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Airports threaten security strikes

Airport security strikes could soon occur.

The Prosegur staff at the Valencia airport have threatened to go on strike due to low salaries and cuts.

Alicante could also see strikes if agreements cannot be made during the upcoming meetings between the Ministry of Public Works and trade unions.

Fierce competition is believed to be the issue as security firms battle it out to offer the lowest prices and secure big money protection and cleaning contracts.

Trade unions are directly accusing companies such as the Ralons Group who own Security Integral Canarias, naming them as catalysts for the financial ferocity that causes decreases in



Photo Credit: IR Stone Shutterstock

QUEUES: May soon get much worse.

pay and poor working conditions.

Similar strikes have caused havoc at Barcelona El Prat airport and both tourists and commuters alike will be hoping that a solution can be found to this issue quickly.

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ZOO • Benidorm
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INSIDE page 77

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NEWS EXTRA

Bad exchange

UNLICENSED currency exchange offices have been penalised. Eleven premises in Benidorm have been investigated for operating without a licence. The investigations were brought about due to a complaint.

Gun ordeal

A PISTOL-WAVING man held up a Sax optician's as its woman owner shut up shop, escaping with €200 takings. This was the town's third armed robbery recently.

Fire storm

THE annual fireworks display held during the San Lorenzo fiestas in La Olla (Altea) lasted an uninterrupted half-hour, with more than 1,200 kilos of gunpowder were set off.

Water watch as tourism booms

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 regions of Costa Blanca North and Costa Blanca South, the peak tourist season in August has seen demands soar and water levels have declined in the Guadalest Reservoir near Alicante, showing lower stocks than for the same period last year.

Meanwhile a stark warning has been made in a study that the whole of southern Spain could be desert by the end of this century.



DROUGHT DREAD: The Guadalest reservoir where lower water levels are causing concern.

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No pressure

A DROP in water pressure has caused upset among residents in parts of Javea.

Users were experiencing less than their normal level of pressure and some of those living high up have been unable to get their boilers and water heaters to work properly as a result.

Customers have therefore asked that something be done quickly in order to provide proper service to all residents.

Officials at the Amjasa Water Company say the pressure has not been lowered although it may have been too high in previous years.

The company went on to explain the increase in inhabitants during the summer may have had an effect but the current level of pressure is sufficient to provide ample supply to residents as high as the sixth floor of any building.

They will however send out operatives to those who are experiencing problems.

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-reversible!

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.

With the fight against global warming further hindered by President Trump's rejection of US support recently, an increasing number of academics are warning that too little too

late will mean many toddlers of today - living in areas where annual rainfall levels already cause concern - will in old age, find their natural surroundings changed drastically.

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Any old iron

ELDA Town Hall has asked the local population not to dump furniture or large household articles in the street.

The rubbish-collection concessionary collects these without charge although unwanted items are increasingly abandoned to which Elda's Public Services have complained. This was especially noticeable in summer with families taking advantage of the holidays to carry out redecorating and DIY tasks.

Contaminant removed

SPECIALISTS have removed the roof of the Campello's Pla Barraquers school. The roof is made of fibre-cement containing asbestos and its removal responded to repeated requests from the school management and parents. As with all materials containing asbestos, the covering had to be removed by workmen totally covered by hazmat suits wearing gas masks.

Crime scene scenario

THE National Union of Local Police Chiefs (UNIJEPOL) and the Spanish Criminology Society (SECRim) recently signed a cooperation agreement in Finestrat.

UNIJEPOL, a non-profitmaking association encourages debate on public and road safety while furthering social harmony in town and cities.

SECRimare students and qualified criminologists seeking recognition for Criminology as an independent branch of study integrated into the employment market.

Macabre find

AN Alicante City resident raking through a communal rubbish container was horrified to come across a human skull. He immediately reported the Calle Dr Jose Luis de la Vega find to police who delivered the skull to a forensic laboratory.

According to sources the cranium belonged to someone who was elderly and appeared to have died many years ago.

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 21-stages 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 existence.

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 20-plus teams line up at the start, with the peloton now expanded from a once primarily Spanish participation to include global riders each dreaming of wearing the leader's red jersey.



THE PELOTON: Over 200 riders are competing.

Taking in wide ranging locations 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 honours.

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



FROOME: Hoping for red jersey.

Froome's double

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 Kenyan-born Froome will be the first man to win two grand tours in one season since Spaniard Alberto Contador bagged the Tour and Giro d'Italian 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.

Whilst being hurled through the air at 100 kilometres per hour, riders can witness mythological Greek Gods go head-to-head in battle as they are dressed as gladiators riding a dragon over the battleground. It has been made possible thanks to three-dimensional glasses and is proving to be one of the most popular additions to the park.

Profit points

HOTEL profits on the Costa Blanca have increased.

A two point increase was announced by Hosbec (a hotel management company) who stated that an average of €44.60 per room profit was made between January and June compared to €42 in the

same period last year. Benidorm also benefited from the increase seeing average profit per room rise from €45.90 to €47 during the same period.

Gods at war

THEME PARK Terra Mitica has taken a popular ride to a new dimension.

More gores

CRAZED bulls have gored two men. During Calpe's bous al carrer celebrations, a bull managed to get his horns through the bars of a cage and ram a spectator in the backside, lifting him up in the process. Another antagonised bull charged a youth, flooring him.

Marihuana-growers

THE Guardia Civil made eight arrests in six Alicante Province municipalities as they swooped on an international marihuana-producing group.

Five Croats, a Serb and Bosnian were amongst those detained in Alicante City, Elche, Playa de San Juan, Jijona, Onil and Penaguila. The only female in the group was a 46-year-old Spanish woman, although a Serbian woman is also under investigation.

The year-long operation uncovered six highly productive laboratories and disbanded the group before

they could become one of Spain's largest growers and international traffickers.

The investigation began after the force received a tipoff from a suspicious Onil resident regarding an empty property where officers found 300 marihuana plants and more than 20 kilos of buds. Paperwork was also discovered revealing international connections.

Six members of the group, who all face drugs charges and fraudulent use of electricity, have been remanded while the remainder were released on bail.

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The total number of news and features which appeared in Issue 1675 of the Euro Weekly News Costa Blanca North edition, including 65 local stories.

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- 2011 Company of the Year - Costa del Sol Business Awards
- 2010 I Love Marbella - Professionalism award
- 2005 Working together with Foreigners Department Mijas Town Hall

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Top 5 stories

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**

euroweeklynews.com 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 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 Connor*

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 dictat-

ing 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 Seeley*

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*



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

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.

Little bits on the side

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

NEWS EXTRA

Damp tombs

IMPORTANT burial chambers were spared from collapse in Benidorm. The Virgin Cemetery of Suffrage has had a retaining wall repaired that was badly damaged by damp.

Rubbish fire

A SURGE of vandalism saw seven bins set ablaze. The dawn flames in Villajoyosa, Benidorm destroyed €6,000 worth of refuse containers.

All lit up

DURING recent storms Spain's met office Aemet measured 24,436 streaks of lightning in the Valencian Community, the majority of them in the sea between the Alicante coast and Ibiza.

Jail bait

MEMBERS of prison employees' union Acaip, protesting at overcrowding in Valencian Community prisons, handed out strings of chorizos to the public in front of the national government's delegation in Alicante City.



Photo credit: Anders Finn Jorgensen

SADDLED SEABREAM: Easily identified.

Peril off the beach

By Linda Hall

UP to 15 people a day needed first aid on Alicante beaches this summer after being bitten by a fish.

So far this year there have been more than 500 incidents involving saddled bream and anemone fish.

Victims are often older people and in some cases the fish have drawn blood.

In contrast, there have been fewer stings from jellyfish which drift with the currents and usually arrive when winds are blowing off the sea towards the land.

The Climatology Labora-

tory at Alicante University attribute the increasing number of fish attacks to the Mediterranean's rising temperatures.

This changes the behaviour and metabolism of marine fauna who then need more food, explained Professor Alfonso Ramos who heads the Marine Science and Applied Biology department.

Gabriel Soler, scientific director of the Institute of Coastal Ecology also stressed that rising sea temperatures affected marine creatures: "Some are more adaptable while others have

a lower capacity for adaptation but all are affected."

Swimmers who have been bitten gave the same description that made it easy to identify their attacker, as all mentioned a black patch near the fish's tail.

Saddled bream are more often found off Tabarca Island where tourists tend to feed them in the harbour, as well as divers wanting to photograph or video them.

This year they are approaching the coast, Professor Ramos confirmed. "Far from fleeing from swimmers they will often peck at a sore or scratch or wart," he said.

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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.

Pope, who runs a successful hair-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.



LAUREN POPE: Had a breast reduction.

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."

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NEWS EXTRA**Improving Benissa**

DEFICIENCIES in rubbish collection and street cleaning have caused complaints in Benissa. The municipal company Benissa Impuls has added six additional summer staff to maintain the cleanliness of streets, roads and beaches during peak season.

Sour grapes

THE Guardia Civil traced escalating robberies of dessert grapes in the Monforte area to a Romanian family living in Elche. Now bailed, they face 10 charges of taking fruit worth €5,000.

Urban clean

SAN FERNANDO beach urbanisation has been improved. Land that was being used for dumping was cleared and energy efficient street lighting was installed. Several patios were cleaned and roads markings were repainted.

Summer hols

SAHARAN children have been offered summer refuge in Oliva. The annual Vacations in Peace campaign takes youths out of areas of conflict and spares them from the scorching desert temperatures.

Town boost

MORE than €250,000 will be invested in 10 key projects in Villajoyosa. The money will go towards road and pavement renewals as well as renovation of local parks.



SOBER FLIGHTS: Duty free alcohol will not be permitted on duty-free flights.

Duty-free alcohol cabin ban

By Karl Smallman

RYANAIR passengers flying from Glasgow Prestwick and Manchester to Alicante and Ibiza are no longer permitted to take duty-free alcohol on board the aircraft, and those who have purchased duty-free alcohol will be asked to put it into the hold or leave their purchases behind.

The low-cost airline has also called on UK airports to introduce measures to prevent excessive alcohol consumption prior to flights, in the wake of increased disruptive behaviour from passengers travelling from British airports.

The Civil Aviation Authority reported a 600 per cent increase in disruptive passenger incidents in the UK between 2012 and 2016 with most "involving alcohol."

Ryanair has urged airports to take more responsibility for this safety issue by banning the sale of all alcohol in bars and restaurants before

10am, introducing the mandatory use of boarding cards when purchasing alcoholic drinks in bars and restaurants and limiting the number of drinks per boarding pass to a maximum of two.

During flight delays, the number of drinks per boarding pass will be limited to two.

Ryanair has already taken a number of measures to prevent disruptive behaviour on its UK flights, and customers are not permitted to consume their own duty-free purchases on board.

Ryanair's Kenny Jacobs said: "It's completely unfair that airports can profit from the unlimited sale of alcohol to passengers and leave the airlines to deal with the safety consequences. As the largest airline in Europe, Ryanair's number one priority is the safety of our customers, crew and aircraft and we operate strict guidelines for the carriage of customers who are disruptive or appear to be under the influence of alcohol."

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Chivalry not dead

A GROUP of young people in Playa de San Juan intervened to prevent a man's attack on his partner.

Around 10 of them in the Golf district stepped in as he pulled her hair, pushed her to the ground and began punching her during a quarrel in the early hours of the morning.

He turned on them and aggressively asked the young man nearest to him if he was looking for a fight.

Taking advantage of the diversion, the woman started to move away but her partner followed, throwing her shoes at her.

Having already called the police, two boys managed to restrain the man who claimed that they would react in the same way if they saw their girlfriend talking to another man.

Unimpressed, they told him he was "human waste" and "shameless" while one of the girls in the group took the woman to her car as they waited for the police.

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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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 parties.

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



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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

A somewhat awkward meeting of the Joint Ministerial Committee.

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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NEWS EXTRA

Fully booked

BENIDORM hotels are at 95 per cent capacity in August and could become fully booked. The hotel association (Hosbec) attributes the figures to factors such as the David Guetta gig and good weather.

Bloody tease

HEAVY blood loss and a broken jaw were suffered during Calpe celebrations. A crazed bull gored a man who had teased it but could not get into the safety cage in time.

Lit up

MUCHAMIEL Town Hall installed LED lighting on the La Veneta CV-823 road. Residents have repeatedly requested streetlights at this point, a much-used access to La Huerta and Rio Park urbanisations.

The red flag

FIVE BATHERS were rescued off the coast of Moraig de Benitachell after swimming whilst the red flag was raised.

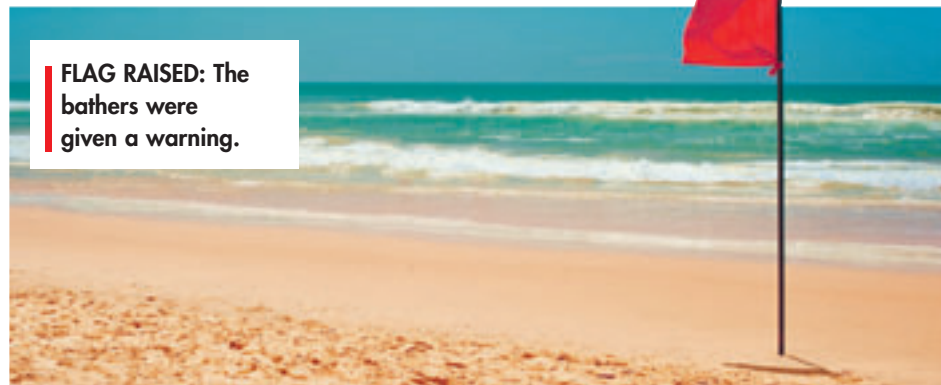
The red flag has been used for years throughout Spanish beaches to signify dangerous waters, jellyfish incursions and red tide. Moraig de Benitachell rose the red alert during storms last weekend to warn bathers that the waters posed a significant risk to health.

Local Police have opened an investigation against one of the rescued, as he had

jumped from a cliff in the area, a practice which is prohibited. Another of the bathers had shown signs of weakness, prior to being rescued, while trying to return to the shore during the stormy conditions.

Three others had clung to an inflatable boat as they were too exhausted to swim ashore.

All of the rescued, of Spanish nationality, were returned to the shore without injury, but have been warned by coastal authorities against ignoring the red flag indicators.



FLAG RAISED: The bathers were given a warning.

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Brave Janet battles on

By Sean Campbell

A BRAVE cancer sufferer will be one of the first 40 in Europe to trial a new treatment.

Janet Opie suffers from multiple myeloma, a cancer of the plasma cells in the bone marrow.

First diagnosed with the illness in 2012, Janet has battled on against the incurable illness with a smile on her face each day.

The disease effects only five in every 100,000 people.

The stoic mother of four and grandmother of three (soon to be four) has received six lines

of treatment in the past, including two autologous (obtained from the host) bone marrow transplants.

She was due to receive a transplant from the cells of her youngest daughter, Katie, but that option is no longer available as the cancerous cells have become aggressive again.

In February, Janet started on a new drug called Daratumumab which showed very promising signs initially with a 90 per cent decrease in malignant cells.

Now that the illness has hit back yet again, the courageous lady has put her name forward

for a new treatment with a drug called Filanesib.

As it is so new, only in stage two out of three levels of development, there are risks involved but undaunted Janet has vowed to press on regardless, just as she has done since the first diagnosis five years ago.

Many of the treatments Janet has received are not yet available in Britain, including this

latest one, and the fearless Plymothian is very grateful that she made the move to Spain when she did. She said:

“I have been very lucky to be here in northern Costa Blanca. I have received the best and newest treatments from some of the best doctors in the world. These have been administered by the wonderful, hard working staff in Denia Hospital.”



ALWAYS SMILING: Janet presses on regardless.

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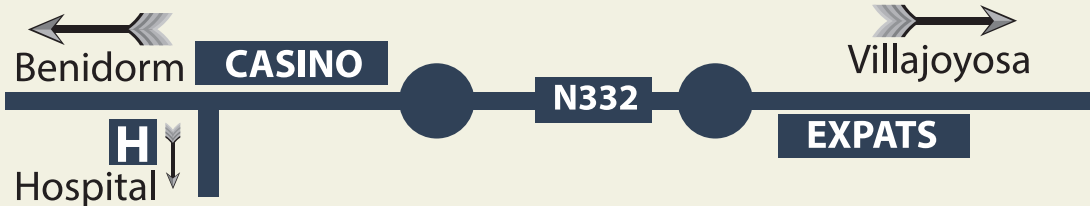
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Official nudist niche

By Sean Campbell

OFFICIAL recognition has been given to nudist beaches.

The Benidorm City Council has declared that the cove of Raco de Conill and l'Esparrallo will be areas of 'nudist tradition' and will be promoted to tourists in this way.

Where large parts of the region are imposing strict regulations and fines for practices such as nudism, Benidorm is embracing its naturalist community and making sure its needs are properly accommodated.

A poster at the entrance of both La Vila beaches which cover 15km of coastline, indi-



POINTING THE WAY: Nudist beaches now have dedicated signs.

cates this new official status and 'area of nudist tradition' is readable in Castilian and Valencian.

Two of these small beaches harbour a long-standing nudist tradition but this was not officially recognised before and was only known word-of-mouth.

They had previously been signposted only as 'naturist' beaches, causing confusion for many sand and sun-seekers.

Nudist men and women can be seen anywhere on the La Vila stretch of beaches as nudism is permitted on all of them, but the two officially designated areas now allow the practice to be accepted and encouraged with sunbathers not needing to worry about receiving dirty looks or having photographs taken.

Terra Natura sea lion success

TERRA NATURA Nature and Sea-life centre in Benidorm has developed a brand-new therapeutic activity involving sea lions for people who have a disability or special needs.

The sessions, which are specially personalised to the individual, take place in the spacious aquarium area of Aqua Natura where friends and relatives are also invited to get a piece of the action.

Sessions are tailored to each individual's needs. Some are encouraged to get close to the sea lions, which stimulates their senses and is said to improve their motor capacity whilst others can take part in other activities in an attempt to offer a truly beneficial experience.

So far, positive outcomes have been reported not only physically but also psychologically and socially.

Award-winning blogger and mother of severely autistic child, Vanesa Perez, described how her son, who also suffers from epilepsy had thoroughly enjoyed his experience with the marine mammals and gained socially from his encounter with them.

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Messy business

DENIA Council commissioned cleaning services to remove the 1,500 tonnes of algae that washed upon the shores during a heavy storm last week.

On Saturday alone, the specialist cleaning team removed 950 tonnes of seaweed and algae from the beaches. The rest was extracted during evenings throughout the week in order to avoid inconveniencing bathers.

The force of the storm dragged algae as far as 15 metres beyond the shore, mixing it with sand. Accord-



Photo by @LUOLAN80, Twitter

ALGAE: Was strewn across the Denia shore.

ing to Denia Council, cleaners avoided loosing excess sand by cleaning the deposits in sea water.

Councillors have met to

make better preventative measures to ensure that storms have less of an impact on the appearance of beaches during the summer months.

Dangerous bends

EMERGENCY services closed access to the N-332, running through Benissa in Alicante, after an ice cream truck overturned following a collision with a tourist.

The accident occurred on a bend close to the Benissero Industrial Estate. The Guardia Civil, alongside Local Police, cut traffic to the road in

a bid to prevent further accidents. Following the closure, motorway services were able to clear the road, and removed the overturned truck with a crane.

This comes just days after a 51-year-old motorist was hospitalised after his car rolled off the hard shoulder on the same road.



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Whether you like it or not it's banned

THE regional government's Health department will not relent in its war on junk food and obesity.

As families gradually abandon the classic Mediterranean diet, childhood obesity is progressing and the very young are being diagnosed with conditions like high blood pressure and diabetes, once only found in adults, the department warned.

Schools, hospitals, health centres and other public administration buildings were informed some months ago that they would have to eliminate sugary drinks, snacks and chocolate from vending machines.

The new regulations should be in force within months and once the new regime is in place throughout the Valencian Community, only 'healthy' snacks and drinks will be available, with the emphasis on



Photo credit: Pixabay

SUGARY DRINKS: Banned from public administration buildings.

low fat and low salt.

Although other items may be included these must be sold in portions not exceeding 200 calories. Vending machines should also offer products suitable for people with gluten intolerance.

Concessionary firms

providing food for schools, hospitals and other centres will be obliged to produce meals that contain at least 40 cent of seasonal vegetables and fruit from the Valencian Community. Organic produce should account for 3 per cent of the ingredients used.

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The UK tax office has reaped the rewards of its latest measures to tackle tax fraud. The past tax year netted HM Revenue & Customs £29 billion from tax evasion investigations.

HMRC puts part of this success down to using their “full powers” to uncover secret offshore accounts. Over £2 billion was collected by “cracking down on people who think they can hide money offshore” they said, adding, “there are no safe havens.”

For expatriates – who are likely to have financial interests overseas and need cross-border tax planning – this heightened scrutiny is an extra incentive to get your tax affairs in order.

The new cross-country transparency

One of HMRC’s methods for uncovering global tax evasion was co-operation from overseas tax authorities. Over five years it has nearly doubled its requests to foreign governments for information on offshore accounts.

International data sharing is about to get easier with the new ‘automatic exchange of information’ regime. Last year, over 50 countries – including UK and Spain – started collecting information on their

UK cashes in on offshore tax evasion crackdown



By Gerald Turner,
Partner, Blevins Franks

taxpayers’ assets and income. By September, this data will automatically flow between these countries, enabling local tax offices to verify whether taxpayers have made accurate declarations on their tax returns as well as Modelo 720 here in Spain. In 2018, another 50 countries, including Switzerland, will do the same.

Should you be worried?

These measures are designed to catch out those deliberately committing tax fraud or incorrectly declaring themselves and their income and assets. There should be little to worry about if your tax planning is in order and you are declaring your finances correctly.

However, if you live in Spain and have assets or receive income abroad, it may be hard to determine what you should be declaring and where tax is due.

In any case, cross-border taxation is complex; getting it wrong may be easier than you think. Take extra care to make sure your tax planning is above board and legitimately protects your wealth and income.

Careful tax planning

First of all, make sure your arrangements are fully compliant in Spain and anywhere else you have

income, assets or heirs.

Second, your tax planning should suit your particular aims and circumstances, and work beneficially in both Spain and UK. For example, many British expatriates mistakenly assume ISAs remain tax-efficient, but once you are no longer UK resident, they lose their tax-free status and the interest is usually taxable overseas. On the other hand, tax-efficient investment wrappers offered through a Spanish-compliant bond could legitimately reduce tax on savings and investments. While some structures seem similar, however, their tax benefits can vary significantly so explore your options.

Finally, make sure you are declaring your finances and taxes correctly in each country. Some British expatriates wrongly believe that if income is taxable in the UK – like rental income, pensions and ISAs – they do not have to declare it in Spain. Even if you declare income and pay tax in the UK, you may

still need to report it here.

It is more important than ever to take time over your financial planning. While Spain can be a tax-efficient place for retired expatriates, you need specialist, up-to-date knowledge of local and UK tax regimes to achieve the best results. An adviser with cross-border expertise can help you enjoy favourable tax treatment while offering peace of mind.

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

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

“I was concerned about my tax position in Spain, but after taking expert advice I know Spain can actually be a tax-efficient place to live.”

Talk to the people who know.

Much depends on how you hold your investments and assets in Spain. Blevins Franks has in-depth knowledge of the local tax regime and how to use it to your advantage. Contact us so our Spanish specialists can advise you on tax planning strategies, to lower tax for yourself and your heirs.

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SEEKING FUNDS: Mayor Cañadas in the centre.

Straight through for Enric

MUCHAMIEL is nearer to realising plans for opening up Avenida Enric Valor.

The town hall has taken the first steps towards compulsorily purchasing land enabling the road to join Avenida Carlos Soler while extending Avenida de Valencia.

Much-requested for many years by Muchamiel's residents, the road will improve access to the town from the west by connecting the centre with the Ronda Sur. It will also modernise Muchamiel's link to the motorway and neighbouring San Juan and San Vicente.

A compulsory purchase operation was sched-

uled for 2014 but held up when available funding was allocated to compensation payments linked to the local sports complex.

The local mayor Sebastián Cañadas recently announced the town hall would seek €2.5 million to cover the compulsory purchase orders affecting more than 50 people and construction costs.

"We are starting now but I do not want to give the impression that work will begin by the end of the year or that people are going to receive compensation payments straight away," the mayor stressed. "I don't want to create false hopes now and have to give explanations later."

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GUADALEST: Trees could soon be decimated.

Division over strategy

GUADALEST residents prevented almond trees from being uprooted in the fight against Xylella Fastidiosa but victory could be short-lived.

The inland Marina Baja local population accompanied by the mayors of Guadalest, Benifato, Benimantell, Confrides and Polop recently succeeded in halting the unannounced operation.

Workers for publicly-owned Tragsa left with their machinery, awaiting further instructions from the regional government but will presumably return at a future date.

The bacterium, which is deadly to trees, was detected first in a Guadalest almond grove and

later in Benimantell.

Felling and shredding affected trees and all those growing within 100 metres of them is the only effective way that 'Ebola for trees' can be halted, according to European Union directives.

The bacterium that has decimated Italian olive groves reached Ibiza last November and was confirmed in Guadalest last July. It has now reached Galicia and Portugal.

Ramon Espinosa, technical secretary of Young Farmers' Association Asaja in Alicante, criticised the regional government's handling of the Xylella Fastidiosa crisis: "Almonds will be harvested within days and in some cases it should be possible to wait until then."

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IKEA: Still looking for a suitable site in the area.

‘Don’t close doors’ plea

NOT all members of San Juan’s town hall coalition back the mayor’s stance on Ikea.

Jaime Albero recently announced that San Juan had no available land for a large commercial complex and the town hall would not be approaching

the Swedish multinational.

Santiago Roman, spokesman for Decido, which belongs to the town hall’s four-party coalition, questioned Albero’s decision which he described as “an imprudent and grave error.”

Alicante City, the multinational’s original choice, is apparently out of the running for a combination of urban planning and political motives. Campello and Elche are known to have had contact with Ikea, while Villajoyosa’s opposition party recently suggested that the PSOE-run council should put the town forward as a contender.

“No municipality has a quarter of a million square me-

tres to spare, but only San Juan has a business park project approved and available since 2013,” Roman said.

The land was still undeveloped but that was no more of a problem for San Juan than for any other town offering land, he continued.

Roman also criticised the opposition party, Partido Popular, for appropriating Decido’s idea and claiming that it had proposed bringing Ikea to San Juan last month.

“On one hand San Juan’s majority parties should stop pinning medals on their chests and on the other they could stop closing doors and start working to keep the business park open,” Roman declared.

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Photo credit: Generalitat Valenciana

VOLUNTEERS: Leading by example in fire prevention.

Combating forest fires

THIRTY-FOUR Alicante Province association groups will share in a €400,000 regional government handout for fire-prevention.

Cash will also go to 36 groups in Valencia Province and nine in Castellon.

Preference has been given to environmental, youth, sport and cultural associations said Delia Alvarez, the regional government's director general for Forest Fire Prevention.

"We consider that altruistic support from the population is vital to sustainability and conserving the environment," the director general continued.

"And we are convinced of the importance of involving citizens in fire prevention, not only

through their collaboration in information and awareness campaigns but also active cooperation like fire-watching," Alvarez said.

"Volunteers in general lead by example with their commitment and personal participation and they do a great job in making the public aware of the fire problem," she added.

The director general said each year more than 3,300 volunteers are involved in fire prevention and awareness campaigns while protecting the environment, safeguarding natural spaces and maintaining the region's forest areas. A large number of volunteers are already on the ground and have been working since the start of the year.

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Wine to get its name

THE province's winemakers have won their battle to market local wine under the origin-protected Alicante label.

"This gives us back the land where we plant and produce the grapes that go into our wines," said Antonio Navarro, president of the Alicante Wine's Regulatory Committee.

The previous regional government's plans to include Alicante wines in the Valencia denomination were bitterly opposed in this province where the DOP label goes back to 1932 and is one of Spain's oldest.

The 2011 move was no more popular with Utiel-Requena in Valencia Province which, like Al-



Photo credit: FoxR

ALICANTE WINE: DO status since 1932.

icante, has enjoyed DOP status since 1932.

Between them, the Alicante and Utiel-Requena vineyards occupy an area totalling 44,500 hectares. Most are family-run bodegas cultivating traditional

grapes like Monastrell and Moscatel as well as the Bobal variety brought here by the Romans.

Both Alicante and Utiel-Requena challenged the decision in the courts although the Valencia Upper Court of Justice threw out their appeal. They then applied to the Supreme Court and still await a ruling.

Meanwhile the regional government's Agriculture department has decided that Alicante and Utiel-Requena could continue to market wine under their own DO labels.

The Valencia DOP Regulatory Committee announced that it will not relinquish control of the area.

NEWS EXTRA

Sound investment

BANDS in Benidorm have received funds of more than €25,000. The School of Music and Learners 2017 campaign will see three musical societies of the city benefit from the grant.

Nutty crops

A REBELLION by five mayors stopped machines from destroying crops. Almond crops in Guadalest Valley were scheduled for destruction as they were believed to be infected with Xylella Fastidiosa disease which can kill trees.

Boozy breath

MORE alcohol breathalysers have been made available to the Local Police. Oliva Town Hall has issued more devices to officers in an effort to make the roads safer.

Marti Hornung
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MUCHAMIEL PLANT: Water for all, but not for Muchamiel.

Denied own water

WORK on a pipeline that would link Muchamiel and Campello to the former's desalination plant stopped 18 months ago.

The halt coincided with a contracts-for-commissions scandal coupled with deliberate budget overruns involving publicly-owned Aguas de la Cuenca Mediterraneo (Acuamed) which constructs desalination plants and water infrastructure.

The National High Court in Madrid is scrutinising both the circumstances of the contract for the €9 million local project and contractors Altec-Altyum. Unable to continue for legal reasons, they have now renounced the Muchamiel assignment.

According to Acuamed, work was initially interrupted for technical motives following modifications requested by Muchamiel Town Hall and Aguas de Alicante.

These would have increased the budget by only a marginal amount and finance was not an issue, Acuamed sources insisted.

The contract must once again be put out to tender but in the meantime neither Muchamiel nor Campello, which pumps seawater to the desalination plant, can use its water.

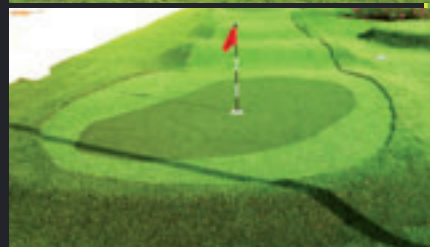
In contrast this is can be sent to Benidorm, Alicante City, San Juan and San Vicente via infrastructure built before the corruption scandal broke.

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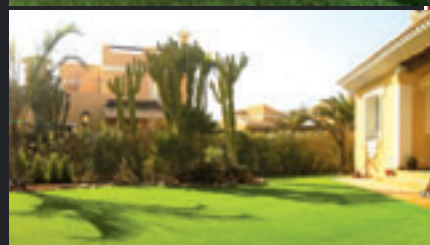
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Are you an expat without a Will?

DEAR Readers,

As the majority of the expat community is aware, the European Inheritance Regulation 650/2012 is already in force.

In accordance with the legislation, any death that takes place from August 17, 2015 in Spain will be governed by Spanish law. Although, article 222 of the bill gives the will-maker an option to choose their national law, in order to govern succession or the dispersion of their assets.

In practice, this means that every succession regarding a death that takes place now, provided no will is made and the deceased resided in Spain, will



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be subjected to Spanish law.

Expats must be aware that in accordance with Spanish law, descendants have the right to inherit the majority of the estate and the law considers them forced heirs.

Therefore, if you are living in Spain and pass away without a will, the Spanish interstate rules will apply to your succession and assets, and your descendants will inherit the vast majority of your estate.

Meanwhile your spouse will only be entitled to the live or liquidate a third of the primary residence.

For this reason, to make your inheritance faster and cheaper while simplifying the probate process, and to plan the inheritance tax whilst making sure that your wishes are respected, etc, we recommend that you make a Spanish Will. If you have any query about Wills or Inheritance, please contact us, we will help you.

If you are non-resident in Spain, also making a Will in Spain is more than advisable to minimise your inheritance taxes, etc.

For further information about Wills or inheritance, please contact us, we will help you.

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Photo credit: Francisco Maciá Fuster

BOU FERRER: Amphorae brought to the surface.

Probing Roman secrets

MARINE archaeologists are again inspecting the Villajoyosa seabed where a Roman galley sank in the first century AD.

The ship, named the Bou Ferrer after the two divers who discovered it in 1999, was loaded with amphorae and lead ingots when it sank one kilometre offshore. Four marine archaeologists from Cataluña's Subaquatic Archaeology Centre (CASC), together with their investigation boat Thetis, are assisting this year's campaign.

Experts and archaeologists from Alicante University's Institute of Archaeological Investigation are also participating, while Vilamuseu is providing archaeologists, volunteers, restoration specialists and the museum installations.

This year's campaign hopes to establish the cargo galley's exact dimensions, how and where it was built and what type of wood was used.

More than 300 amphorae and a dozen lead bars have been brought to the surface and investigators hope to discover how many the ship was carrying when it foundered.

This is another mystery, as Villajoyosa was not on Rome's usual trade routes. Its cargo indicates that the galley had sailed from Gades (now Cadiz) and could have been driven off-course by bad weather or the need for repairs.

As previously, experienced divers qualified for 25-metre submersions may visit the site at weekends but dives are limited to the Bou Ferrer project.

Budget for waiting lists to be reduced

THE regional health department is upping this year's budget to keep operating theatres open longer.

The government plans to allocate another €7.17 billion this year, a 27.5 per cent increase on the 2016 budget, to fund more shifts for operating theatres, surgeons and nurses.

There are currently 66,000 people waiting for non-urgent operations in the Valencian Community's state-run hospital, 6,600 more than a year ago. They are also waiting longer for an operation than in 2016 with an average delay of 107 days compared with 98 last year.

When Carmen Monton took over at the head of the Health department, she pledged to divert fewer patients to private centres via the Action Plan that was introduced by the previous regional government.

The number of operations in

Social Security hospitals has steadily risen since then, with 15,488 carried out in 2016 compared with 14,496 in 2015. Despite the increase waiting lists are longer than before.

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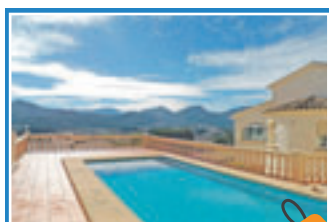
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Bridge repairs ahead of schedule

REPLACING the 38 cables on Alcoy's Fernando Reig suspension bridge could finish two months earlier than expected.

The 10 scaffolding towers that will support the bridge while the cables are substituted are now in place, announced the second in charge at city hall, Aroa Mira.

The €7.2 million project which began last May was expected to take 13 months but if work continues at its present rhythm, the bridge could reopen within 11 months, Mira said.

The bridge first closed to pedestrians and traffic at the end of July 2016 after workmen carrying out routine repairs heard a creaking noise. The ground shuddered and the bridge's cables "moved strangely," they reported.

Ministry of Public Works engineers inspecting the bridge initially pronounced it safe, although one stay could need replacing, they said.

To city hall's satisfaction the bridge reopened, putting an end to the holdups caused by diverting traffic. The Fernando Reig bridge, which took two years to build and was inaugurated in April 1987, gives access to Alicante-bound section and normally bears a heavy volume of vehicles.

Relief was short-lived and following a repetition of the first incident early in August last year, the bridge was closed again.

Each of the bridge's suspension cables was examined last autumn and Ministry engineers announced that all were eroded and should be replaced.

NEWS EXTRA

Study help

ALFAZ'S Education department announced that students of further education who are registered residents may now apply for grants for the 2017-2018 academic year. Closing date is October 3.

No bull

ALTEA Council rejected Partido Popular councillor Jesus Ballester's proposal for bull-running during next month's fiestas, but approved his suggestion for pigeon-racing "which does not entail cruelty."

Home-finder

ALCOY City Hall have approached banks and private individuals who own unoccupied properties, asking if they were prepared to rent them as social housing for the 18-35 age group.



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NEWS EXTRA

Fiestas help

ALICANTE'S provincial council, the Diputacion, made grants totalling €9,971 to San Vicente associations that promoted local fiestas including Hogueras, Moors and Christians, Easter Week and the Andalucia Fair.

Train ride

RAIL operator Renfe finished €5.5 million improvements to the Alcoy-Xativa line, restarting the service on August 12. Thanks to increased safety infrastructure speed restrictions are now lifted.

Lesson learnt

A VALENCIA CITY judge upheld the regional government's insistence that state school supply teachers must be proficient in Valenciano. As from September, those without certificates can't hold temporary posts.

Big outlay for TRAM

RAIL operator FGV awarded a €4.719 million two-year maintenance contract for the TRAM's Automatic Train Protection (ATP) system.

Lines One, Two, Three and Four as well as the Campello train sheds already have this safety system which prevents a train or its driver from ignoring signals.

The contractors will also maintain signalling and communications on the TRAM's five lines and at the Campello depot.

ATP has already been installed on the Benidorm-Denia Line Nine up to Calpe and will be added to the now-closed section between Calpe and Denia where modernisation and improvements are expected to finish next year. When completed the Line Nine ATP installation alone will have cost FGV an additional €4.7 million.

The Altea-Calpe section was closed for a complete overhaul of track, bridges, viaducts, safety systems and signals between the autumn of 2015 and June 2016.

Work was then due to commence in stages between Calpe and Denia the following autumn. In a shock decision, FVG instead announced last summer that the line would close on safety grounds before work was due to start and a bus currently

covers the route between both towns.

Line Nine has eaten into FGV's budget in recent years, with more than €100 million spent on bringing the former 'Cinderella Line' up to the same standard as other lines.



FGV: Awarded a maintenance contract for TRAM.

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Photo credit: Philip Capper

CHANGING HABITS: Consumers in Altea's Old Town.

Boost for local businesses

ALTEA Town Hall has produced an Action Plan to boost local commerce.

Councillor Ana Alvado explained that the Commerce department wants an urban model that can provide effective answers to present-day challenges while creating the "intelligent, sustainable and integrated society" envisaged in the EU's Europa 2020 Strategy.

The hospitality and retail trades are important sources of income and employment in Altea, Alvado said, and 80 per cent of the town's 1,800 businesses belong to these two sectors.

Meanwhile, Altea has fewer businesses and consumers than 10 years ago, owing to a drop in

the local population and changing habits.

The town hall now planned to be reactive and boost local commerce, encourage competitiveness and assist businesses in the marketplace. To help roll out the Action Plan, the town hall will be carrying out surveys at street level and at meetings for residents, tourists and business-owners.

A meeting for Altea residents will be held at 6.30pm in the Casa de Cultura on August 21, followed by another for the owners of businesses in central Altea at 8.30pm.

There will be further meetings on August 22 for business owners in the Old Town at 11am and residents at 7pm.

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ALFAZ DEL PI / ALBIR

New law targets pirate accommodation

ALFAZ'S mayor Vicente Arques had a recent meeting with members of the Aptur Tourist Apartments association.

Clandestinely-let tourist apartments are increasingly targeted by the regional government and Arques was keen to learn more about the present situation not only in Alfaz, but throughout the province.

Aptur's president Miguel Angel Sotillos explained that at present there are 22 firms in Alfaz that rent out 1,413 registered and regulated properties.

A large proportion of these are let to residential tourism, which Arques agreed were the town's principal market.



Photo by Alfaz town hall

EXCHANGING IDEAS: Vicente Arques and Miguel Angel Sotillos (second and third left).

The meeting lasted for more than an hour, during which the mayor and Sotillos exchanged ideas and opinions not only on the situation in the Marina Baja but also the overall effects of the Generalitat's newly ap-

proved Tourism Law.

Both agreed that it was preferable to regulate the tourist apartment offer and Arques revealed that following an agreement with the official Agencia Valenciana de Turis-

mo, Alfaz has joined a pilot scheme to combat clandestinely-let accommodation.

Alicante, Torrevieja, Valencia, Castellon and Peñíscola are also taking part in the scheme which counts on the cooperation of the Local Police.

The news was well-received by Sotillos who said that this strategy was the result of acting on recommendations from Aptur and similar associations.

Sotillos also emphasised the need for laws enabling letting companies, together with the Administration, to take action against "the very small minority" of tourists who cause problems and give the area an "undeserved" bad image.

A chance to see next season's shoes

THE region's Association of Footwear Manufacturers (AVECAL) have chosen the Frax Foundation in Albir to preview the next season's shoes.

More than 40 Valencian Community firms collaborated on the recently-inaugurated La Moda a tus pies (Fashion at your feet) exhibition which showcases a collection of shoes that have been produced by 64 different labels.

The exhibition at Fundacion Frax which adjoins Albir's Paseo de las Estrellas can be visited each day from 10am until 2pm from Monday to Friday as well as Sundays until September 14.



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NEWS

Mystery shoppers make their choice

ALBIR obtained 1,510 points of a possible 1,550 in a contest to decide the region's best tourist information office.

Vinaros (Castellon) and Ayora (Valencia) were awarded the same marks as Albir in the Una visita feliz 2017 competition, bettered only by Denia, Xativa (Valencia) and Oropesa (Castellon) which each received 1,530.

The Valencia Tourism Office based marks on visits by anonymous 'mystery shoppers' who judged the region's information offices on the quality of attention received, 'amiabili-



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ty' and the amount of time dedicated to enquiries.

Alfaz mayor Vicente Arques congratulated staff at the Albir office who attend

to the public each day.

"Their excellent work has been recognised in an objective and independent manner," he said.

The points they were awarded demonstrated once again the excellence of Alfaz's tourism professionals in both the private and public sectors: "This is made clear by the high degree of satisfaction expressed by our visitors," Arques added.

The Una feliz visita 2017 competition has now entered its final phase, as more 'mystery shoppers' make further visits throughout this month and September to decide the final three Valencian Community information offices that give tourists the best service.

Food bank bonanza

THE Chums (Friends of Charity) Association donated €500 in supplies to Alfaz's food bank.

The cash was raised through the various local activities and events organised by Chums and the food was acquired in an Alfaz supermarket.

"Once again Chums have demonstrated the importance of associations in general and foreign residents' groups in particular," said Martine Mertens, councillor responsible for Other Nationalities at Alfaz Town Hall.

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Teulada Moraira NEWS

Green grant proves good news

A GRANT that will improve green areas has been handed over to a Moraira municipality.

A total of €60,000 was allocated to the city of Teulada by the Alicante government in order to allow them to carry out development and improvement works to local green areas between Calles Valladolid, Tarragona and Jijona (Partida de la Sabatera).

The works consisted of maintenance, pruning and tree-planting of trees, erection of brick walls and log-fencing to contain steep slopes as well as laying a stepped path that connects upper and lower streets as well as a new terrain path.

Bollards have also been installed at the southern access to prevent vehicle entry and bio-healthy vehicle routes have been created.

Blood drive returns

LITRES of blood will be flowing at this year's blood donation marathon as Teulada Moraira hosts its third annual blood drive.

The success of the event in the previous two years has spurred a repeat this year which hopes for similar or increased numbers of attendees.

Mayor, Carlos Linares, said, "There is a constant need for regular donations but in the summer this need increases."

Staff at the Alicante Transfusion Centre have encouraged the entire population to attend the drive.

Donors must be between



Photo by Ayuntamiento de Teulada

Organisers of Teulada Moraira blood drive 2017.

18 and 65 years old and weigh more than 50kg.

There will be gifts and discounts available for all attendees thanks to contributors.

The event will take place at Teulada Town Hall on Friday August, 18 from 5pm to 9pm and on Saturday, August 19 from 9.30am to 1.30pm.

It's a blaze

A GREEN ZONE has been badly affected by a forest fire in the area. Acres of trees were put at risk in the zone known as La Malla Verda between Benissa and Teulada.

Billows of smoke were seen at a distance causing a rapid response from emergency services. Firefighters, Forest Brigades, Guardia Civil and Local Police of the affected towns and municipalities arrived at the scene to tackle the blaze and reinforcement was required by helicopters to quell a potential inferno.

The fire was eventually controlled. However, the forestry brigade remained on guard afterwards as a matter of precaution.



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Despair on the beach

ENVIRONMENTAL damage has caused concerned residents to hang banners from their houses.

People living near El Portet beach in Teulada, Moraira believe it is in such bad condition they have no choice but to step up their protests.

The move comes as Teulada has been dumping 7,000 tonnes of quarry sand on the beach, soiling the sands and blackening clear waters with mud.

The protests were initially made on social media but have been intensified due to lack of action.

Passers-by in the area will see 'Sos el Portet' on home-



Photo credit: twkimg.com

SULLIED: The sands of El Portet beach, Moraira.

made flags adorning at least 10 properties in the area.

Complaints were made on April 26 against different members of the city of Teula-

da and the Head of the Provincial Service of the Coasts of Alicante, presented by a group of residents of the area.

Royal night for Teulada

THE queens of the municipality are soon to be crowned.

On Saturday August 19, at 10.30pm, the election will take place at the Sise Centenari, Teulada.

The choice of Infant Queen will have a circus theme whilst the Queen of the festivities will be based on a 1920's cabaret theme.

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Beach thefts investigated

TWO Romanians have been arrested for at least 16 alleged thefts.

Police believe the men, aged 48 and 62, are responsible for over a year's worth of complaints in that particular area.

They were intercepted by Javea's Guardia Civil after following up witness and victim reports of two men looking suspicious, patrolling the beach and scanning their surroundings.

The men have been arrested and await trial. The investigation remains open due to the potential that there may be more victims.

Long lives in Valencia

LIFE expectancy in Valencia is among the highest in Europe according to new sources.

The Valencian Community's longevity has increased since the millennium.

Within this area, men are expected to live almost four years longer now than in 2000 at an anticipated 79.5 years, whilst women have seen a boost of more than two years to their predicted lifespan at 82.5.

The figures come from a study by the Valencian Health Observatory for the Ministry of Health comparing figures in 2015 to 2000.

The life expectancy of those born into the Valencian community is one of the highest in Europe at 83.3 years.

The regions with the highest expectancies include Marina Alta, Bajo Segura

and Camp de Turia.

World Health Organisation (WHO) reports indicate that the average life expectancy has increased worldwide by five years between 2000 and 2015 which is the highest increase since the 1960's.

Spain is one of only 12 countries with a predicted existence greater than 82 years. Others include Japan, Australia and Iceland.

Though Africa has seen more than a nine-year increase in the 15-year assessed period, the 22 countries with the lowest life expectancy in the world are in sub-Saharan Africa.

Western countries have seen remarkable progress in the last century due to improvements in living conditions, greater health services and technological advances.

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No entry

ACTION has been taken after emergency services could not reach people in need in a cove.

Five incidents have occurred in Javea where ambulances could not access coves and beaches.

Police had tightened parking restrictions on Calle Guiseppe Verde which is the main point of access to Ambolo Cove. Following a safety assessment of the area, it had been decided that parking would be prohibited on this road, except for residents, from its intersection with Igor Stravinsky Street for at least the month of August.

The move came after both Local Police and the Red Cross reported difficulties when dealing with emergencies in this location.

Though the cove is officially closed for safety reasons, people still visit it regularly.

The most recent incident saw a man fracture both shoulders and a leg after



TIGHT SQUEEZE: Calle Guiseppe Verdi where access has been restricted.

jumping into the sea from the Illa del Descubridor which is next to the Ambolo Cove. According to reports, it became necessary for his friends to stretch him to the beach for evacuation by sea as it was impossible to get him back up to the ambulance safely.

In other recent emergencies, helicopter rescues have been required where ambulance crews have been unable to access the cove.

Javea Council highlighted that a further assessment will be carried out at the end of the summer in preparation for next season.

Toxic waters

By Sean Campbell

POLLUTED waters are threatening the Valencian community.

Marina Alta is under threat from water containing a dangerous number of nitrates (a salt or ester of nitric acid).

A number of areas are affected but in Marina Alta the problem is greater due to its water supply, which comes from groundwater with a nitrate index often exceeding the limit set by the World Health Organisation.

The number of affected

populations within the community has seen a 24 per cent increase since 2009 making it a problem of a more serious scale.

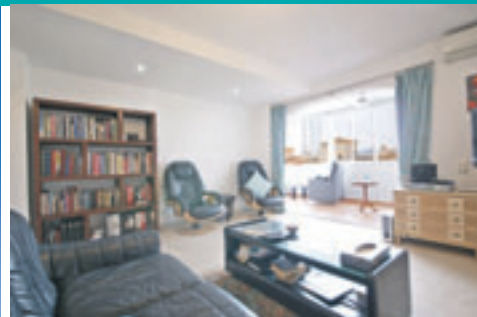
The Environment Ministry has made a list of populations contaminated by the nitrate waters which currently stands at 15 localities.

Scientists have stated that those most sensitive to this type of contamination are infants fed only non-natural milk, pregnant women and people with gastric or natural hypochlorhydria (low levels of stomach acid).

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Cave charm for jumpers

A HIDDEN crevice is encouraging life-threatening jumps to take place out of sight of police.

The Cueva de los Organeros comprises a cave tucked beneath a network of rocks along the coast where people are risking life and limb to climb six metres before hurling themselves into the water.

Despite numerous signs and warnings stating the dangers of climbing the rock face and making the jump, many people continue to ignore the risks. The thrill-seekers neglect their own personal safety as well as the risk of a hefty fine should they be caught.

The area is being watched by



Credit: @SerraAmunt/Twitter

HIDDEN DANGER: The Cueva de los Organeros, Javea.

police but it is difficult to maintain a strict vigilance on the entire rock face and the latest location to prove popular is one out of sight of officials.

Javea is home to a steep coastline and already this year, several injuries have occurred as a result of illegal jumps.

The reckless divers climb

through a chimney-like gap in the cliff in order to reach a ledge roughly six metres in height. Visibility is lessened in the cave which adds to the dangers of the potentially perilous plunge.

Until recently, this section of the cove was not well-known but now word has spread, risk-takers are flocking to it in their droves.

The cavity is accessed by kayaks, boats and dinghies which are left outside as people ascend the coastal rocks.

The Cueva de los Organeros has a much greater height than other areas along the coast and police believe this has heightened the appeal for adventure enthusiasts.

Chaos in the streets

STREETS were closed by police in an effort to stop street drinking.

Those surrounding Moli Blanc nightclub in Javea were closed, allowing only residents access.

The popular trend angers Javea residents as the streets become littered with bottles, rubbish and debris.

The Botellon (where people meet up to drink in the street) is generally at its worst during the month of August with summer holidays and the height of the tourist season.

Police will concentrate their efforts according to where the next spontaneous event takes place.

The first two weekends of August have already seen two botellons with another two still to go.

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Trodden by Romans



DISMOUNTING: The Roman mosaic being moved to Alicante's MARQ museum.

THE Roman mosaic on show at Petrer's Archaeological Museum has now been moved to Alicante City's Marq museum.

It took several days to remove the fourth century AD mosaic, which was discovered in two large pieces in Calle Constitucion in 1975.

This section of flooring from Villa Petraia was first displayed at Petrer Town Hall but

moved in 1995 to what was then the public library and is now the Museo Arqueológico y Etnografico Damaso Navarro.

Scaffolding had to be installed before the mosaic could be safely removed from the wall and separated into its different segments.

"Dismantling the mosaic was a technical challenge be-

cause we have never before carried out anything like this," said the director of the Petrer museum, Fernando Tendero.

The mosaic will be cleaned and restored at Marq, ready for the Petrer, arqueologia y museu exhibition at the Alicante City museum. This will be held from February to May 2018, after which it will be returned to Petrer.



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FOAPS INTERPRETERS: Are the eyes, ears and often voice of the deaf-blind.

Specsavers Opticas campaign to support the deaf and blind

SPECSAVERS OPTICAS are supporting the Once Foundation for the Deaf-Blind (La Fundación ONCE para la Atención de Personas con Sordoceguera - FOAPS) between July and December 2017. They are offering free comprehensive eye tests at all eight of their opticians and asking patients to donate €1 to FOAPS after their test until the end of the year.

All funds raised will be donated to FOAPS to fund interpreters who are crucial to allow deaf-blind people to lead a full life and communicate. This is part of FOAPS' 10 year anniversary campaign to raise awareness of the issues that deaf-blind people face and boost funding so they can help more of these vulnerable people who are totally isolated without their help.

Specsavers Opticas are committed to supporting charities and protecting sight. They have chosen FOAPS to support because of the huge difficulties that the deaf-blind have with interacting with the world and communicating.

"Most visually impaired people are able to rely on their other senses and can still communicate easily with the outside world. Whereas the deaf-blind experience the world through touch and need someone to connect

them with the world," explains José Ángel Moral-Tajadura from Specsavers Opticas. "The FOAPS interpreters are the eyes, ears and often voice of the deaf-blind and have a crucial role to play. We hope that through our campaign we can raise enough money to fund an extra 400 hours of an interpreter. This costs €6,000 so we need 6,000 people to come in and have their eyes tested and make a donation before the end of the year."

Esther Requena Olea, Director of FOAPS commented, "We are very happy that an international company such as Specsavers has decided to collaborate with our cause. The needs of the Deaf-Blind people are very specific and requires a lot of resources. With the funds raised from this campaign, we can offer more support to them to break the isolation and communication problems with the outside world that is a common problem for the Deaf-Blind."

To participate in the campaign, visit your nearest store for a comprehensive eye test and donate just €1 before the end of December 2017. Specsavers Opticas have eight stores in Spain, on the Costa Blanca, Costa del Sol and in Mallorca. Visit www.specsavers.es to find your nearest store.



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Photo credit Facebook/Putin

MANLY MAN: Putin forgets politics to focus on bigger fish.

Gone fishin'

■ PRESIDENT PUTIN caught a large pike, picked wild mushrooms, and went deep water diving and kayaking during his summer holidays in Siberia. Press photographers were invited along to capture the, often topless, president as he displayed his manly credentials. Putin was in the Tyva Republic, near the Mongolian border.

Last orders

■ ADIDAS is closing 160 stores across Russia this year as sales plummet. The sports firm's Russia director blames western sanctions and a shrinking economy. Adidas has traditionally been popular among Russians and is one of the few western clothes companies with hundreds of shops in the country.

Punk protest

■ FEMINIST punk protest group Pussy Riot lit flares and closed a road in the Siberian city of Yakutsk. They were protesting the jailing of Ukrainian film director Oleg Sentsov, who is serving 20 years for terrorism in a Siberian prison. His trial was denounced as politically motivated by human rights activists.

Historic hate

■ THE head of the Russian-Polish Centre accused Jews and Armenians of taking advantage of historic tragedies. Yury Bondarenko said both groups now enjoyed a "lucrative" position, capitalising on sympathy. A spokesman for Russia's strong Jewish community described the comments as "humiliating" and dangerous for ethnic relations.

Raft disaster

■ A TEENAGE security guard from Ukraine woke up in Russia after falling asleep on an inflatable raft and spending three days traversing the Black Sea. The worker at a Ukrainian beach resort was rescued in Crimean waters, extremely dehydrated after being exposed to 40 degree heat with no food or water.

Pimping priest

■ A RUSSIAN Orthodox priest was arrested in Belarus and charged with recruiting prostitutes to move to Russia.

The clergyman, aged 39, was involved with people trafficking networks and is facing extradition to Moscow. A church spokesman said the priest has been suspended while the case is ongoing.

Oligarch heartache

■ CHELSEA owner Roman Abramovitch is splitting from wife Dasha in what could be the most expensive divorce settlement in history. The Russian billionaire forked out more than €300 million when he separated from second wife, Irina, in 2007. Dasha has plenty money of her own, however, being a successful art director.

SPLIT: Dasha Zhukova hasn't lived with Chelsea chief since Christmas.



Fintech business on the Rock

XAPO (GIBRALTAR) LIMITED has been granted an E-money licence by the Gibraltar Financial Services Commission (GFSC) to allow the commencement of its business from Gibraltar. The government's proposed framework for the regulation of Distributed Ledger Technology (DLT) has attracted much international attention and the attraction of Xapo, a premium global Fintech business to Gibraltar augurs well for their continued development of this service.

No room at the inn

By John Smith

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 Jousen 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 growth.

There is no question that Spain benefited considerably due to fears

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 away.

Stock markets fall

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 Ibox (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.



Photo Credit: La Moncloa flickr

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 AENA, 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 personnel.

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 AENA 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 hikes.

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.

New owners for Madrid Mall

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.

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MANAGERS HAVE DIFFICULTY SETTLING ON HOLIDAY They keep contacting the office

By John Smith

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



Photo Credit: Nadya Eugene Shutterstock

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 longest.

The worst group for continued awareness and contact with the company comes from the managerial sector and as 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.

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 ‘quantitative easing’ which has seen the ECB printing increased amounts of euros and putting them into the market.

With up to €60 billion being re-



Photo credit: Pixnio Shutterstock

The euro is pipping sterling to the post.

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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 yet gone as low as one for one.

Low exchange rates are bad news for individuals relying on sterling invest-

ments 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.

Drawdown: A new book by Paul Hawken

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

mink. 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 thinking.

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 there.

Ron Imink 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.



Photo Credit: ZDR.IR News Agency

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

Spain and Iran are friends

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 including Spain.

"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.

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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-

est.

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 lawyers 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 lawyers 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 be-wigged 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 accountant.

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

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 compatriots.

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 minions.

Well I'll give 'em all one thing.



UNBELIEVABLE: Decided she was unfit for prison.

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 or otherwise. Keep 'em coming.

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BBC one

7:00am Breakfast
 10:15am Wanted Down Under
 11:00am Homes Under the Hammer
 12:00pm Heir Hunters
 12:45pm Close Calls: On Camera
 1:15pm Bargain Hunt
 2:00pm BBC News at One
 2:30pm BBC London News
 2:45pm Red Rock
 3:30pm Impossible
 4:15pm Escape to the Country
 5:15pm Flog It!
 6:15pm Pointless
 7:00pm BBC News at Six
 7:30pm BBC London News
 8:00pm The One Show
 8:30pm EastEnders
 9:00pm Who Do You Think You Are?
 10:00pm DIY SOS The Big Build
 11:00pm BBC News at Ten
 11:30pm BBC London News
 11:45pm Don't Deport Me, I'm British
 12:40am Queer Britain
 1:10am Queer Britain
 1:45am Weather for the Week Ahead
 1:50am BBC News

BBC TWO

7:00am The World's Most Photographed
 7:30am Bargain Hunt
 8:15am Heir Hunters
 9:00am Nadiya's British Food Adventure
 9:30am Great British Menu
 10:00am Victoria Derbyshire
 12:00pm BBC Newsroom Live
 2:00pm Two Tribes
 2:30pm A Taste of Britain Food programme exploring specialities from around Britain.
 3:15pm Coast
 3:30pm Quo Vadis
 6:15pm Put Your Money Where Your Mouth Is
 7:00pm Eggheads
 7:30pm Royal Recipes
 8:00pm Celebrity Antiques Road Trip
 9:00pm 10 Puppies and Us
 10:00pm Top of the Lake
 11:00pm The Mash Report
 11:30pm Newsnight
 12:15am No More Boys and Girls: Can Our Kids Go Gender Free?
 1:15am The Sweet Makers: A Victorian Treat
 2:15am 10 Puppies and Us
 3:15am This is BBC Two

BBC FOUR

8:00pm World News Today The latest national and international news, exploring the day's events from a global perspective.
 8:30pm The Sky at Night In August, the most spectacular meteor shower of 2017 coincides with transmission: The Perseids!
 9:00pm Sword, Musket and Machine Gun: Britain's Armed History
 10:00pm Andrew Marr's The Making of Modern Britain
 11:00pm Wonders of the Universe
 12:00am Horizon
 1:00am Gaga for Dada: The Original Art Rebels
 2:00am A History of Art in Three Colours
 3:00am Wonders of the Universe
 4:00am Sword, Musket and Machine Gun: Britain's Armed History

CHANNEL 4

7:45am Will and Grace
 8:10am Will and Grace
 8:35am Everybody Loves Raymond
 9:00am Everybody Loves Raymond
 9:30am Frasier
 10:00am Frasier
 10:30am Frasier
 11:00am The Big Bang Theory
 11:30am The Big Bang Theory
 12:00pm The Simpsons
 12:30pm The Simpsons
 1:00pm Channel 4 News
 1:05pm Couples Come Dine with Me
 2:05pm Posh Pawn
 3:10pm Countdown
 4:00pm Cheap Cheap Cheap Ep
 5:00pm A Place in the Sun: Winter Sun
 6:00pm Four in a Bed
 6:30pm Come Dine with Me
 7:00pm The Simpsons
 7:30pm Hollyoaks
 8:00pm Channel 4 News
 9:00pm Child Genius
 10:00pm Taxi of Mum and Dad
 11:00pm How to Make Your Marriage Work
 12:05am 24 Hours in A and E

CHANNEL 5

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

4

7:55am Made in Chelsea
 9:00am Melissa and Joey
 9:30am Melissa and Joey
 10:00am Black-Ish
 10:30am Black-Ish
 11:00am Baby Daddy
 11:30am Baby Daddy
 12:00pm How I Met Your Mother
 12:30pm How I Met Your Mother
 1:00pm The Goldbergs
 1:30pm The Goldbergs
 2:00pm The Big Bang Theory
 2:30pm The Big Bang Theory
 3:00pm Melissa and Joey
 3:30pm Melissa and Joey
 4:00pm Baby Daddy
 4:30pm Baby Daddy
 5:00pm Black-Ish
 5:30pm Black-Ish
 6:00pm The Goldbergs
 6:30pm The Goldbergs
 7:00pm The Big Bang Theory
 7:30pm The Big Bang Theory
 8:00pm Hollyoaks
 8:30pm Coach Trip
 9:00pm The Big Bang Theory
 9:30pm Kevin Can Wait
 10:00pm Body Fixers
 11:00pm The Inbetweeners
 11:35pm The Inbetweeners
 12:10am The Big Bang Theory

sky sports main event

7:00am Good Morning Sports Fans
 7:30am Good Morning Sports Fans
 8:00am Good Morning Sports Fans
 8:30am Good Morning Sports Fans
 9:00am Good Morning Sports Fans
 9:30am Good Morning Sports Fans
 10:00am Good Morning Sports Fans
 11:00am Premier League Daily
 12:00pm Transfer Centre
 12:30pm Live European Tour Golf Day one of the Saltire Energy Paul Lawrie Match Play from Golf Resort Bad Griesbach in Bad Griesbach, Germany.
 2:30pm Cricket England v West Indies 1st Test D1.
 11:00pm The Debate - Live Live Solheim Cup Opening Ceremony
 12:00am Live Tennis: Cincinnati
 1:00am Live Tennis: Cincinnati
 3:00am Through the Night
 4:00am Through the Night

itv

7:00am Good Morning Britain
 9:30am Lorraine
 10:25am The Jeremy Kyle Show
 11:30am This Morning
 1:30pm Loose Women
 2:30pm ITV Lunchtime News Alastair Stewart presents the latest headlines from around the world.
 2:55pm ITV News London
 3:00pm Judge Rinder
 4:00pm Tenable
 5:00pm Tipping Point
 6:00pm Cash Trapped
 7:00pm ITV News London
 7:30pm ITV Evening News
 8:00pm Emmerdale
 8:30pm Tonight
 9:00pm Emmerdale
 9:30pm James Martin's French Adventure
 10:00pm The Brighton Police
 11:00pm ITV News at Ten and Weather
 11:30pm ITV News London
 11:40pm Schofield's South African Adventure
 12:10am Lion Country: Night and Day
 1:10am Jackpot247

itv2

7:00am The Hot Desk
 7:10am You've Been Framed!
 7:35am Below Deck
 8:20am The Ellen DeGeneres Show
 9:00am Emmerdale
 9:30am Coronation Street
 10:00am You've Been Framed!
 11:00am The Great Indoors
 11:30am Guidance
 12:00pm Fame High
 12:15pm Third Wheel
 12:25pm Below Deck
 1:20pm Emmerdale
 1:55pm Coronation Street
 2:30pm You've Been Framed!
 3:00pm The Ellen DeGeneres Show
 3:50pm The Jeremy Kyle Show
 4:55pm The Jeremy Kyle Show
 6:00pm Judge Rinder
 7:00pm You've Been Framed!
 8:00pm You've Been Framed!
 9:00pm Two and a Half Men
 9:30pm Two and a Half Men
 10:00pm Hall Pass
 11:00pm FYI Daily
 11:05pm Hall Pass
 11:10pm Family Guy
 12:40am Family Guy
 1:10am Family Guy

itv3

7:00am Judge Judy
 7:20am Judge Judy
 7:40am The Royal
 8:30am Heartbeat
 9:35am Where the Heart is
 10:35am Judge Judy
 11:00am Judge Judy
 11:30am Judge Judy
 11:55am Rising Damp
 12:25pm You're Only Young Twice
 12:55pm The Darling Buds of May
 2:00pm Heartbeat
 3:05pm The Royal
 4:05pm The Darling Buds of May
 5:15pm You're Only Young Twice
 5:50pm On the Buses
 6:20pm Rising Damp
 6:55pm Heartbeat
 8:00pm Murder, She Wrote
 9:00pm Endeavour Crime drama series about the early career of detective Endeavour Morse.
 11:00pm Law and Order: UK
 12:00am A Mother's Son
 1:00am Mrs Biggs
 2:05am Marchlands
 3:00am On the Buses

itv4

7:05am The Chase
 8:05am Storage Wars Texas
 8:40am Counting Cars
 9:05am Counting Cars
 9:35am Ironside
 10:40am Quincy, M.E.
 11:45am Minder
 12:50pm The Professionals Action-packed drama series about two criminal-intelligence agents.
 1:55pm The Saint
 3:00pm Women's Rugby World Cup 2017 Live England v USA.
 5:45pm Women's Rugby World Cup 2017 Live Wales v Hong Kong.
 8:30pm Women's Rugby World Cup 2017 Live France v Ireland.
 11:15pm Ransom
 12:25am FYI Daily A round-up of the latest entertainment news.
 12:30am Ransom
 1:40am Lock Up
 2:40am FYI Daily
 2:45am Lock Up
 3:50am Nijinsky's Triple Crown

sky CINEMA ACTION & ADVENTURE

8:55am Colt .45
 10:25am The Karate Kid, Part II
 12:25pm Tarzan
 2:25pm The Patriot
 5:15pm Charlie's Angels
 7:00pm The Karate Kid, Part II
 9:00pm Tarzan
 11:00pm xXx2: The Next Level
 12:45am Rocky V

sky CINEMA COMEDY

8:05am Spud 3: Learning to Fly
 9:40am Scouts Guide to the Zombie Apocalypse
 11:20am Laws of Attraction
 1:00pm O Brother, Where Art Thou?
 3:00pm Bridesmaids
 5:10pm Central Intelligence
 7:10pm Zoolander 2
 9:00pm Bridesmaids
 11:10pm Central Intelligence
 1:10am Borat: Cultural Learnings of America for Make Benefit Glorious Nation of Kazakhstan

sky CINEMA PREMIERE

7:00am Ten Thousand Saints
 8:55am Super Furry Animals Colourful animated adventure.
 10:25am The Joshua Tree
 12:05pm Level Up
 1:35pm Rogue One: A Star Wars Story A ragtag group of rebels embark on a daring, against-all-odds mission to thwart the planet-destroying plans of the Empire.
 3:55pm Don Verdean
 5:35pm Super Furry Animals
 7:10pm Ten Thousand Saints Coming-of-age drama about a teenage boy who moves to late 1980s New York to live with his estranged dad.
 9:00pm Rogue One: A Star Wars Story
 11:20pm Level Up
 1:00am The Joshua Tree
 2:45am X500 Drama with subtitles.
 4:45am Don Verdean

sky sports football

1:00pm La Liga Icons
 1:30pm La Liga Icons
 2:00pm Ronaldo
 2:30pm La Liga Icons
 2:45pm La Liga Icons
 3:00pm 20 Years of El Clasico
 3:45pm La Liga Greatest Games
 4:00pm Eredivisie Round Up
 5:00pm EFL Greatest Games
 5:30pm SPFL Greatest Games
 5:45pm La Liga Greatest Games
 6:00pm Football Years
 6:30pm Football Countdowns
 7:00pm Eredivisie Round Up
 8:00pm EFL Midweek Goals: Championship
 8:30pm EFL Midweek Goals: Leagues 1 & 2
 9:00pm Ronaldo
 9:30pm 20 Years of El Clasico
 10:15pm La Liga Greatest Games
 10:30pm Ronaldo
 11:00pm EFL Midweek Goals: Championship
 11:30pm EFL Midweek Goals: Leagues 1 & 2
 12:00am EFL Greatest Games

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

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 Sociológicas (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 referendum.

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 Prats.

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.

Before imposing their own caliphate they believe 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 unfairly-judged judge barred from practising. Gaspar Llamazares, who once led Izquierda Unida, is now its spokesman in Asturias. Together they have registered their political platform, Actua, as a party and all they need now is Melchor for a Three Kings occasion.

'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.



SPEAKING UP: Pablo Iglesias speaks out about situation in Venezuela.

Advertising feature

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At least, that was the case, until Tony came up with the system of using wooden timbers as a base in which to insert the steel support pegs.



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On most installations this

would be sufficient but, should extra support be needed, this can be achieved by screwing the wood to the terrace using brackets and small screws,



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putting tent pegs into the grass.

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Advertising feature



Photos credit: Jainee Wright

READY TO WELCOME YOU: Beljinder and her team.



COOKED TO PERFECTION: King prawn curry and chicken tikka masala.

A taste of India on the Montgo

NEWLY-OPENED La Plana Tandoori offers the most diverse, authentic Indian menu on the Montgo.

From samosas, pakoras and soups to chicken tikka-d, buttered and tandoori-d, with a range of vegetarian dishes, their menu is sure to satisfy the most discerning palate and Indian gourmand.

La Plana have an extensive curry menu with all the favourites such as madras, kor-

ma, masala and saag, plus chef special recipes.

The staff are only too happy to help guide you through the menu and dishes can be made more or less spicy to suit personal preference.

Situated at the top of the Montgo road linking Denia and Javea, La Plana occupies the previous 'Restaurante La Plana' site and Beljinder and her team have done a remark-

able renovation job - extending the terrace to offer plenty of space for parties of all sizes.

The restaurant can cater for any event and offers an outside play area for children as well as ample parking.

La Plana are open every day from 11.30am - 4.00pm and 6.00pm - midnight and offer a €10.50 lunch menu Monday to Friday.

On a Wednesday and Sunday, diners can enjoy the 'Big Indian Buffet' at only €12.90 per head.

If you'd prefer to enjoy La Plana's cuisine at home (although, who wants to do the dishes?), takeaway orders receive a 10 per cent discount.

For bookings, call 966 462 770 / 660 223 234 / 686 297 365.

What does that even mean?

Mike Senker
In my opinion



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



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BBC one

Table with 2 columns: Time, Program. Programs include Breakfast, Match of the Day, BBC News, Sunday Morning Live, Homes Under the Hammer, Bargain Hunt, BBC News, Weather for the Week Ahead, Money for Nothing, Songs of Praise, Athletics, Celebrity Mastermind, BBC News, Regional News, Weather, Countryfile Summer Special, Fake or Fortune?, Far From the Madding Crowd, BBC News, Regional News, Weather, Match of the Day 2, Dream House, Weather for the Week Ahead, BBC News.

BBC TWO

Table with 2 columns: Time, Program. Programs include The Instant Gardener, Garden Rescue, Gardeners' World, The Beechgrove Garden, Countryfile, Saturday Kitchen Best Bites, Lorraine's Fast, Fresh and Easy Food, MOTD2 Extra, Coast, Athletics, Flog It!, Britain's Ancient Capital: Secrets of Orkney, Equestrian, Royal Cousins at War, Meet the New Dragons, Dragons' Den, Astronauts: Do You Have What it Takes?, Ill Behaviour, The Hunter, Tommy, Countryfile.

BBC FOUR

Table with 2 columns: Time, Program. Programs include Do We Really Need the Moon? Scientific Documentary, BBC Proms 2017, The Treasure Hunters Documentary, The Treasure Hunters Documentary, James May at the Edge of Space, The Rules of Abstraction with Matthew Collings, The Art of Australia.

CHANNEL 4

Table with 2 columns: Time, Program. Programs include Last Man Standing, Everybody Loves Raymond, Frasier, Sunday Brunch, George Clarke's Amazing Spaces, The Simpsons, Toy Story Toons, Toy Story That Time Forgot, Born Silly, Tangled, Channel 4 News, Amazing Spaces: Shed of the Year, From Russia to Iran: Crossing the Badlands, The State, The Gunman, Belle, Ramsay.

CHANNEL 5

Table with 2 columns: Time, Program. Programs include Milkshake! Programming aimed at children aged two to seven years old, Teenage Mutant Ninja Turtles, Football on 5, Police Interceptors, Deadly Pursuits, Police Interceptors: Deadly Pursuits, Police Interceptors: Biggest Dog in the World, The Secret Life of Puppies, The Ant and Dec Story, 5 News, Celebrity Big Brother, Before They Were Stars, Cricket on 5, Super Casino.

4

Table with 2 columns: Time, Program. Programs include Kevin Can Wait, Couples Come Dine with Me, Hollyoaks Omnibus, Made in Chelsea, The Big Bang Theory, Police Interceptors: Deadly Pursuits, Police Interceptors: Biggest Dog in the World, The Secret Life of Puppies, The Secret Life of Puppies, The Ant and Dec Story, 5 News, Celebrity Big Brother, Before They Were Stars, Cricket on 5, Super Casino.

sky sports main event

Table with 2 columns: Time, Program. Programs include Good Morning Sports Fans, Good Morning Sports Fans, Good Morning Sports Fans, Live European Tour Golf, Sky Sports Today, Goals on Sunday, Live Nissan Super Sunday, Live Nissan Super Sunday, Live Nissan Super Sunday, Live Solheim Cup, Through the Night.

itv

Table with 2 columns: Time, Program. Programs include CITV, ITV News, Weekend, Judge Rinder, Long Lost Family, Love Your Garden, ITV News and Weather, James Martin's French Adventure, Rebound, Tipping Point, Bear Gryll's Survival School, Licence to Kill, Local News and Weather, ITV News and Weather, The Chase Celebrity Special, Harry Potter and the Deathly Hallows: Part 2, ITV News and Weather, Judge Rinder's Crime Stories, Take Me Out, Jackpot247.

itv2

Table with 2 columns: Time, Program. Programs include Mr. Bean, Emmerdale Omnibus, Coronation Street, Ninja Warrior UK, Mr. Bean, Honey, FYI Daily, Looney Tunes: Back in Action, Happy Feet, FYI Daily, Looney Tunes: Back in Action, Happy Feet, The Fast and the Furious: Tokyo Drift, Family Guy, American Dad!

itv3

Table with 2 columns: Time, Program. Programs include Carry on Camping, Heartbeat, Murder, She Wrote, The Darling Buds of May, Heidi, Wycliffe, Foyle's War, Margery and Gladys, Midsomer Murders, Law and Order: UK, Casablanca, Margery and Gladys, May the Best House Win, Game show in which the owners of some of Britain's most interesting and unusual homes compete against each other in a bid to win a cash prize.

itv4

Table with 2 columns: Time, Program. Programs include Cycling, British Touring Car Championship Highlights, The Professionals, Everything or Nothing: The Untold Stories of 007, River Monsters, World Series of Darts, 1: Life on the Limit.

sky CINEMA ACTION & ADVENTURE

Table with 2 columns: Time, Program. Programs include Jason Bourne, The Magnificent Seven, The Lord of the Rings: The Return of the King, Rocky, The Bourne Ultimatum, Terminator Salvation, American Ultra, The Money Pit, Ghost Town, Spider-Man: Homecoming: Special, How to be Single, Back to the Future, Couples Retreat, Popstar: Never Stop Never Stopping, How to be Single, Back to the Future, Popstar: Never Stop Never Stopping, Superbad.

sky CINEMA PREMIERE

Table with 2 columns: Time, Program. Programs include Super Furry Animals, Rogue One: A Star Wars Story, Star Wars: Rogue One Special, Kubo and the Two Strings, Keeping up with the Joneses, Kill Me Three Times, Rogue One: A Star Wars Story, Kubo and the Two Strings, Keeping up with the Joneses, Kill Me Three Times, Level Up, The Joshua Tree, Ten Thousand Saints, Super Furry Animals.

sky sports football

Table with 2 columns: Time, Program. Programs include Football, MLS Greatest Games, EFL Goals: Championship, EFL Goals: League One and League Two, The Sunday Supplement, MLS Greatest Games, Football, EFL Greatest Games, EFL Goals: Championship, EFL Goals: League One and League Two, MLS Greatest Games, Football, NAC Breda v PSV Eindhoven, Football, Athletic Bilbao v Getafe, Football, Real Madrid v Deportivo, MLS Greatest Games.

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

Advertising feature

Be wise and protect your eyes at Interoptics

SO Fay, let's talk about eye care, what's the most important advice you can give to people about eye care?

The most important thing to remember is get a complete eye test at least once a year. Apart from checking your prescription they are very important for preventing pathologies such as glaucoma, cataracts, retina problems and more. They are vitally important for people with health problems such as diabetes, high blood pressure, blood circulation problems... they should check their eye health at least once a year.

Many problems can be detected and even prevented by a complete eye test. At Interoptics eye tests are free and a reminder will be sent to you so you don't forget.

Regarding our eyes, is there anything special that people should be aware about when they come to live in Spain?

The sun is the reason most of us come to live here but please don't wear cheap sunglasses!

People should be aware of the damage the sun can cause to their eyesight. Problems such as cataracts, macular degeneration, pterygium, are caused mostly by the



Be wise and protect your eyes at Interoptics.

sun so it is very important to use eye protection even in the winter months here in Spain.



We all slap on sun cream but forget about our eyes and like skin cancer problems caused by sun damage only appear as we get older. If you do sports Interoptics offer a wide range of sports glasses with the correct protection, and yes, you can have your prescription in sunglasses, even varifocal lenses. There is a large range of lenses for sun protection to pick from at reasonable prices. With polarised sunglasses from €39 and a 2x1 offer where you can pick one clear and one pair of sunglasses there is no excuse for not protecting your eyes.

Call Interoptics on 965 033 038 for an appointment or call in for more information. Interoptics is located 50 meters from the Medical Centre Alfaz Del Pi, opposite the Casa del Cultura on the number 10 bus route.

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|---|---|---|--|---|--|--|
| <p>BBC one</p> <p>7:00am Breakfast 10:15am Wanted Down Under 11:00am Homes Under the Hammer 12:00pm Heir Hunters 12:45pm Close Calls: On Camera 1:15pm Bargain Hunt 2:00pm BBC News 2:30pm Regional News 2:45pm Red Rock 3:30pm Impossible 4:15pm Escape to the Continent 5:15pm Flog It! 6:15pm Pointless 7:00pm BBC News 7:30pm Regional News 8:00pm The One Show 8:30pm Land of the Giants 9:00pm EastEnders 9:30pm Damilola, Our Loved Boy 11:00pm BBC News 11:30pm Regional News 11:40pm Weather 11:45pm Have I Got Old News for You 12:15am Have I Got a Bit More Old News for You</p> | <p>BBC TWO</p> <p>7:00am The World's Most Photographed 7:30am Heir Hunters 8:15am Bargain Hunt 9:00am Super Small Animals 10:00am Victoria Derbyshire 12:00pm BBC Newsroom Live 2:00pm Two Tribes 2:30pm The Pirates! In an Adventure with Scientists! 3:55pm The Hairy Bikers' Pubs That Built Britain 4:25pm Coast Australia 5:15pm Planet Earth 6:15pm Put Your Money Where Your Mouth Is 7:00pm Eggheads 7:30pm Royal Recipes 8:00pm Celebrity Antiques Road Trip 9:00pm University Challenge 9:30pm Nadiya's British Food Adventure 10:00pm Dangerous Borders 11:00pm Normal for Norfolk 11:30pm Newsnight 12:10am Weather 12:15am Astronauts: Do You Have What it Takes?</p> | <p>BBC FOUR</p> <p>8:00pm World News Today 8:30pm The Taff: The River That Made Wales 9:00pm The Trains That Time Forgot: Britain's Lost Railway Journeys 10:00pm Vikings 11:00pm Silk Road 12:20am Hidden Histories <i>Documentary telling the extraordinary untold story of soldiers' photography in the First World War.</i> 1:20am The Trains That Time Forgot: Britain's Lost Railway Journeys 2:20am Vikings <i>A warrior and farmer who dreams of riches begins working on a project that will turn the Viking world on its head.</i> 3:20am Rosslyn Chapel <i>A Treasure in Stone.</i></p> | <p>CHANNEL 4</p> <p>7:00am Countdown 7:45am Will and Grace 8:10am Will and Grace 8:35am Everybody Loves Raymond 9:00am Everybody Loves Raymond 9:30am Frasier 11:00am The Big Bang Theory 12:00pm The Simpsons 1:00pm Channel 4 News 1:05pm Couples Come Dine with Me 2:05pm Posh Pawn 3:10pm Countdown 4:00pm Cheap Cheap Cheap 5:00pm A Place in the Sun: Winter Sun 6:00pm Come Dine with Me 6:30pm Streetmate 7:00pm The Simpsons 7:30pm Hollyoaks 8:00pm Channel 4 News 9:00pm Jamie's Quick and Easy Food 9:30pm Superfoods: The Real Story 10:00pm The State 11:00pm How to Get a Council House 12:05am Naked Attraction</p> | <p>CHANNEL 5</p> <p>7:00am Milkshake! 10:15am The Wright Stuff 12:15pm The Yorkshire Vet 1:10pm 5 News 1:15pm Celebrity Big Brother 2:10pm Access 2:15pm Home and Away 2:45pm Neighbours 3:15pm NCIS 4:15pm Dark Desire 6:00pm 5 News 6:30pm Neighbours 7:00pm Home and Away 7:30pm 5 News 8:00pm Car Crash TV 9:00pm All New Traffic Cops 10:00pm Celebrity Big Brother 11:00pm Celebrities in Therapy 12:05am Celebrity Big Brother's Bit on the Side 1:05am Cricket on 5 2:00pm Super Casino 4:10am Gotham 5:00pm Cruising with Jane McDonald 5:45am House Doctor <i>Home improvement series that works its magic on neglected homes.</i></p> | <p>4</p> <p>10:00am Black-Ish 10:30am Black-Ish 11:00am Baby Daddy 11:30am Baby Daddy 12:00pm How I Met Your Mother 12:30pm How I Met Your Mother 1:00pm The Goldbergs 1:30pm The Goldbergs 2:00pm The Big Bang Theory 2:30pm The Big Bang Theory 3:00pm Melissa and Joey 3:30pm Melissa and Joey 4:00pm Baby Daddy 4:30pm Baby Daddy 5:00pm Black-Ish 5:30pm Black-Ish 6:00pm The Goldbergs 6:30pm The Goldbergs 7:00pm The Big Bang Theory 7:30pm The Big Bang Theory 8:00pm Hollyoaks 8:30pm Coach Trip 9:00pm The Big Bang Theory 9:30pm The Big Bang Theory 10:00pm Made in Chelsea 11:00pm How'd You Get So Rich? 11:55pm The Big Bang Theory 12:30am The Big Bang Theory</p> | <p>sky sports main event</p> <p>7:00am Good Morning Sports Fans 7:30am Good Morning Sports Fans 8:00am Good Morning Sports Fans 8:30am Good Morning Sports Fans 9:00am Good Morning Sports Fans 9:30am Good Morning Sports Fans 10:00am Good Morning Sports Fans 11:00am Premier League Daily 12:00pm Transfer Centre 12:30pm Sky Sports Now 1:00pm Sky Sports Today 2:00pm Sky Sports Today 2:30pm Cricket 8:00pm Football 11:30pm Boxing <i>Mayweather v McGregor: The Event.</i> 12:00am Through the Night 1:00am Through the Night 2:00am Live WWE Late Night Raw 5:15am WWE From the Vault 5:30am WWE From the Vault 5:45am WWE From the Vault</p> |
| <p>itv</p> <p>7:00am Good Morning Britain 9:30am Good Morning Britain 10:25am The Jeremy Kyle Show 11:30am This Morning 1:30pm Loose Women 2:30pm ITV Lunchtime News 3:00pm Judge Rinder 4:00pm Tenable 5:00pm Tipping Point 6:00pm Cash Trapped 7:00pm Local News and Weather 7:30pm ITV Evening News 8:00pm Emmerdale 8:30pm Coronation Street 9:00pm Countrywise 9:30pm Coronation Street 10:00pm Easyjet: Inside the Cockpit 11:00pm ITV News 11:40pm Britain's Busiest Motorway 12:10am Sugar Free Farm 1:05am Jackpot247 4:00am The Jeremy Kyle Show 4:55am Nightscreen</p> | <p>itv2</p> <p>7:00am The Hot Desk 7:10am You've Been Framed! 7:35am Below Deck 8:20am The Ellen DeGeneres Show 9:00pm Emmerdale 9:30am Coronation Street 10:00am Coronation Street 10:30am You've Been Framed! 11:00am The Great Indoors 11:30am Guidance 12:00pm Fame High 12:15pm Third Wheel 12:25pm Below Deck 1:20pm Emmerdale 1:55pm Coronation Street 2:30pm Coronation Street 3:00pm The Ellen DeGeneres Show 3:50pm The Jeremy Kyle Show 4:55pm The Jeremy Kyle Show 6:00pm Judge Rinder 7:00pm You've Been Framed! 8:00pm You've Been Framed! 9:00pm Two and a Half Men 10:00pm Family Guy 11:00pm American Dad! 12:00am Family Guy</p> | <p>itv3</p> <p>7:00am On the Buses 7:25am The Royal 8:20am Heartbeat 9:20am Where the Heart is 10:25am Judge Judy 10:55am Judge Judy 11:25am Judge Judy 11:50am Rising Damp 12:20pm You're Only Young Twice 12:50pm The Darling Buds of May 2:00pm Heartbeat 3:00pm The Royal 4:05pm The Darling Buds of May 5:15pm You're Only Young Twice 5:50pm On the Buses 6:20pm Rising Damp 6:55pm Heartbeat 8:00pm Murder, She Wrote 9:00pm Midsomer Murders 11:00pm Law and Order: UK <i>Crime drama based on the hit US series Law and Order.</i> 12:00am The Street 1:20am Mrs Biggs 2:40am Rising Damp</p> | <p>itv4</p> <p>7:00am The Chase 7:50am Storage Wars Texas 8:15am The Saint 9:20am Ironside 10:30am Quincy, M.E. 11:30am Minder 12:35pm The Professionals 1:45pm Cycling 2:45pm Ironside 3:50pm Quincy, M.E. 4:50pm Minder 5:55pm The Professionals 7:00pm Storage Wars Texas 7:30pm Storage Wars Texas 8:00pm Cycling 9:00pm The Chase: Celebrity Special 10:00pm Ransom 11:05pm FYI Daily 11:10pm Ransom 12:25am Class of '92 1:25am FYI Daily 1:30am Class of '92 2:30am Motorsport UK 3:15am Tommy Cooper 3:40am Nightscreen 4:00am Teleshopping</p> | <p>sky CINEMA ACTION & ADVENTURE</p> <p>7:35am In the Heart of the Sea 9:40am Warcraft 11:50am The Italian Job 1:50pm The Great Escape 4:45pm Rocky II 6:50pm In the Heart of the Sea 9:00pm Warcraft 11:10pm The Italian Job 1:05am Conan the Barbarian 3:20am Lucky Number Slevin</p> <p>sky CINEMA COMEDY</p> <p>10:00am Mistress America 11:35am Get a Job 1:05pm The Top Ten Show 2017 1:25pm Dad's Army 3:15pm Hot Tub Time Machine 5:05pm Back to the Future Part III 7:10pm Dad's Army 9:00pm Hot Tub Time Machine 10:45pm The Blues Brothers 1:10am The Heartbreak Kid</p> | <p>sky CINEMA PREMIERE</p> <p>7:00am Don Verdean 8:45am Level Up 10:20am Ten Thousand Saints 12:15pm Kubo and the Two Strings 2:05pm Keeping up with the Joneses 3:55pm Ibiza Undead 5:40pm Kill Me Three Times 7:15pm Kubo and the Two Strings 9:00pm Keeping up with the Joneses 10:50pm Ibiza Undead <i>All hell breaks loose when a shady Ibiza club owner decides to spice up his shows by smuggling in undead performers.</i> 12:35am Kill Me Three Times 2:10am Level Up 3:40am The Joshua Tree</p> | <p>sky sports football</p> <p>10:00am La Liga Highlights: Barcelona 10:15am La Liga Highlights: Real Madrid 10:30am SPFL Greatest Games 10:45am La Liga Greatest Games 11:00am Football 1:00pm Major League Soccer 3:00pm Football 5:00pm La Liga Highlights: Barcelona 5:15pm La Liga Highlights: Real Madrid 5:30pm SPFL Greatest Games 5:45pm La Liga Greatest Games 6:00pm Football Years 6:30pm Football Countdowns 7:00pm La Liga Highlights: Barcelona 7:15pm La Liga Highlights: Real Madrid 7:30pm Soccer A.M. 8:00pm La Liga Greatest Games 8:10pm Football 10:10pm Football 12:10am SPFL Round Up 2017/18</p> |

Advertorial

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 the property.

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

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 world-

wide 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.*

• **Lifestyle**

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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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.

After you've received a quote for

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.

They are committed to offering affordable prices, so contact the team now or visit www.edwardseuropeanmoving.com for an online quote.

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BBC one

7:00am Breakfast
10:15am Wanted Down Under
11:00am Homes Under the Hammer
12:00pm Heir Hunters
12:45pm Close Calls: On Camera
1:15pm Bargain Hunt
2:00pm BBC News
2:30pm Regional News
2:45pm Red Rock
3:30pm Impossible
4:15pm Escape to the Continent
5:15pm Flog It!
6:15pm Pointless
7:00pm BBC News
7:30pm Regional News
8:00pm The One Show
8:30pm EastEnders
9:00pm Holby City
10:00pm Trust Me
11:00pm BBC News
The latest national and international news stories, followed by Weather.
11:30pm Regional News
11:40pm Weather
11:45pm New Tricks
12:45am Land of the Giants

BBC TWO

7:00am The World's Most Photographed
7:30am Heir Hunters
8:15am Bargain Hunt
9:00am The Farmers' Country Showdown
9:30am Great British Menu
10:00am Victoria Derbyshire
12:00pm BBC Newsroom Live
2:00pm Super League Show
2:45pm The Odd Life of Timothy Green
4:25pm Coast Australia
5:15pm Planet Earth
6:15pm Put Your Money Where Your Mouth Is
7:00pm Eggheads
7:30pm Royal Recipes
8:00pm Celebrity Antiques Road Trip
9:00pm The Big Family Cooking Showdown
10:00pm India's Partition: The Forgotten Story
11:00pm Quacks
11:30pm Newsnight
12:10am Weather
12:15am The Mash Report
12:45am Dangerous Borders
1:45am My Family, Partition and Me: India 1947

BBC FOUR

8:00pm World News Today
8:30pm World War I at Home
Richie Woodhall reveals a tale of conflict and conscience as he investigates the untold story of Laurence and Egbert Cadbury's involvement in the First World War.
9:00pm Thailand: Earth's Tropical Paradise
Documentary series exploring the tropical paradise of Thailand.
10:00pm Utopia: In Search of the Dream
11:00pm Inspector Montalbano
12:55am The Brain with David Eagleman
1:55am Thailand: Earth's Tropical Paradise
2:55am A History of Art in Three Colours
3:55am Utopia: In Search of the Dream

CHANNEL 4

7:00am Countdown
7:45am Will and Grace
8:10am Will and Grace
8:35am Everybody Loves Raymond
9:00am Everybody Loves Raymond
9:30am Frasier
10:00am Frasier
10:30am Frasier
11:00am The Big Bang Theory
11:30am The Big Bang Theory
12:00pm The Simpsons
12:30pm The Simpsons
1:00pm Channel 4 News
1:05pm Couples Come Dine with Me
2:05pm Posh Pawn
3:10pm Countdown
4:00pm Cheap Cheap Cheap
5:00pm A Place in the Sun: Winter Sun
6:00pm Come Dine with Me
6:30pm Streetmate
7:00pm The Simpsons
7:30pm Hollyoaks
8:00pm Channel 4 News
9:00pm Food Unwrapped
10:00pm The State
11:00pm My Son the Jihad
12:05am Delhi Cops

CHANNEL 5

7:00am Milkshake!
Programming aimed at children aged two to seven years old.
10:15am The Wright Stuff
12:15pm The Yorkshire Vet
1:10pm 5 News
1:15pm Celebrity Big Brother
2:10pm Access
2:15pm Home and Away
2:45pm Neighbours
3:15pm NCIS
4:15pm Rosamunde Pilcher: The Other Wife
6:00pm 5 News
6:30pm Neighbours
7:00pm Home and Away
7:30pm 5 News
8:00pm FIA World Rally Championship Highlights
9:00pm The Dog Rescuers with Alan Davies
10:00pm Celebrity Big Brother
11:00pm My Extreme Ocd Life
12:05am Celebrity Big Brother's Bit on the Side
1:05am Celebrity Big Brother
2:00am Super Casino
4:10am Gotham

4

10:00am Black-Ish
10:30am Black-Ish
11:00am Baby Daddy
11:30am Baby Daddy
12:00pm How I Met Your Mother
12:30pm How I Met Your Mother
1:00pm The Goldbergs
1:30pm The Goldbergs
2:00pm The Big Bang Theory
2:30pm The Big Bang Theory
3:00pm Melissa and Joey
3:30pm Melissa and Joey
4:00pm Baby Daddy
4:30pm Baby Daddy
5:00pm Black-Ish
5:30pm Black-Ish
6:00pm The Goldbergs
6:30pm The Goldbergs
7:00pm The Big Bang Theory
7:30pm The Big Bang Theory
8:00pm Hollyoaks
8:30pm Coach Trip
9:00pm The Big Bang Theory
9:30pm The Big Bang Theory
10:00pm Tattoo Fixers on Holiday
11:00pm 8 Out of 10 Cats
11:55pm The Big Bang Theory
12:25am The Big Bang Theory

sky sports main event

7:00am Good Morning Sports Fans
7:30am Good Morning Sports Fans
8:00am Good Morning Sports Fans
8:30am Good Morning Sports Fans
9:00am Good Morning Sports Fans
9:30am Good Morning Sports Fans
10:00am Good Morning Sports Fans
11:00am Premier League Daily
12:00pm Transfer Centre
12:30pm Sportswomen
1:00pm Sky Sports Today
2:00pm Sky Sports Today
3:00pm Sky Sports Today
4:00pm Transfer Centre
4:30pm Sky Sports Today
5:00pm Sky Sports Today
6:00pm Sky Sports News
7:00pm Sky Sports News
8:00pm Transfer Centre
8:30pm Live EFL Cup Round
11:00pm Boxing
12:00am Through the Night
1:00am Through the Night
2:00am Live WWE Late Night Smackdown

itv

7:00am Good Morning Britain
9:30am Good Morning Britain
10:25am The Jeremy Kyle Show
11:30am This Morning
1:30pm Loose Women
2:30pm ITV Lunchtime News
3:00pm Judge Rinder
4:00pm Tenable
5:00pm Tipping Point
6:00pm Cash Trapped
7:00pm Local News and Weather
7:30pm ITV Evening News
8:00pm Emmerdale
8:30pm Britain as Seen on ITV
9:00pm Midsomer Murders
11:00pm ITV News
11:40pm Martin Clunes
Islands of Australia
12:40am Play to the Whistle
1:20am Jackpot247
4:50am Nightscreen

itv2

10:00am Coronation Street
10:35am You've Been Framed!
11:00am The Great Indoors
11:30am The Great Indoors
12:00pm Fame High
12:15pm Third Wheel
12:25pm Below Deck
1:20pm Emmerdale
1:55pm Coronation Street
2:30pm Coronation Street
3:00pm The Ellen DeGeneres Show
3:50pm The Jeremy Kyle Show
4:55pm The Jeremy Kyle Show
6:00pm Judge Rinder
7:00pm You've Been Framed!
7:30pm You've Been Framed!
8:00pm You've Been Framed!
8:30pm You've Been Framed!
9:00pm Two and a Half Men
9:30pm Two and a Half Men
10:00pm The Keith and Paddy Picture Show
10:30pm Family Guy
11:00pm Family Guy
11:30pm Family Guy
11:55pm Family Guy
12:25am American Dad!

itv3

7:00am Judge Judy
7:20am Judge Judy
7:40am The Royal
8:40am Heartbeat
9:40am Where the Heart is
10:45am Judge Judy
11:10am Judge Judy
11:35am Judge Judy
12:00pm Rising Damp
12:35pm You're Only Young Twice
1:05pm The Darling Buds of May
2:10pm Heartbeat
3:10pm The Royal
4:10pm The Darling Buds of May
5:20pm You're Only Young Twice
5:55pm On the Buses
6:25pm Rising Damp
6:55pm Heartbeat
8:00pm Murder, She Wrote
9:00pm Britain's Busiest Airport - Heathrow
10:00pm Paul O'Grady's Animal Orphans
11:00pm Law and Order: UK
12:00am Cold Blood

itv4

7:00am The Chase
8:00am The Chase
9:00am Storage Wars Texas
9:30am Storage Wars Texas
9:55am Ironside
10:55am Quincy, M.E.
12:00pm Minder
1:00pm The Professionals
2:00pm Cycling
3:00pm Ironside
4:05pm Quincy, M.E.
5:05pm Pawn Stars
5:30pm Women's Rugby World Cup Live Semi Final 1.
8:30pm Women's Rugby World Cup Live Semi Final 2.
11:00pm Cycling Coverage of a cycling event.
12:00am Rambo III
Explosive adventure sequel in which reluctant one-man army Rambo goes into action against brutal Soviet invaders in Afghanistan.

sky CINEMA ACTION & ADVENTURE

9:00am Ghost Rider
11:00am 13 Hours: The Secret Soldiers of Benghazi
1:30pm I Am Legend
3:20pm Charlie's Angels
5:10pm Charlie's Angels: Full Throttle
7:00pm Ghost Rider
9:00pm I Am Legend
10:50pm Mean Machine
12:40am The Rock

sky CINEMA COMEDY

7:00am Ghostbusters: Special
7:30am Three Amigos!
9:20am Hot Shots!
10:55am War for the Planet of the Apes: Special
11:25am Welcome to Me
1:00pm Sisters
3:05pm Bridesmaids
5:20pm Keanu
7:10pm Ghostbusters
9:00pm Bridesmaids
11:10pm Keanu
1:00am Adult Beginners

sky CINEMA PREMIERE

7:00am Level Up
8:30am Kill Me Three Times
10:10am Kubo and the Two Strings
12:00pm Keeping up with the Joneses
1:55pm The Confirmation
3:45pm Ibiza Undead
All hell breaks loose when a shady Ibiza club owner decides to spice up his shows by smuggling in undead performers.
5:30pm Kubo and the Two Strings
7:20pm Kill Me Three Times
9:00pm Keeping up with the Joneses
10:50pm The Confirmation
When his tools are stolen, a divorced, down-on-his-luck handyman and his young son attempt to track down the culprits.
12:35am Ibiza Undead
2:30am Level Up

sky sports football

10:00am SPFL Round Up 2017/18
10:15am SPFL Greatest Games
10:45am La Liga Greatest Games
11:00am Football
1:00pm Football
2:50pm Football
4:50pm La Liga Greatest Games
5:00pm EFL Greatest Games
5:15pm EFL Greatest Games
5:30pm SPFL Greatest Games
5:45pm La Liga Greatest Games
6:00pm Football Years
6:30pm Football Countdowns
7:00pm Soccer A.M.
7:30pm SPFL Round Up 2017/18
7:45pm SPFL Greatest Games
8:00pm MLS Round Up Show
8:30pm Live Carabao Cup Round
11:00pm Revista de la Liga
11:30pm La Liga World
12:00am EFL Greatest Games

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Sunday opening with a smile

SO some businesses in Malaga Port choose not to open on Sundays (*Edition 1673*).

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 view.

*N Bryant,
Torremolinos*

Safety first

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 beach.

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 one-

hour pedalo hire on Levante beach and on Poniente an amazing €25, even worse than the €17 of a few years ago!

B Veiby

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 e-mails and telephone calls are met with the same response.

I asked for a Movistar 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 them on our behalf.

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

*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 years 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, CJD, (Mad Cow Disease)!"

Offered blood donations in Germany, France and Israel have been rejected for the same reason.

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 bath.

So much fun to watch!

*Norma Grant
Competa*

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 all-electric 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.

Sam Bo

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.

PM

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 Taylor

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 apparently 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.

Mark Craig

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 Coy

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

Nora Johnson
Breaking Views

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

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 super-rich, 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 odd-shaped marble?), a mouse (hang on! A computer mouse) - and once being confronted by an over-excitabile 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 sure-fire 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.nora-johnson.net) available from Amazon in paperback/eBook (£0.99; £0.99) and iBook-store.

THURSDAY THOUGHTS

By Graham Braben, 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

Scrap your vehicle safely and legally with Artman, the expert

WANT to get rid of your vehicle easily and legally? Then call Artman SL, the scrap experts. Working across the Costa Blanca, owner Arthur Manukyan has been working in the field for over a decade, successfully helping people who no longer want or need their vehicle but need it to be correctly and legally disposed of.

In Spain if your car is not properly scrapped you are still responsible for it, so it is essential to go through the correct process. It is all too common an occurrence where people report they thought their car had been scrapped, only to find it was still being driven.

If this vehicle is involved in criminal activities or a crash, they are then the ones the authorities will come looking for as the legal owner of the vehicle, but worry no



ARTMAN SL: Arthur will scrap your car legally and easily.

more with Artman SL. They have helped thousands of vehicle owners to legally scrap their cars.

This service includes carrying out the necessary paperwork to in-

form the authorities the vehicle has been scrapped and will no longer be on the road. They make sure the all important 'baja' is issued to you. Without the car being official-

ly scrapped you will still be registered as the owner and will be in receipt of and liable to pay the annual Suma bills.

Artman SL has its own vehicle

so they will even come to you and collect your car in an area from Gandia in the north down to Torrevieja in the south, offering more ease and convenience to clients. So if the car is no longer roadworthy, you can have it taken off your hands quickly and easily.

He will agree a price with you, pay cash and come and collect it free of charge.

Some parts can be removed and Artman SL often export parts all over Europe for those looking for specific parts for vehicles at lower costs.

So for a hassle free process, choose a company that is based on its good reputation.

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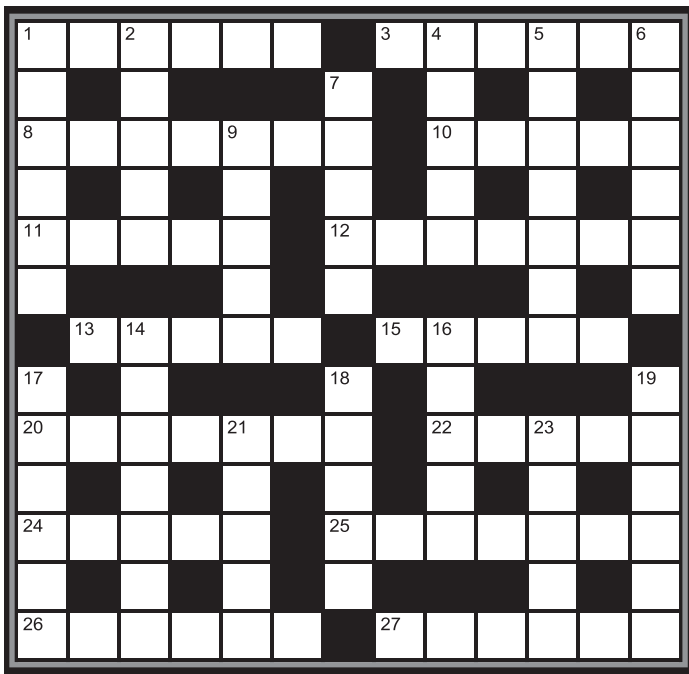
Cryptic

Across

- 1 Oriental brass made into weapons (6)
- 3 In the midst of conflict he besieged an ancient Greek city (6)
- 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

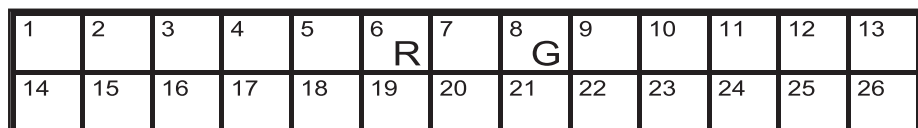
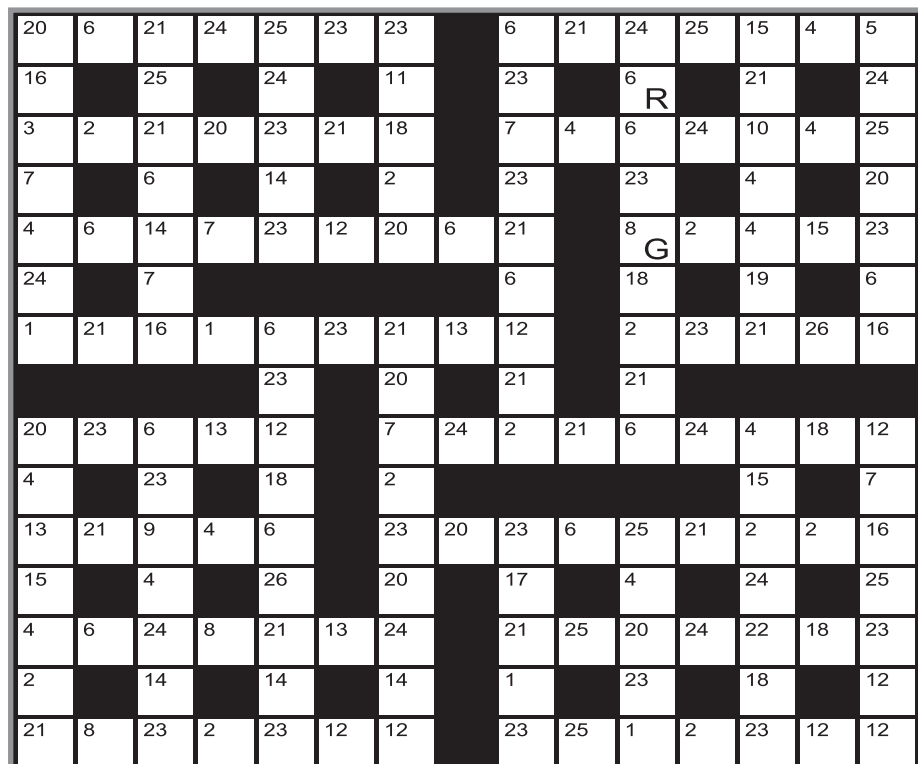
- 1 Twenty nearly get church to burn (6)
- 2 Small bird I lost in move (5)
- 4 Serf requiring helium – a great deal (5)
- 5 'I'm bored silly' is a platitude (7)
- 6 Nun is back to sort out the rest (6)
- 7 Diplomacy cleverly concealed revolution (5)



- 9 Regret having gym in Indian capital (5)
- 14 Tombstone inscription in English mine, by A P Herbert, originally (7)
- 16 Take a chance first off, it's a stroll (5)
- 17 Rabies treatment for this country (6)
- 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)

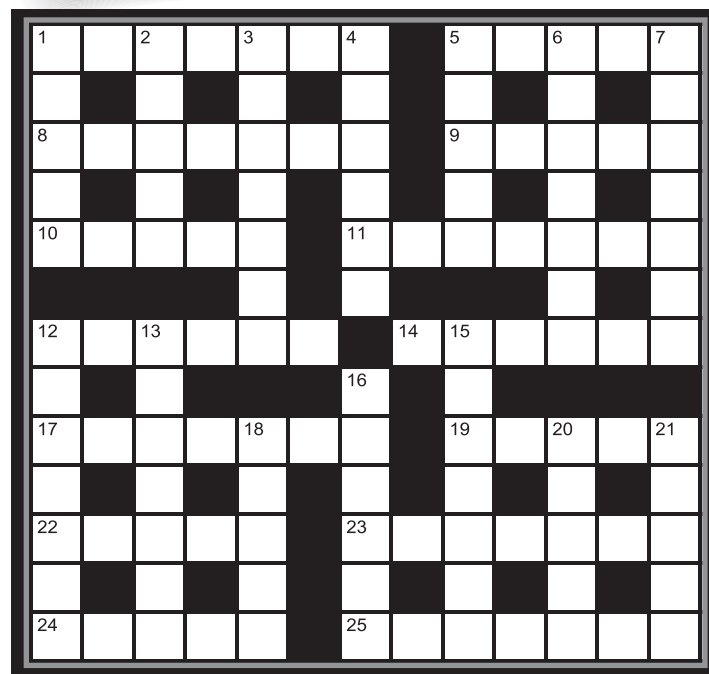
Code Breaker

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 letters, fill in other squares with the same number in the main grid and the control grid.



LAST WEEK'S SOLUTION FACING PAGE

Quick



Across

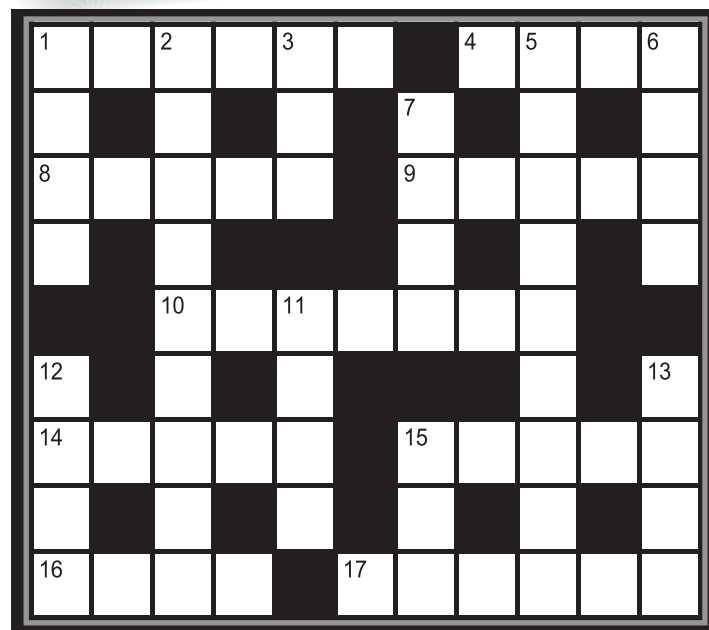
- 1 Disperse (7)
- 5 Goods carried by a large vehicle (5)
- 8 Earnest or urgent requests (7)
- 9 Goddess of love (5)
- 10 Recently made, produced or harvested (5)
- 11 Person engaged in military service (7)
- 12 Be able to spare or give up (6)
- 14 Consisting of one only or one part (6)
- 17 Opposed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



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)

- 16 Empujar (4)
- 17 Torcedura (6)

Down

- 1 Garra (de animal) (4)
- 2 Hombros (9)
- 3/15 Huevera (3,3)
- 5 Spring (season) (9)

- 6 Izquierdo (4)
- 7 Island (4)
- 11 Abbot (4)
- 12 Húmedo (clima) (4)
- 13 Advertir (4)
- 15 See 3

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MADDOCKS' VIEW ON LIFE



' 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 same block more than once.



Nonagram

How many English words of four letters or more can you make from the nine letters in our Nonagram puzzle? Each letter may be used only once (unless the letter appears twice). Each word **MUST CONTAIN THE CENTRE LETTER** (in this case **T**) and there must be **AT LEAST ONE NINE LETTER WORD**. Plurals, vulgarities or proper nouns are not allowed.



TARGET:

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

LAST WEEK'S SOLUTION

cart cert cite fact fate feat feet feta fete fiat frat fret frit raft rata rate ref
 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 |

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

LOTTERY

UK NATIONAL LOTTERY
 Saturday August 19

10 27 49 **BONUS BALL**
 52 55 56 17

IRISH LOTTO
 Saturday August 19

1 19 22 **BONUS BALL**
 26 44 45 35

EURO MILLIONS
 Tuesday August 8

15 25 26 **BONUS BALL**
 40 41 4 5

Friday August 11

18 28 39 **BONUS BALL**
 46 48 5 12

LA PRIMITIVA
 Saturday August 12

9 17 19 **BONUS BALL**
 25 29 46 7 40

EL GORDO DE LA PRIMITIVA
 Sunday August 13

9 19 33 **BONUS BALL**
 37 40 0

YOUR STARS FOR NEXT 7 DAYS

AQUARIUS (January 21 - February 19)
 Energy is low but your spirit seems 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.

LEO (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.

PISCES (February 20 - March 20)
 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 yourself or others will, too.

ARIES (March 21 - April 20)
 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.

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 writing, 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 week. 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 open-minded.

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 corner.

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 made. Your need to be settled makes you impatient.

LAST WEEK'S SOLUTIONS

CRYPTIC

- Across:**
- 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.
- Down:**
- 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

- Across:**
- 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.
- Down:**
- 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

- Across:**
- 1 Vida, 3 Carril, 8 Receive, 9 Sin, 10 Jewellery, 12 Nib, 13 Rodilla, 15 Trenes, 16 Codo.
- Down:**
- 1 Ver, 2 Diciembre, 4 Apellido, 5 Rastrillo, 6 Lana, 7 Pine tree, 11 Knot, 14 Año.

CODE BREAKER

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| 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 |

KAKURO

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Advertising feature

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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 child gets their daily intake.

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 control-group 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. This could also be a blessing to parents who painstakingly cut, dice and slice fruit and vegetables thinking it will make it easier for their child to eat.

The researchers believe this simple change in the way food is served could also be applied in reverse to unhealthy foods. So for example, cutting up a chocolate bar into smaller squares can lead to less being consumed.

Less than 10 per cent of Australian children are believed to be eating their recommended daily intake of fruit and vegetables.



FRESH VEG: Children preferred eating the whole carrot.

Ask the optician - contact lenses

Louise Stone, Store Director, Specsavers Opticas Javea

LAST month there was a story in the press about a lady who had 27 contact lenses removed from her eye by surgeons. This is a very unusual case, but has brought up some concerns about contact lenses, so here are our answers to some common questions to put your mind at rest.

■ Q: I have relied on glasses for years and want to try contact lenses, what do you recommend?

A: I would recommend soft contact lenses, as they are very pliable therefore easy to get used to and comfortable to wear. They cannot be dislodged easily from the eye and they give excellent all round vision.

■ Q: What different types are available?

A: There are a number of options to choose from;

- Daily disposable lenses, which you throw away every day and replace with a new pair.
- Monthly disposable lenses which last a month but need to be cleaned and stored in solution overnight.

• All day-all night lenses, which you can sleep in during the night.

■ Q: How should I care for contact lenses to avoid infections?

A: Contact lenses bring great benefits and are easy to use. Following simple hygiene and care guidelines will keep your eyes healthy and mean that your vision remains clear and the lenses stay comfortable.

Your optician will explain how to look after your contacts when you first get them, but here are some simple rules to follow:

- Always wash, rinse and dry your hands thoroughly before removing your contact lenses
- Only use them for the recommended time

• Never rinse your contact lenses in tap water - you risk getting a severe eye infection

• Don't transfer contact lens solution into smaller travel size bottles, as it may no longer be sterile

• Never wet your contact lenses with saliva - it's not sterile and could cause an eye infection

• Never wear your contact lenses in the shower or when swimming (unless you use water-tight goggles).

At Specsavers Opticas, you can try before you buy, with one pair of monthly lenses or five pairs of daily disposable lenses free. For more information and to find your nearest store visit www.specsavers.es.

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Is Facebook making you paranoid?

YOUNG people are the most at risk of paranoid thoughts and this could be down to their increased use of social media.

This is the belief of a clinical psychology professor at King's College in London who believes social media can also lead to paranoid thoughts with feelings of being followed and that we are being tracked constantly leading to greater anxiety.

The NSPCC (National Society for the Prevention of Cruelty to Children) seems to agree and reported a rise in

self-harm among youngsters last December, also blaming social media.

An NSPCC report said that 18,778 children aged 11 to 18 in England and Wales were admitted to hospital for self-harm in 2015/16, an increase of 14 per cent compared to the previous year.

The charity also revealed they gave the equivalent of 50 counselling sessions a day to youngsters which were related to self-harm.

They said from the calls, it is clear that youngsters today



PARANOIA: Can increase to a worrying level.

feel pressure to have a perfect life and a certain image due to what they see and what is portrayed on social media.

Social media can also lead to paranoid thoughts with feelings of being followed and that we are being tracked constantly leading to greater anxiety.

Most people will experience some types of paranoia but it

can increase to a worrying level. Paranoia includes feelings that you are being discussed behind your back, that others are trying to exclude you or get to you ranging to more serious paranoid thoughts that you are at risk of being physically harmed or that people are trying to take your money or possessions.

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A STUDY has found that babies surrounded by two languages are able to make sense of them just by listening and can process languages from just 20 months of age.

Researchers at Princeton University in the USA found that their pupils dilate when they hear a different language proving they recognise the difference.

The study involved 24 French-English bilingual infants and 24 adults and involved showing them photographs of familiar objects as they heard sentences in either a single language or mix of the two.

They then measure the pupil dilation, which is an involuntary response, to show how hard the brain is working and the cognitive effort. This showed



CLEVER BABIES: Learning languages.

Brainy bilingual babies

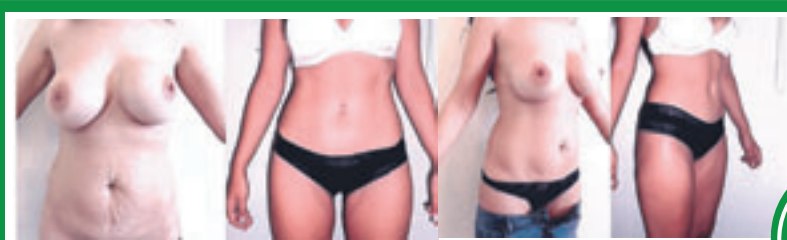
the pupils dilate the moment the languages switched showing the infants were processing the information and recognised the second language.

The study aims to reassure teachers and parents that growing up bilingual does not confuse children and that they aptly adapt to the two. Being bilingual can also boost brain power.

A 2015 study by the University of Kent found that those who had learnt a second language from the age of 10 had 'higher levels of structural integrity' in the brain in areas responsible for language learning and semantic processing.

The findings were similar to previous studies that found these improvements in people who learned a second language at a much earlier age.

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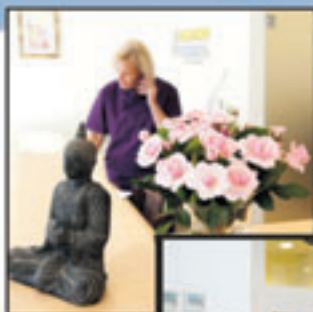
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SLEEP DEPRIVATION: Can disrupt the activity of appetite hormones.

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 link.

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 di-

abetes as those who slept in had higher levels of sugar and fat in the blood which are typical warning signs for diabetes.

A study earlier this year, also carried out at a University in Texas, analysed sleeping patterns and attention and found of the 28 students tested, when they had long lie-ins 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.

Ask The
Doctor

Brought to you by



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.

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

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 you 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 heart-beat, 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.



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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.

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Dehydration warnings as heatwave hits

WATER: Drink two litres per day.

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 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 to replace.

It is recommended to drink between one and a half to two litres of water a day, but this must be in-



creased 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 midday sun.

New radiation therapy is proving more effective

CANCER of the larynx is diagnosed in around 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 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 sufferers. 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. For those concerned, if a hoarseness like change in your voice lasts more than two weeks, contact your doctors. Other symptoms to look out for include a sore throat which does not go away; constant coughing; pain when swallowing; trouble breathing; ear pain and weight loss. Lumps or masses can also appear in the neck.


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TO READ MORE

Flamenco superstar comes to Benidorm

Miguel Poveda
in concert.



MIGUEL POVEDA is set to bring some smooth Spanish sounds to Benidorm Palace in what will be a very personal show.

The flamenco megastar has collaborated with an array of artists and has a total of 12 highly diverse albums under his belt, for which he has earned five Grammy nominations.

Miguel has won more than 30 awards for his music, most recently the medal of Andalucía. Other prestigious symbols of recognition include the 2007 National Music Prize, the 2011 National Culture Prize of Catalonia, the Jerez Flamenco Award Chair, the Solidarity

Medal for his concert at the Anxet Foundation Benefit. He even has a street named after him in La Union, Murcia.

“ He has performed at major national and international music festivals worldwide.

Ever the innovator, many of the artists he has worked with do not fit into the flamenco genre and as such he has been able to produce some truly unique music.

Often performing with Gómez

Chicuelo, the pair having toured across Europe, Japan and America and starred in some films.

Born in Barcelona in 1973, Miguel began singing in a variety of flamenco clubs in Catalonia at the age of 15.

He has performed at major national and international music festivals worldwide.

The upcoming concert will be split into two parts.

The first half will comprise of a repertoire of his most recent work including sonnets and poems about freedom whilst the second half will delve more into the traditional flamenco sound that he is best known for.

Tickets for the show on Sunday, August 20 are still available and prices range from €39 for basic to €59 for VIP.

Credit: Canal Sur flickr.

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Photo credit: Artalvent.com

TAKING IT TO THE STREETS: 2016's 13th Art al Vent celebrations.

Gata de Gorgos art fest

THE 14th Art al Vent is set to provide a cultural feast of art to Gata de Gorgos.

From now until Sunday, September 3 a varied cultural programme organised by the Council of Culture for Gata will be taking place.

Visitors are invited to traverse the streets during this art and craft festival and gaze upon the exhibits and shows on display throughout the day as well as the night.

The event officially opened with performances by a variety of dancers.

Friday will see Miguel Vives, Chronicler of Cats guide a more historical route through the streets.

Routes will depart from the town hall at 8pm and exhibits will be aimed at all audi-

ences.

Instrumental musical performances will feature on Wednesday, August 23, at 8pm in the Plaza de España.

Literature will also feature with the presentation of the book *Entre Dones*, including a collection of works from 10 current writers, in front of the town hall, Friday, August 25 at 8pm.

After last year's good reception, master of the School of Experimental Plastic, Josep Ginestar, will take a guided tour of the exhibition on Wednesday, August 30 at 8pm.

The event will feature an exciting closing ceremony on Sunday, September 3, followed by a performance from the Gata Youth Band in the Plaza de la Iglesia.



Photo credit: Callosa town hall

LOCAL TRADITIONS: A popular event at last year's fair.

Traditional features

CALLOSA is again organising the Els Colors de la Terra fair in Plaza del Llaurador on September 2 and 3.

This will be the second edition of the fair which features local agriculture and local firms using local produce and products.

As well as the fair itself there will be conducted tours of the town, photograph exhibitions, traditional Dwarfs and Giants and parades as well as a programme of traditional and present-day music.

“The objectives are to boost local commerce, revitalise Callosa’s public spaces and promote agricultural production together with local craftspeople and firms who use our home-grown products, given that agriculture is our principal economic sector,” said Commerce councillor Lumi Puigserver.

“The event showcases our agricultural products and traditions and at the same time it helps to recover the town’s historic memories,” she added.

Gymnasts pave way for future

NO less than four Spanish boys have won medals in gymnastics.

The team of young gymnasts returned from Promogym in Valladolid having achieved great success.

Toni Sart, was proclaimed top of his category in Spain whilst his comrades George Swaites, Sergio Aranda, Joan Rojas, Jaime Valverde and Rafa Lopez all won medals in their categories.

Mayor, Jose Chulvi, and councillor of Sports, Vicent Colomer, have congratulated the boys and a number of other city officials have wished



Young gymnasts celebrate their success.

them good luck and anticipate successful futures for them all.

Fun for all the family

FINESTRAT Town Hall has added family gymkhanas to the children’s games on the La Cala beach.

Children’s activities take place each Tuesday, Thursday and Saturday from 10am to 2pm and the new event will be held between 12 noon and 2pm on August 17 and 24 as well as 6pm-8pm this Saturday, August 19.

The gymkhanas for all the family will be assisted by monitors and with lifesavers at hand.

“Our principal object is ensuring that both residents and visitors get maximum enjoyment from our beaches,” said Finestrat mayor Juan Francisco Perez.

What's on!

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Photo credit: La Nucia town hall

HANDOVER: Outgoing Fiestas queen and Angela Company Devesa.

Still time for fiesta

ANGELA COMPANY DEVESA was crowned fiestas queen on the eve of La Nucia's summer celebrations.

At least 1,500 people filled the town's Plaza Mayor as outgoing queen Olga Fernandez Jumilla placed the crown on the head of the 47th fiestas queen.

La Nucia's principal fiestas are held each November in honour of the town's patron, San Rafael, but the fiestas coinciding with the Assumption and San Roque draw even bigger crowds, given that they are held at the height of the summer season.

The fiestas end tomorrow, Friday, but today, Thursday, there is still time to see the fancy dress procession along Avenida Marina Baixa and Avenida de la Carretera at 9pm, followed by a dance in the Plaza Mayor.

There will be Mariachis - and tequila - in the Plaza Mayor tomorrow, Friday at 7.30pm followed with music from Wonder with dancing from 11.30pm, again in the Plaza Mayor.

Last of all there will be Correfocs, a traditional fireworks pursuit through the town's streets with bangers, rockets and firecrackers that starts at 3am.

A very different ball game

THE national Pilota Valenciana team has been training at the Camilo Cano sports complex in La Nucia.

The team represents Spain in the Valencian ball game's World Cup held in Nariño (Colombia) from November 17 to 27 where they will defend the title won in Massamagrell in 2014.

Played with bound hands but no paddle or bat, Pilota was first recorded in the 14th century and is still played in the Valencia region's streets and Trinquet stadiums.

"La Nucia has become one of the national team's official training centres and after coming for 11 years we feel at home here," said Pasqual Sanchis, who played as Pigar II and is now the team manager.

"The installations are perfect both for Joc Internacional games and One Wall played on artificial turf," Sanchis added.

The team will be competing

in Colombia in the Llargues, Joc Internacional and One Wall categories as well as Chazas, the Colombian ver-

sion of the ball game. The national women's Pilota side will also be competing in the One Wall class.

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As 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 moved away.

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 Northenhay 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 connections.

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



Credit: Alamy

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 Philippa 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 Warrant.

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.

121 The number of days of the grouse shooting season.

£150 million. The amount of money generated annually by the practice.

2,500 The number of jobs created or associated with grouse shooting.

2 The number yours truly shot in 1982.

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Sales soar on coast



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

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 being 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 smaller provinces and regions, including Murcia and Cadiz are clocking up healthy sales volumes too.

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

Market grows stronger

HOUSE prices are now comparable to December 2013 on average across Spain as they continue their steady rise. Adjusted for inflation, the situation is equivalent to 2003, just before prices rocketed upwards.

The latest price data corresponds to July. Another consecutive monthly increase means prices have risen by 3.6 per cent in the first seven months of the year. Last year prices rose by just 1.6 per cent from January to July.

As is now typical the extent of the increases varied wildly across Spain. Major cities averaged an increase of 6.4 per cent, and the Mediterranean coast 3.3 per cent.

Compared to the boom years prices are still relatively low. In summer 2017 they are just 60 per cent of the peaks reached in 2007. On the Mediterranean coast the difference is even greater. Despite solid recent growth prices are about 45

per cent less than they were a decade ago.

Prices are expected to rise steadily until 2019/2020.

and have plenty of space to shoot up without being overvalued, as they were in the mid 2000s.

Wall Street backs Spain



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

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-on-year 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 safer Madrid and Barcelona commercial real estate and now investing in homes, student accommodation, hotels and shopping centres.

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 destination.



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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 species.

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

Persistent plants that self-seed 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 wonderful formal ornamental and kitchen gardens, are now being seen.

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

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

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 reason.

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 relationship.

The fruit trees being watered and giving shade helps the Purslane that,

in turn, provides ground cover for soil protection for the tree.

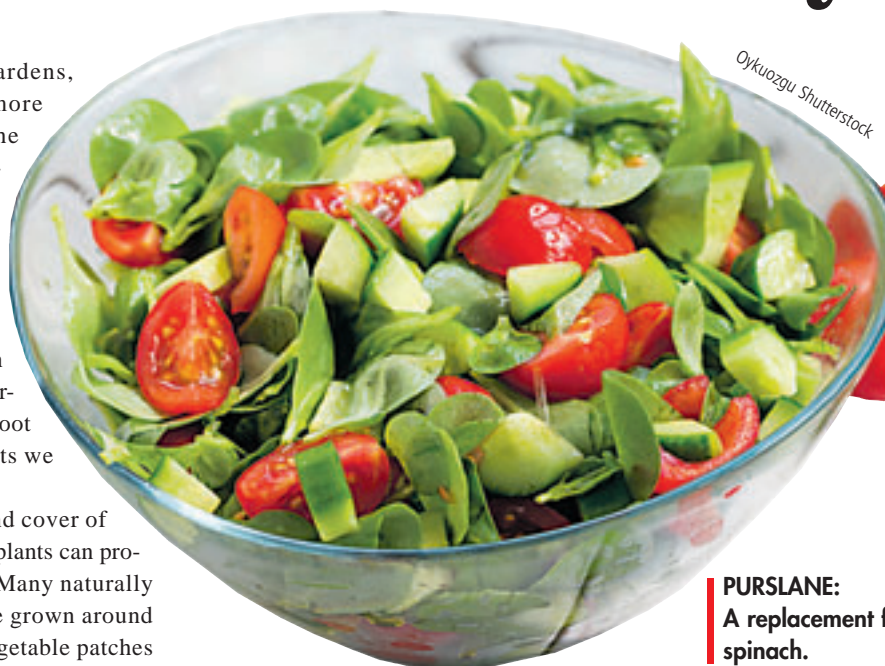
Gardeners get both better fruit and a great source of abundant highly nutritious salad and soup greens with virtually no extra work.

So with a more informal gardening style, and a little more research into plants that are normally just disregarded as weeds, it is found that many plants like Purslane provide an easy source of naturally occurring food.

To promote the Purslane under the trees, collect naturally occurring specimens from around fields and in gardens when the plants are seeding.

Instead of putting the plants in the compost, use them as a mulch around the trees.

Nature does the rest, resulting in an abundance of Purslane plants ready to harvest all summer long.



PURSLANE:
A replacement for spinach.



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Boasting a spicy, slightly bitter flavour, it is a perfect addition to pizzas, bread and vegetables as well as being a perfect 'must' for a first-time gardener.

Containing antioxidants and anti-inflammatory properties, it is also known to have cancer-fighting effects.

To relieve breathing with colds and flu, oregano essential oil may be used, as it encourages a person to sweat as a way of detoxing, and ingesting it may help to get rid of unwanted phlegm in the lungs.

Oregano has a unique flavour, and enhances the taste of meat when it is added before cooking.



OREGANO:
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Oregano is a marvellous herb, both for cooking and to be used therapeutically.

Its name means 'mountain joy,' which may explain why it is often found in the mountains.

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Oregano thrives in a warmer climate making it a perfect choice for Mediterranean dishes. Yet, as a hardy perennial, it can withstand harsh climates to produce strong, healthy leaves which will gradually lose flavour after three to four years.



DETER PESTS:
An economic repellent.

PG Tips

FOR those with gardens and houseplants, it may be useful to know that used teabags and coffee grounds can be used as an effective organic fertiliser, and, at the same time, repel pests.

Brew a tea with old teabags and use it to water plants.

To deter pests and fungal diseases, simply sprinkle on the leaves.

Coffee grounds can be sprinkled around plants or added to the watering can to give plants an extra boost.

Versatile vinegar

VINEGAR, apart from being used as a condiment, is one of the most versatile products in the home.

It is a powerful, yet economical, all-purpose cleaning product that can be used neat or mixed with water.

The fridge can be cleaned with a solution of half water and half vinegar.

Additionally, tough lime-scale and marks can be removed from baths, sinks and other accessories in the bathroom using neat vinegar.

For taps, soak a dishcloth in vinegar, wrap it around the

lime-scaled tap and leave overnight.

In the morning, rinse off and, if any lime-scale remains, repeat the process.

Stains in coffee cups don't need to cause a headache when they can be eliminated by scrubbing gently with equal parts of vinegar and salt (or baking soda). They will shine like new!

For a clean oven, combine baking soda and vinegar and scrub.

Windows will be left sparkling clean if a cloth is dipped in a mix of one part vinegar and 10 parts water.

If this were not enough, unblock drains with a mix of baking soda and vinegar, add boiling water and bung with the plug before adding more boiling water after 10 seconds.

For more information visit: <http://www.rd.com/home/cleaning-organizing/150-household-uses-for-vinegar/>.

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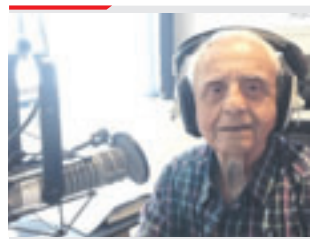


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FLEAS are ugly, nasty parasites that are one of the most difficult critters to get rid of. Which is why, prevention - all

Flea prevention

year long, is necessary.

Fleas are about ¼-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 climate, 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 vacuum bag if not destroyed.

For dogs and cats (they can share fleas) - 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 one time.

Make sure to follow all of the product's instructions exactly 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

MAX (on the right) is a very handsome grey and white cat about 5 years old, rather shy at first he would make a lovely companion when he gets to know you. Would be ideally suited to a home with no children where he could lead a peaceful life. If you are able to give Max a home then please call

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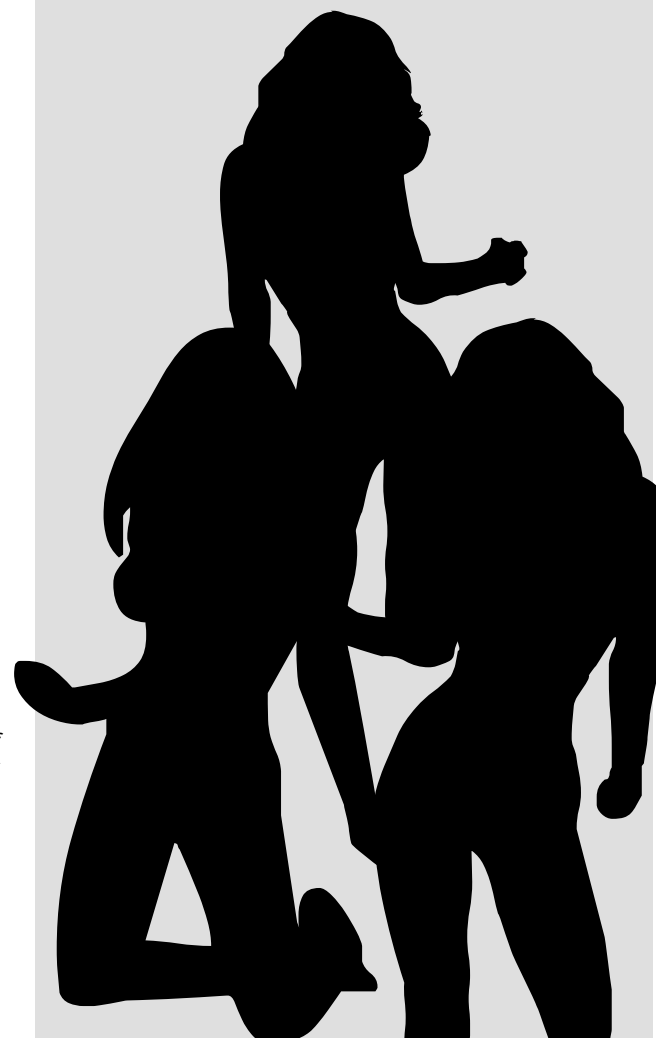
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Clarkson
Quote of the Week

Whoever designed the Ford Galaxy upholstery had a cauliflower fixation. I would rather have a vasectomy than buy a Ford Galaxy.”

Some might say...



Motoring shorts

Volvo vending

BUYING a new car may soon be as simple as grabbing a Snickers from a vending machine. After the world's first car-vending machine opened in Singapore, a Chinese mega-company has announced plans to follow suit.

E-commerce giant Alibaba will build enormous vending machines up to 10 floors high which will hold dozens of cars.

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 in Europe.

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 McCluskey, and presumably by the Oxford plant's almost 5,000 workers.

“Around the world and for

generations the Mini means made in Britain,” said McCluskey “with the electric Mini being built in Cowley the tradition continues, but with the added bonus that this is one of the important innovations of tomorrow.”

Almost all of the 360,000 Minis produced each year are built in the plant, which has enjoyed investment worth

€500 million from BMW since 2011.

As such BMW's decision to build the Mini E there is likely more due to investment and cost considerations than a ‘vote of confidence’ in Britain, as the government

was keen to suggest.

Fears that exiting the single market will see the import costs of manufacturing materials shoot up, and export tariffs imposed by Europe, will persist until the details of a

Brexit deal are made clear.

There are roughly 1.7 million cars built in the UK each year, with 80 per cent being exported to the continent.

BARGAIN: Save money and swap an old diesel for a new BMW.



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ROAD TEST by Nick Fletcher

Suzuki Swift

SUZUKI'S Swift hatchback has been a strong global seller for some years though has been overlooked in some European markets, perhaps due to its rather unassuming looks. With its agile performance, outstanding handling, reliability and ultra-keen pricing, all the Swift lacked was some visual charisma to boost sales, and the new version certainly addresses this issue in impressive manner!

The new Swift is an eye-catcher with its cutaway headlights, enlarged front grille and sporty-looking body styling. It is also 10 per cent lighter, 19 per cent more powerful and 8 per cent more economical than the outgoing version.

Available only as a five-door - but cleverly designed with hidden rear door handles to look like a sporty coupe - the new Swift is priced from €12,144 (£10,999).

It comes with a choice of 1.0 litre three-cylinder Boosterjet turbo petrol engine or 1.2 litre four-cylinder Dualjet engine and standard kit on all models includes DAB radio, Bluetooth. LED running lights and privacy glass. Up the range, features such as alloy wheels, smartphone links, auto air-con, auto transmission and even all-wheel-drive are added.

My test model was a top-trim SZ5 with a 1.0 litre 110 hp Boosterjet engine and five-speed manual gearbox, priced at €16,093 (£14,499). Top speed is 190 kph (118 mph), the 0-100 kph time a nippy 10 seconds. Fuel economy is 20 kpl (56.5 mpg).



CHARISMATIC:
Suzuki Swift hatchback.

Stats panel

Model: Suzuki Swift SHVS
Engine: 1.0 litre turbo-petrol
Transmission: 5-speed manual
Performance: 0-100 kph
10 seconds, top speed 190 kph (118 mph)
Economy: 20 kpl (56.5 mpg)
Emissions: 97 g/km

SZ5 kit includes sat-nav, adaptive cruise control, lane departure warning, rear parking camera, alloy wheels, keyless entry and push-button start. This model also featured Suzuki's SVHS 'mild hybrid' system which gives just 97 g/km emissions. The system utilises a belt-driven combined generator and starter motor which assists acceleration and stores energy.

I found it a smooth seamless system and passengers were totally unaware of it!

The new Swift has a more spacious interior thanks to slightly lowered seats boosting headroom and a longer wheel-base creating improved rear passenger space.

Seating is comfortable and supportive, there is a good driving position and the dashboard is well designed for easy use. Cabin materials are decent quality and look hard-wearing. Boot space is 265 litres (up 54 litres on the previous model) and expandable to 579 litres by dropping the rear seats. But there is a very deep boot-lip.

The Swift is brilliant to drive, nimble, effortless, rather mini-esque in its assured grip and handling and with a comfortable supple ride.

Its lower, wider road stance and styling revisions help provide much-needed youthful appeal and its kit levels and ultra-competitive pricing should quickly widen the market for this charismatic hatchback.

Model tested is UK-specification and equipment levels and prices may vary in other markets.

Highway to hell

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

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 cities.

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,



DEADLY: Innovative plans to combat pollution needed.

England, and the results, together with those from the Dutch study, will determine whether full-scale tunnels are built.

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 project. Spokesman Nick Lyes said that if a substantial portion of the pollution is merely deflected from the tunnel surface, it may seriously threaten the health of drivers and passengers.

"The solution should be about reducing levels of pollution by accelerating the transition to ultra-low and zero emission vehicles and encouraging better traffic flow through variable speed limits," he argued.

Pego Golf Society report



MEMBERS: The scoring left a lot to be desired.

ON an extremely humid morning, a very depleted Pego Society took to the fairways.

The scoring left a lot to be desired by many and the weather was the outright winner.

There was one matchplay between Simon Pox and Colin Foster with Colin winning four and three.

Nearest the pin on hole 5 was Graham Haslam with 7.9 metres and hole 16 was John Evans with 5.5 metres.

The winners today:

Division 1:

First: Brendan Young with 31 points off 16.6 handicap.

Second: Dave O'Connor with 31 points of 14.2 handicap.

Third: Ian Robertson with 39 points off 12.9 handicap.

Fourth: Shaun O'Gorman with 29 points off 5.5 handicap.

Division 2:

First: Graham Haslam with 38 points off 26.3 handicap.

Second: Stella Fox with 31 points off 18.5 handicap.

Third: John Evans with 31 points off 19.4 handicap.

Fourth: Keith Price with 30 points off 20.8 handicap.

For further information or to join for a game please contact website: www.pegogolfsociety.com.

TMGS update

THE weather forecast didn't look good for their monthly visit to La Marquesa to celebrate their fifth anniversary.

Although the clouds were a little on the dark side, it was never in doubt that it wouldn't rain. Nothing could have dampened the spirit or atmosphere of the members today, everyone wanted to play their best, hoping that their name would appear on the anniversary trophy.

A number of members managed to break par with only handicap separating the first three places in the gold category, the outright winner was never in any doubt when John Hillier declared his 40pts. Well done.

For those that had tried so hard, there were other prizes on offer that had been kept secret by the committee.

After all of the main prize winning cards had been withdrawn, prizes were awarded to the best back 9, best front 9, best par 3's and best par 4's in all categories and overall some 20 prizes were won.

The winners were; Merethe Mhyrvold, Jim Davidson, Olga Haubner, Robbie Rea, Helge Rong, Derek Sullivan, John Hettrick, Lee Williamson, Phil Boyling, Brian McMenamin, Carsten Landaas, Chris Gray, Kenny Winton and Kjell Aasebo.

The full competition results; NTP's hole 5 S Williams, hole 11 R Nilsen, hole 15 M

Kennedy, hole 17 J Hillier.

Their two's pot was shared between M Kennedy and C Landaas, taking €15 each.

Bronze category results: Third C Bellman 30pts, second A Goslan 34pts, first J. Hillier 40pts.

Silver category: Third R Nilsen 32pts, second A Rickers 32pts, first M Kennedy 32pts, decided on lower handicap.

Gold category: Third T Norris 37pts, second J Eyre 37pts, first R Malmgren 37pts, again

decided by lower handicap.

Podium places for the anniversary trophy were third J Eyre, second R Malmgren and the winner J Hillier.

All members were invited to enjoy lunch in the excellent clubhouse restaurant afterwards.

Meals and prizes were sponsored by the society.

For further information about the society, please visit www.tmgs.org or follow them @TMGSGOLF or visit their Facebook page TMGSGOLF.



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