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ISSUE No. 1676 17 - 23 August 2017 AXARQUÍA - COSTA TROPICAL » YOUR PAPER, YOUR VOICE, YOUR OPINION WWW.EUROWEEKLYNEWS.COM

Hefty fine for laser criminals

A BRITISH father and his son, aged 41 and 15, face a multi-thousand euro fine for allegedly dazzling pilots at Malaga airport with laser pointers.

If found guilty, the men could be handed fines of between €30,000 and €600,000 for breaching the Citizen Security Law, according to the Provincial Commissary.

The accused were identified by an off-duty National Police officer who was staving at the same hotel, the Don Pablo de Torremolinos. The policeman allegedly saw two people on a sixth-floor terrace pointing lasers 'indiscriminately' in the air and at three planes, as well as vehicles driving in the area at around 11pm.

The National Police officer called 091, telling his colleagues about the incident. A patrol car was sent to the hotel, where staff helped the police locate the room of the accused, where officers found small, green laser pointers.

Police confiscated the pens and took statements from the two, who apparently accepted their guilt, according to reports.

At the same time, several pilots alerted Malaga Airport's air traffic control tower that they had been dazzled by lasers.

All eyes on water levels

THE fight to preserve the limited summer water supplies is ongoing.

Though supplies are not in the main as low as from 2005 - 2008 when the last official drought was registered, the authorities in various parts of Spain are constantly monitoring the situation to the backdrop of an ongoing rise in summer tourist arrivals.

In some resorts record figures are being logged.

This automatically daily increases demands on water stocks even though providing a fillip for the national and local economies.

In Malaga Province the peak tourist season in August means demand soars as it does in the Axarquia region where levels of around 54 square hectometres in the Vinuela reservoir continue to cause concern, with the stark fact that should they fall to 45 square hectometres, a drought will be declared.

Local agriculture will be badly hit by any drought declaration, the last one in Axarquia being in Novembeer 2008.

Meanwhile a stark warn-



DROUGHT DREAD: Vinuela reservoir where low water levels are causing concern.

ing has been made in a study that the whole of southern Spain could be desert by the end of this

If the fight against global warming is not won and current trends are reversed then in 80 years the impact of climate change on the Mediterranean area will be non-re-

This is the alert spelled out in a study on the topic for this region by

Joel Guiot from the National Centre of Scientific Research in France.

53 migrants saved

SIX of the 53 people rescued from a small boat near Benajarafe have been taken to hospital for "mild injuries," according to media reports.

Of the six, three were pregnant and have been transferred to the Mother and Child Hospital in Malaga, while the other three were taken to the Hospital Civil de Malaga. Another 10 young people were taken to hospital for tests to ascertain their age.

The fishing boat was rescued 14 miles off the coast of Benajarafe after attempting to cross from North Africa. The vessel, holding 10 women and 43 men, was spotted by a rescue plane, before a ship from the maritime rescue service was despatched.





Sending money abroad? Quick, simple and fee-free transfers.

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Tablet 9.6" HUAWEI T3 10 WI-FI



NEWS EXTRA

Man held

THE National Police have detained a Dutch man in Velez-Malaga who was wanted on two European arrest warrants for crimes against public order and state security in Belgium.

Fishy deal

MORE than 5,700 kilos of fish and shellfish have been seized in a dawn raid in Mercamalaga after the fisheries inspectorate found it did not comply with traceability regulations.

Taxi drama

TAXIS at Malaga Airport are on strike, leading to a lack of transport at the hub. Strikers have reportedly become aggressive to private companies collecting passengers during the industrial action.

Hash haul seized

By Sally Underwood

OFFICERS from the National Police have found and removed two marihuana greenhouses in Motril.

The plots, located in a farm in Los Coscurros, held 25,865 plants, weighing more than 4,500 kilograms. Two Spanish people have now been arrested for crimes against public health and been placed at the disposal of the Judicial Author-

Investigations began after officers became aware of a large-scale plantation of cannabis sativa in an area

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SEIZED: Two marihuana greenhouses were found.

with numerous greenhouses, which went unnoticed among the other agricultural facilities.

Once police had this information, they investigated several greenhouses, eventually locating the two growing marihuana. On entering the plantation, police were

confronted by two men, one of whom was carrying a 25 centimetre blade which he immediately dropped on seeing the officers.

The operation to crack down on drug trafficking was carried out by the narcotics group of the local Judicial Police

1,375

Average amount of olives required to produce a litre of olive oil.

Attack on Muslim woman

FOUR men are being investigated for alleged Islamaphobia after ripping away a Muslim woman's headscarf and insulting her in the street.

The incident took place on Calle Ruta de Malaga in the 25 Años de Paz district of the capital.

The victim was looking at properties in the area when four men surrounded her, insulted her with references to her faith, before pushing her and spitting at

The men then continued the attack, removing the woman's headscarf and inflicting physical pain due to the intricate wiring with which the headscarf was fixed to the woman's hair.

According to the victim, the ordeal only ended when a couple with a baby passed the scene.





Whopping bonus

OSCAR MEDINA, the mayor of Torrox, has announced the town will next year invest almost €1 million in "important works.'

The funds of €850,000, which are mostly supplied by the provincial council, will be used to pay for works including paving the N-340, water purification, a new multi-sports centre, improvements to local tourism days and providing more activities for the elderly.

Fake plates

A FORTY-FOUR-YEAR-OLD Spanish man has been arrested in Malaga for driving without a licence, having false licence plates and carrying seven grams of cocaine. Police have now arrested the man on suspicion of drug trafficking, crimes against road safety and document falsification after initially becoming suspicious of his 'evasive' attitude when they stopped to help several people involved in a multi-car collision.

Temple of doom

MALAGA'S council has contracted a company to excavate and create an archaeological park in the city's Phoeni-

The €21,622 project, which is expected to take nine months to execute, will see a cultural site created in the Cerro de Villar reservoir, allowing, "people to find out about the importance of the Phoenician influence in the south of the Iberian Peninsula," according to the council.

Prize recognition

DR IÑAKI HORMAZA, head of the Department of Subtropical Fruit in La Mayora, has been made an honorary member of the Botanical Society of America. The scientist is only the third Spaniard ever to receive the recognition after being chosen by Harvard University to carry out a study into paw paws; the only fruit of its species capable of growing in cold climates.

Up in smoke

EFFORTS to reduce the illegal sale of tobacco at this year's Malaga feria are said to be a partial success after an authorised tobacconist was installed at this

SPANISH FACTS OF LIFE...25

Sport is no-longer ring-fenced to back pages, with the 1960s off-the-field antics of soccer wizard George Best credited with initially moving it to the front of newspapers, where now frequently rugby, cricket, snooker and cycling also feature.

Pedal power excitement

THIS year's 21-day Vuelta a España (Tour of Spain) starts in France on Saturday, with the first of the 21stages opening with a short Nimes time trial, and ending in Madrid after a 23-day event that includes nine summit finishes and just two rest days!

First held in 1935, the race has taken place annually since 1955 after being halted by the Spanish Civil War and the Second World War during its early years of ex-

The 2017 race is the 71st and along with the Tour de France and Giro d'Italia, the Vuelta makes up cycling's prestigious three Grand Tours.

Though the route annually changes, the race format remains the same with at least two time trials, tortuous mountain stages and the finish in the capital.

The 1935 race over 3,411 kms included 14 stages with 50 entrants and was inspired by the success of the Tours in France and Italy. Initially held in spring, 12 years ago the race moved to September to avoid direct competition with the Giro d'Italia in May.

This year's race will see more than 200 riders in 20plus teams line up at the start, with the peloton now expanded from a once primarily

ROOME:

Hoping

for red

Spanish participation to include global riders each dreaming of wearing the leader's red jer-

Taking in wide ranging lo-



THE PELOTON: Over 200 riders are competing.

cations from Andorra to the Costa Blanca down to the Costa del Sol, plus stages in northern Spain in Asturias as well as the central region around Madrid, hundreds of thousands of spectators will line the various route stages as the riders battle for both individual and team

The multi-million euro race also increasingly receives worldwide television coverage as a multi-sponsored

Froome's double hope dor bagged the Tour and Giro de THIS year's Tour de France winner Chris Froome is among the

favourites to ride to victory as star of Team Sky.

If he is crowned the winner in Madrid on September 10 at the end of the gruelling race Kenyanborn Froome will be the first man to win two grand tours in one season since Spaniard Alberto ContaItalian in 2008.

Cycling - described by many as among the toughest sports in the world - has in recent times shaken off the stigma of years when many of the top riders took drugs as they pedalled to victory. The most famous is the infamous and now disgraced Lance Armstrong.

year's event. The retailer, located in the Real de la Feria, has attracted large crowds of smokers, although illegal street vendors continue to trade, according to media reports, with 200 packets seized by police already.

Causing a stink

AN illegal landfill has sprung up in an empty space between Avenidas Pascueros and Manuel Gorria in Malaga,

prompting outrage from concerned locals. The impromptu dumping ground, similar to the site used illegally in Nerja's Rio de la Miel for years, is said to be giving off a pungent smell and risks injury to children due to the presence of broken glass.

Holiday hell

HUNDREDS of passengers were left stranded at Malaga Airport during the

current taxi strike after their planes landed after the last bus left. The travellers emerged from the airport just after the bus service finished at around 1am, leaving them to stand around with their luggage before some passengers apparently started shouting at taxi drivers watching the scene with their lights off.

Feria stab victim

A MAN, aged 30, has been taken to Hospital Carlos Haya after receiving multiple stab wounds in the centre of Malaga during the city's feria. The young man was stabbed in the neck, chest and abdomen on Calle Carreteria and is said to be in a serious condition. At last year's feria, police confiscated 21 knives and seized 417 narcotic substances.

News Finance 17 Leapy Lee 23 Time Out 24 Letters 27 28 - 30 - 32 Health & Beauty Social Services 42 Classifieds 45 Motor 46 Sport

2,500 litre wine festival

AROUND 9,000 people drank thousands of litres of wine at the 15th Noche del Vino in Competa.

The event, which saw Marbella chef, Sergio Garrido, perform the role of town-crier, takes place annually on August 15.

The town celebrates the festival every year in an event that sees local women stamp grapes alongside flamenco performances.

Locals across the town open up cellars to friends and

visitors, giving them the chance to sample their wine, for free.

The internationally famous event, which has been declared a festival of national tourist interest by the Spanish government, has now gained an artistic following of artists, poets and writers, who speak and perform, as well as singers and dance groups. Performers attract crowds in the town's main square, Plaza Almijara, where a specially built wall houses the events.

The total number of news and features which appeared in Issue 1675 of the Euro Weekly News Axarquía - Costa Tropical edition, including 60 local stories.

47

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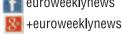
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EWN on the web



TRAGIC: Kirsty Maxwell plunged to her death from the Payma Apartments.

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Poll of

the week

Looky looky men:

Do you feel they

are good or bad?

LAST WEEK'S POLL:

Should toll road fees

not be increased

thereby attracting

more users?

Yes = 92%

No = 8%

Top 5 stories





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From 8 - 14 August

- 1 Kirsty Maxwell Benidorm balcony death: Woman tried to clamber down side of hotel 13,490
- 2 Group of teens catch rabies after having sex with a donkey 11,818
- 3 Spain's Costa Blanca braced for heavy rain and thunderstorms 11,164
- 4 Group of seven attack man outside of a bar in Costa Blanca 4,837
- 5 Costa del Sol to fight 'wild' hen and stag parties 4,309

Top Social Media comments

Ryanair duty-free alcohol cabin ban on flights from Glasgow and Manchester to Alicante and Ibiza - Always the same story the innocent get punished by the idiots not controlling their alcohol intake. Yvonne Kennedy Kinch

Taxi strike spreads throughout Malaga Province leaving thousands stranded - When is the government gonna grow a pair and stand up to this Megalomaniac Maffia... Why do the councils let themselves be held to ransom by bloody taxi drivers?... Crazy! I for one will be using Cabify from now on. Steve Walsh

So allow Cabify and Uber to operate.

Believe me the taxi mafia will soon go back to work when they realise that there are alternatives and they will eventually lose out completely! Mark Con-

Anti-tourism protesters demonstrate on a **beach in Barcelona -** People who live there are fed up with rising rents, visitors peeing in the street, parties all night, drunks lying about in the streets, half naked tourists and total lack of respect for the locals. Jenny Dodd

Lifeguards in Spain ordered to cover up - It's not what the female lifeguards wear, it's men dictating what they should wear that's annoying! Lynda Stephenson

Costa del Sol to fight against 'wild' hen and stag parties - If music, alcohol, or rowdy men and women cause problems it needs to be seriously addressed. Some Brits and other tourist need to learn how to respect public and public property. Kenny Seelev

There's fun and then there's vulgarity and lack of respect for themselves and all around them. It's gone beyond fun and needs sorting. Ann McConnell

Two Brits investigated for shining lasers at planes landing at Costa del Sol airport - A shining example of how a father should not behave. Two morons together. Kas Wells

They should stop selling them we saw someone shining this in people's faces as they walked down the street. *Anne Kirton*

Kirsty Maxwell Benidorm balcony death: Woman tried to clamber down side of hotel Only them lads in that room know the REAL TRUTH! I hope to god one of them tells the truth, they owe her family that!

Thank god these witnesses came forward! Kagcee Knight

TRIVIA FROM **AROUND** THE WORLD

The Hawaii alphabet consists of 13 letters: five vowels and eight consonants.

The Guinness Book of Records is stolen more often than any other publication from public libraries.

Babies are born with 300 bones, but by the time they reach adulthood they normally have only 206 as many smaller bones fuse together to make larger and stronger ones during childhood.

**** Did you know?



The wax worm can eat plastic bags, quickly breaking down polyethylene, which can take 100-400 years to naturally degrade. If scientists can find and isolate the enzyme that dissolves the plastic, a solution could be found for reducing global waste.

(1)

FOR COMMENTS FROM EWN ONLINE TURN TO LETTERS PAGE





Lost in translation



TAKE THE CHILD **FALL INTO WATER CAREFULLY**

CORRECTIONS

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

editorial@euroweeklynews.com

OUR VIEW

Fire and fury

AUGUST is described in media terms as the 'Silly Season' as not a great deal of earth shattering news appears to happen when most of Europe is on holiday.

This month however has one major story which could have an effect on the world and this is the ongoing war of words (so far) between North Korea and the USA which has caused some considerable worries across the world.

It is difficult to know whether the North Korean leader Kim Jong-un is simply trying to bait Donald Trump or if this relatively small dictatorship run by a highly questionable family has actually become the eighth Atomic Power.

The threat to fire a missile to within 30 miles of the island of Guam, an American possession and military base in the Pacific is either a very clever mind game or, especially if it happens, the results of a very dangerous and deranged mind.

Donald Trump's response is certainly in accordance with statements he made as long ago as 1999 about the need to keep North Korea in check and may be a very clever response as China and Russia who have always aligned themselves with North Korea are now putting pressure on it to moderate its actions.

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Room at the inn

AN 18-YEAR-OLD Irish girl has given birth in a room at Nerja's Balcon de Europa Hotel.

The young woman, who was on a week-long holiday with her partner, aged 19, has now received a traditional baby hamper from surprised hotel staff to congratulate the couple on their new arrival.

Mother and baby were taken to the Axarquia Comarcal Hospital in Velez-Malaga, where they are both said to be in good health and are expected to be released shortly.

The birth, which is the first at the hotel in its 52year history, went quickly, according to Manuel Carillo, head of computer systems at the hotel.

In addition to the hotel's owners gifting the couple a baby basket, Mr Carrillo said, "The child will have a discount for life at the hotel."



Monday to Friday: 10am - 1.30pm & 5pm - 8pm

Saturday: 10am - 1.30pm



Downsizing

LAUREN POPE, the 34-year-old star of The Only Way is Essex (TOWIE), has been spotted showing off the results of her recent breast reduction on a beach in Marbella.

The Essex-born stunner is in the town shooting scenes for the reality TV show over the summer. Wearing a high-cut, hot pink swimsuit, the star showed off her smaller bust and revealed her toned body in the backless one piece.

extensions business, explained she had her breast size reduced at the beginning of July when her size E implants were removed so she could to be taken more seriously in the business world.

The star was photographed reclining on a sun lounger next to a female friend where the pair sipped cocktails before joining the rest of the TOWIE cast at the Bono Beach Club.



TOWIE boys in Banus

AN eagle-eyed Euro Weekly News reader spotted three regular cast members from The Only Way is Essex (TOWIE) at Jacks Smokehouse in Puerto Banus.

From left to right are Pete Wicks, James Lock and James Bennewith (Diags) who are in Marbella with a number of their colleagues filming their annual summer get together in The Only Way is Marbs special.

More images from the cast will appear in next week's edition of the newspaper which hits the streets on Thursday.

From TOWIE to Banus.

Lace embrace

TWO stars from ITV's hit reality show, The Only Way is Essex (TOWIE) have been photographed embracing this summer's lace trend.

Georgie Kousoulou, aged 26, and Chloe Sims, aged 34, were snapped strolling around Marbella, with Georgia opting for transparent black trousers and Chloe looking chic in a white see-through dress.



CALLY JANE: "Get a life."

No love on this island

LOVE ISLAND beauty, Cally Jane Beech, has been criticised online for enjoying a three-day holiday on Ibiza without her three-month old daughter, Vienna.

The 25-year-old star took to Instagram to defend her trip, explaining her daughter was staying with her father, Luis Morrison and told critics to "get a life.'

The brunette stunner is taking a break after breaking up with Luis last month after claims he had cheated on her. Cally Jane explained she was at a Miss Swimsuit UK event on Saturday when she saw the online criticism and had to be comforted by a friend. In her Instagram post, Miss Beech hit back, saying, "You shouldn't judge other parents on how they're living their lives and what they're doing."





Brexit bounces back

WITH the British Prime Minister Theresa May returning from a three week holiday, the nation's thoughts return to the matter of Brexit.

Two leading Conservative protagonists appear to have finally come to an agreement as Chancellor Philip Hammond and Trade Secretary Liam Fox have declared that Britain will leave the European Union in 2019 as originally intended.

They anticipate a transition period however where Britain will be outside of the single market and the customs union but will still expect to have a relationship within the EU which will protect British business.

Whilst no formal response has been received to this suggestion, informal responses seem to suggest that the 27 remaining member states are highly unlikely to agree to this and as time passes so it becomes more difficult to put together a transition plan which will be acceptable to all par-

In the meantime, David Davis, the minister responsible for negotiating the exit from the Union has indicated that he too would be looking for a transition period which would include a temporary customs union to enable British trade to continue and for Britain to leave with the



A somewhat awkward meeting of the Joint Ministerial Committee.

minimum of disruption.

online

Latest news

and

more as it

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There will be some major opponents to either proposal, not least Ireland which has made it clear that without a rational and agreed joint decision on the border with Ulster that it will block any proposal benefiting Britain.

In addition, a number of states within the EU will be

forced to set up new customs computer systems, build lorry parks and employ additional staff in order to cope with the additional burden of dealing with a separated UK.

Those most likely to be affected are Belgium, France, Holland and Ireland and it would be surprising if they were agreeable to a transition period which doesn't include some form of financial assis-

tance to cover their additional costs.

Britain of course also has to set up the same systems and find the money to pay them.

The simple fact is that even if all of the members of the UK cabinet with their diverse views can agree to a plan of action to allow for a controlled withdrawal with a medium term transition, it is up to the European Union and the remaining 27 states to decide whether this is acceptable.

Also to be remembered is the fact that the assemblies of Northern Ireland, Scotland and Wales as well as the

Gibraltar government should be consulted to some extent on the way forward and bearing in mind that only Wales voted in favour of withdrawal, the government has to at least give the impression of representing those voters as well.

Without agreement on the position of EU nationals in the UK and vice versa, an agreement on the Irish border situation and some form of divorce payment plus recognition of the European Court of Justice during transition, it is highly unlikely that any transition agreement can be reached.





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EXHIBITION: Photographs on display in La Herradura castle parallel to book launch.

great book

By Sally Underwood

LA HERRADURA has inaugurated a book about the town, entitled El Gran Libro de La Herradura (The Great Book of La Herradura).

The event, which saw writers, artists and photgraphers come together to celebrate the Costa Tropical, celebrated the book's launch at La Herradura Castle.

The night attracted writers including Andres Cardenas, Tomas Hernandez, Salvador Compan, Joaquina Cabello, Alvaro Salvador, Almudena Rubio, Reinaldo Jimenez, Antonio Jara, Juanfra Cabrera, Felipe Granados and Javier Bruque, as well as Pepa Merlo, Fran Ortiz Fuentes, Paco Alaminos, Cristóbal Rivas, Ser-

At the event, which saw collaboration with the Mayor's Office of La Herradura and which was presented by Lucrecia Ruiz Barbero, there was a series of lectures by Antonio Jara, president of the Caja Granada Foundation, deputy mayor, Juan Jose Ruiz Joya, writer and journalist. Andres Cardenas and editor and author of the book, Fran Ortiz.

Parallel to the book launch was an exhibition of photographs by Francisco Alaminos which can be visited until August 31 in the La Herradura Castle. Entry is free and visitors can view the exhibition between 10.30am and 1.30pm and 5.30pm and 8.pm. For more information, visit www.almunecar.es.

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NEWS EXTRA

Health protest

A CAMPAIGN platform, Basta Ya (Enough Now), has complained Rincon de la Victoria's health centre has been packed to "saturation" during the summer months causing hours of delays.

Swim win

ALMOST 400 people got involved in the sixth ever solidarity swim, raising €5,000 for the Vicente Ferrer Aids foundation. swimming nearly 4,000 metres across the Cantal

Drought fear

THE Junta de Andalucia has begun its long-promised work to connect the Rio Chillar in Nerja with La Viñuela in an effort to stave off drought following diminishing water supplies.

New hope for home owners

By Sally Underwood

THE organissation Save Our Homes Axarquia (SOHA) has called on the Advisory Council to be more lenient in their criteria in reviewing whether houses were built legally or not, potentially saving thousands from demolition.

The group, which has been running since 2012, are asking for the length of time houses are subject to review over their legality to be halved from 20 years to 10, saving 'almost all' houses built in the belief they were legal.

Currently, around 20,000 homes built by owners on non-urban land on the Costa del Sol risk being demolished as the council carry out reviews.

Once completed, councils will use the review to determine whether properties are legal - 'asimilado como fuera de ordenacion,' meaning the property is recognised but subject to further restrictions or subject to a demolition order.

SOHA claims around 20,000 homes in the Axarquia area alone could be illegal without their owners' knowledge. They say only 200 property owners have contacted them so far, however.

The organisation has put together their latest proposal to try to save as many homes as possible, and have found sup-



JANET HAYDEN: Shows the damage to her home.

port from the mayor of Alcaucin, Mario Blancke, who backs their idea.

Mayor Blancke said: "At the moment the doctrine of the Consultative Council in its reports, which are mandatory but not binding, is the procedures do not expire until after 20 years, but there is legislation and jurisprudence that indicates this term could be just 15 or even of five years." He added, "the administrative

process is slow, so we ask that the time limit for review of homes of bona fide buyers be reduced from 20 to 10 years."

If the time limit was halved, home owners whose properties currently face legal uncertainty would be able to register their homes on the property registry and access basic services.

The news follows the story of Janet Hayden, a 70-year-old British woman

living in La Viñuela. Janet bought a plot of land in the area in 2003 and says she was advised by her legal representative that although the land was not designated for housing, she could secure the appropriate licence by paying a small fine. Janet says she never received a licence, and after problems with the property's structure and ensuing bank debts, was ordered to be evicted from her home.

CAPITAL GAINS, A RECENT SENTENCE

Capital gains is a tax that must be paid to the corresponding municipality when a plot of land is transferred in any way (purchase-sale, exchange, donation or inheritance).

This tax is paid assuming that there has been profit from the transaction, but many people have sold their property, honouring this requirement, "without gaining profits from the same (at a loss)." Despite the economic crisis, many municipalities reviewed and revalued the cadastral value of real estate, charging this tax. For this reason, the Constitutional Court recently ratified its decision to exonerate any payment of this tax and declare the unconstitutionality of the municipal measure.

Therefore, now the payment of this tax cannot be automatically applied in cases where there is no revaluation, precisely what deprives to apply said tax on a property sold. Up until now, it has always been paid, even if the property has lost its value.

Already affected citizens (who have paid) can proceed to claim their money following these instructions:

This procedure consists of a few steps: This must be done within the 30 working days following the transfer if it is done in life. In case of an inheritance the period can be extended up to six months, and renewable another six months.

Those affected must submit the petition for rectification and refund of undue income, specifying the amount paid, before the corresponding city council.

Additionally, they must present:

- A document justifying the payment of the Capital Gains tax.
- Documents confirming the right for reimbursement due to economic loss.
- ·The form chosen to make the reimbursement effective (indicate checking account number, crossed or nominative check).
- Inform if there are other pending debts with the same Administration.

It is important to remember:

- · The right for reimbursement of unlawful income prescribes after 4 years, starting as of the date when the unlawful income took place (when the municipal capital gains tax was paid).
- · Some experts say it is profitable to claim amounts higher than 5,000 Euros.

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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Demolition date confirmed for expat home

SOURCES have confirmed the Almayate house belonging to British couple, Bob and Gill Ward, will be demolished on Monday, August 21, according to media sources.

According to the source, "a subsidiary of the council" will carry out the destruction of the house if the couple, whose plight was highlighted by the Euro Weekly News, refuse to do it themselves.

Gill told a newspaper, "we wanted to have a quiet life in the Andalucian sun, and this has become a horrible nightmare," after the retired couple from Cornwall received just a few weeks' notice that their home was illegal.

Mr and Mrs Ward, who bought the house in 2004, took to Facebook and enlisted the help of Save Our Homes Axarquia (SOHA) to draw attention to their plight and save their home from destruction after re-

ceiving a letter on July 5 saying it would be demolished on July

Denying the bulldozers access to their property and applying to a court for an injunction to stop the demolition, Gill and Bob were given a shortlived reprieve before it emerged a date has now been set for the house to be destroyed.

The property, which is part of an old farmhouse, was a 'ruin' when the couple bought it, received planning permission for a reform in 2006, which allowed several improvements to be made but required the original facade to be kept in place.

During the works the original wall collapsed however, although Gill and Bob say their architect assured them it would be fine to continue construc-

Following completion of the works, the couple moved in, certain their house was legal until Gill - whose name the property is in - received a court summons in 2013 for "knowingly building illegally without the correct licence." She said her solicitor told her to plead guilty and she was handed a two-year suspended prison sentence and was ordered to apply for a new permission for works, which they couple say they did.

They claim they never heard back from Velez-Malaga Town Hall, however, until receiving a letter in July. Gill explained, "We can't believe it," adding if demolition goes ahead, "We have no other home. We will be homeless."

The worrying case comes following warnings from Smalley about changes to the State Planning Law, which he believes could affect around 20,000 homes in Axarquia.

He said councils are putting together an inventory of all buildings constructed on nonurban land and all property owners will soon receive a letter from the town hall stating what category their home comes under. Smalley is urging any owners concerned about the legal status of their property to contact the association at so

ha.es to receive advice and add their voice to the campaign.

He said only 200 property owners have contacted the group so far and is calling on others to come forward so they can organise a platform, putting pressure on the council to declare all homes built with town hall licences legal. He said: "Owners of homes on land unfit for building believe that because they have all their paperwork, and no action has been taken against them to-date, that they are legal."



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Catchup



THE HOUSE: Now faces demolition.

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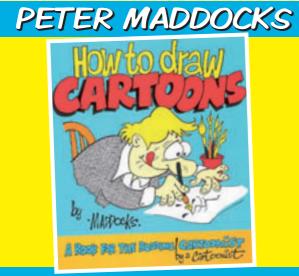


BBC









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://publishedbyme.blogspot.co.uk/

http://petermaddocksart.com

Part of EWN Media Group S.A

Gas leak forces evacuation



GAS SCARE: El Morche building where residents were evacuated fearing gas leak.

A THREE-STOREY apartment block in Torrox has been evacuated after a resident reported a strong smell of gas at around 1am.

Firefighters attended the building in El Morche, removing its inhabitants as a safety precaution and finding the smell had come from a leaking gas bottle.

Officers removed the bottle and ventilated the building, allowing residents to return to their homes at around 2.45am. Officers from the

Guardia Civil and Local Police also made their way to the scene, where no one was injured.

The news comes after a spate of similar incidents involving gas bottles has caused several injuries.

Last month a 75-year-old British man died from his injuries over a month after a gas bottle exploded in his motor home in Nerja.

The man, who received burns to 60 per cent of his body, mainly across his back and the back of his head, had initially been treated in the Axarquia Comarcal Hospital after the incident occurred on June 3.

He was then transferred to the burns unit of the Carlos Haya Hospital for several weeks before being transferred to the Xanit Hospital, where he died.

The man, who has not yet

been named, had been living in his motor home when the accident occurred.

Meanwhile, a 55-year-old woman sustained second degree burns to her face and torso after an explosion at a restaurant in Nerja in June.

Media reports say the woman, who owns the business, received burns to 12 per cent of her body following the blaze, which destroyed both floors of the building and shattered the windows of the surrounding buildings.

She was initially treated at Axarquia's Comarcal Hospital and then at the burns unit at Malaga's Regional Hospital, where she was transferred to from Axarquia's Comarcal Hospital.

The blast, which was caused by a gas leak in a butane bottle, took place on Calle Pintada in the heart of the town.



The hobbit

RINCON DE LA VICTO-RIA Council is planning to use European funds to recreate a Tolkien-inspired park after one was planned and not completed following a copyright dispute.

Youth vote

VELEZ-MALAGA'S Council has received 36 applications from young people to become correspondents, liaising between their communities and the council

Beach lab

THE Aula del Mar laboratory has come to Burriana beach as part of its summer publicity campaign to promote using the coast in an $environmentally\ friendly$

Night race

VELEZ-MALAGA'S first ever night race through the town's historical areas raised half a million Euros, according to the council, attracting 810 runners.

Colour trip

VELEZ-MALAGA'S multi-sensory room at its Centre for Early Childhood Care has attracted many children since its launch in July 2016, according to the council.

Squat wars

LA CALETA beach in Maro has received several complaints after squatters have set up illegal settlements along the shore, leading to confrontations between campers and fisherman.

Car crash

A FIFTY-FOUR-YEAR-OLD has been seriously injured after his motorbike crashed head-first into a car. Police are unsure what caused the accident and the injured is being treated for multiple injuries in intensive care.





The Phoenix Club Christmas break 2017

control - many hotels are not taking large groups and the hotel prices have increased on the Costa del Sol the Phoenix Club have had to look further afield for their Christmas break this year.

Therefore, this Christmas will be spent at the four-star Best Oasis Tropical Hotel in Mojacar which is a two-hour journey by coach from Al-

The Hotel Best Oasis Tropical is situated in the traditional Andalucian town of Mojacar Costa and is 50 metres from Mojacar beach with views of the Mediterranean sea.

It offers very comfortable rooms with free wi-fi, entertainment, buffet restaurant with show cooking and a gala dinner on Christmas Eve. Wine



COASTAL BEAUTY: The hotel is situated 50m from Mojacar's coastline.

is included with meals.

This hotel does not offer 'all-inclusive' deals, but it is hoped that the price will be attractive, especially since the exchange rate has dropped.

Date: Saturday December 23 to Wednesday December 27, which is five days and four nights.

The price is €230pp based on two sharing and the single supplement is €25pp (very limited). The deposit of €75.00 is non-refundable.

This includes:

Full board with wine in the

buffet restaurant.

- Evening entertainment.
- Gala meal on Sunday December 24.
- Free wi-fi
- Coach fare
- Day trip to Cartagena

Gratuities for restaurant staff and the driver

Departure will be from Algarrobo Lidl at 10am on Saturday December 23 and the return journey will be on the Wednesday December 27 after

For more information on any of our trips or events, call Gail on 951 067 723, email phoenixsocial club@yahoo.co.uk or web page www.phoenixsocialclub.co.uk.

The Phoenix Club is a registered charitable association, which raises funds for three local charities and SSAFA in the UK.

They meet every Tuesday between 12 noon and 2pm at Bar La Vega in Torre del Mar and it is possible to book or pay from 12.15pm onwards. Do pop in and meet them.

RICHARD WEALE, a British Red Cross worker in Spain has spoken to the Euro Weekly News about the need for more volunteers to help vulnerable elderly Britons.

Richard, a retired expatriate who has been living in Axarquia for just over a year, helps out at the charity's Velez-Malaga office and said he is the only

Call for volunteers

British person currently volunteering.

He explained the organisation offers help for those in situations of "extreme vulnerability," with programmes "available for all people, not just Spanish citi-

zens," including "activities, workshops, domestic help, transport, personal aids, personal alarms (SOS) and help with food, clothing and medicine."

Richard said he wanted to raise aware-

ness of the work carried out by the Red Cross, commenting, "it has become clear to me that there are many British people who are struggling and may not be aware of the support that is available from the Red Cross particularly those who are elderly, infirm and/or living alone."

For more information, or to volunteer, visit www.avuda.cruzroja.es/hazte-socio.

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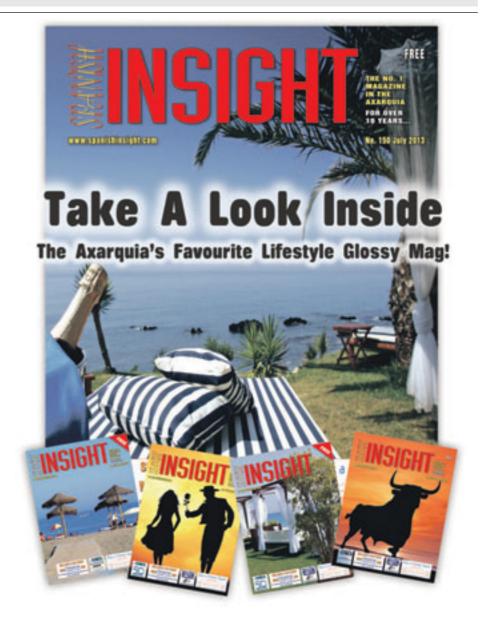
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Charge sheet

45,000

tons of plastic waste produced by Spanish greenhouses every year

3,000

tons of plastic on the Med

291

identified uncontrolled waste landfills across Spain

90%

of Mediterranean Sea turtles ingest plastic

30%

of plastic is recycled in Spain

5.25

trillion pieces of plastic waste in world's oceans

trillion plastic bags consumed each year across the world

On land and at sea waste is more than an eye-sore

In need of As record numbers of tourists touch down on Spain's shores, David Noon examines how the plastic problem is worse than ever plastic surgery...

AMILIES basking in glorious sunshine, children digging for buried treasure beneath golden sands and loved-up couples frolicking in the shallows are all things you'd expect to find on Spain's beaches this summer.

However, there is one unwanted visitor that is making a repeat appearance: plastic. (And no, we don't mean TOWIE stars in Marbs or the latest batch of Love Is-

This year - more so than ever before - tourists along Spain's coastlines and its islands are having to wade their way through plastic bottles, bags and packaging as they attempt to enjoy a dip in the Med.

In total, researchers estimate that there is around 3,000 tons of plastic floating on the surface of the Mediterranean Sea, with more added to the fray every year. (No doubt, the travel agents didn't mention that to the record number of tourists expected to touch down in Spain this

And because the Med is almost enclosed the plastic is effectively trapped, taking decades to be broken down.

However, it is not just the tourists affected by the plastic floaters. Marine life is also suffering as sea turtles mistake bottle tops for crustaceans and Mercadona bags €0.05

EU tax imposed on each plastic bag purchased

Scientists at the Society for the Protection of Turtles have been keeping a close watch on the Med and are alarmed by what they are seeing.

Robin Snape, project co-ordinator for the group, said: "In the green turtle (the presence of plastic is) really common. The vast majority of them have some plastic in their gastro-intestinal tract. It's more than 90 per cent of the population."

And it is not just turtles that are mistakenly chomping down on the plastic at sea.

In 2013, a whale beached in Almeria with 17kg of plastic waste inside its stomach.

The sheets of plastic discovered inside the whale were strikenly similar to those used in Almeria's infamous plastic greenhouses - of which 45,000 tons of plastic waste is produced each year.

Conservationists are attempting to compensate for the deaths of the sea turtles by protecting nesting sites that are often dug up by dogs and foxes. But is that really the answer? Shouldn't we all be doing more to prevent the plastic waste in the first place?

While the likes of US president Donald Trump dismiss plastic waste, ocean pollution and global warming as 'fake news,' there are others doing their best to raise

In Mallorca, conservation group OceanCare is attempting to raise awareness through its 'I Care' cam-

"People are becoming increasingly aware that our throw-away plastic culture needs to change fundamentally," Fabienne McLellan of OceanCare said.

"This is why OceanCare launched the 'I Care' movement which unites people around the world who want to tackle one of the most pressing challenges of our time: to put an end to the age of single-use plastic and thereby limiting the amount of plastic debris ending up in our

One (unconventional) way in which OceanCare is attempting to motivate people to join the cause is through



NOT SO GREEN: Almeria's plastic greenhouses are an environmental disaster.

Dirty little secret

SPAIN has almost 300 known illegal landfill sites, according to the

Earlier this year, the EU courts ruled that Spain was in breach of the European body's Waste Framework Directive for failing to bring 61 landfill sites in line with EU environmental safety rules.

Moreover, the EU has alerted Madrid to a further 230 landfill sites that are in breach of environmental regulations.

The European Commission has been attempting to stamp down on Spain's landfill problems for more than a decade.

In 'an effort to urge Spain to speed up the process' of dealing with its landfill sites, the Court of Justice of the EU has ordered the 61 illegal landfills to be 'closed. sealed and restored, without further delays.'

In the meantime, the EU expects Spain to look into further illegal waste sites after an EU executive sent a formal notice to Madrid over 'at least 291 identified uncontrolled waste landfills across Spain.'

But as policy officer for Zero Waste Europe Ferran Rosa says, the problem is not just limited to Spain.

"The Spanish case highlights a problem that exists to a varying degree across Europe, and the difficulty of enforcing existing legislation, said Rosa.

"Just taking this example, the infringement procedure for Spain is open since 2007 and even if the commission is willing to push for the implementation, potential sanctions take years to come," Rosa

the medium of rock music.

Collaborating with German rock band Itchy, OceanCare supported the band's efforts to shoot its video for campaign song 'The Sea.'

Set in Mallorca, the German rockers' music video attempted to motivate its young fans by exposing the consequences of plastic pollution.

McLellan added: "With these activities, we not only wish to raise awareness, but to also invite people to rethink their behaviour and join our movement - without pointing fingers but rather, with empowering them.'

But while OceanCare is doing its bit in the Balearics, the mainland is facing a slap on the wrists for failing to meet an EU order on plastic bags.

Supermarkets across the country may have started implementing a five cents charge per bag, but that falls far short of the EU's Plastic Bag Direc-

The EU Commission has sent Spain a final warning, informing the member state that it must either implement EU rules on lightweight plastic carrier bags or face infringement proceedings before the European Court of Justice.

Spain - along with Greece, Italy, Poland and Cyprus - now has just

DANGER: 90% of sea turtles have ingested plastic in the Med.

two months to satisfy the Commission if it wishes to stave off a court case.

The Commission maintains that the member states have not properly implemented the Plastic Bags Directive which is intended to dramatically cut the consumption of carrier bags with a wall thickness of less than 50 microns within

And in typical 'mañana, mañana' fashion, Spain has missed the deadline and some. Adopted more than two years ago, the deadline for transposition expired on November 27, 2016. Nine months later and Spain is still dragging its heels.

In the long run, the ruling hopes to drastically cut down the number of plastic bags circulated in Eu-

The Directive obligates member states to take measures which may include requiring that a price be charged for these bags and/or introducing national reduction targets that ensure that no more than 90 lightweight carrier bags are consumed per person and year by the end of 2019 and no more than 40 bags by the end of 2025.

Spain may or may not receive a financial telling off by the EU courts for its failure to curb the plas-

> tic flow. But it is not the public coffers nor the politicians

> > who are the real sufferers here.

For every day that plastic regulations are ignored, the Mediterranean's remarkable sea life will continue deplet-

Eating your problems

EVERYONE has been guilty of tucking into a tub of Ben & Jerry's or gorging on a packet of crisps in an attempt to eat their problems away.

Now scientists think they have discovered one hungry critter who is ready, and willing, to eat away our plastic problems.

Wax moth larvae are usually bred as fish bait, but a chance discovery has revealed their taste for plastic - which could be used to beat polluting seas.

In the wild wax worms live on beeswax, making them a constant pest for beekeepers across Europe

When Federica Bertocchini a scientist and amateur beekeeper - removed an infestation from one of her hives and put them in a plastic bag, the worms simply ate their way

"I went back to the room where I had left the worms and I found that they were everywhere," she said. "The bag was full of holes.'

The prison break led Bertoc-



PROBLEM SOLVER?: Plastic-eating worms.

chini, a researcher at the Spanish National Research Council, to investigate the feeding habits of the centimetre-long Galleria mellonella grubs.

To her surprise lab tests revealed that 100 worms can devour 92 milligrams of polyethylene in as little as 12 hours.

With such a voracious appetite for plastic, the worms could be put to good use, the scientists reasoned.

And with 3,000 tons of plastic floating atop the Med and thousands more tons sitting in landfills in Spain and across Europe, scientists are now pushing these plastic-eating

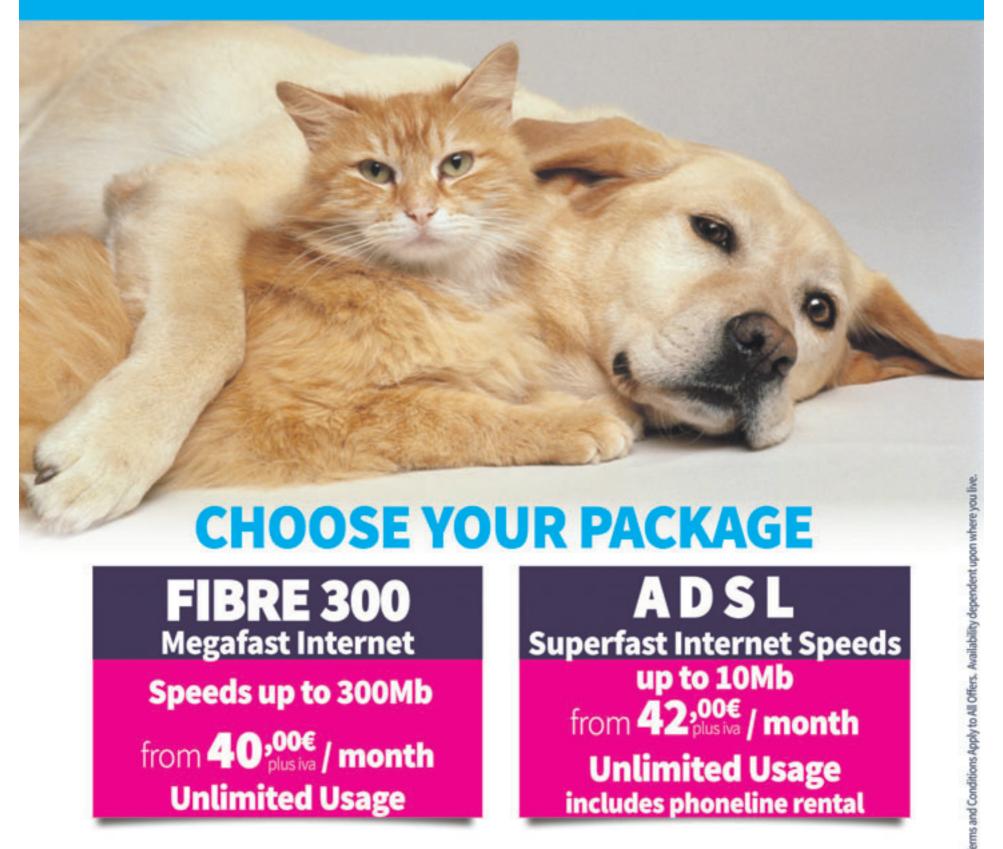
worms as a way to tackle the

"We want to know if they're munching the plastic to use as a food, or just because they want to escape," said fellow researcher PaoloBombelli. "If they just want to escape, they are going to get fed up very soon. But if they're munching it to use as an energy source it's a completely different ball game. We are not yet able to answer this, but we're working on it."

While more tests are currently being carried out, a beekeepers nightmare could soon be heralded as an environmental

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No room at the inn

GERMAN owned major tour operator TUI is of the opinion that the Spanish tourist market is now saturated and that holidaymakers will start to look elsewhere.

CEO of the company Fritz Joussen said that "Spain is very full" and suggested that due to such a high volume of demand in Spain up to now, other destinations, which are cheaper and less crowded and cheaper could well see considerable

There is no question that Spain benefited considerably due to fears By John Smith

of security in Turkey and other Mediterranean Muslim states, especially after terrorist attacks in Egypt and Tunisia

With tour companies frantic to increase the number of flights and rooms available for their clients to divert to Spain, prices increased as have arrivals which have gone up by almost 12 per cent in the first six months of 2017 to 36.3 million people.

TUI saw record numbers of travellers delivered to and housed in

Spain in 2016 and this number is likely to be exceeded in 2017.

The problem is that success of this type has seen prices increase whilst the bumper number of tourists in certain places like Barcelona and Mallorca has prompted local residents to complain about overcrowding, increased prices and unacceptable behaviour.

Countries which have weaker economies than Spain are now able to take advantage of the financial disparity in order to steal tourists

Stock markets

THE war of words between North Korea and the USA has not just affected the US stock market, but fears of confrontation have hurt Spanish stocks as well.

There is an old saying that 'when Wall Street sneezes the world catches a cold' which has proven to be apt in this scenario as the Ibex (Spanish Stock Exchange) lost a significant amount of its value in keeping with other major European stock markets.

Quote of the Week

We believe deeply in the long-term success of Snap," Evan Spiegel Chief Executive of teenagers favourite App Snapchat as shares fell 30 per cent below their launch price.



INIGO DE LA SERNA: Minister of Public Works.

Airport strikes may spread

AS the threat of strike by airport security staff spreads across the airports run by AE-NA, the Spanish government has drafted in police assistance.

The concept is that in order to try to speed up the delays in Barcelona El Prat that officers of the Guardia Civil and National Police could take over some of the work normally undertaken by security person-

This was confirmed by Min-

ister of Public Works, Inigo de la Serna who described the decision by the union representing the workers as "inexplicable" considering that their employers Eulen have offered them an 18 per cent pay rise.

The trade unions blame AE-NA for the problems claiming that when they recruit companies to handle security at the airports under their control, they are more interested in a low price than a good service from satisfied employees.

» BUSINESS EXTRA

Kiwi success

CIMIC, an Australian subsidiary of Spanish construction company ACS has won a \$240 million (€160 million) contract in New Zealand. It will build a convention and conference centre capable of holding 2,000 people in Christchurch.

Rents up

SPAIN'S two largest cities Barcelona and Madrid have seen rental rates for long terms lets increase by an average 9.6 per cent in the past year. A report from Fotocasa also highlights the Balearics and Canaries for rent

Oil prices

OIL prices could soon rise as the International Energy Agency has increased its forecast for international demand at the same time that OPEC states have cut production. Whilst OPEC is important countries such as Iran could still fill the oil gap.

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New owners for Madrid Mal

THE iconic Mercado Fuencarral in Madrid has been sold for €50 million by one asset manager to another.

With 2,400 square metres of prime real estate in the Spanish capital this is an upmarket shopping centre which has passed from the ownership of ASG to AEW Europe and already it has attracted a new tenant in sporting clothes retailer Decathlon.

ASG has spent some time and energy as well as considerable funds in renovating the building which is an unusual asset in this part of Madrid due to its size and position.

LONDON - FTSE 100

COMPANY PI	RICE(P)	CHANGE(P)	% Снс.	NET VOL
Anglo American	1,238.50	-5.74	-0.46	17,943.84
Associated British Foods	3,179.00	24.00	0.76	25,143.57
Admiral Group	2,157.00		0.47	6,168.39
Ashtead Group	1,565.50		-0.98	7,897.75
Antofagasta	901.00		-1.74	9,252.27
Aviva	522.75		0.82	21,024.16
AstraZeneca	4,421.50		0.86	56,030.42
BAE Systems	588.50		1.12	18,583.39
Babcock International Group			-0.62	4,236.90
Barclays	202.35		1.50	34,888.15
British American Tobacco	4,834.75		-0.43	112,450.68
Barratt Developments	608.50		2.18	5,951.90
British Land Co	619.25		2.36	6,315.99
BHP Billiton	1,336.00		-0.70	29,051.55
Bunzl	2,291.50		0.55	7,674.70
BP	447.75		0.00	90,438.47
Burberry Group	1,695.00		-2.42	7,621.46
BT Group	294.35		0.08	29,642.85
Coca-Cola HBC	2,514.50		-2.99	9,414.03
Carnival	5,370.00		2.58	11,197.47
Centrica	196.35		-1.03	11,140.01
Compass Group	1,620.50		0.09	25,524.14
Croda International	3,737.50		-0.31	4,923.29
CRH	2,671.00		1.64	22,046.00
ConvaTec Group	295.45		3.34	5,719.77
DCC	6,920.00		0.51	6,070.69
Diageo	2,550.75		3.10	62,283.38
Direct Line Insurance Group	396.15		-0.09	5,502.75
Experian	1,489.50		-1.81	14,146.85
easyJet	1,273.50		1.72	4,992.91
Ferguson Ord 10 5366p	4,642.00		0.50	11,745.90
Fresnillo	1,509.50		-2.68	11,443.96
G4S	305.60		2.07	4,698.23
GKN	320.05		1.35	5,456.24
Glencore	322.00		-0.84	47,711.37
GlaxoSmithKline	1,548.75		5.00	72,965.63
Hargreaves Lansdown	1,377.50		2.72	6,422.27
Hammerson	627.00		11.17	4,541.18
HSBC Holdings	736.80		0.08	150,963.03
International Consolidatd Ai		16.50	2.73	12,736.57
InterContinental Hotels Grou			-0.04	7,668.00
3i Group	935.25		-0.51	9,217.73
Imperial Brands	3,208.25		1.17	30,812.97
Informa	699.00		-0.07	5,796.88
Intertek Group	4,700.50		0.80	7,604.72
ITV	176.50		4.19	6,810.99
Johnson Matthey	2,740.00		0.48	5,306.69
Kingfisher	303.35		-1.00	6,732.60
Land Securities Group	1,006.50		0.25	7,994.52
Legal & General Group	282.60		5.06	16,214.19

COMPANY I	PRICE(P)	Change(p)	% Снс.	NET VOL
Lloyds Banking Group ORI	64.64	-0.15	-0.23	46,564.95
London Stock Exchange	3,959.00	160.00	4.21	13,242.59
Micro Focus International	2,103.00	-5.00	-0.24	4,850.90
Mediclinic International	822.75	86.75	11.79	5,444.55
Merlin Entertainments	460.75	-1.25	-0.27	4,712.34
Marks & Spencer Group	327.50	0.40	0.12	5,343.74
Mondi	2,047.00		2.61	9,652.81
Morrison (Wm) Supermark	ets 252.65	5.65	2.29	5,800.31
National Grid	977.40	22.40	2.35	32,907.48
Next	4,440.00	40.00	0.91	6,477.84
Old Mutual Group	196.90	1.60	0.82	9,937.78
Provident Financial	1,947.50	-28.50	-1.44	2,998.48
Paddy Power Betfair	7,100.00	-155.00	-2.14	6,111.49
Prudential	1,819.50	37.00	2.08	47,217.68
Persimmon	2,555.50	54.50	2.18	7,598.34
Pearson	674.75	59.25	9.63	5,104.15
Reckitt Benckiser Group	7,499.00	147.00	2.00	51,430.05
Royal Bank of Scotland Gr	oup 258.75	1.65	0.64	30,739.07
Royal Dutch Shell	2,137.25	2.25	0.11	97,587.22
Royal Dutch Shell	2,183.00	-11.43	-0.52	82,494.35
RELX	1,673.50	18.50	1.12	17,800.62
Rio Tinto	3,437.50	67.50	2.00	47,929.64
Royal Mail	439.35		10.36	4,001.00
Rolls-Royce Group	923.75	13.75	1.51	16,914.91
Randgold Resources	7,687.50	212.50	2.84	7,027.03
RSA Insurance Group	655.50	14.50	2.26	6,606.33
Rentokil Initial	293.00	7.90	2.77	5,273.15
Sainsbury (J)	248.00	6.40	2.65	5,336.44
Schroders	3,463.50	94.50	2.80	7,705.10
Sage Group (The)	666.00	-7.50	-1.11	7,328.39
Segro	533.00	7.00	1.33	5,317.09
Shire	3,695.00	-112.50	-2.95	35,198.33
Smurfit Kappa Group	2,212.50	-11.50	-0.52	5,177.24
Sky	939.50	-13.00	-1.36	16,399.42
Smiths Group	1,545.50	4.50	0.29	6,125.90
Scottish Mortgage Invstmr	nt 420.20	1.80	0.43	5,940.23
Smith & Nephew	1,375.00	38.00	2.84	11,708.18
SSE	1,383.00	-6.00	-0.43	13,885.38
Standard Chartered	782.15	28.55	3.79	25,511.96
St James's Place	1,208.50	42.50	3.64	6,264.06
Severn Trent	2,304.50	37.50	1.65	5,397.01
Tesco	177.20	0.26	0.15	14,493.50
TUI AG	1,213.50	-17.50	-1.42	7,308.63
Taylor Wimpey	191.20	1.90	1.00	6,187.32
Unilever	4,443.00	69.00	1.58	55,499.63
United Utilities Group	943.50	21.50	2.33	6,372.25
Vodafone Group	226.83	7.33	3.34	59,481.39
Worldpay Group	402.65	-4.65	-1.14	8,150.00
WPP Group	1,579.00		0.51	20,122.44
Whitbread	3,969.50		3.67	6,995.06

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EUR Fixed Income B Sterling Fixed Income B

PRICE	Movement
	€0.0017 £0.0044

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GBP Currency B
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 GRP

Accumulating Funds	DEALING PRICE	Price Movement
GBP Currency B	£0.9824	£0.0000
EUR Currency B	€0.9585	€0.0002
Multi Asset Conservative B GBP	£1.1538	£0.0072
Multi Asset Conservative B EUR	€1.0780	€0.0066
Multi Asset Balanced B GBP	£1.3071	£0.0107
Multi Asset Balanced B EUR	€1.2099	€0.0099
Multi Asset Growth B GBP	£1.4466	£0.0143
Multi Asset Growth B EUR	€1.3466	€0.0133

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Prices correct as at 09/08/2017

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3M	205,980	-0,12%	-0,250	122.880,32
AMERICAN EXPRESS	84,2900	-0,32%	-0,2700	74.510,64
APPLE	157,480	+1,39%	2,160	813.420,11
BOEING CO	234,880	+0,86%	2,000	138.833,67
CATERPILLAR	112,850	-0,27%	-0,300	66.691,28
CHEVRON	109,23	-0,80%	-0,88	206.991,14
CISCO SYSTEMS	31,470	+1,52%	0,470	157.351,70
COCA-COLA	45,59	-0,33%	-0,15	194.455,22
DU PONT(EI) DE NMR	80,9700	+0,20%	0,1600	70.266,25
EXXON MOBIL	78,21	-0,96%	-0,76	331.511,16
GENERAL ELECTRIC	25,2000	-0,40%	-0,1000	218.180,24
GOLDMAN SACHS	224,15	-0,60%	-1,35	86.718,06
HOME DEPOT	154,8800	+0,65%	1,0000	185.167,55
IBM	141,84	+0,00%	0,00	132.186,41
INTEL CORP	35,8700	-0,75%	-0,2700	168.911,83
J.P.MORGAN CHASE	91,4200	-0,84%	-0,7700	321.703,73
JOHNSON & JOHNSON	133,1000	+0,01%	0,0100	357.240,36
MC DONALD'S CORP	157,3000	+0,43%	0,6800	127.412,47
MERCK AND CO. NEW	62,38	+0,32%	0,20	170.132,36
MICROSOFT	72,500	+1,53%	1,090	559.737,34
NIKE	58,97	-0,17%	-0,10	77.377,37
PFIZER	33,2500	-0,51%	-0,1700	198.430,83
PROCTER AND GAMBLE	91,340	-0,44%	-0,400	232.918,30
TRAVELERS CIES	128,18	-1,16%	-1,51	35.370,89
UNITED TECHNOLOGIE	116,89	+0,11%	0,13	93.376,54
UNITEDHEALTH GROUP	193,02	+0,23%	0,45	186.623,30
VERIZON COMMS	48,06	+0,08%	0,04	196.015,55
VISA	100,09	+0,60%	0,60	183.101,65
WAL-MART STORES	80,4000	-0,32%	-0,2600	242.365,73
WALT DISNEY CO	101,9900	+0,63%	0,6400	157.435,06
			M	I - MILLION DOLLARS

M - MILLION DOLLARS

NASDAQ

COMPANY	PRICE	CHANGE NET / %
Most Advanced		
Forterra, Inc.	\$ 4.64	1.13 ▲ 32.19%
Ovid Therapeutics Inc.	\$ 6.26	0.94 ▲ 17.67%
Calithera Biosciences, Inc.	\$ 13.90	1.85 ▲ 15.35%
Natural Alternatives International, Inc.	\$ 10.4792	1.2292 ▲ 13.29%
Editas Medicine, Inc.	\$ 21.95	2.23 ▲ 11.31%
Eagle Pharmaceuticals, Inc.	\$ 55.64	5.57 ▲ 11.12%
Puma Biotechnology Inc	\$ 78.45	6.45 ▲ 8.96%
Aclaris Therapeutics, Inc.	\$ 25.08	2.06 ▲ 8.95%
Hailiang Education Group Inc.	\$ 11.26	0.915 ▲ 8.84%
The Trade Desk, Inc.	\$ 54.45	4.39 ▲ 8.77%
Tintri, Inc.	\$ 6.29	0.50 ▲ 8.64%
Most Declined		
Black Box Corporation	\$ 4.05	3.40 ▼ 45.64%
NantHealth, Inc.	\$ 3.49	0.56 ▼ 13.83%
Energy XXI Gulf Coast, Inc.	\$ 17.09	1.85 ▼ 9.77%
Amyris, Inc.	\$ 2.43	0.26 ▼ 9.67%
CECO Environmental Corp.	\$ 7.45	0.68 ▼ 8.36%
Pernix Therapeutics Holdings, Inc.	\$ 2.47	0.21 ▼ 7.84%
Selecta Biosciences, Inc.	\$ 15.67	1.30 ▼ 7.66%
Qumu Corporation	\$ 2.66	0.21 ▼ 7.32%
Hanwha Q CELLS Co., Ltd.	\$ 7.35	0.56 ▼ 7.08%
Fossil Group, Inc.	\$ 8.20	0.61 ▼ 6.92%
Future FinTech Group Inc.	\$ 2.12	0.15 ▼ 6.61%



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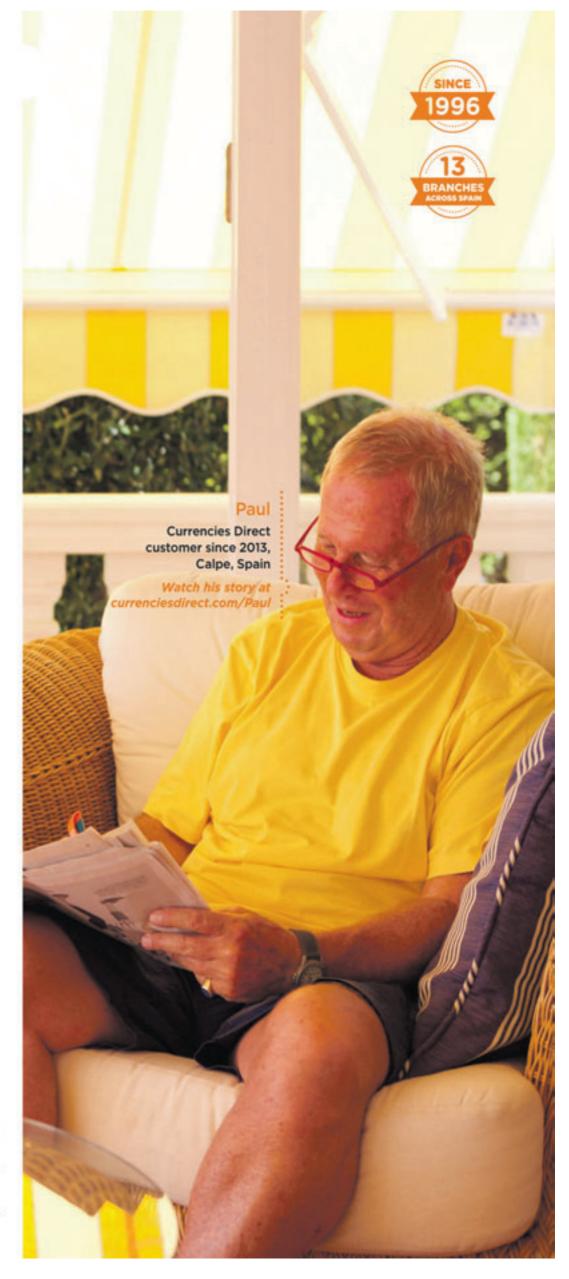
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"Fees and exchange rate data for banks taken from the international Money Transfer Index" (IMTI").

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MANAGERS HAVE DIFFICULTY SETTLING ON HOLIDAY They keep contacting the office

MORE than one third of office workers in Spain find it difficult to "switch off" from work whilst they are on holiday.

Perhaps aware that jobs in their age group are difficult to come by, those who remain most anxious about work whilst they are away are professionals under 25 years of age.

Randstad which boasts that it is the leading company in human resources solutions in Spain, has produced a detailed review of how easy or difficult it is for professionals to relax whilst on holiday and whether they need to keep aware of what is going on.

Whilst many of those who are unable to relax fully whilst on holiday blame themselves for wanting to keep an eye on developments and what is going on in the office, nearly 30 per cent indicated that they had been contacted by their employers or colleagues with questions.

A small but significant percentage also admit that they have difficulty in delegating work or trusting colleagues to actually undertake the work they leave behind properly.

Experts say however that there is an absolute need for those who work under pressure in particular to disconnect and actually spend some time simply enjoying themselves without have to think about their work.

Indeed those who cannot disconnect are more likely to become stale and less efficient when they return to work and it is important for both the employee and the company to recognise this in order to ensure a higher level of productivity and positive decision making.

With modern methods of communication, so the ability to separate work and holiday has become far more difficult and whilst employers and colleagues may not call the holidaymaker by phone, there are many



Holiday, what Holiday? who use messaging apps and e-mails which appear less intrusive but do interrupt the holiday spirit.

All of the analysis from Randstad shows that it is easier for older employees to cut themselves off from work and it is the youngest who are possibly more au fait with modern technology who take the

The worst group for continued awareness and contact with the company comes from the managerial sector and as a many as half cannot take a holiday without keeping in touch on a regular basis and these managers are the worst at delegating.

The overall conclusion then is that when on holiday, both employees and employers should keep out of touch with each other in order to ensure that employees return to work refreshed and efficient.

Drawdown: A new book by Paul Hawken

THE most comprehensive plan ever proposed to reverse global warming, a review by Ron Im-

If you follow the weather over the last few weeks, you must get the inkling that something is amiss. If you follow climate change reports, you will increasingly find very scary scenarios on what could happen to us, our children and our planet.

Drawdown is a positive antidote to all the doom and gloom. It does point out some of the incredibly wasteful ways we operate at the moment, with agriculture, cement, plastic and fertilisers as shining examples of outdated, wasteful, criminal

It makes it even harder to believe that the fossil fuel industry received more than \$5.3 trillion (€5.5 trillion) in direct and indirect subsidies in 2015.

Drawdown which is published by Penguin has 90 really good ideas that can be implemented now. Ignorance is no longer an excuse. Solar, wind, geothermal, artificial leaves, mammoth steppes, bamboo, marine farming, living houses, you name it, the solution is

Ron Immink is CEO of bookbuzz.biz, a company that helps you make better business decisions.

Huge amounts spent to deter migrants

SPANISH firm European Security Fencing has made a fortune by patenting the concertina wire used on some border fences which keep migrants out.

So far it has supplied the Spanish government with wire for the Melilla-Morocco border and then the Serbia-Hungary border.

This and other companies across Europe have benefited from what has become a multi-billion euro investment by European Union member states to try to stop illegal entry across their borders.

KEEP A CLOSE EYE ON STERLING **Exchange rates against the euro are falling**

STERLING has hit a nine month low against the euro with some Spanish banks charging almost one for one for withdrawals using British bank cards.

It appears that the disparity is caused more by euro strength than pound weakness, although there are still fears that Britain without a cohesive Brexit policy will see a weakening of the economy and increasing inflation.

To some extent, currency strength is based on future forecasts so when it looked as if the French election might see a victory for right wing Marine Le Pen and a possible rejection of the euro, that currency faltered.

With her failure and the election of Emmanuel Macron as French President who is very much in favour of the eurozone, those fears dissipated and the euro started to bounce back.

Another reason being put forward by analysts and economists is that the European Central Bank (ECB) may withdraw from its policy known as 'quantative easing' which has seen the ECB printing increased amounts of euros and putting them into the market.

With up to €60 billion being re-



The euro is pipping sterling to the post.

EWN online Tweet us your opinions @euroweeklynews

leased each month, the effect has been to keep the euro at a lower exchange rate against the other major currencies but as market makers believe this policy could be about to change then they are prepared to see the euro strengthen against sterling in particular.

When the euro was first launched back in 1999, the exchange rate set with the pound was €1.42 but this has fluctuated over the years and has never vet gone as low as one for one.

Low exchange rates are bad news for individuals relying on sterling investments or pensions but are good news for British exporters who want to sell as much product as possible.

Finally, the Bank of England was expected to consider increasing the base rate which would have helped to strengthen the pound but as this has not happened, there is yet another reason for the declining rate.

One thing is that those wanting to transfer euros from sterling would be well advised to speak to one of the currency exchange companies who advertise in this newspaper.



Pío García-Escudero and Iran's Speaker Ali Larijani.

Spain and Iran are friends

EWN online Join the conversation on our Facebook page

THE President of the Spanish Senate Pío García-Escudero met with President Rouhani of Iran during a trip to Teheran to witness the inauguration of Rohani.

The State News Agency reported that the Iranian President said that since the July 2015 nuclear agreement went into effect, the necessary conditions have been provided for expansion of economic ties between Iran and European countries includ-

"The European Union (EU) played an effective role in the im-

plementation of BARJAM (the Persian acronym for the nuclear deal)," he noted, lauding EU's stance against Washington's lack of commitment to the nuclear deal.

The president went on to say that Tehran-Madrid ties have always been friendly, adding Iran and Spain, as two "friendly" countries, should receive the greatest benefits from the nuclear agreement which went into effect in January 2016.

Rouhani also called for further cooperation between the two countries in the tourism industry

Irish millionaire may sue bank following court case

A COURT in Gibraltar has ruled that an employee working for the Royal Bank of Scotland International was responsible for the loss of £9.1 million.

The judge came to the conclusion that the employee had dishonestly assisted the infamous Marrache Brothers to defraud Irish millionaire Jim Magner out of the money which he had invested in the bankrupt company.

Whilst RBSI had defended the position of the bank, refusing to accept that it should be held responsible for the actions of its employee, it has been given 14 days to pay Mr Magner's costs of £400,000 and this decision will now make it easier for the Irish online gambler to sue for the money lost and inter-

The main defence that RSBI appeared to rely on was that the Marrache Brothers' business was not well run as far as accounts and documents were concerned but as a well-respected firm of international lawvers there was no reason to suspect that they were dishonest.

Part of the 82-page ruling focused on the fact that the RBSI employee did appear to have such suspicions, investigated some of the actions being taken and then inexplicably did nothing about it.

A spokesman for the bank acknowledged the judge's decision and indicated that its lawvers would consider the judgement in detail before deciding its next course of action.

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An utter travesty of justice

I'VE heard some jaw dropping judgements from a number of bewigged Wally's over the years, but this week's decision by one such incompetent truly took the whole tin. Natalia Saul, a so called 'gambling addictive accountant,' stole £350,000 from her employers over the space of 12 months.

Judge Catherine Newman, who sentenced the woman at Southwark Crown Court to an almost unbelievably inadequate two-year suspended sentence, said in defence of her decision, that the accountant was 'not the general stuff of which the prison population is made.' 'Er Wot!? She's a crook who pleaded guilty to stealing 350 grand from her employers! That's exactly the type of 'stuff' that a large portion of the prison population do in fact consist of.

The judge also remarked that she had actually considered giving

LEAPY LEE SAYS IT OTHERS THINK IT

Saul a sentence of three years and four months before being persuaded that she was 'unfit for prison'!

You really couldn't make it up. Not quite au fait with this judge's idea of 'prison fitness,' I can only assume that if this had been a young, able bodied, working-class male, he would have had far more sentencing 'suitability' than a highly educated female accoun-

Give us a break. This whole sorry debacle is nothing more than a biased, sexist, utter travesty of

Personally, I think this delusional judge should be immediately disbarred, or whatever they do with members of this pathetic

bunch of generally out-of-touch morons. who, in my opinion should all be put out to grass with the rest of their cuckoo's nest compatri-

Personally, I think they should be replaced by computers. One highly sophisticated machine into which are fed all the facts of a case. Defence. Prosecution. Witness statements. Mitigation, Evidence etc. etc.

Whatever verdict it spits out couldn't be as ludicrous and biased as some of the unbelievable bull***t we have to put up with from most of these pontificating jumped-up dinosaurs, most of whom consider themselves vastly superior to us mere mortal min-

Well I'll give 'em all one thing.

Many of them do appear to have emanated from a different planet, that's for sure.

Let's hope that the North Korea problem can be solved without some devastating holocaust overtaking us. One thing is for certain, someone has to stand up to this grinning lunatic of a leader, who seems to treat the world like some kind of gigantic Virtual Reality game. Trump has an enormous problem on his hands, but rather him than Obama, who would probably have his toes turned up al-

ready. I do seem to remember suggesting that we should drop a few 'mother of all bombs' on their military parades a couple of months ago. Now we're facing the possibility of nuclear conflict and the death of millions. Ah well, what do I know? Thanks for all your mail and comments, caustic

> Keep the faith Love Leapy leapylee2002@gmail.com

or otherwise. Keep 'em coming.



Your pet will be treated as one of the family at Eurodog Kennels

FOR a home away from home experience, trust Eurodog Kennels and Cattery with your most precious possessions; your pets.

Owned by Alan White since 2014, pets are his passion with nine dogs of his own, and that passion translates into the care and attention he gives every dog and cat, as well as the occasional rabbit, staying with him.

The kennels, just a few minutes inland from Fuengirola, have undertaken a complete refurbishment to a very high standard. There are large kennels which are more than adequate to house multiple dogs (from the same owner) and still have enough room for play, as well as smaller kennels for individual dogs.

The kennels are well ventilated during the summer months, and with the new roof fitted there is plenty of shade. In the cooler winter months it is warm and cosy and underfloor heating has been installed to the sleeping quarters to provide a source of heat for your pet.

Music is played from 9am-9pm and toys are also provided throughout the day to add to their comfort with two purpose built secure play areas for the animals also on site so your pet can enjoy an interesting and stimulating holiday



EURODOG KENNELS: Newly renovated for your pet's comfort.

with Eurodog where play times and rest times are both of equal importance.

The cattery has 15 large enclosures which can house more than one cat at a time (from the same owner) and still have enough space for play. Each enclosure is equipped with a scratch

pole, cosy bed if you prefer not to bring your own, blanket, litter tray and an ample array of toys to keep them entertained.

All pet guests will receive a diet of dry (complete) food during their stay, as well as regular treats, but if your pet has special dietary needs

or simply likes their own food this can be catered for also. All pets taken in and looked after at Eurodog are treated as if they are one of their own. Each will receive 24-hour care, plenty of TLC and one to one contact to keep your pet happy and contented during their stay. Boarding is from €7 per day for cats and €12 for dogs with a €20 minimum stay fee.

Eurodog Kennels reminds owners that the law governing the protection of pets requires that all cats and dogs resident in the Andalucian community must be registered and that identification be made by either tattoo or microchip.

To stay in the kennels they also require that all cats and dogs be fully vaccinated every 12 months against rabies. Eurodog are pleased to be able to offer parking and storage of your motorhome, vehicle or caravan. They also have six individual secure units for storage services.

So for details on any of Eurodog's long established services, contact Alan now.

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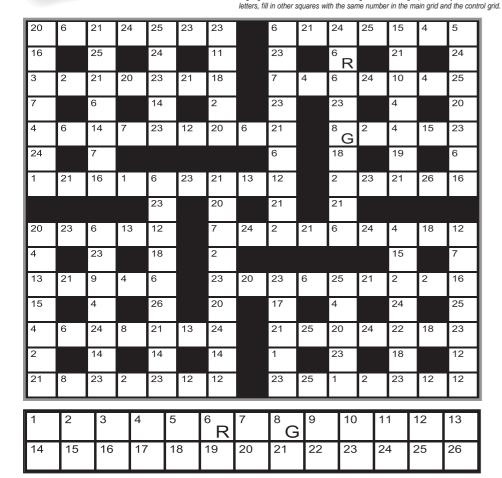
Across

- 1 Oriental brass made into weapons (6)
- 3 In the midst of conflict he besieged an ancient Greek city
- 8 Tidy hospital worker (7)
- 10 They have pride in their families (5)
- 11 Affordable cooked peach (5)
- 12 Top level infiltrating the French network (7) 13 Celebration in the back bar (5)
- 15 Trainee soldier from
- America detained (5)
- 20 Typical example of tempo that is changed (7)
- 22 Push a canal boat (5)
- 24 Carry note for facial hair (5) 25 Refined gate Len made (7)
- 26 Stick plug in this place (6)27 Holmes' assistant is now
- sat around (6)

Down

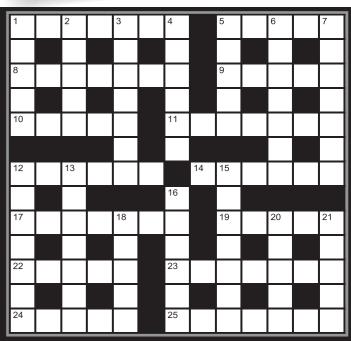
- 1 Twenty nearly get church to burn (6)
- 2 Small bird I lost in move (5) 4 Serf requiring helium – a
- great deal (5) 5 'I'm bored silly' is a platitude
- 6 Nun is back to sort out the rest (6)
- 7 Diplomacy cleverly concealed revolution (5)
- 10
- 9 Regret having gym in Indian
- 14 Tombstone inscription in English mine, by A P Herbert, originally (7) 16 Take a chance first off, it's a stroll
- 17 Rabies treatment for this country
- 18 Characters in a magazine were more up-to-date (5)
- 19 Comedian spotted in a Beamer tonight (6)
- 21 Sort out the charge (5)
- 23 Wanders around for nothing. among the sheep (5)

Each number in the Code Breaker grid represents a different letter of the alphabet. In this week's puzzle, 6 represents R and 8 represents G, so fill in R every time the figure 6 appears and G every time the figure 8 appears. Now, using your knowledge of the English language, work out which letters should go in the missing squares. As you discover the Code Breaker



LAST WEEK'S SOLUTION FACING PAGE

Quick



Across

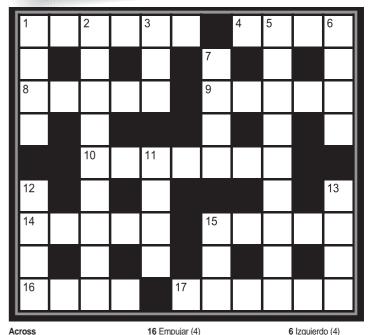
- 1 Disperse (7) 5 Goods carried by a large vehicle (5)
- 8 Earnest or urgent requests (7) 9 Goddess of love (5)
- 10 Recently made, produced or harvested (5) 11 Person engaged in military service (7)
- 12 Be able to spare or give up (6) 14 Consisting of one only or one part (6)
- 17 Opposed to (7)
- 19 Short musical compositions with words (5)
- 22 Sharp hard part of the leaf, stem or root of a
- 23 Farm vehicle (7)
- 25 Meet the requirements or expectations of (7)

Down

- 1 Personnel (5)
- 2 Fruit with red, yellow or green skin and sweet to tart crisp whitish flesh (5)
- 3 Educator (7)
- 4 Strive against or oppose (6)
- 5 Applying to ordinary citizens as contrasted with the military (5)
- 6 Going swiftly, at more than a walking pace (7)
- 12 Changed in order to improve or made more fit for a particular purpose (7)
- 13 Taste experience when a savoury condiment is taken into the mouth (7)
- 15 Immediate (7) 16 Condition of affairs (6)
- 18 Female goat (5)
- 20 Brief written records (5)
- 21 Wander away (5)

English - Spanish

The clues are mixed, some clues are



Across

- 1 Lawn (6) 4 Ópalo (4)
- 8 Entre (más de dos elementos) (5)
- 9 Rígido (tieso) (5) 10 Call (telecommunications) (7)
- **14** Bee (insect) (5)
- 15 Cave (5)
- 1 Garra (de animal) (4) 2 Hombros (9)
- 3/15 Huevera (3,3)
- 5 Spring (season) (9)
- **13** Advertir (4) 15 See 3

7 Island (4)

11 Abbot (4)

12 Húmedo (clima) (4)

Don't let the banks cash in on your international money transfers

Save time and money by sending your international money transfers the easy way and benefit from:

- Consistent bank beating exchange rates online or over the phone.
- Fixed exchange rates for regular transfers.
- Save money when buying or selling property in Spain.





WE KNOW IT IS SAFE - BUT THE HUMAN BRAIN HAS YET TO WORK OUT WHAT CAME FIRST - US CHICKENS OR THAT EGG! '

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 number block expenses.



Nonagram

E

R

O

P Т

O

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

TARGET:

- Very good: 48 Average: 24
- Excellent: 62 • Good: 34

LAST WEEK'S SOLUTION

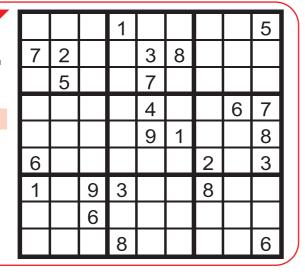
cart cert cite fact fate feat feet feta fete fiat frat fret frit raft rata rate reft rete rift rite tare tear tier tire tree tref after atria carat caret carte cater citer craft crate eater erect facet irate raita react recta recti refit retie terce tiara trace trice aerate afreet create recite tierce CAFETERIA

Sudoku

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

LAST WEEK'S SOLUTION

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



LOTTERY (10) (27) (49) 17) (52) (55) **IRISH LOTTO** (19) (35) (26) (44) (45) **EURO MILLIONS** (15) (25) (26) (4) 5 (40) (41) riday August 11 (18) (28) (39) 5 (12) (46) (48) LA PRIMITIVA 9 17 19 (40) 25) (29) (46) (7) EL GORDO DE LA PRIMITIVA 9 (19) (33) 0 37 40

KAKURO

ARIFS (March 21 - April 20)

yourself or others will, too.

AQUARIUS

Energy is low but your spirit seems to be getting power from

to be getting power from somewhere. At times, it feels that it

is almost outside of your own

sphere. When tackling what is seen as a tedious task, you may not be aware that you are building something for the future, but there is

much going on that will affect your future to a large extent.

For some time, things on the

romantic front have been confusing,

to say the least. There are decisions that someone has to make that affect you seriously. Romantically

and emotionally, things come to a

head but don't let the wind of change

blow away all that you have achieved. Don't begin to doubt

(February 20 - March 20)

PISCES

(January 21 - February 19)

You may well feel that your business life is not going as well as you would have hoped this week. They do say that you can't have everything right at once. This is a good time to enjoy the company of others and make your love life buzz.



TAURUS (April 21 - May 21)

There is something of the rebel in you this week. Even you don't fully understand the changes taking

You will resist any attempt to stop from expressing yourself freely. Although you prefer a peaceful time, it may be necessary to remind someone of your rights.



GEMINI (May 22 - June 21)

Because you are about to enter an active phase, it would be best to keep things as straightforward and organised as possible. Those around you may be less than exciting at the moment, so keep the interest going with joint activities and accepting interesting invitations.



CANCER (June 22 - July 23)

Have you been a bit of a couch potato recently? Spend some of this week working towards a healthy mind in a healthy body. Running yourself ragged should certainly be avoided. Seek expert advice now about a problem that just won't go away. It will, but only with a lot of effort. Although you prefer to share your activities, this is one area that you need to concentrate on fully, so go for it alone to begin with.

UR STA FOR NEXT 7 DAYS



LE0 (July 24 - August 23)

Arm yourself with plenty of information about what is going on in your life at the moment.

Those close might expect you to lead the way on an important matter. You need to trust your instincts more and have confidence. Think in the long term. Those who are not considered important now could be so in the future. As you prefer being in charge, this should not seem unnatural to you.



VIRGO (August 24 - September 23)

Although you feel like going it alone at the moment, you would do well to involve someone close in your project or exercise. There is room for improvement in both your life and your health but it can be more enjoyable if shared. Expect surprises in your love life and you will not be surprised.



LIBRA (September 24 - October 23)

It could be that you are feeling a little below par at the moment. You may assume it is because of a recent emotional upset, but it is unlikely to be quite that simple. Spend a bit of time and money on yourself for a change. Develop your talents in the realms of

iting, painting and music.

This need not take a large amount of time. Start with one simple project.



SCORPIO (October 24 - November 22)

Despite pulling out all the stops when it comes to a certain person or project, your charm may not be working as well as usual this

It is still a fine time to beaver on quietly in the background. A few emotional fireworks make you sit up and take notice, but try to be



SAGITTARIUS (November 23 - December 21)

Get some rest and peace because, if you let yourself get too tired, your temper could suffer. When it comes to business get it over with so that you can spend extra time on your social life. Something important is round the



CAPRICORN (December 22 - January 20)

Sometimes you shuffle things around to survive difficult times. The energy that this uses means that realising a dream this week could mean difficult choices to be

Your need to be settled makes you impatient.

LAST WEEK'S SOLUTIONS

CRYPTIC

1 Sermons, 5 Sling, 8 Aroma, 9 Rampage, 10 Twine, 11 Needs, 12 Brace, 14 Bribe, 19 Risks, 21 Amber, 23 Spaniel, 24 Satin, 25 Deter, 26 Sustain.

1 Stalin, 2 Rooster, 3 Okapi, 4 Screen, 5 Seminar, 6 Inane, 7 Grease, 13 Cashier, 15 Biretta, 16 Erased, 17 Eagles, 18 Cannon, 20 Slant, 22 Busts

QUICK

1 Possess, 5 Basil, 8 Rites, 9 Unarmed, 10 Arrears, 11 Title, 12 Secret, 14 Prompt, 18 Swamp, 20 Harbour, 22 Opinion, 23 Blame, 24 Tiger, 25 Retreat.

1 Perhaps, 2 Sitar, 3 Ensnare, 4 Squash, 5 Boast, 6 Symptom, 7 Ladle, 13 Craving, 15 Rarebit, 16 Torment, 17 Shiner, 18 Stout, 19 Prior, 21 Orate.

ENGLISH-SPANISH

1 Vida. 3 Carril. 8 Receive. 9 Sin. 10 Jewellery, 12 Nib, 13 Rodilla, **15** Trenes, **16** Codo.

1 Ver, 2 Diciembre, 4 Apellido, 5 Rastrillo, 6 Lana, 7 Pine tree, 11 Knot, 14 Año.

CODE BREAKER

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

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Costa del Sol Avenida de Manolete, Central Plaza 12-13, Nueva Andalucía, Marbella 29660 Málaga +34 951 203 986 www.hifx.co.uk/marbella



What does that even mean?



Views of a **Grumpy Old Man**

I'VE mentioned this before but I had a stonker this week. Banks. Seven o'clock at night the phone goes showing No Caller ID. They ask for me by name then start the usual security stuff by asking for my Mum's maiden name.

So I then ask what it's about.

Now this is the UK bank that advertises every night on TV not to give too much information to the clever person who is to pretending to be from their company. So I ask what it is concerning in general and he says it's a 'servicing enquiry.' A what? A servicing enquiry. What does that even mean? He says, 'Sorry I can't give you any more information unless you answer our security questions.'

Now remember they have phoned me. I know this happens to everyone but then I ask to speak to a supervisor and he says that it's not necessary for me to speak to one.

Anyway this goes on for a few more minutes with me repeatedly asking 'What is a servicing enquiry?' and this geezer on the other end, who has called me, refusing to give me any information unless I give him personal data. See you later - I put the phone down.

Today I phoned their UK number and asked

a couple of general questions. The first was why, when they call you, they don't have a telephone number that comes up on your phone as many big companies do? Their answer was 'we never display a number.' Why not? 'Company policy.' Here we go.'Do you know what 'servicing enquiry' means? 'No sorry I don't.' 'OK, how do we check that when your company calls us that it's a genuine call? Guess what - you can't.

It's a bit of a trust thing after you have answered their security questions. So what do you do? Me? I'll just keep driving them nuts when they phone me. I'll ask them for their name and then call the bank myself to ask if this person called me. Then I don't mind answering their security questions but they at least have to tell me why they are calling, not just phone me on my phone then ask me loads of questions before they talk to me.

So I still don't know what they wanted or what a 'servicing enquiry' is. There has to be a better system than calling people from an unknown number then start asking them personal stuff. I suggest a similar way to how my alarm company works. They call me and give me a password to prove it's them and I then give them a password to prove it's me. All pretty simple and really takes no time at all to set up. I might suggest it to the bank if I can ever get past their security system.

Email Mikesenker@gmail.com



LEGALLY SPEAKING

Top tips for visiting drivers

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.



WITH so many people visiting Spain for the first time this summer, the N-332 Guardia Civil team have shared their top tips for driving in Spain.

Drive on the right. It may seem a simple and obvious thing but many people, particularly holidaymakers do forget, but the law states you must drive as far on the right as possible and remember to go anticlockwise around roundabouts.

Wear seatbelts. Again, very simple, but with added visitors many people squeeze in an extra passenger or two but there should only be the same number of passengers as there are seatbelts and they must be worn by all occupants and worn correctly.

Children under 1.35m must sit in the back of the vehicle and wear the appropriate child restraint for their age and weight. The only exception is when there aren't any rear seats or when all seats are occupied by smaller children.

Don't drink and drive. Spain has much lower limits than many other countries and with renewed patrols and campaigns against drink driving it is best not to drink any alcohol if driving. The same applies to drugs.

Never use a mobile or electronic device whilst driving. You are allowed to use your phone as a GPS sat nav but you must not touch it when driving. Programme it before you set off and stop if you need to change it.

Filter arrows. Some traffic lights have filters so if the light is red but there is an orange filter arrow pointing red, you are allowed to turn right if clear.

Blue lights. Police vehicles have blue lights illuminated at all times but this doesn't mean they are wanting to pull you over. To get you to stop they use red or white flashing lights.

112 emergency. If you have an emergency call 112. Operators speak numerous languages, and will assist you as best they can.

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

Can we get mains sewage?

'Pozos Negros,' or individual septic tanks, are illegal, so my town hall has been installing mains systems throughout the area little by little.

They have also done many things like planting trees and placing seats along the pavements, which are merely cosmetic. They continually make the excuse of lack of money to finish the sewage system.

To me, illegal sewage is the priority. To connect me and my neighbours requires

less than 100 metres of tubing. Can we take some action against the mayor and town hall to enforce the connections? Can we 'denounce' the mayor for not completing the connections? He states that the town hall intends to lower part of the road which our pipes will need to go down a hill and this will affect the installation of the pipes

D J (Costa del Sol)

There are legal avenues in place for citizens to bring a case against public officials for failure to perform their duties. However, you



would have to show that

the mayor has misused his powers or been negligent in some way and it is not just a difference of opinion. Keep on nagging

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

Your Paper - Your Voice - Your Opinion

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Sunday opening with a smile

SO some businesses in Malaga Port choose not to open on Sundays (Edition

While the choice is obviously theirs, for the sake of the city, and the passengers who arrive on cruise liners on a Sunday, I hope they change their minds.

To my mind the Spanish should not complain about the plethora of Chinese Bazaars that do so well in many parts; they open all hours every day, and provide a service that is needed.

A port welcoming cruise liners seven days a week need facilities - shops, cafes and other outlets that operate on a daily basis. That includes Sundays.

Malaga has improved tremendously in the 12 years I have lived on the Costa del Sol, and the port is an ever-better facility but for passengers docking on a Sunday and faced with shutters rather than a welcome mat, it creates a far from perfect

> N Bryant, **Torremolinos**

Safety

AT Benidorm's Levante beach in mid-afternoon there were no lifeguards covering more than half the beach.

I then saw a lifeguard running past Biblioplaya towards the Rincon, as there was obviously an emergency, while three other lifeguards nearby stood chatting with their backs to the sea.

Basic safety is the least we should expect, even though venturing into the sea is far from safe with rocks covering sections of Levante

Years ago it was announced this



UNSAFE SANDS: The highly popular Levante beach in Benidorm should look at providing more lifeguards.

would be remedied, but it never happened.

Come on Benidorm, look after your tourists better, especially given some prices charged, with a onehour pedalo hire on Levante beach and on Poniente an amazing €25, even worse than the €17 of a few

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.

It's just all too confusing (Mike Senker)

BRILLIANT Mike! And new power stations supplying allelectric cars burn what? Gas. More CO2 emissions. Just what we all need! Let's ramp up the global warming. It would be funny if it wasn't so serious.

IN THEORY - but not in practice, electricity could be generated from Hydro schemes, as it is in Norway. Or, again in theory, from nuclear power, or yet again in theory, from solar power. But all those require such vast investment and so long to get going, that Oil, Coal and Gas are going to be with us for a very long time.

Anti-tourism protesters demonstrate on Barcelona beach

THEY are not against all tourists, they are against the rubbish tourism, the ones who buy cheap booze, get legless, throw up, pee, poo and have sex in the streets. This is happening in the big cities where apartments are being rented out to big groups. Who wouldn't be against that?

Barbara Tavlor

TOURISM only accounts for 11 per cent of the GDP. Spain does not have to rely on tourism to survive despite the comments on here suggesting that is the case. The Spanish

Comments from **EWN** online

economy is the fifth-largest in Europe behind Germany, United Kingdom, Italy and France; and the fourth-largest in the Eurozone, based on nominal GDP statistics. In 2012, Spain was the 12th-largest exporter in the world and the 16th-largest importer.

TOURISTS to Spain have apparantly doubled since 2015 and the result has been devastating for locals priced out of their own towns and neighbourhoods.

Katrina Edbrooke

Two Brits investigated for shining lasers at planes landing in Malaga

HOW utterly stupid can they be, what mental age can the father be? let alone the son, they deserve everything the courts dish out.

Hazel White

Taxi drivers called a snap strike during the Feria de Malaga

A BIT of competition never hurt anyone, don't these taxi drivers realise that if their prices were sensible they would actually make more money due to a surge in people actually using the service!

Mark Connor

Costa del Sol to fight against 'wild' hen and stag parties

AT last - many hen and stag parties cause mayhem and I welcome this. Dissuade the reality TV filming as well and we may start to see some improvements on the CDS.

OMG, their banning live music in as many venues as they can, they now want to ban Stag and Hen parties what's next? Banning alcohol in bars?

Matt Cov

Still on hold

A RECENT EWN article Customers left five days without service: five days is a mere bagatelle, try 14 and before that 11 days with no explanation, just "we will let you know when we have information."

As pensioners in Cartama campo we rely on our landline and internet, yet emails and telephone calls are met with the same response.

Lasked for a Moviestar contact for information from the 'horse's mouth', but this was refused "as they won't speak to you, as you are the third party", and our service provider, BT, refused to speak to

We cannot say "to hell with it" as Movistar have the monopoly, so, nowhere to

> Patricia Szalai Coin, Malaga

Blood query

I NOTED a EWN article regarding Blood Donations in Spain.

As a Gold Badge lifelong blood donor in the UK I have tried unsuccessfully to donate blood since moving to Spain 14 vears ago, but have always been advised "We do not accept blood from British citizens who lived in the UK during the 1980's/90's because of Cruetzfeldt Jacobs Disease, CID. (Mad Cow Disease)!"

Offered blood donations in Germany, France and Israel have been rejected for

Has there been a policy change in Spain?

> Anonymous El Campello

Editor's Note: Spain continues a deferral policy regarding blood and plasma donation for those who lived for more than three months in the UK between 1980-1996. These deferrals hope to eliminate up to 90 per cent of the overall risk of CJD or BSE.

Javea

Bird's eye view

WE are in a period of drought but just a small bowl of water for the birds can make such a difference for them

Also if a slightly deeper bowl is put out for them, they can enjoy a

So much fun to watch!

Norma Grant Competa

GOOD NEWS FORYOUR CAR 902 123 309 Linea directa



THURSDAY - 17 AUGUST

BBEONE BBETWOBBEFOUR CHANNEL 4 CHANNEL 5

7:00am	Breakfast	7:00am	The World's Most	8:00pm	World News Today	7:45am	Will and Grace	9:15am	Peppa Pig
10:15am	Wanted Down		Photographed		The latest national	8:10am	Will and Grace	9:25am	Peppa Pig
	Under	7:30am	Bargain Hunt		and international	8:35am	Everybody Loves	9:35am	Mofy
11:00am	Homes Under the	8:15am	Heir Hunters		news, exploring		Raymond	9:45am	Ben and Holly's
	Hammer	9:00am	Nadiya's British		the day's events	9:00am	Everybody Loves		Little Kingdom
12:00pm	Heir Hunters		Food Adventure		from a global		Raymond	10:00am	
12:45pm	Close Calls: On	9:30am	Great British Menu		perspective.	9:30am	Frasier	10:15am	The Wright
	Camera	10:00am	Victoria Derbyshire	8:30pm	The Sky at Night	10:00am	Frasier		Stuff
1:15pm	Bargain Hunt	12:00pm	BBC Newsroom		In August, the	10:30am	Frasier	12:15pm	The Yorkshire
2:00pm	BBC News at One		Live		most spectacular	11:00am	The Big Bang		Vet
2:30pm	BBC London	2:00pm	Two Tribes		meteor shower of		Theory	1:10pm	5 News
	News	2:30pm	A Taste of Britain		2017 coincides	11:30am	The Big Bang		Lunchtime
2:45pm	Red Rock		Food programme		with transmission:		Theory	1:15pm	Celebrity Big
3:30pm	Impossible		exploring		The Perseids!	12:00pm	The Simpsons		Brother
4:15pm	Escape to the		specialities	9:00pm	Sword, Musket	12:30pm	The Simpsons	2:15pm	Home and
	Country		from around		and Machine Gun:	1:00pm	Channel 4 News		Away
5:15pm	Flog It!		Britain.		Britain's Armed	1:05pm	Couples Come	2:45pm	Neighbours
6:15pm	Pointless	3:15pm	Coast		History		Dine with Me	3:20pm	NCIS
7:00pm	BBC News at Six	3:30pm	Quo Vadis	10:00pm	Andrew Marr's	2:05pm	Posh Pawn	4:15pm	After All These
7:30pm	BBC London	6:15pm	Put Your Money		The Making of	3:10pm	Countdown		Years
	News		Where Your Mouth		Modern Britain	4:00pm	Cheap Cheap	6:00pm	5 News at 5
8:00pm	The One Show		ls	11:00pm	Wonders of the		Cheap Ep	6:30pm	Neighbours
8:30pm	EastEnders	7:00pm	Eggheads		Universe	5:00pm	A Place in the Sun:	7:00pm	Home and
9:00pm	Who Do You Think	7:30pm	Royal Recipes	12:00am			Winter Sun		Away
	You Are?	8:00pm	Celebrity Antiques	1:00am	Gaga for Dada:	6:00pm	Four in a Bed	7:30pm	5 News Tonight
10:00pm	DIY SOS The Big		Road Trip		The Original Art	6:30pm	Come Dine with	8:00pm	All New Traffic
	Build	9:00pm	10 Puppies and Us		Rebels		Me		Cops
	BBC News at Ten		Top of the Lake	2:00am	A History of Art in		The Simpsons	9:00pm	Nightmare
11:30pm	BBC London		The Mash Report		Three Colours		Hollyoaks		Tenants, Slum
	News	11:30pm	Newsnight	3:00am	Wonders of the	8:00pm	Channel 4 News		Landlords
11:45pm	Don't Deport Me,	12:15am	No More Boys and		Universe	9:00pm	Child Genius	10:00pm	Celebrity Big
	I'm British		Girls: Can Our Kids	4:00am	Sword, Musket	10:00pm	Taxi of Mum and		Brother
	Queer Britain		Go Gender Free?		and Machine Gun:		Dad	11:00pm	
1:10am	Queer Britain	1:15am	The Sweet Makers:		Britain's Armed	11:00pm	How to Make Your		Break?
1:45am	Weather for the		A Victorian Treat		History		Marriage Work	12:05am	Celebrity Big
	Week Ahead	2:15am	10 Puppies and Us			12:05am	24 Hours in A and		Brother's Bit or
1:50am	BBC News	3:15am	This is BBC Two				E		the Side

UV/	itv2	itv3	itv4	main.
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			~~	_	~ 5		~ ¬	main	event
							=1 01		
7:00am	Good Morning	7:35am	Below Deck	7:00am	Judge Judy	7:05am	The Chase	7:00am	Good Morning
	Britain	8:20am	The Ellen	7:20am	Judge Judy	8:05am	Storage Wars		Sports Fans
9:30am	Lorraine		DeGeneres Show	7:40am	The Royal		Texas	7:30am	Good Morning
10:25am	, , , .	9:00am	Emmerdale	8:30am	Heartbeat	8:40am	Counting Cars		Sports Fans
	Show		Coronation Street	9:35am	Where the Heart	9:05am	Counting Cars	8:00am	Good Morning
11:30am		10:00am	You've Been		İS	9:35am	Ironside		Sports Fans
1:30pm	Loose Women		Framed!		Judge Judy		Quincy, M.E.	8:30am	Good Morning
2:30pm	ITV Lunchtime		The Great Indoors		Judge Judy	11:45am			Sports Fans
	News	11:30am			Judge Judy	12:50pm	The Professionals	9:00am	Good Morning
	Alastair Stewart		Fame High		Rising Damp		Action-packed		Sports Fans
	presents the	12:15pm	Third Wheel	12:25pm	You're Only		drama series	9:30am	Good Morning
	latest headlines	12:25pm	Below Deck		Young Twice		about two		Sports Fans
	from around the	1:20pm	Emmerdale	12:55pm	The Darling Buds		criminal-	10:00am	Good Morning
	world.	1:55pm	Coronation Street		of May		intelligence		Sports Fans
2:55pm	ITV News London	2:30pm	You've Been	2:00pm	Heartbeat		agents.	11:00am	Premier League
3:00pm	Judge Rinder		Framed!	3:05pm	The Royal	1:55pm	The Saint		Daily
4:00pm	Tenable	3:00pm	The Ellen	4:05pm	The Darling Buds	3:00pm	Women's Rugby	12:00pm	Transfer Centre
5:00pm	Tipping Point		DeGeneres Show		of May		World Cup 2017	12:30pm	Live European
6:00pm	Cash Trapped	3:50pm	The Jeremy Kyle	5:15pm	You're Only		Live		Tour Golf
7:00pm	ITV News London		Show		Young Twice		England v USA.		Day one of the
7:30pm	ITV Evening News	4:55pm	The Jeremy Kyle	5:50pm	On the Buses	5:45pm	Women's Rugby		Saltire Energy
8:00pm	Emmerdale		Show	6:20pm	Rising Damp	·	World Cup 2017		Paul Lawrie
8:30pm	Tonight	6:00pm	Judge Rinder	6:55pm	Heartbeat		Live		Match Play
9:00pm	Emmerdale	7:00pm	You've Been	8:00pm	Murder, She		Wales v Hong		from Golf
9:30pm	James Martin's		Framed!		Wrote		Kong.		Resort Bad
·	French Adventure	8:00pm	You've Been	9:00pm	Endeavour	8:30pm	Women's Rugby		Griesbach in
10:00pm	The Brighton		Framed!		Crime drama		World Cup 2017		Bad Griesbach,
·	Police	9:00pm	Two and a Half		series about the		Live		Germany.
11:00pm	ITV News at Ten		Men		early career of		France v Ireland.	2:30pm	Cricket
	and Weather	9:30pm	Two and a Half		detective	11:15pm	Ransom	11:00pm	The Debate -
11:30pm	ITV News London		Men		Endeavour Morse.	12:25am			Live
	Schofield's South	10:00pm	Hall Pass	11:00pm	Law and Order:		A round-up of the	12:00am	Live Tennis:
	African Adventure	11:00pm			UK		latest		Cincinnati
12:10am	Lion Country:	11:05pm		12:00am	A Mother's Son		entertainment	3:00am	Through the
	Night and Day		Family Guy		Mrs Biggs		news.		Night

FRIDAY - 18 AUGUST

CHANNEL CHANNEL

	_		_		_		_		
7.00	Duralifant	7.00	The World's Most	0.00	Mandal Massa Tadas	0.10	Will and Coase	0.50	Donato Discata
7:00am 10:15am	Breakfast Wanted Down	7:00am		8:00pm 8:30pm	World News Today BBC Proms 2017	8:10am 8:35am	Will and Grace Everybody Loves	8:50am 9:05am	Rusty Rivets
10:15am	Under	7:30am	Photographed Bargain Hunt	9:45pm	Mozart Uncovered	6:35dm	Raymond	9:05am 9:15am	Digby Dragon Peppa Pig
11:00am		8:15am	Heir Hunters		BBC Proms 2017	9:00am	.,	9:15am 9:25am	11 3
11:00am	Hammer	9:00am	Gardeners' World			9:00am	Everybody Loves	9:25am 9:35am	Peppa Pig
43.00				11:20pm	Psychedelic Britannia	0.20	Raymond		Mofy
	Heir Hunters	10:00am		42.20		9:30am	Frasier	9:45am	Ben and Holly's
12:45pm	Close Calls: On	42.00	Derbyshire	12:20am	Totally 60s	10:00am		40.00	Little Kingdom
	Camera	12:00pm	BBC Newsroom		Psychedelic Rock	10:30am		10:00am	
1:15pm	Bargain Hunt		Live		at the BBC	11:00am	The Big Bang	10:15am	The Wright
2:00pm	BBC News at	2:00pm	Two Tribes		A compilation		Theory		Stuff
	One	2:30pm	Natural World		from the depths	11:30am	The Big Bang	12:15pm	The Yorkshire
2:30pm	BBC London	3:30pm	Grand Prix		of the BBC archive		Theory		Vet
	News		Colourful,		of the creme de la		The Simpsons	1:10pm	5 News
2:45pm	Red Rock		sprawling drama		creme of 1960s		The Simpsons		Lunchtime
3:30pm	Impossible		that looks behind		British psychedelic	1:00pm	Channel 4 News	1:15pm	Celebrity Big
4:15pm	Escape to the		the scenes at the		rock from	1:05pm	Couples Come		Brother
	Continent		world of		programmes such		Dine with Me	2:15pm	Home and
5:15pm	Flog It!		professional		as Colour Me Pop,	2:05pm	Posh Pawn		Away
6:15pm	Pointless		motor racing.		How It Is, Top of	3:10pm	Countdown	2:45pm	Neighbours
7:00pm	BBC News at Six	6:15pm	Put Your Money		the Pops and	4:00pm	Cheap Cheap	3:15pm	NCIS
7:30pm	BBC London	·	Where Your		Once More with		Cheap Ep	4:15pm	Jesse Stone:
	News		Mouth Is		Felix.	5:00pm	A Place in the	•	Sea Change
8:00pm	The One Show	7:00pm	Eggheads	1:20am	Tubular Bells: The		Sun: Winter Sun	6:00pm	5 News at 5
8:30pm	A Question of	7:30pm	Royal Recipes		Mike Oldfield	6:00pm	Four in a Bed	6:30pm	Neighbours
	Sport	8:00pm	Celebrity		Story	6:30pm	Come Dine with	7:00pm	Home and
9:00pm	EastEnders		Antiques Road	2:20am	Psychedelic		Me		Away
9:30pm	Celebrity		Trip		Britannia	7:00pm	The Simpsons	7:30pm	5 News Tonight
J.J 0 p	MasterChef	9:00pm	Mastermind	3:20am	Totally 60s	7:30pm	Hollyoaks	8:00pm	20 Moments
	Celebrities	9:30pm	Only Connect	Sizoum	Psychedelic Rock	8:00pm	Channel 4 News	oloopiii	That Rocked
	compete in a		Gardeners' World		at the BBC	9:00pm	Child Genius		the 80s
	contest of	11:00pm		4:20am	This is BBC Four		8 Out of 10 Cats	9:30pm	Celebrity Big
	culinary skill.		Newsnight	4.20am	BBC Four is the	10.00piii	Does Countdown	3.30pm	Brother
11:00nm	BBC News at Ten		In Our Name		BBC channel for	11:00nm	Naked Attraction	11:00pm	
	BBC London	1:30am	Panorama		people who want		Rude Tube	i i.oopiii	Break?
zəpiii	News	2:00am	Normal for		more.	12.03dill	nuut lubt	12:05am	Celebrity Big
11.25nm	Not Going Out	2.00aili	Norfolk		more.			12.UJdili	Brother's Bit on
	The Client	2:30am	Inside the Factory						the Side
12.03dff	me Chem	2.3Udill	iliside the ractory						uie side

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	OV.	U	WZ	u	W.5	u	~4	main	event
7:00am	Good Morning	7:00am	The Hot Desk	7:00am	Judge Judy	7:00am	Football Rivalries	7:00am	Good Morning
7.00aiii	Britain	7:10am	You've Been	7:20am	Judge Judy Judge Judy	7:10am	The Chase	7.00aiii	Sports Fans
9:30am	Lorraine	7. IValli	Framed!	7:40am	The Royal	8:00am	Storage Wars	7:30am	Good Morning
10:25am		7:35am	Below Deck	8:30am	Heartbeat	o.vvaiii	Texas	7.30aiii	Sports Fans
IU.ZJaili	Show	8:20am	The Ellen	9:35am	Where the Heart	8:30am	The Professionals	8:00am	Good Morning
11·20am	This Morning	0.200111	DeGeneres Show	J.JJaiii	is	9:35am	The Saint	0.00aiii	Sports Fans
1:30pm	Loose Women	9:00am	Emmerdale	10:25am	Judge Judy		Cash Cowboys	8:30am	Good Morning
2:30pm	ITV Lunchtime	9:30am	Emmerdale		Judge Judy Judge Judy		Cash Cowboys	0.50aiii	Sports Fans
2.30piii	News		You've Been		Judge Judy		The Professionals	9:00am	Good Morning
2:55pm	ITV News London	10.000111	Framed!		Rising Damp	1:45pm	The Saint	J.OUGIII	Sports Fans
3:00pm	Judge Rinder	11:00am	The Great Indoors		You're Only Young	2:50pm	Ironside	9:30am	Live New
4:00pm	Tenable	11:30am		12.23piii	Twice	3:50pm	Quincy, M.E.	J.50am	Zealand NPC
5:00pm	Tipping Point		Fame High	1:00pm	The Darling Buds	4:55pm	Minder		Rugby
6:00pm	Cash Trapped		Third Wheel	1.000111	of May	5:55pm	The Professionals		Tasman v
7:00pm	ITV News London		Below Deck	2:05pm	Heartbeat	7:00pm	Storage Wars		Canterbury.
7:30pm	ITV Evening News	1:20pm	Emmerdale	3:05pm	The Royal	7.00pm	Texas	11:30am	Premier League
8:00pm	Emmerdale	1:55pm	Emmerdale	4:10pm	The Darling Buds	7:30pm	Storage Wars	11.Juani	Daily
8:30pm	Coronation Street	2:30pm	You've Been	4.10piii	of May	7.50piii	Texas	12:00nm	Live European
9:00pm	Teach My Pet to	2.50pm	Framed!	5:20pm	You're Only Young	8:00pm	World Series of	12.00piii	Tour Golf
J.oopin	Do That	3:00pm	The Ellen	3.20piii	Twice	0.000	Darts	2:00pm	Cricket
9:30pm	Coronation Street	3.00pm	DeGeneres Show	5:55pm	On the Buses		The PDC World	2.000	England v Wes
	Benidorm	3:50pm	The Jeremy Kyle	6:25pm	Rising Damp		Series of Darts		Indies 1st Test
	ITV News at Ten	3.30pm	Show	6:55pm	Heartbeat		continues as eight		D2.
тиоории	and Weather	4:55pm	The Jeremy Kyle	8:00pm	Murder, She		top players face	11:00nm	Live Solheim
11·30nm	ITV News London	11355111	Show	олоории	Wrote		eight of	тиоории	Cup
	Piers Morgan's	6:00pm	Judge Rinder	9:00pm	Doc Martin		Australasia's		Day one of the
	Life Stories	7:00pm	You've Been		The Street		finest on day one		2017 Solheim
12:40am		7.000	Framed!		Law and Order:		of the Melbourne		Cup from the
1:35am	Jackpot247	8:00pm	You've Been		UK		Darts Masters.		Des Moines
4:00am	Storage Hoarders		Framed! Gold	12:20am	A Mother's Son	12:00am	Rambo: First Blood		Golf and
4:50am	ITV Nightscreen	9:00pm	Two and a Half	1:20am	Wycliffe	2.000.	Part II		Country Club
			Men	2:25am	Prime Suspect	1:00am	FYI Daily		in Iowa.
		9:30pm	Two and a Half	4:05am	Mr Selfridge	1:05am	Rambo: First Blood	1:30am	Live Tennis:
			Men				Part II		Cincinnati
		10:00pm	The Expendables			2:05am	River Monsters		

Some useful tips for buying your holiday home here in Spain

• BUYING a Spanish holiday home

Tapas, siestas and beaches, it's no wonder people dream about living in Spain. If it's about to become a reality it can sometimes feel like there's a lot to consider, which is why we've provided these useful tips.

Location

You can't resist that Spanish charm but where in Spain do you buy? Location can make a difference depending on how you use

If it's a rental then you may want to look somewhere with lots of attractions, easy access to public transport and popular with

However if you plan to spend a lot of time there yourself, you might want somewhere quieter and more traditionally Spanish where you can learn the language.



LOCATION: You may want somewhere quiet and more traditional.

Insurance

Although not the most exciting part of buying a holiday home, a lot of people would consider it important because despite your best ef-

forts to keep the property safe and secure, it's never guaranteed.

Intasure has been specialising in holiday home insurance in over 40 countries worldwide for almost 15 years. Your property will be covered whether it's occupied or unoccupied and if you decide to use it for short or long term lets as standard on your policy.*

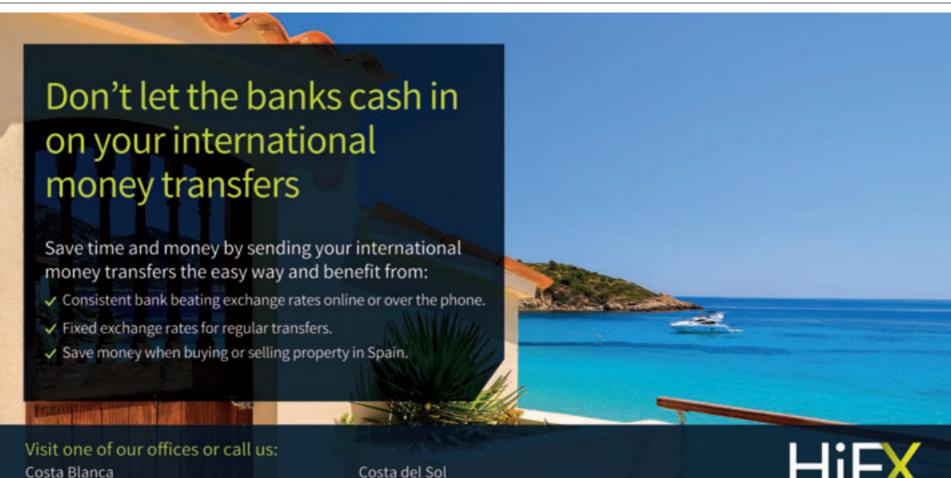
If you're looking to buy in Spain and you're planning to visit often, think carefully about how it could affect your lifestyle.

Language - You can prepare yourself by learning some of the basics, there are some great tools you can use to do this - Duolingo, Babbel or Rosetta Stone.

Cost of living - Since the Brexit announcement the pound has weakened against the Euro, so it might be worth calculating the yearly cost of food, bills and utilities to budget effectively.

> Call +44 (0)208 003 0120 or visit www.intasure.com.

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GOOD NEWS FORYOUR CAR 902 123 309



SATURDAY - 19 AUGUST

CHANNEL 4 CHANNEL 5

:00am	Breakfast	7:00am	Coast	8:00pm	The Brain with	7:45am	Triathlon	7:00am	Milkshake!
1:00am	Saturday Kitchen	8:00am	Return of the Bad		David Eagleman	8:40am	Everybody Loves	11:30am	Teenage
2:30pm	Nadiya's British		Men		Dr David		Raymond		Mutant Ninja
	Food Adventure	9:30am	Great Day in the		Eagleman explores	9:05am	Everybody Loves		Turtles
:00pm	Football Focus		Morning		how the brain		Raymond	11:55am	lgor
:00pm	BBC News	11:00am	Homes Under the		conjures up the	9:30am	Frasier	1:25pm	Cats Make You
:10pm	Weather		Hammer		world we take for	10:00am	Frasier		Laugh Out
:15pm	Bargain Hunt	12:00pm	Ulster Derby		granted.	10:35am	The Big Bang		Loud
:15pm	Money for		Highlights	9:00pm	Fossil		Theory	2:20pm	Bargain Loving
	Nothing	1:00pm	Nigel and Adam's		Wonderlands:	11:00am	The Big Bang		Brits in the Su
:15pm	Escape to the		Farm Kitchen		Nature's Hidden		Theory	3:20pm	Bargain Loving
	Country	2:00pm	Wanted Down		Treasures	11:30am	The Big Bang		Brits in the Su
	Series which helps		Under	10:00pm	Inspector		Theory	4:15pm	Nightmare
	prospective buyers	2:45pm	Forbidden Planet		Montalbano	11:55am	The Simpsons		Tenants,
	find their dream	4:20pm	Mastermind		Inspector	12:25pm	The Simpsons		Slum Landlord
	home in the	4:50pm	University		Montalbano	12:55pm	Ramsay's Kitchen	5:15pm	Nightmare
	country.		Challenge		investigates cases		Nightmares USA		Tenants,
:00pm	Final Score	5:20pm	Only Connect		in the town of	1:50pm	Four in a Bed		Slum Landlord
:15pm	Toy Story	5:50pm	Gardeners' World		Vigata in Sicily.	2:25pm	Four in a Bed	6:10pm	The Nightmare
:30pm	BBC News	6:50pm	The Big Family	11:55pm	Bob Monkhouse:	2:55pm	Four in a Bed		Neighbour Ne
:40pm	Regional News		Cooking		The Last Stand	3:30pm	Four in a Bed		Door
:43pm	Weather		Showdown	1:00am	The Secret Life of	4:00pm	Four in a Bed	7:05pm	The Nightmare
:45pm	Len Goodman's	7:50pm	BBC Proms Extra		Bob Monkhouse	4:35pm	A Place in the Sun:		Neighbour Ne
	Partners in Rhyme		All the talk	2:25am	David Bowie and		Winter Sun		Door
:20pm	Pointless		backstage at the		the Story of Ziggy	5:35pm	Big House, Little	8:00pm	Can't Pay?
:05pm	Who Dares Wins		BBC Proms.		Stardust		House		We'll
:45pm	Casualty	8:30pm	Welcome to	3:30am	Fossil	6:35pm	Kirstie and Phil's		Take it Away!
0:35pm	Mrs. Brown's Boys		Edinburgh		Wonderlands:		Love it or List it	9:00pm	Can't Pay?
	BBC News	9:00pm	Iolo's Great Welsh		Nature's Hidden	7:30pm	Channel 4 News		We'll
1:20pm	Weather		Parks		Treasures	8:00pm	Britain at Low Tide		Take it Away!
1:25pm	Match of the Day	9:30pm	Dad's Army			9:00pm	Child Genius	9:55pm	5 News
2:50am	People Just Do	10:00pm	The Lady in the			10:00pm	The Hunger	10:00pm	Football on 5
	Nothing		Van				Games:	11:00pm	Football on 5
		11:40pm	Being Alan				Catching Fire	11:30pm	Celebrity Big
			Bennett			12:50am	X-Men		Brother
		12:40am	The History Boys					12:30am	Lip Sync Battle
								1:00am	Cricket on 5

itv2	itv3	itv4	main ex

_			WZ	u	<i>3</i>		~~	main	event
:00am	CITV	7:00am	The Hot Desk	7:00am	Murder. She	7:00am	Matarapart IIV	7:00am	Good Morning
	ITV News	7:00am 7:10am	Emmerdale	7:00am	Wrote	7:00am 7:50am	Motorsport UK The Professionals	7:00am	2
:25am		7:10dm						0.00	Sports Fans
:30am	Weekend	10.10	Omnibus		Drama series	8:50am	The Professionals	8:00am	Good Morning
0:25am	Judge Rinder	IU: IUam	Coronation Street		about a sleuthing	9:55am	Minder	0.00	Sports Fans
1:20am		42.25	Omnibus		writer who solves		Modern-day re-	9:00am	Good Morning
2:15pm	1000 Heartbeats		Catchphrase	7.45	murder mysteries.		imagineering on	0.20	Sports Fans
:15pm	ITV News and	1:20pm	Harry Hill's Alien	7:45am	Murder, She		the classic	9:30am	Live New
	Weather		Fun Capsule		Wrote		comedy-drama.		Zealand NPC
:25pm	The Chase	1:50pm	You've Been	8:45am	Murder, She	11:00am	ITV Racing: The		Rugby
:25pm	Joanna Lumley's		Framed!		Wrote		Opening Show		Counties
	Postcards	2:20pm	You've Been	9:40am	Heidi		Cash Cowboys		Manukau v
:55pm	Tipping Point		Framed!	11:55am	Margery and	1:00pm	Cash Cowboys		Auckland.
:00pm	Midsomer	3:25pm	Mr. Magorium's		Gladys	2:00pm	Storage Wars	11:30am	Soccer Saturda
	Murders		Wonder	2:00pm	The Darling Buds	2:30pm	ITV Racing Live		Pre-Match
:00pm	Little Big Shots		Emporium		of May	5:00pm	British Touring Car	12:00pm	Soccer Saturda
	USA	4:25pm	FYI Daily	3:05pm	Agatha Christie's		Championship		Pre-Match
	Entertainment	4:30pm	Mr. Magorium's		Marple		Highlights	12:30pm	Football
	series in which		Wonder	5:05pm	Carry on Camping		Steve Rider		Swansea v
	the talent of		Emporium	6:05pm	FYI Daily		presents the best		Manchester
	youngsters are	5:15pm	St. Trinian's	6:10pm	Carry on Camping		of the action from		United.
	celebrated.	6:15pm	FYI Daily	6:55pm	Wycliffe		Donington Park.	4:15pm	Live Super
:00pm	Local News and	6:20pm	St. Trinian's	8:00pm	Agatha Christie's	6:30pm	Storage Wars		League Q8
	Weather	7:10pm	Hotel Transylvania		Marple	7:00pm	World Series of	6:15pm	Football
:05pm	ITV News and	8:10pm	FYI Daily	10:00pm	Foyle's War		Darts		Sunderland v
	Weather	8:15pm	Hotel Transylvania	12:00am	Law and Order:	11:00pm	Cycling		Leeds United.
:20pm	You've Been	9:00pm	Crazy, Stupid,		UK		Coverage of a	8:40pm	Cricket
	Framed!		Love		Crime drama		cycling event.		England v Wes
:15pm	Catchphrase	10:00pm	FYI Daily		based on the hit	12:05am	Blade: The Series		Indies 1st Test
:00pm	Amazing Spider-	10:05pm	Crazy, Stupid,		US series Law	1:05am	FYI Daily		D3.
	Man		Love		and Order.	1:10am	Blade: The Series	10:30pm	Cricket
1:35pm	ITV News and	11:20pm	Family Guy	1:00am	Law and Order:	2:25am	Minder	11:00pm	Live Solheim
	Weather	11:45pm	Family Guy		UK				Cup
1:50pm	The World is Not	12:20am	Family Guy	2:00am	Law and Order:			1:30am	Live Tennis:
	Enough	12:45am	American Dad!		UK				Cincinnati
:10am	Jackpot247	1:45am	The Keith Lemon	2:55am	Rising Damp			3:00am	Live Fight Nigh

SUNDAY - 20 AUGUST

BBGONE BBGTWO BBGFOUR CHANNEL 4 CHANNEL 5

									122
7:00am	Breakfast	7:15am	The Instant	8:00pm	Do We Really	7:00am	Last Man	7:00am	Milkshake!
8:35am	Match of the Day		Gardener		Need the Moon?		Standing	11:15am	
10:00am	,	8:00am	Garden Rescue		Scientific	7:25am	Last Man		Mutant
11:00am		8:45am	Gardeners' World		Documentary.	7.20	Standing		Ninja Turtles
	Live	9:45am	The Beechgrove	9:00pm	BBC Proms 2017	7:50am	Last Man	11:40am	Football on 5
12:00pm	Homes Under the		Garden		Bach's St John		Standing	12:30pm	Football on 5
	Hammer	10:15am	Countryfile		Passion.	8:10am	Everybody Loves	1:00pm	Police
1:00pm	Bargain Hunt	11:15am	Saturday Kitchen	11:40pm	The Treasure		Raymond	•	Interceptors
2:00pm	BBC News		Best Bites		Hunters	8:35am	Everybody Loves	2:00pm	Police
2:10pm	Weather for the	12:45pm	Lorraine's Fast,		Documentary.		Raymond		Interceptors
	Week Ahead	·	Fresh and Easy	12:40am	The Treasure	9:00am	Frasier	3:00pm	Police
2:15pm	Money for		Food		Hunters	9:30am	Frasier		Interceptors:
•	Nothing	1:15pm	MOTD2 Extra	1:40am	James May at the	10:00am	Frasier		Deadly Pursuits
3:15pm	Songs of Praise	·	MOTD2 Extra		Edge of Space	10:30am	Sunday Brunch	4:00pm	Police
3:50pm	Athletics		presents the		James May always	1:30pm	George Clarke's		Interceptors:
6:10pm	Celebrity		latest football		wanted to be an		Amazing Spaces		Deadly Pursuits
	Mastermind		action.		astronaut. Now,	2:30pm	The Simpsons	4:55pm	Police
6:40pm	BBC News	2:00pm	Coast		40 years after the	3:00pm	The Simpsons		Interceptors
6:55pm	Regional News	2:30pm	Athletics		first Apollo	3:30pm	The Simpsons	5:55pm	Biggest Dog in
7:00pm	Weather	3:50pm	Flog It!		landings, he gets	4:00pm	Toy Story Toons		the World
7:05pm	Countryfile	4:45pm	Britain's Ancient		a chance to fly	4:30pm	Toy Story That	6:55pm	The Secret Life
	Summer Special		Capital : Secrets		to the edge of		Time Forgot		of Puppies
8:05pm	Fake or Fortune?		of Orkney		space in a U2 spy	4:55pm	Born Silly	7:40pm	The Secret Life
9:05pm	Far From the	5:45pm	Equestrian		plane.	5:30pm	Tangled		of Puppies
	Madding Crowd	7:50pm	Royal Cousins at	2:10am	The Rules of	7:30pm	Channel 4 News	8:30pm	The Ant and
11:00pm	BBC News		War		Abstraction with	8:00pm	Amazing Spaces:		Dec Story
11:20pm	Regional News	8:50pm	Meet the New		Matthew Collings		Shed of the Year	9:55pm	5 News
11:25pm	Weather		Dragons	3:40am	The Art of	9:00pm	From Russia to	10:00pm	Celebrity Big
11:30pm	Match of the Day 2	9:00pm	Dragons' Den		Australia		Iran: Crossing the		Brother
12:30am	Dream House	10:00pm	Astronauts: Do				Badlands	11:05pm	Before They
1:55am	Weather for the		You Have What			10:00pm	The State		Were Stars
	Week Ahead		it Takes?			11:00pm	The Gunman	12:05am	Before They
2:00am	BBC News	11:00pm	ı III Behaviour			1:10am	Belle		Were Stars
			The Hunter			3:00am	Ramsay	1:05am	Cricket on 5
		1:35am	Tommy					2:00am	Super Casino
		3:10am	Countryfile						

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7:00am	CITV	7:00am	Mr. Bean	7:00am	Carry on Camping	7:00am	Cycling	7:00am	Good Morning
9:25am	ITV News	7:25am	Emmerdale	8:35am	Heartbeat	7:50am	British Touring Car		Sports Fans
9:30am	Weekend		Omnibus		Drama, set in the		Championship		Round-up of
10:25am	Judge Rinder	10:25am	Coronation Street		North Yorkshire		Highlights		the sports
11:20am	Long Lost Family		Omnibus		moors in the		Steve Rider		news with live
12:20pm	Love Your Garden	12:55pm	Ninja Warrior UK		1960's.		presents the best		analysis and
1:20pm	ITV News and	2:00pm	Mr. Bean	9:35am	Heartbeat		of the action from		comment plus
	Weather	2:35pm	Mr. Bean	10:35am	Murder, She		Donington Park.		extended
1:25pm	James Martin's	3:05pm	Honey		Wrote	9:15am	The Professionals		interviews with
·	French Adventure		Musical drama.	11:35am	Murder, She	10:20am	The Professionals		the headline
2:00pm	Rebound	4:05pm	FYI Daily		Wrote	11:25am	Everything or		makers.
2:55pm	Tipping Point	4:10pm	Honey	12:40pm	The Darling Buds		Nothing: The	8:00am	Good Morning
3:55pm	Bear Gryll's	5:00pm	Looney Tunes:		of May		Untold Stories of		Sports Fans
•	Survival School		Back in Action	1:45pm	Heidi		007	9:00am	Good Morning
4:25pm	Licence to Kill	6:00pm	FYI Daily	3:50pm	Wycliffe	12:30pm	FYI Daily		Sports Fans
7:00pm	Local News and	6:05pm	Looney Tunes:	4:55pm	Foyle's War		Everything or	10:00am	Live European
	Weather		Back in Action	7:00pm	Margery and		Nothing: The		Tour Golf
7:10pm	ITV News and	6:55pm	Happy Feet		Gladys		Untold Stories of	11:30am	Sky Sports
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	Celebrity Special	9:00pm	The Fast and the	11:00pm	Law and Order:	•	Texas		Sunday
8:30pm	Harry Potter and		Furious: Tokyo		UK	1:45pm	Storage Wars	1:30pm	Live Nissan
q	the Deathly		Drift	12:00am	Law and Order:		Texas		Super Sunday
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MONDAY - 21 AUGUST BBGONE BBGTWOBBGFOUR CHANNEL 4. CHANNEL 5 4:15pm Escape to the 8:00pm World News 2:05pm Posh Pawn 2:10pm Access 4:25pm Home and Away Continent Planet Earth Today Countdown 2:15pm The Taff: The River Cheap Cheap Neighbours 5:15pm 8:30pm 4:00pm 2:45pm Floa It! Put Your Money That Made Wales Cheap Pointless Where Your BBC News 7:00pm The Trains That 5:00pm A Place in the Dark Desire Mouth Is Time Forgot: 7:30pm Regional News Sun: Winter Sun 5 News Eggheads 6:30pm 8:00pm The One Show Royal Recipes Britain's Lost Come Dine with Neighbours Railway Journeys 7:00pm 8:30pm Land of the Celebrity Antiques Home and Away 8:00pm Vikings 6:30pm 5 News Streetmate 7:30pm Giants Road Trin 11:00pm Silk Road The Simpsons EastEnders Car Crash TV University Damilola, Our Hidden Histories 9:30pm Challenge Hollyoaks All New Traffic Loved Boy 1:20am The Trains That Channel 4 News Cons Nadiva's British 8:00pm 10:00pm Celebrity Big 11:00pm BBC News Food Adventure Time Forgot: Jamie's Ouick and Britain's Lost Easy Food 11:30pm Regional News 10:00pm Dangerous Brother 11:40pm Weather Railway Journeys 9:30pm Superfoods: The Celebrities in Borders 11:45pm Have I Got Old 2:20am Vikings Real Story 11:00pm Normal for News for You Rosslyn Chapel 10:00pm The State 12:05am Celebrity Big Norfolk Have I Got a Bit A Treasure in 11:00pm How to Get a Brother's Bit on More Old News 12:10am Weather Stone. Council House the Side 12:05am Naked Attraction Cricket on 5 for You ibv3 1.3/ ibv2 ibv4 12:50pm The Darling Buds 12:35pm The Professionals Good Morning Cash Trapped 2:30pm Coronation Street 9:00am 7:00pm Local News and 3:00pm The Ellen of May 1:45pm Cycling Sports Fans 9:30am Good Morning DeGeneres Show 2:00pm Heartbeat 2:45pm Ironside The Jeremy Kyle 7:30pm ITV Evening The Royal Quincy, M.E. Minder Good Morning 4:05pm The Darling Buds 4:50pm 10:00am Show 8:00pm Emmerdale 4:55pm The Jeremy Kyle of May The Professionals Sports Fans You're Only Young Premier League 8:30pm Coronation Show 5:15pm 7:00pm Storage Wars 11:00am Judge Rinder Street Twice Texas On the Buses 7:00pm You've Been 5:50pm 7:30pm Storage Wars Countrywise 9:30pm Rising Damp Texas 12:30pm Sky Sports Nov You've Been 6:55pm Heartheat 8:00pm Cycling 1:00pm Sky Sports Today Street 10:00pm Easviet: Inside Framed Murder. She Wrote The Chase: 2:00pm Sky Sports Today 8:00pm the Cockpit Two and a Half Midsomer Celebrity Special 2:30pm Cricket Murders 10:00pm Ransom 11:00pm ITV News Football Men 8:00pm Britain's Busiest 10:00pm Family Guy 11:00pm Law and Order 11:05pm FYI Daily 11:30pm Boxing

12:00am The Street

11:10pm Ransom

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2:45pm 3:30pm	Red Rock Impossible	4:25pm 5:15pm	Coast Australia Planet Earth	8:30pm	World War I at Home	1:05pm	Couples Come Dine with Me		Pilcher: The Other Wife
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11:30pm 11:40pm	Regional News Weather		The Forgotten Story	3:55am	Utopia: In Search	8:00pm 9:00pm	Channel 4 News Food Unwrapped	•	My Extreme Ocd Life
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	ITV News		Picture Show		Airport-Heathrow		World Cup Live	7:00pm	Sky Sports News
11:40pm	Martin Clunes		Family Guy	10:00pm	Paul O'Grady's	8:30pm	Women's Rugby	8:00pm	Transfer Centre
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	Whistle	12:25am	American Dad!	12:00am	Cold Blood	1:00am	FYI Daily	12:00am	Through the Nigh

WEDNESDAY - 23 AUGUST ibv3 BBEONE BBETWO BBEFOUR CHANNEL 4. CHANNEL 5 itv2 ibv4 LV. 11:00am Homes Under the 7:30am Heir Hunters World News Today 10:00am Frasier Milkshakel Good Morning 12:00pm Fame High 7:00am Judge Judy Hammer 8:15am Bargain Hunt 8:30pm World War Lat 10:30am Frasier Programming aimed Britain 12:15pm Third Wheel 7:20am Judge Judy 7:50am Storage Wars Texas 11:00am The Big Bang 12:00pm Heir Hunters at children aged two Good Morning 9:00am The Bug Grub Home 12:25pm Below Deck 7:40am The Royal 8·15am The Saint 8:30am Good Morning 12:45pm Close Calls: On Shocking stories of Theory to seven years old Couple Britain 1:20pm Emmerdale 8:40am Heartbeat 9:20am Ironside Sports Fans Great British Menu 9:30am 10:15am The Wright Stuff the World War One 11:30am The Big Bang 10:25am Ouincy, M.E. 9:00am 10:25am The Jeremy Kyle 9:40am Where the Heart 1:55pm You've Been Good Morning Theory 1:15pm Bargain Hunt 10:00am Victoria Derbyshire Hampshire hospital 12:15pm The Yorkshire Vet 11:35am Minder Framed! Sports Fans Show 2:00pm **BBC News** 12:00pm BBC Newsroom Live doctors who faked 12:00pm The Simpsons 1:10pm 5 News 11:30am This Morning 10:40am Judge Judy The Ellen 12:35pm The Saint 12:30pm The Simpsons Celebrity Big Brother 11:05am Judge Judy 2:30pm Regional News 2:05pm Two Tribes footage on cures 1:15pm 1:30pm Loose Women DeGeneres Show Simon Templar is a Sports Fans Channel 4 News 2:45pm Red Rock Flushed Away for shellshock. 1:00pm Good Morning 2:10pm The Jeremy Kyle 2:35pm Access 2:00pm ITV Lunchtime 3:50pm 11:35am Judge Judy dehonair master 10:00am Impossible The Hairy Bikers Storm Troupers: The 1:05pm Couples Come Dine Home and Away News Show 12:00pm Rising Damp thief with a talent Sports Fans 4:15pm Pubs That Built with Me Escape to the Fight to Forecast 2:45pm Neighbours ITV Racing Live 4:55pm 11:00am 2:30pm The Jeremy Kyle for disauise. 12:30pm You're Only Young Premier League Continent Rritain the Weather 2:05pm Posh Pawn NCIS Tipping Point 1:40pm 5:00pm Cycling 5:15pm 4:25pm Coast Australia Flog It! 10:00pm South Downs: Countdown 4:10pm Rosamunde Pilcher: The Darling Buds 12:00pm Cash Trapped Judge Rinder 2:45pm Transfer Centre of May Planet Earth Cheap Cheap The Other Wife Local News and You've Been Pointless 5:15pm England's 4:00pm 7:00pm 7:00pm 12:30pm Sky Sports Now Quincy, M.E. BBC News Cheap Put Your Money Mountains Green 7:00pm Weather Framed 2:05pm Heartheat 4:55pm Minder 1:00pm Sky Sports Today A Place in the Sun: 6:30pm 7:30pm Regional News Where Your Mouth Tales From the Neighbours 7:30pm The Royal The Professionals ITV Evening News 7:30pm You've Been 2:00pm Sky Sports Today The One Show Winter Sun Home and Away National Parks 7:00pm Emmerdale 4:10pm The Darling Buds Action-packed Sky Sports Today Framed! 7:30pm 8:30pm Fake Britain 7:00pm Eggheads How it Works Come Dine with Me 5 News Popular long You've Been of May drama series about The Sheriffs are 7:30pm Royal Recipes 1:00am Storm Troupers: The 6:30pm Streetmate 8:00pm Starting Up Starting running soap opera 5:20pm You're Only Young two criminal-4:30pm Celebrity Antiques Fight to Forecast The Simpsons Over 7:00pm Coming set in a Yorkshire 8:30pm You've Reen Twice intelligence agents. 5:00pm Sky Sports Today 7:30pm 10:00pm Celebrity Road Trip the Weather Hollyoaks GPs: Behind Closed village. Framed 5:50pm On the Buses 7:00pm Storage Wars Texas Sky Sports News MasterChet Saving Lives at Sea South Downs Channel 4 News Coronation Street 7:00pm 8:30pm Two and a Half Rising Damp 7:30pm Storage Wars Texas Sky Sports News 11:00pm BBC News 10:00pm No More Boys and England's Location, Location, 10:00pm Celebrity Big Brother Love Your Garden 6:55pm Cyclina Heartbeat 8:00pm Transfer Centre 8:00pm 11:30pm Regional News Girls: Can Our Kids Mountains Green Location 11:00pm Football on 5 Long Lost Family 8:00pm Murder, She Wrote 8:30pm 3:00am Constable: The 10:00pm The State Rosemary and 11:40pm Weather Go Gender Free? 12:30a Police Interceptors ITV News Men Hiahliahts Round 11:00pm Detectorists Making of a Master 11:00pm Flights From Hell: Criminals Caught on 11:45pm A Question of 11:40pm UFFA Champions 10:00pm Hall Pass Thyme 10:00pm Car Crash Global 11:00pm Boxing 11:30pm Newsnight 11:05pm FYI Daily **10:00pm** Lewis 11:00pm Blade: The Series League Highlights Through the Live From the 12:00am Taxi of Mum and 2:00am 12:10am Weathe National Parks Super Casino 11:10pm Hall Pass m Wycliffe 12:05am FYI Daily British Touring Car Night Dad 4:10am Gotham 1:40am Wycliffe 12:10am Blade: The Series Championships

12:00am Through the Nigh

12:10am Family Guy

WATER: Drink two litres per day.

Dehydration warnings as heatwave hits

THE Spanish Heart Foundation has issued advice to avoid extreme heat dehydration. With the recent heat wave striking many areas of Spain, they remind people how dangerous dehydration can be, interfering with the normal function of organs.

Although the sensation of thirst is the most frequent symptom warning you of a potential problem, dizziness, lethargy, blurred vision and headaches are also warning signs.

The president-elect of the Vascular Risk and Cardiac Rehabilitation Section of the Spanish Society of Cardiology (SEC) also warns "dehydration decreases the creation of urine and can rapidly deteriorate renal function, leading, in a prolonged situation, to the appearance of arrhythmias due to alteration of the ions and systemic failure, which can be very serious if not treated immediately."

In extreme cases it can can cause

permanent brain damage, seizures and even death. It is always important to hydrate yourself, but in these extreme conditions of intense heat, it is even more important.

Water constitutes between 50 and 65 per cent of our body mass. Not only is it found inside our cells, muscle and fatty tissue, water is also part of our joints, and is present in most of our organs. Besides acting as a lubricant, forming saliva or regulating body temperature, water is essential for the body to perform many of its functions.

The body loses fluid steadily and under normal conditions, can lose up to two and a half litres per day, but with the heat, more is lost through sweat which is necessary

It is recommended to drink between one and a half to two litres of water a day, but this must be increased during the summer sun. Water can also be taken in through the consumption of fruits and it is reminded to avoid the sun as much as possible and limit rigorous sports and activities during the hot

Social stigma leaves women refusing cancer treatment

IN a shocking report, it has been revealed that many South-Asian women in the UK are hiding their cancer because of the social stigma.

The BBC's Victoria Derbyshire programme heard from women who said they hid their diagnosis due to the stigma and others who believed it was God punishing them for living a 'bad life.' It was reported there is also a reluctance to have a smear test as they are considered 'no longer pure.'

The BBC pointed out it is hard to say how widespread the issue is, but research in 2014 from Bridgewater NHS found Asian women aged 15 to 64 years old had a significantly reduced survival rate for breast cancer, which could be due to not wanting to seek medical advice or treatment until too late.

New radiation therapy is proving more effective

ers. According to a recent study in the Journal of the National Cancer Institute, in which more than 10,000 US patients participated for more than 10 years, hypofractionation radiotherapy in laryngeal carcinomas in early stages one and two resulted in increased patient survival. The five-year increase in survival for patients with stage two laryngeal cancer is estimated at 70.8 per cent

when treated with hypofractionated radiation therapy, but reduced to 64.5 per cent with conventional radiation therapy.

Oncologists in Spain believe that concentrating the treatment in 28 to 30 sessions instead of the usual 35 is considered at present one of the main advances in treating cases and is increasingly being incorporated into clinical practice because it has been shown to have the same toxicity, or side effects, and greater disease control over conventional radiotherapy.

Laryngeal cancers are one of the cancers that is found most quickly. As it can lead to a change in the voice it is often detected at an early stage. If a hoarseness like change in your voice lasts more than two weeks, contact your doctors.

3,725 people a year in Spain. It has a particularly high incidence rate in those with head and neck tumours and is more prevalent in men with smoking and alcohol raising the risk factors. Oncologists say radiotherapy is an effective

CANCER of the larynx is diagnosed in around

treatment and if it is detected early enough, it can avoid the need for surgery.

Hypofractionated radiotherapy, which comprises a higher dosage given in fewer treatments, has also shown to improve the survival of suffer-

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| SLEEP DEPRIVATION: Can disrupt the activity of appetite hormones.

HOW many of us wish away the working week, waiting for that chance to have a lie-in at the weekend?

Well you may want to rethink your lazy plans as US researchers believe it is a bad habit that can actually raise the risk of dying from heart disease by a

shocking 11 per cent. Sleep scientists at the University of Arizona said this "social jet lag" as they call it, changes the sleep patterns and knocks bodies and brain out of sync.

The study was led by the university's Sleep and Health Research Programme, and involved 984 adult participants. They found that changing sleeping habits at the weekend can wreak havoc on your biological clock as they discovered a link between people who regularly had lie-ins on

Sleep: Are you getting too much or too little?

weekends and an increased rate of cardiovascular disease and fatigue. although the researchers have said they are not clear why there is this

Previous studies have also found connections between lie-ins and other physical and mental problems.

In 2015, a study of 225 volunteers at the University of Pittsburgh, in the US warned that changes in sleep routines between workdays and weekends are likely to raise the risk of diabetes as those who slept in had higher levels of sugar and fat in the blood which are typical warning signs

A study earlier this year, also carried out at a University in Texas, analysed sleeping patterns and attention and found of the 28 stu-

dents tested, when they had long lieins at the weekend, they performed worse in attention or creativity tests.

It seems that finding the right amount of sleep can be tough as experts claim we can't have too much or too little as research published in Diabetes Care journal found that getting only four or five hours' sleep a night can increase the risk of diabetes by around 16 per cent.

Sleep deprivation may also disrupt the activity of appetite hormones.





Simple Aussie hack could help children eat more veg

STRUGGLING to get the youngest members of your family to get enough fresh vegetables? You're not alone, but scientists in Australia say they believe they may have found a simple way of ensuring your

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Researchers at Deakin University's Centre for Advanced Sensory Science believe it is all down to the way vegetables are served and tested their theory on a controlgroup of 72 children of primary-school age.

Each child taking part was given a 500g box of peeled carrots on one day, and the same amount of diced carrots the next day, with 10 minutes to eat as much as they liked.

The trials found that children ate the whole carrots for longer. which meant they ate about 8-10 per cent more of the carrot compared to the diced ones.



Food poisoning



SPECIALIST: Doctor Luis Perez Belmonte.

WHAT is food poisoning?

Food poisoning is an illness caused by eating contaminated food especially foods that have a limited shelf or fridge life such as eggs, dairy products or meat. Shellfish can also be particularly dangerous if it is not cleaned, defrosted or cooked properly. It's not usually serious and most people get better within a few days without treatment.

How can you get food poisoning?

In most cases of food poisoning, food is contaminated by bacteria, such as salmonella or Escherichia coli (E coli), or a virus, such as the Norovirus.

What are its symptoms?

The symptoms of food poisoning usually begin within one to two days after eating contaminated food, although they may start between a few hours and several weeks later. The main symptoms include nausea, vomiting, diarrhoea, stomach cramps, a lack of energy and weakness, loss of appetite, chills, aching muscles and a high temperature.

How can it be treated?

Until you feel better, you should rest and drink plenty of fluids to prevent dehydration. Eat only when you feel you can, but start with small, light meals which are dry or plain such as toast, crackers or rice, until you begin to feel better. Avoid alcohol, caffeine, fizzy drinks and spicy foods as they can make vou feel worse.

When should I see a doctor?

You should seek medical attention if your symptoms are severe - for example, if you're unable to keep down any fluids because you are vomiting repeatedly, symptoms don't start to improve after a few days, you have symptoms of severe dehydration, such as confusion, a rapid heartbeat, sunken eyes and passing little or no urine.

You should also go to your doctor if you are pregnant, over 60 or if your baby or young child has suspected food poisoning.

How is food contaminated?

Not cooking food thoroughly, not reheating previously cooked food enough or not correctly storing it.

If you have any questions for Dr Perez Belmonte, please send them to: je femedico@helicopteros sanitarios.com

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Three cultures meet



FRIGILIANA: Will host the festival.

FRIGILIANA'S famous Festival of 3 Cultures will celebrate its 12th edition from August 24 to 27 August.

The event, which is one of the main tourist attractions during the summer for travellers inland, will see food stalls, music and a souk.

Jose Luis Ruiz Espejo, delegate of the Junta de Andalucia, explained, the festival, "demonstrates the entrepreneurial commitment of municipalities seeking new ways to boost their economy, generate business and boost job creation." He added, "creativity, initiative and the constant search for new ideas mark today the path of growth, and this festival brings im-

portant opportunities for the local economy, not only because of its impact on the restoration sector and the hotel trade but also on commerce. tourism and the image of Frigiliana."

CEO of the Public Enterprise for the Management of Tourism and Sports of Andalucia, Cristobal Fernandez, said the event "stands out as being unique, different and welcoming, as well as for complementing the town's other tourist offerings."

Fernandez explained in 2016 the event attracted 35,000 people, commenting he hoped it "will once again bring a lot of people to the town and turn the area into a true cultural and tourist meeting point."

The mayor of Frigiliana, Alejandro Herrero, presented the programming of this year's event, which will feature "important new additions to ensure success," including parades, puppets, children's workshops and shows

Special importance will also be given this year to gastronomy, with a tapa route, handicrafts, with a traditional souk. In total, the centre of the town will form a large festival with more than 100 stalls offering various products.

For more information, visit Frigi liana.es.

NIGHT ART: In Castell de Ferro.

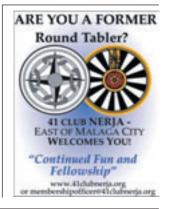
Art attack

renowned Danish artist, Janna Fabian, has opened her new exhibit in Castell de Ferro until September 3.

The display, which features encaustic or hot wax painting a medium using heated beeswax with coloured pigment - is open from 8pm to 10pm, offering a chance to see abstract paintings by an artist who has exhibited extensively in Andalucia and Denmark.

Janna has lived in Spain for the past 10 years and is next year planning to show her work in the United States. Her latest exhibition, taking place in Castell de Ferro's town hall, in promises 'vibrant abstract paintings,' using an 'amazing medium,' in a display 'not to be missed.'

For further information. email jannacastell@gmail.com.



Naïve style of art coming to Spain

THE MARE NOSTRUM Exhibition Hall of La Cala del Moral is playing host to a free exhibition of 32 works embracing the naïve style of art until September

The exhibition "presents a collection of 32 works made using techniques such as oil painting, acrylic and drawing, which represent themes surrounding summer," according to Francisco Salado, Mayor of Rincon de la Victoria.

Salado congratulated "the work of the Malagueña Association of Naïf Art for the value and volume of the works and artists from the Malaga naïf group, which creates great interest in different types of art and international exhibitions."



HENRI ROUSSEAU: His famous painting, Surprised! typifies Naïf art.

The exhibition will include paintings by artists Jose Luis Pavon, Fernando Cordon, Diego, Ceano, Jesus P Matamala, Francisca Atienza, Francisco Ferrer, Teresa García and Francisco

Moreno, and will take place across the two spaces of the Mare Nostrum

For his part, the president of the Malaga Association of Naïf Art, Diego Ceano,

expressed his gratitude to Rincon de la Victoria for its collaboration and explained "this exhibition aims to publicise and promote this pictorial style at a national level."

The exhibition can be visited free of charge until September 8, from Tuesday to Saturday from 11.30am to 1pm, and from 6.30pm to 10pm, while on Sundays the exhibition is open during morning hours.

The Malian Association of Naïve Art (AMAN) has been working with Spain to put this style of art on the international map and raise awareness of it in Spain, creating the Naïf Art Museum in Malaga.

In 2016, AMAN made Malaga the capital of Naïf art in Southern Europe.





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restaurant in London to serve

A rose by any other name

GOOD FOOD. **GOOD WINE AND GOOD FRIENDS** GARRY WAITE



S a very young child I was brought up in the beautiful city of Exeter. From the age of about five to 13 of which the last few years were spent at boarding school as my parents

But we all had fond memories of the ancient city on the River Exe in south west England. Dating back to the Roman era, the Exeter city walls surround its centre and Gothic Exeter Cathedral, Exeter Castle, a Norman landmark, overlooks leafy Northernhay and Rougemont Gardens.

The place is steeped full of history and it was with some sadness that I witnessed on TV the fire that destroyed the iconic Royal Clarence Hotel. This major landmark overlooking the Cathedral was a place of choice for Christmas lunch and my father would use the place regularly for business lunches.

Virtually destroyed by fire in October last year, the hotel is now being rebuilt by its owners. The hotel, said to be England's oldest, was built in 1769. It was named after the Duchess of Clarence (Queen Adelaide), wife of the future William IV, who stayed there in 1827 and visited the hotel on many occasions and gave The Clarence Hotel the



The original - in all its 'Royal Glory.'

'Royal' seal of approval.

A spokeswoman for the hotel group said owner Andrew Brownsword had confirmed plans "to rebuild the façade as closely as possible to the original, whilst behind this will sit a new hotel to offer the city of Exeter a modern hotel that can best serve the city and its people."

However a row is brewing over the name of the rebuilt hotel. Historian Peter Thomas maintains the hotel should be given a new name when it is completed. It brings into question a historical and perhaps legal question. Can the newly built hotel maintain its 'Royal' status? As a historic title how can it be passed on when the original building does not exist. Only a minor percentage of the original building remains intact and the whole of the façade is to be painstakingly rebuilt to match the original.

The structure behind will be completely new and when finished will join the list of other Exeter pseudo buildings and therefore when it is completed it will have no bearing on the original structure. Exeter was at the forefront of maintaining its inherited and historical facades after fires and world wars. Many buildings in the city were rebuilt but maintained their historical building

With their being virtually nothing of the original hotel left it will be hard to call it 'The First Hotel in England.' Perhaps this can be preceded by: On This Site Stood! Why not just call it 'The New Royal Clarence Hotel?'



Glorious Twelfth

IN the early 80's I was doing a consultancy job for a hotel in Braemar in Scotland.

A beautiful part of the world and a chance for me to see the iconic Highland Games attended by the Queen and Prince Philip as well as other members of the Royal Family. But, due to the generosity of my client, had the rare opportunity to be involved in the Glorious Twelfth - the start of the Red Grouse hunting season.

Visitors from abroad and aristocracy of the UK, pay fortunes to have the pleasure of hunting these amazing game birds that can fly at around 70mph in, at times, a zigzagging motion. Much like Beaujolais Nouveau in November, hotels vie to be the first to serve the delicacy on their evening menu.

Even in those days the hotel owner charged £1,000 per gun per day. Nowadays the 'gun' charge is much more expensive, running into thousands, with owners charging £150 a brace on top.

Grouse shooting contributes millions to the economy every year and also supports thousands of people - from gamekeepers and beaters to people in tourism and hospitality.

Grouse shooting can be traced back 160 years to 1853. It started to take off when the railways suddenly made it easier to get to the moors, and shotguns became breech-loading. The 'bags' total number of birds shot per



Red Grouse in flight.

day - were huge, often topping 2,000 in a single day.

Although grouse shooting is most commonly associated with the Scottish Highlands. red grouse were, and still are, shot on moors in Wales, Northern Ireland and in England's Peak District.

Grouse are safe for one day of the week. It's illegal to shoot grouse - as well as many other game birds - on Sundays. In 2012 when the Glorious Twelfth fell on a Sunday, it had to be moved to August 13th.

The law on Sunday shooting is laid out in the Game Act of 1831. (It's not against the law in Scotland, but the custom is still adopted.)

A few quirky points about the Red Grouse:

- They make a very distinctive call that sounds like 'Go back! Go back! Go back' as they fly fast and low above the heather.
- They have less than a third of the fat and twice the protein of roast chicken.
- It is Scotland's national game bird and is the emblem of the famous whisky.

Would be ungracious not to mention the famous whisky

MATTHEW GLOAG was a grocer and wine merchant in Perth, Scotland. Gloag purchased whiskies from distilleries around Scotland, and when Queen Victoria visited Perth in 1842, he was invited to supply the wines for the royal banquet.

In 1860, his son, William Gloag, took over the company and began producing blended whiskies. In 1896, William's nephew, also named Matthew after his grandfather, took over the company. He created a brand called The Grouse in 1896. which was renamed The Famous Grouse in 1905. Matthew Gloag's daughter Phillippa first designed the label's grouse icon.

In 1970, Matthew Gloag & Son, owned by the Gloag family, was sold to Highland Distillers, after the death of the chairman, Matthew Frederick Gloag. The marketing and distributive power of the company saw the Famous Grouse become the highest selling Scotch in Scotland by 1980 and the second highest selling in the UK.

From the 1980s the brand began to be exported overseas, where it now sells over two million cases annually. In 1984 The Famous Grouse was awarded the Royal War-

Churlish not to mention it.

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.

The number of days of the grouse shoot-

£150 $^{
m million.}$ The amount of money generated annually by the practice.

The number of jobs created or associated with grouse shooting.

2 The number yours truly shot in 1982.

Charity begins at home ... but shouldn't end there!



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

MUCH is made of the UK's 'chaotic' charity sector, let alone those cringeworthy telethons. Diva slebs demanding press coverage for 'doing my bit' and squabbling over fees, petty expenses, credits just about everything. And the nauseating spectacle of superrich, self-righteous presenters, actors and comedians lecturing us how and where to donate our money.

As for my own previous efforts at charity fundraising, these had some unexpectedly disastrous results.

Following the 2005 Asian tsunami, I tried to help the British Red Cross fundraising appeal. This involved door-to-

door collections of discarded stuff - clothes, toys, knives (all shapes and sizes), two sets of false teeth, what looked like a false eye (or an oddshaped marble?), a mouse (hang on! A computer mouse) - and once being confronted by an over-excitable bulldog.

"Boris's harmless," its owner said with all the animation and charm of Theresa May. "Boris's got his teeth embedded in my ankle!" I screamed back.

Best advice? Donate to a recognised charity with an excellent track record like the Costa del Sol's Cudeca to which profits from all my novels go, including the latest: 'The Girl in the Red Dress.'

Briefly, this is about the young daughter of a local doctor cold-bloodedly left to die in an icy river, whose parents stubbornly deny any involvement. Then a boy is also murdered, but it is investigative



NEW BOOK: The Girl in the Red Dress.

journalist Alice Myers who risks her life going undercover to search for the truth and justice for the victims confronting, amongst others, a famous TV celebrity.

Unleashing a chain of events leading from two child murders to an officer's death, this psychological crime thriller depicts a race against time right until the shocking ending.

And finally, how did my Red Cross collection go? Great! Until I reached the last house where the owner interrupted me mid-spiel: "Sorry, ducky. I'm in the middle of blowdrying the budgie."

Words froze in my mouth as the door slammed shut in my face. I'd got as cheerful a welcome as a Trot at a Tory party conference!

So if, at the next UK general election, you need a surefire method of offloading unwanted canvassers, this lady has just the answer...

Nora Johnson's other psychological/suspense crime thrillers 'No Way Back,' 'Landscape of Lies,' 'Retribution,' 'Soul Stealer,' 'The De Clerambault Code' (www.no ra-johnson.net) available from Amazon in paperback/eBook (€0.99;£0.99) and iBook-

store.

THURSDAY THOUGHTS

By Graham Brahen, Almeria

Feeling a little fed up?

I SUPPOSE there are times when we feel life is a little humdrum and that we're stuck in a never ending rut. In fact I stumbled upon a survey today which concluded that over 40 per cent of people in the UK were dissatisfied with their lives.

I can understand that, after all there are only so many re-runs of Bargain Hunt you can watch before wanting to hurl yourself out of the nearest ground floor window. But if you are feeling a little fed up and unable to clamber out of your rut, maybe I have something that could help you.

Mars. No, not the chocolate treat, . I was thinking of the planet of the same name, but with fewer calories!

It seems a wealthy South African businessman is planning to take around a million people to Mars so he can colonise it. Now there's a sure way of cheering yourself up and getting out of your rut - beetle off to a desolate place with no atmosphere.

I can also see another major flaw in this plan. The trip-which apparently costs well over €200,000 and that's just a one way ticket-will take over seven months. I think it's reasonable to assume that if you are successful, happy and doing well then you probably wouldn't be interested in giving it all up to high tail it off to Mars, which means that the majority of passengers will be fed up and not generally the life and soul of the party types.

Can you imagine being cooped up with several hundred depressed, whinging unhappy people for seven months? That would be bad enough on a two hour easyJet flight, but for seven months?

By the time they got to their destination the spacecraft would be full of people trying to knock lumps out of each other.

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.

Advertising feature

Making your move stress free

MOVING house can be a stressful process and even more so for those moving from one country to another.

But packing up and moving your belongings doesn't have to add to the stress with Edwards European Moving here to help take the stress away.

As European removal experts based in Malaga, they aim to make moving as hassle-free as possible whether you are moving within Spain or from the UK to any of their frequent destinations such as France, Italy and Portugal.

They offer a full service and recognising that you may feel overwhelmed about the unpacking that you need to do once you finally arrive, the professional team at Edwards European Moving will be able to help you with unpacking, re-assembling and organising, as well as giving you any of the tips for settling in that can be very helpful at such a time

The team can provide a wide range of services to guarantee that all your belongings arrive safely and securely. Their experience in packing fragile



objects, transporting larger and expensive items such as pianos, as well as creating cases for your important possessions, sets them apart from other companies. They also offer transit protection insurance, storage options and they keep a record of all your belongings.



EUROPEAN REMOVALS: Their team provide a wide range of services.

Edwards European Moving offer a weekly service to and from the UK and Spain for full/dedicated removals or part loads and single items, as they undertake relocations for private individuals as well as large corporate companies, with all moves carried out to the highest standards. If you are looking to purchase new furniture in the UK for your Spanish residence, why not have the items delivered to their warehouse where the team will inspect everything

and place them on their next available departing vehicle ready to be with you in your new home.

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your removal, Edwards European Moving will help with every aspect of your move and they can currently offer four weeks of free storage should you not be quite ready to receive your possessions in your new home.

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TO READ MORE

Wall Street backs Spain

SPAIN'S property recovery has caught the eye of the Wall Street Journal. The American broadsheet devoted a special section last week to the Spanish real estate market's strong performance of late.

Its property analysts predicted that if the strong demand for housing seen so far this year continues, Spain could see record investment in the residential sector.

The piece investigates a new phenomenon which sees international investors seeking security in Spanish real estate. It represents a remarkable turnaround from the recession years and shows that Spain's property success is not a mirage.

The Journal notes that Spain's good fortunes aren't limited to property but are expressed in a GDP which rose by 3.2 per cent year-onyear in the first quarter of 2017. The EU average for the same period was just 1.8 per cent.

This puts Spanish real estate 'on a firm footing' according to the piece. Investors are also straying from the



I FIGHTING FIT: Spain's real estate resurgence welcomed in Wall Street.

safer Madrid and

Barcelona commercial real estate and now investing in homes, student accommodation, hotels and shop-

Perhaps most importantly the paper distinguishes, as many property experts have done, between this resurgence and the residential boom 10 years ago. Lower debts, tighter banking regulations, and the benefit of hindsight make Spain today a far more stable and attractive destina-

THE daughter of Spain's richest man has established a real estate empire that is now valued at more than half a billion euros. Sandra Ortega, aged 49, is already Spain's richest woman courtesy of her father's wealth.

Amancio Ortega is the billionaire founder of clothing chain Zara, who has occasionally knocked Bill Gates off the top of the global rich list when the stock markets fluctuate.

Sandra took a sizable inheritance from her

Heiress' real estate empire

mother and now commands a property empire which stretches from Madrid and Barcelona, to Hollywood, Miami, New York and Stuttgart, Germany.

She controls 19 real estate companies, which appear to favour industrial buildings, offices and hotels in their sizeable portfolios. Ortega owns two luxurious Hollywood mansions which bring her €1.2 million and €3.4 million in rent each year.

In 2016 parent company Rosp Corunna posted a profit of €90 million and revealed that its assets were worth €542 million

Sandra has inherited her father's business aptitude, appetite for property and modesty in the face of ludicrous wealth. Like him she is discreet, rarely photographed, and lives well within her considerable means.

SALES numbers in the Alicante, Malaga and Valencia provinces are now at their highest level since 2009. The three major expatriate property strongholds now average 281

sales each day between them.

Across Alicante 3.052 homes were sold in June alone, just over 100 per day, according to the National Statistics Institute (INE). Prices are still relatively low and tourists are once again poking their heads into estate agents for a peek at dream homes.

In Malaga 94 homes are sold each day on average. Prices, at €1,399 per square metre are substantially greater than in Alicante which averages €1,092.

Valencia is also seeing sales exceed 90 per day, while small-

Sales soar on coast



HOUSING PRICES: Are predicted to rise over the coming two years.

er provinces and regions, including Murcia and Cadiz are clocking up healthy sales too.

As was the case last year, when foreign buvers accounted for more than 13 per cent of all sales, much of the numbers are being driven by buyers based abroad.

Across the country there

were 235,672 sales in the first six months of the year, a rise of 13.15 per cent on January to June 2016. It is the best six months in almost a decade.



The Lone Ranger effect

Cassandra Nash

A weekly look

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

THE latest survey by the public research institute, Centro de Investigaciones Sociologicas (CIS), showed the PSOE socialists creeping back into second place.

In a general election the PSOE would take 24.9 per cent of the vote, 2.2 percentage points more than its worst-ever June 2016 results.

The Partido Popular (PP) would still come first as the most-voted party with 28.8 per cent but Mariano Rajoy and his followers have lost four percentage points since the last ballot.

After months of conflict, PSOE secretary general Pedro Sanchez appears to be putting the party together instead of pulling it apart.

Or is it the Lone Ranger effect? Everyone enjoys a western where the shunned idealist is run out of town, as Sanchez was last October. And they like it even more when the rejected hero returns with all guns blazing and wins the shootout the way that Sanchez did in last May's primaries.

Change the name

CONTRARY to the insistence of the popular anti-EU media in the UK, interminable queues at El Prat airport in Barcelona did not stem from animosity towards British Brexiteers.

Security personnel were taking industrial action for the usual reasons of wanting better pay and improved conditions and not only Britons took hours to get through passport control.

Naturally the region's pro-secession faction had to put their oar in too, descending en masse and distributing leaflets which promised that the airports would be better run once Cataluña disconnected from Spain after the October 1 refer-

More than one English-speaker must have reflected that this would have been as good a time as any to change the airport's name to Los

Biting the hand that feeds them

RADICAL Catalan groups like Arran dream of imposing independence on a geographical area encompassing Cataluña, the Valencian Community and Baleares aka Los Paisos Catalans.

lieve they can further their cause by attacking tourist buses and bewildered visitors on hired bicycles. Tourism destroys neighbourhoods they claim, happily biting the hand that feeds them and the three regions concerned.

Notoriously close to, and supported by the CUP party, they are doing a better job than Mariano Rajoy and the Spanish government at persuading Cataluña of the benefits of remaining within the Spanish fold.

Independence run by hooligans? Exactly what nationalistic but materialistic Catalans will run a mile from.

Two wise men

BALTASAR GARZON is an unfairlyhave registered their political platform, Actua, as a party and all **SPEAKING UP: Pablo** Iglesias speaks out about

'All the world's a stage'

PABLO IGLESIAS, erstwhile adviser to the late Venezuelan president Hugo Chavez and his successor Nicolas Maduro, finally referred to the situation there which is deteriorating - or escalating - into Civil War.

Still no outright condemnation of Maduro, who preaches but does not practise democracy, and Podemos leader Iglesias hardly busted a gut to get his message across as he did it on Facebook.

> But anything is better than nothing and Iglesias wrote that Chavistas and the government's opponents need to accept that they are condemned to live together and must make pacts. Venezuela

> > cannot solve its problems without agreement between the "different political actors." he said. Typical that Iglesias should see politicians as actors

judged judge barred from practising. Gaspar Llamazares, who once led Izquierda Unida, is now its spokesman in Asturias. Together they

they need now is Melchor for a Three Kings occasion.

A ROMANTIC and elegant city, the first impression of Antequera is the magnificent view of 'Peña de los Enamorados' (lovers rock), a magnificent mountain with the silhouette of an Indian's face, set in a vast area of flat land with neat rows of olive

Folklore legends say that a young Christian man from Antequera and a Muslim girl from nearby Archidona held hands and threw themselves from the top of the mountain, as they could not be together.

The ancient Moorish Alcazaba and its castle walls look down over Antequera. The steep climb to it is worth a visit, with views of the whole of Antequera.

Archaeologists have uncovered Roman mosaics in the grounds below and right next to it is the 15th century Church of Santa Maria, the first Renaissance style church in An-

There are, in fact, 33 churches in Antequera, making it the city with the most churches per capita than anywhere else in Spain.

A bronze Roman sculpture 'El Efebo' was discovered in Antequera by archaeologists in 1955. It is 1.43m tall and perfectly preserved and can be seen in the local museum along with other interesting arte-



Historical elegance

Last year UNESCO named two sites in Antequera as World Heritage Sites: the dolmens and El Torcal. The dolmens are ancient burial tombs dating back to 4,000 BC and

were recently named a UNESCO World Heritage Site. There are three dolmens, Menga, Viera and El Romeral. Entrance is free and there is an information centre.

A short drive up the hills just out of Antequera leads to the natural park of El Torcal, an area of curious, impressive Jurassic age limestone formations which are 150 million

situation in Venezuela.

years old and one of the most impressive karst landscapes in Europe. In the past, the whole area was under the sea.

Those feeling energetic may want to hike up the mountain. There are three guided routes: green, orange and red, the latter being the most difficult. Perfect for nature lovers and all types of birds, eagles and even vultures can be seen. Afterwards why not have a refreshing drink and traditional tapas in the

A few local delicacies include 'porra Antequerana,' a cold dish of blended tomatoes and bread served cold with one of their famous 'molletes,' delicious soft, white bread rolls, usually eaten for breakfast or 'merienda' (high tea). Gazpachuelo is a white soup with fish, garlic. prawns, potato and mayonnaise and for the sweet toothed 'bienmesabe.' literally meaning 'it tastes good to me,' an ancient dessert of Arabic origin, made with ground almonds, honey, egg yolk and cinnamon.

Antequera, being the centre of Andalucia, is easily accessible by car from Malaga, Cordoba, Sevilla, Granada and Cadiz provinces, or by air from airports across both the UK and Spain. The nearest airport is Malaga, just a 45-minute drive or just over an hour by train.

Purslane - weed or culinary delight?

GRAEME TYRRELL

MANY plants are termed weeds, but a weed is really only a plant in the wrong place or a plant not wanted where it is.

Crab grass is a weed in the vegetable, or ornamental garden, but makes a hardy lawn

Oats are a weed in a wheat field and wheat in an oat field.

Persistent plants that selfseed or spread in other ways into the garden are generally termed as weeds.

Few people enjoy weeding, but weeding is necessary to remove unwanted plants to keep the garden how it is meant to be. If our concept of what a garden is meant to be changed, though, there are many more possibilities.

Various alternatives to styles developed in the disciplined Victorian era of gardening, when full time gardeners tended the labours of the garden, allowing the creation of wonder-



PURSLANE: A replacement for spinach.

ful formal ornamental and kitchen gardens, are now being

In less formal gardens, plants can grow more naturally due to the tolerance of self-emerging plants that can, in fact, be used

The hot summer sun can overheat the soil dramatically in the Mediterranean garden, damaging the root systems of the plants we are trying to

Allowing a ground cover of naturally-occurring plants can provide a cooler soil. Many naturally occurring plants are grown around fruit trees and in vegetable patches for this rea-

Amongst many of these plants is Purslane, (Portulaca oleracea) that has done particularly well under the fruit trees this year.

It is considered a weed in many countries, but being a Mediterranean plant, it has also been

used as a culinary plant, and has been recognised as a medicinal herb for thousands of years.

Purslane can be used in recipes as a replacement for spinach, but it can also be eaten raw as an addition to salads

Its nutrient value has been well researched to determine that it has good antioxidant properties, and is the best plant source for Omega-3, amongst other attributes.

The best thing is that it has established itself under the fruit trees in a symbiotic relation-

The fruit trees being watered and giving shade helps the Purslane that, in turn, provides ground cover for soil protection for the tree.

Gardeners get both better fruit and a great source of abundant highly nutritious salad and soup greens with virtually no extra work.

To promote the Purslane un-

der the trees, collect naturally occurring specimens from around fields and in gardens when the plants are seeding.



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FLEAS are ugly, nasty parasites that are one of the most difficult critters to get rid of. Which is why, prevention - all year long, is necessary.

Fleas are about 1/4-inch long, are black/brown in colour, have no wings but do have long hind legs, which they use for jumping from one host to another. Fleas require a host - your cat or dog - in order to survive, as they live off of their blood.

Fleas can be found all around the world, no matter the cli-

Flea prevention mate, however, they particularly like living in grass, which is where your pet will most likely

be exposed to them.

Outdoor prevention

Because fleas burrow deep into the grass, as well as under branches, leaves and soil, just waiting for a host to latch onto. one of the most effective ways to prevent fleas from hopping onto your pet is to keep your lawn well groomed.

It is also important to always rake the leaves - flea larvae don't like light. Watering your lawn on a regular basis may also help keep fleas from residing in your lawn.

Another line of defence is topical medications, the best of which are available through your veterinarian.

Cleaning

Regular housecleaning, such



as vacuuming weekly and regularly washing your pet's bedding, will go a long way toward preventing fleas.

Infestation control

Your dog is uncontrollably scratching itself: to determine if

the cause is in fact fleas, do a couple of things. Look under your dog's fur for dark specks. Those black bits are flea dirt they are actually flea faeces. Pick them off the pet and place them onto a wet paper towel. If

the specs morph into something that resembles a bloodstain, then your pet has fleas.

Flea dirt is a lot easier to spot on lighter coloured pets. On darker coloured pets, comb through their fur with a flea comb.

Now what?

It is impossible to know how long the fleas have been living off your pet, so it is impossible to locate all the areas within the house where the fleas may be living. Not only do you have to treat your pet, but you also have to treat your entire house.

Before buying every flea-destroying product on the market, thoroughly vacuum your house. "Fleas, as eggs, larvae and pupae, may spend 90 per cent of their time off the pet [and] on the carpet or furniture," reports

the Cornell Co-operative Extension - Insect Diagnostic Laboratory. Remove the vacuum bag, seal it and destroy it immediately - fleas are hearty parasites and will continue to live in the bag if not destroyed.

For dogs and cats - a specially formulated flea bath product, available at your vet or pet store, will do the trick. Shampooing will have to be accompanied with extensive brushing with a flea comb.

For household flea extermination, there are numerous products available. The most important thing to look for in a household anti-flea product is one that will effectively kill all stages of a flea's lifecycle, not just the adults. Female fleas can lay hundreds of eggs at a time.

Make sure to follow all of the product's instructions as described. You may need to use a combination of products, multiple times, throughout a 30-day period in order to completely rid your home of the fleas.

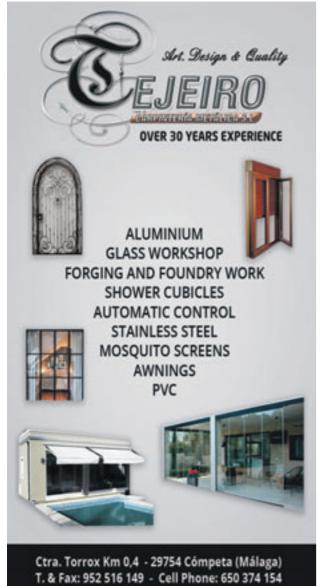
Always consult your vet.

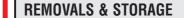
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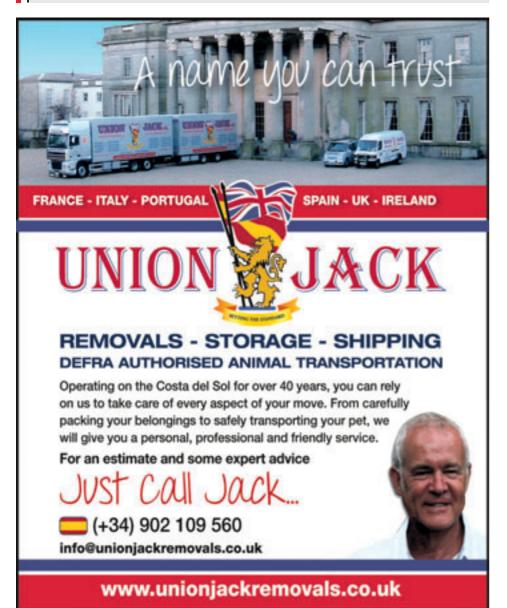


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Clarkson **Quote of the Week**

Whoever designed the Ford Galaxy upholstery had a cauliflower fixation. I would rather have a vasectomy than buy a Ford Galaxy." Some might say...

Motor motivation

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 Mc-Cluskey, 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

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.

> **BARGAIN: Save** money and swap

an old diesel for a new BMW.

Buyers will be able to scan the selection on their smart phones, press the one they like, have all the details handy, and pay with a card.

The firm are confident the idea will prove popular in China's bustling cities, which are low on space and customer service, but have a booming professional class to satisfy.

As yet there are no plans to roll out car vending machines



Highway to hell

EFFORTS to combat traffic pollution may soon see motorways converted into tunnels built from a specially designed material that absorbs toxic

The scheme has already been piloted in Holland, which has covered portions of the worst-offending roads with the pollution-absorbing structures.

The British government has

announced that it will invest more than €100 million in the technology, which soaks up nitrogen oxides, a major pollutant in south-east towns and

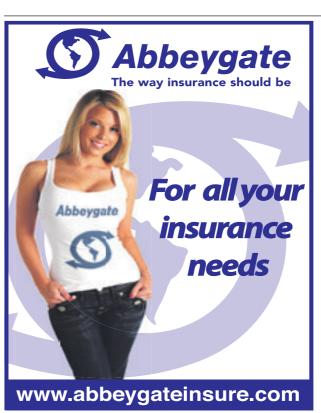
Pollution-absorbing tunnels would be just one weapon in the Highway Agency's plans to combat air poor air quality, which kills tens of thousands of people each year.

Trials are ongoing at several key junctions near Manchester. England, and the results, together with those from the Dutch study, will determine whether full-scale tunnels are

The pilot programme features two types of canopies. One uses wooden panels over four metres high which wrap around the road to deflect pollution. The other features fences with the specialised polymer material absorbing NO2 fumes.

The RAC, Britain's largest roadside assistance outfit, has voiced doubts about the proiect.





31 goals scored in the Premiership opening games

his final track race in Zurich. He'll then switch to the marathon. And former runner Brendan Foster has retired as a

3-0 at Crystal Palace.

Reigning champions

Chelsea ended with nine

men in losing 3-2 to

Burnley - their first open-

ing day home defeat for

years.

BBC commentator after 40 years holding a mike! **FOOTBALL** The opening 10 games of the new Premiership season produced 31 goals, two scored by Romelu Lukaku on his Manchester United debut in a 4-0 thumping of West Ham. The Reds top the table, ahead of Huddersfield, who won

Everton (1-0 over Stoke with a Wayne Rooney goal - his 'first' for the Toffees since 2004), WBA (1-0 v Bournemouth - the Baggies' 14th such score-line under manager Tony Pulis) and Spurs (2-0 at 10-man Newcastle). The games be-

CHEVROLE

Southampton-Swansea were for Arsenal (4-3 over Leicester in the first-ever Friday top drawn, 3-3 and 0-0 respectiveflight League opener), Manly. In fact, Saints haven't scored chester City (2-0 at Brighton), in their last six home games.

Johnstone

LUKAKU: Scored

After two games, it's Cardiff, Wolves and Nottingham Forest 1-2-3 in the Championship; Oxford lead Peterbor-

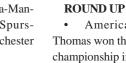
ough in FL1; Coventry top FL2 and St

Here in Spain, Cristiano Ronaldo scored and was sentoff as Real Madrid beat Barcelona 3-1 in the first leg of the SuperCopa. The second leg took place last night.

This weekend's PL programme includes Huddersfield-Newcastle,

Leicester-Brighton,

Liverpool-Crystal Palace, Stoke-Arsenal, Swansea-Manchester United and Spurs-Chelsea while it's Manchester City-Everton



American Justin Thomas won the US PGA golf championship in North Carolina - his maiden major title. Italy's Francesco Molinari and Thomas's fellow countryman Patrick Reed were second and third. Next up for golf fanatics we have the PGA European tour competitions in Germany and Fiji and the Solheim Cup in the USA - all starting today.

petition in round three

- After big wins over Spain (56-5) and Italy (56-13), England are now favourites to retain the Women's Rugby World Cup in Ireland. Ireland beat Japan 24-14 to remain in the competition but Wales (narrowly beaten by Canada) and Spain (hammered 43-0 by the USA) are out. England play the USA today in Dublin.
- Cricket's first day-night Test Match in the UK started vesterday with England taking on the West Indies at Edgbaston. And after beating South Africa 3-1 in their last series, Joe Root's team is now third in the world rankings, behind India and the Springboks; Australia are fourth
- Elina Svitolina beat Caroline Wozniacki and Alexander Zverev defeated Roger Federer in the women's and men's tennis singles finals of the Rogers Cup in Montreal, Canada.
- The 72nd La Vuelta a España starts on Saturday and continues until September 10. Almost 200 cyclists will cover 3,300 kilometres in 21 stages.



on Monday.

Among the second round League Cup-ties to be played next mid-week we have Accrington-WBA, Aston Villa-Wigan, Cheltenham-West Ham, MK Dons-Swansea, Southampton-Wolves and Stoke-Rochdale. The Premiership clubs involved in European competitions enter the com-

How football's record transfers have risen in 20 years:

- £19.5m Ronaldo Barcelona to Inter Milan, 1997
- £22m Denilson Sao Paulo to Real Betis, 1998
- £28m Christian Vieri Lazio to Inter Milan, 1999
- £38m Hernan Crespo Parma to Lazio, 2000
- £37m Luis Figo Barcelona to Real Madrid, 2000
- £45m Zinedine Zindane - Juventus to Real Madrid, 2001
- £56m Kaka AC Milan to Real Madrid, 2009
- Cristiano Ronaldo Man Utd to Real Madrid, 2009
- £85m Gareth Bale Tottenham to Real Madrid, 2013 • £89m Paul Pogba - Juventus to Manch United, 2016
- £198m Nevmar Barcelona to Paris St-Germain, 2017
- NB: Neymar will earn £596,000 a week, £85,143 a day; £3,548 an hour; £59 a minute and 98.5p a second...

USAIN BOLT pulled up injured in his last ever race, retiring with 19 global

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Four medals for GB's athletes as women rugby stars pile up points

Tony Matthews
International Sports

A former player, Tony is now the world's most prolific author of football books with 150 published since 1975. He has also been a PE teacher and a policeman, and is now a quiz-organiser, fund-raiser, for various charities, and sports correspondent for Spectrum Radio.

Costa de Almeria

ONCE again, with such a lot of sport taking place over the last seven days, it has proved difficult to select the best of the action but here goes. **ATHLETICS**

The two-week World Athletics Championships, attended overall by 701,189 spectators, ended in glory for GB's men who won gold in the third fastest-time ever in the 4x100m relay. Also GB's 4x400m quartet took silver while their women counterparts gained silver and bronze in the 4x100m

and 4x400m events. Mo Farah added a 5,000m silver medal to his gold at 10,000m, but sadly superstar Usain Bolt pulled up injured in his last ever race, retiring with 19 global golds to his credit.

And my individual gold winning 'performances' of the games came from Aussie Sally Pearson in the 100m hurdles, Kenya's Hellen Obiri in the 5,000m, Qatar's Mutaz Barshim in the men's high jump and Kenyan Elijah Manangoi in the 1,500m... plus the Trinidad & Tobago's men in the 4x400m relay final and of course GB's relay teams.

* Farah runs in Birmingham's Diamond League meeting this weekend before having



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