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Jet ski shark pursuit

SWIMMERS at Colonia de Sant Jordi's Estany beach were ordered to leave the water when a two-metre long shark swam into the bathing area. One foreign tourist had his arm scratched when the rough skin of the shark grazed against it.

A red flag was raised after the Saturday afternoon scare. A Guardia Civil patrol alerted the Palma Aquarium and tried to catch the shark, pursuing it on jet skis, but simply herded it back to the open sea. A few hours later swimmers were allowed back in the water.

The blue shark rarely comes close to the shore and doesn't attack people unless provoked. It is the third sighting in bathing waters this summer.

Bloodless fights now law No more bull

By Matthew Elliott

New bullfighting legislation allowing only bloodless fights on the islands was passed by the Balearic parliament on Monday.

Within 24 hours of the news Spanish prime minister Mariano Rajoy announced that Madrid would appeal the decision in the courts, describing it as a 'violation' of the constitution.

The governing PSOE and Mes coalition voted for the strict regulations with the support of Podemos. The conservative Popular Party and Ciudadanos voted against, claiming it contravened national laws protecting bullfighting's cultural heritage.

Under the new animal protection law bulls cannot be killed or harmed, and will be monitored by a vet. The Balearic government was forced to reverse its position and allow bullfights after Spain's constitutional court struck down an outright ban in Cataluña.

Instead strict controls have been imposed on the spectacle. Bulls are allowed in the arena



END OF ERA: Palma bullring facing major challenges.

for just 10 minutes, spears, lances and horses are banned, no blood can be shed, no children are permitted to watch, alcohol is prohibited and fines for any violation can reach €100,000.

The famous Fornalutx correbbou (bull run) also goes ahead under sanitised conditions. The bull will no longer run through the streets, or be injured. Children are banned. Health and safety considerations are so strict the organisers are considering using an ox instead.

The new law has firm support from more than a dozen animal rights groups on Mallorca and across Europe.

Love Island rules



THIRD SEASON: Of the British reality TV show.

SINCE the beginning of the third season of British reality TV show Love Island, bookings by UK nationals to Mallorca have reportedly shot up by 31 per cent.

The hit show, featuring singleton shenanigans in a Mallorcan villa, concluded over the weekend, having drawn in an estimated two million viewers per episode on ITV2.

This year the love villa was near Sant Llorenç, while the show offered viewers in British living rooms a glimpse of some of Mallorca's boutique hotels and luxury spas.

See us on page 26



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NEWS EXTRA

Pirate raid

POLICE flew in an expert from Barcelona and conducted a raid on the sa Coma bazaar, confiscating 2,300 items from the stalls, mostly fake football shirts of the Catalan club.

Heat wave

WILD weather on Tuesday has given way to clear skies with another mini-heatwave expected over the weekend. Temperatures may shoot beyond 38 degrees in some parts before cooling down again.

Life saved

A *YOUNG German girl was saved by paramedics after being found floating unconscious in a Calle Pollacra hotel pool. The seven-year-old was on holiday with her grandparents.*

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 cas-

Experts target jellyfish swarms Beware the blobs!

es in order to reduce their populations and the number of people being stung."

In Malaga, the Aula del Mar marine museum has teamed up with the University of Malaga



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

Purple reign

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.

Mr Bordehore said that if stung, the tentacle should be removed without rubbing using a plastic bank card or small pliers and cleaned with salt water.

"Never use fresh water," he added.

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.

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Brutal tactics

ACCUSATIONS of rough police tactics against British tourists have spread to Santa Ponsa. A video recording posted online shows one officer whacking rowdy holidaymakers with his baton. Witnesses described police breaking up a group of young tourists walking through the town's Irish quarter with extreme and unnecessary violence on Saturday night. One even alleges that he saw an officer wielding a whip during the incident.

Lady George

A GAY politician was surprised when an official invitation to the Marivent Palace from Spain's royal family addressed his partner as 'Señora Doña Jordi,' despite Jordi being a masculine name and the Catalan equivalent of George. Joan Ferrer, who is Palma's deputy for mobility, posted the invitational faux-pas on Twitter and promptly received a new invitation from the palace.

Digital dustbin

THE number of trips booked by tourists on Mallorca has plummeted by 50 per cent since 2011 according to data from travel agencies and bus companies. Before the financial crisis took hold there were roughly two million official trips around the island booked each year. Now the figure stands at just one million, despite record tourist numbers.

Bloody memories

A JOINT effort from the Cataluña and Balearic governments will open up a mass grave located near sa Coma beach on Mallorca's east coast. The mission is to dig up and identify the remains of the estimated 500 people buried there after being executed during the Spanish Civil War.

Cop out

THE relationship between Mallorca's Local and National Police forces came under fire as the two outfits mistakenly crossed swords. Officers from the Local Police raided a cannabis club in

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.

Pull the other one

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



Los Alcornocales park.

Palma, undercutting a wider covert investigation the National Police had been conducting since January.

Truck horror

A WATER delivery driver was killed early on Monday morning in Son Vida, Palma when his parked vehicle began

rolling and crushed him against a wall while he filled a tank.

Sea space

RESIDENTS of Cala Llombards will soon have a new car park. The space is needed after Santanyi forbade access to local beaches by private cars,

with the exception of residents.

Screw loose

LANTERNS adorning Palma's streets are being replaced with hardier versions, driven in by nails, to prevent further tragedy after one fell on a German child, badly injuring him during Easter.

War ship

A DESTROYER from the US Navy docked at Palma port. The USS Truxtun is 155 metres long and weighs 9,200 tons, carrying 300 marines and able to launch two tomahawk missiles.

A load of old rubbish

STACKS of rubbish taller than the average human are the new smelly statues occupying Palma's streets as the city's bin collection problem scales biblical heights. Rubbish is stacked next to overflowing bins in multiple neighbourhoods, now contending with a plague of rats scavenging for food.

In Camp Redo, residents share communal bins with a weekly market and now have to endure the stench of rotting fish. Some companies are suspected of taking advan-

tage of the disarray to dump rubbish illegally, expecting residents to take the blame.

The crisis stems from a series of breakdowns in bin lorries used by rubbish collection outfit Emaya. Many of the lorries are over 20 years old and ill-equipped to navigate the tight streets. There is also a shortage, with a new fleet costing €10 million not expected to be ready until the end of the year. New bins and recycling instructions are also blamed for being too complicated.

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The total number of news and features which appeared in Issue 1672 of the Euro Weekly News Mallorca edition, including 53 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! *Loiseach 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*

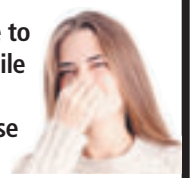


The couple have since been found 'safe and embarrassed'

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.

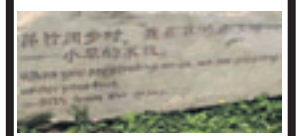


The 1960 movie 'Psycho' is thought to have been the first cinema film where a toilet is shown being flushed. The momentous flushing scene was just before Janet Leigh's character took a shower and was then stabbed to death.

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. Email: editorial@euroweeklynews.com

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Dramatic trial continues

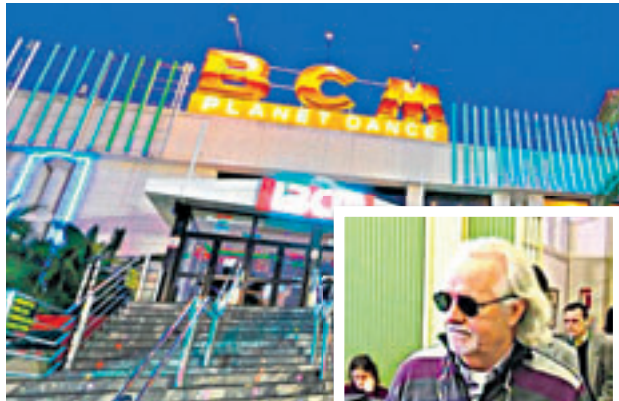
By Matthew Elliott

DISGRACED politicians Jose Maria Rodriguez and Alvaro Gijon both denied taking part in cocaine-fueled orgies paid for by alleged Palma underworld kingpin Tolo Cursach in court this week.

The senior Popular Party members were accused of being regular visitors to a brothel owned by Cursach by its former madam. She is a star witness in the case against Cursach, a jailed nightclub boss facing murder, extortion and drug trafficking charges.

Rodriguez, the party's former president in Palma and ex-interior minister, flat out denied ever being in a brothel, claiming never to smoke, drink or take drugs. He provided the court with 21 clinical checks taken since 2005 indicating that there were no drugs in his bloodstream.

Gijon, a former deputy may-



CURSACH: Facing murder and extortion charges.

or in Palma, called the allegations "absurd" and accused the witness of lying. He provided his phone as evidence, stating that it had used geo-location technology for five years and had never been near the brothel, or called it.

Prosecutors believe the pair did political favours for Cursach, who in return let them party like kings in his empire of

dodgy establishments.

Also in the dock was a Romanian national named Marin, who is accused of obstruction of justice. The security worker denied being a henchman for Cursach and threatening one of the prosecution's protected witnesses.

Several witnesses have reported violence and threats, with one claiming thugs tried twice to run his car off the road. Tomorrow Cursach himself will testify via video-conference from an Alicante prison.

9.4 The number of births per 1,000 population in Spain - one of the lowest fertility rates in Europe.

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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



BEST OF FRIENDS: Kerry (l) and Rosie.

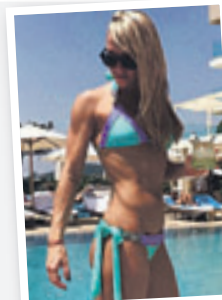
disgraced businessman Mon Basra, who was handed a four-and-a-half-year jail sentence in 2013 after being found guilty of harassing two women.

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!!!"

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.



BIKINI BODY: Chloe Madeley.



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NEWS EXTRA

Camp chaos

A BULGARIAN couple camping in Sa Comuna, Lloret, since 2009 face a court order to leave. They accused Mayor Antoni Bennassar of harassment when he ordered them out last year.

Fishy affair

THE Balearic Football Federation is being investigated by a crack financial crime squad from Madrid over corruption allegations days after the Spanish Football Federation president was arrested.

Home grown

SUPERMARKET chain Eroski is cooperating with 224 farmers across the Balearics to sell island-grown products under the 'sa Nostra Terra' range, which last year generated €78.2 million.

Teetering on the brink

A STUDY on Palma's airport's environmental soundness has claimed that the passenger volume far outweighs safe capacity.

Commissioned by coalition government party Mes, the study says Sant Son Joan's infrastructure is under severe stress and pollution caused by increased traffic is getting out of hand.

The party, which is committed to fighting for Mallorca's environmental sustainability, said carbon dioxide emissions, noise and light pollution, water consumption and airborne particle pollution were a growing threat to neighbouring communities.

Mallorca's inherent vulnerability as an island with limited space, makes Sant Son Joan's expansion a major environmental hazard, the report concludes.

On a practical level, Mes argue high passenger numbers are causing stressful queues and burdening security operatives, who have less and less space to keep everyone safe.

The airport's current business model dates to 2001 when 19.2 million passengers went through the turnstiles. By contrast, in 2016 there were 26.3 million travellers, a number well on course to be exceeded this year.

156 The number of endangered species of flora and fauna in Spain, which has doubled since 1990.



PALMA AIRPORT: Passenger volume far outweighs safe capacity.



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

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

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

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



SUNKISSED: Hollywood star attended charity dinner in Palma.

Belle of the ball

EX-Desperate Housewife Eva Longoria was holidaying in Mallorca over the weekend with husband Jose Baston.

The American actress, aged 42, was spotted cruising Palma's luxury shopping district in a limousine on Saturday, going for an incognito look under a hat and dark sunglasses.

After enjoying a guided tour of Placa Cort, she explored the city's luxury shoe shops before attending a charity gala in the evening at Palma casino.

On Sunday the couple and Baston's son hired a private yacht. The trio have also taken in Ibiza and Marbella during their trip to Spain.

CATWALK lovers are in for a treat as Mallorca's 2017 Fashion Week hits Palma. The three-day haute taute affair began yesterday (Wednesday) and wraps up tomorrow night.

Some of the biggest names in world fashion are in attendance. Designers include Pamela Dennis, Santiago Bandres, and Jessica Conzen. The fashion week has top local and international sponsors and is chart-

Fashion frenzy

ing a course to soon be as big as Madrid's.

A fashion village has been set up next to the Ramon Llull monument for aficionados. Entrance is free and

the village is open tonight and tomorrow from 7pm until midnight. Tickets for the evening catwalks start from €20 and can be bought from El Corte Ingles.

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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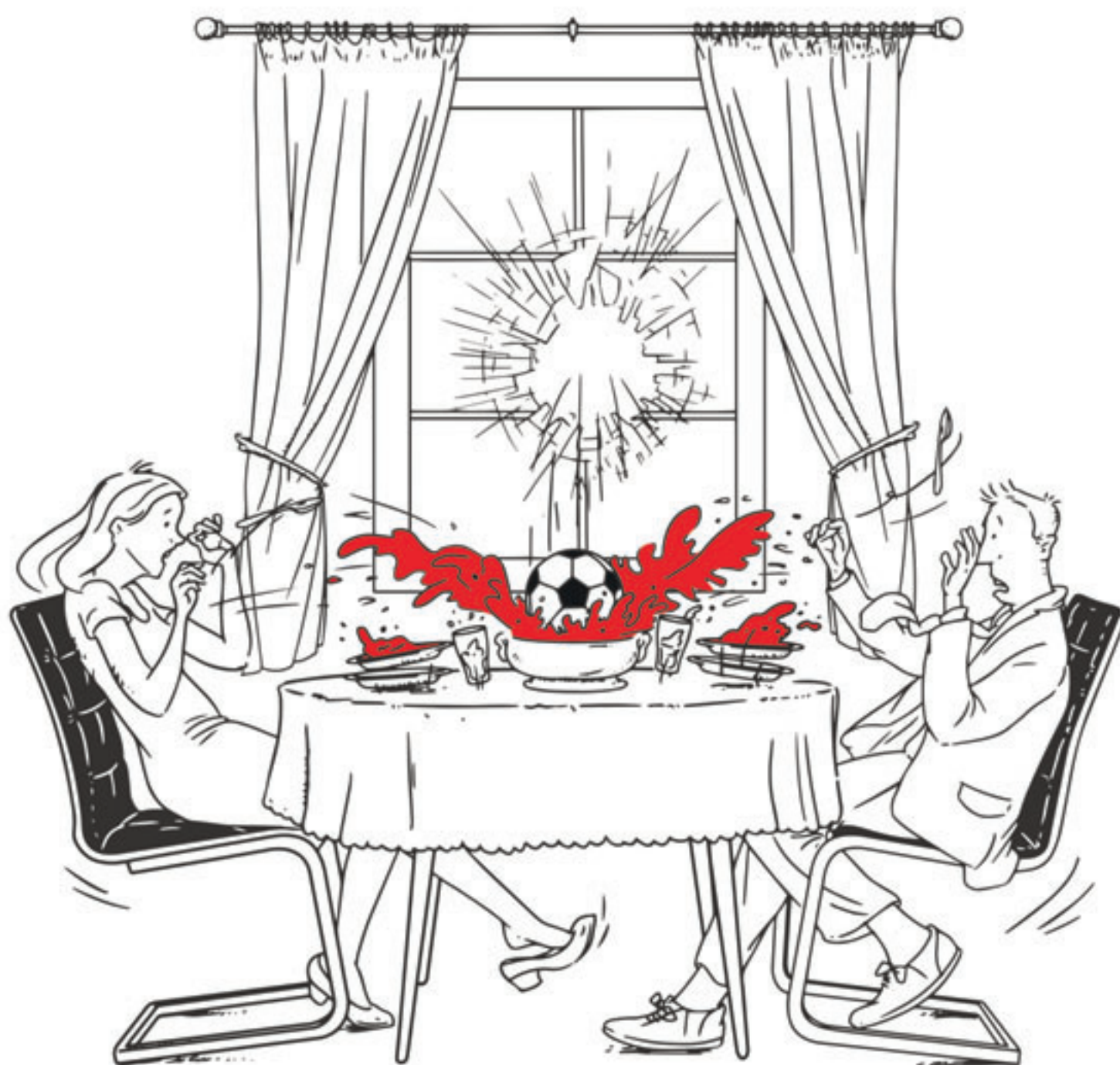
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HOLIDAY TIME: Royals heading to Mallorca for annual break.

Royals summer in style

THE King and Queen of Spain are expected in Mallorca from tomorrow as they gear up to celebrate their traditional summer holiday on the island.

Felipe VI and his wife Letizia will stay at Marivent Palace their official summer residence in Cala Major until August 5. The King's

mother Sofia will join them, as will their daughters Leonor and Sofia. It is unknown whether former King Juan Carlos will make an appearance.

During their time at the palace the royal couple will entertain Balearic president Francina Armengol, Palma's new mayor Antoni Noguera,

and Spanish prime minister Mariano Rajoy.

The family will also appear before photographers for their annual summer holiday shoot. The Marivent Palace gardens, recently opened to the public after pressure from Podemos, will be closed until September.

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Advertising Feature

An economic and political mix

Commentary by Moneycorp

EUR weekly currency update

For a second week the British pound shared the tail-end slot with the US dollar. Having lost an average of -0.9% the previous week they are down by -1.4% over the last seven days, sterling with a loss of two euro cents. Its problems were a mix of economic and political issues. Inflation slowed unexpectedly to 2.6%, reducing the theoretical upward pressure on interest rates, and the second round of Brexit talks in Brussels apparently got off to a difficult start.

The euro's principal advantage was Mari Draghi, the president of the European Central Bank. Following Thursday's Governing Council meeting Sig Draghi told journalists that discussions about a wind-down of the asset purchase programme "should take place in the autumn." Despite choosing his words as carefully as he could, and even though nobody was surprised at the news, Sig Draghi's comment sent the euro more than a cent higher.

USD weekly currency update

It was a case of 'as you were' for the dollar and the pound. They again shared last place among the major currencies, falling by an average of -1.4% after declining by -0.9% the previous week. The dollar was down by two and a quarter cents against the euro.

In both cases a mixture of political and econom-

ic news contributed to the two currencies' downfall. With sterling investors taking a negative view of the Brexit talks in Brussels, which appeared to be stumbling already over the future rights of EU and UK citizens to move freely across Europe.

They were also less than enthusiastic about a slowdown in inflation to 2.6% which, they assumed, would lessen any upward pressure on interest rates. Investors had similar thoughts about a dip in US inflation to 1.6% and they continued to worry that 'the Russia thing' is distracting the administration from its proper tasks.

CAD weekly currency update

After doing well the previous week the Loonie was one of the weaker performers over the last seven days, falling by an average of -0.4% against the other dozen most actively-traded currencies. It did well against the US dollar and the British pound though, simply because those two were at the rear of the field for a second week, held back by political and economic concerns.

The White House's ongoing 'Russia thing' and an apparent stumbling leading up to the Brexit negotiations were the political negatives: the economic ones were inflation, which came in lower than expected for both Britain and the States.

The sole Canadian economic indicator was manufacturing shipments, which were up by 1.1% for a second month. The statistic almost never at-

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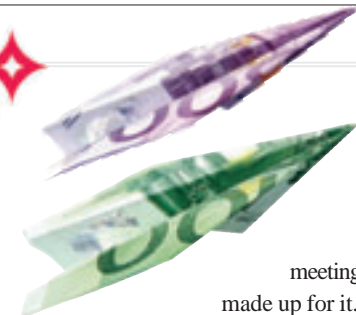
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tracts attention but this time it did, perhaps because there was nothing else at the time for investors to look at. It was worth quarter of a cent to the Loonie.

AUD weekly currency update

Except for the Norwegian krone, which was helped into first place by rising oil prices, the Australian dollar and the euro were the top performers among the major currencies. They strengthened by 1.8% against the US dollar and the British pound, which shared last place for a second week. The Aussie went up by three cents against sterling.

A decent set of Australian employment data did not help as much as it might have done, but the minutes of June's Reserve Bank of Australia board



meeting more than made up for it. Investors seized upon a comment about 'a new neutral real interest rate' two percentage points above current levels. An RBA deputy governor tried on Friday morning to persuade the market that it had given undue importance to the remark, and that it did not constitute a commitment to higher rates, but investors were not entirely convinced.

NZD weekly currency update

The NZ dollar was unchanged, on average, against the other dozen most actively-traded currencies. It strengthened by 1.4% against the US dollar and the British pound, which shared the wooden spoon for a second successive week. The Kiwi added two and a quarter cents against sterling. On Tuesday morning it had looked as though it would have a difficult week after second quarter NZ inflation came in lower than expected at 1.7%. However, unhelpful political and economic news from Britain and the States allowed it to regain its footing and move ahead.

For sterling the political problem was the Brexit negotiations, which appeared to be stumbling over the matter of freedom of movement for EU and UK citizens. For the Greenback it was the 'Russia thing,' which is seen to be distracting the administration from its legislative agenda. For both currencies slowing inflation meant less upward pressure on interest rates.

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Ceiling on hire cars

By Matthew Elliott

A MAXIMUM limit will be set for the number of cars available to hire on Mallorca and the islands from next year. The upper limit will be established from April until October, though a precise number is not yet known.

Before they can set a maximum, government officials first need to establish how many rental cars there are on the island today. A regulation dating from 2015 instructed all rental firms to

inform the tourism ministry how many cars were in their fleet.

But only 20 out of 140 car hire companies have complied. Officially there are just 41,932 known cars on the islands. But the real number is estimated to be around 100,000 on Mallorca alone. The government is also acutely aware that most cars are registered on the mainland and therefore pay no taxes on the islands.

To calculate the maximum car rental numbers, a study

has been launched to clarify how many cars are typically rented each month, and how many vehicles are sustainable on the island's roads without causing environmental or infrastructural damage.

The results of the study will be known in December. Recent analysis found that, with rental cars included, there are almost one million vehicles on the islands, giving a person to car ratio nearing 1:1, the highest in Spain.

Snakes getting far too greedy

PETS are the new prey for Mallorca's plague of snakes, which are also targeting livestock and birds. In Muro, to the north-east of the island, a canary breeder killed a snake after it slithered through the birdcage bars, devoured several birds, and became too fat to escape.

Horse stables have also reported problems. The snakes, many of which are invasive species measuring almost two-metres long, are not poisonous but are aggressive and can terrify the horses.

Multiple snake sightings have occurred in residential areas, as hunters struggle to get to grips with the problem. Rabbits and other small animals are frequent targets and are now being used as bait by snake catchers.

The two key threats are horseshoe and ladder snakes. Neither are poisonous and their bite has been compared to that of a cat. They do, however, pose a danger to local wildlife.

So far over summer 230 official traps have been set up, capturing 63 snakes.



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NEWS EXTRA

Dangerous diving

TWO men suffered head injuries and were rushed to Son Espases after diving into shallow water just hours apart, one in a Magaluf hotel, the other at Camp de Mar beach in Andratx.

Thug life

NOTORIOUS nightlife spot Punta Balenna in Magaluf is the subject of a new track from Mallorcan rap group Tabu. Shot on the strip it satirises the wild party atmosphere and love of money.

Map mayhem

IN plotting the new nature reserve in Es Trenc, bumbling government authors put down the wrong latitude and longitude, mistaking the Mallorcan hotspot for the border between Kenya and Ethiopia.

Car strike

A 29-YEAR-OLD pedestrian was struck by a car and seriously injured in Cala d'Or. The car came out of nowhere in the darkness. The man is recovering in hospital.

Apology for 'Frankenstein' law



HOLIDAY RENTALS: A one-year ban was put in place on new licences.

VICE PRESIDENT Biel Barcelo has apologised for the 'Frankenstein law' that is the chaotic new tourist rental legislation and promised not to go on holiday this summer as penance.

Barcelo, who moonlights as Balearic tourism minister, admitted that last week's vote on the controversial holiday rental industry was a farce after Podemos refused to back the government.

A one-year ban was put in place on new licences but Podemos' rejection of key elements of the bill meant that people renting out their apartments to tourists now operate in a legal limbo, being neither permitted nor prohibited from doing so.

Having pleased no-one, the bill was unanimously condemned by the hotel industry, environmentalists, property owners, and socialists, forming an unusual consensus.

The uncertainty inherent in the bill means that all of the government's financial bite has been removed. Fines for breaching holiday rental rules will be almost impossible to enforce when legal experts can't put their finger on what the half-passed law actually states.

Barcelo is set to sit down with Podemos to work out a compromise and potentially heal the rupture before summer ends. The left-wing party have demanded that an emergency housing situation be declared in Palma as a condition for their support.

The emergency would automatically ban short term apartment rentals, a move considered excessive by rival parties. But Podemos are said to be wavering after their stubbornness was denounced as selfish and leading to a situation even worse than before.

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OVERHAUL: Palma's Paseo will have more green and less traffic.

Green blueprint drawn up

PLANS to transform Palma's Paseo Marítimo will cost roughly €8 million said new mayor Antoni Noguera. The long-standing proposal to expand and beautify the seaside stretch is expected to be complete before the 2019 mayoral elections.

Noguera was intimately involved with the planning as deputy mayor. In his latest statement he expanded on the nature of the plans, as well as revealing the projected cost.

Under the blueprint the Paseo will become a long boulevard

with trees and more pedestrian space. Traffic lanes will be removed at key intervals to reduce pollution and encourage walkers, runners and cyclists.

The cost will be divided between Palma City and the Balearic Port Authority, both of which has reached consensus over the plans. Both agree that it is time to act after years of talk about transforming the seafront.

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Cause for celebration

ON Friday July 21, in The Hospital General in Palma, there was a small celebration as the new sun awning was finally completed on the terrace of the third floor.

This awning, on the Paliativo Care floor of the Hospital, was first commissioned a year and a half ago.

Calanova Cancer Care Charity Shop had donated all the costs for buying and erecting the very special awning to DIME (The Association of Paliative Care in Mallorca).

DIME took charge of ordering and dealing with all the bureaucracy and various committees and delegations that had to approve the construction on this Historically



WELCOME SHADE: The new sun awning will provide shelter for patients and their families.

Protected building.

It had to be very special because of the intense wind always blowing through and had to be modified to with-

stand extreme weather conditions - which took a long time - so it was with great delight for all parties when it was formally presented by

Mateo Roca, the President of DIME, to Doctor Jose M Carbrueno, the Director of the Hospital General, and Doctor Josep M Pomar

Reynes, the General Director of Son Espases University Hospital, on Friday at 1pm.

Also present were a number of Doctors and Nurses

from the Hospital, volunteers from the Calanova Cancer Care Charity Shop, volunteers from DIME and Angela McGrath of Calanova, who presented a cheque for €3,000 to the President of DIME, Mateo Roca, to buy some more furniture for the terrace, amongst other things.

It was a truly happy event as everyone was very pleased that the awning was finally up and standing at last, giving patients and their family and friends a nice place to sit and enjoy the fresh air on the terrace out of the glare of the sun.

The Hospital General in Palma was originally built in 1456 and has been taking care of patients for over 550 years; it is especially known for its great, professional, kind and compassionate palliative care, as is the Palliative Care Unit in Hospital Juan March and also the one in Son Espases which are also attended to by DIME.

The Calanova Cancer Care Charity Shop is pleased to make it possible for DIME to help these units in the hospitals in ways that are desperately needed as they give such invaluable help to so many people.

They would like to thank all donators, clients and helpers.

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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 Dolores 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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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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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 / %
Most Advanced		
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%
Most Declined		
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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 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
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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



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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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

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' (www.nora-johnson.net) available from Amazon in paperback/eBook (€0.99;£0.99) and iBookstore. All profits to Costa del Sol Cudeca cancer charity.

THURSDAY THOUGHTS

By 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.

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.

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

Happy holidays!

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 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, or call 952 667 090.



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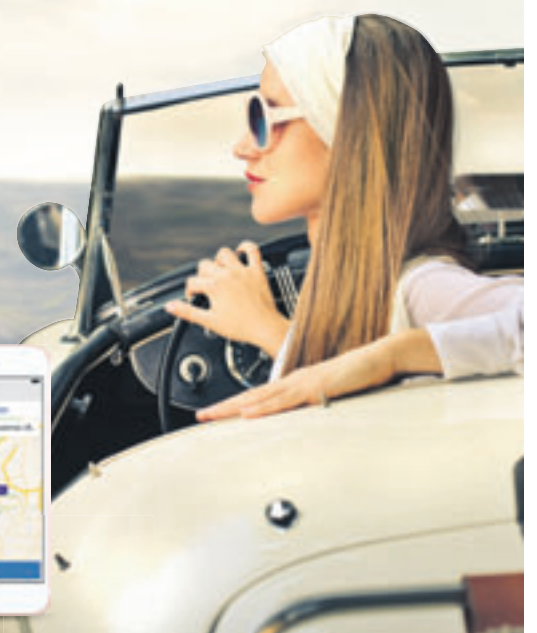
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THURSDAY		BBC one	BBC TWO	itv	CHANNEL 4	CHANNEL 5	sky sports main event		
27 JULY	7:30pm	BBC London News	4:30pm	Hive Alive	8:30pm	Countdown	9:00am	Good Morning Sports Fans	
	8:00pm	The Farmers' Country Showdown	5:30pm	Natural World	9:00pm	The Question Jury	9:30am	Good Morning Sports Fans	
	8:30pm	EastEnders	6:15pm	Antiques Roadshow	9:30pm	A Place in the Sun	10:00am	Good Morning Sports Fans	
	9:00pm	Watchdog Live	7:00pm	Eggheads	10:00pm	Four in a Bed	11:00am	Good Morning Sports Fans	
	10:00pm	Who Do You Think You Are?	7:30pm	Letterbox	11:00pm	Come Dine with Me	8:00pm	Live World Matchplay	
	11:00pm	BBC News at Ten	8:00pm	Celebrity Antiques Road Trip	11:30pm	The Simpsons	12:00am	Through the Night	
	11:30pm	BBC London News	9:00pm	10 Puppies and Us	11:40pm	Hollyoaks	1:00am	Through the Night	
	11:45pm	One Deadly Weekend in America	10:00pm	Top of the Lake	12:05am	Channel 4 News			
	1:10am	Weather for the Week Ahead	11:00pm	The Mash Report		UEFA Women's Euro 2017			
			11:30pm	Newsnight		Gogglebox			
		12:15am	Cleverman		Real, Fake or Unknown				
FRIDAY 28 JULY	8:00pm	The Farmers' Country Showdown	4:30pm	Hive Alive	7:30pm	The Question Jury	9:00am	Good Morning Sports Fans	
	8:30pm	Thief Trackers	5:30pm	Swimming	8:00pm	A Place in the Sun	9:30am	Paddock Uncut: Hungary	
	9:00pm	EastEnders	7:00pm	Eggheads	8:30pm	Four in a Bed	9:45am	Live Hungarian GP: Practice	
	9:30pm	Still Open All Hours	7:30pm	Letterbox	9:00pm	Come Dine with Me	11:30am	Cricket	
	10:00pm	Peter Kay's Comedy Shuffle	8:00pm	Celebrity Antiques Road Trip	9:30pm	The Simpsons	7:30pm	Cricket	
	10:30pm	Mrs. Brown's Boys	9:00pm	Mastermind	10:00pm	Hollyoaks	8:00pm	Cricket	
	11:00pm	BBC News at Ten	9:30pm	Only Connect	11:00pm	Channel 4 News	9:00pm	Draining the Bermuda Triangle	
	11:25pm	BBC London News	10:00pm	Gardeners' World	11:30pm	Gogglesprogs	10:00pm	Big Brother	
	11:35pm	Not Going Out	11:00pm	QI	11:40pm	The Last Leg	11:45pm	Big Brother's Bit on the Side	
	12:05am	The Sentinel	11:30pm	Newsnight	12:45am	Naked Attraction	12:50am	Lip Sync Battle	
		12:05am	Cleverman		Rude Tube				
SATURDAY 29 JULY	7:50pm	Regional News	6:00pm	Swimming	1:25pm	The Simpsons	12:30pm	The F1 Show	
	7:55pm	Weather	7:00pm	Cycling	2:30pm	Four in a Bed	1:00pm	Live Hungarian GP: Qualifying	
	8:00pm	Pointless	7:50pm	BBC Proms Extra	5:00pm	A Place in the Sun: Winter Sun	3:30pm	Cricket	
	8:50pm	Would I Lie to You?	8:30pm	Grand Tours of Scotland	6:00pm	Big House, Little House	6:00pm	Live GAA Football Qualifier	
	9:20pm	Who Dares Wins	9:00pm	Dad's Army	7:00pm	Channel 4 News	8:00pm	Live GAA Football Qualifier	
	10:00pm	Casualty	9:30pm	All Families Have Secrets - Patrick Gale's Art of Fiction	7:05pm	Formula 1	9:30pm	Sky Sports Tonight	
	10:50pm	BBC News	10:00pm	Queer as Art	7:15pm	UEFA Women's Euro 2017	10:45pm	Football	
	11:08pm	Weather	11:00pm	QI XL	8:15pm	47 Ronin	1:00am	Through the Night	
	11:10pm	Indiana Jones and the Kingdom of the Crystal Skull	11:45pm	Imagine...	9:00pm	Ramsay's Kitchen Nightmares USA			
	1:05am	When in Rome	1:40am	Sletlight	12:00am				
SUNDAY 30 JULY	7:50pm	Regional News	10:05am	Countryfile	3:55pm	Bear Gryll's Survival School	1:30pm	Live Hungarian GP: Race	
	7:55pm	Weather	11:00am	Saturday Kitchen Best Bites	4:25pm	A View to Kill	2:30pm	Live Hungarian GP: Paddock	
	8:00pm	Wild Alaska Live	12:30pm	Nigel Slater: Eating Together	7:00pm	Local News and Weather	5:15pm	Paddock Uncut: Hungary	
	9:00pm	Countryfile	1:00pm	Food and Drink	7:10pm	ITV News and Weather	5:30pm	Live Senior Open Championship	
	10:00pm	Poldark	1:30pm	Miss Potter	7:30pm	Diana, Our Mother: Her Life and Legacy	8:00pm	Live World Matchplay Darts	
	11:00pm	BBC News	3:00pm	Rugby League Challenge Cup Semi Final	9:00pm	Harry Potter and the Order of the Phoenix	10:00pm	Live PGA Tour Golf	
	11:20pm	Regional News	5:30pm	Swimming	11:30pm	ITV News and Weather	12:00am	Through the Night	
	11:25pm	Weather	8:00pm	Passchendaele 2017	11:50pm	Judge Rinder's Crime Stories	1:00am	Through the Night	
	11:30pm	The Heroes of Super Saturday: Jess, Mo and Greg	11:00pm	Pride	12:50am	Take Me Out			
	12:30am	The Peacemaker	12:50am	Lilting					
MONDAY 31 JULY	7:30pm	Regional News	6:15pm	Antiques Roadshow	7:00pm	Countdown	10:00am	Good Morning Sports Fans	
	8:00pm	Fake Britain	7:00pm	Eggheads	7:30pm	The Question Jury	11:00am	Sky Sports Now	
	8:30pm	When the Boat Comes in	7:30pm	Letterbox	8:00pm	A Place in the Sun	11:30am	Cricket	
	9:00pm	EastEnders	8:00pm	Passchendaele 2017	8:30pm	Come Dine with Me	6:30pm	Cricket	
	9:30pm	I Am Bolt	9:00pm	University Challenge	7:00pm	The Simpsons	7:00pm	Sky Sports News	
	11:00pm	BBC News	9:30pm	Nadiya's British Food	7:30pm	Hollyoaks	7:30pm	Transfer Centre	
	11:30pm	Regional News	Adventure	10:00pm	Holiday Horrors: Caught on Camera	8:00pm	Channel 4 News	8:30pm	Sky Sports Tonight
	11:40pm	Weather	10:00pm	Man in an Orange Shirt	11:00pm	Location, Location, Location	9:00pm	Sky Sports Tonight	
	11:45pm	Peter Kay's Comedy Shuffle	11:00pm	Normal for Norfolk	11:40pm	999: What's Your Emergency?	10:00pm	Sky Sports Tonight	
	12:15am	Have I Got a Bit More Old News for You	11:30pm	Newsnight	12:05am	Public Enemies	11:30pm	Live Tennis: Washington	
		12:10am	Weather		60 Days in Jail	1:30am	Through the Night		
TUESDAY 1 AUGUST	7:00pm	BBC News	5:15pm	The Life of Mammals	5:00pm	The Question Jury	12:00pm	Transfer Centre	
	7:30pm	Regional News	6:15pm	Antiques Roadshow	6:00pm	A Place in the Sun	12:30pm	Sportswomen	
	8:00pm	Fugitives	7:00pm	Eggheads	7:00pm	Come Dine with Me	1:00pm	Sky Sports Today	
	8:30pm	EastEnders	7:30pm	Letterbox	7:30pm	The Simpsons	2:00pm	Sky Sports Today	
	9:00pm	Holby City	8:00pm	Sir Gareth Edwards at 70	8:00pm	Hollyoaks	3:00pm	Sky Sports Today	
	10:00pm	In The Dark	9:00pm	Inside the Factory	9:00pm	Channel 4 News	4:00pm	Sky Sports Today	
	11:00pm	BBC News	10:00pm	Is it Safe to be Gay in the UK?	11:00pm	Craft It Yourself	5:00pm	Sky Sports Today	
	11:30pm	Regional News	11:00pm	Detectorists	11:40pm	Old People's Home for 4 Year Olds	6:00pm	News HQ	
	11:40pm	Weather	11:30pm	Newsnight	12:40am	First Dates	7:00pm	Live T20 Blast	
	11:45pm	New Tricks	12:10am	Weather	1:25am	24 Hours in A and E	10:45pm	Live Tennis: Washington	
12:45am	When the Boat Comes in	12:10am				5:00am	Through the Night		
WEDNESDAY 2 AUGUST	5:15pm	Flog It!	4:45pm	This Wild Life	5:00pm	Come Dine with Me	12:00pm	Transfer Centre	
	6:15pm	Pointless	5:15pm	The Life of Mammals	6:00pm	The Simpsons	12:30pm	Sky Sports Now	
	7:00pm	BBC News	6:15pm	Antiques Roadshow	7:00pm	Hollyoaks	1:00pm	Sky Sports Today	
	7:30pm	Regional News	7:00pm	Eggheads	7:30pm	Channel 4 News	2:00pm	Sky Sports Today	
	8:00pm	Holding Back the Years	7:30pm	Letterbox	8:00pm	Tried and Tasted: The Ultimate Shopping List	3:00pm	Sky Sports Today	
	9:00pm	Watchdog Live	8:00pm	Celebrity Antiques Road Trip	8:30pm	Coronation Street	4:00pm	Sky Sports Today	
	10:00pm	DIY SOS The Big Build	9:00pm	The Sweet Makers: A Victorian Treat	9:00pm	Love Your Garden	5:00pm	Live on the Range: Women's Open	
	11:00pm	BBC News	10:00pm	Man Up	10:00pm	Long Lost Family	6:00pm	News HQ	
	11:30pm	Regional News	11:00pm	Newsnight	11:00pm	ITV News	7:00pm	Live T20 Blast	
	11:40pm	Weather	11:30pm	Weather	11:40pm	Holiday Horrors: Caught on Camera	10:45pm	Live Tennis: Washington	
11:45pm	Growing Up Gay	12:10am	Birds of Paradise	12:40am	River Monsters	3:00am	Football		
12:45am	I'm Coming Out	12:15am							

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 *“thank-ing 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.

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Share your best Travel Tips with globelink@globelink.co.uk. And thanks for the great tips you have emailed already! Next month we will publish our favourites.

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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

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

Advertising feature

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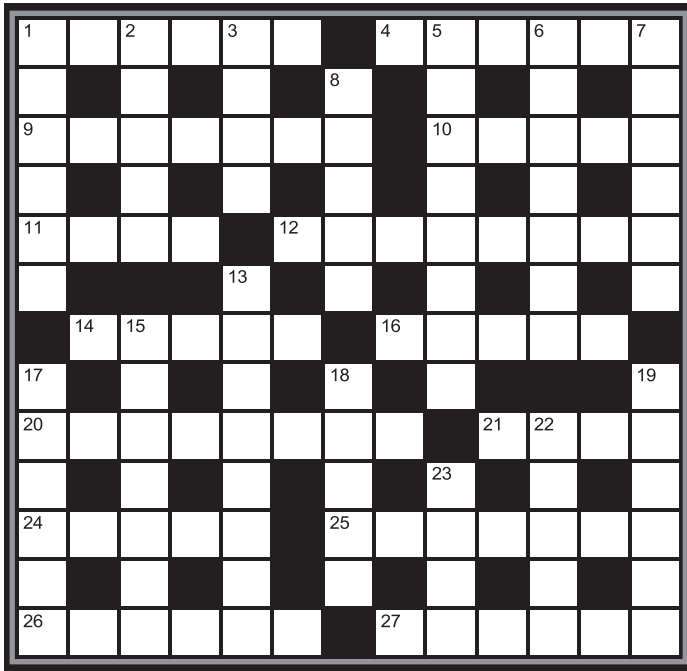
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Cryptic

- 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)



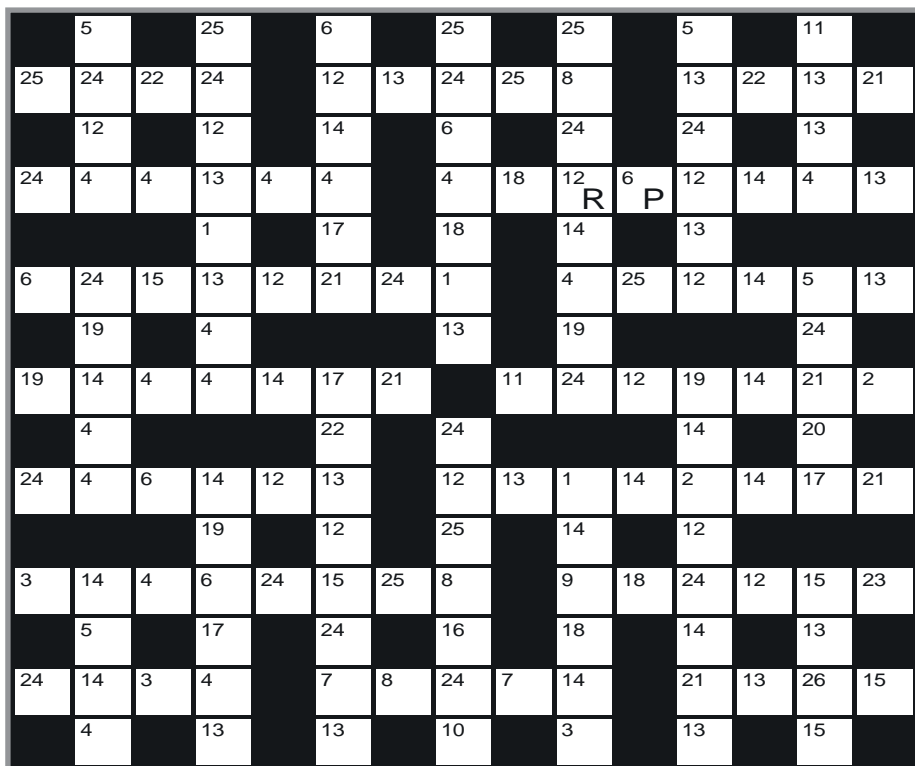
- Down**
 1 Breakfast dish in parts, say (6)
 2 Dorsal vertebra contains soothing ointment (5)
 3 Socialist admits new split (4)
 5 Educationally straightforward (8)

- 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.

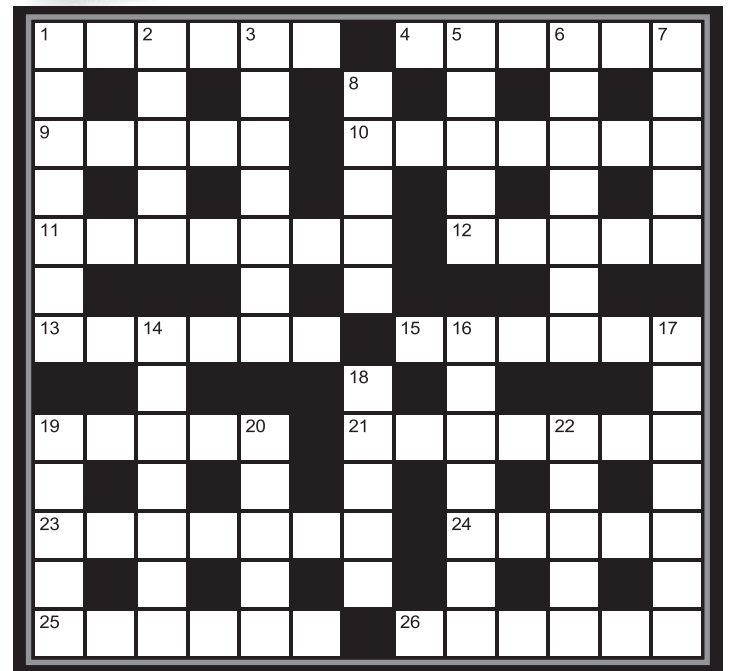
Code Breaker



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

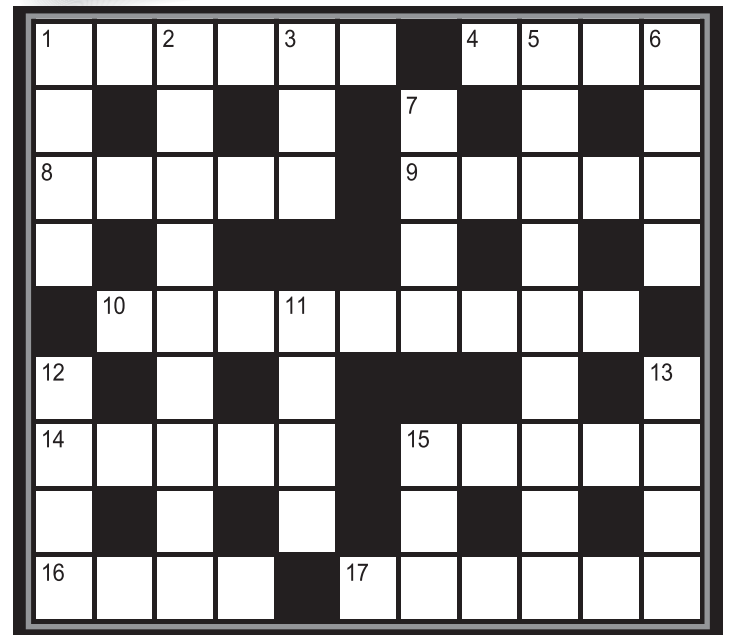


- Across**
 1 Be emphatic or resolute and refuse to budge (6)
 4 Hurt, injury, loss (6)
 9 Gallery where works of art can be displayed (5)
 10 Cautionary (7)
 11 Open up and explore a new area (7)
 12 Come or go into (5)
 13 Convert food into absorbable substances (6)
 15 Of or relating to or containing 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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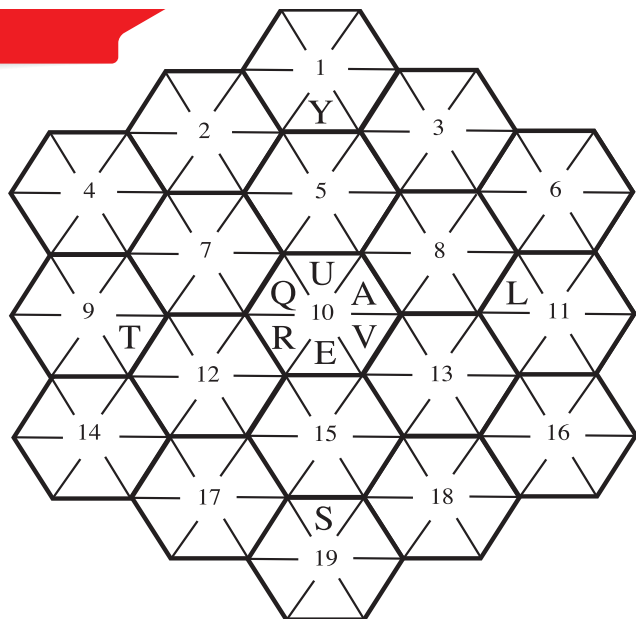
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Hexagram

- 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.

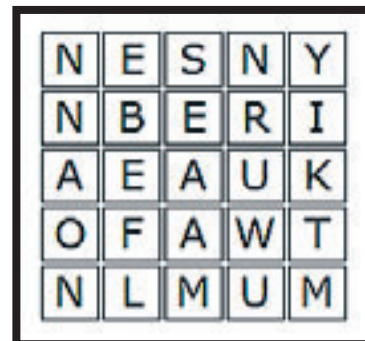
LAST WEEK'S SOLUTION

- 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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Fast food fame

WE are living in hectic times.

In the brave new world of the 21st century, the majority of technological advances are geared towards saving us time and labour.

Microwave ovens cook our food in a matter of minutes. There are robots to clean our dirty floors.

Dial-up connections weren't quick enough so we replaced them; first with broadband then with a network of fibre optic cables stretching endless miles across the globe.

There is 'fast food' for when you can't spare half an hour waiting for something to be cooked from scratch. The meal can be taken away in a bag (or delivered to your door) and gulped down to provide fuel, but not necessarily sustenance.

Is it any wonder then that the younger generation are impatient?

When all you have known is that things you want are quickly available only to be out of date within a year, who will make time to learn an instrument, have singing lessons or hone their craft in acting?

And so, we find ourselves in a situation where almost anyone can get famous overnight just by 'going viral' on YouTube.

Trudy Stewart
May contain traces of nuts.



Since the advent of reality TV shows like Big Brother and the X Factor, it's just as easy to achieve a level of fame based on your personality, no real talent required.

It doesn't necessarily follow that the newly found fame will last but that's not really the point.

In these times of austerity (a grandiose word for state-imposed

22%

of children answered, "I just want to be rich" - when asked what they wanted to be when they grow up - for a poll in 2014.

poverty), where we are constantly bombarded with justifications for slashing funding to those workers in society who need it most, why wouldn't young people take advantage of making a quick buck?

Sure it might only last for 15 minutes but, when you can earn

A script for living

IN TV and entertainment, scripted reality (sometimes known as structured reality) is a sub-genre of reality television.

The difference with this type of show is that major parts (sometimes all) of the contents are scripted.

This involves the production company pre-arranging parts of it, never leaving the story or plot's outcome to chance.

In these shows, real people (not ac-

tors) are placed into structured scenarios likely to steer towards certain conversations or reactions.

The idea is that the dialogue is not scripted so it will appear more natural but the situations are engineered and highly managed.

This quite often means that the scenes in which they have conversations feel anything but natural and are often further modified for dramatic effect.



IMPATIENT CULTURE: Fast food and Joey Essex are part of the same phenomenon.

more in that time than the average paramedic does during their career, you'd be crazy not to, right?

Recently, I was looking through a list of celebrity birthdays and was sad to see that the biggest (living) famous person - on that particular day - was Joey Essex from scripted reality show *The Only Way Is Essex*.

Don't get me wrong, I have nothing against him, but as someone who doesn't watch that type of programme, all I know about him is that people enjoy ridiculing his supposed lack of intelligence.

And that's the problem with this fickle fame. Like fast food we like the look of it, consume till we've had our fill, discard when we've had enough and are hungry for more in a couple of hours...



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 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 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 ac-

Driving a bargain

Price steers tourists to car hire choice



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

commodation. 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.

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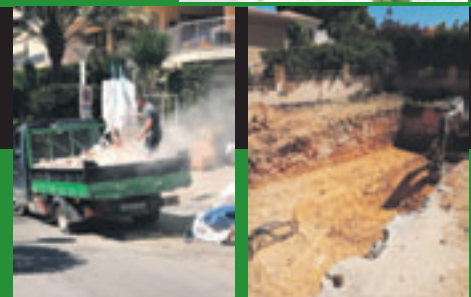


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There are some new services that are being offered this year including the supply of ton bags. The idea is that Darrmar supply the ton bags for you to fill at your own pace, with your own manpower and they will be picked up ready for disposal when full and will be priced per bag. However if you want to take the hard work from this get Darrmar's team in to help you.

In addition to building preparation we have also been involved in excavations in order to create cellar space and Darren has good experience of this from his past work in the UK. This excavation work also includes swimming pools.

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Are you one of them?



BACK PAIN:
Try and correct
your posture.

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 correct-

ly, 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.

Ask The

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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 dissipate without any treat-

ment, 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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TO READ MORE

Advertising feature

Try the new fusion menu at Pizzeria Venezia

PIZZAS and pastas, of course they are the much loved staples of any Italian restaurant, but Restaurante Pizzeria Venezia offers these favourites and so much more.

Situated between Palma Nova and Magaluf, just 50m from the House Of Katmandu, Pizzeria Venezia has been open since 2000 and has served thousands of happy guests since then.

Owner Luigi has been cooking Italian food for decades before opening this little gem of a restaurant. He uses only locally sourced fresh products and makes his own pasta dough every day, even using distilled bottled water instead of tap water, to ensure the doughs are the best they can be.

Paying particular attention to detail, Luigi is careful where he sources his ingredients and products from and grows his own herbs to make sure they are not tainted by preservatives. It is these small details that make the big differences and is one of the reasons why Pizzeria Venezia is one of the best restaurants around for Italian cuisine and why customers return time and time again, with the majority of the clientele being locals who have supported and endorsed the



BEEF TENDERLOIN: Quality meat dishes as well as pizzas and pastas.



PIZZERIA VENEZIA: Quality Italian and Mediterranean fusion food.

restaurant for years.

Whilst Luigi specialises in traditional Italian cuisine, the menu is full of sumptuous steak dishes and fresh fish and they are pleased to announce a number of new dishes with a more Mallorcan flavour. These fusion dishes, including seabass, sirloin steak and spicy prawn pasta, are already

proving popular amongst the diners, as are the naughty sweet treats. The home-made desserts always go down well, including cheesecake, pannacotta and tiramisu, all carefully prepared with loving care by Luigi's wife Loli.

Gluten-free pizzas and other options are also available to those with special dietary requirements.

Five-star reviews and highly complimentary comments flood TripAdvisor praising the restaurant and Pizzeria Venezia has received a Certificate of Excellence for their fantastic cuisine and customer service.

So whether you fancy a quality home-made pizza, slow-cooked shoulder of lamb or even their famous spicy tagliatelle with prawns, then book your table now at Pizzeria Venezia and download the new Pizzeria Venezia app.

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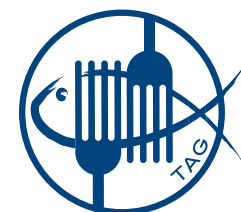
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Kings are back in town

TICKETS are still up for grabs for legendary live act the Gipsy Kings who play Palma's Son Fusteret arena soon. The French band, who specialise in Catalan rumba, Spanish flamenco and catchy pop tunes, are on the island on Thursday August 10.

The show kicks off at 8pm and tickets can be purchased online and in person through the Trui Theatre. Prices range from €32 for standing to €80 for prime seats. Support acts will play before the legends come on stage at around 10pm.

The band are on their world United Gipsy Tour and have been performing across the world since the late 1970s. They made their international breakthrough in 1989 with the release of third album Gipsy Kings, which stormed the American Billboard Chart.

Though raised in France, the lead singer performs in Spanish, having been born to flamenco-playing gypsies who fled Spain during the Civil War. Seen live the band are an unparal-



LEGENDS: Gipsy Kings coming to Palma next month.

leled experience, effortlessly transcending a range of musical styles.

They're also not the only wild performers playing at Son Fusteret. Until August 13 brave souls can attend a series of special burlesque shows. Cabaret Maldito is not for the faint of heart, or under 18s.

Halber Liter in concert

ON Wednesday, August 2 the German Band 'Halber Liter' plays again on our open air terrace. Frontman and bassist Michael Grimm, a direct descendant of the storyteller, interprets with the chaps Frank Rossmann, guitar, Uli Hardt, keyboards, and Jens Beckmann, drums, well-known classics from the 70's, 80's and 90's.

Again, we are looking forward to special guests. Be surprised and get carried away! In addition, our chef Michael is going to prepare delicacies from the versatile buffet, this time prior to the concert.

Reception/Buffer: 20:00h

Concert starts: 21:00h

Entrance fee per person: € 20. Concert and drinks, plus € 19.50 for full buffet (total € 39.50)

Reservations at 971 670 558 or info@can-estades.com. Seats are limited!

Party with Paris

CELEBRITY queen Paris Hilton puts on her DJ hat in Palma tonight as she takes over Tito's nightclub for an exclusive performance. The reality TV star and media magnet takes over the turnstiles at 11pm, with ticket prices beginning at €50.

She is perhaps the biggest star secured by the new-look Tito's, shut down several months ago over safety fears. Easily Mallorca's most famous nightclub, it once held performances from Frank Sinatra and other Hollywood icons. Today it regularly attracts the world's top DJs on their way to and from Ibiza, though the hotel heiress's disc-spinning skills are unknown.



QUEEN BEE: Hilton heiress at Tito's.

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



FOOD 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 carvers!!

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)



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.*

“

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)

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



AFFORDABLE: Peñíscola in Castellon.

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 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.



A 90sqm apartment in Castellon will cost €477 per month.

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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Ever heard of Lluçmajor? Nice town in the south eastern part of Mallorca, very well communicated with Palma and offering some of the most interesting coast sites on the island.

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MUST BE SEEN! Beautiful completely reformed townhouse with small garden. 3 bedrooms, 2 bathrooms, lounge with fireplace and American kitchen. Air con warm & cold. living area 215m².



Ref 3059, La Rapita, 189,000€

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Ref 3030, Randa, 290,000€

Townhouse with 40m² courtyard. 7 bedrooms, 2 bathrooms, toilet, lounge, kitchen/diner, garage, 230m² living area.



Ref 2194, Vallgornera, 180,000€

Apartment with views to the sea. 2 bedrooms, 2 bathrooms, lounge, kitchen, laundry room, large balcony, parking place, community pool. Living area 80m².



Ref 2997, Lluçmajor, 175,000€

Charming little chalet with 3 bedrooms, living room, kitchen, bathroom, garage. Electricity with solar panels. House 73m², plus 25m² garage, plus 25m² covered terrace plus 30 m² storerooms.



Various building plots with building permission in Vallgornera. Frontline from 600,000€ and third line from 95,000€, around Lluçmajor and Algaida from 110,000€.



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11742 Beautiful duplex for rent in Santa Ponsa



94sqm 2 2

Price for rent: 1,200€ per month

This beautiful duplex is located in a well maintained complex in the southwest of Mallorca. The living space of 94sqm is spread over two floors and offers a fully furnished and equipped kitchen which is open to the living room with fireplace and exit to a 20sqm large terrace. On the upper level there are two double bedrooms with two full bathrooms and an additional 20sqm large terrace. The apartment has completely been renovated and offers a magnificent view over the mountains and the sea. The complex benefits from two community pools and spacious garden areas. Don't miss the opportunity to visit this property.



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.

Open letter from HMA Simon Manley

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 up-

date 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 constructively and we therefore hope that the EU27 will offer reciprocal treatment for British nationals res-

ident 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 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 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 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 EHC holders continue to benefit from free, or reduced-cost, needs-arising healthcare while on a temporary stay in the EU - and vice versa for EU EHC 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.

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



LANTANA feeding a butterfly.

suitable addition to a Mediterranean garden. Its 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 system. 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 deadhead 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.

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 instead.

If space is limited, try to

buy the same amount of potting mix as you need for your pot. Leftover bags of soil just take up space.

Herbs can be planted in any sort of container - win-

dow boxes, troughs or even a bucket - as long as they have holes in them for drainage. Small buckets are great, as they can be taken straight into the kitchen for cooking.

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-estab-

lished plants.

Herbs like a lot of water, at least once a week, but more during the peak summer heat.

As it can be easy to confuse certain herbs, keep the information card you get with them for easy reference.

Herbal life

WITH the average person spending 92 days (over their lifetime) in the bathroom, it's a room that gets a lot of use in our homes.

It's also a room that is often neglected when it comes to decorating, as many of us prefer to lavish money on our living rooms and kitchens.

If your loo could use a freshen-up, here are three easy and low-cost ideas to rejuvenate your throne room.

1. Paint the tiles

Before you start, ensure that you clean them thoroughly with a solvent (detergents leave behind residue that will prevent the paint from adhering to the surface). Once dry, apply a coat of sealant. When ready for painting, ensure you use enamel or special paint for tiles which is quick drying, mould-resistant, washable and most importantly, completely waterproof.

2. Lay vinyl flooring

Tiled floors are great but require main-

Bathroom blitz



TILES: Can be painted for a new look.

tenance to keep them looking at their best. Vinyl floor coverings can be a better option for some. Calculate your floor space in square metres and allow an additional 10 per cent. Try to choose a vinyl that is at least three millimetres thick for durability.

3. Wallpaper it

If your bathroom is small, you can choose to make one wall a feature instead of doing the whole space.

Make sure the paper has a vinyl layer for easy cleaning and waterproofing. Measure the length and height of each wall to be covered (subtracting doorways and windows from the total).

Multiply the length and width to get the total in square metres/feet. Add the area of each wall for total area and increase this by 15 per cent to account for waste. European standard rolls cover 29 square feet (2.7 square metres). There are several calculators available online where you can add your measurements and they will calculate how many rolls will be required.



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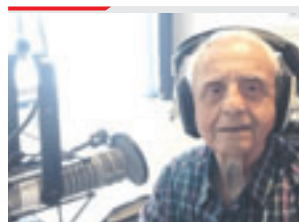
CLICQUOT: The Burmese cat.

The cats are indoor cats, and love human company. The reason the owners prefer cat-sitters at home to any other pet care option is because you the sitter will be present in the cats' own home. It keeps them relaxed and happy to know there are friendly people to care for them in an environment where they are at

home! If you want to cat-sit Cliquot and his brother Perrier please register on HouseSitMatch.com as a house-sitter, and apply via the FIND HOUSE-SITS listing. We look forward to seeing you online!

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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 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 playpen. 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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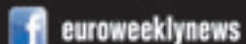
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Motoring shorts

Scandal strikes Mercedes

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 was not provided. In Spain it is likely to be 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.

SPV RACING with drivers Alvaro Fontes and Andy Cummings finished fifth after starting in pole position in the Michelin Le Mans Cup at the Red Bull Ring near Salzburg in Austria.

Andalucian driver Alvaro Fontes put on his best performance in the Michelin Le Mans Cup of 2017 in the team's Ligier-Nissan JS P3 LMP3 together with Brit Andrew Cummings.

Although the team had not previously raced at the Austrian track, they quickly adapted and gradually improved the speed of the car during free practices. The best was to arrive on Saturday in the qualifying session where Fontes secured pole position for the two-hour race with a perfect last lap, beating the Norma-Nissan M30 of DKR Engineering and the second best Ligier from N'Race.

Fontes started the race on Saturday and held a position in the top three during his stint. Some positions were lost dur-

Brilliant fifth place after pole position SPV on the up!



ing the race though, but Cummings finally took the Ligier-Nissan to fifth position, putting a perfect finishing touch to the Austrian weekend.

ALVARO FONTES:
Put on his best performance.

Team manager Lars GV Lindberg: "We are so happy with this result, it was really nice to see the speed of the drivers and our Ligier all through the weekend. Now we are all looking forward to continue the season on August 26 in Paul Ricard, France."



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The new Azimut S7 to visit Palma

UNDERTAKING sea trials and visiting some very important ports to demonstrate the new Azimut S7 to potential customers, the 'Azimut Summer Wave' will finish in Palma

Launched in Porto Venere Italy on July 24, the Azimut Summer Wave will touch on some of the Mediterranean's most enchanting destinations before docking at Palma de Mallorca on August 5 for the world preview of the Azimut S7, the latest addition to the Azimut Yachts S Collection.

It is here that a select group of owners will enjoy the excitement of going on board the new vessel ahead of the Cannes Boat Show.



Photo by Sculati & Partners

PREVIEW: The brand new and luxurious Azimut S7.

A rich programme of events will enliven the beaches and marinas of Bodrum, Mykonos, Mallorca, Ibiza and Formentera, with all the ingredients for a perfect, unforgettable summer and a single common denominator - a passion for the sea.

The Balearic Islands will host the grand finale and world preview of the new Azimut S7, which will take the Summer Wave to Palma de Mallorca and Ibiza through the crystalline waters of Formentera.

Select owners will be able to test drive the Azimut S7 and go on board the Azimut 77S and 55S with music, cocktails and spectacular acrobatics by athlete Lindsay McQueen.



Photo by Puerto Portals Sailing Week © Nico Martinez

PRESTIGIOUS: The Super Series Regatta.

Puerto Portals Sailing Week

THE prestigious Puerto Portals Sailing Week 2017 finishes on Friday after nine vessels from seven countries took part in this international competition.

The regatta, is considered by many to be the most important in the world for monohulls and attracts boats from three continents. Contested for more than two decades, this year will see the TP52 yachts moor at Puerto Portals for the third time.

It is not just a series of races for dedicated sailors but is also a social event. It invites all of those who enjoy boating to the special sailing lounge for entertainment and a great atmosphere, with the additional benefit of a 'happy sailing

hour' from 5pm to 7pm, with live music and special prices.

This great sailing event gives rise to great expectations, both in the nautical sector and for visitors, who can enjoy the atmosphere from the main basin or the Sailing Lounge and enjoy the entertainment and the lively atmosphere that is perceived in the Port during the regatta.

After four races around the world so far, the Italian/Argentine vessel arrived leading the series, but competition is so great that any one of the participants could leave Mallorca in the lead with just one more regatta to follow and decide the eventual winning crew.

New Pirelli Tecnorib announced

THE Tecnorib new flagship, the Pirelli 1900, will be officially presented at the next Cannes boat show, where she will be on display with models from Pirelli's RHIB range.

Together with the new boat, other models from the classic range will be on display; Pirelli 880, Pirelli 1100 and Pirelli 1400.

The latter was the original inspiration for the designers who have reinterpreted the lines and style, creating the new Pirelli 1900; 18.5 metres long, 5 metres wide and 16 tonne displacement.

Like the Pirelli 1400, one of Tecnorib's great successes on the market, the 1900 is also designed by the Mannerfelt Design Team, which was inspired by their extensive experience working on competition hulls.



Photo by Tecnorib

FLAGSHIP: Artist's impression of the open Pirelli 1900.

The 1900 is the biggest Pirelli ever and is built to the highest standards of quality, starting with the resin infused hull and the 100 per cent carbon hardtop, designed to lower the centre of gravity and improve performance.

In the 'engine room', there are two 800 HP MAN 16 engines with surface-piercing propellers, giving a top speed of 45 knots, while remaining easy to handle at all times thanks to the joystick and automatic trim system, which facilitate driving at both high and low speed.

Having fun on the water

A MIX of sailing novices and sailors from the Costa Blanca Yacht Association (CBYA) held its Summer Regatta in Calpe in a well-planned, highly organised and well-supported event.

Four teams competed against each other on the 8.5 metre RCNC-owned TOMs racing yachts.

This competitive event which mixed novices with experienced sailors proved to be fun-filled and provided many learning opportunities for all, whatever the experience level.

The CBYA participates in regular regattas along the Costa Blanca throughout the year using both the TOMs and larger cruising yachts.

England's female cricketers win the Women's World Cup

➤ From Back page

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

Kutchar 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 Her-

mitage, 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 Parathletics Championships at the London Stadium.

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

Brazilian goalkeeper Edereson 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.



• 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

cricketer to score 6,000 runs in ODI's.

• And to Castleford Tigers, with 20 regular victories this season, are this years 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,



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LAST SIGNINGS: Morata joins Chelsea, Javier Hernandez goes to West Ham and Mendy to Manchester City. (L to R)

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AMERICAN Jordan Spieth won the 146th Open Championship at Royal Birkdale which attracted a four-day record crowd of 235,000.

Mallorca's best guide to local sport

TO READ MORE

Many congratulations to Froome and Spieth

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



CHRIS FROOME:
Won his fourth
Tour de France.

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