

Woman hurt in cliff fall



Photo by Pixabay

CABO DE HUERTAS:
Fall resulted in brain injury.

A 52-YEAR-OLD woman was seriously injured after plummeting four metres down a cliff in Alicante.

The incident happened in the popular cove of Cabo de Huertas for reasons that continue to be investigated.

Bathers raised the alarm and paramedics arrived on the scene to treat the victim.

According to information from the Emergency Information and Coordination Centre (CICU), she was treated at the scene before being taken to the Alicante General Hospital with severe head injuries.

It was later revealed that the injured woman had suffered from a brain injury and remains in intensive care.



Photo by Guardia Civil

STOLEN VEHICLE: Hit a group of cyclists.

Killer on trial

35yr demand for car thief

By Darren James

A man could be sentenced to 35 years in prison for killing two people when driving two separate stolen vehicles.

The prosecutors in this case have also asked for a fine of €1,620 against the Moroccan-born defendant who has been accused of killing a cyclist and a pedestrian over a period of four days.

The events leading to this case happened in Mazarron when the man - named as Abdelwahab O - hit a group of three cyclists, killing one of them and causing severe injuries to one of their companions. Only four days later, according to the prosecution, he hit a woman pedestrian who was walking along the road in the municipality of Totana who suffered such serious injuries that she died 30 minutes later.

The prosecution have explained to the court that the accused man had carried out

these attacks on the two deceased people for no apparent reason as he had no connection with any of the victims.

In addition to the long custodial sentence and the fine, the prosecution are also seeking a compensation payout to the injured cyclist who was accompanying the first victim when they were struck and killed.

dfs
San Javier
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See us on page 46



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Cheap flight frenzy

LOW-COST carrier Ryanair has launched a new series of low-season offers from Alicante airport.

Travellers can fly to Aberdeen, Frankfurt, London-Stanstead and Milan-Bergamo for as little as €12.99 one way.

Flights to Santiago de Compostella (Galicia), Birmingham, Bristol, Brussels, Dusseldorf, Birmingham East Midlands, Glasgow, Leeds, Liverpool, London-Gatwick and Newcastle are available from €15.

And from €17 destinations include Bournemouth, Bremen, Edinburgh, Eindhoven, Hamburg, Belfast, Baden-Baden, Manchester, Memmingen and Paris.

Flights to the Republic of Ireland are more expensive but Dublin, Kerry and Shannon are all available from €50 one way.

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NEWS EXTRA**Hitting the right note**

A €20 BANKNOTE carrying a unique serial number worth €12,000 in a TV competition was found by a lucky winner from Murcia, who said he would spend his winnings "on myself."

Police break

A LOCAL POLICE office based in La Union ended up in A&E after breaking an arm when he intervened in a fight during one of the town's fiestas.

G&T back

ORIHUELA has announced that its popular Gin & Tonic Tapas Route will be returning to the municipality for the fifth time between November 10-12.

Sent down

A MAN has been sentenced to 12 years imprisonment in Elche for a series of sexual abuses toward his 85-year-old mother-in-law, which he recorded using his mobile phone and then stored them on his personal computer.

No escape for illegal holiday renters

FOLLOWING a dedicated campaign throughout the months of July and August in Murcia, a number of 29 companies have been identified as working in the black tourist economy.

With a combination of a series of visits to selected establishments and through various internet portals dedicated to renting, a total of 548 separate properties were regularised during the first eight months of the year; somewhat short of the 750 target that had been set.

During July and August, the exercise discovered 170 properties of which 52 have now been legalised, and also discovered that a large number of the companies dedicated to renting out tourist accommodation aren't even the owners of the dwellings.

This has made the legalising process that much tougher as the real owners are sought out.

A result of the inspections has been to impose the removal of all publicity relating to the illegally rented accommodation as



Photo by Pixabay

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DISCOVERED: Clampdown reveals hundreds of unregulated properties.

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more as it
happens

it's breaking the law. It also means that if the owner cannot be traced, it will prove impossible for the property to be rented out and for others to make a profit from it.

During 2016, inspectors were able to legalise 1,213 properties throughout the Murcia region meaning that in just 20 months and including the results of the recent exercise, a total of 1,800 were being illegally rented.

Homeless shelter faces axe

THE city council of Elche has begun a demolition programme of the abandoned Hort del Gat used as a shelter by a number of homeless people.

A total of €15,000 has been invested in the project in advance of a final decision as to the future of the building that has already seen a considerable amount of items removed.

Mattresses, blankets, clothes, bags of food, and a large amount of accumulated rubbish was taken away in the first day of the clean-up and demolition of part of the building that was believed to be home to around a dozen homeless people and rough-sleepers.

Many of those using the building left of their own accord. Among the items removed were a number of syringes; a team also entered dressed in specialist clothing to remove asbestos from a roof.

The Hort del Gat is located in the centre of the famous Elche palm tree park and has suffered a number of damages caused by vandals over recent years when it was closed down, as well as a number of fires.

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HIRING A CAR

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Readers' views on eclectic topics in print and online.

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TO BAN OR NOT TO BAN?
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THE BEST IN SPORT
SPAIN, UK, EUROPE AND GLOBAL SPORTS SCENE



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SERGIO GARCIA

Flight delays

STRIKE action by air traffic controllers in France caused dozens of flights to be delayed at Alicante-Elche Airport for up to five hours. Up to 20 flights were also cancelled and passengers were offered either a refund or change of ticket for another flight.

Emergency bus

MURCIA City Council is working on a plan to bring in a bus service in the neighbourhoods affected by the forthcoming tunnelling works for the AVE train service. It will run 30 times during Monday to Friday and 27 times on Saturday and Sunday.

Business help

A TOTAL of more than €115,000 has been given to two companies based on the Los Camachos industrial estate. The grants, part of the 'fourth industrial revolution' regional strategy project in Murcia, encourage companies to develop and implement new technologies and supplement their investment in the project.

Almost Xmas

FAMOUS Murcia resident Jesus Griñán is about to complete a restoration of the San Javier nativity scene in time for this Christmas which this year will see its 50th anniversary. San Javier's mayor, José Miguel Luengo, said that the new work will provide a great attraction.

What a pong!

LOCAL POLICE in Catral have arrested a 45-year-old man for having a marihuana plantation in the garden of his property. Officers were carrying out a routine patrol of the area when they detected a strong smell of marihuana. Three others have been arrested for similar crimes in Catral.

SPANISH FACTS OF LIFE...33

Spain is the second most mountainous European country after Switzerland, and is also home to one of its most active volcanoes.



VOLATILE: Mount Teide with the famous Garcia Stone in front.

Mountain high and totally breathtaking!

SPAIN was once described as "just one big mountain," and although a tongue in cheek comment by a 19th century English travel writer, the nation does possess an extensive and rugged landscape.

With five main mountain ranges - the Sistema Central, the Cordillera Cantabrica, the Pyrenees, the Cordillera Subetica and the Sierra Morena - more than 20 per cent of the country's land is 1,000 metres or more above sea level. The individual daddy of them all, though not on the mainland, is Mount Teide, in Tenerife on the Canary Islands.

More than 3,700 metres high, Teide is the country's most visited natural attraction and the highest - and still active - volcano in the world outside Hawaii when measured from peak to ocean floor.

Teide last erupted in 1909 but it is still rated as being unstable leading many to speculate an eruption is imminent.

A study eight years ago by Granada University found that Teide is likely to violently erupt and the International Association of Volcanology also labelled it a 'decade volcano,' one with a destructive history that is close to populated areas.

The highest mountain peak on mainland Spain is Mulhacen, at more than 3,400 metres, just over two hour's drive from Granada in the Sierra Nevada range.

Not only does the Sierra Nevada offer opportunities to do extreme sports, but it is also a popular ski resort.



SKY HIGH: The monastery at Montserrat.

Peak interest

ON the French/Spanish border in the north, the Pyrenees have more than 200 peaks over 3,000 metres high, and the largest surviving glacier can be found on Aneto, the region's tallest peak.

Larrun, at nearly 1,000 metres, was used by the French troops when they sought shelter from Wellington's forces during the 19th century Peninsular War.

Many interesting sights can be found sky-high including St Mary's church on Mount Naranco and the Montserrat monastery in Cataluña, which is more than 1,000-years-old.

Red Cross help

VOLUNTEERS from the Cruz Roja in Cartagena have come to the aid of 95 migrants that arrived in the

space of five hours in eight separate boats.

They provided them with food and drink, footwear and dry clothing as well as blankets. Only one woman was rescued.

150

The total number of news and features which appeared in Issue 1684 of the Euro Weekly News Costa Blanca South edition, including 75 local stories.

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Top 5 stories

From October 10 – 16

- 1 GALICIA BLAZES: 146 fires reported, two dead and 500 military deployed - **22,967**
- 2 Ryanair announce MASSIVE flight cancellations due to French ATC strike - **21,425**
- 3 UK airlines warn Tuesday's French air traffic strike hit Spain flights - **17,907**
- 4 Prepare for another scorcher! Hot weather returns to Spain - **7,847**
- 5 Hurricane Ophelia heading towards Spain - **7,242**

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Poll of the week

Should Spain turn back the
 clock and revert to
 Greenwich Mean Time,
 abandoning the time zone
 it joined under the Franco
 dictatorship?

LAST WEEK'S POLL:

Should Spain introduce
 payments for the return of
 plastic bottles in the war
 against environmental
 pollution?

Yes = 88%

No = 12%

Top Social Media comments

Galicia blazes

The government needs to change their laws and
 max 10-year jail sentence for anyone starting
 fires! The bomberos put their life at risk, nature
 killed the cost!!! IDIOTS. *Wendy Nerdling*

My thoughts are with those who have lost loved
 ones and their homes, the firefighters, ordinary
 people and military who are trying to put a stop to
 the fires. Such devastation to wildlife as well by a
 few senseless idiots. *Sallyann Wiseman*

Maybe those concerned never thought their own
 granny, cousin etc could be killed or trapped by
 these fires. In some scenes it appeared there was
 nowhere to escape to. *Jenny Dodd*

They aren't wildfires, these are acts of sick criminal
 minds who deserve to burn in hell. *Debbie Carter*
**Penélope Cruz "sad and shocked" over
 Harvey Weinstein revelations**

They should have spoken out years ago. Were
 they more concerned about their own careers
 than preventing future victims? *Andy Funnell*

**UK insurance cheat with bad back caught
 out on TV doing bungee swing in Spain**

Not good enough to just get a suspended sen-
 tence that will not deter others to do the same.

Shame on the judge. Should have been jail and
 community service. *Edith Farminer*

I knew a bloke who was off six months with a dis-
 located shoulder. He played golf every day! *John
 Babb*

**Brit couple jailed for holiday in Spain fake
 food poisoning claim**

Right to do, as in the long run all these fake claims
 put the price of everyone's holiday up!! *Erika
 Stanbury*

Stupid greedy pair. 'IF' they were ill on their first
 trip... why go back? *Evil Joy Jones*

The con artists who make false claims about
 food poisoning here in Spain create a very bad
 image for the UK travel companies. Their clamp-
 ing down on these scammers who are in their
 thousands who make false claims... they should
 be ashamed of themselves, very bad for tourism
 and especially the brilliant friendly hotels here...
Steve Cline

About time too! I was also a rep for a British holi-
 day company, but the British guests were a night-
 mare! It seems to have become the typical Brit
 culture to lie and cheat to get compensation mon-
 ey! What's wrong with them??? *Jayne Whitehall*

FOR COMMENTS FROM EWN ONLINE TURN TO LETTERS PAGE

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TRIVIA FROM AROUND THE WORLD



In 1993, a police officer called Bob Geary was allowed to patrol in San Francisco with a ventriloquist dummy named Brendan O'Smarty after the city held a referendum.

Sardinia produces a cheese called Casu Marzu that contains live maggots. The maggots can jump up to five inches out of the cheese while it is being eaten.

Japan has the world's deepest postbox. The postbox in Susami Bay is 10 metres underwater.

★★★★★★

Did you know?

The hyoid bone in your throat is the only bone in your body that is not attached to any other.

Lost in translation

- 1 金桔柠檬 Kumquat with Lemon. 金桔汁、柠檬汁、蜜柑
- 2 随便 Whatever. 综合果汁

1 Kumquat with Lemon
 2 Whatever

CORRECTIONS

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

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Little bits on the side

Serial bank robber facing five years

PROSECUTORS are seeking five years imprisonment for a man accused of a series of bank robberies over a number of years.

During a four-year period, seven banks located in Alicante and Murcia were robbed at the point of a gun and suffered losses amounting to more than €350,000. A man was arrested in May of this year in Hondón de los Frailes suspected of being the perpetrator and his court case has recently begun in Alicante.

He's a well-known fruit trader in the vicinity. Specifically, the prison sentence is being requested for the robbery committed at a bank branch in Monforte del Cid where €54,000 was stolen.

This original attack occurred back in June 2014 when the Banco de Santander was about to close. The accused then entered the premises with a gun

that had been hidden in his right trouser leg which he then waved in front of the bank's employees before locking them in the manager's office accompanied by verbal threats as to their fate should they raise the alarm.

The robber gained access to the safe and placed the stolen money in a black plastic rubbish sack before fleeing the premises. The bank staff managed to escape shortly afterwards and were

able to raise the alarm.

In addition to charges of crimes of robbery with violence using firearms, the defendant also faces trial for the possession of guns for which he had no licence. During a search of the house of the accused man, Guardia Civil officers found two revolvers - one a Smith & Wesson and the other a Magnum - three boxes of ammunition, balaclavas and hoods and other items used to carry out the bank robberies.



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Abs-olutely fabulous!

HE'S the Australian beefcake who has conquered Hollywood as Marvel muscleman Thor.

But Chris Hemsworth has revealed that his stunning Spanish wife Elsa Pataky is not a fan of his muscular frame.

The 33-year-old star, speaking at the premiere of Thor: Ragnarok in Sydney, let slip that his 41-year-old squeeze is "wildly unimpressed" with his chiselled body.



THOR BLIMEY: Chris and Elsa.

Instagram/Elsa Pataky

Having put on 10 kilos of muscle for his role as the hammer-wielding Norse superhero, he said: "I had to do all that work and I'm like come on honey, but she's always like, 'meh, it's fine'."

It comes after the dad-of-three earlier revealed that Elsa is "much fitter" than him.

The pair hooked up in 2010 and married in December that year, and have three children together, five-year-old daughter India and three-year old twins Sasha and Tristan.



Michael Fassbender/Instagram

WEDDED BLISS: Alicia and Michael. |

X-man and wife

THEY'RE the Hollywood couple on everyone's lips after being spotted sporting wedding rings.

And it has emerged that Irish actor Michael Fassbender, 40, has tied the knot with Swedish Oscar-winner Alicia Vikander, 29, in an environmentally-friendly wedding on party island Ibiza.

Although the showbiz pair have yet to confirm that they are married, a source close to the couple leaked the news to the media, confirming that "the bash went on until 6am."

Spain's silver screen stars speak out

THEY are two of Spain's biggest film stars.

And Penelope Cruz, 43, and Antonio Banderas, 57, pulled no punches as they waded into the debate surrounding disgraced Hollywood producer and alleged sexual predator Harvey Weinstein.

Oscar winner Cruz wrote on Instagram: "The stories that have emerged over the last few days about Harvey Weinstein have left me with a mixture of astonishment and profound sadness. Obviously I didn't know that side of



him. "I need to express my support to the women that have had such horrible experiences. They have shown great bravery by speaking out. This kind of abuse of power is completely unacceptable. "All of us, men and women, need to inspire the value of support for one another in future generations."

Leading man Banderas added "I will tell you what is obvious. For me the attitude of this man is unacceptable."

ASTONISHED: Penelope Cruz.

Going Gaga

SHE'S the Poker Face singer who cancelled a series of shows on her European Tour last month.

But Lady Gaga, 31, seemed carefree after taking to Instagram to confirm that she is fighting fit, as she posted a photo captioned: 'Tough girl on the mend.' The news comes as confirmation that the star's shows in Barcelona have been rescheduled for January 14 and 16.



Lady Gaga/Instagram

FIGHTING FIT: Lady Gaga.

Trips don't lie

IT was rumoured that their relationship was on the rocks. But Barcelona footballer Gerard Pique and Colombian pop siren Shakira have moved to scotch the gossip after posting a photo of themselves shopping on Instagram.

It comes after the high-profile pair, who have two sons together, were earlier snapped together in Pique's Audi.

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Cruel animal abuser escapes jail sentence

A MAN that admitted in court that he stabbed a dog has avoided being sent to prison as he has no previous record. Instead, he has been required to pay €9,000 compensation.

The case is connected with an incident that took place almost two years ago in November 2015, when the man attacked a dog, named Zarpas that was kept in the Murcia Canine Association; a place where dogs are trained to assist in rescue operations.

In addition to stabbing Zarpas, the man - a 51-year-old Spaniard - also admitted to abandoning another dog named Kazan, close to a main road. A local found the dog wandering the streets in Roldan.

National Police officers began taking an interest in the case in January 2016 when alleged disagreements

and arguments were reportedly taking place between the accused and his previous business partners, and he attacked and mistreated the dogs as a form of revenge.

The man was arrested for the crimes of animal abuse and one of robbery with force. In addition to his mistreatment of the dogs, it's alleged that he also damaged the premises of the association and stole items from the building.

The accused man was facing a custodial sentence of one year and seven months, but it's understood that because he admitted his guilt - and his previous unblemished record - the sentence was reduced.

Zarpas, the stabbed dog, made a full recovery from his ordeal and was already a hero on four legs beforehand, having taken part in the search

for people trapped under rubble following the Lorca earthquake in 2011.

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Shook up... again

RESIDENTS of Murcia were sharply woken up on Saturday morning by the second earthquake to hit the city in the space of a week.

The latest tremor - measuring 2.7 degrees on the Richter scale - had its epicentre just outside the capital city itself at a depth of 12 kilometres and shook the area just before 9am.

The earthquake was strong enough to worry several locals to call the 112 emergency number, especially from the areas of Los Garres y Lages, El Palmar and Alcantarilla. The specific location of the epicentre was in the Murcian village of Corvera, south of La Alberca.

Two days earlier, a 1.9 strength quake was felt in the same area at 12.20am.

OUR VIEW

Galician disaster

AFTER the terrible news of the wildfires devastating parts of California and killing at least 41, things have moved closer to home with four killed in Galician fires.

It appears that at least some of those fires were started by arsonists and that they have been made worse by strong winds hitting the coast of Spain due to the fall-out from Storm Ophelia.

Fire brigades in the region have found it incredibly difficult to cope with more than 100 separate active fires and this problem has been made worse by the fact that many brigades have laid off firefighters now that the dangerous summer period was thought to have passed.

Prime Minister Rajoy travelled to his home province as a show of support for those who had been affected by the fires and to grieve alongside the families of a 78-year-old man who died trying to protect his animals and a 70-year-old man who was fighting the fires near his home in Vigo.

Two bodies were also discovered in a burnt out car but at the time of writing the victims had not been identified.

Our hearts and best wishes must go out to all of those affected by these fires and those in the emergency services fighting them.

We hope however that if any of these fires have been started deliberately that those responsible realise the pain and suffering that they have caused.

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It was a fair plain clothes cop!

AN off-duty policeman has been praised for his action in coming to the aid of a woman as she was being robbed in Sangonera la Seca in Murcia.

Enjoying his day off, the Local Police officer spotted an elderly woman in a struggle with a man who was trying to pull a gold chain away from her neck. The robber

ran away from the scene but the policeman chased after him, managed to catch him and carry out an arrest.

The policeman called for some extra support while he restrained the thief, and when they arrived searched the man and found the stolen chain in a pocket.

The man - a 26-year-old from Murcia - was taken to

the Guardia Civil HQ in Las Torres de Cotillas where he was charged with robbery with violence and is awaiting the next stage in legal proceedings.

The elderly lady victim of the attack was taken to a local health centre where she was treated for slight injuries to her neck caused during the initial struggle.

Brave nurse ends up in operating theatre

A NURSE from the Hospital Virgen de la Arrixaca in Murcia has ended up in the operating room herself after suffering injuries as a result of a robbery in the building.

The events happened at 4.30am one morning when a middle-aged man was spotted in the nurses control station on the third floor of the Arrixaca Hospital stealing two bags belonging to members of staff.

As the man tried to escape he became aware he'd been seen as one of the nurses began to

chase him down the stairs. She eventually caught up with him and during a struggle she suffered a heavy fall and fractured a tibia and fibula and dislocating an ankle, all of which required surgery.

Nursing union representative, Juan Antonio Garrigós, has commented on the alleged lack of security at the hospital during the night shift, which makes members of staff more exposed to these and more serious incidents.

For this reason, he has requested an urgent meeting to address the issues as soon as possible.

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Client testimonial

Dear Michel & Steven

I would like to thank you! I cannot fault you or your staff since being on board with your growing publication.

Ben has held my hand throughout the whole process, excellent customer service, bringing new and innovative ideas to the table for both paper, online and social medias along with Nicki, yourself and Steven with the various tweaks along the way. Your admin staff have been fantastic, checking every week, ensuring all is correct before going to print, also advising if they feel any tweaks need to be made if things don't quite flow, your team are also flexible and work with my needs should we need any adjustments or changes.

This campaign has also brought our brand into the public eye and the extras we do such as Woman in Business and Success in the CDS, front page module & newsletter inserts really work, in turn improving our brand recognition and impacts on our overall status in the market place.

In summary, thank you from us here at **Golden Leaves** for all your help and support throughout this campaign and we hope to work together for many years to come.

Kind Regards

Emma Quantrill | Operations Director
Golden Leaves International SL



Photo by Twitter

DAMAGED: Los Arenales beach before the storm.

Storm damage cleared before influx

TO prepare for the arrival of thousands of extra visitors during the two recent Spanish regional and national holidays, a total of 15 tons of sand were removed from the roads and pavements around Los Arenales.

The higher than normal amount of sand in the area had been caused by the local storms that damaged the beaches and their surroundings, and needed extra working hours to clean up the aftermath.

Up to four municipal vehicles were needed

to prepare the streets for the arrival of locals and tourists for the two October holidays.

Heavy rain dumped 20 litres of water per square metre and caused major traffic delays in the municipality, caused not only by flood water but the build up of sand and small stones that had been washed in during the storm.

The force of the rain also broke or tore away a number of water pipes used for washing the feet of beachgoers, and one of the wooden access paths was also badly damaged.


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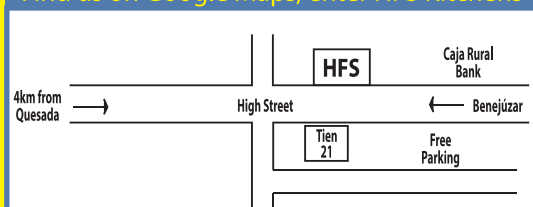
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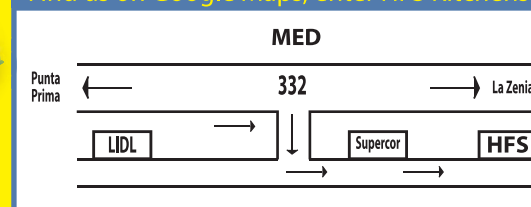


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Holiday thieves hit second homes

AS the latest summer holiday season has come to an end, many residents of the municipality of Los Urrutias in Cartagena are returning to their homes to find they've been victims of a number of robberies.

The area in question is often a ghost town during the summer months and the emp-

ty homes are a target for thieves who take advantage of their owners' absence for weeks at a time.

The end of this season has been no different as homes appear to have been robbed with impunity and removed of any valuables such as televisions, computers and bicycles, and even copper

pipework and bathroom taps, all of which can be sold on.

In recent days, six returning homeowners have reported returning from a long break and finding their homes burgled, not knowing when the incident took place.

The streets most affected in the area are Antonio Rolverte, Soler Bans and Ál-

varo de Bazá and are well-known for people having second homes elsewhere.

One of the victims of the thieves said that when they returned home after a holiday, she found her and her

neighbour's TV in the inner courtyard that are believed to have been dropped on the ground when the robbers were disturbed.

One of the property owners in Alvaro de Bazán returned

to discover that whilst thieves hadn't entered his home they didn't leave empty handed. "They broke the copper pipes away from the shower in the yard and took them away with the taps!"



LAS URRUTIAS: Location of a series of thefts during the summer.

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Researchers state the need for storms

THE Mar Menor is facing an ecological disaster if there is a lack of heavy rain and winds during the course of this winter. Anything other than a sustained amount of these weather conditions would prove detrimental to its recovery.

These are warnings that have been made by a researcher from the Polytechnic University of Cartagena (UPCT), Francisco Lopez Castejon, who said that levels of water and salt in the Mar Menor are at worrying levels and a change in atmospheric pressures and a number of heavy storms are key to the adequate renovation of the iconic lagoon.

During his presentation,



LAGOON: Concern at water and salt levels in the Mar Menor.

Lopez stated that to fully understand how the Mar Menor functions, it's also necessary to understand how the nearby

Mediterranean Sea works and the interaction between the two areas of water. He said that the water in the Mar Menor needs to be renewed every so often and this relies on certain weather conditions that are urgently needed.

2

The number of major exclaves that Spain has in mainland Africa, namely Ceuta and Melilla.

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Airport car park to clean up

AIRPORT operators AENA have announced that they will be removing a number of cars from the Murcia-San Javier Airport.

Around a dozen cars have been abandoned in the car park with some of them believed to have been there for more than five years... one from 2010 and another from 2011.

AENA has launched a formal procedure to remove the offending vehicles which states that if the registered owners of the cars do not come to remove them within one month, they will be reported to the traffic authorities for formal proceedings to take place.

“ A formal procedure has been launched to remove the cars.



Photo by Twitter

LOW LEVEL: Many reservoirs less than 30 per cent of total capacity.

Government may put restrictions on water

UNLESS there is a significant amount of rainfall in the coming months leading up to the end of the calendar year, the government hasn't ruled out the possibility of bringing in water restrictions during 2018.

This is due to reservoirs being at their lowest levels since the turn of the century, and the worst since 1990.

A government spokesman acknowledged that the water supply could be guaranteed until the end of 2017 but that "wa-

ter use will probably have to be limited as from next year if the current drought conditions continue."

The statement was made in the Spanish Senate by the Minister for Agriculture, Food and Fisheries and Environment where he went on to assure people that the government is always looking ahead to be able to react to all possible scenarios that include the severe drought conditions in the Júcar, Segura and Duero reservoirs that sup-

ply much of the Costa Blanca and Costa Calida.

The lack of rainfall in the official hydrological year of 2016 / 17 ended on September 30 with a 15 per cent deficit. The new year that began on October 1 registered, in its first week, rainfall of 95 per cent lower than what would be expected at the time of year. According to the Spanish Meteorological Agency (AEMET), six litres per square metre is expected to fall compared to the one litre in reality.

NEWS EXTRA

Migrants found

NATIONAL POLICE officers located eight migrants in the vicinity of Cala Palmera, Alicante after the arrival of another small boat in the Cabo de la Huerta.

Smoke shock

FIREFIGHTERS have rescued four people from a fire in Plaza de la Cruz in Alicante found suffering from smoke inhalation and shock, but without needing subsequent hospital treatment.

Salty swim

TORREVIEJA Council has announced that it will continue to prohibit people from bathing in the famous salt lagoons although will undertake studies to allocate a special area.

Bottle jobs

LOCAL POLICE in Elche will redouble their presence in two local parks to prevent the escalation of parties that see high consumption of alcohol among young people.

Park injuries

THE new skate park recently opened in Redován has already witnessed a number of accidents and injuries to children using the facilities, some of them reportedly serious.

School exam

THE Ombudsman is investigating complaints as to why the IES Mediterráneo in Torrevieja has begun the term for special needs students with four teachers lighter than required.

More legal

CENTRAL government in Madrid has announced the establishment of eight new courts in the Alicante Province that include Elche, Alicante, Orihuela and Torrevieja alongside Benidorm, Villajoyosa and Novelda.

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Photo by Ayuntamiento de Cartagena

ACCESS: Roundabout welcomed at dangerous junction.

New roundabout to benefit business park

THE industrial estate of La Palma in Cartagena now has a new roundabout that will improve the access to the 65 companies that make up the business park.

Director General of Highways, José Antonio Fernández, was present at the inauguration of the roundabout, which cost a total of €320,000 for a complete reformation of the junction with the RM-311, which will stop the continuing number of illegal and dan-

gerous turns into the business park by the companies based there.

Fernández mentioned that the works have been completed in response to a number of requests by residents, users and business owners of the industrial estate, which has seen a roundabout replacing a junction. He highlighted that the increased amount of traffic using the businesses based in the park and in the Campo de Cartagena hastened the project.



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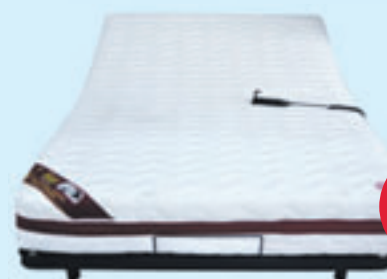


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Photo by Ayuntamiento de Catral

ALL RENEWED: Potholes no longer after major investment.

Municipality destined for major refurbishment

RESIDENTS of Catral will soon notice that their municipality has had a make-over following the decision of the council to allocate €181,013 to a programme of works.

Of that total amount, €175,623.52 will be allocated for the costs of repairing, asphaltting and upgrading of road signage works and the remaining €5,389.83 for the architectural projects.

The work will be carried out on Torre los

Pavos, Arroba de Hornos, Camino de la Erita, Calle Alfalfar (on the San Juan Industrial estate), Calle Pascual Guerrero Culiñez (alongside the Colegio Público Azorín), Calle Ramón y Cajal (at the junction of Manuel Flores and Albellón) and Calle Manuel Flores.

Catral is in the process of requesting a grant from the Alicante Province to help with the project which will be put out to tender as soon as the technical plans have been completed.



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Photo by YouTube

ON THE ATTACK: Carles Mulet.

No new tax office planned

ANYONE living in Torrevieja that was hoping to be able to resolve any of their tax problems locally will be disappointed with the latest decision taken by central government.

Spokesman for the political party Compromis based in the Senate in Madrid, Carles Mulet, raised a formal question in the House to ask why locals need to go to Orihuela City for their nearest tax office - the only

one in the region - when a virtually vacant Social Security office has been operating in Torrevieja since being built in 2011.

Highlighting the fact that Torrevieja has had more than 100,000 people officially registered - a figure that is now closer to 86,000 - and that there have been long-held plans to locate a branch of the Agencia Tributaria (AEAT), Mulet asked as to what the government

are planning to do.

The official reply was that the government has a commitment, through the Tax Agency, to bring in new technologies and has such reduced the numbers of people needing to visit their network of offices to resolve their problems. They further stated that anybody finding it difficult to get to Orihuela should log on to the official website in an attempt to solve issues at www.agenciatributaria.gob.es.

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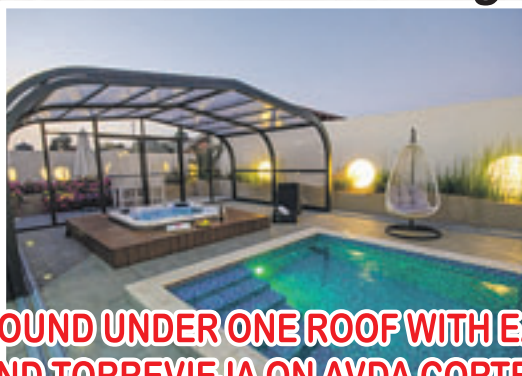
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Home tech lesson for patients and carers

ALICANTE'S San Juan Hospital has hosted a training meeting for patients and their families that rely on using mechanical ventilators at home.

Numbers of patients suffering from severe respiratory diseases or neuromuscular disorders that don't require hospital stays and instead are treated at home are increasing.

This latest initiative, thanks to the collaboration of a number of health associations and the University Hospital itself, was the latest in a series of activities acknowledging that 2017 has been declared the year of respiratory challenges.

Around 25 people, patients and their carers who use the home ventilators, attended the meeting where specialists explained how the current technology al-



Photo by Wikivand

LIFE SAVER: Nurse demonstrates how mechanical ventilators work.

lows such treatment to take place in the patient's home and thus contributes to reducing hospital admissions and out-patient consultations.

However, the possibility of using such equipment in the home requires a certain amount of basic training for both patients and those looking after them so they

can cope with any problems that arise and thus guarantee the patient's quality of life.

Throughout Spain, around 23,000 people are treated using home ventilators either as non-invasive - with a simple mask covering the nose and mouth - or invasive via a tracheotomy.



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We want our bus route back!

BEGOÑA CUARTERO, the Transport councillor for Orihuela, has begun the process of securing a bus service for Torremendo... something that it has been without for a month.

Torremendo was previously on the route that linked Orihuela and Pilar de la Horadada, but that service was withdrawn in September after the number of passengers using the route was considerably less than originally forecast and the company running the bus - Autocares La Inmaculada - announced that it was losing money.

Councillor Cuartero has responded to a number of complaints from local residents about losing their service and she will be having



Photo by: Píccor

DAY RETURN: Locals demand route back after one month.

talks with the company to try to get a reduced timetable to operate with two trips daily, departing from Torremendo in the morning and returning in the afternoon.

There are a growing number of elderly people living

in Torremendo who are unable to drive and relied on their local bus service to travel to the city or the coast. Now they feel isolated and the lack of service has affected their independence.

Residents of Orihuela City have also expressed concern as their only link to the coast of Pilar de la Horadada has also been removed.

146

The reported number of fires that hit Galicia last weekend.

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Players and supporters suffer penalties

A NUMBER of penalties have been awarded against a young football team following a series of incidents involving players and spectators.

During a recent game against Torre Pacheco, a group of young supporters jumped onto the pitch at the end of the match that saw the visitors win 7-3. They chased the three officials and spat at one of the assistants, who felt they were unable to leave their dressing room until the police arrived. Also, two players were involved in a fight during the game.

The Competition Committee of the Football Federation of the region of Murcia has decided, among other measures, to close the Los Garres stadium for four matches and to fine the club a minimum of €500. Footballer Alejandro Carmona has been banned for 10 games - four for attacking one opponent and six for at-

tacking another one later - and according to Torre Pacheco, one of their players had to go to hospital suffering from a heavy blow to the ribs.

Christian Martínez Segado has received a punishment of being suspended for six games for also attacking an opponent.

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Local link to dead military pilot who took heroic steps

THE pilot that was killed crashed after taking part in the October 12 military pa-

rade in Madrid lived from the age of 12 in Santa Pola.

Captain Borja Aybar was just 34 years old and whilst born in Puertollano in Ciudad Real, lived in Santa Pola with his parents - who still live in the municipality - until he entered the military academy.

The mayor of Santa Pola, Yolanda Seva, led the public condolences to the family of the pilot who was well-known among the residents, and will be discussing with the council if some kind of official tribute will be organised.

An only child, Aybar was married and the father of a four-month old baby and often visited his former home to visit his parents.

On hearing the news of the tragedy, Santa



Photo credits: Twitter

BRAVE BORJA: His actions took stricken plane away from built-up areas.

Pola Council immediately despatched Local Police and a medical team to the late pilot's parents' home to provide any assistance they could.

It is understood that a nephew of the pilot has taken care of the family and has taken them to

Albacete where their son was based.

The dead pilot is already being described as a hero as it's understood that he didn't eject from his plane as he tried to land the aircraft away from heavily populated areas close to Los Llanos in Albacete where the accident happened, that included the base where his wife and young child lived.

NEWS EXTRA

Beach landing

TWENTY migrants who arrived in Guardamar del Segura on two boats have been taken to the nearby Guardia Civil Headquarters after landing on the El Salinero beach.

Movie team

A TEAM of 35 people are on the island of Tabarca in order to make a film called 'Fishbone' which is the story of a young man who returns home after a bereavement.

New castle

WORK on La Torre Escalates in Santa Pola has begun and is the first stage of a planned programme of restoration to the iconic castle on the coast.

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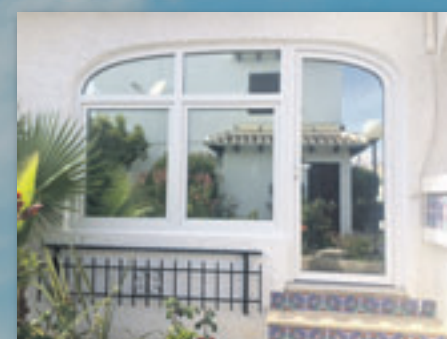
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BEFORE



AFTER



CABO DE PALOS: Scene of the treasure hunt.

Divers search for the key to success

LOCAL divers have taken part in a different kind of treasure hunt.

More than 200 divers spent most of Saturday looking for a number of keys in a competition advertised as '¿Dónde estan la llaves?' (Where are the keys?), organised by the Madrid Diving Club. For safety reasons, the hunter-divers competed in pairs.

The event took place at the Club de Buceo Planeta Azul in Cabo de Palos from where the participants set off for their 40-minute dive. In the contest, each pair had to look

for their key which was then placed into a prize draw at the end of the competition.

Lucky winners walked away with a trip to the Maldives as the first prize, with a selection of diving equipment making up the rest such as masks and suits.

The competition also doubled up as a cleaning operation, with each of the diving pairs being required to collect a certain amount of rubbish in the sea which was later taken for storage near to the Cabo de Palos lighthouse.

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Local poet's home on show

HAVING been closed since 2010 following a €500,000 restoration project, the Orihuela birthplace of the poet Miguel Hernández has been formally opened as a cultur-

al centre.

Located at Calle San Juan 72 in Orihuela, it will be used as a visitor centre and as the first port of call for the tour dedicated to his life

and times... the Ruta Hermandiana.

The Valencian government was the owner of the property until the end of March this year when they handed it back to the council in Orihuela.

Over the past six and a half months, the house has been filled with items and memorabilia connected with his life, courtesy of local councillor Mar Ezcurra who was given the task.

Those visiting the exhibition can now see over 2,000 documents belonging to the Miguel Hernández Foundation alongside a number of private collections, handwritten poems, and a letter he wrote from prison shortly before his death.

There is also an impressive sculpture by Arcadia Blasco that dominates one of the



Photo credit: Comunitat Valenciana

TOURIST ATTRACTION: Council homage to Miguel Hernández.

rooms.

According to Ezcurra, the venue will be open in the mornings and afternoons and will host a number of courses, conferences and workshops.

These begin with two free creative writing courses and an introduction to scenic arts.

Apart from the Miguel Hernández house, the special tourist route also takes in the Carlos Fenoll bakery, the Ave Maria schools, the house of Don Luis Almarcha and the Rincón Hernandiano Museum.

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NEWS EXTRA

Espresso education

COFFEE producers Café Jurado have announced a number of courses to be held in Alicante to show people how to make the perfect cup of coffee.

In fashion

ORIHUELA Fashion Week gets underway today (Thursday) at a number of city locations and continues until and including Saturday October 21 featuring a number of shows, workshops and conferences.

Happy dogs!

CARTAGENA doesn't have any trees! For this reason, the council has held a meeting with different neighbourhood associations and ecologists to discuss a reforestation plan to cover the municipality.



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Passenger numbers still flying high



GROWING: Tourists from the UK continue to dominate airport figures

FIGURES released by airport operators AENA showed that passenger numbers are once again at record levels for Alicante-Elche Airport.

For the month of September, the airport registered 1,437,449 passengers representing an increase of 10.9 per cent when compared to the same month last year.

Taking 2017 as a whole, the total number of passengers un-

til September 30 has broken through the 10 million barrier on 10,885,825 and 12.9 per cent up on 12 months ago. Those almost 11 million people travelled on 74,853 flights and an increase of 11.3 per cent year-on-year.

Looking at the nationalities of the airport passengers, those from the UK led the way with 650,384 passengers followed by Spain (115,310); Germany

(94,752); Holland (94,064); Norway (70,333); and Belgium (62,190).

In terms of operations, Alicante-Elche Airport dealt with 9,391 flights in September, an increase of 7.5 per cent over the same month in 2016, of which 3,827 were to and from the UK, Spain (1,227), Holland (567), Germany (557), Norway (429), Belgium (394) and Sweden (324).

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NEWS EXTRA

Squatters take over

RESIDENTS of Torreta III in Torrevieja complain about illegal occupation of 80 houses on the urbanisation. The local council has been asked to find the owners and make evictions.

Bird power

ECOLOGISTS in Orihuela have asked Red Eléctrica for work on 325,000m2 of land containing power lines to stop due to the potential major impact on bird nesting sites.

Spare the rod

EXPERTS from the University of Alicante have warned in a recent report that the amount of over-fishing along the Mediterranean coast threatens 90 per cent of species.



Photo credit: Wikimedia

CARTAGENA: Overtakes Bilbao in terms of movement of cargo.

Port moves into the top four in Spain

A SIGNIFICANT increase in the amount of ships arriving in the port of Cartagena has taken it above Bilbao in terms of the movement of goods.

An average of five ships a day are arriving in Cartagena and according to official data supplied, the port has already reached 22.8 million tons; 600,000 tons more than Bilbao recorded in August, the last month for which figures are available. If that trend continues, Cartagena is on course to break its own record of 31.9 million tons that was achieved during 2016.

Now it has overtaken Bilbao, Cartagena finds itself fourth in Spain and is only headed by the

large ports of Barcelona, Valencia and Algeciras.

Compared to last year, the increase in the number of goods has reached 10.37 per cent, with the growth extending into all different kinds of products. Liquid goods increased 11.38 per cent, reaching a record 18 million tons; solid goods increased by 5.75 per cent to reach 3.6 million tons. The remainder accounted for an increase of almost 16.54 per cent at over 1.1 million tons.

An explanation for this growth is due to the fact that company taxes have been reduced by an average of 14 per cent in recent years and has made Cartagena more competitive.

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House sales increase for fourth consecutive month



Photo by Flickr

ON THE RISE: Murcia's rate of house sales is more than national average.

FIGURES recently released by the National Statistics Institute (INE) have shown the sale of houses increased by 17.2 per cent in August compared to the same time last year; the last month for which data is available for the Murcia region.

The figures also show an improvement of 11.3 per cent over July.

In Spain as a whole, purchase and sale of housing rose in August by 16 per cent which represented 41,282 operations and the fourth month in succession that such an increase had been recorded. During the first eight months of 2017, house sales increased by 14 per cent.

Of the transactions regis-

tered in Murcia, 914 corresponded to existing homes while the sale of new builds accounted for 239.

All of the autonomous communities in Spain showed growth in house sales, led by Castilla-La Mancha where it jumped by almost 38 per cent. The Valencian Community came in second with 32.5 per cent.

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Costa Blanca free solidarity calender in its 13th year

THE annual solidarity calendar, produced by Andy Ormiston, is once again being given free to over 30 groups and associations to spread a little light and happiness.

It is a colourful A3 16-page calendar and as always, there is a date box with notes of special fiestas, bank holidays in Spain, UK and Ireland, as well as the full moon and other astronomical information, not forgetting main public holidays, as well as some of the fiestas that may be of interest.

The calendar photos are of things to do and visit - including sea sports, inland rambling, mountaineering, golf, fortress routes with Villena, the contrast of the beaches of Finestrat and the dunes of Guardamar del Segura, the colourful houses of Villajoyosa and the lovely blue rooftops in Altea.

A presentation was held in the gardens of Aroca Seiquer Abogados in Rojajuna, where Andy paid tribute to the volunteers who freely give

their time and experience to benefit others.

In previous years, Miguel Angel Aroca, in conjunction with Currencies Direct and Cambridge Exchange, shared €20,600 between five organisations of the Vega Baja. Each organisation received €4,120 that went to ALPE - the comarca training school for the disabled. Also, The Stroke Support association based in Benijofar, the San Jose orphanage in Orihuela and the Help Vega Baja association.

The calendar is free, thanks to the generosity of the six companies who are paying for the graphics and printing of the calendar: Aroca Seiquer Abogados, Alamo Costa Blanca, Cambridge Currency, MAPFRE Brithol Insurance, Atlas Seguros brokers and Currencies Direct.

Once again Andy said that he was indebted to the generosity of photographers who have donated their skills and photos; Phil Fryer, Antonio Garcia, Joaquin Carrion, Nicholas Garcia and John Rook.



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And the show still goes on

AT the Madhouse is part of the Matrix Studio set up in Cam-poamor and provides activities such as the Rock Choir, French lessons, theatre rehearsal, Girl Guides, ballroom dancing and many others are available for all ages.

The English Folk and Music club is held on a Tuesday night from 8:30 until finish.

This club offers the opportunity for acoustic performers of all genres and is free entry.

A raffle is held each week, and the proceeds go to engaging professional acts to come from the UK and perform at the club.

Call into the Madhouse and see the Folk Club in action, it's been going for over 10 years.

For more information contact: matrixstudiomadhouse@gmail.com.

The English Folk and Music Club contact Carol at: dive.smith@hotmail.com.

Such devoted sisters

THE weeks are counting down now to Studio32's winter show and rehearsals are in full swing. This year the company will be performing a stage adaptation of the Christmas film favourite, Irving Berlin's *White Christmas*.

The show contains some all-time classic songs including *Blue Skies*, the Bing Crosby title number *White Christmas*, and the appropriately named song, *Sisters* - made famous in the UK by the Beverley Sisters.

The Haynes sisters, Judy and Betty, played by Suzy Bradley and Ann Bell, are a double act looking for their big break. The opportunity seems to be upon them when they meet show producers Bob Wallace and Phil Davies, who have come to watch them perform.

As romance blossoms between Phil and Judy, the road is not quite so smooth for Bob and Betty. Will a *White Christmas* in Vermont bring love to both of the sisters? Find out by coming along to see this fabulous show.

Studio32 are supporting the San Fulgencio Alzheimer's Association with this production, as well as other local charities. So why not help them raise money for worthy causes whilst enjoying a night's entertainment.



STARS: Suzy Bradley, left, and Ann Bell.

Show dates are Wednesday November 29 to Saturday December 2 at the Cardenal Belluga Theatre in San Fulgencio. All performances start at 7.30pm and doors open at 7pm.

Reserved seating tickets are now on sale, priced at €10 each. You can book your tickets by emailing: tickets@studiothirtytwo.org, or calling their new ticket line on 602 474 793, or from the following outlets: Cards & More, La Marina, 966 790 954, or The Card Place, Benijofar, 966 713 266.

Be sure to book your tickets early to avoid disappointment as they sell fast.

Be sure to book your tickets early to avoid disappointment as they sell fast.

MABS cancer support

A GLITZ and Glam fashion show and sale of high-quality used clothing and accessories will be held at Las Claras Centro Civico Los Alcazares on Tuesday November 7 at 2.30pm. Doors will open at 2pm.

Bar facilities are available. Tickets are €3 from MABS Charity Centre, Calle Ramon & Cajal 12, San Javier.

You can pay at the door, but limited numbers are available.

Christmas is on the way

LA SIESTA ladies friendship group will be at La Siesta Church on Saturday November 18 from 10.30am.

Featuring Christmas and cake stalls, a raffle, tombola, hot dogs and live seasonal music will be provided by Just Brass.

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Our very own Clare Johnston will once again be on stage answering questions and dishing out expert property advice.

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Feeling FAST

FAST are a group of volunteers who provide Emergency First Response to residents and visitors to Camposol. All responders are fully trained and authorised by the Murcian Health Authority and the European Resuscitation Council.

The group are also fully insured and supported by a legal charity CST (Community Support Team).

Camposol is an urbanisation just north of Mazarrón.

One of the highlights for FAST occurred on Tuesday October 3 when Hugo Griffin, a senior official from the British Consulate came to Camposol to see FAST members. He introduced himself to all the supporters and responders and explained the duties of the Consul, helping British subjects who are in difficult situations while here in Spain.

The day he came to Camposol other Consulate staff were busy helping to repatriate thousands of stranded tourists after the collapse of Monarch Airlines. It was very much appreciated that the Consulate took the time

to recognise FAST and the group will be maintaining contact with them.

Hugo then presented certificates for the work supporters and responders put in. He also presented certificates to the in-house trainers who worked so hard to achieve their qualification.

There was plenty of opportunity to explain how FAST operates and is financed. It was pointed out that FAST is entirely financed by donations to CST on Camposol by members of the public who put coins in



the tins, the nurses' buckets and the businesses on Camposol who also show support.

It was stressed to Hugo how generous the people of Camposol are and the great community spirit that exists on this urbanisation.

Hugo took the opportunity to announce that the group's President, Barry Hamilton (Baz) has been appointed as local ambassador for the Mazarrón area.

The afternoon was round-

ed off with a buffet lunch and light refreshments.

A copy of the CST accounts is available on PYM Facebook page.

A beginner training course is being planned for early next year. If you are interested in joining FAST as a responder or supporter then please get in touch.

If you have a few spare hours and wish to meet like-minded people why not join FAST. The group meet for training every Tuesday at

WHAT HAVE YOU DONE TODAY TO MAKE YOU FEEL PROUD?: From left, Gordon Clive, Hugo Griffin and Barry Hamilton.

10.00am at the Cultural Centre on B sector. You will be made most welcome.

For information, email recruitment@fast2016.org.

If you have any questions, please forward them to committee@fast2016.org.

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Raising funds for abandoned dogs

THE exceptional sum of €2,200 was raised at a recent Spiritual and Psychic event dedicated to the Helping the Perrera Dogs group.

The event was supported by Ibex Insurance in Mazarrón and the group was delighted that they were able to assist in generating funds to allow the rehoming of unwanted or abandoned dogs.

For more information on the dogs that need help visit www.facebook.com/Helping-The-Perrera-Dogs.



Photo Credit: Ibex Insurance

POOCHES IN NEED: Funds were raised to rehome dogs.

THE popular 'Reach Out' free fashion show is back.

As usual, the venue is the Marina Bar, Calle de las Rosas, Torrevieja, and the date is Friday October 27 at 2pm.

The show will again showcase the fashions of Reach Out shop 2 in Calle Dona Sinforosa 8.

There will be a tombola, raffle and a chance to

Reaching out

buy bargain clothing, bags, shoes and jewellery. Other stalls will also be available.

Rita and Dave of the Marina Bar, together with their loyal staff will once again be

on hand to provide refreshments.

Organisers, David and Lorraine Whitney are looking forward to everybody enjoying the atmosphere of these fabulous fashion shows.



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Poor ratings

THE latest ratings agency to comment on the Catalan situation, Standard and Poor's has suggested that what it calls a crisis could push the region into recession.

It does not believe that independence will be achieved but is of the opinion that if the tension between the National government and Cataluña is allowed to continue it will hurt the economy.

Ryanair to fight Germany

By John Smith

THERE is to be a public spat between Ryanair and the German government over the proposed €210 million sale of parts of Air Berlin to Lufthansa.

Air Berlin was the second largest airline in Germany which had a major base in Mallorca and was one of the busiest airlines transporting passengers from different parts of Germany to Palma.

It had been haemorrhaging money for several years and in the end, main shareholder Etihad, the Abu Dhabi-based airline, indicated that it

would no longer support Air Berlin and its subsidiaries and the company went into liquidation.

The German government injected €150 million into the company by way of a loan in order to allow it to continue to operate for a short period of time whilst the liquidators negotiated possible sales of assets with interested parties.

It has now been revealed that an agreement has been reached whereby it would purchase the Austrian

leisure travel airline Niki (founded by former racing driver Niki Lauda), the LGW German regional airline and 20 aircraft.

Ryanair is furious and has referred to the agreement as a "stitch-up" orchestrated by the German government in order to strengthen flag carrier Lufthansa and therefore intends to refer the matter to the EU competition authority.

A spokesperson for the German government has however made it clear that it expects the European Commission to approve the deal.

Bouncing pound

THE pound has recovered slightly against the euro following a drop when Chief EU Brexit negotiator Michel Barnier said that no agreement over the 'divorce bill' had been reached.

Without this, it seems highly unlikely that the 27 remaining EU states will agree to any immediate discussion of unfettered access to the EU trade market even though Britain has offered to continue to make contributions during a requested two-year transition period.

Quote of the Week

The situation in Cataluña is worrying because it creates a lot of uncertainty, both for the Catalan economy and for the Spanish economy," according to Maurice Obstfeld, chief economist of the International Monetary Fund.



Photo Credit: Sky Cinema Shutterstock

ON PARADE: Victoria's Secret.

Major brands prefer shopping centres

INTERNATIONAL brands Armani and Victoria's Secret are about to make their Madrid retail debuts not in swanky stores on posh streets but in a new €200 million shopping centre.

The Plaza Rio 2 is a massive new undertaking from French real estate giant La Société Générale Immobilière (LSGI) which has persuaded a large number of major brands to open in this shopping centre which sits

on the banks of the Manzanares river flowing through Madrid.

Swedish Group H&M has taken a large area to promote their new range of products designed for the home and will be joined with such regular high streets names as Massimo Dutti and Zara Home from the Inditex Group.

Other shopping centres in the Madrid area are being renovated.

» BUSINESS EXTRA

Sale approved

THE European Commission (EC) today authorised the acquisition of the Spanish highway concessionaire Abertis by Italy's Atlantia, after concluding that its merger would not prevent 'effective competition' in the market.

Budget deficit

AS it has not been able to obtain full approval for its 2018 budget in parliament the Spanish government will have to increase its deficit target. Whilst it had hoped to hit a 2.2 per cent deficit, this is now to be uprated.

ECB support

THE European Central Bank (ECB) is currently injecting €60 billion into the bond market monthly but this will come to an end at the end of the year. It is forecast that it will halve the amount spent in 2018.

Spain and Belarus meet

IN a spirit of expansion of contact the first meeting of the Belarusian-Spanish joint intergovernmental commission on economic and industrial cooperation will be held in Minsk.

The parties will discuss the current state and prospects for cooperation in trade and investment and it is expected that the two countries will sign a

document of understanding following the meeting.

This initiative has been organised following the visit of Belarus' Minister of Foreign Affairs Vladimir Makei to Spain in June 2017 when the two governments signed a memorandum of economic and industrial cooperation which allowed for the establishment of a joint commission.

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COMPANY	PRICE(P)	CHANGE(P)	% CHG.	NET VOL
Anglo American	1,502.75	33.25	2.26	20,254.43
Associated British Foods	3,338.00	-10.00	-0.30	26,156.92
Admiral Group	1,889.00	6.00	0.32	5,366.79
Ashtead Group	1,864.00	3.00	0.16	9,250.65
Antofagasta	1,046.00	31.00	3.05	9,868.43
Aviva	497.05	-2.55	-0.51	19,795.11
AstraZeneca	5,156.50	29.50	0.58	65,169.25
BAE Systems	612.25	-1.25	-0.20	19,590.16
Babcock International Group	827.75	2.25	0.27	4,156.00
Bardays	189.95	-1.30	-0.68	32,449.90
British American Tobacco	4,835.25	-22.75	-0.47	112,761.50
Barratt Developments	679.50	-1.50	-0.22	6,762.45
Berkeley Group Holdings	3,867.50	6.50	0.17	5,193.18
British Land Co	608.75	0.25	0.04	6,166.37
BHP Billiton	1,428.50	30.50	2.18	28,861.46
Bunzl	2,275.00	-9.00	-0.39	7,755.66
BP	492.03	1.23	0.25	96,811.90
Burberry Group	1,882.50	-9.50	-0.50	7,894.80
BT Group	274.73	-0.12	-0.04	27,377.88
Coca-Cola HBC	2,602.00	2.00	0.08	9,483.04
Carnival	5,017.50	17.50	0.35	10,752.49
Centrica	171.80	-2.80	-1.60	9,821.11
Compass Group	1,616.50	-3.50	-0.22	25,462.29
Croda International	3,939.00	-20.00	-0.51	5,098.04
CRH	2,749.00	-3.00	-0.11	23,128.16
ConvaTec Group	239.40	-39.90	-14.29	5,452.42
DCC	7,322.50	-12.50	-0.17	6,515.85
Diageo	2,538.50	-13.00	-0.51	64,311.46
Direct Line Insurance Group	378.35	1.85	0.49	5,088.88
Experian	1,533.00	-3.00	-0.20	14,363.24
easyJet	1,303.50	-6.50	-0.50	5,120.01
Ferguson	5,242.50	-17.50	-0.33	13,132.47
Fresnillo	1,471.00	4.00	0.27	10,640.74
G4S	282.70	1.40	0.50	4,325.85
GKN	313.60	-4.40	-1.38	6,042.09
Glencore	384.48	7.88	2.09	52,540.80
GlaxoSmithKline	1,516.25	0.25	0.02	74,615.64
Hargreaves Lansdown	1,536.00	0.00	0.00	7,095.81
Hammerson	533.50	-1.00	-0.19	4,231.83
HSBC Holdings	741.30	2.30	0.31	152,153.86
International Consolidated Air	619.75	-1.75	-0.28	13,299.19
InterContinental Hotels Grp	4,098.00	-5.00	-0.12	7,787.70
3i Group	963.00	-4.00	-0.41	9,193.52
Imperial Brands	3,142.00	-2.50	-0.08	30,116.00
Informa	686.25	-1.25	-0.18	5,669.16
Intertek Group	5,172.50	-32.50	-0.62	8,319.68
ITV	175.15	2.55	1.48	6,992.14
Johnson Matthey	3,482.50	7.50	0.22	6,539.50
Kingfisher	307.40	-1.90	-0.61	6,647.82
Land Securities Group	986.75	0.25	0.03	7,362.47

COMPANY	PRICE(P)	CHANGE(P)	% CHG.	NET VOL
Legal & General Group	265.75	-0.55	-0.21	15,691.40
Lloyds Banking Group ORD	65.67	-0.23	-0.35	47,850.86
London Stock Exchange Grp	3,914.50	-7.50	-0.19	13,592.60
Micro Focus International	2,411.00	-1.00	-0.04	10,485.39
Mediclinic International	681.50	2.50	0.37	5,039.06
Merlin Entertainments	455.05	2.25	0.50	4,709.29
Marks & Spencer Group	350.65	-0.15	-0.04	5,684.95
Mondi	1,915.50	3.50	0.18	9,351.77
Morrison (Wm) Supermarkets	234.85	-0.05	-0.02	5,501.25
National Grid	927.15	-4.65	-0.50	32,107.32
NMC Health	2,913.50	-1.50	-0.05	5,981.49
Next	4,937.00	26.00	0.53	7,402.30
Old Mutual Group	200.95	0.05	0.02	9,682.33
Paddy Power Betfair	7,730.00	5.00	0.06	6,486.53
Prudential	1,828.75	0.75	0.04	47,166.58
Persimmon	2,802.50	-4.50	-0.16	8,573.63
Pearson	629.75	-4.25	-0.67	5,074.10
Reckitt Benckiser Group	7,100.50	-86.50	-1.20	49,516.97
Royal Bank of Scotland Grp	273.45	-1.75	-0.64	32,787.69
Royal Dutch Shell	2,286.75	1.25	0.05	104,748.76
Royal Dutch Shell	2,323.25	-4.75	-0.20	87,550.75
RELX	1,677.50	-2.50	-0.15	17,939.19
Rio Tinto	3,772.25	83.75	2.27	48,434.47
Rolls-Royce Group	908.25	-4.75	-0.52	16,767.74
Randgold Resources	7,562.50	27.50	0.36	6,989.65
RSA Insurance Group	612.00	-0.50	-0.08	6,289.83
Rentokil Initial	305.30	-0.20	-0.07	5,613.05
Sainsbury (J)	242.90	1.20	0.50	5,245.32
Schroders	3,500.00	-7.00	-0.20	7,763.87
Sage Group (The)	723.50	-2.50	-0.34	7,789.85
Segro	548.50	-1.00	-0.18	5,490.97
Shire	3,910.50	62.50	1.62	34,854.98
Smurfit Kappa Group	2,157.00	-23.00	-1.06	5,234.19
Sky	935.25	3.75	0.40	15,703.22
Standard Life Aberdeen	438.30	1.10	0.25	12,879.87
Smiths Group	1,599.50	-2.50	-0.16	6,370.19
Scottish Mortgage Invstmnt Trst	436.70	1.00	0.23	6,094.58
Smith & Nephew	1,419.50	-2.50	-0.18	12,257.12
SSE	1,381.50	-9.50	-0.68	14,024.76
Standard Chartered	749.85	3.75	0.50	25,181.89
St James's Place	1,176.50	-0.50	-0.04	5,978.02
Severn Trent	2,092.00	-12.00	-0.57	5,079.18
Tesco	186.05	0.05	0.03	15,330.73
TUI AG	1,336.00	-3.00	-0.22	7,743.03
Taylor Wimpey	202.00	-0.40	-0.20	6,547.24
Unilever	4,495.25	-7.25	-0.16	55,305.61
United Utilities Group	840.50	-5.00	-0.59	5,864.24
Vodafone Group	216.30	0.65	0.30	58,310.89
Worldpay Group	405.95	-1.45	-0.36	8,262.00
WPP Group	1,378.50	0.50	0.04	17,360.71
Whitbread	4,028.50	0.50	0.01	7,388.41

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3M	217,720	+0,06%	0,130	129.928,14
AMERICAN EXPRESS	92,8600	+1,36%	1,2500	82.086,35
APPLE	156,990	+0,63%	0,990	810.889,14
BOEING CO	260,740	-0,45%	-1,170	154.119,08
CATERPILLAR	130,710	+0,55%	0,720	77.246,05
CHEVRON	119,16	+0,02%	0,02	225.808,52
CISCO SYSTEMS	33,470	+0,63%	0,210	167.351,81
COCA-COLA	46,18	+0,15%	0,07	197.057,05
DOWDUPONT	71,43	+0,04%	0,03	166.858,50
EXXON MOBIL	82,41	-0,02%	-0,02	349.179,89
GENERAL ELECTRIC	22,9800	-0,30%	-0,0700	198.959,60
GOLDMAN SACHS	238,53	-0,53%	-1,27	92.281,32
HOME DEPOT	164,4700	-0,07%	-0,1200	194.033,37
IBM	147,10	+0,05%	0,07	137.135,01
INTEL CORP	39,6700	+1,22%	0,4800	186.409,33
J.P.MORGAN CHASE	95,8600	-0,14%	-0,1300	337.398,31
JOHNSON & JOHNSON	136,4300	-0,29%	-0,4000	366.178,08
MC DONALD'S CORP	165,3700	+0,89%	1,4600	133.949,14
MERCK AND CO. NEW	63,39	-0,69%	-0,44	172.886,99
MICROSOFT	77,490	+0,48%	0,370	596.846,89
NIKE	50,98	+0,30%	0,15	66.389,86
PFIZER	36,3400	-0,03%	-0,0100	216.126,66
PROCTER AND GAMBLE	93,040	+0,97%	0,890	237.253,32
TRAVELERS CIES	126,67	+0,57%	0,72	34.954,21
UNITED TECHNOLOGIE	118,72	-0,08%	-0,10	94.907,97
UNITEDHEALTH GROUP	192,52	-0,21%	-0,40	186.139,87
VERIZON COMMS	47,86	-1,01%	-0,49	195.240,46
VISA	108,66	+0,51%	0,55	198.852,52
WAL-MART STORES	86,6200	+0,60%	0,5200	258.751,41
WALT DISNEY CO	97,3800	+0,46%	0,4500	150.304,18

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COMPANY	PRICE	CHANGE NET / %
Most Advanced		
Optibase Ltd.	\$ 8.90	1.70 ▲ 23.61%
Secoo Holding Limited	\$ 8.16	1.19 ▲ 17.07%
Sohu.com Inc.	\$ 64.50	7.45 ▲ 13.06%
Echelon Corporation	\$ 5.305	0.545 ▲ 11.45%
Trevena, Inc.	\$ 2.19	0.22 ▲ 11.17%
ANI Pharmaceuticals, Inc.	\$ 60.11	5.88 ▲ 10.84%
Zion Oil & Gas Inc	\$ 3.22	0.31 ▲ 10.65%
vTv Therapeutics Inc.	\$ 7.77	0.67 ▲ 9.44%
Sears Holdings Corporation	\$ 6.77	0.57 ▲ 9.19%
Optical Cable Corporation	\$ 2.60	0.20 ▲ 8.33%
Ra Pharmaceuticals, Inc.	\$ 15.82	1.19 ▲ 8.13%
Most Declined		
Tandem Diabetes Care, Inc.	\$ 2.99	1.69 ▼ 36.11%
Infinity Pharmaceuticals, Inc.	\$ 2.90	0.83 ▼ 22.25%
Voyager Therapeutics, Inc.	\$ 20.21	5.67 ▼ 21.91%
Applied Optoelectronics, Inc.	\$ 47.01	11.83 ▼ 20.11%
Del Frisco's Restaurant Group, Inc.	\$ 12.75	1.70 ▼ 11.76%
Endocyte, Inc.	\$ 4.34	0.51 ▼ 10.52%
GlycoMimetics, Inc.	\$ 11.26	1.27 ▼ 10.14%
Westmoreland Coal Company	\$ 2.28	0.24 ▼ 9.52%
Westport Fuel Systems Inc	\$ 3.37	0.34 ▼ 9.16%
Mersana Therapeutics, Inc.	\$ 16.13	1.62 ▼ 9.13%
NovoCure Limited	\$ 16.30	1.50 ▼ 8.43%

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£1.0815.....
£1.3240.....
£1.2226.....
£1.4778.....
£1.3715.....

Price Movement

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Telefonica invests millions

MOVISTAR PLUS LOOKS TO WIN TV AUDIENCE

WHEN it was first launched, Telefonica's Movistar Plus looked as if it would be very similar to more mature pay TV operations like Netflix and Amazon but it has been something of a revelation.

Rather than just offer a selection of blockbuster movies and American series, the company has invested large amounts of money in order to produce Spanish orientated transmissions which use national stars and directors acting out well-written stories set in Spain.

In the same way that Scandinavian detective programmes have found an international audience, it looks as if Spain will not be the only country in Europe watching some of these new productions.

BBC4 is running *I Know Who You Are*, produced by Telecinco but the new big budget Movistar Plus productions promise to really get audiences excited and earn money for their producers.

The Spanish have come to pay TV quite late and initially without a huge amount of enthusiasm but recently an episode of its first big series *Velvet Collection* attracted the broadcaster's largest audience ever and it even saw more viewers than *Game of Thrones*.

So confident is the company in its Spanish series that it is currently promoting *Velvet Collection* alongside *The Plague*, *Giants* and *La Zona* at Mipcom in Cannes, the world's largest market place for the promotion and sale of TV series.

All of these big budget series have high production values with some of the most successful Spanish directors bringing original scripts to TV screens with attractive locations ranging from the Rastro Market in Madrid, to the Pyrenees and 16th century Sevilla.

As Telefonica is such a wealthy company, it can afford to take the



PACO LEON: Star of The Plague.

risk of producing such impressive properties in order to not only consolidate the position of its subsidiary within the Spanish pay TV market, but also to try to generate income from sales across the world.

One advantage it has is that although the programmes will have to be dubbed for English speaking and European markets, there are some 52 million Spanish speakers in the United States and close to 500 million in Latin and South America, many of whom will enjoy these blockbusters from Spain.

FINANCIAL LIFELINE OR ECONOMIC COLONIALISM

China invests in Silk Road

FOR many years, China remained insular except for excursions into Africa but in 2013 it committed €127 billion a year to its 'one belt, one road' initiative.

With 60 nations involved, it is investing in a number of countries who were part of the ancient Silk Road trail which is supplying much needed investment, although also causing some worries as to whether this is invasion by stealth.

A recent forum held in Thessaloniki, Greece highlighted the importance of Chinese investment in that country and indeed in many of the European Union states although the American government fears that this is a form of financial colonialism.

Spain believes that the growth of trade with China is beneficial to both countries especially as the quality of Chinese goods is increasingly high, whilst there is a market for Spanish produce and know-how in China.

The latest trade figures for 2106



CHINESE LEADER: Xi Jinping.

show that Spain earned in excess of €5 billion exporting to China and now that there is a direct rail link between Madrid and Yiwu City in Zhejiang Province, trade can only become easier and busier.

There is an added benefit for Spain as it sits opposite Morocco which is a gateway to the North African market as well as an ideal conduit for Chinese products to be sent to Latin

America and vice versa.

Chinese businessmen have been investing in real estate in the country as well as expanding tourist activities with plans for specially built Chinese orientated hotels and holiday centres plus in a smaller way, every town of any size has at least one Chinese Emporium.

The Spanish government has been trying to make it easier for Chinese business people to invest in the country and also for corporations to bring senior staff and their families to Spain by making applications easier.

Spain has relied to a great extent on investment from Britain with a huge influx of tourists and at one time, the settlement of relatively well-off retirees. With the strengthening of the euro and uncertainty for a post Brexit future, it has to look further afield for investment and partnership.

If the past is anything to go by then Spanish trade links with China can only continue to grow.

New book review

THE SEVENTH SENSE: Its Power, Fortune, and Survival in the Age of Networks; a review by Ron Immink.

I am a conspiracy theorist. If you want to read a book with that perspective on computers, the internet and artificial intelligence, this is a book to read. It will make you sit up and wonder.

It is a book on how technology and particular networked technology is shifting the power bases and how the politicians are the last ones to realise that. Networks are taking over, and networks cannot be controlled.

The book tells you that anything that can be hacked will be hacked as cyber security is a myth.

The book published by Little, Brown and Company asks questions that are really interesting. It has a ring of the book 1984 to it. Think about this as a question; if artificial intelligence has taken over, would it tell us and would we know?

I suspect not.

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

Inflation on the rise

SEPTEMBER inflation figures show that General Consumer Price Index (CPI) has increased by 1.8 per cent which is 0.2 per cent higher than the August result.

The bulk of the increases are due to higher costs of fruit and vegetables and a minor rise in non-alcoholic drinks.

Thanks to the recovering economy, prices of white goods and electrical items have not dropped as much as they did in 2016.

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MALLORCAN BUYERS BOYCOT CATALAN GOODS

No cava for Christmas

ALTHOUGH there are close historical links between Cataluña and the Balearics, there appears to be a backlash against Catalan products in Mallorca.

According to the Federation of Small and Medium-sized Companies of Mallorca (PIMEM), there seems to be a significant number of companies deciding to effectively boycott certain products and the most obvious target is producers of cava.

Traditionally, a bottle of cava is included in Christmas hampers but as two of the major producers Codorniu and Freixenet are Catalan-based it appears that they will feel the pinch as their sparkling wine is dropped from the hampers.

A number of Catalan-based companies have already moved their head offices to different provinces but with cava having a Denominacion de Origen contained within Cataluña, a move is unlikely to help.

Amazingly it appears that even brands such as Cola Cao who have their



Photo by Wikimedia

CAVAS FREIXENET: Catalan-based.

head office in Valencia are suffering as their production centre is in Barcelona and this decision to cut back on the purchase of goods from the province could have far reaching effects, if this antipathy spreads across Spain.

Many clouds do have silver linings however and there are other Spanish regions which produce sparkling wines which are very similar in style and taste to cava, with perhaps the most popular being Rueda Espumoso from Castilla y Leon whilst Italian Prosecco is becoming much more popular in Spain, especially with expatriates.

It seems likely therefore that those

companies importing various foodstuffs and drinks into Mallorca may have to consider obtaining other sources of supply of similar items but without the Catalanian association.

In some cases this could be easier said than done, especially in the agricultural sector where a number of long standing agreements exist in such areas as supply of almonds and other nuts from producers based in Tarragon and Reus.

Trade bodies representing exporters from Cataluña are anxious to play down the problems and want to be able to continue to supply goods to the Balearics and mainland Spain, but in the short term appear to accept that there will be some resistance to purchase of their products.

Businesses on Mallorca also have to consider whether dock workers and even hauliers would be likely to boycott products being imported from Barcelona and therefore look for other sources of supply with ferries coming from Denia and Valencia.

There is gold in Spain's hills

THE Canadian based Orvana Minerals Corp has announced that it expects considerable growth in gold production at its El Valle and Carles mines in northern Spain for the last quarter of 2017.

With gold currently trading at €1,105 per troy ounce, it forecasts production of 15,201 ounces worth €16.75 million, an increase of 11 per cent over the third quarter figures.

These Spanish mines also produce copper and silver but it is gold which is the major generator of profit and production will increase thanks to an expected upturn in the quantity and quality of ore being extracted.

Annual production of gold from these two mines is estimated as being in excess of 60,000 ounces

EWN
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Losing mental capacity whilst living abroad

by Stone King

Charlotte Macdonald

Contact me at international@stoneking.co.uk



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

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

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



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

What is an LPA?

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

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

Your attorney can be a professional,

such as a solicitor or a family member or friend.

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

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

Why should you get an LPA?

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

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

Will my LPA be recognised in Spain?

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

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



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Sometimes I really do lose the will to live

LEAPY LEE SAYS IT
OTHERS THINK IT

HAVE you noticed that since the Weinstein revelations all those ‘actors’ have suddenly become actresses again? Funny that. Another thing I wondered, amidst all this hysterical sexual abuse furore, is just how many ‘actresses’ actually succumbed to the couch and did in fact get the part, if you’ll pardon the double entendre! Ah well, at least all those luvvies have once again reverted to gender. Thankful for small mercies I suppose.

Another example of reversed racism bull...t reared its pathetic, but dangerous head again this week. Namely the outcry that followed the Dove body wash advert that, amid grovelling apologies from the company was, to my mind, disgracefully withdrawn. It showed a series of women removing their sweaters and morphing into different races and ethnic origins. Dove had meant to show the product was aimed at a whole diversity of different cultures and skin colours. Wrong! Don’t be ridiculous, its racist innit!? Sometimes I really do lose the will to live.

One thing that is becoming increasingly apparent during all these Brexit negotiations, is just how deeply entwined we have actually become with the EU. I’m surprised we didn’t have to go to them for permission to wipe our behinds. The sooner we tell



IN THE NEWS: Clockwise from top left; the controversial Dove advert, Harvey Weinstein, Theresa May, and French air traffic control.

them all to get on their bikes and take back our autonomy the better. Unfortunately, I’m afraid the simpering Ms May and her gang of incompetents are not the ones to do it. Come back Maggie all is forgiven.

I see the French air traffic controllers have taken their en masse annual vacations again. Bet they plan their trips by road and sea. Personally, I’d sack the lot of ‘em. Trouble is they’d have to be replaced by.... yep you’ve guessed it, more French air traffic controllers. Ah well, flying, or rather not flying, just wouldn’t be the same without them. It would however be a decent gesture to announce their intentions at the beginning of the year. At least we could then plan our own vacations around theirs!

Funny story emerged from Michael Portillo this week. Apparently, he was asked by a constituent to send her a signed photo. A week later he found she had left him a reminder in his office. Beneath her name was written ‘horse face.’ Portillo took this to be a self-deprecating joke. He subsequently popped a photo in the post, writing on it, ‘To my very dear horse face.’ Later his assistant asked if he had seen the note. ‘I thought you may not remember who it was, so I wrote ‘horse face’ on it to remind you.’

Gotta laugh aintcha!?

Keep the faith. Love Leapy
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It's not rocket science

Mike Senker

In my opinion

Views of a Grumpy Old Man



I USE McAfee to protect my computer. I know there are loads of free ones out there but I've used the same one for years and, to be honest, the free ones, in my experience, are always trying to download something I don't want and it's often the case with this stuff that you have to uncheck the box not to get it.

So, I got a notice saying my account was coming up for renewal. I used to have automatic renewal but stopped when I found if I waited I'd get offered a deal and, sure enough, the offer was if I renewed in the next 24 hours I could get it for two years at a discounted price plus a £40 cash back offer. I thought I would take a closer look at that deal. The trouble was, when I tried to renew, the offer wasn't there. This was about 9pm by the way.

I went to the 'contact us' section and found they had a live chat option so I thought I'd have go at that. I filled in the usual bits and bobs - email address, username blah blah and then got a message from a person whose name I could not pro-

nounce and even tell what gender they were. I don't think there were even any vowels in the name but it would score about 400 points in Scrabble. They asked how they could help and I explained the situation and was told 'no problem.' They asked what package I wanted and I asked what ones were available. They told me a few different options and I asked what was best.

They told me and I said OK, paid for it and downloaded it. I then realised it had one thing different in it that was a bit of a nuisance so I decided they had flogged me the wrong one. This meant I now had to start the whole live chat thing again.

They cancelled the first one they had sold me and gave me the second one. Then I had to download another form to get my £40 cash back. It was now 1.30am! The moral of this grump is: don't make life difficult. Just tell me my renewal is coming up and this is the best price. Don't make me fill in forms. Life would be so much easier if you didn't have 10 different deals for the same thing. A simple 'Dear Sir, your renewal is due. It's £39 and this is our best discounted price. Please press accept.' Not rocket science is it?

columnists@euroweeklynnews.com

Email me: mikesenker@gmail.com.

LEGALLY SPEAKING

Guidance on speeding

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.

ACCORDING to Article 51 of the Reglamento General de Circulación: "The maximum fixed speeds for conventional roads which do not pass through urban areas may only be exceeded by up to 20kph 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 time possible, allowing an increase in speed in order to execute the move quickly.

The word 'execute' being a potential reminder though that overtaking is one of the most dangerous manoeuvres we can 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 90 kilometres per hour is the equivalent of crashing at 180 kilometres per hour, when the two speeds are combined.

But the rule does exist and does allow drivers to go over the speed limit, but only in certain circumstances. In order to simplify the explanation, let us break it down to see when this clause can actually apply.

Firstly, we can see that it can only ever apply to cars and motorcycles, so we know the sort of vehicle the allowance applies to.

Secondly, we need to look at the types of roads the clause can apply to. We can see that it is not permitted on motorways. We can also see that it does not apply on dual carriageways. So, we can exclude faster moving roads straight away.

Next, we see that the clause does not apply in towns, or cities for that matter, so we can exclude those routes too.



OVERTAKING: The rules explained.

Now, all that we are left with is so-called conventional roads, single carriageway, with no central reservation and outside of towns. But, then we have to take away those for which a speed limit already applies, because, that speed limit overrules this clause too.

In other words, you are NOT permitted to exceed the speed limit for any reason, including overtaking.

On a conventional road, the maximum permitted speed on a road where no other signs indicate a restriction, and there is a hard shoulder of more than 1.5 metres, is 100 kilometres per hour. On other conventional roads, the maximum permitted speed is 90 kilometres per hour.

This is what we might refer to as the National Speed Limit in UK terms. Incidentally, these roads do sometimes have an R-301 sign.

Finally, we must add sections of roads where overtaking is either prohibited or unadvisable, then that too is an overruling element.

So, the only road where this clause can apply is a conventional road, where no overruling speed limit applies and where overtaking is allowed.

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

Is cable legal on his roof?

Q. A few weeks ago while I was out a local Internet provider ran a cable over my roof and the roofs of my neighbors. I complained to the company's office, that they had not got permission to go on my property, with no response. Now they have laid another cable on the roof, which goes on to another street. As we live in terraced

bungalows, Telefonica always asks for permission to run cables along the front of the bungalows but these people do not. I have also e-mailed the Internet company office and asked if they are insured in case of an accident while they work on our roof but have received no reply. What can I do?

K G (Costa Blanca)

A. Article 45 of the Spanish Telecommunications Act 9/2014 provides that telecommunications operators can make use of private properties for their installations by simply advising

David Searl

You and the Law in Spain



beforehand.

The law aims to encourage the spread of broad-

band and fibre optic usage.

You should have been informed but it seems there is little you can do to change it. Perhaps your Community of Owners could protest.

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



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YOUR PAPER - YOUR VOICE - YOUR OPINION

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

Crowd funding the answer to rail woe?

SIR,

The continuing prevarication and lack of progress in extending the railway from Fuengirola on the Costa del Sol needs an imaginative and bold plan. If local people along the likely route want it enough, would people make a small investment, say €50 each or €100 per family with a guarantee of getting it back with a small amount of interest perhaps?

And would businesses along the route - hotel companies, shops, eg, those at Miramar chip in too? Local government and Renfe themselves would need to be involved of course.

It could perhaps be done in stages. Fuengirola to Miramar and then, if the idea proves successful, beyond.

Maybe EWN could convene a meeting of interested parties to test the waters and lead a campaign?

And shame them in your pages if they won't consider the possibility!

Tim Lucas, Malaga

Calling all cars

I AM no longer a resident in Spain but a regular visitor with a small apartment on the Costa del Sol.

For some years now I have been using a particular hire car firm and have eventually persuaded them not to argue when I tell them I do not require their outrageously priced comprehensive insurance because I have acquired a policy in the UK which will cover any excess I might incur.

On my most recent hiring (my fifth this year) I found I had been charged nearly €115 for a hire I paid for direct on booking and



SMALL PRINT: Always read when hiring a car (stock photo).

when I queried this I was advised this was for an upgrade of vehicle.

I was not asked if I wanted an upgrade and did not require one, but the company are refusing to refund my money claiming I had signed a contract!

I know your paper is directed primarily at British residents, but many of them will have friends and family visiting and renting

cars and I would ask you to print this letter as a warning to them.

Check the details of your hire contract, question anything you do not understand and be careful what you sign. Of course you are desperate to get on your way, but a few minutes more at the airport can pay for a good lunch for your hosts!

Ernie Goddard, Malaga

Bad cat-itude

I WAS saddened to read that another lynx has been shot in southern Spain (EWN issue 1685). Why can no-one address the shocking environmental education in this country???

Jackie Brightwell, Alicante

Shower scene

WANTING to see the promised meteors I looked out about 3am from my home at the eastern end of Torre del Mar, Malaga. There are few people about, but everywhere was lit up like daylight with so many over-bright street lights that I didn't see a thing. The local council must have money to burn!

Michael Hill, Torre del Mar

Let Leapy be

HI, whilst everybody doesn't always agree with Leapy, Issue 1684 was fiercely against him. Surely you must have folk in agreement with him write in, so that you can balance your output. Firstly the reader's comment on page 53 (Costa Blanca South edition) was not only 100 per cent against him, but then repeated on the back of page 86, followed by more 'anti' letters on page 62.

The EWN seems to be becoming as one-sided as the BBC is becoming biased towards the Remainers in the Brexit saga!

Richard Prowse, Cartagena

Editor's note: The EWN is committed to voicing both sides of any argument, hence why we printed a reader's reply to an earlier Leapy column. Unfortunately several pages were reproduced twice, but this was a one-off printer's error for which we apologise.

Dear Leapy

I FULLY agree with your mail on the situation in South Africa, my family have lived there for over 40 years and I have visited many times over the years and it has gone exactly as you wrote.

Valerie Wolferson, address withheld

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.

Brexit could end flights between UK and EU

FLIGHTS between the UK and the EU could cease if a Brexit deal is not agreed according to Philip Hammond.

Don't some people realise a lot of perishable foodstuffs come in from the EU by air, foreign visitors spend a lot of money in British shops. About time they grew up and got a life.

Lyn Thompson

Dear oh dear. How are all the British OAPs going to get to Benidorm for their annual winter break. Shouldn't have voted to leave in the referendum should they? What an absolute mess the whole thing is!

Ian Hannah

STOP SICKNESS SCAMS: Government launches probe into fake holiday sickness claims

THE UK government is urging travel industry insiders to help with a crackdown on fraudulent holiday sickness claims which are estimated to have cost the industry £240 million already. The insurance companies should stipulate anyone sick needs hospital/doctors confirmation, even hotel management or tour company confirmation as there's always a holiday rep around that could check on them being bedbound during their holidays, or tour operators have a designated area health rep you have to phone if you're ill... and of course they must have their EHIC card and use it

Comments from EWN online

for claim confirmation... there's lots of things they could implement...

Julie Jones Peel

BREAKING: Fighter jet pilot dies in crash near Madrid

FOR the second time in a week, a Spanish pilot has died following a crash, this time of an F-18 aircraft.

Time to stand-down, pull the pilots and planes and look over maintenance schedules for the planes and duty schedules for the pilots

Erik Robinson

So very sad. RIP. Condolences to his family and friends on the loss of such a young and obviously talented man.

Jennifer Bilton

'Fake' Catalan referendum violence images shared on social networks

FAKE videos and images of the Catalan referendum have emerged on social media. Social Media = Fake News. And we wonder why

some governments try to suppress Social Media! It's the bane of the modern age.

Mike Brown

EXCLUSIVE: Costa del Sol expat faces constant threat of floods

A MANILVA expatriate is furious at the lack of aid he has received after flooding to his property cost him €60,000.

Would be worth finding out if the wall the neighbour built had permission and whether or not the council inspected to see what was being built and if it would affect a neighbour. If not - possibly denouncing the neighbour and or going to regional court (not local) might be a forward option.

Dave

End of my rainbow (Leapy Lee)

HI kids, This is your trendy Dad telling you how much I love you and how much I enjoyed speaking to you all at my recent appearance at Glastonbury.

Anyone who believed Jeremy Corbyn & his crafty appearance at a festival has to be very naive. He just chose the venue to capture as many of the younger voters as possible in one place: As Leapy put it... He can promise what he likes and once voted in give what he can (NOTHING).

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1:15pm	Bargain Hunt
2:00pm	BBC News at One
2:30pm	BBC London News
2:45pm	Doctors
3:15pm	Impossible
4:00pm	Escape to the Country
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10:00pm	The Ganges with Sue Perkins
11:00pm	BBC News at Ten
11:30pm	BBC London News
11:45pm	Question Time
12:45am	This Week
1:30am	Weather for the Week Ahead

BBC TWO

7:00am	Real Lives Reunited
7:30am	Rip Off Britain
8:15am	A Matter of Life and Debt
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10:00am	Victoria Derbyshire
12:00pm	BBC Newsroom Live
1:00pm	The Daily Politics
2:00pm	The Code
2:45pm	Restoration Home
3:45pm	Family Finders
4:15pm	Full Steam Ahead
5:15pm	Wild Shepherdess with Kate Humble
6:15pm	Flog It!
7:00pm	Eggheads
7:30pm	Strictly - It Takes Two
8:00pm	Further Back in Time for Dinner
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11:00pm	Match of the Day
11:30pm	Newsnight
12:15am	Army: Behind the New Frontlines
1:15am	The Housing Enforcers
2:15am	This Farming Life
3:15am	This is BBC Two

BBC FOUR

8:00pm	Beyond 100 Days <i>The latest national and international news, exploring the day's events from a global perspective.</i>
8:30pm	Top of the Pops
9:00pm	The Hidden Killers of the Tudor Home <i>Dr Suzannah Lipscomb journeys back to Tudor times in search of the household killers of the era.</i>
10:00pm	England's Reformation: Three Books That Changed a Nation
11:00pm	Reformation
12:00am	The Mystery of Rome's X Tomb
1:00am	Top of the Pops
1:40am	Shakespeare's Mother: The Secret Life of a Tudor Woman

CHANNEL 4

9:05am	Everybody Loves Raymond
9:35am	Everybody Loves Raymond
10:05am	Frasier
10:35am	Frasier
11:05am	Ramsay's Kitchen Nightmares USA
12:00pm	Undercover Boss USA
1:00pm	Channel 4 News
1:05pm	Come Dine with Me
2:05pm	A New Life in the Sun
3:10pm	Countdown
4:00pm	Find it Fix it Flog it
5:00pm	My Kitchen Rules
6:00pm	Four in a Bed
6:30pm	Steph and Dom's One Star to Five Star
7:00pm	The Simpsons
7:30pm	Hollyoaks
8:00pm	Channel 4 News
9:00pm	The Supervet
10:00pm	Educating Greater Manchester
11:00pm	The Great British Bake Off: An Extra Slice
11:50pm	George Michael
1:45am	George Michael

CHANNEL 5

9:05am	Digby Dragon
9:15am	Floogals
9:35am	Peppa Pig
9:45am	Peppa Pig
9:55am	Ben and Holly's Little Kingdom
10:05am	Mofy
10:15am	The Wright Stuff
12:15pm	Can't Pay? We'll Take it Away!
1:10pm	5 News Lunchtime
1:15pm	The Hotel Inspector Returns
2:15pm	Home and Away
2:45pm	Neighbours
3:15pm	NCIS
4:10pm	Fatal Friends
6:00pm	5 News at 5
6:30pm	Neighbours
7:00pm	Home and Away
7:30pm	5 News Tonight
8:00pm	Police Interceptors
9:00pm	The Nightmare Neighbour Next Door
10:00pm	Rich House, Poor House
11:00pm	Bad Habits, Holy Orders
12:00am	Celebrity Botched Up Bodies

4

10:30am	2 Broke Girls
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	New Girl
5:30pm	New Girl
6:00pm	The Goldbergs
6:30pm	Stage School
7:00pm	The Big Bang Theory
7:30pm	The Big Bang Theory
8:00pm	Hollyoaks
8:30pm	Extreme Cake Makers
9:00pm	The Big Bang Theory
9:30pm	The Big Bang Theory
10:00pm	2 Broke Girls
10:30pm	Gameface
11:00pm	The Inbetweeners
11:30pm	The Inbetweeners
12:00am	The Big Bang Theory

sky sports main event

7:00am	Live PGA Tour Golf
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	Live European Tour Golf <i>Day one of the Andalucia Valderrama Masters from the Real Club Valderrama in Spain.</i>
2:00pm	Sky Sports Today <i>All the news from the Premier League and beyond.</i>
3:00pm	Sky Sports Today
3:30pm	Live European Tour Golf
6:30pm	Sky Sports News
7:00pm	Sky Sports News
8:00pm	Sky Sports Tonight
8:30pm	Rugby Union
11:00pm	The Debate - Live
12:00am	Sky Sports News

itv

7:00am	Good Morning Britain
9:30am	Lorraine
10:25am	The Jeremy Kyle Show
11:30am	This Morning
1:30pm	Loose Women
2:30pm	ITV Lunchtime News
2:55pm	ITV News London
3:00pm	Dickinson's Real Deal
4:00pm	Alphabetical
5:00pm	Tipping Point
6:00pm	The Chase
7:00pm	ITV News London
7:30pm	ITV Evening News
8:00pm	Emmerdale
8:30pm	Work 'Til You Drop? Tonight
9:00pm	Emmerdale
9:30pm	Paul O'Grady: For The Love of Dogs
10:00pm	Gordon Ramsay on Cocaine
11:00pm	ITV News at Ten and Weather
11:30pm	ITV News London
11:40pm	After the News
12:15am	The Late Debate

itv2

7:50am	Totally Bonkers
8:15am	Guinness World Records
8:15am	The Great Indoors
9:00am	Emmerdale
9:30am	Coronation Street
10:30am	The Ellen DeGeneres Show
11:20am	The Great Indoors
11:50am	The Great Indoors
12:15pm	Dress to Impress
1:20pm	Emmerdale
1:50pm	Coronation Street
2:20pm	Coronation Street
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	Funniest Ever You've Been Framed! Gold
9:00pm	Two and a Half Men
10:00pm	Bromans
11:00pm	Celebrity Juice
11:50pm	Family Guy
12:15am	Family Guy

itv3

7:00am	Coronation Street
7:25am	Coronation Street
7:50am	Heartbeat
8:50am	Wild at Heart
9:50am	Judge Judy
10:15am	Judge Judy
10:45am	Judge Judy
11:10am	Inspector Morse
1:25pm	Wild at Heart
2:30pm	Heartbeat
3:40pm	Coronation Street
4:15pm	Coronation Street
4:40pm	Inspector Morse
7:00pm	Heartbeat
8:00pm	Murder, She Wrote <i>Murder mystery series about a sleuthing writer.</i>
9:00pm	Foyle's War
11:10pm	Lewis
1:05am	Inspector Morse
3:20am	ITV3 Nightscreen <i>Text-based information service.</i>
3:30am	Teleshopping <i>Shopping from home.</i>

itv4

7:00am	The Chase
7:50am	The Chase
8:35am	Counting Cars
9:00am	Counting Cars
9:30am	Pawn Stars
9:55am	The Protectors
10:25am	Ironsides
11:35am	Quincy, M.E.
1:40pm	The Avengers
2:45pm	Ironsides
3:50pm	Quincy, M.E.
4:55pm	The Sweeney
5:55pm	The Avengers
7:00pm	Counting Cars
7:30pm	Counting Cars
7:55pm	Pawn Stars
8:20pm	Pawn Stars
8:45pm	Hornblower
11:00pm	GoldenEye
12:05am	FYI Daily
12:10am	GoldenEye
1:40am	Driven to Kill
2:40am	FYI Daily
2:45am	Driven to Kill
3:35am	Tommy Cooper
4:00am	Teleshopping

sky CINEMA ACTION & ADVENTURE

7:45am	The Terminator
9:45am	Doctor Strange
11:45am	True Lies
2:10pm	Pearl Harbour
5:15pm	Troy
8:05pm	Behind Enemy Lines
10:00pm	Doctor Strange
12:00am	The Terminator
1:50am	Universal Soldier: The Return
3:20am	Lethal Weapon

sky CINEMA COMEDY

7:35am	The Tiger Hunter
9:15am	Ghost Town
11:00am	The Blues Brothers
1:20pm	You Don't Mess with the Zohan
3:20pm	Absolutely Fabulous: The Movie
5:00pm	Bridesmaids
7:10pm	Starsky and Hutch
9:00pm	You Don't Mess with the Zohan
11:00pm	Absolutely Fabulous: The Movie
12:40am	Bridesmaids

sky CINEMA PREMIERE

7:00am	Interlude in Prague
9:00am	Monster Trucks
10:50am	Split
12:50pm	Fences
3:15pm	Let Her Out <i>A young woman recovering from an accident finds herself plagued by traumatic visions, hallucinations and blackouts.</i>
5:00pm	Monster Trucks
7:00pm	Split <i>Three teenage girls are abducted by a man struggling with dissociative identity disorder.</i>
9:00pm	Fences
11:25pm	My Father Die
1:10am	The Escorts
2:50am	Lolo <i>Dark comedy about a Paris fashionista whose scheming teenage son threatens to derail her love life.</i>
4:45am	Let Her Out

sky sports football

10:30am	La Liga Greatest Games
11:00am	Eredivisie
12:00pm	Championship Play-Off Finals
1:00pm	Eredivisie
2:00pm	Championship Season Review
3:00pm	Eredivisie
4:00pm	Football's Greatest Teams
4:30pm	Football's Greatest Teams
5:00pm	Scottish Cup Greatest Games
5:30pm	La Liga Greatest Games
6:00pm	Football Years
6:30pm	Football Countdowns
7:00pm	Eredivisie
8:00pm	EFL Matters
8:30pm	EFL Rivalries: East Anglian Derby
9:00pm	Eredivisie
10:00pm	EFL Matters
10:30pm	EFL Rivalries: East Anglian Derby
11:00pm	La Liga Show
11:30pm	Eredivisie
12:30am	EFL Matters

|| 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.

Theresa May and the tarnished Tories need to get their act together fast!

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.euroweeklynnews.com/3.0.15/nora-johnson

FIFTEEN months on from the EU referendum and it's all about 'should she go?', 'should he go?' etc. when the only thing that matters is getting Britain out of the mess it's in and ending the uncertainty - one way or the other.

Too many politicians have hijacked the Brexit vote to make it all about themselves. Political point-scoring seems more important than actual policy. It's about time politicians (of all sides) represented Britain's interests rather than their own. The news is more like a soap opera full of manipulative gossips with their own agendas, not the country's welfare at heart.

And when it comes to poten-



Photo by Conservative Party/Twitter

SELF-SERVING? The UK Cabinet.

tial prime ministers, they should be careful what they wish for. Take Tony Blair: he was good at presentation (unlike Theresa May) and popular (at least at the beginning). But it's hard to argue he was a successful PM. Britain's finances are still recovering from 13 years of New Labour. And Boris as PM? BoJo with no grasp of fine detail, gaff prone and with the attention span of a gnat. Yes, he'd be fine if the electorate feels safe with some-

one who'd only reinforce divisions within the Tories and the country.

Oh for the days when we had an election every four or five years. Then politicians just got on with messing up our lives quietly in the background. Now, weirdly, they feel they have to play out their incompetence with the full glare of publicity and in the media spotlight. They show total disrespect for the people who put them in their posts and

don't even care that we know. They're destroying the incentive of ever voting in any election again. Perhaps that's what they want?

Politicians carrying out the will of the people? Don't make me laugh. Regardless of political hue, some of these self-serving, arrogant individuals couldn't be trusted with a wheelk stall.

Finally, many thanks to all of you who have purchased my crime thrillers (all profits to Costa del Sol Cudeca cancer charity) following my piece here two weeks ago. And keep those donations going to Cudeca!

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 in paperback (£0.99; £0.99) and iBookstore.

columnists@euroweeklynnews.com

THURSDAY THOUGHTS

James Cotterill, Estepona

Grave New World

SOMETIMES it feels as if I went to sleep in one world and then woke up in another bizarrely different copy. I have roots in the UK and Spain and both countries seem to be going through incredible changes with no-one able to actually take control or influence events.

Here in Spain we are back to deep divisions with a minority of the people in Cataluña apparently desperate to commit what appears like financial suicide by declaring independence despite the fact that they would be thrown out of the European Union and could well be invaded by Spanish troops. With the National government unlikely to enter into meaningful negotiations, there are only two possible outcomes, either Cataluña backs down or it will be controlled from Madrid which is likely to infuriate even the local anti-independence groups.

Meanwhile Theresa May is not having a good time with regards to Brexit and so little progress has been made that she had to travel to Brussels for an intimate dinner with Jean-Claude Juncker with both accompanied by their chief negotiators David Davis and Michel Barnier. The results of the meeting however were somewhat predictable as it was agreed that negotiations need to speed up but following their dinner which was undertaken in a 'constructive and friendly atmosphere,' there were no new agreements reached.

Basically paraphrasing Jerry Maguire, Brussels simply said "Show me the money" and there is unlikely to be a trade deal before an agreement is reached about the amount that Britain has to pay in the 'divorce' settlement. It does rather look as if we are heading towards a 'Grave New World.'

columnists@euroweeklynnews.com

Readers interested in submitting articles for this guest column should send articles of around 250 words on topics felt to be of interest to the cosmopolitan EWN readership to editorial@euroweeklynnews.com.

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GOOD NEWS FOR YOUR CAR 902 123 309



BBC one

7:00am	Breakfast
10:15am	Rip Off Britain
11:00am	Homes Under the Hammer
12:00pm	A Matter of Life and Debt
12:45pm	Caught Red Handed
1:15pm	Bargain Hunt
2:00pm	BBC News at One
2:30pm	BBC London News
2:45pm	Doctors
3:15pm	Impossible
4:00pm	Escape to the Country
4:45pm	Money for Nothing
5:30pm	Antiques Road Trip
6:15pm	Pointless
7:00pm	BBC News at Six
7:30pm	BBC London News
8:00pm	The One Show
8:30pm	A Question of Sport
9:00pm	EastEnders
9:30pm	Would I Lie to You?
10:00pm	Have I Got News for You
10:30pm	Porridge
11:00pm	BBC News at Ten
11:25pm	BBC London News
11:35pm	The Graham Norton Show
12:25am	Josh

BBC TWO

7:00am	Real Lives Reunited
7:30am	Rip Off Britain
8:15am	A Matter of Life and Debt
9:00am	Gardeners' World
10:00am	Victoria Derbyshire
12:00pm	BBC Newsroom Live
1:00pm	The Daily Politics
2:00pm	The Code
2:45pm	Restoration Home
3:45pm	Family Finders
4:15pm	Full Steam Ahead
5:15pm	Wild Shepherdess with Kate Humble
6:15pm	Flog It!
7:00pm	Strictly - It Takes Two
8:00pm	Further Back in Time for Dinner
9:00pm	Mastermind
9:30pm	Only Connect
10:00pm	Gardeners' World
11:00pm	QI
11:30pm	Newsnight
12:05am	Dragons' Den
1:05am	Snowfall
1:55am	Panorama

BBC FOUR

8:00pm	World News Today <i>The latest national and international news, exploring the day's events from a global perspective.</i>
8:30pm	Top of the Pops <i>Mike Read and Tommy Vance present the pop chart programme, first broadcast on 11 October 1984.</i>
9:00pm	Easy Listening Hits at the BBC <i>Compilation of easy listening tracks that offers the perfect soundtrack for your cocktail party.</i>
10:00pm	Nile Rodgers: How to Make it in the Music Business
11:00pm	BBC Introducing
12:00am	Great American Rock Anthems: Turn it Up to 11
12:55am	Top of the Pops
1:35am	Ultimate Cover Versions at the BBC

CHANNEL 4

9:05am	Everybody Loves Raymond
10:05am	Frasier
11:05am	Ramsay's Kitchen Nightmares USA
12:00pm	Undercover Boss USA
1:00pm	Channel 4 News
1:05pm	Come Dine with Me
2:05pm	A New Life in the Sun
3:10pm	Countdown
4:00pm	Find it Fix it Flog it
5:00pm	My Kitchen Rules
6:00pm	Four in a Bed
6:30pm	Steph and Dom's One Star to Five Star
7:00pm	The Simpsons
7:30pm	Hollyoaks
8:00pm	Channel 4 News
8:30pm	Unreported World
9:00pm	Food Unwrapped
9:30pm	Travel Man
10:00pm	Gogglebox
11:00pm	The Last Leg
12:05am	Rude Tube
1:10am	Instinct
3:15am	The Great British Bake Off: An Extra Slice
4:00am	Electric Dreams

CHANNEL 5

8:50am	Rusty Rivets
9:05am	Digby Dragon
9:15am	Floogals
9:35am	Peppa Pig
9:55am	Ben and Holly's Little Kingdom
10:05am	Mofy
10:15am	The Wright Stuff
12:15pm	Can't Pay? We'll Take it Away!
1:10pm	5 News Lunchtime
1:15pm	The Hotel Inspector Returns
2:15pm	Home and Away
2:45pm	Neighbours
3:15pm	NCIS
4:15pm	Smokescreen
6:00pm	5 News at 5
6:30pm	Neighbours
7:00pm	Home and Away
7:30pm	5 News Tonight
8:00pm	The Gadget Show
9:00pm	Britain by Bike with Larry and George Lamb
10:00pm	A Celebrity Taste of Italy
11:00pm	Paul Daniels: My Life in Magic
12:30am	TV's 50 Greatest Magic Tricks

4

7:00am	Hollyoaks
8:00am	Charmed
9:00am	Melissa and Joey
10:00am	2 Broke Girls
10:30am	2 Broke Girls
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
5:00pm	New Girl
5:30pm	New Girl
6:00pm	The Goldbergs
6:30pm	Stage School
7:00pm	The Big Bang Theory
7:30pm	The Big Bang Theory
8:00pm	Hollyoaks
8:30pm	Extreme Cake Makers
9:00pm	The Big Bang Theory
9:30pm	The Big Bang Theory
10:00pm	The Twilight Saga: Breaking Dawn - Part 1
12:15am	The Big Bang Theory

sky sports main event

7:00am	Live PGA Tour Golf
8:00am	Good Morning Sports Fans
8:30am	Live Nz Rugby: Semi Final <i>The opening semi-final from the Mitre 10 Cup, New Zealand's top level of domestic rugby.</i>
10:20am	Rugby Archive
10:30am	Good Morning Sports Fans
11:00am	Premier League Daily
12:00pm	Live European Tour Golf
2:00pm	Sky Sports Today
3:00pm	Sky Sports Today
3:30pm	Live European Tour Golf
4:45pm	Live United States GP: Practice
7:00pm	Sky Sports News
8:00pm	Football <i>West Ham United v Brighton and Hove Albion.</i>
11:15pm	Carling in Off the Bar
11:45pm	PL Greatest Games
12:00am	Sky Sports News
1:00am	Sky Sports News

itv

9:30am	Lorraine
10:25am	The Jeremy Kyle Show
11:30am	This Morning
1:30pm	Loose Women
2:30pm	ITV Lunchtime News
2:55pm	ITV News London
3:00pm	Dickinson's Real Deal
4:00pm	Alphabetical
5:00pm	Tipping Point
6:00pm	The Chase
7:00pm	ITV News London
7:30pm	ITV Evening News
8:00pm	Emmerdale
8:30pm	Coronation Street
9:00pm	Australian Wilderness with Ray Mears
9:30pm	Coronation Street
10:00pm	Cold Feet
11:00pm	ITV News at Ten and Weather
11:30pm	ITV News London
11:45pm	After the News
12:20am	Bad Move
12:45am	Tonight at the London Palladium
1:40am	Jackpot247
4:00am	Storage Hoarders

itv2

7:00am	You've Been Framed!
7:25am	Totally Bonkers Guinness World Records
7:50am	Totally Bonkers Guinness World Records
8:15am	The Great Indoors
9:00am	Emmerdale
10:00am	You've Been Framed!
10:30am	The Ellen DeGeneres Show
11:20am	The Great Indoors
12:15pm	Dress to Impress
1:20pm	Emmerdale
1:50pm	Emmerdale
2:20pm	You've Been Framed!
2:50pm	The Ellen DeGeneres Show
3:45pm	The Jeremy Kyle Show
7:00pm	Dress to Impress
8:00pm	Totally You've Been Framed!
9:00pm	Two and a Half Men
10:00pm	The 40 Year Old Virgin
12:20am	Family Guy
12:45am	Family Guy
1:15am	Family Guy

itv3

7:00am	Coronation Street
7:25am	Coronation Street
7:50am	Heartbeat
8:55am	Wild at Heart
9:55am	Judge Judy
10:20am	Judge Judy
10:45am	Judge Judy
11:10am	Inspector Morse
1:30pm	Wild at Heart
2:35pm	Heartbeat
3:40pm	Coronation Street
4:15pm	Coronation Street
4:45pm	Inspector Morse
7:00pm	Heartbeat
8:00pm	Murder, She Wrote
9:00pm	Rosemary and Thyme
10:00pm	Long Lost Family
11:00pm	Lewis
1:00am	Mr Selfridge
2:00am	Lewis
3:40am	Lewis
5:15am	Judge Judy
5:40am	Judge Judy

itv4

7:00am	The Chase
7:55am	The Chase
8:55am	Counting Cars
9:20am	Counting Cars
9:45am	Pawn Stars
10:10am	Pawn Stars
10:40am	Ironside
11:40am	Quincy, M.E.
12:45pm	The Sweeney
1:50pm	The Avengers
2:55pm	Ironside
3:55pm	Quincy, M.E.
5:00pm	The Sweeney
6:00pm	The Avengers
7:05pm	Counting Cars
7:30pm	The Darts Show
8:00pm	World Series of Darts Live
12:00am	Out for Justice
1:05am	FYI Daily
1:10am	Out for Justice
1:50am	Bear Grylls: Mission Survive
2:55am	The Sweeney
3:45am	ITV4 Nightscreen <i>Text-based information service.</i>
4:00am	Teleshopping <i>Shopping from home.</i>

sky CINEMA ACTION & ADVENTURE

7:40am	The A-Team
9:40am	Fantastic Beasts and Where to Find Them
12:00pm	300
2:00pm	The Magnificent Seven
4:10pm	Superman Returns
6:45pm	Fantastic Beasts and Where to Find Them
9:00pm	The A-Team
11:00pm	Death Race
1:00am	Terminator Salvation

sky CINEMA COMEDY

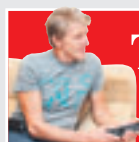
9:40am	Rush Hour 2
11:20am	Dirty 30
1:00pm	The Top Ten Show 2017
1:20pm	Bridget Jones's Baby
3:30pm	Popstar: Never Stop Never Stopping
5:00pm	Working Girl
7:00pm	Sisters
9:00pm	Popstar: Never Stop Never Stopping
10:35pm	Bridget Jones's Baby
12:45am	Superbad
2:45am	Confetti

sky CINEMA PREMIERE

7:00am	The Escorts
8:35am	Fences
11:00am	Monster Trucks
12:50pm	Why Him?
2:45pm	Split
4:45pm	Monster Trucks
6:35pm	Fences
9:00pm	<i>Powerful August Wilson adaptation starring Denzel Washington as a rubbish collector struggling with the weight of past disappointments.</i>
9:00pm	Why Him?
11:00pm	<i>Raucous comedy about a protective dad less than thrilled when his daughter begins dating a foul-mouthed playboy millionaire.</i>
1:00pm	The Top Ten Show 2017
1:20pm	Bridget Jones's Baby
3:30pm	Popstar: Never Stop Never Stopping
5:00pm	Working Girl
7:00pm	Sisters
9:00pm	Popstar: Never Stop Never Stopping
10:35pm	Bridget Jones's Baby
12:45am	Superbad
2:45am	Confetti

sky sports football

3:00pm	La Liga Show
3:30pm	La Liga Greatest Games
4:00pm	Football's Greatest
4:30pm	Football's Greatest Teams
5:00pm	Scottish Cup Greatest Games
5:15pm	Scottish Cup Greatest Games
5:30pm	La Liga Greatest Games
6:00pm	Football Years
6:30pm	Football Countdowns
7:00pm	SPFL Matters
7:30pm	EFL Matters
8:00pm	EFL Derbies: East Anglian
8:30pm	Football Years
9:00pm	SPFL Matters
9:30pm	EFL Matters
10:00pm	EFL Derbies: East Anglian
10:30pm	Football's Greatest Teams
11:00pm	SPFL Matters
11:30pm	EFL Derbies: East Anglian
12:00am	La Liga Icons
12:30am	Football Countdowns



TV Couch Critic

WHAT a turn-around, with Jessica Raine, a prim and proper midwife in *Call The Midwife* now portraying a sex-crazed alcoholic in *The Last Post* (BBC 1), a new Sunday night offering.

Centred around a bunch of Military Policemen (MPs) keeping the peace in Aden - the port city in south Yemen once under British rule - why is it that they wear bright red hats that are surely an open invitation to pot shots without telescopic sights.

With steamy scenes, a bit of gore and twists, keep an open mind, for *The Last Post* could develop, and of particular interest as it brought back memories of my own merchant vessel life in the Middle East and Africa at around the same time as the series is focused on.

Zoe Ball is back with *Strictly It Takes Two* (BBC2 Monday to Friday). She is always bubbly and good for a laugh, but why must the crew/audience scream and whoop in *X Factor* style every time someone comes on.

Those Americans have a lot to answer for! The failed dancers (for want of a better de-



NEW ROLE: Jessica Raine.

scription for some) pour out their disappointment to lovely Zoe and I always fear she's going to burst out crying.

While the *X Factor* (ITV 1

Saturday and Sundays) is surely a weekend must for a big percentage of Brits, it does not focus on the epitome of singing talent, but is just a huge ego trip for the judges, and surely raises the question of how long the tired old format can continue?

ALWAYS BOUNCY: Zoe Ball.

From prim and proper to sex-crazed drunk

House prices in the not-so-quiet village of *Emmerdale* (ITV 1 Monday to Friday) must be rock bottom nowadays given the ragged bunch of thieves, murderers, liars, schemers, fraudsters and dogsbodies crammed into one place in this popular soap opera.

While script writers want action, surely not at the total cost of reality!

With people dropping like flies, it is all a long way from its conception of tales of country folk, where the outside scenes were shot in the Yorkshire village of Esholt. The landlord and his wife of the village pub The Woolpack (The Commercial in real life) now live on the Costa Blanca, though the real village inhabitants were nothing like their TV counterparts.

Driven by an unassuming presenter whose travels are always interesting, *Russia with Simon Reeve* (BBC 2 Sunday) gets to the parts others won't or can't access.

His down to earth style and easy going manner provides a different slant on issues in this vast country, from the apparent abject poverty in Tula where alcoholism is 10 times more

prevalent than in the UK.

Featuring the proud descendants of the Mongolian Empire with their horses on the Steppe to the state funded Christian Cossack school in Stavropol, a fascinating non-censored peep at Russia.

Meanwhile I can't see the likes of Germany losing sleep over the England World Cup qualifying rounds televised on ITV. I think the best term is average!

Mrs Browns Boys (BBC 1 repeats on Saturdays), are the marmite of the media, measured with love or hate! The number of people who do not find the series funny still amazes, for I can't get enough of Brendan O'Carroll, a true master of the one liner with the bang on timing of a speaking clock.

When he veers away from the script and adlibs he has other cast members cowering, hoping they are not going to be targeted.

It's adult humour that offends some, but truly funny, and considering the lack of anything remotely laughable in the sit com stakes, the Beeb should commission more.

Cassandra Nash

A weekly look

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

ON what should have been Independence Day, pro-secessionist crowds gathered as near to the regional parliament as the police would allow, ready to welcome the Catalan republic.

Silence reigned as Carles Puigdemont's expected UDI declaration inside the parliament chamber was diluted into plans for dialogue over several weeks before severing links with Spain.

Some booed and others went home and meanwhile all the pro-secession MPs signed a piece of paper assuring themselves, the world and their voters that there will be a republic. Eventually.

In the words of the song, 'He didn't say yes and he didn't say no' but it could be enough to get Article 155 slapped on Cataluña.

Blinking shame

DID Carles Puigdemont blink?

Was his failure to declare outright independence influenced by the big businesses already leaving

Cataluña?

The Sabadell and La Caixa banks, which operate nationally, have moved their registered head offices to Alicante and Valencia respectively.

Gas Natural Fenosa has gone, so has the MRW courier service, motorway concessionary Abertis, insurers Catalana Occidente and Axa-España as well as iconic Catalan publishers Planet.

Some names packing their bags mean little to outsiders but Cola Cao, Nocilla and Bimbo are part of every Spanish childhood while San Miguel - that's another familiar one - has left for Malaga where there has been a plant since 1966.

Cava giants Codorniu and Freixenet will move their headquarters if UDI is declared and even the pro-independence multinational pharmaceutical group Grifols would leave after a UDI.

This was always the weapon that would hurt most. More effective and far more painful than baton charges.

On easy instalments



MIXED MESSAGES: Carles Puigdemont.

In fine voice

DEMONSTRATIONS protesting at Catalan secessionists' disdain for the Constitution and their Statute of Autonomy finally arrived. Did

the pro-independence politicians believe - or hope - that only the national government had noticed what was going on?

The silent and hitherto silenced minority inside Cataluña found its voice and demonstrated in favour of Spanish unity, sending a clear message that Carles Puigdemont, Oriol Junqueras and Anna Gabriel ignore at their peril.

Double vision

PODEMOS SUPREMO Pablo Iglesias insisted weeks ago that there are political prisoners in Spain.

Perplexingly Iglesias won't acknowledge the existence of politi-

cal prisoners in Venezuela, whose government once paid him and other Podemos politicians handsome sums for their advice.

Doubtless if Carles Puigdemont ends up in the slammer he, too, will be regarded a political prisoner, which will make the pair of them happy. Puigdemont can become a martyr and Iglesias will have a big stick that he can use to beat everyone with except himself.

Not to be believed

THERE was the usual ration of fake news, some of it tweeted by Julian Assange.

It was also reported in the *Daily Mail* which, although it is no bastion of liberalism, loves to put the boot in whenever possible where Spain is concerned.

Nevertheless it was a relief to learn that two seedy-looking individuals giving the fascist salute in Madrid weren't at the multitudinous gathering in Colon. Instead they belonged to a 30-strong minidemo in out-of-the-way Plaza Salvador Dali where they attracted more sniggers than cheers.

Just a gentle reminder

LAST word goes to Teresa Freixes, Professor of Constitutional Law at Barcelona University. "A declaration does not give a state independence," she said. "The Western Sahara declared independence years ago and look at them."

The Saharawis, it should be remembered, now live in tents in the Tindouf refugee camps in Algeria.

GOOD NEWS FOR YOUR CAR 902 123 309



BBC one

7:00am	Breakfast
11:00am	Saturday Kitchen Live
12:30pm	The Hairy Bikers' Comfort Food
1:00pm	Football Focus
2:00pm	BBC News
2:10pm	Weather
2:15pm	Bargain Hunt
3:15pm	Escape to the Country
3:45pm	Madagascar
5:05pm	Final Score
6:25pm	BBC News
6:35pm	Regional News
6:40pm	Weather
6:45pm	Pointless
7:35pm	Strictly Come Dancing
9:20pm	Casualty
10:10pm	Gunpowder
11:10pm	BBC News
11:25pm	Weather
11:30pm	Match of the Day
1:00am	The NFL Show
1:30am	Three Fugitives
3:00am	Weather for the Week Ahead
3:05am	BBC News

BBC TWO

9:00am	Deadly 60
9:30am	Show Me What You're Made of
10:00am	Saturday Mash-Up!, Including Brand New the Next Step
12:00pm	Walrus: Two Tonne Tusker
1:00pm	Rick Stein's Long Weekends
2:00pm	Grand Tours of the Scottish Islands
3:00pm	Coast
4:00pm	Flog It!
5:00pm	Mastermind
5:30pm	The Big Family Cooking Showdown
6:30pm	Anglesey: The Island Life
7:00pm	Gardeners' World
8:00pm	Coastal Path
8:30pm	Front Row
9:00pm	Britain Afloat
9:30pm	Dad's Army
10:00pm	Lucy Worsley's Nights at the Opera
11:00pm	QI XL
11:45pm	Later... with Jools Holland
12:50am	In Our Name
2:15am	In the Dark Half

BBC FOUR

8:00pm	Incredible Human Journey
9:00pm	Wild China
10:00pm	Beck <i>Police drama from Sweden.</i>
11:30pm	Beck
1:00am	Top of the Pops <i>Special 20th anniversary edition of the pop chart programme, first broadcast on 5 January 1984.</i>
1:40am	Top of the Pops <i>Special 20th anniversary edition of the pop chart programme, first broadcast on 5 January 1984.</i>
2:20am	Sound of Cinema: The Music that Made the Movies
3:20am	Wild China

CHANNEL 4

7:15am	Mobil 1 The Grid
7:40am	Triathlon
8:10am	Everybody Loves Raymond
8:35am	Everybody Loves Raymond
9:00am	Everybody Loves Raymond
9:25am	Frasier
10:30am	The Big Bang Theory
10:55am	The Big Bang Theory
11:25am	The Big Bang Theory
11:50am	The Simpsons
12:20pm	The Simpsons
12:50pm	Come Dine with Me
1:25pm	Come Dine with Me
1:55pm	Come Dine with Me
2:25pm	Come Dine with Me
2:55pm	A Place in the Sun: Winter Sun
3:55pm	A Place in the Sun: Winter Sun
4:55pm	Best Laid Plans
5:55pm	Formula 1
7:30pm	Channel 4 News
8:00pm	Rivers with Jeremy Paxman
9:00pm	Hidden Britain by Drone
10:00pm	Formula 1
12:35am	Lone Survivor

CHANNEL 5

7:00am	Milkshake!
11:10am	Teenage Mutant Ninja Turtles
11:45am	The Gadget Show
12:40pm	Police Interceptors
3:40pm	The Nightmare Neighbour Next Door
4:40pm	The Nightmare Neighbour Next Door
5:40pm	Can't Pay? We'll Take it Away!
6:40pm	Can't Pay? We'll Take it Away!
7:40pm	The Bridge at Remagen
9:55pm	5 News
10:00pm	Football on 5 <i>The Championship.</i>
10:55pm	Football on 5
11:25pm	Law and Order: Special Victims Unit
12:20am	Law and Order: Special Victims Unit
1:15am	Super Casino <i>Feeling lucky? Get the authentic, heart-thumping casino experience every night.</i>

4

7:00am	Rude(ish) Tube
7:30am	How I Met Your Mother
8:00am	How I Met Your Mother
8:30am	Don't Tell the Bride
9:30am	Streetmate
10:00am	Streetmate
10:30am	Made in Chelsea
11:30am	Couples Come Dine with Me
12:30pm	Couples Come Dine with Me <i>This episode comes from the north Kent coast.</i>
1:30pm	The Goldbergs
4:00pm	Don't Tell the Bride
5:00pm	The Great British Bake Off
6:15pm	The Great British Bake Off: An Extra Slice
7:00pm	The Big Bang Theory
7:30pm	The Big Bang Theory
8:00pm	The Big Bang Theory
8:30pm	The Big Bang Theory
9:00pm	The Big Bang Theory
9:30pm	The Big Bang Theory
10:00pm	Info not Available
12:30am	Gogglebox

sky sports main event

7:00am	Live PGA Tour Golf
8:00am	Good Morning Sports Fans
8:30am	Live Nz Npc Rugby: Semi Final
10:20am	Rugby Archive
10:30am	Good Morning Sports Fans
11:00am	Soccer Saturday Pre-Match
12:00pm	Soccer Saturday Pre-Match
12:30pm	Football <i>Chelsea entertain Watford at Stamford Bridge in the Premier League.</i>
4:15pm	Live European Tour Golf
6:00pm	Rugby Union
8:30pm	Live Fight Night
12:30am	Football
1:00am	Through the Night
2:00am	Through the Night
3:00am	Through the Night
4:00am	Live PGA Tour Golf <i>Day four of the inaugural CJ Cup, on the PGA Tour from Nine Bridges, Jeju Island, South Korea.</i>

itv

7:00am	CITV
10:25am	Saturday Morning with James Martin
12:20pm	Gino's Italian Escape: Islands in the Sun
12:50pm	The Hungry Sailors
1:50pm	ITV News and Weather
2:00pm	ITV Racing: Live From Ascot
6:00pm	Thunderbirds are Go
6:25pm	Paul O'Grady: For The Love of Dogs
7:00pm	Local News and Weather
7:05pm	ITV News and Weather
7:20pm	Cannonball!
8:15pm	The Chase
9:15pm	The X Factor
11:15pm	The Jonathan Ross Show
12:20am	ITV News and Weather
12:40am	Mickey Blue Eyes
2:25am	Jackpot247
4:00am	Hungry Sailors
4:50am	Nightscreen

itv2

7:00am	Emmerdale Omnibus
9:30am	Coronation Street Omnibus
12:20pm	The X Factor
2:25pm	Take Me Out
3:55pm	What a Girl Wants <i>Comedy in which an independent New York teenager goes in search of the father she never knew.</i>
4:55pm	FYI Daily
5:00pm	What a Girl Wants
6:00pm	Liar Liar
7:05pm	FYI Daily
7:10pm	Liar Liar <i>Fletcher Reede didn't become a top lawyer by telling the truth.</i>
7:45pm	The Lord of the Rings: The Fellowship of the Ring
8:45pm	FYI Daily
8:50pm	The Lord of the Rings: The Fellowship of the Ring
11:15pm	Celebrity Juice
12:00am	Family Guy
12:30am	Family Guy

itv3

7:00am	Murder, She Wrote
7:50am	Murder, She Wrote
8:50am	The Pure Hell of St. Trinian's
9:50am	FYI Daily
9:55am	The Pure Hell of St. Trinian's
10:55am	The Nun's Story
12:15pm	FYI Daily
12:20pm	The Nun's Story
1:55pm	Lewis
3:55pm	Foyle's War
6:00pm	Foyle's War
8:00pm	Midsomer Murders
10:00pm	Midsomer Murders
12:00am	Lewis
2:00am	On the Buses <i>This bold, bawdy and brash sitcom hit British screens in 1969.</i>
2:30am	On the Buses <i>This bold, bawdy and brash sitcom hit British screens in 1969.</i>
3:00am	ITV3 Nightscreen
3:30am	Teleshopping

itv4

7:00am	Barecelona's European Glory
7:10am	The Avengers
8:15am	Motorsport UK
9:15am	World Endurance Series 2017
10:30am	ITV Racing: The Opening Show
11:30am	Pawn Stars
11:55am	Shed and Buried
1:00pm	Football Rivalries Arsenal v Spurs.
1:10pm	The Darts Show
1:45pm	World Series of Darts Live
6:00pm	Nijinsky's Triple Crown
6:05pm	Pawn Stars
6:35pm	Pawn Stars
7:00pm	Pawn Stars
7:30pm	Pawn Stars
8:00pm	World Series of Darts Live
12:00am	Conan the Destroyer
1:00am	FYI Daily
1:05am	Conan the Destroyer
2:05am	The Sweeney
3:05am	The Classic Car Show
3:55am	ITV4 Nightscreen

sky CINEMA ACTION & ADVENTURE

7:05am	Spider-Man
9:10am	Lethal Weapon
11:10am	Ride Along 2
12:55pm	Xxx: Return of Xander Cage
2:55pm	The Bourne Identity
4:55pm	Tarzan
6:55pm	Spider-Man
9:00pm	Xxx: Return of Xander Cage
10:55pm	Ride Along 2
12:40am	Rambo

sky CINEMA COMEDY

8:15am	Sadie's Last Days on Earth
9:55am	Angus, Thongs and Perfect Snogging
11:45am	Police Academy
1:30pm	Brewster's Millions
3:20pm	Keeping up with the Joneses
5:20pm	Keeping up with the Joneses
7:10pm	Groundhog Day
9:00pm	Central Intelligence
11:00pm	Keeping up with the Joneses
1:00am	Knocked Up

sky CINEMA PREMIERE

7:00am	Monster Trucks <i>Family adventure about a gas-guzzling monster that takes up residence in the half-built truck of a downtrodden high-schooler.</i>
8:50am	Split
10:50am	Sing
12:45pm	Why Him?
2:45pm	Monster Trucks
4:35pm	Fences
7:00pm	Sing
9:00pm	Why Him?
11:00pm	Split
1:00am	Let Her Out
2:45am	My Father Die
4:30am	The Escorts <i>Bloody, Louisiana-set revenge tale about a deaf mute who's waited almost two decades to get his hands on his abusive father.</i>

sky sports football

7:00am	EFL Greatest Games
7:15am	EFL Greatest Games
7:30am	SPFL Greatest Games
8:00am	SPFL Matters
8:30am	Football Countdowns
9:00am	Football's Greatest Teams
9:30am	Football's Greatest Teams
10:00am	Scottish Cup Greatest Games
10:15am	Scottish Cup Greatest Games
10:30am	SPFL Matters
11:00am	Soccer A.M.
12:30pm	SPFL Matters
12:55pm	Football <i>Levante v Getafe.</i>
3:00pm	Gillette Soccer Saturday
4:15pm	Gillette Soccer Saturday
6:15pm	Football <i>Barcelona v Malaga.</i>
8:40pm	Football
10:45pm	EFL Goals: Championship
11:15pm	EFL Derbies: East Anglian
11:45pm	EFL Greatest Games
12:00am	EFL Greatest Games

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

**TECH FOR
THE TIMID**

Keep calm and change your password

ONE of the world's most popular password managers (LastPass) was recently hacked - but then these days, who hasn't been?

By and large though, you would expect password managers to safeguard the precious keys to your life, and they do.

Many are free: look for LastPass, Dashlane, LogMe-Once or Symantec Norton Identity Safe.

Pay a few smackers and you can add more bells and whistles, like protection for multiple devices, automatic form filling and for all I know, the ability to brew a good cup of Earl Grey.

Whatever you do, don't accept your web browser's kind offer to Save a password when you input it into a site. All it takes is for your computer to be stolen and there goes your life. Not to mention your electric toothbrush tracker.

PASSWORD is no longer the world's most popular password, but it's close. This year's winner is 123456. Followed by 12345678 and perhaps most curiously at number 11, login.

Passwords really are a pain, and the bane of our technological age, as we stagger under growing torrents of the things. Even my new electric toothbrush has a password so that I can track my brushing performance, when what I actually need is a life.

And we really are so hopeless at choosing good passwords. Even the simplest computer these days can crack a six-letter password in seconds, putting your whole identity at risk if you've decided to go with hola or cheers because you can't be but-tocked to come up with something better.

If there's anything we're even worse at than thinking-up passwords, it's remembering them. Sure, even Stephen Hawking probably couldn't remember the 80-something passwords I need to stay afloat online, for everything from managing my subscription to Barbed Wire Monthly right through to keeping Nigerian princes away from the €63 in my current account.

Offices are still replete with every IT administrator's nightmare, Post-it

Easing the pain of passwords

Hackers in the movies crack industrial-strength passwords in seconds. In real life it may take a minute. So is it worth remembering 'r87%!@# just to order a pizza online, asks TERENCE KENNEDY?



PASSWORDS: Pain in every pixel.

stickers with a password - a situation made worse by the recently-discredited practice of changing passwords every month to the bafflement of pretty much everyone involved (I once performed assault and battery on a favourite computer mouse when

last month's password would no longer let me check this month's bank balance, and to get a new password I had to enter, yes, the new password).

But now there are password managers, with a few of the most popular

listed in the panel alongside. These promise to store all your passwords and apply them where needed, as long as you remember, inevitably, One Password To Rule Them All.

Of course you could also write down every password in a notebook as you collect them - and just hope your home isn't burgled by a computer-literate Beagle Boy.

Or you could use your own down-home solution like mine: a text file of usernames and passwords, which is then compressed ('zipped') with any of the many widely-available zip programs (WinZip or 7-Zip are just two) - which let you encrypt (lock) the file with a password each time you save it. As with password managers, forget this master password and your cyberlife goes down the pan.

For my part, I'm thinking of changing my password to 'incorrect.' That way, whenever I forget it the computer will always respond: 'Your password is incorrect.' Perfect!



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BBC one

7:00am	Breakfast
8:25am	Match of the Day
10:00am	The Andrew Marr Show
11:00am	Sunday Morning Live
12:00pm	Sunday Politics
1:15pm	Bargain Hunt
2:00pm	BBC News
2:10pm	Weather for the Week Ahead
2:15pm	Homes Under the Hammer
3:15pm	Money for Nothing
4:15pm	Escape to the Country
5:00pm	Points of View
5:15pm	Songs of Praise
5:50pm	Eat Well for Less
6:50pm	BBC News
7:05pm	Regional News
7:10pm	Weather
7:15pm	Countryfile
8:15pm	Strictly Come Dancing
9:00pm	Antiques Roadshow
10:00pm	The Last Post
11:00pm	BBC News
11:20pm	Regional News
11:25pm	Weather
11:30pm	Match of the Day 2
12:30am	NFL

BBC TWO

8:35am	Gardeners' World
9:35am	Countryfile
10:30am	Saturday Kitchen Best Bites
12:00pm	Mary Berry's Foolproof Cooking
12:30pm	My Life on a Plate
1:15pm	MOTD2 Extra
2:00pm	Coast
2:20pm	Suspicion
4:00pm	Northern Italy Unpacked
5:00pm	Flog It!
6:00pm	H is for Hawk: A New Chapter - Natural World
7:00pm	Top Gear
8:00pm	Colombia with Simon Reeve
9:00pm	Robot Wars
10:00pm	Louis Theroux
11:00pm	Snowfall
11:45pm	Mock the Week
12:20am	Glory
2:15am	Question Time
3:15am	Holby City
4:15am	This is BBC Two Highlights of programmes on BBC Two.

BBC FOUR

8:00pm	Only Connect <i>A show in which connections must be made between seemingly unconnected things.</i>
8:30pm	University Challenge <i>Cult student quiz show where two rival university teams battle it out to see who has the most superior intellects.</i>
9:00pm	Jacqueline Du Pre: A Gift Beyond Words
10:00pm	Hamlet From Glyndebourne
12:50am	Jacqueline Du Pré Plays Dvorak's Cello Concerto
1:40am	Classic Cellists at the BBC
2:40am	The Brontes at the BBC
3:40am	The Story Of...

CHANNEL 4

7:20am	Kevin Can Wait
8:10am	Everybody Loves Raymond
8:35am	Everybody Loves Raymond
9:00am	Everybody Loves Raymond
9:30am	Frasier
10:00am	Frasier
10:30am	Sunday Brunch
1:30pm	Jamie's Quick and Easy Food
2:00pm	The Simpsons
2:55pm	The Simpsons
3:20pm	Rango
5:20pm	The Crystal Maze
6:20pm	The Great British Bake Off
7:35pm	Channel 4 News
8:00pm	Formula 1
8:35pm	Formula 1
11:10pm	Formula 1
12:15am	Child 44 <i>Tom Hardy and Noomi Rapace star in Daniel Espinosa's detective thriller set in 1950s Russia.</i>
2:45am	Britain's Ancient Tracks with Tony Robinson

CHANNEL 5

7:00am	Milkshake!
9:40am	Football on 5 <i>The Championship.</i>
10:30am	Football on 5 <i>Goal Rush.</i>
11:00am	Great South Run
1:00pm	Police Interceptors
2:00pm	Police Interceptors
3:00pm	Police Interceptors
3:55pm	Ace Ventura: When Nature Calls <i>Comedy sequel about the zany private detective who specialises in locating missing pets.</i>
5:35pm	Daddy Day Camp
7:15pm	Bulletproof Monk
9:05pm	Poseidon
10:55pm	5 News <i>The latest news coverage.</i>
11:00pm	2012
2:15am	Super Casino <i>Feeling lucky? Get the authentic, heart-thumping casino experience every night.</i>

4

7:00am	Rude(ish) Tube
7:30am	Couples Come Dine with Me
8:30am	Couples Come Dine with Me
9:30am	Hollyoaks Omnibus <i>A chance to catch up with all of the events and developments in Hollyoaks this week.</i>
12:00pm	Made in Chelsea
1:00pm	Don't Tell the Bride
2:00pm	Captain Ron
4:00pm	The Goldbergs
4:30pm	The Goldbergs
5:00pm	The Goldbergs
5:30pm	The Goldbergs
6:00pm	The Big Bang Theory
6:30pm	The Big Bang Theory
7:00pm	The Big Bang Theory
7:30pm	The Big Bang Theory
8:00pm	The Big Bang Theory
8:30pm	The Big Bang Theory
9:00pm	The Big Bang Theory
9:30pm	The Big Bang Theory
10:00pm	Pitch Perfect
12:15am	Naked Attraction
1:15am	Tattoo Fixers
2:15am	Rude Tube
3:15am	Don't Tell the Bride
4:15am	Hollyoaks Omnibus

sky sports main event

7:00am	Live PGA Tour Golf
8:00am	Total Goals
9:00am	Total Goals
10:00am	Cricket
12:30pm	Football
1:45pm	Live Nissan Super Sunday
4:30pm	Live Nissan Super Sunday <i>Tottenham Hotspur take on Liverpool at Wembley Stadium in the Premier League.</i>
8:00pm	AJ/Klitschko: Wembley's Greatest
8:30pm	Live USA GP: Race The United States Grand Prix from the Circuit of The Americas in Austin, Texas.
11:30pm	Live NFL: Sunday Game <i>A match from week seven of the National Football League.</i>
2:00am	Live NFL: Atlanta @ New England
5:30am	Football

itv

7:00am	CITV
10:25am	ITV News
10:30am	Australian Wilderness with Ray Mears
11:00am	Peston on Sunday
11:55am	Amazing Animal Births
12:25pm	Robson Green's Coastal Lives
12:55pm	Bigheads
1:55pm	ITV News and Weather
2:00pm	The X Factor
3:55pm	Mr Bean's Holiday
5:35pm	Victoria
6:35pm	Local News and Weather <i>All the very latest local news and weather.</i>
6:45pm	ITV News and Weather
7:00pm	Tipping Point
8:00pm	The X Factor
10:00pm	Your Song
11:00pm	ITV News and Weather
11:15pm	Peston on Sunday
12:15am	Liar

itv2

11:00am	Guidance
11:30am	L.A. Story
11:40am	Cheerleaders Steel Rays
12:05pm	Ready, Set, Style
12:35pm	Third Wheel
12:50pm	Take Me Out
1:50pm	Harry Hills Alien Fun Capsule
2:25pm	Yogi Bear
3:25pm	FYI Daily
3:30pm	Yogi Bear
4:00pm	Corpse Bride
5:05pm	FYI Daily
5:10pm	Corpse Bride
5:45pm	The Haunted Mansion
6:45pm	FYI Daily
6:50pm	The Haunted Mansion
7:30pm	The Lord of the Rings: The Two Towers
8:30pm	FYI Daily
8:35pm	The Lord of the Rings: The Two Towers
11:00pm	Family Guy
11:30pm	Family Guy
12:00am	Family Guy

itv3

7:00am	Lewis
8:40am	Heartbeat
9:40am	Heartbeat
10:45am	Murder, She Wrote
11:45am	Murder, She Wrote
12:45pm	Murder, She Wrote
1:45pm	The Railway Children
2:50pm	FYI Daily
2:55pm	The Railway Children <i>Classic period drama based on E Nesbit's book about three children whose lives change dramatically after they move from a comfortable townhouse to a small Yorkshire cottage near a railway line.</i>
4:00pm	Columbo
6:05pm	Lewis
8:00pm	Agatha Christie's Marple
10:00pm	The Syndicate
11:05pm	Honest
12:10am	Bridget Jones's Diary
1:20am	FYI Daily
1:25am	Bridget Jones's Diary
2:10am	The Knock

itv4

7:00am	The Protectors
7:30am	The Avengers
8:20am	The Avengers
9:20am	The Sweeney
10:20am	British Superbike Highlights
11:55am	Cash Cowboys
12:50pm	Pawn Stars
1:15pm	Pawn Stars
1:45pm	Lonely are the Brave
2:45pm	FYI Daily
2:50pm	Lonely are the Brave
4:00pm	Rio Bravo
5:00pm	FYI Daily
5:05pm	Rio Bravo
6:50pm	Hornblower <i>Hornblower sets sail on a dangerous mission to the West Indies.</i>
9:00pm	The Chase: Celebrity Special
10:00pm	Last Man Standing
11:00pm	FYI Daily
11:05pm	Last Man Standing
12:05am	Car Crash Global
1:05am	United 93
2:05am	FYI Daily
2:10am	United 93
3:15am	Tommy Cooper

sky CINEMA ACTION & ADVENTURE

9:35am	Independence Day: Resurgence
11:40am	Twister
1:40pm	The Day the Earth Stood Still
3:40pm	2012
6:25pm	Independence Day
9:00pm	Independence Day: Resurgence
11:00pm	2012
1:45am	The Bourne Supremacy
10:40am	Couples Retreat
1:00pm	Year One
2:45pm	Did You Hear About the Morgans?
4:35pm	Mike and Dave Need Wedding Dates
6:20pm	Big
8:10pm	Did You Hear About the Morgans?
10:00pm	Mike and Dave Need Wedding Dates
11:45pm	Mrs. Brown's Boys
1:25am	D'Movie
1:25am	Grimsby

sky CINEMA PREMIERE

7:00am	Fences
9:25am	Monster Trucks
11:15am	Sing
1:10pm	Billy Lynn's Long Halftime Walk
3:10pm	Billy Lynn's Long Halftime Walk: Special
3:25pm	Why Him?
5:20pm	Monster Trucks
7:10pm	Sing
9:00pm	Billy Lynn's Long Halftime Walk
11:00pm	Why Him?
1:00am	Split <i>Three teenage girls are abducted by a man struggling with dissociative identity disorder.</i>
3:00am	The Escorts
4:45am	Let Her Out <i>A young woman recovering from an accident finds herself plagued by traumatic visions, hallucinations and blackouts.</i>

sky sports football

7:00am	Football
9:25am	EFL Goals: Championship
10:00am	EFL Goals: League 1 and 2
10:30am	The Sunday Supplement
12:00pm	EFL Goals: Championship
12:30pm	Football
3:15pm	La Liga Highlights: Barcelona
3:30pm	La Liga Icons
4:00pm	La Liga Greatest Games
4:10pm	Football <i>Celta Vigo v Atletico Madrid</i>
6:10pm	La Liga Highlights: Barcelona
6:25pm	Football
8:30pm	La Liga Greatest Games
8:40pm	Football <i>Real Madrid v Eibar.</i>
10:45pm	Live MLS Goal Zone
12:30am	La Liga Highlights: Real Madrid
12:45am	EFL Goals: Championship

|| 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.

Travel

Roman baths in Casares

IF you have a nose for history then a visit to the Baños de la Hedionda (Casares, Malaga) might be a good idea.

That is if you also have a nose that can ignore the smell of sulphur in the baths which date back to Roman times and are said to be where the devil breathed out after being expelled from heaven.

These sulphurous springs are difficult to reach but are still accessible to the public if somewhat tatty as they have been partly vandalised over the past few years.

History records that Roman legionaries on the side of Julius Caesar visited the area in 61AD prior to one of the major battles with the troops of Pom-



SULPHUROUS SPRING: A chamber in the baths.

pey and those suffering from the skin complaint Scabies were said to have recovered after bathing in the waters.

Although it is not confirmed that Caesar himself was a visi-

tor, work was undertaken in the baths over the centuries by the Romans, Moors and Spanish, and the area next to the Rio Manilva has been declared an area of local cultural interest.

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GOOD NEWS FOR YOUR CAR 902 123 309



BBC one

10:15am	Rip Off Britain
11:00am	Homes Under the Hammer
12:00pm	A Matter of Life and Debt
12:45pm	Caught Red Handed
1:15pm	Bargain Hunt
2:00pm	BBC News
2:30pm	Regional News
2:45pm	Doctors
3:15pm	Impossible
4:00pm	Escape to the Country
4:45pm	Money for Nothing
5:30pm	Antiques Road Trip
6:15pm	Pointless
7:00pm	BBC News
7:30pm	Regional News
8:00pm	The One Show
8:30pm	Inside Out
9:00pm	EastEnders
9:30pm	Trouble with Being 100
10:30pm	Mrs. Brown's Boys
11:00pm	BBC News
11:30pm	Regional News
11:40pm	Weather
11:45pm	Have I Got a Bit More News for You
12:30am	The Graham Norton Show

BBC TWO

7:30am	Rip Off Britain
8:15am	A Matter of Life and Debt
9:00am	The Big Family Cooking Showdown
10:00am	Victoria Derbyshire
12:00pm	BBC Newsroom Live <i>Stay up to date on the day's top stories, with the latest breaking news as it happens.</i>
1:00pm	The Daily Politics
2:00pm	The Code
2:45pm	Restoration Home
3:45pm	Family Finders
4:15pm	Full Steam Ahead
5:15pm	Sea Cities
6:15pm	Flog It!
7:00pm	Eggheads
7:30pm	Strictly it Takes Two
8:00pm	Grenfell Tower: The 21st Floor - BBC Newsnight
8:30pm	University Challenge
9:00pm	Autumnwatch 2017
10:00pm	Elizabeth I's Secret Agents
11:00pm	W1A
11:30pm	Newsnight
12:10am	Weather

BBC FOUR

8:00pm	Beyond 100 Days
8:30pm	Oak Tree: Nature's Greatest Survivor
10:00pm	A Year in an English Garden: Flicker + Pulse
11:00pm	The Vietnam War
11:55pm	The Vietnam War
12:45am	Lost Kingdoms of Central America
1:45am	Dan Cruickshank's Adventures in Architecture <i>Historian and writer Dan Cruickshank celebrates architecture as a creative force as he explores the world's greatest cities, buildings and monuments. In the first episode, Cruickshank explores how humanity has created beauty through architecture.</i>
2:45am	I Know Who You are
3:55am	Who's Afraid of Conceptual Art?

CHANNEL 4

8:40am	Everybody Loves Raymond
9:05am	Everybody Loves Raymond
9:35am	Everybody Loves Raymond
10:05am	Frasier
10:35am	Frasier
11:05am	Ramsay's Kitchen Nightmares USA
12:00pm	Undercover Boss USA
1:00pm	Channel 4 News
1:05pm	Come Dine with Me
2:05pm	A New Life in the Sun
3:10pm	Countdown
4:00pm	Find it Fix it Flog it
5:00pm	My Kitchen Rules
6:00pm	Four in a Bed
6:30pm	Steph and Dom's One Star to Five Star
7:00pm	The Simpsons
7:30pm	Hollyoaks
8:00pm	Channel 4 News
9:00pm	Dispatches
9:30pm	Tricks of the Restaurant Trade
10:00pm	Feral Families
11:00pm	First Dates
12:00am	Celebrity Hunted

CHANNEL 5

7:00am	Milkshake!
10:15am	The Wright Stuff
12:15pm	Can't Pay? We'll Take it Away!
1:10pm	5 News
1:15pm	The Gadget Show
2:15pm	Home and Away
2:45pm	Neighbours
3:15pm	NCIS
4:15pm	Dangerous Lessons
6:00pm	5 News <i>National and international news.</i>
6:30pm	Neighbours
7:00pm	Home and Away
7:30pm	5 News
8:00pm	MotoGP
9:00pm	All New Traffic Cops
10:00pm	Paddington Station 24/7 <i>Documentary series going behind the scenes at Paddington, and the Western Network.</i>
11:00pm	Hunted and Confronted: Cowboys, Crooks and Chancers
12:00am	The Island
2:15am	Super Casino

4

7:00am	Hollyoaks
8:00am	Charmed
9:00am	Charmed
10:00am	Melissa and Joey
10:30am	Melissa and Joey
11:00am	Baby Daddy
11:30am	Baby Daddy
12:00pm	How I Met Your Mother
1:00pm	New Girl
1:30pm	New Girl
2:00pm	The Big Bang Theory
2:30pm	The Big Bang Theory
3:00pm	The Goldbergs
3:30pm	The Goldbergs
4:00pm	How I Met Your Mother
5:00pm	New Girl
5:30pm	New Girl
6:00pm	The Goldbergs
6:30pm	Stage School
7:00pm	The Big Bang Theory
7:30pm	The Big Bang Theory
8:00pm	Hollyoaks
8:30pm	Extreme Cake Makers
9:00pm	The Big Bang Theory
9:30pm	The Big Bang Theory
10:00pm	Made in Chelsea
11:00pm	Tattoo Fixers
12:00am	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 Daily
1:00pm	Live ATP 500: Vienna
7:00pm	Live ATP 500: Basel <i>Day one of the Swiss Indoors from Basel.</i>
11:00pm	Boxing
11:30pm	Sky Sports News <i>Round up of all the day's sports news.</i>
12:00am	Through the Night
1:00am	Through the Night
2:00am	NFL Masterclass
2:15am	Live NFL: Washington @ Philadelphia

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	Dickinson's Real Deal
4:00pm	Alphabetical
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	Countrywise
9:30pm	Coronation Street
10:00pm	Piers Morgan's Life Stories
11:00pm	ITV News and Weather
11:45pm	The Best: The FIFA World Football Awards 2017
12:50am	Gordon Ramsay on Cocaine
1:40am	Jackpot247

itv2

7:00am	The Cube
7:50am	Totally Bonkers
8:15am	The Great Indoors
9:00am	Emmerdale
9:30am	Coronation Street
10:30am	The Ellen DeGeneres Show
11:20am	The Great Indoors
12:15pm	Dress to Impress
1:20pm	Emmerdale
1:50pm	Coronation Street
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
10:30pm	American Dad!
11:00pm	Timewasters
11:30pm	Family Guy
12:00am	Family Guy

itv3

7:00am	Classic Coronation Street
7:25am	Classic Coronation Street
7:55am	Heartbeat
8:55am	Wild at Heart
9:50am	Judge Judy
10:15am	Judge Judy
10:45am	Judge Judy
11:15am	Inspector Morse
1:35pm	Wild at Heart
2:40pm	Heartbeat
3:40pm	Classic Coronation Street
4:15pm	Classic Coronation Street
4:45pm	Inspector Morse
7:00pm	Heartbeat
8:00pm	Murder, She Wrote
9:00pm	Agatha Christie's Marple
11:05pm	Lewis
1:00am	Inspector Morse
3:15am	ITV3 Nightscreen
3:30am	Teleshopping <i>Innovative, value-for-money products brought directly to you at home.</i>

itv4

7:00am	Snooker v Darts
7:05am	The Chase
7:55am	The Chase
8:45am	Counting Cars
9:10am	Counting Cars
9:40am	Pawn Stars
10:05am	Pawn Stars
10:35am	Ironsides
11:40am	Quincy, M.E.
12:40pm	The Sweeney
1:45pm	The Avengers
2:50pm	Ironsides
3:55pm	Quincy, M.E.
5:00pm	The Sweeney
6:00pm	The Avengers
7:05pm	Counting Cars
7:35pm	Counting Cars
8:00pm	Pawn Stars
8:30pm	Pawn Stars
9:00pm	River Monsters
9:30pm	River Monsters
10:00pm	Car Crash Global
11:00pm	Out for Justice
12:10am	FYI Daily
12:15am	Out for Justice
12:50am	Hard Target
1:50am	FYI Daily
1:55am	Hard Target
2:55am	Motorsport UK
3:45am	ITV4 Nightscreen

sky CINEMA ACTION & ADVENTURE

8:35am	Lawrence of Arabia
12:10pm	Captain America: Civil War
2:40pm	The Matrix
5:00pm	Rocky
7:00pm	Lethal Weapon
9:00pm	Captain America: Civil War
11:30pm	The Matrix
1:50am	The Bourne Ultimatum
3:50am	Bloodsport

sky CINEMA COMEDY

8:15am	1941
10:20am	Adult Beginners
12:00pm	Just Married
1:40pm	You Don't Mess with the Zohan
3:40pm	Hot Tub Time Machine
5:30pm	Hot Shots!
7:00pm	Miss Congeniality
9:00pm	You Don't Mess with the Zohan
11:00pm	Hot Tub Time Machine
12:45am	Starsky and Hutch

sky CINEMA PREMIERE

7:00am	Moana: Special
7:30am	Why Him?
9:30am	Blade Runner 2049
10:00am	Sing
11:55am	Louis and Luca: The Big Cheese Race
1:25pm	Monster Trucks
3:15pm	Billy Lynn's Long Halftime Walk
5:15pm	Billy Lynn's Long Halftime Walk: Special
5:30pm	Sing
7:30pm	Louis and Luca: The Big Cheese Race
9:00pm	Why Him?
11:00pm	Billy Lynn's Long Halftime Walk
1:00am	The Escorts
2:45am	My Father Die
4:30am	Let Her Out <i>A young woman recovering from an accident finds herself plagued by traumatic visions, hallucinations and blackouts.</i>

sky sports football

12:15pm	La Liga Highlights: Barcelona
12:30pm	Football
2:35pm	Football Years
3:00pm	Football
5:05pm	Football's Greatest Teams
5:30pm	La Liga Greatest Games
5:45pm	La Liga Greatest Games
6:00pm	Football Years
6:30pm	Football Countdowns
7:00pm	Soccer A.M.
7:30pm	La Liga Greatest Games
7:45pm	La Liga Greatest Games
8:00pm	Football Years
8:30pm	La Liga Greatest Games
8:40pm	Football
10:45pm	SPFL Greatest Games
11:00pm	SPFL Round Up 2017/18
11:15pm	Scottish Cup Greatest Games
11:30pm	Soccer A.M.
12:00am	The Best La Liga Goals 2016/17

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BBCone

7:00am	Breakfast
10:15am	Rip Off Britain
11:00am	Homes Under the Hammer
12:00pm	A Matter of Life and Debt
12:45pm	Caught Red Handed
1:15pm	Bargain Hunt
2:00pm	BBC News
2:30pm	Regional News <i>All the latest local news.</i>
2:45pm	Doctors
3:15pm	Impossible
4:00pm	Escape to the Country
4:45pm	Money for Nothing
5:30pm	Antiques Road Trip
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	Our Girl
11:00pm	BBC News
11:30pm	Regional News
11:40pm	Weather
11:45pm	Valley Cops
12:30am	Double Mastectomy Twins

BBC TWO

7:00am	Real Lives Reunited
7:30am	Money for Nothing
8:15am	A Matter of Life and Debt
9:00am	Billion Dollar Deals and How They Changed Your World
10:00am	Victoria Derbyshire
12:00pm	BBC Newsroom Live
1:00pm	The Daily Politics
2:00pm	The Code
2:45pm	Restoration Home
3:45pm	Family Finders
4:15pm	The World's Busiest Railway
5:15pm	Sea Cities
6:15pm	Flog It!
7:00pm	Eggheads
7:30pm	Strictly It Takes Two
8:00pm	Further Back in Time for Dinner
9:00pm	Autumnwatch 2017
10:00pm	This World
11:00pm	Later Live... with Jools Holland
11:30pm	Newsnight
12:10am	Weather
12:15am	Elizabeth I's Secret Agents
1:15am	NFL
2:05am	The Apprentice

BBC FOUR

8:00pm	Beyond 100 Days <i>The latest national and international news, exploring the day's events from a global perspective.</i>
8:30pm	The Gardeners of Kabul
9:00pm	Handmade: Glass
9:30pm	Handmade on the Silk Road
10:00pm	Retreat: Meditations From a Monastery
11:00pm	Genius of the Ancient World
12:00am	The Art of Fly Fishing
1:00am	All Aboard! The Country Bus
3:00am	I Know Who You are
4:10am	The Gardeners of Kabul <i>Five hundred years ago, the Emperor Babur laid out beautiful gardens in the city of Kabul, now the capital of Afghanistan.</i>

CHANNEL 4

9:05am	Everybody Loves Raymond
9:35am	Everybody Loves Raymond
10:05am	Frasier
10:35am	Frasier
11:05am	Ramsay's Hotel Hell
12:00pm	Undercover Boss USA
1:00pm	Channel 4 News
1:05pm	Come Dine with Me
2:05pm	A New Life in the Sun
3:10pm	Countdown
4:00pm	Find it Fix it Flog it
5:00pm	My Kitchen Rules
6:00pm	Four in a Bed
6:30pm	Steph and Dom's One Star to Five Star
7:00pm	The Simpsons
7:30pm	Hollyoaks
8:00pm	Channel 4 News
9:00pm	The Great British Bake Off
10:15pm	Celebrity Hunted
11:15pm	The End of the f****ing World
11:45pm	Gogglebox
12:45am	How to Get a Council House

CHANNEL 5

7:00am	Milkshake!
10:15am	The Wright Stuff
12:15pm	Can't Pay? We'll Take it Away!
1:10pm	5 News
1:15pm	The Hotel Inspector Returns
2:10pm	Access
2:15pm	Home and Away
2:45pm	Neighbours
3:20pm	NCIS
4:20pm	Abducted: The Jocelyn Shaker Story
6:00pm	5 News
6:30pm	Neighbours
7:00pm	Home and Away
7:30pm	5 News
8:00pm	Tony Robinson: Coast to Coast
9:00pm	The Yorkshire Vet
10:00pm	Ben Fogle: New Lives in the Wild
11:00pm	When Celebrity Goes Horribly Wrong
2:00am	Super Casino
4:10am	GP's: Behind Closed Doors
5:00am	Criminals Caught on Camera
5:25am	Criminals Caught on Camera

4

7:00am	Hollyoaks
7:30am	Hollyoaks
8:00am	Charmed
9:00am	Charmed
10:00am	Melissa and Joey
10:30am	Melissa and Joey
11:00am	Baby Daddy
11:30am	Baby Daddy
12:00pm	How I Met Your Mother
1:00pm	New Girl
1:30pm	New Girl
2:00pm	The Big Bang Theory
2:30pm	The Big Bang Theory
3:00pm	The Goldbergs
3:30pm	The Goldbergs
4:00pm	How I Met Your Mother
5:00pm	New Girl
5:30pm	New Girl
6:00pm	The Goldbergs
6:30pm	Stage School
7:00pm	The Big Bang Theory
7:30pm	The Big Bang Theory
8:00pm	Hollyoaks
8:30pm	Extreme Cake Makers
9:00pm	The Big Bang Theory
9:30pm	The Big Bang Theory
10:00pm	Die Hard 2
12:25am	The Big Bang Theory

sky sports main event

7:00am	Good Morning Sports Fans
7:30am	Good Morning Sports Fans
8:00am	Good Morning Sports Fans
8:30am	Good Morning Sports Fans
9:00am	Good Morning Sports Fans
9:30am	Good Morning Sports Fans
10:00am	Good Morning Sports Fans
11:00am	Premier League Daily
12:00pm	Sky Sports Daily
12:30pm	Sportswomen
1:00pm	Sky Sports Today
2:00pm	Sky Sports Today
3:00pm	Live ATP 500: Basel
8:30pm	Football
11:00pm	Boxing
11:30pm	Sky Sports News
12:00am	Through the Night
1:00am	Through the Night
2:00am	Live WWE Late Night Smackdown
4:00am	Through the Night

itv

7:00am	Good Morning Britain
9:30am	Lorraine
10:25am	The Jeremy Kyle Show
11:30am	This Morning
1:30pm	Loose Women
2:30pm	ITV Lunchtime News
3:00pm	Dickinson's Real Deal
4:00pm	Alphabetical
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
9:30pm	Call the Cleaners
10:00pm	The 18-30 Stone Holiday
11:00pm	ITV News
11:40pm	After the News
12:15am	Lethal Weapon
1:05am	Jackpot247 <i>Join the presenters live and play roulette on your telly.</i>
4:00am	Loose Women
4:40am	Nightscreen

itv2

8:15am	The Great Indoors
8:40am	The Great Indoors
9:00am	Emmerdale
9:30am	Coronation Street
10:30am	The Ellen DeGeneres Show
11:20am	The Great Indoors
11:50am	The Great Indoors
12:15pm	Dress to Impress
1:20pm	Emmerdale
1:50pm	Coronation Street
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	The 40 Year Old Virgin
11:00pm	FYI Daily
11:05pm	The 40 Year Old Virgin
12:25am	Family Guy

itv3

7:00am	Classic Coronation Street
7:25am	Classic Coronation Street
7:50am	Heartbeat
8:50am	Wild at Heart
9:50am	Judge Judy
10:15am	Judge Judy
10:45am	Judge Judy
11:10am	Inspector Morse
1:30pm	Wild at Heart
2:35pm	Heartbeat
3:40pm	Classic Coronation Street
4:15pm	Classic Coronation Street
4:45pm	Inspector Morse
7:00pm	Heartbeat
8:00pm	Murder, She Wrote
9:00pm	Midsomer Murders
11:05pm	Lewis
1:00am	Inspector Morse <i>Police drama series featuring Colin Dexter's enigmatic chief inspector and his sidekick Sergeant Lewis.</i>
3:10am	ITV3 Nightscreen
3:30am	Teleshopping

itv4

7:00am	Nijinsky's Triple Crown
7:05am	The Chase
7:55am	The Chase
8:45am	Counting Cars
9:10am	Counting Cars
9:35am	Pawn Stars
10:05am	Pawn Stars
10:35am	Ironsides
11:35am	Quincy, M.E.
12:40pm	The Sweeney
1:45pm	The Avengers
2:50pm	Ironsides
3:55pm	Quincy, M.E.
5:00pm	The Sweeney
6:00pm	The Avengers
7:05pm	Counting Cars
7:35pm	Counting Cars
8:00pm	Pawn Stars
8:30pm	Pawn Stars
9:00pm	World Superbike Highlights 2017
10:00pm	Benidorm
11:00pm	Car Crash Global
12:00am	Driven to Kill
1:00am	FYI Daily
1:05am	Driven to Kill
2:05am	Renegades
3:05am	FYI Daily
3:10am	Renegades

sky CINEMA ACTION & ADVENTURE

11:55am	Jack Reacher: Never Go Back
1:55pm	The Matrix Reloaded
4:15pm	Spider-Man 3
6:40pm	The Mask of Zorro
9:00pm	Jack Reacher: Never Go Back
11:00pm	The Matrix Reloaded
1:20am	Deadly Departure
3:05am	Drop Zone

sky CINEMA COMEDY

8:15am	Mr. Right
10:00am	Date and Switch
11:40am	Three Amigos!
1:30pm	Bridget Jones's Baby
3:40pm	Little Man
5:25pm	Hot Shots! Part Deux
7:00pm	Miss Congeniality 2: Armed and Fabulous
9:00pm	Bridget Jones's Baby
11:15pm	Little Man
1:00am	Dodgeball: A True Underdog Story
2:45am	The Joshua Tree
4:30am	5 to 7

sky CINEMA PREMIERE

7:00am	Fantastic Beasts and Where to Find Them: Special <i>Sky Movies takes a behind-the-scenes look at the latest trip into JK Rowling's wizarding world.</i>
7:30am	Why Him?
9:35am	Louis and Luca: The Big Cheese Race
11:05am	Sing
1:10pm	One Last Score
3:05pm	Billy Lynn's Long Halftime Walk
5:15pm	Billy Lynn's Long Halftime Walk: Special
5:30pm	Louis and Luca: The Big Cheese Race
7:00pm	Sing
9:00pm	Why Him?
11:00pm	One Last Score
12:50am	Billy Lynn's Long Halftime Walk
2:55am	My Father Die
4:45am	Let Her Out

sky sports football

1:15pm	SPFL Round Up 2017/18
1:30pm	Scottish Cup Greatest Games
1:45pm	MLS Round Up Show
2:15pm	Soccer A.M.
2:45pm	EFL Greatest Games
3:00pm	MLS Greatest Games
4:00pm	Football's Greatest
4:30pm	Football's Greatest Teams
5:00pm	Scottish Cup Greatest Games
5:30pm	La Liga Greatest Games
6:00pm	Football Years
6:30pm	Football Countdowns
7:00pm	SPFL Round Up 2017/18
7:15pm	Scottish Cup Greatest Games
7:30pm	MLS Round Up Show
8:00pm	EFL Derbies: Second City
8:30pm	Football
11:00pm	Revista de la Liga
11:30pm	La Liga World
12:00am	EFL Derbies: Second City

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BBC one

7:00am	Breakfast
10:15am	Rip Off Britain
11:00am	Homes Under the Hammer
12:00pm	A Matter of Life and Debt
12:45pm	Caught Red Handed
1:15pm	Bargain Hunt
2:00pm	BBC News
2:30pm	Regional News
2:45pm	Doctors
3:15pm	Impossible
4:00pm	Escape to the Country
4:45pm	Money for Nothing
5:30pm	Antiques Road Trip
6:15pm	Pointless
7:00pm	BBC News
7:30pm	Regional News
8:00pm	The One Show
9:00pm	Eat Well for Less
10:00pm	The Apprentice
11:00pm	BBC News
11:30pm	Regional News
11:40pm	Weather
11:45pm	A Question of Sport
12:15am	The Ganges with Sue Perkins
1:15am	Weather for the Week Ahead
1:20am	BBC News

BBC TWO

7:00am	Real Lives Reunited
7:30am	Money for Nothing
8:15am	A Matter of Life and Debt
9:00am	Great British Menu
10:00am	Victoria Derbyshire
12:00pm	BBC Newsroom Live
12:30pm	The Daily Politics
2:00pm	The Code
2:45pm	Restoration Home
3:45pm	Family Finders
4:15pm	The World's Busiest Railway
5:15pm	Sea Cities
6:15pm	Flog It!
	<i>Antiques show which helps amateur auctioneers, collectors and bargain-hunters make a saving.</i>
7:00pm	Eggheads
7:30pm	Strictly it Takes Two
8:00pm	Further Back in Time for Dinner
9:00pm	Autumnwatch 2017
10:00pm	Army: Behind the New Frontlines
11:00pm	The Apprentice: You're Fired!
11:30pm	Newsnight
12:10am	Weather
12:15am	Louis Theroux

BBC FOUR

8:00pm	Beyond 100 Days
	<i>The latest national and international news, exploring the day's events from a global perspective. series 1.</i>
8:30pm	Great Continental Railway
	<i>Journeys Michael Portillo sets off with his 1913 guide down the spine of Italy from Rome to Sicily.</i>
9:00pm	Handmade: Wood
9:30pm	Handmade on the Silk Road
10:00pm	Retreat: Meditations From a Monastery
11:00pm	Genius of the Ancient World
	<i>Series in which historian Bettany Hughes investigates three giants of ancient philosophy.</i>
12:00am	All Aboard! The Canal Trip
2:00am	Virtuoso Violinists at the BBC
3:40am	I Know Who You are

CHANNEL 4

7:20am	King of Queens
8:40am	Everybody Loves Raymond
10:05am	Frasier
11:05am	Ramsay's Hotel Hell
12:00pm	Undercover Boss USA
1:00pm	Channel 4 News
	<i>Includes weather and sport.</i>
1:05pm	Come Dine with Me
2:05pm	A New Life in the Sun
3:10pm	Countdown
4:00pm	Find it Fix it Flog it
5:00pm	My Kitchen Rules
6:00pm	Four in a Bed
6:30pm	Steph and Dom's One Star to Five Star
7:00pm	The Simpsons
7:30pm	Hollyoaks
8:00pm	Channel 4 News
8:55pm	SUZC
9:00pm	Ugly House to Lovely House with George Clarke
10:00pm	Grand Designs
11:00pm	Man Down
11:30pm	Feral Families
12:30am	Educating Greater Manchester
1:25am	Pokerstars Championship

CHANNEL 5

7:00am	Milkshake!
10:15am	The Wright Stuff
12:15pm	Can't Pay? We'll Take it Away!
1:10pm	5 News
1:15pm	The Hotel Inspector Returns
2:10pm	Access
2:15pm	Home and Away
2:45pm	Neighbours
3:20pm	NCIS
4:20pm	The Good Witch's Destiny
6:00pm	5 News
6:30pm	Neighbours
7:00pm	Home and Away
7:30pm	5 News
8:00pm	Britain by Bike with Larry and George Lamb
9:00pm	GPS: Behind Closed Doors
10:00pm	The Nightmare Neighbour Next Door
11:00pm	Where There's Blame, There's a Claim
11:35pm	Football on 5
	<i>The Carabao Cup.</i>
1:05am	Traffic Cops
2:00am	Super Casino
4:10am	The Yorkshire Vet

4

7:00am	Hollyoaks
7:30am	Hollyoaks
8:00am	Charmed
9:00am	Charmed
10:00am	Melissa and Joey
10:30am	Melissa and Joey
11:00am	Baby Daddy
11:30am	Baby Daddy
12:00pm	How I Met Your Mother
1:00pm	New Girl
2:00pm	The Big Bang Theory
2:30pm	The Big Bang Theory
3:00pm	The Goldbergs
3:30pm	The Goldbergs
4:00pm	How I Met Your Mother
4:30pm	How I Met Your Mother
5:00pm	New Girl
5:30pm	New Girl
6:00pm	The Goldbergs
6:30pm	Stage School
7:00pm	The Big Bang Theory
7:30pm	The Big Bang Theory
8:00pm	Hollyoaks
8:30pm	Extreme Cake Makers
9:00pm	The Big Bang Theory
9:30pm	The Big Bang Theory
10:00pm	Don't Tell the Bride
11:00pm	First Dates Abroad
12:00am	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	Cricket
	<i>India v New Zealand.</i>
5:00pm	Live ATP 500: Basel
	<i>Day three of the Swiss Indoors in Basel.</i>
8:30pm	Football
	<i>Tottenham Hotspur v West Ham United.</i>
11:00pm	Boxing
11:30pm	Sky Sports News at Ten
	<i>Round up of all the day's sports news.</i>
12:00am	Sky Sports News
1:00am	Sky Sports News
2:00am	Sky Sports News
3:00am	Sky Sports News
4:00am	Sky Sports News
5:00am	Live WGC - HSBC Champions

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	Dickinson's Real Deal
4:00pm	Alphabetical
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	Bad Move
9:30pm	Coronation Street
	<i>More drama and turmoil from the residents of Coronation Street in the longest running TV Soap.</i>
10:00pm	Doc Martin
11:00pm	ITV News
11:45pm	After the News
12:15am	The Jonathan Ross Show
1:15am	Jackpot247

itv2

8:40am	The Great Indoors
9:00am	Emmerdale
9:30am	The Cube
10:30am	The Ellen DeGeneres Show
11:20am	The Great Indoors
11:50am	The Great Indoors
12:15pm	Dress to Impress
1:20pm	Emmerdale
1:50pm	You've Been Framed Gold!
2:20pm	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	Celebrity Showmance
11:00pm	Family Guy
11:30pm	Family Guy
12:05am	Family Guy

itv3

7:00am	Classic Coronation Street
7:25am	Classic Coronation Street
7:55am	Heartbeat
	<i>Drama, set in the North Yorkshire moors in the 1960's.</i>
8:55am	Wild at Heart
9:50am	Judge Judy
10:15am	Judge Judy
10:45am	Judge Judy
11:15am	Inspector Morse
1:30pm	Wild at Heart
2:35pm	Heartbeat
3:40pm	Classic Coronation Street
4:15pm	Classic Coronation Street
4:45pm	Inspector Morse
7:00pm	Heartbeat
8:00pm	Murder, She Wrote
	<i>Drama series about a sleuthing writer who solves murder mysteries.</i>
9:00pm	Foyle's War
11:10pm	Lewis
1:00am	Inspector Morse
3:15am	ITV3 Nightscreen
	<i>Text-based information service.</i>
3:30am	Teleshopping

itv4

7:00am	World Cup Top Goalscorers
7:10am	The Chase
8:00am	The Chase
8:50am	Counting Cars
9:10am	Counting Cars
9:40am	Pawn Stars
10:05am	Pawn Stars
10:35am	Ironsides
11:40am	Quincy, M.E.
12:40pm	The Sweeney
1:45pm	The Avengers
2:50pm	Ironsides
3:55pm	Quincy, M.E.
5:00pm	The Sweeney
6:00pm	The Avengers
7:05pm	Counting Cars
7:35pm	Counting Cars
8:00pm	Pawn Stars
8:30pm	Pawn Stars
9:00pm	Parking Wars
10:00pm	Tomorrow Never Dies
11:10pm	FYI Daily
11:15pm	Tomorrow Never Dies
12:25am	United 93
1:25am	FYI Daily
1:30am	United 93
2:35am	The Sweeney
3:35am	British Touring Car Crashes and Smashes

sky CINEMA ACTION & ADVENTURE

9:40am	I-Spy
11:30am	The Matrix
	<i>Revolutions</i>
1:45pm	The Great Escape
4:40pm	The Bourne Identity
6:45pm	The Legend of Zorro
9:00pm	Star Wars: Episode VII - The Force Awakens
11:20pm	The Matrix
	<i>Revolutions</i>
1:35am	The Bourne Identity

sky CINEMA COMEDY

8:05am	In Her Shoes
10:20am	Welcome to Me
11:55am	Robin Hood: Men in Tights
1:45pm	Any Which Way You Can
3:45pm	Barbershop: The Next Cut
5:45pm	Popstar: Never Stop Never Stopping
7:15pm	Uncle Buck
9:00pm	Any Which Way You Can
11:00pm	Popstar: Never Stop Never Stopping
12:35am	The Boss
2:20am	Beverly Hills Cop

sky CINEMA PREMIERE

7:20am	Louis and Luca: The Big Cheese Race
8:50am	Billy Lynn's Long Halftime Walk
11:00am	Sing
1:05pm	Why Him?
	<i>Raucous comedy about a protective dad less than thrilled when his daughter begins dating a foul-mouthed playboy millionaire.</i>
3:10pm	Louis and Luca: The Big Cheese Race
4:45pm	Billy Lynn's Long Halftime Walk
	<i>Powerhouse drama about a young private's surreal experience of swapping a war zone for a victory parade.</i>
6:45pm	Billy Lynn's Long Halftime Walk: Special
7:00pm	Sing
9:00pm	Why Him?
11:00pm	Cemetery of Splendour
1:15am	One Last Score

sky sports football

12:30pm	SPFL Round Up 2017/18
12:45pm	Scottish Cup
	<i>Greatest Games</i>
1:00pm	MLS Round Up Show
1:30pm	Carabao Cup
	<i>Highlights</i>
2:00pm	Revista de la Liga
2:30pm	La Liga World
3:00pm	SPFL Round Up 2017/18
3:15pm	Scottish Cup
	<i>Greatest Games</i>
3:30pm	MLS Round Up Show
4:00pm	Football's Greatest
4:30pm	Football's Greatest Teams
5:00pm	Carabao Cup
	<i>Highlights</i>
5:30pm	La Liga Greatest Games
5:45pm	La Liga Greatest Games
6:00pm	Football Years
6:30pm	Carabao Cup
	<i>Highlights</i>
7:00pm	Revista de la Liga
7:30pm	La Liga World
8:00pm	Carabao Cup
	<i>Highlights</i>
8:30pm	Football
11:15pm	Eredivisie
12:15am	La Liga Icons



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WHILE the sight of a matador toying with a bull is the iconic image of Spain's obsession with the animal, there are several other controversial festivities which focus on the horned beast.

The most famous is Pamplona, which sees thousands of locals and tourists take to the streets of the city.

The catch: bulls are set free behind the willing runners before being slaughtered in the bullring that very same evening.

This year's event saw almost as many protestors as runners as those for and against the festival clashed.

One of the most controversial bull 'traditions,' is the Toro Embolado... also known as 'the Burning of the Bulls.'

Although rarer these days, the Toro Embolado sees a bull's horns set alight while it runs around attempting to extinguish the flames.

The custom hit international headlines in July this year after a video showed a bull 'commit suicide' by driving itself into a wooden post after its horns had been set alight during a show in Valencia.

And it doesn't stop there. Of the countless other tradi-

Outside the ring

tions which protesters are trying to ban, the encierros - which take place in rural communities - are near the top of the list.

Setting a bull free in an open field, dozens of men mount horses or run after the bull on foot, armed with rocks and spears.

The aim is to drive a spear through the bull bringing it to an abrupt stop. In reality the

Each year, approximately 250,000 bulls are killed in bullfights around the world.



bull often limps on for much longer than intended, enduring multiple blows before it finally gives in.

With bullfighting on the ropes, campaigners will hope that these traditions - and many more like them - are also given the boot.

Cock and bull story

SAY what you will about bullfighting. But to go into a ring against a 1,000 kg bull armed with no more than a sword and a cloak takes a lot of courage.

This year alone, two matadors have lost their lives in the ring and several more have been injured. The latest to lose his life was legendary matador Iván Fandiño who was gored after tripping on his cape.

Others are more fortunate and live to tell the tale, but suffer life changing injuries.

One of the most famous incidents took place in Madrid earlier this year

where onlookers were left wincing after matador Juan Miguel took a horn to the nether region as he was tossed into the air.

His colleague Frenchman Andy Younes then suffered a catastrophic injury of his own after being thrown into the air before landing on his head as he attempted to tame the bull.

Of Spain's most famous matadors to return to the ring Juan Jose Padilla must top the list. Losing an eye to a bull in 2011, Padilla came back to fight again. However, last year, almost five years since the horrific goring, Padilla was again struck in the face and gored in the same eye socket.

Whether or not Padilla dons the traje de luces again remains to be seen. But no one would blame him if he calls it a day.

To ban or not to ban has long been the question. Trick or treat?

It is not just the matadors doing the fighting, as those for and against Spain's most controversial tradition engage in verbal sparring outside of the ring. David Noon takes a look at the history of bullfighting and weighs up whether or not Spain should consign the corrida to history.

IT was once considered as ingrained in Spanish culture as tapas or flamenco, but a decade of decline suggests that the corrida's days are numbered.

As the gates are locked on many iconic bullrings across the country, it begs the question of whether or not Spain's controversial tradition can limp on for much longer.

In 2017, where animal rights and political correctness sit on lofty pedestals, the decadence of bullfighting jolts somewhat out of kilter.

And many would argue - and do so, en masse - that bullfighting is fit only for the history books.

Where previously thousands upon thousands of Spaniards took to the plazas de toros in celebration, in their place equal numbers take to the streets to protest in anger.

Each year, fewer and fewer Spaniards openly support the pastime.

A poll carried out earlier this year by the World Animal Protection organisation found that as few as 19 per cent of adults in Spain support bullfighting while 58 per cent are totally opposed to it.

In September 2016, record numbers of protestors lined the streets of Madrid in the largest-ever demonstration against the corrida.

And this year, large, boisterous protests again in Madrid and during Pamplona's bull run have further proven that momentum is swinging in favour of those against bullfighting.

The beginning of the end (if that is where we are headed) took place in Barcelona in 2011, in front of a packed house of nearly 20,000 people at El Monumental.

Top matadors Jose Tomas, Juan Mora, and Serafin Morin lead the corrida, as Cataluña brought the curtain down on bullfighting in the region ahead of a ban coming into force in 2012.

It was an important moment in Spanish history felt far beyond the borders of the ever-headline grabbing Cataluña.

Municipalities across the country have followed in Cataluña's footsteps, with a trickle-down effect leading to bans far and wide.

Nowadays there are dozens of municipal bans on bullfighting across the country. And no doubt more will follow.

It is a reality that was unimaginable in Spain until the last decade.

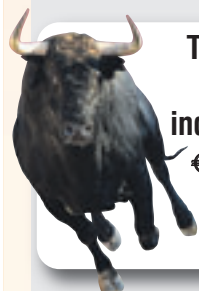
Even in the bullfighting heartland of Andalucia,

Horses are also victims of bullfighting. Around 200 die each year after being gored by terrified bulls.



IN CHARGE: A matador outmanoeuvres oncoming bull.

Bullfighting is banned in Catalonia and the Canary Islands but is still legal in most other parts of Spain, as well as in Portugal, parts of southern France and some South American countries.



The European bullfighting industry receives €600 million a year in public funding.



the number of fights has fallen by more than 50 per cent in the past 10 years.

The latest municipality to clamp down on the pastime was the Balearic Islands who voted in a new law that bans the tradition of bulls being slaughtered in the ring.

Fights can still take place as part of the new law, but bulls cannot be killed (how exactly that will play out remains to be seen).

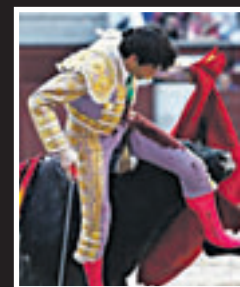
But the 'sport' still boasts a number of high-profile aficionados who rally to keep the tradition alive.

While the number of bullfights is falling in Spain,

g been the bullfighting conundrum tradition



Fighting to keep



the custom alive

WHILE thousands take to the streets to put an end to Spain's most hotly talked about tradition, there are others looking for an alternative way of keeping the custom alive.

For the last two years Santilliana del Mar in Cantabria has enjoyed a successful bull run without bull nor human injury.

Replacing the bulls with men dressed in bull suits, the organisers claim that the event 'keeps tradition alive while ensuring the safety of animals and people.'

More spectacularly, and still with a serious element of danger, one trend gaining steam in Spain is the flight of the bull jumpers.

Armed with nothing more than their reflexes, the Recortadores are put into a ring with a bull and then aim to jump over the oncoming beasts in the style of a high jumper arching his back over the pole.

However, unlike pole jumpers, bull jumpers risk their lives by mistiming the leaps of faith.

And while the tradition dates back more than 500 years, supporters argue that the nail biting spectacle could replace traditional bull fights and maintain Spain's love affair with bulls for years to come.

People have been speaking out against bullfighting for almost 500 years: in 1567, Pope Pius V called for an end to the 'cruel and un-Christian' sport.



some 2,000 events are still held every year in front of packed out stadia.

Spanish Prime Minister Mariano Rajoy is perhaps the most powerful supporter of bullfighting.

In 2012, the leader of the country risked a backlash when he overturned a broadcasting ban to bring live coverage of the corrida back to public TV for the first time in six years.

Throughout the years artists, authors, politicians and singers have all voiced their admira-

tion of the tradition.

Pablo Picasso, Orson Welles, Goya, Dalí, Hemingway and the poet Garcia Lorca to name just six were all vociferous in their admiration of bullfighting.

American author Gabriel Garcia Marquez and Spain's top folk singer Joaquin Sabina have both spoken out against 'antitaurinos,' blasting their protests as 'ignorant.'

Holding no punches, Sabina recently claimed that 'art of the antitaurino problem' was that those against bullfighting simply 'can't accept the profound truth

that, without death, there can be no life.' And while there are many more who would support Sabina in her argument, the scales appear to be tipping in favour of those opposed to her views.

The opinions of poets and artists of the past bare little significance when challenged by PACMA's YouTube channel which boasts countless images of animal cruelty.

How far the scales tip and for how much longer the fight goes on remains to be seen. But for as long as there are matadors in Spain, bullfighting will be a topic of much debate, protest and bloodshed.



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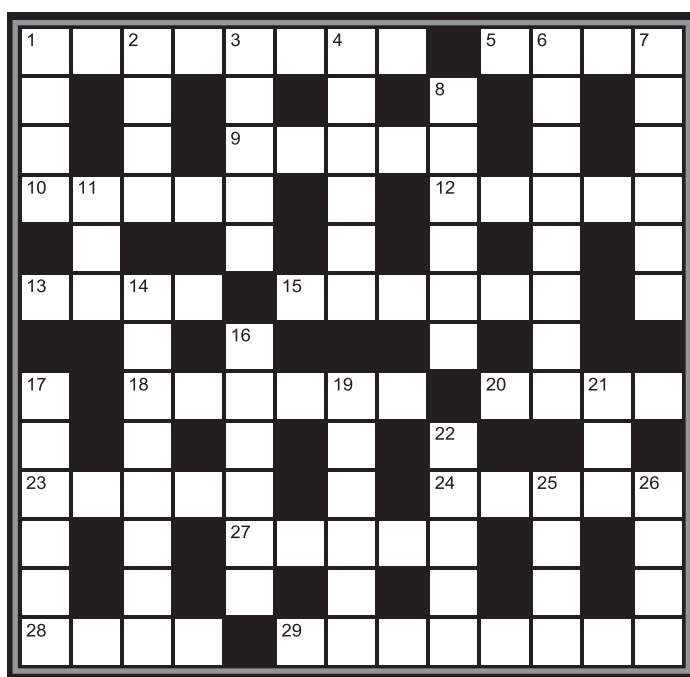
Cryptic

Across

- 1 Drinks provided for men on board (8)
5 Shows cut after repair, initially (4)
9 Brave group from Mount Ribense (5)
10 Shove canal boat (5)
12 Trees manage to conceal skinhead (5)
13 A pair in a Tokyo kebab shop (4)
15 Possibly making Andrew stray (6)
18 Handwriting learnt by actors (6)
20 Island able to turn (4)
23 Start of a game of tennis, wait (5)
24 Vessel seen in Zambia or Tanzania (5)
27 Cleaned out horrible stink (5)
28 Breeding place discovered in Lone Star State (4)
29 Passionate animal doctor embraces he-men (8)

Down

- 1 Will, from the rear, looks dowdy (4)
2 A farmer starts off in the distance (4)
3 Stage is redesigned for The Doors (5)
4 A mix-up between the IRA and ITV is frivolous (6)
6 Type of punishment for NCO (8)

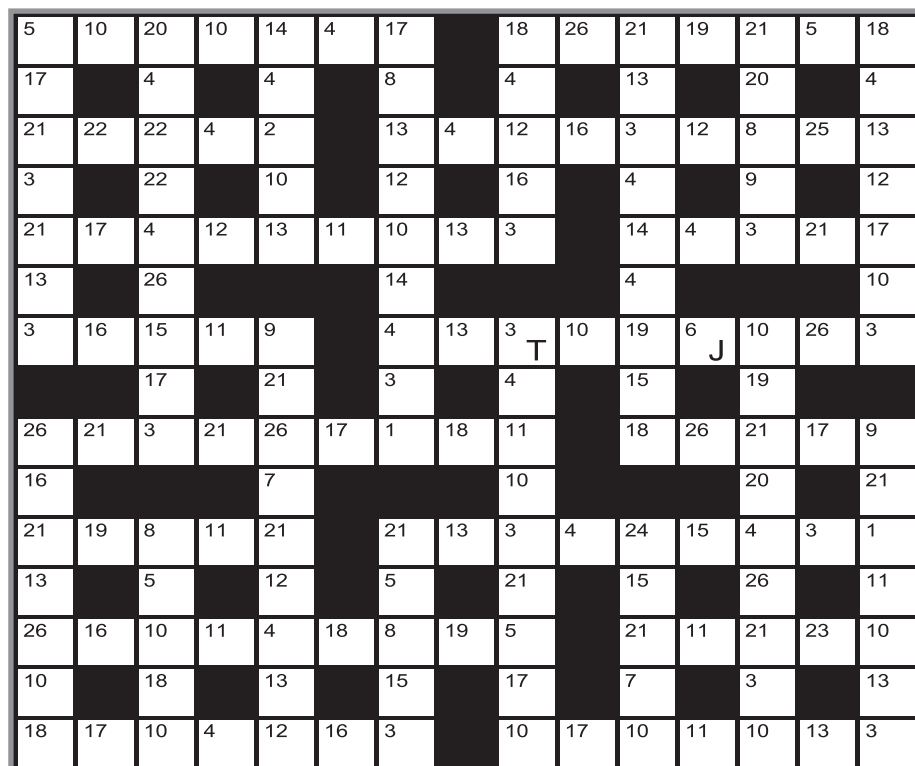


- 7 Birds talk wildly to Poles (6)
8 Choose to put detectives in river (6)
11 Saigon is without sin in the past (3)
14 Trek less organised for birds of prey (8)
16 Catch a ring-leader taking a break (6)

- 17 Singer out to leave work (6)
19 Fish to come first, second or third, say (6)
21 Part of the arbitration process (3)
22 Start looking after the machine (5)
25 Right time for anger (4)
26 Help needed in a punt (4)

Code Breaker

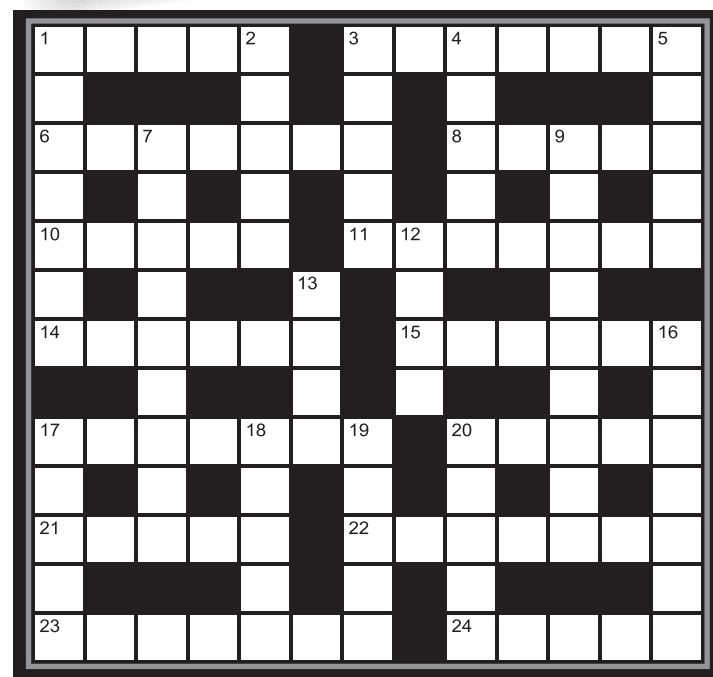
Each number in the Code Breaker grid represents a different letter of the alphabet. In this week's puzzle, 3 represents T and 6 represents J, so fill in T every time the figure 3 appears and J every time the figure 6 appears. Now, using your knowledge of the English language, work out which letters should go in the missing squares. As you discover the letters, fill in other squares with the same number in the main grid and the control grid.



1	2	3	4	5	6	7	8	9	10	11	12	13
14	15	16	17	18	19	20	21	22	23	24	25	26

LAST WEEK'S SOLUTION FACING PAGE

Quick



Across

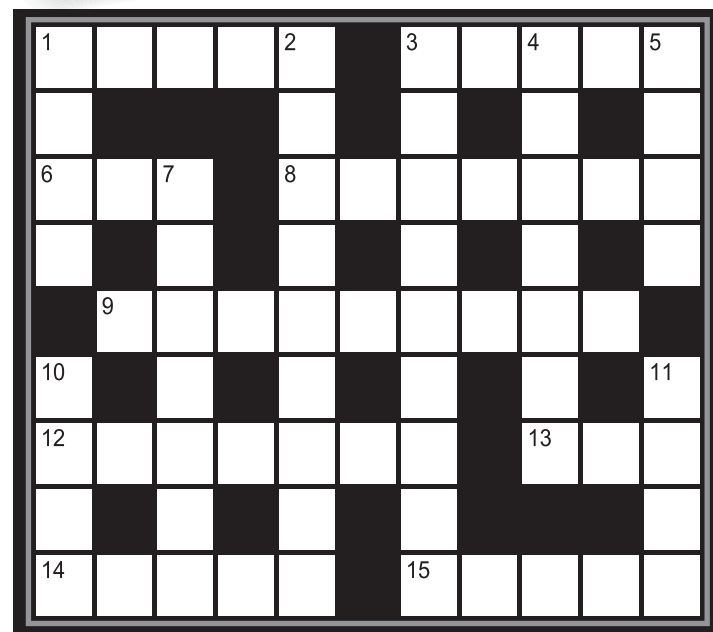
- 1 Lets fall to the ground (5)
3 Colouring sticks (7)
6 Dreamlike (7)
8 Small drum (5)
10 Small songbird with a reddish breast (5)
11 Eight-sided polygon (7)
14 Cream-filled pastry (6)
15 Inclined beam supporting a roof (6)
17 Court-ordered support paid by one spouse to another after they are separated (7)
20 Aims (5)
21 Composition for nine performers (5)
22 Very old (7)
23 Longest river in Ireland (7)
24 Get the better of (5)

Down

- 1 Entitled to by merit (7)
2 Severe (5)
3 Large stringed instrument (5)
4 Person in charge of an abbey (5)
5 Eating utensil (5)
7 Uprising (9)
9 Bad dream (9)
12 Edible freshwater fish (4)
13 Metallic element (4)
16 Italian rice dish (7)
17 Sisters of your father or mother (5)
18 Frequently (5)
19 Desire strongly or persistently (5)
20 Nocturnal lizard (5)

English - Spanish

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



Across

- 1 Falda (prenda) (5)
3 Cuellos (5)
6 Huevo (3)
8 Arco iris (7)
9 En alguna parte (9)
12 Our (7)

Down

- 1 Semilla (4)
13 Final (de ceremonia, vida, aventura, guerra) (3)
14 Herramientas (5)
15 Rhythm (5)

2 Storms (9)

- 3 Vecino (9)
4 Coward (7)
5 Sierras (herramientas) (4)
7 Rude (discourteous) (7)
10 Nudo (en hilo, cuerda) (4)
11 Hatred (4)

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' THAT'S A DISGUSTING SPELL FOR HALLOWEEN - NEXT SPELL THE NAME OF THE CREEPIEST MAN YOU BOTH MET IN HOLLYWOOD '

Kakuro

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



Nonagram

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



TARGET:

- Average: 9
- Very good: 19
- Good: 13
- Excellent: 24

LAST WEEK'S SOLUTION

bent bite bunt debt dent diet dint duet edit gent tend tide tied tine ting tube tune tung unit bidet debit debut tined tinge tubed tuned unite untie budget bunted indebt nugget tinged tubing tugged united untied BUDGETING

Sudoku

Fill the grid so that every row, every column and every 3X3 box contains the digits 1-9. There's no maths involved. You solve the puzzle with reasoning and logic.

LAST WEEK'S SOLUTION

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

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

LAST WEEK'S SOLUTIONS

CRYPTIC

Across:

1 Teems, 4 Braised, 8 Rollers, 9 Dogma, 10 Hostages, 11 Drop, 13 Austin, 14 Stolen, 17 Pack, 19 Irritant, 22 Cuppa, 23 Mae West, 24 Singles, 25 Paste.

Down:

1 Torch, 2 Enlists, 3 Scenario, 4 Busted, 5 Aida, 6 Sugar, 7 Deadpan, 12 Strike up, 13 Aspects, 15 Leaders, 16 Tramps, 18 Capon, 20 Tithe, 21 Ball.

QUICK

Across:

1 Roots, 3 Smudges, 6 Latrine, 8 Cocoa, 10 Agree, 11 Elegant, 14 Edible, 15 Stalls, 17 Moisture, 20 Sonic, 21 Judge, 22 College, 23 Referee, 24 Texas.

Down:

1 Release, 2 Seize, 3 Sieve, 4 Uncle, 5 Scant, 7 Terrified, 9 Challenge, 12 Less, 13 Mere, 16 Success, 17 Major, 18 Their, 19 Niche, 20 Split.

ENGLISH-SPANISH

Across:

1 Tapete, 4 Beer, 8 Reina, 9 Aviso, 10 Calabacin, 14 Cheek, 15 Boina, 16 Ojal, 17 Agosto.

Down:

1 Turn, 2 Primavera, 3/15 Tea bag, 5 Edificios, 6 Roof, 7 Vaca, 11 Asks, 12 Ocio, 13 Mano.

CODE BREAKER

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

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UK NATIONAL LOTTERY

Saturday October 14



IRISH LOTTO

Saturday October 14



EURO MILLIONS

Tuesday October 10



Friday October 13



LA PRIMITIVA

Saturday October 14



EL GORDO DE LA PRIMITIVA

Sunday October 15

YOUR STARS
FOR NEXT 7 DAYS

AQUARIUS
(January 21 - February 19)

During at least one part of your week the glamorous Sun comes out to shine, and together with the new Moon in realistic Capricorn, sweeps across your working, home and social life. Go-getters will definitely benefit from whatever moves are afoot.



PISCES
(February 20 - March 20)

Trust your instincts about those who chop and change. Chill out on Tuesday, and start planning next year's ideas - with the Sun making friendly aspects with determined Saturn, you should be concentrating on promoting all you have to offer.



ARIES
(March 21 - April 20)

Be ready for a refreshing cycle of possibilities, as the Sun is in charge of your short and long-term aspirations. Regardless of what is happening in the background, or whatever thankless tasks niggle you on Wednesday and Friday, your efforts will reward you at work, or wherever you need to improve your situation. Meanwhile, watch your diet.



TAURUS
(April 21 - May 21)

You, of all the signs, best know the value of taking each day as it happens. It's the old story of making time to catch up with life's little routines. Spread your efforts, and you'll reach your goals much faster. The tempo is picking up, and what you encounter will confirm that you're getting somewhere.



GEMINI
(May 22 - June 21)

Both kind-hearted Venus and butterfly Mercury flutter with luck. This week's planetary sound-bites suggest that you widen your social circle and conquer new horizons. Also, the lively Sun is ready to dawn on a positive outlook for any long-term changes. Forget the hassles, and dig deep. Take Thursday and the weekend in your stride.



CANCER
(June 22 - July 23)

If you cannot avoid conflicting opinions or certain odds and ends, accept them and show just how tactful you can be. You might not hold a winning hand, but at one point you'll be able to teach as well as learn. In your head-to-head discussions, leave things as they are until the signs are right.



LEO
(July 24 - August 23)

Even if you've been feeling out of sorts or confused about a certain person or your future, it won't be long before you get a clearer picture. All things change eventually, so don't apply any unnecessary pressure to yourself or others. You'll be surprised at how much better you feel, especially if you're expecting a gleam of hope.



VIRGO
(August 24 - September 23)

Considering some of the things that are about to happen, you'll be wise to follow your feelings. Your ability to analyse and understand other people is one of your supreme assets. The links between your job, personal and family lives suggest that you need to be a jot more flexible.



LIBRA
(September 24 - October 23)

Regardless of the weather or other mixed blessings, you should try and get off the grindstone. Although the emphasis seems to be on home, family and practical property tasks, you'll be running true to Libran form, trying to help everyone around you. Don't forget that the planets are positively geared towards fresh steps and new projects.



SCORPIO
(October 24 - November 22)

Your workaday, family and financial trends offer little respite from ironing out a variety of comings and goings. This is partly because not everyone is being co-operative, but it would be a big mistake to rock any boats close to you.



SAGITTARIUS
(November 23 - December 21)

If you're single, get out and about, and if you're job hunting or working towards a particular result, stay on course. This is definitely a phase to follow your instincts. With the spotlight on your social, home and self-motivated activities, you could be in for some unexpected surprises.



CAPRICORN
(December 22 - January 20)

Your ambitious streak will be in full flow. Stay glued to what you do best, and it will be much easier to get others on your side. The new Moon in Capricorn will heighten your chances of making the right contacts or receiving some useful advice. If you're tempted to buy home-related items or useful gadgets, budget with care.



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SMOOTH FOOD: A smoothie makes a great pre-workout treat.

Eat your way fit

FOOD is probably the first thing on your mind following a workout, after a cool glass of water of course, but ensuring that you eat the right things both before and after your exercise could make all the difference to your health.

Snacking on a banana before exercising is the perfect way to boost blood sugar levels and stock up your glycogen stores. This will keep your insulin levels from dropping halfway through, which can prevent you from feeling weak and dizzy.

A small pot of Greek yoghurt with muesli is also a great pre-workout treat as it's easy on your stomach and keeps you going for longer.

Seeds and nuts are high

in fat which mean they take longer to digest. Keep them to a minimum though; otherwise they might leave you feeling slow and sluggish.

A smoothie is also a great option to have on the way to the gym as your stomach can digest it quickly so it will stop you from feeling sick when you start to exercise.

Just whack your favourite fruit, a dollop of Greek yoghurt, a dash of milk and a teaspoon of honey into a blender and enjoy.

A good portion of protein is essential after a lot of exercise as it helps your muscles to recover and will fill you up without leaving you feeling bloated.

Grilled chicken or salmon with vegetables is a great option, and will stop

you feeling sore in the morning.

Eggs are also incredibly high in protein and make a great vegetarian alternative. Add a few slices of avocado to a vegetable omelette, which helps your body to absorb nutrients, and some leafy greens which are packed with iron and will help ward off any dizzy spells.

A post-exercise treat that is actually quite good for you is chocolate milk. This sweet drink is not just for children and actually contains everything you need following intense exercise in one glass: carbs, protein, sugar and calcium.

All these ingredients help you to recover faster and bounce back to your energetic self in no time.



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JUST when you thought avocados couldn't increase in popularity - they've become one of the biggest global food trends in the past few years - a Spanish company has now launched a 'low-fat' version of the creamy green fruit.

Isla Bonita, the fruit and vegetable innovators who are behind this product, claim that the new 'light' avocado contains 30 per cent less fat than normal avocados. Allegedly, they also ripen faster and turn brown slower than the normal type. It's also supposed to taste juicier.

While avocados are incredibly good for you - the fruit is packed with dietary fibre, magnesium, vitamin E and potassium - they are also high in fat.

This prompted Isla Bonita to create this new type of avocado, which is also bound to be popular among the impatient types who hate having to wait for their creamy fruits to ripen.

However, when consumed in moderation, normal avocados are still incredibly good for you as the fat they contain is actually 'good' fats that help lower cholesterol and improve heart health. They also contain more

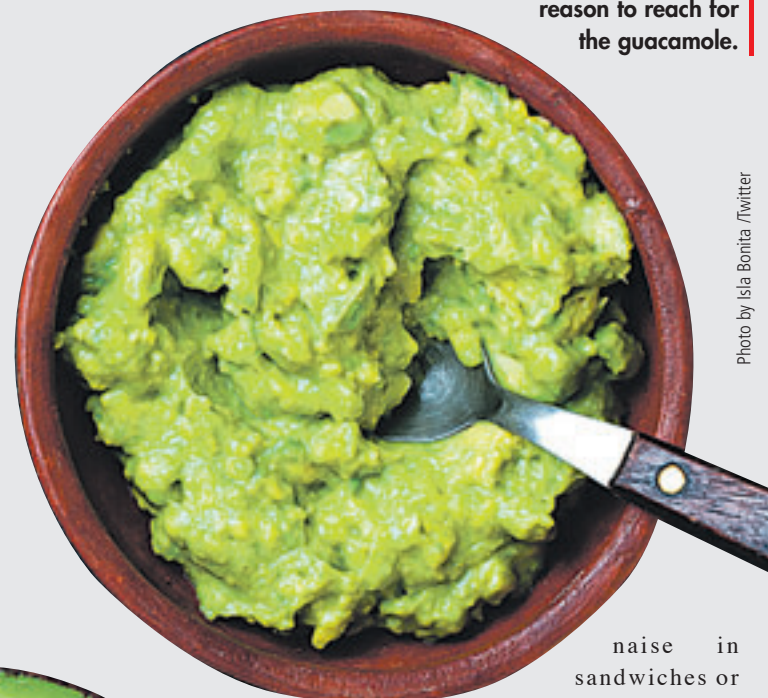
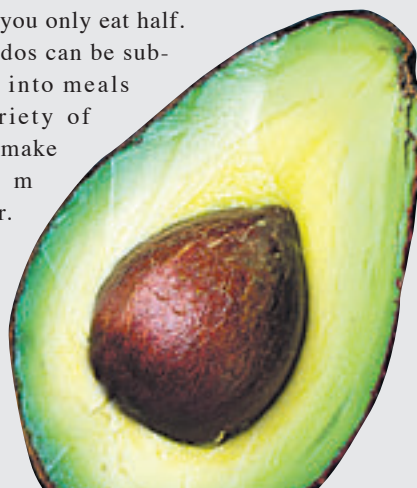
Holy guacamole

potassium than bananas and are high in antioxidants.

Dieticians recommend that you consume half an avocado at most per day because the fat content is so high. This would make the new 'low-fat' avocado a game changer as unpeeled avocados usually turn brown by the next day so it often seems like a waste if you only eat half.

Avocados can be substituted into meals in a variety of ways to make them healthier.

They make a tasty alternative to mayon-



FOODY BOX: Now you have one more reason to reach for the guacamole.

Photo by Isla Bonita /Twitter

naise in sandwiches or in salads.

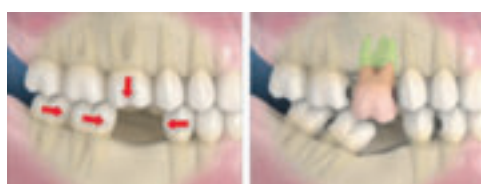
You can even swap butter for avocados when baking. This immediately substitutes all the bad saturated fat with good monounsaturated fat. Just take care that you adjust some of the other ingredients so the bake comes out moist enough.

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.

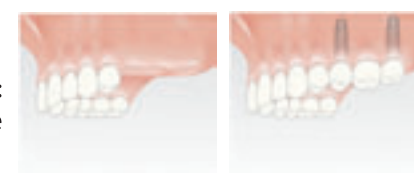
Replacing one tooth

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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that is rejuvenated from within, firmer skin on the face and neck, a lifting effect on the buttocks, eyebrows, cheeks or forearms, and natural looking results up to two years.

ADVANTAGES: Firmer skin on face and neck.



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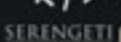
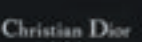
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SIEMENS

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After the treatment, clients are advised not to wash their face for 12 hours, as well as avoid exercise and sun exposure. To calm the slight discomfort after treatment and minimise swelling, the specialist will recommend the application of cold compresses on the treated area for one or two days.

Tensioning threads are

not recommended for pregnant or breastfeeding women, as well as for those with skin problems. A specialist is best-placed to evaluate whether this treatment is right for a patient.

“ Treatment uses threads which break down under the skin.

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LIQUID DIET: Try to set a daily water goal and stick to it.

Fountain of youth

WHILE it is easy to remember to reach for a glass of water on a hot day or after a strenuous workout, a lot of people miss the mark when it comes to drinking the recommended two litres a day.

Our bodies need water to function efficiently as it regulates body temperature, delivers nutrients to our organs and helps to prevent infections by getting rid of toxins. Your body will tell you if you're dehydrated, but these

signs can be easy to miss - especially if you live a hectic lifestyle.

Common signs of dehydration include fatigue, thirst, dizziness and even confusion. A lot of people also suffer from headaches when they

are dehydrated for a prolonged period of time and skin can also start to dry out and become flaky.

There are many benefits to drinking lots of water. Research has shown that it can give you more energy, make you stronger and improve your reflexes.

It has also been proven to have a significant impact on the brain as it can boost concentration, memory and even your mood.

“ Drinking plenty of water can even make you look younger.

Dropping below optimal levels of hydration can cause headaches and fatigue so you're bound to feel much better throughout the day when you always have a bottle of water on hand.

If you want the kind of glowing, radiant skin you usually see in skincare commercials, the answer might be much simpler, and cheaper, than buying a fancy new product.

Drinking plenty of water has been shown to help clear up spots and can even make you look younger. As our skin is 30 per cent water, it needs regular top ups to keep it looking plump and elastic - which also helps to reduce wrinkles.

Ask The Doctor

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Hip pain



| SPECIALIST: Doctor Luis Perez Belmonte.

THIS week we've asked the doctor about hip pain, a common problem for many especially as the colder months descend.

What are the most common causes of hip pain?

There are many things which can cause hip pain. The most common is osteoarthritis of the hip, when the components of the joints like bones and tendons degenerate over time. Other common causes are infections or injuries.

Many elderly people seem to suffer from hip pain. Is it something which we will all suffer in the end, in other words, is there no way to avoid it?

Over time deterioration of the hips is inevitable and osteoarthritis is bound to appear. This appearance can, however, be delayed or the severity reduced with certain rehabilitation exercises and by avoiding being overweight and following a balanced diet.

How can hip pain be cured, is there any medication?

Pain-killers, anti-inflammatory medication and muscle relaxers can be used to help keep the pain under control. Physiotherapy is also vital to help control the symptoms.

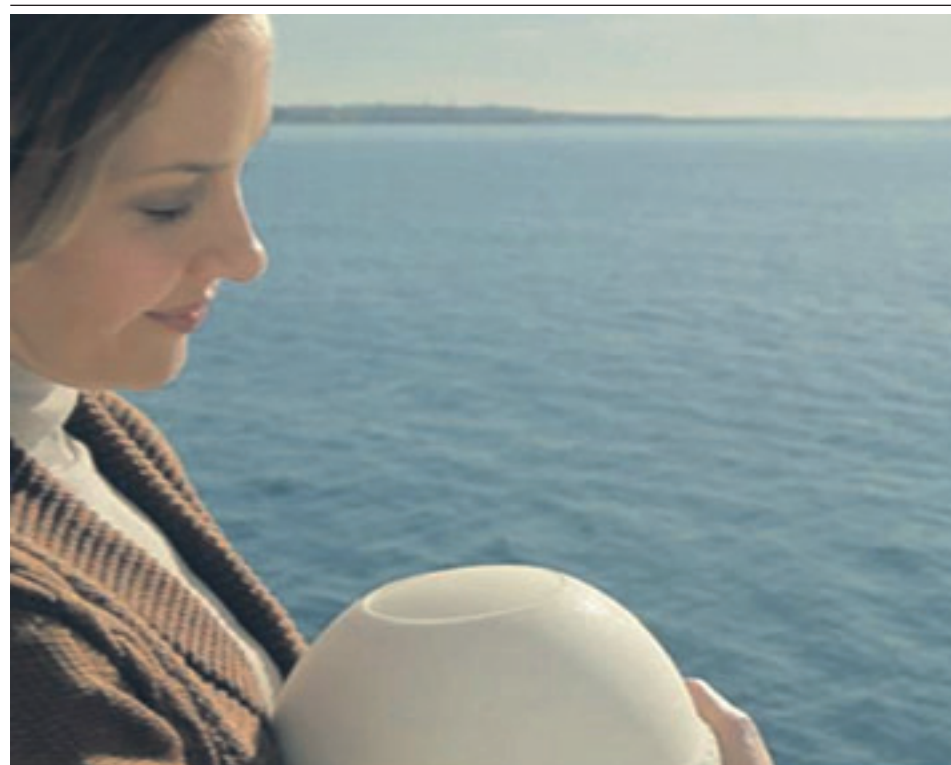
Are there any specific exercises to help prevent or improve the pain?

There are different exercise routines which can help to control the pain and stop it from progressing. Yoga and pilates exercises and certain exercises in the swimming pool, especially low impact ones, can help a lot.

Will surgery be necessary in the end?

Sometimes and with the pass of time the damage produced is so severe and causes so many symptoms, especially pain and mobility limitations, that surgical intervention is required. This often consists of implanting a prosthesis.

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



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LAST Monday marked the 25th anniversary of World Mental Health Day, which helps to raise awareness of mental health issues and fight the stigma surrounding them.

Around a quarter of all adults in the UK experience struggles with mental health each year, but only around 15 per cent of these actually get help. Many people don't realise that mental health is just as important as physical health and has a significant impact upon your general well-being.

While levels of anxiety and other symptoms seem to be on the rise, there are several things you can do if it all starts to get on top of you.

Although some mental health problems require a more in-depth approach, these small lifestyle changes could really help in making a difference to your day-to-day life.

A lot of research also shows that exercise is incredibly beneficial for mental

Mind matters



FEELING BLUE: 70 million work days are lost in the UK each year due to mental illness.

health, so try to fit as many workouts into the week as possible, even if you just pop out of the house for a quick walk.

If you've hoarded up all your sick days but are starting to feel the pressure at work, don't feel guilty about taking one or two off to make yourself feel better, even if you have no physical symptoms. Your employers will prefer that you take these days to boost your mood and your energy levels rather than running yourself into the ground.

Even setting aside a mental-health day at the weekend could help work wonders. Clear your plans for 24 hours if you can and schedule in some much-needed me-time. Only do things that you know will make you happy, whether it's taking the dog out or baking your favourite sweet treat.

If the feelings persist, always seek help from a recommended mental health professional.

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Update on food, drink, entertainments, what's on and weekly happenings

Recreating history in Murcia

THE 11th holding of the Revive la Historia... De Cine is taking place in the centre of Murcia from tomorrow (Friday) until Sunday October 22. Organised by the Codex Belix Re-enactment Group, the spectacular series of displays includes exhibitions and parades of military history focusing on two major events; the American Civil War between 1861 to 1865 and the Second World War in 1944.

All the displays will be held in the Jardines del Malecon.

Friday October 20:

5pm - Public areas open

6.30pm - Parade and convoy of military vehicles taking part in the weekend through the city.

7pm to 9pm - Educational exhibitions and challenges in Jardines del Malecon.

Saturday October 21:

10.30am - Public areas open

11.30am - Parade and convoy of military vehicles taking part in the American Civil War re-enactment through the city.

12 noon - Parade of military per-



Photo credit: Ayuntamiento de Murcia

JARDINES DEL MALECON: Venue for a weekend of military spectacles.

sonnel taking part in the re-enactments.

12.45pm - Competition of military uniforms.

1pm - Official opening of the weekend by members of the municipality.

1.30pm to 2.30pm - Recreation

of the American Civil War. 'Vicksburg-1863' in the Malecon Gardens.

5pm - Offering of flowers to 'All

of The Fallen and for Peace' in Jardines del Malecon.

6pm - Parade of veterans and those re-enacting the events of the Second World War on the Avenida Teniente Flomesta.

6.30pm - Historical shows and exhibits in the Jardines del Malecon.

6.45pm to 9pm - Re-enactment of 'Operation Market-Garden 1944' in the Plaza Cruz Rojo.

Sunday October 22:

10.30am - Public areas open

11.30am - Parade and convoy of military vehicles connected with re-enactments of the American Civil War and the Second World War.

12 noon - Parade and march of those taking part in the re-enactments through the city.

12.45pm - Recreation of the 'American Civil War. Battle Five Forks 1865' in the Jardines del Malecon.

1.45pm - Re-enactment of the Second World War II 'Liberation of Paris 1944' in Plaza de la Cruz Roja.

2.30pm - Closing ceremony.



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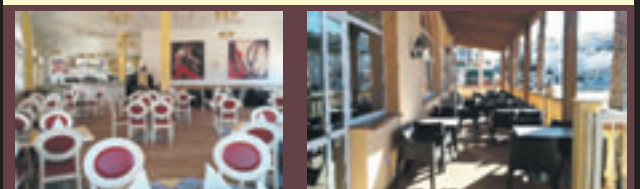
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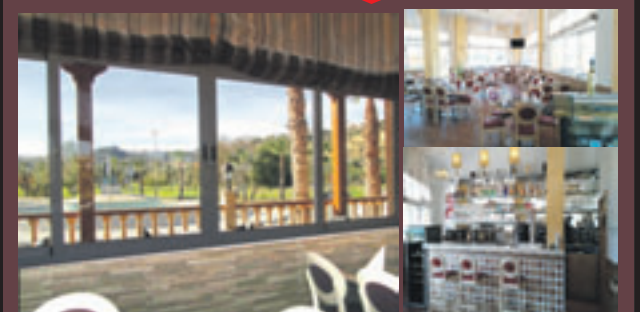
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ON STAGE: La Chica Charcos & The Katiuskas Band are part of the festival.

Cartagena Folk Festival

THE Cartagena Folk Festival will take place as from tomorrow (Friday) until and including Sunday October 22. All of the concerts, except the one in the Auditorio El Batel on the Sunday evening which costs €15, are free for everyone to enjoy and all will take place on the stage in the port.

Friday October 20:

8.30pm - Tua (from Murcia)
10.30pm - Badlands (from Valencia)

Saturday October 21:

12 noon - La Chica Charcos & The Katiuskas Band (from Castilla-La Mancha)
5pm - M Lacroix in session (from Murcia)
10pm - Los Hermanos Cubero (from Castilla-La Mancha)

11.30pm - Xarnege (from the Basque Country)

Sunday October 22:

1pm - Innerlands (from Valencia)
Auditorio El Batel
7pm - Luar Na Lubre

CONSIDERED one of the best wines for seafood, Albariño can also be an excellent aperitif.

High quality and light bodied, most of the Spanish Albariño wines are labelled from Rias Baixas in the cooler and wetter area of Galicia that has sandy granite soils ideal for this grape.

In Galician, the name comes from albar, albo, meaning 'white, whitish.'

However, Albariño is also grown in Portugal and has additionally started to spread to the West Coast of USA, South America and New Zealand, with the grapes similar in taste to Pinot Gris, Chenin Blanc, and dry Riesling.

Believed to have been brought to Iberia from France by Cluny monks in the 12th century, Albariño is light with alcohol levels of 11.5-12.5 per cent.

Adding cheer for seafood lovers

With a strong aromatic intensity it is loved for its high acidity, refreshing citrus flavours (lemons, limes, pear, grapefruit, honey-suckle, nectarine, apricot and mango), dry taste, and slight saltiness.

To maintain its acidity and fruity aromas it is best consumed one to two years after the vintage, although Albariño wines are known to age for five to seven years.

As well as complementing seafood, its acidity and slight bitterness works well alongside white meats and with citrus and/or aromatic herb dishes, and it is also fun to experiment Albariño with Vietnamese and Thai cuisine.

BACCHUS CELLAR

by Lorenzo Barbareschi



Moderately priced labels (€3 - 7) are produced by Xovial; Bardesano; Freixas; Pazo das Estrelas by Lagar de Cervera and Vagalume by Luzada Xil.

Happy tasting!

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Wednesday 22nd November
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Tickets €4 or €9 with meal
MEAL

Roast Beef or Roast stuffed chicken, two veg, Yorkshire pudding, roast and mash potatoes and thick meaty gravy.

Food served 8pm.
Shows starts 9.15pm
Full menu also available.

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THE EMERALD ISLE

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Halloween Menu
Tuesday 31st October

Starters - Sticky Bat Wings (Chicken wings with a Spicy Barbecue Dip), Vampire Killer Cheesy Garlic Bread, Witches Cauldron Soup (Vegetable Soup), Filled Coffins (Stuffed Potato Shells with cheese & bacon)

Main Courses - Steak & Ale Pie to die for, Devils Chicken (Breaded Chicken Fillet smothered in a Creamy Pepper Sauce), Ghostbusters Vegetarian Stir Fry on a Casket of Aromatic Rice. All served with mash, roast potatoes & 2 vegetables.

Desserts - Death by Chocolate Gateau, Hags Apple & Cinnamon Pie, Strawberry Cheesecake oozing with blood red sauce.

Entertainment with Stevie Spit and Kylie Burgazzi.

Food served at 7.30pm
Please fill in the booking form at The Emerald Isle

9.95€ per person

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New Year's Eve AT ZENIA GARDEN

(Beside The Celtic Isle at start of Saturday market, Playa Flamenca)

Starters

Butterfly Giant King Prawn with sweet chilli sauce or Spare Ribs in capital sauce (a very nice sweet peanut sauce)

1st Course

Yuk Sung (seasoned minced chicken in lettuce leaves)

Mains

Sliced fillet of beef in Teriyaki sauce or Scallops in Unagi sauce (a special seafood sauce) or Chicken Massaman curry. All served with Nasi Goreng rice (Indonesian fried rice), Vegetarian options available

Desserts

Ice cream or Blueberry cheesecake both served with Homemade blueberry sauce

Includes glass of Champagne & grapes at midnight. €35 per person price includes entertainment with Chris Packett, Party bags, Raffle and firework display.

**Food served
7.30 pm**

Free bottle of wine per couple

***If you have any allergies
please inform a member of
staff when returning menu
choices**



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Torre Vieja announces new cultural programme

TORREVIEJA'S councillor for Culture, Domingo Pérez, has announced the municipal's cultural programme for the last quarter of the year, which includes a large number of concerts, theatre performances, conferences and activities for all ages.

Many will coincide with Halloween and Christmas.

The final weekend of October will feature a 'Horror Film Festival' - Terrific - held on Saturday 28 and Sunday 29 which will be one of the central events of the Halloween period that is gaining in popularity with the Torre Vieja locals.

On October 31, there will be a large family get-together complete with face painting, a march of the zombies, storytelling and workshops related to Halloween.

All takes place in the Plaza de la Constitución from 4.30pm and finishes off with a fancy dress competition and mobile disco.

Among the activities planned for November by a number of different associations and cultural organisations will be a



Photo credit: Ayuntamiento de Torre Vieja

SOMETHING FOR EVERYONE: Domingo Pérez announcing a full programme for the last quarter of 2017.

spectacular concert on Saturday 18 featuring the music of Mexico and played by the Salerosos Music Society.

The following day, Sunday 19, a swing and jazz concert and on Friday 24, the eighth International Habaneras Soloist Concert.

December features a number of activities including a concert of paso doble music performed by the Unión Musical Torrevejense on Sunday December 3 and a paella contest on the December 6 'Red Day.'

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Christmas Day

Please fill in the menu choices at the bar. Numbers will be limited to provide maximum customer comfort. Lunch will be served at 3pm. Entertainment with Sunshine FM's Simon Morton performing all your favourite Christmas tunes followed by a disco

Starters

Home-made Winter Vegetable Soup, Prawn Cocktail, Egg Mayonnaise

Main Course

Roasted & Stuffed Turkey and Ham, Slow Roasted Rib Eye of Beef, Chicken Fromage stuffed with cream cheese & smoked salmon, Veggie stirfry on a bed of aromatic rice. All served with creamed potato, roast potato, Brussels sprouts, buttered carrots, cauliflower cheese, chipolata sausages

Desserts

Home-made Christmas Pudding, Sherry Trifle, Orange & chocolate cheesecake.

FREE bottle of wine per couple 30€ per person. Children 12 years and under ½ price.

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THE EMERALD ISLE

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NEW YEAR'S EVE

Please fill in menu choices at the bar. Numbers will be limited to provide maximum customer comfort. Dinner will be served at 7pm. Entertainment with Richie Alexander followed by disco till late.

Starters

Hot Chicken & Mushroom Vol-au-vent, Home-made Potato & Leek Soup, Tomato, Mozzarella & Onion Salad

Main Course

Roast Sirloin of beef, Stuffed Chicken in Bacon Coats, Medallions of Pork with Honey & Mustard Sauce, Mushroom Stroganoff on a bed of aromatic rice. All served with creamed potato, Roast Potato, Yorkshire Pudding, Green Beans, Buttered Carrots & Creamed Swede

Desserts

Homemade Apple Crumble with Custard, Strawberry Cheesecake, Peach Gateaux with fresh cream

Price includes glass of Cava to ring in the New Year. 40€ per person. Children 12 years and under ½ price.

FOR DIRECTIONS



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TEL: 965 327 138



Photo credit: Wikimedia

SPOILT FOR CHOICE: Two municipalities holding a typical Spanish taste fest.

Choose your tapas trail

TWO of the most popular municipalities in the Vega Baja are hosting their own tapas events over this weekend and next.

Algorfa is holding its 13th Gastronomic Day this Saturday, and from 8pm onwards, tapas will be on sale in the Plaza de Espana and cost just €2 for each tapa and a drink.

As you enjoy your food and drink, you can sit back and take in the sounds of local group Charanga Vibrato. All proceeds from the evening will be donated to the Spanish Cancer Association.

Not too far away in Almoradi, they'll also be enjoying their 13th edition of the Almoradi Tapas Trail,

known locally as the 13th Sendero del Tapeo. Spread over two weekends, it begins tomorrow (Friday) until Sunday and part two is held between next Friday (October 27) and Sunday (October 29). There are 17 establishments taking part in this year's trail and each will be offering a tapa and a drink for €2.50.

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are proud to host its 3rd Annual Charity Ball on
Wednesday 25th October 2017

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We provide the glitz you provide the glamour
Meal served at 7pm

MENU
Starter: Vegetable Soup, Garlic Mushrooms or Egg Mayonnaise
Main: Vegetable Stirfry, Breaded Chicken with pepper sauce or Roast Beef with Yorkshire Pudding
Dessert: Strawberry Cheesecake, Peach Gateaux or Apple Crumble and Custard

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VIVA VISTA BELLA: Place your bets on this year's winners.

Victory Las Vegas in Los Montesinos

AT the conclusion of the recent week of fiestas held in the municipality of Los Montesinos, Calle Vista Bella was awarded the prize for the most innovative street display.

Anyone passing through the back streets of the town months before the fiestas will often see locals sitting out indulging in a number of craft activities and making their own unique exhibits that fill the roadways.

This year's winners turned their street into a Las Vegas casino constructed of thousands of empty beer and soft drink cans which included slot machines, gambling tables, and roulette,

bars and bar stools. The originality of the display soon went viral across social media and attracted more than 7,000 visitors to that particular exhibit alone.

Other prizes went to Los Miras (the most cheerful display), Calle El Viento (most creative) and Calle Jazmin (most elegant), and all the streets involved received a special diploma from the town hall to acknowledge their participation.

They were Calles Virgen del Remedio, Lo Reche, Zaragoza, Valencian Country, Carballo Santos, European Union, Santiago Apostle and Virgen del Carmen.

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Council concerned at sports centre damage

THE continual amount of vandalism to the sports centre in the municipality of Callosa de Segura is becoming a growing concern to the council.

Such has been the number of incidents of damage and thefts that the sports department were forced to close off the skateboard park during the recent summer.

Councillor Ismael Ballester - responsible for sport in Callosa de Segura - has been forced to answer a number of criticisms from local residents on social media about the poor state of the sports centre which has been opened since 2008.

However, he believes that many of the comments have been made by those with a deliberate attempt to denigrate the work of the council, and that in fact "the condition of these facilities have been improving in the two years we have been running the local council."

He pointed out that improvements have been made in the sports centre at the request of the clubs and associations that make use of them, and in this regard a volleyball court, a taekwondo classroom, and a gymnastics area have been

added to the facilities.

At present, the sports centre has two tennis courts that cannot be used following issues during their recovering and the skatepark was closed due to the amount of damage caused by the vandals.

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*By Amanda Hobbs,
Sales Adviser, Ciudad Patricia*

For more information, please contact me on 673 064 288 or email ahobbs@ciudadpatricia.com.

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Strawberries on a tree, seems unlikely but...

GRAEME TYRRELL

ONE of the fascinating things about gardening is the variety of plants that are available from various regions around the world. Here in the Mediterranean there are a number of lesser-known plants that make great ornaments, produce sweet-smelling flowers and provide fruit. One of my favourites is the Strawberry tree (*Arbutus unedo*).

You can see the tree growing wild in its native habitats in oak forests in zones below 800 metres in Spain. It has also become domesticated and can be seen in gardens as a feature tree due to its cinnamon coloured bark and deep green foliage being most attractive and highlighted in autumn with bunches of scented white waxy vase shaped flowers in clusters and dangling fruits that ripen individually from green to yellow and finally red when mature over a long period of time.

The fruit resembles a strawberry hanging from the tree but the similarities end there. It does not taste at all like a strawberry. It requires an acquired taste to appreciate and is not a fruit that you usually would eat many of. It is a delight to sample a few on occasions as an alternative to the more com-



Photo by Bernard Dupont Wikimedia

A STRAWBERRY TREE: Loaded with juicy fruit.

mon fruits available, if only to try something different.

If you have a tree or can source the fruit it makes wonderful jams with a unique tinge to the taste. It needs the fruit to be fresh to

use as the fruit deteriorates quickly once off the tree. Only the soft red fruit is fully ripe and the fruit ripens gradually at different times on the tree making it difficult to collect significant numbers at one time.

This makes it tempting to pick some nearly ripe to make up volume for making jams but it does reduce the quality of the jam. Some people prefer to collect the fruit regularly from the ground as they fall once fully ripe. Overripe fruit can be intoxicating as they ferment.

This is why it is very difficult to find the preserves and nearly impossible to buy the fresh fruit in good condition. If you are able to grow the tree you will have a rare flavour to add to the larder. The fruit can be made into a compote, syrup, puree, glaze, jams, jellies, ice cream flavouring and converted into wine and spirits.

It is commercially used to make liqueur and wine in Sardinia and Portugal. The tree, the Madroño tree in Spanish, is featured on the coat of arms for Madrid being hugged by a bear so it is also bearly loved in Spain.

It is an interesting addition to the garden and can grow in a large container. It does not like to be transplanted or moved so it should be located permanently in a partly shaded zone. It is a pioneering and under storey tree that only grows to around five to 10 metres over many decades. It is drought tolerant to survive Mediterranean summers but needs watering to get established.

IF your garden isn't exactly a vast roaming plain, abundant with space for you to explore all your gardening fantasies, there are several things you can do to maximise space in a smaller plot.

Thinking outside the box is actually the best way to make the most of your garden's boundaries and can help to create an oasis in the smallest of spaces.

An easy way to trick the eye into thinking your garden is bigger than it is, is to plant all your shrubs and flowers in close proximity. This will blur the colours and dimensions to a stunning effect, giving your garden a more natural vibe.

Aim to have your tallest plants at the back or around the edges of your garden and then work down to your smallest shrubs.

A potted herb garden is a great feature of smaller gardens as not only will it look pretty and smell great, it is also a great way to maximise space. Nothing quite beats using your own herbs when you're cooking and they're also beneficial to the natural ecosystem.

Creating plant structures out of bamboo or other trellises

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CUTE CORNERS: Adding a patio with modern furniture is a great way to maximise space.

can also help to maximise surface area and create a secret garden vibe. Covering these structures with exotic surface plants, such as trumpet vine, will really help to add a wow factor.



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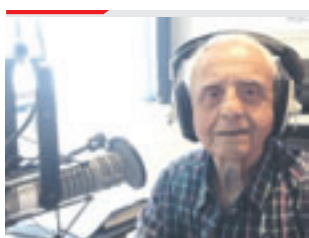
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I THOUGHT that this week I would write about my weekly show on Talk Radio Europe from 10-11am.

My team consist of Nazli, our vet from the Pointer Clinic Estepona, and Celia Haddon, an expert on small animals especially cats. Celia was the pet agony aunt for the UK *Telegraph*. This week Rona Brown sat in for Celia who is taking a climbing holiday.

Rona Brown is known for her work on movies *Fish Tank* (2009), *Creation* (2009) and *Gorillas in the Mist* (1988).

This week The Boris Bulletin

from Barrie Nathan about his cat Boris who is a she!

"Our morning schedule is as follows. Boris waits for me to a ablute in my bathroom, she then comes in and jumps onto her cushion which lives on the corner of the bath (I prefer bathing to showering), she then waits patiently for me to get in the bath, which may be as long as a 30 minute delay. Only when I get into the bath does she raise herself from her cushion, leans into the tub and starts drinking the hot water. She knows the water level is substantially higher after my entry! After about two minutes she gets off the bath and goes back to bed."

Nazli mentioned that there are reports of dog poisoning and to be extra careful in dog parks and recommends a muzzle. I know most of you will say 'my dog does not like a muzzle', believe me they get used to a muzzle and it will protect your dog from putting his nose into trouble. Give the muzzle a try not once but a few times and of course rewards when taking off.



MUZZLE: Dogs will become accustomed.

Nazli says: "My vet has asked me to bring a urine sample of my dog, how do I do this?" You will need a clean container. For the female dog you can use a ladle, so that you do not have to crouch down when she squats, and pour the urine into the container, (do wash the ladle thoroughly afterwards). The male dog will sniff an

area, position himself and lift up his leg to urinate. Place the container in the flow of the urine, fill the container and then wash your hands. If you have problems then why not go to a professional for help at Pointer Clinic dog school.

Mic Martin, the famous trainer from Dog Borstal at the BBC joined us for the second half of the show. I

would mention that those attending Dog Borstal, if they get it wrong they can expect a punishment as Mic says "It's the owners fault, not the dog."

They can get 'press-ups' or running round the field, etc.

Mic worked in the Police Special Services as an instructor and certainly knows all about dogs from scent and rescue work. Mic spoke about the relationship one must have with the dog which is of prime importance. Like me he dislikes harnesses and flexi leads and explained a few simple rules "Stop the dog licking you" as germs can be passed.

If you want to hear the show go to: www.talkradioeurope.com/listen/listen-live/, if you do not have time then you can have a copy each week by emailing: radiolist@thedogman.net.

Why not write to me and send me a picture of your dog or cat and do not forget I like to know their names, behaviour and what he or she can do!

Protecting pooches

By Kat Ashton

IT might have taken the government 30 years, but European laws ensuring the protection of animals will finally be put into practice in Spain next year.

As from February 2018, it will be illegal to modify animals for aesthetic purposes, such as getting rid of the tail or claws, unless a vet decides it is necessary for medical purposes or believes that it would be beneficial for the animal. It will also become illegal to give them away as rewards or prizes.

These laws protecting animals were actually passed by the EU nearly 30 years ago but



PRETTY POOCH: It will soon be illegal to perform aesthetic surgery on dogs in Spain.

are only just coming into practice in Spain now. They also emphasise that animals should only be given or sold to children under the age of 16 with their parents' permission, to help decrease the number of

animals that become cast out on the street.

The laws will also regulate how animals are allowed to be bred, and the conditions in which they should be kept. It also clarifies who is allowed to kill a pet animal and under which circumstances, namely that a person is only allowed to kill a suffering animal if it is impossible to seek the assistance of a vet.

Spanish media sources report that some of the regional communities will have to check the new rules against their own regulations as there could be conflicts with local law that permit certain animal practices.

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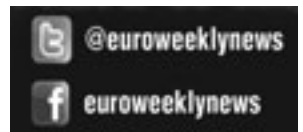
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LA SIESTA EVANGELICAL CHURCH on Urbanisation La Siesta, Torrevieja is a friendly, English speaking Church. We hold services each Sunday and everyone is welcome. Our 11.00 am Services are held every 2nd and 4th Sunday in the month (and 11.00 am on the 5th Sunday, if this applies.) On the 1st and 3rd Sunday's our Services are at

9.30 am. Our choir sings at our 11.00 am Services and there is also a Sunday School, called Stepping Stones, on these Sundays. We welcome residents, visitors and children. For more information see our website www.lasies taevangelicalchurch.org or telephone Pastor Keith on 666 180 108.

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

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

shaw, 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 and non-members on 966 723 733 (95456)**

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

STROKE Association Spain (formally known as Torrevieja stroke support) meet every Wednesday and Friday 2.30pm until 5.00pm. Our new address is Casa de Cultura, calle Francisco Ribera Perez Benijofar. Our aim is to help and support stroke survivors and their carers. With rehabilitation, speech therapy, OC therapy and a very active social group. For info please contact 654 801 260 or email strokesupportgroup@hotmail.com, website torreviejastroke-support.org. We are always looking for volunteers who have the skills and knowledge to support our groups and activities. (95474)

CAMPELLO CONTRA CANCER in conjunction with AECC As-sociation 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

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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: palmer.quesada@yahoo.co.uk (95477)

ROYAL AIR FORCES Association Branch #1359 Costa Blanca The Branch meets on the third Tuesday of the month at the El Paraiso Restaurant located close to the Carrefour Supermarket in Torrevieja. The meeting starts at 1430 hrs. You do not have to be an ex-member of the RAF to join this friendly Association which supports the welfare of the RAF family and provides a social hub for ex RAF members and their friends. For further information about the Association and its activities please contact the Chairman on 692 508 916 or the Welfare Officer on 615 048 892 or visit our website: www.rafa.org.uk/costa-blanca (238593)

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

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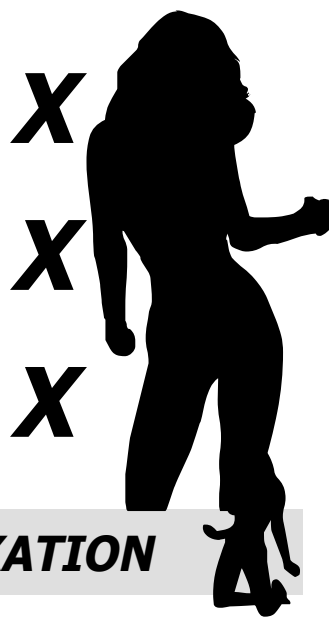
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Porsche on-demand

by Matthew Elliott

ON-DEMAND Porsches are now available in an American pilot project. In exchange for a monthly charge, the German giant will deliver a Porsche model of the customer's choosing to their home, or any other location.

The pilot is being rolled out in the southern American city of Atlanta. Drivers can choose between two different membership plans. For \$2,000 (€1,700) a month they have access to eight Porsche models, including the Cayenne and 718 Boxster.

For \$3,000 (€2,500) a month almost the entire Porsche collection is at their disposal, with on-demand access to 22 models, including the top of the range Carrera S, Panamera 4S, and

classic 911.

Ordering a Porsche is as simple as ordering a pizza. Customers will have their Porsche app on their smart phone. They can pick a model, delivery spot and time frame.

A businessman looking to make a splash at a meeting might order a flashy sports model. But if he's taking a road trip with the family might prefer a roomier Cayenne.

"Our Strategy 2025 vision is to be the most aspirational brand in a new era of mobility and consumer expectations," said CEO of Porsche Cars North America Klaus Zellner.

"With Porsche Passport, we now

offer our customers a simple and flexible driving solution at their fingertips."

Mileage is unlimited, and full insurance included in the monthly fee. Extensive driving and credit checks are carried out on clients.

Porsche Passport is similar to Jaguar's concept of selling steering wheels instead of cars. Drivers would be able to order Jags to the doorstep, then use their personalised wheel with all their preferences, routes, and driving history to enjoy a smoother ride.

Both ideas represent a sea change in the concept of car ownership.



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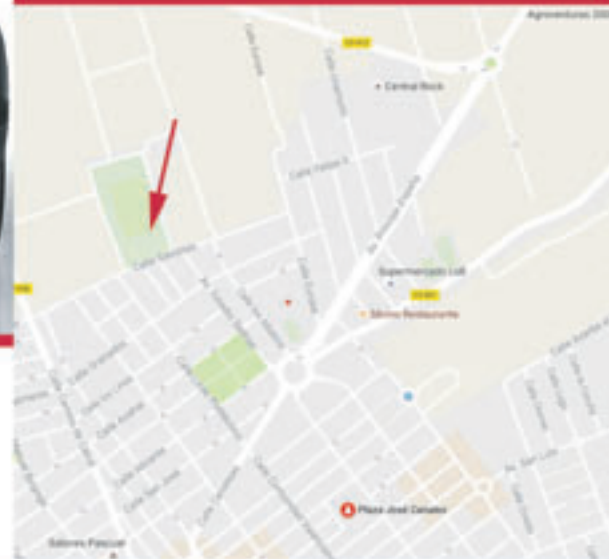
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Land Rover's digital butler

LAND ROVER has released the first specs of its new 2018 Range Rover. The highlight news is that the firm are offering a plug-in electric version of its iconic model.

The P400e PHEV Range Rover is expected to cost up to €150,000 with all mods and cons. For that hefty sum, green-minded drivers get a 2.0 litre four-cylinder petrol engine with an 85 kW electric motor stashed in the automatic gearbox.

Running purely on the electric motor, the Range Rover can travel for 31 miles and reach a top speed of 85mph.

For those who care more about power than ticking the environmentalist box, Land Rover offers 5.0 litre super-charged V8 petrol engine with 518hp. It can reach 60mph from a deadstart in 5.1 seconds and weighs 2,497kg. Diesel options are also available.

All models include 4G wifi hotspots and come with 17 charging points. Land Rover has aptly described the 2018 release as a "digital butler fit for

the 21st century."

The stereo boasts a whopping 1,700 watts and there are 29 separate speakers.

Front seats adjust in 24 different directions. They have 25 massage settings, massage intensity can be managed by

phone, and the armchairs are also heated. Sun visors can be moved simply by waving your hands at them.

With all the mod cons, the only decision facing buyers next year is whether to pick the eco-version or the petrol guzzler.

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O'Brien eyes £4.3m prize money at Ascot

QIPCO British Champions Day in record

ASCOT hosts the QIPCO British Champions Day - the richest race day in the British calendar on Saturday October 21 - with Irish trainer Aidan O'Brien eyeing £4.3 million prize money.

The world's top sprinters, over six furlongs, long distance horses, over two miles, and the fillies and mares, over 1m 4f, will be racing.

Champion trainer O'Brien is looking for one more winner in the QIPCO British Champions 2017 Series to achieve a record haul.

Flat racing's showcase event sees the world's leading trainers, horses and top jockeys at Ascot in the finale of the 2017 European Flat racing season.

The QIPCO British Champions Series features the QIPCO British Championship (Group 2) with a prize fund



UKSPORTSCENE

with Andrew Atkinson

Aidan O'Brien with Churchill - one winner in the QIPCO British Champions 2017 Series to achieve record.

September, gave O'Brien his 10th winner in this year's Series. And O'Brien will be raiding Ascot this year - eyeing a repeat of bagging £5,648,937 in the 2016 Series.

O'Brien, who has won £5,153,693 in the 2017 Series, has a plethora of entries, including 2015 Gold Cup winner Order of St George.

Caravaggio, who won the Commonwealth Cup at Royal Ascot in June, is entered in the QIPCO British Champions Sprint Stakes.

O'Brien has duplicate entries in the QIPCO British Champions Fillies & Mares Stakes, including Winter, Rhododendron, Seventh Heaven and Hy-

drangea, prior to the final stage declarations.

In the Queen Elizabeth II Stakes O'Brien's pre-race entries includes duo Churchill and Winter, who have won four Classics between them, along with Alice Springs and Roly Poly.

Ballydoyle based O'Brien could run Churchill in the QIPCO Champion Stakes, being a pre-race entry, alongside Highland Reel and Winter.

The QIPCO Champion Stakes, Europe's richest mile-and-a-quarter contest, sees the entry of Enable, ranked third best in the world in the wake of winning the King George VI and Queen Elizabeth Stakes ahead of Ulysses, Idaho and Highland Reel, all of who are entered.

"It's a great day - a meeting we've had success at in the past. We hope to be supporting the whole day with runners," said Gosden.

Richard Hannon trained Barney Roy, winner of the St James's Palace Stakes, is entered in the QIPCO British Champions Day.

"I'm not sure which race he goes for. He's very effective over a mile - a mile and a quarter isn't a problem either," said Hannon.

Richard Fahey trained Ribchester is also eyeing the Queen Elizabeth II Stakes on QIPCO British Champions Day, the richest Group 1 mile race run in Europe.

Churchill is just one horse who could oppose Ribchester - among a record pre-race entry of 48 horses for the £1.1 million race.

Classic winners Churchill and Winter could face opposition in UAE 2000 Guineas and Derby winner Thunder Snow, who won the Group 1 Prix Jean Prat at Chantilly.

"Thunder Snow has been a star horse for me this year. I would like to run him at Ascot on QIPCO British Champions Day," said trainer Saeed bin Suroor.

"We will look at both the Queen Elizabeth II Stakes and the QIPCO Champion Stakes," added bin Suroor.

of £350,000; The QIPCO Sprint Stakes (G1) with a prize fund of £600,000; and The British Champions fillies and mares (G1) with a prize

fund of £600,000.

The Queen Elizabeth II Stakes (G1) has a prize fund of £1.1 million; The QIPCO Champion Stakes (G1) has a

prize fund of £1.3 million and the Balmoral Handicap has a prize fund of £250,000.

Capri, who won the William Hill St Leger at Doncaster in

SPAIN'S Jon Rahm makes his first professional appearance on Spanish soil - when the World No 5 plays in the third edition of the Andalucia Valderrama Masters, hosted by the Sergio García Foundation, during October 19-22.

"I'm a competitor and I believe a lot in myself. The more I enjoy myself - the better I play," said Rahm.

A plethora of top golfers will line-up in the Andalucia Valderrama Masters, including Rahm's fellow Spaniards Sergio Garcia and Rafa Cabrera Bello.

Tommy Fleetwood, Justin Rose and Ross Fisher are the leading English trio, with Northern Ireland's Rory McIlroy among players ranked in the top 10 on the European Tour.

Rahm will return to the European continent in the wake of victory in his last regular European Tour appearance - a six-shot win - at the Dubai Duty Free Irish Open in July.

"I prepare well for a tournament. If I don't believe in myself who else will?" said Rahm.

In 2012 Rahm won the Campeonato de España Junior Y Boys, Campeonato Absoluto País Vasco, followed by the 2014 ASU Thunderbird Invitational, Campeonato de España Absoluto, Eisenhower Trophy (individual title).

After the 2016 US Open, Rahm turned professional and in August 2017, Rahm reached a career-high ranking of No 5 in the world after a maiden professional victory on the US PGA Tour at the end of January.

Ahead of the Andalucia Valderrama

SPORTSCENESPAIN

with Andrew Atkinson



JON RAHM: To make his first professional appearance on Spanish soil.

Andalucia Valderrama Masters hosted by the Sergio García Foundation

Masters, Rahm, aged two when Valderrama staged the 1997 Ryder Cup, said: "I really look forward to playing in front of the Spanish fans."

Rahm, who went to European Tour venues as a teenager in a bid to get play-

ers' autographs, said: "My first round at Valderrama was five years ago.

"I played the Sotogrande Cup - with the Spanish national team. My game has changed a lot since then."

Rahm added: "Valderrama is one of

the best layouts I have played - visually attractive and wonderfully maintained.

"I am extremely fortunate that my dreams are coming true. In October, I will be proud to play my first professional event in Spain.

"I look forward to playing the Andalucia Valderrama Masters in front of my home crowd - I will do my best."

The Real Club Valderrama will stage the third edition of the Andalucia Valderrama Masters, the last European Tour stop on European soil before heading for China, Turkey, South Africa and Dubai.

And Masters Champion Sergio Garcia said: "I am delighted to support the Andalucia Valderrama Masters through my Foundation.

"As the tournament host I would love to see everyone come and enjoy a great event and a wonderful occasion for all the Spanish players."

The Sergio Garcia Foundation was founded in 2002, amalgamating with the Deporte y Desafío Foundation in 2003.

A two-fold programme has led to golf being made accessible to people with disabilities; along with promoting adaptive golf throughout Spain.

The Spanish Golf Federation and the Autonomic Federations have also joined the initiative.

"Valderrama is a very special place - full of memories," said García, who won the Andalucia Masters at Valderrama in 2011.

"Valderrama is one of my favourite courses - one of the best in the world. I always enjoy playing there," he added.



Costa Blanca South

CELTA VIGO held a minute's silence before their La Liga game against Las Palmas to honour the heroes and victims of fires that have spread across Galicia, Asturias and Portugal.

Costa Blanca's best guide to local sport

19 - 25 October 2017

TO READ MORE

SPORT

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Ruby's Golf report



RUBY'S GOLF: EL Valle was enjoyed by all.

WITH the tricky El Valle course and six or so players, all within a few points of the top of the table, the day had much excitement in store.

Despite some maintenance issues, all went well and some good scores were returned.

The results are as follows:

nearest the pin on the par threes were Jim McCarthy, Roger Clarke, David Jones and Nigel Wright, who also hit nearest the pin in two shots.

Best front nine was Brian Wilson and best back Tony Harrison, the gold division winner was Jim McCarthy, the silver and overall winner was Mike Thomas with a handicap cut that takes him back into the gold division, and he beat his wife at last.

The luck kept coming for Jim McCarthy who also won the football card.

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Results for the Spectrum Trophy

A GOOD turnout for the Spectrum Trophy at Alicante and a huge thanks to the sponsors of the event John Haywood and Jonathan Goodman. Most had a good front nine at Alicante as it was quite receptive but the back nine was a different story and proved too much of a challenge for most.

In Division 1 : 1st place went to Glyn Bradley (Hcap 8.6) winning the Trophy for the 3rd time running with 38pts, now playing off 8.0. 2nd was Bob Edwards (Hcap 8.6) with 34 pts. In 3rd, Mickey Bardain (Hcap 11.9) with 32pts.

For Division 2 : Derek Gray (Hcap 21.8) still has what it takes to come in 1st with 37pts and now playing off 21.0. 2nd place went to David Brown (Hcap 21.8) with 35pts, and in 3rd was Rosemary Edwards (Hcap 21.6) with 31pts.

Two NTPs - Hole 3 Tim Harrison and Hole 17 Steve Cliffe. The Longest Drives went to : Ladies - Sheila Dindar and Mens - Fred Cooley. Two



GOLF DAY OUT: A great turnout for the Spectrum Trophy.

two's were recorded on Hole 8 - Bob Edwards and David Brown.

The Football Card went to Arthur Sullivan with Leyton Orient.

We had four guests - John Haywood, Jonathan Goodman, Mike Grant and Brian Russell.

Guests are welcome subject to availability and current Handicap certificate.

To book, please contact Sheila Dindar on: golf lady17@yahoo.co.uk or phone 638 351 535.

Busters Golf Society

THIS month's competition, the society travelled down the AP-7 to La Serena, which was in very good condition.

After the competition the group returned to the Mini Golf Bar close to Quesada's Arches for a presentation, where they welcomed new member, Brian Rafferty to the society.

NTPs were won by: Helen Beddows on hole nine, hole 15 was taken by Phil Pettican and John Collins winning on 17.

The NTP winners received a sleeve of golf balls each, and in second place with 28 points was Phil Pettican, winning a bottle of Rioja. The winner on the day was Helen Beddows with 29 points, winning a bottle of Smirnoff Vodka.

Busters Golf Society is a small friendly group of like-minded people who play on the first Friday of the month, depending on the time of the year they generally have between 16 and 24 players and are looking for a few more members to swell their ranks.

If you are interested in joining the society then please email Barry Grinsell quoting your phone number and current handicap to bustersgoldsociety@hotmail.com.



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