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On the edge

Mar Menor controversy continues

By Darren James

Murcia's Regional Assembly insists that it is safe to swim in Mar Menor.

The stance comes after two campaign groups, the Pact for Mar Menor and the Neighbourhood Association of the Crystal Sea, last Saturday submitted an official complaint over deteriorating water quality in the lagoon which has been suffering from serious environmental issues for almost two years.

Antonio Luengo, director general of Mar Menor, claims that accusations of increases in cloudiness and the amount of green algae in the water are unfounded because the temperature has been high.

"We can say with certainty that the waters are excellent for swimming according to analyses by the health department," he said. "The Mar Menor remains a unique area with great



Rosa Manrubia/Miguel IV/Twitter

added value for our tourism."

Mr Luengo went on to explain how a cleaning team commissioned by the regional authority and comprising 12 people who work five days per week have removed 208 tonnes of rubbish and debris since April.

He also insisted that frothy build-ups close to the shore are "not caused by chemicals, but are formed by a natural process."

The lagoon, the largest of its kind in Europe and protected under law, was earlier this year described as "an ecological disaster" and "a desert of mud" by a team from the Spanish Institute of Oceanography.

Flashback



The EWN Front page report on January 5, 2017.

Bin and gone

ALICANTE City is bracing itself for two public service strikes.

A standoff between tram drivers and the regional council will see services reduced to a minimum 60 per cent on lines 1, 2, 3, 4 and 9 today (Thursday) from 8.30-10.30am, 1-4 pm, 6.30-8pm and 11pm-midnight.

The same reduced service will operate tomorrow, with drivers planning further protests on September 8, 18, 20, 22, 29 and 30.

Municipal rubbish collection employees are also scheduled to begin industrial action of their own on Saturday.

Teams will refuse to begin their shifts on time, starting an hour late on Friday and Saturday nights and Mondays and Saturday day shifts until further notice.

The dispute is over salaries, with staff outraged over what they view as an inadequate rise this year.

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INSIDE page 71

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NEWS EXTRA

Noisy pub on trial

PROSECUTORS are demanding 12-year prison sentences for managers of an Elche pub. The accused face one charge for noise complaints amassed over a period of five years and another for bodily harm.

Baby dies

A **THREE-MONTH** old baby died last weekend from injuries sustained in a car accident near Fuente la Higuera. The accident was caused by a Mercedes driver with foreign licence plates, who immediately fled the scene.

New boat

AN Elche company has built a boat from new super-material Graphene. With a hull which is 200 times more resilient than steel, the Graphenano One also weighs 1.6 tons less than any others of its size.

Pet rescue

IN the past year Elche's local fire service has rescued more than 140 animals including 11 dogs, 14 cats, birds and even a sheep or two.

Seeing red!

Froome goes for glory

BRITISH cyclist Chris Froome is hoping to break his Vuelta a España hoodoo as the second week of racing draws to a close.

It comes as the peloton head for Malaga Province after tackling the Costa Blanca, Murcia, and Almeria earlier this week.

The four-time Tour de France winner is looking to become the first rider to win both the French flagship event and Spanish tour in the same season since the latter was moved to August and September from April in 1995.

Having consolidated his position in the leader's red jersey on last Saturday's challenging stage eight from Hellin to Xorret de Cati, the Team Sky leader opened up an even larger gap after winning Sunday's stage nine from Orihuela to Cumbre del Sol.

Following a rest day the battle resumed on Tuesday with stage 10, which saw the participants race from Caravaca de la Cruz to Alhama de Murcia.



Photo credit Team Sky/Twitter

AIMING HIGH: Chris Froome.

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Despite challenging conditions at the start of the day, with heavy rain lashing the riders, Froome managed to stay out of trouble ahead of yesterday's stage 11 from Lorca to the Calar Alto Astronomical Observatory in Almeria, located at 2,168 metres above sea level in the Sierra de los Filabres.

Today the race resumes in Motril, Granada, before heading along the Costa Tropical and inland to Antequera in Malaga Province.

EWN online
Latest news and more as it happens at
www.euroweeklynnews.com

Back to school!

SUMMER is coming to a close, beaches and pools are growing quieter and parents are out shopping for new books and rucksacks.

Here's a roundup of all the important dates to mark on your calendar so you're organised for the busy months ahead:

Valencian Community

Classes start: Sept 11
Christmas: Dec 23 - Jan 7

Easter: March 29 - April 9

School year ends: June 22 (primary and elementary)

June 20 (secondary, baccalaureate and vocational)

Regional holidays: Oct 9, Dec 7 and March 19.

Murcia

Classes start: Sept 7 (primary and elementary)

Sept 15 (secondary, baccalaureate and vocational)

Christmas: Dec 23 - Jan 7

Easter: March 24 - April 2

School year ends: June 22

Regional holidays: Dec 7, April 2 and 3, April 30, May 2, 3 and 4.

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DAYTRIPS	DAYTRIPS	MINI/CITY/LONGER BREAKS		Benidorm Breaks
Benidorm Day: Sun, Mon & Wed. 11€	River Rafting. Sat 2 Sept 30€ inc baguette.	Benalmadena + Exc 3-8 Sept 3* HB + WW 345€	Baños de Encima + Cordoba 20-22 Sept & 2-4 Nov 3* HB + WW 145€	Mon-Wed 4* Hotel FB from 125€ available weekly
Aqualandia: Sun, Mon & Wed. 39€ ad/34€ ch/snr	Benidorm Night Out. Every Sat. 12€	Andalucian Trio 4-7 Sept, 3-6 Oct & 13-16 Nov 3* HB + WW 209€	Madrid/Escorial 20-23 Sept 3* City Hotel B&B 229€	Sun-Wed 4* Hotel FB from 175€ available weekly
Mundomar: Sun, Mon & Wed. 32€ ad/30€ ch/snr	Benidorm Palace dinner/dance/show Every Sat. 53€	Granada 6-8 & 18-20 Sept - 18-20 Oct 4* B&B 127€	Sevilla City 26-29 Sept 3* B&B 219€	SEASONAL PRICING
Alcala Del Jucar. Every Sunday 27€ inclunch/wine	FIESTAS/SPECIALS	Toledo 6-8 Sept & 16-18 Oct 3* B&B 139€	Antequerra, Ronda & Malaga 28 Sept - 1 Oct 3* Hotel HB + WW 199€	XMAS AND/OR NEW YEAR
Jalon Valley. Every Mon. 23€ inclunch/wine	Altea/Calpe every 2 weeks 5th & 19th Sept. 23€ inclunch/wine	Cordoba 11-13 Sept, 2-4 & 25-27 Oct 3* B&B 165€	Jerez, Sevilla & Gibraltar 2-6 Oct 3* Hotel B&B. Inc visit to Equestrian School & Tio Pepe Bodega. 259€	CHRISTMAS OPTIONS
Cartagena Catamaran. Every Tues. 25€ ad/21€ ch/snr.	Ben Portsmouth is Elvis @ Ben Pal. Sun 3rd Sept. 45€ o/night option available	Costa Brava/France 11-16 Sept 3* B&B Seafront hotel 286€. Daily excs.	Almuñecar 8-14 Oct 4* FB WW & exc including Gibraltar/Mijas/Nerja 347€	23-27 Dec Inc Gala lunch Mojacar 4* FB WW 309€ with excursion Almeria Benidorm Servigroup. Choice of hotels FB from 372€
Cartagena + Train to Mar Menor. Every Tues. 14€	Jumilla Grape Harvest. Every Tues/Thurs from 12th Sept inc tastings & lunch/wine 35€	Mojacar 12-14 Sept 3* FB + WW 149€	Peñiscola 9-12 Oct 4* HB WW Seafront hotel/exc Morella 199€	Benidorm Palm Beach. 4* FB 320€
Murcia City. Every Thurs. 11€	Viva España Horse Show/Flamenco/meal + wine Sun 24th Sept 52€	Valencia City 13-15 Sept & 11-13 & 23-25 Oct 3* B&B FROM 108€	Barcelona by train 16-19 Oct 4* B&B 355€	NEW YEAR OPTIONS
Murcia/Calasparra Every Thurs 24€ inc lunch/wine.	Romans & Cartagenians Fiesta Fri 22nd Sept 12€	Cuenca region 17-19 & 25-27 Sep 3* FB + WW 147€	Exremadura 23-28 Oct using 3 x 3* hotels B&B. Daily Excs. 315€	Mojacar 30 Dec-2 Jan 4* FB/WW 238€
Alicante City. Every Fri. 11€				Benidorm 31 Dec-2 Jan 4/ FB 260€
Guadalest & Algar Falls Every Fri. 14€, or inclunch 24€				Gala dinner and free bar from midnight NYE
				XMAS + NEW YEAR
				Benalmadena + exc 24 Dec - 1 Jan 4* FB 532€
				Benidorm choice of hotels 23 Dec - 2 Jan from 659€

Licensed to nil

A 25-YEAR-OLD man was reported to the Local Police after being seen carrying an airgun. He was spotted in Calle San Pedro in the El Ranero zone of Murcia showing off the weapon to a group of friends and also demonstrating how it worked. Police were called and later found the person with the gun who didn't have the appropriate firearms authorisation even though insisting he did.

Serious slip

FIREFIGHTERS rescued a 17-year-old boy after suffering a head injury following a fall. The accident happened on a hill in the Serra Grossa area of Alicante. The emergency services were alerted and after being stabilised at the scene the young man was transferred to Alicante General Hospital with a suspected severe brain injury, while a probe into the cause of the accident has been launched.

Bomb hoax

POLICE in Alicante are looking for the person behind a fake bomb warning. A caller to the emergency services said that a device had been left along the beach front in Alicante close to the Hotel Melia, resulting in an immediate police operation to seal off the area. Police were keen to point out that such false warnings can carry a prison sentence of between three and 18 months.

Paint the town

A NUMBER of areas of central Alicante have seen anti-terrorist graffiti painted on walls. Most of the slogans have been aimed at the Daesh terrorist group who claimed responsibility for the recent attacks in Barcelona and other parts of Europe in recent years. Billboards, walls and electric boxes have been daubed using very straightforward and direct English phrases against the terrorists.

Disco inferno

FIREFIGHTERS were called to a fire that broke out in a bus on the RM-F34 motorway which led to the road being closed to traffic for more than two hours. According to emergency services that at-

SPANISH FACTS OF LIFE...27

On the last Wednesday in August, revellers in Buñol, near Valencia, bombard each other with tomatoes to celebrate La Tomatina - the world's most famous food fight.

A fruity fiesta indeed

BUÑOL, a small town just 38km inland from Valencia, has received global fame in the past few decades for hosting one of the world's most enjoyable yet bizarre festivals, La Tomatina. Thousands flock from all corners of the globe to take part in the city's annual tomato fight, during which participants hurl over 100 metric tons of ripe tomatoes at each other in the streets.

Before 2013, up to 50,000 people would descend on the town to take part in the festivities, dramatically increasing the town's modest population of 9,000 citizens. In order to protect the town from over-expansion, an official ticketing system is now in place which limits the numbers to just 20,000 blessed participants.

FUN FACT: These days, the tomatoes used in La Tomatina are usually imported from Extremadura where they are less expensive.

Tomatoes, tourists and turmoil

THE flavoursome festivities normally commence around 11am, this year with the ignition of a firework. Once trucks



LA TOMATINA: Has gained international recognition.

tended the scene, the blaze, which left nobody injured, originated in the car park of the Mana nightclub. Around 50 calls were made to 112 emergency number.

Bar wars

MORE THAN 50 people have gathered-

Lon the Isla Plana to demand the return of their local beach bar in Cartagena. Armed with banners stating 'We want our chiringuito!' they are protesting at the dismantling of the bar - La Guarida - as a result of a court order. Locals have now lost one of their favourite watering holes that had been open for more than a decade.



THOUSANDS: Flock from all over to take part.

have hauled the prized tomatoes into the central square, Plaza del Pueblo, chaos ensues and the streets turn into a saucy warzone where it's every man for himself.

After an hour of madness, fire trucks hose down the streets while locals offer their garden hoses to participants so they can wash the tomato debris off their bodies.

The legend begins

URBAN myth claims that the festival started in 1945, after a vegetable stall fell in the way of disgruntled locals during a parade and they proceeded to pelt each other with its contents. The next year, the same participants deliberately brought along tomatoes with the intention of starting a fight and La Tomatina was born.

Although initially banned by the police, the residents continued to take part in the festival despite some even being arrested for doing so. When the festival was cancelled in 1957, the locals held a tomato burial as a sign of protest, marching a giant tomato in a coffin through the streets of Buñol. This unusual demonstration actually worked and La Tomatina was finally recognised as an official festivity.

The festival has gained international recognition, and is now as famous as the Running of The Bulls in Pamplona - another outlandish Spanish festival. The festival has also inspired imitations in towns in the US, China and Colombia.

Tour de force

RESIDENTS of Orihuela Costa were heard to boo their own mayor as he joined thousands of people at the start of the ninth stage of the Tour of Spain cycle race. People were carrying banners demanding more services for the area, especially cleaning, and saw this event as an opportunity to get their message across.

Blade runner

LOCAL POLICE in Elche have detained a 45-year-old man for allegedly robbing and assaulting a man with a large knife who was using a cashpoint machine in Alicante before sprinting away.

Police unions call for guns

IN the wake of the terrorist attacks in Barcelona, Local Police unions in Murcia have called for their members to be allowed to carry longer firearms.

The call has been backed by a policeman, who preferred not to be identified, who said that with security in Spain staying at its highest level, machine guns should now be used as standard in controls, at least while the present situation prevails.

Police unions have requested that members of the Local Police carry machine guns and wear bullet-proof vests, something that doesn't currently happen.

The Spanish Professional Union of Police and Firemen (SPPLB) has also supported the recommendation. "With regard to weapons and firing practices, and taking into account the current situation, it is important to invest in longer firearms for the Local Police, as well as additional training that increases the efficiency of the officers and thus the safety of the citizens."

Current legislation in Spain dictates that unless there are exceptional circumstances, only members of the Armed Forces and specialised security officers are permitted to carry longer firearms as a matter of course.

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Top 5 stories

From 15 - 28 August

- 1 Spanish airports to be hit by 25 days of strikes as unions announce dates - **49,400**
- 2 Taxi strike spreads throughout Malaga Province leaving thousands stranded - **13,257**
- 3 Alicante airport security threatens strikes - **10,639**
- 4 Southern Spain braces for thunderstorms and heavy rain - **8,185**
- 5 Group of teens catch rabies after having sex with a donkey - **6,132**



Strikes could cause huge delays

Top Social Media comments

Costa del Sol couple devastated by theft of camera with photos of son they lost - Sadly this is the second story on Facebook of parents who have lost their phones and precious photos of a lost child. I hope others learn from this traditional story and print off such irreplaceable pictures before it's too late. *Tricia Hawkins*

Planes diverted from Malaga airport as storms lash the Costa del Sol and inland - Well how did I get to be so lucky flying into Malaga from Switzerland last night with not even a hint of turbulence - mind you I had taken two valium so perhaps I didn't notice! *Sue Hawkes*

Chris Froome increases La Vuelta a España cycle race lead - We saw them in Javea, didn't last long but wouldn't have missed it, they are all amazing athletes. *Avril Butt*

Southern Spain braces for thunderstorms and heavy rain - Not looking good in Fuensanta near Martos, but it will please the olive oil workers and farmers as it has very very hot for months. *Tim McMahon*

We do need it... can't even remember when we last had rain! *Barbara Stallwood*

British couple devastated over Axarquia

home demolition - This is such a heartbreaking story why oh why have they demolished a home that the owners bought in good faith and paid and trusted solicitors, builders etc, wrong wrong wrong in so many ways someone really needs to have a finger pointed here for absolutely ruining these people's lives, imagine the emotional stress the owners have gone through. Disgusting hope you guys will find the strength within you best wishes. *Stephen Kim Raymond*

Shop worker investigated for filming up young woman's skirt with mobile phone - This seems to be happening a lot lately and it should be a crime to stop the dirty buggers from doing it without redress. *Margaret Wigley*

Safe at last, injured owl is rescued by Seprona officers - Well done Seprona. Thank you for being there for your all your wild birds and animals as well as the domesticated ones, they need your help so much. Thank you. *Elizabeth Saunders*

Ten sailors missing as US destroyer collides with oil and chemical tanker - Were the crew all asleep, no lookouts or maybe they thought the radar was a computer game? *Bob Saunders*

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Poll of the week

Are bollards and other security measures used in Spain enough to prevent future terror attacks?

LAST WEEK'S POLL:

Should horses be bred for food as they are in areas such as Valencia?

Yes = 47%
 No = 53%

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TRIVIA FROM AROUND THE WORLD

In 1963, major league American baseball pitcher Gaylord Perry commented that "they'll put a man on the moon before I hit a home run." On July 20, 1969, an hour after Neil Armstrong set foot on the surface of the moon, Perry hit his first and only home run while playing for the San Francisco Giants.

The sentence 'THE QUICK BROWN FOX JUMPS OVER THE LAZY DOG' uses every letter in the English language.

Macau has the highest population density in the world, 55,001 per sq mile.

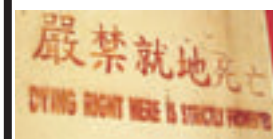


Did you know?



Venom from the boomslang snake causes victims to bleed from every bodily orifice before they turn blue from internal bleeding, while taking up to five days to die.

Lost in translation



DYING RIGHT HERE IS STRICTLY PROHIBITED

CORRECTIONS

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

Email: editorial@euroweeklynews.com

Little bits on the side

Going underground

FIREFIGHTERS from Elche were called to extinguish a fire that broke out in the village of El Altet.

The fire broke out in a garage located in the basement of a three-storey building in Calle La Pinta and a total of six appliances from Elche and San Vicente were needed to put out the blaze.

No injuries were declared - not even from the effects of smoke inhalation - and it's believed this is due to the speed of the evacuation of the residents.



Photo by Policia Local de Elche

BLAZING SQUAD: Firefighters and police at the scene.

The fire burned out two vehicles in the garage but put out quickly, it took a further three hours for the whole scene to be declared safe. even though the flames that destroyed the cars had been

A family affair

POLICE in Murcia have arrested a man for assaulting his mother.

The 49-year-old was detained after insulting and finally attacking her after she allegedly refused to give him some money. Police arrived at the scene in the Barrio de Vistabella neighbourhood after the alarm

was raised by the woman.

She told police that her son, who had been living with her for around five years, had asked for money, but when she refused he let out a stream of verbal abuse that led to her being pushed and punched, all witnessed by his sister.

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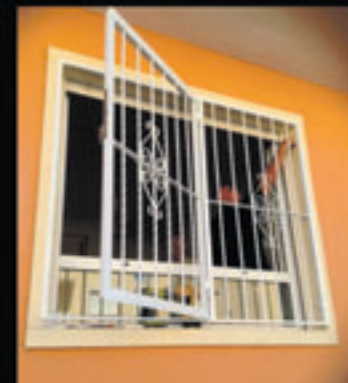
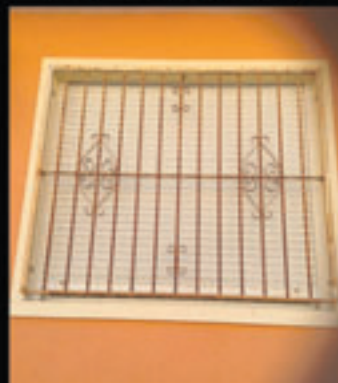
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Even if they are built into a wall

Hot to trot

MORNING TV star, Lorraine Kelly, has been pictured dancing to the small hours at Marbella's famous Aqwa Mist club where Craig David was performing.

The 57-year-old national treasure reportedly partied until 4am, surprising fellow revellers. One clubber told a publication, "it was incredible to see. Lorraine was dancing like someone in her 20's and looked fantastic... She was there till about 4am and was putting the youngsters to shame. Even the staff at the

club were in awe that Lorraine was there showing everyone how to party. "

The partygoer added, "it was clear she adored Craig's music and he put on a great show for her. Most people couldn't believe it was happening!"

The presenter, who was attending one of Craig David's TS5 parties, later tweeted her thanks to the singer, saying, "Was such a joy to be there. You are a class act. We loved it- thank you so so much!"



LORRAINE KELLY: Looking fantastic.

Wedding belle

VICKY PATTISON, the 29-year-old star of reality TV show, Geordie Shore, has been spotted kissing husband-to-be, John Noble, in a resort in Marbella.

The brunette beauty, who got engaged in June, took time out to have a holiday with her tailor fiancé, and looked stunning in a grey zip-up one-piece swimming costume.

The couple first got together around 10 years ago but broke off their relationship before rekindling it earlier this year with John surprising his fiancée by getting down on one knee after only six months of dating. The stunner said the proposal "knocked her for six" as she thought the relationship might end because they were often too busy to see each other. Following her engagement, Vicky told a publication, "I'm so happy personally and professionally - there's a level of equilibrium in my life that I've never experienced before. He is so lovely, I'm very fortunate."



VICKY PATTISON: Loved up.

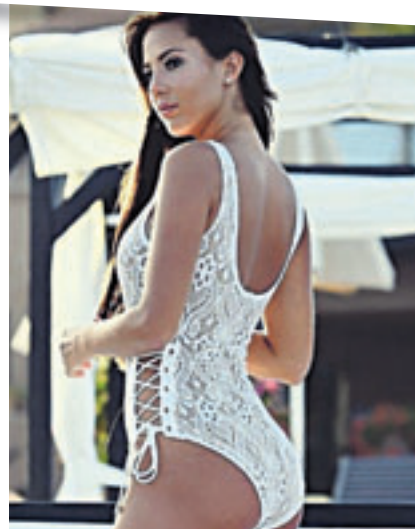
REALITY TV star, Yazmin Okhellou, was photographed showing off her stunning figure in a white lace one-piece swimsuit on a beach in Marbella.

All in lace

The 23-year-old reality The Only Way is Essex (TOWIE)

star was taking a break from filming for the show, napping on a sun lounger in the popular resort.

Yazmin, who is going out with fellow TOWIE star, James Lock, jetted to Turkey last month for surgery to her nose. The Essex-born beauty had the corrective surgery after breaking her nose, leaving her with a 'small bump,' and says she is thrilled with the 'amazing' results.



YAZMIN OKHELLOU: Stunning figure.

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Road legal?

Brits fail Spanish theory test

BRITISH drivers do not understand Spanish road laws, new research suggests.

Despite thousands of Brits choosing to visit Europe by car every year, almost one in three (29 per cent) said they are not confident driving on foreign motorways.

Over 1,000 UK drivers were quizzed in an international theory test which revealed that UK drivers would fail similar exams for Spain, France, Germany, Sweden and the USA.

Brits were least likely to know the correct answers for Spanish road laws; the average score was just 5/10, 36 per cent less than what would be needed to pass based on the 86 per cent pass mark for UK theory test standards.

Over a third (35 per cent) of those quizzed were unable to identify the right answer to 'What distance are you re-

quired to leave between you and the car in front of you in most situations,' and 32 per cent were unable to correctly answer 'Child seats must be provided for children under 1.35m tall and under what age?'

Brits were most familiar with German road laws, with the average person getting 75 per cent of the answers right, followed closely by the USA (70 per cent) and France (69 per cent).

On average, men (62 per cent) scored higher than women (58 per cent), with those aged 55 - 65 coming out on top with 6.3 out of 10. The 26 - 35 age group got a meagre 5.5, suggesting they need to brush up on their international road laws knowledge before heading abroad.


Vehicle parts distributor Euro Car Parts (www.eurocarparts.com) created the Inter-

national Theory Test, the first of its kind, surveying 1,019 UK adults.

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Airport offers 24h service All night long

By Kat Ashton

ALICANTE Airport has become the fourth airport in Spain to offer 24-hour public transport.

Following the likes of Madrid, Barcelona and Palma, the bus that runs between the city of Alicante and the airport will now operate throughout the night.

The lack of night-time public transport at the airport has often left travellers stranded upon arrival. The airport receives over 12 million visitors a year, making it the fifth busiest in Spain by numbers. Currently, 145 taxis are on call after midnight but this has regularly proved insufficient for the hordes of tourists who arrive on night flights. Hour-long queues outside the airport terminal at these times are not unusual.

The situation prompted the city's mayor, Gabriel Echavarrri, to reach out to the Generalitat Valenciana, who is responsible for all major transport regulations in the vicinity. Following a meeting last Thursday, the authorities announced that the new service



ENJOY THE RIDE: Alicante-Elche Airport.

will start on Monday this week.

The first night bus is scheduled to depart at 12.20am from the city centre (previously, the final bus departed at 11.20pm) and from the airport at 1.00am. The buses run once an hour, although it has been noted that this could change if there is high demand.

It remains to be seen, however, how the lack of transport to the surrounding towns of Elche, Torrevieja and Benidorm will be resolved. These destinations are all popular among tourists but still lack public transport services for the many travellers who arrive in the early hours of the morning.

OUR VIEW

Lack of respect for the victims

WHEN it was announced there was to be a major demonstration in Barcelona against terrorism it appears that different ideological factions saw opportunities to advance their agendas.

In an unprecedented move, King Felipe VI decided that it would be appropriate for him to join the demonstration to show his support for the people of Barcelona, which is still part of the Spanish nation.

He and Prime Minister Mariano Rajoy together with Catalan President Carles Puigdemont marched together behind a front line of emergency workers and those who had helped following the terrorist attack.

The leading group carried a huge banner simply stating No Tinc Por (I am not afraid) and joining them were an estimated 500,000 who wanted to make their statement against terrorism and also Islamophobia.

Unfortunately, a number of demonstrators managed to get relatively close to the king and prime minister, carrying Catalan flags, calling for independence, booing both men and criticising Spain's close relationship with Saudi Arabia, said to be a promoter of terrorism in Europe.

Photographs with or without Catalan flags were used by media outlets (as well as the Royal Household) to promote whatever view they had on independence from Spain.

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LITTER BUGS: The area around Acequion beach has become a problem.

Torre Vieja trash talking

RESIDENTS living in an area of Torre Vieja have complained about the lack of rubbish bins.

Locals living close to the Acequion beach claim they have reported the problem to the town hall but have yet to receive any response.

This issue always comes to a head at this time of the year. The few rubbish bins that are in the area fill up quicker with the increase of tourists and the consequential extra amount created by restaurants and supermarkets.

Local residents have expressed their concerns that over the past few years, some of the collec-

tion points in Avenida Gregorio Marañón had been removed and those that do remain get full to overflowing in the summer. People leave their rubbish around the base of the bins resulting in smells and attracting flies, mosquitoes, cockroaches and even rats. Others complain about the streets being covered with liquid that drips from or seeps out of bags containing discarded oil and drinks. Another principal concern is the amount of old furniture and mattresses dumped by the bins by people that assume dustmen will remove them with the normal rubbish.

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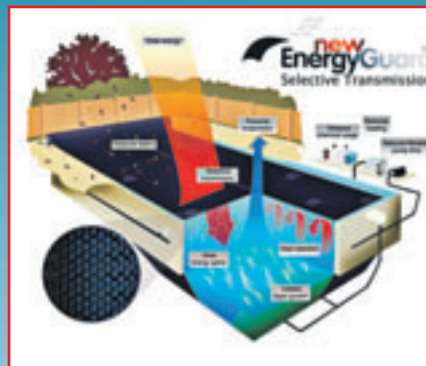


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Photo credit Cruz Roja Guardamar

STORM DAMAGE: The Guardamar coastline.

Storms altered beaches Danger zone

CASES of drowning in the Alicante Province are up 40 per cent so far this year.

Figures compiled by the Spanish federation of rescues show 31 deaths by drowning to date in 2017, and while many can be blamed on people simply showing scant regard for the red warning flags, experts have suggested other contributory factors.

Winter storms that struck many of the areas of the Costa Blanca have potentially created a

series of different 'underwater landscapes' which have led to hidden dangers for bathers.

Co-ordinator of the Cruz Roja in Guardamar, José Luis Hernández Olivas, considers that many of the storms "destroyed beaches that haven't returned to their original state."

Adding to this theory is Jorge Olcina, Professor of Geography at the University of Alicante, who said that the regeneration of the local beaches can contribute

to the increase in deaths. "The extra sand that is brought in by these storms - alongside the strong wind that displaces much of the existing beaches - completely changes the layout of the first few metres and results in holes, and gullies that weren't there before and that swimmers can fall into and the consequent risk of drowning."

Hernández Olivas also said that the nationalities of those people that ignore the warnings of lifeguards the most are Russian and Spanish, whereas the best-behaved are from Holland and Belgium.

1,118 The number of goals scored in the 380 La Liga matches last season.

Just add some water

CONSUMPTION of tap water in Elche has increased for the first time in five years.

There had been a downward trend in the amount of water used in the city, but this year - mainly due to the heat - the levels are up.

The water company that sup-

plies the area, Aigües d'Elx, said that the steady increase in temperatures between April and June were a contributory factor. Elche also recorded some of the highest levels throughout Spain during late July and early August.

Average consumption across

the municipality is now at 20.17 cubic metres per household, per quarter although there was a slight dip in the first three months of the year to 19.06 cubic metres.

Estimates from experts believe that the average person uses 100 litres of water per day.

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NEWS EXTRA**Pooch bathing**

CARTAGENA Council wants to allow dogs to be able to use certain beaches, and are proposing those in Calblanque, Lo Poyo, Isla Plana and El Vivero.

Fat plan

SIX municipalities in Murcia are in favour of the plan to combat child obesity by launching programmes in Cehegín, Ceutí, Cieza, Los Alcázares, San Javier and Torre Pacheco health centres.

Fire girl

FORTY neighbours in an area of Torrevieja were evacuated after a fire in a nearby villa, believed to have been started by a young girl playing with a lighter.

A question of security

IN the light of the recent attacks in Barcelona, Cartagena City Council are implementing some strict conditions for the city centre.

They will be restricting the amount of time for loading and unloading goods in the pedestrian zones, especially when any cruise ships are due to arrive in the port. The plans were announced by councillor for Security Francisco Aznar who said that they wouldn't hesitate to implement any measures needed



RESTRICTIONS: Cartagena city centre.

for the safety and security of the citizens and visitors.

There had been suggestions to completely shut off the city

centre to all traffic at certain times but it was agreed that

this was impractical with the amount of residents living in the centre needing access to their cars. Equally, businesses located in the pedestrian zones also rely on deliveries but they are going to be subject to strict rules in the future.

On working days, no vehicle will be allowed in the area after 11am and the authorities will be liaising with the delivery companies to see if their schedules can be changed to accommodate the new regulations. The councillor also said that the restrictions in the

centre could be changed without warning if there was a sudden influx of people to the area.

Cartagena has joined many other areas in Spain that have pedestrian zones by placing extra bollards, especially in Calles Jara, Sagasta, San Agustín, Cannon and Santa Florentina.

THE Guardia Civil had to rescue two women and three men who lost their way walking on Sierra del Cid.

The party were all in their early 20's and one of them decided to set out to find where they had parked their cars in the mountain area between Petrer and Monforte del Cid.

After wandering disorientated for hours without encountering the vehicles, he finally called the Guardia

Long walk home

Civil's 062 emergency number at 10pm.

Patrols in the area were alerted and after contacting the caller the res-

cuers located the party via their mobile's geolocation systems but had to look for them on foot as they were in an area inaccessible to vehicles.

Reaching them after a hike of several hours, the Guardia Civil led the party, all of whom were in good health and uninjured, back to their cars.

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If you are planning on moving to the Costa Blanca, or have recently done so, you have made an excellent choice. There are so many benefits to living here, and Spain can offer tax-efficient opportunities too.

1. Where will you need to pay tax?

You need to establish when you will become resident in Spain and liable to Spanish taxation on your worldwide income, gains and wealth, and subject to the Spanish succession and gift tax rules.

You will be tax resident in Spain if you are in the country for more than 183 days a year, but other situations can also make you resident.

Be wary of UK tax residence rules – in some cases, just 16 days back home could unintentionally trigger UK residency.

2. How much tax will you pay?

Income tax rates for general income range from 19.5% to 48% in *Comunidad Valenciana* and 19.5% to 46% in *Murcia*. Savings income is taxed progressively at 19%, 21% and 23%.

Spain also imposes an annual wealth tax, which generally hits those with worldwide assets worth over €1 million.

Moving to Spain? 7 questions that could save you money



By **Robert Croizat**,
Senior Partner,
Blevins Franks

Tax-efficient investment wrappers offered through a Spanish-compliant bond could legitimately reduce tax on savings income and potentially on wealth tax. Tax benefits can vary so take specialist advice.

3. How should you hold savings and investments?

A potentially costly mistake is assuming what was tax-efficient in the

UK is the same in Spain. Your situation and goals will change when you relocate too. Take a fresh look at your financial planning to ensure you are suitably diversified and everything is set up in the best way for your new circumstances.

4. What is the right currency mix for you?

Once you are living in Euroland, keeping savings and investments in sterling makes your income vulnerable to exchange rate fluctuations. Look for flexible structures that let you diversify by holding investments in multiple currencies.

5. What are your property options?

Another issue to consider early is the tax implications of buying and selling property. When is the best time to sell your UK property or buy a Spanish home to limit tax? How could owning a high value property affect your wealth and succession tax liabilities?

Take care to establish your best approach.

6. What should you do with your UK pensions?

Make sure you fully understand your pension options and the tax implications before making any decisions. There are now many options for taking your pension, but you need to weigh them up, looking at how they work for you and the tax consequences or benefits. Take regulated advice.

7. Is your estate planning suitable?

Spanish succession law works very differently from the UK. Unless you take action, 'forced heirship' rules could automatically pass two thirds of your estate to your direct family, whatever your intentions. Take care to understand your options and tax implications.

Spanish succession and gift tax is also different from UK inheritance tax. The rules vary according to who the beneficiary is, where the deceased and

beneficiary are resident and the assets located. Rates and allowances vary across regions.

UK domiciles remain liable for UK inheritance tax, so seek advice on how to reduce these taxes for your heirs.

Getting the answers to these key questions can provide peace of mind that your financial affairs are in order so you can relax and enjoy your new life in Spain. Cross-border taxation is complicated, so take personalised, professional guidance.

Tax rates, scope and reliefs may change. Any statements concerning taxation are based upon our understanding of current taxation laws and practices which are subject to change. Tax information has been summarised; an individual is advised to seek personalised advice.

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

With Brexit negotiations starting, do I need to take action to protect my wealth?

This is a good time for us to help you review your tax and estate planning, investments and pensions. We will ensure you are in the best position going forward and keep you informed of Brexit developments that may affect you. It may be worth acting now, under known rules, rather than waiting to see if the situation changes after Brexit.

Keep an eye on the Blevins Franks website for Brexit news - www.blevinsfranks.com/brexit and contact us if you want to sign up for regular updates.

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Multiple offences in one stop

LOCAL POLICE in Elche have arrested a man driving under the influence of drugs.

He was detained during a routine checkpoint in the village of La Hoya - on the road that links Elche with La Marina - when his top-of-the-range Mercedes was intercepted after being chased by another police vehicle.

They discovered the car was stolen; in addition to the driver being under the influence of drugs, the occupants had criminal records.

Locals demand cleanup Street strife!

HOTELIERS and other business owners in Alicante are complaining about the smells and general state of the city centre.

They are also concerned about the recent sightings of rats that they put down to the bad odours caused by the local sewers.

Eva Quintanilla, one of the shop owners in the most affected area in Plaza de la Santísima Faz behind the town hall said: "I didn't see the rat myself, but it is true that there are cockroaches and we have to spray and set



PONGS AND PESTS: Alicante city centre.

traps inside the premises. The problem here is the sewer smells and the fact we now have to wait all day until the rubbish collectors arrive at 5pm and then again at 1am."

It is understood that some of the pipes in the area contain stagnant water and are becoming an attraction for a variety of pests.

The president of the Alicante Hospitality

Business Association (APEHA), Maria del Mar Valera, has requested that the local council find a solution to the increasing problem of rat droppings in the city which suggests a large presence somewhere, especially in the northern part of Alicante and close to the bullring.

"They must do everything possible to detect where the problem is and solve it because it is not the image we should be displaying in the tourist season, as well as the matter of health and hygiene."

Lokímica, a company that specialises in the fight against pests and vermin has already been called upon after the first rat sightings and has set traps and other preventative measures in the most affected areas.

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NEWS EXTRA

Healthy news

HEALTH authorities in Orihuela have confirmed that the work on the Rabaloch Health Centre is progressing and should be ready to open at the beginning of March 2018.

Biker hurt

A 25-YEAR-old motorcyclist was injured in an accident with a car on the southern ring road of Murcia. He was later transferred to the Virgen de la Arrixaca Hospital.

Lorry crash

FOLLOWING a collision with a lorry on the A-7 motorway in Murcia close to the exit to Puerto Lumbreras, a 37-year-old van driver was taken to hospital with minor injuries.

Dive, dive!

FIVE SHIPS that sank during the First World War between Cabo de Palos and Isla Grosa will be part of a new initiative to attract divers to the area.

Young work

THE numbers of unemployed young people in Murcia under the age of 30 has dropped for the first half of the year to 43,359, a 3 per cent reduction.

Pets shop

EL CORTE INGLÉS, the large department store in Cartagena, is now allowing customers to shop with their pets in all areas apart from the supermarket.

Kidnap fail

A 22-YEAR-OLD girl from Murcia was almost the victim of a kidnapping attempt after a passing car stopped and the driver grabbed her by the wrist before she broke free.



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- **Ensure that all of the paperwork**, including the “certificado de habitación” (habitation certificate) or the “licencia de segunda ocupación” (the licence of second occupation) are in place and registered.

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True faith

A RESIDENT of Elche has found a briefcase in the street which contained €7,700 and immediately returned it to its owner.

The person who found the briefcase, who wished to remain anonymous, found €6,500 in cash and two cheques of €600 each inside as well as other important documentation. Rather than succumb to the temptation of keeping his find and dumping the bag, he took it straight to the nearest Local Police station.

A telephone number was found among the documents and within an hour, the rightful and exceptionally grateful owner was reunited with his property. The Good Samaritan that found it has been given a reward for his honesty.

The actions of the unnamed man have gone viral across social media, with many commenting that such actions restore their faith in human beings and that this particular member of their community had put conscience before temptation and greed.

The main force only

THE Generalitat hopes to amalgamate the Valencian Community's Local Police 10,280 officers into one regional force.

Work is going on behind the scenes, drafting a law that the cash-strapped Generalitat believes will cut costs and be acceptable to the region's city and town halls.

The Bill should reach the regional parliament, Les Corts, in September or October and municipalities that accept the plan will pay half the personnel and running costs, while the Generalitat would pay the remainder.

This would put the region on an equal footing with Cataluña and its Mossos d'Esquadra, the Basque region which also has an autonomous force, the Ertzaintza, and Andalucia.

"We are entitled to do this, as it is included in Valencia's Statute of Autonomy," said Jose Maria Angel, director of the region's Public Safety and Emergency Response.

"No city or town hall



Photo by Muchamiel town hall

LOCAL POLICE: Plans to amalgamate region's forces.

will be obliged to join the united force, and those wishing to pay all their Local Police costs can continue doing so," Angel said.

"But I believe that for towns with a population below 50,000 or 30,000 this could be an interesting scheme."

Angel maintained that the initiative was endorsed by unions, the Generalitat's State Lawyers

and the Legal Advisory Council (CJC) although the SP-PLB police and firemen's union queried his claim.

The new law would be opportunist, coming soon after the Barcelona jihadist attacks, the union said.

NEWS EXTRA

All change

MULTINATIONAL company Avanza has acquired the popular local bus company Costa Azul. They have assured that there will be no changes to the number of workers or their conditions.

Less waiting

ALICANTE General Hospital will be investing €1.3m in new ultrasound equipment to reduce waiting times by up to six months. A new radiologist will also be joining the team.

Please stay

ORIHUELA Council are urgently looking to stop the amount of companies leaving the area with a budget of €1,554,236 to modernise the Poligono Puente Alto industrial estate.

281 The average number of house sales per day across Alicante, Malaga and Valencia provinces.

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Photo credit: Guardia Civil

NEWS EXTRA

In memoriam

MEMBERS of Torrevieja Council and a survivor from the day convened to remember the victims of the bombing suffered by the town in 1938 during the Spanish Civil War.

Fewer stings

BEACHES in Alicante have hardly seen a jellyfish during this summer so far which coincides with the number of reported bites dropping by 65 per cent.

Budget boost

ALICANTE City will receive €2m from the Ministry of Finance in Madrid to boost current expenditure and make up a shortfall in other investments.

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TAMPERED: One of the vehicles.

Turn back the clock

OFFICERS of the Guardia Civil have accused a company based in Cox of manipulating odometers.

Odometers - perhaps better known as mileage or kilometre readings - have allegedly been manipulated in 76 vans that have been sold in 21 provinces throughout Spain, in some cases lowered by as much as 400,000kms.

Pending further investigations, accusations have been

made against two bosses and a workshop manager of a vehicle sales business in Cox but no arrests have been made.

Guardia Civil began their enquiries at the end of February after the traffic headquarters in Guadalajara detected an above average increase of requests from a company responsible for refurbishing industrial vehicles.

The vehicles had the kilometre levels manipulated and then

taken to ITV (MOT) stations throughout the Alicante Province to get duplicate inspection certificates as the others had been declared lost. ITV inspectors are not obliged to look at the number of kilometres undertaken by a vehicle and thus why the replacement certificates showed the false numbers.

The three men have been charged - but not arrested - with alleged crimes of fraud and document manipulation.

386 kilometres, the length of Spain's N332 motorway.

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Plunge sparks panic

A YOUNG woman from Barcelona has been taken to hospital suffering from a head injury after a dive went wrong.

The 27-year-old on holiday in Cartagena was about to dive into the sea at Cala Cortina when she slipped and fell and hit her head on the rocks before ending up the water.

She was about five metres up when the accident happened where, according to witnesses, she fell into the sea backwards and they feared the worse.

Members of the emergency services were called to the scene where the woman had been rescued by life-guards and taken to the shore. After some immediate first-aid, she was transferred to the Santa Lucia Hospital where she was kept in overnight for observation after suffering some minor injuries.

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Photo credit Guardia Civil

SQUEEZED: One of the accused is escorted away.

GUARDIA CIVIL officers have arrested two men in Almoradí suspected of crimes relating to the selling of lemons.

Two men - a father and son aged 51 and 24 - are believed to be behind a scam that has netted them more than €350,000 related to sales of 800 tons of the fruit.

It appears that the two entrepreneurs owned two companies dealing in the pur-

Lemon scam exposed A bitter twist

chase and distribution of citrus products in Benejúzar, Almoradí, Bigastro, Daya Nueva, Orihuela and Murcia. They then bought the produce direct from the farmers in the area before distributing them to several supermarket chains.

The scam was that the su-

balance at a later date in either 45, 60 or 90 days.

However, there was allegedly no intention of paying the farmers as there were no funds to pay them in the business accounts.

The men appeared to be very credible during their business dealings.

During their arrest by the Guardia Civil, officers found a 9mm pistol in the car the suspects were driving with a full magazine of bullets in the chamber and primed for use.

NEWS EXTRA

Foreign drop

ALICANTE Province has announced that the number of foreigners registered has fallen by over 8,000 in one year. More people have left the province than arrived in the past 12 months.

Salt free

THE La Pedrera River has now been declared salt free. Desalinated water from Torreveja filtered into the marsh area has led to the formation of a salt free zone.

Pong gone

RESIDENTS of La Murada are celebrating the sealing of a landfill site which has stopped smells coming from the garbage that needed doors to be shut during summer.

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Shop online for school essentials



BACK TO SCHOOL: Parents have found a way to save money on books and supplies.

AS children prepare to return to school across the country, parents have found a way to save money on essential books and supplies.

For this year, many of the required textbooks can be purchased via a series of different websites and will result in savings of up to 10 per cent compared to last year.

Equipping a student for a school year is always an expensive time, as school books that accompany the curriculums are not supplied by the state education system.

According to the organisation Thadercon-

sumo - an association of housewives and consumers in Murcia - there are a significant number of offers and discounts available online which will mean the average cost of returning to school for the current term will be €750. If no uniform is included, then the cost is estimated to be €570.

Thaderconsumo recommend that families should reuse as many materials as possible from the last school year and to find ways to pay for the more expensive items over the course of the coming terms.



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Photo credit Policia Local de Elche

IMPOUNDED: Police prepare to remove the car.

Car trouble

LOCAL POLICE in Elche have found an Estonian-registered car with false documentation abandoned at Alicante-Elche Airport.

This is the second stolen car in as many weeks found in the

area, with the first having been discovered in the beach resort of Los Arenales.

It is not known from where and when the car found at the airport was stolen but investigations continue. Police had al-

ready announced that security procedures had been intensified during the summer both at airports and beaches to coincide with the extra influx of visitors to the area. Recent terrorist attacks have also required extra vigilance.

90 Motorcycle Grand Prix titles won by Spanish rider Angel Nieto, who died this month aged 70.

NEWS EXTRA

Time to move?

MORE than 100 residents of Dehesa de Campoamor have demonstrated at the overall state of their roads and have asked to be annexed to Pilar de la Horadada instead.

A clean bill

TORREVIEJA Council will be facing a water bill of more than €300,000 a year to cover the costs of watering parks and street cleaning.

Feeling blue

LOCAL business leaders in Orihuela have come out against a recommendation for the extension of the blue parking zone in the city which will see an extra 250 spaces.

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TRAFFIC BOOST: Elche town centre.

Driving ambition

ELCHE Council has announced that it is making a major investment in road improvements.

By the end of this calendar year, Councillor Héctor Díez said that €225,000 will be spent on a programme of asphaltting a series of roads in the city centre and some of the surrounding districts. In addition, grants of €100,000 and €65,000 have been

requested from the provincial council in Alicante and from central government in Madrid respectively for the specific projects on the Avenida de la Libertad and on the section of road that links l'Aljub and San Fermín.

Díez said: "Several works have already been completed this summer and where these have been carried out are on sections of roads that had dete-

riorated and were a danger to road users." He also confirmed that the bus lanes currently in a bad state will also be upgraded and repaired.

Other areas outside of Elche city centre that are due to benefit from the investment are Calle Velero in El Altet, Calle San Fernando in Torrellano and the Civic Centre in Alzabares; the latter will see the area repaved.

Speeding isn't slowing down



SPEEDING: One of the main causes of accidents.

INCIDENTS of speeding on the roads of Murcia aren't showing any signs of reducing, even though it's believed it contributes to almost 30 per cent of road deaths every year.

Despite being one of the reasons most directly causing accidents, so far this year a total of 28,570 motorists have been penalised for overstepping the limit. According to data supplied by the Spanish traffic department (DGT), that works out to an average of 119 per day.

There are 18 fixed radar points in the region as well as

the mobile checkpoints employed from time to time by the Guardia Civil, and while the figures for 2017 so far are showing encouraging signs of a reduction - 21 per cent less than last year - the authorities are worried about the overall numbers.

DGT collected more than €9.1m last year which equated to €25,160 a day from the speeding drivers. Throughout Spain, 2.8 million people were stopped for the offence which is 10 per cent of all those that drive in the country.

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Fruit trade branches out

A TRADE delegation from Murcia is heading off to the Far East next month to increase their exports to the region.

Councillors with responsibility for employment, enterprise, agriculture and fisheries, Juan Hernández and Francisco Jódar are off to China as well as attending the 'Asia Fruit Logistica' in Hong Kong between September 6 and 8. The delegation will also be composed of some

20 companies in the agriculture and food sectors in which Murcia lead the way and see high growth potential if they can break further into the Asia-Pacific zone.

Last summer, Murcia was the first community in Spain to sell certain types of fruit in an Asian country, and the goal now is to get into other markets and selling other products such as grapes. At present, China is

the principal destination for exports from the region with €207m in 2016. The first five months of this year alone has reached €88.9m.

The annual Asia Fruit Logistica trade fair goes beyond the Chinese market as it is regarded as the most important of its kind in the Asia-Pacific region.

Last year, Murcia was represented for the first time at the fair by representatives from 11 companies.

150,000 The approximate weight (in kilograms) of tomatoes thrown at the 2016 Tomatina festival in Buñol, Valencia.

NEWS EXTRA

Awaiting aid

ALMOST half of the 863 families that have requested help in Alicante to reform their kitchens and bathrooms are still waiting to receive the financial aid.

A fine area

ORIHUELA Council have announced they will be activating a special orange parking zone during the autumn months and will issue fines to those without the appropriate permit.

Traffic jams

RESIDENTS and visitors to the Orihuela Costa have continued to complain to the authorities about the constant traffic hold ups on the N-332 around the La Zenia roundabout.

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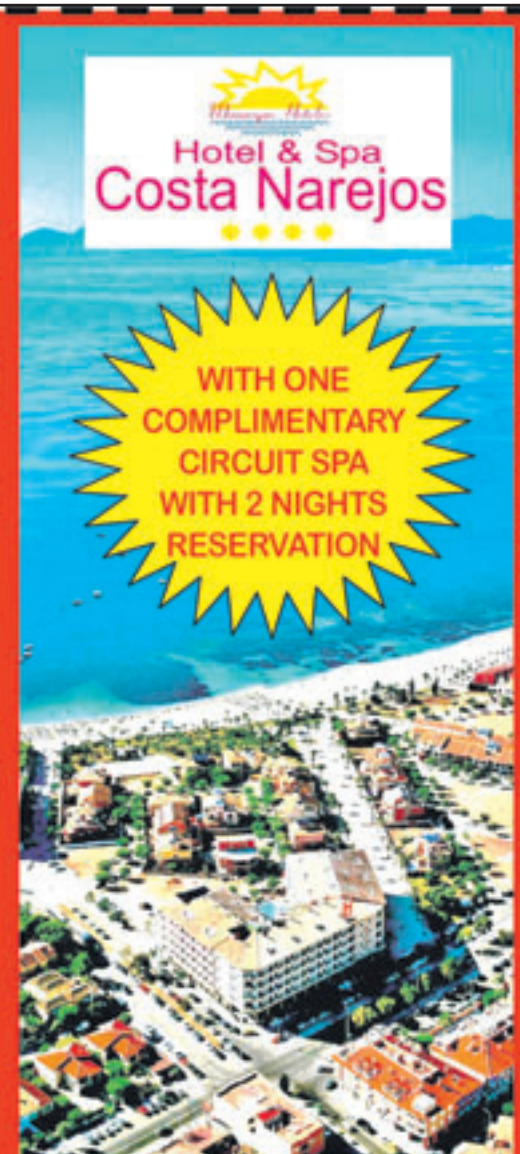
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A fine vintage



TOP QUALITY: Vines in Alicante.

DROUGHT has made Alicante Province vines suffer but this year's wine will be the best for years.

This was the opinion of Regulatory Committee of DO Alicante wines, which added that stress the vines have suffered after years of drought would add "complexity" to the coming campaign.

"This summer's high temperatures together with already-dehydrating grapes brought forward the harvest," said Gaspar Tomas, director of a Perrer-based bodega.

"It's going to be difficult but good," he predicted.

"Normally we would not begin to bring in the grapes until the beginning of September but pick-

ing has already started in the Vinalopo areas as well as La Marina."

The bodega is already bringing in Muscatel grapes in La Marina and Chardonnay is now fermenting in inland areas, Tomas said. Merlot and Syrah are being picked but the Monastrell grape at the heart of the Alicante wine industry "still needs a couple more weeks."

Last year 32 million kilos of grapes were picked for Alicante's DO wines but despite the expected quality that is expected, the council is expecting a 20 per cent drop in production.

"September is an unpredictable month for weather and until the Monastrell grapes are in we will not know the extent of the reduction," council sources said.



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Photo credit: SEF/Facebook

COMMITTED: Alejandro Zamora, SEF General Director (right).

Freedom of speech

UNEMPLOYED people in the Murcia region will be given the opportunity to learn foreign languages.

This initiative announced by the employment and training service (SEF), aims to give 1,500 unemployed a certificate proving they've reached a certain level in English and German and thus the chance to increase their future job prospects.

The programme of mini-courses lasting 40 hours each

will be implemented in two phases. The first, until December 31 will take 400 students and the second will take place throughout 2018 and benefit 1,100.

Unemployed people that wish to participate in these spe-

cial courses must first pass an aptitude test to show that they have a very basic knowledge of the language but haven't, as yet, obtained any certification.

The SEF have brought in some strict requirements for these courses that include priority being given to teachers that are natives of the country of the language being taught, and a fine for the training establishment if at least 75 per cent of those on the course do not pass the final test.

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DAMAGED FLAT: Fortunately there were no injuries.



A FIRE that broke out on the fifth floor of a building

Building blaze scares bathers

overlooking the Playa del Cura startled and worried bathers on one of the busiest beaches in Torrevieja.

Fortunately, there were no injuries caused by the incident and the only damage was to the cupboards in the kitchen where the fire started.

Fire engines came from Torrevieja and those from Orihuela and Almoradí were also put on alert and were only required to return to base once the fire was declared not to be as serious as first thought.

The alarm was raised when smoke was spotted coming from a window in a fifth floor flat on Calle

Navegantes, and understood to be occupied by a woman and her cat who left the premises safely, as did other neighbours once they realised the potential seriousness of the situation.

The flat was part of one of the traditional apartment blocks in Torrevieja built in a semi-circle and fire brigade sources said that this latest incident highlighted the poor access for the emergency services in the local streets.

Described as "a rat trap" they lament the lack of emergency exits and the amount of large bollards that prevent vehicles getting closer to the buildings.

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Can't read music? No problem, only a few of their members can.

Never sung in a group before? You don't know what you are missing!

Go along, have a coffee and a chat with them; they promise they don't bite! Their first rehearsal after the summer break is on Friday Sept 8 at 9.30am in el Paraiso restaurant.

Check out their web page www.crescendo-choir.com.

A night of music and comedy

THE Royal British Legion invites you to attend A Night of Music and Comedy on Friday September 29 at 8.15pm at the Olympia Restaurant in Mil Palmeras.

The evening will feature a JB Brass Band playing popular marches, film themes and traditional British and Spanish standards, as well as a touch of Flamenco.

The musical director is Brian Webber and it will be supported by Flamenco with Francisca Samper.

Tickets for the event are only €10 with a buffet meal included. Tickets are on sale at Queen Victoria Pub (Cabo Roig), The Card Place (Punta Prima), The Mail Room (San Miguel de Salinas) and The Olympia Restaurant (Mil Palmeras).

Call 600 228 616 for more information.

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Samaritans receive money from Elvis night

THE recent Elvis Night Charity Fundraiser helped the Samaritans to raise €1,291 to be spent on new computer stations, so that they can replace the very dated and unreliable ones they currently use at their caller and drop-in centre in Punta Prima.

The next charity night at Quesada Fish & Chips Restaurant will be on September 19, when Richie Alexander will be helping to raise money for Elche Children's Care Home.

RAISING FUNDS: The Samaritans raised €1,291.



Alpen-Gold Oompah Band

THIS popular group, now into its 21st year and led by Bill Singleton, are to commence rehearsals for the winter season on Monday September 4 at 2pm.

The sessions will take place at Casa Ventura in La Siesta, and the group is seeking new players who love to play music to join them.

There are no restrictions, no auditions, no Grade requirements and no need to be a perfectionist, you just need to have a love of music and good company.

Interested parties are invited to attend the first session to talk with the group, listen to them play, or bring an instrument of choice and join in!

For further information call Bill on 966 760 032 or 634 310 309, or email him on rytethen@gmail.com.

Alternatively, you can contact Dennis on 965 720 732 or 671 992 314, or email denan@live.co.uk.

The practice venue address is Casa Ventura San Luis, Calle Arbizu 1, 03180 Torrevieja.



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Around the world in song

REHEARSALS for Cantabile Ladies' Choir start again on Friday September 1 in preparation for their autumn concert. This season they will take the audience on a musical journey with songs from many nations, often in the language of the country from Swahili to Maori and Swedish to Hebrew. Dates and venues to be announced shortly.

The choir consists of 25 ladies who sing in three-part harmony. They enjoy a musical challenge but nothing is too difficult. Extra help is always available. New members are always wel-



LADIES CHOIR: Sing in three-part harmony.

come to join this friendly and sociable group who perform four to six concerts a year in a variety of venues. The choice of music is varied and often follows a theme.

If you are interested in

joining, please contact *valcantabile@gmail.com* or telephone Val on 966 795 816 and come and sample a rehearsal at La Siesta Church, Torrevieja on a Friday afternoon from 2.45 - 5pm.

Interested in finding out more about diabetes?

THE Help Diabetic Support Group is celebrating its 15th anniversary in September and continues to go from strength to strength. Under the direction of Oscar Norhona it provides support and advice for those who have recently been diagnosed as well as for people who have learnt to live with the condition.

The group started following a chance meeting at one of the HELP monthly lunches. There was a discussion about diabetes and someone said that because of a lack of understanding of the Spanish language, they were struggling to find out more about the condition and how to deal with it day to day.

They decided to approach the then President of HELP Vega Baja and the rest, as they say, is history! The group was originally known as DIA-AID although is more often referred to as the HELP Diabetic Support Group.

There have been several venues over the years but it is now well established at Casa Tom, in Avenida Jaca 31, San Luis where they meet on the last Wednesday of each month at 11am. As it is under the umbrella of HELP Vega Baja, there is NO FEE for people who attend the meetings. The aim of the group is to:

1. Provide up to date information concerning medical and practical developments in the management of diabetes.

2. Use guest speakers to provide information on a variety of subjects of interest to attendees.

3. Have a lively exchange of information between everyone attending.

4. Enable members to take responsibility for their diabetes with the guidance and encouragement of the group to support you to obtain better control. Often by making simple changes to your lifestyle and a few 'do's and don'ts' a person with diabetes can enjoy a perfectly normal life.

Recommendations put forward by members are encouraged, no matter how small, and are discussed before being put in to practice. Members are encouraged to talk about any diabetic difficulties they have and often a solution can be found.

If you think that you or someone you know could benefit from this group, or can contribute advice or experience on living with diabetes, why not pop along to the next meeting. You can be sure of a very warm welcome!

For more information, call the HELP Vega Baja San Miguel Centre on 966 723 733 or email *office@helpvegabaja.com*.

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Horse rescue reaches target

GENEROUS supporters from around the world have donated €20,000 to rebuild and extend the Easy Horse Care Rescue Centre's crumbling perimeter wall to secure and protect the Spanish sanctuary's 108 rescued equines.

Co-founders Sue and Rod Weeding began calling for donations in March, hoping to raise €7,000 to extend the height of a planned boundary wall upgrade to provide better protection for the equines from the bitterly cold winter winds and blistering summer sun.

That followed a successful 2016 campaign to raise €13,000 to fund the initial boundary upgrade, which was prompted by a string of break-ins at the centre and intimidatory behaviour relating to the rescue of Oscar, a horse that arrived starving and dehydrated.

All in all, more than 200 donors contributed to the campaign, with donations coming from as far away as America, Canada, Thailand and Singapore. That included



BOUNDARY WALL: Can now be completed.

one very kind donor, who wished to remain anonymous, who this month donated the final €800 needed to hit the overall fundraising target.

"Never in our wildest dreams when we started the rescue centre did we ever imagine that so many people would support us and be so

passionate about what we do," said Sue.

For more information, please contact Easy Horse Care Rescue Centre co-founder Sue Weeding on +34 652 021 980 or email rescue@easyhorsecare.net.

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Rojales Pantomime Group auditions

CALLING all would-be thespians - is acting your dream?

The Rojales Pantomime Group is looking for new members.

Is joining your local pantomime group on your list of things to do? Do you also help raise money for local charities? Then why not come along to our open auditions September 4.

Auditions for 'Alibaba and the Forty Thieves' will be held at The Cultural Centre Quesada on Monday September 4 vfrom 5 to 8pm.

We are looking for all the usual traditional pantomime characters from a Principle Boy and Girl, a Pantomime Dame, a Toe Curling Villain and a couple of thieves with a King and singers to put together everything you could wish for in the true magic of pantomime.

Contact Thelma on 634 339 588 or email: rojalespantomime@gmail.com.

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NEWS FROM OUR FIVE OTHER EDITIONS

Burundanga story wouldn't wash

■ COSTA BLANCA NORTH

Photo credit: Serge

BURUNDANGA: Found in many Costa gardens.

» A CAMPELLO delivery driver was charged with inventing a sham robbery to mask his own crime.

The 28-year-old Spanish man who works for a drinks distribution firm went to the Guardia Civil, claiming that he was robbed of €1,000 after an Italian couple sprayed him with scopolamine.

This drug, made from the burundanga plant and known as devil's breath, overrides the will of the consumer who submits to the orders of others. It can cause sleepiness and memory loss, making it a choice drug for criminals and sex offenders.

Although the man could describe the man and woman with Italian accents in detail he remembered nothing about their car and the Guardia Civil, made suspicious by other inconsistencies, contacted his employers who had been given an entirely different story.

Checking the man's route investigators failed to find any witness to the incident and discovered he had instead been fined for double parking.

■ AXARQUÍA

Beach wars

DESPITE Torrox Council's legislation, passed in 2014, fining anyone reserving a place on the beach with towels, the number of culprits this summer has remained the same as last year, at around 1,500.

Red handed

FIREMEN in Velez-Málaga were surprised to find a marijuana plantation as they battled to put out a house fire in a social housing block. Two men were arrested for growing the 68 plants.

Illegal camp

POLICE in Nerja has removed an illegal settlement from Maro Beach following complaints from residents. During the operation 1,500 kilos of waste were removed.

Comp claim

A JUDGE in Germany has ruled the city of Hamburg must pay back between €400,000 and €700,000 in compensation to Algarobbo-based vegetable company Frunet after falsely claiming its cucumbers contained E-Coli.

That stinks

AN ecological group says it informed Almuñecar Town Hall in 2016 about a raw sewage leak along a road used by pedestrians, but claim the information was never acted on.

Fire damage

THREE people in Motril are being treated for smoke inhalation at the Hospital Santa Ana following a blaze which gutted a flat on Calle Cuartel de Simancas.

■ COSTA DEL SOL

Malaga money

MARBELLA is to receive €1.8 million from a €27 million fund expected to be approved by Malaga Province shortly. The bulk of the funds are to be put towards street repair and improvement of water supply.

More taxis

LOCAL unions have requested an increase in the number of taxi licences granted in La Linea. In addition they want to see agreement for the introduction of seven and nine-seater taxis.

Face lift

THE sum of €112,000 plus IVA is being spent by the San Roque Council to make improvements and renovations to the Guadiaro fairground. Work will include additional children's sports facilities.

Social service

MANILVA Council is re-introducing its subsidy for residents with mobility problems and people over 75 who need to attend hospital in Marbella or Malaga. The council will pay up to two thirds of the normal taxi fare.

Weather watch

IN anticipation of forecast heavy rainfall, municipal workers were out in Estepona clearing the storm drains.

■ COSTA DE ALMERÍA

Cold feet

THREE immigrants treading water near the Almeria docks were rescued by the coastguard. One was sinking from total exhaustion.

Fire fear

A MINI van caught fire in the centre of Aguadulce last Saturday. A family travelling in the vehicle jumped out when smoke soared from the hood. A fire crew extinguished the blaze.

Multi task

A MATRON at Huerca-Overa hospital has become the first in Almeria to become a doctor. Maria Barroso won a PhD in nursing care research from the University of Murcia focused on reducing labour pains.

Head on

TWO women and two children aged four and 11, were badly injured in a collision between two cars on the A-352 in Vera. All four were transferred to Huerca-Overa hospital.

Rent chaos

FORTY families are facing eviction in Carboneras due to a management mistake. Confused council bureaucrats told them to pay their rent to the wrong account and now the real landlord has come knocking.

■ MALLORCA

Social karma

REVENUE from fining violators of holiday rental laws should become a social rent fund for working residents being forced out of their homes by rising prices, according to anti-austerity party Podemos.

Health risk

A REVIEW of the medication taken by more than 1,000 chronic patients aged over 75 on Mallorca found that 70 per cent suffer adverse effects from the drugs and are confused by labelling.

I Spy

TIPPED off by a German tourist who saw him lurking in a car park, police arrested a 60-year-old man in Manacor suspected of being behind a spate of 30 car break-ins.

Booted out

A TRADITIONAL shoe-making shop in Inca is to close. George's has been in business since 1967 and was famed for its suede and leather craft. It can no longer compete with cheap imports.

Sound proof

MORE than 1,000 apartments should be soundproofed against the noise of planes, argues Palma Residents' Association, which described flight noise every 40 seconds as intolerable.

■ COSTA BLANCA NORTH

Elbow room

THE narrow bridge over the River Sella on the CV-770 linking Orxeta and Villajoyosa is to be widened in a €526,000 renovation funded by the Alicante provincial council.

Free flicks

MORE than 1,800 people attended the second edition of the free open-air film sessions that were held each Tuesday throughout July and August in Altea's Plaza de la Cantereria.

Night birds

THE Mussol (Owl) trams and train service that operated night-long between Alicante City and Denia since June 30 to eliminate the drink-driving risk, has now terminated until next summer.

Denounce jobs

AFTER having to clean graffiti defacing the Tirisit Park, inaugurated last November in the centre of Alcoy, the city council called on residents to report any vandalism they witnessed.

Crash'n'grab

A MAN who ram-raided a Petrel shop in a stolen car, taking mobile phones worth €47,000 received a six-year prison sentence for theft and resisting arrest. Police are still looking for his associates.

summer SAVINGS



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NORWAY**Bear scare**

A TOURIST guide has been fined €1,300 for scaring a polar bear during a snowmobile expedition on the Svalbard archipelago. The guide approached the bear who fled, but regulations say this is prohibited.



PROTECTED: A polar bear on the Svalbard archipelago.

Centre closures

NORWAY is to close 17 asylum centres, reducing the capacity by 1,600 people. It comes as the number of asylum seekers arriving in the country continues to fall.

Hot worker

A 30-YEAR-OLD Norwegian firefighter

is setting the internet alight with 114,000 fans following her Instagram page with many believing she could be the world's hottest firefighter.

Terror film

BRITISH director Paul Greengrass is to direct a film about the Utoya terror attacks of July 2011 after Netflix won the rights to make the film.

GERMANY**Trump ecstasy**

POLICE have seized thousands of ecstasy tablets in the shape of Donald Trump's head, valued at around €39,000. A 51-year-old man and his 17-year-old son were arrested after the drugs were found in their vehicle.

been called 'unfair' by Chancellor Angela Merkel, following the diesel emissions scandal and called on the industry to rein them in.

Unfair bonuses

BIG bonuses to car executives have

Facial recognition

THREE HUNDRED people are volunteering for a facial recognition pilot program in Berlin. However, the increased

surveillance has received mixed views with some calling for the pilot to stopped immediately.

Muslim integration

A NEW study has found that most of the country's 4.7 million Muslims feel connected and integrated into German society.

FRANCE**Gay software**

AN 'invisible PC spy software' has been criticised by a French LGBT rights group after the company claimed its software could help parents find out if their son was gay.

Workers reform

PRESIDENT Emmanuel Macron warns the EU risks breaking up if it fails to reform rules on temporary foreign workers. France wants to introduce a 12 month maximum period that a worker can be 'posted' to work in another country to prevent continued cheap labour.

Flexible patrols

THE 'Operation Sentinelle,' a domestic military presence that has deployed thousands of soldiers to patrol public spaces since the 2015 terror attacks, is to be revamped.

Maurice support

THE owners of a noisy cockerel have been told they face legal action if they do not quieten the cockerel which neighbours claim is 'posing a health risk.' Tens of thousands have signed a petition in support of the cockerel named Maurice.

BELGIUM**Tip off**

IT is reported that a Belgian police officer gave an 'informal' tip to a Catalan colleague last year that the man believed to be behind Barcelona's recent terror attack was suspicious, but at the time no information was found to link him to Islamist extremism.

Terrorism cases

BELGIAN courts open an average of 23 new terrorist-related cases per month. Since the beginning of the year 189 terrorism files have been opened as police forces crack down on terrorism.

Burger brand

BELGIUM'S third Burger King restaurant has opened in the Walloon capital Namur. The chain has announced it will open three more restaurants in the country by the end of the year.

Confidence high

THE country's consumer confidence index has maintained its historic high achieved in July with the National Bank of Belgium saying it was 'comparable' to pre-crisis highs of 2007.

NETHERLANDS**Safety steps**

AMSTERDAM is increasing security in the wake of the recent terror attacks in Barcelona. The mayor said extra security measures will be enforced in certain areas of the city.

said it will fine and prosecute anyone who illegally downloads films. The chief executive of DFW said those using BitTorrent to view their films without buying them can face sanctions.

Ambassador out

HUNGARY now has no ambassador in the Netherlands, after the role was suspended when the Dutch ambassador in Hungary criticised the Hungarian prime minister's government.

Gig threat

A 22-YEAR-OLD man was arrested hours after a rock concert in Rotterdam was cancelled following an alert from Spanish police about a possible terror threat. He was believed to have sent a threatening message but was later released.

Illegal downloads

DUTCH FILM WORKS (DFW) has

SWEDEN**Detention complaints**

COMPLAINTS have been made about the Halmstad Detention Centre with those admitted complaining they have to wait hours for the toilets to be flushed with odours coming through the cells and the ventilation system is so loud they cannot sleep.

Good harvest

HARVEST time is underway with local farmers in the Laholm area saying early signs show it seems to be better than last year's harvest.

Elderly attack

AN elderly couple were attacked by a man in a store in Laholm. Hitting and kicking the pair in their 80's, police say they tried to take refuge in a clothing store as the man continued the unprovoked attack.

Sick leave

THE number of people taking sick leave continues to decline for the sixth consecutive month according to new figures from the Social Insurance Agency. Compared to one year ago, it is down by 2.4 per cent.

DENMARK**Murder charge**

AFTER the dismembered body of journalist Kim Wall was found, prosecutors are looking to charge submarine owner Peter Madsen with murder. Her torso was found washed up near Copenhagen.

English concern

THE Education Minister has pledged to cut down admissions to courses taught in English saying too many students are qualifying and then leaving Denmark.

Looking up

DENMARK is currently experiencing a bit of a job boom with experts saying there are a lot of vacancies available. Reports also say nine out of 10 people are unemployed for less than a year.

Final filming

FILMING of X-Factor begins next week but broadcaster DR has announced it will be the last series to be produced in Denmark after first being broadcast in 2008. The next season will be aired in 2018.



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EASTERN PROMISE: Some want Kremlin to move over the mountains.

Game of thrones

■ MOSCOW mayor Sergei Sobyenin has dismissed the notion of moving the city's politicians and bureaucrats to a new capital beyond the Urals mountain range. The idea was floated by Yuri Krupnov, chairman of the Institute of Demography, who wants to shift the balance of domestic power further east.

march through the centre of Grozny in a 'repentance rally.' They say it was punishment after an association representing them wrote a letter to Russia's top lawyer claiming the men were being abused in prison.

Mamma mia

■ DOZENS of Italian tourists suffered food poisoning during their stay at Moscow's Hotel Borodino. More than 30 of them are considering suing. The four-star hotel claims they must have picked the bug up elsewhere. Named after the battle which repelled Napoleon's invading armies, it is one of Moscow's top hotels.

Statue stunt

■ A WOMAN smeared with paint and wearing a dressing gown chained herself to a huge statue of Lenin in Novosibirsk. Ksenia Sukhorukikh claimed her stunt was symbolic of a 'dying Russia' and timed it to coincide with National Flag Day. She was carted off by police while loudly lamenting corruption and censorship.

Stabbing spree

■ A SUSPECTED terrorist went on a stabbing spree in the Siberian town of Surgut, injuring seven civilians before being shot dead by police. A video online showed him running away from armed officers before being shot in the back. Police say he was inspired by Islamic terror group Daesh.

Street fight

■ RUSSIAN powerlifting champion Andrei Drachev was killed in a street fight with a mixed martial artist. Drachev, aged 32, was accosted by the fighter outside a bar in the far-east town of Khabarovsk. The men brawled bare-chested. Drachev was knocked out cold with a kick and later died in hospital.

Forced apology

■ FAMILY members of Chechen men accused of terrorism claim they were forced to

Mrs Russia crowned

■ MOTHER of three, Polina Dibrova, was declared Mrs Russia. Married to older TV presenter Dmitri Dibrov, the 28-year-old beat competition from 25 other married women to claim the title.

She competed in the Miss Russia contest

10 years ago, has

100,000

followers

on

Instagram,

and says

her husband's

support is

the secret to

her beauty.



RACY: Dibrova named most beautiful wife in the land.

Photo credit: Instagram/Polina Dibrova.

Card safety

THE Spanish Consumer Organisation considers that despite the fact that an element of fraud and identity theft does exist, use of credit and debit cards is inherently safe.

It is estimated that in 2016, the total amount defrauded was €56 million which whilst slightly up from the previous year, still only amounts to 0.2 per cent of the total annual spend.

Contactless cards and telephone apps may however cause some problems for the future

EU passports for sale

By John Smith

IF you are worried about the future after Brexit and want to have an EU passport, then for €880,000 you can become a Maltese citizen.

Most of that money will go to a Maltese government social fund but you are required to use up to 25 per cent to rent a property for a minimum of five years and also invest in interest bearing government bonds.

Money buys most things and the Maltese offer even anticipates that your citizenship will be granted

within 12 to 18 months, but other EU members offer similar if not so inexpensive deals and you can also purchase the rights to carry an Austrian, Bulgarian, Cypriot or Hungarian passport.

That means that there are five EU members simply selling national passports and more may follow if there is a demand for them.

Currently British passport holders who can prove direct family

links with Ireland can apply for a change of citizenship and those, mainly of Jewish origin, whose forebears lost their German passports during the Nazi regime can also apply for a German passport.

Other countries offer the opportunity to obtain rights of residency such as Spain and its 'Golden Passport' programme aimed mainly at wealthy Chinese, but these are all significantly more expensive and take a considerable length of time for grant of a passport.

Idea is appealing

ORANGE growers in Spain should be taking an interest in a number of developments on the Italian island of Sardinia to dispose of orange peel discarded in production of juice.

It is estimated that the total cost of disposal of peel and pips amounted to €14 million per annum but now it is being used to make yarn for fabric, fat-free flour and even biogas which is then turned into electricity.

A juicy opportunity to make money out of waste.

Quote of the Week

With the data we have we don't see a significant impact on tourism in the short term," Economy Minister Luis de Guindos said with regards to the Barcelona attacks and economic forecasts.



Economy still growing

THANKS in part to consumer spending, the Spanish economy continued to grow above expectation during the second quarter of 2017.

Unemployment also dropped meaning that less money was being paid from social security and more taxes are being collected.

Exports also continue to grow whilst the number of

tourists has increased and the general consensus of opinion from the Spanish government, the Bank of Spain and the International Monetary Fund is that growth will exceed expectation and break 3 per cent for the third year in a row.

All of this good news means that Prime Minister Rajoy feels more comfortable about his chances of pushing through the 2018 budget when Parliament returns from holiday in September.

On the negative side however, expenditure is currently still in excess of 100 per cent of GDP which may cause problems for the minority government if that situation continues to deteriorate.

MARIANO RAJOY:
Pleased by strong economy.



La Moncloa flickr

» BUSINESS EXTRA

Fuel down

AFTER a fairly expensive summer, fuel prices look as if they will fall slightly by the end of August and should then hold steady. Currently Spain has some of the lowest prices for petrol and diesel in the EU.

Day tripper

TO celebrate the 25th anniversary of its high speed service, train company Renfe is continuing to offer travellers the chance to purchase one of 25,000 tickets for €25. The next offer of discounted long distance tickets should be made on the last Friday of September.

Bottoms up

SPANISH wine exports have reached their highest volume ever with sales of €1.3 billion in the first six months of the year. Even though British imports were down, the overall price of individual wines increased with red and rose doing well.

Barcelona flights still busy

RYANAIR which has now formally registered its interest in taking over the bankrupt Air Berlin has announced fare reductions for flights to Barcelona.

It made the decision to reduce fares by between 5 and 7 per cent soon after the attack on Las Ramblas and says that the decision has meant that it has

experienced no reduction in passenger traffic on flights to the city.

According to CEO Michael O'Leary it is company policy to lower fares to destinations hit by a terrorist attack in order to ensure that volume of traffic is maintained.

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Pound struggling, the euro steady

Ask the expert

Peter Loveday



Currencies Direct

Contact me at euroweekly@currenciesdirect.com

A FEW key factors have been driving pound, euro and US dollar exchange rates over the last month - with central bank monetary policy speculation and political uncertainty being the two main ones.

Over the past four weeks the GBP/EUR exchange rate has fallen from highs of €1.1432 to historic lows of €1.1035, GBP/USD peaked at \$1.3256 before drifting to \$1.3020 and EUR/USD advanced from \$1.1385 to highs of \$1.1900.

What's been happening?

While the Federal Reserve piled pressure on the US dollar by dwelling on low US inflation (leading many to suspect that the central bank will refrain from increasing interest rates for a third time in 2017) the Bank of England (BoE) sent the Pound reeling with its own interest rate decision.

The BoE sent the pound to a 10-month low



KEY FACTORS: Central bank monetary policy speculation and political uncertainty.

against the euro and drove GBP/USD from an 11-month high. While the bank was split 6-2 on whether or not to increase interest rates, its decision to slash UK growth forecasts for 2017 and 2018 was enough to dash hopes that borrowing costs would be increased soon and Sterling spiralled lower in the wake of the announcement.

A lack of progress in the UK's Brexit negotiations also limited the pound's appeal.

Meanwhile, the euro was supported by a

stream of upbeat economic releases from the Eurozone and comments from European Central Bank (ECB) President Mario Draghi.

Hints from the ECB chief that policymakers will begin discussing the tightening of stimulus in the autumn bolstered the common currency, keeping it elevated against the pound and helping it achieve its best levels against the US dollar since January 2015.

Over in the US, the dollar also had to contend with the fallout from yet another drama at

the White House. The sacking of Communications Director Anthony Scaramucci after just 10 days in office elevated concerns that all the upheaval will prevent President Donald Trump from making good on his promised tax and spending plans.

What do you need to look out for?

If ecostats from the Eurozone keep impressing in the weeks ahead it will up the odds of the ECB opting to reign in its quantitative easing programme in September. Good news for the euro, but bad news for the GBP/EUR exchange rate.

The pound may also be pressured lower against the euro and US dollar if Brexit negotiations fail to move forward in a positive way.

UK data will be an additional driver of GBP exchange rate volatility, with less-than-impressive results weighing on BoE rate hike expectations and leaving Sterling struggling.

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Industry warns government control electric costs or expect exodus

AEGE which represents major manufacturers who use electricity in Spain has complained that members who turnover €20 billion could be forced out of the country.

According to the recently appointed president of the association and president of Air Liquide, Teresa Rasero, electricity prices in Spain are so high that they are making major companies consider moving abroad to try to save costs and become more competitive.

The 27 member companies between them employ 66,000 workers directly and a further 120,000 indirectly and should even a few of them look to close their businesses within Spain, it could be very damaging for the economy.

In an interview with the *Expansión* financial paper, she explained that when compared to Germany, itself a major industrial economy, electricity costs in Spain are 30 per cent higher which means that business is potentially being lost.

While the government of Mariano Rajoy appears to favour Spanish



Photo Credit: Asturcon Shutterstock

Heavy industrial plant in Asturias.

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electricity companies, even considering punitive taxes on those generating solar power, a plea to make the public utility companies reduce their charges is likely to fall on deaf ears.

AEGE speaks with some strength as its members control 83 major industrial plants across Spain producing a range of products from chemicals to metals and steel to gas and account for 11 per cent of total electrical consumption in the country.

Up until recently, the members were more worried about uninter-

rupted supply rather than simple cost but as the delivery of power has become more reliable, so prices have risen and unlike neighbours in the European Union, these companies receive very little state assistance.

There has been some improvement when the market opened up to allow an auction system whereby utility companies were encouraged to bid against each other to supply power on an annual basis but AEGE don't think that this is enough.

Ms Rasero believes that with the need to produce much greater volumes of environmentally friendly electricity the government needs to introduce a coherent and harmonised policy which will ensure green energy in sufficient amounts at prices which are competitive when compared to other EU states.

If this proves to be impossible, then she believes that Spanish heavy industry in particular will become less competitive and will have little option other than to move to areas where costs are lower and greater profits can be made.

Bank sale controversy

THE European Commission has refused to release certain relevant documents to lawyers representing investors in Banco Popular who are trying to recover lost funds.

According to a document issued by the CEO of one of the arms of the Commission, the reasons given are that the release of the Deloitte's report on the Bank as well as reports from the European Central Bank and Spanish Single Board of Resolution could hurt purchaser Santander.

Part of the document states that the decision has been made in order 'not to harm Santander's commercial interests' and 'protect the financial stability of the eurozone.'

This decision will not please any of those affected by the sale or those who believe that the Commission should be transparent.



Photo Credit: Alimute Sizovicute Shutterstock

VANILLA - most children love ice cream.

Prices rise for tasty treats

VANILLA which was introduced to the 'old world' by Spanish explorer Hernán Cortés in the 16th century is the second most expensive spice in the world after saffron.

The English name comes from the Spanish word vainilla meaning little pod (as its seeds are contained in a long black cylinder) it is used to add taste to a variety of desserts and ice creams, but the wholesale price has tripled to more than €500 per kilo in the last three years.

Although only native to Mexico, 80 per cent of the world's commercially grown vanilla comes from the African island of Madagascar and annual sales of €550 million contribute 5 per cent of GDP to what is one of the poorest countries in the world.

Don't be surprised therefore if you find that your tub of delicious vanilla ice cream has suddenly gone up in price next time you visit the supermarkets.

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A simple oil contract nearly caused a war in Asia

WHAT appeared to be a simple contract between the Vietnamese government and giant oil Company Repsol has had a ripple effect bringing the communist state closer than ever to the USA.

Traditionally, Vietnam has seen China as a natural partner in Asia and over a period of years imported increasingly large amounts of goods from China whilst exporting what it manufactured to the USA.

The decision made by Vietnam in June to appoint the Spanish firm Repsol to undertake drilling in the South China Sea brought an immediate and unexpected response from China which threatened military action if the work continued.

Within a week, the contract was cancelled and the Vietnamese government was forced to pay millions of dollars to Repsol by way of compensation.

This also led to a senior Chinese official cancelling a planned visit to Hanoi whilst the staunch Vietnamese Communist Minister of Defence flew to Washington within a matter of weeks for what were described as friendly talks with his counterpart in America.

As the old guard in Vietnam age and begin to retire from power, it is clear that the country is moving towards a freer state with elements of capitalism creeping in, but those still in power are wily enough to only encourage the USA when China treads on their toes.

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Are the kids of today ruined or not?

LEAPY LEE SAYS IT
OTHERS THINK IT



THE unbelievable hype and media hysteria surrounding the A-level exams has now become utterly ridiculous.

Every television channel this year was completely saturated with students elevated to minor celebrity status merely for opening up envelopes, bursting into tears, hugging each other and jumping up and down.

The mind boggles. Even though the authorities vehemently denied tests had been dumbed down, they did admit this privileged, often ungrateful bunch, have had the new test results 'scored more generously.' Oh, that's ok then!

Apparently with the revised method of marking authorities didn't want to cause the students too much 'unnecessary stress.' You really couldn't make it up.

There are even websites advising parents on how to deal with the diddums who didn't do too well. Advice includes relaxing techniques, compris-

ing meditation and exercise. They are also told to give them, 'time to grieve' and teach them rhythmic breathing.

Parents are also informed they should be on the lookout for the signs of stress, ranging from sobbing through tests, ears turning red to losing eye lashes! And what is the result of all this almost beyond belief pandering of these 'future leaders?'

Gratitude? Don't make me laugh. Many of these sensitive little flowers actually see themselves as victims of oppression. One young madam actually insisted that because she suffered from anxiety and depression she should have been afforded special treatment and even allowed extended deadlines, because she was a 'slow reader.'

If you ever wondered where the left-wing PC brigades actually manifests, look no further. The National Union of Students recently wanted to ban clapping and cheering because it 'triggered anxiety.' The hard on activists of the University of East Anglia took offence at what they saw as 'cultural appropriation' because a local restaurant handed out sombreros. Sussex actually wanted to ban the use of 'he' and 'she'

as pronouns, because it made assumptions about identity. Another student body wanted to ban Jamaican stew and Tunisian rice because it created 'racist microaggressions.'

Wha'?? This leftie lot also requested warnings before being exposed to supposedly offensive books, such as *The Great Gatsby* (violence toward women) and even the *Merchant of Venice*, for its anti-semitic portrayal of Shylock.

No wonder they all lean toward Corbyn and his policies of simpering, cynical appeasement. Mark my words, this diversity happy bunch, with their self-centred utterly misplaced priorities will one day, if they find time to look up from their mobile phones, find their women clad in burkas, living under the yolk of sharia law and witnessing beheadings on the campus.

Never mind Jamaican stew. Let them see what happens in that scenario, when they try and protest that every TV show should have a transgender performer. 'Er what television!?' Heaven help them all.

Keep the faith

Love Leapy / leapylee2002@gmail.com



UK STUDENTS:
Pampered lefties?



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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 at One
 2:30pm BBC London News
 2:45pm Red Rock
Soap opera based around a busy Dublin Garda station.
 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 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 Football Focus
 12:15am The Week the Landlords Moved in

BBC TWO

7:00am Flog It! Trade Secrets
 7:30am Countryfile Summer Diaries
 8:15am Britain's Home Truths
 9:00am Nadiya's British Food Adventure
 9:30am Great British Menu
 10:00am Victoria Derbyshire
 12:00pm BBC Newsroom Live
 2:00pm Perfection
 2:45pm The Adventures of Tintin: The Secret of the Unicorn
 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
Celebrities hunt for antiques across the UK.
 9:00pm The Big Family Cooking Showdown
 10:00pm Top of the Lake
 11:00pm The Premier League Show
 11:30pm Newsnight
 12:15am Mountain
 1:15am Celebrity MasterChef
 2:45am 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 Britain's Outlaws: Highwaymen, Pirates and Rogues
 10:00pm Andrew Marr's The Making of Modern Britain
The fourth film in Andrew Marr's epic six-part series charting the events that shaped Britain.
 11:00pm Wonders of the Universe
 12:00am Time Shift
 1:00am Top of the Pops
 1:30am The Heart of Country: How Nashville Became Music City USA
 3:00am Wonders of the Universe
 4:00am Britain's Outlaws: Highwaymen, Pirates and Rogues
 5:00am This is BBC Four

CHANNEL 4

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 Lego Masters
 10:00pm Educating Greater Manchester
 11:00pm The Great British Bake Off
 11:50pm Celebrity Island with Bear Grylls
 12:55am 24 Hours in A and E

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 The Hotel Inspector
 2:15pm Home and Away
 2:45pm Neighbours
 3:15pm NCIS
 4:15pm Arson Mom
 6:00pm 5 News at 5
 6:30pm Neighbours
 7:00pm Home and Away
 7:30pm 5 News Tonight
 8:00pm All New Traffic Cops
 9:00pm Nightmare Tenants, Slum Landlords
 10:00pm Gypsy Kids: Our Secret World
 11:00pm Celeb Trolls: We're Coming to Get You
 12:00am Celebrity Botched Up Bodies

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 Deadline Day
Sky Sports News presents news of all the latest football transfers.
 8:00am Deadline Day
 9:00am Deadline Day
 10:00am Deadline Day
 11:00am Deadline Day
 12:00pm Deadline Day
 1:00pm Deadline Day
 2:00pm Deadline Day
 3:00pm Deadline Day
 4:00pm Deadline Day
 5:00pm Deadline Day
 6:00pm Deadline Day
 7:00pm Deadline Day
 8:00pm Deadline Day
 9:00pm Live Super League
Leeds Rhinos v Hull FC.
 11:00pm Sky Sports News at Ten
 12:00am Deadline Day
 1:00am Through the Night
A comprehensive review of all the night's football news, plus a look ahead to the morning headlines and a full round-up of the rest of the sports news.

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
 2:55pm ITV News London
 3:00pm Judge Rinder
 4:00pm Dickinson's Real Deal
 5:00pm Tipping Point
 6:00pm Cash Trapped
 7:00pm ITV News London
 7:30pm ITV Evening News
 8:00pm Emmerdale
 8:30pm Tonight
 9:00pm Emmerdale
 9:30pm James Martin's French Adventure
 10:00pm The Detectives
 11:00pm ITV News at Ten and Weather
 11:30pm ITV News London
 11:40pm Diana
 12:40am Bear Grylls: Mission Survive
 1:30am Jackpot247
 4:00am Tonight
 4:25am ITV Nightscreen

itv2

10:00am You've Been Framed!
 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
 7:30pm You've Been Framed! Gold
 8:00pm You've Been Framed and Famous!
 9:00pm Two and a Half Men
 9:30pm Two and a Half Men
 10:00pm Hot Tub Time Machine 2
 11:00pm FYI Daily
 11:05pm Hot Tub Time Machine 2
 11:55pm Family Guy
 12:25am Family Guy

itv3

7:00am Judge Judy
 7:20am Judge Judy
 7:40am The Royal Heartbeat
 8:40am Heartbeat
 9:40am 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
 5:20pm You're Only Young Twice
 5:50pm On the Buses
 6:25pm Rising Damp
 6:55pm Heartbeat
 8:00pm Murder, She Wrote
Murder mystery series.
 9:00pm Midsomer Murders
 11:00pm Law and Order: UK
 12:00am The Suspicions of Mr Whicher
 2:05am Wycliffe
 3:00am ITV3 Nightscreen
Text-based information service.

itv4

7:00am Goals of the 80s
 7:10am The Chase
 8:00am Storage Wars Texas
 8:20am Storage Wars Texas
 8:45am The Professionals
 9:45am Ironside
 10:50am Quincy, M.E.
 11:50am Minder
 12:55pm The Professionals
 1:55pm Cycling
Action from stage 11, from Lorca to Calar Alto.
 2:55pm Ironside
 3:55pm Superman
 4:55pm FYI Daily
All the latest entertainment news.
 5:00pm Superman
 7:00pm Storage Wars Texas
 7:30pm Storage Wars Texas
 8:00pm Cycling
Action from stage 12, from Motril to Antequera.
 9:00pm The Chase Celebrity Special
 10:00pm Classic TT
 11:00pm You Only Live Twice
 12:05am FYI Daily
 12:10am You Only Live Twice
 1:25am Patriot Games
 2:25am FYI Daily

sky CINEMA ACTION & ADVENTURE

1:15pm American Ultra
 2:55pm Behind Enemy Lines
 4:45pm Charlie's Angels
 6:30pm Captain America: Civil War
 9:00pm The Bourne Identity
 11:00pm Teenage Mutant Ninja Turtles: Out of the Shadows
 1:00am The Mummy Returns
 3:20am Rocky IV
 7:35am Bruce Almighty
 9:20am Get a Job
 10:50am Central Intelligence
 12:50pm Keeping up with the Joneses
 2:40pm 27 Dresses
 4:35pm Knocked Up
 6:50pm Notting Hill
 9:00pm Central Intelligence
Riotous action comedy.
 11:00pm Keeping up with the Joneses
 12:50am White Island
 2:30am Knocked Up
 4:45am Confetti

sky CINEMA PREMIERE

7:00am Star Trek Beyond Special
 7:30am The Top Ten Show 2017
 7:45am Blinky Bill
 9:25am Trolls
A pair of fuzzy-headed trolls embark on a daring rescue mission when members of their tribe are kidnapped.
 11:10am Allied
 1:25pm Blinky Bill
 3:05pm Daylight's End
 5:05pm Trolls
 6:50pm Allied
Wartime thriller.
 9:00pm Ouija: Origin of Evil
When a Ouija board is introduced to a scam seance act it does far more than spice up a stale routine.
 10:50pm Daylight's End
 12:40am Kill the King
 2:15am Apprentice
 4:05am Ouija: Origin of Evil

sky sports football

10:00am EFL Greatest Games
 10:30am SPFL Greatest Games
 10:45am La Liga Greatest Games
 11:00am Eredivisie Round Up
 12:00pm WCQ Round Up: Matchday
 1:00pm Eredivisie Round Up
 2:00pm WCQ Round Up: Matchday
 3:00pm La Liga World
 3:30pm EFL Greatest Games
 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 Eredivisie Round Up
 8:00pm EFL Matters
 8:30pm La Liga Greatest Games
 8:40pm Football
 10:40pm La Liga Greatest Games
 11:00pm EFL Matters
 11:30pm Eredivisie Round Up
 12:30am Football Countdowns

Small is not always beautiful

Cassandra Nash

A weekly look

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

SMALL anti-system party CUP, which shores up the Junts pel Si coalition in Cataluña's regional parliament, enjoys making political gestures.

After the jihadi killings in Barcelona the party shunned Mass in the Sagrada Familia Basilica and the minute's silence that followed because King Felipe and Mariano Rajoy were there.

CUP does not have an abundance of voters - only 336,375 of Cataluña's total franchise of 5,510,798 - but some would have been present at the minute's silence if not Mass.

Couldn't Anna Gabriel and her fellow politicians have gritted their teeth as regional president Carles Puigdemont and vice-president Oriol Junqueras did by representing their party at events where respect for the dead outweighs politics?



ANGUISH: The aftermath of the Barcelona attack.

Alternative facts

IN the immediate aftermath of the Barcelona massacre a Mexican television presenter referred to the arrest of a "Moroccan citizen, probably from Melilla which is Spanish territory in Morocco."

Speaking on Mexico's El Financiero Bloomberg channel, he commented that another suspected terrorist had also been detained,

"a Catalan, judging by the name Carles Puigdemont," who "possibly" came from Barcelona or Tarragona "or some other part of Cataluña."

The El Financiero channel later apologised profusely via the social media - where else? - for the impressively negative achievement of upsetting Cataluña, Spain and Morocco in one sentence without the excuse of a language barrier.

Wise after the event

AS happened in the first anguished hours after the Manchester and Borough Market terrorist attacks, there were calls not to politicise the Barcelona carnage. Before the minute's silence in the Plaza de Cataluña the following day, a woman began waving a small Spanish flag only to be told by those near her, "No flags! No flags!" Answering, "I'm Catalan" she put it away to general applause.

But once the numb horror wore off, questioning voices were heard. The ideologue who allegedly radicalised the young jihadists, the imam Abdelbaki es Satty, should have been deported after leaving prison for drugs offences in 2014.

Instead Es Satty appealed and a Spanish judge allowed him to remain, ruling that he did not threaten public order.

Es Satty's jihadi recruits, appar-

ently off the radar, were seen near Paris on August 12, days before the attack. They stockpiled gas canisters without arousing suspicions while Younis Abouyaaqoub's inflammatory social media comments went unseen.

Possibly there would have been more awareness of what was going on under the noses of the authorities if Carles Puigdemont and Oriol Junqueras were as interested in running the region as they are in running out of Spain.

It takes two to tango

OSCAR PUENTE, spokesman of the PSOE's Federal Executive Committee, said not long ago that there was collective responsibility for the Venezuela crisis. "A society does not reach this point purely because of what a government does," he said.

Agreed, it takes two to tango but it only takes one to incarcerate opponents and torture them.



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New moon is a good time to take a risk

Sally Trotman

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Sally Trotman is a qualified Counsellor who works with Astrology, Numerology and the Tarot. Each month she will deliver the forecast as an intuitive tool to aid increased self awareness.



WELCOME to your September 2017 forecast. Every month I write about how the Astrology, Numerology, and Tarot for the month ahead affect you, helping you to move forward confidently with your plans. Below is your forecast for September 2017:

Astrology: Make a plan

Sun in Virgo : This month the sun is ruled by the earthy sign of Virgo, who likes to get organised and tie up loose ends. The new moon in Virgo on September 20, also the day of the autumn equinox, portends a powerful time for insight, change and revelation. Although

Virgo is not traditionally seen as a risk taking sign, this new moon is a good time to take a risk. Security is an illusion. Welcome adventure and growth this month in favour of the safe and familiar.

Get in tune with the moon : On September 5 the full moon in Pisces brings a serene and peaceful energy. Take time to relax, by water if possible on the eve of this full moon. Pisces is a sensitive water sign and when the full moon shines in this sign it is a time of insight and heightened perception. It is also a good time to consider your support network. We all need friends and family to support and nourish us. Consider what you can do for those close to you this month and be open to receiving support.

Numerology: Endings and new beginnings

Number 9 : Numbers are symbols which

carry energy, and the influence of the number nine this month is encouraging you to take time out for yourself, to reflect on what is serving you and what you need to release. Be present and become fully open to the opportunities which currently surround you. Let go graciously and embrace the new doors ready for you to step through.

The Hermit: Take time for yourself

In the Major Arcana Tarot deck the Hermit is the ninth card. To understand how this influences the current month, let's consider the seasonal change in September. As crops are harvested and the height of the summer fever is now over, it is time to rest and reflect. Conserving your energy is important, so rest a little more and trust that you will be provided with all that is necessary to sustain you over the darker, less active months of the year.



VIRGO: Likes to get organised and tie up loose ends.

Your personalised consultation

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PNTV SERVICES: Pride themselves on their efficient service.

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The company covers Pilar de la

Horadada and Pinar de Campoverde and their services have now expanded across the Orihuela Costa including Mil Palmeras to Playa Flamenca, Las Ramblas, Entre Naranjos and also the Cinuelica Urbanisations in Playa Flamenca, so contact them to see if they cover your area!

For television, PNTV has the solutions that will fit your needs including IPTV boxes, digi boxes, seven-day EPG boxes and now a Twin Tuner box where you can watch one channel, record another, watch IPTV and record two channels, watch box sets and record once or a series at the press of a button.

As many people are now aware, Sky have blocked all Sky channels that we used to get in Spain. But it is not all doom and gloom and PNTV Services have the answer. They do

not charge a one off yearly fee, but they do offer all your channels payable on a low monthly basis, so you lose nothing even if the worst happens. Speak to the team now and find out more.

They offer reliable and competitive continuous internet packages from 3mb, 8mb and 12mb. Also available at their office in Pinar de Campoverde are mobile phone top ups, mobile handsets and sim cards.

Peter is fully qualified, trained and certified by Sky, and is certified by Ubiquiti which provides all their internet equipment so customers know they are in safe and professional hands.

*PNTV Services
Avenida de las Especies
Pinar de Campoverde
Tel: 965 064 350 or 622 448 381
Email pandntvservices@hotmail.com
Visit www.pntvservices.com*

GOOD NEWS FOR YOUR CAR 902 123 309



BBC one

Table with 2 columns: Time and Program Name. Includes shows like Breakfast, Saturday Kitchen Live, Nadiya's British Food Adventure, Football Focus, Bargain Hunt, BBC News, Weather, Athletics, The British Triathlon Mixed Relay Cup, Flog It!, Celebrity Mastermind, Wallace and Gromit: The Wrong Trousers, BBC News, Regional News, Weather, Len Goodman's Partners in Rhyme, Pointless, Casualty, The Full Monty, BBC News, Weather, Mrs. Brown's Boys, Live at the Apollo, People Just Do Nothing.

BBC TWO

Table with 2 columns: Time and Program Name. Includes shows like NFL, The NFL Show, Valley of Eagles, Mrs. Miniver, Railways of the Great War with Michael Portillo, Wanted Down Under, My Life on a Plate, Dirk Bogarde Talking Pictures, The Password is Courage, Mastermind, University Challenge, Only Connect, Gardeners' World, The Big Family Cooking Showdown, BBC Proms Extra, Venice Biennale Britain's New Voices, Iolo's Great Welsh Parks, Dad's Army, Whitney "Can I be Me", Hunky Dory, I'm So Excited!, This is BBC Two.

BBC FOUR

Table with 2 columns: Time and Program Name. Includes shows like The Brain with David Eagleman, Dr David Eagleman explores how the brain conjures up the world we take for granted., Fossil Wonderlands: Nature's Hidden Treasures, Inspector Montalbano, Inspector Montalbano investigates cases in the town of Vigata in Sicily., Top of the Pops, The Everly Brothers: Harmonies From Heaven, Metal at the BBC, Fabric of Britain, Fossil Wonderlands: Nature's Hidden Treasures.

CHANNEL 4

Table with 2 columns: Time and Program Name. Includes shows like Everybody Loves Raymond, Frasier, The Big Bang Theory, The Simpsons, Ramsay's Kitchen Nightmares USA, Four in a Bed, A Place in the Sun, Channel 4 News, Formula 1, Rome's Sunken Secrets, Great Canal Journeys, A Good Day to Die Hard, X2, Hollyoaks Omnibus.

CHANNEL 5

Table with 2 columns: Time and Program Name. Includes shows like Milkshake! Programming aimed at children aged two to seven years old., Teenage Mutant Ninja Turtles, Make You Laugh Out Loud, Police Interceptors: Deadly Pursuits, Police Interceptors, Police Interceptors, The Nightmare Neighbour Next Door, The Nightmare Neighbour Next Door, Can't Pay? We'll Take it Away!, 5 News, Supernatural Nazis, Super Scary Plane Landings, Secret Life of the Long Haul Flight, Football on 5.

4

Table with 2 columns: Time and Program Name. Includes shows like The Goldbergs, Couples Come Dine with Me, Coach Trip, Muppet Treasure Island, Streetmate, Don't Tell the Bride, The Great British Bake Off: An Extra Slice, The Big Bang Theory, G.I. Joe: Retaliation, Naked Attraction, Gogglebox, Tattoo Fixers, Rude Tube.

sky sports main event

Table with 2 columns: Time and Program Name. Includes shows like Through the Night Sports Fans, Good Morning Sports Fans, Live T20 Blast Finals Day, The opening semi-final from the NatWest T20 Blast Finals Day at Edgbaston, as two sides compete for a place in the final., Live T20 Blast Finals Day Second semi-final., Live T20 Blast Finals Day NatWest T20 Blast Finals Day concludes with the competition's final., Info not Available, Football, Montreal Impact v Chicago., Through the Night, Through the Night.

itv

Table with 2 columns: Time and Program Name. Includes shows like CITV, Weekend, ITV News, Saturday Morning with James Martin, Hungry Sailors, ITV News and Weather, Tipping Point, Midsomer Murders, Mamma Mia!, Local News and Weather, ITV News and Weather, The Family Chase, Cannonball!, The X Factor, The Jonathan Ross Show, ITV News and Weather, Die Another Day, Jackpot247.

itv2

Table with 2 columns: Time and Program Name. Includes shows like Emmerdale Omnibus, Coronation Street Omnibus, Catchphrase, Harry Hill's Alien Fun Capsule, You've Been Framed Gold!, You've Been Framed Gold!, Space Chimps, FYI Daily, Space Chimps, Paul Bart: Mall Cop, FYI Daily, Paul Bart: Mall Cop, Despicable Me, FYI Daily, Despicable Me, Pacific Rim, FYI Daily, Pacific Rim, The 40 Year Old Virgin, FYI Daily, The 40 Year Old Virgin, Family Guy.

itv3

Table with 2 columns: Time and Program Name. Includes shows like Murder, She Wrote, Carry on Girls, FYI Daily, Are You Being Served?, FYI Daily, Are You Being Served?, Jane Eyre, The Darling Buds of May, The Queen, FYI Daily, The Queen, Lewis, Drama with Kevin Whately following on from the Inspector Morse series., Foyle's War Killing Time, Law and Order: UK Crime drama based on the hit US series Law and Order., Law and Order: UK.

itv4

Table with 2 columns: Time and Program Name. Includes shows like The Saint, The Professionals, Motorsport UK, Brdc British F3 Championship Highlights, ITV Racing: The Opening Show, Cycling, British Touring Car Championship Highlights, ITV Racing Live, Every Which Way But Loose, FYI Daily, Every Which Way But Loose, Storage Wars, Barcelona's European Glory, World Cup 2018 Qualifier, Cycling, World Cup 2018 Qualifier Highlights, Senna, FYI Daily, Senna.

sky CINEMA ACTION & ADVENTURE

Table with 2 columns: Time and Program Name. Includes shows like The Karate Kid, The Karate Kid, Part II, Tora! Tora! Tora!, The Bridge on the River Kwai, Pearl Harbour, Tarzan, 2012, Sudden Death, Bloodsport, Swelter.

sky CINEMA COMEDY

Table with 2 columns: Time and Program Name. Includes shows like The Top Ten Show 2017, Couples Retreat, Dumb and Dumber, Bridget Jones's Baby, Hot Tub Time Machine, Brewster's Millions, Barbershop: The Next Cut, Hot Tub Time Machine, Bridget Jones's Baby, Couples Retreat.

sky CINEMA PREMIERE

Table with 2 columns: Time and Program Name. Includes shows like Kill the King A pair of deranged lovers escape from a mental hospital and head for LA, where they plan to kill Elvis Presley., Blinky Bill: The Movie, Trolls, The Dragon Spell, Fantastic Beasts and Where to Find Them, Allied, Trolls, The Dragon Spell Colourful animated fantasy about a young boy who - along with a wannabe wizard and feral wild child - embarks on a quest to save the world of humans and the world of magic., Fantastic Beasts and Where to Find Them, Ouija: Origin of Evil, Daylight's End, Allied.

sky sports football

Table with 2 columns: Time and Program Name. Includes shows like Football, Football, Soccer A.M., EFL Greatest Games, EFL Greatest Games, Football, Bradford City v Bristol Rovers., EFL Greatest Games, EFL Greatest Games, Magical Messi, Ronaldo, Football, Georgia v Republic of Ireland., Football, Wales v Austria., Football, Ronaldo: An Incredible Season, EFL Greatest Games, Football, FC Dallas tv New York Red Bulls., EFL Greatest Games, EFL Greatest Games, SPFL Greatest Games.

Advertising feature

What will the next round of Brexit talks mean for the Pound?

AFTER a break for the summer, negotiating teams from the EU and UK will meet again on August 28 for the third round of Brexit talks.

Convergence and divergence in second round of talks

At the close of the second round of talks in mid-July, both Michel Barnier and David Davis acknowledged the need to provide certainty for EU citizens in the UK and UK citizens in the EU.

They stated that this will be a priority for the next round of talks.

Shortly afterwards, the parties issued a joint technical note, showing a comparison between the EU and UK posi-

tions on citizens' rights, which will be used to prioritise future discussions.

Both parties claimed that areas of common ground had been identified. But disagreements remain on points such as how to guarantee rights, what rights future family members should receive and voting rights.

It appears that further work is also required on financial settlement, Ireland and the future role of the European Court of Justice.

The timetable for negotiations means that 'sufficient progress' must be made in these areas before discussions about the future relationship, including a new

trade deal, can begin.

Brexit uncertainty puts pressure on the Pound

During the second round of talks, the continuing uncertainty around the negotiations, combined with apparent divisions within the UK government, had a dampening effect on the Pound.

Sterling came under further pressure at the conclusion of talks, amid speculation that British ministers might walk away without a deal.

It is possible there could be more volatility to come as talks resume at the end of August.

While the currency markets are keen

for certainty, Barnier and Davis have stated that incremental progress shouldn't be expected from every round of the talks.

But whatever happens next, HiFX has a number of options that could help to give you financial peace of mind during periods of potential currency fluctuations.

To find out more, please contact our team of friendly experts: spain@hifx.co.uk. You can also call our offices in Costa del Sol (951 203 986) or Costa Blanca (966 764 934), or just pop in for an informal chat.

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Summer is a bummer

WHEN I arrived here 16 years ago, Calpe was a peaceful town where city dwellers could escape the noise and bustle. It was a place suited to walkers, climbers, cyclists and those looking for a peaceful holiday with sun, sand, sea and a wonderful variety of bars and restaurants. A place where one could walk the streets safely.

Now it is full of hotels with their own bars and restaurants, forcing many of the original establishments to close. There is the added congestion of traffic and people, and the tremendous noise of coaches at all hours of day and night with their engines running whilst stationary. Not to mention visitors who insist on getting drunk and those who wander around the town in bikinis.

Flats have to be licensed in order to let them, so having family and friends to visit is increasingly expensive. The heart of the town has been destroyed!

Those of us who live here dread the summer. There are plenty of areas such

AP-7 took its toll

BEWARE of using your payment card on the AP-7 motorway!

My card was declined three times in the 'fast pass' lane. The green light came on each time, but the barrier did not raise so I had to go to the attendant. My card was handed over and the barrier opened, and I had an identical experience the next day.

When I got home I checked my bank account and discovered I had been charged eight times for going through the toll gate instead of two.

How I will I ever get that money back? Never, I presume. I later bought the Bip and Drive electronic payment system for €20 and have never had a problem since.

T Kirby, Fuengirola



as Benidorm, Magaluf and Torremolinos where the lager louts, all day English breakfast-eaters and those who think it is cool to wander the streets and supermarkets half naked are welcome. Calpe does not want them!

Laraine, Calpe

Very fishy

I HAVE just been reading your story on the condition of water in the Rio Segura (*EWN Costa Blanca South Issue 1676*). I would just like to add that I was recently out and about looking for places to fish.

I was on the canal that runs alongside the Rio Segura at Guardamar, opposite the Marina. The number of dead fish I came across was staggering, and the stench was awful.

The worst area was where the footbridge crosses the canal towards the Rio Segura, where it looks like a small dam has been installed to stop rubbish washing into the sea. Something doesn't seem right to me.

Steven Soanes, Alicante

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.

Tiger mosquitoes at home in Spain

IT is about time the government took it seriously about mosquitos.. They should start using crop spraying planes to eradicate the pests, so we can enjoy lovely Spain.

Des

Malaga police launch mistreated animals operation

CAN they also have a look at the treatment of the donkeys in Mijas Pueblo? I have seen some very disturbing videos of a donkey on the ground being kicked in the head and have seen for myself overweight adults riding the donkeys in very, very hot weather and not seeming to care about the way they are suffering. I know of people who are not visiting Mijas Pueblo any more because of the cruel treatment of the donkeys.

Chris Jopp

Extract a few £30,000 fines and set up rescue facilities.

CAN they also fine bullfighters for the torture they inflict on bulls ???

Wyn

Comments from EWN online

Almeria man faces animal abuse charges

ANOTHER one my god is there no end what has happened to the poor dogs. He should be staked out in the hot sun with no water or facilities and see how he fares... the courts do not take this seriously

Bev Mcphail Eldred

Immigrant boats homing in on the Costa Blanca

PUMP up the boats and tow them back.

Or do the same as Hungary, put them into a fenced area which they cannot leave until their identity and paperwork are settled.

Nobody suddenly wants to enter Hungary...

Peter Sauer

King Felipe joins anti-terror march

HE is a wonderful role model for all monarchs! As is our dear Queen Elizabeth but in a slightly different way!

Eithne Kneale

WELL done Felipe, a monarch who cares.

Jim McClure

Costa Blanca illegal drinks sellers owe thousands

FINE the people who buy the stuff. In Italy for example if you can't produce a receipt for the goods you have bought, then you can be fined. This practice forces shopkeepers and the like, to issue you with a receipt thus making them declare their sales and pay tax

Denise McNamara

Brit couple devastated over home demolition

HOPE they get help from European Court Of Human Rights, this needs sorting out, these Demolition Orders are disgusting, not human.

Vera Green

Nude feud

FIRSTLY I must commend Alicante Council for putting up beach signs for a nudist beach near El Altet to let people know that the beach is 'clothing optional,' but wouldn't it be a good idea to have these signs at all nudist beaches in the area, so as to advertise these to the people who wish to use or avoid them? Unfortunately this will not extend to our local nudist beach at Calla Mosca as this might add support to the battle to protect the area!

TJ Sawkins, Orihuela Costa

Stupid tax

RE your story on the front page of *EWN Costa Blanca North Issue 1677*, why do the authorities fine the illegal street sellers/looky-looky men?

Wouldn't it be simpler to fine the people who purchase drinks and items from them? They at least have the means to pay.

Make them cough up on-the-spot fines!

*Rose Marie Hughes
La Forge de Reynes, France*

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BBC one

7:00am Breakfast
 10:15am Council House Crackdown
 11:00am Homes Under the Hammer
 12:00pm Dom on the Spot
 12:45pm Thief Trackers
 1:15pm Bargain Hunt
 2:00pm BBC News
 2:30pm Regional News
 2:45pm Doctors
 3:15pm Red Rock
 4:00pm Escape to the Country
 4:45pm Garden Rescue
 5:30pm Celebrity Money for Nothing
 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 Doctor Foster
 11:00pm BBC News
 11:30pm Regional News
 11:40pm Weather
 11:45pm Stacey Dooley Investigates
 12:35am Ambulance

BBC TWO

7:00am Flog It!
 7:30am Council House Crackdown
 8:15am Garden Rescue
 9:00am The Farmers' Country Showdown
 9:30am Great British Menu
 10:00am Victoria Derbyshire
 12:00pm BBC Newsroom Live
 1:00pm The Daily Politics
 2:00pm Super League Show
 2:45pm A to Z of TV Gardening
 3:10pm Glorious Gardens From Above
 3:55pm Coast Australia
 4:45pm Great British Railway Journeys
 5:15pm Planet Earth II
 6:15pm Flog It!
 7:00pm Richard Osman's House of Games
 7:30pm Eggheads
 8:00pm Antiques Road Trip
 9:00pm Saving Lives at Sea
 10:00pm The 21st Century Race for Space
 11:00pm Quacks
 11:30pm Newsnight
 12:10am Weather

BBC FOUR

8:00pm World News Today
 8:30pm World War I at Home
 9:00pm India's Frontier Railways
Series about the international trains crossing borders in India, Nepal, Bangladesh and Pakistan.
 10:00pm Great War Horses
 11:00pm Inspector Montalbano
Inspector Montalbano investigates cases in the town of Vigata in Sicily.
 1:00am The Brain with David Eagleman
Dr David Eagleman explores how the brain conjures up the world we take for granted.
 2:00am India's Frontier Railways
 3:00am The High Art of the Low Countries
 4:00am Great War Horses

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
 10:35am Frasier
 11:05am Ramsay's Kitchen Nightmares USA
 12:00pm Coast v Country
 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 The Great British Bake Off
 10:15pm Celebrity Island with Bear Grylls
 11:20pm Married to a Celebrity: The Survival Guide
 12:20am Naked Attraction

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 Rosamunde Pilcher: The Unknown Heart
 5 News
 6:30pm Neighbours
 7:00pm Home and Away
 7:30pm 5 News
 8:00pm Britain's Greatest Bridges
 9:00pm The Dog Rescuers with Alan Davies
Comedian and dog lover Alan Davies follows the work of RSPCA officers around the country.
 10:00pm Inside Balmoral
 11:00pm Hotel Inspector: Checking in, Checking Out
 12:00pm Cruising with Jane McDonald
 1:00am The Royals

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 2 Broke Girls
 5:30pm 2 Broke Girls
 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 Celebs Go Dating
 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 Sky Sports Now
 1:00pm Sky Sports Today
 2:00pm Sky Sports Today
 3:00pm Sky Sports Today
 4:00pm Sky Sports Today
 5:00pm Sky Sports Today
 6:00pm SKY Sports News
 7:00pm SKY Sports News
 8:00pm Football
Moldova v Wales.
 11:00pm Info not Available
 1:00am Through the Night
 2:00am Live WWE Late Night Smackdown
 4:00am Through the Night
 5:00am Through the Night

itv

7:00am Good Morning Britain
 9:30am Lorraine
 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 The Chase
 7:00pm Local News and Weather
 7:30pm ITV Evening News
 8:00pm Emmerdale
 8:30pm Save Money
 10:00pm Lisa Riley's Baggy Body Club
 11:00pm ITV News
 11:40pm Manchester: 100 Days After the Attack
 12:40am Lethal Weapon
US drama series based on the film franchise.
 1:30am Jackpot247
 4:00am Loose Women
 4:50am Nightscreen

itv2

9:30am You've Been Framed Gold!
 10:30am The Ellen DeGeneres Show
 11:20am Below Deck
 12:15pm Dress to Impress
 1:20pm Emmerdale
 1:50pm You've Been Framed Gold!
 2:50pm The Ellen DeGeneres Show
 3:45pm The Jeremy Kyle Show
 4:50pm The Jeremy Kyle Show
 5:55pm The Jeremy Kyle Show
 7:00pm Dress to Impress
 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 Family Guy
 10:30pm Family Guy
 11:00pm Family Guy
 11:30pm Family Guy
 11:55pm Family Guy
 12:25am American Dad!

itv3

7:00am Judge Judy
 7:20am Judge Judy
 7:40am The Royal
 8:40am Heartbeat
 9:40am Where the Heart is
 10:45am Judge Judy
 11:10am Judge Judy
 11:40am Judge Judy
 12:05pm Rising Damp
 12:30pm You're Only Young Twice
 1:05pm On the Buses
 1:40pm Griff's Great Britain
 2:05pm Heartbeat
 3:10pm The Royal
 4:10pm Wycliffe
 5:20pm You're Only Young Twice
 5:55pm On the Buses
 6:25pm Rising Damp
 7:00pm Heartbeat
 8:00pm Murder, She Wrote
 9:00pm Midsomer Murders
 11:05pm Law and Order: UK
 12:05am Cold Blood
 1:35am Wycliffe

itv4

7:00am Sporting Funnies
 7:10am The Car Chasers
 7:35am The Chase
 8:20am Storage Wars Texas
 8:45am Storage Wars Texas
 9:05am Pawn Stars
 9:35am Minder
 10:40am Cycling
 11:45am Cycling
 4:30pm Pawn Stars
 5:00pm Minder
 6:00pm The Professionals
 7:00pm Storage Wars Texas
 7:30pm Storage Wars Texas
 8:00pm Cycling
 9:00pm Cycling
 10:00pm Benidorm
Comedy series set in Benidorm at the Solana all-inclusive resort which is peopled with regulars and holiday makers on their first journey abroad.
 11:00pm Car Crash Global
 12:00am World Cup 2018 Qualifier Highlights
 1:30am The Keeper
 2:35am FYI Daily

sky CINEMA ACTION & ADVENTURE

1:25pm Smokey and The Bandit III
 3:00pm 13 Hours: The Secret Soldiers of Benghazi
 5:30pm The Lord of the Rings: The Two Towers
 8:30pm Captain America: Civil War
 11:00pm 300
 1:00am Braveheart

sky CINEMA COMEDY

11:20am Ghostbusters: Special
 11:50am Planes, Trains and Automobiles
 1:30pm In and Out
 3:10pm Popstar: Never Stop Never Stopping
 4:45pm Grandma
 6:15pm Working Girl
 8:15pm Dad's Army
 10:00pm Popstar: Never Stop Never Stopping
 11:35pm Grimsby
 1:05am The Cable Guy

sky CINEMA PREMIERE

7:00am The Dragon Spell
 8:30am Man Down
 10:05am Blinky Bill: The Movie
 11:35am Fantastic Beasts and Where to Find Them
 1:55pm Eliminators
 3:35pm Daylight's End
 5:25pm The Dragon Spell
 7:00pm Manhattan Night
New York neo-noir about a tabloid columnist convinced by a seductive femme fatale to investigate her husband's death.
 9:00pm Fantastic Beasts and Where to Find Them
 11:15pm Eliminators
 Action-packed thriller about a former federal agent forced to come out of hiding in the witness protection programme and go on the run.
 1:00am Man Down
 2:35am Ouija: Origin of Evil

sky sports football

7:30am SPFL Greatest Games
 7:45am SPFL Greatest Games
 8:00am Football Years
 8:30am Football Countdowns
 9:00am Football's Greatest
 9:30am Football's Greatest Teams
 10:00am EFL Greatest Games
 10:15am EFL Greatest Games
 10:30am SPFL Greatest Games
 10:45am SPFL Greatest Games
 11:00am Football
 1:00pm Football
 4:00pm Football
 4:30pm Football
 5:00pm Football
 5:30pm Football
 6:00pm Football
 6:30pm Football
 7:00pm La Liga Icons
 7:15pm La Liga Icons
 7:30pm Soccer A.M.
 8:00pm Football
 11:15pm Football
 11:45pm Football
 12:15am La Liga World

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- 7:00am Breakfast
- 10:15am Council House Crackdown
- 11:00am Homes Under the Hammer
- 12:00pm Dom on the Spot
- 12:45pm Thief Trackers
- 1:15pm Bargain Hunt
- 2:00pm BBC News
- 2:30pm Regional News
- 2:45pm Doctors
- 3:15pm Red Rock
- 4:00pm Escape to the Country
- 4:45pm Garden Rescue
- 5:30pm Celebrity Money for Nothing
- 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 DIY SOS The Big Build
- 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?

BBC TWO

- 7:00am Flog It!
- 7:30am Council House Crackdown
- 8:15am Garden Rescue
- 9:00am See Hear
- 9:30am Great British Menu
- 10:00am Victoria Derbyshire
- 12:00pm BBC Newsroom Live
- 12:30pm The Daily Politics
- 2:00pm Lifeline
- 2:10pm For What It's Worth
- 2:55pm A to Z of TV Gardening
- 3:10pm Glorious Gardens From Above
- 3:55pm Coast Australia
- 4:45pm Great British Railway Journeys
- 5:15pm Planet Earth II
- 6:15pm Flog It!
- 7:00pm Richard Osman's House of Games
- 7:30pm Eggheads
- 8:00pm This Farming Life
- 9:00pm World's Busiest Cities Mexico.
- 10:00pm Mountain
- 11:00pm QI
- 11:30pm Newsnight
- 12:10am Weather
- 12:15am The 21st Century Race for Space

BBC FOUR

- 8:00pm World News Today
- 8:30pm World War I at Home
- 9:00pm Storm Troopers: The Fight to Forecast the Weather
- 10:00pm The Golden Age of Steam Railways
- 11:00pm Storyville
- 12:25am Tales From the National Parks
- 1:25am Storm Troopers: The Fight to Forecast the Weather
- 2:25am The High Art of the Low Countries
- 3:25am The Golden Age of Steam Railways

CHANNEL 4

- 7:00am Countdown
- 7:45am King of Queens
- 8:10am King of Queens
- 8:35am King of Queens
- 9:00am Everybody Loves Raymond
- 9:30am Everybody Loves Raymond
- 10:00am Frasier
- 10:35am Frasier
- 11:05am Ramsay's Kitchen Nightmares USA
- 12:00pm Coast v Country
- 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 Grand Designs
- 11:00pm Back
- 11:35pm 999: What's Your Emergency?
- 12:35am Educating Greater Manchester

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 Rosamunde Pilcher: The Unknown Heart
- 6:00pm 5 News
- 6:30pm Neighbours
- 7:00pm Home and Away
- 7:30pm 5 News
- 8:00pm Starting Up Starting Over
- 9:00pm GPs: Behind Closed Doors
- 10:00pm Can't Pay? We'll Take it Away!
- 11:00pm Nightmare New Builds
- 12:00am Fifty Shades of Grey
- 2:15am Super Casino
- 4:10am Supernatural Nazis
- 5:00am Now That's Funny!
- 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
- 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 2 Broke Girls
- 5:30pm 2 Broke Girls
- 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 Celebs Go Dating
- 12:05am Made Over By
- 1:10am 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 Live New Zealand NPC Rugby
- 11:20am Rugby Archive
- 11:30am Premier League Daily
- 12:00pm Sky Sports Now
- 1:00pm Sky Sports Today
- 2:00pm Sky Sports Today
- 3:00pm Sky Sports Today
- 4:00pm Sky Sports Today
- 5:00pm Sky Sports Today
- 6:00pm SKY Sports News
- 7:00pm SKY Sports News
- 8:00pm Sky Sports Tonight
- 9:00pm Sky Sports Tonight
- 10:00pm Sky Sports Tonight
- 11:00pm 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
- 5:00am Through the Night

itv

- 7:00am Good Morning Britain
- 9:30am Lorraine
- 10:25am The Jeremy Kyle Show
- 11:30am This Morning
- 1:30pm Loose Women
- 2:30pm ITV Lunchtime News
- 3:00pm Judge Rinder
- 4:00pm Dickinson's Real Deal
- 5:00pm Tipping Point
- 6:00pm The Chase
- 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 Detectives
- 12:40am British Touring Car Championship Highlights
- 1:55am Jackpot247
- 4:00am May the Best House Win
- 4:50am Nightscreen

itv2

- 7:00am You've Been Framed Gold!
- 7:25am Totally Bonkers Guinness World Records
- 7:50am Totally Bonkers Guinness World Records
- 8:15am Below Deck
- 9:00pm Emmerdale
- 9:30am You've Been Framed Gold!
- 10:30am The Ellen DeGeneres Show
- 11:20am Below Deck
- 12:15pm Dress to Impress
- 1:20pm Emmerdale
- 1:50pm You've Been Framed Gold!
- 2:50pm The Ellen DeGeneres Show
- 3:45pm The Jeremy Kyle Show
- 4:50pm The Jeremy Kyle Show
- 5:55pm The Jeremy Kyle Show
- 7:00pm Dress to Impress
- 8:00pm You've Been Framed Gold!
- 9:00pm Two and a Half Men
- 10:00pm Family Guy
- 12:30am American Dad!

itv3

- 7:00am Judge Judy
- 7:20am Judge Judy
- 7:40am The Royal
- 8:40am Heartbeat
- 9:40am Where the Heart is
- 10:45am Judge Judy
- 11:40am Judge Judy
- 12:05pm Rising Damp
- 12:35pm You're Only Young Twice
- 1:05pm On the Buses
- 1:35pm Griff's Great Britain
- 2:05pm Heartbeat
- 3:10pm The Royal
- 4:10pm The Royal
- 5:15pm You're Only Young Twice
- 5:50pm On the Buses
- 6:25pm Rising Damp
- 6:55pm Heartbeat
- 8:00pm Murder, She Wrote
- 9:00pm Foyle's War
- 11:05pm Law and Order: UK
- 12:05am If I Had You
- 2:05am Wycliffe
- 2:40am Judge Judy

itv4

- 7:00am Storage Wars Texas
- 7:25am Minder
- 8:15am The Professionals
- 9:10am Cycling
- 10:10am Storage Wars Texas
- 10:40am Cycling
- 11:45am Cycling
- 4:45pm Goals of 80's
- 5:00pm Minder
- 6:00pm The Professionals
- 7:00pm Storage Wars Texas
- 7:30pm Storage Wars Texas
- 8:00pm Cycling
- 9:00pm Cycling
- 10:00pm You Only Live Twice
- 11:05pm FYI Daily
- 11:10pm You Only Live Twice
- 12:20am The Gauntlet
- 1:20am FYI Daily
- 1:25am The Gauntlet
- 2:40am Ax Men
- 3:30am Tommy Cooper
- 3:55am ITV4 Nightscreen
- 4:00am Teleshopping

sky CINEMA ACTION & ADVENTURE

- 11:30am Pitch Black
- 1:25pm The Chronicles of Riddick
- 3:30pm Twister
- 5:25pm In the Heart of the Sea
- 7:30pm The Huntsman: Winter's War
- 9:30pm Batman v Superman: Dawn of Justice
- 12:05am Beowulf

sky CINEMA COMEDY

- 8:30am Wild Oats
- 10:10am Turner and Hooch
- 12:00pm Laws of Attraction
- 1:35pm Central Intelligence
- 3:30pm Keeping up with the Joneses
- 5:25pm Dodgeball: A True Underdog Story
- 7:10pm The First Wives Club
- 9:00pm Central Intelligence
- 11:00pm Keeping up with the Joneses
- 12:50am Fun with Dick and Jane
- 2:30am How to Lose Friends and Alienate People
- 4:30am Airheads

sky CINEMA PREMIERE

- 7:00am Kill the King
- 8:40am The Dragon Spell
- 10:10am Eliminator
- 11:50am Blinky Bill: The Movie
- 1:25pm Daylight's End
- 3:20pm Fantastic Beasts and Where to Find Them
- 5:40pm The Dragon Spell
- 7:15pm Eliminator
- 9:00pm Fantastic Beasts and Where to Find Them
- 11:15pm The Unknown Girl
- 1:10am Manhattan Night

sky sports football

- 7:00am EFL Greatest Games
- 7:30am SPFL Greatest Games
- 8:00am Football Years
- 8:30am Football Countdowns
- 9:00am Football's Greatest Teams
- 9:30am Football's Greatest Teams
- 10:00am EFL Greatest Games
- 10:30am SPFL Greatest Games
- 10:45am SPFL Greatest Games
- 11:00am Football
- 3:15pm La Liga World
- 3:45pm MLS Round Up Show
- 4:15pm Football
- 5:15pm La Liga World
- 5:45pm SPFL Greatest Games
- 6:00pm Football Years
- 6:30pm Football Countdowns
- 7:00pm La Liga Icons
- 7:30pm La Liga World
- 8:00pm Wcqc Round Up Show
- 9:00pm La Liga World
- 9:30pm Ronaldo: An Incredible Season
- 10:00pm Magical Messi
- 11:00pm Wcqc Round Up Show
- 12:00am Magical Messi

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.

Evil strikes at the heart of Barcelona - and Spain

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

AT a time when the UK media are going into overdrive with yet more speculation about who did or did not say what about Brexit, and what it may or may not mean, we have to take our hats off to the Spanish police for the speed and decisiveness of their actions in Barcelona following, just this year alone, terrorist attacks in London, Manchester, Stockholm and Paris.

But Spain's geography and history make the terrorist outrage in Barcelona not entirely



MOURNING: A t-shirt with black ribbon on Las Ramblas, two days after the attack.

unexpected. The surprise might be that Spain has mainly escaped the recent activities of Islamic extremists, its last major terrorist attack the 2004 Madrid bombing.

No European country is closer to North Africa than Spain. Compared with Libya, Morocco and Algeria may be relative-

ly stable but they also contain many unemployed, disaffected young men, vulnerable to an extremist ideology that, while condemning Western decadence, leaves open the economic attraction of life in Europe. Hence thousands of migrants try to enter Spain's North African territories, Ceuta and Melilla, to seek asylum. And later - like the Barcelona massacre mastermind, a convicted Moroccan imam - use human rights to avoid deportation.

Terrorism won't go away anytime soon. So what can we do? Try to minimise the risk. We need to alter our attitudes and our way of life. We need secure borders and some straight talking by our political leaders who should drop all the PC nonsense, tell it like it is and get on with protecting not only our towns, cities and citizens, but our valued, civilised western standards.

It's time to allow the security services to compel phone companies and internet service providers to record and hold pro tem all conversations so they can be accessed at any time for 'persons of interest.'

On a more positive note, thanks to all who have purchased my crime thrillers (all profits to Costa del Sol Cudeca cancer charity). Happy reading!

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) available from Amazon. Profits to Cudeca.

THURSDAY THOUGHTS

By *Graham Braben, Almeria*

Supermarket trolleys

THE BEATLES were miffed with Sir Walter Raleigh in one of the tracks on the White Album. I know how they feel. Not about Sir Walter, but for me it's Sylvan Goldman who has got me annoyed, but more of him later.

Isn't it funny how we often manage to find new ways of making ourselves look silly in the most innocuous of places. The supermarket for example. I firmly believe that there is a workshop somewhere specialising in making trolleys with at least one wheel that refuses to work. The number of times I've rammmed the ankles of other, poor unsuspecting, shoppers with a trolley that has the accuracy of a guided missile but the social awareness of a two-year-old having a tantrum, are embarrassingly high.

However, last week was the final straw and the one that made me curse Sylvan Goodman. Sylvan was the man who invented the shopping trolley back in 1937 so that shoppers in his Humpty Dumpty store could load up and buy more. Maybe things were quieter then but today, because of him, I'm nursing a bruised ego and a very sore toe!

Unfortunately, I had one of those 'I'll go anyway you want, except forwards' trolleys and as a result, after the thing veered suddenly left, I demolished a beautifully constructed pyramidal display of Rice Krispies. Needless to say, the boxes went Snap, Crackling and Popping to the floor, I was left red faced and in the melee, I was run over by my trolley.

The injuries weren't too bad, but it's another example of finding new ways of making yourself look rather silly. Take my advice, when you need to shop next time - send someone else to the supermarket, or wear protective clothing!

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.

LEGALLY SPEAKING

Are you allowed to speed whilst overtaking?

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.



SPEED LIMIT: Depends on the road.

MANY people are unsure if they are permitted to exceed the speed limit whilst overtaking and the answer is both yes and no, but mostly no.

According to Article 51 of the Reglamento General de Circulacion, 'The maximum fixed speeds for conventional roads which do not pass through urban areas may only be exceeded by up to 20km per hour by saloon cars and motorcycles, whilst overtaking other vehicles travelling at lesser speeds.'

This clause first came about to allow cars to pass a slower moving vehicle in the shortest possible time, allowing an increase in speed to enable the move to be carried out quickly.

However, the rule does exist and does allow drivers to go over the speed limit, but only in certain circumstances.

First, the rule is only ever applied to cars and motorcycles. There are also limits to the type of road it is applied to. It does not permit the speed increase on motorways or on dual carriageways so faster moving roads are excluded straight away. The clause also does not apply in towns or cities. This just leaves the

'conventional' roads, such as single carriageways with no central reservation and those roads that are outside of towns.

The clause also does not apply if you see a speed limit sign as this limit overrules the clause. So for example, if you see a sign (which is called the R-301) that limits the maximum speed of a road to 70km p/h then the maximum speed is 70km and this exceptional speeding clause does not apply and you are not permitted to exceed the speed limit for any reason, including overtaking.

So the circumstances where this clause can be applied are few and far between in reality as the clause only applies on a conventional road where there is no overruling speed limit and where overtaking is allowed.

And remember, overtaking is one of the most dangerous manoeuvres we carry out. In the event of a head-on collision, our speed is added to that of the oncoming vehicle and so a crash where two vehicles are travelling at 90km per hour is the equivalent of crashing at 180km per hour when the two are combined.

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

Events cause disruption

Q. An organisation close to us in the countryside holds seminars lasting 10 days or more on a frequent basis throughout the year, causing us much disruption. Our mains water is not available during these times as so much water is being consumed by this body of people, estimated at 2,500 visitors. We live on an unmade dirt track and are concerned by the volume and speed of the vehicles passing

at all times, day and night. These vehicles range from mini-buses to full size coaches, plus lorries delivering portable loos, air conditioning units, and daily deliveries of food supplies, plus hundreds of hire cars.

We would like to know if there is a law in Spain limiting the number of people to an event or a law restricting the number of events that can be held in a year.

L G (Costa del Sol)

A. No, there is no such law. However, we suppose that gatherings of this size surely must hold the necessary permits from your

David Searl
You and the Law in Spain



town hall. Further, if they affect your water supply, this is unacceptable. Why not start with a complaint to the town hall?

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

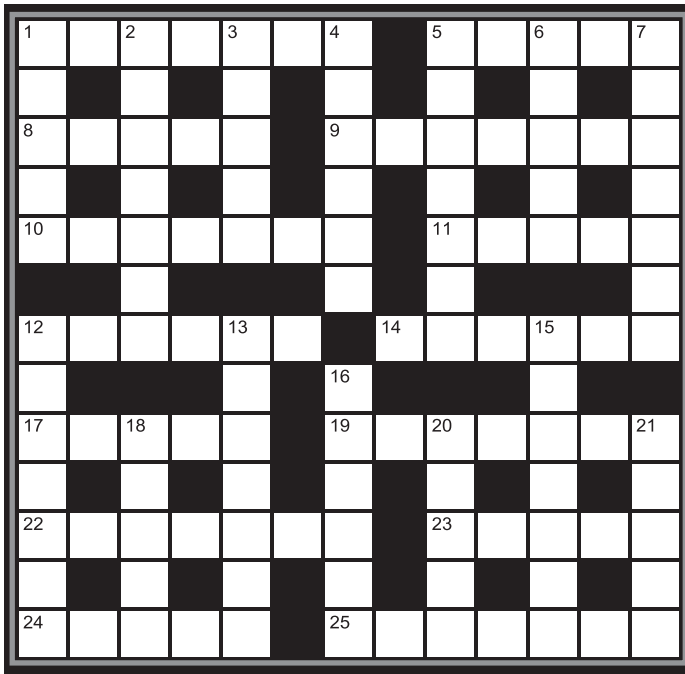
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- Across**
 1 Tick cop off in driver's seat (7)
 5 So the cover is firm (5)
 8 Smooths out in the middle of elevenses (5)
 9 It obstructs gunners in a boat (7)
 10 Former currency, mostly, for French chemist (7)
 11 One of the musketeers has to go off (5)
 12 Canter around in a hypnotic state (6)
 14 University more certain of lender (6)
 17 Avoid commercial in the evening (5)
 19 Today learn about some glands (7)
 22 Grease around any short rope (7)
 23 Improve footwear around the beginning of September (5)
 24 Some musty leather elegance (5)
 25 A number of workers are lessees (7)

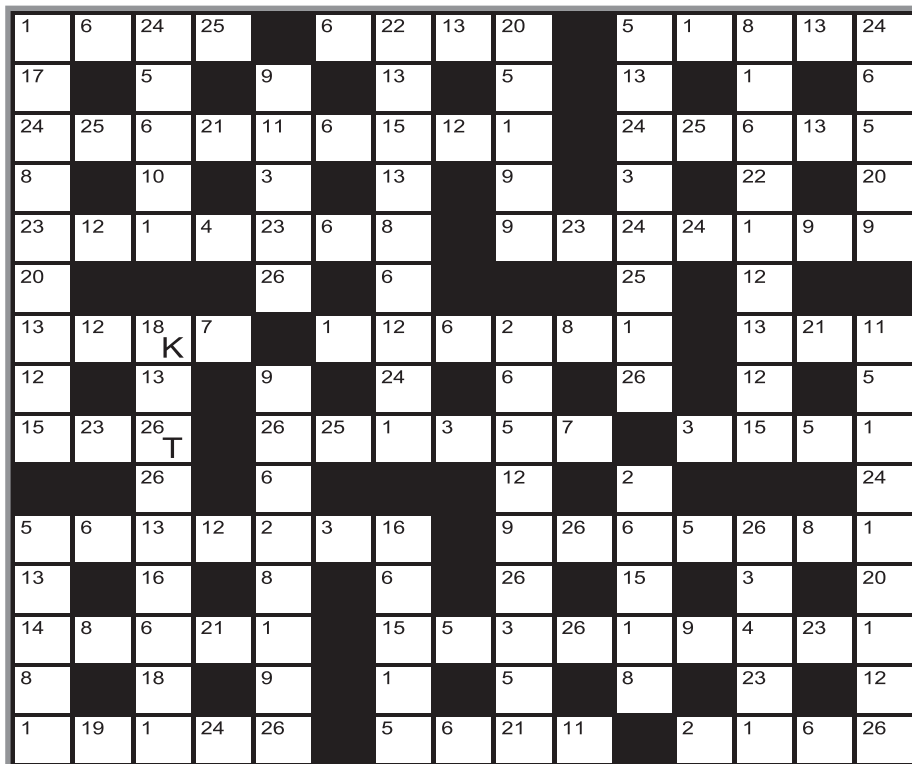


- Down**
 1 Sing like a bird and sound inexpensive (5)
 2 Church, if not then, a football team (7)
 3 From past experience, stick (5)

- 4 A sleeveless tunic, thanks to poet (6)
 5 Hair highlights for unsteady skaters (7)
 6 Drain away 50 each (5)
 7 Actor's assistant's bureau (7)
 12 Tell sir about the framework (7)
 13 Brave about carpet burn (7)
 15 Manage to continue making capital in Burma (7)
 16 Behind counter spot French sex-symbol (6)
 18 Upset the start of a nice new office yearbook (5)
 20 Did not finish dressing bird (5)
 21 Biblical refugee, American flower (5)

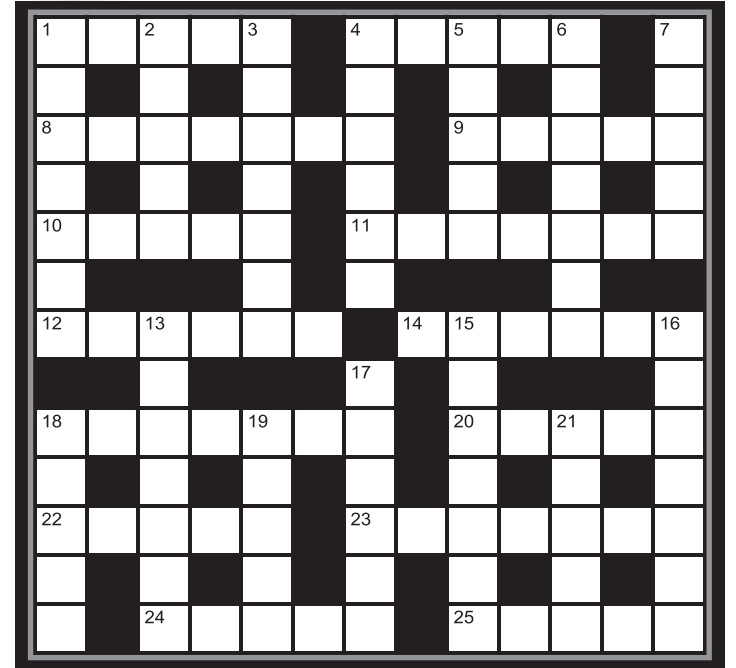
Code Breaker

Each number in the Code Breaker grid represents a different letter of the alphabet. In this week's puzzle, 18 represents K and 26 represents T, so fill in K every time the figure 18 appears and T every time the figure 26 appears. Now, using your knowledge of the English language, work out which letters should go in the missing squares. As you discover the letters, fill in other squares with the same number in the main grid and the control grid.



LAST WEEK'S SOLUTION FACING PAGE

Quick

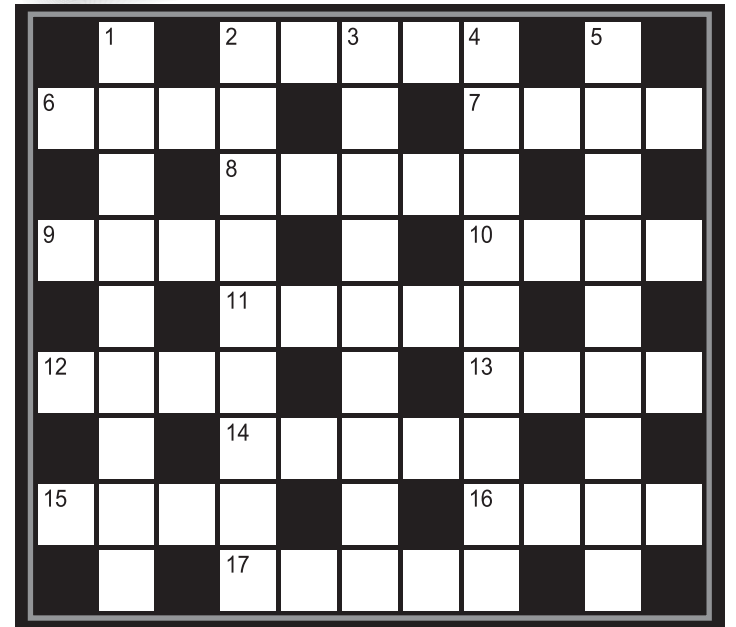


- Across**
 1 Gives up for money (5)
 4 Remains (5)
 8 Close interaction (7)
 9 Make fun of playfully (5)
 10 Art stand (5)
 11 Frees oneself from (7)
 12 Begins (6)
 14 Powerful (6)
 18 Odd (7)
 20 Squander (5)
 22 Shows the way by going first (5)
 23 Gets thinner (7)
 24 Children's toys (2-3)
 25 Outbuildings (5)

- Down**
 1 Confidential matters (7)
 2 Gives temporarily (5)
 3 Bright red (7)
 4 Small sofa (6)
 5 Room in the roof of a house (5)
 6 Liquid preparation for washing hair (7)
 7 Appears to be (5)
 13 Prior to a specified or implied time (7)
 15 In the direction of (7)
 16 Conjectures (7)
 17 Racket sport (6)
 18 Separate into parts or portions (5)
 19 Offensively curious or inquisitive (5)
 21 Kitchen appliance used for cooking food (5)

English - Spanish

The clues are mixed, some clues are in Spanish and some are in English.



- Across**
 2 Enchufes (eléctrico) (5)
 6 Mouth (of person, animal, bottle) (4)
 7 Árbol (4)
 8 To be born (5)
 9 Último (final) (4)
 10 Abbot (4)
 11 Delantal (5)
 12 Hervir (agua, leche) (4)
 13 Puerta (de jardín, ciudad) (4)
 14 Key (door) (5)
 15 Candle (4)
 16 Strange (person, event, behaviour, feeling) (4)
 17 Fregaderos (5)
- Down**
 1 Hearts (9)
 2 Screens (cinema or computer) (9)
 3 Incierto (9)
 4 Extraños (9)
 5 Forward (in position) (9)

CROSSWORD PAGE

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Sexual health at Medcare - all the support you may need

SEXUAL HEALTH WEEK runs from September 11 to 17 and with people often doing things under the sun that they wouldn't do at home, the journey home can sometimes be filled with regret.

With laid back attitudes and fewer inhibitions, many holidaymakers still fail to get tested after their unprotected casual holiday encounter.

Getting tested and treated for sexually transmitted infections (STIs) is straightforward and confidential, and most infections can be cured.

Anyone can attend Medcare's sexual health clinic, male or female, whatever their age and regardless of whether or not they have STI symptoms.

Treated in the utmost confidence, the staff are

discrete and will offer as much support as is needed.

People most at risk of contracting an STI, and most in need of sexual screening, are those who have had several sexual partners or those who have had casual encounters.

Often people choose to be tested before embarking on a new relationship, and many people who take

new partners later in life like to take the sensible precaution of sexual screening.

Not all STIs will display symptoms, so it is vital to consider screening if you feel you have been at risk in order to get the correct treatment.

The main STDs which you can be screened for are chlamydia, genital herpes, gonorrhoea, geni-

tal warts and HIV/Aids. Sexual screening is done by blood tests, urine samples and swabs.

Medcare's associate psychotherapist Steve, can provide specialist advice, counselling and support where needed.

With Medcare's medical team led by a British GP, and with all medical and reception staff speaking English, patients feel

completely confident accessing their services. For the many thousands of British expats registered with them, they offer primary care, prescriptions, minor surgery and hospital referrals.

You do not have to live in Spain to access Medcare GP services as they also cater for the medical needs of visitors and holidaymakers.

To find out more about any of Medcare's services, call 966 860 258, email doctors@medcarespain.com or visit medcarespain.com to sign up for Medcare's free newsletter.

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A HIGH-TECH bath mat has been developed that can spot dangerous foot ulcers weeks before they start to show.

The device uses temperature sensors and takes just 20 seconds to detect 'hot spots' on the soles of feet, which indicate an ulcer may develop.

These heat spots are not visible but are caused by inflammation under the skin that develops when there is a lack of blood circulation and skin is deprived of the vital oxygen it needs, which increases the risk of ulcers that do not heal.

When a person stands on the mat, if it senses a significant increase in temperature, even in one tiny spot, it flashes red and their doctor can be alerted to call and give advice or to arrange a check up. Advice to help the foot ulcer from forming may include staying off your feet for several hours to stop the inflammation

FOOT ULCERS: Can be caused by poor circulation to the legs.

Mat could help diabetics' risk of foot ulcers

progressing, using special gel insoles that ease the pressure and boost blood flow; or seeing their GP for an urgent check-up.

The device is aimed at particularly helping millions of diabetics who suffer from poor circulation in their

lower limbs as a result of their condition which, in extreme cases, can lead to foot amputations.

At least one in 10 diabetes patients develops poor circulation to the legs and feet as high levels of sugar in the blood thicken the walls of capillaries

affecting their blood flow. If there is a slight cut it can lead to an open wound as the damaged skin is starved of the oxygen-rich blood and immune cells it needs to mend fully and quickly leading them to get bigger.

It is reported that up to 40 per cent of diabetic ulcers take at least three months to mend, and in around 14 per cent of cases wounds remain after a year.

The University of Arizona tested the mat, developed by US company Podimetrics, on patients over a number of weeks and found that in 97 per cent of cases it detected foot ulcers were developing weeks before symptoms emerged.

The mat will now undergo further tests but it is hoped it could be widely available in the next two to three years.

Are we better with the traditional roles?

IN today's modern world, more traditional male and female roles have switched and the lines blurred.

Encouraging women to stay at work and men to become house husbands has become the norm with many advocating the role reversals, but is that really the answer? New research claims that switching these 'conventional' roles is actually making both sexes unhappy.

Researchers at the University of Illinois examined data of nearly 1,500 men and 1,800 women aged between 52 and 60. They reported that when females were the main breadwinners, there was an increased level in symptoms of depression with the opposite occurring in men.

When they were the main earners, their psychological well-being was found to be at its highest. A man's well-being decreased when they left the workforce to become home-makers but for women, their well-being was not affected by leaving their jobs to stay at home.

HOW A DENTAL IMPLANT SOLUTION CAN HELP YOU

Why tooth loss matters

A missing tooth or teeth can take away from the smile that's really you, but tooth loss can have many negative effects on your oral health, including:

- Bone loss
- Shifting and drifting teeth
- Bite changes
- Chewing difficulty
- Wearing down of remaining teeth
- Changes in the jaw joint



Implant or bridge



Unlike dental implant treatment, traditional bridges replacing a single tooth or several teeth use adjacent healthy teeth, which must be ground down, for support. Moreover, implant solutions stimulate the underlying jawbone, resulting in preserved bone and gums.

About implant treatment

Dental implants are nothing new. They have been used to permanently replace teeth since the mid 60s. Dental implants have many advantages compared to traditional crown and bridge solutions:

- They look, feel and function like your natural teeth.
- Healthy teeth do not need to be ground down to support the dental implants.
- Anchoring dental implants in the jawbone stimulates bone tissue and gums, ensuring an attractive, esthetic result while helping to maintain facial structures.
- Dental implants do not require any adhesives to hold the new teeth in place.
- They eliminate the discomfort and insecurity of loose, ill-fitting dentures.
- You have a secure, permanent tooth replacement.

Replacing one tooth

A crown mounted on a dental implant is the best choice if you have a tooth missing in the upper or lower jaw. The need to replace a missing tooth could be the result of an accident or because there was no predisposition for a tooth at birth.



Replacing several teeth

If you have lost several teeth there are two solutions: separate crowns on dental implants or a bridge attached to several dental implants.



Replacing all teeth with dental implants

If all of your teeth are missing in the upper or lower jaw, dental implants are the best solution. You can choose a full bridge that is attached to several dental implants. Another option is a removable prosthesis that is attached via anchoring devices to two or more dental implants. The prosthesis remains securely in place in your mouth – yet it is easy to remove.



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How we can help tackle senior isolation

THE world has been hit with an epidemic that could potentially kill older people. The crisis looming over our seniors today is social isolation.

The consequences of senior isolation could seriously challenge and threaten the well-being of older people. In fact, older people who are isolated are twice as likely to die prematurely. Shockingly, the mortality rate could even match that of smokers, while being twice as dangerous as obesity. It's not surprising that many people feel socially isolated given that around 7.2 per cent of Europeans admit to never meeting up with relatives or friends. In fact over one in 10 older people over 65, across two-thirds of European countries, say they have no friends or never see them.

Social isolation can lead to illness and disability

Worryingly, around 500,000 people in the UK aged over 60 spend at least one day on their own with no contact with other people. But social isolation can have serious health implications. Isolation can make people more vulnerable to developing con-

ditions like dementia, becoming disabled, ending up in hospital, neglecting themselves and it can cause psychological distress.

But even just very simple things like eating meals with other people, or sharing hobbies, can make a huge difference. Social interaction can help to significantly lower depression, boost the immune system and help keep our brains active. Keeping active and involved in the community can become central to an older person's good health and well-being.

What can you do?

Why not take up a new hobby and join a craft club or social group? There are lots of social clubs for seniors, and many more that would be suitable despite not being age specific. Creative clubs such as sewing or knitting can be great, as these activities bring with them a sense of purpose and enjoyment, which can make a big difference.

And after all, it doesn't matter what age you are to start sewing or knitting. Take inspiration from one 91-year-old man who spends his golden years knitting hats.

While sitting in his hospice bed, Mr Boogaart has so far knitted around 8,000 hats so far, which he donates to the homeless. He's been knitting hats for 15 years and even now it only takes him two days to finish one. When asked why he does it, Mr Boogaart says simply that he enjoys helping other people.

No matter how seniors are encouraged to become less isolated, it is important that you give those you know and love support and advice to enable them to do this. Just a small amount of human contact each week can improve lives and increase happiness, and this can have a dramatic effect on overall health in the future.

So, if you know of somebody who you think may be isolated and suffering from loneliness, try reaching out to them today. You could transform their life.

LONELINESS:
Can lead to illness.





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Concerns raised over couch potatoes



LAZINESS: A large amount of adults do no exercise at all.

LAZINESS seems to be spreading almost like an epidemic as Public Health England (PHE) say they are concerned about the amount of adults who are doing no form of exercise.

It is claimed that 45 per cent of over-16s are so sedentary they do not even manage a health-boosting 10-minute walk every day and half of adults do not even manage a brisk walk once a month. A brisk walk where the heart rate increases and you

can feel your heart pumping more.

PHE officials claim there are six million inactive people aged between 40 and 60 who are putting their busy lives first and neglecting their health, failing to get any form of exercise.

The NHS has long since recommended around 150 minutes of moderate exercise or activity each week, but now, such is the concern over the state of the health of adults in Britain, people are being asked to do just a

brisk 10-minute walk each day at least. This, it is hoped, will be more manageable and attainable and help encourage more activity, warning that cancer, diabetes and heart disease await those who do not get up off the sofa.

The PHE said the British population was 20 per cent less active now than in the 1960s, and the average person walked 15 miles less a year compared to 20 years ago. Some 67 per cent of

adult men and 57 per cent of adult women in Britain are overweight, a figure well above the global average and of these, 24 per cent of British adults (around 12 million people) are considered obese.

A new app has now been developed called Active 10 to help people reach their 10 minutes of brisk walking. More information on Active 10 can be found at www.nhs.uk/oneyou/active10.

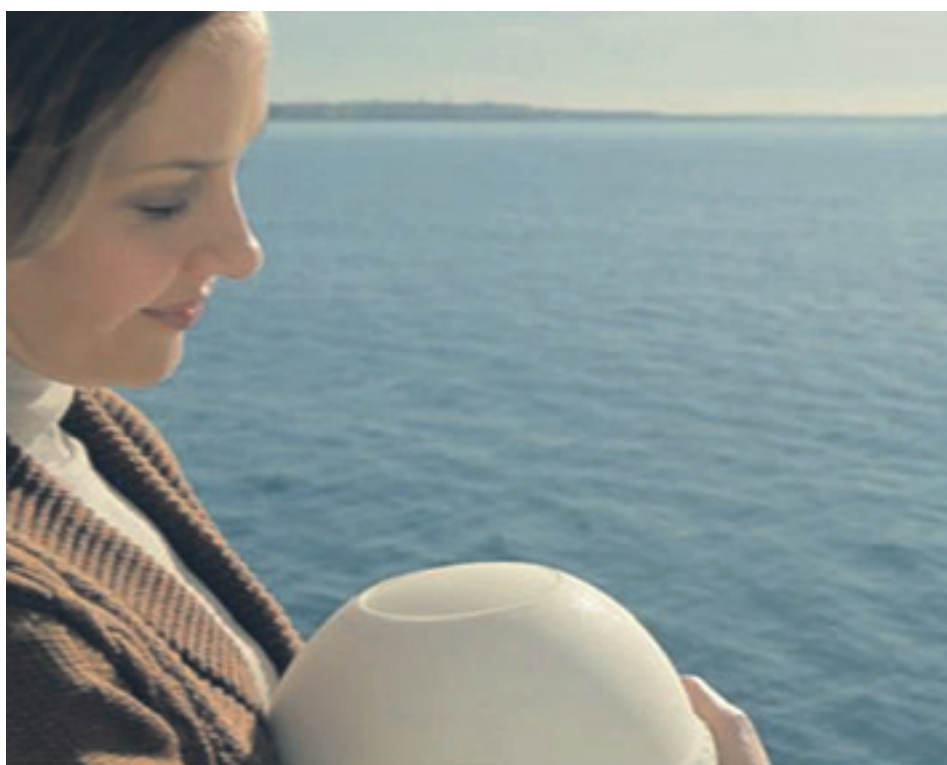
One more cup of coffee?

A PAN-EUROPEAN study which used data from more than half a million people over 16 years has revealed that those who drank the most coffee had a reduced risk of premature death.

Those who consumed a single 350ml cup per day reduced their risk of dying early by 12 per cent, while three cups slashed the risk by 18 per cent.

Researchers concluded that coffee may be beneficial because it contains antioxidants and other compounds which fight insulin resistance, reduce inflammation and boost liver function.

Britons drink around 55 million cups of coffee per day according to the British Coffee Association, with one in eight people visiting a coffee shop at least once per day.



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Could a late meal be bad for you?

THE Spanish lifestyle is known for embracing late meals, particularly during the summer months when it is not unusual for Spanish families to be seen dining out and eating after 10pm.

Whilst they are clearly used to it, it may be more difficult for expats to follow suit and in fact, a study claims that changing your body clock and eating a late dinner, could have negative effects on the skin and make it

more vulnerable to sun exposure leading to burns and ultimately, skin cancer.

A study by the O'Donnell Brain Institute and the University of California Irvine, in the USA, carried out on mice, has shown that eating poorly could have negative effects on the skin and make it more vulnerable. People who delay their evening meal would be more vulnerable to such effects as

their biological clock of the skin is affected. This change can throw the daily cycle of an enzyme responsible for repairing skin damage by ultraviolet (UV) rays, out of sync.

However, despite these findings, the researchers have said that further research is needed to understand feed patterns and UV damage in people, especially how they affect the pigment cycles.



| LATE DINING: Could have a negative effect.

Intense bursts of exercise could improve brain power

SHORT bursts of high-intensity exercise could be a good boost to a child's

brain power.

HIIT training, as it is commonly known, is be-

coming more and more popular amongst the adult population seeing the bene-

fits of shorter, more intense exercise, but now, researchers say it has been shown to increase cognitive skills and could be especially beneficial for youngsters.

A team from the University of Auckland in New Zealand studied 305 children aged seven to 13 years old in a randomised, placebo-controlled study.

It involved a 10-minute work out session every morning for six weeks with their efficiency in memory and cognitive control exercises assessed.

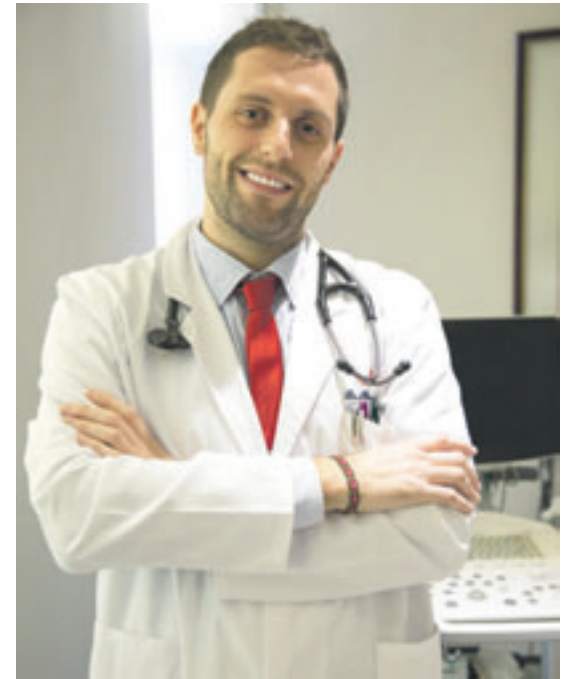
The researchers compared their performance and found significant improvements both on their working memory and cognitive control with those in the HIIT exercise group showing greater improvements than those in the placebo group.

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What is gout?



| SPECIALIST: Doctor Luis Perez Belmonte.

GOUT is a type of arthritis in which small crystals form inside and around the joints. It causes sudden attacks of severe pain and swelling.

What are its symptoms?

Any joint can be affected by gout, but it usually affects joints towards the ends of the limbs, such as the toes, ankles, knees and fingers. Some of the symptoms of gout include severe pain in one or more joints, the joint feeling hot and very tender, swelling in and around the affected area and red, shiny skin over the affected joint.

Symptoms develop rapidly over a few hours and typically last three to 10 days. After this time the pain should pass and the joint should return to normal. However almost everyone with gout will experience further attacks at some point, usually within a year.

What causes gout?

Gout is caused by the build-up of a substance called uric acid in the

blood.

If you produce too much uric acid or your kidneys don't filter enough out, it can build up and cause tiny sharp crystals to form in and around joints. These crystals can cause the joint to become inflamed and painful.

If a person has high blood pressure, diabetes and/or is obese this may increase their chances of getting gout. Having relatives with gout, kidney problems and drinking too much beer or spirits can also increase the likelihood of suffering from gout.

How can you treat it?

During an attack, placing ice packs and taking medications such as non-steroidal anti-inflammatory drugs, colchicine or corticosteroids will help relieve symptoms.

You can also prevent it through a combination of lifestyle changes, such as losing weight and changing your diet, and taking medication that lowers uric acid levels eg Allopurinol.

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

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Masking sleep problems

IN today's world, sleep can be something that is difficult to accomplish.

Bombarded by email, phone apps and text messages, it can be hard to switch off from the technological buzz of modern life, not to mention the constant stimulus provided by 24-hour cities, never-ending TV series and the multitudinous mountains of stress that often overshadows us.

Health experts often remind us to avoid caffeine, to take hot baths or apply soothing lotions. Yet, maybe the problem can be removed by eliminating the one major obstacle to sleep: light. The solution could lie in an eye mask.

Eye masks have existed for centuries. Over the years with the increasing demand for health and beauty products, they have been developed to suit vari-

ous sleep problems and individual needs.

On today's market, scented, padded, moulded and vibrating eye masks are all on the shelves, made aesthetically pleasing given they come in a whole range of colours and designs. Yet this simple accessory appears to be rather underrated given its benefits for some insomniacs or wired-up individuals.

On a scientific level, it is worth remembering that when your brain senses pure darkness, it causes the production of melatonin, the sleep chemical. Blocking out both noise and light massively increases your ability to sleep so earplugs would be a welcome addition to complete the outfit.

Deciding on which eye mask to buy can be difficult so choose its purpose.

Shift workers would be better choosing a 100 per cent light blocking variety for daytime slumber whilst stressed out non-sleepers could opt for lavender-scented or massaging types.

Cotton is always a good choice given its breathable nature in hot, sticky summer weather and moulded or contoured eye cavities add greater comfort. Gel eye-pads inserted into the eye cavities can be very soothing and add a light massaging pressure to induce sleep.

When aiming for herbal eye masks, check firstly against any allergies although most are completely natural.

Sleeping pills should be a last resort to sleep problems so, given that eye masks are both affordable and accessible, the answer seems to be as clear as a well-rested mind.



EYE MASKS: Could be a cheap and easy answer to sleep problems

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Advertising feature

Successful summer for new look Indian

IT has been another highly successful and busy summer for the Taj Mahal in Benimar with holidaymakers old and new praising its new look.

The restaurant, established for over 13 years, reopened earlier this year following a three-month closure to undertake a complete overhaul.

Outside, the spacious terrace area is now wrapped in a gloriously golden wooden balcony offering a sleek appearance and complete shade and comfort from the blazing summer sun and will also offer greater protection and use during the winter with decked flooring and new tables and chairs completing the look.

Inside has also had a makeover. The previously white upper walls and ceiling are now warm and welcoming and the dark red window dressings have been lightened up.

There is also a new fresh food show kitchen area where diners can see and watch the experienced chefs create their famous fresh naan breads, tikkas and kebabs which is proving a



TAJ MAHAL: Fresh new look for area's most popular Indian.

big hit with customers.

Whilst the Taj Mahal has always been praised for its food, the new chef has improved things even further. Introducing some new items to the menu and enhancing flavours, regulars will also be pleased to hear it has retained its popular choices, although they are back better and tastier than ever thanks to the highly experienced and renown chef.

Their three-course menu del dia served at lunchtimes, costs €9.95 al-

lowing customers to sample the best and most authentic curries made with spices from India and no food colourings, at the most affordable prices. Any dish can be prepared to a customer's preference whether they want it mild, medium or hot. Tandoori dishes, cooked in a loam oven and served on a hot sizzler are a speciality but there is something



NEW LOOK: Attractive wooden terrace has been added.

for everyone from salads and samosas to biryani and baltis.

Diners can choose anything from a mild korma to a hot vindaloo and there is a choice of speciality

rices, noodles and breads to accompany your meal. Set menus are also available in the evening for two, four or six people. An a la carte menu is also available, as well as a children's

menu. Takeaways are also available. So next time you want an authentic, quality Indian meal, get down to Taj Mahal and see for yourself their new and improved look. Already it is receiving top reviews on TripAdvisor by happy guests.

Taj Mahal is open for lunch from 12-4pm and in the evening from 6pm until late. Taj Mahal Commercial Centre Benimar, Benijofar

Tel: 966 712 645 or 606 017 950



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MiMar-Menor de Salazón

The gastronomic event of the year

A COLLABORATION between the regional council of Murcia and the municipality of San Javier has organised the MiMarMenor de Salazón.

Held on September 15, 16 and 17, this gastronomic event will give the area the chance to show off the quality of the salted fish prepared in the area, and how it can be used in some of the best cuisine.

Located in the Plaza de España in an area of 1,000 square metres, some 8,000 people are expected to visit and enjoy examples of salted fish caught in the Mar Menor and watch and learn from the experts on how to prepare and cook the delicacy in a professional way.

Over the course of the three days, the MiMar-Menor de Salazón will see eight chefs from the region demonstrating their skills and talking about the history of the various dishes they will be preparing for the keen audience.

Chefs taking part during the event are: María Gómez, of the Magoga Restaurant in Cartagena; David López, from the Local de Ensayo de Murcia; Juan Páez, from the Restaurante Habaneros in Cartagena; Cristian Palacios from Barahonda de Yecla; Samuel Ruiz, from Kome Murcia; and Julio Velandrino from La Taulla de Murcia.

In addition, two large tastings are planned for the Friday and Saturday with dishes of salted and roasted fish served with beer and wine.

Sunday features a large platter of sardines served at midday and heralds the closing of the MiMar-Menor de Salazón.



MURCIA FERIA: Security has been upped.

September fair - the safest zone

POLICE forces in Murcia are being deployed in large numbers for the September Feria that gets underway today (Thursday).

The Feria, which lasts for just under a fortnight - ending on September 12 - will see a total of 590 police monitoring and controlling the 300 events that make up the popular attraction.

The officers will be deployed in every aspect of the Feria, such as traffic control and monitoring the large crowds of people expected to attend.

Mayor of Murcia, José Ballesta, and the head of the Local Police, Ángel Marín, announced details of the measures which have taken on a special significance in the light of recent events in Barcelona.

Whilst not being a fortress, the area around the Feria will be secure and as safe as possible with the aim of allowing everything to pass off without incident.

More plainclothes police officers will be deployed and there will be a noticeable in-

crease in the amount of first aid points. A private security firm has also been employed and will be ready to be deployed in case of any emergency.

Mayor Ballesta said: "Everyone can be assured and remain calm that everyone on duty will be doing a great job. All of Murcia can place their trust in them."

He also said that locals and visitors will notice the increased number of bollards installed in popular areas for their safety and security.



FERIA TIME: Large crowds of people are expected.

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Grilled Salmon fillet Marinated in Ginger with Roast potatoes and Mint Gravy
Lamb Roulade with roast potatoes, steamed vegetables and Mint Gravy
Stuffed Chicken Breast with Peach & Cheese, Mash and Vegetables
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Advertising feature

Cocktails on Laurel's rooftop terrace

IN addition to the al fresco dining out on their beautiful rooftop terrace, Laurel's is also welcoming as a Cocktail Bar, open for those just wishing to relax and enjoy the sunset, with one of their fabulous traditional or frozen cocktails, or mocktails and milkshakes if you prefer.

With September's warm evenings on the way, the comfy sofas of the terrace are a perfect place to enjoy wonderful sunset views across the Vega Baja and on to the mountains. The terrace at Laurel's has always been a popular social haunt, whether it be for pre and post dinner drinks, or just for relaxing with drinks and friends to while away the time.

Earlier this summer the terrace was refreshed with new pots, planters, evergreens, pretty flowers and rustic fencing, to add colour and charm to the surroundings whilst you kick back, relax and enjoy.

Laurel's very well priced cocktail menu includes favourites such as Mojito, Pina Colada, Sex On The Beach and Hurricane (€5.50), Cosmopolitan and Negroni Twist (€6), and Singapore Sling and Long Island Iced Tea (€6.50), amongst others.

Why not try one of the new frozen cocktails (all at €6), such as Strawberry Daiquiri and Margarita. Milkshakes for the children (all at €3.50) include Chunky Monkey, Oreo, plus others, and there are non-alcoholic cocktails including San Francisco, Virgin Mojito and



LAUREL'S: The place to kick back, relax and enjoy.

Virgin Strawberry Daiquiri (all at €4.50).

With a full bar to complement, including classic cavas, prosecco and Champagnes, Laurel's is certainly the best terrace in Quesada for a drink with family and friends, to start, and/or end your evening.

Their live music continues throughout the year every Saturday from 8.30pm and remains outside on the terrace in September and October. Everyone is welcome, whether dining or not and the weekly music schedule is published each week in their

advert in the *Euro Weekly News*.

Laurel's is situated along Calle Los Arcos, a short distance on from Quesada Bowling, with plenty of roadside parking available. The restaurant, bar/lounge, and terrace area occupies the whole of the top floor of the building, with access via stairs and a lift. Their monthly changing three-course set

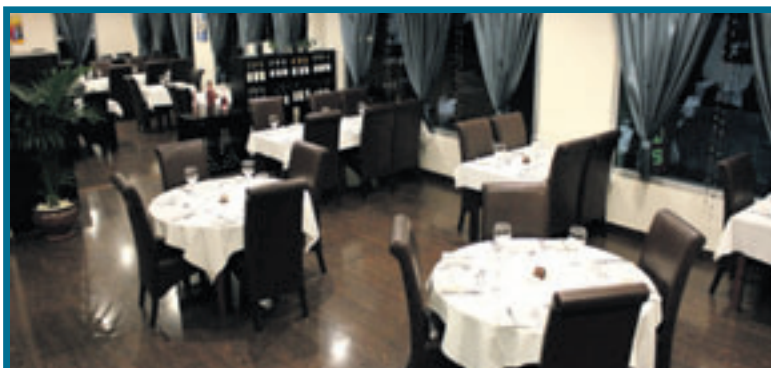
menu, plus a la carte and traditional Sunday Lunch menus can all be found on their website www.laurels.es and their Facebook page Laurel's Restaurant Quesada, has regular updates on menus and forthcoming events.

With live music every Saturday night to accompany dinner and for dancing afterwards, booking your table well ahead is advisable.

Telephone enquiries and bookings can be made on 965 077 444, or email info@laurels.es
Julia, Martin and the team look forward to welcoming you.



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Night time tours begin

REGISTRATION is now open for the two special night time guided tours of the La Mata lakes and the Torre Vieja Natural Park.

The tours will be held on Monday September 4 and Friday September 8 with both starting at 8.30pm and lasting between three and four hours.

Each of the tours has 50 available places and there are a few remaining places for this month.

Tours are available in English as well as Spanish and further details can be found by calling 965 703 433.

For more information about the tours log on to www.turismodetorre vieja.com/ecorutas



HEADLINERS: La Casa Azul.

Mmm, lemon pop!

THE Lemon Pop festival is returning for its 22nd instalment as four days of concerts take place in Murcia between September 1 and 16.

Beginning on Friday, September 1 at 7pm in Auditorio Parque Fofó in Murcia, the first day will see Marañones, Nunatak, The Runarounds, Clara Plath, M76 and Goodbye Nicole.

The following day will see: La Casa Azul, La Bien Querida, Axolotes Mexicanos, Neleonard, The Yellow Melodies And Luis Elefant Dj.

Friday, September 15 will see the festival shift to the La Sala REM with Schwarz, Hológrama and Futurist Lists kicking off at 10pm.

The grand finale (Saturday, September 16) will see the final

of the National Competition of Bands Pop Rock featuring the three finalists: The Nawers, Vera Green and Crows, as well as Rufus T Firefly.

La Sala REM will also feature After Lemon, an after-party that will carry on until 3am.

Entry is free for the first two days. Day three is €9 and day four is €5. Tickets from www.compralaentrada.com.

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Hospitality? This is a crazy but true tale of one hotel

A TOAST TO GOOD FOOD, GOOD WINE AND GOOD FRIENDS



WITH GARRY WAITE

ISRAEL has expressed anger to the Swiss government over a hotel's sign that told Jewish guests to shower before using the swimming pool. The sign in English, at Apartmenthaus Paradies in the mountain resort of Arosa, triggered much criticism.

Another sign told Jewish guests to use a refrigerator only at certain times.

Israel's deputy foreign minister called it "an anti-Semitic act of the worst and ugliest kind." Reports say the hotel has now removed the signs.

A photo of the shower sign was tweeted, after an Orthodox Jewish guest spoke about it on Israel's Channel 2 TV. The Israeli interviewee told the TV: "The staff were really very nice to us. But one morning I came down and saw this sign. I was shocked!"

'To our Jewish guests, women, men and children, please take a shower before you go swimming,' it said, adding that 'if you break the rules I'm forced to cloes [sic] the swim-



A chilling reception for some orthodox clients at the picturesque Paradies.

ming pool for you.'

Israeli Deputy Foreign Minister Tzipi Hotovely said she had discussed the "anti-Semitic" case with Israel's ambassador to Switzerland, who told her the signs had now been removed. However, she said those responsible should be punished, as a deterrent.

Correspondents say the instruction to Jewish guests to have a shower touches raw nerves about the Holocaust, because Nazi death camp guards sent Jews to 'showers' that were actually gas chambers.

The sign in the hotel kitchen said: 'To our Jewish guests: You are allowed to approach the fridge between the hours: 10.00-11.00 in the morning and 16.30-17.30 in the evening. I hope you understand that our team does not like to be dis-

turbed every time.'

Reports say the hotel often has guests from Israel, some of whom are Orthodox Jews. The hotel management was quoted as saying there was "no anti-Semitic intent" and "we have no problem with Jewish guests at the hotel."

Ruth Thomann, responsible for the shower sign, said her choice of words had been a mistake. She said some Jewish guests had gone swimming with clothes, such as t-shirts, on and had not showered first. As for the fridge, she explained, Jewish guests - but not other guests - had been allowed to use it to store kosher food.

Someone's in for a dressing down. Not good PR me thinks!

Courtesy of BBC news online.



IS back I have had so many phone calls and emails from friends, clients and readers asking me if it is true that we are reopening Funky Tapas. I am very pleased to confirm the rumour. We are opening in front of the Hotel Andalucia Plaza in Nueva Andalucia in the first week of September. You can check on our Facebook page or our website for further information or just email me and I will let you have more details. Meanwhile have a great weekend and I look forward to welcoming you next week.

*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.



Nothing is easy - but who wants nothing?
Donald Trump

What did my Nan used to say?

"MONEY find its way to money." This must be the case with Donald Trump, as the Trump Turnberry hotel has received a £109,530 business rates rebate as part of an emergency bailout plan for Scottish hospitality firms.

The rebate plan was intended to help struggling businesses in Scotland, but has been criticised for aiding profitable businesses such as Donald Trump's Turnberry hotel.

The payment, uncovered by the *Guardian* newspaper in the UK, has led to a 13.5 per cent reduction in the hotel's annual business rates bill, which was £811,850.

Opposition MSPs told the paper that the rebate was not intended for thriving businesses.

Scottish Green Party leader Patrick Harvie said: "Trump's brand is toxic. It's bad enough that he has a business presence in Scotland. It's galling to learn that the public purse is giving him a helping hand."

Labour MSP Lewis Macdonald added: "The Turnberry case highlights the unfairness of the current system and the urgent need for reform."

The news comes as the Scottish government yesterday published the Barclay Review into business rates in the country, which has made proposals including the cutting of the revaluation period to three years and suggested a one-year delay before rates liability is incurred when a property is improved.

Meanwhile, the US President Donald Trump has resigned as director of his Scottish hotels and golf courses, according to filings at Companies House.

The documents show Trump resigned his directorship of Trump International Golf Club Scotland, which owns the course and hotel at the Menie Estate in Balmedie, Aberdeenshire, on January 19 - the day before his inauguration as president.



Imagine being able to play golf in your own back garden.

He also resigned from SLC Turnberry and Golf Recreation Scotland, which own and operate the five-red-AA-star, 157-bedroom Trump Turnberry course and hotel in Ayrshire that he bought in 2014 and reopened in June following a £200m refurbishment.

Although there was no legal requirement for Trump to step aside from his companies, presidents traditionally pass over their business interests to an independent manager to avoid any conflict of interests, which Trump himself committed to during his election campaign.

Trump's children, Eric, Ivanka and Donald Jr have retained their directorships at SLC Turnberry and Trump International Golf Club Scotland. Eric Trump is also a director at Golf Recreation Scotland.

Somehow I think he may have renounced his directorships, but I can't really see him handing over the reins completely can you? But why are the Scottish MPs really angry about the fact that he has invested money into Scotland. Is it purely that they don't want foreign investment or have they just joined the 'let's knock Trump for all we can' brigade!

Some content courtesy of the *Caterer and Hotelkeeper*.

Hospitality numbers for Donald Trump

\$288 million in income in the past year from golf courses alone.

\$37.2 million in income in the past year from Mar-a-Lago.

\$19.7 million in income through mid-April at his luxury Washington hotel.

\$600 million to \$650 million the amount brought in, in employment assets and income - or maybe more.

Nothing breeds success like success - maybe that's why the Americans voted for him.

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Let's talk currency

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WITH its dreamy climate and strong communities, it's little wonder the Costa Blanca South tops the destination shortlists of foreign property investors across the continent. Today the vibrant coastal haven spanning from Murcia to Alicante, offers buyers a buoyant property scene that is both stable and strong.

For Brits and other budding expatriates hoping to leave the rain clouds of northern Europe, the Costa Blanca South is a hugely popular choice. Research from online property portals show an enormous increase in British interest in the region this summer.

Torre Vieja and Orihuela Costa, perhaps the two largest expatriate communities on the Costa Blanca South, are proving particularly popular. And the online interest is now being converted into sales. Which is terrific news for buyers and sellers alike, along with residents who can expect to see a surge in their property's value.

Property sales in the Alicante region are now averaging more than 100 per day. That is a milestone not passed in more than a decade, during the property boom of the mid-2000s. Prices are also rising steadily, and are expected to continue doing so until 2020. Then the market is projected to consolidate and allow development and construction to catch up with prices and sales.

In other words there has rarely been a better time to buy, sell or own a property on Spain's Costa Blanca South. There is also plenty of



SALES SURGE: British love for Costa Blanca South has been rekindled

Simply the best

room to build, expand and grow, with substantial new luxury property developments in the pipeline.

Whether it's a plush beachside apartment, splendid rural finca, or five-bedroom villa, the Costa Blanca South has something for everyone. And at unbeatable value for money.

Meanwhile money is flowing in from a variety of new channels as wealthy investors from outside the EU hope to grab a Golden Spanish Visa to go alongside their plush Costa Blanca property.

Today these expat communities are among the safest, most stable and lucrative places to invest in Europe. Facts confirmed by the sharp increase in international attention throughout 2016 and the first eight months of a successful 2017.

When it comes to the Costa Blanca South the question isn't whether it is smart to invest in property, it is how best to make your investment. Help answering this all-important question is provided by the professional real estate agents who have transformed the southern Costa Blanca into a property paradise.

Throughout the pages of this property supplement readers will encounter property specialists with outstanding credentials, experience and passion for their community. Choosing them as you decide where, when and how to invest in the Costa Blanca South is the smartest decision you can make.

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

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

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If you are going to buy a home in Spain...

BUYING a home can be one of the most important economic decisions in our lives. An investment that will require more or less effort according to the type of house, location, status and the savings that we already dispose of.

In any case, given the importance of the operation, we should remember a few things to consider before signing the loan and even if we are already mortgaged.

I have seen lots of information on the internet about what to do and what not to do when someone is going to purchase a property.

I have made long lists, I have rubbed out what I don't understand or considered to be unnecessary and voila... the info below is what I consider may be of some practical use to you readers.

Did you know that it is not compulsory to have mortgage insurance?

You should know that there is no legal obligation to take out insurance with a mortgage. In fact, the Mediation Act of Private Insurance and Reinsurance says

"Private Insurance and reinsurance undertakings shall not directly or indirectly impose a contract of insurance." The Dirección General de Seguros (DGSFP) under the Ministry of Economy says "credit institutions too often make the granting of the loan compulsory to taking on insurance on damages to the property or more generally, a comprehensive insurance for the home, in case of housing suffer any blight.

There's only an obligation for housing to have insurance for damages in the event that the entity will require having the mortgage notarised, and questions whether such insurance should be contracted by the client or by the bank itself. Similarly, the right of withdrawal is recognised and should be accessible to all, being able to cancel policies without explanation within 30 days for life insurance and 14 days for the rest.

Did you know that the default interest is limited?

Should delays occur in mortgage payments, default interest is

generated, an additional amount prescribed as 'penalty.' This interest is higher than the ordinary interest rate and the way it is calculated must be expressly in writing on the loan or mortgage contract. But it can never 'be more than three times the legal interest' and can only 'accrue on the principal outstanding,' as established by the Mortgage Law.

Did you know that you can have an abusive ground clause?

Successive judgements have confirmed the invalidity of the so called 'ground clauses,' (the minimum interest that banks can charge you in case general interest rates fall below a specific amount) lack of information and transparency in their inclusion in the mortgage loan, have caused many savers demand the repayment of amounts overcharged at the time that the Euribor fell below this limit.

You have to identify if your mortgage contains one of these provisions and if you have to prove that we were not familiar

with it and appeared well 'camouflaged' in the contract between all other conditions of the mortgage.

If the declaration of nullity is achieved, you can claim back those amounts already paid. For the moment, as ruled by the Supreme Court, banks will only have to return the amounts collected more from May 9, 2013 onwards. The European Union, however, has spoken in favour of all money paid over since the start of the credit is reinstated. But it is only a report. One hopes that the attorney general of the European Union issued an opinion.

Did you know that the Euribor is at a minimum low?

November - the Euribor rate at which are referenced most mortgages in Spain has touched its lowest level, breaking the barrier of 0.1 per cent and stood at 0.079 per cent after months of steady decline.

This caused a series of repercussions, good for those who have been paying a mortgage, they will see how they benefit from declines in their mortgage payments, and

worse for new mortgagees, that although their first payments are low if a rise in Euribor occurs in the future, mortgage payments will be higher and therefore monthly payments may increase considerably in the future.

Of course you know that you can negotiate your existing mortgage?

It is important to know that a mortgage is not an immovable or unopened product: negotiation is not only possible, but is highly recommended. Dialogue with the bank and getting better terms in the level of commissions, interest rates that are applied is critical for a better contract. Under no circumstances should you sign something that is not fully understood, analysed and studied in detail, obviously it is always wiser to obtain advice from a solicitor or professional experts on the matter.

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SUN-SOAKED: Brits' Spanish dream stronger than ever.

Brits smitten with Spain

PROPERTY portal Zoopla has clocked a 17 per cent increase in British searches for European homes in just the past six weeks. Spain is by far the most searched for destination, handily beating France and Portugal for the hearts of budding expatriates.

Zoopla's research revealed that 'pool,' 'beach' and 'sea view' were the most popular search terms among British householders seeking a place in the sun.

Those selling homes in Spain would do well to emphasise those characteristics in their on-line adverts.

Other popular phrases included 'villa,' 'furnished,' 'golf course,' 'garden' and 'garage.'

The big question is whether the August upsurge in interest will be converted into hard sales. Or if it's simply attributable to Brits coming back from holiday with a temporary conviction that they want to live in Spain permanently.

Putting the summer surge aside, British interest in Spain has risen consistently and considerably over the past year. Since the Brexit vote property portals have uniformly noted a rise in British views of Spanish properties online.

Many viewers are believed to be retired, or soon-to-be-retired, Brits, who are eager to secure a Spanish home before possible post-Brexit red tape comes into play.



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Second homes reap fortune

TWO thirds of all the second, or holiday, homes in Spain are on the country's thriving Mediterranean coast.

Real estate portal Donpiso found that there are roughly six million second homes in the country, with around four million squeezed between the Costa del Sol and Costa Brava.

Researchers also put together a profile of the people most likely to buy a second home on Spain's sunny coast.

The typical buyers are couples aged between 35 and 49 with children and a combined income exceeding €3,500 per month.

The average price of the summer homes these buyers are interested in is €200,000. Murcia offers the cheapest deals, averaging €150,000, followed by Tarragona on €160,000, and Alicante at €200,000. The Costa del Sol is the priciest coastal region, with seaside second homes costing €350,000 on average.

Thousands of the homes are used by owners to reel in serious rental income during the busy summer months. Last year more than 20 million people spent time in Spain's six million holiday homes, paying almost €14 billion for the privilege.

Wealthy buyers choose Spain

LUXURY house prices in Spain shot up by 7 per cent in the first half of 2017. They now average €6,500 per square metre according to a report from French company Barnes.

That is more than four times the price of the average Spanish property. The massive rise in the price of luxury is especially pronounced on the country's coastal expatriate hotspots.

The Mediterranean stretch from Cadiz to Barcelona is both a hive of luxury homes, and the place where mansions, villas, and grand estate sales are performing especially well.

The situation is mirrored on the Balearic Islands. Mallorca, which boasts four of Spain's top 10 most expensive properties, registered a 10 per cent increase.

Spain's twin cosmopolitan cities, Madrid and Barcelona, clocked up an increase of more than 10 per cent in luxury housing. In particularly dynamic neighbourhoods, rates of almost 20 per cent were registered.

Barnes International in Spain executive Emmanuel Virgoulay said that Spanish real estate is "experiencing its best moment since the economic crisis."

"With the market enjoying greater security, investors in luxury housing now trust Spain as a country with highly profitable assets," he said.

Sellers are also finding it easier to find wealthy buyers willing to splash out on luxury homes. In popular coastal areas, homes priced at more than €1 million are frequently selling in less than three months.

Barnes also found that French investors buy the fastest, usually within two months and visiting the property only two to four times. Brits take three months and five visits. The Chinese are the slowest, taking an average of nine months and 15 visits to make a decision.



LUXURY: Appetite growing for Spain's finer properties.



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Paying for your child's tuition fees? Learn how to save money on your currency transfers

Putting your child through higher education can be seriously costly, with tuition fees and living costs typically amounting to tens of thousands of pounds in just a few years.

If you're living abroad but transferring money back to the UK to fund your child's time in University, the process could be made costlier still if you're using your bank to manage the currency transfers.

A new school of thought

When it comes to transferring money overseas, moving your funds through your bank seems like the logical choice on paper. But in reality, what should be a quick and simple task can end up taking considerably more time than it should.

If you're looking for a simpler and speedier alternative, consider the benefits attached to using a leading currency broker. Whether you need to make regular, smaller currency transfers or have a large lump sum to transfer, currency experts can help you save time and money. They can also help you understand the volatility of the currency market and teach you how to time your currency transfers effectively.

For example, while the EUR/GBP exchange rate initially strengthened considerably in the wake of the UK's vote to leave the EU in 2016, the pairing has experienced significant

fluctuations ever since. This exchange rate movement can make planning your transfers a bit of a pain. With complex Brexit negotiations due to extend for the next two years, the EUR/GBP exchange rate will remain unstable, so it's important to be prepared for sudden shifts.

Do your sums

One major advantage to using a currency specialist like Currencies Direct is that they don't charge transfer fees (unlike many banks) ensuring that the money you're sending to the UK is not reduced by unnecessary costs. Transfer fees can quickly add up if you make frequent transfers, so you could end up saving hundreds of euros a year.

By using a currency broker you can also ensure that you're getting the most competitive exchange rate for your transfer, meaning you'll get more for your money.

Revise your options

Using a currency specialist also takes a lot of hassle out of the transfer

process, as you can set up payments 24/7 from the comfort of your own home and arrange for them to be made automatically on pre-set dates.

You can also make instant or 'spot' transfers whenever you need to, so you don't need to wait to move the money if your child needs some emergency funds.

Another option you might want to look into is a forward contract, which gives you the ability to fix an exchange rate for up to two years in advance of making a transfer - protecting your funds from negative market movements.

By doing a bit of research into the different transfer options available you can eliminate the hassle and get more from your currency transfers. Find the services that suit your needs and you'll quickly discover how much you can save.

At Currencies Direct, we've helped over 210,000 customers save on their currency transfers since 1996. Just pop into your local Currencies Direct branch or give us a call to find out more about how you can save money on your currency transfers.

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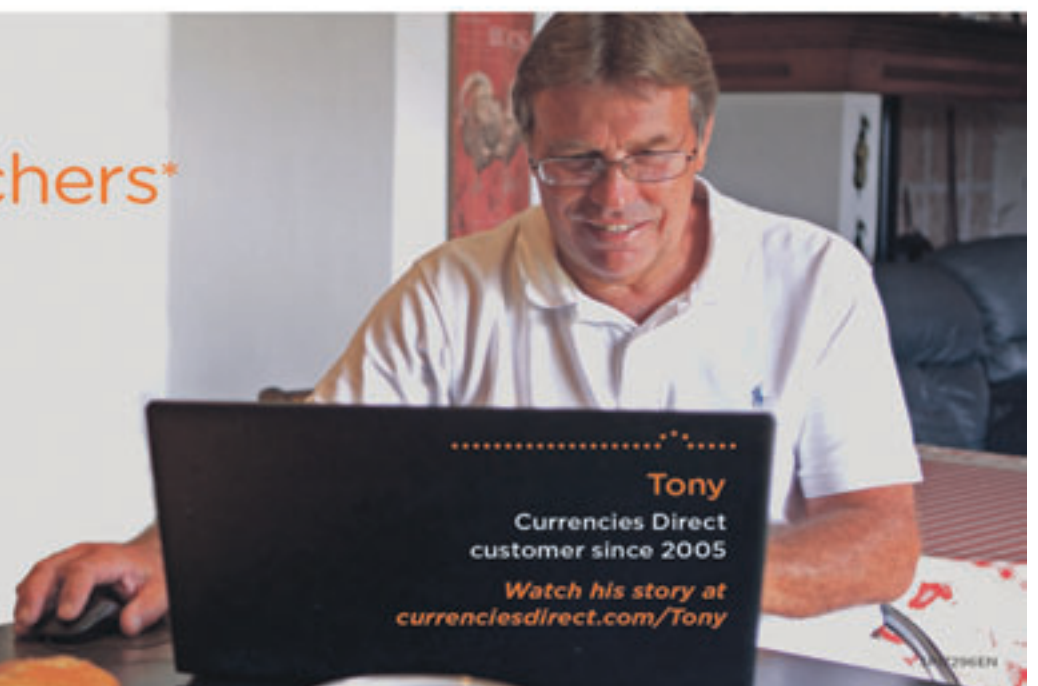
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Lavender is a must for your garden

GRAEME TYRRELL

LAVENDER is a must for every Mediterranean garden design to be complete. It is a native plant to the region and the naturally occurring species are perfectly adapted to the alkaline soils, summer sun and periods of low rain-fall.

This is a great plus for one of the most pleasantly fragrant small shrubs with natural oils that are very soothing and relaxing from the aroma emitted from the

whole plant.

The bluish to violet coloured flowers are a rarer shade of colour for flowers and they are prominently displayed on long stems extending out from the plant for all to see.

If you grow your own it is very easy to take cuttings and tie a bunch to hang in the house to make the home more fragrant. You can even dry some bunches briefly in the oven for potpourri and have the benefit of lavender scent permeate the whole house before setting out the

jars of potpourri to maintain its presence.

There is a huge range of different varieties of lavender to choose from with the hardiest generally being the more original species but the newer selected and developed varieties provide a much broader range of colours and forms.

The Spanish lavender, *Lavandula stoechas*, is my favourite in the ornamental garden for its wonderful scent but the English lavender (*Lavandula angustifolia*s and hybrids) is best for the culinary herb garden.

They love to be in the sun and become scraggly in areas of too much shade where the bushes do not thicken up enough to have dense flowering.

To grow lavender, the natural soils being alkaline in Spain are ideal and just a few handfuls of compost mixed into the surrounding soil may



Photo Caption: Cora Mueller Shutterstock

Lavender has a multitude of uses.

be needed to ensure good drainage, some water retention and nutrients.

Lavender do not like wet feet and too many nutrients promotes growth but fewer flowers. More lavender are killed off by overwatering than dryness as they prefer a dry environment and too much water encourages fungal problems.

To keep the plant strong,

pruning off the spent flower heads is necessary if you haven't already harvested them for use elsewhere. Usually this is done in autumn all at once as the plants flower uniformly and finish flowering at the same time so you can wait for the last ones to finish.

If you wish to reduce the size of the plant it is best left

until spring when the plant starts to reshoot to ensure a quick recovery from the pruning. Normally you should only cut about one third to a half of the plant each season.

If you want to grow them in containers, choose a compact variety. Use a well-drained potting mix with at least 10 per cent sand or fine gravel added.

If growing them alone in a container, make the container a minimal size larger than the root ball as excessive pot space invites fungus to move in. Make sure the container is placed where there is sunlight and if using a drip tray elevate the pot or container a little in the tray so that it does not sit in the excess water.

Lavender provides the ideal atmosphere for relaxing, diddling around and enjoying the Mediterranean garden.



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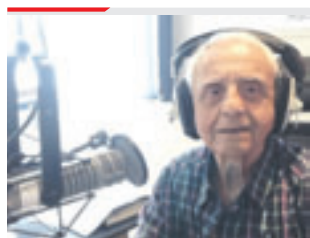
When life gives you lemon balm

NOT many people may have heard of lemon balm, but everyone should have this pleasant herb in their gardens.

Once named 'Herb of the Year' by the International Herb Association, this plant has so many uses you'll wonder how you lived so long without it.

The plant is a member of the mint family and grows up to two feet high. In the spring and summer, the plant produces lovely clusters of small yellow flowers and it's possible to detect the lovely lemon aroma by rubbing the leaves together.

Lemon balm has been used for centuries for its many healing properties and is believed to help reduce anxiety and stress. You can make the most of the calming elements of this plant at home by boiling the leaves in hot water to make tea, or rubbing directly onto your skin.



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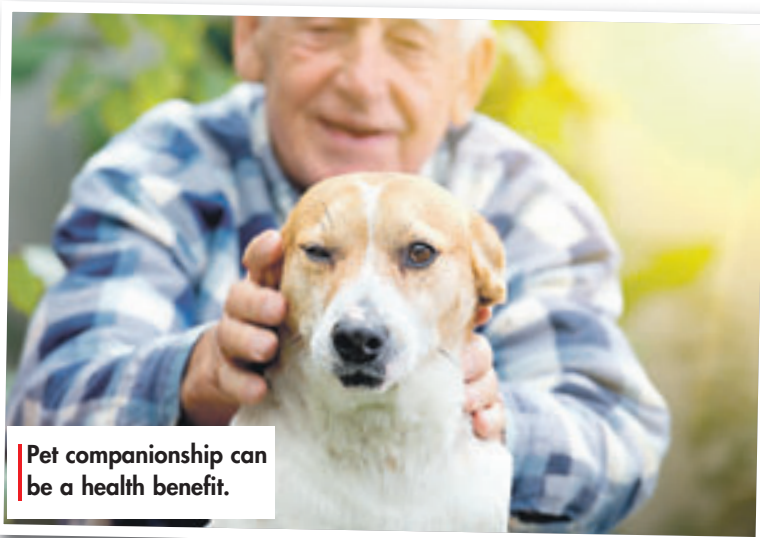
Rescue pets

Diving into doggy DNA

FOR years it has been medically documented that companion animals, like dogs, cats, rabbits and birds, help people live longer and healthier lives.

Being responsible for caring for an animal often gives new meaning to someone who is living alone or who is far from loved ones. Pets can help elderly people keep an active lifestyle and may help fill a void left by living alone or away from family.

For working families taking on a rescue pet should take into consideration that they have time for the new family pet. Children should be encouraged to help and go to dog training classes which are educational, so-



Pet companionship can be a health benefit.

cial and really a lot of fun.

Seniors may want to consider adopting an older adult animal instead of a puppy or kitten or rambunctious 'teenage' pet. Older pets are more likely to be calm, already house trained and less susceptible to unpre-

dictable behaviour. Animal shelter staff can help potential adopters find the most suitable animal for their lifestyle.

Seniors should not be encouraged to take on a large dog, many seniors take on a dog far too powerful for

them, which become unmanageable. Obviously if you live in an apartment then you have a small dog.

Dog's lives evolve around odour; I always recommend bathing a rescue pet as soon as possible. By doing this you wash away the old identity and allow the dog to get his new identity. Most dogs will roll in the ground to get their new identity.

Take your new pet for a walk around the area of your street near your home as soon as you are able. This allows your new pet to learn the new smells of the area.

Ensure that all doors, gates etc to the home are secure and that you have apart from a microchip a tab on the collar with your telephone number.

Emotionally you will feel very sorry for the little fellow and often new owners can overdo the attention. Best not to smother the dog and keep in mind that now is the time to set the rules of your home.

A NEW start-up is giving dog lovers the chance to uncover their pet's ancestry with its DNA testing service.

The company, Embark, will break down your dog's breed, traits and even put together a family tree; all you have to do is take a swab of your dog's cheek and post it off to them.

Best of all, the tests could even save your dog's life by outlining his susceptibility to genetic diseases and how you can fend them off.

Acupuncture for animals

ALTERNATIVE medicine has seen a resurgence of popularity in recent years, and it seems that this growing trend is having an impact on the animal kingdom as well. Acupuncture has remained a popular alternative treatment for humans for some time now, but you probably weren't aware of its growing popularity among pet owners too.

Although originally introduced several decades ago, it remains uncommon for vets to use this practice, seeing it as alternative and unconventional. However, in 2015 the American Association of Feline Practitioners (AAFP) and the American Animal Hospital Association (AAHA) put forward new guidelines stating that acupuncture is a 'compelling and safe method for pain management.'

Many pet owners and practitioners are certain the procedure dramatically makes a difference to the animal's lives,

especially older animals or those with chronic illnesses such as arthritis. Research into the treatment has suggested that the pain relief acupuncture provides is the result of a natural painkiller called adenosine being released at the point of insertion.

The increase in popularity stems from clients asking their vets if there is anything to be done to reduce the amount of drugs their pets are given.

While critics believe the positive results are nothing more than a placebo effect on the owner, many claim that their pets are able to live more comfortable, pain free lives thanks to the procedure.

As research into using holistic medical practices on animals continues, it seems that more and more people will come around to the idea of using alternative treatments, such as acupuncture, on their furry friends.



Dog receiving acupuncture treatment.



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

ALCOHOLICS ANONYMOUS IS ALCOHOL COSTING YOU MORE THAN MONEY? Drinking to excess not only affects your health it can spill over into every other aspect of your life - damaging everything that is important to you. English-speaking AA meetings are held throughout the Costa Blanca from Valencia City to Murcia. Anyone wishing to attend a meeting or discuss a possible drinking problem con-

tact Costa Blanca North: *648 169 045* or Costa Blanca South: *625 912 078* or Costa Calida *679 385 105*. All calls are treated in the strictest confidence. AA in German: 645 456 075; Spanish: 679 212 535; Flemish: 635 047 053; and Scandinavian: 659 779 222. www.aacostablanca.org (93323)

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

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

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

HELP VEGA BAJA. We are a non-profit making organisation that helps and supports anyone, without prejudice, in times of need or crisis within the Vega Baja area. Our offices are based in San Miguel at Calle Lope de Vega 46 (Tel 966 723 733), Torrevieja at Rambla Juan Mateo Garcia 4 (Tel 965 704 282). Both offices are open Monday to Friday from 10 am to 1.30 pm and the Helpdesk at La Marina is open every Thursday (10 am to 1.30 pm) at the Hope Fellowship Church (opposite the Thursday Market site) at Avda de Justo Antonio Quesada, Urb. La Marina (Tel 615770145). We are online at www.helpvegabaja.com and also on Facebook. You can email the San Miguel Centre at office@helpvegabaja.com **We also have a 24 hour Emergency help-line which is available to both members**

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THE BAKER FOUNDATION SPIRITUALIST CENTRE. Find us on the Saturday market road opposite the Chinese Restaurant. Playa Flamenca. Different International and local mediums every Sunday and Tuesday. Sunday, divine service with clairvoyance 11 am start. Tuesday, evening of clairvoyance doors open 7'o'clock for 7.30 start. Spiritual Healing is available on Sundays after service and on Thursday mornings from 10.30 until 12. We have a development group on Tuesdays 5 until 6.30 for those interested in meditation and advancing your knowledge of spirit. Private readings are available on request. Please join us and make new friends, a warm welcome awaits you all. Tea, coffee and soft drinks are available. You can join us on Facebook at, The Baker Foundation spiritual centre. Hall is available for hire. For more information please contact Linda on 606 990 665. Email, schugy54@gmail.com (95458)

THE PHILIP SCOTT LODGE No 10671 of the RAOB meets every Friday in the Bar Catorce, Benijofar. Please call the secretary, Colin Bird on 693 287 614 for further information. (95459)

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PILAR CHRISTIAN COMMUNITY CHURCH, Calle Canalejas, 3. Pilar de la Horadada. Sunday Service at 11am & Thursday at 5pm for Prayer and Praise and Worship. Home groups meet during the week. All welcome from any church background or none. For further information www.pilarchurch.org Reg No: 2009-SG/A (95463)

TORREVIEJA Christian Fellowship (TCF) is an English speaking lively church located at Avenida de las Valencianas 68, Torrevieja 03183. Residents and holidaymakers are welcome to attend our services with communion and 'kids church' each Sunday at 10.30am. We have a Fellowship Meeting (Bible Study) each Wednesday at 6.00pm. For further information see

our website www.tcf-Spain.org or tel 966 700 391. (95464)

THE AIRCREW ASSOCIATION COSTA BLANCA BRANCH. Former & serving aircrews of the UK or Allied Armed Forces are welcome to join this convivial & friendly organisation, now in its 21st year. www.aca-costablanca.org or call the Secretary on: 966 495 042 (95465)

THE ROYAL BRITISH LEGION JAVEA BRANCH meet on the 2nd and 4th Tuesday of each month @ Scallops Rest on the Arenal at 11.00am. Everyone is welcome to attend as a visitor and join the branch if they wish. Anyone needing any help or advice on welfare, or any information regarding the branch can contact either Sheila on 965 791 270 or Roger on 965 790 123 (95472)

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

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

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

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

ROYAL MARINES ASSOCIATION (Costa Blanca) The aim of the Association is to bring together not just ex Royal Marines, but ex Service personnel with an affinity to the Royal Marines. We meet on the last Tuesday of the month at 5.30. For further details Hon Sec 692 938 664

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

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

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

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*The Suzuki Wagon R should be avoided, like unprotected sex with an Ethiopian transvestite.*

Some might say...



**Motoring shorts**

## Motor motivation

FOOTBALLERS will be forced to drive a 23-year-old Rover Metro with over 150,000km on the clock if they put in a bad training shift.

The novel approach to inspiration is the brainchild of Spanish coach Pep Clotet, currently in charge of English League One team Oxford United.

Whoever puts in the worst performance at team training will have to drive the car, which has a British L registration and a few bruises, for a week.

Though in the third tier of English football, first team players at Oxford United can expect a salary of at least £1,000 (€1,100) per week, more than enough to justify a flash new BMW or even a Ferrari. Let the games begin.

# Scrap battle begins

by *Matthew Elliott*

FORD has joined BMW in launching a scrappage incentive scheme. BMW and Vauxhall have offered drivers a £2,000 discount in the UK to exchange older models for new, more eco-friendly ones.

Ford goes one better. It is allowing motorists to exchange any brand of car or van, and get a discount on a new Ford model. The initiative is expected to be rolled out across Europe next year. Discounts will be at least €2,000, depending on the country.

Only old vehicles registered before 2009 and which precede Euro

V engine emission standards can be exchanged for the discount. Germany is leading the way in offering financial incentives to scrap polluting vehicles. In the UK flagging car sales have also inspired the offer, with many buyers

hesitant to buy diesel, and waiting to see how Brexit irons out.

Ford has promised it will scrap all trade-in vehicles. There are almost 20 million cars on

British roads that aren't up to Euro V standards. The latest standard is

Euro VI, engines which emit 90 per cent less nitrogen oxides than standards I to IV.



**MUSTANG:** Get a discounted eco-friendly Ford by scrapping an old model.

## BMW's Tasmanian Devil



**EVOLUTION:** BMW'S M5 set for overhaul.

SET to debut at the Frankfurt Motor Show next month, the new BMW M5 is already turning heads with its astonishing speed. Despite being road legal and not touted as a speed demon it boasts a faster acceleration than most supercars.

Described by BMW as a model which will 'surpass all previous incarnations,' the new M5 can reach 100kph from a standstill in just 3.4 seconds. That's half a second quicker than the last M5, and packs a faster punch than a

McLaren 540C or Ferrari 599GTB.

The super saloon, scheduled to hit showrooms in February 2018, boasts a 4.4 litre twin-turbo V8 engine that can produce 600hp. The top speed is limited to a modest 250kph to comply with regulations.

Though the engine is the same as the older M5, the extra speed comes from smoother oil and coolant systems, enhanced fuel injection pressures, improved rear tyre traction, and a better streamlined body.

The eight-speed automatic gearbox is new, as is the aluminium bonnet. The roof is made of carbon fibre rein-

forced plastic. The inside of the four-seater is as plush as can be expected with a €90,000 plus price tag.

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Gold category winners.

## TMGS results at Alenda Golf

WITH many members taking a summer break back in the UK or Scandinavia, just 24 players participated this week.

Still, a very enjoyable day's golf on a very enjoyable course.

Results: NTP's Hole 3: new member Mike Saunders, hole 5: Joe Dean, hole 13: our resident school teacher, now retired Derek Sullivan, hole 16: Nada.

Derek along with Mike also managed to birdie

their par 3's to share the €21 contained in the two's pot. Silver category results: 3rd J Hillier 33 pts, 2nd S Twentyman 34 pts, 1st Merethe Mhyrvold 35 pts. Gold category results: 3rd G Smith 33 pts, 2nd L Jernberg 36 pts, 1st O Rong 38 pts.

For further information about the society please visit [www.tmgs.org](http://www.tmgs.org), follow us @TMGSGOLF or visit our Facebook page TMGSGOLF. Or you can call on 661 524 101.

## El Plantio 2 Golf Society on tour



PONIENTE: Competitors travelled to Benidorm.

AS El Plantio Golf Course was still out of commission due to staff holidays and necessary maintenance, the 12 members decamped to play the scenic par 63 Poniente Golf Course near Benidorm. Despite having the longest hole of just over 300 yards, the course was really testing with accuracy off the tee needed to avoid lost golf balls and nil Stableford returns.

Avoiding these pitfalls was Lyn Young, with a magnificent round of golf.

Nearest the Pins: Hole 12 - Graham Blakeway

Hole 4 - John Wilby (near-hole-in-one).

Third Place: John Wilby -

37 points.

Second Place: David Swann - 37 points (on C/B).

First Place: Lyn Young - 44 points.

If anyone would like to join the Society, they play at El Plantio Golf Club on Tuesday, Friday and Sunday. The club uses both courses, the Par 3 nine-hole course and the main 18-hole course, so catering for all abilities. The membership rates are very competitive, so call for more details.

Anyone who wishes to play in the Society as a guest or join as a new member, contact Ian Henderson on 966 716 616 or 636 116 230.

## The Celts Golf Club Results

THE Celts celebrated their August Open Day last Saturday at La Serena. The conditions were extremely hot for golf with glorious sunshine and very high humidity, as is the norm for this time of the year. A very special mention must go to Philip for all his hard work and to Alisdair for his assistance during the day's event.

In contrast to last month's competition, there were little or no delays on the course. Their captain Alisdair McLean was at hand to present the monthly prizes and the winners were as follows:

In week one in the Crystal events, Kenny McGeehan triumphed on 41, Susan Owens on 39 and our Captain Alisdair McLean on 38. In week two it was Peter Easby on 41, David Mullet on 40 and William Thomson on 40.

For the results on the day:

NTP's were won by Darren Holden, Dave Cosson, Frank Wigley and Kenny scooped three on holes 9, 10 and 15. Alan Ewing won the visitor's prize with the best score of the day on 32.

Category III: Kevin McBride, 39, Thomas Farrell, 39 and David Locke, 38.

Category II: David Cosson, 40, Ian Sadler, 37 and George Thomas 35.

Category I: Eddie Wall, 35, Denis McCormack, 31 and Gary Hall, 30.

Second overall went to Joseph Adam with 41 points and the overall winner on the day with 41 points Kenny McGeehan. Congratulations to all the winners and to those who participated.

The club is playing a round of The International League in El Saler which has staged the Spanish Open, ranked in the top 10 courses of Europe. The Celts always welcome new members and guests and if you would like information as to how you can participate in any of the competitions, or if you would like to play in one of their open days, please get in contact on 615 466 398 or e-mail [johnobrienalicante@gmail.com](mailto:johnobrienalicante@gmail.com).

## Torre Vieja Cricket results

Alicante Star: 180 for 10  
Torre Vieja: 116 for 10

THE latest league match in ECCL Division II saw a match up between Alicante Stars and Torre Vieja and it was the Stars who went away with a 64-run victory.

Having been put into bat by Torre Vieja the Stars were in desperate trouble at nought for two at the start of their innings. Another couple of cheap wickets had them still struggling at 44 for 4 when Nadeem and Ismael came together.

Their fifth wicket partnership of 112 turned the game back into the Stars favour. Ismael departed for 59 and Nadeem for 49 in close succession but that helped the Stars post a competitive target of 180 on the unpredictable Torrey wicket. A McDowell was the pick of the home side bowlers, ending with figures of 4 for 30.

Ultimately, Torre Vieja could not match the Stars total despite a fine open-



ANGUS MCDOWELL:  
Was the pick of the home side bowlers.

ers knock of 39 by Kieran Wood. Unfortunately, without the back up of any other major contributions, Torrey fell to 116 all out. Abdul with three wickets for eight runs and Shani with two wickets in his sole over mopped up the tail end.

Torre Vieja are at home next weekend against Pinatar Pirates. Spectators welcome. Further info at [torrevieja.cricketclubweb site.com](http://torrevieja.cricketclubweb site.com).

## San Miguel Golf Society at Las Colinas on August 23

THIRTY-ONE members and four guests made their way to Las Colinas to play a stableford competition. The course was in good condition throughout, having improved from the last two visits.

Set up was mid-distance, long enough that the lower handicappers playing in Gold Category returned better overall scores than their counterparts in the other two divisions. Only Tony Sims broke par, with Steve Davis the only other member playing to their handicap or better. However, Steve's score, and with it the winning of the Silver division, proved well short of that required to defeat Steve Higgins, his adversary, in the second semi-final in this year's singles match play competition.

Although garnering one less point, Steve H came through with a resounding 4 and 3 win and progresses to the final to face Jamie Rorison.

The day's SMGS stableford competition results, by category and in reverse order, were the following:

Bronze Category: 4th Norman Padmore (32 on CB), 3rd Bella Philips (32 on CB), 2nd Keith Stevenson (33 on CB), and 1st Brian Butler with the same score of 33 points.

Silver Category: 4th Gordon Wilson



LAS COLINAS: Members played a stableford competition.

31, 3rd Hugh Reilly (32 on CB), 2nd Alan McDonald (32 on CB), and 1st Steve Davis with 36 points

Gold Category: 4th Mick Cook (33), 3rd Tony Smale (35 on CB), 2nd Steve Higgins (35 on CB), and 1st Tony Sims with 37 points.

Nearest the pins on the par 3's (open to all) went to Mick Cook (holes 5 and 14), Tony Smale (7), Bella Philips (10)

and Robin Eastman (17).

The Abacus was won by Peter Hudson. The Best Guest prize went to Gerry Conneybear (31)

Keep up to date with all SMGS matters by visiting [www.smgs.org](http://www.smgs.org) or give Captain Theo Boelhouwer a call on 694 494 824 to find out more about the society and its weekly golf get-togethers. Next week they will be at El Valle.

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