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AXARQUÍA - COSTA TROPICAL » YOUR PAPER, YOUR VOICE, YOUR OPINION WWW.EUROWEEKLYNEWS.COM

Horror at fatal stabbing

A MAN, aged 35, has been arrested for stabbing his mother, 63, to death in the home they shared in Caleta de Velez

The alleged killer, who has been identified only as Piero, remains in custody and is reportedly awaiting examination after claims he has a drug addiction. Police are as yet unsure why he attacked his mother, whose full name was Maria Ines but was known as Pepa.

The victim was found lying in a pool of blood when her ex-husband. Elio, came to collect her to work at the supermarket business they still shared.

On finding Elio on the building's steps, covered in blood, officers initially thought he had committed the crime before learning Piero had handed himself in at a police station shortly before the find, telling officers, "I think I've killed my mother. The knife is on the sofa."

The incident has rocked the neighbourhood, where Maria was well-known, with one neighbour commenting "you would never think something like this would happen."

Charity calls on government to intervene Dog death scandal

EXCLUSIVE

By Sally Underwood

Tail Torrox, an animal charity on the Costa del Sol, has spoken exclusively to the Euro Weekly News about the large number of abandoned dogs being put down in pounds across Axarquia.

Sue Whewell, the association's President, has said it is time the Spanish government intervened in the situation, subsidising and enforcing a neutering campaign.

Ms Whewell, who set up the shelter in 2009, explained she routinely takes in dogs from the perreras - Spanish dog pounds to save them being put down. She added the facilities, which receive state funding for taking dogs off the streets, make little effort to rehouse the animals unless a dog is chipped, and sometimes put animals down within days of bringing them in.

Worse still, Sue claimed that impounded dogs often show signs of disease, which mostly go untreated until they reach Tail. She alleged "in January we took in 11 puppies from the Don Animal perrera in Rincon de la

Annual Multi Trip

Winter Sports

■ Single Trip



TAIL TORROX: Rescuing animals from Don Animal.

Victoria. Sadly, three died due to parva virus they had contracted earlier." Sue commented, "if these facilities must exist, they should look after the animals they take in," asking, "how can this happen in a country which has animal cruelty laws?"

Ultimately though, Sue accepts the perreras are fighting a losing battle, with more dogs abandoned than people willing to take them in. She believes in addition to compelling pounds to look after the animals they receive, the government should introduce a law enforcing and subsidising neutering. She said, "in some European countries, the government has helped lower the

price of neutering to €15, an affordable amount which helps stem the problem of unwanted and mistreated animals."

Sue added the problem goes beyond animal cruelty and also serves to give a negative impression to visitors. She explained the shelter often receives abandoned dogs which have been



JOSE: Is looking for a new home.

found by tourists, shocked at seeing so many animals on the street. Ms Whewell said Tail will now be writing to Oscar Medina, Torrox's mayor, pointing out the potential negative impact on the town's tourism trade. and asking for his support in her neutering campaign.

Tail has a dog shelter, which



ROSA: Is walked every day at Tail.

sees dogs walked and cared for by volunteers, as well as two charity shops, all in Torrox Costa. The charity is always looking for animal-lovers to give their time, "however much or little they can do," as well as fosterers and permanent owners. For more information, or to help, please visit www.tailtorrox.org.





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PLEASED TO MEET

YOU, GLAM: The

two Queens.

The king

addresses

Parliament.

LANDMARK:

NEWS EXTRA

Business sense

FRIGILIANA'S mayor. Carmen Cerezo, has met with the joint directive of the Frigiliana Association of Entrepreneurs to discuss initiatives and projects ahead of the busy summer season which sees tourist flock in.

Our Lady

THIS Saturday will see Nerja's festival of Nuestra Señora la Virgen del Carmen begin, ending on Monday, July 17. Musical and dance performances will enliven the event over its three days.

Illegal home

THE ex-mayor of Competa, Leovigildo Lopez, has been fined € 3,600 and banned from seeking public office for six years by a court for allowing illegal homes to be built in the area.

Official State Visit underway

Queens of hearts

By Matt Ford

QUEEN LETIZIA and Queen Elizabeth have been wowing fans during the official State Visit of the Spanish royals, which ends tomorrow (Friday).

The newest consort to a European monarch and the longestserving British sovereign are clearly enjoying the first official trip by the Spanish Royals for over 30 years, which is taking place at the third time of asking after two earlier cancellations.

It comes as the glamorous exiournalist and husband King Felipe VI prepare to visit Westminster Abbey accompanied by Prince Harry today, where they will lay a wreath at the Grave of the Unknown Warrior before touring the Abbey with the Dean.

The king will also be joined by Prince Andrew, Duke of York, at

a meeting between Spanish and British business leaders, before enjoying dinner with Lord Mayor of the City of London, Andrew

After tomorrow's official farewell by Queen Elizabeth and the Duke of Edinburgh, Felipe and Letizia will visit researchers at the Francis Crick Institute, a biological research institute, before heading to Oxford University to view Spanish artefacts.

EWN online

News all day every day

www.euroweeklynews.com

The population of British citizens *296,600* resident in Spain in 2016.

The regal couple arrived at Luton airport last Tuesday, where they were greeted by Lord-in-Waiting Viscount Brookeborough, before being collected from their hotel by Prince Charles and the Duchess of Cornwall yesterday

This was followed by a Ceremonial Welcome with the Queen and Prince Philip at Horse Guards Parade and private lunch at Buckingham Palace before the King made his parliamentary address, after which the party took tea at Clarence House.

But the main event of the day was the glittering state gala dinner at which both the British and Spanish rulers made speeches.

The last State Visit by a Spanish monarch was that of King Juan Carlos and Queen Sofia in 1986.

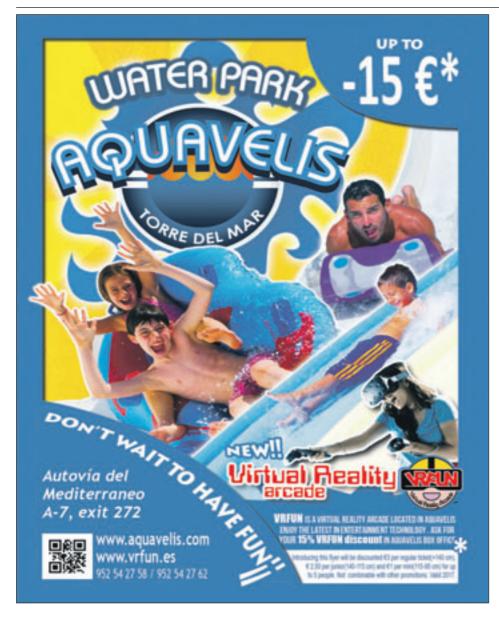
Brexit top of agenda

BEYOND the glamour of the ceremonial events, King Felipe and Queen Letizia travelled to the UK with specific agendas.

In particular, reports in the Spanish media have highlighted the trip as an opportunity to lay the groundwork for bilateral relations between the two countries in the wake of Brexit.

There are reportedly three main themes that the royals hope to tackle during the course of the visit, with the futures of expatriates in both countries top of the list, closely followed by business and future relations.

It comes after British Ambassador to Spain, Simon Manley, confirmed prior to the visit that the UK's approach to talks will focus on education, trade and science.





Spear madness

A 14-YEAR-OLD British boy is recovering in the Axarquia Hospital after impaling himself while swimming in Nerja.

The victim was diving off the Playazo beach when he speared his own leg with the weapon, which remained embedded below his left knee as he screamed for help.

Concerned beachgoers pulled him from the water and called an ambulance before local firefighters were enlisted to cut the shaft of the barbed spear after paramedics were unable to remove it.

Bay watch

WORKERS from the maritime rescue service sprang into action after a boat which slipped from its mooring was spotted halfsubmerged off Nerja's Burriana Beach.

The two-man rowing boat was initially thought to be a shipwreck, but rescue workers based in Caleta de Velez realised it had simply come adrift and alerted its owners, who came to move it.

Job lot

ALMUÑECAR'S unemployment figure has fallen for the sixth month in a row, with 786 residents finding employment since this January. The council reported the largest change has been seen in those aged between 25 and 44. Those aged over 45 saw the second highest growth in employment with 223 finding jobs, while 88 people aged under 25 also found work.

Skid roe

PLUMES of orange fish eggs have appeared in the sea as part of a natural phenomenon along the Malaga coastline. Malaga Beach councillor Teresa Porras explained that large concentrations of roe, presumed to be sardine and anchovy mixed with red and brown microalgae, were found in the affected areas, after confirming that the affected waters are still suitable for bathing.

White lines

A COUPLE and the wife's daughter have been arrested in Benamocarra for possession and trafficking cocaine. Police began their investigation in April in an operation named Pecaro, after learning a large number of people visited the house, staying only

SPANISH FACTS OF LIFE...20

Spain is the largest olive oil producer in the world, accounting for 44 per cent of the world's annual supply, and the country's love affair with the diminutive fruit shows no sign of decline despite new challenges.

Liquid gold

WITH an estimated 340 million olive trees, Spain produces around 1.2 million tonnes of olive oil per year, enough to fill 400 Olympic swimming pools.

About 45 per cent of the country's olive oil is produced in the Andalucian province of Jaen, where olive plantations occupy 590,000 hectares including 66 million trees.

These account for a fifth of the global olive oil supply, with the region producing more than the entire country of Italy, the world's second-largest manufacturer.

Olive trees are said to have been introduced to Spain by the Phoenicians almost 3,000 years ago, but it was the Romans who started large-scale production, with the Moors later introducing improved growing methods.

Fruity facts

- There are over 100 varieties of olive grown in Spain, but only 24 are regularly used to make oil.
- Olive trees live on average for 3-600 years, with some of the world's oldest examples found in Spain. One individual in Tarragona is said to be over 2,000 years old.
- Despite leading the global production ranking, Spain with 11.3 kilos is runner-up to Greece (12.8 kilos) in terms of per capita consumption.
- The Spanish word for oil, aceite, is derived from the Arabic word al-zait, which literally translates as
- There are four types of virgin olive oil, extra virgin, virgin, ordinary virgin and lampante, all of which differ in acidity with extra virgin, the highest grade, having the least.

Pressing times

OLIVE OIL:

Over 100

varieties.

CLIMATE change and growing global demand are putting the squeeze on the industry, but the main threat to the future of Spanish olives may be microscopic.

Dry conditions ravaging the country severely impacted production in 2016, with global supplies down by 11 per cent, and this year's harvest - which takes place in October and November - is expected

An even bigger threat may be the destructive bacterium Xvlella fastidiosa, which has been described as 'olive ebola' after devastating around a million trees in Italy and appearing in Mallorca last year.

The plague was last month detected in mainland Spain for the first time after it was found to have infected almond trees in Guadalest, Alicante, sparking widespread fears.

a few minutes. The officers confiscated the narctoics alongside scales, three vehicles and a modified gun.

Waste of time

NERJA Council has written to the national infrastructure ministry to enquire what is to happen with the town's sewage treatment plant now that the company tasked with completing the project has gone into administration. The Spanish government assumed control of the scheme 15 years ago and it took a decade for the initial contract to be awarded

Taste of success

TORROX Council has announced its delight after the Sabor de Malaga food festival broke all records after thousands of British. German and Scandinavian tourists descended on the event. The festival continues until next Sunday, with cooking workshops, tastings and displays from 30 local

Park life

VELEZ-MALAGA'S Council has announced it will provide €800,000 to improve the look of five of its parks and gardens. Marcelino Mendez-Trelles, councillor for the Environment, explained the largest project would involve remodelling the Maria Zambrano park, costing €450,000.

News 1 - 16 Finance 19 Leapy Lee 25 Time Out 28 Letters 30 TV 32 - 34 - 36 Health & Beauty Social Property Services 43 Classifieds 45 Motor 46 Sport

€5.9m real estate deal

VELEZ-MALAGA'S Council is planning to sell off 33 municipal properties to raise millions of Euros for projects set out in its annual budget.

The town's mayor, Antonio Moreno Ferrer, and the councillor for Contracting and Patrimony, Antonio Moreno Ocon have been responsible for identifying valuable plots in Velez-Malaga, Torre del Mar, Chilches, Benajarafe, Lagos and Trapiche, which total more than 27,600 square metres.

Under the initiative, the Mercovelez building will be reformed for administrative use, a social centre will be completed in the Romeral area, and improvements will be made to the Casa Cervantes, the Centre for Drug Addiction, Casa Larios, Caleta Tenure, Palacio Beniel and Local Police sta-

Commercial premises are also planned for the San Francisco market, as well as refurbishments to Plaza de la Constitucion. Lope de Vega theatre and Benajarafe's day centre. Councillor Ocon added funds will also be put aside for the town's air show, Maria Zambrano park, Torre del Mar's cleaning service, the parks and gardens department, Torre del Mar's scenic arts space and to improve the Local Police's communications services.

The total number of news and features which appeared in Issue 1670 of the Euro Weekly News Axarquía - Costa Tropical edition, including 39 local stories.

48



1080.

The Hundred Years' War between England and France over succession to the French throne. lasted from 1337 to 1453, so more accurately should be called the 116 Years' War.

The world's deepest postbox is 10 metres underwater in Susami Bay in Japan.



Did you know?

The Mayday call for help originates from the French word m'aidez, which means 'help me,' - and that is roughly pronounced, 'mayday.'

Lost in translation

교통물편신고센터

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EWN on the web



Shirtless tourists are set to face fines in Marbella

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From 4 - 10 July

Top **5** stories

1 Shirtless holidaymakers face fines in Marbella - 2,310 2 Spain will have no right of veto on Gibraltar - 2,039

3 Outrage as Costa del Sol toll road raises fees - 1,644

4 Glasgow holiday jet diverted to Bristol and three-arrested

5 Briton held for €17 million timeshare scam in Malaga -1,002

Top Social Media comments

Theresa May vows crackdown on Brit holiday fraudsters - Fortunately I am sure that this only represents a small number of Brits and these types have always walked amongst us. It has been going on I am sure for years and it is all of us that pay in the end with higher fees and charges. Ted Milsom

Guardia Civil officers save life of terrified Yorkshire terrier - How wonderful! See I told you the Guardia Civil had soft hearts. ♥ Elizabeth Saun-

Three men gored at San Fermin Bull Run in Pamplona - I think it's time this was banned!! Obviously people are going to get hurt. This is one tradition I just don't understand!! There are so many people, those bulls are being taunted. And they are scared stiff of course they are going to hurt anything that's in their way. It's very sad!! Dominique Thomas Is it me? - Why on earth do people derive pleasure from this, I just don't get it, OK it's tradition here I understand that bit but the cruelty is despicable! Is it very wrong that I am not upset when these humans are injured even if it's serious. They have a choice, these magnificent animals aren't out for trouble but boy do they get it, they must be so bewildered. Sick sick people!!! Carol Silverlock

Spanish minister supports three-day weekends - I'm happy to have salary reduced for a threeday weekend. Work to live, not live to work after 40. Krishna de Gruchy

Baggage handler caught hurling suitcases in Ibiza - And they wonder why people object to putting laptops and cameras in the checked bags? Denise McNamara

Shirtless holidaymakers face fines in Marbella - When will the Spanish make up their minds do they want tourists or not. This subject is one of the most stupid I've heard. The British are not used to the heat in Spain so take their tops off to cool down.

What is the big deal do you expect tourists to walk about in a shirt and tie? Would some celebrity be arrested if they did it that? Wouldn't do much for getting the jet setters to keep coming back. They would be better concentrating on cleaning up the town around the Costa del Sol. Bobby-Ruth Johnston

Foreign police to patrol the streets of Madrid

- Personally enjoy watching the Spanish police dealing with them. British police are far too soft. Not to mention the look of fear on them when they realise they are getting lifted and can't speak the language! It's always good for a giggle.

Poll of the week

euroweeklynews.com

With some malls and shops now opening on Sundays to cater for summer visitors and residents, should sevenday shopping be introduced year-round?

LAST WEEK'S POLL:

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

Yes = 58%

No = 42%

FOR COMMENTS FROM EWN ONLINE TURN TO LETTERS PAGE



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OUR VIEW

Overloaded cars are so dangerous

EVERY summer, without fail, there are huge numbers of foreign registered cars driving from France, Germany and Italy en route to Algeciras and Tarifa to catch Moroccobound ferries.

There is nothing wrong with migrants who want to return home to see their families and in fact they do spend money in Spain even if it is just on petrol, tolls and boat fares, but so many of them are dangerously overloaded.

Most people will have seen old cars, loaded to the gunnels with bodywork almost scraping against the tyres and everything including the kitchen sink tied awkwardly on top of the car or van.

It seems that the police of various forces turn a blind eye to the dangers of these potential death traps and only come out to divert traffic when they have an accident.

Only a few days ago, an estate car which was carrying a load almost as tall as the car was blown over due to high winds, blocking most of the A7 at Pueblo Nuevo de Guadiaro and although there appeared to be no injuries to the occupants, this must have been more by luck than judgement!

Whilst it may be a bureaucratic nightmare to stop these cars, something does need to be done, especially as drivers can be very tired after long journeys.

Now we want to hear your views. YOUR PAPER - YOUR VOICE - YOUR OPINION

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Worker trapped in lift

A MAINTENANCE worker has been taken to hospital in Malaga after becoming trapped and injured in a lift in Rincon de la Vic-

The man, who had been fixing the machine on Avenida Mediterraneo when his legs became stuck in the mechanism, called for help at around 11.20am.

Firefighters from the Provincial Consortium rushed to help him, alongside members of the Guardia Civil, Local Police and Public Enterprise for Health Emergencies (EPES), and successfully freed the man.

The incident has now been reported to the Centre for the Prevention of Occupational Risks and Labour Inspectorate.







Black magic

THIS morning fashion expert Trinny Woodall is in Ronda, Malaga, for her nephew's wedding, and the 53-year-old star took to Instagram to post a sizzling video after first slipping into a microscopic black biki-

Katie Price.

ni. The mum-of-two sent temperatures soaring as she explained the different ways she could tie her top while flaunt-

Chynese whispers

KEEPING UP WITH THE KARDASHIANS' producer Ryan Seacrest, 42, is lying low on holiday in the Basque Country and has refused to comment after 30-year-old Rob Kardashian whipped up a social media frenzy by posting a stream of nude photos of his ex-girlfriend Blac Chyna on Instagram while accusing her of having numerous affairs while the pair were together.

Loose woman

KATIE PRICE, formerly known as Jordan, sparked chaos at a Mallorca pool party after firing an air gun at men she fancied, made a series of smutty remarks and poured vodka down eager revellers' throats. The ex-glamour model, 39, who is known for her surgically-enhanced assets, had been drinking all day according to The Sun, with several partygoers describing their shock at her raucous antics.

Cris me quick

HE recently became dad to new-born twins conceived by a mystery surrogate mother.

But football mega star Cristiano Ronaldo is allegedly set to father another child before the year is out after rumours emerged that his 23-year-old girlfriend Georgina Rodriguez is pregnant.

And the glamorous pair set chins wagging this week after stepping aboard a luxury yacht, with the object of Cristiano's affection appearing to show off a growing



BABY ON THE WAY? Cristiano and Georgina.

baby bump as she paraded in a revealing string bikini.

The 32-year-old later took to Instagram, posting a snap including Georgina and one of his new arrivals apparently taken at his home.

In the pink!

THEY recently tied the knot with a lavish ceremony at Delamere Manor in Cheshire

> And Jacqueline Jossa, 24, and Dan Osborne. 25, were all smiles after arriving in Spain for a sun-soaked family break.

The Eastenders actress posted a sizzling snap on her Instagram account as she posed by the pool with two-year-old daugh-



ter Ella after donning a neon pink

She captioned the shot: "Me and my little beauty!! Such an amazing trip to my favourite little place!! Back to work, as a married woman. Reading the scripts are getting me excited! Let's do this!

New hubby and former TOWIE star Dan also joined the social media blitz as he shared a series of

family, including one from his stag do beneath which he wrote: "The boys in Vegas for my stag!!"

The couple have been dating since 2013 and went public a year later after previously denying that they were in a relationship.

Their luxurious wedding venue was previously owned by Take That heartthrob Gary Barlow, who sold it for €8.1 million in 2006.

Alves on her mind

HE has signed for Paris St Germain after turning down a reunion with former boss Pep Guardiola at Manchester City.

But Brazilian superstar footballer Dani Alves, 34, showed he has already made the right choice in love after marrying Spanish model Joana Sanz in Ibiza.

The defender left Italian champions Juventus at the end of the season after just a single season in Turin, but his personal life appears far more stable after his 23year-old wife posted pictures of the intimate ceremony on social

It comes after Dani recently jetted to Argentina to attend friend and ex-teammate Lionel Messi's wedding, and after returning from his

honeymoon he signed a bumper €12 million per year deal with the French outfit.



were married in Ibiza.



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AKI Motril Salobreña Avenue, no number



NEWS EXTRA

Early learning

VELEZ-MALAGA'S Council has signed on to extend its early childhood care programme, which will run until September 15. The service currently helps 180 special needs children in the area.

Lucky escape

A TWO-YEAR-OLD girl was released from hospital after she was thought to have suffered heat stroke on the beach in Torre del Mar. which turned out to be a fever.

Olive branch

TWENTY youngsters from the Sahara aged between eight and 12 have visited Motril as part of the scheme, Vacations of Peace, where they were welcomed 'with open

Spring clean

ALMUNECARstepped up its cleaning programme by hiring 22 employees who will keep the town's streets pristine over its busy tourist season until September 15. The team will work four days a week.

Feria time

A LOCAL businesswoman, Pilar Serran Segovia, has been chosen to open Velez-Malaga's Feria de San Miguel this year. The businesswoman owns fashion house AV Modista.

Free fish

ALMUNECAR'S Council has put on a free event showcasing the town's fishing history. A free tour took place on Saturday demonstrating the importance and tradition of the trade.

Emergency drought measures considered

By Sally Underwood

THE provincial government is considering a raft of emergency proposals to deal with the ongoing drought threat in Axar-

In addition to continuing the current irrigation ban one day a week, several measures are being discussed. The first is to connect the Chillar river to La Viñuela reservoir, which would bring in around 2.5 cubic hectometres of water a year. The project is now awaiting an agreement between the Environment Department and Tragsa.

Farmers are also calling for further

connections with reservoirs in Velez-Malaga, Algarrobo and Torrox, which they believe would bring in a further 10cubic metres of water, costing €800,000.

Last week, Jose Fiscal, councillor for the Environment, said the increasing lack of water supplies in La Viñuela reservoir are "beginning to take their

toll." The councillor acknowledged recent irrigation cuts, preventing farmers watering their crops one day a week, with the aim of reducing water use by 10 per cent, are not working.

Despite fears over water shortages, the Junta de Andalucia has still not begun work to clear the Rubite tunnel.



The best off road bike riding adventures

By Sally Underwood

DRONE enthusiasts are being invited to take part in a piloting course in Almuñecar from July 24 to 28.

The workshop, which is currently open to applicants, will be taught by Alberto Prieto Espinosa, Emeritus Professor at the University of Granada, and

Day rides 170€

Includes: bike, guide, gear, fuel, lunch, third party bike insurance, and very important all breakages to the bikes

and equipment.

Beginners to Experts No bike licence required on the circuit.

Rise of the machines

will provide an introduction to the "theoretical and practical basics of remotely piloted drones," at IES Puerta del Mar.

Vanessa M Martos Nuñez. the school's academic deputy director, explained the course,

"will be very well taught, and will involve practice runs under supervision, with one drone each per group of four students." She said the classes would provide "an overview of remotely piloted drones, addressing basic concepts of their structure and various elements, basic navigation, custom-made designs, applications and regulations," showing attendees "how they are structured and assembled, as well as how they are flown and controlled."

The initiative has already generated interest given drones' potential use in sectors including agriculture, energy, communications, logistics, major civil works inspection, or civil protection. Almuñecar's Council say the course could benefit engineers, scientists, and entrepreneurs who want to add to their professional skills "in a field that is in great demand."

Those interested in the course, costing €195, can register at the school's website, www.iespuertadelmar.es.



DRONES: Useful in various sectors.



BULL RUN: At the San Fermin festival.

On the run

RESIDENTS and visitors crowd the streets of Pamplona, Navarra, during one of the daily bull runs at the notorious San Fermin festival, which ends tomorrow (Friday).

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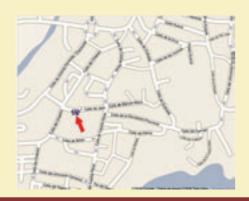
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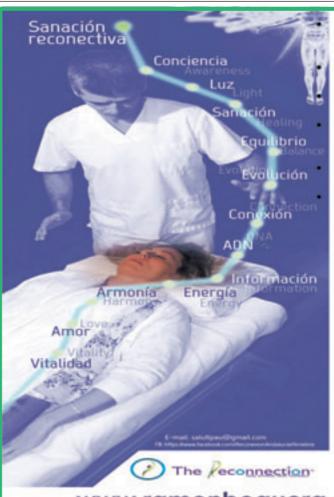
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A new Reconnective Holistic Centre was opened in Nerja on July 1st in calle Merida number 8 close to the hotel Riu Monica. In this Centre we offer Reconnection healing , Reconnections, Osteopathy, Feet Reflexology, Holistic kinesiology, and Emotions Management with more than 8 years of experience. This centre has been opened to offer anyone who wants to change their life, with evolution, conciseness, equilibration on all levels, physically, mentally, emotionally, neurologically and spiritual awakening. By private appointment we look for the equilibrium to anyone who wants to change and connect with theirself in a way never felt before. Here we offer an alternative to conventional medicine able to change your life as you could never imagine. Never forget... the love within you.

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NECROPOLIS: Archaeologists will explore the site.

The last crusade

By Sally Underwood

ARCHAEOLOGISTS are set to carry out a study of three ancient burial sites in Almuñecar and La

A group of archaeologists from the University of Granada, led by Ivan Sanchez, could begin work as soon as August on the research project, which will "try to verify archaeological evidence" from the Puente Noy, Monte Velilla and Laurita sites. Mr Sanchez explained that "the works will initially involve Georeferencing and a topographical survey of the terrain that occupies each of the areas already studied in Puente de Noy, and then we have to study Monte Velilla and Laurita."

Once the first stage is finished, a superficial survey will be carried out at Monte Velilla and a

radar sturdy of Laurita. "The last phase will depend on the results of the previous work and would involve excavating a few tombs and providing an archaeological record. A fourth stage would involve disseminating what we have

The project is sponsored by four public bodies; the Council of Almuñecar, the Department of Prehistory and Archaeology at the University of Granada, the Commonwealth of Municipalities of the Costa Tropical and the Bastetana Centre for Archaeology Studies, based in Baza, which is supplying most of members of the archaeological

The group requested authorisation for the trip some weeks ago and hope to begin by the end of

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NEWS EXTRA

Residency drive

TORROX'S Council has put together a campaign to encourage those not already registered as residents, especially foreigners, to do so. They are aiming to hit the figure of 20,000 residents for the first time in the town's history.

Sports time

NERJA has opened its first sports summer school, organised by the council. The school will provide classes in football, badminton, tennis, swimming, basketball and hand ball.

Travel card

FRIGILIANA'S Guadalinfo centre now offers young people the chance to apply for a European card, available for those aged between 14 and 30, which offers discounts on travel. leisure and events in 40 European countries.

Housing help

ALGAROBBO'S Council has given residents until July 27 to apply for housing aid, which would see them subsidise rent by up to 40 per cent.

Paw-fect match

MOTRIL'S Council has decided to reopen its dog-friendly beach for another year after becoming a tourist destination for animal-lovers.

The well-known PlayaCan (dog beach), which opened for the first time last year, is located on Playa del Cable, and is one of the 10 that are in Andalucia and the only one in Granada Province.

The councillors for Tourism and Beaches, Alicia Crespo, and Health and Consumer Affairs, David Martin, explained "an area of more than 1.500 square metres has been set aside for pets, a space that is fully equipped so that dog owners can take them to the beach without any problems."

Alicia Crespo said the council decided to reinstate the beach this summer after the town's tourist offices received multiple queries about the unique area. She added. "one in three pet owners choose their holiday spot depending on whether they can take their animals with them." explaining, "half of them would not consider travelling without their pets."

The area, which provides bins for waste and showers

for dogs, gives Motril "a competitive advantage over similar sun and beach destinations," according Councillor Crespo.

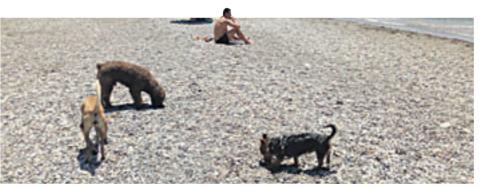
Councillor Martin added Motril "takes into account dog lovers," and "is not only a pioneer in being sensitive to their needs, but also appears on websites as being one of the best beaches in Spain for dogs."

He confirmed, "we will continue working towards becoming a destination for those who want to travel with their dogs."

Finally, Martin encouraged those who enjoy taking their pets to the beach to consider coming to Motril and having a splash with their furry friends, "which many people consider a part of their family."

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DOG'S LIFE: Pooches enjoying the beach.



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I LOCAL POLICE: Carrying out road-side checks.

Driver was eight times over

No limits!

LOCAL POLICE in Motril have arrested a 43-year-old lorry driver who was eight times over the alcohol limit for professional drivers.

The man had his vehicle seized and now faces three to six months in jail, a fine, or between 31 and 90 days' community service, as well as losing his licence for between one and four years.

The police intercepted the

driver on a road in the north of Motril, and say he showed obvious signs of inebriation. Maria Angeles Escamez, councillor for Citizen Security, explained, "the Local Police received a call at around 8pm from a resident saying there was a lorry driving erratically on Calle Cuevas.

"These types of vehicles are not allowed within the urban area, which the driver disregarded, causing damage to the street furniture of a nearby intersection."

She added, "the Local Police headquarters in Motril sent out a patrol car to the area and immediately intercepted the lorry driver on

Calle Enrique Martin Cuevas. In light of the obvious inebriation of the driver and the risk he posed to other road users, he was given an alcohol test and was showed to have 1.19 and 1.11 mg per litre, much higher than the permitted level."

this was the highest drinkagainst road safety."

Councillor Escamez said

driving level recorded among professional drivers in Motril in recent years. She explained, "in view of the high rate, which was over eight times the amount allowed, the Local Police impounded his vehicle and arrested the man for a crime

643,000 The amount of visits made to friends or family in Spain by British citizens in 2016.



NEWS EXTRA

Capital trip

FORTY older people from Frigiliana have taken part in a trip to the province's capital, Malaga, to check out its cultural offerings. The event, organised by the council, is the first of its kind for the town

Child's play

FRIGILIANA'S multipurpose centre is today hosting an event for the town's children, with all their favourite television characters, starting from 9pm. Tickets cost

Cool school

RINCON DE LA VICTO-RIA'S Council has undertaken 30 separate projects within the town's schools to improve them over the summer period. Works include painting and general maintenance.

Funny bone

RINCON DE LA VIC-TORIA is putting on a comedy festival at the CEIP Manuel Laza Palacio from July 18 to 21. The event will see performers from Malaga entertain audiences, with tickets costing €2.

Good cause

THE provincial government has given €46.000 to the Rincon de la Victoria Association for **People with Diminished** Mental Capacity, helping to fund a van which will be used to transport







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NEWS EXTRA

Rent control

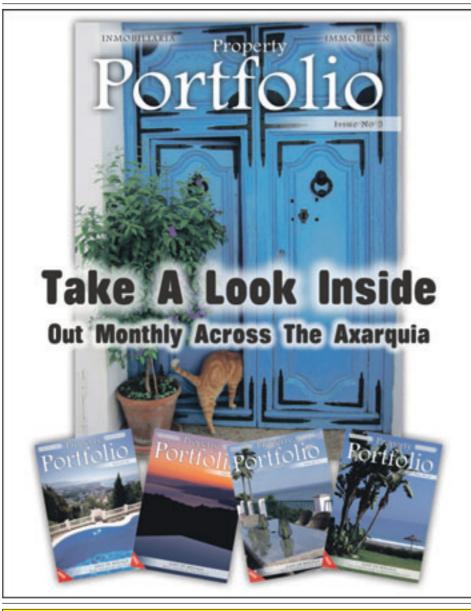
YOUNG people have until August 6 in Almuñecar to request help with their rent. The town's council is giving away €15,000 in aid to subsidise young people's housing bills by up to 80 per cent.

Young ones

MOTRIL'S Council are providing courses for the town's young people in volunteering and the importance of tolerance, taking place in the Jose Lopez Rubio library.

Fruit and veg

MALAGA charity, Bancosol, will provide training for 17 of its food bank users in packaging fruit and vegetables in Velez-Malaga with the aim of giving the qualifications to find a job.





| FERRARA BEACH: Is routinely battered by storms.

Heavy metal

SUN-WORSHIPPERS on Torrox's Ferrara Beach have complained about the presence of heavy machinery being used to repair storm dam-

The council's left-leaning opposition party, PSOE, is calling on Torrox's mayor, Oscar Medina, and Sandra Extremera, councillor for Beaches, to resign after works were carried out to 300 metres of the beach, which was battered by bad weather.

Following complaints by tourists, who called the sight "lamentable." both the PSOE and IU parties said the council's management of the situation was "disastrous," claiming more should have been done sooner to prevent damage. Councillor Mari Nieves Ramirez said, "there are no excuses for summer visitors to have to deal with bulldozers and trucks on the middle of the beach. The entire Costa del Sol has suffered from these storms but nowhere looks like Torrox does."

The governing, right-wing Partido Popular (PP) has apologised for the disruption, saying it had spent €200,000 on restoring the beach so far this

The fracas comes after Mayor Medina announced in June a second breakwater would be built off the town's coast to prevent further sand

A first, measuring 115 metres, was built last year, costing €307,000 in the hope this would protect Ferrara Beach against yearly storm damage. While the structure has improved the annual problem, the beach's width was greatly reduced again this year, particularly along a 300-metre patch near to the children's playground.

The Ministry of the Environment has now committed to building the second structure, which Mr Medina says he hopes will provide a "definitive solution" to the prob-

million. The amount of visits of less than 28 days to Spain in 2016.

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Miss Grand Spain winner represents the Balearics

MARIANA RICO, a 16-year-old born in Venezuela and living in Malaga but competing as Miss Grand Balearics won the Miss Grand Spain 2017 title in Sevilla.

a model from Torremolinos had hoped to become the fourth representative of Malaga to win the title which has been

Miss Grand Malaga Anastasia Castillo, Alba Lara representing Granada and Jaen respectively finished fourth and fifth.

final five. The first runner up was Susana Sanchez from Sevilla, second runner up was Carolina Santos competing on behalf of Andalucia, whilst Paola Morales and

but sadly for her, she was not even in the

There was considerable upset

Jessica Solleiro fell three metres from the stage in the preliminary round, but happily she is recovering without serious in-

Mariana will be 17 when she travels to Vietnam in October to take part in the Miss Grand International finals and appears to have no worries about the long journey or

> leaving home for competition.

> > The amount of €350 was

The El Valle Drama Group has been at it again!!

RECENTLY performing a one-act comedy play - It Ain't Over, Till The Fat Lady Sings, to full houses over two evenings; the joint directors, Steve Heugh and Margaret Heron, worked tirelessly to whip the actors into shape and produced a very funny show

The barista scene in particular, went down a storm, with everyone able to relate to the frustration and confusion felt, at the endless options for coffee and a sandwich, now available at a modern coffee shop!!

The show, which followed a lovely meal at El Trapiche, made for a fantastic evening.

raised from the raffles over both evenings and was donated to Anne Axarquia (anneaxarquia.com), which is a Spanish organisation providing educational and vocational support for young and older adults, with moderate to severe learning disabilities.



John Bosworth presents the cheque for €350.

It is a beautiful, modern facility in Velez-Malaga run mainly by volunteers. They rely heavily on donations and volunteers to keep them go-

El Valle Drama Group is a small English-speaking amateur dramatics group, who rehearse and perform in the El Trapiche Restaurant. The next production will be a pantomime from December 1-3.

They are always looking for more members. For information call John Bosworth (Chairman) on: 692 551 385.





Torrox-Costa

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SAN VICENTE now has 80 fewer rabbits but this

The town hall's Health department paid a specialist

The specialists inspected locations known to have burrows, including Victoria Kent school and Plaza Vi-

cente Malloll, and set about trapping the rabbits with throw nets. They also used muzzled ferrets to flush

out the rabbits which, when caught, were transferred to

Here, Health councillor Begoña Monllor said, they

Monllor did not rule out further control campaigns

as five or six rabbits have since been seen on the recently-cleared land. The councillor also said that analyses of rabbits killed by a dog revealed that none

of them were suffering from multiple diseases as Op-

the Species Recuperation Centre in Santa Faz.

would be able "to continue their life cycle."

firm €2,100 to trap and remove the rabbits that have multiplied throughout the town in recent months.

By Linda Hall

came at a cost.

NEWS FROM OUR FIVE OTHER EDITIONS

Urban rabbits relocated



FRESH START: Rabbits transferred to wildlife centre.

■ COSTA DE ALMERÍA

City clean up

COSTA DEL SOL

TORREMOLINOS Council have spent €44 500 on 112 rubbish bins that will be rolled out across the municipality in order to improve cleanliness and boost the tourism appeal of the town.

Rat pack

CURRO Lopez, the local leader in Langunillas, has criticised Malaga Council for failing to deal with a plague of rats that took residence in the area after the demolition of an adjoined house.

Reality check

HUNDREDS of people queued outside the Hotel Room Mate Larious to audition for the 80th series of Big Brother. Many candidates said they had been queuing for over 24 hours for a shot at reality fame.

Benahavis blaze

ANOTHER forest fire in the Sierra de Benahavis has caused delays along the AP-7 motorway due to the presence of emergency services that were attending the blaze.

Wine shortage

WINE-GROWERS in Mollina, Antequera, have a difficult summer ahead after hot temperatures and drought left the vinevards half empty. Distributors expect to harvest below 2,000 kilograms, 1,500 less than last

Bad amigo

POLICE arrested a man believed to have stolen a bank card from a friend and withdrawn €1,900 at ATMs in Almeria. He discovered the number by spying over his friend's shoulder.

Flesh wound

A WOMAN who suffered cuts on her knee after tripping on an uneven sewer lid will be compensated by Almeria Council. But her €25,000 claim was rejected as excessive by judges.

Wearing thin

THE actual number of National Police and Guardia Civil officers across Almeria Province is less than on paper. The deficit is 90 and 95 officers respectively and almost 22,000 across Spain.

Closed doors

A WOMAN and her two young children have been released from hospital after being found with injuries wandering around El Ejido by police. They were allegedly attacked by her boyfriend.

Debt disaster

LAST week's revelation that Albox is the third most indebted municipality in Almeria has sparked a great deal of debate among councillors and critics. The town now owes in excess of €21 million

MALLORCA

Paradise spoiled

ONE of Mallorca's most unspoiled coves is at risk of being ruined by mass tourism according to environmental protection group GOB. Cala Varques in Manacor now has hundreds of people visit on a daily basis.

Debt plea

DEBT forgiveness is the latest request Balearic president Francina Armengol has made of Madrid. She urged the national government to cancel the debts owed by Mallorca as part of a shake up of the community's financial framework.

Shady dealings

A PRIVATE company which managed three illegally rented flats in Palma faces a €21,000 fine, which might increase as investigations into their activity continues.

More films

FILM shoot requests for Palma have skyrocketed this year, revealing the city to be a quickly evolving audio visual hub. The council claims to have received 96 applications so far to film in Mallorca's capital.

Hacking fear

A SENIOR government official on Mallorca has reported her mobile phone being hacked to National Police. Pilar Carbonell, the Balearic director general of tourism is worried hackers may have accessed sensitive information.

position councillors had claimed.

COSTA BLANCA SOUTH

Copper cops

GUARDIA CIVIL have arrested two men, aged 22 and 24, and are investigating a third for his presumed connection with the robbery of 10 tonnes of copper, steel, metal and electric motors in Bigastro, Alicante.

Just one PC

POLITICAL PARTY Compromis in Orihuela has demanded the council increase the Local Police force using money from the 2017 budget. This is after discovering that there was only one officer on duty on a Sunday.

Roasted veg

FOUR fire engines were needed to put out a fire in a Cox warehouse which stored fruit and vegetables. Smoke from the fire, which was quickly brought under control was visible for miles around.

Heavens open

SIX litres of rain per square metre fell in Torrevieja early last Friday morning. The heaviest falls were recorded in the south of the zone in Orihuela Costa and Pilar de la Horadada

No Sundays

ABOUT 150 people have taken part in a demonstration against the opening of shopping centres in Alicante on Sundays and holidays. The protest began at the Gran Vía and ended at the Plaza Mar, two of the main commercial zones

COSTA BLANCA **NORTH**

Cooled down

FOLLOWING three weeks of complaints, air-conditioning in the pensioners' Games Room at Campello's Social Centre was finally repaired after a vital spare part arrived from the unit's manufacturers.

Early start

WORK began on a classroom for 18 two-year-olds at the Balco de Finestrat school under the Generalitat's free schooling programme for children born

Swim time

THE Lions' Club. La Caixa Foundation and Campello Town Hall are organising four weeks of beach activities for marginalised minors who would otherwise not have access to them.

Black spot

IN 2015 there were 24 accidents on a 10-kilometre section of Benidorm's N-332 bypass, with 12 occurring at the Alfaz intersection which has since been replaced by a round-

Fire fought

COMMERCIAL premises in La Nucia were gutted after fire broke out in its electrical control panel, requiring two fire engines to control the blaze and prevent it from spreading.

Homes bought

THE €600,000 allocated in San Vicente's participatory budget for social housing for low-income families will be used before the end of 2017 to acquire between six and 10 properties.



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DENMARK

Time for tea

DENMARK'S first female Muslim MP has faced her critics head on by inviting them to tea to try and change their views. MP Ozlem Cekic has been viciously trolled on social

Sensible studying

IT seem youngsters have listened to government advice as applications to study subjects in areas where there is a labour shortage has increased. One such area is IT and the IT University of Copenhagen has seen a 39 per cent increase in applicants.

Priest arrested

A FORMER priest has been charged with 30 separate charges related to sexual abuse of youngsters. The assaults are alleged to have taken place at the 47 yearold's home over a 10-year period.

No pay

A STUDY has shown that 44 per cent of Danes want wages to be deducted from workers who stop for smoking breaks during the working day.



OZLEM CEKIC: Trolled on social media.

GERMANY

G-20 protests

WATER cannons and pepper spray was used by police as protesters descended on Hamburg ahead of the G-20 summit. Police reinforcements have been drafted in with some 20,000 officers on hand during the summit.

Dark web

A CHILD sex abuse website has been closed by German police after it was discovered on the dark web. Such pages are not visible through normal search engines but the secret site had attracted 87,000 members.

VW recall

VOLKSWAGEN is recalling some 766,000 cars under the VW brand, Audi and Skoda after detecting a problem with its anti-lock brake systems. Around 385,000 cars in Germany have already been re-

U-Bahn sentence

A 28-YEAR-OLD has been sentenced to nearly three years in jail for kicking a woman down the stairs of a U-Bahn station, a crime he claims not to remember for being drunk. The victim was left with a broken arm and head injuries.

FRANCE

Radical plans

IN a major move to help reduce fossil fuels, France has announced it plans to ban the sale of petrol or diesel fuel cars by 2040 as part of its renewed commitment to the Paris climate deal.

Legal rights

GAY couples have been granted greater legal rights as a high court has ruled that a child born to a surrogate mother abroad can be adopted by the partner of his or her biological father, and become a legal parent.

Veil honoured

HUNDREDS turned out to pay their respects to Simone Veil who died at the age of 89. Veil was the first directly elected president of the European Parliament and fought towards a Europe of peace.

In style

MODELS, celebrities and the biggest names in fashion have flocked to the capital for Paris Haute Couture Week.

BELGIUM

Terror arrests

POLICE are continuing the search for more suspects involved in a terror ring amid fears of a possible attack after a stash of weapons and police uniforms was found in a Brussels suburb.

Easy reading

THE European Parliament is to make books more accessible to the blind and visually impaired following approved new legislation meaning copyright permission will no longer be needed to adapt reading material into Braille or audio books.

Civil case

THE complaints of sexual abuse within the Church by several dozen Belgian victims, has been deemed admissible by the European Court of Human Rights (ECHR) in Strasbourg, meaning a new civil trial could be possible.

Asylum applications

BELGIUM came 12th in the rankings for asylum applications last year in Europe. Across the EU, some 1.3 million applications were made, a fall of 7 per cent compared to the previous

NETHERLANDS



Long wait

THE healthcare watchdog has warned that waiting lists to see medical specialists are increasing and in some extreme cases patients have reported waiting up to 48 weeks to see a special-

Poison bus

DUTCH scientists say they have developed an electric bus that could run on formic acid, which is the poison found in the stings of ants, wasps and nettles, believing its a cost-effective way to create hydrogen as fuel.

Crime pays?

CRIMINOLOGISTS say those with a conviction for violent crime are more likely to be offered a job than ethnic minorities and those with an Arabic sounding surname.

Costly find

A DUTCH archaeological museum has spent €550,000 on the 3,500 year-old Ommerschans sword which is deemed to be one of the Netherlands' most important bronze age artefacts.

SWEDEN



Women only

SWEDEN will next year host a 'women-only' music festival. It comes following a series of sexual assaults at this year's popular Bråvalla Festival, with four rapes and 23 sexual assaults reported over four days.

Rubbish strike

AROUND 10,000 households in Stockholm were left with their rubbish as binmen took strike action against salary changes. The 50 employees face getting the sack if they do not return to work following their unauthorised strike

Lost money

OLD Swedish kronor worth 7.7 billion kroner is still out there being stashed away somewhere according to the country's central bank. The notes ceased being legal tender at the end of last month.

Strawberry thieves

STRAWBERRIES, worth up to 70.000 kroner (€7.266) have been stolen from a strawberry farm, which the owner claimed would have required between 15-20 people to pick the straw-

NORWAY



Wishful thinking

THE country's 'voluntary' tax plan has received a lukewarm reception since being launched in June and has brought in the equivalent of just €1,160 in extra revenue so far.

Bubble burst

HOUSE prices in Oslo fell 3.1 per cent last month amidst concerns that one of Europe's strongest housing markets could be slowing and falling. Experts said June was one of the weakest on record.

Water ban

WATER restrictions have been put in force in several areas following increased usage and warmer weather. Fines of up to 1.500 kroner (€158) will be issued to those breaking the restrictions.

Pride hate

POLICE in Oslo are investigating four reports of hate crime following the Pride parade in the city on Saturday. Police say three times as many hate crimes were reported in 2016 compared to 2013.

Unfair charges questioned

THE European Court of Justice has made a ruling which may assist travellers within the EU who are penalised for cancelling flights. In a response to a case brought by the German consumer union it has ruled that all airlines operating within the EU have to comply with general consumer rules for unfair terms and to publish clearly details of any cancellation charges on their internet sites.

Swiss invest €450m in Spain

A SWISS investment company has invested €450 million in commercial property in Spain and is now turning to residential builds.

Stoneweg considers that the Spanish market offers a particularly strong opportunity for investment and moved into the market in 2015.

Having raised €1.4 billion from investors around Europe, including Spain as well as the USA, the company believes that their clients are more than comfortable with investment in Spanish real estate.

Whilst initially focusing on com-

By John Smith

mercial property, the fund is now expanding its residential portfolio, working in partnership with local builders and has some €300 million which it plans to invest in property hot spots such as Barcelona and Madrid.

The problem with those two cities is that land is becoming more and more scarce and therefore more expensive and although they have some €1 million plus individual properties under construction, they

are now looking at other areas such as Costa Brava and even Malaga and

Not every project is high end and Stoneweg is more than happy to consider cheaper builds if there appears to be a market and potential profit for their properties.

They have currently committed €150 million on investment and building projects to be completed in 2017 and expect to continue building and selling residential properties and obtaining and leasing commercial properties in 2018.

Tax cuts agreed for low earners

THE cost of tax for 3.5 million Spaniards will drop thanks to a deal between the government and Ciudadanos. Those earning less than €14,000 a year will not pay any tax and there will be a cut in the rate for those earning up to €17,500. In addition, but not yet confirmed, there may be a further reduction for those earning up to €20,000. There will also be a payment of €1,200 to families looking after the disabled or

Quote of the Week

It's the European Central Bank, as the single supervisor, and the SRB that executed all the decisions," said Spanish Economy Minister Luis de Guindos when questioned about lawsuits over the sale of Banco Popular



SHINZO ABE on left opposite Donald Tusk.

Doors open for deal with Japanese

THE European Union and Japan have confirmed that they intend to enter into a free trade agreement.

EU Council President Donald Tusk and Japanese Prime Minister Shinzo Abe met the day before the beginning of the recent G20 summit to officially endorse the deal and this action sends a clear message to the increasingly protectionist USA.

Whilst it has been agreed in principle it still needs the approval of EU leaders and will

take several months to negoti-

This is yet another deal, along with the recent finalisation of the EU-Canada free trade arrangement, that the UK is likely to be excluded from after Brexit.

Depending on the final terms of the Brexit deal, the EU could find itself having trade relationships with nations half way across the world than with its neighbour and former part-

» BUSINESS EXTRA

Rental arowth

CAR rental in Spain could generate €1.6 billion of income during 2017, an increase of 6 per cent over the previous year. The number of companies renting cars and the number of tourists hiring them keep growing according to a report

More jobs

THE Spanish government will approve the recruitment of more than 20,000 in the public sector with the majority working in the Tax Authority and Social Services. Once this figure is reached there will also be 5,000 promotions which will need replacements.

Green bonds

SPAIN has climbed to sixth place in the world for the launch of 'green' investment bonds with Iberdrola the energy company being the main issuer. Investors are currently looking to place funds with socially aware companies.

Investors look to buy Spanish bridal boutiques

PRONOVIAS the Spanish bridal shop which has prestige branches around the world is likely to be purchased by four international investment funds for €300 million.

Founded in 1922 by a Turkish immigrant, the company grew over the years until it offers a wide range of special clothing including wedding dresses through 44

owned shops and 79 franchises.

Latest figures show a profit of €22 million, but the company is owned by recently divorced Alberto Ribera and it was known that he was looking for external investment, perhaps in order to make settlement on his former partner. One attraction to the sale is that company debts will also be taken over.



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LONDON - FTSE 100

COMPANY PR	ICE(P)	CHANGE(P)	% Снс.	NET VOL
3i Group PLC	904.50	6.50	0.72	40.79
Admiral Group PLC	2037.00	6.00	0.30	4.87
Anglo American PLC	1045.25	-5.50	-0.52	137.99
Antofagasta PLC	811.00	-4.50	-0.55	58.81
Ashtead Group PLC	1544.00	0.00	0.00	43.43
Associated British Foods PLC	2981.00	11.00	0.37	16.88
AstraZeneca PLC	5152.50	23.00	0.45	55.74
Aviva PLC	535.75	1.00	0.19	264.87
Babcock International Group	872.50	-1.50	-0.17	54.63
BAE Systems PLC	615.25	-2.00	-0.32	690.41
Barclays PLC	208.38	0.25	0.12	1,980.25
Barratt Developments PLC	592.75	3.38	0.57	139.46
BHP Billiton PLC	1240.00	-2.50	-0.20	241.22
BP PLC	447.07	3.10	0.70	1,138.26
British American Tobacco PLC	5179.50	-40.00	-0.77	145.78
British Land Co PLC	610.25	2.50	0.41	66.60
BT Group PLC	288.45		0.44	514.84
Bunzl PLC	2246.00	-11.00	-0.49	27.17
Burberry Group PLC	1621.50	11.00	0.68	48.20
Carnival PLC	5142.50		-0.19	17.40
Centrica PLC	206.90		-0.39	1,333.32
Coca-Cola HBC AG	2211.00		-0.45	54.46
Compass Group PLC	1579.50		0.13	102.40
ConvaTec Group PLC	300.35		-0.33	258.46
CRH PLC	2762.00		-0.36	24.02
Croda International PLC	3840.00		-0.26	4.95
DCC PLC	6857.50		-0.51	7.52
Diageo PLC	2261.25		0.02	244.54
Direct Line Insurance Group	364.00		0.22	84.22
easyJet PLC	1417.50	-1.00	-0.07	178.01
Experian PLC	1565.50		0.00	115.43
Fresnillo PLC	1382.50		-2.68	113.10
G4S PLC	325.90		-0.49	119.63
GKN PLC	326.50	-0.80	-0.24	193.07
GlaxoSmithKline PLC	1615.25		0.06	285.72
Glencore PLC	297.12		-0.05	1,029.40
Hammerson PLC	572.75		0.35	36.79
Hargreaves Lansdown PLC	1277.50		0.00	67.74
HSBC Holdings PLC	737.50		1.28	2,273.96
Imperial Brands PLC	3440.00		-0.45	76.76
Informa PLC	658.25		0.00	30.37
InterContinental Hotels Gr	4277.50		0.38	5.86
International Consolidated	631.25		0.56	552.15
Intertek Group PLC	4190.50		-0.12	16.64
ITV PLC	178.00		0.79	421.41
Johnson Matthey PLC	2782.00		-0.07	15.44
Kingfisher PLC	307.30		0.79	437.14
Land Securities Group PLC	1018.50		0.49	83.46
Legal & General Group PLC	266.95		-0.04	429.74
Lloyds Banking Group PLC	66.11	-0.42	-0.63	7,550.70
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COMPANY PR	ICE(P)	CHANGE(P)	% Снс	. Net Vol
London Stock Exchange Grp	3742.00	9.00	0.24	8.79
Marks & Spencer Group PLC	343.05	-1.40	-0.41	247.38
Mediclinic International PLC	730.00	-1.00	-0.14	9.83
Merlin Entertainments PLC	472.85	-0.50	-0.11	78.37
Micro Focus International PLO	2203.00	1.00	0.05	9.05
Mondi PLC	1999.00	-1.00	-0.05	23.98
Morrison (Wm) Supermarkets	242.65	1.50	0.62	188.31
National Grid PLC	933.30	-1.40	-0.15	168.66
Next PLC	3759.50	-6.00	-0.16	14.56
Old Mutual PLC	191.65	0.10	0.05	84.97
Paddy Power Betfair PLC	8062.50	-10.00	-0.12	1.07
Pearson PLC	689.75	4.06	0.59	91.98
Persimmon PLC	2380.50	14.50	0.61	73.02
Provident Financial PLC	2374.00	6.00	0.25	4.83
Prudential PLC	1786.25	6.50	0.37	200.55
Randgold Resources Ltd	6597.50	-70.00	-1.05	89.73
Reckitt Benckiser Group PLC	7654.00		-0.18	38.73
RELX PLC	1624.50	-7.00	-0.43	207.69
Rentokil Initial PLC	273.15	1.50	0.55	214.27
Rio Tinto PLC	3331.75	-30.00	-0.89	172.62
Rolls-Royce Holdings PLC	931.25	-5.00	-0.53	313.86
Royal Bank of Scotland Grou	258.25	-0.40	-0.15	552.47
Royal Dutch Shell PLC	2073.75	12.58	0.61	223.44
Royal Mail PLC	411.95	1.60	0.39	184.81
RSA Insurance Group PLC	638.75	3.50	0.55	108.27
Sage Group (The) PLC	675.25	4.00	0.60	38.71
Sainsbury (J) PLC	247.95	1.60	0.65	284.22
Schroders PLC	3230.00	73.00	2.31	89.53
Scottish Mortgage Investmen			0.32	156.21
Segro PLC	484.20	2.70	0.56	39.93
Severn Trent PLC	2200.50		-0.36	39.45
Shire PLC	4334.75		0.25	126.14
Sky PLC	993.75		0.40	53.14
Smith & Nephew PLC	1305.50		0.08	76.99
Smiths Group PLC	1627.00		0.12	72.62
Smurfit Kappa Group PLC	2379.50		0.00	7.98
SSE PLC	1474.50		-0.01	121.07
Standard Chartered PLC	814.70		1.48	432.43
Standard Life PLC	407.50		0.44	408.40
St James's Place PLC	1195.00		0.08	27.30
Taylor Wimpey PLC	179.60		0.70	638.90
Tesco PLC	170.95		0.28	259.95
TUI AG	1128.00		-0.09	15.30
Unilever PLC	4191.25		0.34	204.39
United Utilities Group PLC	869.00		-0.11	108.63
Vodafone Group PLC	218.90		0.02	1,043.99
Whitbread PLC	3851.50		0.18	7.83
Wolseley PLC	4664.00		-0.30	18.72
Worldpay Group PLC	369.90		0.41	222.38
WPP PLC	1565.50		-0.25	183.36
120	1505.50	4.00	0.23	103.50

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EUR Fixed Income B Sterling Fixed Income B

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GBP Currency B EUR Currency B	£0.9829	£0.0002 €0.0003
Multi Asset Conservative B GBP	£1.1429	£0.0056
Multi Asset Conservative B EUR Multi Asset Balanced B GBP	€1.0691 £1.2892	€0.0054 £0.0058
Multi Asset Balanced B EUR Multi Asset Growth B GBP	€1.1947 £1.4224	
Multi Asset Growth B EUR		€0.0082

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3M	209,590	+0,75%	1,570	125.103
AMERICAN EXPRESS	84,3300	+0,70%	0,5900	75.381
APPLE	144,180	+1,02%	1,450	751.731
BOEING CO	202,370	+0,44%	0,890	122.140
CATERPILLAR	106,920	+0,38%	0,410	63.010
CHEVRON	103,49	-0,32%	-0,33	196.162
CISCO SYSTEMS	30,900	+0,59%	0,180	154.501
COCA-COLA	44,39	-0,02%	-0,01	189.616
DU PONT(EI) DE NMR	82,0300	+0,54%	0,4400	71.122
EXXON MOBIL	80,22	+0,12%	0,10	339.828
GENERAL ELECTRIC	26,1500	-0,61%	-0,1600	226.998
GOLDMAN SACHS	225,28	-0,62%	-1,41	88.663
HOME DEPOT	152,2300	+0,12%	0,1800	181.945
IBM	152,94	+0,38%	0,58	143.667
INTEL CORP	33,8800	+0,74%	0,2500	159.540
J.P.MORGAN CHASE	93,8500	+0,50%	0,4700	333.395
JOHNSON & JOHNSON	132,5400	+0,02%	0,0200	357.040
MC DONALD'S CORP	156,2700	+2,08%	3,1800	127.387
MERCK AND CO. NEW	63,16	+0,10%	0,06	172.80
MICROSOFT	69,460	+1,30%	0,890	536.266
NIKE	57,98	+1,43%	0,82	76.608
PFIZER	33,3500	+0,39%	0,1300	199.087
PROCTER AND GAMBLE	87,650	+0,32%	0,280	224.098
TRAVELERS CIES	127,17	+0,78%	0,99	35.536
UNITED TECHNOLOGIE	122,61	+0,59%	0,72	98.206
UNITEDHEALTH GROUP	187,96	+0,55%	1,02	181.099
VERIZON COMMS	43,48	-0,09%	-0,04	177.411
VISA	93,92	+0,72%	0,67	173.455
WAL-MART STORES	75,3300	-0,19%	-0,1400	227.052
WALT DISNEY CO	103,3200	-0,03%	-0,0300	161.620

NASDAQ

Movement

€0.9475 -€0.0043

£0.9432 -£0.0027

COMPANY	PRICE	CHANGE NET / %
Most Advanced		
Zion Oil & Gas Inc	\$ 5.88	1.65 ▲ 39.01%
Cogint, Inc.	\$ 5.35	0.65 ▲ 13.83%
Spark Energy, Inc.	\$ 19.80	2.40 ▲ 13.79%
Rambus, Inc.	\$ 12.45	1.12 ▲ 9.89%
Applied Optoelectronics, Inc.	\$ 67.30	5.83 ▲ 9.48%
DSP Group, Inc.	\$ 11.85	1 ▲ 9.22%
Affimed N.V.	\$ 2.50	0.20 ▲ 8.70%
SecureWorks Corp.	\$ 10.25	0.79 ▲ 8.35%
VelocityShares 3x Inverse Silver ETN	\$ 32.58	2.41 ▲ 7.99%
Dova Pharmaceuticals, Inc.	\$ 25.17	1.85 ▲ 7.93%
Hovnanian Enterprises Inc	\$ 7.50	0.50 ▲ 7.14%
Most Declined		
Cherokee Inc.	\$ 4.95	2.80 ▼ 36.13%
Ocular Therapeutix, Inc.	\$ 7.12	2.38 ▼ 25.05%
Digimarc Corporation	\$ 31.10	7.30 ▼ 19.01%
RadiSys Corporation	\$ 2.99	0.61 ▼ 16.94%
Smart Sand, Inc.	\$ 7.42	1.29 ▼ 14.81%
Cara Therapeutics, Inc.	\$ 13.62	1.44 ▼ 9.56%
VelocityShares 3x Long Silver ETN	\$ 9.61	0.90 ▼ 8.56%
KemPharm, Inc.	\$ 3.30	0.30 ▼ 8.33%
Select Comfort Corporation	\$ 30.56	2.62 ▼ 7.90%
Kona Grill, Inc.	\$ 3	0.25 ▼ 7.69%
Ra Pharmaceuticals, Inc.	\$ 17.25	1.30 ▼ 7.01%



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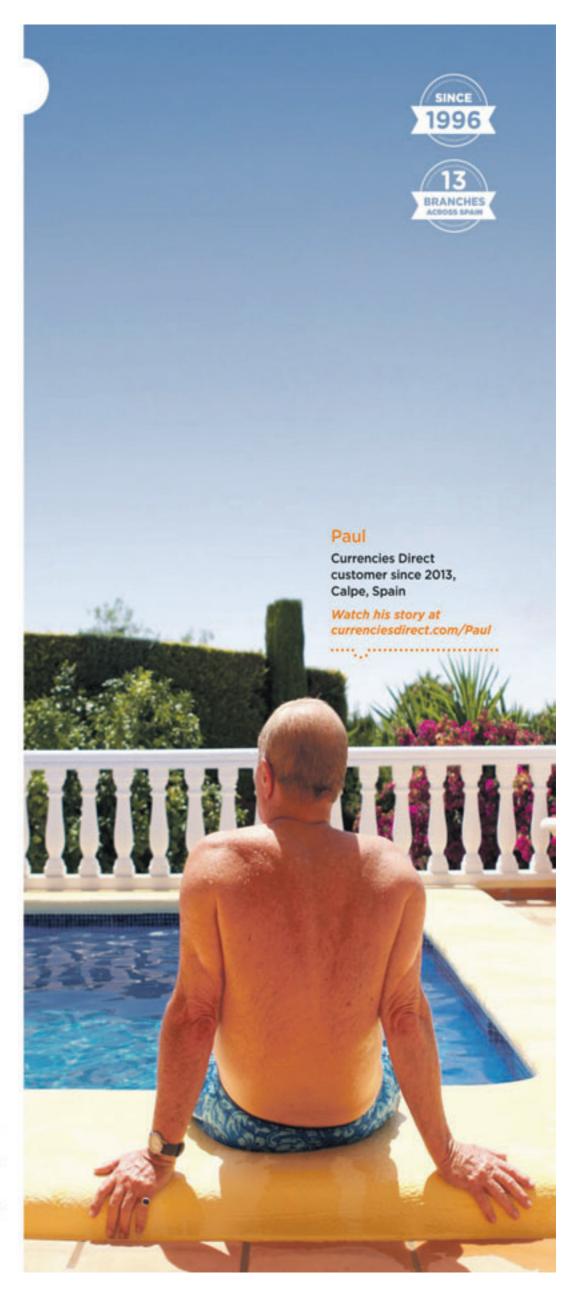
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"Fees and exchange rate data for banks taken from the international Money Transfer index" (IMTI").

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REVENUE FROM ICE CREAM TAKES SOME LICKING As the sun shines sales rise

GLOBAL WARMING is helping to encourage the sale of different types of cold and refreshing desserts around the world.

There is evidence of the production of frozen desserts thousands of years ago with the Ancient Greeks and Romans adding flavours to ice brought down from the mountains, although the invention of the modern version is credited to China, with the concept brought to Europe by Marco Polo.

Despite the Chinese involvement, the market has until quite recently been led by the West according to a recent Mintel report but this is now changing with the huge populations of China, India and Indonesia seeing a major growth in consumption.

China is now the world's biggest ice cream market, with sales estimated at 4.3 billion litres in 2016, followed by the US (2.7 billion litres) and Japan (756 million litres) but by head, the biggest purchasers of ice cream are in Norway, Australia and Sweden.

Despite the fact that there seem to be increasing numbers of ice cream parlours opening across Spain, the Spanish are far less adventurous than many of their European cousins in wanting to try new, eth-

The production of unusual flavoured ice cream started in the Far East with such exotic flavours as Wasabi, Green Tea, Goat's Cheese and Avocado but moved rapidly to the USA and then Europe particularly Germany, Italy and Poland.

It's not just ice cream that is seeing a growth in popularity as anything iced or frozen, be it cream, sorbet, yoghurt, semifreddo or even gin and tonic lollies are becoming increasingly more popular in the East whilst the West is importing exotic ideas.

Kulfi is coming from India, moochi a frozen rice doughnut filled with ice cream from Japan, rolled ice from Thailand and even booza, a



CHILDREN will always love ice cream.

traditional type of ice cream from Syria and Lebanon which is very slow to melt.

Whilst some health conscious consumers are consciously reducing their ice cream intake, others are involved in the launch of Vegan versions which are seeing a considerable growth in sales as they manage to find entry into national outlets.

One thing that Spain seems determined to do, regardless of trends, is to keep its deep freezes within restaurants and to offer a whole range of frozen desserts to child and adult diners, with the added bonus that guests can still often take the clay containers

Butter shortage forecast

ONE of the largest producers of dairy products in Britain, Arla has warned that there could be a Europe wide shortage of butter in particular by the end of this year.

For a number of years, there was an excess of milk production which when coupled with EU subsidies led to the creation of butter mountains and milk lakes, but with a deliberate sharp reduction in milk yield, the pendulum has started to swing the other

Many countries are moving away from margarine and back to butter which means that manufacturers are stretched and although Spain tends not to rely on fresh cream, it is suggested that expatriates' mince pies and Christmas pudding may have to be served with custard rather than cream.

SPAIN WOULD BE WELL ADVISED TO FOLLOW A DUTCH IDEA

Green coins for a green plan

TURNING waste plastic into green monev works in Amsterdam and an environmental organisation wants to see Spain follow suit.

The Dutch capital has a reputation for being one of the most environmentally friendly and alert capitals in Europe with a huge number of bicycles reducing pollution in the air and much being done to remove waste sensibly.

Appropriately named Wasted Lab has produced a series of green coins which it makes from the plastic handed in to it and in turn, it has negotiated with various stores and organisations around the city to accept the green coins in part payment for products, services or meals.

Anyone who wants to join in has to register with Wasted and receive special bags in which to place plastic of different types for recycling and the positive result is not only do those collectors bring their own plastic but they also pick up plastic in the streets in bins and by canals, increasing the amount that is recycled.

Those companies who accept the green coins are then able to use them to get Wasted to collect their rubbish and dispose of it and in the case of plastic, they will re-



GREEN COINS made from recycled plastic.

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ceive green coins as well.

The plastic collected by the Wasted company is used as the main source of material for their range of products. They specialise in the manufacture of recycled and recyclable building block, furniture, facilities for local market stalls and children's games.

So successful has this project been that the company reports that they continue to expand the number of outlets that accept the coins, have an ever-growing army of plastic collectors and the value of the coins is now common knowledge so that the coins themselves are likely to be digitised

by the end of this year.

For countries like Spain who have been lagging behind in the recycling of waste generally and are not on course to comply with European Union directives this could be an ideal way of meeting the requirements at least in the case of plastic and making it worthwhile for individuals to take the trouble to become involved.

Collection of waste in Spain is very regular but in a large number of cases, quite indiscriminate with waste of different types simply being dumped together meaning that recycling is a haphazard and somewhat inefficient undertaking.

Santander additional share sale

IGNORING the fact that disgruntled former Banco Popular shareholders are working together to try to recover lost money, Santander has invited them to invest more.

All of those former shareholders are being given preferential treatment by way of a discounted price of 17.75 per cent in this new offering to cover the €7 billion needed to cover the acquired bank's estimated bad debts.

The management of Santander is confident that it will sell all of the new shares, but as is normal, has effectively insured itself against being left with shares at an estimated cost of €70 million.

Santander has also indicated that there will be positive trading contribution from Banco Popular of more than €30 million this year.

THE ROYAL FAMILIES CHAT WHILST BUSINESS CARRIES ON

Spanish entrepreneurs visit UK

THE visit of the Spanish King and Queen to the UK was more than just a gesture of friendship between old allies but had economic reasons.

Britain is a major home for Spanish investment and travelling with the Royal Party will be a number of heads of Spanish companies who own large parts of British commerce and industry.

Those who will be participating include Ana Botín, president of Santander; José María Álvarez-Pallete, president of Telefónica; Ignacio Sánchez Galán, president of Iberdrola: Pablo Isla, president of Inditex; Rafael del Pino, president of Ferrovial and Josep Oliu, president of Sabadell,

When one considers that between them they own Santander UK, O2, Heathrow Airport, Zara UK and TSB Bank, their influence in the British economy is significant and they are clearly interested in the future of their investments in the run up to and post

Whilst the King and Queen will be enjoying the pomp and ceremony of the first Spanish Official Visit in 31 years, the business owners will be discussing



KING FELIPE in the Cortes.



matters with local executives as well as diplomats and political heavyweights.

There was a very exclusive breakfast when the most important of the Spanish industrialists met with Dr Liam Fox. Minister for International Trade who was accompanied by his Spanish opposite number Marisa Poncela García.

This 'closed' meeting was followed by a larger address at the Mansion House where the 'great and good' from both countries had a chance to discuss possible future opportunities and there was a short address from King Felipe.

Whilst Spain and the UK are economically close, there was bound to be some jostling for position, especially as Spain would be happy to take over the role of hosting some of the European Union organisations currently headquartered in

The position of Gibraltar will almost certainly not be allowed to become a major point of public disagreement although it will be discussed in private as it is does play an important financial role in the economy of the Campo.

The British Ambassador in Madrid had already been briefed to discuss the Catalan independence situation and to distance it from comparison with Scotland and it is probable that the British government will repeat this position dur-

The position of expatriates in both countries will be a major topic of conversation as will movement of money and people across borders following Britain's eventual resignation from the 28.

With British industrialists calling for a delay in leaving the Free Trade Agreement, it is also possible that the Spanish visitors will reinforce this suggestion.

Wheat price to increase

ALREADY the largest importer of wheat in the European Union, it appears that Spain will have to increase imports by 43 per cent this year.

The cause of this is the continuing dry weather which means that forecast production in Spain is down by 1.8 million tonnes.

Much of this requirement is to satisfy the need to feed Spain's huge livestock sector according to research organisation AgroIn-

It isn't just wheat however which will affect the balance of payments as significant increases are expected in importation of both barley and corn, the latter now looking as if it will take over first place in the production of animal feed.

Losing mental capacity whilst living abroad



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

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

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



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

What is an LPA?

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

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

Your attorney can be a professional,

such as a solicitor or a family member or friend.

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

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

Why should you get an LPA?

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

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

Will my LPA be recognised in Spain?

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

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



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LEAPY LEE SAYS IT OTHERS THINK IT

HIGHLY predictable leftie reaction to the appointment of Sir Martin Moore-Bick as chief investigator of the Grenfell inquiry. 'He knows

nothing about how these residents

live their lives,' ranted one dissenter.

Er, just a minute, what on earth has that particular observation got to do with anything? This is an enquiry as to what, or whom was to blame for this tragedy; it has nothing whatsoever to do with how the residents lived. (Unless it transpires the fire was due to a bomb-making factory. as was recently reported on a number of social media sites!) 'We want an unbiased investigation' they ranted on. Ok, so what would make them happy one wonders?

An ethnic immigrant on welfare, living in council accommodation? Oh yeah, you're bound to get a completely unbiased result from that particular quarter. Sir Martin is a re-



spected judge of some 20 years, his credentials are as long as your arm and utterly impeccable, including commercial law

I know who I would prefer to investigate my claims and catastrophic losses and with all due respect it wouldn't be someone whose main criteria was 'knowing how these people live.' Let this extremely competent appointee get on with the job he has been assigned to. If, after a respectable time lapse, he and his committee appear to be dragging their feet, by all means kick their backsides into speedier action. Objections to his appointment will only drag the whole thing out even longer.

Corbyn

continues on his

truly does boggle.

unrelenting quest to show everyone

he truly is a man of the people, par-

ticularly the gullible young. Not only

did he spout off at Glastonbury, he

now gives his opinion on who he

thinks should win the brain numbing

TV series of Love Island! The mind

Surely the victims of this tragedy deserve a great deal more than that?

young' ploy ie cancelling student loans, would cost something in the region of 100 billion pounds. Yet another example of his totally irresponsible Christmas present list. Don't get me wrong, I am seriously disillusioned with the Conservative party at the moment, but frankly the

As a matter of interest, it has been

assessed that his other, 'catch the

thought of Corbyn, Abbott and the union bullies taking over the country, is a far worse scenario.

Personally, I would like to see Farage in number 10. Who knows, in the event of another general election, (heaven forbid!) were he to run, I think he would be in with an extremely serious chance. He certainly talks with more sense than the whole of the rest put together, and at least he's not running scared, as the majority of our illustrious leaders appear to be!

> Keep the faith Love Leapy. Leapylee2002@gmail.com





The most ridiculous thing

Mike Senker In my opinion

Views of a Grumpy Old Man

I AM always asked, 'How can you be so grumpy all the time?' And the answer is, 'I'm not.' I never wake up in a bad mood. I never wake up depressed. But, thanks to so many dumb ass things I'm presented with every day, it's hard to not get grumpy on a regular basis.

It's little things that set me off like the idiot that has parked on the pavement outside our apartment when there are parking spaces all over the place. Or the car that is double parked in the middle of the road because he can't be arsed to park a few yards down the road and WALK!!

Then of course there are the most ridiculous things that happen. Mrs S is the proud owner of a new phone. So we decided that it needed a new case so to protect it. Simple job right? Just go and buy one. Oh no. We were in Miramar shopping centre near us which must have 10 phone shops in there selling phones and accessories and we went to them all and couldn't find the type of cover she wanted. Our final stop was Carrefour which, by the way, is one of my favourite shops.

Low and behold - there it was - the perfect cover for her phone. All we needed to do was take it out of the box and double check it was sturdy enough to protect her means of communication which, by the way, cost more than my first car! Not only was the box sealed at both ends, it also had a thick white plastic band, the type you see round boxes sent for worldwide shipping.

I took it to the assistant who was tiddling about on his computer and asked him if he could open the box so I could see the case properly. 'No sorry, we aren't allowed to open the box.' 'Why?' I asked. 'Company policy,' came the reply. 'Are you nuts? How do I check it's what I want?' 'Well, there is a picture on the front.'

Then came the most incredibly stupid thing I've heard in ages. 'If it's not right you have 14 days to return it.' 'WHAT? I have to buy it, take it home, and open it, then if I don't like it I bring it back?' 'Well, you don't have to take it home. You can open it on the other side of the till after you have paid then return it.' So, should I buy scissors or a knife too so I can cut through the security band? By now I've lost it and am demanding to see a manager and the assistant then realises how stupid the conversation is and picking up scissors, cuts the band, opens the box, takes out the cover and I look at it and say, 'Fine, it's the one we want. Thank you.' He looks at me. I look at him and he says, 'I'm sorry, it's company policy and I know it's ridiculous.' At last common sense prevailed and the purchase was completed. So that's how I become grumpy! What makes you grumpy? email mikesenker@gmail.com



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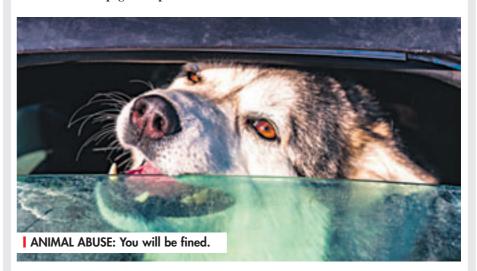
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LEGALLY SPEAKING

Don't be guilty of animal abuse this summer

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.



A RECENT case has highlighted the dangers of leaving your pet in a vehicle and it could result in the owner being jailed.

The Canine Unit of the Local Police in Alicante have denounced a person for an alleged crime of animal abuse for leaving their dog locked in a vehicle in temperatures above 36 degrees for some time.

Concerned local residents alerted the police of the presence of the dog in a car in a car park which was showing signs of distress and severe discomfort. Police immediately arrived at the scene and seeing the dog was on the brink of suffocation broke the rear window of the vehicle to gain access and successfully rescued the animal. Legal proceedings have now been opened and a formal complaint filed against the owner who is charged with a crime of animal abuse. The dog is now safe and well and a campaign has started to find it a foster family to care for it.

In addition, the officers who broke into the vehicle discovered it did not have a valid ITV so the car was seized and removed with a tow truck. The owner also faces separate charges for vehicle offences.

As the summer heat continues, police remind all pet owners again about the dangers of leaving animals inside cars where temperatures inside can quickly increase putting the animal's life at risk. In endangering the life of an animal, the offence can carry a prison sentence as well as fines.

If anyone sees an animal left inside a vehicle they are urged to call the police and emergency services straight away.

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

Cyclists have alcohol limits

Two weeks ago, we responded to a series of questions about riding a bicycle. We said that no alcohol limits applied to riders of bicycles. We have now

been corrected by a friend who teaches the rules at a Spanish driving school. We express our thanks to her for setting us

THE same alcohol limits that apply to drivers of automobiles also apply to riders of bicycles and even to pedestrians.

These limits would come into effect if an inebriated cyclist causes an accident which involves motor vehicles, or if a drunken pedestrian wanders into the road



and causes an accident to happen.

It is unlikely that the police would stop and fine a bicycle rider who is weaving a bit in the road or someone stumbling along the beachfront promenade, but the possibility is there.

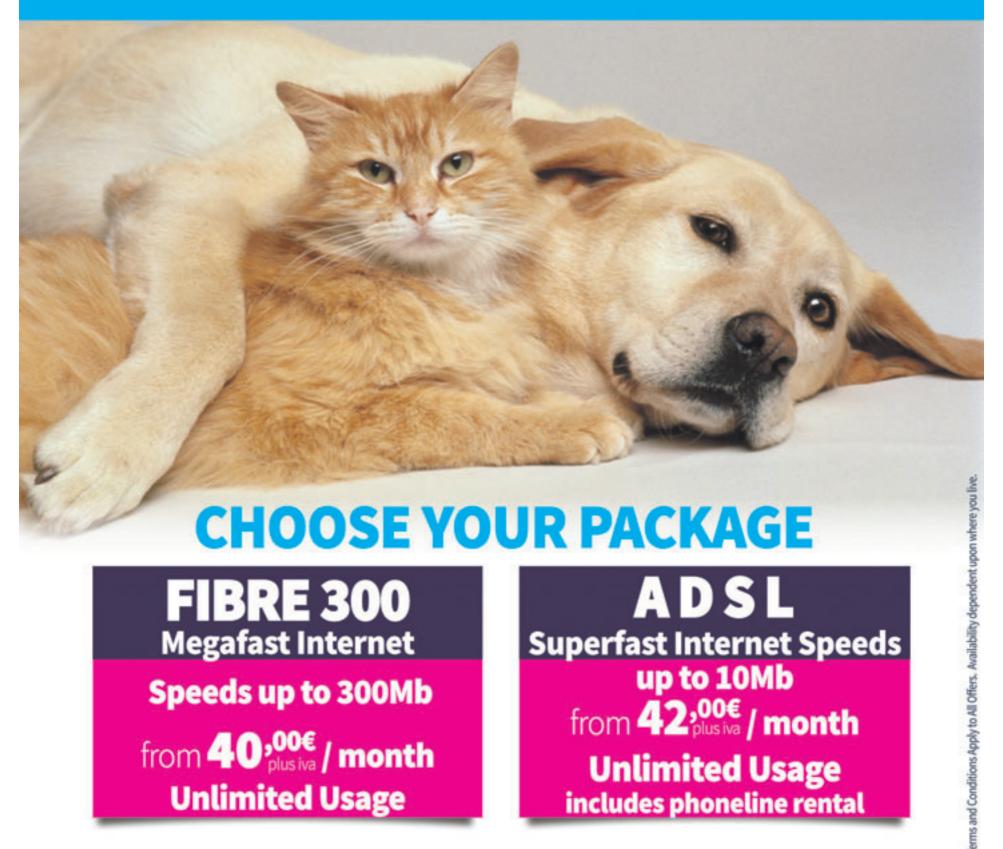
If a bicycle rider has no automobile licence, he cannot lose any points, but he can be fined.

And if it can be shown that he is the direct cause of an accident, other charges can be brought against him.

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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Terms and Conditions Apply to All Offers

Cryptic

Across

- 1 Force servant to run riot (7) 4 Scale the end of rheumatic arm or leg (5)
- 7 Jargon used in worker's language (5)
- 9 Witticism has a point with farm animals (7)
- 10 Reduce notes on pamphlet (7)
- 11 Looks after wild Pekes (5) 12 Choose to have River Police
- 14 Songbirds start reorganising old rubbish containers (6)
- 18 Meddle with a bent spoon (5) 20 Triumph, a real VIP in the making (7)
- 22 Monster devouring head of old mounted soldier (7)
- 23 Girl having exercises to modify (5)
- 24 Robert Louis Stevenson demonstrates an equal chance
- 25 Aroused former spouse gets mentioned (7)

Down

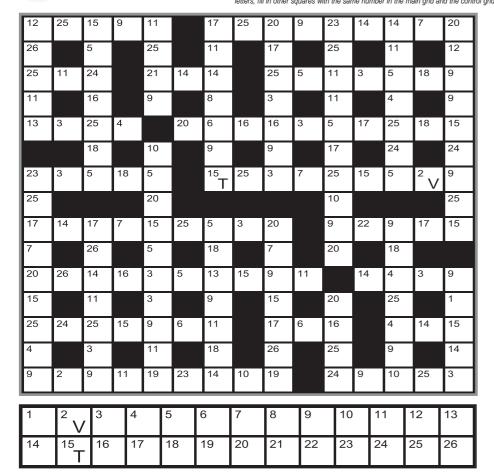
- 1 The side in red lived (7)
- 2 Designed beef, for example, containing nitrogen (5)
- 3 Steven organised these activities (6)
- 4 Stylish knight or small bird (5) 5 Salieri composition for

Code Breaker

Jerusalem resident (7)

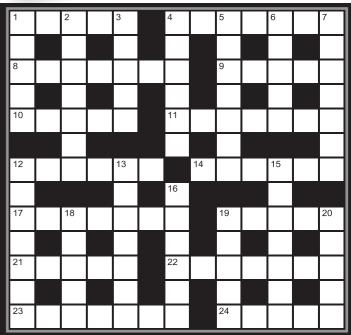
- birthday celebration (5)
- 8 England has no space for an organ
- 13 Capone is in work producing a hymn
- 15 Last letter from the Rome Gazette
- 16 Unhappy about player, but honoured
- 17 Cleaner creating awful smell in area around London (6)
- 18 Edges around plant (5)
- 19 Very religious leaders of parish insist on urban services (5)
- 21 Sailor a foot nearer the stern (5)

Each number in the Code Breaker grid represents a different letter of the alphabet. In this week's puzzle, 2 represents V and 15 represents T, so fill in V every time the figure 2 appears and T every time the figure 15 appears. Now, using your knowledge of the English language, work out which letters should go in the missing squares. As you discover the letters, fill in other squares with the same number in the main grid and the control grid.



LAST WEEK'S SOLUTION FACING PAGE

Quick

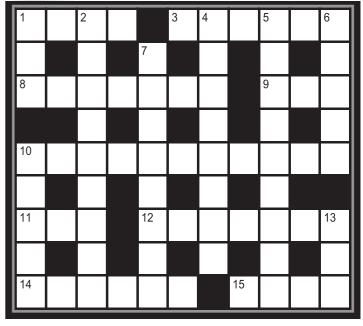


- 1 Has concern (5)
- 4 Desert wind (7) 8 Supreme commander of a fleet (7) 9 Allow (5)
- 10 Provoking fear or terror (5)
- 11 Pickled herring (7)
 12 Playground device (6)
 14 Unstable situation of extreme danger or difficulty (6)
- 17 Put back (7)
- 19 Extra benefits (5)
 21 Once more (5)
 22 Prolonged unfulfilled desire (7)
- **23** Disperse (7) 24 Defraud (5)

- 1 Informal conversations (5) 2 Search haphazardly (7)
- 3 Exclamation indicating an apology (5)
- 4 Pay (6)
- 5 Routine (7)
- 6 Demand or assert as a right (5)
- 7 Eight-armed cephalopod (7)
- 12 Distinguish oneself (7)
- **13** Opposed to (7)
- **15** Infer from incomplete evidence (7) 16 Basement (6)
- 18 Public square with room for pedestrians (5)
- 19 Overwhelming feeling of fear and anxiety (5)

English - Spanish

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



Across

- 1 Minutes (of a meeting) (4)
- 3 Head (6)
- 9 Thirst (3)
- 11 Rata (3)
- **10** Coliflor (11)
- 12 Escaleras de mano (7) 14 Worker (agriculture,
- industry) (6)
- 8 Trapecio (en gimnasia, circo) (7) 15 Cerveza (4)

 - 1 Hormiga (3)
- 2 Translator (9) 4 Last name (8)
- 5 En otra parte (9)
- 7 To legislate (8)
- **10** Wagon (5)
- 13 Southern (side, part) (3)

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UR STA



' THAT'S NOT OUR ROYALS DEAR - THAT'S FAKE NEWS. '

Kakuro

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



Nonagram

R Ι Р T O T

How many English words of four letters or nore 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 P) and there must be AT LEAST ONE NINE LETTER WORD. Plurals, vulgarities or proper nouns are not allowed.

TARGET:

- Average: 7 • Very good: 14
- Good: 10 • Excellent: 18

LAST WEEK'S SOLUTION

aged ague cage chug dang dung egad gaud gean hang huge hung cadge caged nudge augend change gauche gunned hanged unaged changed dunnage handgun UNCHANGED

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.

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

5 0 0

LA	LAST WEEK'S SOLUTION										
8	4	3	7	2	6	9	1	5			
6	5	1	8	9	3	4	7	2			
9	2	7	1	5	4	8	6	3			
4	8	5	9	6	1	2	3	7			
7	6	9	4	3	2	5	8	1			
3	1	2	5	7	8	6	4	9			
2	7	8	6	1	5	3	9	4			
1	3	4	2	8	9	7	5	6			
5	9	6	3	4	7	1	2	8			

UK NATIONAL LOTTERY







25)









37 (45)









ENGLISH-SPANISH

1 Pebble, 3 Ship, 7 Lie, 9 Derecha,

10 Strongest, 13 Pobreza, 14 Who,







(48)

(3)

IRISH LOTTO (31) BONUS BALL (37) (38) **EURO MILLIONS** 10) (22) (25) (5) 8 37 (49) BONUS BAL (11) (35) (20) (3)

and business. Mars is influencing you to be more up-front and

This is a brilliant week for money

(February 20 - March 20)

AQUARIUS

You are in a romantic mood but something is missing from the picture. It is not that you are

feeling the need of having more than one string to your bow, it is

more that you are tired of using

the same old arrows. So, what is out there to fire your imagination? Something really

new will not miss the mark with

PISCES

(January 21 - February 19)

practical in your approach. You may feel changes coming on that you would rather deny. Burying your head in the sand is not an option. Take the bull by the horns and you could be surprised at vour success.



ARIFS (March 21 - April 20)

You will see the lighter side of life this week when you discover that someone is holding a torch for you. You are flattered and interested. vaquely Your combination of intelligence and humour make you a delightful companion. Venus smiles on all your close relationships and you seem to be able to do no wrong.



TAURUS (April 21 - May 21)

There is much to be tackled this week, but you are wary of making full-on decisions. Taking things one step at a time is the best policy because it gives you space to consider the options. There is a restlessness about you that is hard to pinpoint. Perhaps you are feeling positive but have to hold fire because of others. This is frustrating, but try to relax.



GEMINI (May 22 - June 21)

Energy levels go up and down and you seek to ration yours by not going all-out physically. It is still possible to be quite dynamic while planning. Indeed, your clear vision impresses a colleague. If you are due for promotion then some good news is likely. Blow your own trumpet rather than wait for others to do it for you.



CANCER (June 22 (June 22 - July 23)

The changes affecting you for the past few weeks continue but you are now getting better managing their direct managing direction

FOR NEXT 7 DAYS Someone wanting you to take a logical action should not be allowed to push you forward.

When to act will be clear to you.



LFO (July 24 - August 23)

Someone who has been unhelpful the past suddenly steps forward. Could you have been wrong about them? Probably not. Keep a clear mind when with them. Saturn influences you to be more organised before a bout of indecision strikes.



VIRGO (August 24 - September 23)

The influence of Venus and Jupiter brings you the influence and status that you deserve. It's not that you haven't worked towards it but now you start to see the benefits. There is an urge to improve your appearance and surroundings to fit in with the 'new



LIBRA (September 24 - October 23)

During the past few weeks you may have gained a different perspective on life. Your need for a close attachment and harmony in your life should not be underestimated or denied in the name of practicality.



SCORPIO (October 24 - November 22)

To be truly happy you need to build on your partnerships. Keep these in balance and everything else will fall into place. Life has taught you some rather harsh lessons recently. The upshot of that is you now feel more in control and more secure.



SAGITARIUS (November 23 - December 21)

There is an all-consuming need to see some reward for all your efforts. There will be those who will tell you that you need to push harder for success. Perhaps you need to be with more like-minded people. Certainly being with the wrong colleagues can bring your



CAPRICORN (December 22 - January 20)

When needed you are sure to be positive this week. On a project. 'striking while the iron is hot' springs to mind. There is much fun to hand but it must be 'work first' at the moment. Some opportunities do not come twice and you need to be aware of them when they present themselves. Spend some quality time with your loved ones.

LAST WEEK'S SOLUTIONS

CRYPTIC

1 Swarm, 4 Lateral, 8 Eclairs, 9 Cried, 10 Sinister, 11 Gene, 13 Anyway,

14 Teases, 17 Past, 19 Majestic, 22 Crime, 23 Tardier, 24 Slender, 25 Eagle.

1 Seems, 2 Aplenty, 3 Mainstay, 4 Listen, 5 Tact, 6 Raise, 7 Ladders, 12 Rehearse, 13 Aspects, 15 Sitting, 16 Rafter,

18 Seize, 20 Curse, 21 Lead.

12 Solemn, 14 Gluten, 17 Chair, 19 Cutlass, 23 Imitate. 24 Termite. 25 Style

9/22 Air bag, 10 Placebo, 11 Mitre,

1 Chips, 4 Rickets, 8 Slander,

QUICK

1 Cheap, 2 Install, 3 Spare, 4 Rodeos, 5 Caramel, 6 Exact, 7 Surgeon, 12 Sackbut, 13 Martini, 15 Tragedy, 16 Active,

CODE BREAKER

1	2	3	4	5	6	7	8	9	10	11	12	13
N	0	³ S	Ü	T	Q	E	M	G	V	1	Α	J
14	15	16	17	18	19	20	21	22	23	24	25	26
D	Р	16 Y	В	R	Н	K	Ζ	F	Х	L	W	С

1 Pull, 2 Ladrones, 4 Hacksaw, 5 Plan, 6 Pregnant, 8 Establo,

15 Noon, 16 Atasco.

11 Open, 12 Pozo. **KAKURO**

18 Anger, **20** Traps, **21** Scope.

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YOUR PAPER - YOUR VOICE - YOUR OPINION

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Summer Sunday shopping bonus

'SIR.

It is encouraging to see more shops including some of the leading supermarkets - open on Sundays now that the summer tourist season is in full

I noted in a report (EWN Issue 1670) that the Junta de Andalucia has given the green light to scores of shops in Marbella, Mijas, Torremolinos and surrounding areas to open, making life easier for me as a working mother who often finds Sunday the only day time is at hand.

Perhaps as Spain adjusts more to what is now normal in many other European countries, the restrictions at one time I presume introduced on religious grounds will eventually with time be totally lifted.

While it is nice to dream of family days at home on Sundays, life sadly rarely allows it nowadays.

Ruth Binns, Mijas

Dear Leapy

ALWAYS look forward to your col-

Lazy bin use that stinks!

I WONDER if you can help with trying to educate people regarding the rubbish bins.

It is becoming increasingly annoying in our area (Los Requenas) Arboleas to find that people are filling the general bins with cardboard and loose garden rub-

Also they are putting glass bottles in the yellow rubbish bins which is for plastic. Broken garden furniture and other large pieces of unwanted articles are left at the side of the bins when the tip is only a few metres away. People are either ignorant about where to put their rubbish or are becoming lazy.

Perhaps if one of your journalists or reporters have some spare time, they could write a piece in



RUBBISH BINS: People are ignorant about where to put things.

your newspaper about recycling and basically what goes where. I am sure a lot of people would appreciate it after all most of us from the UK were used to recycling so really there is no excuse not to do it here in Spain.

Many thanks for listening to

Name and address withheld

Outrage as Costa del Sol toll road fees rise

Readers who have missed correspondence can see all letters - which can

be edited before publication -posted on: www.euroweeklynews.com

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.

GREEDY buggers, no wonder nobody uses the bloody thing. Then we end up with gridlock on the coast road every evening and morning. Pure corporate greed, we should launch a people's investigation into who exactly paid for it and whether the tolls levied in its years of operation have paid back any money borrowed or invested. No doubt they will just keep charging regardless.

Naimah Yianni

Passengers and pilots (Nora Johnson)

TOO true! Worst ever flight for me was about 15 years ago - I can't recall the airline. We went through some really heavy washing-machine type turbulence after which the pilot, presumably tongue-in-cheek, informed us over the PA system: "Ladies and gentlemen, I'm pleased to announce that we have finally regained control of the aircraft."

>> UK government plans to register EU citizens

PM May offered to resolve mutual right to remain last September but Merkel's creatures in EU Brussels refused her offer, unconscionable! "enormous amounts of paperwork ..." Says who? It doesn't seem to prevent the very large numbers applying yearly.

Comments from EWN online

The 'process' is intended to protect British subjects & our way of life & ensure applicants are fit & proper. It's good enough for applicants from US, RSA, Aus-

tralia, New Zealand, Canada etc.

» Foreign police to patrol the streets of Madrid

HEY ho are there really that many foreigners in Madrid that they need to bring in foreign police or is this a step towards a European police force and then a European army? Let's hope not. Naimah Yianni

@Naimah Yianni - Why? what have you got to fear from greater international police co-operation? We have had Interpol for 94 years (Yes, since 1923) with

Alan Bowman

>> Anti bull fighting protest in Pamplona

WELL done, this really needs to end. I don't think there

is much sympathy any more for morons who get gored while tormenting these poor animals.

Naimah Yianni

>> Prison for man who sexually assaulted baby in Ali-

TWO years to reflect on his disgusting behaviour and the shame he's brought upon his family.

I hope the baby grows up with no recollection of this vile event, sadly the baby's mother won't for-

>> Three men gored in Pamplona bull run

NEVER mind those idiots, they choose to do that. I feel horrified for those poor bulls that first get chased in the streets and after that die in the arena after being tortured for 20 minutes.

This is the 21 century, but it sure doesn't look like it! Shame on all people that attend this cruel 'fiesta.' I hope they pay their medical treatment out of their own pockets, otherwise our insurance will be more expen-

umn and while I do not necessarily agree with your views you seem to have a balanced outlook. What concerns me is the popularity that Corbyn and co are seeming to receive. It is so obvious that he targets the gullible and then promises them the earth.

I personally am most disgusted that these people and some so-called celebrities are using awful events like Grenfell to either gain publicity or use as a platform to lie to us.

I cannot understand these despicable people who also seem to blame Theresa May on everything while conveniently forgetting that she was not doing a bad job at getting the UK out of the mess that Blair and Brown caused.

I fear that this leftist onslaught will bankrupt the UK unless the normally complacent majority wakes up and starts being, dare I say it, nationalistic.

Malaga

Dog days contd

IN response to Brit Arenander letter in Euro Weekly News issue 1670 regarding a dead dog on the motorway between Los Gallardos and Mojacar, there are now six dogs on various places on this road in various states of decay. They have been either knocked down by cars or thrown out of moving vehicles. Some of these have been there for months. CAN SOMEONE CONTACT SOMEBODY TO RE-MOVE THEM?

NO WONDER THIS STRETCH OF ROAD IS CALLED DEAD DOG RUN. HOW CAN PEOPLE DO THIS???

> Trish Foster Los Gallardos

No flamenco

THE police in Nerja now take instruments away from people that play without permission, even if they are unaware of local laws. The best part is that when you want to claim your instrument back you need the receipt from when you bought it. Even locals who sit together playing guitar and singing as they always did can be fined up to €500.

So when you sit on a bench and practise, your instrument seems to be in danger... where is the spirit of summer?

Mathias Hentz Cortijo San Miguel, Nerja

Made in Scotland, from girders!

Trudy Stewart May contain traces of nuts.

WHEN people ask me where I'm from and I tell them, Scotland, they're usually always surprised because I 'don't sound Scottish.'

I'm often mistaken for anything from Cornish to southern Irish.

After 12 years of private school, I was left with a rounded out, non-accent; not quite Scottish and not really definable.

A slightly more pronounced accent surfaces when I speak to fellow Scots. I don't suddenly sound like Rab C Nesbitt though, just roll my r's a bit more!

So, because people don't usually guess I'm 'Scotch' (sorry fellow Scots!), I'm usually spared offensive jokes about 'Jocks,' for a little while

When I first moved to England, I was surprised how much I was teased for all the things that marked me out as Scottish.

I got asked the most absurd questions about Scotland and soon realised how many misconceptions there are about us.

Scottish people don't wake up, eat porridge washed down with whisky, go haggis-hunting in a kilt, come home, watch Braveheart (with more whisky), then sing 'Oh Flower Of Scotland' before bed.

We have a rich and varied culture and history, beautiful architecture and amazing examples of engineering at

It's not all deep-fried confectionery with a Special Brew palate cleanser, or playing the bagpipes.

There's a lot more to us than our outdated stereotypes would suggest and I think that's true of every coun-

Each has its own culture and heritage, making it uniquely different and it's ok to be proud of where you're from.

It is possible to love your country without hating everyone else (though some politicians seem to struggle with that concept).

Patriotism is encouraged when it suits (usually world sporting events), but sneered at when it comes to say, schoolchildren learning Gaelic.

In its ugliest form, that devotion for your country mutates into extremism and we find ourselves in the world we live in today.

Since the Brexit vote, violence

against foreigners has risen. For some, long-buried resentments for 'Johnny Foreigner' are resurfacing.

It's not just the UK either; the Donald used an exaggerated stereotype to justify his wall.

By turning nations into nothing more than caricatures,

it's easy to portray them as evil and scary or unlucky and thick.

Sweeping, often inaccurate, generalisations can be made. That's a powerful tool as entire nations are easier to hate than individual people.

There's a great Scottish saying: "We're all Jock Tamson's bairns" and for me, that's true now more than

Although I describe myself as Scottish, in the bigger picture, I'm just another global citizen.

If we could only learn to live alongside each other despite our differences, maybe we really could start making countries great again.

trudystewart75@gmail.com

SCOTTISH PEOPLE: Don't wake up and go haggis-hunting.



The amount of cans of Irn Bru that roll off the canning line in Cumbernauld,



THERE is a rare medical condition known as Foreign Accent Syndrome which impairs the speech muscles leading the sufferer to sound like they're talking in a foreign accent.

It usually arises as a result of brain injury or stroke and there are tales of people waking up from a coma, speaking languages they didn't know previously.

One of the first cases was of a Norwegian woman who was hit by bomb shrapnel resulting in brain injury, during the Second World War. She suddenly had a German accent and was shunned by friends and neighbours who suspected her of being a German spy!

Drainage problems? Call the BlokBusters

IT'S a dirty job but someone's got to do it and that someone is BlokBuster Drain

Working across the whole of the Costa del Sol from Gibraltar to Motril their specialist services will get your drains unblocked and cleared in next to no time.

We are all guilty of putting things down the kitchen sink we maybe shouldn't. It may not cause a problem at the time, but it can gradually cause a blockage or other problem, that is the last thing you want in the summer when the heat increases the smell of drains and you have more friends and family over.

But BlokBusters can help. From smelly drains, blockages, sink and drain issues and even blocked swimming pool pipes, the efficient and friendly team are on hand to help in a wide range of situations.

BLOKBUSTERS: Call the experts to clear and clean your drains.

property or are a rental company, they recommend drains be checked and cleaned once a year. Prevention is al-

own a

the best medicine and there is nothing worse than smelly drains especially when the smell lingers all over the house; particularly off-putting for those

looking to rent out their property.

BlokBusters also have high pressure washes so ask about their cleaning services for swimming pools, patios and driveways and even boats.

A 24-hour call out service is available for those times when you simply can't wait and in all cases they aim to come out and fix and repair your problem the same day. There are also NO call out charges.

So don't put up with smelly drains and blockages any more and call the Blok-

BlokBuster Drain Cleaning Tel: 666 299 021 Email: blokbusterdrainage@gmail.com Facebook: Blokbusters drain cleaning

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THURSDAY - 13 JULY

CHANNEL 4 CHANNEL 5

-										
	7:00am	Breakfast	7:00am	The TV That Made	8:00pm	100 Days+	7:00am	Countdown	8:40am	Noddy: Toyland
1	10:15am	Right on the		Me	8:30pm	The Sky at Night	7:45am	Will and Grace		Detective
		Money	7:30am	Right on the	9:00pm	Castles: Britain's	8:10am	Will and Grace	8:55am	Paw Patrol
1	11:00am	Homes Under the		Money		Fortified History	8:35am	Everybody Loves	9:10am	Ben and Holly's
		Hammer	8:15am	Bargain Hunt		Series in which		Raymond		Little Kingdom
1	12:00pm	Neighbourhood	9:00am	Horizon		historian Sam	9:00am	Everybody Loves	9:25am	Digby Dragon
		Blues	10:00am	Victoria Derbyshire		Willis traces the		Raymond	9:40am	Peppa Pig
1	12:45pm	Rip Off Britain	12:00pm	BBC Newsroom		story of Britain's	9:35am	Frasier	9:50am	Wissper
1	1:15pm	Bargain Hunt		Live		castles and their	10:05am	Frasier	10:00am	Wanda and the
1	1:38pm	Bargain Hunt		Stay up to date on		unique role in	10:35am	Frasier		Alien
2	2:00pm	BBC News at One		the day's top		British history, art	11:05am	Undercover Boss	10:15am	The Wright
2	2:30pm	BBC London		stories with the		and literature.		USA		Stuff
		News		latest breaking	10:00pm	Decoding Disaster	12:00pm	A Place in the Sun:	12:15pm	House Doctor
2	2:45pm	Wimbledon 2017		news as it	11:00pm	Atlantis: The		Winter Sun	1:10pm	5 News
		Sue Barker		happens.		Evidence	1:00pm	Channel 4 News		Lunchtime
		presents	12:30pm	The Daily Politics		Historian Bettany	1:05pm	Couples Come	1:15pm	Big Brother
		continued live	1:30pm	Wimbledon 2017		Hughes unravels		Dine with Me	2:15pm	Home and
		coverage of the	9:00pm	Today at		one of the most	2:05pm	Posh Pawnbrokers		Away
		women's semi-		Wimbledon		intriguing	3:10pm	Countdown	2:45pm	Neighbours
		finals.	10:00pm	Horizon		mysteries of all	4:00pm	A Place in the Sun:	3:15pm	NCIS
7	7:00pm	BBC News at Six	11:00pm	Mock the Week		time.		Winter Sun	4:15pm	Stranger in an
7	7:30pm	BBC London	11:30pm	Newsnight	12:00am	The Bermuda	5:00pm	Best of Both		Amish Town
		News		In-depth		Triangle: Beneath		Worlds	6:00pm	5 News at 5
8	3:00pm	The One Show		investigation and		the Waves	6:00pm	Four in a Bed	6:30pm	Neighbours
8	3:30pm	EastEnders		analysis of the	1:00am	Infested! Living	6:30pm	Come Dine with	7:00pm	Home and
9	9:00pm	The Sheriffs are		stories behind the		with Parasites		Me		Away
		Coming		day's headlines.	2:00am	Everyday Eden: A	7:00pm	The Simpsons	7:30pm	5 News Tonight
1	10:00pm	Who Do You Think	12:15am	The Drug Trial:		Potted History of	7:30pm	Hollyoaks	8:00pm	Police
		You Are?		Emergency at the		the Suburban	8:00pm	Channel 4 News		Interceptors
1	1:00pm	BBC News at Ten		Hospital		Garden	9:00pm	Who Wants My	9:00pm	Money's Too
1	1:30pm	BBC London	1:15am	The Week the	3:00am	Castles: Britain's		Council House?		Tight to
		News		Landlords Moved		Fortified History	10:00pm	The Crystal Maze		Mention: On
1	11:45pm	Murdered for		in	4:00am	Decoding Disaster	11:00pm	Naked Attraction		Benefits
		Being Different	2:15am	Natural World	5:00am	This is BBC Four	12:05am	Real, Fake or	10:00pm	Circus Kids
1	12:45am	This Week	3:15am	This is BBC Two				Unknown	11:00pm	Big Brother
1	1:35am	Weather for the							12:05am	Big Brother's
		Week Ahead								Bit on the Side

		U	ov Z	u	<i>3</i> /3	u	2/4	SKY SP	UKIST
_									
7:00am	Good Morning	7:35am	Vanderpump	7:00am	Man About the	7:00am	The Chase	7:30am	Football Gold
	Britain		Rules		House	7:45am	The Professionals	8:00am	WWE
9:30am	Lorraine	8:20am	The Ellen	7:25am	Heartbeat	8:40am	Storage Wars New		SmackDown!
10:25am	The Jeremy Kyle		DeGeneres Show	8:30am	Where the Heart		York	9:00am	Premier League
	Show	9:00am	Emmerdale		is	9:10am	Storage Wars New		Legends
11:30am	This Morning	9:30am	Coronation Street	9:25am	Wild at Heart		York	10:00am	Barclays
1:30pm	Loose Women	10:00am	You've Been	10:30am	Judge Judy	9:40am	Tour de France		Premier League
2:30pm	ITV Lunchtime		Framed!	11:00am	Judge Judy		Highlights		World
	News	10:35am	Scorpion	11:25am	Judge Judy		Coverage of stage	10:30am	Premier League
2:55pm	ITV News London	11:25am	Below Deck	11:50am	Rising Damp		11, from Eymet to		100 Club
3:00pm	Judge Rinder	12:25pm	Vanderpump	12:20pm	Heartbeat		Pau.	11:00am	The Premier
4:00pm	David Dickinson's		Rules	1:25pm	Wild at Heart	10:45am	Tour de France		League Years
	Name Your Price	1:20pm	Emmerdale	2:30pm	ITV Racing: Live		Live	1:00pm	Football's
5:00pm	Tipping Point	1:55pm	Coronation Street		From Newmarket		Coverage of stage		Greatest
6:00pm	The Chase	2:30pm	You've Been		Day one of the		12, from Pau to	2:00pm	Great Sporting
7:00pm	ITV News London		Framed!		Newmarket July		Peyragudes.		Moments
7:30pm	ITV Evening News	3:00pm	The Ellen		Festival	5:30pm	The Car Chasers	2:30pm	Great Sporting
8:00pm	Emmerdale		DeGeneres Show	5:00pm	Man About the	6:00pm	The Professionals		Moments
8:30pm	Eat, Shop, Save	3:50pm	The Jeremy Kyle		House		Action-packed	3:00pm	Premier League
9:00pm	Emmerdale	·	Show	5:35pm	On the Buses		drama series		Legends
9:30pm	James Martin's	4:55pm	The Jeremy Kyle	6:00pm	George and		about two	4:00pm	Spanish
•	French Adventure	·	Show		Mildred		criminal		Football Gold
10:00pm	Killer Women	6:00pm	Judge Rinder	6:35pm	The Corrie Years		intelligence	4:30pm	Football Gold
•	with Piers	7:00pm	You've Been	7:05pm	Heartbeat		agents.	5:00pm	Football's
	Morgan	·	Framed!	8:05pm	Murder, She	7:00pm	Storage Wars New		Greatest
11:00pm	ITV News at Ten	8:00pm	You've Been		Wrote		York	6:00pm	Premier League
•	and Weather		Framed!	9:05pm	Endeavour		Reality show.		100 Club
11:30pm	ITV News London	9:00pm	Two and a Half		Crime drama	7:30pm	Storage Wars New	7:00pm	Premier League
11:45pm	The Late Debate	•	Men		series about the		York		Legends
12:10am		9:30pm	Two and a Half		young Detective	8:00pm	Tour de France	7:30pm	Football's
		•	Men		Constable		Highlights		Greatest Teams
		10:00pm	Love Island		Endeavour Morse.	9:00pm	World Series of	8:00pm	Live Super
			Celebability	11:00pm	Law and Order:		Darts Live		League
			Family Guy		UK	1:00am	The Hand of God:	11:30pm	Boxing Gold
			Family Guy	12:00am	Wire in the Blood		30 Years On		Premier League
			. , ,						

12:45am Family Guy

FRIDAY - 14 JULY

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7:00am	Breakfast	7:00am	The TV That	8:00pm	World News Today	7:00am	Countdown	8:55am	Paw Patrol
10:15am	Right on the		Made Me		The latest national	7:45am	Will and Grace	9:10am	Ben and Holly's
	Money	7:30am	Right on the		and international	8:10am	Will and Grace		Little Kingdom
11:00am	Homes Under the		Money		news, exploring	8:30am	Everybody Loves	9:25am	Digby Dragon
	Hammer	8:15am	Bargain Hunt		the day's events		Raymond	9:40am	Peppa Pig
12:00pm	Neighbourhood	8:38am	Bargain Hunt		from a global	8:55am	Everybody Loves	9:50am	Wissper
	Blues	9:00am	Gardeners' World		perspective.		Raymond	10:00am	Wanda and the
12:45pm	Rip Off Britain	10:00am	Victoria	8:30pm	Top of the Pops	9:25am	Everybody Loves		Alien
1:15pm	Bargain Hunt		Derbyshire	9:00pm	First Night of the		Raymond	10:15am	The Wright
2:00pm	BBC News at	12:00pm	BBC Newsroom		Proms	9:55am	Formula 1		Stuff
	One	·	Live	10:00pm	Tales from the	11:35am	Frasier	12:15pm	House Doctor
2:30pm	BBC London		Stay up to date		Tourbus	12:00pm	A Place in the	1:10pm	5 News
	News		on the day's top		Rock legend and		Sun: Winter Sun		Lunchtime
2:45pm	Wimbledon 2017		stories with the		tour bus	1:00pm	Channel 4 News	1:15pm	Big Brother
7:00pm	BBC News at Six		latest breaking		aficionado Rick	1:05pm	Couples Come	2:15pm	Home and
7:30pm	BBC London		news as it		Wakeman takes		Dine with Me		Away
	News		happens.		us on a time-	1:55pm	Formula 1	2:45pm	Neighbours
8:00pm	The One Show	12:30pm	The Daily Politics		travelling trip	4:00pm	A Place in the	3:15pm	NCIS
8:30pm	Would I Lie to	1:30pm	Wimbledon 2017		through the		Sun: Winter Sun	4:15pm	A Surrogate's
	You?	9:00pm	Today at		decades in this	5:00pm	Best of Both		Terror
9:00pm	EastEnders		Wimbledon		first-hand account		Worlds	6:00pm	5 News at 5
9:30pm	Count Arthur	10:00pm	First Night of the		of rockers on the	6:00pm	Four in a Bed	6:30pm	Neighbours
	Strong	-	Proms		road from the late	6:30pm	Come Dine with	7:00pm	Home and
10:00pm	Peter Kay's	11:00pm	Frankie Boyle's		1950s to the 80s		Me		Away
	Comedy Shuffle	-	New World Order		and beyond.	7:00pm	The Simpsons	7:30pm	5 News Tonight
10:30pm	Mrs. Brown's	11:30pm	Newsnight	11:00pm	Great Guitar Riffs	7:30pm	Hollyoaks	8:00pm	Cricket on 5:
	Boys		In-depth		at the BBC	8:00pm	Channel 4 News		England v
11:00pm	BBC News at Ten		investigation and	12:00am	The Joy of the	8:30pm	World Para		South Africa
11:25pm	BBC London		analysis of the		Guitar Riff		Athletics	9:00pm	Lip Sync Battle
	News		stories behind	1:00am	Top of the Pops		Championships		UK
11:35pm	Not Going Out		the day's	1:35am	Tales from the		London 2017	9:30pm	The Barbara
12:05am	Blades of Glory		headlines.		Tourbus	11:00pm	The Last Leg		Windsor Story
1:35am	Weather for the	12:05am	Top of the Lake	2:35am	Great Guitar Riffs	12:05am	Naked Attraction	11:00pm	Big Brother:
	Week Ahead				at the BBC	1:10am	The Windsors		Live Eviction
1:40am	BBC News							12:30am	Big Brother's
									Bit on the Side

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7:00am	Good Morning Britain	7:00am 7:10am	The Hot Desk You've Been	7:00am	Man About the House	7:00am 7:10am	Football Rivalries The Chase	7:30am 8:00am	Football Gold WWE Main
9:30am	Lorraine		Framed!	7:25am	Heartbeat	8:00am	The Professionals		Event
10:25am	The Jeremy Kyle Show	7:35am 8:20am	Vanderpump Rules The Ellen	8:30am	Where the Heart is	9:00am	Storage Wars New York	9:00am	Super League Highlights
11:30am	This Morning		DeGeneres Show	9:30am	Wild at Heart	9:25am	Storage Wars New	9:15am	Rugby League
1:30pm	Loose Women	9:00am	Emmerdale	10:30am	Judge Judy		York	9:30am	Rugby Union
2:30pm	ITV Lunchtime	9:30am	Emmerdale	11:00am	Judge Judy	9:55am	The Car Chasers	11:35am	Rugby Union
	News	10:00am	You've Been		Judge Judy	10:25am	Counting Cars		Gold
2:55pm	ITV News London		Framed!	11:50am	Rising Damp	10:55am	Counting Cars	11:40am	Rugby Union
3:00pm	Judge Rinder	10:35am	Scorpion		Heartbeat	11:20am	The Saint	1:45pm	Great Sporting
4:00pm	David Dickinson's	11:25am	Below Deck	1:20pm	Wild at Heart		Classic drama		Moments
·	Name Your Price	12:25pm	Vanderpump Rules	2:30pm	ITV Racing: Live		series about a	2:15pm	Great Sporting
5:00pm	Tipping Point	1:20pm	Emmerdale		From Newmarket		freelance		Moments
6:00pm	The Chase	1:55pm	Emmerdale	5:00pm	Man About the		troubleshooter.	2:45pm	Great Sporting
7:00pm	ITV News London	2:30pm	You've Been		House	12:25pm	The Professionals		Moments
7:30pm	ITV Evening News		Framed!	5:30pm	On the Buses	1:25pm	Tour de France	3:00pm	Premier League
8:00pm	Emmerdale	3:00pm	The Ellen	6:00pm	George and		Highlights		Legends
8:30pm	Coronation Street		DeGeneres Show		Mildred	2:30pm	Tour de France	4:00pm	Spanish
9:00pm	The Secret World	3:50pm	The Jeremy Kyle	6:35pm	The Corrie Years		Live		Football Gold
	of Posh Pets		Show	7:05pm	Heartbeat	6:00pm	The Professionals	4:30pm	Football Gold
9:30pm	Coronation Street	4:55pm	The Jeremy Kyle	8:05pm	Murder, She	7:00pm	Storage Wars New	5:00pm	Football's
10:00pm			Show		Wrote		York		Greatest
11:00pm	ITV News at Ten	6:00pm	Judge Rinder	9:00pm	Doc Martin	7:30pm	Storage Wars New	6:00pm	Premier League
	and Weather	7:00pm	You've Been		Drama series		York		100 Club
	ITV News London		Framed!		about a	8:00pm	Tour de France	7:00pm	Premier League
	The Eubanks	8:00pm	You've Been		curmudgeonly		Highlights		Legends
12:10am	,		Framed!		country doctor	9:00pm	World Series of	7:30pm	Football's
	India	9:00pm	Two and a Half		and his patients		Darts Live		Greatest Teams
1:10am	Tipping Point		Men		in Cornwall.	1:00am	Better Late Than	8:00pm	Super League
2:00am	Jackpot247	9:30pm	Two and a Half		The Street		Never	0.00	Gold
		10.00	Men	11:20pm	Law and Order:			8:30pm	Live Super
			Love Island	42.20	UK			44.20	League
			Celebrity Juice		Wire in the Blood				Boxing Gold
			Family Guy Family Guy	2:20am	Prime Suspect			12:00am	Premier League Legends

Watch out! You may be caught wearing only a smile on Google Street View!

IN THE **BUFF:** Your secret is safe with

Nora Johnson Breaking Views

Nora is the author of popular psychological susense and crime thrillers and a freelance journalist o comment on any of the issues raised in her col-mn, go to www.euroweeklynews.com/3.0.15/no-

THE recent General Election, with its reports from all over the UK, brought home some memories of old haunts, especially of former, err, homes.

So, idly Google-Maps-Street-Viewing, I zoomed in on one home which was sold to a couple with small boys. Oh, look, I moan to myself, they've taken down my beautiful shutters (so difficult to fit), painted the front door red (was pristine white) and installed window boxes (definitely out of proportion). Plus some god-ugly goalposts for the kids in the garden...

Finally tearing myself away from No 21, I turn my attention to No 23 to check if

that's also become a renovation project. New windows, new coat of paint, new driveway I note absentmindedly. About to turn away - already getting a bit bored - when something in No 23's rear garden catches my

What's that pallid, lumpy mass beside one of the high walls dividing the properties? I zoom in even closer. And all's revealed. Taking advantage of the unexpectedly bright, sunny day of filming and unknowingly caught in its unforgiving glare are our neighbours, Jill and Johnnie. Lying protected by high walls from neighbours' prying eyes but not the camera's - in the buff!

Well, JJ, it could have been worse. Pity that poor bloke caught on camera being arrested, another coming out of a sex shop, the yobbo vomiting while his mate's relieving himself on a hedge and the couple caught ...well, you know.

Street View maps reveal all

sorts of scenes of ordinary daily life depicting all sorts of people caught in all sorts of places they're not meant to be - images available to anyone, remember. But don't worry, JJ, you know your secret's safe with me. Lucky (for you) it hasn't gone on Instagram ... yet!

Finally, many thanks to all of you who purchased my crime thrillers (all profits, as you know, to Costa del Sol Cudeca cancer charity), following my piece here two weeks ago about why and how people lie - and the impact this has on others – a subject that's always fascinated me and inspired all my novels. And keep those donations going to Cudeca!

Nora Johnson's psychological/suspense crime thrillers 'No Way Back,' 'Landscape of Lies,' 'Retribution,' 'Soul Stealer,' 'The De Clerambault Code' (www.nora-johnson.net) available from Amazon in pa*perback/eBook* (€0.99;£0.99) and iBookstore.

THURSDAY THOUGHTS

Angus Silvie, Axarquia

Serves to confuse

LIVING abroad when you don't speak the language very well presents plenty of challenges. When I first arrived in Spain I assumed that when they taught you to say 'hablo poco Espanol' to indicate you have a poor grasp of Spanish, it meant 'I have very little Spanish.' So without checking I took 'hablo' to mean 'I have' rather than 'I speak,' because it sounds more like 'have' doesn't it?

So into the shops I went, confidently asking the first shop keeper if she spoke cheese. I got a funny look but she worked out what I $\,$ wanted so emboldened by my success I continued in this vein for a week or so, no doubt making a complete fool of myself every time, until I checked my translator and the awful truth dawned.

But spare a thought for the Spanish, trying to cater for Brits like me and helpfully translating some of their services into English despite on occasions having a similar lack of linguistic education. Their efforts are very welcome but often amusing and not always helpful when the result of their attempts serves only to confuse.

Restaurant menus have offered 'Toasts of Smoked,' 'Spaghetti Sailor's Blouse' and 'Fried Spawns,' and, in case that wasn't tempting enough, also suggested 'withered sausage,' 'wind of squids,' 'in a mess of shrimp' or 'weak rice.' I went to a Spanish zoo which advised 'Do Not Feed Fingers to the Animals' with a picture of a stick man about to be devoured by a huge crocodile head. Underneath it warned 'Forbidden Get the Body Over The Fence!' The sign was attached to an enclosure full of presumably ferocious flamingos.

I considered offering English proof-reading services for a small fee but then thought, no. These mis-translations and grammatical faux-pas offer amusement and entertainment. Let's keep them as they are!

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

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SATURDAY - 15 JULY

CHANNEL 4 CHANNEL 5

7:00am	Breakfast	7:00am	This is BBC Two	8:00pm	Britain's Lost	7:10am	Mobil 1 The Grid	7:00am	Milkshake!
11:00am	Saturday Kitchen	7:35am	Sylvia Scarlett		Waterlands:	7:40am	Triathlon: Cardiff	11:15am	Teenage
	Live	9:05am	A Walk in the		Escape to	8:05am	Motorsport		Mutant Ninja
12:30pm	Mary Berry Cooks		Sunday		Swallows and	8:30am	Frasier		Turtles
•	Mary Berry takes	11:00am	Monty Halls' Great		Amazons Country	8:55am	Frasier	11:50am	Make You
	viewers step by		Irish Éscape	9:00pm	The Last Seabird	9:25am	Frasier		Laugh Out
	step through	12:00pm	Wimbledon		Summer	9:50am	F1: Grand Prix		Loud
	delicious recipes	1:30pm	The Hairy Bikers'	10:00pm	I Know Who You	10:20am	F1: Grand Prix	12:10pm	Police
	for everyday and	·	Best of British		are	10:55am	Formula 1		Interceptors
	special occasions.		The Bikers go on a	11:10pm	I Know Who You	12:25pm	F1: Grand Prix	1:10pm	Bargain Loving
1:00pm	BBC News		culinary journey		are	12:55pm	Formula 1	· ·	Brits in the Sur
1:10pm	Weather		through time to	12:20am	Top of the Pops		British Grand Prix	2:10pm	Bargain Lovino
1:15pm	Bargain Hunt		celebrate British		Special 20th		Qualifying Live.	•	Brits in the Sur
2:00pm	Wimbledon Ladies		food.		anniversary edition	3:30pm	World's Most	3:05pm	The Nightmare
•	Final	2:15pm	Forbidden Planet		of the pop chart	•	Expensive Cars	•	Neighbour Nex
7:25pm	BBC News	3:55pm	Wanted Down		programme, first	4:30pm	A Place in the Sun:		Door
7:35pm	Regional News		Under		broadcast on 5		Winter Sun	4:05pm	The Nightmare
7:40pm	Weather	4:40pm	Tiger Island:		January 1984.	5:35pm	Big House, Little	· ·	Neighbour Nex
7:45pm	Pointless	·	Natural World	12:55am			House		Door
8:30pm	Pitch Battle	5:40pm	Flog It!		Fast moving music	6:35pm	Kirstie and Phil's	5:00pm	Can't Pay?
·	Talent show in	6:25pm	Gardeners' World		show mixing		Love it or List it	·	We'll Take it
	which choirs	7:25pm	Wimbledon 2017		classic	7:30pm	Channel 4 News		Away!
	compete against	·	Ladies and Men's		performances from		Includes sport and	6:00pm	Can't Pay?
	each other.		Doubles Finals.		the Top of the		weather.		We'll Take it
10:00pm	Casualty	9:00pm	Today at		Pops archives with	8:00pm	World Para		Away!
10:50pm	BBC News		Wimbledon		exclusive live		Athletics	7:00pm	Can't Pay?
11:05pm	Weather	10:00pm	Imagine		performances.		Championships		We'll Take it
11:10pm	Die Hard with a	11:00pm	Mock the Week	1:50am	Rollermania:		London 2017		Away!
	Vengeance	11:30pm	QI XL		Britain's Biggest	11:00pm	The Hunger Games	7:55pm	5 News
1:10am	Weather for the	12:15am	Live at the Apollo		Boy Band	1:45am	Ramsay's Hotel	8:00pm	Cricket on 5
	Week Ahead	12:45am	Golf	2:50am	The Richest Songs		Hell	9:00pm	Blind Date
1:15am	BBC News	1:45am	Salvage		in the World	2:35am	60 Days in Jail	10:00pm	Big Brother
		3:00am	This is BBC Two	4:25am	TOTP2	3:25am	Hollyoaks	11:00pm	FIA Formula E
							Omnibus		New York.
								12:30am	Criminals
									Caught on
									Camera

		U	DV Z	u	<i>3</i>	u	<i>N</i> 4	ERY -II	URIST
7:00am	CITV	7:00am	Emmerdale	7:00am	George and	7:00am	The Saint	7:00am	Rugby Union
9:25am	ITV News	7.00aiii	Omnibus	7.00aiii	Mildred	7.00aiii	Simon Templar is	7:00am	Rugby Union
9:30am	Weekend	9:50am	Coronation Street		Comedy series		a debonair master		Rugby Union
10:25am	The Voice Kids	9.50dili	Omnibus		following George		thief with a talent		Gold
11:50am	Harry Potter and	12:10nm	Take Me Out		and Mildred		for disquise.	9:20am	Rugby Union
11.50dill	the Prisoner of	1:20pm	The Voice Kids		Roper.	7:55am	The Professionals	11:30am	Rugby Union
	Azkaban	2:50pm	You've Been	7:25am	Murder, She	7.JJaili	Action-packed	1:45pm	Live Star Sixes
2.25	ITV News and	2.50pm	Framed!	7.23diii	Wrote		drama series	1.45piii	Football
2:25pm	Weather	2.55	The Smurfs				about two		The afternoon
2.25		3:55pm			Drama series				session from
2:35pm	ITV Racing: Live	4:55pm	FYI Daily		about a sleuthing		criminal-		
C 00	From Newmarket	5:00pm	The Smurfs		writer who solves		intelligence		day three of
6:00pm	Paul O'Grady: For	6:00pm	St. Trinian's 2: The	0.00	murder mysteries.		agents.		the Star Sixes
c 20	The Love of Dogs		Legend of	8:20am	Murder, She	8:55am	Motorsport UK		tournament at
6:30pm	Little Big Shots		Fritton's Gold		Wrote	9:55am	Brdc British F3		London's 02
	USA	7:00pm	FYI Daily	9:20am	The Darling Buds		Championship		Arena.
7:25pm	Local News and	7:05pm	St. Trinian's 2: The		of May		Highlights	5:15pm	Rugby Union
	Weather		Legend of		Sherlock Holmes	11:00am	ITV Racing: The	7:10pm	Super Rugby
	All the very latest		Fritton's Gold	12:50pm	Goodbye, Mr.		Opening Show		Gold
	local news and	8:10pm	Gravity		Chips	12:00pm	Tour de France	7:15pm	Football's
	weather.	9:10pm	FYI Daily	2:55pm	Wycliffe		Highlights		Greatest
7:35pm	ITV News and	9:15pm	Gravity	4:00pm	Lewis	1:00pm	Tour de France	7:45pm	Premier League
	Weather	10:00pm	Love Island	6:05pm	Agatha Christie's		Live		Legends
7:45pm	Catchphrase	11:00pm	Celebrity Juice		Marple	6:00pm	Better Late Than	8:15pm	Live Star Sixes
8:30pm	The Voice Kids		Topical panel	8:00pm	Agatha Christie's		Never		Football
	Semi-Final		show hosted by		Marple	7:00pm	Monster Carp		The evening
10:30pm	ITV News and		Keith Lemon with	10:00pm	Foyle's War	8:00pm	Tour de France		session on day
	Weather		team captains	12:00am	Law and Order:		Highlights		three of the
10:45pm	Inception		Holly Willoughby		UK	9:00pm	World Series of		Star Sixes
1:30am	Jackpot247		and Fearne		Crime drama		Darts		tournament
4:00am	Who's Doing the		Cotton.		based on the hit	1:00am	Dirtquake		from London's
	Dishes?	11:50pm	Family Guy		US series Law		Motorbike Festival		02 Arena.
4:50am	Nightscreen	12:20am	Family Guy		and Order.	2:00am	Tour de France	11:30pm	British GP:
	=	12:50am	Family Guy	1:05am	Law and Order:		Highlights		Qualifying
					UK		- J		Highlights
				2:05am	Law and Order:			12:40am	La Liga Gold
					UK				La Liga Gold

SUNDAY - 16 JULY

BBEONE BBETWO BBEFOUR CHANNEL 4 CHANNEL 5

7:00am	Breakfast	7:00am	A to Z of TV	8:00pm	Lucy Worsley:	7:15am	Last Man	7:00am	Milkshake!
10:00am	The Andrew Marr		Gardening		Mozart's London		Standing		Programming
	Show	7:45am	The Instant		Odyssey	7:40am	Last Man		aimed at
11:00am	Sunday Morning		Gardener	9:00pm	BBC Proms 2017		Standing		children aged
	Live	8:30am	Gardeners' World	11:00pm	John Denver:	8:05am	Everybody Loves		two to seven
12:00pm	Sunday Politics		More handy		Country Boy		Raymond		years old.
	Andrew Neil		horticultural tips	12:00am	Horizon	8:30am	Everybody Loves	11:40am	Make You
	presents the		from the		Famed for their		Raymond		Laugh Out
	latest political		gardening		ability to inflict	9:00am	Frasier		Loud
	news, interviews		experts.		Armageddon from	9:30am	Frasier	12:05pm	Kittens Make
	and debate.	9:30am	Countryfile		outer space,	10:00am	Sunday Brunch		You Laugh Out
1:15pm	BBC News	10:30am	Saturday Kitchen		asteroids are now	1:00pm	Formula 1		Loud
1:25pm	Weather for the		Best Bites		revealing the	1:35pm	Formula 1	1:00pm	Naughty Dogs
	Week Ahead	12:00pm	Wimbledon		secrets of how		British Grand Prix		Make You
1:30pm	Bargain Hunt		Wheelchair Finals		they are		Live.		Laugh Out
2:00pm	Wimbledon	1:30pm	Nigel Slater:		responsible for	4:10pm	Formula 1		Loud
2:50pm	Wimbledon		Eating Together		both life and	5:30pm	World's Most	1:55pm	Cats Make You
	Men's Final	2:00pm	The Hairy Bikers'		death on our		Expensive Cars		Laugh Out
7:30pm	BBC News		Best of British		planet.	6:35pm	The Restoration		Loud 4
7:50pm	Regional News	2:45pm	Father of the	1:00am	Dissected: The		Man	2:55pm	Racing Stripes
7:55pm	Weather		Bride		Incredible Human	7:30pm	Channel 4 News	4:45pm	Alvin and the
8:00pm	Countryfile	4:25pm	Wanted Down		Hand	8:00pm	World Para		Chipmunks
9:00pm	Fake or Fortune?		Under	2:00am	Britain's Whale		Athletics	6:30pm	FIA Formula E
10:00pm	Poldark	5:10pm	Meerkats: Secrets		Hunters: The		Championships		Live
11:00pm	BBC News		of an Animal		Untold Story		London 2017		New York.
11:20pm	Regional News		Superstar	3:00am	Atlantis: The	10:30pm	The Handmaid's	8:10pm	Cricket on 5
11:25pm	Weather	6:10pm	Songs of Praise		Evidence		Tale	9:00pm	That's
11:30pm	Would I Lie to	6:45pm	Flog It!	4:00am	Lucy Worsley:	11:35pm	8 Out of 10 Cats		So1981
	You?	7:30pm	Wimbledon 2017		Mozart's London		Does Countdown	9:55pm	5 News
12:00am	The Week the	9:00pm	The Lone Ranger		Odyssey	12:35am	The Lincoln		Big Brother
	Landlords Moved	11:20pm	,				Lawyer	11:00pm	21 Jump Street
	in		Wimbledon			2:45am	The World's	1:15am	Omg: Boy
1:00am	Weather for the	12:20am	Golf				Weirdest Weather		Beauty Addicts
	Week Ahead	1:20am	Athletics			3:40am	The Last Leg	2:10am	Super Casino
		2:20am	Countryfile			4:35am	KOTV Boxing		
		3:15am	Holby City				Weekly		
		4:15am	This is BBC Two						

Legends

		_							
							_		
7:00am	CITV	7:00am	You've Been	7:00am	George and	7:00am	Football's Greatest	7:00am	Football Gold
9:25am	ITV News		Framed!		Mildred	7:15am	The Saint	7:15am	Football Gold
9:30am	Weekend	7:25am	Emmerdale	7:25am	Inspector Morse	8:05am	The Professionals	7:30am	Football Gold
10:25am	Wild Animal		Omnibus	9:30am	Heartbeat	9:00am	Counting Cars	7:45am	Football Gold
	Reunions	10:25am	Coronation Street	10:35am	Heartbeat	9:30am	Counting Cars	8:00am	WWE Main
11:25am	Julia Bradbury's		Omnibus	11:40am	Murder, She	9:55am	The Big Fish Off		Event
	Britain's Best	12:50pm	Ninja Warrior		Wrote		Sports gameshow	9:00am	Premier League
	Walks	1:50pm	Babe	12:40pm	The Darling Buds		pitting two		Legends
11:55am	Love Your Garden	2:55pm	FYI Daily		of May		celebrities against	9:30am	Premier League
12:55pm	ITV News and	3:00pm	Babe	1:50pm	Wycliffe		each other in a		Legends
	Weather	3:40pm	The Voice Kids	2:55pm	Foyle's War		battle to become	10:00am	Fight Night
1:10pm	James Martin's		Semi Final		It is August 1942,		top fisherman.	12:00pm	Football's
	French Adventure	5:40pm	Cats and Dogs:		and a biological	10:55am	Monster Carp	·	Greatest
1:40pm	The Voice Kids		The Revenge of		warfare	12:00pm	Tour de France	12:30pm	Live British GP:
	Semi-Final		Kitty Galore		experiment that		Highlights		Track Parade
3:40pm	Bear Gryll's	6:40pm	FYI Daily		goes wrong	1:00pm	Tour de France	1:00pm	Live British GP:
•	Survival School	6:45pm	Cats and Dogs:		results in the		Live		Pit Lane Live
4:10pm	For Your Eyes Only		The Revenge of		death of a local	6:30pm	Pawn Stars	1:30pm	Live British GP:
6:40pm	Local News and		Kitty Galore		woman, while	7:00pm	Fierce		Race
	Weather	7:20pm	The Amazing		Sam contracts	8:00pm	Tour de France		The 2017
6:55pm	ITV News and		Spider-Man		a potentially fatal		Highlights		British Grand
	Weather	8:20pm	FYI Daily		illness.	9:00pm	Police Academy 2:		Prix from
7:10pm	The Chase	8:25pm	The Amazing	5:00pm	Agatha Christie's		Their First		Silverstone.
	Celebrity Special		Spider-Man	•	Marple		Assignment	4:30pm	Live British GP:
8:10pm	The Voice Kids	10:00pm	Love Island	6:55pm	Agatha Christie's	10:05pm	FYI Daily		Paddock Live
	Final		Love Island		Marple		Police Academy 2:	5:15pm	Fight Night
10:00pm	The Loch		Family Guy	9:00pm	The Booze Cruise		Their First	7:15pm	Football Gold
	ITV News and		Family Guy				Assignment	7:30pm	Live Star Sixes
	Weather	1:00am	Family Guy		The Scattering.	10:50pm	The Glimmer Man		Football
11:20pm	Judge Rinder's	1:30am	American Dad!	11:00pm	Law and Order:	11:55pm		11:15pm	British GP:
	Crime Stories	1:55am	American Dad!		UK		The Glimmer Man		Race Highlights
12:20am	Take Me Out			12:00am	Law and Order:			12:15am	Premier League
					UK			2	Legends
				1:00am	Wire in the Blood			12:45am	Premier League
					Wire in the Dlood				Laganda

2:50am Wire in the Blood

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:00pm	BBC News	2:00pm	Athletics	8:00pm	BBC World News	1:00pm	Channel 4 News		House Doctor
:30pm	Regional News	3:00pm	Triathlon World	8:30pm	Handmade: By	1:05pm	Couples Come	1:10pm	5 News
:00pm	Celebrity		Series	0.00	Royal Appointment Colour: The	2.05	Dine with Me Posh Pawnbrokers	1:15pm 2:15pm	Big Brother
:30pm	Mastermind World's Oldest	5:15pm	Secrets of Our	9:00pm	Spectrum of	2:05pm 3:10pm	Countdown	2:15pm 2:45pm	Home and Away Neighbours
.opin	Family	C:1Enm	Living Planet Antiques Road		Science	4:00pm	The Question Jury	3:15pm	NCIS
:00pm	EastEnders	6:15pm	Trip		Series in which Dr	5:00pm	A Place in the Sun	4:15pm	Fatal Performance
:30pm	Trump's Fortress	7:00pm	Eggheads		Helen Czerski	6:00pm	Four in a Bed	6:00pm	5 News
	America -	7:30pm	Letterbox		uncovers what	6:30pm	Come Dine with	6:30pm	Neighbours
	Panorama	8:00pm	Paul Hollywood's		colour is, how it		Me	7:00pm	Home and Away
0:00pm	DIY SOS The Big	•	Big Continental Road	ł	works, and how it	7:00pm	The Simpsons	7:30pm	5 News
	Build		Trip		has written the	7:30pm	Hollyoaks	8:00pm	Cricket on 5
	BBC News	9:00pm	University		story of our planet.		Channel 4 News	9:00pm	All New Traffic
	Regional News		Challenge		Science and Islam	8:30pm	World Para	10.00	Cops
	Weather	9:30pm	Nadiya's British	11:00pm	Hidden Kingdoms		Athletics Championships	10:00pm	Eamonn and Ruth: Russian
1:45pm	Peter Kay's Comedy Shuffle	40.00	Food Adventure	12:00am 1:00am	Ocean Giants		London 2017		Roulette
2·15am	Have I Got a Bit		Ripper Street Normal for Norfolk	2:00am	Treasures of	11:00nm	Young, Single and	11:00nm	Big Brother
Z. I Jaili	More Old News		Newsnight	2.000111	Chinese Porcelain	поорш	Racist?		Big Brother's Bit
	for You	12:10am		3:00am	Science and Islam	12:05am	60 Days in Jail		on the Side
_	bv	_i	tv2	Ü	tv 3	ü	w 4	sky SP	PORTS T
:00pm	Local News and	6:00pm	Judge Rinder	12:55pm	,	4:00pm	Quincy, M.E.	3:00pm	Premier League
	Weather	7:00pm	You've Been	2:05pm	Heartbeat	5:00pm	Minder		Legends
:30pm	ITV Evening	7.20	Framed!	3:05pm	The Royal	6:05pm	The Professionals	4:00pm	Spanish Football
:00pm	News Emmerdale	7:30pm	You've Been Framed!	4:10pm 5:15pm	Wild at Heart Man About the	7:05pm	Storage Wars Texas	4:30pm	Gold Football Gold
:30pm	Coronation	8:00pm	You've Been	o. ropin	House	7:35pm	Storage Wars	4.30pm	Live at the Open
.Johin	Street	0.000111	Framed!	5:50pm	On the Buses	7.33piii	Texas	6:30pm	Premier League
:00pm	Amazing Animal	8:30pm	You've Been	6:20pm	George and	8:00pm	Tour de France	o.sopin	100 Club
	Births	0.00p	Framed!	о.20р	Mildred	0.00p	Highlights	7:00pm	Premier League
:30pm	Coronation	9:00pm	Two and a Half	6:55pm	Heartbeat	9:00pm	The Chase:		Legends
	Street		Men	8:00pm	Murder, She Wrote		Celebrity Special	7:30pm	Football's
	Fearless	9:30pm	Two and a Half	9:00pm	Mamma Mia!	10:00pm	Car Crash Britain		Greatest Teams
	ITV News		Men	10:05pm	,		Caught on	8:00pm	Live Horse Racing:
1:40pm	Killer Women		Love Island		Mamma Mia!		Camera		Winning Post
	with Piers		Family Guy	11:10pm	Law and Order:	11:00pm	Crank 2: High		Fight Night
2.40	Morgan		Family Guy	42.40	UK	42.00	Voltage	12:00am	Premier League
7:40am	The Kyle Files	12:00am	American Dad!	12:10am	The Street	12:00am	FYI Daily		Legends

Weather

11:45pm Room 101

12:25am The Natives

11:00pm Live at the Apollo

11:30pm Newsnight

12:10am Weathe

The Renaissance

Unchained

11:30pm Fargo

Young, Single and

Racist?

1:30am

2:00am

Lip Sync Battle

Super Casino

					TUE	SD	AY - 18	JUL	Υ		
Ν	NEL 5	8 8	one	ВВ	∃TWO	в в с	FOUR	СНАІ	nnel 🐴	CHAN	NEL 5
m 1	House Doctor 5 News Big Brother	2:45pm 3:30pm	Red Rock Escape to the Country	3:15pm 4:15pm	Chronicles of a Champion Golfer Nature's Miracle Babies	8:00pm 8:30pm	BBC World News Handmade: By Royal	1:00pm 1:05pm	Channel 4 News Couples Come Dine with Me	12:15pm 1:10pm	The Wright Stuff House Doctor 5 News
1 1 1	Home and Away Neighbours NCIS Fatal Performance 5 News	4:30pm 5:15pm 6:15pm 7:00pm	Money for Nothing Flog It! Pointless BBC News	5:15pm 6:15pm	Secrets of Our Living Planet Antiques Road Trip	9:00pm	Appointment Ten Things You Didn't Know About Earthquakes	2:05pm 3:10pm 4:00pm 5:00pm 6:00pm	Posh Pawnbrokers Countdown The Question Jury A Place in the Sun Four in a Bed	1:15pm 2:15pm 2:45pm 3:15pm 4:15pm	Big Brother Home and Away Neighbours NCIS Stolen Daughter
! 1 1 1	Neighbours Home and Away 5 News Cricket on 5	7:30pm 8:00pm 8:30pm	Regional News Celebrity Mastermind EastEnders	7:00pm 7:30pm 8:00pm	Eggheads Letterbox			6:30pm 7:00pm 7:30pm	Come Dine with Me The Simpsons Hollyoaks	6:00pm 6:30pm 7:00pm 7:30pm	5 News Neighbours Home and Away 5 News
n m	All New Traffic Cops Eamonn and Ruth: Russian	9:00pm 10:00pm 11:00pm	Holby City In The Dark BBC News Regional News	9:00pm 10:00pm	Road Trip Inside the Factory Addicted Parents: Last Chance to	12:30am	World War Two The British fought the Second World War to defeat	8:00pm 8:30pm	Channel 4 News World Para Athletics Championships	8:00pm 9:00pm 10:00pm	Cricket on 5 The Dog Rescuers with Alan Davies
	Roulette Big Brother Big Brother's Bit on the Side		Weather New Tricks World's Oldest Family		Kemy Children Detectorists Newsnight Weather	2:00am	Hitler. Medieval Lives		London 2017 When Football Banned Women 24 Hours in A and	12:05am	Inspector Big Brother Big Brother's Bit on the Side
ŀ	PORTS 1	i	W	į	tv2	Ü	5 v3	ü	4	sky SF	ORTS 1
1	Premier League Legends Spanish Football	3:00pm 4:00pm	Judge Rinder David Dickinson's Name Your Price	4:55pm 6:00pm	Show Judge Rinder	12:55pm 2:05pm 3:10pm	Heartbeat The Royal	12:25pm	The Car Chasers Tour de France Highlights	9:00am 10:00am	Premier League Special Good Morning
1 1	Gold Football Gold Live at the Open Premier League 100 Club	5:00pm 6:00pm 7:00pm	Tipping Point The Chase Local News and Weather	7:00pm 7:30pm	You've Been Framed! You've Been Framed! You've Been	4:15pm 5:15pm 5:50pm	Wild at Heart Man About the House On the Buses	1:30pm 5:45pm 6:00pm	Tour de France Live Football Rivalries The Professionals		Sports Fans Good Morning Sports Fans Live Test Cricket
1	Premier League Legends Football's	7:30pm 8:00pm 9:00pm	ITV Evening News Emmerdale Midsomer	8:00pm 8:30pm	Framed! You've Been Framed!	6:20pm 6:55pm 8:00pm	George and Mildred Heartbeat Murder, She Wrote	7:00pm 7:30pm	Storage Wars Texas Storage Wars Texas	7:00pm 8:00pm	England v South Africa. Sky Sports Special Sky Sports Special
	Greatest Teams Live Horse Racing: Winning Post Fight Night		Davina: Life at the Extreme	11:05pm	Two and a Half Men Two and a Half Men Love Island Family Guy	10:00pm	Law and Order:	8:00pm 9:00pm 10:00pm		11:00pm	Sky Sports Special Sky Sports Special Sky Sports Special British and Irish
m	Premier League Legends	12:40am	Play to the Whistle		Family Guy Family Guy	12:00am	UK Lewis	11:00pm 12:10am	Passenger 57 FYI Daily		Lions Tour

12:20am Death Wish 3

1:00am Car Crash Global

Through the

UK

12:00am Agatha Christie's

Marple

ibv3 BBEONE BBETWO BBEFOUR CHANNEL 4. CHANNEL 5 UV itv2 itv4 Sky SPORTS 1 10:15am Right on the 7:00am The TV That Made 8:00pm BBC World News 8:10am Will and Grace 7:00am Milkshakel Football's Greatest Good Morning 10:35am Scorpion 7:00am Man About the 11:25am Below Deck Money Me 8:30pm Tank Men 8:35am Everybody Loves Programming aimed Britain 7:20am The Chase House Right on the Money Good Morning 11:00am Homes Under the Jumbo: The Plane at children aged two 7:30am Raymond 9-30am Lorraine 12:25pm Vanderpump Rules 7:25am Heartbeat 8:05am The Professionals 9:00am 8:15am Bargain Hunt That Changed the Hammer Everybody Loves to seven years old 10:25am The Jeremy Kyle 1:20pm Emmerdale 8:25am Where the Heart is 9:00am Storage Wars Texas Sports Fans Neighbourhood 9:00am Great British Menu World 10:15am The Wright Stuff 12:00pm 9:25am Wild at Heart 9:30am Storage Wars Texas 9:30am Show 2:30pm You've Been Good Morning Blues 9:30am Great British Menu **10:00pm** Pedalling Dreams: 9:35am Frasier 12:15pm House Doctor This Morning 10:25am Judge Judy 9:55am The Car Chasers Framed! Sports Fans 12:45pm Rip Off Britain 10:00am Victoria Derbyshire The Raleigh Story 10:05am Frasier 1:10pm 5 News Loose Women The Ellen 10:55am Judge Judy 10:30am The Car Chasers 12:00pm BBC Newsroom Live 11:00pm 11:25am Judge Judy 1:15pm Bargain Hunt Sound Waves: The 10:35am Frasier 1:15pm Bia Brother ITV Lunchtime DeGeneres Show 11:00am Tour de France Sports Fans **BBC** News 12:30pm The Daily Politics The Jeremy Kyle 11:55am Road to Avonlea Good Morning 2:00pm Symphony of 11:05am Undercover Boss 2:15pm Home and Away 10:30am News 3:50pm Highlights USA 2:30pm Regional News Physics 2:45pm Neighbours 12:00pm Tour de France Live Judge Rinder Show 12:55pm Wycliffe Sports Fans 2:45pm Red Rock 2:30pm A Taste of Britain Railways: The 12:00pm A Place in the Sun: NCIS 4:00pm David Dickinson's 4:55pm The Jeremy Kyle Heartbeat The Professionals 2:05pm Premier League Escape to the Chronicles of a Making of a Nation Winter Sun 4:15pm Marriage of Lies Name Your Price Drama, set in the Storage Wars Texas Storage Wars Texas Country Champion Golfer Documentary series 1:00pm Channel 4 News 5 News Judge Rinder North Yorkshire Live Premie Tipping Point 4:15pm 4:30pm Nature's Miracle Couples Come Dine 6:30pm You've Been Tour de France League Asia Money for about Britain's 1:05pm Neighbours The Chase 7:00pm moors in the 8:00pm railways. In this Babies 7:00pm Home and Away Nothing Trophy 7:00pm Local News and Framed 1960's Highlights Secrets of Our Posh Pawnbrokers 5:15pm 5:15pm edition, how the The Royal Weather 7:30pm You've Been World Superbike 2:00pm Live Premier All New Traffic Cops Living Planet idea of an excursion Countdown Pointless ITV Evening News 4:10pm Wild at Heart Highlights . 7:30pm League Asia Framed! 6:15pm 7:00pm RRC News Antiques Road Trip to distant places 4:00pm The Question Jury Action-packed 8:00pm Emmerdale You've Been 5:20pm Man About the 10:00pm An Audience with Trophy 7:30pm Regional News 7:00pm Eggheads became popular **5:00pm** A Place in the Sun documentary series 8:30pm Coronation Street Billy Connolly from the 1840s Four in a Bed following Yorkshire-7:30pm Letterbox 8:00pm Celebrity Love Your Garden You've Reen 5:55pm On the Buses Billy Connelly does - Practice Round Mastermind Paul Hollywood's onwards. Come Dine with Me based law enforcers. 8:00pm 10:00pm Joanna Lumlev's Framed 6:25pm George and his famously funny Live T20 Blast 12:30am Railways: The 8:30pm The Fugitives Big Continental The Simpsons The Highland Mildred 10:00pm Pl Asia Trophy India Two and a Half stand up in the Watchdog Live Road Trip Making of a Nation 7:30pm Hollvoaks Midwife 6:55pm Heartbeat Highlights company of 10:00pm Death in Paradise The Sweet Makers Je t'aime: The Story 8:00pm UEFA Women's 10:00pm Sarah Payne 11:45pm Mafia Women with Two and a Half 8:00pm Murder, She Wrote 11:00pm Sky Sports News A Tudor Treat of French Song with Euro 2017 11:30pm Big Brother 11:00pm BBC News Trevor Macdonald Men Lewis 11:10pm Death Wish 3 11:30pm Regional News 10:00pm Gardeners' World Petula Clark 11:00pm The Windsors 12:30am Big Brother's Bit on 12:40am River Monsters 10:00pm Love Island 11:00pm Law and Order: 12:15am FYI Daily Through the

WEDNESDAY - 19 JULY

11:05pm Celebrity Juice

11:50pm Family Guy

12:20am Family Guy

Follow Med diet to help avoid cancer

THE Mediterranean diet. Yes we all know about it, we all know the potential health benefits of sticking to it, but many of us still struggle to follow it, despite it being readily available in Spain. However, do not fear.

Experts have now said that just making a few changes to your current diet can make major differences to your health, with making just three healthy changes able to reduce the risk of developing cancer by up to 86 per cent; eating more fruit and fish and reducing your soft drinks. Sounds simple right? So start making the changes today.

The seemingly simple and obvious changes have been announced following a study by researchers at the Tel-Aviv

LL Mediterranean diet includes vegetables, fruits, nuts and seeds, fish and meat.

Medical Centre. They looked at a dietary questionnaire of over 800 people undergoing screening or diagnostic colonoscopies who did not have a high risk of colorectal or bowel cancer.

They found that patients with more advanced polyps, which are small clumps of cells that can, over time, develop into cancer, were eating fewer items recommended within the Mediterranean diet. But eating just two or three components halved the risk of developing advancing polyps compared to having none, with more fruit and fish and lowered soft drink consumption shown to be the most beneficial

A Mediterranean diet is typically defined as eating above average amounts of vegetables, fruits, legumes, nuts and seeds, whole grains, fish and meat as well as monosaturated fats such as olive oil, rather than butter.



DEMAND for respite care has increased 50 per cent in the last 10 years in Spain according to data from a leading health care services provider.

The figures were released as summer started, a time when request for respite naturally occurs with families looking for temporary stays in nursing homes, of a week-

Greater demand for respite

end, fortnight or even a month, for a family member in order to give the primary caregiver some much-need-

Family respite allows the caregiver to get the physical and psychological rest necessary to avoid what some call the 'burned-out caregiver syndrome.' Although this resource is used throughout the year in times of convalescence, hospital recovery and unforeseen travel, it is

especially required during holiday

Family get the much-needed time off as their loved one is cared for in professional centres receiving all the medical assistance and care they

need throughout the day including rehabilitation programmes, occupational therapies or socio-cultural ac-

According to the data from Geriatros-SARquavitae, the average age of respite services is 82 years, and the average length of stay is 15-30 days in the summer and two to four the rest of the year.



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ASSISTED REPRODUCTION: Includes in vitro fertilisation, egg donation and intrauterine insemination.

Spain leads assisted reproduction

SPAIN is leading assisted reproduction in Europe with almost 110,000 treatments a year. This puts the country ahead of Russia and France, according to the European

Society of Human Reproduction and Embryology (ESHRE).

The institution has compiled data from national records of assisted reproduc-

tive treatment cycles in Europe since 1997 and in its latest report, relating to 2014, concluded that 109,275 cycles have been performed in Spain. This was followed by Russia with 94,985 cycles and France with 90,434, which was the former leader in the field. The figures related to treatments with in vitro fertilisation (IVF), Intracytoplasmic Sperm Injection (ICSI), egg donation and intrauterine insemination (IUI). However, the data did not yet include figures from the UK, but in 2013, the UK

performed 61,000 assisted reproduction treatments.

The ESHRE report confirms that European clinics continue to favour ICSI or IVF treatment in a ratio of two to one and European results consistently show that the pregnancy rate (by embryo transfer) is higher with IVF (34.6 per cent) than with ICSI (33.1 per cent).

The percentage of double or multiple pregnancies continues to decline in Europe and was found in 2014, to be at approximately 17 per cent.

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Test could help couples prepare for miscarriage

COULD a simple blood test help prepare women for the heartbreak of a miscarriage? New research believes it could as they have created a blood test that measures levels of the key hormone that is responsible for maintaining the embryo and helping it survive past eight weeks.

The procedure, costing around £40 (\le 45), was initially developed for IVF treatment, but could be used in natural conception, although it needs to be taken within 15 days of pregnancy which could be difficult to predict in natural conceptions.

By measuring the hormone levels it will help reveal the likelihood of a pregnancy ending in a miscarriage. Whilst it will not prevent it, experts say it can help couples to emotionally and psychologically prepare for the pregnancy potentially ending in miscarriage.

After analysing hormone levels in almost 2,000 women, researchers from the Glasgow Centre for Reproductive Medicine, said low levels of the β HCG hormone show an increased risk of miscarriage.



Back pain



SPECIALIST: Doctor Luis Perez Belmonte.

How can you relieve back pain?

Back pain can come about due to many different types of illness, but in the majority of cases rest, avoiding heavy lifting or straining postures, analgesics, anti-inflammatories, muscle relaxants or physiotherapy have all proven to be effective in alleviating back pain.

In extreme cases surgery may also be a solution but is only used in a small number of cases where back pain is caused by a specific medical condition.

When should you seek medical attention?

You should always seek medical attention if the pain is severe and/or lasts for a long time. You should see your regular doctor first and afterwards, if necessary, a specialist. Seek medical attention immediately if you feel numbness or tingling around your buttocks or genitals, unexplained weight loss, chest pain as well as back pain

or if there is a swelling or a deformity in your back. These problems could be a sign of something more serious and need to be checked urgently.

What causes back pain?

There can be many causes of back pain but the most common causes are strains or sprains in the back. Other causes such as a slipped disc or muscle and tendon contractures also have additional symptoms, such as numbness, weakness or a tingling sensation.

How can you prevent injuring your back?

The best way to prevent it is to have good posture, especially when sitting. Try not to strain your back by lifting heavy loads or by lifting from an awkward position.

Exercise which strengthens your back muscles can also help prevent back pain, but consult a physiotherapist on what exercises are most suitable for you.

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

Guitar heroes

VIRTUOSO flamenco guitarist, Vicente Amigo, and rocker, Quique Gonzalez, are set to be the stars of Salobreña's 26th Festival Tendencias from August 1 to 4.

The annual event, which is renowned for providing innovative musical performances, will host the famous guitarist who was recently awarded the Gold Medal for Merit in Fine Arts. Vicente Amigo is returning to the stage with his first album, Tierra, in almost four years. The Cordovan guitarist will be playing on Friday, August 4 in the Sports Pavilion overlooking the Arabian Cas-

Meanwhile, Quique Gonzalez will be providing the rock element at this year's festival. Accompanied by his band, Los Detectives, he will perform new songs from his 10th album Me mata si me necesitas (Kill me if you must).

A rock god with more than 15 years' experience behind him and a good handful of hits, Gonzalez will be playing on Thursday, August 3 in the cosy Auditorio Martin Recuerda.

The festival will also be a hit with art lovers. Each year the event puts aside space for visual arts with this year's ex-



FLAMENCO GUITARIST: Vicente Amigo.

hibition, a Multidisciplinary Tribute to the Casette Tape, created by Colin Bertholet. The installation, which will be on display from August 1 to 4 in the Vault of Salobreña and from August 7 to 14 in the municipal library's exhibition hall, will give homage to the cassette tape, spanning from 1970 to 2000.

An inaugural concert for the exhibition will be performed by Victor Coyote, who will brighten up the event with a duo concert, playing folk songs with a jazz, pop and

New Orleans twist. The inaugural concert will take place on Tuesday, August 1 in the open air El Corralon venue. one of the town's most charming locations.

Festival will also be a hit with art lovers.

On Tuesday August 2, in the beautiful area of Puerta La Villa, the main event will be a talk given by the journalist Carlos Perez de Ziriza, who

has been published in El Pais, El Mundo and Efe. Another talk by journalist Eduardo Tebar will focus on musical journalism in the digital age, major festivals and other musical innovations.

Tickets to the event, starting at €12, can be bought at Salobreña's House of Culture, tourist office, Pub Studio JA, Tienda Bratan and Cafe Julian. Alternatively, they can be purchased online tickets.com or on the festival's website, http://www.tendenci asfestival.com.

International Guitar Festival

VELEZ-MALAGA will be hosting its own guitar legends at the 26th International Guitar Festival until this Saturdav.

The event, which takes place at the Marques de Beniel Palace and the Teatro del Carmen, will include concerts by Ciro Carbone, Hermanos Cunce, Christian Lavernier and Jose Luis Lastres Escalona.

The town's councillor for Culture, Cynthia Garcia, commented "we are once again hosting this festival, which is a cultural benchmark, which gets better every time, and where we can enjoy artists not only from different parts of Spain, but also from other countries including France and Italy."

The director of the International Guitar Festival, Javier Garcia, explained guitar fans will enjoy "a series of master classes," which "will be taught by these teachers during the mornings."

Today Christian Lavernier and Jose



ROCK ON: Cynthia Garcia and Javier Garcia discuss the event.

Luis Lastres Escalona will be performing in the Marquis of Beniel Palaca. Tomorrow, Ciro Carbone will perform with Pedro Navarro at the same venue.

On Saturday, the closing ceremony

will take place in the Teatro del Carmen with a performance by the Provincial Symphonic Orchestra of Malaga. Tickets can be bought at the culture area of the Beniel Palace.

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WILL never cease to be amazed at the amount of dross that is aired on TV in the name of entertainment; Love Island, Big Brother, Kardashians, The Real Housewives of wherever and the like. But a friend of mine commented about a new (to me) show called Naked Attraction.

For those of you that have not seen this programme the clue is in the title! Boy seeks girl: six young women stark naked parade for said boy! Who then has to strip off as well. Girl seeks boy: Six stark naked boys get ogled at by girl who then has to strip off too. They also have gays, pan sexuals (something involving bread?) bi-sexual and the list goes on. Now let's make something clear, I am not a prude and I love the female form and am happy to see it in all its glory, but I'm not sure that having



A belly - of pork rolls and sushi.

nude bodies in full glare on a dating programme makes for a good base to start a relationship. I always thought that the sexiest part of a relationship was eventually discovering what was beneath the

Which is probably why the Japanese came up with the 'body table.' Now this could be a new 'dating - food pro-

gramme.' Six girls are laid out and their bodies are covered with Rolls, Dumplings, Sashimi and Sushi and contestants armed with chopsticks start on the belly and have to eat all the food on the rest of the body before they are allowed to take the food from the ultimate erogenous zones! Now that seems the ultimate date - with dinner first!



A place of tranquility - Las Islas Hotel.

An oasis in the proverbial

MY sister came over last week for a few days to see her son and grandchildren so I ventured down to Torreblanca to see sister and nephew to have lunch and celebrate young Noah's birthday. After a pleasant lunch I took Melanie and Richard back to his house, but on the way stopped at the Boutique Hotel that is Las Islas, in that pueblo. It has become one of my sister's guilty pleasures. I have to admit, it seems very incongruous to find a little hotel in the middle of a sprawling urbanisation, but there it is, complete with

pool, tropical gardens and birds. While we did not eat there - having already had lunch - we did have an after lunch drink and I, of course, had to look at the menu. There is a very heavy Lebanese influence and peculiarly mixed with Spanish dishes and just for fun, theres some Greek, Hungarian and even an Oriental Chicken Salad. The restaurant is open for non residents, but they do not normally serve drinks to non residents or non diners. Obviously my sister

ON THAT NOTE I will bid you farewell until next week and should aspiring restaurateurs need some help or advice, please do not hesitate to contact me. A toast to Good Food, Good Wine and Good Friends.

Translation: "Luck exists in the leftovers" Meaning: "There is luck in the last helping" Japanese Proverb

In the blue and red

REGULAR readers may remember me mentioning about a wine that I was given a few weeks ago that was disarmingly coloured blue. I said it had a 'nose' like nail polish remover so I didn't drink it, but I did decide I would cook with it. So a chicken dish in white wine (well blue!) was prepared. And guess what? You're right; it turned the chicken - blue!

I did contact the bodega a couple of times to find out more details of Baltar de Alort but I did not receive a reply. I wonder if it is actually a white wine with colourant? If not what makes it blue. I shall have to ask my maestro friend Pancho Campo I'm sure he

While we are talking about wine, I may as well throw my wine corner in and this week I am going to celebrate the Bodega Muga, probably one of the best and most well-known of the Rioja, but on this occasion I am going to talk about their Prado Enea 2009. The interesting thing about this particular wine is that they do not always make it unless it's particularly good. For instance they didn't make it in 2007/8 or 2012/13.

Robert Parker was suitably impressed awarding it 97 points and commented:

"The most classic cuvée was not produced in 2007 or 2008, so

we jumped to the phenomenal 2009 Prado Enea. It was produced with grapes from cooler vineyards that enjoyed 20 extra days of slow ripening compared with warmer zones, which provided them with perfect ripeness and deep flavours. This blend of 70 per cent Tempranillo, 20 per cent Garnacha and the remaining 10 per cent between Mazuelo and Graciano had an extended élevage, in this case no less than three years (alternating newer and older barrels). This is still a baby and I know Winemaker Jorge Muga would like to keep it in bottle for longer before selling it, but the commercial pressure is tremendous, as there has been no wine since 2006. The wine has 14.1 per cent alcohol and a surprising 3.34 pH, especially considering 2009 was generally a warm and ripe year. But somehow this cuvée seems to work very well in ripe vintages. The wine feels even younger on the palate, and it still needs to develop some further complexity and the silky texture for which this wine is famous. There is good balance here and all the elements are in place for a nice development in bottle. In fact, it feels like one of the great recent vintages of Prado Enea."

As I said there was no Prado Enea in 2012 or 2013 but it was produced in 2010, 2014 in small quantities and in 2015. At this quality it represents pretty good value. But again it's not a quaffing wine at 40€ a bottle.

A classic rioja - at its best.



31.4 billion. The number of bottles of wine bought and sold each year.

billion. The number of bottles of wine produced annually.

TO READ MORE



LANDLORDS: Will no longer have any right to anonymity if they rent out their properties to tourists.

Tourist landlords to be named

LANDLORDS who rent out their properties to tourists will no longer have any

central purpose of the bill, as is more control over the holiday rental scene, which has operated as a largely underground market for years. The bill will be finalised next week and likely be voted on by the end of

In the tax year just passed, a total of 21,500 taxpayers across Spain received a letter from the tax man stating that the government was aware they had rented rooms or homes to tourists and expected the profits to be included in their annual tax return.

Should the bill become law, it may throw up some interesting facts on the holiday rental phenomenon.

Activists opposed to tourist rentals in major Spanish cities believe that thousands of rented properties are concentrated in the hands of a surprisingly small number of owners, in many cases large companies rather than private individu-

Spain tops expat table

FIGURES from one of the UK's biggest property search websites suggest that Spain is by far the most popular choice for Brits looking for a second home or a new life abroad.

Rightmove has revealed that more than 2.5 million searches are made for Spanish properties every month from UK households.

Head of Rightmove Overseas, Chris Pease, said "Spain's proximity to the UK, cheap flights and short travel time has it consistently emerging as one of the most popular property destinations abroad."

Spain was well ahead of southern

vals, France, Italy and Portugal, which came second, third and fourth respectively, with Ireland making up the top five.

The popular property website said that Alicante enjoyed more searches than any other Spanish region. It also found that Glaswegians and Liverpudlians in particular fancied Spanish properties, while those in London, Cardiff and Bristol opted for France.

Rightmove also noted that, for the average June asking price of a home in England and Wales of £316,000 (€360,000) British buyers could easily acquire a luxury five-bedroomed villa on the Costa

Blanca



right to anonymity under a draft bill to regulate the fast-growing industry. Global accommodation platforms operating in Spain, including Airbnb and Homeaway, would be obliged to reveal the identity of any owners posting adverts

> **Should** the bill become law. it may throw up some interesting facts on the holiday rental phenomenon.

on their websites.

The companies, which have trampled over the dominance of Spain's hotel industry, would also be compelled to provide the ministry of finance with periodic market reports exhaustively detailing their activity and market trends.

Preventing tax fraud is a



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GRAEME TYRRELL

ONE of the more popular container plants in warm to temperate climates, and a favourite in the Mediterranean region is the Weeping Fig (Ficus benjamina).

It is a very strong growing plant but unfortunately it

Weeping Fig - happy or sad?

must be kept in a container unless you have a place that can maintain a 30 metre high and up to 40 metres wide tree with roots so strong they can lift up pavements and strangle

underground pipes.

This strength however is why it is so good in a container. It has the ability to grow in adverse conditions of minimal water and direct sun for long periods without expiring. It does have its limitation though which, when understood, allow it to grow happily on your porch, terrace or balcony providing its bright green dense foliage reminiscent of a tropical jungle environment.

Its most basic need is to have an appropriate soil mixture that permits free drainage of water while having the capacity to retain moisture in the mix. A good potting mixture with an equal part by volume of pine bark mixed with it can be a good blend. Stones can be used instead of pine bark but as they don't retain moisture the container will need more regular watering.

Light is also an important issue. They will tolerate full sun when established but do well in light shade as a house



| WEEPING FIG: Ideal for pots.

plant. If you move them from a very light position to one of low light they will most likely lose many leaves but generally recover. Loss of leaves indicates a change of environment for the Weeping Fig but usually they reboot once a balanced environment for them is re-established.

Watering ideally requires that the container is drenched and then allowed to become touch dry before rewatering.

The plant is tolerant of variations of this but if it becomes too dry it may shed its leaves to reflect the degree of dryness and if too constantly wet it may develop fungal problems in the roots that can cripple the plants vitality.

Allowing water to escape from the container when drenching assists with leaching out accumulating salts in the soil mix. The Weeping Fig is sensitive to salt build up so

tap water with high mineral content can be detrimental therefore rain water is better and chemical based fertilisers with high salt content are detrimental in the long term.

It is best to provide organic fertilisers in liquid form to maintain nutrients but not excessively. As they are inclined to be a large tree, minimal fertilising will assist in managing its size.

They can be potted up into larger containers as they grow but when they reach the maximum desired size, it will be time to repot into the same sized container by removing the plant from the container flushing away most of the old soil mixture, prune the roots by about a third and return it to the container with a new soil mix. In this way the plant can last for decades.

I have two 1.5 metres tall that are a 15-years-old and as healthy as can be from caring for them in this way. I think my Weeping Figs are



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Dog muzzles



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MANY folk have so many different opinions of the muzzle. Of course anyone that sees a dog with a muzzle automatically assumes that the dog is dangerous.

There are many types of muzzle, but whatever one vou choose make certain that the dog is able to

The muzzle that I recommend is the Baskerville which is marketed by the eminent Roger Mugford. This is a basket design and allows near unrestricted mouth opening for panting and drinking.

These are available at most good pet shops and many vets stock them. They come in 12 sizes to ensure that a good fit is available for most breeds of dogs. Available through The Company of Animals, PO Box 23 Chersey, Surrey KT16 OPU UK. Google

I encourage all owners to train their dogs to wear a muzzle, the earlier in the dog's life the better. Most young dogs are destructive: a muzzle will protect your home from being eaten. A muzzle will ensure that your dog is unable to eat any rubbish or poison on the ground that alone is worth training for.

One can always tie the leash around the dog's mouth to prevent it biting.

When visiting the vet it can also be useful for nervous dogs to wear a muzzle and also when a dog has been operated on.

Wearing a muzzle is another way to prevent him from licking the wound. In



DOG MUZZLES: There are many different types.

the event of an emergency. if you do not have a muzzle then one can always tie the leash around the dog's mouth to prevent it biting.

I would add that a muzzle does not cure a bad behaviour, but it is useful whilst an effective therapeutic strategy is develwww.euroweeklynews.com

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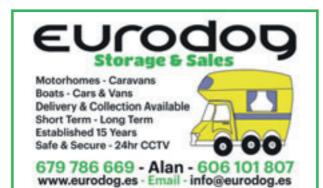
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Speeding in his grave

dreds of supercars to cruise around the gardens and pose for cameras. Blenheim Palace held its Cars at the Palace festival last week as a prelude to its annual supercar meet in Septem-

Motoring fans got a chance to see some of the supercar world's finest specimens. A 2003 Porsche Carrera GT turned heads, along with its sidekick, a 911 GT3 RS 4.0, one of just 600 of the acclaimed models in existence.

Not one to be outdone, Ferrari brought along an F12 Tour de France. Its 6.3 litre V12 engine can reach 780hp, allowing it to hit 100kph in just 2.9 seconds. It was more than matched by a 458 Speciale which can strike a top speed of

A Jaguar F-Type Project 7, Lamborghini Huracan Spyder and Aston Martin DB11 made it a top day for the lucky attendees. The palace is one of the UK's top venues for motoring enthusiasts. On September 2 a special event celebrating 70 years of Ferrari takes place, with tickets now up for grabs.

ROAD TEST by Nick Fletcher

paru BRZ SE Lux

yet important sector of the overall car market, with many models costing north of £40,000, but there are some notable exceptions. At the head of the list is the Subaru BRZ, a sleek head-turning model with plenty of charisma. It is rearwheel-drive, has a taut chassis and a limited-slip differential which diverts engine power to the rear wheel with most traction, helping provide outstanding handling.

But that's not the best part of the BRZ - what is remarkable is that it costs from just €30,190

(£26,495). It's hard to find a more enjoyable and engaging sports coupe at that sort of money.

Power comes from a 2.0 litre 197 hp horizontally-opposed Boxer engine delivering - with six-speed manual gearbox - a quick 0-100 kph time of just 7.6 seconds and top speed of 225 kph (140 mph).

My test model had an automatic gearbox and its figures are 0-100 kph 8.2 seconds, 209 kph (130 mph) and fuel economy of 14.0 kpl (39.8 mpg). With optional sat-nav this version costs €31,899 (£27,995).

The slick and responsive auto gearbox still kept plenty of fun in the driving experience, and the driving is what this car is all about. With its ground-hugging stance and improved aerodynamics the car stayed glued to the tarmac and with super-responsive steering, you always feel totally in control.

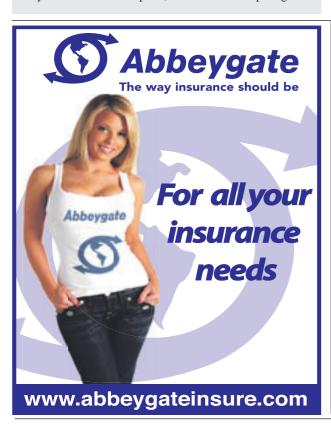
With its potent styling, sports seats, big alloys, twin exhausts, rear diffuser and a boot spoiler, the BRZ looks an all-out sports car but it does have a practical side too.

For one thing it has four seats, though while Subaru says folded you get a surprising 1.270 litres which can accommodate some bulky items.

Standard kit on the test model included automatic LED headlights, heated leather and Alcantara seats, power windows, automatic air-conditioning, Subaru's Starlink infotainment system with 6.2 inch colour touchscreen, voice recognition, sat-nav and Bluetooth. You also get cruise control, keyless entry, push-button start and multi-adjustable steering wheel.

No doubt about it, the BRZ offers a lot for the money but more importantly delivers a driving experience which reminds you of just how much fun mo-

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T was hot. It was very hot. But that didn't deter members of The Classic Car Club of Andalucia from coming out and enjoying their July classic car run and lunch last Saturday. Forty cars and over 80 people turned up at Venta Los Morenos, between Alhaurin and Mijas, to start the regular monthly classic car run.

Venta Morenos is always a good choice for the start point of a CCCA run as it has ample parking and, of course, excellent bacon sandwiches and coffee to sustain hungry drivers and navigators.

Most crews arrived around 10.00am to enjoy breakfast and a natter prior to the 11.00 departure time

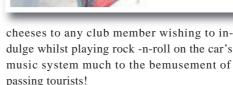
The day was organised by Club President Ian Giles and Carol Giles and a briefing was given by Ian prior to the start, along with an explanation of the Tulip roadbook for the benefit of several new members coming along for the first time. The roadbooks that are used by the Club allow for very simple, easy to use navigation that requires no language as symbols are used to display every road-junction, roundabout and sign post encountered on route. This system gets its name from the famous 'Tulip' rally in Holland where it was designed to be used in the late 1950's. The system is still in use for both club and international rallies to this day. It's quite a lot of work to prepare, but in operation is simple and very successful.

There were some superb motor cars out on this event with new members bringing a stunning Mercedes 190SL from the late 1950's. A member that hasn't been seen for a while, Peter Polet, brought out his most magnificent Bentley Speed 8 from the 1920's and it was a delight for everyone to see this car Hot, hot, hot!

out on Spanish roads. Throw into the mix such things as an AC Cobra, Porsche Turbo, a gaggle of XKR Jaguars, a Lotus 7 and Lotus Exige, an enormous Ford Galaxie 500, a Lancia Flamina convertible, an MGA and an MGR V8 as well as numerous Mercedes a Corvette, a beautiful Fiat 500 driven by former McLaren F1 boss, Jo Ramirez, a lovely little Morris Minor 1000, a Mazda MX-5 owned by club member Sheila Graveling and the most stunning Packard 8 from the 1950's owned by Swedish club member Jan Alvemark and you can see why these events are so popular with club members and spectators

The route itself was enjoyed by everyone and headed from Morenos towards Coin before turning off onto the A-355 heading for Cartama. Then the route joined the A357 for a short while, turning off onto the A343 and on into Álora. Then the route headed up towards El Chorro, passing the reservoir and the famous Camino del Rey and some stunning scenery. Not only is the camino itself very famous but this is also where scenes from the Frank Sinatra film 'Von Ryan's Express' were shot in the 1960's.

A coffee stop was taken at the cafes near to the dam crossing the lake at El Chorro and it was here that something of an impromptu party started around the amazing Ford Galaxie 500 of Tarik Wildman. The huge boot-lid was used as a picnic table as Tarik generously served bottles of French Champagne and



CCCA members enjoying the

sunshine at the coffee stop.

From here the route then joined the road around the El Chorro lakes, one of the most spectacular areas in southern Spain, crossing the dam and heading up towards Campillos. Here the route turned south following the A-357 before turning off and heading back towards Coin and then taking the beautiful road towards Mijas so that members could enjoy the amazing views out over the ocean towards the African coast. Quite spec-

From Mijas pueblo the route then finished at the excellent Italian restaurante, Da Brunos, just over the roundabout with the AP-7 in Mijas Costa. Here the friendly and very professional staff handed out mini pizzas and glasses of Prosecco as a very enjoyable prelude to an excellent lunch.

Starters were a mix of smoked salmon, mussels and salads. Main courses included fresh salmon, veal or spaghetti profumo which was served with house recommended white Verdejos and red Riojas. All members concluded that this was indeed another memorable CCCA day out with an equally memorable and enjoyable lunch to round the day off.

4364 BBB

Something of a contrast in size! The Fiat 500 (Fiorella) of Jo Ramirez.



Club Photographer of the Month

THE Club's Photographer of the Month competition is going very well and, for the month of June, the award goes to Lynne Robinson for her great shot of a Ferrari with the village of El Borque as the backdrop. Well done to her and she gets a polo shirt with the Club's competition logo emblazoned on it.

> **WINNER: A** great shot of the Ferrari.



Further information on Classic Car Club of Andalucia events can be found on the Club's website www.cccandalucia.com. Membership of this vibrant club is open to anyone owning a genuine classic car here in Spain. Saca tu coche clásico del garaje y diviértete con el.

MANCHESTER UNITED have signed striker Romelu Lukaku from Everton for an initial £75m on a five-year contract. Axarquía's best guide to local sport

Golf International Nerja Society

ON June 30, GINS played a War of the Roses match play (sponsored by The Mc-Crackens and The Durstons).

The results were as follows:

The House of Lancaster 10 The House of York: 8 All Square Hole 5 - nearest the pin in 2 David McConnell 1.97 m Hole 6 - nearest the flag on the fairway Cliff Elliott Hole 12 – nearest the pin in

Gill Green 2.40 m Hole 14 – nearest the water

Morris Lightfoot TWO'S

David McConnell and Ian Paterson

Lancashire Winning Players Lancashire Team

Just as Henry VII (House of Lancaster) beat Richard III (House of York) at Bosworth, so did Lancashire beat Yorkshire in the Match Play game - The War of the Roses

It was the final day at Los Moriscos (until September 8) and what a day it was.

Great team spirit by both sides and a well-deserved

win by Lancashire. A lot of nail biting, waiting for the results to come in. At first, Yorkshire were in front then Lancashire, then Yorkshire again, but the final tally was Lancashire.

Monday July 3 FOUR BALL 1st TEAM

Pete Thompson, Marisa Elias Garcia, Dirk Van den Brandt and Brian Hollindrake's wild card 83pts

2nd TEAM

Brian Hollinrake, Gill Green, Carlos Villen and Eloisa Sanchez

TWO'S Peter Verkleij 5

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LADIES MEDAL What a day the 1st Jackie Viles final day was. Hcp5.1 72.9net

STABLEFORD 1ST Marlyse Blair Hcp34 27pts 2nd Diana Elliott Hcp20 21pts MEN **MEDAL**

John Blanco Hcp7.9 66.1net 2nd David Jenkins Hcp5.2 75.8net

Los Moriscos (top) Añoreta (right) The winners.

STABLEFORD

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Graham Stevens Hcp27 31pts

Hcp25 29pts

George Reid Hcp22 29pts Cliff Elliott

> Moriscos. Congratulations David.

On Friday June 30, David

McConnell joined the GINS

Eagle Club with a magnifi-

cent second shot at the noto-

rious 7th Hole at Los



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