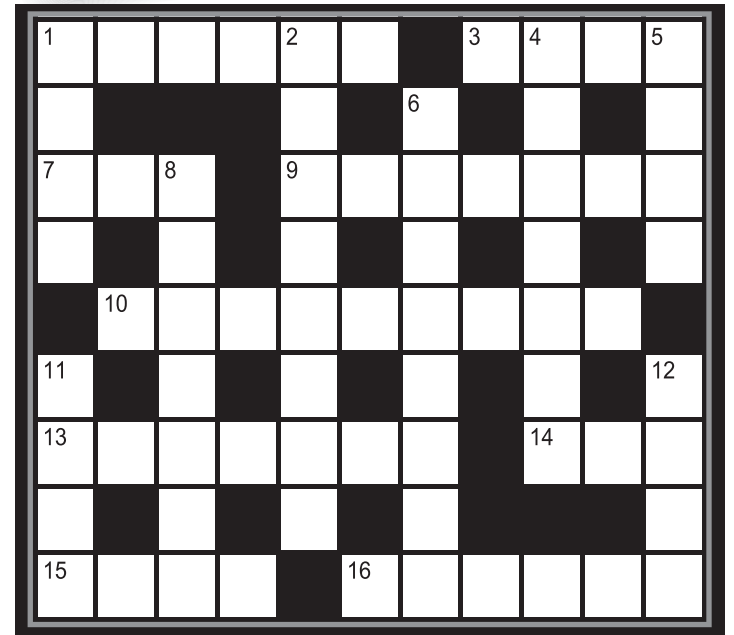
- 1 Fried potatoes (5)
- 4 Childhood disease (7)
- 8 Words falsely spoken that damage the reputation of another (7)
- 9/22 Vehicle safety device (3,3)
- 10 Innocuous or inert medication (7)
- 11 Bishop's headdress (5)
- 12 Formal and dignified (6)
- 14 Protein substance that remains when starch is removed from cereal grains (6)
- 17 Seat for one person (5)
- 19 Short heavy curved sword with one edge (7)
- 22 See 9
- 23 Ape (7)
- 24 White ant (7)
- 25 Particular procedure by which something is done (5)

Down

- 1 Inexpensive (5)
- 2 Set up for use (7)
- 3 Refrain from harming (5)
- 4 Exhibition of cowboy skills (6)
- 5 Burnt sugar (7)
- 6 Precise (5)
- 7 Doctor who performs operations (7)
- 12 Early wind instrument (7)
- 13 Cocktail made of gin with dry vermouth (7)
- 15 Disaster (7)
- 16 In operation (6)
- 18 Wrath (5)
- 20 Snares (5)
- 21 Range (5)

English - Spanish

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



Across

- 1 Guijarro (6)
- 3 Barco (de gran tamaño) (4)
- 7 Mentira (embuste) (3)
- 9 Right (not left) (7)
- 10 El más fuerte (9)
- 13 Poverty (7)

Down

- 14 Quién (3)
- 15 Mediodía (4)
- 16 Traffic jam (6)
- 1 Tirar (4)
- 2 Thieves (8)

- 4 Sierra para metales (7)
- 5 Proyecto (4)
- 6 Embarazada (8)
- 8 Cowshed (7)
- 11 Abierto (4)
- 12 Well (for water) (4)

CROSSWORD PAGE

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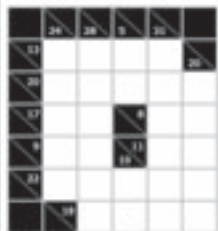
MADDOCKS'
VIEW ON LIFE



' PAMPLONA? - I WAS LOOKING FOR SPECSAVERS! '

Kakuro

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



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:

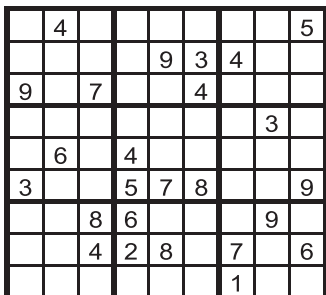
- Average: 5
- Very good: 10
- Good: 7
- Excellent: 12

LAST WEEK'S SOLUTION

alar alec alee anal carl clan earl elan lace lane lean leer rale real reel anele areal canal clean clear creel lacer lance learn renal cancel carnal cereal crenel enlace lancer leaner cleaner clarence CLEARANCE

Sudoku

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



LAST WEEK'S SOLUTION

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

LAST WEEK'S SOLUTIONS

CRYPTIC

Across:

- 1 Sabre, 4 Latimer, 8 Retreat, 9 Broom, 10 Prepared, 11 Hera, 13 Faster, 14 Fidget, 17 Ally, 19 Reproach, 22 Ember, 23 Lithium, 24 Phantom, 25 Smear.

Down:

- 1 Strap, 2 Batters, 3 Elevates, 4 Lathes, 5 Tuba, 6 Moore, 7 Remnant, 12 Migrates, 13 Flare-up, 15 Granite, 16 Bedlam, 18 Libra, 20 Homer, 21 Writ.

QUICK

Across:

- 1 Absent, 3 Helper, 8 Speed, 10 Diaries, 11 Silence, 12 Tests, 13 Upset, 15 Brass, 20 Alert, 22 Arrange, 24 Leading, 25 Level, 26 Steady, 27 Feared.

Down:

- 1 Assist, 2 Steal, 4 Exact, 5 Priests, 6 Resist, 7 Added, 9 Dense, 14 Prepare, 16 Rural, 17 Fables, 18 Large, 19 Yelled, 21 Tried, 23 Never.

CODE BREAKER

| | | | | | | | | | | | | | |
|----|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | B | Z | E | J | A | Y | T | H | G | D | K | R | X |
| 14 | F | O | I | W | N | M | U | V | P | S | C | L | Q |

ENGLISH-SPANISH

Across:

- 1 Barato, 4 Asno, 8 Gamba, 9 Niece, 10 Longest, 14 Ducha, 15 Broma, 16 Ojal, 17 Agency.

Down:

- 1 Bags, 2 Remolacha, 3/15 Tea bag, 5 Sweetcorn, 6 Open, 7 Knee, 11 Neat, 12 Odio, 13 Lazy.

KAKURO



LOTTERY

UK NATIONAL LOTTERY

Saturday July 01



IRISH LOTTO

Saturday July 01



EURO MILLIONS

Tuesday June 27



Friday June 30



LA PRIMITIVA

Saturday July 01



EL GORDO DE LA PRIMITIVA

Sunday July 02



YOUR STARS

FOR NEXT 7 DAYS



AQUARIUS
(January 21 - February 19)

Is someone trying to sidetrack you by casting doubt on a relationship or plan? Something is going on so make sure that you have all the facts. It would be gullible of you to take everything at face value. You have good supportive colleagues and may seek their advice. Be optimistic as the weekend comes and remember your sense of humour.



LEO
(July 24 - August 23)

When someone asks you this week where you are going, will you know the answer? You will make progress if you do. If you're not sure, then there is no point in going full steam ahead. This is a week to consider your options on all fronts, particularly in business.



VIRGO
(August 24 - September 23)

A personal decision needs to be made. No major changes are necessary so long as you have a firm plan. It is not so much that caution is required, rather more that you should give yourself time to consider. In the longer term, you may see this week as a turning point.



PISCES
(February 20 - March 20)

Showing confidence means others see you as being very much in control. They need to see that you can be trusted. If a plan is not going in the right direction, be prepared to change tack. Changes should not be made to financial plans until you are sure of your ground. Romantically, you are being admired.



LIBRA
(September 24 - October 23)

This is a week of planning and making changes. Some things click into place and you realise that you are on your way to completing an ambition. The trick is to manage it without upsetting people on the home front.



ARIES
(March 21 - April 20)

It is all go for you at the moment. Not only will you be particularly clear-thinking but your intellect will be sharp as a knife. Your enthusiasm spills over from your business life to personal matters, leading to a hectic and eventful time all week. When it comes to romance, a positive and dynamic approach stands you in good stead.



SCORPIO
(October 24 - November 22)

Are you putting off a decision affecting others? This is a good time to take the bull by the horns. Keep an eye on finances involving younger people.



TAURUS
(April 21 - May 21)

It is now important that you are clear about the person you wish to spend your time with because you may have more than one option. Plans that you started last week are now showing progress. Keeping the pace growing is essential to beat rivals. It is not an easy week by any means but it should not be boring.



SAGITARIUS
(November 23 - December 21)

Your activities this week may seem to be ones best done alone. To a certain extent this is true.



GEMINI
(May 22 - June 21)

A tendency to be emotional because of a setback should be avoided. When you feel the pressure rising, remember that nothing is worth risking your health for. Sound out friends and colleagues to avoid over-reacting. It is a week when you realise how someone close is able to be a great help. The question is, can you accept it?



CAPRICORN
(December 22 - January 20)

However, if you wish to make others feel important and gain their support in the future, you should involve them. You don't have to take advice which is given but be diplomatic when not acting on it. Hurt feelings can cost money.



CANCER
(June 22 - July 23)

There is sensitivity in your chart. It is possible to overlook someone who needs your time and consideration. You are not a mind-reader and they may not directly seek your help. Be aware, then, of how others are faring.



Are you feeling less positive than usual? We all do at times. If energy is low get out for a long walk in a relaxing place.

Perhaps watch a film that raises your spirits. There is about you a kind of regret and fondness for the past, but there is nothing wrong with sentimentality so long as it does not cloud your picture of the future. That can be bright indeed.

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Kisses sweeter than wine

Trudy Stewart



RECENTLY, everywhere I go, it seems there are holidaying couples arguing.

Research shows that almost 40 per cent of couples have a row on holiday, with 5 per cent arguing within minutes of arriving at their destination!

After all that time saving and looking forward to your holiday, what is it that makes us argue when we do finally get there?

The intense heat of late has got to be a factor after all, being too hot can make us irritable at the best of times.

Add to that the lure of cheap alcohol and you're well on your way to troubled times ahead.

Another fuel to add to the fire is when one half of the couple spends most of the holiday flirting with the waiter/waitress and checking out the hot bods on the beach.

Whatever the reason, today (Thursday) is International Kissing Day so get ready to pucker up instead of pouting after I convince you that kissing is important for all of us.

Kissing can actually prolong life! Studies have shown that men who kiss their partners goodbye before leaving for work, live up to five years longer than those who don't. The theory is that they're more relaxed and less likely to suffer from stress-related problems and car accidents.

If you can't afford Botox (or you just don't want to look constantly startled), kissing is a great facial workout. One kiss requires the coordination of 34 facial muscles!

The muscle you use to pucker your lips is called the 'orbicularis oris' (the same one responsible for pulling off the dreaded duckface so popular in selfies).

If that's not enough for



PUCKER UP: There are benefits both physically and mentally.

to convince you to find your significant other for a quick snog, kissing can also lower blood pressure and cholesterol.

Research has shown that kissing reduces cortisol, a hormone linked to weight gain, high blood pressure, and high cholesterol. Although diet and exercise are the best means of combating these conditions, it can't hurt to add a spot of tonsil tennis to your daily health regime.

Smooching can strengthen our relationship and promote togetherness. The honeymoon period doesn't last forever but there's few things better than when you can feel your partner smiling as you kiss them.

So, now you can see how underrated kissing is and how many benefits there are, both physically and mentally, I hope to see a lot more of you out there indulging in pda's not ghh!

Until next week, besos xox

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boosts the im-
mune system, re-
lieves aches and
pains and also pre-
vents cavities.
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dorphins and oxy-
tocin. A passionate
kiss will leave you feeling
happy, positive and less
stressed.

If that's still not enough

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Cassandra Nash
A weekly look

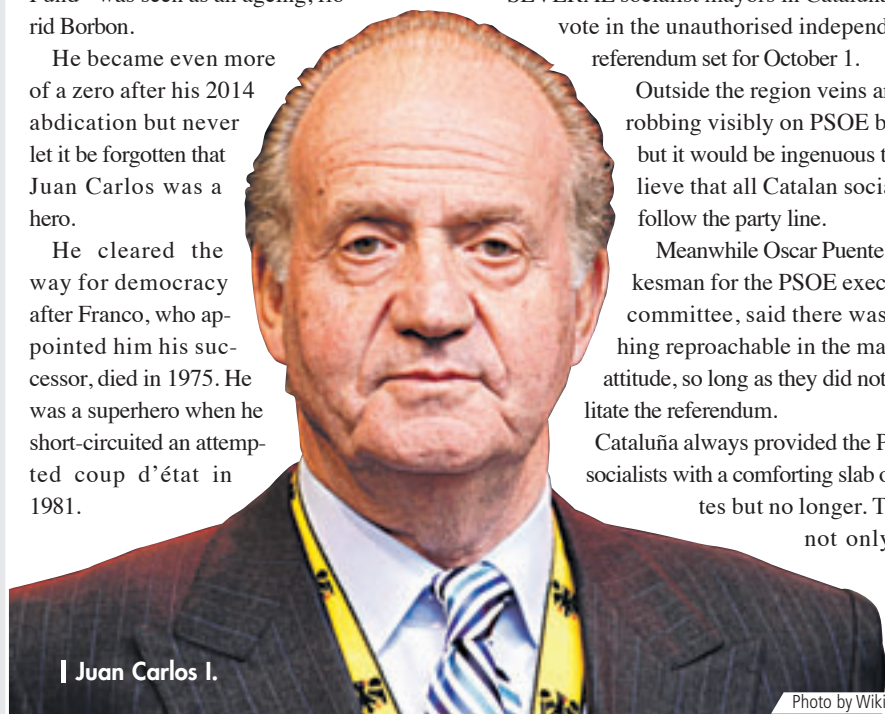
- and not entirely impartial reaction -
to the Spanish political scene

JUAN CARLOS went from hero to zero in 2012 when he broke a hip while elephant shooting in Zimbabwe with his mistress.

The economic crisis was blighting Spanish lives at that time and suddenly Spain's king - then honorary president of the World Wild Life Fund - was seen as an ageing, florid Borbon.

He became even more of a zero after his 2014 abdication but never let it be forgotten that Juan Carlos was a hero.

He cleared the way for democracy after Franco, who appointed him his successor, died in 1975. He was a superhero when he short-circuited an attempted coup d'état in 1981.



| Juan Carlos I.

Photo by Wikimedia

Passage of time

But he was omitted from the celebrations that marked the 40th anniversary of the 1977 elections, the first of the Transition. Sadly, Juan Carlos is now the elderly relative no-one wants at the party.

Going their own way

SEVERAL socialist mayors in Cataluña will vote in the unauthorised independence referendum set for October 1.

Outside the region veins are throbbing visibly on PSOE brows but it would be ingenuous to believe that all Catalan socialists follow the party line.

Meanwhile Oscar Puente, spokesman for the PSOE executive committee, said there was nothing reproachable in the mayors' attitude, so long as they did not facilitate the referendum.

Cataluña always provided the PSOE socialists with a comforting slab of votes but no longer. That's

not only be-
cau-

se Podemos arrived to split the vote or because Republican-leaning socialists drifted to the ERC party, but because they want a referendum.

Ironically there are probably more pro-independence voters in the PSOE-PSC than there are in the old centre-right CiU party now reincarnated as the pro-secession PdeCat.

Bought and sold

A PARLIAMENTARY committee has been questioning the former Partido Popular treasurer Luis Barcenás.

They are probing alleged double accounting and irregular donations from big-name companies that later received juicy government contracts.

Mariano Rajoy, president of the Spanish government, claimed that the committee hearing served no purpose and he was absolutely right.

Barcenás refused to answer questions and after spending 19 months on remand he will never open his mouth again.

The ex-treasurer was bought off in 2009 when Gurtel first came to light, leaving his post but remaining with privileges at PP party headquarters.

He was sold in January 2013 after he blew the whistle when no-one came to his aid once a stash of Swiss money came to light. Apart from Rajoy and his 'stay strong Luis' text message, that is.

Since he left prison in January 2015, however, all is sweetness, light and silence between Barcenás and the party whose funds he so deftly amassed.

Bought, sold and bought again.

PODEMOS spokeswoman Irene Montero's filibuster during the failed Vote of No Confidence debate fleetingly mentioned the Partido Popular's Abortion Reform Bill.

This was eventually abandoned when it proved to be a vote-loser even inside the PP, but amazingly the now-forgotten legislation is never thrown in Ma-

Short memories

rriano Rajoy's face.

The Bill thought up by former Justice minister Alberto Ruiz-Gallardon, and with which Rajoy was allegedly most happy, would have forced desperate women to return to backstreet butchers if they wanted to

terminate a pregnancy. Not that this would have affected the wives and daughters of the affluent, including - or especially - practising Catholics. As in the Francoist past they would have gone to London, instead. And then to Confession.

YOUR PAPER - YOUR VOICE - YOUR OPINION

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The prevention or reduction of religious radicalism

SIR,

As far as I know the majority of religions practised in the UK are hierarchal in nature thereby the Archbishops of Canterbury/York and the Moderator of the Church of Scotland are the leaders of the Protestant faith, The Chief Rabbi of the Jewish faith and the Archbishop of Westminster of the Catholic faith.

Due to this hierarchal structure any official religious preacher who goes 'off base' is brought to heel by their superiors and corrected. If their conduct does not improve they may lose their positions.

Many people are not aware of the fact that the Islamic faith has no such structure as each mosque chooses its own Imam who is not subservient to any higher authority and may not even be formally educated in his own religion.

Would it not be an idea to make it compulsory that the Imams of all mosques in the UK are responsible to The Grand Mufti (honestly it is an authentic term!) and his council of, presumably, lesser Muftis who would license each Imam and supervise that his teachings are in line with their accredited

Heaven's above. A locked church!

WHAT a sad reflection of how low some people in modern society will stoop when a church has to lock up to ensure that either vandals or thieves do not take advantage of open doors.



A wise move maybe, but also very sad.

I recently visited a church near our home to light a candle for a sick friend, only to discover that the church was bolted, though fortunately the following day when I returned the priest was there and I was able to spend a few minutes in prayer.



LOCKED UP: Various items have been stolen in recent years.

It seems the locked door policy was not taken lightly, but with various items stolen in recent years, as well as some vandalism, the powers-that-be decided to en-

sure future safety.

Wise, maybe, but also so very sad.

*Ted Gallagher
Aguilas, Murcia*

ed version of the Quran. This would then eradicate the type of teachings and radicalisation of the likes of the Finsbury Park mosque.

*Alister Bottomley
Pollensa, Mallorca*

Dog days

SINCE December a dead dog is lying by the side of the road from Los Gallardos towards Garrucha. It's a podenco, probably abandoned by a brutal hunter, then killed by a ruthless driver, then left to rot. I have talked several times to the Local Police in Los Gallardos who say they have called the institution responsible for removing dead animals from the roadsides, but nothing happens.

I have e-mailed SEPRONA (Servicio de Protección de la Naturaleza) several times about this dog, asking if they are responsible for removing it, but no reply. When I tried to send a message from their website a sign turned up saying my e-mail address was not correct, which is nonsense.

Does anybody know which institution is supposed to remove these dead animals? I thought rotting animals by the Spanish roadsides belonged to earlier and darker times. Or are they back?

*Britt Arenander
Huerta Nueva, Malaga*

No respect

I DREAD this time of year because the cycle jobs are out in force, especially on weekends. In towns they don't stop at crossings, even when people are half way across them because they have no number plate and know they won't be caught. They pull straight out on roundabouts, forcing cars to stop and they go through red lights. They are all on the clock, trying to knock a minute off their last best time getting from A to B.

*Michael Hill
Trapiche, Velez-Malaga*

On the rocks

I HAVE been coming to Orihuela since 2001 and got such a shock when I arrived this week to see the rocky state of Playas Flamenca and Cala Mosca. I am a keen swimmer but I don't know how anyone could negotiate their way into the water on both beaches! The rocks extend well out even to a swimmer's depth.

It is almost literally impossible for anyone to SAFELY enter the water! And to think these beaches have been awarded BLUE FLAG status (or so I believe)!!!

Name and address withheld

HAVE YOUR SAY

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

Readers who have missed correspondence can see all letters - which can be edited before publication - posted on: www.euroweeklynews.com

Gaining power (Leapy Lee)

THOSE five points have been taken from a list of 10 that have all been exposed as untrue. Not enough space to explain on here but to complain labour made it political then you do the same is hypocrisy in extreme.

Paul chaloner

» Three dead in Torremolinos crash

IT'S about time the Spanish government started a re-education programme for Spanish drivers. The Spanish are lovely people but behind the wheel of a car they are just crazy. Ok! some expats are no better. But the Spanish have no concept or awareness of danger. When they approach a roundabout or a stop sign they have no intention of slowing down or stopping. It's full speed ahead. Little wonder there are so many accidents.

Lloyd Lupin

» Off duty officer allegedly caused Torremolinos crash

SOBERING, and not just tragic, no parent should EVER bury their own child. One only hopes the courtroom castigates him heavily for this horrific recklessness

Comments from EWN online

which led to a fatally nightmarish outcome. My thoughts and prayers are with the family and friends.

I thought that they are supposed to uphold the law not break it, how can you trust them after this.

David Kerswill

» Sad ending for shark in Mallorca

WHY didn't they take the hook out of the shark's mouth and take him back out to sea. The sea is his home not the humans. Should not have killed him.

Lilly Spencer

» EU citizens must apply for 'settled status'

IF current EU citizens can continue to live in the UK but future ones can't, what happens when the current ones die? Well, if they own a house and have adult children living in their country of origin, they'll find they have a house they can't live in! As new immigrants they would

be refused entry. If Spain reciprocates your families will not be able to move into your Spanish home! They'll be refused entry! Is that what pro-Brexit expats want?

Brian Eagleson

» Trialled for kidnapping her dying husband

Why has she only be charged with Kidnapping? Her Actions Obviously Played A Massive Part in His Suffering, Deteration & His Aweful Death. Its Gotta To Be Murder... Plain & Simple, Too.

Tomas Kirken

» Concerns for Brits rights in EU

IS it any wonder the electorate and expats are confused. They have been lied to throughout, remember the bus... £350m which will go to the NHS?

As for expats getting the same rights in Spain to benefits/housing and healthcare, another lie.

Wake up, you choose to be in Spain.

So under 65yrs old, you pay + pay + pay

Smile that's the way it is and some governments will exploit this.

Tony

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Aqualyx is an injectable gel-based solution developed for the non-surgical reduction of localised fat under the skin and is an alternative to liposuction. When Aqualyx is injected into the problem area it liquefies the fat cells, destroying them permanently, releasing the lipids that are then eliminated naturally through the lymphatic system.

Suitable for reducing fat on almost any part of the body, it is particularly popular for fat pockets around the chin, love handles,

thighs, saddle bags, abdomen, underarms and buttocks. It is also good for treating pseudo-gynaecomastia in men (man boobs).

Exilis Elite is a cutting edge device for dealing with hard-to-shift fat. Favoured by celebrities all over the world, it is also available here on the Costa Blanca at Medcare. Treatments are not suitable for seriously overweight people but it does work wonders on stubborn areas of the body where that persistent fat is stored such as the belly, thighs, hips, backside and back-fat. Completely non-invasive, Exilis Elite uses a combination of radio-frequency and ultrasound to 'melt' fat cells. Paddles are massaged over the skin and patients feel a warm sensation which many liken to a hot stone massage.

As well as melting fat, Exilis Elite tightens skin, making it an excellent treatment for

bingo wings which can be impossible to shift through diet and exercise.

Medcare has had some amazing results with Exilis. One patient, Anne, said she lost an incredible 7.5cm from around her waist: "I have always had a problem with belly fat, having had children and a hysterectomy. Exilis worked brilliantly."

To find out whether Exilis Elite or Aqualyx is the right treatment for you, book a complimentary consultation with Medcare by calling 966 860 258 or email doctors@medcarespain.com.

Liposuction, performed by their experienced cosmetic surgeon, can also be successfully used to reshape many areas of the face and body, including buttocks, hips, thighs, chin, underarms and stomach.

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Measles case hits Maine

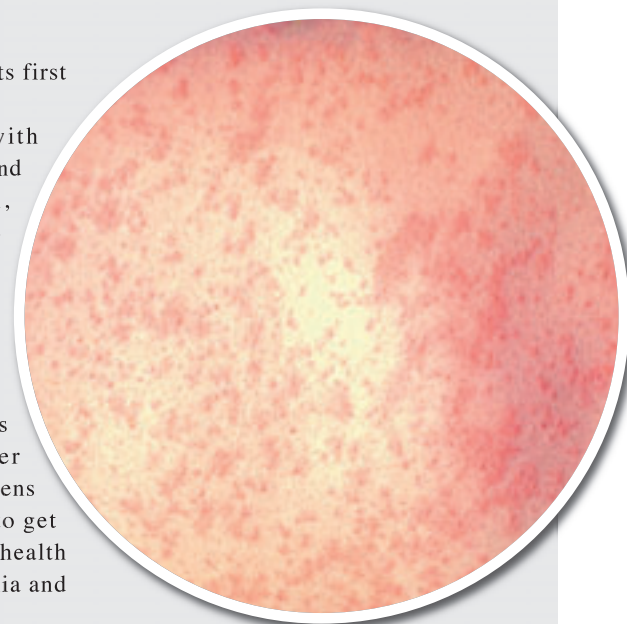
MAINE in the USA has reported its first case of measles in 20 years.

The patient was diagnosed with measles after travelling overseas and the Centre for Disease Control, (CDC) has now released exact details of where the patient has been and has urged people to seek tests if they were in the same places at the same times.

Measles is caused by a virus and is highly infectious. The skin is covered in a rash and the sufferer will have flu-like symptoms. Citizens in Maine have been encouraged to get vaccinated as it can cause severe health complications including pneumonia and encephalitis.

The disease was almost completely wiped out of America in the 1960s according to the CDC following the introduction of widespread vaccination programmes.

However, there has been more cases of



MEASLES: Is caused by a virus.

parents choosing to avoid the MMR, measles-mumps-rubella vaccine due to fears it could cause autism and other side effects.

New smile in a day: veneers solution



Dental veneers are ultra-thin, translucent pieces of composite resin material or porcelain (ceramic) shells, which are affixed permanently to the front of the teeth in order to create instant perfection. Typically, veneers are placed on the front of the teeth to brighten the teeth, mask discolourations, whiten teeth, and improve smiles.

Modern technology has made dental veneers more lifelike, convenient, stronger, and to reflect light in a similar fashion as the natural dental enamel.

What Materials Are Dental Veneers Made Of?

There are two predominant materials used for making dental veneers: composite resin and porcelain. Porcelain veneers and composite veneers are an **inexpensive and minimally invasive way of restoring** and correcting small cracks, chips and teeth discolouration.



How Do Veneers Work?

Dental veneers are very thin and fixed in place by a special strong bond that requires very minimal preparation of the teeth. Additionally, they make the teeth appear natural and healthy. Veneers help to enhance the shape, colour and position of the teeth. When a single tooth is out of position, the veneer can often be fitted to bring the tooth into line with the rest.

Advantages of Dental Veneers over Other Procedures

1. **Stain resistance** and durability.
2. Veneers provide amazing strength and natural appearance
3. The veneers enhance confidence, self-assurance and happiness more than the alternative treatments.
4. **Do not require extensive shaping** procedures.



5. Veneers are very **versatile** and can be used to cover a range of imperfections such as discolouration, chipped teeth or gaps.

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"I would recommend anyone to be a patient at Sdent! we have made several trips to this office and each visit we have been treated with the utmost respect anyone can show us!!" Mrs. Scott
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Are there cancer-causing toxins in sunscreen?

PROTECT, protect, protect. It's drilled into us, particularly at this time of year, but are we doing more harm than good in protecting our skin from the sun with sunscreen?

Researchers say they believe that a compound called avobenzone, common in sunscreen as it blocks the UV rays and helps prevent skin damage, could form cancer-causing toxins when it is exposed to a mixture of sun and chlorinated water in swimming pools.

Experts from the Lomonosov Moscow State University said that based on their experiments they concluded that a generally safe compound transforms in the water and forms more dangerous products with acetyl benzenes and phenols, being quite toxic.

Health experts have urged people not to have a knee jerk reaction and stop using sunscreen altogether, but welcome continued studies on the chemicals we put on our skin.

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You got that gut feeling?

WE all get that 'gut feeling' from time to time, but scientists say it is actually a thing as they believe they've found a link between human guts and feelings.

Research has been ongoing for several years on the bacteria in the gut and a new study from UCLA in America has found a connection between the gut and emotional responses.

They had 40 women divided into two groups by the composition of their gut bacteria. Their brain activity for emotional responses to images was then measured and it was found that the brains of women with different bacterial profiles reacted differently to the stimuli.

“ **May be a link between human guts and feelings.**

Studies of mice have also shown that if they are not exposed to normal bacteria as they develop from birth, they tend to be less anxious. When they were introduced to microbiota taken from humans with high anxiety levels, the mice also became more anxious.

Whilst evidence is somewhat convincing that there is a link between the brain and gut, it is not clear if it is the gut influencing the brain and its development, or if the brain is influencing the gut as researchers say research is still in its early stages.

Ask The
Doctor

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Alcohol intake



SPECIALIST: Doctor Luis Perez Belmonte.

HOW much alcohol can a person safely have?

The amount can vary depending on the person. Their age, weight and any pre-existing conditions alongside the situation it is consumed in (with or without food) and the timeframe of the activity (whether it's quickly in a short period of time, or slowly throughout the day).

In general, it is recommended not to go over 30 grams of alcohol a day for men and 20 grams for women. The way to calculate it is simple. You multiply the amount of alcohol consumed in millilitres by the percentage of alcohol in the drink and times 0.8 and finally divide by 100. This way you can tell how much alcohol you are consuming per drink.

What are the short term risks of drinking too much alcohol?

Drinking too much alcohol can cause neuropsychiatric disorders which can alter mood and behaviour, cause blackouts and in serious cases lead to comas. It can also seriously affect a person's kidneys and liver.

What are the long term risks?

In the long term alcohol can affect almost any part of the body. The organ most usually affected by alcohol is the liver, causing cirrhosis.

However the heart, brain, kidneys and nerves can all be severely damaged by the abuse of alcohol and cease to function correctly.

How can you tell you are drinking too much alcohol?

Although this will vary from person to person, it can be potentially dangerous to exceed 30 grams of alcohol in men and 20 in women. However if you find yourself needing a drink first thing in the morning to steady your nerves or get rid of a hangover, have been criticised by other people for your drinking or feel guilty or bad about your drinking; you may want to consider cutting down on alcoholic drinks.

Is binge drinking more dangerous than drinking regularly?

The high consumption of alcohol in a short space of time is, as mentioned previously, quite dangerous and potentially life-threatening. However, drinking responsibly without exceeding the limits mentioned above does not necessarily entail high risks. On the contrary, moderate, or even daily consumption of for example half a litre of beer or two glasses of red wine can be beneficial. Drinking high percentage spirits or beverages sporadically is also not considered dangerous.

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



Photo by James Heilman MD

METAL on metal replacement hip.

Replacement metal hips may cause problems according to UK agency

THE Medicines and Healthcare products Regulatory Agency (MHRA), a British government organisation has updated guidance for healthcare professionals regarding metal on metal hip replacements.

It was known that this particular type of replacement whilst very efficient, could cause long-terms soft-tissue reactions and these new guidelines encourage regular monitoring including x-rays and blood tests of patients who have undergone this type of replacement.

Dr Neil McGuire MHRA's Clinical Director of Medical Devices said:

"We have updated the current advice to ensure patients with metal on metal hip implants continue to receive appropriate follow up to detect emerging complications should they arise.

"Hip implants have positively transformed the lives of many patients who in the past were subject

to increasingly severe pain and progressive disability. These use a variety of metal, plastic and ceramic components.

"Although the majority of patients with these metal on metal devices have well-functioning hips, it is known some may develop soft tissue reactions related to their implant. The clinical advice we have received indicates patients will likely have the best outcomes if these problems are detected early, monitored and treated if necessary.

"If you have any questions about your hip replacement, speak with your GP or implanting surgeon."

Although there is no firm figure of those who might have received such implants, it is estimated that there may be more than 50,000 who have metal on metal hip joints although many are already monitored on a regular basis and countless more are unlikely to encounter any problems.

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Count your current blessings

Sally Trotman

www.sallytrotman.com

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



WELCOME to your July 2017 forecast. Every month I write about how the Astrology, Numerology and Tarot for the month ahead effect you, helping you to move forward confidently with your plans. Below is your forecast for July 2017:

Astrology: feeling secure

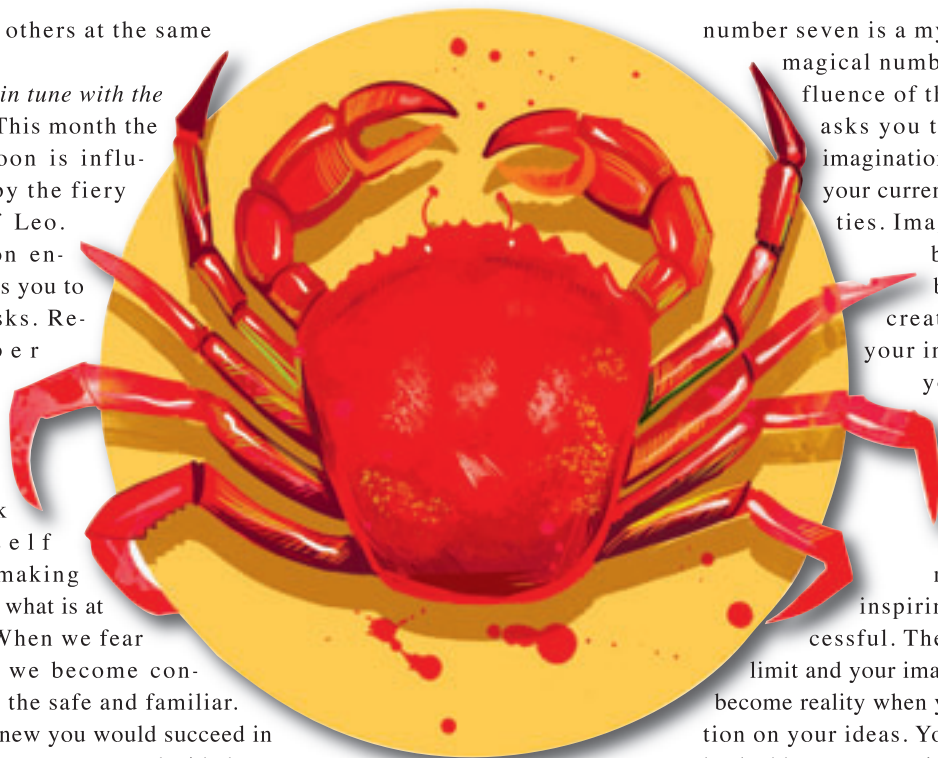
• *Sun in Cancer:* This month the sun is influenced by the sensitive sign of Cancer. This water sign brings the focus to all aspects of your security, from your home to your career.

When you earn your living with a sense of joy and purpose, fully understanding the value of what you do, you can make changes to ensure that you do something which truly fulfils you and em-

powers others at the same time.

• *Get in tune with the moon:* This month the new moon is influenced by the fiery sign of Leo. The lion encourages you to take risks. Remember that security is an illusion, so ask yourself when making changes what is at stake. When we fear change we become confined to the safe and familiar. If you knew you would succeed in whatever venture you decided on, what would you do? Ask yourself what your highest aspiration is this month, and then begin taking steps towards your desired goal.

The full moon on July 7, influenced by the earthy sign of Capri-



corn, will help you to create a practical plan to achieve your most important goals.

Numerology: Be the change

• *Number 7:* In numerology the

number seven is a mystical and magical number. The influence of this number asks you to use your imagination to expand your current possibilities. Images are the building blocks of creation. With your imagination you can transform an idea into something innovative, inspiring and successful. The sky is the limit and your imaginings can become reality when you take action on your ideas. Your images, backed by correct action, have the power to manifest your dreams. So give yourself permission to dream today!

The Tarot: New opportunities!

• *The Chariot:* When the time is

right and you are prepared to act with courage, good fortune awaits you. The Chariot indicates a period of change and movement.

This can be an actual, physical move, or a change in your thinking. Look for the opportunities which present themselves this month and go with what excites you!

Become alert to opportunities by counting your current blessings to help you recognise the riches which surround you right now. Keep your expectations positive and know that you are attracting exactly what you need when you need it.

*Your personalised forecast & special offer for July!

Book in for a personalised one to one Astrology, Numerology and Tarot Reading this month, based on the unique numbers and planets in your date of birth. Receive a 30-minute reading this month in person, via Skype or Facetime for just £25. Visit www.sallytrotman.com for more information.

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The sailing world is preparing to descend on the Costa Blanca as the next edition of the **VOLVO OCEAN RACE** prepares for its launch in October from Alicante. But what is the **VOLVO OCEAN RACE**, why is it so monumental and why does it attract such global attention? In this first part of a new series, we look at the history of the race and how it came to the Costa Blanca...

Welcome to the **VOLVO OCEAN RACE**

THE Volvo Ocean Race began life in 1973 as the Whitbread Round the World Race, named after its sponsors Whitbread.

The British brewing company and the British Royal Naval Sailing Association agreed to sponsor a global regatta, which they called the 'Whitbread Round the World Yacht Race.' This first name started in September 1973 from Portsmouth in the UK and saw 17 yachts and their crews set off on the 27,500 nautical miles adventure with this first race eventually being won by Mexican amateur Ramon Carlin.

From 2001 the name was changed to mark its new and current owner Volvo Cars and the Volvo Group and now runs every three years, although this is soon to change to every two years following a recent announcement.

Since 2008 the race has started in Alicante and it was during this edition that it included stopovers in India and Asia for the first time, seeing a TV audience of over two billion worldwide during the race.

Now the Volvo Ocean Race is around 45,000 nautical miles and during this nine month epic



OCEAN RACE: The most gruelling at sea challenge there is.

race it sees crews battle some of the world's most treacherous seas before in-port challenges during the stop overs at host cities.

The crew relentlessly race day and night and for more than 20 days on some of the legs, with the crew being more than just sailors with some being medically trained and other mechanically trained, in order to deal with all potential situations at sea. There is also a dedicated media

crew member who will document every triumph and tribulation, mishap and magnificent bit of sailing.

Renowned as the toughest sailing event in the world, it has seen sailors return time and time again to try and conquer the Everest of the sea and all for personal glory and achievement; there is no prize for winning, but seeing your name etched on the winners trophy following in the

footsteps of other heroic legends, seems enough of a prize for these sea-faring adventurers.

The last edition which left Alicante in October 2014, saw Abu Dhabi Ocean Racing team, skippered by British sailor Ian Walker, take the coveted title, to be the first team to win the double, securing both the overall trophy and the in-port race series. That edition also welcomed Team SCA with the first all-female team in 12 years.

This year teams will have to get used to a new scoring system which will give extra points for those teams putting in the strongest performances in the two southern ocean legs and the transatlantic leg from Newport to Cardiff. The winner of every leg will receive bonus points and the in-port race series won't count in the overall points but will remain a tiebreaker in the event of teams finishing on the same points.

The demands are tough, the competition is fierce. Few will complete it and only one team will be crowned the winners but who will it be? Time will tell after four oceans, touching six continents and 12 host cities...this is the Volvo Ocean Race.



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Experience Earth, Wind & Fire in Torrevieja

THE Eras de la Sal in Torrevieja will play host to Al McKay and his 'Earth, Wind & Fire Experience' on Sunday July 30.

The group - formed from top Los Angeles studio and road musicians built around original Earth, Wind & Fire guitarist Al McKay - have wowed international crowds with hit after hit of the supergroups' material.

In late 1983, Earth, Wind & Fire went on an extended 'hiatus.'

Although there were noises made subsequently from time to time, the group that had defined its unique sound was gone.

Then, in 1990, the former Earth, Wind & Fire guitarist Al McKay decided to put a group together from the remains of the original group, initially for some special performances in Japan.

Calling themselves the 'LA Allstars,' the group assembled former members of Earth, Wind & Fire into a model of the original group. Over the years the LA Allstars and later the 'Earth, Wind & Fire Experience' have featured a who's who of the most influential musicians in R&B and funk.

These have included many of the original members of the late 70's /early 80's vintage EWF:

- Rahmlee Michael Davis - trumpet (Earth, Wind & Fire, The Phenix Horns)
- Larry Dunn - keyboards (Earth, Wind & Fire)
- Johnny Graham - guitar (Earth, Wind & Fire)

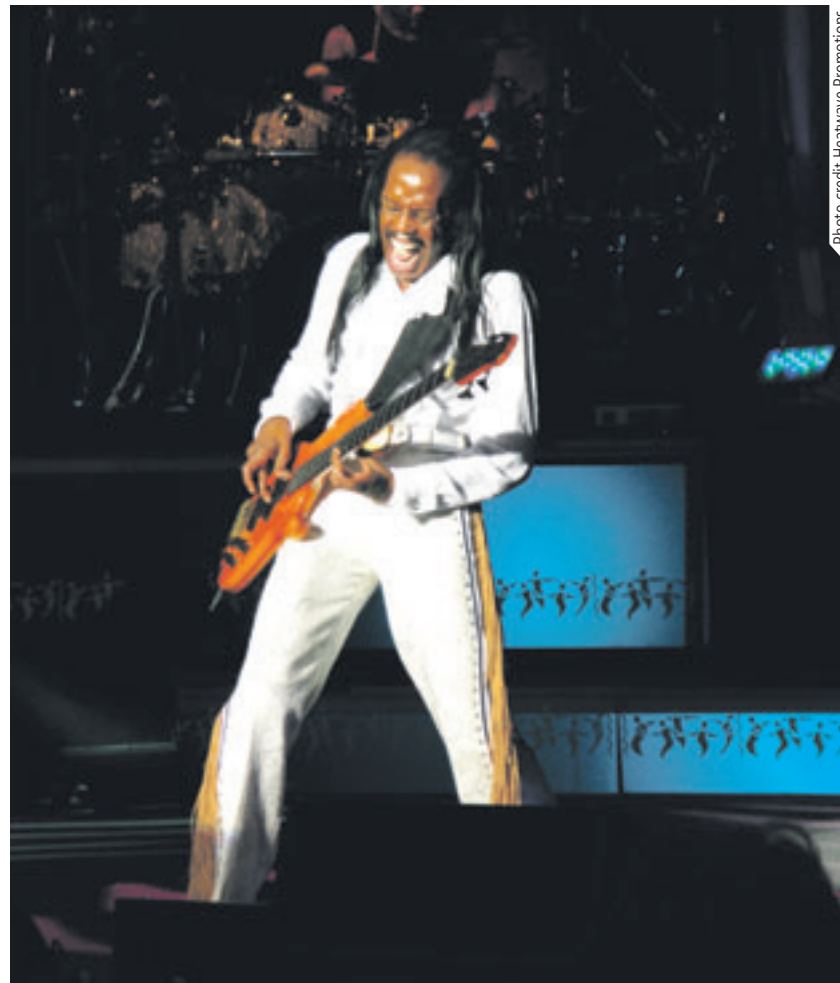


Photo credit Heatwave Promotions.

THE RHYTHM SECTION: Original Earth, Wind & Fire guitarist Al McKay.

- Michael Harris - trumpet (Earth, Wind & Fire, The Phenix Horns)
- Al McKay - guitar (Earth, Wind & Fire)
- Louis Satterfield - trombone (Earth, Wind & Fire, The Phenix Horns)
- Beloyd Taylor - vocals (Earth, Wind & Fire)
- Freddy White - drums (Earth, Wind & Fire)
- Andrew Woolfolk - saxophone (Earth, Wind & Fire)

Tickets from €45 via ticketmaster.es.

What's on!

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That smooth summer jazz

THE Elche Jazz Festival is in full swing and continues until July 13.

All events are taking place at the Patio de Armas in the Palacio de Altamira on Calle de la Diagonal del Palau.

Velia Mur and Artue Serra are playing tonight (Thursday), with the Jordi Vila Quartet headlining tomorrow (Friday).

The Eva Fernandez Group take to the stage on Saturday, followed by Ramon Cardo and The Nyora on Sunday, before Dayna Kurzt closes festivities next Thursday.

Tickets cost €10 in advance or €15 on the door,
with more information available from
<http://www.visitelche.com/eventos/>
Festival-de-Jazz-de-Elche

MurciArt closes with two spectacular classical concerts

THE MurciArt classical music festival opened earlier this week and will close with two spectacular concerts tonight and tomorrow night.

Thursday July 6 from 9.00pm -
‘The Russian Inspiration’

• **The Russian Inspiration with Huberman Ensemble**

Nikolay Rimsky-Korsakov
String Sextet in A Major
Allegro Vivace
Rondo Fugato-Allegretto Gracioso
Scherzo-Vivace alla Saltarello
Andante Espresso
Finale-Allegro Molto

• **P. I. Tchaikovsky**
‘Souvenir de Florence’ in D minor op.70

Allegro con Spirito
Adagio cantabile e con moto
Allegro Moderato
Allegro Vivace
(Darling Dyle, violin; Desislava Cvetkova, violin; Rumen Cvetkov, vi-



DARLING DYLE: Violinist in the Huberman Ensemble.

ola; Lesster Mejias, viola; Lorenzo Meseguer, violoncello; Irene Ortega, violoncello)

Friday July 7 from 9.30pm -
‘Huberman and Friends Appassionato’

• **L. V. Beethoven**
Serenade for string trio, op. 8, D major

Marcia. Allegro; Adagio
Menuetto. Allegretto
Adagio
Allegretto alla Polacca
Tema con Variazioni. Andante quasi Allegretto
Robert Kowalski, violin; Rumen Cvetkov, viola; Krzystof Karpeta, violoncello

• **F. Mendelssohn**
String Octet, E flat major. op.20
Allegro moderato ma con fuoco
Andante
Scherzo
Presto
(Robert Kowalski, violin; Gernot Süßmuth, violin; Darling Dyle, violin; Desislava Cvetkova, violin; Rumen Cvetkov, viola; Lesster Mejías, viola; Irene Ortega, violoncello; Krzystof Karpeta, violoncello)

Check out murciartfestival.com for more information.

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Crepe Filled with Chicken Goulash
Garlic Prawns or mussels
Fresh salad with prawns
Spinach Soup with Salmon
Greek Salad
Mixed Salad with Boiled Egg

Main Dishes
Hungarian Beef Goulash with Rice and Vegetables
Grilled Pork Loin or Chicken Breast with Chips, Vegetables & Sauce
Paprika Chicken with Rice and Pickles
Beef strips and Leek in Mustard sauce with roast potatoes and steamed vegetables
Stuffed Pork Loin with spinach and Cheese with Mash and Garlic Sauce
Grilled Salmon fillet Marinated in Ginger with Roast potatoes and steamed vegetables
Lamb Roulade with roast potatoes, steamed vegetables and Mint Gravy
Stuffed Chicken Breast with Peach & Cheese, Mash and Vegetables
Lamb & Rosemary Stew with Roast Potatoes and Vegetables
Grilled or Breaded Hake with Rice Dill Sauce
Chicken Liver wrapped in Bacon with Mash
Hawaii Chicken Breast with Chips
Breaded Pork Loin with Chips

Desserts
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Vanilla ice cream
Tiramisu

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Advertising feature

Summer nights on the rooftop terrace at Laurel's

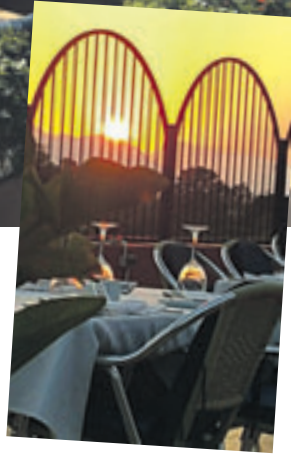
FROZEN cocktails and delicious milkshakes are not the only newcomers to Laurel's sunshine terrace this summer. Now, you will also find a refreshed look adding colour and style to this popular venue, ready for the warm evenings and sunny Sunday afternoons now upon us.

With the comfy sofa seating and wonderful sunset views across to the mountains, the terrace at Laurel's has always been a popular social haunt, whether it be for pre- or post-dinner drinks, or just for relaxing with drinks and friends to while away the time. Now the terrace has been refreshed with new pots, planters, evergreens, pretty flowers and rustic fencing, to add colour and charm to the surroundings whilst you kick back, relax and enjoy. And enjoy you certainly can, as Laurel's have added to their stylish cocktail menu with the new in vogue frozen cocktails, such as Strawberry Daiquiri and Frozen Mojito and not just for the children are the new mouthwatering milkshakes, such as the Chunky Monkey, Banana Caramel, and Vanilla and Oreo, plus more mocktails - non-alcoholic versions of the favourites, so everyone can enjoy these beautiful looking and tasting treats.

When it's time to dine, complementing the extensive a la carte menu is the new set menu for July (available Tuesday to Saturday evenings), priced at €16 per person for three delicious courses.



LAUREL'S: The place to kick back, relax and enjoy.



Their monthly changing three-course set menu, plus a la carte and traditional Sunday lunch menus can all be found on their website www.laurels.es and their Facebook page (Laurel's Restaurant, Quesada) has regular updates on menus and forthcoming events. With live music every Saturday night to accompany dinner and for dancing afterwards, booking your table well ahead is advisable.

Telephone enquiries and bookings can be made on 965 077 444, or email info@laurels.es

Julia, Martin and the team look forward to welcoming you.

There have been rave reviews already for the pulled beef and caramelised onions starter, and the red Thai king prawn stir fry main course and don't neglect the tempting desserts, including a smooth panna cotta, a rich chocolate and cointreau mousse, and the classic hot chocolate brownie, amongst others.

Laurel's is situated along Calle Los Arcos, a short distance on from Quesada Bowling, with plenty of roadside parking available. The restaurant, bar/lounge, and terrace area occupies the whole of the top floor of the building, with access via stairs and a lift.

LAUREL'S

RESTAURANT & BAR

JULY SET MENU
Available Tuesday to Saturday

3 courses
16.00

Starters

Home-made soup of the day
Pulled beef, caramelized onions and cherry tomatoes served on toasted herb bread
Chicken pakora served with a mint yoghurt dip
Smoked mackerel and new potato salad served with a horseradish cream
Garlic and rosemary mushroom filo parcel served with a salad garnish

Main Courses

Beef fajitas with guacamole, sour cream, tomato salsa and salad
Pork loin filled with blue cheese served with blue cheese sauce, roasted herb potatoes and seasonal vegetables
Red Thai king prawn stir fry or Red Thai roasted vegetable stir fry
Chargrilled chicken breast and coronation coleslaw served with hand-cut chips and salad
Fresh tuna nicoise salad

Desserts

Choose from our delicious home-made desserts



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FOLLOW THE ROAD SIGNS

Advertising feature

Summer fun starts at Aqua Natura



AQUA NATURA: Family fun this summer.

SCHOOLS out for the summer, so what better way to cool off and keep the little ones entertained than with a trip to the aquatic park Aqua Natura in Benidorm.

With the summer season fully underway there are more than 1,000m of slides ready to entertain friends and families open until October 31. Visitors can enjoy various bathing areas with slides and complimentary activities such as demonstrations with the new family of Californian sea lions.

This year the resort has introduced these fun new educational demonstrations in which



COOL OFF: Relax and stay cool at Aqua Natura Benidorm.

these friendly mammals teach visitors their skills and intelligence, whilst also learning of their conservation and protection of the oceans. Therapeutic activities have also been created for people with disabilities.

Visitors will also be able to participate in the 'interaction with sea lions' programme and have a close experience with

these animals, know the day-to-day work of their trainers in the activity 'caretaker for a day' and swim and snorkel along with them. Aqua Natura can also proudly boast that last year they became the first park in Spain certified by SiSSWA GmbH, a European certification that guarantees the quality of safety services and facilities at water parks.

In addition to the numerous water slides, there is the La Cresta attraction, a unique roller-coaster ride that allows you to experience the sensation of zero gravity, and the Aqua Snake that, due to its zigzag shape, is reminiscent of the body of a snake. Those seeking an adrenaline rush will also enjoy the curved mini-toboggan of 19m in length and another of 23m in length known as 'hydroturbo.'

Aqua Natura occupies more than 40,000 square metres of water park fun for all the family with a wave pool, children's pool, lighthouse jetty, VIP area, spa and solarium, as well as a multi-adventure area that was inaugurated last year and includes a horizontal climbing wall, a line of hanging rings and a net.



TERRA NATURA ZOO Benidorm

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Dine alone or in secret?

MANY years ago I was a secret diner. It's a fad that started in the States - where else - and made its way to the UK. Based on the same principles as mystery shoppers, appointed representatives are given certain places to visit. They then report back to the operators with a complete breakdown of everything that happened during their visit. From the welcome received to the quality of the bread and the flavour of the coffee at the end, all have to be meticulously recorded and sent off. In return, the company reimburses the cost to the inspector together with his fee.

Some restaurant chains, including McDonald's, handle their own in-house diners, who travel the group's eateries. Other companies and individual operators em-

**GOOD FOOD,
GOOD WINE AND
GOOD FRIENDS
WITH
GARRY WAITE**



ploy the services of a company.

HGEM in the UK has hundreds of clients and online 'secretshopping.org' handles its fair share too. Although I have been asked by colleagues to do a similar thing as a favour on the coast, there is a distinct lack of companies in Spain doing the job.

There is SMG, an American backed company and mysteryshopperspain.com both of which operate further north of Andalucia. With industry competition so

intense in Marbella I would have thought a company offering such services would be inundated. For many years I have used the tried and tested 'comments form' which asks client to fill in a questionnaire, and in return their names go into a draw for a dinner for two or some such reward.

While these are good to compile information - including contact details - it is often an imposition to the client. I have used secret diners in my places, especially when I know that I will not be there, but it has to be someone you trust and with sufficient knowledge.

If there are operators out there who feel that they should consider this service there is an interesting article on [tabletalktv.com/secret diners](http://tabletalktv.com/secret-diners).

Or, for further information, contact me.



I say everything is about company. A gourmet meal with an A*hole is a horrible meal. A hot dog with an interesting person is an amazing meal."

Chris Rock, Actor/Comedian

The top dog

ONE of my first 'gastronomic' memories was as a kid leaving the cinema with my parents and being treated to a 'Hot Dog' from the van outside.

Original 'Street Food'? This Frankfurter sausage, covered with onions, loads of German mustard and tomato sauce was the finishing touch to a great night at the movies! I am sure on a blind tasting I would be able to tell it immediately.

My taste buds have certainly changed as I haven't had one for many years - and not sure that I would want one now - but that doesn't mean that they are not still being served.

Just like the fashionable 'Gourmet Burger' there are restaurants extolling the virtues of hot dogs. One such place is the wonderfully named, Dogs 'N' Dough, in Manchester.

After receiving a bad review on TripAdvisor claiming that their 'hot dog was small and gone in four bites,' owner James Black has set up a competition: The Four Bite Challenge.

Sixty guests are being invited to eat a 'dog' consisting of a 100g sausage and 80g brioche bun in four bites and in one minute.

Those that rise to the challenge will win a meal for two... presumably on another day!

This trendy eatery also serves other interesting 'dogs' including the New Yorker (pastrami, horseradish mayo Swiss and jalapenos) and Enter the Dragon (salt and pepper chicken, char sui crackers, spring onion and sriracha - a spicy mayonnaise); pizzas which include the classics plus the Pig Lebowski (pulled pork, crispy bacon, smoked ham and yellow mustard) and Caribbean Dream (rum glazed chicken, pineapple and peppers).

I'm going to contact Mr Black to find out how many people took up his challenge and more importantly how many managed to eat it in four bites and one minute!



EXTRA ALERT: Just missing the tomato sauce!



The Great British Menu judges (from left): Oliver, Andi and Mathew.

Game, set menu and match

THE Great British menu concluded with a banquet at Wimbledon shown on BBC Two.

The fierce competition, tempered by great camaraderie, terminated with four chefs creating the four-course lunch at which I would have liked to have been seated. The chefs were Pip Lacey (starters), a graphic designer turned chef, who runs the kitchens of Angela Hartnett's Michelin star Murano in London; Tommy Banks, (fish course), Michael Bremner (meat course) and Selin Kiazim (dessert).

All dishes were expertly executed and served to a very appreciative gathering of ex-champions, groundsmen, executives and Lawn Tennis Association members.

Now here's the thing! The whole competition was overseen

by three judges.

Oliver Peyton, an Irish restaurateur, has been a judge for years and similarly the distinguished food writer Mathew Fort.

Having been earning some of my living over the years as a food critic, writer and restaurateur, I can understand why these two are judges but, along with many others, according to some Press reviews, I am mystified by Andi Oliver as a judge. A singer and local radio presenter, her passion for food does not match her co-judge's comprehensive knowledge and experience.

Even so she did bring good value to the programme with her huge personality and laugh.

MY APOLOGIES to George Bernard Shaw, a literary master, who penned 'the use of exclamation marks in writing is akin to laughing at your own jokes.' I must be a barrel of self-indulgent giggles!!!

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.

7 billion

The number of hot dogs consumed during the peak season in the US - from Memorial Day to Labour Day - which adds up to 818 every second.

Garry Waite is a foodie and restaurateur as well as an Hospitality Management Consultant. If you are contemplating setting up an operation in Spain, or indeed having problems with an existing project contact him on garryphwaite@gmail.com

Smooth sailing to 2020

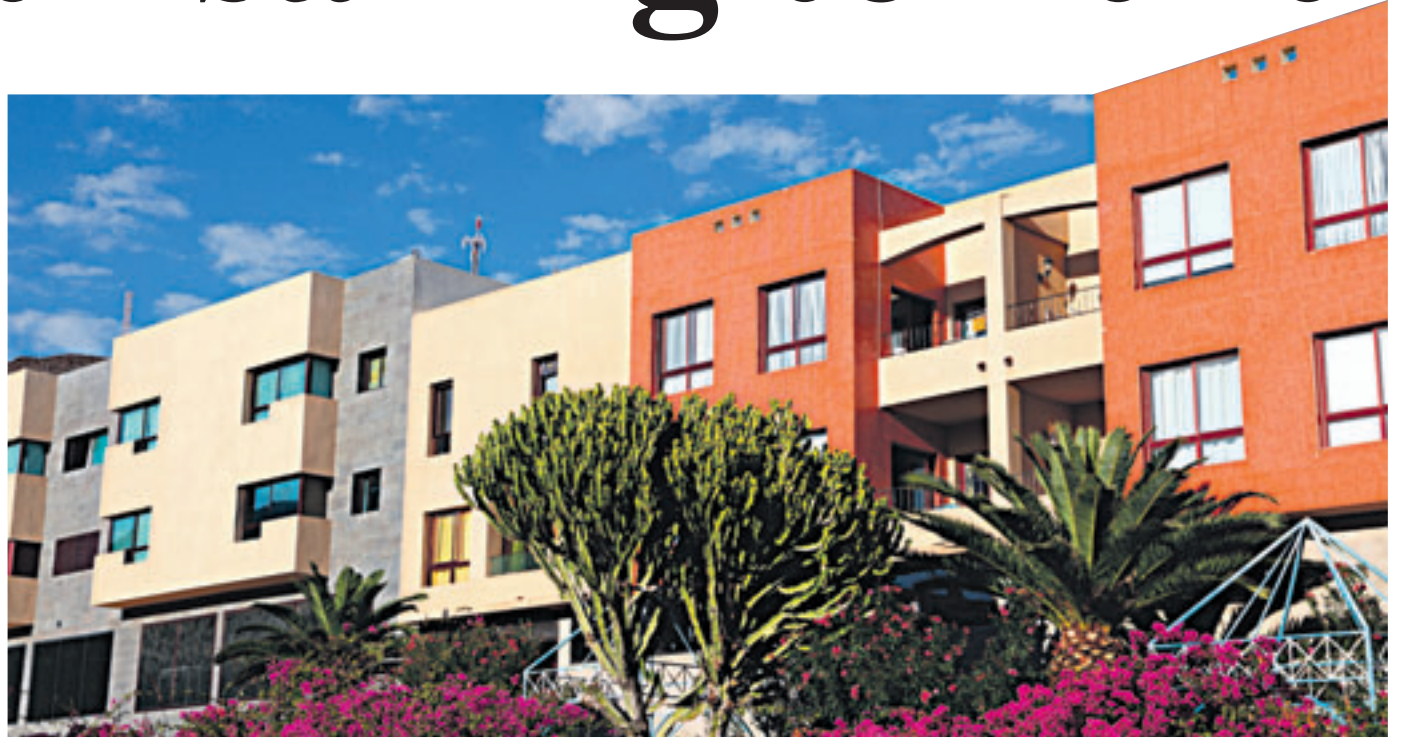
A NEW report on future trends in the Spanish property sector indicates that both prices and the number of transactions will rise steadily on an annual basis until at least 2020.

Average house price rises across Spain will be 7.3 per cent per annum according to Solvia's estimates. That masks substantial regional differences with prices expected to leap 14 per cent in Madrid and stagnate in less populous interior areas.

The report suggests that Spain is in the throes of an expansionary property cycle that is markedly different from the boom of 2002 to 2008. The key difference being that growth will be slower but more stable and consolidated.

Regarding home sales, the data suggests there will be an average annual increase of roughly 7 per cent, leading to a total of 564,000 sales in 2020. The half million mark is a major milestone expected to be surpassed either this or next year.

Construction of new homes should reach 110,000 by 2020, still substantially below the pre-crisis peak years, but more in tune



FUTURE TRENDS: Show that both prices and number of transactions will continue to rise steadily.

with sustainable demand.

Another trend will see the re-emergence of the first time buyer who takes out a mort-

gage. During the crisis the previously star character of the classic property story took a back seat as banks tightened their belts and

wages fell. By 2020 they will be firmly back on track, accounting for up to 30 per cent of new purchases.

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Portrait of a buyer

LESS than one in 20 homebuyers are able to pay in cash, and only one in 10 are capable of financing half of a new home's value with their own savings. The findings come from a 2017 report on housing demand in Spain.

Based on more than 1,100 interviews across the country, the Casaktua report found that 45 per cent of respondents had less than 10 per cent of their target home's value in cash reserves. A similar study last year found that just 20 per cent were in the same position, suggesting a drop in financial capacity.

Age is a key factor. Those aged over 50 could pay an average of 40 per cent of their target home's value up front, or as a deposit. Those aged 24-35 could provide just 17 per cent, with much of that likely due to parental help.

The survey also painted a picture of the average Spanish homebuyer on the market today. They are typically married, with children, and aged between 35 and 49. Most don't care if their home is new or second-hand, 49 per cent prefer apartments, compared to just 10 per cent after townhouses.

They live in cities with populations larger than 200,000 and fittingly have a budget of less than €200,000.



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Investment skyrockets

TOTAL real estate investments in Spain have shot up by almost 70 per cent in 2017. In the first half of the year roughly €6 billion was invested in the country's property market.

A substantial portion of the money came from overseas, and all sectors within the industry, from residential, to hotels, retail and offices have experienced growth.

The retail market has performed best. Almost €2.5 billion has been invested in shopping centres this year alone, a rise of 188 per cent on the first half of 2016.

The sale of the gigantic Xanadu shopping centre in Madrid has played a vital role in this growth. Other major shopping investments are underway on the Costa del Sol, Costa Blanca and in Cataluña.

Office space investment shot up by 55 per cent to reach €1.2 billion in just six months. The same volume was invested in hotels, marking an increase of 69 per cent on 2016, when just €711 million was invested.

Meanwhile in the residential sector home owners and potential buyers will be pleased to know that investment shot up by 136 per cent.

Almost €800 million has been ploughed into the market since January, well above the €330 million from January to June 2016.



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Monthly gardening tasks - July

DICK HANDSCOMBE



AFTER a sweltering June, weather forecasts, unexpectedly, now indicate that we may have at least two weeks of cooler weather and a few timely thunderstorms to replenish garden water tables.

But we will still need to be daily vigilant as to the survival state of flowering plants, recently planted shrubs and vegetables and water more frequently and deeply where and when required. The compost heap would also benefit from a soaking preferably after a turn.

Apart from the danger of plants drying out there are three other frequently occurring problems to watch out for during July.

Insect attacks of fruit trees. As soon as they occur spray trees with neem or garlic solutions. If some ends of branches

are heavily infested prune off and burn.

Honey fungus attacks of pip and stone fruit trees. Honey fungus appears as drips or lumps of a orangey gluey resin emerging from branches or trunks or covering the clumps of leaves. The easiest ecological natural treatment is a spray or painting of affected areas with propolis solutions or painting of affected areas with neat propolis. Heavily affected and dying wood is often best cut out and burned.

Mildew attacks of fruit vegetables, including courgettes, squash, tomatoes, peppers and aubergines. The easiest treatment is a light dusting of plants with yellow sulphur powder as a preventive treatment or as soon as a problem rears its head.

If weeds were cleared before or during June these should cause few problems during July but the rampant growth of climbers will need



controlling to prevent other plants from being smothered, pathways from being partially blocked and terraces from becoming partially unusable.

Summer salad crops
 Provided summer salad crops, especially cut and come again leaf and herb crops such as basil, are located in natural shade for the hottest parts of the day or sheltered with a woven plastic shade they can be nursed through July provided they are watered every day and stems showing signs of starting to go to seed are eaten first

or used for omelettes or soups.

I have now relocated my salad tub garden to make it look better and provide a surround for a boules court for plastic or metal boules depending on ages and fitness of potential players.

Today I was able to prepare a salad with 30 ingredients from the tubs or nearby raised beds.

Ideas of what can be eaten or drunk from a holistic garden are detailed in the Amazon Create book 'Living well from our garden Mediterranean style.'

Looking ahead to the autumn and even Christmas harvests, brassicas seeds can be sown now to produce plantlets for early autumn planting out. Autumn beans can also be sown now in pots or directly in the soil.

Fortunately some cooler weeks are now forecast so do enjoy your garden to the full.
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Little pigs need a sitter

JUST this week I received a phone call from a lovely lady called Norma, who lives on the Costa del Sol. Norma said that she and her daughter had been listening to David the Dogman's Saturday show on TRE for years, and that's how she heard about HouseSitMatch the house-sitters and pet-sitters network online. We had a wonderful chat about holidays, the latest news in Blighty and how we might find housesitters for her two pigs and a dog. I

said we'd do our best to help her.

While we wrestled with the telecom lines on the Spanish side, Norma said she was determined for me to get her registered and that we should find her suitable house-sitters who can care for her animals and home, keeping everything safe and secure while she is away on holiday with her daughter this summer. I said I will do my best to make sure all goes well and we find someone she likes.

What's more the house-sitter will care for your property and pets for free! That's because what we offer is an exchange of services, the sitters offer you their experiences and presence to keep your home secure and your pets safe and well cared for, in exchange you offer free accommodation!

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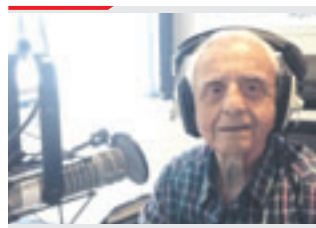


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DOG TRAINING: Methods vary just as much as dogs and their owners do.

DOGS want to be trained and there is so much proof that trained dogs are invariably happier than an untrained dog. All trained dogs have happy owners. Great satisfaction can be derived from training a dog. It is not time consuming and most training can be done whilst exercising the dog.

If you do not have the time to exercise your dog then you

should not keep a dog.

Training classes undoubtedly contribute to better training of dogs. One great advantage of classes is that they accustom the puppy or young dog to meeting other dogs and owners get an opportunity to meet people with a common interest and often a common problem.

Many people are regarded as experts when they have trained a dog of one breed to a very high standard. Faced with a dif-

ficult dog they would not know where to start. Training methods vary just as much as dogs and their owners do. There are however, many accepted exercises that form a useful basis for most dogs and most owners.

Many people do not fully realise their responsibilities and try very hard to comply and end up with a dog that will bite, causes a road accident, etc, why?

Few owners understand canine mentality.

Owners must not regard dogs as 'almost human' this is an insult to our canine friend. Dog has become man's best friend, not because he is 'almost human' but because he can do so many things that we cannot do. In this day and age we still do not know how dogs do some of these things, such as detecting mines and drugs. Intelligence is not an important factor in a

dog's make up.

It is a fact that nearly all problem dogs are very intelligent and certainly a fact that few dog owners understand canine instincts and their importance in the man/dog relationship.

Dogs and indeed all animals learn by association of ideas, animals do not reason at all, they simply react to what is happening and do not think what has happened or is about to happen. It is believed that they do sometimes work out a problem for themselves.

All training should be based on the assumption that the dog does not reason and that he learnt by association of ideas.

For training purposes we try to create associations we want and avoid those we do not want, by what is known as correction and reward. Correction does not mean beating the dog or jerking him on a choke chain it means any act, which forces the dog to obey, like pushing him into the sit position.

Many dog owners will never know or have any idea of the pleasure they are losing in not having a dog that is trained to be a faithful companion and partner.

A dog will accept a human's a substitute for a canine leader and this willingness to accept a human makes him easier to train than most other animals.

Cooling down our feathered friends



MANY of us have birds as pets but how can we best care for them when the sun is shining and the temperatures are soaring?

Heat stress, or heat prostration, is a serious problem during the summer months. The combination of high heat and humidity is particularly dangerous.

Birds have no sweat glands so cool themselves by rapid breathing with their mouths slightly from their bodies. The underneath of a bird's wing has no feathers and the main wing artery is located in that region. If a bird is running a fever or suffering from heat stress, this area will feel very hot to the touch.

If a bird is displaying the effects of heat stress, it needs to be cooled down with a gentle spray of water or damping with a cool sponge under his wings, feet and beak. He should be taken immediately to a vet. Keep the car cool with the air condition but ensure the air doesn't blow directly on to the bird.

In mild cases of stress, or to cool a bird down, take a clean sponge and dip it in cool water squeezing onto the skin under each wing. Do this

several times on each side and let the cool cloth sit there for a few minutes between rinses. Allow the bird to drip dry in a cool, well-ventilated area. Air movement is important to allow the bird to continue to cool down but ensure the breeze doesn't blow directly on to him.

Birds kept in smaller cages love being sprayed using a fine hand mister of cool water. For large aviaries, installing a fogger to mist the entire area will have a massive cooling effect. These are easily installed and attach to a garden tap.

Alternatively, hose down the floors and walls of the area or put a small sprinkler on the outside of the aviary. This can be a bit messy and some seed might sprout but the birds will probably enjoy nibbling the new seedlings as well.

Birds require fresh water changed daily but on hot days the water can become warm. Birds won't drink warm water and won't be able to rehydrate themselves.

Change the water a couple of times in the day so that it is always cool.

Birdbaths are an excellent option but the water must be changed frequently.

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usually something there for everyone — but not always. Charitable donations have recently been made to The Alzheimers Centre, Cancer Research and The Amigos Ambulance Service. We still need your help with donations etc. Please keep them coming in! We are situated on Avenida Del Furs close to the Fountain Roundabout and immediate left by Don Colchon bed shop. (93325)

THE ROYAL NAVAL ASSOCIATION, Torrevieja Branch, meet at 17.00 on the first Wednesday of each month at the Restaurante El Paraiso, Urb. Jardin del Mar 3 (behind Carrefour), Torrevieja. Contact Paul Edwards, Chairman 618 644 934 or Margaret Forshaw, Secretary 966 921 996. (95455)

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

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

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

THE ROYAL BRITISH LEGION Gran Alacant & La Marina Branch meets 1st Monday of every month (except July and August) at Bar Sioux, Avda Escandinavia GA at 7pm for 7.30pm prompt. For further info contact Brian, Branch Secretary on 639 917 971 / email secretary br3606@gmail.com (95474)

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ROYAL MARINES ASSOCIATION (Costa Blanca) The aim of the Association is to bring together not just ex Royal Marines, but ex Service personnel with an affinity to the Royal Marines. We meet on the last Tuesday of the month at 5.30. For further details Hon Sec 692 938 664

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

ROYAL AIR FORCES Association Branch #1359 Costa Blanca The Branch meets on the third Tuesday of the month at the El Paraiso Restaurant located close to the Carrefour Supermarket in Torre Vieja. The meeting starts at 1430 hrs. You do not have to be an ex-member of the RAF to join this friendly Association which supports the welfare of the RAF family and provides

a social hub for ex RAF members and their friends. For further information about the Association and its activities please contact the Chairman on 692 508 916 or the Welfare Officer on 615 048 892 or visit our website: www.rafacb.com.

THE PATIENCE LODGE No 2177 of the R.A.O.B meets every Sunday morning at the Sacko's Bar, El Limonar near Las Siesta at 10am. We are always looking for new and lapsed members to join us. Please call Secretary Dave Tonge on 697 989 738 for further information. (253807)

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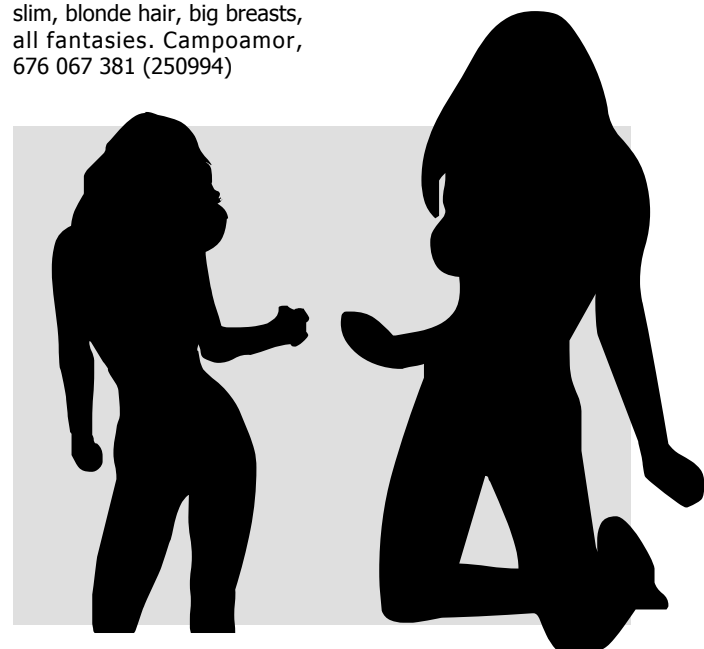
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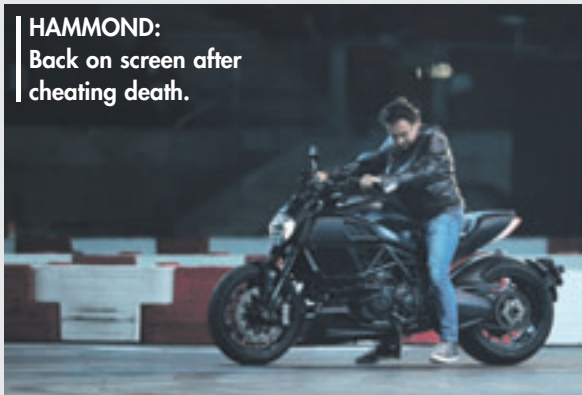
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Revving up the seasons

HAMMOND:
Back on screen after cheating death.



MOTORING will be massive on the telly in the next few months with new seasons of both Top Gear and The Grand Tour set to hit the airwaves. The competition will kickstart an excellent summer for car lovers who can watch Clarkson and Co on Amazon and Top Gear's latest American edition.

Top Gear America! launches later this month and stars American actor William Fichtner, Top Fuel Drag driver Antron Brown and car journalist Tom Ford. It's the very first season of the rejigged US version of the hit British show, itself breaking new ground post Jeremy Clarkson and after the disastrous reign of Chris Evans.

The series starts on July 30 and has promised action from NASCAR, stunt racing, the world's fastest SUV and other madness. The trailer is now viewable online.

The Grand Tour teaser trailer is slated for a July 11 release with the second season the hit Amazon Prime show scheduled for later in the summer. The release date was pushed back after co-star and former Top Gear presenter, Richard Hammond, narrowly escaped death and needed surgery following a high speed crash.

He teams up with Clarkson and James May for season two which sees the turbo-charged trio take their show to the UK, Switzerland and Mozambique.

ROAD TEST by Nick Fletcher

SEAT Leon Xcellence Technology

THE SEAT Leon is a smart, sporty hatchback based on the architecture of its stablemate the VW Golf, and that is a very good starting point.

The Golf is noted for its poised and agile chassis and sets class standards for build-integrity. SEAT takes those credentials and adds some stylish Spanish flair with a distinctly sporting edge.

The Leon range includes a racy SC coupe and a practical estate but the big-seller is the five-door hatch, which starts at €19,759 (£17,455). There is a wide choice of engines - 1.0 to 1.8 litre petrol units

and 1.6 and 2.0 litre diesels.

My test model was a 2.0 litre 148 hp diesel in upper range Xcellence Technology trim and priced at €26,975 (£23,830). Standard kit is extensive and highlights include auto lights and wipers, keyless entry, alloy wheels, 8-inch touchscreen with sat-nav, DAB radio/CD, and connectivity features, climate and cruise control, rear parking sensors and useful smartphone charger pad.

The Leon was revamped last year and has a subtle new look, but its major plus-point is its superb driving dynam-

ics. It is quick, responsive, nimble, composed and has outstanding handling - an overall package very hard to beat in the sector.

The 2.0 litre diesel in the test model delivered its power smoothly and eagerly, and the six-speed gearshift was slick and precise, underlined by a 0-100 kph time of just 8.4 seconds and top speed of 215 kph (134 mph).

However, fuel economy is still exceptionally good - 25.6 kpl (72.4 mpg).

The Leon has a sleek exterior which does pull some admiring glances and the revised cabin, which at a glance appears unexceptional, proves to be well thought out, with all the controls easy to find and use. The driving

position is about as good as you can get, lots of seat and steering adjustment and excellent all-round visibility.

Cabin space is very good, with generous room for four adults, wide rear doors for easy access and a big boot - 380 litres expandable to 1,210 litres with the rear seats folded. And - rare in this sector - they do fold flat which aids loading, especially for larger items.

SEAT's reputation for producing value for money models with a sporty persona is well-established and this latest Leon dutifully upholds that with its engaging driving feel and charismatic presence.

Stats panel:

Model: SEAT Leon Xcellence Technology
Engine: 2.0 litre diesel
Transmission: 6 speed manual
Performance: 0-100 kph 8.4 seconds, top speed 215 kph (134 mph)
Economy: 25.6 kpl (72.4 mpg)
Emissions: 112g/km



SEAT LEON:
A smart, sporty hatchback.

Model tested was UK specification and equipment levels and prices may vary in other markets.

Festival of Speed

A RARE Ford RS200 crashed on the tough Molecomb Corner on the opening day of the Goodwood Festival of Speed. Veteran racer Pat Doran stepped out of the wreckage and bowed to the crowd, a symbol of the exhilarating four days ahead.

Thousands of motoring enthusiasts attended the iconic festival which wrapped up on Sunday. F1 superstar Nico Rosberg took a Mercedes AMG W05 Hybrid up the famous 1.16 mile hill climb, just a day after Russian Grand Prix winner Valtteri Bottas took the same car through its paces.

The real stars were the cars,

with more than 60 Formula One vehicles from seven decades of the sport. There was even a flash array of 70 Ferrari single-seaters to celebrate the brand's 70th anniversary.

Bentley debuted its 700hp Continental Supersports with Derek Bell behind the wheel. The new Ford GT supercar also made its live UK debut.

Land Rover thrust its new Velar up the hill climb, McLaren debuted its €200,000 570S Spider and even the London Taxi Company brought along its new all electric Black Cab set to hit the capital's streets later this year.

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Lions roar back as the Tour de France and Wimbledon begin

Tony Matthews

International Sports

A former player, Tony is now the world's most prolific author of football books with 150 published since 1975. He has also been a PE teacher and a policeman, and is now a quiz-organiser, fund-raiser, for various charities, and sports correspondent for Spectrum Radio.

Costa de Almeria

ANOTHER terrific week of sport has passed and as I've said before, there's a load more to come, enough to suit everybody, young and old, male and female!

RUGBY UNION

Last Saturday, in a tough, physical encounter, the British & Irish Lions beat New Zealand's All Blacks 24-21 to level the series at 1-1. The hosts had Sonny Bill Williams sent-off in the 20th minute while 'Lion' Billy Vunipola gave away five penalties and was then yellow-carded. The Lions scored two tries and Owen Farrell kicked 14 points while Beauden Barrett struck all of NZ's points. The final Test in Auckland on Saturday will be quite a game - watch it on Sky Sport.

TENNIS

Wimbledon fortnight started on Monday and already there's been some terrific action. In the men's singles, Andy Murray, Roger Federer, Novak Djokovic (after winning in Eastbourne - his first title this year) and Rafael Nadal, will remain apart until the semi-finals, while Simona

Halep, Angelique Kerber, Garbine Muguruza (Spain), Karolina Pliskova (also fresh after a recent Eastbourne victory), Elna Svitolina and Johanna Konta (if fit) should all do well in the women's section. And, of course, there's Jamie Murray in the doubles!

Venus Williams is facing a lawsuit in connection with a car crash in Florida which resulted in the death of a 78-year-old man.

Ex-Italian footballer Paolo Maldini lost his first game as a tennis professional; beaten with his colleague Stefano Landonio in the Milan doubles by Tomasz Bednarek and David Peel in 42 just minutes.

FOOTBALL

Germany defeated favourites Spain 1-0 in last Friday's European U21 Championship final, having ousted England on penalties (again) in the semi-final.

The Germans then completed a 'summer' double by beating Chile to win the Confederations Cup final.



GERMANY: Won first Confederations Cup with victory over Chile.

Arsenal could break their transfer record by signing Alexandre Lacazette from French club Lyon for £45m+; WBA have recruited Jay Rodriguez from Southampton for £12m; Liverpool want £70m-rated Naby Keita from RB Leipzig and Chelsea have signed goalkeeper Willy Caballero (35) from Manchester City.

CYCLING

The 104th Tour de France started on Saturday in Dusseldorf (Germany) and Geraint Thomas became the first Welshman ever to wear the yellow jersey after winning the first stage. The 198 riders, including three-time winner Chris Froome who crashed on day two but recovered, will ride 3,600km (2,200 miles) before the race ends in Paris on July 23.

MOTOR SPORT

This weekend we have the Austrian F1 Grand Prix from Spielberg.

And Ron Dennis has left McLaren

after 37 years with the team.

Meanwhile, last Sunday it was Marc Marquez, Jonas Folger and Dani Pedrosa 1-2-3 in the German MotoGP.

CRICKET

Joe Root captains England for the first time in the opening Test against South African which starts today at Lords.

Last Saturday's Royal London Cup final saw Notts (298-6) beat Surrey (297-7) by four wickets with 13 balls remaining. Surrey's Mark Stoneman (145 n.o.) and Essex's Alex Hales (with a record One Day score of 187 n.o.) were the star batsmen.

England played South Africa yesterday, take on Australia on Sunday and face New Zealand next Wednesday in the Women's World Cup.

Essex's South African spinner Simon Harmer took 8-36 against Warwickshire and 9-95 versus champions Middlesex in successive matches at the end of last month.

Surrey's Sri Lankan batsman Kumar Sangakkara is the first player to reach 1,000 runs this season.

This year's Ashes Series is under threat, due to a long-running pay dispute involving the Australian players.

And Henry Blofeld (77), the voice on BBC's Test Match Special for 45 years, will retire in September.

Total bedlam - fifth SAMM race day



WINNERS: A good day was had by all who took part.

WHEN the competitors and officials arrived at CTD for the fifth race day in the SAMM Spring Series 2017, a scene of total bedlam greeted them.

Hordes of disabled children were being treated to a host of water sport activities, generously provided by various organisations. There was loud music, children dancing, playing ball games, shouting and screaming, whilst the various water craft were being launched and readied.

When the buoys were being laid to mark the course, they had to be moved three times, to avoid the ever-enlarging area being used by the jet skis for joy rides.

Eventually the first race got underway at a late 11.45am in gentle six to eight knot winds, with six boats in contention.

All other than Sirocco, had a leisurely sail of four laps, albeit having to navigate around jet skis, children in optimist dinghies, kayaks and groups on large ribs, none of which were paying any attention to the fact that there was a race going on, using the start/finish line to

play around. Then as a final test, a guy performing stunts on a water jet fly board right in front of the channel joined them, as the boats came ashore for the lunch break.

Everything was off the water except for a couple of jet skis by the start of the second race, which again was fairly leisurely despite a slightly increased wind. There were some close tussles going on, especially between Norman in his Laser Radial, John in his Quba and George and Jack in the Gamba Shoestring Cuatro, who all finished within a minute of each other. The Areaz 20 Levanter, a new boat to the fleet, led all the way and finished first on the water but was placed fourth after the handicaps were applied.

A good day enjoyed by all who took part in this, the last of the spring season. The autumn season is scheduled to start on September 10.

After handicaps were applied, the winners of the first race were Jack, Bob and Jeff in the Gamba Shoestring Cuatro. John, in the RS Quba 'Lola,' won the second race.

Last game of the season

ON Thursday June 29 Eurogolf played their last game of the season which was a Texas scramble.

The results were: 1st Martin Rogers, Ann Rogers, David Horne, Carin V D Cruijs 61, 2nd David Gregson, Dabvid Blanchette, Phyllis Venables, Petra Van Dorp 61.8, 3rd Steve Sayers, Linda Lynch, Geoff Evans, Monique Reeve.

NTPs 5th Pino Perito, 11th Debbie Weedon, 12th in 2 Carin V D Cruijs, 15th David Blanchette, 17th Chris Stanley.

Football, as it was the last game we gave out nine prizes: G Lavender, S Sayers, D Valentine, G Evans, G Britten, S Pegg, B Martin, K Enever and M Sanderson.

Tuesday Toffs

On Tuesday June 27 Toffs played their normal Stableford Competition for the last time until September.

The results were:

Cat 1 (0-16) 1st Pino Perito 39, 2nd Fred

Reeve 38, 3rd Arty Crammon 37.

Cat 2 (17-20) 1st Ian Turner 39, 2nd Gary Grierson c/b 37, 3rd Steve Toombs 37.

Cat 3 (21-24) 1st Morag Turner 37, 2nd Ken Enever 36, 3rd Bruce Gordon 35.

Cat 4 (25+) 1st Franco Gentilli 45, 2nd Gill Gordon 32 c/b, 3rd Claire Daye-Gretton 32.

Overall Toffs winner: Franco Gentilli.

Best front 9 Jeff Lynch 21, Best back 9 Dave Nichols 20.

NTPs 5th Robin Richards, 11th Bev Evans, 12th in 2 John Kirkwood, 15th Pete Cleaver, 17th Stan Low.

Football: Ian Turner, Peter Sanderson, Ian Stewart, Dave Nichols and Gordon Bourne.

Eurogolf and Toffs have now finished for the summer and will commence Tuesday September 5. If you would like to join the largest society on the Costa Blanca playing La Marquesa on Tuesdays and Thursdays please visit the website www.eurogolf-quesada.co.uk.

New players join Bettas Torrevieja

THIS week saw some new players coming along to train with Bettas Torrevieja RFC, which was great as it shows word is getting out there.

They are looking at having enough to put a team to play friendlies, come September.

The ladies are usually training every Wednesday and Sunday at 8.30pm on the athletics pitch in the sports ground, which is around the corner from Nelson Mandela stadium.

For more information about the team and training contact Javi on 603 727 179.

See you all down at the next training session.



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'Developed by golfers, for golfers'

Arsenal could break their transfer record by signing Alexandre Lacazette from French club Lyon for £45m+.

TO READ MORE

Costa Blanca's best guide to local sport

Carp-R-Us

CARP-R-US travelled to Blanca for Round Seven of the Summer Series.

It is one of the most beautiful places they fish but unfortunately the carp and barbel seem to have disappeared, or at least have become virtually impossible to catch.

Of eight members fishing only three had any fish, all small bleak caught close-in on maggot.

First was Steve Fell with 1.66kg, second was Steve Collins with 1.30kg and third was Tom Marshall with 1.28kg.

To give an idea of the of fish numbers, the winner caught over 200 fish.

The venue has never been particularly prolific; although it could be counted on to produce some larger fish. This is the second match in a row there.

Further information can be found on website carp-r-us.weebly.com or on the Facebook page Carp-R-Us Fishing Costa Blanca.

San Miguel Golf Society at La Manga

THIRTY-FIVE members were joined by four guests, for SMGS's annual visit to La Manga to play a Stableford Competition.

In excellent condition (with the exception of a few bunkers), as one would expect of a venue with La Manga's history and continued reputation, the South Course proved testing for many. The two main reasons for this were probably the course's length and some difficult approaches, not helped by ever-strengthening wind, which by round's end wasn't far removed from being a gale.

As during the previous visit, scores got better as did the categories, lower handicappers generally dealing much better with the course and conditions. As if to highlight the point the day's best rounds of 37 points were posted by Norman Cahill (Silver), Jamie Rorison (Gold) and Gary Garbett (Gold), with Bronze category winner Ron Stenhouse being a mere 9 back.

Results:

Bronze Category: 4th Marg Birtwistle (26 on CB), 3rd Mick Roscoe (26 on CB), 2nd



LA MANGA: Members played a stableford.

Brian Butler (27), and 1st Ron Stenhouse with 28 points.

Silver Category: 4th Theo Boelhouver (30), 3rd Phil de Lacy (31), 2nd Paul Kelsall (35) and 1st Norman Cahill with 37 points.

Gold Category: 4th Barry Roehrig (34 on CB), 3rd Tony Sims (34 on CB), 2nd Jamie Rorison (37 on CB), and 1st Gary Garbett, also with 37.

Nearest the pins on the par 3's (open to all) went to Tony Sims (holes 2 and 17), Steve Belshaw (5) and Ken Flaherty (12).

The Abacus was won by

Mike Fearehough.

The Best Guest Prize was won by zero handicapper Jamie Jones, who must have enjoyed playing off the yellows, coming in with 35 points.

SMGS would like to thank the staff at La Manga golf course for their contribution to an enjoyable day.

Keep up to date with all SMGS matters by logging on to www.smgs.org or call Captain Theo Boelhouver: 694 494 824 to find out more about the society and its weekly golf get-togethers. Next week they travel to La Finca.

Captain's Day for El Raso Golf Society



MEMBERS: Turned out at La Marquesa.

A GOOD turnout of 40 members and guests assembled at home course La Marquesa, on Friday June 30, for the annual Captain's Day.

Captain Marilyn Eckersall, drove off the first tee to begin the competition, with a prize awarded to anyone who could get close to her. Gordon Bourne duly obliged and we were on for a game of many prizes. The format for the day was an individual stableford, with extra prizes to be won on each hole for nearest the pins in varying formulas.

Steve Darlington won the best guest prize with a score of 32 pts. The winner of El Raso Captain's Day competition, with a super score of 45 pts was Gill Gordon, well done.

After the competition, players were invited back to the Olde 9th, for a superb buffet and refreshments.

A big thank you was given to Marilyn for her organisation of the day and to Grant and his staff of the Olde 9th.

Thanks was also given to all the sponsors.



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