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HOUSE ARREST: Police seized cash and vehicles.

Briton held as fraud ringleader

€17m dupe

By Matt Ford

A Briton has been arrested suspected of heading a Costa del Sol timeshare fraud that duped 500 families out of €17 million.

In total 36 people - including the unnamed Briton's wife, son and daughter-in-law - have been held in the huge fraud.

A Velez-Malaga law firm is accused of laundering the profits of the fraudulent scheme operated by the quartet, who are said to have accepted cash for timeshare packages that turned out to be non-existent.

Detectives believe the family made more than €12 million in profits once the lawyer and other collaborators had been paid.

An investigation was

launched after 33 of the victims approached a Benalmadena legal adviser who contacted the police.

Investigators as a result swooped on five properties, including the ringleader's home, with high-end vehicles including a Ferrari and luxury yacht, €126,000 in cash, 10 expensive watches and jewellery among the items seized.

All 36 suspects have been remanded in custody as the probe continues.

Miguel Briones, sub-delegate for the Spanish government in Malaga, praised investigators, highlighting the 'police muscle' displayed and reassurance offered to the tourism sector and British community in the wake of the arrests.

Repeat offender



TRAGIC: 3 people killed. |

THE alcohol and drug-fuelled Guardia Civil officer responsible for causing a traffic accident that killed three people and hospitalised four others has a previous drink-driving record, it has emerged.

It comes as the sergeant, who has been named as Miguel Campos Lopez, has been jailed without bail after being charged with two counts of ignoring road safety, three of reckless homicide, and seven of

causing harm to others.

An 18-year-old girl died at the scene of the accident on the A-7 motorway near Torremolinos, while a 26-year-old man and 30-year-old woman failed to survive the night after being taken to hospital with severe head injuries.

Lopez initially tried to flee the scene, and after claiming that the car was being driven by a colleague who had disappeared, he tested positive for alcohol and cocaine.

Cover up!

MARBELLA has announced a new law that will see shirtless holidaymakers fined €120-€500 in certain areas.

Public Safety councillor Javier Porcuna explained that the new legislation was inspired by other Spanish cities such as Barcelona, who already have similar sanctions in place.

The bill has yet to pass the approval of the Local Council,

but once it has it will be active throughout the year in the majority of public spaces.



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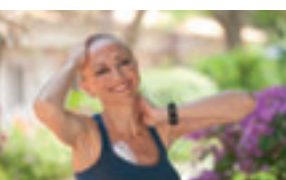


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NEWS EXTRA

Whip round

OFFICIALS from Grupona, Malaga's environmental protection group, have captured a horseshoe whip snake that terrorised a block of flats in the capital after sneaking into the bottom of a child's pram.

Hot water

A THERMAL buoy in Malaga Port registered a monthly average temperature of 25.6°C this month, three degrees higher than in 2010 and two degrees above the last three years' average.

Last laugh

MARBELLA Local Police have seized 2,400 doses of nitrous oxide, more commonly known as laughing gas, in the trunk of a car in Puerto Banus. Police have announced that the owner will not face charges.

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 Westmin-

Prince to escort Spanish Royals
Flash Harry!



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

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ster 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 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."

Guns for sale

A 27-YEAR-OLD Danish man of Syrian descent arrested in Benahavis for membership of an Islamic terrorist organisation has been named as Ahmed Samsam.

He had travelled to Spain a day before he was scheduled to begin a prison sentence in his home country.

Authorities confirmed that the alleged terrorist was trying to acquire weapons and bulletproof vests in Spain while he evaded the arrest warrant.

Investigators revealed that prior to leaving Denmark to fight alongside Daesh militants in Syria, he had been jailed for robbery, drug trafficking and general violence.

He confirmed that Samsam was "extremely radicalised" after photographs of him posing with bombs, weapons and Islamic State symbols emerged on social media.

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School of strife

MORE than a hundred outraged parents and teachers descended on St George's British School in Malaga to protest the dismissal of six teachers and a psychologist, most of whom had worked there for years. The manager and two head teachers were criticised after failing to show up for work when they learned of the rally, with the angry mob claiming that the sackings were "less than convincing."

Deadly sting

A 75-YEAR-OLD woman has died after being stung by a wasp at her home in Puerto de la Torre, Malaga. The victim's daughter, who was present at the time, called an ambulance when her mother began struggling to breathe, but paramedics were unable to revive her after she suffered a heart attack brought on by anaphylactic shock.

Fire fight

A 31-YEAR-OLD Spanish man has been arrested after allegedly starting a fire inside a colleague's garage in Estepona following an argument between the pair. Emergency services were called after residents reported the blaze, with six blocks of flats evacuated, and no-one was harmed. The accused has been remanded in prison without bail.

Open all hours

SHOPS across the Costa del Sol can now open every day until September 15 as the summer high season begins in earnest. The Junta de Andalucía has given the green light for stores in Marbella, Mijas, Fuengirola, Benalmadena and Torremolinos to open daily to take advantage of the tourist frenzy.

Wet and wild

MANAGEMENT at the AC Hotel Palacio in Malaga called police after visitors caused €200,000 worth of damages. Guests reportedly broke the roof sprinkler causing

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.

several floors to be flooded, causing extensive damage to the wooden structure of the building, forcing hotel owners to close several affected rooms.

hashish at break times. They watched as she exchanged items with two teenage smokers who were intercepted as they tried to roll a joint with their €1 buys.

prosecution requested a four-and-a-half year jail sentence after being wrongly accused of receiving payments into his personal account from students enrolling on training courses.

Minor offence Not guilty

POLICE officers staking out a Malaga City secondary school to catch truants busted a 13-year-old girl dealing small amounts of

THE former Chief of Local Police has been acquitted after being accused of embezzling €4,338 from his own department in Coin. The

Dog attack

A THREE-YEAR-OLD girl was rushed to hospital after being attacked by a family member's pit bull in Malaga.

Plastic surgeons performed urgent surgery on her eyelid and lip, and she was allowed to return home following the ordeal.

Shelter saga still drags on

THE future of Torremolinos municipal dog pound may be in jeopardy after no bidders submitted offers to take control of the controversial facility.

It comes after disgraced former president Carmen Marin, in charge from 1998-2010, was earlier this year jailed after Guardia Civil investigators found dozens of animal bodies in freezers and rubbish bins.

Following a four-day trial, Marin was sentenced to

three years imprisonment for carrying out 'extermination sessions' and ending the lives of hundreds of animals by using pain inflicting methods.

The Local Council has announced plans to raise the budget by 10 per cent in order to provoke public interest. The previous contract holders, Home Animals (Canes), will continue to care for the animals until a replacement is found.

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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/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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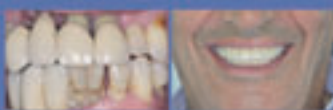
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Pique up the pieces

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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FOLLOW US:   

FOLLOWING weeks of blistering sunshine, temperatures in Malaga dipped resulting in the coldest start to July since 2007.

Weather experts began investigating the anomaly after recording highs of just 26.3 degrees on Saturday July 1.

Historically July is the warmest month in Malaga, both during the daytime and night. Fausto Polvorinos, Head of the

Chill out

Meteorological Centre of Malaga, has explained that due to a mass of cold air from the west, the Mediterranean Sea had struggled to rise above 15.8 degrees.

Polvorinos has announced that over the coming days temperatures should start to recover from the unusual decline.

Villas to rent required for 2018 season

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Photo by Fundacion Unicaja

Tickled pink!

VOLUNTEERS ring a young greater flamingo at Laguna de Fuente de Piedra, Malaga. The ringing of around 8,000 chicks hatched at the salt lake, home to Europe's largest flamingo colony totalling 30-40,000 birds, will take place later this summer after no breeding occurred in 2016 due to drought.

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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Urgent housing appeal

FRIENDS and family of local photographer David Toms, who was left quadriplegic following a horrific motorcycling accident in July 2016, have launched a last-ditch appeal to help find him accommodation on the Costa del Sol, preferably San Pedro de Alcántara.

Having failed in a search for a care home that could take David in for the summer while they search for an apartment for him, the David Toms Support Fund is seeking help. If any reader is able to offer suggestions or assistance please contact the fund via its Facebook page www.facebook.com/Davidtomsprofessionalphotography.



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EXCLUSIVE

Residents up in arms Box clever



FULL UP: A sign next to the boxes has been roundly ignored.

RESIDENTS of Avenida Jesus Cautivo, edificio 6 in the Los Boliches district of Fuengirola have launched a desperate plea for help over the amount of junk mail filling up their post boxes.

A furious British homeowner, who does not wish to be named, said that the community is desperate “to stop this infringement of privacy...all flyers should be left in the

outside box.”

The bank of 40 boxes outside the building is overflowing with hundreds of fliers, leaving no space for genuine mail.

In addition, the chaotic scene has sparked fears that the block of flats will become a target for thieves since it appears to be empty.

A sign installed next to the boxes has been roundly ignored.

NEWS EXTRA

Set sail

GREENPEACE are sailing along the Costa del Sol, aboard the ‘Esperanza,’ to analyse the progression of urbanisation and petition for more environmental protection in order to ‘burst the housing bubble’ that has overtaken the coastline.

No funds

RONDA will this year not carry out the procession of the city’s patron saint, San Cristobal, due to a lack of funds at the parish church, but hopefully it will go ahead next year.

Driver free

A SAN ROQUE judge freed a driver accused of ramming a vehicle with children inside 16 times on the A-7 motorway. It was recently stated in issue 1669 of the EWN that police released the accused. We apologise for this error.



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NEWS EXTRA

Dim view

MARBELLA Council has come under fire, from Councillor Miguel Diaz, for the inadequate lighting on the A-7 motorway. Diaz has also demanded that the toll company AUMAR contribute to the improvements.

Red-handed

MARBELLA Local Police has arrested a 34-year-old Colombian man after he was caught trespassing and stealing from a house on Calle Guadalete.

Stately visit

BRITISH AMBASSADOR to Spain, Simon Manley, travelled to Malaga to present the British Empire Medal to retired journalist, Liz Parry. The award - announced in the New Year's Honours list - is for services to the British community in Andalucia.

Masters of disguise

THE Diputacion de Malaga, is to launch a campaign focusing on the conservation of the endangered Mediterranean chameleon.

Head of the provincial council, Elias Bendodo, participated in the release of four adult pairs of the reptile at Mount San Anton, near Malaga City.

The animals came from the Biodiversity Control Centre of Malaga which has successfully released more than 400 captive-bred chameleons since 2010.

During the event, Bendodo praised the work being carried out at the conservation centre and vowed that the authorities will continue to support the initiative.



BOGGLE-EYED BOOST: Elias Bendodo (c) talks chameleons.

Photo by Ayuntamiento de Malaga



On the run

THE National Police have arrested an unnamed, 69-year-old British man in Antequera over the sexual assault of a minor in the UK.

He was looking after the victim for a family friend in the late 90s, but in the middle of the night, he went to her room and

violated her.

The fugitive failed to attend court and was sentenced to eight years imprisonment by Sheffield Crown Court last November. Af-

ter he fled to Spain, British authorities requested a European Arrest Warrant (EAW).

The detainee has been jailed while he awaits extradition.

34 jailed and 13 sex slaves freed

POLICE in Bulgaria and Spain have jailed 34 people and freed 13 women being used as sex slaves on the Costa del Sol.

The probe was sparked after one of the women was able to escape and contacted police. An expert interviewed the woman and established that the story was true. She was then given full police protection.

The investigation led police to unearth a large-scale international racket operating mostly in Bulgaria and Spain.

Detectives established that the criminals were convincing women in the poorest areas of Bulgaria to agree to fly to Malaga.

Once in Spain, they were placed in properties between Torremolinos and Marbella.

The women were used as prostitutes and violently attacked, or threatened with abuse of their families, if they refused to follow orders. They were encouraged to target drunken tourists and rob them when possible.

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Model behaviour

SOME 28 young Spanish women will be competing for the title of Miss Grand Spain being held in Sevilla on Friday and Saturday.

A relatively new beauty pageant created in Thailand in 2013, Miss Grand International, wants to promote international peace and the final this year which is expected to attract 90 contestants from around the world will be held in Vietnam in October.

The 28 girls who aspire to the Spanish crown have been whittled down from an initial entry of more than 1,000 contestants and Friday sees the preliminary competition which will say goodbye to a number of hopefuls.

The lavish final will take place on the following day and as the last three winners of the Spanish competition have all represented Malaga, this year's Miss Grand Malaga

Anastasia Castillo hopes to become the fourth winner of the title.

Anastasia is a 19-year-old model from Torremolinos and her photograph can currently be seen on posters advertising clothes for Dunnes Stores around much of the Costa del Sol.



SIZZLING:
Anastasia Castillo,
Miss Grand
Malaga 2017.

Photo Credit: Miss Grand Malaga Facebook

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EWN EXCLUSIVE



“ British tourists Mary and Charles Rawson

from Cambridge were divided in their opinions. The part-time receptionist said she “felt quite sad for the donkeys which look a little bored,” but her husband, a retired butcher felt “they look well-fed and well-cared for.”



“ Robbie Much, a 24-year-old student from Edinburgh, Scotland, who was on a day trip from Elviria following several previous visits, said he had never “seen any mistreatment” of the donkeys which “looked happy.”



“ Carole Smith, a teacher from Scotland on a two-day trip to Mijas, admitted she does not like donkey rides, adding “I feel a bit sorry for them, they look a bit sad, I’d rather not see them there, I’d prefer to visit them in a sanctuary.”

Village donkeys ‘now better looked after’ More Mijas TLC

THE donkeys of Mijas Pueblo - a year-round attraction with tourists - now receive Tender Loving Care (TLC).

Now provided with access to water and shade, the donkeys also additionally receive regular veterinary checks and

their handlers have also undergone some training.

In the last month the donkeys have also been provided

with rubber shoes, though these are to protect the streets from being damaged by traditional iron shoes rather than a creature comfort move!

While occasional claims appear online that some of the donkeys look sad and are ill-treated, a recent *EWN* check failed to substantiate the reports..

Donkey owners Salvador Torres, aged 42, and 25-year-old Francisco Heredia, insisted the animals’ are well cared for with water access and shade. The animals also carry only specific weights according to their size.

They also said the donkeys on average only go on one ride a day.

Business owner Pena Alarcon from the Rincon Andaluz shop said that while mistreatment had been an issue until around 10 years ago, the animals “are now very well looked after and cared for,” while Joy Fahey, President of the local Art Centre, described the overall situation as “better, though not great.”

Mijas Council when contacted was unwilling to comment on any online claims, nor was any official on hand to report on the general well-being of the donkeys.

Tourists from throughout Europe and around the world - including Japan and the US



THE TOWN’S famous donkeys line up for rides.

- flock to the white pueblo in the mountains above Fuen-girola almost year-round, with the donkeys among the main attractions along with quaint local shops, cafes and restaurants, plus amazing views.

Many children take donkey rides and there are also donkey taxis to take adults around the village. At all times the animals are with handlers, and even wear ‘donkey nappies’ so that they do not foul the village streets.

While many tourists - viewing the lined-up donkeys waiting for clients in temperatures of 30+ - prefer to let them relax, scores of visitors daily pay to photograph them.

The donkeys first led to tourists visiting the village in the 1960s after they had traditionally carried fish up from the nearby coast, or wood down from the mountains around Mijas pueblo.

Tourists at that time fre-



Mijas even has a monument honouring its main attraction.

quently tipped donkey handlers when taking photographs, but once the owners discovered this to be more lucrative than using the animals for transport, they introduced paid-for rides.

By the mid-70’s and 80’s paying for donkey rides had become a major attraction, and although this then led to frequent claims - as recently as two to three years ago - that animals were ill-treated, the council and donkey owners now finally appear to have ensured a better life for the Donkeys of Mijas!

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MC Boulevard News

Puente Romano is pleased to announce the arrival of the well-established Ibiza brand, El Chiringuito to Marbella.



THE Mediterranean kitchen offers a wide variety of truly authentic El Chiringuito dishes. The menu created by French chef Jérôme Palayer includes Lobster Risotto, seared tuna fresh from the wood fire grill, sea bass cooked in sea salt crust or Nebraska entrecôte. If one prefers, El Chiringuito's menu will be served on the beach on its wide sun loungers, under the safari-style tent or in its upper restaurant area. Furthermore the refreshing juices, cocktails and smoothies are specialties not to be missed.

El Chiringuito's goal is to serve honest, great tasting food in a warm, soft and loving environment.

Situated at the Puente Romano's beach, El Chiringuito Marbella's perfect location allows enjoying sea views, tanning on the tranquil sun loungers or just people watching while sipping cocktails.

Its décor is a relaxing combination of whitewashed wood, spacious sofas and picturesque palm tree paintings, inspiration taken from both Ibiza and Andalucía.

Since the opening in 2009, El Chiringuito Ibiza has become one of the Ibiza's top beach clubs, winning best beach club award for the last two seasons, and El Chiringuito Dubai just got voted as one of the best beach clubs in the world. A favourite with locals and international jet setters, the award-winning restaurant has been charming guests with its laid back vibes and attentive service.

El Chiringuito Marbella is open every day for lunch, dinner and cocktails.



For more info and reservations please call 952 768 228

Tesla comes to Puerto Banus



THE MODEL S at a Supercharge Station. |

THE anticipated Tesla store, available until August 31, has finally opened in the El Corte Ingles of Puerto Banus.

The American company has opened their temporary store to showcase two electric car models. The Model S, from €80,000, has five seats and boasts up to 400 miles per charge while the Model X, from €95,000, goes from 0-60mph in 2.7 seconds and has a single-charge range of 330 miles.

The Marbella pop-up is part of Tesla's southern European tour "in areas where there is high local and international interest," in a bid to showcase their zero-emission alternatives to fossil fuelled cars.

In addition to their car exhibition company CEO Elon Musk has announced plans to build another 13 supercharging stations in Spain, which will allow Tesla motorists to recharge their cars on the road for free.

Those interested can request a test drive by visiting the store, or booking an appointment online.



Photo by @pjmenezg76 twitter

| LOCALS tackling the fire hazard.

Blazing battle

THE residents of Churriana, Malaga, are up in arms after the council has failed to safeguard the area from wildfires.

Salvador Trujillo, PSOE representative in the district, expressed concerns that the neighbourhood is at high risk of a fire due to the lack of preventive measures. Following a lack of maintenance, long dry grass surrounds local homes "representing a real danger to homes within the proximity," said Trujillo.

"There has been a total lack of foresight and complete negligence from the council," Trujillo maintained, who has insisted that during the summer months "a spark could cause a fire that would spread rapidly, posing danger to the residents and their homes."

Neighbourhood representatives, Juan Antonio Quintana and Mari Cruz Torres, have begun clearing the fire hazards themselves.

"We need more attention in the area, such as firewalls, canine parks and the protection of natural sites," explained Torres, who has called for the council to provide "specific preventive plans."

NEWS EXTRA

Public menace

THE Torresol playground in Alhaurin de la Torre has suffered further damages and graffiti just weeks before renovation work was due to be completed.

In good hands

MAYOR Jose Bernal Gutierrez has defended recent debt figures claiming that Marbella is "the safest and cleanest city in Spain," and attacked the opposition for bringing the city "to the edge of bankruptcy" in 2007.

Budget boost

THE Junta de Andalucia has allocated €15.2 million to city halls for the improvement of school and social services. Equality delegate Isabel Gonzalez explained that the boost aims to help the disadvantaged.



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NATIONAL POLICE have arrested a 52-year-old French man in Marbella for attempting to export 319 kilograms of hashish.

The fugitive was part of a crime network that specialised in moving large quantities of cannabis across the border to France. His role in the operation was to drive a 'shuttle,' a police

Hash heavy

term for the vehicle which drives ahead of the drug smugglers in order to clear the route.

During his arrest, sanctioned through a European Arrest Warrant (EAW), the accused presented a false identity which

has been added to the charges.

The alleged drug trafficker has now been handed over to French authorities, who could pass a prison sentence of up to eight years for the crimes committed.

Taxation tantrum



JUAN JOSE HIDALGO:
President of Globalia.

Photo by globalia.com

HOTEL owners have called for tighter rental regulations after a boom in new tourist apartments and homes.

Hoteliers have expressed concern following figures showing that 1,781 homes are rented to tourists in Malaga capital, providing 8,758 rooms. They fear that by the end of summer tourist apartments will outnumber the 9,157 hotels beds available in the city.

Juan Jose Hidalgo, president of Spain's largest tourist group Globalia, has demanded that the apartment owners "contribute fiscally" and pay the same taxes hotels do.

"They must comply with the regulations that hotels have to abide by, security, accessibility, everything is regulated," he explained.

Hidalgo believes the tourist apartment trend "cannot be stopped" and fears that if the rental movement continues, it will result in a decline of business in the city centre.

"There is no control, people rent an apartment for four and arrive as eight. The centre is depopulating and degrading," he maintained.

Carlos Perez-Lanzac, president of the Association of Tourist Housing in Andalusia (AVVA), criticised that the hotel industry are attempting to discredit the competition. The entrepreneur believes that hoteliers are lashing out because they feel threatened by the rising trend.

He maintained that tourist 4.0 investigators, an independent research group, have stated that "tourists prefer housing because they are not hotels; the success of this model arises because it is an authentic experience which allows you to feel like a resident, while providing a boost to local businesses."

Lanzac warned that if regulations tighten, many property owners could conceal their rental arrangements in a bid to avoid taxation.



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NEWS EXTRA

La Linea

mess

THE VERDEMAR-ECOLOGISTAS EN ACCIÓN campaign group has drawn attention to the discharge of polluted water in the area of El Zabal de La Linea. In addition a new illegal fly tip has been discovered in the same area.

In the swim

DESPITE a number of setbacks, the municipal swimming pool in Manilva has finally opened in time for the summer holidays. It will be open seven days a week at different times.

New bridge

A TEMPORARY 15-metre bridge is being placed on the beach at Casares for the summer to replace that destroyed in storms. This will join 80 metres of existing beach cover.

Council in hot water

RESIDENTS of Casabermeja are up in arms because they only have access to clean water for six hours a day.

A problem with the town's water infrastructure paired with drought-like weather conditions is to blame for the cuts, according to the town hall.

Some who live on the outskirts claimed that their taps are turned on as little as one day a week.

A resident, Fernando Alonso, has said he is looking at the issue from a legal perspective to see if there is an option to "take action" against the council. This comes after several of the affected argued that they pay "the same taxes" as neighbours in the town centre, who have not experienced the cuts.

Another neighbour, Azahara Campoy, explains that the same "happens every summer.

"We are tired of complaining because people don't seem to care about us," she continued, adding that in



CASABERMEJA: Some residents only have access to clean water for six hours a day.

the centre "it is common to see people flushing the streets with a hose or washing their cars."

According to a neighbour identified only as JM, many

residents are expected to pay for vats of water out of their own pockets while still being slapped with a water bill at the end of the month.

Aguas de los Verdiales, the

company responsible for water distribution in the area, have announced that a meeting will be held in order to find "alternative options" for the issue.

Budget block

MARBELLA'S project for adapted bathing areas along the coast is to be in place mid-summer after delays in obtaining approval.

Miguel Diaz, the councillor for Beaches, has said he will use the €132,361 budget to "triple the amount of adapted bathing areas," in a bid to ensure that all people, regardless of their impairments, will be able to enjoy the seaside this summer.

After experiencing administrative delays with the accessibility initiative, Diaz explained that the council have begun an emergency route to ensure the facilities will be installed before the end of July.

"The deadline for completing the work is already finalised, but we are still waiting for on reports for full approval," Diaz maintained.

He added that "these new services are part of our ongoing commitment to those most vulnerable to the heat."

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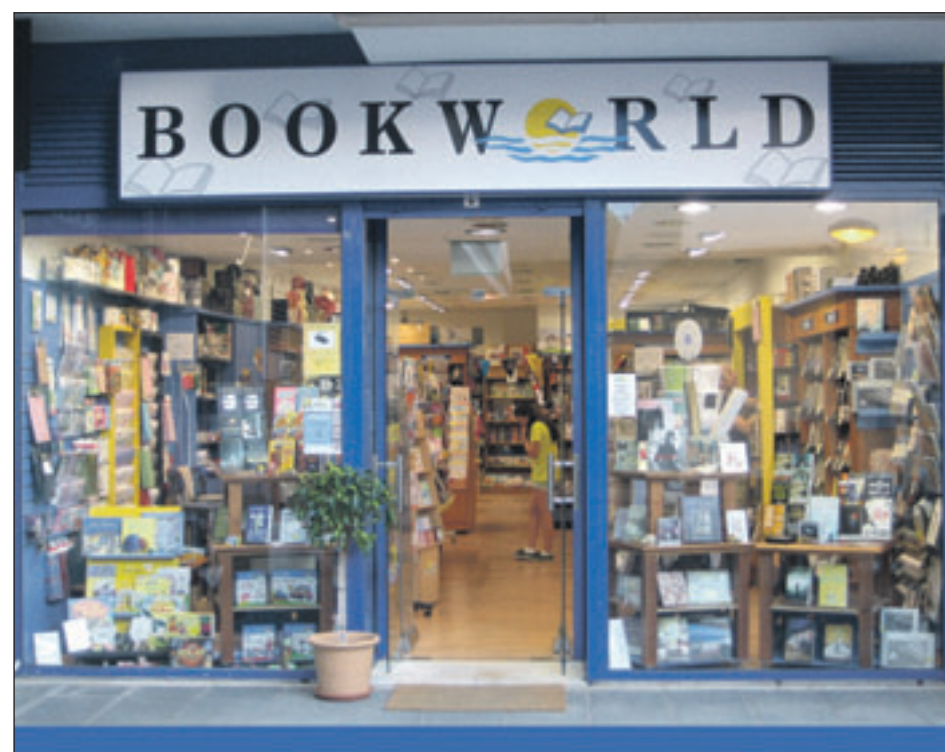
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Firestarter found

A 32-YEAR-OLD man has been arrested for allegedly committing arson at a beach bar in La Araña, Malaga.

National Police were called to the venue early in the morning after a fire started in one of the plastic recycling bins. At the scene, officers found the Spanish man wearing a balaclava with three lighters in his possession. Officers were able to identify the accused as a result of several descriptions provided by witnesses.

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Gesture sparks fury

FUENGIROLA Council has been forced to make an embarrassing apology after a senior councillor made an obscene gesture during an official photo session for World LGBTIQ Pride Day.

It comes as the smiling Partido Popular (PP) council team posed on the town hall steps, which were painted in rainbow colours to mark the event, with Youth councillor Pedro Vega appearing to stroke the genitals of his infrastructure and beaches counterpart Jose Sanchez.

In the resultant photo, a smirking Vega is seen with his arm extended as a grimacing Sanchez thrusts his groin towards his colleague's outstretched fingers.

The image was published online to widespread condemnation from opposition parties and LGBTIQ groups.

Jose Miguel Lopez of the left-wing Izquierda Unida coalition said: "Once again, Mr Vega has demonstrated how little respect he has for the LGBTIQ [sic] collective."



OBSCENE: Taken during official photo.

about gypsies and now social diversity.

"Ana Mula should make him brainless humour councillor."

Ciudadanos spokesman Javier Toro added that the incident confirms "the contempt that in reality the PP has in terms of sexual diversity and those who think outside the stereotype which has been shown by Mr Vega himself."

Javier Garcia Leon, leader of the socialist PSOE party in Fuen-girola, joined the debate as he said: "Pedro Vega is the same councillor who made racist jokes

Mr Vega sparked outrage and accusations of racism in 2012 when he tweeted a play on words joke about a gypsy's favourite games console belonging to someone else. He later defended himself, tweeting: "I am not racist, I have friends of all nationalities, races, and sex."

Mayoress Ana Mula reacted quickly on her Twitter account, claiming the pair were making a joke about an unspecified issue.

NEWS EXTRA

Warm up

NEWLY promoted to the Championship, Sheffield United will be playing a friendly match against Malaga FC in Coin on July 14. The match will start at 7.30pm in the José Burgos Quintana Stadium.

Water deal

WORRIED about future water resources, the Ojen Council has entered into a €4 million agreement with Acosol and Palo Alto Marbella in order to guarantee supply. Additional water is needed to meet anticipated growth in demand.

New jobs

THERE are now 133 new employees working for the Alhaurin de la Torre Council thanks to a special promotion. Financial support for this has been received from the Junta de Andalucia and European Social Fund.

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SOTOGRADE

The latest news from Sotogrande in San Roque, Cadiz Province, which ranks among the most luxurious residential developments in Europe, with world class architecture and sports facilities



Blue is the colour

By Ben Harris

OFFICIALS have taken part in a ceremony to raise the blue flag over the Port of Sotogrande for the fifth consecutive year.

The blue flag stands as a symbol of the quality services available and the excellent management of the environment of the port, beaches and wider area.

This year the flag was raised with an official celebration attended by the Mayor Juan Carlos Ruiz Boix, Port Director Miguel Angel Diez, Deputy Mayor of the North Oscar Ledesma and an environmental delegate Juan Servan.

Speakers highlighted the extensive environmental work that was undertaken in order to be recognised with



BLUE FLAG: Demonstrates the excellent services offered to all visitors and residents.

the prestigious blue flag.

The mayor stated that it adds "prestige to the municipality" and demonstrates the "excellent

services we offer to all visitors and resident of San Roque"

Miguel Angel Diez noted that "this is a very important

award for us" and recognised the "work carried out everyday by the employees of the Port."

Jerez Cup kick starts summer of polo

THE Jerez Cup took place at the Santa Maria Polo Club last weekend and saw the Ayala Team take home the trophy.

Four teams competed in the Los Pinos section of the grounds in an intense competition which made for excellent spectator entertainment.

The attendance by members of the public has been growing in recent years as it has become very popular locally.

The Ayala team succeeded in winning the competition after defeating the other three teams.

More competitions will be taking place at the club over the coming months making for a busy season of polo at the club.



FOOD SHARED at the Domingo Rociero.

Explosive end to Guadiaro Fair

LAST week's annual Guadiaro Fair ended in traditional style with the Domingo Rociero bringing the whole community together.

Celebrations started at midday on Sunday July 2 with a mass at the local church accompanied by music from the Rociero Choir. From here a parade led crowds to Avenida de los Cano where

speeches were made, live music performed and sausages, cheese, wine and paella were shared between family, friends and locals.

At 5pm the traditional horse races began. Festivities continued throughout the night until the early hours when a pyrotechnic show marked the end of Domingo Rociero and the Guadiaro Fair.



STAFF presenting the opening of the mobile library.

Adopt a book!

THE mobile library will set up in Torreguadiaro beach car park for the 10th consecutive year coinciding with the launch of the Adopt a Book campaign.

People coming to Torreguadiaro to enjoy the beach will, until September 8, be able to browse the mobile library which has been set up in the car park nearby without needing to be a member of any local library.

This is part of a wider scheme in San Roque which has been increasing in popularity over the past 10 years. The municipal library network backs the programme as an effective way of encouraging people to read more.

The service will be available from Monday to Friday each week opening at 11am and closing at 1.30pm. Everyone is allowed to come and borrow books from the collection which features 100s of novels, children's stories and magazines in a variety of languages.

The Adopt a Book programme taking place in the wider San Roque area coincides with the launch of the mobile library and asks people to donate old or used books so that they can be given for free to members of the public. The aim of the programme is to stop books gathering dust in boxes and allow them back into circulation. These books will be distributed from local libraries and the mobile library.

Better connected

SAN ROQUE Council has transformed the access to a key road connecting Torreguadiaro and Sotogrande.

Improvements were focused on an exit from the Avenida Mar del Sur which not only was re-asphalted and received better road markings, but also was turned from an exit to both an exit and entrance following calls from local entrepreneurs.

Mayor Juan Carlos Ruiz Boix highlighted that it

would bring the area closer together by improving the access to the more remote areas in Torreguadiaro.

Ruiz Boix also hopes to increase prosperity and employment in the area by improving people's access to the restaurants and bars situated around the avenue.

Inspection of the newly unveiled works was attended by local councillors and deputy mayor for the Guadiaro Valley Oscar Ledesma.



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JOINT PROJECT: Will collect and analyse samples of affected water.

Clean up campaign

THE Municipal Association of the Costa del Sol has paired up with local water companies and universities in a bid to remove scum from the ocean surface.

The project, with a budget of €87,807, will collect and analyse samples of affected water along the Costa del Sol over the course of a year.

Margarita del Cid, President of the Municipal Commonwealth, explained that “the floating mass, commonly referred to as ‘cream,’ diminishes the visual quality of

bathing areas.”

CEO of the Costa del Sol water company ACOSOL, Manuel Cardene, stated that certain cases of the slicks have been explained by the production of algae and minerals from rivers.

To find the root cause and in hope of creating a solution a total of 60 samples will be collected monthly.

The samples will then be sent to various laboratories and universities along the coast for further analysis.

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Memory trip to Disneyland Paris for brave 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:
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NEWS EXTRA**Pricey purchase**

MARBELLA businessman, Tomas Olvio, has bought the Cortefiel building on the corner of Calle Reyes Catolicos in Granada for €29 million.

Safety first

IN preparation for the summer months deputy mayor of Guadiaro, Dolores Marchena, has installed improved road signs across the town in a bid to prevent future road accidents in the area.

Big brother

THE council in San Pedro has installed 11 CCTV cameras for the San Pedro Alcantara Fair in order to increase security and deter thieves at the upcoming festival.

Full of pride

AWARDED: The provincial council.

THE provincial council of Malaga has been awarded an Andalucian Diversity Award in recognition of its commitment to LGBTIQI rights.

On the 40th anniversary of the Stonewall Riots, Wednesday June 28, the LGBTIQI organisation DIVERSIDAD presented their second annual award ceremony. The event focused on acknowledging the people and organisations that have advocated LGBTIQI rights in the last year.

The president of the council, Elias Bendodo, spoke at the ceremony in the Hall of Mirrors in Malaga City. Bendodo stated that his administration is in the

process of creating a province where all people feel accepted, regardless of their sexual orientation, financial status or gender identity.

“In order to reach this goal, it is necessary to involve all public administration, and listen to the specialised associations of our province, since only they can offer a clear insight into the needs of the LGBT people,” he said.

Aside from government employees, the initiative recognised the work of National Police chief Jose Enrique Murillo, artist Miguel Poveda and the Andalucian LGBTIQI news site ‘Togayther.’



ELECTRIC TRIKES: Council staff admire the new arrivals.

On your trike!

PIZARRA is the first municipality in Spain to bring electric tricycles into their fleet of transport vehicles.

The vehicles, which are entirely manufactured in Malaga, are the only ones of their kind registered in Europe. They have been selected for use because of how economically they run, costing only €0.20 in electricity for every 60 kilometres, and because of the environmental benefits as they have a very efficient motor which produces no emissions.

The mayor of the town Felix Lozano has stated that he is

“proud” of the great work his area is doing to ensure they are environmentally friendly and operating sustainably.

The manager of Urco, the company which manufactures the vehicles, Jose Manuel Perez said he is pleased with how well they have been accepted by the local government.

Cristina Gamez, councillor for Town Planning, Sustainability and Infrastructure, stated that whilst only “two units have been acquired” for now the City Council intends to replace the rest of their fleet “with this type of vehicle.”

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NEWS EXTRA

Littoral lavs

MARBELLA Council has announced a €31,944 project to build three new public restrooms along the beaches of Las Chapas and El Faro after an increased public demand.

Cliff-hanger

A 39-YEAR-OLD mountaineer has been rescued and taken to the Costa del Sol hospital after damaging his back following a climbing accident on the Manilva Canyon in Malaga.

Car collision

TWO children aged nine and 12, alongside two adults aged 36 and 39, have been taken to the Costa del Sol hospital following a head-on collision on the Mijas to Malaga A-387 motorway.

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 people forget the obvious.

In addition to the actual ad-

vice, 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 wild-

fire) 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, especially 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!



ADVICE: Be careful on the water.

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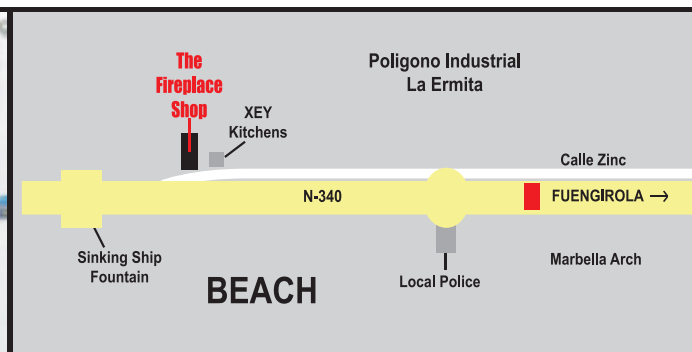
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Photo Credit: Ayuntamiento de Fuengirola.

A SUCCESS: Councillor Isabel Gonzales enjoying the smart charging point.

CHARGING points for phones across Fuengirola are being celebrated as a success after going live for the first time a year ago.

In 2016 the municipality installed three intelligently-designed charging points for mobile phones embedded in pre-existing street furniture.

Lamps in Plaza de España, Plaza de la Constitucion and Plaza del Carmen de los Boliches were used.

The points also offer a touch

screen which allows users to look up areas of cultural interest, directions, events, local information, news and businesses. They can even take selfies and share them via email.

In the year since they were launched the points have been acknowledged by the local councillor Isabel Gonzales as a great success having been used over 60,000 times.

The councillor highlighted that Fuengirola is one of

Spain's leading intelligent towns and recognised the hard work put in by the council to keep it this way.

Gonzales boasted they were the "first municipality to reuse the urban furniture in a sustainable way" and that this was "very important" for the town.

The economic benefit of the touch screens is that they can look up local businesses to make it easier for people to find and visit them.

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NEWS EXTRA**Party
poopers**

BUSINESSMEN are outraged in Torremolinos after the council announced another food fair to take place this weekend, complaining that the events are damaging businesses which pay tax all year round.

2nd time

INVESTIGATORS have doubled their efforts to apprehend the Calle Larios vandals, after exhibition posters from the Spanish Association against Cancer have been destroyed for the second time in a month.

Close call

FIREFIGHTERS were called to Calle Larios after high winds and deteriorated fittings caused a window to fall from a nearby building, luckily missing Malaga shoppers. The fire service has checked other windows to prevent further incidents.

Timber!

FIREFIGHTERS were called to Calle Ferrandiz in Malaga after a large branch broke free from a tree and fell onto a nearby vehicle, narrowly missing a student at the nearby Our Lady of Grace School.

Child champ

BENALMADENA Marina has congratulated the 11-year-old European Jet Ski champion, Esteban Díaz Benalmadense, in a celebration of young talent after he won second place in the World Championships.

Due respect

FUENGIROLA Council have paid homage to deceased Local Police officer, Luis Francisco Jimenez, by posthumously awarding him the white cross of merit, given in recognition of an outstanding contribution to the country.

Special access on local beaches

THE mayor of San Roque has opened a new bathing area on the Torreguadiaro beach for people with disabilities.

Mayor Juan Carlos Ruiz Boix boasted that "San Roque is one of the few municipalities in the province that have this resource, as well as having a specialised crane to move

people from their wheelchairs onto inflatable chairs so they too can bathe.

"The intention is that the disadvantaged can access all public beaches of San Roque in equal conditions, and that principles of equality prevail so that all citizens can en-

joy the beaches," he added.

In addition to the crane and inflatables, the council have installed two bathrooms for those with mobility issues.

According to the mayor, each year more resources will be made available to provide better facilities for the

disabled in order to establish more equality throughout the city.

"This government will help, with all technical means and human resources available, to ensure the enjoyment of our citizens and visitors, regardless of the limitations they may present," he concluded.

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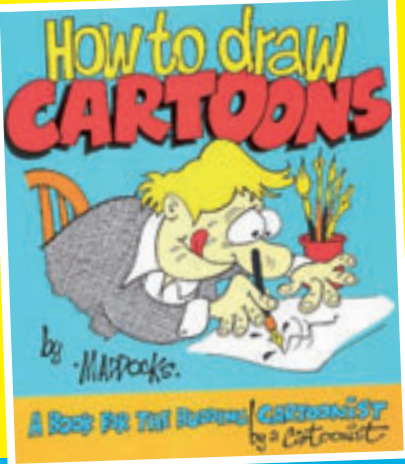


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<http://publishedbyme.blogspot.co.uk/>
<http://petermaddocksart.com>

Summer school is a hit

OVER 100 plastic and aesthetic surgeons from across the globe attended the second annual Marbella International Plastic Surgery Summer School from June 22-24.

Organisers were delighted with the turnout, which more than doubled the 2016 attendance figures.

The event was once again managed by Ocean Clinic Marbella (OCM), and featured a series of educatory lectures and live surgery broadcasts alongside a diverse social programme.

OCM Medical Director Dr Kai Kaye said: "We have been blown away by the success of the summer school, which, after one year, has doubled in size and attracted participants from over 20 countries. Some travelled from as far away as America.

"The meeting has also been endorsed by five separate professional associations, including the International Society of Aesthetic Plastic Surgery, which is testament to the high scientific level of the education."



SUMMER SCHOOL: Featured a series of educatory lectures.

Hot topics during the course included new concepts in facial rejuvenation, body contouring, breast augmentation, reconstructive and transgender surgery.

Dr Kay added: "Everyone had a wonderful time; experiencing the fireworks and bonfires of San Juan was a particular highlight.

"We already have lots of interest in

next year's MIPSS, although we are limiting places to 125 to maintain the intimate atmosphere, that we believe best facilitates collaboration between peers."

MIPSS 2018 will take place from June 21 to 23. For further information about next year's programme and to register visit www.mipss.eu.

Annual show raises money for animal charities in Costa del Sol

BENALMADENA INTERNATIONAL COLLEGE'S annual Summer Show was a success raising funds for animal charities on the Costa del Sol.

A total of €500 was raised

on the day, with €250 going to Mijas dog shelter PAD and the other half going to the Fidelio Association in Benalmadena.

PAD President Lisa Emeny thanked the international col-

lege for their support and said they "always get a warm welcome from the pupils, staff and the lovely Sherry (the school's most obedient pupil)."

Sherry is BIC's Labrador, who freely roams the school - often paying the children a visit during lessons - and is loved by all there.

Caritas Cocktails

CARITAS MARBELLA will be holding a cocktail dinner at the Finca Amalur Marbella with the theme the Moon over the Sea.

The cocktail party with music costs €65 per person and will be held in the grounds of the former Reserva de Noelia on Sunday July 23 from 9.30pm.

To find out more or to make a reservation call Carmen on 606 033 133.

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Brain tumour charity golds

BRITISH Judoka Ben Barkby and Swedish Judoka Lisa Lindberg, were both hand picked to represent R K Judo Club Spain, at the Brain Tumour Charity Judo Tournament, at the National Sports Centre in Cardiff.

The event was organised for the first time by a British Judoka Simon Goodman, to help raise funds and awareness of this terrible illness.

The competition attracted around 200 competitors, from pre-cadet boys and girls to veteran men and women.

Under British Judo Association rules, this was always going to be a tough but exciting event. Well worth the trip from Spain though, for our two up and coming stars.

Ben fought in the Pre-cadets under 42kg category and Lisa in the Cadets under 63kg and Senior Kyu Grade women. Both met some good players along the way.

Their hard work and dedication over the past months paid off, making their way to each final and winning on full point scores, to take Gold in all categories.

The tournament was very enjoyable and everyone there was there for the best reason, honoured to be part of such an important event, supporting The Brain Tumour Charity. We will definitely continue to support them again and again.

All had a great competition, thanks to all involved.



BRITISH Judoka Ben Barkby and Swedish Judoka Lisa Lindberg.

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CHEQUE PRESENTATION: Left to right Mike Brown, Andrew Toon, Christine Bedwell, Michael Bedwell, Syd Weldon, Fred Newman and Chic Young.

Age Care Association receives donation

SYD WELDON, President of Age Care Association, along with Andrew Toon, President of Age Concern, received a wonderful donation of €650 each from the Master of Gemini 51 Masonic Lodge.

Michael Bedwell raised the money from a raffle during a fundraising 'Race

Night.' Michael said: "he was delighted to donate the money to two worthy charities and that the characteristic of a Freemason's heart is charity."

Age Care and Age Concern would like to sincerely thank the Gemini Lodge 51, for their valuable contribution to support local charities.

Age Care would like to inform people that at the moment their drop-in coffee mornings at La Cala and Coin/Alhaurin, are not operating during the summer.

They are in need of volunteers in those areas.

If interested please contact Age Care on: 635 407 255 or email info@agecarecosta.org.

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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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What a difference a day makes



ARMED FORCES DAY BBQ: Was almost like a military exercise in itself.

TUESDAY June 27 certainly made a difference to RBL Mollina branch's Poppy Appeal, with almost €1,000 raised from a variety of sources, including a very generous donation from Mollina Park Neighbourhood Association.

Planning and preparation for the Armed Forces Day BBQ was almost like a military exercise in itself. Barbara

and Lesley ably assisted by their respective spouses and David and Heather Grey however, were more than up to the task.

The 100 or so guests were entertained by the Saydo Singers, performing their first concert since their transformation from Male Voice Choir by the addition of some beautiful female voices. What a fantastic start to the proceedings it was!

After the entertainment the BBQ was served and an afternoon of fun and fundraising ensued.

Anne Roberts when presenting the trophy to the winner of the photographic competition said:

"This trophy was commissioned to remind us of the seven years dedicated service Christine Watson gave to the British Legion, before her early demise three years ago. It also serves to remind us that many British Legion Activists are not ex-military but spouses, families and friends."

Though officially on the summer break the Mollina branch is already planning its next event, a Falklands Memorial Dinner on September 14. Tickets are €25 and limited to 40, with half already sold, so act quickly to avoid disappointment.

Contact Barbara on *punshon.dave@gmail.com* or call in at the Sado Market fortnightly from July 12.

For information on joining the British Legion contact Tom Mac on:

mollina.memsecretary@rbl.community

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HOW TO GET THERE:
By car or taxi the road to Mijas Village runs directly inland from the main bus station in Fuengirola. In Mijas Village walk across the main square and up to the bullring and beyond.

COACHES: To make your evening even more special and allow yourself a drink or two there will be coaches available between the Costa del Sol and the Mijas Auditorium priced at 7€ return per person. There are limited places so reserve seats early Tel 607 717 595.

Booking also Now Open for these coming events:



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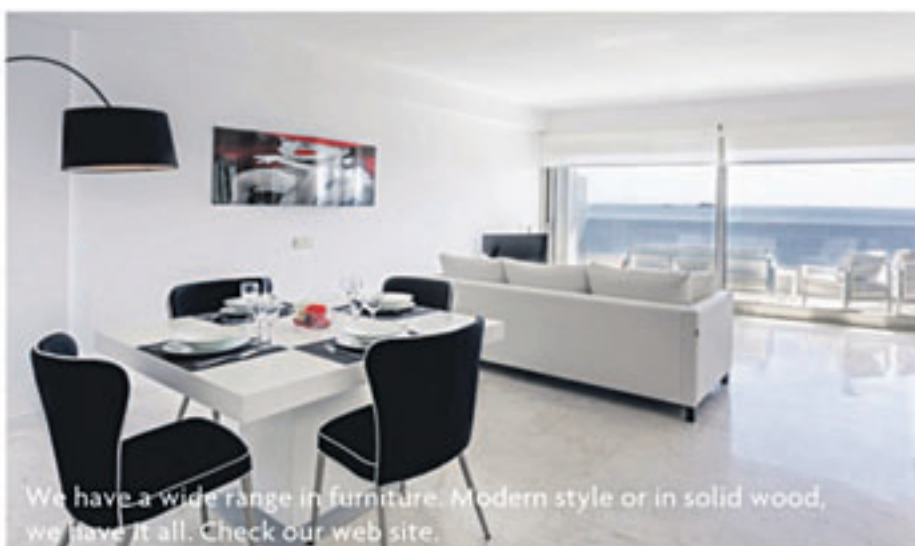
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LUX MUNDI in Fuengirola is offering the following excursions for this year:

Festival of three cultures, Frigiliana, Friday August 25

Come and enjoy the large market of the three cultures. You can buy from local craftsmen, listen to the concert and visit the two tapas routes whilst enjoying the theatrical street entertainment.

Tickets cost €20 and proceeds go towards fundraising.

Departs Fuengirola Feria Ground at 6.25pm or Bullring at 6.30pm

Return from Frigiliana at 1am.

Caceres, Badajoz and Merida, Monday September 25 to Friday September 29

Monday - depart Fuengirola Feria Ground at 7.55am or Bullring at 8am.

Stop for breakfast and stop for coffee en route. Arriving at hotel at approximately 2.30pm. Free afternoon in Caceres.

Tuesday - free day in Caceres.

Wednesday - leave for guided trip of Merida, Approximately three hours plus time for lunch. In the afternoon, there is a bus to Badajoz for a two-hour guided visit.

Thursday - bus to Guadalupe Monastery. In the afternoon there is a bus to Trujillo.

Friday - leave the hotel at 10.30am, stop for lunch and then tea/coffee. Arrive back in Fuengirola at approximately 6pm.

Staying at Hotel AH Agora, Caceres. The

Lux Mundi Fuengirola



MERIDA: There is a guided trip included in this tour in September.

cost is €348 pp for a double room or €398 pp for a single room. A deposit of €100 is required when booking and the final payment is due before the first week of September.

Please note, Lux Mundi will require the number and expiry date of your passport or DNI/residence card when you book.

Alcala la Real and Fortress of Mota,

Wednesday November 8

Considered the last fortress of Al Andalus between the Nazari kingdom of Granada and the Christian kingdoms. An important city in Spanish history located between Granada, Cordoba and Jaen.

Tickets cost €39 (proceeds go to fundraising) and include transport, travel insurance, guided visit inside and outside the fortress, a visit to the cheese factory and sampling. Lunch is included.

Departs Fuengirola Feria Ground at 8.20am or Bullring at 8.25am.

Returns from Alcala la Real at approximately 5pm.

Montefrio and the Monumental Nativity, Wednesday December 13

Visit one of the top 10 National Geographic views.

Tickets cost €39 (proceeds go to fundraising) and include transport, travel insurance, tourist train, guided visit to Montefrio, visit to olive museum and lunch.

After lunch, there is a stop in Huetor Tajar to visit the Monumental Nativity.

Departs Fuengirola Feris Ground at 8.25am or Bullring at 8.30am.

Returns from Montefrio at approximately 5pm.

Further information can be found at the website www.lux-mundi.org Telephone 952474840 or e-mail luxmundif@gmail.com

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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.

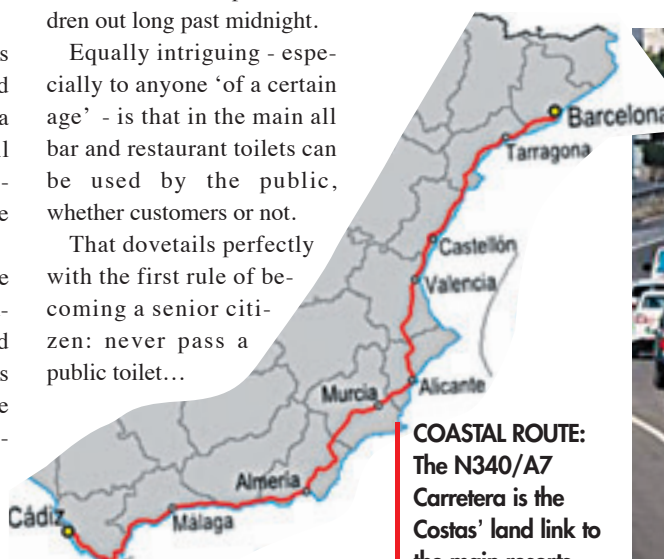
Further food for thought is provided with more restaurants and cafes of every

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.



NEWS FROM OUR FIVE OTHER EDITIONS

Local hero honoured

COSTA DE ALMERÍA



Photo by Facebook

ELAINE BROWN (centre): Awarded for her incredible services to the community.

By Matthew Elliott

LOCAL Spanish newspaper *La Voz de Almería* honoured a Mojacar resident for the tireless and immensely important work she has done for charity. Elaine Brown, who founded cancer support group MACS, was presented her award by Mojacar mayor Rosa Maria Cano during the ceremony at the Marau Beach Club in Vera.

From humble beginnings a decade ago MACS has blossomed into a tremendous local force helping cancer sufferers and their families. The group now has 170 volunteers and offices in Albox, Huercal-Overa, Las Buganvilla, Mojacar and Turre.

The group provide free help for those in need of transport, health equipment or other services. MACS is a powerful support group offering friendship, therapy and hope to those who need it most.

AXARQUÍA

Garden of delight

THE new botanical garden Detuna-Cueva de Nerja, which covers 26,000 square metres is now open thanks to an EU €2.6 million grant. Visitors will see four different zones and a lake.

Pleasant welcome

ALMUÑECAR has been voted one of the top 50 tourist spots in the world for friendliness and welcome according to a survey by Spanish travel hub minube.

Beach beauties

CONTESTANTS taking part in the Miss World Malaga 2017 competition have paraded in bathing suits on the beach in Torre del Mar. The final is due to be held in Velez-Malaga on Saturday August 5.

Life savers

THERE were a few days when there was no life-saving service on Motril beaches. This was due to a last minute resignation by the company undertaking the work which will now go to the local Red Cross.

Dump fire

A FIRE at the Punto Limpio, a waste disposal site in Almuñecar, reportedly took around 50,000 litres of water before being brought under control by local firefighters

OAP beach

A VERY special senior citizens beach has been opened in Torre del Mar where those of a certain age can enjoy a quiet relaxed time.

COSTA BLANCA NORTH

Cold comfort

DENIA'S town fiestas begin this Saturday and bulls will be involved. Running and grappling take place in an arena enclosed on three sides, with the quay forming the fourth and humans and animals invariably falling in.

Down tools

CONSTRUCTION work involving noisy machinery is banned in Finestrat until September. This is the first time that the town hall has imposed this type of restriction following resident's complaints.

Religious targets

A TWENTY-EIGHT-YEAR-OLD Moroccan arrested for robbing an Alcoy mosque is also suspected of stealing a relic containing a bone of San Hipolito from a Cocentaina church. Entering via the roof he allegedly also stole silver items.

Safer beaches

FOUR Local Police officers will be patrolling Villajoyosa's beaches this summer until September 15. This is the third summer that the unit will be on duty from 11am until 7pm, providing security on the beaches.

Tree killer

THE Valencian Community's first known case of the xylella fastidiosa bacterium has been detected in Guadalest. The pathogen, which has destroyed olive groves in Italy, was confirmed in Mallorca last November.

COSTA DE ALMERÍA

Beach barney

CONCERNS over the proposed extension of Mojacar's promenade were raised at an urgent meeting in Madrid. PSOE councillors were joined by chiringuito owners and other opposition groups.

Stoned cows

A CATTLE ranch which doubled as a marihuana plantation was raided by the Guardia Civil. Police seized a total of 192 plants as well as elaborate electrical, air conditioning and irrigation systems.

Park life

FIVE playgrounds in Garrucha were given the go-ahead for summer. The town recently invested €20,000 in bolt tightening and cleaning projects to make sure they passed their annual safety checks.

Taking stock

A DELEGATION from Jet2 holidays touched down in Almeria for an official tour of the province and its top holiday highlights. Eight professionals from the low-cost UK airline were treated to a guided trip by the tourist office.

Danger from above

A COLLAPSED cable was identified as the cause of the huge fire which broke out in the Cabo de Gata-Nijar Natural Park. More than 70 hectares of land were destroyed before the blaze was put out.

MALLORCA

Celebrity visitors

A PREGNANT Abbey Clancy and footballer husband Peter Crouch who had something of a renaissance with Stoke City last season were on holiday on Mallorca. The couple are now expecting their third child.

More police

A 29-YEAR-OLD British man has died two days after jumping off a Spanish party boat in Mallorca. Spanish authorities say that they believe he suffered a heart attack upon entering the water.

Palma population

A JUDGE believes that one of the four suspected Daesh supporters arrested in Mallorca was planning a massacre in the Inca town square similar to the recent knife attack in London.

New Nóos

THE prosecution in the Nóos case in an appeal against the sentence handed out to Iñaki Urdangarin is looking for a significant increase in jail time. The prosecutor proposes an additional six years and three months.

Hit and run

A HEATED dispute between a married couple and a man they knew who was driving in Palma turned nasty. The driver tried to run them both down, injuring the husband before powering away.

COSTA BLANCA SOUTH

Bank job

THIEVES broke into a branch of the Santander bank in Urbanisation La Marina. It appears that the window had been blown in with some sort of explosive device as thieves then entered and targeted the ATM machine.

Home grown

GUARDIA CIVIL officers who raided a country house outside Mula, Murcia uncovered an illegal marihuana farm, with 669 plants. After arresting three people, they also discovered 4.3 kilos of dried buds ready for sale.

Airport thief

A SERBIAN aged 58, operating in the arrivals area of Alicante airport, was arrested by police, for two thefts of cash and items worth more than €20,000. He targeted tired Russians who had just flown in.

From behind

A BRUTAL attack took place in one of the Kabila tents at the Rojales Moors and Christians festival and police are calling for witnesses. The victim was attacked from behind by an assailant who fled the scene.

Port to starboard

IN order to improve access and traffic safety, the Torrevieja Council is making changes to the roads leading to and inside the port. The council apologised for any initial inconvenience but believes the result will be worthwhile.



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SWEDEN



Actor's passing

ACTOR Michael Nyqvist, has passed away in Stockholm at the age of 56. His family said he died from lung cancer. The actor was known for his roles in 'The Girl With the Dragon Tattoo' and 'John Wick.'



Michael Nyqvist.

Book boycott

KENYAN leading author Ngugi wa Thiong'o has joined the boycott of the annual Swedish book fair because an extremist newspaper is going to be present. In April, more than 200 Swedish authors said they would boycott.

On the up

SWEDISH fashion house H&B has boasted better second quarter profits than expected with net profit up 10 per cent. It is reported to be down to better cost control and more stores opening.

Stuck in port

A CYBER-ATTACK affected Maersk's 76 shipping container terminals around the world with Gothenburg harbour being severely affected with containers still unable to be moved over 24 hours later causing major delays.

GERMANY



Gay rights

SAME-SEX marriages will be legalised in Germany after MPs voted in favour of the move. It means same-sex couples will have full marital rights and will be allowed to adopt.

climate change policy work and make it even more successful now President Trump has pulled the US out of the climate pact.

clampdown on organised crime.

Climate pledge

CHANCELLOR Angela Merkel said the EU must make the Paris

German gangs

MEDIA reports suggest that mafia gangs from Sicily are moving to Germany following financial problems in Italy and the country's

Takeaway detonator

A MCDONALD'S branch in Berlin was evacuated after an 'explosive device' was found. A gas canister with a detonator was found inside with police evacuating and later disarming the device.

FRANCE



Revenge attack

POLICE arrested a man for trying to ram a car into a crowd of people in front of a mosque in Paris. He tried to flee the scene but was arrested and said he wanted to avenge Daesh attacks.

Future work

STATION F is the new start-up incubator opened in Paris; the world's largest. It aims to help new and fledging businesses under guidance of digital giants. Entrepreneurs will pay €195 a month for a workstation in the venue which also includes bars, an auditorium and meeting spaces.

No jail

A WOMAN has escaped punishment despite being found guilty of helping her Iranian refugee boyfriend escape from the migrant camp in Calais and get to Britain on a boat she bought for €1,000.

Drunk driver

A DRUNK train driver missed his first stop on his route from Paris to Clermont-Ferrand, leaving shocked passengers missing their stop at Nevers. An internal enquiry is being launched.

BELGIUM



Murder or suicide?

THE mother of a Belgian backpacker found dead on the Thai island of Koh Tao, has questioned the suicide verdict. Her daughter's body was found half-eaten by lizards on the island where there has been seven tourists found dead in the last three years.

Self driving

ANTWERP is to test self-driving cars in 2019. The city is one of five European cities chosen to take part in the tests.

Pension plan

THERE are calls to implement the government's pension reform 'without delay' and not wait until 2030 to reach the threshold of giving legal pensions at the age of 67.

Traffickers sentenced

THE criminal court in Brussels has sentenced 12 human traffickers to three to eight years in prison and have been fined up to €2.1 million for trafficking up to 100 refugees.

NETHERLANDS



Welcome news

THE Dutch gay rights organisation, COC, said they welcome news that the German parliament has voted to legalise same-sex marriage. The Netherlands opened up gay marriage in 2001.

Unfair test

A FEMALE firefighter has gone to the Dutch human rights body claiming that the new firefighters health test discriminates against women as it does not take into account the physical differences between men and women.

Getting active

PENSIONERS are living longer and in better health than they were 20 years ago. According to the statistics office, one out of every six aged between 65 and 75 is a member of a gym, pool or sports facility.

Doping test

SCIENTISTS from the Centre for Human Drug Research report that the banned cycling drug known as EPO, does not actually affect cycling performance during their tests.

DENMARK



Film departure

CEO of the Danish Film Institute, Henrik Bo Nielsen, is stepping down from the position he has held for 10 years. He is moving on to CEO of the museum group ROMU in the autumn.

Going home

ITALY has intervened in a Danish case and rescued a dog that had been ordered to be put down as the dog was an Argentinian mastiff considered dangerous under Danish law. It has been allowed to return to its home country of Italy.

Staying strong

DENMARK and Georgia have celebrated 25 years of diplomatic relations, releasing a joint statement emphasising how the two countries will continue to work together to strengthen economic relations.

New workers

A REPORT has shown that more than a third of Danish companies have struggled to find suitable new employees in the past year which could soon begin to impact the development of Danish companies.

NORWAY



Boeing 737

NORWEGIAN AIR has welcomed two new Boeing 737 Max Dreamliners in Seattle, USA and is the second company to receive Boeing's new 737 Max model.

Electric bus

A NEW automated electric bus is set to hit the streets of Oslo next year with local reports saying it can also be ordered by passengers via an app.

Unhappy hour

LOOKING for a bad night out? Try the Dissatisfaction Bar in Oslo's Storgata, which promises an unusual night out with every hour being unhappy hour and an entrance which is extremely difficult to find.

Airport delays

PASSENGERS suffered delays, missed flights and left baggage as technical problems hit Oslo Airport creating long queues. A broken x-ray machine also meant baggage could not be scanned.



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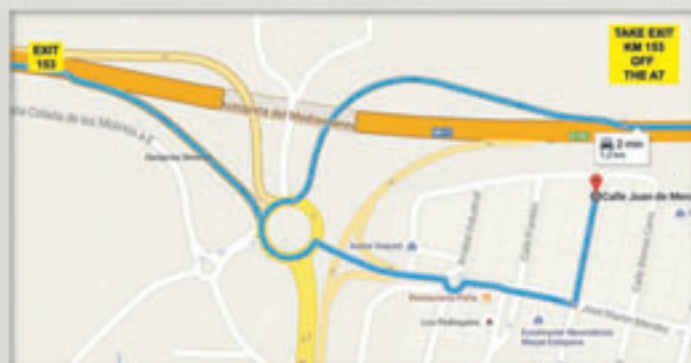
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Iberdrola invests in energy upgrades

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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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.

**EWN
online**

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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.

EWN online
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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

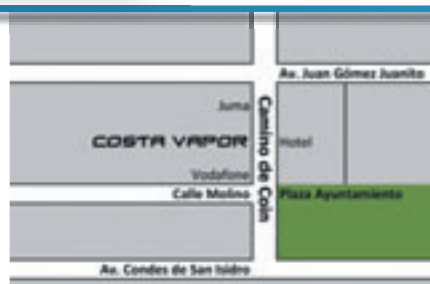
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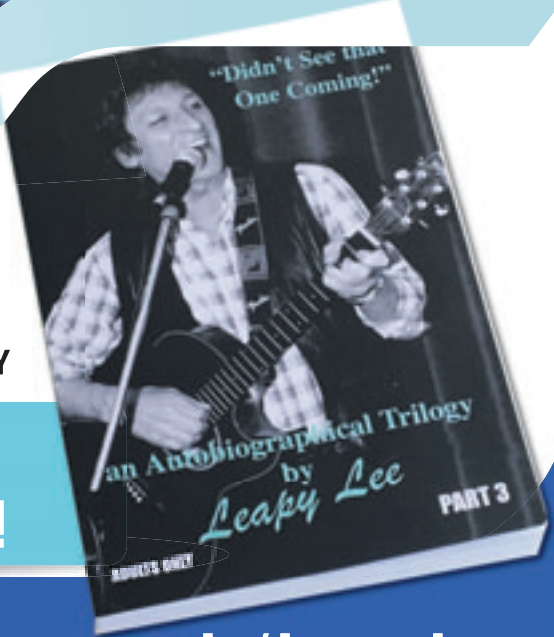


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Flying by the seat of their pants - passengers and pilots

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 Shedonmics 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 Shedonmics 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.

Advertising feature

... AND THE CROWD WENT WILD!

Johnny G's first concert of the summer lights up Mijas Pueblo

THOSE who travelled up to the mountain village of Mijas last month to see the fabulous Johnny G with his Legends of Soul and his gorgeous Soul Sisters enjoyed a great night out, one they will never forget.

JOHNNY G: A great night out.



As the sun set over the Costa del Sol

Johnny G presented his spectacular show including some of the best entertainers on the Costa del Sol. In a romantic setting, under the stars, in the wonderful open-air amphitheatre of Mijas, happy revellers stood on their seats and danced in the aisles well into the early hours.

What is more Spotlight Events, the producers of this musical extravaganza, had also laid on luxurious coaches from the Costa del Sol so those who managed to get seats didn't have to worry about parking or driving, they could enjoy a few drinks and party on.

Johnny G took an enthusiastic audience on a brilliant journey through the archives of Soul, from the earliest days of Motown with hits from Otis Redding, Jackie Wilson, Marvin Gaye, The Drifters, Stevie Wonder and many more, right through to the decadent days of disco with the likes of The Real Thing, Candi Staton and Tavares.

One of the highlights was the very eager 'audience participation' in a superb tribute to The Blues Brothers!

If you missed this show don't worry as Spotlight Events have scheduled three more shows in Mijas Auditorium this summer but you are advised to book early as in the height of the holiday season the venue may well be full.

The next chance for a night out with Johnny G will be on Saturday July 22 when he presents THE SOUNDS OF THE 70s picking up from where he left us with the Soul show.

This upbeat, high octane, spectacular revue includes special guests including The Abba Experience, as well as Alexandra Avery as Tina Turner and her vibrant 'Mania Dancers.'

Together they will have you boogying in the aisles as they invite you all to join them in a Saturday Night Feverish Disco Inferno.

This will be followed by two very different shows in August:

THE ELVIS MEMORIAL CONCERT is for one night only on Wednesday August 16, one very special night, exactly 40 years to the day that Elvis Presley died, international Elvis impersonator Johnny G and his team of singers, dancers and musicians present one of Europe's biggest tributes to the king of Rock'n'Roll.

Performing all of your favourite Elvis Presley hits as they celebrate his life and his timeless contribution to the world of popular music.

Finally to round off the summer with a bang on Friday August 25 its MURS TO MARS.

This is the modern mix, the coast's newest and most contemporary show, jam-packed with 21st century chart-toppers including the hits of Ed

Sheeran, Rag'n'Bone Man, Louis Johnson, Clean Bandit, Justin Timberlake and many more.

Headlining is Johnny G's 24k Magic tribute to Bruno Mars which is guaranteed to Uptown Funk You Up! With special guest singers and musicians as well as gorgeous dancers this is the show of the summer.

For further information or reservations of the above shows go online at www.livemu-sicmijas.com or Telephone 607 717 595.

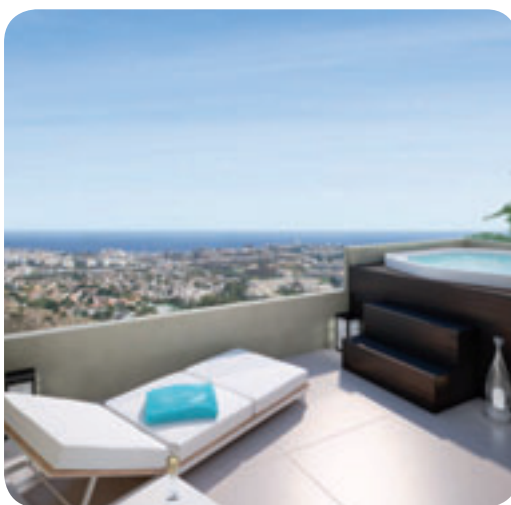


NATALIE PORTER-BIRD (left) and Fibi McGregor (right).



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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.

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.



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

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.

€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,

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

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 **KÖMMERLING**

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

still not enough 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

trudystewart75@gmail.com

PUCKER UP: There are benefits both physically and mentally.

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If that's

Advertising feature

Don't lose, just snooze

This is the mantra for Emporio BEDS, the first stop for comfort

MANY people suffer from sleep deprivation and quite often, the solution is simply the need to buy the correct bed and mattress.

With more than 45 years in the business of supplying beds, of which 13 years have been spent on the Costa del Sol, Meyer Wahnich can quite reasonably claim to know what he is talking about, especially as he is fluent in seven languages.

His shop, Emporio BEDS which is situated in San Pedro Alcantara has a huge stock of the latest ranges from Spanish, European and British manufacturers and what's more, when you visit the store, you can ask for advice on what is likely to be best for your needs.

With such a wide stock and also the ability to make custom mattresses and divans, it will be like visiting a Harley street tailor as your budget, mattress preference, room size and preference for mattress springing and need for cool comfort will all be taken into account.

Many people have unknowingly purchased mattresses that are too hard for them, but a visit to Emporio BEDS will allow you to rectify the situation by purchasing a toper - a type of Scandinavian over mattress which can easily resolve the hard bed problem.



A tiny selection of the beds and mattresses at Emporio BEDS.

Assuming that the average person sleeps for eight hours each night, then over a 10 year period, you can expect at least three years in bed, so you need to get things right from the beginning.

This is where the personal touch from someone who likes to put his customers to sleep is so very important and with a huge range at the shop and the ability to satisfy special customer requirements especially for the larger and more

exotic beds, this is the place to visit.

All customers are welcome regardless of their budgets as this is a company that wants to help everyone to obtain the best value possible and the most comfortable night's sleep.

When you consider that this is a company that supplies the trade as well as individuals, it is clear that Emporio BEDS offers something that a department store with staff changing reg-



ularly cannot do.

There is private parking for customers and a friendly welcome guaranteed and when you settle on your ideal beds, delivery is free and old beds can be removed for recycling.

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Ø90cm

Reversible blades



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129,80€

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Ref. 38112
Ø132cm

Reversible blades



169,80€

Celestia cromo. 3 speeds
Ref. 30976
Ø112cm



INCLUDED



149,80€

Bendan plata. 3 speeds
Ref. 41119
Ø132cm



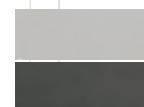
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Ref. 55611
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Reversible blades



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Vegas blanco. 3 speeds
Ref. 41120
Ø105cm

Reversible blades



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GOOD NEWS FOR YOUR CAR 902 123 309**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
US drama.
1:50am Weather for the Week Ahead
Detailed weather forecast.
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
Clare Balding is your host for highlights of the fifth day's play at Wimbledon.
10:30pm The Hampton Court Palace Flower Show
11:30pm Newsnight
In-depth investigation and analysis of the stories behind the day's headlines.
12:05am Top of the Lake
Powerful and haunting mystery drama series.
1:05am Top of the Lake
Mystery drama series.
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
John Peel and David Jensen present the pop chart programme, first broadcast on 1 March 1984.
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
BBC Four is the BBC channel for people who want more.

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
National and international news.
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 Betfred Super League.
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
Julie Etchingham presents the latest headlines from around the world.
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
9:00pm Emmerdale
9:30pm Emmerdale
10:00pm 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
70s sitcom.
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

7:00pm Tommy Cooper
7:25pm 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
Action-packed drama series about two criminal intelligence agents.
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
Coverage of stage 7, from Troyes to Nuits-Saint-Georges.
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
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
Sky Movies takes a special look at mystery thriller Inferno.
3:25pm Morgan
5:10pm Mr. Right
Romantic action comedy.
7:00pm Purge, the: Election Year
9:00pm Inferno
11:10pm Inferno: Special
Sky Movies takes a special look at mystery thriller Inferno.
11:30pm Morgan
Sci-fi thriller.
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
The second day of the opening Test between England and South Africa at Lord's.
1:00am Live T20 Blast Cricket
4:30am Cricket
5:30am Cricket
5:45am Sporting Triumphs
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.

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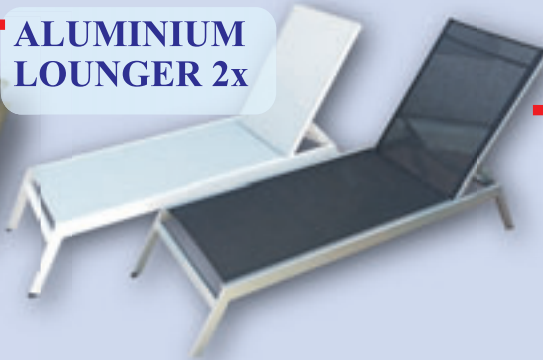


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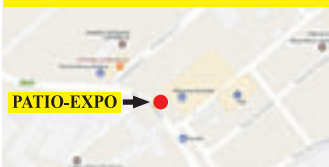


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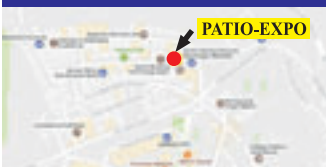
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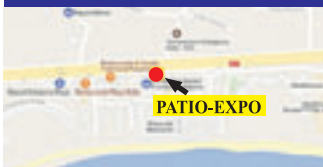
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GOOD NEWS FOR YOUR CAR 902 123 309



BBC one

BBC TWO

BBC FOUR

CHANNEL 4

CHANNEL 5

4

sky SPORTS 1

7:00am	Breakfast
11:00am	Saturday Kitchen Live James Martin presents another menu of mouth-watering recipes, great chefs and celebrity guests.
12:30pm	Mary Berry Cooks Mary Berry takes viewers step by step through delicious recipes for everyday and special occasions.
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

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

8:00pm	Britain and the Sea David Dimbleby explores how the sea emerged as a source of pleasure, Punch and Judy and sand sculpture.
9:00pm	Nature's Great Events
10:00pm	Mea Culpa
11:25pm	Titanic's Tragic Twin: The Britannic Disaster Documentary investigating how the Britannic suffered the same fate as her sister ship the Titanic on the 100th anniversary of her sinking.
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

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

7:00am	Milkshake! Programming aimed at children aged two to seven years old.
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 The latest news coverage.
8:00pm	Cricket on 5
9:00pm	Blind Date
10:00pm	Big Brother
11:00pm	Live Boxing
1:00am	Super Casino

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

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

itv2

itv3

itv4

sky CINEMA ACTION & ADVENTURE

sky CINEMA PREMIERE

sky SPORTS 2

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 The latest in the James Bond franchise, his loyalty is tested when details of M's past comes to light.
1:00am	The Chase

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 Two dancers take part in a contest, competing against the world's best hip hop dancers.
10:00pm	Love Island
11:00pm	Celebrity Juice
11:50pm	Family Guy
12:20am	Family Guy
12:45am	Family Guy

7:00am	Murder, She Wrote Drama series about a sleuthing writer who solves murder mysteries.
7:45am	Murder, She Wrote
8:45am	Murder, She Wrote
9:45am	The Darling Buds of May
10:55am	The Mirror Crack'd Agatha Christie's Miss Marple investigates a murder on a film set.
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 Crime drama based on the hit US series Law and Order.
1:00am	Law and Order: UK

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

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

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 Sky Movies takes a special look at the latest take on the classic Marvel superhero.
7:10pm	Mr. Right
9:00pm	Inferno When a Dante-obsessed madman develops a devastating virus, it's up to crack symbology professor Robert Langdon to save the day.
11:10pm	Dog Eat Dog
12:55am	Purge, the: Election Year
3:00am	Follow

7:00am	Cricket's Greatest
7:30am	Cricket
8:30am	Cricket
8:45am	Cricket Classics
9:45am	Cricket
10:00am	Cricket
11:00am	Cricket Day three of the first Test as England meet South Africa at Lord's.
7:30pm	Cricket
7:45pm	Live T20 Blast The opening weekend in the NatWest T20 Blast continues as the Birmingham Bears take on the Nottinghamshire Outlaws at Edgbaston.
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

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

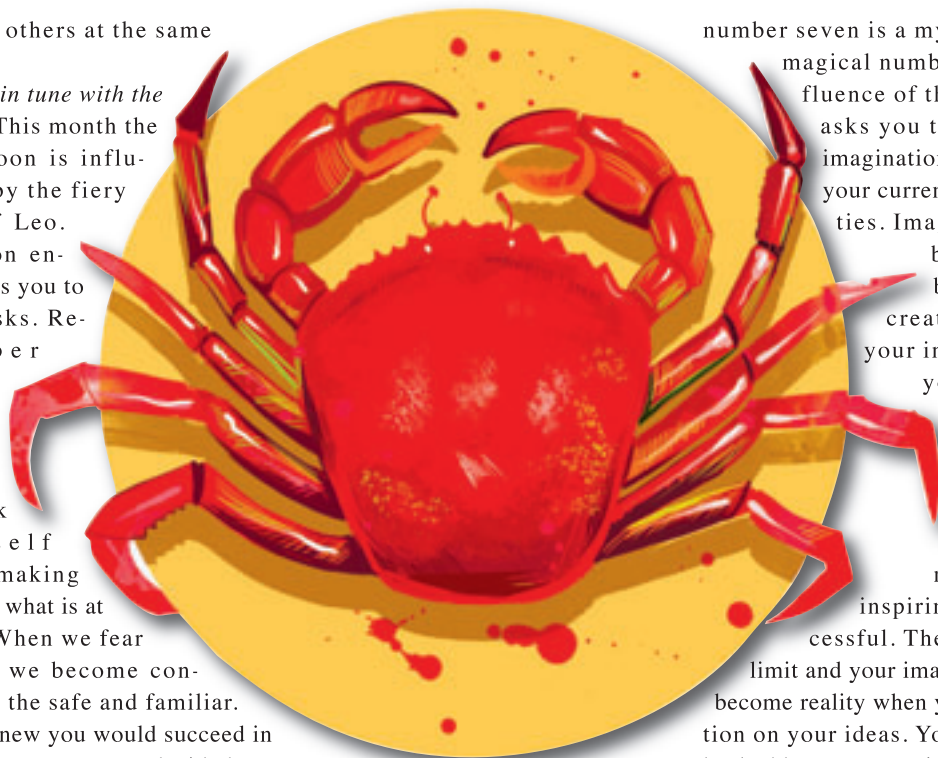
• *Sun in Cancer:* This month the sun is influenced by the sensitive sign of Cancer. This water sign brings the focus to all aspects of your security, from your home to your career.

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-



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!

corn, will help you to create a practical plan to achieve your most important goals.

Numerology: Be the change

• *Number 7:* In numerology the

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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**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
News and stories concerning the heart of the British countryside.
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
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.
11:00pm The Sky at Night
A look at the world of astronomy.
11:30pm Destination Titan
12:30am The Search for Life: The Drake Equation
1:30am Nature's Great Events
Series about the most dramatic wildlife spectacles on our planet.
2:30am The Royal Ballet
Woolf Works.

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!
Programming aimed at children aged two to seven years old.
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
Prehistoric cartoon adventures in Bedrock with the Flintstones.
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
Live-action version of the Disney classic.
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
West Indies take on India in the single T20 in their series at Sabina Park in Kingston, Jamaica.
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
Comedy series following George and Mildred Roper.
7:25am Hans Christian Andersen
9:00am Heartbeat
Drama, set in the North Yorkshire moors in the 1960's.
10:10am Heartbeat
11:20am Murder, She Wrote
Drama series about a sleuthing writer who solves murder mysteries.
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
Crime drama based on the hit US series Law and Order.
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
Natural series seeking out the world's most fierce animals.
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
As flesh-eating Hungries plague Earth, a little girl showing signs of immunity could be mankind's only hope
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
The presidential election is fast approaching, but can anti-Purge candidate Charlie Roan survive the night?
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
Day four of the first Test as England host South Africa at Lord's.
7:30pm Cricket
8:00pm ICC Women's World Cup 2017 Highlights
9:00pm Cricket
10:00pm Cricket
10:30pm Cricket's Greatest
Series profiling some of the greatest cricketers of all time.
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 *Live coverage of the famous tennis tournament.*
 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 *Entertainment series in which celebrities reminisce about their favourite TV shows.*
 7:45am Flog It! *Antiques show which helps amateur auctioneers, collectors and bargain-hunters make a saving.*
 8:15am Bargain Hunt
 9:00am Antiques Roadshow *Antique experts travel the country to appraise people's wares.*
 10:00am Victoria Derbyshire
 12:00pm The Daily Politics *Political show examining the latest news, views and moves in the world of politics.*
 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 *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.*
 11:00pm This Was My Dad - The Rise and Fall of Geoffrey Matthews
 12:25am Ocean Giants
 1:25am Hidden Kingdoms *Nature documentary telling the story of two young animals forced to grow up fast.*
 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!
Programming aimed at children aged two to seven years old.
 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 *Highlights coverage of England's summer season begins on 20th May 2014 on Channel 5.*
 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 *Popular long-running soap opera, set in a Yorkshire village.*
 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 *Drama series about a sleuthing writer who solves murder mysteries.*
 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
 8:00pm 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 Ironside
 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 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

sky CINEMA PREMIERE

7:00am The Call Up *Sci-fi action about a group of elite online gamers invited to trial a state-of-the-art virtual reality shoot 'em up.*
 8:45am The Girl with All the Gifts
 10:50am Inferno
 1:05pm Inferno: Special *Sky Movies takes a special look at mystery thriller Inferno.*
 1:25pm Frankie and Alice *Drama about an LA stripper struggling to cope with three distinct personalities.*
 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

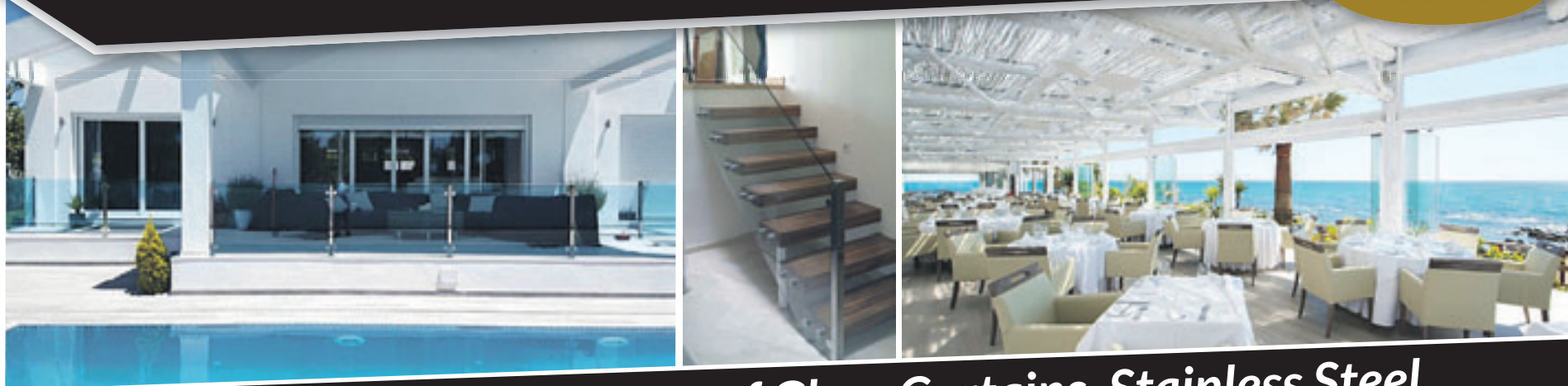
7:00am Cricket's Greatest
 7:30am Cricket
 8:30am Cricket
 9:00am ICC Women's World Cup 2017 Highlights
 10:00am Cricket
 11:00am Cricket
 11:30am Cricket *The fifth and final day of the first Test as England take on South Africa at Lord's.*
 7:30pm Cricket
 8:00pm ICC Women's World Cup 2017 Highlights
 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

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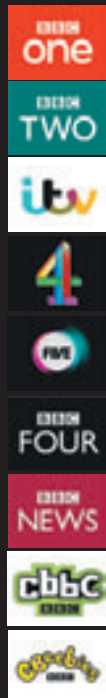
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Cassandra Nash*A weekly look*- and not entirely impartial reaction -
to the Spanish political scene

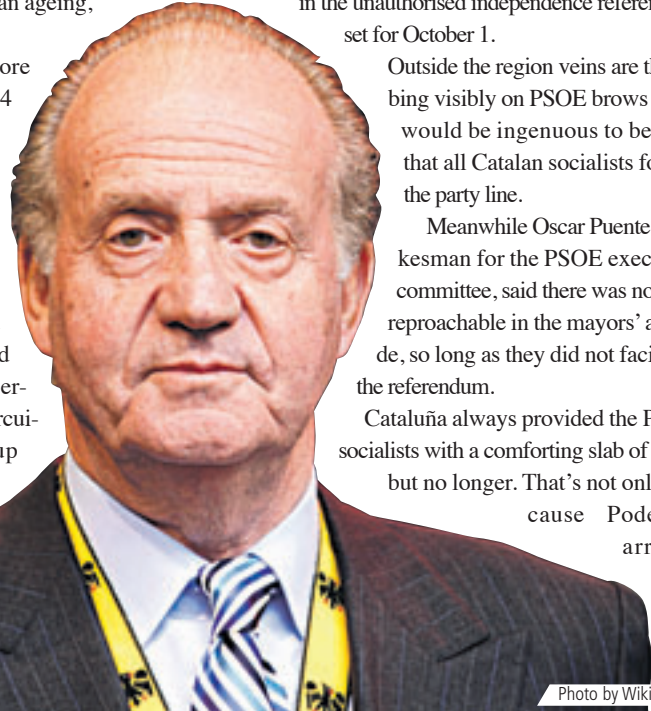
JUAN CARLOS went from hero to zero in 2012 when he broke a hip while elephant shooting in Zimbabwe with his mistress.

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.

B u t



| Juan Carlos I.

Photo by Wikimedia

Passage of time

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 because Podemos

arrived
t o

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 Pde-Cat.

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 compa-

nies 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

riano 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.

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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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Women's wit

‘I don't exercise. If God had wanted me to bend over, he would have put diamonds on the floor.’



By Joan Rivers, Comedian/Actress

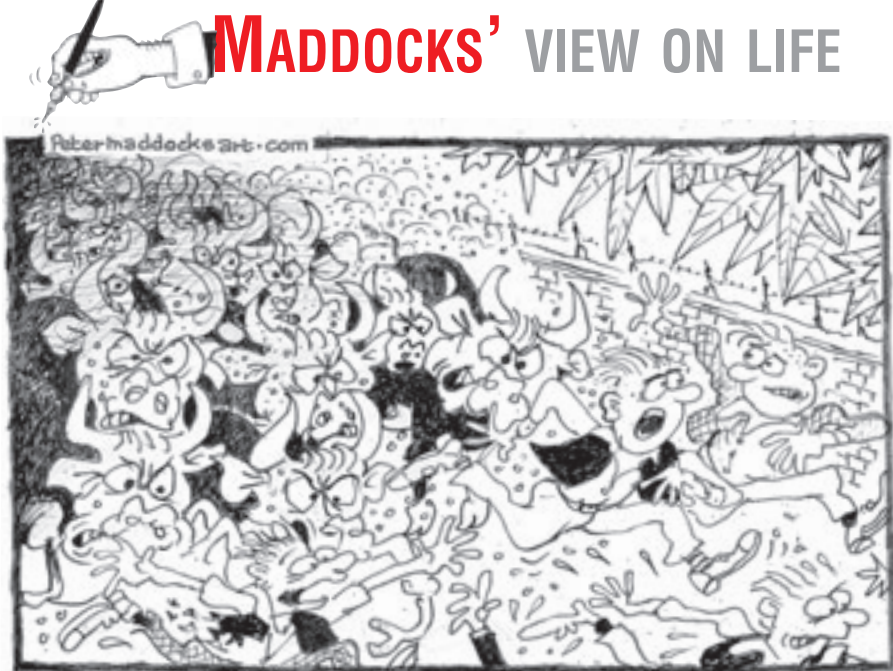
Famous quote

‘If you wish to forget anything on the spot, make a note that this thing is to be remembered.’

By Edgar Allan Poe, Writer

World of English

‘A buck does funny things when does are present.’



'PAMPLONA? - I WAS LOOKING FOR SPECSAVERS!'

Naturist Beaches in Spain TOP 5

WITH temperatures soaring, it's getting harder to keep cool right now. Perhaps it's time to be brave, strip off those clothes and head to one of these nudist beaches - no clothes required, but don't forget your sunblock!

1. Costa Natura Nudist Resort, Estepona, Costa del Sol

Opened in 1979, it's located just south of Estepona in the Costa del Sol. The Costa Natura resort is on a public nudist beach. It welcomes families and couples and even provides children's entertainment in the peak season months. The sand and pebble beach stretches out some hundreds metres and gives way to spectacular views of Gibraltar's Rock and Africa's Northern Atlas mountain range.

2. Faro de Trafalgar, Cadiz, Costa de la Luz

The city of Cadiz is thought to be the oldest settlement in Europe and offers much in the way of cultural heritage as well as sublime beaches. Amongst



NO CLOTHES: But don't forget the sunblock.

these is the Faro de Trafalgar beach, which is dedicated to nudists. The waters and breeze can be pretty fierce so a windbreak is recommended. Other nudist beaches in the Costa de la Luz include Bolonia in El Chorrillo and the idyllic Zahara de los Atunes.

3. Playa de la Mar Bella, Barcelona

The seaside city of Barcelona has actually clamped down on public nudity. It's best to keep to one of the specially designated beaches to avoid a potential fine. The best pick of the nudist beach-

es along this stretch of coast, is the Playa de la Mar Bella just 2km away from Barcelona's Main Square. Head along the main Barceloneta beach and the designated nudist section is located behind the sand dunes. Other popular spots include the Playa de las Rocas beach and the Playa de Sant Sebastia (Barceloneta) beach, which is also popular with surfers.

4. El Torn Beach, Tarragona, Catalunya

In southern Catalunya is the city of Tar-

ragona, which boasts Roman history, winding mediaeval streets and one of the most popular nudist beaches in the country. It also happens to be one of largest nudist beaches in Europe. Its relatively isolated location means the beach and its surrounding area have a fairly low degree of occupancy. It's a great setting if you enjoy nature.

5. Platja Balmins, Sitges, Costa Dorada

The Mediterranean town of Sitges is best known for its International Film Festival and Carnival, which is held annually. The town was popularised during the 19th century when wealthy merchants built their lavish mansions here. Today Sitges is considered the gay capital of Spain and its annual programme of lively and colourful festivals reflect that. Many of the beaches are also gay and nudist friendly, such as the Cala del Home Mort (Dead Man's Beach) and the mixed nudist beach of Platja Balmins which is between the port of Aiguadolc and Sant Sebastia.

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.

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.

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.

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.

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.

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.

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.

Sometimes, you are better able to help in other ways, perhaps by giving encouragement or advice.

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?

SAGITTARIUS (November 23 - December 21)

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

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.

CAPRICORN (December 22 - January 20)

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.

LOTTERY	UK NATIONAL LOTTERY	IRISH LOTTO	EURO MILLIONS		LA PRIMITIVA	EL GORDO DE LA PRIMITIVA
						
	Saturday July 01	Saturday July 01	Tuesday June 27	Friday June 30	Saturday July 01	Sunday July 02
	(2) (19)	(11) (13)	(9) (17)	(17) (35)	(12) (22)	(9) (27)
	(36) (52)	(19) (26)	(21) (28)	(39) (47)	(26) (27)	(31) (32)
	(54) (59)	(38) (41)	(45)	(50)	(30) (31)	(34)
	BONUS BALL	BONUS BALL	LUCKY STARS	LUCKY STARS	REINTEGRO	REINTEGRO
	(6)	(29)	(1) (3)	(6) (8)	(29) (2)	(1)

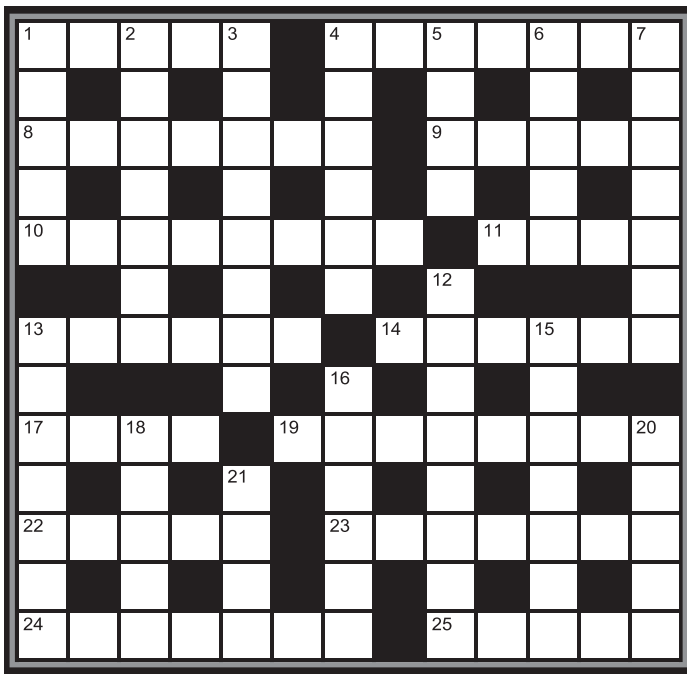
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Cryptic

- 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)

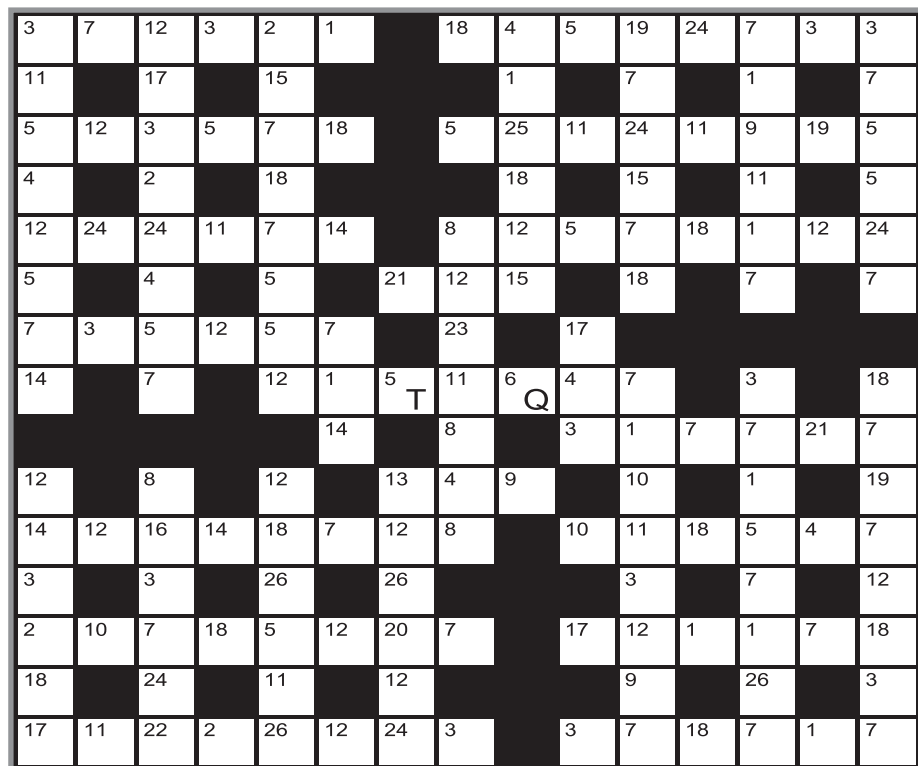


- Down**
 1 Look at Mississippi, it appears (5)
 2 Penalty conversion is easily enough (7)
 3 Chief to remain as support (8)
 4 In part, cruciverbalist endeavours to pay attention (6)
 5 Diplomacy is part of the Riot Act (4)
 6 Erect or demolish, we hear (5)

- 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

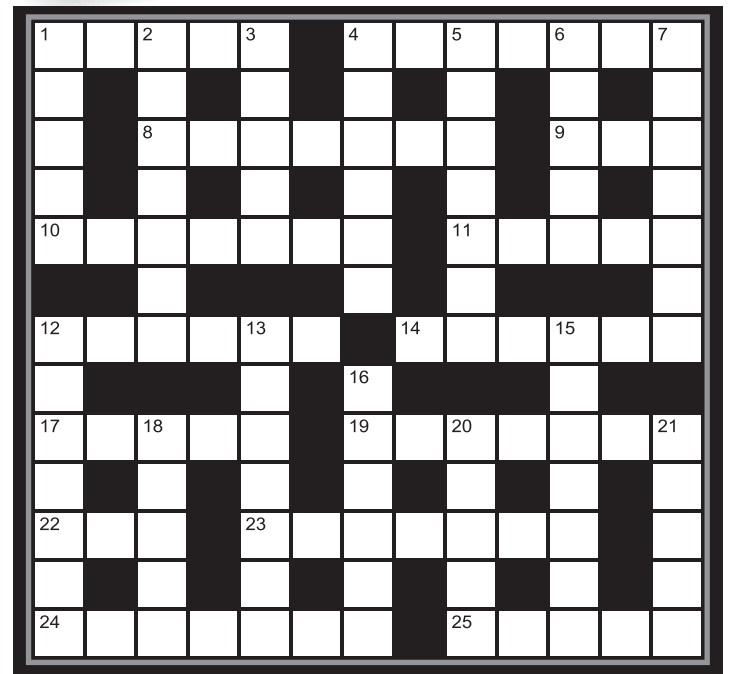
Each number in the Code Breaker grid represents a different letter of the alphabet. In this week's puzzle, 5 represents T and 6 represents Q, so fill in T every time the figure 5 appears and Q every time the figure 6 appears. Now, using your knowledge of the English language, work out which letters should 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.



1	2	3	4	5	6	7	8	9	10	11	12	13
				T	Q							
14	15	16	17	18	19	20	21	22	23	24	25	26

LAST WEEK'S SOLUTION FACING PAGE

Quick

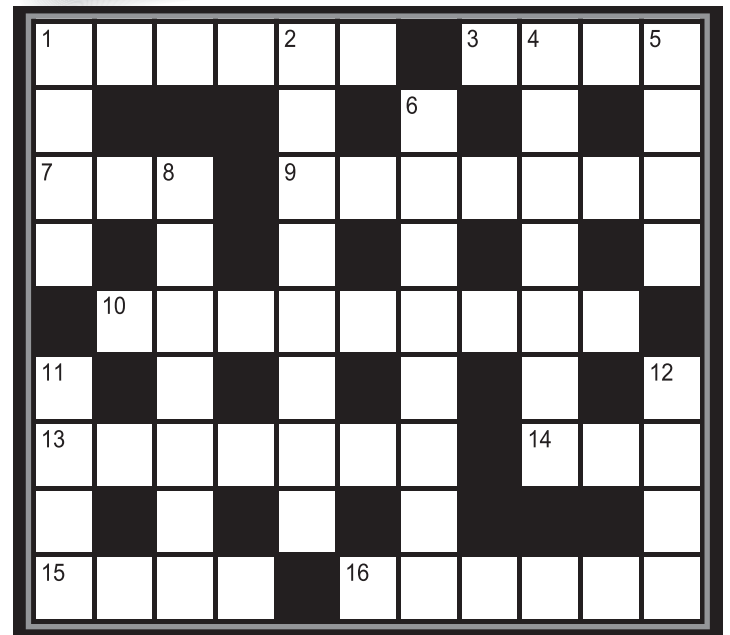


- Across**
 1 Fried potatoes (5)
 4 Childhood disease (7)
 8 Words falsely spoken that damage the reputation of another (7)
 9/22 Vehicle safety device (3,3)
 10 Innocuous or inert medication (7)
 11 Bishop's headdress (5)
 12 Formal and dignified (6)
 14 Protein substance that remains when starch is 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)
 14 Quién (3)
 15 Mediodía (4)
 16 Traffic jam (8)
 4 Sierra para metales (7)
 5 Proyecto (4)
 6 Embarazada (8)
 8 Cowshed (7)
 11 Abierto (4)
 12 Well (for water) (4)
- Down**
 1 Tirar (4)
 2 Thieves (8)

CROSSWORD PAGE

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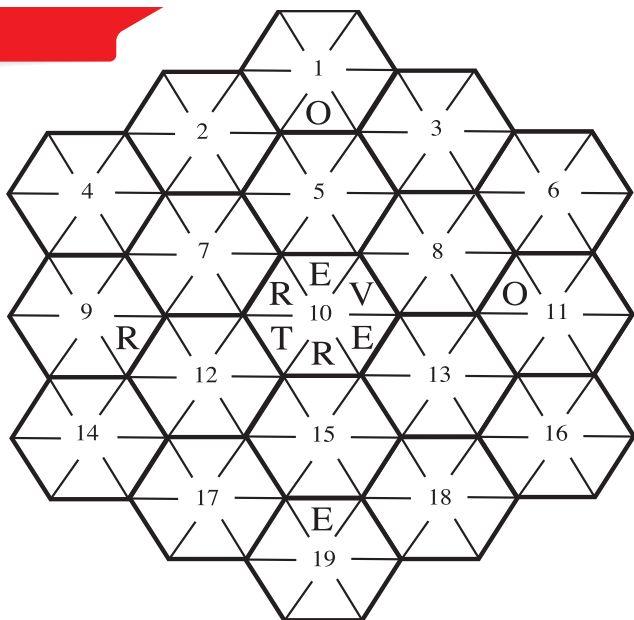
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Hexagram

- ADORES
- AERATE
- APOGEE
- CENTRE
- CHALET
- CUTOUT
- DETOUR
- GYRATE
- LENGTH
- LESSEE
- LETTER
- MAKEUP
- MARAUD
- POMADE
- REVERT (10)
- TEETER
- TINDER
- UNLOAD
- VENDOR



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

LAST WEEK'S SOLUTION

- 1 Fiddle 2 Delete 3 Ridden 4 Caress
- 5 Inbred 6 Sodden 7 Strain 8 Reason
- 9 Sneaky 10 Aboard 11 Leaden
- 12 Ideate 13 Teasel 14 Fixate
- 15 Cereal 16 Teller 17 Active 18 Neater
- 19 Bottle

Boggled

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

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



TARGET:

- Average: 10
- Good: 14
- Very good: 20
- Excellent: 26

SCORING:

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

LAST WEEK'S SOLUTION

elope eloper ahem also aloe hadst hale haled halve halo halos have evade echo echoer deal deals delve dahl dale drool drools droop droops drop drops hole holed hold holds hols hove host hoot hoots hoop hoops hooper hoopoe hops hope hoper hoer chore chorea chop chops crop crops creole crept crate crater sort erato epos egos arvo arch areola areolae atop goos goop goops gear goer goat

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:

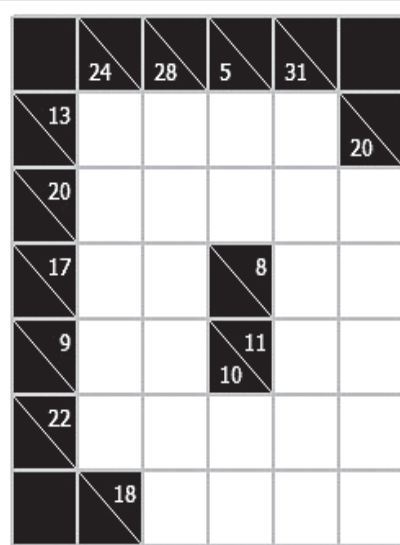
- Average: 5
- Good: 7
- Very good: 10
- Excellent: 12

LAST WEEK'S SOLUTION

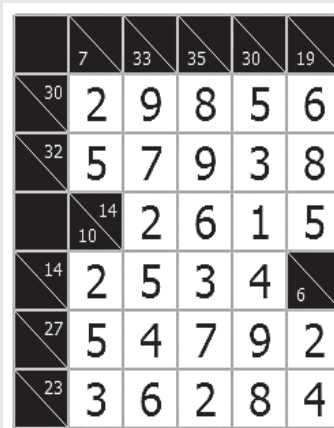
alar alec alee anal carl clan earl elan lace lane lean leer rale real reel anele areal canal clean clear creel lacer lance learn renal cancel carnal cereal crenel enlace lancer leaner cleaner clarence CLEARANCE

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.



LAST WEEK'S SOLUTION



LAST WEEK'S SOLUTIONS

ENGLISH-SPANISH

Across:

- 1 Barato, 4 Asno, 8 Gamba, 9 Niece, 10 Longest, 14 Ducha, 15 Bromia, 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.

CODE BREAKER

1	B	2	Z	3	E	4	J	5	A	6	Y	7	T	8	H	9	G	10	D	11	K	12	R	13	X
14	F	15	O	16	I	17	W	18	N	19	M	20	U	21	V	22	P	23	S	24	C	25	L	26	Q

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.

App of the week



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BOOKS



The Man of Legends

By Kenneth Johnson

IT'S New Year 2001 in New York City and Jillian Guthrie, a troubled young journalist, stumbles onto a tantalizing mystery: the same man, unaged, stands alongside Ulysses S Grant, Theodore Roosevelt, and Gandhi in three different photographs spanning 85 years of history.

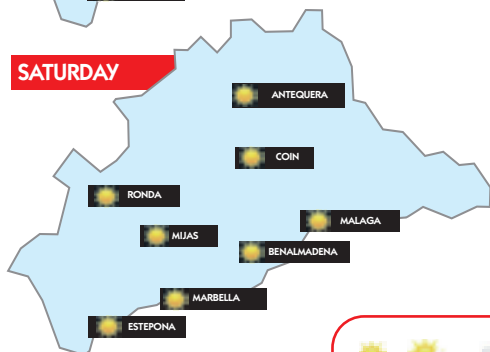
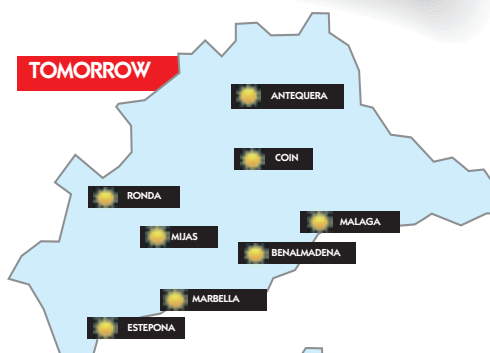
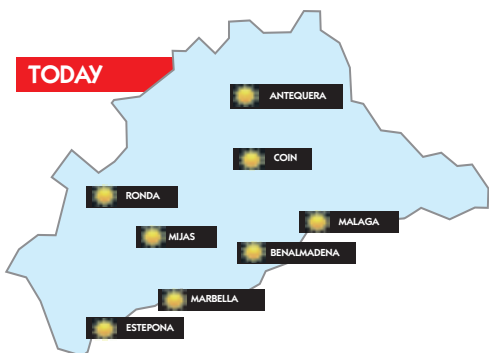
In another part of town, Will - an enigmatic 33-year-old of immense charm, wit, and intelligence - looks forward to the New Year with hope and trepidation. Haunted by his secret past and shadowed by a dangerous stranger, he finds himself the object of an intense manhunt spearheaded by an ambitious Vatican emissary and an elderly former UN envoy, Hanna.

During the next 48 hours, a catastrophic event unites Will, Jillian, and Hanna and puts them in the crosshairs of a centuries-old, international conspiracy. Together, the three must unravel an ancient curse that stretches back two millennia and beyond, and face a primal evil that threatens their lives and thousands more.

books@euroweeklynews.com

Costa del Sol

weather



Malaga
 TODAY: MAX 31, MIN 21-C
 Fri - 32 20 - S
 Sat - 30 20 - S
 Sun - 31 20 - S
 Mon - 31 21 - S
 Tues - 30 21 - S
 Wed - 32 21 - S

Almeria
 TODAY: MAX 29, MIN 22-C
 Fri - 30 22 - S
 Sat - 28 22 - S
 Sun - 29 22 - S
 Mon - 31 22 - S
 Tues - 30 23 - S
 Wed - 31 24 - S

Alicante
 TODAY: MAX 29, MIN 22-C
 Fri - 30 22 - S
 Sat - 29 22 - S
 Sun - 29 22 - S
 Mon - 29 22 - S
 Tues - 29 22 - S
 Wed - 31 23 - S

Barcelona
 TODAY: MAX 27, MIN 21-C
 Fri - 28 21 - Th
 Sat - 29 21 - S
 Sun - 28 21 - S
 Mon - 28 21 - C
 Tues - 28 21 - S
 Wed - 29 21 - S

Benidorm
 TODAY: MAX 29, MIN 22-C
 Fri - 29 22 - Sh
 Sat - 28 22 - S
 Sun - 28 22 - S
 Mon - 28 22 - S
 Tues - 29 22 - S
 Wed - 29 23 - S

Bilbao
 TODAY: MAX 24, MIN 16-C
 Fri - 24 16 - Sh
 Sat - 24 16 - Cl
 Sun - 23 16 - C
 Mon - 22 15 - C
 Tues - 24 15 - Cl
 Wed - 24 16 - S

Madrid
 TODAY: MAX 31, MIN 17-S
 Fri - 32 17 - Cl
 Sat - 34 19 - S
 Sun - 36 19 - S
 Mon - 36 19 - S
 Tues - 37 20 - S
 Wed - 39 21 - S

Mallorca
 TODAY: MAX 31, MIN 27-C
 Fri - 30 17 - C
 Sat - 29 19 - S
 Sun - 30 19 - Cl
 Mon - 30 19 - S
 Tues - 31 20 - S
 Wed - 31 21 - S

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

Euro Weekly News strives for accuracy, but cannot be held responsible for any errors in published forecasts

BIRTHDAYS

• Pamela Anderson (50) July 1 Actress

The former 'Baywatch' star started as a Playboy model of the month. She has appeared on numerous TV shows, including a recurring role on hit sitcom 'Home Improvement.' She initially worked as a fitness instructor in Vancouver.



Pamela Anderson.

• Mel Brooks (91) June 28 Director
 Director of the classic satirical comedies

• Gary Busey (73) June 29 Movie Actor
 He starred in 'The Buddy Holly Story' in

'Blazing Saddles,' 'Young Frankenstein,' 'The Producers' and 'Robin Hood: Men in Tights.' He belongs to an exclusive club of entertainers as the recipient of an Emmy, Grammy, Oscar and Tony. In 1961, his comedy career took a leap forward when he and fellow comic, Carl Reiner, created 'The 2000 Year Old Man.'

1978, and has also appeared in 'Point Break,' 'Lethal Weapon' and 'Rookie of the Year.' He was a drummer for country stars such as Willie Nelson and Kris Kristofferson before becoming an actor. He made his film debut in 1968's 'Wild in the Streets.'

• Mike Tyson (51) June 30 Boxer
 A boxing legend who became the undisputed heavyweight champion of the world in August 1987. He infamously bit off a piece of Evander Holyfield's ear during a match in 1997. His mother died

when he was 16, leaving him in the care of his legal guardian and boxing manager, Cus D'Amato. Tyson retired from boxing after losing to Kevin McBride in 2005.

• Lindsay Lohan (31) July 2 Movie Actress

She first gained recognition for portraying Annie James and Hallie Parker in the 1998 Disney comedy 'The Parent Trap.' She won several MTV Movie Awards for her starring role in 'Mean Girls' in 2004. She began her professional career as a Ford model at the age of three.

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

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

Word Ladder

LOST

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

WARS

- CAST
- COST
- LOST
- BARS
- BASS
- BOSS
- LOSS
- LOST
- OR
- WARS
- LSOT
- CARS
- CART

DVD

Dunkirk

Directed by: Christopher Nolan.
 Starring: Tom Hardy, Cillian Murphy, Kenneth Branagh, Mark Rylance, James Styles, Harry D'Arcy, Fionn Whitehead.



Dunkirk opens as hundreds of thousands of British and Allied troops are surrounded by enemy forces. Trapped on the beach with their backs to the sea, they face an impossible situation as the enemy closes in. In May 1940, Germany advanced into France trapping Allied troops on the beaches of Dunkirk. Under air and ground cover from British and French forces, troops were slowly and methodically evacuated from the beach using every serviceable naval and civilian vessel that could be found. At the end of this heroic mission, 330,000 French, British, Belgian and Dutch soldiers were safely evacuated.

Trivia PS

Most ambulance sirens were devised to imitate the sound of a woman screaming.

This week in history

- 1099 - First Crusade: 15,000 starving Christian soldiers march in religious procession around Jerusalem as its Muslim defenders look on.
- 1497 - Portuguese navigator Vasco da Gama departs on his first voyage - to reach India by sea.
- 1753 - British Museum founded by an Act of Parliament (opens in 1759).
- 1777 - Vermont introduces new constitution making it the first US state to abolish slavery.
- 1778 - American Revolution: Louis XVI of France declares war on the Kingdom of Great Britain.
- 1811 - Venezuelan Declaration of Independence: seven provinces declare themselves independent of Spain.
- 1865 - US Secret Service begins operating under the Treasury Department.
- 1885 - Louis Pasteur successfully tests an anti-rabies vaccine.
- 1917 - British battleship HMS Vanguard explodes at Scapa Flow, killing 804.
- 1940 - Battle of Britain begins as Nazi forces attack shipping convoys in the English Channel.
- 1991 - Boris Yeltsin sworn in as first elected President of the Russian Federation.
- 2005 - Coordinated terrorist bomb blasts strike London's public transport system killing 52 and injuring 700.



Student loans

■ FOLLOWING a freedom of information request by the Gibraltar Broadcasting Corporation, it has been revealed 30 local youngsters are in arrears with student loans. The British government-owned Student Loans Company confirmed the total was £28,500 - an average of £950 per student - and it may be the lack of filing of paperwork is the cause for the arrears.

Referendum stamps

■ IN order to celebrate the 50th anniversary of the Referendum on sovereignty, the Gibraltar Philatelic Bureau has issued stamps to the value of £8.56p. Those who would like to use them on mail will be in for an expensive time, as there is a single one for £5 and a sheetlet containing four stamps at 22p, 64p, 70p and £2.

Pay and display

■ THE latest area where there will be new pay and display restrictions in place will be on Bayside Road to provide short-term parking for non-residents. Many use the sporting amenities, restaurants or visit the World Trade Centre, so controlled parking will be in place from 9am to 7pm Monday to Friday and 10am to 2pm on Saturdays, Sundays and Public Holidays.

Guardia Civil asked to remove uniforms before entering Gibraltar

THERE was a certain irony when a photograph appeared on Social Media showing a member of the Guardia Civil in uniform making a purchase in Gibraltar.

It is the Guardia Civil officers who are responsible for checking those leaving Gibraltar to ensure that they are not carrying dutiable goods above approved limits and only last week, a senior officer visited La Linea and called on Gibraltar to be more helpful to stop tobacco smuggling.

It now appears that many of the cigarettes that still find their way back to Spain have in fact been produced and sold by Spanish manufacturers to wholesalers in Gibraltar, thus ensuring significant funds to be paid to the Spanish government.

In the case of the Guardia Civil officer, those who are not happy with Spain's stance on sovereignty over the Rock commented that this was a deliberate case of showing how the future would look if Spain is successful in its demands but that may be a conspiracy theory too far!

Local authorities have however contacted their opposite numbers across the border pointing out that it is polite convention that members of military forces - which is what the Guardia Civil Force is - do not enter another jurisdiction



Photo Credit: @GBCNewsroom Twitter

Was Guardia Civil officer buying cigarettes?

in uniform and requesting that this convention be observed.

There is no suggestion that the officer in-

volved acted in any way that was aggressive or rude and did not carry his gun nor try to act as if he had any jurisdiction within Gibraltar.

La Sala Gibraltar

THREE superb musicians and singers make up the Echoes of the 60's who will be appearing at La Sala Gibraltar next Saturday.

Their well-established and highly polished act is first class, encompassing all of your favourite numbers, so for reservations visit:

www.LaSalaGibraltar.com
or call:
+350 200 16870.

Neanderthal tooth found

A NEW discovery has been made in Vanguards Cave of a tooth believed to be 50,000 years old. The announcement was made at the Gibraltar Museum yesterday and archaeologists are excited about the discovery which may have come from a Neanderthal child aged between four and five years.

Million pound theft remand

ONE man appeared in court this week, charged with armed robbery and possession of a firearm in connection with a raid on a warehouse.

It is alleged that the 51-year-old who lives in rented accommodation in Gibraltar was part of a gang which attempted to steal £1.5 million and assaulted three employees of the company whilst tying

them and a fourth person up.

Although three persons were arrested initially, only this man, who appears to be of Moroccan descent and without family in Gibraltar, has been charged at this stage.

Bail was denied due to the seriousness of the alleged offence and he will be held in custody until July 28.

Youth camping trip to Spain

A GROUP of nine young Gibraltarians from the Plater Youth Club braved the elements and enjoyed an overnight camping adventure in Spain.

The diverse group of different ages followed nature trails, learnt about tracking and laying trails, as well as hearing about the flora of the area and its benefits at Earth Strength, a special retreat in Facinas near Tarifa.

Due to the high winds experienced the group was faced with the challenge of sleeping whilst under canvas but a number of the youngsters commented that this had added to the overall experience of the weekend and helped them



Photo Credit: HM Government of Gibraltar

YOUTH CLUB: The group at the Earth Strength site.

to further appreciate their creature comforts.

At the end of the short stay, the visit

was declared a success and it is hoped that similar adventures can be arranged for the future.

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TO READ MORE

WITH temperatures soaring above 30 degrees this summer, even those of us who are careful to stay out of the sun can accidentally burn.

If you have caught too much sun, it is not all bad news as the countryside is full of natural local products bound to help.

Aloe vera, which grows in abundance in Spain is known for its soothing properties. Containing chemicals which reduce inflammation and pain, the plant may help that burn heal quicker. Try cutting off a leaf, opening it up and applying it directly to the affected area, avoiding any open wounds. You could also make your own gel by standing the leaves upright and allowing the plant's resin to drain off for a couple of minutes before removing the lighter gel with a knife.

Locally produced honey can also help treat light burns. A natural humectant with antiseptic properties, this golden liquid will moisturise the skin and reduce inflammation. If you have burnt your face, why not try mixing some honey with your aloe vera gel and making your own face mask. Alternatively mix honey with oatmeal for an ultra-soothing pack. Leave either of these to work for 10 to 15 minutes and then moisturise immediately.

One of Axarquía's most popular crops is the avocado, which can also work wonders on sunburn. The creamy fruit contains healthy fats, vitamins and antioxidants, making it ideal to soothe sizzled skin. Cut the fruit in half and mash up its inside to form a paste. Mix this with one tablespoon of olive oil or aloe vera gel and once again, leave on the skin as a mask for 15 to 20 minutes.

Coconut oil, sold in most pharmacies in Spain, will also do the trick, containing chemicals which help reduce in-

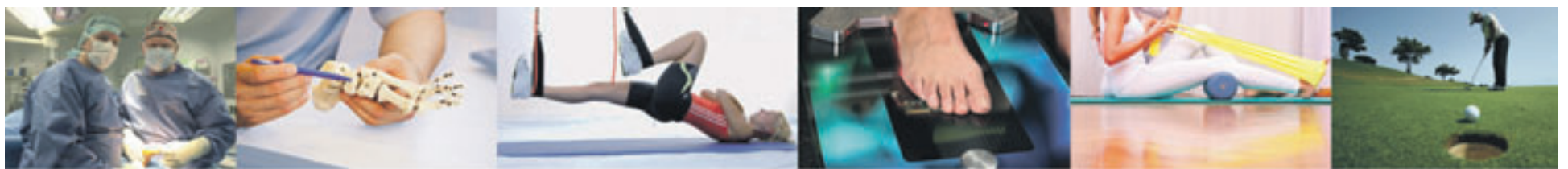
Feel the burn



ALOE VERA: Is known for its soothing properties.

flammation and have antibacterial properties. Used before sun bathing, the oil contains a natural low SPF, and used afterwards it will rehydrate and soothe the skin.

So if you have been caught out so far this year, why not turn to the nature for cheap and effective ways to heal your burn?



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Snoring

What is snoring and why does it happen?

Snoring is the sound of vibrations in the soft tissue of a person's throat caused by moving air whilst a person is asleep. This vibration happens when the tissue relaxes and becomes flaccid to rest while we sleep.

Does snoring affect a person's health?

Snoring affects rest and reduces a person's quality of sleep, which can cause fatigue and irritability. Snoring also tends to be part of more serious conditions such as sleep apnoea. During the apnoea a person will momentarily stop breathing, triggering the body to wake up. These triggers can occur up to 100 times an hour in some cases.

Who suffers from snoring?

Snoring occurs in both sexes, 65 per cent of men snore regularly and so do

35 per cent of women. It is believed around 4 per cent of the adult population suffers from sleep apnoea.

Can it be treated?

Surgery used to be the only solution to snoring. These days however we can use photon laser treatments for painless, long lasting results. It works by hardening the pharyngeal area through heating the soft tissue.

Photon therapy can eliminate snoring, minimise the effects of sleep apnoea and give a person good quality sleep. Patients notice a difference after the first treatment.

Can anyone get this type of treatment?

Before undergoing any sort of treatment, it is essential to speak to a medical expert. In general we can say that photon therapy can be used on any type of person who snores and wants to better their sleep without having surgery.

If you have any questions for Doctor Mario Arques, please send them to: info@arquesclinic.com

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.

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.

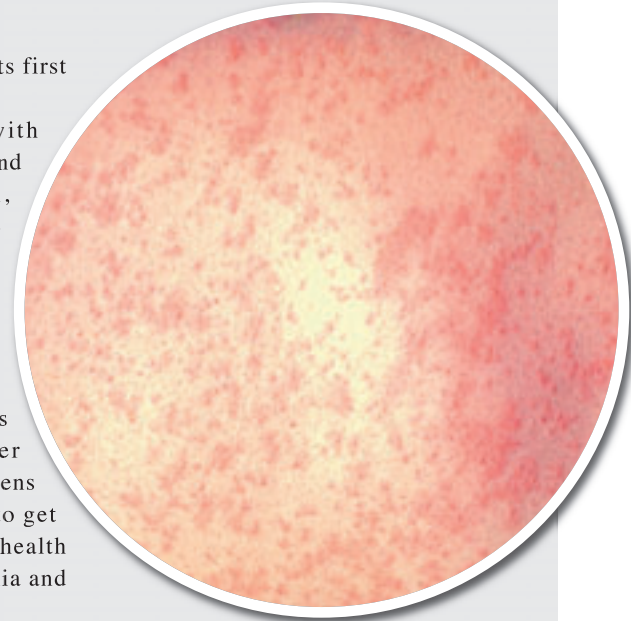
Measles is caused by a virus and is highly infectious. The skin is covered in a rash and the sufferer will have flu-like symptoms. Citizens in Maine have been encouraged to get vaccinated as it can cause severe health complications including pneumonia and encephalitis.

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.





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Kids get migraines too



By Estelle Mitchell

www.thebodyworksclinic.com

SOME estimate it as high as 10 per cent of school age children that get migraines. But the tricky thing with kids is that they don't get migraines the way adults do.

Tummy ache or migraine?

One of the key differences between adult migraines and kids is that kids can get migraines in their stomachs. Often kids will complain of pain in their stomach or vomiting and this can be a migraine. With or without **head pain**.

If they do have head pain it tends to affect the entire

head rather than one side or the other like adults and attacks are often much shorter.

Other symptoms

- Car sickness can be associated with migraine
- Episodes of dizziness
- Vomiting for no reason
- Sensitivity to light and noise
- Lethargy
- Disturbed vision
- There is a theory that colic is associated with migraines.

What to do

The best treatment for a child's migraine is often rest. Any physical activity can often make the attack much worse. Even a 15-minute nap can help to relieve symptoms.

Regular exercise and ensuring regular, healthy

snacks can help too.

If you suspect your child is having migraines regularly keep a headache diary. This will help you see whether there is a pattern or trigger for your child's migraine. Some children get migraines with almost clock like regularity while others might be triggered by stress or other outside factors.

“ If you suspect your child is having migraines regularly keep a headache diary

Common triggers

- Sleep - too much or too little. Regular bedtimes and getting up times can help

• Dehydration - a big one here in hot, sunny Spain

• Diet - just like adults some children have a food trigger

- Lack of food
- Stress - does your child get worse before exams or big events?

Treatment

Migraines are easy to misdiagnose, they can be confused with eye problems, sinus problems or allergies. So keeping a diary can help.

If given early enough pain medication can be very effective in preventing the effects of a migraine so watch for the signs and encourage your child to tell you if they start to feel 'funny.'

Medication is difficult as much of it is unsuitable for children.

For more information on migraine treatment please check out our blog www.TheBodyworksClinic.com/blog, our Facebook page /BodyworksHealthClinic or call us on 952 883 151.



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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

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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 pa-

tients 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

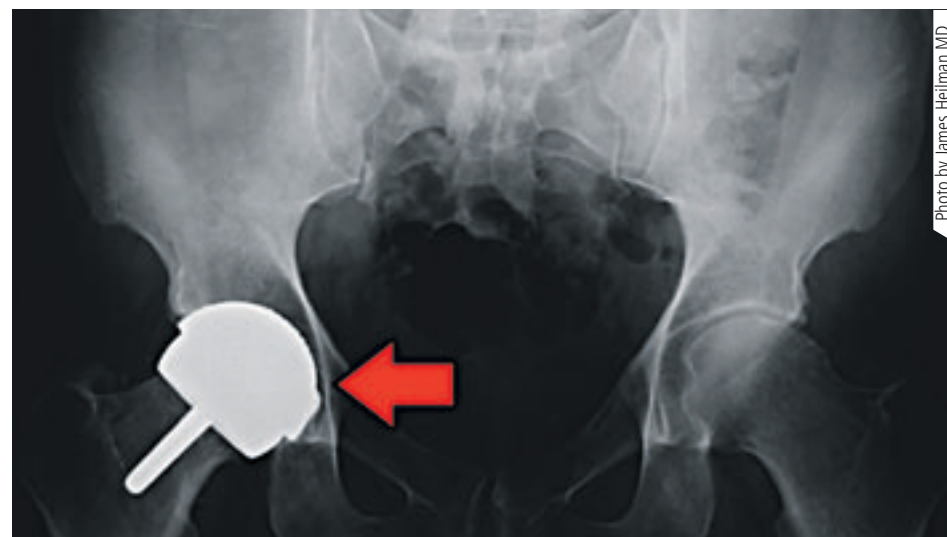


Photo by James Hellman MD

METAL on metal replacement hip.

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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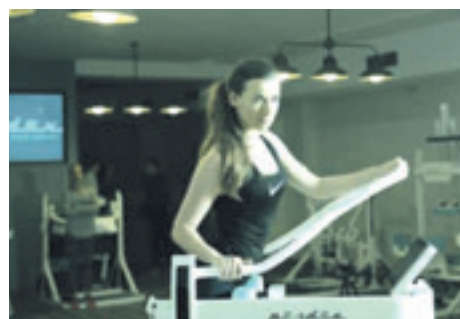
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Are there cancer-causing toxins in sunscreen?

SUNSCREEN:
Are we doing more harm than good?

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.

“

Continued studies are welcome as to the chemicals we put on our skin.

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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Dr Mario Arques and Dr Mar Valenzuela, they graduated in medicine from the university of Granada in 1995 and ever since that day they have been dedicated to medicine.

Doctor Arques began developing his medical work in the Andalusian Health Service, where he had care and direct duties with advanced level crediting by the Clinical Management Almazora and the Agency for Health Quality of Andalusia.

Currently he still performs his skills in prestigious academies and holds courses and workshops as well as national and international conferences.

Doctor Arques is a member of the American Academy of Aesthetic Medicine. Always updated with the latest novelties in Aesthetic Medicine field.

Doctor Mar Valenzuela is qualified as an aesthetic doctor in the U.K., is registered with the GMC and is also an associate member of the Royal College of General Practitioners.

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Always someone new performing at JoysLive

THERE is a great deal going on at JoysLive, the ever popular night club in Puerto Banus that offers great sounds each and every night.

Whilst Janet Jaye continues to perform her scintillating Miss Motown show together with a number of Tina Turner numbers until July 28, another first class voice will be joining the crew with effect from July 12 until August 3.

Ivanildo Kembel arrives in Marbella from Holland via a stint on TV in Germany where he was a contestant on the German equivalent of Pop Idol and his musical style will fit in well with those who enjoy the music at JoysLive.

Having recorded a number of albums as a member of different bands and also in his own right, Ivanildo not only writes a great number of his own songs, he also performs some of the funkier tunes such as Uptown Funk and Happy.

Ivanildo will also appear on



Photo Credit: @ivanilkembel twitter

The very talented Ivanildo Kembel in performance.

three Thursday nights at the weekly Bono Beach barbecues on July 13, 20 and 27, so there is yet another reason to pop along to that Beach Club for a combination of delicious food and great entertainment.

'Piano Man' Paul Maxwell who has just celebrated 30 years in music will perform at JoysLive most nights in July but he will be absent on July 21

as he and his band are the main support for guitar legend George Benson who is playing at the Puente Romano Tennis Club, although Paul will almost certainly return to the night club for the after show party.

Bronze and Silver VIP tickets for George Benson may be purchased from JoysLive. Find out more about the night club by visiting www.joyslive.com.

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Damien Hitler: My art

A VERY unusual exhibition has been opened at the Fernando Centeno Museum of Contemporary Art in Genalguacil featuring work by Malaga based artist Pepe Rodríguez.

Entitled Damien Hitler, Meine kunst (My art) it looks to draw a comparison between the concepts of modern artist Damien Hirst and Adolf Hitler with the artist incorporating nods to each person in different paintings, sculptures and installations.

The artists compares coincidences between the two characters and also visits the world of cartoons, reinventing both Mickey Mouse and the Pink Panther who is now known as the Spin Panther, a full size representation of which has been erected in one of the streets in the town at a height of two metres.

Rodríguez is self-taught, controversial, amusing and certainly has an eye for the unusual so that this eclectic and sometimes dis-



Photo Credit: Ayuntamiento de Genalguacil

The artist in the centre with members of the council and Spin Panther.

turbing exhibition will be open to the public until August 2.

Chart toppers in Alhaurin

HOT from an appearance at the Beach Festival in Torre del Mar award-winning band Aslándtico will appear in Alhaurin el Grande next week.

As part of a Spanish wide tour, the band from Cordoba which was first formed in 2004 will appear free of charge at the Camino de Malaga in the town at 11.30pm on Saturday July 15.

With four successful albums and a number of

top selling singles, the band, which is now a three-piece, are preparing for the release of their fifth album 'Here and Now' which they are previewing to their audiences during the tour.

Alhaurin El Grande is currently promoting itself as 'The Music Town' and at 10pm, prior to the Aslándtico performance the winners of the Young Musician contest will appear.

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Whole	10.00	12.50
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Southern Fried Chicken pieces	6.00	8.50
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Savaloy	3.00	5.50
Veggie Sausages	3.00	5.50
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Mince and Onion	6.00	8.50
Steak and Ale	6.00	8.50
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Talented local entrepreneur

TALENTED local artist, Virginia Dominguez de la Torre Unceta who won the car in the spectacular *Euro Weekly News* prize draw has been exhibiting in Malaga.

Her work which she describes as being inspired by music, feelings and different cultures was displayed at the recent Malaga Art Fair under the all-encompassing title *Colours*.

The display brought together figurative and abstract art, highlighting various countries. The colour of the exhibition shows images of Asia, Africa and Europe, bathed in intense light.

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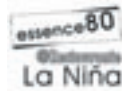
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with allergies they are extremely knowledgeable on the menu and will eliminate any doubts you may have while dining.

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Advertising feature



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Open seven days a week there is a wide and varied menu with all your far eastern favourites and some different dishes for those looking to try something new. Chinese is of course the most extensive dish on the menu, but it also consists of Cantonese, Thai and Mongolian food with the Mongolian lamb proving a big hit amongst customers and the Peking duck with pancakes also remains a firm favourite amongst regulars and holidaymakers trying the restaurant for the first time.

A menu del dia is served from midday every day except Wednesday when the restaurant is closed at lunch time, and the



TASTY FOOD: Crispy chicken with Hong Kong sauce and sizzling prawns with ginger and scallions are available on the menu.

a la carte menu is in place every evening. For those dining with youngsters a special children's menu is only €5.90.

The restaurant is traditional in style, spacious and welcoming with seating for around 40 people and a further 20 outside on the terrace area. For those looking to enjoy expertly cooked cuisine but in the

comfort of their own home, a full take away service is available so simply drop by and pick up your favourite dishes or try something new.

The restaurant in Urb. Parque Elviria, Marbella is open every day from midday until late except Wednesdays when it is open from 6pm. Tel. 952 837 708

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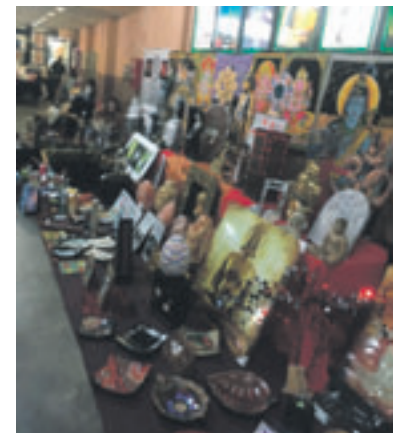
Bargain hunters are in for a treat in Coin

RASTRILLO LA TROCHA is a haven for bargain hunters, car-booters and those looking for quality second-hand and new items.

Established for over a decade, the Sunday market has been going from strength from strength in recent years and now boasts over 200 stalls weekly. Situated in the underground car park of the La Trocha Commercial Centre in Coin, the Sunday market now attracts thousands of visitors eager to escape the summer heat and enjoy a Sunday browse. There are permanent and casual pitches and according to their permit regulations up to 20 per cent of items on sale can be new products.

There is everything on sale from bags and clothing to DIY products and antiques.

Stall holders and casual sellers come from far afield to get a pitch in the Sunday market and due to its popularity stores and businesses surrounding the shopping centre are now also opening on



SUNDAY MARKET: Escape the heat and browse some bargains.

a Sunday seeing the busy trade that is being done with the thousands of potential customers arriving in Coin.

New visitors and stall holders are always welcome. For more information call Ian on 618 826 852.

The Sunday market managers also own One Stop Shop within the CC La Trocha which is open Monday to Satur-

day, so more information can be obtained from the store, which literally is your one stop community store and information point for local residents wanting everything from postal to printing services.

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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.

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

Thursday June 15

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

■ Fabuloso vocal group on summer break July-August. They restart September 2 with great new songs. More info: 622 514 781.

■ Language exchange workshop: free, every week from 9.30-11.30am in the Pensioners Centre in Las Lagunas. Contact 952 890 010 or frd@mijas.es.

■ Los Jueves al Casco: Every week from 8am-12 noon enjoy special discounts, live music, free tastings and more in Marbella Old Town.

■ Rio Verde Villa Romana Ruins: free guided tour from 11am to 1pm. Calle del Mar, Marbella.

■ Rotary Club: meets every week at 2pm during lunch at Cortijo de Ramiro, Calle 11, Urb Guadalmina Baja, San Pedro de Alcántara at. Please contact lizzie@marriageweddingservices.com to book a place.

■ San Pedro street market: Every week from 9am-2pm, Calle Jorge Guillen.

■ Sundown Sounds: Every week from 9pm live music at the square in front of the Municipal Office in La Cala de Mijas.

Friday June 16

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

■ Age Care Association: Weekly coffee morning from 11am to 12.30pm at the Hojar del Jubilado in Los Boliches, Fuengirola. Drop in for chat and to share experiences. For more information contact 635 407 255.

■ Christian Basilica of San Pedro de Alcántara: From 11am-1pm, free guided tour of one of the oldest Christian churches on the Iberian Peninsula. Calle Vega del Mar, San Pedro de Alcántara.

■ Royal British Legion: Benejarafe branch meets every Friday from 12.30-2.30pm at Restaurante Puerta Niza, Carretera Nacional 340A Km 263.7 offering emotional and financial help to those who have served in the Armed Forces.

Saturday June 17

■ Cabaret for cats (and horses): fundraising musical evening from 7pm at Venta La Recta, Alhaurin el Grande. Entry €10 with all proceeds being donated to 'Gift of Life' Cat Rescue Centre and ARCH.

DO NOT MISS...



DIRTY DANCING: Stage adaptation coming to Malaga.

A stage adaptation of the classic Dirty Dancing film is coming to Malaga from July 12 - August 6. The passion, music and sensual dance which embodied the original production can now be seen live on stage at the Cervantes Theatre. The show revisits the summer of 1963 with a Romeo and Juliet romance between Baby and Johnny. Directed by Federico Bellone, the show is bound to excite the audience as much as Jennifer Gray and Patrick Swayze did in the original, which broke box office records at the time. Tickets range from €18-€56.

■ Fabuloso vocal group on summer break July-August. They restart September 2 with great new songs. More info: 622 514 781.

■ Flamenco show: free every Wednesday and Saturday from 12-1pm in Plaza Virgen de la Peña, Mijas Pueblo.

■ Organic market: Every week from 10am-1pm at Guadalorce - Las Chapas.

■ Puerto Banus street market: Every week from 9am-2pm near the bull ring in Nueva Andalucía.

■ Triple A: Every week volunteer dog walkers required between 10am and 3pm at Calle Carril de la Mina 33 in Marbella. For more information contact 952 771 586.

Sunday June 18

■ Benahavis second-hand market: Every week from 9am to 2pm, located 1km before the village on the right hand side of the road.

■ University of the Third Age: Every week coffee morning from 11.30am to 1pm at the Primavera Bar, Paseo Marítimo, Los Boliches. For more information contact 952 466 738.

■ Sunday market La Trocha Coin. Every Week. Over 200 Stalls. All Welcome. For more info call 618 826 852.

Monday June 19

■ Age Care Association: Weekly coffee morning from 11am to 12.30pm at La Iglésia Bar in Benalmadena. Drop in for chat and to share experiences. For more information contact 635 407 255.

■ RAF Association Costa del Sol: social meeting, first Monday of the month, at

12pm in Restaurante Los Morenos, Alhaurin el Grande. For more information contact secretary@rafacostadelsol.co.uk.

■ Royal British Legion: Benalmadena branch meets every Monday from 11am at The Lounge Bar, Avenida Bonanza in Benalmadena offering emotional and financial help to those who have served in the Armed Forces.

Tuesday June 20

■ Age Care Association: Weekly coffee morning from 11am to 1pm at the International Baptist Church in Calahonda. Drop in for chat and to share experiences. For more information contact 635 407 255.

■ Arroyo Social and Welfare Club meets every Tuesday at Agata Apartments, Arroyo de Miel 11.30am for 12 noon start. There is a raffle, quiz, and a game such as Play Your Cards Right, plus extras! For more information call Anthia on 634 157 042.

■ Costa Women Business Group: meets every second Tuesday at 09.30 until 11.30 for business networking in La Cala. For more information contact Ali 677 251 058.

■ Fuengirola Ukulele Singalong Group: meets every Tuesday 8pm at Cabaret Club in Fuengirola (next to Bioparc Zoo).

■ Language exchange workshop: free, every week from 9.30-11.30am in the Pensioners Centre in Mijas village. For more information contact 952 890 010 or frd@mijas.es.

■ The Good Companions Club meets every Tuesday in Manila Bar Paseo Marítimo Los Boliches 12-1.30 pm. For information contact Tony White on 952 494 730.

■ University of the Third Age Costa del Sol:

play Mah Jong every week from 2-5pm at the PYR Hotel in Fuengirola. For more information contact 952 467 156.

■ The Good Vibrations: singing sessions every week from 7.30pm at Huber Plataforma de Arte, Calle San Antonio, Estepona. Cost €10 per session or €8 per session for a block of six sessions. For more information find Your Voice Vocal Studio on Facebook.

Wednesday June 21

■ Flamenco show: free every Wednesday and Saturday from 12-1pm in Plaza Virgen de la Peña, Mijas Pueblo.

■ Language exchange workshop: free, every week from 9.30-11.30am in the Pensioners Centre in La Cala. For more information contact 952 890 010 or frd@mijas.es.

■ Malaga Picasso Museum: guided tours in English every Wednesday at 11.30am. Entry €8, children under 18 go free.

■ Parent and baby coffee mornings: every week from 11am-1pm at Mundo Mania, Cancelada. Entry €5 and includes coffee and two hours of play in the baby and toddler play frame.

■ TIMS (The International Music Society) Choir: rehearsals every week from 7-9.30pm in St Andrews Church, Los Boliches. A very friendly group of different nationalities. For more information contact 654 891 790.

Thursday June 22

■ Age Care Association: weekly coffee morning from 11am to 1pm at La Peña in Alhaurin el Grande. Drop in for a chat and to share experiences. For more information contact 635 407 255.

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

■ Los Jueves al Casco: Every week from 8am-12 noon enjoy special discounts, live music, free tastings and more in Marbella Old Town.

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■ San Pedro street market: Every week from 9am-2pm, Calle Jorge Guillen.

■ Sundown Sounds: Every week from 9pm live music at the square in front of the Municipal Office in La Cala de Mijas.

Get ready for two months of Sundays

Marbella Moments

by Nicole King



DURING the first weekend of July some 200,000 cars arrived to our Andalusian highways. Amongst these happy holidaymakers were undoubtedly more than one 'Sunday driver' and many of them were headed here to Marbella.

Most of them I'm sure would never even hold a gun let alone point it at someone. However, behind the wheel they are like latent terrorists, capable of maiming and killing friends, family and innocent bystanders at any moment. Unfortunately when it comes to driving they obviously choose to ignore the facts to justify the deed.

For many of them just the drive from 'A to B' was potentially as dangerous as a child thrashing around a loaded weapon with no idea if the safety clip was on or not, pointing it at anyone that came into their path. Now they're here and more are coming!

We need to be ready for all those drivers not knowing where they're going; cars about to turn off the main road that suddenly change their minds and pull back in at the last second, cars stopping in the middle of



IT WOULD be better to watch the road.

roundabouts, cars driving too fast, tailgating and darting from lane to lane, cars driving with no thought for motorbikes, cyclists or pedestrians, even cars on the wrong side of the road. Many drivers may not even be looking at the road whilst looking at or fum-

bling with whatever.

We need to be ready for everything and anything. In Marbella we already have 127 different nationalities driving around our 27-kilometre coastline and all that comes with it, but be warned, another estimated 19.5 mil-

lion cars are headed our way during July and August.

Unfortunately it's not just the infrequent driver we need worry about. The 'good drivers' also tend to take liberties with our lives. Haven't you or someone you know ever had a drink, or two, not enough to be drunk perhaps, but enough to worry about being stopped for a breathalyser test? How many know they would fail a test but still feel capable to drive and do so?

This was probably the same line of thinking of the two Air Europe pilots who showed up for work just a few hours after having been drinking and fighting in a local bar, ready to sit themselves down behind the wheel of their airplane.

People will do many things if they think they can get away with it and not get caught. Just like many people leaving our locals bars, they didn't think their ability was diminished either; their judgement was still impaired by the drink.

We are going to have a bumper summer, tourism is booming, traffic is already intense and it's very hot. Keeping our cool and wits about us behind the wheel is going to be imperative as there are just so many unknowns out there, more so than ever during the next two months of 'Sundays.'

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The smooth surface and solid structure make Polywood furniture look like wood, but without the maintenance of real wood.

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ADIRONDACK CHAIRS: In a range of vibrant colours.

Mallorca and is renowned for its high quality outdoor furniture. In the range you can find porch swings as well as rockers, sunbeds, deck chairs, original Adirondack chairs, dining and

lounge furniture. In Santa Ponsa you have the opportunity to touch the furniture, see all the available colours, sit back and try the comfort. You can pick up your furniture at the ware-



house or order easily online and let it ship anywhere, shipping to the mainland of Spain is free.

Casa Bruno's sustainable heavy duty outdoor furniture made from Polywood HDPE provides a lifetime of enjoyment that will withstand high winds, salty air and blazing sun. Alternatives are lightweight plastic furniture that blow away in the breeze, perhaps crack after a year of use and are then tossed aside to further fill overflowing landfills, or wood furniture either derived from the world's rain forests or sustainable supplies that require regular maintenance to maintain look and length of life.

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DICK HANDSCOMBE



Monthly gardening tasks - July

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 au-

tumn 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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Sweet basil - the king of herbs

GRAEME TYRRELL

IF you have a Mediterranean garden of any size or even just space for a few pot plants, then you should seriously consider growing a Basil plant (*Ocimum basilicum*).

It is one of the most popular herbal plants in the Mediterranean for a number of reasons. There is a large number of Basil type species and varieties with a range of uses, forms and flavours from all around the world.

Its use dates back thousands of years with its earliest reference in Indian literature where the Indian Sacred Basil is recognised as holy plant. The stem is used to make the prayer beads for the reciting of mantras on a mala in a similar way to the rosary. It is widely grown in temples and Indian home gardens for its various benefits. It is not widely used in Indian cuisine but is popular in Thai cooking.



SWEET BASIL: Can be grown in a pot.

The most popular species in the Mediterranean however is the Sweet Basil. Spanish, Italian and Greek cooking would not be the same without Sweet Basil. Having a plant allows you to add fresh leaves

to garnish and flavour a wide range of recipes to give them a Mediterranean flavour. The leaves can be dried to bring out more flavours before adding to recipes or used as a herbal tea between meals.

Basil is also used to make essential oils with many benefits and for flavouring vinegar.

The Spanish have a tradition of placing the small leaved Basil (*Albahaca*) on

“ **Plants are readily available in nurseries or supermarkets.**

window sills to keep away flies and mosquitoes. The leaves can also be used to make a natural insect repellent just by using leaves prepared with water and alcohol.

Placing leaves in the bath will make it more refreshing and may relieve mental fatigue. A few leaves can also be placed in a glass of wine and left to steep for a while to add more flavour to the wine.

Basil has been used in herbal and ayurvedic medicine for a wide range of benefits.

Just having a plant in the garden, on the balcony or window sill adds aroma to the environment that is refreshing and wholesome. In the garden they can be used as border plants

that will make a stroll through the garden more worthwhile.

It is easy to grow but is generally an annual unless in tropical like conditions with year round warmth. It grows quickly from spring to autumn in the Mediterranean. It can be grown from seed in a well drained rich soil in a position with plenty of sunlight to partial shade.

Plants are readily available in plant nurseries or even some supermarkets. A range of interestingly different varieties are available from seed suppliers.

Basil will need the soil to be kept moist but not waterlogged to do best.

The name Basil is derived from Greek origin meaning Royal or Kingly plant. It is sometimes known as Saint-Joseph's-wort. Wort meaning a plant that has been recognised as food or medicinally beneficial.

There is little doubt that it is the King of Herbs.

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VERTICAL GARDENS: Old wooden pallets or a ladder against a wall can be used.

Wall garden ideas

VERTICAL gardens are a very useful resource for those who would like to grow plants (or herbs, or vegetables) on their balconies or terraces while using as little space as possible.

There are various options to house your vertical garden, from expensive ready-made frames and planters to cheap or even free recycled ones you can make yourself.

Old wooden pallets can be fixed to the wall and plant pots incorporated, or for even less hassle screw old guttering to the

wall and plant directly into it. All sorts of bits of wood can be attached to the wall and various types of hooks used to hang plant pots from them.

For those who would rather not have their vertical garden right up against the wall, an old ladder is another good option. Either lean a ladder against a wall and place plant pots on the steps, or for a novel approach place an old step ladder in the middle of a terrace and hang plants from either side to create a pyramid of greenery.

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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!

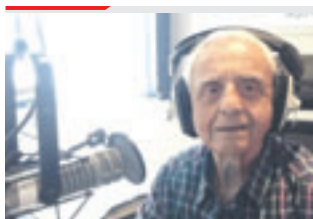
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Never send your dog away to be trained, do it yourself



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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 difficult 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.

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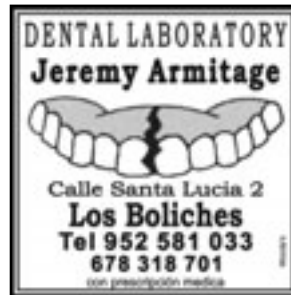
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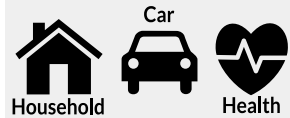
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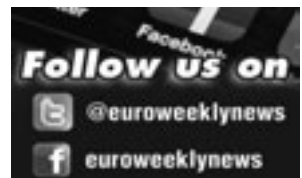
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“ Insignis also offers a complete repair service as well as selling and fitting new tyres and other parts.

Darren and Julie run the operation in Alhaurin and welcome visitors who want to learn more about the options to obtain new and second-hand cars without all of the hassle and dra-



INSIGNIS CARS: Inside the workshop in Alhaurin el Grande.

ma from an experienced and well-respected company with the added bonus of all dealings are in English.

In simple terms, VAT in Spain on new cars is 21 per cent whilst in the UK it is 20 per cent but that is just the start of the savings that can be made

as Insignis will advise you if it is possible to reduce the Spanish registration tax by up to 20 per cent and whether a discount on the list price can be offered.

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and the company knows the pedigree and history of the cars that it sells supplying each with a six month warranty.

Not only does Insignis supply new and used cars but it offers a complete repair service as well as selling and fitting new tyres and other parts with the added bonus that customers are welcome to stop for a cup of coffee and a cream cake in its café.

In summary this is a company which can take all of the difficulty out of purchasing a car in Spain, can invariably save customers money and every new car purchased comes with a full manufacturer's warranty valid in Spain thanks to European Union regulations.

To find out more, visit Insignis Cars SL, Poligono Industrial La Rosa,

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ROAD TEST by Nick Fletcher

SEAT Leon Xcellence Technology

SEAT LEON:
A smart, sporty hatchback.



Model tested was UK specification and equipment levels and prices may vary in other markets.

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 dynamics. 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.

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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), Elina 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 Confederation Cup final.

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 Ca-

ballero (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 Es-

sex'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.

ROUND-UP

Sir Bradley Wiggins could row for GB in the 2020 Olympics in Tokyo!

Ex-Aussie teacher Jeff Horn stunned Manny Pacquiao to claim the WBO welterweight title.

Castleford Tigers are set to win the 2017 Rugby Super League title after beating Hull 24-22 last Friday.



GERMANY: Won first Confederations Cup with victory over Chile.

MY WIMBLEDON FACT FILE

MY figures on the two-week All-England tennis tournament which this year has prize money totalling £31.6m...

- 500,000 spectators will attend (493,928 were there in 2015)
- 39,000 is Wimbledon's capacity, with 14,979 seats on Centre Court
- 54,250 balls will be used
- 255 ball boys/girls will look after them
- 330,000 cups of tea/coffee will be served
- 320,000 glasses of Pimms will be prepared
- 230,000 bottles of water will be purchased
- 110,000 pints of beer/lager will be downed
- 29,000 bottles of Champagne will be corked
- 25,000 bottles of wine will be supped
- 30,000 pizzas will be made
- 86,000 ice creams will be sold
- 76,000 sandwiches will be made up
- 44,000 litres of milk will be utilised
- 150,000 scones/cakes/pastries will be eaten
- 16,000 portions of fish and chips will be fried
- 140,000 tubs of strawberries (some with cream) will be eaten
- 23,000 bananas will be skinned
- 130,000 lunches will be prepared by caterers

Benavista Bowls Club



Members enjoying Ladies Day dinner. |

ON June 22, 23 members of Benavista Bowls Club enjoyed Ascot Ladies Day at Los Arcos Restaurant in Benavista.

After a Cava reception and three-course meal, prizes were given for the ladies best hat and best fascinator. A raffle was held which raised €200 for Aprona Childrens Charity.

Attention was then turned to TV screens to watch the races. A successful fundraiser and a great day had by all.

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La Quinta Golf Commercial Director Isabel Rio.

from Puerto Banus this combination of three courses gives the golfer a wide choice of possible golf games.

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suites, two restaurants, three bars and a spa, it is the perfect place to relax.

CostaLessGolf would like to thank Isabel Rio, Golf Sales Manager for her time and a wonderful lunch, followed by a great round of golf on B&C courses last Thursday, it is a pleasure to see her return to La Quinta Golf Marbella.

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Arsenal has broken the club transfer record by signing Alexandre Lacazette from French club Lyon for €53m.

The Costa Del Sol's best guide to local sport

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