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ISSUE No. 1677 || 24 - 30 August 2017 **COSTA DEL SOL** » YOUR PAPER, YOUR VOICE, YOUR OPINION [WWW.EUROWEEKLYNEWS.COM](http://WWW.EUROWEEKLYNEWS.COM)

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## Bumper investment for Mijas

# €200m bonanza

Mijas is set to enjoy a €200 million property bonanza over the next 10 years.

The first €10 million development is already underway in the municipality, which embraces Mijas Pueblo and several resort areas on Mijas Costa.

The area is home to more than 11,000 expatriates.

Announcing the €200 million bonanza, Mayor Juan Carlos Maldonado said the major local boost to residential tourism has highlighted "the security that our locality generates for international companies."

La Cala de Mijas is set to be among the main beneficiaries of the funds, with more than 600 houses and apartments planned within the next 10 years in a joint project between British construction firm Taylor Wimpey and Irish chain FBD Hotels and Resorts.

These two companies alone are to invest almost €125 million following



Taylor Wimpey

**UNDERWAY:** The Horizon Golf development.

completion of the new Horizon Golf development which will see 48 flats and 55 townhouses built by next year.

"Mijas is at the forefront of international residential tourism with some of

the best and most varied housing and where golf, sea and the mountains combine with the climate to offer strong support to our greatest economic engine," Maldonado added.

## Probe death parents plead

THE parents of toddler Lucia Vi-var - found dead four kilometres from where she disappeared while playing - want her death further investigated.

Though a post mortem examination revealed no signs of violence or a sexual attack on the three-year-old who disappeared on July 26 near Pizarra railway station, about 30 minutes inland from Malaga, relatives and friends still view her death as mysterious.

**Lucia's death - Page 2**

See us on page 54



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By Sean Campbell

# Probe Lucia's death more, plead parents

THE Costa del Sol parents of toddler Lucia Vivar - found dead alongside a railway line four kilometres from where she disappeared while playing - want her death further investigated.

Lawyer and spokesperson for the family, Ana Belen Ordoñez said: "There is no conclusive evidence about what happened, since what we know so far does not allow us to abandon any line of investigation."

A post mortem examination revealed no signs of violence or a sexual attack on the three-year-old who disappeared just before midnight on July 26 near Pizarra railway station, about 30 minutes inland from Malaga.

But relatives and friends still believe she was perhaps led by someone along the railway line, and several criminologists have offered the family further support after one, Victor Marquez from Antequera, walked the route wearing similar footwear and said it ended up in tatters, while Lucia's was intact.

The College of Criminologists of Asturias and its Dean have agreed that Lucia could not have walked so far

alone in pitch black darkness.

Additionally, Lucia's head wound did not show any 'rebound injury' which is characteristic if hit by a passing train, according to Jose Manuel Moreno and Iciar Iriondo from the Dacrim office of criminology.

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RELEASED: Security camera footage.



LUCIA VIVAR: Found dead on railway line.



revealed no male DNA, no cuts or bruises indicating physical or sexual attack, and no traces of drugs.

Security footage near where Lucia disappeared shows her alone on the station platform before disappearing behind a booth.

Six hundred people joined an early hours search following Lucia's disappearance.

The train driver who found her body at first spotted a dark shape by a bend in the line that he thought was an injured animal.

However, on his return journey as dawn broke he noticed clothing and made an emergency stop, and then discovered it was a girl's body.

A further twist is that the train driver who found Lucia's body just before 7am on the morning after she had disappeared shortly before midnight says that he saw an unmarked grey van passing beneath the tracks as he first approached the scene.

And a family living 300 metres away say that their car alarm went off "for the first time in 15 years" just after 5am that morning, with further noises minutes later after they had returned to bed.

Police confirm that death took place between 5 - 7am. The post mortem examination

## Flashback

The EWN Front page report on Lucia's death, August 3



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## Saved from killing herself

A SUICIDAL woman has been found following reports from relatives that she had left home to kill herself.

National Police began the search believing her to be in the vicinity of the Rio Guadalevin and the Tagus gorge. She was later found in shock leaning on a wall overlooking the river by a motorcyclist and claimed to have wanted to kill herself. She was transferred to Ronda Hospital for assessment.

## Immigrants jet off

A 10-MINUTE Jet Ski trip was worth €10,000 to people smugglers who targeted the beaches of Cadiz and Malaga before they were arrested.

According to arresting officers of the National Police, these crafty traffickers were making daily trips from the coast of Morocco carrying two illegal passengers each time who were charged up to €5,000 respectively and endangering their lives. Five have been arrested for people trafficking.

## Iconic statue not for turning

REFORM plans to the Marquis de Larios statue in Malaga were met with strong opposition. The Benlliure foundation guard the legacy of the famous sculptor, Mariano Benlliure, who created the Larios monument in 1899 in opposition to recent council proposals.

They claim that a change in orientation would contradict the original project. A vote was taken and the work was approved in order for the environment to gain in quality.

## Casanova tribute

A SPECIAL service for Manel Casanova took place on Monday, August 21.

The former director of CF Malaga's academy died of a heart attack earlier this month, aged 66.

The service took place at the Parish of Corpus Christi, Calle Ventura de la Vega.

A minute's silence was also held before the first game of the season at Malaga's stadium, La Rosaleda.

## Strikes at airport put on hold

TALKS between airport manager Aena and the security staff unions have been described as "positive" but proposed airport strikes have not been called off.

Both Aena and the air navigation manager ENAIRE have agreed that there needs to be increases in wages and staff numbers and have already forwarded plans to Hacienda in order to implement them.

They state increased air traffic, which is expected to keep growing over the next few years, as the main reason

more staff is needed.

More meetings have been scheduled, one with the secretary of State Transport, Infrastructure and Housing, Julio Gomez-Pomar.

Aena has said that dialogue between the unions and its company will always remain open.

Although talks continue, security staff who are threatening the strikes are actually employed by private contractors appointed by Aena.

## SPANISH FACTS OF LIFE... 26

The Osborne group - founded in 1772 and now the second oldest business in Spain - may be famous for its brandy-sherry, but it's the Osborne Bull silhouettes that constantly steal the national limelight.

# Load of national pride

THE Osborne Bull is a symbol of Spanish culture, both nationally and abroad.

With black bull silhouettes on hilltops and roadsides in many, but not all regions of Spain, the first was erected 60 years ago, 12 months after the Osborne group of wineries - originally founded in Cadiz - ordered an artist to promote a 'Veteran' brandy.

It was set in motion by Manolo Prieto, a prolific Andalucian artist who died in 1991. He remains famous for the roadside monuments even though a personal source of disappointment given other works of which he was proud failed to gain recognition.

The Osborne Bull silhouettes started life as four-metre-high wooden figures, but in 1961 they were made from metal sheets to better withstand the weather and their height was increased to seven metres.

However, one year later new advertising rules forced the Osborne company to move them away from roadsides, and they were consequently increased in size to their present-day 14 metres so that they would be more visible.

Then in 1994 the EU banned roadside advertising of alcohol, but despite an initial campaign to see all the bulls re-



**CREATOR:** Artist Manolo Prieto who designed and commissioned the symbol

moved, public outcry saw them retained, but blacked out to remove all reference to the original advertisers.

The ruling in their favour was on the grounds that they had become part of the landscape with 'aesthetic or cultural significance.'

Their wide distribution means the Osborne bull is now associated with Spain itself, with its silhouette seen on national football flags, t-shirts, caps, towels and key-rings.

## Where to find the bulls

Osborne Bulls in Spain include those in the following locations:

23: Andalucia, 14: Castilla y Leon, 13: Castilla-La Mancha, 11: Valencia, 6: Aragon, 3: Asturias, Extremadura and Galicia, 2: La

Rioja and Madrid, 1: Basque country, Canary Islands, Mallorca, Melitta, and Navarre.

In addition a few are in Mexico, though with a different design and with an advertising function rather than a symbol of past culture!



**SPANISH SILHOUETTE:** The Osborne bull stands proudly throughout Spain.

## Looky-looky fury

ILLEGAL street vendors have been the source of recent complaints.

Business owners in Benalmadena, Torremolinos and Mijas are furious that the so-called 'looky looky' men are costing them trade.

The City Council are working to eradicate the problem but have called for more help from the government.

A long-term resolution is being sought after repeated raids have proved ineffective with sellers repeatedly returning to the same areas.

## Fair plans unchanged

TERRORISM did not affect fair plans. A significant police presence and con-

crete blocks preventing vehicles entering busy streets were deemed more than sufficient for the last few days of the fair, despite the attacks in Barcelona and Cambrils.

More than 800 police patrolled the streets every day, some in plain clothes, maintaining a vigilance and carrying out on-the-spot searches where necessary.

## Sex attack

AN alleged sexual assault resulted in two arrests in Malaga.

One man allegedly forced himself upon a female in a city centre night club whilst another is suspected of forcing himself on the victim in a lift.

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The total number of news and features which appeared in Issue 1676 of the Euro Weekly News Costa del Sol edition, including 80 local stories.



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

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## PHENOMENAL EWN ONLINE SUCCESS

# Onwards and ever upwards

THIS year has seen success all the way for EWN Online, with record-breaking figures across the board.

The latest statistics clearly spell out that the website and social media are now seen as go-to sources of accurate and up-to-date news from Spain in English, attracting millions of views.

A concerted effort from the dedicated online team since the turn of the year, coupled with a commitment to honest, timely reporting has seen numbers fly, with a staggering 55,000 hits received on just a single day earlier this month.

Social media platforms have demonstrated a similarly impressive rise with Facebook followers now



numbering close to 22,000, far outstripping traditional rivals, and audience participation at an all-time high.

From here it can only be onwards and ever upwards!

**STORY OF THE YEAR: This article attracted 42,000 views.**

## This year so far

THE hard work and dedication of the EWN Online team has been rewarded with a bumper boost in website users, with a record 2.5 million visits so far this year.

As the internet is constantly evolving, it is important to adapt, and with more than 50 per cent of readers visiting the EWN website via their mobile phones in 2017, compared to 37 per cent in 2016, it is clear that

changes can occur quickly with the right approach.

And with nearly 22,000 strong followers on Facebook - and 10,400 on Twitter - the EWN is and will continue to be highly engaged with the expatriate community.

From this solid base the aim is now to continue to grow and offer factual news, as it happens, while consolidating the hard fought position of Spain's best online English-language newspaper.

With more than half a million views expected this month alone, all at EWN Online would like to say thank you to all our readers for supporting us and continuing to engage with our digital products.

**2017 in figures**  
 1 • 2,520,000 page views  
 2 • 55% visited the website on their phones  
 3 • 742,947 new website visitors  
 4 • 2,891 new followers on the EWN Facebook page  
 5 • 3,605,003 people saw EWN Facebook posts

euroweeklynews.com  
**Poll of the week**  
**Should horses be bred for food as they are in areas such as Valencia?**  
**LAST WEEK'S POLL:**  
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**TRIVIA FROM AROUND THE WORLD**  
 The Vatican's Swiss Guard still wears a uniform inspired by the Renaissance painter Raphael Sanzio, who lived 1483-1520.

In a twist of irony, Louis XVI of France felt former ways of execution were inhumane, so he encouraged doctors to create a new method, which led to the guillotine. He was later beheaded by the very same device.  
 ★★★★★★  
**Did you know?**  
 The largest diamond discovered was the Cullinan, found in South Africa in 1905. Weighing 3,106.75 carats, it was cut into the Great Star of Africa (530.2 carats), the Lesser Star of Africa (317.40 carats) and 104 other diamonds of nearly flawless colour and clarity. They now form part of the British Crown Jewels.

**Lost in translation**  
  
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## Argy bargy



JAMES ARGENT: Moving to Spain.

JAMES 'ARG' ARGENT, one of the best-loved original cast-members of ITV's *The Only Way is Essex (TOWIE)*, is permanently swapping the UK for Spain after being offered a residency in Marbella.

The slimmed-down star has told fans he is looking for somewhere to live on the Costa del Sol after accepting a job at pal and former co-star, Elliot Wright's, restaurant, Olivia's La Cala.

Arg, who lost considerable amounts of weight after entering rehab in Thailand earlier this year for substance abuse, explained he is looking forward to moving to sunnier climes, telling a publication, "I've been offered a residency next year at Olivia's, I accepted the offer straight away. I'm in the process of finding a property in Spain and I'm going to be moving there. The residency will be for the whole summer. I'm so excited, it's a fresh start."

## Come on, Vogue

TV presenter and model Vogue Williams has arrived in Ibiza with the man she met taking part in *The Jump* where she was injured and he was declared winner.

It appears that Vogue and Spencer Matthews, the reality star first seen on *Made in Chelsea*, are now inseparable, except when one or the other has to become involved in another TV programme.

They are however making up for lost time whilst soaking up the sun and cruising on this Ibiza holiday.



Photo Credit: Vogue Williams Instagram

VOGUE: Shows off her model looks whilst at sea.



LILY ALLEN: On holiday in Ibiza.

## Allen aboard

LILY ALLEN was photographed queuing with other passengers as she jetted home from her Ibiza holiday.

The 32-year-old *Smile and Not Fair* singer was spotted looking loved-up with her boyfriend, DJ Daniel London, who she has been with since splitting with her husband, Sam Cooper, in June last year.

The songstress, who was holidaying without her children, Marnie, aged four, and Ethel, five, updated her Instagram followers on her trip, posting photos of herself looking toned in a bronze-coloured bikini, and posing on a rock. The brunette appeared to have enjoyed a fun-filled holiday, going on a yacht trip, as well as horse-riding and snorkelling.

Heading back to the UK, the singer's boyfriend helped keep her entertained in the airport's long queues and was pictured wrapping his arms around her as she checked her phone.

## Beach babes

SADIE STUART, fiancée of reality TV personality and restaurateur Elliott Wright and her mother Julie were spotted sunbathing at Bono Beach.

Accompanying them were TV cameras as they were being filmed for the new ITVBE special, Elliott Wright: *The Wedding* which will be broadcast later this year.



Photo Credit: SM

Julie and Sadie at Bono Beach.

## (She's his) Wonderwall

NOEL GALLAGHER has been spotted in Formentera kissing his wife of 17 years, Sara MacDonald.

The 50-year-old Oasis and High Flying Birds star is holidaying on the island after he met his 43-year-old wife in Ibiza in 2000, claiming it was "love at first sight." The pair have since had two chil-

dren, Sonny, aged four, and Donovan, seven.

The Scottish stunner showcased her toned physique in a red, two-piece, bandeau-style bikini before leaning over her husband to kiss him as he lounged on a sunbed. The pair were later snapped chatting intently as Sara rested

her head on Noel's knee.

The rocker is preparing to tour with his band, High Flying Birds, and is working on their next album. His producer, David Holmes, told reporters, "Yeah, it's going really good. We're a good bit into it now, we've got nearly five tracks done now. People are going to be surprised."

## Yacht's up

POP and reality TV star Peter Andre has been photographed enjoying a yacht trip to celebrate his wife's 28th birthday.

The 44-year-old was in Marbella with squeeze Emil MacDonagh, where the pair were spotted drinking pink Champagne as they celebrated the occasion. The couple share two children, Amelia, aged three, and Theodore, nine months.

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## OUR VIEW

### Catalonia mourns

SADLY it was bound to happen in Spain at some time, but the terrorist attack in Catalonia certainly grabbed headline news around the world.

If there is any consolation coming out of this dreadful sad affair as well as the subsequent knifings in Finland is that these are simply not as organised or as successful as those attacks that took place in 2015 and 2016.

As Daesh finds itself being pushed back within Iraq and Syria this appears to be affecting its commander's ability to recruit organised fighters in Europe and is having to rely on incompetents, some of whom even managed to blow themselves up.

One of the very disappointing things about these attacks in Spain is the fact that it appears that all of those involved as well as most of the hundred plus who have been arrested over the past few years have been Moroccan.

For many years, Moroccan immigrants have settled within Spain and of course Gibraltar, becoming part of the local communities whilst still holding on to their own heritage, religion and identity.

There is now a radical dichotomy between those who want to come to Spain to find what they perceive to be a better life for themselves and their families and those misguided puppets who simply want to eradicate the so-called 'Crusaders.'

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# Call the technician

By Sean Campbell

A NEW trend in robberies has caused police to issue a warning.

Criminals have been plaguing Malaga City centre, posing as security system technicians in order to find out what safeguards premises have in place.

They will claim to have come for a routine check or to investigate a problem and then return at a later date and sabotage the systems before committing the robberies.

Often dressing in legitimate company uniforms and wearing well-made fake identification, they can be very difficult to distinguish from authentic employees.

Police warn that the criminal's main aim is usually to locate the safe but they also note the

placement of security cameras and the type of alarm used.

Sometimes they will not visit the premises they intend to rob but the one next door to it with the aim of breaking in through the adjoining wall. Other instances have seen them visit several nearby premises when investigating an area.

Three people were recently arrested for this type of crime, two from Madrid and one from Mijas, with stolen items and money between them amounting to more than €1 million.

The men posed as staff of a telecommunications company, returning at a later date to shut down security systems and melt their way into the safe using oxy-fuel (a high temperature combustion method normally reserved for welding).

## Drug smugglers arrested

DRUG smuggling gangs have once again been busted.

The activity which has been ongoing for nearly a year, has been uncovered by officers from the Guardia Civil who have seized tons of hashish.

Following the installation of the barriers at the mouth of the Rio Guadarranque, smugglers resident in Ceuta and the Campo de Gibraltar turned their attention to the Rio Palmones near Los Barrios in Cadiz Province.

After a game of wits between the drug smugglers and the Guardia Civil who managed to



Photo Credit: Guardia Civil

**ONE BOAT: No longer available to the smugglers.**

frustrate some attempts to bring drugs into the country, it was possible to seize more than two tonnes of hashish as well as arrest two people.

Eventually, the officers decided they had sufficient evidence to arrest all of the suspected members of the gang and they raided properties in Algeciras and La Linea de la Concepcion arresting 14 people.

**25,000** The amount of euros a criminal gang was charging Iranians for fake Spanish passports.

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# Forget Paninis - it's Echinacea time

By John Smith

WITH all of the negative news about drunken Brits causing mayhem on board flights to Spain, low-cost airline

Monarch hopes to chill passengers out.

Whilst at first an announcement from the airline might make readers check to make sure it's not April 1 but if what

they promise comes to fruition, then perhaps there will be a lot more peaceful and happy travellers in the future.

As part of its Year of Nice Campaign, the airline has called in the food psychologist Professor Charles Spence - who has advised chef Heston Blumenthal of Fat Duck and snail porridge fame - to create the concept of what they call a 'Mood Food' box.

The idea is that certain foods are known to relax and re-energise individuals, reducing stress and getting them ready for their holiday or business meeting.

Having received the advice from Professor Spence, the airline then approached the master of multisensory gastronomy, chef Jozef Youssef and his team at Kitchen Theory explaining that they needed to help passengers enjoy the whole airline experience.



Photo Credit: Monarch.

Approximately 30 minutes into the flight, travellers will enjoy a specially created Monarch blend of herbal tea containing chamomile, fennel seed and kelp, (proven to combat bloating and aid digestion) accompanied by a crunchy, seaweed biscuit, delivering sweet yet salty umami tastes.

Finally, just before disembarkation, travellers will indulge in a sweet caramelised nut bar coated in umami rich mushroom and tomato powder to re-energise and awaken the senses as passengers arrive at their destination.

Whether those with nut allergies will be happy about the sudden unwrapping of more than 100 nut bars remains to be seen as does the reality of the 'Mood Food' box actually appearing on flights to Gibraltar and Malaga.

No details of likely cost have been announced as yet although an on-board Bacon Panini currently costs £4.50 (€5).

## An example of the experimental 'Mood Food' box.

This experimental food box has been prepared based on observations of which area of travelling causes the most stress and incorporating the types of food that will make life just that bit easier.

Many passengers find the experience of checking in and then waiting to board a flight absolutely intolerable, stress levels shoot up and often this,

coupled with boredom leads to the bar and excess drinking.

Whilst nothing can be done about pre-flight stress, the chef recommends prior to take off, immunity boosting echinacea and liquorice ice cream which reduces the symptoms of coughs and colds after arrival at the chosen destination.

Soothing and relaxing green tea and lavender mochi rice cakes will relax travellers at take-off as lavender has been proven to enhance relaxation and sleep quality in all ages.

**33** The number of La Liga titles won by Real Madrid, nine more than Barcelona.

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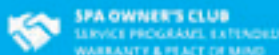


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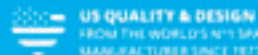


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## Luxury dealer in the clear

A MARBELLA car dealer who lost his business after being accused of selling stolen luxury vehicles has been acquitted by a Malaga court.

Italian entrepreneur Claudio Nicoletti was arrested in February 2010 in a series of major police raids known as Operation Picolino, during which more than two dozen people were held.

He was charged with trading high-end cars including Mercedes, Aston Martins and Ferraris stolen in other European countries, but after a six-and-a-half-year wait he has been declared innocent.

In his final report, defence lawyer Javier Muriel said: "There were searches, arrests that led to temporary jail sentences, dozens of cars and phones seized, and bank accounts frozen for an investigation that was born of a lie, a lie to which neither the prosecution nor the investigating judges held in the slightest doubt, quite the opposite, and believed the police as a matter of faith due to the plethora of evidence submitted."

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Photo credit: Gov.UK

The two sides meeting last month.

# The next round of Brexit talks are about to start

IN anticipation of the next round of Brexit meetings due next week, Britain is in the process of publishing a number of position papers highlighting government hopes.

When the parties meet in Brussels, the Minister responsible for Exiting the European Union, David Davis will propose that goods already on the market should be allowed to remain on sale in the UK and EU without additional restrictions and wants to see existing consumer protections remain in place.

In addition, he will propose that both sides should continue to keep shared official confi-

dential documents secret in the future.

On the face of things, these are both relatively benign requests which the EU should have no problem with but the next paper concerning the European Court of Justice, could be the first of a number of hurdles which could stall talks even at this early stage.

Britain is intent on trying to obtain permission to start to negotiate future trade deals prior to Brexit, but the EU has made it very clear that it will not agree to even discuss the possibility until the matters of citizens' rights, the UK's "divorce bill" and the Northern Ireland

border have been resolved.

Mr Davis appears confident that this series of position papers will be welcomed by the European Union negotiators and that this should allow talks to progress to what he refers to as the "next stage of talks".

The initial EU response is that the framework for negotiation has been set by the EU27 and they currently have no intention of deviating from that structure, which once again leads back to the three main topics have been settled. Meetings during the next 18 months could be contentious.

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Credit: NDTV.com

# Caught on the run

AN illegal lorry driver who allegedly killed five people in a horror crash was arrested after a week of running from police.

As reported in *Euro Weekly News* (Issue 1675), a lorry

collided with a minibus killing four Spaniards and its Indian driver in south-east India.

Another nine Spanish people were injured in the collision.

The driver of the lorry fled the scene and has spent seven days on the run before being apprehended 500 kilometres from where the fatal crash took place.

He had no driving licence and is believed to have lost control of the vehicle whilst driving at speed and reaching a sharp bend, crossing onto the incorrect side of the road and colliding with the minibus.

The suspect has since been detained and is awaiting trial. Found guilty, he could receive a prison sentence of up to 10 years under Indian law.

**DECIMATED:** The horror crash killed five.

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## Offer me a job why don't you

A DODGY job advert saw a man scammed out of €30,000 after a fake job vacancy advert in Malaga was used to retrieve personal data.

The victim sent a series of personal documents via email when applying for a position including his DNI and payroll details.

From this information, fake bank accounts were set up in his name and thousands of euros worth of purchases were made through the internet.

The victim never heard any more about the job and pre-

sumed he had been unsuccessful and was completely unaware of what actions were being taken in his name.

The case came to police attention when a man in Lepe, Huelva reported that he was a victim of identity theft after receiving a number of letters from debt recovery agencies.

Following months of investigation, police managed to identify one of the alleged fraudsters in Malaga and proceeded to arrest them.

Another participant in the scam is still being investigated by police.

3

The ranking of Spanish among the most spoken languages across the globe.

## NEWS EXTRA

### Graffiti gang

A GANG have been arrested for damaging a Unesco World Heritage Site. National Police detained four tourists, two men and two women, of German and New Zealand nationality for spraying graffiti on stones in Torcal, Antequera.

### Load of bull

A HOAX terrorist threat has led to the investigation of a 51-year-old Spanish man. The man allegedly used Facebook to threaten an attack during the Goyesca bullfights. Police advise only to trust official sources.

### Flag-tastic

MIJAS is the third municipality in Spain to receive a ninth 'Q' flag for tourism quality. Only Calvia (Mallorca) and Cartagena (Murcia) are ahead. This latest award highlights Mijas as one of the top tourist destinations in Spain.

### Eco islands

AN investment of €750,000 will see ecological islands added to Marbella town centre. These environmentally friendly zones will come as part of ongoing reforms and renovations taking place.

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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.

A favourite with locals and international jet setters, the award-winning restaurant has been charming guests with its laid back vibes and attentive service.

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

***For table and sunbed reservations please call + 34 952 768 228***



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**NEWS EXTRA**

**Mystery death**

WHILST visiting his grandparents in Senegal, a 10-year-old from La Linea caught an as yet undiagnosed virus, was taken to hospital and then died.

**Illegal haul**

AFTER stopping a car during a routine operation, Guardia Civil officers discovered 3,498 packets of cigarettes in the boot of the vehicle. They did not carry the proper tax labels and the driver was arrested.

**Better access**

THE Manilva Council has tasked a team of workers to go through the town removing barriers and lowering pavements in order to make pedestrian access easier. It is expected that disabled residents will benefit.

# Bulletproof vest-less



**UNSAFE:** Uniforms look professional but offer little protection.

LOCAL POLICE have voiced their concerns at patrolling during a heightened terror threat without bulletproof vests.

The Spanish Interior Ministry have ranked the current terrorist threat at level four out of a possible five, yet Ronda police believe they are without the appropriate protective uniform for the current state of danger.

Some officers have even resorted to purchasing their own vests at costs in the region of €600.

City centre police carry automatic weapons and patrol in combat armour in order to remain safe in the event of further attacks.

Local Police cars contain bulletproof vests to be used in the event of an emergency but officers patrolling on



Photos by Ronda Police

**FUNDS QUESTIONED:** Money could be spent elsewhere.

foot are afforded no such protection.

In Ronda, only four vests are available despite police staff amounting to more than 70.

Budget cuts have prevent-

ed any more from being purchased but ceremonial uniforms are still provided even though they are seldom used.

Twenty-five officers signed a letter requesting that the budget for these garments be put towards protective clothing and equipment but the mayor, Paqui Gonzalez, rejected the proposal stating that the budget had already been decided.

As a result, many officers have neglected to collect the formal attire and some have even refused it entirely.

**Answers being de manded**

THE mysterious cancellation of a public event has aroused multiple questions.

The 'Birra and Art' event was cancelled just hours before it was due to start in La Cala, Mijas.

Visitors and spectators were left baffled as the crowds who had come to enjoy the celebrations were forced to disperse with no explanation as to why.

Councillor of Partido Popular (PP) in Mijas, Jose Manuel Muñoz addressed an open letter to the party responsible for the cancellation demanding answers.

He said: "Nobody knows exactly why it was suspended or who gave the order. The bewilderment and lack of information were enormous. The participants and organisers of this event deserve an explanation and in the PP we think, given the scope of this controversial decision, it must be done publicly."

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ON September 2 it will be exactly two years since Leo Bermejo from Almeria was diagnosed with a rare form of brain cancer.

In that short space of time the inspirational four-year-old has undergone several surgeries at Alder Hey Children's Hospital in the UK and, thanks to a fund launched late last year

- which the *Euro Weekly News* supported - travelled to Oklahoma in the United States for cutting edge pro-

# Leo the Lion: holding onto a miracle

ton-beam therapy.

But Leo's latest MRI scan has confirmed the cancer has returned and is growing quickly in different areas of the original cavity.

Mum Karen said, "My baby boy is such a warrior, I could not be prouder of him.

"Leo has been to hell and back, yet he still continues to smile."

She added, "We are really trying to just enjoy and treasure the time with Leo now. I believe Leo was put here for a reason, he has made people see life differently and he has been an inspiration to thousands of people.

She added, "He has done nothing to deserve what is happening to him now. I just hope that the beautiful big smile on his face will continue to be there to the end whatever his destiny."

Karen also wants to thank everyone for all of the lovely gifts and messages the family receive on a daily basis, "We read each and every one of them.

"I know the next few months will be the most difficult but Team Leo will be there for us all."

You can follow Leo's progress on his Facebook page:

<https://www.facebook.com/leothelionsfight/>



KEEPING HOPE: Fighter Leo whose cancer has returned.

112

The height in metres of Red Force, Europe's largest rollercoaster at Portventura, Salou.

## NEWS EXTRA

### New fizz

A POPULAR non-alcoholic Champagne has set up its base of operations in Marbella. 'Mirage' will be supplied to Spain and Arabian countries. The high-end, zero per cent beverage is similar to cava.

### Main cause

ALMOST 50 people lose their driving licence every month in Malaga. Between January and July police made 348 revocations. The main cause is drivers getting too many points but alcohol and drug misuse also factor in.

### High-flyer

MALAGA-born 33-year-old, Carlos Perez, has been chosen by NASA to join the Cassini spacecraft's last mission. The vessel, launched in 1997 to explore Saturn, will make its final flight on September 11.

### EWN India

ONE of the regular EWN writers John Smith appeared on Indian TV last week to comment on the Barcelona terrorist attack. English speaking WION needed an insight from this country and naturally contacted Spain's largest English language newspaper.



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**NEWS EXTRA**

**Many sold**

MORE than 1,000 properties were sold in three months. The first quarter of 2017 saw Marbella come second only to Madrid in property sales.

**Fine levied**

A FINE of €4,000 has been levied for unauthorised bulldozer use in an important archeological site. The council imposed the sanction for the unapproved use of machinery at the Basílica Paleocristiana Vega del Mar located in San Pedro.

**Big winner**

A LOTTERY winner collected more than €700,000 when he exchanged his ticket. The Fuengirola resident got six out of eight numbers in the La Primitiva lottery.



**SUCCESS: The Los Flamingos Golf event.**

**SILVER MEDAL: Rachele and Samantha, from the Ibex Gibraltar and Estepona offices, pose alongside the J80 team.**

**Summer of success**

IBEX INSURANCE have had a busy summer. The Los Flamingos Golf event was held on July 27 at Los Flamingos Golf. Ibex was the main sponsor of the event which is an annual event organised by Eddie MacLean who publishes the Costa Del Sol Golf News Magazine.

Angela (from Ibex Fuengirola), Sam (Ibex Estepona) and Carrie-Ann (Health Insurance Specialist) attended the event. It was a great day of golf even though it was a very hot day. At the end there was a prize ceremony together with a well-deserved cold drink and a plate of paella.

The winning team with 47 points consisted of David Hawthorne and John McKendry, who picked up the Ibex Trophy.

On August 13 the Sotogrande Regatta took place.

Ibex has been sponsoring the Ibex Marbella team for the last three years and they placed second in the J80 category. The team has finished first or second in most of the regattas it has participated in, with the most impressive perhaps the Copa del Rey Regatta in Palma de Mallorca of which they were runners-up in 2015.

**PSOE attack AP7 costs**

ALTHOUGH in opposition, members of the PSOE on Mijas Council have joined the opposition to the high toll charges on the AP7 during the summer season.

The socialist PSOE in Congress denounced the fact that government would not intervene and instruct the toll-road managers to reduce the fee which has risen from €4.55 to €7.35 for the trip from Malaga to Marbella.

The Secretary of the Mijas socialists Jose Antonio Gonzalez believes it completely wrong for the various tourist based towns along the coast to welcome visitors with these hiked prices and

also penalise those who have to use the motorway to get to work.

He believes that the A7 needs significant improvement to eliminate dangerous black spots on the roads, yet the government has not allocated a single euro to try to improve that road which is particularly dangerous when there is heavy rain.

To simply journey from Malaga to Estepona, the cost in the summer (plus Easter and Christmas) is currently €12.35, up from the normal €7.65 and there are reports of newly introduced credit card machines rejecting foreign cards and also overcharging.

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Credit: Ayuntamiento de Marbella

**ACTION: Delegation of Social Rights aim to help.**

# Boost for sufferers of self negligence

ACTION will be taken to aid against a severe self-neglect disorder.

Sufferers of 'Diogenes Syndrome' are described as people who generally live in domestic squalor, withdrawn from society, often hoarding rubbish or animals with no sense of shame.

The Delegation of Social Rights in Marbella has stated its desire for such cases to receive intervention in order to help the individuals who have fallen victim to the condition.

Almost anyone can become affected by the illness but the elderly are especially at risk.

Councillor Victoria Morales said:

"We have been detecting situations with people suffering from Diogenes Syndrome where it is difficult to help because it involves addressing the problem in a private environment.

This has led us to work on an effective protocol but other

municipal delegations should be involved as well as judicial bodies to end this type of situation."

There are two fundamental areas to this aid. Providing the necessary social resources to support and try to treat sufferers and the second to control these situations from the point of view of protection of public health by identifying and correcting problems in housing, removing accumulated waste as well as undertaking disinfections and insect exterminations when required.

New protocols would see concerned relatives or neighbours of the sufferer given the ability to flag up potential warning signs to the relevant authorities which would enable them to formulate an intervention plan before the situation becomes out of control.

## NEWS EXTRA

### Better roads

MORE than half a million will be invested in road improvements. The government will invest €600,000 on creating more lanes and better access on the A-7 to Casares.

### All together

HUNDREDS gathered in a display of unity against terror. Malaga citizens banded together to show support for those who suffered in the Catalanian attacks.

### More users

FOOD BANK users are increasing. Despite improvements in the economy, 52,000 people have used the service this year, 6 per cent more than last year. The increase has highlighted the vulnerability of many low-income households in Spain.



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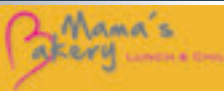
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## Housing for low incomes

EMERGENCY housing for low-income families has increased.

Four houses in Benalmadena will be available for between €150 and €400 per month and will not exceed 30 per cent of the family's net income.

Those wishing to apply for the homes must be on the Municipal Register of Protected Hous-

ing Claimants.

Located in Arroyo de la Miel and Benalmadena Pueblo, the renovated homes have between 45 and 70 square metres and between one and three bedrooms.

The contracts will have a duration of one year with the possibility of extension.

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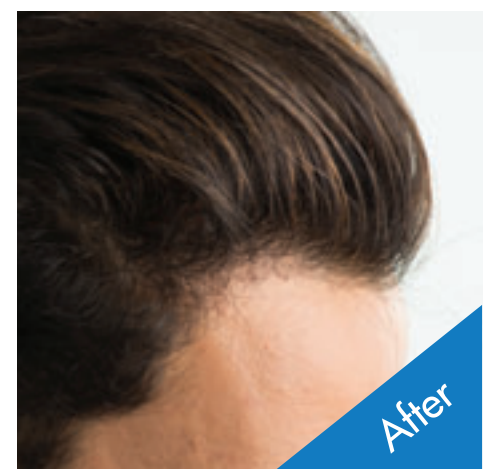
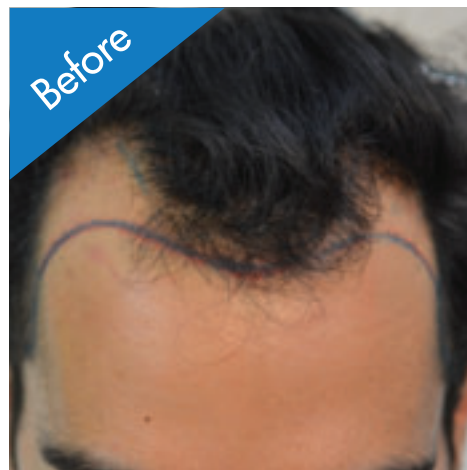
## Hair transplant consultation in Marbella on 2<sup>nd</sup> of September only

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**

**Step closer**

WORKS to improve the Rio Guadalmedina have moved a step closer. Malaga City Council is hoping that works could start as soon as next year but there is still a large amount of paperwork to get through.

**Local users**

MORE local residents use Casares Costa beaches than tourists. A survey found that almost half of the visitors to the coastal town just outside Estepona are from neighbouring towns.

**Debt drop**

DEBT has decreased to pre-crisis levels. The public debt of Malaga has dropped to €532 million, a figure 9 per cent less than in the same quarter of 2016.



**MORE LIKE IT:** An increase in adapted bathing facilities for Marbella beach-goers.

**Access all beaches**

ADAPTED bathing areas are to be tripled with a six-figure investment.

Disabled beach visitors in Marbella are to benefit from 27 shaded chairs, bars and buoys for safe swimming, more adapted showers and 44 metres of wooden boards forming a shaded path to the shore.

Councillor for Sustainability, Miguel Diaz, said: "With this action the adapted bathing areas in the municipality will triple, adding to the existing area on El Faro Beach and new ones that have been created in Nueva Andalucia and San Pedro Alcantara. A total of €128,320 has been invested in this."

**Inspection for British schools**

AS a parent we all looking forward to the new school year.

This is an article about British Schools in Spain which

you may be surprised to hear are highly regulated and monitored that they achieve standards as a school would do if based in the UK.

There are still a few schools in Spain that claim to be British that are not inspected by the authorities or have inadequate inspection results that puts them on a slippery slope to closure. We see schools that are closed down and miraculously pop up again a few weeks later. Also, saying that they are moving to grand new premises which never materialise.

How do you protect yourself and your children against this? Actually it is simple as all this information is available online.

All British Schools in Spain seek approval from their regional education department.

British Schools are monitored by the British Council and recent inspection reports can be found on this site <https://www.britishcouncil.es/e>

n/programmes/education/schools. Without a recommendation for full authorisation the local government will not grant a licence to allow the school to operate. New legislation stipulates that a new school is not allowed to open until it has been inspected. Schools should make their recent inspection report available to you on request.

NABSS normally does the inspection on behalf of the British Council. NABSS member schools can be seen on <http://www.nabss.org/en/colleges/>. This is an extra protection for families as NABSS has a code of ethics that does not allow members or schools seeking to be members to, mislead families with false information. <http://www.nabss.org/en/codigo-etico/>

This article is from a personal experience and should be taken as a guide but feel free to visit the sites in this article to verify its accuracy.

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# SOTOGRA NDE

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



## Gourmet contest in Sotogrande

THE local round of the Fifth Porsche Gastronomic contest was announced outside of the Ke Restaurant in the Marina of Sotogrande.

Ten local restaurants, including Ke and others from Sotogrande, Los Barrios and Palmones were selected to take part in this prestigious event where each chef is required to produce a signature dish from his menu.

The jury will comprise of Porsche customers who had purchased a Porsche during the last five years and the event is supported by Centro Porsche Marbella.

The winning restaurant will receive a driving course at the Jarama Circuit in Madrid whilst the winning chef, will receive a 911 Classic Chronograph.

Following one minute's silence for the victims of the Catalonia ter-



Announcing the Sotogrande round of Gastronomic contest.

rorist attacks, there were demonstrations by Leandro Caballero from the Hotel NH Almenara Sotogrande and

Jesus Acosta of Al Andalus Restaurant as well as ham cutting from champion Andrés Romero.

The competition is being contested by chefs in Granada, Malaga and Marbella as well as Sotogrande.

Photo Credit: Ayuntamiento de San Roque

## Sewage problems gather in Torreguadiaro

THE area of Torreguadiaro situated next to Sotogrande is becoming increasingly popular locally for its numerous cafes and restaurants but this brings its own problems.

A number of properties and establishments do not have access to mains drainage systems and rely on septic tanks which can overflow and pollute the neighbouring beaches.

This is exactly what happened in the vicinity of the large and busy Trasmallo Restaurant which resulted in parts of the access to the nearby beach having to be closed temporarily.

Representatives of the San Roque Council, together with water company Argisa attended the scene with the expectation of resolving the problem as quickly as possible, once they were able to access the pipes with their vans via the slip road next to Trasmallo which was also closed.

Local residents and businesses were requested to be careful with what they put into the drains with emphasis on guarding against oil, baby wipes and food waste.

## First Sotogrande basketball tournament

THE first Sotogrande basketball tournament was held at La Reserva Club with eight teams competing.

Organised by La Reserva Club Sotogrande and the Bay Club of San Roque Basketball Club the matches were played with a friendly spirit of competition and all of the teams enjoyed the modern and attractive surroundings of the club and court.

The teams were divided into two sections with winners and runners up competing in semi-finals and then an exciting final which saw the Galapagos Tema beat Casimoonwalker 17 to 16.



Teams participating in the tournament.

Photo Credit: Ayuntamiento de San Roque



POLO TOURNAMENT: King Juan Carlos in 2016.

## King Juan Carlos to visit Sotogrande

AS the 46th Sotogrande International Polo Tournament sees the final of its top match this Sunday, the Santa Maria Polo Club Gold Cup, King Juan Carlos will

present the trophy to the winners. The actual tournament which has been running since July 25 is considered one of the most important in the world and attracts

a huge entry from all of the major teams as well as a large crowd anxious to soak up the atmosphere and mingle with the rich and famous.

Photo Credit: Cup Santa Maria Polo Club





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# Boulder parking plus



Ayuntamiento de Marbella

**BOULDERED:** Marbella Council has erected new boulders to protect the dunes.

HUGE boulders have been placed by the sand dunes of Artola, Marbella, due to drivers having destroyed previous measures.

Marbella Council ordered the

placement of the massive rocks as visitors keep parking in restricted areas despite repeated efforts to deter such practice.

Signposts have been ignored, wooden gates and metal barriers

broken as well as a police blockade being overturned.

Parking has now been prohibited at the Cabopino roundabout and the lane leading down from it.

## A night of remembrance

MOSQUES held special prayers for the victims of the Catalan attack. The Muslim community of Malaga condemned the Barcelona and Cambrils attacks and held an evening of remembrance for all those affected by them.

The imam of the mosque of Malaga, Omar El Farouk said: "We are totally hurt and shattered. It is an inhuman and barbarian act that has no explanation, motive or meaning, and belongs to nothing of any community."



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## NEWS EXTRA

## Peeved off

THE Malaga City Council ordered the removal of portable toilets next to the Cathedral. The portaloos had been put in place to facilitate the extra influx of feria visitors but the location of them caused upset among many.

## Sticky fix

A BIOLOGICAL 'glue' has been developed to heal damaged veins without the need for surgery. The non-invasive technique was created by the International Vascular and Endovascular Institute at Quiron hospital, Marbella

## It's a record

A MILESTONE was reached at Malaga airport. For the first time ever, travellers exceeded two million in one month. July's record breaker was an increase of 10 per cent compared with 2016 figures.

# Defibrillators providing a better health service

ALMOST €30,000 was spent on portable defibrillators.

The Estepona Town Hall purchased 13 new units, at a cost of over €27,000 in an effort to provide a better health service to residents.

Four of these will be placed in Local Police vehicles as they are often first on the scene in the event of an emergency.

One of the units has been purchased strictly for use at



ALL READY: Portable defibrillators can save lives.

big events such as concerts, fiestas and festivals.

The other eight will be installed in sports centres throughout the region as only three centres had access to one until this investment.

A council spokesperson said:

"To be able to act immediately when a heart attack occurs is paramount in potentially saving the life to a person."

## €2m street spruce-up

FOUR streets will receive a €2 million reform. The projects will see Marbella spruce up the town centre as part of continued reforms.

New telecommunications infrastructures will be installed, street lighting will be improved as well as sanitation.

Councillor for Works, Blanca Fernandez, said: "These are areas that have not been renewed for a long time. They have their budget mapped out so the work can start in October.

"We have made a great effort during these past two years to change the city and we plan to continue in that line.

"We are going to implement a radical change in this central area that is so desperately in need of it."

## 30km in four days for charities

FOUR days of walking will see more than 2,000 walkers from 20 nationalities traverse up to 30 kilometres.

The charity event, Marbella 4days, will raise funds for Cudeca Cancer Care Hospice and Triple A animal charity.

Live music, dancers and parties will feature on Marbella Marina, where the

route begins. One thousand five hundred people have enrolled already with many more expected.

July saw the Dutch version of the event, Vierdaagse, in which 45,000 walkers participated.

Holland's version of the event collaborated with Marbella's and handed out

thousands of flyers for the Spanish edition.

Attendees are not required to participate every day and various routes are available depending on preference, there is also a 10km route for children.

The event will begin on Thursday, October 12.



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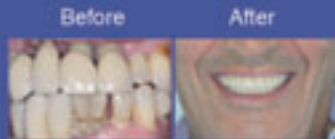


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# Maids of Malaga unite



**HOTEL CHAMBERMAIDS: Call for better working conditions.**

HOTEL cleaners have united against supposed rock-bottom wages and poor working conditions.

Kellys Union (the name comes from a popular word game, 'Kelly who cleans') are working to secure better work environments and deter the outsourcing of their role to bigger companies.

They are encouraging the maids of Malaga to join them as their protest hits the city.

A gathering in Plaza de la Marina, was due to take place Friday, August 18 but was postponed due to the Barcelona terror attacks and has been rescheduled for Friday, August 25.

The group is intent on highlighting the pitiful wage packets received for hours of hard labour as well as the fragile contracts handed out by employers.

They also want to bring attention to the huge workload that many cleaners are given, with so many rooms to get through that a lunch break becomes impossible even though they still get the time taken out of their wages.

Beginning as a Facebook group, they are spread throughout Spain and concentrate their efforts on ensuring those in the cleaning profession receive appropriate and working conditions.

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# Scholarship awarded to Malaga university student

SOROPTIMIST INTERNATIONAL COSTA DEL SOL is delighted to announce that a local student from Malaga has been awarded €5,000 from the Scholarship Fund of Soroptimist International of Europe. Estefania Torreblanca Fernandez is a graduate student at the University of Malaga currently studying for a PhD in Biological Diversity and Environment.

“We are happy that our STEM student application was successful,” said Amelia Martinez Hockley, President of SI Costa del Sol. “Supporting female students in Science, Technology, Engineering and Mathematics (STEM) is of key importance for Soroptimist International, as women are under-represented in these important fields.”

Reducing this gap is also one of the goals of the United Nations in order to achieve gender equality.

The announcements of this year’s scholarships took place just before the European Soroptimist Congress in Flo-

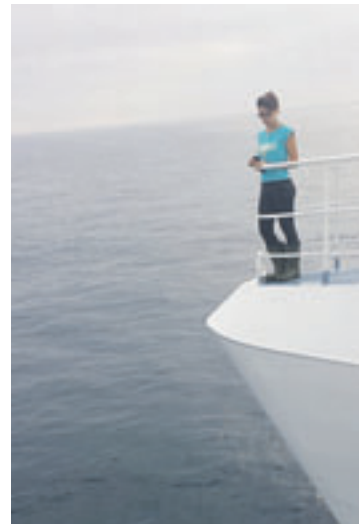


**ESTEFANIA TORREBLANCA FERNANDEZ: Is studying Biological Diversity and Environment.**

rence, Italy. The main focus of the congress was on stimulating young women to choose a STEM education and there was a stimulating programme with powerful speakers, female pioneers

from all over Europe who were a special inspiration for the more than 50 female STEM students present.

Estefania was born in Malaga where, from a young age, she loved the sea



and sea life, and has always been keen to learn more about it. Over the years she found out that abuse and pollution is causing many problems for the animals living in the sea and also for peo-

ple who want to enjoy that sea life. The data she is studying could give vital information and clues as to how best protect it.

Estefania already has a Masters in Fisheries and Aquaculture: Marine Resources and Sustainability. She is not only a dedicated student, but also an active volunteer working with children, both in Africa and here in Spain.

The aim of her PhD project is to study the movements of turtles and whales within the Mediterranean, the consequences of environmental dangers including climate changes and how these sea creatures can be protected. Estefania is looking to publish her research to share her findings with the scientific community.

Soroptimists are women in professions and business who work together at local, national and international levels to educate, enable and empower women and girls.

[www.soroptimist.es](http://www.soroptimist.es)

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# ARCH on the march



**PROUD OPENING:** The new horse and donkey rescue charity shop.

ARCH HORSE AND DONKEY RESCUE have announced the opening of a new, bigger and better charity shop in Alhaurin el Grande.

The new premises are still located on Av Gerald Brennan but are 50 metres closer to the

Cruz de la Mision roundabout.

A grand opening day will take place on Friday September 1 from 10am, with plenty of new stock and bargains galore.

The shop is always looking

for volunteers and donators of new clothes, bric a brac and other items, and staff are able to collect.

For more information call Liz on 600 651 007 or see the website <http://www.horserescuepain.org>.

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# Butterfly Children Golf & Ball turns 15

THE 15th annual Butterfly Children Golf & Ball highlights the charity's mission of improving the lives of the Butterfly Children and their families.

The Butterfly Children charity invites all to show their support by taking part in this year's celebrations and help to continue giving hope, optimism and company to all those living with Butterfly Skin.

Debra-Butterfly Children Charity Sunday will be hosting the spectacular Butterfly Children Ball on September 17 on the terrace of Aloha Golf Club restaurant so that guests can enjoy the amazing views whilst indulging in a delicious three-course meal with fine wines donated by Vinopolis.

Afterwards, the soulful sounds of Mr Maph, Simone Lisa and their band are expected to get everyone up and dancing. Throughout the night, there will be the chance to win many luxurious prizes whilst being entertained by the charm of comperes, Ricky Lavazza.

The charity is offering an early bird special price of €60 until August 31 (after



**ANNUAL BALL:** Mr Maph and Simone Lisa will provide the entertainment.

€65). Bookings to be made via [www.butterflychildrenball.org](http://www.butterflychildrenball.org).

For those who like golf the golf tournament will take place the previous day at the prestigious Aloha Golf Club as a Stableford Individual. There is a complimentary half way snack, and more than €10,000 worth of prizes to be won.

There is also an early bird special price of €80 for the tournament until August 31 (af-

ter €85). Again you can book online.

Since the event began in 2003 more than 200 people have participated, hundreds of businesses have supported it and more than 5,000 prizes and gifts have been donated.

The most impressive achievement of all is that more than €600,000 has been raised for the Butterfly Children.

For more information contact [butterflychildren@debra.es](mailto:butterflychildren@debra.es) or 952 816 434.



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# Using tenants to collect debts

## Community Law Corner

By José Luis Navarro  
Solicitor for  
Intercala Administration  
joseLuis@intercala.com www.intercala.com  
with Pete Woodall, Woody's Los Boliches



OWNERS are surprised to learn that other owners, despite sometimes renting out their property for quite handsome prices, are in debt to the community and wonder why the community

has not instructed their administrator to approach the courts and embargo the rental income.

Needless to say, it is just not that easy. Firstly, the court needs to know the tenant's identity and then follow the correct legal procedure before making a judgement, once approved, only then can the court contact the tenant and order them to pay their rent, no longer to the owner in debt but directly to the court, all of which can take considerable time.

In fact, with Spanish courts almost at the point of collapse, simple procedural steps like this can take months and are often a waste of time, especially with short term rentals. More often than not the tenants will have moved on and new ones will have moved in and the whole procedure will have to start again from the beginning.

Even pursuing long term

rentals can be just as futile. Some tenants will claim they are only "borrowing" a property and not paying rent, especially when it is a cash deal, where the landlord has not registered the contract with the Junta de Andalucía and is not paying tax. So although embargoes may sound like a good idea, in reality they are often not.

However there is 'Plan B' where the tenants put pressure on their landlords to settle their community fees. If the community decides to restrict the use of the community pool to those owners and their tenants who have paid their community fees, it follows that those owners - and consequently their tenants - who have not paid their fees can be denied the use of the pool. Although this is very unpopular with tenants and perhaps a little unfair on holidaymakers with children, it is a very effective way of getting an errant

landlord's attention.

Presidents and administrators can not legally just cut off water and electricity or deny debtors and their tenants the use of facilities like communal TV or the pool in order to force the payment of community fees. Unless it is done correctly with the necessary approval of the community etc it could even be considered a criminal offence.

The community needs to first differentiate between essential facilities; lifts, roofs, stairways, electricity, water and non-essential facilities; gardens, swimming pools, paddle tennis courts etc.

The community then approves a new statute that places all non-essential facilities under a sub-section or sub-committee with its own budget and running expenses, who then prohibit any debtors (and their tenants) from using the non-essential facilities that the

other owners have paid for.

Passing a new statute can be difficult, it has to be approved unanimously. That means by all the owners, however as the owners in debt cannot vote and it would be unusual to vote against a statute that allows debtors to enjoy communal facilities without paying for them, it is not impossible.

There is a twist too, if an owner (in debt) wants to challenge this situation in court they will have to first settle their community fees in full, as article 18.2 of the Law of Horizontal Property requires all owners to be up to date with their payments before going to court.

This action should be undertaken very carefully and in a completely legal way. We recommend communities get proper legal advice before depriving any debtors and their tenants of the use of the pool but once properly approved it could be quite effective.

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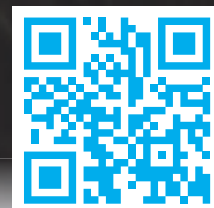
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**NEWS FROM OUR FIVE OTHER EDITIONS**

# Plenty more fish in the sea

**■ COSTA BLANCA NORTH**

Photo credit: Asc1733

**FISH FARM:** More cages could be added to Villajoyosa installation.

➤ THE regional government is expected to rubberstamp an application to enlarge a fish farm off the Villajoyosa coast.

Another 12 cages, each with a 38-metre diameter, will be added to the existing 30 cages where sea bass, gilthead bream and corvina are raised.

Once the regional government's permission comes through, those opposed to the scheme will have a month in which to appeal.

There is less opposition to this extension than plans for an entirely new installation in front of La Vila's El Centro beach.

This has been challenged not only by Villajoyosa Town Hall and the local fishing guild but national and international archaeologists and academics. A new fish farm would adversely affect the Bou Ferrer wreck, a sunken Roman galley still laden with amphorae and lead ingots. Now a protected archaeological site, this would be rendered "unviable" by another fish farm, the Heritage General Directorate announced.

**■ AXARQUÍA**

## (Un)funfair

FRANCISCO DE LA TORRE, Malaga's mayor, has claimed the city's feria, which ended on Saturday, has lost popularity in 2017, with revellers instead choosing to visit the Real de Cortijo de Torres.

## 70% complete

VELEZ-MALAGA'S Council is complying with 70 per cent of the aims with the Municipal Plan against Homophobia and Transphobia, according to Zoila Martin, councillor for Equality.

## Life savers

A LOCAL man who was enjoying a quiet day on the beach in La Herradura suffered a heart attack but was stabilised by medical staff. He was taken to the Centro de Salud in Almuñécar for further care.

## 3 Cultures

FRIGILIANA'S famous Festival of 3 Cultures will celebrate its 12th edition from August 24 to 27 with over 35,000 people expected to attend. The festival will include food stalls, music and a souk.

## Pedal power

A YOUNG female cyclist, Yasmina Boto Medina, who is a member of the Almuñécar Cycling Club, has been chosen to compete in the Spanish National Cycling Championships.

**■ COSTA DE ALMERÍA**

## Green rush

CUCUMBER export prices from Almeria shot up by 42.4 per cent from January to May, raising a record €214.9 million, despite production falling. Olive oil and avocados also performed well.

## Clocking off

A 35-HOUR working week is within sight for Almeria's public workers. After years of working 37.5 weeks due to the recession, they'd won a reduction, but the move was opposed by Madrid.

## Bath body

THE body of a man, aged 67 and identified as Miguel LC, was found in the bath of his Almeria farmhouse. Police don't suspect any foul play.

## Greedy girls

TWO teenage girls were arrested for shoplifting from a plush El Ejido department store. They tried to smuggle out almost €500 worth of clothes and fled when the shop's alarms rang.

## Oven baked

MAJOR investment will bring efficient air conditioning systems to schools across Almeria. Before term ended students were sitting exams in sweltering 35-degree classrooms, despite laws introduced to protect them.

**■ MALLORCA**

## Shabby spy

A SWISS man was arrested after he tried to fool Andratx police with a fake Maltese diplomatic passport. A suspicious officer called his bluff and checked the passport number with the central computer.

## Poet queen

A YOUNG English teacher and scientist from Palma has won Spain's national poetry slam contest. Margalida Calahorra Bover will travel to Paris next year to compete against the world's best spoken-word poets.

## Arson attack

FIRES destroyed large forest areas in Sant Elm and Puig d'en Trobat, both in Andratx. Police suspect arson and have launched an investigation. Fortunately there were no injuries.

## Belly full

A HUNGRY crowd in Porreres devoured a giant Ensaimada pastry weighing 80 kilos within just two minutes. The deluxe dessert took 120 eggs, 36 kilos of flour and 12 litres of water to make.

## Filth fine

THE number of fines issued for disposing of waste incorrectly is set to more than double this year. Offences include pumping wastewater into rivers, burning dangerous items and illegal dumping.

**■ COSTA BLANCA NORTH**

## Big brother

ALCOY Council responded to local manufacturers' requests by tendering a €171,989 contract for CCTV cameras and number-plate readers for the city's six local industrial estates.

## On view

MOUNTAIN village Guadalest, which receives as many visitors as the El Prado art gallery in Madrid, has a registered population of 220 and boasts nine museums, Spain's highest proportion.

## Day off

VILLAJOYOSA Council voted to include St James' Day on July 25 as a local bank holiday as this falls during the Moors and Christians fiestas that traditionally begin on July 29.

## What's up?

CAMPELLO'S Youth department now sends information on courses, services and alerts via WhatsApp. Those interested need only send a WhatsApp message to 627 258 500 to be included in the service.

## No frills

A 16TH CENTURY painting of Virgen de Loreto was displayed for two days in Muchamiel without its usual surround of lace and adornments after its reliquary was removed for cleaning.

**■ COSTA BLANCA SOUTH**

## Plain police

LOCAL POLICE in Callosa are reportedly driving around in an unmarked car and one that is being rented. The only official police vehicle with blue lights is unroadworthy.

## Break begins

SHOPS, restaurants and even politicians in Orihuela City centre have begun their annual holidays to coincide with most of the local residents who are taking theirs.

## Oil recycled

OVER 3,200 tons of oil used in Murcia's factories and workshops is being recycled which accounts for 44 per cent of the annual consumption of industry and the vehicle fleet.

## Time to wait

WAITING lists in Murcia for surgical procedures have dropped by 17 days but the average waiting time is still more than three months in the Area II health authority.

## 'Moor' spaces

TORREVIEJA now leads the way with the amount of moorings in the Valencian Community. The marina can now accommodate up to 2,500 boats of varying shapes and sizes.

## Rain to blame

EXCESS rainfall in the Vega Baja during the winter season has affected the growth and supply of pomegranates. Farmers are expected to be offered some extra growing land.



# GOLD FOUND IN DUSTY CORNER !

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**DENMARK****Best university**

THE University of Copenhagen came 30th in the Academic Ranking of World Universities and was the highest-ranking Scandinavian university in the latest edition.

**Foodie paradise**

COPENHAGEN'S Cooking and Food Festival welcomed over 200 events during 10 days as thousands descended on the city for the event.

**First day**

IT was a case of first day nerves for Prince Vincent as he prepared to head



**GOING UP:** University of Copenhagen is highest ranking.

off to school. However his twin sister seemed more confident and was all smiles as they posed for traditional 'first-day' photos with Crown Prince Frederik and Crown Princess Mary.

**Study choices**

A STUDY at the University of Copenhagen believes that same-sex siblings are less likely to make gender-stereotyped education choices.

**GERMANY****Liveable city**

A REPORT on global liveability by the *Economist* has named Hamburg the most liveable city in Germany and 10th in the world, thanks to its health care and its infrastructure.

**NATO funding**

GERMANY has pledged to increase its funding to NATO with Angela Merkel

announcing plans to assign 2 per cent of the country's GDP by 2024, an increase from its current 1.2 per cent.

**No locals**

TENSIONS are reported to be increasing in Berlin with locals raising concerns and frustrations at the number of restaurants where staff speak no Ger-

man, with English being the preferred language.

**Airline talks**

CASH strapped Air Berlin is in talks with three competitors to buy up its assets and offer Air Berlin a secure future. The government has already stepped in with a €150 million bridging loan.

**FRANCE****Ram raid**

A TEENAGE girl was killed after a car crashed into a pizzeria. Thirteen other people were injured as police say it was a deliberate act, but are not treating it as a terror attack.

**Privacy invaded**

PRESIDENT Emmanuel Macron has made a legal complaint against a photographer who he claimed harassed and invaded his privacy during his holiday in Marseille.

**Lost yachts**

OFFICIALS on the French Riviera have complained to President Macron that yacht owners are fleeing the area due to high taxes and are opting for cheaper Italy and Spain. The port of Saint-Tropez has lost 30 per cent of its business this year.

**Delivery pay**

AROUND 50 bicycle couriers working for takeaway service 'Deliveroo' have been protesting in cities over the company's decision to scrap their hourly rate and pay per delivery.

**BELGIUM****Belgium trial**

THE suspect in the 2015 attacks on Paris, Salah Abdeslam, will also face trial in Belgium over a police shoot which occurred at his suspected hideout in Brussels.

**Ancient cemetery**

A FOSSIL cemetery has been found off the coast of Zeebrugge. The site has the remains of around 50-100 animals with half being walrus remains from the Pleistocene era. Sea mammal remains could be some 40 million years old.

**Barcelona victim**

A BELGIAN woman has been named as one of the victims who died in the Barcelona terrorist attack when a man drove a van into crowds along Las Ramblas. The Foreign Minister said two other Belgians were injured.

**Safe or not?**

BRUSSELS' biggest skate park could face closure after a study by the new owner of the site found there were stability problems, however Planet Park's president said the problems only affect a part of the site not in use.

**NETHERLANDS****Murders down**

THE Netherlands experienced fewer killings last year with 110 people murdered, 10 less than in 2015. Figures show that a quarter of the men murdered in the past five years died in gang-related violence.

**Egg crisis**

MPs are returning from their summer break early to discuss the growing egg crisis with millions of eggs believed to be contaminated with a fertiliser. It is estimated the crisis is set to cost the Dutch egg industry €150 million.

**Booming breweries**

AROUND 500 breweries are now based in the Netherlands thanks to the increase in small local beer markets. At the beginning of the 1980s there were just 20 breweries.

**Radio hostage**

A WOMAN was held hostage at a radio station after an armed man stormed the building. The 3FM station continued broadcasting as police brought the situation under control and arrested the man.

**SWEDEN****Asylum rejected**

ONE of the world's oldest asylum seekers could be deported back to her home in Afghanistan. The 106-year-old fled her home in 2015 with her son and grandson but it seems her asylum application has been rejected by authorities.

**Rare find**

IMAGES have been captured of Sweden's rare white moose by a man who spent three years trying to spot it. There are around 400,000 moose in the country but only around 100 of them are white.

**Summer snow**

WHILST Spain still basks in summer, Sweden has experienced its first snow fall of the season. It was registered at Sweden's highest mountain station at 1,228m above sea level.

**Maternity protests**

PROTESTS are planned against the 'chaos' in maternity care. Demonstrations have been organised in 15 towns and cities to highlight the strain in the industry amid cost-cutting measures.

**NORWAY****Poll results**

AHEAD of the elections, the latest opinion polls have shown the opposition Labour Party has its worst poll results in four years. The poll showed just 27.1 per cent of voters supporting Labour.

**English concern**

CONCERNS have been raised by the Language Council of Norway over the amount of English used in courses at Norwegian universities and colleges, with some being entirely taught in English.

**Pay inequality**

FEMALE managers and executives earn around 77 per cent of what their male colleagues earn in the same positions according to a report highlighting wage inequality.

**Clean energy**

AN energy think tank believes Norway can become the world's first fully electric-powered country by 2050. Hydro power provides over 96 per cent of Norway's electricity and there are more than 110,000 electric cars already in use.





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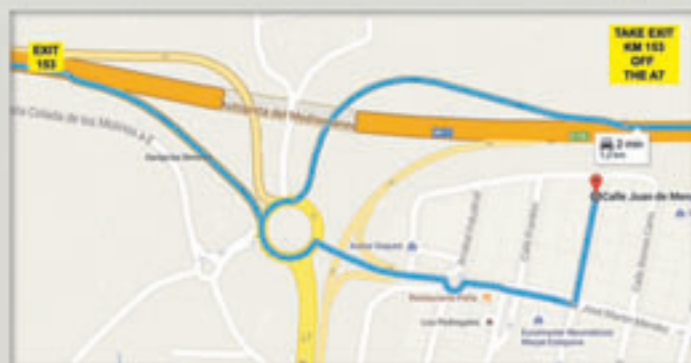
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## More Indian tourists

WHILST much is made of the love that fellow Europeans have for Spain as a holiday destination, an estimated 1.8 million travellers from India are expected in 2017.

With such a huge population and a growth in an affluent middle class, many Indians have decided to take holidays in Europe and can obtain Schengen visas relatively easily which will often allow them to travel between countries once they are in the Schengen zone.

# Spaniards will emigrate

RESEARCH suggests that up to 60 per cent of Spain's workforce would be prepared to move overseas to take up a new position should the opportunity arise.

This means that if the answers received are accurate, some 11 million Spanish workers would be quite content to move abroad if their ideal job became available.

When one considers the high unemployment rate amongst younger people, it is not surprising that the analysis by Randstad - a leading company in human resources solu-

By John Smith

tions in Spain - identifies the under-25s as the group most likely to look to travel abroad for work.

In the 1960s and 1970s, a large number of Spaniards travelled across Europe to find work which resulted in many waiters and hotel staff arriving in the UK, saving money and in many cases returning to their homeland to retire.

The situation today is somewhat different as those who have moved through to higher education in Spain

have studied one or more foreign languages which means that they are better equipped than their parents and grandparents to find work abroad and apart from the UK, many who speak English and Spanish are attracted to the USA.

Understandably, the older workers grow, the less inclined they are to want to cope with the upheaval of moving abroad but overall, Spaniards appear to be the most likely to be prepared to move to a new country when compared to citizens of most other Western European countries.

## Outrage affects bonds

INVESTORS have started to take a major interest in what are known as 'safe haven' bonds within the eurozone.

This move towards euro bonds reflects certain investor worries about the US economy and has been exacerbated by the Catalan terrorist attacks.

Money tends to flow into what are regarded as secure areas during times of economic or general turmoil which has meant Spanish government bonds will have to increase rates to attract new sales.

### Quote of the Week

*"I am worried that the political system of this country will take us in a direction that, in my opinion is very dangerous."* Stanley Fischer vice-president of the US Federal Reserve on calls to relax banking regulations.



## Walnut whipped off treat

WHILST the economy of Extremadura is said to be fragile, one piece of good news will please walnut growers in the region who account for 20 per cent of world production.

A poor crop in Chile, a growing demand for the nut and a weakening of the pound

means that UK prices for walnuts have increased by a fifth in the last few months.

This price rise has had a knock-on effect on the production of Walnut Whips - a British favourite for more than 100 years - making manufacturers Nestlé introduce a new range of Whips flavoured with caramel, mint and vanilla but without the traditional nut on their peak.

The traditional Whip, complete with walnut will continue to be sold singly and at Christmas, there will be a special six-pack.

The original Walnut Whip.



Evan-Amos Wikimedia

### » BUSINESS EXTRA

## Iberia Airline

THE Spanish flag carrier airline Iberia has formally confirmed that it is looking to reduce staff by slightly less than 6 per cent. This will be the third round of redundancies in four years.

## Trendy brew

SPANISH beer has grown in popularity throughout the world in the past decade and exports have increased by 261 per cent. The main target audiences are China, Portugal and the UK with San Miguel being much sought after.

## Banco Popular

BOND holders who lost €850 million following the handover of Banco Popular to Santander have now launched an action in the European Court of Justice. They hope to demonstrate that the sale was unnecessary and should be reversed.

## Spanish airline shares fall

TERRORIST attacks in Barcelona immediately caused a drop in the value of shares in Spanish airlines as well as airlines who serve Spanish airports.

This only adds to the perceived problems of travelling in and out of Spain by air with record

queues of people waiting to have their passports checked and a decision by security staff to hold 25 days of strikes leading up to the Christmas holidays.

It is hoped that some settlement will be reached before the next peak travel season.

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## LONDON - FTSE 100

CLOSING PRICES AUGUST 21

| COMPANY                        | PRICE(P) | CHANGE(P) | % CHG. | NET VOL    |
|--------------------------------|----------|-----------|--------|------------|
| Anglo American                 | 1,277.50 | -2.50     | -0.20  | 17,964.91  |
| Associated British Foods       | 2,950.00 | -190.00   | -6.05  | 25,175.24  |
| Admiral Group                  | 1,944.00 | -21.00    | -1.07  | 5,695.65   |
| Ashtead Group                  | 1,622.50 | 51.50     | 3.28   | 7,887.77   |
| Antofagasta                    | 926.50   | -17.00    | -1.80  | 9,311.42   |
| Aviva                          | 531.00   | 9.00      | 1.72   | 21,222.83  |
| AstraZeneca                    | 4,450.00 | 3.00      | 0.07   | 56,720.27  |
| BAE Systems                    | 593.50   | 10.00     | 1.71   | 18,838.17  |
| Babcock International Group    | 882.50   | 67.50     | 8.28   | 4,247.01   |
| Barclays                       | 194.50   | -1.15     | -0.59  | 33,601.99  |
| British American Tobacco       | 4,837.50 | 85.50     | 1.80   | 110,822.29 |
| Barratt Developments           | 612.50   | 2.50      | 0.41   | 6,174.02   |
| British Land Co                | 624.00   | 13.00     | 2.13   | 6,401.20   |
| BHP Billiton                   | 1,350.00 | -1.00     | -0.07  | 28,766.42  |
| Bunzl                          | 2,278.50 | -27.50    | -1.19  | 7,832.56   |
| BP                             | 443.50   | 3.50      | 0.80   | 87,563.80  |
| Burberry Group                 | 1,751.00 | 5.00      | 0.29   | 7,603.77   |
| BT Group                       | 293.50   | 1.00      | 0.34   | 29,117.23  |
| Coca-Cola HBC                  | 2,582.00 | 28.00     | 1.10   | 9,417.66   |
| Carnival                       | 5,145.00 | -145.00   | -2.74  | 11,427.00  |
| Centrica                       | 207.50   | 5.90      | 2.93   | 11,419.63  |
| Compass Group                  | 1,665.00 | 35.00     | 2.15   | 26,109.27  |
| Croda International            | 3,853.00 | 45.00     | 1.18   | 5,032.34   |
| CRH                            | 2,601.00 | -70.00    | -2.62  | 22,773.62  |
| ConvaTec Group                 | 286.30   | 0.69      | 0.24   | 5,643.66   |
| DCC                            | 6,815.00 | -4.74     | -0.07  | 6,195.40   |
| Diageo                         | 2,579.25 | 29.75     | 1.17   | 65,103.57  |
| Direct Line Insurance Group    | 377.55   | -7.55     | -1.96  | 5,346.00   |
| Experian                       | 1,487.50 | -27.50    | -1.82  | 14,280.05  |
| easyJet                        | 1,302.50 | 12.50     | 0.97   | 5,167.68   |
| Ferguson Ord 10 5366p          | 4,763.50 | 183.50    | 4.01   | 11,728.17  |
| Fresnillo                      | 1,586.00 | 53.00     | 3.46   | 11,539.75  |
| G4S                            | 324.15   | 25.85     | 8.67   | 4,665.64   |
| GKN                            | 324.50   | 8.80      | 2.79   | 5,480.29   |
| Glencore                       | 337.00   | -6.45     | -1.88  | 49,661.86  |
| GlaxoSmithKline                | 1,492.50 | 2.50      | 0.17   | 74,072.28  |
| Hargreaves Lansdown            | 1,420.00 | 80.00     | 5.97   | 6,370.10   |
| Hammerson                      | 566.00   | -0.81     | -0.14  | 4,549.12   |
| HSBC Holdings                  | 737.50   | 1.30      | 0.18   | 148,533.80 |
| International Consolidated Air | 603.00   | -8.50     | -1.39  | 12,979.53  |
| InterContinental Hotels Grp    | 3,924.00 | 0.00      | 0.00   | 7,576.81   |
| 3i Group                       | 955.50   | 15.00     | 1.59   | 9,276.10   |
| Imperial Brands                | 3,250.00 | 80.50     | 2.54   | 30,918.43  |
| Informa                        | 672.00   | -25.00    | -3.59  | 5,862.80   |
| Intertek Group                 | 4,558.50 | -275.50   | -5.70  | 7,824.21   |
| ITV                            | 171.95   | 5.25      | 3.15   | 6,819.04   |
| Johnson Matthey                | 2,910.00 | 129.00    | 4.64   | 5,453.77   |
| Kingfisher                     | 308.50   | 15.40     | 5.25   | 6,454.90   |
| Land Securities Group          | 1,017.50 | 15.50     | 1.55   | 8,089.41   |
| Legal & General Group          | 268.50   | 1.70      | 0.64   | 15,947.15  |

| COMPANY                         | PRICE(P) | CHANGE(P) | % CHG. | NET VOL   |
|---------------------------------|----------|-----------|--------|-----------|
| Lloyds Banking Group ORD        | 65.06    | 1.15      | 1.80   | 46,311.82 |
| London Stock Exchange Grp       | 3,887.00 | -57.00    | -1.45  | 13,668.41 |
| Micro Focus International       | 2,137.50 | -36.50    | -1.68  | 5,081.89  |
| Mediclinic International        | 802.75   | 82.25     | 11.42  | 5,389.25  |
| Merlin Entertainments           | 465.00   | 4.50      | 0.98   | 4,717.42  |
| Marks & Spencer Group           | 334.75   | 17.65     | 5.57   | 5,184.52  |
| Mondi                           | 1,944.00 | -124.00   | -6.00  | 10,007.26 |
| Morrison (Wm) Supermarkets      | 248.25   | 4.65      | 1.91   | 5,797.96  |
| National Grid                   | 967.50   | 7.20      | 0.75   | 33,037.76 |
| Next                            | 4,064.50 | -85.50    | -2.06  | 6,182.26  |
| Old Mutual Group                | 204.50   | 0.80      | 0.39   | 10,175.20 |
| Provident Financial             | 2,075.00 | 223.00    | 12.04  | 2,799.86  |
| Paddy Power Betfair             | 7,482.50 | 302.50    | 4.21   | 6,306.30  |
| Prudential                      | 1,827.50 | 16.50     | 0.91   | 46,894.63 |
| Persimmon                       | 2,463.00 | -58.00    | -2.30  | 7,814.37  |
| Pearson                         | 650.00   | 45.00     | 7.44   | 5,061.75  |
| Reckitt Benckiser Group         | 7,325.00 | 68.00     | 0.94   | 51,734.36 |
| Royal Bank of Scotland Group    | 251.50   | -6.00     | -2.33  | 30,727.69 |
| Royal Dutch Shell               | 2,122.50 | 8.00      | 0.38   | 95,850.63 |
| RELX                            | 1,541.50 | -128.50   | -7.69  | 18,095.38 |
| Rio Tinto                       | 3,441.00 | 11.50     | 0.34   | 47,155.71 |
| Royal Mail                      | 406.10   | 13.90     | 3.54   | 4,003.00  |
| Rolls-Royce Group               | 904.50   | 3.50      | 0.39   | 16,776.88 |
| Randgold Resources              | 7,300.00 | -195.00   | -2.60  | 6,961.22  |
| RSA Insurance Group             | 700.75   | 48.75     | 7.48   | 6,642.42  |
| Rentokil Initial                | 262.50   | -33.00    | -11.17 | 5,365.01  |
| Sainsbury (J)                   | 237.00   | -0.10     | -0.04  | 5,249.16  |
| Schroders                       | 3,497.00 | 117.00    | 3.46   | 7,677.98  |
| Sage Group (The)                | 695.00   | 1.00      | 0.14   | 7,566.22  |
| Segro                           | 537.50   | 15.50     | 2.97   | 5,302.16  |
| Shire                           | 3,897.25 | 132.75    | 3.53   | 35,153.10 |
| Smurfit Kappa Group             | 2,177.50 | -106.50   | -4.66  | 5,463.81  |
| Sky                             | 866.00   | -86.00    | -9.03  | 16,425.21 |
| Standard Life Aberdeen          | 430.00   | -1.60     | -0.37  | 12,843.77 |
| Smiths Group                    | 1,565.00 | 16.00     | 1.03   | 6,177.35  |
| Scottish Mortgage Invstmnt Trst | 413.00   | -7.50     | -1.78  | 5,936.78  |
| Smith & Nephew                  | 1,375.00 | 7.00      | 0.51   | 12,102.57 |
| SSE                             | 1,425.00 | -12.00    | -0.84  | 14,344.87 |
| Standard Chartered              | 748.50   | -2.90     | -0.39  | 24,851.75 |
| St James's Place                | 1,160.50 | -28.50    | -2.40  | 6,295.84  |
| Severn Trent                    | 2,221.00 | 5.83      | 0.26   | 5,310.39  |
| Tesco                           | 178.50   | 1.95      | 1.10   | 14,645.40 |
| TUI AG                          | 1,341.00 | 16.00     | 1.21   | 7,831.09  |
| Taylor Wimpey                   | 196.40   | 3.60      | 1.87   | 6,324.75  |
| Unilever                        | 4,338.50 | -115.00   | -2.58  | 56,383.48 |
| United Utilities Group          | 990.25   | 92.75     | 10.33  | 6,167.68  |
| Vodafone Group                  | 219.70   | 0.65      | 0.30   | 58,682.41 |
| Worldpay Group                  | 402.50   | -21.10    | -4.98  | 8,460.00  |
| WPP Group                       | 1,585.50 | 21.50     | 1.37   | 20,315.52 |
| Whitbread                       | 3,801.00 | 8.00      | 0.21   | 7,041.24  |

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CLOSING PRICES AUGUST 21

| COMPAN              | PRICE   | CHANGE% | CHANGE | VOLUME(M) |
|---------------------|---------|---------|--------|-----------|
| 3M                  | 203,530 | -0.89   | -1,820 | 121.460   |
| AMERICAN EXPRESS    | 85,380  | -0.82   | -710   | 75.474    |
| APPLE               | 157,500 | -0.23   | -360   | 862.694   |
| BOEING              | 235,770 | +0.08   | 1,180  | 139.360   |
| CATERPILLAR         | 113,920 | +0.69   | 780    | 67.324    |
| CHEVRON TEXACO      | 106,480 | +0.53   | 560    | 201.780   |
| COCA-COLA           | 45,670  | -0.41   | -190   | 194.796   |
| CISCO SYSTEMS       | 30,370  | -2.16   | -670   | 152.752   |
| DU PONT             | 81,180  | +0.40   | 320    | 70.448    |
| EXXON MOBIL         | 76,640  | +0.50   | 380    | 324.732   |
| GENERAL ELECTRIC    | 24,550  | -0.81   | -200   | 212.553   |
| GOLDMAN SACH        | 222,150 | +0.33   | 730    | 85.944    |
| HOME DEPOT          | 147,490 | -1.46   | -2,180 | 176.332   |
| IBM                 | 139,700 | -0.71   | -1,000 | 130.192   |
| INTEL               | 35,010  | -0.45   | -160   | 165.317   |
| JOHNSON & JOHNSON   | 132,630 | -0.31   | -410   | 355.979   |
| JP MORGAN CHASE     | 90,740  | +0.10   | 90     | 319.311   |
| MCDONALDS           | 157,760 | -0.08   | -130   | 127.785   |
| MERCK               | 61,490  | -0.52   | -320   | 167.705   |
| MICROSOFT           | 72,490  | +0.12   | 90     | 569.805   |
| NIKE                | 54,950  | -4.37   | -2,510 | 72.103    |
| PFIZER              | 32,670  | -0.85   | -280   | 194.300   |
| PROCTER & GAMBLE    | 92,470  | +0.43   | 400    | 235.800   |
| ST. PAUL TRV        | 127,890 | -0.23   | -300   | 35.291    |
| UNITED TECHNOLOGIES | 115,480 | -0.53   | -620   | 92.242    |
| UNITEDHEALTH        | 190,820 | -0.98   | -1,880 | 184.496   |
| VERIZON             | 47,690  | -0.42   | -200   | 194.547   |
| VISA CLASS A        | 102,510 | +0.34   | 350    | 187.529   |
| WAL-MART            | 79,310  | -0.49   | -390   | 239.080   |
| WALT DISNEY         | 100,700 | -0.67   | -680   | 155.429   |

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## NASDAQ

CLOSING PRICES AUGUST 21

| COMPANY                                  | PRICE     | CHANGE NET / % |
|--|-----------|----------------|
| <b>Most Advanced</b>                     |           |                |
| Sportsman's Warehouse Holdings, Inc.     | \$ 4.34   | 0.88 ▲ 25.43%  |
| Amyris, Inc.                             | \$ 2.41   | 0.39 ▲ 19.31%  |
| China Finance Online Co. Limited         | \$ 2.31   | 0.31 ▲ 15.50%  |
| Xunlei Limited                           | \$ 4.60   | 0.55 ▲ 13.58%  |
| Ross Stores, Inc.                        | \$ 59.02  | 5.69 ▲ 10.67%  |
| Yangtze River Development Limited        | \$ 10.73  | 0.94 ▲ 9.60%   |
| ProQR Therapeutics N.V.                  | \$ 4.75   | 0.40 ▲ 9.20%   |
| Control4 Corporation                     | \$ 24.31  | 2.04 ▲ 9.16%   |
| QuinStreet, Inc.                         | \$ 4.64   | 0.38 ▲ 8.92%   |
| 21Vianet Group, Inc.                     | \$ 4.72   | 0.36 ▲ 8.26%   |
| Lincoln Educational Services Corporation | \$ 3.13   | 0.23 ▲ 7.93%   |
| <b>Most Declined</b>                     |           |                |
| Applied Genetic Technologies Corporation | \$ 4.80   | 0.45 ▼ 8.57%   |
| Viacom Inc.                              | \$ 38.80  | 3.60 ▼ 8.49%   |
| Quotient Limited                         | \$ 3.58   | 0.33 ▼ 8.44%   |
| The Finish Line, Inc.                    | \$ 11.01  | 0.98 ▼ 8.17%   |
| Atlantic Capital Bancshares, Inc.        | \$ 17.20  | 1.35 ▼ 7.28%   |
| Zion Oil & Gas Inc                       | \$ 2.68   | 0.21 ▼ 7.27%   |
| MyoKardia, Inc.                          | \$ 40.375 | 3.125 ▼ 7.18%  |
| Shoe Carnival, Inc.                      | \$ 15.78  | 1.08 ▼ 6.41%   |
| Westmoreland Coal Company                | \$ 2.05   | 0.14 ▼ 6.39%   |
| Altisource Portfolio Solutions S.A.      | \$ 19.93  | 1.27 ▼ 5.99%   |
| YogaWorks, Inc.                          | \$ 3.98   | 0.23 ▼ 5.46%   |

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Price Movement

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

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\*Fees and exchange rate data for banks taken from the International Money Transfer Index™ (IMTI™).

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# ONLINE SHOPPING BECOMES EASIER

## Retailers build better sites

By John Smith

A NEW report suggests that with up to 80 per cent of the Spanish population having access to the internet, e-commerce is about to accelerate dramatically.

Currently Amazon Spain is estimated to be the largest internet seller in the country with turnover in excess of €3 trillion, followed surprisingly by Chinese site Alibaba which operates in Spain under the name Aliexpress at just over €1 billion, whilst el Corte Ingles trails in third place at €530 million.

As more retailers offer an online purchasing service, so more consumers are purchasing through them but what isn't known or even understood is how many of these sales would have been made in store and therefore how profitable these sites really are.

For small retailers online outlets such as Amazon are without doubt an ideal option as consumers can compare prices and read service reviews.

This also becomes an attractive option for larger stores but whilst they benefit from their strength in purchasing in bulk, they have to ensure that their operating costs don't make them uncompetitive.

Stores such as those owned by the Inditex and Mango groups are able to reach customers in areas where shops are spread thinly and they have invested large amounts into ensuring that their sites are quick, efficient and easy to use.

Supermarket sites, which are very popular in the UK, are perhaps not so profitable here and appear in some cases to have been introduced for the sake of having an online site rather than actually planning them out properly.

The Mercadona group is a perfect example as it has had to be re-designed and responsibility for this has been handed to the founder's



Photo Credit: Pomezz Shutterstock

**ONLINE SHOPPING:**  
The trolley on your desk.

youngest daughter Juana Roig, but the results suggest Mercadona is well ahead of its competitors with growing purchases online.

Having said this, it is estimated that total turnover is somewhere between €170 million and €190 million which is just 1 per cent of annual turnover and this division currently trades at a loss.

Conversely however, customers tend to buy larger amounts of goods than they would in store in order to justify the delivery and handling charges.

Those with an eye for a bargain however have discovered that some (although not all) sites outside Spain will deliver via couriers, often free of charge, so it is possible to purchase perfume from the UK, costume jewellery from Germany or even clothing from Debenhams online with substantial savings over Spanish retail prices.

# AMERICANS BEEF UP MARKET

## Huge growth for burger chains

A SIMPLE piece of minced beef in a bun is fuelling a whole new revolution in the fast food market in Spain.

For generations, the vast majority of restaurants and food outlets in Spain sold traditional Spanish food and to a great extent older generations of Spaniards have remained loyal to this cuisine.

As with so many other European countries however, the American way of eating started to spread and by the middle of the 1980s, both Burger King and McDonald's were firmly entrenched in the Spanish psyche.

The concept of this type of fast food spawned a number of local eateries such as Vip although other American food outlets including KFC and Friday's promoted the opening of franchise operations around the country.

The two big burger giants saw off the presence of Wendy's American burgers but are now facing an onslaught of beefy competition.

In many towns, local, un-franchised burger restaurants with names like Gourmet Burger and American Burger have opened up. These offer a burger ex-



Photo Credit: YouTube

**Model Nina Agdal promotes Carl Jr burgers.**

perience rather than simple fast food and attract a trendy audience.

Having seen the success of McDonald's with its 500 branches and Burger King with 700, at least three US chains have now decided that the time has come to expand their empires within Spain.

Although not household names in Europe, Steak 'N Shake with 544 outlets in the USA, Five Guys with 700 and Carl's Jr leading the way with 1,385 have started to test the Spanish waters by opening restaurants in some

of the main cities in Spain.

Clearly if these are successful then there is likely to be a massive expansion especially in areas with shopping centres where each of these operations would fit in well.

One of the problems that the existing companies running burger outlets may face is the cost of franchising as it appears that the 'new boys on the block' are prepared to undercut McDonald's and Burger King with lower start-up costs in order to gain a speedy increase in market share.

## Beatles' relics still popular

ALTHOUGH it is nearly 50 years since the Beatles split up, they are still the most collected group worldwide with a page of lyrics likely to sell for €20,000.

This is the amount expected to be paid in auction in September for Paul McCartney's handwritten score of Eleanor Rigby which has been signed by the 'fifth Beatle,' producer, the late Sir George Martin.

This is believed to be a piece handed to one of the backing octet consisting of violins, violas and cellos who helped record the original version of the song.

Coincidentally, a bible owned by Eleanor Rigby - whose name on a gravestone inspired the song - has just been found and is also included in the auction.

John Lennon famously spent some time in Spain and who knows whether other forgotten Beatles' treasures are waiting to be found here and in the UK.

## Repsol share forecasts

BARCLAY'S BANK differs from other investment advisors although downgrading its forecast for Spanish oil company Repsol.

Whilst it doesn't believe that Repsol will generate large amounts of dividend in the immediate future it has indicated a target price of €19 which is hugely higher than any other forecast.

According to the British Bank, it expects to see a growth by Repsol of 35 per cent and its share forecast price compares to an average of €14.57 and a low of €10.89.

At the time of writing, the actual share price was €14.01 and had seen some decent growth in the last few weeks but it is unusual to see such diverse opinion amongst investment houses.

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# RYANAIR ACCUSES GERMAN GOVERNMENT OF CARVE UP Angry at Lufthansa support

ACCUSATIONS are flying across borders as one of the main carriers of German tourists to Spain applies for liquidation.

Air Berlin which was the largest carrier serving the Balearics and Mallorca in particular was supported for some time by Abu Dhabi-based airline Etihad but with their financial backing withdrawn, the airline can't continue.

It has already passed some of its routes to former subsidiary Austrian airline Niki (originally founded by Formula 1 driver Niki Lauda) and now with a €150 million grant from the German government, it hopes to continue to fly until it is taken over by Lufthansa.

This support has infuriated Ryanair which is currently the second largest operator in Mallorca and the Irish company has accused the German airlines and government of what it calls 'a carve up' which will be to the advantage of Lufthansa.

In a statement, a spokesperson for Ryanair said "This artificially created



Ryanair Media Centre

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## Ryanair eyes on expanding German business.

insolvency has obviously been set up so that Lufthansa can take over a debt-free Air Berlin and this is contrary to all competition rules of Germany and the EU."

In accordance with this belief, the company has filed a complaint with the German Federal Cartel Office as well

as with the EU Competition Commission.

Ryanair which has been trying to increase the number of airports in Germany from which it can operate suggests that the demise of Air Berlin and take-over of 'cheap aircraft' by Lufthansa will reduce competition and see higher fares on routes which were previously run on a competitive basis.

The German government rejects all of Ryanair's accusations but the European Commission decision may play an important part in seeing how matters progress in the German market which is so important to Lufthansa.

Unions at Eurowings, a low cost carrier which is a subsidiary of Lufthansa also criticise the deal, believing that it will allow the German parent to take over Air Berlin staff on terms which are potentially worse than those who work for the company.

Cabin crew are now considering whether it would be appropriate to take strike action in support of their pay claims which have coincidentally broken down recently.

## Go slow at airports

AS the strike of security staff at Barcelona El Prat airport is called off temporarily, staff at other Aena managed Spanish airports have announced their own programme.

Whilst Barcelona was the touch paper and an arbitrator is likely to be appointed by central government, the explosion of anger by staff could bring a winter of delays and irritation to passengers.

It is expected that Marcos Peña, who was involved in trying to resolve the recent Stevedore's dispute will be appointed to try to get the parties to agree on a way forward.

If the staff in Barcelona can be placated, then it is possible that staff in the other airports will be likely to settle.

# Losing mental capacity whilst living abroad

by **Stone King**

Charlotte Macdonald

Contact me at [international@stoneking.co.uk](mailto:international@stoneking.co.uk)



MANY UK expatriates living in Spain own properties in the UK and have pensions and investments in the UK. They rely on their UK assets to maintain their lifestyles (and those of their families) in Spain. If they can no longer manage their affairs in the UK due to a loss of mental capacity, it can cause many difficulties.

**“ You can choose a person or people, who you trust, to act for you when you are no longer able.**

The best way to avoid the legal and practical difficulties that can occur with the loss of mental capacity is to plan for it in advance by drawing up a document called a 'Lasting Power of Attorney' ('LPA').



**An LPA must be made while you have full mental capacity.**

### What is an LPA?

An LPA is a legal document that enables you to appoint one or more attor-

neys to act for you when you are no longer able to act for yourself.

Your attorney can be a professional,

such as a solicitor or a family member or friend.

There are two types of LPA: 'Health and Welfare' or 'Property and Financial Affairs'

An LPA must be made while you have full mental capacity. It is therefore important to make one while you are in good health.

### Why should you get an LPA?

You can choose a person or people, who you trust, to act for you when you are no longer able.

If you lose your mental capacity and do not have an LPA, then your family (or the authorities) will have no choice but to make an application to the Court of Protection to appoint a 'deputy' to look after your affairs, which can be time consuming and costly.

### Will my LPA be recognised in Spain?

Unfortunately there is no international type of LPA which is guaranteed to work in both the UK and Spain.

The advice we give to our clients at Stone King, is that if you have assets in both Spain and the UK, your only safe option is to appoint attorneys in both jurisdictions.





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# I truly am very fed up with being told to call a spade a fork

THIS latest travesty, which resulted in the resignation of MP Sarah Champion is a glaring example.

Ms Champion had the 'nerve' to state that Pakistani men were targeting white British girls for sexual exploitation. In the light of the recent evidence and subsequent prosecutions, to most minds the only thing this MP was guilty of was stating the blatantly obvious. Naturally the Corbyn'ites didn't agree.

The first priority in the forming of a dictatorial state is the suppression of free speech. It is therefore no surprise that Corbyn cynically forced out one of his own, perfectly capable party members purely for speaking the truth. (A statement which also wouldn't of course win his party many future ethnic votes!)

Freedom of expression is at the very core of a democratic society. To suppress it results in frustration, social unrest and ultimately, without that valve of non-physical release, violence. We have to be able

**LEAPY LEE SAYS IT**

**OTHERS THINK IT**

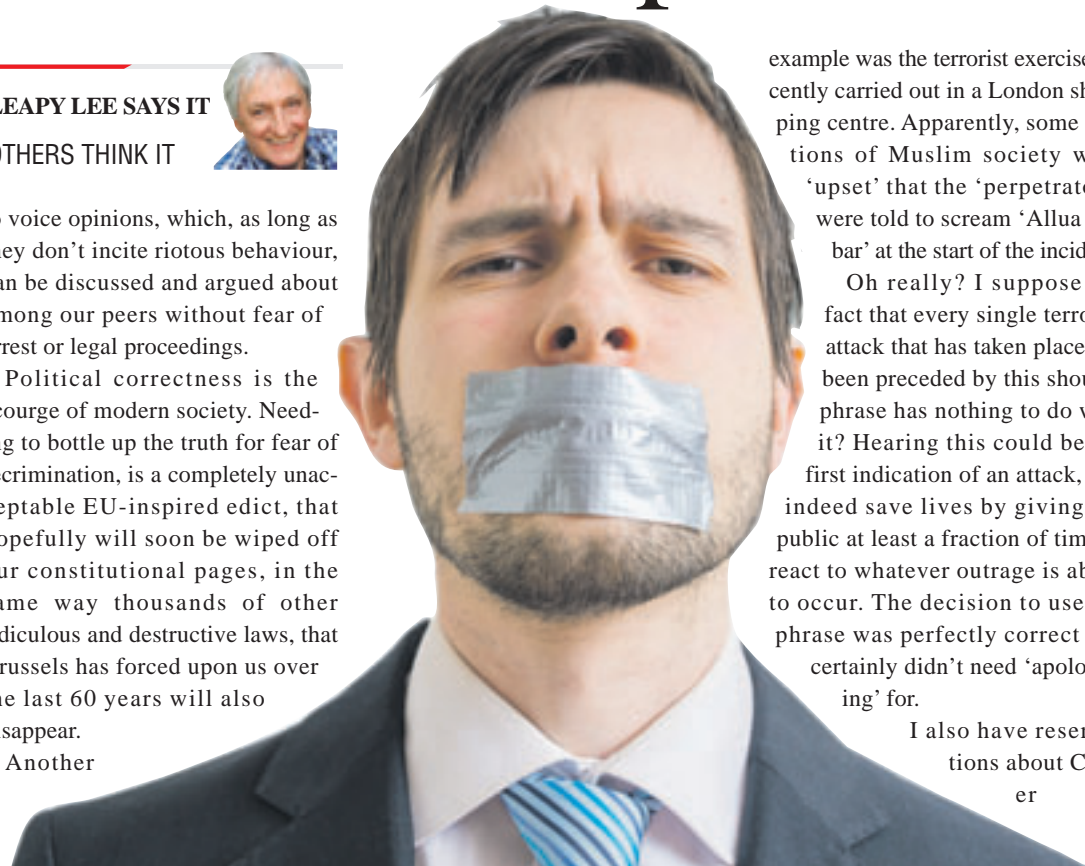


to voice opinions, which, as long as they don't incite riotous behaviour, can be discussed and argued about among our peers without fear of arrest or legal proceedings.

Political correctness is the scourge of modern society. Needing to bottle up the truth for fear of recrimination, is a completely unacceptable EU-inspired edict, that hopefully will soon be wiped off our constitutional pages, in the same way thousands of other ridiculous and destructive laws, that Brussels has forced upon us over the last 60 years will also disappear.

Another

**| FREEDOM OF SPEECH: Political correctness has gone to the extreme.**



example was the terrorist exercise recently carried out in a London shopping centre. Apparently, some factions of Muslim society were 'upset' that the 'perpetrators' were told to scream 'Allua Akbar' at the start of the incident.

Oh really? I suppose the fact that every single terrorist attack that has taken place has been preceded by this shouted phrase has nothing to do with it? Hearing this could be the first indication of an attack, and indeed save lives by giving the public at least a fraction of time to react to whatever outrage is about to occur. The decision to use the phrase was perfectly correct and certainly didn't need 'apologising' for.

I also have reservations about Cast-er Se-

menya, the Olympic gold-medalist runner who won gold in the women's 800 metres in the recent World championships. Due to a condition called Hyperandrogenism, she has testosterone levels three time higher than a female, no female organs and internal testes. She is in fact considered Intersex.

Whatever gender she prefers, as is her right, I consider it completely unfair to allow her to compete against women in these events. Female toilets, women's armed forces and even her recent marriage (to a female!) are fine, but unless she agrees on medication to lower her testosterone levels, physical competition should never be allowed.

I know many will disagree, but to me it simply isn't on. Just another example of PC madness, which left unchecked will be the end of society as we know it.

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MARBELLA



# Will their blood be on our hands?

THE intervention of Seprona on April 11, 2016 has caused a great deal of damage to Triple A, both morally and financially, and it looks like they may not recover from either.

The memberships and donations have gone down to such a degree that if there is not an immediate reaction from the members of our community, Triple A will have to close their doors in the very near future.

Step one is to tell everyone that Triple A was not found guilty of any mistreatment to the animals. Updating those who read and believed the scandal is therefore paramount.

Even a close personal friend on hearing me speak the name 'Triple A' anxiously began to retell me about all the 'horrors.' I was horrified; she'd taken the time to read the damaging claims but obviously not taken the time to find out what hap-

## Marbella Moments

by Nicole King



pened next, if the accusations were founded or not, but even so enthusiastically retold the story, over a year later, ignorant of the facts.

This blasé attitude of so many 'animal lovers' may now cost the lives of over 500 animals all of which are facing extermination if Triple A does have to close its doors.

Although our city deposits all lost, stray and dead animals at the Triple A facilities, their financial contribution does not even cover one month's expenses. The running costs well exceed the funds that Triple A can raise through social events and our community is not stepping up as it should.



Photo Credit: EWN Media Group

**Lily van Tongeren of Triple A, Nicole King and Bettina Pietsch President Triple A receiving a donation for the animals.**

Some 150,000 people are registered as living in Marbella and around 30 per cent are foreigners, of nationalities renowned for being animal lovers.

But to-date Triple A has

just 280 members with a monthly €5 commitment - they need at least 2,000 just to have a chance of survival.

Without Triple A the stray dogs and cats may never

find their way back home or into a new one as they will be taken for almost immediate extermination to the killing station El Paraiso in Alhaurin el Grande, who receive financial rewards for

every life 'taken.'

This is where the 500 souls at Triple A will end up if they have to close, at the extermination camp.

Anybody who thinks of adopting a pet or thinks they could adopt one to save it from certain death should call in to the Triple A without delay.

Visit their website with photos of every animal that is there who needs a loving home - before it's too late and before Marbella is again head-lining the international press for all the wrong reasons.

If you are an animal lover now is certainly the time to put your money where your mouth is: become a member of Triple A for just €5 a month if you can afford it and make sure our city doesn't end up with their blood on our hands.

[www.tripleamarbella.org](http://www.tripleamarbella.org)  
[www.marbellanowtv.com](http://www.marbellanowtv.com)

### Advertising feature

## Combine fitness with relaxation

AQUAPOOL SPAS were pleased to introduce the Endless Fitness System earlier in the spring, and the interest and success has since been overwhelming.

Endless Pools Fitness Systems are unlike any other; there is no other name in aquatic fitness that is as highly regarded as Endless Pools and they have been industry pioneers and leaders for nearly 30 years.

Their spas allow users to swim and exercise against a broad deep current that can be adjusted to different speeds, strokes and ability. One part of the spa is also a hot tub. It is not as big as a pool therefore offering great options for those wanting a fitness product, but do not have the space for a large swimming pool. It is also very easy to install and does not require a building licence.

In the Aquapool Spa San Pedro showroom, a special Endless area has been created where videos of the different models in action are running on an 8x4m projector screen and you can also experience and test three different models. Changing



**ENDLESS POOLS: The future of aquatic fitness spas.**

room and shower facilities are also available for your comfort so bring your swimsuit and you can try the Endless Pools for yourself.

What puts Endless in a class above normal jetted swim spas is

their ability to powerfully circulate a water flow of up to 26,000 litres per minute and even simulate the effect of open water swimming.

Endless Pools also have the unique underwater treadmill system

allowing you to walk, jog or run on the treadmill and burn as many calories as exercising on dry-land treadmill. Designed by BMW, these spas are the height of luxury and will transform any home, but they also have numerous benefits as they can give an all-round workout. They offer extensive training possibilities, but can also assist those with injuries or limited mobility by involving minimal impact on joints and easing muscle soreness.

For more information on Endless Spas or any other spas available at

Aquapool Spas, the professional team are ready to assist and help you in any way possible. The company has been established for 14 years on the Costa del Sol and offer a wide range of spas starting at €2,995 and with more than 45 spas on display in the showrooms, you have plenty of choices.

All spas are from Hot-Spring Spas, the largest American manufacturer in the world. Service, maintenance and full spa support is also available.

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## Sounds like a lot of money

Mike Senker

In my opinion

Views of a Grumpy Old Man



THIS week I'm going to mention again a certain airline that, if you don't pay extra to select a seat, will make sure that you and your travelling companion do not sit together.

A friend of mine called Bill, who is much wiser and smarter than I, has come up with a solution that he has tried and which has worked and I'm going to pass it on to you. Even if it doesn't work I'd have to try it. Here we go.

When you get on the plane don't stress - take your allocated seat, which will most likely be a middle seat, because that's how they punish you. Then when everyone is seated get up and go to your partner, wherever they are sitting, and say to them, 'How you feeling?' Then produce a sick bag or even a carrier bag and say, 'Look make sure when you throw up, that you get it all in the bag.' By now the people each side are going to be looking a bit uncomfortable and usually, if they are travelling alone, one will say, 'Would you like to sit here?' because no one wants to sit next to someone who is going to

be sick on a flight. Worth a try!

I saw this week that they are now not building a new bridge over the Thames. Well, that's OK then, except it's already cost £50 million. That's right, £50 million has already been spent. How? Where? Please explain to me how this happens. Someone has made a nice few quid out of this and it's scandalous. And how about that HS2 train network. It's going to add 350 miles of new track all at the knock down price of £55 billion - that's £157,142, 857.1428571 per mile. Now that sounds like a lot of money to me.

All that to cut an hour off your journey time to get to Manchester. I'll tell you what - spend the money on hospitals and health and let all the punters for the fast train get up an hour earlier. And don't be under any illusion - the first bits of snow or rain or a few dodgy leaves on the line and it will all grind to a halt and, of course, you just know it will run over budget too.

I have a message for Mr Donald J Trump this week. You CANNOT over react to Nazis walking through the streets of the USA or any country come to that. Did you not hear their chants? Did you not see the burning torches they were carrying? You are an embarrassment and should be removed from office immediately. If anyone has any comments my email is [mikesenker@gmail.com](mailto:mikesenker@gmail.com).

## LEGALLY SPEAKING

### Documents to carry

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.



Photo credit: autofaciles

**DON'T FORGET:** The necessary documentation to have in your car.

A COMMON question that often crops up for drivers in Spain is what documents must be carried in the car with you. Here the N-332 team have the answers...

#### The ITV card

This is the official document which relates to the technical inspection of the vehicle.

#### ITV report

Once your vehicle is four years old it is required to have the mandatory ITV test and the report which states what happened during the inspection and confirms it is road worthy, and it must be carried in the vehicle.

#### Permiso de Circulación

The Permiso de Circulación is similar to a log book for a vehicle and contains information such as the number plate, vehicle owner and other details relating to the vehicle.

There are also some other documents which are not compulsory, but it is advisable that you carry them with you. These include:

#### Insurance policy

This is not compulsory as all the information is contained on a central computer, however, if you are involved in an accident you will need to know your policy details so it is easier to have them to hand.

#### European Accident Agreement

Again, this is not compulsory, but it is advisable to carry the European Accident form as it will help you ensure data is recorded correctly in the event of an incident. The forms are available in a number of languages but are all laid out the same so it bridges any language gaps.

Copies of your Suma annual tax which is paid to municipal town halls is also not compulsory.

Remember that the documents you carry must be the originals, not photocopies. Notarised copies are allowed, but this is the only exception.

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

## How to quiet noisy renters?

**Q.** We need your advice on a problem with a detached property behind our house with private pool. The owner lives in Scandinavia and rents out this property for most of the year. It is advertised on websites. They have a local property manager who welcomes the people and handles cleaning. We and other neighbours have been kept awake by loud partying around the pool long after midnight.

#### Who is responsible?

Should we notify the town hall or the police?

As this is a business, is there a way to formally complain?

Should the house be registered with the local authority for rental and how can we check if it is?

P S (By email)

**A.** Try phoning the property manager after midnight when the noise becomes loud. Then call the Local Police. Encourage your neighbours to call too. If your absent owner advertises on

#### David Searl

You and the Law in Spain



the web, his advert must feature his registration number for tourist rentals. If he does

not have this, he can be subject to heavy fines. The website can also be fined. If your property manager is a business, you can complain to the OMIC, consumer advice municipal office.

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



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# Compensation gravy train isn't grinding to a halt any time soon

**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 HOLIDAYMAKER'S claim that she suffered 'nausea and diarrhoea' during an all-inclusive Thomas Cook holiday in Egypt has been branded a lie. During the period when she was supposedly 'trotting back and forth to the toilet,' she was posting on social media about being in 'luxury.'

This follows another £10,000 bogus food poisoning claim against Thomas Cook by tourists who didn't mention food poisoning at the time, had no medical verification, and after their return (from Gran Ca-



**BAD HOLIDAY? More and more holidaymakers are making false compensation claims.**

narria) returned to work and their children to school.

What is wrong with people? I know of a woman who sued a previous employer because she slipped on a staircase in the workplace and hurt herself (no broken bones). She also sued the local council because she had fallen after tripping on an uneven paving stone. Why? Sometimes it isn't anyone's

fault. Other than, occasionally, someone's own clumsiness.

The whiplash industry and its successor, the holiday enteritis industry, form part of the UK's ever growing compensation culture where companies actively try to encourage people to make bogus claims. And you don't need to have been in any sort of accident - car crash scammers call at random.

I've written about this before. About British travel agents said to operate an annual £1m fighting fund to cope with huge personal injury payouts to 'aggrieved' holidaymakers. About teaching staff securing major compensation for minor accidents and likewise illegal immigrants for 'unlawful detention' while awaiting deportation.

I've said this before as well but I'll say it again anyway the UK's thriving compensation culture is not only still keeping the door wide open for all these claimants but continuing to carry them over the threshold too. Solution? Make it harder for those keen to exploit the system for profit at the slightest excuse.

Enough to drive the rest of us crazy! Which reminds me of a joke. A pair of cows are talking in a field. One says, "Have you heard about the mad cow disease that's going around?" "Yeah." The other cow says, "I'm glad I'm a penguin."

Nora Johnson's psychological crime thrillers 'The Girl in the Red Dress,' 'No Way Back,' 'Landscape of Lies,' 'Retribution,' 'Soul Stealer,' 'The De Clerambault Code' ([www.nora-johnson.net](http://www.nora-johnson.net)) available from Amazon. Profits to Cudeca.

## THURSDAY THOUGHTS

By Angus Sylvie

### "It's a vicious circus"

I HAVE a relative who regularly creates sentences that sound fine in her head but when they emerge from her mouth contain unintended or mixed-up words that can either render the sentence meaningless or amusing, or both.

Here are some examples. She once finished an argument with what she triumphantly thought was the decisive question "How would you like it if the foot was on the other shoe?" which had the unintended consequence of causing the object of her anger to collapse in fits of laughter. After complaining of a pain in her wrist, she announced "I think I've got repetitive arm syndrome." She wanted to listen to her radio so asked "Do you mind if I put my headstones on?" We were watching some football. Bored, she asked "is it half-term yet?" Yes, she meant half-time. Recounting a debt collection documentary she had watched, she announced "In the end they had to send the bayleaves round!"

TV programmes do not escape her verbal mangling. Keen to catch a comedy TV show, she said "I need to get home so I can watch Have I Been Framed For You." Then there was the time I was trying to end a phone call so I could watch World's Strongest Man. She guessed this and said "I suppose you want to watch The World's Biggest Man now?" which would be a very short programme as all you would need are some scales and a tape measure.

Why is it that some people's brains work like this and don't seem to learn from their mistakes? Indeed my relative feels that the more mistakes she makes, the worse she gets. As she herself says "It's a vicious circus."

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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# YOUR PAPER - YOUR VOICE - YOUR OPINION

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Views expressed and opinions given are not necessarily those of the EWN publishers. No responsibility is accepted for accuracy of information, errors, omissions or statements.

## Tourist quality, not quantity

TOO much tourism in Spain seems to be focused around attracting cheap and cheerful!

This is clearly displayed with the recent Ryanair ban (*EWN Issue 1676*) on passengers on certain routes (including to Ibiza) boarding flights with duty-free drinks in their baggage. It must go into the hold, or be left.

And the boozy antics do not just stop on landing, nor are they merely a reflection of younger tourists.

Too many visiting Spain put cheap alcohol as a major foundation to their holidays, often leading to bad public behaviour including rowdiness and at times even violence.

Millions of tourists are well-behaved, but I am in favour of any moves for the ones who fly in for a boozy holiday to be brought to heel!

Quality not just quantity must be the way forward.

*L Powell, San Pedro*

### Fire! Just beware

**THE article about the risk of summer wild fires (*Issue 1675*) was timely.**

**How sad that we annually have to not only face up to, but equally deal with wild fires that at times (as highlighted) lead to the loss of life and end in people losing their homes, and at times livelihoods.**

**Some fires are accidental, but so many are through stupid and at times criminal behaviour with individuals holding summer BBQs in risk areas, discarded cigarettes, and burning of garden waste,**

**As a retired UK fireman, I appeal to all... take responsibility and help Spain face up to the harsh fact of summer.**

*S Furness, Albox*



### Empty feeling

I CONSTANTLY see new housing developments being started at a time when thousands of properties remain empty, and unsold.

Each slice of land that offers potential sea views continues to be built on, despite such clear and crass planning decisions in recent decades leading to much of southern Spain looking like concrete jungles in parts.

Ravaged and savaged, sadly so much of what was so beautiful in our surrounds - along with the annual weather - has been spoiled for ever.

With the recession over the construction industry is facing better times, but the national government should keep a close check on the number of plans approved for more new holiday and residential homes against the need to sell and fill the thousands of remaining empty ones.

*S Wardman, Elche*

### 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).

## Reversed racism threat (Leapy Lee)

YOU'RE nicely integrated in Spain, then, Graham? Fluent in Spanish? Conversant in current affairs (albeit with apparently no opinion on them)? Watch Spanish (not British) TV? After all, you're an immigrant and you admit ghetto lifestyles are undesirable.

The Grenfell victims' origins were not stated as they're utterly irrelevant. But they included Brazilians and gallegos who'd lived in the UK for 40+ years (longer than I or your nephew ever did).

*Kally*

SORRY but do I think the fact that those residents that lived in the tower block mainly consisted of non-white British citizens is relevant,

The local councils are not making any effort to integrate the immigrants within Britain today and as a result of these actions by the councils we have far too many areas now within cities that could be classed as ghettos or no go areas.

*Tony*

### Death of seven-year-old confirmed (Barcelona)

IT'S so awful. Poor little boy and his family must feel devastated. There are no words to make it better. RIP

*Melissa Baker*

### Comments from EWN online

UNBEARABLE. The whole situation is beyond belief, but to lose your little boy like this is unbearable. Very very sad.

*Mabel Winterburn*

### Two wildfires on the Costa del Sol

INFOCA are fantastic, we watch often when there are numerous fires especially at this time of year, as we can see into the valley and their response time is incredible. Well done lads.

*Ken Clarke*

### Police kill five bomb vest attackers

RIP to all victims that lost their lives. Sincere condolences to the families and we have to pay tribute to security services

for the hard work they do in preventing attacks. We know there will always be attacks we are not prepared for and sadly there will be casualties and we were made aware Europe and holiday spots would be targeted earlier on in the year. Why scumbags want to harm others is beyond me and beggars belief they are now using vehicles to attack

*Elizabeth Green*

LARGE towns and cities need concrete bollards to be placed alongside the road and pedestrianised streets should be blocked off to traffic. Emergency vehicles can enter by way of a gate which will open only by the driver of police, ambulance, fire brigade swiping a card. My family were in Zaragoza two weeks ago and the ease in which a terrorist could drive a car around the Pilar where hundreds of people were walking around was frightening.

*Michael Heame*

### Bathers harass dolphin to death

THEY should be at least fined, I personally would put them in prison for a couple of months or more and see how they like that. They are complete morons.

*Gerrie Lewis*

### Need answers

WHAT a laugh when Grenville Tower fire victims in Kensington, London, actually turn down alternative council accommodation saying 15 minutes walk away from their homes is too far.

Have they become spoiled living in such a high-class area?

But whose idea was it in the first place to build council homes in such a wealthy zone of London... and why so little information about the innocent deep freeze said to have caused the fire outbreak?

There are so many questions for the planned inquiry to find answers to.

*Name and address supplied*

### Singled out

I WAS dismissed like a dog when I tried to rent a sunbed in Fuengirola because I was single. They only accepted couples.

Can the Spanish do what they want?

What's next that single people are denied; perhaps no service at restaurants because they want to fill up the table?

Visiting as a single lady from Norway, I once experienced that too during winter time with no guests in sight.

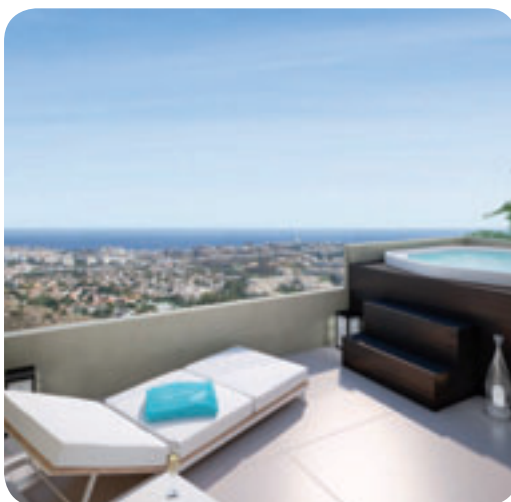
*Fed Up*





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**BBC one**

7:00am Breakfast  
 10:15am Wanted Down Under  
 11:00am Homes Under the Hammer  
 12:00pm Heir Hunters  
 12:45pm Close Calls: On Camera  
 1:15pm Bargain Hunt  
 2:00pm BBC News at One  
 2:30pm BBC London News  
 2:45pm Red Rock  
 3:30pm Impossible  
 4:15pm Escape to the Continent  
 5:15pm Flog It!  
 6:15pm Pointless  
 7:00pm BBC News at Six  
*The latest national and the BBC News team, followed by weather.*  
 7:30pm BBC London News  
 8:00pm The One Show  
 8:30pm EastEnders  
 9:00pm Who Do You Think You Are?  
 10:00pm Ambulance  
 11:00pm BBC News at Ten  
 11:30pm BBC London News  
 11:45pm Deadliest Place to Deal  
 12:45am Killing at the Carwash

**BBC TWO**

7:00am The World's Most Photographed  
 7:30am Heir Hunters  
 8:15am Bargain Hunt  
 9:00am Nadiya's British Food Adventure  
 9:30am Great British Menu  
 10:00am Victoria Derbyshire  
 12:00pm BBC Newsroom Live  
 2:00pm A to Z of TV Gardening  
 2:15pm Two Tribes  
 2:45pm Cars 2  
 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 Pacemakers  
 10:00pm Top of the Lake  
 11:00pm The Premier League Show  
 11:30pm Newsnight  
 12:15am No More Boys and Girls: Can Our Kids Go Gender Free?  
 1:15am Is it Safe to be Gay in the UK?  
 2:15am 10 Puppies and Us

**BBC FOUR**

8:00pm World News Today  
*The latest national and international news, exploring the day's events from a global perspective.*  
 8:30pm Top of the Pops  
 9:00pm Sword, Musket and Machine Gun: Britain's Armed History  
 10:00pm Andrew Marr's The Making of Modern Britain  
*The third film in Andrew Marr's epic six-part series charting the events that shaped Britain.*  
 11:00pm Wonders of the Universe  
 12:00am Horizon  
 1:00am Top of the Pops  
 1:30am Wonders of the Universe  
 2:30am A History of Art in Three Colours  
 3:30am Sword, Musket and Machine Gun: Britain's Armed History  
 4:30am This is BBC Four

**CHANNEL 4**

7:00am Countdown  
 7:45am Will and Grace  
 8:10am Will and Grace  
 8:35am Everybody Loves Raymond  
 9:00am Everybody Loves Raymond  
 9:30am Frasier  
 10:00am Frasier  
 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 Lego Masters  
 10:00pm 24 Hours in A and E  
 11:00pm Wasting Away  
 12:00am Britain's Benefit Tenants

**CHANNEL 5**

8:05am Shimmer and Shine  
 8:20am Noddy: Toyland Detective  
 8:35am Paw Patrol  
 8:50am Rusty Rivets  
 9:05am Digby Dragon  
 9:15am Peppa Pig  
 9:25am Peppa Pig  
 9:35am Mofy  
 9:45am Ben and Holly's Little Kingdom  
 10:00am Floogals  
 10:15am The Wright Stuff  
 12:15pm The Yorkshire Vet  
 1:10pm 5 News Lunchtime  
 1:15pm Celebrity Big Brother  
 2:15pm Home and Away  
 2:45pm Neighbours  
 3:15pm NCIS  
 4:10pm A Wife's Suspicion  
 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 Named and Shamed  
 10:00pm Celebrity Big Brother  
 11:00pm Celeb Trolls: We're Coming to Get You  
 12:05am Celebrity Big Brother's Bit on the Side  
 1:05am Super Casino

**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  
 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 Live European Tour Golf  
*Day one of Made in Denmark, hosted at Himmerland Golf and Spa Resort.*  
 1:00pm Sky Sports Today  
*All the news from the Premier League and beyond.*  
 2:00pm Sky Sports Today  
 3:00pm Live European Tour Golf  
 5:00pm Sky Sports Today  
 6:00pm Sky Sports News  
 7:00pm Sky Sports News  
 7:30pm Live T20 Blast  
 11:15pm Boxing  
 12:00am Through the Night  
 1:00am 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  
 2:00pm ITV Lunchtime News  
 2:20pm ITV News London  
 2:30pm ITV Racing Live  
*York Ebor Festival.*  
 5:00pm Tipping Point  
 6:00pm Cash Trapped  
 7:00pm ITV News London  
 7:30pm ITV Evening News  
 8:00pm Emmerdale  
 8:30pm Can Crooks Hack Your Home? 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 Easyjet: Inside the Cockpit  
 12:40am Bear Grylls: Mission Survive  
 1:35am Jackpot247  
 4:00am Can Crooks Hack Your Home? Tonight

**itv2**

7:35am Below Deck  
 8:20am The Ellen DeGeneres Show  
 9:00pm Emmerdale  
 9:30pm Coronation Street  
 10:00am You've Been Framed! Gold  
 11:00am Totally Bonkers Guinness World Records  
 11:30am The Great Indoors  
 12:00pm The Great Indoors  
 12:25pm Below Deck  
 1:20pm Emmerdale  
 1:55pm Coronation Street  
 2:30pm You've Been Framed! Gold  
 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! Gold  
 8:00pm Best of You've Been Framed! Gold  
 9:00pm Two and a Half Men  
 9:30pm Two and a Half Men  
 10:00pm The Expendables  
 11:00pm FYI Daily  
 11:05pm The Expendables  
 12:05am Family Guy

**itv3**

7:00am Judge Judy  
 7:20am Judge Judy  
 7:40am The Royal  
 8:40am Heartbeat  
 9:40am Where the Heart is  
*Drama series following the lives of community nurses in a small Yorkshire town.*  
 10:40am Judge Judy  
 11:05am Judge Judy  
 11:35am Judge Judy  
 12:00pm Rising Damp  
 12:30pm You're Only Young Twice  
 1:00pm The Darling Buds of May  
 2:05pm Heartbeat  
 3:10pm The Royal  
 4:10pm The Darling Buds of May  
 5:20pm You're Only Young Twice  
 5:55pm On the Buses  
 6:25pm Rising Damp  
 6:55pm Heartbeat  
 8:00pm Murder, She Wrote  
 9:00pm Endeavour  
 11:00pm Law and Order: UK  
 12:00am The Ivy  
 1:00am Mrs Biggs  
 2:25am Marchlands

**itv4**

7:00am The Chase  
 7:50am Storage Wars Texas  
 8:10am Storage Wars Texas  
 8:40am Ironside  
 9:45am Quincy, M.E.  
 10:50am Minder  
 11:50am Minder  
 12:50pm The Professionals  
*Action-packed drama series about two criminal-intelligence agents.*  
 1:55pm Cycling  
 2:55pm Ironside  
 4:00pm Quincy, M.E.  
 5:00pm Minder  
 6:00pm The Professionals  
 7:00pm Storage Wars Texas  
 7:35pm Storage Wars Texas  
 8:00pm Cycling  
*Action from stage 6, from Vila Real to Sagunto.*  
 9:00pm World Superbike Highlights  
 10:00pm The Krays  
 11:05pm FYI Daily  
*A round-up of the latest entertainment news.*  
 11:10pm The Krays  
 12:30am Rambo III  
 1:30am FYI Daily

**sky CINEMA ACTION & ADVENTURE**

10:40am The Bourne Identity  
 12:40pm The Bourne Supremacy  
 2:40pm The Magnificent Seven  
 4:50pm The Karate Kid  
 7:00pm G.I. Joe: The Rise of Cobra  
 9:00pm The Bourne Identity  
 11:00pm The Bourne Supremacy  
 12:55am Behind Enemy Lines

**sky CINEMA COMEDY**

7:00am Ghostbusters: Special  
 7:30am Turner and Hooch  
 9:15am I-Spy  
 11:00am Mr. Right  
 12:45pm Ghostbusters: Special  
 1:15pm Me, Myself and Irene  
 3:20pm Mrs. Brown's Boys D'Movie  
 5:05pm Bridget Jones's Baby  
 7:15pm Dodgeball: A True Underdog Story  
 9:00pm Mrs. Brown's Boys D'Movie  
 10:40pm Bridget Jones's Baby  
 12:50am How to be Single

**sky CINEMA PREMIERE**

7:00am The Joshua Tree  
 8:40am Ibiza Undead  
 10:25am Kubo and the Two Strings  
 12:10pm Keeping up with the Joneses  
 2:10pm The Veil  
 3:50pm Kill Me Three Times  
*When a job goes south a hit man finds himself in a twisted tale of murder, blackmail and revenge.*  
 5:30pm Ibiza Undead  
 7:15pm Kubo and the Two Strings  
*Superb stop-motion animation about a young boy who embarks on an epic quest when he inadvertently summons vengeful spirits from his past.*  
 9:00pm Keeping up with the Joneses  
 10:50pm The Veil  
 12:30am The Confirmation  
 2:25am The Innocents  
 4:30am Kill Me Three Times

**sky sports football**

8:00am Football Years  
 8:30am Football Countdowns  
 9:00am Football's Greatest  
 9:30am Football's Greatest Teams  
 10:00am EFL Greatest Games  
 10:15am EFL Greatest Games  
 10:30am SPFL Greatest Games  
 10:45am La Liga Greatest Games  
 11:00am Carabao Cup  
 1:30pm EFL Greatest Games  
 1:45pm EFL Greatest Games  
 2:00pm Eredivisie Round Up  
 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 Eredivisie Round Up  
 8:00pm Football Years  
 8:30pm Football Years  
 9:00pm EFL Matters  
 9:30pm EFL Greatest Games  
 9:45pm EFL Greatest Games  
 10:00pm Eredivisie Round Up  
 11:00pm La Liga Show  
 11:30pm Football Years  
 12:00am EFL Matters  
 12:30am EFL Greatest Games



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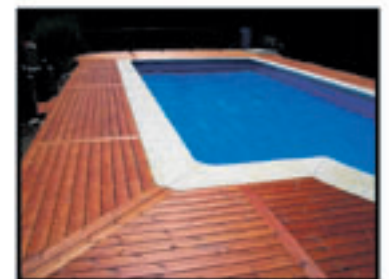
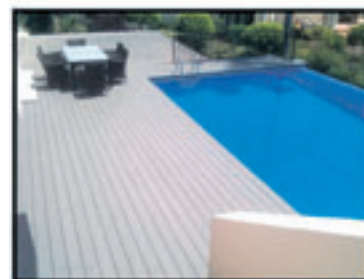
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## BBC one

|         |   |
|---------|---|
| 7:00am  | Breakfast                                       |
| 10:15am | Wanted Down Under                               |
| 11:00am | Homes Under the Hammer                          |
| 12:00pm | Heir Hunters                                    |
| 12:45pm | Close Calls: On Camera                          |
| 1:15pm  | Bargain Hunt                                    |
| 2:00pm  | BBC News at One                                 |
| 2:30pm  | BBC London News                                 |
| 2:45pm  | Red Rock  |
| 3:30pm  | Impossible                                      |
| 4:15pm  | Escape to the Continent                         |
| 5:15pm  | Flog It!  |
| 6:15pm  | Pointless                                       |
| 7:00pm  | BBC News at Six                                 |
| 7:30pm  | BBC London News                                 |
| 8:00pm  | The One Show                                    |
| 8:30pm  | A Question of Sport                             |
| 9:00pm  | EastEnders                                      |
| 9:30pm  | Celebrity MasterChef                            |
| 11:00pm | BBC News at Ten                                 |
| 11:25pm | BBC London News                                 |
| 11:35pm | The Ronnie Barker Comedy Lecture with Ben Elton |
| 12:20am | Miranda   |
| 12:50am | Up in the Air                                   |
| 2:30am  | Weather for the Week Ahead                      |

## BBC TWO

|         |   |
|---------|---|
| 7:00am  | The World's Most Photographed             |
| 7:30am  | Heir Hunters                              |
| 8:15am  | Bargain Hunt                              |
| 9:00am  | Gardeners' World                          |
| 10:00am | Victoria Derbyshire                       |
| 12:00pm | BBC Newsroom Live                         |
| 2:00pm  | Two Tribes                                |
| 2:30pm  | Planes                                    |
| 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  | Mastermind                                |
| 9:30pm  | Only Connect                              |
| 10:00pm | Gardeners' World                          |
| 11:00pm | QI  |
| 11:30pm | Newsnight                                 |
| 12:05am | Dragons' Den                              |
| 1:05am  | Normal for Norfolk                        |
| 1:35am  | Inside the Factory                        |
| 2:35am  | Going Back Giving Back                    |

## BBC FOUR

|         |   |
|---------|---|
| 8:00pm  | World News Today  |
| 8:30pm  | BBC Proms 2017  |
| 10:40pm | Blondie's New York... And the Making of Parallel Lines  |
| 11:30pm | Reading Festival 2017   |
|         | <i>Huw Stephens introduces the headline performance by crowd-pleasers and festival favourites, Leicester's own rock 'n' roll kings, Kasabian.</i> |
| 1:00am  | Totally British   |
| 2:00am  | Totally British   |
| 3:00am  | It's Only Rock 'N' Roll: Rock 'N' Roll at the BBC   |
| 4:00am  | This is BBC Four  |
|         | <i>BBC Four is the BBC channel for people who want more. More depth, more range, more to stimulate the mind.</i>                                  |

## CHANNEL 4

|         |                                 |
|---------|---------------------------------|
| 7:00am  | Countdown                       |
| 7:45am  | Will and Grace                  |
| 8:05am  | Will and Grace                  |
| 8:30am  | Everybody Loves Raymond         |
| 8:55am  | Everybody Loves Raymond         |
| 9:25am  | Frasier                         |
| 9:55am  | Formula 1                       |
| 11:35am | The Simpsons                    |
| 12:00pm | The Simpsons                    |
| 12:30pm | The Simpsons                    |
| 1:00pm  | Channel 4 News                  |
| 1:05pm  | Couples Come Dine with Me       |
| 1:55pm  | Formula 1                       |
| 3:35pm  | F1: Grand Prix                  |
| 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  | The Crystal Maze                |
| 10:00pm | 8 Out of 10 Cats Does Countdown |
| 11:00pm | Naked Attraction                |
| 12:05am | Rude Tube                       |
| 1:05am  | The Stag                        |

## 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                              |
| 3:20pm  | NCIS                                    |
| 4:15pm  | Jesse Stone: Thin Ice                   |
| 6:00pm  | 5 News at 5                             |
| 6:30pm  | Neighbours                              |
| 7:00pm  | Home and Away                           |
| 7:30pm  | 5 News Tonight                          |
| 8:00pm  | Cricket on 5                            |
| 9:00pm  | Titanic: Draining the Wreck             |
| 10:00pm | Celebrity Big Brother                   |
| 11:45pm | Celebrity Big Brother's Bit on the Side |
| 1:15am  | Super Casino                            |

## 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             |
| 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 | I Give it a Year      |
| 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 | Cricket  |
|         | <i>Day one of the second Test between England and West Indies at Headingley.</i> |
| 7:45pm  | Masterclass: Tammy Beaumont  |
| 8:00pm  | Football   |
|         | <i>Bristol City v Aston Villa.</i>   |
| 11:00pm | Boxing   |
| 11:30pm | Sky Sports News at Ten   |
| 12:00am | Through the Night  |
| 1:00am  | Through the Night  |
| 2:00am  | Through the Night  |
| 3:00am  | Through the Night  |
| 4:00am  | Through the Night  |

## itv

|         |                             |
|---------|-----------------------------|
| 7:00am  | Good Morning Britain        |
| 9:30am  | Good Morning Britain        |
| 10:25am | The Jeremy Kyle Show        |
| 11:30am | This Morning                |
| 1:30pm  | Loose Women                 |
| 2:00pm  | ITV Lunchtime News          |
| 2:20pm  | ITV News London             |
| 2:30pm  | ITV Racing Live             |
| 5:00pm  | Tipping Point               |
| 6:00pm  | Cash Trapped                |
| 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

|         |  |
|---------|--|
| 8:20am  | The Ellen DeGeneres Show               |
| 9:00am  | Emmerdale                              |
| 9:30am  | Emmerdale                              |
| 10:00am | You've Been Framed! Gold               |
| 11:00am | Totally Bonkers Guinness World Records |
| 11:30am | The Great Indoors                      |
| 12:00pm | The Great Indoors                      |
| 12:25pm | Below Deck                             |
| 1:20pm  | Emmerdale                              |
| 1:55pm  | Emmerdale                              |
| 2:30pm  | You've Been Framed! Gold               |
| 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 | Hot Tub Time Machine 2                 |
| 12:00am | 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                  |
| 3:10pm  | The Royal                  |
| 4:10pm  | The Darling Buds of May    |
| 5:20pm  | You're Only Young Twice    |
| 5:55pm  | On the Buses               |
| 6:25pm  | Rising Damp                |
| 6:55pm  | Heartbeat                  |
| 8:00pm  | Murder, She Wrote          |
| 9:00pm  | Doc Martin                 |
| 10:00pm | The Street                 |
| 11:20pm | Law and Order: UK          |
| 12:20am | Captain Corelli's Mandolin |
| 1:20am  | FYI Daily                  |

## itv4

|         |   |
|---------|---|
| 7:00am  | The Chase   |
| 7:50am  | Storage Wars Texas  |
| 8:10am  | Storage Wars Texas  |
| 8:35am  | The Professionals   |
| 9:45am  | Ironsides   |
| 10:45am | Quincy, M.E.  |
| 11:50am | Minder  |
| 12:50pm | The Professionals   |
| 1:55pm  | Cycling   |
| 2:55pm  | Ironsides   |
| 3:55pm  | Quincy, M.E.  |
| 5:00pm  | Minder  |
| 6:00pm  | The Professionals   |
| 7:00pm  | Storage Wars Texas  |
| 7:30pm  | The Darts Show  |
| 8:00pm  | Cycling   |
| 9:00pm  | 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 Perth Darts Masters.</i> |
| 1:00am  | Another 48 Hrs  |
| 2:00am  | FYI Daily   |
| 2:05am  | Another 48 Hrs  |
| 2:55am  | Minder  |

## sky CINEMA ACTION &amp; ADVENTURE

|         |  |
|---------|--|
| 10:10am | The Terminator                         |
| 12:00pm | The Patriot                            |
| 2:50pm  | The Karate Kid, Part II                |
| 4:45pm  | Fantastic Four                         |
| 6:30pm  | True Lies                              |
| 9:00pm  | The Terminator                         |
| 11:00pm | Inglorious Basterds                    |
| 1:35am  | Avengers                               |
| 3:00am  | Confidential: Black Widow and Punisher |
|         | The Mummy Returns                      |

## sky CINEMA COMEDY

|         |                                       |
|---------|---------------------------------------|
| 7:45am  | Billy Madison                         |
| 9:25am  | Stakeout                              |
| 11:30am | Grandma                               |
| 1:00pm  | Scouts Guide to the Zombie Apocalypse |
| 2:40pm  | Ride Along 2                          |
| 4:30pm  | Central Intelligence                  |
| 6:25pm  | Daddy's Home                          |
| 8:10pm  | Ride Along 2                          |
| 10:00pm | Central Intelligence                  |
| 12:00am | Daddy's Home                          |
| 1:45am  | Brüno                                 |
| 3:15am  | Jackass 3.5                           |
| 4:50am  | Loser                                 |

## sky CINEMA PREMIERE

|         |  |
|---------|--|
| 7:00am  | The Veil   |
| 8:50am  | Independence Day   |
| 9:20am  | Kubo and the Two Strings   |
| 11:15am | Keeping up with the Joneses  |
| 1:15pm  | Allied   |
|         | <i>Wartime thriller about a daring Canadian intelligence officer who falls for a beautiful French resistance fighter.</i>                        |
| 3:25pm  | The Confirmation   |
| 5:20pm  | 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> |
| 7:15pm  | Kill Me Three Times  |
| 9:00pm  | Allied   |
| 11:10pm | Keeping up with the Joneses  |
| 1:00am  | The Veil   |

## sky sports football

|         |                              |
|---------|------------------------------|
| 10:00am | EFL Greatest Games           |
| 10:30am | SPFL Greatest Games          |
| 10:45am | La Liga Greatest Games       |
| 11:00am | Carabao Cup Highlights       |
| 12:00pm | La Liga Show                 |
| 12:30pm | Football Years               |
| 1:00pm  | EFL Matters                  |
| 1:30pm  | La Liga Show                 |
| 2:00pm  | Carabao Cup Highlights       |
| 3:00pm  | Football Years               |
| 3:30pm  | La Liga Show                 |
| 4:00pm  | Football's Greatest          |
| 4:30pm  | Football's Greatest Teams    |
| 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  | La Liga Show                 |
| 7:30pm  | SPFL Matters                 |
| 8:00pm  | Football                     |
| 11:15pm | SPFL Matters                 |
| 11:45pm | When Guillem Met Andy Murray |
| 12:30am | Football Countdowns          |

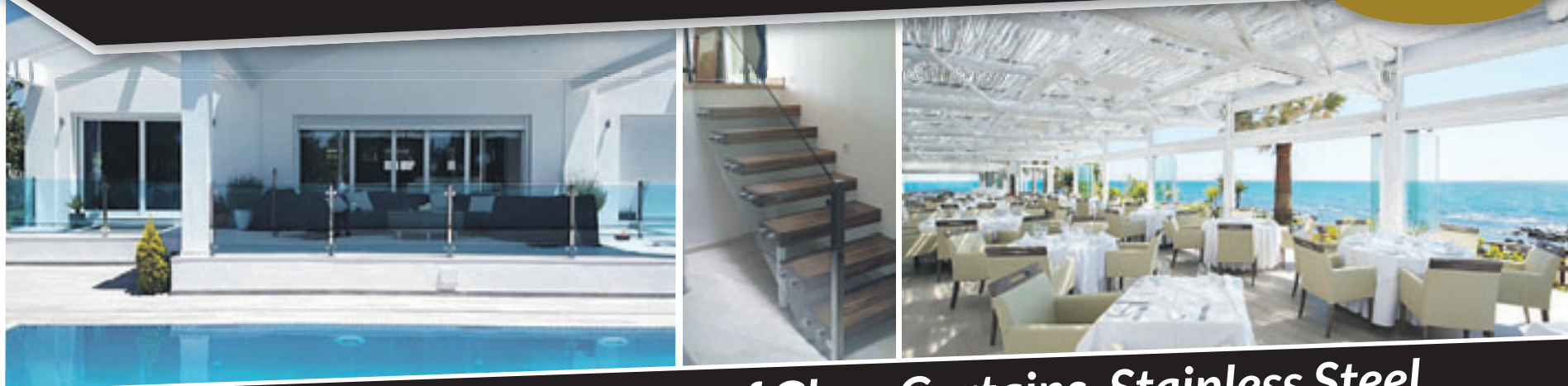


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**BBC one**

|         |                                  |
|---------|----------------------------------|
| 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  | Athletics                        |
| 3:00pm  | Rugby League Challenge Cup Final |
| 6:30pm  | Flog It!                         |
| 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                 |
| 12:55am | People Just Do Nothing           |
| 1:25am  | In the Electric Mist             |
| 3:15am  | Weather for the Week Ahead       |
| 3:20am  | BBC News                         |

**BBC TWO**

|         |  |
|---------|--|
| 8:20am  | The Man in the White Suit              |
| 9:45am  | The Magnificent Ambersons              |
| 11:10am | Homes Under the Hammer                 |
| 11:55am | Beavers Behaving Badly - Natural World |
| 12:55pm | Bedknobs and Broomsticks               |
| 2:50pm  | Wanted Down Under                      |
| 3:20pm  | Mastermind                             |
| 3:50pm  | Only Connect                           |
| 4:20pm  | Gardeners' World                       |
| 5:20pm  | Final Score                            |
| 6:20pm  | University Challenge                   |
| 6:50pm  | The Big Family Cooking Showdown        |
| 7:50pm  | BBC Proms Extra                        |
| 8:30pm  | Nina Conti's Edinburgh Festival        |
| 9:00pm  | Iolo's Great Welsh Parks               |
| 9:30pm  | Dad's Army                             |
| 10:00pm | Festival Tales: Edinburgh at 70        |
| 11:00pm | Performance Live: Get a Round          |
| 11:40pm | The Help                               |
| 2:00am  | The German Doctor                      |

**BBC FOUR**

|         |   |
|---------|---|
| 8:00pm  | The Brain with David Eagleman<br><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<br><i>Inspector Montalbano investigates cases in the town of Vigata in Sicily.</i>                     |
| 11:45pm | Top of the Pops Special 20th anniversary edition of the pop chart programme, first broadcast on 5 January 1984.             |
| 12:15am | Billy Fury: The Sound of Fury   |
| 1:45am  | Britain's Most Fragile Treasure   |
| 2:45am  | The World's Most Expensive Stolen Paintings   |

**CHANNEL 4**

|         |                                       |
|---------|---------------------------------------|
| 7:00am  | Mobil 1 The Grid                      |
| 7:30am  | Motorsport                            |
| 8:00am  | Motorsport                            |
| 8:25am  | Everybody Loves Raymond               |
| 8:50am  | Everybody Loves Raymond               |
| 9:20am  | Frasier                               |
| 9:50am  | Frasier                               |
| 10:20am | Frasier                               |
| 10:55am | Formula 1                             |
| 12:25pm | F1: Grand Prix                        |
| 12:55pm | Formula 1                             |
| 3:30pm  | World's Most Expensive Cars           |
| 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                        |
| 7:55pm  | Ender's Game                          |
| 10:00pm | Dumb and Dumber To                    |
| 12:10am | Ted                                   |
| 2:10am  | Ramsay's Kitchen Nightmares USA       |
| 3:00am  | Hollyoaks Omnibus                     |
| 5:10am  | Location, Location, Location          |

**CHANNEL 5**

|         |                                   |
|---------|-----------------------------------|
| 7:00am  | Milkshake!                        |
| 11:10am | Teenage Mutant Ninja Turtles      |
| 11:35am | Make You Laugh Out Loud           |
| 12:00pm | Police Interceptors               |
| 1:00pm  | Police Interceptors               |
| 2:00pm  | Bargain Loving Brits in the Sun   |
| 3:00pm  | Bargain Loving Brits in the Sun   |
| 4:00pm  | Nightmare Tenants, Slum Landlords |
| 5:00pm  | Nightmare Tenants, Slum Landlords |
| 6:00pm  | Can't Pay? We'll Take it Away!    |
| 7:00pm  | Can't Pay? We'll Take it Away!    |
| 8:00pm  | Cricket on 5                      |
| 9:00pm  | Supernatural Nazis                |
| 9:55pm  | 5 News                            |
| 10:00pm | Football on 5                     |
| 11:00pm | Football on 5                     |
| 11:30pm | Britain's Favourite Abba Songs    |
| 1:00am  | Access                            |
| 1:10am  | Super Casino                      |
| 4:10am  | Delete                            |
| 5:30am  | Access                            |
| 5:40am  | Great Scientists                  |

**4**

|         |                      |
|---------|----------------------|
| 7:00am  | The Goldbergs        |
| 7:25am  | The Goldbergs        |
| 7:50am  | The Goldbergs        |
| 8:25am  | Coach Trip           |
| 8:55am  | Coach Trip           |
| 9:30am  | Coach Trip           |
| 10:00am | Coach Trip           |
| 10:30am | Coach Trip           |
| 11:00am | Made in Chelsea      |
| 12:05pm | Don't Tell the Bride |
| 1:05pm  | Streetmate           |
| 1:35pm  | Streetmate           |
| 2:05pm  | The Goldbergs        |
| 2:35pm  | The Goldbergs        |
| 3:05pm  | The Goldbergs        |
| 3:35pm  | 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  |
| 5:55pm  | The Big Bang Theory  |
| 6:20pm  | The Big Bang Theory  |
| 6:50pm  | The Big Bang Theory  |
| 7:15pm  | The Big Bang Theory  |
| 7:45pm  | Shallow Hal          |
| 10:00pm | Immortals            |
| 12:10am | Gogglebox            |
| 1:10am  | Gogglebox            |
| 2:15am  | Tattoo Fixers        |
| 3:20am  | Rude Tube            |
| 4:15am  | Gogglebox            |

**sky sports main event**

|         |   |
|---------|---|
| 7:00am  | Through the Night   |
| 8:00am  | Good Morning Sports Fans  |
| 9:00am  | Rugby Union<br><i>New Zealand face Australia at Forsyth Barr Stadium in the 2017 Rugby Championship.</i>    |
| 12:00pm | Soccer Saturday Pre-Match   |
| 12:30pm | Football<br><i>Bournemouth v Manchester City</i>  |
| 4:15pm  | Cricket<br><i>Day two of the second Test between England and West Indies at Headingley.</i>                 |
| 6:15pm  | Football<br><i>Nottingham Forest v Leeds United.</i>  |
| 8:40pm  | Live PGA Tour Golf<br><i>Day three of the Northern Trust from Glen Oaks Club in Old Westbury, New York.</i> |
| 12:00am | Through the Night   |
| 1:00am  | Through the Night   |
| 2:00am  | Through the Night   |
| 3:00am  | Through the Night   |

**itv**

|         |  |
|---------|--|
| 7:00am  | CITV   |
| 9:25am  | ITV News   |
| 9:30am  | Weekend  |
| 10:25am | ITV Racing: The Opening Show   |
| 11:20am | Gok's Lunchbox   |
| 12:15pm | 1000 Heartbeats  |
| 1:15pm  | ITV News and Weather   |
| 1:25pm  | The Chase  |
| 2:30pm  | ITV Racing Live<br><i>York Ebor Festival.</i>                                  |
| 4:55pm  | Tipping Point  |
| 5:55pm  | Little Big Shots USA   |
| 6:50pm  | Local News and Weather   |
| 7:00pm  | ITV News and Weather   |
| 7:15pm  | You've Been Framed!  |
| 8:15pm  | Catchphrase  |
| 9:00pm  | Les Dawson Forever   |
| 11:00pm | ITV News and Weather   |
| 11:15pm | Captain Phillips   |
| 1:45am  | Jackpot247<br><i>Join the presenters live and play roulette on your telly.</i> |
| 4:00am  | Hungry Sailors   |
| 4:50am  | Nightscreen  |

**itv2**

|         |  |
|---------|--|
| 7:25am  | Emmerdale Omnibus                          |
| 10:00am | Coronation Street Omnibus                  |
| 12:35pm | Take Me Out                                |
| 1:35pm  | Harry Hill's Alien Fun Capsule             |
| 2:05pm  | You've Been Framed Gold! Framed and Famous |
| 3:10pm  | Honey                                      |
| 4:10pm  | FYI Daily                                  |
| 4:15pm  | Honey                                      |
| 5:05pm  | Looney Tunes: Back in Action               |
| 6:05pm  | FYI Daily                                  |
| 6:10pm  | Looney Tunes: Back in Action               |
| 6:55pm  | Nanny McPhee and the Big Bang              |
| 7:55pm  | FYI Daily                                  |
| 8:00pm  | Nanny McPhee and the Big Bang              |
| 9:00pm  | The Fast and the Furious: Tokyo Drift      |
| 10:00pm | FYI Daily                                  |
| 10:05pm | The Fast and the Furious: Tokyo Drift      |
| 11:10pm | Family Guy                                 |
| 11:40pm | Family Guy                                 |
| 12:10am | Family Guy                                 |

**itv3**

|         |  |
|---------|--|
| 7:00am  | Murder, She Wrote  |
| 7:50am  | Murder, She Wrote  |
| 9:50am  | The Baby and the Battleship  |
| 10:50am | FYI Daily  |
| 10:55am | The Baby and the Battleship  |
| 11:50am | Heidi  |
| 2:00pm  | Anne of Green Gables...  |
| 3:45pm  | Casablanca   |
| 4:45pm  | FYI Daily  |
| 4:50pm  | Casablanca   |
| 5:55pm  | Royal Stories  |
| 6:25pm  | Royal Stories  |
| 7:00pm  | Rosemary and Thyme   |
| 8:00pm  | Midsomer Murders   |
| 10:00pm | Foyle's War  |
| 12:00am | Law and Order: UK  |
| 1:00am  | Law and Order: UK  |
| 2:05am  | Wycliffe   |
| 3:00am  | Rising Damp  |
| 3:25am  | ITV3 Nightscreen   |
| 3:30am  | Teleshopping<br><i>Innovative, value-for-money products brought directly to you at home.</i> |

**itv4**

|         |  |
|---------|--|
| 7:00am  | Goals of the 90's  |
| 7:10am  | Motorsport UK  |
| 8:00am  | Tommy Cooper   |
| 8:30am  | Minder   |
| 9:35am  | River Monsters   |
| 10:40am | River Monsters   |
| 11:45am | Quincy, M.E.   |
| 12:50pm | Cycling  |
| 1:50pm  | Minder   |
| 2:50pm  | The Professionals<br><i>Action-packed drama series about two criminal-intelligence agents.</i> |
| 3:50pm  | The Darts Show   |
| 4:15pm  | World Series of Darts  |
| 8:15pm  | Women's Rugby World Cup Final  |
| 11:15pm | Cycling<br><i>Coverage of a cycling event.</i>   |
| 12:15am | The Krays  |
| 1:20am  | FYI Daily  |
| 1:25am  | The Krays  |
| 2:40am  | Minder   |
| 3:45am  | Sporting Funnies   |
| 3:50am  | ITV4 Nightscreen   |
| 4:00am  | Teleshopping   |

**sky CINEMA ACTION & ADVENTURE**

|         |                                    |
|---------|------------------------------------|
| 10:45am | Batman v Superman: Dawn of Justice |
| 1:20pm  | Hitman                             |
| 3:00pm  | Green Zone                         |
| 5:00pm  | The Bourne Ultimatum               |
| 7:00pm  | The Huntsman: Winter's War         |
| 9:00pm  | Batman v Superman: Dawn of Justice |
| 11:35pm | End of Days                        |
| 1:40am  | Face/Off                           |

**sky CINEMA COMEDY**

|         |                     |
|---------|---------------------|
| 7:00am  | Welcome to Me       |
| 8:35am  | Mean Girls          |
| 10:20am | Bridesmaids         |
| 12:30pm | Ghostbusters        |
| 2:30pm  | The Boss            |
| 4:15pm  | Back to the Future  |
| 6:15pm  | Rush Hour 2         |
| 7:50pm  | Bridesmaids         |
| 10:00pm | Ghostbusters        |
| 12:00am | The Boss            |
| 1:50am  | Starsky and Hutch   |
| 3:40am  | Awkward Sexy People |
| 5:25am  | Trapped             |

**sky CINEMA PREMIERE**

|         |   |
|---------|---|
| 7:00am  | Keeping up with the Joneses   |
| 8:50am  | Kubo and the Two Strings  |
| 10:35am | Trolls  |
| 12:10pm | The Confirmation  |
| 1:55pm  | Allied<br><i>Wartime thriller about a daring Canadian intelligence officer who falls for a beautiful French resistance fighter.</i> |
| 4:05pm  | Kill Me Three Times<br><i>When a job goes south a hit man finds himself in a twisted tale of murder, blackmail and revenge.</i>     |
| 7:25pm  | Trolls  |
| 9:00pm  | Allied  |
| 11:10pm | Keeping up with the Joneses   |
| 1:00am  | Ibiza Undead  |
| 2:45am  | The Veil  |
| 4:35am  | The Confirmation  |

**sky sports football**

|         |  |
|---------|--|
| 7:00am  | EFL Greatest Games                               |
| 7:15am  | Football   |
| 10:30am | SPFL Matters                                     |
| 11:00am | Soccer A.M.                                      |
| 12:30pm | SPFL Matters                                     |
| 1:00pm  | La Liga Icons                                    |
| 1:15pm  | La Liga Icons                                    |
| 1:30pm  | La Liga Icons                                    |
| 1:45pm  | La Liga Icons                                    |
| 2:00pm  | EFL Greatest Games                               |
| 2:15pm  | EFL Greatest Games                               |
| 2:30pm  | Ronaldo  |
| 3:00pm  | Magical Messi                                    |
| 4:00pm  | Football's Greatest                              |
| 4:30pm  | Football's Greatest Teams                        |
| 5:00pm  | La Liga Icons                                    |
| 5:15pm  | La Liga Icons                                    |
| 5:30pm  | La Liga Icons                                    |
| 5:45pm  | La Liga Icons                                    |
| 6:00pm  | EFL Greatest Games                               |
| 6:15pm  | Football   |
| 8:40pm  | Football<br><i>Girona v Malaga.</i>              |
| 10:10pm | Football<br><i>Las Palmas v Atletico Madrid.</i> |
| 12:10am | EFL Goals: Championship                          |
| 12:40am | La Liga Icons                                    |

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





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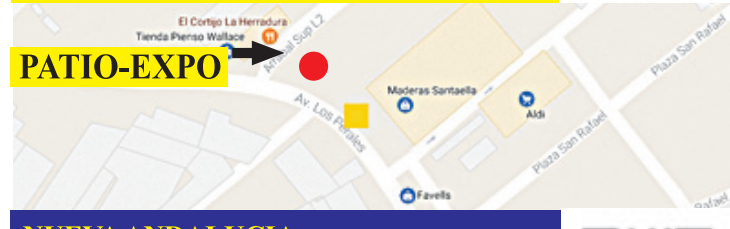
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 Tel: 607 560 288 • Grados (D.D°) 36.5040, -4.9802  
**Nº2 Fuengirola, Camino Viejo de Coin, 70**  
 Tel: 952 469 630 • Grados (D.D°) 36.539741, -4.648466  
**Nº3 Cancelada, Sun Beach Urb. Costalita**  
 Tel: 952 928 774 • Grados (D.D°) 36.459733, -5.049392  
**Nº4 El Pirata, between Cancelada-Estepona**  
 Tel: 952 801 900 • Grados (D.D°) 36.453364, -5.073027





GOOD NEWS FOR YOUR CAR 902 123 309



## 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  | Fake or Fortune            |
| 3:15pm  | Money for Nothing          |
| 4:15pm  | Escape to the Country      |
| 5:00pm  | Songs of Praise            |
| 5:35pm  | Toy Story 2                |
| 7:05pm  | BBC News                   |
| 7:20pm  | Regional News              |
| 7:25pm  | Weather                    |
| 7:30pm  | Countryfile                |
| 8:30pm  | Diana                      |
| 10:05pm | Strike                     |
| 11:05pm | BBC News                   |
| 11:25pm | Regional News              |
| 11:30pm | Weather                    |
| 11:35pm | Match of the Day 2         |
| 12:35am | Live at the Apollo         |
| 1:20am  | Weather for the Week Ahead |
| 1:25am  | BBC News                   |

## BBC TWO

|         |   |
|---------|---|
| 7:15am  | The Instant Gardener                                    |
| 8:00am  | Garden Rescue   |
| 8:45am  | Gardeners' World  |
| 9:45am  | The Beechgrove Garden                                   |
|         | <i>Scotland's favourite gardening programme.</i>        |
| 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   |
| 2:45pm  | Triathlon World Series                                  |
| 4:30pm  | Equestrian  |
| 7:00pm  | Tribes, Predators and Me                                |
| 8:00pm  | Gordon Buchanan: Elephant Family and Me                 |
| 9:00pm  | Dragons' Den  |
| 10:00pm | Astronauts: Do You Have What it Takes?                  |
| 11:00pm | Ill Behaviour   |
| 12:00am | Ides of March   |

## BBC FOUR

|         |  |
|---------|--|
| 8:00pm  | BBC Proms 2017   |
| 10:00pm | Gluck  |
|         | <i>The untold story of Britain's cross-dressing high society painter. Gluck was one of the British Establishment's go-to portrait painters of the 1930s.</i> |
| 11:00pm | Metal at the BBC   |
| 11:30pm | Muse at Reading Festival 2017  |
|         | <i>Huw Stephens introduces the headline set from a band hailed as one of the best live acts in the world, masters of stadium rock, Muse.</i>                 |
| 1:00am  | Queen: From Rags to Rhapsody   |
| 2:00am  | Jeff Lynne's ELO in Concert  |
| 3:00am  | Metal at the BBC   |
| 3:30am  | Gluck  |

## CHANNEL 4

|         |   |
|---------|---|
| 7:00am  | Para Triathlon: Superhero Tri                   |
| 8:00am  | Everybody Loves Raymond                         |
| 8:25am  | Everybody Loves Raymond                         |
| 8:55am  | Frasier   |
| 9:25am  | Frasier   |
| 10:00am | Sunday Brunch                                   |
| 1:00pm  | Formula 1                                       |
| 1:35pm  | Formula 1                                       |
|         | <i>Belgium Grand Prix Live.</i>                 |
| 4:10pm  | Formula 1                                       |
| 5:00pm  | The Crystal Maze                                |
| 6:00pm  | Channel 4 News                                  |
| 6:30pm  | The World's Greatest Kids' Films                |
| 8:00pm  | Amazing Spaces                                  |
|         | Shed of the Year                                |
| 9:00pm  | From Russia to Iran: Crossing the Wild Frontier |
| 10:00pm | Taken 3   |
| 12:15am | The Wolf of Wall Street                         |
| 3:30am  | Speed with Guy Martin                           |
| 4:55am  | Gillette World Sport                            |
| 5:25am  | KOTV Boxing Weekly                              |
| 5:50am  | Mobil 1 The Grid                                |

## CHANNEL 5

|         |   |
|---------|---|
| 7:00am  | Milkshake!  |
|         | <i>Programming aimed at children aged two to seven years old.</i> |
| 11:10am | Teenage Mutant Ninja Turtles                                      |
| 11:40am | Football on 5   |
| 12:30pm | Football on 5   |
| 1:00pm  | Toddlers Make You Laugh Out Loud                                  |
| 2:00pm  | Puppies Make You Laugh Out Loud                                   |
| 3:00pm  | Cats Make You Laugh Out Loud 3                                    |
| 4:00pm  | Traffic Cops  |
| 5:00pm  | Traffic Cops  |
| 6:00pm  | Traffic Cops  |
| 7:00pm  | Traffic Cops  |
| 8:00pm  | Cricket on 5  |
| 9:00pm  | Can't Pay? We'll Take it Away!                                    |
| 9:55pm  | 5 News  |
|         | <i>The latest news coverage.</i>                                  |
| 10:00pm | Funny Women   |
| 11:30pm | Sue Perkins' Comedy Greats: The Entertainers                      |
| 1:20am  | Named and Shamed  |
| 2:10am  | Super Casino  |
| 4:10am  | Delete  |

## 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  | Don't Tell the Bride      |
| 2:00pm  | Streetmate                |
| 2:35pm  | Streetmate                |
| 3:05pm  | Muppet Treasure Island    |
| 5:05pm  | The Goldbergs             |
| 5:35pm  | The Goldbergs             |
| 6:00pm  | The Big Bang Theory       |
| 6:30pm  | The Big Bang Theory       |
| 7:00pm  | The Big Bang Theory       |
| 7:30pm  | The Big Bang Theory       |
| 8:00pm  | The Big Bang Theory       |
| 8:30pm  | The Big Bang Theory       |
| 9:00pm  | The Big Bang Theory       |
| 9:30pm  | The Big Bang Theory       |
| 10:00pm | Predators                 |
| 12:05am | Tattoo Fixers on Holiday  |
| 1:10am  | Don't Tell the Bride      |
| 2:15am  | Body Fixers               |
| 3:20am  | Gogglebox                 |
| 4:15am  | Rude Tube                 |
| 4:40am  | Hollyoaks Omnibus         |

## sky sports main event

|         |  |
|---------|--|
| 7:00am  | Through the Night  |
| 8:00am  | Total Goals  |
|         | <i>Enjoy all the goals from the Sky Bet Championship and beyond.</i>                     |
| 9:00am  | Total Goals  |
| 10:00am | Cricket Writers on TV  |
| 11:00am | Cricket  |
|         | <i>Day three of the second Test between England and West Indies at Headingley.</i>       |
| 1:30pm  | Live Belgian GP: Race  |
|         | <i>The 2017 Belgian Grand Prix, held at Circuit de Spa-Francorchamps.</i>                |
| 4:30pm  | Live Nissan Super Sunday   |
|         | <i>Liverpool v Arsenal.</i>  |
| 8:00pm  | Live PGA Tour Golf   |
|         | <i>Day four of the Northern Trust from the Glen Oaks Club in Old Westbury, New York.</i> |
| 12:00am | Through the Night  |
| 1:00am  | Through the Night  |
| 2:00am  | Through the Night  |
| 3:00am  | Through the Night  |

## itv

|         |  |
|---------|--|
| 7:00am  | CITV                                     |
| 9:25am  | ITV News                                 |
| 9:30am  | Weekend                                  |
| 10:25am | K-9                                      |
| 12:15pm | Love Your Garden                         |
| 1:15pm  | ITV News and Weather                     |
| 1:25pm  | James Martin's French Adventure          |
| 1:55pm  | Joanna Lumley's Postcards                |
| 2:25pm  | Catchphrase                              |
| 3:10pm  | Long Lost Family                         |
| 4:10pm  | Bear Gryll's Survival School             |
| 4:40pm  | Superman                                 |
| 7:30pm  | Local News and Weather                   |
| 7:40pm  | ITV News and Weather                     |
| 8:00pm  | Possibly...The Best Adverts in the World |
| 10:05pm | Victoria                                 |
| 11:10pm | ITV News and Weather                     |
| 11:20pm | Judge Rinder's Crime Stories             |
| 12:20am | Five Gold Rings                          |
| 1:15am  | Jackpot247                               |
| 4:00am  | Motorsport UK                            |

## itv2

|         |  |
|---------|--|
| 7:00am  | Totally Bonkers Guinness World Records |
| 7:20am  | Mr. Bean                               |
| 7:50am  | Emmerdale Omnibus                      |
| 10:35am | Coronation Street Omnibus              |
| 1:00pm  | Ninja Warrior                          |
| 2:00pm  | Mr. Bean                               |
| 2:35pm  | Mr. Bean                               |
| 3:05pm  | You've Been Framed Gold!               |
| 3:40pm  | Totally You've Been Framed!            |
| 4:40pm  | Around the World in Eighty Days        |
| 5:40pm  | FYI Daily                              |
| 5:45pm  | Around the World in Eighty Days        |
| 7:00pm  | Despicable Me                          |
| 8:00pm  | FYI Daily                              |
| 8:05pm  | Despicable Me                          |
| 8:55pm  | Pacific Rim                            |
| 9:55pm  | FYI Daily                              |
| 10:00pm | Pacific Rim                            |
| 11:30pm | Family Guy                             |
| 12:00am | Family Guy                             |
| 12:30am | Family Guy                             |
| 1:00am  | Family Guy                             |
| 1:30am  | American Dad!                          |

## itv3

|         |  |
|---------|--|
| 7:00am  | The Baby and the Battleship            |
| 8:00am  | FYI Daily                              |
| 8:05am  | The Baby and the Battleship            |
| 8:50am  | Heartbeat                              |
| 9:50am  | Heartbeat                              |
| 10:55am | The Darling Buds of May                |
| 12:10pm | Carry on Girls                         |
| 1:10pm  | FYI Daily                              |
| 1:15pm  | Carry on Girls                         |
| 2:00pm  | Foyle's War                            |
|         | <i>Wartime detective drama series.</i> |
| 4:00pm  | The Young Victoria                     |
| 5:00pm  | FYI Daily                              |
| 5:05pm  | The Young Victoria                     |
| 6:15pm  | The Queen                              |
| 7:15pm  | FYI Daily                              |
| 7:20pm  | The Queen                              |
| 8:30pm  | Diana, Our Mother: Her Life and Legacy |
| 10:00pm | Sunday Night at the Palladium          |
| 11:00pm | Law and Order: UK                      |
| 12:00am | Law and Order: UK                      |
| 1:00am  | The English Patient                    |
| 2:00am  | FYI Daily                              |
| 2:05am  | The English Patient                    |

## itv4

|         |  |
|---------|--|
| 7:00am  | The Big Fish Off   |
|         | <i>Sports gameshow pitting two celebrities against each other in a battle to become top fisherman.</i> |
| 8:00am  | Cycling  |
| 9:00am  | World Cup Top Goalscorers  |
| 9:15am  | Pawn Stars   |
| 9:45am  | World Superbike Highlights   |
| 10:45am | British Superbike Highlights   |
| 11:45am | MSA British Touring Car Championship   |
| 6:45pm  | British Touring Car Crashes and Smashes  |
| 7:00pm  | Storage Wars   |
| 7:30pm  | Storage Wars   |
| 8:00pm  | Cycling  |
| 9:00pm  | World Series of Darts  |
| 1:00am  | Clear and Present Danger   |
| 2:00am  | FYI Daily  |
| 2:05am  | Clear and Present Danger   |
| 3:45am  | ITV4 Nightscreen   |

## sky CINEMA ACTION &amp; ADVENTURE

|         |                             |
|---------|-----------------------------|
| 7:30am  | G.I. Joe: The Rise of Cobra |
| 9:40am  | 300                         |
| 11:40am | Jurassic Park               |
| 1:50pm  | Suicide Squad               |
| 3:55pm  | The Great Escape            |
| 6:50pm  | Jurassic Park               |
| 9:00pm  | 300                         |
| 11:00pm | Suicide Squad               |
| 1:05am  | Rocky V                     |
| 2:55am  | Rocky Balboa                |
| 4:40am  | The Blue Max                |

## sky CINEMA COMEDY

|         |                           |
|---------|---------------------------|
| 7:25am  | Robin Hood: Men in Tights |
| 9:20am  | Ghostbusters: Special     |
| 9:50am  | Police Academy            |
| 11:35am | Date Night                |
| 1:15pm  | Bridget Jones's Baby      |
| 3:30pm  | Ghostbusters: Special     |
| 4:00pm  | Bad Neighbours 2          |
| 5:40pm  | Sausage Party             |
| 7:20pm  | Date Night                |
| 9:00pm  | Bridget Jones's Baby      |
| 11:10pm | Bad Neighbours 2          |
| 12:50am | Sausage Party             |
| 2:30am  | Grimsby                   |

## sky CINEMA PREMIERE

|         |   |
|---------|---|
| 7:00am  | Kill Me Three Times   |
| 8:35am  | Kubo and the Two Strings  |
| 10:20am | Trolls  |
| 11:55am | Allied  |
| 2:05pm  | Ouija: Origin of Evil   |
|         | <i>When a Ouija board is introduced to a scam seance act it does far more than spice up a stale routine.</i>      |
| 3:50pm  | Kubo and the Two Strings  |
| 5:35pm  | Keeping up with the Joneses   |
| 7:25pm  | Trolls  |
|         | <i>A pair of fuzzy-headed trolls embark on a daring rescue mission when members of their tribe are kidnapped.</i> |
| 9:00pm  | Allied  |
| 11:10pm | Ouija: Origin of Evil   |
| 1:00am  | The Veil  |
| 2:40am  | Keeping up with the Joneses   |
| 4:35am  | The Confirmation  |

## sky sports football

|         |                                      |
|---------|--------------------------------------|
| 10:00am | EFL Goals: League One and League Two |
| 10:30am | The Sunday Supplement                |
| 12:00pm | EFL Goals: Championship              |
| 12:30pm | EFL Goals: League One and League Two |
| 1:00pm  | La Liga Highlights: Barcelona        |
| 1:15pm  | Football                             |
|         | <i>Dundee v Hibernian.</i>           |
| 3:45pm  | La Liga Highlights: Barcelona        |
| 4:00pm  | Magical Messi                        |
| 5:00pm  | La Liga Highlights: Barcelona        |
| 5:15pm  | 20 Years of El Clasico               |
| 6:00pm  | La Liga Greatest Games               |
| 6:10pm  | Football                             |
|         | <i>Eibar v Athletic Bilbao.</i>      |
| 8:10pm  | Football                             |
|         | <i>Getafe v Sevilla.</i>             |
| 10:10pm | Football                             |
|         | <i>Real Madrid v Valencia.</i>       |
| 12:10am | La Liga Icons                        |



Advertising feature

# Safe bet

IT'S a sobering thought that last summer brought attacks on our doorstep including the tragic Bastille Day in Nice, Istanbul Ataturk Airport and this season we have already experienced the indiscriminate attacks at London Bridge and Manchester, and now Las Ramblas and Cambrils. Our hearts go out to all those effected by these atrocities.

Despite the ongoing threat of these indiscriminate assaults, the consistent theme that binds us together is our determination to carry on enjoying what life has to offer and maintaining our characteristic resilience in the face of adversity.

So for those shortly heading off on their travels, or to see family and friends this summer, how do we protect ourselves against these unsavoury manifestations of today? In truth, nowhere is completely risk free, however, you can review the latest travel advice to make an informed choice about your next destination by checking the Foreign and Commonwealth Office (FCO)



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**Christina Sharp**

**GLOBELINK INTERNATIONAL**

*christina@globelink.co.uk*



website, [www.gov.uk/foreign-travel-advice](http://www.gov.uk/foreign-travel-advice). Earlier this summer the Met Police also issued safety advice in the unlikely event that you are caught up in an incident. Their mantra is 'Run, Hide, Tell.' View their short video by visiting [www.npcc.police.uk](http://www.npcc.police.uk).

On the assumption that you are a savvy traveller and purchase Travel Insurance, make sure your policy provides financial protection in the event of conflict, or terror attacks breaking out where you are booked to travel. Some policies don't provide this

cover, whereas Globelink Comprehensive policies provide essential financial protection as standard.

If you are venturing to the UK this summer, what could be safer than staying in a sea fort, or a castle? My two great tips, if you fancy treating yourself to a luxury hotel getaway are No Mans Fort in the Solent, originally a sea fort, built between 1865 and 1880, it's now been converted into a unique, luxury hotel that you reach by boat.

Or Thornbury Castle in the Cotswolds, England's only Tudor Castle Hotel constructed 500 years ago with previous guests including Henry VIII, Anne Boleyn and Mary I. Both offer a truly luxury, unique experience where you can get away from it all.

Finally, thanks for the great Travel Tips

you have emailed Globelink already! Our favourites:

- Rhonda Kimberley: Pour a few drops of tea tree oil on to a cotton hankie and inhale from time to time to ward off germs (especially useful on a long haul flight with recycled air and the risk of infection).

- Sally Phillips: Always carry a couple of days worth of your prescription medication in your hand luggage, just in case your luggage goes astray.

*Email your Top Travel Tips to: [globelink@globelink.co.uk](mailto:globelink@globelink.co.uk)*

*Globelink Travel Insurance: for people living in the EU. Trusted for 20 years by our customers. Get an instant quote and secure cover with [www.globelink.co.uk](http://www.globelink.co.uk), or call or our Spanish link line +966 265 000.*



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**GOOD NEWS FOR YOUR CAR 902 123 309**



**BBC one**

|         |                                     |
|---------|-------------------------------------|
| 10:45am | Homes Under the Hammer              |
| 11:45am | Britain's Home Truths               |
| 12:30pm | Close Calls: On Camera              |
| 1:00pm  | Bargain Hunt                        |
| 2:00pm  | BBC News                            |
| 2:20pm  | Regional News                       |
| 2:25pm  | Weather                             |
| 2:30pm  | Red Rock                            |
| 3:10pm  | Impossible                          |
| 3:55pm  | Escape to the Country               |
| 4:30pm  | Garden Rescue                       |
| 5:15pm  | Flog It!                            |
| 6:15pm  | Pointless                           |
| 7:00pm  | BBC News                            |
| 7:20pm  | Regional News                       |
| 7:25pm  | Weather                             |
| 7:30pm  | The Royal Edinburgh Military Tattoo |
| 8:30pm  | Wallace and Gromit: A Close Shave   |
| 9:00pm  | EastEnders                          |
| 9:30pm  | Would I Lie to You?                 |
| 10:00pm | Strike                              |
| 11:00pm | BBC News                            |
| 11:20pm | Regional News                       |
| 11:25pm | Weather                             |
| 11:30pm | Imagine...                          |
| 12:30am | Frankenstein                        |

**BBC TWO**

|         |   |
|---------|---|
| 8:15am  | Bargain Hunt                            |
| 9:00am  | The Big Family Cooking Showdown         |
| 10:00am | Over the Hedge                          |
| 11:15am | Hammy's Boomerang Adventure             |
| 11:20am | Mr Peabody and Sherman                  |
| 12:45pm | Jungle Animal Hospital: Natural World   |
| 1:45pm  | Athletics                               |
| 2:30pm  | Talking Pictures                        |
| 3:15pm  | The Long Ships                          |
| 5:15pm  | Planet Earth                            |
| 6:15pm  | Put Your Money Where Your Mouth Is      |
| 7:00pm  | Eggheads                                |
| 7:30pm  | Royal Recipes                           |
| 8:00pm  | Gordon Buchanan: Elephant Family and Me |
| 9:00pm  | University Challenge                    |
| 9:30pm  | Nadiya's British Food Adventure         |
| 10:00pm | Dangerous Borders                       |
| 11:00pm | Normal for Norfolk                      |
| 11:30pm | Midnight's Children                     |
| 1:45am  | Astronauts: Do You Have What it Takes?  |

**BBC FOUR**

|         |   |
|---------|---|
| 8:00pm  | World News Today  |
| 8:30pm  | World War I at Home   |
| 9:00pm  | Chris Jackson follows a community project creating a unique picture of the impact of conflict on those living and working on Tyneside with rarely-seen footage. |
| 9:00pm  | Scotland's War at Sea   |
| 10:00pm | The Normans   |
| 11:00pm | Blood and Gold: The Making of Spain with Simon Sebag Montefiore   |
| 12:00am | Storyville  |
| 1:30am  | Fabric of Britain   |

**CHANNEL 4**

|         |                                       |
|---------|---------------------------------------|
| 7:15am  | Kirstie's Vintage Gems                |
| 7:25am  | Will and Grace                        |
| 8:10am  | Everybody Loves Raymond               |
| 9:00am  | Frasier                               |
| 9:55am  | The Big Bang Theory                   |
| 11:15am | Step Up 4: Miami Heat                 |
| 1:05pm  | The Simpsons                          |
| 2:05pm  | French Collection                     |
| 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                        |
| 8:30pm  | Dispatches                            |
| 9:00pm  | Jamie's Quick and Easy Food           |
| 9:30pm  | Superfoods: The Real Story            |
| 10:00pm | 999: What's Your Emergency?           |
| 11:00pm | The Secret Life of the Holiday Resort |
| 12:05am | Naked Attraction                      |
| 1:00am  | Random Acts                           |

**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 | Home and Away                           |
| 12:45pm | Neighbours                              |
| 1:15pm  | 5 News                                  |
| 1:20pm  | Rio Lobo                                |
| 3:35pm  | The Searchers                           |
| 6:00pm  | Home and Away                           |
| 6:30pm  | Neighbours                              |
| 7:00pm  | Ultimate Strongman: Battle of Britain   |
| 7:55pm  | 5 News                                  |
| 8:00pm  | Cricket on 5                            |
| 9:00pm  | All New Traffic Cops                    |
| 10:00pm | In Solitary: The Anti-Social Experiment |
| 11:30pm | When Live TV Goes Horribly Wrong        |
| 2:15am  | Super Casino                            |

**4**

|         |                       |
|---------|-----------------------|
| 7:00am  | Hollyoaks             |
| 7:30am  | Coach Trip            |
| 8:00am  | Made in Chelsea       |
| 9:00am  | Melissa and Joey      |
| 9:30am  | Melissa and Joey      |
| 10:00am | Black-Ish             |
| 10:30am | Black-Ish             |
| 11:00am | Baby Daddy            |
| 11:30am | Baby Daddy            |
| 12:00pm | How I Met Your Mother |
| 12:30pm | How I Met Your Mother |
| 1:00pm  | The Goldbergs         |
| 1:30pm  | The Goldbergs         |
| 2:00pm  | The Big Bang Theory   |
| 2:30pm  | The Big Bang Theory   |
| 3:00pm  | 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  | Rio                   |
| 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 | Celebrity First Dates |
| 12:05am | The Big Bang Theory   |

**sky sports main event**

|         |                          |
|---------|--------------------------|
| 7:00am  | Through the Night        |
| 8:00am  | Good Morning Sports Fans |
| 8:30am  | Good Morning Sports Fans |
| 9:00am  | Good Morning Sports Fans |
| 9:30am  | Good Morning Sports Fans |
| 10:00am | Good Morning Sports Fans |
| 11:00am | Premier League Daily     |
| 11:30am | Cricket                  |
| 8:00pm  | Transfer Centre          |
| 8:30pm  | Sky Sports Tonight       |
| 9:00pm  | Sky Sports Tonight       |
| 10:00pm | Sky Sports Tonight       |
| 11:00pm | The Debate - Live        |
| 12:00am | Through the Night        |
| 1:00am  | Through the Night        |
| 2:00am  | Live WWE Late Night Raw  |
| 5:15am  | 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                                |
| 2:45pm  | ITV Lunchtime News                         |
| 3:00pm  | Judge Rinder                               |
| 4:00pm  | Dickinson's Real Deal                      |
| 5:00pm  | Tipping Point                              |
| 6:00pm  | Cash Trapped                               |
| 7:00pm  | Best Walks with a View with Julia Bradbury |
| 7:25pm  | Local News and Weather                     |
| 7:40pm  | ITV Evening News                           |
| 8:00pm  | Emmerdale                                  |
| 8:30pm  | Coronation Street                          |
| 9:00pm  | Countrywise                                |
| 9:30pm  | Coronation Street                          |
| 10:00pm | Fp: The Theory of Everything               |
| 12:20am | ITV News and Weather                       |
| 12:40am | Britain's Busiest Motorway                 |

**itv2**

|         |   |
|---------|---|
| 7:00am  | Totally Bonkers Guinness World Records Bonkingly Big Hits |
| 7:50am  | The Cube  |
| 8:35am  | Emmerdale   |
| 9:05am  | Coronation Street   |
| 9:35am  | Coronation Street   |
| 10:05am | You've Been Framed Gold! Kids Special                     |
| 11:05am | Space Chimps  |
| 12:05pm | FYI Daily   |
| 12:10pm | Space Chimps  |
| 12:50pm | Emmerdale   |
| 1:20pm  | Coronation Street   |
| 1:50pm  | Coronation Street   |
| 2:20pm  | Catchphrase   |
| 3:20pm  | The Jeremy Kyle Show                                      |
| 6:40pm  | Best of You've Been Framed Gold!                          |
| 7:45pm  | Charlie and the Chocolate Factory                         |
| 8:45pm  | FYI Daily   |
| 8:50pm  | Charlie and the Chocolate Factory                         |
| 10:00pm | Family Guy  |
| 10:30pm | 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              |
| 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       |
| 12:00am | The Street              |

**itv4**

|         |                           |
|---------|---------------------------|
| 7:00am  | The Chase                 |
| 7:50am  | Storage Wars Texas        |
| 8:10am  | The Darts Show            |
| 8:40am  | The Saint                 |
| 9:40am  | Ironsides                 |
| 10:45am | Quincy, M.E.              |
| 11:45am | Minder                    |
| 12:50pm | The Professionals         |
| 1:50pm  | Cycling                   |
| 2:50pm  | Every Which Way But Loose |
| 3:55pm  | FYI Daily                 |
| 4:00pm  | Every Which Way But Loose |
| 5:05pm  | Superman                  |
| 6:20pm  | FYI Daily                 |
| 6:25pm  | Superman                  |
| 8:00pm  | Pawn Stars                |
| 8:30pm  | Pawn Stars                |
| 9:00pm  | River Monsters            |
| 10:00pm | Car Crash Global          |
| 11:00pm | Patriot Games             |
| 12:05am | FYI Daily                 |
| 12:10am | Patriot Games             |
| 1:25am  | Motorsport UK             |
| 2:25am  | The Professionals         |
| 3:20am  | Tommy Cooper              |
| 3:45am  | ITV4 Nightscreen          |
| 4:00am  | Teleshopping              |

**sky CINEMA ACTION & ADVENTURE**

|         |                             |
|---------|-----------------------------|
| 7:20am  | Jack Reacher: Never Go Back |
| 9:25am  | Captain America: Civil War  |
| 12:00pm | X-Men: Apocalypse           |
| 2:30pm  | Braveheart                  |
| 5:30pm  | Captain America: Civil War  |
| 8:00pm  | Jack Reacher: Never Go Back |
| 10:00pm | X-Men: Apocalypse           |
| 12:30am | xXx2: The Next Level        |

**sky CINEMA COMEDY**

|         |   |
|---------|---|
| 7:20am  | Drillbit Taylor                             |
| 9:10am  | Talladega Nights: The Ballad of Ricky Bobby |
| 11:15am | Popstar: Never Stop Never Stopping          |
| 12:50pm | Bridesmaids                                 |
| 3:00pm  | Knocked Up                                  |
| 5:15pm  | Superbad                                    |
| 7:15pm  | Walk Hard: The Dewey Cox Story              |
| 9:00pm  | Popstar: Never Stop Never Stopping          |
| 10:35pm | Bridesmaids                                 |
| 12:50am | Knocked Up                                  |

**sky CINEMA PREMIERE**

|         |                          |
|---------|--------------------------|
| 7:00am  | Ibiza Undead             |
| 8:55am  | Kubo and the Two Strings |
| 10:40am | Trolls                   |
| 12:15pm | Blinky Bill              |
| 1:50pm  | Allied                   |
| 4:00pm  | Ouija: Origin of Evil    |
| 5:45pm  | Trolls                   |
| 7:25pm  | Blinky Bill              |
| 9:00pm  | Allied                   |
| 11:10pm | Ouija: Origin of Evil    |
| 1:00am  | The Veil                 |
| 2:40am  | The Confirmation         |
| 4:40am  | The Top Ten Show 2017    |
| 5:00am  | Kubo and the Two Strings |

**sky sports football**

|         |                                 |
|---------|---------------------------------|
| 3:30pm  | La Liga Icons                   |
| 4:00pm  | Football's Greatest             |
| 5:00pm  | La Liga Highlights: Real Madrid |
| 5:15pm  | La Liga Highlights: Barcelona   |
| 5:30pm  | SPFL Greatest Games             |
| 5:45pm  | La Liga Greatest Games          |
| 6:00pm  | Football Years                  |
| 6:30pm  | Football Countdowns             |
| 7:00pm  | La Liga Highlights: Real Madrid |
| 7:15pm  | La Liga Highlights: Barcelona   |
| 7:30pm  | SPFL Greatest Games             |
| 7:45pm  | La Liga Greatest Games          |
| 8:00pm  | Soccer A.M.                     |
| 8:30pm  | Football Years                  |
| 9:00pm  | WCQ Round Up: Matchday          |
| 10:00pm | Soccer A.M.                     |
| 10:30pm | Football Years                  |
| 11:00pm | SPFL Round Up 2017/18           |
| 11:15pm | SPFL Greatest Games             |
| 11:30pm | MLS Round Up Show               |
| 12:00am | Soccer A.M.                     |





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**BBC one**

|         |   |
|---------|---|
| 7:00am  | Breakfast   |
| 10:15am | Countryfile Summer Diaries  |
| 11:00am | Homes Under the Hammer<br><i>Property experts visit three properties before they go up for auction.</i> |
| 12:00pm | Britain's Home Truths   |
| 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  |
| 11:30pm | Regional News   |
| 11:40pm | Weather   |
| 11:45pm | New Tricks  |
| 12:45am | Ambulance   |

**BBC TWO**

|         |  |
|---------|--|
| 7:00am  | Flog It!   |
| 7:30am  | Countryfile Summer Diaries   |
| 8:15am  | Britain's Home Truths  |
| 9:00am  | The Farmers' Country Showdown  |
| 9:30am  | Great British Menu   |
| 10:00am | Victoria Derbyshire  |
| 12:00pm | BBC Newsroom Live<br><i>Stay up to date on the day's top stories, with the latest breaking news as it happens.</i> |
| 2:00pm  | Badminton World Championships Highlights.  |
| 3:00pm  | Bedtime Stories  |
| 4:30pm  | Coast  |
| 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 | Horizon  |
| 11:00pm | Quacks   |
| 11:30pm | Newsnight  |
| 12:10am | Weather  |
| 12:15am | Dangerous Borders  |

**BBC FOUR**

|         |  |
|---------|--|
| 8:00pm  | World News Today   |
| 8:30pm  | World War I at Home  |
| 9:00pm  | India's Frontier Railways<br><i>Series about the international trains crossing borders in India, Nepal, Bangladesh and Pakistan.</i> |
| 10:00pm | Frank Lloyd Wright   |
| 11:00pm | Inspector Montalbano<br><i>Inspector Montalbano investigates cases in the town of Vigata in Sicily.</i>                              |
| 12:45am | The Brain with David Eagleman<br><i>Dr David Eagleman explores how the brain conjures up the world we take for granted.</i>          |
| 1:45am  | A History of Art in Three Colours  |
| 2:45am  | India's Frontier Railways  |
| 3:45am  | Frank Lloyd Wright   |

**CHANNEL 4**

|         |  |
|---------|--|
| 8:10am  | King of Queens                             |
| 8:35am  | King of Queens                             |
| 9:00am  | Everybody Loves Raymond                    |
| 9:30am  | Everybody Loves Raymond                    |
| 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  | French Collection                          |
| 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  | The Great British Bake Off                 |
| 10:15pm | Celebrity Island with Bear Grylls          |
| 11:20pm | Married to a Celebrity: The Survival Guide |
| 12:25am | Sarah Millican                             |

**CHANNEL 5**

|         |   |
|---------|---|
| 7:00am  | Milkshake!<br><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  | The Hotel Inspector   |
| 2:10pm  | Access  |
| 2:15pm  | Home and Away   |
| 2:45pm  | Neighbours  |
| 3:15pm  | NCIS  |
| 4:15pm  | Til Death Do Us Part  |
| 6:00pm  | 5 News  |
| 6:30pm  | Neighbours  |
| 7:00pm  | Home and Away   |
| 7:30pm  | 5 News  |
| 8:00pm  | Cricket on 5<br><i>Highlights coverage of England's summer season begins on 20th May 2014 on Channel 5.</i> |
| 9:00pm  | The Dog Rescuers with Alan Davies   |
| 10:00pm | Inside Balmoral   |
| 11:00pm | Diana: 7 Days That Shook the Windsors   |
| 1:00am  | MotoGP  |
| 2:00am  | Super Casino  |
| 4:10am  | Celeb Trolls: We're Coming to Get You   |

**4**

|         |                          |
|---------|--------------------------|
| 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 | Predators                |
| 2:05am  | Tattoo Fixers on Holiday |

**sky sports main event**

|         |  |
|---------|--|
| 7:00am  | Good Morning Sports Fans   |
| 7:30am  | Good Morning Sports Fans   |
| 8:00am  | Good Morning Sports Fans   |
| 8:30am  | Good Morning Sports Fans   |
| 9:00am  | Good Morning Sports Fans   |
| 9:30am  | Good Morning Sports Fans   |
| 10:00am | Good Morning Sports Fans   |
| 11:00am | Premier League Daily   |
| 11:30am | Cricket<br><i>Day five of the second Test between England and West Indies at Headingley.</i>                               |
| 7:30pm  | Cricket  |
| 8:00pm  | Transfer Centre<br><i>A comprehensive round-up of the latest transfer news, with live analysis of all the major moves.</i> |
| 8:30pm  | Sky Sports Tonight   |
| 9:00pm  | Sky Sports Tonight   |
| 10:00pm | Sky Sports Tonight   |
| 11:00pm | The Debate - Live  |
| 12:00am | Through the Night  |
| 1:00am  | 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  | Dickinson's Real Deal  |
| 5:00pm  | Tipping Point  |
| 6:00pm  | Cash Trapped   |
| 7:00pm  | Local News and Weather   |
| 7:30pm  | ITV Evening News   |
| 8:00pm  | Emmerdale<br><i>Popular long-running soap opera, set in a Yorkshire village.</i> |
| 8:30pm  | Britain as Seen on ITV   |
| 9:00pm  | Diana  |
| 10:00pm | Manchester: 100 Days After the Attack  |
| 11:00pm | ITV News   |
| 11:40pm | The Brighton Police  |
| 12:40am | Lethal Weapon<br><i>US drama series based on the film franchise.</i>             |
| 1:30am  | Jackpot247   |

**itv2**

|         |  |
|---------|--|
| 11:00am | Totally Bonkers Guinness World Records |
| 11:30am | The Great Indoors                      |
| 12:00pm | The Great Indoors                      |
| 12:25pm | Below Deck                             |
| 12:55pm | You've Been Framed Gold!               |
| 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 Gold!               |
| 7:30pm  | You've Been Framed Gold!               |
| 8:00pm  | You've Been Framed Gold!               |
| 8:30pm  | You've Been Framed Gold!               |
| 9:00pm  | Two and a Half Men                     |
| 9:30pm  | Two and a Half Men                     |
| 10:00pm | Shaun of the Dead                      |
| 11:00pm | FYI Daily                              |
| 11:05pm | Shaun of the Dead                      |
| 12:05am | Family Guy                             |
| 12:35am | Family Guy                             |

**itv3**

|         |  |
|---------|--|
| 7:00am  | Judge Judy   |
| 7:20am  | Judge Judy   |
| 7:40am  | The Royal  |
| 8:40am  | Heartbeat  |
| 9:30am  | Where the Heart is   |
| 10:40am | Judge Judy   |
| 11:05am | Judge Judy   |
| 11:30am | Judge Judy   |
| 11:55am | Rising Damp  |
| 12:30pm | You're Only Young Twice  |
| 1:00pm  | The Darling Buds of May  |
| 2:05pm  | Heartbeat  |
| 3:05pm  | The Royal  |
| 4:10pm  | The Darling Buds of May  |
| 5:15pm  | You're Only Young Twice  |
| 5:50pm  | On the Buses   |
| 6:25pm  | Rising Damp  |
| 6:55pm  | Heartbeat<br><i>Drama, set in the North Yorkshire moors in the 1960's.</i> |
| 8:00pm  | Murder, She Wrote  |
| 9:00pm  | Midsomer Murders   |
| 11:00pm | Law and Order: UK  |
| 12:00am | Cold Blood   |
| 1:35am  | Wycliffe   |
| 2:35am  | Rising Damp  |
| 3:00am  | ITV3 Nightscreen   |
| 3:30am  | Teleshopping   |

**itv4**

|         |   |
|---------|---|
| 7:00am  | The Chase   |
| 7:50am  | The Chase   |
| 8:40am  | Minder<br><i>Modern-day re-imagining on the classic comedy-drama.</i> |
| 9:45am  | The Saint   |
| 10:50am | Cash Cowboys  |
| 11:50am | Pawn Stars  |
| 12:20pm | Pawn Stars  |
| 12:45pm | Minder  |
| 1:50pm  | The Saint   |
| 2:50pm  | Ironsides   |
| 3:55pm  | Quincy, M.E.  |
| 4:55pm  | Minder  |
| 6:00pm  | The Professionals   |
| 7:00pm  | Storage Wars Texas  |
| 7:30pm  | Storage Wars Texas  |
| 8:00pm  | Cycling   |
| 9:00pm  | The Chase: Celebrity Special  |
| 10:00pm | Benidorm  |
| 11:05pm | Another 48 Hrs  |
| 12:05am | FYI Daily   |
| 12:10am | Another 48 Hrs  |
| 1:10am  | River Monsters  |
| 2:15am  | Minder  |
| 3:05am  | Ax Men  |
| 3:55am  | ITV4 Nightscreen  |
| 4:00am  | Teleshopping  |

**sky CINEMA ACTION & ADVENTURE**

|         |                                      |
|---------|--------------------------------------|
| 1:20pm  | Lawrence of Arabia                   |
| 4:55pm  | In the Heart of the Sea              |
| 7:00pm  | The Bourne Supremacy                 |
| 9:00pm  | Mission: Impossible - Ghost Protocol |
| 11:00pm | Inglourious Basterds                 |
| 1:35am  | Lucky Number Slevin                  |
| 3:30am  | Face/Off                             |

**sky CINEMA COMEDY**

|         |   |
|---------|---|
| 7:00am  | Ghostbusters: Special                   |
| 7:30am  | Alien Autopsy                           |
| 9:15am  | Click                                   |
| 11:15am | Big Daddy                               |
| 1:00pm  | Miss Congeniality                       |
| 3:00pm  | Miss Congeniality 2: Armed and Fabulous |
| 5:00pm  | Patch Adams                             |
| 7:00pm  | Couples Retreat                         |
| 9:00pm  | Miss Congeniality                       |
| 11:00pm | Miss Congeniality 2: Armed and Fabulous |
| 1:00am  | Dirty 30                                |
| 2:40am  | Brüno                                   |
| 4:10am  | Meatballs                               |
| 5:50am  | The Grass is Greener                    |

**sky CINEMA PREMIERE**

|         |   |
|---------|---|
| 7:00am  | Kill Me Three Times   |
| 8:45am  | Blinky Bill<br><i>The loveable koala embarks on an epic adventure to find his missing father, teaming up with some pals and venturing into the dangerous Outback.</i> |
| 10:25am | Allied  |
| 12:35pm | Trolls  |
| 2:15pm  | Kill the King   |
| 3:55pm  | Ouija: Origin of Evil   |
| 5:45pm  | Blinky Bill   |
| 7:20pm  | Trolls  |
| 9:00pm  | Allied  |
| 11:10pm | Kill the King<br><i>Deranged lovers Luke Grimes and Emily Browning escape from a mental hospital and head for LA, where they plan to kill Elvis Presley.</i>          |
| 12:45am | Ouija: Origin of Evil   |
| 2:30am  | The Veil  |
| 4:20am  | The Top Ten Show 2017   |
| 4:35am  | The Confirmation  |

**sky sports football**

|         |                           |
|---------|---------------------------|
| 7:45am  | La Liga Greatest Games    |
| 8:00am  | Football Years            |
| 8:30am  | Football Countdowns       |
| 9:00am  | Football's Greatest       |
| 9:30am  | Football's Greatest Teams |
| 10:00am | MLS Round Up Show         |
| 10:30am | SPFL Greatest Games       |
| 10:45am | La Liga Greatest Games    |
| 11:00am | Football                  |
| 1:00pm  | Football                  |
| 3:00pm  | Football                  |
| 5:00pm  | MLS Round Up Show         |
| 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  | MLS Round Up Show         |
| 8:00pm  | MLS Round Up Show         |
| 8:30pm  | Soccer A.M.               |
| 9:00pm  | WCQ Round Up: Matchday    |
| 10:00pm | WCQ Round Up: Matchday    |
| 11:00pm | Revista de la Liga        |
| 11:30pm | La Liga World             |
| 12:00am | Football Years            |



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head



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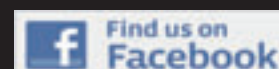
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**BBC one**

|         |                                 |
|---------|---------------------------------|
| 7:00am  | Breakfast                       |
| 10:15am | Countryfile Summer Diaries      |
| 11:00am | Homes Under the Hammer          |
| 12:00pm | Britain's Home Truths           |
| 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  | Fake Britain                    |
| 9:00pm  | Celebrity MasterChef            |
| 10:00pm | The Week the Landlords Moved in |
| 11:00pm | BBC News                        |
| 11:30pm | Regional News                   |
| 11:40pm | Weather                         |
| 11:45pm | A Question of Sport             |
| 12:15am | Live From the BBC               |
| 12:45am | Who Do You Think You Are?       |
| 1:45am  | Weather for the Week Ahead      |

**BBC TWO**

|         |                                    |
|---------|------------------------------------|
| 7:00am  | Flog It!                           |
| 7:30am  | Countryfile Summer Diaries         |
| 8:15am  | Britain's Home Truths              |
| 9:00am  | Scotland's Model Teenager          |
| 9:30am  | Great British Menu                 |
| 10:00am | Victoria Derbyshire                |
| 12:00pm | BBC Newsroom Live                  |
| 2:00pm  | Perfection                         |
| 2:45pm  | The Muppets                        |
| 4:20pm  | Countryfile                        |
| 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  | World's Busiest Cities: Hong Kong  |
| 10:00pm | Mountain Life at the Extreme.      |
| 11:00pm | Live at the Apollo                 |
| 11:30pm | Newsnight                          |
| 12:10am | Weather                            |
| 12:15am | Horizon                            |
| 1:15am  | Who Do You Think You Are?          |
| 2:15am  | Seven Days in Summer               |
| 3:15am  | This is BBC Two                    |

**BBC FOUR**

|         |  |
|---------|--|
| 8:00pm  | World News Today   |
| 8:30pm  | World War I at Home  |
| 9:00pm  | Storm Troupers: The Fight to Forecast the Weather  |
| 10:00pm | Awesome Beauty   |
| 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  | Fabric of Britain <i>Paul Martin presents the surprisingly compelling story of wallpaper.</i>                    |
| 3:00am  | Tales From the National Parks  |
| 4:00am  | Awesome Beauty   |

**CHANNEL 4**

|         |                              |
|---------|------------------------------|
| 7:00am  | Countdown                    |
| 7:45am  | Will and Grace               |
| 8:10am  | King of Queens               |
| 8:35am  | King of Queens               |
| 9:00am  | Everybody Loves Raymond      |
| 9:30am  | Everybody Loves Raymond      |
| 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  | French Collection            |
| 3:10pm  | Countdown                    |
| 4:00pm  | Cheap Cheap Cheap            |
| 5:00pm  | A Place in the 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 | 24 Hours in A and E          |
| 11:00pm | Bring Me Back to Life        |
| 12:00am | 999: What's Your Emergency?  |

**CHANNEL 5**

|         |                                   |
|---------|-----------------------------------|
| 7:00am  | Milkshake!                        |
| 10:15am | The Wright Stuff                  |
| 12:15pm | The Yorkshire Vet                 |
| 1:10pm  | 5 News                            |
| 1:15pm  | The Hotel Inspector               |
| 2:10pm  | Access                            |
| 2:15pm  | Home and Away                     |
| 2:45pm  | Neighbours                        |
| 3:15pm  | NCIS                              |
| 4:15pm  | The Preacher's Mistress           |
| 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         |
| 10:00pm | Can't Pay? We'll Take it Away!    |
| 11:00pm | Nightmare New Builds              |
| 12:00am | The Nightmare Neighbour Next Door |
| 1:00am  | Titanic: Draining the Wreck       |
| 2:00am  | Super Casino                      |
| 4:10am  | Supernatural Nazis                |
| 5:00am  | Witches: A Century of Murder      |
| 5:45am  | House Doctor                      |

**4**

|         |                                 |
|---------|---------------------------------|
| 7:00am  | Hollyoaks                       |
| 7:30am  | Coach Trip                      |
| 8:00am  | Made in Chelsea                 |
| 9:00am  | Melissa and Joey                |
| 9:30am  | Melissa and Joey                |
| 10:00am | Black-Ish                       |
| 10:30am | Black-Ish: Just Christmas, Baby |
| 11:00am | Baby Daddy                      |
| 11:30am | Baby Daddy                      |
| 12:00pm | How I Met Your Mother           |
| 1:00pm  | The Goldbergs                   |
| 1:30pm  | The Goldbergs                   |
| 2:00pm  | The Big Bang Theory             |
| 2:30pm  | The Big Bang Theory             |
| 3:00pm  | Melissa and Joey                |
| 3:30pm  | Melissa and Joey                |
| 4:00pm  | Baby Daddy                      |
| 4:30pm  | Baby Daddy                      |
| 5:00pm  | Black-Ish                       |
| 5:30pm  | Black-Ish                       |
| 6:00pm  | The Goldbergs                   |
| 6:30pm  | The Goldbergs                   |
| 7:00pm  | The Big Bang Theory             |
| 7:30pm  | The Big Bang Theory             |
| 8:00pm  | Hollyoaks                       |
| 8:30pm  | Coach Trip                      |
| 9:00pm  | The Big Bang Theory             |
| 9:30pm  | The Big Bang Theory             |
| 10:00pm | 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  |
| 8:00pm  | Transfer Centre   |
| 8:30pm  | Sky Sports Tonight  |
| 9:00pm  | Sky Sports Tonight  |
| 11:00pm | Sky Sports News at Ten  |
| 12:00am | Through the Night   |
| 4:00am  | Through the Night   |
| 5:00am  | Through the Night <i>A comprehensive review of all the night's football news, plus a look ahead to the morning headlines.</i> |

**itv**

|         |   |
|---------|---|
| 7:00am  | Good Morning Britain  |
| 9:30am  | 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  | Dickinson's Real Deal   |
| 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  | Love Your Home and Garden   |
| 10:00pm | Long Lost Family  |
| 11:00pm | ITV News  |
| 11:40pm | The Brighton Police   |
| 12:40am | River Monsters  |
| 1:35am  | Jackpot247 <i>Join the presenters live and play roulette on your telly.</i> |
| 4:00am  | May the Best House Win  |
| 4:50am  | Nightscreen   |

**itv2**

|         |                                       |
|---------|---------------------------------------|
| 8:00am  | Below Deck                            |
| 8:20am  | The Ellen DeGeneres Show              |
| 9:00am  | Emmerdale                             |
| 9:30am  | The Cube                              |
| 10:30am | You've Been Framed Gold!              |
| 11:00am | Totally Bonkers                       |
| 11:30am | The Guinness World Records            |
| 12:25pm | Below Deck                            |
| 1:20pm  | Emmerdale                             |
| 1:55pm  | You've Been Framed Gold! Top 100 Kids |
| 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 Gold!              |
| 9:00pm  | Two and a Half Men                    |
| 10:00pm | The 40 Year Old Virgin                |
| 11:00pm | FYI Daily                             |
| 11:05pm | The 40 Year Old Virgin                |
| 12:20am | Family Guy                            |
| 12:50am | Family Guy                            |
| 1:20am  | American Dad!                         |

**itv3**

|         |                            |
|---------|----------------------------|
| 7:00am  | Judge Judy                 |
| 7:20am  | Judge Judy                 |
| 7:40am  | The Royal                  |
| 8:40am  | Heartbeat                  |
| 9:30am  | Where the Heart is         |
| 10:35am | Judge Judy                 |
| 11:05am | Judge Judy                 |
| 11:30am | 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    |
| 5:55pm  | On the Buses               |
| 6:25pm  | Rising Damp                |
| 6:55pm  | Heartbeat                  |
| 8:00pm  | Murder, She Wrote          |
| 9:00pm  | Lewis                      |
| 11:00pm | Law and Order: UK          |
| 12:00am | Captain Corelli's Mandolin |
| 1:00am  | FYI Daily                  |
| 1:05am  | Captain Corelli's Mandolin |
| 2:30am  | Judge Judy                 |
| 2:50am  | Rising Damp                |
| 3:15am  | ITV3 Nightscreen           |

**itv4**

|         |   |
|---------|---|
| 7:00am  | The Chase   |
| 7:50am  | Storage Wars Texas  |
| 8:10am  | Storage Wars Texas  |
| 8:35am  | The Saint   |
| 9:40am  | Ironsides   |
| 10:45am | Quincy, M.E.  |
| 11:50am | Minder  |
| 12:50pm | The Professionals   |
| 1:55pm  | Cycling   |
| 2:55pm  | Ironsides   |
| 4:00pm  | Quincy, M.E.  |
| 5:00pm  | Minder  |
| 7:00pm  | Storage Wars Texas  |
| 7:30pm  | Storage Wars Texas  |
| 8:00pm  | Cycling   |
| 9:00pm  | Parking Wars  |
| 10:00pm | The Krays   |
| 11:05pm | FYI Daily   |
| 11:10pm | The Krays   |
| 12:25am | Maximum Conviction  |
| 1:30am  | FYI Daily   |
| 1:35am  | Maximum Conviction  |
| 2:35am  | Minder  |
| 3:30am  | Tommy Cooper  |
| 3:55am  | ITV4 Nightscreen  |
| 4:00am  | Teleshopping <i>Innovative, value-for-money products brought directly to you at home.</i> |

**sky CINEMA ACTION & ADVENTURE**

|         |                        |
|---------|------------------------|
| 9:55am  | Hitman                 |
| 11:35am | Mission: Impossible II |
| 1:45pm  | The Magnificent Seven  |
| 4:00pm  | Troy                   |
| 6:50pm  | The Mummy              |
| 9:00pm  | Mission: Impossible II |
| 11:10pm | 300                    |
| 1:10am  | Underworld             |
| 3:15am  | Con Air                |
| 5:15am  | The Magnificent Seven  |

**sky CINEMA COMEDY**

|         |                                  |
|---------|----------------------------------|
| 8:00am  | Rock the Kasbah                  |
| 9:50am  | When Harry Met Sally             |
| 11:35am | Dad's Army                       |
| 1:20pm  | The Top Ten Show 2017            |
| 1:40pm  | Mike and Dave Need Wedding Dates |
| 3:25pm  | Ride Along 2                     |
| 5:15pm  | Barbershop: The Next Cut         |
| 7:15pm  | Dad's Army                       |
| 9:00pm  | Mike and Dave Need Wedding Dates |
| 10:45pm | Ride Along 2                     |
| 12:35am | Barbershop: The Next Cut         |

**sky CINEMA PREMIERE**

|         |   |
|---------|---|
| 7:00am  | Kill the King   |
| 8:35am  | The Veil  |
| 10:15am | Blinky Bill   |
| 11:55am | Trolls  |
| 1:40pm  | Allied  |
| 3:55pm  | Blinky Bill   |
| 5:30pm  | Ouija: Origin of Evil   |
| 7:15pm  | Trolls  |
| 9:00pm  | Allied  |
| 11:10pm | Apprentice  |
| 1:00am  | Ouija: Origin of Evil <i>When a Ouija board is introduced to a scam seance act it does far more than spice up a stale routine.</i>  |
| 2:50am  | Kill the King   |
| 4:30am  | The Top Ten Show 2017   |
| 4:45am  | The Veil <i>The lone survivor of a mass cult suicide returns to the scene of the tragedy with a documentary crew in tow. Supernatural horror with Jessica Alba and Thomas Jane.</i> |

**sky sports football**

|         |                        |
|---------|------------------------|
| 10:45am | La Liga Greatest Games |
| 11:00am | Revista de la Liga     |
| 11:30am | La Liga World          |
| 12:00pm | WCQ Round Up: Matchday |
| 1:00pm  | Revista de la Liga     |
| 1:30pm  | La Liga World          |
| 2:00pm  | WCQ Round Up: Matchday |
| 3:00pm  | Revista de la Liga     |
| 3:30pm  | La Liga World          |
| 4:00pm  | Football's Greatest    |
| 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  | Revista de la Liga     |
| 7:30pm  | La Liga World          |
| 8:00pm  | El Clasico Memories    |
| 8:45pm  | La Liga Archive        |
| 9:00pm  | WCQ Round Up: Matchday |
| 10:00pm | WCQ Round Up: Matchday |
| 11:00pm | Eredivisie Round Up    |
| 12:00am | Revista de la Liga     |
| 12:30am | Football Countdowns    |
| 1:00am  | Eredivisie Round Up    |
| 2:00am  | Revista de la Liga     |



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## Europa Point

■ IN anticipation of the building of new sports and cultural facilities at Europa Point, government workmen have started to clear the tunnels that run underneath the area. By all accounts there is a very large amount of general debris, concrete and bricks to be removed and after recent scandals of fly-tipping in Spain they will need to find a safe site for the rubbish.

## 'Mutt n Jeff'

■ REPRESENTATIVES of the government and the Gibraltar Health Authority joined forces with the local Hearing Loss Association to remind residents of the dangers of hearing loss. Experts were out in force in the Piazza to point out that deafness is not just a problem experienced by the elderly but can be self-inflicted. Loud music and noise at work can cause problems.

## Tasty tuna

■ AFTER having been suspended for a period of time due to the high catch rate, the Blue Fin tuna season returned with a vengeance. According to the *Gibraltar Chronicle*, just 10 fishermen have so far landed 9.3 tons of the fish even though 955 licences were issued by the government. With just over two tons left to be caught, it looks as if the season will finish early.

# Gibraltar observes one minute's silence

By John Smith

THE people of Gibraltar stood side by side with Catalonia in the wake of the recent attacks on Barcelona and Cambrils.

As news emerged of the tragic events, the Chief Minister Fabian Picardo sent messages of solidarity and support to the victims, their families and to the city of Barcelona.

He wrote to the President of the Catalan regional government, Carles Puigdemont, to the mayor of Barcelona, Ada Colau, and to the Spanish Minister of the interior, Juan Zoido, in order to convey the heartfelt condolences of the People of Gibraltar.

Gibraltar stood shoulder to shoulder with Catalonia in observing a one-minute silence as a mark of remembrance and of respect for the victims.

As a mark of respect and of defiance, the flags were lowered on public buildings and the lights on national monuments, the Moorish Castle and



Photo Credit: HM Government of Gibraltar

■ **MINUTE'S SILENCE: Remembering those who died and were injured.**

the north face of the Rock, were switched off in mourning.

The minute's silence was led by Chief Minis-

ter Fabian Picardo, Acting Governor Nick Pyle and Colonel Frank Green, the chief of staff at HQ British Forces Gibraltar.

## Mrs Europe

THE Mrs Europe final was held in Novosibirsk, Russia and the winner was Davinia Baglietto from Gibraltar who was the second princess in the Mrs Gibraltar competition. She arrived home to be met at the airport by a crowd of well-wishers together with her delighted family.

## Power cut

DESPITE the installation of the new power station, many of the sub-stations around Gibraltar are old and a fire in one on Governor's Parade caused power cuts. Part of Main Street was without power for several hours leaving shops, bars and restaurants in the 'dark' until the early evening.

## Smart snap

PERHAPS to the disappointment of those with expensive cameras and years of practice, the winning photograph in the Our Gibraltar competition was taken by Karina Sanchez using a smartphone. Organised as part of the National Day celebrations, the entries can be viewed at the John Mackintosh Hall until September 8.

## Adele at La Sala

BACK in Gibraltar again by popular demand, Nikki Rae is a 27-year-old living in the Costa del Sol who fell in love with music at the age of five when she appeared in her school musical. After taking vocal training and attending stage school she made music her life and her acclaimed Adele tribute evening will be presented at La Sala Gibraltar on the evening of Saturday August 26.

Looking and sounding like Britain's incredibly successful singer, Nikki also takes time to explain the story behind some of Adele's most emblematic performances so that the audience becomes part of the event.

For booking details visit [www.lasalagibraltar.com](http://www.lasalagibraltar.com) or call +350 200 16870.

THE temperature reached a balmy 28 degrees down at Ocean Village last weekend, but that did not deter the enthusiastic sailors from taking part in the RAOB/Ocean Village Charity Cardboard Boat Race.

Minister for Sport Steven Linares and Miss Gibraltar 2017, Jodie Garcia were in attendance with her first and second princesses, Tessa Britto and Sian Dean.

A record 19 boats registered for the race, including six children's entries with clear winners for best boat design being Hawaii Five Uh-Oh a beautiful Hawaiian inspired boat, complete with cardboard shark.

The festivities continued over the two days with other marina activities and rides offered to the public including kayaking, water-zorbing, stand-up paddle boarding, and HM Customs were also on hand providing speed boat rides up



Photo Credit: Ocean Village Gibraltar

■ **CARDBOARD BOAT RACE: And they're off without anyone sinking at the start.**

## A scorcher of a weekend

and down the bay in exchange for charity donations for GBC Open Day.

The final amount raised for char-

ity is still being counted at this time, but it was an extremely busy and exciting two days, enjoyed by adults and children alike.

For those who are wondering, RAOB stands for Royal Antediluvian Order of Buffaloes, a long-established charity.



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## Women's wit

“Carry out a random act of kindness, with no expectation of reward, safe in the knowledge that one day someone might do the same for you.”

*Diana, Princess of Wales*

## Famous quote

“You're only given a little spark of madness. You mustn't lose it.”



*Robin Williams  
Actor and Comedian*

## World of English

“Children should be seen and not heard.”

## MADDOCKS' VIEW ON LIFE



' CIRROCUMULUS - STRATUS - NIMBOSTRATUS - CIRRUS -  
GOOD GAME, GOOD GAME! '

# YOUR STARS

## FOR NEXT 7 DAYS

**AQUARIUS**  
(January 21 - February 19)

Yours is a big ship. You are able to take a lot on board but you don't have to. In this special week, when you see things so clearly, be selective. Allow into your life only that which is valuable and worthwhile. This is not selfishness, it is providing a source of inspiration for the present and the future.

**PISCES**  
(February 20 - March 20)

Your old shoes are comfortable and still have a lot of wear in them but someone is suggesting that you should buy some new shoes and throw the old ones away. They are no longer shiny. They are no longer fashionable. They do, however, provide all that you need.

**ARIES**  
(March 21 - April 20)

That little bit of extra cash has made you realise something. Not everything is as simple as you would wish it to be, and throwing money at a problem will not make it go away entirely. There are some things that you need to come to terms with. It is much easier to incorporate the uneasy into your life if you take a more relaxed attitude.

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

Sometimes, when we are making a journey, it is not the usual route that is best. Something has changed in your sphere and there is a need to adjust to it. There are other options that will bring the same result and maybe even a more convenient one. You will need to do two things. The first is to open your mind to the possibilities.

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

Someone needs to learn to stand on their own two feet. It isn't you, but it's close. Finding a balance between helping and idly standing by while mistakes are made is necessary. It's not easy but it has to be done. You may break into a sweat this week and it won't suit your nerves, but you'll get through.

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

A way opens up before you that can bring wealth. Branching off from that is a path to certain happiness. Which will you take? If having that money means changing your nature (or trying to) is that going to make you happy? On the other hand, if you sidestep the money can you still be happy? Keep things simple. You know where you are.

**LEO**  
(July 24 - August 23)

Are you looking for guidance? Maybe you are thinking that a recent acquaintance will be able to provide it. You ran something by a few friends and they are not so sure.

That is because this is a situation where you need an expert, not a well-wisher. Best not to waste your time and jangle your nerves. Get that expert even if it costs a few pennies.

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

It appears at times that you are in the middle of a play. The lights are on you, the mike's wired, your audience awaits, then nothing. Not that you are lost for words.

You know exactly what to say and do.

What you are wondering is why you are there in the first place. Maybe where you are was not intended.

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

There's a lot of buzzing going on in your head. No, it isn't tinnitus, it's something quite different. You know it's a great time to get ideas and act on them.

However, trying to act on too many at once is causing some confusion. Maybe there's too much going on.

**SCORPIO**  
(October 24 - November 22)

You've been working hard, maybe in the dark some of the time. This week someone shines a torch on your situation and you see exactly where you are. Are you surprised? You shouldn't be.

**SAGITTARIUS**  
(November 23 - December 21)

Getting a creative project started has opened your eyes to many things. Perhaps you question why you did not do it before. The fact is that it doesn't matter. You are where you are right here and not because that was where you were heading. Enjoy the feeling, the praise and the satisfaction.

**CAPRICORN**  
(December 22 - January 20)

Just imagine for one day that you have achieved everything your heart has desired. When you wake up in the morning believe it is so. Feel how your spirits lift and your heart sings. Carry that feeling through the week and beyond. If you believe that you are a success you can be. Why stop when it feels so good?

# Theme parks in Spain

**TOP 5**

### 1. Portaventura, Salou, Costa Dorada

A huge, action-packed, multi-themed park in the popular tourist destination of Salou. Home to a variety of wild rides including Dragon Khan with eight loops and Shambhala with its thrill-inducing drops, the park also boasts a variety of family shows from a wild-west stunt show to the fiery Temple del Fuego experience.

### 2. Terra Mitica, Benidorm, Costa Blanca

A real gem in the heart of the Valencian community. Boasting five different themed areas and an array of rides to suit thrill-seekers and families alike. The giant wooden rollercoaster of Magnus Colossus is sure to provide participants with a windswept grin whilst Titanide now features a virtual reality option.

### 3. Warner Brothers Park, Madrid

Warner Brothers has given the world a host of great entertainment from cartoons to films to comic book franchises so it doesn't get much better than a theme park that celebrates all of this. Hollywood Boulevard, Cartoon Village and Movie World Studios are some of the fun themed sectors to visit as well as DC Super Heroes World.

### 4. Parque de Atracciones, Madrid

One of Spain's oldest theme parks, it has stood



Photo credit: Costa blog.

**VERY BENDY: The eight loops of Dragon Khan, Port Aventura, are something to behold.**

the test of time and still attracts high numbers. Combining thrills with nature, this park has five zones. Naturaleza Zone is home to two famously wet and wild water rides whilst Maquisimo Zone houses the Abismo roller coaster as well as the Tarantula. With the addition of the new Nickolodeon Zone, it promises fun for the entire family.

**5. Tivoli World, Benalmadena, Costa del Sol**  
One of Malaga's top attractions, the Benalmadena-based theme park is a big hit and draws huge crowds from all across the Costa del Sol and beyond. Ideal for families, the park is home to a host of super fun rides including the Torre de Caida Libre with its huge drop as well as the totally spooky Mansion del Terror.

| UK NATIONAL LOTTERY   | IRISH LOTTO   | EURO MILLIONS   |                    | LA PRIMITIVA  | EL GORDO DE LA PRIMITIVA  |
|---|---|---|--------------------|---|---|
|  |  |  |                    |  |  |
| Saturday August 19  | Saturday August 19  | Tuesday August 15   | Friday August 18   | Saturday August 19  | Sunday August 20  |
| (12) (25)   | (3) (12)  | (10) (14)   | (2) (24)           | (2) (17)  | (11) (14)   |
| (39) (46)   | (19) (23)   | (30) (35)   | (39) (42)          | (35) (37)   | (18) (35)   |
| (52) (55)   | (37) (40)   | (46)  | (45)               | (43) (48)   | (50)  |
| <b>BONUS BALL</b>   | <b>BONUS BALL</b>   | <b>LUCKY STARS</b>  | <b>LUCKY STARS</b> | <b>REINTEGRO</b>  | <b>REINTEGRO</b>  |
| (3)   | (31)  | (4) (10)  | (2) (8)            | (34) (7)  | (5)   |

**LOTTERY**



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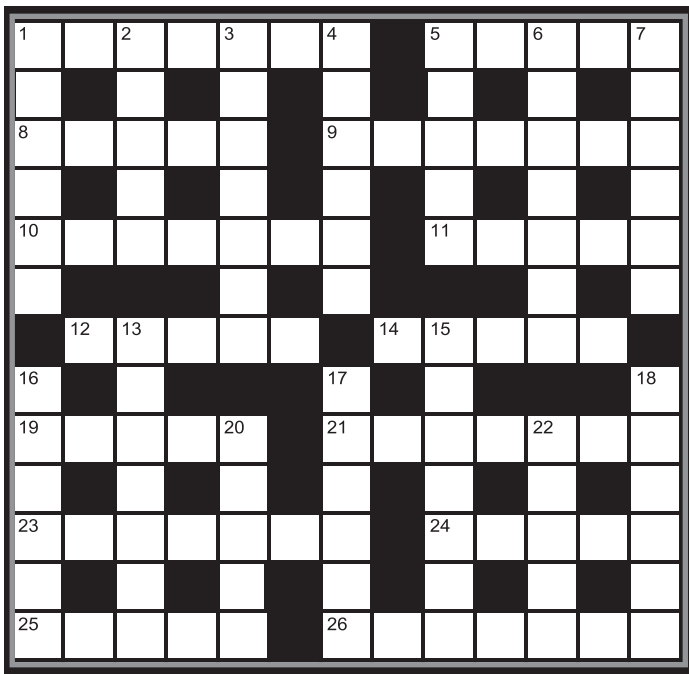
**Cryptic**

**Across**

- 1 Request treatment of colitis (7)
- 5 Wants to be lenient by the sound of it (5)
- 8 The heat in a strange relationship (5)
- 9 Foot part ruined elation (7)
- 10 Nobleman with award for part of listener (7)
- 11 Point ties out on locations (5)
- 12 A fat profit (5)
- 14 Completed before time, it's obvious (5)
- 19 Fiend starts a demonstration (5)
- 21 Becomes aware of a new section (7)
- 23 Has dire trouble being more unsavoury (7)
- 24 Clothing right for a frolic (5)
- 25 Saltpetre is awfully inert (5)
- 26 Princes treated nippers (7)

**Down**

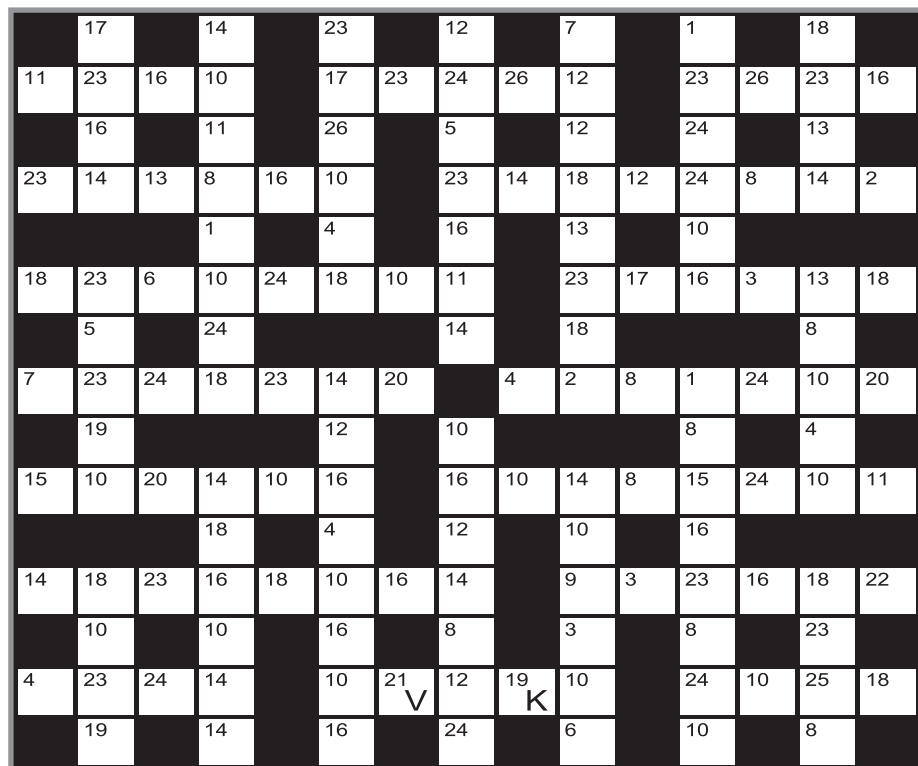
- 1 Some catfish are delicious when cut up (6)
- 2 Drink alcohol a German provides (5)
- 3 Odd trinkets containing uranium (7)
- 4 Show some amusement when a sober chap gets in a row (6)
- 5 Vegetables are running out of water, by the sound of it (5)



- 6 A novel division of a religious community (7)
- 7 Betting the Spanish silence is a sensation (6)
- 13 Runaway sheep and doggy breath (7)
- 15 Wine vessel I am able to find in religious palace (7)
- 16 Inventor backed no side (6)
- 17 Trick intoxicated parent (6)
- 18 Is, is or not exactly an Egyptian god (6)
- 20 The sound in a piano is exhilarating (5)
- 22 Small group of trees policemen reported (5)

**Code Breaker**

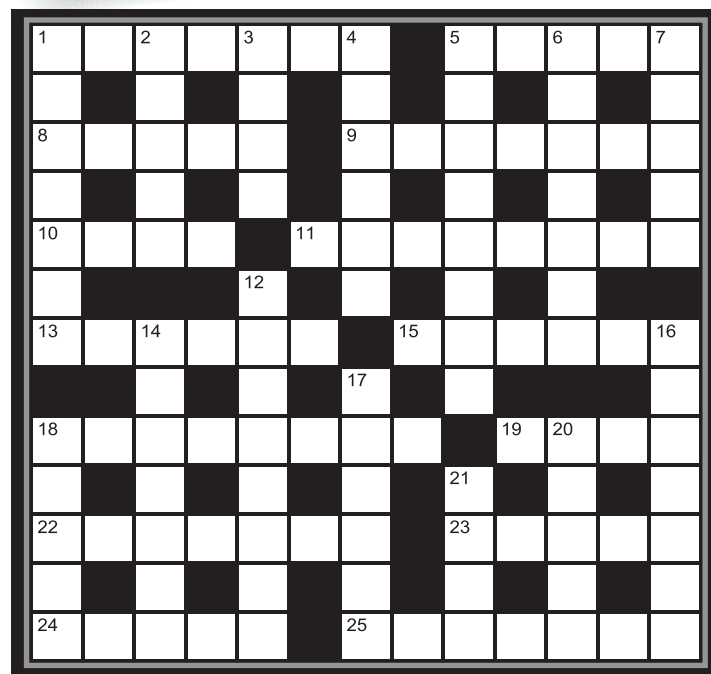
Each number in the Code Breaker grid represents a different letter of the alphabet. In this week's puzzle, 19 represents K and 21 represents V, so fill in K every time the figure 19 appears and V every time the figure 21 appears. Now, using your knowledge of the English language, work out which letters should go in the missing squares. As you discover the letters, fill in other squares with the same number in the main grid and the control grid.



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

LAST WEEK'S SOLUTION FACING PAGE

**Quick**



**Across**

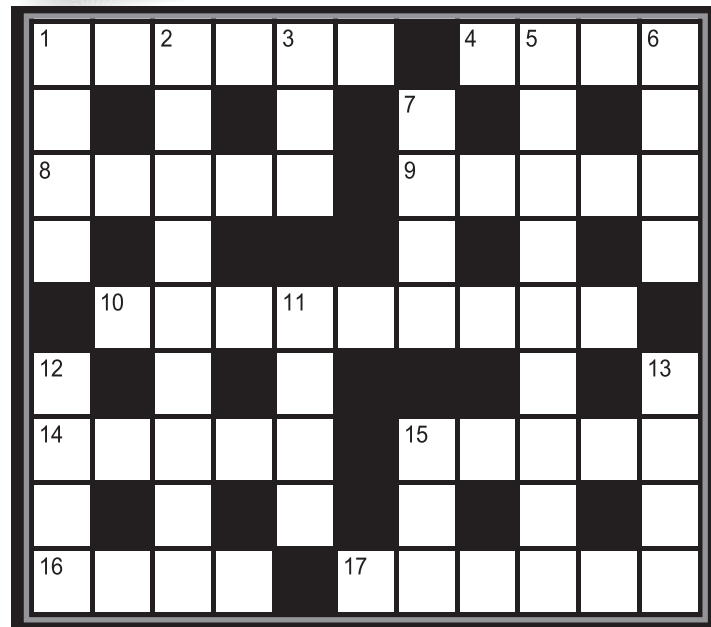
- 1 Wants (7)
- 5 Marine carnivorous fish (5)
- 8 Large seagoing vessels (5)
- 9 Worthless matter (7)
- 10 Long-tailed rodents (4)
- 11 Messages informing of danger (8)
- 13 Repetition of sounds by reflection (6)
- 15 Not in physical motion (6)
- 18 Got temporarily (8)
- 19 Alone (4)
- 22 Tales (7)
- 23 Rows (5)
- 24 Apologetic (5)
- 25 Domestic beasts of burden (7)

**Down**

- 1 Earn (7)
- 2 Garment worn on the upper half of the body (5)
- 3 Repose (4)
- 4 Indicator (6)
- 5 Power (8)
- 6 Opposed to (7)
- 7 Retains (5)
- 12 Speed (8)
- 14 Refuge or shelter (7)
- 16 Selects (7)
- 17 Came to an end (6)
- 18 Foundation (5)
- 20 Snow leopard (5)
- 21 Give a broad smile (4)

**English - Spanish**

The clues are mixed, some clues are in Spanish and some are in English.



**Across**

- 1 Lentamente (6)
- 4 Flower (4)
- 8 Nobody (5)
- 9 Skillful (5)
- 10 To find (9)
- 14 To walk (5)
- 15 Sonrisa (5)

**Down**

- 1 Arena (tierra) (4)
- 2 Computer (9)
- 3 Mentira (embuste) (3)
- 5 Bibliotecario (9)

- 6 Rollo (de tela, papel, cuerda fina, cable fina) (4)
- 7 ¿Qué? (interrogativo) (4)
- 11 Work (4)
- 12 Clavo (de carpintero) (4)
- 13 Eyebrow (4)
- 15 Southern (side, part) (3)

CROSSWORD PAGE

Bank-beating international money transfers

Your money, wherever it's needed, whatever the reason



Great rates



No fees\*

\*Changes may occasionally be applied by a third party bank when transferring the



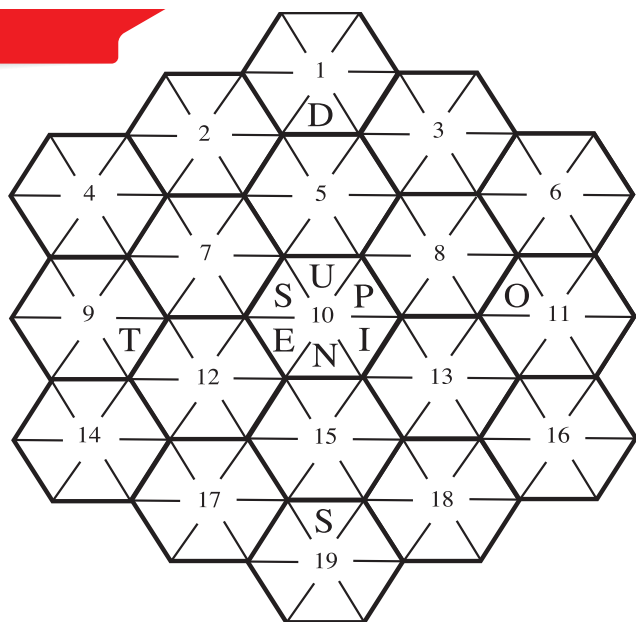
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## Hexagram

- ANOMIE
- ARREST
- ATTIRE
- CENTER
- EARWIG
- GINGER
- GORGON
- INGEST
- LAYOUT
- ODIOUS
- POMPON
- PONDER
- REMEDY
- RUSSET
- SUPINE (10)
- TEEING
- TEETER
- TRAVEL
- WHITEN



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 (**SUPINE**) and one letter in four other cells are given as clues.

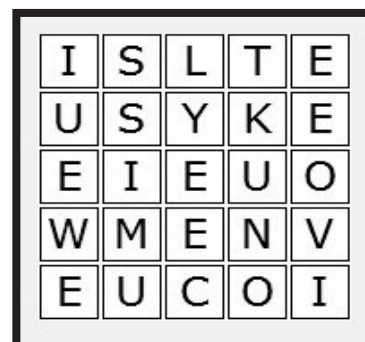
### LAST WEEK'S SOLUTION

- 1 Eyeful 2 Reside 3 Mirage 4 Droopy
- 5 Glossy 6 Carrot 7 Hubris 8 Pillar
- 9 Goober 10 Holdup 11 Apathy
- 12 Upside 13 Redial 14 Retard
- 15 Tissue 16 Homily 17 Grisly 18 Triton
- 19 Linkup.

## 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: 20
- Very good: 28
- Good: 40
- Excellent: 52

### SCORING:

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

### LAST WEEK'S SOLUTION

neep neeps dept depend depends deep  
deepen deepens deeps dens dent dense  
desk desks tens tend tends tense tepee  
tepees tees pend pendent pedes pees pens  
pent pends peen peed peens peek peeks  
skep skeet skied skies skis teen teed teens  
spend sped spent spends speed sent send  
sends sense sept seep seeped seen seed  
seek seeks eked

## Nonagram

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



### TARGET:

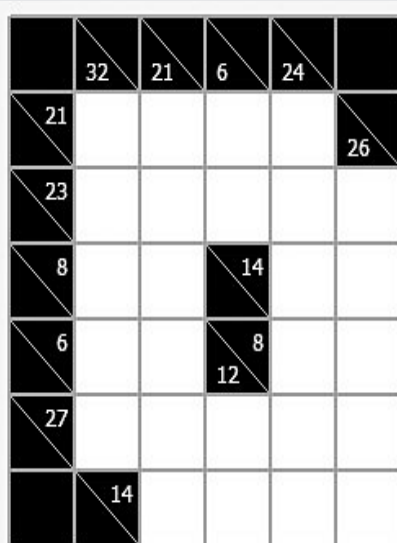
- Average: 6
- Good: 8
- Very good: 12
- Excellent: 16

### LAST WEEK'S SOLUTION

ante anti atop etna into iota neat note onto pant part pate peat pent pert pint pita  
poet port port rant rapt rate rent riot rite root rota rote tape tare tarn taro tarp tear  
tern tier tine tire tiro tone toon tope topi tore tori torn trap trio trip antre aport apter  
atone atrip inapt inept inert inter intro irate niter nitre nitro noter oaten orate paint  
panto paten pater patio peart pinto piton point prate print proto ratio repot taper tapir  
tenor tinea toner toper train trine tripe troop trope aoint enrapt enroot entrap oplate  
option orient ornate pantie parent patron pineta pirate pointe potion pronto protea  
proton ration retain retina tarpon tonier toonie trepan operant oration painter patroon  
pertain pointer portion pronate protean protein repaint tropine atropine OPERATION

## 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 Cesped, 4 Opal, 8 Among,
- 9 Stiff, 10 Llamada, 14 Abeja,
- 15 Cueva, 16 Push, 17 Sprain.

#### Down:

- 1 Claw, 2 Shoulders,
- 3/15 Egg cup, 5 Primavera,
- 6 Left, 7 Isla, 11 Abad,
- 12 Damp, 13 Warn.

### CODE BREAKER

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

### CRYPTIC

#### Across:

- 1 Sabres, 3 Thebes, 8 Orderly, 10 Lions,
- 11 Cheap, 12 Lattice, 13 Revel, 15 Cadet,
- 20 Epitome, 22 Barge, 24 Beard,
- 25 Elegant, 26 Adhere, 27 Watson.

#### Down:

- 1 Scorch, 2 Budge, 4 Helot, 5 Bromide,
- 6 Sister, 7 Cycle, 9 Rupee, 14 Epitaph,
- 16 Amble, 17 Serbia, 18 Newer,
- 19 Merton, 21 Order, 23 Roams.

### QUICK

#### Across:

- 1 Scatter, 5 Cargo, 8 Appeals, 9 Venus,
- 10 Fresh, 11 Soldier, 12 Afford, 14 Single,
- 17 Against, 19 Songs, 22 Thorn,
- 23 Tractor, 24 Dirty, 25 Satisfy.

#### Down:

- 1 Staff, 2 Apple, 3 Teacher, 4 Resist,
- 5 Civil, 6 Running, 7 Observe, 12 Adapted,
- 13 Flavour, 15 Instant, 16 Status,
- 18 Nanny, 20 Notes, 21 Stray.

## App of the week



### LANDMARK

This app allows you to draw graffiti onto the real world, without requiring you to physically paint. The augmented reality app lets you leave a 'tag' wherever you are and using geolocation, leaves the drawing there for you and others to see.



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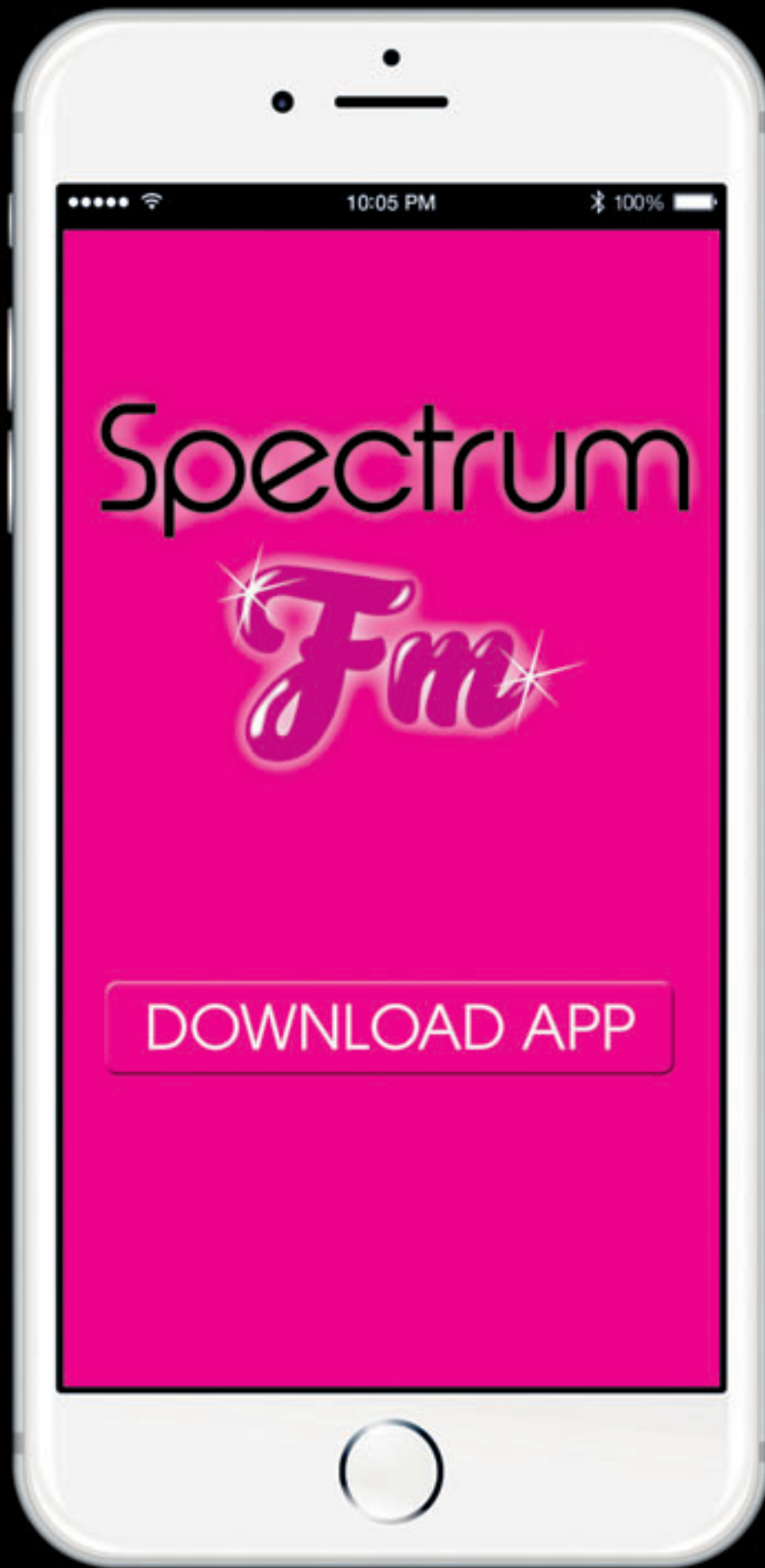
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# Is too much TV affecting your health?

IS binge-watching your favourite TV shows affecting your sleep?

With an increase in the popularity of being able to watch several episodes of TV shows in one go through internet streaming and the likes of Netflix, it can have a negative effect on your health compared to watching TV for shorter periods of time.

Researchers at the University of Michigan in the USA and the Leuven School for Mass Communication Research in Belgium found that binge-viewing can lead to poorer sleep quality and increased insomnia.

They surveyed over 400 adults between the ages of 18 to 25 about their TV habits in the past month to learn about how this affected their sleep quality, insomnia and fatigue.

The study found that 81 per cent had binge-watched and 28 per cent did so more than once and 7 per cent admitted they did it nearly every day. Men were found to do it less but when they did their viewing sessions were al-

most double those of women.

Researchers said that many shows are created to entice the viewer to want to continue watching the next episode and with this, many get absorbed into the show delaying their sleep and affecting their natural sleep pattern.

Other studies have shown that binge-watching can have other numerous effects. Researchers from the University of Queensland found that it led to a lower muscle strength in participants who watched a lot of TV in one go and another study from the University of Toledo found watching two or more hours of television a day was linked to higher levels of depression, anxiety and stress. Researchers at the National Cancer Institute in Michigan said that those who watch more than three-and-a-half hours of television a day are at a higher risk of cancer and heart disease.



**TV SHOWS:**  
Can have a negative effect.

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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.

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## The Beauty Expert



Dr Mario Arques Jiménez.

### Hyaluronic acid is a component in your body

I RECEIVE many consultations regarding hyaluronic acid and its application in the aesthetics industry.

It is fantastic to get rid of wrinkles and other signs of ageing. Hyaluronic acid is produced naturally in our body, specifically in organs, skin tissue and cartilages. As we become older, the substance level drops. It is proven that at the age of 50, we have half the amount we had at birth.

**What are the consequences of the loss of hyaluronic acid?**

Lack of firmness, wrinkles and skin ageing.

As it has the capacity to retain and capture water, it makes it interesting, when used as an aesthetic treatment. Amongst the results achieved when applying hyaluronic acid I emphasise on the following:

- Smoother skin
- Less wrinkles
- To reduce the lines of expression

**Hyaluronic Acid treatments**

This technique has been used since the 90's via injection. Don't be scared, it doesn't hurt. Thanks to hyaluronic acid you will be able to return your skin back to its natural volume. It is perfect to correct the signs of ageing... you will look

and feel younger straight after the first session!

The areas where I recommend to treatment are:

- Contour of the lips
- Around the mouth
- Around the eyes
- Mesotherapy: applied around all the face, as it will irradiate luminosity.

**More about Hyaluronic Acid treatments**

It is essential to know that only specialised doctors are authorised to provide this treatment. Results always depend on the precision in which the acid is injected, as well as the quality of the product and the patient's metabolism.

This treatment is very simple and fast. After the session, you can go home, and continue with life as normal, as no anaesthesia nor surgical procedure is needed.

The effects can be seen immediately due to the substance replacing that one which already existed in our body but has been lost over time.

You might have more sensitivity, irritation or redness following treatment, but this will all subside within days.

Have you decided then when to start your non-invasive treatment and improve the look of your skin?

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

# Stay safe this summer

TANNING is a natural mechanism of skin protection from the sun's harmful rays with sunburns caused by excessive exposure to the ultraviolet (UV) rays. Whilst they may appear to be only a temporary irritation, they can actually cause lifelong damage, due to the 'memory' of the skin.

The American Skin Cancer Foundation says that the most vulnerable are children and those who suffer from blisters caused by sunburn in childhood or adolescence have double the risk and chances of developing melanoma later.

The Spanish Academy of Dermatology and Venerology (AEDV) adds that a person's risk of developing melanoma also doubles if they have five or more burns during their lifetime as melanomas are as-



**SKIN DAMAGE:** Exposure to strong sunlight can cause lasting damage to skin.

sociated with intermittent and very intense exposures to the sun. The AEDV explains that sunburns take place because the 'ultraviolet B' radiation causes a lesion of the epider-

mal cells. This can be in the form of redness or the appearance of blisters, which would be a classed as a second degree burn.

When treating these burns there are a number of tips to advise on the best skin care:

Hydrate both inside and out. Drink plenty of water and

also treat the burn with calming products such as aloe vera and store in the fridge for an even better cooling sensation. In the case of serious burns, a doctor may prescribe something stronger to help reduce inflammation and ease the pain.

Avoid the sun. Following serious sunburn avoid further exposure.

Wear clothes with natural fibres to avoid further irritation to the skin, particularly at bed time when sunburn pain can become more prevalent.

But the AEDV advises prevention is always better than cure and you should always wear a high protection sunscreen and if your cream is lasting the whole summer you are not using enough of it.

## Incentives no good

STRUGGLING to find the motivation to get to the gym? It seems even being paid won't get people to break a sweat every day.

Researchers said that adults who signed up for a new gym membership made just the equivalent of seven extra sessions on the treadmill each year with the promise of financial rewards.

The findings have led the authors of the study at the Case Western Reserve University in Ohio, USA, to conclude that perhaps the best way to get people to go is to leave them alone.

Their findings come after an Australian study warned that going to the gym could give you body dysmorphia with those exposed to muscle-bound bodies in the gym distorting people's body perceptions.

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# Kids' migraines - can be tricky to identify

IT'S not just adults who get migraines - up to 10 per cent of kids get migraines too.

But identifying them and treating them can be tricky.

## Kids' Migraine Symptoms

One of the tricky things about kids is they don't get migraines the same way that adults do. In fact, many kids don't even get head pain with migraine.

- Vomiting or stomach pain
- Car sickness can be associated with migraine
- Episodes of dizziness
- Vomiting for no reason
- Sensitivity to light and noise

- Lethargy
- Disturbed vision
- Head pain will affect the entire head rather than one side.

## How to treat

Rest.

Any physical activity can make the attack much worse. A 15-minute nap (if you can con-



By Estelle Mitchell

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



**Rest and routine are key facts in reducing severity of attacks.**

vince them!) will help as well.

Routine is key - regular light exercise, regular sleep patterns, regular eating to prevent blood sugar dips and peaks - these will all help reduce frequency and severity of attacks.

## Common triggers

- Sleep - too much or too lit-

tle. Regular bedtimes and getting up times can help

- Dehydration - a big one here in hot, sunny Spain
- Diet - just like adults some children have a food trigger
- Lack of food
- Stress - does your child get worse before exams or big events?

## Medication doesn't help

A recent American study looked at whether two common adult medications, amitriptyline and topiramate were effective in children.

There were some rather shocking results:

- Placebo (sugar pills) were nearly 10 per cent more effective.

- The trial had to be stopped due to the severe side effects in some children - fatigue, dry mouth, tingling in their hands or feet. Also suicidal thoughts and severe depression.

In fact, due to this study the FDA are reviewing whether either of these drugs can be considered safe for children.

## Top tips

- Keep a headache diary to identify triggers and patterns
- Watch for early signs of an attack and encourage your child to tell you if they feel 'funny' as quickly as possible so you can help.

• Common misdiagnosis are: eye problems, sinus problems or allergies

- Get a proper review and diagnosis by a specialist.

**If you want more information on treating children or adult migraines check out our website [www.TheBodyworksClinic.com](http://www.TheBodyworksClinic.com), our Facebook page, Bodyworks Health Clinic or call us on 952 883 151**

# Bowel cancer deaths fall

THE number of people dying from bowel cancer in the UK has fallen more than 30 per cent in the last 20 years.

According to new figures from Cancer Research UK in 1995 the disease caused 38 deaths per 100,000 people which fell to 26 deaths per 100,000 people by 2015, with experts believing better treatment is behind the drop along with better awareness and bowel

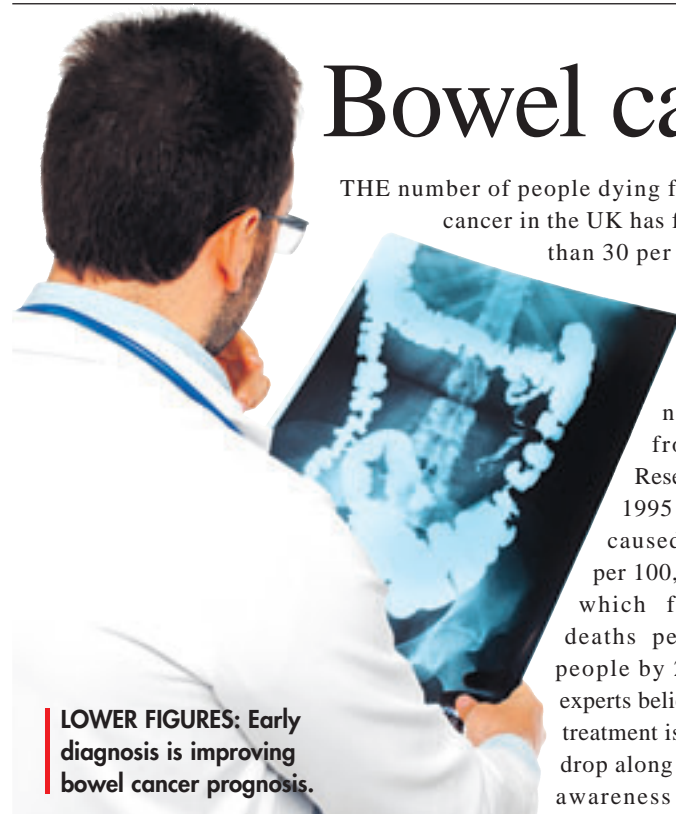
screening with early diagnosis crucial for survival.

However, despite the figures, bowel cancer is still the second most common cause of cancer death in the UK.

Both men and women have an almost equal risk of developing bowel cancer and it usually occurs in those aged over 60. The latest figures show that 8,613 men and 7,152 women died from it in 2015, but if caught early there is a strong chance of survival.

There are some main symptoms which if any are present for a continual period, you should seek medical advice; first, if you regularly have blood in stools; a persistent change in toilet habits, lower abdominal pain and bloating and unexplained weight loss.

UK residents aged between 60 and 74 are invited to have bowel cancer screening every two years to check for signs.



**LOWER FIGURES: Early diagnosis is improving bowel cancer prognosis.**

## STOP MIGRAINES

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## Sea urchins



**SPECIALIST: Doctor Luis Perez Belmonte.**

**WHAT are sea urchins?**

Sea urchins are some of the strangest animals known due to their physical characteristics. Starting from the Echinoidea family, the sea urchin has been around for more than 200 million years.

**Where are they usually found?**

They are usually found on the sea bed, close to coastlines. Bathers tend to find them after they have trodden on one of their spines. They can live up to 2,500 metres below sea level and are usually found in between rocks and crevices.

**Is their sting dangerous?**

Sea urchins are covered in large, sharp spines and are sometimes venomous. Touching or treading on them is usually very painful as they tend to break off and become lodged in a person's skin. This can

lead to chronic pain and swelling if they are not removed. They can also cause pain in a person's muscles and eruptions on the skin.

**How can you treat their sting?**

A sea urchin sting needs to be removed immediately. Vinegar dissolves most spines, and washing or bathing the area in it should usually be enough to treat the area unless it has gone deep into the skin. For lodged spines, surgery may be necessary. Soaking the area in warm water will alleviate the pain. Sometimes anti-inflammatories, analgesics and antihistamines are also needed to manage symptoms.

**Should you seek medical aid if you are stung?**

Whenever you are stung by a sea urchin you must go to the nearest medical centre so they can assess the situation.

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



Advertising feature

# Go for fresh and fun with your food choice

TOMATE Fresh, Fun, Food is like a breath of fresh air along the coast. Having first opened as a takeaway eight years ago, there are now four establishments Banus, Puerto Banus, Marbella and San Pedro, offering diners a treat to eat in or take away.

For owners Laura and Jose, who both have years of experience in the restaurant industry, the concept started with the idea of offering an affordable takeaway service in the Puerto Banus area but with quality food to keep late night revellers happy as well as those looking for a tasty lunch to take with them to the beach.

Such was the success that more cafés soon opened with customers loving their fresh take on both the food and the 'urban-style' dining experience. Laura is keen to stress they are not a health or organic café, sim-

ply focusing on fresh, fun food that is wholesome and tasty. However they do offer gluten-free dishes and can cater for many dietary requirements when requested.

They serve breakfast, lunch and dinner and their menu is full of fresh baguettes, wraps, salads, soups and burgers. They also do light meals like curries and there is a 'dish of the day' hot meal every Monday to Friday in their café style restaurants, all freshly prepared and cooked from Tomate's own kitchen. Recent dishes this summer have included summer seafood with rustic potatoes, baked aubergines filled with fresh mozzarella and beef and chicken and prawn stir fry with rice noodles and Chinese cabbage. All are just €8.50 or €9.90 including soup/salad and bread.

This young and vibrant team are



**TOMATE: Offering fresh fun food.**

also pleased to be able to offer children's parties for those looking for a more nutritious alternative to the sug-

ar-filled foods and drinks usually found at children's events. They can also provide outside catering options



or even a picnic to help you enjoy the most of a day out whether you are on holiday or just want a hassle-free lunch on the go.

Such is the success of Tomate, they are pleased to announce the forthcoming launch of the company as a franchise, so if you want to be part of this unique company and offer 'fresh fun food' yourself under the Tomate brand, email [admin@tomate.life](mailto:admin@tomate.life) now.

To stay updated with the latest offerings and dish of the days follow them on Facebook or Instagram and Twitter @tomate freshfunfood.

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Advertising feature



KIKO RIVERA: Set the tone on the opening night.

OKTOBERFEST: More than 1,500 music and beer lovers gathered.

# Oktoberfest receives rave reviews

OKTOBERFEST celebrated its ninth edition at the Sohail Castle in Fuengirola last Friday.

Kiko Rivera performed a set for the opening night setting the tone for what has been the most successful edition of the Beer Festival to date.

On Saturday the audience enjoyed music

from the Oktober Music Band orchestra and on the Sunday, more than 1,500 music and beer lovers gathered for the celebrations and a performance by the band 5 Decopas.

Oktoberfest continues this weekend and tonight (Thursday) the Beer Festival takes us to the American West with the 'Cowboy

Fiesta,' where the first pitcher of beer will be presented with a cowboy hat and you will have the opportunity to enjoy an 'Oktoberfest Dinner' and even a go on a mechanical bull to fully enjoy the cowboy experience.

Next Tuesday sees the second edition of the 'Festival of the Sausage' with sausage,

mashed potato and sauerkraut offered for just €1.99.

On Wednesday August 30 the 'Feast of the Maestro Cervecero' sees a 50 per cent discount on all German beers.

So for continued Oktoberfest fun, the Sohail Castle in Fuengirola is the place to be from 7pm.

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Advertising feature

# Truly a venue for all occasions

RESTAURANTE Le Papillon de Marbella is perfectly positioned right on the beach front in Urb Marbesa (between Cabopino and the Don Carlos Hotel).

It is a lovely beachside venue where you can relax to the gentle lapping of the waves whilst enjoying an excellent meal. Le Papillon is open all day every day from 10am for breakfast, coffee, lunchtime meals, snacks, a drink, or for a special romantic evening meal where you can marvel at the stunning sunsets out over the sea.

The all weather terrace is large with panoramic views; on clear days a perfect view of Gibraltar and Pillars of Hercules (Atlás



**GREAT CHOICE:** Enjoy an excellent meal at this lovely beachside venue.



Mountains) can be seen. There is plenty of room to dine inside during the cooler months and the restaurant is well heated with a real log fire and plenty of gas heater lamps.

There is live music

on every Friday night and Sunday lunchtime to complement your meal, see the advert for details of who will be performing live each week.

As well as the attentive staff, the great location and reasonable prices, the food is great too. Starters range from simple fayre such as Avocado and Prawns to great tasting and beautifully presented Rocket Salad with Grilled Goat's Cheese and Caramelized Ap-

ple. For main courses there is an extensive fish menu including traditional Paellas, Sea Bass baked in Rock Salt, Medallions of Monkfish in Lobster Sauce or succulent Turbot Fillet. Meat dishes include a mouth-watering Rack of Lamb, a full rack of Ribs, Chicken and Steak dishes, all served with potatoes au gratin and a selection of fresh vegetables al dente.

It is hard to choose a dessert too but there is a nice selection of home-made desserts such as Eton Mess, daily cheesecake flavours and my favourite, Banoffee Pie!

An excellent choice of wine complements the cuisine with more than 80 wines to choose from. Top sellers include Jean Leon and Ramon Bilbao which are reasonably priced. Le Papillon is an ideal place for any type of celebration or party too, with 'day after the wedding' parties becoming increasingly popular.

Having the large open spaces, chill out beds and the relaxed atmosphere, it is not difficult to see why so many people choose this as their venue for such an event.

This is truly a venue for all occasions and comes highly recommended on TripAdvisor. Book your table now on 952 834 113 or look them up on Facebook.

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## Irish comedy in Elviria

UP and coming Irish comedian Dave Young will be appearing at Panache Brasserie and Lounge Bar in Elviria on Wednesday August 30.

In his own words "regarded as one of the funniest comedians of his generation, his sell out shows are a huge hit containing a blend of outrageously funny parodies, characters and sound effects."

Dave got his start as the warm up for the Late Late Show on Irish TV and over the course of his career, he has worked and played with Billy Connolly as well as Michael Buble.

He is currently on tour with his new show Laugh Hard which has brought him from Ireland to Elviria.

Tickets for the show which starts at 8pm cost €10. Call 662 023 995.

# Two very special nights at Olivia's

THE next two Thursdays will be special at Olivia's Restaurant in La Cala de Mijas especially if you want to go celebrity spotting.

Tonight sees what could become a regular appearance of slimmed down James Argent (Arg from The Only Way is Essex) a friend of Elliott Wright, owner of Olivia's who is currently filming a special reality show for ITVBE.

Appearing alongside is Moni Tivony who was a contestant in the 2013 edition of talent show The Voice and trained to become a ginger haired Jewish tribute act to Lionel Richie, eventually appearing alongside his idol on a Graham Norton show.

Tickets for this evening which starts at 9pm are €20.

The following Thursday sees a special White Ice Party with doors opening at 7pm, live entertainment and DJ with admittance only to those dressed in white.

Entrance is €20 but those attending will be offered a complimentary glass of Moët & Chandon Champagne upon arrival.

This promises to be another great party at one of the most popular restaurants and

nightspots on the Costa del Sol.

For reservations call 952 494 935 or visit [www.oliviaslacala.com](http://www.oliviaslacala.com).



| Moni Tivony.

Photo Credit: Moni Tivony Twitter



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26th August

& to celebrate we are throwing a party with a FREE Chicken Paella to thank all our customers for their support

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There will be food & drinks promotions all day  
Live music from Bert Blackmont and The Bucks  
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# Beach House Marbella promises a good time

THE next few days promise some fantastic performances from top class artists at the Beach House in Marbella.

Turn up for a great beachside breakfast, while the away the daylight hours on a sunbed whilst sipping cocktails or choosing from the extensive wine list before choosing a spot of leisurely lunch from the snack menu.

As the heat of the sun begins to dissipate a little, things start to hot up with some superb music chosen to cater for almost every taste plus of course the renowned a la carte menu.

Tonight sees a performance from Epic Blue Sea featuring the electric violin of Quike Navarro with saxophonist supremo Javi Magasax. Friday offers the Brunotti hour with special drink prices and DJ Tobsta from 4.30pm to 6.30pm.

Friday evening and Saturday lunch welcome the refined yet upbeat voice of La Negra Mayte who always promises a great performance.

Guitar and piano duo Blue Funk are on hand on Saturday evening whilst the enormously popular Masquerade will play their regular spot on Sunday evening.

Making a welcome return to Spain, Scotland's King of Swing Paul Ellis will be presenting his very special brand of swing and jazz at the Beach House on Monday evening.

This popular professional has appeared with and performed before some of the world's top artists and his Sinatra set is certainly one of

his most popular which is why this Marbella performance has been entitled Start Spreading the News!

If Paul's smooth and mellow tones have entertained such celebrities as Sean Connery, Shirley Bassey, the Princess of Morocco and Robert Stigwood then his appearance at the Beach House is sure to be one to remember.

With the evening due to start at 8pm, there will be a great deal of interest in Paul's appearance so reservations are strongly recommended.

This is just a brief insight into some of the first class artists who regularly appear daily at the Beach House.

Reservations are easy to make by simply calling 952 839 458 or visiting the web site of the ever popular destination [www.marbellabeachhouse.com](http://www.marbellabeachhouse.com).



Close up with Quike Navarro.

Photo Credit: EWN Media Group

## 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 |

### DESSERTS

|   |      |
|---|------|
| Ice Cream 3 scoops                        |      |
| Chocolate/Strawberry/Vanilla              | 5.00 |
| Dessert of the day, served with ice cream | 6.00 |

### OPENING HOURS

Monday - Thursday and Saturday: 17.00hrs - 23.00hrs  
Friday: 13.00hrs - 23.00hrs  
Sunday Closed.

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## Villalinda

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

[aicorestaurants](https://www.facebook.com/aicorestaurants)



**High quality, high flavour, high satisfaction Indian/Thai cooking**



I have visited the village many times but never really want to eat Indian food when in Spain. The positive reviews however tempted me and I was not disappointed. I would go as far as to say it was the best Indian food I have ever tasted. Can't wait to go back

**Azafrán Restaurant**  
Calle Santo Domingo 9,  
29639 · Benalmádena Pueblo  
00 34 952 91 80 22




Visited this restaurant this week on the recommendation of an ex-pat we met at a local Spanish bar. The menu is a combination of Indian and Thai food. I went for the assorted platter and lamb biryani. First class and the service was excellent. No doubt we will be back before our holiday ends.

Open Tuesday to Sunday from 18.30h - 23:00h







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info@fairuzrestaurant.net www.fairuzrestaurant.net

# Arab Souk in Benalmadena

THIS weekend, don't be surprised that if you visit Benalmadena Pueblo you will be confused into thinking that you have wandered into an Arab Souk or market.

Local councillor, Bernardo Jiménez confirmed that the seventh Arab Souk was taking place as part of the council's initiative to promote and encourage local businesses.

It's not just about selling goods but there will be plenty to do for adults and children, with workshops, demonstra-

tions and live music.

The opening event will be at 7.30pm on Thursday and for the rest of the week it will run from noon to midnight with 60 stands stretching from Calle Real to the Santo Domingo church.

According to the councillor there will be interactive parades with music and dance and varied workshops ranging from archery and belly dancing, to Arabic calligraphy and pottery with knights fighting and Muslim



Photo Credit: Ayuntamiento de Benalmadena

## EASTERN PROMISE: Announcing the Arab Souk.

delicacies.

Visitors and residents will be delighted by the decora-

tions being put up to recreate the felling and atmosphere of a genuine Moorish market.

## Mumtaz Mahal

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## It's all a game of strategy

IF you want to breathe fresh sea air and exercise your brain then Friday sees the first open air chess tournament to be organised by the Mijas Council.

Supported by the Malaga Chess Federation, this event is open to all who wish to take part, but registration has to be made via email to [ajedrezmalaga@gmail.com](mailto:ajedrezmalaga@gmail.com) before midnight today.

fore midnight today.

The actual competition which is part of the provincial circuit will start at 8pm in the Plaza del Torreón in La Cala de Mijas.

It is hoped by the council that competitors both young and old will wish to take part and that this will become a regular event in the provincial chess calendar.

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# Biddy Mulligan's

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Mon, Wed, Thurs, Fri, Sat and Sun.

|                                     |  |                                |                           |
|-------------------------------------|--|--------------------------------|---------------------------|
| <b>Friday, 25 August, 2017</b>      |  | <b>Sunday, 27 August, 2017</b> |                           |
| 20:15 Real Sociedad v Villarreal    | 16:00 Hull FC v Wigan Warriors         | 20:15 Girona v Malaga          | 13:30 Belgian F1          |
| 20:45 Bristol City v Aston Villa    | 16:00 Crystal Palace v Swansea         | 20:45 England v New Zealand    | 14:30 Chelsea v Everton   |
| 22:00 Real Betis v Celta Vigo       | 16:00 Huddersfield Town v Southampton  | <b>Sunday, 27 August, 2017</b> |                           |
| <b>Saturday, 26 August, 2017</b>    |  | 17:00 Liverpool v Arsenal      | 17:00 Tottenham v Burnley |
| 09.35 New Zealand v Australia       | 16:00 Newcastle Utd v West Ham Utd     | 22:15 Real Madrid v Valencia   |                           |
| 13:00 Belgian F1 Qualifying         | 16:00 Watford v Brighton & Hove Albion |                                |                           |
| 13:30 Bournemouth v Manchester City | 16:00 Celtic v St. Johnstone           |                                |                           |
| 15:00 Ireland v Wales               | 18:15 Alaves v Barcelona               |                                |                           |
| 16:00 Kerry v Mayo                  | 18:30 Manchester Utd v Leicester City  |                                |                           |
|                                     | 18:30 Notts Forest v Leeds Utd         |                                |                           |
|                                     | 18:30 Argentina v South Africa         |                                |                           |

Check out our Facebook page for more information on all our events and sports fixtures



# Hip Hop in La Cala

LOCAL singer Viviane Da Silva who lives in Mijas but comes from Brazil will be appearing in a free concert on September 2.

The Hip Hop singer will be showcasing her new six-track album Saudade (originally a Portuguese word meaning a feeling of anticipation and melancholy) at the Plaza del Torreon in La Cala de Mijas from 9.30pm.

The concert is supported by the Mijas Council which is always anxious to promote local talent according to councillor for Youth Tamara Vera.

There have been a number of open air presentations in this square over the past months as well as regular Thursday night performances outside the town hall in La Cala.

Produced by Rayka with lyrics written by Da Silva in English and Portuguese, the new album - which joins her other recorded material since she started performing in 2012 - promises to be of



Photo Credit: Ayuntamiento de Mijas

**HIP HOP: Tamara Vera and Viviane Da Silva announcing the concert.**

great interest to those who enjoy Hip Hop or indeed those who want to get more into the genre.

She confesses that she is a little nervous about performing on her own doorstep but is sure however that her evening which will include numbers presented in Spanish and Portuguese will be

enjoyed by a large and supportive audience.

The youth department of the council encourages all interested in these presentations and other events to keep up with its activities through social networks like Facebook (Juventud Mijas), Twitter (@juventud\_mijas) or Instagram (@juventud\_mijas).

**TERRA SANA**

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# Things I hate - or don't like very much

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



**W**ITHOUT sounding too much like my esteemed co-contributor Mike Senker, I want to have a bit of a moan. There are certain bits of equipment that I found annoying and pointless. I have never been a lover of dishwashers.

The domestic version I mean. We couldn't do without them commercially - but in the home? I accept that, not being a family man, there is normally only one or two of us contributing to dirty cutlery and crockery in my household so it is no hard task to wash by hand and of course saves piling the machine daily until you have sufficient to turn on a machine that is going to take hours to complete to say nothing of water and electric consumption!

The only time that there would be more is if I hold the occasional dinner party, but even then I tend to try and wash up as I go. It must date back to when these machines first became popular. If I remember rightly one used to have to swill plates etc before putting them in the machine. This seemed a double whammy as far as I was concerned. If you are going to do that, you may as well wash the stuff in the first place and be done with it.

This brings me to the first positive in my washing up regime. I am blessed with a drainer above my sink that is behind closed doors. Wash, rinse, put up - dry in 10 minutes, put away (or in my case leave it there for as long as I want or until I need it!) Clean, tidy and very effective. I used to have a next door neighbour who, when having a dinner party, put all her dishes etc in the empty oven until she could be bothered to put them in - yes you've guessed it - the dishwasher!

Before I get to a couple of items that I have in my kitchen that I would not do without, I will mention my two



My kind of dishwasher.

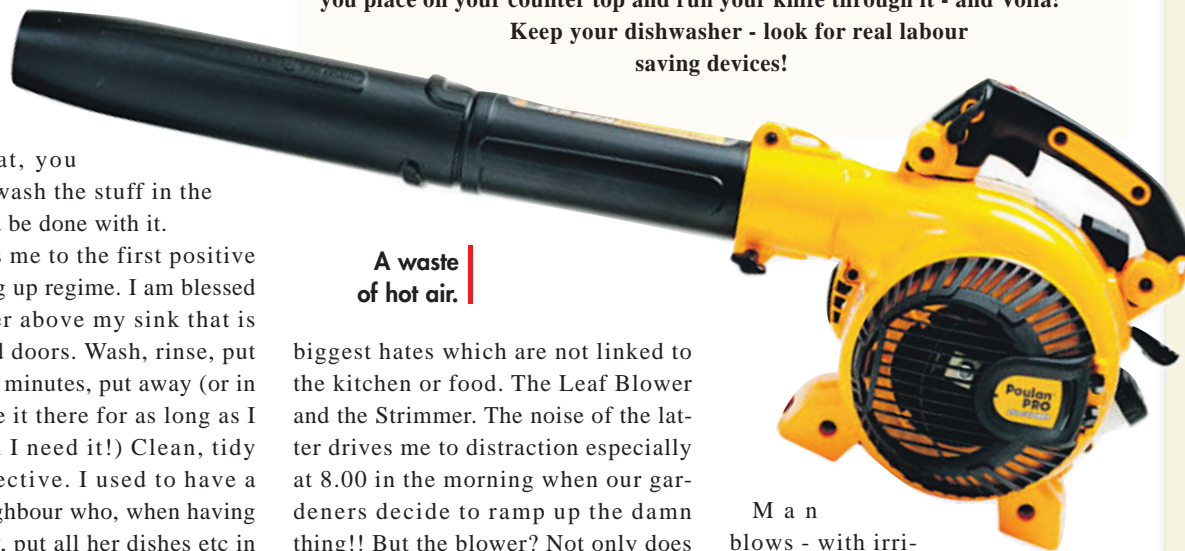
## On a positive side

**I HAVE three pieces of equipment in my kitchen that are without doubt some of the least recognised labour saving devices ever invented. Remember grating cheese and having to clean the cheese from all those horrible little holes. Or mashing potatoes with the usual masher and having to rid the piece of equipment of its stuck-on potato. Or even sharpening a knife?**

**There are many new methods that are available now, but my Father always did his sharpening on a stone, and I, a 'steel'!**

**But let me tell you dear reader, I have the most amazing cheese grater, probably 40 years old. It is made with Teflon. It just swills off! A potato masher, about the same age, with the same coating - same thing, warm soapy water and its off!! As for the knife sharpener, a hand held V-shaped device which you place on your counter top and run your knife through it - and Voila!**

**Keep your dishwasher - look for real labour saving devices!**



A waste of hot air.

biggest hates which are not linked to the kitchen or food. The Leaf Blower and the Strimmer. The noise of the latter drives me to distraction especially at 8.00 in the morning when our gardeners decide to ramp up the damn thing!! But the blower? Not only does it make a helluva noise I really don't see the point! Living on a golf course it would appear to be one of the green keeper's favourite machines. The noise it makes belies its inefficiency. Imagine a fairway full of autumn leaves?

Man blows - with irritating machine - all the leaves to the side of said fairways, only to have a slight gust of wind - blow them all back. Absolute waste of time. Why not a mechanical vacuum cleaner?

**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).*

**“ I learned that you don't take dishes from the table to the dishwasher; you have to rinse them first. I think that's stupid because I don't go out in the back yard and hose off before taking a shower. Bill Engvall**

## There is some good news

DESPITE talks of Brexit, recessions, double dips et al more



**Keeping Lenny Henry in work for the foreseeable future.**

than 7,500 hotel bedrooms opened in the UK during the first half of 2017 - the highest figure for the first six months of the year since 2012.

The number of openings is also 40 per cent higher when compared to the same period last year, according to the Q2 2017 Hotel Bulletin.

The figures are slightly behind those forecast in the Q4 2016 Hotel Bulletin that suggested 20,000 hotel bedrooms would open in the UK during 2017, representing a supply growth of 3.3 per cent, which is more than double the average net increase of 1.6 per cent.

The budget sector has continued to account for a significant proportion of new hotels and is expected to continue to do so in the future, with 43 per cent of all openings over the next three years expected to be budget properties.

Budget hotels currently make up 33 per cent of the

current hotel supply, with the four- and five-star sectors accounting for 31 per cent and 5 per cent of the market respectively. The four- and five-star sectors are forecast to make up 32 per cent and 9 per cent of all new openings between now and 2020.

Premier Inn, the UK's largest hotel brand with 67,000 bedrooms across more than 760 hotels, is highlighted in the report as continuing its 'unyielding brand roll-out.' Key openings for the Whitbread-owned brand in Q2 2017 included a 613-bedroom hotel at London Heathrow Airport Terminal 4 and the fifth Hub by Premier Inn with 389-bedrooms in London's King's Cross.

Premier Inn intends to have 85,000 bedrooms open by 2020. Should keep Lenny Henry busy!!

*(Some content courtesy of the Caterer and Hotelkeeper)*

**1887** The year that Josphine Cochrane invented the dishwasher.

**1950** The year that the first dishwashers were on sale to the public.

**79%** The number of people surveyed who said they re-ran their dishwasher rather than empty it.

**42%** The number of people who rewashed their dishes as they were not happy with the results first time around.



## Thursday August 24

- 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 Alcántara at. Please contact [lizzie@marriageweddingservices.com](mailto:lizzie@marriageweddingservices.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 (three blocks west of old bus station). For more information contact 952 793 059 (club times) or [www.acestepona.org](http://www.acestepona.org).

## Friday August 25

- 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 a chat and to share experiences. For more information contact 635 407 255.
- Christian Basilica of San Pedro de Alcántara: From 11am-1pm, free guided tour of one of the oldest Christian churches on the Iberian Peninsula. Calle Vega del Mar, San Pedro de Alcántara.
- 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

DO NOT MISS...

## Pink Purple Zep Fest



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DEEPER PURPLE:  
Perform memorable  
rock tracks from  
Deep Purple.

GET ready to experience a night of rock euphoria with the Pink Purple Zep Fest. As the name suggests, a truly sensational concert celebrating the music of legendary Pink Floyd, Deep Purple and Led Zeppelin is most certainly on the cards. The show-stopping evening will blow you down memory lane with their most memorable rock hits provided by talented bands Think Floyd, Deeper Purple and Whole Lotta Led.

The unmissable event will take place Saturday August 26 at the Plaza de Toros, Estepona kicking off at 7.30pm. Tickets available by calling the hotline 674 909 220 or by visiting the website [www.pinkpurplezefest.com](http://www.pinkpurplezefest.com) where selected sales outlets are also detailed. VIP tickets available on request.

in the Armed Forces.

- American Club of Estepona (ACE [all nationalities welcome]): Open Mon-Sat, 1-4pm. Calle San Roque 65 (three blocks west of old bus station). For more information contact 952 793 059 (club times) or [www.acestepona.org](http://www.acestepona.org).

## Saturday August 26

- 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 Andalucía.
- Triple A: Every week volunteer dog walkers required between 10am and 3pm at Calle Carril 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 (three blocks west of old bus station). For more information contact 952 793 059 (club times) or [www.acestepona.org](http://www.acestepona.org).

## Sunday August 27

- 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 Marítimo, 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 28

- Royal Air Forces Association introduces a Coffee Morning social: every first Monday of the month. 12pm Restaurante Venta los Morenos, Alhaurin el Grande.
- Royal Air Forces Association also pleased to invite you to afternoon social third Monday of the month at 2pm. Bar El Jardin, Avenida Bonanza, Arroyo de la Miel, Benalmadena. Everyone welcome - members or otherwise. Quiz with prize and raffle with all proceeds going to the association to help with welfare work.
- Age Care Association: Weekly coffee morning from 11am to 12.30pm at La Iglesia Bar in Benalmadena. Drop in for a 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@rafacostadelsol.co.uk](mailto:secretary@rafacostadelsol.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 (three blocks west of old bus station). For more information contact 952 793 059 (club times) or [www.acestepona.org](http://www.acestepona.org).

## Tuesday August 29

- 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](mailto:frd@mijas.es).
- The Good Companions Club meets every Tuesday in Manila Bar, Paseo Marítimo, 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 Plateforme 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 (three blocks west of old bus station). For more information contact 952 793 059 (club times) or [www.acestepona.org](http://www.acestepona.org).

## Wednesday August 30

- 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](mailto: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 (three blocks west of old bus station). For more information contact 952 793 059 (club times) or [www.acestepona.org](http://www.acestepona.org).



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MANY British expatriates may believe the year-round sun in Spain means waving goodbye to damp problems but those under that illusion are likely to learn otherwise.

The average Spanish home

## Damp in Spanish homes

copies with around 45,000 gallons of rain water annually and as many homes are old or not constructed with damp proofing, it can become a problem.

Signs to look out for include water marks or salt deposits on the inside of walls, stained decoration and damaged and crumbling plaster.

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An exceptional example of the art of Espalier.

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THERE are so many different opportunities to garden in the Mediterranean that the keen gardener may find that they don't have enough space for all the plants they would like to have growing.

Nothing tastes better than fresh fruit from your own garden but of course a fruit tree can take up a lot of space and usually has more fruit than necessary when mature.

Fruit trees are therefore often a lower priority in the garden unless you have a big garden area and the time to maintain it.

A proficient gardener doesn't let this drive him up the wall though, instead he will train the fruit trees or other space taking ornamental plants up the wall using the art of espalier.

Espalier makes a tree two-dimensional by training it to grow against a wall or support by selectively pruning all but the desired branches to form the pattern required to fit the space selected for it to grow. The tree is allowed to grow up and across but not out from the wall.

It is an ancient garden art form used by the Egyptians, Greeks and Romans that has been well used in Europe for centuries. It requires some skill and understanding of the nature of the trees' growth patterns and of pruning so you may need to do some research but it is worth the effort to be able to grow trees in this way.

As the trees are more controlled, fruit trees often have bigger and better fruit than standard trees as the energy from the roots is supplied to fewer fruits.

Unless you obtain a tree already prepared to be planted as an espalier, you will need to start with a maiden tree of a


year old with no side branching or with branching in the appropriate places. This is to ensure it will have branching that aligns with the supports provided on the wall or structure they are to grow on.

Typically the central trunk will have branching growing horizontally on both sides at the same height and there would be three to five such branching from the trunk at about 30 - 40 cm distance apart up the trunk.

Branches need to be tied to the wall or support wires to maintain the integrity of the design for supporting the weight, including the fruit and the direction of growth.

Some trees do not grow naturally to this typical form due to excessive branch forming so it may be necessary to create a fan shape with branches spreading out from the trunk at different angles or other design forms that may be suitable to allow the tree to grow two-dimensionally.

This is where research and imagination are required to form a suitable pattern for the trees natural growth thus making it an art form. It will take more time and planning to get a plant established but once the form is developed it can be less work to maintain than a standard tree and it will display the skills of a proficient gardener.



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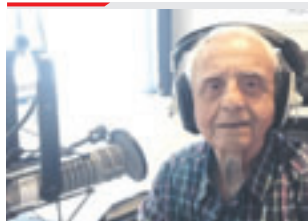
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# Food secrets



David The Dogman

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Mallorca 103.9fm

DOG foods do vary in quality. So do the companies that make the foods. To some companies quality is only a word. To others, it's a way of life many include rice which has no value whatsoever.

Ultimately, the quality of a dog food is best measured by your dog. How your dog performs on the food, how he looks, feels and acts are the best measures of the quality of any food. At least 80 per cent of my clients that report behavioural problems find a change of food changes the unwanted behaviour.

No matter what a food company claims unless your dog has bright eyes, silky hair and supple skin, and is not overweight, then the food is not right for him.

Not all dogs do well on a particular brand of food some dogs simply do better than others.

Most foods are categorised as Economy, Regular, Premium, Super Premium and Performance.

Regular and Premium foods

are not formulated like a Super Premium or Performance food.

Dogs have simple stomachs and short digestive tracts for digesting meat. They also lack the saliva enzyme amylase, which is necessary for pre-digesting starch. Dogs have adapted to foods with high vegetable protein levels, however they perform better when fed foods high in meat protein and animal fats.

Checking the label of a Super Premium or Performance food an animal protein will be listed as the first or second major ingredient.

These should include either chicken, or turkey meat, or poultry by-products meals, meat or pork meals or other animal by-products. A least two sources of fat or oil should be included for adequate energy and essential fatty acids.

Fat in food is the dog's source of energy. Animal fat contains essential and non-essential fatty acids as well as provides a highly digestible and easily metabolised energy source. Generally, poultry, turkey or chicken fat are higher in quality because they have more unsaturated fatty acids and are more digestible than animal tallow.

Vegetable oils, such as soybean oil, lecithin corn oil, wheat germ oil, sesame seed oil or linseed oil all contain high levels of linoleic acid, an essential fatty acid for dogs. These should be combined with animal fats for the best long-term results of a glossy hair-coat and soft pliable skin.

Carbohydrates are the third most important nutrient and ingredient

class in modern Super Premium and Performance foods. Simple carbohydrates in dog food come from quality sources like rice, oatmeal, corn or wheat. These are easily digested when properly cooked.

Fibre, a complex carbohydrate is essential for proper digestion and stool formation. Beet pulp and tomato pomace are both high in fibre. Other sources of fibre include rice, soy hulls, oat hulls, wheat bran and peanut hulls.

All these come from the external portion of the seed coat. These sources except peanut hulls have microscopic sharp edges, which can cause small cuts in the intestine.

This reduces the intestine's effectiveness in nutrient digestion. Peanut hulls on the other hand, have the potential of being contaminated with aflatoxins and should never be used in a quality dog or cat food.

Vitamin and mineral fortification is an absolute necessity in nutritionally balancing any food for dogs. While the vitamins and minerals generally, make up less than 2 per cent of the total food by weight, they provide some of the most crucial nutrients.

These include 12 to 16 vitamins and 15 to 25 minerals. Often the list of these micro nutrients is much longer than the list of major ingredients. Expect this list in all dog foods.

Super Premium usually feature more than one source for each vitamin and mineral. The ingredient list will be longer compared to non-premium foods.

It is not recommended that you add anything by way of food supplement, or vitamin to Super Premium Foods.



DOG DINNERS: Choosing a dog food brand or quality can be difficult.

## Caring for koi carp in an unsold property



IDEAL SOLUTION: HousesitMatch can look after pond animals.

MANY homeowners find an unexpected challenge when they leave one property unsold moving to their new home.

What happens to the empty property and more importantly, what happens to the koi carp you've nurtured for years? Often, they are a feature of the property in an ornamental pond and need feeding on a daily basis until the house is sold.

Having house-sitters move in to keep the koi carp well-fed and alive can serve another purpose. The house-sitters can also keep your home visibly occupied, insured and safe from unwanted intruders.

Our checked house-sitters will follow your instructions as part of their brief, whether you need them for a short term house-sit or long term. Many homeowners with a large property awaiting prospective buyers will find house-sitters through HouseSitMatch to keep their home safe.

We help you to prepare that brief by providing you with guidelines and templates and check lists to ensure you have a good brief ready for the sitters. Feel free to call me directly if you have a special requirement and we can try to help. Lamia's mobile telephone +44(0)7772 142742.

*Do you need a house or pet-sitter? Get in touch. House-sitting can be a win-win for both parties, free house and pet-sitting, and the experienced and checked sitters get free accommodation! Register as either a house-sitter or homeowner now with a 20 per cent off introductory offer using coupon code PERFECT20. To find a house or pet-sitter go to www.housesitmatch.com or call Lamia on 00 44 (0) 777 214 2742.*

## Taking in a stray

ONE of the many things British people in Spain will automatically apprehend is that stray cats and dogs seem to be more of a normal sight. The problem is of course intensified by the lack of services and financial support available to the dedicated shelters across Spain which prevents early neutering and excessive breeding of more feral felines.

The belief seems to be a stray cat will undoubtedly be feral and therefore impossible to tame. This is not strictly the case. Stray cats can make wonderful pets and even with a tendency towards more 'wild' behaviours, there are solutions.

Taming a more feral stray cat is no easy feat and patience is re-

quired. After making sure the physical needs are dealt with (vaccinations, registration, chipping and neutering), the next stage is developing trust. Gloves may be an essential at first as stray cats can be fearful and bite or scratch in self-defence.

To create security for the cat, the house should become its home little by little by designating areas to it and giving it its own corner, bed or feeding space.

Don't worry if the cat decides to hide frequently or doesn't always show great affection. This will come with time. Food and treats will help the cat trust its new owner and see them as a friend instead of a threat and con-

sistency here is truly the key.

To prevent further straying, keep the cat inside for a longer period and make sure it knows where its best interests are by offering it a good life and loving environment.

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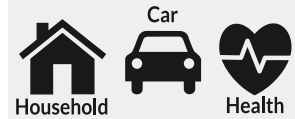
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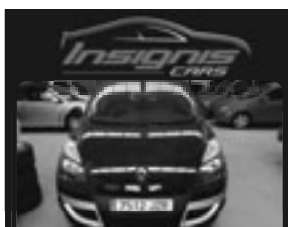
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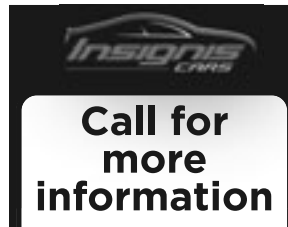
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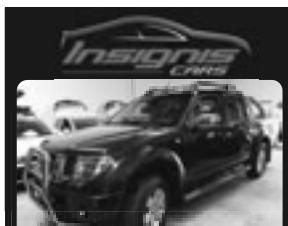
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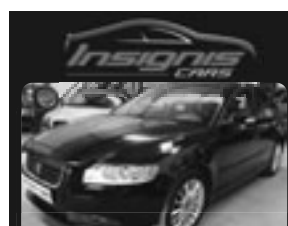
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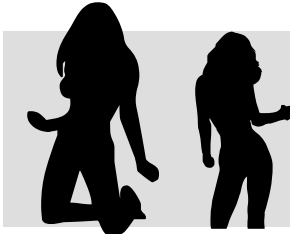
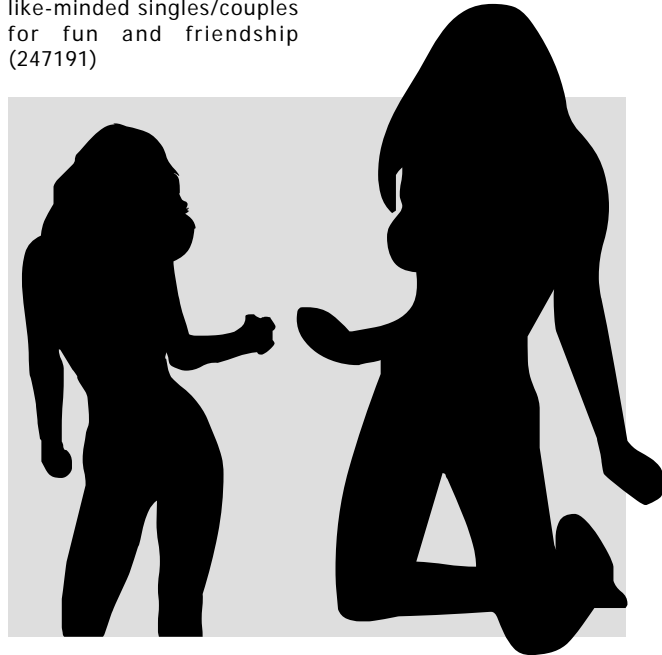
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Motoring shorts

Pedal power

MCLAREN has developed the perfect Christmas present for wealthy parents with space on the driveway. The McLaren 570S push car boasts zero carbon emissions, being fuelled entirely by pedals.

It is an exact miniature replica of the 570S hypercar and has been custom engineered to offer a smooth ride, though at drastically reduced speeds.

There is even storage spaces for crisps and a few cupholders for Ribena cartons.

The mini 570S will be available on Amazon from September at around €70-80 and in one colour, Ventura Orange.

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Clarkson Quote of the Week

“Having a twin turbo V12 diesel is like turning your central heating off and keeping warm by burning Rembrandts.” Some might say...



Pebble Beach classics on fire

by Matthew Elliott

€250

million worth of classic cars were flogged at one of the globe's hottest auctions.

STEVE MCQUEEN'S old Porsche was among five cars sold for more than €10 million at the classic Pebble Beach auction in California last weekend. His 1970-built 917K was used in the legend's race film Le Mans and became the most expensive Porsche ever sold, going for around €15 million.

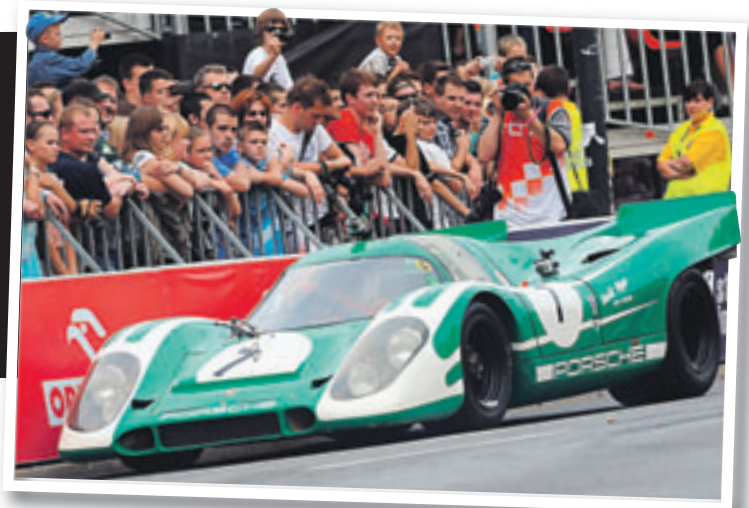
With the cash still rolling in, an estimated €250 million worth of classic cars were flogged at one of the globe's hottest auctions. That figure is down substantially from the highs of 2014 when almost €400 million was raked in.

Organizers say investors and speculators are taking a brief hiatus from the

classic car market. Despite the lower turnover, Pebble Beach has thus become closer to motoring purists.

To hammer that point home the world's only street-legal BMW M1 Procar, produced in 1979, was spotted lounging around the luxurious golf course.

There were also eight cars and motorbikes from the collection of music legend J Geils, who passed away recently.



Among them were a 1967 Lancia Flaminia with a 3.0 litre V12 engine and a Fiat Dino Spyder from the same year, both in mint condition. His 1983 Benelli 900 SEI and 1970 Ducati 350 Demo were also up for grabs.

Over the weekend 18 Porsches, 10 Aston Martins and 29 Ferraris were sold. Aside from the five valued at over €10 million, another 89 cars secured bids surpassing the €1 million mark.

A huge cohort of cars valued at less than €100,000 were snapped up by a new breed of buyers, professionals in

BULLITT: A Porsche 917K once owned by Steve McQueen sold for a fortune.

the 30-40 age bracket.

The star of the show was a 1956 Aston Martin DBR1 which went for just over €20 million. It is the very first of the only five DBR1s to have ever been produced. It won the 1959 Le Mans race and was driven by Stirling Moss.



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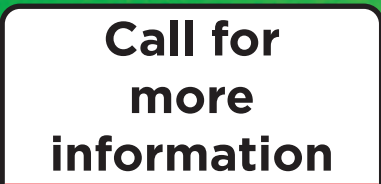
Volvo S40, Auto, 2009, €9,950



Peugeot 5008 2012, 65,000miles €10,995



Renault Scenic 2011, 77,000 km, €11,995



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**ROAD TEST** by Nick Fletcher

# Lexus IS300h

LEXUS is not at all modest about its latest IS 300h model, describing it as 'the most efficient sports saloon available today.'

Hard-headed motoring journalists like to challenge such sweeping statements, but in this instance, it is difficult to dispute. The hybrid Lexus IS competes against more mainstream compact executive saloons such as the Audi A4, Jaguar XE, Mercedes C Class and BMW 3 Series but not all are available in comparable hybrid form and those that are tend to cost more or offer less standard kit.

The IS 300h - also available in non-hybrid turbo-petrol form - is priced from €33,065 (£30,105) and comes with distinctive styling, is laden with equipment, beautifully built and finished.

Its driving experience is quick and quiet and the only minor downside is perhaps that it is so refined, it is not as exciting to drive than some of its rivals. But then the Lexus scores highly for relatively low running costs - 23.2 kpl (65.7 mpg) and very low emissions.

The car has potent styling - the deep gaping grille and narrow headlights make rivals such as the Jaguar XE appear quite muted - and its performance figures underpin its sporty look with 0-100 kph in 8.4 seconds, top speed 201 kph (125 mph).

The 2.5 litre petrol engine offers 178 hp boosted to 220 hp by an electric motor, and with a revised chassis and slightly firmer suspension, the overall result is smooth rapid progress with seamless multi-mode CVT gearshifts



**LEXUS IS 300H: Has a strong business-user appeal.**

## Stats panel

**Model:** Lexus IS 300h Luxury Nav  
**Engine:** 2.5 litre petrol/ electric hybrid  
**Transmission:** electric CVT auto  
**Performance:** 0- 100 kph 8.4 seconds, top speed 201 kph (125 mph)  
**Economy:** 23.2 kpl (65.7 mpg)  
**Emissions:** 101 g/km

and composed handling.

The cabin has a luxury look which suggests it might belong to a class above, and the seating is exceptionally comfortable. The dashboard looks less conventional than most, with stepped styling dominated by a big 26cm (10.3 inch) screen.

There's good head and leg room front

and rear and the 430 litre boot capacity is good given that some space has been sacrificed to accommodate the hybrid batteries. A useful feature on this saloon is split-fold rear seats which means longer items too large for a normal boot can still be loaded.

Standard equipment on the test model (€38,853 - £35,375) includes keyless entry and push-button start, dual zone climate control, adaptive cruise control, front and rear parking sensors and rear view camera, alloy wheels, LED lights, leather upholstery, DAB radio/CD, Bluetooth and USB ports. My test model also had Premium sat-nav with remote computer-mouse style control.

The Lexus IS 300 hybrid is a refined executive express with strong business-user appeal thanks to its low operating costs and strong residual values.

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

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**W**HILST the heat of August seems to continue relentlessly, it hasn't deterred members of the Classic Car Club of Andalucia from having fun and enjoying their classic cars!

The monthly club night was enjoyed by many at Treetops restaurant at El Chaparral Golf club with dinner served on the beautiful terrace there with views out over the Med. It made for a super atmosphere and a most convivial evening. Non members are welcome to attend the monthly dinner which is held, always, on the first Tuesday of the month.

The following Saturday saw Club members getting their classic cars out to enjoy the monthly Club classic car run. A large contingent of around 30 cars and over 60 people turned out at the Restaurante Los Brocales, near Torremolinos, for what was promised to be a short run. Considering the heat, and that so many members are away in August, this was considered a very good turnout.

First time organiser, Claudia Langer, had done a great job of putting everything together for the

# Hot August events!

members' enjoyment and provided a very pretty and indeed short run. Cars departed Los Borocales at 12 noon, an hour later than usual, in deference to the heat and the short distance involved. After a gentle, and short, run westwards on the A7 the route went past El Higueron and took the back road to Mijas. Skirting the pueblo and heading out on the Alhaurin road an optional coffee stop was put in at Venta Los Condes just above Valtocado. The route then turned opposite the venta and went steep downhill through Valtocado, enjoying some stunning views on the way.

From there a short dash down the main road towards, and into, Entrerrios where the cars then turned up towards La Cala Hills. It wasn't long before another coffee and beer stop was enjoyed at La Cala Resort golf club.

From here the crews headed over the top of La Mairena before descending towards Elviria and in-

*Motoring correspondent Ian Giles reports on the latest news from the Andalucia Classic Car Club, the most successful such society in the area and probably in Spain with over 600 members.*

to Avenida España, rejoining the main A7 coast road to finish at Meson del Pueblo Restaurante in Las Chapas.

Antonio, the proprietor of Meson del Pueblo, provided everyone with refreshing drinks on arrival, canapés and then a superb lunch with three excellent courses, wines, beers, waters and coffee and all for only €30 per person fully inclusive. This marvellous restaurant, which Antonio has owned and run for 27 years, is most certainly now on the Club's recommended list!

Claudia Langer was congratulated by all for doing such a good job, particularly as it was the first time for her and she did it all alone, and for giving everyone such an enjoyable day out in the warm sunshine.



**Coming Soon:  
- 9 -**

AS always, the CCCA has plenty happening in the coming weeks and months. The Club reaches the ripe old age of nine years young next month and there will be special commemorative events taking place to celebrate this. There will be a party and dinner at Treetops, El Chaparral, on the first Tuesday of September and there will be a special classic car run followed by a party at Avanto beach Club on Saturday, September 9. The fabulous Memphis Trio have already been booked for the Saturday afternoon party. More details on that will be in our next page in two weeks' time.

## Tour D' Extremadura

IN October, probably the last week of that month, the Club will be running its next long tour 'The Tour D' Extremadura.' This fabulous six-day run will take in some spectacular hotels and countryside in and around the famous and beautiful area that is Extremadura. The event will start near Malaga with its first night stop at the Parador in Cordoba. More information in our next page.



## Classic Car insurance

INSURANCE for classic cars is something that I am asked about a lot, by CCCA members and non-members alike. To be considered for classic car insurance a car does not necessarily have to be 25 years old. Although it varies from one insurance company to another, many will grant these policies to owners of cars that are older than 20 years. There are also some companies that will provide low mileage insurances to those vehicles that are over 15 years old.

Classic car insurance policies are usually very inexpensive but they come with an agreed annual mileage limit. Basic insurance policies for classics can be had for

as little as €110 but, for comprehensive policies with an agreed replacement value, these are a lot more expensive although still outstanding value when compared with policies for modern cars both in the UK and Spain.

To qualify for these insurances one must be a member of a classic car club. And there is only one to consider in Spain...!!

CCCA President, Ian Giles, has negotiated special terms and policies for members of the CCCA with a specialist classic car broker in Madrid. This company will give year-round classic car policies for most European registered cars, certainly UK cars, without problem. Members can contact Ian for more information. As there are some companies here that one needs to steer clear of, he will also tell you who NOT to insure with....

*Ian Giles*  
MOTORING

Further information on Classic Car Club of Andalucia events can be found on the Club's website [www.cccandalucia.com](http://www.cccandalucia.com).  
Membership of this vibrant club is open to anyone owning a genuine classic car here in Spain. Saca tu coche clásico del garaje y diviértete con el.



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# United on a roll, so too are England at cricket and rugby

## 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

OVER the next week (or so) there will be enough action going on to suit everyone, yes everyone, with athletics, cricket, football, rugby (both codes), boxing, cycling, triathlon, motor sport, tennis, gymnastics and golf ... And there are a few more indoor events taking place as well.

### CRICKET

England completely outplayed (thrashed) the West Indies in the first day-night Test match in the UK – winning by an innings and 209 runs at Edgbaston. Alastair Cook (243) and skipper Joe Root (136) top-scored in England's total of 514-8 declared. The Windies (W Indies) were then 'blown away' twice, dismissed for 168 and 137, losing 19 wickets on the third day with bowlers Jimmy Anderson and Stuart Broad effectively doing all the damage.

Anderson is now only eight wickets away from reaching the milestone of 500 in Tests, while Broad (384 wickets) has overtaken Ian Botham to go second in the rankings. The next Test starts tomorrow in Leeds.

In the domestic T20 blast competition, the first five teams - Birmingham (Bears), Derbyshire, Leicester, Somerset and Surrey - are into the last eight... final s

day is at Edgbaston on September 2.

The former Glamorgan bowler Don Shepherd, who took 2,218 first-class wickets during a wonderful career, has died, aged 91.

### FOOTBALL

Last weekend, Manchester United made it two successive 4-0 PL wins by crushing Swansea. There were also victories for second-placed Huddersfield (1-0 v Newcastle), Leicester (2-0 v Brighton), Southampton (3-2 with a late Charlie Austin penalty against 10-man West Ham), Stoke (1-0 v Arsenal), Watford (2-0 v Bournemouth) and WBA (1-0 v Burnley). Manchester City met Everton on Monday.

After four games, unbeaten Cardiff (excellent 2-1 winners at Wolves), Wigan, Swindon and Celtic top the Championship, Leagues 1 and 2 and the SPL respectively.

On Tuesday/Wednesday we saw action in the League Cup and the top PL matches are on Saturday, Bournemouth - Manchester City, Chelsea - Everton, Huddersfield - Southampton, Manchester United - Leicester, Newcastle - West Ham and Tottenham - Burnley and on Sunday, it's Liverpool - Arsenal and WBA - Stoke.

Reigning Serie 'A' champions Juventus, whose goalkeeper Gianluigi Buffon saved a penalty, opened their season with a 3-0 win over Cagliari and Real Madrid and Barcelona both won their opening La Liga games. Last night, Everton (2-0) played the second leg of their Europa League qualifier against Hajduk Split in Croatia.

Real Madrid's Cristiano

Ronaldo, sent-off in the first leg of the Super-Copa against Barcelona, received a five-match ban and £3,200 fine. Real lifted the trophy after winning both legs by 3-1 and 2-0. And Barcelona have offered £130m for Liverpool's Philippe Coutinho; Manchester City want Alexis Sanchez from Arsenal and Chelsea are seeking three Southampton players.

### SPORTS DIGEST

• It's practice tomorrow and qualifying on Saturday ahead of Sunday's Belgian F1 Grand Prix at Spa. And the British MotoGP takes place at Silverstone on the same day.

• On Saturday, Hull play Wigan Warriors in Rugby League's Challenge Cup final at Wembley. And Castleford beat Warrington

Wolves to secure their first ever 'League' shield victory after 91 years of trying.

• Ex-New Zealand All Black, Sir Colin Meads, who played in 55 Tests and 133 internationals, has died, aged 81.

• In Rugby Union, England met France and the USA played New Zealand in Tuesday's women's World Cup in Ireland. The final takes place on Saturday.

• USA's women golfers easily beat Great Britain 16½ to 11½ to retain the Solheim Cup. And the Made in Denmark and the Northern Trust Open competitions start today.

• Grigor Dimitrov beat Nick Kyrgios and Spain's Wimbledon champion Garbine Muguruza outclassed Simona Halep in their respective Cincinnati Open singles finals. For Dimitrov, it was his first Masters title.

• Tonight, GB's star athlete Mo Farah will run his last-ever race in the Diamond League meeting in Zurich. He won his final race in the UK last Sunday – the 3,000m in

Birmingham. Also on Saturday, the triathlon World Series continues in Sweden.

• In Las Vegas on Saturday, Floyd Mayweather junior fights Conor McGregor in the 'farce' of a light-middleweight contest. Meanwhile, the AIBA World Championship is taking place in Hamburg.

• The Vuelta a España started in Nimes, France last weekend and ends in Madrid on September 10. Team Sky's Chris Froome made a solid start in the 3,300 km race as did Vincenzo Nibali (Colombia), Fabio Aru (Italy) and Romain Bardet (France).

• The USA, with 30, topped the medal charts at the recent World Athletics Championships.

• Jockey Davy Russell is under investigation after 'striking' his horse, King's Dolly, on the head before a race at Tramore, Ireland last Friday.

• Team GB ended up with three medals overall - including its first gold since 2009 - at the European Equestrian/Eventing Championships in Strzegom.

• The 'Clipper round the world' yacht race started from Liverpool last Sunday.

• And finally England beat Poland 6-0 in their opening game of the 2017 Euro-Hockey championships in Amsterdam.

**ENGLAND: Beat the West Indies in the first day-night Test match.**

**DIMITROV: Won his first Masters title.**





## Los Arqueros Golf the first golf course designed by Seve Ballesteros

CostaLessGolf  
Weekly News

with  
Ron Garrod



**LOS ARQUEROS: A challenging par-71 course.**

SET among steep mountains, the impeccable fairways of Los Arqueros Golf & Country Club merge with the spectacular surrounding scenery, affording the golfers exceptional views over the Mediterranean.

Opened in 1991, Los Arqueros is a challenging par-71, 18-hole course designed by the Spanish Severiano Ballesteros, considered one of the best players in the world.

The design thinking behind Los Arqueros Golf was to lay out a course which closely followed the contours of the land and was in harmony with the natural setting. It is an idea, which Seve exploited to the maxi-

mum when designing the front and back nine holes, each with its own distinct personality. The result is a course which presents a challenge for the experienced golfer and is a real test of skills for beginners.

The course requires accurate play, especially in some tight tee shots where you may have to forego distance in your drive and opt instead for shorter irons or woods which ensure that the ball reaches the fairway. Hole 8 is especially tricky, as it is a long par 5, with a tight dog-

leg towards the right which slopes sharply downhill to the green, and a hazardous out-of-bounds area finishing in a stream at the entrance to the green. Therefore, this is a demanding course which requires a calculated game, and where you cannot afford to take many risks if you want to make your handicap.

CostaLessGolf special offer of two players inc shared buggy for only €96.00 until the end of August. Call: 0034 952 661 849 or email: [enquiries@costalessgolf.com](mailto:enquiries@costalessgolf.com) today.

## CostaLessGolf S.L.

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### AUGUST - 2 GREEN FEES INC. SHARED BUGGY OFFERS

(Offers Valid: 01/08/17 - 31/08/17)

#### 2 GREEN FEES INC. SHARED BUGGY

|              |                 |        |
|--------------|-----------------|--------|
| Cabopino     | (12.00 - 15.00) | 70.00€ |
| El Chaparral | (12.30 - 15.20) | 72.00€ |
| Alharuín     | (From 16.00)    | 76.00€ |
| Anoreta      |                 | 85.00€ |
| Atalaya New  |                 | 88.00€ |
| Miraflores   |                 | 94.00€ |
| Baviera      |                 | 95.00€ |
| Santa Maria  | (12.00 - 16.30) | 95.00€ |

Ref: 081/1

#### 2 GREEN FEES INC. SHARED BUGGY

|                                      |         |
|--------------------------------------|---------|
| Los Arqueros                         | 96.00€  |
| Calanova                             | 98.00€  |
| La Cala                              | 98.00€  |
| Mijas Olivos                         | 110.00€ |
| La Canada                            | 110.00€ |
| Guadalhorce (Mon - Fri before 12.28) | 114.00€ |
| Estepona                             | 115.00€ |
| Marbella G&C                         | 125.00€ |

Ref: 082/2

#### 2 GREEN FEES INC. SHARED BUGGY

|                 |         |
|-----------------|---------|
| Santana         | 125.00€ |
| Parador Old     | 130.00€ |
| Alcaidesa Links | 130.00€ |
| Atalaya Old     | 130.00€ |
| Valle Romano    | 132.00€ |
| Santa Clara     | 132.00€ |
| La Quinta       | 135.00€ |
| Los Naranjos    | 136.00€ |

Ref: 083/3

#### 2 GREEN FEES INC. SHARED BUGGY

|                          |         |
|--------------------------|---------|
| San Roque New            | 150.00€ |
| San Roque Old            | 155.00€ |
| Torrequebrada            | 160.00€ |
| Marbella Club Resort     | 160.00€ |
| La Cala (4 Ball Offer)   | 166.00€ |
| Guadalmina North         | 190.00€ |
| La Reservas Sotogrande   | 320.00€ |
| Valderrama (Mon - Thurs) | 710.00€ |

Ref: 084/4

COMPETITIONS HELD EVERY TUESDAY, THURSDAY & SUNDAY, CONTACT US TO RESERVE YOUR TEE TIME



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IN Las Vegas on Saturday, Floyd Mayweather junior fights Conor McGregor in the 'farce' of a light-middleweight contest.

**TO READ MORE**

The Costa Del Sol's best guide to local sport

# La Vuelta a España: Update

THE VUELTA A ESPAÑA returns to the Costa del Sol next Thursday.

Four-time Tour de France champion Chris Froome is currently setting the pace after retaining the red leader's jersey in yesterday's stage five from Benicassim to Alcossebre in Valencia.

The British rider is aiming to become the first man to win both the Tour and Vuelta in a single season since the latter was moved to August and September from April in 1995.

Chris Froome is among the favourites to be heading a dramatic entrance into the Costa del Sol after reigning champion Nairo Quintana declined the opportunity to compete this year, while Spanish legend Alberto Contador has been suffering from stomach problems during the early stages of the race.

Next Thursday will see the riders take on the 160-kilometre stage 12 from Motril to Los Dolmenes in Antequera, starting from 1.15pm.

The stage initially takes a flattish route the Costa Tropical via Nerja (2.23pm), Torrox Playa (2.35pm), and Torre del Mar (2.55pm) before heading into the Montes de Malaga at Rincon de la Victoria (3.20pm)

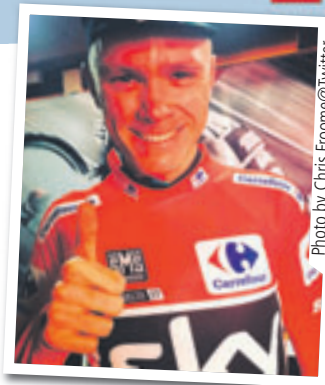


## STAGE 11: Motril to Los Dolmenes in Antequera.

where the competitors will tackle the 895-metre category one Puerto del Leon (4pm).

After passing by Colmenar on the A-7000 and Villanueva de la Concepcion on the A-7505 the riders must then scale the 950-metre Puerto del Torcal (5.01pm), a category two climb before descending to the finish in Antequera (5.28pm).

A day later Stage 13 covers a longer distance of 198 kilometres as the peloton makes its way from Coin (leaving at 12.43pm) to Tomares, with a hilly opening leading to a finish which should suit the climbers.



**RED JERSEY:**  
Chris Froome is the current leader.

The riders are likely to face sizzling conditions as they pass through the Cordilleras Beticas before continuing towards Sevilla.

# Goodbye Rooney

GOAL-SCORING record-breaker, Wayne Rooney has shocked England and the world by announcing his retirement from international football this week.

The Everton striker recently rejected the offer to participate in next month's World Cup qualifiers against Malta and Slovakia.

The former Three Lions captain rejected a recall from Gareth Southgate and told news outlets:

"It was great that Gareth Southgate called me this week to tell me he wanted me back in the England squad.

"However, having already thought long and hard, I told Gareth that I had now decided to retire for good from international football."

The 31-year-old is Eng-

land's most capped outfield player having appeared 119 times and is the country's all-time top goal scorer with 53.

Rooney started out as an 18-year-old at Euro 2004. His last international appearance was made last November during the 3-0 victory over Scotland at Wembley, but in the summer he rejoined Everton to score his 200th premier league goal in a draw at Manchester City. He quoted that this was a chance to "focus on Everton," his boyhood club rather than to enter back into the international football domain.

He will be missed by many avid supporters yet Rooney assures that he will stay close to England, supporting players to become as successful as he has been.

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