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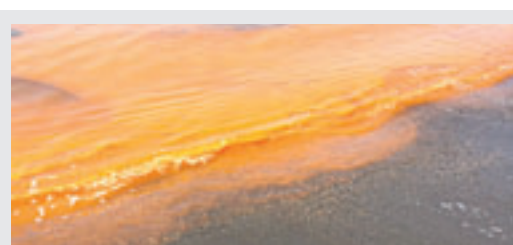
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ORANGE SLUDGE: An algal bloom was to blame.

Tangerine scream!

A NATURAL phenomenon left Costa del Sol beachgoers scratching their heads. Town halls received a barrage of calls reporting that the sea had turned bright orange, with Rincon de la Victoria Council hoisting red flags

to indicate dangerous conditions. But the bizarre episode was triggered by a fish breeding frenzy with the carrot-coloured water containing vast numbers of sardine and anchovy eggs mixed with red algae.

Drug mule?

Riddle of roadside corpse

By Matt Ford

An unrecognisable burning corpse - probably a drugs mule - found alongside a busy road, has sparked a Costa del Sol manhunt.

The body with drugs packed in the stomach was discovered by a motorist who stopped to investigate a fire alongside the MA-8301 between Estepona and Jubrique.

As he drew up two cars sped from the scene.

The passing motorist after realising the fire was a man's body wrapped in blankets immediately called the Guardia Civil.

Investigators - anxious to identify the corpse and to trace the drivers who sped off - are probing two hypothetical scenarios:

1. That the man was murdered before his body was set alight by the roadside.

2. More likely that one or more of the capsules had broken inside the man's body leading to death through a drugs overdose, so accomplices set the body alight to dispose of the evidence.

A post mortem examination was held yesterday (Wednesday), but the corpse, which during forensic tests was found to have the stomach filled with small capsules containing 'narcotics in liquid form' remains unidentified.



JUBRIQUE: The shocking incident occurred outside the village.

Black magic conman

A FAKE shaman accused of scamming a Marbella woman out of €35,000 in exchange for curing her evils has been held by police.

The victim reportedly contacted the Qatari national via Facebook, believing him to be a spiritual doctor from Mexico.

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NEWS EXTRA

Clear as mud

MIJAS finished rock bottom in Spain's 2017 International Transparency Index after obtaining a financial transparency rating of 45 per cent, failing to pass for the second year running.

Loose screw

NATIONAL POLICE have arrested a 31-year-old man over four sexual assaults in Fuengirola, after he threatened his victims with a screw driver before groping them.

Seeing stars

AFTER weeks of uncertainty Marbella Council has given the green light for this year's Starlite festival to go ahead as planned, but organisers have been forced to pay €121,000, 17 times more than previously.

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 longest-serving 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 ex-journalist 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 Parmley.

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.

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 morning.

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.



Casa de A.M. el Rey/Twitter

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.

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PLEASED TO MEET YOU, GLAM: The two Queens.

LANDMARK: The king addresses Parliament.

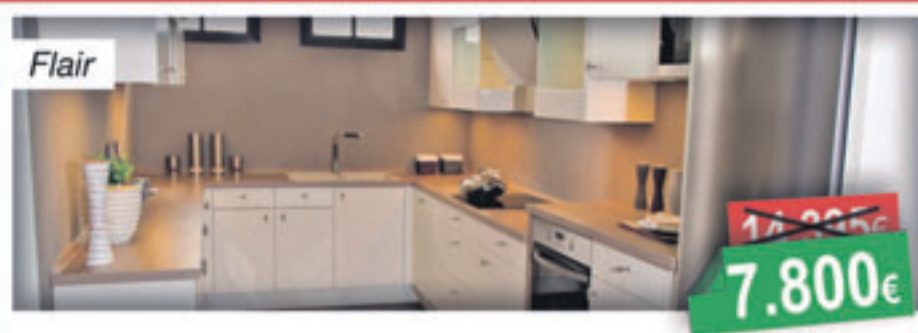
296,600 The population of British citizens resident in Spain in 2016.

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White line highway

THE elder brother of Love Island's new addition, Jamie Jewitt, is currently serving 10 years in prison after being found guilty of trafficking €5.6 million worth of cocaine. Luke Jewitt was sentenced last July for being one of 11 members of a gang which smuggled the drugs from Malaga to the UK. Jamie entered the British reality TV show set in Mallorca last Wednesday.

On your bikes

BICYCLES are not allowed on Marbella's seafront walkway this summer to avoid accidents with pedestrians, the city council has announced. The measure affects the La Fontanilla area from 10am-12am until September 15. An alternative route, running through the east side of the Plaza del Mar Shopping Centre, has been implemented connecting Calle de la Fontanilla to Camilo Jose Cela.

Off the rails

CONSTRUCTION on the Malaga to Marbella train connection will not begin until 2021, the national government's Minister of Development has announced.

Marbella is the only Spanish city with more than 100,000 inhabitants that remains without a rail connection.

The project was initially proposed in 1999 but faced constant setbacks and delays due to the estimated cost.

Blue blazes

A 55-YEAR-OLD man who allegedly set Antequera's ancient city wall alight has been arrested in Malaga. The blaze spread to the historic castle, causing minor damage to the exterior and resulted in a police probe during which concerned neighbours revealed that he had threatened to start a fire in the area.

Sinking feeling

MARBELLA Council has discovered a 17th century shipwreck off the coast of San Pedro after investing €15,000 into subaquatic research in the municipality. Culture advisor Gema Midon later announced that City Hall is plan-

ning an underwater museum similar to that which opened on the Canary Islands in January.

Flying start

THE Ministry of Public Works has opened bidding for a €40 million contract to create a northern access to Malaga airport. Mooted since 2015, the new road will create a direct link

between Alhaurin de la Torre and the airport, whilst relieving congestion at the main entrance.

Stone cold

THE 16-year-old teenager that plummeted to the bottom of the Tagus in Ronda had no drugs or alcohol in his system, according to police sources. After nearly a month in intensive care

doctors have reported that the victim remains in a stable, but serious condition.

Small fry

THE Guardia Civil has seized 1,850 kilograms of undersized and undocumented fish from the wholesale market Mercamalaga. SEPRONA, the organisation's environmental agency, intercepted two deliveries that arrived without paperwork, although the first had already made it into shops and restaurants across the province.

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 'olive juice.'

- 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.

OLIVE OIL:
Over 100 varieties.

Pressing times

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 to be worse.

An even bigger threat may be the destructive bacterium *Xylella 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.

Summer traffic taking its toll

THE Spanish government has refused to open the AP-7 toll road in the face of enormous summer tailbacks on the free-of-charge A-7.

Since the Fuengirola to Marbella section of the new motorway was opened, most motorists have chosen to avoid paying the €14 return fee by taking the slightly longer A-7 route.

Malaga's socialist leader Miguel Angel Heredia pleaded with Prime Minister Mariano Rajoy to loosen the toll,

but the latter responded that "currently the Ministry of Public Works does not plan to implement the measure to release the toll when there are traffic collapses on the A-7."

The City Council of Marbella has requested permission to open up the toll in the event of an accident or heavy traffic on the A-7. Other municipalities including Fuengirola, Mijas and Estepona have joined the call, but they have yet to receive a response from the government.

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Top 5 stories

From 4 - 10 July

- 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 - **1,508**
- 5 Briton held for €17 million timeshare scam in Malaga - **1,002**

Poll of the week

euroweeklynews.com

With some malls and shops now opening on Sundays to cater for summer visitors and residents, should seven-day 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%

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 Saunders*

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 three-day 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.



Shirtless tourists are set to face fines in Marbella.

TRIVIA FROM AROUND THE WORLD

Windsor Castle is the largest royal home in the world. It was built by William the Conqueror around AD 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.

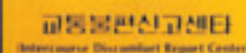
The world's deepest postbox is 10 metres underwater in Susami Bay in Japan.



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



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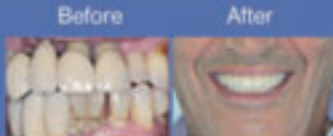
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Trinny Woodall.

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 bikini. The mum-of-two sent temperatures soaring as she explained the different ways she could tie her top while flaunting her toned body.

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 party-goers describing their shock at her raucous antics.



Katie Price.

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 bump as she paraded



Cristiano Ronaldo/Instagram

BABY ON THE WAY? Cristiano and Georgina.

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 daughter Ella after donning a neon pink bikini.

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! X." New hubby and



INCREDIBLE HUNK: Dan (centre).

NEWLY-WEDDED BLISS: Jacqueline and Ella.

former TOWIE star Dan also joined the social media blitz as he shared a series of photos of the 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.

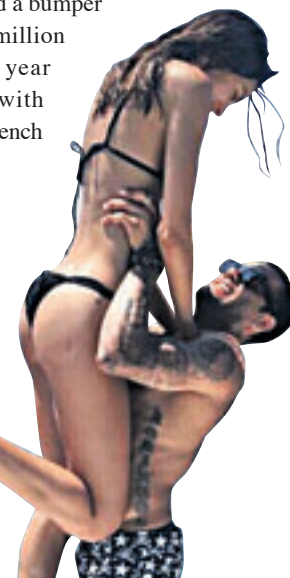
Alves on her mind

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 23-year-old wife posted pictures of the intimate ceremony on social media.

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.



SUN-SOAKED: The pair were married in Ibiza.

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Ruff around the edges

ONLY 2,500 of the 90,000 dogs in Malaga are registered on the mandatory DNA listing, according to the city council.

The Animal Welfare Ordinance was introduced in May, obligating dog owners to register their pet's genetic profile within a six-month period which ends on October 31.

Raul Jimenez, Environmental councillor, has called

for dog owners to register "sooner rather than later" to avoid availability issues.

DNA registration aims to clean up the city while ensuring that owners who mistreat their pets can be held accountable for it.

With the genetic profile of each dog at hand, officers will be able to find the owner of abandoned and mistreated pets and punish them accordingly.

Raul Jimenez warned that "any dog that does not have a badge with his DNA identification will be in breach of the ordinance and its owner will be fined by Local Police."

DNA profiling is currently available for a one-off fee of €35, although the council has announced that the cost will be waived for owners in financial difficulty.

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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).

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 Morocco-bound 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 Guadaro 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.
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MALAGA Provincial Council has announced a €27 million boost to 103 municipalities in the area after unanimous agreement from five political parties.

The thrust comes from money left over from the 2016 firefighting and water purification budget.

Representatives from each political party met to agree how the cash

€27 million boost for province!

will be distributed, with €16.4 allocated to smaller towns and the remaining €10.5 million shared between the 12 municipalities with more than 25,000 inhabitants. Marbella stands to gain the most with a

€1,862,615 investment.

Guzman Ahumada, Representative for the For The People Party Malaga, has praised the initiative, stressing that the investment "will generate employment" across the

province.

"It is an act of collective responsibility of all political parties, in which we put general public interest before our political agenda," the PSOE representative added

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Behave on the beach

TOUGH new regulations will restrict what is permitted on the Costa del Sol's beaches from next Sunday, with loud music, parking and camping all prohibited by the provincial council.

Swimming in areas designated for boats, and sailing near areas for swimmers are also banned and will see offenders slapped with fines of up to €300. 'Serious infractions' can incur penalties between €1,500 and €3,000. These include using fire, barbecues, bringing pets, playing ball games within six metres of other beachgoers and fishing out of season or in prohibited areas.

Line of fire



DISASTER: The fire which ripped through the Costa del Sol in 2012.

UP to 50 per cent of housing developments along the Costa del Sol have no fire protection plan, according to forest fire agency Infoca and municipal brigades.

Next month marks five years since a massive wild fire which originated in Coin, and subsequently spread through the towns of Mijas, Marbella, Ojen and Monda, forced the evacuation of more than 6,500 people and destroyed 8,225 hectares of forest.

Since the disaster, Infoca have introduced preventive measures and action plans to minimise future risks.

However, the agency has claimed that less

than half of the properties along the Costa del Sol follow the guidelines implemented to keep them safe. In addition nearly 30 per cent of coastal urbanisations have failed to provide a self-protection plan to the local council.

"Generally there is some awareness along the coast, but in other towns the legislation is not taken so seriously and there is ignorance despite the existence of so many houses in proximity to forested areas," said Jose Antonio Gomez, a forestry technical engineer who has drawn up self-protection plans for numerous residential and leisure sites including the Caminito del Rey.

NEWS EXTRA

Booze blues

MARBELLA City Council has asked tourism and leisure agencies to reconsider their marketing strategies after a social media video showing two drunk British girls lying on the street went viral.

Memory lane

AN online petition by Estepona residents to have a street in Marbella named after Pablo Ruez, who died last February after battling with leukaemia, has accumulated nearly 200,000 signatures.

Hash smash

AN African man was arrested after crashing a French-registered car containing 120 kilograms of hash into a bus shelter while trying to flee from a police checkpoint in Malaga.

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NEWS EXTRA**Rubbish plan**

RESIDENTS of the Finca Doña Maria, Arenal and Cortijo de Mena in Benalmadena are up in arms over a €320,000 municipal recycling centre which is to be built on nearby wasteland.

Hot stuff

STATE weather agency AEMET has issued an orange warning in the areas of Antequera and Ronda today (Thursday) after the mercury yesterday soared beyond 45°C.

In demand

OVER 100,000 autumn and winter tickets for the notorious Caminito del Rey footpath in Ardales, Malaga, went on sale yesterday, with thrill seekers urged to book via the website www.caminitodelrey.info.

Fury over animal images Art attack!

By Liam Griffin

ANIMAL rights activists are up in arms after paintings depicting bestiality appeared in a Malaga art museum.

The images in question appear in a new exhibition which is on at the Centre for Contemporary Art (CAC) and which can be viewed until September 24. Entitled 'El Corazon Mandanda' (The Heart Sends), it features artworks created by 40-year-old artist Santiago Ydanez.

"The exhibition is a kaleidoscope of mixed themes, animals, portraits, references to art history and themes of a sexual nature," said Fernando Frances, director of the exhibition.

The furious president of The Animals and Plants Protection Society, Carmen Manzano said: "There are school trips and families that visit the museum, so I would have thought the director would have taken a little care selecting the artwork."

She added that her society "firmly believes the exhibition is publicising the sexual behaviour of animals."



CONTROVERSY: The work is on display at CAC Malaga.

The group's lawyer, Jose Luis Mota, added that they are in the process of drafting a protest letter and that they are pursuing legal channels after the artist "used animals for sexual purposes to exploit them."

CAC has issued a statement on Facebook in which it "lamented" that some of the works have hurt the sensitivity of

visitors, but reminded viewers that "before entering this area there is an explanatory sign of the works."

"Zoophilia is a subject that has previously been featured in the history of art, not just a theme used by Santiago Ydanez, we apologise for the inconvenience and appreciate your understanding," they added.

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NEWS EXTRA

Worse
for wear

A VIOLENT, drunken man was arrested by the Local Police in Alhaurin El Grande. After a brawl in a bar, he went home and assaulted his mother, before being restrained with a knife in his hand.

Smoked out

AFTER inhaling smoke in a house fire in Torremolinos, a 60-year-old woman had to be taken to the Virgen de la Victoria Hospital for treatment. The cause of the fire is unknown.

Dog beach

PET owners have called for a dog beach to be made available in La Linea de la Concepcion and the council is approaching the Junta for approval.

Access all areas

THE €11.2 million project to reduce traffic accidents and congestion at the infamous Arroyo de la Miel access road is underway

National development minister, Inigo de la Serna, was on hand to lay the first stone of the two year scheme, which will involve widening a roundabout and creating a two-lane access road.

He explained that preparatory work is expected to begin shortly, while construction is scheduled to commence at the end of the high season in October.

The national government and construction contractor Ferrovial are studying the possibility of reducing the build time to "the bare minimum," since 120,000 motorists use it daily.



Arroyo de la Miel access roundabout.

Ferrovial have announced that they will be using sound-absorbing tarmac and 876 metres of acoustic



screens to minimise traffic noise in the area.

De la Serna stressed that the project "is not complex, technically speaking" with

"thousands of links like this across Spain," and added that the construction "will improve the quality of life" of tourists and residents alike.

Taking
the low
road

LOCAL POLICE have arrested a 52-year-old man in Malaga for using a disabled badge belonging to his deceased father-in-law.

Officers noticed the man parking in a disabled space at a health centre in Malaga City. Agents checked the card and found although it was authentic, the expiry date was not visible.

When the accused returned to his vehicle, officers confiscated the permit after discovering it became invalid in April 2016.

Investigators then discovered the man had provided a false name and DNI. According to police sources, the fraudster then revealed both documents belonged to his father-in-law, who was "disabled and bed-bound due to his illness."

After further investigation it transpired the true owner of the parking permit had died in 2014.

219,000 The amount of visits between one and 12 months to Spain by British citizens for 'other' purposes in 2015.



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NEWS EXTRA

Wine shortage

WINE-GROWERS in Molina, Antequera, have a difficult summer ahead after hot temperatures and drought left the vineyards half empty. Distributors expect to harvest below 2,000 kilograms.

Hotels sold

STARMEL, a hotel company based in southern Spain, has sold four of their seven hotels to London & Regional Properties Limited. Among the hotels is the popular Torremolinos Sol Principe.

Happy end

THE prompt action of firefighters in Malaga meant a fire which broke out in a workshop and forge in Calle Biznaga was brought under control. There were no injuries.

Robot in the skies



LIFEGUARD SERVICE: Tasked with keeping bathers safe over the summer.

FUENGIROLA Council has reinforced their beach security with a drone unit capable of locating and rescuing bathers.

The drones sport high quality cameras and two life rings, which take less than two seconds to inflate. The new rescue system, which looks as if it were taken from a science fiction film, has already been implemented along the Fuengirola coastline.

The service will run until August 31, from

11am-8pm, along the Los Boliches beach. Mayor Ana Mula boasted that "we are the first municipality that uses this system throughout summer."

The two services drones cost an approximate €15,000 for the whole season. Mula justified the budget saying "the effort and costs of the project will be worthwhile if even one life is saved."

The robots join Fuengirola's 47 lifeguards tasked with keeping bathers safe over the summer months.

Protect and serve



Malaga mayor (second right) holds the table.

MORE officers are being deployed on the beaches along the Costa del Sol this summer as part of the annual Turismo Seguro plan.

Miguel Briones, Malaga subdelegate for the national government, met with Mayor Francisco de la Torre in Malaga to coordinate additional police teams for the tourist season, concluding that both the historic centre and beaches need reinforcements.

Both men highlighted

"the importance of collaboration between the municipal and state services" for the safety and satisfaction of Malaga residents and visitors."

Representatives from the Guardia Civil, National Police Force, Local Police, Firefighters and Civil Protection attended the talks.

Alongside general security, officials and representatives laid down protection plans for specific events such as the Feria de Malaga and Virgin Carmen Festival.

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Guardia Civil

A SELECTION of the smuggled cigarettes.

Bac to bac

CONTINUING with enforcement against the smuggling of illegally imported cigarettes, Guardia Civil officers have seized 11,500 packs.

This success was prompted by two stops on the roads around San Roque and Sotogrande with the first car carrying 8,000 packs simply hidden under a blanket and in the second case, 3,500 packs were stashed in a secret chamber within the vehicle.

All of those arrested will be charged with handling of smuggled cigarettes and the cartons of cigarettes have been confiscated.

Health crisis



HEALTH SECTOR: The province needs 71 additional doctors.

THE Costa del Sol health sector is currently drastically understaffed according to a study conducted by the Medical Union of Malaga.

The research shows that Marbella has 24 less health professionals than Jaen, despite having 12 per cent more inhabitants.

In addition, spokesman Gregorio Blanco announced that the province needs 71 additional doctors, adding that "the historic imbalance is getting increasingly worse, as over the last 30 years no steps have been taken to support the increas-

ing population across the province."

In Mijas, Blanco reported that some doctors support up to 3,000 patients, almost double the 1,500 maximum recommendation.

He added that along the Costa del Sol, pharmacies and veterinarian clinics operate with the same amount of staff as they did in 1989, showing a complete lack of development in the sector.

NEWS EXTRA

Operation success

MALAGA Province has seen a 50 per cent drop in fish smuggling after police tightened inspection this year. The last sting took place in June, where the Guardia Civil seized 1,850 kilograms of immature fish.

Help ahoy

THE EO EO association from Alhaurin de la Torre has landed in Senegal and joined forces with workers from the BaoBab children's centre to begin providing aid to children in several West African villages.

Debt saddled

MALAGA capital has accrued a debt of €542.1 million, ranking the city at 445 of 8,125 on the national debt register. The debt represents €953 per inhabitant, while in Marbella it is less than one euro per head.

Dental kick

A TOTAL of 41,736 children aged between six and 15 benefited from the National Government's 2016 access to dental care scheme in Malaga. The investment in treatment cost €936,140.

121,000 The amount of British residents in Spain aged 65 or over in 2016. This has more than doubled since 2006.

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MC Boulevard News

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



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

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

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

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

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

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



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Photo by Ayuntamiento de Marbella

IDENTIFIED: Children being given their bracelets.

A simple but safe idea so no-one has to get lost

AFTER a successful trial last year, Marbella Council will be offering free identification bracelets to visitors

to its beaches.

The idea is that parents responsible for children and also the elderly or disabled can apply to one of the 15 first aid stations on the beaches for a numbered bracelet and details of the person's age, sex, hair, height along with contact telephone numbers, will be recorded.

In this way, any child or elderly person who becomes lost can be identified via the details logged and the per-

son responsible for them may be contacted.

First aiders will also patrol the beaches offering the service to visitors, as bracelets have to be changed daily.

"This consists of a simple but effective system that makes it possible to find the parents or those responsible for anyone who has been lost, as well as the person who is lost," said councillor for Sustainability, Miguel Diaz.

NEWS EXTRA

Mountain climb

THE town of Ronda has re-opened old farming infrastructure in order to provide a €600,000 annual boost to public coffers. Revenue is obtained through pastures, cork trees and Iberian pigs in the area.

Gone bust

MARBELLA shores are left unprotected after the company commissioned to environmentally assess the breakwater structures, which protect the shores from the force of ocean waves, has gone into bankruptcy.

Good eggs

SITIO DE CALAHONDA is one of the most well-protected areas from wildfires, as Mijas citizens create firewalls and remove dry wood throughout the year. The council spend only €30,000 on protection.

Final leg

MARBELLA-BORN Alejandro Caracuel has landed himself in the top three on the well-known reality show 'Survivors' after facing two months in extreme conditions. The final will be held on July 20.

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NEWS EXTRA

Emergency repairs

THE Junta de Andalucía has authorised € 100,000 worth of emergency work across the beaches of La Carihuela and Montemar in Torremolinos to repair the damage caused by storms last April.

Free-for-all

CAR PARKS in Torremolinos are set to become free of charge after the City Council struck a deal to boost the commercial and business sectors with private car park companies in the area.

Toll road

FIVE people including a 10-year-old boy were injured in another traffic accident on the A-7 motorway near Mijas. Alongside the minor, a man and three women were transferred to the Costa del Sol hospital.

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.

Miss Grand Malaga Anastasia Castillo, a model from Torremolinos had hoped to become the fourth representative of Malaga to win the title which has been contested for just the past five years,

but sadly for her, she was not even in the final five.

The first runner up was Susana Sanchez from Sevilla, second runner up was Carolina Santos competing on behalf of Andalucía, whilst Paola Morales and Alba Lara representing Granada and Jaen respectively finished fourth and fifth.

There was considerable upset

when the contestant from Pontevedra, Jessica Solleiro fell three metres from the stage in the preliminary round, but happily she is recovering without serious injury.

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 the competition.



1 Miss Balearic 2 Miss Sevilla 3 Miss Andalucía 4 Miss Granada 5 Miss Jaén.

Miss Grand Spain / Facebook

Love and marriage

A 51-YEAR-OLD Spanish man has been arrested by Local Police in Malaga after threatening to kill his wife and burning her clothing in the street.

According to the 50-year-old victim, after a heated discussion she had returned to her home with her 12-year-old daughter to find the door locked. After asking the accused to open the door he broke the kitchen window and attempted to throw a knife at her.

The victim fled to a neighbour's house with her daughter while her husband set fire to her clothes on the street while shouting death threats.

When police services arrived to interview the victim, she received a call from her husband and put it on loud-speaker. Officers reportedly heard him threaten to "gut her like a fish."

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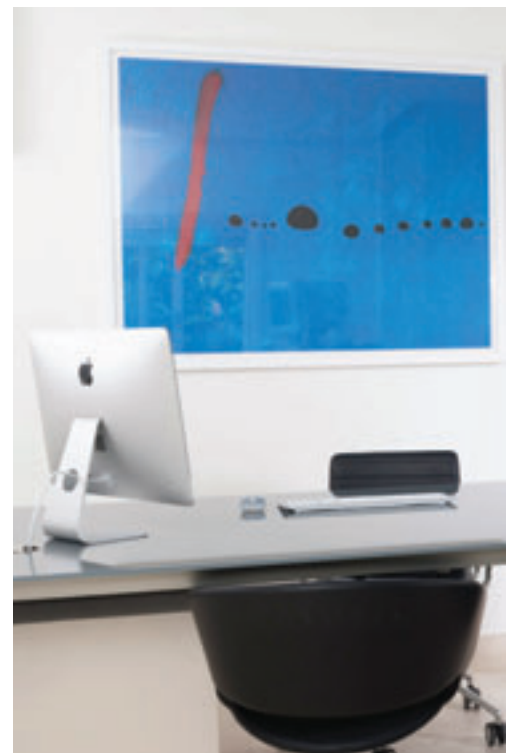
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Sotogrande summer markets

MARKETS in Sotogrande are coming back in a big way for the summer and the Levante Market has just been opened by the mayor.

Juan Carlos Boix, accompanied by other members of the council and the CEO of Sotogrande SA, met at La Reserva Club Champagne and Cocktail Lounge, in La Ribera del Marlin, to formally open the various markets.

After the success of last summer, seven food trucks will offer a range of different options as will the various restaurants and bars around the port.

Open every day from noon until 2am, the food trucks will be joined by a number of special events including examples of art, design, fashion and even pilates together with various traders offering a range of different items.

The traditional markets are not forgotten, with the well-attended Sunday market offering antiques, clothes, souvenirs and much more running



OPENING: Announcing the Levante Market, Mayor Boix, in the centre.

from 10am to 3pm whilst the evening markets which run from 7pm to midnight on Wednesdays and Thursdays

will also offer crafts, jewellery and fashion.

Children are not forgotten as there

will be a playground just for them for when they get bored with the shopping.

Polo season is getting into full swing already

A NUMBER of polo quartets battled it out trying to win the 24th Enrique Zobel cup at Ayala Polo Club.

Eventual winners, Dr A, triumphed over the Equus team, winning 10-8 whilst the Jolly Rogers ended up in third place beating La Mangosta 11 to 7.5.

Polo brings literally tens of thousands of spectators and participants to Sotogrande every year and there will be events and matches almost every week during July and August, with teams competing for a range of different trophies and cups.

Next to be competed for is the fourth Manuel Prado Memorial, starting next Friday and running through to Sunday, then the grounds of the Santa Maria Polo Club will welcome the annual Women's Polo Tour which covers the following weekend.

The end of July and a great deal of August see the 46th International Summer Tournament



WINNERS: The triumphant Dr A team and family members.

which brings together the best players in the world and offers exciting polo and some great after match events, including a special shopping village and some fine gastronomic delights.



CELEBRATE: All dressed up and somewhere to go.

Women of all ages enjoy Bahia Fair

TO celebrate Women's Day at the Bahia Fair, the El Drago Women's Association organised a ladies only lunch and celebration.

Women, many dressed in traditional clothing, arrived at the municipal tent to enjoy lunch, a performance by group La Mala Hora and a prize draw.

The event was a great success and was praised by the representatives of the council, who attended.

It wasn't just the ladies who were given special treatment, a similar event was also hosted for men and women 'of advanced years'.

Councils disagree over river

ONCE again, the entrance to the Rio Guadiaro is blocked by sand but, the Cadiz Council and San Roque Council disagree over whose responsibility it is.

The mayor of San Roque, Juan Carlos Ruiz Boix, commented on a statement made by Agustin Muñoz, from Cadiz, who said that this was a regular, natural occurrence which San Roque needed to resolve.

Mayor Boix reminded the recently appointed Muñoz that the town had given up responsibility for this problem two years ago and was amazed that his council were being told to fix the problem when, late last year, they were chastised for undertaking the work after 20 days of inaction from Cadiz.

"The city of San Roque does not consider it tolerable that thousands of fish die out of neglect when this catastrophe can be avoided. Without forgetting the health risks that this situation can bring" said Boix.

Whilst the disagreement continues, no action is being taken by any council which can only cause problems for the local environment.

Local residents however have been out in force digging a channel to allow the water to flow but, without bulldozers and diggers, moving large volumes of sand, this can only be a temporary measure.



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NEWS EXTRA**Transport tiff**

RESIDENTS and business owners in Estepona have expressed outrage at the lack of public transport in the western part of the town. The only city centre bus service runs from July 15 to August 31.

Coming soon

MARBELLA is ready for an influx of Muslim tourists after the end of Ramadan, their holy month. Muslim tourists account for almost 7 per cent of the city's yearly tourism income, due to their typically long stays.

Clean sweep

MARBELLA Council has begun €130,000 work on the Torre del Cable, a sea tower built in 1957 to transport ore from the Sierra Blanca, to repaint and replace broken parts of the structure.

Blaze delays

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.

Check mate

THE Municipal School of Chess has announced the summer event 'Play with Us' where they will host chess games at Paseo Marítimo, Marbella, between July 11 and August 26 from 7.30-10.30pm.

Debt dodgers

TORREMOLINOS Council has agreed with the €17 million debt it owes to Malaga for waste disposal between 1988 and 1990. Following the legal battle, the council will be repaying the debt until 2040.

Safety first on the Mijas coastline

MIJAS will have the largest team of lifeguards on the Costa del Sol this summer, announced councillor Jose Antonio Gonzalez.

According to Gonzalez, around 300 people died in Spanish waters during 2016. For this reason, Mijas Council has increased safety patrols

along the beach to ensure all bathers stay protected.

"This year the number of lifeguards has risen to 75, which means that for the first time, our beaches will have more than 50 who will patrol the 14 kilometre coastline every day," Gonzalez announced.

The lifeguard service has increased the number of surveillance chairs from four to nine in a bid to boost the coverage along the town's beaches.

"It will be a service that consists of surveillance and patrols along the coastal strip, alongside three boats

that will patrol the coastline and support where necessary," explained the councillor.

In addition to being trained in first aid, all lifeguards have received an accessibility course in which they learnt basic level sign language.

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TREES THE KEY: Quercus suber trees in Casares.

A corking idea

CASARES Council has launched a new initiative to collect cork from the Quercus suber trees in the area and reinvest the proceeds to prevent fires.

Cork is used for sealing wines, acoustic insulation and is naturally fire retardant. Not only does cork resist fire but it prevents it, at least in the hills of Casares. The city has allocated a significant portion of the proceeds from cork harvesting in the area to fire prevention tasks.

The harvest, being carried out from June 15 to September 15, will yield €6,000 this year for fire protection work.

The works will consist of cleaning more than 2,800 metres of roads and walkways to Monte de la Acedía, and the protection of around 70 hectares of the public forest.

Casares City Council also offer to draft up a mandatory Fire Self-Protection Plan for home and plot owners in isolated locations.

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Water as clear as crystal

Beach study to ensure quality

MARBELLA beaches are undergoing extensive analysis in a bid to ensure their waters keep the excellence status.

Miguel Diaz, councillor for Sustainability, announced that 224 tests are being conducted across 25 points on the beach bi-weekly by the Hidralia water company.

Carlos Corral, manager of the company, emphasised that “we have commissioned many sampling points so we can react immediately if any anomaly is detected.”

“It is a priority of the City Council to undertake improvements in beach sanitation because it results in an improvement of the quality of the waters of our coast,” Diaz added.

Diaz announced that the collaboration has installed a motorised floodgate at the mouth of the Arroyo de la Represa “that will allow controlled relief of the water in the event of heavy rain.”

In addition, the collective will be handing out more than 5,000 reusable coned ashtrays along the beach.



SAMPLING: Water will be tested at 25 points twice a week.

“Cigarette residue generates high levels of pollution,” warned the councillor for Sustainability, who called for residents and holiday-makers “to cooperate with

the initiative to ensure beaches stay clean.”

This year, Marbella was awarded a sixth blue flag, an esteemed indicator of high water quality.

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NEWS EXTRA

Open all hours

MARBELLA Council has announced their tourist offices will open daily from 10am-9.30pm and all year round in a bid to adapt to rising tourism in the area.

Fatal dip

A 52-YEAR-OLD man died off the coast of La Araña beach in Malaga after several attempts at resuscitation. It is unknown whether the death was due to drowning or existing health problem.

Smoked out

THREE men have been treated for smoke inhalation by a flat fire on Calle Giner de los Rios in Ronda. One of the affected, aged 73, was transferred to Ronda Hospital in a more serious condition.

Cyberspace safeguarding

AN Interpol official has recommended parents pay more attention to their children's online activity after a dramatic rise in online sexual crimes against minors.

The Criminal Intelligence Officer for the Interpol General Secretariat, Julian Francisco Millan, warned that sexually explicit images of children are rife on the internet. At the first International Cybercrime Conference, held at the Malaga Bar Association, Millan described the dangers surrounding the most fre-

quent types of online sexual crime.

He explained that the most common is 'revenge posting.' After some young couples break up, disgruntled former partners often take to social media sites to share sexually explicit material. These posts can often go viral, causing distress to the victim and increasing the presence of child pornography across the web.

Millan pleaded with parents to be more vigilant, asking them "to spend a little time

with your child to know what they are doing online."

He added that without spying parents need to know "who they are talking to, what they are talking about and what they are sending."

Millan stated that Spain is leading the fight against cyber crime as they constantly "fulfil their objectives."

However, he said that more training and awareness are needed to prevent the crimes.



ONLINE ACTIVITY: Parents need to know who their children are talking to and what they are sending.

Tourist shopping boost

THE mayor of Torremolinos has commissioned 110,000 new tourist maps to be printed for the summer season.

In partnership with the Torremolinos Association of Merchants and Employers (ACET), the council has designed a tourist leaflet which highlights the main commercial and leisure hotspots within the municipality.

The pamphlet will feature advertising spaces for companies wishing to promote their businesses directly to holidaymakers.

The first batch of maps will be distributed throughout local hotels, travel agencies and hostels.

The partnership has announced it aims to expand the initiative using social network, mail-outs and local media in a bid to boost tourist spending during the high-season.

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NEWS EXTRA

Open season

THE new Campamento Benitez public park will open on July 17 after a raft of work to the site. Malaga Council has announced that the grounds will be open throughout the week after originally stating they would only open on weekends.

Royal vessel

THE Prince Abdulaziz yacht, owned by the King of Saudi Arabia, set chins wagging after it docked in Malaga City for the third time since 2002. It is unclear if any members of the royal family were aboard the boat.

Road rage

RESIDENTS of San Julian, Malaga, are up in arms over access roads to the Plaza Mayor shopping centre. Two roads, one of which is an old railroad track, are "overgrown with weeds and infested with rodents."

Life without limits



THE MODIFIED square in front of the Angustias Church in El Palo.

THE Diocese of Malaga has demonstrated its commitment to disabled access by modifying several parishes.

The Christian Fraternity of Persons with Disabilities (FRATER) is a movement in Malaga which encourages disabled people "to stop being recipients of the compassion of others," stating that Jesus said to "get up and walk."

The initiative is committed to

working closely alongside the Diocese of Malaga to facilitate access to all of their churches.

The diocese architect Pablo Casesnoves points out that "in the new works we have been doing, accessibility is nearly perfect, since we have to comply with all the necessary regulations to obtain a licence to open.

"In practically all the renovations that we have done, we have changed the floors, eliminated the

entrance step and adapted the door," he added.

One of the most recent upgrades is that of the Angustias Church in El Palo, where Malaga City Council refurbished the square in front of the building to facilitate access.

The diocese also provides an interpreter for the deaf on the third Sunday of every month, at the Franciscan Chapel in the capital.

Two sue over bar battle

A PAIR of men who fought at a bar in Marbella have taken each other to court for alleged crimes of personal injury.

The brawl broke out after a heated discussion took place between the pair which ended with one of them throwing a stool at the other, breaking several of his teeth. His lawyer has requested that the man who threw the chair is jailed for four years, while the other man has launched his own bid to have the 'victim' charged.

The incident took place in a bar on Marbella marina, when the man who was hit by the stool approached two drinkers and declared: "Come on, let's talk, faggots."

According to witnesses, after the two men told the defendant that they were calling the police he left before returning moments later wielding a large knife, telling the astonished men "I'm going to kill you."

It was then that the other defendant supposedly threw the bar stool at the aggressor, which hit him on the head and knocked him to the ground.

Both parties have requested that the other pay a fine ranging from €225-340.

The case continues.

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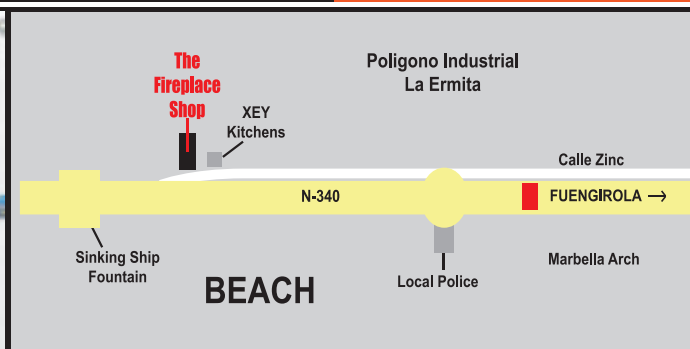
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Holiday cheats to be stopped

By John Smith

AFTER threats from the Spanish authorities to take legal action against spurious compensation claims from British holiday-makers, Prime Minister May has confirmed

her own crackdown.

According to widespread reports in the British media, she has responded to their exposure of a number of unscrupulous companies who persuade holidaymakers who return from Spain on all inclusive holidays, to say that

they suffered from food poisoning and make claims against hotels and travel companies.

This activity has become something of an epidemic, obtaining illicit pay outs for lying Brits and earning thousands of pounds for the companies coaching and representing them, whilst forcing up the price of holidays of those who are quite honest and innocent.

Currently, many holiday companies find it easier to settle claims without going to court where costs can spiral but now it appears that a new law will place a cap on compensation payments, whilst existing laws will be used to prosecute those who present fraudulent claims in a bid to restore some element of belief in the honesty of British tourists.



PRIME MINISTER: Theresa May cracks down.

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
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Top 5 sunscreen slipups

WITH thousands of tourists descending on the Costa del Sol, here are five common mistakes that sun worshippers make when slapping on the lotion.

The first sunscreen mistake is not wearing any. We are all well versed in the damage the blistering sun can cause us in the here and now, and in the future. But still, even those of us with the best intentions can still slip up from time to time.

You've been using a 'thin coat.'

When it comes to sunscreen, less is not more. David J Leffell, professor of dermatology at the Yale School of Medicine explains that we need to "use enough to evenly cover the skin and massage it in, utilising a more systematic approach."

When in doubt, heap it on.

No sun no sunscreen, right?

Wrong. Dr Stefanie Williams, founder and medical director at European Dermatology has said that although a cloudy day blocks most of the sunburning UVB rays, the skin is still exposed to significant amounts of UVA without even noticing.

"UVA can penetrate windows and



SUNCREAM: Take a little more care this summer for a golden tan.

cloud. I always recommend the same sun protection level whether the sun is out or not," according to Dr Williams.

You apply it while you're on the beach

Although sun cream works nearly instantly after it's applied to the

body, Boots Suncare Expert Clare O'Connor says that "it is important to allow some time before you go outside as your skin takes a while to absorb it. This will ensure that when you undress, lie on a towel or start moving your protection is less likely to rub off."

Waterproof must mean waterproof
'Water resistant' means the sunscreen performs better than others in the presence of water and sweat. There's a good reason why the FDA bans the use of 'waterproof' or 'sweatproof' on product labels.

Regardless of the water resistant rating, bathing in the sea will cause a certain amount of protection to rub off and if that doesn't do the trick, towel drying definitely will.

Re-apply!

You keep busting out last year's cream

When it comes to sunscreen, expiry dates really matter. The active ingredients in sunscreen that create a barrier on the skin deteriorate over time, according to Professor Leffell. Alongside their time limit, Leffell explains that we might want to read the storage recommendations on the back. Storing bottles in high temperatures can limit the effectiveness of the cream.

With temperatures soaring over the Costa del Sol, and frequent heat waves gracing the shores, take a little more care this summer if you want to keep that golden tan.

NEWS EXTRA

Clean up

TORREMOLINOS Council has 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, spokesperson for the residents of Lagunillas district, 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.

Child care

REGIONAL Health councillor Marina Alvarez said that the Junta de Andalucia will continue the early childhood care programme under a new and revised initiative which will be announced mid-September this year.

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Advertising Feature



Copper Heeler brings relief from arthritis

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

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

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

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

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

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

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

Benalmadena man plans to lose 27 kilos in 28 days

MARK SAMPSON who lives in Benalmadena has decided that the time had come to lose weight for health reasons and so that he can fly again.

With a private pilot's licence, he loved getting into a helicopter and taking off but when his weight exceeded the maximum 17 stone (108 kilo) limit, he was denied access to his special hobby.

His plan therefore is to live a little longer and enjoy life a little better so at the start of July he made a decision to reduce his current 135 kilo frame down to 108 kilos in 28 days by drinking water and eating green salads without dressing.

So with the encouragement of his friends and knowing that his 75-year-old mother would be visiting in September, he set off for the local 'farmacia' and weighed in at 133.95 kilos.

Mark will be donating money to a Special Care Baby unit in the UK - which treated his son very successfully - for every person who shares www.facebook.com/sammo_spain and has promised to double the donation if he



doesn't reach his target.

We are *Euro Weekly News* wish him all the success and plan to sponsor him for each kilo that he loses so will be keeping a close eye on his weekly weigh ins and will update his progress in the Costa del Sol edition of the paper.

On July 10, Mark weighed himself again and had lost 5.9 kilos (just under 13lbs) which he is

Initial weigh in and latest result.

pleased with, but wants to do better.

He says that he hasn't cheated apart from the odd cup of coffee but there has been some social media comment about the possible damage to his health that this extreme dieting can do, so we wish Mark well, but want him to make sure that he stays healthy.

121,000 The amount of British residents in Spain aged 65 or over in 2016. This has more than doubled since 2006.

NEWS EXTRA

Fly-tippers

RAUL JIMENEZ, Environmental councillor for Malaga capital, has called for stricter fines for fly-tippers who leave furniture on the street without notifying the council. This comes after 136 problem areas were identified in the city.

Burnt down

TWO residents have been rushed to hospital with smoke inhalation after their house burnt down in the El Molinillo zone of Malaga capital. The fire department have been unable to identify the cause of the blaze.

Ship shape

MARGARITA DEL CID, president of the Costa del Sol Commonwealth Council, has announced a €380,000 budget to deploy 11 patrol boats between Benalmadena and Torremolinos in a bid to clean up the coastline.

Big Brother

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.

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International production companies choose Hotel Castillo de Monda as their set for popular TV shows

HOTEL CASTILLO DE MONDA has become a popular location for successful international television programmes to shoot their shows, turning this small town in the interior of the Costa del Sol into a popular holiday destination for Finnish or Germans thanks to the spread of such programmes in their countries.

Last February a group of 60 people among which artists, musicians and production staff spent 10 days at Hotel Castillo de Monda turning this boutique hotel in Costa del Sol into their home and recording studio.

The Finnish television channel Nelonen chose the Costa del Sol to shoot their sixth edition of the hit musical reality show Vain Elämä, which up until then has only taken place in small towns in Finland.

For more than 10 days the seven participants lived together, sharing anecdotes and a table at the Hotel Castillo de Monda. The Albacar restaurant became the stage where every day the artists played each other's hits and shared life stories. In addition to Monda, the famous artists had fun riding donkeys in Mijas, tasting the wines of Ronda or visiting some of the beautiful beaches of Estepona and Marbella.

Vain Elämä, which is currently being broad-



HOTEL CASTILLO DE MONDA: Boutique hotel on the Costa del Sol.

casted in Finland and has around one million viewers each week (20 per cent of the Finish population), is proving to be an excellent platform for promoting the Costa del Sol and its interior.

Many curious tourists have already followed in their favourite artists' footsteps to explore for themselves the castle where the artists stayed and where the programme was filmed. It is expected that the number of Finnish tourists visit-

ing the Costa del Sol will continue to increase during the summer.

mark, Finland, Norway and Estonia. Another TV hit, the German company NTL recently chose Castillo de Monda as a stage for their recording of the latest edition of the popular reality show 'The Bachelorette,' a programme in which a beautiful lady searches for her future husband among a group of attractive singles. This show, produced by Warner Bros and is currently being broadcast on the German channel.

The couple of finalists accompanied by their parents celebrated their last dinner on one of the terraces of the Hotel Castillo de Monda, choosing the location for the magnificent views, the excellent gastronomic offer and the privacy offered by the hotel rooms, some of them with large terraces, four poster beds and jacuzzi.

The programme 'Die Bachelorette' is the German version of the original format produced by ABC and broadcast in the United States ever since 2003.

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DA BRUNO

Launch of La Finca by Kronos Homes

BROMLEY ESTATES MARBELLA has just been named by developer Kronos Homes as the exclusive promoter for the newly launched La Finca by Kronos Homes resort.

Since the company was

launched in 2009, Bromley Estates Marbella has achieved a well-earned reputation as a leading real estate agency on the Costa del Sol. As long-standing property experts, they have the experience

needed to identify projects that present the best value for money as holiday homes, permanent residences and investment opportunities for their clients. La Finca, Sotogrande falls firmly into all three categories.

Marbella real estate specialists, Bromley Estates Marbella, have officially launched this lifestyle and golf resort on the market on June 24, 2017 and sold the first units the same day. Prices start at €410,000 and prime units will not be around for long.

La Finca by Kronos Homes comprise of luxury properties next to La Cañada Golf Course in La Reserva, Sotogrande one of Europe's finest residential addresses.

This brand new development of contemporary golf villas is the ultimate in stylish living offering the full package; deluxe property, idyllic location, close proximity to golf and incredible sea and golf views. These golf villas are set within an extremely



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desirable family friendly environment protected by 24-hour security. Residents have exclusive access to a host of onsite amenities including swimming pools, a gym, paddle tennis courts and even a running track. Property of this calibre which is available at this price point, will be in high demand amongst inter-

national investors.

Managing Director of Bromley Estates Marbella, Hayley Bromley, explains, "The stylish villas were designed by renowned architect Rafael de La Hoz and make a real statement. The surrounding area of Sotogrande is one of the most sought after exclusive areas on the Costa del Sol

that attracts golf professionals and even royalty with polo events, marina and a yacht club. Gibraltar is just 20 minutes drive by car whilst the amenities of Marbella and Puerto Banus are only 20 minutes in the other direction. A perfect location with excellent facilities - in fact somewhere I know our clients will love."



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Event a roaring success Golden girls!

THE sixth annual Costa Women Charity Summer Party was held on July 6 at the exclusive Avanto Restaurante in La Cala de Mijas.

Nearly 100 Costa Women attended this 'event of the year.' Before dinner they were entertained to a fashion show around the swimming pool by the clothes and accessories from Mapuchi Moda Boutique. Hair was styled by Lush with make-up by Simone Kennedy Harding for Mary Kaye.

After dinner, they were serenaded by the music from DJ, Laurie Scott and the wonderful voices of Mr MAPH and Simone.

The night raised €1,635 for two charities, Acompalia and Asociación Knitted Knockers Costa del Sol, including a generous donation



Sue Taylor

COSTA WOMEN: (from left to right) Ali Meehan, Karen McMahon (Mijas TV), Amelia Martinez Hockley (Soroptimist Costa del Sol) and Anette Skou (Mijas Foreign Residents Department).

from Hola Bank.

Founder of Costa Women, Ali Meehan, said "it's great to be able to organise a fun evening where we can give back to the local community too. Thanks everyone who helped make

it a very memorable night and to our supportive network of women."

Find out more about Costa Women - the free community for Women living in Spain with nearly 6,000 members at costawomen.com.

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The Royal British Legion, Molina Falklands Memorial

EVERYONE likes to dress up posh occasionally, especially here in Spain where normal attire is t-shirt and shorts.

The opportunity awaits you on September 14, at 7pm, with RBL Molina Falklands Memorial Dinner at Margaritas Bar in Molina.

Tickets are on sale throughout the summer break at Saydo Market on July 12 and 26, August 9 and 23 and September 6, at a cost of €25 for a three-course meal with wine. Numbers are limited to 40 so get your tickets early.

It will also be possible to put your name down for the car treasure hunt on October 1. Cost including meal is €10. Also, the trip to Gibraltar for Remembrance Sunday and shopping at Morrisons.

Meetings at Parque La Vina restart on September 12, with the last formal meeting before the AGM on October 10.

For further info on membership contact Tom Mac on mollinamemSecretary@rblcommunity.

For events info contact Barbara Punshon on punshon.dave@gmail.com.

HIV/AIDS is now controllable thanks to the dedication of many

FOUNDED in 1994, the AIDS/HIV charity Concordia depends on donations to allow it to continue as well as its annual magazine which attracts top advertisers.

The President of the charity, HRH Princess Marie-Louise of Prussia, Countess Schoenburg unveiled the 20th anniversary magazine to a small invited group of donors and advertisers at the Casa Club Marbella last night.

This charity, whose Honorary President is Queen Sofia of Spain receives magnificent support from many major companies not only based in Marbella, but across Spain and even as far the USA.

Apart from the magazine, funds are also raised from special events such as the fabulous St Nikolaus Gala Dinner held every December.

As AIDS/HIV is manage-



TERESA MUÑOZ GARCIA with Princess Marie-Louise.

able with medication, the charity spends more of its time now educating the young about the dangers of unsafe sex and also in arranging for

tests for those who fear that they may have contracted the virus.

All offers of help will be welcomed by the charity which

is based in San Pedro Alcantara and details of its aims and achievements can be seen at www.concordiamarbella.com/english/menu_en.

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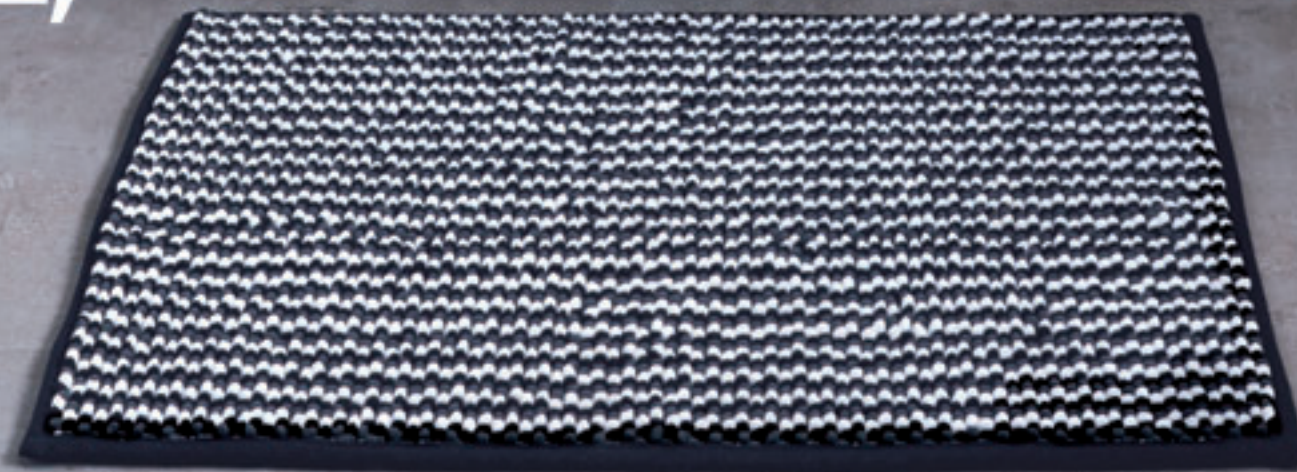
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The Butterfly Children and Giving Sight in Africa get help

DURING the past week, the President of the La Cala de Mijas Lions, Paul Butler, has presented cheques of €1,000 to Kirsty Dixon of DEBRA and €1,100 to Pam Young of Village Ventures.

The first cheque will assist DEBRA with their outstanding work with The Butterfly Children, supporting children suffering from the, fortunately rare, but crippling disease Epidermolysis Bullosa.

DEBRA provides support, not only to the children, but also to their families, all of whom need a great deal of help. Affected children's skin is so fragile, it breaks at the slightest touch.

The second cheque for Village Ventures, is towards the purchase of implant lenses for a special joint Village Ventures



DEBRA and Village Ventures cheque presentations.

and Lions International project.

The plan is to undertake 250 cataract operations in Mauretania, during a one-week period. This is an extremely poor coun-

try with a vast number of people suffering preventable blindness. One of the key targets for Lions International, is helping with this worldwide problem through their Sight First programme.

Village Ventures is a remarkable charity started by

Pam Young, whose home is in La Cala. They have worked in over 150 villages in Mauretania and Mali, providing sewing machines and training for work groups, installing solar power panels for wells with water pumps, providing kits for children enabling them to go to school, and providing emergency food when required.

Both cheque presentations took place outside the Lions Shop in La Cala de Mijas, the shop that provides much of the money that the Lions donate to local charities and worthy causes each year.

Last year this totalled over €50,000. The shop is manned entirely by volunteers, and anyone with a few hours to spare each week would be a very welcome addition to the team.

If you would like to help, please call Wynson Beswick on: 633 748 558.

TOPS' summer show turns out a great success

ON Saturday July 1, TOPS performed their Summer Show at Venta La Recta.

It was a complete sell-out and Venta La Recta was packed with people who had a great evening of music and mirth.

Under the experienced directorship of Ann Knowles, a cast of extremely talented people got together and produced a very professional and successful show, with singing, dancing and jokes from the MC, Ann. The best show yet!

Many of the cast were ex-professional performers from along the coast and the UK, others were experienced TOPS members and some newcomers. The quality of the show was extremely high and received high praise and an enthusiastic response from the entire audience.

Proceeds from the show will be given, at the end of the year, to the two charities that have been nominated for this year. These are, DEBRA (children with extremely delicate skin) and SOS animal charity.

TOPS hope to do another show in the near future. If you would like to join them, please contact the secretary at topsforcharity@gmail.com.

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

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NEWS FROM OUR FIVE OTHER EDITIONS

Urban rabbits relocated

■ COSTA BLANCA NORTH



Dan Davison

FRESH START: Rabbits transferred to wildlife centre.

➤ *By Linda Hall*

SAN VICENTE now has 80 fewer rabbits but this came at a cost.

The town hall's Health department paid a specialist firm €2,100 to trap and remove the rabbits that have multiplied throughout the town in recent months.

The specialists inspected locations known to have burrows, including Victoria Kent school and Plaza Vicente 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 the Species Recuperation Centre in Santa Faz.

Here, Health councillor Begoña Monllor said, they would be able "to continue their life cycle."

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 Opposition councillors had claimed.

■ 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 in 2015.

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 roundabout.

Fire fought

COMMERCIAL premises in La Nucua 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.

■ AXARQUÍA

High temperature

A TWO-YEAR-OLD girl has been rushed to hospital after showing symptoms of heatstroke on Torre del Mar beach. Doctors announced that the infant is battling with a fever, and has since stabilised.

Ambulance accident

AN ambulance which was on call was involved in a collision in Torrox at the entrance to a tunnel on the A-7. The road was blocked and a paramedic had to be evacuated by helicopter.

Medieval find

POTHOLERS in Motril made a spectacular find in a cave of skeletons, coins and at least 70 other pieces dating back more than 500 years.

Fly-tipping

THERE has been an outbreak of fly-tipping in Almuñecar and although La Empresa de Limpieza involved in cleaning up responds as quickly as possible it needs support. Local residents are invited to contact the company when material is dumped.

Healthy elderly

THE council in Motril is now involved in arranging a selection of activities for the elderly during the summer hoping to assist them to keep fit.

■ COSTA DE ALMERÍA

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 to banks.

■ 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.

■ 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.

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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 media.

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 year-old'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 recalled.

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 year.



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 specialist.

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 strawberries.



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.






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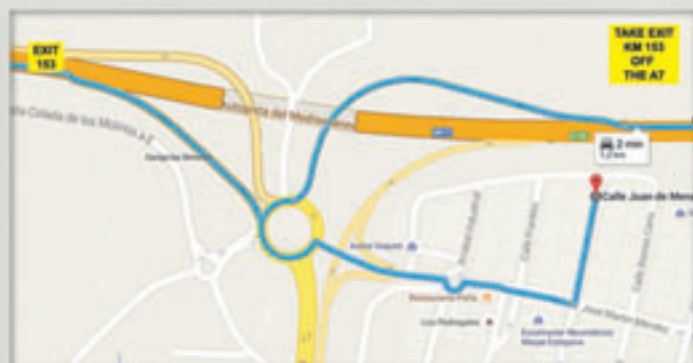
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Unfair charges questioned

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-

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 Sevilla.

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.

By John Smith

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 very elderly.

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.



European Union

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 negotiate.

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 partner.

» BUSINESS EXTRA

Rental growth

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 by DBK Informa.

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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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	1.25	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	-10.00	-0.19	17.40
Centrica PLC	206.90	-0.80	-0.39	1,333.32
Coca-Cola HBC AG	2211.00	-10.00	-0.45	54.46
Compass Group PLC	1579.50	2.00	0.13	102.40
ConvaTec Group PLC	300.35	-1.00	-0.33	258.46
CRH PLC	2762.00	-10.00	-0.36	24.02
Croda International PLC	3840.00	-10.00	-0.26	4.95
DCC PLC	6857.50	-35.05	-0.51	7.52
Diageo PLC	2261.25	0.50	0.02	244.54
Direct Line Insurance Group	364.00	0.80	0.22	84.22
easyJet PLC	1417.50	-1.00	-0.07	178.01
Experian PLC	1565.50	0.00	0.00	115.43
Fresnillo PLC	1382.50	-38.00	-2.68	113.10
G4S PLC	325.90	-1.60	-0.49	119.63
GKN PLC	326.50	-0.80	-0.24	193.07
GlaxoSmithKline PLC	1615.25	1.00	0.06	285.72
Glencore PLC	297.12	-0.15	-0.05	1,029.40
Hammerson PLC	572.75	2.00	0.35	36.79
Hargreaves Lansdown PLC	1277.50	0.00	0.00	67.74
HSBC Holdings PLC	737.50	9.30	1.28	2,273.96
Imperial Brands PLC	3440.00	-15.50	-0.45	76.76
Informa PLC	658.25	0.00	0.00	30.37
InterContinental Hotels Gr	4277.50	16.00	0.38	5.86
International Consolidated	631.25	3.50	0.56	552.15
Intertek Group PLC	4190.50	-5.00	-0.12	16.64
ITV PLC	178.00	1.40	0.79	421.41
Johnson Matthey PLC	2782.00	-2.00	-0.07	15.44
Kingfisher PLC	307.30	2.40	0.79	137.14
Land Securities Group PLC	1018.50	5.00	0.49	83.46
Legal & General Group PLC	266.95	-0.10	-0.04	429.74
Lloyds Banking Group PLC	66.11	-0.42	-0.63	7,550.70

COMPANY	PRICE(P)	CHANGE(P)	% CHG.	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 PLC	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	-14.00	-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	396.55	1.26	0.32	156.21
Segro PLC	484.20	2.70	0.56	39.93
Severn Trent PLC	2200.50	-8.00	-0.36	39.45
Shire PLC	4334.75	11.00	0.25	126.14
Sky PLC	993.75	4.00	0.40	53.14
Smith & Nephew PLC	1305.50	1.00	0.08	76.99
Smiths Group PLC	1627.00	2.00	0.12	72.62
Smurfit Kappa Group PLC	2379.50	0.00	0.00	7.98
SSE PLC	1474.50	-0.20	-0.01	121.07
Standard Chartered PLC	814.70	11.90	1.48	432.43
Standard Life PLC	407.50	1.80	0.44	408.40
St James's Place PLC	1195.00	1.00	0.08	27.30
Taylor Wimpey PLC	179.60	1.24	0.70	638.90
Tesco PLC	170.95	0.47	0.28	259.95
TUI AG	1128.00	-1.00	-0.09	15.30
Unilever PLC	4191.25	14.00	0.34	204.39
United Utilities Group PLC	869.00	-1.00	-0.11	108.63
Vodafone Group PLC	218.90	0.05	0.02	1,043.99
Whitbread PLC	3851.50	7.00	0.18	7.83
Wolseley PLC	4664.00	-14.00	-0.30	18.72
Worldpay Group PLC	369.90	1.50	0.41	222.38
WPP PLC	1565.50	-4.00	-0.25	183.36

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COMPANY	PRICE	CHANGE	%CHANGE	VOLUME(M)
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

CLOSING PRICES JULY 10

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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Price Movement

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

DEALING PRICE

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€0.9598.....-€0.0003
£1.1429.....-£0.0056
€1.0691.....-€0.0054
£1.2892.....-£0.0058
€1.1947.....-€0.0056
£1.4224.....-£0.0087
€1.3257.....-€0.0082

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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, ethnic inspired flavours.

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 home with them.

SPAIN WOULD BE WELL ADVISED TO FOLLOW A DUTCH IDEA

Green coins for a green plan

TURNING waste plastic into green money 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-



Photo by Wasted Lab

GREEN COINS made from recycled plastic.

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.

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 way.

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.

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.

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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 Brexit.

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



Photo by Casa SM El Rey

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 London.

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 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 during the visit.

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.

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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 AgroInfomarket.

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

by Stone King

Charlotte Macdonald

Contact me at international@stoneking.co.uk



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

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

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



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

What is an LPA?

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

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

Your attorney can be a professional,

such as a solicitor or a family member or friend.

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

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

Why should you get an LPA?

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

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

Will my LPA be recognised in Spain?

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

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



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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-



JEREMY CORBYN: Thinks he knows the winner of Love Island!

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 com-

petent 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.

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

Corbyn continues on his unrelenting quest to show everyone he truly is a man of the people, particularly 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 truly does boggle.



As a matter of interest, it has been assessed that his other, 'catch the 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 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!

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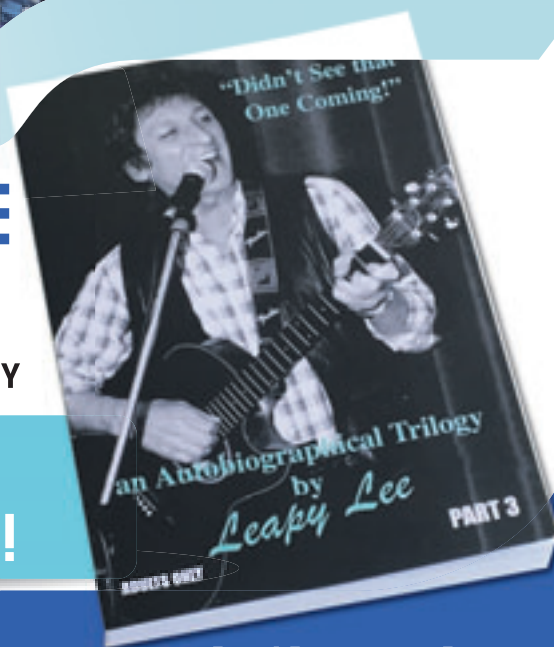
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IN THE BUFF: Your secret is safe with me.

Nora Johnson Breaking Views

Nora is the author of popular psychological suspense and crime thrillers and a freelance journalist. To comment on any of the issues raised in her column, go to www.euroweeklynews.com/3.0.15/nora-johnson

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 eye.

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 paperback/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.

Advertising feature

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RENTING a hire car shouldn't be a hassle, full of costly hidden extras and with Fetajo Rent a Car, it isn't.

They offer straightforward and efficient rental services from Malaga airport and across the Costa del Sol and have more than 30 years of experience in the car rental sector in Malaga.

What started as a family business in 1982 with an office in Sitio de Calahonda and a fleet of 10 vehicles, has now expanded across the Costa becoming a leading rental company with offices in Calahonda, Mijas and at Malaga airport. Their Rent a Car service allows them to offer a wide fleet of cars to rent in Malaga, with a presence in all coastal municipalities making renting a car simple and convenient for clients.

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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.

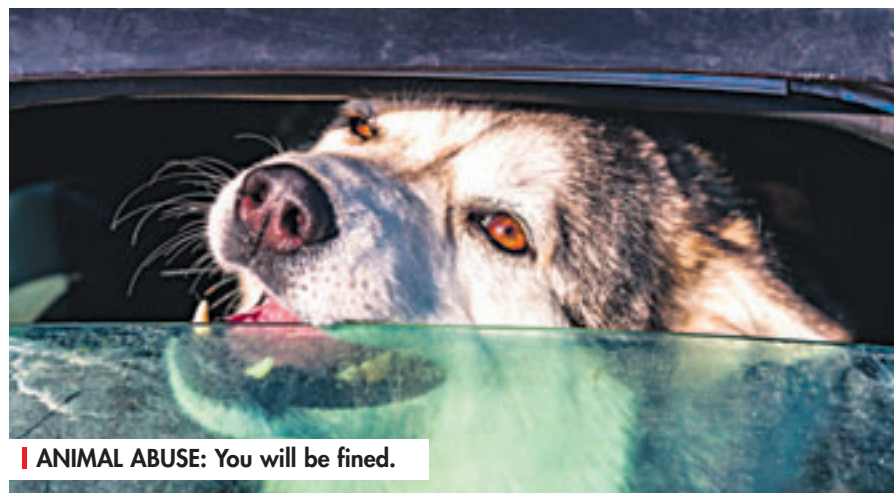
I took it to the assistant who was tiddling about on his computer and asked him if he could open the box so I could see the case properly. 'No sorry, we aren't allowed to open the box.' 'Why?' I asked. 'Company policy,' came the reply. 'Are you nuts? How do I check it's what I want?' 'Well, there is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

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.



ANIMAL ABUSE: You will be fined.

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 ani-

mal 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

Q. 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 straight.

A. 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

David Searl

You and the Law in Spain



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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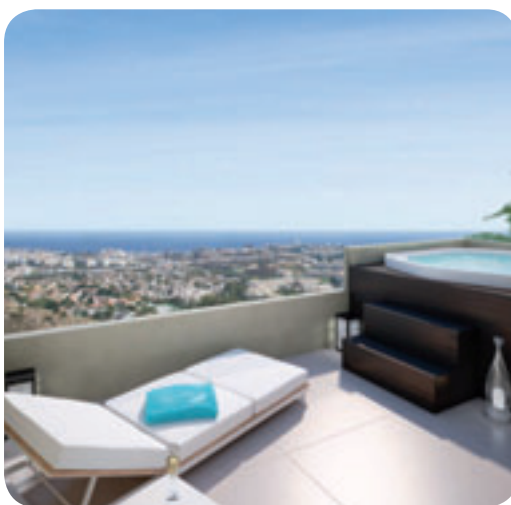


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Mäklarringen is a Swedish real estate agency with 70 offices in Sweden and a long presence in Spain and on the whole Costa del Sol.

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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 at least.

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 work.

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 country.

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 ever.

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.



690 million

The amount of cans of Irn Bru that roll off the canning line in Cumbernauld, Scotland every year.

Speaking in tongues

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!

Advertising feature

AS Spain's tourism sector prepares for what could be its busiest summer yet, agency Turespaña have declared that the third Thursday in June will officially be World Tapas Day. Their most recent data revealed that food tourism alone attracted over 9.5 million tourists to Spain in 2015, and this day has been designed to capitalise on this success.

World Tapas Day will offer attractive, tapas-focused events in Spain, and build the reputation of Spanish cuisine in other countries. According to the latest Turespaña figures, more than 20 countries around the world have already signed up to participate in World Tapas Day when it arrives for the first time this summer.

This global celebration of Spanish cuisine is set to enhance Spain's ranking as the perfect location for a foodie getaway. New statistics released by leading travel dating website and app TourBar.com discovered that solo UK travellers have named Spain as the top destination for a solo foodie holiday. A significant 19.6 per cent of TourBar.com's UK members, who plan to travel this summer, have named the home of sangria and chorizo as their top destination to visit for a gastronomic adventure.

Marc Pritchard, Sales and Marketing Director for Taylor Wimpey España, is delighted Spain's culinary achievements are being recognised on a global scale.

He explains, "Tapas has become a symbol of Spanish culture and is enjoyed by diners all over the

Spain tipped as tasty foodie destination as nation celebrates World Tapas Day!



TAPAS: A symbol of Spanish culture.

world. The variety of dishes means there is something for everyone, from the traditional favourites to new, more daring creations. When visiting Spain, those with access to their own kitchen facilities can take full advantage of the local produce available, in order to create a personalised tapas menu. Both locals and visitors alike are always keen to sample all that the myriad local markets have to offer."

Dining out is still a popular option for those wanting to experience a tapas meal, and the Costa del Sol is fast becoming a foodie destina-



HOUSES: In typical Mediterranean style.

tion in its own right, with Marbella alone home to 16 Michelin starred restaurants.

One of Taylor Wimpey España's latest additions to the Costa del Sol skyline is the picturesque **La Floresta Sur**. Set in beautiful surroundings declared a natural biosphere reserve by UNESCO, this new phase of **La Floresta Sur** is situated only a short drive away from Elviria and its beach, close to Marbella and Malaga.

Designed in a typical Mediterranean style, from just €202,000 +VAT, the two and three bed apartments and penthouses include an Ital-

ian-designed integrated kitchen with Silstone worktops, perfect for experimenting with traditional and more challenging tapas recipes, thermal and acoustic insulation and air-conditioning included. Benefiting from stunning views towards the oak and pine forest as well as towards the sea, the resort boasts communal swimming pools, landscaped gardens and external private parking.

Phase IV of the development is due to be completed this summer and the remaining units are now available with an exclusive special offer. **Taylor Wimpey España** are including a fully equipped kitchen, shower screen and lighting furnishings within the purchase price

With large terraces on which to enjoy the beautiful sea views, idyllic for all day dining, **La Floresta Sur** is a 10-minute drive from two of the best-known golf courses on the Costa del Sol, La Cala Golf Resort and Santa Maria Golf, and has direct access to El Soto Golf Club. It is also just a few minutes from the exclusive Nikki Beach Club.

For more information, contact Taylor Wimpey España on 08000 121 020 or visit www.taylorwimpespain.com for more information. If you reside outside of the UK you will need to call +0034 971 706 972.

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BBC one

7:00am	Breakfast
10:15am	Right on the Money
11:00am	Homes Under the Hammer
12:00pm	Neighbourhood Blues
12:45pm	Rip Off Britain
1:15pm	Bargain Hunt
1:38pm	Bargain Hunt
2:00pm	BBC News at One
2:30pm	BBC London News
2:45pm	Wimbledon 2017 <i>Sue Barker presents continued live coverage of the women's semi-finals.</i>
7:00pm	BBC News at Six
7:30pm	BBC London News <i>The latest news, sport and weather from London.</i>
8:00pm	The One Show
8:30pm	EastEnders
9:00pm	The Sheriffs are Coming
10:00pm	Who Do You Think You Are?
11:00pm	BBC News at Ten
11:30pm	BBC London News
11:45pm	Murdered for Being Different
12:45am	This Week
1:35am	Weather for the Week Ahead

BBC TWO

7:00am	The TV That Made Me
7:30am	Right on the Money
8:15am	Bargain Hunt
9:00am	Horizon
10:00am	Victoria Derbyshire
12:00pm	BBC Newsroom Live <i>Stay up to date on the day's top stories with the latest breaking news as it happens.</i>
12:30pm	The Daily Politics
1:30pm	Wimbledon 2017
9:00pm	Today at Wimbledon
10:00pm	Horizon
11:00pm	Mock the Week
11:30pm	Newsnight <i>In-depth investigation and analysis of the stories behind the day's headlines.</i>
12:15am	The Drug Trial: Emergency at the Hospital
1:15am	The Week the Landlords Moved in
2:15am	Natural World
3:15am	This is BBC Two <i>Highlights of programmes on BBC Two.</i>

BBC FOUR

8:00pm	100 Days+
8:30pm	The Sky at Night
9:00pm	Castles: Britain's Fortified History <i>Series in which historian Sam Willis traces the story of Britain's castles and their unique role in British history, art and literature.</i>
10:00pm	Decoding Disaster
11:00pm	Atlantis: The Evidence <i>Historian Bettany Hughes unravels one of the most intriguing mysteries of all time.</i>
12:00am	The Bermuda Triangle: Beneath the Waves
1:00am	Infested! Living with Parasites
2:00am	Everyday Eden: A Potted History of the Suburban Garden
3:00am	Castles: Britain's Fortified History
4:00am	Decoding Disaster
5:00am	This is BBC Four

CHANNEL 4

7:00am	Countdown
7:45am	Will and Grace
8:10am	Will and Grace
8:35am	Everybody Loves Raymond
9:00am	Everybody Loves Raymond
9:35am	Frasier
10:05am	Frasier
10:35am	Frasier
11:05am	Undercover Boss USA
12:00pm	A Place in the Sun: Winter Sun
1:00pm	Channel 4 News
1:05pm	Couples Come Dine with Me
2:05pm	Posh Pawnbrokers
3:10pm	Countdown
4:00pm	A Place in the Sun: Winter Sun
5:00pm	Best of Both Worlds
6:00pm	Four in a Bed
6:30pm	Come Dine with Me
7:00pm	The Simpsons
7:30pm	Hollyoaks
8:00pm	Channel 4 News
9:00pm	Who Wants My Council House?
10:00pm	The Crystal Maze
11:00pm	Naked Attraction
12:05am	Real, Fake or Unknown

CHANNEL 5

8:00am	Fireman Sam
8:10am	Thomas and Friends
8:25am	Shimmer and Shine
8:40am	Noddy: Toyland Detective
8:55am	Paw Patrol
9:10am	Ben and Holly's Little Kingdom
9:25am	Digby Dragon
9:40am	Peppa Pig
9:50am	Wissper
10:00am	Wanda and the Alien
10:15am	The Wright Stuff
12:15pm	House Doctor
1:10pm	5 News Lunchtime
1:15pm	Big Brother
2:15pm	Home and Away
2:45pm	Neighbours
3:15pm	NCIS
4:15pm	Stranger in an Amish Town
6:00pm	5 News at 5
6:30pm	Neighbours
7:00pm	Home and Away
7:30pm	5 News Tonight
8:00pm	Police Interceptors
9:00pm	Money's Too Tight to Mention: On Benefits
10:00pm	Circus Kids
11:00pm	Big Brother
12:05am	Big Brother's Bit on the Side
1:05am	Super Casino

4

10:00am	Melissa and Joey
10:30am	Melissa and Joey
11:00am	Baby Daddy
11:30am	Baby Daddy
12:00pm	How I Met Your Mother
12:30pm	How I Met Your Mother
1:00pm	New Girl
1:30pm	New Girl
2:00pm	Brooklyn Nine-Nine
2:30pm	Brooklyn Nine-Nine
3:00pm	The Big Bang Theory
3:30pm	The Big Bang Theory
4:00pm	How I Met Your Mother
4:30pm	How I Met Your Mother
5:00pm	New Girl
5:30pm	New Girl
6:00pm	2 Broke Girls
6:30pm	2 Broke Girls
7:00pm	The Big Bang Theory
7:30pm	The Big Bang Theory
8:00pm	Hollyoaks
8:30pm	The Goldbergs
9:00pm	The Big Bang Theory
9:30pm	Kevin Can Wait
10:00pm	New Girl
10:30pm	New Girl
11:00pm	The Inbetweeners
11:30pm	The Inbetweeners
12:00am	The Big Bang Theory

sky SPORTS 1

7:00am	Football Gold
7:30am	Football Gold
8:00am	WWE SmackDown!
9:00am	Premier League Legends
10:00am	Barclays Premier League World
10:30am	Premier League 100 Club
11:00am	The Premier League Years
1:00pm	Football's Greatest Moments
2:00pm	Great Sporting Moments
2:30pm	Great Sporting Moments
3:00pm	Premier League Legends
4:00pm	Spanish Football Gold
4:30pm	Football Gold
5:00pm	Football's Greatest Moments
6:00pm	Premier League 100 Club
7:00pm	Premier League Legends
7:30pm	Football's Greatest Teams
8:00pm	Live Super League <i>Wigan Warriors v Warrington Wolves.</i>
11:30pm	Boxing Gold
12:00am	Premier League Legends

itv

7:00am	Good Morning Britain
9:30am	Lorraine
10:25am	The Jeremy Kyle Show
11:30am	This Morning
1:30pm	Loose Women
2:30pm	ITV Lunchtime News
2:55pm	ITV News London
3:00pm	Judge Rinder <i>Studio courtroom show in which criminal barrister Robert Rinder rules on real life cases.</i>
4:00pm	David Dickinson's Name Your Price
5:00pm	Tipping Point
6:00pm	The Chase
7:00pm	ITV News London
7:30pm	ITV Evening News
8:00pm	Emmerdale
8:30pm	Eat, Shop, Save
9:00pm	Emmerdale
9:30pm	James Martin's French Adventure
10:00pm	Killer Women with Piers Morgan
11:00pm	ITV News at Ten and Weather
11:30pm	ITV News London
11:45pm	The Late Debate
12:10am	Fearless

itv2

7:00am	The Hot Desk
7:10am	You've Been Framed!
7:35am	Vanderpump Rules
8:20am	The Ellen DeGeneres Show
9:00am	Emmerdale
9:30am	Coronation Street
10:00am	You've Been Framed!
10:35am	Scorpion
11:25am	Below Deck
12:25pm	Vanderpump Rules
1:20pm	Emmerdale
1:55pm	Coronation Street
2:30pm	You've Been Framed!
3:00pm	The Ellen DeGeneres Show
3:50pm	The Jeremy Kyle Show
4:55pm	The Jeremy Kyle Show
6:00pm	Judge Rinder
7:00pm	You've Been Framed!
8:00pm	You've Been Framed!
9:00pm	Two and a Half Men
9:30pm	Two and a Half Men
10:00pm	Love Island
11:00pm	Celebrity
11:50pm	Family Guy
12:20am	Family Guy
12:45am	Family Guy
1:15am	American Dad!
1:45am	American Dad!
2:10am	Two and a Half Men

itv3

7:00am	Man About the House
7:25am	Heartbeat
8:30am	Where the Heart is
9:25am	Wild at Heart
10:30am	Judge Judy
11:00am	Judge Judy
11:25am	Judge Judy
11:50am	Rising Damp
12:20pm	Heartbeat
1:25pm	Wild at Heart
2:30pm	ITV Racing: Live From Newmarket <i>Day one of the Newmarket July Festival</i>
5:00pm	Man About the House
5:35pm	On the Buses
6:00pm	George and Mildred
6:35pm	The Corrie Years
7:05pm	Heartbeat
8:05pm	Murder, She Wrote
9:05pm	Endeavour <i>Crime drama series about the young Detective Constable Endeavour Morse.</i>
11:00pm	Law and Order: UK
12:00am	Wire in the Blood
2:00am	Wycliffe
3:00am	George and Mildred
3:30am	Teleshopping

itv4

7:00am	The Chase
7:45am	The Professionals
8:40am	Storage Wars New York
9:10am	Storage Wars New York
9:40am	Tour de France Highlights <i>Coverage of stage 11, from Eymet to Pau.</i>
10:45am	Tour de France Live <i>Coverage of stage 12, from Pau to Peyragudes.</i>
5:30pm	The Car Chasers
6:00pm	The Professionals <i>Action-packed drama series about two criminal intelligence agents.</i>
7:00pm	Storage Wars New York <i>Reality show.</i>
7:30pm	Storage Wars New York
8:00pm	Tour de France Highlights
9:00pm	World Series of Darts Live
1:00am	The Hand of God: 30 Years On

sky CINEMA
ACTION & ADVENTURE

7:15am	Alien: Resurrection
9:15am	Pirates of the Caribbean: Dead Man's Chest
11:50am	Tarzan
1:50pm	Lawrence of Arabia
5:25pm	The 5th Wave
7:25pm	Pirates of the Caribbean: Dead Man's Chest
10:00pm	Tarzan
12:00am	Batman Forever

sky CINEMA
COMEDY

7:35am	The Top Ten Show 2017
7:55am	The House Bunny
9:40am	Me Him Her
11:25am	The Naked Gun 2 1/2: The Smell of Fear
1:00pm	Keanu
2:45pm	Miss Congeniality 2: Armed and Fabulous
4:45pm	How to be Single
6:45pm	Knocked Up
9:00pm	Miss Congeniality 2: Armed and Fabulous
11:00pm	Keanu
12:45am	Vacation

sky CINEMA
PREMIERE

7:00am	I'll See You in My Dreams
8:45am	Frankie and Alice
10:40am	The Girl with All the Gifts
12:40pm	Inferno
2:45pm	I'll See You in My Dreams <i>Blythe Danner stars in this heartfelt drama about an ageing former songstress who discovers a new lease of life.</i>
4:35pm	Frankie and Alice
6:30pm	War for the Planet of the Apes: Special
7:00pm	The Girl with All the Gifts
9:00pm	Inferno
11:10pm	Pet
12:55am	Dog Eat Dog <i>When a mob kidnapping goes wrong, the criminals hired to do the job find themselves on the run.</i>
2:40am	The Here After
4:30am	Miles

sky SPORTS 2

7:00am	Cricket's Greatest
7:30am	Cricket's Greatest
8:00am	Cricket's Greatest
8:30am	Cricket's Greatest
9:00am	ICC Women's World Cup 2017 Highlights
10:00am	Cricket's Greatest
10:30am	Cricket's Greatest
11:00am	ICC Women's World Cup 2017 Highlights
12:00pm	Cricket's Greatest
12:30pm	Cricket's Greatest
1:00pm	T20 Blast <i>Sussex Sharks v Hampshire.</i>
4:45pm	Sporting Triumphs
5:00pm	Great Sporting Moments
5:15pm	Great Sporting Moments
5:30pm	Great Sporting Moments
5:45pm	Great Sporting Moments
6:00pm	ICC Women's World Cup 2017 Highlights
7:00pm	Live T20 Blast <i>Natwest Middlesex v Surrey.</i>
10:30pm	ATP Tour Uncovered
11:00pm	World Rugby
11:30pm	ATP Tour Uncovered
12:00am	T20 Blast



54,80€

Portland Ambiance. 3 speeds
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Ø90cm

Reversible blades



136,80€

Audubon. 3 speeds
Ref. 47874
Ø122cm

Reversible blades



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Hercules. 3 speeds
Ref. 38112
Ø132cm

Reversible blades



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Celestia cromo. 3 speeds
Ref. 30976
Ø112cm



INCLUDED



149,80€

Bendan plata. 3 speeds
Ref. 41119
Ø132cm



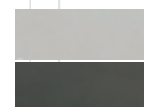
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52,80€

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Ø105cm

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BBC one

7:00am	Breakfast
10:15am	Right on the Money
11:00am	Homes Under the Hammer
12:00pm	Neighbourhood Blues
12:45pm	Rip Off Britain
1:15pm	Bargain Hunt
2:00pm	BBC News at One
2:30pm	BBC London News
2:45pm	Wimbledon 2017 <i>Sue Barker presents continued live coverage of the men's semi-finals.</i>
7:00pm	BBC News at Six
7:30pm	BBC London News
8:00pm	The One Show
8:30pm	Would I Lie to You?
9:00pm	EastEnders
9:30pm	Count Arthur Strong
10:00pm	Peter Kay's Comedy Shuffle
10:30pm	Mrs. Brown's Boys
11:00pm	BBC News at Ten
11:25pm	BBC London News
11:35pm	Not Going Out
12:05am	Blades of Glory
1:35am	Weather for the Week Ahead
1:40am	BBC News

BBC TWO

7:00am	The TV That Made Me
7:30am	Right on the Money
8:15am	Bargain Hunt
8:38am	Bargain Hunt
9:00am	Gardeners' World
10:00am	Victoria Derbyshire
12:00pm	BBC Newsroom Live <i>Stay up to date on the day's top stories with the latest breaking news as it happens.</i>
12:30pm	The Daily Politics <i>Jo Coburn with the latest political news, interviews and debate.</i>
1:30pm	Wimbledon 2017
9:00pm	Today at Wimbledon
10:00pm	First Night of the Proms
11:00pm	Frankie Boyle's New World Order
11:30pm	Newsnight <i>In-depth investigation and analysis of the stories behind the day's headlines.</i>
12:05am	Top of the Lake

BBC FOUR

8:00pm	World News Today <i>The latest national and international news, exploring the day's events from a global perspective.</i>
8:30pm	Top of the Pops
9:00pm	First Night of the Proms
10:00pm	Tales from the Tourbus <i>Rock legend and tour bus aficionado Rick Wakeman takes us on a time-travelling trip through the decades in this first-hand account of rockers on the road from the late 1950s to the 80s and beyond.</i>
11:00pm	Great Guitar Riffs at the BBC
12:00am	The Joy of the Guitar Riff
1:00am	Top of the Pops
1:35am	Tales from the Tourbus
2:35am	Great Guitar Riffs at the BBC

CHANNEL 4

7:00am	Countdown
7:45am	Will and Grace
8:10am	Will and Grace
8:30am	Everybody Loves Raymond
8:55am	Everybody Loves Raymond
9:25am	Everybody Loves Raymond
9:55am	Formula 1
11:35am	Frasier
12:00pm	A Place in the Sun: Winter Sun
1:00pm	Channel 4 News
1:05pm	Couples Come Dine with Me
1:55pm	Formula 1
4:00pm	A Place in the Sun: Winter Sun
5:00pm	Best of Both Worlds
6:00pm	Four in a Bed
6:30pm	Come Dine with Me
7:00pm	The Simpsons
7:30pm	Hollyoaks
8:00pm	Channel 4 News
8:30pm	World Para Athletics Championships London 2017
11:00pm	The Last Leg
12:05am	Naked Attraction
1:10am	The Windsors

CHANNEL 5

8:40am	Noddy: Toyland Detective
8:55am	Paw Patrol
9:10am	Ben and Holly's Little Kingdom
9:25am	Digby Dragon
9:40am	Peppa Pig
9:50am	Wissper
10:00am	Wanda and the Alien
10:15am	The Wright Stuff
12:15pm	House Doctor
1:10pm	5 News Lunchtime
1:15pm	Big Brother
2:15pm	Home and Away
2:45pm	Neighbours
3:15pm	NCIS
4:15pm	A Surrogate's Terror
6:00pm	5 News at 5
6:30pm	Neighbours
7:00pm	Home and Away
7:30pm	5 News Tonight
8:00pm	Cricket on 5: England v South Africa
9:00pm	Lip Sync Battle UK
9:30pm	The Barbara Windsor Story
11:00pm	Big Brother: Live Eviction
12:30am	Big Brother's Bit on the Side

4

9:30am	Brooklyn Nine-Nine
10:00am	Melissa and Joey
10:30am	Melissa and Joey
11:00am	Baby Daddy
11:30am	Baby Daddy
12:00pm	How I Met Your Mother
12:30pm	How I Met Your Mother
1:00pm	New Girl
1:30pm	New Girl
2:00pm	Brooklyn Nine-Nine
2:30pm	Brooklyn Nine-Nine
3:00pm	The Big Bang Theory
3:30pm	The Big Bang Theory
4:00pm	How I Met Your Mother
4:30pm	How I Met Your Mother
5:00pm	New Girl
5:30pm	New Girl
6:00pm	2 Broke Girls
6:30pm	2 Broke Girls
7:00pm	The Big Bang Theory
7:30pm	The Big Bang Theory
8:00pm	Hollyoaks
8:30pm	The Goldbergs
9:00pm	The Big Bang Theory
9:30pm	The Big Bang Theory
10:00pm	Star Trek
12:35am	The Big Bang Theory

sky SPORTS 1

7:00am	Football Gold
7:30am	Football Gold
8:00am	WWE Main Event
9:00am	Super League Highlights
9:15am	Rugby League
9:30am	Rugby Union
11:35am	Rugby Union Gold
11:40am	Rugby Union
1:45pm	Great Sporting Moments
2:15pm	Great Sporting Moments
2:45pm	Great Sporting Moments
3:00pm	Premier League Legends
4:00pm	Spanish Football Gold
4:30pm	Football Gold
5:00pm	Football's Greatest
6:00pm	Premier League 100 Club
7:00pm	Premier League Legends
7:30pm	Football's Greatest Teams
8:00pm	Super League Gold
8:30pm	Live Super League
11:30pm	Boxing Gold
12:00am	Premier League Legends

itv

7:00am	Good Morning Britain
9:30am	Lorraine
10:25am	The Jeremy Kyle Show
11:30am	This Morning
1:30pm	Loose Women
2:30pm	ITV Lunchtime News
2:55pm	ITV News London
3:00pm	Judge Rinder
4:00pm	David Dickinson's Name Your Price
5:00pm	Tipping Point
6:00pm	The Chase
7:00pm	ITV News London
7:30pm	ITV Evening News
8:00pm	Emmerdale
8:30pm	Coronation Street
9:00pm	The Secret World of Posh Pets
9:30pm	Coronation Street
10:00pm	Benidorm
11:00pm	ITV News at Ten and Weather
11:30pm	ITV News London
11:40pm	The Eubanks
12:10am	Joanna Lumley's India
1:10am	Tipping Point
2:00am	Jackpot247

itv2

7:00am	The Hot Desk
7:10am	You've Been Framed!
7:35am	Vanderpump Rules
8:20am	The Ellen DeGeneres Show
9:00am	Emmerdale
9:30am	Emmerdale
10:00am	You've Been Framed!
10:35am	Scorpion
11:25am	Below Deck
12:25pm	Vanderpump Rules
1:20pm	Emmerdale
1:55pm	Emmerdale
2:30pm	You've Been Framed!
3:00pm	The Ellen DeGeneres Show
3:50pm	The Jeremy Kyle Show
4:55pm	The Jeremy Kyle Show
6:00pm	Judge Rinder
7:00pm	You've Been Framed!
8:00pm	You've Been Framed!
9:00pm	Two and a Half Men
9:30pm	Two and a Half Men
10:00pm	Love Island
11:05pm	Celebrity Juice
11:50pm	Family Guy
12:20am	Family Guy
12:45am	Family Guy

itv3

7:00am	Man About the House
7:25am	Heartbeat
8:30am	Where the Heart is
9:30am	Wild at Heart
10:30am	Judge Judy
11:00am	Judge Judy
11:25am	Judge Judy
11:50am	Rising Damp
12:20pm	Heartbeat
1:20pm	Wild at Heart
2:30pm	ITV Racing: Live From Newmarket
5:00pm	Man About the House
5:30pm	On the Buses
6:00pm	George and Mildred
6:35pm	The Corrie Years
7:05pm	Heartbeat
8:05pm	Murder, She Wrote
9:00pm	Doc Martin <i>Drama series about a curmudgeonly country doctor and his patients in Cornwall.</i>
10:00pm	The Street
11:20pm	Law and Order: UK
12:20am	Wire in the Blood
2:20am	Prime Suspect

itv4

7:00am	Football Rivalries
7:10am	The Chase
8:00am	The Professionals
9:00am	Storage Wars New York
9:25am	Storage Wars New York
9:55am	The Car Chasers
10:25am	Counting Cars
10:55am	Counting Cars
11:20am	The Saint <i>Classic drama series about a freelance troubleshooter.</i>
12:25pm	The Professionals
1:25pm	Tour de France Highlights
2:30pm	Tour de France Live
6:00pm	The Professionals
7:00pm	Storage Wars New York
7:30pm	Storage Wars New York
8:00pm	Tour de France Highlights
9:00pm	World Series of Darts Live
1:00am	Better Late Than Never

sky CINEMA ACTION & ADVENTURE

7:00am	Bad Blood
8:40am	The Bourne Ultimatum
10:40am	Suicide Squad
12:50pm	Bad Boys
2:55pm	Behind Enemy Lines
4:45pm	The Mummy Returns
7:00pm	The Bourne Ultimatum
9:00pm	Suicide Squad
11:10pm	Bad Boys
1:15am	True Lies

sky CINEMA COMEDY

8:30am	The Holiday
10:50am	Who's Harry Crumb?
12:30pm	The Naked Gun 3 1/3: The Final Insult
2:00pm	Ride Along 2
3:50pm	The Boss
5:40pm	Deuce Bigalow: Male Gigolo
7:20pm	My Big Fat Greek Wedding 2
9:00pm	Ride Along 2
10:50pm	The Boss
12:35am	Deuce Bigalow: Male Gigolo

sky CINEMA PREMIERE

7:00am	Frankie and Alice
8:55am	War for the Planet of the Apes: Special
9:25am	Inferno
11:30am	The Girl with All the Gifts
1:30pm	Popstar: Never Stop Never Stopping
3:10pm	Frankie and Alice <i>Real-life drama.</i>
5:05pm	I'll See You in My Dreams
6:50pm	Inferno <i>When a Dante-obsessed madman develops a devastating virus, it's up to crack symbology professor Robert Langdon to save the day.</i>
9:00pm	Popstar: Never Stop Never Stopping
10:40pm	The Girl with All the Gifts
12:40am	Pet
2:25am	Dog Eat Dog
4:15am	The Here After

sky SPORTS 2

7:00am	Cricket's Greatest
7:30am	Cricket's Greatest
8:00am	Cricket Gold
8:10am	Cricket Gold
8:20am	Cricket Gold
8:30am	Great Sporting Moments
8:45am	Great Sporting Moments
9:00am	Cricket Classics
10:00am	Cricket's Greatest
10:30am	Cricket's Greatest
11:00am	Cricket Gold
11:10am	Cricket Gold
11:20am	Cricket Gold
11:30am	Cricket <i>Day one of the second Test as England host South Africa at Trent Bridge in Nottingham.</i>
7:30pm	Cricket
7:45pm	Live T20 Blast Lancashire v Yorkshire.
11:15pm	Cricket
12:15am	Cricket
12:30am	ICC Cricket
1:00am	T20 Blast

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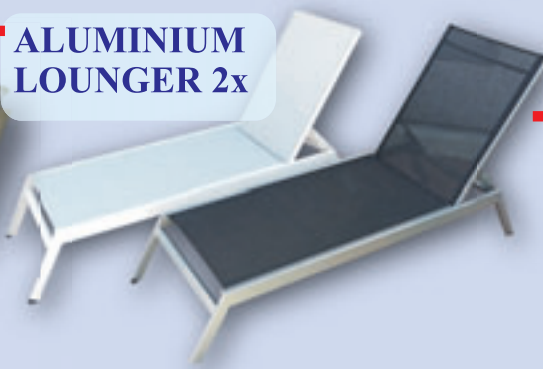


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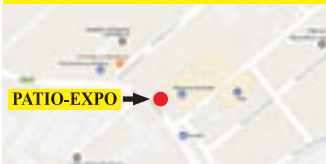


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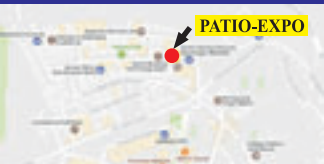
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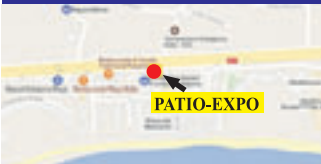
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BBC one

7:00am	Breakfast
11:00am	Saturday Kitchen Live
12:30pm	Mary Berry Cooks <i>Mary Berry takes viewers step by step through delicious recipes for everyday and special occasions.</i>
1:00pm	BBC News
1:10pm	Weather
1:15pm	Bargain Hunt
2:00pm	Wimbledon Ladies Final
7:25pm	BBC News
7:35pm	Regional News
7:40pm	Weather
7:45pm	Pointless
8:30pm	Pitch Battle <i>Talent show in which choirs compete against each other.</i>
10:00pm	Casualty
10:50pm	BBC News
11:05pm	Weather
11:10pm	Die Hard with a Vengeance
1:10am	Weather for the Week Ahead
1:15am	BBC News

BBC TWO

7:00am	This is BBC Two
7:35am	Sylvia Scarlett
9:05am	A Walk in the Sunday
11:00am	Monty Halls' Great Irish Escape
12:00pm	Wimbledon
1:30pm	The Hairy Bikers' Best of British <i>The Bikers go on a culinary journey through time to celebrate British food.</i>
2:15pm	Forbidden Planet
3:55pm	Wanted Down Under
4:40pm	Tiger Island: Natural World
5:40pm	Flog It!
6:25pm	Gardeners' World
7:25pm	Wimbledon 2017 Ladies and Men's Doubles Finals.
9:00pm	Today at Wimbledon
10:00pm	Imagine...
11:00pm	Mock the Week
11:30pm	QI XL
12:15am	Live at the Apollo
12:45am	Golf
1:45am	Salvage
3:00am	This is BBC Two

BBC FOUR

8:00pm	Britain's Lost Waterlands: Escape to Swallows and Amazons Country
9:00pm	The Last Seabird Summer
10:00pm	I Know Who You are
11:10pm	I Know Who You are
12:20am	Top of the Pops <i>Special 20th anniversary edition of the pop chart programme, first broadcast on 5 January 1984.</i>
12:55am	TOTP2 <i>Fast moving music show mixing classic performances from the Top of the Pops archives with exclusive live performances.</i>
1:50am	Rollermania: Britain's Biggest Boy Band
2:50am	The Richest Songs in the World
4:25am	TOTP2

CHANNEL 4

7:10am	Mobil 1 The Grid
7:40am	Triathlon: Cardiff
8:05am	Motorsport
8:30am	Frasier
8:55am	Frasier
9:25am	Frasier
9:50am	F1: Grand Prix
10:20am	F1: Grand Prix
10:55am	Formula 1
12:25pm	F1: Grand Prix
12:55pm	Formula 1 <i>British Grand Prix Qualifying Live.</i>
3:30pm	World's Most Expensive Cars
4:30pm	A Place in the Sun: Winter Sun
5:35pm	Big House, Little House
6:35pm	Kirstie and Phil's Love it or List it
7:30pm	Channel 4 News <i>Includes sport and weather.</i>
8:00pm	World Para Athletics Championships London 2017
11:00pm	The Hunger Games
1:45am	Ramsay's Hotel Hell
2:35am	60 Days in Jail
3:25am	Hollyoaks Omnibus

CHANNEL 5

7:00am	Milkshake!
11:15am	Teenage Mutant Ninja Turtles
11:50am	Make You Laugh Out Loud
12:10pm	Police Interceptors
1:10pm	Bargain Loving Brits in the Sun
2:10pm	Bargain Loving Brits in the Sun
3:05pm	The Nightmare Neighbour Next Door
4:05pm	The Nightmare Neighbour Next Door
5:00pm	Can't Pay? We'll Take it Away!
6:00pm	Can't Pay? We'll Take it Away!
7:00pm	Can't Pay? We'll Take it Away!
7:55pm	5 News
8:00pm	Cricket on 5
9:00pm	Blind Date
10:00pm	Big Brother
11:00pm	FIA Formula E New York.
12:30am	Criminals Caught on Camera
1:00am	Super Casino

4

8:25am	The Goldbergs
8:55am	The Goldbergs
9:30am	Couples Come Dine with Me
10:30am	Couples Come Dine with Me
11:30am	How I Met Your Mother
12:00pm	How I Met Your Mother
12:30pm	How I Met Your Mother
1:00pm	How I Met Your Mother
1:30pm	How I Met Your Mother
2:00pm	The Goldbergs
2:30pm	The Goldbergs
3:00pm	The Goldbergs
3:30pm	The Goldbergs
4:00pm	101 Dalmatians
6:00pm	The Big Bang Theory
6:30pm	The Big Bang Theory
7:00pm	The Big Bang Theory
7:30pm	The Big Bang Theory
8:00pm	The Big Bang Theory
8:30pm	The Big Bang Theory
9:00pm	The Big Bang Theory
9:30pm	The Big Bang Theory
10:00pm	Salt
12:00am	Gogglebox

sky SPORTS 1

7:00am	Rugby Union
7:10am	Rugby Union
9:15am	Rugby Union Gold
9:20am	Rugby Union
11:30am	Rugby Union
1:45pm	Live Star Sixes Football <i>The afternoon session from day three of the Star Sixes tournament at London's O2 Arena.</i>
5:15pm	Rugby Union
7:10pm	Super Rugby Gold
7:15pm	Football's Greatest Legends
7:45pm	Premier League Legends
8:15pm	Live Star Sixes Football <i>The evening session on day three of the Star Sixes tournament from London's O2 Arena.</i>
11:30pm	British GP: Qualifying Highlights
12:40am	La Liga Gold
12:50am	La Liga Gold
1:00am	Premier League 100 Club
1:30am	Star Sixes Football
4:45am	Football's Greatest

itv

7:00am	CITV
9:25am	ITV News
9:30am	Weekend
10:25am	The Voice Kids
11:50am	Harry Potter and the Prisoner of Azkaban
2:25pm	ITV News and Weather
2:35pm	ITV Racing: Live From Newmarket
6:00pm	Paul O'Grady: For The Love of Dogs
6:30pm	Little Big Shots USA
7:25pm	Local News and Weather <i>All the very latest local news and weather.</i>
7:35pm	ITV News and Weather
7:45pm	Catchphrase
8:30pm	The Voice Kids Semi-Final
10:30pm	ITV News and Weather
10:45pm	Inception
1:30am	Jackpot247
4:00am	Who's Doing the Dishes?
4:50am	Nightscreen

itv2

7:00am	Emmerdale Omnibus
9:50am	Coronation Street Omnibus
12:10pm	Take Me Out
1:20pm	The Voice Kids
2:50pm	You've Been Framed!
3:55pm	The Smurfs
4:55pm	FYI Daily
5:00pm	The Smurfs
6:00pm	St. Trinian's 2: The Legend of Fritton's Gold
7:00pm	FYI Daily
7:05pm	St. Trinian's 2: The Legend of Fritton's Gold
8:10pm	Gravity
9:10pm	FYI Daily
9:15pm	Gravity
10:00pm	Love Island
11:00pm	Celebrity Juice <i>Topical panel show hosted by Keith Lemon with team captains Holly Willoughby and Fearne Cotton.</i>
11:50pm	Family Guy
12:20am	Family Guy
12:50am	Family Guy

itv3

7:00am	George and Mildred <i>Comedy series following George and Mildred Roper.</i>
7:25am	Murder, She Wrote <i>Drama series about a sleuthing writer who solves murder mysteries.</i>
8:20am	Murder, She Wrote
9:20am	The Darling Buds of May
10:30am	Sherlock Holmes
12:50pm	Goodbye, Mr. Chips
2:55pm	Wycliffe
4:00pm	Lewis
6:05pm	Agatha Christie's Marple
8:00pm	Agatha Christie's Marple
10:00pm	Foyle's War
12:00am	Law and Order: UK <i>Crime drama based on the hit US series Law and Order.</i>
1:05am	Law and Order: UK
2:05am	Law and Order: UK
3:00am	ITV3 Nightscreen <i>Text-based information service.</i>

itv4

7:00am	The Saint <i>Simon Templar is a debonair master thief with a talent for disguise.</i>
7:55am	The Professionals <i>Action-packed drama series about two criminal-intelligence agents.</i>
8:55am	Motorsport UK
9:55am	Brdc British F3 Championship Highlights
11:00am	ITV Racing: The Opening Show
12:00pm	Tour de France Highlights
1:00pm	Tour de France Live
6:00pm	Better Late Than Never
7:00pm	Monster Carp
8:00pm	Tour de France Highlights
9:00pm	World Series of Darts
1:00am	Dirtquake Motorbike Festival
2:00am	Tour de France Highlights

sky CINEMA ACTION & ADVENTURE

12:20pm	Pirates of the Caribbean: The Curse of the Black Pearl
2:50pm	Armageddon
5:30pm	The Lord of the Rings: The Return of the King
9:00pm	X-Men: Apocalypse
11:30pm	Conan the Barbarian
1:45am	Pirates of the Caribbean: The Curse of the Black Pearl

sky CINEMA COMEDY

8:00am	Norbit
9:50am	Drillbit Taylor
11:40am	Paul
1:30pm	Mike and Dave Need Wedding Dates
3:20pm	Barbershop: The Next Cut
5:20pm	Turner and Hooch
7:10pm	Paul
9:00pm	Mike and Dave Need Wedding Dates
10:45pm	Barbershop: The Next Cut
12:45am	Rush Hour 2

sky CINEMA PREMIERE

7:00am	The Girl with All the Gifts
9:05am	Inferno
11:20am	I'll See You in My Dreams <i>Heartfelt drama about an ageing former songstress who discovers a new lease of life.</i>
1:10pm	A Street Cat Named Bob
3:00pm	Popstar: Never Stop Never Stopping
4:40pm	Frankie and Alice
6:30pm	Cars 3: Special
6:50pm	Inferno
9:00pm	A Street Cat Named Bob <i>Homeless busker James Bowen has a life-changing moment when a tabby moggy walks into his life.</i>
10:50pm	Popstar: Never Stop Never Stopping
12:25am	The Girl with All the Gifts
2:25am	Dog Eat Dog

sky SPORTS 2

7:00am	Cricket's Greatest
7:30am	Cricket's Greatest
8:00am	Cricket Gold
8:10am	Cricket Gold
8:20am	Cricket Gold
8:30am	Cricket's Greatest
9:00am	Cricket's Greatest
9:30am	Cricket
10:30am	Cricket
10:45am	Sporting Triumphs
11:00am	Cricket <i>Day two of the second Test between England and South Africa from Trent Bridge.</i>
7:30pm	Cricket
7:45pm	Live T20 Blast <i>Glamorgan take on Somerset at the SSE SWALEC in the NatWest T20 Blast.</i>
11:15pm	Sporting Triumphs
11:30pm	Sporting Triumphs
11:45pm	Cricket
12:45am	Cricket
1:00am	T20 Blast
4:30am	Cricket
5:30am	Sporting Triumphs
5:45am	Sporting Triumphs

Advertising feature

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

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.

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BlokBusters also have high pressure washes so ask about their cleaning services for swimming pools, patios and dri-

eways 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.

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BBC one

7:00am	Breakfast
10:00am	The Andrew Marr Show
11:00am	Sunday Morning Live
12:00pm	Sunday Politics <i>Andrew Neil presents the latest political news, interviews and debate.</i>
1:15pm	BBC News
1:25pm	Weather for the Week Ahead
1:30pm	Bargain Hunt
2:00pm	Wimbledon
2:50pm	Wimbledon Men's Final
7:30pm	BBC News
7:50pm	Regional News
7:55pm	Weather
8:00pm	Countryfile
9:00pm	Fake or Fortune?
10:00pm	Poldark
11:00pm	BBC News
11:20pm	Regional News
11:25pm	Weather
11:30pm	Would I Lie to You?
12:00am	The Week the Landlords Moved in
1:00am	Weather for the Week Ahead

BBC TWO

7:00am	A to Z of TV Gardening
7:45am	The Instant Gardener
8:30am	Gardeners' World <i>More handy horticultural tips from the gardening experts.</i>
9:30am	Countryfile
10:30am	Saturday Kitchen
12:00pm	Best Bites
12:00pm	Wimbledon Wheelchair Finals
1:30pm	Nigel Slater: Eating Together
2:00pm	The Hairy Bikers' Best of British
2:45pm	Father of the Bride
4:25pm	Wanted Down Under
5:10pm	Meerkats: Secrets of an Animal Superstar
6:10pm	Songs of Praise
6:45pm	Flog It!
7:30pm	Wimbledon 2017
9:00pm	The Lone Ranger
11:20pm	Today at Wimbledon
12:20am	Golf
1:20am	Athletics
2:20am	Countryfile
3:15am	Holby City
4:15am	This is BBC Two

BBC FOUR

8:00pm	Lucy Worsley: Mozart's London Odyssey
9:00pm	BBC Proms 2017
11:00pm	John Denver: Country Boy
12:00am	Horizon <i>Famed for their ability to inflict Armageddon from outer space, asteroids are now revealing the secrets of how they are responsible for both life and death on our planet.</i>
1:00am	Dissected: The Incredible Human Hand
2:00am	Britain's Whale Hunters: The Untold Story
3:00am	Atlantis: The Evidence
4:00am	Lucy Worsley: Mozart's London Odyssey

CHANNEL 4

7:15am	Last Man Standing
7:40am	Last Man Standing
8:05am	Everybody Loves Raymond
8:30am	Everybody Loves Raymond
9:00am	Frasier
9:30am	Frasier
10:00am	Sunday Brunch
1:00pm	Formula 1
1:35pm	Formula 1 <i>British Grand Prix Live.</i>
4:10pm	Formula 1
5:30pm	World's Most Expensive Cars
6:35pm	The Restoration Man
7:30pm	Channel 4 News
8:00pm	World Para Athletics Championships London 2017
10:30pm	The Handmaid's Tale
11:35pm	8 Out of 10 Cats
12:35am	Does Countdown
2:45am	The Lincoln Lawyer
2:45am	The World's Weirdest Weather
3:40am	The Last Leg
4:35am	KOTV Boxing Weekly
5:00am	Gillette World Sport
5:30am	Mobil 1 The Grid

CHANNEL 5

7:00am	Milkshake! <i>Programming aimed at children aged two to seven years old.</i>
11:40am	Make You Laugh Out Loud
12:05pm	Kittens Make You Laugh Out Loud
1:00pm	Naughty Dogs Make You Laugh Out Loud
1:55pm	Cats Make You Laugh Out Loud 4
2:55pm	Racing Stripes
4:45pm	Alvin and the Chipmunks
6:30pm	FIA Formula E Live New York.
8:10pm	Cricket on 5 <i>Highlights coverage of England's summer season begins on 20th May 2014 on Channel 5.</i>
9:00pm	That's So...1981
9:55pm	5 News
10:00pm	Big Brother
11:00pm	21 Jump Street
1:15am	Omg: Boy Beauty Addicts
2:10am	Super Casino

4

7:00am	Rude(Ish) Tube
7:30am	Couples Come Dine with Me
8:25am	Couples Come Dine with Me
9:30am	Hollyoaks Omnibus
12:00pm	Space Chimps 2: Zartog Strikes Back
1:40pm	Rude(Ish) Tube Shorts
2:00pm	The Goldbergs
2:30pm	The Goldbergs
3:00pm	The Goldbergs
3:30pm	The Goldbergs
4:00pm	The Big Bang Theory
4:30pm	The Big Bang Theory
5:00pm	The Big Bang Theory
5:30pm	The Big Bang Theory
6:00pm	The Big Bang Theory
6:30pm	The Big Bang Theory
7:00pm	The Big Bang Theory
7:30pm	The Big Bang Theory
8:00pm	The Big Bang Theory
8:30pm	The Big Bang Theory
9:00pm	The Crystal Maze
10:00pm	Speed
12:20am	Rude Tube
1:25am	Natural World
2:25am	Tattoo Fixers
3:30am	8 Out of 10 Cats
4:10am	The Goldbergs

sky SPORTS 1

7:00am	Football Gold
7:15am	Football Gold
7:30am	Football Gold
7:45am	Football Gold
8:00am	WWE Main Event
9:00am	Premier League Legends
9:30am	Premier League Legends
10:00am	Fight Night
12:00pm	Football's Greatest
12:30pm	Live British GP: Track Parade
1:00pm	Live British GP: Pit Lane Live
1:30pm	Live British GP: Race The 2017 British Grand Prix from Silverstone.
4:30pm	Live British GP: Paddock Live
5:15pm	Fight Night
7:15pm	Football Gold
7:30pm	Live Star Sixes Football
11:15pm	British GP: Race Highlights
12:15am	Premier League Legends
12:45am	Premier League Legends
1:15am	Star Sixes Football

itv

7:00am	CITV
9:25am	ITV News
9:30am	Weekend
10:25am	Wild Animal Reunions
11:25am	Julia Bradbury's Britain's Best Walks
11:55am	Love Your Garden
12:55pm	ITV News and Weather
1:10pm	James Martin's French Adventure
1:40pm	The Voice Kids Semi-Final
3:40pm	Bear Gryll's Survival School
4:10pm	For Your Eyes Only
6:40pm	Local News and Weather
6:55pm	ITV News and Weather
7:10pm	The Chase Celebrity Special
8:10pm	The Voice Kids Final
10:00pm	The Loch
11:00pm	ITV News and Weather
11:20pm	Judge Rinder's Crime Stories
12:20am	Take Me Out

itv2

7:00am	You've Been Framed!
7:25am	Emmerdale Omnibus
10:25am	Coronation Street Omnibus
12:50pm	Ninja Warrior
1:50pm	Babe
2:55pm	FYI Daily
3:00pm	Babe
3:40pm	The Voice Kids Semi-Final
5:40pm	Cats and Dogs: The Revenge of Kitty Galore
6:40pm	FYI Daily
6:45pm	Cats and Dogs: The Revenge of Kitty Galore
7:20pm	The Amazing Spider-Man
8:20pm	FYI Daily
8:25pm	The Amazing Spider-Man
10:00pm	Love Island
11:00pm	Love Island
12:05am	Family Guy
12:30am	Family Guy
1:00am	Family Guy
1:30am	American Dad!
1:55am	American Dad!

itv3

7:00am	George and Mildred
7:25am	Inspector Morse
9:30am	Heartbeat
10:35am	Heartbeat
11:40am	Murder, She Wrote
12:40pm	The Darling Buds of May
1:50pm	Wycliffe
2:55pm	Foyle's War <i>It is August 1942, and a biological warfare experiment that goes wrong results in the death of a local woman, while Sam contracts a potentially fatal illness.</i>
5:00pm	Agatha Christie's Marple
6:55pm	Agatha Christie's Marple
9:00pm	The Booze Cruise III <i>The Scattering.</i>
11:00pm	Law and Order: UK
12:00am	Law and Order: UK
1:00am	Wire in the Blood
2:50am	Wire in the Blood
4:25am	May the Best House Win

itv4

7:00am	Football's Greatest
7:15am	The Saint
8:05am	The Professionals
9:00am	Counting Cars
9:30am	Counting Cars
9:55am	The Big Fish Off <i>Sports gameshow pitting two celebrities against each other in a battle to become top fisherman.</i>
10:55am	Monster Carp
12:00pm	Tour de France Highlights
1:00pm	Tour de France Live
6:30pm	Pawn Stars
7:00pm	Fierce
8:00pm	Tour de France Highlights
9:00pm	Police Academy 2: Their First Assignment
10:05pm	FYI Daily
10:10pm	Police Academy 2: Their First Assignment
10:50pm	The Glimmer Man
11:55pm	FYI Daily
12:00am	The Glimmer Man

sky CINEMA ACTION & ADVENTURE

9:10am	Wild Wild West
11:00am	Rocky III
12:45pm	Warcraft
3:00pm	The Great Escape
5:55pm	Pearl Harbour
9:00pm	Warcraft
11:10pm	Pirates of the Caribbean: Dead Man's Chest
1:50am	Face/Off
4:20am	The Blue Max

sky CINEMA COMEDY

7:40am	Starsky and Hutch
9:30am	Talladega Nights: The Ballad of Ricky Bobby
11:40am	The Top Ten Show 2017
12:00pm	Zoolander
1:40pm	Zoolander 2
3:30pm	Daddy's Home
5:15pm	Talladega Nights: The Ballad of Ricky Bobby
7:20pm	Zoolander
9:00pm	Zoolander 2
10:45pm	Daddy's Home
12:30am	Starsky and Hutch

sky CINEMA PREMIERE

7:00am	I'll See You in My Dreams
8:50am	Inferno
11:00am	A Street Cat Named Bob
12:50pm	Nocturnal Animals
2:50pm	War for the Planet of the Apes: Special
3:20pm	Popstar: Never Stop Never Stopping
5:00pm	Inferno
7:10pm	A Street Cat Named Bob
9:00pm	Nocturnal Animals <i>Stylish psychological thriller about an art gallery owner tormented by the violent thriller penned by her ex-husband.</i>
11:00pm	Popstar: Never Stop Never Stopping
12:30am	The Girl with All the Gifts
2:30am	Pet
4:15am	Frankie and Alice

sky SPORTS 2

7:00am	Cricket's Greatest
7:30am	Sporting Triumphs
7:45am	ICC Women's World Cup 2017 Highlights
8:45am	Cricket
9:45am	Sporting Triumphs
10:00am	Cricket Writers on TV
11:00am	Cricket
7:30pm	Cricket
8:00pm	ICC Women's World Cup 2017 Highlights
9:00pm	Cricket
10:00pm	Cricket
10:30pm	ICC Women's World Cup 2017 Highlights
11:30pm	Cricket
12:30am	Cricket
1:00am	Cricket's Greatest
1:30am	Cricket's Greatest
2:00am	Cricket
3:00am	Cricket
3:30am	Cricket Gold
3:40am	Cricket Gold
3:50am	Cricket Gold
4:00am	Cricket

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BBC one

12:00pm	Neighbourhood Blues
12:45pm	Rip Off Britain
1:15pm	Bargain Hunt
2:00pm	BBC News
2:30pm	Regional News
2:45pm	Red Rock
3:30pm	Escape to the Country
4:30pm	Money for Nothing
5:15pm	Flog It!
6:15pm	Pointless
7:00pm	BBC News
7:30pm	Regional News
8:00pm	Celebrity Mastermind
8:30pm	World's Oldest Family
9:00pm	EastEnders
9:30pm	Trump's Fortress America - Panorama
10:00pm	DIY SOS The Big Build
11:00pm	BBC News
11:30pm	Regional News
11:40pm	Weather
11:45pm	Peter Kay's Comedy Shuffle
12:15am	Have I Got a Bit More Old News for You

BBC TWO

7:00am	The TV That Made Me
7:30am	Right on the Money
8:15am	Bargain Hunt
9:00am	Alone with the in-Laws
10:00am	Victoria Derbyshire
12:00pm	BBC Newsroom Live
1:00pm	The Daily Politics
2:00pm	Athletics
3:00pm	Triathlon World Series
	<i>Hamburg Highlights.</i>
5:15pm	Secrets of Our Living Planet
6:15pm	Antiques Road Trip
7:00pm	Eggheads
7:30pm	Letterbox
8:00pm	Paul Hollywood's Big Continental Road Trip
9:00pm	University Challenge
9:30pm	Nadiya's British Food Adventure
10:00pm	Ripper Street
	<i>Crime drama set in Victorian London.</i>
11:00pm	Normal for Norfolk
11:30pm	Newsnight
12:10am	Weather
12:15am	Horizon

BBC FOUR

8:00pm	BBC World News <i>The latest international news from the BBC World Newsroom.</i>
8:30pm	Handmade: By Royal Appointment
9:00pm	Colour: The Spectrum of Science <i>Series in which Dr Helen Czerski uncovers what colour is, how it works, and how it has written the story of our planet.</i>
10:00pm	Science and Islam
11:00pm	Storyville
12:00am	Hidden Kingdoms <i>Series following the dynamic and dramatic lives of nature's smallest creatures, telling their unique stories from their own perspectives.</i>
1:00am	Ocean Giants
2:00am	Treasures of Chinese Porcelain
3:00am	Science and Islam

CHANNEL 4

7:45am	Will and Grace
8:10am	Will and Grace
8:35am	Everybody Loves Raymond
9:00am	Everybody Loves Raymond
9:35am	Frasier
10:05am	Frasier
10:35am	Frasier
11:05am	Undercover Boss USA
12:00pm	A Place in the Sun: Winter Sun
1:00pm	Channel 4 News
1:05pm	Couples Come Dine with Me
2:05pm	Posh Pawnbrokers
3:10pm	Countdown
4:00pm	The Question Jury
5:00pm	A Place in the Sun
6:00pm	Four in a Bed
6:30pm	Come Dine with Me
7:00pm	The Simpsons
7:30pm	Hollyoaks
8:00pm	Channel 4 News
8:30pm	World Para Athletics Championships London 2017
11:00pm	Young, Single and Racist?
12:05am	60 Days in Jail

CHANNEL 5

7:00am	Milkshake! <i>Programming aimed at children aged two to seven years old.</i>
10:15am	The Wright Stuff
12:15pm	House Doctor
1:10pm	5 News
1:15pm	Big Brother
2:15pm	Home and Away
2:45pm	Neighbours
3:15pm	NCIS
4:15pm	Fatal Performance
6:00pm	5 News
6:30pm	Neighbours
7:00pm	Home and Away
7:30pm	5 News
8:00pm	Cricket on 5
9:00pm	All New Traffic Cops <i>Action-packed documentary series following Yorkshire-based law enforcers.</i>
10:00pm	Eamonn and Ruth: Russian Roulette
11:00pm	Big Brother
12:05am	Big Brother's Bit on the Side
1:05am	Countdown to Murder
2:00am	Super Casino

4

8:00am	Made in Chelsea
9:00am	Rules of Engagement
9:30am	Rules of Engagement
10:00am	Melissa and Joey
10:30am	Melissa and Joey
11:00am	Baby Daddy
11:30am	Baby Daddy
12:00pm	How I Met Your Mother
12:30pm	How I Met Your Mother
1:00pm	New Girl
1:30pm	New Girl
2:00pm	The Big Bang Theory
2:30pm	The Big Bang Theory
3:00pm	Melissa and Joey
3:30pm	Melissa and Joey
4:00pm	Baby Daddy
4:30pm	Baby Daddy
5:00pm	Black-Ish
5:30pm	Black-Ish
6:00pm	The Goldbergs
6:30pm	The Goldbergs
7:00pm	The Big Bang Theory
7:30pm	The Big Bang Theory
8:00pm	Hollyoaks
8:30pm	The Goldbergs
9:00pm	Fantastic Four
11:00pm	Vlogglebox
12:05am	Naked Attraction
1:10am	The Big Bang Theory

sky SPORTS 1

8:00am	Good Morning Sports Fans
9:00am	Good Morning Sports Fans
10:00am	Premier League 100 Club
11:00am	Football's Greatest
12:00pm	Transfer Centre
12:30pm	Great Sporting Moments
1:00pm	Football's Greatest
2:00pm	Great Sporting Moments
2:30pm	Great Sporting Moments
3:00pm	Premier League Legends
4:00pm	Spanish Football Gold
4:30pm	Football Gold
5:00pm	Live at the Open
6:30pm	Premier League 100 Club
7:00pm	Premier League Legends
7:30pm	Football's Greatest Teams
8:00pm	Live Horse Racing: Winning Post
10:00pm	Fight Night
12:00am	Premier League Legends

itv

7:00am	Good Morning Britain
9:30am	Lorraine
10:25am	The Jeremy Kyle Show
11:30am	This Morning
1:30pm	Loose Women
2:30pm	ITV Lunchtime News
3:00pm	Judge Rinder
4:00pm	David Dickinson's Name Your Price
5:00pm	Tipping Point
6:00pm	The Chase
7:00pm	Local News and Weather
7:30pm	ITV Evening News
8:00pm	Emmerdale
8:30pm	Coronation Street
9:00pm	Amazing Animal Births <i>Documentary following the birth of new-born animals.</i>
9:30pm	Coronation Street
10:00pm	Fearless
11:00pm	ITV News
11:40pm	Killer Women with Piers Morgan
12:40am	The Kyle Files
1:10am	Jackpot247

itv2

7:10am	You've Been Framed!
7:35am	Vanderpump Rules
8:20am	The Ellen DeGeneres Show
9:00am	Emmerdale
9:30am	Coronation Street
10:00am	Coronation Street
10:35am	Scorpion
11:25am	Below Deck
12:25pm	Vanderpump Rules
1:20pm	Emmerdale
1:55pm	Coronation Street
2:30pm	Coronation Street
3:00pm	The Ellen DeGeneres Show
3:50pm	The Jeremy Kyle Show
4:55pm	The Jeremy Kyle Show
6:00pm	Judge Rinder
7:00pm	You've Been Framed!
7:30pm	You've Been Framed!
8:00pm	You've Been Framed!
8:30pm	You've Been Framed!
9:00pm	Two and a Half Men
9:30pm	Two and a Half Men
10:00pm	Love Island
11:05pm	Family Guy
11:30pm	Family Guy
12:00am	American Dad!

itv3

7:00am	Man About the House
7:25am	Heartbeat
8:25am	Where the Heart is
9:25am	Wild at Heart
10:25am	Judge Judy
10:55am	Judge Judy
11:25am	Judge Judy
11:50am	Road to Avonlea
12:55pm	Wycliffe
2:05pm	Heartbeat
3:05pm	The Royal
4:10pm	Wild at Heart
5:15pm	Man About the House
5:50pm	On the Buses
6:20pm	George and Mildred
6:55pm	Heartbeat
8:00pm	Murder, She Wrote
9:00pm	Mamma Mia! <i>Exuberant musical using ABBA songs to soundtrack the adventures of a young girl on a Greek island.</i>
10:05pm	FYI Daily
10:10pm	Mamma Mia!
11:10pm	Law and Order: UK
12:10am	The Street

itv4

7:00am	British Touring Car Crashes and Smashes
7:10am	The Chase
8:00am	The Professionals
8:45am	The Saint
9:50am	Storage Wars New York
10:25am	Storage Wars New York
10:45am	The Chase
11:50am	The Professionals
12:50pm	The Saint
1:55pm	Tour de France Highlights
2:55pm	Ironsides
4:00pm	Quincy, M.E.
5:00pm	Minder
6:05pm	The Professionals
7:05pm	Storage Wars Texas
7:35pm	Storage Wars Texas
8:00pm	Tour de France Highlights
9:00pm	The Chase: Celebrity Special
10:00pm	Car Crash Britain Caught on Camera
11:00pm	Crank 2: High Voltage
12:00am	FYI Daily

sky CINEMA ACTION & ADVENTURE

10:40am	The Bourne Supremacy
12:35pm	The Magnificent Seven
2:45pm	I Am Legend
4:30pm	The Mummy
6:40pm	The Rock
9:00pm	The Bourne Supremacy
11:00pm	I Am Legend
12:45am	Hitman

sky CINEMA COMEDY

7:35am	Galaxy Quest
9:25am	How to be Single
11:20am	10 Things I Hate About You
1:05pm	Central Intelligence
3:05pm	All About Steve
4:50pm	Notting Hill
7:00pm	Sisters
9:00pm	Central Intelligence
11:00pm	The Blues Brothers
1:20am	How to be Single
3:20am	Road Trip: Beer Pong
5:00am	The Benchwarmers

sky CINEMA PREMIERE

7:00am	Spider-Man: Homecoming: Special <i>Sky Movies takes a special look at the latest take on the classic Marvel superhero, starring Tom Holland, Michael Keaton and Robert Downey Jr.</i>
7:30am	I'll See You in My Dreams
9:20am	A Street Cat Named Bob
11:15am	Finding Altamira
1:05pm	War for the Planet of the Apes: Special
1:35pm	Popstar: Never Stop Never Stopping
3:15pm	Nocturnal Animals
5:15pm	A Street Cat Named Bob
7:10pm	Finding Altamira
9:00pm	Popstar: Never Stop Never Stopping
10:35pm	Nocturnal Animals
12:40am	Pet
2:25am	Frankie and Alice

sky SPORTS 2

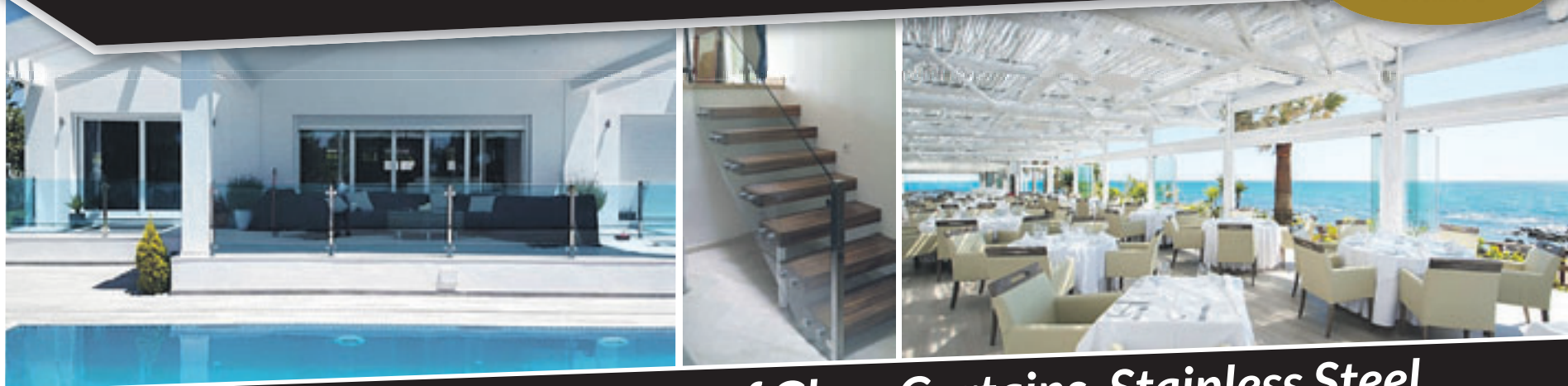
7:00am	Cricket's Greatest
7:30am	Cricket's Greatest
8:00am	Cricket Gold
8:10am	Cricket Gold
8:20am	Cricket Gold
8:30am	Cricket Classics
9:30am	Cricket
10:30am	Cricket
11:00am	Great Sporting Moments
11:15am	Great Sporting Moments
11:30am	Cricket
	<i>Day four of the second Test between England and South Africa at Trent Bridge in Nottingham.</i>
7:30pm	Cricket
8:00pm	Cricket's Greatest
8:30pm	Cricket's Greatest
9:00pm	Cricket
10:00pm	Cricket
10:30pm	Cricket's Greatest
11:00pm	Cricket's Greatest
11:30pm	Cricket
12:30am	Cricket
1:00am	Cricket's Greatest
1:30am	Cricket's Greatest
2:00am	Cricket

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BBC one

7:00am Breakfast
 10:15am Right on the Money
 11:00am Homes Under the Hammer
Property experts visit three properties before they go up for auction.
 12:00pm Neighbourhood Blues
 12:45pm Rip Off Britain
 1:15pm Bargain Hunt
 2:00pm BBC News
 2:30pm Regional News
 2:45pm Red Rock
 3:30pm Escape to the Country
 4:30pm Money for Nothing
 5:15pm Flog It!
 6:15pm Pointless
 7:00pm BBC News
 7:30pm Regional News
 8:00pm Celebrity Mastermind
 8:30pm EastEnders
 9:00pm Holby City
 10:00pm In The Dark
 11:00pm BBC News
 11:30pm Regional News
 11:40pm Weather
 11:45pm New Tricks
 12:45am World's Oldest Family
 1:15am Weather for the Week Ahead
 1:20am BBC News

BBC TWO

7:00am The TV That Made Me
 7:30am Right on the Money
 8:15am Bargain Hunt
 9:00am DIY SOS The Big Build
 10:00am Victoria Derbyshire
 12:00pm BBC Newsroom Live
 1:00pm The Daily Politics
 2:00pm Two Tribes
 2:30pm Super League Show
 3:15pm Chronicles of a Champion Golfer
 4:15pm Nature's Miracle Babies
 5:15pm Secrets of Our Living Planet
 6:15pm Antiques Road Trip
 7:00pm Eggheads
 7:30pm Letterbox
 8:00pm Paul Hollywood's Big Continental Road Trip
 9:00pm Inside the Factory
 10:00pm Addicted Parents: Last Chance to Kemy Children
 11:00pm Detectorists
 11:30pm Newsnight
 12:10am Weather
 12:15am 1066: A Year to Conquer England

BBC FOUR

8:00pm BBC World News
The latest international news from the BBC World Newsroom.
 8:30pm Handmade: By Royal Appointment
 9:00pm Ten Things You Didn't Know About Earthquakes
 10:00pm Vikings
A warrior and farmer who dreams of riches begins working on a project that will turn the Viking world on its head.
 11:00pm Secret Knowledge
 11:30pm Treasures of the Anglo Saxons
 12:30am World War Two
The British fought the Second World War to defeat Hitler.
 2:00am Medieval Lives
Birth, Marriage, Death.
 3:00am The Brits Who Built the Modern World
 4:00am Vikings

CHANNEL 4

7:00am Countdown
 7:45am Will and Grace
 8:10am Will and Grace
 8:35am Everybody Loves Raymond
 9:00am Everybody Loves Raymond
 9:35am Frasier
 10:05am Frasier
 10:35am Frasier
 11:05am Undercover Boss USA
 12:00pm A Place in the Sun: Winter Sun
 1:00pm Channel 4 News
 1:05pm Couples Come Dine with Me
 2:05pm Posh Pawnbrokers
 3:10pm Countdown
 4:00pm The Question Jury
 5:00pm A Place in the Sun
 6:00pm Four in a Bed
 6:30pm Come Dine with Me
 7:00pm The Simpsons
 7:30pm Hollyoaks
 8:00pm Channel 4 News
 8:30pm World Para Athletics Championships London 2017
 11:00pm When Football Banned Women
 12:05am 24 Hours in A and E
 1:05am Sound and Vision

CHANNEL 5

7:00am Milkshake!
Programming aimed at children aged two to seven years old.
 10:15am The Wright Stuff
 12:15pm House Doctor
 1:10pm 5 News
 1:15pm Big Brother
 2:15pm Home and Away
 2:45pm Neighbours
 3:15pm NCIS
 4:15pm Stolen Daughter
 6:00pm 5 News
 6:30pm Neighbours
 7:00pm Home and Away
 7:30pm 5 News
 8:00pm Cricket on 5
Highlights coverage of England's summer season begins on 20th May 2014.
 9:00pm The Dog Rescuers with Alan Davies
Comedian and dog lover Alan Davies follows the work of RSPCA officers around the country.
 10:00pm The Hotel Inspector
 11:00pm Big Brother
 12:05am Big Brother's Bit on the Side
 1:05am Circus Kids

4

8:00am Made in Chelsea
 9:00am Rules of Engagement
 9:30am Rules of Engagement
 10:00am Melissa and Joey
 10:30am Melissa and Joey
 11:00am Baby Daddy
 11:30am Baby Daddy
 12:00pm How I Met Your Mother
 12:30pm How I Met Your Mother
 1:00pm New Girl
 1:30pm New Girl
 2:00pm The Big Bang Theory
 2:30pm The Big Bang Theory
 3:00pm Melissa and Joey
 3:30pm Melissa and Joey
 4:00pm Baby Daddy
 4:30pm Baby Daddy
 5:00pm Black-Ish
 5:30pm Black-Ish
 6:00pm The Goldbergs
 6:30pm The Goldbergs
 7:00pm The Big Bang Theory
 7:30pm The Big Bang Theory
 8:00pm Hollyoaks
 8:30pm The Goldbergs
 9:00pm The Big Bang Theory
 9:30pm The Big Bang Theory
 10:00pm Rude Tube
 11:00pm 8 Out of 10 Cats
 11:50pm The Big Bang Theory
 12:25am The Big Bang Theory

sky SPORTS 1

9:00am Premier League Special
 10:00am Good Morning Sports Fans
 10:30am Good Morning Sports Fans
 11:00am Live Test Cricket
England v South Africa. Coverage of day five's play in the Second Test of the four-match series, which takes place at Trent Bridge in Nottingham.
 7:00pm Sky Sports Special
 8:00pm Sky Sports Special
 9:00pm Sky Sports Special
 10:00pm Sky Sports Special
 11:00pm Sky Sports Special
 12:00am British and Irish Lions Tour
A look back at the 2017 British and Irish Lions tour to New Zealand, which saw them face the country's top club sides, as well as three Test matches against the All Blacks.
 2:00am Live WWE Late Night Smackdown

itv

7:00am Good Morning Britain
 9:30am Lorraine
 10:25am The Jeremy Kyle Show
 11:30am This Morning
The popular morning lifestyle magazine show with advice, chat and competitions.
 1:30pm Loose Women
 2:30pm ITV Lunchtime News
A thorough round-up of this lunchtime's main national and international news.
 3:00pm Judge Rinder
 4:00pm David Dickinson's Name Your Price
 5:00pm Tipping Point
 6:00pm The Chase
 7:00pm Local News and Weather
 7:30pm ITV Evening News
 8:00pm Emmerdale
 9:00pm Midsomer Murders
 11:00pm ITV News
 11:40pm Davina: Life at the Extreme
 12:40am Play to the Whistle
 1:20am Jackpot247

itv2

7:00am The Hot Desk
 7:10am You've Been Framed!
 7:35am Vanderpump Rules
 8:20am The Ellen DeGeneres Show
 9:00am Emmerdale
 9:30am Coronation Street
 10:00am Coronation Street
 10:35am Scorpion
 11:25am Below Deck
 12:25pm Vanderpump Rules
 1:20pm Emmerdale
 1:55pm Coronation Street
 2:30pm Coronation Street
 3:00pm The Ellen DeGeneres Show
 3:50pm The Jeremy Kyle Show
 4:55pm The Jeremy Kyle Show
 6:00pm Judge Rinder
 7:00pm You've Been Framed!
 7:30pm You've Been Framed!
 8:00pm You've Been Framed!
 8:30pm You've Been Framed!
 9:00pm Two and a Half Men
 9:30pm Two and a Half Men
 10:00pm Love Island
 11:05pm Family Guy
 11:30pm Family Guy
 12:00am Family Guy
 12:30am Family Guy
 12:55am American Dad!

itv3

7:00am Man About the House
 7:25am Heartbeat
 8:25am Where the Heart is
 9:25am Wild at Heart
 10:30am Judge Judy
 11:00am Judge Judy
 11:30am Judge Judy
 11:55am Road to Avonlea
 12:55pm Wycliffe
 2:05pm Heartbeat
Drama, set in the North Yorkshire moors in the 1960's.
 3:10pm The Royal
 4:15pm Wild at Heart
 5:15pm Man About the House
 5:50pm On the Buses
This bold, bawdy and brash sitcom hit British screens in 1969.
 6:20pm George and Mildred
 6:55pm Heartbeat
 8:00pm Murder, She Wrote
 9:00pm Paul O'Grady's Animal Orphans
 10:00pm Kate
 11:00pm Law and Order: UK
 12:00am Lewis
 2:05am Wycliffe
 3:05am ITV3 Nightscreen

itv4

7:00am Snooker v Darts
 7:05am The Chase
 7:55am The Professionals
 8:45am Minder
 9:45am Ironside
 10:50am Quincy, M.E.
 11:55am The Car Chasers
 12:25pm Tour de France
 1:30pm Tour de France Live
 5:45pm Football Rivalries
Arsenal v Spurs.
 6:00pm The Professionals
Action-packed drama series about two criminal-intelligence agents.
 7:00pm Storage Wars Texas
 7:30pm Storage Wars Texas
 8:00pm Tour de France Highlights
 9:00pm Monster Carp
 10:00pm Benidorm
 11:00pm Passenger 57
 12:10am FYI Daily
 12:15am Passenger 57
 12:50am Keane and Vieira: The Best of Enemies
 2:10am Tour de France Highlights
 3:05am Minder
 4:00am Teleshopping

sky CINEMA ACTION & ADVENTURE

11:40am Captain America: Civil War
 2:10pm The 5th Wave
 4:10pm Pirates of the Caribbean: At World's End
 7:00pm The Huntsman: Winter's War
 9:00pm Captain America: Civil War
 11:30pm RoboCop
 1:20am Backdraft

sky CINEMA COMEDY

6:30am The Grass is Greener
 8:20am Three Amigos!
 10:15am Hot Pursuit
 11:50am Billy Madison
 1:30pm Spider-Man: Homecoming: Special
 2:00pm Ride Along 2
 3:50pm Bad Neighbours 2
 5:30pm Get a Job
 7:00pm Back to the Future
 9:00pm Ride Along 2
 10:50pm Bad Neighbours 2
 12:30am National Lampoon's Animal House
 2:25am Bruno
 3:55am Meatballs

sky CINEMA PREMIERE

7:00am Finding Altamira
 8:50am Spider-Man: Homecoming: Special
 9:20am Popstar: Never Stop Never Stopping
 11:00am A Street Cat Named Bob
 1:00pm The Girl with All the Gifts
 3:05pm Cars 3: Special
 3:25pm Finding Altamira
Controversy erupts after the supposed discovery of Paleolithic cave paintings in northern Spain in 1879.
 5:15pm Nocturnal Animals
 7:20pm Popstar: Never Stop Never Stopping
Preening pop stars get a comedy kicking in this all-star mockumentary from The Lonely Island.
 9:00pm A Street Cat Named Bob
 11:00pm Id2: Shadwell Army
 12:40am Nocturnal Animals
 2:45am Pet

sky SPORTS 2

9:00am Live Premier League Special
 10:00am Live Premier League Special
 12:00pm Premier League Special
 1:00pm Gary Neville: The Pundit
A unique look at former Manchester United defender Gary Neville's life as a pundit.
 1:30pm The Referees - Onside with Carragher and Neville
 2:00pm Premier League Special
 4:00pm Premier League Special
 6:00pm Premier League Special
 8:00pm Premier League Special
 10:00pm Premier League Special
 12:00am Premier League Special
 2:00am Premier League Special
 4:00am Premier League Special

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BBC one

7:00am Breakfast
 10:15am Right on the Money
 11:00am Homes Under the Hammer
 12:00pm Neighbourhood Blues
 12:45pm Rip Off Britain
 1:15pm Bargain Hunt
Game show in which two teams compete for the best bargains before they go up for auction.
 2:00pm BBC News
 2:30pm Regional News
 2:45pm Red Rock
 3:30pm Escape to the Country
 4:30pm Money for Nothing
 5:15pm Flog It!
 6:15pm Pointless
 7:00pm BBC News
 7:30pm Regional News
 8:00pm Celebrity Mastermind
 8:30pm The Fugitives
 9:00pm Watchdog Live
 10:00pm Death in Paradise
 11:00pm BBC News
 11:30pm Regional News
 11:40pm Weather
 11:45pm Room 101
 12:25am The Natives
 1:15am Weather for the Week Ahead

BBC TWO

7:00am The TV That Made Me
 7:30am Right on the Money
 8:15am Bargain Hunt
 9:00am Great British Menu
 9:30am Great British Menu
 10:00am Victoria Derbyshire
 12:00pm BBC Newsroom Live
 12:30pm The Daily Politics
 2:00pm Two Tribes
 2:30pm A Taste of Britain
Food programme exploring specialities from around Britain.
 3:15pm Chronicles of a Champion Golfer
 4:15pm Nature's Miracle Babies
 5:15pm Secrets of Our Living Planet
 6:15pm Antiques Road Trip
 7:00pm Eggheads
 7:30pm Letterbox
 8:00pm Paul Hollywood's Big Continental Road Trip
 9:00pm The Sweet Makers: A Tudor Treat
 10:00pm Gardeners' World
 11:00pm Live at the Apollo
 11:30pm Newsnight
 12:10am Weather

BBC FOUR

8:00pm BBC World News
The latest international news from the BBC World Newsroom.
 8:30pm Tank Men
 9:00pm Jumbo: The Plane That Changed the World
 10:00pm Pedalling Dreams: The Raleigh Story
 11:00pm Sound Waves: The Symphony of Physics
 12:00am Railways: The Making of a Nation
Documentary series about Britain's railways. In this edition, how the idea of an excursion to distant places became popular from the 1840s onwards.
 12:30am Railways: The Making of a Nation
 1:00am Je t'aime: The Story of French Song with Petula Clark
 2:00am The Renaissance
 3:00am Voyages of Discovery
 4:00am Pedalling Dreams: The Raleigh Story

CHANNEL 4

7:00am Countdown
 7:45am Will and Grace
 8:10am Will and Grace
 8:35am Everybody Loves Raymond
 9:00am Everybody Loves Raymond
 9:35am Frasier
 10:05am Frasier
 10:35am Frasier
 11:05am Undercover Boss USA
 12:00pm A Place in the Sun: Winter Sun
 1:00pm Channel 4 News
 1:05pm Couples Come Dine with Me
 2:05pm Posh Pawnbrokers
 3:10pm Countdown
 4:00pm The Question Jury
 5:00pm A Place in the Sun
 6:00pm Four in a Bed
 6:30pm Come Dine with Me
 7:00pm The Simpsons
 7:30pm Hollyoaks
 8:00pm UEFA Women's Euro 2017
 11:00pm The Windsors
 11:30pm Fargo
 12:35am Young, Single and Racist?
 1:35am One Born Every Minute

CHANNEL 5

7:00am Milkshake!
Programming aimed at children aged two to seven years old.
 10:15am The Wright Stuff
 12:15pm House Doctor
Home improvement series that works its magic on neglected homes.
 1:10pm 5 News
 1:15pm Big Brother
 2:15pm Home and Away
 2:45pm Neighbours
 3:15pm NCIS
 4:15pm Marriage of Lies
 6:00pm 5 News
 6:30pm Neighbours
 7:00pm Home and Away
 7:30pm 5 News
 8:00pm All New Traffic Cops
Action-packed documentary series following Yorkshire-based law enforcers.
 9:00pm The Highland Midwife
 10:00pm Sarah Payne
 11:30pm Big Brother
 12:30am Big Brother's Bit on the Side
 1:30am Lip Sync Battle
 2:00am Super Casino

4

7:30am Hollyoaks Does Come Dine with Me
 8:00am Made in Chelsea
 9:00am Rules of Engagement
 9:30am Rules of Engagement
 10:00am Melissa and Joey
 10:30am Melissa and Joey
 11:00am Baby Daddy
 11:30am Baby Daddy
 12:00pm How I Met Your Mother
 12:30pm How I Met Your Mother
 1:00pm New Girl
 1:30pm New Girl
 2:00pm The Big Bang Theory
 2:30pm The Big Bang Theory
 3:00pm Melissa and Joey
 3:30pm Melissa and Joey
 4:00pm Baby Daddy
 4:30pm Baby Daddy
 5:00pm Black-Ish
 5:30pm Black-Ish
 6:00pm The Goldbergs
 6:30pm The Goldbergs
 7:00pm The Big Bang Theory
 7:30pm The Big Bang Theory
 8:00pm Hollyoaks
 8:30pm The Goldbergs
 9:00pm The Big Bang Theory
 9:30pm The Big Bang Theory
 10:00pm The Inbetweeners 2
 12:00am The Big Bang Theory

sky SPORTS 1

7:00am Good Morning Sports Fans
 7:30am Good Morning Sports Fans
 8:00am Good Morning Sports Fans
 8:30am Good Morning Sports Fans
 9:00am Good Morning Sports Fans
 9:30am Good Morning Sports Fans
 10:00am Good Morning Sports Fans
 10:30am Good Morning Sports Fans
 11:00am Premier League Daily Asia Trophy
 11:30am Live Premier League Asia Trophy
 2:00pm Live Premier League Asia Trophy
 4:45pm Live at the Open - Practice Round
 6:00pm Live T20 Blast
 10:00pm Pl Asia Trophy Highlights
 11:00pm Sky Sports News at Ten
 12:00am Through the Night
 1:00am Through the Night
 1:30am Football
New York City v Toronto Whitecaps

itv

7:00am Good Morning Britain
 9:30am Lorraine
 10:25am The Jeremy Kyle Show
The Jeremy Kyle Show deals with family and relationship issues, and also takes a look at the everyday conflicts that affect our lives.
 11:30am This Morning
 1:30pm Loose Women
 2:30pm ITV Lunchtime News
 3:00pm Judge Rinder
 4:00pm David Dickinson's Name Your Price
 5:00pm Tipping Point
 6:00pm The Chase
 7:00pm Local News and Weather
 7:30pm ITV Evening News
 8:00pm Emmerdale
 8:30pm Coronation Street
 9:00pm Love Your Garden
 10:00pm Joanna Lumley's India
 11:00pm ITV News
 11:45pm Mafia Women with Trevor Macdonald
 12:40am River Monsters

itv2

7:00am The Hot Desk
 7:10am You've Been Framed!
 7:35am Vanderpump Rules
 8:20am The Ellen DeGeneres Show
 9:00am Emmerdale
 10:00am You've Been Framed!
 10:35am Scorpion
 11:25am Below Deck
 12:25pm Vanderpump Rules
 1:20pm Emmerdale
 2:30pm You've Been Framed!
 3:00pm The Ellen DeGeneres Show
 3:50pm The Jeremy Kyle Show
 4:55pm The Jeremy Kyle Show
 6:00pm Judge Rinder
 7:00pm You've Been Framed!
 7:30pm You've Been Framed!
 8:00pm You've Been Framed!
 8:30pm You've Been Framed!
 9:00pm Two and a Half Men
 9:30pm Two and a Half Men
 10:00pm Love Island
 11:05pm Celebrity Juice
 11:50pm Family Guy
 12:20am Family Guy
 12:45am American Dad!
 1:15am American Dad!
 1:40am American Dad!
 2:10am Two and a Half Men

itv3

7:00am Man About the House
 7:25am Heartbeat
 8:25am Where the Heart is
 9:25am Wild at Heart
 10:25am Judge Judy
 10:55am Judge Judy
 11:25am Judge Judy
 11:55am Road to Avonlea
 12:55pm Wycliffe
 2:05pm Heartbeat
Drama, set in the North Yorkshire moors in the 1960's.
 3:10pm The Royal
 4:10pm Wild at Heart
 5:20pm Man About the House
 5:55pm On the Buses
 6:25pm George and Mildred
 6:55pm Heartbeat
 8:00pm Murder, She Wrote
Drama series about a sleuthing writer who solves murder mysteries.
 9:00pm Lewis
 11:00pm Law and Order: UK
 12:00am Agatha Christie's Marple
 2:00am Wycliffe
 3:00am ITV3 Nightscreen
 3:30am Teleshopping

itv4

7:00am Football's Greatest
 7:20am The Chase
 8:05am The Professionals
 9:00am Storage Wars Texas
 9:30am Storage Wars Texas
 9:55am The Car Chasers
 10:30am The Car Chasers
 11:00am Tour de France Highlights
 12:00pm Tour de France Live
 6:00pm The Professionals
 7:00pm Storage Wars Texas
 7:30pm Storage Wars Texas
 8:00pm Tour de France Highlights
 9:00pm World Superbike Highlights
 10:00pm An Audience with Billy Connolly
Billy Connolly does his famously funny stand up in the company of hundreds of stars.
 11:10pm Death Wish 3
 12:15am FYI Daily
 12:20am Death Wish 3
 1:00am Car Crash Global
 2:00am Tour de France Highlights
 3:00am The Classic Car Show
 3:50am Nightscreen

sky CINEMA ACTION & ADVENTURE

7:40am The Goonies
 9:40am Fantastic Four
 11:25am Mission: Impossible - Ghost Protocol
 1:25pm The Patriot
 4:15pm X2
 6:35pm American Ultra
 8:15pm Fantastic Four
 10:00pm Mission: Impossible - Ghost Protocol
 12:00am RoboCop 2
 2:00am Con Air

sky CINEMA COMEDY

8:50am How to Lose Friends and Alienate People
 10:45am Grandma
 12:15pm Mr. Right
 1:55pm Absolutely Fabulous: The Movie
 3:35pm Bridget Jones's Baby
 5:40pm Scouts Guide to the Zombie Apocalypse
 7:20pm The Bad Education Movie
 9:00pm Bridget Jones's Baby
 11:10pm Absolutely Fabulous: The Movie
 12:50am Mrs. Brown's Boys D'Movie
 2:35am Click

sky CINEMA PREMIERE

7:00am I'll See You in My Dreams
 8:50am War for the Planet of the Apes: Special
 9:20am Popstar: Never Stop Never Stopping
 11:00am A Street Cat Named Bob
 12:55pm Nocturnal Animals
 3:05pm Finding Altamira
 5:00pm Spider-Man: Homecoming: Special
 5:30pm Popstar: Never Stop Never Stopping
 7:10pm A Street Cat Named Bob
 9:00pm Nocturnal Animals
 11:00pm My Internship in Canada
An independent MP from rural Quebec unexpectedly finds himself holding the tie-breaking vote on whether Canada should go to war.
 12:55am Id2: Shadwell Army
 2:40am Pet
 4:30am Finding Altamira

sky SPORTS 2

7:00am Premier League Special
 8:00am Premier League Special
 9:00am Premier League Special
 10:00am Premier League Special
 11:00am Premier League Special
 11:30am Live Premier League Asia Trophy
 2:00pm Live Premier League Asia Trophy
 4:45pm Premier League Archive
 5:15pm EFL Greatest Games
 6:00pm Premier League Special
 7:00pm Premier League Special
 8:00pm Transfer Centre
 8:30pm Barclays Premier League World
 9:00pm Pl Asia Trophy Highlights
 10:00pm Pl Asia Trophy Highlights
 11:00pm Premier League Archive
 11:30pm Barclays Premier League World
 12:00am Info not available

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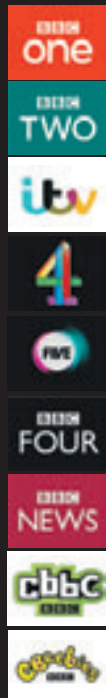


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Brexit discussions

■ DELEGATES from the Gibraltar and UK governments met on the Rock to discuss a wide range of issues including Brexit. These were a prelude to the next formal meeting of the Joint Ministerial Council for Exiting the European Union with officials from the Foreign Office, Cabinet Office and input from the Treasury and the Department for International Trade.

Congress visit

■ THREE members of the United States Congress visited Gibraltar on a fact-finding mission which saw them meet with both Fabian Picardo and Dr Joseph Garcia. The Chief Minister briefed the delegation on the political and economic position of Gibraltar and reiterated the policy of the government that the US Armed Forces were very welcome in Gibraltar.

Bar burglary

■ AN 18-year-old man has pleaded guilty to burglary after he was arrested in connection with a break-in at a property situated on Main Street. He admitted to breaking in to the Copacabana bar and restaurant and stealing £946 and was kept in a police cell overnight before being taken to court. The defendant is being held in custody whilst a pre-sentence report is prepared.

Spain will have no right of veto on EU



IN a written response to a question raised by the Earl of Dartmouth a UKIP MEP, EU President Juncker highlighted the position of Spain and Gibraltar.

“ Any future arrangements must be agreed by Spain.

Put simply, Spain has absolutely no right of veto on any matter concerning negotiations with the European Union which include Gibraltar prior to Britain - and therefore Gibraltar - leaving the Union.

He confirmed however that after Brexit then it is EU policy that any future arrangements between the UK and the EU which include Gibraltar must be agreed by Spain, giving that government an effective right of veto.

Photo Credit: European Union.

European Commission President, Jean-Claude Juncker.

Malaga address

CHIEF MINISTER Fabian Picardo was invited to give an address in the Congress and Exhibition Palace Adolfo Suarez in Marbella last Tuesday. He has been asked to present the opening address and to lead a discussion on Gibraltar after Brexit as part of a programme of summer courses run by the University of Malaga.

La Sala Gibraltar

OLLIE HUGHES the sensational Robbie Williams tribute returns to Gibraltar on Saturday night from the UK saying Let Me Entertain You at La Sala.

He will be presenting a selection of the best-known songs recorded by Robbie and bookings are required.

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

Miss Gibraltar 2017

AFTER initial difficulty in attracting contestants, nine young women appeared in the Miss Gibraltar competition which took place last night. The winner of the pageant held at the Tercentenary Sports Hall and crowned Miss Gibraltar 2017 was Jodie Garcia who seemed to be overwhelmed with the accolade.

Jodie will now represent Gibraltar in the Miss World finals to be held in China at the end of the year, no doubt hoping that she will follow in the footsteps of compatriot Kariane Aldorino Lopez who won the title in 2009 and is now Mayor of Gibraltar.

Regiment flies the rainbow flag

IN celebration of Pride Week the Royal Gibraltar Regiment has flown the LGBTQ rainbow flag from their headquarters in the Devil's Tower camp.

“ Our lesbian, gay and bisexual soldiers are critical to our success.”

The Royal Gibraltar Regiment was formed in 1958 to protect the British overseas territory from attack. In recent times the regiment mainly undertakes ceremonial tasks and is responsible for safeguarding the Gibraltar government.



DEVIL'S TOWER: The army corp flew its own version of the flag.

The Commanding Officer, Lieutenant Colonel David King, explained that “ours is a naturally diverse regiment in which soldiers of many backgrounds band together to work towards a common goal.

“Our lesbian, gay and bisexual soldiers are critical to our success, and the regiment is immensely proud of their courage in defending Gibraltar while living authentic working lives,” he added.

However, the army corps has flown its own version which incorporates the castle and key elements from Gibraltar's flag.

The regiment followed in suit after the British Army flew the LGBTQ flag at more than 300 locations across the world.

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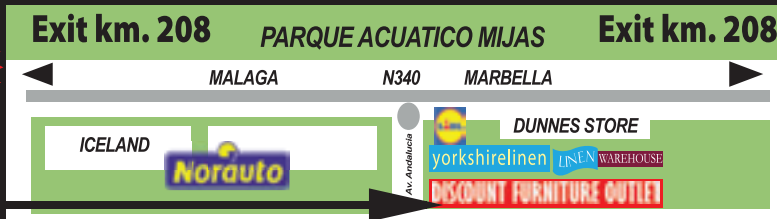
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Summer Sunday shopping bonus

'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 swing.

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 Requeñas) Arboleas to find that people are filling the general bins with cardboard and loose garden rubbish.

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 recy-

cling so really there is no excuse not to do it here in Spain.

Many thanks for listening to our rant.

Name and address withheld

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.

*Kenneth Budd
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 REMOVE 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*

HAVE YOUR SAY

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

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

Outrage as Costa del Sol toll road fees rise

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."

Chris

» 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, Australia, New Zealand, Canada etc.

CJ

» 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 no problems.

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 Alicante

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 forget.

W

» 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 expensive.

Wietse

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Women's wit

'The secret of staying young is to live honestly, eat slowly and lie about your age.'



By Lucille Ball,
Comedian/Actress

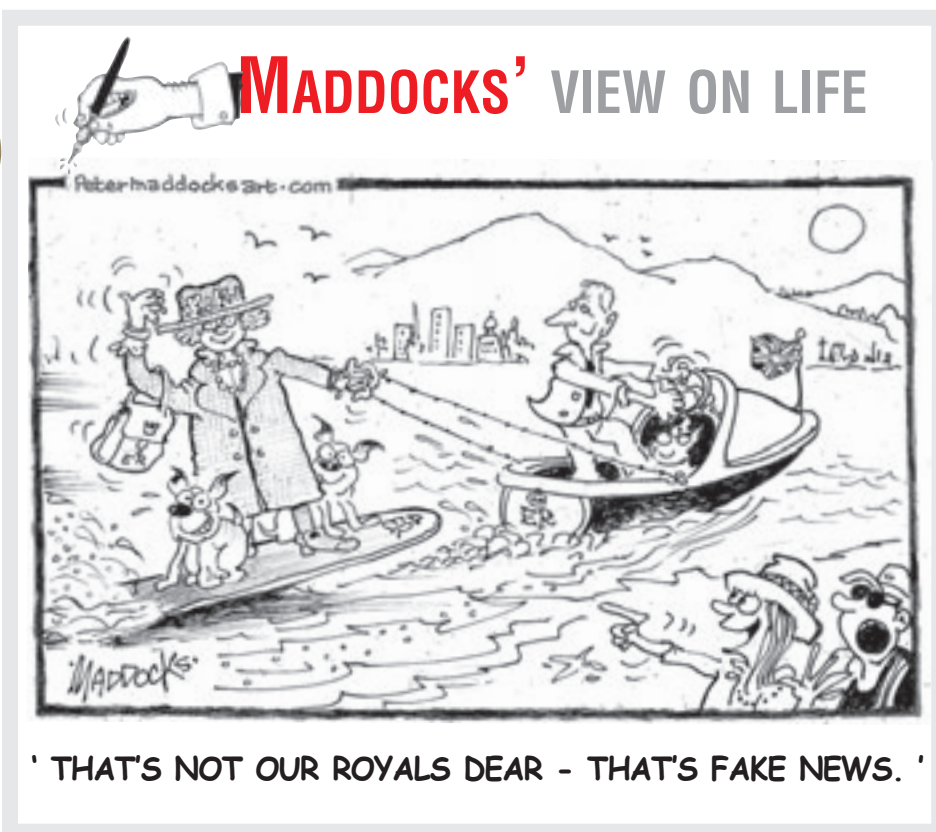
Famous quote

'Outside of a dog, a book is a man's best friend. Inside of a dog, it's too dark to read.'

By Groucho Marx,
Comedian/Actor

World of English

'A seamstress and a sewer fell down into a sewer line.'



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

YOUR STARS

FOR NEXT 7 DAYS



AQUARIUS
(January 21 - February 19)

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 you.



PISCES
(February 20 - March 20)

This is a brilliant week for money and business. Mars is influencing you to be more upfront and 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 your success.



ARIES
(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 vaguely interested. 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 - July 23)

The changes affecting you for the past few weeks continue but you are now getting better at managing their direction. Someone wanting you to take

a logical action should not be allowed to push you forward. When to act will be clear to you.



LEO
(July 24 - August 23)

Someone who has been unhelpful in 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 you.'



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 spirits down.

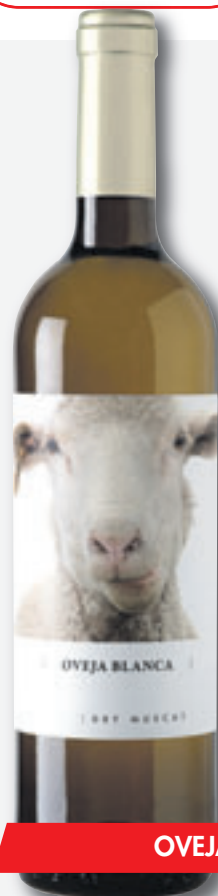


CAPRICORN
(December 22 - January 20)

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.

Spanish wines to drink with a barbecue

TOP 5



OVEJA BLANCA: Intensely aromatic.

MOST OF us think of beer when deciding on a beverage to complement our summer barbecues. However, here in Spain, we are blessed with great wine so this year, why not try one (or all, it's a long summer!) of these with your steak and burgers.

1. Bodegas Fontana Oveja Blanca Muscat 2015

From Ucles' cool vineyards at 700-900 metres altitude. Pale, bright yellow and intensely aromatic with aromas reminiscent of lychees, grapefruit and rose petals. A great choice for kicking off your barbecue. Average price is €5. Alcohol

content is 12-13 per cent.

2. Bodegas Fontana Oveja Tinta 2014

If red is your colour, this is another wine from the Ucles' vineyards. Dark, deep, purple-hued, ruby-red colour. Dry and medium-bodied with soft and juicy flavours of raspberries, red plums, liquorice and jam. An ideal accompaniment for grilled food. Average price is €5. Alcohol content is 13.5-15 per cent.

3. Raul Perez Vico 2012

Vico, produced by Raul Perez is a limited-production wine from the Bierzo region. Opaque purple in colour with flavours of black cherry and raspberry. This will shine best with dishes prepared with

savoury spices and wild herbs. Average price is €32. Alcohol content is 13.5 per cent.

4. Wine Atlas Bobal 2014

From Utiel, Requena, just north of Valencia, Bobal is the grape variety. A mouthful of juicy, dark cherries with a hint of liquorice, make this a good wine for red meat. Average price is €7. Alcohol content is 13 per cent.

5. Grupo Matarromera Bodegas Valdelosfrailes 2010

A red wine from Cigales produced by the Valdelosfrailes winery. Dark red and intense with a presence of raspberries and strawberries. This wine works great with barbecued ribs. Average price is €16. Alcohol content is 14.5-15 per cent.

LOTTERY

UK NATIONAL LOTTERY



Saturday July 08

(1) (11)
(18) (27)
(32) (50)

BONUS BALL
(25)

IRISH LOTTO



Saturday July 08

(11) (31)
(32) (33)
(38) (45)

BONUS BALL
(37)

EURO MILLIONS



Tuesday July 04

Friday July 07

(10) (22)
(25) (37)
(49)

LUCKY STARS
(5) (8)

(11) (20)
(35) (37)
(45)

LUCKY STARS
(3) (6)

LA PRIMITIVA



Saturday July 08

(3) (16)
(21) (25)
(26) (39)

REINTEGRO
(48) (3)

EL GORDO DE LA PRIMITIVA



Sunday July 09

(7) (29)
(40) (41)
(46)

REINTEGRO
(5)

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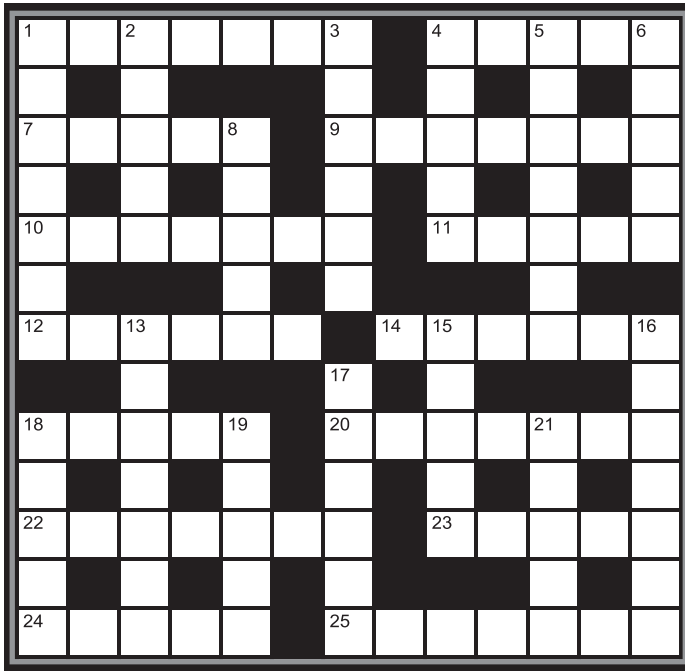
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Cryptic

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 in (6)
- 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 (5)
- 25 Aroused former spouse gets mentioned (7)



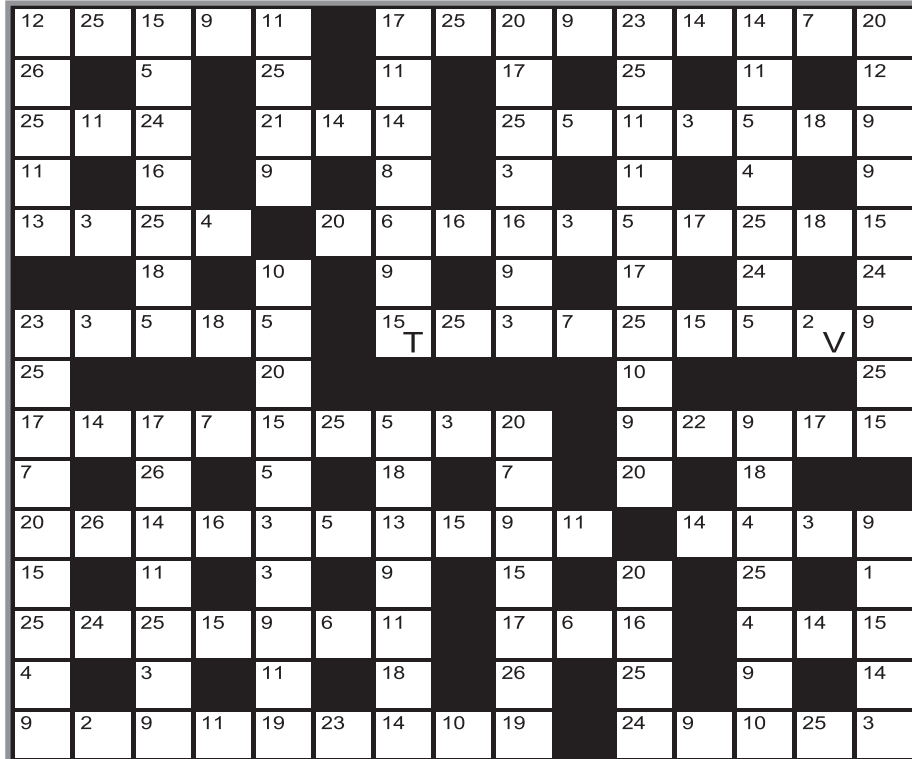
Down

- 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 Jerusalem resident (7)

- 6 Politician boards double-decker for birthday celebration (5)
- 8 England has no space for an organ (5)
- 13 Capone is in work producing a hymn (7)
- 15 Last letter from the Rome Gazette (5)
- 16 Unhappy about player, but honoured (7)
- 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)

Code Breaker

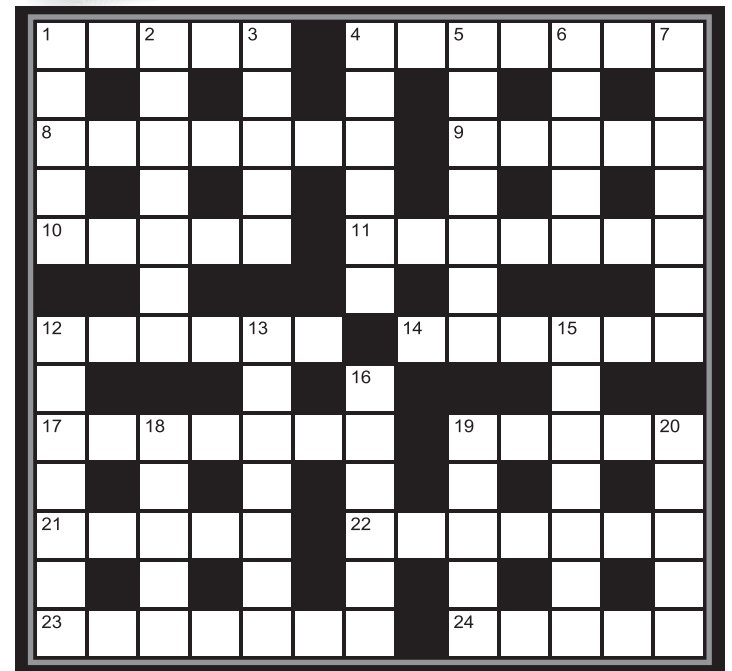
Each number in the Code Breaker grid represents a different letter of the alphabet. In this week's puzzle, 2 represents V and 15 represents T, so fill in V every time the figure 2 appears and T every time the figure 15 appears. Now, using your knowledge of the English language, work out which letters 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.



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

LAST WEEK'S SOLUTION FACING PAGE

Quick



Across

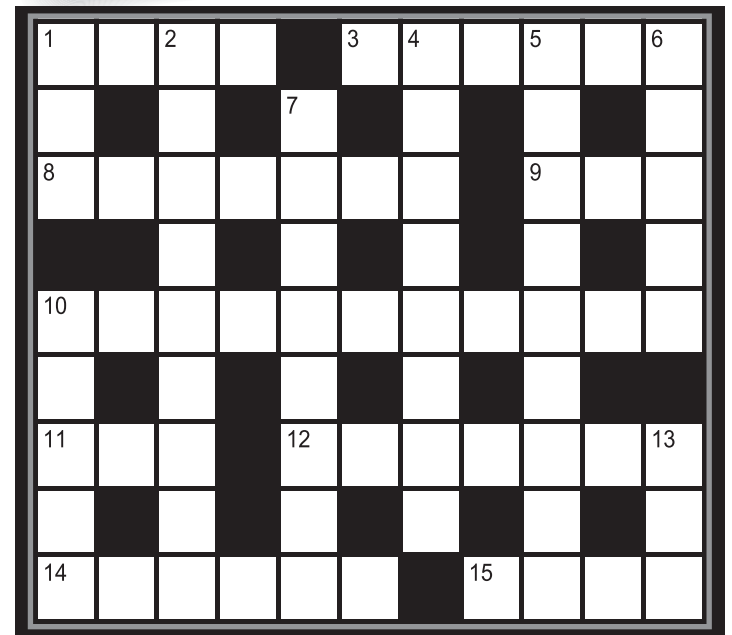
- 1 Has concern (5)
- 4 Desert wind (7)
- 8 Supreme commander of a fleet (7)
- 9 Allow (5)
- 10 Provoking fear or terror (5)
- 11 Pickled herring (7)
- 12 Playground device (6)
- 14 Unstable situation of extreme danger or difficulty (6)
- 17 Put back (7)
- 19 Extra benefits (5)
- 21 Once more (5)
- 22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

Down

- 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)
- 20 Vision (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)
- 8 Trapecio (en gimnasia, circo) (7)
- 9 Thirst (3)
- 10 Coliflor (11)
- 11 Rata (3)

- 12 Escaleras de mano (7)
- 14 Worker (agriculture, industry) (6)
- 15 Cerveza (4)

Down

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

CROSSWORD PAGE

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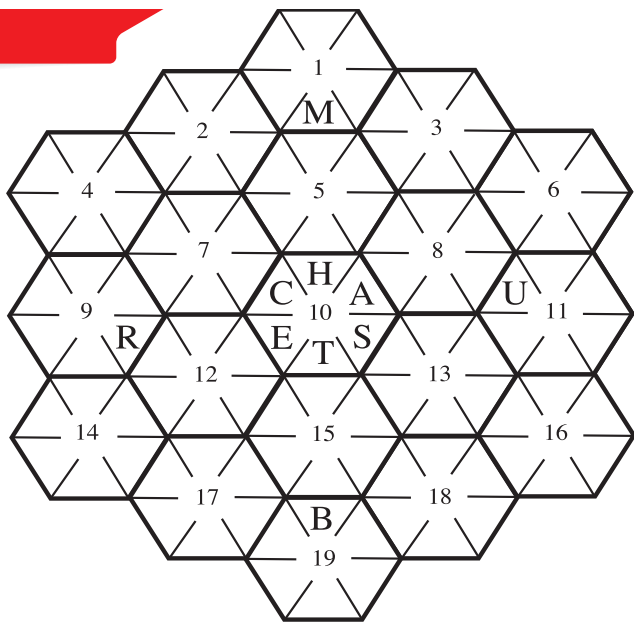
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Hexagram

- ACCRUE
- BEATEN
- BEATER
- BEYOND
- CAREER
- CHASTE (10)
- COERCE
- COVERT
- HEATER
- HEROIC
- ITALIC
- LEGEND
- MEMBER
- MUTATE
- MYTHIC
- OMELET
- STEREO
- STRIDE
- TERROR



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

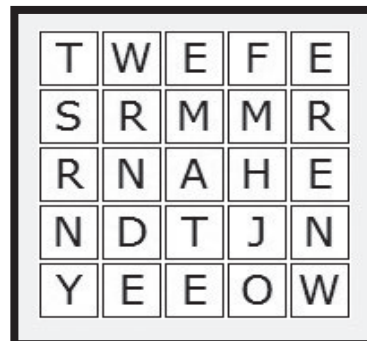
LAST WEEK'S SOLUTION

- 1 Cutout 2 Makeup 3 Length 4 Adores
- 5 Apogee 6 Pomade 7 Maraud 8 Vendor
- 9 Detour 10 Revert 11 Unload 12 Aerate
- 13 Letter 14 Tinder 15 Teeter 16 Centre
- 17 Gyrate 18 Chalet 19 Lessee.

Boggled

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

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



TARGET:

- Average: 18
- Good: 25
- Very good: 35
- Excellent: 46

SCORING:

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

LAST WEEK'S SOLUTION

quoit oreo tiro tire tier tear teat goat goad
gait gain agar again area aria arid rite
raga retie rete read rear raita rain rata
ratio radar radio radon raid earn adorn
aerie ardor arvo iron ordain iota into intro
indie indri toga toad taro tare tardier tarn
tiara trod dare data darn dire diet dieter
drat drier rare rort virago vireo void ovoid
norla

Nonagram

How many English words of four letters or more can you make from the nine letters in our Nonagram puzzle? Each letter may be used only once (unless the letter appears twice). Each word **MUST CONTAIN THE CENTRE LETTER (in this case P)** and there must be **AT LEAST ONE NINE LETTER WORD**. Plurals, vulgarities or proper nouns are not allowed.



TARGET:

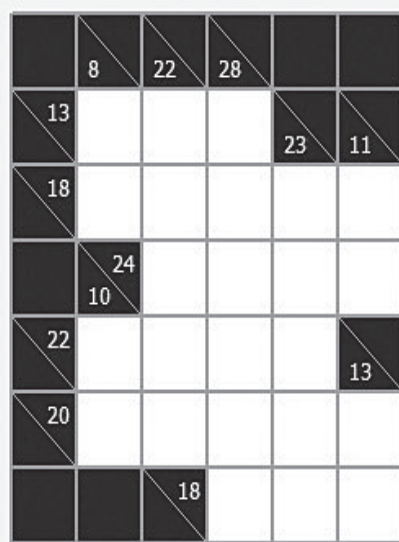
- Average: 7
- Good: 10
- Very good: 14
- Excellent: 18

LAST WEEK'S SOLUTION

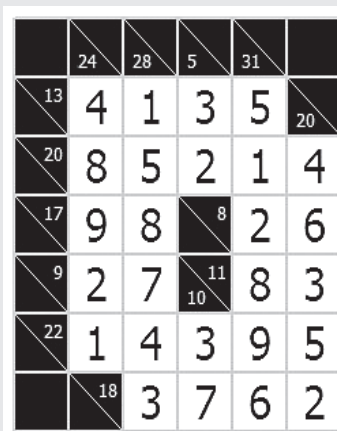
aged ague cage chug dang dung egad gaud
gean hang huge hung cadge caged nudge
augend change gauche gunned hanged unaged
changed dunnage handgun UNCHANGED

Kakuro

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



LAST WEEK'S SOLUTION



LAST WEEK'S SOLUTIONS

ENGLISH-SPANISH

Across:

- 1 Pebble, 3 Ship, 7 Lie,
- 9 Derecha, 10 Strongest,
- 13 Pobreza, 14 Who, 15 Noon,
- 16 Atasco.

Down:

- 1 Pull, 2 Ladrones, 4 Hacksaw,
- 5 Plan, 6 Pregnant, 8 Establo,
- 11 Open, 12 Pozo.

CODE BREAKER

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

CRYPTIC

Across:

- 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.

Down:

- 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.

QUICK

Across:

- 1 Chips, 4 Rickets, 8 Slander,
- 9/22 Air bag, 10 Placebo, 11 Mitre,
- 12 Solemn, 14 Gluten, 17 Chair, 19 Cutlass,
- 23 Imitate, 24 Termite, 25 Style.

Down:

- 1 Cheap, 2 Install, 3 Spare, 4 Rodeos,
- 5 Caramel, 6 Exact, 7 Surgeon, 12 Sackbut,
- 13 Martini, 15 Tragedy, 16 Active,
- 18 Anger, 20 Traps, 21 Scope.

App of the week



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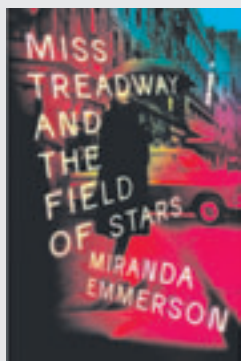
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BOOKS



By Miranda Emmerson

IN this sparkling debut novel, a disparate group of Londoners plunge into a search for a missing American actress.

In the dreary days of November 1965, American actress Iolanthe Green has become the toast of the West End. Charismatic, mysterious, and beautiful, she brings colour and a sprinkling of glamour to the scuffed boards of Soho's Galaxy Theatre. But one evening, Iolanthe walks through the stage door, out into the cold London night, and vanishes.

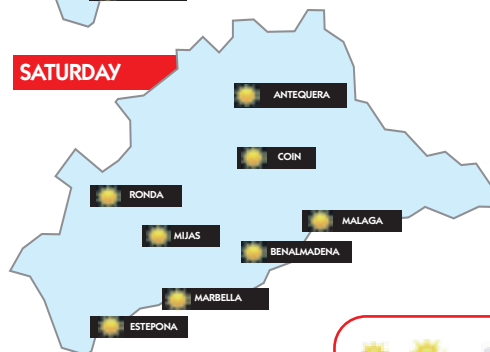
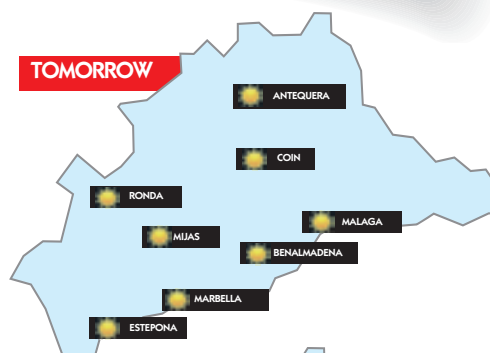
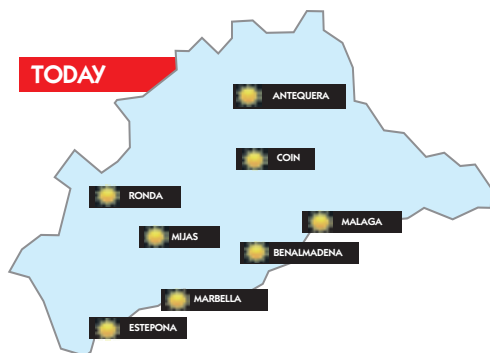
All of London is riveted as Fleet Street speculates about the missing actress's fate. But as time passes and the case grows colder, only Anna Treadway, Iolanthe's dresser at the Galaxy, still cares. A young woman with a few dark secrets of her own, she is determined to solve the mystery of the missing actress.

A disparate band of London emigres - an Irish policeman, a Turkish coffeehouse owner and his rebellious daughter, and a literature-loving Jamaican accountant - joins Anna in her quest. Each of them has come to London to escape the past and forge a new future. Yet, as they draw closer to uncovering the truth of Iolanthe's disappearance, they may have to face the truth about themselves.

books@euroweeklynews.com

Costa del Sol

weather



Malaga
 TODAY: MAX 31, MIN 22-C
 Fri - 32 21 - S
 Sat - 28 20 - S
 Sun - 29 20 - S
 Mon - 30 21 - S
 Tues - 30 21 - S
 Wed - 31 21 - S

Almeria
 TODAY: MAX 34, MIN 24-S
 Fri - 32 23 - S
 Sat - 32 23 - S
 Sun - 31 22 - S
 Mon - 31 23 - S
 Tues - 30 22 - S
 Wed - 30 23 - S

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

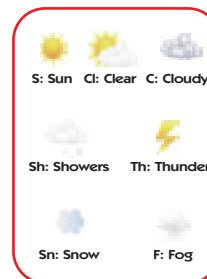
Barcelona
 TODAY: MAX 28, MIN 22-C
 Fri - 28 22 - S
 Sat - 28 21 - C
 Sun - 29 22 - S
 Mon - 29 22 - S
 Tues - 30 22 - C
 Wed - 30 22 - S

Benidorm
 TODAY: MAX 33, MIN 23-S
 Fri - 31 23 - S
 Sat - 29 23 - S
 Sun - 29 22 - S
 Mon - 29 23 - S
 Tues - 30 23 - S
 Wed - 30 23 - S

Bilbao
 TODAY: MAX 23, MIN 16-C
 Fri - 22 15 - C
 Sat - 24 13 - C
 Sun - 27 16 - S
 Mon - 27 17 - C
 Tues - 27 17 - Sh
 Wed - 27 17 - C

Madrid
 TODAY: MAX 39, MIN 21-S
 Fri - 38 19 - S
 Sat - 36 20 - S
 Sun - 35 20 - S
 Mon - 35 20 - S
 Tues - 34 20 - C
 Wed - 33 19 - C

Mallorca
 TODAY: MAX 33, MIN 22-S
 Fri - 32 22 - S
 Sat - 30 21 - S
 Sun - 31 20 - S
 Mon - 31 21 - S
 Tues - 32 21 - C
 Wed - 32 22 - S



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

BIRTHDAYS

• **Harrison Ford (75) July 13, Movie Actor**
 This iconic actor's most memorable characters include Han Solo, from the original Star Wars trilogy, Indiana Jones and Rick Deckard, from the 1982 sci-fi classic Blade Runner. He earned Golden Globe Award nominations for his roles in Witness, The Mosquito Coast, The Fugitive and Sabrina.



Harrison Ford.

• **Bill Cosby (80) July 12, Comedian/Actor**
 A stand-up comedian who became known for starring in his own sitcom, The Bill Cosby Show, which aired from 1984 to 1992. He later created the comedy series Fat Albert and the Cosby Kids.
 • **Matthew Fox (51) July 14, TV Actor**
 This actor is best-known for his roles as, Charlie Salinger, on the television show

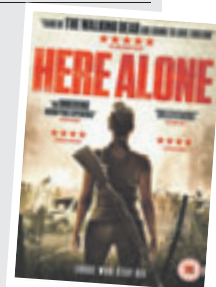
Party of Five and as Jack Shephard, on the television show Lost, where he starred alongside Evangeline Lilly.
 • **Forest Whitaker (56) July 15, Movie Actor**
 This actor won the Best Actor Oscar for his portrayal of dictator, Idi Amin, in 2006's, The Last King of Scotland. Other notable films include Battlefield Earth, Taken 3, Rogue One and Ghost Dog: The Way of the Samurai.
 • **Will Ferrell (50) July 16, Movie Actor**
 This comedy actor rose to fame on

Saturday Night Live. He went on to star in such features as Anchorman: The Legend of Ron Burgundy, Old School, Step Brothers, and Elf.
 • **Donald Sutherland (82) July 17, Movie Actor**
 This Canadian actor (and Kiefer's dad!) played Hawkeye Pierce in the 1970 movie, M*A*S*H. His other films include The Eagle Has Landed, The Dirty Dozen, Invasion of the Body Snatchers and The Hunger Games franchise.

DVD

Here Alone

Directed by: **Rod Blackhurst.**
 Starring: **Lucy Walters, Gina Piersanti, Adam David Thompson and Shane West.**



In this sci-fiction movie, a young woman named Ann (Lucy Walters) struggles to survive after a mysterious epidemic decimates society. She leads an isolated life and battles the threat of the bloodthirsty survivors who were infected and lurk outside the forest. But when her supplies run low, Ann must make the desperate journey into town to forage for any remaining food. During one of these raids, she meets teenage Olivia (Gina Piersanti) and her stepfather, Chris (Adam David Thompson). She must choose between safety in numbers or continuing to go it alone.

Sudoku

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

LAST WEEK'S SOLUTION

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

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

Word Ladder

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

REAL
LOUT

LOUT
 LOU
 LOAD
 (LEAD)
 ROAD
 (LEAL)
 READ
 REAL
 Solution

Trivia PS

For every human on earth, there are 1.6 million ants.

This week in history

1099 – City of Jerusalem is captured and plundered by Christian forces during the First Crusade.
1174 – William I of Scotland, key rebel in Revolt of 1173-74, captured at Alnwick by forces loyal to Henry II of England.
1223 – Louis VIII becomes King of France upon the death of his father, Philip II.
1568 – Dean of St Paul's Cathedral perfects a way to bottle beer.
1762 – Catherine II becomes tsarina of Russia, upon the murder of Peter III.
1789 – Bastille Day - the French Revolution begins with the fall of the Bastille Prison.
1930 – First-ever football World Cup competition begins in Uruguay.
1933 – NSDAP (the Nazi party) becomes only political party in Germany.
1936 – Spanish generals, Francisco Franco and Emilio Mola, lead a right-wing uprising, starting the Spanish Civil War.
1941 – British PM Winston Churchill launched his 'V for Victory' campaign.
1985 – 'Live Aid' concerts held at Wembley Stadium (London) and John F Kennedy Stadium (Philadelphia) for African famine relief.
2012 – Kim Jong-un is officially appointed Supreme Leader of North Korea.

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Advertising feature

Going digital in the dentistry world

WITH more than 25 years of experience Crooke and Laguna Dental Clinic are experts in their field with a long list of satisfied patients.

They have an interdisciplinary team of professional doctors, experts in dental implants, periodontics, dental aesthetics and orthodontics. Thanks to their exclusive Digital System 3.0 they are pioneers in the use of the 3D technology to obtain an accurate and detailed three-dimensional image of your mouth, on which they can work on your implants guaranteeing total precision and comfort.

By incorporating the intra-oral scanner for the treatment of implants and invisible orthodontics, it offers the dental experts many advantages with more precise planning of implants, helping to prevent nerve injury. There is also more comfort for the patient with measurements for the implants being done digitally without the need for silicone which can be annoying for the patient.

The digital images are then used to create the models on which the teeth will be



EXPERT TEAM: Leading the way in digital dentistry.

made and avoiding the need for metal castings that can result in imbalances of the prosthesis and future problems with the implants.

The Digital System 3.0 allows all of the

workflow to be done digitally as Crooke and Laguna are increasingly modernising to offer their patients the best possible quality treatment with increased comfort.

Of course this advanced technology would

not be possible without the continual training of the team to keep up to date on what advances there has been and what is now possible and also being ahead of the game, but equally, it would not be possible without the continued trust and confidence placed in them by all their patients.

Crooke and Laguna have dental surgeries in both Malaga and Marbella and are open from 10am-2pm and from 3.30-7.30pm.

So start the process to getting that smile you want and deserve and speak to the specialists in prosthetics and aesthetic dentistry and make your appointment today.

Dental Clinic Malaga

Paseo de la Farola 1

Tel: 952 229 192

Email: administracion@crooke.net

Dental Clinic Marbella

Calle Mediterráneo 1,

Tel: 951 500 100

Email: marbella@crooke.net

Visit: www.clinicadentalcrookelaguna.com

Advertorial

The exercises are highly intuitive, extremely efficient and very effective. So virtually anyone, in any shape, can use and benefit from Pendex.

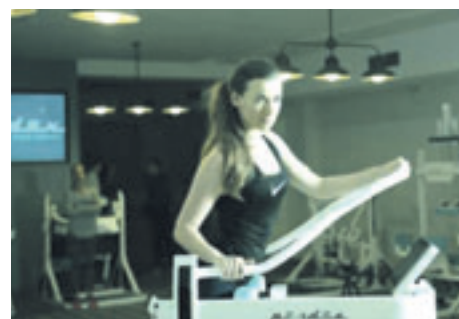
The Pendex Supercore Exercise System provides step-by-step, personalised guidance based on the individual user's performance.

This way, Pendex is able to gradually restore and improve the user's biomechanics to achieve harmonious and symmetrical movement, from walking to running, to virtually all activities.

And as you workout, Pendex is at work performing check-ups on your progress and adjusting your customised programme to assure that you're getting the most benefit from every workout.

All to help deliver the remarkable results no other system but Pendex can give you.

No machine can do what the Pendex Supercore Exercise System can do. Your body and your appearance will



prove it. Beautifully.

Pendex is the first and the only exercise system that strengthens your critical autochthonous deep muscles — your Supercore muscles — to develop a stronger core and overall improved health.

All other exercise systems, even the most elaborate ones with digital displays, focus either on cardio-fitness or building larger muscles, but not on your Supercore muscles. Only Pendex can do that, by activating the deep muscles in your back, hips, shoulders, elbows and waist to build the strength of your body's core.

And the Pendex Supercore Exercise System is available only at BlumBodyBalance

MON – SAT 10:00am – 18:00pm



The Beauty Expert



| Dr Mario Arques Jiménez.

Urinary incontinence

What is urinary incontinence?

Urinary incontinence is defined as the unintentional passing of urine and it causes social problems as well as low self-esteem in affected individuals. Despite being a common issue for both genders, it occurs more often in women. One in three women suffer from urinary incontinence from the age of 35 and, in Spain, it is estimated that more than one million women have to cope with the condition.

What are the causes of urinary incontinence?

The most common reasons for it occurring are: excess weight, pregnancy, the menopause, a history of infections in the urinary tracts and hysterectomy (removal of the womb).

What are the consequences of urinary incontinence for women's health?

Although urinary incontinence does not pose a severe health risk, it is a condition that can have a profound effect on women's self-esteem, their quality of life and their social relations.

Can urinary incontinence be treated?

It can be treated with medication, surgery or Fotona laser application.

What are the benefits of the Fotona laser compared to other treatments?

The problem with medication is that it needs to be taken over a prolonged time, it has side effects and it is contraindicated for certain patients. Surgery is an aggressive procedure that demands a longer recovery period and there is a greater risk of complications.

On the other hand, the Fotona laser is a painless, non-invasive, simple procedure that allows women to resume their everyday lives straight away.

What does Fotona laser treatment for urinary incontinence involve?

A beam of light (the laser) heats the vaginal walls and stimulates collagen neogenesis in the vagina to allow the female genitalia to naturally regain their original structure without the need for surgery or anaesthesia.

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

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 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.

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



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Rogue therapists



By Estelle Mitchell

www.thebodyworksclinic.com

FAIR warning, I'm going to jump on my soap box.

When looking for medical help in the UK, you would rarely worry about your practitioner's qualifications. However, here on the coast it can be a different story.

It is much easier for someone to set themselves up offering medical help, calling themselves a 'therapist' without having all the appropriate qualifications, knowledge and legal support.

This drives me bonkers!

They offer all kinds of solutions, many of them out

dated, unhelpful or just plain dangerous! There is a reason why medical practitioners of all kinds spend years at school. The human body is a complicated thing and we are constantly learning more about it.

Why do I get quite so upset by this?

I have spent a lot of time and money making sure that my clinic is completely legal. I spent four years doing my physiotherapy degree and since then have spent several weeks each year training, studying and keeping up to date.

To then be compared to a massage therapist who's done a four-week course several years ago and no training since makes my blood boil!

Why should YOU be upset?

Say your unqualified and unregistered massage therapist burns you using a piece of equipment they aren't trained to use. If your therapist isn't registered with the authorities in Spain you have little to no legal protection.

“ Most practitioners will happily tell you where they qualified.

Check their Colegio Number

Medical practitioners have to belong to a Colegio in Spain. No matter how highly qualified in their own country if they don't have a Colegio number they are practising illegally in Spain.

Ask to see their qualifications

They worked hard to get these. Most practitioners will happily tell you where they qualified.

Check their home country qualifications

Many of the therapists here in Spain qualified in their home country and this should mean that they are also members of their professional organisation in that country as well. However, be aware that membership of an organisation based outside Spain does not mean that they are legally allowed to practise in Spain.

We hear scare stories about 'rogue builders,' well these rogue therapists can do much, much more damage - a building can be repaired but can you?

For more useful links to check qualifications and legal practitioners please check out our website www.TheBodyworksClinic.com, our Facebook page [Bodyworks Health Clinic](https://www.facebook.com/bodyworkshealthclinic) or call us on 952 883 151.



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Ask The Doctor

Brought to you by

Doctor



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

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Greater demand for respite

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.

RESPITE CARE:
Family get some much-needed time off.



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 weekend, fortnight or even a month, for a family member in order

to give the primary caregiver some much-needed

time off.

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 times.

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 activities.

According to the data from Geriatros-SARquavi-tae, 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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Currently he still performs his skills in prestigious academies and holds courses and workshops as well as national and international conferences.

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

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

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HvZ: the Vaccine - Zombie Apocalypse

ONCE again, Alhaurin de la Torre will welcome a host of blood crazed Zombies to its peaceful town from July 28 to 30.

The plot of the event imagines an apocalyptic world ravaged by a virus where the struggle for survival goes on each day.

Humans v Zombies returns to the town thanks to the involvement of the HvZ association, with the support of the Youth Department of the council and unsurprisingly it is aimed at young people.

Although originally developed in the United States the game has gained popularity in Spain and Europe.

There are two sides, those infected battling against survivors of this supposed apocalypse, who are armed with Nerf pistols which shoot foam balls.

To become involved, participants



Photo Credit: Travis Nicholson flickr

Beware the streets of Alhaurin de la Torre.

must be at least 15-years-old and have to complete an online

form through www.hvzalhaurin.wixsite.com/hvzalhaurin/proximas-partidas and the fee to join in is just €3.

The organisers hope to attract a good number of players from different towns and needs at least 40 participants in order to work.

The meeting place is the Youth Department which will be converted into a simulated refuge and the game run lasts from Friday afternoon until Sunday morning, with breaks to eat and sleep with accommodation available in the Youth Department building if required.

Although not mandatory, costumes and make-up will be welcomed.

Something for everyone

THERE will be a number of special events and festivals going on in Marbella during the summer according to the councillor for Youth and Fiestas, Manuel García.

He made it clear that there will be something exciting happening somewhere in the city every weekend with the traditional fairs in Nueva Andalucía, Las Chapas, El Ingenio and El Angel as well as the return for the second year of the appropriately named Fair of the Sun.

This will be held between August 24 to 26 in the Alameda Park with the intention of bringing locals and tourists together to enjoy the entertainment.

At the end of the summer there will be a special party at Cable Beach to say goodbye to summer and welcome to the autumn.

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STING: Will be appearing at Castle Sohail.

Sting in the tale

THE stage is literally being set for the visit to Fuengirola of British superstar Sting as it is being built by Castle Sohail at the moment.

The organisers have increased capacity and comfort compared to last year and appearing on the new stage supporting Sting on July 17 will be eclectic violinist Ara Malikian who fuses pop and rock with classical themes.

The singer told *Euro Weekly News*: "I'm very much looking forward to performing in Fuengirola. I appreciate the fans' loyalty and support in Spain. I love touring and I still get a buzz from being on stage. There's no way to describe the feeling of playing for thousands of people who are pleased to see you. That's something you can't be blasé about."

Relax and be comfortable at the Beach House

A THREE-PIECE band, consisting of a guitar, a ukulele, and a trumpet as well as a superb singing voice awaits guests at the Beach House Marbella.

In this period of very hot weather, there is little that is better than visiting the beach and enjoying some great music and food and you can also enjoy the sounds of Hula Hula most Thursday nights until, the end of August.

“ Every night and many afternoons see performances from respected musicians and singers.

Based in Malaga this special three-piece brings a mix of Hawaii, the Caribbean, California and even New York into their performances of such well-known songs as Tequila, Sexy Thing, Another One Bites the Dust and even the James Bond theme.

For a Thursday night to remember,



Photo Credit: Hula Hula Facebook

Hula Hula performing in concert.

grooving to the sounds and enjoying first class food and drink, the Beach House is the place to visit.

Indeed every night and many afternoons see performances from some of the most respected musicians and singers along the Costa and there are

often special celebrations such as the upcoming Belgian National Day entertainment due on Friday July 21.

Reservations are easy to make by simply calling 952 839 458 or visiting the website of the ever popular destination www.marbellabeachhouse.com.

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Night music

THERE is music or cinema on almost every night in Arroyo de la Miel during July and August.

Musical styles being presented include Classical, Flamenco and Jazz with the entire programme available to view at the Benalmadena Town Hall Facebook page.

What's on!

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Kings of Rumba Fla

EWN EXCLUSIVE

By John Smith

ONE of the most iconic bands involved in Flamenco music, the Gipsy Kings is coming to Marbella and founder member Andre Reyes is looking forward to it.

Speaking exclusively to the *EWN Media Group*, he confirmed that they would be breaking off their US tour to bring the 10-piece band to perform at Starlite on August 3 and Puerto Sherry, a marina in the Bay of Cadiz on August 14.

He explained that "the Marbella gig will be a very structured and enjoyable performance for the band and audience alike but the other concert will be like one big party where everyone can let their hair down."

This brief visit to Spain will include special appearances from brother Mario Reyes and Chico Castillo but the emphasis will be on Andre Reyes as leader of this band.

All of the original Kings had played with other popular artists in the past and surprisingly they only joined together as the Gipsy Kings in 1978 and, despite the fact that they play a style of Rumba in the Flamenco

style, they are not Spanish but were mostly born in France after their parents fled Gerona and the Civil War.

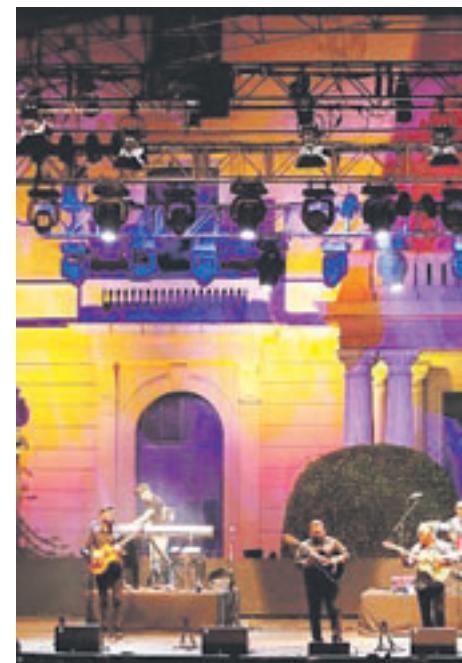
Andre still sees his roots as being in Spain but "I am not French or Spanish" he said "rather a Gitano, a Catalan Gypsy!"

When asked if he ever gets bored with constant touring which has recently taken the band to America, Dubai, much of Europe and Japan, he laughed saying "The fans are the most important people, they keep me alive and I love performing to them."

Once this latest round of touring is completed, he plans to record a new album in late autumn or winter and their infectious style of play will no doubt make for yet another interesting disc. The success of *Bamboleo* may not be repeated in a hurry but it certainly established the Gipsy Kings in the mind of so many around the world.

Whilst they enjoy playing many of the classic Rumba numbers, they sometimes move away from the norm and when approached by the Eagles management, he was pleased to have the chance to give Hotel California the Gipsy Kings treatment.

Andre himself has some very eclectic



TOUR BREAK: The 10-piece Gipsy Kings

tastes in music, quoting heroes from the Spanish scene such as El Camaron, Paco de Lucia and Tomatito but also Celine Dion, Barry White and Michael Jackson.

In concluding the interview which was

THE WRIGHT PLAICE

FROM THE SEA

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Medium Cod	6.00	8.50
Large Haddock	8.50	11.00
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Rock	10.00	12.50
Skate Wing	12.00	14.50
Scampi 10 pieces	8.00	10.50
Parsley Fish Cake	5.00	7.50
4x Battered Cod Goujons	5.00	7.50

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FROM THE LAND

	Solo	With Chips
Irish Beef Burger		
Plain	6.50	9.00
Cheese Burger	7.50	10.00
Wright burger	10.00	12.50
Spit Roast Chicken		
Whole	10.00	12.50
Half	6.00	8.50
Southern Fried Chicken pieces	6.00	8.50
Jumbo Sausage (battered or Plain)	3.50	6.00
Savaloy	3.00	5.50
Veggie Sausages	3.00	5.50
Home Made Pies		
Mince and Onion	6.00	8.50
Steak and Ale	6.00	8.50
Chicken and Mushroom	6.00	8.50

KIDS CORNER

2x Battered Cod Goujons
1x Small Sausage
4x Chicken Nuggets All served with French fries and beans, and 1x free scoop of ice cream **6.00**

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Beans	2.00
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Curry	2.50
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Buttered Bun	2.00
Gherkin/Wally	2.00
Pickled Onion	2.00
Side salad	5.00

DESSERTS

Ice Cream 3 scoops	
Chocolate/Strawberry/Vanilla	5.00
Dessert of the day, served with ice cream	6.00

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ings.

conducted in Spanish by telephone as Andre is currently in Paris, when asked if he had a message for fans in Spain, he simply said "Come to one or other of our shows and join in the party as we will ensure a great time."



Photo Credit: Andre Reyes

Andre Reyes in performance. |

Mijas got the Blues

THERE is a free concert featuring local blues artists in Mijas on Saturday July 29.

Appearing at the Miguel González Berral Auditorium in Mijas Pueblo will be the Lito Blues Band, Richard Ray Farrel and the Vargas Blues Band.

Doors open at 8.30pm with the first bands coming on stage at 9.30pm with free entry until all seats are taken.

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Youth mural winner announced

AN Estepona student Eduardo García Mena has won the Artistic Murals Competition for Young People of Estepona with his work entitled *Hola*.

Work has started on painting the mural on the side of the Ramón García School.

The 24-year-old Mena who studied Fine Arts at the University of Granada completed his training at the Polytechnic University of Valencia and wants to make a career as an illustrator.

His design which is executed in red, white and blue, shows some of the regular activities of the town.

The 10 finalists in the main mural competition are already hard at work, with one aimed at the blind and containing elements of braille.

A jury will study all of the new murals to decide on the eventual winner but by the end of July, Estepona will have 11 new murals dotted around the town for visitors and residents to discover and enjoy.

Hola by Eduardo García Mena.



Photo Credit: Ayuntamiento de Estepona



RESTAURANTE Villalinda



Ctra. Mijas-Fuengirola 6, 29650, Mijas Tel: 951 104 424



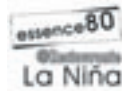
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Advertising feature

The best of both

IT may be hot and fiery in the kitchen, but even if you choose the hottest thing on the menu, you can remain cool and calm this summer thanks to the pleasantly air-conditioned surroundings of Taste Restaurant.

Opened in March, Taste is pretty new on the scene on the Costa del Sol, but is already making waves with diners loving the choice and quality of cuisine.

Taste brings a new concept in dining to the area and operates two kitchens so both Indian and Mexican dishes are cooked separately by expert chefs offering the best of both worlds for those cannot decide what they fancy to eat.

The restaurant is open daily from 1pm-4pm, during which time a menu del dia is available for the Indian menu costing €9.95 for three courses. The restaurant reopens at 6pm until late. There is a large spacious dining room seating around 100 guests, perfect for large parties or celebrations, and an outdoor terrace so you can enjoy al fresco dining during the summer months.



TASTY TASTE: Best of both Indian and Mexican at Taste.

If you prefer to eat at home and again have a household torn on what they want, takeaways are available on both the Indian and Mexican menu. So if you fancy a balti but your partner or friends wants a burrito, Taste can keep both parties happy.

Taste Restaurant
Avda Juan Dominguez 63, Coin
Tel: 951 357 161 or 632 587 221

Free concerts in La Cala de Mijas

THE next free performances at Sundown Sounds each Thursday night at 9pm in front of the La Cala de Mijas town hall have been announced.

Thursday July 13 - The Rolling Steves - 60's, 70's pop rock duo

Thursday July 20 - Magnet Man and Jens Malling - two amazing Reggae/Ragga rock bands

Thursday July 27 - Nuria Lima - Jazz singer

Thursday August 3 - Voulez Vous - The coast's top Abba tribute duo

Concerts run all through August but on Thursday August 17 there will be the debut of the intriguingly named Spiders from Marbs who will be playing a selection of David Bowie numbers plus possibly music from Iggy Pop and Lou Reed.



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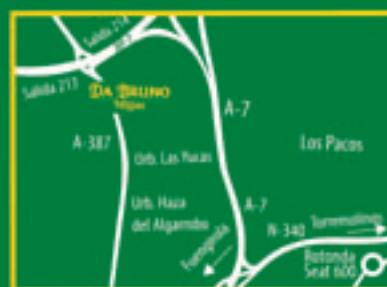


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Expo Jurassic visits Marbella

CHILDREN are fascinated by dinosaurs and many will want to take the chance to visit the travelling exhibition featuring animatronic dinosaurs now in Marbella.

The organisers of Expo Jurassic have opened three different sections and amongst imagined vegetation and scenery will be replicas of a number of dinosaurs including Triceratops, Tyrannosaurus Rex, Stegosaurus, Diplodocus and Protoceratops said to be lifelike enough to fool many.

There will be information about the age of the dinosaurs, a film and a sand box where the youngest visitors can dig for their own fossils.

The exhibition is open from



Photo Credit: <http://expojurassico.com>

One of the animatronic dinosaurs.

7pm to 11pm seven days a week at the Adolfo Suarez Congress Centre until next Thursday and entry is €8, although admission is free for those under three- years-old.

Tickets can be purchased in advance from www.ticketea.com/entradas-expo-jurassico-marbella/ although there is an additional booking fee.

Wonder Gay Festival

TORREMOLINOS will host the International Wonder Gay Festival from July 24 to 30, headlining Spanish pop artist Rose Lopez.

Lopez rose to fame after winning the Spanish reality show 'Operacion Triunfo' in 2001.

She then went on to represent Spain in the Eurovision Song Contest in 2002. Since her television appearances she has released seven studio albums, a DVD and several singles.

The award-winning artist will perform on Saturday June 29 for the main event at the Plaza de Toros.

A star-studded gala

AWARD-WINNING actress Eva Longoria lands in Marbella this Friday to host the annual Global Gift Gala.

The event aims to raise money for The Eva Longoria Foundation and Global Gift House. The star's charity is devoted to building better futures for Latina women through education and entrepreneurship.

In addition, proceeds will go towards funding the Global Gift Home in Marbella, a state of the art treatment centre for children with rare or chronic diseases.

The weekend kicks off on July 14 with a welcome dinner with the Marbella-born

entrepreneur Maria Bravo and Eva Longoria at the Finca Besaya.

On Saturday, artists Rafael Amargo and Descemer Bueno will perform at Playa Padre Beach Club as part of the third Global Gift Party, which brings together celebrities from world cinema, fashion and music.

The event will conclude with the Global Gift Gala celebration at the Gran Melia Don Pepe Hotel on Sunday.

Tickets to the event can be purchased from €500 with all proceeds going to charity.



Photo Credit: globalgiftgala.com

Maria Bravo, left, with Eva Longoria at last year's gala in Marbella.

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Adrenaline junkies

RONDA will host the Official 2017 Ascari Base-Jump Championship this weekend at the Balcon de la Alameda, on July 15 and 16 from 7am-1pm.

Base-jumping is regarded as a fringe extreme sport. The acronym stands for building, antenna, span and earth. Participants jump from a cliff or fixed structure using a parachute or wing suit.

The sport is perceived to be considerably more dangerous than sky diving, as jumpers are far closer to the ground which means their parachutes take longer to open.

Competitors will be marked on the duration of the free fall, the opening angle of their parachutes and the accuracy of their landing.

Event director Angel Ballesteros has thanked the



A base jumper jumping from the KL Tower in Malaysia.

council for supporting the event and announced that following the competition, he has organised a special performance of jumping duos as a way of expressing his gratitude.

Ballesteros added that the jumps are going to be very

complex due to the air currents and cables around the Balcon de la Alameda jump site.

Sport Councillor Jose Sanchez has invited residents and visitors to watch the event, which will be free of charge.



Photo Credit: Nemo.wikimedia

Pepe Viyuela (centre) in a street performance.

The circus is coming

CIRCUSPONA, a festival of circus entertainment and music is returning to Estepona for the second year on Saturday August 5.

The venue is Los Niños Park and the headline performer will be award-winning actor, poet and part-time clown Pepe Viyuela.

With a selection of different acts and workshops, all of which are promised to be child friendly, the event will start at 6pm and continue until 3am the next morning.

There are a limited number of tickets available which are currently priced at €5 for children and €23 for adults and can be purchased at www.tiquetin.com.

For details of the entire line up and scenes of last year's festivities visit www.circuspona.com.

World music

THE Terral presentation of world and folk music came to an end at the Teatro Cervantes with two totally different but exceptionally popular group performances.

Franco-Algerian Rachid Taha had the audience dancing in the aisles as he and his band mixed some hard rock with punk and traditional Arabic music.

The gentle sounds of Gaelic Folk band Capercailie appealed to a different but equally enthusiastic audience and with earlier performances by New Flamenco guitarist Vicente Amigo and Salif Keita from Mali, the entire event has been a success which will hopefully be repeated in 2018.

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A crazy night in the heart of Marbella



MARBELLA took a step back in time when it welcomed the Crazy 80's gig to the Puente Romano with the star of the event being Billy Ocean.

While he and the other main performers, Heather Small and Right Said Fred are remembered from past hits, they have moved forward with the times and shown a longevity and intent to continue to entertain audiences which many other artists have tried but failed.

The opening act was the ever popular Paul Maxwell who is able to get an audience warmed up with his wide repertoire of everyone's favourite songs and as ever he went down a storm as guests were arriving to the gig.

First to hit the stage was Right Said Fred and the two brothers Fairbrass Richard and Fred who may

album Exactly on their own label which is distributed by Universal Music.

Reviews suggest that this is their best album ever, recorded with a new band and guest artists such as Marcella Detroit of Shakespears Sister fame and when Richard bounded on stage wearing a long white skirt, it was clear that this was going to be a performance that would keep the audience entertained.

Fred is an under-rated guitarist and joined by a female saxophonist, the brothers were certainly well received.

Next on stage was the fabulous Heather Small, the former voice of M People who had a string of hits including Moving on Up, One Night in Heaven and Search for the Hero.

This is a singer who understands the stage and how to captivate an audience with her strong and powerful voice, presenting a range of her most well-known numbers.

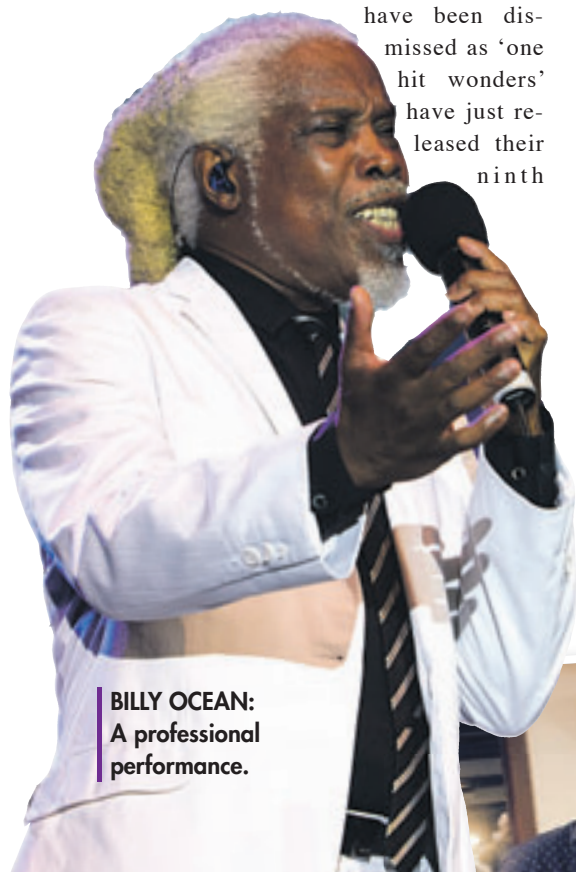
Billy Ocean brought a smoking band with him and looked very comfortable in his white suit and grey hair tied back in a Rastafari style to denote his religious and lifestyle beliefs which he has embraced in his later years.

Born in Trinidad, he found fame in the UK and then internationally when his self-penned single When the Going gets Tough was chosen for the soundtrack of the Michael Douglas movie Jewel on the Nile.

With a back catalogue of 10 albums and numerous hit sin-

gles, it was clear that he had come to entertain. His professional performance didn't hide the fact that he was enjoying himself as was the lively audience.

The evening was a roaring success and now everyone is waiting for the next event at the Puente Romano Tennis Club on July 21 which sees the legendary George Benson perform.



BILLY OCEAN:
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Puente Romano
MARBELLA



MEETING THE CROWD:
Billy Ocean didn't hide the fact he was enjoying himself.



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Belly of pork rolls and sushi

**GOOD FOOD,
GOOD WINE AND
GOOD FRIENDS**
WITH
GARRY WAITE



I 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



By Mamta Bhatt.

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 clothes.

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, there's 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 has some clout here!

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.

“ 幸運は残り物に存在する
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 will know.

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.

36 billion. The number of bottles of wine produced annually.

Garry Waite is a foodie and restaurateur as well as an Hospitality Management Consultant. If you are contemplating setting up an operation in Spain, or indeed having problems with an existing project contact him on garryphwaite@gmail.com

Thursday July 13

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

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

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

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

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

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

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

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

Friday July 14

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

■ Age Care Association: Weekly coffee morning from 11am to 12.30pm at the Hogar del Jubilado in Los Boliches, Fuengirola. For more information contact 635 407 255.

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

■ Royal British Legion: Benezarfe branch meets every Friday from 12.30-2.30pm at Restaurante Puerta Niza, Carretera Nacional 340A Km 263.7.

Saturday July 15

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

■ Fabuloso vocal group on summer break July-August. They restart September 2 with

DO NOT MISS...



FUENGIROLA: Virgen del Carmen celebration.

The annual Fuengirola Virgen del Carmen celebration is underway and runs until Sunday July 16. The event pays homage to the Lady of Mount Carmel for keeping fishermen safe at seas. This Friday, the celebrations start at 9pm in the Plaza del Carmen with local singing and dancing groups. At 10pm on Saturday, flamenco artist La Caletera will perform on Los Boliches beach accompanied by the Fran Rivero Orchestra. The festivities will conclude on Sunday with a firework display while local fishermen carry a statue of the patron into the sea.

great new songs. More info: 622 514 781.

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

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

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

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

Sunday July 16

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

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

■ Sunday market La Trocha Coin. Every week. Over 200 stalls. All welcome. For more info call 618 826 852.

Monday July 17

■ Age Care Association: Weekly coffee morning from 11am to 12.30pm at La Iglesia Bar in Benalmadena. For more information contact 635 407 255.

■ RAF Association Costa del Sol: social meeting, first Monday of the month, at 12pm in Restaurante Los Morenos, Alhaurin el Grande. For more information contact

secretary@rafacostadelsol.co.uk.

■ Royal British Legion: Benalmadena branch meets every Monday from 11am at The Lounge Bar, Avenida Bonanza in Benalmadena.

Tuesday July 18

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

■ Arroyo Social and Welfare Club meets every Tuesday at Agata Appartments Arroyo de Miel 11.30am for 12 noon start. For more information call Anthia on 634 157 042.

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

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

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

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

■ University of the Third Age Costa del Sol: play Mah Jong every week from 2-5pm at the PYR Hotel in Fuengirola. For more information contact 952 467 156.

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

Wednesday July 19

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

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

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

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

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

Thursday July 20

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

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

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

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

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

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

Who's watching our kids this summer? Play it safe

Marbella Moments

by Nicole King



AS I understand it Andalucia has already been ranked amongst the highest for child abductions in Spain and to add to this worry our children have become easy targets now on so many more levels over the last few years.

At a time when tourism is booming and we all tend to relax our guard (leaving our brains on the plane type of attitude) it is more important than ever to keep both eyes open and constantly on our kids at all times.

It takes but a moment for a child to wander off or to be lured away from your side and even less to accept an unknown friend on social media.

As if it wasn't enough to be faced with the real, day-to-day challenges of bringing up a child, we are now also responsible for their virtual lives too; the ones they live on Facebook, Twitter, Instagram and the likes. Super for keeping in touch with friends and family and sharing photos but also super for anonymous bullying, taunting or stalking.

Just by accepting a friend who's not the friend we'd hope can turn a child or adult's world upside down.

The more technology advances it seems the more we are at risk. The recent incorporation of a map function for the app Snapchat is a testament to this.

Snapchat already uses facial recognition but this new worldwide map shows where the user is in real time, with live video feed and photo functions.

Just by accepting 'a friend' gives them instant access to your exact whereabouts at all times - virtual reality has become virtual insanity.

Unless the child (or adult) knows to switch this SnapChat App to 'ghost mode' (for private use only), anyone, anywhere in the world can look to see where they are and follow them (or worse).

We've always lived in a precarious world, but I don't think most of us are ready for what this new virtual technology really means in our real worlds.

Our children are the most vulnerable, particularly over the next few summer holiday months when they are likely to spend more time on social media than ever and be that little bit further out of sight whilst playing.

My intention is not to worry

anyone but just acts as a reminder that the Costa del Sol is on the border of Africa, in the middle of the thoroughfare to Spain's capital city and we're a major tourist destination. There are people who make their livings off our ignorance and distraction, from petty thieves to those who deal in the black market organ trade.

As I often say, we really just don't know who's sitting next to us or who really is watching our children, so best play it safe!

Happy holidays.

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SNAPCHAT'S new worldwide map shows the user's location in real time.



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EVERY year thousands of expats realise their dream as they buy their 'Place in the Sun.'

Living in Spain can be liberating for them as they adapt to the more relaxing, laid back lifestyle. What very few people warn them about, however, is the winter! Most Spanish houses are not built with winter in mind, and most hardy northern Europeans think 'How bad could it be?' To which the answer is: 'Pretty bad!'

A general lack of insulation means that Spanish homes can be like an ice block once the sun goes down at night, and the chattering of



NEATER HEATER: Available online. |

teeth from frozen new expats can be heard like cicadas! However, you need not despair, the solution is at hand,

and you do not need to re-invent the wheel.

Over 10 years ago Richard and Tony were in the same sit-

uation. Having recently moved to Spain, they were fruitlessly looking for a decent home heating solution for their two families when, by chance, Tony discovered a Norwegian convector heater that was unavailable in Spain.

Already using elec-

tric heaters, Tony was amazed at the efficiency of the Norwegian heaters, joking that it was now costing him less to keep his family warm than it had been costing to keep them cold!

Richard and Tony decided to make these heaters available throughout the Costa Blanca, and set up Neater Heater to achieve this. In fact,

they have become so popular that there are outlets selling Neater Heaters from the Costa Blanca all the way down to the Costa del Sol, and now even in Portugal.

However, if you have no agent near you, never fear, they can be bought from our internet shop and delivered to your door, often by the next day.

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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 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

Weeping Fig - happy or sad?

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 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 fer-

tilisers 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 larg-

er 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 happy.

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Ten simple tips for decluttering your home

A CLUTTERED home can lead to a stressful life. There's nothing worse than an attic or basement brimming with things, some of which you may not have used for years.

You don't have to wait for spring to have a clear out. With these simple tips, you can have a clutter-free home and (as an added bonus) mind.

1. Don't see it as a chore - enjoy it!

Do not focus on how difficult it will be to sort through those jigsaws with pieces missing and decades of junk you and the family have acquired/created. Instead, try to enjoy purging

your living space. Letting go can be a joyful experience.

2. Break it down into manageable chunks.

If you have a lot of responsibilities then it's probably going to be hard for you to tackle it all at once. Instead, break it down into individual rooms or even cupboard by cupboard, if necessary. Of course, some people will prefer to do it all at once or even a combination of both for the final push.

3. Phone a friend!

Trying to decide what handmade Christmas decoration to keep or whether to

bin your dog's discarded tooth can be difficult. That's where having a friend on hand can help as they can advise you without the sentimental attachment. Better yet, if you have grown-up children, get them involved and then they can't blame you for throwing out their favourite, mouldy teddy.

4. The three-year rule.

If you haven't used something for three years, bin it! We are all guilty of keeping things that we're sure we'll find a use for but, if you haven't used something for three years or over, chances are you never will.

5. Allocate three boxes.

“ You don't have to wait for spring to have a clear out.

Label your boxes Keep, Donate and Throw away. Be ruthless and focus on how much good your unwanted items can do when donated to charity. If you're wasting too much time trying to decide, you might need another box for things you're unsure about, but don't allow that to become a holding pen while you're making up your mind.

6. Organise your shoes.

Shoes have a way of spilling out of the wardrobe and ending up in almost every room of the house. With some simple shelving, a hanging shoe-holder or shoe-rack, floor space will instantly open up. If all else fails, get rid of some pairs (but resist the temptation to go shoe-shopping as a reward!)

7. Embellish and beautify.

In any space where clutter tends to pile up, embellish with a favourite framed print or something special. Whenever you're tempted to re-use as a dumping ground, you will think twice when you see how good it looks without the clutter.

8. Re-use where possible.

If you've managed to clear out a chest of drawers or Welsh dresser, re-purpose it to clear your other clutter. If it's no longer required, donate or ditch.

9. Purge your paperwork.

If you can't file it or

frame it, dispose of it. Of course, some paperwork needs to be kept for certain time periods and your child may never forgive you for throwing out their first drawing from nursery school, but use your judgement and persist with the purge.

10. Take the 12-12-12 challenge!

This is a simple task of locating 12 items to throw away, 12 items to donate and 12 items to be returned to their proper place. It can be a fun way to organise 36 things in your house quite quickly.

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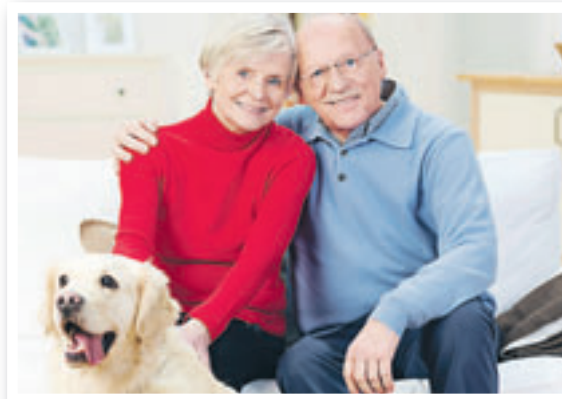
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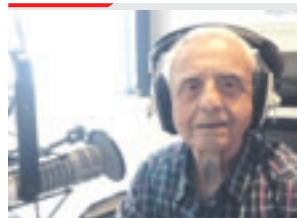
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MANY folk have so many different opinions of the muzzle. Of course anyone that sees a dog with a muzzle automatically assumes that the dog is dangerous.

There are many types of muzzle, but whatever one you choose make certain

that the dog is able to breathe.

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 them.

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.

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 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 developed.

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ANYONE who is renting a property will know the struggle to find somewhere that accepts pets.

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Generally speaking, fish are easier and less expensive to feed and care for than some other pets, but still require the right environment and knowledgeable owners.

Unlike dogs and cats, fish never suffer from separation anxiety or destructive behaviours when left alone. They don't need daily walks or litter trays and never have to be groomed or have their teeth cleaned!



GOLDFISH: Start with a small bowl.

As well as having a proven calming effect on anyone who watches them, they are quiet so you never have to worry about them waking your sleeping baby.

A well-maintained aquarium can be a great addition to any room in your home and fish come in an infinite array of sizes, shapes and vibrant colours. If you've never kept fish before, please ensure you do your research and start small with a bowl or small aquarium and low-maintenance, hardy fish such as the goldfish.

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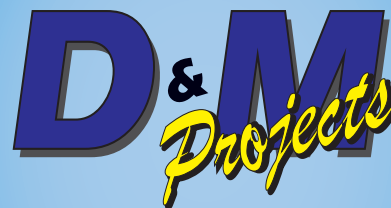
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**Clarkson
Quote of the Week**

“There is a word to describe this car. It begins with ‘s’, ends with ‘t’ and isn’t ‘soot’.” (On the Vauxhall Vectra VXR)

Some might say...



Motoring shorts

Deadly dawdling

PARENTS stopping outside schools to drop off and pick up children should have the common courtesy to switch off their engines. That’s the conclusion of a new health report backed by the RAC, Britain’s largest breakdown cover company.

The report from the National Institute for Health and Care Excellence (NICE) says children and older people are acutely threatened by the unnecessary pollution which can lead to serious health problems. It is believed that car fumes contribute to upwards of 20,000 early deaths in the country.

Fines for idling outside schools may be the wake-up calls selfish parents across Europe have long needed.

Volvo embraces electric

VOLVO has announced that, from 2019 onwards, all of its new cars will be electric or hybrid. It is the beginning of the end for the combustion engine’s dominance, which will be phased out after next year.

“Volvo Cars has stated that it plans to have sold a total of one million electrified cars by 2025,” said Chief Executive Hakan Samuelsson. “When we said it we meant it. This is how we are going to do it.”

The Swedish manufacturer has five distinct electric models planned for release in the next five years. All other cars built will be hybrids.

It’s an ambitious move for a company which has yet to release even one production-ready electric vehicle. Sales of its SUV XC90 hybrid have exceeded expectations, however, boosting confidence that eco-friendly is the future.

The model is substantially more ex-

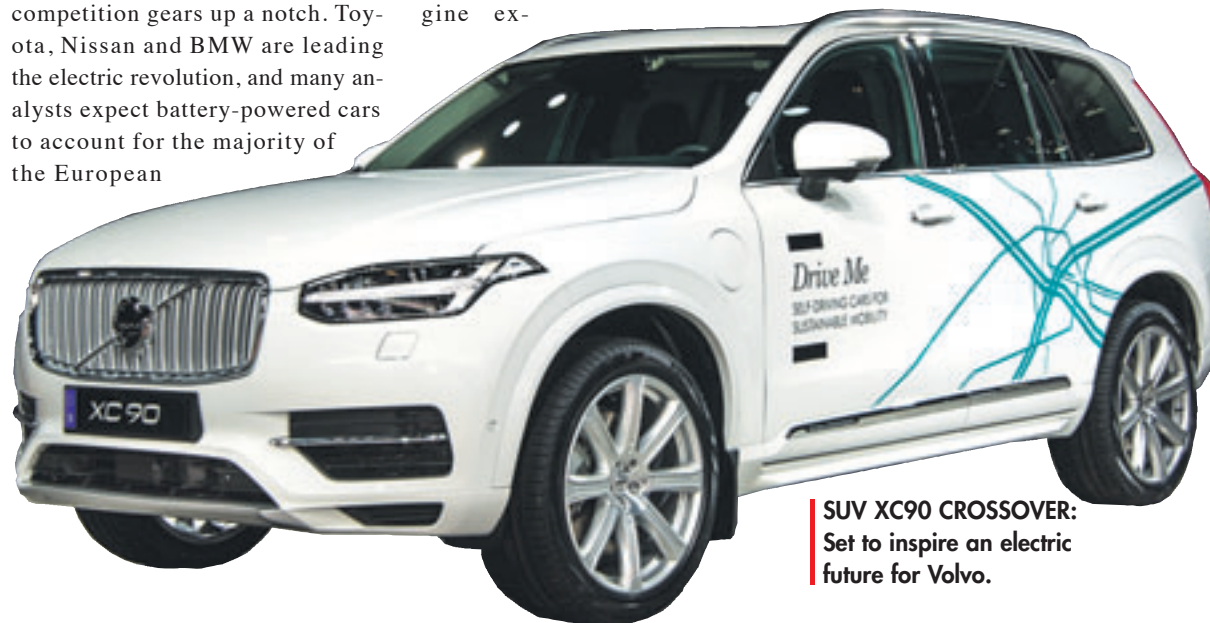
pensive than the diesel equivalent, at roughly €70,000 drivers are forking out an extra €15,000 for superior green credentials.

But prices are expected to drop as competition gears up a notch. Toyota, Nissan and BMW are leading the electric revolution, and many analysts expect battery-powered cars to account for the majority of the European

market within a decade.

Volvo has another ace up its sleeve. The company is owned by Chinese giant Geely, which can put considerable financial might and electric engine ex-

pertise behind the Volvo revolution. Geely also owns a British factory producing the next generation of electric black taxis set to invade London.



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Motoring correspondent Ian Giles reports on the latest news from the Andalusia Classic Car Club, the most successful such society in the area and probably in Spain with over 600 members.

Classic Car Club of Andalusia

IT was hot. It was very hot. But that didn't deter members of The Classic Car Club of Andalusia 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 Flaminia 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 Alve-mark and you can see why these events are so popular with club members and spectators alike!

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.

cheeses to any club member wishing to indulge whilst playing rock-n-roll on the car's music system much to the bemusement of passing tourists!

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 spectacular!

From Mijas pueblo the route then finished at the excellent Italian restaurant, 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.



The MGR-V8 of Club Presidente, Ian Giles.



Another MG, this one the MGA of Henri Hoogewoud.



The Ford Galaxie 500 Picnic table!



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 Andalusia 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 él.

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ROAD TEST by Nick Fletcher

Subaru BRZ

SPORTS COUPES are a niche 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 rear-wheel-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 it will take four people "at a pinch" I have to quibble - anyone aged over 12 will struggle for space in the rear of the car. Boot space is decent at 243 litres and with the rear seats 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 motoring used to be.

SUBARU BRZ: Plenty of charisma.



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Open Golf Championship starts and will a Brit win Wimbledon?

» From Back page

But they face strong opposition from Roger Federer, Novak Djokovic and Gilles Muller who eliminated Rafael Nadal 15-13 in the fifth set, and from Caroline Wozniacki, CoCo Vandeweghe, Spain's Garbine Muguruza, who k'od 2016 champion Angelique Kerber, Simona Halep, Venus Williams, Jelena Ostapenko and Svetlana Kuznetsova re-

spectively.

Also Brits Marcus Willis and Jay Clarke ousted reigning champions from France, Herbert and Mahut in the men's doubles, while Jamie Murray and Martina Hingis were still in the mixed doubles at the start of the week.

TOUR OF FRANCE

Halfway through the second week of the 3,600km /2,200-mile race, GB's three-time winner Chris

Froome was the overall leader by 18 seconds from Italy's Fabio Aru. Unfortunately two other Brits - Mark Cavendish and Geraint Thomas - are both out after they fractured a shoulder and collarbone respectively. Cavendish was bull-dozed off his bike by world champion Peter Sagan who was immediately disqualified!

The race ends in Paris on July 23.

FOOTBALL

Romelu Lukaku has joined Manchester United from Everton for £75m (€80m)... Wayne Rooney is returning to Goodison Park after 13 years at Old Trafford... defender Antonio Rudiger has moved to Chelsea from Roma for £29m... and Arsenal could sell Alexis Sanchez!

Alex Neil, ex-Norwich boss, has taken over at Preston.

My thoughts and best

wishes (and yours, no doubt) go to Ajax midfielder Abdelhak Nouri who collapsed during a friendly last Saturday against Werder Bremen. The Dutchman (20) was said to be 'comfortable and stable' in hospital after suffering a heart spasm. Also we wish Wolves' goalkeeper Carl Ikeme (31) well after he was diagnosed with acute leukaemia.

And the Women's Euro 2017 championship starts tomorrow and ends on Au-

gust 6.

EVENTS

There are several other sporting events coming up, including football's Gold Cup in USA (until July 26)... the Disability Sports/World Para-athletic championships (July 14-23)... the world swimming and diving championships (from tomorrow until July 20)... and the Open Golf Championship at Royal Birkdale which starts next Thursday (see my preview).



VALTTERI BOTTAS:
Won last Sunday's
Austrian GP.



ROONEY:
Move back
to Everton.

My GOLF PREVIEW

The players aiming to win the 2017 Open:

- Brookes Koepka, the recent US Masters winner.
- Hideki Matsuyama will 'soon' become Japan's first Major winner.
- Rickie Fowler has been so near to winning a Major.
- Thomas Pieters certainly has the temperament to win.
- Tyrrell Hatton loves playing on links courses.

• After a superb US Masters England's Tommy Fleetwood is in form.

• Spain's Jon Rahm could well be the surprise package.

• Dustin Johnson, a champion who doesn't lie down for long.

• Jordan Spieth can easily finish in the top three.

• Masters king Sergio Garcia is also in fine fettle.

• Rory McIlroy, might, just might, have a chance, likewise Henrik Stenson, Jason Day, Adam Scott, Bill Haas, Brandt Snedeker, Branden Grace, Charl Schwartzel and Emiliano Grillo. Yet we could easily see a rank outsider beat the stars!

Fact: An Englishman has never won on this course!

Congratulations go to golf school student

GREAT news and well-deserved after a whole year of effort and skill. Congratulations to a student of the Benahavis Golf School, a student who has a proven ability in this difficult sport.

Julia Lopez Ramirez, has shown tenacity throughout this and previous years, brilliance in the game and above all, kindness and companionship, which she transmits to everyone who knows her.

Congratulations also to Manuel Araujo, her teacher - who has taught her every shot of the game - as well as to her parents, for sacrificing their time so that Julia could relax without worrying about anything else.

Julia Lopez Ramirez is 11th in the ranking of Spain golf.

Another year, the golf school Benahavis has given a lesson in sportsmanship and behaviour.

Congratulations to all!

International basketball match in Benahavis

THE Spanish national basketball team's pre-season in Benahavis, gives a unique opportunity to watch the team that has won everything and continue to lead the ranking of national teams.

They will play an international match against Israel on Saturday July 22, at the municipal covered pavilion from 9pm.

The municipality of Benahavis offers registered voters 350 free tickets, for all those who are interested in attending the match (please ensure that you are actually going to attend because places are limited).

If you are registered in Bena-

havis and require tickets, please:

Call 952 855 025 and ask for reception.

Give full names and each attendee name.

Names will be verified against the municipal census.

In principle, entries will be delivered at the entrance to the pavilion the day of the game, which will be checked against the names of attendees (method requirements subject to change by the organisation).

The application period starts on July 7 at 9am.

The deadline closes on July 19 at 12pm.

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La Quinta Golf Resort

CostaLessGolf
Weekly News

with
Ron Garrod



DESIGNED by three-time world champion and Ryder Cup winner, Manuel Piñero it is one of the most attractive courses in the area, accessible to all levels of play.

It satisfies the amateur golfer in the same way as the professional. The speed of its greens is noteworthy, as is the quality of the service offered in the golf club.

La Quinta has 27 holes, split among three nine-hole courses, which are completely integrated into a splendid natural landscape of exceptional beauty, from which one can contemplate the Mediterranean Sea which bathes Marbella and the mountains which surround the Benahavis Golf Valley.

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La Quinta Golf Commercial Director Isabel Rio.

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

With summer projects planned to renew the bunkers this course is constantly improving both its design and its technical installations. Additionally, the service on offer at the Casa Club Restaurant, means that the golfer can not only enjoy a fabulous day of golf, but can also delight his palate with a wonderful culinary experience.

With recently renovated 170 spacious rooms and

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

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

Book our special offer today with CostaLessGolf in July & August - two players inc shared buggy for only €134.00. Tel 952 661 849 or enquiries@costalessgolf.com

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Atalaya New		88.00€
Miraflores		94.00€
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Santa Maria	(12.00 - 16.30)	95.00€

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La Reservas Sotogrande	320.00€
Valderrama (Mon- Thurs)	710.00€

Ref: 074/8

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MANCHESTER UNITED have signed striker Romelu Lukaku from Everton for an initial £75m on a five-year contract.

TO READ MORE

The Costa Del Sol's best guide to local sport

Pride of the Lions, victory for Root's England

Tony Matthews

International Sports

A former player, Tony is now the world's most prolific author of football books with 150 published since 1975. He has also been a PE teacher and a policeman, and is now a quiz-organiser, fund-raiser, for various charities, and sports correspondent for Spectrum Radio.

Costa de Almeria



ONCE again, no-one, even those remotely interested in sport, have been disappointed with the action they've seen in various competitions worldwide during the last week... and it will get better!

RUGBY UNION

Last Saturday, the British and Irish Lions came mighty close to beating the New Zealand All Blacks, and indeed, winning a thrilling se-

ries, by drawing 15-15 in Auckland in the final Test down under... courtesy of Owen Farrell's long-distance penalty kick with just three minutes remaining. The hosts had won 38 games at Eden Park and their last draw was against South Africa over a decade ago. So it's "Well done the Lions - you did GB proud."

CRICKET

Joe Root celebrated his first game as England's captain in terrific style as his team walloped South Africa by 211 runs in the opening Test at Lords. England amassed 458 (Root scoring 190) and 233 while the tourists were dismissed for

361 and 119 ('Man of the Match' Moeen Ali taking 10 - giving him ten wickets overall). This was England's first win over the Springboks at Lords since 1960, doing so inside four days.

The second Test starts tomorrow at Trent Bridge.

And England - after four straight wins - are progressing in the Women's World Cup which continues until July 23. Last Sunday they beat reigning world champions Australia by three runs at Bristol, scoring 259-8 against 256-8.

FORMULA ONE

Valtteri Bottas (Mercedes) won last Sunday's Austrian Grand Prix, ahead of Sebast-

ian Vettel and Danny Ricciardo. Lewis Hamilton, annoyed after his team changed a gear box during practice, was subsequently penalised, but after starting eighth on the grid, he drove well to finish fourth. Vettel leads the driver's championship by 20 points from Hamilton (171-151) with Bottas third (136).

The next race is the British Grand Prix at Silverstone on Sunday week.

TENNIS

At the time of going to press, two Brits - reigning champion Andy Murray and Johanna Konta - had reached the quarter-finals of their singles competitions.



LIONS:
You did GB proud.

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