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## Toxic trash protest

# Wasted

By Linda Hall

Sixty per cent of Alicante Province's rubbish is untreated and ends up buried in landfill sites.

There are three plants in Campello, Jijona and Fontcalent as well as unauthorised tips in isolated locations where unwanted refuse is dumped.

According to Carlos Arribas from Ecologistas en Accion, Alicante Province's landfill sites, which handle hugely increased amounts of rubbish in the summer, were "ticking timebombs."

They posed a constant health threat owing to the fluids they leach and the emissions that pollute the water table, ground and the air, he claimed.

What Arribas described as "gigantic silos of rubbish" are also responsible for methane emissions, whose greenhouse effect is 20 times more potent than car-



Photo credit: Pixabay

**DUMPED:** Valuable materials could be recycled.

bon dioxide, he said. "Many tips are inadequately controlled and responsible for introducing toxic elements into the environment."

It was no secret, he said, that living near one of the province's

three landfill sites brought grave problems.

The Fontcalent site's neighbours regularly complained about the toxic smell, as did those in Campello, Arribas said.



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The solution to great currency savings is on page 49



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**NEWS EXTRA**

**Factory fire**

SEVERAL workers were injured after fire broke out in airshafts at a Bañeres thread-spinning factory. This was the third fire in four months and afterwards firefighters had to ensure that each shaft was clear.

**Old bangers**

CARS on Alicante Province roads have an average age of 12.2 years compared with 9.5 years in 2007 and are poorly maintained owing to the economic crisis, a Guardia Civil survey found.

**No bulls**

FOR the third consecutive year, permission for bull running during the El Moralet fiestas at the end of August was refused on the grounds that this "is not in the public interest."

By Linda Hall

CALLOSA asked the regional and national governments to do everything possible to stop the spread of Xylella fastidiosa.

The incurable plague described as 'Ebola for trees' eventually kills trees by stripping them of all moisture. It reached Balears in November and the first mainland cases were confirmed last month in almond plantations in neighbouring Guadalest and Benimantell.

All parties on Callosa Council backed the town hall's appeal for strict measures to contain the plague in the document sent to Madrid and Valencia.

The council also called for compensation for economic losses during the period when infected areas must observe a five-year ban on planting the same species.

Not only diseased trees but also those within a 100-metre perimeter must be destroyed and there can be no

movement of vegetation inside a 10-kilometre radius of the outbreak.

Callosa, whose economy centres on agriculture, will also urge the European

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**40** The estimated percentage of the world's olive oil that is produced in Spain.

# Only almonds attacked as yet Panic persists



'TREE EBOLA': Could be less almond blossom around next spring.

Union to increase controls on agricultural products from other continents when they enter European seaports and frontiers.

The Generalitat has also requested urgent help from the central government in

combating the Xylella Fastidiosa bacteria which attacks not only almond trees, but olive trees, fruit trees and ornamental plants.

So far only almond trees have been affected in the Marina Baja, the Generalitat

confirmed. Analyses of samples taken from 109 trees bearing avocados, carobs, cherries and walnuts were all negative, the regional government's Agriculture and Environment department revealed.

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# Plan still on hold

THE Generalitat Valenciana will respect the Valencia Upper Court's suspension of plans to teach all classes in Valencia, Spanish or English.

"We shall comply with the ruling but do not share it," said Generalitat vice-president and spokeswoman Monica Oltra. The scheme, due to begin with three-year-olds in state schools this September, put pupils taught principally in Spanish at a disadvantage, claimed parents throughout the region but especially in Alicante Province.

## Waved aside

THE red flag was raised on Arenal beach in Javea for the first time this year with five rescues and one bather fined for disobeying life guards. Those rescued all ignored the flags and were pulled away from the shore by underwater currents, while the man fined was a Dutch tourist who repeatedly entered the water despite being warned against it.

## Under fire

A FIRE which broke out near the Marjal de Pego-Oliva natural park and CV-715 road between the towns of Pego and Olivia was quickly controlled by firefighters and Local Police. Three houses were evicted after the blaze, which burned an area of shaded scrubland, it was reported, while a helicopter and small plane helped put it out.

## Blasts from the past

THE furnace at the razed Antiu Xixona factory in Jijona has been re-erected.

It will join the tall industrial chimney as another protected element, agreed Sercolesa the company that now owns the site.

The 1920s building was abandoned in 1964 when leading turron-maker Antiu Xixona moved to larger premises on the outskirts of Jijona.

# Public prosecution states its case

THE public prosecutor recommended a 25-year prison term for Juan Cano, accused of murdering Polop mayor Alejandro Ponsoda.

Cano, who succeeded Ponsoda as mayor, allegedly hired gunmen to murder him in October 2007.

The prosecution department claims that he was helped by local businessman Salvador Ros, Pedro Hermosilla who owns the Mesalina club in Finestrat and Ariel Gatto, its manager. All face 25-year sentences if found guilty.

Radim Rakowski and Robert Franek, both Czechs, and Spaniard Rafael Montero Trevejo, allegedly carried out the shooting and face 27-year terms.

All are currently out on bail, awaiting the trial due to be held in late 2018.

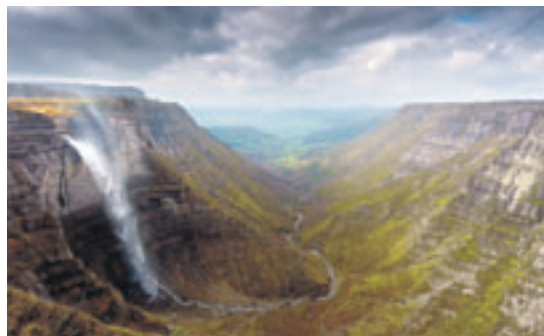
According to the public prosecutor Juan Cano, Urban Development councillor until 2003, resented Ponsoda for not supporting him when he was linked to shady property deals. Placed deliberately low on the Partido Popular voting list for the 2003 municipal elections he lost his council seat but returned in 2007.

Cano allegedly took his revenge that autumn, hiring the gunmen to shoot Ponsoda at his Chirles home. The mayor died days later and Cano replaced him until 2009 when he was arrested and charged with planning Ponsoda's murder.

## SPANISH FACTS OF LIFE... 23

Despite the sweltering summer climate and regular droughts, Spain is home to some of Europe's most impressive waterfalls thanks to its diverse and mountainous terrain.

# Wet and wild!



**HIGHEST:** The Salto del Nervion.

WITH a head-spinning drop of 222 metres, the spectacular Salto del Nervion is Spain's highest waterfall.

Located in Alava Province at the border of the Basque Country and Castilla y Leon, intrepid hikers can reach either the bottom or top of the towering cascade, with late winter to spring the ideal time to visit.



**POWERFUL:** The reventon of the Rio Mundo.

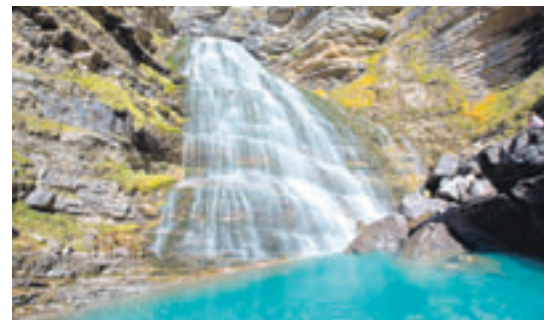
THE source of the Rio Mundo is considered to be among the most beautiful waterfalls in Spain, exiting a 32-km long limestone cave almost 100 metres up one side of the Calar del Mundo mountain plateau. It is famed for the reventon phenomenon, which occurs when the river swells in spring, forming a breathtaking wall of water.



**UNIQUE:** The Fervenza do Ezaro.

THE Fervenza do Ezaro falls at the foot of Mount Pindo on Galicia's Costa da Morte form an impressive 40-metre spectacle.

They lie on the final stretch of the Xallas, the only river in continental Europe that empties directly into the sea via a waterfall. It now flows year-round after pressure from campaigners forced authorities to close a hydroelectric plant.



**SCENIC:** The Cola de Caballo.

A THREE-HOUR trek brings determined hikers to the picturesque Cola de Caballo (horse tail) cascade in the Ordesa y Monte Perdido National Park situated in the Pyrenees of Huesca Province, Aragon.

So-named because the water spreads out and remains in contact with the rock face as it descends, forming an effect resembling a horse's tail.

## Bridge work

THE first of 10 scaffolding towers has been erected below Fernando Reig suspension bridge in Alcoy. Once they are in place work can go ahead on replacing all 38 of the corroded cables.

## Second try

ALTHOUGH there were no takers for San Vicente's initial call for designs for a new €6.5 million sports complex, nine architects' studios responded after the deadline was extended.

## Dodgy deal

AN Elda insurance broker received a two-year prison sentence and a €2,160 fine for defrauding €1.44 million from 70 clients who invested in non-existent financial products.

## Write on

THE Esquerra Unida political party in Campello proposed at the last plenary meeting that the municipality should try to engage an official chronicler to keep records for posterity.

## INSIDE VIEW

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# 204

The total number of news and features which appeared in Issue 1673 of the Euro Weekly News Costa Blanca North edition, including 91 local stories.



**NEWS EXTRA**

**Animal lovers**

FORTY-PLUS people gathered on calle Marques de Campo in Denia last Sunday for a demonstration against bull sports. The demonstration, organised by Espirita Respeto Animal, was launched after the demonstration held during Denia's fiesta week.

**Bins moved**

RUBBISH bins in Denia were moved recently – by two-three metres in each case – causing confusion amongst residents. They were moved to allow easy access by more residents and encourage more recycling in the town.

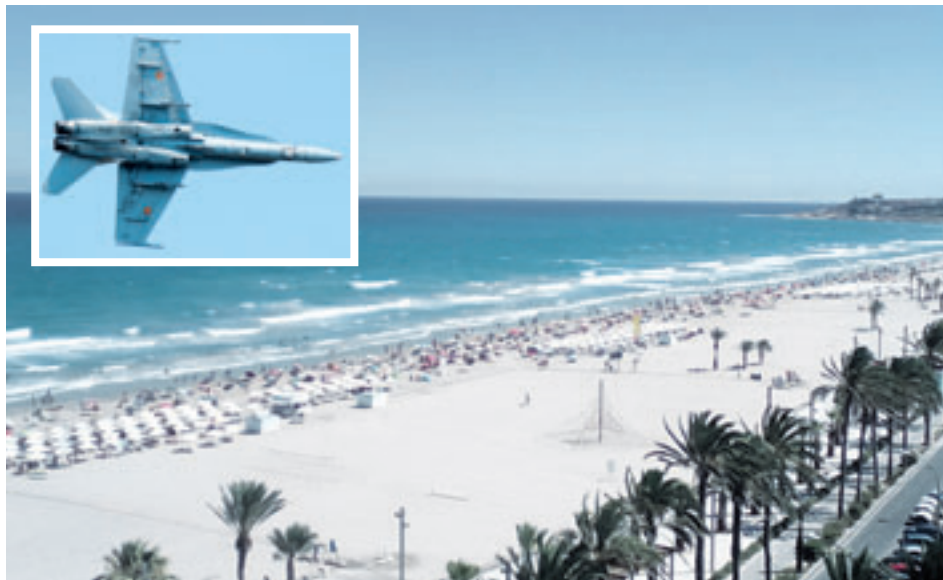
**No licence**

A RESTAURANT in Les Rotes had its terrace closed by Denia's Local Police last week after noise complaints from neighbours led to an inspection, where the restaurant was found to not have a licence for the terrace.

**More birds**

THANKS to nesting boxes installed by San Juan Town Hall there are 163 pairs of house martins compared to 149 pairs in 2016.

# Noisy military manoeuvres



**BUZZED:** San Juan beach-goers were alarmed.

By Linda Hall

A SPANISH Air Force fighter plane recently screeched 30 metres above Playa de San Juan beach, alarming swimmers and sunbathers.

The noise was so fierce that residents and tourists could hear the fighter inside villas and apartments.

"I was getting lunch ready with my grandson and it sounded just like an explo-

sion. It made us jump and we were afraid the windows were going to shatter," one woman said.

Flying so low is prohibited, according to Civil Aviation regulations, which state that aircraft must fly no lower than 1,000 feet (300 metres) over uninhabited areas.

This increases to 2,000 feet (600 metres) over residential areas like Playa de San Juan which is not far from Ali-

cante Airport, where up to 1,000 flights are expected on peak days during July and August.

Responsibility for, and control over, military flights in this area correspond to the San Javier air base in Murcia where pilots in training are taking off throughout the day.

An official Spanish Air Force spokesman confirmed that two aircraft were practising near the beach on the day in question but insisted that they observed the safety coordinates specified in flying regulations at all times.

**60,201** The record number of bolts of lightning recorded in a single day in Spain, on August 17, 2003.

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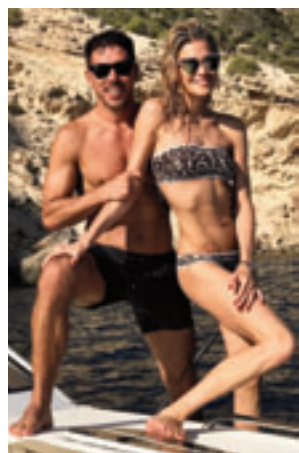
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## Simple pleasures



**DIEGO SIMEONE: Honed.** ATLETICO MADRID manager Diego Simeone has been enjoying a sun-soaked break in Ibiza ahead of the upcoming season.

The 47-year-old has been described as the hardest boss in the game, and judging by his honed physique he has the muscle to back up the claim.

He was pictured enjoying the high life on a high-end yacht with his stunning 28-year-old model girlfriend Carla Pereyra, who sported a barely-there leopard print bikini.

## Top rear!

### Clarkson teases lover

THEY announced their romance to the world earlier this year.

But Grand Tour host Jeremy Clarkson, 56, and his girlfriend Lisa Hogan are clearly settling into their relationship after the controversial presenter took to social media to poke fun at his new squeeze during a romantic Mallorca getaway.

Sharing a photo of the 46-year-old as she performed a steamy bikini-clad exercise routine outside the pair's holiday retreat, the former Top Gear anchorman captioned the cheeky snap: "Still can't play tennis though."

He followed it up with a wine-quaffing selfie, after which he wrote: "Weirdly, can play tennis."



**CHEEKY: Lisa's racy routine.**



**DOWN THE HATCH: Jeremy guzzled plonk.**

## Titillating Thai-in

SHE was nominated for a national film award after starring in director Pedro Almodovar's 2011 film *The Skin I Live In*.

And Spanish actress Blanca Suarez, 28, showed she is more than comfortable with her own body after posting a string of sizzling snaps to Instagram during a holiday in Thailand.

She opened the series with a shot taken in her

Ayutthaya hotel room, where she shook off her jet lag by visiting the ruins of the old city in a tiny pair of denim shorts.

After a tour of Bangkok she then sent temperatures soaring on arrival at the luxurious Ava Hotel and Spa in Nakhon province, where she slipped into a skimpy one-piece swimsuit on the beach before posing by the pool in a pink dress which partially exposed one of her breasts.



**BLANCA SUAREZ: Exposed.**



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**NEWS EXTRA****Happy birds**

THANKS to San Juan's recycled water, Campello calculated that 47 different birds live in or around the Rio Seco, including sparrows whose numbers are diminishing each year elsewhere.

**Low pay**

RESPONDING to the Guanyar party, Alcoy city mayor Antonio Frances revealed that he earns €56,444 a year, 20 per cent below the usual salary in a municipality of between 50,000 and 75,000 inhabitants.

**Ticket fame**

ALTEA, granted its town charter 400 years ago when it became independent of the barony of Calpe, Teulada and Benissa, was featured on the tickets of the most recent National Lottery draw.

**Kitty snip**

VILLAJOSYA Town Hall will spend €9,173 on sterilising the town's stray cats, of which €5,173 will be provided by the Diputacion. The remainder will come from council funds.

**Road block**

A HEAVY lorry that overturned at 3.30am in Monforte, occupying a lane on the A-31 motorway to Madrid, caused a kilometre of holdups during the August get-away until it was removed at 10am.

**New EU border checks spark fury**

**QUEUES:** Lengthy delays are being reported across Spain.

HOLIDAYMAKERS are being warned of potential lengthy delays at European airports this summer after border checks were tightened.

Passengers have been forced to wait in queues for up to four hours after arriving at popular airports such as Madrid, Mallorca, Barcelona and Malaga.

Social media erupted with complaints about waiting at passport control for hours upon arriving at their destination.

The problem is being blamed on the introduction of stricter border controls due to the Schengen Agreement, the border free area that most EU member states are a part of.

Usually, British travellers pass through with only visual passport checks, but new rules - introduced after a series of terror attacks in Europe - means anyone from a non-Schengen country is checked against a database.

A YOUNG man suffered serious injuries after he tried to jump into the sea from the Illa del Descubridor.

The emergency services were alerted to the scene at around 8.00pm.

The Local Police, Guardia Civil, Red Cross, firefighters and an ambulance attended and found the man - aged around 30 - on an inflatable dinghy that his friends had used to move him to the beach at Cala de Ambolo.

The man is reported by the Spanish press to have fractured both of his shoulders and injured both of his legs after jumping from the top of the small island.

A rescue operation by sea was ruled out and rescuers stabilised the man and carried him to the top of the Cala de Ambolo on a stretcher.

He was then taken by the ambulance to Hospital de Denia-MarinaSalud.

The rescue operation lasted two hours - the man's friends, after moving him to the beach, had to climb to the top of the cove to call the emergency services as there is no coverage in the area.

**Perilous plunge**

**NO SMALL FEAT:** The Illa del Descubridor is surrounded by treacherous rocks.

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## Thinking ahead to next year

THE Generalitat has now published the Valencian Community's calendar of the region's 12 paid national holidays.

The regional government announced that it intended to ask the national government for more flexibility and the freedom to include San Juan on June 24 as a holiday throughout the Community.

"The Alicante Hogueras fire fiestas enjoy national and international prestige and are an important tourist attraction," said the regional vice-president and Generalitat spokeswoman Monica Oltra.

Meanwhile it was pledged that if October 9 - Valencia Region Day - or San Jose falls on a Sunday, San Juan would automatically become a national holiday throughout the region.

## OUR VIEW

### Summer holidays, a blessing and curse

THERE is something of a Catch 22 situation with regards to summer holidays with as many downsides as upsides.

Britons travelling to Spain are an important benefit to the economy but as so many have to travel during school holidays, those with families have to be prepared to pay significantly more for the tickets and accommodation.

Those without children, have to decide whether it is worth paying the extra to enjoy the best weather and also to weigh up if the increased number of fellow tourists, many of them either out to party or with increasingly boisterous children is something that can be ignored.

Roads, restaurants and all forms of entertainment are busier than ever and even a simple visit to the supermarket can become an exercise in patience as the crowds of shoppers become bigger and bigger.

Now the European Union has (hopefully unwittingly) added fuel to the flames by implementing new, relatively stringent checks on the passports of those who are not part of the Schengen area which effectively isolates British and Irish travellers.

Despite the fact that Spain already required those travelling from the UK to register their passport details when booking flights, it is now following the rules by scanning passports on arrival which has led to exceptional queues and frayed tempers.

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# UK clampdown on fraudulent sickness claims

BRITISH AMBASSADOR for Spain, Simon Manley recently wrote to key stakeholders in the Spanish tourism industry informing them of the steps taken by the UK government to tackle fraudulent sickness claims.

Ambassador Simon Manley said:

“The issue of fraudulent sickness claims rightly caused concern in Spain, and has a serious impact on Spanish hoteliers.

The recent measures announced by the British government show how seriously we take this issue, and our determination to clamp down on loop holes and fraudulent claims.

Eighteen million British tourists visit Spain each year, and whilst the vast majority of holiday makers will not make false claims, these recent measures will help clamp down on those who do.

As our travel advice says, making a false claim could result in legal proceedings in the UK or in Spain.”

The Ambassador stressed the seriousness with which the British government and package

holiday industry are treating false claims, and set out the steps that have been taken and legal measures put in place to put an end to this unethical and illegal practice.

The letter laid out the recent announcement by the British Ministry of Justice to implement changes to the law that will close the loopholes which have allowed these fraudulent claims to happen.

The system of fixed recoverable costs have been extended to cover claims arising abroad, limiting the legal costs that are paid out and making the costs of defending a claim predictable to tour operators.

The Civil Justice Council (which is sponsored by the British Ministry of Justice and is responsible for modernising the civil justice system) is reviewing how low value personal injury claims are handled, with the aim of reducing the incentive to bring claims which lack merit.

The British government has also asked the Association of British Travel Agents (ABTA) and other industry representa-



British Ambassador Simon Manley.

tives to present further data on the volume and costs of claims, which will help inform further action from government and in-

dustry to tackle the issue.

The UK package holiday industry, in conjunction with Spanish hoteliers, is also taking a firm

stance and tightening up their own internal processes and fraud screening programmes, some of which have already resulted in claims lacking merit being challenged in a court of law and holidaymakers being prosecuted.

For example, a UK court recently dismissed a claim by a British family who had been encouraged to submit a claim on a ‘no-win no-fee’ basis by unscrupulous claims management companies alleging that they had fallen ill with gastroenteritis during an all-inclusive holiday to Gran Canaria in 2013.

Having ruled the claim implausible due to lack of medical evidence and because no mention of illness had been made either to hotel staff or tour representatives at the time, the judge ordered the couple to pay the tour operator thousands in legal costs.

The Ambassador concluded that, although the vast majority of holidaymakers will not make false claims, the British government continues to warn travellers that those submitting false claims could face legal action in the UK or in Spain.

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# Baroness sails into Marina Alta waters

BARONESS Thyssen-Bornemisza, Carmen Cervera sailed her 38-metre-yacht into Port Denia last week.

The 74-year-old art collector, philanthropist and socialite arrived last Wednesday on-board Mata Mua and spent the night in the Marina Alta capital.

As with every summer, it is customary to see the Baroness - a former Miss Spain and the fifth wife of the Swiss industrialist Baron Hans Heinrich Thyssen-Bornemisza - aboard her yacht and Mata Mua is one of the most recognised in the Mediterranean.

She is regularly seen in the Ibiza waters and has been photographed several times with son Borja and daughter-in-law Blanca Cuesta.

The Baroness amassed her €800m art collection with the help of her husband's inheritance.

In 2004, she loaned her

treasure trove, which reflects her avant-garde tastes, to the Spanish state for seven years without charge.

The state-run museum spent €25m on a vast annex to house the pieces and the

Baroness chose a salmon-coloured paint for the walls.

In 2013 and 2016 she was exposed by the International Consortium of Investigative Journalists for using complex off-shore structures to

gain tax advantages. Her spokesman stressed that she uses tax havens primarily because they give her "maximum flexibility" when she moves art from country to country.



EVERYTHING TO SMILE ABOUT: The Baroness has discussed charging the Spanish state.

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# Inland fire, arson ruled out

THE fire that devastated almost 22 hectares of the steep Guadalest Valley took nearly two days to completely control.

It was first reported at around 2.30pm when, according to initial investigations by Seprona, the Guardia Civil's environment unit, a pine fell against an electricity pylon in an area two kilometres from the village.

This produced sparks that caused the fire, believe Se-



**GUADALEST VALLEY: Steep and densely wooded.**

prona who have ruled out deliberate or negligent human intervention.

High winds fanned the flames as seven homes were temporarily evacuated and the CV-755 between Guadalest and Callosa was closed to provide unhindered access for the emergency services.

Aircraft and firemen on the ground fought to prevent the fire from spreading, but the situation began to improve when the wind changed direction at 4.30pm. By 6pm the flames had lost much of their intensity, Provincial Fire Consortium sources said, although the fire was still burning the next morning.

It was finally pronounced extinguished just after midnight, roughly 34 hours after it was first reported.

The fire restarted at 12.45pm that day but was rapidly doused from the air and on the ground and totally eradicated by 2.30pm.

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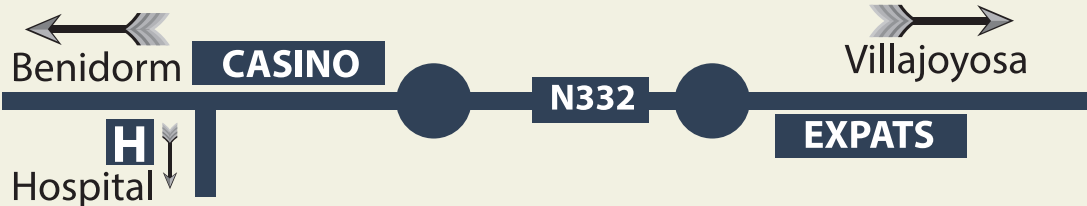
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## Investigations continue

THE death of newly-wed Kirsty Maxwell who plunged to her death from a Benidorm balcony in April is still being investigated as suspicious.

The 27-year-old had been celebrating a hen party with friends in the area before she fell 100ft to her death from a 10th floor apartment.

New insight into the case suggests that Maxwell could have mistakenly walked into the wrong apartment following a night-out and attempted to clamber over a balcony to reach her friend's room.

Last week, toxicology tests revealed a significant



**TRAGIC ACCIDENT: Maxwell with husband Adam.**

concentration of alcohol in Maxwell's blood, putting her more than five and a half times over the Spanish drink-drive limit, suggesting that alcohol could have been responsible for the tragic blunder.

However, reports into the mystery death also reveal evidence of cocaine in the apartment from which she fell where five British men were staying at the time Maxine entered.

One of the men, Joseph Graham, 32 was quizzed by police immediately after the incident whilst the remaining four flew to Benidorm following a court hearing last week.

They were seen hiding their identities with clothing, caps and sunglasses as they arrived at court. Mr Graham was allowed back to Britain without charge and has maintained his innocence stating: "I am unable to say anything at this time other than I am innocent of any wrongdoing."

Further witnesses have claimed that Maxwell was "climbing to safety" amongst mixed statements surrounding the young woman's death. One new witness, present at the time of the incident, offered valuable and detailed evidence, stating that Spanish people had been shouting from their balcony from a nearby hotel at the floor where Maxwell had been moments before, giving the impression she was trying to clamber to the floors below.

Maxwell from Kingston, West Lothian had married husband Adam Maxwell only last September who insisted that his wife had been in no way suicidal at the time.

No drugs were found in her blood and there was no evidence of any screams being heard from the apartment prior to her last movements nor were any injuries found on her body.

The investigation into the mystery death continues as the four British men wait to hear if they face further legal action, although a Spanish judge this week said that they "might never be charged" due to "no new evidence of the men's participation in the death of the victim."

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# Alien gardeners fill dumpsters

GARDEN firms and non-residents who dump garden waste on La Nucia's urbanisations face an €800 fine.

The ban, backed by all political parties on the town council, addresses a growing problem in the town.

The containers for garden refuse on La Nucia's urbanisations regularly overflow with waste brought in by professional gardening firms from all over the Marina Baja.

At the same time a company that supplies containers for transporting garden waste has noticed fewer orders this year.

"They aren't taking prunings and vegetation anywhere, they're dumping them illegally in-



**OVERFLOWING:** Meant for urbanisation use only.

stead," sources said.

La Nucia is the only town in the area that provides urbanisations with containers where residents can leave unwanted refuse from their gardens and the

service was introduced in 2010.

They are not there for the benefit of gardening firms leaving "industrial" quantities of garden waste, the town hall said.



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# Russian roulette!



**LIFE OF RILEY:** The accused and her partner on holiday.

A 51-YEAR-OLD female bank employee has been held in Almoradi, Alicante, on suspicion of stealing €1.3 million over 25 years in a Russian client scam.

The victim, now aged 80, contacted detectives a month ago after he realised that the money was missing.

In a statement the Guardia Civil revealed that the suspect enjoyed a "standard of living little in line with the financial position of a bank clerk," as she and her partner savoured a luxurious lifestyle.

This included a large house, high-end cars and a string of holidays to exotic locations, all of

which she bragged about on social media.

The scam reportedly started in 1992, when the victim opened a bank account at the Rojales branch of the now defunct Banco de Alicante, which was absorbed by parent company BBVA in 2000.

He established a close relationship with the accused, who attended to him personally on every visit and gave him falsified statements to cover up her con.

The racket came to light in June, when he requested a detailed breakdown of his finances from the bank's head office in advance of transferring funds elsewhere.

## NEWS EXTRA

### Denia newbie

ESTEBAN Chornet Adsuar took office at the town hall in Denia last week - he replaces Mari Martinez who resigned in May citing 'strictly personal and professional' reasons before thanking Denia residents for their confidence in her.

### Three s's

BENIDORM mayor Antonio Perez hoisted the 'Q' flags of Quality Tourism and Qualitur last week along the cities three beaches - Levante, Poniente and Mal Pas.

### Little stars

MORE than 200 people gathered to watch students of the San Rafael school in La Nucia perform in their final dance show for the academic year - each class performed a routine from different countries including Brazil and Morocco.

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The Spanish tax regime allows the Autonomous Communities to adjust some rules and tax rates, for example income and wealth tax rates, and rates, allowances and reductions for succession and gift tax. As a result there are substantial tax differences between regions, making some much more beneficial, tax wise, to live in than others.

At a meeting of regional Prime Ministers with Spanish Prime Minister Mariano Rajoy in January this year, *Andalucía* requested a tax harmonisation of the Spanish tax system (especially for succession and gift tax and wealth tax) to avoid unfair competition and tax dumping between the different Spanish regions.

Some other regions, including *Comunidad Valenciana* and *Murcia*, supported the petition, suggesting that a maximum and a minimum rate applicable for succession and wealth tax should be established, to reduce the differences between regions. On the contrary, *Madrid* and *Islas Baleares* rejected this proposal.

After this meeting, the central and regional Spanish governments appointed a tax experts committee to look at the issue. This committee has been working on some

# Spanish tax harmonisation - Some possible future guidelines



By Brett Hanson,  
Partner,  
Blevins Franks

recommendations to amend the Spanish regional funding system.

The final report with their conclusions should be available soon, but in the meantime some information was released showing part of the guidelines that could be suggested by the committee.

#### Wealth tax

- A state law should establish

minimum and maximum wealth tax rates applicable to all the regions. Then each Spanish region can decide the applicable rates within those brackets.

- The possibility to apply a 100% allowance on the final wealth tax bill for all regions so that no wealth tax is payable at all (as currently applies in *Madrid*).

- While some experts have suggested the abolition of wealth tax, this idea has not garnered enough support, so it seems unlikely that wealth tax will disappear in the coming years in Spain.

#### Succession and gift tax

- A state law should establish minimum and maximum succession and gift tax rates applicable to all the regions. Then each Spanish region can decide the applicable rates within those brackets.

- Tax rates of around 5% for close relatives (i.e. Groups I & II beneficiaries – ascendants, descendants and spouses).

- No option to apply an allowance so that this tax is not payable at all.

- These suggestions will benefit those individuals resident in the regions with the highest taxes (e.g. *Andalucía*) but they will be detrimental for those living in regions with very low succession tax rates, like *Madrid*.

Once the final report has been published, all regional and central governments will discuss and decide the way forward.

The committee's findings are simply suggestions; they are not binding. For example, a previous committee was appointed to help the government with the major 2015 tax reform. It suggested, amongst other recommendations, that wealth tax should be abolished – but the proposal has not been followed and wealth tax remains in place.

#### How will this impact you?

If committee's guidelines are followed, it is likely that some

taxpayers, especially those in regions with high succession tax rates, will see their succession tax bills reduced at some point. We do not know exactly what affect there may be on wealth tax at this time.

We will have to wait until they release their final report and how the different regional governments will decide to proceed in this regard. In the meantime, seek up-to-date specialist advice if you are looking for effective tax planning in Spain.

*Tax rates, scope and reliefs may change. Any statements concerning taxation are based upon our understanding of current taxation laws and practices which are subject to change. Tax information has been summarised; an individual is advised to seek personalised advice.*

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# Safer roads for cyclists



**ICYCLING:** Three DGT routes on Alicante roads.

THE General Directorate of Traffic (DGT) is creating three safe routes for Alicante cyclists this year.

The province's three routes will feature the ascents so popular with cyclists, with three separate itineraries between Fuentes del Algar to Coll de Rates, Campello to Relleu and Maigmo to Agost.

There have been numerous incidents this year where cy-

clists were killed by motorists and in two Alicante Province accidents, four were the victims of drivers under the influence of drink and drugs.

Guardia Civil traffic police are already stepping up patrols on these stretches of road, especially at the weekends and on national holidays when roads are most-used by cyclists and drivers. The

routes will also be included on DGT helicopter traffic reconnaissance flights and alcohol and drug checks will be increased on the routes and their accesses, the DGT announced.

The areas' Local Police forces will also be co-operating with the Guardia Civil in ensuring safety for cyclists on the three Alicante routes, the DGT said.

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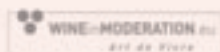




Photo credit: Monica

**CLUB NAUTICO:** Founded in 1980.

## Yacht club choking, not drowning

ALTEA'S Club Nautico maintains that the regional government is threatening its survival.

The annual fee of €350,467 that it must now pay the regional government for its concession - a 700 per cent increase - is "choking" the yacht club, maintained its president Jose Roman Zurutuza.

Following a new inspection, the club awaits a revised evaluation although this will be calculated by the same assessors who recommended the seven-fold increase.

Meanwhile, the club obtained its original concession in July 1980 but since 2000 has had to renew on a three-monthly basis.

There was uncertainty whether this system could even continue after the temporary concession deadline was reached last June.

The regional government announced that the quarterly renewals could continue for a maximum of three years, by which time the regional government expects to have set out new conditions for concessions.

This system is "senseless" and prevents investment in improvements to the installation as well as plans for sporting events.

The club's lawyers are now appealing to the regional government on the grounds that renewing in this manner is causing "insurmountable" harm to the club.



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# The right or wrong medicine

ALICANTE Province pharmacies will continue selling homeopathic remedies despite their exclusion from

Social Security services. Hospitals and health centres as well as medical and nursing staff were recently instructed not to “promote, publicise, develop or allow

homeopathic treatment” in a circular from Health chief, Carmen Monton.

She also banned state health centres from promoting “pseudosciences” that included acupuncture, yoga, naturopathy, hypnotherapy, chiro-massage, traditional Chinese medicine, phytotherapy and reflexology.

“Not only Alicante Province’s College of Pharmacists but Spain’s 54 colleges respect the legality of homeopathic medication as an institution,” said the Fe Ballester, the provincial



**HOMEOPATHY: Recognised by EU directives.**

body’s president.

Homeopathic remedies are recognised by the 2015

Rational Use of Medication and Health Products law, she maintained. This includes European parliament and Council of Europe directives on medication for human use which include homeopathic medicines.

“They are included in EU legislation and, therefore, Spain’s,” Ballester said.

“As pharmacists we cannot refuse to dispense a prescription for homeopathic medicine.”

Approximately 10,000 doctors prescribe homeopathy in Spain, she continued, and 3,000 are themselves homeopaths.

The Alicante president also questioned the ban on phytotherapy.

“All medicines originally originated with plants, like aspirin which comes from willow bark,” she pointed out.

**32,480** The official population of Gibraltar.



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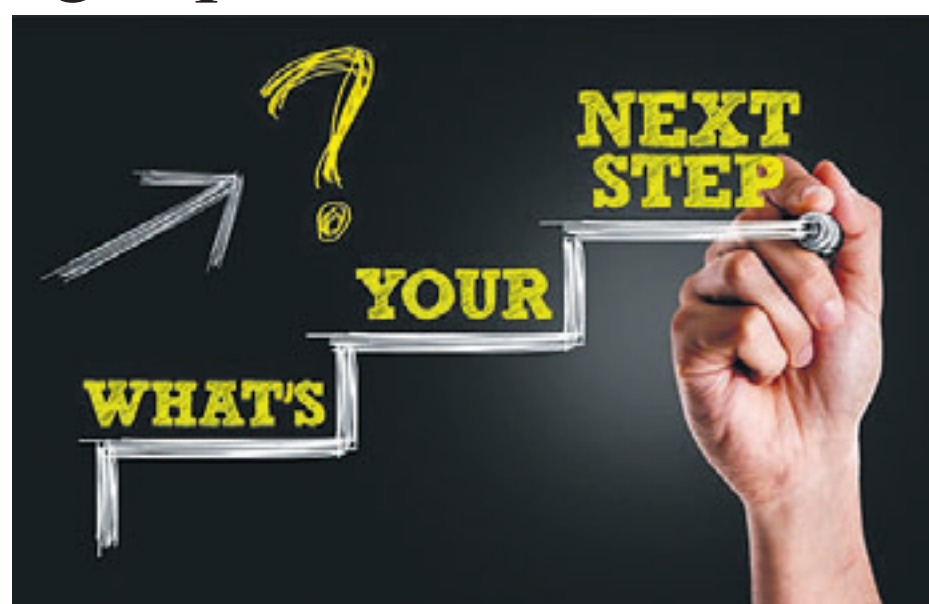
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# Town hall holds its breath

IKEA and Campello Town Hall admitted maintaining 'initial contacts' regarding the multinational's plans for an Alicante Province store.

Now that negotiations with Alicante City have stalled, the Swedish furniture and household accessories group could occupy land originally earmarked for the abandoned Mare Nostrum University project.

Campello mayor Benjami Soler confirmed that Ikea had shown 'certain interest' in Campello and said he would be meeting company officials after the summer.



**IKEA: Coming soon to a town near you?**

Ikea sources confirmed these contacts to the Spanish provincial daily *Informacion*. "We

have made clear on several occasions that we are still interested in Alicante Province and will be studying possible locations including the site proposed by Campello Town Hall," these sources were quoted as saying.

The suggested location is situated at the north of the town, near the FGV train sheds, the Aigues road and the old N-332.

The TRAM station is a few metres away and the zone has direct access to the new N-332, the AP-7 motorway, and the A-70 Alicante City ring road.

"Negotiations will be lengthy," Benjami Soler predicted. "Ikea won't be installed from one day to the next but the interest is there and after the summer we shall sit down and study the project calmly."

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# Industrial upgrades for inland city

ALCOY Council plans to spend €3 million on modernising the city's five industrial areas before the end of the year.

Work has already started on the Santiago Paya estate with improvements to roads and pavements as well as additional lanes on the access road now in progress.

The cash is coming from the regional government's Sustainable Economy department on condition that work is finished before the New Year, explained councillor Manolo Gomicia.

"Plans for upgrading the industrial estates were well advanced before the Generalitat subsidy arrived, so we made a rapid start," he said.

"We now have five months to carry out a series of important projects to bring these areas into the 21st century."

Santiago Paya will be con-



Alcoy city hall

**IMPROVEMENTS:** Better facilities for Alcoy industries.

nected via webcam to the police, infrastructure with new main drainage and storm drains is to be renewed and LED lighting connected.

Additional features include green areas and a bicycle lane.

The Santiago Paya estate is receiving €973,636 of the €3 million with the remainder split between Cotes Baixes (€1.09 million) Beniata (€770,518), Cotes Altes (€243,054) and Castellar (€112,452).



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AS we do every summer, we wish to remind readers who are Non Tax Residents in Spain and maybe they are in Spain just for holidays, that they are still obliged to pay Income Taxes in Spain for Non Tax Residents, even if they do not have any income in Spain, just for the fact of owning a property here.

**Wealth Tax.** If you are non tax resident in Spain, or even if you live in Spain but are not registered with the taxman as a tax resident or you do not submit taxes as tax residents, you could be legally considered as Non Tax Resident, as no notice has been given to the Tax Authority.

Non Tax Residents could be liable to pay Wealth Tax, but only if the value of their assets in Spain (after deducting debts, ie: pending capital of the mortgage, etc) is above €700,000.

**Income Tax.** If you are Non Tax Resident in Spain (or you are not legally tax resident in Spain), you will need to pay tax for income in Spain (Income Tax for Non Residents, IRNR) ie: rents from a letting, interest on bank accounts, etc.

If you do not have any income but you own a property or a share on a property, your tax bill will be based on a calculation as per the Cadastral Value (value that appears on your Spanish local rates receipt from the town hall, the SUMA office or the equivalent).

Even now it is quite common for people who are Non Fiscal Residents in Spain (or not legally Tax Resident in Spain) to simply not pay this tax; usually due to ignorance or neglect and especially when they have no income in Spain and only own a house.

Please notice that if you let your

property in Spain, you have an obligation to submit the taxes every three months and not only one a year.

If you are not sure if you are legally or officially tax resident or non tax resident, if you want to know what is the most convenient for you, we can assist you, studying your personal situation.

If you are non tax resident, do not forget to meet your tax obligation if you want to avoid a possible tax inspection, penalties, etc. Contact us and we will help you.

The information provided in this article is not intended to be legal advice, but merely conveys general information related to legal issues.

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**NEWS EXTRA**

**Furry fun**

THREE dog exercise parks will be built in Oliva before the end of the year - the result of the municipality's latest community campaign Decideix quina Oliva vols - translated to 'Decide what Oliva you want.'

**Busting out**

MUSEU ETNOLOGIC in Denia recently received a donation from the grandson of the Baroness of Casa Soler - Carlos Soler d'Hyver donated two busts that were sculpted by Antonio Cor-tis in the 20th century.

**80k in Beni**

A RECORD 80,000 festi-val-goers attended the ninth edition of Low Festi-val in Benidorm last week-end, with performances across the three-day event from Franz Ferdinand, The Hives, and Lori Meyers.

**Plans for the future**



Altea town hall

**LA ESCOLETA:** Altea's newest school opens in September.

LLUIS FERRANDO, the regional government's director general for Territory, Development and Countryside, recently visited Altea.

He attended a working meeting with the councillors for Urban Development, Infrastructure, Environment and Finance to discuss the town's General Development Plan (PGOU) that will soon be put on public display.

What most concerned the

town hall and her own Urban Development department was the need for sufficient space at outlying Montahud so that Altea businesses could relocate there, Inma Orozco explained to Ferrando.

The town hall was also keen to attract IT and New Technology firms, the councillor said: "They do not produce pollution and they bring diversity to the local

economy, which we regard as fundamental."

The councillors also raised the question of the future of the AP-7 toll road. "The Ministry of Public Works puts off making any decision which limits us when trying to reorganise our roads," Orozco added. "This is a handicap in our search for real solutions to the municipality's needs at present and in the future."

**Starting them young**

ALTEA now has a First Cycle Infants state school for babies and children from birth up to three years.

The go-ahead recently came through from the Generalitat and the Mini-Mon Escoleta with eight nursery teachers and six units for 82 children opens its doors this September.

"This is magnificent news that demonstrates the effort and hard work that the town hall has put into establishing a First Cycle infants school," said Education councillor Vicenta Perez.

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# If only it were spilt milk!



Photo credit: AVMP

**DAMAGE IS DONE:** The visible remnants of the spill are disgusting.

ABOUT a year ago, the Asociacion de Vecinos de la Montana de Pego (AVMP), Monte Pego's Official Residents Association noticed that the Monte Pego sewage treatment plant was spilling what appeared to be insufficiently treated sewage.

The spill went directly into the the Barranc de Batlle and floated toward the River Riu Riixo beyond the CV-700.

There it would potentially contaminate the waterways of the adjacent rice fields and the Marjal nature reserve.

After being passed from pillar to post in trying to stop the spill, the AVMP held a conference with the local press at the Casa de Cultura in Pego some two weeks ago.

The conference attracted much attention and the AVMP vowed it would not stop in its pursuit of resolving the sewage spill:

"We will continue to bring this problem

to the attention of the public at large and its political representatives, hoping that the value of living in a healthy environment prevails."

Within 24 hours of the conference, the spill was stopped by a service company and the developer of Monte Pego's lawyer was quick to notify the AVMP and the local press that the responsibility for the spill does, in fact, fall within Pego Town Hall's remit.

Pego Town Hall is responsible for the maintenance of the plant as well as damages it has caused to the adjacent environment.

The AVMP have now requested the legal viewpoint of Pego Town Hall and will bring it to the attention of residents on Monte Pego and the public at large in due course.

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## Not a drop to drink...

ALL parties on San Vicente Council voted in favour of using treated water for the Lo Torrent park.

Until now the town hall has been irrigating this municipal green space with water from the domestic supply, but sustainable recycled water from the Helados Alacant ice cream factory could be used instead.

The idea was suggested by Partido Popular opposition councillor Antonio Carbonell and it only remains to obtain authorisation from the Confederacion Hidrografica del Jucar (CHJ) to use the water that is surplus to the cream factory's needs.

As Helados Alacant have already received CHJ permission to use this on its own gardens this is likely to be forthcoming, Carbonell said.

The Helados Alacant water comes at a price, however, as it will cost the town hall €200,000 to instal infrastructure that will connect with the point where the factory disposes of the treated water.

Meanwhile, the town hall will have another source of treated water after recently reaching an agreement with Aguas de Alicante and Alicante Council to share recycled water that the CHJ has made available to city hall.

# Town hall's first joint initiative

SAN JUAN has granted a licence for the town's first Cannabis Social Club.

The non-profitmaking association will supply and distribute cannabis for members to consume 'in a private setting.'

As this is a first for San Juan, it will be necessary to introduce by-laws, explained the town's Urban Development councillor Sergio Agueitos.

The town hall did not intend to enter into the legality or otherwise of Cannabis Social Clubs or to control the drug's cultivation, sale or consumption, Agueitos emphasised.

His department was concerned with "exclusively urbanistic aspects" he continued, but he also believed it was important to guarantee the rights of all residents.

The town hall was aware that the Cannabis Social Club could create problems of social harmony



**CANNABIS CLUB:** Opening soon in San Juan.

with neighbours and would emulate Alicante City by-laws introduced in March. These require clubs in buildings with residents to be located on the ground floor or a ground floor and mezzanine accessible from the exterior.

"That way we can avoid constant comings and goings of peo-

ple going up and down," the councillor said.

Neither can a club be located near schools, children's playgrounds or sports grounds frequented by minors. The town hall will also impose a minimum distance between future clubs and carry out inspections.

## NEWS EXTRA

### Photo comp

LA NUCIA has launched an Instagram photo competition as it celebrates its fiestas between July 29 and August 31 - to participate, just follow @LaNuciaES on Instagram, upload a photo with the hashtag #LaNuciaEnFiestas and indicate its location.

### Works begin

**THE €3m works to improve the sanitation network and better channel rainwater have begun in Finestrat - starting on carrer Fondo in the town's historical centre.**

### Don't miss

*DON'T miss the 5th Beach Volleyball Championship at Finestrat Creek on Sunday August 13 - 30 couples among the best players in the Valencian Community will go head to head.*

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# 'Utmost urgency' in channelling

THE first phase of €3 million improvements to drainage infrastructure has begun in Finestrat.

Hidraqua, the company responsible for Finestrat's domestic water supply and sewage

system, started work in Calle Fondo on the section between Calle Sala and Calle Hostal.

The main drainage system installed many years ago needs replacing and improvements are also being

made to storm drains inside the town.

This first phase should be completed within four weeks, after which attention will turn to La Cala de Finestrat where Hidraqua intends to channel the asphalted but notorious Barranco de La Cala.

The usually dry streambed turns into a fast-flowing watercourse during heavy rain when streams from surround-

ing areas on high ground pour into it.

Flash floods are common and the treacherous Barranco took the lives of two British pensioners in October 2011 when they were swept away at the open-air market that was allowed there at the time.

The most recent victim was a Spanish resident who ignored police warnings and was drowned as he tried to

reach his parked car during last December's storms.

"Work will begin after the summer with a subterranean channel following the the Barranco's course," announced Finestrat's mayor Juan Francisco Perez.

"This is a matter of utmost urgency for us because we do not want more lives lost each time there is heavy rain."

## NEWS EXTRA

### Digging done

THE archaeological study of Calpe's Banos de la Reina came to an end last week - 22 young people aged 18-24 from all over Spain, Armenia, France and Italy have participated in the two-week study.

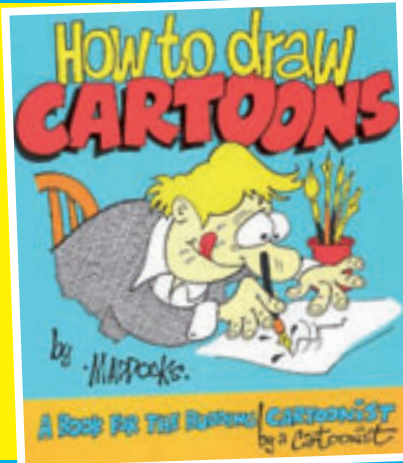
### Over 400 die

A TENT was put up in Benitachell's cala del Moraig last week to host presentations on the prevention of drowning - over 400 people die by drowning in Spain each year.

### Book funds

BENITACHELL'S Department of Education donated €2,000 to AMPA to purchase school textbooks for 2017/2018 for the first and second year primary students - Myra van 't Hoff presented the cheque to AMPA's Treasurer.

## PETER MADDOCKS



Link for Peter's books:

[http://www.amazon.co.uk/How-Draw-Cartoons-Peter-Maddocks/dp/1480221929/ref=tmm\\_pap\\_title\\_0?\\_encoding=UTF8&qid=1454421695&sr=8-1](http://www.amazon.co.uk/How-Draw-Cartoons-Peter-Maddocks/dp/1480221929/ref=tmm_pap_title_0?_encoding=UTF8&qid=1454421695&sr=8-1)

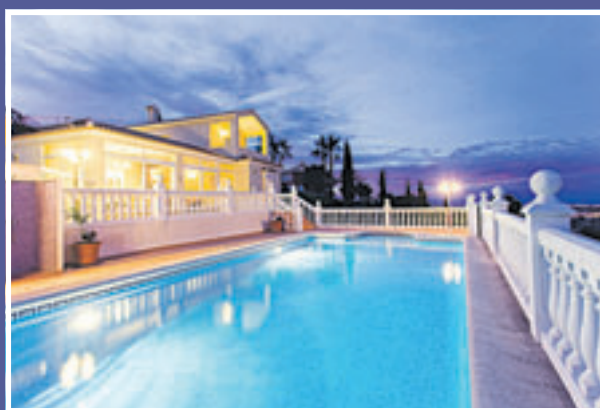
<http://publishedbyme.blogspot.co.uk/>

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**WATCHFUL EYE:** Road becomes a river during heavy rain

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Altea town hall

**KNOW-HOW:** Sharing work in the kitchen.

## Equality in the kitchen

ALTEA Town Hall is organising a simple cooking course for students.

Organised by the Equality and Education departments Cuinem Basics de Convivencia will help pupils who have finished compulsory education and beginning further studies.

“Our priority is an education system that encourages

equality in all areas,” said Education councillor Vicenta Perez.

“This will give young people basic knowledge that they might currently lack, owing to the limited time that modern life leaves for cooking.”

The free course will show how to prepare and cook five different meals and is open to all those born in 1998, 1999

or 2000 who are registered on Altea’s municipal padron.

Places are limited and as far as possible the organisers will ensure that there are equal numbers of both sexes. Applications should be made to the Education department at Altea Town Hall.

The four days of classes will be held from August 7 to 11 from 10am until 12.30pm.

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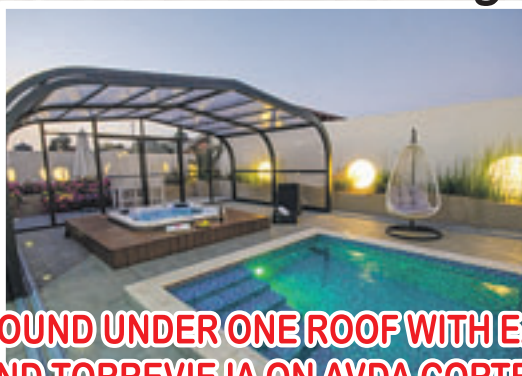
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# ALFAZ DEL PI / ALBIR

## Getting ready for the fair

THE 2017 Fira l'Alfas fair will be held on September 8, 9 and 10.

As usual, it will be located at the Casa de Cultura plaza and the town hall's commerce and local development department is now making preparations with local business associations, Coempa, Momba and Jovempa.

The fair aims to energise local businesses, stimulate trade and encourage consumers, explained Alfaz's mayor, Vicente Arques.

Accompanied by Commerce and Local Development Councillor Dolores Al-



Photo credit: Alfaz town hall

**SEPTEMBER FAIR: Vicente Arques, Dolores Albero and Maria Jose Tent.**

bero and Maria Jose Tent, manager of the company putting together the market,

the mayor recently visited the plaza where the stalls will be set up.

"The fair combines leisure and business, it is totally open, it has many

parallel activities and will be an attractive showcase for local businesses and shopkeepers," Albero said.

Many of the participants are from Alfaz and most of them attend year after year, she added.

The fair will include a shopping night when local shops, especially on the Friday and Saturday will be open from 5.30pm until 2am. A commercial area is also planned for the Casa de Cultura esplanade with areas for spectacles, gastronomy, children and a hippy market.

## Renew AS

ALFAZ Town Hall has renewed its co-operation agreement with the ASPANION Association of Parents of Children with Cancer.

Mayor Vicente Arques, who confirmed a town hall grant of €3,000, praised the important ASPANION's work at his recent meeting with the association's president, Jose Bernardo Garcia.

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**NEWS**

# ...wed help for ...PANION

the association has contributed to the life expectancy of the children, providing emotional, economic and social support for them and their families, helping them through the different stages following diagnosis.

From its Alicante City and Valencia bases, ASPANION deals with an average of between 130 and 140 new cancer cases each year. The patients, whose

ages range from newborn to 18, will have been diagnosed and treated at one of the Valencian Community's Paediatric Oncology units.

ASPANION, which currently has around 6,000 members and collaborators, belongs to the FEPNC, the Spanish Federation of Parents with Children with Cancer, which in turn belongs to the International Confederation.

# Seabed excavations too

EIGHTEEN young people assisting excavations at Albir's Villa Romana site also helped to clear the seabed in their spare time.

Collaborating with the Cuidemos el Albir collective, they removed 36 bags of rubbish, most of it polystyrene and plastic, Alfaz's youth councillor Isabel Muñoz revealed.

Aged between 19 and 23, the group from Spain, France, Armenia and Serbia have been participating in the 10th Villa Romana summer camp organised by IVAJ, the Valencian Community's Youth Institute and Alfaz Town Hall.

Although the dig at the Villa Romana site – now an open-air museum – was at the centre of their visit, the party have practised all kinds of sport and visited places of interest including the Albir lighthouse and the Sierra Helada national park.



Photo credit: Alfaz town hall

**SUMMER CAMP:** The volunteers and their haul.

# Good ideas in the open air

NORWEGIAN sociologist and mathematician and Alfaz resident Johan Galtung will hold open classes for young people in the Peace Park.

Alfaz's Technical Services department has installed four tables with benches with capacity for 32 pupils. Galtung admitted to feeling excited by the open-air location for Alfaz pupils that has been designed for study, reflection and dialogue. This is especially appropriate for a municipality where so many nationalities live side by side in harmony, he said.

The town's young people are its future, Galtung declared, and the initiative is full of symbolism.

It encourages young people to contemplate actions designed to promote peaceful co-existence and in general focus on a new branch of knowledge which Galtung has entitled Studies for Peace.

It will be a place where the students can "work towards convincing with the force of good ideas" using the words that are one of his favourite



Photo credit: Alfaz town hall

**PEACE STUDIES:** Johan Galtung inspects the open air study centre.

weapons, he said.

Famed worldwide as a conflict mediator and now 86, Johan Galtung has published

more than 160 books and written more than 1,600 articles published in both mainstream and specialised media.

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# Teulada Moraira NEWS

LAST week saw the celebration of yet another Golden Wedding Anniversary from the ever-expanding membership of U3A Moraira-Teulada.

This time, the golden couple were the Vice President and his wife, David and Eileen Haxon.

David and Eileen started dating when they were both aged 21. Though they had lived in the same street in Blyth, Northumberland, their paths had never crossed.

David worked in his family's business and Eileen had just qualified as a Home Economics teacher.

They married on July 19, 1967 and went on to have two children.

Both were involved with the local operatic society and the local dramatic group, playing leading roles and David even producing some of the plays himself.

During the 1980s the recession

## 50 years on



Photo credit U3A Moraira-Teulada

LIKE IT WAS YESTERDAY: David and Eileen married in July 1967.

hit the local mining and shipyard community, forcing David's family to shut up shop.

David then became an agent selling Spanish properties and was involved with agencies in the north of England, visiting Spain with clients.

Eventually, this resulted in David and Eileen moving to a villa south of Alicante in June 1989 before moving north to Moraira in 1994 and joining the Moraira-Teulada U3A some 15 years later in 2009, soon joining the committee.

Currently, Eileen is Speakers Liaison and David is Vice President.

They are also involved as Group Leaders, having taken over the Green Bowls Group and the popular Dining Out Group, which now boasts some 200 members.

Congratulations, David and Eileen!

## Get your b

**REMEMBER that the Healthy Teulada-Moraira campaign is offering free exercise classes on the beach until September 15.**

**Schedule:**

Monday - l' Ampolla  
 07.45am - 08.45am - Pilates  
 08.00am - 09.00am - Tai Chi  
 09.00am - 10.00am - Swimming  
 10.00am - 11.00am - Aqua aerobics  
 7.30pm - 8.30pm - Circuit training

Tuesday - el Portet  
 08.00am - 09.00am - Tai Chi  
 09.00am - 10.00am - Swimming  
 10.00am - 11.00am - Aqua aerobics



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Wednesday – l' Ampolla

08.00am – 09.00am – Tai Chi

09.00am – 10.00am – Swimming

10.00am – 11.00am – Aqua aerobics

Wednesday – el Portet

7.30pm – 8.30pm – Circuit training

Thursday – el Portet

07.45am – 08.45am – Pilates

09.00am – 10.00am – Swimming

10.00am – 11.00am – Aqua aer-

Thursday – l' Ampolla

7.00pm – 8.00pm – Running

Friday – Platgetes

09.00am – 10.00am – Swimming

10.00am – 11.00am – Aqua aerobics

7.30pm – 8.30pm – Circuit training

Saturday – l' Ampolla

08.00am – 09.00am – Tai Chi

*All classes are free of charge.*

## MasterChef star at Teulada-Moraira

THE seventh edition of the Dòlia-Essència Wine and Gastronomy Show will be held at the Auditori Teulada-Moraira on Saturday September 2.

Hosts will include chefs Alberto Ferruz of BonAmb in Javea and Kiko Moya of l'Escaleta in Concentaina, both of whom boast four Michelin stars and Ivan Talens - 'the best bartender of the Valencian Community.'

Interior design company Empaperat will recreate Valencian products with a focus on citrus and a workshop will be led by MasterChef Junior Maria Querol.

Thirteen-year-old Maria won MasterChef's Japanese cuisine



Photo credit RTVE.es

**LIVE ON AIR:** Since MasterChef Junior, Maria has amassed over 100,000 followers on social media.

test and has since led several workshops in Castellon, Murcia and Valencia.

She was nominated as the 'Favourite Spanish Influencer

of 2017' at the Nickelodeon Kid's Choice Awards for her positive social media presence and her work in fashion and gastronomy.

The show will also centre around sustainability and aims to educate attendees on the importance of the underwater ecosystem and how to respect it.

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 Cons. 100m<sup>2</sup>, Pl. 2,100m<sup>2</sup>.  
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**REF: 00763 - Orba**  
 Tonhouse in the centre of the village. SE orientation.  
 6 bedrooms, 1 bathroom.  
 Cons. 125m<sup>2</sup>, Pl. 135m<sup>2</sup>.  
**150,000€**

**Project**  
**REF: 00559 - Benissa**  
 House project to build in Moraira. 1 km to the sea.  
 3 bedrooms, 2 bathrooms.  
 Cons. 156m<sup>2</sup>, Pl. 1,800m<sup>2</sup>.  
**389,000€**

**Reduced**  
**REF: 00240 - Benitachell**  
 Large villa renovated in 2007. Close to amenities. East facing.  
 4 bedrooms, 3 bathrooms.  
 Cons. 270m<sup>2</sup>, Pl. 1,800m<sup>2</sup>.  
**690,000€**

**REF: 00399 - Moraira**  
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 Cons. 280m<sup>2</sup>, Pl. 2,500m<sup>2</sup>.  
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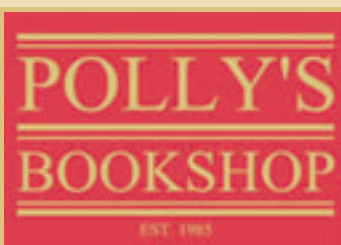


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# JAVEA - XABIA

NEWS



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JAVEA'S Local Police rescued a cormorant that had become entangled in fishing line with a hook in its mouth off the playa del Tango rocks.

Officers were carrying out surveillance work when they spotted the struggling bird.

Together with staff from Minina Canina vets, they released the cormorant from the fishing line and removed the hook from its mouth before setting it free.

Cormorants nest in colonies around the shore, on trees, islets or cliffs. They are coastal rather than oceanic birds and some have colonised inland waters.

They range around the world, except for the central Pacific islands.

Cormorants are excellent divers and under water they propel themselves with their feet with help from their wings; some cormorant species have been found to dive as deep as 45 metres.

Fishermen are encouraged to be careful with their fishing gear to protect wildlife from serious injury.

## Bird on a wire



Photo credit: Javea Ayuntamiento

**A HAPPY ENDING:** The cormorant was released back into Javea waters in no time at all.



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## Javea U3A members wine and dine

MEMBERS of Javea U3A certainly know how to enjoy themselves.

Only a day after members of the Wine Appreciation Group met at La Cocina restaurant in the Port, more than 70 members of the Dine and Dance Group danced the night away at Javea Golf Club.

The wine tasting group - affectionately known as WAGs - run by leader Trevor Rush, enjoyed a presentation by Steve Sanchis, from Bodegas Leopoldo in Ondara. Steve, who supplies La Cocina with most of their wines, brought along four wines for members to taste: one white, one rose and three reds.

Steve gave an interesting and



**MEMBERS:** Enjoyed a wine tasting session.

informative description of how each wine was produced - and then left it to members to judge for themselves just how good it tasted! The overall verdict was extremely favourable and members were more than happy to

wash down their meal with another glass of red.

So popular is the wine tasting group that the following day, Trevor ran a second lunch for members of WAGs Too.

Thanks to the warm summer

weather, the Dine and Dance Group, run by Pat and Eric Johnson, were able to enjoy a three-course meal and dancing to the duo Timewarp on the outside terrace at the golf club.

The only sad moment came when it was announced that group leaders Pat and Eric had decided to retire from their duties after 10 years.

Fellow member David Main thanked them for their wonderful contribution, saying that they would be a hard act to follow. But he added that there was already a short-list of possible successors and he hoped that there would be somebody willing and able to continue running the group

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# Expatriate cancer survivor writes

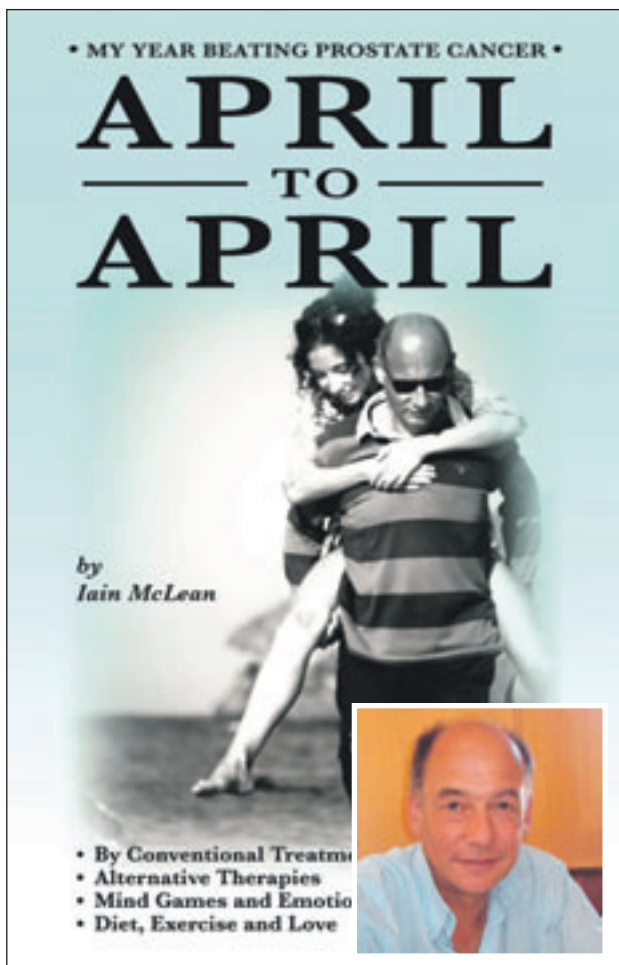
"I'VE been a professional writer/researcher for 30 years and have lived in Spain for 20," explains Iain McLean, "So it makes sense that when I was diagnosed with the highest grade prostate cancer in April 2015 and having beaten it by the following April, I would write a book about it."

'April to April' is Iain's own quest for a cure. It is for all men who suffer from this cancer (or wish to prevent it), and for their families and friends who want to understand what their loved-one is going through.

"Although all the information is scattered around the internet, there is not one single book that covers all the bases. This book does."

In this entertaining and informative five-star read, Iain's main argument, with respect to conventional treatment, is that doctors do not tell a patient all they need to know about the process that lies ahead. Having talked to a number of medical specialists, Iain explains how to choose the right hospital and specialist.

Of central importance are the



**APRIL TO APRIL: Getting the message across.**

chapters covering nutrition and 10 alternative therapies that will halt tumour growth and alleviate side-effects which Iain used alongside his own treatment.

Iain's approach is that beating cancer is a war and each patient needs all the tools at their disposal, not only to win, but to adapt strategies for each stage in what will be a long campaign. There are also a few more colourful passages about Spain, where Iain's treatment took place.

With 90,000 words of information, anecdotes and hope, 'April to April - Beating Prostate Cancer with Conventional Medicine, Alternative Therapies, Mind Games and Emotions, Diet, Exercise and Love,' is available on all Amazon websites for all electronic devices.

The first 20 pages are free to read and the book has its own Facebook page.

An audio version has been produced and will be online soon.

"It is extremely important to get the message and knowledge across to as many people as possible," says Iain.

## U3A Marina Baixa General Meeting



**FAMILY HISTORY: Lost relative worked for Royal Household.**

RECENTLY, the U3A Marina Baixa held their monthly general meeting at the Casa de Cultura, Alfaz del Pi.

There were 135 members in attendance, including four new members.

Following this month's meeting, David Larkin gave a very interesting talk, regarding tracing a long, lost relative of his family, who went missing for over 50 years.

During the period that she was missing, she had worked for the Royal Household.

The members then enjoyed a meal at a new venue, The

Pizza Rusticain, Albir.

U3A Marina Baixa holds its general meetings on the fourth Monday of each month, excluding August, in the auditorium at the Casa de Cultura, Alfaz del Pi.

The next meeting will be Monday September 25 at 11.00am. Please go early to sign in and get your seat.

If you would like to join this association, please visit [www.u3amarinabaixa.com](http://www.u3amarinabaixa.com) or their Facebook page.

Or contact the secretary, Joan Flint 965 861 226 or mobile 663 637 167.

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# U3A Marina Baixa donate to local charity

FOR over 40 years, Doble Amor have been dedicated to the care and training of people with intellectual disabilities in Benidorm.

There are currently over 50 people working in their

workshops, where the residents are helped to make dolls, curtains and restore furniture. Many of the activities are designed to help the young people take care of themselves. Some

of their products are then sold, to help finance the centre.

Their latest project is making candles and soap!

They had the expertise but needed basic materials and a refrigerator, to keep the ingredients cool.

U3A Marina Baixa and HELP stepped in to collaborate, and as a result a refrigerator was donated by HELP International Benidorm and the materials to produce candles and soap were donated by the U3A Marina Baixa enabling them to start production. Hopefully they will have a variety of hand-made finished products ready for sale at Christmas.

U3A Marina Baixa holds its general meetings on the fourth Monday of each month in the auditorium at the Casa de Cultura, Alfaz del Pi.

However, there is no meeting during August, so



**PROUD DISPLAY:** Hand-made candles and soap, an ideal special gift for Christmas.

the next meeting is on Monday September 25. The doors open at 10am and the desks close at 10.50am for a prompt 11am start, so

please come early to sign in and secure a seat!

For further information or to join this association, visit [www.u3amarinabaixa.com](http://www.u3amarinabaixa.com)

or check their Facebook page. For those without internet access, please contact the secretary, Joan Flint on 965 861 226 or mobile 663 637 167.

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### An uncontrollable leak

If one of your pipes has burst, particularly at night or at the weekend, it can be a very stressful situation. Trying to control the leak, trying to track down an emergency plumber and trying to limit the damage being caused by the spill. The damage

and repairs can run into thousands. Even small leaks from faulty washing machines or dishwashers can quickly cause expensive damage, especially as people go on their summer breaks.

### Flooding and mudslides

Any material damage suffered as a result of flooding or an accidental diversion on the ordinary course of water flow in channels, ditches, or sewage flows.

### Tips if you have a leak

If you discover a leak, turn off the stopcock to stop the flow of water and then turn off your main electricity supply. Try and contain the water as much as possible placing buckets under leaks and turning on taps elsewhere in the house to reduce the pressure of escaping water. We advise taking photos of any resulting damage and keep all damaged possessions as evidence in the event of a claim.

*We hope the information provided in this article is of interest.*

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# Traditional Values and Service

AS the Financial Services industry continues to evolve in accordance with the latest innovations in digital technology such as the internet and social media we see more and more organisations telling us to go online and “Sign Up”.

All these companies have masses of data on file about our spending habits, where we live, where we shop, which car we drive etc. We are then “encouraged” to go online with any queries and it has become increasingly difficult to speak with a human being, if we do they could be on the other side of the world in a different time zone.



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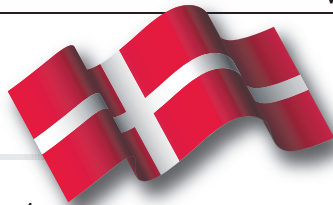
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## DENMARK



**PILOU ASBAEK: Popular actor.**

### Popular list

DANISH actor Pilou Asbaek has been named the '10th most popular in the world' on IMDB's Star Meter. He has starred in major films such as 'Lucy' and 'Ghost in the Shell.'

### Tattoo closure?

'TATTOO OLE' believed to be the world's oldest tattoo studio, having first started in 1901 in Copenhagen, is at risk of closure after the building's owners have decided not to renew the studio's lease.

### No gangs

COPENHAGEN is continuing its clampdown on gangs. Six gang members have been arrested in two separate raids as anti-gang police continue patrols.

### Murdering veteran

A WAR veteran has been formally charged with the murder of his parents. The 43-year-old former soldier is charged with killing his parents and then storing their bodies in his car.

## NETHERLANDS



### Farm fire

A FIRE at a factory farm near Erichem has killed almost 20,000 pigs. It comes just weeks following another major farm fire which killed nearly 80,000 chickens.

### Rides stopped

DUTCH company KMG International BV has suspended the use of all of its rides similar to one which killed a man in the USA. An 18-year-old was killed on the 'Fireball' ride at a state fair in Ohio after the seats snapped off.

### Email hackers

POLICE have set up a database allowing people to check if their email addresses have been hacked following investigations by cybercrime investigators.

### In work

LAST year saw long-term unemployment in the Netherlands fall for the first time since 2009 according to a report from Statistics Netherlands.

## GERMANY

### Special case

A TEENAGER who was born in Germany to Nepalese parents and was deported to Nepal with her parents has been allowed to return on a study visa following a campaign to allow her to stay.

### Teenager found

A GERMAN teenager arrested in

Mosul, alleged to have been fighting for Islamic State, is reportedly Linda Wenzel, a 16-year-old who went missing from her home last summer.

### Brexit move

US investment bank Morgan Stanley has announced plans to expand in Frankfurt, creating a post-Brexit

hub that could see 200 London jobs be relocated to Germany.

### School abuse

MORE than 500 boys have reportedly been abused at a top Roman Catholic choir school. An independent report said the physical or sexual abuse went on for years between 1945-2015.

## FRANCE



### Tourists evacuated

OVER 12,000 people were forced to flee campsites and homes as wildfires broke out along the French Riviera. The island of Corsica has also been affected.

### Visitors return

IT seems tourists are shunning previous terror threats and are returning to Paris. The capital saw a record 2.6 million foreign arrivals in the first four months of this year, 19 per cent more than the same period last year.

### Pool pollution

THREE new floating pools on a Paris canal were closed to the public over pollution concerns and 'unsatisfactory' water quality. They were closed just a week after opening helping city residents to stay cool.

### Police criticised

THE Human Rights Watch (HRW) has criticised police for 'abuse' of migrants in Calais. The group's report claims police regularly abused them in the hope of them leaving the town.

## BELGIUM



### Port tax

BELGIUM has been ordered to stop port tax breaks. The European Commission said the tax exemptions in both French and Belgium was not fair competition amongst countries in the EU.

### Storm protection

IN a bid to offer protection from storms, an artificial reef made up of algae, mussels and worms will be placed off the coast of La Panne. They will not be visible from the beach.

### Tax break

A TAX measure that benefited Belgian football clubs and other sports clubs, enabling them to save some €400 million during the last nine years, may be illegal as the authorities did not inform the EU of these tax privileges.

### Unfriendly neighbours?

IT seems Belgians are perhaps not the friendliest of nations as a survey showed that just 8 per cent of Belgians said they invited people into their own homes on a daily or weekly basis. Mexico was found to be the most welcoming with 42 per cent opening their doors regularly to friends or neighbours.

## SWEDEN



### Safety concerns

PRIME MINISTER Stefan Lofven, said his minority government will not resign following the security crisis relating to sensitive public data being mishandled.

### Mountain rescue

RESCUE crews attended to an emergency call out to a mountain climber to find that a couple had called for help simply because they were tired. They ended up paying for the helicopter to take them down the mountain.

### Historic memory

THE family of a Swedish diplomat who disappeared after saving thousands of Hungarian Jews during the Second World War, are suing Russia's security service to force them to give access to their original files and archives to restore his memory.

### Set free

AFTER almost six years in captivity in Mali, Swedish man Johan Gustafsson, has been released. He was kidnapped by Islamist militants whilst on a motorcycle tour through Africa.

## NORWAY



### Cycle Norway

THE Tour de France could be headed to Norway as Norwegian oil company Statoil is looking to bring the Grand Tour to the western coast to mark the company's 50th anniversary.

### Too many tourists

NORWAY could implement a tourist tax to help deal with the influx of visitors. The country has seen an increase in tourists thanks to the 2013 release of Disney film Frozen which was developed with the help of Norway's tourism agency.

### Shop stabbing

A TEENAGE girl has died following a stabbing incident at a shopping centre in Kristiansand. Another victim, aged 23, is in critical condition. A 15 year-old girl has been arrested in relation to the attacks.

### Swan song

A SWAN which was due to be put down after it attacked a group of children and dragged a girl into the water, has been given a second chance as the authorities have said it will be moved to a new location.



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La Nucia Villa sleeps 11 people



Close to Albir, villa with private pool for 8 people



Sierra Cortina, family house sleeps 4 people



Albir luxury villa with pool and jacuzzi sleeps 14 people



Altea, town centre apartment sleeps 6 people



Sierra Cortina beautiful apartment sleeps 4



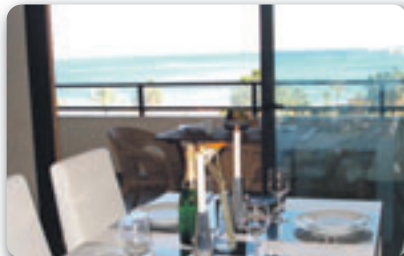
Alfaz del Pi typical Spanish finca sleeps 8 people



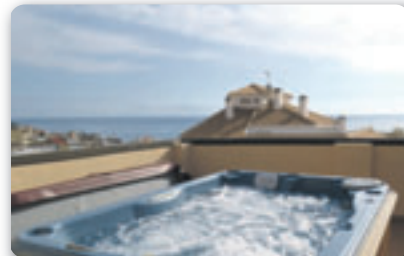
Sierra Cortina townhouse sleeps 4 people



La Nucia villa with pool sleeps 12 people



Luxury Albir apartment with jacuzzi for 6 people



Villajoyosa close to beach sleeps 9 people



Altea, town centre house sleeps 7 people



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**BANNED:** Russian pride will be forbidden at 2017 Championships.

# Neutered flag

RUSSIAN athletes competing under a neutral flag at the World Championships this month are banned from wearing any national symbols. Tattoos will be covered up and national anthem phone rings silenced. The small contingent cannot compete under the Russian flag as punishment for the country's doping scandal.

## Vodka porkies

RUSSIAN jokers pranked the US Secretary of Energy, Rick Perry, on the telephone. Vladimir Krasnov and Alexei Stolyarov convinced the Texas politician he was talking with Ukraine's prime minister and his interpreter about coal exports and a new hybrid fuel combining vodka and pig manure.

## Smashed statue

A CRUMBLING statue of Russian writer Nikolai Gogol fell from the House of Writers building in Moscow, smashing into smithereens. Pieces were gathered by locals and preserved by a non-profit organisation devoted to preserving cultural relics. Archnadzor have accused the government of neglecting statues of Pushkin and Tolstoy.

## Flight furore

A MAN wearing a t-shirt with the word 'Russia' on the flag was escorted from a domestic flight in America. Andrei Yeryomin, a dual Russian-American citizen, said other passengers complained about Russia's annexation of Crimea. Delta Airlines said he was late and barged through security.

## Deal expires

AN agreement giving the Tatarstan Republic special status within Russia's federal system has expired. The ethnically diverse region was the only remaining Russian republic to enjoy tax and legislative privileges. The Kremlin has shown little desire to renew the deal, meaning Tatarstan will have far less autonomy.

## Mozart man

PRESIDENT Putin entertained a live audience from schoolchildren fielding unusual questions. Highlights from the session included Putin claiming rarely to use the internet, being able to perform 17 pull ups, being nicknamed Platov in spy school and only listening to classical music.

## Rainbow magic

RARE footage of a full-circle rainbow was posted online by construction workers on a crane at St Petersburg's Lakhta Centre. Sight of a full rainbow is usually only captured from a plane. The Lakhta Centre will be Europe's tallest building when complete.

**VERTIGO:** Europe's tallest building perfect place to catch a rainbow.



## Early grants

DUE to the continued droughts in certain parts of Spain, it has been agreed that grants will be paid to farmers earlier than usual this year.

The money will be made available to farmers who have suffered losses by the middle of October rather than the end of December which is the norm.

In addition, farmers will not have to dedicate 30 per cent of the grant to environmental improvements but may use it to help defray losses.

## Sweet smell of success

SPANISH supermarket Eroski is selling 103 perfume outlets and its online business to German perfume retailer Douglas outlets for an undisclosed sum.

This is the company's second recent purchase in Spain following their takeover of Grupo Bodybell and Douglas is owned by American equity group CVC Capital which invested some €3 billion in the business in 2015.

Douglas now owns more than 2,400 perfumeries in 19 countries and has also recently purchased two other chains, this time based in Italy.

By John Smith

Money for such purchases appears to be readily available as it has just extended a €300 million loan and also has significant amounts of cash on hand.

Eroski has been repositioning its business significantly over the last 12 months and has sold many of its larger stores to Carrefour allowing the French company to expand, particularly on the Costa del Sol, whilst Eroski is increasingly opening smaller 'convenience' stores in busy urban areas.

The perfume market continues to be buoyant from the cheaper end, where supermarkets obtain exclusive rights to sell specially branded 'smells' often manufactured by well-known brands to the 'named brands' marketed through department stores such as El Corte Ingles and through online sales.

Canny shoppers and those with time to spare are however often able to obtain substantial reductions by visiting online discount stores which will ship to other EU member states at minimal delivery cost and charge in euros.

## Profits up

THANKS in part to discoveries of new gas and oil deposits Repsol has seen a massive jump in profit to €1.05 billion for the first half of 2017.

With an overall increase amounting to 65.3 per cent compared to the same time last year, the energy giant has seen a significant increase in sales as well as a reduction in costs.

Also assisting profitability was the renewal of production within Libya.

### Quote of the Week

"We intend to launch a simple and affordable OTT service in Spain, the Eurozone's fourth largest economy and the market which has the largest free-to-air headroom," announced Sky TV CEO Jeremy Darroch.



Photo Credit: Theiury shutterstock

**TOPPING UP: With biofuel.**

## Biofuel import may hurt farmers

THERE is disquiet in Spain over a forthcoming free trade agreement with a number of South American bio-fuel producing countries.

The European Union is close to signing a pact with Mercosur (which incorporates Argentina, Brazil, Paraguay and Uruguay) which will allow biofuels from those countries into the European market according to a statement made by EU Trade Commissioner Cecilia Malmström in Madrid.

New agreements may allow

cheaper yet more environmentally damaging fuels made from palm oil and soybean oil - allegedly more damaging than fossil diesel - to be imported into Spain, damaging both the environment and Spanish business.

Some experts say that sustainable sugar cane cultivation can provide food and ethanol for fuel without damaging the environment whilst others disagree fearing that the planned trade agreements contradict the spirit of the Renewable Energy Directive.

### » BUSINESS EXTRA

## Popular appeal

THOSE investors who lost their money following the sale of Banco Popular to Santander have been told by the EU that they have until August 7 to appeal. The only route available to them said the EU is via the European Court of Justice.

## Cleaner water

THE EU is helping to fund the building of a desalination plant in Djibouti with most of the €46m cost going to Tedagua in Madrid. This will increase the supply of clean water to 200,000 people.

## Going up

RESEARCH by Spanish bank BBVA suggests that the economy is on target to grow 3.3 per cent during 2017 which is over original forecasts. This upgrade is in accordance with adjusted government expectation and if correct will please the EU.

## Britain and Holland help tax havens

A REPORT states that Britain and Holland are the two members of the EU who channel up to €170 billion into tax havens around the world.

The Spanish authorities increasingly try to identify tax avoidance schemes and often blame Gibraltar for allowing hidden money to cross the border.

This report however - produced by researchers at the University of Amsterdam - suggests that Holland accounts for 23 per cent of corporate investments sent to tax havens whilst Britain handles 14 per cent.

Estimates of amounts involved are exceptionally wide and range from €50 billion to €170 billion.

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Anglo American	1,256.50	24.50	1.99	17,325.81
Associated British Foods	2,932.50	-29.50	-1.00	23,615.64
Admiral Group	1,998.00	-44.00	-2.15	5,880.76
Ashtead Group	1,623.00	-9.00	-0.55	8,287.15
Antofagasta	899.25	-39.25	-4.18	9,291.70
Aviva	544.75	10.75	2.01	21,694.96
AstraZeneca	4,481.50	84.72	1.89	54,744.77
BAE Systems	587.50	-17.50	-2.89	19,393.56
Babcock International Group	861.50	17.00	2.01	4,297.57
Barclays	203.40	-1.70	-0.83	35,532.42
British American Tobacco	4,960.00	-102.56	-2.07	99,226.81
Barratt Developments	637.50	24.50	4.00	6,168.34
British Land Co	616.00	9.00	1.48	6,354.22
BHP Billiton	1,328.75	-35.25	-2.58	28,766.42
Bunzl	2,260.50	-11.50	-0.51	7,714.91
BP	454.75	11.10	2.50	87,857.49
Burberry Group	1,741.50	25.50	1.49	7,525.65
BT Group	302.08	-8.32	-2.68	31,353.22
Coca-Cola HBC	2,209.50	-75.50	-3.30	8,284.49
Carnival	5,012.00	-63.00	-1.24	10,914.82
Centrica	196.35	-5.05	-2.51	11,290.31
Compass Group	1,619.50	15.50	0.97	25,524.03
Croda International	3,688.00	-3.00	-0.08	4,924.60
CRH	2,693.50	26.50	0.99	22,731.69
ConvaTec Group	305.45	-5.25	-1.69	6,113.96
DCC	6,685.00	-0.60	-0.01	6,034.67
Diageo	2,478.75	36.75	1.50	60,639.07
Direct Line Insurance Group	378.60	7.40	1.99	5,143.88
Experian	1,489.50	-17.50	-1.16	14,382.05
easyJet	1,300.50	25.50	2.00	5,092.21
Fresnillo	1,516.00	-6.83	-0.45	11,333.42
G4S	313.95	-11.75	-3.61	5,160.60
GKN	319.40	-2.80	-0.87	5,547.27
Glencore	331.25	-0.03	-0.01	47,603.41
GlaxoSmithKline	1,548.75	30.25	1.99	75,300.98
Hargreaves Lansdown	1,349.00	7.00	0.52	6,521.88
Hammerson	566.25	-7.25	-1.26	4,628.43
HSBC Holdings	743.60	-0.15	-0.02	151,901.61
International Consolidated Airlines Group	595.00	1.50	0.25	12,400.16
InterContinental Hotels Group	4,104.50	-189.50	-4.41	8,255.07
3i Group	943.50	18.50	2.00	9,071.61
Imperial Brands	3,333.00	17.50	0.53	33,037.18
Informa	707.50	10.50	1.51	5,784.52
Intertek Group	4,246.00	-58.00	-1.35	7,020.49
ITV	171.65	-2.05	-1.18	7,141.08
Johnson Matthey	2,655.00	-142.00	-5.08	5,618.28
Kingfisher	290.50	-8.40	-2.81	6,662.29
Land Securities Group	1,028.00	13.00	1.28	8,128.94
Legal & General Group	263.75	-1.35	-0.51	15,892.53
Lloyds Banking Group ORD	66.50	0.73	1.10	48,482.71

COMPANY	PRICE(P)	CHANGE(P)	% CHG.	NET VOL
London Stock Exchange Grp	3,643.00	-118.00	-3.14	13,263.39
Micro Focus International	2,229.00	-24.00	-1.07	5,245.95
Mediclinic International	743.00	-17.00	-2.24	5,614.11
Merlin Entertainments	461.00	-3.60	-0.77	4,775.32
Marks & Spencer Group	318.75	-4.65	-1.44	5,282.00
Mondi	2,043.00	40.00	2.00	9,919.86
Morrison (Wm) Supermarkets	237.60	-3.00	-1.25	5,706.16
National Grid	902.00	-32.70	-3.50	32,410.29
Next	3,634.50	-230.50	-5.96	5,774.91
Old Mutual Group	190.50	-4.30	-2.21	9,710.91
Provident Financial	2,026.00	-60.00	-2.88	3,097.79
Paddy Power Betfair	7,432.50	-137.50	-1.82	6,436.26
Prudential	1,845.75	36.25	2.00	47,424.55
Persimmon	2,532.50	49.50	1.99	7,703.27
Pearson	677.00	10.00	1.50	5,400.28
Reckitt Benckiser Group	7,277.50	-73.50	-1.00	52,450.07
Royal Bank of Scotland Group	242.25	-4.55	-1.84	29,917.61
Royal Dutch Shell	2,115.50	2.21	0.10	94,587.65
Royal Dutch Shell	2,206.25	74.75	3.51	79,067.23
RELX	1,625.00	-26.00	-1.57	17,779.26
Rio Tinto	3,504.00	-23.54	-0.67	48,156.93
Royal Mail	404.65	7.95	2.00	3,980.00
Rolls-Royce Group	901.75	-27.25	-2.93	17,144.99
Randgold Resources	6,907.50	-142.50	-2.02	6,589.90
RSA Insurance Group	635.50	-15.50	-2.38	6,688.15
Rentokil Initial	284.65	-2.05	-0.72	5,342.96
Sainsbury (J)	238.00	-8.70	-3.53	5,454.69
Schroders	3,499.00	52.00	1.51	7,852.02
Sage Group (The)	680.50	3.50	0.52	7,398.65
Segro	513.55	-12.95	-2.46	5,302.11
Shire	4,326.50	64.00	1.50	39,506.75
Smurfit Kappa Group	2,248.00	-35.00	-1.53	5,551.44
Sky	952.50	-10.50	-1.09	16,640.09
Standard Life	418.30	-14.40	-3.33	8,597.01
Smiths Group	1,514.50	-21.50	-1.40	6,153.58
Scottish Mortgage Investment	399.80	-3.80	-0.94	5,683.65
Smith & Nephew	1,331.50	7.50	0.57	11,760.68
SSE	1,379.00	8.51	0.62	13,823.80
Standard Chartered	843.65	16.55	2.00	27,621.78
St James's Place	1,193.00	-18.00	-1.49	6,486.08
Severn Trent	2,066.00	-86.00	-4.00	5,168.00
Tesco	173.30	0.00	0.00	14,387.05
TUI AG	1,171.00	-26.00	-2.17	7,079.68
Taylor Wimpey	190.65	3.75	2.01	6,085.89
Unilever	4,300.00	-27.00	-0.62	55,214.73
United Utilities Group	828.75	-42.75	-4.91	6,024.48
Vodafone Group	220.30	-0.58	-0.26	59,401.39
Wolseley	4,417.50	-82.50	-1.83	11,448.58
Worldpay Group	375.30	0.30	0.08	7,548.00
WPP Group	1,532.50	-18.50	-1.19	19,715.15
Whitbread	3,838.50	-15.50	-0.40	7,160.12

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CLOSING PRICES JULY 31

COMPAN	PRICE	CHANGE%	CHANGE	VOLUME(M)
3M	199,720	-0.16%	-0,330	119,186,33
AMERICAN EXPRESS	84,8000	+1.13%	0,9500	74,961,47
APPLE	149,500	-0.70%	-1,060	779,469,08
BOEING CO	241,270	+0.11%	0,270	145,625,99
CATERPILLAR	114,100	-0.24%	-0,270	67,222,82
CHEVRON	108,12	+1.89%	2,01	204,840,00
CISCO SYSTEMS	31,520	-0.16%	-0,050	157,601,70
COCA-COLA	46,01	-0.24%	-0,11	196,580,45
DU PONT(EI) DE NMR	83,9800	-0.72%	-0,6100	72,878,35
EXXON MOBIL	79,60	-1.52%	-1,23	337,286,33
GENERAL ELECTRIC	25,5300	-1.01%	-0,2600	221,701,58
GOLDMAN SACHS	223,61	+0.96%	2,13	88,019,79
HOME DEPOT	148,0800	+0.24%	0,3500	177,037,78
IBM	144,29	-0.54%	-0,78	134,469,67
INTEL CORP	35,3100	+0.97%	0,3400	166,274,79
J.P.MORGAN CHASE	91,2800	-0.29%	-0,2700	321,214,32
JOHNSON & JOHNSON	131,8500	+0.78%	1,0200	355,181,89
MC DONALD'S CORP	155,8500	-0.70%	-1,1000	127,028,69
MERCK AND CO. NEW	64,11	+0.66%	0,42	175,351,40
MICROSOFT	73,040	-0.16%	-0,120	563,906,42
NIKE	58,67	+0.89%	0,52	76,983,73
PFIZER	33,1500	+0.45%	0,1500	197,834,04
PROCTER AND GAMBLE	90,210	-0.52%	-0,470	230,722,39
TRAVELERS CIES	127,21	+1.06%	1,33	35,103,22
UNITED TECHNOLOGIE	118,87	+0.15%	0,18	95,201,85
UNITEDHEALTH GROUP	191,15	+1.18%	2,22	182,980,55
VERIZON COMMS	47,94	+0.27%	0,13	195,524,17
VISA	99,15	-0.42%	-0,42	181,436,92
WAL-MART STORES	79,8100	+0.04%	0,0300	240,587,18
WALT DISNEY CO	109,9600	-0.04%	-0,0400	172,074,10

M - MILLION DOLLARS

# NASDAQ

CLOSING PRICES JULY 31

COMPANY	PRICE	CHANGE NET / %
<b>Most Advanced</b>		
ArcBest Corporation	\$ 26.95	5.45 ▲ 25.35%
Novan, Inc.	\$ 5.31	1.05 ▲ 24.65%
Zion Oil & Gas Inc	\$ 4.22	0.79 ▲ 23.03%
LeMaitre Vascular, Inc.	\$ 33.94	5.54 ▲ 19.51%
ImmunoGen, Inc.	\$ 6.96	0.87 ▲ 14.29%
Omniceil, Inc.	\$ 48.55	5.775 ▲ 13.50%
Syros Pharmaceuticals, Inc.	\$ 23.06	2.61 ▲ 12.76%
DAVIDsTEA Inc.	\$ 5.65	0.625 ▲ 12.44%
Advanced Accelerator Applications S.A.	\$ 47.20	4.86 ▲ 11.48%
Mitcham Industries, Inc.	\$ 4.19	0.41 ▲ 10.85%
Align Technology, Inc.	\$ 173.06	15.80 ▲ 10.05%
<b>Most Declined</b>		
CyberOptics Corporation	\$ 17.25	6.40 ▼ 27.06%
MicroStrategy Incorporated	\$ 139.99	49.19 ▼ 26.00%
Meta Financial Group, Inc.	\$ 71.85	20.40 ▼ 22.11%
Echo Global Logistics, Inc.	\$ 13.85	3.50 ▼ 20.17%
MobileIron, Inc.	\$ 4.45	1.10 ▼ 19.82%
Bojangles', Inc.	\$ 13.30	2.35 ▼ 15.02%
Huron Consulting Group Inc.	\$ 35.80	6.10 ▼ 14.56%
8x8 Inc	\$ 12.70	2.10 ▼ 14.19%
Acacia Research Corporation	\$ 3.60	0.55 ▼ 13.25%
Wix.com Ltd.	\$ 63.90	9.70 ▼ 13.18%
Kamada Ltd.	\$ 4.50	0.675 ▼ 13.04%

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Price Movement

## Accumulating Funds

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

DEALING PRICE

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€0.9588.....-€0.0002  
£1.1499..... £0.0014  
€1.0744..... €0.0009  
£1.3036..... £0.0041  
€1.2067..... €0.0035  
£1.4437..... £0.0058  
€1.3439..... €0.0050

Price Movement

Remaining Elite Fund prices available on request

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# BoE and ECB in the spotlight

## Ask the expert

Peter Loveday



Currencies Direct

Contact me at [euroweekly@currenciesdirect.com](mailto:euroweekly@currenciesdirect.com)

PART-WAY through July the pound tumbled to an eight-month low against the euro, with GBP/EUR sliding from €1.1432 to €1.1123. While the pound has briefly pushed above €1.12 a couple of times in recent weeks, GBP has failed to sustain any momentum.

EUR/GBP, on the other hand, has been moving between £0.8830 and £0.8990, while EUR/USD surged all the way to a 2 ½ year high of \$1.1767 in the wake of the last Federal Reserve interest rate decision.

### What's been happening?

Sliding UK inflation led many to bet that the Bank of England (BoE) will keep interest rates on hold for the foreseeable future, and those expectations have left the pound pressured over the last couple of weeks.

Other UK data has also failed to offer GBP any encouragement, with the UK economy



GBP/EUR: Suffering from eight-month lows.

growing by just 0.3 per cent in the second quarter and retail spending slumping.

Rumours of infighting in the Tory government and conflicting commentary on the subject of a transitory deal for the UK once it Brexits are another reason the pound has so far been unable to move away from its recent eight-month low against the euro.

The euro, meanwhile, was bolstered by the European Central Bank's (ECB) intention to discuss winding down quantitative easing in

the autumn.

EUR gains were also the result of the US dollar tumbling in the face of falling Federal Reserve interest rate hike bets. The Fed adopted a cautious stance on the subject of domestic inflation at July's gathering, an attitude which left the odds of a third rate adjustment taking place in 2017 in doubt.

Additionally, questions about President Donald Trump's ability to successfully introduce his planned spending and tax adjustments have fur-

ther limited USD exchange rates, helping the euro strengthen in the process.

### What do you need to look out for?

Over the next couple of weeks developments in Brexit negotiations will remain a driver of the GBP/EUR exchange rate. Indications that negotiations are progressing well would be pound-supportive, while further signs of discord could send GBP/EUR to new lows.

This week the biggest cause of pound movement is likely to be the Bank of England's (BoE) interest rate announcement. If the Monetary Policy Committee (MPC) is more split than previously on the subject of when interest rates should rise it could give the pound a serious shot in the arm.

However, if the number of members of the MPC voting for an immediate interest rate adjustment has fallen in light of the decline in UK inflation, GBP exchange rates are liable to slide.

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## BARCELONA TAKES TO THE STREETS Battling illegal holiday lets

THERE has been an ongoing battle between the Barcelona Council and internet giants such as Airbnb and Home Away with fines of €630,000 raised already.

There are stringent rules in Spain requiring that short term rental property including bed and breakfast has to be registered with local councils and properties need to meet certain standards with owners paying tax on the income.

According to the Barcelona Council, Airbnb in particular allows unlicensed property to be offered on its site and this has caused a massive upsurge in illegal holiday rentals, taking long term property off the market.

The council estimates that nearly 50 per cent of Barcelona's holiday properties are being rented out illegally and it has fined Airbnb in particular on more than one occasion, with the threat of more fines to come if the company doesn't remove another 1,000 properties from its site.

Indeed it was only a few weeks ago that a person in Barcelona dis-



One of the beds placed in a Barcelona square.

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covered that the property she was renting out on a long term basis had been 'hi-jacked' by the tenant who had changed the locks and was offering the flat for short term high cost rental.

The only way that she could regain possession of her property was to rent it through Airbnb for the night and change the locks again!

This lack of affordable property and the massive rise in the number of tourists making bookings via the internet has irritated hoteliers and

genuine letting agents as well as those who are paying the correct taxes to the council and national government.

So irritated is the council that it has set up a website [www.fairtourism.barcelona](http://www.fairtourism.barcelona) which gives details of the proper way for tourists to rent properties and also the possibility of reporting unlicensed properties.

To add to this, it has placed beds in various popular tourist spots around the city behind imitation computer screens which state 'Just because this bed is available on the internet doesn't mean it is legal' in a number of languages.

Tourism is recognised as being an important revenue earner for the city but it could be higher if managed properly and those renting properties actually complied with the law.

In response Airbnb has confirmed that it would consider its position but has argued in the past that European laws do not require such sites to monitor for illegal activity but the onus to do this is on the council.

## Jobless numbers reduce

THE number of unemployed in Spain fell to 3.9 million at the end of June, compared to the previous quarter figure of 4.25 million.

Most of these jobs are seasonal and thanks to an ever-growing number of holiday visitors so many of the positions will be on temporary rather than full time contracts.

The good news is that the current unemployment situation shows that 17.2 per cent of potential workers are unemployed, down from a historical peak of 26.9 per cent but this is still almost double the eurozone average.

A large number of those without work are young and the government has recently announced new measures to try to persuade employers to assist those youngsters with training and employment.



No Rain Corp Wikimedia

**JAEN TOWN HALL:**  
The most indebted in Spain.

## Council debts Best and worst

JAEN in Andalucia has been revealed as the most indebted council in Spain owing more than €435 million, whilst Marbella owes less than €1 million.

A review of the finances of municipalities with populations in excess of 100,000 showed that there was a massive difference in the amounts of money owed by councils across the country.

To put this into perspective, Jaen owes slightly less than €4,000 per resident whilst the equivalent debt for Marbella is actually less than €1 per person.

As both of these examples are

based in Andalucia, it shows the widely differing situation between different municipalities and it may be coincidence, but out of the top five towns or cities with highest debt, three of them are controlled by the Partido Popular.

This report was compiled using evidence from various government sources and is up to date to the end of 2016.

It would appear from official statements that the national government is not overly concerned with the state of municipal debts and has approved deficit targets up to 2020.

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## Big Brother is doing its best to help you

ALTHOUGH first proposed by the EU in 2012, the General Data Protection Regulation (GDPR) which comes into force in May 2018 has caught many by surprise.

The purpose of the regulations are to set out a new set of rules in order to allow citizens of the European Union to regain control of their personal data and supposedly make things easier for business to understand its obligations.

With the ever increasing importance of the digital market place, it is considered imperative that data protection reform is introduced in order to protect the rights of individuals and to ensure that out of date information is not kept on company files.

Whenever an individual opens any form of bank account, enrolls for social media,

books a flight or even applies for a new job, certain information has to be supplied which will often include age, address and even credit card numbers.

Under EU law, personal data can only be gathered legally under strict conditions, for a legitimate purpose. Furthermore, persons or organisations which collect and manage your personal information must protect it from misuse and must respect certain rights of the data owners which are guaranteed by EU law.

The problem is however that many businesses have not really come to grips with the procedures needed to be introduced to handle the new protection of data and problems are now envisaged next May.

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# We shouldn't be dictated to

**LEAPY LEE SAYS IT  
OTHERS THINK IT**



I TRULY am becoming utterly fed up with all the doom, gloom and negativity surrounding the Brexit negotiations.

In fact, I am pretty certain that if the referendum were to be held again the remainers would romp home. Frankly I find the 'expertise' of many of our politicians, including Ms May, so filled with non-constructive rhetoric and indecision, I'm seriously concerned there is not some clandestine plot to scupper the negotiations altogether! Where are all the 'leave' champions?

Why are we not hearing enthusiastic and excited discussions about the wonderful new role and limitless chances of wealth and prosperity the UK could enjoy with new world trade deals and business opportunities?

Why are we not sending highly publicised British trade delegations to Australia, the USA, Canada, China,



**GLOOMY OUTLOOK: Where have all the leavers gone?**

Saudi Arabia and the countless other outlets that are soon to become accessible? Why are we not organising trade fairs in all our major cities and inviting the world in to do business with our entrepreneurs and business people?

Don't our esteemed leaders realise how much stronger our negotiating position would be at the Brexit table

if we had a number of juicy deals pending, or already under our belts? At the moment, it's akin to playing poker with no chips.

In fact, to date it seems that the rest of the EU are calling all the shots; arrogantly laying down everything we have to comply with before they 'allow' us to break away with any concessions at all. Well to hell with that.

We now have the opportunity to do business on our own terms with the entire world. We need to be conducting these leave negotiations holding a royal flush, not hedging our bets with a pair of deuces. We should be dictating these concessions, not allowing ourselves to be dictated to.

They really do need us more than we need them. Stop the dithering.

Stop the bickering and start playing the UK's hand like winners; not simpering 'also rans' looking for a hand-out for the cab fare home. I dunno; sometimes I really do despair with all of 'em.


Now for something completely different (hurrah!) Couldn't quite believe my eyes when I saw a couple of reports this week that a man had nearly died from chewing a couple of cherry stones! After checking the month and confirming it was nowhere near April the first, I ventured into Google.

Lo and behold, to my horror I found that it is actually true. Not only do two cherry stones contain enough cyanide to kill a human being, but so do apples! Apparently both of these sources are 'relatively' safe if they are not chewed, and you would actually need the pips from at least 18 apples to cause problems, but two cherry pips would do it. Touch disconcerting don't you think? Mind you Agatha would have loved it!

*Keep the faith*

*Love Leapy*

*leapylee2002@gmail.com*



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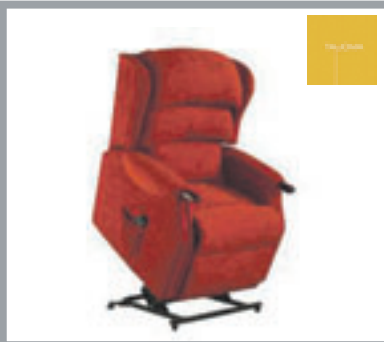
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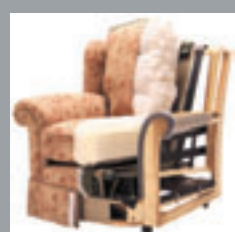
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Complete Upholstery Service - home, garden, car or boat. Catering for all requirements from the smallest repair, to a complete recover & professional cleaning.



**BBC one**

7:00am	Breakfast
10:15am	Animal Park Summer Special
11:00am	Homes Under the Hammer
12:00pm	Going Back Giving Back
12:45pm	Rip Off Britain
1:15pm	Bargain Hunt
2:00pm	BBC News at One
2:30pm	BBC London News
2:45pm	Red Rock
3:30pm	The Code
4:15pm	Escape to the Country
5:15pm	Flog It!
6:15pm	Pointless
7:00pm	BBC News at Six
7:30pm	BBC London News
8:00pm	Thief Trackers
8:30pm	EastEnders
9:00pm	Panorama <i>Current affairs programme featuring interviews and investigative reports.</i>
9:30pm	EastEnders
10:00pm	Who Do You Think You Are?
11:00pm	BBC News at Ten
11:30pm	BBC London News
11:45pm	Kicked Out
12:25am	Queer Britain

**BBC TWO**

7:00am	The TV That Made Me
7:30am	Animal Park Summer Special
8:15am	Bargain Hunt
9:00am	Museum of the Year
9:30am	Great British Menu
10:00am	Victoria Derbyshire
12:00pm	BBC Newsroom Live <i>Stay up to date on the day's top stories with the latest breaking news as it happens.</i>
1:00pm	Britain's Great War
2:00pm	Two Tribes
2:30pm	A Taste of Britain
3:15pm	The Best Dishes Ever
3:45pm	Natural World
4:30pm	This Wild Life
5:00pm	The Life of Mammals
6:00pm	Golf
7:00pm	Eggheads
7:30pm	Letterbox
8:00pm	World Athletics Championships 2017 Preview
9:00pm	10 Puppies and Us
10:00pm	Top of the Lake
11:00pm	The Mash Report
11:30pm	Newsnight
12:15am	Birds of Paradise
1:15am	Horizon

**BBC FOUR**

8:00pm	World News Today <i>The latest national and international news, exploring the day's events from a global perspective.</i>
8:30pm	Top of the Pops
9:00pm	Shipwrecks: Britain's Sunken History
10:00pm	Prejudice and Pride: The People's History of LGBTQ Britain
11:00pm	Queers
11:20pm	Queers
11:40pm	How to be a Lady: An Elegant History <i>Journalist Rachel Johnson goes in search of what seems an almost vanished social type - the lady.</i>
12:40am	Top of the Pops
1:15am	King Alfred and the Anglo Saxons <i>Series in which Michael Wood examines the careers of three Anglo-Saxon rulers.</i>
2:15am	Shipwrecks: Britain's Sunken History

**CHANNEL 4**

7:00am	Countdown
7:45am	Will and Grace
8:10am	Will and Grace
8:35am	Everybody Loves Raymond
9:00am	Everybody Loves Raymond
9:30am	Frasier
10:00am	Frasier
10:35am	Frasier
11:05am	Undercover Boss USA
12:00pm	The Simpsons
12:30pm	The Simpsons
1:00pm	Channel 4 News
1:05pm	Couples Come Dine with Me
2:05pm	Posh Pawn
3:10pm	Countdown
4:00pm	The Question Jury
5:00pm	A Place in the Sun
5:30pm	UEFA Women's Euro 2017 <i>Semi Finals.</i>
8:00pm	The Catch
8:30pm	UEFA Women's Euro 2017
11:00pm	8 Out of 10 Cats Does Countdown
12:05am	Real, Fake or Unknown
1:10am	One Born Every Minute

**CHANNEL 5**

8:00am	Milkshake Monkey
8:05am	Shimmer and Shine
8:20am	Noddy: Toyland Detective
8:35am	Paw Patrol
8:50am	Rusty Rivets
9:05am	Digby Dragon
9:15am	Peppa Pig
9:25am	Peppa Pig
9:35am	Mofy
9:45am	Ben and Holly's Little Kingdom
10:00am	Floogals
10:15am	The Wright Stuff
12:15pm	The Yorkshire Vet
1:10pm	5 News Lunchtime
1:15pm	Celebrity Big Brother
2:15pm	Home and Away
2:45pm	Neighbours
3:15pm	NCIS
4:10pm	Out of Reach
6:30pm	Neighbours
7:00pm	Home and Away
7:30pm	5 News Tonight
8:00pm	All New Traffic Cops
9:00pm	Nightmare Tenants
10:00pm	Celebrity Big Brother In Therapy
11:05pm	Celebrity Big Brother's Bit on the Side
1:00am	Super Casino

**4**

9:00am	Melissa and Joey
9:30am	Melissa and Joey
10:00am	Black-Ish
10:30am	Black-Ish
11:00am	Baby Daddy
11:30am	Baby Daddy
12:00pm	How I Met Your Mother
12:30pm	How I Met Your Mother
1:00pm	The Goldbergs
1:30pm	The Goldbergs
2:00pm	The Big Bang Theory
2:30pm	The Big Bang Theory
3:00pm	Melissa and Joey
3:30pm	Melissa and Joey
4:00pm	Baby Daddy
4:30pm	Baby Daddy
5:00pm	Black-Ish
5:30pm	Black-Ish
6:00pm	The Goldbergs
6:30pm	The Big Bang Theory
7:00pm	The Big Bang Theory
7:30pm	Hollyoaks
8:00pm	Hollyoaks
8:30pm	Coach Trip
9:00pm	The Big Bang Theory
9:30pm	Kevin Can Wait
10:00pm	New Girl
10:30pm	New Girl
11:00pm	The Inbetweeners
11:35pm	The Inbetweeners
12:05am	The Big Bang Theory

**sky sports main event**

7:00am	Good Morning Sports Fans
7:30am	Good Morning Sports Fans
8:00am	Good Morning Sports Fans
8:30am	Good Morning Sports Fans
9:00am	Good Morning Sports Fans
9:30am	Good Morning Sports Fans
10:00am	Live Women's British Open <i>Day one of the Ricoh Women's British Open from Kingsbarns in Scotland</i>
6:00pm	Sky Sports News
7:00pm	Sky Sports News
8:00pm	Transfer Centre <i>A comprehensive round-up of the latest transfer news, with live analysis of all the major moves.</i>
8:30pm	Live Super League <i>A match from the Bettfred Super League Super 8s.</i>
11:30pm	Live Tennis: Washington
5:00am	Through the Night

**itv**

7:00am	Good Morning Britain
9:30am	Lorraine
10:25am	The Jeremy Kyle Show
11:30am	This Morning
1:30pm	Loose Women <i>More lunchtime chat and debate with the ladies and their celebrity guests.</i>
2:00pm	ITV Lunchtime News
2:20pm	ITV News London
2:30pm	ITV Racing Live
5:00pm	Tipping Point
6:00pm	Cash Trapped
7:00pm	ITV News London
7:30pm	ITV Evening News
8:00pm	Emmerdale
8:30pm	Eat, Shop, Save
9:00pm	Emmerdale
9:30pm	James Martin's French Adventure
10:00pm	Inside London Fire Brigade
11:00pm	ITV News at Ten and Weather
11:30pm	ITV News London
11:40pm	Schofield's South African Adventure
12:10am	Lion Country: Night and Day
1:10am	Jackpot247

**itv2**

7:00am	The Hot Desk
7:10am	You've Been Framed!
7:35am	Vanderpump Rules
8:20am	The Ellen DeGeneres Show
9:00am	Emmerdale
9:30am	Coronation Street
10:00am	You've Been Framed!
11:00am	The Great Indoors
11:30am	Guidance
12:00pm	La Story. Ready, Set, Go!
12:15pm	La Story. Time to Talk
12:25pm	Vanderpump Rules
1:20pm	Emmerdale
1:55pm	Coronation Street
2:30pm	You've Been Framed!
3:00pm	The Ellen DeGeneres Show
3:50pm	The Jeremy Kyle Show
4:55pm	The Jeremy Kyle Show
6:00pm	Judge Rinder
7:00pm	You've Been Framed!
8:00pm	You've Been Framed!
9:00pm	Two and a Half Men
9:30pm	Two and a Half Men
10:00pm	Horrible Bosses
11:00pm	FYI Daily
11:05pm	Horrible Bosses
12:05am	Family Guy
12:30am	Family Guy

**itv3**

7:00am	You're Only Young Twice
7:25am	Heartbeat
8:25am	Where the Heart is
9:25am	Wild at Heart
10:25am	Judge Judy
10:55am	Judge Judy
11:25am	Judge Judy
11:50am	Road to Avonlea
12:50pm	Wycliffe <i>Drama series about a Cornish police detective.</i>
2:00pm	Heartbeat
3:10pm	Wild at Heart
5:10pm	On the Buses <i>Sitcom about a chirpy bus driver and his conductor pal.</i>
5:50pm	On the Buses
6:20pm	On the Buses
6:55pm	Heartbeat
8:00pm	Murder, She Wrote <i>Murder mystery series featuring sleuthing scribe Jessica Fletcher.</i>
9:00pm	Endeavour
11:00pm	Law and Order: UK
12:00am	Wire in the Blood
1:00am	Mrs Biggs
2:00am	Marchlands
3:00am	On the Buses

**itv4**

7:00am	Barcelona's European Glory
7:10am	The Chase
8:00am	The Chase
8:55am	Hogan's Heroes
9:30am	Ironsides <i>Drama series about a wheelchair-bound San Francisco detective.</i>
10:30am	Quincy, M.E.
11:35am	Minder
12:35pm	The Chase
1:35pm	Hogan's Heroes
2:10pm	Hogan's Heroes
2:45pm	Ironsides
3:50pm	Quincy, M.E.
4:55pm	Minder
7:00pm	Storage Wars Texas
7:30pm	Storage Wars Texas
8:00pm	The Chase
9:00pm	Road Racing Series
10:00pm	Thunderball
11:10pm	FYI Daily
11:15pm	Thunderball
12:45am	Cliffhanger
1:45am	FYI Daily
1:50am	Cliffhanger
2:55am	The Classic Car Show
3:40am	ITV4 Nightscreen
4:00am	Teleshopping

**sky CINEMA ACTION & ADVENTURE**

7:15am	Precious Cargo
8:50am	Armageddon
11:25am	Jack Reacher: Never Go Back
1:25pm	Smokey and the Bandit
3:05pm	King Arthur
5:15pm	The Karate Kid
7:25pm	Armageddon
10:00pm	Jack Reacher: Never Go Back
12:00am	Rambo

**sky CINEMA COMEDY**

7:35am	War for the Planet of the Apes: Special
8:05am	Hot Shots!
9:40am	Wild Oats
11:20am	Sadie's Last Days on Earth
1:00pm	Knocked Up
3:15pm	The Top Ten Show 2017
3:35pm	Barbershop: The Next Cut
5:35pm	Dragnet
7:25pm	Hot Pursuit
9:00pm	Barbershop: The Next Cut
11:00pm	Knocked Up
1:15am	Trading Places

**sky CINEMA PREMIERE**

7:00am	Adult Beginners
8:35am	Inner Workings
8:45am	Moana
10:40am	Alley Cats
12:30pm	Doctor Strange <i>When a road accident robs him of his glittering career, an ego-driven neurosurgeon seeks out the mysterious Ancient One.</i>
2:40pm	Adult Beginners
4:15pm	Inner Workings
4:25pm	Moana
6:15pm	American Honey <i>Dizzying drama about a dirt-poor teen who leaves home and hits the road with a crew of hard-partying magazine sellers.</i>
9:00pm	Doctor Strange <i>A London courier who witnesses what looks like a murder is sucked into a world of corruption, political power and illegal bike racing.</i>
11:00pm	Alley Cats
12:50am	The Atticus Institute

**sky sports football**

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

**Cassandra Nash**

*A weekly look*

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

PEDRO SANCHEZ is making eyes at the PNV Basque Nationalist party in hopes that its MPs in the national government in the next General Election would help the PSOE form a majority government.

It's not a far-fetched hope as the PSOE and the PNV have supported each other in the past in Madrid and the regional parliament in Vitoria.

But Mariano Rajoy was able to put through his 2017 Budget thanks to the votes of PNV

MPs, support that came at the price of an annual €1.3 billion that the Basque Region will receive until 2021.

But Pedro Sanchez, who still



**IN DENIAL: Mariano Rajoy.**

## Can't give you anything but love, baby

doesn't have a seat in the national parliament, can only offer promises and good intentions at present. And both come a poor second to hard cash, especially in politics.

### Get out of jail free

MARIANO RAJOY denied during his court appearance - as a witness it must be stressed - all knowledge of illegal Partido Popular funding and the Gurtel graft scandal. While those on both sides of the Gurtel fence were allegedly raking in money for themselves and the party through kickbacks and commissions, he was occupied only with political issues and knew nothing of party finances.

Rajoy stated that on taking over as party leader in 2004, he distanced the PP from Correa "for misusing the party's name." Yet he didn't stop the PP in the Valencian Community from using Correa's services long afterwards. So explain that one, Mariano.

### Turkeys vote for Christmas

THE Catalan parliament, at the behest of regional president Carles Puigdemont, approved a law that will allow him to implement - without debate - both the October 1 referendum and secession

should Cataluña vote to leave Spain.

There is a word to describe legislation of this kind - and it certainly isn't 'democracy.'

### No clothes on dry land

THE PSOE and Podemos are in a cleft stick over Cataluña.

Both parties and their leaders can shelter behind the Spanish Constitution which makes no provision for the kind of referendum that Carles Puigdemont and his hench people are preparing.

Podemos in its Catalan version was the most-voted party in the December 2015 and June 2016 General Elections and its supporters are at heart pro-independence.

The PSOE in the past counted on Cataluña

for many of its seats in the national parliament in Madrid, but no longer. Too many PSOE voters are pro-referendum if not pro-secession.

So you get Pedro Sanchez trying to win back PSOE votes with plurinacionalismo which is too little for Cataluña and too much for everyone else. Pablo Iglesias as usual minces his words while sounding hard-hitting by defining the independence referendum as "legitimate mobilisation" while adding that it can't be binding.

Both men are resorting to the Spanish practice of trying to swim while keeping their clothes safe at the same time.

Put another way, they want to please everyone which as usual results in no-one being happy and no clothes on dry land.

## The Catalan One-step

POLITICIANS in Cataluña are increasingly 'stepping aside' as the regional president Carles Puigdemont purges his Cabinet of possible waverers from the straightjacket of secession.

One of the latest was the Education department's second-in-charge and the same department's Education Policy director.

Seems there could soon be a dance called the Catalan One-step although in best Palais de Danse tradition (millennials: your elders will explain) perhaps it should be called the Elimination Waltz.

Advertising feature

# PMR celebrate their 10th anniversary

THIS year marks the 10th anniversary of PMR property management and rental company in Alfaz del Pi.

Established a decade ago by Lisa Turner who had many years experience selling property in the UK and Spain. PMR was formed when Lisa realised people buying property for investment or holiday use needed someone to look after that property with regard to security, cleaning and maintenance.

PMR has now grown into a team of dedicated professionals and become the leading property management and rental specialist on the northern Costa Blanca.

The company offers comprehensive management services to owners by providing everything they could want to look after their home. These services are offered within the various management packages so there is always a sensible choice for homeowners. There are three levels of management service starting with a bronze package costing just €395 per year.

Within these packages owners are provided with regular property inspections and are always kept fully in-



**THE PMR TEAM: The leading property management and rental specialists on the northern Costa Blanca.**

formed by email. Owners can be assured there will be regular checks of household appliances, sanitary and plumbing equipment and TV and satellite connections. A service could also include acting as official key holder and point of contact for those owners who have an alarm system installed.

The PMR team can provide garden and pool maintenance and check water

meters to ensure there are no leaks. They will thoroughly ventilate all rooms and carry out pest and vermin checks and even water house plants if required. So, if it's your holiday home, you can rest assured there will be no nasty surprises awaiting you.

For owners looking to let their property for long term and holiday rental, PMR will provide online and newspaper advertising worldwide. For long term rental PMR will carry out tenant

reference checks, preparation of all contract documents, handling of deposits and transfer of utility bills if required. They will also be able to take advantage of a rental collection service and regular tenant contact.

By focusing solely on the rental industry PMR know they can provide their clients with a better service than they would get from an inmobiliaria. They have a portfolio of properties situated between San Juan and Calpe, al-

though most are situated in the tourist areas and inland of Benidorm, Albir, Altea La Nucia and Villajoyosa.

In addition, PMR also provides a one-stop shop to help process all Spanish documents such as NIE and Residencia applications or driving licence renewals. The friendly bilingual staff also can provide a translation service, debt management assistance or advice with any community issues.

[www.pmrspain.com](http://www.pmrspain.com) / 966 260 877

GOOD NEWS FOR YOUR CAR 902 123 309



BBC one

7:00am	Breakfast
10:15am	Animal Park Summer Special
11:00am	Homes Under the Hammer
12:00pm	Going Back Giving Back
12:45pm	Rip Off Britain
1:15pm	Bargain Hunt
2:00pm	BBC News at One
2:30pm	BBC London News
2:45pm	Red Rock
3:30pm	The Code
4:15pm	Escape to the Country
5:15pm	Flog It!
6:15pm	Pointless
7:00pm	BBC News at Six
7:30pm	BBC London News
8:00pm	World Athletics Championships 2017
11:00pm	BBC News at Ten
11:25pm	BBC London News
11:35pm	Not Going Out
12:05am	Old School with the Hairy Bikers
1:35am	Weather for the Week Ahead
1:40am	BBC News

BBC TWO

7:00am	The TV That Made Me
7:30am	Animal Park Summer Special
8:15am	Bargain Hunt
9:00am	Gardeners' World
10:00am	Victoria Derbyshire
12:00pm	BBC Newsroom Live
1:00pm	Britain's Great War
2:00pm	Two Tribes
2:30pm	A Taste of Britain
3:15pm	The Best Dishes Ever
3:45pm	Natural World
4:30pm	This Wild Life
5:00pm	The Life of Mammals
6:00pm	Golf
7:00pm	World Athletics Championships 2017
8:00pm	Celebrity Antiques Road Trip
9:00pm	Mastermind
9:30pm	Only Connect
10:00pm	Gardeners' World
11:00pm	World Athletics Championships 2017
11:30pm	Newsnight
12:05am	The Help
2:20am	I Shot My Parents
3:20am	Natural World
4:20am	This is BBC Two

BBC FOUR

8:00pm	World News Today <i>The latest national and international news, exploring the day's events from a global perspective.</i>
8:30pm	Top of the Pops <i>Simon Bates and Janice Long present the pop chart programme, first broadcast on 26 April 1984.</i>
9:00pm	BBC Proms 2017
11:05pm	Reginald D Hunter's Songs of the South
12:05am	Oh You Pretty Things: The Story of Music and Fashion
1:05am	Oh You Pretty Things: The Story of Music and Fashion
2:05am	Oh You Pretty Things: The Story of Music and Fashion
3:05am	Top of the Pops
3:45am	Reginald D Hunter's Songs of the South
4:45am	This is BBC Four

CHANNEL 4

7:00am	Countdown
7:45am	Will and Grace
8:10am	Will and Grace
8:35am	Everybody Loves Raymond
9:00am	Everybody Loves Raymond
9:30am	Frasier
10:00am	Frasier
11:05am	Undercover Boss USA
12:00pm	The Simpsons
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1:05pm	Couples Come Dine with Me
2:05pm	Posh Pawn
3:10pm	Countdown
4:00pm	The Question Jury
5:00pm	A Place in the Sun
6:00pm	Come Dine with Me
7:00pm	The Simpsons
7:30pm	Hollyoaks
8:00pm	Channel 4 News
9:00pm	The Secret Life of the Holiday Resort
10:00pm	The Last Leg
11:00pm	Naked Attraction
12:05am	Rude Tube
1:05am	The Cold Light of Day

CHANNEL 5

8:20am	Noddy: Toyland Detective
8:35am	Paw Patrol
8:50am	Rusty Rivets
9:05am	Digby Dragon
9:15am	Peppa Pig
9:35am	Mofy
9:45am	Ben and Holly's Little Kingdom
10:00am	Floogals
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12:15pm	The Yorkshire Vet
1:10pm	5 News Lunchtime
1:15pm	Celebrity Big Brother
2:15pm	Home and Away
2:45pm	Neighbours
3:15pm	NCIS
4:15pm	Jesse Stone: Stone Cold
6:00pm	5 News at 5
6:30pm	Neighbours
7:00pm	Home and Away
7:30pm	5 News Tonight
8:00pm	Cricket on 5
9:00pm	Funniest Ever Puppy Party
10:00pm	Celebrity Big Brother
11:05pm	Autopsy: Kurt Cobain
12:05am	Celebrity Big Brother's Bit on the Side

4

7:00am	Hollyoaks
7:30am	Coach Trip
8:00am	Made in Chelsea
9:00am	Melissa and Joey
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10:00am	Black-Ish
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8:00pm	Hollyoaks
8:30pm	Coach Trip
9:00pm	The Big Bang Theory
9:30pm	The Big Bang Theory
10:00pm	This is 40
12:40am	The Big Bang Theory

sky sports main event

7:00am	Good Morning Sports Fans
7:30am	Good Morning Sports Fans
8:00am	Good Morning Sports Fans
8:30am	Good Morning Sports Fans
9:00am	Good Morning Sports Fans
9:30am	Good Morning Sports Fans
10:00am	Good Morning Sports Fans
11:00am	Cricket
7:45pm	Masterclass: Kumar Sangakkara
8:00pm	Live EFL Championship
11:15pm	Live World Golf Championships
12:30am	World Rugby
1:00am	Live Tennis: Washington
5:00am	Through the Night <i>A comprehensive review of all the night's football news, plus a look ahead to the morning headlines.</i>

itv

7:00am	Good Morning Britain
9:30am	Lorraine
10:25am	The Jeremy Kyle Show
11:30am	This Morning
1:30pm	Loose Women
2:00pm	ITV Lunchtime News
2:20pm	ITV News London
2:30pm	ITV Racing Live
5:00pm	Tipping Point
6:00pm	Cash Trapped
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11:00pm	ITV News at Ten and Weather
11:30pm	ITV News London
11:40pm	Inside London Fire Brigade
12:40am	Tipping Point
1:35am	Jackpot247
4:00am	Storage Hoarders
4:50am	ITV Nightscreen

itv2

7:00am	The Hot Desk
7:10am	You've Been Framed!
7:35am	Vanderpump Rules
8:20am	The Ellen DeGeneres Show
9:00am	Emmerdale
9:30am	Emmerdale
10:00am	You've Been Framed!
11:00am	The Great Indoors
11:30am	Guidance
12:00pm	La Story. Prom Day
12:15pm	La Story. We'll See What Happens
12:25pm	Vanderpump Rules
1:20pm	Emmerdale
1:55pm	Emmerdale
2:30pm	You've Been Framed!
3:00pm	The Ellen DeGeneres Show
3:50pm	The Jeremy Kyle Show
4:55pm	The Jeremy Kyle Show
6:00pm	Judge Rinder
7:00pm	You've Been Framed!
8:00pm	You've Been Framed!
9:00pm	Two and a Half Men
9:30pm	Two and a Half Men
10:00pm	The Hangover Part II
12:05am	Family Guy

itv3

7:00am	You're Only Young Twice
7:25am	Heartbeat
8:25am	Wild at Heart
10:20am	Judge Judy
10:50am	Judge Judy
11:20am	Judge Judy
11:45am	Road to Avonlea
12:45pm	Wycliffe
1:55pm	Heartbeat
3:00pm	The Royal <i>Medical drama series set in a 1960s hospital.</i>
4:05pm	Wycliffe
5:15pm	On the Buses
5:50pm	On the Buses
6:20pm	On the Buses
6:55pm	Heartbeat
8:00pm	Murder, She Wrote
9:00pm	Doc Martin
10:00pm	The Street
11:20pm	Law and Order: UK
12:20am	Wire in the Blood
1:20am	Life of Crime
2:20am	Prime Suspect
4:05am	Mr Selfridge
4:55am	Davina McCall: Life at the Extreme
5:50am	On the Buses

itv4

7:00am	World Cup Top Goalscorers
7:15am	The Chase
8:00am	Storage Wars Texas
8:50am	Hogan's Heroes
9:55am	Ironsides
11:00am	Quincy, M.E.
12:05pm	Minder
1:05pm	The Professionals
2:10pm	Hogan's Heroes
2:45pm	Ironsides
3:50pm	Quincy, M.E.
4:55pm	Minder
6:00pm	The Professionals
7:05pm	Storage Wars Texas
7:30pm	Storage Wars Texas
8:00pm	The Chase
9:00pm	Casino Royale
10:00pm	FYI Daily
10:05pm	Casino Royale
11:40pm	A Dangerous Man
12:50am	FYI Daily
12:55am	A Dangerous Man
1:35am	The Naked Gun: From the Files of Police Squad!
2:40am	FYI Daily
2:45am	The Naked Gun: From the Files of Police Squad!

sky CINEMA ACTION & ADVENTURE

8:50am	The Mummy Returns
11:05am	Die Hard 4.0
1:20pm	Jason Bourne
3:30pm	13 Hours: The Secret Soldiers of Benghazi
6:00pm	Braveheart
9:00pm	Jason Bourne
11:10pm	Die Hard 4.0
1:25am	True Lies
3:50am	Con Air
5:50am	The Magnificent Seven Ride!

sky CINEMA COMEDY

11:30am	Rock the Kasbah
1:25pm	The Boss
3:15pm	The Top Ten Show 2017
3:30pm	Popstar: Never Stop Never Stopping
5:05pm	Back to the Future
7:10pm	Starsky and Hutch
9:00pm	The Boss
10:45pm	Popstar: Never Stop Never Stopping
12:20am	The Blues Brothers
2:40am	Deuce Bigalow: Male Gigolo

sky CINEMA PREMIERE

7:00am	The Atticus Institute
8:35am	Alley Cats
10:20am	Inner Workings <i>Animated Disney short that brings to life the constant internal struggle between head and heart.</i>
10:30am	Moana
12:30pm	The Infiltrator
2:45pm	War for the Planet of the Apes: Special <i>Sky Movies takes a special, behind-the-scenes look at sci-fi action sequel War for the Planet of the Apes.</i>
3:15pm	Doctor Strange
5:20pm	Adult Beginners
7:00pm	Moana
9:00pm	The Infiltrator
11:10pm	Doctor Strange
1:10am	American Honey
4:05am	Alley Cats

sky sports football

7:00am	EFL Greatest Games
7:30am	EFL Greatest Games
8:00am	EFL Greatest Games
8:30am	EFL Greatest Games
9:00am	EFL Greatest Games
9:30am	EFL Greatest Games
10:00am	League 1 Play-Off Finals
11:00am	EFL Kick-Off
12:00pm	League 1 Play-Off Finals
1:00pm	League 2 Play-Off Finals
2:00pm	League 1 Play-Off Finals
3:00pm	League 2 Play-Off Finals
4:00pm	League 1 Play-Off Finals
5:00pm	EFL Greatest Games
5:15pm	EFL Greatest Games
5:30pm	Championship Season Review
6:30pm	Info not available
7:00pm	EFL Kick-Off
8:00pm	Football <i>Sunderland v Derby.</i>
11:15pm	Working with Wolves
11:45pm	Info not available
12:15am	EFL Greatest Games



## LEGALLY SPEAKING

# Summer warnings

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.



**CHECK FIRST: For animals sheltering.**

### Email scam warning

THE N-332 Guardia Civil Traffic team are warning readers of a new email scam that is starting to resurface notifying the victim of a supposed traffic fine.

The emails usually say the victim has been caught speeding by the DGT and must pay a fine, as well as losing points from their driving licence. As a way of proving the case, the email informs the recipient there is a photo attached taken by a traffic camera which the person is encouraged to click and open. However this file is malware and infects the users system once clicked.

So the Guardia Civil warns anyone if they receive an email notification along these lines, not to open it and delete it immediately.

Remember, the DGT, or any other offi-

cial traffic authority in Spain, never issues notifications by email, unless the recipient has expressly requested them to do so, so any random email alleging to be from the DGT is likely to be fake.

### Sheltered from the sun

The second warning this week from the N-332 team is to be aware of animals potentially sheltering from the hot summer sun under parked cars. Occasionally they may find their way into the engine compartment or wheel arches so always check your vehicle before starting the engine and before driving off. If you do find an animal and are unable to move it, call for assistance. This was the case in Elche this week when Local Police had to rescue a cat which had found its way into the engine compartment.

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

## Is there cause for complaint?

**Q.** Recently we were 'ambushed' by a couple of local plumbers along with our Community President, declaring that a water leak from our bathroom was entering apartments below us. They proceeded to tear out our toilet and only then informed us, in a threatening manner, that it would cost €700 to fix. When we said that we wanted a formal

'factura' with all their details on it, they suddenly dropped the price by half. Then they said that they would not continue the work until they were paid, and we said we would call the police. The next day they finished and replaced the toilet. Do we have grounds for a complaint?

*P W (Costa del Sol)*

**A.** In theory, yes. The plumbers attempted to extort from you more money than the job was worth and then threatened to leave the job

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



undone unless you paid.

Finally, they committed a tax fraud by getting paid in black. However, you stood up to them. Good for you. The problem is then how to prove this.

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

## It's just all too confusing

**Mike Senker**  
In my opinion



Views of a Grumpy Old Man

IN the news this week we have been informed, once again, something we had all obediently adhered to for years may not be true. Case 1 is antibiotics. We have always been told to finish the course. Now we are told don't finish the course. Well, maybe finish the course, we aren't too sure. Maybe don't if you think you are feeling better. So it's now down to me how I feel. As I'm not a doctor I don't know if I'm better or not do I? Or do I? Too confusing for me. I'll just finish them to be safe.

Case 2 - drinking. I don't drink any more. I used to drink ... a lot, so I stopped and over the years of over indulging I developed type 2 diabetes. Now this week I read that if I start drinking again it might help my diabetes. But everything I've been told by my doctors is different. The point I'm trying to make is that so many things we are told or sold as being correct finish up being bad. Eat eggs, don't eat eggs. Take statins, don't take statins. What about the whole pregnancy thing? Babies have been born every minute of every day worldwide for thousands of years. Now there are pages and pages of things you can't eat or do. How did

the world exist before? Of course, science and research tells us things like smoking are bad for everyone but for years it was cool to do.

Which brings me on to driving. First we were all sold petrol cars. Then, after a few years, we were told to dump our petrol cars and get diesel cars and then surprise, surprise we were told diesel is actually killing us all so get rid of them and go back to petrol. And now we have to get rid of them both and go electric. Oh and by the way after 2040 you won't even be able to buy a non-electric car. Just how are they going to make this work? Isn't too clear to me because there are very few electric cars that can do over a hundred miles without needing to be recharged. Now, I'm sure over the next 20 odd years they will sort that problem.

But what about the 10 extra power stations that will need to be built? How are you going to charge your car at home? I mean, in Spain, if you turn the hairdryer on whilst the dishwasher is on your whole fuse box shuts down! According to a National Grid report, peak demand for electricity could add around 30 gigawatts to the current peak of 61GW - an increase of 50 per cent. What will happen to all the giant oil companies? I'm going to look at this more later but I don't think they will be able to do it in the time allotted. But I won't be around so someone else can be grumpy about it then. Email [mikesenker@gmail.com](mailto:mikesenker@gmail.com).



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GOOD NEWS FOR YOUR CAR 902 123 309



**BBC one**

7:00am	Breakfast
11:00am	Saturday Kitchen Live
12:30pm	Nadiya's British Food Adventure
1:00pm	Bargain Hunt
2:00pm	BBC News
2:10pm	Weather
2:15pm	Homes Under the Hammer
3:00pm	I Am Bolt
4:30pm	The Heroes of Super Saturday: Jess, Mo and Greg
5:25pm	Escape to the Continent
6:25pm	Pointless
7:10pm	BBC News
7:20pm	Regional News
7:25pm	Weather
7:30pm	World Athletics Championships 2017
11:00pm	BBC News
11:15pm	Weather
11:20pm	Mrs. Brown's Boys D'Movie
12:55am	I Know What You Did Last Summer
2:30am	Weather for the Week Ahead
2:35am	BBC News

**BBC TWO**

7:10am	The Spanish Main
8:45am	The Magic Box
10:30am	World Athletics Championships 2017
3:00pm	Food and Drink
3:30pm	Flog It!
4:20pm	Mastermind
4:50pm	University Challenge
5:20pm	Only Connect
5:50pm	Gardeners' World
6:50pm	The Sweet Makers: A Victorian Treat
7:50pm	BBC Proms Extra
8:30pm	Royal Cousins at War
9:30pm	Dad's Army
10:00pm	Billy Connolly: Portrait of a Lifetime
11:00pm	World Athletics Championships 2017
11:30pm	What We Did on Our Holiday
12:55am	Golf
2:00am	In the House
3:40am	This is BBC Two

**BBC FOUR**

8:00pm	Capability Brown's Unfinished Garden
9:00pm	Britain's Treasure Islands
10:00pm	I Know Who You are
11:05pm	I Know Who You are
12:15am	Top of the Pops <i>Special 20th anniversary edition of the pop chart programme, first broadcast on 5 January 1984.</i>
12:50am	Top of the Pops
1:30am	From Andy Pandy to Zebedee: The Golden Age of Children's TV
2:30am	Slade at the BBC
3:30am	Nina Simone and Me with Laura Mvula
4:00am	Britain's Treasure Islands

**CHANNEL 4**

7:10am	Tenerife Blue Trail
7:40am	Motorsport
8:35am	Everybody Loves Raymond
9:00am	Everybody Loves Raymond
9:30am	Frasier
10:00am	Frasier
10:30am	Frasier
11:00am	The Big Bang Theory
11:25am	The Big Bang Theory
11:55am	The Simpsons
12:25pm	The Simpsons
12:55pm	Ramsay's Kitchen Nightmares USA
1:50pm	Four in a Bed
2:55pm	Four in a Bed
4:00pm	Four in a Bed
4:30pm	A Place in the Sun: Winter Sun
5:35pm	Big House, Little House
6:35pm	Kirstie and Phil's Love it or List it
7:30pm	Channel 4 News
8:00pm	Britain at Low Tide
9:00pm	Paul O'grady's Hollywood
10:00pm	Red
12:10am	American Pie: Reunion

**CHANNEL 5**

7:00am	Milkshake!
11:40am	Chinese Food in Minutes
11:55am	Dogs Make You Laugh Out Loud
12:20pm	Police Interceptors
1:15pm	Police Interceptors
2:15pm	Bargain Loving Brits in the Sun
3:10pm	Bargain Loving Brits in the Sun
4:10pm	The Nightmare Neighbour Next Door
5:05pm	The Nightmare Neighbour Next Door
6:00pm	Can't Pay? We'll Take it Away!
7:00pm	Can't Pay? We'll Take it Away!
8:00pm	Cricket on 5
9:00pm	Can't Pay? We'll Take it Away!
9:55pm	5 News
10:00pm	Football on 5
10:50pm	Football on 5
11:20pm	Celebrity Big Brother
12:20am	Queens of Pop
1:15am	Super Casino
4:10am	Royal Funerals

**4**

7:00am	The Goldbergs
7:30am	The Goldbergs
7:55am	The Goldbergs
8:25am	The Goldbergs
8:55am	The Goldbergs
9:30am	Made in Chelsea
10:30am	Binky and Jp's Baby: Born in Chelsea
11:30am	Coach Trip
12:00pm	Coach Trip
12:35pm	Coach Trip
1:05pm	Coach Trip
1:35pm	Coach Trip
2:05pm	The Goldbergs
2:35pm	The Goldbergs
3:05pm	The Goldbergs
3:35pm	The Goldbergs
4:00pm	The Goldbergs
4:35pm	The Big Bang Theory
5:00pm	The Big Bang Theory
5:35pm	The Big Bang Theory
6:00pm	The Big Bang Theory
6:30pm	The Big Bang Theory
7:00pm	The Big Bang Theory
7:30pm	The Big Bang Theory
8:00pm	The Big Bang Theory
8:30pm	The Big Bang Theory
9:00pm	Don't Tell the Bride
10:00pm	Bridesmaids
12:30am	Gogglebox
1:20am	Gogglebox

**sky sports main event**

7:00am	Through the Night
8:00am	Live Super Rugby
10:00am	Good Morning Sports Fans
11:00am	Cricket
1:30pm	Football
3:30pm	Cricket
5:00pm	Live GAA Football Quarter Final
6:30pm	Live EFL Championship
8:45pm	Live World Golf Championships
12:00am	Through the Night
1:00am	Live Tennis: Washington
3:00am	Through the Night
4:00am	Through the Night
5:00am	Through the Night

**itv**

7:00am	CITV
9:25am	ITV News
9:30am	Weekend
10:25am	ITV Racing: The Opening Show
11:20am	Gok's Lunchbox
12:15pm	1000 Heartbeats
1:15pm	ITV News and Weather
1:25pm	Tipping Point
2:30pm	ITV Racing Live
5:00pm	The Chase
6:00pm	Little Big Shots USA
7:00pm	Local News and Weather
7:05pm	ITV News and Weather
7:15pm	You've Been Framed!
8:15pm	Catchphrase
9:00pm	The Hobbit: The Battle of the Five Armies
11:35pm	ITV News and Weather
11:50pm	GoldenEye
2:20am	Jackpot247
4:00am	Hungry Sailors
4:50am	Nightscreen

**itv2**

7:00am	The Hot Desk
7:10am	Emmerdale Omnibus
10:05am	Coronation Street
12:30pm	Take Me Out
1:40pm	Harry Hill's Alien Fun Capsule
2:10pm	You've Been Framed!
2:40pm	The Waterboy
3:40pm	FYI Daily
3:45pm	The Waterboy
4:30pm	Yogi Bear
5:30pm	FYI Daily
5:35pm	Yogi Bear
6:10pm	Nanny McPhee
7:10pm	FYI Daily
7:15pm	Nanny McPhee
8:15pm	Liar Liar
9:15pm	FYI Daily
9:20pm	Liar Liar
10:00pm	Fast and Furious Five
11:00pm	FYI Daily
11:05pm	Fast and Furious Five
12:35am	Family Guy
1:05am	Family Guy

**itv3**

7:00am	On the Buses
7:25am	Murder, She Wrote
8:20am	Murder, She Wrote
9:20am	The Darling Buds of May
10:30am	Sherlock Holmes
12:45pm	Wycliffe
1:55pm	Columbo
3:55pm	Lewis
6:00pm	Lewis
8:00pm	Agatha Christie's Marple
10:00pm	Foyle's War
12:00am	Law and Order: UK
1:00am	Law and Order: UK
2:05am	Law and Order: UK
2:55am	On the Buses
3:20am	ITV3 Nightscreen
3:30am	Teleshopping

**itv4**

7:15am	Tommy Cooper
7:40am	Minder
8:45am	Motorsport UK
9:45am	Road Racing Series 2017
10:45am	The Classic Car Show
11:40am	British Touring Car Championship Highlights
1:15pm	Dunkirk
2:25pm	FYI Daily
2:30pm	Dunkirk
4:00pm	The Alamo
5:00pm	FYI Daily
5:05pm	The Alamo
7:15pm	Storage Wars
7:50pm	Storage Wars
8:15pm	Police Academy 4: Citizens on Patrol
9:20pm	FYI Daily
9:25pm	Police Academy 4: Citizens on Patrol
10:00pm	Terminator 2: Judgment Day
11:05pm	FYI Daily
11:10pm	Terminator 2: Judgment Day
12:45am	Harry Brown
1:45am	FYI Daily

**sky CINEMA ACTION & ADVENTURE**

7:35am	Rocky
9:40am	Independence Day: Resurgence
11:45am	The Patriot
2:35pm	The Great Escape
5:30pm	Rocky
7:35pm	Master and Commander: The Far Side of the World
10:00pm	Independence Day: Resurgence
12:10am	The Rock

**sky CINEMA COMEDY**

7:40am	The Naked Gun 2 1/2: The Smell of Fear
9:10am	Dad's Army
11:00am	Spider-Man: Homecoming: Special
11:30am	Couples Retreat
1:30pm	Bridget Jones's Baby
3:40pm	Sausage Party
5:15pm	Dad's Army
7:00pm	Couples Retreat
9:00pm	Bridget Jones's Baby
11:10pm	Sausage Party
12:45am	Beverly Hills Cop
2:35am	Beverly Hills Cop II

**sky CINEMA PREMIERE**

7:00am	The Atticus Institute
8:30am	Independence Day
9:00am	Moana
10:50am	War for the Planet of the Apes: Special
11:20am	Storks
1:00pm	The Infiltrator
3:15pm	Doctor Strange
5:20pm	Inner Workings
5:30pm	Moana
7:20pm	Storks
9:00pm	The Infiltrator
11:10pm	Doctor Strange
1:15am	Adult Beginners
3:05am	American Honey

**sky sports football**

7:00am	EFL Greatest Games
7:15am	EFL Greatest Games
7:30am	SPFL Greatest Games
7:45am	La Liga Greatest Games
8:00am	EFL Greatest Games
8:15am	Football
11:30am	SPFL Greatest Games
12:00pm	Celtic's Invincibles
1:00pm	Football
4:00pm	Gillette Soccer Saturday
6:15pm	Football
8:45pm	EFL Greatest Games
9:00pm	Football Countdowns
9:30pm	Football Countdowns
10:00pm	Football Countdowns
10:30pm	EFL Greatest Games
10:45pm	EFL Goals: Championship
11:15pm	EFL Goals: League 1
11:45pm	EFL Greatest Games
12:00am	EFL Greatest Games
12:15am	EFL Greatest Games
12:30am	EFL Goals: Championship
1:00am	EFL Goals: League 1
1:30am	Football
3:35am	Football

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BBC one

7:00am	Breakfast
10:00am	BBC News
11:00am	Sunday Morning Live
12:00pm	Homes Under the Hammer
1:00pm	Bargain Hunt
2:00pm	BBC News
2:10pm	Weather for the Week Ahead
2:15pm	Wallace and Gromit: A Grand Day Out
2:40pm	Frozen
4:10pm	Escape to the Country
4:40pm	Songs of Praise
5:15pm	Pointless
6:00pm	BBC News
6:20pm	Regional News
6:25pm	Weather
6:30pm	Countryfile
7:30pm	Athletics
10:00pm	Poldark
11:00pm	BBC News
11:20pm	Regional News
11:25pm	Weather
11:30pm	Match of the Day
12:15am	The Recruit
2:05am	Weather for the Week Ahead
2:10am	BBC News

BBC TWO

7:20am	The Instant Gardener
8:05am	Gardeners' World
9:05am	The Beechgrove Garden
	<i>Scotland's favourite gardening programme.</i>
9:35am	Countryfile
10:30am	World Athletics Championships 2017
6:00pm	Britain's Ancient Capital: Secrets of Orkney
7:00pm	Steve Backshall's Extreme Mountain Challenge
8:00pm	Inside the Factory
	<i>Documentary revealing what goes on at some of the largest factories in Britain.</i>
9:00pm	Secrets of Silicon Valley
10:00pm	World Athletics Championships 2017
11:30pm	Gareth Thomas: Hate in the Beautiful Game
12:30am	Golf
1:30am	Countryfile

BBC FOUR

8:00pm	BBC Proms 2017
9:30pm	The Richard Burton Diaries
10:00pm	Frank Skinner on George Formby
	<i>Documentary.</i>
11:00pm	Babs
	<i>Drama.</i>
12:30am	Bouffants Beehives and Bobs: The Hairdos That Made Britain
1:30am	Capability Brown's Unfinished Garden
2:30am	How to be a Lady: An Elegant History
	<i>Journalist Rachel Johnson goes in search of what seems an almost vanished social type - the lady.</i>
3:30am	Frank Skinner on George Formby
4:30am	This is BBC Four
	<i>BBC Four is the BBC channel for people who want more.</i>

CHANNEL 4

7:00am	Kirstie's Vintage Gems
7:10am	Last Man Standing
7:35am	Cycling
8:00am	Motorsport
8:30am	Motorsport
9:30am	Frasier
10:00am	Frasier
10:30am	Sunday Brunch
1:30pm	George Clarke's Amazing Spaces
2:30pm	The Simpsons
3:00pm	The Simpsons
3:30pm	The Simpsons
4:00pm	UEFA Women's Euro 2017
	<i>Live coverage from the FC Twente Stadion in Enschede of the final of the UEFA Women's Euro 2017.</i>
7:30pm	Channel 4 News
8:00pm	The Mystery of the Crossrail Skulls
9:00pm	Diana
10:50pm	The King's Speech
1:00am	The Anomaly
2:40am	60 Days in Jail
3:30am	Location, Location, Location

CHANNEL 5

7:00am	Milkshake!
	<i>Programming aimed at children aged two to seven years old.</i>
11:20am	Football on 5
12:05pm	Football on 5
12:30pm	Cheaper by the Dozen 2
2:20pm	The Royals
3:15pm	Inside Buckingham Palace: The Queens Worst Year
4:15pm	Inside Buckingham Palace
5:15pm	Inside Buckingham Palace
6:10pm	Dirty Dancing
8:00pm	Cricket on 5
8:55pm	5 News
9:00pm	Dads Make You Laugh Out Loud
	<i>Compilation of the funniest internet videos featuring dads.</i>
10:00pm	Celebrity Big Brother
11:00pm	The Last Days of Patrick Swayze
	<i>**Swayze Sunday**</i>
12:05am	Point Break
2:15am	Super Casino

4

7:00am	Rude(ish) Tube
7:25am	Couples Come Dine with Me
8:20am	Couples Come Dine with Me
9:30am	Hollyoaks Omnibus
12:00pm	Made in Chelsea
1:05pm	Binky and Jp's Baby: Born in Chelsea
2:05pm	Kevin Can Wait
2:35pm	New Girl
3:05pm	New Girl
3:35pm	The Goldbergs
4:00pm	The Goldbergs
4:35pm	The Goldbergs
5:00pm	The Big Bang Theory
5:30pm	The Big Bang Theory
6:00pm	The Big Bang Theory
6:30pm	The Big Bang Theory
7:00pm	The Big Bang Theory
7:30pm	The Big Bang Theory
8:00pm	The Big Bang Theory
8:30pm	The Big Bang Theory
9:00pm	Night at the Museum
11:10pm	Don't Tell the Bride
12:15am	Tattoo Fixers on Holiday
1:20am	Gogglebox
2:10am	Rude Tube
3:15am	First Dates

sky sports main event

7:00am	Through the Night
8:00am	Good Morning Sports Fans
9:00am	Good Morning Sports Fans
10:00am	Cricket Writers on TV
11:00am	Cricket
	<i>Day three of the fourth Test between England and South Africa at Old Trafford.</i>
2:00pm	Football
	<i>Motherwell v Rangers.</i>
5:00pm	Football
	<i>Bolton Wanderers v Leeds United.</i>
8:00pm	Live World Golf Championships
	<i>Day four of the World Golf Championships-Bridgestone Invitational from Firestone Country Club in Akron, Ohio.</i>
12:00am	Through the Night
1:00am	Through the Night
2:00am	Through the Night
3:00am	Through the Night
4:00am	Through the Night

itv

7:00am	CITV
9:25am	ITV News
9:30am	Weekend
10:25am	Judge Rinder
11:20am	Long Lost Family
12:20pm	Love Your Garden
1:20pm	ITV News and Weather
1:25pm	James Martin's French Adventure
1:55pm	Rebound
2:55pm	Tipping Point
3:55pm	Bear Gryll's Survival School
4:25pm	The Living Daylights
7:00pm	Local News and Weather
7:15pm	ITV News and Weather
7:30pm	The Chase Celebrity Special
8:30pm	Harry Potter and the Half-Blood Prince
11:25pm	ITV News and Weather
11:40pm	Judge Rinder's Crime Stories
12:40am	Take Me Out
1:40am	Jackpot247
4:00am	Motorsport UK

itv2

7:00am	The Hot Desk
7:10am	You've Been Framed!
7:35am	Emmerdale Omnibus
10:40am	Coronation Street Omnibus
1:05pm	Ninja Warrior
2:05pm	Mr. Bean
2:40pm	Mr. Bean
3:15pm	You've Been Framed!
4:20pm	Planet 51
5:20pm	FYI Daily
5:25pm	Planet 51
6:10pm	A Bug's Life
7:10pm	FYI Daily
7:15pm	A Bug's Life
8:15pm	The Amazing Spider-Man 2
9:15pm	FYI Daily
9:20pm	The Amazing Spider-Man 2
11:00pm	Family Guy
11:30pm	Family Guy
12:00am	Family Guy
12:25am	Family Guy
12:55am	American Dad!
1:25am	American Dad!
1:50am	The Cleveland Show
2:20am	The Cleveland Show
2:50am	Viral Tap
3:30am	Teleshopping

itv3

7:00am	Agatha Christie's Marple
8:40am	Heartbeat
	<i>Drama, set in the North Yorkshire moors in the 1960's.</i>
9:40am	Heartbeat
10:45am	Murder, She Wrote
	<i>Drama series about a sleuthing writer who solves murder mysteries.</i>
11:45am	Murder, She Wrote
12:45pm	The Darling Buds of May
1:55pm	Columbo
3:50pm	Wycliffe
4:55pm	Foyle's War
7:00pm	Lewis
9:00pm	Midsomer Murders
11:00pm	Law and Order: UK
	<i>Crime drama based on the hit US series Law and Order.</i>
12:00am	Law and Order: UK
1:00am	Wire in the Blood
2:05am	Wire in the Blood
3:00am	Sherlock Holmes
4:45am	May the Best House Win

itv4

7:35am	British Touring Car Championship Highlights
8:55am	The Big Fish Off
10:00am	Monster Carp
11:00am	River Monsters
12:05pm	River Monsters
1:10pm	Storage Wars
1:35pm	Storage Wars
2:05pm	The Alamo
3:05pm	FYI Daily
3:10pm	The Alamo
5:20pm	The Man From the Alamo
6:20pm	FYI Daily
6:25pm	The Man From the Alamo
7:00pm	The Chase: Celebrity Special
8:05pm	Police Academy 5: Assignment Miami Beach
9:10pm	FYI Daily
9:15pm	Police Academy 5: Assignment Miami Beach
10:00pm	Cliffhanger
11:00pm	FYI Daily
11:05pm	Cliffhanger
12:10am	Mars Attacks!

sky CINEMA ACTION & ADVENTURE

7:30am	Walking Tall
9:00am	The Bourne Identity
11:00am	I Am Legend
12:45pm	King Arthur
2:55pm	The Day the Earth Stood Still
4:45pm	Rocky II
6:50pm	The Bourne Identity
9:00pm	The Italian Job
11:00pm	I Am Legend
12:50am	Face/Off
3:15am	Underworld

sky CINEMA COMEDY

7:50am	The Naked Gun 33 1/3: The Final Insult
9:20am	Turner and Hooch
11:10am	Notting Hill
1:20pm	Absolutely Fabulous: The Movie
3:00pm	Keanu
4:45pm	In Her Shoes
7:00pm	Sisters
9:00pm	Absolutely Fabulous: The Movie
10:40pm	Keanu
12:30am	The Bad Education Movie

sky CINEMA PREMIERE

7:00am	Cars 3: Special
7:15am	Moana
9:15am	The Infiltrator
11:25am	Storks
1:05pm	War for the Planet of the Apes: Special
1:35pm	Blood Father
3:10pm	Inner Workings
3:20pm	Moana
5:20pm	Doctor Strange
7:20pm	Storks
	<i>Charming animated adventure about a world where storks now deliver everything but babies, until an office mishap that is.</i>
9:00pm	Blood Father
10:35pm	The Infiltrator
	<i>Crime drama about a chameleonic US agent who infiltrates the intricate criminal network of drug kingpin Pablo Escobar.</i>
12:45am	Doctor Strange
2:50am	Alley Cats
4:40am	After Love

sky sports football

7:00am	Football
10:00am	Football
12:30pm	SPFL Greatest Games
12:45pm	SPFL Greatest Games
1:00pm	SPFL Greatest Games
1:15pm	SPFL Greatest Games
1:30pm	SPFL Greatest Games
1:45pm	SPFL Greatest Games
2:00pm	Football
5:00pm	Football
8:00pm	EFL Goals: Championship
8:30pm	EFL Goals: League 1
9:00pm	Transfer Centre
	<i>A comprehensive round-up of the latest transfer news, with live analysis of all the major moves.</i>
9:30pm	Football Countdowns
10:00pm	Football
	<i>Portland Timbers v La Galaxy.</i>
12:00am	Football
	<i>New York City v New York Red Bulls.</i>
2:10am	MLS Greatest Games
2:15am	Football
	<i>Sporting Kansas v Atlanta United.</i>

Advertising feature

# Four times the fun with Kathmandu

WITH four restaurants across the north Costa Blanca, Kathmandu are now serving more customers than ever meaning that if you are in Denia, Moraira, Javea or Albir, you will find your favourite Indian.

Kathmandu is a well-established Indian and Nepalese restaurant that is owned and run by two families. It first opened in Calpe before that closed and a new premises was found in Moraira 10 years ago. In the last decade, such has been their popularity that Kathmandu has expanded with a further three restaurants in Denia and Javea with their latest in Albir, opening on March 22 this year, located in front of Hotel Albir Playa.

There is a spacious terrace area for 50 people allowing you to enjoy an Indian summer with al fresco dining, and a further 80 guests can be seated inside.

Whilst the exteriors and interiors may be different, all offer the same friendly service, and amazing food, all freshly cooked using authentic spices from the Himalayas. All four restaurants open daily for lunch at 12.30pm until 4pm and then again from 6pm. Kathmandu offers a €9.95 three-course lunchtime menu which is a highly popular option and a special



**KATHMANDU: Four restaurants across the north Costa Blanca.**

menu costing €13.50 is also offered during the day and evening which offers a wide option of around 50 dishes for diners to choose from.

Families are welcome and a children's menu is available for younger diners and for those who prefer to eat in the comfort of their own home without the hassle of cooking, a takeaway service is available.

For customers looking for a real night out, every month, in Denia, Moraira and

Javea, there is live music so contact the restaurant of your choice to find out more about forthcoming events and book your table for what promises to be a night of great food, great company and great entertainment.

*Kathmandu Denia*

*Tel: 965 784 345*

*Kathmandu Moraira*

*Tel: 965 784 345*



*Kathmandu Javea*

*Tel: 966 471 684*

*Kathmandu Albir*

*Tel: 865 677 176*

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BBC one

11:00am	Homes Under the Hammer
12:00pm	Matron, Medicine and Me: 70 Years of the NHS
12:45pm	Rip Off Britain
1:15pm	Bargain Hunt
2:00pm	BBC News
2:30pm	Regional News
2:45pm	Red Rock
3:30pm	The Code
4:15pm	Escape to the Country
5:15pm	Flog It!
6:15pm	Pointless
7:00pm	BBC News
7:30pm	Regional News
8:00pm	The One Show
8:30pm	The Bug Grub Couple
9:00pm	EastEnders
9:30pm	World Athletics Championships 2017
11:00pm	BBC News
11:30pm	Regional News
11:40pm	Weather
11:45pm	Have I Got Old News for You
12:15am	Have I Got a Bit More Old News for You

BBC TWO

7:00am	The TV That Made Me
7:30am	Animal Park Summer Special
8:15am	Bargain Hunt
9:00am	The Sheriffs are Coming
10:00am	Victoria Derbyshire
12:00pm	BBC Newsroom Live
1:00pm	Golf
2:00pm	Triathlon World Series: Montreal Highlights
3:30pm	A Taste of Britain
4:15pm	Patagonia: Earth's Secret Paradise
5:15pm	The Life of Mammals
6:15pm	Antiques Road Trip
7:00pm	World Athletics Championships 2017
9:30pm	Nadiya's British Food Adventure
10:00pm	Man in an Orange Shirt
11:00pm	World Athletics Championships 2017
11:30pm	Newsnight
12:10am	Weather
12:15am	Is it Safe to be Gay in the UK?
1:15am	Panorama

BBC FOUR

8:00pm	World News Today
8:30pm	The Boats That Built Britain
9:00pm	Tornado - the 100mph Steam Engine
9:30pm	The Return of Flying Scotsman
10:00pm	Vikings
11:00pm	Nelson's Caribbean Hell-Hole: An Eighteenth Century Navy Graveyard Uncovered
12:00am	Sex and Sensibility: The Allure of Art Nouveau
1:00am	Carved with Love: The Genius of British Woodwork
2:00am	Tornado - the 100mph Steam Engine
2:30am	The Return of Flying Scotsman
3:00am	Vikings
4:00am	Nelson's Caribbean Hell-Hole: An Eighteenth Century Navy Graveyard Uncovered

CHANNEL 4

7:45am	Will and Grace
8:10am	Will and Grace
8:35am	Everybody Loves Raymond
9:00am	Everybody Loves Raymond
9:30am	Frasier
10:00am	Frasier
10:35am	Frasier
11:00am	The Big Bang Theory
11:30am	The Big Bang Theory
12:00pm	The Simpsons
12:30pm	The Simpsons
1:00pm	Channel 4 News
1:05pm	Couples Come Dine with Me
2:05pm	Posh Pawn
3:10pm	Countdown
4:00pm	The Question Jury
5:00pm	A Place in the Sun
6:00pm	Four in a Bed
6:30pm	Come Dine with Me
7:00pm	The Simpsons
7:30pm	Hollyoaks
8:00pm	Channel 4 News
9:00pm	Animal Rescue Live: Supervet Special
10:00pm	999: What's Your Emergency?
11:00pm	Eden
12:05am	60 Days in Jail

CHANNEL 5

7:00am	Milkshake!
<i>Programming aimed at children aged two to seven years old.</i>	
10:15am	The Wright Stuff
12:15pm	The Yorkshire Vet
1:10pm	5 News
1:15pm	Celebrity Big Brother
2:10pm	Access
2:15pm	Home and Away
2:45pm	Neighbours
3:15pm	NCIS
4:15pm	A Healthy Place to Die: Gourmet Detective
6:00pm	5 News
6:30pm	Neighbours
7:00pm	Home and Away
7:30pm	5 News
8:00pm	Cricket on 5
9:00pm	All New Traffic Cops
10:00pm	Celebrity Big Brother
11:00pm	Make or Break?
12:05am	Celebrity Big Brother's Bit on the Side
1:05am	Celebrity Botched Up Bodies
2:00am	Super Casino
4:10am	Bargain Loving Brits in the Sun

4

10:00am	Black-Ish
10:30am	Black-Ish
11:00am	Baby Daddy
11:30am	Baby Daddy
12:00pm	How I Met Your Mother
12:30pm	How I Met Your Mother
1:00pm	The Goldbergs
1:30pm	The Goldbergs
2:00pm	The Big Bang Theory
2:30pm	The Big Bang Theory
3:00pm	Melissa and Joey
3:30pm	Melissa and Joey
4:00pm	Baby Daddy
4:30pm	Baby Daddy
5:00pm	Black-Ish
5:30pm	Black-Ish
6:00pm	The Goldbergs
6:30pm	The Goldbergs
7:00pm	The Big Bang Theory
7:30pm	The Big Bang Theory
8:00pm	Hollyoaks
8:30pm	Coach Trip
9:00pm	The Big Bang Theory
9:30pm	The Big Bang Theory
10:00pm	Made in Chelsea
11:00pm	How'd You Get So Rich?
11:55pm	The Big Bang Theory
12:30am	The Big Bang Theory

sky sports main event

7:00am	Good Morning Sports Fans
7:30am	Good Morning Sports Fans
8:00am	Good Morning Sports Fans
8:30am	Good Morning Sports Fans
9:00am	Good Morning Sports Fans
9:30am	Good Morning Sports Fans
10:00am	Good Morning Sports Fans
11:00am	Premier League Daily
11:30am	Cricket
<i>Day four of the fourth Test between England and South Africa at Old Trafford.</i>	
8:00pm	Live Tennis: Montreal
<i>Day one of the Rogers Cup from the Uniprix Stadium in Montreal, Canada.</i>	
11:00pm	Info not available
12:00am	Live Tennis: Montreal
4:30am	World Rugby
5:00am	Through the Night

itv

7:00am	Good Morning Britain
9:30am	Lorraine
10:25am	The Jeremy Kyle Show
11:30am	This Morning
1:30pm	Loose Women
2:30pm	ITV Lunchtime News
3:00pm	Judge Rinder
4:00pm	Tenable
5:00pm	Tipping Point
6:00pm	Cash Trapped
<i>Game show in which the contestants must stay until somebody wins all the cash.</i>	
7:00pm	Local News and Weather
7:30pm	ITV Evening News
8:00pm	Emmerdale
8:30pm	Coronation Street
9:00pm	Countrywise
9:30pm	Coronation Street
10:00pm	Car Crash Britain Caught on Camera
11:00pm	ITV News
11:40pm	Britain's Busiest Motorway
12:10am	Sugar Free Farm
1:05am	Jackpot247

itv2

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

itv3

7:00am	On the Buses
7:25am	The Royal
8:25am	Heartbeat
9:25am	Where the Heart is
10:30am	Judge Judy
11:00am	Judge Judy
11:25am	Judge Judy
11:55am	Housewife 49
1:55pm	Heartbeat
3:00pm	The Royal
4:00pm	The Darling Buds of May
5:15pm	You're Only Young Twice
5:50pm	On the Buses
6:20pm	Rising Damp
6:55pm	Heartbeat
8:00pm	Murder, She Wrote
<i>Drama series about a sleuthing writer who solves murder mysteries.</i>	
9:00pm	Midsomer Murders
11:00pm	Law and Order: UK
12:00am	The Street
1:20am	Mrs Biggs
2:20am	Million Dollar Princesses
3:15am	ITV3 Nightscreen
3:30am	Teleshopping

itv4

7:00am	Football's Greatest
7:10am	The Chase
8:00am	Storage Wars Texas
8:30am	Storage Wars Texas
8:55am	Hogan's Heroes
9:30am	Ironsides
10:30am	Quincy, M.E.
11:35am	Minder
12:35pm	The Professionals
1:40pm	The Saint
<i>Simon Templar is a debonair master thief with a talent for disguise.</i>	
2:45pm	Ironsides
3:50pm	Quincy, M.E.
4:55pm	Minder
6:00pm	The Professionals
7:00pm	Storage Wars Texas
7:30pm	Storage Wars Texas
8:00pm	The Chase
9:00pm	The Chase: Celebrity Special
10:00pm	Benidorm
11:00pm	American History X
12:05am	FYI Daily
12:10am	American History X
1:25am	Motorsport UK
2:25am	The Professionals
3:15am	Tommy Cooper

sky CINEMA ACTION & ADVENTURE

9:00am	I Am Wrath
10:40am	Armageddon
1:15pm	The Bourne Supremacy
3:10pm	Stealth
5:15pm	Rocky III
7:00pm	Green Zone
9:00pm	Armageddon
11:35pm	The Bourne Supremacy
1:30am	Underworld: Evolution

sky CINEMA COMEDY

9:25am	Police Academy
11:10am	How to Lose Friends and Alienate People
1:10pm	Ghostbusters
3:10pm	Spider-Man: Homecoming: Special
3:40pm	Hot Pursuit
5:15pm	Barbershop: The Next Cut
7:15pm	Vacation
9:00pm	Ghostbusters
11:00pm	Barbershop: The Next Cut
1:00am	Ali G Indahouse

sky CINEMA PREMIERE

7:00am	Adult Beginners
<i>Comedy about a failed entrepreneur who moves in with his estranged sister and becomes his young nephew's nanny.</i>	
8:40am	Moana
10:30am	Storks
12:05pm	Salt and Fire
1:45pm	Blood Father
<i>Gritty action thriller about an ex-con battling to protect his estranged daughter from the cronies of her cartel member ex.</i>	
3:20pm	The Infiltrator
5:30pm	Moana
7:20pm	Storks
9:00pm	Blood Father
10:40pm	Salt and Fire
12:20am	The Infiltrator
2:40am	The Atticus Institute
4:20am	Adult Beginners

sky sports football

8:00am	Football Years
8:30am	Football Countdowns
9:00am	Football's Greatest
9:30am	Football's Greatest Teams
10:00am	EFL Greatest Games
10:15am	EFL Greatest Games
10:30am	SPFL Greatest Games
10:45am	La Liga Greatest Games
11:00am	Football
2:00pm	Football
4:45pm	EFL Greatest Games
5:00pm	Carling Cup Final 2007/08
6:00pm	Carling Cup Final 2008/09
7:00pm	Carling Cup Final 2009/10
8:00pm	Info not available
8:30pm	Football Years
9:00pm	Transfer Centre
9:30pm	EFL Goals: Championship
10:00pm	EFL Goals: League 1
10:30pm	Info not available
11:00pm	SPFL Round Up 2017/18
11:30pm	MLS Round Up Show
12:00am	Transfer Centre

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**BBC one**

7:00am	Breakfast
10:15am	Animal Park Summer Special
11:00am	Homes Under the Hammer
12:00pm	Matron, Medicine and Me: 70 Years of the NHS
12:45pm	Rip Off Britain
1:15pm	Bargain Hunt
2:00pm	BBC News
2:30pm	Regional News
2:45pm	Red Rock
3:30pm	The Code
4:15pm	Escape to the Country
5:15pm	Flog It!
6:15pm	Pointless
7:00pm	BBC News
7:30pm	Regional News
8:00pm	The One Show
8:30pm	EastEnders
9:00pm	Holby City
10:00pm	Trust Me
11:00pm	BBC News
11:30pm	Regional News
11:40pm	Weather
11:45pm	New Tricks
12:45am	The Bug Grub Couple

**BBC TWO**

7:00am	The TV That Made Me
7:30am	Animal Park Summer Special
8:15am	Heir Hunters
9:00am	The Farmers' Country Showdown
9:30am	Great British Menu
10:00am	Victoria Derbyshire
12:00pm	BBC Newsroom Live
2:00pm	Coast
2:15pm	Two Tribes
2:45pm	Super League Show
3:30pm	A Taste of Britain
4:15pm	Patagonia: Earth's Secret Paradise
5:15pm	The Life of Mammals
6:15pm	Antiques Road Trip
7:00pm	Eggheads
7:30pm	World Athletics Championships 2017
11:30pm	Newsnight
12:10am	Weather
12:15am	The Mash Report
12:45am	Jimmy Carr and the Science of Laughter - A Horizon Special
1:45am	10 Puppies and Us

**BBC FOUR**

8:00pm	World News Today
8:30pm	The Boats That Built Britain
9:00pm	Thailand: Earth's Tropical Paradise
10:00pm	Utopia <i>Five online strangers are drawn together by the legendary manuscript of a cult graphic novel.</i>
11:00pm	The Horizon Guide to Ageing
12:00am	The Brain with David Eagleman
1:00am	Time Shift
2:00am	Thailand: Earth's Tropical Paradise
3:00am	The Horizon Guide to Ageing
4:00am	Utopia <i>Five online strangers are drawn together by the legendary manuscript of a cult graphic novel.</i>

**CHANNEL 4**

7:00am	Countdown
7:45am	Will and Grace
8:10am	Will and Grace
8:35am	Everybody Loves Raymond
9:00am	Everybody Loves Raymond
9:30am	Frasier
10:00am	Frasier
10:35am	Frasier
11:00am	The Big Bang Theory
11:30am	The Big Bang Theory
12:00pm	The Simpsons
12:30pm	The Simpsons
1:00pm	Channel 4 News
1:05pm	Couples Come Dine with Me
2:05pm	Posh Pawn
3:10pm	Countdown
4:00pm	The Question Jury
5:00pm	A Place in the Sun
6:00pm	Four in a Bed
6:30pm	Come Dine with Me
7:00pm	The Simpsons
7:30pm	Hollyoaks
8:00pm	Channel 4 News
9:00pm	Animal Rescue Live: Supervet Special
10:00pm	Get a House for Free
11:00pm	Eden
12:05am	Naked Attraction

**CHANNEL 5**

10:15am	The Wright Stuff
12:15pm	The Yorkshire Vet
1:10pm	5 News
1:15pm	Celebrity Big Brother
2:10pm	Access
2:15pm	Home and Away
2:45pm	Neighbours
3:15pm	NCIS
4:15pm	Spirit Riders
6:00pm	5 News
6:30pm	Neighbours
7:00pm	Home and Away
7:30pm	5 News
8:00pm	Cricket on 5
9:00pm	The Dog Rescuers with Alan Davies
10:00pm	Celebrity Big Brother
11:00pm	Make or Break?
12:05am	Celebrity Big Brother's Bit on the Side
1:05am	Celebrity Big Brother: Live From the House
2:05am	Super Casino
4:10am	The Yorkshire Vet
5:00am	Get Your Tatts Out: Kavos Ink
5:45am	House Doctor

**4**

8:00am	Made in Chelsea
9:00am	Melissa and Joey
10:00am	Black-Ish
10:30am	Black-Ish
11:00am	Baby Daddy
11:30am	Baby Daddy
12:00pm	How I Met Your Mother
1:00pm	The Goldbergs
1:30pm	The Goldbergs
2:00pm	The Big Bang Theory
2:30pm	The Big Bang Theory
3:00pm	Melissa and Joey
3:30pm	Melissa and Joey
4:00pm	Baby Daddy
4:30pm	Baby Daddy
5:00pm	Black-Ish
5:30pm	Black-Ish
6:00pm	The Goldbergs
6:30pm	The Goldbergs
7:00pm	The Big Bang Theory
7:30pm	The Big Bang Theory
8:00pm	Hollyoaks
8:30pm	Coach Trip
9:00pm	The Big Bang Theory
9:30pm	The Big Bang Theory
10:00pm	Tattoo Fixers on Holiday
11:00pm	8 Out of 10 Cats
11:50pm	The Big Bang Theory
12:20am	The Big Bang Theory

**sky sports main event**

7:00am	Good Morning Sports Fans
7:30am	Good Morning Sports Fans
8:00am	Good Morning Sports Fans
8:30am	Good Morning Sports Fans
9:00am	Good Morning Sports Fans
9:30am	Good Morning Sports Fans
10:00am	Good Morning Sports Fans
11:00am	Premier League Daily
11:30am	Cricket
6:30pm	Live Tennis: Montreal Day two of the Rogers Cup from the Uniprix Stadium in Montreal, Canada.
4:30am	ATP Tour Uncovered
5:00am	Through the Night A comprehensive review of all the night's football news, plus a look ahead to the morning headlines..

**itv**

7:00am	Good Morning Britain
9:30am	Lorraine
10:25am	The Jeremy Kyle Show
11:30am	This Morning
1:30pm	Loose Women
2:30pm	ITV Lunchtime News
3:00pm	Judge Rinder
4:00pm	Tenable
5:00pm	Tipping Point
6:00pm	Cash Trapped
7:00pm	Local News and Weather
7:30pm	ITV Evening News
8:00pm	Emmerdale <i>Popular long-running soap opera, set in a Yorkshire village.</i>
9:00pm	Midsomer Murders
11:00pm	ITV News
11:40pm	UEFA Super Cup Highlights
12:40am	Play to the Whistle
1:20am	Jackpot247 <i>Join the presenters live and play roulette on your telly.</i>
4:00am	Loose Women

**itv2**

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

**itv3**

7:00am	Judge Judy
7:20am	Judge Judy
7:40am	The Royal
8:35am	Heartbeat
9:35am	Where the Heart is
10:40am	Judge Judy
11:05am	Judge Judy
11:35am	Judge Judy
12:00pm	Rising Damp
12:30pm	You're Only Young Twice
1:00pm	The Darling Buds of May
2:05pm	Heartbeat
3:10pm	The Royal
4:10pm	The Darling Buds of May
5:20pm	You're Only Young Twice
5:55pm	On the Buses
6:25pm	Rising Damp
6:55pm	Heartbeat
8:00pm	Murder, She Wrote
9:00pm	Britain's Busiest Airport - Heathrow
10:00pm	Paul O'Grady's Animal Orphans
11:00pm	Law and Order: UK
12:00am	Lewis

**itv4**

7:00am	Football's Greatest
7:10am	The Chase
8:00am	Storage Wars Texas
8:25am	The Saint
9:30am	Ironsides
10:35am	Quincy, M.E.
11:35am	Minder
12:35pm	The Professionals
1:40pm	The Saint
2:45pm	Ironsides
3:50pm	Quincy, M.E.
4:50pm	Minder
5:55pm	The Professionals
7:00pm	Storage Wars Texas
7:25pm	Storage Wars Texas
8:00pm	The Chase
9:00pm	The Chase: Celebrity Special
10:00pm	Car Crash Global
11:00pm	First Blood
12:10am	FYI Daily
12:15am	First Blood
12:55am	A Dangerous Man
2:00am	FYI Daily
2:05am	A Dangerous Man
2:45am	Minder
3:35am	Storage Wars Texas
4:00am	Teleshopping

**sky CINEMA ACTION & ADVENTURE**

1:50pm	The Bourne Ultimatum
3:50pm	Hitman: Agent 47
5:30pm	Rocky IV
7:10pm	Behind Enemy Lines
9:00pm	Mission: Impossible - Ghost Protocol
11:00pm	The Bourne Ultimatum
1:00am	Conan the Barbarian
3:20am	Camino

**sky CINEMA COMEDY**

11:25am	When Harry Met Sally
1:10pm	The Top Ten Show 2017
1:30pm	Mike and Dave Need Wedding Dates
3:15pm	Knocked Up
5:30pm	Fun with Dick and Jane
7:10pm	Zoolander 2
9:00pm	Mike and Dave Need Wedding Dates
10:45pm	Knocked Up
1:00am	Grimby

**sky CINEMA PREMIERE**

7:00am	Salt and Fire
8:50am	Storks
10:25am	Adult Beginners
12:05pm	Racing Hearts
1:50pm	The Infiltrator
4:00pm	Blood Father
5:40pm	Storks
7:15pm	Racing Hearts
9:00pm	The Infiltrator <i>Crime drama about a chameleonic US agent who infiltrates the intricate criminal network of drug kingpin Pablo Escobar.</i>
11:10pm	Blood Father
12:45am	Salt and Fire <i>Scientists investigating rare geological formations in Bolivia are abducted by a rogue businessman.</i>
2:35am	Alley Cats
4:30am	Adult Beginners

**sky sports football**

8:00am	Football Years
8:30am	Football Countdowns
9:00am	Football's Greatest
9:30am	Football's Greatest Teams
10:00am	SPFL Round Up 2017/18
10:30am	EFL Greatest Games
10:45am	Football
1:15pm	Football
4:00pm	Carling Cup Final 2010/11
5:00pm	Carling Cup Final 2011/12
6:00pm	Capital One Cup Final 2012/13
7:00pm	Capital One Cup Final 2013/14
8:00pm	SPFL Round Up 2017/18
8:30pm	MLS Round Up Show
9:00pm	Transfer Centre
9:30pm	Info not available
10:00pm	SPFL Round Up 2017/18
10:30pm	Eredivisie Season Review 2016/17
11:45pm	EFL Greatest Games
12:00am	Transfer Centre
12:30am	MLS Round Up Show



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**BBC one**

7:00am Breakfast  
 10:15am Animal Park Summer Special  
 11:00am Homes Under the Hammer  
 12:00pm Matron, Medicine and Me: 70 Years of the NHS  
 12:45pm Rip Off Britain  
 1:15pm Bargain Hunt  
 2:00pm BBC News  
 2:30pm Regional News  
 2:45pm Red Rock  
 3:30pm The Code  
 4:15pm Escape to the Country  
 5:15pm Flog It!  
 6:15pm Pointless  
 7:00pm BBC News  
 7:30pm Regional News  
 8:00pm The One Show  
 8:30pm Fake Britain  
 9:00pm Super Small Animals  
 10:00pm My Family, Partition and Me: India 1947  
 11:00pm BBC News  
 11:30pm Regional News  
 11:40pm Weather  
 11:45pm My Big Gay Jewish Conversion  
 12:35am I'm Coming Out  
 1:00am Weather for the Week Ahead

**BBC TWO**

7:00am The TV That Made Me  
 7:30am Animal Park Summer Special  
 8:15am Heir Hunters  
 9:00am My Friend Jane  
 9:30am Great British Menu  
 10:00am Victoria Derbyshire  
 12:00pm BBC Newsroom Live  
 2:00pm Two Tribes  
 2:30pm A Taste of Britain  
 3:15pm Natural World Award winning nature documentary series.  
 4:15pm Patagonia: Earth's Secret Paradise  
 5:15pm The Life of Mammals  
 6:15pm Antiques Road Trip  
 7:00pm World Athletics Championships 2017  
 11:30pm Newsnight Comprehensive coverage of the day's important national and international news stories.  
 12:10am Weather  
 12:15am Secrets of Silicon Valley  
 1:15am Who Do You Think You Are?

**BBC FOUR**

8:00pm World News Today  
 8:30pm The Boats That Built Britain  
*Sailor and writer Tom Cunliffe takes a voyage through the history of British seafaring. The Reaper is the biggest sailing lugger ever to fish the seas.*  
 9:00pm Fair Isle Two-part documentary revealing life on Fair Isle, Britain's most remote inhabited island.  
 10:00pm In Search of Arcadia  
 11:00pm Citizen Jane  
 12:20am James Clerk Maxwell: The Man Who Changed the Modern World  
 1:20am The Secret Life of Waves  
 2:20am Fair Isle  
 3:20am In Search of Arcadia

**CHANNEL 4**

7:00am Countdown  
 7:45am Will and Grace  
 8:10am Will and Grace  
 8:35am Everybody Loves Raymond  
 9:00am Everybody Loves Raymond  
 9:30am Frasier  
 10:00am Frasier  
 10:35am Frasier  
 11:00am The Big Bang Theory  
 11:30am The Big Bang Theory  
 12:00pm The Simpsons  
 12:30pm The Simpsons  
 1:00pm Channel 4 News  
 1:05pm Couples Come Dine with Me  
 2:05pm Posh Pawn  
 3:10pm Countdown  
 4:00pm The Question Jury  
 5:00pm A Place in the Sun  
 6:00pm Four in a Bed  
 6:30pm Come Dine with Me  
 7:00pm The Simpsons  
 7:30pm Hollyoaks  
 8:00pm Channel 4 News  
 9:00pm Animal Rescue Live: Supervet Special  
 10:00pm 24 Hours in A and E  
 11:00pm Eden  
 12:05am 999: What's Your Emergency?

**CHANNEL 5**

7:00am Milkshake!  
*Programming aimed at children aged two to seven years old.*  
 10:15am The Wright Stuff  
 12:15pm The Yorkshire Vet  
 1:10pm 5 News  
*The latest news coverage.*  
 1:15pm Celebrity Big Brother  
 2:10pm Access  
 2:15pm Home and Away  
 2:45pm Neighbours  
 3:15pm NCIS  
 4:15pm Broken Trust  
 6:00pm 5 News  
 6:30pm Neighbours  
 7:00pm Home and Away  
 7:30pm 5 News  
 8:00pm MotoGP  
*Coverage of the latest MotoGP event.*  
 9:00pm GPs: Behind Closed Doors  
*Documentary taking a look at what goes on in the consultation room.*  
 10:00pm Celebrity Big Brother  
 11:00pm Make or Break?  
 12:05am Football on 5  
 1:35am Criminals Caught on Camera

**4**

7:30am Coach Trip  
 8:00am Made in Chelsea  
 9:00am Melissa and Joey  
 9:30am Melissa and Joey  
 10:00am Black-Ish  
 10:30am Black-Ish  
 11:00am Baby Daddy  
 11:30am Baby Daddy  
 12:00pm How I Met Your Mother  
 12:30pm How I Met Your Mother  
 1:00pm The Goldbergs  
 1:30pm The Goldbergs  
 2:00pm The Big Bang Theory  
 2:30pm The Big Bang Theory  
 3:00pm Melissa and Joey  
 3:30pm Melissa and Joey  
 4:00pm Baby Daddy  
 4:30pm Baby Daddy  
 5:00pm Black-Ish  
 5:30pm Black-Ish  
 6:00pm The Goldbergs  
 6:30pm The Goldbergs  
 7:00pm The Big Bang Theory  
 7:30pm The Big Bang Theory  
 8:00pm Hollyoaks  
 8:30pm Coach Trip  
 9:00pm The Big Bang Theory  
 9:30pm The Big Bang Theory  
 10:00pm Don't Tell the Bride  
 11:00pm First Dates USA  
 12:00am The Big Bang Theory

**sky sports main event**

7:00am Good Morning Sports Fans  
 7:30am Good Morning Sports Fans  
 8:00am Good Morning Sports Fans  
 8:30am Good Morning Sports Fans  
 9:00am Good Morning Sports Fans  
 9:30am Good Morning Sports Fans  
 10:00am Good Morning Sports Fans  
 11:00am Premier League Daily  
 12:00pm Transfer Centre  
 12:30pm Sky Sports Now  
 1:00pm Sky Sports Today  
*All the news from the Premier League and beyond.*  
 2:00pm Sky Sports Today  
 3:00pm Cricket  
*England U19s take on India U19s at The Spitfire Ground in Canterbury in an ODI match.*  
 8:30pm Football  
 11:00pm Live Tennis: Montreal  
*Day three of the Rogers Cup from the Uniprix Stadium in Montreal, Canada.*

**itv**

7:00am Good Morning Britain  
 9:30am Lorraine  
 10:25am The Jeremy Kyle Show  
 11:30am This Morning  
 1:30pm Loose Women  
 2:30pm ITV Lunchtime News  
 3:00pm Judge Rinder  
 4:00pm Tenable  
 5:00pm Tipping Point  
 6:00pm Cash Trapped  
 7:00pm Local News and Weather  
 7:30pm ITV Evening News  
 8:00pm Emmerdale  
 8:30pm Coronation Street  
*More drama and turmoil from the residents of Coronation Street in the longest running TV Soap.*  
 9:00pm Love Your Garden  
 10:00pm Long Lost Family  
 11:00pm ITV News  
 11:40pm Car Crash Britain Caught on Camera  
 12:40am British Touring Car Championship Highlights  
 4:00am May the Best House Win

**itv2**

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

**itv3**

7:00am Judge Judy  
 7:20am Judge Judy  
 7:40am The Royal  
 8:30am Heartbeat  
 9:35am Where the Heart is  
 10:40am Judge Judy  
 11:05am Judge Judy  
 11:30am Judge Judy  
 11:55am Rising Damp  
 12:30pm You're Only Young Twice  
 1:00pm The Darling Buds of May  
 2:05pm Heartbeat  
 3:05pm The Royal  
 4:10pm The Darling Buds of May  
 5:20pm You're Only Young Twice  
 5:55pm On the Buses  
*This bold, bawdy and brash sitcom hit British screens in 1969.*  
 6:25pm Rising Damp  
 6:55pm Heartbeat  
 8:00pm Murder, She Wrote  
 9:00pm Lewis  
 11:00pm Law and Order: UK  
 12:00am The Sign of Four  
 2:15am Wycliffe  
 3:15am ITV3 Nightscreen  
 3:30am Teleshopping

**itv4**

7:00am World Cup Rivalries: Brazil v Italy  
 7:20am The Chase  
 8:15am Storage Wars Texas  
 8:45am Storage Wars Texas  
 9:10am The Saint  
 10:15am Ironside  
 11:20am Quincy, M.E.  
 12:25pm Minder  
 1:25pm The Professionals  
 2:30pm Women's Rugby  
 World Cup 2017 Live  
 5:15pm Minder  
*Modern-day re-imagining on the classic comedy-drama.*  
 6:20pm The Professionals  
 7:20pm Snooker v Darts  
 7:30pm Women's Rugby  
 World Cup 2017 Live  
 British Superbike Highlights  
 11:15pm Terminator 2: Judgment Day  
*Sci-fi sequel unfolding a life-and-death battle to avert a nuclear holocaust.*  
 12:20am FYI Daily  
 12:25am Terminator 2: Judgment Day

**sky CINEMA ACTION & ADVENTURE**

11:30am The Lord of the Rings: The Return of the King  
 3:00pm Terminator Salvation  
 5:05pm Rocky V  
 6:55pm In the Heart of the Sea  
 9:00pm The Martian  
 11:25pm Terminator Salvation  
 1:25am Cop Out

**sky CINEMA COMEDY**

7:30am Gremlins  
 9:20am Breaking the Bank  
 11:10am Miss Congeniality  
 1:10pm Central Intelligence  
 3:05pm Bad News Bears  
 5:05pm Mr. Right  
 6:50pm Get a Job  
 8:20pm The Bad Education Movie  
*An inept teacher takes his class on a chaotic school trip to Cornwall.*  
 10:00pm Central Intelligence  
 11:50pm Miss Congeniality  
 1:50am Ride Along 2  
 3:40am Brúno

**sky CINEMA PREMIERE**

7:00am Salt and Fire  
 8:45am Alley Cats  
 10:35am Storks  
 12:10pm Adult Beginners  
 1:50pm Blood Father  
 3:30pm The Infiltrator  
 5:40pm Racing Hearts  
*A big-shot banker is jumping through hoops to pull off a huge deal, but things get even more complicated when he falls in love.*  
 7:25pm Storks  
 9:00pm Blood Father  
 10:35pm What We Become  
*A Danish family must fight to survive when a zombie virus sweeps through their idyllic town.*  
 12:00am The Infiltrator  
 2:15am Salt and Fire  
 Scientists investigating rare geological formations in Bolivia are abducted by a rogue businessman.  
 4:05am Alley Cats

**sky sports football**

7:00am EFL Greatest Games  
 7:15am EFL Greatest Games  
 7:30am SPFL Greatest Games  
 7:45am La Liga Greatest Games  
 8:00am Football Years  
 8:30am Football Countdowns  
 9:00am Football's Greatest Teams  
 9:30am Football's Greatest Teams  
 10:00am EFL Greatest Games  
 10:15am EFL Greatest Games  
 10:30am SPFL Greatest Games  
 10:45am La Liga Greatest Games  
 11:00am Football  
 1:00pm Football  
 3:00pm Football  
 5:00pm Capital One Cup Final 2014/15  
 6:00pm Capital One Cup Final 2015/16  
 7:00pm EFL Cup Final 2016/17  
 8:00pm EFL Greatest Games  
 8:15pm EFL Greatest Games  
 8:30pm Football  
 11:00pm EFL Cup Final 2016/17  
 12:00am Transfer Centre  
 12:30am Football Countdowns



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# YOUR PAPER - YOUR VOICE - YOUR OPINION

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

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## No muzzle? It's the pits

SIR,

Apparently there are no laws in Spain against vicious dog attacks.

My husband and I with two visiting friends went to Cantera de los Arenales, Mijas with our two small dogs for a leisurely walk.

Suddenly around a corner appeared a pair of vicious American pit bulls without leads or muzzles. As soon as they saw our dogs they went into attack with the Spanish owner shouting 'pick up your dogs' but it was too late.

One of the dogs grabbed one of ours and was shaking it trying to kill it, I raced forward to try and save him but fell badly on the rocky surface just in front of the dog. This was enough thankfully to startle the pit bull and it released its bite on my dog.

This was a terrifying incident caused by a totally irresponsible owner who had no control over his dogs and who lets killer dogs run freely and without muzzles where many people walk with their children and dogs.

I managed to take photos of

### Be fair to all

DEAR Sir,

Spain - a nation so dependent on hard earned coffers from tourism - will do well to equally understand the importance of fairness.

Recently a report in the EWN revealed increased toll road fees for motorists, with many from abroad presumably totally unaware that they have higher charges than other motorists using the same roads out of the main summer season.

This to my thinking is totally unfair and unjustified. And it does not stop there, for in La Cala de Mijas, and I suspect many other places, from July 1 the price of sunbeds has been increased 10 per cent.

OK, a parasol and two beds even



### SUNBEDS: Why increase the price in summer?

since the increase still costs only €10, a snip compared to the €100 plus charged at some more fashionable Marbella beach clubs.

But even so, why increase the price

in summer... and this is not just one beach bar, but all local ones, and price cartels to me stink!

*I Moss,  
Alhaurin El Grande*

the 'American Pitt Bulls, the owner's car and the number plate.

We went to the Guardia Civil to denounce the incident only to be told nothing could be done about the dogs or the irresponsible owner, we could only take out a civil case in court before a judge asking for compensation and would involve us in costs as we would need a lawyer.

*Elizabeth Simmer,  
Mijas*

### Talking shop

SHOPS being closed on Sundays is normal, and just because Brits expect everything yesterday it does not mean other countries should follow. Shops here open at around 9am-2pm and again from 5-8pm; these times are five days a week with supermarkets being open longer and if you can't get your shopping in these times then you need to organise your life better. To say this is good for the tourist is rubbish, as if tourists have nothing better to do on Sundays but go shopping then why are they on holiday? I am tired of people wanting things to change, we all left the UK for different reasons but part of that was a better quality of life and having all shops closed on Sunday is part of that quality life which you can never get in the UK.

*Ron Chivers,  
Busot, Alicante*

### Dear Leapy

IN the last paragraph of your recent article is sounds as if you don't understand how the British political system works and you therefore risk misleading your readers.

Britain does not have a presidential system and individuals don't 'run for office,' they stand for parliament as part of parties. Nigel Farage doesn't seem to have a party at the moment let alone one capable of winning a majority in the House of Commons that would enable him to become prime minister. He has never had to take responsibility for any real world consequences of his proposals, but as prime minister he would be forced into the messy business of actually delivering policy, when he has shown none of the skills necessary for political leadership.

It doesn't surprise me that you misunderstand Jeremy Corbyn if you are not clear how the system works.

*Nick Inman  
No address supplied*

### HAVE YOUR SAY

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

Readers who have missed correspondence can see all letters - which can be edited before publication - posted on: [www.euroweeklynews.com](http://www.euroweeklynews.com)

## Open letter to UK expats from British Ambassador

THANKS for that, Sir. Now we know what you want. Let us know how it pans out. That is, for us, the only thing that matters

*PM*

We 'No one,' can't know what is going to happen, the UK's exit has to be negotiated, decisions will be taken on both the UK and EU sides. The final situation will depend on many things and how each side decides to go forward on discussion!

I despair at the number of people who seem unable to grasp nor understand this!

*Mike in ESP*

The word 'hope' is used three times. I would rather have read 'we will ensure.' As I said in here a long time ago, we could have at the outset have said we will ensure EU citizens in the UK maintain their rights after Brexit but this will be enacted at the same time as the EU enacts a reciprocal agreement for UK citizens in the EU. The above may placate some but will not give confidence to many others.

*John Price*

### » Rowdy hen party kicked off Ryanair flight to Alicante

GOOD grief, no! We don't want those silly cows over here. Send 'em back to Liverpool! But hopefully they

### Comments from EWN online

won't be allowed on any airline for a while as a punishment. What with them and the tourists beating up the film crew in Mallorca and all these fake sickness claims, Brits are getting an even worse name over here than ever. BTW, why do airlines and airside bars even serve alcohol? They should stop doing that.

*Olivia*

### » Travellers taking advantage of baggage rules, says Ryanair

IT'S Neil Sorahan who is taking the piss, does €443 million profit in the last three months. not sound enough. I bet O'Leary will start charging kids who bring on Kiddie cases. Why don't you get a life Neil.

*Steve Kane*

True about the selfish who take advantage of their children taking (or as-if) more oversized baggage that makes boarding and disembarking very tedious... passengers should get used to the idea they don't need half the things they lug with them anyway!

Why not offer 'family only flights' and a 'singles only' on another, similar as in the supermarkets for the few items queue and another for those with a full trolley!

*Felipe*

### » Spain says 'hola' to Android Pay

THIS is not smart technology - it's bloody dangerous technology. Someone can still nick your phone. Besides all of that all this smart tech is designed to enslave us into a cashless society where we all wear rfid chips. food for thought.

*Rolf Petersen*

### » Bull runs 'without blood, without suffering' in Balearics

UNCONSTITUTIONAL! Torturing animals... a culture in our modern western world??

Well then let's go back to the older cultures of 'damnatio ad bestiae' where imposters and thieves were thrown in the arenas with wild animals... have Xavier Pericay run the first trial, and the bulls as an audience...

*Felipe*

# Having fancy footwork and being quick on the uptake is for the birds

**Nora Johnson**  
*Breaking Views*

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



IN a twist on the famous psychological experiment of self-control - would you like one marshmallow now, or could you wait just 15 minutes for two instead? - scientists found ravens outdid chimpanzees and even four-year-olds when challenged to defer gratification and plan ahead.

According to the Swedish researchers, ravens chose and held on to tools they'd need to extract chunks of tasty dog food the following day. They also learnt to gather up tokens they could trade for tidbits 15 minutes later.

Their most striking accomplishment, though, was selecting a tube-winkling stick over a meal with a view to using the tool to get a bigger and more tasty snack up to two days later. One female raven was so canny she bypassed the experiment by discovering a way to

ransack a food container without the use of an implement.

But corvids (the family to which they belong) aren't alone in this. Octopuses can unscrew jars and use coconut shells as portable houses.

Monkeys in Bali were recently found to be stealing tourists' valuables and 'bartering' them back to them in exchange for tasty treats.

And orangutans? Apparently, they can bear lasting grudges against humans. One called Santino used to plan for attacks on visitors to his enclosure. He'd stash away a heap of rocks, saunter casually around when he saw tourists approaching, and then scarp off to his munitions dump and start hurling the rocks the moment they were turning away for the next enclosure.

Right! So, bird brain no longer an insult then? It may well be that certain animals have aspects of intelligence far

beyond our own, but based on our general behaviour that's not a high bar, is it?

And, yes, well this is most probably the pinnacle of these particular corvids' intellectual potential whereas the four-year old referred to by the scientists likely has the potential (when grown, with her brain fully wired up) to become a doctor, a scientist... or even a US president.

And a final thought: can ravens outsmart their parents? Most four-years-olds have been doing that for half their lives.

*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.*



**RAVENS:** Outdid the chimps.

## THURSDAY THOUGHTS

By *Graham Braben, Almeria*

### Explain that one!

IN the early 70's, the CIA tested Uri Geller, the well-known psychic, to see if he could be co-opted into their organisation. Apparently, the tests were quite successful, but whether he became an agent has never been revealed.

Strangely enough, around the same time, Granada Television ran a similar experiment, this time with John Toshack and Kevin Keegan, two Liverpool footballers, who supposedly had a telepathic relationship on the pitch. Unfortunately, neither of them would have been anywhere near becoming CIA agents as the tests were, to be kind, inconclusive.

I clearly fail in the psychic ability stakes because I should have been seeing images of big purple dinosaurs. Not because of too much make you see things juice, but because my bit of research revealed that the man who played that rather odd purple dinosaur Barney in the childrens' programme, claims he is psychic.

He said, before he landed the role, he had a premonition, which came to him in a dream, that he would definitely be the next Barney. If I dreamt my next job involved dancing whilst wearing a purple dinosaur suit, I'd wake in a cold sweat, give that audition a miss and head for the hills.

However, outdoing Uri, Barney and co is a Korean politician who wins the prize for lack of foresight - despite believing he has psychic powers, an IQ of nearly 500 and the power to levitate. This man confidently claimed he could drive his car using only psychic power. Guess what! He crashed his psychic driven Rolls Royce into the back of another car. Explain that to your insurers!

Which just goes to show, as the General Election proved, politicians are likely to be seen as more psycho than psychic!

Readers interested in submitting articles for this guest column should send articles of around 300 words on topics felt to be of interest to the cosmopolitan EWN readership to [editorial@euroweeklynews.com](mailto:editorial@euroweeklynews.com).



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LPL COMMERCIAL SERVICES, part of the LPL Group, has been established since 1978, specialising in commercial and consumer debt collection in the UK, Europe and throughout the world.

Their services in Spain, Portugal and Cyprus in particular, focus on the collection of management fee arrears owed by property owners who are not full time residents in Spain and who live in the UK, Europe and other countries.

They have been established in Spain for 10 years, working directly with administrations and communities. As specialists in management fees debt collection, they can and do advise administrators and their communities on the best way to present their constitution and the by-laws that protect management fees as well as allowing for the addition of reasonable and acceptable charges.

They also advise on the best way to protect the communities from unwelcome legal arguments when issuing legal proceedings against difficult debtors in the UK and elsewhere. LPL are also able to set up payment plans and monitor such payments, in agreement with community decisions and quickly collect thousands of Euros in unpaid community fees, allowing



**DEBT COLLECTIONS:** Speak to the professionals in helping collect unpaid fees.

administrators and their communities to re-invest on their properties, improve and expand services and progress more confidently with income and expenditure as well as general management.

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One of the major problems within Spain has been the reluctance to move quickly to collect overdue accounts because of the fear of increased expense and perhaps difficult interaction between owners and management committees. LPL takes all of the collection burden away from direct involvement unless friendly negotiation has put parties together once again.

They have also been able to allay fears about any 'Brexit effect' and have held numerous talks to Spanish associations, communities and businesses in Spain to explain why there should be no detrimental legal effects on current collection operations.

All directors and management team of LPL are members of the Chartered Institute of Credit Management and as a business LPL is a member of The Credit Services Association, the only voluntary self regulated organisation representing professional debt collection in the UK and in turn CSA is a member of FENCA, being the organisation that represents all the debt collection trade associations throughout Europe. LPL is also authorised and regulated by the Financial Conduct Authority, so they take their responsibilities very seriously.

For more information, visit [www.lplgroup.com](http://www.lplgroup.com) or speak with the head of Spanish operations, Greg Bryan, who is based in Spain and can be contacted on 689 408 412.

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from our **Javea and Moraira** portfolios



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**Moraira Solpark** Apartment **185,000 €**  
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Build: 85 m<sup>2</sup> Bedrooms: 2  
Communal Pool Bathrooms: 2

**Superb Ground Floor Apt**

**Javea** Apartment **230,000 €**  
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Plot: 830 m<sup>2</sup> Bathrooms: 3

**Recently Reformed**

**Benitachell Val De Portet** Villa **340,000 €**  
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**Moraira** Villa **349,950 €**  
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Build: 239 m<sup>2</sup> Bedrooms: 3  
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**Perfect Villa : Open Views**

**Moraira Sabatera** Villa **349,950 €**  
Ref: HO473250  
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**Villa with All Day Sun**

**Moraira El Portet** Villa **415,000 €**  
Ref: HO473442  
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Plot: 807 m<sup>2</sup> Bathrooms: 3

**First Line Apartment**

**Javea Montanar** Apartment **435,000 €**  
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Build: 87 m<sup>2</sup> Bedrooms: 2  
Communal Pool Bathrooms: 2

**Superb Sea Views**

**Moraira Pla de Mar** Villa **435,000 €**  
Ref: HO473428  
Build: 220 m<sup>2</sup> Bedrooms: 4  
Plot: 800 m<sup>2</sup> Bathrooms: 3

**Great Value 5 Bed Villa**

**Javea Adsubia** Villa **429,000 €**  
Ref: HO232877  
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Plot: 1000 m<sup>2</sup> Bathrooms: 4

**Sheer Elegance**

**Javea Las Laderas** Villa **645,000 €**  
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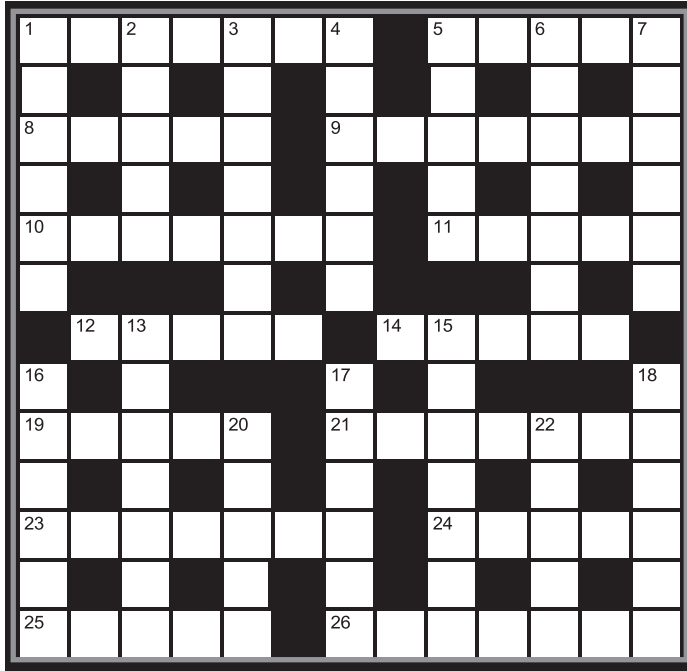
**Cryptic**

**Across**

- 1 The surest learner affected the answers (7)
- 5 Space research takes in first asteroid (5)
- 8 Dull way to help (5)
- 9 Influence in part of church (7)
- 10 One petrel at sea is a lizard (7)
- 11 Not moving yet (5)
- 12 Harbour with own pole (5)
- 14 Ostentatious, but only for a very short time (5)
- 19 Calls the conditions (5)
- 21 Made up recital item in the press (7)
- 23 Devise trick before cold short month? (7)
- 24 Nintendo character's Mum goes to South American city (5)
- 25 Paper put to bed (5)
- 26 Cross or medal for a British nobleman's realm (7)

**Down**

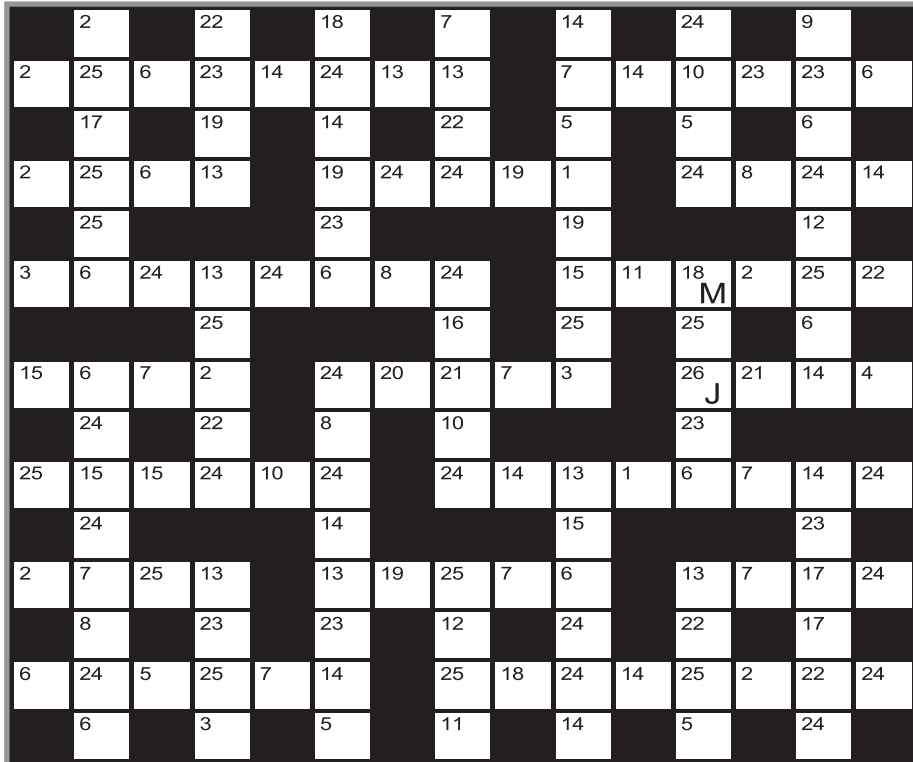
- 1 Getaway destination in the Azores or Tenerife (6)
- 2 Not blunt instrument - it has point on front (5)
- 3 Opposer of technology diluted cocktail (7)
- 4 Tennis player Pam loses right to feel cold (6)
- 5 Inca sesame seeds hidden in



- 6 Sir Ian's ingredients are dried fruits (7)
- 7 Tense in marine mammals' lifts (6)
- 13 Organise a run to the mountains (7)
- 15 The French kept a watch on an English cleric (7)
- 16 What Pooh might throw in underworld river, say (6)
- 17 Keep chess piece (6)
- 18 Improvement concerning appearance (6)
- 20 Hiding in bushes to attack an animal (5)
- 22 Crude material made better (5)

**Code Breaker**

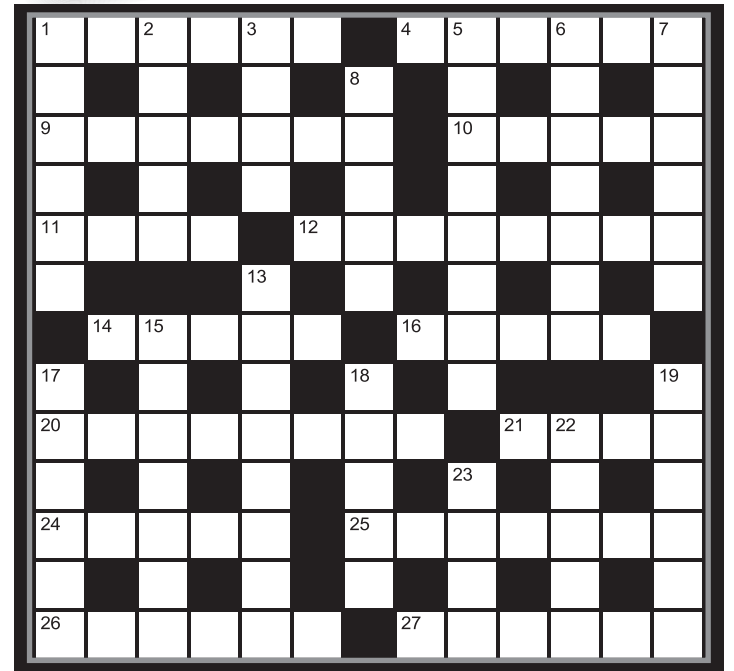
Each number in the Code Breaker grid represents a different letter of the alphabet. In this week's puzzle, 18 represents M and 26 represents J, so fill in M every time the figure 18 appears and J every time the figure 26 appears. Now, using your knowledge of the English language, work out which letters should go in the missing squares. As you discover the letters, fill in other squares with the same number in the main grid and the control grid.



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

LAST WEEK'S SOLUTION FACING PAGE

**Quick**



**Across**

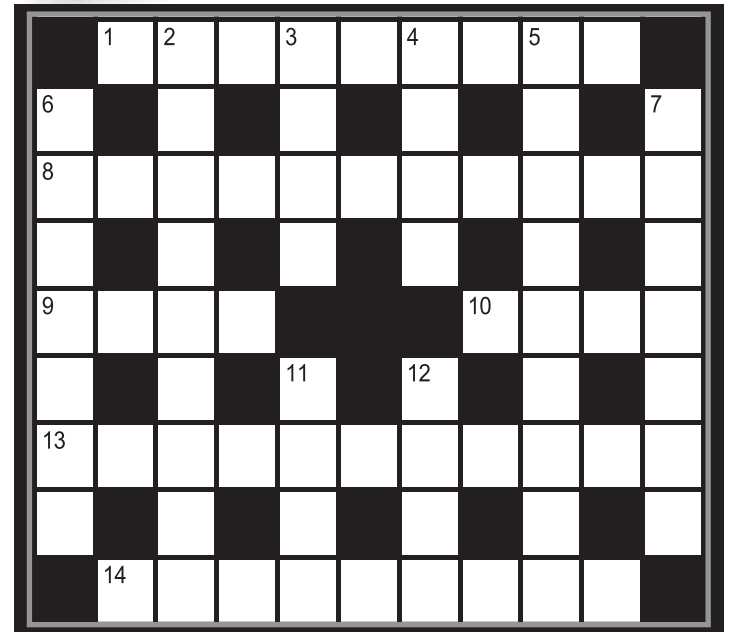
- 1 Precious metal (6)
- 4 Food seasonings (6)
- 9 Comprehend completely (7)
- 10 Small fragment (5)
- 11 Felines (4)
- 12 Entire (8)
- 14 Threaded metal fastener (5)
- 16 Nautical units of speed (5)
- 20 Made, joined or united into one (8)
- 21 Blemish (4)
- 24 Drama set to music (5)
- 25 Pharmacist (7)
- 26 Coming or existing after (6)
- 27 If not, except when (6)

**Down**

- 1 Exact (6)
- 2 Smallest (5)
- 3 Wicked or bad (4)
- 5 Hold back to a later time (8)
- 6 Make right (7)
- 7 Evening meal (6)
- 8 In or to a place that is lower (5)
- 13 Fragile (8)
- 15 Remark (7)
- 17 Educational institution (6)
- 18 From this time onwards (5)
- 19 Position (6)
- 22 Feeling of self-respect and personal worth (5)
- 23 Eager (4)

**English - Spanish**

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



**Across**

- 1 Paraguas (pl) (9)
- 8 Stepbrother (11)
- 9 Rezar (4)
- 10 Hormigas (4)
- 13 Crew (aeroplane, boat) (11)
- 14 Soft drinks (9)

**Down**

- 2 Margarina (9)
- 3 Royal (4)
- 4 To praise (4)
- 5 Authentic (9)
- 6 Dummy (for baby) (7)
- 7 Primos (7)

- 11 To run away (4)
- 12 Country (nation) (4)

CROSSWORD PAGE

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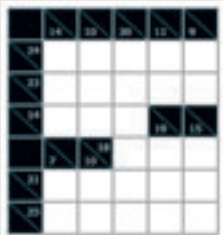
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VIEW ON LIFE



' UNFORTUNATELY HIS BATMOBILE IS A DIESEL - ANY CHANCE YOU COULD TART UP AN ALL ELECTRIC NON POLLUTING MINI CAR BEFORE 2040? '

## 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.



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



**TARGET:**

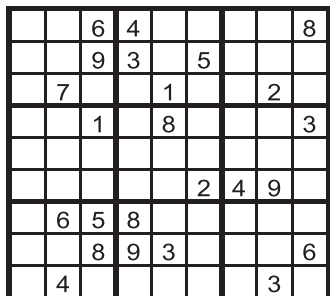
- Average: 6
- Good: 9
- Very good: 13
- Excellent: 16

### LAST WEEK'S SOLUTION

dent derv diet dine ding dint dire dirt dive dreg edit gird grid nerd rend retid ride rind tend tide tied vend vide vied veign digit diner dirge diver drive grind indie indri ivied ridge rigid rived lined tired trend tried divert divine diving driven engird girned indite reding riding ringed tidler tiding tinder tinged dieting dingier diviner driving editing ignited invited nitride deriving DIVERTING

## Sudoku

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



### LAST WEEK'S SOLUTION

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

## LAST WEEK'S SOLUTIONS

### CRYPTIC

**Across:**

1 Castro, 4 Hallow, 9 Relents, 10 Acres, 11 Aces, 12 Fireside, 14 Dated, 16 Binge, 20 Airstrip, 21 Bare, 24 Meats, 25 Slovene, 26 Rotund, 27 Pewter.

**Down:**

1 Cereal, 2 Salve, 3 Rend, 5 Academic, 6 Larking, 7 Washer, 8 Aspic, 13 Jettison, 15 Abreast, 17 Hammer, 18 Tipsy, 19 Veneer, 22 Avert, 23 Bone.

### QUICK

**Across:**

1 Insist, 4 Damage, 9 Salon, 10 Warning, 11 Pioneer, 12 Enter, 13 Digest, 15 Ferric, 19 Clasp, 21 Abandon, 23 Opulent, 24 Tense, 25 Solved, 26 Adders.

**Down:**

1 Inspid, 2 Salvo, 3 Singers, 5 Agree, 6 Aviator, 7 Eager, 8 Award, 14 Gradual, 16 Exalted, 17 Confess, 18 Hasty, 19 Cross, 20 Piece, 22 Dense.

### ENGLISH-SPANISH

**Across:**

1 Bruise, 4 Pear, 8 Sudor, 9 Again, 10 Ordenador, 14 Heels, 15 Peaje, 16 Para, 17 Farola.

**Down:**

1 Beso, 2 Underwear, 3 Ser, 5 Enamorado, 6 Rent, 7 Cama, 11 Easy, 12 Shop, 13 Vela, 15 Pea.

### KAKURO



### CODE BREAKER

1	L	G	D	S	B	P	K	H	Q	Y	F	R	E
14	I	T	W	O	U	M	J	N	V	Z	A	C	X

## LOTTERY

### UK NATIONAL LOTTERY

Saturday July 29



### IRISH LOTTO

Saturday July 29



### EURO MILLIONS

Tuesday July 25



Friday July 28



### LA PRIMITIVA

Saturday July 29



### EL GORDO DE LA PRIMITIVA

Sunday July 30



## YOUR STARS FOR NEXT 7 DAYS



**AQUARIUS**  
(January 21 - February 19)

Feel sympathy for those who lack the gift of insight. Their lack of understanding upsets you, but their horizons are narrow. This is a time of giving to yourself. Look forward to some time away or indulging in something that really relaxes you. Should you be searching for someone special, they may be closer than you know.



**LEO**  
(July 24 - August 23)

You know in your heart that you should take control of your future. This is a time to talk with others and consider their thoughts. At the end of the day, however, you are the one who has the final say. Socially, it is sometimes confusing to have more attention than you are used to.



**PISCES**  
(February 20 - March 20)

This is not a time to drift into things because the planets are urging you to take control and forge ahead. Let others know exactly what you want and expect from them. If you do not, others will make decisions for you that could prove less desirable.



**VIRGO**  
(August 24 - September 23)

At times this week you will feel that a certain relationship is not developing along the right lines. Although it seems that your efforts are often in vain, this is a situation that requires thought and patience on your part. It is perhaps a good time to look to your business matters for a change of scene and to set your mind on a more constructive course.



**ARIES**  
(March 21 - April 20)

Someone who appears to be putting themselves in the way of your progress could simply be trying to help. They may have a valid point to make but just not be good at expressing themselves. Be aware of this because there could be a link to your health and love life.



**LIBRA**  
(September 24 - October 23)

You should not feel responsible for the failings of others. Although you may think you could have done more in a certain situation, it is unlikely that any significant difference would have resulted. This is a busy time but also one in which a small persistent voice will be heard: the voice of logic and practicality. Listen to it.



**TAURUS**  
(April 21 - May 21)

With your mind sharp and energy high, you want to make fast progress and, indeed, you can. You are only too aware of the time that has been wasted waiting for others. Now, most of that may be dealt with. See how others react when you do not. Leaving others to their own devices works better than nagging. Your lack of interest could worry them.



**SCORPIO**  
(October 24 - November 22)

A long-term relationship has its wobbly moments this week, but all is not lost. Listen to your heart as it speaks louder than any other voice. You know what you need but that may conflict with what you feel you should want. In an ideal world, these two areas would be in harmony. Give a little happiness to others and your own heart will be lighter.



**GEMINI**  
(May 22 - June 21)

When you meet opposition try to use persuasion and logic to win the day. Failing that, you may decide that 'enough is enough' and forge ahead, anyway. In this positive mood you find yourself attractive to the opposite sex. That does not mean you have a right to be pushy. Just use your charm. Combining business with pleasure could lead to trouble, so try to keep these two areas separate.



**SAGITARIUS**  
(November 23 - December 21)

Making firm decisions in your love life may prove difficult. Do not be rushed. This is far from a straightforward week and you need to remember how to relax. You are able to deal with what comes your way but it is upsetting to find that someone has been less than honest.



**CANCER**  
(June 22 - July 23)

There is a strong feeling of 'self' this week, and you realise that you have many things to be thankful for. These thoughts come after a period of uncertainty that saw a lack of progress. With this feeling of renewed inner strength, it is now possible to tackle a pet project.



**CAPRICORN**  
(December 22 - January 20)

Your sense of balance in the universe could be upset, but do not let this sour either your thoughts or your character. You are in the eye of the storm so take this time to think. A bit of care and attention is what you need and you know where to find it.

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# Complementary services; meet the Medcare team

MEDCARE is a leading British private medical practice providing a full range of GP and nursing, dental and aesthetic services including complementary medical treatments and health plans.



**Steve Ashley.**

Psychotherapist, Steve Ashley, osteopath/physiotherapist, Marcos Morote and hypnotherapist Angela

Haram make up Medcare's complementary team.

Psychotherapist Steve Ashley has been with Medcare since 2005. Holding weekly surgeries in both Alfaz del Pi and Benijofar, Steve is a graduate psychologist with a post-graduate qualification in psychotherapy, holding registrations with the London-based UK Council for Psychotherapists, the European Association of Psychotherapy in Vienna, the Ministry of Science and Innovation in Madrid and the Official College of Psychotherapists in Valencia.

Dealing with all kinds of issues ranging from depression, child, sexual and physical abuse, addictions, be-

reavement, rape and marriage and relationship counselling, Steve was instrumental in setting up the Samaritans in Spain for English speakers.



**Marcos Morote.**

Medcare's osteopath Marcos Morote qualified as a physiotherapist at Valencia University and later took post-graduate courses in os-

teopathy at university in Barcelona. He has professional qualifications from various European institutes, including St Thomas' Hospital, London. Born in Canada, Marcos speaks English, Spanish and French.

Chronic muscular, skeletal or joint pain can be seriously debilitating. Movement becomes difficult and the constant pain can leave you tired, anxious and depressed. Without help, quality of life can be impaired.

Through massage, manipulation and realignment therapies, Marcos can treat a range of painful conditions, including back pain, frozen shoulder, sciatica, neck pain, whiplash, arthritis, joint pain, repetitive strain injury,

golf elbow, trapped nerves, headaches and migraine and tennis elbow.

Working closely with Medcare's GP, any conditions which may require medical intervention can be quickly assessed and treated.



**Angela Haram.**

Angela Haram is Medcare's qualified hypnotherapist and life coach.

Working as a life coach in the north east of England, Angela realised that combining life coaching with hypnotherapy would give her better results.

She then started running slimming classes and found that a combination of life coaching and hypnotherapy really helped her customers lose weight. Since then, Angela has combined her skills to get fantastic results in everything from stopping smoking to curing phobias.

Book an appointment with any of Medcare's therapists by calling 966 860 258 or email [doctors@medcarespain.com](mailto:doctors@medcarespain.com). Sign up at Medcare's website to receive all the latest news and offers.

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# Sunbathing this summer? Do it safely

AS much as we know we shouldn't, many of us still want that perfect summer glow. But if you are not faking it from a bottle, is there ever really a safe way to sunbathe and get a tan? Dermatologists say yes, there are ways to still enjoy the summer sun.

The Spanish Academy of Dermatology and Venerology (AEDV), explains that there are four or five types of skin, from skin phototype one which always burns and never tans, to skin type four or five, for black skin, which has more melanin in the skin. It is this melanin that reacts to the sun and causes the skin to darken or tan as it protects your skin from being damaged even more by the sun.

Even for skin which is naturally dark or never burns and always tans, this tan is still a sign that there is some sort of

skin damage from the sun.

Therefore, dermatologists always advise you wear a sun cream with an SPF of 50, the highest protection factor according to European regulations. This does not block the sun totally, so the skin will still gradually tan over time, but it is best to have the highest protection and not to reduce the level of the filter, since the objective of the cream is to avoid sunburn. Cream should be applied as per the product's instructions and re-applied every few hours and after swimming.

Always gradually expose the skin to the sun. Many visitors to Spain make the mistake of thinking they are only on a two-week holiday so want that instant burn and will spend hours in the sun the first day of their holiday, making the skin react even more harshly.

Exfoliation of the skin is also recommended as removing dead skin cells and making it more hydrated will naturally make it healthier.

The AEDV reminds that some exposure time is necessary for the production of vitamin D, but just 15 minutes a day is adequate. For those wanting to enjoy an active and outdoor lifestyle in the summer,

Ask The  
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## Mosquito bites



**SPECIALIST: Doctor Luis Perez Belmonte.**

**Are mosquito bites dangerous?**

Most insect bites and stings are not serious and will get better within a few hours or days.

But occasionally they can become infected, cause a severe allergic reaction or spread serious illnesses such as Lyme disease and malaria.

**What are the symptoms of mosquito bites?**

Mosquito bites usually cause a red, swollen lump to develop on the skin. This may be painful and in some cases can be very itchy. The symptoms will normally improve within a few hours or days, although sometimes they can last a little longer. Some people have a mild allergic reaction and a larger area of skin around the bite or sting becomes swollen, red and painful. This should pass within a week. In extreme cases a severe allergic reaction can occur, causing symptoms such as dizziness, difficulties breathing, and a swollen face or mouth. This requires immediate medical treatment.

**What can you do to treat the bite?**

Washing the affected area with soap and water and applying a cold compress, such as a flannel or cloth cooled with cold water, or an ice pack to any swelling for at least 10 minutes helps reduce the swelling and itchiness. Do not scratch the area, as it increases the risk of infection and also avoid traditional home remedies such as bicarbonate of soda as they are unlikely to work.

The pain, swelling and itchiness can sometimes last a few days. If the bite is particularly irritating, ask your pharmacist about over-the-counter treatments that can help, such as painkillers, creams for itching and antihistamines.

**How can you stop getting bitten?**

There are some simple precautions you can take to reduce the risk of being bitten such as avoiding using products with strong perfumes, as they can attract insects, applying insect repellents that contain 50% DEET, wearing shoes when outdoors and being observant when around flowering plants, stagnant water and in outdoor areas where food is served.

If you have any questions for Dr Perez Belmonte,  
please send them to:  
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# How to protect your throat this summer

A SORE throat can be annoying and frustrating but are particularly common in the summer.

During the warmer months, many of us neglect the throat which is affected by changes in routine and habits, but the Speech Unit of the Hospital Quironsalud San José said there are things you can do to help protect it:

Avoid cold things. Ice cold drinks for example can irritate the area of the throat responsible for the resonance and the transmission of sound. All these systems in the throat and at the back of the mouth work to produce sounds and speech including the respiratory muscles and respiratory system with its mucous membranes, but these delicate areas can easily suffer.


In and out of air conditioned areas can also take a toll of the throat, so it is always advised to carry a light scarf, to protect the neck area in air conditioned

rooms. Units should not run below 24 degrees.


Being in front of aircons a long time, or sleeping with one

on, can produce dry mucous, a sore throat and loss of voice.

Swimming in pools can also lead to a build up of bacteria in



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## Low Back Pain: Did you really try everything?

The bulk of our patient base consists of people with a long history of low back pain. People often suffer from these kinds of complaints for many years and are progressively getting worse. The majority of these patients already have done all kinds of scans, examinations and therapy and more than often have heard that they have to live with the complaint, that there is no identifiable cause or the pain is caused by "old age" and that they just must start exercising.

Finding the cause of low back pain is often difficult, but certainly not impossible. The cause of back pain is often searched on a local level, while the cause of this common complaint is often located in a completely different area of the body like the pelvis, knees and feet. Furthermore, the cause of low back pain is almost always caused by several components, including bad posture.

The usual methods used to diagnose the cause of low back pain are not sufficient. X-ray images and scans are used to diagnose a problem without even touching or examining the spine. On these recordings all the anatomical structures are clearly visible and also any defects therein. This does not mean that these abnormalities are the cause of the complaints. People without any back



pain can have slipped discs, decreased intervertebral disc height and arthritis as well.

To give an example: 45% of all people who have undergone a hernia operation have the same symptoms after surgery as before. This is not just because the operation failed, but because the hernia was not the cause of the original complaint. Local low back pain which doesn't radiate into the leg is seldom caused by a herniated or slipped disc...

Extensive research of the SI joints (joints of the pelvis) and joints in the back (facet joints) notes that 80% of the examined persons had back pain due to the inflammatory changes present in these joints. Whenever there has been injected an anti-inflammatory drug into the CAUSE of the pain (the joints), the pain disappears. This means that 80% of the low back pains are caused by strain in these joints.

This method of diagnosis (which is NOT a treatment method) is unfortunately hardly ever used in regular hospitals. This is regrettable, especially since these two frequent inflammatory reactions do not show on any X-ray or scan... Clearly injecting these joints cannot be used as a therapy, because it only covers the pain, but doesn't treat the cause of the problem.

Our clinic is specialised in detecting the real cause of low back pain with special tests. Our diagnostic techniques are developed to examine the SI and back (facet) joints. Our main goal is not only to discover the inflamed joint, but to get to the cause of the problem which might be in a different part of the body.

These two types of low back pain which are the most common causes of low back pain can be very successfully treated in our clinic. Also when you have an ongoing problem for years and have been to every doctor!! Our approach is unique and very different!! You certainly do **not** have to live with these complaints.

**For more information or an appointment please contact our clinic in Calpe or Altea.**

**Tel: 965 875 917 (Calpe)**

**Tel: 965 841 950 (Altea)**

**Quiropráctica Calpe/Altea**

**Jason Gast (Doctor in Chiropractic)**



# Hypochondriacs could live longer

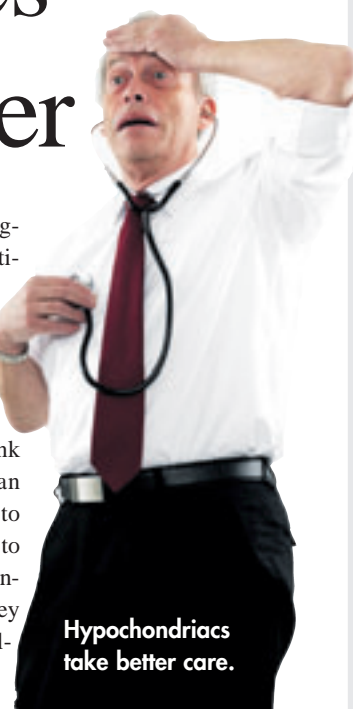
IT is often said that those who worry and stress will put themselves into an early grave, but scientists now claim that those who worry about their health could actually have a lower risk of dying.

It is thought that hypochondriacs could be classed as 'healthy neuroticists' and whilst worrying, they actually take better care of their health seeking medical advice more often.

The personality trait is normally linked to negative health effects, but researchers from the

UK said that their findings suggested that this type of neuroticism can sometimes have a protective effect, as those people were perhaps more vigilant about their health.

The findings were concluded after a study using UK Biobank data collected from more than 500,000 people aged from 37 to 73 in the UK. Participants had to complete a personality questionnaire and answered whether they thought their health was excellent, good, fair, or poor.



## At risk of extinction

ARE humans at risk of extinction? A worrying drop in sperm counts is causing alarm as a study warns an urgent 'wake up call' is needed to investigate the drop.

A study published by the Human Reproduction Update said sperm counts were rapidly falling and had dropped almost 60 per cent since 1970 in Western countries. Sperm counts are the best measure of male fertility as the lead author of the study called for further investigations to look at lifestyle factors, chemicals and the environment which are believed to be causing the drop, as it could have public health implications showing more and more men are infertile.

The study analysed data collected from between 1973 and 2011 from men in Europe, Australia, New Zealand and North America.

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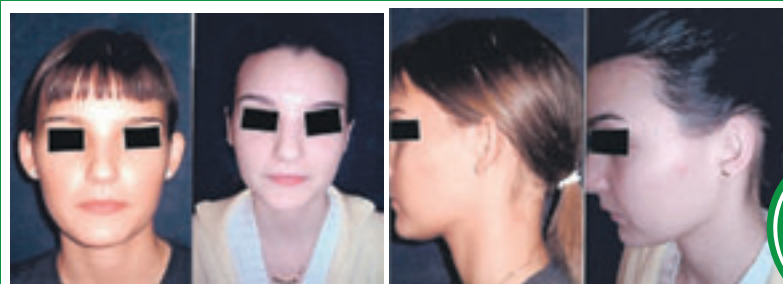
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Photo credit: takingcareofelvis.co.uk

**ALL SHOOK UP:** Ben is sure to ruffle fan's feathers.

## Thank you, thank you very much

**BEN PORTSMOUTH** - the world's number one Elvis tribute artist will perform in an expected sell-out concert at the Benidorm Palace on Sunday September 3.

Ben, a multi-talented musician, singer and songwriter had Elvis's DNA in his blood from an early age. His father was an avid Elvis fan and Ben grew up on a diet of Elvis songs.

Having honed his musical talent Ben started his journey as an Elvis tribute artist in 2005 when he formed the Taking care of Elvis band. Audiences quickly realised that this was someone with a

special talent.

He looked like Elvis, sang like Elvis and had an on-stage charisma that had audiences believing at times they were watching the King himself. This talent saw Ben rapidly rise through the ranks of Elvis tribute artists.

In August 2012, Ben made history when he won the Elvis Presley Enterprises Ultimate Elvis Tribute Artist Contest which took place in Memphis, crowning Ben as the 'Worldwide Ultimate Elvis Tribute Artist,' the only artist from outside the USA to ever win this prestigious title.

Fans from all over the world declare Ben Portsmouth as the closest they have ever seen to Elvis Presley.

Social media forums are overwhelmed with fans demanding his return to their country.

On the first Sunday in September, the audience at the Benidorm Palace will enjoy the live performance that left David Letterman at a loss for words exclaiming, "Oh my God, oh my God!" when Ben headlined his show in February 2013.

Tickets are available via [benidormpalace.com](http://benidormpalace.com).

### More music in the Javea summer fair

THE summer fair organised by the craft association Amata at the sea front promenade in the Port of Javea, becomes livelier every day.

Almost every night there is live music to accompany a stroll along the 20 or so craft stalls that are assembled at the end of the Avenida Jaime I.

On Mondays Happy Freuds plays Classic Rock, on Tuesdays there is classic jazz and Soul by Montgo Music, Marco

will play classic guitar on Wednesdays, on Thursday it varies and every Sunday there is guitar music with percussion by Gutty.

On Saturdays a potter will bring his wheel so everybody can have a go at throwing their own little bowl. The fair opens every day till September 6 from 7pm.

More information in English on 639 979 678.

## Flower Power

FINCA LES PALMERES in Benidorm will play host to the third edition of JOVEMPA Marina Baixa's 'Flower Power Solidarity Party' on Friday August 4.

Tickets cost €25 and include a sit-down dinner, free bar and an array of performances.

Tickets are available from JOVEMPA Mari-

na Baixa - 619 385 317 / [marinabaixa@jovempa.org](mailto:marinabaixa@jovempa.org) or at the kiosk on Plaza Triangular in Benidorm.

Funds raised at the event will be split between four local charities - AECC La Nucia, Anemone, Centro Doble Amor and Medicos sin fronteras.



Photo credit: La Nucia Ayuntamiento

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Photo credit: Wikimedia

#SOYHUMANA: Chenoa's current tour name translates to 'I am human.'

# Chenoa in Xatvia

ARGENTINE-SPANISH pop music artist Chenoa will perform at the Campo de Futbol La Murta in Xatvia, Valencia on Tuesday August 15.

Chenoa became successful after appearing on the TV contest Operacion Triunfo.

She sings primarily in Spanish but has also released hits in English.

Chenoa grew up in a musical family; both parents were musicians who used to sing in hotels at live music shows. At the age of 16, Chenoa began to sing professionally, taking part in her parents' show. When her mother fell ill, Chenoa had to stand in for her.

More information along with tickets available via [songkick.com](http://songkick.com).

# David Guetta takes on Benidorm

TICKETS are still available to watch Grammy award-winning French DJ, songwriter, record producer and remixer David Guetta take on Benidorm this Saturday, August 12.

Guetta achieved mainstream success with his 2009 album One Love which included the hit singles When Love Takes Over, Gettin' Over You, Sexy Bitch, and Memories, the first three of which reached number one in the UK.

The 2011 follow-up album, Nothing but the Beat, continued this success, containing the hit singles Where Them Girls At, Little Bad Girl, Without You, Titanium and Turn Me On.

He is among the first DJs to get into the EDM scene and is known as the 'Grandfather of EDM.'

Guetta has sold over nine million albums and 30 million singles worldwide.

In 2011, he was voted as the number one DJ in the

'DJ Mag Top 100 DJ's fan poll.

In 2013, Billboard crowned When Love Takes Over as the

number one dance-pop collaboration of all time

Tickets are available via [ticketmaster.es](http://ticketmaster.es) starting at €53.90.

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Photo credit: Vilamuseu

TREASURE: Roundshot that helped win a battle.

# Bulletproof evidence of 16th century battle

A SINGLE piece of round shot now takes pride of place at the Guardianos de piedra exhibition at Villajoyosa's Vilamuseu.

The Stone guardians exhibition features the province's 230 castles, fortresses, coastal fortifications and towers that have defended Alicante Province for 1,000 years.

Seven of those towers protected Villajoyosa, five of them

on the coast, were ready to give the alarm whenever Barbary pirates appeared on the horizon.

La Vila's Moors and Christians celebrations, which have just finished, recall the day on July 29, 1538 when Moors tried to take the town but were repelled by the local population.

Owing to the site and the level of excavations where the 6.5-centimetre piece of ammunition

weighing 427 grammes was found, archaeologists are confident that it was used by Vileros while defending the town.

Metal was more usual but stone was cheaper and nearer to hand, explained Vilamuseu's director Antonio Espinosa.

The itinerant exhibition remains at the museum until October 20, the piece of shot will remain in La Vila.

# Fiestas photos comp

LA NUCIA Town Hall announced its fourth Instagram competition, #LaNuciaEnFestes.

All members of the public with the Instagram app on their smartphone are eligible and photos may be submitted until August 31.

Participants need to be followers of La Nucia on Instagram @LaNuciaES and include the #LaNuciaEnFestes hashtag in the title of their entries.

The photos, which should be geolocatable, can cover any aspect of La Nucia's fiestas, including those on urbanisations, although all entries must be unpublished and taken this year.

There will be a first prize of €150 with €100 for the runner-up and a third prize of €50. The jury will judge the photos on their aesthetic and graphic values as well as their fidelity to the fiestas theme.

An exhibition of the three

prizewinners' photos as well as those with most 'likes' opens at the Auditorium on September 14 when the prizes

are presented. More information is available on the municipal website [www.lanucia.es](http://www.lanucia.es).

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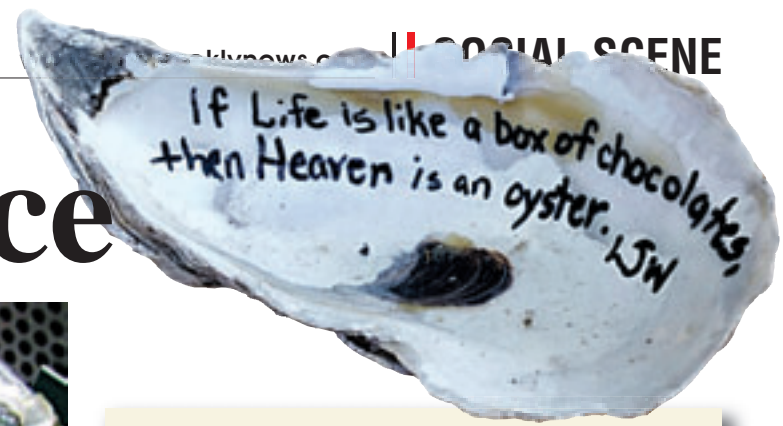
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# They only work once



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



**O**YSTERS, those mythical oft maligned, love or hate, concha. With their reputation for food-poisoning outbreaks, sometimes fatal, and their promise of increasing sexual prowess - do oysters really deserve their bad press?

I love oysters, technically you don't chew them you break them on the back of your tongue and suck allowing the freshness of the sea to tickle your tonsils. Some are, according to some experts, very slim indeed. Some lemon juice, a touch of Tobasco and a little black pepper with half-a-dozen oysters, and a glass of Champagne, is undoubtedly one of the best ways to start a leisurely lunch or an evening's dining and entertainment.

As I reported in last week's column on food poisoning, Oysters can be a cause - well the bug that can be found in shellfish can be, as Heston Blumenthal's 500 customers found out to their dismay having eaten at his famous Fat Duck restaurant.

It's worth bearing in mind says Tom Pickerell, director of the Shellfish Association, that last year, more people got ill from eating unpasteurised cheese than oysters. "It is just one of these things that the public have concerns about," he says. "Our regulations are some of the strictest in the world."

Britain produces almost 14,000 tonnes of oysters - Pacific and native o per year. In the past 12 months, there were only four incidents of food poisoning outbreaks related to shellfish, one of which was at the Fat Duck. A fraction of the illness caused by, say, barbecues.

Legislation insists that all oysters are screened for E coli and salmonella, and producers also regularly check for norovirus. Oysters are also then purified, where they are held in tanks of seawater that is continuously pumped through an ultraviolet chamber; a process that works very well at destroying bacteria, which are flushed from the mollusc's gut into the chamber to be killed. The chances, after all of this, of the oyster harbouring noxious contaminants



**Love 'em or hate 'em only one works!**

are, according to some experts, very slim indeed.

The NHS states on its website that, according to the Food Standards Agency (FSA), there are about 850,000 cases of food poisoning each year in the UK and about 500 deaths from it.

However, over the past 12 to 18 months, the only two single-case food poisoning deaths reported in the national press were the death of a forager last autumn from mushroom-poisoning and the alleged oyster incident in London's Quaglino's restaurant in May where a diner who passed away shortly after visiting the restaurant had eaten oysters for the first time there. As it happens, both Quaglino's and its oysters were cleared of any involvement in the woman's death, a fact not widely reported, which goes to strengthen the argument, that 'people will always look to blame an oyster.'

I know a Chef, specialising in seafood and is a passionate consumer of oysters. After consuming his usual dozen, he felt very ill and went into anaphylactic shock. He was rushed to hospital where the specialist informed him he had developed an allergy to his favourite seafood and perhaps shellfish in general. This was akin to being told that a passion and desire he had nurtured for years was being taken away from him.

Keen to ensure this diagnosis was 100 per cent correct, a short time after, he

picked up half a dozen and with his wife, drove to the local hospital where he sat in the car park and shot back all six. Banking on the theory that if he was going to go into shock again, he wouldn't have far to go to get help. He sat and waited, but after an hour or so symptom-free, the couple drove home, and he has continued to enjoy oysters almost daily.

On a trip to Mont St Michel with a group of like minded foodies one of our crowd developed nausea as we got on the ferry. This turned into full blown food poisoning. Based on the fact that we had all consumed much the same thing, the blame had to fall on an oyster. We plied him with water for a while and after some time, just before reaching Blighty, he came out of it. He went back on the gin and by the time we got into port where a doctor was waiting, he was as right as rain. The doctor reckoned the amount of gin he drank could have helped him recover.

The Romans popularised oysters in Britain, with large numbers of shells having been found at Roman sites. Through to Victorian times, oysters occurred naturally in such large numbers that they were seen as a food for the poor. In Charles Dickens's The Pickwick Papers, Sam Weller remarks: "Oysters and poverty always seem to go together." How times have changed!

I like them and think they are 'seductive' and am sure they can be an aphrodisiac. But in my experience if you eat a dozen oysters - only one of them works!

## I make no excuse

FOR reprinting the following reply from a restaurateur in York who replied to a customer who complained about paying £2 for a hot water and lemon as a "rip off."

*Bennets Bistro York, Manager, responded to that report:*

*I'm sorry that you feel you were "ripped off" and I will try and explain to you why you weren't.*

*You entered the café and the waiter showed you to your seat and gave you a menu, waited for a time and then took your order. He entered it into the till, collected a cup, saucer and spoon and then took them into the kitchen. There he selected a knife, chopping board, got a lemon from the fridge, cut off a slice and put it in the cup. Then he returned to the dining room, drew off the necessary hot water and carried the cup to your table. When you were leaving, he printed off your bill, took it to you, processed your credit card payment and cashed off the till. After you left, he cleared away your cup, saucer and spoon, took them to the kitchen, washed and dried them, along with the chopping board and knife and put away the lemon. Then returning to the dining room, he restacked the cup, saucer and spoon, wiped down your table and replaced the menu awaiting the next customer.*

*That's at least two to three minutes work for the waiter.*

*The costs of overheads for the business ie rent, business rates, electricity costs, bank charges etc works out at £27.50 per hour of trading. I pay my colleagues a decent living wage and after taking into account holiday pay, national insurance and non-productive time prior to opening and after closing the waiter who served you costs me £12.50 an hour.*

*Therefore together the cost is £40 per hour, or 67p per minute, meaning that the cost of providing you with two to three minutes of service was £1.34 - £2.00. Then the government add on VAT at 20 per cent which takes the cost of that cup of fruit infusion to between £1.60 and £2.40 irrespective of whether you had a tea bag costing one and a half pence or slice of lemon costing five pence.*

*I have to pay my suppliers otherwise the facilities won't be available to other people who use them in the future. I accept that it makes the price of a cuppa in a city centre café look expensive compared to the one you make at home but unfortunately that's the cruel reality of life. It's actually the facilities that cost the money, far more so than the ingredients.*

*Perhaps the rudeness you perceived in me was triggered by the disrespect that I perceived in you by your presumption that you could use our facilities and be waited on for free.*

I can hear Basil Fawlty saying this can't you? It might be over the top, but he has a point. In fact go to his TripAdvisor site he has similar equally outrageous comments.

**ELECTRIC RAY**, the TV production company behind *Class of '92* and *Carjackers*, is looking for talented, would-be restaurateurs to pitch their ideas, meals and brands to some of the UK's biggest food and beverage in-

## I'm out

vestors for a new business series for the BBC on the same lines as *Dragon's Den*!

If successful, the restaurateurs would get the opportunity to trial-run their concept in a pop-up restaurant and have the chance to impress 'some of the best names in the business.' Applicants could receive 'life-changing' investment.

**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](mailto:garryphwaite@gmail.com).*

**£30m** a year. The UK's oyster industry worth, an increase of £5m from two years ago.

**13,000** tonnes of Pacific oysters and 600 tonnes of native oysters annually the amount produced in the UK, second only to China.

**124** designated shellfish waters to production.

**130,000** France produces tonnes annually.

**50** oysters the amount per year eaten by the average Frenchman.

# Megacomplex plan collapses

By Matthew Elliott

PERHAPS the most ambitious real estate deal in Spanish history has been put on the backburner after Madrid rejected new plans to build a mega-hotel and leisure complex.

Powerful American outfit the Cordish Group said it was "completely shocked" by the decision, which came after months of torturous negotiations over a proposed new 'Integrated Development Centre.'

Cordish claim to have already secured €2.2 billion worth of funding for the project, which would create an estimated 56,000 jobs. Executives say they have met every single one of Madrid's demands.

The megacomplex was to be built on a huge 134-hectare space, flush with casinos, ho-

tels, shops, ski slope, cinemas, and even an artificial beach the size of five football pitches.

Negotiations were wrought with tension over taxes, development permits, casino regulations, environmental concerns and financing. Cordish CEO Joseph Weinberg says he is still unclear why the deal was suddenly rejected.

The main hiccup appears to have been over the casinos. The city government insisted that gambling not be the primary attraction, apprehensive about creating a mini Las Vegas.

Cordish drew up a blueprint whereby casinos would only account for 10 per cent of the total space. But a government analysis of the business plan found that casinos would account for more than 60 per cent of the complex's total income.



Photo credit: Cordish Group

LEISURE COMPLEX: Was to include casinos, hotels, shops, ski slope and a cinema.

## Billionaire bunker for sale at €130m

SPANISH superstar Julio Iglesias has put four empty lots next to his luxurious Miami villa for sale, with a cool €130 million asking price.

The legendary singer owns a 3.25 hectare plot of land on an island near the Miami coast known as the 'billionaire bunker.' Other islanders include top businessmen, film producers and tycoons from the sporting world. The island has its own private police force, 24-hour marine patrol and golf course. Jay Z and Beyonce once owned a property there.

The total wealth of the residents is believed to surpass €35 billion. Iglesias' land is the only one with completely unimpeded views out onto the Bay of Biscayne, making it the most natural area on the island.

The 73-year-old isn't selling everything, but four of the five lots he owns. Combined they offer 800 feet of pristine shoreline.

Iglesias plans to keep the fifth, which contains his home, for himself, having finally given up on his original dream of

having his children live on the other lots.

"My children are older and want to live in different parts of the world" he told the *Miami Herald*, more than 20 years after son Enrique released his debut album.

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# Jaded prosperity or money tree

GRAEME TYRRELL

MANY plants have myths, legends and other attributes to make them of interest and ensure their popularity.

One of the more well-known plants in all the world largely due to its association with the Chinese art of Feng Shui allocating the plant as a promoter of wealth is the Jade plant, *Crassula ovata*, also known as the Friendship tree, Lucky plant and Money tree.

The Jade plant is a very hardy, long lived and attractive succulent with shiny circular leaves and very fine white to pink star shaped flowers in clusters that form in the right conditions in early spring.

It needs minimal maintenance as it rarely needs pruning except as a bonsai, requires watering only when the soil mix is touch dry (rather than a regular watering regime) and can live happily in the same quality soil mix for many years.

It is slow growing, so if you obtain one it should be about the size that



**The Jade plant or Money Tree.**

you want. It can live for 100 years when in the right condition, but may only grow just over a metre in a smaller container and up to four metres in open soil.

To obtain new plants the easy way, the less conspicuous branches of a well-established plant can be cut off just above a node.

Remove the leaves above the cut

to about a third of the cuttings length. Before planting, it's a good idea to leave the cutting a day or two in a shaded place to allow the wound to heal.

Plant the cutting in a good soil mix with the lowest set of leaves just above the soil. This gives a ready-made plant if the soil is kept moist but not wet.

In Asia, the Jade plant is often gifted as a symbol of good fortune and it is placed in the eastern zone of the entrance of homes and buildings to attract positive energy to enter for the family or business. This concept has proliferated with the distribution of the plant around the world.

The Jade plant has been popular in the Mediterranean and large ones in

containers can often be found gracing interior courtyards of historic buildings and well-established gardens.

It is considered an old fashioned plant by some as a reaction to its previous popularity, but its attributes have made it a highly suitable plant for interior and shaded exterior (out of summer's direct midday sun), Mediterranean gardens, patios, balconies and terraces.

This is testified by its popularity in ancient times when water was drawn from wells and ornamental plants were a luxury.

Few such hardy, compact, long-lived plants exist that require so little maintenance but will look good all year with the bonus of prolific flowers in spring when supplied with its simple needs.

It gives prosperity as it doesn't cost much to grow from cuttings, maintain with minimal water requirements or to replace every 100 years. To me, it is not something to be jaded by.



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# Play it loud

ARE you struggling to hear yourself think? If you had to think about that question then chances are cicadas have made it to a tree near you.

The red-eyed critters that many would describe as cute make an almighty nuisance of themselves as the heat increases at this time of year in Spain, scaring away birds and emitting a silence-shattering racket.

Spain is home to at least 20 species of the noisy insect and they usually remain in an area for between four and six weeks.

It is only males that produce the distinctive sound which can reach up to 120 decibels (dbs), among the loudest of insect-produced sounds. It has the capacity to cause permanent hearing loss should one sing just outside a human ear and is almost a third louder than the EU limit on personal audio device volume.

The song is used to attract females but there is another more erratic version which



**CICADAS:** Spain is home to at least 20 different species.

highlights danger and wards off predators when in great quantity.

Some species even have a quieter song of courtship which is reserved for when

they have attracted a mate.

They typically live in trees, feeding on sap and laying their eggs in a slit in the bark whilst natural predators include birds, squirrels, bats,

wasps, mantises, and spiders.

Despite popular belief, they do not bite or sting but may occasionally mistake a person's arm for a plant limb and attempt to feed.

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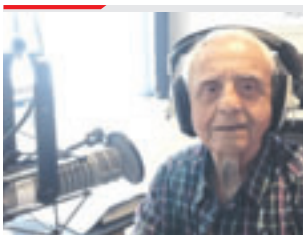
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# Older children and canines



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THE same rules covered last week apply, especially the ones about mutual respect and supervision. Stress that dogs are not living toys, especially when bringing a puppy into a family where children already live.

Don't allow children (or anyone else!) to feed dogs from the table; suitable leftovers can be mixed into their meals afterwards.

It is particularly important to 'clear up' after dogs in the garden when children become old enough to play there.

Keep dogs out of the way when children have friends round or are playing energetic games.

It's fun for children to fuss and play with dogs, but teach games where control can be kept, and always supervise. Older children should help feed, groom and train pets so that they learn about the responsibilities as well as the fun of pets. Make sure children always thoroughly wash their hands afterwards, especially before eating any meals.

Children generally love to

hold the lead, but don't allow them to walk your dog alone. They may be able to manage a well-behaved pet, but how would they cope if the dog was attacked by a large stray?

Show children the correct way to befriend other people's dogs - ask the owner first, then offer a hand for the dog to sniff from below his nose before patting him. Not all dogs are friendly.

Children should not approach strays and must never go with strangers to see 'the puppies at home'!

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Motoring shorts

## Elderly regiment

THERE are now more than 100,000 British drivers aged 90 or over. The latest figures from the DVLA show there are 100,281 fully licensed drivers in the country.

There are 248 centenarian drivers and more than 1.2 million aged over 80. The oldest licence holder in the UK is a 103-year-old woman.

There is no maximum age for drivers, but those aged over 70 are obliged to renew their licence every three years and answer medical questions.

A substantial portion of the 100,000 nonagenarians will be effectively retired from the roads.

There is little data on driving safety among such senior citizens, but generally those aged over 70 are far less likely to be involved in crashes than teenage drivers.

# BMW takes Brexit gamble

by Matthew Elliott

BMW confirmed that an electric version of its popular

Hatch model will be built at its Oxford plant. The news assuages fears that the German manufacturing giant was

set to shift production to the continent as a consequence of the Brexit vote.

The firm itself had warned that the referendum result would force it to reconsider production priorities, but the all-electric Hatch is officially scheduled for British production in 2019.

The decision was welcomed by British union leader Len McCluskey, and presumably by the Oxford plant's almost 5,000 workers.

“Around the world and for generations the Mini means made in Britain,” said McCluskey “with the electric Mini being built in Cowley the tradition continues, but with the added bonus that this is one of the important innovations of tomorrow.”

Almost all of the 360,000 Minis produced each year are built in the plant, which has enjoyed investment worth €500 million from BMW since 2011.

**MINI: Iconic model enters electric future in the UK.**

## 2019

is when the all-electric Hatch is scheduled for official production in Britain.

As such BMW's decision to build the Mini E there is likely more due to investment and cost considerations than a 'vote of confidence' in Britain, as the government was keen to suggest.

Fears that exiting the single market will see the import costs of manufacturing materials shoot up, and export tariffs imposed by Europe, will persist until the details of a Brexit deal are made clear.

There are roughly 1.7 million cars built in the UK each year, with 80 per cent being exported to the continent.



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# Curtains for combustion engine



**BENTLEY: British brand has an electric deadline in the UK.**

SALE of new petrol and diesel cars will be banned from 2040 in the UK as the country grapples with dangerous levels of pollution.

The pledge is akin to others made in France and Scandinavia, perhaps signalling the beginning of the end for the combustion engine.

Poor air quality was cited as the 'biggest environmental hazard to public health' by a government spokesman. Car fumes contribute to the premature deaths of tens of thousands of people each year and an estimated €3 billion in lost productivity due to sickness.

The clean air plan will also have a more immediate impact. Clean Air Zones will be established in areas which exceed EU pollution standards.

In London a £10 (€11.2) charge is being imposed daily on the most polluting vehicles when they enter the city limits.

Tens of millions of pounds will be spent on

improving Britain's electric infrastructure, with new plug in points and innovative city schemes. Cycle lanes and green public buses will be encouraged.

The announcement comes weeks after Volvo announced that it will only produce electric or hybrid vehicles from 2019. New French president Emmanuel Macron promised France will follow suit.

Though welcomed in environmental quarters, motoring industry experts believe imposing the ban in just over 20 years may be a tall order. It would require electric cars, currently very expensive and accounting for a fraction of the market share, to become the dominant mode of transport.

There are also concerns that a patchwork of local laws banning, or fining, petrol or diesel cars in some areas but not others could lead to confusion and an avalanche of court cases.

## ROAD TEST by Nick Fletcher

# Mazda CX-5 SE-L Nav

MAZDA'S new CX-5 builds on a model which was already outstanding in its class and even though the sector now has more rivals, the Mazda still holds most of the ace cards.

The CX-5 is a mid-size SUV priced from €26,476 (£23,695). There are petrol and diesel engines, though most buyers will opt for the smooth responsive diesels, available in 148 hp and 163 hp form.

My test model had the 148 hp unit offering a 0-100 kph time of 9.4 seconds and top speed of 204 kph (127 mph). Fuel economy is 20 kpl (56.5 mpg). This version, with six-speed manual gearbox and in SE-L Nav 2WD form, costs €28,712 (£25,695).

The new CX-5 has a dominant exterior look, with narrow headlights,

deep grille and wide bonnet giving it real presence - and image is very important in the SUV sector.

The cabin impresses too with a smart clear dashboard, quality trim materials, and a wealth of standard equipment which includes dual-zone aircon, auto lights and wipers, front and rear parking sensors, cruise control, engine stop-start, multi-media touch-screen, Bluetooth, sat-nav, four USB inputs, privacy glass and alloy wheels.

The CX-5 is a five seater and even taller adults get plenty of leg and headroom in the rear. Seating is very comfortable - with the rear seats reclining - and the driver gets good all-round visibility - the front pillars are slimmer than most and the large rear screen

helps too. Boot space is roomy at 506 litres, expandable to 1,620 litres. And the seats drop to form a completely flat floor - no ledges to make loading awkward.

Mazda designers have also taken care of oddment-storage, providing a large glovebox, roomy doorbins and other cubby holes, and of course cup/bottle holders. And with USB ports in the rear, children can plug in their gadgets with trailing wires from the front.

So far, a totally positive report, but what it is like to drive? Well, the praise keeps coming! The diesel engine is

smooth, quiet and eager, the gearbox precise and the suspension, though a tad firm, is still compliant enough for a comfortable ride.

The steering gives plenty of feedback so you feel fully in control and the grip is reassuringly composed even on tight cornering.

I tried hard to fault the new CX-5 but failed on any significant issues. Certainly one or two rivals can score points for being slightly greener or maybe a little more fun to drive, but in my view the overall strength and depth of the CX-5 package overwhelms these aspects.

### Stats panel:

Model: Mazda CX-5 SE-L Nav  
 Engine: 2.2 litre diesel  
 Transmission: 6-speed manual  
 Performance: 0-100 kph 9.4 seconds, top speed 204 kph (127 mph)  
 Economy: 20 kpl (56.5 mpg)  
 Emissions: 132 g/km



**MAZDA CX-5: A mid-size SUV.**

Model tested is UK-specification and equipment levels and prices may vary in other markets.

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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

Charity Shield clash between the Gunners and Chelsea at Wembley on Sunday.

Also tomorrow, the fourth and final Test between England and South Africa starts at Old Traf-

ford (12 noon); cricket's T20 bash continues and the World Athletics Championships begin in London (6pm) where the world's fastest man, Usain Bolt, will run his final race.

On Saturday, it's the next stage of the Triathlon World Cup in Canada (GB's Jonny Brownlee was fourth behind Spain's winner Mario Mola, in last week's race); horse racing is underway at 'Glorious' Goodwood; we have the Multi-sports World Police & Fire Service games (August 5 - 18); the Ladies Major in Scotland and four WGC and PGA Golf tournaments in the USA (August 3 - 6) and the Women's Rugby World Cup in Ireland (August 9 - 16); first up: England v Spain in Dublin.

### Round-Up

England (353 & 313 -8 declared) beat South Africa (175 & 252) by 239 runs in the 100th Test at The Oval to go 2-1 up in the series. Middlesex bowler Toby Roland-Jones had a 'Michelle Pfeiffer' (5-57) - making him the first double-barrelled named Englishman since George Simpson-Hayward (6-43 v South Africa in 1910) to take five wickets on his Test debut. Ben Stokes smacked 112 in England's first innings before Moeen Ali won the match with a hat trick.

In the first Test in Galle, India (600, with Virat Kohli's 103, and 240-3 declared) beat Sri Lanka (291 and 245) by 304 runs.

Jodie Taylor's goal gave England's women a 1-0 win over France in their European Championship quarter-final tie. Tonight's semi-finals are England v Holland and Denmark v Austria. The final is on Sunday.

South Korean Lee Mi-Hyang won the Women's Scottish Golf Champi-

onship at Dundonald; GB's Georgina Hall finished ninth.

GB's Adam Peaty (50m & 100m breaststroke), Ben Proud (50m butterfly) and the 4x200m men's relay team won gold medals at the World Aquatics/Swimming championships.

Everton defeated MFK

Ruzomberok 1-0 in the first leg of their Europa League qualifier thanks to Leighton Baines' 65th minute deflected goal. The return leg is in Slovakia tonight.

Aberdeen beat A-Limasol 2-1 their 1st leg qualifier; the Dons are in Cyprus for this evening's second leg.

British Horse Racing's governing body is investigating an incident whereby the 'wrong horse' - a 50-1 shot - won last Thursday's 13.40 race at Great Yarmouth. The Charlie McBride-trained two-year-old Mandarin Princess beat 6-4 favourite Fyre Cay but a scan afterwards identified the horse as the winner's stable-mate Millie's Kiss who was to run in a later race that same day. Said McBride: "It was an honest error and no-one stood to gain anything by it; the head lad simply put the saddle on the wrong horse."

It is Sebastian Vettel, Kimi Raikkonen and Valtteri Bottas, 1-2-3 in last Sunday's Hungarian Grand Prix. Lewis Hamilton came fourth and trails Vettel by 14 points in the driver's championship.

Last Saturday's Carl Frampton-Andres Gutierrez World featherweight bout was postponed after the Mexican injured himself, falling over in the shower!

HOLDERS Hull (after thrashing Leeds 43-24) will face Wigan in this season's Rugby League's Challenge Cup final.

Congratulations to Eddie Jay Wade (17) from Los Gallardos - the 2017 85cc motor-cross world champion.

Gary Megson has returned to WBA 13 years after leaving The Hawthorns. The ex-Baggies' manager is now assistant to current boss Tony Pulis.

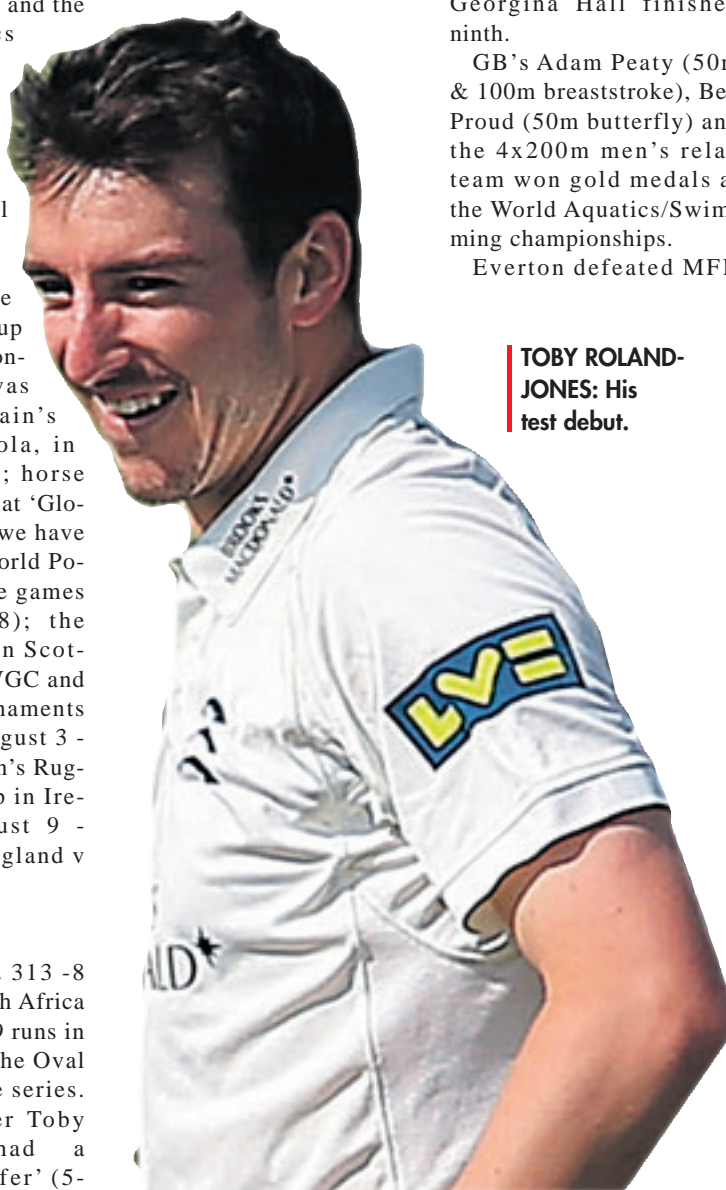
This year's BBC Sports Personality of the Year awards will take place at Liverpool's Echo Arena on Sunday, December 17.

Anthony Joshua and Chris Froome are fancied to win.

THE 2017-18 FL Championship season starts tomorrow with Nottingham Forest-Millwall and Sunderland-Derby. Also there's the all-London



**USAIN BOLT:** Will run his final race.



**TOBY ROLAND-JONES:** His test debut.

### Don't miss this!

On Wednesday, August 30, you can watch four-time Tour of France winner Chris Froome 'live' and perhaps local rider Alberto Contador and the 'Manx Machine' Mark Cavendish as well competing in the Vuelta a España (tour of Spain cycle race). Stage 11 will see the riders cover the 187.5km from Lorca to Cala Alto via Aguilas, San Juan, Villaricos, Vera, Garrucha, Mojacar, Turre, Los Gallardos and Sorbas.

### Pay Dispute

Australia's cricketers have been told it's "time to get the show back on the road" and end a long-running dispute that has left 230 players unemployed. An 'A' tour of South Africa has already been cancelled following a row between players and their governing body over the scrapping of a revenue-sharing model. Australia's cricket's Chief Executive said: "There's increasing urgency ahead of this winter's Ashes series."

### Did you know?

On August 20, 1920, Jack Darnon took five wickets playing cricket for Surrey against Middlesex at Lords in the afternoon and in the evening kept goal for Brentford against Millwall in a Football League game.



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## Pego Golf Society play a Combined Pairs Stableford at Oliva Nova on July 25

ON a beautiful morning for golf, Pego Golf Society had a total of 28 players to play their latest competition, namely the Pairs Combined Stableford.

The course was in majestic condition, with lovely fairways and smooth greens.

Pego were delighted to welcome Richard Lindley as their guest and along with his partner, he finished a very creditable fourth in the main event.

The winners, by a long way, were Roger Brown and Keith Price, with a very creditable 71 points.

Roger had a great front nine, but fell away on the back nine.

He played for 18 holes to great effect and must be delighted with his win. His partner Keith Price also played very well.

In second place was one of their new members, Steve Jones and a big welcome back, after a very painful back injury to Patricia Chapman. This pairing finished with a terrific score of 66 points which was worthy of second place.

In third place, with 61 points, were Danny Heron and Peter Brown, so congratulations to them also.

Nearest the pin at Hole No 5, with his second shot, was Steve Jones with 0.39 of a metre and again at Hole 16, the winner of the closest tee shot was yet again Steve Patton with 3.57 metres. Well played to both.

There was only one two recorded and that was by Celia Cronin, who scooped the pool and in 'Balls in the Water' there were 65 balls in the wa-



**PEGO GOLF: A beautiful morning for golf.**

ter, which was not won, so is carried forward to next week.

In the match play, in the battle of the Johns, John Guest defeated John Evans by 2/1 and so moves forward.

Next week, they are back at Oliva Nova, where they will be playing a Medal Competition and should you wish to be included in the field, please contact their secretary by e-mail: Penny Barden at [pegohandicapsec@gmail.com](mailto:pegohandicapsec@gmail.com) or enter through their website [www.pegogolfsociety.com](http://www.pegogolfsociety.com).

A warm welcome awaits you.

## Alenda welcomes TMGS



**MEMBERS: Played an individual stableford competition.**

WITH their lowest turnout this year, just 26 members played an individual Stableford competition in temperatures in excess of 33 degrees, but thankfully the light breeze did give the feeling of it being a little cooler!

The course was in good condition with the greens being a little difficult to read, they looked slow, but in fact were quite fast, and this resulted in a

few comments about taking a number of three putts.

Results: NTP's Hole 3 John Eyre, Hole 5 Carsten Landaas, Hole 13 Lasse Jorung, Hole 16 John Hillier.

Photo: Silver category winners.

Silver category: Third: C Bellman 33 pts. Second: A Goslan 35 pts. First: M Mhyrvold 40 pts.

Gold category: Third: J Eyre

34 pts. Second: K Aasebo 37 pts. First: C Landaas 39 pts.

Forthcoming event:

Anniversary Trophy at La Marquesa Wednesday August 9. Members eat free of charge after the competition.

For a game with a truly international membership contact them via; [www.tmgs.org](http://www.tmgs.org) or [@TMGSGOLF](https://www.facebook.com/TMGS-GOLF) or call 661 524 101.



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