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ISSUE No. 1676 || 17 - 23 August 2017 **COSTA BLANCA SOUTH » YOUR PAPER, YOUR VOICE, YOUR OPINION** WWW.EUROWEEKLYNEWS.COM

**dfs**  
San Javier

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## Beware!

Thieves in Murcia are using a very sophisticated method to enable them to break in to properties when there is nobody at home.

National Police officers have been alerted to an increasing number of homes that have had miniscule tabs of plastic placed across door and gate openings close to the frames and the hinges.

The modus operandi of the potential robbers is to go around the neighbourhood sticking these plastic strips on as many residential properties as they can. They then return to the same houses a few days later to see if the strips are still in place.

If they are, then there's a good chance that the home is unoccupied as the door hasn't been opened. If it had been, then the transparent piece of



**CLEVER:** Transparent strips found outside homes.

plastic would fall to the floor and the homeowner would've been none the wiser.

It was only due to a number of residents in one area of Murcia who noticed these tabs outside their doors at the same time that the police



were contacted.

National Police - not just in Murcia - have warned people about this inventive method of monitoring empty properties and advising residents to check their and their neighbours doors and gates on a regular basis, especially during the holiday periods.

## Helping homeless

PEOPLE experiencing homelessness or varying degrees of vulnerability in the Murcia region are to benefit from a significant investment.

The welfare fund in association with La Caixa bank has awarded grants worth €94,870 toward three temporary housing projects aimed at people who have suffered a downturn in their fortunes as well as others in need.

The projects to receive funds are the RAIS Foundation, HOREB and the Asociación Columbares.

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**NEWS EXTRA**

**Pest control**

WITH the current hot weather, it has been noted that certain parts of Alicante City have seen an increase in various pests. The council has allocated funds to ensure that these pests are removed.

**Light up**

**THANKS to energy efficiency policies which have reduced Alicante's energy spending, funds are now available to switch on street lamps in the north of the city. For the past four years there have been selective street black outs.**

**New name**

*DOOR 2-22 at the Cartagonova Stadium is to be renamed the Miki Roque door after the footballer who helped the Cartagena team to promotion in the 2008/2009 season. The former Liverpool player died in 2012.*

**World Cup**

IN a fight against racism and to raise funds for charity the Torrevieja Council will be hosting its first World Cup tournament. Eight teams will be invited to take part in a stance against racist behaviour.

# 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 South, the peak tourist season in August has seen demands soar and water levels have declined in the Pedrera Reservoir 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.

If the fight against global warming is not won and current trends are reversed then



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

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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 surrounds changed drastically.

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**Peril in the sea**

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 Laboratory at Alicante University attribute the increasing number of fish attacks to the Mediterranean's rising temperatures which now range between 29C and 30C.

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.

Saddled bream are more often found off Tabarca Island.

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Terra Natura zoo/waterpark every Thurs 28€ ad/25€ Ch&Sr		Cordoba 11-13 Sept, 2-4 & 25-27 Oct 3* B&B 165€	Jerez, Sevilla & Gibraltar 2-6 Oct 3* Hotel B&B. Inc visit to Equestrian School & Tio Pepe Bodega. 259€	
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# Breaking limits

YOUNG drivers in the centre of Murcia have been seen driving at speeds between 150 and 200kph after posting videos of their exploits on YouTube. They have built up a following of many thousands. Images captured via dashboard cameras have showed the young tearaways and the reactions of their passengers driving at four-times the speed limit through the Atalayas tunnel and around the nearby Ronda de Levante.

## Clearer signs

CARTAGENA'S department for tourism has announced a budget of €12,800 towards replacing a number of tourist signposts in the city. Around 20 are due to be renewed that will feature more information and directions than they previously contained. Additional signs will be placed in Calle Campos, and in other locations where they were originally found such as at the archaeological museum and the amphitheatre.

## Warning flags

A LARGE number of both yellow and red warning flags were raised on three beaches controlled by the municipalities of Aguilas and Lorca whereas those on Los Alcázares managed to keep the safer green warnings flying.

In addition, a further 40 beaches in San Javier, San Pedro del Pinatar, Lorca, Aguilas, Mazarrón, Cartagena and La Unión flew yellow flags that urged caution in the water.

## Cyclist hurt

A TEENAGE cyclist was injured when travelling along the road linking Torre Pacheco and Los Alcázares. Emergency services were called where they discovered a 14-year-old boy who had suffered a fractured arm and what was described as a 'strong blow' to the head. He was transferred to the Los Arcos Hospital in San Javier. The driver of the car involved remained at the scene and comforted the boy.

## Double trouble

TWO cars were involved in a collision at a crossroads in Campoamor on the Orihuela Costa. Apparently, as one of the

# Old explosives found

GUARDIA CIVIL in Murcia were called to a house in the region after a series of explosives were found.

Specialist officers were required to neutralise five cartridges of explosives and 11 detonators that were discovered in the La Paca district of Lorca.

The incident began when police were called by the owner of a property who was doing some cleaning work in one of the rooms of the house that were not regularly used.

Guardia Civil officers quickly attended the scene and af-

ter verifying that they were explosives, called out members of the specialist GEDEX team to remove and take them away to an isolated area where a controlled explosion was carried out.

It was announced that the explosives found were some years old, in poor condition and were the type used in quarries. This type is extremely dangerous, so any tampering or mishandling could have led to serious consequences.

## 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.

Taking in wide ranging lo-



**THE PELOTON:** Over 200 riders are competing.

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

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 Conta-

dor bagged the Tour and Giro de 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.

cars came to a halt at a stop sign, a car following behind failed to and collided with the back of the first vehicle. The accident happened at the junction of Calle Ramón Gómez and Calle Garcilaso de la Vega. Two people were slightly injured.

## Sinking blame

THE Guardia Civil in Crevillente are investigating whether any negligence was involved that caused a bulldozer to sink into the basement of a building where 47

homes were being demolished. The driver of the digger was lucky to be brought out of the wreckage alive after his cab was crushed by his own vehicle and other debris as it sank down two levels.

## Indian feast

THE Dharma Foundation has organised a fundraising event on Tabarca to raise money to enable a school for 300 children to be built in the Indian city of Vrindavana, close to New Delhi. A fashion

show and accessories from India will be on display and modelled, and accompanied with the sounds and colours of Bollywood. Dinner will be served at the Restaurant Rincón de Ramos, Tabarca.

## Night waiting

PASSENGERS arriving at the Alicante-Elche Airport overnight still have to wait for a long time for taxis or buses to enable them to continue their journeys.

The airport authorities have made a request for a combination of a more frequent bus service after the last one leaves at midnight. The next one for Alicante is 5.40am; Elche, Torrevieja and Benidorm have no bus connection overnight at all.

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# 154

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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**



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

## 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*

## 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**

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## Lost in translation



**TAKE THE CHILD  
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 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.

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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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# Cannabis club 'spliffed' out

AN organisation established to carry out investigations on the dangers of drugs was, in fact, trafficking substances themselves.

Six men were arrested in the operation - three of them Directors - after Guardia Civil officers seized two kilos of marihuana, a line of cocaine, 25 grams of hashish and a quantity of smuggled tobacco as well as documentary evidence related to trafficking operations.

The supposed operation of this business was to carry out research on hemp and its scientific and therapeutic benefits, as well as the dangers of the illegal drugs market and the health consequences.

However, what was actually going on behind those closed door was a major marihuana sales operation supplying over



**HYPOCRITS:** Multi-way operations of drug trafficking exposed.

1,000 users and was financed by periodic payments paid by members of the 'club.' It's understood around €700 per day was being received.

The investigations originally began back in 2015 after receiving a tip-off about drug trafficking in and around Los Alcazares. Apparently, the

comings and goings of a large number of people visiting industrial premises on foot and by car alerted some of the neighbours' suspicions.

Those detained have been charged with drug trafficking with the three executives also charged with crimes against employment law.

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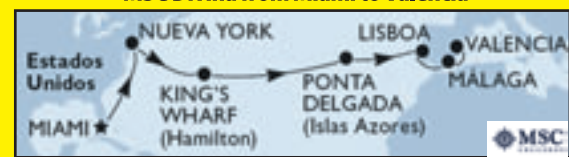
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## Sign of the flights

MURCIA-SAN JAVIER Airport has renewed all its horizontal signage.

The enormous area covering almost 500,000 square metres has enjoyed a complete revamping and upgrading of all the areas that affect the movement of aircraft on the ground.

According to AENA - the company that runs airport services in Spain - works undertaken consisted of replacing all the visual aids on the runway, the taxiways and the areas where the aircraft park up. They have given everything on the ground a fresh coat of paint and included some updated information as part of the signage to help pilots as they land and take off.

It's not just the aircraft that will benefit from this upgrade as much of the horizontal signage is also for the benefit, safety and efficiency of the other vehicles that regularly use all areas of the airport.

## 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 and 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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## 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-

minimum of disruption.

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

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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# Duty-free alcohol cabin ban

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."



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

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## Looked fishy

TORREVIEJA'S Guardia Civil have discovered a further series of crimes of fraud amounting to €82,000 perpetrated by the owner of a fish company.

The man, who is already in prison for other crimes since June 2016, convinced several people to invest large sums of money in an alleged company dedicated to the sale of fish and other seafood products. They were shown fake documents to convince them of existing contracts with a major distributor.

The investigation began in April last year when those in-

vesting money suspected the scam and alerted the Guardia Civil. As a result, they found an untold number of files full of false documents, delivery notes, invoices, and official stamps all relating to deals and operations that never existed.

As a result, the 41-year-old Spanish man from Andalucía, has been charged with two frauds totalling €82,000, three crimes of falsification of commercial documents (from companies located in Huelva, Cartagena and Santa Pola) and a crime of falsification of a credit note.

# Smoked out

OFFICERS from a specialist reinforcement group of police in Torrevieja have seized a significant amount of contraband tobacco products.

The GRO (El Grupo de Refuerzo Operativo de la Policia Local) have carried out two important operations in conjunction with Torrevieja's Guardia Civil that resulted in around 3,500 counterfeit tobacco brands being discovered with an estimated street value of €77,000.

GRO members have also carried out a series of vehi-



Photo by Ayuntamiento de Torrevieja

Some of the seized tobacco.

cle checkpoints at the main entrances and exits to the city, purely with the aim of

finding the fake products before they can get to the illegal sellers or prevent ongo-

ing transportation to other towns.

In further raids, pubs, clubs and 24-hour shops and supermarkets have seen a total of four kilos of loose tobacco and 150 packets of cigarettes confiscated from 10 separate establishments.

Two arrests have been made by the GRO as a result, one of which was a Belgian national found to have fake car documentation and driving a car with licence plates from another car during one of the routine checkpoints.

A 40-YEAR-OLD man has been arrested in Elche after assaulting his elderly mother.

The woman - 80-years-old - has allegedly told Local Police that she's been suffering continuous abuse over a period of time.

The man was detained after going missing following the attack that took place at the end of July. This followed a call to the

## Mother assaulted by her son

Local Police of a case of domestic violence in the Elche district of Carrús.

Police took a statement from the woman at the scene who said that she had just been attacked by one of her sons, who lived with

her, adding that she had been mistreated by him for years. On one occasion last year he even fractured one of her legs.

When the police arrived at the scene, the alleged attacker had fled launching an in-

tensive search of the area. He was eventually traced to Parque de la Aparadora where he was immediately arrested. He was later charged with a crime of domestic abuse.

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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](http://www.blevinsfranks.com).

“Are my Spanish bank assets subject to succession tax?”

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Spanish succession and gift tax is always due on assets located in Spain, whether it is property or Spanish bank accounts and investments. Rates and allowances vary according to who the recipient is, and can be unexpectedly high in some cases.

Blevins Franks has decades of experience advising expatriates on the most efficient way of holding their assets in Spain, to protect both yourself and your heirs from unnecessary taxes. Contact us for a succession planning health check.

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# Fake security officer arrested

GUARDIA CIVIL officers in Crevillente have detained a 50-year-old Spanish man accused of sexual abuse.

The arrested man posed as a security guard and offered a non-existent job. The five successful candidates, all Spanish men between 30 and 40-years-old, began to perform a series of night time surveillance tasks at local supermarkets, although the establishments were unaware of what was going on.

The men were attracted to the job which offered a monthly salary of between €1,500 and €1,800 and fully trusted the man as he had an official looking ID card and the appropriate security uniform.

The five men worked



Photo by Guardia Civil

**CREDIBLE:** Five men fell for a convincing job in security.

throughout July but then didn't receive any payment at the end of the month. At this point the fake guard - released from detention on probation - told his workers that they now had to obtain a special qualification with a series of tests to enable them to get the job on a permanent basis. What they didn't expect

was for the man to sexually abuse them.

One of the five - who has a history of learning difficulties - then reported the man for his conduct. He has since been charged with crimes relating to sexual abuse, falsification of documents and against the rights of workers.

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## NEWS EXTRA

### Orihuela wins

A RESIDENT of Orihuela has won more than €2.7m on the Euromillions lottery and was only one number short of the potential €37m jackpot.

### Sky light

SIXTY-FOUR THOUSAND individual fireworks lit up the Elche sky during the famous Nit de l'Albà. Two thousand kilos of gunpowder were launched from 16 different points of the city.

### Sea rescue

THREE sea rescues took place in a single day in Alicante. Lifeguards stepped in to save the lives of people in Cabo de Huertas, San Juan and Campello.

### Fake family

A MOTHER and daughter have been arrested in Alicante for posing as advisers in a property scam that is believed to have netted them €100,000.

### No casino

RESIDENTS of Cabo de Palos protested in the streets against a move to allow the lighthouse to be redeveloped by a private company into a hotel or casino.

### Club fire

A MAJOR fire broke out in one of the popular clubs in Torrevieja. The cause is being investigated as it started when the premises were closed.

### Happy t-day

THE TRAM service based in Alicante celebrated 14 years of service on Tuesday by announcing that it had transported over 80 million passengers during that time.

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Ayuntamiento de Orihuela

**BUSY BEACHES:** Need dedicated lifeguards.

## Lifeguards' busy summer

LIFEGUARDS working on the beaches of the Orihuela Costa this summer were needed a total of 677 times during July.

According to Councillor Luisa Boné, most of the calls on the services of the contracted company Ambumar have been for forms of medical treatment and rescuing swimmers.

Medical assistance given was mostly for jellyfish stings (222 times) with sunburn, sunstroke, cuts and grazes and bites from other sea creatures making up the rest of the numbers.

During July, only 11 rescues were made of

which seven were due to people swimming out to the Isla del Carmen - despite being cordoned off - and struggling to return to the shore.

The beaches reporting the most incidents have been Cala Bosque with 105; the least being Cala Cerrada (28). Both of these beaches are located in La Zenia.

For the rest of the beaches under the control of Orihuela, July was a quiet month considering the large number of visitors who managed to enjoy the sea without incident, especially at the weekends.

### NEWS EXTRA

#### Snow business

THE snowfall from this January will be the centre of an exhibition of photographs that will run at the Polyvalent Centre of La Mata until August 31.

#### No news

MAYOR of Torreveija, José Dolón is very critical that despite repeated requests to the Ministry of Development he has received no response about work on the CN-332. He is now urging people to support a petition.

#### Urban veg

A *SPECIAL* space will be put to one side in Cabo de las Huertas to allow both young and old to develop urban gardens. Organic vegetables will be one ideal crop.



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# Clear those terraces!



## OFFENDING FURNITURE: Tables and chairs will be removed.

LOCAL authorities, with the collaboration of the Local Police, have instructed a number of establishments to remove their furniture from terraces.

The problem has been caused by the number of bars and restaurants in the centre of Murcia that close for a few weeks holiday during which is for them the quiet month of August. They close down, go away, but leave their terraces covered with their mainly metal tables and chairs.

A local councillor explained they hope the offending owners will respond to the request to take all their furniture inside the premises while they are closed for such a long time. They have no wish to impose any fines or other penalties but won't hesitate to do so if needed. Councillor Guillén added: "Public pavements and thoroughfares are for everyone in the city of Murcia and it is logical if these spaces aren't currently being used, they should be clear."

Currently, even though the local by-laws state that such spaces cannot be used to store tables and chairs outside authorised hours, authorities tend to turn a blind eye when the premises are closed overnight; knowing the amount of time it takes to set out and put away the terraces.

Owners and managers of those affected in Murcia during this current crackdown have been given 48 hours notice to remove the offending furniture.



## SKULL SPOT: Where the skull was discovered.

# Police get a head

NATIONAL POLICE in Alicante are investigating a gruesome find in the city.

According to police sources, someone had thrown a plastic bag into a rubbish bin that contained a skull.

The alarm was raised when a man rummaging through the container located on Calle Jose Luis de la Vega near to the Gran Via, found the bag containing the remains.

Police called to the scene guarded the bin until forensic officers arrived to take charge of the operation. After a short while, the discovered remains were transferred in a specialist funeral van to the local forensic institution for analysis. In the meantime, police

continued to search the other bags in the bin to see if there were any further remains.

None were found, but the ongoing operation didn't prevent many neighbours speculating as to what had been discovered.

Later the coroner confirmed it was a human skull and it came from someone who would've been quite old when they died some years ago. It's not been ruled out that the skull may have come from a victim of an ancient crime.

This discovery follows a similar one in Ibi in May when a human skull was also found in a bin, although this was confirmed to be one used in medical studies.

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Photo Caption: Wikimedia

**POLICE HORSES:** Are used as a deterrent measure.

# Call in the cavalry

ALICANTE beaches have been graced by some new visitors.

Six horses from the cavalry unit of the National Police may have arrived in the area to help with crime surveillance, but they've become a bit of a tourist attraction too as many children and adults alike gather around to have the obligatory photograph taken with them, and being so used to crowds they are more than obliging.

Usually, these horses are based in Valencia but over the past few years have moved around to parts of the Costa Blanca. In recent

weeks, they have been in Benidorm and on patrol along San Juan and the main El Postiguat beaches in Alicante.

The presence of these horses is purely a deterrent measure and incidents of pickpockets have reduced as the potential petty thieves quickly leave the scene when they spot the horses and the Spanish 'Mounties' arriving.

In Benidorm, they have also been deployed to help combat the illegal street sellers and those running the infamous 'find the pea' attractions along the promenade.

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Photo credit: YouTube

**BLANK REFUSAL:** The swimmer disobeyed calls to return to shore.

# Swimmer going absolutely nowhere

A SWIMMER off the El Pedrucho beach in La Manga refused to return to shore despite the requests of the lifeguards.

Local Police were called to the beach to come to the assistance of the rescue team after a swimmer, who had entered the sea despite the red warning flag flying in full view, ignored all the attempts to get his attention.

The incident developed when lifeguards used whistles and began waving at a middle-aged man who went into the sea during mid-morning, trying to stop him disobeying the red flag. One of the rescuers went into the sea to insist the man re-

turned to the beach but was simply ignored.

Once the police arrived, the swimmer left the sea accompanied by one of the lifeguards insisting that he hadn't heard any of the whistles or the verbal warnings. He apologised profusely, but the police gave him a stern warning as to the possible consequences of his actions.

Both the lifeguards and the Local Police have warned once again of the obligations to respect the red flag that prohibits swimming at all times. Ignorance of the warnings only endangers the lives of the swimmers and those who may be called on to rescue them.



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## Summer coast gets a clean up

RESIDENTS along the Orihuela Costa will notice an improvement in the cleanliness of their neighbourhood after an investment of €522,000.

One of the main complaints has been the amount of garden waste that has been allowed to build up, with some streets full of cuttings. Property owners and visitors alike arrive on their holiday and immediately begin to prune overgrown palm trees and other fast-growing trees and plants in their own gardens or communal areas, and then dump the excess by the bins.

The problem is exacerbated in the summer when the normal official number of 30,000 residents can go up to levels of over 300,000.

The extra money is going to be used to increase the current number of dedicated workers in the cleaning department from 58 to 78, to which a further 20, who help with manual street sweeping and the removal of weeds, can be added.

The emergency spending plan includes the purchase of an extra 30 rubbish bins for the beaches - costing €10,000 - and another 120 special recycling containers for €21,000. Additionally, €21,000 has been allocated to rent two large capacity trucks to collect more waste, especially garden foliage. Residents recently had an informal meeting with the mayor, Emilio Bascuñana, during which they expressed many concerns about the state of the area.

LOCAL POLICE in Elche are stepping up their efforts to stop alcohol being sold to and consumed by young teenagers.

This action has been spurred on after a spate of incidents involving a number of 13 and 14-year-olds which have known to be due to drinking. Councillor José Pérez has said: "This is inadmissible, and apart from intensifying the police controls so that alcohol isn't sold to these children, we want to appeal to the children themselves and their families to prevent further problems.

At the same time, César Zaragoza on behalf of the Local Police, explained that there is a specific group working within the force that, in addition to controlling the sale of fireworks, are doubling their efforts to punishing those who sell alcohol to minors. He however acknowledges that the problem of young drinking isn't helped by people over 18 buying the products.

Not only will the venue selling the alcohol be prosecuted, the police will inform

# Underage drinkers targeted



Photo Credit: reflexionesbrealcoholismo.com

**POPULAR:** The botellon encourages young people to drink in the streets.

the parents of the children they've been caught drinking, even if it means escorting them to their homes to do so.

There has been a recent campaign in the city called 'Erradicar el botellón' (Stop the street bottle parties) that

in one weekend at the end of July alone came across 45 incidents of underage drinking in the local park.



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Photo Credit: Heurmur Twitter

**ENVIRONMENTAL PROBLEM:** Dead fish in Rio Segura.

# Dozens of dead fish found

AN environmental organisation has reported to the Guardia Civil in Murcia the discovery of dozens of dead fish in the Rio Segura.

The conservation group (HUERMUR) is concerned about the condition of the river as it passes through Murcia, and are keen to see the results of tests on the water to establish if the deaths have been caused by some illegal dumping.

Local councillor Antonio Navarro has

described the finding of the dead fish as "outrageous" and has asked that appropriate punishments be handed out to those responsible for contaminating the river that "belongs to everyone" should it be shown to be chemically related.

Originally it was suggested that the multiple deaths of the fish were caused due to the sudden heavy rains in the area that led to the build up of the white foam in the river.

## 'Magic' embrace

LOCAL POLICE in Lorca have arrested a street robber who fleeces their victims in a friendly manner.

The person detained is described as the woman with the 'magic embrace' who takes advantage of her friendly persona to rob and pickpocket people without them being aware. Her modus operandi is to approach complete strangers, usually elderly people, and gives them a big hug during which their belongings - such as items of jewellery and watches - magically disappear during the confusion and carelessness created by these spontaneous shows of affection.

The arrest took place alongside those of two men when police stopped a car in Lorca under suspicion of containing someone who fitted the description of the woman involved in the crimes. During examination of their documents it was realised that one of them matched an arrest warrant issued by several police stations from Madrid-Retiro, Onteniente and Marbella.

All the denuncias stated the victims had experienced the 'magic embrace' before realising they had been robbed.

## Weather topsy-turvy

METEOROLOGICAL experts are examining the latest set of temperatures that has seen some areas experiencing their highest and lowest readings in the space of a few days.

Pinoso, on the Murcia border with Alicante plunged to 13 degrees, and Alicante City recorded its coldest August temperature - 17.6 degrees - since 2000. Nearby Elche registered 20.1 degrees, Benidorm fell to 19.6 degrees, and Elda 16.9 degrees. In the mountain areas of Alcoy, residents have complained of what they described as 'autumnal' conditions in August as localised temperatures saw only 9.1 degrees.

Heavy, intense rains and the rapid drop in temperatures have given many people respite from the record-breaking heatwave.



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## Breath attack

LOCAL POLICE in Elche have arrested a man for assaulting a police officer during a breathalyser test.

The man was involved in a traffic accident and when the police arrived they suspected he had been drinking and called the specialist accident investigation team to carry out the breath test.

As the test was taking place, an argument broke out with the suspect hurling insults and threats at the police officers, ending up with one of them being punched in the face. At this point, the driver fled from the scene.

Police later found and detained the man as he walked along Calle Hermanos Navarro Caracena in the city.

# Drivers hate slow going

NEW speed limits imposed on the revamped southern coastal access to Alicante have left drivers fuming.

As a result of the addition of new cycle lanes along the busy Avenida de Elche, which caused plenty of delays to drivers over five months, the speed limit has now been reduced to 50kph from the previous 80kph and radars have been installed to control it. Drivers haven't been so slow in showing their annoyance across social media.

One commented that even with the previous 80kph limit there were enough tailbacks on that stretch of road at the busiest times of day. Now the

conditions will be "impossible."

Another driver suggested that the fines taken from the speeding motorists will pay for the "wasted" money on the cycle lanes. Those opinions were balanced by Francisco José Martínez from the Los Angeles driving school, who said that the radars are a necessity for the safety of all drivers. However, he also believed that the new road layout has left some of the lanes too narrow which has needed the speed reduction.

To back this up, other drivers have already complained that there have been a few close shaves with buses and other large vehicles.

### NEWS EXTRA

#### Renovated garden

THE garden of the Avenida de la Constitución in Sangonera la Seca will be restored with the addition of shaded pergolas and a four-metre boulevard. Also to be added will be LED street lights.

#### Cleaning up

MURCIA Council has sent out workers to clear special areas needed for parking for the upcoming Feria de las Novedades which opens on Thursday August 31.

#### Healthy ficus

DECORATIVE fig trees in parts of Murcia will be protected by the installation of security cameras. These will not only stop vandalism but will monitor the health of the trees.



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# Lazy postie

A POSTMAN faces three years in prison for keeping 3,200 letters over a 10-year period.

Employed in Alcoy, Ibi, Alicante and Onteniente he retained all Ibi and Onteniente letters until an Alcoy neigh-

bour informed Correos that he was storing an 'unusual' number of letters in a boxroom.

These included driving licences, doctors' prescription pads and official notifications, police investigators found later.

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# Growing cruise numbers

FOR the first six months of 2017, the port of Alicante has increased its number of cruise passengers by 30 per cent.

A total of 38,789 travellers arrived in the city between January and June this year but was somewhere behind Cartagena who registered 92,000 - and an increase of 42 per cent - in the same time period.

Recent figures released by port authorities show that Spain as a whole has attracted 3.6 million passengers for that six month period; a figure that has practically doubled in the last decade which



Photo by Wikimedia

**ALICANTE PORT: Welcomed more cruise ships.**

stood at 1.8 million in 2007. Predictions for the end of 2017 expect a record 8.8 million choosing the country as a cruise port, and Alicante in

particular is expected to receive 53 cruise ships and breaking the 100,000 visitor barrier.

Destinations in the

Mediterranean are preferred by 64 per cent of cruisers who visit Spain - some 2.3 million and the main European destination - with Barcelona being the most popular city stop. This is followed by the Balearic Islands with 754,616 passengers, Malaga 201,904 and Valencia with 148,964.

Overall, the growth of the Spanish Mediterranean ports was 6.43 per cent although some have achieved remarkable popularity such as Tarragona (up 557.8 per cent) and Almeria (119.9 per cent).

AN agreement has been signed for an investment of €25,000 to encourage more people to visit Las Matildes mineworks.

The mayor of Cartagena Ana Belén Castejón, and the president of the Sierra Minera Foundation, Juan Miguel Margalef, signed a collaboration to increase the development of tourism and to promote the attraction as a prime cultural resource of the community.

As the mayor said: "The initiative is a way to support one of our most diverse at-

## Tourist attraction gets a bonus

tractions in Cartagena, and we will be working hand in hand to deliver a genuine first-class tourism product."

The foundation aims to keep the mine open to the public and providing visitors with the quality of service they've come to expect with the addition of some new additions to the available tours.

The president of the Sierra Minera

foundation said the objectives of this project are clear, one of which is the continual renovation of the mine to increase the profile and take advantage of such a unique tourist attraction.

Since the mine opened to the public in 2005, it has hosted 30,000 visitors, and during this year, it will be open to the public between 10am and 2pm.

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# Waiting list onslaught has been promised

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 re-



Photo credit: Mine

## REGIONAL HOSPITALS: Longer wait for non-urgent operations.

gional 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 be-

fore, possibly because 13,367 operations were diverted to private centres in 2015, compared with 11,606 last year, Monton admitted.

"The department will continue using all the tools to hand to try to reduce these figures," she said recently.

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## Every little helps

RESIDENTS of Algorfa are celebrating a reduction for this year's annual council tax (IBI).

The council has announced a reduction of 9.09 per cent for the tax that is due to be paid in September / October and for some residents of the town could mean a reduction of up to €200.

According to the mayor of Algorfa, this unexpected lowering of the tax has been possible thanks to "good management of the municipality, despite having been left with a series of payments inherited from the previous PP mayor."

Manuel Ros said: "When we took over the town hall in 2015, we discovered a very complicated financial situation. The previous mayor had asked central government to increase

the IBI over a period of 10 years from 2014 to 2023 and made Algorfa one of the most expensive municipal areas in the Vega Baja."

The incoming PSOE team were tied at first on how the budget could be managed, but after a series of cuts and eliminating wasteful spending, the state of the finances has allowed them to have a tax cut.

However, despite inheriting this poisoned chalice, the current Socialist (PSOE) council has reduced the debt over that two year period; in the past year by over €1 million alone.

The PSOE team have taken the view that less expenditure should mean fewer taxes for the residents and has reduced them by almost 10 per cent.

# Bridge repairs ahead of schedule



Photo by Rafa Miralles

**REOPENING:** The bridge could reopen sooner rather than later.

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 Fernan-



Photo by Rafa Miralles

**QUICK FINISH:** Replacements to Alcoy's bridge are well underway.

do Reig bridge, which took two years to build and was inaugurated in April 1987, gives access to the 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 once more.

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

The mayor was in constant contact with the engineers and contractors, Mira said "and everything suggests that the bridge could be in use for Easter."



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ALICANTE WINE: DO status since 1932.

## Wine gets its name back

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 Alicante, 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.

Despite Alicante's satisfaction, Utiel-Requena expects problems. The Valencia DOP Regulatory Committee announced that it will not relinquish control of the area and maintained that Agriculture department's ruling does not respond to EU directives.

## August fly-away

THIS month may be the most important inbound tourist month for Spain, but there are many good deals available for people wishing to escape the heat and the tourists.

Both the UK and Germany are popular destinations and it's still possible, even at this late stage, to find flights without costing a fortune.

Alicante-Elche has offers to hundreds of destinations, but August is still August, and despite the prices being competitive they're far from some of the bargain basement levels found in the off-season.

In recent days, airlines and travel agencies have announced that the most affordable return flights for August is around €200 with Alicante-Elche to certain airports in the UK being the best

value. Tickets to Glasgow can be picked up for €178.

Germany is high on the list of cheaper destinations with, for example, round trips to Düsseldorf from Alicante-Elche going for €199.

Travel agencies have pointed out that the most expensive destinations for August from this part of Spain are the Nordic countries as the severe weather conditions experienced in the winter makes them practically impossible to reach.

For the first time people can fly directly between Alicante-Elche and Lisbon. Prices can be as high as €300 but is compensated by the very low prices in Portugal. It's the same for Poland where flights are the same price but tourists experience low day-to-day expenditure.

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# 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 inter-

preters 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



Photo credit: The Interpreters Friend

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-Ta-

jadura 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, we can offer more support to them."

To participate in the campaign, visit your nearest store for an eye test and donate €1 before end of December 2017. Specsavers Opticas have eight stores in Spain, on the Costa Blanca, Costa del Sol and in Mallorca. [www.specsavers.es](http://www.specsavers.es)

HELP FOR BLIND: Money raised donated to FOAPS.

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- Wednesday September 13: Evening meal at Restaurante Sienna, Mazarron town at 7.30 for 8pm.
- Wednesday October 11: Evening meal at Spice Villa, Camposol 'B.'
- Sunday November 12: Remembrance Day Sunday lunch at The Diner and Bar, Camposol 'B.'

For membership enquiries, please call Ian on: 629 818 611. For function enquiries please call Roy on: 634 356 220 or email: [esamd.espana@gmail.com](mailto:esamd.espana@gmail.com).





**SADLY MISSED:** Sue (right) with Lyn and Bill Baines will be missed by all at Cruz Azul.

# 4 years of devoted care sadly ends

WITH great sadness, Cruz Azul Murcia has announced the loss of their founder member and Vice President, Sue Thomason.

Sue had known she had cancer for some months and knew she would not survive it. But she was a determined lady who worked stoically until her very last days, putting her all into saving the animals she loved.

Sue joined Lyn Baines in July 2013 to form the charity Cruz Azul, aimed at helping people on reduced or low incomes to care for their pets and to promote responsible pet ownership in the Murcia region.

During those four years, Cruz Azul also developed their 'trap, neuter and return' programme for feral cats. Sue was instrumental in helping local urbanisations reduce their feral cat colonies by giving not only her experience, but also providing the essential traps to supporters of this work.

Renowned for her extensive retail experience, Sue single-handedly set up and managed the Cruz Azul 'Donation Centre' in San Javier. The Cruz Azul Centre quickly became popular and gained a reputation for quality items and prices becoming the main fundraiser for the charity.

Sue gathered a network of volunteers to support her and, though not unexpected, they are devastated at the loss of their team manager and dear friend. They are determined to continue the work Sue started.

"Sue taught us well and left us in a good

position to carry on her dream," said one volunteer.

Apart from the day to day management of the Cruz Azul Centre and her work for the 'trap, neuter, return' programme, Sue was well-known in the animal rescue arena as being caring and supportive of both people and animals. She was often the one getting up every three hours to hand-rear abandoned pups and kittens at her house until they were found new homes.

She also welcomed dogs to her home to test their cat friendliness before being adopted. Sue went above and beyond.

"Though we knew it was coming, we are totally devastated now Sue has finally left us," said Cruz Azul president, Lyn Baines: "We will ensure Cruz Azul goes from strength to strength because that's exactly what Sue wanted. We intend to pursue her dream."

Sue had expected a long future working with Cruz Azul. She requested that if anyone would like to pay their respects for the work she accomplished, the best thing they could do for her is make a donation to Cruz Azul to help all the volunteers move into the future she is sadly missing. You can do this via PayPal to [info@cruzazulmurcia.com](mailto:info@cruzazulmurcia.com).

If you or someone you know needs help, or you would like to volunteer or donate, please call 693 017 617 or visit [www.cruzaulmurcia.com](http://www.cruzaulmurcia.com).

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Photo by Ayuntamiento de Garrucha

**GARRUCHA:** One of the many activities on offer.

## Age Concern Costa Calida

AGE CONCERN Costa Calida are pleased to announce the opening of a new drop-in centre on Monday September 11 at Calle Valencia 12, Camposol Sector 'A'. Everyone is invited to join them for a tea or a coffee.

*Forthcoming events:*

Wednesday September 6. A black and white ball will be held at Bar Sal overlooking the harbour in Puerto de Mazarron. The price is €17.50 per person and music will be provided by Melodee Duo. The price includes a light supper. Your choice of

fish or meat is required when purchasing tickets. Camposol and local district enquiries please phone: 634 336 484.

Friday September 15 and Friday September 29. Table Top Camposol 'B' will take place.

Friday October 6. Day trip to Garrucha for €10. Visit the local market and the many shops including the Salvador artisan shoe outlet. Menu del dia available at many of the lovely seafront cafes and bars. Coach picks up from the Port, MCC and Camposol.

Monday January 1. New

Year's day swim at Bahia beach, Puerto de Mazarron. Sponsorship forms available. Phone: 634 336 484.

For ticket purchases and further information please visit Age Concern at Calle Valencia 12 from Monday September 11 from 10am to 1pm.

Enquiries telephone 634 344 589 (10am to 4pm Monday to Friday).

Events telephone: 634 336 484 (10am to 4pm Monday to Friday).

Equipment Loan: 634 306 927 (10am to 4pm Monday to Friday).

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## NEWS FROM OUR FIVE OTHER REGIONS

## Abuse claims shame

## MALLORCA



Photo Credit: Willy Cole Photography Shutterstock

**UNDER INVESTIGATION: Vet made money from unnecessary tests.**

## MALLORCA

## Battery bus

MALLORCA'S first electric bus completed a trial route through Calvia, Alcudia and Palma. A fleet of TIB managed electric buses will soon cover smaller distances across the island's south-west.

## Kayak chaos

FIREFIGHTERS abseiled down a cliff to rescue two German kayakers in Soller. They were scared of the strong waves and climbed onto some rocks. Rescuers acted quickly before the sea level rose.

## Hut help

AN overgrown finca in Selva will be converted into a hiker's hut. Workers are clearing the 220-hectare space of weeds and cleaning the inside to build a retreat for mountaineers.

## Green canal

A DILAPIDATED 400-metre stretch along the mouth of the Jueus canal in Arenal will be spruced up with tourist tax money under new plans to make Palma green again.

## Flush fund

NATIONAL POLICE officers raided a series of night clubs and bars in Cales de Mallorca. One employee was caught throwing drugs down the toilet and 52 people found in possession of banned substances.

## COSTA DE ALMERÍA

## Unseen crossings

PEDESTRIAN crossing visibility is putting people at risk. Cabo de Gata Avenue and Maestro Padilla Auditorium crossings are barely visible according to Councillor Ines Plaza who has demanded that the Popular Party address the issue immediately.

## Drug drive

THE head of a cocaine smuggling organisation was arrested in Almeria. National Police found 1,700 grams of the drug in a car he was travelling in following inspection.

## Power shift

MORE than 40 illegal connections were removed from a power grid in Pescaderia. Nine technicians and 15 police terminated dodgy lines which had caused a serious problem to public health and security.

## Dog park

A NEW dog park is coming to Almeria. The city centre is to benefit from a second canine park before the end of the year located in Avenida del Mediterraneo, in front of Carrefour.

## Killers caught

FOLLOWING the murder of a lorry driver in Caudete (Albacete), six Spaniards and one Italian have been arrested and charged with a number of offences. The body was discovered on the Almeria to Valencia motorway.

## COSTA DEL SOL

## Youth aid

MORE than €2 million will be invested in training young people for the world of work. Malaga City Council intends to put the 'Adriza-T' project into practice before the end of the year.

## House demolished

THE house where disgraced politician, Julian Muñoz and singer Isabel Pantoja lived together has been demolished. A company, Grand Fashion Baños, is planning to build two new homes on the site.

## Path planned

A CYCLE path has been planned for Guadalmedina. The Huerto de los Claveles route is awaiting the green light from the government.

## Concerned cleaners

CLEANERS working for Limasa have refused to enter the centre of Malaga at certain times due to safety concerns. The operatives will not venture into central areas to clean up after the fair until people have left.

## Great music

PRIOR to a national tour celebrating 35 years in the business, The Guardians, a well-respected band from the 1980s appeared at the Castillo de la Duquesa. A large appreciative audience celebrated their performance.

» By Matthew Elliott

A VET is under criminal investigation after 16 complaints of animal abuse, malpractice and fraud were made against him. Seprona, the Guardia Civil's animal protection unit, is leading the inquiry.

Allegations include sham diagnoses of serious diseases that required expensive testing, and changing his opinion to necessitate more tests.

Clients complained to police when no test results were forthcoming. Some paid €500 in a single visit for medicines which they never received.

Seprona conducted an inspection of the premises, which is located in Cami de Jesus de Palma, and found a series of serious infractions. Dozens of cat and dog corpses were stored incorrectly in the freezer, posing a severe health hazard.

Sanitary conditions were poor, records were improperly kept, and the veterinarian, who is of joint British and Ecuadorian nationality, lacked the proper licence for testing equipment.

Seprona are now investigating client claims their animals died or were put at serious risk due to deliberate misdiagnosis and time wasting. The facility has been temporarily closed for a full investigation to take place.

## AXARQUÍA

## Safe and sound

SIX of the 53 people rescued from a small boat near Benajárfate have been taken to hospital for 'mild injuries,' according to media reports. Of the six, three were pregnant.

## Road closures

IF you are thinking of visiting the fiesta in Motril, be aware that a number of roads will be closed around the town from Thursday to Sunday evening.

## Sad return

THE body of Francisco Pedrosa Gijón from Vélez Benaudalla who was one of the four victims of the bus crash in India returned was returned to Spain. A wake was held prior to his funeral last Friday.

## New hope

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

## Surprise, surprise

AN Irish girl, aged 18, has given birth at Nerja's Balcon de Europa Hotel. The young woman, who was on a week-long holiday with her partner, received a traditional baby hamper from surprised hotel staff.

## Safer beach

WORK is being undertaken to improve safety by fixing the hand rail on the beach adjacent to Nerja and Torrox. The steps down to the beach are quite steep and therefore need safe railings.

## COSTA BLANCA NORTH

## 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.

## Gun ordeal

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

## 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.

## 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 Andalucía Fair.

## Train ride

RAIL OPERATOR Renfe finished €5.5 million improvements to the Alcoy-Xativa line, recommencing the service on August 12. Thanks to increased safety infrastructure speed restrictions have now been lifted.



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**DENMARK****Egg scandal**

THE contaminated eggs scandal which has affected salads, sandwiches and fillers in the UK has reached Denmark with the Food Authority confirming that 40 eggs infected with the insecticide Fipronil had been found in a bakery having come from an infected farm in the Netherlands.

**Gang hotline**

COPENHAGEN police have set up a hotline to help their continued fight against organised crime. The number cannot be called but is exclusively for citizens to send photos, messages and videos of gangs.

**Missing sub**

A SEARCH is underway for a private submarine which failed to return to Copenhagen Harbour. It was reported missing by the partner of one of those on board.

**Virgin tour**

A DANISH artist is exhibiting himself in numerous cities in the next few weeks as part of his 'Virgin Tour.' The 29 year-old virgin will be on show in a glass cage.

**GERMANY****Nun tributes**

PAKISTAN is mourning the loss of Ruth Pfau, a German nun and doctor who spent 56 years in Pakistan battling leprosy and helping vulnerable people. She died at the age of 87.

lost its rotor blades before hitting the ground, although military officials say it is still too early to confirm what caused the crash.

charged with violations of laws relating to weapons and explosives.

**'Copter crash**

THE military helicopter which crashed in Mali killing two German soldiers,

**Riot charges**

A POLISH man is the first to be charged with offences related to the G20 riots in Hamburg. The 24-year-old has been

**Lightning fires**

LIGHTNING strikes in Bavaria and Saxony hit homes causing several houses and buildings to catch alight. No one was injured but damage is estimated at €150,000.

**FRANCE****Ram raid**

SIX people were injured after a man drove a car into a group of soldiers in Paris. A 36 year-old was arrested following a police chase and authorities are trying to establish if he had links to a terrorist organisation.

**Fires spread**

BRITISH tourists were forced to camp on the beach close to Saint-Tropez as their official campsite was evacuated due to wildfires.

**First lady**

THE President's plans to create an official status for his wife Brigitte, similar to America's 'First Lady' has met with some opposition with an online petition seeing more than 280,000 signatures against the move.

**Critic dies**

FOOD critic Christian Millau, has died aged 88. He is renowned for creating the famed Gault and Millau guide in 1969 and for helping change food culture across the world with nouvelle cuisine.

**BELGIUM****Drug takers**

OVER 200 people were arrested for consuming drugs during Belgium's famous Geel Reggae festival which saw over 50,000 people attend.

**Better bonuses**

COMPANIES will soon be able to offer higher bonuses to employees under new plans which can allow companies to offer up to 30 per cent of their wages as profit-sharing.

**Radioactive package**

A BELGIAN company received a package from Egypt which had radioactive levels above the allowed limits. Authorities said no one was exposed to radioactive doses that could affect their health.

**Meeting ban**

THE King's brother, Prince Laurent, could face a salary cut after meeting foreign dignitaries without permission. He was photographed at an event at Beijing's embassy in Brussels marking the founding of the Chinese People's Liberation Army.

**NETHERLANDS****Working women**

FOR the first time ever, more than one million women in the Netherlands now work full time. Young women with a degree are most likely to work full time whilst 74 per cent of all men aged 15 to 65 have a full-time job.

**Two arrested**

TWO men have been arrested in connection with the contaminated egg scandal. The pair are directors of the Dutch company that allegedly used an insecticide-contaminated agent at poultry farms.

**Dying population**

THE butterfly population is falling as too much nitrogen in the environment is believed to have killed off around 30 per cent of the butterflies in the country.

**Fungus threat**

ASH trees in the Netherlands are at serious risk as a fungus is wreaking havoc. Foresters fear that more than 90 per cent of all ash trees could die.

**SWEDEN****Let's dance**

FOOTAGE of a police officer stopping traffic to ask a woman to dance with him has gone viral. The occupant was one of many enjoying a cruising meet-up in Stockholm when the officer got into the spirit of things.

**Peak climb**

TOURISTS are aiming high as a tourist association is reporting more and more people having an interest in hiking and are visiting the country's highest peak, Kebnekaise.

**Unfit drivers**

THERE are calls to make it easier to get unfit elderly drivers off the road. Sweden does not have health checks for elderly drivers but doctors are meant to report patients if they are medically unfit to drive.

**Press freedom**

A SWEDISH-TURKISH journalist is being held in Spain on an international arrest warrant with Turkey accusing him of terrorism. It comes as concerns raise over press freedom in Turkey.

**NORWAY****Murder charge**

POLICE say a woman found dead in her car was stabbed to death. Her 38-year-old boyfriend from Oslo is now facing murder charges. The woman was an asylum seeker originally from Iran.

**Unfriendly efforts**

PLANS to increase oil and gas production in the Arctic would threaten the Paris Agreement to cut emissions which is part of global efforts to tackle climate change.

**Nuclear risk**

WITH the increased number of nuclear submarines along the Norwegian coast, the authorities are considering issuing iodine tablets to residents. They are sometimes used as a preventative measure against thyroid cancer after nuclear accidents.

**Arctic station**

NASA and the Norwegian Mapping Authority are joining forces to develop a state-of-the-art satellite laser ranging station in the Arctic to help track changes in the ice sheets and to monitor the shape and size of Earth.





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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.

## 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.

## 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.

## 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.

## 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.

## 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.

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## 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.



## LONDON - FTSE 100

CLOSING PRICES AUGUST 14

COMPANY	PRICE(P)	CHANGE(P)	% CHG.	NET VOL
Anglo American	1,238.50	-5.74	-0.46	17,943.84
Associated British Foods	3,179.00	24.00	0.76	25,143.57
Admiral Group	2,157.00	10.00	0.47	6,168.39
Ashtead Group	1,565.50	-15.50	-0.98	7,897.75
Antofagasta	901.00	-16.00	-1.74	9,252.27
Aviva	522.75	4.25	0.82	21,024.16
AstraZeneca	4,421.50	37.50	0.86	56,030.42
BAE Systems	588.50	6.50	1.12	18,583.39
Babcock International Group	835.75	-5.25	-0.62	4,236.90
Barclays	202.35	3.00	1.50	34,888.15
British American Tobacco	4,834.75	-20.75	-0.43	112,450.68
Barratt Developments	608.50	13.00	2.18	5,951.90
British Land Co	619.25	14.25	2.36	6,315.99
BHP Billiton	1,336.00	-9.31	-0.70	29,051.55
Bunzl	2,291.50	12.50	0.55	7,674.70
BP	447.75	0.00	0.00	90,438.47
Burberry Group	1,695.00	-42.00	-2.42	7,621.46
BT Group	294.35	0.22	0.08	29,642.85
Coca-Cola HBC	2,514.50	-77.50	-2.99	9,414.03
Carnival	5,370.00	135.00	2.58	11,197.47
Centrica	196.35	-2.05	-1.03	11,140.01
Compass Group	1,620.50	1.50	0.09	25,524.14
Croda International	3,737.50	-11.50	-0.31	4,923.29
CRH	2,671.00	43.00	1.64	22,046.00
ConvaTec Group	295.45	9.55	3.34	5,719.77
DCC	6,920.00	35.00	0.51	6,070.69
Diageo	2,550.75	76.75	3.10	62,283.38
Direct Line Insurance Group	396.15	-0.35	-0.09	5,502.75
Experian	1,489.50	-27.50	-1.81	14,146.85
easyJet	1,273.50	21.50	1.72	4,992.91
Ferguson Ord 10 5366p	4,642.00	23.00	0.50	11,745.90
Fresnillo	1,509.50	-41.50	-2.68	11,443.96
G4S	305.60	6.20	2.07	4,698.23
GKN	320.05	4.25	1.35	5,456.24
Glencore	322.00	-2.72	-0.84	47,711.37
GlaxoSmithKline	1,548.75	73.75	5.00	72,965.63
Hargreaves Lansdown	1,377.50	36.50	2.72	6,422.27
Hammerson	627.00	63.00	11.17	4,541.18
HSBC Holdings	736.80	0.59	0.08	150,963.03
International Consolidatd Airs	620.00	16.50	2.73	12,736.57
InterContinental Hotels Group	3,983.50	-1.50	-0.04	7,668.00
3i Group	935.25	-4.75	-0.51	9,217.73
Imperial Brands	3,208.25	37.25	1.17	30,812.97
Informa	699.00	-0.50	-0.07	5,796.88
Intertek Group	4,700.50	37.50	0.80	7,604.72
ITV	176.50	7.10	4.19	6,810.99
Johnson Matthey	2,740.00	13.00	0.48	5,306.69
Kingfisher	303.35	-3.05	-1.00	6,732.60
Land Securities Group	1,006.50	2.50	0.25	7,994.52
Legal & General Group	282.60	13.60	5.06	16,214.19

COMPANY	PRICE(P)	CHANGE(P)	% CHG.	NET VOL
Lloyds Banking Group ORD	64.64	-0.15	-0.23	46,564.95
London Stock Exchange	3,959.00	160.00	4.21	13,242.59
Micro Focus International	2,103.00	-5.00	-0.24	4,850.90
Mediclinic International	822.75	86.75	11.79	5,444.55
Merlin Entertainments	460.75	-1.25	-0.27	4,712.34
Marks & Spencer Group	327.50	0.40	0.12	5,343.74
Mondi	2,047.00	52.00	2.61	9,652.81
Morrison (Wm) Supermarkets	252.65	5.65	2.29	5,800.31
National Grid	977.40	22.40	2.35	32,907.48
Next	4,440.00	40.00	0.91	6,477.84
Old Mutual Group	196.90	1.60	0.82	9,937.78
Provident Financial	1,947.50	-28.50	-1.44	2,998.48
Paddy Power Betfair	7,100.00	-155.00	-2.14	6,111.49
Prudential	1,819.50	37.00	2.08	47,217.68
Persimmon	2,555.50	54.50	2.18	7,598.34
Pearson	674.75	59.25	9.63	5,104.15
Reckitt Benckiser Group	7,499.00	147.00	2.00	51,430.05
Royal Bank of Scotland Group	258.75	1.65	0.64	30,739.07
Royal Dutch Shell	2,137.25	2.25	0.11	97,587.22
RELX	1,673.50	18.50	1.12	17,800.62
Rio Tinto	3,437.50	67.50	2.00	47,929.64
Royal Mail	439.35	41.25	10.36	4,001.00
Rolls-Royce Group	923.75	13.75	1.51	16,914.91
Randgold Resources	7,687.50	212.50	2.84	7,027.03
RSA Insurance Group	655.50	14.50	2.26	6,606.33
Rentokil Initial	293.00	7.90	2.77	5,273.15
Sainsbury (J)	248.00	6.40	2.65	5,336.44
Schroders	3,463.50	94.50	2.80	7,705.10
Sage Group (The)	666.00	-7.50	-1.11	7,328.39
Segro	533.00	7.00	1.33	5,317.09
Shire	3,695.00	-112.50	-2.95	35,198.33
Smurfit Kappa Group	2,212.50	-11.50	-0.52	5,177.24
Sky	939.50	-13.00	-1.36	16,399.42
Smiths Group	1,545.50	4.50	0.29	6,125.90
Scottish Mortgage Invstmnt	420.20	1.80	0.43	5,940.23
Smith & Nephew	1,375.00	38.00	2.84	11,708.18
SSE	1,383.00	-6.00	-0.43	13,885.38
Standard Chartered	782.15	28.55	3.79	25,511.96
St James's Place	1,208.50	42.50	3.64	6,264.06
Severn Trent	2,304.50	37.50	1.65	5,397.01
Tesco	177.20	0.26	0.15	14,493.50
TUI AG	1,213.50	-17.50	-1.42	7,308.63
Taylor Wimpey	191.20	1.90	1.00	6,187.32
Unilever	4,443.00	69.00	1.58	55,499.63
United Utilities Group	943.50	21.50	2.33	6,372.25
Vodafone Group	226.83	7.33	3.34	59,481.39
Worldpay Group	402.65	-4.65	-1.14	8,150.00
WPP Group	1,579.00	8.00	0.51	20,122.44
Whitbread	3,969.50	140.50	3.67	6,995.06

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## DOW JONES

CLOSING PRICES AUGUST 14

COMPAN	PRICE	CHANGE%	CHANGE	VOLUME(M)
3M	205,980	-0.12%	-0,250	122,880,32
AMERICAN EXPRESS	84,2900	-0.32%	-0,2700	74,510,64
APPLE	157,480	+1.39%	2,160	813,420,11
BOEING CO	234,880	+0.86%	2,000	138,833,67
CATERPILLAR	112,850	-0.27%	-0,300	66,691,28
CHEVRON	109,23	-0.80%	-0,88	206,991,14
CISCO SYSTEMS	31,470	+1.52%	0,470	157,351,70
COCA-COLA	45,59	-0.33%	-0,15	194,455,22
DU PONT(EI) DE NMR	80,9700	+0.20%	0,1600	70,266,25
EXXON MOBIL	78,21	-0.96%	-0,76	331,511,16
GENERAL ELECTRIC	25,2000	-0.40%	-0,1000	218,180,24
GOLDMAN SACHS	224,15	-0.60%	-1,35	86,718,06
HOME DEPOT	154,8800	+0.65%	1,0000	185,167,55
IBM	141,84	+0.00%	0,00	132,186,41
INTEL CORP	35,8700	-0.75%	-0,2700	168,911,83
J.P.MORGAN CHASE	91,4200	-0.84%	-0,7700	321,703,73
JOHNSON & JOHNSON	133,1000	+0.01%	0,0100	357,240,36
MC DONALD'S CORP	157,3000	+0.43%	0,6800	127,412,47
MERCK AND CO. NEW	62,38	+0.32%	0,20	170,132,36
MICROSOFT	72,500	+1.53%	1,090	559,737,34
NIKE	58,97	-0.17%	-0,10	77,377,37
PFIZER	33,2500	-0.51%	-0,1700	198,430,83
PROCTER AND GAMBLE	91,340	-0.44%	-0,400	232,918,30
TRAVELERS CIES	128,18	-1.16%	-1,51	35,370,89
UNITED TECHNOLOGIE	116,89	+0.11%	0,13	93,376,54
UNITEDHEALTH GROUP	193,02	+0.23%	0,45	186,623,30
VERIZON COMMS	48,06	+0.08%	0,04	196,015,55
VISA	100,09	+0.60%	0,60	183,101,65
WAL-MART STORES	80,4000	-0.32%	-0,2600	242,365,73
WALT DISNEY CO	101,9900	+0.63%	0,6400	157,435,06

M - MILLION DOLLARS

## NASDAQ

CLOSING PRICES AUGUST 14

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

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DEALING PRICE

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€0.9432 ..... €0.0044

Price Movement

## Accumulating Funds

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

DEALING PRICE

€0.9824..... £0.0000  
€0.9585..... -€0.0002  
£1.1538..... £0.0072  
€1.0780..... €0.0066  
£1.3071..... £0.0107  
€1.2099..... €0.0099  
£1.4466..... £0.0143  
€1.3466..... €0.0133

Price Movement

Remaining Elite Fund prices available on request

Prices correct as at 09/08/2017





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SP16052EN



# 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 Immink.

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

## Huge amounts spent to deter migrants

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

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

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





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 RBSI 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.

*Keep the faith  
Love Leapy*

*leapylee2002@gmail.com*

## Advertising feature

# Neater Heater want customers to behave just like squirrels

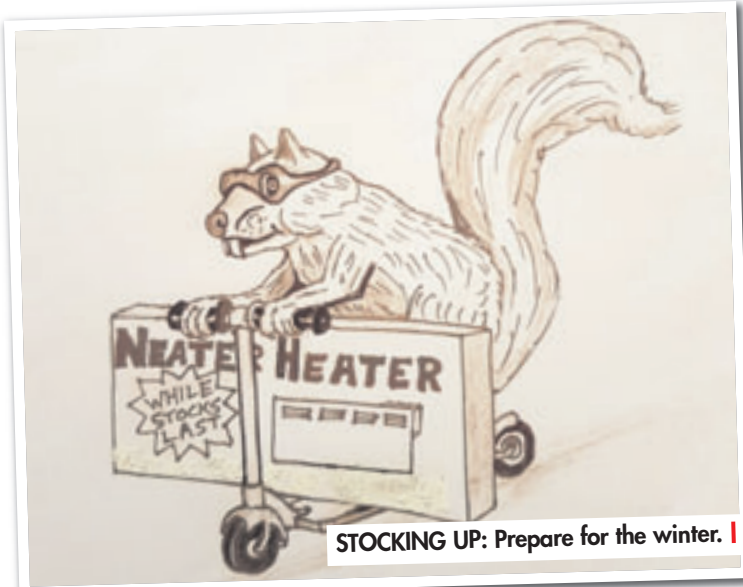
RICHARD and Tony from Neater Heater are urging all readers to start preparing for next winter now.

"We really want people to imitate SQUIRRELS," said Tony "As we know; all the other woodland creatures just laze about in the summer, relaxing.

"So when the winter comes they have to furiously compete with each other for the left-over scraps or hide away and hibernate, waiting for next summer.

"But not the squirrels!

"Squirrels plan for the winter by hoarding nuts, berries and seeds in the summer, so when winter comes they are well prepared for it, and able to enjoy themselves on bright winter days when the sun does come out.



"They are obviously the wisest creatures in the wood, and that is what we want our customers to be."

"What Tony is trying to say," interjected Richard, "is that

when winter finally arrives in Spain, northern Europe has been cold for months.

"This means that chilly Czechs, frozen Finns and shivering Swedes have been stripping

the shelves for months.

"Every year we have panicking customers calling us in December, desperate to have heaters supplied and fitted by Christmas.

"Frequently these customers have to compromise on their choice, or be put at the back of a long queue.

"Every year we think to ourselves 'It's a shame they

didn't order them in the summer when Neater Heater had loads of them in stock and the time to process the orders'."

Neater Heater is the sole Spanish distributor for Beha,

Adax, and Vigo convector heaters.

They currently have more stock than ever before at various locations, just waiting for the 'squirrels'.

*Please feel free to call us on  
634 312 171*

*for more information, or visit  
our website [www.neaterheater.es](http://www.neaterheater.es)  
or email  
[info@neaterheater.es](mailto:info@neaterheater.es).*

## NEATER HEATER DISTRIBUTORS: COSTA BLANCA SOUTH

- **BENIJOFAR:** Vincent Real Estate  
Tel. 966 712 440
- **TORREVIEJA:** S J & A Digital  
Tel. 966 319 253
- **BLUE LAGOON:** The Electrical Shop  
(Euronics) Tel. 966 188 170
- **MURCIA PROVINCE:** Nigel & Anne home inspections Tel. 660 893 861
- **TORREVIEJA:** For home inspections call Edmund Tel. 966 765 552

*Heaters also available for purchase at our online shop  
with free home delivery*

**WWW.NEATERHEATER.ES or Tel. 634 312 171**



# 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

# Have you lost or had your passport stolen abroad? Here's what to do

HAVING passports stolen or losing them whilst on holiday or even as a resident in Spain can be a nightmare, but it's not difficult to replace as some people may think.

The process can seem daunting at first but given direction you can have a replacement within six weeks.

To start, you'll need to report it stolen to your Local Police station in your area and get a document to declare it lost or stolen.

After that the application form will need to be filled in online, as in Spain, paper forms can no longer be used and it is no longer possible to apply in person.

Before applying, the passport issue date should be requested, this is not essential to the application, but will speed up the process considerably.

All supporting documents that are not in English, for example, the police report, are requested to be fully translated into English before being sent along with the application.

The Card & Gift Shop offer a translation service for a small fee.

All translations are official.



## LOST PASSPORTS: Documentation can be daunting.

The LS01 is also an essential supporting document to send alongside the online application, and these can be printed off online or they can be supplied to the client by

The Card & Gift Shop.

Does all this seem like too much hassle?

The Card & Gift Shop in Quesada offers a fully comprehensive renewal or replace-

ment passport service for only €29 per person, or €50 per couple.

The service includes: Full completion of online forms and any other supporting documents needed, certified and approved passport photos taken and printed in the shop and an insured and secured courier service to the UK.

The new passport can also be sent to the shop and applicants will be contacted when it arrives, free of charge.

For further information about this complete service or to arrange an appointment, call: 966 718 684.

It's best not to delay reporting lost or stolen passports to the police, and a replacement should be obtained as soon as possible, as in Spain it's a legal requirement to have photo ID on you at all times.

The total cost for a replacement passport is the same as a renewal, £102.86. £83.00 is paid for the passport, and then Her Majesty's Passport Office adds an additional £19.86 for the overseas return courier.



Advertrial

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

*\*Terms and conditions apply. For limitations and exclusions, please read the policy documents for full details. Intasure is a trading name of Arthur J Gallagher Insurance Brokers Limited which is authorised and regulated by the Financial Conduct Authority. (Financial Services Register Number 311786) Registered Office: Spectrum Building, 7th Floor, 55 Blythswood Street, Glasgow, G2 7AT. Registered in Scotland. Company Number: SC108909. [www.ajginternational.com](http://www.ajginternational.com)*

Advertising feature

# Making your move stress free

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

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

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

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

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



objects, transporting larger and expensive items such as pianos, as well as creating cases for your important possessions, sets them apart from

other companies. They also offer transit protection insurance, storage options and they keep a record of all your belongings.



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

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

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](http://www.edwardseuropeanmoving.com) for an online quote.

**Edwards European Moving**  
[www.edwardseuropeanmoving.com](http://www.edwardseuropeanmoving.com)  
[info@edwardseuropeanmoving.com](mailto:info@edwardseuropeanmoving.com)  
 Tel: 01953 718 239 or  
 07515 116827 from the UK or  
 610 843 114 in Spain



**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 <i>The latest national and international news, exploring the day's events from a global perspective.</i>
8:30pm	The Sky at Night <i>In August, the most spectacular meteor shower of 2017 coincides with transmission: The Perseids!</i>
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
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 <i>Day one of the Saltire Energy Paul Lawrie Match Play from Golf Resort Bad Griesbach in Bad Griesbach, Germany.</i>
2:30pm	Cricket <i>England v West Indies 1st Test D1.</i>
11:00pm	The Debate - Live
12:00am	Live Solheim Cup Opening Ceremony
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 <i>Alastair Stewart presents the latest headlines from around the world.</i>
2:55pm	ITV News London
3:00pm	Judge Rinder
4:00pm	Tenable
5:00pm	Tipping Point
6:00pm	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
12:10am	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 <i>Crime drama series about the early career of detective Endeavour Morse.</i>
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	Ironsides
10:40am	Quincy, M.E.
11:45am	Minder
12:50pm	The Professionals <i>Action-packed drama series about two criminal-intelligence agents.</i>
1:55pm	The Saint
3:00pm	Women's Rugby World Cup 2017 Live <i>England v USA.</i>
5:45pm	Women's Rugby World Cup 2017 Live <i>Wales v Hong Kong.</i>
8:30pm	Women's Rugby World Cup 2017 Live <i>France v Ireland.</i>
11:15pm	Ransom
12:25am	FYI Daily <i>A round-up of the latest entertainment news.</i>
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 <i>Colourful animated adventure.</i>
10:25am	The Joshua Tree
12:05pm	Level Up
1:35pm	Rogue One: A Star Wars Story <i>A ragtag group of rebels embark on a daring, against-all-odds mission to thwart the planet-destroying plans of the Empire.</i>
3:55pm	Don Verdean
5:35pm	Super Furry Animals
7:10pm	Ten Thousand Saints <i>Coming-of-age drama about a teenage boy who moves to late 1980s New York to live with his estranged dad.</i>
9:00pm	Rogue One: A Star Wars Story
11:20pm	Level Up
1:00am	The Joshua Tree
2:45am	X500 <i>Drama with subtitles.</i>
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



## LEGALLY SPEAKING

### Top tips for visiting drivers

AS part of a new series, we answer some common driving questions, kindly provided by members of the Guardia Civil based in Torrevieja, Costa Blanca, who set up the N332 website and Facebook page to help break down barriers.



**DRIVE SAFELY: Always wear seatbelts.**

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

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

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

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

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

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

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

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

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

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

### Can we get mains sewage?

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

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

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

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

D J (Costa del Sol)

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

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



would have to show that

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

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

### 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](mailto:MikeSenker@gmail.com)



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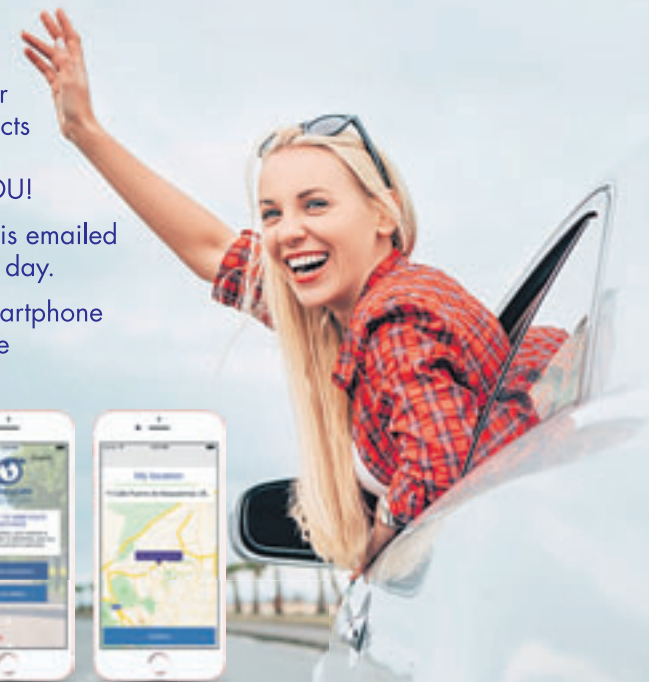
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## BBC one

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 Continent
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	A Question of Sport
9:00pm	EastEnders
9:30pm	Celebrity MasterChef
	<i>Celebrities compete in a contest of culinary skill.</i>
11:00pm	BBC News at Ten
11:25pm	BBC London News
11:35pm	Not Going Out
12:05am	The Client
2:05am	Weather for the Week Ahead

## BBC TWO

7:00am	The World's Most Photographed
7:30am	Bargain Hunt
8:15am	Heir Hunters
9:00am	Gardeners' World
10:00am	Victoria Derbyshire
12:00pm	BBC Newsroom Live
2:00pm	Two Tribes
2:30pm	Natural World
3:30pm	Grand Prix
	<i>Colourful, sprawling drama that looks behind the scenes at the world of professional motor racing.</i>
6:15pm	Put Your Money Where Your Mouth Is
7:00pm	Eggheads
7:30pm	Royal Recipes
8:00pm	Celebrity Antiques Road Trip
9:00pm	Mastermind
9:30pm	Only Connect
10:00pm	Gardeners' World
11:00pm	QI
11:30pm	Newsnight
12:05am	In Our Name
1:30am	Panorama
2:00am	Normal for Norfolk
2:30am	Inside the Factory

## BBC FOUR

8:00pm	World News Today
8:30pm	BBC Proms 2017
9:45pm	Mozart Uncovered
10:00pm	BBC Proms 2017
11:20pm	Psychedelic Britannia
12:20am	Totally 60s
	<i>Psychedelic Rock at the BBC</i>
	<i>A compilation from the depths of the BBC archive of the creme de la creme of 1960s British psychedelic rock from programmes such as Colour Me Pop, How It Is, Top of the Pops and Once More with Felix.</i>
1:20am	Tubular Bells: The Mike Oldfield Story
2:20am	Psychedelic Britannia
3:20am	Totally 60s
	<i>Psychedelic Rock at the BBC</i>
4:20am	This is BBC Four
	<i>BBC Four is the BBC channel for people who want more.</i>

## CHANNEL 4

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	8 Out of 10 Cats
11:00pm	Naked Attraction
12:05am	Rude Tube

## CHANNEL 5

8:20am	Noddy: Toyland Detective
8:35am	Paw Patrol
8:50am	Rusty Rivets
9:05am	Digby Dragon
9:15am	Peppa Pig
9:25am	Peppa Pig
9:35am	Mofy
9:45am	Ben and Holly's Little Kingdom
10:00am	Floogals
10:15am	The Wright Stuff
12:15pm	The Yorkshire Vet
1:10pm	5 News Lunchtime
1:15pm	Celebrity Big Brother
2:15pm	Home and Away
2:45pm	Neighbours
3:15pm	NCIS
4:15pm	Jesse Stone: Sea Change
6:00pm	5 News at 5
6:30pm	Neighbours
7:00pm	Home and Away
7:30pm	5 News Tonight
8:00pm	20 Moments That Rocked the 80s
9:30pm	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	The Big Bang Theory
10:00pm	The Host
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	Live New Zealand NPC Rugby
	<i>Tasman v Canterbury.</i>
11:30am	Premier League Daily
12:00pm	Live European Tour Golf
2:00pm	Cricket
	<i>England v West Indies 1st Test D2.</i>
11:00pm	Live Solheim Cup
	<i>Day one of the 2017 Solheim Cup from the Des Moines Golf and Country Club in Iowa.</i>
1:30am	Live Tennis: Cincinnati
	<i>Day five of the Western and Southern Open from Cincinnati, Ohio.</i>

## itv

7:00am	Good Morning Britain
9:30am	Lorraine
10:25am	The Jeremy Kyle Show
11:30am	This Morning
1:30pm	Loose Women
2:30pm	ITV Lunchtime News
2:55pm	ITV News London
3:00pm	Judge Rinder
4:00pm	Tenable
5:00pm	Tipping Point
6:00pm	Cash Trapped
7:00pm	ITV News London
7:30pm	ITV Evening News
8:00pm	Emmerdale
8:30pm	Coronation Street
9:00pm	Teach My Pet to Do That
9:30pm	Coronation Street
10:00pm	Benidorm
11:00pm	ITV News at Ten and Weather
11:30pm	ITV News London
11:40pm	Piers Morgan's Life Stories
12:40am	Tipping Point
1:35am	Jackpot247
4:00am	Storage Hoarders
4:50am	ITV Nightscreen

## itv2

7:00am	The Hot Desk
7:10am	You've Been Framed!
7:35am	Below Deck
8:20am	The Ellen DeGeneres Show
9:00am	Emmerdale
9:30am	Emmerdale
10:00am	You've Been Framed!
11:00am	The Great Indoors
11:30am	Guidance
12:00pm	Fame High
12:15pm	Third Wheel
12:25pm	Below Deck
1:20pm	Emmerdale
1:55pm	Emmerdale
2:30pm	You've Been Framed!
3:00pm	The Ellen DeGeneres Show
3:50pm	The Jeremy Kyle Show
4:55pm	The Jeremy Kyle Show
6:00pm	Judge Rinder
7:00pm	You've Been Framed!
8:00pm	You've Been Framed! Gold
9:00pm	Two and a Half Men
9:30pm	Two and a Half Men
10:00pm	The Expendables
12:00am	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
1:00pm	The Darling Buds of May
2:05pm	Heartbeat
3:05pm	The Royal
4:10pm	The Darling Buds of May
5:20pm	You're Only Young Twice
5:55pm	On the Buses
6:25pm	Rising Damp
6:55pm	Heartbeat
8:00pm	Murder, She Wrote
9:00pm	Doc Martin
10:00pm	The Street
11:20pm	Law and Order: UK
12:20am	A Mother's Son
1:20am	Wycliffe
2:25am	Prime Suspect
4:05am	Mr Selfridge

## itv4

7:00am	Football Rivalries
7:10am	The Chase
8:00am	Storage Wars Texas
8:30am	The Professionals
9:35am	The Saint
10:40am	Cash Cowboys
11:35am	Cash Cowboys
12:35pm	The Professionals
1:45pm	The Saint
2:50pm	Ironsides
3:50pm	Quincy, M.E.
4:55pm	Minder
5:55pm	The Professionals
7:00pm	Storage Wars Texas
7:30pm	Storage Wars Texas
8:00pm	World Series of Darts
	<i>The PDC World Series of Darts continues as eight top players face eight of Australasia's finest on day one of the Melbourne Darts Masters.</i>
12:00am	Rambo: First Blood Part II
1:00am	FYI Daily
1:05am	Rambo: First Blood Part II
2:05am	River Monsters

## sky CINEMA ACTION &amp; ADVENTURE

7:15am	American Ultra
8:55am	In the Heart of the Sea
11:00am	The Mummy
1:15pm	Lawrence of Arabia
4:50pm	Hell is for Heroes
6:25pm	Once Upon a Time in Mexico
8:15pm	Mean Machine
10:00pm	The Mummy
12:10am	Conan the Barbarian
2:25am	The Rock

## sky CINEMA COMEDY

11:35am	Miss Congeniality
1:35pm	Barbershop: The Next Cut
3:35pm	Juno
5:20pm	Absolutely Fabulous: The Movie
7:00pm	Barbershop: The Next Cut
9:00pm	Miss Congeniality
11:00pm	Absolutely Fabulous: The Movie
12:40am	Dodgeball: A True Underdog Story

## sky CINEMA PREMIERE

7:00am	Cars 3: Special
7:20am	Super Furry Animals
8:55am	Ten Thousand Saints
10:50am	Star Wars: Rogue One Special
11:20am	Rogue One: A Star Wars Story
1:40pm	Keeping up with the Joneses
3:30pm	Super Furry Animals
5:00pm	Don Verdean
6:40pm	Rogue One: A Star Wars Story
	<i>Thrilling fantasy adventure.</i>
9:00pm	Keeping up with the Joneses
	<i>Action comedy about a normal suburban couple who discover that their seemingly perfect neighbours are undercover spies.</i>
11:00pm	The Joshua Tree
	<i>True-life comedy.</i>
12:45am	Level Up
2:20am	Abattoir
4:15am	X500

## sky sports football

9:00am	Football's Greatest
9:30am	Football's Greatest Teams
10:00am	EFL Greatest Games
10:30am	SPFL Greatest Games
10:45am	La Liga Greatest Games
11:00am	La Liga Icons
11:30am	La Liga Icons
12:00pm	Magical Messi
1:00pm	La Liga Icons
1:30pm	La Liga Icons
2:00pm	Ronaldo
2:30pm	EFL Matters
3:00pm	La Liga Icons
3:30pm	La Liga Icons
4:00pm	Revista de la Liga
5:00pm	La Liga Icons
5:30pm	20 Years of El Clasico
6:15pm	La Liga Greatest Games
6:30pm	Magical Messi
7:30pm	SPFL Matters
8:00pm	Football
11:15pm	To be Announced
11:45pm	20 Years of El Clasico
12:30am	Ronaldo
1:00am	EFL 2017/18



# 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](http://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.

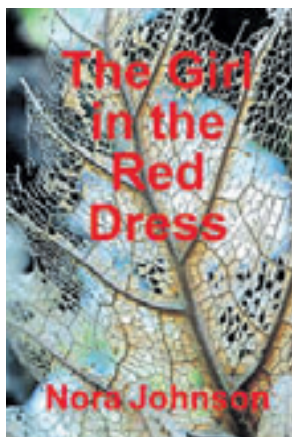
Following the 2005 Asian tsunami, I tried to help the British Red Cross fundraising appeal. This involved door-to-

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](mailto:editorial@euroweeklynews.com).*

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**BBC one**

7:00am	Breakfast
11:00am	Saturday Kitchen
12:30pm	Nadiya's British Food Adventure
1:00pm	Football Focus
2:00pm	BBC News
2:10pm	Weather
2:15pm	Bargain Hunt
3:15pm	Money for Nothing
4:15pm	Escape to the Country <i>Series which helps prospective buyers find their dream home in the country.</i>
5:00pm	Final Score
6:15pm	Toy Story
7:30pm	BBC News
7:40pm	Regional News
7:43pm	Weather
7:45pm	Len Goodman's Partners in Rhyme
8:20pm	Pointless
9:05pm	Who Dares Wins
9:45pm	Casualty
10:35pm	Mrs. Brown's Boys
11:05pm	BBC News
11:20pm	Weather
11:25pm	Match of the Day
12:50am	People Just Do Nothing

**BBC TWO**

7:00am	Coast
8:00am	Return of the Bad Men
9:30am	Great Day in the Morning
11:00am	Homes Under the Hammer
12:00pm	Ulster Derby Highlights
1:00pm	Nigel and Adam's Farm Kitchen
2:00pm	Wanted Down Under
2:45pm	Forbidden Planet
4:20pm	Mastermind
4:50pm	University Challenge
5:20pm	Only Connect
5:50pm	Gardeners' World
6:50pm	The Big Family Cooking Showdown
7:50pm	BBC Proms Extra <i>All the talk backstage at the BBC Proms.</i>
8:30pm	Welcome to Edinburgh
9:00pm	Iolo's Great Welsh Parks
9:30pm	Dad's Army
10:00pm	The Lady in the Van
11:40pm	Being Alan Bennett
12:40am	The History Boys

**BBC FOUR**

8:00pm	The Brain with David Eagleman <i>Dr David Eagleman explores how the brain conjures up the world we take for granted.</i>
9:00pm	Fossil Wonderlands: Nature's Hidden Treasures
10:00pm	Inspector Montalbano <i>Inspector Montalbano investigates cases in the town of Vigata in Sicily.</i>
11:55pm	Bob Monkhouse: The Last Stand
1:00am	The Secret Life of Bob Monkhouse
2:25am	David Bowie and the Story of Ziggy Stardust
3:30am	Fossil Wonderlands: Nature's Hidden Treasures

**CHANNEL 4**

7:45am	Triathlon
8:40am	Everybody Loves Raymond
9:05am	Everybody Loves Raymond
9:30am	Frasier
10:00am	Frasier
10:35am	The Big Bang Theory
11:00am	The Big Bang Theory
11:30am	The Big Bang Theory
11:55am	The Simpsons
12:25pm	The Simpsons
12:55pm	Ramsay's Kitchen Nightmares USA
1:50pm	Four in a Bed
2:25pm	Four in a Bed
2:55pm	Four in a Bed
3:30pm	Four in a Bed
4:00pm	Four in a Bed
4:35pm	A Place in the Sun: Winter Sun
5:35pm	Big House, Little House
6:35pm	Kirstie and Phil's Love it or List it
7:30pm	Channel 4 News
8:00pm	Britain at Low Tide
9:00pm	Child Genius
10:00pm	The Hunger Games: Catching Fire
12:50am	X-Men

**CHANNEL 5**

7:00am	Milkshake!
11:30am	Teenage Mutant Ninja Turtles
11:55am	Igor
1:25pm	Cats Make You Laugh Out Loud
2:20pm	Bargain Loving Brits in the Sun
3:20pm	Bargain Loving Brits in the Sun
4:15pm	Nightmare Tenants, Slum Landlords
5:15pm	Nightmare Tenants, Slum Landlords
6:10pm	The Nightmare Neighbour Next Door
7:05pm	The Nightmare Neighbour Next Door
8:00pm	Can't Pay? We'll Take it Away!
9:00pm	Can't Pay? We'll Take it Away!
9:55pm	5 News
10:00pm	Football on 5
11:00pm	Football on 5
11:30pm	Celebrity Big Brother
12:30am	Lip Sync Battle
1:00am	Cricket on 5
2:00am	Super Casino

**4**

7:00am	The Goldbergs
7:25am	The Goldbergs
7:50am	Coach Trip
8:25am	Coach Trip
8:55am	Coach Trip
9:30am	Coach Trip
10:00am	Coach Trip
10:30am	Made in Chelsea
11:35am	Escape From Planet Earth
1:15pm	Rude(ish) Tube Shorts
1:30pm	The Goldbergs
2:00pm	The Goldbergs
2:30pm	The Goldbergs
3:00pm	The Goldbergs
3:30pm	The Goldbergs
4:00pm	The Big Bang Theory
4:30pm	The Big Bang Theory
5:00pm	The Big Bang Theory
5:30pm	The Big Bang Theory
6:00pm	The Big Bang Theory
6:30pm	Don't Tell the Bride
7:30pm	Beautiful Creatures
10:00pm	I Give it a Year
12:00am	Gogglebox
1:05am	Gogglebox
2:05am	Rude Tube
3:15am	Tattoo Fixers
4:10am	Gogglebox

**sky sports main event**

7:00am	Good Morning Sports Fans
8:00am	Good Morning Sports Fans
9:00am	Good Morning Sports Fans
9:30am	Live New Zealand NPC Rugby Counties Manukau v Auckland.
11:30am	Soccer Saturday Pre-Match
12:00pm	Soccer Saturday Pre-Match
12:30pm	Football Swansea v Manchester United.
4:15pm	Live Super League Q8
6:15pm	Football Sunderland v Leeds United.
8:40pm	Cricket England v West Indies 1st Test D3.
10:30pm	Cricket
11:00pm	Live Solheim Cup
1:30am	Live Tennis: Cincinnati
3:00am	Live Fight Night International

**itv**

7:00am	CITV
9:25am	ITV News
9:30am	Weekend
10:25am	Judge Rinder
11:20am	Gok's Lunchbox
12:15pm	1000 Heartbeats
1:15pm	ITV News and Weather
1:25pm	The Chase
2:25pm	Joanna Lumley's Postcards
2:55pm	Tipping Point
4:00pm	Midsomer Murders
6:00pm	Little Big Shots USA <i>Entertainment series in which the talent of youngsters are celebrated.</i>
7:00pm	Local News and Weather
7:05pm	ITV News and Weather
7:20pm	You've Been Framed!
8:15pm	Catchphrase
9:00pm	Amazing Spider-Man
11:35pm	ITV News and Weather
11:50pm	The World is Not Enough
2:10am	Jackpot247

**itv2**

7:00am	The Hot Desk
7:10am	Emmerdale Omnibus
10:10am	Coronation Street Omnibus
12:35pm	Catchphrase
1:20pm	Harry Hill's Alien Fun Capsule
1:50pm	You've Been Framed!
2:20pm	You've Been Framed!
3:25pm	Mr. Magorium's Wonder Emporium
4:25pm	FYI Daily
4:30pm	Mr. Magorium's Wonder Emporium
5:15pm	St. Trinian's
6:15pm	FYI Daily
6:20pm	St. Trinian's
7:10pm	Hotel Transylvania
8:10pm	FYI Daily
8:15pm	Hotel Transylvania
9:00pm	Crazy, Stupid, Love
10:00pm	FYI Daily
10:05pm	Crazy, Stupid, Love
11:20pm	Family Guy
11:45pm	Family Guy
12:20am	Family Guy
12:45am	American Dad!
1:15am	American Dad!
1:45am	The Keith Lemon Sketch Show

**itv3**

7:00am	Murder, She Wrote <i>Drama series about a sleuthing writer who solves murder mysteries.</i>
7:45am	Murder, She Wrote
8:45am	Murder, She Wrote
9:40am	Heidi
11:55am	Margery and Gladys
2:00pm	The Darling Buds of May
3:05pm	Agatha Christie's Marple
5:05pm	Carry on Camping
6:05pm	FYI Daily
6:10pm	Carry on Camping
6:55pm	Wycliffe
8:00pm	Agatha Christie's Marple
10:00pm	Foyle's War
12:00am	Law and Order: UK <i>Crime drama based on the hit US series Law and Order.</i>
1:00am	Law and Order: UK
2:00am	Law and Order: UK
2:55am	Rising Damp
3:15am	ITV3 Nightscreen <i>Text-based information service.</i>

**itv4**

7:00am	Motorsport UK
7:50am	The Professionals
8:50am	The Professionals
9:55am	Minder <i>Modern-day re-imagining on the classic comedy-drama.</i>
11:00am	ITV Racing: The Opening Show
12:00pm	Cash Cowboys
1:00pm	Cash Cowboys
2:00pm	Storage Wars
2:30pm	ITV Racing Live
5:00pm	British Touring Car Championship Highlights <i>Steve Rider presents the best of the action from Donington Park.</i>
6:30pm	Storage Wars
7:00pm	World Series of Darts
11:00pm	Cycling <i>Coverage of a cycling event.</i>
12:05am	Blade: The Series
1:05am	FYI Daily
1:10am	Blade: The Series
2:25am	Minder

**sky CINEMA ACTION & ADVENTURE**

9:30am	The Sum of All Fears
11:40am	Backdraft
2:00pm	The Lord of the Rings: The Two Towers
5:00pm	The Bourne Identity
7:00pm	The Bourne Supremacy
9:00pm	The Mummy Returns
11:15pm	Bad Boys
1:15am	The Bourne Identity

**sky CINEMA COMEDY**

8:00am	Walk Hard: The Dewey Cox Story
9:45am	Dumb and Dumber
11:40am	Miss Congeniality 2: Armed and Fabulous
1:40pm	Knocked Up
4:00pm	Date Night
5:40pm	Knocked Up
8:00pm	Miss Congeniality 2: Armed and Fabulous
10:00pm	Date Night
11:40pm	Ride Along 2
1:30am	Road Trip: Beer Pong
3:15am	Bachelor Party

**sky CINEMA PREMIERE**

7:00am	The Joshua Tree
8:40am	Super Furry Animals
10:05am	Rogue One: A Star Wars Story
12:25pm	Kubo and the Two Strings
2:10pm	Keeping up with the Joneses
4:00pm	Super Furry Animals
5:25pm	Ten Thousand Saints
7:15pm	Kubo and the Two Strings <i>Superb stop-motion animation about a young boy who embarks on an epic quest when he inadvertently summons vengeful spirits from his past.</i>
9:00pm	Keeping up with the Joneses
10:50pm	Rogue One: A Star Wars Story
1:10am	Don Verdean
2:55am	Level Up
4:35am	Ten Thousand Saints

**sky sports football**

7:00am	Football
10:15am	When Guillem Met Andy Murray
11:00am	Soccer A.M.
12:30pm	SPFL Matters
1:00pm	Football
4:15pm	Gillette Soccer Saturday
6:15pm	Football
8:40pm	Football Girona v Atletico Madrid.
10:10pm	Football Sevilla v Espanyol.
12:10am	EFL Goals: Championship
12:40am	La Liga Greatest Games <i>A chance to relive some of La Liga's best moments.</i>
12:50am	La Liga Greatest Games
1:00am	MLS Greatest Games
1:15am	MLS Greatest Games
1:30am	Football Orlando City v Columbus Crew.
3:35am	EFL 2017/18



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

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

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

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

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

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

**CULTURE AND HISTORY:** The breathtaking city of Antequera.



**Travel**

# Historical elegance

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

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

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

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

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

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

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



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**BBC one**

7:00am	Breakfast
8:35am	Match of the Day
10:00am	BBC News
11:00am	Sunday Morning Live
12:00pm	Homes Under the Hammer
1:00pm	Bargain Hunt
2:00pm	BBC News
2:10pm	Weather for the Week Ahead
2:15pm	Money for Nothing
3:15pm	Songs of Praise
3:50pm	Athletics
6:10pm	Celebrity Mastermind
6:40pm	BBC News
6:55pm	Regional News
7:00pm	Weather
7:05pm	Countryfile Summer Special
8:05pm	Fake or Fortune?
9:05pm	Far From the Madding Crowd
11:00pm	BBC News
11:20pm	Regional News
11:25pm	Weather
11:30pm	Match of the Day 2
12:30am	Dream House
1:55am	Weather for the Week Ahead
2:00am	BBC News

**BBC TWO**

7:15am	The Instant Gardener
8:00am	Garden Rescue
8:45am	Gardeners' World
9:45am	The Beechgrove Garden
10:15am	Countryfile
11:15am	Saturday Kitchen Best Bites
12:45pm	Lorraine's Fast, Fresh and Easy Food
1:15pm	MOTD2 Extra MOTD2 Extra presents the latest football action.
2:00pm	Coast
2:30pm	Athletics
3:50pm	Flog It!
4:45pm	Britain's Ancient Capital: Secrets of Orkney
5:45pm	Equestrian
7:50pm	Royal Cousins at War
8:50pm	Meet the New Dragons
9:00pm	Dragons' Den
10:00pm	Astronauts: Do You Have What it Takes?
11:00pm	Ill Behaviour
12:00am	The Hunter
1:35am	Tommy
3:10am	Countryfile

**BBC FOUR**

8:00pm	Do We Really Need the Moon? Scientific Documentary.
9:00pm	BBC Proms 2017 Bach's St John Passion.
11:40pm	The Treasure Hunters Documentary.
12:40am	The Treasure Hunters James May at the Edge of Space James May always wanted to be an astronaut. Now, 40 years after the first Apollo landings, he gets a chance to fly to the edge of space in a U2 spy plane.
2:10am	The Rules of Abstraction with Matthew Collings
3:40am	The Art of Australia

**CHANNEL 4**

7:00am	Last Man Standing
7:25am	Last Man Standing
7:50am	Last Man Standing
8:10am	Everybody Loves Raymond
8:35am	Everybody Loves Raymond
9:00am	Frasier
9:30am	Frasier
10:00am	Frasier
10:30am	Sunday Brunch
1:30pm	George Clarke's Amazing Spaces
2:30pm	The Simpsons
3:00pm	The Simpsons
3:30pm	The Simpsons
4:00pm	Toy Story Toons
4:30pm	Toy Story That Time Forgot
4:55pm	Born Silly
5:30pm	Tangled
7:30pm	Channel 4 News
8:00pm	Amazing Spaces: Shed of the Year
9:00pm	From Russia to Iran: Crossing the Badlands
10:00pm	The State
11:00pm	The Gunman
1:10am	Belle
3:00am	Ramsay

**CHANNEL 5**

7:00am	Milkshake! Programming aimed at children aged two to seven years old.
11:15am	Teenage Mutant Ninja Turtles
11:40am	Football on 5
12:30pm	Football on 5
1:00pm	Police Interceptors
2:00pm	Police Interceptors
3:00pm	Police Interceptors: Deadly Pursuits
4:00pm	Police Interceptors: Deadly Pursuits
4:55pm	Police Interceptors
5:55pm	Biggest Dog in the World
6:55pm	The Secret Life of Puppies
7:40pm	The Secret Life of Puppies
8:30pm	The Ant and Dec Story
9:55pm	5 News
10:00pm	Celebrity Big Brother
11:05pm	Before They Were Stars
12:05am	Before They Were Stars
1:05am	Cricket on 5
2:00am	Super Casino

**4**

7:00am	Kevin Can Wait
7:25am	Couples Come Dine with Me
8:25am	Couples Come Dine with Me
9:25am	Hollyoaks Omnibus
12:00pm	Made in Chelsea
1:00pm	The Goldbergs
1:30pm	The Goldbergs
2:00pm	The Big Bang Theory
2:30pm	The Big Bang Theory
3:00pm	The Big Bang Theory
3:30pm	The Big Bang Theory
4:00pm	The Big Bang Theory
4:30pm	The Big Bang Theory
5:00pm	The Big Bang Theory
5:30pm	The Big Bang Theory
6:00pm	The Big Bang Theory
6:30pm	The Big Bang Theory
7:00pm	The Big Bang Theory
7:30pm	The Big Bang Theory
8:00pm	The Crystal Maze
9:00pm	Shallow Hal
11:15pm	Don't Tell the Bride
12:20am	Tattoo Fixers on Holiday
1:25am	Body Fixers
2:30am	Gogglebox
3:30am	Rude Tube
4:25am	Rude Tube
4:50am	Hollyoaks Omnibus

**sky sports main event**

7:00am	Good Morning Sports Fans Round-up of the sports news with live analysis and comment plus extended interviews with the headline makers.
8:00am	Good Morning Sports Fans
9:00am	Good Morning Sports Fans
10:00am	Live European Tour Golf Day four of the Paul Lawrie Matchplay from Golf Resort Bad Griesbach in Germany.
11:30am	Sky Sports Today
12:00pm	Goals on Sunday
1:30pm	Live Nissan Super Sunday Huddersfield Town v Newcastle Utd.
4:30pm	Live Nissan Super Sunday Tottenham Hotspur v Chelsea.
8:00pm	Live Solheim Cup
1:00am	Through the Night

**itv**

7:00am	CITV
9:25am	ITV News
9:30am	Weekend
10:25am	Judge Rinder
11:20am	Long Lost Family
12:20pm	Love Your Garden
1:20pm	ITV News and Weather
1:25pm	James Martin's French Adventure
2:00pm	Rebound
2:55pm	Tipping Point
3:55pm	Bear Gryll's Survival School
4:25pm	Licence to Kill
7:00pm	Local News and Weather
7:10pm	ITV News and Weather
7:30pm	The Chase Celebrity Special
8:30pm	Harry Potter and the Deathly Hallows: Part 2
11:00pm	ITV News and Weather
11:15pm	Judge Rinder's Crime Stories
12:15am	Take Me Out
1:35am	Jackpot247

**itv2**

7:00am	Mr. Bean
7:25am	Emmerdale Omnibus
10:25am	Coronation Street Omnibus
12:55pm	Ninja Warrior UK
2:00pm	Mr. Bean
2:35pm	Mr. Bean
3:05pm	Honey Musical drama.
4:05pm	FYI Daily
4:10pm	Honey
5:00pm	Looney Tunes: Back in Action
6:00pm	FYI Daily
6:05pm	Looney Tunes: Back in Action
6:55pm	Happy Feet
7:55pm	FYI Daily
8:00pm	Happy Feet
9:00pm	The Fast and the Furious: Tokyo Drift
10:00pm	FYI Daily
10:05pm	The Fast and the Furious: Tokyo Drift
11:05pm	Family Guy
11:35pm	Family Guy
12:05am	Family Guy
12:35am	Family Guy
1:00am	American Dad!
1:30am	American Dad!

**itv3**

7:00am	Carry on Camping
8:35am	Heartbeat Drama, set in the North Yorkshire moors in the 1960's.
9:35am	Heartbeat
10:35am	Murder, She Wrote
11:35am	Murder, She Wrote
12:40pm	The Darling Buds of May
1:45pm	Heidi
3:50pm	Wycliffe
4:55pm	Foyle's War
7:00pm	Margery and Gladys
9:00pm	Midsomer Murders
11:00pm	Law and Order: UK
12:00am	Law and Order: UK
1:05am	Casablanca
2:10am	Casablanca
3:05am	Margery and Gladys
4:45am	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**

7:00am	Cycling
7:50am	British Touring Car Championship Highlights Steve Rider presents the best of the action from Donington Park.
9:15am	The Professionals
10:20am	The Professionals
11:25am	Everything or Nothing: The Untold Stories of 007
12:30pm	FYI Daily
12:35pm	Everything or Nothing: The Untold Stories of 007
1:15pm	Storage Wars Texas
1:45pm	Storage Wars Texas
2:15pm	Storage Wars
2:40pm	The Big Fish Off
3:45pm	River Monsters
4:50pm	River Monsters
5:50pm	River Monsters
6:55pm	River Monsters
8:00pm	Cycling
9:00pm	World Series of Darts
12:30am	1: Life on the Limit
1:30am	FYI Daily
1:35am	1: Life on the Limit

**sky CINEMA ACTION & ADVENTURE**

9:15am	Jason Bourne
11:25am	The Magnificent Seven
1:35pm	The Lord of the Rings: The Return of the King
4:55pm	Rocky
7:00pm	The Bourne Ultimatum
9:00pm	Jason Bourne
11:10pm	Terminator Salvation
1:10am	American Ultra

**sky CINEMA COMEDY**

7:20am	The Money Pit
9:00am	Ghost Town
10:50am	Spider-Man: Homecoming: Special
11:20am	How to be Single
1:20pm	Back to the Future
3:25pm	Couples Retreat
5:25pm	Popstar: Never Stop Never Stopping
7:00pm	How to be Single
9:00pm	Back to the Future
11:00pm	Popstar: Never Stop Never Stopping
12:35am	Superbad

**sky CINEMA PREMIERE**

7:00am	Super Furry Animals
8:30am	Rogue One: A Star Wars Story
10:50am	Star Wars: Rogue One Special
11:20am	Kubo and the Two Strings
1:10pm	Keeping up with the Joneses
3:10pm	Kill Me Three Times When a job goes south a hit man finds himself in a twisted tale of murder, blackmail and revenge.
4:55pm	Rogue One: A Star Wars Story
7:15pm	Kubo and the Two Strings
9:00pm	Keeping up with the Joneses
10:50pm	Kill Me Three Times Level Up
1:55am	The Joshua Tree
3:35am	Ten Thousand Saints
5:30am	Super Furry Animals

**sky sports football**

7:00am	Football
9:25am	MLS Greatest Games
9:30am	EFL Goals: Championship
10:00am	EFL Goals: League One and League Two
10:30am	The Sunday Supplement
12:00pm	MLS Greatest Games
12:05pm	Football Excelsior v Feyenoord.
2:35pm	MLS Greatest Games
2:45pm	EFL Greatest Games
3:00pm	EFL Goals: Championship
3:30pm	EFL Goals: League One and League Two
4:00pm	MLS Greatest Games
4:20pm	Football NAC Breda v PSV Eindhoven.
6:10pm	Football Athletic Bilbao v Getafe.
8:10pm	Football
10:10pm	Football Real Madrid v Deportivo.
12:10am	MLS Greatest Games

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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 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

BBC TWO

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?

BBC FOUR

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 *Documentary telling the extraordinary untold story of soldiers' photography in the First World War.*  
1:20am The Trains That Time Forgot: Britain's Lost Railway Journeys  
2:20am Vikings *A warrior and farmer who dreams of riches begins working on a project that will turn the Viking world on its head.*  
3:20am Rosslyn Chapel *A Treasure in Stone.*

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  
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

CHANNEL 5

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  
2:00am Super Casino  
4:10am Gotham  
5:00am Cruising with Jane McDonald  
5:45am House Doctor *Home improvement series that works its magic on neglected homes.*

4

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

sky sports main event

7:00am Good Morning Sports Fans  
7:30am Good Morning Sports Fans  
8:00am Good Morning Sports Fans  
8:30am Good Morning Sports Fans  
9:00am Good Morning Sports Fans  
9:30am Good Morning Sports Fans  
10:00am Good Morning Sports Fans  
11:00am Premier League Daily  
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 *Mayweather v McGregor: The Event.*  
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

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 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

itv2

7:00am The Hot Desk  
7:10am You've Been Framed!  
7:35am Below Deck  
8:20am The Ellen DeGeneres Show  
9:00pm Emmerdale  
9:30pm Coronation Street  
10:00pm 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

itv3

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 *Crime drama based on the hit US series Law and Order.*  
12:00am The Street  
1:20am Mrs Biggs  
2:40am Rising Damp

itv4

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

sky CINEMA ACTION & ADVENTURE

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

sky CINEMA COMEDY

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

sky CINEMA PREMIERE

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 *When a job goes south a hit man finds himself in a twisted tale of murder, blackmail and revenge*  
7:15pm Kubo and the Two Strings  
9:00pm Keeping up with the Joneses  
10:50pm Ibiza Undead *All hell breaks loose when a shady Ibiza club owner decides to spice up his shows by smuggling in undead performers.*  
12:35am Kill Me Three Times  
2:10am Level Up  
3:40am The Joshua Tree

sky sports football

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



# Summer foods boost your health

SUMMER is here although not yet over and whilst many see it as the perfect time to indulge in hearty barbecues, high calorie pasta salads and naughty ice creams, it is also not too late to switch up your meal times, going fresher and healthier.

Make the most of the fresh fruit still in season, including that perfect summer staple watermelon. It is everywhere and is the perfect snack as it will also help you keep hydrated in the heat as it is over 90 per cent water, hence its name, so if you really are not a big fan of sipping water throughout the day, watermelon will help replenish fluids and take away the hunger pangs.

Research has also shown that eating foods that are full of water helps you feel fuller on fewer calories so can also help you stay trim.

Try adding fresh tomatoes to dishes, or simply take them as a snack with some dips to the beach or pool. Tomatoes contain lycopene, the carotenoid that makes them red, and this may protect your skin from sunburn as studies have shown that lycopene can help pro-



tect from UV rays.

During the remaining hot summer months, try swapping your regular tea for iced tea. Not only is it refreshing on a hot day, but studies have shown that drinking tea

regularly could lower your risk of Alzheimer's and diabetes as well as improving the health and strength of teeth, gums and bones.

Tea is rich in antioxidants called flavonoids found in black, green,

white or herbal tea, so drink it freshly brewed and chill in the fridge for maximum benefits.

Cucumbers, like watermelons, also contain high amounts of water, so will leave you feeling refreshed

and hydrated. They are also a great source of beta-carotene, potassium and magnesium as well as vitamins C, K and B5, but make sure you eat the skin and seeds where most of the nutrients are. Cucumbers can also be used for beauty purposes helping to reduce redness and puffiness when placed around your eyes; perfect after later summer nights, and can add some flavour to a cold summer drink.

Remember, summer is also a time to experiment, so freshen up and go different with your summer salad or side dishes. Try healthy quinoa as a substitute for lettuce. Go Greek and add feta cheese, tomatoes and cucumber and the quinoa will go great with grilled meat on the barbecue.

Use your watermelon in a salad for a change with feta, sweet onion and mint springs. Add a red wine vinegar and virgin olive oil dressing for something different, or mix it with sliced cucumber, red onion and some chopped cashew nuts for a bit of added crunch.

With climate change summer gets longer each year...



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WESTWORLD	NEW MOVIES ADDED DAILY ALL IN HD	

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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  
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



# YOUR PAPER - YOUR VOICE - YOUR OPINION

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

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## 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](http://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*



**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 <i>Magazine series featuring a mix of interviews, topical reports and features from around the UK.</i>
8:30pm	Fake Britain
9:00pm	The Sheriffs are Coming
10:00pm	Celebrity MasterChef
11:00pm	BBC News
11:30pm	Regional News
11:40pm	Weather
11:45pm	A Question of Sport
12:15am	Live From the BBC

**BBC TWO**

7:00am	The World's Most Photographed
7:30am	Heir Hunters
8:15am	Bargain Hunt
9:00am	The Bug Grub Couple
9:30am	Great British Menu
10:00am	Victoria Derbyshire
12:00pm	BBC Newsroom Live
2:05pm	Two Tribes
2:35pm	Flushed Away
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	Saving Lives at Sea
10:00pm	No More Boys and Girls: Can Our Kids Go Gender Free?
11:00pm	Detectorists
11:30pm	Newsnight
12:10am	Weather <i>The latest weather information.</i>
12:15am	India's Partition: The Forgotten Story

**BBC FOUR**

8:00pm	World News Today
8:30pm	World War I at Home <i>Shocking stories of the World War One Hampshire hospital doctors who faked footage on cures for shellshock.</i>
9:00pm	Storm Troupers: The Fight to Forecast the Weather
10:00pm	South Downs: England's Mountains Green
11:00pm	Tales From the National Parks
12:00am	How it Works <i>From the Stone Age to the Silicon Age, materials have helped drive forward our civilisation.</i>
1:00am	Storm Troupers: The Fight to Forecast the Weather
2:00am	South Downs: England's Mountains Green
3:00am	Constable: The Making of a Master
4:00am	Tales From the National Parks

**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
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	Location, Location, Location
10:00pm	The State
11:00pm	Flights From Hell: Caught on Camera
12:00am	Taxi of Mum and Dad

**CHANNEL 5**

7:00am	Milkshake! <i>Programming aimed at children aged two to seven years old.</i>
10:15am	The Wright Stuff
12:15pm	The Yorkshire Vet
1:10pm	5 News
1:15pm	Celebrity Big Brother Access
2:10pm	Home and Away
2:15pm	Neighbours
2:45pm	NCIS
4:10pm	Rosamunde Pilcher: The Other Wife
6:00pm	5 News
6:30pm	Neighbours
7:00pm	Home and Away
7:30pm	5 News
8:00pm	Starting Up Starting Over
9:00pm	GP's: Behind Closed Doors <i>Documentary taking a look at what goes on in the consultation room.</i>
10:00pm	Celebrity Big Brother
11:00pm	Football on 5
12:30am	Police Interceptors
1:30am	Criminals Caught on Camera
2:00am	Super Casino
4:10am	Gotham

**4**

8:00am	Made in Chelsea
9:00am	Melissa and Joey
9:30am	Melissa and Joey
10:00am	Black-Ish
10:30am	Black-Ish
11:00am	Baby Daddy
11:30am	Baby Daddy
12:00pm	How I Met Your Mother
12:30pm	How I Met Your Mother
1:00pm	The Goldbergs
1:30pm	The Goldbergs
2:00pm	The Big Bang Theory
2:30pm	The Big Bang Theory
3:00pm	Melissa and Joey
3:30pm	Melissa and Joey
4:00pm	Baby Daddy
4:30pm	Baby Daddy
5:00pm	Black-Ish
5:30pm	Black-Ish: Just Christmas, Baby
6:00pm	The Goldbergs
6:30pm	The Goldbergs
7:00pm	The Big Bang Theory
7:30pm	The Big Bang Theory
8:00pm	Hollyoaks
8:30pm	Coach Trip
9:00pm	The Big Bang Theory
9:30pm	The Big Bang Theory
10:00pm	Don't Tell the Bride
11:00pm	Made Over By
12:05am	The Big Bang Theory

**sky sports main event**

7:00am	Good Morning Sports Fans
7:30am	Good Morning Sports Fans
8:00am	Good Morning Sports Fans
8:30am	Good Morning Sports Fans
9:00am	Good Morning Sports Fans
9:30am	Good Morning Sports Fans
10:00am	Good Morning Sports Fans
11:00am	Premier League Daily
12:00pm	Transfer Centre
12:30pm	Sky Sports Now
1:00pm	Sky Sports Today
2:00pm	Sky Sports Today
3:00pm	Sky Sports Today
4:00pm	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	Through the Night
3:00am	Through the Night
4:00am	Through the Night
5:00am	Through the Night

**itv**

7:00am	Good Morning Britain
9:30am	Good Morning Britain
10:25am	The Jeremy Kyle Show
11:30am	This Morning <i>The popular morning lifestyle magazine show with advice, chat and competitions.</i>
1:30pm	Loose Women
2:00pm	ITV Lunchtime News
2:30pm	ITV Racing Live <i>York Ebor Festival.</i>
5:00pm	Tipping Point
6:00pm	Cash Trapped
7:00pm	Local News and Weather
7:30pm	ITV Evening News
8:00pm	Emmerdale <i>Popular long-running soap opera, set in a Yorkshire village.</i>
8:30pm	Coronation Street
9:00pm	Love Your Garden
10:00pm	Long Lost Family
11:00pm	ITV News
11:40pm	UEFA Champions League Highlights
12:40am	British Touring Car Championships

**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	The Cube
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	You've Been Framed!
3:00pm	The Ellen DeGeneres Show
3:50pm	The Jeremy Kyle Show
4:55pm	The Jeremy Kyle Show
6:00pm	Judge Rinder
7:00pm	You've Been Framed!
7:30pm	You've Been Framed!
8:00pm	You've Been Framed!
8:30pm	You've Been Framed!
9:00pm	Two and a Half Men
9:30pm	Two and a Half Men
10:00pm	Hall Pass
11:05pm	FYI Daily
11:10pm	Hall Pass
12:10am	Family Guy
12:40am	Family Guy

**itv3**

7:00am	Judge Judy
7:20am	Judge Judy
7:40am	The Royal
8:40am	Heartbeat
9:40am	Where the Heart is
10:40am	Judge Judy
11:05am	Judge Judy
11:35am	Judge Judy
12:00pm	Rising Damp
12:30pm	You're Only Young Twice
1:00pm	The Darling Buds of May
2:05pm	Heartbeat
3:05pm	The Royal
4:10pm	The Darling Buds of May
5:20pm	You're Only Young Twice
5:50pm	On the Buses
6:20pm	Rising Damp
6:55pm	Heartbeat
8:00pm	Murder, She Wrote
9:00pm	Rosemary and Thyme <i>Light-hearted drama series about a pair of gardening enthusiasts turned amateur sleuths.</i>
10:00pm	Lewis
12:00am	Wycliffe
1:40am	Wycliffe
2:40am	Rising Damp

**itv4**

7:00am	The Chase
7:50am	Storage Wars Texas
8:15am	The Saint
9:20am	Ironsides
10:25am	Quincy, M.E.
11:35am	Minder
12:35pm	The Saint <i>Simon Templar is a debonair master thief with a talent for disguise.</i>
1:40pm	Cycling
2:45pm	Ironsides
3:50pm	Quincy, M.E.
4:55pm	Minder
6:00pm	The Professionals <i>Action-packed drama series about two criminal-intelligence agents.</i>
7:00pm	Storage Wars Texas
7:30pm	Storage Wars Texas
8:00pm	Cycling
9:00pm	British Superbike Highlights
10:00pm	Car Crash Global
11:00pm	Blade: The Series
12:05am	FYI Daily
12:10am	Blade: The Series
1:25am	River Monsters
2:25am	Quincy, M.E.
3:15am	Tommy Cooper
3:45am	Nightscreen

**sky CINEMA ACTION & ADVENTURE**

7:10am	Arthur and Merlin
9:10am	Tarzan
11:10am	Underworld
1:15pm	Lawrence of Arabia
4:50pm	Wild Wild West
6:40pm	The Lord of the Rings: The Return of the King
10:00pm	Tarzan
12:00am	Swelter
1:50am	Deadly Departure
3:40am	Rocky III

**sky CINEMA COMEDY**

8:00am	Romancing the Stone
10:00am	Hot Shots! Part Deux
11:35am	The Tiger Hunter
1:20pm	Happy Gilmore
3:00pm	The Top Ten Show 2017
3:20pm	Absolutely Fabulous: The Movie
5:00pm	Paul
6:50pm	The Intern
9:00pm	Absolutely Fabulous: The Movie
10:40pm	Paul
12:30am	Vacation
2:15am	Jackass 2.5
3:30am	Confetti

**sky CINEMA PREMIERE**

7:00am	The Confirmation
8:45am	Level Up
10:15am	Kubo and the Two Strings
12:05pm	Keeping up with the Joneses
2:05pm	Ibiza Undead
3:50pm	Kill Me Three Times
5:30pm	Kubo and the Two Strings
7:15pm	The Confirmation <i>When his tools are stolen, a divorced, down-on-his-luck handyman and his young son attempt to track down the culprits.</i>
9:00pm	Keeping up with the Joneses
11:00pm	The Innocents <i>Striking true-life drama about the sexual abuse of Polish Catholic nuns by Soviet soldiers at the end of the Second World War.</i>
1:00am	Ibiza Undead
2:45am	Kill Me Three Times
4:30am	Level Up

**sky sports football**

7:30am	SPFL Greatest Games
7:45am	La Liga Greatest Games
8:00am	Football Years
8:30am	Football Countdowns
9:00am	Football's Greatest
9:30am	Football's Greatest Teams
10:00am	EFL Greatest Games
10:30am	SPFL Greatest Games
10:45am	La Liga Greatest Games
11:00am	Carabao Cup
1:30pm	EFL Greatest Games
2:00pm	Revista de la Liga
2:30pm	La Liga World
3:00pm	Carabao Cup
5:30pm	SPFL Greatest Games
5:45pm	La Liga Greatest Games
6:00pm	Football Years
6:30pm	Football Countdowns
7:00pm	Revista de la Liga
7:30pm	La Liga World
8:00pm	Carabao Cup Highlights
8:30pm	Live Carabao Cup Round
11:00pm	Eredivisie Round Up
12:00am	Revista de la Liga



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## Women's wit

A woman who cuts her hair is about to change her life.

Coco Chanel  
French Fashion Designer



## Famous quote

To know, is to know that you know nothing. That is the meaning of true knowledge.

Socrates  
Classical Greek philosopher

## World of English

No matter how much you push the envelope, it'll still be stationary.

## 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! '

# 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.

**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. .

**TAURUS**  
(April 21 - May 21)

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

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

**GEMINI**  
(May 22 - June 21)

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

**CANCER**  
(June 22 - July 23)

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

**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.

**VIRGO**  
(August 24 - September 23)

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

**LIBRA**  
(September 24 - October 23)

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

# Natural pools in Andalucía

TOP 5

### 1. Fuencaiente Spring, Huescar, Granada

Beautiful, natural pools can be found near Huescar, next to the Sierra de la Encantada on the banks of the Rio Barbatas, in the vicinity of San Clemente Reservoir and Rodríguez Penalba Park.

### 2. La Poza De Los Huevos, Mijas, Malaga

There is a hidden natural pool, known as Poza de los Huevos, located in the outskirts of Mijas.

Bathers can enjoy the cool waters in a peaceful setting.

This pool is formed by the Rio Las Pasadas, and it is said that ancestors used it as baths, since the water contains manganese, a mineral with many benefits for asthma and for healing skin wounds. There are other pools nearby, many are formed at the feet of fabulous waterfalls.

### 3. La Poza de los Patos, Nerja, Malaga

Nerja has a wonderful natural pool fed by water from the Rio Chillar, with impressive gorges known as Los Cahorros.

Further on, the river forms an attractive pool, with clean, cool waters and a beautiful waterfall.



NATURAL BEAUTY: Rio Chillar in Nerja.

### 4. Los Bermejales Reservoir, Arenas Del Rey, Granada

Next to Arenas del Rey, is an inland beach called Los Bermejales Reservoir. The reservoir is a main tourist attraction, supplied by the clear waters of the Rio Cacin with water slides in the bathing zone. Water sports, such as rowing and paddle boat

hire are available.

### 5. Arcos Reservoir, Arcos De La Frontera, Cadiz

This is a natural beauty spot, with an abundance of wildlife, flora and fauna and an official protection area for birds. The waters are crystal clear and water sports and fishing are available.

UK NATIONAL LOTTERY	IRISH LOTTO	EURO MILLIONS		LA PRIMITIVA	EL GORDO DE LA PRIMITIVA
					
Saturday August 12	Saturday August 12	Tuesday August 8	Friday August 11	Saturday August 12	Sunday August 13
(10) (27)	(1) (19)	(15) (25)	(18) (28)	(9) (17)	(9) (19)
(49) (52)	(22) (26)	(26) (40)	(39) (46)	(19) (25)	(33) (37)
(55) (56)	(44) (45)	(41)	(48)	(29) (46)	(40)
<b>BONUS BALL</b>	<b>BONUS BALL</b>	<b>LUCKY STARS</b>	<b>LUCKY STARS</b>	<b>REINTEGRO</b>	<b>REINTEGRO</b>
(17)	(35)	(4) (5)	(5) (12)	(40) (7)	(0)

LOTTERY



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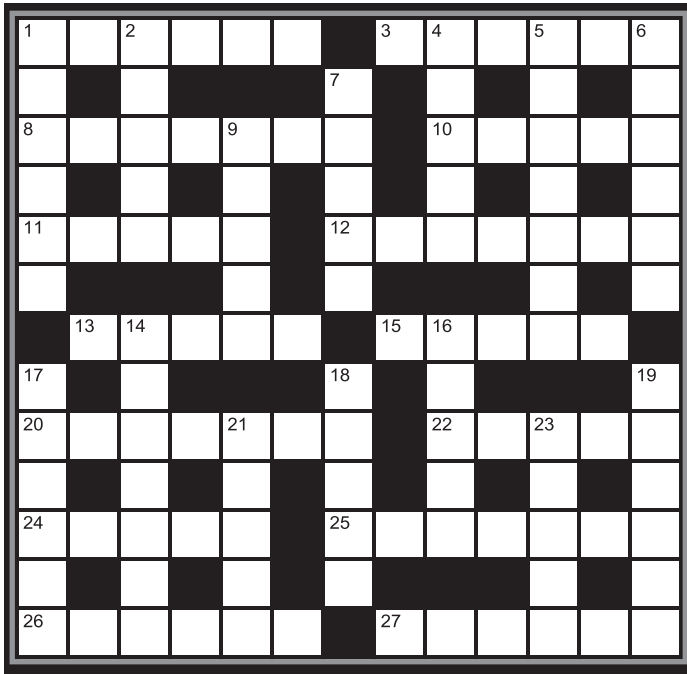
**Cryptic**

**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**

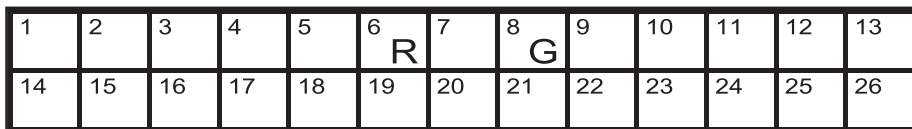
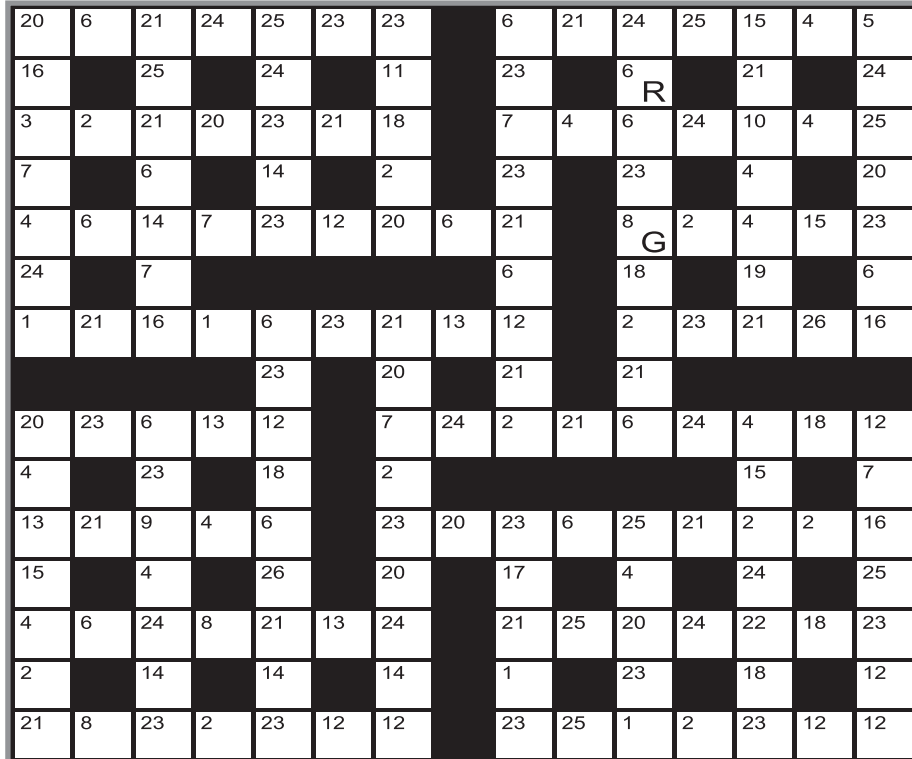
- 1 Twenty nearly get church to burn (6)
- 2 Small bird I lost in move (5)
- 4 Serf requiring helium – a great deal (5)
- 5 'I'm bored silly' is a platitude (7)
- 6 Nun is back to sort out the rest (6)
- 7 Diplomacy cleverly concealed revolution (5)



- 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)

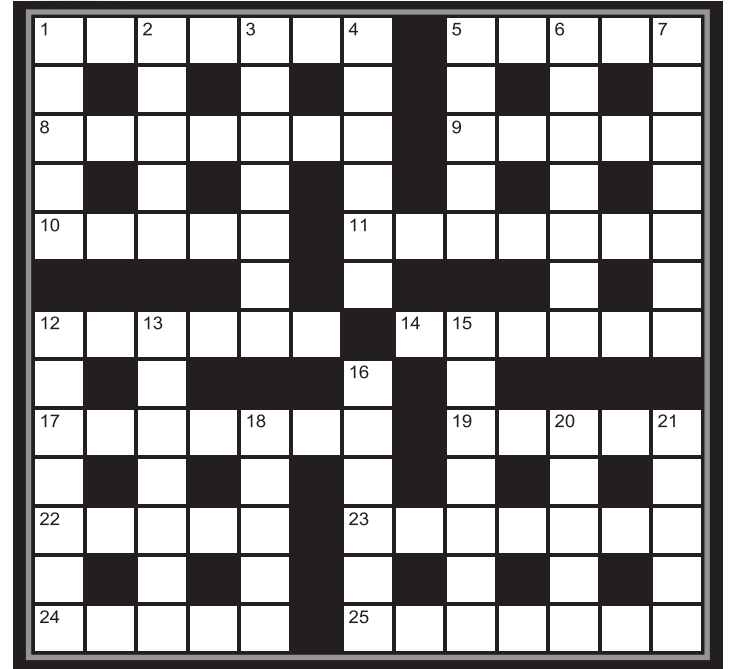
**Code Breaker**

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**

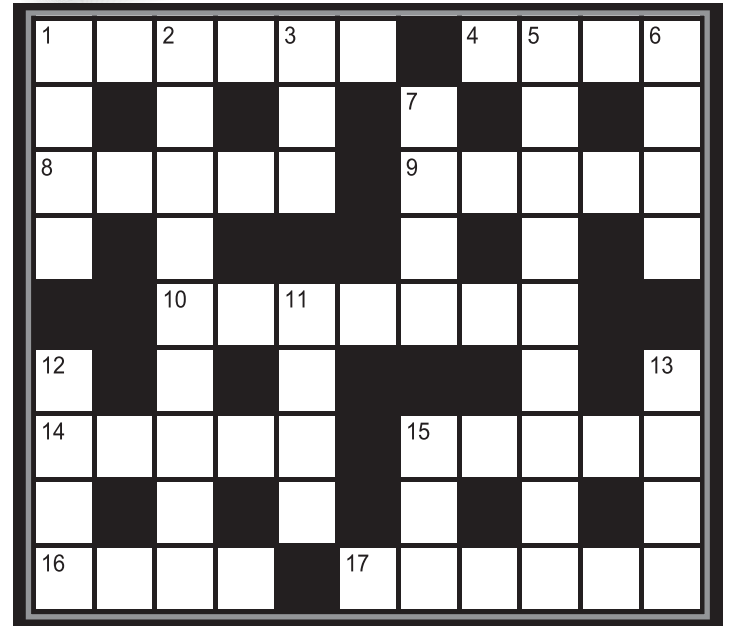
- 1 Disperse (7)
- 5 Goods carried by a large vehicle (5)
- 8 Earnest or urgent requests (7)
- 9 Goddess of love (5)
- 10 Recently made, produced or harvested (5)
- 11 Person engaged in military service (7)
- 12 Be able to spare or give up (6)
- 14 Consisting of one only or one part (6)
- 17 Opposed 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

CROSSWORD PAGE

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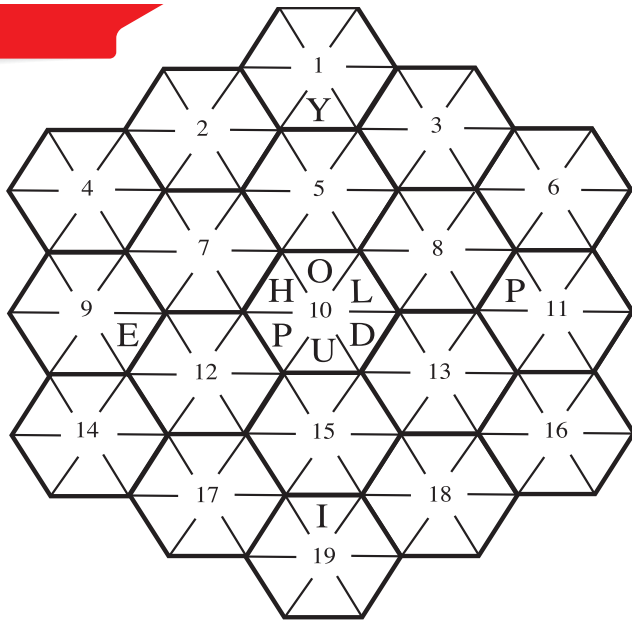
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## Hexagram

- APATHY
- CARROT
- DROOPY
- EYEFUL
- GLOSSY
- GOOBER
- GRISLY
- HOLDUP (10)
- HOMILY
- HUBRIS
- LINKUP
- MIRAGE
- PILLAR
- REDIAL
- RESIDE
- RETARD
- TISSUE
- TRITON
- UPSIDE



The purpose of the Hexagram puzzle is to place the 19 six-letter words into the 19 cells.

The letters at the edges of interlocking cells **MUST BE THE SAME**.

The letters in the words must be written **CLOCKWISE**.

The word in cell 10 (**HOLDUP**) and one letter in four other cells are given as clues.

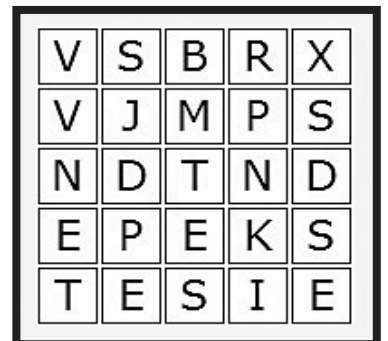
### LAST WEEK'S SOLUTION

- 1 Teller 2 Curlew 3 Employ 4 Second
- 5 Steely 6 Plaque 7 Escrow 8 Sophia
- 9 Rotten 10 Statue 11 Cheese 12 Ocelot
- 13 Hectic 14 Kittle 15 Plucky 16 Scythe
- 17 Sloped 18 Musket 19 Geyser.

## Boggled

How many English words can you find in the Boggled grid, according to the following rules?

- The letters must be adjoining in a 'chain'. They can be adjacent horizontally, vertically or diagonally.
- Words must contain at least four letters and may include singular and plural or other derived forms.
- No letter may be used more than once within a single word, unless it appears twice.
- No vulgarities or proper nouns are permitted.



### TARGET:

- Average: 24
- Good: 33
- Very good: 48
- Excellent: 62

### SCORING:

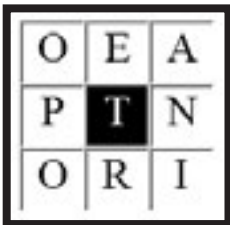
- 4 letters: 1 point
- 5 letters: 2 points
- 6 letters: 3 points
- 7 letters: 5 points
- 8 or more letters: 11 points

### LAST WEEK'S SOLUTION

line lined nine obey obeyed owed lobe lobed lowed innate nail next need needy neep neeps howl howdy heed bonne bowl bowed blow bedew beet beep beeped beeps bees weed weedy weep weeps wees aril axed enate ebon exeat exec eyed eyes dhow deep deeps dyes deject tail tanh taxi taxed teen teed eject ejecta pedes peed pees peen ataxy jean jeep jeeps veep veeps seen seed seedy seep spew sped speed speedy

## 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:

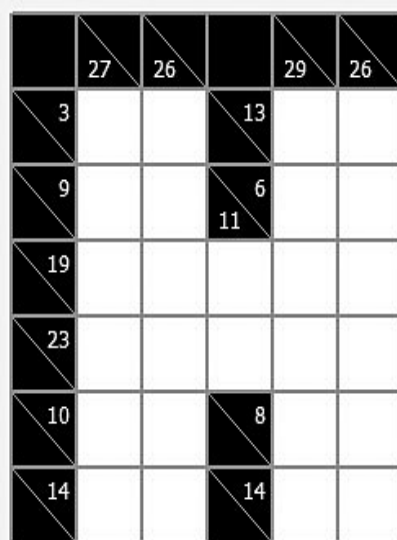
- Average: 24
- Good: 34
- Very good: 48
- Excellent: 62

### LAST WEEK'S SOLUTION

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

## Kakuro

Fill all the empty squares using the numbers 1 to 9, so that the sum of each horizontal block equals the 'clue' on its left, and the sum of each vertical block equals the clue on its top. No number may be used in the same block more than once.



### LAST WEEK'S SOLUTION

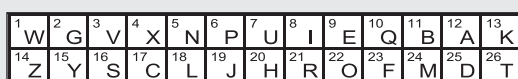


## LAST WEEK'S SOLUTIONS

### ENGLISH-SPANISH

- Across:** 1 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



### 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.

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FOR over 12 years, thousands of expats on the Costa Blanca have trusted Medcare for its GP services, but what many people do not realise is that Medcare is much more than just a GP clinic.

Medcare brings together the best medical professionals to offer GP care, dentistry, complementary therapies, aesthetic treatments and cosmetic surgery and with clinics in Benijofar and Alfaz del Pi,

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With a dedicated aesthetics suite at its Benijofar clinic, Medcare offers the most up-to-date procedures and the best professionals to provide safe and effective treatments.

Medcare leads the way on the Costa Blanca in non-surgical face lifts, Botox, fillers, radiofrequency and much more.

Medcare also works closely with top cosmetic surgeons offering procedures such as scar reduction, face and neck

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## Ask the optician - contact lenses

Saher Shrief, Store Director from Specsavers Opticas Torrevieja

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](http://www.specsavers.es).

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# Dehydration warnings as heatwave hits

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

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

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

In extreme cases it can 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 increased during the summer sun.

Water can also be taken in through the consumption of fruits and it is reminded to avoid the sun as much as possible and limit rigorous sports and activities during the hot midday sun.



**WATER:** Drink two litres per day.

## 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.

# ZIRCONIA RESTORATION

We frequently have patients come to our clinic with old crowns that at the time of placement were perfect, but over the years have started seeing a striking black line between the crown and gum.

### These types of inner metal crowns present the following problems:

- The appearance is a little more opaque because the metal does not allow the transmission of light like natural teeth.
- The ceramic can loosen and expose the metal inside.
- But the biggest problem is seen in the long term (5-6 years) when metal (which is not biocompatible) causes retraction of the gums, and will begin to show a horrible dark line of metal.

In these cases in our clinic we remove the old crowns and make new ones with a better quality material: Dental zirconium.

The Zirconium has great resistance so it is not necessary to place metal under the ceramic. Being a white and translucent material allows to realise prosthesis with an even more natural and luminous appearance of high aesthetics, avoiding the appearance of the black line noticeable when talking or smiling.

### ADVANTAGES OF THE ZIRCONIO CROWNS

- It is a white material that gives a more natural result allowing a better passage of light through the tooth.
- They have a great result and are lighter and more resistant.
- As there is no metallic structure under the ceramic, gray edges will never be seen.
- They have a smooth surface that favours aesthetics by limiting the adhesion of bacteria.



- When eating hot or cold foods, zirconium crowns allow us to not have unpleasant temperature sensations.
- When performed using digital technology, it allows an excellent adjustment with the gums.
- It offers the patient greater compatibility with the crown, which will be better tolerated by the gums.
- Avoids the risk of metal allergies.

### Before



### After

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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 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.

## Sleep: Are you getting too much or too little?

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

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

## Ask The Doctor

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## Food poisoning



**SPECIALIST: Doctor Luis Perez Belmonte.**

### WHAT is food poisoning?

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

### How can you get food poisoning?

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

### What are its symptoms?

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

### How can it be treated?

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

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

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Advertising feature

# Be part of the family with Carredent

ESTABLISHED in Torrevieja for over a decade, Carredent Dental Practice is owned and run by husband and wife team Ian and Alison Smith.

Ian studied dentistry at Liverpool University for five years while Alison is a qualified oral health educator, radiographer and dental nurse and they owned a large family practice in Manchester for 10 years before moving to Spain in 2004 and later setting up Carredent opposite Carrefour in Torrevieja.

Since then they have dedicated themselves to serving an international client base offering the latest equipment and services in the dental world at affordable prices with a professional and friendly team. Their family-run dental clinic focuses on being just that; a family practice where you are treated as

a member of the family and where focus is given on creating a welcoming atmosphere and professional, gentle, one-to-one care.

Carredent has a fully professional and highly qualified team and has recently welcomed dentist Jonathon to the team. The practice is fully legal and registered with the Valencian Health Authority and Sanidad and their prices follow the guidelines set out in the association of Alicante dentists so patients can rest assured they are not being overcharged.

The practice specialises in cosmetic dentistry such as crowns, dentures, white fillings, bridges, porcelain veneers and bleaching. People seek cosmetic dentistry for a variety of reasons. The truth is most people would like their teeth to be straighter,



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whiter, and pleasing to the eye when they smile and by

fixing and repairing what they dislike can boost their

self esteem, positively impacting both personal and professional relationships.

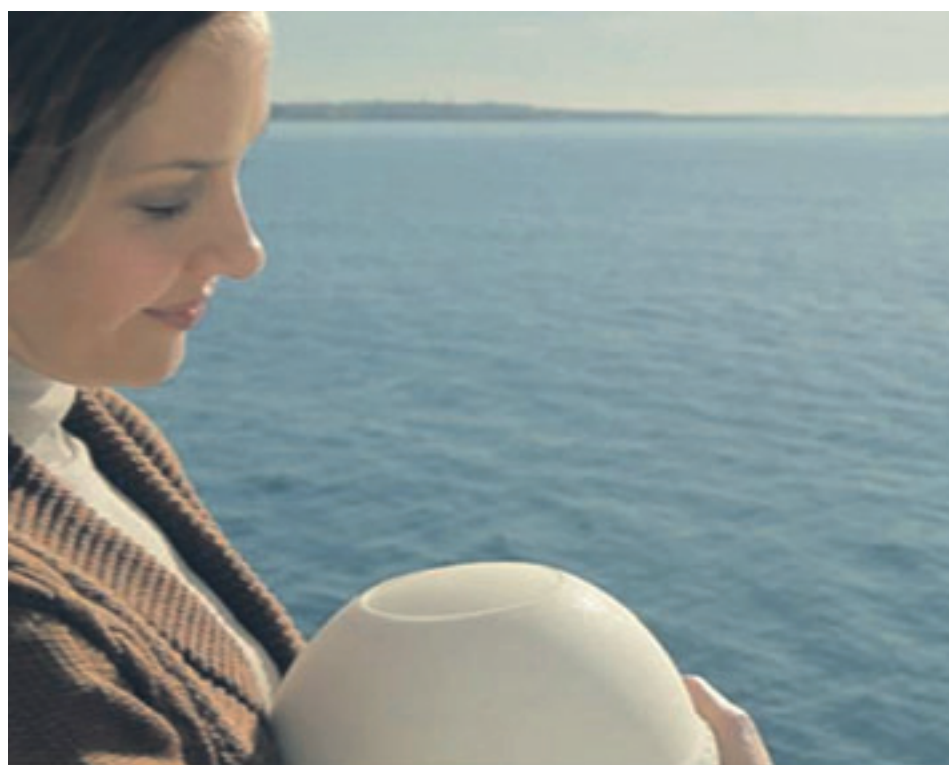
Recognising that not everyone is comfortable with a trip to the dentist, Ian is well reputed for his careful and gentle treatment of nervous patients. Contrary to popular belief root canals and most procedures are painless and there is nothing to fear as you are in the hands of caring and certified professionals, but recognising not everyone is comfortable with a trip to the dentist, the team put every patient at ease from the moment they walk through the door. Practice manager Alison said: "We pride ourselves on our excellent standards of pain-free work and we have glasses where patients can watch a DVD during longer treatment sessions so they can feel more comfortable."

They use a state of the art dental chair fully equipped with a digital X-ray monitor and only the most modern and effective techniques and procedures.

Same day emergency appointments are available and a same day service is offered for denture repairs.

To book an appointment call 965 711 797 or 638 608 532. Carredent is open Monday, Tuesday and Thursday from 8.30am-12.45 and 1.30-5pm and Wednesday and Friday from 8.30am-12.30pm. They are now also open Saturdays from 10am until midday.

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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.

# Brainy bilingual babies just listen

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 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.

**FRESH VEG:**  
Children preferred eating the whole carrot.



# 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

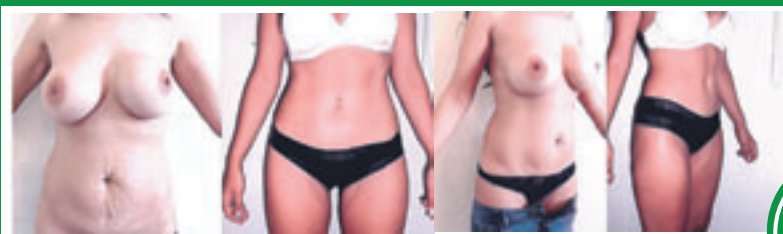
resulted in increased patient survival. The five-year increase in survival for patients with stage two laryngeal cancer is estimated at 70.8 per cent when treated with hypofractionated radiation therapy, but reduced to 64.5 per cent with conventional radiation therapy.

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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## Jumilla alive with music

JUST north of the region of Murcia is the town of Jumilla, which is famous both nationally and internationally for its wines and pears. Its fame also extends to music as August sees three festivals beginning today (Thursday) based in the IES Arzobispo Lozano.

Today, the second Jumilla Sounds Festival is dedicated to pop featuring the sounds of Catalan Elephants.

Friday August 18 will be dedicated to the electronica fans with the PopStar Festival.

Saturday August 19, is for the rockers with Tinto Rock and the veteran group La Fuga. They will be joined by Extremoduro, Platero and You.

Thursday's show starts at 5.30pm with those on Friday and Saturday beginning at 11.30pm.

Thursday (tonight): €5. Friday: €10 in advance / €12 at the ticket office.

Saturday: €8 in advance / €10 at the ticket office.

# Harmony College in third year

DO you like to sing? Alone in the shower or with friends? Are you in a choir and looking for something a little different to enjoy as a group? Maybe you have never sung in a group before? Whatever the problem SABS can help you!

In just one weekend this coming October 2017, the Spanish Association of Barbershop Singers (SABS) offer a unique opportunity to singers everywhere to learn a cappella four-part harmony.

Even if you are an old hand, there will definitely be something new to learn from fabulous champion quartet, PZAZZ, who are being flown in from the UK, especially to work and play during the weekend of October 6-8.

The event takes place at the Hotel Costa Narejos in Los Alcázares and singers of all ages are very welcome to enjoy singing in a men's, ladies or mixed chorus.



Photo credit: sabs.es

**HARMONY COLLEGE:** PZAZZ Quartet are arriving from the UK to help during the weekend event.

"We had a wonderful time at our last event which is open to everyone who likes to sing," said SABS President, Lyn Baines: "It's a great weekend, with a chance to make new friends as you sing together. Yes it's quite hard work but such fun too. On the closing afternoon, everyone will get a chance to perform to an invited audience of family and friends."

Lyn added there is also a very social element to the Harmony College: "Get to know your new friends better at the 'Afterglows' at the end of each day. This is a very unique time when people get together to chat and sing."

Full details of the SABS Harmony College can be found at [www.sabs.es](http://www.sabs.es) or email [registrations@sabs.es](mailto:registrations@sabs.es) to find out how you can become involved in this very special weekend.

Places are limited and are being snapped up fast, so make sure you register today.



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# Torre Vieja eco-tour dates

TORREVIEJA'S councillor Fanny Serrano has announced the dates for the current season of Eco-tours of the Natural Park of La Mata and Torre Vieja.

They began last Friday with a night-time tour but will continue for the next four years following the latest agreements.

The councillor explained that the tours began in 2015 and have been so popular that a new contract had been signed to meet the demand. "Not only were the tours fully booked, but there was a waiting list," she said.

All free of charge, the 32 tours per year are divided between eight general tours by day aimed at families, eight specific daytime excursions dealing in wildlife, botany, etc, and 16 night time tours.

Night tours continue until September 8 every Monday and Friday (except September 1) from 8.30pm 'til midnight. The purpose is to discover the La Mata Lake at dusk and sharpen the senses as night falls on the wetland.

"Smell, hearing and touch are a very special way of getting to know the park," said Serrano, who reminded that "people going on this tour should know that most of it is in the dark with no illumination other than ambient light."

From October (except December and



**NEW TOURS:** The Natural Park offers Eco-Tours during the day and night.

January) the daytime tours will be twice a month at weekends.

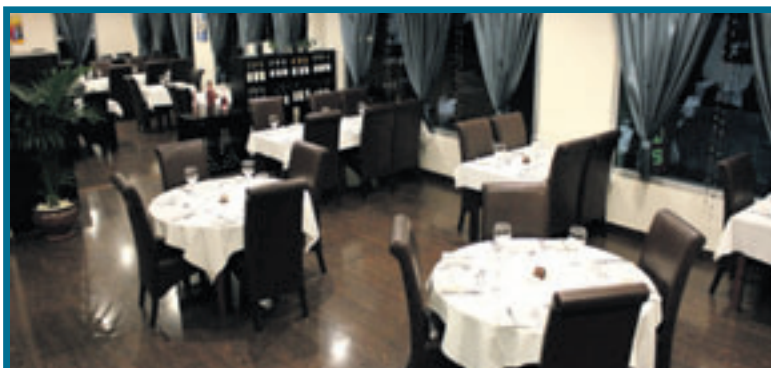
The general family tour will cover such areas as natural and cultural values, and include some games and competitions. The themed tours have, for their environmental importance, been dedicated exclusively to the birdlife, as an introduction for both young and old to watch and enjoy some of the common species in the area.

The specialist tour on the La Mata vineyards and salt lakes will address social-economic aspects of the park, especially traditional vineyard cultivation, extraction of salt, etc.

Each tour will be in both Spanish and English with up to 50 people on each although there is a minimum number of 20 required for it to take place.

Registration for the night tours can be completed online via the website [www.turismodetorre vieja.com/ecorutas](http://www.turismodetorre vieja.com/ecorutas) or in person at the Tourism Office on the Paseo Vista Alegre, which is open Monday to Friday 9am to 8pm and Saturdays 10am to 2pm.

Registration for the daytime tours is available following the same procedure with the booking facilities open three weeks before the tour dates.



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# Tabarca tries again with Transtropicalia

AFTER last year's first attempt which all those concerned considered a fiasco and which fell well short of public expectations, the Tabarca Music Festival is giving it a second go.

This year, the culture department of Alicante has announced it will be held on the island off the coast of Alicante and Santa Pola on Saturday September 30 under the name of Transtropicalia.

The EcoEvent cooperative, that specialises in producing such events, has been given a total budget of €16,940 to organise next month's event which, unlike the 2016 production, will take place on just one day and not two.

Tickets for the festival will cost €36 if purchased in advance; €40 at the box office on the



Photo credit: YouTube

**JOAN CALOMO: One of the artists who will perform at the event.**



**UP AND COMING: Flamenco star, Nino de Elche.**

Photo credit: YouTube

day. Both prices include transport to and from the island of Tabarca.

Officials from Alicante Council joined the organisers of the Transtropicalia on the island to tour around, looking at the proposed locations for the festival, and the available facilities. They have announced that the capacity for the event has been reduced to 600, down from the 800 who attended last year.

This year's poster promoting the festival shows a 'reinterpretation' of Mediterranean music, includes the flamenco musician Niño de Elche, rock music from Malian Vieux Farka Touré, folk rock from Melange, pop music from Catalan star Joan Colomo, soul music from Alicante local boy Alex Serra with his project Gatos Suaves and finally a cocktail of sound provided by Los Manises Illicitanos.

Tickets for the event are already on sale on 'Wegow' and within hours of them becoming available had sold over 100. Anyone under the age of four-years-old goes free.

A special boat service, all part of the ticket price, will leave Alicante at 10.30am and from Santa Pola at 11am, both returning at 11.30pm. The festival itself will be held on different stages on the island from 12noon until 11.30pm.

"Despite the lack of major financial profit experienced last year, the quality was still good and Tabarca's residents were delighted so we've accepted the challenge of staging it again," said Daniel Simón, Alicante's Cultural councillor. He is convinced that this year the public will respond better to the festival.

Councillor Simon acknowledged that there had been lessons to learn from last year's experiences.

Firstly, more advance notice has been given of the Transtropicalia rather than just the eight weeks of last year, and secondly the festival doesn't clash with other events taking place in and around Alicante at the same time which appealed to the same people that the music festival would otherwise attract.

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Stuffed Chicken Breast with Peach & Cheese, Mash and Vegetables  
Lamb & Rosemary Stew with Roast Potatoes and Vegetables  
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Hawaii Chicken Breast with Chips  
Breaded Pork Loin with Chips

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# International Habaneras Dog Day

SATURDAY August 26 sees the Habaneras Shopping Centre and the Animal Protection Department coming together to organise a 'very furry event' to encourage people to adopt a dog from Torrevieja's Municipal Dog Shelter.

To spread the word about the shelter and to encourage new families to adopt the animals housed there, the Habaneras Shopping Centre is working with Torrevieja City Council's animal department, which protects cats and dogs, to organise these events.

Among the activities organised for the big day is a

pro-adoption parade that will take place in the shopping centre at about 11.30. There will also be a small market with all proceeds going to the shelter. People will be on hand at a specialist stand to provide potential new owners with all the information they need to formally adopt their new friends. In addition, the Dog Study and Education Centre (Centro de Estudios y Educacion Canina, AYOCAN), will be there to share all the experience and skills of their trainers, who will give tips and methods for training adopted dogs.



Photo credit: Torrevieja.de

**FURRY FRIENDS:** Habaneras shopping centre aims to promote adoption of animals in protection centres.

The Asociacion Animalista de Torrevieja also merits a special mention, as an organisation which collaborates with the Shelter every day. Its 50 volunteers will be accompanying the dogs during the parade.

If you would like to adopt a furry friend, collaborate with the Shelter and do something for charity, come along to the plaza central at the Ha-

baneras Shopping Centre on Saturday August 26 from 11am to 11pm.

Habaneras Shopping Centre, managed and operated by CBRE, features 60 units providing a wide range of fashion and accessories, homeware and decoration, services, food and drink. Based in a popular and busy area of Torrevieja, the mix at

the Habaneras plus its provision of free services, children's play areas and other family-oriented services, place it at the forefront of its main catchment area.

The wide range of food and drink outlets available at Habaneras caters for all tastes, with establishments like Ginos, Foster's Hollywood, Lizarran, 100 Montaditos, El Rincon del Cafe,

Helados Sirvent and Vaini.

For more information please contact the Customer Service Desk, visit the website, [www.habaneras.es](http://www.habaneras.es) or the Centre's Facebook page at [Facebook.com/LasHabaneras](https://www.facebook.com/LasHabaneras). If you want to keep up to date with all that's going on at the Centre, you can download the Habaneras App from AppStore or Google Play.

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## Remember when it snowed?

CONSIDERING the long period of hot and sunny weather being experienced on the Costa Blanca, it seems ages ago since it was cold enough to actually snow in the Vega Baja area. But snow it did - on January 18 - in La Mata and Torrevieja and that event has inspired an exhibition.

Called 'Remember when it snowed in Torrevieja?' more than 80 photographs from that historic day have been compiled that were taken by both local people and local weather experts.

There are dozens of images of the beaches, the port areas and the natural park all covered in snow, offering a once in a lifetime view of Torrevieja and La Mata.

The exhibition is on display at the Centro Polivalente until Thursday August 31. Doors open at 6.30pm and entry is free of charge.



# A rose by any other name

GOOD FOOD,  
GOOD WINE AND  
GOOD FRIENDS  
WITH  
GARRY WAITE



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?'

## 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](mailto:garryphwaite@gmail.com).

“ We will be the first restaurant in London to serve grouse from the Glorious Twelfth. Roasted and served with liver parfait on toast, red cabbage and ceps.”  
Restaurant 45 Jermyn Street.

## Glorious Twelfth

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

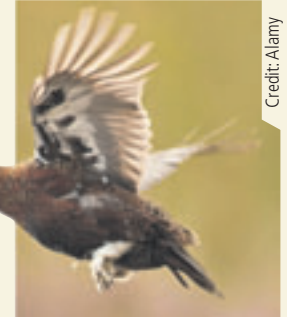
A beautiful part of the world and a chance for me to see the iconic Highland Games attended by the Queen and Prince Philip as well as other members of the Royal Family. But, due to the generosity of my client, had the rare opportunity to be involved in the Glorious Twelfth - the start of the Red Grouse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



Credit: Alamy

### Red Grouse in flight.

moors, and shotguns became breech-loading. The 'bags' - total number of birds shot per 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.

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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# Wall Street backs Spain

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

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

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

The *Journal* notes that Spain's good fortunes aren't limited to property but are expressed in a GDP which rose by 3.2 per cent year-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



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

safer Madrid and Barcelona commercial real estate and now investing in homes, student accommodation, hotels and 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.

We're a good estate agent in Sweden. So we're a brilliant estate agent in Spain. Hurrah for relativity!

In Spain, you don't need any particular qualification to call yourself an estate agent. You can just set up shop and off you go! So it's no wonder that some people have had bad experiences finding a property in Spain. But that's where we come in. We're Sweden's leading estate agent and we take a completely different approach. Our starting point is always to find out who you are and what you're looking for. We're members of the AIPP trade body and hold liability insurance that covers our work. So please feel free to contact a real real estate agent in Spain.

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# Sales soar on coast

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 Ali-



cante 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



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

foreign buyers accounted for more than 13 per cent of all sales, much of the numbers are being driven by buyers based abroad.

Across the country there were 235,672 sales in the first six months of the year, a rise of 13.15 per cent on January to June 2016.

It is the best six months in almost a decade and puts Spain on track to sell half a million homes by Christmas.



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# Heiress' real estate empire

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

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

Sandra took a sizable inheritance from her mother and now commands a property empire which stretches from Madrid and Barcelona, to Hollywood, Miami, New York and Stuttgart, Ger-

many.

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

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

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

# 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.

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.

Prices are expected to rise steadily until 2019/2020.

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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.

## Oregano benefits

OREGANO, a healthy herb containing vitamins A, C, E, and K and also providing many important minerals, could be a new addition to your windowsill or culinary garden.

Boasting a spicy, slightly bit-

ter 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 is 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.

Known as a symbol of happiness by the ancient Greeks and Romans, drawings from that age sometimes show brides and grooms crowned with a laurel of oregano, which was a widespread tradition.

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.

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**Advertising feature**

# Santa Clara dog shelter.. continued

OVER the past few weeks, I have explained how the Santa Clara shelter began, about the work we do and how we care for the dogs, fundraising, rehabilitation and rehoming.

This week, I want to take the opportunity to thank everyone who supports us. It may be by putting a few coins in our tins, giving food and blankets, sponsoring a dog, a monthly donation or sending very generous donations.

So we thank you all from the bottom of our hearts because without your help, we could not continue to save lives and look after the dogs in our care.

I must say special thanks to a wonderful couple who are real, living angels: Jack and Pat Brown. With their love, support, advice and help, Santa Clara is moving forward.

I have many people to thank but one or two need that extra acknowledgement as they help us all year round with tins on their shop counter.

Tins can be found at Penny's shop and Good News shop in Flamenca beach as well as Johnson at the Citrus centre Playa



**BUILDING ACTION:**  
Thanks to constant donations and support, a new shelter is under way.



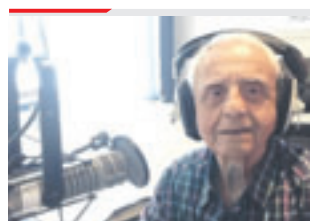
Flamenca.

I must also mention Jeni Allen and her friends who constantly fill tins with coins not forgetting my good friend Penny Lee who runs a stall in the UK all year round supporting us called 'Twinkies crafts.' During her holiday here, she spends time

working with me at the shelter.

The building of the new shelter is under way and we now have a perimeter wall. The build is imperative as we need to vacate the land we currently have as soon as possible, so any coins, notes are most welcome and appreciated.

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# Flea prevention

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.

**FLEAS: Treat all year round.**



Pick them off the pet and place them onto a wet paper towel. If the specks morph into something that resembles a bloodstain, then your pet has fleas.

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

**Now what?**

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

only do you have to treat your pet, but you also have to treat your entire house.

Before buying every flea-destroying product on the market, thoroughly vacuum your house. "Fleas, as eggs, larvae and pupae, may spend 90 per cent of their time off the pet (and) on the carpet or furniture," reports the Cornell Co-operative Extension - Insect Diagnostic Laboratory. Remove the vacuum bag, seal it and destroy it immediately - fleas are hearty parasites and will continue to live in the bag if not destroyed.

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

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

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

Fleas can be found all around the world, no matter the climate, however, they particularly like living in grass, which is where your pet will most likely be exposed to them.

**Outdoor prevention**

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[www.lasiestaevangelicalchurch.org](http://www.lasiestaevangelicalchurch.org) or telephone Pastor Keith on 666 180 108.

THE ANGLICAN CHURCH, La Fustera. For more info: contact Frank Bentley on 966 495 188 (95461)

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ROUNABOUT CHARITY SHOP. We are now into summer and very soon we will be feeling the heat! It is time therefore for another visit to the shop where you might find a bargain or two. Choose from the clothing selection, jewellery, household goods, books or bric a brac. There is usually something there for everyone - but not always. Charitable donations have recently been made to The Alzheimers Centre, Cancer Research and The Amigos Ambulance Service. We still need your help with donations etc. Please keep them coming in! We are situated on Avenida Del Furs close to the Fountain Roundabout and immediate left by Don Colchon bed shop. (93325)

THE ROYAL NAVAL ASSOCIATION, Torrevieja Branch, meet at 17.00 on the first Wednesday of each month at the Restaurante El Paraiso, Urb. Jardin del Mar 3 (behind Carrefour), Torrevieja. Contact Paul Edwards, Chairman 618 644 934 or Margaret Forshaw, Secretary 966 921 996. (95455)

THE ROYAL BRITISH LEGION Orihuela Costa - covering from Punta Prima to San Javier. The branch meets at Olympia restaurant, Mil Palmeras on 3rd Thursday of each month at 19.00 - 19.30pm. More info can be found on branch website [www.orihuelacostarbl.co.uk](http://www.orihuelacostarbl.co.uk). (95457)

**HELP VEGA BAJA.** We are a non-profit making organisation that helps and supports anyone, without prejudice, in times of need or crisis within the Vega Baja area. Our offices are based in San Miguel at Calle Lope de Vega 46 (Tel 966 723 733), Torrevieja at Rambla Juan Mateo Garcia 4 (Tel 965 704 282). Both offices are open Monday to Friday from 10 am to 1.30 pm and the Helpdesk at La Marina is open every Thursday (10 am to 1.30 pm) at the Hope Fellowship Church (opposite

the Thursday Market site) at Avda de Justo Antonio Quesada, Urb. La Marina (Tel 615770145). We are online at [www.helpvegabaja.com](http://www.helpvegabaja.com) and also on Facebook. You can email the San Miguel Centre at [office@helpvegabaja.com](mailto:office@helpvegabaja.com) **We also have a 24 hour Emergency help-line which is available to both members and non-members on 966 723 733** (95456)

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TORREVIEJA Christian Fellowship (TCF) is an English speaking lively church located at Avenida de las Valencianas 68, Torrevieja 03183. Residents and holidaymakers are welcome to attend our services with communion and 'kids church' each Sunday at 10.30am. We have a Fellowship Meeting (Bible Study) each Wednesday at 6.00pm. For further information see our website [www.tcf-spain.org](http://www.tcf-spain.org) or tel 966 700 391. (95464)

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THE ROYAL BRITISH LEGION JAVEA BRANCH meet on the 2nd and 4th Tuesday of each month @ Scallops Rest on the Arenal at 11.00am. Everyone is welcome to attend as a visitor and join the branch if they wish. Anyone needing any help or advice on welfare, or any information regarding the branch can contact either Sheila on 965 791 270 or Roger on 965 790 123

TORREVIEJA STROKE SUPPORT GROUP meets each Friday 2.45pm to 5pm in The Annex, (behind Age Concern Centre), Calle Paganini, Urb. La Siesta. Our aim is to support stroke survivors and their carers by a range of facilities from speech therapy, rehabilitation exercise, group discussion etc. For info: Louie 966 718 964 or 965 071 920, e-mail: [strokesupportgroup@hotmail.com](mailto:strokesupportgroup@hotmail.com) Donations and further voluntary helpers are needed and guest speakers with relevant knowledge or experience are very welcome. (95473)

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THE ROYAL BRITISH LEGION Gran Alacant & La Marina Branch meets 1st Monday of every month (except July and August) at Bar Sioux, Avda Escandinavia GA at 7pm for 7.30pm prompt. For further info contact Brian, Branch Secretary on 639 917 971 / email [secretarybr3606@gmail.com](mailto:secretarybr3606@gmail.com) (95474)

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CAMPELLO CONTRA CANCER in conjunction with AECC Association Español Contra Cancer has opened a charity shop at C/Virgen de los Desamparados No 13 (next door to Mas y mas) El Campello. The shop is open Mon-Fri 10 - 2pm and is run by unpaid volunteers and all monies raised goes to the AECC. We urgently need donations of clothes, books, large and small furniture etc, and we will arrange collection of large items. We need volunteers to help out in the shop and also clothes rails, shelves etc. for display. Please support your local Cancer charity and if you wish to obtain literature or simply talk to someone. Please stop by at the shop. Contact Mina or Trisha. Tel 650 071 278 or 610 921 413 e-mail [aecc\\_campello@hotmail.com](mailto:aecc_campello@hotmail.com) (95475)

INTERNATIONAL CHRISTIAN ASSEMBLY, TORREVIEJA Calle Urbano Arregui, 23, Torrevieja 03185, Alicante Evangelical non-denominational church. All nationalities welcome. Sunday service 11.0 a.m.; Sunday school; Prayer meetings; craft and computer clubs. Ladies Bible Study: Thursday 11.0 a.m. Church Bible Study: Thursday 1.30 p.m. House groups in Torrevieja, La Siesta, La Zenia - Contact 966 752 543 / 617 215 463. For other church matters Phone: 966 799 273 / 966 752 543 / 617 215 463 [www.icatorrevieja.org](http://www.icatorrevieja.org)

ROYAL MARINES ASSOCIATION (Costa Blanca) The aim of the Association is to bring



together not just ex Royal Marines, but ex Service personnel with an affinity to the Royal Marines. We meet on the last Tuesday of the month at 5.30. For further details Hon Sec 692 938 664

**FREEMASONRY** Are you aware that Freemasonry is thriving on the Costa Blanca? There are various lodges meeting up throughout the Valencia region. If you already are a Mason or simply wish to know more about Freemasonry in Spain please contact Harry Palmer Membership Committee Tel: 966 712 326 or email: palmers.quesada@yahoo.co.uk (95477)

**ROYAL AIR FORCES Association Branch #1359 Costa Blanca** The Branch meets on the third Tuesday of the month at the El Paraiso Restaurant located close to the Carrefour Supermarket in Torrevieja. The meeting starts at 1430 hrs. You do not have to be an ex-member of the RAF to join this friendly Association which supports the welfare of the RAF family and provides a social hub for ex RAF members and their friends. For further information about the Association and its activities please contact the Chairman on 692 508 916 or the Welfare Officer on 615 048 892 or visit our website: www.rafa.org.uk/costa-blanca

THE PATIENCE LODGE No 2177 of the R.A.O.B meets every Sunday morning at the Sacko's Bar, El Limonar near Las Siesta at 10am. We are always looking for new and lapsed members to join us. Please call Secretary Dave Tonge on 697 989 738 for further information. (253807)

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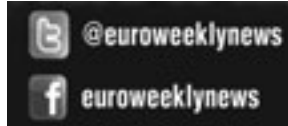
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**Clarkson  
Quote of the Week**



“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 con-

fidence' 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.**



# 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, England, and



**DEADLY: Innovative plans to combat pollution needed.**

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.

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.

The RAC, Britain's largest roadside assistance outfit, has voiced

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

## Tony Matthews

International Sports

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

Costa de Almeria

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

### ATHLETICS

The two-week World Athletics Championships, attended overall by 701,189 spectators, ended in glory for GB's men who won gold in the third fastest-time ever in the 4x100m relay. Also GB's 4x400m quartet took silver while their women counterparts gained silver and bronze in the 4x100m and 4x400m events. Mo Farah added a 5,000m silver medal to his gold at 10,000m, but sadly superstar Usain Bolt pulled up injured in his last ever race, retiring with 19 global golds to his credit.

And my individual gold winning 'performances' of the games came from Aussie Sally Pearson in the 100m hurdles, Kenya's Hellen Obiri in the 5,000m,

Qatar's Mutaz Barshim in the men's high jump and Kenyan Elijah Manangoi in the 1,500m... plus the Trinidad & Tobago's men in the 4x400m relay final and of course GB's relay teams.

\* Farah runs in Birmingham's Diamond League meeting this weekend before having his final track race in Zurich. He'll then switch to the marathon. And former runner Brendan Foster has retired as a BBC commentator after 40 years holding a mike!

### FOOTBALL

The opening 10 games of the new Premiership season produced 31 goals, two scored by Romelu Lukaku on his Manchester United debut in a 4-0 thumping of West Ham. The Reds top the table, ahead of Huddersfield, who won 3-0 at Crystal Palace. Reigning champions Chelsea ended with nine men in losing 3-2 to Burnley - their first opening day home defeat for 24 years. Elsewhere there were also wins for Arsenal (4-3 over Leicester in the first-ever Friday top flight League opener), Manchester City (2-0 at Brighton), Everton (1-0 over Stoke with a Wayne Rooney goal - his 'first' for the Toffees

since 2004), WBA (1-0 v Bournemouth - the Baggies' 14th such score-line under manager Tony Pulis) and Spurs (2-0 at 10-man Newcastle). The games between Watford-Liverpool and Southampton-Swansea were drawn, 3-3 and 0-0 respectively. In fact, Saints haven't scored in their last six home games.

After two games, it's Cardiff, Wolves and Nottingham Forest 1-2-3 in the Championship; Oxford lead Peterborough in FL1; Coventry top FL2 and St Johnstone head the SPL.

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

This weekend's PL programme includes Huddersfield-Newcastle, Leicester-Brighton, Liverpool-Crystal Palace, Stoke-Arsenal, Swansea-Manchester United and Spurs-Chelsea while it's Manchester City-Everton on Monday.

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

tion in round three.

### ROUND UP

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

After big wins over Spain (56-5) and Italy (56-13), England are now favourites to retain the Women's Rugby World Cup in Ireland. Ireland beat Japan 24-14 to remain in the competition but Wales (narrowly beaten by Canada) and Spain (hammered 43-0 by the USA) are out. England play the USA today in Dublin.

Cricket's first day-night Test Match in the UK started yesterday with England taking on the West Indies at Edgbaston. And after beating South Africa 3-1 in their last series, Joe Root's team is now third in the world rankings, behind India and the Springboks; Australia are fourth.

Elina Svitolina beat Caroline Wozniacki and Alexander Zverev defeated Roger Federer in the women's and men's tennis singles finals of the Rogers Cup in Montreal, Canada.

The 72nd La Vuelta a España starts on Satur-

day and continues until September 10. Almost 200 cyclists will cover 3,300 kilometres in 21 stages.

**LUKAKU:** Scored two goals on his PL debut with Man U.



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

- £19.5m Ronaldo - Barcelona to Inter Milan, 1997
- £22m Denilson - Sao Paulo to Real Betis, 1998
- £28m Christian Vieri - Lazio to Inter Milan, 1999
- £38m Hernan Crespo - Parma to Lazio, 2000
- £37m Luis Figo - Barcelona to Real Madrid, 2000
- £45m Zinedine Zidane - Juventus to Real Madrid, 2001
- £56m Kaka - AC Milan to Real Madrid, 2009
- £80m Cristiano Ronaldo - Man Utd to Real Madrid, 2009
- £85m Gareth Bale - Tottenham to Real Madrid, 2013
- £89m Paul Pogba - Juventus to Manch United, 2016
- £198m Neymar - Barcelona to Paris St-Germain, 2017

NB: Neymar will earn £596,000 a week, £85,143 a day; £3,548 an hour; £59 a minute and 98.5p a second...



**ENGLAND:** Are now favourites to retain the Women's Rugby World Cup.



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