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dfs
San Javier

See page 32

Four held in UK and Spain

By Darren James

Four more people have been arrested in connection with the kidnapping and murder of a British man.

Two of the suspects were picked up in Liverpool and two in Javea in a coordinated international sting.

In March 2014, a body wrapped in plastic was found on La Zenia beach in Orihuela Costa and identified as Francis Brennan, a 25-year-old Briton. The dead man had been abducted and bundled into a waiting vehicle by three people



COORDINATED: Arrests made in Spain

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Depth charge detonated

Divers found the device.

NAVAL artificers have safely blown up what is believed to have been a Second World War anti-submarine depth charge that divers found two miles off Tabarca island. The explosive device was transferred away to a safer area before the controlled detonation.

The object was spotted by recreational divers who alerted the Guardia Civil. The following day, agents of the Special Underwater Activities Group (GEAS) made several dives and found it 29 metres down on the sea bed.

The GEAS team initially thought it was a butane gas bottle.

According to GEDEX, the Guardia Civil's specialist explosive branch, the device is an MK or Mark model used by the US Army at the end of Second World War to attack enemy submarines.

purporting to be policemen on January 24 of that year.

British citizens Paul Scott and Paul Graham Monk were later arrested over their alleged involvement in the plot, with investigators suspecting it to be related to a drug debt.

Monk was recently sentenced to 18 years in prison in the UK for smuggling cocaine worth €31 million into the country.

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DISCOUNT

INSIDE page 80

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NEWS EXTRA

Sunny delight

SOLAR panels at Villena's La Morenica residence for the elderly will produce an annual 159,000 kilowatts of electricity, making it the Valencian Community's largest self-sufficient installation.

Left out

GENERALITAT vice-president Monica Oltra whose recent visit to Gaza cost €2,834 was accused by the Opposition of trying to resolve the world's problems while neglecting the Valencian Community.

Brexit gain

OWING to uncertainty arising from Cataluña's independence moves, Alicante City hopes to be considered as headquarters for the European Medicines Agency once the UK loses its EU perks.

Late arrival

PASSENGERS on an Alicante-bound flight from Stockholm, Sweden, operated by low cost carrier First Air endured a travel nightmare after their jet touched down 38 hours late.

Brit holidaymaker outraged Get a room

A DISGUSTED passenger has complained after having to sit next to a couple while they had sex on an easyJet flight.

Gary Power posted his moan to the airline's Facebook page after flying from Manchester Airport to Alicante.

The embarrassed traveller said he boarded the EZY1917 service at 7.10am and was repulsed when the man and woman sat in the two adjacent seats to him began to fondle and grope each other.

He said on a series of Twitter posts: "Well done @easyjet - got on my flight from Manchester to Alicante and what happened during the flight? The man and woman sat next to me proper going for it...and not even being discreet!"

"My particular favourites from the whole experience was that the two elderly women sat opposite, whilst distracting (I presume their about five-year-old granddaughter) so she didn't see

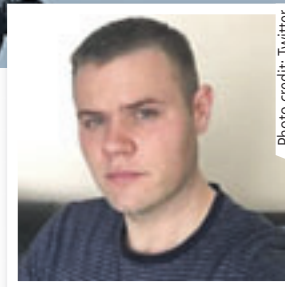


Photo credit: Twitter

MILE HIGH CLUB: Gary Power averted his gaze.

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it, couldn't get enough of it - eyes popping out of their head with disbelief but still having a good nose."

"Oh yeah, and the fella sat in front of them who even had the cheek to tell me to move my head so he could get a better look. My eyes have never been so glued to my iPad so much! 1-0 Brits abroad."

It comes amid a spate of lewd and crude behaviour on board flights from Britain to Spain, which has airline bosses worried.

Only last month, a couple were accused of having sex on board a Ryanair flight to

Ibiza.

The pair involved in the latest outrage are yet to be identified.

A spokesperson for easyJet said: "As this alleged activity was not reported to the crew on the flight, they were not able to intervene. We have contacted the passenger who posted the details on social media and have apologised for his experience."

3,000 The amount of hours of sunlight, on average per year, in Spain.

British murder charge

THE British man convicted for murdering his partner is to serve 14 years in prison.

Charles Bevill Warcup, 79, killed Rosemary Broadwell at the home they shared in San Miguel de Salinas, hiding her body in a field where it remained for six months.

An Elche jury concluded that he was guilty of her murder by seven votes to two, with the judge settling on the lengthy sentence after taking into account "the brutality of the accused's actions and his coldness in the moments afterwards."

He also took into account "the lack of regret and six months of suffering endured by the victim's children after he pretended she had disappeared, failing to confess until he was arrested and cornered."

In a report on the court case which appeared in last week's EWN (Costa Blanca South) edition it was incorrectly stated that the accused was cleared of murder, but found guilty of manslaughter. We apologise for this error, and for any upset caused to the family of the deceased.

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No end to toll trouble

ALICANTE Province has missed out on toll road concessions. Several motorway concessionaires across Spain have reached agreements with the central and regional governments to free sections of toll roads or apply discounts, but this has not occurred with Aumar and the AP-7, with no bargains struck in areas where traffic must use the N-332, one of the busiest and most dangerous in Spain.

No bull

THE Peña Cultural Taurina association of bullfighting enthusiasts in Villena is determined that a September bullfight goes ahead. The town hall, headed by the Green Party, is equally determined that it will not happen and turned down repeated requests to reserve the municipal bullring. The Peña has received the same answer on each occasion: "There are no bulls in Villena."

Rainbow road

THOUSANDS of people joined a peaceful Gay Pride rally in the centre of Alicante last Saturday. The march passed from Plaza de los Luceros to Plaza del Ayuntamiento, and during speeches the Spanish government was asked to draw up a state law for the protection of equality and against discrimination based on sexual orientation or gender identity.

Tourist trap

A 44-YEAR-OLD Algerian man accused of robbing more than 40 vehicles in the car park at Alicante's Urbanova beach while disguised as a tourist has been arrested after National Police investigators set a trap to catch him. A probe was launched following a string of complaints from beachgoers who returned to find their cars broken into.

On the buses

A MAN with a kilo of hashish in his suitcase was held at Alicante Bus Station by a Local Police unit assisted by a sniffer dog named Gus. Unfortunately for the accused, the fact he was allegedly a regular user of hashish had impregnated the suitcase and thus the smell had alerted the dog.

Son-in-law being inched out

SOLMAR and Novocar, which belonged to the Sala group and were run by Miguel Lopez, are being sold off.

Lopez, who was remanded for 39 days, is the prime suspect in the murder of his mother-in-law, Maria del Carmen Matinez, who was shot at point-blank range last December.

Maria del Carmen, the widow of former CAM bank president Vicente Sala, controlled the family's many business concerns after his death. To the alleged resentment of her three daughters and Lopez she favoured her son, Vicente Sala Martinez, and at the time of her murder was in the

SPANISH FACTS OF LIFE...21

On the last Sunday of July, hordes of revellers descend on the small village of San Asensio in La Rioja to shower each other with thousands of litres of pink wine in the annual Battle of the Clarete.

Smelling of rosé!

THE festival takes place on the Sunday closest to the Feast of Saint James (Dia de Santiago), the Patron Saint of Spain.

Winemakers and co-ops donate up to 40,000 litres of clarete wine, a locally-produced pink tippie, for partygoers to fill their weapon of choice, whether it be water pistols, balloons, bottles or buckets.

The battle commences at 12 noon, when councillors lead the way to the Cerrillo Verballe district, referred to as the Bodegas quarter by villagers since it used to house some 300 private wine cellars.

Once the containers housing the wine are opened, the fun begins, the aim being to douse the enemy, who is anyone in the vicinity, with plonk.

As the wine-soaked madness descends, the compulsory white shirts become a sea of pink as the booze is poured, sprayed or hurled by any means possible.

The only respite is the occasional break for a glass of clarete and a sausage bun known locally as a preñao, while a tour of local tapas bars is customary in the wake of the two-hour fracas.



SLOSHED: The battle gets underway.

The grape divide

CLARETE is produced exclusively in the Rioja Alta region around San Asensio, Hormilla, Badaran, Azofra, Cardenas and Cordovin, and is a staple in bars of Rioja, Cantabria and the Basque Country.

Despite hundreds of years of history, it remains undefined under Spanish wine rules, being officially classified as a rosé despite a number of key differences.

While rosés are vinified in the same way as white wines, with the skins removed and macerated in the juice before fermentation, the skins are left on the grapes for a short time during clarete production.

In addition, claretes are made by blending red and white

grapes, typically garnacha and viura, whereas rosé from Rioja contains only red varieties.

The result is a pale, orange-tinted wine that is best served between 8-10°C.

Party people

THE battle does not have a long history, having been first fought in 1977 when members of the Peña Clarete social club came up with the idea during a festive meal.

What began as a joke between friends is now a full-blown cultural tradition, with increasing numbers of tourists visiting every year. Its older and more well-known relative is the Battle of the Wine held in nearby Haro every June, which dates back to the late 19th century.



TRUE COLOURS: A Rioja rosé (l) and two claretes.

To catch a thief

CLIENTS of a branch of La Caixa bank in Torrevieja centre foiled an attempted robbery after a woman noticed two men trying to steal cash that she had just withdrawn. After she began to scream another cus-

tommer managed to grab one of the failed thieves, while the second managed to escape.

Campo crackdown

RURAL crime across Alicante Province is down by 35 per cent compared to fig-

ures for 2016, according to the latest figures published by the Working Group on Security. The Guardia Civil recently held three individuals suspected of breaking into at least 28 country homes.

Troubled waters

TWENTY-EIGHT people have lost their lives off Valencian Community beaches or in one of its swimming pools this year. This is 35 per cent more than during the same period last year and three times more than in 2015.

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The total number of news and features which appeared in Issue 1671 of the Euro Weekly News Costa Blanca South edition, including 76 local stories.

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Top 5 stories

From 11 - 17 July

- 1 Spain sizzles as weather alerts issued for 28 provinces - **9,912**
- 2 Explosion in Fuengirola shopping centre kitchen causes panic - **4,756**
- 3 Sweltering temperatures set to return as another heatwave hits Spain - **3,031**
- 4 Fines and tough regulations hit Spain's beaches this summer - **3,016**
- 5 Sex on the Bench: Couple caught on video during daylight romp in Barcelona - **3,000**



A map of Spain's temperature by region provided by AEMET

Top Social Media comments

Lorry drops into the ocean from a Cadiz bridge - Oh poor driver!! Sometimes you can't help doing wrong for doing right. Very pleased he was so gallant, also that he was saved, so lucky someone quick witted was watching and took action. Well done to all. I hope the original drivers and passengers were ok as well. *Elizabeth Saunders*

Spain warned for non-compliance of Plastic Bags Directive - I wish supermarkets in Spain (everywhere) wouldn't use polystyrene and hard plastic containers for meat and fish etc. Such a shame. *Sandra Russell*

UK airports warn EU flights could be suspended post-Brexit - This is one of many things that remain unclear, when anyone points this out Brexiters just shout 'scaremongering' so maybe it just needs to happen, and then we'll see... Not long to go. Also; this warning was made by an Airport Trade Association, Michael O'Leary (CEO of Ryanair) and by their actions, the easyJet board (who have set up a subsidiary company within the EU - Austria). I think it might be reasonable to assume these persons have something of an insight as to the future of EU air travel. Maybe they should just ditch their concerns and call it scaremongering. *Andrew V Smith*

Police shut down gang who targeted Costa del Sol tourists - Scum, just don't leave items in your car unattended. They work in airports, one distracts you asking questions whilst another takes your stuff, they act like lost tourists, if someone asks you something in an airport, look behind you or around you for a person lingering. *Pps Estepona*

Heatwave claims the life of a road worker in Sevilla - Oh no! Not again!! Surely these employers will learn one day they have a 'duty of care' to their employees, and they can and must 'order' the employees to stop work if they endanger themselves. It's all part of 'Health and Safety'. Poor man and his poor family, I do hope his employers 'do the right thing' by them. (I know what I mean by the last remark, but I fear his employer will not) *Elizabeth Saunders*

Swimmer loses rag over red flag in Campello - Must have been in Spain the bulls here have the same reaction to the red flag???? *Patrick Scanlan*

Brits ordered to pay in Thomas Cook's first win against fake compensation claims - Great news. Now it needs Insurance and Travel companies to investigate all suspicious back claims, get a few more people sweating. We are paying for these free loaders. *Ted Milsom*

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Poll of the week

With Marbella seeking to ban shirtless tourists, should beachwear be prohibited in town and city centres?

LAST WEEK'S POLL:
 With some malls and shops now opening on Sundays to cater for summer visitors and residents, should seven-day shopping be introduced year-round?

Yes = 62%
 No = 38%

FOR COMMENTS FROM EWN ONLINE TURN TO LETTERS PAGE

TRIVIA FROM AROUND THE WORLD

The British drink 165 million cups of tea every day, over 20 times more than that of the average American.



The Dutch village of Giethoorn has no roads; its buildings are connected entirely by cycle paths, canals and footbridges.

Stonehenge - built around 3000 BC - has stood on England's Salisbury Plain for more than 5,000 years, and is older than the Great Pyramids of Egypt.

★★★★★★

Did you know?
 Zero scores in tennis are referred to as 'love' because in France, where tennis became popular, the round zero on the scoreboard looked like an egg. French for 'the egg' is 'l'oeuf,' and when tennis was introduced in the US, Americans, mispronounced it 'love.'

Lost in translation



A NICE ELECTRIC SHOCK

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Hot to tot!

SHE gave birth to twins Sir Carter and Rumi last month.

And pop megastar Beyoncé Knowles, 35, gave the babies their first taste of global stardom by taking to Instagram wearing a men's kimono from Spanish designer Alejandro Garcia Palomo.

The garment is made from vintage silk organza from an old shop in Cordoba, Andalucia, according to its creator.

The post, captioned 'Sir Carter and Rumi one-month today' almost brought the internet to a standstill as it racked up almost 10 million likes.

It comes after the Crazy in Love singer's pregnancy announcement in February became Instagram's most popular post ever.

She now has three children with rapper husband Jay Z, 47, as the newborns join the couple's five-year-old daughter Blue Ivy.

DOUBLE TROUBLE: Beyoncé introduces her new twins.

Babe on the beach

SHE is often said to be one of the world's sexiest women and is among the highest-paid models on the planet.

And Brazilian beauty Alessandra Ambrosio certainly lived up to the hype as she rocked a range of revealing beachwear during a sun-soaked family break in Ibiza.

After donning a microscopic multi-coloured two-piece, the 36-year-old later chose a sultry brown swimsuit which left little to the imagination as she frolicked in the shallows.

She even took time to pose with a local hat seller after slipping into yet another skimpy bikini to send temperatures soaring.

The siren was spotted with her long-term beau Jamie Mazur, daughter Anja and son Noah, plus a group of close friends.



TOP THAT: Alessandra Ambrosio.

Making a splash

SHE has appeared on the cover of Vogue and Elle, and has modelled for Victoria's Secret. And Australian model Elyse Taylor, 30, displayed her effortless beauty after posting an eye-popping bikini shot to Instagram as she holidayed on the island of Formentera near Ibiza.

But it was only a flying visit for the mum-of-one as she captioned the photo: 'Out Paradise! Missing You Already.'



SO HOT: Elyse Taylor.

Photo credit Instagram

Cheeky devils

MANCHESTER UNITED'S Spanish trio David de Gea, Juan Mata and Ander Herrera were pictured alongside stunning actress and model Emily Ratajowski, 26.

The meeting came at an Adidas event in the wake of the Red Devils' 5-2 pre-season victory over Los Angeles Galaxy as the club continue their stateside preparations for the new Premier League season.

Other celebrities present included actress Bella Thorne and Hollywood heavyweight Jamie Foxx.



ON TOUR: Spanish trio.

Photo credit Instagram

Mama mia!

SHE recently announced that she is expecting a baby with boyfriend and The Only Way Is Essex star Jake Hall.

And Misse Beqiri, 30, showed that the pregnancy is going swimmingly after proudly displaying her baby bump in a racy snap taken during a boat trip in the Balearics.

She is now settled in London with her squeeze after making her name on seasons three and four of The Real Housewives of Cheshire.

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NUDISM: Is to be banned across San Pedro del Pinatar beaches.

Bare necessities!

FROM Monday July 24 nudism will be prohibited across the beaches of San Pedro del Pinatar, with fines set to range from €100 to €750 for offenders.

The right wing Popular Party council has banned naturism, cycling, pets and loud music on the town's six beaches.

The new law was approved without including any amendments suggested

by the socialist and left wing opposition parties, who consider the legislation to be too restrictive.

Beach councillor Silvia Egea explained that the beaches are drawing more tourists to the shores and "are not the isolated paradise they were a few decades ago."

However, the Spanish Federation of Naturism (FEN) has stated that the

ban is "illegal and unconstitutional." FEN's president, Ismael Rodrigo, explains that Spanish law "allows nudism in any public space," not just on the beaches, therefore no council can forbid it.

The European Human Rights Court has stated that it is against the prohibition, explaining that nudism is a part of the freedom of expression.

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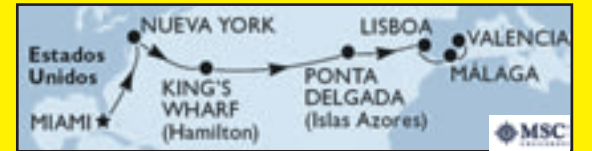
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Flying ahead

ALICANTE-ELCHE Airport and Jet2.com have celebrated the fifth anniversary of the routes to Edinburgh and Belfast that the airline offers from the ever-growing Costa Blanca airport.

To commemorate the landmark of these connections between the two countries, a special cake was cut and distributed to surprised and grateful customers alike at the company check-in desks. At the same time small souvenirs have also been given out to passengers.

Over that five year period, the Jet2.com service between Alicante-Elche and Edinburgh has registered more than 200,000 passengers; the route to Belfast in that time has transported more than 260,000 travellers.

In global terms, Jet2.com has increased its passengers



CELEBRATION: Here's to the next five years.

in Alicante by 52 per cent over the last five years and has registered more than 3.2 million passengers between 2012 and 2016.

The airline Jet2.com began operating at the Alicante-Elche airport in 2003 and in 2013 opened an operational base there. Also, for this current summer season they're offering more than 850,000 seats between Alicante and nine destinations in the UK, which represents a growth of 31.8 per cent,

compared to last summer and shows its continued strong commitment to the airport.

Apart from the strong summer performance, the company has shown a growth in the upcoming off-peak season (November 2017 - March 2018), during which Jet2.com will increase the seats offered between Alicante and the United Kingdom by 60 per cent, surpassing 340,000 places offered last winter.

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Photo by Robert Uzala

GROWING PROBLEM: Out-of-season hunts authorised.

Run rabbit, run

THE regional government authorised four out-of-season rabbit hunts on Villena's eight private reserves.

Over four weekends, members of Villena's Sociedad de Cazadores will be getting out their shotguns in a bid to reduce the local rabbit population.

Unchecked by natural predators, they are eating crops, causing road accidents, getting in the way of cyclists and threatening the

Cabeza Redondo archaeological site with their burrows, complained Villena's Agriculture councillor Jose Tomas Molina.

They are no less of a problem in Agost, Monforte del Cid and Novelda where they are seriously damaging vines, according to the Asaja agricultural union.

Embankments for the AVE high-speed train have proved ideal for the burrows and despite hopes

that these would be flooded during last winter's torrential rains, the rabbits continue to multiply.

"They have plagued the area for decades but there's never been anything like this and you see dozens appearing amongst the vines at dusk," growers claimed.

Devouring shoots and fruit alike, they can spoil up to 70 per cent of a crop and in one case a Novelda vineyard lost its entire production, they said.

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Elderly beach death

ALICANTE suffered a death on the main beach at El Postiguet after an 84-year-old man was brought out of the sea following a cardiac arrest.

The beach lifeguards and the Local Police called to the scene were assisted by members of the public who were swimming at the time and helped transfer the man to the shore. They attempted immediate life-saving techniques and

continued to try to revive the man until members of the SAMU emergency services arrived. They carried on with the resuscitation attempts but sadly couldn't bring the victim back to life and stayed with him until the authorities arrived to collect the body.

At the time of the incident, there was a green flag flying on the beach.

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Migrant arrivals continue



Salvamento Marítimo

GOOD HEALTH: Migrants rescued off La Manga.

TEN migrants have arrived in La Manga on a small boat, although according to sources within the Cruz Roja, one of them managed to escape and is still at large.

The Cruz Roja received a call that a small motor boat was near the area of the Souk, Galúa in La Manga about 11.0pm on Thursday evening,

although when they arrived it had already landed on the beach and had been intercepted by the Guardia Civil from Cabo de Palos.

All of the migrants were men, all adults and in good health, although two needed some minor medical attention to a few cuts and bruises suffered during the landing.

Only 24 hours beforehand, a similar five-metre long boat with the same number of 10 migrants on board were met by local maritime services in the port of Cartagena.

They were also all in an overall good state of health but three of the men needed treatment with one of them being transferred to hospital.

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It may be early days in the Brexit negotiations, but there is some reassurance for expatriates living in Spain and other EU member states.

On 26th June, Theresa May's government published their "fair and serious offer" on EU citizens' rights after Brexit. While this focuses on residency and benefits for EU nationals in the UK, subject to mutual agreements being in place, the Prime Minister committed to "continue to export and uprate the UK State Pension and provide associated healthcare cover within the EU."

What this means for pensions

Currently, Britons permanently living in most countries outside the European Economic Area (EEA) have the value of their State Pension payments frozen. Meanwhile, retired expatriates within the EU/EEA are eligible for annual increases in line with the government's 'triple lock' commitment – whichever is highest: the rate of inflation, earnings or 2.5%.

Theresa May's offer to "export and uprate" the State Pension means British retirees living in the EU post-Brexit can expect to continue receiving increases in their State Pension payments each year.

While this is clearly encouraging,

Current pension and healthcare rights may survive Brexit



By Robert Croizat,
Senior Partner,
Blevins Franks

you should also consider how your other pensions, savings and investment income can provide for your future, and how they may be affected by Brexit.

What this means for healthcare

The UK's offer on citizens' rights also provides some comfort that existing entitlements to healthcare may continue for Britons in Spain

after Brexit. The proposal states the government will "seek to protect" current healthcare arrangements.

However, this is subject to the EU27 making similar guarantees for their nationals living in the UK. You may prefer to secure peace of mind by lining up private health insurance.

The path to securing agreement

This is just the start of Brexit negotiations and there are no guarantees that what the UK is proposing will be accepted by other EU member states.

Crucially, though, both sides agree that securing reciprocal rights for citizens is an absolute priority. Earlier in June, the EU27 pledged a lifetime guarantee of UK citizens' current rights in the EU, provided Britain could match the terms.

Some feel that the UK's formal offer falls short of this. One sticking point is likely to be who has the authority to

guarantee the rights of EU citizens in Britain. Theresa May has rejected the EU27 demand for the European Court of Justice (ECJ) to have jurisdiction, insisting British law should apply.

How best to prepare

The final terms of any new reciprocal agreements could prove less favourable than today. With under two years of certainty left, now is the time to review your residency, estate planning, investments, pensions and general tax planning options.

As well as securing your position, this can enable you to identify current opportunities that may have a limited shelf-life, such as transferring your private UK pension funds without paying UK tax. Given these uncharted waters, it is also sensible to look into the best currency mix for your investments and ensure you have a diversified portfolio – not overly

exposed to UK assets – that can weather any Brexit turbulence.

Speak to a regulated professional adviser about how best to structure your finances and help prepare for the uncertainty ahead. Armed with the right strategy, you can make the most of your chosen lifestyle in Spain and adapt accordingly as Brexit negotiations take shape.

All information in this article is based on Blevins Franks' understanding of legislation and taxation practice at the time of writing; this may change in the future. It should not be construed as providing personalised taxation, investment or pension advice. You should take advice for your circumstances.

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

"With so much uncertainty over Brexit, how can I separate fact from fiction?"

Talk to the people who know.

We are closely following Brexit negotiations so we can make sense of the noise and keep you informed of the implications.

You may want to take action now, under known rules, rather than wait to see what happens and risk missing opportunities.

Keep an eye on the Blevins Franks website for Brexit news - www.blevinsfranks.com/brexit - and contact us if you want to sign up for regular updates.

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Revenge porn case reported

A 16-YEAR-OLD was detained in Villena for putting a friend's mobile number and town in an explicit television 'contacts' section.

Horrified to receive a spate of calls and text messages requesting sexual favours, the girl of 15 and her mother complained to the Guardia Civil post in Villena.

Investigators located the company responsible for the advertisement and asked them to remove it to stem the incessant calls and texts. They also requested details of the person responsible for the announcement but before this arrived had already traced the sender's phone number after detecting a sim-

ilarity in several messages.

On the day that the advertisement appeared on a national television channel, the minor and girl had disagreed via WhatsApp and he allegedly took revenge by publicising her number.

The boy was released into the care of his legal guardians and the supervision of the Minors' Public Prosecution department.

Referring to the case, the Guardia Civil reminded parents of the need to impress on their children that mobiles should not be used to bully or belittle. And in cases like the Villena episode, it was essential that young people should be able to confide in their parents, a spokesman said.

NEWS EXTRA

Health and fire

RESIDENTS in the southern zone of Alicante have insisted on having their own fire station and a hospital nearer to them. Seven associations are urging the authorities to reform the Miguel Hernandez district of the city.

Safe future

MORE than a thousand children have taken part in the children's parade at the Orihuela Moors and Christians. Such a turnout has shown that the future and traditions of this event is in safe hands.

Good food

CARTAGENA'S *Ciudadanos (C's)* group has asked the mayor, Ana Belén Castejón, to arrange a meeting as soon as possible to discuss the possibility of the city being hosts to the 2018 Spanish Capital of Gastronomy.

In the club

NATIONAL POLICE officers have arrested four prostitutes accused of illegally holding a client for more than 37 hours during which he spent €8,833 on his credit card. They allegedly plied him with alcohol and he was thus unaware of his actions.

Research cut

THE Miguel Hernández University (UMH) has had its research funding cut by €6.8m over the last 10 years. They have been given €11.9m for scientific work for 2016 compared to €18.7m in 2006.

Power cut

A BREAKDOWN in an underground voltage line from Iberdrola affected 3,000 customers in Elche on Sunday afternoon. The temporary loss of supply, which lasted for 45 minutes, meant many businesses couldn't close the automatic shutters.

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Can we get this back?

The different judgements issued over the last two years about the different abusive banking clauses are likely to lead to a slowdown in mortgage lending.

First, the floor clause (STS of May 9, 2013) was considered abusive, then the expenses of setting up of mortgages were also considered excessive (STS 705/2015, of December 23, LAW 204975/2015). And finally the High Court of Justice of the European Union has recently declared the total u-turn meaning that banks will now have to pay back all of the overpaid money even from before 2013 (STJUE of December 21, 2016).

Floors and ceilings aside, let's focus on the costs of setting up a mortgage. Can we recover this?

This seems to be the case, as the Supreme Court has ruled in judgement 705/2015 of 23 December, when it considered abusive, the clause in which a bank imposed on the borrower the payment of all expenses, taxes and commissions derived from the mortgage loan.

In addition, it has been customary practice for the banks to include in the said clause, an authorisation from the borrower to the bank to charge to its account the amounts necessary until the total registration of the mortgage in the Property Registry and in the case of non-payment of expenses arising from the

judicial or extrajudicial claim of the debt, including lawyers and court runner fees, and even if their intervention was not mandatory. These amounts were even

guaranteed by the mortgage or real guarantee, which is none other than housing.

In order to obtain a refund, it will be

necessary for the borrower or debtor to make a claim to the Bank's Customer Service and, if applicable, to go to Court.

Therefore, the first step that **must be taken is to complain to the Customer Service Department of the Bank** or Entity that granted the mortgage loan, or where applicable, to which it was subrogated. After two months from this claim, if the Customer Service does not answer or does so in a negative way, then the next step is to file a lawsuit.

What must be requested in the lawsuit brought before the Court, is the nullity of the abusive clause, and the repayment of expenses paid as a result of the said agreement.

The expenses are as follows:

- The invoices of the Notary and the Property Registry.
- The payment of the amounts paid as Tax of Documented Legal Acts.
- The accounting and taxes of the property, if they had been imposed by the credit institution.

Finally, REMEMBER that the effects of the declaration of nullity of a clause because it is considered abusive do **not have a given time limit or statute of limitations**, meaning that clients who have already finished paying their mortgage can lodge their claims too.



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NEWS EXTRA

Crops up

ELEVEN agricultural companies have been set up each year for the past five years in the Campo d'Elche. The upturn in the amount of crops has seen an increase of 37 per cent and an extra 437 hectares of land cultivated.

Guinea pigs

MORE than 13,000 animals have been used in clinical trials in 2016 by the centres of experimentation in local universities to help with cancer research, Alzheimer's or diabetes.

Lucky escape

A CAR collided with a wall in an urbanisation in Los Arenales. Four young people who were in the car didn't suffer any injuries, although the affected car almost fell down a large gap close to the incident.

Billions for major roads

SPANISH Prime Minister Mariano Rajoy has announced major investments of €5bn for at least 20 of Spain's major roads that cover over 2,000 kilometres.

The injection of cash will go towards upgrading and repairing heavily-used roads and motorways both to improve safety and to keep up with the ever-increasing levels of traffic.

The money has come just in time for many of the area taking into account that over the last 20 or 25 years there has been a sharp increase in the amount of extra vehicles using the road, many of which haven't seen any improvements in that time. Rajoy said the firms responsible for the maintenance of these roads for the next 30 years is part of what he describes as part-private and part-public - a scheme he says has worked very successfully in several European countries and has seen a rise in road-building and improvements from 5 per cent to 90 per cent in the past decade.



MARIANO RAJOY: Has announced major investments for Spain's major roads.

This new initiative is expected to create almost 190,000 new jobs which, over the next four years, will bring in €3bn in tax income, effectively refunding the State 60 per cent of its initial investment.

Rajoy wasn't clear whether this investment will involve

more toll roads, although plans are afoot for a State buy-back of several loss-making toll motorways over the next few years, mostly those in the Madrid area.

However, there was a big boost to travellers on the Costa Blanca when it was confirmed

that the stretch of the AP-7 motorway managed by Aumar, SA - running from San Juan (Alicante) to Algemés (Valencia), will become toll-free from New Year's Day in the year 2020 and for many will allow them to stay off the busy and slower N-332 for trips to Benidorm.

School for San Miguel

THE town hall of San Miguel de Salinas has received written confirmation from the regional government in Valencia that the local infant school is finally going to open.

Jaume Fullana Mestre, Director General of Educational Policy, answered the request of San Miguel mayor Ángel Saez to make the school part of the Valencian network of official infant schools, for ages 0-3.

The Education Department said there wasn't sufficient funding available to open the school for the beginning of the coming school term this September but will open in time for the 2018-2019 school year.

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A SAVAGE PAST: A dying bull at the Plaza de Toros, Marbella.

Bullfight backers exposed

THE activist group Anonymous has leaked customer information from a bullfighting website, including the full names, emails and phone numbers of ticket purchasers.

The site is operated by a company called Teyci, one of the main bullfight promoters in Spain. In an announcement released by Anonymous they ex-

plained the "customer data was not protected, so those who thought they could support and engage in animal torture with impunity are now known to us."

Independent researchers IP-SOS conducted a study during 2013 and found that 79 per cent of the Spanish public opposed using public funds to support bullfighting, and only 29 per

cent said that they supported bullfighting in general.

In a statement after the hack, Anonymous said "bullfighting is nothing more than a relic of a savage past and it is inevitable that one day it will be banned."

"Those who bought tickets through this company will be contacted to inform them they now face the consequences."



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NEWS EXTRA

Fund raiser

THE Association of Women with Breast Cancer of Alicante organised a charity dinner in the gardens of Marq. Its latest magazine was issued to commemorate the organisation's 20th anniversary.

Round table

THE National Police held a day of tourism and security in Alicante with consular representatives and the tourism and hotel sector discussing measures aimed at protecting tourists in their holidays.

Beach screen

CROWDS of people have enjoyed an evening of cinema by the sea on the beach of Los Arenales del Sol, where a series of films have been projected on specially constructed screens by the Independent International Film Festival of Elche.

Back on home soil!

THE benefits of closer ties between Spain and the UK could well help both nations in the all-important next 18 months.

With at least 300,000 Brits in Spain and 125,000 Spanish nationals in the UK, the three-day royal visit by King Felipe and Queen Letizia helped nurture cultural and commercial relations between the countries as Britain prepares to leave the European Union.

The UK is the number one destination for overseas Spanish investment, estimated to have reached

around €82.5bn at the end of 2015.

The thorny issue of Gibraltar was barely mentioned during the jam-packed tour, although the King did say he hoped the matter could be resolved in a manner "acceptable to all involved" during a Westminster speech.

A lavish state dinner thrown by the Royals for their Spanish counterparts was attended by the Queen, Prince Phillip, the Duke and Duchess of Cambridge, Prince Harry and Prince Charles and the Duchess of Cornwall.

2,472,000 The amount of acres devoted to vineyards in Spain.



ALL SMILES: The Spanish Royals visited Oxford at the end of their UK State Visit.

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Bomberos Ayto Alic/Twitter

RUBBER WAREHOUSE: The fire was said to be under control two hours after it started.

Blaze evacuates disco

FIRE completely destroyed a warehouse complex in Almoradí early on Sunday morning but a local disco had to be evacuated as it spread.

The blaze broke out at 6.40am on the Eralta Industrial Estate in a factory where rubber is made and stored and the black smoke was so intense and poten-

tially toxic that the decision was taken to evacuate the nearby Central disco which even at that time of the morning still contained a few dozen revellers enjoying the final moments of a long night out. Fortunately, the evacuation that was done mainly as a precaution was carried out in both a quick and orderly fashion.

Two hours after it started, the fire was considered to be under control by the fire authorities although it was not until 11.00am when it was formally declared totally extinguished. The cause of the fire in the 3,000 square metre factory hasn't yet been discovered although investigations continue.

Firefighters from Orihuela and Elche fire stations and the Almoradí and Crevillent sub-sections attended the incident.

404

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Murcia loses 23 year record



RECORD-BREAKER: Montoro, Cordoba.

THE vicious heatwave that hit almost every corner of the country saw Spain beat its own record for the highest temperature in its history.

That honour was held by the city of Murcia when it reached 47.2°C on July 4, 1994. That particular record which stood for just over 23 years has now been taken by the town of Montoro, Cordoba with a sweltering 47.3°C.

Spain's State Meteorological Agency (AEMET) has already confirmed the record level al-

though they are yet to verify information still to be submitted by the network of secondary observatories that there wasn't a higher reading anywhere. There is no data to indicate otherwise.

Montoro - the new record holder - is a municipality in the province of Cordoba, located 47km from the capital of Cordoba, with a population of 9,635 inhabitants.

The city of Cordoba itself almost retained the record for the province when it reached a

maximum of 46.8°C on Thursday July 13, beating its local record, which was 46.6°C. Three other provincial capitals and many other towns in Andalusia, Extremadura and Castilla-La Mancha also reached record highs.

Until the recent extreme levels of heat, officially Cordoba and Sevilla followed Murcia with a record of 46.1°C in the summer of 1995. For almost 60 years Jaén held the all-time record for Spain with 46°C degrees reached in 1936.

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NEWS EXTRA**Fire out**

LOCAL POLICE and firefighters in Cartagena worked throughout the night to extinguish a fire that broke out in Calle Enrique Martínez Muñoz. The blaze began around 9.40pm and nearby residents were asked to remain indoors.

Sail away

THERE are only 100 days remaining until the city of Alicante once again acts as host to the Volvo Around the World yacht race. Recruitment of volunteers has begun and social media sites are up and running to promote the event.

Puig back

THE current general secretary of the PSPV, Ximo Puig, has been re-elected to the position by obtaining 56.8 per cent of the vote, in the primaries that were held on Sunday.

Free meals

THOUSANDS of children in the province of Alicante who eat at least once a day for free thanks to the school canteens might lose this service when they attend different summer schools.

Ship ahoy

ALICANTE port hosted a luxury cruise ship considered the largest sailing ship in the world. The ship arrived from Valencia on Sunday morning with 250 passengers on board for a short stay of 24 hours.

Dog trap

FIREFIGHTERS rescued a dog that had been trapped for more than three hours between water reeds after falling from a raft in Las Parras de Villafranqueza.

THE row over the famous landmark in the harbour of Alicante, the replica of the Santísima Trinidad ship, rumbles on.

Rafael Ibáñez, the owner of the boat, announced that he's now preparing a new complaint against the Alicante port authority stating that the boat is now deteriorating badly because they have prevented him from

Port landmark left to rot

accessing his property. He said: "By law, two people should be on board for maintenance. The port has cut off the electricity and water to the ship and has not given us the generator it promised."

While the future of the Santísima

Trinidad is decided the vessel continues to fall into a worsening state with fears expressed that it could sink if not given immediate attention; added to its woes one of the poles at the bow that is used to adjust the sails broke off recently and fell onto the dockside

where it continues to be protected by fences.

Carlos Bonet, a member of the board of directors of the port, said: "It's a good thing that this has broken away now because it could have happened at any time over the past four years and hit passers-by. It was irresponsible to let him moor it where it's been for so many years."

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Photo by Guardia Civil

SPECIAL CAMPAIGN: Will be checking tyres, lights and number plates.

Watch out for the checks

UNTIL this Sunday, July 23, the traffic section of the Guardia Civil in Murcia will be undertaking a special campaign dedicated to monitoring the roadworthy condition of vehicles. This is all part of the plan to ensure they are at a level of maintenance that prevents future accidents. Two-hundred officers will be checking a target of 5,000 vehicles throughout the week-long exercise that began on Monday.

Local Police forces whose municipalities are included in the operation will be looking especially at the condition of tyres, lights and indicators, number plates, vehicle documentation and valid ITV (MOT) certificates.

Announcing the campaign, the provincial head of traffic, Virginia Jerez said: "Investing in the maintenance of a vehicle is investing in its safety, because the risk of death or serious injury is doubled if we compare accidents with vehicles 10 to 15 years old in relation to cars that are less than five years old."

Data held for the end of 2016 shows there are 995,600 registered vehicles in the region, of which 18.25 per cent, a total of 181,727, are between one and five years old. The rest, 813,873 vehicles, representing 81.75 per cent, are between six and 20 years old.

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Operation waiting times falling

RESIDENTS in Murcia now have to wait eight days less to be operated on than in June 2016. The encouraging figures were announced by Minister for Health, Manuel Vil-

legas, accompanied by the manager of the Murcian Health Service (SMS) Asensio López, during the presentation of the latest waiting list figures to the end of June.

According to the latest data, the average wait to enter the operating theatre is 87 days, representing the lowest figure since 2013 and eight days below that recorded a year ago. For specialties, the ones that usually have a longer waiting time, the wait for plastic surgery is 132 days, neurology (130) and ear nose and throat related procedures (106).

However, the difference between the individual health areas in Murcia is very wide and ranges from the average 59 days that Area 6 patients (Morales Meseguer) expect to have to wait up to the 104 days endured by those in Area 3 (Rafael Méndez Of Lorca).

Since the official Waiting List Management Plan was launched in September 2015 patients now wait 56 days less to undergo surgery than



Photo by Wikimedia

BETTER SERVICE: The Hospital General Reina Sofia in Murcia.

they did previously. The highest reduction in waiting times before averaging out the overall figures is in cardiac surgery which has seen a fall from 111 days to 75.

While operation waiting times have dropped signifi-

cantly, the same cannot be said for consultations with specialists which have remained almost static.

Compared to the same period in 2016, the wait to see a consultant for the first time in Murcia was an average of 52.13 days for June 2017. It was 52.63 the year before - a miniscule decline of 0.5 per cent.

NEWS EXTRA

Cruel find

THANKS to Operation 'CAN-PORTADA', Guardia Civil in Murcia have rescued 32 animals - dogs, cats, birds, Vietnamese pot-bellied pigs and a horse - that were in poor health and hygiene in a finca in Montegudo.

On tap

POLICE in Catral have arrested a 20-year-old man who had allegedly stolen a dozen taps and several electric meters from an old people's centre that has been closed for some time.

More health

HEALTH MINISTER Carmen Montón said the number of low-income pensioners who drop treatments has been reduced by 39 per cent from January to June this year, compared to the first half of 2015.

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Let it bee

A BEEKEEPER has removed between 60,000 and 70,000 bees from a nest that was discovered on the roof of a private house in El Campello, Alicante.

The work to remove the hive began at 7.30pm, and continued for almost six hours until around 1.00am, at which time bees are less mobile. Removal work continued during the following morning.

To access the hive, the wall of the house had to be slightly knocked away and an estimated 60,000 to 70,000 bees have been removed, as well as large pieces of the honeycomb itself and some freshly made honey.

Bees are a protected species and therefore a beekeeper had to be involved



Ayuntamiento El Campello

BUZZ OFF: A specialist removes the nest.

at every stage of the removal procedure which used a safe suction system that enabled the captured bees to be rehomed in other hives. It was also necessary to try to remove the queen bee as quickly as

possible as soon as it can be found to encourage the other bees to leave.

This is the second time that the beekeepers have needed to intervene at this particular property. An offending hive was removed only in April that has now returned and reproduced at the same spot.

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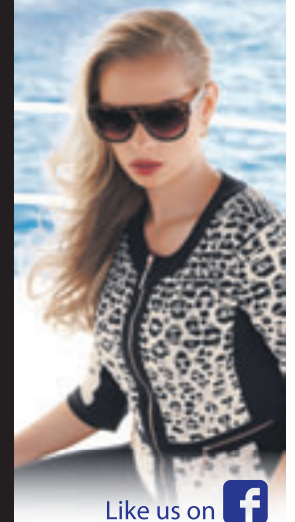
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ELECTRICITY SUPPLY: The daily demand reached a historic level.

ENERGY records tumbled in the Murcia region as they surpassed the previous maximum of electricity consumption.

According to Iberdrola, the daily demand reached a historic level of 33,412 megawatt hours (MWh), which was a 3.1 per cent increase than the previous maximum recorded on July 28 2015.

The peak was reached at 5pm on the Thursday afternoon with a demand for 1,656 megawatts of power, exceeding by more than 2 per cent the requirement that was the

Power up

previous highest point of demand, 2pm on July 27 2015.

Despite this, Iberdrola notes that it has not recorded any significant incidents in the electricity supply of the region of Murcia, due to "the result of the investments made by the company throughout the network."

Iberdrola made an investment of €41m to improve its

distribution of electricity in 2016 which included the progressive implementation of smart grids across Murcia. This was an increase of 25 per cent compared to the €33m invested in 2015.

New electric substations have been built in Carril, in Lorca, and Ateros, in Águilas and work continues on the construction of others in the south of Murcia, Nogalte in Lorca and Lentisco in Caravaca de la Cruz. They should be operational during this year.

54,000 The amount of gigawatt hours of electricity generated by Spain's wind turbines.

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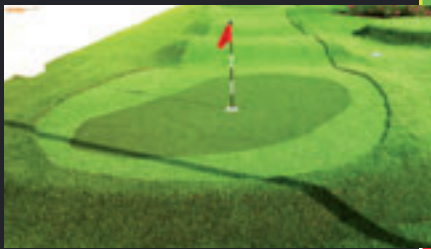
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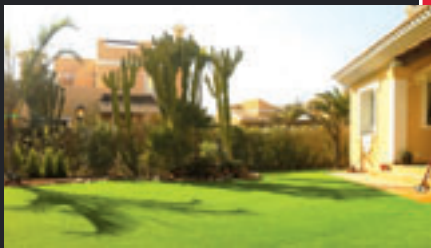
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Photo credit: Ayuntamiento de Cartagena

NEW HOMES: Mayor Ana Belén Castejón (L) checks out the new facilities.

Homes for the needy

CARTAGENA'S city council has six new homes available as part of a scheme to rent to families in need in the municipality after completing the rehabilitation of four floors in Los Belones and two other homes in El Estrecho de San Ginés.

The mayor of Cartagena, Ana Belén Castejón, accompanied by several council technicians, visited the properties to check that all was in order before handing them over.

Around 75 families will be allocated one of these six new social housing units. They are on a list that was made between the end

of 2016 and the beginning of January 2017, and is the result of a thorough selection based on various undertakings such as looking for a job, getting adequate schooling for their children and be able to meet a charge of €100.

According to the mayor, the complete refurbishment of these homes will take care of all the needs that any family could wish for. The overall cost of the reformation of these buildings came to €140,000 and all that is left is for new furniture to be installed.

All the families scheduled to occupy their new homes should be in situ by the end of the year.

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NEWS EXTRA**Flying high**

MURCIA-SAN JAVIER airport closed the first half of the year with more than half a million passengers, 12.1 per cent more than in the same period of the previous year.

Beach death

A 48-YEAR-OLD man has died on the Pedruchillo beach in La Manga after being rescued suffering from all the symptoms of drowning. This was later confirmed by the 112 emergency services.

Van stuck

POLICE were called on Sunday morning to move a van that had blocked Plaza del Zoco in La Manga due to it getting embedded in the archway exit of a garage at the square's access point.

Food bank gets 5,000 kilos

ONCE again, the food bank in the Costa Blanca municipality of Bigastro has received a large donation of products to go to those in most need. For the month of July to date, they have taken in more than 5,000 kilos of food.

The items have arrived in Bigastro from the Europe Food Bank and the Red

Cross is then responsible for distributing the items to the different localities according to their population. The main foods that are distributed are non-perishable products, such as rice, jam or cocoa, but also milk and jars of baby food for the youngest children.

The councillor for Social Welfare, Elena López, ex-

plained that a group of volunteers organises the distribution of food that is done every Tuesday.

Currently the Bigastro Food Bank helps 185 families in the municipality by providing basic necessities. A figure that has been fluctuating in the last two years where there have been periods with less demand than

now but also at higher levels than López.

The Food Bank of Bigastro, currently located in the premises of the old school San José de Calasanz, receives products from Eu-

rope and the Red Cross every quarter although activities and events are promoted and coordinated by the local town hall in order to collect food from local people.



ELENA LÓPEZ: Explained that 185 families get help from local food banks.

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Spanish sanctuary rescues 140th equine and praises Local Police for swift action

EASY HORSE CARE RESCUE CENTRE has applauded Almoradi police officers for their prompt action in rescuing a young donkey stallion found abandoned on the city's streets last week.

Easy Horse Care co-founder, Sue Weeding, said, "We can't praise Almoradi police enough for acting swiftly yet again to save this animal." She added, "Their quick action is evidence that our work to build relationships with local authorities and improve animal welfare practices here in Spain is slowly but surely paying off."

Rescued on July 7, the donkey has no identification tags and his history is therefore unknown.

Sue said, "We believe he's quite young, he's very hungry and he has cruel scarring across his nose from wearing a too-tight halter for far too long."

She explained, "We do know that many owners often don't want stallions because they can't do anything with them. We suspect he's been tied up all his life for this reason - hence the scarring on his nose - and then simply dumped to get rid of him."

Under the centre's responsible equine ownership policy, the donkey, which has been named Cesar, will be castrated as soon as weather cools enough to allow the operation to be conducted safely. Currently, the summer heat means the risk of fly-borne



CESAR: Is very hungry and has cruel scarring across his nose.



infection is too high.

Cesar is the 140th equine saved by the Easy Horse Care Rescue Centre since 2008, with Sue and Rod Weeding currently caring for 106 horses, ponies and donkeys at their Rojales sanctuary.

The latest rescue came as Rod finished digging the trench for the next section of a 218-metre secure boundary wall being built to protect the rescued animals following a spate of break-ins at the sanctuary. Rod, aged 68, was forced to dig the knee-deep trench by hand after the centre's ageing digger broke down.

Generous supporters have so far contributed more than €18,500 to fund the wall's construction, but the Weedings called for further donations to raise the final €1,500 needed to ensure the project can be completed. Dona-

tions can be made at: [easyhorsecare.net/donate/support-our-fence-fundraiser](http://www.easyhorsecare.net/donate/support-our-fence-fundraiser).

While Cesar awaits his operation in autumn, he'll be comfortably stabled at the centre and given the care and attention he deserves. Anyone interested in sponsoring Cesar can contribute to his ongoing well-being at: <http://www.easyhorsecare.net/donate/sponsor-a-horse>.

The non-profit, Easy Horse Care Rescue Centre, relies entirely on donations to fund its animal welfare work. Those interested in volunteering at the rescue centre or in the charity shops can call Sue on 652 021 980. www.easyhorsecare.net

BOUNDARY WALL: Is being built to protect the rescued animals.



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Summer time break

THE Costa Blanca Well-Being Group has met for the last time before summer recess.

The gratitude session held at Quo Vadis, Javea was well supported with Patricia Piper

making everyone think about the things in life they were grateful for and creating their own Well-Being 'Gratitude Tree.'

Debbie Freeman, founder of CBWB, thanked Elaine

Belles Humble for the use of Quo Vadis as their venue.

She also thanked the hosts and members for their support throughout the year.

There are exciting plans for the coming year with new venues, speakers and topics.

The gratitude session was followed by traditional Valencian paella prepared and cooked by Guillermo Rocher.

Helen Davis thanked everyone for supporting the Wijesinghe Girls Orphanage Project in Sri Lanka, updating them on progress and the 'Well-Being' of the girls.

The group has raised €595 to date and the girls have benefited from new mosquito nets, food, shoes and craft classes.

The Well-Being Festival will be held on Sunday September 10 from 11am to 5pm at Quo Vadis, Javea. Anyone wanting to book a stand should contact Debbie Freeman at info@wellbeinggroupcostablanca.com.

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DANCE STUDENTS: Some of the dancers who took part.

Footwork takes centre stage at Cultural Week celebrations

At the end of June, the students of Footwork Dance completed their International Society of Teachers examinations in Tap, Modern and Jazz dancing.

With the youngest entrant just five years old and the oldest 75 it shows dance can be enjoyed at any age. The examiner, Miss Rogers, was flown over from ISTD headquarters in the UK and the ISTD head office will be reporting back shortly with the results.

Examinations over, it was time for the students to show their skills at the 21st Los Montesinos Cultural Week celebrations. The students delighted the audience with a varied programme of dance routines - including ballet, modern, jazz, tap, lyrical, acrobatic and aerobic dance - with the two-year-olds stealing the show followed closely by a very energetic Can Can involving all the students.

There is no rest for the Footwork team and you can see their next exciting show, Summer Dance, on Sunday July 23 at 7.30pm at the Casa de Cultura y Musica, Los Montesinos.

Tickets €7 are available from the Dance Studio and Kennedys in Los Montesinos. Alternatively, contact Erica on 662 003 823.

Walking in sunshine

MARIA and the Pink Ladies/Panthers exist to help raise awareness of cancer and the support available both before and after diagnosis.

Last month, they did their Walk for Life, raising a whopping €12,115.36. They would like to take this opportunity to thank everyone who took part, the walkers, Sunshine FM, Simon Morton, Stevie Spit and all of the artists.

They also give thanks to the town hall both for letting them put on this event and also for supporting it.

From July 29 until September 4, their office is closed and they won't be at the Boulevard in August. The clinic in Alicante will be closed but will still do emergency appointments - call Maria on 633 487 595.

For more information or to make a donation, visit: <http://pinkladies.es>.



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AGE CONCERN Costa Calida is moving from the Cultural Centre to Calle Valencia, 12, Camposol A.

The move will take place over the summer and they hope to open as a 'Drop-in centre' in September. Dates and times are to be confirmed.

Their telephone numbers remain the same:

Enquiries 634 344 589 (10am to 4pm Mon - Fri)

Age Concern Costa Calida is on the move

Events 634 336 484 (10am to 4pm Mon - Fri)
Equipment Loan: 634 306 927 (10am to 4pm Mon - Fri)

Although they will be closed for the month of August, they can be contacted for urgent matters.

Forthcoming events:

Friday August 25: Table-top sale at Camposol B Commercial Centre.

Wednesday September 6: Last few tickets remaining for the Black and White Ball, Bar La Sal, Puerto de Mazarrón. Music by Melodee Duo. Cost is €17.50 per person and includes a light supper (your

choice of meat or fish is required when purchasing tickets).

Friday October 6: Day trip to Garrucha market on the Almeria Coast. Tickets available from the Drop-in centre from early September.

New Year's Day 2018: Sponsored Swim at the Bahia Hotel, Puerto de Mazarrón. Phone Age Concern for your sponsorship form now.

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CLUB MEMBERS: Enjoyed a refreshment stop in Guardamar del Segura.

Big cats on safari

ONCE again, a great day was had by all of the members of the Jaguar Enthusiast's Club

of England, who are residing on the Costa Blanca.

After leaving in the morning from the north in Alfab del Pi, they drove south picking up more members en route, then met up with the larger group for coffee before embarking on their run.

Organised by their very own Dirty Den, it also included a surprise safari (thanks to Google maps!).

Once they reached the sec-

“ It was a fun-packed occasion in a fabulous setting.

ond refreshment stop, they were ready for a nice, cooling beer sitting near the beach at Costa 21 Bar, in Guardamar del Segura. The beer hit the spot enabling them to carry on and finally finish up for lunch at the Portico Mar Eu-

ropean restaurant, also in Guardamar del Segura, Alicante.

A most enjoyable meal was eaten by all of the members with non-stop conversation and laughter. It was a fun-packed occasion in a fabulous setting.

They are open to any new members who would like to join them anywhere on the Costa Blanca. Please contact Mike on 696 335 640 or mikebikealfaz@gmail.com.

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NEWS FROM OUR FIVE OTHER EDITIONS

Health centre addition

■ COSTA BLANCA NORTH**BIGGER:** Bernabe Cano (centre) at Pinar de Garaita.

» *By Linda Hall*

THE Pinar de Garaita auxiliary health centre in La Nucia has another primary care doctor.

The town hall, which constructed the centre and ceded the building to the regional government in 2007, added a €26,000 extension with two consulting rooms for a doctor and a nurse.

The Pinar de Garaita centre now has four doctors, three nurses, a paediatrician and an auxiliary, reducing the patient-doctor ratio and waiting times.

"Health care is a priority for the town hall, as we make plain each day," said La Nucia mayor Bernabe Cano. "When the regional government informed us that more consulting rooms were needed for increased medical staff we got to work straight away."

Cano went on to say that La Nucia wanted residents to have the best possible health care: "We demonstrated earlier this month by providing a car so that doctors and nurses can make home visits," he continued.

■ COSTA DEL SOL

Pool death

A 64-YEAR-OLD woman has died in a swimming pool in Arriate, Ronda. The victim swam immediately after eating which led to a fatal heart attack, according to medical sources.

On two wheels

A BRITISH motorist has been injured after his car overturned on Avenida Juan XXIII in Malaga. The victim was transferred to hospital with a fractured nose and several minor injuries after his airbag failed to work.

Cleaners grounded

CLEANING company Limsa has taken 24 street cleaners off the roads after purchasing the wrong registration. The red licence plates used only authorise the licence holders to drive, which in this case would be the company itself.

Beach access

TORREMOLINOS Council has installed a €16,100 stair lift to the Bajondillo beach in a bid to improve disabled access in the area. Non-disabled users have been asked to pay 50 cents each way to contribute to the upkeep.

Bottle up

THE Mediterranean gin company Larios has launched a limited edition gin bottle to pay homage to Malaga, the city that gave birth to the gin more than 150 years ago.

■ COSTA DE ALMERÍA

Equal space

PEOPLE with reduced mobility finally have seating options on the Almeria to Madrid train route. One carriage has been adapted to have two new disabled spaces and an accessible toilet.

New road

PRESIDENT of Andalucia, Susana Diaz, visited Almeria to snip the red ribbon on the new La Mojenera road in Roquetas which is now in service and expected to relieve tourist traffic.

Tough guy

SUPERHEAVYWEIGHT boxer Aymer 'Kiki' won a silver medal at his debut Spanish national championships. The fighting 27-year-old from Almeria is the Andalucian regional champion.

Chem trail

THREE men found with 17 grams of MDMA at the Dreambeach Villaricos festival had their two-year prison sentences upheld after failing to prove they were merely drug users.

Orange punch

CITRUS production soared in Almeria's 2016/17 season with a total of 216,685 tons of oranges and lemons grown. The total across Andalucia exceeded two million tons.

■ MALLORCA

Paraglider crash

AN experience local paraglider died when his craft crashed into the Puig de Son Fe in Alcudia last Monday. He was flying from Andratx to Alcudia, a regular route that he had followed before.

Violent attack

THREE women were injured in a tussle in a bar in Paguera when a man with a history of violence became involved in a dispute. After first pulling a knife, he left and returned with a shotgun.

Private flights

THE use of private aircraft to visit Mallorca has increased by 15 per cent in the past six months, bringing in 21 per cent more wealthy passengers.

Tourist hero

A GERMAN tourist has been hospitalised after being beaten up whilst trying to protect a young woman during a brawl in Playa de Palma. His assailant has been arrested for assault and will appear in court.

Worker's death

WHEN the interior of a house in Santanyi collapsed whilst work was being undertaken, one person died and two colleagues were seriously injured. The property has now been made safe by the fire brigade.

■ COSTA BLANCA NORTH

Comfort stop

POLICE fined a Muchamiel man slumped in a car parked in mid-street with the lights on and engine running. Although drunk he was not driving, merely resting with the air-conditioning on, he insisted.

Swimming lane

ALTEA now has a swimming lane between the La Olla beach and the Illeta Island, marked out by 60 buoys with ecological anchors to avoid harming the seabed.

Moorish fort

BUSOT is spending €86,000 on turning its 12th century fortress into a visitable tourist and cultural monument in a project that the town hall expects to be finished by October.

Tidy up

MUCHAMIEL Town Hall has contacted the owners of more than 200 plots of unbuilt land, asking them to clear rubbish and vegetation to reduce fire risk and eliminate vermin.

Yacht fire

A BURNING boat was set adrift at Campello's Club Nautico to prevent flames from spreading and brought ashore once firefighters arrived. Only the interior was affected and no-one was hurt.

■ AXARQUÍA

Distressed animals

ANIMAL charity FAADA has criticised the Almuñecar Council over terrible management of animals in the Peña Escrita park which is being closed down. The charity blames the council for lack of communication causing problems with placing the animals.

Almuñecar superfoods

A CREW from Channel 4 visited a fruit farm in Almuñecar to film a segment about mangoes and other fruits for the programme Superfoods. El Pinero is an agro-tourism operation which combines production with accommodation.

Flamenco time

THE 48th Festival of Flamenco returns to Salobreña on August 5 with a major line-up of singers, dancers and musicians. Entry is just €12 and tickets may be obtained from the tourist information office.

Ram raid

AFTER driving his car into the cashier's window at a petrol station in Motril a hopeless thief then tried to force the door also without success. His damaged car was spotted later and he was arrested.

Miss Nerja

THE tourist office of Nerja is behind the recently elected Miss Nerja who hopes to become Miss Spain and participate in the Miss World competition. Residents are being invited to vote for her on a special Facebook page.

Clean up

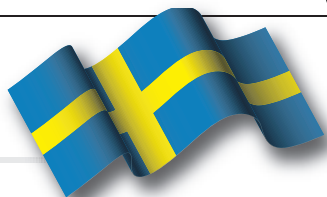
WORK continues in Torre del Mar to return the beach and fittings to a perfect state after the Weekend Beach Festival. In addition cleaning and repair work is underway in the town centre.

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SWEDEN**PRINCESS VICTORIA:**
Happy birthday.**Popular princess**

CROWN Princess Victoria has celebrated her 40th birthday. Two days of events were held across Sweden for Victoria who was the most popular member of the Royal Family according to a poll.

Sales up

M O R E

used cars were bought in the first half of the year, than in the whole of last year according to figures from the Swedish Association for Motor Retail Trades and Repairs (MRF).

No aid

SWEDEN will stop aid to any organisations that agree to abide by the anti-abortion rule which was reinstated by Donald Trump in the USA

and withhold abortion services.

President accused

SWEDEN has filed a complaint against the Turkish President accusing him of genocide and war crimes. It is the country's first complaint against a head of state and could see an arrest warrant issued.

GERMANY**Coin arrests**

ARRESTS have been made in relation to the theft of the 'Big Maple Leaf' coin made of 100kg of pure 24-carat gold. The coin was stolen from the Bode museum in March and police have raided homes in Berlin.

Enigma sale

A **PROFESSOR** bought a typewriter for €100 and has sold it for

€45,000 at auction after realising it was actually a German Enigma cipher machine from the Second World War.

Not prepared

A **STUDY** has predicted a significant rise in students due to an influx of migrant children and rising birth rates, but warns that Germany is markedly unprepared for the fu-

ture and the rise with not enough teachers or classrooms.

Villages resurface

TOURISTS are flocking to see the ruins of abandoned villages under Hesse's Edersee lake. With water levels down, the ruins have resurfaced of three villages which were abandoned when a dam was built between 1908 and 1914.

FRANCE**Still welcome**

DESPITE previous negative comments about France and Paris, most French people approve of US President Trump being invited to the annual July 14th parade on the Champs-Élysées in Paris according to a recent survey.

Tax dodge

THE government is appealing a court ruling that France could not claim tax on revenues generated by Google. A court said it not liable for €1.12 billion in taxes.

Speeding up

PROCESSING time for asylum requests will be reduced and housing will be boosted for refugees whilst deporting illegal economic migrants. Last year, France received 85,000 asylum requests.

Working together

FRANCE and Germany have held a joint press conference in which German Chancellor Angela Merkel has vowed a closer alliance and co-operation with France.

BELGIUM**Ban upheld**

BELGIUM'S ban on full face veils has been upheld by the European Court of Human Rights following a case brought by two women who wanted to wear the niqab. Belgium banned wearing it in public in 2011.

Cosmetic surgeries

AROUND 200,000 cosmetic surgery procedures were carried out in Belgium last year, making an average of around 770 per working day. One in eight patients lived abroad, with eyelid surgery being the most popular operation.

Local investments

A **TOTAL** of €42.5 million will be invested in 13 municipalities of Brussels by 2020 as part of 70 projects approved under the 'city policy' plan.

Paddle out

BELGIAN surfers took part in global simultaneous paddle outs to mark the life of the legendary Jack O'Neill, often credited with inventing the wetsuit and founder of the O'Neill surfing brand. He passed away last month aged 94.

NETHERLANDS**Summer holidays**

A **MARKETING** company is predicting an influx of German and Belgian tourists this summer to the Netherlands with 3.6 million foreign tourists this year, 3 per cent more than last year.

Tunnel v bridge

THE infrastructure minister has said she would prefer tunnels for bicycles and pedestrians to link Amsterdam with its northern flank, rather than bridges over the water as they would be too high and steep.

Inherited wealth

FOUR out of every 10 rich people in the Netherlands have inherited their wealth, according to a report. 'Rich' is defined as those with a minimum of €500,000 of disposable assets.

Crash course

CONCERNS have been raised over crash swimming courses with the Royal Dutch Swimming Federation saying the courses may not be enough to properly teach children.

DENMARK**US no go**

DENMARK was noticeably absent from a meeting on the Nordic and Baltic parliaments in Washington DC with top US politicians.

Train trolley

THE refreshment trolley on trains was abolished by rail operator DSB in 2014, but it could be reinstated after a successful trial period although the new version will be stationary on the train, so passengers will have to leave their seat.

Formula 1

COPENHAGEN wants to host the Danish Grand Prix and has proposed a 4.5 kilometre-long racing track. The hope is that Formula 1 cars would be seen racing through the streets in 2020.

Number 10

DENMARK has been ranked 10th best country in the world for immigrants. Neighbouring Sweden came in at number one and Norway at number six.

NORWAY**Peaceful coverage**

NORWAY is supporting media coverage of women, peace and security issues in Myanmar over a 19-month period to highlight the important role of women in the prevention and resolution of conflicts and peace negotiations.

Murder charge

AN Oslo woman arrested and charged with the murder of her husband, had been granted a restraining order against him after reporting violence in the relationship, but later withdrew it.

Medicine wait

PATIENTS with hepatitis C are waiting longer than they should for medical treatment as an American pharmaceutical company has the monopoly on the supply of the medicine.

Robot ship

A NORWEGIAN tech firm has joined a project to build the world's first fully-automated robot supply ship. The aim is to create a self-drive vessel that can deliver supplies to the offshore energy and fish-farming industry.

Red tape vampire sucks profits

RED tape costs Spanish companies a total of €500 million per year according to the president of the Spanish Confederation of Business Organisations (CEOE). Ana Plaza claims there are 92 pointless regulations which, if slashed, could save Spanish enterprise half a billion euros.

Under the tagline 'smaller is better,' she called for simple and effective legislation. Plaza cited a report released this year revealing there are 900,000 pages of regulation governing private businesses.

Trump taxes Spanish olives

By Matthew Elliott

OLIVES produced in Spain will be stripped of the US import subsidies they enjoy as the Trump administration launches its first protectionist measures on international trade.

Extra tariffs on Spanish-grown olives may be imposed if an ongoing investigation finds trade practices which are 'disloyal' to the United States.

Domestic growers in California believe their Spanish rivals are sold lower than market value due to current international trade

agreements. Bell-Carter Foods and the Musco Family Olive have launched lawsuits through the US-based Fair Trade Coalition for Mature Olives.

They believe that artificial lowering of prices to accommodate the Spanish invasion, known as 'dumping' is hitting their profits directly, and undermining domestic production.

Wilbur Ross, head of the US Department of Commerce, has

pledged a "full and fair assessment" of the situation. Any unfair subsidies will be immediately removed, he said, while reiterating Washington's commitment to "free, fair and reciprocal trade with Spain."

Donald Trump campaigned on a pro-America and protectionist platform. The businessman turned president has made no bones of his intention to slap tough import duties on foreign products to protect domestic interests.

Take it or leave it for shareholders

SHAREHOLDERS in now-defunct Banco Popular have been offered compensation by Santander, which bought its troubled former rival for €1 recently. The compensation plan will cost Santander €680 million but will come in the form of 'loyalty bonds.'

Shareholders who are entitled to compensation must waive any rights to sue Santander for any reason related to the sale. Many large corporations with hundreds of millions in Banco Popular shares will receive no compensation at all.

Quote of the Week

"We need to see the removal of legal obstacles so that Spanish investment funds can compete on an equal footing with international funds," according to venture capitalist Juan Luis Ramirez.



COMEBACK KID: Spain's cooked ham sales soar as fresh meat falls.

Spaniards grow healthier, yet lazier

THE stomach of the Spanish consumer is awash with contradictions as health concerns grapple with budgets to transform supermarket shopping trends.

Meat consumption has fallen considerably according to a report from the Nielsen consultancy, which collects data from supermarkets, butchers, delicatessens, and local minimarkets.

Purchases of fresh meat have dropped 1.2 per cent in 12 months, although rising prices mean that profits haven't taken a hit.

Consumer surveys show that developing attitudes spell trouble for fresh meat. On the one hand people are now growing more health conscious and embracing the emergent vegetarian scene, or at least cutting down on meat.

Meanwhile a different kind of consumer prefers the convenience of pre-cooked meals and packs of cooked chicken, pork and ham.

So while fresh meat sales have fallen, jamon (jam) is making a comeback, with sales rising 4 per cent last year.

» BUSINESS EXTRA

Smart banking

A MOBILE banking survey found that BBVA has the best mobile phone app in the world. The app won plaudits for its different transaction options and ease of use. It beat competition from 53 banks across 18 countries.

Motor demand

SPAIN and Italy are leading the way in new car sales as the growth in registrations slowed across the EU. Demand in Spain is far higher than in the UK, which saw sales dip in June.

Digital spies

NEW technology from Roambee will transform the Spanish logistics sector. Digital devices will be placed on truck, train, boat and plane cargo to monitor temperature, routes and location to help minimise loss and breakage.

Paltry rise for pensions in Spain

PUBLIC pensions in Spain are expected to rise by a paltry 0.25 per cent per annum until 2022. Given the average pension paid by social security stands at €920, the figure would result in an average annual pension increase of less than €3.

The estimate is provided by the Independent Fiscal

Responsibility Authority. Its analysis suggests that an increase higher than 0.25 per cent would throw the social security system into an unmanageable deficit until 2022, when some debts are expected to be cleared.

Inflation forecasts indicate most pensioners will lose purchasing power in the next five years.

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COMPANY	PRICE(P)	CHANGE(P)	% CHG.	NET VOL
Anglo American	1,040.50	-76.50	-6.85	15,366.39
Associated British Foods	2,724.50	-130.50	-4.57	23,077.30
Admiral Group	1,967.50	-52.50	-2.60	5,838.04
Ashtead Group	1,580.00	-1.00	-0.06	7,922.71
Antofagasta	822.75	-35.75	-4.16	8,399.50
Aviva	531.00	1.50	0.28	21,553.23
AstraZeneca	4,956.00	-42.50	-0.85	63,453.31
BAE Systems	633.50	21.50	3.51	19,680.16
Babcock International Group	908.75	56.25	6.60	4,332.96
Barclays	207.00	-1.50	-0.72	35,992.34
British American Tobacco	5,285.00	8.00	0.15	98,630.18
Barratt Developments	593.00	7.50	1.28	6,052.44
British Land Co	605.00	-2.00	-0.33	6,204.89
BHP Billiton	1,296.50	-8.50	-0.65	27,245.73
Bunzl	2,357.50	95.50	4.22	7,617.51
BP	446.78	1.98	0.45	88,282.25
Burberry Group	1,662.50	17.50	1.06	7,267.38
BT Group	298.40	-2.25	-0.75	29,910.27
Coca-Cola HBC	2,317.50	81.50	3.64	8,171.90
Carnival	5,092.50	37.50	0.74	10,925.49
Centrica	205.50	-0.80	-0.39	11,553.14
Compass Group	1,590.50	3.50	0.22	25,207.74
Croda International	3,886.50	-9.50	-0.24	5,121.69
CRH	2,703.50	-52.50	-1.90	23,400.77
ConvaTec Group	299.10	0.00	0.00	5,825.15
DCC	6,950.00	-50.00	-0.71	6,301.89
Diageo	2,285.50	0.50	0.02	57,554.88
Direct Line Insurance Group	362.60	-2.40	-0.66	5,073.75
Experian	1,582.00	-6.00	-0.38	14,902.51
easyJet	1,394.50	-16.50	-1.17	5,596.66
Fresnillo	1,472.50	-8.50	-0.57	10,743.91
G4S	339.30	10.50	3.19	5,126.47
GKN	330.00	-0.60	-0.18	5,713.85
Glencore	311.00	-5.10	-1.61	45,278.66
GlaxoSmithKline	1,620.00	11.50	0.71	79,580.00
Hargreaves Lansdown	1,389.00	110.00	8.60	6,104.48
Hammerson	575.00	-9.50	-1.63	4,588.77
HSBC Holdings	739.50	5.60	0.76	149,887.00
International Consold Airlines	604.50	-22.00	-3.51	13,042.78
InterContinental Hotels Grp	4,295.00	22.00	0.51	8,169.58
3i Group	926.00	8.00	0.87	8,993.79
Imperial Brands	3,490.00	-9.50	-0.27	33,367.93
Informa	630.25	-33.25	-5.01	5,475.51
Intertek Group	4,376.50	122.50	2.88	6,920.43
ITV	176.90	1.90	1.09	7,137.05
Johnson Matthey	2,922.50	76.50	2.69	5,523.44
Kingfisher	301.00	7.20	2.45	6,586.59
Land Securities Group	1,014.50	-3.50	-0.34	8,026.15
Legal & General Group	259.50	0.10	0.04	15,457.68
Lloyds Banking Group ORD	67.00	0.06	0.09	48,410.88

COMPANY	PRICE(P)	CHANGE(P)	% CHG.	NET VOL
London Stock Exchange Grp	3,680.00	-2.00	-0.05	12,853.98
Micro Focus International	2,050.50	-38.50	-1.84	4,706.20
Mediclinic International	812.00	61.50	8.19	5,462.98
Merlin Entertainments	489.70	20.30	4.32	4,865.73
Marks & Spencer Group	332.25	7.25	2.23	5,312.87
Mondi	2,032.50	19.50	0.97	9,910.15
Morrison (Wm) Supermarkets	245.00	-1.00	-0.41	5,743.53
National Grid	940.50	10.40	1.12	32,091.29
Next	3,675.00	20.00	0.55	5,432.27
Old Mutual Group	196.95	2.95	1.52	9,577.75
Provident Financial	2,283.00	28.00	1.24	3,409.05
Paddy Power Betfair	7,872.50	122.50	1.58	6,588.09
Prudential	1,740.00	-22.50	-1.28	46,260.92
Persimmon	2,337.50	-24.50	-1.04	7,403.90
Pearson	634.25	-1.25	-0.20	5,174.07
Reckitt Benckiser Group	7,745.00	1.00	0.01	54,335.35
Royal Bank of Scotland Grp	259.25	6.85	2.71	30,572.40
Royal Dutch Shell	2,047.50	-2.50	-0.12	93,076.60
RELX	2,085.00	23.00	1.12	77,700.12
Rio Tinto	3,444.50	-3.50	-0.10	47,123.86
Royal Mail	436.75	35.75	8.92	4,110.00
Rolls-Royce Group	910.00	-4.50	-0.49	17,043.75
Randgold Resources	6,875.00	5.00	0.07	6,373.68
RSA Insurance Group	660.50	19.00	2.96	6,631.90
Rentokil Initial	276.50	2.20	0.80	5,076.55
Sainsbury (J)	244.70	-1.00	-0.41	5,386.80
Schroders	3,229.50	-27.50	-0.84	7,402.23
Sage Group (The)	666.75	-16.25	-2.38	7,317.58
Segro	494.90	0.00	0.00	4,903.70
Shire	4,275.00	105.50	2.53	37,908.68
Smurfit Kappa Group	2,265.00	-57.00	-2.45	5,532.49
Sky	866.00	-104.00	-10.72	16,760.42
Standard Life	408.50	-6.00	-1.45	8,133.80
Smiths Group	1,625.00	0.00	0.00	6,434.37
Scottish Mortgage Investmnt	395.45	-5.25	-1.31	5,655.77
Smith & Nephew	1,315.50	-4.50	-0.34	11,568.17
SSE	1,473.00	-1.00	-0.07	14,847.46
Standard Chartered	785.00	-23.50	-2.91	26,851.58
St James's Place	1,151.50	-19.50	-1.67	6,216.48
Severn Trent	2,278.50	51.50	2.31	5,271.88
Tesco	170.00	-3.50	-2.02	14,141.39
TUI AG	1,164.00	16.00	1.39	6,862.48
Taylor Wimpey	189.15	8.65	4.79	5,994.27
Unilever	4,275.00	11.50	0.27	54,230.48
United Utilities Group	967.00	89.00	10.14	5,956.30
Vodafone Group	220.88	2.08	0.95	58,894.71
Wolseley	4,625.00	-43.00	-0.92	11,927.19
Worldpay Group	450.00	66.00	17.19	7,678.00
WPP Group	1,615.00	62.00	3.99	19,906.07
Whitbread	3,930.00	58.00	1.50	7,101.43

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AMERICAN EXPRESS	85,2800	+0.54%	0.4600	76.239
APPLE	149,040	+2.26%	3.300	777.279
BOEING CO	208,510	+1.00%	2.070	125.840
CATERPILLAR	108,770	-0.17%	-0.190	64.094
CHEVRON	104,44	+0.53%	0.55	197.811
CISCO SYSTEMS	31,420	+0.83%	0.260	157.051
COCA-COLA	44,68	+0.38%	0.17	190.812
DU PONT(EI) DE NMR	84,7500	-0.11%	-0.0900	73.472
EXXON MOBIL	81,28	+0.40%	0.32	344.320
GENERAL ELECTRIC	26,7800	+0.75%	0.2000	232.643
GOLDMAN SACHS	228,60	+0.53%	1.21	90.062
HOME DEPOT	152,8800	+0.19%	0.2900	182.788
IBM	154,24	+0.35%	0.54	144.926
INTEL CORP	34,6800	+1.26%	0.4300	163.261
J.P.MORGAN CHASE	92,2500	-0.28%	-0.2600	327.675
JOHNSON & JOHNSON	132,6000	+0.28%	0.3700	357.310
MC DONALD'S CORP	155,2800	-0.83%	-1.3000	126.564
MERCK AND CO. NEW	63,06	+0.45%	0.28	172.509
MICROSOFT	72,780	+2.29%	1.630	561.821
NIKE	58,00	-0.38%	-0.22	76.661
PFIZER	33,4300	+0.63%	0.2100	199.505
PROCTER AND GAMBLE	87,100	+0.16%	0.140	222.768
TRAVELERS CIES	125,72	+0.38%	0.47	35.130
UNITED TECHNOLOGIE	123,41	-0.24%	-0.30	98.887
UNITEDHEALTH GROUP	186,90	+0.11%	0.21	180.127
VERIZON COMMS	43,56	+0.79%	0.34	177.697
VISA	96,93	+0.78%	0.75	178.993
WAL-MART STORES	76,3400	+3.25%	2.4000	230.187
WALT DISNEY CO	105,0900	+0.68%	0.7100	164.437

NASDAQ

CLOSING PRICES JULY 17

COMPANY	PRICE	CHANGE NET / %
Most Advanced		
Eiger BioPharmaceuticals, Inc.	\$ 9.25	1.80 ▲ 24.16%
Fifth Street Finance Corp.	\$ 5.44	0.77 ▲ 16.49%
AcelRx Pharmaceuticals, Inc.	\$ 2.40	0.25 ▲ 11.63%
Highpower International Inc	\$ 3.85	0.40 ▲ 11.59%
Cara Therapeutics, Inc.	\$ 15.36	1.41 ▲ 10.11%
Fifth Street Senior Floating Rate Corp.	\$ 8.76	0.78 ▲ 9.77%
Frequency Electronics, Inc.	\$ 8.85	0.75 ▲ 9.26%
Nutanix, Inc.	\$ 22.12	1.85 ▲ 9.13%
YY Inc.	\$ 63.79	5.32 ▲ 9.10%
Collectis S.A.	\$ 28.01	2.30 ▲ 8.95%
Janus Henderson Small/Mid Cap Growth Alpha \$ 37.90		2.9434 ▲ 8.42%
Most Declined		
CyberArk Software Ltd.	\$ 42.68	8.32 ▼ 16.31%
Verastem, Inc.	\$ 3.715	0.405 ▼ 9.83%
Harmonic Inc.	\$ 4.675	0.475 ▼ 9.22%
Shiloh Industries, Inc.	\$ 8.31	0.80 ▼ 8.78%
Kratos Defense & Security Solutions, Inc.	\$ 11.90	0.97 ▼ 7.54%
Cherokee Inc.	\$ 5.55	0.45 ▼ 7.50%
Apollo Endosurgery, Inc.	\$ 6.05	0.44 ▼ 6.78%
Hydrogenics Corporation	\$ 9	0.65 ▼ 6.74%
Acacia Communications, Inc.	\$ 39	2.62 ▼ 6.30%
SAExploration Holdings, Inc.	\$ 2.90	0.18 ▼ 5.84%
Fifth Street Asset Management Inc.	\$ 4.30	0.25 ▼ 5.49%

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EUR Currency B
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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

Price Movement

£0.9827..... -£0.0002
€0.9592..... -€0.0006
£1.1469..... £0.0040
€1.0728..... €0.0037
£1.2971..... £0.0079
€1.2020..... €0.0073
£1.4350..... £0.0126
€1.3373..... €0.0116

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BARISTAS BEWARE BEAN-LOVER FIGHTBACK

Spanish geniuses invent internet coffee

TWO Spanish companies have created the first espresso machine connected to the internet. The 'coffee machine of the future' isn't only designed to make a better brew, but to also monitor usage and prevent fraud by unscrupulous café owners.

The machine is the brainchild of Iberital and IoTsens. Iberital is a Catalan company which have been making coffee machines for 40 years and now sells them in more than 100 countries worldwide.

They were recently granted EU funds to create the 'coffee machine of the future' and decided that internet connectivity would be fundamental to such an invention. For this they enlisted Spanish tech specialists IoTsens.

IoT refers to the Internet of Things, a quickly growing field in the technology world responsible for all manner of futuristic contraptions, including fridges connected to the internet which can be controlled remotely by mobile phones, and 3D printers.

The new espresso machine sends real time information about its location and consumption to the distributors. In Spain distributors often lease out machines to hotels and bars, expecting to be the exclusive supplier of coffee beans in return.

But all too often clients will buy cheaper coffee elsewhere and neglect machine maintenance. The smart coffee machines will combat this problem by broadcasting detailed information on exactly what beans are being used, when the machines are being cleaned, switched on and off, and maintained.

It will make it almost impossible for baristas to cheat on



SMART: Coffee machine of the future monitors baristas.

suppliers and consumers by providing low-quality coffee beans with excess water, served from an unclean machine.

The new machines also cut energy expenditure by around 50 per cent and use healthier materials which greatly reduce the amount of heavy metals found in a mug of coffee.

Royal Ferraris sold

A PAIR of Ferraris donated by former King Juan Carlos to the Hacienda were auctioned off for a total of €443,842. Tax officials have been trying to offload the luxury cars since 2015, when they aborted efforts to raise a combined €695,000.

The expensive wheels were donated to the King by the United Arab Emirates in 2011. Both are Ferrari FF F151s and were bought last week by two separate private bidders. Neither have more than 800 kilometres on the clock, making them as good as new.

The former king originally donated one of the cars to the Museum of the Royal Guard, but faced pressure to raise public funds from the gifts.

RETAIL WORKERS ON BREADLINE AS SALARIES FALL

Spain's 'third world' wages slammed

SPAIN'S employment minister has urged companies across the country to increase worker's salaries. Fatima Bañez warned that Spain risks having "third world" salaries for another five to 10 years unless pressure is piled on the business community.

Spain sits atop the European league table for stagnant wages. Labour costs in the first four months of 2017 rose by an average of 1.7 per cent across the EU's 28 member states.

In Germany they shot up by 2.5 per cent, in the UK 1.5 per cent. In crisis hit Portugal they rose by 2.6 per cent. Spain posted the lowest figure of the lot at just 0.1 per cent.

Though unemployment figures have gone down as the wider economy recovers, there are still 3.36 million jobless in Spain, meaning companies have little incentive to raise wages.

A report from Spanish employment observation group ANAC



PRIMARK SPAIN: Not one shop employee earns more than €20,000.

found that the salary of the average Spanish worker has actually declined this year, despite overall labour costs rising slightly.

There are now more Spaniards earning €15-20,000 per annum, while less are in the €20-25,000 wage bracket. After taxes and social security payment, the average worker in 2017 clears a little over €800 per month.

Juan Rosell, President of the Spanish Confederation of Business Organisations, has acknowledged that "it's very difficult to get to the end of the month with a salary of €800." He voiced his support for Bañez's call for higher wages.

In the retail industry workers earn an average of just €13,662 gross. Primark recently published a list of all its salaries, showing that not one of its shop workers in Spain earned above €20,000.

Secret aspirin empire

SURGING sales in China have made a northern Spanish factory the world's biggest supplier of aspirin. The German-owned Bayer plant in Asturias celebrated its 75th anniversary in 2017 and is enjoying its most profitable year in history.

The factory was briefly under Spanish control after Germany's Second World War defeat, but has since been bought back. Today it produces 5,500 tons of the acetylsalicylic acid, the active ingredient in Aspirin Cardio.

The drug is rapidly gaining in popularity across Asia as traditional herbal heart disease and painkiller cures are replaced by western pharmaceuticals. More than 200 million aspirin tablets are consumed daily across the world.

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SMILES:
Theresa May
thrilled to see
Spanish
companies
back
investment.

Spain commits to serious UK investment

SPANISH companies pledged to build trains and trams in Britain and commit millions of pounds to their UK interests during King Felipe's three-day state visit to the country.

Prime minister Theresa May was delighted with the flurry of announcements which came after high-level discussions on bilateral trade between the countries, which exceeded €30 billion last year.

"The sheer scale of Spanish investment in Britain demonstrates Spain's continued confidence in the strength of the UK economy, and shows that we can and will maintain the closest possible relationship," the Conservative leader said.

Investment highlights include Spanish manufacturer CAF ploughing €40 million into a Welsh train and tram building factory, and Spanish airport manager AENA pledging €100 million to expand Luton airport.

Despite all the royal pomp of the state visit, King Felipe was keen to get down to Brexit business, directly addressing the bewildered elephant in the room during a speech at Mansion House.

The referendum had "generated uncertainty and doubts for our companies, businesses and especially small and medium-sized enterprises," the King warned, calling for a resolution that minimises trade obstacles.

An estimated 140,000 jobs in the UK depend directly on Spanish investments. There are 261 Spanish companies with British bases across key sectors. The UK is Spain's third largest export market but the number one for foreign investment by Spanish companies.

Not all Spanish leaders are concerned about Brexit. Gerard Lopez, president of huge Spanish IT company Plexus, was optimistic that Britain could become a more attractive business destination.

"The economy, its geographic location and a currency that is respected could make the UK the hub that has the advantages of a certain independence with all the advantages of being an accepted trade partner to the EU and the US," he said, in comments echoed by the head of Telefonica, Jose Maria Alvarez-Pallete.

EWN online

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Pupils get money lessons

BANKERS are touring Spanish primary schools to give future generations a lesson on how to manage their finances. Experts from BBVA have been dispatched to educate the youngsters of the value of saving their pocket money and identifying which expenses are really necessary.

More than a million pupils have been

targeted by BBVA's financial literacy programme. The idea was spawned by concerns that huge chunks of the adult population had little idea of their legal obligations under standard banking contracts. The bank is adamant the project is their social responsibility and not an advertising gimmick.

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I'm up to here with all of it!

**LEAPY LEE SAYS IT
OTHERS THINK IT**



QUITE frankly, I'm just about 'up to here' with all of it. I'm peed off, bored and utterly fed up with, Brexit, Islam, Blair, immigrants, political correctness, welfare whingers, gay rights, racism, all the politicians on the planet and Love Island!

In fact, I'm so sick of all the dissent and conflicting confusion engulfing the human race, that this week I'm not going to mention any of it. (Hurrah) Instead we are going to talk about Snot eels! (Please don't continue this piece if about to plunge your fork into.... well just about anything really!)

It appears that this fish, properly known as hag fish, has been around for some three million years and has developed a defence mechanism which allows it to produce up to five gallons of mucus through the nostrils when distressed. Also labelled the most disgusting fish in the ocean,



SNOT EELS: Left a slimy wake. ROGER FEDERER: Well done at Wimbledon.

it is never the less - surprise surprise, considered a delicacy in South Korea. This week a lorry in Oregon, carrying almost three and a half tons of these creatures, overturned, creating a wave of sticky goop that spread across the road engulfing five cars, the occupants and ultimately rescuers in its slimy wake. 'What to tell the dry cleaners?'

Oregon state police posted on Twitter, beneath a picture of one of their officers standing in a torrent of eel mucus. S'not our fault would be a start! You really couldn't make it up.

Moving on to even more utterly irrelevant information; this week the Pope hit back at the constant flow of whinging callers by hanging a sign on his front door which read, 'Com-

plaining is Forbidden.' 'To be at your best,' it went on, 'you need to focus on your potential and not your limits. So, stop complaining and set out to make yourself better.' Well done your Papal'ness, that's telling 'em.

And as a final non-important column gem, Nevada, who recently le-



galized marihuana, ran out of distribution stocks after just two weeks. Al Fasano (who else!) a co-founder of ReLeaf, a dispensary in Las Vegas said. 'We didn't know the demand would be this intense. All of a sudden you have like a thousand people at your door.' Tick Segerblom (Hi ya Tick) a senator who led the legislation lobby said: 'On behalf of Nevada, I want to tell the world: Watch out. This is the New Amsterdam.' Oh yeah? Bet you ain't got no Tulips!

And as a final final, many congrats to Roger Federer winning this year's Wimbledon. A true gentleman and example to some of the rest of 'em, who think that screaming obscenities across the court can actually help win matches. He did it all without a single grunt as well! Try and make next year's final between yourself and Nadal. We'll all be watching that one.

*Keep the faith, Love Leapy.
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Right man for the job

Cassandra Nash

A weekly look

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

SPAIN'S Attorney General Jose Manuel Maza shilly-shallied over choosing a successor to Anti-corruption Public Prosecutor, Manuel Moix.

Moix was obliged to resign after he was linked to some dodgy decisions and found with a share in a Panama-registered company.

The post has now gone to Alejandro Luzon, an anti-corruption fiscal since the department was created in 1995, and originally tipped to get the job that went to Moix last February.

Luzon was not Maza's first choice, insiders said. For reasons best known to himself he preferred Maria Angeles Montes, a fiscal who had not headed a team since 2011 and lacked experience in finance and



ATTORNEY GENERAL Jose Manuel Maza (centre).

corruption cases.

Hard to dismiss the suspicion that Maza only chose the best person for the job because all eyes were on him this time.

Definite and indefinite articles

CATALUÑA'S pro-independence politicians continue to push the region headlong into secession with legislation that smacks of dictatorship.

A margin of one vote will be enough for victory, however low the turnout, declared

regional president Carles Puigdemont.

There is discussion as to how the central government can put the brakes on the helter-skelter hurtle towards independence on October 2 should the 'yes' vote win the October 1 referendum.

The Constitution has mechanisms to counteract Puigdemont: Article 155 empowers the central government to suspend an autonomy. Or there's Article 116 that covers sedition but would involve force. Rajoy is said to prefer the Public Safety Law.

A solution that has never been seriously contemplated is a national referendum, something the secessionists would never agree to. They know they would be on a hiding to nowhere.

Simple algebra

IGNACIO ERREJON is the closest Podemos has to a voice of reason and doubtless that's why he is no longer its Number Two or spokesman.

Not long ago he advised party supremo Pablo Iglesias to overcome his obsession

Eye of the beholder

IMAGE should have no bearing on what a female politician does or says.

So it should make no difference that Neus Munte, the Catalan regional government's spokeswoman, crowns the face of a weary bureaucrat with the long blonde hair of an adolescent.

Nor should her extraordinarily amorphous knees colour our view of her and her ambitions for Catalan succession, although she really should avoid short skirts.

Totally unfair, of course: no-one judges Mariano Rajoy, Pedro Sanchez, Albert Rivera and Pablo Iglesias on their looks. Nevertheless it must be admitted that PSOE secretary general Pedro Sanchez, so drop-dead pleasing to the eye, does not live up to his visual promise.

That's another aspect of stereotyping, because a tall, dark and handsome male politician is expected to be a winner too.

It doesn't help that Adolfo Suarez, the Transition's first democratically-elected president, fitted the bill in all respects. Or that so far our Pedro is a winner of primaries but nothing else.

with the PSOE socialists.

Someone could try saying the same thing to the PSOE secretary general Pedro Sanchez who is equally obsessed with Podemos.

Both want to oust the Partido Popular from the government and the institutions but this is unlikely because Pode-

mos and PSOE want to be the only party representing the Left.

Until they heed Errejon's advice they will continue to cancel each other out like two elements in algebra and Mariano Rajoy will sit as pretty as anyone can while presiding a minority government.

Advertising feature

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Zenia Services will then sandblast the grills to remove old paint and rust and then powder coat them. A range of colours are available and you can even add a little sparkle into the finished look. The service is available on all grills, even if the rust is penetrated into the metal, sandblasting will remove most of it. This amazing overhaul offers a highly professional, long lasting finish leaving them looking like new and can also be done on any metal item from small candlesticks to large pieces of garden furniture.

They can also repair grills and turn your existing security grill into a safety grill by adding a hinge to it so it can be opened to allow for escape in an emergency. The locking system for the grill to open is situated on the inside so it is not noticeable from the outside

and in many cases no one would even be able to tell it was any different from a normal grill. Neil Couzens from Zenia Services said: "Unfortunately fires can and do happen. UK safety regulations say houses must have windows that open fully to allow for escape in the case of a fire and these grills offer that same peace of mind."

These are in addition to the services already provided by Zenia Services which was formed as an extension of Zenia Blinds.

The blinds are still an integral part of the company, along with being able to offer mosquito nets, which are manufactured in their factory, and shutter repairs with many repairs being able to be done within 24 hours

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Advertising feature

We can help with NIE and residencia

SHOULD you apply for NIE or residency?

New arrivals in Spain are surprised at how often they will be asked for their NIE number. Whether they are opening a bank account, buying a mobile phone or changing utility bills into their name, they will be asked for this number. Everyone who lives in Spain, whether full-time or part-time will have to get their NIE but the confusion often arises when the term 'residencia' is put into the mix. Many people are unsure which one to apply for.



“If you are staying for more than three months, then you need ‘residencia.’”

What is an NIE?

NIE or 'Número de Identificación de Extranjero,' is a foreigner's identification number. You will be asked for your NIE when signing contracts, petitions, you will need it to work in Spain and for your SIP health card.

By law, the decree (Real Decreto 338-1990) says everyone, regardless of their nationality or being a resident or non-resident, who has any 'official business' in Spain, must have a fiscal number - So anyone who has professional, economic or so-

cial interests in the country will need a NIE.

What is the difference between an NIE and 'residencia'?

Whether you need an NIE or 'residencia' will depend on how long you intend to stay in Spain. If you stay for less than 90 days at a time, you need an NIE number. You will need to make an appointment at your local Oficina de Extranjero or police station, where you will be asked to fill out a modelo 790-12 form and asked to produce your passport and copies.

If you are staying for more than three months than you need 'residencia', which means filling in the EX18 application form. In both cases, you will get your NIE number but 'residencia' means you are issued with a 'Certificado de Registro de Ciudadano de La Unión' - certificate of registration in the EU Foreigners Register in Spain - which does not have an expiry

date. Your NIE number is for life but the expiry date is put in to encourage people to take up residency.

Getting residency is more complicated than an NIE because you need to prove you are self-sufficient. Each office has different procedures and you could be asked for bank statements proving you are getting a pension paid in or proof that you have funds to support yourself; evidence of private health care; work contract; passport plus copies; completed EX18 form and the receipt to show you have paid the modelo 790-12.

Even if you have 'residencia' it does not mean you are a Spanish tax resident. That is a different matter, although if you live most of the year in Spain then you should be a tax resident in this country.

Please get in touch if you would like help to get your NIE, 'residencia' or to discuss becoming a tax resident in Spain.

HAYLEE: Please get in touch if you would like our help.

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10:15am Right on the Money
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12:45pm Rip Off Britain
1:15pm Bargain Hunt
2:00pm BBC News at One
2:30pm BBC London 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 at Six
7:30pm BBC London News
8:00pm Celebrity Mastermind
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 I Shot My Parents
12:45am This Week
1:30am Weather for the Week Ahead
1:35am BBC News

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
1:00pm The Daily Politics
2:00pm Two Tribes
2:30pm A Taste of Britain
3:15pm Caravanner of the Year
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 Yorkshire Wolds Way
8:30pm The RHS Hampton Court Palace Flower Show
9:00pm Golf
11:00pm The Mash Report
11:30pm Newsnight
12:15am 1066: A Year to Conquer England
1:15am The Week the Landlords Moved in
2:15am Melvyn Bragg on TV: The Box That Changed the World

BBC FOUR

8:00pm World News Today
The latest national and international news, exploring the day's events from a global perspective.
8:30pm Top of the Pops
Peter Powell and Janice Long present the pop chart programme, first broadcast on 22 March 1984.
9:00pm Shipwrecks: Britain's Sunken History
10:00pm The Great Butterfly Adventure: Africa to Britain with the Painted Lady
11:30pm The Bridge: Fifty Years across the Forth
12:30am Top of the Pops
1:05am King Alfred and the Anglo Saxons
2:05am The Great Butterfly Adventure: Africa to Britain with the Painted Lady
3:35am Shipwrecks: Britain's Sunken History
4:35am This is BBC Four

CHANNEL 4

6:00am Kirstie's Handmade Treasures
6:05am Location, Location, Location
7:00am Countdown
7:45am Will and Grace
8:35am Everybody Loves Raymond
9:35am 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 Naked Attraction
12:05am Real, Fake or Unknown

CHANNEL 5

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 Kidnapped: Desperate Hours
6:00pm 5 News at 5
6:30pm Neighbours
7:00pm Home and Away
7:30pm 5 News Tonight
8:00pm Can't Pay? We'll Take it Away!
9:00pm Nightmare Tenants, Slum Landlords
10:00pm Circus Kids: Our Secret World
11:00pm Big Brother
12:05am Big Brother's Bit on the Side

4

7:00am Hollyoaks
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 Kevin Can Wait
10:00pm New Girl

sky SPORTS 1

7:00am Good Morning Sports Fans
7:30am The Open Championship Live
9:00pm Live Super League
Warrington Wolves meet Widnes Vikings at Halliwell Jones Stadium in the Bettfred Super League.
11:00pm Sky Sports News at Ten
12:00am Through the Night
1:00am The Open Highlights
Day one of The 146th Open Championship from Royal Birkdale in Southport.
3:00am Through the Night
4:00am Through the Night
5:00am Through the Night
Round-up of the sports news with live analysis and comment plus extended interviews with special guests.

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 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
11:40pm Fearless
12:45am Devon and Cornwall Cops
1:10am Jackpot247
4:00am Eat, Shop, Save
4:25am ITV Nightscreen

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
10:35am 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 Rides Again!
9:00pm Two and a Half Men
9:30pm Two and a Half Men
10:00pm Love Island
11:00pm Celebability
11:50pm Family Guy
12:20am Family Guy
12:45am Family Guy
1:15am American Dad!
1:45am American Dad!
2:15am Two and a Half Men

itv3

7:00am Man About the House
7:25am Heartbeat
8:20am Where the Heart is
9:20am 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
3:10pm The Royal
4:15pm 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 Endeavour
11:00pm Law and Order: UK
12:00am Wire in the Blood
1:00am Killer Women with Piers Morgan
2:00am Killer Women with Piers Morgan
3:00am ITV3 Nightscreen
Text-based information service.
3:30am Teleshopping
Shopping from home.

itv4

7:00am World Cup Rivalries: England v Argentina
7:15am The Professionals
8:05am Storage Wars Texas
8:30am Storage Wars Texas
9:00am Tour de France Highlights
10:00am Tour de France Live
12:45pm 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 Road Racing Series
10:00pm From Russia with Love
11:00pm FYI Daily
11:05pm From Russia with Love
12:20am The Glimmer Man
1:25am FYI Daily
1:30am The Glimmer Man
2:10am Tour de France Highlights
3:15am Tommy Cooper
3:40am ITV4 Nightscreen
Text-based information service.
4:00am Teleshopping
Shopping from home.

sky CINEMA ACTION & ADVENTURE

2:00pm The Dark Knight
4:35pm X-Men Origins: Wolverine
6:35pm Pirates of the Caribbean: The Curse of the Black Pearl
9:00pm The Dark Knight
11:35pm The Bourne Ultimatum
1:35am The Mummy Returns

sky CINEMA COMEDY

7:40am Working Girl
9:40am Rock the Kasbah
11:35am Ghost Town
1:25pm Sausage Party
3:00pm Hot Tub Time Machine
4:50pm The Holiday
7:15pm My Big Fat Greek Wedding 2
9:00pm Sausage Party
10:35pm Hot Tub Time Machine
12:25am Superbad
2:25am Dirty 30
4:00am I-Spy

sky CINEMA PREMIERE

7:00am I'll See You in My Dreams
8:40am Popstar: Never Stop Never Stopping
10:15am Finding Altamira
12:10pm I'll See You in My Dreams
1:50pm A Street Cat Named Bob
3:40pm I Am Not a Serial Killer
5:30pm Nocturnal Animals
7:30pm Popstar: Never Stop Never Stopping
9:00pm A Street Cat Named Bob
10:50pm I Am Not a Serial Killer
12:40am Nocturnal Animals
2:45am Id2: Shadwell Army
4:30am 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.

sky SPORTS 2

7:00am Premier League Archive
Relive some classic action from the Premier League.
8:00am Premier League Special
A Premier League special.
9:00am Premier League Special
A Premier League special programme.
10:00am Premier League Archive
Classic action from the Premier League.
10:30am Premier League Archive
Classic action from the Premier League.
11:00am Premier League Daily
12:00pm Pl Archive
Relive some classic action from the Premier League.
1:00pm Premier League Special
2:00pm Premier League Special
A Premier League special.

Advertising feature

Whether buying or selling, contact the Costa Blanca Sales experts

ESTABLISHED since 2000, Costa Blanca Sales are real estate experts dealing in resale and new build properties on the Costa Blanca.

Based on the Orihuela Costa, their team of professionals are ready to offer advice and guidance to help you buy or sell a property. They have, over the years, built an impeccable reputation on the Costa Blanca that they are rightly proud of. They have a strong reputation with all of the major local developers and local home owners wishing to sell their properties. Trusting Costa Blanca Sales with their homes, they have a strong portfolio of resales enabling them to offer a fantastic selection of properties for waiting buyers. They are always looking for more properties due to high demand in the resale market so contact the team now for a free property valuation if you are thinking of selling.

Sellers are also attracted to their extensive marketing with properties being advertised across all major property web portals such as Rightmove, A



PROPERTY SALES: Contact the Villamartin or La Zenia office for more information on buying or selling.

Place in the Sun and Zoopla. They exhibit at major overseas property shows and have affiliations with agents in the UK, Ireland, Belgium and Sweden.

For buyers, their local knowledge of the Costa Blanca allows them to have precise information on all the new properties being built and resales

available in the area. Whether it's a new apartment, townhouse or detached villa you are looking for, they have information on all the properties available on the Costa Blanca. Their team of real estate agents who have worked in the sector for several years, understand the process of buying a property in Spain. Whether looking to pur-

chase a key ready or off-plan property, or a resale, they will explain the full buying procedure and guide clients through the ins and outs of the entire process of buying and selling. A team of well-reputed lawyers will guide you through the contract and payment structure, answering all your questions and queries.

If you are buying a new build property the after-sales team will work closely with you to help you choose different materials and finishes on offer from the developer to ensure your new property is exactly how you want it.

Costa Blanca Sales are one of the few agents to still offer subsidised inspection trips from the UK. They help clients find the right property for them, to match their criteria and within their budget. These trips are the best way for international clients to help make an informed decision about buying property without any pressure to buy.

To find out more, contact the team today.

Costa Blanca Sales
Tel: 966 764 017

Visit: www.costablancasales.com
Email: info@costablancasales.com

Get your summer viewing sorted with AA Free English TV

AA FREE ENGLISH TV has been providing English television services for over 15 years on the Costa Blanca, Costa Calida and now worldwide.

The company fully understands the need of expats to have affordable and reliable television which AA Free English TV can provide on many different platforms including all premium channels from many countries.

Using their wealth of knowledge they will happily advise you on the best system for your needs and requirements and they boast they will not be beaten on price or service.

Their main specialisation is installing satellite systems mainly for European clients and they have dealt with many happy clients from Holland, Spain, France, Germany, Scandinavia, Portugal, India and more.

Installer Stuart is a fully trained Sky engineer who has been in Spain for over 15 years and works with Pete, who set up the company in response to his own frustrations at not being able to get a decent re-



AA TV: Pete is eady to install your television system.

liable platform to watch British channels.

Satellites were once the main and only way to pick up British TV and are still very popular with AA Free English TV clients. Free to air systems start from as little as a

€295 one-off payment.

Other options available to customers are IPTV internet protocol television. These work without a dish and just require an internet connection. They offer a full Sky package catch up TV service with

over 7,000 movies and 850 box sets series included, from only €299 including the receiver.

Android Smart TV receivers are available complete from only €120 including all your favourite channels, movies, sports, ITV,

BBC. Pete believes IPTV is the future of television as the infrastructure for the internet gets better and better.

All the systems are considerably cheaper than the monthly payments you pay to the rebroadcasting companies making them the sensible choice in making real monetary savings in the long term whilst still enjoying an ever widening range of programme choices.

AA Free English TV has also installed brand new community systems plus upgraded and repaired many other community systems, so call now to ask for a free quotation for your community and you will be pleasantly surprised.

You can also see the systems working before you purchase from us. They are always at the end of the phone and nine times out of 10 we can get to our clients within 24 working hours.

AA Free English TV
Tel: 606 297 825

Visit: www.aafreeenglishtv.com/
or www.facebook.com/aafreeenglishtv/

GOOD NEWS FOR YOUR CAR 902 123 309



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 Red Rock
3:30pm Escape to the Country
4:30pm Money for Nothing
5:15pm Flog It!
6:15pm Pointless
7:00pm BBC News at Six
7:30pm BBC London News
8:00pm Celebrity Mastermind
8:30pm Thief Trackers
9:00pm EastEnders
9:30pm Still Open All Hours
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 You Again

BBC TWO

7:00am The TV That Made Me
7:30am Right on the Money
8:15am Bargain Hunt
9:00am Natural World
10:00am Victoria Derbyshire
12:00pm BBC Newsroom Live
2:00pm Two Tribes
2:30pm A Taste of Britain
3:15pm Caravanner of the Year
4:15pm Nature's Miracle Babies
5:15pm Natural World
6:15pm Antiques Road Trip
7:00pm Eggheads
7:30pm Letterbox
8:00pm Yorkshire Wolds Way
8:30pm The RHS Hampton Court Palace Flower Show
9:00pm Golf
11:00pm QI
11:30pm Newsnight
12:05am Top of the Lake
1:05am Top of the Lake
2:05am Panorama
2:35am The Betrayed Girls
4:05am This is BBC Two Highlights of programmes on BBC Two.

BBC FOUR

4:35am This is BBC Four
8:00pm World News Today
The latest national and international news, exploring the day's events from a global perspective.
8:30pm Top of the Pops
Mike Read and Andy Peebles present the pop chart programme, first broadcast on 29 March 1984.
9:00pm BBC Proms 2017
The BBC Proms celebrates the 85th birthday of the world's favourite film composer, John Williams.
11:00pm Reginald D Hunter's Songs of the South
12:00am Sisters in Country
1:00am Country Queens at the BBC
2:00am Top of the Pops
2:35am Reginald D Hunter's Songs of the South
3:35am Sisters in Country
4:30am This is BBC Four

CHANNEL 4

5:40am Shipping Wars
6:05am Location, Location, Location
7:00am Countdown
7:45am Will and Grace
8:35am Everybody Loves Raymond
9:00am Everybody Loves Raymond
9:30am 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 The Last Leg
12:05am Naked Attraction

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
3:20pm NCIS
4:20pm Killer Instinct: From the Files of Agent Candice DeLong
6:00pm 5 News at 5
6:30pm Neighbours
7:00pm Home and Away
7:30pm 5 News Tonight
8:00pm Blind Date
8:55pm Legally Blonde
9:55pm 5 News
10:00pm Legally Blonde
11:00pm Big Brother: Live Eviction
12:30am Big Brother's Bit on the Side

4

7:00am Hollyoaks
7:30am Hollyoaks Does Come Dine with Me
8:00am Made in Chelsea
9:00am 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
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
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 Salt
12:00am The Big Bang Theory

sky SPORTS 1

7:00am Good Morning Sports Fans
7:30am The Open Championship Live
9:00pm Live Super League
11:00pm Sky Sports News at Ten
Round up of all the day's sports news.
12:00am Through the Night
Round-up of the sports news with live analysis and comment plus extended interviews with the headline makers.
1:05am Football
Orlando City face Atlanta United at Orlando City Stadium in Major League Soccer.
3:30am Through the Night
A comprehensive review of all the night's football news, plus a look ahead to the morning headlines and a full round-up of the rest of the sports news.

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 Joanna Lumley's India
12:40am Tipping Point
1:35am Jackpot247
4:00am Storage Hoarders

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
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
10:00pm Love Island
11:05pm Celebrity Juice
11:50pm Family Guy
12:20am Family Guy
12:45am Family Guy
1:15am American Dad!
1:45am 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
2:00pm Heartbeat
3:05pm The Royal
4:15pm Wild at Heart
5:15pm Man About the House
5:55pm On the Buses
6:25pm George and Mildred
7:00pm Heartbeat
8:00pm Murder, She Wrote
9:00pm Doc Martin
10:00pm The Street
11:20pm Law and Order: UK
12:20am Wire in the Blood
1:20am Life of Crime
2:20am Prime Suspect
4:15am Mr Selfridge
5:05am Davina McCall: Life at the Extreme
5:55am George and Mildred

itv4

7:00am Tommy Cooper
7:25am The Chase
8:10am The Professionals
9:00am Storage Wars Texas
9:30am Storage Wars Texas
10:00am Storage Wars Texas
10:30am Storage Wars Texas
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 Goldfinger
10:10pm FYI Daily
10:15pm Goldfinger
11:15pm Goodfellas
12:30am FYI Daily
12:35am Goodfellas
2:05am Tour de France Highlights
3:10am Better Late Than Never
3:55am ITV4 Nightscreen
Text-based information service.
4:00am Teleshopping
Shopping from home.

sky CINEMA ACTION & ADVENTURE

11:55am Deadpool
1:45pm Fantastic Four: Rise of the Silver Surfer
3:25pm Die Hard 4.0
5:40pm Hitman: Agent 47
7:25pm Pirates of the Caribbean: Dead Man's Chest
10:00pm Deadpool
12:00am Die Hard 4.0
2:15am Face/Off
4:40am I Am Wrath

sky CINEMA COMEDY

7:45am Crocodile Dundee
9:30am Bruce Almighty
11:20am Ghostbusters
1:10pm Ghostbusters
3:10pm Miss Congeniality
5:10pm Rush Hour 2
6:50pm Trainwreck
9:00pm Miss Congeniality
11:00pm Ghostbusters
1:00am Ghostbusters
2:50am Jackass: The Movie
4:25am Team America: World Police

sky CINEMA PREMIERE

10:50am A Street Cat Named Bob
12:45pm Cars 3: Special
1:05pm Miss Peregrine's Home for Peculiar Children
3:20pm Popstar: Never Stop Never Stopping
Preening pop stars get a comedy kicking in this all-star mockumentary from The Lonely Island.
5:00pm Nocturnal Animals
7:10pm A Street Cat Named Bob
Homeless busker
James Bowen has a life-changing moment when a tabby moggy walks into his life.
9:00pm Miss Peregrine's Home for Peculiar Children
11:10pm Popstar: Never Stop Never Stopping
12:45am I Am Not a Serial Killer

sky SPORTS 2

7:00am Premier League Archive
8:00am PL Asia Trophy Highlights
9:00am PL Asia Trophy Highlights
10:00am Premier League Archive 2017
10:15am Premier League Archive 2017
10:30am Premier League Archive 2017
10:45am Premier League Archive 2017
11:00am Premier League Daily
12:00pm PL Archive
6:00pm Premier League Daily
7:00pm PL Archive
8:00pm To be Announced
8:30pm Premier League Archive
9:00pm To be Announced
10:00pm To be Announced
11:00pm Premier League Archive
11:30pm Premier League Archive
12:00am To be Announced
12:30am PL Classics
1:00am PL Classics

Chilcot accuses Blair of not being 'straight with the nation' over Iraq

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

WARNING: the following contains strong language right from the start! What the **** ... Well, I'd better tone it down a bit as it's a family newspaper!

I thought at first it was a belated April Fool's joke but no. The BBC interview I just watched is only too true, and my blood pressure's rising rapidly. And not in a good way.

After weeks of depressing news about Brexit, Putin, Corbyn, Trump's latest shenanigans, who unexpectedly emerges in the headlines? Yes. You guessed: Tony Blair.

Tony Blair relied on emotional beliefs rather than facts in his decision to take Britain to war in Iraq, Sir John Chilcot, chairman of the seven-year inquiry into



TONY BLAIR: Relied on emotional beliefs rather than facts.

the legality of the conflict admitted in the interview.

Right, so next time I'm caught out blatantly lying, I can claim I was "from my perspective and standpoint, emotionally truthful." Thanks, Sir John, for clarifying that.

Well, apart from the odd timing of Sir John's admission (the inquiry was published a year ago), what's also striking about the interview are the oddly evasive answers. Makes you wonder why he agreed to it at all.

And as for Blair's decision-making process, what stands out most starkly is the fact that instead of providing a reasoned argument, he'd simply say: "I'm doing this because it's the right thing to do," 'right' having the smug tone of a vicar's inner convictions. Is Sir John correct in describing that as 'emotion'?

Blair meddled in things he didn't bother to analyse deeply and regularly mistook his own personal convictions for facts that they certainly weren't. As-

tonishingly, he still spins this into big bucks. Some people can, apparently, fool others (almost) all of the time.

So, we've now entered the post-truth era where emotions, not facts, inform human behaviour and there is no doubt that Tony Blair acted with total 'emotional' integrity. Lawyers will be doubtless be pondering the extent to which this constitutes a plausible defence against other forms of criminality apart from war crimes. Crimes such as: I just killed my husband/wife/child/friend in an 'emotional' reaction to his/their behaviour? Heck!

Nora Johnson's psychological/suspense crime thrillers 'No Way Back,' 'Landscape of Lies,' 'Retribution,' 'Soul Stealer,' 'The De Clerambault Code' (www.nora-johnson.net) available from Amazon in paperback/eBook (€ 0.99; £0.99) and iBookstore. All profits to Costa del Sol Cudeca cancer charity.

THURSDAY THOUGHTS

By Graham Braben, Almería

I just wanted flour

IT looked so simple and I was convinced I could do it. I'd been watching one of the many cookery shows on television, they make it look so easy. Not once did I see this woman searching for kitchen stuff that you know you don't have, or balance one-legged, mountaineer-like, on a stool to retrieve something from the back of an inaccessible, long forgotten, cupboard.

I was baking a cake so flour was essential. I looked at our stocks - zero, so it's off to the supermarket to hunt and gather. Big mistake!

I'm not a natural shopper, so a trip to one of these large malls was daunting, but as far as I was concerned, I was going straight to the supermarket and then home again. Unfortunately not!

The mall was the size of a small town and heaving; there were people meandering aimlessly everywhere, electrically powered taxis flying around with little or no regard to pedestrians and parents pushing buggies overloaded with screaming children in a manner that would make Evel Knievel, or Richard Hammond, blanch.

It wasn't until I'd groped my way through the indoor amusement park, skirted an ice rink and mistakenly joined the queue for a trip down the indoor canal on a gondola, that I finally stumbled upon the supermarket. By this time, my cake making frenzy had lost its impetus. I wanted flour but there were so many different kinds, plain, self-raising, rice... I just wanted flour!!!!

I spotted a person wearing a polo shirt and on the back were the words, "Can I help you?" I was sorry I asked; did I want a stable flour or should the flour be dense? He said more but I'd tuned out. I mumbled thank you and sloped off to buy a cake from the nearest bakery, my appreciation of Mr. Kipling having grown, exceedingly!

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

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LEGALLY SPEAKING

Smoking ban welcomed

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.



DRIVERS: Would welcome a ban.

SMOKING in cars is not currently banned in Spain, unlike in England, but it would appear that more than half of the population would welcome such a ban.

The figures came following a survey conducted by the Spanish Society of Family and Community Medicine, which was made public during this year's World No Tobacco Day campaign, which is a global event promoted by the World Health Organisation.

The survey showed that 51.6 per cent of Spaniards would be in favour of a ban, at least in the presence of minors, following in the footsteps of England, France, Australia and South Africa. A further 38 per cent believe that the ban on tobacco should be advanced even further.

Whilst there are obvious health risks associated to smoking in a vehicle, smoking whilst driving is also a dangerous distraction. It is estimated that lighting a cigarette means you

take your eyes off the road for four seconds. Whilst driving on a motorway at 120km per hour, this would mean you were distracted from the road for at least 132m.

Lighting up can also cause the driver to drop a spark which could potentially fall on the driver or seats causing alarm and a reaction that could turn your attention away from driving and subsequently lead to a more serious accident.

In addition, it is estimated that 3 per cent of forest fires, some 21,000, in the last 10 years were started as a result of cigarette butts being dumped or thrown from a vehicle's window whilst driving. Despite increased campaigns on the dangers of forest fires, particularly at this time of year, discarded cigarettes still remain one of the biggest concerns to forests, fields and wildlife. Those found guilty of throwing objects from cars in motion, including cigarette butts, face fines of €200 and could lose four points on their driving licence.

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

Is the painting too expensive?

Q. I live in a small community, consisting of 30 houses and 12 apartments. Our President wants all the properties painted next year as they are 10 years old. However, he says it will cost approximately €35,000 and all property owners will pay the same amount. The owners liv-

ing in the apartments think there should be two prices, one for the houses and another for the apartments. Can our President force us all to pay the same amount next year? Some of us do not have the finances to do this.

J.B. (Costa Calida)

A. The President does not force you to pay. An expense of this nature, and the manner in which it is apportioned, must be voted at the AGM. However, it appears that the house owners have

David Searl

You and the Law in Spain



more votes than the apartments. The painting needs to be done, but perhaps the

expense could be spread out over several years. Finally, if some owners feel unfairly treated by a decision of the majority, they can get a lawyer and go to court to have the decision annulled.

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

PC brigade give it a rest!

Mike Senker

In my opinion

Views of a Grumpy Old Man



A COUPLE of things in the news this week have had me almost stuck for words... only almost. Firstly, Donny Trump. What is it with this man? Forget for one minute that he happens to be the POTUS, the man shouldn't be allowed out on his own never mind be the leader of the USA.

He has landed in France and is met by President Macron and his wife and what does the moron say? Not, 'Hello, nice to meet you?' This berk says to Mrs Macron, 'You are in such great shape.' This is just so wrong in so many ways. It's not something any man should say to another man's wife unless maybe you are at a wife swapping party. What if she was a little more 'cuddly?' Does he say, 'Hey Macy boy, see the wife's a bit of a salad dodger.'

I'm sorry but surely this is just totally unacceptable. Even one French commentator said, 'It's difficult to know exactly what Donald Trump was thinking and wished to express.' Does his mouth have no connection to his brain? And still his loyal lackeys defend him. I watch Fox News and I'm sure they're not watching the same Donny Trump I'm seeing.

Time for him to go. He is a total embarrassment to his country.

The other thing in the news this week was that the London Underground is to stop making announcements to 'Ladies and Gentlemen' because it is upsetting gender neutral people. Really? Really? What is this politically correct brigade about? Are people really offended? And if they are, just deal with it. How can 'Ladies and Gentlemen' be gender unfriendly?

Gay, straight or whatever, matters to me not a jot and if you don't know what you are good luck to you on that too. I hope all works out well for you. If you want to get married and have children go for it, but what's next? How about every speech made at weddings or when someone comes out on stage? Please, please don't tell me that saying 'Good evening ladies and gentlemen' is going to now have to be 'Hello everyone.' LGBT campaigners please don't get offended if someone uses the term sir or madam or ladies and gentlemen if you are a lady with a deep voice or a man with a high voice or that at first view it's hard to tell if you are a man or woman. Nothing you do or say offends me. I want you all to be well and live happy lives. Please PC brigade give it a rest. By the way a recent survey said women who put on weight live considerably longer than men that mention it!

Email me: mikesenker@gmail.com.

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BBC one

7:00am Breakfast
 10:15am Wild UK
 11:00am Homes Under the Hammer
 12:00pm Food: Truth or Scare
 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 The Farmers' Countryside Showdown
 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 Jodi's Lovely Letters
 1:15am Weather for the Week Ahead
 1:20am BBC News

BBC TWO

7:00am The TV That Made Me
 8:15am Bargain Hunt
 9:00am Great British Menu
 9:30am Great British Menu
 10:00am Victoria Derbyshire
 12:00pm BBC Newsroom Live
 2:00pm Super League Show
 2:45pm A Taste of Britain
 3:30pm The Best Dishes Ever
 4:30pm Super Senses: The Secret Power of Animals
 5:30pm Swimming
 7:00pm Eggheads
 7:30pm Letterbox
 8:00pm Celebrity Antiques 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 Cleverman
 1:10am George Best: All by Himself
 2:40am Supersize Cabbies
 3:10am This is BBC Two

BBC FOUR

8:00pm World News Today
 8:30pm Royal Welsh Show
 9:00pm 10 Things You Didn't Know About Avalanches
 10:00pm Dictators and Despots: A Timewatch Guide
 11:00pm Mad Dog Gaddafi's Secret World: Storyville.
 12:25am World War Two: 1945 and the Wheelchair President
 1:55am 10 Things You Didn't Know About Avalanches
 2:55am Secret Life of Rubbish
 3:55am Dictators and Despots: A Timewatch Guide

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 The Simpsons
 1:00pm Channel 4 News
 1:05pm Couples Come Dine with Me
 2:05pm Posh Pawn
 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
 9:00pm Craft It Yourself
 10:00pm Excluded at Seven
 11:00pm First Dates
 12:05am Young and Promising
 1:25am Sound and Vision

CHANNEL 5

7:00am Milkshake!
 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 A Daughter's Nightmare
 6:00pm 5 News
 6:30pm Neighbours
 7:00pm Home and Away
 7:30pm 5 News
 8:00pm Britain's Greatest Bridges
 9:00pm The Dog Rescuers with Alan Davies
 10:00pm The Hotel Inspector
 11:00pm Big Brother
 12:05am Big Brother's Bit on the Side
 1:05am Circus Kids: Our Secret World
 2:00am Super Casino
 4:10am Eamonn and Ruth: The Millionaires Rulebook
 5:00am Tribal Teens... Here Comes Trouble
 5:45am House Doctor

4

10:00am Black-Ish
 10:30am Black-Ish
 11:00am Baby Daddy
 11:30am Baby Daddy
 12:00pm How I Met Your Mother
 12:30pm How I Met Your Mother
 1:00pm The Goldbergs
 1:30pm The Goldbergs
 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 Coach Trip
 9:00pm The Big Bang Theory
 9:30pm The Big Bang Theory
 10:00pm Tattoo Fixers on Holiday
 11:00pm 8 Out of 10 Cats
 11:50pm The Big Bang Theory
 12:20am The Big Bang Theory

sky SPORTS 1

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 Live Tennis: Hamburg Day two of the German Tennis Championships from Hamburg.
 7:00pm Live T20 Blast Gloucestershire take on Glamorgan at the Bristol County Ground in the NatWest T20 Blast.
 10:45pm Live World Matchplay Darts
 1:00am Through the Night
 2:00am Live WWE Late Night Smackdown
 4:00am Through the Night

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
 3:00pm Judge Rinder
 4:00pm Tenable
 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
 4:00am Loose Women

itv2

7:35am Vanderpump Rules
 8:20am The Ellen DeGeneres Show
 9:00pm Emmerdale
 9:30pm Coronation Street
 10:00pm Coronation Street
 10:35pm You've Been Framed Gold!
 11:00pm The Great Indoors
 11:30am Side Effects
 12:00pm L.A. Story
 12:15pm L.A. Story
 12:25pm Vanderpump Rules
 1:20pm Emmerdale
 1:55pm Coronation Street
 3:00pm The Ellen DeGeneres Show
 3:50pm The Jeremy Kyle Show
 4:55pm The Jeremy Kyle Show
 6:00pm Judge Rinder
 7:00pm You've Been Framed Gold!
 9:00pm Two and a Half Men
 10:00pm The Hangover
 11:00pm FYI Daily
 11:05pm The Hangover
 12:00am Family Guy
 12:30am Family Guy

itv3

7:00am Man About the House
 7:25am Heartbeat
 8:30am Where the Heart is
 9:30am Wild at Heart
 10:30am Judge Judy
 11:00am Judge Judy
 11:30am Judge Judy
 11:55am Road to Avonlea
 12:55pm Wycliffe
 2:00pm 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 Paul O'Grady's Animal Orphans
 10:00pm It'll be Alright on the Night's Best of the Worst
 11:00pm Law and Order: UK
 12:00am Lewis
 2:10am Wycliffe
 3:10am ITV3 Nightscreen
 3:30am Teleshopping

itv4

7:00am The Chase
 7:50am Storage Wars Texas
 8:10am Storage Wars Texas
 8:35am Gunsmoke
 9:35am Ironside
 10:35am Quincy, M.E.
 11:40am Minder
 12:40pm The Professionals
 1:45pm Gunsmoke
 2:50pm Ironside
 3:55pm Quincy, M.E.
 5:00pm Minder
 6:00pm The Professionals
 7:00pm Storage Wars Texas
 7:30pm Storage Wars Texas
 8:00pm The Chase
 9:00pm Monster Carp
 10:00pm Benidorm
 11:00pm Goodfellas
 12:05am FYI Daily
 12:10am Goodfellas
 1:55am Barb Wire
 2:55am FYI Daily
 3:00am Barb Wire
 3:50am ITV4 Nightscreen
 4:00am Teleshopping Innovative, value-for-money products brought directly to you at home.

sky CINEMA ACTION & ADVENTURE

7:00pm The Mummy: Tomb of the Dragon Emperor
 9:00pm Pirates of the Caribbean: The Curse of the Black Pearl
 11:35pm Master and Commander: The Far Side of the World
 2:05am American Ultra

sky CINEMA COMEDY

7:50am Kicking Off
 9:20am Death at a Funeral
 11:00am Talladega Nights: The Ballad of Ricky Bobby
 1:10pm How to be Single
 3:10pm Keanu
 5:00pm Planes, Trains and Automobiles
 6:40pm The Blues Brothers
 9:00pm How to be Single
 11:00pm Keanu
 12:45am Brewster's Millions

sky CINEMA PREMIERE

7:00am White Island
 8:45am Breaking the Bank
 10:45am War for the Planet of the Apes: Special
 11:15am The Secret Life of Pets
 12:55pm Miss Peregrine's Home for Peculiar Children
 3:15pm The Stanford Prison Experiment
 5:25pm I Am Not a Serial Killer
 7:20pm The Secret Life of Pets
 9:00pm Miss Peregrine's Home for Peculiar Children A misfit teen discovers an island orphanage that's home to children with very special gifts.
 11:10pm The Stanford Prison Experiment
 1:20am White Island
 3:00am Id2: Shadwell Army
 4:40am Breaking the Bank

sky SPORTS 2

8:00am Premier League Archive
 9:00am Premier League Archive
 10:00am Premier League Archive
 11:00am Premier League Daily
 12:00pm Info not available
 12:30pm PI Archive
 1:00pm Premier League Archive
 2:00pm Premier League Archive
 6:00pm Football Years
 6:30pm Football Countdowns
 7:00pm Premier League Archive
 8:30pm Premier League
 9:00pm Football Years
 9:30pm Football Countdowns
 10:00pm Premier League Special
 11:00pm Premier League Archive
 11:30pm Premier League Archive
 12:00am Info not available

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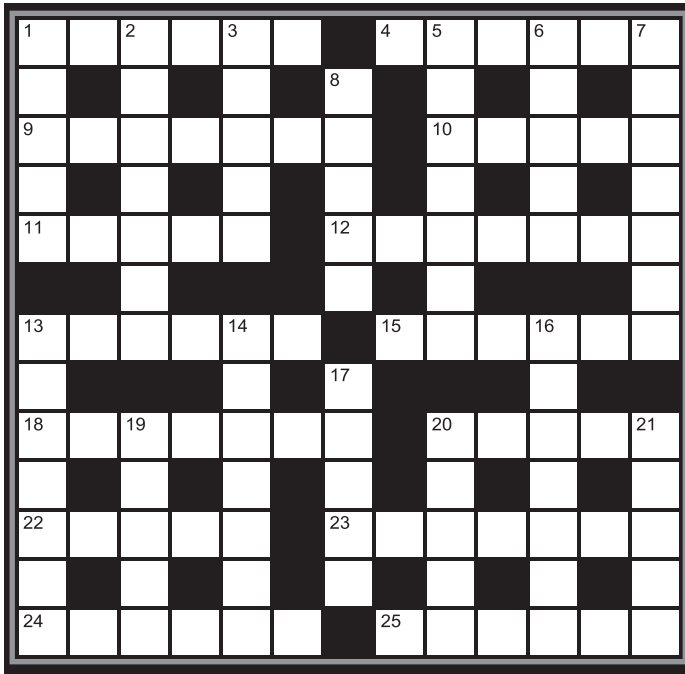
Cryptic

Across

- 1 Volkswagen car, one in drive, perhaps (6)
- 4 Stones, a stage of development (6)
- 9 Make plans for a railhead on the mountains (7)
- 10 Zulu seen by river formerly an African river (5)
- 11 Old birds found in 'El Dorado' doss house (5)
- 12 Soldier is in fishy place in the ocean (7)
- 13 Fight doctor in hide (6)
- 15 Sort of tea found in weather balloons (6)
- 18 Store damaged car at Queen's home (7)
- 20 Shoot second killjoy (5)
- 22 King George and a thousand pounds (5)
- 23 An opening of rice I made (7)
- 24 Untidy diners should be washed with water (6)
- 25 Are odd characters revered? (6)

Down

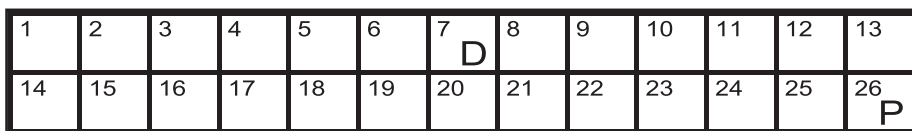
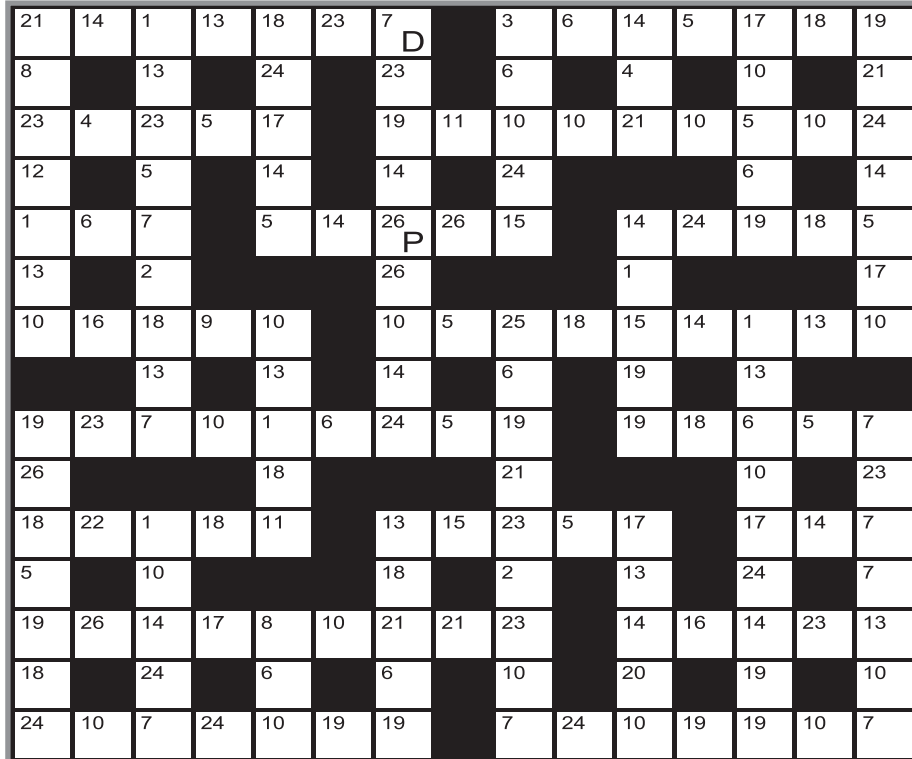
- 1 Brave artist is back in bed (5)
- 2 This would make me a lord (7)
- 3 Labour leader ends loans (5)
- 5 An antelope must laze around with a poorly leg (7)
- 6 A bad night is the whole object (5)
- 7 Clients redesigned designing



- 8 Part time worker has nothing like the rhythm (5)
- 13 One who makes you pay for a warhorse (7)
- 14 Song with odd end for Greek deity (7)
- 16 Check pub that is between a road and a river (7)
- 17 Look in marsh for criminal (5)
- 19 A necklace that is 66 feet in length (5)
- 20 Caught sight of one rushed outside (5)
- 21 Hunger for a bit of meagre Edam (5)

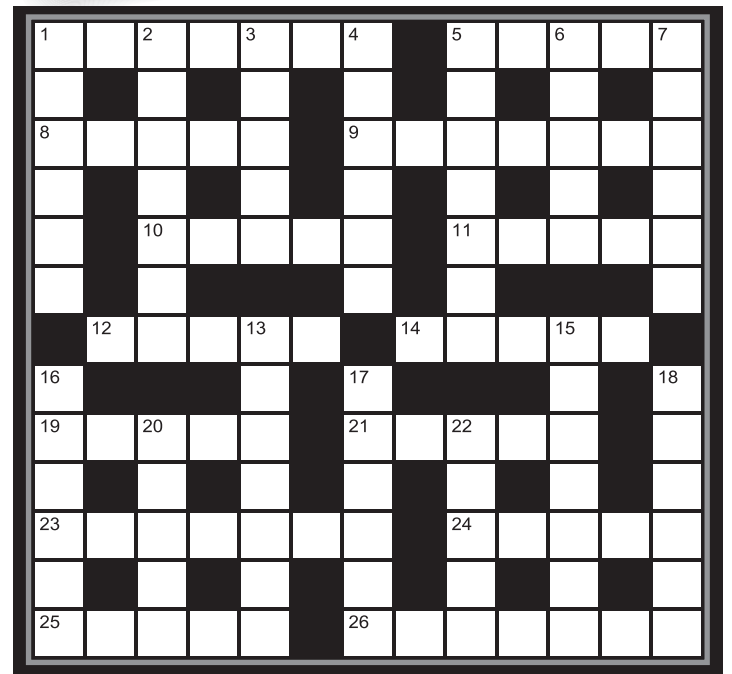
Code Breaker

Each number in the Code Breaker grid represents a different letter of the alphabet. In this week's puzzle, 7 represents D and 26 represents P, so fill in D every time the figure 7 appears and P every time the figure 26 appears. Now, using your knowledge of the English language, work out which letters should go in the missing squares. As you discover the letters, fill in other squares with the same number in the main grid and the control grid.



LAST WEEK'S SOLUTION FACING PAGE

Quick



Across

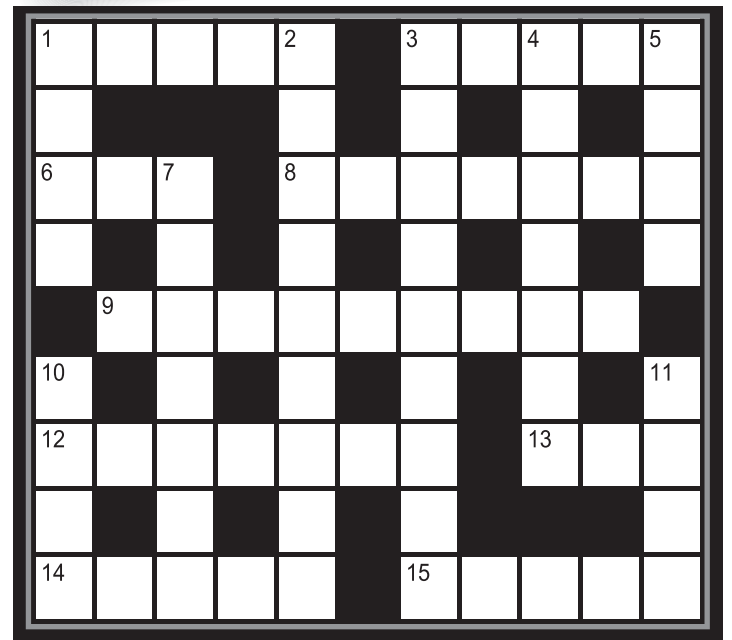
- 1 Envious (7)
- 5 Desist (5)
- 8 Illumination (5)
- 9 Intimidate (7)
- 10 Long seat for more than one person (5)
- 11 Stretched tight (5)
- 12 Blunder (5)
- 14 Pursue (5)
- 19 Happen or occur again (5)
- 21 Alloy of copper and zinc (5)
- 23 Of or relating to the heart (7)
- 24 Develop (children's) behaviour by instruction and practice (5)
- 25 Hoard (5)
- 26 Odd (7)

Down

- 1 Rebuffed by a lover without warning (6)
- 2 Branch of mathematics (7)
- 3 Many times at short intervals (5)
- 4 Calm gently (6)
- 5 Long-legged spotted cat (7)
- 6 Once more (5)
- 7 Number of players in a cricket team (6)
- 13 Pardon (7)
- 15 Lengthen or extend in duration or space (7)
- 16 Bulbous plant (6)
- 17 Adding device (6)
- 18 Outside boundary or surface of something (6)
- 20 Goods carried by a large vehicle (5)
- 22 Change (5)

English - Spanish

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



Across

- 1 Sábana (de cama) (5)
- 3 Pears (5)
- 6 Bird (large) (3)
- 8 Briefcase (7)
- 9 Handball (game) (9)
- 12 Campesino (7)

Down

- 13 Preguntar (3)
- 14 Sheep (5)
- 15 Siete (5)
- 1 Estrella (4)
- 2 Season (for specific activity) (9)

- 3 Popcorn (9)
- 4 Roundabout (7)
- 5 Cantar (4)
- 7 Emanar (7)
- 10 Celery (4)
- 11 Piel (4)

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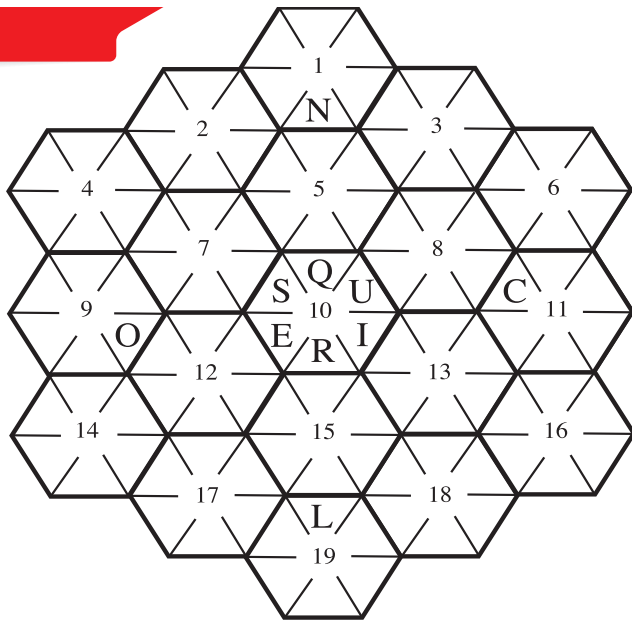
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Hexagram

- ACCUSE
- CELERY
- CYCLIC
- DECADE
- DELETE
- FILLED
- ICICLE
- LAUREL
- LOITER
- MOSAIC
- POSEUR
- SCRIPT
- SQUINT
- SQUIRE (10)
- TAMALE
- TITLED
- TRACER
- TUSSLE
- URGENT



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 (**SQUIRE**) and one letter in four other cells are given as clues.

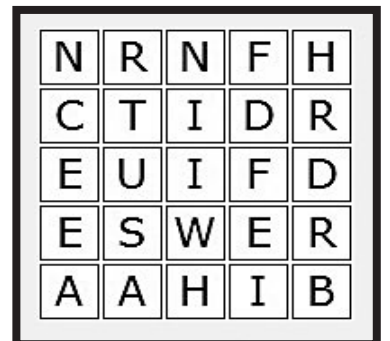
LAST WEEK'S SOLUTION

- 1 Omelet 2 Coerce 3 Beyond 4 Covert
- 5 Mythic 6 Member 7 Heroic 8 Mutate
- 9 Stereo 10 Chaste 11 Accrue 12 Heater
- 13 Stride 14 Career 15 Beaten 16 Italic
- 17 Terror 18 Legend 19 Beater.

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: 19
- Good: 26
- Very good: 38
- Excellent: 49

SCORING:

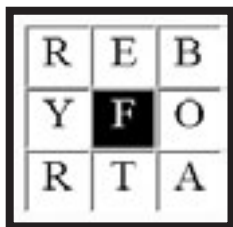
- 4 letters: 1 point
- 5 letters: 2 points
- 6 letters: 3 points
- 7 letters: 5 points
- 8 or more letters: 11 points

LAST WEEK'S SOLUTION

erst errs erns emmer fern ferns
femme arts amen answer anthem
anther ante anted ahem atone hart
harts hare harem harm hammer
hammers hand handy hate hated
heme hemmer here dart darts dare
darn darns dame damn damns date
dyne deny jars jammer jammers jade
jehad etna ether

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 F)** and there must be **AT LEAST ONE NINE LETTER WORD**. Plurals, vulgarities or proper nouns are not allowed.



TARGET:

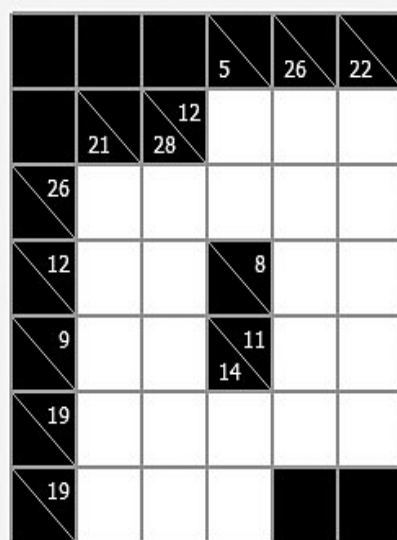
- Average: 6
- Good: 8
- Very good: 12
- Excellent: 15

LAST WEEK'S SOLUTION

atop pain pair pant part pint pion pita pont porn
port rapt tarp tipi topi trap trip aport apron atrip
inapt orpin paint panto patio piano pinto piton
pitta point print prion tapir patron tarpon tinpot
patriot PARTITION

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

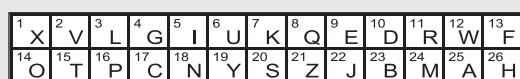


LAST WEEK'S SOLUTIONS

ENGLISH-SPANISH

- Across:** 1 Acta, 3 Cabeza, 8 Trapeze, 9 Sed, 10 Cauliflower, 11 Rat, 12 Ladders, 14 Obrero, 15 Beer.
- Down:** 1 Ant, 2 Traductor, 4 Apellido, 5 Elsewhere, 6 Arder, 7 Legislar, 10 Carro, 13 Sur.

CODE BREAKER



CRYPTIC

- Across:** 1 Rampage, 4 Climb, 7 Slang, 9 Epigram, 10 Detract, 11 Keeps, 12 Decide, 14 Robins, 18 Snoop, 20 Prevail, 22 Dragoon, 23 Adapt, 24 Evens, 25 Excited.
- Down:** 1 Resided, 2 Meant, 3 Events, 4 Chick, 5 Israeli, 6 Bumps, 8 Gland, 13 Chorale, 15 Omega, 16 Saluted, 17 Sponge, 18 Sedge, 19 Pious, 21 Abaft.

QUICK

- Across:** 1 Cares, 4 Sirocco, 8 Admiral, 9 Grant, 10 Scary, 11 Rollmop, 12 Seesaw, 14 Crisis, 17 Replace, 19 Perks, 21 Again, 22 Longing, 23 Scatter, 24 Cheat.
- Down:** 1 Chats, 2 Rummage, 3 Sorry, 4 Salary, 5 Regular, 6 Claim, 7 Octopus, 12 Surpass, 13 Against, 15 Surmise, 16 Cellar, 18 Plaza, 19 Panic, 20 Sight.

App of the week



REPLAIO RADIO

This radio player app allows you to stream over 30,000 AM and FM radio stations from around the world, absolutely free! It also has a history of all the songs you've heard and reminders for your favourite programmes alongside a built-in radio alarm clock.



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Sharp lesson from family nanny

SIR,
Nicole King's recent article Marbella always at your service (*Issue 1669 Costa del Sol*) was interesting.

She highlighted how important good service is, and the fact that many people fail not to realise this... though sadly to me many local businesses like to charge five-star prices but offer only three-star service!

That said, Nicole identified that waiters and waitresses, civil servants, receptionists and secretaries on the first rung of their career ladder are frequently in a position of power and a sound policy is to identify and accept this.

How very true.

Last summer a lawyer friend and her accountant husband when on holiday discovered that their children's nanny in reality sat in the 'power throne,' when on the first day away the 22-year-old made it clear that she viewed the week away as her own holiday.

The wife (a tough nut in many courts I believe) caved in realising

Time to cash in

I WAS amazed to note in your Spanish Facts of Life (*Issue 1670*) that Barcelona and Madrid airports, each voted among the world's Top 10 Airports, are not among those in Spain that make a profit.

“ **Hopefully Madrid and Barcelona airports can join the money makers.**

While it is encouraging to see that Palma, Malaga, Gran Canaria, Alicante-Elche, Tenerife, Gerona, Bilbao and Murcia operate in the black, hopefully now



IN THE RED: El Prat Airport, Barcelona.

by providing services that put them among the world's best, Madrid and Barcelona can soon join the money makers.

I use both fairly regularly and though not my global favourites (Singapore and Dubai take my

vote), on European standards they hold their own, though perhaps not in the same way that Schiphol does in Amsterdam.

*M Mitchel
Elche*

that if she did not, the girl would just leave.

This she could not afford to risk for on returning home she or her husband would then have to stay away from all-important careers to mind the children!

Modern times...

*C Walker
Estepona*

Be aware

WE felt it might be appreciated by dog owners to know the recent experience we have recently gone through.

It has been confirmed by our vet who examined our dog which died three weeks ago, that he had died as a result of being poisoned.

We believe he ingested the lethal poison whilst on a walk from Tubilitus towards Aldea Beach on Gran Canaria.

All other dog owners locally should be aware of this potential danger.

*A Dear
Canary Islands*

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

The King's Speech - Talks on Gibraltar's future

SPAIN wants Gibraltar to be Spanish.

Remind me... where in Spain are Melilla and Ceuta located?

In Morocco?! Are you sure? Oh yes, I remember now. Spain forcibly seized those parts of Morocco a few hundred years ago, didn't they? That was a bit before the time when Spain GIFTED the Rock to Britain, wasn't it?

I know, it is so easy to forget how these things happened in the past.

William Daysh MBE

» Caught wearing only a smile! (Nora Johnson)

I LOVE Google Street View for the way it lets me visit corners of the world I will never see in person. Meantime, there's nothing like sitting at work and being able to 'drop in' and explore some random narrow street in Rome, Paris ... or Sevilla.

Vicky

» Brit couple ordered to pay over fake holiday claims

THESE type of claims are causing price rises for other customers. I hope more holiday companies take note of Thomas Cook and start taking similar actions.

Michael Smith

Comments from EWN online

WELL done Thomas Cook. It's about time claiming scum got sorted out. More power to your arm. The fine should have been the equivalent of twice their claim and costs to boot.

Davis Allisan

» EU's response to UK's proposal on citizens' rights

WE are British citizens, (and I for one have worked in the UK for over 40 years, paying tax/nic), understanding that we would continue to be treated in a fair and equitable way if we used our democratic right to move/work/live/retire in a different EU country. Why should we have to do ANYTHING to maintain those inalienable rights?

P Green

» Spain sizzles as alerts issued for 28 provinces

I THINK I need to move to one of the yellow bits. Costa del Sol is gonna be Costa del Hell.

Anne Sewell

» Fines and regulations for Spain's beaches

BLOODY ridiculous, since when has building a sandcastle or playing ball ever been an issue. They need to remember that this country needs its beaches and holiday makers. As for peeing in the sea, why create a rule which is totally unenforceable? Are they going to start having entertainment police in case we all enjoy ourselves too much?

Naimah Yianni

» Pope rules on Communion bread and wine

SO the bread can't be gluten free but it can be GMO??? What planet is he on? Saturn I expect.

Naimah Yianni

» Police shut down gang who targeted tourists

I DON'T think they would like it if I stalked their mam and dad and stole their stuff on a visit. They need to send them back to their country of origin because of breaking the law, forgot where in the EU.

Jason

Up in smoke!

I HAVE an apartment in El Higureon, Fuengirola (15 years). We have access to lovely beaches. My wife and I are both smokers, tut, tut. We always take some form of receptacle to the beach to put out our stubs, and put them in the bin at the end of the day.

Why can't the appropriate authorities put a sign at the entrance to beaches informing the public that the sand is not an ashtray or rubbish tip? I have to say that in my experience it is the locals who tend to be the main culprits, especially at weekends.

*Bill Willis
Fuengirola*

Numbers up

MAKE your Sudoku puzzle BIGGER, I am in my mid-70's and I find it difficult to see, even with decent specs.

*The Fossil Eagles Nest
San Miguel de Salinas*

Editor's note: Following this and other readers' concerns, the grid has been increased in the relevant editions. Thank you for your input.

Advertising feature

Stay safe in the sun and make the most of free skin cancer checks

SKIN cancer is the fifth most common cancer in the UK and yet still too many people are not taking the risk of contracting the disease seriously enough.

Rates of malignant melanoma, the most dangerous form of skin cancer, are five times higher today in the UK than in the 1970s. This rise is blamed on more people taking holidays abroad, using sun beds and of course living in the sun here in Spain.

Whilst people may be safe in the sun now, if they have sunbathed in the past,

they still have an increased risk of developing skin cancer.

As a result, Medcare is offering a FREE skin cancer check at both clinics in Benijofar and Alfaz del Pi by specialist GP Dr Hussain and these checks have previously saved lives.

One patient saw an article about skin checks by Dr Hussain and got a mole that kept bleeding checked out. Dr Hussain took one look and advised immediate removal and just three days later, she did the minor surgery in her clinic in



Most minor surgical procedures can be done at the practice.

Benijofar. The lab confirmed that it was basal cell carcinoma (skin cancer). Spending much time in the sun when he was younger, the patient did most of the damage to his skin when he was 18 or 19

and years later, the cancer developed. Because of Dr Hussain's early intervention, the patient still has regular skin checks, but remains well.

Most minor surgical procedures such as mole and skin tag removals can be done at the practice making it convenient and simple for patients.

Day procedures, such as skin cancer removal and varicose vein treatment, are carried out by their dermatological surgeon in Alicante.

The British Skin Foun-

dation reminds you to protect your skin with light clothing and wear a hat and choose a high SPF sunscreen with both the UVA and UVB protection logos. Apply cream 15-30 minutes before going out in the sun.

Remember, the most important warning sign of melanoma is a new spot on the skin or a spot that's changing in size, shape, or colour. Another important sign is a spot or mole that looks different from all of the others on your skin. If you do have a mole or

patch of skin that you are concerned about, book a free skin cancer check with one of Medcare's GPs by calling 966 860 258 or email doctors@medcarespain.com.

Sign up to Medcare's website to receive all latest news and offers by visiting www.medcarespain.com.

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New rechargeable hearing aids

DIGITAL HEARING at Quesada is holding an Open Day on Monday July 24, to introduce the world's smallest rechargeable hearing aid. The Moxi Fit R gives you ultimate discretion with an award-winning design that always feels natural and comfortable.

Simply charge and go

Just place your hearing aids on the charging base and they are fully charged in six to seven hours for a full day of use, or get more than 24 hours of use from an overnight charge.

So easy to use

One rechargeable battery can last an entire year, so there is no need for you to be constantly changing batteries.

Good for the planet

A single rechargeable battery cell replaces up to 100 disposable batteries, and every battery is fully recyclable.

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If you forget to charge your hearing aids, you can swap in a zinc air disposable battery at any time so you can continue to enjoy all your conversations.

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Take a pair of Moxi Fit demonstration hearing aids home to try in your own environment (subject to a €100 fully-refundable deposit). If you like what you hear, you can then buy your own new pair. These flexi trial units can be set to any technology level that you wish to enable you to experience top-of-the-range premium sound quality without any commitment.

For an Open Day demonstration or a free hearing test, or to arrange your own try-before-you-buy home flexi trial, drop in and visit us at Digital Hearing at Quesada Business Centre, 7 Calle los Arcos, Quesada on Monday, July 24, from 10am onwards; or, if you can't make it on the day, phone or text Michael Burke at Digital Hearing on 698 418 642, or e-mail digitalhearing@hotmail.co.uk.



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Building an appetite for sports nutrition

NEW research has revealed that more people than ever are using sports nutrition products.

Once used only by athletes, research by Mintel, the world's leading market intelligence agency, showed that almost three in 10 Brits (27 per cent) use sports nutrition products such as protein bars, protein powders for a drink, energy bars and supplement capsules, tablets and sachets. The number rose to 39 per cent amongst those who regularly exercised more than once a week.

It is the UK's young men who show the strongest use of sports nutrition products, with three in five men (61 per cent) aged 16-34 saying they use such products. Over one in three men (35 per cent) aged 16-34 said they exercised four times a week or more, compared to 26 per cent of women of the same age.

Usage amongst women was increasing with two in five (40 per cent) aged 16-34 reported using sports nutrition products

NUTRITION PRODUCTS: Being used regularly.



with a dramatic increase in their use. While only 7 per cent of women aged 16-24 used protein powders for drinks in 2015, this has more than doubled in 2017 to 18 per cent.

Currently, the top three sports nutrition products are protein bars (11 per cent), followed by protein powders for a drink (10 per cent) and energy bars (9 per cent).

The Mintel report states that while usage remains strong, as many as 63 per cent of users admitted they were unable to really tell if they were benefiting from the product and 72 per cent would like to see an industry-wide certification that ensures quality of ingredients showing that consumers' current scrutiny of food and drink extends to sports nutrition.

Despite the popularity of these products, around half (48 per cent) of all Brits believe there is no need for extra protein in a balanced diet and a quarter of all those questioned admitted they never exercised.

ZIRCONIA RESTORATION

We frequently have patients come to our clinic with old crowns that at the time of placement were perfect, but over the years have started seeing a striking black line between the crown and gum.

These types of inner metal crowns present the following problems:

- The appearance is a little more opaque because the metal does not allow the transmission of light like natural teeth.
- The ceramic can loosen and expose the metal inside.
- But the biggest problem is seen in the long term (5-6 years) when metal (which is not biocompatible) causes retraction of the gums, and will begin to show a horrible dark line of metal.

In these cases in our clinic we remove the old crowns and make new ones with a better quality material: Dental zirconium.

The Zirconium has great resistance so it is not necessary to place metal under the ceramic. Being a white and translucent material allows to realise prosthesis with an even more natural and luminous appearance of high aesthetics, avoiding the appearance of the black line noticeable when talking or smiling.

ADVANTAGES OF THE ZIRCONIO CROWNS

- It is a white material that gives a more natural result allowing a better passage of light through the tooth.
- They have a great result and are lighter and more resistant.
- As there is no metallic structure under the ceramic, gray edges will never be seen.
- They have a smooth surface that favours aesthetics by limiting the adhesion of bacteria.



- When eating hot or cold foods, zirconium crowns allow us to not have unpleasant temperature sensations.
- When performed using digital technology, it allows an excellent adjustment with the gums.
- It offers the patient greater compatibility with the crown, which will be better tolerated by the gums.
- Avoids the risk of metal allergies.



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RETIREMENT: Rather than being a fun and frivolous time, can actually be just as stressful as working.

Toxic cocktail awaits retirement

WE are all living longer, but the quality of that life is not as good, as unhealthy lifestyles now mean today's youth can expect to spend their retirement in poor health.

Obesity, lack of exercise and smoking are cited as the main problems leading to what experts are calling a 'toxic cocktail' of back pain, diabetes and dementia.

With women expected to live to an average age of 83 and men until 79, people can expect to spend those last two decades suffering from poor health.

Public Health England said a report found only 57 per cent of English adults carry out the recommended 150 minutes of weekly exercise and 29 per cent do less than half an hour. Two in

every three adults are now also overweight or obese.

A report has also shown that retirement, rather than being a fun and frivolous time, can actually be just as stressful as working, particularly for those leaving lower-paid positions as they struggle with the pressure of making ends meet on their pension.



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Drinking enough water prevents constipation and reduces the burden on the kidneys and liver by helping to flush waste products.

By staying refreshed, it also often improves the state of mind, as even mild

dehydration has a negative impact on moods.

Staying hydrated throughout the day can also help prevent headaches, help individuals to remain energised and alert, protect joints and cartilage, flush out toxins that can reduce the risk of clogged pores and acne and can even assist concentration.

By keeping a water bottle on hand at all times, not only will you probably drink more but also, it will help identify how much is consumed each day.

Ask The
 Doctor

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Swimming in the sea



SPECIALIST: Doctor Luis Perez Belmonte.

Are there any benefits to swimming in the sea?

In general, bathing and swimming in the sea does have health benefits. Playing sports, when it is safe to do so, in the water is also highly beneficial. Salt water aids blood circulation and is also good for a person's skin.

Are there groups of people who are at risk when swimming in the sea?

There are certain people for which swimming in the sea could pose risks. The very elderly with severe mobility issues or people with breathing and heart problems could encounter problems when swimming in the sea. However, if the activity is light and controlled by a professional it can still be beneficial.

Can it help with medical problems?

Any activity carried out

in the sea can be beneficial, and also help a person recuperate from joint diseases, a traffic accident or pulmonary and cardiovascular diseases. This is due to the exercises carried out using a wide variety of muscles which can help build fitness and strength.

Can swimming in the sea worsen symptoms of diseases/medical problems?

While carrying out activities in the sea can be beneficial, many people who suffer from heart disease could see their symptoms worse, especially if the physical activity is intense and can lead to thoracic pains or a drowning feeling. This can also happen to people who suffer with severe respiratory diseases, who can see their condition worsen by carrying out activities in the sea.

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

Advertising feature

Anal pain? Not a minute more!

ANAL fissures; tears in the lining of the lower rectum, are one of the most painful and intense chronic pains that the human body generates. There is no tablet to take for its cure and not even going to the bathroom can take away all of the pain. It can get better at times but it never really goes away and can return at the most inopportune moments.

For many years, the public health service has offered sufferers surgery as the only form of treatment, but most of the time patients are put on a long waiting list. This state of anxiety and nervousness makes the pain of fissures worse, and while you wait, the idea of going under the knife makes you even more nervous complete with the risk of side effects from going under general anaesthetic.

But now, the QUPA centre in Los Montesinos and Altea, through the Clínica Mejorate Physiotherapy and Osteopathy Centre, has the latest advances in medical investigation and it offers patients an up-to-date solution which is both immediate and effective, without the need of surgery.



CHRONIC PAIN: Qupa centre offers patients an up-to-date solution.

Anal fissures can be classified according to their form of appearance or according to their origin. In the first case, if the fissure had appeared less than six weeks ago and the patient had never pre-

sented this problem, it would be an acute pathology. In contrast, if a person usually has anal fissures always in the same site or if they last more than six weeks, it is more likely to be a chronic case. As

specialists, QUPA can identify your type of fissures, including if they are a secondary type as a result of another problem.

Their treatment is reasonably priced and the possibility of a split payment, makes it a possibility for everyone. It eliminates the pain from the first application and includes the haemorrhoid treatment and follow up revisions for the first year. Patients are treated in the clinic, without surgery, without hospital admissions and without taking time off from your normal life routine. The treatment may be applied gradually over several sessions and they are so confident in its result that the team offers a guarantee.

Haemorrhoids and fissures are often ignored by people believing it to be too embarrassing to address, but suffer in silence no more and contact Clínica Mejorate today for more information.

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Ask the Optician: The influence of eye colour on your health

Lisa James, Store Director, Specsavers Opticas Guardamar

LAST month, an interesting article published in the *Independent* in the UK revealed some links between eye colour and health. We've had quite a few questions on the topic as a result, so we wanted to make this the topic of this month's column.

■ What do I need to watch for if I have blue or light coloured eyes?

According to a representative of the American Academy of Ophthalmology, blue or light coloured eyes could increase your risk of eye cancer because there is less pigment to protect them from UV rays. However, please note that this cancer is very rare. It's easy to protect your eyes with sunglasses, just make sure they offer maximum UV protection and combine with a hat.

■ I have dark eyes, does this mean I don't need to protect my eyes from the sun?

No matter what your eye colour you need to protect your eyes from the sun, as it can do damage including increasing your risk of macular degeneration and causing Pinguecula and Pterygium. A

2000 study published in the American Journal of Ophthalmology found that dark-eyed people had a 1.5 to 2.5 times greater risk of cataracts. Protecting your eyes from ultraviolet rays is one of the crucial steps of cataract prevention for anyone, but the researchers recommend dark-eyed sunbathers take particular caution.

■ My eye colour has changed, is this a problem?

If you see any changes to the colour of the whites of your eyes, such as reddening or the whites turning a more yellow colour it can be an indication of allergies, or liver problems. Any changes to the appearance of your eyes or your vision should be reported to your optician or your doctor to rule out any issues.

There are five Specsavers Opticas on the Costa Blanca in Javea, Calpe, Benidorm, Torrevieja and Guardamar. Visit www.specsavers.es to find your nearest store and make an appointment for a free eye test.



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Will you suffer problems this

OVER 70 per cent of Spaniards will suffer from barotrauma this summer.

Barotrauma is a common complaint of the ear and is caused by increased air or water pressure, such as during flights and scuba diving. This pressure change causes discomfort and leads to perforations of the eardrum which can often heal on its own, but this can take weeks and hearing may be affected during this time.

In Spain, around 40 per cent will suffer when travelling by plane or train, while 31 per cent will be as a result of bathing in the pool or sea, with the number of cases increasing during the summer when more time is spent travelling, swimming and being at the beach.

Summer is also the season in which 36 per cent more Spaniards suffer from earaches, according to data from a recent study by Oi2 Hearing Centres.

They also looked at the

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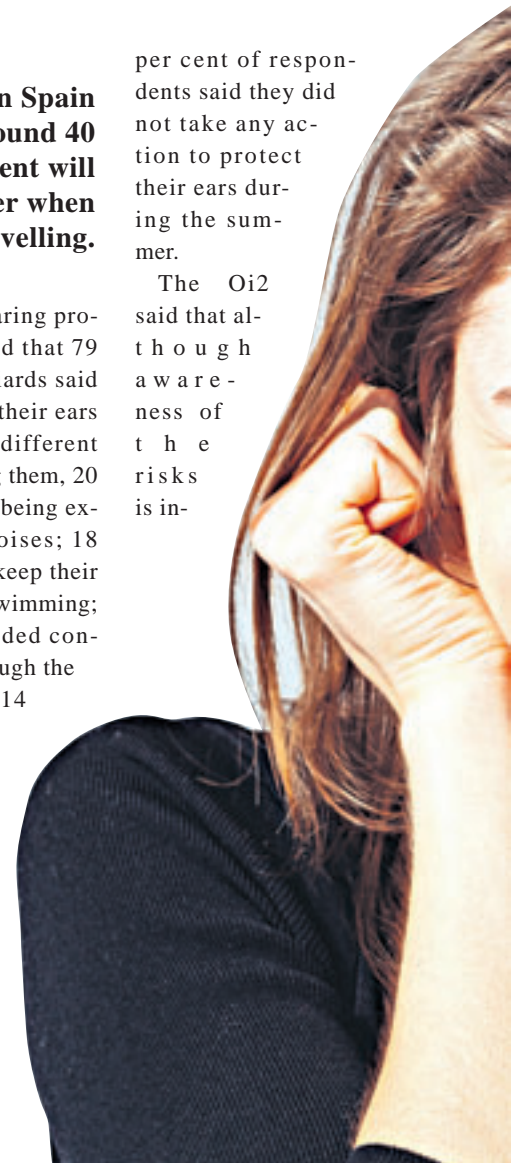
In Spain around 40 per cent will suffer when travelling.

awareness of hearing protection and found that 79 per cent of Spaniards said they did protect their ears in summer with different measures. Among them, 20 per cent avoided being exposed to loud noises; 18 per cent tried to keep their ears dry during swimming; 17 per cent avoided contact of water through the use of earplugs; 14 per cent said they avoided unhealthy waters and do not bathe in unhealthy waters; while the remaining 10 per cent claimed they didn't use cotton buds in their ears.

In contrast, 21

per cent of respondents said they did not take any action to protect their ears during the summer.

The Oi2 said that although awareness of the risks is in-



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r hearing summer?



creasing, there is still a long way to go in terms of awareness of the damage hearing can suffer in the summer.

EARACHE: Take action to protect your ears.

Mental health days

AFTER a tweet from a web developer about taking a 'mental health day' off work went viral, more are being encouraged to think about their mental health.

The American worker praised her boss for being so understanding as she was granted two days leave for mental health purposes and other bosses have been encouraged to follow suit.

Experts say more people should be brave enough to take days off for mental health reasons and say it is important to actually embrace feelings of sadness. Taking time out to feel miserable can allow us to better overcome it and it could be the key to happiness as expecting to be constantly happy can be harmful.

It comes as nearly a third of British workers said they are suffering from anxiety, depression or stress, according to a survey by a management consultancy firm.

Streak-free summer

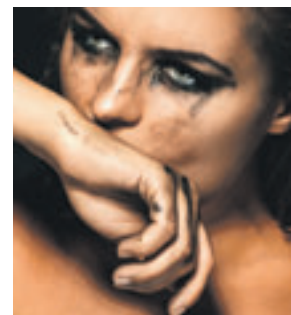
SOME like it hot... but in this weather, it's often bad news for make-up.

While it's difficult to stay cool as the mercury keeps rising, the make-up slip and slide can be stopped in its tracks.

Foundation should be oil-free and preferably include the mineral silica, which soaks up excess moisture.

Eye pencils are often full of waxy ingredients so to keep in place, apply a powder shadow in the same colour over the top to set.

Cream blushes are unlike-



MAKE-UP: Use waterproof mascara and eyeliner.

ly to stay put so replace with powder blushes, which are easier to blend.

On very hot days, replace your lipstick with a lip stain, which is less likely to

melt. The stain will sink into your lips instead of sitting on the top and will look great with a sun-kissed complexion.

To avoid panda eyes, go for 24-hour, waterproof mascara and eyeliner. These contain less water and will stay put for longer.

A great way to banish excess oil during the day is with blotting papers. These remove the top layer of oil keeping your complexion dewy and fresh.

Finally, use a make-up setting spray as the finishing touch to keep it all in place.

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TO READ MORE

Advertising feature

International flavours offer something for everyone

SUMMER is here at Sabores and this international eatery is looking forward to its second busy summer season.

Based at La Marquesa Golf, Sabores is popular with residents and holiday-makers alike. This is the third restaurant from the family who own the well-established and much-loved Taj Mahal Indian Restaurant and Rialto Italian restaurant in nearby Benimar.

They said Sabores is about combining the best of the flavours from both of those two restaurants and adding an international flair: "We have a very international kitchen and Indian and Italian chefs who have created a wonderful menu." Whilst around 80 per cent of customers are choosing the popular Indian dishes, that menu also sees Spanish dishes such as paella available and



SABORES SUCCESS: Ready for its second summer season.

Mexican dishes, making it a real international eatery and one that is sure to please everyone of all ages and nationalities and the biggest compliment and praise they can receive is that many customers are returning time and time again.

There is a fresh, airy and modern look to Sabores which occupies a large premises in the commercial centre. There is a lovely outside terrace, with views over La Marquesa golf course, perfect for watching the world

go by as you enjoy a lunchtime drink or why not try the lunch menu for €10.90. The menu

del dia regularly changes but you can enjoy starters such as garlic bread or mushrooms, mushroom pakora, bruschetta, tuna salad and soup and main meals from the international menu such as

Mexican nachos, pizza, chicken tikka masala and rice, lasagne, grilled pork or chicken, chicken biryani or spaghetti in a creamy mush-

room sauce. This can be finished off with a selection of home-made desserts. For €10.90 this also includes a drink.

A special evening menu is also available costing from €12.50 and children are well catered for with families returning time and time again.

So whether you are wanting pakora or pasanda, pizza or pasta, or even paella, then make Sabores your next stop for a great meal out. There really is something for everyone.

Booking is recommended during the busy summer months.

Sabores is open daily from midday.

Sabores

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As part of our series looking at the Volvo Ocean Race, this week we look at the forthcoming changes to the race and how it is hoped it will increase sporting equity as well as its commercial value...

Two year switch

THE 2017-2018 edition of the Volvo Ocean Race has yet to even start but already plans are in place for the next one with organisers announcing it will switch from a three-year to a two-year cycle after the upcoming race.

The move has been cited as providing more continuity and more commercial value for professional sailing teams, sponsors and the host cities which welcomes the race around the world.

Confirmation of the change means there will be some race activity in every calendar year from now on meaning more continuous employment, greater return for the stakeholders backing the teams and obviously more action for fans of the Volvo Ocean Race.

The 2017-2018 edition starts on October 22 from Alicante and will

finish at the end of June next year in The Hague, Netherlands. The three races after that have been confirmed to run 2019-20, 2021-22 and 2023-24 and the tender process for host cities is now open for all three editions, with Alicante already being confirmed as the starting host city for two more starts after this year.

Race CEO Mark Turner said that as well as the move being for commercial value, it will also “strengthen the core DNA and heritage of the race; always being around the world, and always having the Southern Oceans around Antarctica at its heart.”

Turner added: “One expected result of these changes will be teams and their sponsors committing for two races at a time, over three to four years, something that has

rarely happened in the past with a previous timespan of two races in six years being too long a commitment for most companies. That means more continuity for everyone, more sponsor activation and general ‘noise’ between races since the teams will not close down, and more effective long-term sailing team set-ups in both sporting and commercial terms. There will still be plenty of breathing space for this iconic event, though, between one finish and the start of the following race, there is still going to be 16 or so months, so we are not over-exposing it either.”

The Volvo Ocean Race was originally run every four years from its first edition in 1973-74, when it was known as the Whitbread. Since 2005-06, it has been on a three-year cycle.



Benoit Stichelbaut / Dongfeng Rave Team

RACE ACTION: Will soon be available in every calendar year.

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- Fresh salad with prawns
- Spinach Soup with Salmon
- Greek Salad
- Mixed Salad with Boiled Egg

Main Dishes

- Hungarian Beef Goulash with Rice and Vegetables
- Grilled Pork Loin or Chicken Breast with Chips, Vegetables & Sauce
- Paprika Chicken with Rice and Pickles
- Beef strips and Leek in Mustard sauce with roast potatoes and steamed vegetables
- Stuffed Pork Loin with spinach and Cheese with Mash and Garlic Sauce
- Grilled Salmon fillet Marinated in Ginger with Roast potatoes and steamed vegetables
- Lamb Roulade with roast potatoes, steamed vegetables and Mint Gravy
- Stuffed Chicken Breast with Peach & Cheese, Mash and Vegetables
- Lamb & Rosemary Stew with Roast Potatoes and Vegetables
- Grilled or Breaded Hake with Rice Dill Sauce
- Chicken Liver wrapped in Bacon with Mash
- Hawai Chicken Breast with Chips
- Breaded Pork Loin with Chips

Desserts

- Pancakes with chocolate, jam or lemon and sugar
- Apple Pie with vanilla ice cream
- Hot Chocolate Brownie served with vanilla ice cream and strawberry sauce
- Vanilla ice cream
- Tiramisu

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Jazz world master

AMERICAN jazz master Fred Hersch and his trio play at ADA, the council's municipal auditorium, on Saturday, with a handful of tickets priced at €20 remaining for the 10pm show.

An exploratory artist, eloquent composer, outspoken activist, influential educator and possessor of one of the most personal and expressive pianistic styles in improvised music, Hersch has led a singular life that has shaped one of the most acclaimed and influential



MODERN JAZZ: American Fred Hersch and his trio.

voices in modern jazz.

At the forefront of the music for more than three decades, he has earned countless awards and accolades including 10 Grammy® nominations, numerous acknowledgments from the jazz world's most prestigious institutions and publications, and such recent distinctions as being named a 2016 Doris Duke Artist and the Jazz Journalists Association's 2016 Jazz Pianist of the Year.

For tickets call 965 919 100.

San Miguel film nights

BEGINNING today (Thursday), the municipality of San Miguel de Las Salinas are proud to present a summer selection of 'Jueves del Cine' (Thursday Cinema), bringing local people the chance to see some of the recent popular film blockbusters.

The programme has been announced and the full line up is:

- 20 July – *Dr Strange*
- 27 July – *Ben-Hur (2016)*
- 3 August – *Angry Birds*
- 10 August – *Monster Trucks*
- 17 August – *Atrapa la Bandera*

All films begin at 9.30pm in the Plaza de la Libertad and the best news of all... all the films are free to watch!



ON THE BILL: Dr Strange.

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Breakfast 10am-1pm

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Vegetarian options also available

Evening Meals 6-9pm

Curry Night

Choose from Sheralee's own chicken curry, handcut chips or rice and a pint for only 5.50€ or hot beef curry, chicken bhuna, chicken tikka masala with a new curry on the menu now and then!. Not a curry person? Don't worry, the main menu is also available.

Vegetarian curry and children's meals available.

Tuesday

Breakfast 10am-1pm

Evening 'COMMUNITY NIGHT' 6-9pm

2 meals for 12€ with a wide range of home-made meals, games, prizes, raffles and play your cards right for prizes. Booking is a must if you can due to popularity and seating.

Wednesday

Due to only one cook there is no food on a Wednesday but the bar is open as normal.

Thursday

Breakfast 10am-1pm

Evening Meals 6-9pm

Main menus including anything from Chicken Cajun wraps, chilli, scampi, cacciatore chicken, Italian pesto burgers, hunters chicken, beef burgers and much more!

Friday

Breakfast 10am-1pm

Evening Meals 6-9pm

FISH 'N' CHIP NIGHT

Fresh Atlantic cod with home-made beer batter, cooked to perfection every time with handcut chips and a choice of mushy or garden peas, baked beans or salad.

Coujons and home-made battered sausages also available. Rated 5* by the Euro Weekly.

Please book if possible due to popularity.

Saturday

Breakfast 10am-1pm

No food on Saturday nights but come along for all the sports. We have killer pool, competitions etc. Lots to keep you and your family entertained.

Sunday

Carvery 1-4pm

5* rated by the Euro Weekly.

Starters and desserts all home-made and fresh handcut vegetables with 3 different meats available

Booking a must if possible.

If there are not enough bookings a new Sunday Menu will be created which will be shown on our Facebook page but a Sunday menu is the first time for new creations!

If you are not sure, give us a call to find out more.

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Advertising feature



AUTHENTIC FLAMENCO:
Abanilla's gypsy cave is home to the flamenco.



Return to where time stood still

THERE is nothing quite like a traditional flamenco show, and nothing like one done in a real gypsy cave. But this is what 'La Toná' Tablao Flamenco offers every Friday and Saturday.

La Toná is a beautifully maintained cave in the very Spanish village of Abanilla north east of Murcia and about an hour's drive from Orihuela.

This old village with its steep, narrow streets, better suited to a donkey and cart than traffic, is a true taste of Spain from the last century where time has almost stood still and sets the scene for the flamenco spectacular that awaits guests.

Immediately upon entering the cave, it is impossible not to feel the energy radiating from within. The décor in the cave is traditionally Spanish and complements the flamenco show. It is tastefully decorated and furnished with individually hand painted tables and chairs and the seating arrangements allow an up close and personal view of the show, giving the guests the feeling of being part of the performance itself, immersing in the culture, style and authenticity generated through La Toná.

Before the show there is a brief explanation, in English, about the history of flamenco and the meaning of the gypsy cave before the explosion of energy and passion from the dancers.

This cave in the village, a small glimpse into the past where emotion and flair exuded in a simple life of agriculture and community, offers guest a truly unique night out.

The show is every Friday and Saturday with the cave opening at 7.15pm and the show starting at 8pm. The show only is €20 and €28.50 with tapas.

For those looking for a different way to mark a celebration or simply bring together a group of family or friends, the flamenco show can be arranged on other days for parties of a minimum of 25 people.

If you are interested in the culture of Spain, in the real flamenco, Tablao Flamenco warmly

invite you to visit them in their flamenco cave 'La Toná' where a night of passionate performance awaits.

Book now to reserve your table as the summer is always popular.

A map and full directions of how to get to the cave from the directions of Alicante and Murcia can be found on their website www.tablao-flamenco.info.

La Toná Tablao Flamenco

Abanilla

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Katie's day



Photo credit: Facebook - Katie Salmon Performing Arts Scholarship

REMEMBERING: Matrix Kids sing for Katie.

IT'S two years since the tragic and sudden passing of 18-year-old Katie Salmon, the much-loved daughter of Gary and Julie and friend to so many people of all ages in the Orihuela Costa area.

The Katie Salmon Performing Arts Scholarship was set up shortly afterwards in her memory to enable youngsters in the area

to be able to pay subsidised fees to be able to study, perform and enjoy the activities of the Matrix Studio close to Villamartin which Katie herself was such a large part of.

Last Sunday, the Stray Sod in the La Fuente Centre was the venue for the latest fundraising event for the Scholarship fund which, with a small amount

yet to be collected, raised €700.

Many of the well-known local performers gave their time for free including Carla Stone, Rob Bonovox, Paul Cullen, Taboo, Richie Alexander, Just Ollie, Mark Farrow, Dani Fearh, the Matrix Rock Choir and members of the Matrix Studio Theatre Kids performing songs from their recent show Annie Jr.

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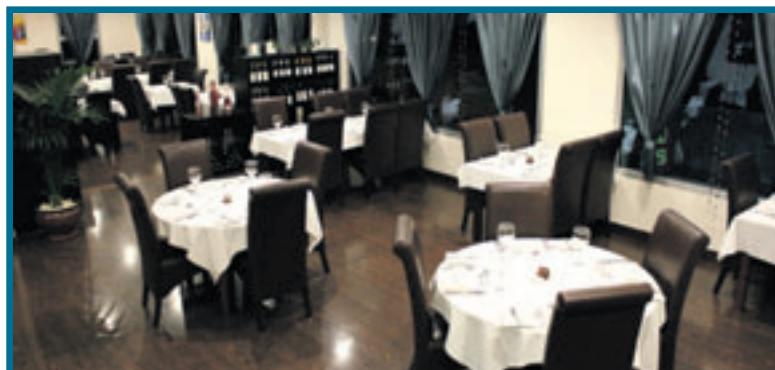
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RUNNING a restaurant business can be a precarious thing to do as many readers can probably testify. Overheads, as with all businesses, can be a killer and the age old adage has never been truer; 'it's not what you take, it's how much it costs you to take it.'

Here in Spain, not unlike several European countries, the biggest overheads are staff and more importantly social security, currently running at 42 per cent of salary.

The report carried out by ALMR Christie & Co Benchmarking Report says "that while there is confidence in the UK market, overheads have now risen to over 50 per cent." Now I am not sure where they are getting their figures, but in my many years experience the average restaurant works on the following percentages. Thirty three per cent food and

beverage costs and if you are very lucky your wage bill will come in at around 25-30 per cent. With average other expenses, rent, light, sundries, repairs and renewals, legal etc accounting for a further 10 - 15 per cent that would show total overheads running at 75-80 per cent.

This, in principal, shows a gross operating profit of 20 - 25 per cent which is quite acceptable.

So I am intrigued as to where the report finds overheads of 50 per cent which means a gross operating profit of - 50 per cent? Maybe it's me!

“ I wasn't born to follow and I'm not sure I was born to lead, but of what I am certain, is that I was born to fight my way through life - and win.
Anon

2nd is the 1st loser



Jess Folley beat the rest to become the Best - Voice Kids ITV.

AT a time when schools in the UK are changing the face of sports days by taking away the competitive spirit by declaring there are no winners or losers, just participants. What a lot of tosh! I thought schools were meant to prepare children for the real world. A world where they will face competition on a daily basis no matter what they do. I was always led to believe that second was the first loser!

Competition is good and anyone watching the Voice Kids over the weekend saw it at its best. Twelve talented children whittled down to six with only one winner. Camaraderie and benevolence at its best. Adults could learn about being gracious in defeat as those 11 - 13-year-old children were.

You rang M' Lud?

WHEN the first mobile phones came out I admit to being one of the people that wanted to play with this new toy! My first one was actually a car phone.

The set was built into the armrest area with the mechanics in the boot of the car. It had no dialling facility you just lifted the receiver and your call was directed to a Telecom operator who placed your call for you. There was so few of us in my home town at that time the operators knew our positions most of the day and we would leave messages with them to pass on. What fun! Then my first mobile phone over here was in the 90's working for the BBC on Eldorado. A few of us were given the old 'bricks' as a means of keeping in touch.

But who at that time thought the mobile phone would become the most important piece of equipment that we would possess. You can pay bills with it, control your house from it, see people at your door when you're not there, send e-mails, messages, photos, listen to music, watch TV the list goes on. Now you can open doors with it! Well hotel doors anyway. Hilton has begun a roll-out of digital keys across its UK estate, allowing guests to open room doors using their phone.

So far nine Hilton hotels in the UK are employing the beacon technology, which is retrofitted to room locks and allows a guest to open their door when their phone is within range. Some 100 hotels are expected to feature the digital key by the end of the year, with the entire Hilton estate offering the service by mid-2018.

Those currently using digital keys include Hilton London Tower Bridge, DoubleTree by Hilton Hotel London ExCel and the recently opened Hampton by



Open Sesame - Tec Magic.

Hilton Exeter Airport.

Guests activate the service before arrival through the Hilton Honours app. When their phone comes into range they press the button in the app and the green light on the door appears and the lock clicks open.

Through the Hilton Honors app members can now choose their room (Hilton has created floor plans of every floor in every hotel), check in remotely, open their bedroom door and check out.

In the future Hilton plans to introduce a preference setting where its 60 million members can set their preferred temperature, lighting and television - both in terms of preferred channels and apps - in advance.

Amazing? Absolutely! And there's another thing one can do with a smart phone - make phone calls!

Some content courtesy of the Caterer and Hotelkeeper.

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

**Garry Waite is a foodie and restaurateur and Hospitality Management Consultant. If contemplating setting up an operation, or having problems with an existing project contact him on garryphwaite@gmail.com.*

Common sense prevails?

IN the news last weekend I was pleased to hear that the government is thinking of removing the 'sell by' dates from packaging and replacing it with the less idiotic 'best before' date. Regular readers may remember that I wrote an article on this exact subject in edition June 9, 2017.

"Packaging should only carry 'use by' or 'best before' dates, according to new government guidance, while 'sell by' and 'display until' labels currently used by supermarkets will be removed to deter shoppers from throwing away good food.

'Use by' labels should only be used if food could be unsafe to eat after that date, while 'best before' dates should show the product is no longer at its best but is still safe to consume, the advice states.

Foods likely to require a 'use by' date include soft cheese, smoked fish and ready meals, while biscuits, jams, pickles, crisps and tinned foods will only need a 'best before' label."

SORRY, that was an article taken from the *Guardian* on the September 15, 2011 so if they manage to change it, it would only have taken six years!

£12 billion. The amount of food thrown away each year
Of which
5.3m tonnes is still edible - costing UK families
£50 a month

Homes making a splash



NEW POOLS: Are slimmer, sleeker and shallower, a place to entertain guests around, rather than to perform laps.

SPAIN'S property market throws up a huge variety of business possibilities for savvy entrepreneurs. One of the latest revolves around the country's estimated flotilla of one million private swimming pools.

Most of them were built fairly recently, within the past few decades. But quick construction, cost-cutting and general wear and tear mean that the average swimming pool has a functional life expectancy of around 18 years.

Yet only a quarter have experienced some form of renovation according to a 2016 study from the Spanish Association of Swimming Sector Professionals (Asofap), which could only exist in Spain.

That is paving the way for a new breed of pool builders. Renovations and new pools in 2017 are slimmer, sleeker and shallower, a place to entertain guests around, rather than to

perform laps.

New materials arriving from America can make pools longer-lasting and more cost-effective. Stairs in the pool, underwater benches to sit on, and depth of only 1.4 metres, make changing the water vastly cheaper.

A focus on comfort and aesthetics also make people more likely to use their pools. Hundreds of thousands lie largely empty across the country as owners guiltily never find time to swim, while forking out hundreds of euros per month to keep them clean.

New pools built today with modern technology can cost upwards of €30,000 but are guaranteed to last longer and be used more frequently. Highlights include stainless steel or quartz panelling, sandy areas and palm trees, and saline electrolysis to avoid chemical treatments.

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PROPERTY SALES: Are hitting new heights.

Sales skyrocket in Spain

HOME sales are hitting new heights in sunny Spain. Statistics just released show that more properties were sold in May 2017 than in any other month for more than six years.

With 44,782 homes exchanging hands, averaging almost 1,500 each day, the month recorded a 23 per cent jump on April and showed potential investors that Spain's property market is in rude health.

Second-hand homes were the biggest market players,

accounting for eight out of every 10 properties sold. But new builds also saw their numbers shoot up by a healthy 12.6 per cent.

The substantial difference between April and May can be largely explained by the Easter celebrations which saw many buyers, sellers, and agents slip out of market activity for a few weeks.

That suggests that strong sales in May as not an aberration but an example of the market's consistent growth, especially when considered

alongside other positive indicators.

The sales explosion has been concentrated in Madrid and along Spain's Mediterranean coastline, with Andalucia clocking up the highest volume and the Balearics seeing the highest increase in sales.

Data from property appraisers Tinsa shows that in the first half of 2017 prices rose by 2.8 per cent across the country, with the biggest rises in the Balearic Islands at 7.2 per cent. Across major cities it averaged 5.2 per cent.



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GRAEME TYRRELL

The marvel of Peru - an overlooked but useful plant

IF you like a perfumed garden in summer then you need to know about *Mirabilis jalapa*. It was a very popular garden plant in Victorian times but has lost much of its popularity as it is a herbaceous perennial, meaning it loses its foliage in autumn, withdrawing to just a tuber over winter before emerging again in spring.

In warmer climates such as the Mediterranean it can also become a little invasive, sprouting from seeds wherever they have fallen. Usually the long dry summer will eliminate escaped plants but care should be taken to not dispose of seed heads carelessly. Despite these drawbacks, it makes a wonderful addition to the garden and is very hardy in a container.

The trumpet like flowers appear in profusion in July and the flowering can last until October. It has a heavenly scent that perme-

ates the zone around the plant. In northern climates it is called the 4 O'Clock or Tea Time plant as the scent is released around this time in the afternoon when the temperature changes with evening approaching.

I have found that the scent is released in the morning in my Mediterranean garden when the coolness of the morning releases the scent filling the house with its perfume through the open windows. The evenings here don't get cool enough to allow the scent to be released.

I have only the pinky mauve colour from some seeds a friend from London gave me, but they have spread around the garden in an enclosed courtyard wonderfully with only the need to remove ones in in-

appropriate places.

The colour range of this plant is amazing though. Some flower with red, yellow, crimson or orange colours and combinations of these colours in individual flowers or even different coloured flowers on the same plant. I had some like these growing while living in New Zealand.

The plant itself is attractive with succulent like stems and tropical like foliage that beams with lushness. The stems are delicate and can break off easily but they are quickly renewed with new stems as it is very fast growing up to a metre high and wide. The plant itself though is extremely hardy due to its tuber root system retaining moisture and nutrients allowing it to survive dry periods very well and renew

growth once it receives moisture again.

Over winter I just leave the tubers in the ground where they are but they can be dug up and rearranged or repotted when dormant.

It just needs a reasonably good soil with some added compost or a good potting mixture to grow in and occasional watering and it will return abundant flowers, sweet orange blossom like perfume lush foliage and ease of maintenance.

It was a medicinal plant for the Aztecs in the Peru region of the Andes where it naturally occurs. It has naturalised in many warmer countries around the world and is often called the Beauty of the Night in some languages as it appears to flower and disperse its scent at night in these regions.

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FOR just €25 (£25) a year you can sponsor one of the dogs at Santa Clara animal shelter.

For this donation you will receive a certificate of sponsorship, photos and information about the dog, who will even write to you three times a year and send you a birthday card; they have some very talented dogs!

One of the sponsor dogs is Saltarin. He is the longest stay member of Santa Clara and it is a mystery to the team why he has not found a forever home.

He is a big old nine-year-old Labrador, castrated, vaccinated and is a very happy dog who is always smiling. He gets on with all dogs and adores children. He truly deserves a new home, he has waited long enough. But in the meantime he has several sponsor mums and dads who send him treats.

He does have leishmaniasis. He takes his tablets each day and he is healthy apart from that. Leishmaniasis is an awful disease but if it is caught early on and treated the dog can lead a happy life but

Sponsor a dog today



DOG SPONSOR: Help the residents at Santa Clara and sponsor a dog today.

a dog with the condition should have regular blood tests to check on the levels.

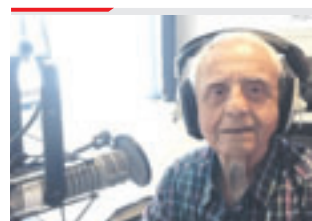
One beautiful Springer Spaniel came to Santa Clara via her owner who said the dog was not well and didn't want her. Her leishmaniasis levels were very high and her ears were bald with sores. Blood tests showed she had kidney failure.

The shelter knew her time was limited but their good friends Pat and Jack Brown in Orihuela took her home with them. This little dog was welcomed into a loving home where she had good food, a soft bed and soon learnt that these good people would do their best for her.

Sadly she passed away after only six weeks but at least she knew love for six weeks and passed away in their arms being loved. That is so much more than some dogs ever know.

So if you cannot adopt a dog, do consider sponsoring one. No dog will be put down at the shelter for the €25 (£25) adoption cost helps cover the cost of their lifelong care. The sponsorship certificate pack makes a great birthday or Christmas present and at the same time it helps the Santa Clara dogs.

For more information on adopting or sponsoring, call Margaret on 697 495 315 or email santaclaratobarra@gmail.com.



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AT one time fish was thought to be a major cause of skin disease in cats. Now we have all come to realise that the flea is the main culprit when it comes to skin irritation in cats and dogs.

Stop the milk!

However not many pet owners are aware our pets suffer food allergies which can cause dermatological discomfort. In fact according to Nigel Taylor the Express vet, 1 per cent of all skin problems in cats and dogs are caused by dietary allergies.

Allergen reactions may be triggered in minutes, hours or days. Once an allergy to a protein is established, sensitivity is often lifelong.

Dogs are mostly sensitive

to beef and milk, while cats often do not get on with beef, milk or fish. Some dogs can digest the lactose in cow's milk.

Give a pet dog or cat milk and the undigested lactose provokes an upset stomach in no time. This is not a true allergy but demonstrates how sensitive to certain food pets can be. Stop the milk and your pet's life will look up immediately.

Most pets will react in some way by incorrect feed-

ing and apart from allergic reactions one can expect flatulence and inconsistent stool quality and large smelly motions. Incorrect feeding can cause failure to put on weight and if the balance of the food is not correct, a display of hyperactivity or indeed low activity can result.

Most animals can be assessed by their coat and skin vitality. There is always a possibility that the protein is being utilised for energy

MILK: Can provoke an upset stomach in no time.



with a subsequent loss of health and vitality.

Many owners give far too many vitamins and one should remember that a well-balanced diet should not have to be supplemented.

Ritualistic scratching and licking could well indicate that there is an allergic reaction to the food and the eating of grass, twigs and roots sometimes is an indication that the food is not being digested properly. Tissue stealing and fibre-based destruction could be another indication there is a craving for fibre to help the digestive process.

It is a good idea to speak to your vet about feeding

pets and to make things easy for you there are many good commercial dried pet foods with selected proteins like lamb and chicken that are unlikely to cause allergy already in them.

Many pet shops and vets are now selling 'Chewies.' I would steer clear of anything which has a colour since this must have an additive. Chews have been known to cause hyperactivity and low activity.

If you dog needs something to chew then take a look at a Kong Ball or Cube, these can be stuffed with goodies (put some in the freezer) and will occupy your pet for hours.



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www.lasiestaevangelicalchurch.org or telephone Pastor Keith on 666 180 108.

THE ANGLICAN CHURCH, La Fustera. For more info: contact Frank Bentley on 966 495 188 (95461)

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ROUNDAABOUT CHARITY SHOP. We are now into summer and very soon we will be feeling the heat! It is time therefore for another visit to the shop where you might find a bargain or two. Choose from the clothing selection, jewellery, household goods, books or bric a brac. There is usually something there for everyone - but not always. Charitable donations have recently been made to The Alzheimers Centre, Cancer Research and The Amigos Ambulance Service. We still need your help with donations etc. Please keep them coming in! We are situated on Avenida Del Furs close to the Fountain Roundabout and immediate left by Don Colchon bed shop. (93325)

THE ROYAL NAVAL ASSOCIATION, Torrevieja Branch, meet at 17.00 on the first Wednesday of each month at the Restaurante El Paraiso, Urb. Jardin del Mar 3 (behind Carrefour), Torrevieja. Contact Paul Edwards, Chairman 618 644 934 or Margaret Forshaw, Secretary 966 921 996. (95455)

THE ROYAL BRITISH LEGION Orihuela Costa - covering from Punta Prima to San Javier. The branch meets at Olympia restaurant, Mil Palmeras on 3rd Thursday of each month at 19.00 - 19.30pm. More info can be found on branch website www.orihuelacostarbl.co.uk. (95457)

HELP VEGA BAJA. We are a non-profit making organisation that helps and supports anyone, without prejudice, in times of need or crisis within the Vega Baja area. Our offices are based in San Miguel

at Calle Lope de Vega 46 (Tel 966 723 733), Torrevieja at Rambla Juan Mateo Garcia 4 (Tel 965 704 282). Both offices are open Monday to Friday from 10 am to 1.30 pm and the Helpdesk at La Marina is open every Thursday (10 am to 1.30 pm) at the Hope Fellowship Church (opposite the Thursday Market site) at Avda de Justo Antonio Quesada, Urb. La Marina (Tel 615770145). We are online at www.helpvegabaja.com and also on Facebook. You can email the San Miguel Centre at office@helpvegabaja.com **We also have a 24 hour Emergency help-line which is available to both members and non-members on 966 723 733** (95456)

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THE PHILIP SCOTT LODGE No 10671 of the RAOB meets every Friday in the Bar Catorce, Benijofar. Please call the secretary, Colin Bird on 693 287 614 for further information. (95459)

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TORREVIEJA Christian Fellowship (TCF) is an English speaking lively church located at Avenida de las Valencianas 68, Torrevieja 03183. Residents and holidaymakers are welcome to attend our services with communion and 'kids church' each Sunday at 10.30am. We have a Fellowship Meeting (Bible Study) each Wednesday at 6.00pm. For further information see our website www.tcf-spain.org or tel 966 700 391. (95464)

THE AIRCREW ASSOCIATION COSTA BLANCA BRANCH. Former & serving aircrews of the UK or Allied Armed Forces are welcome to join this convivial & friendly organisation, now in its 21st year. www.aca-costablanca.org or call the Secretary on: 966 495 042 (95465)

THE ROYAL BRITISH LEGION JAVEA BRANCH meet on the 2nd and 4th Tuesday of each month @ Scallops Rest on the Arenal at 11.00am. Everyone is welcome to attend as a visitor and join the branch if they wish. Anyone needing any help or advice on welfare, or any information regarding the branch can contact either Sheila on 965 791 270 or Roger on 965 790 123 (95472)

TORREVIEJA STROKE SUPPORT GROUP meets each Friday 2.45pm to 5pm in The Annex, (behind Age Concern Centre), Calle Paganini, Urb. La Siesta. Our aim is to support stroke survivors and their carers by a range of facilities from speech therapy, rehabilitation exercise, group discussion etc. For info: Louie 966 718 964 or 965 071 920, e-mail: strokesupportgroup@hotmail.com Donations and further voluntary helpers are needed and guest speakers with relevant knowledge or experience are very welcome. (95473)

THE ROYAL BRITISH LEGION Gran Alacant & La Marina Branch meets 1st Monday of every month (except July and August) at Bar Sioux, Avda Escandinavia GA at 7pm for 7.30pm prompt. For further info contact Brian, Branch Secretary on 639 917 971 / email secretarybr3606@gmail.com (95474)

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INTERNATIONAL CHRISTIAN ASSEMBLY, TORREVIEJA Calle Urbano Arregui, 23, Torrevieja 03185, Alicante Evangelical non-denominational church. All nationalities welcome. Sunday service 11.0 a.m.; Sunday school; Prayer meetings; craft and computer clubs. Ladies Bible Study: Thursday 11.0 a.m. Church Bible Study: Thursday 1.30

p.m. House groups in Torrevieja, La Siesta, La Zenia - Contact 966 752 543 / 617 215 463. For other church at- ters Phone: 966 799 273 / 966 752 543 / 617 215 463 www.icatorrevieja.org

ROYAL MARINES ASSOCIATION (Costa Blanca) The aim of the Association is to bring together not just ex Royal Marines, but ex Service personnel with an affinity to the Royal Marines. We meet on the last Tuesday of the month at 5.30. For further details Hon Sec 692 938 664

FREEMASONRY Are you aware that Freemasonry is thriving on the Costa Blanca? There are various lodges meeting up throughout the Valencia region. If you already are a Mason or simply wish to know more about Freemasonry in Spain please contact Harry Palmer Membership Committee Tel: 966 712 326 or email: palmers.quesa da@yahoo.co.uk (95477)

ROYAL AIR FORCES Association Branch #1359 Costa Blanca The Branch meets on the third Tuesday of the month at the El Paraiso Restaurant located close to the Carrefour Supermarket in Torrevieja. The meeting starts at 1430 hrs. You do not

have to be an ex-member of the RAF to join this friendly Association which supports the welfare of the RAF family and provides a social hub for ex RAF members and their friends. For further information about the Association and its activities please contact the Chairman on 692 508 916 or the Welfare Officer on 615 048 892 or visit our website: www.rafacb.com.

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SLEEK: The concept Valyrie making waves at the Geneva Motor Show.

Ride of the Valkyries

FOR years a creature of legend, the Valkyrie took one step closer to reality last week when Aston Martin revealed an almost production ready glimpse of its latest hypercar.

Designed by Formula One engineer Adrian Newey, the Valkyrie is expected to go into production late next year, with just 150 models in the pipeline.

Tipped as the fastest, most powerful non-F1 car in history, Aston Martin chief Andy Palmer says it will "lap Silverstone as fast as any F1 car."

It has been described as "95 per cent" done by design director Miles Nurnberger. Projected price is at least €2.5 million for one of the limited edition beasts.

Tweaks will be made until it is perfect in the eyes of Red Bull man Newey. The headline news is that the extraordinary engine will provide 1,000hp, while the car itself will weigh just 1,000kg. That's an astonishing 1-1 horsepower to weight ratio that will be coupled with some of the finest aerodynamic technology the world has ever seen.

Offering slightly more space than the deceptively compact Valkyrie seems to from a distance, it can cram two normal, even tall, humans into the front seats. They have their feet up just like an F1 car. In the same spirit all the controls are stuck on the steering wheel to maximise space.

Moving up the ladder

NO longer content with dominating the motoring mass market, Volkswagen has set its eyes on classier rivals, who sell less cars but have cornered luxury buyers.

The brand's latest coupe, the Arteon, is set to hit European showrooms in autumn 2017 with prices beginning at a hefty €45-50,000.

That puts the Arteon on a direct collision course with BMW, Audi and Mercedes, who have traditionally had little to fear from the scandal-hit German giant.

It is a marked change in direction for the 'people's car' as Volkswagen translates to. News last week that the VW Golf supplanted the Ford Fiesta as the UK's best-selling car seemed to confirm that Volkswagen had secured its enormously profitable

position among the motoring gods.

The challenge for Volkswagen is convincing the public to accept the Arteon as a truly premium car, comparable to the Mercedes C-Class coupe and other established vehicles. Many might be inclined to consider the Arteon merely a fancy upgrade on a budget-friendly model.

Buyers being asked to fork out more than €50,000 may play it safe with other German cars.

Sensing this, the Arteon comes complete with a range of new and different features to distinguish it from the competition. It has full safety marks, limited self-driving technology, and a crash system which anticipates impact and secures seats and seatbelts in the safest positions accordingly.

ROAD TEST by Nick Fletcher

Citroen C3 Flair

THE latest Citroen C3 is much more of a threat to established supermini big-sellers such as the Ford Fiesta, Vauxhall/Opel Corsa and VW Polo, for the French company has significantly upped its game.

With a bold and more trendy new look and a lot of emphasis on comfort, the C3 comes over with much more cachet than main

competitors and priced from just €12,587 (£11,135) suggests you get a lot of car for your cash.

Entry level Touch versions get DAB radio, Aux and USB sockets, Bluetooth, front and curtain airbags, lane departure warning, speed limiter/speed warning, cruise control and even a coffee-break alert among standard features.

Mid-range Feel models add more kit, so too do the top-range Flair version and this latter was the model I tested in 100 hp 1.6 litre diesel form with standard five-speed manual gearbox. Top speed is 185 kph (115 mph), the 0-100 kph time 10.6 seconds and the fuel economy excellent at 27 kpl (76.3 mpg).

This version costs €19,788 (£17,505) and has wheelarch extensions, alloy wheels, 7-inch colour touchscreen, with Apple Carplay, automatic air-con, auto lights and wipers, tinted glass, protective Airbump cladding, rear parking sensors and reversing camera.

The cabin design underlines that this C3 is certainly different

not only to its predecessor but to rivals in the sector. Its quirky, curvy appearance gives it important youthful attraction, appealing to those who want to ensure they stand out from the crowd. They can also personalise the car - there are 36 different colour combinations.

Another appealing feature on the Flair version is Connected-CAM which constantly records what's ahead of you and in the event of an accident will save the preceding 30 seconds and following 60 seconds of footage for use in any criminal proceedings or insurance claim. And you can also use it for recreational activities, such as just taking pictures of anything you see as you drive along; the photos you take are then saved to your smartphone for social media sharing!

Seating is very comfortable, so too the ride quality thanks to revised suspension. The steering gives good road feel, the five-speed gearbox has a slick action and overall, the C3 is a very pleasant drive.

Four adults will be comfortable in the C3 and the the 300-litre boot is one of the largest in the sector, and can be boosted by split-fold rear seats. My only quibble is that the tailgate is narrow and the boot has a deep lip.

Stats panel:

Model: Citroen C3 Flair
Engine: 1.6 litre diesel
Transmission: 5 speed manual
Performance: 0-100 kph 10.6 seconds, top speed 185 kph (115 mph)
Economy: 27 kpl (76.3 mpg)
Emissions: 95 g/km



CITROEN C3 FLAIR: With a bold and more trendy new look.

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Glory days for the 'Fed', Garbiñe, Lewis, Hannah and the Springboks!

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 we've had some terrific sporting action over the last week or so - and if you check my events calendar, there is plenty more to come - enough to suit everybody, young and old, male and female... and just to let you know the domestic football season starts in several countries in just over three weeks time.

FORMULA 1

Last Sunday at Silverstone, Lewis Hamilton, starting from pole, won the British Grand Prix for the fourth successive year and in doing so closed the gap between himself and Sebastian Vettel at the top of the driver's championship to one point.

Driving superbly from start to finish, Hamilton's Mercedes purred around the circuit to take the chequered flag ahead of team-mate Valtteri Bottas and Kimi Raikkonen. Vettel finished in seventh place after a tyre failure on the final lap... and the home fans in the 145,000 crowd loved it!

Budapest, Hungary stages the next race on Sunday, July 30 before everyone gets four weeks off!

TENNIS

Switzerland's majestic superstar Roger Federer created history last Sunday afternoon when he won his eighth Wimbledon men's singles title and the 19th Grand Slam triumph of his career, with a comfortable straight sets victory over Croatia's Marin Cilic.

Spain's Garbiñe Muguruza comfortably beat Venus Williams in the women's final, to become only the second Spaniard to win the title, following her current coach Conchita Martinez's victory in 1994.

Marcelo Melo (Brazil) and Lukasz Kubot (Poland) won the men's doubles, the Russian pair of Ekaterina Makarova and Elena Vesnina claimed the women's prize; GB's Jamie Murray and Martina Hingis clinched the mixed doubles title, beating Heather Watson and Henri Kontinen in the final, and the British duo of Alfie Hewitt and Gordon Reid once again won the men's wheelchair doubles.

British number ones Andy Murray and Johanna Konta were knocked out of their singles events at the quarter and semi-final stages respectively.

Almost 500,000 spectators attended the tournament which saw 2,145 games played and 222 sets completed. There were 1,100 aces served with American Sam Querrey booming down 139 of them, the fastest topping 137.2 mph.

CRICKET

England were well and truly

thumped, walloped, annihilated, out-bowled, out-batted, out-fielded, out-caught and even out-reviewed by a revitalised South African team in the second Test at Trent Bridge. The Springboks (335 and 343-9 declared) won by a massive 340 runs, after dismissing Joe Root's side for 205 and a meagre 133, to gain their biggest win in England for 23 years.

"Far too many England players simply gave their wickets away"... Nasser Hussein's words not mine. The third and penultimate Test starts at The Oval in seven days time and let's be truthful, England need to find a new opener and a top-order batter from somewhere as they've now lost eight of their last 13 Tests.

FOOTBALL

Congratulations to England's teenagers who beat Portugal 2-1 in the final of the Euro U19 championship in Georgia... Manchester City goalkeeper Joe Hart is set to join West Ham on loan...

José Mourinho says "It's mission impossible" in respect of Cristiano Ronaldo rejoining Manchester United... Manchester City have paid Spurs a world record fee for a defender of £53m for Kyle Walker... John

Terry has left Chelsea for Aston Villa... and Everton could have a new 60,000 all-seater stadium come 2019.

ROUND UP

Last weekend, Spanish golfer Rafa Cabrera-Bella won the Scottish Open and Korean Park Sung Yun triumphed in the US women's Open... GB athletes Hannah Cockcroft (100 metres and 800m wheelchair races), Jonnie Peacock (100 metres sprint), Olivia Green (long jump) and Sophie Kamilish (women's 100m) have all won gold medals at the World Paralympic Games in London... Sir Mo Farah won the 5,000 metres in the Diamond League in Morocco... and GB's Chi-Jindu Ujah was victorious in the 100 metres at the same venue.

HAMILTON: Won the British GP for fourth successive year.



Busters Golf Society

FOR their July outing, Busters travelled down the AP-7 to Roda.

For those of you that have not played Roda this year, they suggest you get along there and play it!

The course was in excellent condition; friendly staff and everything as it should be, the fairways had enough growth to give you a chance to hit the ball, the first cut was forgiving and the greens were consistent. In 2018, they will be offering a slightly cheaper rate after 12pm.

Onto the results and there were 20 players for this month.

Winning the BF9 was Lee Porter, with 17 points and the BB9 being taken by Nikki Ead with 21 points.

Regarding their NTP's, they only had two green hit in regulation. They were won by Ian Allison on the seventh and Preston Ives on the 11th - they selected either a sleeve of golf balls or wine.

Martin Collins kindly donated some of the prizes so Busters would like to thank him as it helps to top up their social fund.

In third place was Martin Collins with 33 points. In second place was Bill Peters who also had 33 points but beating Martin by count back. Both second and third places won wine.

Winner on the day was Phil Pettican with 36 points - very well done Phil. He received a bottle of Smirnoff vodka.

The two's pot had been carried over from June and they had three two's sharing the pot this month.

Preston Ives won the soccer card.

El Plantio 2 Golf Society

TUESDAY, July 11 Club Day saw another team game with a 'Yellow Ball' competition.

An ideal entry of 18 members resulted in six teams of three each having sole control of the Yellow Ball for six holes. A draconian change of existing rules by Club Captain, Rod Loveday, meant the penalty for a lost ball was increased from two shots to five, but no dissent among members was voiced. However, only one team suffered that penalty.

Indeed, despite the greens being quite slow, a few individual Stableford scores in the mid-30's were returned.

Nearest the Pins, Hole 4 - Rod Loveday and Hole 8 - Kei-

th Smith.

3rd Place, Alan Janes, David Swann, Lyn Young - 128 points.

2nd Place, John Wilby, Mel Hope, George Stanhope - 138 points.

1st Place, Ray Housley, Henry Mellor, Rod Loveday.

If anyone would like to join the society, they play at El Plantio Golf Club on Tuesday, Friday and Sunday. They use both courses - the Par 3 nine-hole course and the main 18-hole course - so cater for all abilities.

The membership rates are very competitive, so call Ian Henderson on 966 716 616 or 636 116 230 for details.

Eurogolf presentation evening

EUROGOLF recently held their end of season presentation evening at the Clubhouse.

It was a fabulous evening with the Caribbean theme, delicious food served plus dancing to the saxophonist proving the recipe for success. Captain Debbie Weedon, along with her vice captain, Fred Reeve, made the presentations to annual competition winners and special trophy winners.

The results were as follows:

Millennium Masters Cup - Robin Richards
Jubilee Cup - George McCallum
Non-winners Cup - Paul Manning
Chuck Martinez Memorial - Robin Richards
President's Trophy - Debbie Weedon

Birthday Cup - Kevin Bonser
Founder's Trophy - Pino Perito
Easter Cup - Sue Gillett
Ken Wilson Memorial - Mary Sander-son
Invicta Trophy (most improved lady) - Lauraine Walker
Pegasus Trophy (most improved male) - Bertie Lawson
Ladies strokeplay - Linda Lynch
Mens strokeplay - Artie Crammon
Senior singles - Ian Turner
Club pairs - Artie Crammon and Bertie lawson
Ladies pairs - Debbie Weedon and Sue Gillett
Mixed pairs - Tony and Sue Forbes
Club singles - John Barraclough
Laura Davies (last four medals ladies) -

Debbie Weedon
Nick Faldo (last four medals men) - John Holland
Stableford eclectic - David Valentine
Medal eclectic - Pino Perito

Club championship results

Handicap competition - 1st Ian Pegg 148, 2nd Linda Lynch 148 c/b, 3rd Robin Richards 150
Gross competition - 1st John Barraclough 161, 2nd Arty Crammon 170, 3rd George McCallum

Eurogolf have now finished for the summer and recommence Tuesday September 5.

For more information please visit the website www.eurogolf-quesada.co.uk.



PRESENTATION: A Caribbean theme.

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