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## All eyes on water levels

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

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

In some resorts record figures are being logged.

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

In Malaga Province the peak tourist season in August means demand soars as it does in the Axarquia region where levels of around 54 square hectometres in the Viñuela reservoir which feeds Axarquia and Costa del



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

Sol continue to cause concern, with the stark fact that should they fall to 45 square hectometres, a drought will be declared.

In a worst case scenario, if drought does occur, water could be piped from other parts of Spain.

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 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.

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**NEWS EXTRA**

**Bad fall**

A SIX-YEAR OLD Russian girl has been taken to hospital after she fell from a height of six metres at the Terrazas del Puerto, Marbella. The victim suffered an abdominal trauma.

**Drip drop**

A DROP in water prices has been approved. The Commonwealth of Municipalities of the Costa del Sol granted the reduction following an economic study. Water rates will fall from €0.46 per cubic metre to €0.45.

**Ashy shore**

OVER 3,000 ash trays have been distributed along the shores of Fuengirola to prevent cigarettes from spoiling the beaches and waters of the coast. Maria Jesus Pascual, Environmental councillor, has begun distribution this week

# Free ink for breast cancer sufferers

By Sean Campbell

BREAST cancer battlers are being offered free tattoos.

A studio in Fuengirola is giving free aesthetic reconstructions in the form of tattoos to women who have suffered breast cancer.

Rolling Tattoo will provide two free tattoos a month to women who have had a mastectomy and are interested.

It comes after the studio joined the national network Solidarity Tattoo.

Rolling Tattoo is the only studio in Fuengirola to have become a member.

Ricardo Von Wichmann, the Fuengirola councillor for health announced that

“the studio manager contacted the department of health and informed us that his tattoo study had been incorporated into the national network of Solidarity Tattoo.” He added that they perform aesthetic reconstructions by creat-



**KIND GESTURE:** Rolling Tattoo joins Solidarity network.

ing a nipple tattoo and areolas for people who have had a mastectomy.

Studio manager, Javier Jimenez, said: “When a mastectomy is done there is a scar and the nipple usually disappears. Many

women suffer the loss of that part of their body, so we what we do is rebuild it by making a tattoo.”

People can benefit from this free initiative contacting the studio located in Calle Sevilla.

**Feria tragedy**

A WORKER died while attempting to connect a food stall to an electricity pylon at the Feria de Malaga.

According to reports the 38-year-old fell off his ladders, an estimated five metres in height, after getting electrocuted by the pylon.

There are however conflicting witness statements claiming the man simply fell due to being very overweight.

An autopsy will confirm the cause of death.

A minute’s silence was held at midnight last Friday by the council, which also sent its condolences to the man’s family.

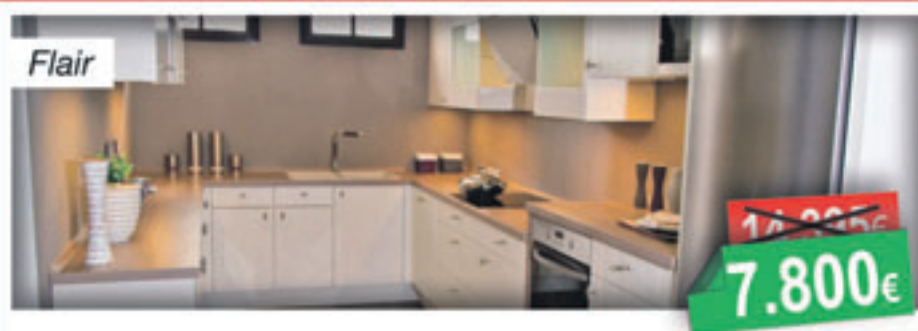
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# Beach brawl

THREE sailors were attacked on Maro beach, Nerja, by a group of settlers claiming that the beach was "their property and lived there all year," announced Luis Jimenez. According to victims, the multinational group were under the influence of drugs and alcohol and became increasingly violent after the three refused to leave the public space.

## Draw the line

A 44-YEAR-OLD man has been arrested with seven grams of cocaine in his possession following a road traffic accident on Camino del Pato in Malaga. Investigators found 109 grams of hashish, 27 grams of MDMA and 19 grams of cocaine at his property in the capital and have detained the accused on drug trafficking, forgery and road safety charges.

## Coach sold

A DISGRACED town planner has sold a carriage for over €40,000.

The antique coach of Juan Antonio Roca went for 10 per cent below the valuation price. Seventy-five million euros worth of his property is being sold in order to pay for his court costs following Operation Malaya, the Spanish anti-corruption campaign.

The carriage is the most expensive of his items sold so far and its auction page received nearly three million hits.

## Emergency access

POLICE have limited vehicle numbers as record numbers visit Roman baths.

A total of 9,396 people have visited the baths of la Hedionda, in Casares, during the month of July.

The City Council and the Local Police have taken measures to ensure safety.

Vehicles will no longer be permitted to park outside the second parking lot so as to provide sufficient space for emergency vehicle access.

# Silence to grip Malaga stadium

SILENCE will grip Malaga's stadium as enraged fans have vowed to make stand fixture changes.

Two prestigious fan groups - Malaka Hinchas and Frente Bokeron - will refuse to cheer their team at their home stadium of La Rosaleda.

The usually-vibrant groups will remain quiet during the first game of the season against SD Eibar because they are incensed by the fixtures provided by the Spanish FA.

## 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-



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.



THE PELOTON: Over 200 riders are competing.

fications 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.

lar panels for electricity will all help to reduce the environmental impact of the new portside hotel.

## Open doors

HOTELIERS are refusing to blacklist tourists. Costa del Sol hotels have refused to ban tourists and limit who stays in their rooms. A collection of protests throughout Spain has caused controversy over the summer as local

residents of popular tourist areas voiced their dislike for foreign visitors.

Illegal, under-the-counter lettings are a controversial matter as tourist numbers and the types of people renting accommodation are not regulated.

## No strike

RUBBISH COLLECTORS in Fuen-girola are not going to strike after reaching an agreement with employers.

According to reports some union members walked out during talks, where a €500 bonus was agreed for all Los Boliches workers.

However there have been complaints of some areas beginning to smell because rubbish is not being collected from bins.

## INSIDE VIEW

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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**

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## Poll of the week

**Looky looky men:  
 Do you feel they  
 are good or bad?**

**LAST WEEK'S POLL:**

**Should toll road fees  
 not be increased  
 thereby attracting  
 more users?**

**Yes = 92%  
 No = 8%**

## Top Social Media comments

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

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

So allow Cabify and Uber to operate. Believe me the taxi mafia will soon go back to work when they realise that there are alternatives and they will eventually lose out completely! *Mark Connor*

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

**Lifeguards in Spain ordered to cover up** - It's not what the female lifeguards wear, it's men dictat-

ing what they should wear that's annoying! *Lynda Stephenson*

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

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

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

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

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

Thank god these witnesses came forward! *Kagcee Knight*



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

## TRIVIA FROM AROUND THE WORLD

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

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

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



**Did you know?**



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

Little bits on the side

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## Lost in translation



**TAKE THE CHILD  
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## 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."

# Maybe baby

FORMER *EastEnders* actress, Danniella Westbrook, has been forced to deny she is pregnant after gaining weight on a recent trip to Spain with toyboy fiance, Alan Thomason, aged 34.

The 44-year-old actress explained, "I'm just fat at the moment... because I'm happy." The couple announced their engagement last week after only a few weeks of dating.

# Hotting up

TOWIE stars, Megan McKenna, aged 24, has been spotted puckering up to boyfriend and co-star, Pete Wicks, aged 28, after returning from filming scenes for the reality TV show in Marbella.

The on-again-off-again couple are back together after breaking up on their five-day Marbella trip when Pete was accused of exchanging flirty texts with other women.

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## Spaniard prohibited from hassling

IT has been revealed that officers of the National Police in Malaga arrested a 50-year-old Spaniard accused of harassment and gender violence.

The investigation commenced when the former wife of the man who

lived in the same apartment building complained that he was constantly contacting her by text and telephone trying to get her to resume the relationship.

The courts have imposed a 500-

metre exclusion zone in order to stop him from physically contacting her and also he has been instructed not to contact her again by phone and if he does, then he will be guilty of a criminal offence.

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# Driving high



By Karl Smallman

SPAIN'S Guardia Civil has stopped a coach carrying 60 passengers and arrested its driver after he tested positive for drugs in a routine roadside check.

The coach was carrying around 60 passengers from Hinojosa del Duque (Cordoba) to a day at the beach in Benalmadena (Malaga).

The 35-year-old coach driver gave a positive result for cannabis in an alcohol and drug

control check and was detained by the police.

The coach continued its journey to the Costa del Sol after a replacement driver was found. He, too, was subjected to a roadside check and he tested negative for drugs and alcohol.

## OUR VIEW

### Fire and fury

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

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

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

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

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

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# Duty-free alcohol cabin ban

By Karl Smallman

RYANAIR passengers flying from Glasgow Prestwick and Manchester to Alicante and Ibiza are no longer permitted to take duty-free alcohol on

board the aircraft, and those who have purchased duty-free alcohol will be asked to put it into the hold or leave their purchases behind.

The low-cost airline has also called on UK airports to in-

troduce 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



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

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."

## NEWS EXTRA

### Rocky run

EMERGENCY Services were called to the Marbella coastline after a boat crashed into rocks off the shore. Several people were rescued from the ship wreck, with the causes of the crash still unclear.

### Firing line

THE Firemen's Union has criticised Malaga provincial council after only four firefighters were left to tackle a blaze in Estepona park. Javier Luque, union delegate in Estepona, said "if the fire had been bigger, it could have reached houses."

### Worker bees

MALAGA Council has announced plans to hire 290 unemployed workers for 15 days in order to make small improvement in the area. The capital has set aside €390,118 for the work.

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THE case of a Muslim woman who claimed that four men ripped away her headscarf and insulted her in the street is being investigated as a case of Islamophobia.

The incident took place several weeks ago in Malaga centre around 8.30pm in the Calle Ruta de Malaga in the 25 Años de Paz district of the capital.

# Islamophobic attack

The victim described how she was looking at properties in the area when she heard shouts coming from behind her, clearly indicating anti-Islamic intent. Four men then surrounded the

woman and continued to insult her with blatant and obscene reference to her faith and nationality before pushing her and spitting at her.

The men then continued the attack,

forcibly removing the woman's headscarf and inflicting physical pain due to the intricate wiring with which the headscarf was fixed to the woman's hair. Despite the victim attesting her

Spanish nationality, their aggression escalated into threats to set fire to her as they produced a lighter.

According to the victim, this horrific ordeal only ended when a couple with a baby passed the scene and the attackers promptly ceased their attack.

The incident and details of the attack are currently being investigated by National Police.

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TAXI strikes have spread throughout the Costa del Sol following tensions between private cabs and companies such as Uber and Cabify.

The livelihood of private taxi drivers has come under threat following the international expansion of companies operating under VTC licences. Ordinarily, taxi licences would cost up to €200,000. Drivers would pay back the fee throughout their working lives, and sell their plates when they retire.

Uber and Cabify use VTC licensing, costing €30, to certify multiple drivers, with the limitation being that they can only pick up passengers through immediate appointment. However, drivers have been seen thwarting the rules

# Taxi trouble



Multi taxi Malaga. Facebook

**STRIKING:** Tension rises as taxi firms threaten to continue.

by waiting at the Malaga Airport and Feria to get some extra business.

The private taxi strike began last weekend, and is set to continue well into the week. Resi-

dents and tourists alike have been left without transport during Malaga Feria whilst dri-

vers spearhead the resistance against taxi company giants.

Union representatives have warned that the strikes will continue indefinitely until "Cabify ceases its activities."

The president of Malaga Unified Association of Self-employed Taxis, Jose Royon, said there "have been a series of agreements with the council, and we have highlighted that the companies and VTCs need to go."

He added that he "deeply regrets that the customers are the ones suffering the consequences of the strike."

Union representatives, at the time of writing, were due to meet with the Junta de Andalucía regional government to attempt to resolve the issues and call off the strike.

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# MC Boulevard News

## El Chiringuito *Ibiza vibes in Marbella*



EL CHIRINGUITO is the latest addition to Puente Romano's culinary scene!

Located on the beach, its Mediterranean kitchen offers a wide variety of truly authentic El Chiringuito dishes.

The menu created by French chef Jérôme Palayer includes Lobster Risotto, seared tuna fresh from the wood fire grill, sea bass cooked in sea salt crust or Nebraska entrecôte.

If one prefers, El Chiringuito's menu will be served on the beach on its wide sun loungers, under the safari-style tent or in its upper restaurant

area. Furthermore the refreshing juices, cocktails and smoothies are specialties not to be missed.

El Chiringuito's goal is to serve honest, great tasting food in a warm, soft & loving environment.

Situated at the Puente Romano's beach, El Chiringuito Marbella's perfect location allows enjoying sea views, tanning on the tranquil sun loungers or just people watching while sipping cocktails.

Its décor is a relaxing combination of white-washed wood, spacious sofas and picturesque palm tree paintings, inspiration taken from both

Ibiza and Andalucía.

Since the opening in 2009, El Chiringuito Ibiza has become one of the Ibiza's top beach clubs, winning best beach club award for the last two seasons, and El Chiringuito Dubai just got voted as one of the best beach clubs in the world.

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El Chiringuito Marbella is open every day for lunch, dinner and cocktails.

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## Game of spoilers on TV

THERE will be red faces at HBO España after the television broadcaster aired an hour of an upcoming episode of Game of Thrones five days before its scheduled date of Sunday, August 20.

Season seven's episode six was also available on HBO España's website for a few hours before the mistake was realised.

A Reddit user named 'The Slayer' posted a screenshot online that depicts Jon Snow and Tormund walking beyond the Wall in their quest to capture a white walker and also uploaded two minutes of video.

More clips, that have since been removed, were also posted on YouTube.

The HBO error comes soon after a hack that led to 1.5 terabytes of data being stolen from its servers, and an online leak of Game of Thrones season seven episode four before its scheduled broadcast.

# Check your front doors

THIEVES in other parts of Spain 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 minuscule 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 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 across the country



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

have warned all Spanish residents 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.



FOUR young people are in hospital following a fight along the seafront area of Fuengirola.

The incident took place on Saturday August 12 around 6am when there were reports to emergency services of a serious confrontation in Calle Martinez Cateña resulting in violence and

## Fuengirola fight

subsequent injuries.

The boys aged between 21 and 29 years were all transported to local Costa del Sol hospital where

they were treated for their injuries.

Three of the boys were not seriously wounded whilst one remains in care due to injuries to his neck

and forearm.

Investigations have been launched into the attack which involved knives and possibly a Japanese samurai sword.

All eight people involved in the attack appear to have been identified according to police sources and are awaiting questioning.

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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



Photo Credit: No 10

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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

## A somewhat awkward meeting of the Joint Ministerial Committee.

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

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

tance to cover their additional costs.

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

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

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

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

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

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## Drunk drivers in police mockery

TWO men who were taken to a police station in Torremolinos to be questioned regarding excessive alcohol consumption and aggression tried to urinate on police officers and even mimicked playing the flute with the alcohol metre say officials.

The incident took place around 2am in the Avenida Sol in the Torremuelle area of the town after police were investigating an accident that had occurred shortly before.

As an oncoming vehicle approached with a foreign registration plate, police ordered that the vehicle stop to which the drivers of the vehicle refused and instead tried to alternate the speed of the car to escape the scene, at one point nearly knocking over one of the police officers present.

Suspecting excessive alcohol consumption, police officers at the scene subjected the driver to an alcohol level test to which the driver not only refused but

proceeded to use the alcohol metre as a flute in an attempt to undermine police authority.

The driver aged 48 years and the passenger and owner of the vehicle aged 53 years, both from the Netherlands, showed obvious signs of inebriation and aggressive behaviour and resisted all attempts at arrest.

According to reports, the passenger even attempted to block police from arresting the driver of the vehicle.

Following inspection of both the occupants and the vehicle itself, police found a knife and a weighing scale typical of those found in gymnasiums.

The two were arrested and transferred to the Local Police station where their aggression levels continued to escalate. It is here where one of the offenders intended to urinate on police officers succeeding only in marking the walls.

The offending pair await a court hearing.



Photo by National Police

**RECOVERED:** Valuable watches that were stolen during the raids.

## Burglary network crashes

MEMBERS of a criminal group that targeted more than 20 houses have been arrested.

Two of the three alleged members have been detained so far.

The Benalmadena-based organisation stole from more than 20 houses in Marbella, always acting at night.

Their prime targets were empty houses in residential areas.

According to sources, the thieves accessed houses and escaped with their loot in stolen vehicles.

National Police officers have iden-

tified at least 26 cases of theft in family homes and have recovered numerous items taken during overnight raids, including jewellery, money and handbags.

Speculation suggests that members within the organisation had a specific function such as surveying the area for police presence, driving, or gaining access to the houses.

Police eventually tracked the group down and found them to be based in the Benalmadena area.

As the men were confronted by

police, they attempted to flee in a stolen vehicle that belonged to one of the agents involved in the investigation.

Two men of Algerian nationality, aged 22 and 41, were arrested upon suspicion of belonging to a criminal group, breaking and entering, robbery, vehicle theft, breaches of road safety and assaulting a police officer.

The investigation remains open whilst attempts are made to apprehend the suspected third member of the group.

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# Sea anemone rustlers rounded up by Guardia Civil

MEMBERS of the Seprona section of the Guardia Civil have been involved in a year-long investigation into poaching of sea anemones (ortiguillas) worth tens of thousands of euros.

In two separate actions which have seen raids in Cadiz and Malaga, officers have seized 3,325 kilos of sea anemones, 72 kilos of sea urchins,

24 nets, diving equipment and three vehicles.

Four wholesalers in Cadiz were discovered to be purchasing rustled sea anemones from four poachers and in order to appear to be trading legitimately, they 'doctored' official licences issued by the Junta de Andalucía in Malaga.

The illegally caught ortiguillas were supplied

by poachers working in the waters off the coasts of Cadiz, Granada and Malaga provinces.

All of those investigated were related and worked together at different sites trying to ensure that their illicit trade was not discovered.

As it was impossible to trace the official source of all the seized creatures, the department



Photo by Guardia Civil

**ORTIGUILLAS: Packed ready to sell.**

of Agriculture and Fisheries decreed that they should all be destroyed.

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# Money laundering gang caught

TWO people were arrested as a multi-million euro money laundering organisation involving 24 companies was dismantled.

The main ringleader of this organisation created fictitious companies in which he provided data of social capital disguised as computer equipment and furniture which was non-existent. Police estimate the sums of profit to be more than €600,000.

Economic research specialists of the Algeciras Civil Guard completed Operation CJ, which saw 16 people investigated and two arrested as alleged perpetrators of fraud, money laundering and criminal



**EVER-VIGILANT: The Guardia Civil are seeking answers.**

organisation membership as part of the so-called Timo del Nazareno group.

The operation began in late 2016 when police picked up on an irregular figure from one of the companies involved.

A device was set up to ascertain the whereabouts of the

brains behind the organisation, as well as the other beneficiaries and members.

The search was complicated due to the scope of the organisation which spread across different communities and localities throughout Spain including Barcelona, Madrid, Bilbao,

Malaga and Cadiz.

The Civil Guard managed to locate an intermediary agent and police found several leaders who had many dedicated money laundering companies between them.

The head of the criminal organisation was discovered to be operating in Malaga City.

The leader used a false identity and he proved difficult to trace as he had Eastern European origins and no known house or true corporate headquarters.

The Guardia Civil are continuing with their document analysis to find the front men as well as other collaborators.

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THIS August, the famous Mad Bear festival has once again taken Torremolinos by storm and latest reports on the event show that it has been a stunning success. The event which takes place in La Nogera area of the town, aims to promote a more open gay culture, embracing those who do not always 'fit in' to the typical gay stereotype.

The event sees hordes of 'bears,' many with abundant facial and bodily hair and larger bellies collaborating in seven days and nights of partying. Between this new sub-culture of gay male, they have devised various categories including puppies, muscle men and wolves, covering a variety of looks and styles.

This year, Mad Bear is in its 12th year running having grown from a mere 100 attendees and party revellers in its first year to over 7,000 today. The event welcomes people from all over the world including those from Australia, the US, France and Italy to celebrate this euphoric festival.

Throughout the week, Torremolinos has staged

# Bear necessities



Photo by YouTube

**BEARS:** The mad bears gathered in their thousands in Torremolinos.

various events of varying interest and appeal, ranging from the massively popular pool party on Tuesday to weeklong day and night live music events hosted by 13 DJs, including Berlin Asaf-Dolev, an Israeli music icon

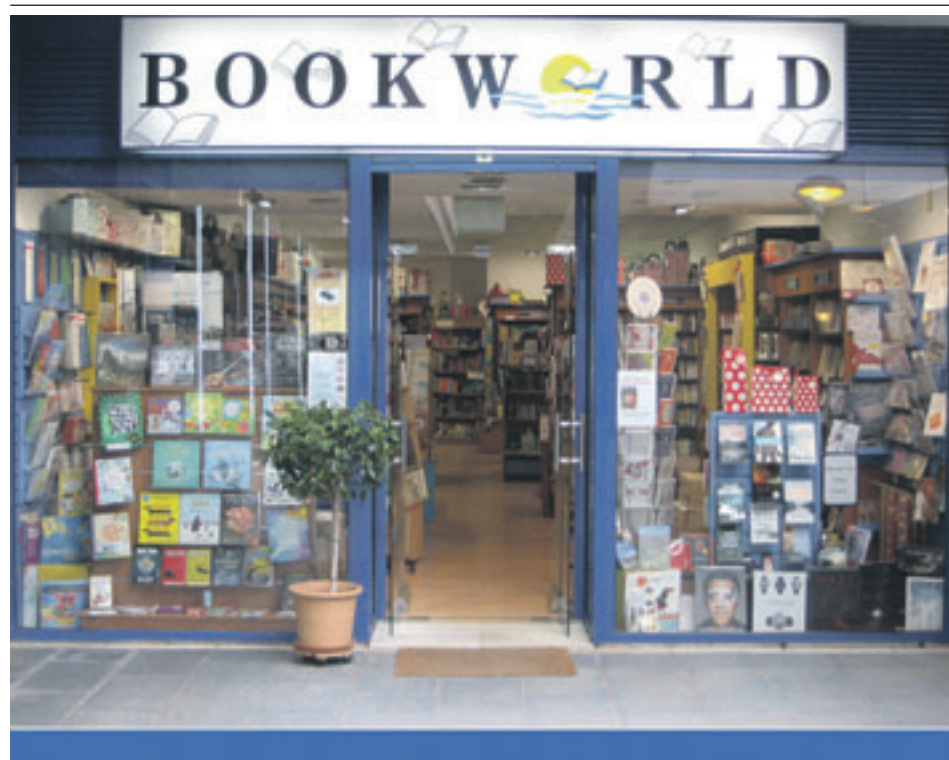
for the LGBTI community.

On Monday night, partygoers enjoyed bopping to the beats of German DJ Martin O'Neill on Bajondillo beach, the artist famous for his anti-discrimination hit, 'Take the Chance.'

Event organisers and attendees have both certified that this year has marked progress for the LGBTI community given the support it has received from local businesses including hotels, bars and restaurants. Torremolinos has

become a holiday destination praised for its openness to all and is equally benefiting from the economic advantages boosted by the event.

It boasts the first hotel in the area specialised in LGBTI tourists, El Ritual.



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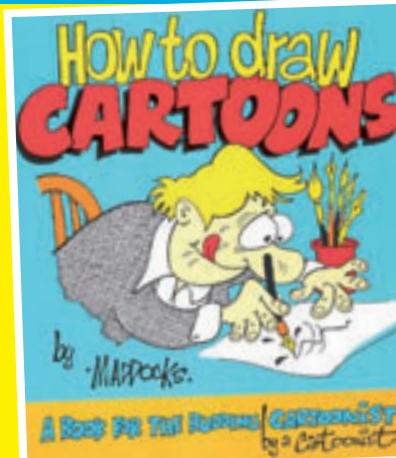
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Photo by Twitter

**BEAR HUG:** The bears enjoy drinking, music and fun.

## PETER MADDOCKS



Link for Peter's books:

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

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

<http://petermaddockart.com>

## NEWS EXTRA

### Store crazy

MERCADONA has announced the opening of a 1,600 square metre store with two parking floors on Avenida Santa Rosa, Malaga. The company expects the new supermarket to be open to the public by the end of this year.

### 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.

### Pulled down

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

### Path finder

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

### No entry

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.



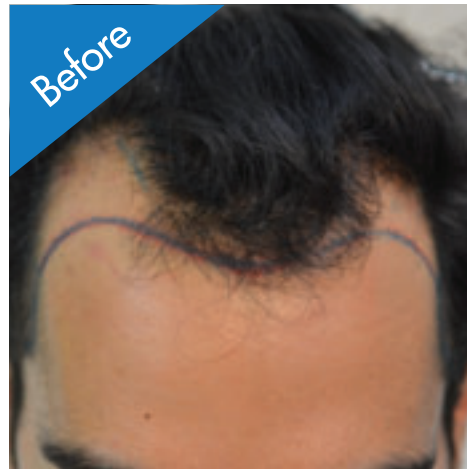
## Hair transplant consultation in Marbella on 2<sup>nd</sup> of September only

This is Helmut. Before his hair transplant, Helmut didn't like having his picture taken...

In 2011, he took the plunge and his life was about to change... He entered a beauty contest in Malaga in 2014. He won. He was chosen Mister Cabello Bonito!

Now, Helmut is an advocate for hair transplant procedures. He works for a clinic in Belgium where his plentiful dark locks encourage new patients.

Helmut has lots of happy pictures now. Be like Helmut. Grow some hair.



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**NEWS EXTRA****Storm-ready**

MIJAS Council has invested €325,000 in infrastructure following the storms which devastated public roads and buildings last December. Currently, the proposal, led by Mayor Jose Carlos Martin, is awaiting planning and budgetary permissions.

**Feria mad**

**MORE than 10,000 passengers aboard six cruise ships will dock this Friday at Muelle Uno for the Malaga Feria. Passengers will have the option to enjoy the annual festivities.**

**Learn afar**

*MARBELLA Council has maintained their UNED (National University Distance Education) course after 'arriving to the government in a complicated situation without any ongoing dialogue.'*



**ONGOING OPERATION:** French officers will join the National Police.

**French officers patrol in Spain**

AS part of an ongoing operation between European police forces, French officers will join the National Police in patrolling areas of Madrid and Malaga.

The officers from the Police Nationale will spend two weeks in Spain during the busiest holiday fortnight offering advice and assistance to French-speaking visitors whilst accompanying counterparts from Spain's National Police.

The collaboration will take place thanks to a project known as European Commissariats, supported by the European Union.

The four officers deployed to Spain are Spanish-speaking with two attending the cen-

tral district police station in Madrid and two at the Malaga police station.

Their functions will range from uniformed patrols on foot or in vehicles in areas of greater tourist influence, to giving assistance to victims of crime, crime prevention or support in the completion of complaints.

It is believed this initiative, which has been running since 2008, not only assists foreign visitors but equally importantly brings members of police forces from different countries together to discuss ways of working.

Thirty-one officers from the National Police are also serving in France, Italy and Portugal.

**Catching vehicle smugglers**

**PORTS TARGETED:** The impounded stolen vehicles.

AS part of an international drive to stop exportation of stolen vehicles, officers of the National Police have targeted the ports of Algeciras, Malaga and Tarifa.

Under an investigation which included officers from Interpol, officers checked vehicles due to cross by ferry to Africa and discovered nine stolen cars and a single motorcycle, all of which were bound for Ceuta or Tangier.

According to reports, as many as 90 per cent of these mainly high end cars destined for Africa are driven onto ferries in Spain al-

though they may have been stolen in almost any European country.

This is a highly lucrative business which evades import fees and the funds earned from the sale of these illicitly obtained vehicles can be put to work to support other criminal or even terrorist activities.

The volume of this illegal trade in stolen vehicles naturally increases during the summer months when many honest and innocent Moroccans in particular travel from all across Europe, converging on the nearest ports to their home destinations.

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# SOTOGRADE

Sotograde in San Roque, Cadiz Province, ranks among the most luxurious residential developments in Europe, with world class architecture and sports facilities.



## Still problems with Rio Guadiaro

ONCE again the mouth of the Rio Guadiaro was blocked and once again, the mayor of San Roque called for the authorities to take action.

Mayor Boix has made it clear that the situation needs to be resolved by Central Government and the Junta de Andalucia as San Roque was already sanctioned for opening the mouth in the past.

Indeed it was only three weeks ago that volunteers dug another channel to try to get the water flowing in order to preserve the environment, flora and fauna.

With local holidays and the closing days of the Feria, council staff had a huge amount of work to undertake and the blocking of the river again came as a great disappointment to the town, more so because no-one else seemed to want to assist in resolving the problem.

As far as the mayor is concerned, this is an urgent matter which involves authorities with more power and greater financial resources than the town of San Roque so they need to actually do something positive.



Calling for assistance, Mayor Boix on the right.



FUNKY STUFF: Al McKay and his band.

## A Soto Wonderland

ONE of the early members of the hugely successful funk band Earth Wind and Fire brought his current band to close the Sunset Valley Festival with a bang.

Al McKay's Earth, Wind & Fire Experience had a large crowd in their hand as they performed some of the group's most famous

numbers including Boogie Wonderland, Let's Groove and September.

In keeping with the original funk outfit, this band was tight and had a very happy audience dancing and singing as they performed.

A perfect ending for this new festival which bodes well for 2018.

## San Roque fair

RUNNING from today until Sunday, the San Roque Fair is bound to attract visitors from all over the area.

As is usual, there will be a fun fair aimed primarily at the children whilst there will be a feast of music and gastronomic delights for those a little older.

Tradition dictates that local young women will parade in their local costumes whilst the elderly will be recognised and thanked for all that they have achieved to help the local community.

This is the last fair of the year for San Roque and celebrates Saint Bernardo.

One event not to be missed will be the huge paella on Sunday which will be shared amongst visitors followed by the water festival and closing fireworks.



Local youngsters danced formally.

## Making life better

THE First Golf Tournament at the Almenara Golf Club on behalf of Childhood without Borders attracted a large number of entries.

Following the competition, there was an even better attended charity cocktail party where many local celebrities were seen together with charity director TV presenter Arantxa de Benito.

It was she who gave out the prizes and spoke about the work of the charity which in this case is concentrating on supporting children and women in Nicaragua.



Arantxa de Benito at Sotograde.



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# Tame hen and stag parties



Photo by Twitter

**CHANGES:** Hen and stag party outfits will be regulated.

COUNCILS in the Malaga Province are considering changing regulations in order to deal with 'wild' hen and stag parties.

Authorities have said the events tend to see revellers unsuitably dressed - often with lewd messages - and are sexist in nature. Loud music, megaphones and drunkenness is also a public nuisance.

The PSOE party in Malaga City said they intend to change by-laws in order to give Local Police more powers to deal with raucous behaviour.

Marbella's Social Rights councillor, Victoria Morales, said women are "treated like objects" at these parties and the town hall is considering

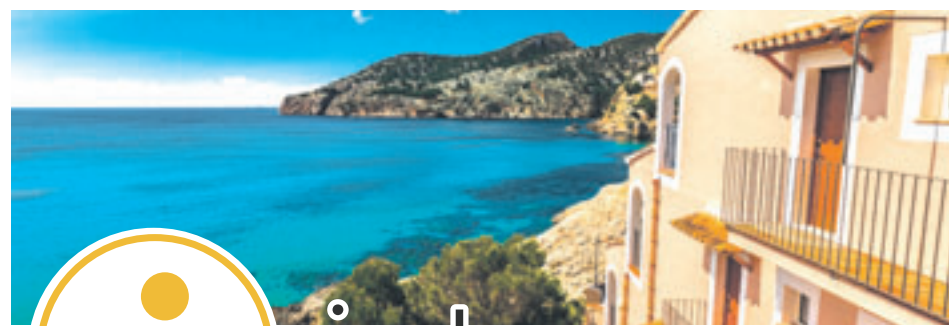
different ways of controlling "uncivilised and disruptive" partygoers.

Benalmadena and Torremolinos are also considering introducing strict regulations.

PSOE's spokesman, Daniel Perez, said Malaga should adopt similar rules to those already in place in Granada, Madrid, Almeria and Cadiz.

"You can't have a quality fair when there are people wearing unsuitable clothing, using megaphones and behaving in an uncivilised manner," he said.

Elsewhere in Spain there have been difficulties with rowdy holidaymakers, such as a hen party that was kicked off a flight to Alicante for 'acting like creatures.'



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**NEWS EXTRA****Bad image**

RESIDENTS of Torremolinos complained that beach hammock companies are overtaking space on the beach. Complainants state the businesses are ignoring the 500m square boundaries and are creating 'unfair competition and bad image.'

**Food spend**

**THE Andalusian Minister of Agriculture has stated that 40 per cent of tourist expenditure is spent on food throughout the region. He added that tourists "want to taste our product and sample the local peculiarities."**

**Holy rights**

*MALAGA City Council have agreed to grant the diocese with housing and protection rights in exchange for the 63,550 sqm Monte Calvario mountain.*

A THERAPEUTIC room for children was used for 1,800 sessions in its first year.

The multi-sensory room in the Centre for Early Childhood Care of Velez-Malaga provides disabled children with the chance to benefit from therapy via stimulation of the senses.

Roughly €20,000 was spent on the room which was co-financed by the social work department of La Caixa and local administration.

Measuring 25 square metres, it has an effects projector, ultraviolet lights, bubble column and fibre optics as well as texture panels and various filled boxes for touch stimulation.

There are other features catering for smell and taste sensation as well as sound panels to improve sound and acoustics. It comes complete with a water bed which vibrates to the beat of music, foam elements, hammocks and a swing.

Councillor for Social Wel-

# Therapy success



Photo by Ayuntamiento de Malaga

**SUCCESS: More than 1,800 children were helped in first year.**

fare and Equality of the city of Veleño, Zoila Martin, said:

"The room aids the stimulation of the senses, development and communicative

skills of children between 0 and six years.

The needs of these children require immediate attention to improve their quality of life.

The government team are working to eliminate the waiting list so that all the

needs of users can be met within the municipality."

The centre began operating in 1986 and now has a team of three psychologists, a speech therapist and a physiotherapist who encourage the stimulation of children with special needs.

## Shark alert

LIFEGUARDS on two beaches in La Linea de la Concepcion were advised to clear them after a shark was sighted swimming in the waters.

Red flags were raised on Santa Barbara and Levante beaches, bathers were cleared and emergency services attended.

Although this wasn't a false alarm, it wasn't a scene from Jaws either as the shark was identified as an Angular Rough Shark, colloquially known as a Pig Shark in Spain, which is not known to be dangerous to humans and lives on a diet of small fish.

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# Drowning figures

ANDALUCIA has the highest number of reported drowning incidents for 2017 according to new statistics.

Over 300 people have died in Spanish waters - 43 more than in 2016 and 59 of these deaths were in Andalusia.

Over half of these deaths occur in the busy summer months and this is also when 80 per cent of the rescues take place.

The first 15 days of August have seen 34 deaths in the water with 95 in July and June with 70.

It is not just the summer months that have proved perilous, 34 drowned in January and 31 in April.

March and May saw 29 drownings and February suffered the least with 17.

The vast majority of victims were Spanish at 76 per cent whilst 14 per cent were European.

The most common times that these tragedies occurred



**DEATH AT SEA: 2017 has seen 339 drownings so far.**

was between 12pm and 2pm whilst it was the elderly who suffered worst with the highest number of deaths consisting of those ranging from ages 65 to 74.

Of the total fatalities, there were 271 males and 68 females.

Only in the city of Melilla have no aquatic deaths been recorded.

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## Train station for Torrequebrada

BENALMADENA is calling for a new train station to be erected in Torrequebrada as part of the line which runs between Fuengirola to Malaga.

Following a proposal made by PSOE in latest council meetings, the 4,000 residents of the area comprising mainly young families, retired couples and non-Spanish citizens, would be better connected to the local areas, which at the amount are arguably far away with Arroyo de la Miel being located 6km from Torrequebrada.

The scheme was proposed in 2015 and was put forward to be financed by a central government via the rail department after a petition was signed by over 1,000 residents.

This year the proposal has reached unanimity between all local councillors and will therefore be forwarded again as a valid and well supported development project to be carried out in the near future.

## It's a doggy do-do

ESTEPONA Town Hall has launched an awareness campaign for dog owners to help to control clean streets and public areas. The initiative includes the distribution of 5,000 information leaflets, 3,000 doggy bag dispensers and 2,000 bottles used to eliminate dog odours.

They urge dog owners to collaborate with such initiatives under a new slogan 'Your pet, your responsibility because they aren't to blame.' Under this, the duties of individual dog owners have been laid out as well as simple standards which are essential to follow to



Photo credit: Ayuntamiento de Estepona

**CLEAN UP:** Council members Blas Ruzafa Guirao (centre) and Sergio Rodriguez (rt).

maintain good public hygiene.

Blas Ruzafa Guirao, Socio Cultural and Public Services councillor states "The majority

of dog owners have a civil and responsible attitude towards the issue and do take care to take a dog bag each time they walk their dogs." However, he also insisted that some dog owners forget such duties and therefore, it has been essential to reinstate such standards to remind them of these.

Local Parks and Gardens councillor, Sergio Rodriguez has underlined that "the proliferation of dog waste, dog urine on surfaces and public buildings is causing a public eyesore which could jeopardise Es-

tepona's public image as a tourist hotspot."

He also outlines how this will be the first time that bottles containing the mix of vinegar and water will be used in a campaign of this type. It will hopefully serve as a repellent to prevent repeated cases of dogs urinating in the same areas and on the same buildings and walls.

The bottles as well as dog bags will be available in various council offices in the area as well as in schools from the start of term.


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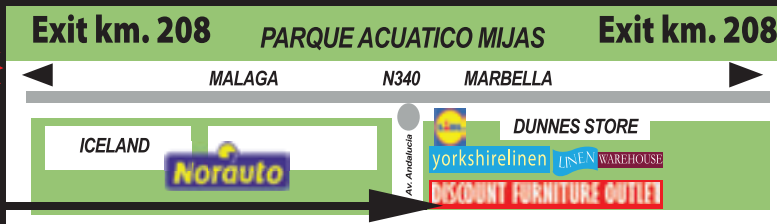


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Photo by Ayuntamiento de Estepona

**CLEAN UP:** New measures have been implemented to improve waste management.

# Tackling trash

ESTEPONA has become next in line to instigate proposals for reinforcement in an attempt to tackle increased volumes of rubbish during summer months. Plans have been approved to boost waste collection given the increase of 60 per cent in rubbish discarded which has been seen in Estepona during the summer tourist season.

Mayor of Socio cultural and Public Services, Blas Ruzafa, has explained that with such

high volumes, it has been essential to double the level of reinforcement. This involves more bins being provided, an extra rubbish collection shift in the evening and more cleaning personnel being employed in public walkways, restaurants and beaches.

Estepona Town Hall has additionally commissioned new machinery including a larger fleet of high-pressure cleaning vehicles and more power hoses to ensure street sanitation.

Sergio Rodriguez emphasises that the historic centre requires special attention given the need to retain its charm and appeal. He has also outlined the importance of public collaboration in the issue, stipulating that rubbish should be disposed of after 9pm and in sealed bags.

He urges locals and tourists alike to make use of special collection points where more specialised waste can be discarded such as white goods, electrical items and chemical products.

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# La Cala de Mijas Lions Club donated over €51,000 in their centenary year

WHAT a fun night everybody had at the La Cala de Mijas Lions Club recent fundraising event in The Big Fish restaurant in the urbanisation Jardin Botanico in La Cala de Mijas.

Great food, good service and a wonderful atmosphere was enjoyed by everyone who attended. The new President, Julie Barry, started her year with a splendid evening organised by Mike Adams and his assistants Wynson and Sandy.

She thanked The Big Fish for kindly hosting the event, and everyone for coming.

At the recent AGM past President, Paul Butler, announced that last year the Club donated over €51,000, almost all to the local community. He thanked all volunteers, supporters and Lions for their wonderful efforts



**RAISING FUNDS:** Lions members and supporters at The Big Fish.

in the shop and at all the events and what an honour it had been for him to be President in the year when the Lions International Club celebrated its 100th anniversary. He wished

Julie well for the next year.

The La Cala de Mijas Lions Club will celebrate its own 20th year anniversary in 2018, and long may it continue to serve the com-

munity. During this time, many organisations and individuals have been on the receiving end of their valuable support, whether young, old or middle-aged.

The next event will be a three-course lunch, including a half bottle of wine, or beer, or soft drinks on September 3 at the El Jinete Restaurant Carretera Cala Golf, Km 4.5. Live entertainment included and priced at only €30.

Tickets can be obtained from La Cala Lions Charity shop, Tel: 677 059 061 or from El Jinete restaurant, Tel: 952 119 170.

The Lions shop is urgently in need of volunteers so if you have time to spare and would like to join a fantastic group of people, ring the Lions shop on 677 059 061.

ON August 9, Debra-Butterfly Children Charity celebrated the first of its two annual golf tournaments and dinners at Marbella Club Golf and Casa Club Marbella, raising €24,700.

Lovers of golf and fairy tale evenings were in luck because, like every year, the charity hosted two of the most significant events of the summer: 14th Piel de Mariposa Golf & Dinner, Marbella Club Golf with its 6,247 metres of luxurious course welcomed 61 golfers who were all there to improve the lives of those living with the rare condition, Butterfly Skin, a condition which affects both

## A cocktail that raised €24,700 for Butterfly Skin

the skin and internal mucous membranes causing immense physical and emotional pain.

The golfers enjoyed 18 holes in a Texas Scramble competition before the prize presentation and dinner took place. There were three winning teams and prizes for longest drive, ladies and men. Following the prize presentation, Nieves Montero, Founder and

President of the charity, took the opportunity to thank everyone and review some of the achievements of the charity.

These included 825 enquiries addressed by their Health and Social care team, 11 visits to families of new borns with the condition and 174 families assessed by the professionals of the charity at La Paz Hospital, Madrid.

All enjoyed an exquisite cocktail and dinner followed by a dramatic tombola with more than 300 lavish prizes generously donated by prestigious companies.

All of this could not have been possible without the support of the enthusiastic collaborators. For more information and to offer help visit [www.pieldemariposa.es](http://www.pieldemariposa.es).



**ENTHUSIASTIC:** Golfers help raise funds.

Photo by © Debra - Piel de Mariposa

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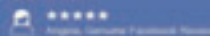
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# Gala soiree



Photo by Jacob Shaw

**BUDDING CELLIST:** Jacob Shaw will be performing.

CELLIST Jacob Shaw is performing in Mijas on September 2, bringing with him an art exhibition of seven artists, which can be viewed for free.

Born in London in 1988, Shaw studied music from a young age. After graduating from school in Surrey, he proceeded to the École Normale de Musique de Paris. He became the youngest cellist in the history of the school to graduate with the Diplôme de Concertiste (Soloists Diploma) which he received with the 'unanimous decision of the jury with congratu-

lations,' the highest honours available.

Shaw's concert, priced at €36 per head, will begin at the Avanto Beachside Restaurant on Calle Rota at 8.30pm. Welcome drinks will be served, then the show will begin from 9.00pm. Drinks and canapés will be provided throughout the intervals.

The free art exhibition, open throughout the day on Saturday and Sunday, will feature international graffiti artists, painters and photographers.

To reserve tickets, call 952 587 539.

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**HOW TO GET THERE:**  
By car or taxi the road to Mijas Village runs directly inland from the main bus station in Fuengirola. In Mijas Village walk across the main square and up to the bullring and the auditorium is located next to it, behind the church.

**COACHES:** To make your evening even more special and forget driving and parking there will be coaches available between the Costa del Sol and the Mijas Auditorium priced at 7€ return per person. There are limited places so reserve seats early Tel 607 717 595.

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

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

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

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

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

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

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# Age Concern Estepona and Manilva

## WARNING

Age Concern has issued a warning to older people (and everyone else) not to let anyone into their property unless they know them, or the person has formal identification with them.

Even so people should check with the company that the individual comes from by asking for a telephone number that can be called. Residents should then make a call to the number given and check the identity of the person at the door.

Until that is done, and the caller is believed to be genuine, leave that person on the doorstep and close the door. If



Photo by Brown Hills Bob

**WARNING: Elderly should not open the door to callers.**

in doubt, the police should be called and residents should telephone a friend who can sit with them until the police arrives.

Current scams include fake electricity workmen and fake gas employees.

These people are taking advantage of the vulnerable and do not care about the hurt they cause.

Any incidents involving such scams should be reported to the police.

## Age Concern, Estepona and Manilva Lifeline

For older people who require help or advice, Age Concern operate a telephone service called Lifeline.

This gives the individual a direct point of contact with the charity. The telephone number is 650 163 928. It should be noted that Age Concern is not an emergency service. There is also an email address you can use to contact Age Concern, Estepona and Manilva - [acespanaymanilva@ageconcern-espana.org](mailto:acespanaymanilva@ageconcern-espana.org). To find out what we are up to why not give our website a visit - [acespana.org](http://acespana.org) - and follow the links.

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Marbella Golden Mile

DA BRUNO

# End of the golden years?

MANY working Brits believe that they will never retire. Leading researchers found that four out of every 10 Brits in employment think they'll work in some manner right to the end.

Global market research firm Mintel suggest that their find-

ings imply that many people now have a negative view of retirement. A substantial percentage have given up on the golden years and are resigned to a more financially fraught retirement than enjoyed by older generations.

When polled, 39 per cent of

working men and women said that they never expect to fully retire. The number goes up to 42 per cent among those aged 18-34. Even around one in three people aged 54+ expect to be working in some manner or other in the coming decades.

Londoners expect the worst, with almost half at 45 per cent expecting to still be punching the clock during their twilight years. North of the border, people are slightly more optimistic with the figure at 32 per cent among Scots.

Of course many other people feel exactly the opposite. One third of working Brits plan to retire the very second they can claim a state pension, with 42 per cent of younger men planning to do so.

As relative wages decline people are finding it harder and harder to make savings. Many young families struggling to get on the property ladder lack the job for life and pension plans of the past. They see the state pension age rise higher and higher and now retirement itself is only a pipe dream for millions of people.

Advertising feature

# A Lasting Power of Attorney in Spain

By Antonio Flores

Abogado/Lawyer  
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THE Lasting Powers of Attorney (LPA), well-known and used extensively in day-to-day law jurisdictions, are legal documents which allow a person who is at least 21 years of age ('donor'), to appoint one or more persons ('donee') to make decisions and act on his behalf as his proxy decision maker if he should lose mental capacity one day.

Many expats don't know that in Spain, we have two types of legal documents which can substitute the LPA.

These bills are known as the 'Poder Preventivo,' or 'Preventive Power of Attorney' (PPA), and the 'Autotutela,' or 'Appointment of Tutor,' both of which are granted

before a Notary Public.

The Preventive Power of Attorney can allow a third party to deal with the financial affairs of the grantor, with immediate effect after a certain date or once a medical doctor declares a person incapacitated.

For its part, the Appointment of Tutor deals with health and care decisions, daily routine or where the incapacitated client should live (but will require judicial approval where the sale of assets is concerned). It is recommendable to grant at the same time, both the Preventive Power of Attorney and the Appointment of Tutor to avoid the lengthy (and more costly) process of applying for a judicial decision - appointment of tutor - following a clinically diagnosed incapacitation or intellectual disability because of disease or accident. This process will furthermore require a separate procedure to sell real estate or other assets.

It is worth noting that both powers can be revoked by the individual, providing they are deemed mentally well enough to do so, and that Notary Publics in Spain have an obligation to communicate any such documents to the Spanish Civil Registry.

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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 BLANCA SOUTH

## Breath attack

LOCAL POLICE in Elche have arrested a man for assaulting a police officer during a breathalyser test. The driver then fled the scene but was later found and detained.

## Grant awards

PEOPLE experiencing homelessness or varying degrees of vulnerability in the Murcia region are to benefit from grants worth €94,870. The welfare fund in association with La Caixa bank will help three temporary housing projects.

## Road safety

THE department of public works has agreed to undertake a series of road safety improvement works in San Miguel de Salinas costing €1,703,996. The work will increase the traffic flow along the CV-95.

## Better signage

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

## Head count

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.

» 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 Benajafarfe 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 Andalucia 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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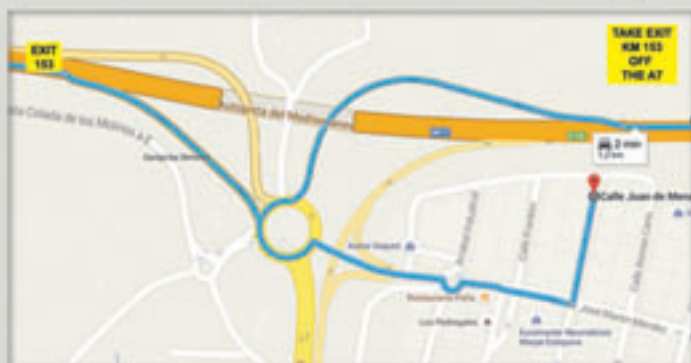
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## Fintech business on the Rock

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

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

By John Smith

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

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

TUI saw record numbers of travellers delivered to and housed in

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

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

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

## Stock markets fall

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

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

### Quote of the Week

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



Photo Credit: La Moncloa flickr

**INIGO DE LA SERNA: Minister of Public Works.**

## Airport strikes may spread

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

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

This was confirmed by Min-

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

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

### » BUSINESS EXTRA

## Kiwi success

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

## Rents up

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

## Oil prices

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

## New owners for Madrid Mall

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

With 2,400 square metres of prime real estate in the Spanish capital this is an upmarket shopping centre which has passed from the ownership of

ASG to AEW Europe and already it has attracted a new tenant in sporting clothes retailer Decathlon.

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

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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
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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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Price Movement

## Accumulating Funds

GBP Currency B  
EUR Currency B  
Multi Asset Conservative B GBP  
Multi Asset Conservative B EUR  
Multi Asset Balanced B GBP  
Multi Asset Balanced B EUR  
Multi Asset Growth B 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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\*Fees and exchange rate data for banks taken from the International Money Transfer Index™ (IMTI™).

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# MANAGERS HAVE DIFFICULTY SETTLING ON HOLIDAY They keep contacting the office

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.**



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 Imminck.

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

## Huge amounts spent to deter migrants

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

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

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





Photo Credit: ZDR.IR News Agency

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

## Spain and Iran are friends

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

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

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

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

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

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

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## Irish millionaire may sue bank following court case

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

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

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

est.

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

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

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

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# An utter travesty of justice

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

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

The judge also remarked that she had actually considered giving

## LEAPY LEE SAYS IT

### OTHERS THINK IT



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

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

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

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

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

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

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

Well I'll give 'em all one thing.



**UNBELIEVABLE:** Decided she was unfit for prison.

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

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

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

*Keep the faith  
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## 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)

## 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@lawtaxspain.com](mailto:Ask@lawtaxspain.com), or call 952 667 090.



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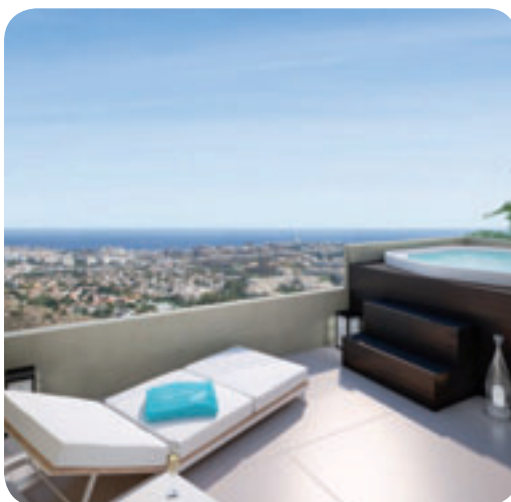
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Advertising feature

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

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

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

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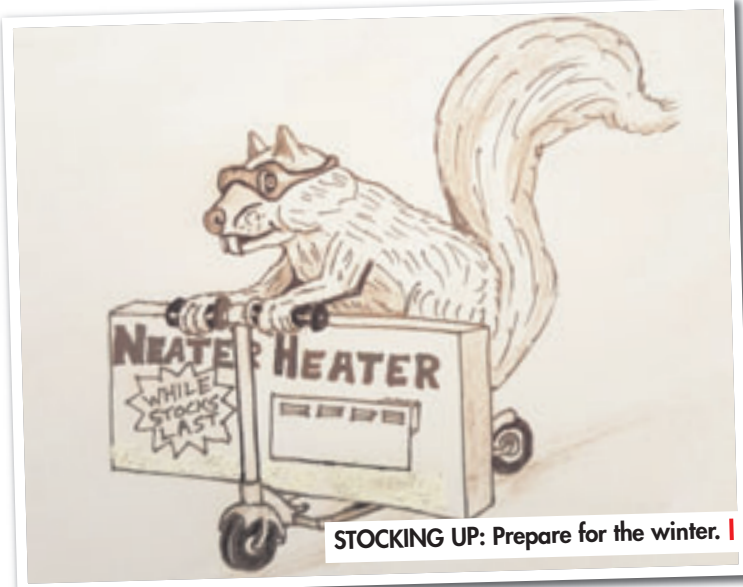
# Neater Heater want customers to behave just like squirrels

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 pre-



pared 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, north-

ern 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.

ern 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

"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.

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

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

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?),



**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)

a mouse (hang on! A computer mouse) - and once being confronted by an over-



**NEW BOOK: The Girl in the Red Dress.**

excitable bulldog.

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

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

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

## THURSDAY THOUGHTS

By Graham Braben, Almeria

### I am not growing old

FOR many young energetic people across the world the tribulations of the older generation are of little interest until time reels them in and they suddenly realise they are approaching the decrepitude they thought would never come.

But at least in Spain the family unit tends to be more appreciative of older relatives and less likely to leave them lonely and uncared for when they most need support. The climate here also helps elderly people get out more so that they can stay active. In cooler months the old men in Spain all seem to venture out in brown trousers and a dark red pullover, topped off by a cloth cap.

On formal occasions the same trousers are teamed with a light beige jacket and a pork pie hat. Older Spanish ladies, meanwhile, wear what they want but reach a certain age at which it becomes mandatory to have their hair cut short, permed, and turned copper red. I saw a group of five elderly ladies chewing the fat on the promenade and they looked like unlikely sisters because they all had this same hairstyle. I wonder if when the time comes they go into the hairdresser and ask for 'old lady hair, please.'

Having said that, I just passed a man in the street who cannot have been less than 85, and he was sporting a wavy reddish brunette hairpiece that appeared to be made of nylon. It would have looked better on a lady but 'better' is a relative term here. I have never seen a more obvious syrup in my life. And for any confused Spanish readers, syrup is slang for a wig. To check this just ask any Englishman sporting what looks like a wig and ask him 'is that a syrup, mate?' He will be delighted to tell you.

Personally I am determined never to grow into an old person.

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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## Charge sheet

**45,000**

tons of plastic waste produced by Spanish greenhouses every year

**3,000**

tons of plastic on the Med

**291**

identified uncontrolled waste landfills across Spain

**90%**

of Mediterranean Sea turtles ingest plastic

**30%**

of plastic is recycled in Spain

**5.25**

trillion pieces of plastic waste in world's oceans

**5**

trillion plastic bags consumed each year across the world

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

# In need of

# plastic surgery...

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

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

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

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

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

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

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

**€0.05**

EU tax imposed on each plastic bag purchased

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

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

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

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

The sheets of plastic discovered inside the whale were strikingly similar to those used in Almeria's infamous

plastic greenhouses - of which 45,000 tons of plastic waste is produced each year.

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

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

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

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

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

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

## Dirty little secret

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

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

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

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

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

ther delays.'

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

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

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

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



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





Photo OceanCare

ON VIDEO: Shooting taking place in Mallorca.

PLASTIC BEACH: Rubbish washed up on shore is a common sight.

the medium of rock music.

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

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

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

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

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

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

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

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

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

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

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

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

Spain may or may not receive a financial telling off by the EU courts for its failure to curb the plastic flow. But it is not the public coffers nor the politicians who are the real sufferers here.

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

## Eating your problems

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

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

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

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

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

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

The prison break led Bertoc-



PROBLEM SOLVER?: Plastic-eating worms.

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

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

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

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

worms as a way to tackle the waste.

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

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

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



# Is Marbella's mayor out for the count?

ON August 29, unless something untoward and even more unexpected happens, Angeles Muñoz will once again become mayor of Marbella.

Marbella has had many mayors over the years, good ones, bad ones, ones that have cost Marbella millions and ended up in prison and others who have wholeheartedly tried to do the best for the city.

Most of them get to 'serve out' their four year term, others are re-elected and continue in office more than once, as was the case with the previous local PP government.

However, in the last elections and possible third term, the PP did not get an outright majority and suddenly found themselves reduced to being the opposition.

Now, just over two years later and due to a complete turn around by coalition

## Marbella Moments

by Nicole King



party member OSP (Option San Pedro), Marbella is once again living a historic moment in its politics and the PP is set to retake office following the formal presentation of a new collaboration formed between these two parties, who have obviously now found common ground.

Although the PP got more votes in the last elections, they did not have an overall majority of seats and Angeles could not find any allies. In fact quite the contrary as she found herself faced with three socialist parties, prepared to join forces if perhaps for no other reason than to put a stop to the existing government.

At that time Angeles' on-



Photo Credit: TEDxMarbella flickr

## Angeles Muñoz likely to return as Marbella's mayor.

ly hope of maintaining power would have been an allegiance with the independent San Pedro party OSP but as it would seem, Angeles Muñoz and Rafael Piña could not see eye to eye and in absence of an agreement,

the existing 'coalition party' was born, headed up by the second largest vote, the PSOE and Jose Bernal.

Now it would seem there has been a change of heart and during the meeting set for August 29, 2017 as I un-

derstand it, Rafael Piña, head of the OSP will present together with Angeles Muñoz a new, united front which according to the local laws, puts her and the PP back in a majority position with the right to regain con-

trol of the Marbella Town Hall - just like that.

The funny thing is that none of us expats appear to really know about it or even care. Even I have to admit that if it had not been the idea to use the local town hall media to unite our fragmented international community I'd have no idea who was mayor or even if Marbella had one either. For those who are taking note however this is noteworthy indeed.

So as I understand it, as of August 29 Ms Angeles Muñoz will once again be mayor of Marbella, San Pedro will be €18 million better off for it and our existing mayor will be the one who is now out for the count.

That's if nothing else happens in the meanwhile of course.

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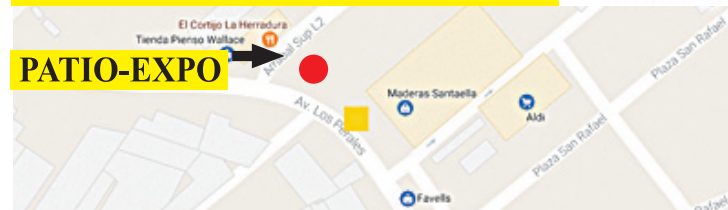
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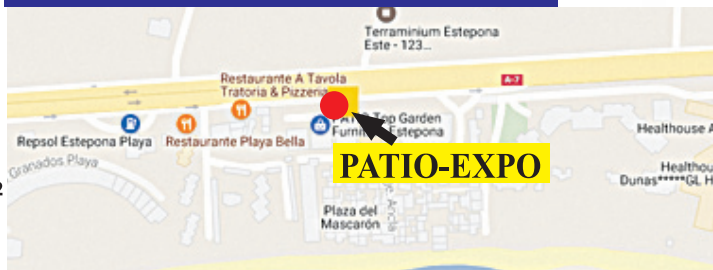


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12:00pm	Heir Hunters
12:45pm	Close Calls: On Camera
1:15pm	Bargain Hunt
2:00pm	BBC News at One
2:30pm	BBC London News
2:45pm	Red Rock
3:30pm	Impossible
4:15pm	Escape to the Country
5:15pm	Flog It!
6:15pm	Pointless
7:00pm	BBC News at Six
7:30pm	BBC 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



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Fusion Meals  
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Dining with a View

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Saturdays & Sundays 11:00 - 18:00  
Mondays closed



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Body Sculpt



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€ 24.50



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GOOD NEWS FOR YOUR CAR 902 123 309



## 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 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

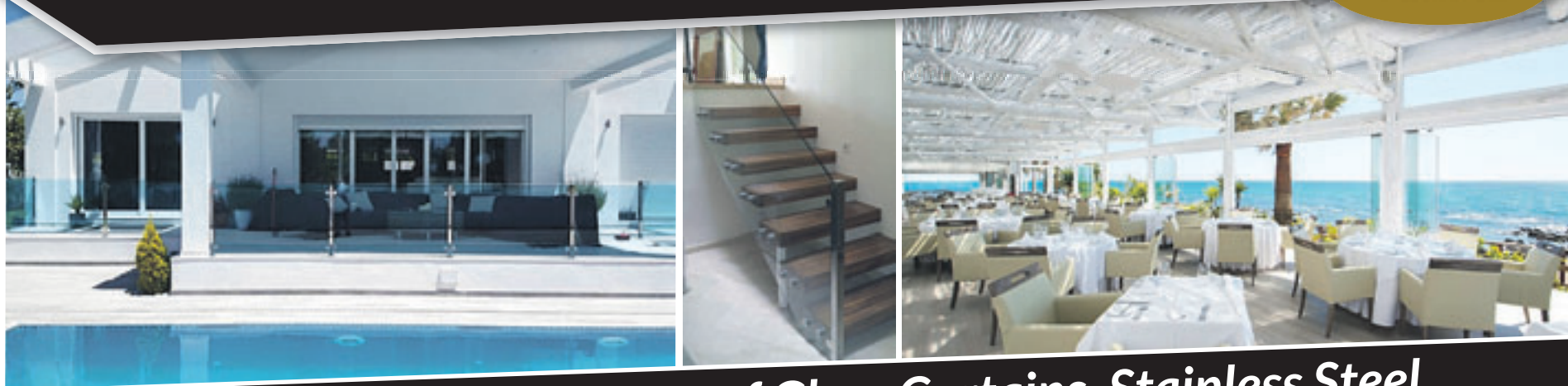
9:00am	Football's Greatest
9:30am	Football's Greatest Teams
10:00am	EFL Greatest Games
10:30am	SPFL Greatest Games
10:45am	La Liga Greatest Games
11:00am	La Liga Icons
11:30am	La Liga Icons
12:00pm	Magical Messi
1:00pm	La Liga Icons
1:30pm	La Liga Icons
2:00pm	Ronaldo
2:30pm	EFL Matters
3:00pm	La Liga 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

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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



Advertorial

# Some useful tips for buying your holiday home here in Spain

• **BUYING a Spanish holiday home**

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

• **Location**

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

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

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



**LOCATION:** You may want somewhere quiet and more traditional.

• **Insurance**

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

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

Intasure has been specialising in holiday home insurance in over 40 countries world-

wide for almost 15 years. Your property will be covered whether it's occupied or unoccupied and if you decide to use it for short or long term lets as standard on your policy.\*

• **Lifestyle**

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

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

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

Call +44 (0)208 003 0120 or visit [www.intasure.com](http://www.intasure.com).

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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 <i>MOTD2 Extra presents the latest football action.</i>
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? <i>Scientific Documentary.</i>
9:00pm	BBC Proms 2017 <i>Bach's St John Passion.</i>
11:40pm	The Treasure Hunters <i>Documentary.</i>
12:40am	The Treasure Hunters
1:40am	James May at the Edge of Space <i>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.</i>
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! <i>Programming aimed at children aged two to seven years old.</i>
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
7:25am	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
10:00am	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
1:30pm	Huddersfield Town v Newcastle Utd.
4:30pm	Live Nissan Super Sunday
4:30pm	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 <i>Musical drama.</i>
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 <i>Drama, set in the North Yorkshire moors in the 1960's.</i>
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 <i>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.</i>

**itv4**

7:00am	Cycling
7:50am	British Touring Car Championship Highlights <i>Steve Rider presents the best of the action from Donington Park.</i>
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 <i>When a job goes south a hit man finds himself in a twisted tale of murder, blackmail and revenge.</i>
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
12:25am	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
12:05pm	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
4:20pm	NAC Breda v PSV Eindhoven.
6:10pm	Football
6:10pm	Athletic Bilbao v Getafe.
8:10pm	Football
10:10pm	Football
10:10pm	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 <i>Documentary telling the extraordinary untold story of soldiers' photography in the First World War.</i>
1:20am	The Trains That Time Forgot: Britain's Lost Railway Journeys
2:20am	Vikings <i>A warrior and farmer who dreams of riches begins working on a project that will turn the Viking world on its head.</i>
3:20am	Rosslyn Chapel <i>A Treasure in Stone.</i>

**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 <i>Home improvement series that works its magic on neglected homes.</i>

**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 <i>Mayweather v McGregor: The Event.</i>
12:00am	Through the Night
1:00am	Through the Night
2:00am	Live WWE Late Night Raw
5:15am	WWE From the Vault
5:30am	WWE From the Vault
5:45am	WWE From the Vault

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

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

**itv4**

7:00am	The Chase
7:50am	Storage Wars Texas
8:15am	The Saint
9:20am	Ironsides
10:30am	Quincy, M.E.
11:30am	Minder
12:35pm	The Professionals
1:45pm	Cycling
2:45pm	Ironsides
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 <i>When a job goes south a hit man finds himself in a twisted tale of murder, blackmail and revenge</i>
7:15pm	Kubo and the Two Strings
9:00pm	Keeping up with the Joneses
10:50pm	Ibiza Undead <i>All hell breaks loose when a shady Ibiza club owner decides to spice up his shows by smuggling in undead performers.</i>
12:35am	Kill Me Three Times
2:10am	Level Up
3:40am	The Joshua Tree

**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

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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 <i>The latest national and international news stories, followed by Weather.</i>
11:30pm	Regional News
11:40pm	Weather
11:45pm	New Tricks
12:45am	Land of the Giants
1:15am	Weather for the Week Ahead

**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
2:45am	Going Back Giving Back

**BBC FOUR**

8:00pm	World News Today
8:30pm	World War I at Home <i>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.</i>
9:00pm	Thailand: Earth's Tropical Paradise <i>Documentary series exploring the tropical paradise of Thailand.</i>
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 Jihadi
12:05am	Delhi Cops
1:05am	Best Before
1:35am	Ramsay

**CHANNEL 5**

7:00am	Milkshake! <i>Programming aimed at children aged two to seven years old.</i>
10:15am	The Wright Stuff
12:15pm	The Yorkshire Vet
1:10pm	5 News
1:15pm	Celebrity Big Brother
2:10pm	Access
2:15pm	Home and Away
2:45pm	Neighbours
3:15pm	NCIS
4:15pm	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
5:00am	Cruising with Jane McDonald

**4**

9:00am	Melissa and Joey
9:30am	Melissa and Joey
10:00am	Black-Ish
10:30am	Black-Ish
11:00am	Baby Daddy
11:30am	Baby Daddy
12:00pm	How I Met Your Mother
12:30pm	How I Met Your Mother
1:00pm	The Goldbergs
1:30pm	The Goldbergs
2:00pm	The Big Bang Theory
2:30pm	The Big Bang Theory
3:00pm	Melissa and Joey
3:30pm	Melissa and Joey
4:00pm	Baby Daddy
4:30pm	Baby Daddy
5:00pm	Black-Ish
5:30pm	Black-Ish
6:00pm	The Goldbergs
6:30pm	The 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
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
1:30pm	Loose Women
2:30pm	ITV Lunchtime News
3:00pm	Judge Rinder
4:00pm	Tenable <i>Quiz show in which contestants answer questions about top ten lists in a variety of categories to walk away with a big cash prize.</i>
5:00pm	Tipping Point
6:00pm	Cash Trapped
7:00pm	Local News and Weather
7:30pm	ITV Evening News
8:00pm	Emmerdale
8:30pm	Britain as Seen on ITV
9:00pm	Midsomer Murders
11:00pm	ITV News
11:40pm	Martin Clunes Islands of Australia
12:40am	Play to the Whistle
1:20am	Jackpot247
4:50am	Nightscreen

**itv2**

9:00am	Emmerdale
9:30am	Coronation Street
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!
12:55am	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 <i>This bold, bawdy and brash sitcom hit British screens in 1969.</i>
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	Ironsides
10:55am	Quincy, M.E.
12:00pm	Minder
1:00pm	The Professionals
2:00pm	Cycling
3:00pm	Ironsides
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 <i>Coverage of a cycling event.</i>
12:00am	Rambo III <i>Explosive adventure sequel in which reluctant one-man army Rambo goes into action against brutal Soviet invaders in Afghanistan.</i>
1:00am	FYI Daily
1:05am	Rambo III

**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
2:40am	Jackass: Number Two
4:20am	Billy Madison

**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 <i>All hell breaks loose when a shady Ibiza club owner decides to spice up his shows by smuggling in undead performers.</i>
5:30pm	Kubo and the Two Strings
7:20pm	Kill Me Three Times
9:00pm	Keeping up with the Joneses
10:50pm	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>
12:35am	Ibiza Undead
2:30am	Level Up
4:10am	Don Verdean

**sky sports football**

9:00am	Football's Greatest
9:30am	Football's Greatest
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 Teams
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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## Cigarettes seized

■ IN the early hours of last Tuesday officers of the Gibraltar Customs Marine Section seized cigarettes with a retail value of £9,000. The officers apprehended a 40-year-old Spanish national in a rigid-hulled inflatable boat (RHIB) just off Emerson's place close to the western end of the runway. Nine cases of cigarettes and the RHIB were confiscated during the action.

## Close shave

■ A DRIVER had something of a shock and a lucky escape when a pane of glass fell onto his car from scaffolding at Waterport Place. The road had to be closed and the car which had its roof and back window damaged was removed whilst police looked into the incident. All work was suspended pending an investigation by Health and Safety inspectors.

## Excessive noise

■ RESIDENTS living by the construction work at the approach ramps to the southern end of the airport tunnel are not happy due to the volume of noise. With three shifts each of eight hours being undertaken seven days a week to create the foundations, people in Beach View Terrace are being disturbed, especially at night. The area is now being monitored.

# Repainting of steps to celebrate 50th year

By John Smith

AS Gibraltar gets ready for the 50th anniversary of the Referendum celebrations the Youth Service is repainting the steps leading up to the Upper Rock.

Whilst some towns in Spain have chosen to paint steps the colours of the Rainbow Flag, Gibraltar has chosen the original Union Flag (widely referred to as the Union Jack) that became a symbol of Gibraltar's wish to remain British forever.

On the two previous occasions when Devil's Gap Road, the commonly known Referendum Steps were painted, the work was carried out by local residents.

In this instance it was considered important that the link between local youth and previous generations who did so much for freedom of expression was reinforced, so the Youth Service took the task on as part of their community involve-



Photo Credit: HMI Government of Gibraltar

### Painting the steps red, white and blue.

ment initiatives.

A group of 15 people aged between 12 and 18 from the Youth Service were selected to participate. They have been

learning about the significance of the 1967 referendum vote and are very excited to play their part in the renovation of these iconic steps.

## La Sala Gibraltar

SINGER and guitarist Tony Capo will be appearing at La Sala Gibraltar next Saturday evening. He has been in the business for 15 years and performs a range of music from such diverse artists as Michael Bubl  to Neil Diamond. For reservations visit [www.LaSalaGibraltar.com](http://www.LaSalaGibraltar.com) or call +350 200 16870.

## Big Brother

CCTV cameras are to be installed around Gibraltar in an effort to catch people littering or dumping household rubbish with fines of up to £250. This decision is due to the increased amount of unsightly and unhealthy rubbish being dumped around the Rock.

## Call of Duty

ONE of the best-selling video games Call of Duty will include Gibraltar in its next game due for release in November. Call of Duty World War II will see different scenes of the Rock with gamers able to take part in a multi-player competition.

## Juvenile migrants

AFTER spending two weeks in prison, four juveniles aged 15 to 17 who made an illegal landing in Gibraltar have been released to the Care Agency. They will be required to remain in the accommodation to which they are assigned until they return to court on October 11 together with three adults.

GIBRALTAR'S first Bitcoin 'cash machine' is now installed in the reception of the local World Trade Center.

People working and living in Gibraltar, as well as those visiting can now purchase the crypto currency using cash and mobile phone wallet apps.

The Bitcoin ATM as it is known accepts pounds and euro notes, so a fraction of a Bitcoin can be purchased for as little as £10 or €10.

Bitcoin ATMs are regarded as the beacons of the crypto currency industry, which has become a worldwide phenomenon. Bitcoin has reached its all-time highest price recently.

In January 2009 when Bitcoin was first launched, one Bitcoin was worth next to nothing and today it's worth a massive \$4,000 (€3,412) with leading analysts predicting that value will hit a six-digit number in 10 years' time.

World Trade Center Gibraltar's health food restaurant already accepts

# World Trade Center welcomes first Bitcoin ATM

Bitcoin. Dan Thomson, owner of Supernatural, located on the mezzanine floor of the World Trade Center stated, "It was a natural progression to start to accept a modern currency and as the first retail business to do so in Gibraltar, we hope it will raise awareness and encourage other retailers and customers to begin to use the currency too."

The government of Gibraltar plans to introduce legislation in 2018 for the

provision of Distributed Ledger Technology (DLT), including Blockchain, Bitcoin and other leading emerging eMoney innovations to regulate and facilitate this rapidly expanding sector of FinTech companies, many of which have already been attracted to World Trade Center Gibraltar.

■ The new BATM at the World Trade Center.



Photo Credit: World Trade Center Gibraltar

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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! '

# 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.

# 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.

# LOTTERY

### UK NATIONAL LOTTERY



Saturday August 12

(10) (27)  
(49) (52)  
(55) (56)

**BONUS BALL**  
(17)

### IRISH LOTTO



Saturday August 12

(1) (19)  
(22) (26)  
(44) (45)

**BONUS BALL**  
(35)

### EURO MILLIONS



Tuesday August 8

Friday August 11

(15) (25)  
(26) (40)  
(41)

(18) (28)  
(39) (46)  
(48)

**LUCKY STARS**  
(4) (5)

**LUCKY STARS**  
(5) (12)

### LA PRIMITIVA



Saturday August 12

(9) (17)  
(19) (25)  
(29) (46)

**REINTEGRO**  
(40) (7)

### EL GORDO DE LA PRIMITIVA



Sunday August 13

(9) (19)  
(33) (37)  
(40)

**REINTEGRO**  
(0)

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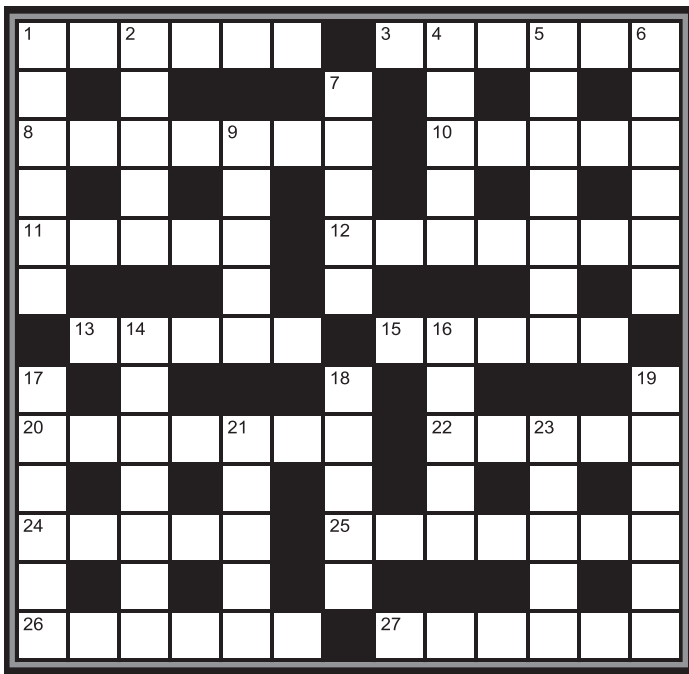
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**Cryptic**

- 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)

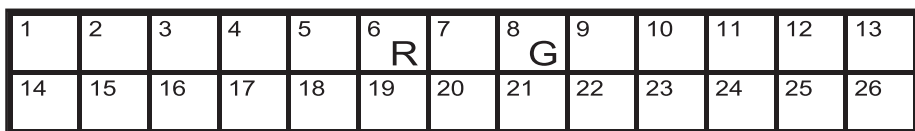
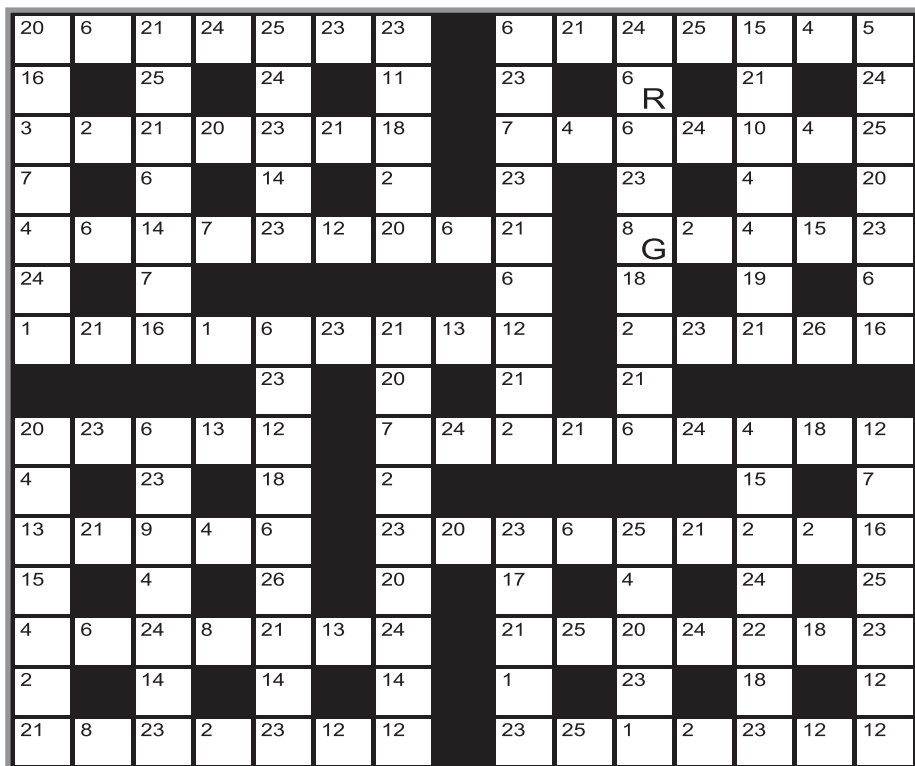
- Down**  
 1 Twenty nearly get church to burn (6)  
 2 Small bird I lost in move (5)  
 4 Serf requiring helium – a great deal (5)  
 5 'I'm bored silly' is a platitude (7)  
 6 Nun is back to sort out the rest (6)  
 7 Diplomacy cleverly concealed revolution (5)



- 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)

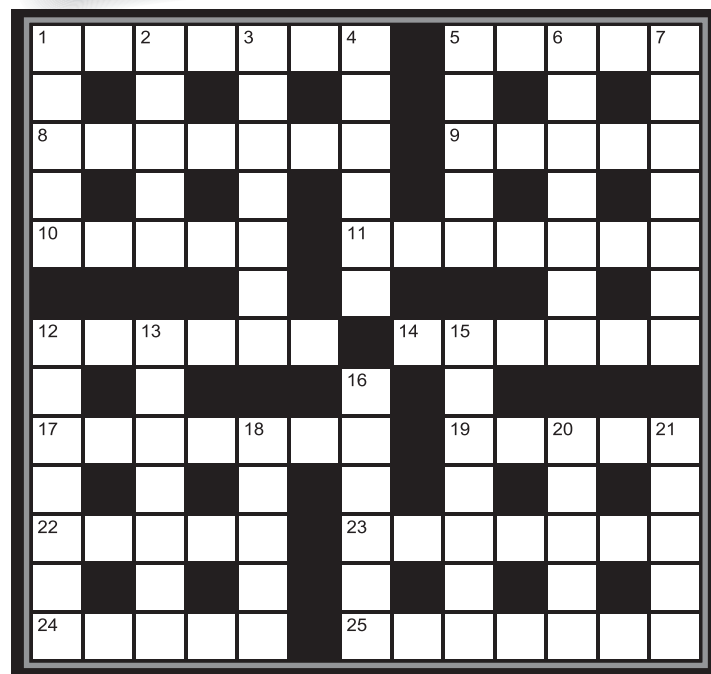
**Code Breaker**

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

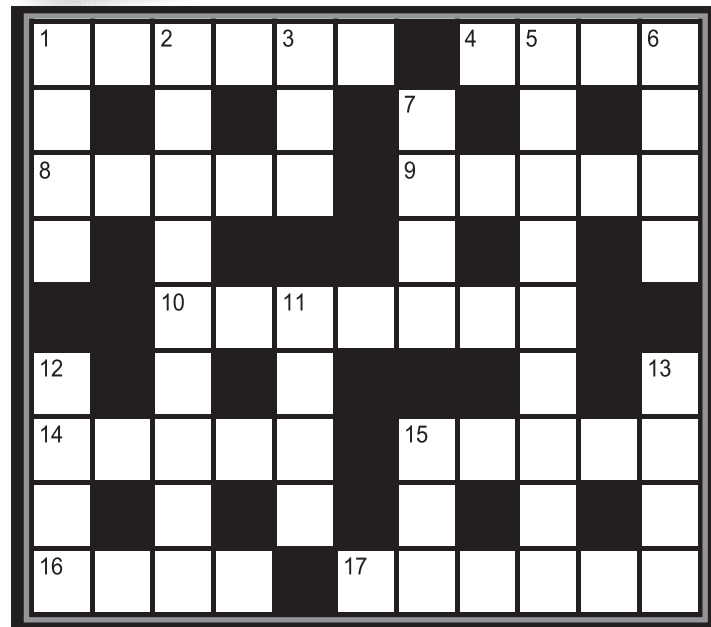
**Quick**



- 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)
- Down**  
 16 Empujar (4)  
 17 Torcedura (6)  
 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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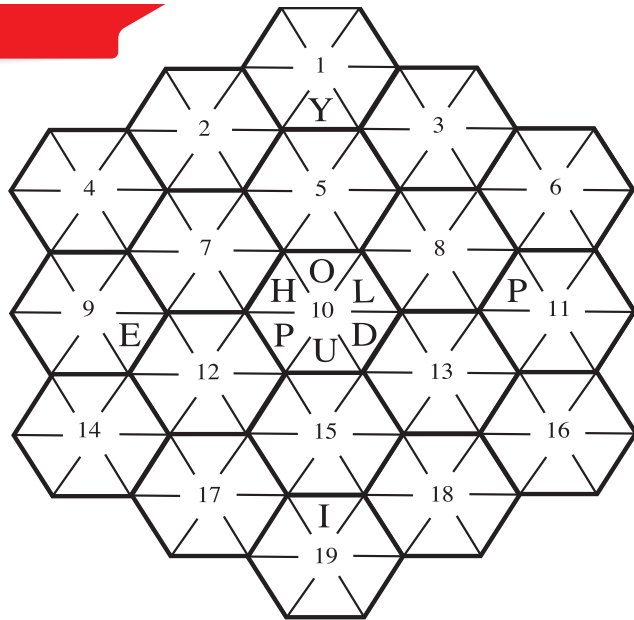
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## Hexagram

- 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.

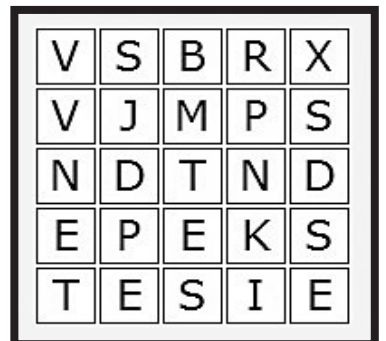
### LAST WEEK'S SOLUTION

- 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:**

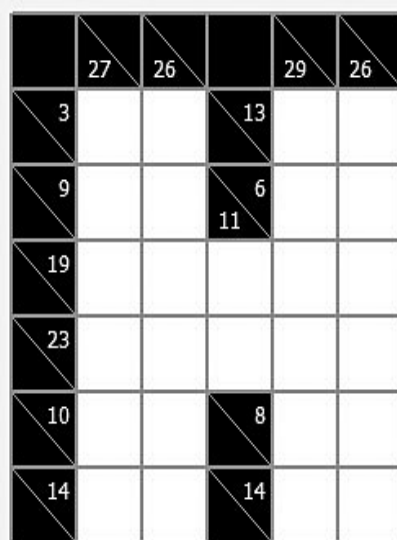
- Average: 24
- Good: 34
- Very good: 48
- Excellent: 62

### 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

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

### 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.

## App of the week

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Advertising feature

# Dermatology-Skin Cancer prevention

TODAY parents are aware that taking care of their children's skin is essential for their future health.

The same tendency has also been observed in adults. "Now people are aware that not just melanoma but also skin ageing is related to sun exposure," explains the Dermatology Department at HC Marbella.

The lack of interest from adolescents and young adults regarding sun protection worries dermatologists greatly. Having a tan and looking good is more important to them than their health.

Melanoma: when skin neither forgives nor forgets.

Eighty per cent of the solar radiation reaching our skin is received before the age of 18, therefore adolescence is key to avoiding skin damage.

"Skin damage caused by exposure to the sun is accumulative, therefore the patients we are seeing with skin cancer now are those who have had sunburn in the past," explains Dr del Boz from the Dermatology Department, meaning adults who had excessive sun exposure in childhood and adolescence are those who are now suffering the consequences.



**ANY CONCERNS: It is always better to consult a dermatologist.**

For example it is occurring in people who were born between 1940 and 1960, a time when no one was aware of the dangerous effects of exposure to the sun's ultraviolet rays.

Teenagers are not protecting themselves from the sun: What mistakes are they making?

1. Using sunscreen to prolong sun expo-

sure time. Sunscreen protects well against ultraviolet B (UVB) radiation, which produces sunburn, but this is not the whole picture. There are some sunscreens which do not protect against ultraviolet A or infra-red radiation, as a result damage is caused and we see the long-term effects: wrinkles and cancer.

2. Sunbathing around the middle of the day. The hours in the middle of the day are the most dangerous, with the highest intensity radiation.

3. Reapplying sunscreen when sweating or wet. Although sunscreen might be water resistant, the resistance is limited and the effect starts to be lost when dried or rubbed with a towel.

4. Not applying the correct amount. We know that, on average, between a quarter and a half of the recommended amount is usually applied.

5. Not applying sunscreen when already tanned. Although dark or very tanned skin has a higher sun resistance and does not go red or burn, this does not mean it is protected from the damaging effects of solar radiation.

These are only a few examples. If you have any concerns that a mole has changed shape or colour, or you have a wound that does not heal, or even if a new skin lesion appears, it is always better to consult a dermatologist. In this way if there is a problem with your skin, it can be detected and treated quickly in the easiest way possible.

More information [www.hcmarbella.com](http://www.hcmarbella.com)

## Arques Clinic: Responsible Medicine/ Responsible Aesthetic Medicine

**Dr Mario Arques and Dr Mar Valenzuela, they graduated in medicine from the university of Granada in 1995 and ever since that day they have been dedicated to medicine.**

Doctor Arques began developing his medical work in the Andalusian Health Service, where he had care and direct duties with advanced level crediting by the Clinical Management Almazora and the Agency for Health Quality of Andalusia.

Currently he still performs his skills in prestigious academies and holds courses and workshops as well as national and international conferences.

Doctor Arques is a member of the American Academy of Aesthetic Medicine. Always updated with the latest novelties in Aesthetic Medicine field.

Doctor Mar Valenzuela is qualified as an aesthetic doctor in the U.K., is registered with the GMC and is also an associate member of the Royal College of General Practitioners.

Just because we grow older doesn't mean that we have to feel older. Unfortunately, sometimes our skin finds it difficult keeping up with the lively, energetic person we might be on the inside.

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- Under eye circles and wrinkles
- Arms and neck reshape

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## The Beauty Expert



Dr Mario Arques Jiménez.

### Sagging neck & double chin

WHAT causes a double chin and a sagging neck?

Age and accumulation of solar radiation cause loss of collagen and elastin (responsible for skin firmness) under the chin.

Are there any effective treatments for this?

Yes, in addition to surgery, there is also laser: a technique which avoids surgery and provides extraordinary results. Laser treatment attenuates and eliminates a double chin, and tightens neck skin.

Which benefits does laser treatment provide?

The effectiveness of this method is based on the ability to repair the underlying collagen structure of the skin under the chin and neck, by activating the natural production of collagen and elastin.

Results are noticed immediately, with the effect increasing gradually over the days, as the body stimulates its natural production.

How is the laser treatment applied for double

chin and saggy neck problems?

Heat is applied and controlled by means of low frequency laser which penetrates the deeper layers of skin without burning or damaging the epidermis, acting from inside the tissues.

Sessions are only 30 minutes, painless, and requires no incisions, producing no side effects, and thus being able to carry on with your daily routine immediately.

Who can benefit from laser treatment?

Anyone who wants to reduce or get rid of a double chin and/or a sagging neck.

Also recommended to prevent skin from sagging and fat accumulating in this area from 35 years onwards.

Before starting any treatment, a doctor should assess the patient accordingly, that's why at Arques Clinic we offer you a free diagnostic session to come and inform yourself.

If you have any questions for Doctor Mario Arques, please send them to: [info@arquesclinic.com](mailto:info@arquesclinic.com)

## Is your 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.

## Ask the optician - contact lenses

Nerea Galdos, Store Director from Specsavers Opticas Marbella

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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# Plantar Fasciitis

WHAT is Plantar Fasciitis?

Plantar - base of the foot

Fascia - stretchy, strong connective tissue that helps stabilise your muscles throughout the body.

Itis - inflammation.

Plantar fasciitis - inflammation of the connective tissue which runs from the heel to the base of your toes

How does it feel?

It often starts as a dull, intermittent pain in the heel or arch of the foot which becomes a sharp, persistent and often piercing pain spreading throughout the foot.



By Estelle Mitchell

[www.thebodyworksclinic.com](http://www.thebodyworksclinic.com)

**“ If the pain doesn't ease within two weeks get in touch with a professional. ”**

This pain is often worst first thing in the morning or after resting. Pain can be eased with the first few steps of the day and then increase as the day goes on.

If left untreated, the pain can spread up into your Achilles tendon (which is connected to the Plantar Fascia) and begin to affect your knees or become Heel Spur Syndrome.

What causes Plantar Fasciitis?

When the arch of the foot collapses (overpronation) the plantar fascia gets twisted as the heel stays in one place but the toes twist and move. This causes the fascia to become inflamed and painful.

What can I do?

- Wear the right shoes - good arch support is key and heel support helps too. Flip-flops are the worst so you might be in more pain over the summer.
- If you can't find good shoes (or just really like your

current ones!) a simple orthotic / insole will help too. Again, make sure that it has a good arch support and a proper heel cushion (you won't find one in Mercadona).

- Stretch and massage - stretching the calf will help to stretch the plantar fascia and massaging the base of the foot will help you feel more comfortable - check out our blog for detailed stretch and massage routine.

- Ice - a lovely option in summer! Half fill a small water bottle, put it in the freezer and roll the icy bottle under your foot - an icy stretch for a double win.

With the right shoes and a regular stretch and massage routine you should be able to resolve the problem. However if the pain doesn't ease within two weeks get in touch with a professional!

For more information about stretches and treatment please check [www.TheBodyworkHealthClinic.com](http://www.TheBodyworkHealthClinic.com), Facebook page or call us on 952 883 151.

For more information on the range of sandals available please check out our website [www.TheBodyworksClinic.com](http://www.TheBodyworksClinic.com), our Facebook page Bodyworks Health Clinic or call us on 952 883 151.

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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.

If you have any questions for Dr Perez Belmonte, please send them to:  
[jefemedico@helicopterossanitarios.com](mailto:jefemedico@helicopterossanitarios.com)

How can it be treated?

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

When should I see a doctor?

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

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

How is food contaminated?

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

## STOP FOOT PAIN

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- Centro Médico Quirónsalud Fuengirola

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TO READ MORE

## Sax appeal

AN unusual quartet of saxophonists will be performing free of charge in Torremolinos next Wednesday night at 9.30pm.

Each of the members of Cuartsax plays a different version of the instrument and comprises Juan Pedro Luna Agudo (soprano saxophone), Francisco Rusillo Márquez (alto saxophone), Marco Antonio López Vergara (tenor saxophone) and Javier Carmona Pérez (baritone saxophone).

Together they perform a wide and varied repertoire which takes in classical, jazz, light music, film soundtracks as well as some contemporary numbers which suit the quarter of saxophones.

The performance will take place in the Plaza Costa del Sol and all are welcome.

## Toyah Wilcox visits the Rock

THOSE who remember the slightly lispy proto-punk singer and actress Toyah Wilcox may be interested to know that she is playing a one-off gig in Gibraltar.

Her 'up close and personal' performance will be presented in the superb surroundings of St Michael's Cave half way up the Rock on Tuesday August 29 and she will be supported by local band and winner of this year's Gibraltar Song Festival, Jetstream.

Married to creative genius, founder and guitarist of the legendary King Crimson, Toyah had to overcome a number of physical disabilities as well as cope with bullying when young but moved on to become a household name.

Apart from musical performances, she is about to appear

in a film which traces the lives of a number of characters from the film Quadrophenia which she appeared in with Sting who recently played in Fuengirola.



Photo Credit: Brian Ledgard flickr

Toyah in concert.

## Dinosaurs roam

WHILST dinosaurs have been extinct for millions of years, they seem to have a habit of re-emerging in Marbella where they are particularly popular.

Having attracted some 3,000 visitors during their last visit in July, Expo Jurásico will be open again from 7pm to 11pm at the Adolfo Suárez Trade Fair and Congress Centre until Thursday August 31.

According to the manager of the Congress Centre, "It's a truly unforgettable experience that delights visitors who are taken on an exciting journey through the dinosaur era."

There are now 20 life-sized animatronic creatures simulating much of the behaviour of such recognisable prehistoric beasts as Triceratops, Tyrannosaurus Rex, Stegosaurus, Diplodocus and Protoceratops without the bloodletting of the carnivores.

There is a documentary video on recent dinosaur discoveries and a child's interactive zone.

Entrance costs €8 and is free for those under three. Tickets can be purchased through Ticketea or at the Jurassic Expo box office.

For more information visit <http://expojurasico.com/>.

## Culture and creation

NEXT Saturday August 26, Alhaurin el Grande will see the 'Noche Creativa Eo Noe.' Kicking off at 8.30pm, it will boast a whole range of creative and cultural activities in the centre of the town. This year, visitors will have the opportunity to try the experience of a balloon flight (tethered) in an aerostatic balloon.

Everyone welcome to a cultural evening of unforgettable fun.

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Advertising feature

# Bruno Mars is on in Mijas Auditorium



**MURS TO MARS:**  
Enjoy a great night out.

THE final extravaganza of the summer season brought to you by spotlight events The Murs to Mars Show is in the Mijas Auditorium next Friday August 25. Round off the summer with a bang in this fabulous open air theatre and enjoy a great night out under the stars.

This is a modern mix with the coast's newest and most contemporary show, jam-packed with 21st century chart-toppers and guaranteed to Uptown Funk You Up! With special guest singers as well as gorgeous dancers this is the show of the summer.

The show pays homage to the legends of tomorrow including hits from the likes of Robbie Williams, Michael Buble, Sam

Smith and Ed Sheeran, to pop masters like Pharrell Williams, Justin Timberlake, Pitbull and Rag'n' Bone Man. It also includes featured sections to Adele and Olly Murs

To make your evening even more special forget about driving and parking Spotlight Events are providing coaches from all parts of the Costa del Sol including Torremolinos and Marbella and everywhere in between.

*Tickets are selling fast but there are some still available.*

*You can purchase tickets in advance at only 20 euros at [www.livemusicmijas.com](http://www.livemusicmijas.com).*

*The show runs from 10pm to 1am and for further information call Sarah on 607 717 595.*

## Enjoy the sounds of the West End

THERE will be a special appearance by singer Andrew Derbyshire at the Sunset Beach Club Moonlight Bar in Benalmadena on Saturday August 26.

Since appearing in Britain's Got Talent, he has moved on to take major roles in the West End musicals We will Rock You, Joseph and the Amazing Technicolor Dream Coat and Chicago.

He is now touring the world with his one man show, stopping briefly in the Costa del Sol.

Promoted by the Diamonds and Pearls agency, tickets for this event cost €15 and may be obtained from [www.eventbright.com](http://www.eventbright.com), direct at the leisure desk at the Sunset Beach Hotel or by calling 600 873 147 or 722 120 065.

# German Beer Party at the Sohail Castle Fuengirola

THE Sohail Castle in Fuengirola will be host to the Ninth Authentic Beer Festival-Oktoberfest Ole this Friday, running until Saturday September 2.

Thousands of visitors are expected to make for the incomparable setting of the historic castle with the opening ceremony undertaken by guest artist Kiko Rivera.

Every night will see musical entertainment from a live orchestra but there will also be DJs, groups and themed parties so that every one of the 15 days



Photo Credit: Oktoberfest Ole

**All the fun of the Beer Festival.**

will be fun, with some special entertainment.

Both Sundays will see Rock and Bier parties with perfor-

mances from 5 D'COPAS and then on Tuesdays there will be a Sausage Festival offering a 160 gram sausage with potatoes and sauerkraut at just €1.99.

Wednesdays are special as the Fiesta Del Maestro Cervecerero where all beer is half price whilst on Thursdays it's the Cowboy Fiesta which sees a free cowboy hat with the first pitcher of beer and if anyone is together enough to stay on the mechanical bull, they can win a free Oktoberfest dinner.

It's not just about great beer but introduces visitors to the best German gastronomy including pork knuckle, grilled ribs, German sausages, cheeses and salads.

Open every day from 7pm and on Sundays from 12 noon, guests will enjoy the specially decorated Sohail Castle and be served by waiters and waitresses dressed in typical Bavarian costume.

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# The circus is coming to Marbella town

LADIES and gentlemen, Bono Beach proudly presents Circo Bono next Monday with a promise of a scintillating event for all.

Get ready to experience the magic of circus and comedy with some superb artists including acrobats, dancers and mimes whilst enjoying a special set menu.

There is little better than watching the sun set over a tranquil Mediterranean whilst being entertained by some great performers.

Add to this the laid back ambience of the Bono Beach Club, some high quality food and perhaps a drink or two and the evening should be full of fun and maybe a few surprises.

The meal costs €60 inclusive of IVA but drinks are extra.

Bono Beach is located at Playa Arenal, Costabella, Elviria in Marbella.

There is street parking and valet parking available. Reservations are advised.

Reservations: 952 839 236 or

[www.bonobeachmarbella.com](http://www.bonobeachmarbella.com)

Bono Beach Marbella

Urbanización

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29604 Marbella,

Málaga



Photo Credit: Sherwood Shutterstock

Acrobats on the beach.



Photo Credit: Ayuntamiento de Estepona

Launch of concert, Blas Ruzafa centre, Ian Grant right.

## Rocking all over the Bull Ring

ESTEPONA Council welcomed Ian Grant, singer with Deeper Purple and promoter of the Pink Purple Zep Fest for the formal launch of the concert.

Three highly professional bands, Deeper Purple, Whole Lotta Led and Think Floyd will appear at the Bull Ring in Estepona from 9pm on Saturday August 26.

On behalf of the council, Blas Ruzafa, reminded all present that cultural summer of Estepona has a varied programme with some exceptional performances.

He emphasised that those attending this festival will be able to enjoy "the best live music of three of the greatest names in rock history: Pink Floyd, with Think Floyd; Led-Zeppelin, with Whole Lotta Led, and Deep Purple, with Deeper Purple."

Four hours of classic rock will be performed by three of the UK's leading tribute groups.

Tickets cost €25 or VIP tickets cost €70 by calling 674 909 220 or via [www.pinkpurplezefest.com](http://www.pinkpurplezefest.com).

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Photo Credit: Mike Turner flickr

Tattoo conventions straddle the world.

# Malaga tattoo convention

THE fourth Malaga Tattoo Convention will be held at the Malaga Trade Fair and Congress Centre from September 8 to 10.

Tattoos which were once considered the adornment for sailors and the odd musician are now universally popular with men and women equally highly decorated in many cases.

There will be a number of competitions during the course of the event with prizes in 42 different daily or special

categories and in order for artists to win any awards, they have to execute the tattoos during the event.

There will be various categories including best in monochrome, best colour and best freehand with tattoo artists encouraged to photograph or video their work in progress so that it can be shown that they have not used transfers.

One of the highlights of the show will be a full back tattoo undertaken by five top international artists and the show

will attract tattooists from all over Spain as well as most of Europe and some from as far afield as Asia, Polynesia and South America.

Expect a number of local artists to produce inventive and interesting versions of Malaga symbols El Cenachero (Fishmonger) and the Biznaga (a posy of Jasmine flowers).

To find out more about the show visit [www.spaintattooexpo.com](http://www.spaintattooexpo.com)



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**What's on!**

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Advertising feature

# The Wright Plaice for your favourite fish

THOSE who crave the taste of well-prepared fish and chips need look no further than the Wright Plaice in La Cala de Mijas.

Edward Wright, who has spent 20 years running nine restaurants in Costa Blanca decided the time had come to move further south and this bright and modern fish restaurant offers all the dishes you would expect, plus a few more.

Many will remember seeing Edward when he appeared as a guest on his brother Elliott's reality show the Playa in Marbella together with their father Eddie who is another long term restaurateur now living in the Costa del Sol.

This new fish restaurant has a large interior dining area where guests can watch the food being prepared by Alan Whittaker who first fell in love with Britain's traditional favourite at the age of 11 when he helped his mother in her fish and chip shop and then when old enough to start work, served his 'apprenticeship' in Harry Ramsden's in Gateshead.

Having worked in a number of restaurants he was tempted to return to his first love and the whole menu has been thought through to ensure



NEW FISH RESTAURANT: The Wright Plaice.

that much of it is suitable for those with allergies or have strong vegan beliefs.

No longer are the fish and chips thrown into vats of molten lard as everything that has to be fried is cooked in Rape Seed Oil which is considered to be the safest for those with Gluten, Soy and Celiac allergies.

So important do Edward and Alan consider that clients should be well looked after that they also keep a second fryer separate and in another room, so Vegans and Vegetarians can enjoy the food provided they tell Edward when ordering.

The Wright Plaice welcomes take away orders as well as eat in and offers quite a few fish



Edward and Alan.

options that you don't normally find in Spanish fish and chip shops, so apart from Cod, Plaice and Scampi, they also offer Haddock, Skate and Rock giving customers a first class choice.

Portions are very generous and there is of course a children's menu as well.

It's not just fish as there is a good selection of traditional pies, burgers (including a vegetarian option), spit roasted chicken and sausages together with all of the side dishes you would expect including the Wally, a London name for a large pickled gherkin.

If you have room after enjoying a substantial main course, there is also the option to order ice cream, the delicious home-made dessert of the day or just a drink from the well-stocked bar.

The Wright Plaice opens from 5pm to 11pm Monday to Saturday (except Friday when it opens at 1pm).

951 563 019, Facebook The Wright Plaice.

## THE WRIGHT PLAICE

### FROM THE SEA

	Solo	With Chips
Large Cod	8.00	10.50
Medium Cod	6.00	8.50
Large Haddock	8.50	11.00
Whole Plaice on the bone	9.00	11.50
Rock	10.00	12.50
Skate Wing	12.00	14.50
Scampi 10 pieces	8.00	10.50
Parsley Fish Cake	5.00	7.50
4x Battered Cod Goujons	5.00	7.50

Please ask your server if you would like skinless fish

### FROM THE LAND

	Solo	With Chips
Irish Beef Burger		
Plain	6.50	9.00
Cheese Burger	7.50	10.00
Wright burger	10.00	12.50
Spit Roast Chicken		
Whole	10.00	12.50
Half	6.00	8.50
Southern Fried Chicken pieces	6.00	8.50
Jumbo Sausage (battered or Plain)	3.50	6.00
Savaloy	3.00	5.50
Veggie Sausages	3.00	5.50
Home Made Pies		
Mince and Onion	6.00	8.50
Steak and Ale	6.00	8.50
Chicken and Mushroom	6.00	8.50

### KIDS CORNER

2x Battered Cod Goujons  
1x Small Sausage  
4x Chicken Nuggets All served with French fries and beans, and 1x free scoop of ice cream **6.00**

### SIDES

Chips	2.50
Homemade onion rings	4.00
Mushy Peas	2.00
Beans	2.00
Gravy	2.50
Curry	2.50
Bread and Butter	1.50
Buttered Bun	2.00
Gherkin/Wally	2.00
Pickled Onion	2.00
Side salad	5.00

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Chocolate/Strawberry/Vanilla	5.00
Dessert of the day, served with ice cream	6.00

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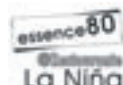


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Advertising feature

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This authentic Irish bar has been busy keeping guests well watered and entertained for 11 years. With its Irish owners, this is an Irish bar how you would expect and want it to be; traditional in its style with dark wood surroundings, a wide range of drinks in stock, an Irish welcome and full of good craic.

There is different live music six nights a week during the summer from 10.30pm-1.30am and during the winter months there is entertainment every weekend. Now football season is back upon us and the Premiership has started once more, football fans will be pleased to know they can watch all the major games with five big TV screens and a large 2.4m x 3m projector screen. But The Claddagh does not just cater for football fans. Whether you want rugby, golf, the Irish GAA gaelic football, The Claddagh will be showing it. Indeed, if there is a sporting fixture you particularly want and don't see advertised, speak to staff as chances are they can show it for you.

For those feeling a little hungry during the sports or live music, there is a food menu available arranged in conjunction with the



**THE CLADDAGH: An Irish bar how you would expect and want it to be.**

neighbouring restaurant, so you really can get it all at The Claddagh.

Following the success of their St Patrick's Day celebrations, the team are also pleased to announce they are busy arranging an outdoor music festival for September. This will be their first one but already excitement is growing around the event. It will also feature a friend of The Claddagh Irish Bar, Finbar Furey, Irish multi-instrumental folk musician, who will be

in Marbella especially for the event, so look out for more details coming soon.

The Claddagh Irish Bar is open daily from 4pm until late Monday to Friday and from 1.30pm on Saturdays and 2pm on Sundays. They are only closed Christmas Day so rest assured when you want a warm Irish welcome, The Claddagh team will there ready and waiting. They welcome a host of customers from all nationalities and all ages from 18 to 80, so

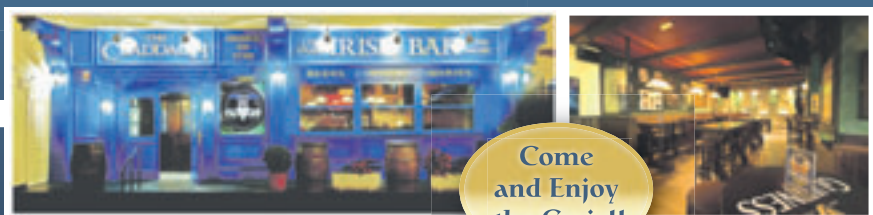
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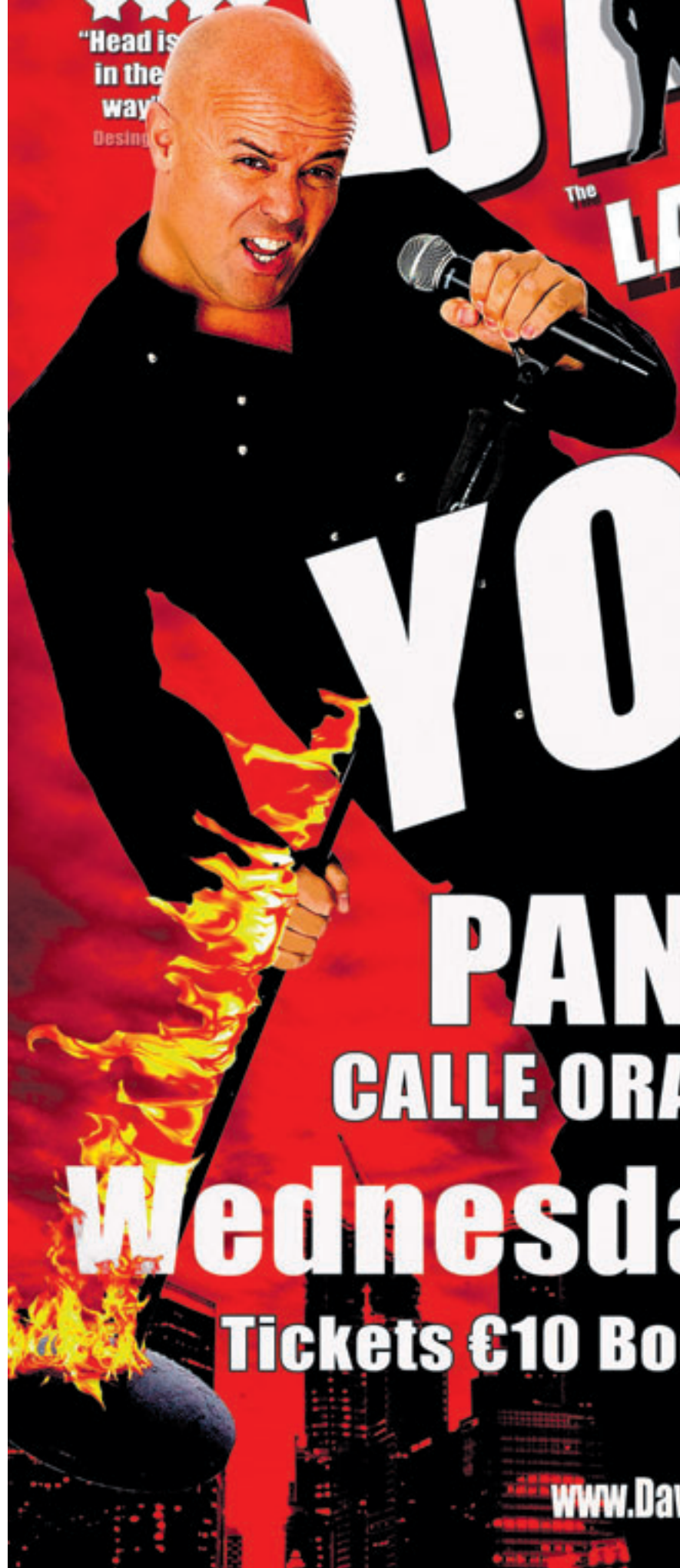
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# A rose by any other name

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



**A**S a very young child I was brought up in the beautiful city of Exeter. From the age of about five to 13 of which the last few years were spent at boarding school as my parents 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 moors, and shotguns became breech-loading. The 'bags' - total number of birds shot per



Credit: Alamy

### Red Grouse in flight.

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

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

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

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

A few quirky points about the Red Grouse:

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

**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.

## Thursday August 17

- Age Concern meet EVERY Thursday from 11.00-13.00 at the Pensionista building in Los Boliches. They are located above the indoor market and just around the corner from Los Boliches station. They offer advice, support, help and friendship. Pop in and meet old friends and make new ones. Full social calendar throughout the year. They look forward to seeing you. Lifeline 652 537 615.
- Fabuloso vocal group on summer break July-August. They restart September 2 with great new songs. More info: 622 514 781.
- Language exchange workshop: free, every week from 9.30-11.30am in the Pensioners Centre in Las Lagunas. For more information contact 952 890 010 or frd@mijas.es.
- Los Jueves al Casco: Every week from 8am-12 noon enjoy special discounts, live music, free tastings and more in Marbella Old Town.

- Rio Verde Villa Romana Ruins: free guided tour from 11am to 1pm. Calle del Mar, Marbella.
- Rotary Club: meets every week at 2pm during lunch at Cortijo de Ramiro, Calle 11, Urb Guadalmina Baja, San Pedro de Alcantara. Please contact lizzie@marriageweddingervices.com to book a place.

- San Pedro street market: Every week from 9am-2pm, Calle Jorge Guillen.
- Sundown Sounds: Every week from 9pm live music at the square in front of the Municipal Office in La Cala de Mijas.
- American Club of Estepona (ACE [all nationalities welcome]): Open Mon-Sat, 1-4pm. Calle San Roque 65 (3 blocks West of Old Bus Station). For more information contact 952 793 059 (Club Times) or www.acestepona.org.

## Friday August 18

- Age Concern meet EVERY Friday from 11.30-13.00 at El Caballo de Oro in the centre of La Cala de Mijas. They are located behind Supersol and there is plenty of free parking. They offer advice, support, help and friendship. Pop in and meet old friends and make new ones. Full social calendar throughout the year. Just follow the sound of laughter. They look forward to seeing you. Lifeline 652 537 615.

- Age Care Association: Weekly coffee morning from 11am to 12.30pm at the Hojar del Jubilado in Los Boliches, Fuengirola. Drop in for chat and to share experiences. For more information contact 635 407 255.

- Christian Basilica of San Pedro de Alcantara: From 11am-1pm, free guided tour of one of the oldest Christian churches on the Iberian Peninsula. Calle Vega del Mar, San Pedro de Alcantara.

- Royal British Legion: Benejarafe branch meets every Friday from 12.30-2.30pm at Restaurante Puerta Niza, Carretera Nacional 340A Km 263.7 offering emotional and financial help to those who have served in the Armed Forces.

- American Club of Estepona (ACE [all nationalities welcome]): Open Mon-Sat, 1-4pm. Calle San Roque 65 (3 blocks West of Old Bus

# DO NOT MISS...

## Annual Street Food Market in San Pedro

SAN PEDRO, Marbella, will play host to the annual Street Food Market from August 18-20. In previous years, more than 15,000 people have attended the event to sample some of Spain's finest foods on the boulevard of San Pedro Alcantara. Food will be brought from businesses and agricultural groups in a bid to showcase local produce. Food group 'Zumeria' will be giving talks on healthy eating and nutrition. Alongside the food, event organisers have promised music, dance, cinema, photography and sports. Master classes in dance and cookery will be available for a small concession. The event kicks off on Friday, between the hours of 7-2pm.



Station). For more information contact 952 793 059 (Club Times) or www.acestepona.org.

## Saturday August 19

- Fabuloso vocal group on summer break July-August. They restart September 2 with great new songs. More info: 622 514 781.

- Flamenco show: free every Wednesday and Saturday from 12-1pm in Plaza Virgen de la Peña, Mijas Pueblo.

- Organic market: Every week from 10am-1pm at Guadalhorce - Las Chapas.

- Puerto Banus street market: Every week from 9am-2pm near the bull ring in Nueva Andalucia.

- Triple A: Every week volunteer dog walkers required between 10am and 3pm at Calle Caril de la Mina 33 in Marbella. For more information contact 952 771 586.

- American Club of Estepona (ACE [all nationalities welcome]): Open Mon-Sat, 1-4pm. Calle San Roque 65 (3 blocks West of Old Bus Station). For more information contact 952 793 059 (Club Times) or www.acestepona.org.

## Sunday August 20

- Benahavis second-hand market: Every week from 9am to 2pm, located 1km before the village on the right hand side of the road.

- University of the Third Age: Every week coffee morning from 11.30am to 1pm at the Primavera Bar, Paseo Maritimo, Los Boliches. For more information contact 952 466 738.

- Sunday market La Trocha Coin. Every Week. Over 200 Stalls. All Welcome. For more info call 618 826 852.

## Monday August 21

- Age Care Association: Weekly coffee morning from 11am to 12.30pm at La Iglesia Bar in Benalmadena. Drop in for chat and to share experiences. For more information contact 635 407 255.

- RAF Association Costa del Sol: social meeting, first Monday of the month, at 12pm in Restaurante Los Morenos, Alhaurin el Grande. For more information contact secretary@rafa.costadelsol.co.uk.

- Royal British Legion: Benalmadena branch meets every Monday from 11am at The Lounge Bar, Avenida Bonanza in Benalmadena offering emotional and financial help to those who have served in the Armed Forces.

- American Club of Estepona (ACE [all nationalities welcome]): Open Mon-Sat, 1-4pm. Calle San Roque 65 (3 blocks West of Old Bus Station). For more information contact 952 793 059 (Club Times) or www.acestepona.org.

## Tuesday August 22

- Age Care Association: Weekly coffee morning from 11am to 1pm at the International Baptist Church in Calahonda. Drop in for a chat and to share experiences. For more information contact 635 407 255.

- Arroyo Social and Welfare Club meets every Tuesday at Agata Apartments Arroyo de Miel 11.30am for 12 noon start. There is a raffle, quiz, and a game such as Play Your Cards Right, plus extras! For more information call Anthia on 634 157 042.

- Costa Women Business Group: meets every second Tuesday at 09.30 until 11.30 for business networking in La Cala. For more information contact Ali 677 251 058.

- Fuengirola Ukulele Singalong Group: meets every Tuesday 8pm at Cabaret Club in Fuengirola (next to Bioparc Zoo).

- Language exchange workshop: free, every week from 9.30-11.30am in the Pensioners Centre in Mijas village. For more information contact 952 890 010 or frd@mijas.es.

- The Good Companions Club meets every Tuesday in Manila Bar Paseo Maritimo Los Boliches 12-1.30 pm. For more information contact Tony White on 952 494 730.

- University of the Third Age Costa del Sol: play Mah Jong every week from 2-5pm at the

PYR Hotel in Fuengirola. For more information contact 952 467 156.

- The Good Vibrations: singing sessions every week from 7.30pm at Huber Plataforma de Arte, Calle San Antonio, Estepona. Cost €10 per session or €8 per session for a block of six sessions. For more information find Your Voice Vocal Studio on Facebook.

- American Club of Estepona (ACE [all nationalities welcome]): Open Mon-Sat, 1-4pm. Calle San Roque 65 (3 blocks West of Old Bus Station). For more information contact 952 793 059 (Club Times) or www.acestepona.org.

## Wednesday August 23

- Flamenco show: free every Wednesday and Saturday from 12-1pm in Plaza Virgen de la Peña, Mijas Pueblo.

- Language exchange workshop: free, every week from 9.30-11.30am in the Pensioners Centre in La Cala. For more information contact 952 890 010 or frd@mijas.es.

- Malaga Picasso Museum: guided tours in English every Wednesday at 11.30am. Entry €8, children under 18 go free.

- Parent and baby coffee mornings: every week from 11am-1pm at Mundo Mania, Cancelada. Entry €5 and includes coffee and two hours of play in the baby and toddler play frame.

- TIMS (The International Music Society) Choir: rehearsals every week from 7-9.30pm in St Andrews Church, Los Boliches. A very friendly group of different nationalities. For more information contact 654 891 790.

- American Club of Estepona (ACE [all nationalities welcome]): Open Mon-Sat, 1-4pm. Calle San Roque 65 (3 blocks West of Old Bus Station). For more information contact 952 793 059 (Club Times) or www.acestepona.org.

## Thursday August 24

- Age Concern meet EVERY Thursday from 11.00-13.00 at the Oasis bar in Mijas Pueblo. They are located at the entrance to the village on the right hand side. They offer advice, support, help and friendship. Pop in a meet old friends and make new ones. Full social calendar throughout the year. They look forward to seeing you. Lifeline 652 537 615.

- Age Concern meet EVERY Thursday from 11.00-13.00 at the Pensionista building in Los Boliches. They are located above the indoor market and just around the corner from Los Boliches station. They offer advice, support, help and friendship. Pop in and meet old friends and make new ones. Full social calendar throughout the year. They look forward to seeing you. Lifeline 652 537 615.

- Los Jueves al Casco: Every week from 8am-12 noon enjoy special discounts, live music, free tastings and more in Marbella Old Town.

- Rio Verde Villa Romana Ruins: free guided tour from 11am to 1pm. Calle del Mar, Marbella.

- San Pedro street market: Every week from 9am-2pm, Calle Jorge Guillen.



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## Purslane - weed or culinary delight?



**PURSLANE:**  
A replacement for spinach.

### 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.

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

### PG Tips

repel pests.

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

To deter pests and fun-

gal diseases, simply sprinkle on the leaves.

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

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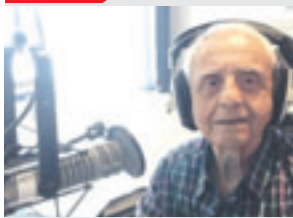
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**FLEAS:** Treat all year round.

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

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

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

Another line of defence is

topical medications, the best of which are available through your veterinarian.

### Cleaning

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

### Infestation control

Your dog is uncontrollably scratching itself: to determine if the cause is in fact fleas, do a couple of things. Look under your dog's fur for dark specks. Those black bits are flea faeces. Pick them off the pet and place them onto a wet paper towel. If the specs morph into something that resembles a bloodstain, then your pet has fleas.

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

### Now what?

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

# Mature dogs often prefer to stay at home

WHILE many of us like to take our pets with us on holiday if we can, sometimes their routines are set and they are not so happy to abandon their preferred sofa at nap time. Moving elderly pets is a serious undertaking, especially if their eyesight is failing. It can be less stressful for you to leave them at home with an experienced house or pet-sitter. It means they are less anxious as they can stay at home in an environment they know and understand.

If you are planning on 2-4 weeks of holidays a year, it



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can be expensive which is one of the reasons joining the HouseSitMatch.com network is a help for pet owners.

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# Follow the snail trail

PROBABLY the most popular pets are cats, dogs or birds, but finding a family with a pet snail would most likely be quite rare.

Snails are quiet, they don't take up much space, they don't need to be taken for a walk, and it does not cost a lot to feed and care for them.

They can be kept in a special clear terrarium made of plastic or glass.

A layer of soil is needed at the bottom of the container, approximately 4cm deep, so they can bury themselves in it and it is also where they lay their eggs. Rather than earth from the garden, it is recommended a special terrarium earth is used, which be bought from local pet stores, as garden soil may contain parasites.

As snails do not like extreme temperatures, keep them protected from the cold and the heat. A terracotta pot on its side gives them a good place to hide if there is sun.

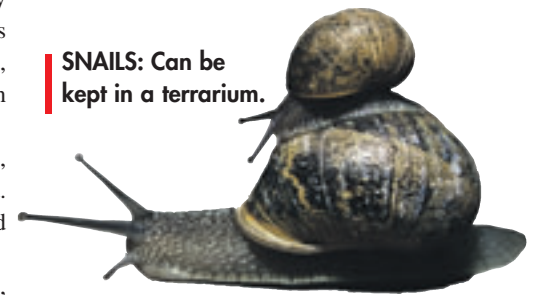
These small creatures are hermaphrodites,

which means they have male and female reproductive organs at the same time.

These molluscs are more active at night, when they feed and reproduce. They like to eat most green leaves, vegetables, carrot halves, beetroot, etc.

At least once a week, the terrarium should be cleaned of all mucus and faeces, and any rotten food cleared away, as once decayed, it could be harmful to the snails

**SNAILS:** Can be kept in a terrarium.



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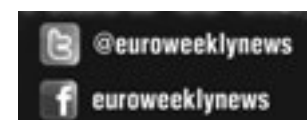
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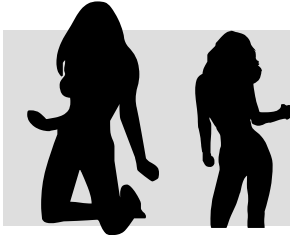
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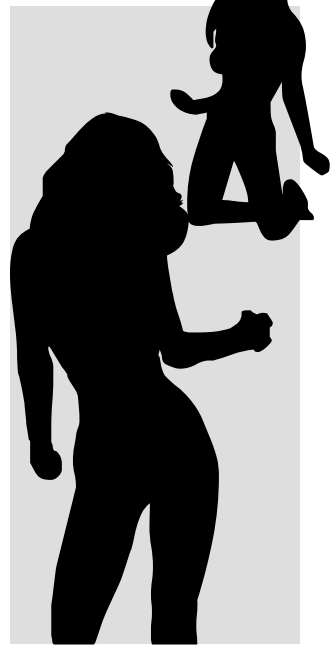


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**Clarkson  
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Whoever designed the Ford Galaxy upholstery had a cauliflower fixation. I would rather have a vasectomy than buy a Ford Galaxy.” *Some might say...*



**Motoring shorts**

## Volvo vending

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

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

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

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

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

# Motor motivation

by Matthew Elliott

BMW confirmed that an electric version of its popular Hatch model will be built at its Oxford plant. The news assuages fears that the German manufacturing giant was set to shift production to the continent as a consequence of the Brexit vote.

The firm itself had warned that the referendum result would force it to reconsider production priorities, but the all-electric Hatch is officially scheduled for British production in 2019.

The decision was welcomed by British union leader Len McCluskey, and presumably by the Oxford plant's almost 5,000 workers.

“Around the world and for

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

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

€500 million from BMW since 2011.

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

was keen to suggest.

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

Brexit deal are made clear.

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

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 <b>Renault Scenic 2011, 77,000 km, €11,995</b>	 <b>Range Rover Vogue 2004</b>	 <b>Nissan Navara, 2007, Diesel, €14,495</b>

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# Highway to hell

## Tunnel plan to fight pollution

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



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

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

The RAC, Britain's largest roadside assistance outfit, has voiced doubts about the project. Spokesman Nick Lyes said that

if a substantial portion of the pollution is merely deflected from the tunnel surface, it may seriously threaten the health of drivers and passengers.

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

## Car thieves' new trick

THIEVES have developed a new car stealing trick.

A device is used to capture and mimic the key fob signal, to open cars with even the best security systems, with the minimum of hassle.

A British firm which monitors car thefts said that the 21st century thieves often operate in tandem to ensure success.

One stands just outside a home with the device, close enough to pick up the key fob signal from inside.

Once successful, the car is unlocked and their partner jumps inside and hotwires the engine within seconds.

Thefts following this pattern have been reported in the UK, USA and Germany according to Tracker.

The technique doesn't only serve to steal cars, but also any valuables inside.

Owners might not contact police for days until they've conducted a thorough search, likely to be mystified as to where the items have gone.

In Germany, Tracker reports that BMWs, Volkswagens and Fords are the most frequent targets.

But almost any model is vulnerable to the new technology, which can easily be picked up on the internet for less than €100.

Thefts using this modus operandi are more likely to occur at night, and target motorists whose cars are parked close to their homes.

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# 31 goals scored in the Premiership opening games

» From Back page

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; Coven-

try 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.

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 Saturday 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.

**JUSTIN THOMAS:** won the US PGA golf championship in North Carolina.

The Premiership clubs involved in European competitions enter the competition in round three.

## ROUND UP

- American Justin Thomas won the US PGA golf championship in North Carolina - his maiden major title. Italy's Francesco

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

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- £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...



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Weekly News

with  
Ron Garrod



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The second nine holes inaugurated in November 1996, were designed by the technical team of the Club. At present, experienced and



**SANTA MARIA: One of the best looked after courses.**

also beginners, consider it one of the best courses in Marbella.

The course offers players a challenging game in an environment with views to the Mediterranean Sea and forested mountains.

The Clubhouse is an impressive Spanish Cortijo of the 19th century with two floors and is surrounded by extensive gardens.

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**USAIN BOLT** pulled up injured in his last ever race, retiring with 19 global golds to his credit.

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The Costa Del Sol's best guide to local sport

# 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



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



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

» Turn to page 126

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