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**dfs**  
San Javier

See page 32

## Brit rescued amid concerns

# All at sea

By Darren James

A 76-year-old British bather on the point of drowning has been rescued on Carabassi beach in Elche.

Lifeguards were alerted to his plight by a concerned holidaymaker and reached the victim as he was about to stop breathing.

Once ashore he was transferred to the General Hospital once his condition had been stabilised, with the incident occurring in choppy water as the yellow flag was flying.

It comes as a Spanish Red Cross report revealed that seven of every 10 people rescued on Alicante beaches this year have been foreign.



Policia Local de Elche

**LUCKY ESCAPE:** The victim almost drowned.

As a result, a safety campaign has been launched in English and Russian with advice on how to react and behave should people find themselves in risky and dangerous situations in the sea.

A spokesperson said: "The death and rescues of other nationalities on our beaches are becoming more frequent.

"There are bathers from all over Europe, from English to Irish, Russian or Ukrainian, who think that the Mediterranean is a pond, when it is in fact the opposite; it's very dangerous."

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## Sting downs gang



**ARRESTED:** In a major raid.

FOUR men have been arrested for allegedly committing more than 40 robberies in Torrevieja and Orihuela Costa since 2016.

One was held in a major raid by the Guardia Civil in Molina de Segura while the others were picked up in San Pedro del Pinatar and elsewhere in Molina.

The gang sparked fears among residents since most of the break-ins took place at night while homeowners were sleeping, with several having caught the thieves in the act, forcing them to flee.

They used home-made tools to force entry before targeting small valuables including mobile phones, laptop computers and jewellery, although in some cases vehicles were also stolen and credit card details were often copied.

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INSIDE page 80

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Go to page 47

**NEWS EXTRA**

**Tip off**

THE Valencian High Court has annulled a permit given to the company managing Alicante's municipal tip by the National Environmental Ministry in 2012 that would have allowed the firm to increase the size of its main landfill by 50 per cent.

**Deadly dive**

A FEMALE driver was killed in Crevillent after her car plummeted 30 metres down a ravine near carretera de Garganta and landed at the bottom of a dry section of Crevillent dam.

**Lorca tours**

DURING the rest of July, August and September, Lorca will be offering an afternoon guided tour which will take in some of the most famous and iconic buildings in the city, focusing on those from the 19th century.

**Flight panic**

A NURSE from Murcia saved the life of a woman in mid-flight on a journey from Edinburgh to Alicante-Elche. The recently graduated Antonio Cayuela Costa reacted to the pilot's request for someone with a medical background to help one of the passengers.

# Experts target jellyfish swarms

## Beware the blobs!

By Matt Ford

BEACHGOERS are advised to be on red alert over the coming weeks after experts revealed that jellyfish are present in above-average numbers across 5-10 per cent of Spain's Mediterranean coastline.

The news comes as the stinging blobs have been reported from Malaga Province for the first time since 2015, as an expert in Alicante confirmed that certain beaches seem to attract them more frequently and in higher densities.

A new EU-funded report compiled by the Spanish Institute of Marine Sciences analysed sting data from more than 70 per cent of the country's 1,200 lifeguard towers and highlighted a series of black spots.

Cesar Bordehore, a researcher at the University of Alicante's Ramon Margalef Institute of Environmental Studies confirmed "we now know that between 5-10 per cent of Spanish Mediterranean beaches show an over-population, and we are now studying these cases in order to reduce their populations and the num-



credit: Burren Shores/Twitter

**PURPLE MENACE:** The mauve stinger can occur in high densities.

ber of people being stung."

In Malaga, the Aula del Mar marine museum has teamed up with the University of Malaga and Oceanographic Centre to form a predictive model able to foresee how each summer might progress, and they expect this to be ready by August.

Biologist Jesus Bellido, who helped design the free mobile application Infomedusa for both Apple and Android devices, said that those appearing in Mijas, Marbella, Estepona on the Costa del Sol and Torrox on the Costa Tropical have confused his team because the climatic conditions were not the same in the two locations.

**Awkward little stingers**

THE most common species in the Spanish Mediterranean is Pelagia noctiluca, the purple or mauve stinger, most easily identified by its pink to purple colour.

It is an offshore species that is sometimes swept into shore, sometimes in massive numbers.

The sting from its tentacles is venomous but not especially dangerous, normally producing a whip-like scar.



Chris Froome/Twitter

**WINNER:** Cycling hero Chris Froome.

**Spanish success the goal**

CYCLING hero Chris Froome is targeting a win in this year's Vuelta a España as he targets a second grand tour of the year following his fourth victory in the Tour de France last Sunday.

The race begins in less than four weeks, but Kenyan born Team Sky racer Froome is aiming to be the first man to win two grand tours in one season since Spaniard Alberto Contador bagged the Tour and Giro de Italia in 2008.

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**800,000** The number of new businesses in Spain set up by female entrepreneurs, between 2008-2013.

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# Spanish life savers thanked

AN Irish Naval Service crewman who fell ill while on humanitarian duty in the Mediterranean has thanked the Spanish coast guard for saving his life.

Ordinary Seaman Craig Clear, from Co Laois, was airlifted from the deck of the LE WB Yeats with a suspected collapsed lung just days after the vessel sailed from the Irish Naval Service Base in Haulbowline, Co Cork.

## Home to roost

A GROUP who bred roosters for use in secretive illegal fights has been held in Elche. Investigators tracked the birds to a building where they found several with serious injuries plus a flock of hens for breeding. It comes after police last week closed down a cock fight in La Flora park which had been organised under cover of darkness.

## Good value

FIGURES from the Spanish National Statistics Institute on average room prices for June 2017 show that the Costa Blanca remains the cheapest holiday destination in Spain. The news comes despite the average price of a room rising by 8.4 per cent to €79 compared with June 2016, but this remains well below the national figure of €87.50.

## Boat blast

THE Guardia Civil have launched a probe after people were injured in an explosion at Santa Pola port. A three-year-old boy and a 40-year-old woman suffered serious burns and were taken to Alicante General Hospital. The other five suffered with minor injuries with the blast reportedly caused by flammable gas.

## Float on by

ALICANTE police have recovered a bundle of drugs that were found floating close to the beach in San Juan. A member of the public enjoying a morning swim raised the alarm after spotting the suspicious package, which contained around 30 kilos of hash.

# Safer bathing in Torrevieja

TORREVIEJA Council has begun to remove blocks of concrete that have been semi-submerged in the area of San Roque and that are used as walkways for swimmers.

Over a period of time, these blocks had become dangerous due to the deteriorating fixings used to anchor them to the sea bed.

The affected beach area is located to the south of Los Náufragos where access to the water is not sandy but in-

stead made up of rocks and small stones. Torrevieja Council began to order their removal once it was understood that there weren't going to be any repairs to the affected area that were hit by the severe storms last winter.

While these works were taking place, new walkways have been installed in the area and over the coming days lorries of aggregate will be delivered to even out the road that runs parallel with the sea and the front line of buildings.

## SPANISH FACTS OF LIFE...22

Spain is the second-largest producer of cork in the world after Portugal, with 27 per cent of the world's 2.2 million hectares of cork forest, and the annual harvest is in full swing.

# Popping the cork!

TAKING place from June 15 to August 15 each year, the cork harvest is the ultimate example of an environmentally-friendly industry which still employs ancient methods.

It is considered sustainable because the trees are not cut down to obtain the product, rather the bark is stripped from the trunk by highly-skilled workers known as corcheros who wield specialised tools and must train for around eight years.

Normally working in teams of five, they each have a specific role, from using an axe to strip the cork to stacking the planks in piles or loading it onto mules once it is cut.

At the factory, the planks are boiled in a deep water vat, which renders it soft enough for flattening and processing.



**BARK:** Is stripped from the trunk.

## A fine vintage

THE trees cannot be harvested until they are 30 to 40 years old and have a minimum circumference of 60cm at the base.

After being cut they are left alone for nine-12 years to allow the cork to grow back, the harvest taking place in a different area each year following a cyclical pattern.

The first and second harvests produce low quality cork, but from the third onwards it is of sufficiently high grade to use for the production of corks for around 60 per cent of the world's wine.

Although cork oaks can live for more than 300 years, some even reaching 500, they are not usually exploited after they reach 200 years of age.



**Cork is highly resistant to fire.**

Italy, Tunisia, and France.

- Cork is highly resistant to fire and the thick bark, which can be up to 30 cm thick, is thought to have evolved as a natural defence in a region where wild fires are common.

- In Spain, cork oak forest is home to some of Europe's most endangered wildlife,



**Native to the Mediterranean.**

including the Iberian lynx, Spanish imperial eagle and black vulture.

- With an area of 170,025 hectares, Los Alcornocales Natural Park in Cadiz Province is the world's largest cork oak forest and the only subtropical forest in Europe.



**Los Alcornocales Park.**

## Pull the other one

- The cork oak, *Quercus suber*, is native to the Mediterranean countries of Portugal, Spain, Morocco, Algeria,

## Fatal plunge

A HOLIDAYMAKER from Murcia has died in Morocco after falling six metres into a car park.

The victim, named as 40-year-old Agustin G had been partying with friends in a nearby nightclub and reportedly tumbled over a dangerously low wall.

## Domestic debacle

LOCAL POLICE have arrested a couple in Elche after a heated domestic squabble led one of the two being stabbed in the arm. According to investigators, the man had raised his fist towards his partner, who proceeded to knife him in an attempt to defend herself. Both have been ar-

rested and transferred to separate hospitals to treat their respective injuries.

## On the move

ELCHE police have launched a new unit, which specialises in public transport, as part of a crackdown on unlicensed taxi drivers around the Alicante-Elche Airport.

Officers arrested a Bulgarian man, who was carrying five British passengers, for driving without a taxi licence and arrested several more un-sanctioned drivers who tested positive for drugs.

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The total number of news and features which appeared in Issue 1672 of the Euro Weekly News Costa Blanca South edition, including 79 local stories.

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## Top 5 stories

From 18 - 24 July

- 1 Urgent appeal for missing Albox couple - **4,370**
- 2 Brit holidaymaker outraged as couple have sex on Alicante plane - **4,030**
- 3 'Missing' Albox couple reported 'safe and embarrassed' - **3,736**
- 4 British couple found in Manilva died 'at least 15 days ago' - **2,604**
- 5 Huge hailstones fall in northern Spain - **2,000**

euroweeklynews.com

## Poll of the week

**As controversy continues to surround the US President do you think Donald Trump will serve a full eight years as the world's most powerful leader?**

**LAST WEEK'S POLL:**  
 With Marbella seeking to ban shirtless tourists, should beachwear be prohibited in town and city centres?

**Yes = 84%**  
**No = 16%**

## Top Social Media comments

**Balearic Parliament approves bull runs 'without blood, without suffering'** Not enough! An outright ban is needed! *Laioseach Ni Chleirigh*

**Man arrested for assaulting his father outside police station in Malaga** Poor father, he must have been 'at the end of his tether' to have taken his son there. Such a pity they could not get help earlier and avoided this horrible situation. My sympathy for the son as well he needs help, even if he doesn't recognise it yet. *Elizabeth Saunders*

**Two people die trying to rescue a dog from a reservoir in Almeria** Spain obviously doesn't give a toss about stray animals, abused animals, abandoned animals, killing animals, which leads to people trying to save them and thus tragedies like this. Ridiculously unnecessary. *Mona Mangham*

**British couple found in Manilva died 'at least 15 days ago'** could easy happen. Too many people like to keep themselves to themselves, and then, this happens. Be nosy, be friendly, be around people, we need them when we are older, especially in a different country. *N Maurice Johnson*  
**Brit teen dies of 'drug overdose' during rave in Salou** Just finished his A levels too... This

is really sad! Being young means you do silly things, we all have, not necessarily taking drugs but we've all risked our lives in one way or another, I've never seen such nasty comments on a post before, I truly hope none of your brothers/sisters/cousins/sons/daughters and so on, never do anything like this and inconsiderate people post such wicked 'matter of fact' comments about them!! *Sarah Louise*

**Brit holidaymaker outraged as couple have sex on Alicante flight** Surely if you can take the trouble to post a complaint on the airlines FB page, why couldn't the staff's attention have been drawn to it. Also why not ask the parties concerned to cease their activities? *Ted Milsom*

**@Ted Milsom** I would think if you asked them to stop they would just laugh, that sort of mentality. No hit them in their pocket and make them forego their holiday. *Edith Farniner*

**Lorry drops into the ocean from a Cadiz beach** So lucky and that it's not a high bridge... well done to driver and police. *Lydia Taylor*  
**Man arrested over rape of British tourist in Malaga** What part of NO don't they understand??? *Wilhelmina van der Horn*



The couple have since been found 'safe and embarrassed'

## TRIVIA FROM AROUND THE WORLD

The shortest war ever fought was between Britain and Zanzibar on August 27, 1896, with the latter surrendering after 38 minutes.

It is not possible to hum while holding your nose closed.



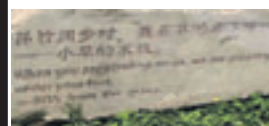
The 1960 movie 'Psycho' is thought to have been the first cinema film where a toilet is shown being flushed. The momentous flushing scene was just before Janet Leigh's character took a shower and was then stabbed to death.

★★★★★★

## Did you know?

X's at the end of a letter signify kisses because in the Middle Ages, when many people were unable to read or write, documents were often signed with an X. Kissing the X represented an oath to fulfil obligations in the document, and consequently X and the kiss became synonymous.

## Lost in translation



When you are striding on us, we are groaning under your feet - SOS from the grass.

## CORRECTIONS

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

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Photo credit: Instagram

RED HOT: Lucy and Ryan.

## Mecking it official

RUMOURS of their romance have been bubbling under the surface for weeks.

And former *The Only Way Is Essex* star Lucy Mecklenburgh, 25, declared her feelings for *Coronation Street* actor Ryan Thomas, 33, after the pair were pictured together during a steamy trip to Ibiza.

The love birds were snapped at a nightclub before Lucy paraded on a hotel balcony in a bright red lace-up bikini which left little to the imagination.

# Picture purr-fect!

ATOMIC KITTEN singer and reality TV star Kerry Katona has been spotted in Marbella with two of her five kids, Heidi, 10 and Dylan-Jorge, two, where she is enjoying a sun-soaked summer break.

It comes as the former *I'm a Celebrity... Get Me Out of Here!* winner faces a €270 fine in the UK after two of her daughters were whisked away to Barbados during the school term earlier in the year.

But the 36-year-old is clearly enjoying her time in the Costa del Sol's capital of glitz, as she stepped out in a blue dress with white crocheting details as her offspring sported identical outfits.

According to *The Sun* newspaper, she is staying at the home of disgraced businessman Mon Basra, who was handed a four-and-a-half-year jail sentence in 2013 after being found guilty of harassing two women.



Photo credit: Instagram

BEST OF FRIENDS: Kerry (l) and Rosie.

Kerry is friends with his wife Rosie, and the pair cemented their love for one another in a social media photo captioned: "Friends for life!!!"

## Up the isle

THEY have been together for two years and their first child was born in December 2016.

Now TV presenter Zoe Hardman, 34, and rugby star Paul Doran Jones, 32, have tied the knot at a lavish ceremony in Ibiza accompanied by their celebrity pals.

Guests included former England rugby captain Mike Tindall, his wife and Queen's granddaughter Zara Phillips, TV personalities Caroline Flack, Matt Johnson and Sarah-Jane Mee, plus singer Heidi Range.

Speaking to *Hello!* magazine after the star-studded event, Zoe said: "Our friends are like family to us and we wanted everyone we love to be there. I wanted a relaxed, boho vibe, where family and friends could party until dawn. Marrying the man of my dreams on an island we both adore, was amazing."



Photo credit: Instagram

BESOTTED: Paul and Zoe.

## Madeley in heaven

SHE is the youngest child of chat show legends Richard Madeley and Judy Finnigan. But Chloe Madeley, 30, proved she is all woman after posting a series of sizzling swimwear shots to Instagram. The stunning presenter and fitness expert has been holidaying in Ibiza with rugby-player squeeze James Haskell, 32, who she has been dating since 2014.



Photo credit: Instagram

BIKINI BODY: Chloe Madeley.

## Bear necessities

HE has been dating *Geordie Shore* star Charlotte Crosby after the pair met on MTV show *Just Tattoo Of Us*. But Ex *On The Beach* hunk Stephen Bear, 27, appeared wild and carefree during a booze-soaked appearance at a Mallorca club as he poured neat vodka down his throat while partying with bikini-clad beauties, at one point even indulging in a spot of crowd-surfing.



Photo credit: Instagram

WILD THING: Stephen Bear.

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**PUBLIC PARKS:** Regulations will soon allow dogs to be walked without a lead.

# Four-legged freedom

ALICANTE Council will shortly be amending the rules and regulations relating to public parks and gardens to allow the walking of dogs without a lead at certain times of the day.

The five political groups that make up the Alicante Council have signed a for-

mal institutional statement that will bring the city in line with similar allowances for dogs in Madrid, Bilbao and San Sebastián.

This measure has been as a result of regular demands from owners in Alicante and reflects the fact that an incredible amount of 35,000

dogs live in the city.

The beginning of this scheme and the times which will be allocated for dogs to be allowed to be 'lead free' in the parks will be announced shortly.

It's understood that the first area to benefit from this initiative will be the Parque Sergio Melgares, found in the PAU 5 region of the city close between Albufereta and San Juan.

**1,250,000** The number of hunting licences granted annually in Spain. Mainly held by occasional hunters of game birds.

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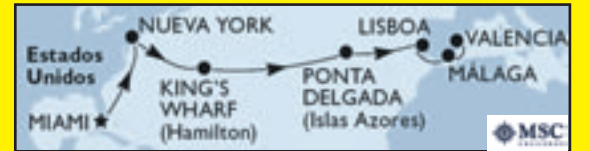
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## The saddest farewell

By Darren James

LARGE crowds of relatives, friends and neighbours attended the funeral held in the Murcia town of Alguazas for the married couple who drowned on Guardamar beach only two days earlier.

The couple were enjoying a holiday in the popular Costa Blanca tourist resort with their two daughters and their nephew when the tragic incident took place. It's been reported that the 11-year-old and the two teenagers were not on the beach at the time.

People close to the family said that the funeral took place well inside the Tanatorio to avoid the heavy attention from local and national media who have been asked to respect the privacy and the grief of the family at this time.

The identities of the drowning victims have not been made public.

## OUR VIEW

### The right to live or die

THE sad story of Charlie Gard has been heartbreaking, not just for his parents but for tens of thousands of people who followed the case.

No parent ever wants to outlive their child and in this particular case, the agony of the parents who have tried everything to prolong his life is quite clear.

The Great Ormond Street Hospital has a fantastic record of improving the life of so many children but does appear to have been involved in a number of legal battles over the rights of parents to keep their children alive.

More than £100,000 (€110,000) was raised by donation to help support Charlie's parents but all of this money and the legal costs of the hospital have effectively been wasted whilst the various court cases were heard.

There is a terrible dilemma here as to who should have the right to decide the life or termination of a child.

The hospital has experts who believe that their recommendation to terminate Charlie's life was correct, yet past cases have shown that miracles can occur as in the case of Aysha King whose parents were arrested for taking him out of the UK.

This is not the first or the last case of this kind, but in the meantime, we certainly feel immense sorrow for Charlie's brave parents.

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# Alleged killer is arrested nine years after murder

By John Smith

AFTER nine years, the alleged killer of an Ecuadorian has been arrested by the Guardia Civil in Torre-Pacheco (Murcia).

In 2008, an argument took place in Novelda (Alicante) between two men from Ecuador which resulted in a 22-year-old being stabbed to death by the other, who then went on to injure a third man who had tried to intervene.

The killer escaped and although samples of his DNA found at the scene allowed officers to identify him, they were unable to discover his whereabouts although they did find his passport at the address at which he had been staying.

In 2014, officers discovered that the dead man's



Guardia Civil

**ARRESTED:** The accused is led away in handcuffs.

brother had reported his passport as missing around the time of the murder and after reopening the case they determined that although the brother had returned to Ecuador, he was also registered as an agricultural worker in Torre-Pacheco.

Officers approached the man - still living in Spain -

and discovered that the passport he held had been 'doctored' with the addition of a different photograph.

He has now been arrested and placed in prison awaiting trial.

Had he managed to evade capture for 15 years after the murder, he would have escaped being charged.

## NEWS EXTRA

### Avast pays up

SAILORS working on the freighter Navantia, in the port of Cartagena, have begun to be paid again after not working on the repair of the vessel since January. They had allegedly not been paid any salary by the Egyptian owner.

### They, robot

FORTY children between the ages of five and 13 with different types and levels of autism have begun to participate in five robotics workshops in summer schools held at the artillery barracks in Murcia and Cartagena.

### Health tests

MEDICS at the Santa Lucia Hospital in Cartagena have discovered that performing a series of exercise tests with elderly patients suffering from aortic valve obstructions helps to improve their treatment and determine whether an operation is required.

### Blaze probe

POLICE suspect that a series of fires that broke out in Calasparra were started deliberately by people throwing a form of incendiary device. People walking in the area just before the blaze started reported hearing small explosions immediately beforehand.

### Jazzy G

INTERNATIONAL singing star George Benson, 74, entertained an enthusiastic audience at the Jazz Festival in San Javier. Reports suggest at one point you could hear a pin drop; such was the intensity of his performance.

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5	Palermo	09.00	15.00
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\*This size range includes both standard cabins and cabins for guests with disabilities or reduced mobility, which are larger.

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## Hooray for... San Juan

INSPIRED by the world famous landmark in the USA, a group in the Alicante neighbourhood of San Juan are seeking to get their own 'HOLLYWOOD' sign.

Residents and business people in the area are looking at initiatives to promote San Juan that many believe, with its internationally famous beach, is being forgotten and is taking second place behind the more prominent city neighbour of Alicante. One such idea is a large iconic sign that tourists can be photographed in front of and be seen around the globe.

During a recent visit to San Juan, Alicante's mayor, Gabriel Echávarri, was presented with a dossier by the newly formed association 'Juntos Avanzamos' (We advance together) containing ideas and suggestions put forward by the hotels, bars, restaurants, leisure

centres and shopping centres in the area to make the beach area different.

José Caracena, the president of the association, spoke for many when he said: "We need an icon for Playa de San Juan. For example, a large structure in the Cabo de las Huertas that is visible from the entire beach with its name. It could also be a large fountain out to sea. Why should everything done to promote beaches in Alicante be concentrated on Postiguet? There is nothing here."

In addition, the mayor was made to listen to a series of immediate demands, such as more parking. The locals believe that they are losing tourists because of the problems - parking is a nightmare during the peak season - and also due to a lack of public transport that links to the Playa de San Juan area at night in July and August.

## Province on overload

FIREMEN are being called out to an increasing number of fires in electricity meters and installations.

This year's first occurred in January when the generators at an Orihuela sports club caught fire and the most recent was reported earlier this month in San Vicente.

Alicante Province has already seen 50 of these fires this year, compared with 29 during the same period in 2016, the Provincial Fire Consortium announced.

"Fires of this type are always spectacular because they produce black smoke that is often toxic, filling stairwells and hindering rescues," Suay said.

This occurred in the San Vicente fire when firemen had to ask the apartment building's 100 residents to remain on their balconies until the smoke had cleared before they could be evacuated.

Although fires caused by faulty electrical equipment or installations are not habitual,



**SUMMER HAZARD:** Air conditioning going full-blast.

homes often have too many appliances connected at the same time and in many cases the electrical installation is old, with inevitable overloads and short circuits.

This is a particular hazard at this time of the year with air conditioning going full-blast, explained Juan Miguel Suay, responsible for Consortium's New Technology division.

## NEWS EXTRA

### Dogs wait

THERE are currently over 100 dogs awaiting adoption from the Zoonosis Centre. Recently released figures show during 2015, Murcia adopted 533 dogs as part of a total of 700 that included cats and other pets.

### Civil choice

YOUNG people in Murcia want to be civil servants when they leave education. The findings come as a result of a survey into all aspects of student life which showed that Murcia has one of the lowest levels of English knowledge in Spain.

### Top jobs

SPANISH business tycoon Amancio Ortega has come out top of a poll asking young people who they most admire without being prompted by a list of names.

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**NEWS EXTRA**

**'Club' closed**

TORREVIEJA Council, in conjunction with the Guardia Civil, have ordered the closure of a 'nightclub' on the N-332 at Punta Prima. There are severe security issues and it operates under a motel licence, not a club.

**Dolores wins**

THE Dolores Musical Union has won the third International Competition of Music Bands - considered one of the oldest and most prestigious in the world. They scored 364.5 points pocketing €3,000.

**Heroes talk**

THE two members of the Guardia Civil that rescued two young people from the sea in Torrevieja said the strong waves and current prevented the pair from getting out of the water and they were almost thrown against the dangerous rocks.

# Changing room pervert arrested



Photo credit: Guardia Civil

**SPYING:** Equipment seized by the Guardia Civil from Habaneras pervert.

MEMBERS of the Torrevieja Guardia Civil have arrested a man in the act of making video recordings of a young girl in a shopping centre changing room.

The victim of the recordings was a 14-year-old girl who had been filmed in one of the shops that make up the Habaneras Centre in Torrevieja.

She had been trying on clothes in the changing rooms

when she noticed what she thought was a small camera appearing over the top of the dividing wall in the cubicle.

The girl immediately left the room and reported it to members of staff who promptly called the police.

As soon as they arrived, they went straight to the cubicle where the man was, surprising him as he continued to record

people in the neighbouring areas unaware of what had gone on.

The arrested man is a 45-year-old Spaniard from Murcia who was found in possession of a top of the range mobile phone connected to a flexible endoscopic camera and a WiFi device.

Police are continuing the investigation to establish whether the man had previously filmed anyone else.

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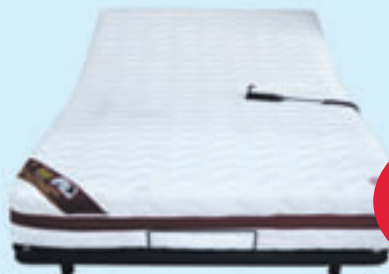
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# Open letter from HMA Si

GIVEN the success of the Spanish State Visit to the UK the week before last, which, among other things, highlighted the importance of people to people links between our two countries, I thought it timely to return to the subject of citizens' rights in the negotiations on our departure from and future partnership with the EU.

In the year since the EU referendum, I've had the pleasure of meeting many of you across the country, from the Balearics to the Canaries, along the Costas and in Madrid, and our consular teams have met many more.

I know from those conversations that there has been uncertainty for many of you. My teams and I have listened to your concerns about the future, including about your residency status in Spain, the level of your UK pensions, and your access to Spanish health and other social services, and have noted the questions you have about tax, inheritance, right to work and the implications of applying for Spanish nationality.

At our meetings, on our social media and in interviews, I have also pledged to keep you up to date as negotiations on

our exit from the European Union continue. So, let me update you on where matters stand now, in light of the latest negotiation round in Brussels last week.

The UK government has been clear that citizens are our top priority in the exit negotiations. We want an agreement that provides citizens with greater certainty about their future.

Last week, we held constructive and substantive discussions with the European Commission on the bulk of the issues underpinning our respective positions on citizens' rights. Together we have taken a big step forward.

There is a much clearer understanding on the detail of the positions on both sides and significant convergence on the key issues that really matter to citizens. You can read this technical note which compares the UK and EU positions on these issues here. It is clear both sides want to move towards an agreement.

As you know, on June 26, the Prime Minister outlined to Parliament an offer to protect the rights of EU citizens in the UK. We are entering the negotiations with the European Commission and the other 27 EU Member States construc-

tively and we therefore hope that the EU27 will offer reciprocal treatment for British nationals resident in the other Member States.

Many of you will have seen press reports of our June 26 offer, whether in the UK or Spanish media. I hope you will also have read the detailed proposals which are set out in 'Safeguarding the position of EU citizens in the UK and UK nationals in the EU' (<https://www.gov.uk/government/policies/brexit>) and I would encourage you to sign-up for email alerts (you can do so on the Home Office *gov.uk* page) to receive updates, to ensure that you are receiving information and guidance from official sources.

The first key element of the new proposal is residence status and working rights. Until the UK's exit, EU citizens in the UK will continue to enjoy all the rights they currently have under EU law; they can continue to live and work in the UK just as they do now.

The same rights also apply to you, British residents in Spain. You can continue to live and work here in Spain as you always have done. After the UK's



**SIMON MANLEY:** Has pledged to keep you up to date as negotiations

exit from the EU, we are proposing a reciprocal deal that would protect the right of UK nationals already in the EU to continue to live and work in the EU. We hope that the European Commission

and the 27 other Member States will agree to this.

The second key element is healthcare, pensions, education and access to benefits. It is our intention to treat EU citizens



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# Simon Manley



announced that the UK will continue to export and uprate the UK State Pension and provide associated healthcare cover within the EU, issues which I know from my conversations over the last year were important to many of you.

At the moment, those of you who are UK pensioners and resident in Spain access healthcare through the S1 form. This means the UK reimburses Spain the cost of providing medical treatment.

After the UK leaves the EU, we want to continue your healthcare entitlements on the same basis. Healthcare in Spain was indeed one of the case studies cited in the detailed proposals made by the British Government on June 26 (see link).

Subject to negotiations, we want to continue participating in the European Health Insurance Card scheme meaning EHIC holders continue to benefit from free, or reduced-cost, needs-arising healthcare while on a temporary stay in the EU - and vice ver-

sa for EU EHIC holders visiting the UK. We hope the European Commission will agree to this.

The British government has repeatedly said that, until exit negotiations are concluded, the UK remains a full member of the European Union and all the rights and obligations of EU membership remain in force.

You can continue travelling throughout the EU on your UK passport, without any visa requirements. You can continue to access Spanish healthcare and draw your UK pension. If you have any difficulties accessing those rights, do please let our Consulates know.

I will continue to engage with you and listen to you, as will my consular teams across Spain. In the meantime, please follow me on Twitter (@SimonManleyFCO) and access the Embassy's social media (@UKinSpain on Twitter; British Embassy Madrid and Brits in Spain on Facebook) to keep up-to-date with developments.

s continue.

with settled status in the UK in the same way as if they were UK citizens for the purposes of access to education, benefits and pensions.

For you, the government has

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## NEWS EXTRA

## A dog's life

A BEACH bar in Alicante has become the centre for canine tourism in Spain. The bar at Agua Amarga offers food, drink and toys for dogs... and humans too.

## Network shut

NATIONAL POLICE in Alicante and Muchamiel have clamped down on a drug network that was about to distribute 1,500 marihuana plants. The operation was led by a Dutch citizen who was arrested alongside nine others.

## Quiet life

ELCHE has once again prohibited large building works in Los Arenales and La Marina. Each summer, they control works in areas that are heavily populated with tourists allowing them to have a more peaceful stay.

# Specialist slowdown

AVERAGE waiting times to see a specialist within the Murcia health service have increased by 53 per cent.

The Association for the Defence of Public Health of the Region of Murcia (AD-SPRM) notes that the recently released report reflects a "serious inequality," and that such delays are "unacceptable."

They call for more attention to be paid to these ongoing problems experienced by the Murcia population which, has varying differences depending on where people live and under which health authority they come under.

The worst performing are Area 8 Mar Menor, Area 3 in Lorca and Area 2 in

Cartagena.

In addition, those listed in Mar Menor and Lorca are said to be in an "unsustainable" condition and incompatible with what is expected of a minimum guaranteed level of care.

For the whole region of Murcia, 47.6 per cent of the total appointments to see a specialist, show a delay of more than 60 days.

Additionally, 27.3 per cent of patients are waiting more than 100 days for an appointment. These results are the worst since 2015.

Looking at the extremes of waiting times throughout the region, there is a range of an average of 19 days in Area 9 (Cieza), to 151 days in Area 8 (Mar Menor).



DELAYS EXPECTED: Santa Lucia hospital in Cartagena.

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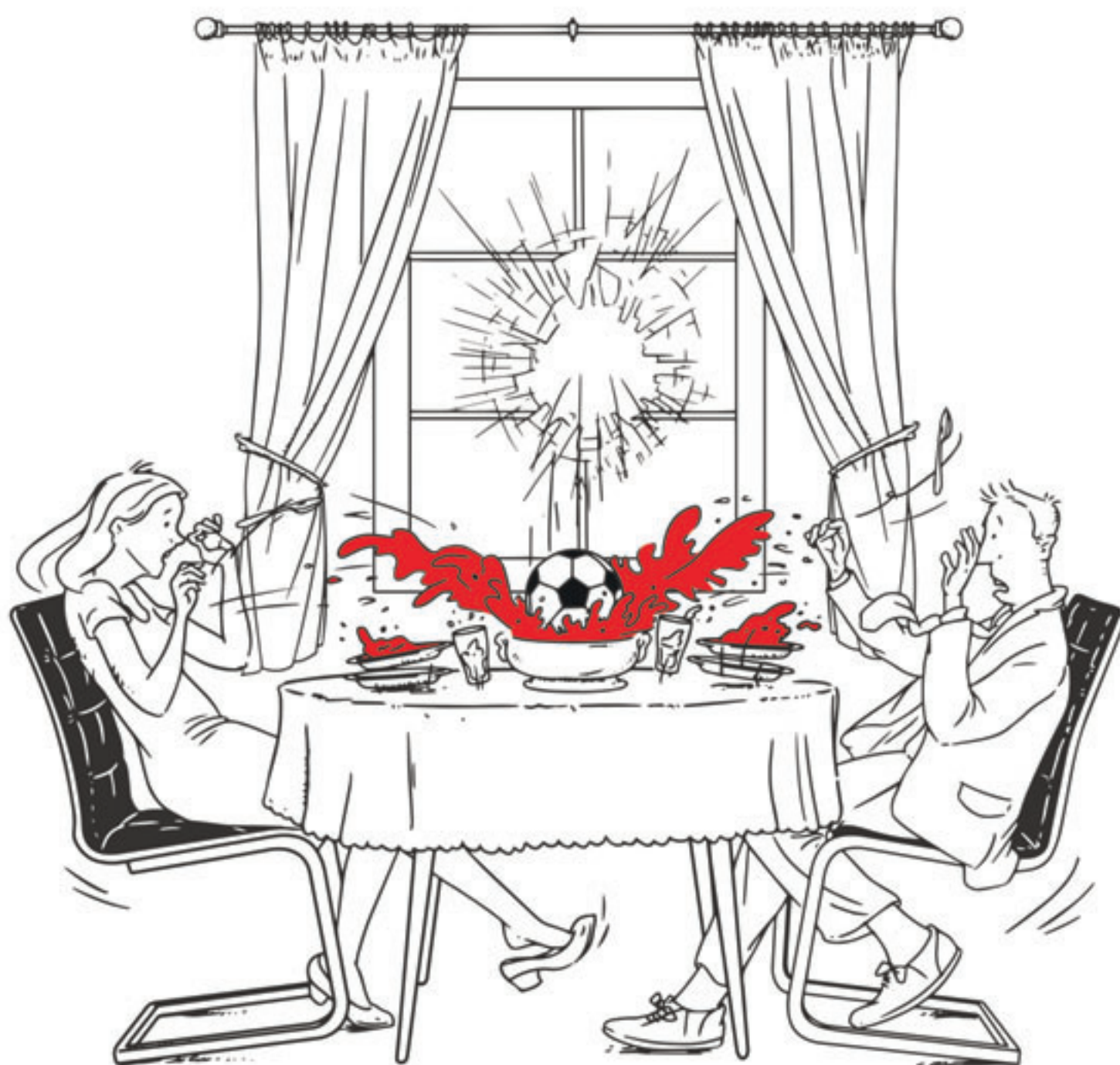
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# San Javier disco drug bust



**GOODS FOUND:** Drugs together with plastic bags and €85 in cash.

FOLLOWING a sophisticated operation, the Guardia Civil have arrested a man supplying a selection of illegal substances in a San Javier disco. Police surprised the culprit in the comfort of his own car in the disco's car park.

The arrested man, a 31-year-old Spanish national from Murcia was found with

17 packs of crystal meth, seven doses of cocaine, 12 ecstasy tablets, five grams of hashish, a set of precision weighing scales, specialised self-closing plastic bags and €85 in cash.

The alleged trafficker was caught as part of a framework designed to combat both the sale and use of drugs in recreational areas,

part of which was the deployment of a series of surveillance equipment aimed at this particular disco.

Officers noticed the man behaving suspiciously in his car and then began showing signs of nervousness when he became aware of the sudden police presence.

Police followed up their belief that he'd been dealing in drugs with some of the young partygoers and swooped on him to make the arrest.

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# On the buses for La Manga



Photo by Google Maps

**PLAYA PARAISO:** Locals will now have to justify the need over the next six months.

FOLLOWING the demands of many of the local residents, Urbanisation Playa Paraiso in La Manga will finally get its own bus stop.

The announcement comes after a meeting between the transport director, José Ramón Díez de Revenga and the president of the urbanisation residents association José Antonio Moreno where it was agreed to install a new stop as part of the Cartagena-La Manga route.

Sñr de Revenga said that the government has authorised the new stop in response to many demands from the locals but said that they would need to justify the need for it over the next six months, so it's now up to the people to use the new facility.

He also went on to say that the measure undoubtedly improves road safety alongside enhancing the quality of the bus service for those people who previously had to walk to Playa Honda to catch it.

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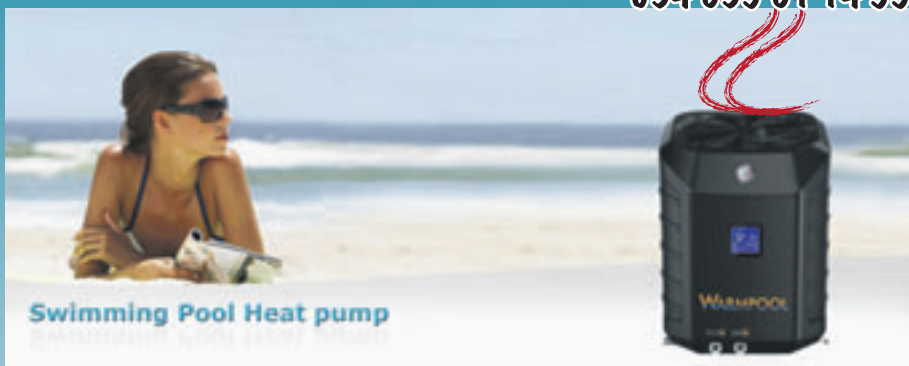
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# Fifty points of parking... and free for recharging

DRIVERS of the increasing number of electric vehicles will be delighted to learn that the centre of Murcia will be installing a further 50 parking spaces especially for them. Additionally, there will be five free recharging points whose location has yet to be decided but will be chosen by a vote of the local people.

Since the end of May, owners of electric vehicles have been exempted from paying at parking meters to encourage more use of the environmentally friendly method of getting around, and are part of the continuing local strategy promoted by local councillor for the Environment, Antonio Navarrese.

The extra parking



**RECHARGING POINTS:** There will be five available.

spaces for the exclusive use of electric vehicles will come into force in September. The date for the five refuelling / recharging points is yet to be announced but is believed to also be after the summer season has finished.

Local people have been asked to vote for the lo-

cation of these charging areas and they can choose from a pre-selected list of places and make their preferences known via a dedicated website until September 10.

To view the locations and cast a vote, the website is <http://www.energiamurcia.es/car-gadores-electricos/>.

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# Orihuela Costa being cheated

THE Popular Party/Ciudadanos government has announced a programme of investments to be approved in a plenary meeting of the Orihuela Town Council next week. The investments result from the sale of municipally owned land, almost exclusively in Orihuela Costa, totalling €6.3 million.

The mayor stated in his announcement that these important investments would respect the agreed distribution of 40 per cent for Orihuela Costa and 30 per cent each for the city and surrounding villages of Orihuela.

CLARO political part welcomed this: "It sounds like good news. Except, looked at closely, it is not what is claimed." The party continued: "The formula of 40 per cent for Orihuela Costa will only apply to the land sold



**ORIHUELA COSTA:** Money is being spent on upgrading streets and pavements.

between 2012 and 2014 for a value of €3.7 million. The land sold before 2005 for a value of €2.6 million will be, in rounded sums, distributed with over 50 per cent going to Orihuela City and just 15 per cent to Orihuela Costa, result-

ing in an investment figure of around €385,000."

A statement from CLARO said: "The so-called sacred formula for Orihuela Costa's share of investments, agreed by all parties in 2012, with strong support from CLARO's councillor at the time, to compensate for the historic discrimination against Orihuela Costa is be-

ing cynically ignored. This should not be a surprise to those living in Orihuela Costa. A package of so-called 'priority investments' for €1.3 million announced in May, provided Orihuela Costa with the derisory amount of €57,000, equal to 1.3 per cent. Discrimination is one thing. Orihuela Costa is used to it. We contribute some-

thing like 60 per cent of the total revenue of the municipality and receive in return less than 10 per cent of expenditure.

"But to pretend that the governing Popular and Ciudadanos parties are respecting the agreed formula of 40 per cent of investments for Orihuela Costa is shameful deception. It is equally shameful that municipally owned land in Orihuela Costa was sold to developers for house building when more houses are not needed and will only lead to a greater number of people sharing the existing inadequate services and infrastructure."

The investment money coming to Orihuela Costa is reportedly being spent mainly on upgrading streets and pavements and the parks and gardens with many arguing that this expenditure should not be regarded as investment but should instead come from the normal budget for maintenance.

## NEWS EXTRA

### Not online

ONE in three residents of the Valencian community are not connected to the internet and have no access to e-mail. It's claimed that 1.3 million people between 16 and 74-years-old never use any online facilities.

### Park up

A BUSY summer has again exposed the lack of parking spaces on the beaches of Carabassí, El Pinet and La Marina as visitors are parking on illegal areas so they can be near to the beach.

### On the mend

THE eight-year-old girl who was bitten by a dog in Elche last week, which left her with serious head injuries, is improving by the day. She had to undergo surgery on her ear following the bite from the family pet.

**543** The area, in square kilometres, that Doñaña National Park (in Huelva and Sevilla) covers.

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## NEWS EXTRA

## Boat blast

EIGHT members of the same family have been injured by an explosion aboard a boat in Santa Pola. The victims are five adults and three children. The most seriously hurt are a three-year old boy and a 40-year-old woman.

## Light fires

FIRES in electric meters have doubled in the Alicante Province in the space of one year. Already in 2017, firefighters have had to deal with 50 incidents outside both business premises and homes.

## Ximo's hopes

XIMO PUIG, the president of the Valencian government, said that the coming months "will be decisive" for the community. He hopes that the central government will fulfil their promise to increase the regional funding.

## New forest

ENVIRONMENTAL officers have agreed to invest €484,000 on the area including and surrounding the Sierra de Orihuela to reforest the site with new and different species of plants and scrubland.

## Tax fraud

FIGURES unveiled by the Ministry of Finance in Valencia have shown that 539 people have committed tax fraud. The main area was that of avoidance of paying inheritance tax.

## Cala demo

MORE than 200 people have taken part in a demonstration in Torrevieja in protest at plans to renovate the area around Cala Ferris. There was also a symbolic landing of pirates aboard two kayaks as part of the request for greater protection of one of the last empty spaces on the coast.

## Care thief sentenced

A COURT in Alicante has sentenced a woman to four and a half years in prison for stealing from a person that was in her care. The total amount stolen and misappropriated was €180,000. As well as the custodial sentence, the guilty woman has been fined €3,150.

The events go back to the years 2011 and 2012 when the 42-year-old accused worked as a housekeeper and carer for an 80-year old man who lived in Alicante.

The court was told that over time she gained the full trust of the man who allowed her access to several bank accounts to allow her to manage his monthly payments and expenses. It also allegedly stopped his children from knowing how much money he had in the bank and access to the account. The woman also knew that there had been a major fall out in the

family since the man she cared for divorced, and she played on his isolation and made him more dependent on her... and more trusting.

During the investigation it was discovered that the accused carried out a series of banking transactions totalling €180,211.29 that hasn't been subsequently located anywhere. The amount is what was left over from the sale of a property belonging to the elderly man which was sold for €240,000.

When the woman left the position she left the man €1,500 in an envelope and just €900 in his bank account.

Due to the deteriorating condition of the elderly man's health, he was declared incapacitated by a court in 2012 and so his son will be the recipient of the €177,811.29 damages that the woman has been ordered to repay.

**1,400** The size, in hectares, of Spain's largest inland lagoon in Gallocanta, Zaragoza.

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SPANISH STORES: Have been warned to take the offending footwear off the shelves.

## Primark flip-flop alert

SPAIN'S Consumer and Nutrition Agency (AECOSAN) has warned people to be on the alert for flip-flops being sold in Primark stores which have been recalled in the UK. The nearest stores on the Costa Blanca are in Alicante, Elche and the Zenia Boulevard plus one in Murcia.

The UK HQ of the popular low-cost clothing chain recently announced a certain design of men's flip-flops were to be taken off the shelves due to the possible use of a chemical which is associated with

the onset of cancer in large amounts.

Primark UK believes that the popular summer footwear may contain high levels of crisene, an ingredient in some man-made fibres which is limited by law to one milligram (1mg) per kilo and which is believed to be present in larger quantities in the flip-flops.

Despite the warnings, it is not thought that the flip-flops in question have been sold in Spanish branches of Primark but AECOSAN, part of the national health ministry has in-

structed all stores in Spain to withdraw them if they find them on the shelves.

AECOSAN received the alert from the European Union, as have the other 27 member States, and has immediately contacted all Primark branches in Spain.

Anyone who has, in fact, bought a pair of the affected flip-flops in Spain should return them immediately to obtain a refund, and inform the store they came from so that staff can then locate them and take them off the shelves.

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# Taxis to get fair improvements



**MURCIA:** Subsidies are available to improve taxi drivers' lives.

TAXI drivers in Murcia are to get a technological boost to their day-to-day service following an official decree from the regional government.

The Director General of Transport, José Ramón Díez de Revenga, told representatives of Radio Taxi Murcia during a meeting that €150,000 of subsidies will be available to improve their operation.

These technical enhancements will improve the external lighting systems to indicate that the taxi is available for hire - better green lights - clearer displays of the tariff, new taxi meters and even machines to print

receipts and invoices if required.

The director told the assembled that: "The regional government has introduced this level of assistance to improve service to users and promote compliance with taxi regulations." He also explained that these additions must be installed in their taxis before the end of the year and get the necessary official approvals.

Drivers will need to bear much of the cost of the new equipment as the subsidy available only amounts to 40 per cent for the installation of the lights and meter. There is a maximum payment of €200 per driver.

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15:00	17:00	19:00
16:00	18:00	21:00
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7:00	11:00	15:00
9:00	13:00	17:00
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<b>ALICANTE-ELCHE AIRPORT</b>	<b>50 min.</b>	<b>TORREVIEJA BUS STATION</b>
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**FORD SIERRA:** Car was taken to a mechanic after being involved in an accident in 2003.

## Sevilla man waits 14 years for his car to be fixed

A MAN in Sevilla has been waiting 14 years for his car to be fixed. The Villaverde del Rio local took his car to a mechanic in the area in January 2003 after having an accident and hasn't seen his car since.

Jose Cortes said he's been "living a nightmare" for the past 14 years. Initial estimates for the cost of fixing his car were around €10,000.

Upon recommendation, the man took his car to a garage that specialised in second-hand parts called Hermanos Capdevilla, who said they would fix the car for a much cheaper €2,405. He gave them a €2,000 deposit and has not

seen his car since. Despite contacting the Guardia Civil in the past, he has still been unable to see, or gain any information about his Ford Sierra.

One of the owners of the dealership claims his brother took the car and money without consulting him, or letting him know their whereabouts, and is no longer involved with the business.

Cortes on the other hand claims he has signed documents confirming payments made and the delivery of his car to the mechanics. He has threatened to sue the company so he can get his car back.

## 8-year-old golf wonderkid prepares for international tour

BRITISH golfing ace Oliver Strang is getting ready for tournaments around the world.

Caceres-based Oliver began playing golf with his father, Christopher, when he was just three years old and quickly got the hang of the sport, and soon after joined the Michael Campbell Golf Academy near Puerto Banus, Marbella.

There his coach, Phillip

**“** The youngster dreams of becoming world number one. **”**

Tanham, honed Oliver's skills and he began to win junior tournaments, including finishing top in his age group for the Wee Wonders competition, which has qualified him for the St Andrews Tournament in August, and the most recent Chinnydipper competition with -1 par.

Thanks in part to his sponsors, Chinnydipper, Sam Oliver, ClubFace-Golf, J Kellett Foods and Diamonds & Pearls Events Management, Oliver will also be able take part in the American Golf Junior



Oliver Strang - Road to the Masters/Facebook

**OLIVER STRANG:** Young golfing ace.

Championship in England in August, as well as the Paul Mcguinty Trophy in Portugal, the US Kids Golf tournament in Wales, Spain's Chinnydipper Pro Tour and the St Andrews Wee Wonders Grand Final in Scotland.

After a hectic August schedule, the aspiring pro

golfer hopes to also take part in the Venice Tour in Italy in September and, should he qualify, a tournament in America in the beginning of 2018.

The youngster dreams of becoming world number one and playing in the Masters Tournament.

Christopher Strang told the *Euro Weekly News*: "He is a busy boy, his coach is amazed with how good he is.

"He has the drive to be the best and loves the game."

Christopher also recommends any parents with children interested in golf enrol them into academies like the Michael Campbell Golf Academy so that they can learn "discipline, sportsmanship and enjoyment in the game of golf."

Oliver has a Facebook page, Oliver Strang - road to the Masters, where videos of him training attract thousands of views and a large number of supporters in his dream.

Everyone here at the *EWN Media Group* wishes Oliver the best of luck on his road to the Masters!

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**HOLIDAY SICKNESS:** There have been many false claims.

## British government launches crack down on 34 holiday sickness scam firms

BRITAIN'S government has hit dozens of illegal firms suspected of encouraging fake holiday sickness compensation claims.

The Ministry of Justice has found a total of 34 unlicensed firms believed to be fuelling the surge in numbers of bogus claims being made by British tourists.

Six warnings have been issued as well as two investigations, and six websites have been shut down.

It also found evidence of solicitors carrying out malpractice and has informed the Solicitors Regulation Authority.

A further 40 firms offering no-win, no-fee services were also issued with 'compliance advice.'

Despite the crackdown, the Association of British Travel Agents (ABTA) has questioned whether the crackdown will stop company owners from carrying on

as before.

ABTA's director of public affairs Alan Wardle said: "While it's great this action has been taken, we need to make sure the owners of these companies cannot simply set up shop again and carry on as before"

A British couple were recently ordered to pay thousands to Thomas Cook after making a fraudulent compensation claim from their trip to Gran Canaria.

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## Bull run boost



**NEW LAW: No killing.**

THE Balearic Parliament has approved a law for bull runs which prohibits the killing of the animal during the spectacle.

Strict regulations will be brought into place for bull runs, where the animal cannot be harmed in any way, alcohol cannot be sold, those under-18 cannot attend and flags cannot be used.

Runs are also limited to 10 minutes per bull, and 30 minutes total. Blood doping for both professionals and the animals has also been prohibited, and the bulls must spend 48 hours in a pen - rather than a small compartment where they are kept in the dark before a run - and taken directly to the starting point of the run.

The new law has faced harsh criticism, with some calling the law "unenforceable" and unconstitutional. Ciudadanos spokesman Xavier Pericay has also gone as far as to call the changes "traitorous" by attempting to "ban a culture without people realising."

# Driving a bargain

## Price steers tourists to car hire choice

SIX out of every 10 British holidaying abroad and seeking car hire choose the cheapest vehicle available.

Additionally many look for early deals and generally go for the cheaper locations, including Spain and Portugal.

This is spelled out in findings from research company Mintel which has offices worldwide, including London.

A Mintel report on car hire just published advises hire firms to change their marketing strategies to appeal to tourists looking for a leaner holiday package where every penny counts.

Transparent pricing and special deals would go far in appealing to this new demographic, the report says.

Also, overall British holiday-makers are losing some of their appetite for car hire when travelling abroad with steep prices and bad experiences taking their toll,



**CAR HIRE: Many people look for early deals and seek the cheapest vehicle.**

making a car on holiday now viewed by many as an unnecessary expense.

The Mintel findings reveal that the number of British tourists hiring a car abroad has dropped 6 per cent in 12 months to 33 per cent in 2017.

Young tourists have led the change in habits for while more than 40 per cent aged 18-24 rented a car when travelling abroad in 2016, this year the figure is under 30 per cent.

Bad experiences and the perception of being ripped off is part-

ly blamed with four in 10 saying they were charged more than expected, and almost as many claiming a negative experience.

The research indicates that the car hire industry is now exposed to the same market forces that have transformed flights and accommodation. Low-cost airlines and a thriving tourist home rental industry have knocked major airlines and hotels from their previous perch.

Though appetite for car hire may be waning, cars themselves haven't lost their magic. Re-

searchers found that the majority of British like the idea of a road trip abroad with friends and family.

Almost nine in 10 of those with incomes above €56,000 have considered the idea, with this group also more likely to crank their car choice up a gear, with 65 per cent saying they would consider hiring a sports car to give their holiday an edge.

Car hire firms should capitalise on this by better advertising their product, the report concludes. Emphasising cars as a means of transforming a standard holiday into an independent adventure free from the limits of distance and bus schedules, would encourage people to spend more on the car they really want.

If hire companies can manage this they will tap into a huge market. The research found that 63 per cent of Brits have holidayed abroad in the last three years.

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## Anti-crisis stores get more fans

THE chain of shops Tiendas Anticrisis El Castor has opened its doors in Murcia in the Nueva Condomina commercial centre, offering customers the same service they have been providing in much of the Alicante Province for many years.

Tiendas Anticrisis El Castor have a philosophy of offering low-cost household products with quality across a range of goods that include sofas, furniture, electrical items, garden equipment and furniture, and keep-fit machines, some of which begin from just €10.

With the high temperatures across Spain recently that particularly affected Murcia, the newly opened store managed to sell 1,000 cooling fans in the first 48 hours and became the star product of the summer to date.

Tiendas Anticrisis El Castor was first launched seven years ago as the credit crunch took full hold in Spain and with the addition of Murcia now has 10 stores - all on the Costa Blanca - in Alicante, San Juan, Santa Pola, Elche, Torrevieja, Cartagena, San Javier, Castellón and Denia.

# Mad Hatters raise money for DEBRA



**MAD HATTERS:** Put on a show at their local bar to raise funds.

THE Mad Hatters have raised €352.12 for The Butterfly Children Charity, DEBRA.

The group of friends - which includes staff and customers of the Pint Depot in Blue Lagoon - put on a show at the local bar with the theme 'Songs from the Movies.'

It included songs and dances from Sister Act, Blues Brothers, Chicago, Mama Mia, Grease and Dukes of Hazzard.

Some songs were performed with a more lighthearted touch and the audience showed their appreciation with donations for The

Butterfly Children Charity.

Their donation was presented to Mary Chambers, Manager of the Urb La Marina Charity shop.

Mary thanked everyone involved for giving their time, their generosity and for choosing to support the charity.

## Deadwood Stage alive and kicking

AFTER a successful production of 'Granma Mia' at the end of May, a well-deserved rest was enjoyed.

Now the members of the Deadwood Stage Company are preparing their autumn programme, under the experienced direction of David Whitney.

Great fun is envisaged when the next show is finally cast but there are still a couple of characters needed to complete the storyline.

Why not join members on a Wednesday afternoon from 3-5pm at The Porter House Bar, at the Rioja centre near Dial Prix on the way to Villa Martin and see if you're just what they're looking for.

They want to welcome new members in whatever capacity. Can you help with backstage requirements, wardrobe, ticket sales, sound and lighting etc?

For further information please contact the Secretary, Mrs Vida Nelson, on 966 774 127.

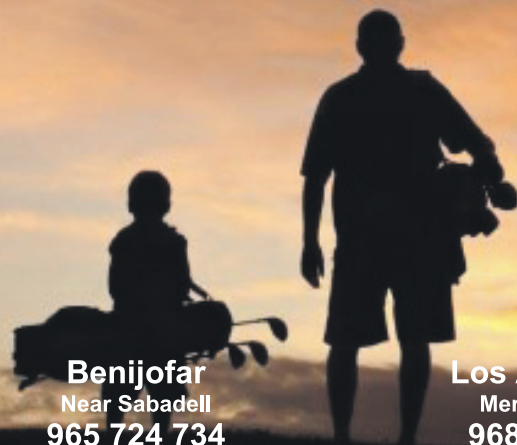


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# €1,000 raised for charity

WITH Woody & The Peckers providing the entertainment, this event was sold out two weeks before the charity night.

Once again, diners enjoyed their evening with a good meal and great entertainment. They dug deep in their

pockets, and the event raised €1,107 for Torrevejeja Stroke Support (TSS). TSS is the only stroke support group in Spain and

helps clients from a much wider area than Torrevejeja. Consequently, they have changed their registered name to Stroke Association Spain and have lovely new premises from which to operate. They are now based at the Cultural Centre in Benijofar, and this money will be spent on new physiotherapy equipment. Wednesday, August 16 will mark the 40th anniversary of the death of Elvis Presley. They will be remember-

ing Elvis, with a special tribute by Danny Fisher and photographs and footage of The King. This event will be at Quesada Fish and Chips Restaurant, with tickets costing €10. These are now available from the Restaurant, The Post Room Benijofar, The Card Place in Benimar, and REDZ cafe bar in Quesada. This is likely to be another sell out, with ticket sales already high, so early booking is strongly advised.

## Torrevejeja U3A


DESPITE the extremely hot weather and the fact they are in the middle of their summer recess, Torrevejeja U3A still has several of its activities and groups continuing.

A small selection of the activities available at this time includes petanca, coffee mornings, yoga, chess and cribbage.

If you are at a loose end in the heat, want to get out and make new friends, take up a new pastime or perhaps, restart an old one then check out their website [www.torrevejau3a.org](http://www.torrevejau3a.org).

For €5 per year, you can get full membership of this popular group which, with over 1,000 members, is the largest social group of its kind on the Costa Blanca.

They provide many great opportunities to either relax or if you prefer, take part in more physical activities. Come along to their monthly meetings on the last Monday where you will find friendly faces on hand to welcome you and help you settle in.



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**NEWS FROM OUR FIVE OTHER EDITIONS**

# Homes spared the hammer

**■ COSTA DE ALMERÍA**

La Nucia town hall

» *By Matthew Elliott*

THE 98 family homes built in Albox between 2004 and 2006 then declared illegal, much to the fury of dozens of British buyers, will not be demolished.

Almería's criminal court rejected the prosecution's demands for complete demolition of the properties. Judges noted that they had been legally acquired by third parties intending to legalise them.

A lawyer for citizen right's group AUAN, which has helped countless British victims of Spain's illegal property licences' scandal, said he was "very happy" for his clients. "It seems that at long last they can glimpse the light at the end of the tunnel," said Gerardo Vazquez.

**SAVED: Judge rules to halt demolition of Brit-bought homes.**

**■ COSTA DE ALMERÍA**

## Valley woman

AN eight-metre tall sculpture is on the verge of completion in Olula del Rio. The work, by renowned Almerian sculptor and painter Antonio Lopez, is entitled La Mujer Del Almanzora (the woman of the Almanzora Valley).

## Gun trio

THREE Albox residents have been charged with illegal weapons possession and threats after a Guardia Civil raid uncovered a shotgun, pistol and substantial quantity of ammunition.

## Road

### revamped

WORK on the AL-8101 has been completed after serious renovations costing upwards of €150,000. Portions of the road, which connected Oria from the A-399 to San Roque in Albox, were considered dangerous and unstable.

## Evil mother

A ROMANIAN woman who fell pregnant by a Local Police officer from Murcia has been fined €2,160 and sentenced to one year and three month's imprisonment. She submitted false charges and threatened him.

## Fruit fancy

THE town of Vicar has welcomed a visit from the children's workshop 'Eating healthy is fun' where local children were invited to learn about watermelons. They were told about the benefits of fruit for health.

## Nurse's death

ACCORDING to a grieving widower, his nurse wife committed suicide due to depression caused by the bullying of her boss at the Torrecardenas Hospital. He has asked a judge to investigate the entire situation.

**■ COSTA DEL SOL**

## Green thumbs

TORREMOLINOS Council has started work on a 70 plot allotment which will allow users to grow their own fruit and vegetables. The orchard will occupy 12,000sqm of land in El Pinillo.

## Bankruptcy risk

THE town of La Linea de la Concepcion is one of the five in Spain considered to be most likely to be at risk of bankruptcy. This is the finding of independent research group Airef.

## People first

FORMER Spanish prime minister, Felipe Gonzalez said at a meeting in San Roque that people must come first in Brexit negotiations. He also said that Spain should invest more in the Campo de Gibraltar.

## Road repairs

THE Coin Council has committed €20,000 to undertake improvements on certain sections of rural roads damaged during the December heavy rainfall. This is in addition to financial support received from national and regional governments.

## Pink walk

FOR those who enjoy a moonlight stroll, 22 new 'antique style' street lights have been installed in what is referred to as 'the beautiful pink walk' of Casares. The route starts at the Curva de las Cadenitas.

**■ AXARQUÍA**

## Pool death

EMERGENCY SERVICES arrived too late when a 65-year-old woman with a history of heart problems suffered a cardiac arrest in a Lanjaron municipal pool. All efforts to resuscitate her failed and she died at the pool.

## Fire protection

SO worried is the Motril Council about forest fires this summer that it has set up a special board of experts to plan possible responses. It is also warning about the dangers of throwing cigarette butts from cars.

## Shopping night

A NUMBER of companies in Almuñecar have signed up for a special Shopping Night to be held from 9pm to 2am on Saturday August 5. Those who visit participating premises will receive a discount on purchases.

## Recycling campaign

IN an effort to recycle as much glass as possible, the Motril Council has distributed special containers to more than 80 local businesses. All recovered glass will be recycled through Limdeco which is council owned.

## Food trucks

THERE was an unusual weekend event in Nerja when a number of different cooks turned up in a variety of food trucks to offer a range of foods. Each truck prepared its speciality at affordable prices.

**■ MALLORCA**

## Major hangovers

A PARTY in Palma got out of hand and apart from fights, eight youngsters, aged between 12 and 14, had to be treated for excess intake of alcohol.

## Shark attack

ANOTHER shark is in the news after it was sighted at Estany's cove in Colonia Sant Jordi when it slightly injured a swimmer by swimming into them. Despite searches, it was not possible to find the blue shark.

## Civil War

FOLLOWING the discovery of bones at Sa Coma beach in Mallorca, it is believed the bodies of up to 500 Republicans may be buried there. The Balearic and Catalan governments are considering exhumation.

## Family holiday

THE Spanish Royal Family is due to arrive in Mallorca on Friday to start their annual summer stay at the Marivent Palace in Palma. Although the main purpose is holiday, the king will also undertake some official duties.

## More officers

IN order to try to speed up the long immigration queues at Palma airport, police and union representatives have agreed to increase the number of officers on duty.

**■ COSTA BLANCA NORTH**

## Instant info

LOCAL POLICE patrol cars in La Nucia are now equipped with tablets, providing officers with updated information available in real time without having to call the central station.

## Foreign aid

ALCOY Council has allocated €18,000 to the PROYDE project for the San Isidro Labrador School in Paraguay and €15,000 to the Kanimambo charity which works in Chowke, Mozambique.

## Forbidden act

A YOUNG boy was rescued by the Red Cross in Javea - he had broken his shoulder after jumping into the sea from the rocks at Cala Tango - an act that is forbidden.

## New member

BENIDORM'S councillor of Security recently confirmed that a sniffer dog will join the Local Police team in the city - if all goes well, a second dog will join the team later in the year.

## Be cautious

ALZHEIMER'S charity AFA Marina Baixa has warned citizens to be cautious of two women who are visiting shops and bars in Benidorm asking for money for the charity - they are thieves with no association with the charity.

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**DENMARK****Pricey pint**

ACCORDING to a survey, Copenhagen is the priciest city in the world to have a beer when considering how much the purchaser had to earn to buy it. In effect for every pint you buy, you are buying the taxman a half.



**CHEERS:** For every pint bought, you are buying the taxman a half.

**Large notes**

THE left wing Red-Green Alliance party wants to abolish the 1,000-krone note saying it is not used by citizens and primarily benefits criminals. The note is worth around €135 at current exchange rates.

**Coffee complaint**

A DANISH café has been reported for racism after an Ivory Coast national complained about a sign depicting a black boy wearing a loincloth with a tray of coffee on his head.

**Simpsons star**

DANISH 'Game of Thrones' actor Nikolaj Coster-Waldau is set to voice a character in season 29 of The Simpsons, one of the longest running animated shows.

**GERMANY****Cultural reminder**

DUISBURG is calling for a change to the typical 'traffic light man' wanting a pedestrian light that reminds citizens of its culture and life. The typical walking figure could be replaced with a miner with hat and safety lamp.

ment warning people who are travelling to Turkey for business or pleasure, to exercise 'increased caution.'

**Cocaine haul**

CUSTOMS has seized the largest ever cocaine haul in the country's history with the 3.8 tonnes of cocaine seized at Hamburg harbour, worth an estimated €800 million.

**Royal visit**

PRINCE William and Kate have been on a royal charm offensive spending a few days in Germany on a trip that saw them meet with Chancellor Angela Merkel, attend a garden party for the Queen and even take part in a boat race.

**Turkish tension**

TENSIONS continue between Germany and Turkey with the govern-

**FRANCE****Singing star**

A RISING French singing star has died on stage. Barbara Weldens was performing in the Lot region when she collapsed after apparently being electrocuted. Investigators are now looking at the electrical equipment on stage.

**Eiffel attack**

AS part of continued clamp downs on illegal souvenir sellers in Paris, police were attacked with miniature versions of the Eiffel Tower by a seller in the latest confrontation between officers and merchants.

**I quit!**

HEAD of the armed forces resigned days after a dispute with President Emmanuel Macron over proposed defence budget cuts with General Pierre de Villiers saying he could no longer do his job with the financial constraints imposed.

**Savings needed**

LOCAL government spending is to be cut by €13 billion by 2022. President Emmanuel Macron said "intelligent" savings can be found.

**BELGIUM****Brain work**

THE Duffel Psychiatric Hospital currently has more than 3,000 brains of diseased psychiatric patients which researchers are working on in the hope of finding new treatments for diseases such as psychosis and depression.

**Speed controls**

POLICE carried out around seven million speed controls in Brussels during the second quarter of the year. Around 14,000 were breaking speed limits, and 95 drivers had their licence removed immediately.

**Better security**

NEW safety checks have been installed at Brussels-Midi, Liège-Guillemins and Antwerp-Central stations as part of increased security measures in the fight against terrorism.

**Design comp**

BRUSSELS is launching an architectural competition to replace the eight fixed food kiosks, known as fritkots, in the city with brand new establishments with typical characteristics relating to the identity of Brussels.

**NETHERLANDS****Shorter sentence**

A DUTCHMAN jailed for 12 years in China for killing a neighbour has had his sentence reduced to four-and-a-half years after appeal and the charge was reduced from manslaughter to negligence.

**Social housing**

AMSTERDAM has ruled that 40 per cent of new homes built in the city must be for social housing meaning that rent can be no more than €710 a month to help those on lower incomes.

**WhatsApp**

OVER 12 million phones in the Netherlands have WhatsApp instant messaging service installed on them as figures show the app is used daily by some 9.6 million people.

**Polluted land**

RESIDENTS near the Chemours chemical factory have been told not to eat their home grown fruit and vegetables as the ground may be polluted as toxicologists continue to carry out tests.

**SWEDEN****McTrainface**

A PUBLIC vote to name new trains in Sweden has resulted in one of the four being called 'Trainy McTrainface' receiving 49 per cent of the votes ahead of the other options of Hakan, Miriam and Poseidon.

**Murder case**

A MURDER investigation launched after a woman and three children died in a house fire in Gothenburg. Police say their bodies showed injuries unrelated to the fire and they may have been killed before.

**Earthquake victim**

A SWEDISH man has been named as one of the victims in an earthquake that hit the Greek island of Kos and Turkey. Hundreds were injured as the 6.7 magnitude earthquake struck the holiday resorts.

**Poor sales**

FOLLOWING poorer than expected sales and profits, Swedish telecoms giant Ericsson has announced it will have to implement further cost-cutting measures after its fourth quarterly loss.

**NORWAY****Civil ceremony**

THE number of civil weddings are nearly equal to the number of church ceremonies. According to new figures there were 331 more civil ceremonies in 2016 than in 2015, as the number of church weddings dropped by 379.

**Pike release**

POLICE are investigating the illegal release of pike fish into numerous waters around Norway with officials saying releasing fish out of their natural habitats is illegal.

**Safety first**

THE traffic safety agency says that six out of 10 cyclists do not wear their helmets enough, with many choosing not to bother on shorter journeys.

**Maritime radio**

AN offshore broadband wireless network is being formed to be used by ships and planes in the event of an oil spill at sea to help speed up the oil spill recovery operations. The Maritime Broadband Radio (MBR) system will be on all oil recovery vessels.

## Production pick-up Spain

AS part of an agreed €80 million plan, the Nissan plant in Barcelona will start to produce the new Mercedes X-Class pick-up truck.

By the fourth quarter of 2017, the Catalan factory will be producing three different vehicles for the Daimler, Nissan, Renault alliance and expects to have produced a total of 90,000 vehicles during the year.

# Spain's cost of living

IF you have ever complained about the cost of living in Spain, think again as it has some of the cheapest prices in Europe for some products.

Whilst it comes in the middle of all 28 countries in the European Union according to a report from Eurostat, the EU statistics agency, it is one of the cheapest for alcohol, cigarettes and clothing.

Conversely, it is considered one of the most expensive for mobile phones, internet connection and furniture.

Perhaps unsurprisingly the cheapest places to live are the former commu-

By John Smith

nist states whilst Denmark and Ireland are the most expensive.

The figures have been compiled taking costs from 2005 to 2016 into account and comparing a basket of different products and utilities against each country.

Although Spain has a number of major fashion houses, shoe designers and stores such as Zara it actually comes out as the cheapest in the EU for unbranded clothes and shoes.

In addition, the country is fifth

cheapest in the Eurozone for the purchase of cars, vans and motorbikes with the knock on affect that public transport is also lower than many other countries.

Having seen the housing bubble burst and despite a general return of confidence, renting and buying properties are much below the European norm.

Food and entertainment whilst cheap are more expensive in comparison to utility costs, although they have been growing considerably over the past two years.

## Popular deposits dropped

OVER a two month period prior to its enforced takeover, Banco Popular saw deposits of €9.3 billion withdrawn from accounts.

Much of this movement was caused by commercial funds and Spanish municipalities pulling out which helped in turn to see the rapid drop in the bank's credit rating.

No details of June withdrawals have been released by the Spanish Banking Association as yet, but it is assumed that the June figures would have been worse.

### Quote of the Week

"This is intended to prevent any discriminatory attitude," said Minister of Equality Dolors Montserrat after announcing a pilot scheme to remove photographs plus details of age, sex and name from CVs.



Ministero del Interior 2017

MINISTER of Employment Fatima Báñez.

## More support for young unemployed

THE Spanish government has committed a further €837 million to youth training taking the total to €3.2 billion until 2023.

This was revealed by Minister of Employment Fatima Báñez who also confirmed that a proportion of this ing would come from European funding.

With more than 500,000 poorly educated and unemployed young people not contributing to the economy, the government is anxious to improve their options by encouraging employers to take on

trainees who will learn skills as they work for a period of 18 months.

During this period of training, the government will pay €430 per month towards their salaries and if then transferred to long term contract, the government will also pay their employers up to €4,800 a year for three years.

According to the minister, Spain is leading the way in the creation of youth employment in Europe although it recognises that it still has a long way to go.

### » BUSINESS EXTRA

## Poverty trap

FORTY PER CENT of workers in Spain earn less than €15,566 per annum whilst 12.6 per cent earned the minimum wage of €7,783 per year. These surprising figures have just been released by the National Statistics Institute (INE).

## Court fees

THE prize money received by Garbiñe Muguruza for winning the Women's Championship at Wimbledon was €2.45 million. For many years men were paid more than women but this has now been equalised to ensure parity between the sexes.

## Hotel offer

BAD BANK Sareb is offering 209 commercial properties for sale including 37 hotels and apartment hotels. With tourism continuing to grow, these established, relatively inexpensive and ready to operate hotel properties are expected to be popular with investors.

## Spanish economy still growing

THE International Monetary fund (IMF) had some good and bad news for Spain in its latest forecasts.

Thanks to consumer spending and better than expected tourist numbers, the IMF has increased its growth forecast for Spain from 2.6 per cent to 3.1 per cent for 2017 and has indicated that even this figure

could be exceeded by the end of the year thanks to government reforms.

With this good news, comes warning that despite a reduction in unemployment, the Spanish figure of 18.7 per cent is only better than Greece within the eurozone and worse than the average of 9 per cent.

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# LONDON - FTSE 100

CLOSING PRICES JULY 24

COMPANY	PRICE(P)	CHANGE(P)	% CHG.	NET VOL
Anglo American	1,099.50	8.00	0.73	15,457.69
Associated British Foods	2,865.00	-78.00	-2.65	23,425.64
Admiral Group	2,025.00	-28.00	-1.36	5,855.13
Ashtead Group	1,694.00	6.00	0.36	8,536.76
Antofagasta	863.25	-23.25	-2.62	8,705.12
Aviva	531.50	1.50	0.28	21,535.71
AstraZeneca	5,170.00	18.00	0.35	64,845.66
BAE Systems	632.00	25.50	4.20	19,552.78
Babcock International Group	910.75	53.75	6.27	4,348.13
Barclays	205.50	0.45	0.22	35,464.29
British American Tobacco	5,437.50	-47.50	-0.87	101,147.21
Barratt Developments	540.00	-72.50	-11.84	6,153.23
British Land Co	619.50	-2.00	-0.32	6,441.76
BHP Billiton	1,280.00	-25.50	-1.95	27,773.74
Bunzl	2,368.50	90.50	3.97	7,630.94
BP	450.50	4.20	0.94	88,953.98
Burberry Group	1,732.00	89.00	5.42	7,206.42
BT Group	311.50	3.15	1.02	30,822.65
Coca-Cola HBC	2,274.50	24.50	1.09	8,262.70
Carnival	4,740.00	-430.00	-8.32	11,053.52
Centrica	205.00	-0.50	-0.24	11,592.28
Compass Group	1,642.00	32.00	1.99	25,729.61
Croda International	3,882.50	2.50	0.06	5,137.46
CRH	2,684.00	-33.00	-1.21	23,032.78
ConvaTec Group	313.20	0.00	0.00	6,012.49
DCC	6,920.00	-20.00	-0.29	6,306.34
Diageo	2,253.50	-32.00	-1.40	58,146.54
Direct Line Insurance Group	375.70	0.00	0.00	5,138.38
Experian	1,526.00	9.00	0.59	14,385.51
easyJet	1,314.00	2.00	0.15	5,298.76
Fresnillo	1,469.00	-50.00	-3.29	11,281.84
G4S	339.90	9.90	3.00	5,287.83
GKN	339.75	13.65	4.19	5,703.55
Glencore	312.50	-1.05	-0.33	45,876.04
GlaxoSmithKline	1,622.50	7.50	0.46	79,924.29
Hargreaves Lansdown	1,426.00	73.00	5.40	6,379.59
Hammerson	573.00	-22.50	-3.78	4,715.69
HSBC Holdings	737.50	2.40	0.33	149,181.89
International Consolidated Airs	604.50	14.50	2.46	12,423.61
InterContinental Hotels Group	4,283.00	-34.00	-0.79	8,220.88
3i Group	919.50	-15.00	-1.61	9,022.97
Imperial Brands	3,489.50	-7.50	-0.21	33,665.13
Informa	635.00	-40.00	-5.93	5,582.63
Intertek Group	4,409.00	89.00	2.06	7,012.42
ITV	181.10	3.90	2.20	7,201.46
Johnson Matthey	2,988.00	108.00	3.75	5,589.25
Kingfisher	312.50	10.70	3.55	6,685.51
Land Securities Group	1,017.00	-6.00	-0.59	8,160.57
Legal & General Group	263.50	-0.20	-0.08	15,660.21
Lloyds Banking Group ORD	68.00	-0.11	-0.16	49,337.44

COMPANY	PRICE(P)	CHANGE(P)	% CHG.	NET VOL
London Stock Exchange Gr	3,786.00	0.00	0.00	13,077.23
Micro Focus International	2,195.00	0.00	0.00	5,172.45
Mediclinic International	804.25	72.25	9.87	5,455.60
Merlin Entertainments	502.45	30.55	6.47	4,821.03
Marks & Spencer Group	332.50	4.00	1.22	5,385.99
Mondi	1,934.00	-119.00	-5.80	9,934.43
Morrison (Wm) Supermarkets	249.30	0.00	0.00	5,827.61
National Grid	965.00	11.00	1.15	32,784.37
Next	4,075.00	248.00	6.48	5,563.15
Old Mutual Group	201.60	1.90	0.95	9,908.19
Provident Financial	2,449.00	83.00	3.51	3,542.44
Paddy Power Betfair	7,767.50	227.50	3.02	6,499.52
Prudential	1,755.75	-44.25	-2.46	46,222.13
Persimmon	2,390.00	-71.00	-2.89	7,598.34
Pearson	655.00	11.50	1.79	5,281.01
Reckitt Benckiser Group	7,850.00	-31.00	-0.39	55,946.28
Royal Bank of Scotland Group	250.55	3.95	1.60	29,667.61
Royal Dutch Shell	2,100.00	21.00	1.01	94,429.78
Royal Dutch Shell	2,112.50	26.00	1.25	79,104.68
RELX	1,555.00	-89.00	-5.41	17,683.46
Rio Tinto	3,378.50	25.50	0.76	46,648.49
Royal Mail	403.00	8.50	2.15	3,981.00
Rolls-Royce Group	895.00	-27.00	-2.93	16,868.90
Randgold Resources	6,955.00	0.00	0.00	6,566.39
RSA Insurance Group	661.50	18.00	2.80	6,621.67
Rentokil Initial	276.50	-1.30	-0.47	5,128.00
Sainsbury (J)	242.50	-4.50	-1.82	5,443.74
Schroders	3,322.50	-21.50	-0.64	7,580.79
Sage Group (The)	678.25	-13.25	-1.92	7,479.71
Segro	511.75	1.25	0.24	5,092.42
Shire	4,250.00	93.50	2.25	37,050.63
Smurfit Kappa Group	2,215.00	-100.00	-4.32	5,579.86
Sky	866.00	-104.50	-10.77	16,691.66
Standard Life	376.00	-47.80	-11.28	8,478.24
Smiths Group	1,600.00	32.00	2.04	6,359.23
Scottish Mortgage Investment	406.50	-1.50	-0.37	5,724.09
Smith & Nephew	1,357.50	32.50	2.45	11,673.17
SSE	1,476.50	3.50	0.24	14,817.36
Standard Chartered	795.00	-18.70	-2.30	27,154.39
St James's Place	1,175.50	-43.50	-3.57	6,507.22
Severn Trent	2,245.00	0.00	0.00	5,349.79
Tesco	172.50	-2.70	-1.54	14,362.48
TUI AG	1,240.00	46.00	3.85	7,120.77
Taylor Wimpey	191.45	6.55	3.54	6,082.62
Unilever	4,405.00	27.00	0.62	55,676.63
United Utilities Group	900.00	8.50	0.95	6,123.36
Vodafone Group	224.50	-1.50	-0.66	59,974.73
Wolseley	4,550.00	50.00	1.11	11,605.58
Worldpay Group	367.00	-12.50	-3.29	7,560.00
WPP Group	1,610.00	10.00	0.63	20,262.44
Whitbread	3,849.50	-69.50	-1.77	7,200.47

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CLOSING PRICES JULY 24

COMPAN	PRICE	CHANGE%	CHANGE	VOLUME(M)
3M	211,160	-0.61	-1,290	718,507
AMERICAN EXPRESS	85,590	+0.28	0,240	1,304,232
APPLE	150,270	-0.05	-0,070	8,985,160
BOEING	212,140	+0.88	1,860	531,367
CATERPILLAR	106,590	-0.68	-0,730	1,034,669
CHEVRON TEXACO	103,250	-1.32	-1,380	2,430,856
COCA-COLA	45,030	+0.47	0,210	3,579,930
CISCO SYSTEMS	31,840	-0.06	-0,020	5,291,974
DU PONT	84,540	-0.34	-0,290	841,254
EXXON MOBIL	80,120	-0.92	-0,740	5,195,145
GENERAL ELECTRIC	25,910	-2.92	-0,780	19,290,550
GOLDMAN SACH	220,180	-0.95	-2,120	840,718
HOME DEPOT	146,650	-0.26	-0,380	1,874,424
IBM	147,080	-0.39	-0,580	1,595,024
INTEL	34,730	-0.06	-0,020	7,610,299
JOHNSON & JOHNSON	135,310	-0.92	-1,260	2,296,547
JP MORGAN CHASE	90,890	-0.34	-0,310	4,050,069
MCDONALDS	153,920	-0.19	-0,290	964,489
MERCK	62,630	-0.49	-0,310	2,772,353
MICROSOFT	73,790	-0.58	-0,430	14,657,194
NIKE	59,950	+1.44	0,850	2,840,378
PFIZER	33,480	-0.18	-0,060	4,339,734
PROCTER & GAMBLE	88,610	+0.01	0,010	2,286,613
ST. PAUL TRV	125,150	+0.47	0,580	432,628
UNITED TECHNOLOGIES	123,490	+0.85	1,040	712,305
UNITEDHEALTH	191,780	+0.15	0,280	1,919,412
VERIZON	44,230	+0.02	0,010	3,308,379
VISA CLASS A	99,600	+1.52	1,490	3,536,708
WAL-MART	76,150	+0.17	0,130	2,553,405
WALT DISNEY	107,090	-0.25	-0,270	1,907,570

# NASDAQ

CLOSING PRICES JULY 24

COMPANY	PRICE	CHANGE NET / %
<b>Most Advanced</b>		
Dicerna Pharmaceuticals, Inc.	\$ 4.13	0.57 ▲ 16.01%
Cintas Corporation	\$ 138.43	11.65 ▲ 9.19%
Akcea Therapeutics, Inc.	\$ 13.53	1.125 ▲ 9.07%
athenahealth, Inc.	\$ 155.93	12.13 ▲ 8.44%
Baozun Inc.	\$ 32.38	2.49 ▲ 8.33%
Independent Bank Corp.	\$ 71.35	5 ▲ 7.54%
Monro Muffler Brake, Inc.	\$ 48.35	3.25 ▲ 7.21%
Triumph Bancorp, Inc.	\$ 29.05	1.95 ▲ 7.20%
NeuroDerm Ltd.	\$ 33.20	2.20 ▲ 7.10%
The Dixie Group, Inc.	\$ 4.60	0.30 ▲ 6.98%
Presbia PLC	\$ 2.20	0.14 ▲ 6.80%
<b>Most Declined</b>		
Pernix Therapeutics Holdings, Inc.	\$ 3.43	1.06 ▼ 23.61%
Omega Flex, Inc.	\$ 58.11	10.44 ▼ 15.23%
American Superconductor Corporation	\$ 3.60	0.61 ▼ 14.49%
Haynes International, Inc.	\$ 30.47	4.72 ▼ 13.41%
NIC Inc.	\$ 16.35	1.70 ▼ 9.42%
Manhattan Associates, Inc.	\$ 43.15	4.28 ▼ 9.02%
Sears Holdings Corporation	\$ 2.3909	0.2291 ▼ 8.74%
Sears Holdings Corporation	\$ 8.83	0.77 ▼ 8.02%
Francesca's Holdings Corporation	\$ 9.32	0.80 ▼ 7.91%
ViewRay, Inc.	\$ 5.17	0.43 ▼ 7.68%
Genetex Corporation	\$ 17.28	1.38 ▼ 7.40%

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Price Movement

## Accumulating Funds

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

DEALING PRICE

**€0.9826**..... **-€0.0001**  
**€0.9590**..... **-€0.0002**  
**£1.1485**..... **£0.0016**  
**€1.0735**..... **€0.0007**  
**£1.2995**..... **£0.0024**  
**€1.2032**..... **€0.0012**  
**£1.4379**..... **£0.0029**  
**€1.3389**..... **€0.0016**

Price Movement

Remaining Elite Fund prices available on request

Prices correct as at 19/07/2017

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# UNABLE TO FACE THE THOUGHT OF JAIL

## Disgraced banker has committed suicide

FORMER chairman of Spanish savings bank Caja Madrid, Miguel Blesa, was found dead at a country estate in Cordoba after shooting himself.

Blesa, who was released from prison pending an appeal against a six-year prison sentence after being found guilty in the 'tarjetas black' banking scandal, was discovered with a bullet wound in his chest from a hunting rifle and an autopsy confirmed the belief that death was caused by suicide.

He was on a hunting trip with friends and reportedly said he was going to move his car, when a gunshot was heard.

According to reports from Europa Press, Blesa's inner circle said he was not depressed or feeling defeated in the days leading up to his death.

The former Caja Madrid boss was one of 64 people accused of misusing €12 million of Caja Madrid and Bankia money between 2003 and 2012.

They were accused of using company credit cards for personal expenses such as luxury holidays and parties without ever justifying them or declaring them to tax authorities.

Miguel Blesa had allegedly established the 'corrupt system' while head of the bank before handing the reins over to Rodrigo Rato - also one of the 64 accused - in 2010.

Caja Madrid was once one of Spain's largest lenders, with an estimated seven million customers and annual earnings of over €2 billion during the real estate boom.

In 2011, it merged with other banks to form Bankia, but just one year later needed billions of euros from the state to stay afloat, and eventually asked the EU for a bailout where it received €41 billion.

This was not the first time that he had flirted with scandal as he had



**MIGUEL BLESA poster in Bankia demonstration.**

spent 15 days in jail in 2013 with regards to overpayment for the purchase of a Florida bank and was only released when his lawyers had the judge thrown off the case which then collapsed.

A former friend of many politicians who sinecures with his bank, Blesa had fallen so far from grace - especially after boasting about his extravagant life style - that he grew a beard and wore dark glasses in public.

Possibly the final straw may have been that his assets including pension payments had been partly frozen and his properties were used as guarantees to the courts.

# SWEET SUCCESS FOR CANDY

## Wonkandy cracks Middle East market

TWO Spanish entrepreneurs were looking for a way to establish a successful business after the collapse of the Spanish economy and came up with a brainwave.

Although neither Andrés Pérez nor Fátima Pereyra who met in Sevilla knew anything about the sweet market, they decided that there would always be an outlet for good quality sweets that were produced from the best ingredients and were packaged attractively.

Thus in 2010, Wonkandy - world of natural candy - was born with production outsourced to a range of manufacturers leaving the pair to concentrate on marketing and sales.

The home market was still weak despite their launch of an outlet in Sevilla but they discovered that the business could be nurtured through foreign sales and the signing of franchise arrangements.

What really helped the business take off was when their product was picked up by Harrods in Lon-



**IDEAL FOR a kid in a candy store.**

don and with a bit of tweaking to the ingredients, they found that they had a range of sweets which would appeal to the Halal market in the Middle East.

Candies like jelly beans are generally non Halal because they contain gelatine which is often made in part from pork bones, so they adapted their recipes and obtained a certificate from the Spanish Halal Institute which allowed them to develop business in many Muslim countries.

Now they export to 20 countries around the world and have a number of franchised outlets throughout Spain with some 60 per cent of their income being derived from exports.

With steady growth the company is continuing to expand and is filling a niche role which they hope will see their brand becoming one of the largest exporters of Halal sweets as well as appealing to those who are gluten and lactose intolerant.

# BBVA Bank best app

A SIMPLE app from Spanish bank BBVA has been voted the best mobile banking app in the world, leaving 53 leading international banks standing.

The research which was undertaken by Forrester, an international research and advisory company, studied 54 different criteria ranging from ease of registration, security, speed and ease of login to availability of advice and sale of products.

The average score out of 100 for these mobile apps was 63 and the success of the BBVA app at 87 simply left much larger and wealthier banks in the shadows.

At the end of the day, customers want to be able to undertake their transactions and manage their accounts with the minimum of difficulty and it would appear from this study that BBVA meets the criteria.

# Spanish public debt up

THE Spanish public debt almost tripled to €1.087 trillion since the start of the economic crisis in 2008.

It is still more than 100 per cent of the Gross Domestic Product (difference between income and expenditure) of the country but as income has increased, the negative effect is slightly less than this time last year.

This debt compares with the 2008 figure of €390.6 billion in 2008 but is still considerably less than the USA, Japan and the UK.

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# GROWTH OF THE WORLDWIDE COURIER Deliveries quicker and easier

THE world of the courier is relatively new but now accounts for a significant amount of business and sees turnover of hundreds of billions of euros worldwide.

For centuries, goods were delivered by sea and then by horse and carriage to stores and individuals, with efficiency and speed of delivery increasing with the introduction of trains, vehicles and aircraft.

The introduction of the Universal Penny Post in 1840 was the start of a whole worldwide revolution which allowed for cheap and speedy delivery of post and then parcels nationally and internationally.

Now, couriers, who were first set up to transfer important documents across the world in a quick and efficient manner are growing in size, value and importance helped in the main part by the introduction of online shopping.

According to a recent Mintel



## COURIER SERVICES have really taken off.

report Britain alone is expected to spend more than €12 billion with couriers during 2017 and there is now almost no country in the world that the couriers - many of whom own their own aircraft - don't reach.

Live in Spain, want something

from the UK, don't worry, there will be a courier company ready to deliver it in a matter of days and suppliers are able to strike such good financial deals with them that often delivery is free and certainly more efficient than local postal services.

## Britain needs transition deal

THE co-Chief Executive of major US financial operation Goldman Sachs International wants to see the British government agree a Brexit transitional deal.

He argues that unless this happens quickly and is of a significant period then his company and many others will simply have no option other than to reduce their work force in the UK and increase recruitment across the European Union.

Richard Gnodde, the most senior employee of the company outside of the USA told the BBC that he was wasting money making contingency plans when he doesn't actually know what the British government intends.

With 6,500 UK based employees the company is just one of many that is pressing for information from Brexit Secretary David Davis who has recently left Brussels without any agreements of any significance being made.

# Losing mental capacity whilst living abroad

by Stone King

Charlotte Macdonald

Contact me at [international@stoneking.co.uk](mailto:international@stoneking.co.uk)



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

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

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



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

### What is an LPA?

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

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

Your attorney can be a professional,

such as a solicitor or a family member or friend.

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

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

### Why should you get an LPA?

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

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

### Will my LPA be recognised in Spain?

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

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



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# Do what is best for Charlie

**LEAPY LEE SAYS IT  
OTHERS THINK IT**



HAVING raised six offspring, all of whom I love most dearly, I have the utmost sympathy for the parents of little Charlie Gard.

Unfortunately, as deeply as this young couple obviously love and cherish their little mite, it is now, in my opinion, time to let him go.

I am of course writing this before the court's decision on the matter, but I personally feel that even if this new American neurosurgeon can do anything to prolong his life, all the experts agree, the chances of him enjoying an existence even remotely approaching normality appear to be just about nil.

To me the adoration of his parents has now become somewhat misguided. Blinded by emotion they are, I feel, in danger of evoking a desire to prove themselves morally right, both in the eyes of the law and their numerous sympathisers than do what is right for their little boy.



Photo credit Daniele Sebastianelli/Twitter

**EMOTIONAL TURMOIL:** Charlie's parents face crucial decision based on emotions or morals.

Please, if you truly love him, as I'm sure you do, let him pass. Invest the money raised by the caring public into research, or a new hospital wing. Some kind of memorial to celebrate his short time among us.

But for mercy's sake let him go.

Give your own torment some closure. Begin again, bring a new little miracle into the world. Look to a bright new future knowing you did all you could for little Charlie.

I get a little peeved by the attitude of a number of the Grenfell survivors.

I don't have to reiterate how sympathetic I feel for the traumatised victims of this disaster and can understand their anger that it was able to happen in the first place. But I truly believe the authorities are doing all they can to sort out this most com-

plex of complicated scenarios.

I also know how difficult it is to please everyone; but to hear that out of 300 offers of accommodation, only 14 have been accepted, does make me think that perhaps the co-operation with people trying to help is somewhat lacking on the part of the residents.

I was particularly put out by the attitude of a number of attendees at the initial meeting of the investigation committee. 'You're not one of us Mon,' screamed one dissenter at enquiry conductor Sir Martin Moore-Bick. Just what is that supposed to mean? That Moore-Bick is not an ethnic, multi-cultural immigrant of non-British decent? If Moore-Bick himself had uttered the same statement, he would have been labelled a racist and could possibly have faced prosecution. It would be more respectful to the memory of those who perished to bury all racial and social grievances and just allow those selected to complete this enquiry in the quickest and fairest way possible.

*Keep the faith, Love Leapy.  
Leapylee2002@gmail.com*

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Cassandra Nash

A weekly look

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

CATALUÑA is governed by Junts pel Si (Together for Yes), a coalition of pro-independence parties headed by Carles Puigdemont of PDeCat and Oriol Junqueras from the left-wing nationalists ERC.

Junqueras is organising the referendum and making sure that all waverers are left by the wayside. Not that all the replaced Consellers including those who headed the Interior, Presidency and Education, were having second thoughts about independence.

Doubts that the October 1 referendum vetoed by Madrid would take place were enough to send them packing.

Others were reluctant to share with Junqueras any legal or poli-



| Oriol Junqueras.

Photo by Esquerra Republicana

# Cataluña pogrom

tical fallout from the referendum. This involved putting their assets on the line if necessary, which prompted the government spokeswoman Neus Munte to make an eloquent but rapid exit.

All were replaced with hardliners, like Pere Soler, the new head of the Mossos d'Esquadra police who hopes that Cataluña leaves soon, "as the Spanish are pitiful."

Getting rid of opponents is the tried and trusted way of authoritarian governments and whether or not the Spanish are pitiful, they did not expect a return to the 1930s now they are well into the 21st century.

## Minor setback

THE Valencian Community's regional president Ximo Puig was recently re-elected regional PSOE secretary general.

Puig has never been a fan of the party's national leader Pedro Sanchez and he backed Susana Diaz in the primaries that reinstated the latter as secretary general last May.

Puig comfortably put paid to his pro-Sanchez rival and might as well enjoy it while he can. With regional

elections coming up in 2019 Sanchez can spend the next two years plotting revenge.

## Out you go!

ONCE secession mutterings became strident shouts, Brussels made it clear at every available opportunity that Cataluña automatically leaves the EU if it leaves Spain.

The Catalan government has conscientiously ignored repeated warnings that it will have to go to the back of the queue for readmittance.

Secessionists as well as undecided Catalans should spare a thought for the UK and Brexit. Not just for the toll it is taking on the popula-

tion and economy, but for the price that politicians are paying. June spelled the beginning of the end for May and an October victory could still bring a winter of discontent for Puigdemont.

## Anyone for tennis?

KING emeritus Juan Carlos likes to attend international sporting occasions that involve Spanish teams and sportspeople.

So it would seem does minister of Agriculture Isabel Garcia Tejerina who was at his side during Nadal's Roland Garros triumph in Paris last June. More recently they were together at Wimbledon when Garbiñe Muguruza gave Serena Williams a whopping.

Tejerina is known to be a great tennis fan although whether she is also a Juan Carlos fan has not been made clear.

## Get out of that one

MARIANO RAJOY applauded the Opposition victory in an unofficial referendum recently held in Venezuela, calling for an end to the present regime. This prompted a self-righteous response from Venezuela's semi-dictator

Nicolas Maduro who virtuously maintained that he allowed the ballot - which he will ignore - in the interests of democracy.

Yet Rajoy refuses to countenance the unauthorised referendum planned

by Cataluña's regional government, Maduro said.

Where's the difference, Maduro asked, calling on Rajoy to be consistent. Odious Maduro has a point and this is a devilishly difficult one to answer.

### Advertising feature

# "It won't happen to me...!" Will you be worry-free, or risk a travel trauma?

WHO doesn't love a holiday? Whether visiting family or friends, or getting away from it all on a rural retreat, Travel Insurance may be the last thing on your mind when planning your next break. After all, it's tempting to think "it won't happen to me"... but trust us when we say "it just might..."

As we approach peak holiday season, we see plenty of examples of Globelink customers needing assistance while away, so don't leave yourself out on a limb for your next trip.

Last year UK Insurers paid out a whopping £365 million for overseas medical treatment, cancelled trips, stolen baggage and other travel troubles. But it's not just about financial protection. Did you know that most Travel Insurance Policies have a 24/7 Emergency Assistance Service to help with emergencies while abroad?

They are the unsung heroes of Travel Insurance who become your closest friend if you have a travel mishap. Assistance Companies have experienced multilingual

teams to handle any situation our intrepid customers throw at them, with specialist Doctors to monitor and advise on all medical cases and medical repatriations.

Whether it's holiday tummy, or a serious, life threatening illness or injury, they are there 24 hours a day to arrange emergency treatment, cover costs and find flights if you need to rush back for an emergency at home. This requires a mind boggling array of skills including empathy, ingenuity, efficiency, tact and diplomacy in equal measure. Calls are often from very distressed customers with loved ones ill or injured and the team must show compassion, whilst also obtaining the information necessary to validate insurance cover and arrange the right support.

Here are two recent genuine examples of Globelink customers who called for help:

#1) Whilst in Nashville, Mr D called the Assistance team because his wife had a fever. A hospital visit was arranged and Mrs D seen by a doctor. The assistance doctor and treating doctor agreed that Mrs

D was not fit to travel home to France as planned the following day. Medical costs of £3,750 were covered and the assistance team stayed in touch until Mrs D was well enough to travel. Flights and transfers home were then duly arranged and paid for. Mr D later wrote "sincere thank you to everyone who helped get my wife home safely after her illness. The quality of service, speed of response, friendliness and dedication have been truly impressive." Great feedback from Mr D.

#2) James, aged 21, was injured in a boating accident in New Zealand and suffered a fractured shoulder and broken leg. He was admitted to hospital and throughout his stay the Assistance team kept in touch and supported James in completing all necessary accident forms and formalities. Medical costs were covered too.

The team also kept James' parents in Spain updated of progress, which was invaluable due to time difference. Once James was fit enough to travel, all repatriation arrangements were made, including an

attendant to accompany James on the journey home to provide assistance every step of the way. Flights, transfers and medical costs of £13,750 were covered by his Globelink policy. James' father subsequently wrote *thanking the Assistance team "for their support and professionalism which was second to none."* Can't get better than that!

So do yourself a favour and don't skimp on getting decent travel insurance to protect you and your loved ones. Take as many trips as you like in a year with a Globelink Annual Multi Trip policy, starting at under £60 at [www.globelink.co.uk](http://www.globelink.co.uk).

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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 at One
2:30pm	BBC London News
2:45pm	Red Rock <i>Soap opera based around a busy Dublin Garda station.</i>
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	The Farmers' Country Showdown
8:30pm	EastEnders
9:00pm	Watchdog Live
10:00pm	Who Do You Think You Are?
11:00pm	BBC News at Ten
11:30pm	BBC London News
11:45pm	One Deadly Weekend in America
1:10am	Weather for the Week Ahead
1:15am	BBC News

**BBC TWO**

7:00am	The TV That Made Me
7:30am	Wild UK
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	Countryfile
2:15pm	Two Tribes
2:45pm	A Taste of Britain
3:30pm	The Best Dishes Ever
4:00pm	This Wild Life
4:30pm	Hive Alive
5:30pm	Natural World
6:15pm	Antiques Roadshow <i>Fiona Bruce and the team of experts invite the public to bring along their antiques for examination.</i>
7:00pm	Eggheads
7:30pm	Letterbox
8:00pm	Celebrity Antiques Road Trip
9:00pm	10 Puppies and Us
10:00pm	Top of the Lake
11:00pm	The Mash Report
11:30pm	Newsnight
12:15am	Cleveman
1:10am	The Week the Landlords Moved in

**BBC FOUR**

8:00pm	World News Today <i>The latest national and international news, exploring the day's events from a global perspective.</i>
8:30pm	The Royal Welsh Show 2017
9:00pm	Shipwrecks: Britain's Sunken History <i>Series in which maritime historian Dr Sam Willis looks at how and why the shipwreck came to loom so large in British history.</i>
10:00pm	Prejudice and Pride: The People's History of Lgbtq Britain
11:00pm	Railways: The Making of a Nation
11:30pm	Railways: The Making of a Nation
12:00am	Oak Tree: Nature's Greatest Survivor
1:30am	King Alfred and the Anglo Saxons
2:30am	Shipwrecks: Britain's Sunken History
3:30am	Prejudice and Pride: The People's History of Lgbtq Britain

**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
12:30pm	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
8:30pm	UEFA Women's Euro 2017 <i>England v Portugal</i>
11:00pm	Gogglebox
12:05am	Real, Fake or Unknown
1:10am	Excluded at Seven

**CHANNEL 5**

8:00am	Milkshake Monkey
8:05am	Shimmer and Shine
8:20am	Noddy: Toyland Detective
8:35am	Paw Patrol
8:55am	Rusty Rivets
9:05am	Digby Dragon
9:25am	Peppa Pig
9:35am	Mofy
9:45am	Digby Dragon
10:00am	Floogals
10:15am	The Wright Stuff
12:15pm	The Yorkshire Vet
1:10pm	5 News Lunchtime
1:15pm	Big Brother
2:15pm	Home and Away
2:45pm	Neighbours
3:20pm	Ncis: Murder in the Family
4:20pm	A Woman Deceived
6:00pm	5 News at 5
6:30pm	Neighbours
7:00pm	Home and Away
7:30pm	5 News Tonight
8:00pm	Cricket on 5
9:00pm	Nightmare Tenants, Slum Landlords
10:00pm	Joanna Dennehy: Killing for Kicks
11:30pm	Big Brother
12:30am	Big Brother's Bit on the Side
1:15am	Super Casino

**4**

9:00am	Melissa and Joey
9:30am	Melissa and Joey
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	Kevin Can Wait
10:00pm	New Girl
10:30pm	New Girl
11:00pm	The Inbetweeners
11:35pm	The Inbetweeners
12:05am	The Big Bang Theory

**sky sports main event**

7:00am	Good Morning Sports Fans
7:30am	Good Morning Sports Fans
8:00am	Good Morning Sports Fans
8:30am	Good Morning Sports Fans
9:00am	Good Morning Sports Fans
9:30am	Good Morning Sports Fans
10:00am	Good Morning Sports Fans
11:00am	Cricket <i>Day one of the third Test between England and South Africa at The Oval.</i>
8:00pm	Live World Matchplay Darts <i>Day six of darts' BetVictor World Matchplay at Blackpool's Winter Gardens.</i>
12:00am	Through the Night
1:00am	Through the Night
2:00am	Through the Night
3:00am	Through the Night
4:00am	Through the Night
5:00am	Through the Night

**itv**

7:00am	Good Morning Britain
9:30am	Lorraine
10:25am	The Jeremy Kyle Show
11:30am	This Morning
1:30pm	Loose Women
2:30pm	ITV Lunchtime News <i>Alastair Stewart presents the latest headlines from around the world.</i>
2:55pm	ITV News London
3:00pm	Judge Rinder
4:00pm	Tenable
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	Inside the London Fire Brigade
11:00pm	ITV News at Ten and Weather
11:30pm	ITV News London
11:40pm	Tonight at the London Palladium
12:40am	Devon and Cornwall Cops

**itv2**

7:00am	The Hot Desk
7:10am	You've Been Framed!
7:35am	Vanderpump Rules
8:20am	The Ellen DeGeneres Show
9:00am	Emmerdale
9:30am	Coronation Street
10:00am	You've Been Framed! Gold Rides Again!
11:00am	The Great Indoors
11:30am	Side Effects
12:00pm	LA Story
12:15pm	L.A. Story
12:25pm	Vanderpump Rules
1:20pm	Emmerdale
1:55pm	Coronation Street
2:30pm	You've Been Framed!
3:00pm	The Ellen DeGeneres Show
3:50pm	The Jeremy Kyle Show
4:55pm	The Jeremy Kyle Show
6:00pm	Judge Rinder
7:00pm	You've Been Framed!
8:00pm	You've Been Framed!
9:00pm	Two and a Half Men
9:30pm	Two and a Half Men
10:00pm	White House Down
11:00pm	FYI Daily
11:05pm	White House Down
12:40am	Family Guy
1:10am	Family Guy

**itv3**

7:00am	Man About the House
7:25am	Heartbeat
8:25am	Where the Heart is
9:20am	Wild at Heart
10:25am	Judge Judy
10:55am	Judge Judy
11:20am	Judge Judy
11:50am	Road to Avonlea <i>A famous Broadway duo turn White Sands upside down during their brief visit.</i>
12:50pm	Wycliffe
1:55pm	Heartbeat
3:00pm	The Royal
4:05pm	Wild at Heart
5:10pm	Man About the House
5:50pm	On the Buses
6:20pm	On the Buses
6:55pm	Heartbeat <i>Nostalgic police drama series set in a 1960s Yorkshire village.</i>
8:00pm	Murder, She Wrote
9:00pm	Endeavour
11:00pm	Law and Order: UK
12:00am	Wire in the Blood
1:05am	Mrs Biggs
2:30am	Marchlands

**itv4**

7:00am	The Chase
7:50am	Storage Wars Texas
8:10am	Storage Wars Texas
8:35am	Gunsmoke
9:35am	Ironsides
10:40am	Quincy, M.E.
11:40am	Minder
12:45pm	The Professionals
1:50pm	Gunsmoke
2:55pm	Ironsides
4:00pm	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	Road Racing Series <i>The second instalment from the Billown Circuit for the Southern 100 road races.</i>
10:00pm	Goldfinger
11:05pm	FYI Daily <i>A round up of the latest entertainment news.</i>
11:10pm	Goldfinger
12:15am	Gangs of New York
1:15am	FYI Daily
1:20am	Gangs of New York
3:30am	Tommy Cooper
3:55am	ITV4 Nightscreen

**sky CINEMA ACTION & ADVENTURE**

11:30am	I Am Legend
1:15pm	Pirates of the Caribbean: At World's End
4:05pm	The Longest Day
7:05pm	Twister
9:00pm	Pirates of the Caribbean: At World's End
11:55pm	I Am Legend
1:40am	Twister

**sky CINEMA COMEDY**

8:15am	Norbit
10:05am	Mike and Dave Need Wedding Dates
11:50am	Grandma
1:20pm	Airheads
3:00pm	Bridget Jones's Baby
5:10pm	50 First Dates
7:00pm	Couples Retreat
9:00pm	Bridget Jones's Baby
11:10pm	Mike and Dave Need Wedding Dates
12:55am	Welcome to Me
2:35am	Jackass: Number Two
4:20am	Spud 2: The Madness Continues

**sky CINEMA PREMIERE**

7:00am	The Stanford Prison Experiment
9:15am	Cars 3: Special
9:35am	Miss Peregrine's Home for Peculiar Children <i>A misfit teen discovers an island orphanage that's home to children with very special gifts.</i>
11:55am	The Secret Life of Pets
1:35pm	The Stanford Prison Experiment
3:50pm	Laid in America
5:25pm	The Top Ten Show 2017 <i>Which movies are doing the best business at home and across the pond?</i>
5:40pm	The Secret Life of Pets
7:10pm	Breaking the Bank
9:00pm	Miss Peregrine's Home for Peculiar Children
11:10pm	Laid in America
12:50am	White Island
2:30am	Breaking the Bank

**sky sports football**

8:30am	EFL Greatest Games
9:00am	Football Years
9:30am	Football Countdowns
10:00am	World Cup Qualifiers: England
11:00am	World Cup Qualifiers: Scotland
11:30am	SPFL Greatest Games
12:00pm	U21 Championships 2017: England
1:00pm	U21 Championships 2017: England
1:30pm	Football Years
2:00pm	World Cup Qualifiers Round Up
4:00pm	World Cup Qualifiers: England
5:00pm	World Cup Qualifiers: England
7:00pm	World Cup Qualifiers: Scotland
7:30pm	SPFL Greatest Games
8:00pm	World Cup Qualifiers: England
9:00pm	U21 Championships 2017: England
10:00pm	U21 Championships 2017: England
10:30pm	European U21 Championships 2017
1:30am	EFL Greatest Games

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Advertising feature

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It allows you to have an 8mb connection paying for when you use it, with unlimited downloads and uploads, anything from one day, two weeks, or a month etc, with no reconnection charges. You don't pay when you are not here.

PNTV provide telephone services through internet VOIP systems; the most affordable way to keep in touch. Call plans are available for €5.99 per month for 1,000 minutes or Pay as You Go plans where you pay nothing when not using it and from just 1.5 cents per minute for calls when you are. It is just one of the many services available from PNTV Services which is owned and run by Nicky and Peter Savage.

PNTV Services pride themselves on their efficient service and are able to offer combination packages of TV, internet and phone or you can pick and choose what you need. But for all advice



**PNTV SERVICES: Peter is fully qualified and certified to offer you TV, phone and internet services.**

and information contact the friendly and helpful team now.

The company covers Pilar de la Horadada and Pinar de Campoverde and their services have since expanded across the Orihuela Costa including Mil Palmeras to Playa Flamenca, Las Ramblas, Entre Naranjos and recently the Cinuelica

Urbanisations in Playa Flamenca, so contact them to see if they cover your area!

For television, PNTV have the solutions that will fit your needs including IPTV boxes, digi boxes, seven-day EPG boxes and now a Twin Tuner box where you can watch one channel, record another, watch IPTV and record two chan-

nels, watch box sets and record once or a series at a press of a button.

As many people are now aware, Sky have blocked all Sky channels that we used to get in Spain. But it is not all doom and gloom and PNTV Services have the answer. They do not charge a one-off yearly fee but they do offer all your channels payable on a low monthly basis, so you loose nothing even if the worst happens. Speak to the team now and find out more.

They offer reliable and competitive continuous internet packages from 3mb, 8mb and 12mb. Also available at their office in Pinar de Campoverde are mobile phone top ups, mobile handsets and sim cards.

Peter is fully qualified trained and certified by Sky, and is certified by Ubiquiti which provides all their internet equipment, so customers know they are in safe and professional hands. Contact the team now for the latest offers.

*PNTV Services*  
*Avenida de las Especias*  
*Pinar de Campoverde*  
*Tel: 965 064 350 or 622 448 381*  
*Email pandntvservices@hotmail.com*  
*Visit www.pntvservices.com*

# Dreaming of faraway lands...

YOUR dream holiday could just be a call away thanks to Viajes Dream World.

This independent travel agency in the heart of Torrevieja may just have been open for a few months, but owner Gail Cropper has a lifetime of travel experience having previously worked for numerous tour operators in the UK and in Spain.

She is perhaps also more locally known for her years spent heading tours and day trips with a local coach trip company, but now her days on the road are behind her and she is more settled sitting behind a desk helping others plan their trips.

Gail of course offers holidays to every destination you can imagine including the ever-popular cruises, but mainly specialises in tailor-made holidays with fly drive packages to the USA a particular favourite.

Gail has many contacts in America so deals with them directly offering great prices and insider knowledge that people simply can't get by booking on a website: "More and more people are becoming more fa-



**DREAM WORLD: Gail will help you find your perfect bespoke holiday.**

miliar with booking themselves on the internet but there is still a real need to speak to someone in person, to use their expert knowledge and advice when booking such a unique holiday," said Gail: "Many are still a little weary of booking online so with us, they have the security and backup of an agency and we can also offer financial services to help

spread the cost." Creating a bespoke holiday to exactly meet your needs takes time and effort which many people don't have so leave all your details with Gail and she will go through everything finding connecting flights, the best prices on hotels and car hire and even activities you may wish to enjoy during your stay and will de-

liver a personalised quote. Viajes Dream World also have a range of holidays available a little closer to home, with Christmas breaks in Mojacar now being booked, European Christmas Markets with prices from €199 including flights and hotels and for the over 65's there are special package deals available across Spain includ-

ing the Balearics and Canary Islands.

As part of a special introductory offer, Viajes Dream World are offering 5 per cent discount on all cruise and package holidays booked when you mention you saw them in the *Euro Weekly News*. Keep checking the paper for the latest offers as they change regularly.

Viajes Dream World is an independent company, but is part of a larger network of travel agents allowing them to access a wider choice of deals and packages with the necessary backup and reassurance similar to that of ABTA in the UK. So for an independent, friendly and personal service with the services of a larger group, contact Gail today and start planning your dream trip.

*Viajes Dream World*  
*Calle Pedro Lorca 16*  
*Torrevieja*  
*Tel: 965 055 462*  
*Email:*  
*info@viajesdreamworld.com*

# GOOD NEWS FOR YOUR CAR 902 123 309



## 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 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	The Farmers' Country Showdown
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	The Sentinel
1:45am	Weather for the Week Ahead

## BBC TWO

7:00am	The TV That Made Me
7:30am	Wild UK
8:15am	Bargain Hunt
9:00am	Gardeners' World
10:00am	Victoria Derbyshire
12:00pm	BBC Newsroom Live
2:00pm	Countryfile
2:15pm	Two Tribes
2:45pm	A Taste of Britain
3:30pm	The Best Dishes Ever
4:00pm	This Wild Life
4:30pm	Hive Alive
5:30pm	Swimming
7:00pm	Eggheads
7:30pm	Letterbox
8:00pm	Celebrity Antiques Road Trip
9:00pm	Mastermind
9:30pm	Only Connect
10:00pm	Gardeners' World
11:00pm	QI
11:30pm	Newsnight
12:05am	Cleverman
12:55am	Cleverman
1:50am	Panorama
2:20am	Granddad, Dementia and Me
3:20am	Growing Up with Cancer
3:50am	This is BBC Two

## BBC FOUR

8:00pm	World News Today <i>The latest national and international news, exploring the day's events from a global perspective.</i>
8:30pm	BBC Proms 2017
10:45pm	The Chopin Etudes <i>Pianist Freddy Kempf plays Chopin's Etude in E flat, Op 10 No 11.</i>
10:50pm	Sounds of the Sixties
11:00pm	BBC Proms 2017
12:25am	Reginald D Hunter's Songs of the South
1:25am	Elvis: That's Alright Mama 60 Years on
2:25am	Country Kings at the BBC
3:25am	Reginald D Hunter's Songs of the South
4:25am	This is BBC Four <i>BBC Four is the BBC channel for people who want more. More depth, more range, more to stimulate the mind.</i>

## CHANNEL 4

7:00am	Countdown
7:45am	Will and Grace
8:10am	Will and Grace
8:35am	Everybody Loves Raymond
9:00am	Everybody Loves Raymond
9:35am	Frasier
10:05am	Frasier
10:35am	Frasier
11:05am	Undercover Boss USA
12:00pm	The Simpsons
12:30pm	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	Gogglesprogs
10:00pm	The Last Leg
11:00pm	Naked Attraction
12:05am	Rude Tube
1:10am	8 Out of 10 Cats

## CHANNEL 5

8:35am	Paw Patrol
8:55am	Rusty Rivets
9:05am	Digby Dragon
9:25am	Peppa Pig
9:35am	Mofy
9:45am	Digby Dragon
10:00am	Floogals
10:15am	The Wright Stuff
12:15pm	The Yorkshire Vet
1:10pm	5 News Lunchtime
1:15pm	Big Brother
2:15pm	Home and Away
2:45pm	Neighbours
3:15pm	Ncis: Murder in the Family
4:15pm	A Father's Secret
6:00pm	5 News at 5
6:30pm	Neighbours
7:00pm	Home and Away
7:30pm	5 News Tonight
8:00pm	Cricket on 5
9:00pm	Draining the Bermuda Triangle
10:00pm	Big Brother
11:45pm	Big Brother's Bit on the Side
12:50am	Lip Sync Battle
1:15am	Super Casino
4:10am	Big Brother
5:35am	Access
5:45am	House Doctor

## 4

7:00am	Hollyoaks
7:30am	Coach Trip
8:00am	Made in Chelsea
9:00am	Melissa and Joey
9:30am	Melissa and Joey
10:00am	Black-ish
10:30am	Black-ish
11:00am	Baby Daddy
11:30am	Baby Daddy
12:00pm	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	Sinister
12:10am	The Big Bang Theory

## sky sports main event

7:00am	Good Morning Sports Fans
7:30am	Good Morning Sports Fans
8:00am	Good Morning Sports Fans
9:00am	Good Morning Sports Fans
9:30am	Paddock Uncut: Hungary
9:45am	Live Hungarian GP: Practice
11:30am	Cricket
7:30pm	Cricket
8:00pm	Live World Matchplay Darts
12:00am	Through the Night
1:00am	Through the Night
2:00am	Through the Night
3:00am	Through the Night
4:00am	Through the Night
5:00am	Through the Night
5:00am	<i>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.</i>

## 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	Tenable
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	Inside the London Fire Brigade
12:45am	Call the Cleaners
1:10am	Jackpot247
4:00am	Storage Hoarders
4:50am	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	Emmerdale
10:00am	You've Been Framed!
11:00am	The Great Indoors
11:30am	Guidance. The Pictures
12:00pm	La Story. Moving on
12:15pm	La Story. Lucky Strike
12:25pm	Vanderpump Rules
1:20pm	Emmerdale
1:55pm	Emmerdale
2:30pm	You've Been Framed!
3:00pm	The Ellen DeGeneres Show
3:50pm	The Jeremy Kyle Show
4:55pm	The Jeremy Kyle Show
6:00pm	Judge Rinder
7:00pm	You've Been Framed!
8:00pm	You've Been Framed!
9:00pm	Two and a Half Men
9:30pm	Two and a Half Men
10:00pm	Horrible Bosses
12:00am	Family Guy

## itv3

7:00am	Man About the House
7:25am	Heartbeat
8:30am	Where the Heart is
9:25am	Wild at Heart
10:25am	Judge Judy
10:55am	Judge Judy
11:25am	Judge Judy
11:50am	Road to Avonlea
12:55pm	Wycliffe
2:00pm	Heartbeat
3:05pm	The Royal
4:05pm	Wild at Heart
5:15pm	You're Only Young Twice
5:50pm	On the Buses
6:20pm	On the Buses
6:55pm	Heartbeat
8:00pm	Murder, She Wrote
9:00pm	Doc Martin
10:00pm	The Street
11:15pm	Law and Order: UK
12:20am	Wire in the Blood
1:20am	Life of Crime
2:20am	Prime Suspect
4:05am	Mr Selfridge
5:00am	Davina Mccall: Life at the Extreme
5:50am	George and Mildred

## itv4

7:00am	The Chase
7:45am	Storage Wars Texas
8:10am	Storage Wars Texas
8:35am	Gunsmoke
9:35am	Ironsides
10:40am	Quincy, M.E.
11:45am	Minder
12:45pm	The Professionals
1:45pm	Gunsmoke
2:50pm	Ironsides
3:55pm	Quincy, M.E.
4:55pm	Minder
6:00pm	The Professionals
7:00pm	Storage Wars Texas
7:30pm	The Darts Show
8:00pm	The Chase
9:00pm	Thunderball
10:00pm	FYI Daily
10:05pm	Thunderball
11:40pm	Lethal Weapon 4
12:45am	FYI Daily
12:50am	Lethal Weapon 4
2:10am	Better Late Than Never
3:05am	The Classic Car Show
3:55am	ITV4 Nightscreen
4:00am	Teleshopping <i>Shopping from home.</i>

## sky CINEMA ACTION & ADVENTURE

9:20am	Rocky Balboa
11:10am	The Bourne Ultimatum
1:10pm	Green Zone
3:10pm	The 5th Wave
5:10pm	Wild Wild West
7:00pm	Days of Thunder
9:00pm	Green Zone
11:00pm	The Bourne Ultimatum
1:00am	Hitman: Agent 47
2:45am	King Arthur

## sky CINEMA COMEDY

10:05am	10 Things I Hate About You
11:50am	Dude, Where's My Car?
1:20pm	Bad Neighbours 2
3:00pm	Barbershop: The Next Cut
5:00pm	Turner and Hooch
6:50pm	Notting Hill
9:00pm	Barbershop: The Next Cut
11:00pm	Bad Neighbours 2
12:45am	Death at a Funeral

## sky CINEMA PREMIERE

7:00am	I Am Not a Serial Killer
8:55am	War for the Planet of the Apes: Special
9:25am	The Secret Life of Pets
11:00am	Miss Peregrine's Home for Peculiar Children <i>A misfit teen discovers an island orphanage that's home to children with very special gifts.</i>
1:15pm	Doctor Strange
3:15pm	Breaking the Bank
5:15pm	The Secret Life of Pets
6:50pm	Miss Peregrine's Home for Peculiar Children
9:00pm	Doctor Strange
11:00pm	The Stanford Prison Experiment
1:10am	Laid in America
2:45am	White Island
4:25am	I Won't Come Back

## sky sports football

4:30pm	Scottish Cup Greatest Games
4:45pm	Scottish Cup Greatest Games
5:00pm	EFL Championship Final Highlights
6:00pm	EFL League 1 Final Highlights
7:00pm	EFL League 2 Final Highlights
8:00pm	EFL Cup Final 2016/17
9:00pm	Coppa Italia 2014/15 Final
9:15pm	Coppa Italia 2015/16 Final
9:30pm	Coppa Italia 2016/17 Final
9:45pm	Scottish Cup Greatest Games
10:00pm	Copa Del Rey 2016/17 Final
11:00pm	European U21 Championships 2017
11:30pm	Scottish Cup Greatest Games
11:45pm	Scottish Cup Greatest Games
12:00am	EFL Championship Final Highlights



## Clipping the wings, thrills & spills of no frills airlines

**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](http://www.euroweeklynews.com/3.0.15/nora-johnson)

**BUDGET:** But affordable air travel.



RYANAIR, Monarch and easyJet are among the worst airlines in the world! This verdict is the result of the latest rankings by AirHelp which graded 87 global airlines on quality, service, on-time performance and claims processing.

Hang on! Budget airlines operate on very tight margins and, as such, are able to provide affordable air-travel to the masses. And generally you get excellent punctuality, flexible fares and an acceptable level of service that's delivered by invariably pleasant staff.

Of course, they're not fault-

less, but what airline is? BA made it into the top 10, but the data was analysed prior to its worldwide IT failure that recently grounded all BA passengers for 48 hours. Plus, last year, it was sued by an American couple who claimed a mix-up ruined their holiday, sending them to Grenada (in the Caribbean) instead of Granada (Spain).

Not quite as bad, though, as the poor soul who boarded a flight (not BA this time) he thought to Oakland, California and woke up over the Pacific Ocean - en route to Auckland, New Zealand. Or the person who wanted to fly to Anchorage, Alaska, but ended up in Ankara, Turkey.

Not to mention the one who wanted San Diego but got Santiago instead. Or, minutes from landing on a flight from Chicago to Vancouver, the passenger who suddenly awoke from a deep sleep and asked, "Is this Seattle?"

Or the Italian couple who booked a holiday through a travel agent to Sydney, Australia and ended up in Syd-

ney, Nova Scotia, Canada.

A friend used to work at the tourist information desk in the airport in Rodez, a town in southern France. Apparently, a fairly major part of her job was dealing with British tourists who thought they'd bought tickets to Rhodes, Greece.

Now I admit I don't like flying. Ever since a bad experience as a young child in a turbo prop to hurricane-bound Malta when the pilot announced: "We'll soon be landing at Luqa airport. Or quite near it." Actually, 'quite near' turned out to be 200 miles away in another continent - Tunis, North Africa. Help!

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

### THURSDAY THOUGHTS

By Angus Silvie, Axarquia

## Impressive six-pack

IN Spain as in all countries around the world, a small and sadly unrepresented sample of people suffers from what I call Hideous Face Syndrome. I am myself a victim of this circumstance. For men this means their appearance has denied them the chance to know what it feels like to have girls either flirt with them, come up of their own volition and say hello when on a night out, or give out green light signals instead of the big red stop signs they are used to. The only exception to this rule applies to handsomely challenged men of great wealth and exceptional self-confidence, who can act like magnets for young attractive ladies. Damn them! I repel instead of attract.

But do good-looking and normal-looking people ever pause to consider what life must be like for those who don't possess their good fortune? It must be difficult for someone who is able to go out and hook up with a member of the opposite sex at will to have any understanding of what it is like for those of us who know that all attempts to get lucky will result in rejection. We have the same urges, the same feelings, yet we are destined to be forever watching the same fortunate people snaring and discarding partners while we smile weakly and churn up inside.

In warm climes like the Costa del Sol, a grotesquely-faced man parading hopefully in his speedos whilst sporting an overhanging belly is starting with an extra disadvantage when it comes to enticing a partner. Not that my impressive six-pack helps me much, as when I open my fridge and reveal my six cans of beer, ladies are not as delighted as I had hoped. But at least the beer can help to drown your sorrows, until it results in you gaining an unwanted beer belly. Oh well. Cheers!

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](mailto:editorial@euroweeklynews.com).

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GOOD NEWS FOR YOUR CAR 902 123 309



## BBC one

7:00am	Breakfast
11:00am	Saturday Kitchen Live
12:30pm	Nadiya's British Food Adventure
1:00pm	Bargain Hunt
2:00pm	BBC News
2:10pm	Weather
2:15pm	Brendan Foster: A Life in Athletics
3:00pm	Rugby League Challenge Cup
5:30pm	Flog It!
6:00pm	Sister Act 2: Back in the Habit
7:40pm	BBC News
7:50pm	Regional News
7:55pm	Weather
8:00pm	Pointless
8:50pm	Would I Lie to You?
9:20pm	Who Dares Wins
10:00pm	Casualty
10:50pm	BBC News
11:08pm	Weather
11:10pm	Indiana Jones and the Kingdom of the Crystal Skull
1:05am	When in Rome
2:30am	Weather for the Week Ahead
2:35am	BBC News

## BBC TWO

7:10am	The Deep
7:30am	The Deep
7:55am	Herbie Goes to Monte Carlo
9:35am	Mars Needs Moms
11:00am	Monty Halls' Great Irish Escape
12:00pm	Homes Under the Hammer
1:00pm	Nigel and Adam's Farm Kitchen
2:00pm	Natural World
3:00pm	Mastermind
3:30pm	University Challenge
4:00pm	Only Connect
4:30pm	Gardeners' World
5:30pm	Jessica Ennis-Hill and the Next Generation
6:00pm	Swimming
7:00pm	Cycling
7:50pm	BBC Proms Extra
8:30pm	Grand Tours of Scotland
9:00pm	Dad's Army
9:30pm	All Families Have Secrets - Patrick Gale's Art of Fiction
10:00pm	Queer as Art
11:00pm	QI XL
11:45pm	Imagine...
1:40am	Sletight

## BBC FOUR

8:00pm	The Secret Life of Rockpools
9:00pm	Britain's Treasure Islands
	<i>Naturalist Stewart McPherson explores the UK Overseas Territories.</i>
10:00pm	I Know Who You are
11:15pm	I Know Who You are
12:30am	Rich Hall's Country Than You
	<i>Award-winning comedian Rich Hall takes a country music journey from Tennessee to Texas to look at the movements and artists that don't get as much notoriety but have helped shape the genre over the years.</i>
2:00am	Bob Harris: My Nashville
3:00am	The Secret Life of Rockpools
4:00am	Britain's Treasure Islands

## CHANNEL 4

7:10am	Mobil 1 The Grid
7:40am	Motorsport
8:05am	Triathlon
9:05am	Everybody Loves Raymond
9:30am	Everybody Loves Raymond
10:00am	Frasier
10:30am	Frasier
11:00am	The Big Bang Theory
11:30am	The Big Bang Theory
11:55am	The Big Bang Theory
12:25pm	The Simpsons
12:55pm	The Simpsons
1:25pm	The Simpsons
1:55pm	Four in a Bed
4:30pm	A Place in the Sun: Winter Sun
5:30pm	Big House, Little House
6:30pm	Channel 4 News
7:00pm	Formula 1
8:30pm	UEFA Women's Euro 2017
11:00pm	47 Ronin
1:10am	Ramsay's Kitchen Nightmares USA
2:00am	The Last Leg
2:55am	Hollyoaks Omnibus

## CHANNEL 5

7:00am	Milkshake!
10:15am	Mega Machines
	<i>Bob the Builder Film.</i>
11:30am	Funniest Cutest Kittens Ever
12:30pm	Police Interceptors
2:25pm	The Time Machine
4:10pm	The Nightmare Neighbour Next Door
5:10pm	The Nightmare Neighbour Next Door
6:05pm	Can't Pay? We'll Take it Away!
7:00pm	Can't Pay? We'll Take it Away!
8:00pm	Cricket on 5
8:55pm	5 News
9:00pm	Live Boxing: Frampton v Gutierrez
9:30pm	FIA Formula E Live: Montreal
11:10pm	Live Boxing: Frampton v Gutierrez
1:00am	Super Casino
	<i>Feeling lucky? Get the authentic, heart-thumping casino experience every night.</i>

## 4

7:00am	Toy Story Short
7:10am	The Goldbergs
7:40am	The Goldbergs
8:10am	Couples Come Dine with Me
9:10am	Couples Come Dine with Me
10:10am	Coach Trip
10:40am	Coach Trip
11:10am	Coach Trip
11:40am	Coach Trip
12:10pm	Coach Trip
12:40pm	Astro Boy
2:30pm	Toy Story of Terror
3:00pm	The Goldbergs
3:30pm	The Goldbergs
4:00pm	The Goldbergs
4:30pm	The Goldbergs
5:00pm	The Goldbergs
5:30pm	The Big Bang Theory
6:00pm	The Big Bang Theory
6:30pm	The Big Bang Theory
7:00pm	The Big Bang Theory
7:30pm	The Big Bang Theory
8:00pm	The Big Bang Theory
8:30pm	The Big Bang Theory
9:00pm	The Big Bang Theory
9:30pm	The Big Bang Theory
10:00pm	This is 40
12:35am	Gogglebox
1:20am	Gogglebox

## sky sports main event

7:00am	Through the Night
8:00am	Live Super Rugby
10:00am	Good Morning Sports Fans
10:30am	Paddock Uncut: Hungary
10:45am	Live Hungarian GP: Practice
12:10pm	Paddock Uncut: Hungary
12:30pm	The F1 Show
1:00pm	Live Hungarian GP: Qualifying
3:30pm	Cricket
6:00pm	Live GAA Football Qualifier
8:00pm	Live GAA Football Qualifier
10:00pm	Sky Sports Tonight
10:45pm	Football
	<i>Atlanta United take on New York City FC at Bobby Dodd Stadium in Major League Soccer.</i>
1:00am	Through the Night
2:00am	Through the Night
3:00am	Boxing

## itv

7:00am	CITV
9:25am	ITV News
9:30am	Weekend
10:25am	ITV Racing: The Opening Show
11:20am	Gok's Lunchbox
12:15pm	1000 Heartbeats
1:15pm	ITV News and Weather
1:25pm	Tipping Point
2:30pm	ITV Racing: Live From Ascot
5:00pm	The Chase
6:00pm	Little Big Shots USA
7:00pm	Local News and Weather
7:05pm	ITV News and Weather
7:15pm	You've Been Framed!
8:15pm	Catchphrase
9:00pm	The Hobbit: The Desolation of Smaug
12:00am	ITV News and Weather
12:25am	The Chase
1:20am	Jackpot247
4:00am	Who's Doing the Dishes?
4:50am	Nightscreen

## itv2

7:00am	The Hot Desk
7:10am	Emmerdale Omnibus
10:05am	Coronation Street Omnibus
12:25pm	Take Me Out
1:35pm	Celebrity Catchphrase
2:40pm	Harry Hill's Alien Fun Capsule
3:05pm	You've Been Framed!
4:10pm	See Spot Run
5:10pm	FYI Daily
5:15pm	See Spot Run
6:05pm	Smurfs 2
7:05pm	FYI Daily
7:10pm	Smurfs 2
8:10pm	Evan Almighty
9:10pm	FYI Daily
9:15pm	Evan Almighty
10:00pm	The Hangover
11:00pm	FYI Daily
11:05pm	The Hangover
12:05am	Family Guy
12:35am	Family Guy
1:35am	American Dad!
2:00am	Keith Lemon: The Film
3:00am	FYI Daily
3:05am	Keith Lemon: The Film

## itv3

7:00am	On the Buses
7:25am	Murder, She Wrote
8:25am	Murder, She Wrote
9:25am	The Darling Buds of May
10:30am	Death Becomes Her
11:35am	FYI Daily
11:40am	Death Becomes Her
12:30pm	Columbo
2:30pm	Wycliffe
3:45pm	Sherlock Holmes
6:00pm	Lewis
8:00pm	Agatha Christie's Marple
10:00pm	Foyle's War
12:00am	Law and Order: UK
1:00am	Law and Order: UK
2:05am	Law and Order: UK
	<i>Crime drama based on the hit US series Law and Order.</i>
2:55am	On the Buses
	<i>This bold, bawdy and brash sitcom hit British screens in 1969.</i>
3:20am	ITV3 Nightscreen
	<i>Text-based information service.</i>

## itv4

7:00am	Goals of the 90's
7:10am	Tommy Cooper
7:35am	The Saint
8:30am	The Darts Show
8:55am	Motorsport UK
10:00am	Road Racing Series 2017
11:00am	The Classic Car Show
12:00pm	The Professionals
1:00pm	The Professionals
2:05pm	Minder
3:10pm	Minder
4:15pm	Dunkirk
5:25pm	FYI Daily
5:30pm	Dunkirk
7:00pm	Better Late Than Never
8:00pm	Monster Carp
9:00pm	Police Academy 3: Back in Training
10:05pm	FYI Daily
10:10pm	Police Academy 3: Back in Training
10:50pm	Book of Eli
11:55pm	FYI Daily
12:00am	Book of Eli
1:05am	Barb Wire
2:05am	FYI Daily
2:10am	Barb Wire

## sky CINEMA ACTION &amp; ADVENTURE

1:30pm	The Great Escape
4:25pm	Pirates of the Caribbean: Dead Man's Chest
7:00pm	Braveheart
10:00pm	Star Wars: Episode VII - The Force Awakens
12:20am	Last Action Hero
2:35am	American Ultra
4:15am	Lucky Number Slevin

## sky CINEMA COMEDY

3:15pm	The Top Ten Show 2017
3:35pm	Hot Tub Time Machine
5:25pm	Bruce Almighty
7:15pm	Dodgeball: A True Underdog Story
9:00pm	Hot Tub Time Machine
10:45pm	Absolutely Fabulous: The Movie
12:30am	The Bad Education Movie
2:10am	Bachelor Party

## sky CINEMA PREMIERE

7:00am	War for the Planet of the Apes: Special Sky Movies takes a special, behind-the-scenes look at sci-fi action sequel War for the Planet of the Apes.
7:30am	The Secret Life of Pets
9:10am	Miss Peregrine's Home for Peculiar Children
11:30am	Moana
1:20pm	Doctor Strange
3:20pm	The Secret Life of Pets
5:00pm	Miss Peregrine's Home for Peculiar Children
	<i>A misfit teen discovers an island orphanage that's home to children with very special gifts.</i>
7:10pm	Moana
9:00pm	Doctor Strange
11:10pm	Laid in America
12:45am	White Island

## sky sports football

8:30am	EFL Greatest Games
9:00am	Football Years
9:30am	Football Countdowns
10:00am	Football
11:15am	La Liga Greatest Games
12:00pm	Football's Greatest
1:00pm	Ronaldo: An Incredible Season
1:30pm	Football
3:35pm	La Liga Greatest
3:45pm	EFL Greatest Games
4:00pm	20 Years of El Clasico
4:45pm	Football
5:00pm	Football's Greatest Team
6:30pm	La Liga Greatest Games
7:00pm	Revista De La Liga 2016/17
8:00pm	Ronaldo: An Incredible Season
8:30pm	La Liga Greatest Games
9:00pm	Magical Messi
10:00pm	20 Years of El Clasico
10:45pm	Football
12:50am	La Liga Greatest

## LEGALLY SPEAKING

# Driver's performance

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.



**DRIVE SMART: Self assessment app.**

A MOBILE app which assesses and records a person's driving performance has revealed that drivers in Spain don't quite perform as they believe.

DriveSmart is the mobile app that measures the driving style of the user and compares it with the assessment of other drivers. The survey revealed that drivers in Spain believed themselves to be generally 'good drivers' however, after the analysis of the results it revealed that they are actually even better than they thought.

To run the application it needs to be activated at the beginning of the trip and then it automatically collects the data on a person's driving performance using the phone's internal sensors such as accelerometer, compass and GPS for example, without the driver having to use or manipulate the phone during the journey.

Drivers are asked to create a profile before and after the trip, depending on the characteristics and conditions of the road, DriveSmart evaluates the journey and shows results on how the driver performed behind the wheel and how they could improve.

In the self-assessment only one in three Spaniards considered themselves to be a 'good driver,' while 12 per cent thought they were 'excellent.' Only 1 per cent said they were a 'bad driver.'

However despite these modest results, the app gave these drivers an average rating of 95.99 out of 100, an improvement on the ratings of 94.6 from last year. Across the regions, drivers in Cantabria scored the best with an average rating of 97.7, followed by the Canaries and Balears with 97.55 and 97.44 respectively.

For more news and articles visit [www.n332.es](http://www.n332.es) or search N332 on Facebook.

## Is chimney flue legal?

**Q.** My neighbour in the Community has fitted an outside chimney flue to some type of internal fire. My house is a three-storey terraced house. The neighbour had a canopy above his ground floor window, over the short original flue. This area is now very black. Now he has extended the flue to above the first floor. The bedrooms of

my house and the other neighbours are exposed to smoke or fumes from this flue. By the black deposit already left on his wall, this could be very toxic. In England this would not pass building or public health regulations. What I would like to know is, to which authorities do I report this?

K.A. (Costa Blanca)

**A.** In a Community of Property Owners, you should first discuss this flue with your President or Administrator. Your neighbour should have obtained permission from the Commu-

**David Searl**  
You and the Law  
in Spain



nity in order to place anything on the outside of his wall.

You and other affected neighbours can also bring up the matter at the AGM, by asking the President to put it on the official Agenda. If none of this gives results, you have final recourse to your town hall.

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

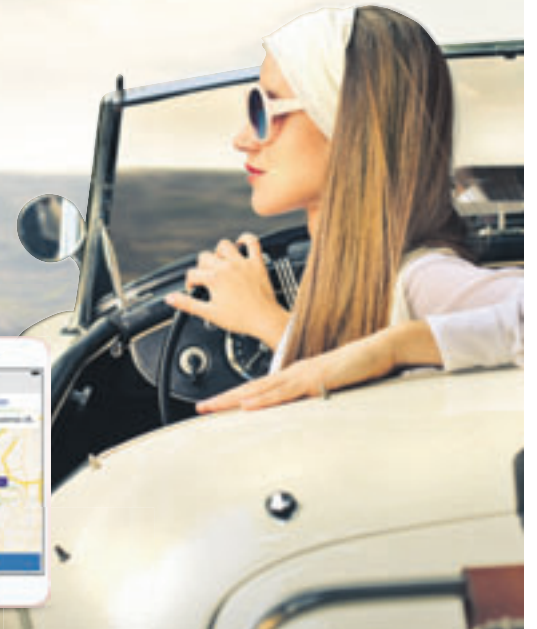


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# GOOD NEWS FOR YOUR CAR 902 123 309



## BBC one

7:00am	Breakfast
11:00am	Sunday Morning Live
12:00pm	Cycling
1:00pm	Bargain Hunt
2:00pm	BBC News
2:10pm	Weather for the Week Ahead
2:15pm	Homes Under the Hammer
3:00pm	Escape to the Country
4:00pm	Songs of Praise
4:35pm	Cycling
7:35pm	BBC News
7:50pm	Regional News
7:55pm	Weather
8:00pm	Wild Alaska Live
9:00pm	Countryfile
10:00pm	Poldark
11:00pm	BBC News
11:20pm	Regional News
11:25pm	Weather
11:30pm	The Heroes of Super Saturday: Jess, Mo and Greg
12:30am	The Peacemaker
2:25am	Weather for the Week Ahead
2:30am	BBC News

## BBC TWO

7:05am	A to Z of TV Gardening
7:50am	The Instant Gardener
8:35am	Gardeners' World
9:35am	The Beechgrove Garden
10:05am	Countryfile
11:00am	Saturday Kitchen Best Bites
12:30pm	Nigel Slater: Eating Together
1:00pm	Food and Drink
1:30pm	Miss Potter
3:00pm	Rugby League Challenge Cup Semi Final
5:30pm	Swimming
8:00pm	Passchendaele 2017
11:00pm	Pride
12:50am	Lilting
2:15am	Countryfile News and stories concerning the heart of the British countryside.
3:10am	Holby City
4:10am	This is BBC Two Highlights of programmes on BBC Two.

## BBC FOUR

8:00pm	Nina Simone and Me with Laura Mvula
8:30pm	BBC Proms 2017
10:30pm	BBC Proms 2017 A stirring story of justice and liberty, Beethoven's only opera <i>Fidelio</i> is performed by a stellar cast.
12:30am	Norman Wisdom: His Story
1:30am	Horizon
2:30am	Beautiful Thing: A Passion for Porcelain Documentary in which Ros Savill tells the story of the opulent, intricate, gold-crested and often much-maligned Sevres porcelain of the 18th century.
3:30am	Treasures of the Anglo Saxons
4:30am	Nina Simone and Me with Laura Mvula

## CHANNEL 4

7:20am	Last Man Standing
7:45am	Last Man Standing
8:10am	Last Man Standing
8:35am	Everybody Loves Raymond
9:00am	Everybody Loves Raymond
9:30am	Frasier
10:00am	Frasier
10:30am	Sunday Brunch
1:30pm	Eat the Week with Iceland
2:30pm	The Simpsons
2:55pm	The Simpsons
3:25pm	The Simpsons
3:55pm	A Place in the Sun
4:40pm	Homes by the Sea
5:45pm	Channel 4 News
6:15pm	Formula 1
8:30pm	UEFA Women's Euro 2017 Live coverage from the Netherlands of the fourth quarter-final of UEFA Women's Euro 2017.
11:00pm	The Handmaid's Tale
12:10am	Naked Attraction
1:15am	Moonrise Kingdom
2:50am	60 Days in Jail

## CHANNEL 5

7:00am	Milkshake! Programming aimed at children aged two to seven years old.
10:15am	Fireman Sam: Alien Alert
11:30am	Make You Laugh Out Loud
11:55am	Police Interceptors
12:55pm	Police Interceptors
1:50pm	Ace Ventura: Pet Detective Animation following a zany private detective who specialises in finding missing animals.
3:30pm	Zookeeper
5:25pm	Cheaper by the Dozen 2
7:05pm	Now That's Funny!
8:00pm	Cricket on 5
8:55pm	5 News
9:00pm	Dirty Dancing
11:00pm	The Dirty Dancing Story
12:35am	Rugby Sevens Singha Premiership.
1:30am	FIA Formula E: Montreal Highlights
2:15am	Super Casino

## 4

7:00am	Rude(ish) Tube
7:30am	Couples Come Dine with Me
8:30am	Couples Come Dine with Me
9:30am	Hollyoaks Omnibus
12:00pm	Come Dine with Me
1:00pm	Binky and Jp's Baby: Born in Chelsea
2:00pm	Kevin Can Wait
2:30pm	New Girl
3:00pm	New Girl
3:30pm	The Big Bang Theory
4:00pm	The Big Bang Theory
4:30pm	The Big Bang Theory
5:00pm	The Big Bang Theory
5:30pm	The Big Bang Theory
6:00pm	The Big Bang Theory
6:30pm	The Day After Tomorrow
9:00pm	Don't Tell the Bride
10:00pm	Binky and Jp's Baby: Born in Chelsea
11:00pm	The Change-Up
1:15am	Tattoo Fixers on Holiday
2:20am	Binky and Jp's Baby: Born in Chelsea
3:25am	Gogglebox
4:00am	How I Met Your Mother

## sky sports main event

7:00am	Through the Night
8:00am	Good Morning Sports Fans
9:00am	Good Morning Sports Fans
10:00am	Cricket Writers on TV
11:00am	Cricket
12:30pm	Live Hungarian GP: Track Parade
1:00pm	Live Hungarian GP: Pit Lane
1:30pm	Live Hungarian GP: Race
4:30pm	The 2017 Hungarian Grand Prix at the Hungaroring.
5:15pm	Live Hungarian GP: Paddock
5:30pm	Paddock Uncut: Hungary
5:30pm	Live Senior Open Championship
8:00pm	Live World Matchplay Darts
10:00pm	Live PGA Tour Golf Day four of the RBC Canadian Open from Glen Abbey Golf Course in Ontario.
12:00am	Through the Night
1:00am	Through the Night
2:00am	Through the Night

## itv

7:00am	CITV
9:25am	ITV News
9:30am	Weekend
10:25am	Judge Rinder
11:20am	Long Lost Family
12:20pm	Love Your Garden
1:20pm	ITV News and Weather
1:25pm	James Martin's French Adventure
1:55pm	Rebound
2:55pm	Tipping Point
3:55pm	Bear Gryll's Survival School
4:25pm	A View to Kill
7:00pm	Local News and Weather
7:10pm	ITV News and Weather
7:30pm	Diana, Our Mother: Her Life and Legacy
9:00pm	Harry Potter and the Order of the Phoenix
11:30pm	ITV News and Weather
11:50pm	Judge Rinder's Crime Stories
12:50am	Take Me Out
1:50am	Jackpot247
4:00am	Motorsport UK

## itv2

7:00am	You've Been Framed!
7:25am	Emmerdale Omnibus
10:25am	Coronation Street Omnibus
1:00pm	Ninja Warrior
2:00pm	You've Been Framed!
2:30pm	The Waterboy
3:30pm	FYI Daily
3:35pm	The Waterboy
4:20pm	Yogi Bear
5:20pm	FYI Daily
5:25pm	Yogi Bear
5:55pm	Nanny McPhee
6:55pm	FYI Daily
7:00pm	Nanny McPhee Cedric Brown has just lost his wife and now he cannot control his seven wild children.
7:50pm	Step Up Romantic musical drama.
8:55pm	FYI Daily
9:00pm	Step Up
10:00pm	Love Island
11:35pm	Family Guy
12:05am	Family Guy
12:30am	Family Guy
1:00am	American Dad!

## itv3

7:00am	Death Becomes Her
8:00am	FYI Daily
8:05am	Death Becomes Her
8:40am	Heartbeat
9:40am	Heartbeat
10:40am	Murder, She Wrote
11:45am	Murder, She Wrote
12:45pm	The Darling Buds of May
1:50pm	Columbo Peter Falk dons the shabby mac and lights up a cheap cigar for more top drawer US detective drama.
3:50pm	Wydliffe
4:55pm	Foyle's War
7:00pm	Lewis
9:00pm	Midsomer Murders
11:00pm	Law and Order: UK Crime drama based on the hit US series Law and Order.
12:00am	Law and Order: UK
1:05am	Wire in the Blood
2:05am	Wire in the Blood
3:00am	Sherlock Holmes
4:45am	May the Best House Win

## itv4

7:00am	Hat-Trick Heroes
7:15am	Tommy Cooper
7:40am	Minder
8:40am	The Big Fish Off
9:40am	Monster Carp
10:40am	British Superbike Highlights
11:45am	MSA British Touring Car Championship Goodwood Festival of Speed Coverage of the Goodwood Festival of Speed from West Sussex.
8:00pm	Football Rivalries
8:15pm	Police Academy 4: Citizens on Patrol
9:20pm	FYI Daily
9:25pm	Police Academy 4: Citizens on Patrol
10:00pm	The Naked Gun: From the Files of Police Squad!
11:05pm	FYI Daily
11:10pm	The Naked Gun: From the Files of Police Squad!
11:50pm	Mars Attacks!
12:50am	FYI Daily

## sky CINEMA ACTION & ADVENTURE

1:30pm	Mission: Impossible II
3:40pm	The Lord of the Rings: The Return of the King
7:00pm	Tarzan
9:00pm	Mission: Impossible - Ghost Protocol
11:00pm	Mission: Impossible II
1:10am	The Mummy
3:20am	Con Air

## sky CINEMA COMEDY

9:45am	Forces of Nature
11:40am	All About Steve
1:25pm	Miss Congeniality
3:25pm	Miss Congeniality 2: Armed and Fabulous
5:25pm	Two Weeks Notice
7:15pm	All About Steve
9:00pm	Miss Congeniality
11:00pm	Miss Congeniality 2: Armed and Fabulous
1:00am	Deuce Bigalow: Male Gigolo
2:35am	Deuce Bigalow: European Gigolo

## sky CINEMA PREMIERE

7:00am	Miss Peregrine's Home for Peculiar Children
9:10am	The Secret Life of Pets
10:40am	Inner Workings
10:50am	Moana
12:40pm	Doctor Strange
2:40pm	American Honey
5:25pm	The Secret Life of Pets When their rivalry leaves them cast adrift on the streets of New York, two squabbling mutts must put their differences aside and pull together.
7:00pm	Moana
9:00pm	Doctor Strange
11:00pm	American Honey
1:50am	Miss Peregrine's Home for Peculiar Children
4:10am	The Stanford Prison Experiment

## sky sports football

7:00am	Football's Greatest Players
7:30am	Football's Greatest Teams
8:00am	SPFL Greatest Games
8:30am	EFL Greatest Games
9:00am	Football Years
9:30am	Football Countdowns
10:00am	When Guillem Met Andy Murray
10:45am	La Liga Greatest Games
11:00am	Revista De La Liga 2016/17
12:00pm	Celtics Invincibles
1:00pm	Ronaldo: An Incredible Season
1:30pm	Football
3:35pm	La Liga Greatest
3:45pm	EFL Greatest Games
4:00pm	Football
6:00pm	Football
8:00pm	Football
10:05pm	Championship Season Reviews
11:05pm	20 Years of El Clasico
11:50pm	EFL Greatest Games
12:00am	EFL Cup Final 2016/17

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## BBC one

7:00am	Breakfast
10:15am	Animal Park Summer Special
11:00am	Homes Under the Hammer
12:00pm	Passchendaele 2017
2:00pm	BBC News
2:30pm	Regional News
2:45pm	Red Rock
3:30pm	The Code
4:15pm	Escape to the Country
5:15pm	Flog It!
6:15pm	Pointless
7:00pm	BBC News
7:30pm	Regional News
8:00pm	Fake Britain
8:30pm	When the Boat Comes in
9:00pm	EastEnders
9:30pm	I Am Bolt
11:00pm	BBC News
11:30pm	Regional News
11:40pm	Weather
11:45pm	Peter Kay's Comedy Shuffle
12:15am	Have I Got a Bit More Old News for You
1:00am	Who Do You Think You Are?

## BBC TWO

7:00am	The TV That Made Me
7:30am	Wild UK
8:15am	Bargain Hunt
9:00am	The Sheriffs are Coming
10:00am	Victoria Derbyshire
12:00pm	Triathlon World Series
1:30pm	Coast
2:00pm	Two Tribes
2:30pm	A Taste of Britain
3:15pm	The Best Dishes Ever
3:45pm	The Great Rift: Africa's Wild Heart
4:45pm	This Wild Life
5:15pm	The Life of Mammals
6:15pm	Antiques Roadshow
7:00pm	Eggheads
7:30pm	Letterbox
8:00pm	Passchendaele 2017
9:00pm	University Challenge
9:30pm	Nadiya's British Food Adventure
10:00pm	Man in an Orange Shirt
11:00pm	Normal for Norfolk
11:30pm	Newsnight
12:10am	Weather
12:15am	Inside the Factory

## BBC FOUR

8:00pm	World News Today
8:30pm	The Boats That Built Britain
9:00pm	Documentary: <i>exploring various significant ships in the maritime history of Britain.</i>
9:00pm	Horizon
10:00pm	Two Types: The Faces of Britain
11:00pm	Queers
11:20pm	Queers
11:40pm	Queerama
12:50am	Sex and Sensibility: The Allure of Art Nouveau
1:50am	Carved with Love: The Genius of British Woodwork
2:50am	Horizon
3:50am	Two Types: The Faces of Britain

## 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
9:30am	Frasier
10:00am	Frasier
10:35am	Frasier
11:05am	Undercover Boss USA
12:00pm	The Simpsons
12:30pm	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	Come Dine with Me
7:00pm	The Simpsons
7:30pm	Hollyoaks
8:00pm	Channel 4 News
9:00pm	Location, Location, Location
10:00pm	999: What's Your Emergency?
11:00pm	Public Enemies
12:05am	60 Days in Jail

## CHANNEL 5

7:00am	Milkshake!
10:15am	The Wright Stuff
12:15pm	The Yorkshire Vet
1:10pm	5 News
1:15pm	Hotel Inspector: Million Pound Nightmare
2:15pm	Home and Away
2:45pm	Neighbours
3:15pm	NCIS
4:15pm	The Ultimate Legacy
6:00pm	5 News
6:30pm	Neighbours
7:00pm	Home and Away
7:30pm	5 News
8:00pm	Cricket on 5
9:00pm	Highlights coverage of England's summer season begins on 20th May 2014 on Channel 5.
10:00pm	The Accused
11:30pm	Inside Broadmoor
1:30am	Criminals Caught on Camera
2:00am	Super Casino

## 4

9:30am	Melissa and Joey
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	Made in Chelsea
11:00pm	Binky and Jp's Baby: Born in Chelsea
12:00am	The Big Bang Theory

## sky sports main event

7:00am	Good Morning Sports Fans
7:30am	Good Morning Sports Fans
8:00am	Good Morning Sports Fans
8:30am	Good Morning Sports Fans
9:00am	Good Morning Sports Fans
9:30am	Good Morning Sports Fans
10:00am	Good Morning Sports Fans
11:00am	Sky Sports Now Cricket
11:30am	Cricket
6:30pm	Cricket
7:00pm	Sky Sports News
8:00pm	Transfer Centre
8:30pm	Sky Sports Tonight
9:00pm	Sky Sports Tonight
10:00pm	Live Tennis: Washington
5:00am	Through the Night

## itv

7:00am	Good Morning Britain
9:30am	Lorraine
10:25am	The Jeremy Kyle Show
11:30am	This Morning
1:30pm	Loose Women
2:30pm	ITV Lunchtime News
3:00pm	Judge Rinder
4:00pm	Tenable
5:00pm	Tipping Point
6:00pm	Cash Trapped
7:00pm	Local News and Weather
7:30pm	ITV Evening News
8:00pm	Emmerdale
8:30pm	Coronation Street
9:00pm	Countrywise
9:30pm	Coronation Street
10:00pm	Holiday Horrors: Caught on Camera
11:00pm	ITV News
11:40pm	Britain's Busiest Motorway
12:10am	Sugar Free Farm
1:05am	Jackpot247

## itv2

9:00am	Emmerdale
9:30am	Coronation Street
10:00am	Coronation Street
10:35am	You've Been Framed!
11:00am	The Great Indoors
11:30am	Guidance
12:00pm	L.A. Story
12:15pm	L.A. Story
12:25pm	Vanderpump Rules
1:20pm	Emmerdale
1:55pm	Coronation Street
2:30pm	Coronation Street
3:00pm	The Ellen DeGeneres Show
3:50pm	The Jeremy Kyle Show
4:55pm	The Jeremy Kyle Show
6:00pm	Judge Rinder
7:00pm	You've Been Framed!
7:30pm	You've Been Framed!
8:00pm	You've Been Framed!
8:30pm	You've Been Framed!
9:00pm	Two and a Half Men
9:30pm	Two and a Half Men
10:00pm	Family Guy
10:30pm	Family Guy
11:00pm	American Dad!
11:30pm	American Dad!
12:00am	Family Guy

## itv3

7:00am	You're Only Young Twice
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	The Road to Avonlea
12:50pm	Wycliffe
2:00pm	Heartbeat
3:05pm	The Royal
4:05pm	Wild at Heart
5:10pm	On the Buses
5:45pm	On the Buses
6:20pm	On the Buses
6:55pm	Heartbeat
8:00pm	Murder, She Wrote
9:00pm	Midsomer Murders
11:00pm	Law and Order: UK
12:00am	The Street
1:15am	Mrs Biggs
2:10am	Million Dollar Princesses
3:10am	ITV3 Nightscreen

## itv4

7:00am	The Chase
7:50am	Storage Wars Texas
8:10am	Hogan's Heroes
8:35am	Gunsmoke
9:35am	Ironsides
10:40am	Quincy, M.E.
11:40am	Minder
12:45pm	The Professionals
1:50pm	Hogan's Heroes
2:20pm	Hogan's Heroes
2:50pm	Ironsides
3:55pm	Quincy, M.E.
5:00pm	Minder
6:00pm	The Professionals
7:05pm	Storage Wars Texas
7:35pm	Storage Wars Texas
8:00pm	The Chase
9:00pm	The Chase: Celebrity Special
10:00pm	Car Crash Global
11:05pm	Harry Brown
12:05am	FYI Daily

## sky CINEMA ACTION & ADVENTURE

11:00am	The 5th Wave
1:00pm	The Magnificent Seven
3:15pm	Pirates of the Caribbean: At World's End
6:10pm	The Bourne Supremacy
8:10pm	xXx2: The Next Level
10:00pm	End of Days
12:10am	Conan the Barbarian
2:25am	RoboCop 2

## sky CINEMA COMEDY

7:40am	Spider-Man: Homecoming: Special
8:10am	Lessons in Love
9:55am	Alien Autopsy
11:40am	The Top Ten Show 2017
12:00pm	The House Bunny
1:45pm	Ride Along 2
3:35pm	Sausage Party
5:10pm	Back to the Future
7:10pm	Dope
9:00pm	Ride Along 2
10:45pm	Sausage Party
12:30am	The Cable Guy

## sky CINEMA PREMIERE

7:00am	The Secret Life of Pets
8:40am	Star Trek Beyond Special
9:10am	The Atticus Institute
9:10am	Inner Workings
10:40am	Moana
12:35pm	Doctor Strange
2:35pm	The Secret Life of Pets
4:10pm	The Top Ten Show 2017
4:25pm	American Honey
7:10pm	Moana
9:00pm	Doctor Strange
11:00pm	The Atticus Institute
12:30am	American Honey
3:15am	Laid in America
4:50am	White Island

## sky sports football

7:00am	Football's Greatest Players
7:30am	Football's Greatest Teams
8:00am	SPFL Greatest Games
8:30am	EFL Greatest Games
9:00am	Football Years
9:30am	Football Countdowns
10:00am	EFL Season Reviews
12:00pm	EFL Season Reviews
2:00pm	Old Firm Derby 2016/17
3:00pm	SPFL Greatest Games
3:30pm	SPFL Greatest Games
4:00pm	SPFL Greatest Games
4:30pm	SPFL Greatest Games
5:00pm	Old Firm Derby 2016/17
6:00pm	SPFL Greatest Games
6:30pm	SPFL Greatest Games
7:00pm	SPFL Greatest Games
7:30pm	SPFL Greatest Games
8:00pm	Old Firm Derby 2016/17
9:00pm	Celtic's Invincibles
10:00pm	MLS Round Up Show
10:30pm	EFL Season Reviews
11:30pm	MLS Round Up Show
12:00am	EFL Championship Final Highlights

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**BBC one**

7:00am Breakfast  
10:15am Animal Park Summer Special  
11:00am Homes Under the Hammer  
12:00pm Going Back Giving Back  
12:45pm Rip Off Britain  
1:15pm Bargain Hunt  
2:00pm BBC News  
2:30pm Regional News  
2:45pm Red Rock  
3:30pm The Code  
4:15pm Escape to the Country  
5:15pm Flog It!  
6:15pm Pointless  
7:00pm BBC News  
7:30pm Regional News  
8:00pm Fugitives  
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 When the Boat Comes in  
1:15am Weather for the Week Ahead

**BBC TWO**

7:00am The TV That Made Me  
7:30am Animal Park Summer Special  
8:15am Bargain Hunt  
9:00am Garden Rescue  
9:30am Great British Menu  
10:00am Victoria Derbyshire  
12:00pm BBC Newsroom Live  
1:00pm Britain's Great War  
2:00pm Two Tribes  
2:30pm A Taste of Britain  
3:15pm The Best Dishes Ever  
3:45pm The Great Rift: Africa's Wild Heart  
4:45pm This Wild Life  
5:15pm The Life of Mammals  
6:15pm Antiques Roadshow  
7:00pm Eggheads  
7:30pm Letterbox  
8:00pm Sir Gareth Edwards at 70  
9:00pm Inside the Factory  
10:00pm Is it Safe to be Gay in the UK?  
11:00pm Detectorists  
11:30pm Newsnight  
12:10am Weather  
12:15am The Mash Report  
12:45am Queer as Art

**BBC FOUR**

8:00pm World News Today  
8:30pm The Boats That Built Britain  
9:00pm 10 Things You Didn't Know About Tsunami's  
10:00pm Explorers: Conquest and Calamity: A Timewatch Guide  
11:00pm Queers  
11:20pm Queers  
11:40pm The Secret's of Scott's Hut  
1:10am Gunpowder 5/11: The Greatest Terror Plot  
*Drama documentary retelling the story of the Gunpowder Plot in 1605 in which Guy Fawkes and his fellow conspirators attempted to blow up king and parliament*  
2:10am 10 Things You Didn't Know About Tsunami's

**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  
12:30pm 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 Come Dine with Me  
7:00pm The Simpsons  
7:30pm Hollyoaks  
8:00pm Channel 4 News  
9:00pm Craft It Yourself  
10:00pm Old People's Home for 4 Year Olds  
11:00pm First Dates  
12:05am 24 Hours in A and E  
1:05am Sound and Vision

**CHANNEL 5**

7:00am Milkshake!  
10:15am The Wright Stuff  
12:15pm The Yorkshire Vet  
1:10pm 5 News  
1:15pm GPs: Behind Closed Doors  
2:15pm Home and Away  
2:45pm Neighbours  
3:15pm NCIS  
4:15pm A Trace of Danger  
6:00pm 5 News  
6:30pm Neighbours  
7:00pm Home and Away  
7:30pm 5 News  
8:00pm FIA World Rally Championship Highlights  
*Highlights of the 2017 World Rally Championship.*  
9:00pm The Dog Rescuers with Alan Davies  
*Comedian and dog lover Alan Davies follows the work of RSPCA officers around the country.*  
10:00pm Celebrity Big Brother  
12:00am Big Brother's Bit on the Side  
1:00am Big Brother

**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  
11:55pm The Big Bang Theory  
12:25am The Big Bang Theory

**sky sports main event**

7:00am Good Morning Sports Fans  
7:30am Good Morning Sports Fans  
8:00am Good Morning Sports Fans  
8:30am Good Morning Sports Fans  
9:00am Good Morning Sports Fans  
9:30am Good Morning Sports Fans  
10:00am Good Morning Sports Fans  
11:00am Premier League Daily  
12:00pm Transfer Centre  
12:30pm Sportswomen  
1:00pm Sky Sports Today  
2:00pm Sky Sports Today  
3:00pm Sky Sports Today  
4:00pm Sky Sports Today  
5:00pm Sky Sports Today  
6:00pm News HQ  
7:00pm Live T20 Blast  
10:45pm Live Tennis: Washington  
*Day two of the Citi Open on the ATP World Tour from Washington, DC.*  
5:00am Through the Night

**itv**

7:00am Good Morning Britain  
9:30am Lorraine  
10:25am The Jeremy Kyle Show  
11:30am This Morning  
1:30pm Loose Women  
*The Loose Ladies share the latest news and views from the day's papers, and cover a bushel of gripes and gossip, too.*  
2:00pm ITV Lunchtime News  
2:30pm ITV Racing: Live From Goodwood  
5:00pm Tipping Point  
6:00pm Cash Trapped  
7:00pm Local News and Weather  
7:30pm ITV Evening News  
8:00pm Emmerdale  
9:00pm Midsomer Murders  
11:00pm ITV News  
11:40pm Martin Clunes  
*Islands of Australia*  
12:40am Play to the Whistle  
1:25am Jackpot247  
4:00am Loose Women

**itv2**

9:30am Coronation Street  
10:00am Coronation Street  
10:35am You've Been Framed!  
11:00am The Great Indoors  
11:30am Guidance  
12:00pm L.A. Story  
12:15pm L.A. Story  
12:25pm Vanderpump Rules  
1:20pm Emmerdale  
1:55pm Coronation Street  
2:30pm Coronation Street  
3:00pm The Ellen DeGeneres Show  
3:50pm The Jeremy Kyle Show  
4:55pm The Jeremy Kyle Show  
6:00pm Judge Rinder  
7:00pm You've Been Framed!  
7:30pm You've Been Framed!  
8:00pm You've Been Framed!  
8:30pm You've Been Framed!  
9:00pm Two and a Half Men  
9:30pm Two and a Half Men  
10:00pm American Pie: The Wedding  
11:00pm FYI Daily  
11:05pm American Pie: The Wedding  
12:05am Family Guy

**itv3**

7:00am You're Only Young Twice  
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 The Road to Avonlea  
12:50pm Wycliffe  
2:00pm Heartbeat  
*Drama, set in the North Yorkshire moors in the 1960's.*  
3:05pm The Royal  
4:10pm Wild at Heart  
5:15pm On the Buses  
5:50pm On the Buses  
6:20pm On the Buses  
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  
11:00pm Law and Order: UK  
*Crime drama based on the hit US series Law and Order.*  
12:05am Lewis

**itv4**

7:00am The Chase  
7:50am Storage Wars Texas  
8:20am Storage Wars Texas  
8:50am Hogan's Heroes  
9:25am Hogan's Heroes  
9:55am Ironside  
11:00am Quincy, M.E.  
12:05pm Minder  
1:05pm The Professionals  
2:10pm Hogan's Heroes  
2:40pm Hogan's Heroes  
3:15pm Ironside  
4:20pm Quincy, M.E.  
5:30pm Football: Audi Cup Live  
8:00pm British Touring Car Crashes and Smashes  
8:15pm Football: Audi Cup Live  
10:45pm Lethal Weapon 4  
11:50pm FYI Daily  
11:55pm Lethal Weapon 4  
1:10am RoboCop 3  
2:10am FYI Daily

**sky CINEMA ACTION & ADVENTURE**

7:10am Hitman  
8:50am Green Zone  
10:50am Drop Zone  
12:40pm Star Trek Beyond  
2:50pm Wild Wild West  
4:40pm Backdraft  
7:00pm Green Zone  
9:00pm Star Trek Beyond  
12:45am The Mummy Returns

**sky CINEMA COMEDY**

7:50am The Night Before  
9:40am Romancing the Stone  
11:35am The Banger Sisters  
1:20pm The Top Ten Show 2017  
1:40pm Bad Neighbours 2  
3:20pm Paul  
5:10pm Mr. Right  
6:55pm The Intern  
9:00pm Bad Neighbours 2  
10:40pm Paul  
12:30am Brüno

**sky CINEMA PREMIERE**

7:00am The Stanford Prison Experiment  
9:05am Laid in America  
10:35am Moana  
12:35pm Doctor Strange  
2:35pm Adult Beginners  
4:15pm American Honey  
7:00pm Moana  
*To save her island home a plucky Polynesian teen must set sail and journey into the great blue yonder.*  
9:00pm Doctor Strange  
11:00pm Adult Beginners  
*Comedy about a failed entrepreneur who moves in with his estranged sister and becomes his young nephew's nanny.*  
12:40am American Honey  
3:25am The Atticus Institute  
4:55am Laid in America

**sky sports football**

7:45am La Liga Greatest Games  
8:00am Football Years  
8:30am Football Countdowns  
9:00am Football's Greatest  
9:30am Football's Greatest Teams  
10:00am EFL Season Reviews  
11:00am EFL Season Reviews  
12:00pm EFL Season Reviews  
1:00pm EFL Season Reviews  
2:00pm EFL Season Reviews  
3:00pm EFL League 2 Play Off Finals  
4:00pm EFL League 1 Play Off Finals  
5:00pm EFL Championship Play Off Finals  
6:00pm EFL Season Reviews  
7:00pm EFL Greatest Games  
7:15pm EFL Greatest Games  
7:30pm EFL Season Reviews  
8:30pm EFL Greatest Games  
8:45pm EFL Greatest Games  
9:00pm Transfer Centre  
9:30pm EFL Season Reviews  
10:30pm EFL Season Reviews  
11:30pm EFL Greatest Games  
11:45pm EFL Greatest Games  
12:00am Transfer Centre



Advertising feature

# It's holiday time again. Have you got that Liberty feeling?

ONCE again, summer is here with a vengeance. Temperatures soar and with the influx of tourists, you have to keep your wits about you at all times when driving.

Holidaymakers who rent a car, may also be driving on the opposite side of the road to their home country, like the British, so you need to be extra vigilant and try to anticipate their possible mistakes. One very common incident happens on roundabouts where drivers take the wrong lane. For example, if you want to carry straight on then it's best to take the outside lane, and if you intend to turn left, take the inside lane.

What many people do, is take the outside lane with the intention of turning left but the driver on the inside lane who is going straight on, has to be very careful to avoid a collision with the vehicle going all the way round.

Aside from the inevitable increase in traffic accidents with the huge influx of tourists from around the world, you need to make sure your car is up to scratch too.

For example, always make sure that your tyre pressures are correct by checking them at least once a month especially as road surfaces become very hot indeed and will affect the pressures. Needless to say, check the tyres too and make sure they are in good condition with enough tread. Also check the car's radiator water level; the last thing you want is to overheat if



**HOLIDAY TIME:** Keep your wits about you when driving at all times.

you're stuck in a queue and worse still have to wait for a breakdown truck. It's also illegal to run out of screen-wash so keep this topped up.

Driving with flip-flops or shoes without backs is not permitted either. Obviously seat belts must be worn all round and children need safety harnesses. And stating the obvious too, mobile phones must not be used for speaking (unless using a built-in hands-free device) and definitely no texting!

If you do have an accident, remember

the following:

Stay calm and use the reflective vest.

Use your vehicle's emergency flashers and use two warning triangles at appropriate distances from the vehicle. Stay away from oncoming traffic.

Call 112 if necessary.

Take photos of the incident when safe to do so. Get statements and contact information from any witnesses.

Complete the accident report forms.

If your car insurance is with Liberty Seguros, the **Expats' No.1 Choice** in Spain, you can call their 24-hour help free phone number on 900 101 369, where you will be assisted in English for your convenience.

Liberty Seguros Car Insurance is tailor-made with you in mind and is perfect for expats in Spain. It offers total coverage to both the driver and passengers in case of an accident, as well as roadside assistance from kilometre zero. It also includes a courtesy car in case of accident, theft and even for breakdown, as standard cover.

Liberty Seguros brokers, with many years of experience, can give you in-depth information about the different policies on offer and advise you on the best cover to suit your family, be it in English, Spanish, German, Dutch or Scandinavian.

With Liberty Seguros you will always be in safe hands. With over 175,000 international clients and over 300 brokers, Liberty Seguros is the leading expatriate insurance provider in Spain, with a **wide range** of products to protect all that really matters.

So, call Liberty Seguros on 913 422 549 for further information, or visit: [www.libertyexpatriates.es](http://www.libertyexpatriates.es) to find out the name of your nearest broker.

**Happy holidays!**



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**BBC one**

**7:00am** Breakfast  
**10:15am** Animal Park Summer Special  
**11:00am** Homes Under the Hammer  
**12:00pm** Going Back Giving Back  
**12:45pm** Rip Off Britain  
**1:15pm** Bargain Hunt  
**2:00pm** BBC News  
**2:30pm** Regional News  
**2:45pm** Red Rock  
**3:30pm** The Code  
**4:15pm** Escape to the Country  
**5:15pm** Flog It!  
**6:15pm** Pointless  
**7:00pm** BBC News  
**7:30pm** Regional News  
**8:00pm** Holding Back the Years  
**9:00pm** Watchdog Live  
**10:00pm** DIY SOS The Big Build  
**11:00pm** BBC News  
**11:30pm** Regional News  
**11:40pm** Weather  
**11:45pm** Growing Up Gay  
**12:45am** I'm Coming Out  
**1:15am** Weather for the Week Ahead  
**1:20am** BBC News

**BBC TWO**

**7:00am** The TV That Made Me  
**7:30am** Animal Park Summer Special  
**8:15am** Bargain Hunt  
**9:00am** See Hear  
**9:30am** Great British Menu  
**10:00am** Victoria Derbyshire  
**12:00pm** BBC Newsroom Live  
**1:00pm** Britain's Great War  
**2:00pm** Two Tribes  
**2:30pm** A Taste of Britain *Food programme exploring specialities from around Britain.*  
**3:15pm** The Best Dishes Ever  
**3:45pm** The Great Rift: Africa's Wild Heart  
**4:45pm** This Wild Life  
**5:15pm** The Life of Mammals  
**6:15pm** Antiques Roadshow  
**7:00pm** Eggheads  
**7:30pm** Letterbox  
**8:00pm** Celebrity Antiques Road Trip  
**9:00pm** The Sweet Makers: A Victorian Treat  
**10:00pm** Man Up  
**11:30pm** Newsnight  
**12:10am** Weather  
**12:15am** Birds of Paradise  
**1:15am** See Hear

**BBC FOUR**

**8:00pm** World News Today  
**8:30pm** The Boats That Built Britain *Documentary exploring various significant ships in the maritime history of Britain.*  
**9:00pm** Inside Einstein's Mind: The Enigma of Space and Time  
**10:00pm** Rise of the Robots *Evolutionary biologist Dr Ben Garrod and electronics engineer Professor Danielle George investigate whether robots will ever become our friends, if we should trust them with our lives, and if one day they will even become conscious.*  
**11:00pm** Queers  
**11:20pm** Queers  
**11:40pm** Horizon  
**12:40am** The Joy of Logic  
**1:40am** Voyages of Discovery  
**2:40am** Inside Einstein's Mind: The Enigma of Space and Time

**CHANNEL 4**

**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  
**12:30pm** 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** Come Dine with Me  
**7:00pm** The Simpsons  
**7:30pm** Hollyoaks  
**8:00pm** Channel 4 News  
**9:00pm** Tried and Tasted: The Ultimate Shopping List  
**9:30pm** Food Unwrapped  
**10:00pm** Old People's Home for 4 Year Olds  
**11:00pm** The Windsors  
**11:30pm** Fargo  
**12:35am** 999: What's Your Emergency?

**CHANNEL 5**

**7:00am** Milkshake!  
*Programming aimed at children aged two to seven years old.*  
**10:15am** The Wright Stuff  
**12:15pm** The Yorkshire Vet  
**1:10pm** 5 News  
**1:15pm** Nightmare Tenants, Slum Landlords  
**2:15pm** Home and Away  
**2:45pm** Neighbours  
**3:15pm** NCIS  
**4:15pm** Escape From Polygamy  
**6:00pm** 5 News  
**6:30pm** Neighbours  
**7:00pm** Home and Away  
**7:30pm** 5 News  
*The latest news coverage.*  
**8:00pm** FIA Formula E: Montreal Highlights  
**9:00pm** GPs: Behind Closed Doors *Documentary taking a look at what goes on in the consultation room.*  
**10:00pm** Celebrity Big Brother  
**11:00pm** Celebrity Botched Up Bodies  
**12:00am** Big Brother's Bit on the Side

**4**

**7:30am** Coach Trip  
**8:00am** Made in Chelsea  
**9:00am** Melissa and Joey  
**9:30am** Melissa and Joey  
**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** Don't Tell the Bride  
**11:00pm** Gogglebox  
**12:00am** The Big Bang Theory

**sky sports main event**

**7:00am** Good Morning Sports Fans  
**7:30am** Good Morning Sports Fans  
**8:00am** Good Morning Sports Fans  
**8:30am** Good Morning Sports Fans  
**9:00am** Good Morning Sports Fans  
**9:30am** Good Morning Sports Fans  
**10:00am** Good Morning Sports Fans  
**11:00am** Premier League Daily  
**12:00pm** Transfer Centre  
**12:30pm** Sky Sports Now  
**1:00pm** Sky Sports Today  
**2:00pm** Sky Sports Today  
**3:00pm** Sky Sports Today  
**4:00pm** Sky Sports Today  
**5:00pm** Live on the Range: Women's Open  
**6:00pm** News HQ  
**7:00pm** Live T20 Blast  
**10:45pm** Live Tennis: Washington  
**3:00am** Football *Real Madrid v MLS All Stars.*  
**5:05am** EFL Greatest Games  
**5:15am** EFL Greatest Games  
**5:30am** SPFL Greatest Games

**itv**

**7:00am** Good Morning Britain  
**9:30am** Lorraine  
**10:25am** The Jeremy Kyle Show  
**11:30am** This Morning  
**1:30pm** Loose Women  
**2:00pm** ITV Lunchtime News  
**2:30pm** ITV Racing: Live From Goodwood  
**5:00pm** Tipping Point  
**6:00pm** Cash Trapped  
**7:00pm** Local News and Weather  
**7:30pm** ITV Evening News *Round-up of the main national and international news.*  
**8:00pm** Emmerdale  
**8:30pm** Coronation Street *More drama and turmoil from the residents of Coronation Street in the longest running TV Soap.*  
**9:00pm** Love Your Garden  
**10:00pm** Long Lost Family  
**11:00pm** ITV News  
**11:40pm** Holiday Horrors: Caught on Camera  
**12:40am** River Monsters  
**1:35am** Jackpot247

**itv2**

**7:00am** The Hot Desk  
**7:10am** You've Been Framed!  
**7:35am** Vanderpump Rules  
**8:20am** The Ellen DeGeneres Show  
**9:00am** Emmerdale  
**10:00am** You've Been Framed!  
**11:00am** The Great Indoors  
**11:30am** Guidance  
**12:00pm** L.A. Story  
**12:15pm** L.A. Story  
**12:25pm** Vanderpump Rules  
**1:20pm** Emmerdale  
**2:30pm** You've Been Framed!  
**3:00pm** The Ellen DeGeneres Show  
**3:50pm** The Jeremy Kyle Show  
**4:55pm** The Jeremy Kyle Show  
**6:00pm** Judge Rinder  
**7:00pm** You've Been Framed!  
**7:30pm** You've Been Framed!  
**8:00pm** You've Been Framed!  
**8:30pm** You've Been Framed!  
**9:00pm** Two and a Half Men  
**9:30pm** Two and a Half Men  
**10:00pm** White House Down  
**11:00pm** FYI Daily  
**11:05pm** White House Down  
**12:40am** Family Guy  
**1:10am** Family Guy  
**1:40am** American Dad!

**itv3**

**7:00am** You're Only Young Twice  
**7:25am** Heartbeat  
**8:25am** Where the Heart is  
**9:25am** Wild at Heart *Drama series set on a South African nature reserve.*  
**10:25am** Judge Judy  
**10:55am** Judge Judy  
**11:25am** Judge Judy  
**11:50am** The Road to Avonlea  
**12:50pm** Wycliffe *Drama series about a Cornish police detective.*  
**2:00pm** Heartbeat  
**3:05pm** The Royal  
**4:10pm** Wild at Heart  
**5:15pm** On the Buses  
**5:50pm** On the Buses  
**6:20pm** On the Buses  
**6:55pm** Heartbeat  
**8:00pm** Murder, She Wrote *Murder mystery series.*  
**9:00pm** Lewis *Police drama series.*  
**11:00pm** Law and Order: UK  
**12:00am** Sherlock Holmes  
**2:10am** Wycliffe  
**3:10am** ITV3 Nightscreen  
**3:30am** Teleshopping

**itv4**

**7:00am** The Chase  
**7:50am** The Chase  
**8:50am** Hogan's Heroes  
**9:25am** Hogan's Heroes  
**9:55am** Ironside  
**11:00am** Quincy, M.E.  
**12:05pm** The Chase  
**1:05pm** Hogan's Heroes  
**1:40pm** Hogan's Heroes  
**2:15pm** Ironside  
**3:15pm** Quincy, M.E.  
**4:20pm** Minder *Modern-day re-imagining on the classic comedy-drama.*  
**5:30pm** Football: Audi Cup Live  
**8:00pm** Sporting Funnies  
**8:15pm** Football: Audi Cup Live  
**10:45pm** Book of Eli  
**11:50pm** FYI Daily  
**11:55pm** Book of Eli  
**1:00am** Mars Attacks! *Bug-eyed Martians in flying saucers descend on unsuspecting Planet Earth to wreak untold havoc.*  
**2:00am** FYI Daily  
**2:05am** Mars Attacks!

**sky CINEMA ACTION & ADVENTURE**

**1:40pm** The Goonies  
**3:40pm** G.I. Joe: The Rise of Cobra  
**5:40pm** The Lord of the Rings: The Return of the King  
**9:00pm** Star Wars: Episode VII - The Force Awakens  
**11:20pm** Hitman: Agent 47  
**1:00am** The Sum of All Fears

**sky CINEMA COMEDY**

**8:10am** Police Academy  
**9:55am** Brewster's Millions  
**11:45am** Welcome to Me  
**1:20pm** Just Married  
**3:05pm** Mike and Dave Need Wedding Dates  
**4:50pm** Mrs. Brown's Boys D'Movie  
**6:30pm** The Money Pit  
**8:10pm** Big  
**10:00pm** Mike and Dave Need Wedding Dates  
**11:45pm** Mrs. Brown's Boys D'Movie  
**1:30am** Bruce Almighty  
**3:20am** Click  
**5:20am** The Apartment

**sky CINEMA PREMIERE**

**7:00am** White Island  
**8:45am** Moana  
**10:40am** Cars 3: Special  
**10:55am** Doctor Strange  
**1:00pm** The Atticus Institute *Found-footage horror chronicling the chilling events that took place at a Pennsylvania research facility used to investigate the existence of supernatural powers.*  
**2:35pm** American Honey  
**5:25pm** Adult Beginners  
**7:10pm** Moana  
**9:00pm** Doctor Strange  
**11:00pm** After Love *Brilliantly observed drama about a couple falling painfully out of love while still sharing a home.*  
**12:50am** Adult Beginners  
**2:35am** The Atticus Institute  
**4:10am** Laid in America  
**5:45am** The Top Ten Show 2017

**sky sports football**

**9:00am** Football's Greatest  
**9:30am** Football's Greatest Teams  
**10:00am** Old Firm Derby 2016/17  
**11:00am** Old Firm Derby 2016/17  
**12:00pm** Scottish Cup Final Highlights  
**12:30pm** Celtic's Invincibles  
**1:30pm** SPFL Greatest Games  
**2:00pm** Old Firm Derby 2016/17  
**3:00pm** Old Firm Derby 2016/17  
**4:00pm** Scottish Cup Final Highlights  
**4:30pm** Celtic's Invincibles  
**5:30pm** SPFL Greatest Games  
**6:00pm** Old Firm Derby 2016/17  
**7:00pm** Old Firm Derby 2016/17  
**8:00pm** Celtic's Invincibles  
**9:00pm** Transfer Centre  
**9:30pm** Scottish Cup Final Highlights  
**10:00pm** Celtic's Invincibles  
**11:00pm** Old Firm Derby 2016/17  
**12:00am** Transfer Centre

|| The schedules for the television programme pages are provided by an external company: we regret that any changes or errors are not the responsibility of Euro Weekly News.

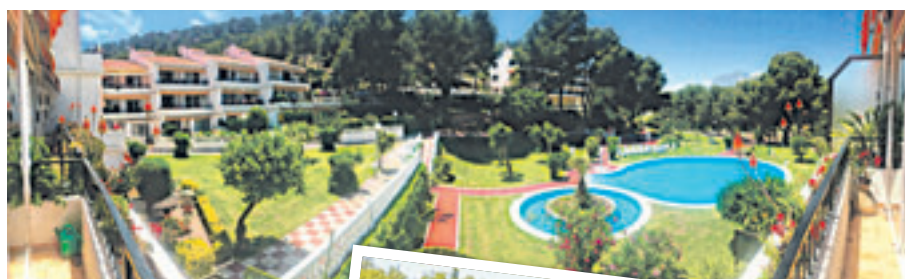
Advertising feature

# Maintaining the dream of living in Spain in your senior years

MOST of us came to Spain, for the climate and better quality of life. In many cases, we found the perfect villa, with extra room for when family comes to stay, large gardens and a pool. The sort of place where dreams became reality and memories are made.

As we get on a bit, the large villa, once a source of pleasure, has become a bit of a burden. The garden's getting too big, the pool needs cleaning weekly and the villa needs more than the odd job to keep it up to scratch. Worse, those spare rooms are never used, and the reality is somewhat different to the dream. You love living here with your friends about you, but you're facing a time when you know it's time to move on.

Ciudad Patricia offers a wonderful solution. The luxury retirement apartments are designed with you in mind. Each building has its own caretaker so all those odd jobs are someone else's problem. The four large pools are cared for so all you have to work



**CIUDAD PATRICIA: Luxury apartments designed with you in mind.**

out is which swimsuit to wear. The resort has short term accommodation should your family ever visit and being right here on the Costa Blanca, you're never too far from existing friends, and have a golden opportunity to make new friends.



Getting on a bit brings its health concerns which is why there's 24-hour emergency health cover on-site as well as a GP surgery on site.

There's a residential care home should you need to recuperate after (for example) an operation. There's a resident's support helper for shopping, prescriptions and translations etc.

There's also plenty to keep you occupied: petanca, gym, spa, mini-golf, hobby room, library, terrace cafeteria and a restaurant - all within the resort.

The first step to finding out is to make an appointment and visit where you can see for yourself and find out just what good value Ciudad Patricia is for senior living.

To make this step, just pick up the phone or email Amanda on 673 064 288 / [ahobbs@ciudadpatricia.com](mailto:ahobbs@ciudadpatricia.com).

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**More Information:**  
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[ahobbs@ciudadpatricia.com](mailto:ahobbs@ciudadpatricia.com)

# YOUR PAPER - YOUR VOICE - YOUR OPINION

Letters should be emailed to [yoursay@euroweeklynews.com](mailto:yoursay@euroweeklynews.com) or make your comments on our website: [www.euroweeklynews.com](http://www.euroweeklynews.com)

Views expressed and opinions given are not necessarily those of the EWN publishers. No responsibility is accepted for accuracy of information, errors, omissions or statements.

## Put brake on rising tolls

SIR,  
Your story AP7 takes its toll (*Issue 1969*) highlighted that it is illegal for the motorway operators to increase charges when business improves... and yet this has been going on for years to my knowledge.

I have always felt sorry for touring foreign holidaymakers who, wishing to perhaps reach their final destination as fast as possible, find themselves (unwittingly) paying more than twice as much as if they used the same road out of the main summer months.

Local residents at least know and therefore have the option to steer clear of such profiteering, unlike tourists.

It is time to put the squeeze on the toll road operators so they stop cheating summer users.

N Muralla  
Alhaurin El Grande

### Give new builds parking spaces

WITH the recession appearing to now be well behind us, there is an obvious resurgence in local construction.

While many might question the need for more new apartments - with seemingly the majority often left empty for much of each year by foreign owners - I doubt Spain will ever ban construction while extra focus is given on selling the remaining unsolds.

If new builds are therefore set to continue, why does the Spanish government not make it law that every new property MUST have allocated either a private parking space, or a garage.

As the nation becomes ever more



**NEW BUILDS:** Should have allocated parking spaces.

popular - as indicated with the increasing number of tourists — availability of general parking in cities, towns and villages is becoming ever more precious.

Just a thought, but surely a sensible, and practical one for a better future.

N Stretton,  
Torrevieja

### True dilemma

WITH regard to the letter Sharp lesson from family nanny (*Issue 1672*)

My vies to the writer C Walker are:

What a dilemma your lawyer and accountant friends must have had to realise that the children's 'Nanny' sat in, as you put it, in the 'power throne' when the family went on holiday!

Maybe a better solution might have been leaving the nanny at home, then the 'tough nut' lawyer, (your words) and her accountant husband could have spent the holiday giving the children their undivided quality time without worrying if the nanny would leave, or hold them to some kind of emotional ransom.

Modern times you said, seems more reminiscent of olden times to me.

A dilemma indeed...

Philip,  
San Fulgencia

### Shut up shop

RE the letter on Summer Sunday opening (*EWN Issue 1671*), this has been allowed now for many years, and is allowed for July, August, September, also at Christmas and Easter times. I would not want the shops to start opening every Sunday, as they are open from 10 am-10 pm Monday to Saturday, which I would think is enough time for anyone to do their shopping, so I hope Spain does not follow other European countries.

Valerie Imossi  
Mijas Costa

### Clear the air

APART from the obvious effect on local traffic movement, bad enough in itself, there is another, more insidious penalty being imposed on residents and visitors alike.

Pollution, now known to cause countless premature deaths and impaired lives but, probably because we have become used to it over the years as an inescapable consequence of 'progress,' largely ignored.

Where I live, in Altea, particularly at this time of year, the fumes around the N332 from the traffic queues are eye watering. More than incongruous considering the much vaunted 'exceptionally clean air' for which this area is famed, just a few metres away on the promenade!

Philip Waterhouse  
Altea

### 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](http://www.euroweeklynews.com)

## Fines and tough regulations hit Spain's beaches

WELL, we have police cycle along the boardwalk here, and they never seem to see the infringements we see. Guess funds are not low enough just yet?

Best not to smile when in the sea.

Mike

AS a resident I tend to avoid the beaches this time of year however maybe the local authorities should give due consideration to where the bulk of their income is derived... it's not olives and oranges!!!

As far as pee'ing in the sea!!!! Only the judiciary of Marbella could come up with such a rediculously unenforceable rule.

Gavin

### » Sewage scandal in Axarquia

THE thing they don't mention, and never mention is the village of Maro 4km away from Nerja, and under the municipality of Nerja, dumps its sewage in the sea RIGHT AT THE COAST, in between La Caleta and Playa de Maro, which has been declared the best beach of Spain.

There is a sewage waterfall right next to the real waterfall where tourists go to swim.

Mareno

### Comments from EWN online

### » EU warns Spain over Plastic Bags Directive

MASS unemployment throughout the euro-zone, mass criminal illegal invasions from Africa and Asia Minor and Brussels/Strasbourg is concerned about plastic bags looking to issue fines to pay for their 'jollies'; go figure.

Drew Edgar

### » Murcia nudism ban to go ahead despite opposition

THE research evidence is very clear but still politicians persist in pandering to prejudice. Does San Pedro del Pinatar want the body-attitude related outcomes of countries such as Denmark or those of the USA?

If it wants appalling outcomes then it is going the right way about it. Naturism is good for you and prudery results in nothing

but harm. Body-attitudes matter.

Malcolm Boura

WELL, let the Spanish Federation of Naturism (FEN) do something then. FEN's president, Ismael Rodrigo, should bring San Pedro del Pinatar to court.

Hugo Goosens

### » Another speed camera introduced in Mijas

WIDENING the road, reducing the speed limit and then introducing a speed camera, sounds like the normal police cash cow to me.

Mr Hurford

### » Airports warn of European flight suspensions post-Brexit

IF this happened the EU and UK industries would grind to a halt as no trade would be done as the representatives of businesses in all these areas would not be able to travel. Also the care sector would suffer as a lot of live-in care workers travel between Europe and the UK, myself being one of them.

Sally Keable

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## Women's wit

‘The reason women don't play football is because 11 of them would never wear the same outfit in public.’



By Phyllis Diller,  
Actress/Stand up comedian

## Famous quote

‘A man who views the world the same at 50 as he did at 20 has wasted 30 years of his life.’

By Muhammad Ali,  
Professional Boxer and Activist

## World of English

‘They were too close to the door to close it.’

THE origin of tapas may be linked to when King Alfonso X El Sabio (the Wise) was ill and needed to have small snacks in between meals in order to recover.

There's a multitude of savoury, sweet and spicy tapas to taste here in Spain. These dishes may be small in size but they are packed full of flavour and a great way to explore dishes without feeling too stuffed!

### 1. Tortilla Española

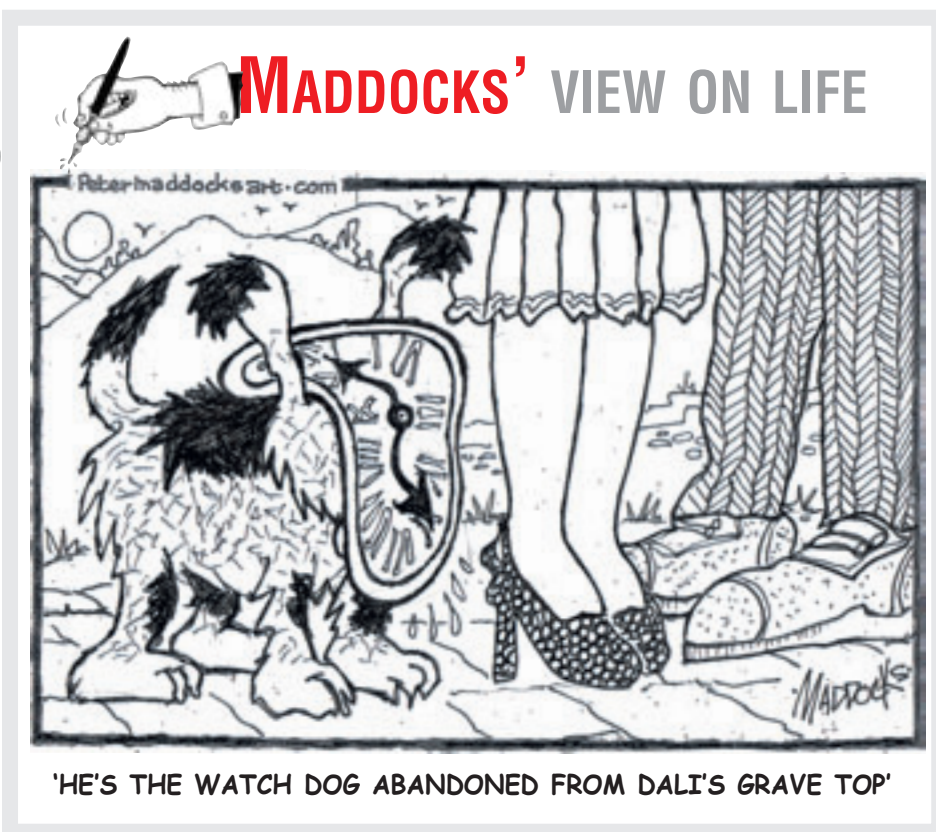
Usually described as an omelette, anyone who has tried this will tell you it's so much more! Made with potatoes and usually flavoured with onions, as tapas they are commonly served in wedges.

### 2. Croquetas

These fried balls of yumminess are served across bars and restaurants in Spain. They can come with a variety of meat, fish, and vegetable fillings. Some of the most popular include ham and cod.

### 3. Gambas pil pil

If you're after a flavourful mouthful that packs a punch, this is the dish for you. Fried prawns are cooked in



# Tapas dishes

**TOP 5**

sizzling olive oil with garlic and chilli peppers. Don't forget to dip your bread - don't waste a drop!

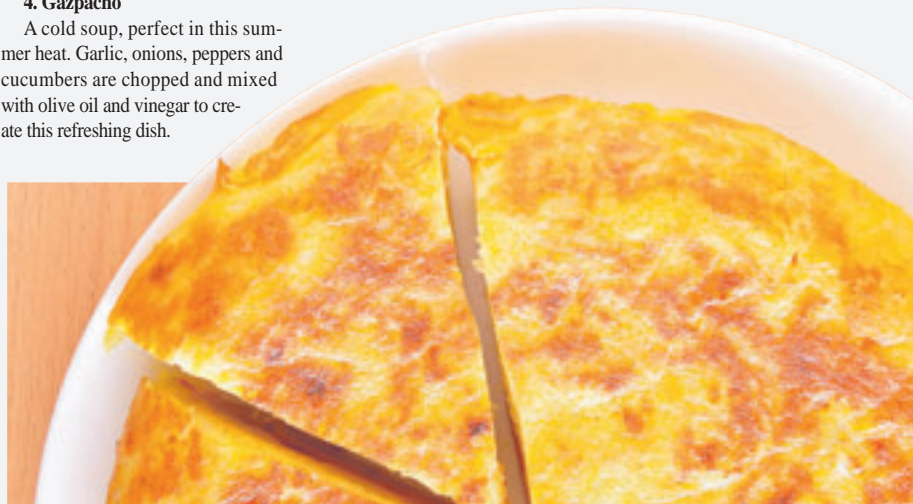
### 4. Gazpacho

A cold soup, perfect in this summer heat. Garlic, onions, peppers and cucumbers are chopped and mixed with olive oil and vinegar to create this refreshing dish.

### 5. Patatas Bravas

These are served across Spain, though how they are served can depend on the region. The pota-

atoes are cut and fried in oil before being served with either a spicy tomato-based sauce or alongside aioli.



**TORTILLA: So much more than an omelette.**

# YOUR STARS

## FOR NEXT 7 DAYS

### AQUARIUS (January 21 - February 19)

Primarily, you are wanting to see some appreciation. That is understandable given the efforts that you have made. Do not be annoyed, however, if it is a while coming yet. Others are not always as well tuned in as you. If necessary, use a go-between discreetly to make sure of progress.

### PISCES (February 20 - March 20)

Increased activity in your love life means less time to really concentrate on business. Make sure that priority financial matters are dealt with. Not doing so will see you kicking yourself later on. A close relationship is going well. There's no reason to wonder why, the charm offensive is obviously working.

### ARIES (March 21 - April 20)

Keeping an eye on your health is particularly important at the moment. Because you have been active, it could be that you need to give yourself a bit of time. Pampering and just plain relaxing are all going to stand you in good stead during the coming week.

### TAURUS (April 21 - May 21)

Opening your mind to a new idea has convinced you that it is time for a change in direction. This is such a time, but not all changes will be permanent. Give yourself a way out of any situation this week. Using your tact and charm, it will require only a little application to please everyone.

### GEMINI (May 22 - June 21)

Improvising within a new business situation may not give you the perfect answer to a problem. What it will do, however, is give you an insight into the way others live. Until now, your approach to life may have been a little one-sided.

### CANCER (June 22 - July 23)

A recent holiday has set your mind racing. This being a romantic time means that you can get a little over-excited. Your romance may not be set to last but you should fully enjoy it

nonetheless. Relatives issue words of warning but they have only your best interests at heart.

### LEO (July 24 - August 23)

Opposing opinions on a matter close to your heart see you hesitating. There is nothing wrong with asking for advice. The chances are that you know someone who has already been through your situation. Don't let pride make you miss out on a solution.

### VIRGO (August 24 - September 23)

Not everything in the garden is rosy but you are made of strong stuff. Your conviction that something is right helps you in discussions. Support given to a loved one may be misguided, especially if it is a huge financial gamble.

### LIBRA (September 24 - October 23)

This is a time to enjoy the present and look forward to the future. Don't forget, along the way, to congratulate yourself for all that you have achieved in the last year. Sometimes you do not blow your own trumpet and people appreciate you in a quiet way.

### SCORPIO (October 24 - November 22)

An appetite for something new means that you tread unknown ground. It's an exciting time when you may find it easier to do things alone. This does not mean you have to feel alone as others can be told of your progress.

### SAGITARIUS (November 23 - December 21)

Part of being 'you' is your independent mind. Some may try to change that this week. Why would someone want to make you more dependent on them? Could it be that they feel insecure? Giving reassurance may be all that is needed. We all feel the need for appreciation.

### CAPRICORN (December 22 - January 20)

Trying to be everything to all people is tiring. No one knows this more than you. Give yourself a little time and space this week because it will make a great difference to your spirits.

UK NATIONAL LOTTERY	IRISH LOTTO	EURO MILLIONS		LA PRIMITIVA	EL GORDO DE LA PRIMITIVA
					
Saturday July 22	Saturday July 22	Tuesday July 18	Friday July 21	Saturday July 22	Sunday July 23
(5) (13) (21) (35) (41) (47)	(8) (14) (20) (21) (41) (44)	(1) (25) (27) (41) (45)	(1) (8) (9) (26) (49)	(18) (21) (27) (37) (38) (40)	(7) (12) (34) (51) (52)
<b>BONUS BALL</b>	<b>BONUS BALL</b>	<b>LUCKY STARS</b>	<b>LUCKY STARS</b>	<b>REINTEGRO</b>	<b>REINTEGRO</b>
(23)	(9)	(5) (7)	(5) (9)	(20) (1)	(8)

**LOTTERY**

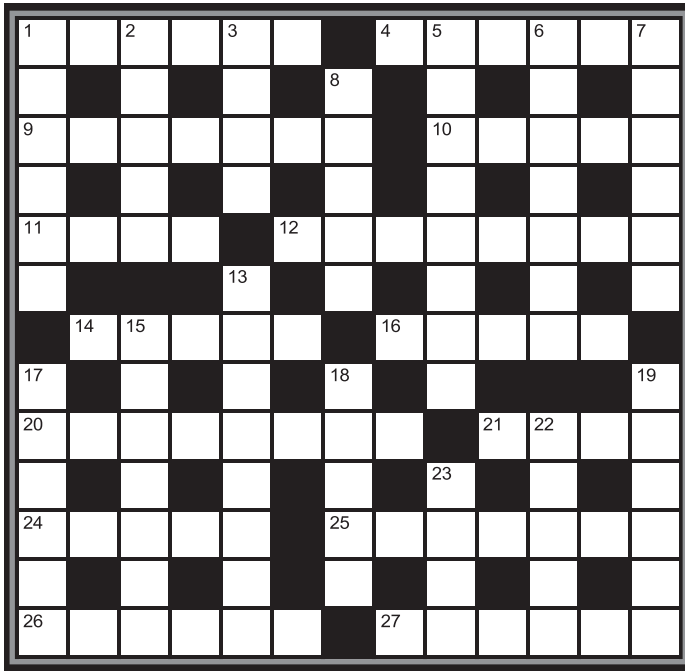
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**Cryptic**

- Across**  
 1 Actors playing Cuban leader (6)  
 4 In church, allowed to consecrate (6)  
 9 Gives in and falsely enters Luxembourg (7)  
 10 Cares about farmer's fields (5)  
 11 Case confusing experts (4)  
 12 If returning, stay somewhere to keep warm (8)  
 14 Went out with old hat (5)  
 16 Begin to arrange a spree (5)  
 20 States journey begins on the landing site (8)  
 21 Nude featured in 'Cabaret' (4)  
 24 Steam-cooked foodstuffs (5)  
 25 Eastern European characters from Belarus love New York (7)  
 26 Round, round, round the troop leader (6)  
 27 Metal church bench for this first queen (6)



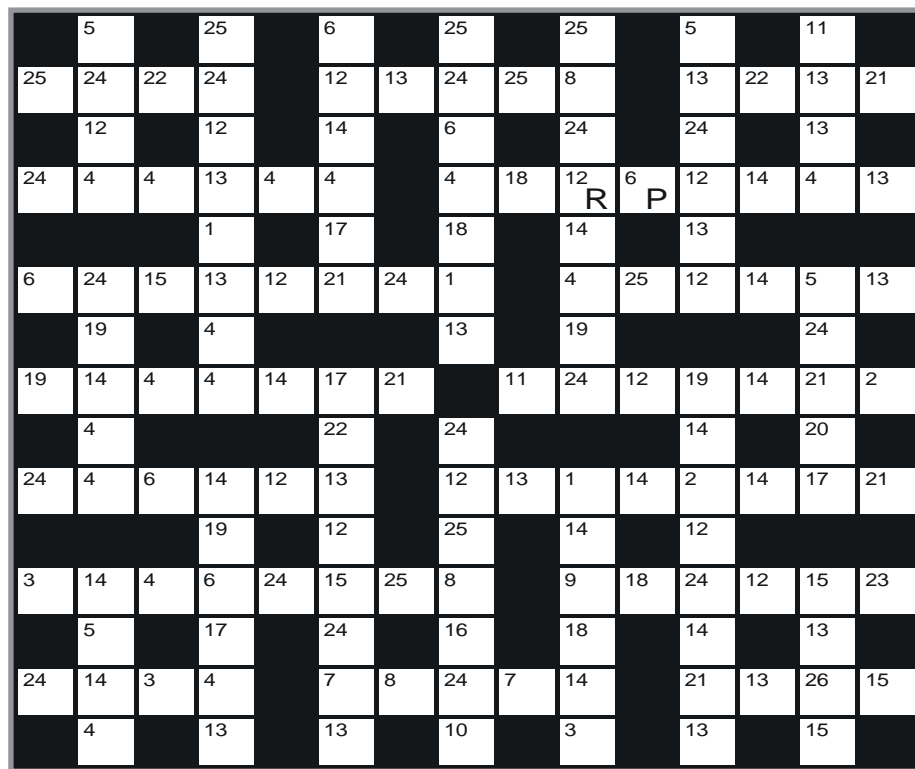
- Down**  
 1 Breakfast dish in parts, say (6)  
 2 Dorsal vertebra contains soothing ointment (5)  
 3 Socialist admits new split (4)  
 5 Educationally straightforward (8)

- 6 British poet associated with gravity is having a merry time (7)  
 7 Laundress, perhaps, used to be female (6)  
 8 Snake I caught is jellied (5)  
 13 To get rid of an aeroplane is not correct (8)  
 15 In a row about bar seat (7)

- 17 Tool for one who's over the top on stage (6)  
 18 Hints before you start to get a little drunk (5)  
 19 Never point haphazardly at a thin coating (6)  
 22 Turn away from a green (5)  
 23 Fillet a key one (4)

Each number in the Code Breaker grid represents a different letter of the alphabet. In this week's puzzle, 6 represents P and 12 represents R, so fill in P every time the figure 6 appears and R every time the figure 12 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.

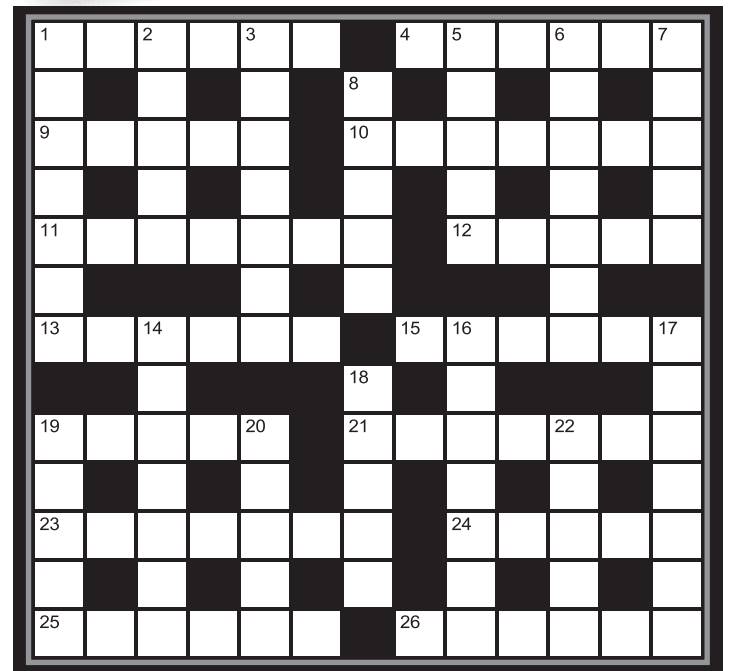
**Code Breaker**



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

LAST WEEK'S SOLUTION FACING PAGE

**Quick**

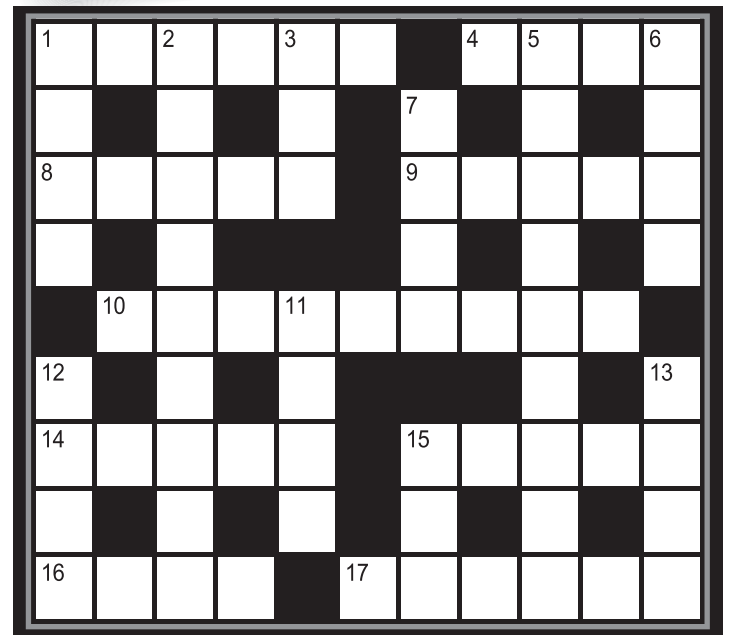


- Across**  
 1 Be emphatic or resolute and refuse to budge (6)  
 4 Hurt, injury, loss (6)  
 9 Gallery where works of art can be displayed (5)  
 10 Cautionary (7)  
 11 Open up and explore a new area (7)  
 12 Come or go into (5)  
 13 Convert food into absorbable substances (6)  
 15 Of or relating to or containing iron (6)  
 19 Hold firmly and tightly (5)  
 21 Forsake, leave behind (7)  
 23 Rich and superior in quality (7)  
 24 Taut or rigid (5)  
 25 Explained or answered (6)  
 26 Common vipers (6)

- Down**  
 1 Lacking taste, flavour or tang (7)  
 2 Rapid simultaneous discharge of firearms (5)  
 3 Vocalists (7)  
 5 Be in accord (5)  
 6 Someone who operates an aircraft (7)  
 7 Keen (5)  
 8 Give officially as a payment or prize (5)  
 14 Proceeding in small stages (7)  
 16 Of high moral or intellectual value (7)  
 17 Own up to or admit (7)  
 18 Excessively quick (5)  
 19 Annoyed and irritable (5)  
 20 Separate part of a whole (5)  
 22 Thick, closely-spaced, compact (5)

**English - Spanish**

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



- Across**  
 1 Cardenal (medical) (6)  
 4 Pera (4)  
 8 Sweat (5)  
 9 Otra vez (5)  
 10 Computer (9)  
 14 Talones (de pies, calcetines, zapatos) (5)

- 15 Toll (on road, bridge) (5)  
 16 For (4)  
 17 Street light (6)

- Down**  
 1 Kiss (4)  
 2 Ropa interior (9)  
 3 To be (3)

- 5 Lover (9)  
 6 Alquiler (de inmueble) (4)  
 7 Bed (furniture) (4)  
 11 Fácil (sencillo) (4)  
 12 Tienda (4)  
 13 Candle (4)  
 15 Guisante (3)

CROSSWORD PAGE

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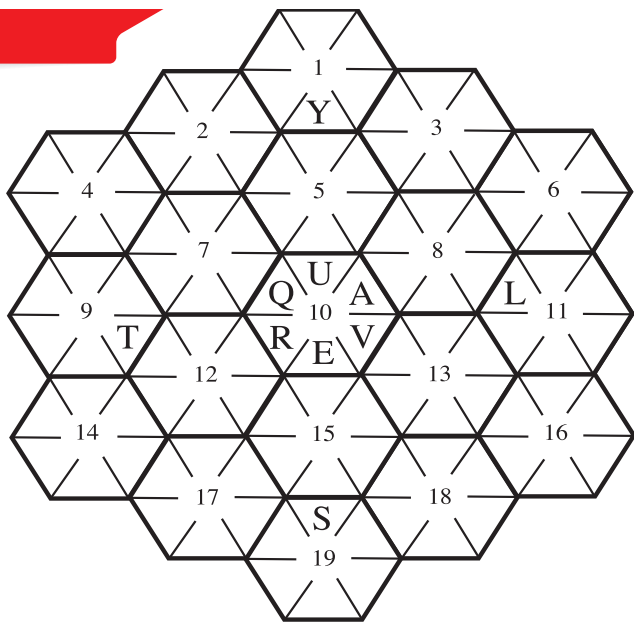
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## Hexagram

- ALLELE
- BEYOND
- FALLOW
- ITSELF
- JOCOSE
- MOROSE
- NETTLE
- OMELET
- PRETTY
- QUAVER (10)
- REVEAL
- SEQUEL
- SLEEVE
- SLURRY
- STRAND
- STREET
- TORQUE
- TREBLE
- TURRET



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

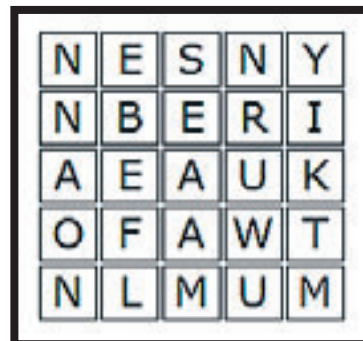
### LAST WEEK'S SOLUTION

- 1 Urgent 2 Titled 3 Delete 4 Celery
- 5 Squint 6 Tamale 7 Tussle 8 Accuse
- 9 Loiter 10 Squire 11 Mosaic 12 Poseur
- 13 Icicle 14 Script 15 Laurel 16 Decade
- 17 Tracer 18 Filled 19 Cyclic.

## 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: 14
- Good: 19
- Very good: 28
- Excellent: 36

**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

find fife fifer cute cutes cutis cutie cues cushier indite indites indie dirt dirtied dirtier dint dish dished dishier died fish fished fisher fishier fried dewes drew drib ease easier aseas ashier aahed awed hews herd herb heir haws hawse hawed hied hire hired befit bred brew brews brief bier bird

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



**TARGET:**

- Average: 13
- Good: 19
- Very good: 27
- Excellent: 34

### LAST WEEK'S SOLUTION

fare faro fate fear feat feta fora fore fort frat  
fray fret raft reft tref afore after faery ferry  
fetor foray forte forty foyer fryer rafter rarefy  
forayer forbear FERRYBOAT

## 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 Sheet, 3 Peras, 6 Ave, 8 Maletin, 9 Balonmano, 12 Peasant, 13 Ask, 14 Oveja, 15 Seven.
- Down:** 1 Star, 2 Temporada, 3 Palomitas, 4 Rotonda, 5 Sing, 7 Emanate, 10 Apio, 11 Skin.

### CODE BREAKER

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

### CRYPTIC

- Across:** 1 Beetle, 4 Agates, 9 Arrange, 10 Zaire, 11 Dodos, 12 Pelagic, 13 Combat, 15 Herbal, 18 Archive, 20 Sprig, 22 Grand, 23 Orifice, 24 Rinsed, 25 Adored.
- Down:** 1 Beard, 2 Earldom, 3 Lends, 5 Gazelle, 6 Thing, 7 Stencil, 8 Tempo, 13 Charger, 14 Ariadne, 16 Barrier, 17 Felon, 19 Chain, 20 Spied, 21 Greed.

### QUICK

- Across:** 1 Jealous, 5 Cease, 8 Light, 9 Overawe, 10 Bench, 11 Tense, 12 Gaffe, 14 Chase, 19 Recur, 21 Brass, 23 Cardiac, 24 Train, 25 Store, 26 Strange.
- Down:** 1 Jilted, 2 Algebra, 3 Often, 4 Soothe, 5 Cheetah, 6 Again, 7 Eleven, 13 Forgive, 15 Sustain, 16 Crocus, 17 Abacus, 18 Fringe, 20 Cargo, 22 Alter.

## App of the week



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# Sing your way to happiness

HOBBIES have always been known to boost your mood; partaking in some time out of work and responsibilities to do something you enjoy, and joining a choir now seems to be the latest mood booster.

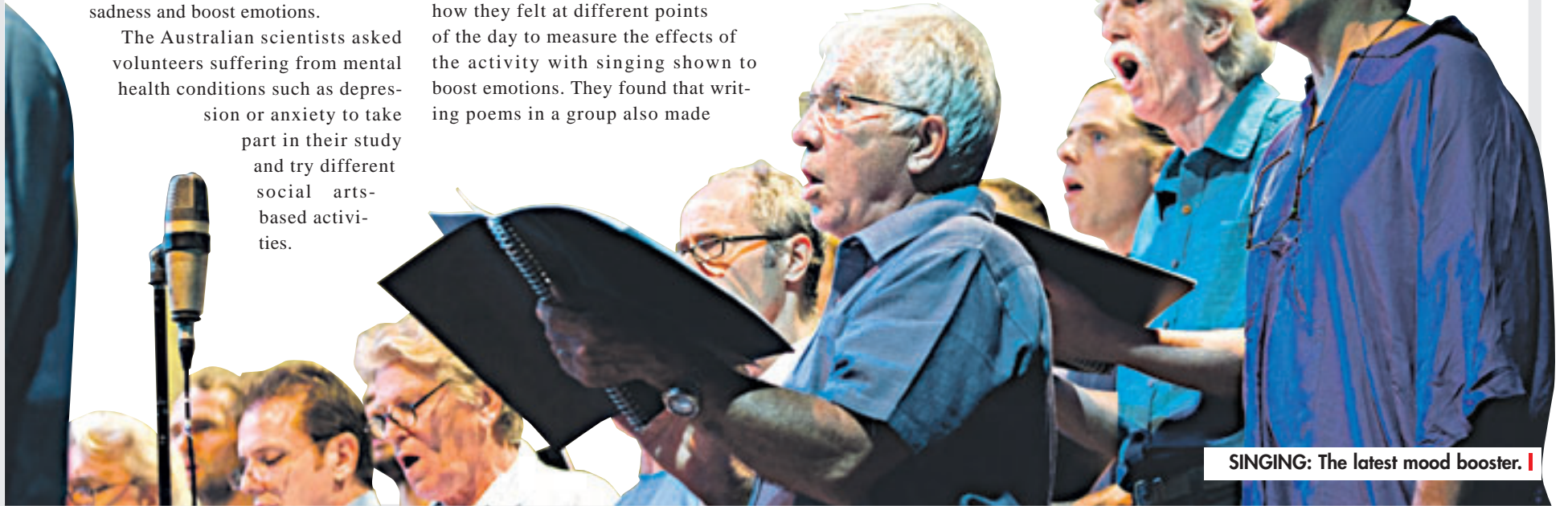
A new study in Australia has found that joining a choir can help fight against sadness and boost emotions.

The Australian scientists asked volunteers suffering from mental health conditions such as depression or anxiety to take part in their study and try different social arts-based activities.

Singing was found to boost the immune system with just one hour of singing increasing levels of the immune proteins that help the body to battle illness significantly.

Each activity was undertaken once a week over nearly three months and volunteers were asked to describe how they felt at different points of the day to measure the effects of the activity with singing shown to boost emotions. They found that writing poems in a group also made

people happier and the scientists believe their findings could pave the way for more participation in arts-based groups to beat the blues.



**SINGING: The latest mood booster. |**

## Gentle exercise is necessary and needed when pregnant

**EXERCISE:**  
Reduces chance of a Caesarean.



WOMEN who exercise when they are pregnant can reduce the chance of needing a Caesarean by 10 per cent. Evidence gathered from around 12,500 women in 16 countries found that mothers-

to-be who do gentle exercise during their pregnancy such as aerobics, walking or using a bike machine, and eat a healthy diet are more likely to have a natural birth. Currently, around one in four births in the UK are by Caesare-

an which, although regarded as very safe, can carry the risk of complications. Experts said that many women wrongly believe they should be 'eating for two' when pregnant and 47 per cent of women put on too much weight, raising the risk

of a Caesarean. But regular exercise significantly reduces the mother's weight gain and babies are not at risk from exercise. Although, it is always advised to stop exercising if you feel unwell or become so breathless you cannot talk.

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# Are you one of the

MANY adults are turning away from gyms due to back pain.

Around two-fifths of adults in the UK said they avoided exercise because of pain in the lower back according to a survey of more than 2,000 adults which was commissioned by the British Chiropractic Association.

However they said that the spine is naturally strong and moderate exercise, when done correctly, can help to build and maintain its strength and posture and actually protect you from further pain in the long run.

Meanwhile the Association reminds people that changes in lifestyle are also affecting back health, with fashion maybe more a concern than hitting the gym.

Current fashions are changing the way women walk and this is having a detrimental impact on their health. Skinny jeans for example, restrict the movement of the knees and

hips which puts extra pressure on the back. High heels are also often criticised for the pressure they put on feet and back when walking.

Mobile phone use has also recently been highlighted as a cause of back pain with people hunched over looking at their phone screens.

Back pain is one of the most common ailments with four in five people expected to suffer at some point in their lifetime. So what can you do to help prevent aches and pains in your back but still want to work out?

Be safe. If you exercise at the gym make use of the professional staff they have. When signing up for the first time, everyone should be shown how to use the equipment efficiently and safely by a qualified instructor.

Don't overdo it. Your body can do a lot and whilst you need to push it at times, remember you are not an Olympic athlete and listen to

your body. Take things slowly, particularly when starting out and ask an instructor to advise on a safe way of training to push yourself without going beyond your body's limitations.

Warm up and cool down. Most injuries are caused not from the actual exercise itself but from the body's muscles not being correctly warmed up and cooled down before and after.

Try yoga. Yoga is now being widely recommended by experts to strengthen the back and medical professionals are even 'prescribing' it to ease pain rather than handing out painkillers and medication.

Good posture. Even if not at the gym, you can practise stronger back health. Try and correct your posture, stand up straight, don't slump over your desk at work and use a chair that provides firm support for your lower back with knees ideally a little higher than your hips when you sit.

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# Summer foods to help boost your health

SUMMER is here and whilst many see it as the perfect time to indulge in hearty BBQs, high calorie pasta salads and naughty ice creams, it is also a great time to switch up your meal times, going fresher and healthier.

Make the most of the fresh fruit in season right now, including that perfect summer staple watermelon. It is everywhere right now and is the perfect snack as it will also help you keep hydrated in the heat as it is over 90 per cent water, hence its name, so if you really are not a big fan of sipping water throughout the day, watermelon will help replenish fluids and take away the hunger pangs. Research has also shown that eating foods that are full of water helps you feel fuller on fewer calories so can also help you stay trim.

Try adding fresh tomatoes to dishes, or simply take them as a snack with some dips to the beach or pool. Toma-

atoes contain lycopene, the carotenoid that makes them red, and this may protect your skin from sunburn as studies have shown that lycopene can help protect from UV rays.

During the hot summer months try swapping your regular tea for iced tea. Not only is it refreshing on a hot day, but studies have shown that drinking tea regularly could lower your risk of Alzheimer's and diabetes as well as improving the health and strength of teeth, gums and bones. Tea is rich in antioxidants called flavonoids found in black, green, white or herbal tea so drink it freshly brewed and chill in the fridge for maximum benefits.

Cucumbers, like watermelons, also contain high amounts of water, so will leave you feeling refreshed and hydrated. They are also a great source of beta-carotene, potassium and magnesium as well as vitamins C, K and B5

but make sure you eat the skin and seeds where most of the nutrients are.

Cucumbers can also be used for beauty purposes helping to reduce redness and puffiness when placed around your eyes; perfect after later summer nights, and can add some flavour to a cold summer drink.

Remember, summer is also a time to experiment, so freshen up and go different with your summer salad or side dishes. Try healthy quinoa as a substitute for lettuce. Go Greek and add feta cheese, tomatoes and cucumber and the quinoa will go great with grilled meat on the BBQ. Use your watermelon in a salad for a change with feta, sweet onion and mint springs.

Add a red wine vinegar and virgin olive oil dressing so something different, or mix it with sliced cucumber, red onion and some chopped cashew nuts for a bit of added crunch.

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## Heat rash



**SPECIALIST: Doctor Luis Perez Belmonte.**

### WHAT is heat rash?

Heat rash is an eruption of red skin that can sometimes be itchy but generally doesn't have any symptoms. It usually appears in areas where skin rubs on a surface, and from high body temperatures in areas such as the armpits, inner thighs, elbows, knees and also in the torso where more sweat accumulates.

### What are its symptoms?

Usually heat rash appears as patches of bumpy, red skin in areas where the body sweats the most. In general it does not tend to hurt, however the areas can become itchy and irritating when they are still wet from sweat or from wearing tight-fitting clothes. It very rarely gets infected.

### How can you treat it?

Heat rash tends to dis-

sipate without any treatment, however in some cases ointments with antibiotics and anti-inflammatories help reduce the swelling. In extreme cases corticoids or antihistamines may need to be used to combat swelling and itching.

### Who are the most likely to get heat rash?

Anyone can get heat rash however those who are most at risk tend to be people with very light skin, children and the elderly.

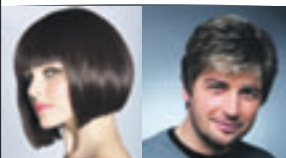
### Can it be prevented?

You can prevent, or reduce the frequency of heat rash. Firstly it is essential to keep your skin clean and completely dry. Fresh cotton clothing avoids irritation caused by rubbing. Always keeping your skin hydrated also helps, as well as avoiding overexposure to heat and staying in cool areas.

If you have any questions for Dr Perez Belmonte, please send them to:  
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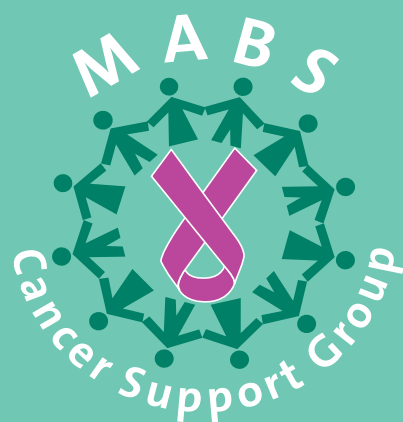
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SOME 1.9 million people aged over 65 live alone in Spain, a figure which has increased. That's according to the latest Continuous Household Survey of the National Statistics Institute (INE).

Atenzia, Spain's 24-hour tele-assistance service, has launched a campaign to help combat loneliness during the summer. They said the summer can be particularly lonely for the elderly as the heat can weaken their phys-

## Beating loneliness this summer

ical state and increase their vulnerability. They are also affected by the loss of their social network as friends, relatives and caregivers go on holiday.

As a result, Atenzia has launched its summer campaign which includes advice and recommendations to help stay cool in the heat,

avoid fraud and increase security and have organised workshops and activities to promote socialisation.

Just last week Alicante hosted a security at home workshop in collaboration with the National Police with advice given to identify situations of risk and to know how to

deal with them.

This week in Zaragoza, a workshop includes guidelines to enhance memory and mathematical skills including games such as bingo which helps keep the brain alert, improves reaction time and visual memory.

The tele-care service also provides security and confidence to seniors who spend the summer alone and specialised monitoring will be done to help detect loneliness.



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## Elche's traditional performance is recognised by UNESCO

NEXT month sees one of the most renowned theatrical performances in Europe take place in Elche. The Mystery Play, or 'Festa' is a sacred musical drama which depicts the death, the passage into heaven (known as the Assumption) and the crowning of the Virgin Mary and is performed every year in two acts on August 14 and 15 in the city.

Over 300 volunteers are involved in it each year, and it is sung entirely in Valencian and some Latin with songs showing their ancestry in medieval times with references to the Renaissance and Baroque period. Being performed at the Basilica of Santa Maria for centuries, its origins are believed to date back to around the 13th century, although some historians say after studying the play, they would put its origins at nearer the 15th century.

The Mystery Play is also famous for its split level stage which includes the vertical 'celestial' stage which descends from within the dome of the Basilica.

The play is part of the city's identity and heritage and its perseverance is in the heart of the city and its people. It is



THE MYSTERY PLAY: A sacred musical drama which depicts death.

so widely acclaimed that in May 2001, UNESCO declared it a 'Masterpiece of Oral and Intangible World Heritage' making it the first Spanish festival to receive this award.

Evening performances of the 'Vespra' on August 14 and the 'Dia de la Mare de Deu' on August 15 are free to the public but due to the immense popularity of the play it is advised to arrive several hours early to get a seat in the Basilica.

“ Over 300 volunteers are involved and it is sung entirely in Valencian and some Latin.

However, open rehearsals are held on August 11, 12 and 13 when the whole performance is concentrated into a single day. Tickets are now available to purchase for these rehearsals via [www.instanticket.es](http://www.instanticket.es) or call 902 444 300. Visit the official [www.misteridelx.com](http://www.misteridelx.com) site for more details on the Mystery Play and for ticket information.



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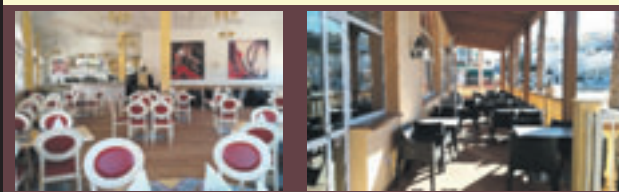
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IN conjunction with Help at Home, the well-known and popular entertainer Stevie Spit - quite rightly named as The King of Charity - has come up with another wonderful idea to help the many orphaned children in the area.

It's a subject that has been very close to Stevie's heart for many years and has helped raise thousands of euros that have benefited many in the Costa Blanca and beyond.

As Stevie himself says: "There are over a hundred children living in the Orihuela and Elche orphanages who will return to school in September without so much as a decent pair of shoes. They range in age from six to 18 years, and they rely completely on the goodwill and generosity of others. The team

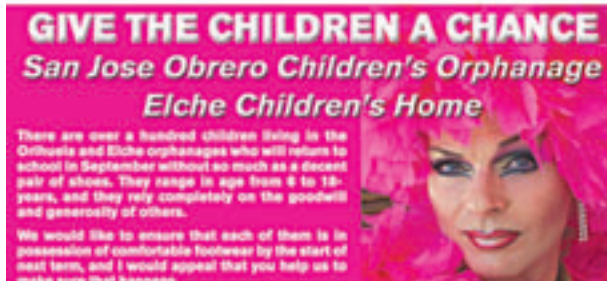
# Summer shoe drive

would like to ensure that each of them is in possession of comfortable footwear by the start of next term, and I would appeal that you help us to make sure that happens. Our goal is to raise funds that will enable us to buy 100 pairs of shoes which will be purchased at cost from a local supplier, so we are asking you to donate just €25, the price of one pair of shoes, which will then put a smile on the face of one child. Can you please help us to make sure this happens?"

If you can spare €25, please put it in a

sealed envelope clearly marked 'Summer Shoe Drive' with your name and telephone number on the reverse and hand it in to any of the following venues:

- HELP at Home, Costa Blanca
- MJ's Ciudad Quesada (Kai)
- Captain Morgan's Bar, Villamartin (Jane & Billy)
- The Emerald Isle, La Florida
- Any Stevie Spit show
- Any charity event that supports the Elche Children's Home.



A GREAT IDEA: To provide shoes for the children.



# Ninth Cross De Cabo De Palos run

AS usual for this time of the year the annual Cross de Cabo de Palos is being organised by the Athletic Club La Manga in collaboration with the Department of Sports and Tourism of the city of Cartagena and the city of San Javier and the Federation of Athletics of the Region Of Murcia.

This year, the ninth running of the event, has the sponsorship of the Universidad Politéc-

nica de Cartagena (UPCT). Everything starts this Saturday July 29 and begins at 6.30pm.

The councillor for Sports of the city of Cartagena, Ricardo Segado, the head of the UPCT University Extension Unit, Miguel Díaz Delgado, the president of the La Manga Athletics Club, Martín Fuentes, and the Sports Coordinator of the City Council of San Javier, Antonio

Perez, jointly launched this year's event.

The race will start and finish at the Paseo del Puerto at Cabo de Palos, between the church and the police headquarters and will, as always, unite sport, tourism and community spirit. Money raised from the race will go to aid the AECC, UNICEF, AFEMAR San Javier and ASIDO.

The route of the race passes

through some breathtaking scenery taking in the Levante Beach, the lighthouse, and the famous La Manga Beach and will have feeding stations at distances of 1km, 4.5km and at the 6.5km finishing point where showers will be available.

Bearing in mind the time of the year the race is being held, it's been decided that should there be extreme temperatures the course and the schedule

will be modified in order to make the health of the athletes the prime concern. More than 100 people will be on duty throughout the race acting as race marshals and points of information.

In all, a grand total of 2,000 people are expected to run made up of 1,300 adult participants, 500 youths and teenagers and the remaining 300 children and toddlers.

9TH RACE: Held annually.

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

**Desserts**  
Pancakes with chocolate, jam or lemon and sugar  
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Find us on Facebook and TripAdvisor: Don Lorenzo

Advertising feature

# A warm welcome awaits at Don Lorenzo

FOR the last four years, friendly and professional husband and wife team Simon and Jo have welcomed guests to the Don Lorenzo.

Situated in Estrella de Mar, Los Urrutias, Simon and Jo have created a welcoming local pub, somewhere locals and holidaymakers can go, relax, have fun and enjoy quality, value for money food and drink.

Serving fresh, seasonal dishes, which are all home-made, the menu is varied with something for everyone, from daily tapas dishes and baguettes for a light bite at lunch, to flame-grilled meat dishes and pasta. Now summer is here, Don Lorenzo's popular Sunday carvery's have taken a back seat until September, to make way for BBQ Sunday.

It is served from 7pm every Sunday on the welcoming new terrace in the beer garden and costs just €11 for all you can eat, including a drink, making it the perfect way to end a summer's weekend.

Happy Hour continues from 4-5pm daily, except Tuesdays when the Don Lorenzo team take a well-deserved day off,



**SUNDAY BBQ: €11** All you can eat BBQ is served every Sunday.

but they return refreshed and raring to go for the rest of the week's events and activities. Quiz night is every Wednesday and on a Friday it is 'open the box.'

Jo has years of experience of running a pub in the UK before she and Simon embarked on their new life together in Spain, taking over Don Lorenzo. That experience shows as they have created a warm and welcoming venue that aims to offer something for everyone.

Private parties are welcomed and catered for and for those with special dietary needs, or simply fancy something in particular to eat, simply let them know 24 hours in advance and your wish will be their command.

So get down to Don Lorenzo now open from midday to late every day except Tuesdays. Booking is recommended for food and the table is yours for the night.

**Don Lorenzo**  
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**ONE LOVE:** The festival focuses on promoting the message of peace, love, unity and solidarity.

## Reggae fans unite in Benicassim

TICKETS are still available for the Roto-tom Sunsplash reggae festival in Benicassim next month.

The eight-day festival will take place from August 12 - 19 and imitates the traditional Jamaican Reggae Sunsplash, creating an unmistakably Caribbean music experience.

For more than two decades, the festival has offered reggae music fans the opportunity to experience the genre in all its styles and forms, bringing together musicians from across the globe on a diverse and expansive line-up.

This year, headliners include Beenie Man, The Specials, Shaggy, The Wailers, Gentleman & Ky-mani Marley, Steel Pulse, Alpha Blondy, Toots & The Maytals and Chronixx.

In addition to the music, the festival also hosts a variety of activities such as cultural seminars, discussion forums, and workshops in well-being, yoga, art and more; all focused on promoting the message of peace, love, unity and solidarity.

Tickets can be purchased via <https://www.festicket.com/packages/roto-tom-sunsplash-2017/>.

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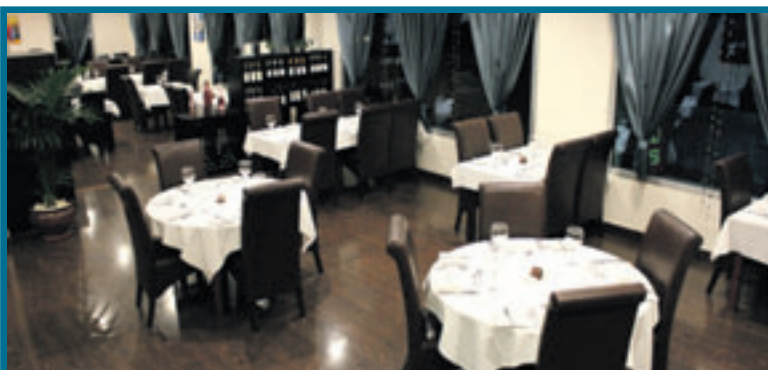


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Advertising feature

# Market fun all for a good cause

EVERY Wednesday The Celtic Isle in Playa Flamenca is the place to be.

Not only can you make use of their pool area to cool off and relax, but now, The Celtic Isle is hosting a weekly market in aid of charity, allowing guests to browse stalls, listen to music and watch live entertainment.

The market is attracting dozens of stallholders, but more visitors are needed to encourage its growth and to help raise even more funds for the chosen children's charity of the Children's Care Home in Elche and the San Jose Obrero Orphanage in Orihuela.

The event starts from 10am and is hosted by Simon Morton throughout the day with live entertainment from midday with the 'King of Charity' Stevie Spit. There will also be guest acts each week.

Stevie was at the forefront of setting up the market and said even after just two weeks it was getting bigger and better and hopes it continues to do so with more residents and holidaymakers coming to show their support. The San Jose Obrero Orphanage currently has 70 children and the Elche Care Home has 18 so almost 90 children are relying on the funds.



MARKET TIME: Every Wednesday from 10am at The Celtic Isle.

Stevie has visited both premises on numerous occasions and is passionate about supporting their work with both receiving little funding from the government or authorities. He has recently given each €2,000 for their 'summer fund.' This money will simply go on giving the youngsters the chance to be like other children and have some fun memories during the summer and help cover the costs of days out and little treats, something many youngsters take for granted.

Roger and Jenny Warren, fundraisers from the Elche Care Home, are present each week hosting a raffle and said the 'summer fund' is always well received. As most go to a mainstream school, it allows them to feel some sort of normality and enjoy similar fun activities their peers will be enjoying this summer whether that be a trip to the water park or McDonald's.

A summer shoe drive is also in place in conjunction with HAH Help at Home to help provide each child in both Elche and Orihuela homes with a new pair of shoes to return to school in September.

For more information or to book a stall at the market, call The Celtic Isle, situated at the start of the Saturday market in Playa Flamenca, on 672 913 792.

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# It makes you sick!

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



**F**OOD poisoning is one of the most dreaded illnesses and is a nightmare for hoteliers and restaurateurs. But, despite the UK having the highest food handling standards, caterers are still making hazardous mistakes in the kitchen according to the Royal Society for Public Health (RSPH).

Here in Spain we also have very high standards for handling and storage. But despite continuous training and impressing on staff how important food hygiene and handling is, basic mistakes are still made. Most of those mistakes could be avoided if common sense (that wonderful oxymoron) was implemented.

Washing your hands when going to the loo might be the obvious, but more germs are picked up from the door handles than anything so best to keep an antibacterial wash - like hospitals use - outside of the toilet area.

The invention of hand driers was meant to cut the bacteria down but it was soon discovered that if not used properly the heat on the moist hands actually increased germ spread. They are now much more efficient - and hotter - which tends to kill most bacteria.

On that subject staff who contract sickness and diarrhoea, in an effort to prove what good workers they are, come back to work too early. Severe attacks take longer than 48 hours to clear the system and de-



**Party time for germs! Bleach those boards.**

spite feeling better, bacteria can still be transmitted through body pores and finger tips.

Personal hygiene - or lack of it - is one of the many causes of illness but the handling of food can be far more dangerous. Bacteria thrives at temperatures of between 5°C and 63°C so buffet restaurants which leave their dishes out for more than an hour or two is one practice putting people's health in danger. Never did like buffets or carverys!!

Kitchens that leave food out too long without preparing it or returning it to the fridge is another. Cross contamination when preparing different foods. Preparing raw chicken then picking up another product without washing hands thoroughly.

Chopping boards that are used for the same products. Restaurants have different colour boards for different preparations. Fridges are checked regularly but staff have to be aware that the food inside should be probed as well.

There is an ad on TV at the moment for

Dettol (I think) where a woman is seen to be wiping down a surface with a piece of raw chicken, claiming that that is as dangerous as using a dirty dishcloth! How many of us wash our dishes and surfaces and then leave the cloth to dry overnight? Thus spreading pathogens when re-used the next day.

I remember when I employed a young chef, who had been working in a UK hospital, many years ago he said he was disillusioned with hospital kitchens as the standards of hygiene were not up to what he had been taught at college. The final straw, he said, was when the chef told him to unwrap the frozen chickens, put them on trays and put them straight into the oven. Well they do say in the UK if you want to get ill, go into a hospital.

*(Next week I will write about Oysters and their relationship to food poisoning)*

**“** A person might be an expert in any field of knowledge but without cleanliness their life is a waste. **”**  
Anon

## This sucks!



**CHUCK IT: Plastic or biodegradable? SUCK IT.**

IN a bid to further reduce the amount of plastic that litters our world, some pub chains in the UK have replaced their plastic drinking straws with biodegradable paper straws. The Liberation Group claims that it is the largest pub group to make such a move, phasing plastic straws out from all of its 100-strong pub estate across the Channel Islands and the West Country.

Explaining their decision, Liberation pointed out that plastic straws are made from polypropylene - a petroleum product designed to last forever. The straws are particularly harmful to marine life, with more than one million sea birds and a hundred thousand marine mammals killed by plastic waste each year.

As discussed on this page over recent months, there are more than five trillion pieces of plastic floating in the world's oceans, according to a 2014 study published in a Public Library of Science journal.

Marine experts fear there could be more plastic than fish in the ocean by 2050, measured by weight, according to a fact-sheet from the Ellen MacArthur Foundation, a UK-based charity working to end waste in the economy. As part of Plastic Free July, the Liberation Group is supporting the local 'Straws Suck!' campaign. The campaign involves stopping the use of plastic straws and switching to biodegradable alternatives. Liberation pubs will be encouraging their customers to join the campaign and cut plastic waste through social media and on its pub blackboards with the #refusethestraw hashtag.

Jayson Perfect, - great name - managing director - Pubs and Inns said: "Our pubs use millions of straws each year, so we see the switch really benefiting the environment. Plastic straws are a blight on our coastlines, marine life and our oceans. This is a problem which is entirely avoidable. As an Island company who supports many charitable organisations, I feel we also have a moral obligation to support helping marine mammal life where possible."

Liberation Group's move follows a similar one by Oakman Inns and Restaurants, which banned plastic straws in April this year. It also offers eco-friendly alternatives.

*(some content thanks to the Caterer and Hotelkeeper)*

# Imperial, it certainly is

**WHEN I first came to this part of the world we had little choice at the time but to drink Rioja. That or we were sufficiently uneducated as to the other wines available, although most restaurants and supermarkets relied heavily on the wines from this area. One of the wines that was among our favourites - and I can't remember the last time I drank a bottle - was CVNE. Which is also the name of the bodega (Compania Vinicole del Norte de Espana). While CVNE itself was a good drinking wine the bodega produces some of the finest Riojas available, quality price into consideration The best known being Imperial and Viña Real.**

**I suppose the reason we liked these wines, having been more accustomed to drinking French wines, was that**

**Imperial had a very Bordeaux style and the Viña Real, Burgundy. Years 2009/2010 are two of the best vintages in the Rioja; and the Gran Reservas of both these wines have made their mark on the wine buffs; With Robert Parker and James Suckling both rating them in the high nineties. While buying a very quaffable CUNE robele or crianza will only set you back seven or eight euro, the Gran Reservas will be a special treat at around 50€ a bottle. Saludos.**



**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.*

**850,000** The number of people affected by food poisoning last year in the UK

**500** the number of people who died with a food poisoning related illness

**500** the number of people affected by the norovirus at The Fat Duck

**£200,000** the amount that Heston Blumenthal (not the clients) received in compensation

## Advertising feature



PROPERTY FINDERS: Helping you find your perfect property in Spain.

## Trust the experts when property buying

EURO PRESTIGE (EP Group) are distinguished property developers and fully registered real estate agents with a wealth of experience in sourcing, valuing and selling properties and land in Spain.

Working with Spanish Legal Homes, the marketing department for Euro Prestige, they have UK offices in Bournemouth and in Spain have large offices in Marbella and Torrevieja, from which they market and sell a variety of properties across the Costa del Sol, northern and southern Costa Blanca and the Murcia coastline. From luxury villas with private pools to city apartments, they have a property to suit most buyers and budgets and

with 30 years of experience, the bilingual property experts have an unparalleled level of property knowledge and will assist and advise you in any way they can.

Their established showrooms in Torrevieja and Marbella are open seven days a week throughout the summer for local property viewings and in addition to assisting individuals already in Spain, they provide weekly viewing trips for prospective buyers from most European countries.

These relaxed one to one property inspection trips are completed over three to four days and include flights, accommodation and all main meals. People wishing to participate

on a private viewing trip simply have to provide their preferred dates, £99 per person payment and full details of the types of properties they wish to see and what areas of southern Spain they prefer. The first viewing trip to Spain was arranged in June 1985 and since then, they have continued to be hugely successful, helping thousands of people find their home in Spain. They are proud to boast a portfolio of 10,000 happy clients and no litigation cases against them, so you know the group is one you can trust.

Staff can offer clients unbiased, impartial advice on low cost UK financing and Spanish mortgages in all offices sales and after-

sales staff look after clients before, during and after they have found their perfect property.

If you're interested in buying in Spain, have found a Spanish property online that you like or simply want to find out more, the team will be happy to discuss with you further your requirements. Or if you would like to book a viewing trip, call the UK 24-hour sales line number on 0044 7968 421312.

Alternatively call the Costa Blanca/Murcia showroom on 966 704 216 or the Costa del Sol showroom on 952 926 851. Visit [www.spanishlegalthomes.com](http://www.spanishlegalthomes.com) or email [sales@epspain.com](mailto:sales@epspain.com).

# We're a good estate agent in Sweden. So we're a brilliant estate agent in Spain. Hurrah for relativity!

In Spain, you don't need any particular qualification to call yourself an estate agent. You can just set up shop and off you go! So it's no wonder that some people have had bad experiences finding a property in Spain. But that's where we come in. We're Sweden's leading estate agent and we take a completely different approach. Our starting point is always to find out who you are and what you're looking for. We're members of the AIPP trade body and hold liability insurance that covers our work. So please feel free to contact a real real estate agent in Spain.

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# Buying back in vogue



**CONFIDENCE:** Mortgages are the smart option.

BUYING a home is once again the smart move for the average Spanish resident after a long spell where renting was the only realistic option for younger families and professionals.

Last week BBVA Research presented its annual Real Estate Situation of Spain report. It ran a series of hypothetical scenarios, taking into account various circumstances, including wages, savings, job security and location. In almost all cases it made economic sense to buy rather than rent.

This was culturally and economically the case in Spain for decades before the worldwide financial crisis. In the past decade more and more adults have been excluded from the mortgage market as banks tightened their belts, prices collapsed and jobs disappeared.

But today steadily rising prices, low interest rates, an economy growing faster than the Eurozone average, and the soaring price of rentals, make mortgages the smart option for younger generations.

Market confidence that house prices will continue to rise is key to the pendulum swing back to buying.

Prices in Spain rose by 5.3 per cent between January and March 2017, compared to the same period last year, exceeding the European average of 4 per cent.

BBVA's report predicts that prices will rise another 3 per cent nationally by the end of the year.

It concludes that one of the most determining factors when investing in real estate is the expectation of a financial award, which is now the case in Spain.

# Cheapest place on the coast

WITH prices soaring along Spain's Mediterranean coast there is now only one province where a decent-sized apartment can be rented for less than €500 per month on average.

A 90 square metre apartment in Castellon, just north of Valencia, will set beachgoers back €477 per month, the cheapest average on the whole coast spanning from Girona to Cadiz.

The data comes from real estate portal Fotocasa, which periodically publishes rental costs and their evolution over time.

Fotocasa's analysis shows that there has been a 9.4 per cent year-on-year increase in rents across Spain. The average cost is now €8.11 per square metre, which is €730 per month for a 90 square metre



**AFFORDABLE:** Peñíscola in Castellon.

flat.

Despite its proximity to the coast, and thriving hubs of Valencia and Barcelona, rents in Castellon are far below the Spanish average. In Girona the same flat would set tenants back €1,158, almost triple the cost in Castellon.

In Alicante and Valencia averages for a 90 square metre

flat stand at €587 and €664 respectively.

Castellon, at sub €500, is by far the cheapest on the coast. But it may not last long. The province is also witnessing some of the fastest growing rates. Prices shot up by 5.5 per cent across the province last year, and by 9.1 per cent in the capital, La Plana.

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**ON THE MARKET: Sam Allardyce's luxurious Costa Blanca pad.**

NEWS that Michael Douglas has slashed the asking price for his Mallorcan estate by a third puts him in elite company among celebrities desperately trying to shift their Spanish property.

The Hollywood star reduced his demand for s'Estaca, an 11 bedroom, 10 bathroom affair furnished with "incredible luxury" according to the sales pitch, from €50 million to €40 million. This summer it

## Celebs selling in Spain

went down again, to €36.5 million.

Douglas invested heavily in the historical property and appears determined to make at least some profit. But he's not the only star perhaps holding out for more than the market can muster.

On the mainland disgraced former England manager Sam Allardyce is still trying to sell his Costa Blanca villa. Big Sam's Moraira property has five bedrooms, a wine cellar, elevator and terrific views.

He went there for time to "reflect" after his sacking just months into the England job and ended up deciding to sell the place. It has been on the market for €4 million since spring, with no serious interest recorded.

Back in Mallorca, another sporting star is desperately trying to raise funds. Former tennis champ Boris Becker has been declared bankrupt, making his island villa a key asset likely to be seized and sold.



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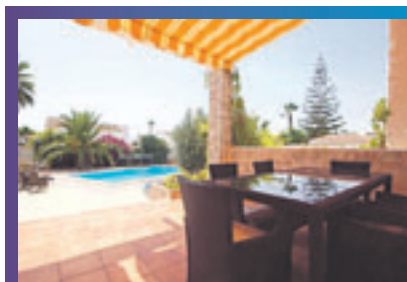
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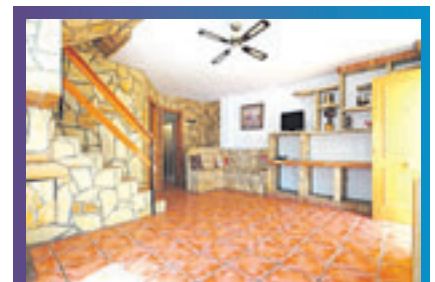
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# Lovely Lantana - a colourful shrub

**GRAEME TYRRELL**

IF you are looking for an attractive, colourful shrub or trailing ground cover with a long flowering season that is hardy, requires minimal soil improvement, is low moisture tolerant and attracts butterflies then you should be considering Lantana.

There are two forms, Lantana camera, the shrub and Lantana montevidensis, the trailing species. Lantana is also known as Wild Sage, Yellow Sage, and Shrub Verbena as it is a member of the Verbena family of plants.

The strikingly bright coloured flowers that form in groups come in many different shades including orange, red, yellow, white, pink and lavender. The colours may vary depending on climate, location, maturity of plant and once pollinated, the colour of the tiny individual flowers change (typically from yellow to orangish, pinkish, or reddish) giving the effect of multi-coloured flowers.

Lantana tolerate a wide range of climatic conditions, including drought, different soil types, heat, humidity and salt, making it a very suitable addition to a Mediterranean garden. Its



**LANTANA** feeding a butterfly.

downside is that it produces abundant seeds and may escape the domestic garden and colonise open areas where it can become invasive. It is best to prune off as many berries as possible before they mature to reduce the distribution of seed.

Many consider it poisonous due to animals consuming large quantities developing fatal liver conditions. Generally the toxicity is very low if accidentally consumed in small quantities,

which is not recommended of course, but there are few reports of major incidents from people accidentally ingesting the plant, suggesting it is considered only mildly irritating to most people. Still take care not to allow children and adults to consume any parts of the plant.

It grows well in a container with a well drained potting mix placed in a position with plenty of sunlight. The container should not get too hot though as this will damage the root sys-

tem. In the garden the shrub looks good alone or in groups and the trailing species makes a great ground cover and overhanging plant on terraced retaining walls or slopes with their white and mauve flowers.

Water them regularly while getting them established but don't saturate the soil. It prefers some moisture but dislikes water logging. Once established they will need to have moisture in the soil to do well but do not need excessive watering.

Keep the plant compact by pruning back a third of the growth in late autumn when the flowering is finished. Regularly dead-head the berries forming after flower petals drop.

The shrub can be shaped into a miniature tree form, or standard. Select a strong branch and remove the other side shoots allowing the branch to become the main trunk to grow and form a canopy of flowers and leaves on its top branches.

It is a lovely plant that I have grown for years to brighten up the sunny areas of my garden and attract a wide range of butterflies to add more life to the garden without much effort.

## Herbal life

MANY people have miniature jungles on their balconies and roof terraces but if you're not particularly green-fingered and want to have a crack at 'growing your own,' mini herb gardens are a great way to start.

Balconies can be perfect as usually, they get plenty of light and sunshine to help out even the most novice gardeners.

Although many supermarkets sell herbs, they have probably been sitting under fluorescent lights for a while so try to buy from a garden centre.

If space is limited, try to buy the same amount of potting mix as you need for your pot. Left-over soil just takes up space.

Herbs can be planted in any sort of container - window boxes, troughs or even a bucket - as long as they have holes in them for drainage.

It is easier to plant one herb per pot. If you do mix them in a pot, don't put rosemary and mint together as they have a tendency to take over.

Picking the leaves of your herbs will encourage further growth and you will be rewarded with well-established plants.

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# Children's workshop

LAST week the president of Santa Clara shelter ( Carmen Hernandez Coy) with the help from a couple of volunteers did a week of workshops for the local children. They were educated about animal welfare, health, caring and feeding them.

They made lots of things associated to animals and the children were able to meet many animals in person. The pups were especially liked. The three pups have been bottle fed from a few days old are now six weeks old and ready for adoption.

It was a great success and a good fundraiser too. We plan to do the same next year and it's open to any children aged six to 12 years old. I think the photos show happy faces of the children who say they want to come again next time.

The pups will be small to medium sized and are all look-

ing for a home. If interested please contact us in 697 495 315.

The building of our new shelter is progressing and the footings are now going in.

If you have a few spare euros we would be so grateful for the support.

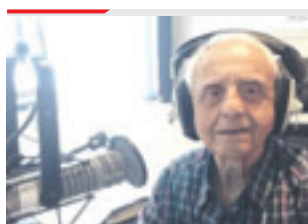


**HAPPY FACES:**  
The children liked the puppies.



If you would like to see a full list of sponsor dogs contact Margaret on 697 495 315 or email at [santaclaratobarra@gmail.com](mailto:santaclaratobarra@gmail.com), payments can be made by bank transfer to Liberbank Iban ES58 2105 4550 2930 1003 4449 or paypal at [santaclaratobarra@gmail.com](mailto:santaclaratobarra@gmail.com).

# Your dog and a new baby



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GRADULLY introduce changes in your dog's routine as soon as you know baby is on the way - if he does not connect them with the baby's arrival he has less reason to be jealous.

(a) Your dog should not be the centre of attention at all times, and should not sit on your lap (if at all) only when invited by you.

(b) Get him used to being away from you sometimes in another room, or indoor kennel ('crate'), and ban him from the nursery.

(c) Take a refresher course at a training school, and think



**NEW BABY:** Time to introduce them.

about practice walks with the pram - it can be trickier than it sounds!

(d) Check with your vet about canine hygiene and worming.

When your baby is born your dog may be left for hours while you are in hospital, or upset by the excitement if you are at home.

Arrange for someone he knows to look after/walk him. It is an old wives' tale (letting your dog drink breast milk or play with dirty nappies) this will not help your dog and baby to become friends, but sending home a blanket that the baby has slept on may help your dog to get used to the scent.

When you come home let someone else hold your baby while you greet your dog; introduce them later when he is calm.

Do not try to keep your dog and baby completely apart - you won't be able to keep it up! Teach them both to interact calmly and gently, no licking by the dog or grabbing by the child. NEVER EVER leave dogs

alone with babies or young children; shut your dog out of the room or pop the baby in a secure play-pen. This applies every time you use the bathroom, answer the door/phone or get a meal. It is NOT a matter of 'trust.' Toddlers can accidentally injure or alarm dogs (eg by falling on them) and startled dogs may react impulsively, lashing out or biting.

Your dog may have to wait in the queue for love but he still needs you.

Always having the baby nearby when giving him attention encourages your dog to accept having her around.

The most tolerant dog needs peace and quiet sometimes; allow him a place (eg his bed) he can escape to without being followed. Allow the child to go there at other times to prevent it becoming an exclusive area which he feels entitled to defend.

When your baby starts to crawl and walk teach your dog to step back out of her way in doorways and on stairs.



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Zeus is a healthy, active 11 year old boy who we recently rescued after he was run over in Valencia but thankfully only had a slight limp which has now healed. He is great with other dogs and has obviously been a family dog. Zeus is chipped and neutered, great on a lead, house trained and loves to go for rides in the car.

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**GOLFO**

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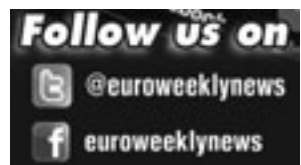
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ROUNDAABOUT CHARITY SHOP. We are now into summer and very soon we will be feeling the heat! It is time therefore for another visit to the shop where you might find a bargain or two. Choose from the clothing selection, jewellery, household goods, books 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

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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 matters 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

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**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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## Black box is boss

INSURANCE companies have developed a new black box which not only tracks the speed of drivers, but employs context to decide whether the speed is safe. A driver travelling down a winding country road at 70kph may be penalised even if the speed limit is 100kph, if the box determines that most people take the road slowly at 50kph.

New drivers, especially in the UK, are most likely to be affected by the new technology. In order to reduce skyrocketing insurance premiums, many allow a black box to be installed in their car, which monitors their driving habits.

The contextual speed technology is aimed at drivers who may feel compelled to reach the speed limit, even when more experienced motorists know it is unsafe.

# Jaguar cub's spectacular launch

by Matthew Elliott

JAGUAR'S new baby SUV set pulses racing during a London launch show when stunt man Terry Grant entered the Guinness Book of Records with the world's longest ever barrel roll in a production car.

The brand's latest addition, the E-Pace SUV, fired a very loud warning shot to future rivals the BMW X1 and Audi Q3, with the daredevil James Bond stunt at the Excel arena.

Grant took the car for a 270 degree roll over 15 metres, using a 160 metre run up and landing on all four wheels after the stunt in front of hundreds of astonished fans.

Set to replicate the success of the now iconic F-Pace, Jaguar's second SUV is much more compact and affordable. Available later this year prices



**BARREL ROLL: Do not try this Jaguar E-Pace stunt at home.**

begin at around €35,000.

Buyers can choose between 150hp, 180hp, and 240hp diesels, and 250hp or 300hp

petrol-run engines, the latter of which can hit 100kph in 6.4 seconds and a top speed of 243kph.

There are five seats, with each having its own USB plug. There is 4G capability, four sockets, and a roomy

boot offering 577 litres of space, while the glove box has 10 litres. Wheels are 19 or 20-inch, though attention-grabbing 21-inch spokes are available.

A top infotainment system is complemented by 3D satellite mapping. What Jaguar calls its safest car ever has an autonomous emergency braking system and pedestrian detection.

Drivers can choose between a nine-speed automatic or a six-speed manual. A 150hp manual will cost around €35,000, while a 300hp petrol automatic will set buyers back roughly €60,000.

Dubbed the 'cub' while in production, the final version has Jaguar cub designs, including on the windscreen and even the lighting when drivers unlock their car.

## Scandal strikes Mercedes



**DIESEL RECALL: Three million cars affected.**

MERCEDES is reeling from its own emissions scandal after owner Daimler was forced to recall almost three million diesel cars across Europe. Owners of every diesel-run Mercedes sold in the UK since 2011 have been urged to take their car to a local garage to get a software update.

The update will reduce the amount of toxic pollutants released by the cars after a police investigation uncovered potential manipulation of emissions results. Daimler garages and offices across Germany have been raided.

Charges of fraud and false advertising are being drawn up against company employees. The German giant has pledged to fully cooperate with the police investigation. It faces a €220 million bill to reduce emissions on the three million affected cars on the continent.

A precise breakdown of the number of cars or vans to be recalled in each country has not been provided. In Spain it is likely to be in the hundreds of thousands.

Daimler customers can expect an invitation to take their car into an official dealership to receive the software update. The process will take roughly one hour.

It is the second major scandal to drag diesel's name through the mud. In 2015 Volkswagen was forced to confess that it had equipped cars with specialist software to ensure they passed strict emissions controls imposed by EU law.

Daimler said the two situations are not comparable, denying that any top-down conspiracy to manipulate results has taken place.

Earlier this year the company was forced to recall one million cars due to fire risks.

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**ROAD TEST** by Nick Fletcher

THE big-selling Volkswagen Golf has been the benchmark family hatchback for many years, admired and respected for its style and durability, but for those who require more space and versatility, the Golf Estate is the answer.

Recently revised and given a cooler, more classy look, the Golf Estate now has upgraded equipment and new engine options, with prices starting at €21,938 (£19,470) for the S version.

However, many VW buyers are prepared to splash out on higher-spec models laden with extra technology, convenience and luxury features which send prices of the flagship versions soaring.

This was the case with my Alltrack all-wheel-drive version, which in 2.0 litre diesel

# Volkswagen Golf Alltrack Estate

form and 7-speed auto gearbox costs €35,000 (£31,060). For that you get a raft of extra features including adaptive cruise control, climate control, sat-nav with 8-inch touchscreen, more connectivity features than I have the space to list, driver personalisation profile - in essence you can set all the main controls for four different drivers - 17 inch alloys, roof rails, front and rear parking sensors and reversing camera, a wealth of safety features including predictive pedestrian protection.

The more distinctive new look adds elegance to this estate model, and its driving feel quickly underlines the good impression this car creates. Smooth, quiet, refined, responsive, it ticks every box. The auto gearshift is seamless and has an eager kick-down for immediate power when required. The steering is precise, the suspension (raised on the Alltrack for more ground clearance) is still well balanced for cornering grip yet subtle ride quality.

The 2.0 litre 182 hp engine gives sports-car acceleration - 0-100 kph takes just 7.8 seconds - with top speed 219 kph

(136 mph). Fuel economy is 19.2 kpl (54.3 mpg).

The cabin is straightforward rather than eye-catching, but everything is easy to find and use. Space for four occupants is very good and while there is room for a fifth, it is a tad cramped. At 605 litres, boot space is among the largest in the class, and boosts to 1,620 with the rear seats folded.

As a stylish practical family estate, there is little to fault on the Golf Alltrack Estate. While the centre rear seat lacks legroom and the rear seats don't fold fully flat, such matters pale when you consider the superb build integrity, enviable reliability record and strong resale values.

## Stats panel:

Model: VW Golf Alltrack Estate  
Engine: 2.0 litre diesel  
Transmission: 7-speed automatic  
Performance: 0-100 kph 7.8 seconds, top speed 219 kph (136 mph)  
Economy: 19.2 kpl (54.3 mpg)  
Emissions: 137g/km

**STYLISH ESTATE:** The VW Alltrack.



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

## Driving a bargain

SIX out of every 10 British holidaying abroad and seeking car hire choose the cheapest vehicle available.

Additionally many look for early deals and generally go for the cheaper locations, including Spain and Portugal.

This is spelled out in findings from research company Mintel which has offices worldwide, including London, England.

A Mintel report on car hire advises hire firms to change their marketing strategies to appeal to tourists looking for a leaner holiday package where every penny counts.

Transparent pricing and special deals would go far in appealing to this new demographic, the report says.

Also, overall British holidaymakers are losing some of their appetite for car hire when travelling abroad with steep prices and bad experiences taking their toll, making a car on holiday now viewed by many as an unnecessary expense.

The Mintel findings reveal that the number of British tourists hiring a car abroad has dropped 6 per cent in 12 months to 33 per cent in 2017.

Young tourists have led the change in habits for while more than 40 per cent aged 18-24 rented a car when travelling abroad in 2016, this year the figure is under 30 per cent.

Bad experiences and the perception of being ripped off is partly blamed with four in 10 saying they were charged more than ex-

pected, and almost as many claiming a negative experience.

The research indicates that the car hire industry is now exposed to the same market forces that have transformed flights and accommodation. Low-cost airlines and a thriving tourist home rental industry have knocked major airlines and hotels from their previous perch.

Though appetite for car hire may be waning, cars themselves haven't lost their magic. Researchers found that the majority of British like the idea of a road trip abroad with friends and family.

Almost nine in 10 of those with incomes above €56,000 have considered the idea, with this group also more likely to crank their car choice up a gear, with 65 per cent saying they would consider hiring a sports car to give their holiday an edge.

Car hire firms should capitalise on this by better advertising their product, the report concludes.

Emphasising cars as a means of transforming a standard holiday into an independent adventure free from the limits of distance and bus schedules, would encourage people to spend more on the car they really want.

If hire companies can manage this they will tap into a huge market. The research found that 63 per cent of Brits have holidayed abroad in the last three years.

More than a quarter of the estimated 46 million overseas trips made by Brits in 2017 will be to Spain.

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# Congratulations to Froome, Spieth and England's women cricketers

## 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, I'm confident in saying there will be enough sport over the next seven days to suit everyone, including cricket, football, motor racing, swimming and boxing.

### EVENTS ROUND UP

- The third England-South Africa cricket Test starts today at The Oval, where the hosts could have a new opening partnership.

- Cricket's T20 bash competition continues around the UK.

- England ladies are going well in the Euro 2017 football championship after 6-0 and 2-0 wins over Scotland and Spain respectively. The final is on August 6.

- The World Aquatic Swimming and Diving Championships end on Sunday in Hungary and already GB's Adam Peary (in the 100m breast-stroke, in

a record time of 57.47 seconds) and Ben Proud (in the 50m butterfly) have won gold medals. Some 182 nations are participating.

- GB's Brownlee brothers, Alistair and Jonny, are competing in the ITU triathlon World Series in Canada - confident that their Mojacar training sessions will stand them in good stead.

- On Sunday, we have the Hungarian Formula One Grand Prix from Budapest where Lewis Hamilton could overtake Sebastian Vettel in the drivers' championship.

- And on Saturday, in Belfast, Carl Frampton fights Andres Gutierrez in a WBC world featherweight eliminator.

### CONGRATULATIONS

After recent events, I congratulate the following on some wonderful achievements in their respective sports:

- To GB cyclist Chris Froome for winning his fourth Tour de France by 54 seconds, blocking out loud and uncalled for boos, from horrible, partisan French spectators... disgusting. Only four other riders - one of them Spain's Miguel Indurain - have won the race four times.

- To American, Jordan Spieth, on winning the 146th Open Championship at Royal Birkdale, which attracted a four-day record crowd of 235,000. Matt Kuchar was second, with China's Li Haotong third.

- To South African Branden Grace for his terrific third round 62 - the lowest-ever score in Open golf history: 1860-2017.

- To GB's parasport athletes, including the seemingly unbeatable wheelchair specialist Hannah Cockcroft, sprinter Kadeena Cox, Sophie Hahn, Olivia Breen, record holder Georgie Hermitage, Hollie Arnold, Sophie Kamlish, Sammi Kinghorn and Stef Reid, plus Aled Davies, Jonnie Peacock and Richard Whitehead, for gaining 39 medals (18 gold) at the World Para-Athletics Championships at the London Stadium.

- To England's female cricketers who beat India by nine runs to win the Women's World Cup for a fourth time. A near capacity crowd at Lords (many MCC

members boycotted the game) saw star bowler, Anya Shrubsole, destroy the Indians with a record 6-46.

- To Liverpool who defeated Leicester 2-1 in Asia's PL Cup final in Hong Kong; Crystal Palace came third.

- To the Indian competitors who gained a best-ever total of 29 medals (12 gold) at the Asian Athletics Championships.

- To India's opener Mithali Raj - the first woman cricketer to score 6,000 runs in ODI's.

- And to Castleford Tigers, with 20 regular victories this season, are this year's Rugby's Super League Shield winners.

### FOOTBALL DIGEST

- So far this summer, Manchester City have spent £222.5m (€250m) on five players - Real Madrid's Danilo Luiz £26.5m, Kyle Walker from Spurs for £53m, Portugal's Bernardo Silva for £43m, Brazilian goalkeeper Ederson Moraes for £35m and Monaco defender Benjamin Mendy for £55m. In contrast, Aleksandar Kolarov, Gael Clichy, Bacary Sagna and Pablo Zabaleta have all left the Etihad Stadium.

- West Ham have signed Stoke's

Marko Arnautovic for £24m and England's goalkeeper, Joe Hart, on loan. The Hammers have also signed Bayer Leverkusen's striker Javier Hernandez for £16m.

- Stoke themselves, have acquired Kurt Zouma, on loan from Chelsea, whose manager, Antonio Conte has paid £60m for Real Madrid's striker, Alvaro Morata.

- WBA have signed Egyptian defender, Ahmed Hegazy on loan from Al Ahly.

- Liverpool have paid £10m for Hull's left-back Andy Robertson, and there's talk that Philippe Coutinho could move from Anfield to Barcelona for £80m if Brazil's Neymar leaves the Nou Camp for PSG for £199m (€222m).

- Everton may have a new 60,000 capacity stadium by 2020.

- And in last weekend's friendlies, Manchester United beat Real Madrid 2-1 on penalties (seven were missed) after a 1-1 draw in California; Spurs defeated PSG 4-2 in Florida and Chelsea whipped Arsenal 3-0 in Beijing.

- The PL season starts on Friday, August 10 when Arsenal play Leicester and I have a football quiz at The Emerald Isle pub in Mojacar before kick-off.

### LOOKING AHEAD

- London's Queen Elizabeth Park will stage the World Athletics Championships from August 4-13. Taking part will be the retiring Usain Bolt, Mo Farah and Scotland's Laura Muir who will be going for the 1500m and 5000m double.

- Following that event on August 20 will be the IAAF Diamond League meeting at Birmingham's Alexander Stadium.

- And some of the world's top cyclists will pedal through Lorca, Aguilas, Villaricos, Vera, Garrucha and Mojacar, on August 30, in the annual Vuelta a España.



**ENGLAND'S FEMALE CRICKETERS:** Won the Women's World Cup.

**CHRIS FROOME:** Won his fourth Tour de France.

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