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COSTA BLANCA SOUTH » YOUR PAPER, YOUR VOICE, YOUR OPINION

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Scottish cyclist dies



TRAGIC: John Telfer in Spain.

A CYCLIST who was seriously injured in an accident near Alicante six months ago has died, according to reports.

Retired lecturer John Telfer, was left fighting for his life after breaking his neck in two places following a collision with a friend near Alicante in May.

The 57-year-old defied predictions to survive the crash, and an online appeal raised more than €25,000 to bring the devoted husband home to Scotland.

But unfortunately, the father of two has now passed away after respiratory issues and a battle with infection.

On the gofundme page set up to bring John home, he has been described as "a devoted husband, loyal friend and a fantastic father providing a loving home and constant support for his wife in her difficult nursing role and two children."



Photo by Google Maps

MUGGED: The street where the attack took place.

Doorstep raiders

Briton robbed in broad daylight

EXCLUSIVE

By Matt Ford

An expatriate has warned of a violent technique being used by thieves on the Costa Blanca.

It comes after Tony Locke, 71, was the victim of a savage robbery at his own front gate in Campoverde.

"There are a lot of old people in the area and all I'm interested in is warning them," he said.

The retired health and safety officer from Bournemouth moved to Spain 11 years ago,

and explained how he was sitting on his front porch reading a book when a car pulled up outside and two men "in their 30s" hopped out waving a map. Tony thought they were asking for directions so headed down to the gate.

"They were speaking English but I think they were Spanish," he said. One of the men said that he was looking to buy his father a present, and Tony told him the nearest place would be in Pilar de la Horadada.

But then he noticed that the map was a national plan of Spain, and "before I knew it"

his wrist had been grabbed and his expensive Rolex watch removed.

The car then accelerated away, dragging Tony with it for several metres and leaving him with cuts and bruises.

"It is the same modus operandi that was recently used in Alicante, and that lot are out on bail," he added.

The police told Tony there was nothing that they could do as he was unable to provide an accurate description or the licence plate number of the car.

"But if this warning helps someone else then I'm happy," he said.



Golden Leaves newsletter inside are you one of the lucky 1000?

See inside for more



See page 28



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NEWS EXTRA

Footwear on fire

FOUR people – three aged over 70 - have been treated in Murcia suffering from the effects of smoke inhalation following a fire in a shoe shop in Calle Junterones de Murcia.

Chain reaction

A 17-year-old has been arrested in Santiago el Mayor for the robbery of a gold chain from a woman that he pulled away from around her neck.

Cop surprise

TWO people have been arrested in Alicante when they were taken by surprise by National Police as they tried to rob a department store and several cars.

Lucky brake

A CAR whose driver forgot to use the handbrake after parking in Elda's Plaza Ficia almost ran into heavy traffic in Avenida Chapi but halted halfway down flight of steps.

By Linda Hall

A 28-YEAR-OLD mother shot by her ex-partner as she picked up their son from his Elda school died later in hospital.

Jessyca Bravo and the boy, aged three, were already in the car, ready to return home to Monforte where they lived, when her former partner, Imanol Castillo, 31, reached inside the vehicle and shot her five times.

Jessyca was already in a coma when she was admitted to Elda hospital's intensive care unit and died the next day.

Sources afterwards said that the child was aware of what had happened, because he ran crying back into the school. "My Daddy has killed my Mummy," he sobbed.

Castillo then took the car, drove it violently into a wall and killed himself.

Jessyca had denounced her ex-partner on at least three occasions for gender violence and he was due to appear in court for a fast-track trial the day after the shooting.

Days earlier he had insulted Jessyca, demanding that she hand over their son and threatening to kill her, witnesses at the scene said.

The Guardia Civil detained Castillo minutes later

In cold blood

Killed by ex-partner at school gates



Google Maps/Facebook

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and he was issued with a restraining order but one day before the shooting Jessyca complained that he had twice tried to contact her through intermediaries.

He was picked up but released after questioning, sources said, as he had not threatened his ex-partner.

Forty-four women have now lost their lives at the hands of partners in Spain this year, five of them in the Valencian Community.

SHOCKING: The school where the incident occurred and (inset) Imanol Castillo and Jessyca Bravo.

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OFFICERS of the Guardia Civil based in Alicante have intercepted a significant amount of contraband tobacco.

They discovered it hidden in suitcases at the Alicante-Elche Airport belonging to a 33-year-old Armenian man who was travelling on a flight from Moscow. They found 1,020 packets of cigarettes with an estimated retail value of €5,000. The man's suitcases raised the suspicions of

Airport bootleg capture

the Guardia Civil as they passed through a random control that is usually performed on flights that come from outside the European Union. When they opened his luggage, far from containing the usual clothes and personal be-

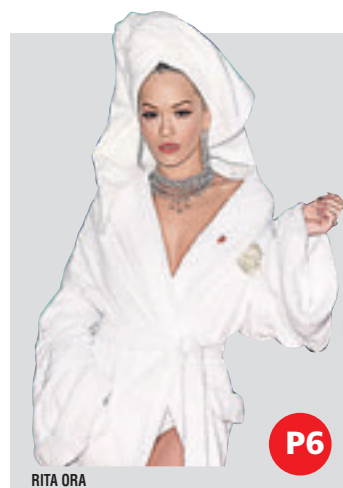
longings, they found a number of packages filled with two well-known brands of cigarettes. The maximum allowed per person is 10 packs. The arrested man had multiplied that by 102!

This isn't the first time that the arrested man has been caught with illegal tobacco as he was surprised by customs officers in June at Madrid-Barajas Airport. This time he faces a fine of between €10,000 and €15,000 which

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CELEB FOCUS
Who is doing what and who with, often in front of the cameras!

COUCH CRITIC

A REVIEW OF THE WEEK'S TV THROUGH THE EYES OF A READER



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LETTERS

Readers' views on eclectic topics in print and online.

Graffiti artists fined

THREE people were taken by surprise by members of the Local Police from Orihuela as they were in the process of putting graffiti on the Cross of Callosa de Segura.

It has taken over a year to bring people to justice for the crimes and each person was fined €200.

Police revenge

A MAN has appeared in court in Alicante accused of placing a series of posters throughout the city full of insults aimed at a Local Policeman. The events took place back in May 2016 and concerned an officer that had been enforcing the law on more than one occasion.

Third A-7 lane

ACCORDING to the Official State Gazette (BOE), approval has been given for a third lane to be added to the A-7 motorway between Orihuela and Monteagudo. The construction is justified due to the high density of traffic that exceeds 46,000 per day and causes a number of tailbacks.

Wedding boost

DUE to the high demand for people in Elche wishing to get married at the Civil Registry Office, the number of available days for weddings has been increased and will now be possible on three Fridays per month. Current waiting times for civil weddings are now around 10 months.

Tax scrapped

SAN PEDRO DEL PINATAR has announced that taxes paid in the municipality for those opening a new business will be scrapped. This measure was among a number of revisions announced for the 2018 IBI tax rates which includes an overall reduction

SPANISH FACTS OF LIFE...37

With Christmas around the corner, Kat Ashton says it's time to break out one of the season's most beloved tipples - and one of Spain's greatest exports - Sherry.

A vine art



SHERRY is unique fortified wine closely associated with Spanish festivities, particularly in the southern province of Andalucia. The name 'Sherry' is an Anglicisation of Jerez, a town in Andalucia near Cadiz, where the wine has been made for centuries.

The so-called 'Sherry Triangle' is marked by the towns of Jerez de la Frontera, Sanlucar de Barrameda and El Puerto de Santa Maria. The towns are only about 20 minutes apart and all have a longstanding tradition of producing the drink.

Like cava or Iberian ham, Sherry has protected designation of origin status and only wine produced in the 'Sherry Triangle' can legally be labelled with the name.

Most Sherries are initially dry to begin with, as they are fortified following fermentation, with sweetness being added later. A typical bottle contains 15 to 17 per cent alcohol by volume.

Fino is considered one of the best Sherries out there

BARREL OF FUN: The traditional wooden barrels used to make Sherry in Jerez.

and is also one of the driest. It is aged under a layer of yeast which protects it from oxygen, so even though the average bottle might be seven years old, it still tastes very fresh.

Manzanilla is another popular variety, and can only be produced in the town of Sanlucar de Barrameda. It is known for being very pale and dry, and also has a slight salty aroma as it is produced so close to the sea.

A drop of history

THE practice of wine-making was first introduced to the region by the Phoenicians in 1100 BC. The Moors then introduced the process of distillation, needed to make fortified wine, when they conquered the region in 711 AD.

By the end of the 16th century, Sherry had become popular across Europe and became particularly popular in Great Britain after English sea captain Francis Drake invaded Cadiz in 1587.



Finest wine

THE world's most expensive bottle was sold at the London auctioneers Sotheby's in 2001 for \$43,500 (around €37,000). The bottle was dated in 1775, and was found in the Massandra cellars in the Crimea, Ukraine. This particular Sherry gained more fame several years later when Russian President Vladimir Putin and Italy's ex-Prime Minister Silvio Berlusconi drank a bottle of the 240-year-old wine while visiting the cellar, which had then reached an estimated value of more than \$90,000 (€77,000).

PRICEY: The most expensive bottle of sherry sold for more than €37,000 at auction.

from 0.69 to 0.66 per cent.

Back on track

THE association of Friends of the Railroad District of Baza has made a request

to central government in Madrid to consider reopening the line between Lorca and Baza. This would link the provinces of Granada, Almeria and Murcia and the association considers such a move would be profitable.

198

The total number of news and features which appeared in Issue 1688 of the Euro Weekly News Costa Blanca South edition, including 71 local stories.

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 - 2015 Working together with Foreigners Department Mijas Town Hall
 - 2014 Diploma of Honour - Premios AEEPP
 - 2011 Company of the Year - Costa del Sol Business Awards
 - 2010 I Love Marbella - Professionalism award
 - 2005 Working together with Foreigners Department Mijas Town Hall

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Top 5 stories

From 6 - 13 November 2017

- 1 Costa del Sol shelter boss becomes first person in Spain to be jailed for animal cruelty - **5,555**
- 2 Temperatures set to soar this weekend on the Costa del Sol - **4,541**
- 3 Europe's largest man-made beach to be built in Spain - **4,163**
- 4 Out-of-control Chinese Space station could hit Spain 'within months' - **2,771**
- 5 In pictures: Snow falls in northern Spain as weather warnings issued for Balearics - **2,758**



NORWEGIAN: All flights to Spain from Birmingham scrapped

euroweeklynews.com Poll of the week

Should Spain follow Thailand's example and ban smoking on its beaches?

LAST WEEK'S POLL:
Is it wrong not to wear a poppy ahead of Remembrance Day?

Yes = 38%
 No = 62%

Top Social Media comments

INNOCENT: Man accused of dragging dog behind his vehicle released by police - Now that he is apparently exonerated, I'm sure all the posters of previous, vile, aggressive, messages will publicly retract. *Patrick Murphy*
 Whichever way you look at this it was stupid. It could also encourage other twisted people to do the same. *Jenny Dodd*
 Vile! Who tied the dog must be put in prison. And him for even saying this. Vile people. *Beverley Wheeler de Soler*
Belt up in Spain and don't get fined! - Should do it for phones as well never seen so many people driving while on their mobile in Spain. *Pat Ward*
Spanish rider Mark Marquez is youngest four-time MotoGP champ - What an achievement, such skill, and stamina. Congratulations *Debbie Ray*
 Fair play. You can't beat real talent. *Tomas Kirken*
Ex-shelter boss becomes first person in Spain to be jailed for animal abuse - Not good enough! If it were just the animal cruelty charges, she would not have got a prison sentence! It is the other charges that has gotten her

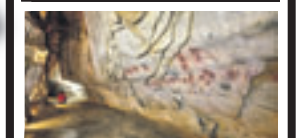
time in jail. That said, I hope she rots!! *Kate Jenn*
 Not long enough... disgusting woman. The law is long overdue on dealing with animal abusers... they should be given the same sentences as child abusers and murderers. *David Ogilvy*
Brits held in one of Spain's largest ever cocaine busts - That's a great result, nothing to be sniffed at there. *Charles Daniel Darius McDonald*
 There goes their WHITE Christmas *Matt Silver*
 Great, glad they are caught. I am ashamed to hear it is Brits. *Janine Turner*
POPPY SHOCK: Seller sent packing from Axarquía car boot sale - Ridiculous. Won't let someone sell poppies for a day outside the gates even, yet beggars are allowed continually outside Lidl, Aldi, Mercadona. Shame on the Lions. *Nicki Morley*
 This is a shame as the Lions are a pretty together outfit and certainly have raised plenty of money themselves. Perhaps there are now so many people shaking boxes in front of you that this is the way to stop it. *Richard Taylor*
 No, not justified. She was selling remembrance poppies, not selling goods for her own financial gain. *Carl Glover*

FOR COMMENTS FROM EWN ONLINE TURN TO LETTERS PAGE

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TRIVIA FROM AROUND THE WORLD



The oldest cave painting in the world is found in the Cave of El Castillo in Puente Viesgo, Cantabria, where researchers have found a faint red dot that has been dated to be at least 40,800 years old.

When the mummy of Egyptian Pharaoh Ramses II was sent to France in the mid-1970s, it was issued a passport, labelling him as 'King (deceased).'

The two shortest place names in the world are 'Å', used for five villages in Norway and one in Sweden, and the small French hamlet of Y.

★★★★★★
Did you know?
 The Vatican Bank is the world's only financial institution that allows cash machine users to perform transactions in Latin.

Lost in translation



Prenez garde, cette plante porte des piquants très acérés. Beware, this plant wears very sharp prickles.

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

Little bits on the side

Sexual abuser is sentenced to 30 months

A MAN has been sentenced to two-and-a-half-years in prison for child abuse.

Murcia's provincial court, based in Cartagena, passed sentence on the man for a series of abuses that occurred over a couple of years when he took advantage of being alone with a young boy.

The case goes back to the summer of 2009 when the abuse first began and the child was 11-years-old and lasted until he was 13. During that time and as a result, the victim began displaying signs of antisocial behaviour and an increasing poor performance at school with led to his delinquency.

The abuses took place both at the home of the boy and that of the accused - none of which have been released to preserve the anonymity of the victim - and involved a series of in-

timiate touching and other sexual abuse when the child's mother left the house.

The court was given evidence of the allegations that were taken into account in sentencing by way of a recording that included the boy being heard as well as the boy's mother and another relative. The defendant was also heard in

the tape and acknowledged his part in it.

In addition to the sentence, the man has been ordered to pay €18,000 to the boy in the form of an indemnity plus interest accrued since the original complaint was filed.

He has also been barred from communicating or approaching the boy in any form for a period of five years.

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GLAM: Jenna Coleman.

Get ready to rock

LEGENDARY rockers Guns N' Roses have announced they are playing two dates in Spain next year.

The band, which reunited in 2016 after 23 years apart, will headline the Madrid Download Festival on June 29 before playing Barcelona's Olympic Stadium on July 1.

The *Knocking on Heaven's Door* hit-makers are coming to Spain as part of their worldwide Not in This Lifetime tour, which will have been running for 27 months by the time the European leg is complete.

The tour will be the band's second longest after their Use Your Illusion Tour from January 1991 to July 1993. The LA-based band formed in 1985 and have sold more than 100 million albums backed up by a string of hits including *Paradise City*, *Welcome to the Jungle* and *Sweet Child O'Mine*.

The new tour is so-named after lead guitarist Slash replied, "not in this lifetime," when asked in 2012 if the band would ever reform.



STILL GOT IT: Guns N' Roses.

HAVING A BATH: Rita Ora.



Phot by Rita Ora/Instagram

Forgotten something?

CHART TOPPER Rita Ora set tongues wagging after turning up for the 2017 MTV Europe Music Awards in a bath robe and towel.

The braless 26-year-old songstress then flashed her underwear as she shocked on the red carpet before hosting the glitzy London event.

And after changing outfits a staggering 13 times during the show, the *How We Do* singer revealed that next year's ceremony will be held in the northern Spanish city of Bilbao.

Style queen

DOCTOR WHO and Victoria actress Jenna Coleman brought some extra glamour to the Madrid Heroes Comic Con this year. The 31-year-old star, who shot to fame in *Emmerdale* in 2005, made a personal appearance in the Spanish capital and looked stunning in a navy polka dot dress with her brown hair in loose waves.

Real daddy

REAL MADRID star Cristiano Ronaldo has celebrated the birth of his fourth child with girlfriend Georgina Rodriguez.

The Portuguese captain, 32, posted an image of his 22-year-old squeeze, baby daughter Alana Martina and eldest son Cristiano Jr onto his social media pages yesterday evening, before streaming live on Instagram as they returned home with their newborn daughter.

Abs-olutely fabulous

SHE'S the Latina songstress known for her stellar figure and racy onstage outfits.

And mother-of-two Jennifer Lopez, 48, has hit the headlines again after her new single shot to number one in Spain.

A happy looking J-Lo was spotted wearing an oversized fur coat in New York after her Spanish-language hit *Amor Amor Amor* topped the charts in both Spain and Puerto Rico within hours of its release.

The track is the second taken from her new album *Por la Primera Vez* featuring Puerto Rican star Wisin. The accompanying video shows an age-defying Lopez flaunting her famous curves as she dances on a New York subway.

J-Lo's latest long player sees her collaborating with ex-husband Marc Anthony with whom she shares nine-year-old twins Max and Emme.

She is currently dating former baseball player Alex Rodriguez.



Phot by You Tube

TOP OF THE POPS: J-Lo in her new video.

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Sniffer dog finds €200,000 'savings'

A CANINE unit of the Local Police has helped in the arrest of a man caught in possession of €200,000 hidden in a suitcase.

The 27-year-old Frenchman was a passenger on a bus that had stopped for a short while in Alicante bus station en route from Barcelona to Marbella.

During a random patrol by the specially trained sniffer dogs, the man's case was picked upon and police boarded the bus to ask for the owner of the suitcase on board the bus to make themselves known.

When nobody claimed to be the owner, the police made all the passengers leave the bus to identify their own luggage in the hold until only the suspect was left.

Police then instructed the man to open the suit-



Photo credit: Policia Local

FOUND: Canine unit strikes lucky at Alicante bus break.

case, initially suspecting it may contain drugs due to the reticence of the man, and so were taken by surprise when they discovered 25 packs inside a rafia bag stuffed full with

euro banknotes. The French national said he was justified in carrying that amount of money as it was the savings from the owners of a bar in France.

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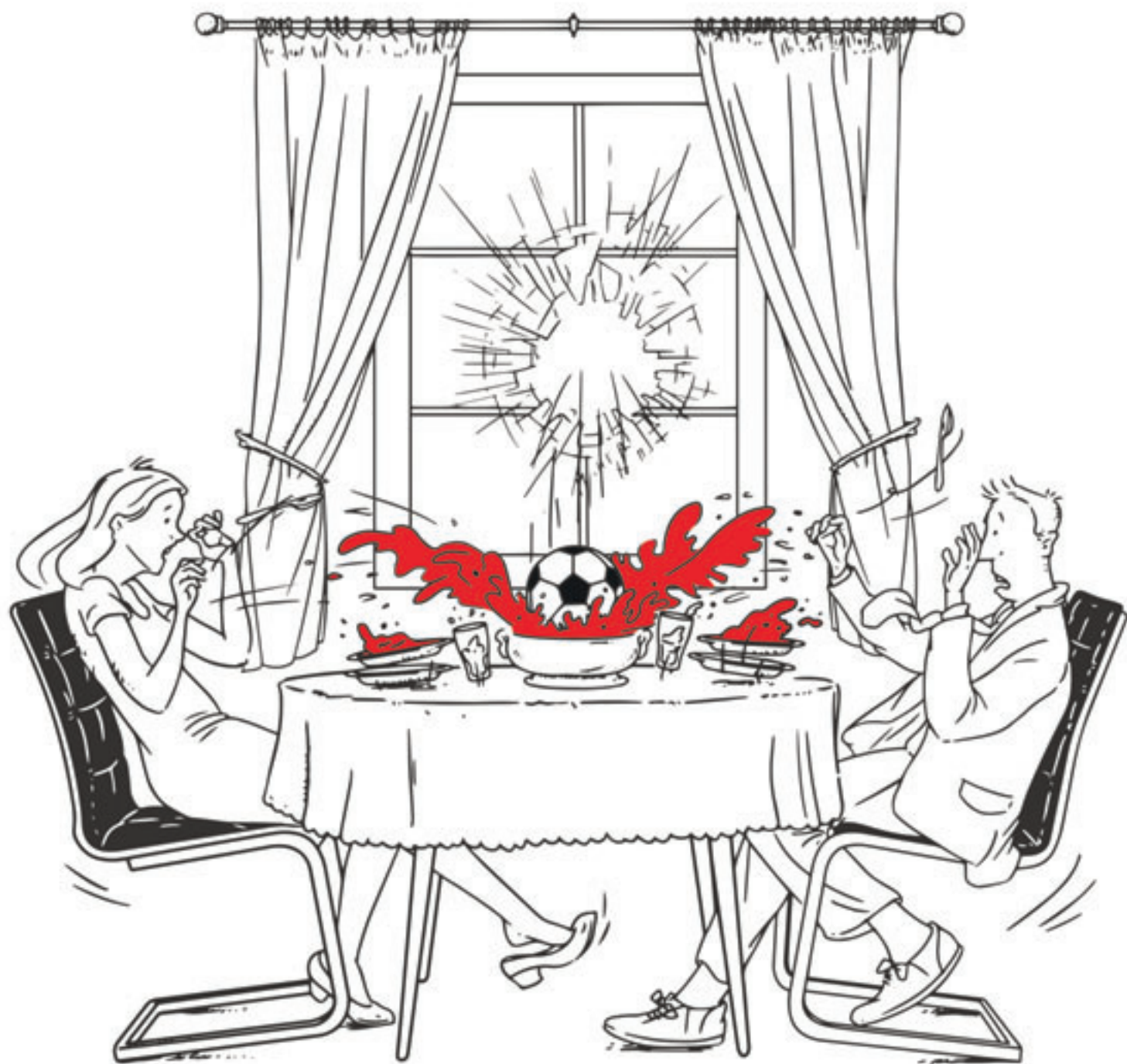


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MECHANICAL: Traditional method of pruning stopped over safety concerns.

Cranes hired for annual palm tree pruning

ORIHUELA'S city council has invested €21,175 in the annual pruning scheme in

the municipality.

Collaboration between the departments of infrastructure and beaches in Orihuela will see the fruits from the palm trees removed not only for the safety of passing pedestrians, but to clean the roads and pavements at the same time

The council has hired a truck with a cherry picker to help with the project which is already underway and began along the Avenida del Cabo Roig.

Councillor Luisa Boné said "Usually the pruning of the palm trees has been done in a traditional way with operators being raised up the trees by means of a harness. However, instructions recently received from the health and safety departments in the municipality informed us that fu-

ture pruning work had to be undertaken by mechanical means. This is why we

have rented the cranes to guarantee the safety of our workers at such heights."

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OUR VIEW

Hoping for a real solution

IT has been an increasing problem in recent years and there appears no end to it.

And more sadly, no real solution.

Last weekend almost 400 migrants heading towards Spain were discovered aboard vessels heading to the nation's terra firma.

Had they not been rescued they might well have died before they even landed and potentially had the opportunity for safer and better lives.

If they had made land safely, they would have merely joined tens of thousands of other illegal migrants now in Europe. They will not be the last to be added to the statistics, so far this year almost 16,000 migrants have been spotted and rescued by various authorities up and down the Mediterranean coastline from Gibraltar, up the coast in Almeria, Murcia and beyond.

Spain does not hold a solution to the problem and it is not only Spain's problem.

Many of the mainly African migrants - but in some cases other migrant men, women and children make the life threatening voyages of hope - frequently travel from an eclectic variety of locations in Libya, Morocco and other North African nations. A humanitarian solution must be found and it is clear that all nations in Europe - and Africa and the Middle East - need to sit down, discuss the issues and provide a solution to the problem.

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Internet rental scammer finally arrested

GUARDIA CIVIL officers based in Murcia have arrested the suspected perpetrator of a number of rental scams. The Spanish national, 38-years-old, was living in San Javier.

It is understood that 17 alleged scams have been discovered as part of 'Operation Costa Cálida' that investigated the alleged crimes in the Mar Menor and La Manga areas.

Investigations began in August when the police re-

ceived a number of complaints from different parts of the country about the process for renting holiday homes in the Mar Menor area.

All had a similar modus operandi which saw the houses 'available for rent' being placed on the internet. Interested persons were then charged a deposit that was paid by bank transfer in advance only for the account to be closed immediately the deposit had been made.

Mobile phone numbers

used as the contact point were subsequently cancelled and so there was no way the prospective renters could find any way of getting their money back.

Over a period of two months, the Guardia Civil kept watch on the suspect as he had a past criminal record for carrying out similar offences. One of these tactics was to continually change his address to attempt to avoid justice.

He was eventually traced to an address in San Javier and charged with fraud. He has already been sent to prison for his crimes.



FAKE: One of the properties offered 'for rent.'

Photo credit: Guardia Civil

2,388 Companies have moved their headquarters from Cataluña since the independence referendum on October 1 this year.

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NEWS EXTRA

On the market

A JUDGE has authorised the sale of property belonging to Juan Antonio Roca in Los Alcázares. Due to a water problem, it has taken some time to put the property on the market.

Star studies

UNIVERSITY of Alicante in San Vicente has been the international centre for astrophysical research throughout this week, bringing together the world's leading experts in the science of the cosmos.

Lost the plot

A DEMOLISHED residential building in Crevillente has left an empty plot and there are no plans to rehabilitate this particular dilapidated part of the area in Molinos de Crevillente.

Criminal network operation smashed

OFFICERS from the Guardia Civil have arrested 14 people in Almoradí, Callosa de Segura, San Fulgencio and Formentera del Segura for a number of crimes.

An organised criminal network was uncovered following an investigation that lasted five months and culminated in 12 men and two women of Spanish and Moroccan nationalities, aged between 19 and 48, being arrested.

They were charged with eight counts of burglary from homes, six thefts from vehicles with force, receiving stolen goods, continued general thefts, one crime against public health and of belonging to a criminal organisation.

The leader of the gang appears to be a 32-year-old Spaniard from Almoradí, who turned his house into the base for buying and selling stolen goods that attracted people from both near and far. Many are also alleged to have bought drugs from the same outlet.



Photo credit: Guardia Civil

DETAINED: Major Vega Baja criminal organisation curtailed.

Among the variety of items recovered include eight televisions, 14 mobile phones, two tablets, three photo cameras, two video consoles, one video camera, one DVD player, one laptop and three digital satellite signal decoders.

It wasn't just electronic equipment found, the haul included construction machinery such as an elec-

tric generator, two compressed air machines, two cutting machines, a cement mixer, and a drill. Additionally, four bicycles, two swords, an electric pistol and a large coin collection were also uncovered.

Also found at the property were over 2,000 grams of hashish in various forms, 50 grams of marijuana and €2,010 in cash.

Colleges and water treatment projects get bulk of spending

THE Valencian Community will be investing €36.8m in the Vega Baja during 2018.

Regional Deputy and General Secretary of the PSOE in the Vega Baja, Manuel Pineda, announced the spending plans provided in the budget for the region, which will allocate €36.8m and represents 20 per cent of the entire investment for the Alicante Province (€184m) and an increase of 39 per cent on this year.

Among the projects will be the construction of the CEIP College Playas de Orihuela - costing €1.4m - which has been housed in temporary buildings for more than a decade. The project to recover archaeological remains in La Fonteta in Guardamar will get €929,000 and Callosa de Segura €500,000 in housing subsidies.

The bulk of the money will go into water treatment projects based in Orihuela and Almoradí - €12m and €10m respectively - and a further €6.68m for improvements in sanitation in Orihuela.

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NEWS EXTRA**What was that?**

THE 112 emergency service was called in the Murcia region when a large rumble and explosion was heard, possibly caused by a plane breaking the sound barrier.

Digital past

DOCUMENTS from four municipalities in Murcia will be digitalised. Records from the years 1800 to 1850 belonging to Águilas, Cartagena, Molina and Caravaca de la Cruz will be the first.

Farm fair

NOVEMBER 24 to 26 are the dates for the Jumilla Agricultural Fair being held at the Mercada Central de Abastos. More than 30 companies are due to take part.

Pigs not as happy as they should be

THANKS to collaboration between the Guardia Civil in Murcia, the Animal Health Service and local residents, an investigation was aimed at identifying the perpetrator of a number of alleged infringements.

The main incidents are alleged illegal discharges of slurry from a farm into an irrigation canal in Murcia, the illegal capturing of water from an underground aquifer, and the abandonment of at least 500 pigs.

Investigations were started after information was received about slurry appearing in an irrigation ditch in a farm located in the Murcia village of La Azarbe. The Guardia Civil moved to the site and after thor-



UNHYGIENIC: Hundreds of pigs kept in poor conditions.

oughly inspecting the area managed to locate the point of the direct discharge of the slurry and where it originated from.

During the same inspection,

they observed that the facilities housing the livestock did not meet the minimum standards of hygiene and sanitation.

They also discovered the location on the farm where illegal water supplies were obtained and consumed by the pigs.

Injured hiker in helicopter rescue

A 20-YEAR-OLD woman was rescued after spending the night in the Sierra de Orihuela after falling ill.

Four firefighters and one of her friends stayed with her all night until sunrise and safe for a helicopter to come and rescue her.

The young hiker was visiting the area with friends from Santomera and was proceeding along when she suffered a severe attack of lumbago that completely stopped her in her tracks and thus unable to continue.

The members of the group immediately called the emergency services when it became clear that their companion wasn't going to be able to move anywhere. Even though the rescue team arrived straight away, the only option to be able to get her off the slopes was by air and that couldn't take place until morning.

So, they set up camp - luckily they had a number of thermal blankets - and kept the woman company all night until the rescue helicopter arrived with a doctor on board.

They originally considered removing the victim via a stretcher, but the area where the incident took place was difficult to access with very steep slopes and any movement would've made the woman's back even worse.

€69,136 The gross average income of the wealthiest municipality in Spain, Pozuelo de Alarcon in Madrid, according to government statistics.

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Treasuring every moment...



By Karl Smallman

BRAIN CANCER battler Leo the Lion is putting up a brave fight as his fifth

birthday is now just a few weeks away.

Over the past two years Leo Bermejo, from Almeria has undergone major

brain surgery at Alder Hey Children's Hospital in the UK and travelled to Oklahoma in the United States for cutting edge proton-beam therapy.

But, despite all this, the 'monster' in his brain continues to grow.

Mum, Karen, has said that if he makes it to December 6 then Leo will have a party - only balloons and a birthday cake so he can blow out the candles.

Leo's Go Fund Me account has been closed and his fighting fund collection tins have now been brought in.

Karen said, "We have been very fortunate to receive so much overwhelming financial and emotional support during Leo's illness and we thank everyone from the bottom of our hearts.

"We have been able to give Leo the best chance



BRAVE FIGHTER: Leo, right, with sister Sofia.

Leo a chance and we are at the point where nature has to take its course, even though a tiny part of me is still hoping for a miracle.

"At this stage the most important thing is that Leo does not suffer and he is made as comfortable as possible and we need to treasure every moment, every minute, every second we have with him now.

"Leo's legacy will live on and has changed so many peoples' outlook on life."

Karen went on to say that in the future she plans to do things to make a difference. To help families overcome the obstacles they have had which has made the fight even tougher.

"I do not know how yet or when I will be able to do this, but I will do something in Leo's name."

possible to survive and be cured from this evil disease, but unfortunately the odds have been against him since day one when this monster grew in his head.

"Since Leo became terminal we have been able to take Leo and Sofia to Euro Disney to make lifetime memories for us all to treasure forever.

"We have also been able to give Leo an early

Christmas as it looks more and more unlikely that he will survive until then."

She explained how difficult it is watching the lump on the side of Leo's head get bigger.

"It is the hardest thing in the world watching him go downhill. We just need to focus on making him as comfortable as possible."

"There is nothing more we could have done to give

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NEWS EXTRA

Unlucky
for 13

THIRTEEN people have been arrested in Torre Pacheco by the National Police as alleged perpetrators of crimes relating to sexual exploitation of a number of people, many underage.

Get together

A TOTAL of 240 people participated in the fourth International Congress of Juvenile Offenders in La Lonja de Orihuela, aimed at students of law, political science, psychology, and criminology.

On yer bike

ELCHE'S councillor of Mobility, Esther Díez, has announced that €60,000 will be invested by the end of the year on 100 cycle paths to prevent those using zebra crossings.

Mountain clean up nets over 300 tons of rubbish

A GROUP of 20 volunteers and members of the Oriolano Mountain Group have been hard at work cleaning the paths and access routes to the Cruz de la Muela de Orihuela.

The volunteers were divided into different groups to cover all the trails and managed to collect more than 300 kilos

of various types of waste that were placed into enormous rubbish bags. The objective of the exercise has been to raise awareness among hikers and mountaineers who walk and climb the mountain range on a daily basis and encourage them not to dump their rubbish there.

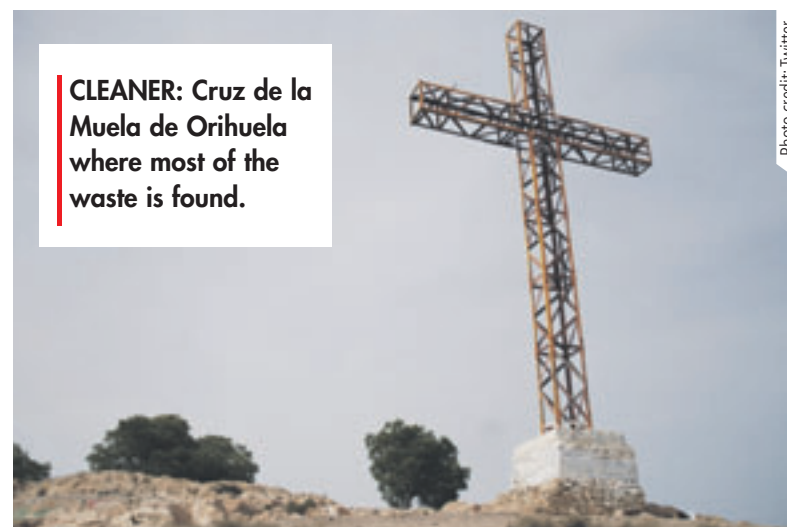


Photo credit: Twitter

The group, armed with gloves given to them by the cleaning services of Orihuela, began their work at 8am and

managed to collect bottles, glass jars, aluminium foil, sweet and chocolate wrappers and fruit rind.

Self-employment more attractive to women

MURCIA region has announced a slight increase in the amount of people registering to go self-employed, especially women.

Over the past 12 months, 618 more women have gone down the autonomo route, taking the overall number in the region to 33,664 and an in-

crease of 1.84 per cent. This is almost double the amount of new men registering as self-employed which was just 1.06 per cent. On average, the number of new autonomo registrations is 1.70 a day.

Despite a lower registration rate over the year among men - just 659 more - the total num-

ber of self-employed men in Murcia now stands at 62,971.

Since 2014, the region has been experiencing a steady growth of self-employed workers and in percentage terms women have risen by 3.47 per cent compared to 1.87 per cent for their male counterparts.

Director General of the SEF, Alejandro Zamora, said: "Women value self-employment as an increasingly attractive possibility as a way of entering the world of work. Historically, setting up their own businesses and working for themselves has become more associated with men; but

this is changing little by little."

If aged between 30 and 54, and depending on the amount of their own investment in their business, they receive between €3,000 and €6,000 to help with business start-up costs. In the case of a woman in the same age group, they can receive up to €7,000.



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Locals panic at airport 'disaster'



Photo credit: Twitter



MORE than 500 people from a total of 28 organisations connected to all the emergency services took part in a massive simulation of a plane crash close to Alicante-Elche Airport.

The 'disaster' took place in the Elche Business Park in Torrellano to thoroughly check on the systems and protocols that would need to be adopted in the event of an aircraft coming down in the area.

The accident created assumed a Boeing-737 with 55 passengers and five crew aboard was in its final approach to the airport when it suddenly lost power and plunged to the ground on one of the Business Park's access roads.

As it crash landed, it crushed several vehicles and their drivers and destroyed one of the warehouses, burying a number

IN ACTION: Emergency services put through the 'disaster' paces.

of people. Just when things couldn't get any worse, 2,000 litres of fuel spilled from the plane. The tragic result saw 30 dead, 20 critically injured and 10 others seriously injured.

Alongside the professionals taking part, a number of extras also played their part who were happy to 'play dead' for the two hours of the exercise.

The simulation had been well flagged for some time, but

it's understood that more than one local was scared as they saw the comings and goings of emergency vehicles with accompanying sirens approaching the area. Unfortunately for the passengers of one flight which took off from Alicante-Elche Airport at the time of the 'disaster' they witnessed everything going on below and needed to be reassured that it was a drill, despite the smoke and flames.

NEWS EXTRA

Return to the beat

CABO DE PALOS reopened the doors of its police station after being closed throughout October due to maintenance of the building's infrastructure. They worked from El Algar during the refurbishment.

Beach back

THE beach of Los Urrutias has returned to its original state from 25 years ago after a number of artificial barriers were removed that prevented normal tidal activity.

Bus success

OFFICIALS in the municipality of Cartagena were pleased to announce that almost 40,000 people used local public transport during the recent Carthaginians and Romans fiestas in the city.

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Beach bars face having to shut for another year

A COURT has rejected a request to reopen two of the beach bars once located on the Punta Prima.

Two of the three bars ordered to close by the Torrevieja City Council at the beginning of the summer on the beaches between Cala Piteras and Punta Prima at the southern end of Torrevieja were practically open all year round. They were closed down as they lacked any form of official opening licence and will remain so. The company running the beach bars had asked if the premises could be given permission to reopen until the issue between them and the council is sorted out, especially as they will be losing money in the meantime, which they will be unable to recover should the

court eventually agree to their claim. They accept that the judicial system could take years to resolve the dispute.

Apparently, two of the premises do not have an opening licence nor permissions to carry out the building of the bars in the first place which took place in 2009. The third bar in dispute and run by another company, publicly announced that they would be taking legal proceedings against the Torrevieja Council, but the municipality says that they have no record yet that the complaint has begun its journey through the judicial system.

Those in charge of the disputed bars, in their defence, say that Torrevieja Council has not given them any notification of their illegality until 2015 and

that year after year they continued paying their municipal taxes.

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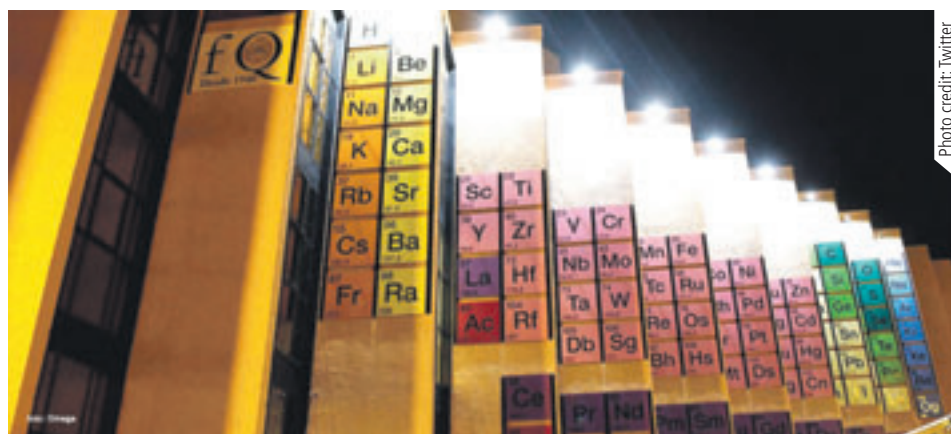


Photo credit: Twitter

IN THEIR ELEMENT: Unique display on University of Murcia.

Give me an ‘Ar’, a ‘K’, give me an ‘Mg’

THE world’s largest periodic table of chemical elements has been unveiled... in Murcia.

It has been built on the main façade of the Chemistry faculty of the University of Murcia with each one of the 118 chemical elements represented by its symbol, atomic number and atomic mass painted on the side. Each measure 0.75 x 0.75m and are in a selection of colours too.

The total design occupies 150m2 and was designed by the architect of the University of Murcia Eduardo Batán, and has been laid

out in such a way across walls and windows that allow a perfect view of the unique project as people walk along the perimeter of the campus. It’s very quickly become a new iconic building in Murcia and a tourist attraction.

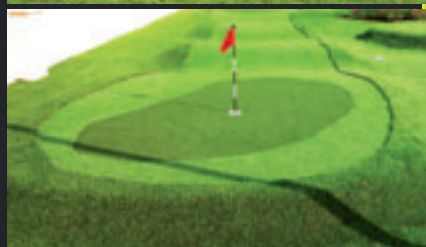
The construction of the periodic table was sponsored by a consortium of 12 companies based in the Murcia region, and after the formal opening ceremony took place were awarded diplomas in recognition of their work.

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Migrants' intended destination is France

MURCIA'S councillor Conchita Ruiz has held a meeting with a number of representatives from organisations and associations involved with the numbers of migrants arriving in the area without paperwork.

Those from the Cruz Roja, Acem, Cepaim and Murcia Acoge - those which have care and shelter programmes already operating - have stated that they are already at full capacity in view of the recent influx of arrivals on small boats in such a short time. Also in attendance were representatives from Jesús Abandonado, a group that provides meals and lodging for immigrants.

"Most of them come from Algeria and Morocco, and are in a transit situation; their principal destination is France where many of them have relatives or friends. Even



Photo by Twitter

TRANSIT: One of the many groups of 'without papers' migrants arriving in the Murcia region.

though their intention is not to stay in the Murcia region - not even in Spain - we still have to find ways of keeping them off the streets," said Conchita Ruiz.

Those responsible for coordinating the arrivals at social service centres in El Carmen, Beniaján and Espinardo are looking at ways to enable the migrants to carry on their journeys whilst they're in the transit phase, and also they help them find their relatives in France. "In the meantime, we have to cover their basic needs and to help them process necessary official documentation they need," said Ruiz.

Local and regional authorities acknowledge that they don't know the true numbers of migrants without papers after the arrival of the last batch of boats.

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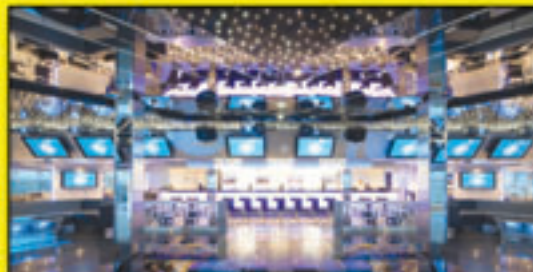


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date	port	arrival	departure
7/1/2020	Barcelona, Spain	-	18:00
9/1/2020	Lisbon, Portugal	12:00	19:00
11/1/2020	Funchal, Portugal	08:00	17:00
14/1/2020	Mindelo, Cape Verde Islands	08:00	18:00
19/1/2020	Salvador de Bahia, Brazil	08:00	17:00
21.-22.1.2020	Rio de Janeiro, Brazil	08:00	18:00
25.-26.1.2020	Buenos Aires, Argentina	08:00	17:00
27/1/2020	Montevideo, Uruguay	08:00	17:00
29/1/2020	Puerto Madryn, Argentina	09:00	18:00
1.-2.1.2020	Ushuaia, Argentina	08:00	18:00
4/2/2020	Punta Arenas, Chile	08:00	18:00
7/2/2020	Puerto Montt, Chile	08:00	18:00
9.-10.2.2020	Valparaiso, Chile	08:00	18:00
13/2/2020	Arica, Chile	08:00	18:00
15.-16.2.2020	Callao, Peru	08:00	18:00
21/2/2020	Hanga Roa/Rapa Nui, Chile	09:00	18:00
24/2/2020	Bounty Bay Passage, Pitcairn	-	-
27.-28.2.2020	Papeete, Tahiti	08:00	18:00
1/3/2020	Rarotonga, Cook Islands	08:00	18:00
2/3/2020	Aitutaki, Cook Islands	08:00	17:00
7/3/2020	Auckland, New Zealand	09:00	21:00
8/3/2020	Tauranga, New Zealand	08:00	18:30
9/3/2020	Napier, New Zealand	10:00	17:00
10/3/2020	Wellington, New Zealand	07:00	14:00
11/3/2020	Cruising Milford Sound, New Zealand	-	-
14/3/2020	Hobart/Tasmania, Australia	07:00	19:00
16/3/2020	Sidney, Australia	08:00	18:00
17/3/2020	Wollongong, Australia	08:00	18:00
20/3/2020	Ile Des Pins, New Caledonia	09:00	18:00
21/3/2020	Numea, New Caledonia	07:00	17:00
24/3/2020	Cairns, Australia	08:00	18:00
26/3/2020	Alotau, Papua New Guinea	07:00	19:00
27/3/2020	Doini Island, Papua New Guinea	07:00	17:00
30/3/2020	Darwin, Australia	12:00	21:00
2/4/2020	Komodo Island, Indonesia	09:00	18:00
3.-4.4.2020	Benoa/Bali, Indonesia	12:00	18:00
7/4/2020	Singapore	08:00	18:00
8/4/2020	Port Klang, Malaysia	08:00	18:00
12/4/2020	Colombo, Sri Lanka	08:00	18:00
15.-16.4.2020	Mumbai/Bombay, India	08:00	18:00
19/4/2020	Salalah, Oman	08:00	18:00
24/4/2020	Aqaba, Jordan	08:00	18:00
25/4/2020	Suez Canal	-	-
26/4/2020	Suez Canal	-	-
29/4/2020	Civitavecchia, Italy	08:00	18:00
30/4/2020	Genoa, Italy	08:00	17:00
1/5/2020	Marseille, France	08:00	18:00
2/5/2020	Barcelona, Spain	07:00	-



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Historic tower is almost complete

RENOVATION work currently being undertaken on the Torre Escalates in Santa Pola will be completed by the end of the month.

The announcement was made by the Director of Culture and Heritage, Carmen Amoraga, in a visit to the iconic 15th century watchtower on the Cabo de Santa Pola.

The project is in an advanced state with the exterior walls repaired and the turret and the interior almost finished.

When completed at the end of November, the council will illuminate the tower and also install some information panels in and around the tower to inform visitors on its history and heritage.

Newton College unveils expansion

NEWTON COLLEGE, located between Elche and the Alicante-Elche Airport, continues growing with the construction of a brand new building entirely aimed at the Early Years Stage.

This project coincides with the full implementation of the Early Years International Programme and is the most important investment of the International Schools Partnership (ISP) group for the school so far. With the launch of this expansion project, the most significant one carried out in the last 15 years, a new chapter begins in the history of the school, which last year celebrated its 25th anniversary year.

After having worked jointly with ISP for more than two years, the new construction will finally commence in January 2018. The new building will be located within the school facilities, next to the green pitches. It will be a two-floor building, with individual and common spaces which will enable 0-4-year-old pupils to develop their personal and educational skills. All the classrooms will be opened to the exterior, thus fulfilling the learning spaces with sun light.



Photo credit: Newton College (From Press Release)

NEW CHALLENGES: Newton College in the future.

In addition, a sensory garden will be located in the roof of the building so that pupils can learn through play in the open air.

With the inauguration of this building, planned for autumn 2018 (academic year 2018-2019), Newton College will not only grow as a school but will be able to have a

better reorganisation of their pupils by stages. Therefore, it is a great opportunity for the school to consolidate objectives, start new challenges and continue working on their 'Opening Minds' project, by discovering and developing their pupils' skills and talents.

NEWS EXTRA

Police problem

TORREVIEJA needs to fill 36 vacancies to avoid staffing problems in five years time. A total of 22 people are expected to take early retirement and 25 others will be posted elsewhere.

Study away

ONE in five university students is being forced to study outside the province of Alicante as many of the higher degrees they want to study are only offered elsewhere.

One click

A NEW App called 'Click-ea Cartagena' will allow young residents and visitors to discover the activities and programmes on offer for their age group in the municipality.

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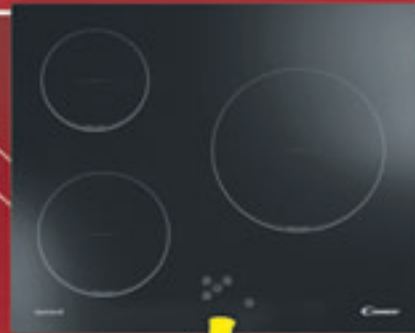
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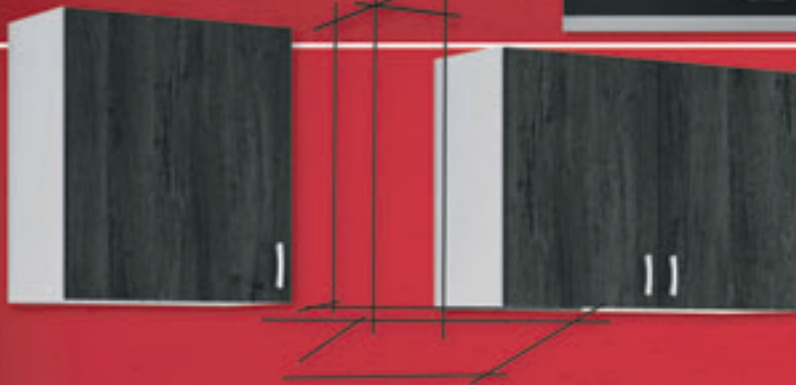


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Belt up and don't get fined!

SPAIN'S new roadside cameras that automatically monitor the use of driver seat belts have started issuing €200 fines.

The first 50 cameras have come into full operation and eventually 227 will be rolled out.

The scheme has been trialled over the last two months with 331 drivers receiving an informative letter.

From now on if drivers are caught not wearing a seat belt they will be hit in the pocket with a fine notification in the post.

The Dirección General de Tráfico (DGT) say that the images captured by the cameras are subject to a 'strict quality control.'

They are sent every day to the Automated Complaints Treatment Centre, where software designed specifically for the purpose will review the photographs.

The software will discard



DRIVERS: Don't forget to belt up.

photographs in which it detects that the driver is using a seat belt. The remaining images are then manually reviewed.

If an offence is registered the image is sent to the corresponding Provincial Traffic Headquarters, where it is manually checked again.

The owner of the vehicle will then receive a request in the post to identify the driver that appears in the photographs.

If a passenger appears in the photographs, their face is pixelated, so that they are not identified.

Once the driver has been identified the fine of €200 is issued and three points deducted from their licence.

If the vehicle owner does not name the person driving a penalty fine will be issued for not identifying the driver.

Sixty per cent of the cameras are located on roads with the highest accident rate and the remaining 40 per cent of cameras are located on the busiest roads.

By Matt Ford

THE disgraced former president of a Costa del Sol animal shelter is set to become the first person ever to be jailed for animal cruelty in Spain.

A Malaga judge has ordered Carmen Marin, who previously ran Torremolinos' municipal cat and dog sanctuary, to enter prison within the next four days.

The landmark decision comes three weeks after the Provincial Court upheld a three years and nine months sentence in the wake of an appeal.

Marin was last year found guilty of slaughtering thousands of animals from 2008-2010, despite preaching a zero sacrifice policy.

In a statement the judge said that Marin injected cats and dogs with euthanasia drugs "without any veterinary control or form of sedation, using inadequate methods and lower doses than recommended, causing prolonged agony."

This proved lucrative since the shelter received cash from the town council each time it took in a new animal.



LAVISH LIFESTYLE: Carmen Marin (inset) used shelter funds.

Landmark decision Ex-shelter boss jailed for animal abuse

Although the majority of the sentence is related to forged documents, it is a historic case since one year of the punishment is for animal cruelty, the first time that someone has been imprisoned for such an offence in Spain.

If Marin fails to present herself to police by Wednesday, a search and capture warrant will be issued in her name.

Her sentence could yet be

extended as she and her two daughters remain under investigation by a Torremolinos court for suspected fraud, misappropriation and money laundering.

It is alleged that the trio used money from the shelter to fund a lavish lifestyle, including a €104,000 shopping trip, plastic surgery, luxury holidays to several countries, high-end cars and expensive meals.

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All at sea

Number of migrants almost triples in a year

SPAIN'S maritime rescue service recovered more than 400 migrants from boats making the dangerous crossing in the Mediterranean Sea over the weekend.

It is believed good weather and sea conditions saw the increase in traffic.

On Saturday Salvamento Marítimo tweeted: 'We saved 276 people from seven improvised vessels.'

And, on Sunday, they rescued a further 144 people from another seven boats.

According to the International Organisation for Migration (since January) 15,600 migrants have made



Photo by Salvamento Marítimo

RUBBER DINGHY: Commonly used to cross the Gibraltar Strait.

it to Spanish shores by sea with at least 156 killed during the dangerous crossing from Morocco.

However, Spain is still well behind Italy, which has recorded 114,400 arrivals by sea since January.

North Africans appear to choose the Strait of Gibraltar crossing in small crafts of between four and 10 people.

Meanwhile sub-Saharan often use the Alboran Sea crossing in 'pateras' carrying up to 60 people on a journey that can take up to 30 hours.

38,610 properties were sold last month in the whole of Spain, an 11% increase from the same month last year according to official figures.

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DIGGING DEEP: Police man a JCB.



BRITISH DRIVER: The lorry in Granada.



HAUL: The previously buried drugs.

All the fun of the fair

FIREFIGHTERS rescued 13 children from a fairground ride in Benidorm.

The thrillseekers were trapped in a series of metal cages dangling four metres from the ground after the attraction lost power, a council official said.

The dramatic breakdown came just half an hour after the city's Fiestas Mayores Patronales de Benidorm celebrations got underway.

Two fire engines attended the scene and the captive revellers were brought down on an aerial platform having been locked inside for almost an hour and a half.

There were no reported injuries and it remains unknown what caused the ride to stop working.

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SPANISH Police have arrested three Britons for their alleged involvement in one of the country's largest ever cocaine busts. The trio were held after officers seized 1.2 tonnes of

the drug while carrying out raids near Almuñecar, Granada and in the Basque province of Guipuzcoa.

Two Spaniards were also detained during the operation.

A police official revealed that the men were members of an international drug trafficking organisation which smuggled drugs into northern Spain before sending them south and selling smaller amounts to other gangs, including several in the UK.

Lorries registered to a haulage firm were used to transport the narcotics, and a particular British driver raised suspicions, leading investigators to tail him and a car being used as a lead vehicle to tip him off about police patrols.

Busted!

Trio of Britons held in major coke bust

The spokesman said: "The person driving the lead vehicle, whose job it was to guide the lorry safely, led it to a remote property near San Sebastian."

Using secondary routes to avoid busier roads, both vehicles concluded their journey at a warehouse between Almuñecar and Salobrena in the province of Granada.

Police arrested three of the suspects as the driver began to offload his cargo, discovering that inside the boxes there were 483 packets of cocaine with 1,100 grams each in them, making a total of 531 kilos. Detectives then used shovels and a JCB digger to uncover an additional 678 kilos of the drug at an address in Zarautz, Basque Country, where the lorry had stopped on its way south.

A cannabis plantation was also found in an abandoned house on the property.

The official described the drug haul as "one of the largest ever intercepted on Spanish soil."

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Ferry horror

Fire leaves dozens injured



Photo credit: Guardia Civil

SHAKEN: Families are escorted off the boat (inset).

A FRENCH ferry with 470 passengers and 137 crew members aboard was forced to make an emergency stop in Mallorca after it caught fire at sea.

The blaze broke out in the hold of the vessel, named Tariq Ibn Ziyad, while en route from Marseille to Algerian capital Algiers, with a distress call placed and around

35 cars torched, Spanish authorities said.

Three people were hospitalised and another 26 treated for smoke inhalation and minor injuries at Alcudia Port after a field hospital was set up.

Firefighters managed to extinguish the flames, with passengers and crew placed on two replacement boats from parent company Al-

gerie Ferries.

Mayor of Alcudia, Antoni Mir, said: "It was very difficult for them to enter at first.

"It was a very big operation. There were 15 Civil Protection response teams.

"People were scared and needed to be calmed down because they didn't know whether their car had been affected. There was a brief outbreak of violence."

Those on board are reported to be mostly French and Algerian.

13 People died in car accidents in Spain last weekend according to the traffic directorate DGT.

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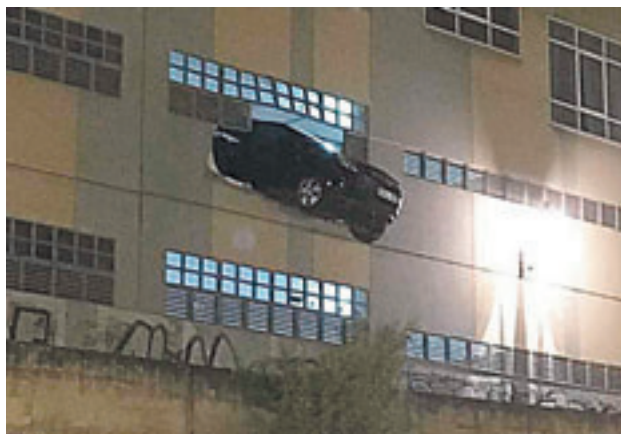
Worker crushed to death

POLICE are investigating a work related accident after a man was crushed to death by a lift in Valencia.

Emergency services were called to release the body of the victim from the lift shaft in Calle Navarra, Castellon.

Sources indicate the man was working on reforms at the building.

National Police officers have opened an investigation into the accident.



HANG TIME: The dramatic scene.

Lucky escape

A CAR was left dangling out of a building after smashing through a car park

wall in Galicia.

A Coruña resident feared the worst when they heard a "tremendous bang" that "sounded like a gas canister had exploded" but were shocked to see a vehicle hanging 30 metres above the street.

Several people helped hold the vehicle so the driver could get out via the back seat.

The woman driving the car was unharmed and the vehicle has since been removed, leaving a gaping hole in the car park wall.

Inquest says blood clot killed British father



Photo by Facebook

TRAGIC: Paul Birchall (inset) died at Ibiza Airport.

AN inquest has revealed that a British father of two who died minutes after stepping off a flight to Ibiza was killed by a blood clot.

Holidaymaker Paul Birchall, 51, had travelled to the island for a stag party and collapsed at San Jose Airport after texting partner Andrea Houseman, 47, to

say that he had arrived safely.

Friends and a doctor aboard the Jet2 flight from Manchester tried unsuccessfully to resuscitate him.

And it has now emerged that the builder from Bolton, England died from a blockage in the lungs following an investigation in

his home town.

It comes after Spanish medics said that Mr Birchall may have suffered from Economy Class Syndrome, in which a blood clot can form in a flyer's leg after spending more than six hours in a seated position.

This was ruled out by Home Office Pathologist Dr Patrick Waugh, who concluded that the deceased suffered from heart disease and was killed by a pulmonary embolism.

Speaking at the hearing in Bolton he said: "This is a common condition where you develop a blood clot in your leg and that clot travels all the way up to your heart and gets stuck in your lungs which obstructs blood getting to your lungs and causes you to collapse."

"In cases where clots are affected by flying, it tends to happen in long haul flights of around nine to 12 hours, this flight was no longer than three hours. He was already feeling unwell on the flight meaning that the clot had already formed."

After the hearing Mr Birchall's family said in a statement: "We miss Paul and just wish that he could come back, we will never get over it."

"At 6.15pm when he landed in Ibiza, he texted Andrea to tell her that he loved her. He was so excited about the trip, he loved a party. If we knew he was ill we would never have let him go on that stag party. It is just such a sad story."

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Dad deserts son to visit sex club

A HORNY father has been held after leaving his four-year-old son in the car so he could visit a wife-swapping club.

The 40-year-old, who had allegedly been drinking, was so desperate in his search for a romp that he locked the child inside the vehicle before partying at the erotic nightspot in Dos Hermanas, Sevilla.

But the alarm was raised after Local Police received a call from an irate motorist whose parked car had been blocked in.

And when they arrived at the scene officers found the youngster "crying and screaming because he was cold," a police official said.

A National Police unit brought warm clothes and a search for the missing dad



SHAMELESS: The car park where the randy dad left his child.

was launched after his identity was confirmed in a call to traffic police.

Having failed to find him in nearby bars and restaurants, he was eventually

tracked down at the sex club, where he had made a payment with his credit card.

He was drunk and spent the night behind bars before being handed a six-month suspended sentence for abandoning a child, while the young boy was returned to his mother.

2,018 The number of organ donors last year, making Spain the world leader in organ donations, and led to 4,818 organ transplants.



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IN ATTENDANCE: Simon Manley (centre) in Madrid.

British Ambassador Simon Manley attends Madrid Remembrance Service

THE British Ambassador in Spain, Simon Manley, attended and read a lesson at the Service of Remembrance at St George's Anglican Church in Madrid. The Ambassador, who attends this service every year, was joined by diplomatic colleagues from across the Commonwealth, EU and other countries, as well as serving members of UK armed forces based in Spain, as part of NATO operations or bilaterally. In addition, a number of British consular teams also attended Remembrance Day events across Spain.

Simon Manley said: "Remembrance Day is a special moment for us all to remember those who serve, and have served, to keep us safe and free. I will remember the members of my own family who served: my father in the Eighth Army in North Africa and Italy, my maternal grandfather with the RAF in Sri Lanka, and my paternal grandfather with the RFC in France. It's absolutely right, in these turbulent times, to underline that the United Kingdom's commitment to Europe's security remains absolute."



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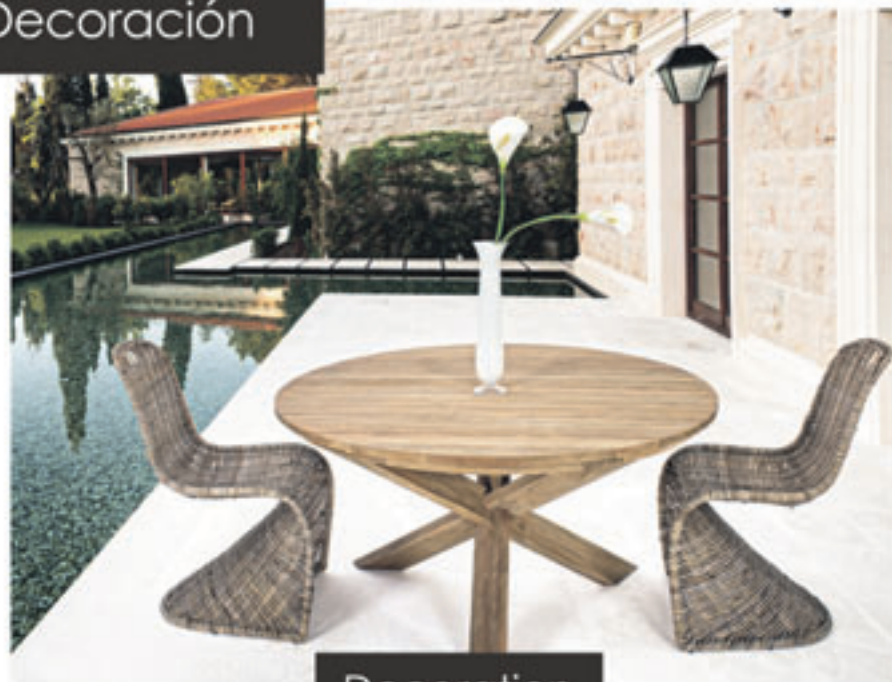
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SMILES: Jennifer Cunningham with Barcelo MD Pepe (right).

Fit for a king!

THE Barcelo Real Estate Group has opened a magnificent new office in Playa Flamenca, Orihuela Costa, with the opening party held last Friday.

Annual service



PROUD DAY: The Pinoso Trefoil Guild attended the service.

THE Pinoso Branch of the Royal British Legion in Spain held its annual Service of Remembrance at the Parochial Church of St Peter, which was well attended by a large Spanish and British contingency.

The Service was given by Father Manuel Llopis and Chaplain Maggi Rees. Pinoso mayor Lazaro

Azarin Salar also addressed the congregation. The newly formed Murcia Branch and the Pinoso Trefoil Guild attended the service.

RBL meetings are held the last Tuesday of the month at 7.30pm at Meson Tonet restaurant in Pinoso. Contact janiceinspain@gmail.com or call: 617 792 421.

Singing praises for remembrance

THE Orihuela Costa Male Voice Choir pulled out all the stops for their Remembrance Day Concert under the watchful baton of conductor Nigel Hopkins.

The programme included hymns from the green valleys and mountain ranges of Wales to the wonders of The White Cliffs of Dover, of

Gilbert & Sullivan songs to the barricades of Paris, with a rendition of *Do you hear the people sing* from Les Miserables.

Soprano Verity Hall also treated the audience to songs such as *O Mio Babbino* and was accompanied by Nigel Hopkins in a duet of *Try to Remember*.



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SMILE CHARITY GROUP presented a cheque for €500 to Luis Rodriguez, the mayor of Benijofar, for cash raised in favour of the Benijofar Crisis Appeal during the past year. In addition they have made €500 donations to AECC, the Stroke Association Spain (formally Torreveja Stroke Support) and Elche Children's home. This brings the total charitable donations they have made since their inception four years ago to €17,684.

Their next fundraising effort will be a music night at the Catorce Restaurant in Benijofar on December 13 with the fantastic duo 'Diverse.' Tickets are available from Restaurant Catorce, The Card Place Benimar, The Post Room Benijofar or the Benijofar International Library. Tickets cost €12.50 which will include a buffet meal. You can also call: 665 222 974 or 639 447 529.

If you would like to join them, or find out more information, email: smilecharitygroup@gmail.com.

Smiles all round



FUNDRAISERS: Smile Charity Group presents a cheque for €500 to Luis Rodriguez, the mayor of Benijofar.



DISCO DIVAS: Guests showed off their best moves during the Black and White Party.

Dancing the night away

A BLACK and White Party was held at Da Silva's in Quesada last Saturday and guests turned out in their best monochrome attire for an evening of dancing and entertainment.

George, his wife Gill and their team (Dean, Tony, Dominic and Lyndsey) pulled out all the stops to organise an enjoyable evening. Rob Roberts also entertained the guests as the entertainer and MC. There was also some fun fundraising for Elche Children's Care Home reaching €177 and George and Gill very kindly rounded this up to around €200 in total.



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REACH OUT will be holding their Beetle Drive at Harry's Bar, Quesada to help care for the homeless and underprivileged families in the Torreveja area.

The fun begins at 7:30pm on Saturday December 16. The event costs €5 for festive fun and finger food, as well as

Driving into town

a Local Prize Raffle. All proceeds to Reach Out, limited seats available.

Call Joanne on 965 999 973 to book.

The items of food listed below are those that Reach Out

use at Christmas time for the homeless and the families in need:

Mince pies, tinned tuna, cakes, jam, biscuits, Nutella, crackers, sugar, breakfast cereal, flour, olives, stocking

fillers, fruit juice, coffee, crisps, pasta, tea, porridge, toilet rolls, stock cubes (vegetable), deodorant, tinned tomatoes, disposable razors, toothpaste and brushes, tinned sweet corn, shower gel and shampoo.

Any donation is most welcome.

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70 years of marriage

IT is a remarkable achievement for any couple to reach 70 years of marriage but when it is a sovereign and her spouse the achievement is a shining example to all of us.

Representing a large expat community in Spain, the Anglican Chaplaincy is providing an opportunity for all those who would like to celebrate this remarkable achievement and, at the same time, celebrate their own marriage.

On Monday they will be holding a special Celebration of the Holy Eucharist for the 70th wedding anniversary of Her Majesty Queen Elizabeth II and His Royal Highness the Duke of Edinburgh at their church in Los Balcones at 3pm.

The Holy Eucharist will be followed by a Royal Afternoon Tea where they will be serving a typical English afternoon tea, including cucumber sandwiches, sausage rolls, cake and, of course, tea.

Everyone is welcome to join. If you would like any further information, visit www.c-of-e-torrevieja.com or Facebook page: www.facebook.com/anglicantorrevieja. If you would like to speak to Father Richard call 966 840 136 or 693 932 438 or e-mail frfas@c-of-e-torrevieja.com.

Age Concern Christmas fair

AGE CONCERN is holding their annual Christmas fair at the centre on Calle Paganini in Torrevieja.

There will be the opportunity to meet Santa, as well as many stalls selling gifts for Christmas.

Prize draw tickets for the mega raffle are on sale at €1 each and available now from the centre and from the charity shops.

So go along and give your support on Saturday November 25 from 10am.

Winter wonderland

IT may be a sunny November on the Costa Blanca but a snowy winter beckons for Studio32's cast as they prepare for their next show.

The company will be performing a stage adaptation of Irving Berlin's *White Christmas*.

The show contains some all-time classic songs including *Blue Skies*, *Sisters*, and the Bing Crosby title number *White Christmas*.

Studio32 are once again 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.

Tickets are selling fast, with only limited availability for Friday and Saturday, so make sure to get your order in now for a great evening's entertainment.

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, call-



DRAMA DARLINGS: From left, Vicky Holden (playing Rita) and Julie Cartwright (playing her side-kick Rhoda).

ing their new ticket line on 602 474 793, or from the following outlets:

Cards & More, La Marina
966 790 954

The Card Place, Benijofar
966 713 266

Tickets are sure to sell fast so get in early and book your seat!

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FREQUENTLY ASKED QUESTIONS

Q • Hello I had a gas boiler fitted by somebody who said he was Corgi registered in England but, when he had installed the boiler, it would start and then stop. As it was a Ferroli boiler I contacted Ferroli and the engineer told me the gas installation was very bad, the pipes were not fitted right and had no regulator for the propane bottles so I couldn't use it. He told me to get the gas fitter back to alter everything.

A • Yes, the engineer from Ferroli told you the right thing. To fit gas in Spain you have to be registered with the Ministry of Industry in Alicante and all the gas pipes must be brazed not screw joints and the installer must be registered and insured because, if anything does go wrong, your household insurance is void. Also Corgi or Gas Safe does not mean a thing in Spain.

Q • I want to have pool heating but there is nowhere for solar panels so I think it will have to be a heat pump but there are so many different makes on the market, can you give me any advice?

A • Yes, the best thing is always go for a good make, there are cheaper makes but be careful as often they do not come with a guarantee or back up service. That is why we only fit Astral pool or Zodiac heat pumps because you normally get no problems.

Q • We have had solar pool heating but it never worked, could you call and have a look at the installation for us to see what we could do?

A • There are so many people fitting solar pool heating but do not understand it. We have just taken out an installation where they had fitted glass panels and just filled up the whole system with the pool water obviously rotting all the copper in the panels, no pump system, no expansion vessel. It was a mess so be very careful. We know this company is still installing. Of course we will take a look at it for you.

Q • Which is the best central heating to fit? I do not want to go through another cold winter without it.

A • It is hard to say without looking at the installation but we install gas, oil, bio-fuel, heat pumps and solar. If you send me your telephone number and address then I can call and give you a free estimate.

DENMARK**Shoot scare**

THREE people have been arrested in Copenhagen after a 22-year-old was killed, and another person was injured, during a shooting on Thursday, with one of those held allegedly connected to an organised crime network.

Moving forward

THE Danish Transport Authority has approved a trial run of the first driverless bus service to be operated in the country, which, if successful, could give the futuristic project the green light for the future.

Singles' sale

THE Danish electronics retailer 'Elgiganten' has paved the way for China's celebrated holiday 'Singles' Day' to become



FURRY FRIENDS: A Danish study found that cats could help prevent children from developing asthma.

equally as popular in Denmark by offering discounts to mark the occasion on Friday.

Furry friends

SCIENTISTS from the Copen-

hagen Studies on Asthma in Childhood Research Centre (COPSAC) have concluded that having a cat in the home could help to prevent newborn babies from developing asthma later in life.

GERMANY**Third gender**

GERMANY must create a third gender category for birth certificates after a court ruling found that forcing those born with characteristics of both genders to choose between registering as either male or female violated anti-discrimination laws.

Doomsday plan

A LEAKED German military docu-

ment has revealed the country's concerns about the stability of the EU and has laid out plans in the case of an increase in extremist and terrorist activity.

Killer nurse

A GERMAN nurse currently serving time in prison for taking the lives of two people is suspected of

killing over 100 in total, which would make him Germany's deadliest serial killer.

Lucky escape

EMERGENCY services were able to rescue a 45-year-old German mountain climber who was trapped for five days after falling into a deep crevice in the Austrian mountains.

FRANCE**Free ride**

TOWNS in France are choosing to scrap fees on public transport, with 15 towns to date making the move to encourage people to use public transport services instead of cars.

Airport shocker

PARIS' Beauvais airport has been named the ninth worst airport in the world by travel site 'Sleeping at Airports,' following the likes of Juba International airport in war-torn Sudan and Port Harcourt International Airport in Nigeria.

Poor parking

A LORRY driver in France accidentally parked his vehicle in the entrance to the metro, after allegedly forgetting to put the hand brake on which caused it to roll down the metro steps.

Meat scrapped

FRENCH people have been urged by a health watchdog to cut down on the amount of meat and fish they eat in order to improve their health and save money.

BELGIUM**Smog salute**

KING PHILIPPE and Queen Mathilde of Belgium were greeted on their trip to India by a thick layer of smog as they met with President Ram Nath Kovind and Prime Minister Narendra Modi in Delhi.

A sour turn

CARS were burnt and more than 20 police officers were injured when celebrations over Morocco's 2018 World Cup qualification turned violent in Brussels, as many Belgium-based Moroccans hit the streets to celebrate their home team's victory.

On the loose

THERE are more than 250 ongoing cases of organised crime in Belgium, according to Home Affairs Minister Jan Jambon, with the number of cannabis-related incidents also on the rise.

Lagging behind

BELGIUM is in danger of missing the European Union's target to reduce greenhouse gases by 20 per cent, despite the fact the block as a whole looks set to meet this goal by 2020.

NETHERLANDS**Paradise lost**

THE Dutch government has agreed to review 4,000 tax deals offered to overseas companies between 2012 and 2016 after the 'Paradise Papers' revealed they gave one company an estimated tax break of almost €145 million.

Striding ahead

A NEW study has revealed that Dutch women are more likely to have a university degree than men, as 45 per cent of those aged between 25 and 45, are graduates compared to just 39 per cent of men.

In cold blood

AN Iranian political activist, who founded a nationalist pro-independence group for the Khuzestan Province, was shot dead in The Hague and police have detained a suspect who tried to flee the scene.

Beer-bike ban

AMSTERDAM has banned 'bierfiet' beer bikes - a bar on wheels popular with stag parties - from streets in the city centre after a petition in 2016 gathered thousands of signatures to get rid of the 'nuisance.'

NORWAY**Armed forces**

NORWAY's government looks set to bring in armed police at Oslo's Gardemoen Airport for a temporary three-month period as a result of increased global threats to security.

Firearm fright

A 'CONFUSED' man in his 20s who allegedly fired a number of shots in the centre of Oslo has been held by police, but no one was injured during the incident and it has not been treated as a terror attack.

Viking thieves

TWO people have been arrested on suspicion of stealing up to 400 Viking artefacts from the University Museum of Bergen, and police have already managed to retrieve a number of the stolen objects.

Tremor terror

AN earthquake registering 3.8 on the Richter scale was felt in Norway's Bergen region and was the first time an earthquake of this strength had been felt in the region for 10 years.

SWEDEN**Parent time**

A SURVEY by the Swedish Social Insurance Agency revealed that fathers now receive almost 30 per cent of the childcare benefits allocated to each set of parents, making it one of the world's most generous schemes.

Topping charts

SWEDEN has topped the list of the 'Good Country Index' report after coming first in the 'prosperity and equality' and 'health and well-being' categories.

Theatre drama

THE Swedish culture minister, Alice Bah Kuhnke, called a meeting of the country's top theatre bosses after 456 stars signed a letter describing experiences of sexual abuse in the industry.

Lager lovers

A COUPLE have been forbidden to name their baby boy Pilsner, after the beer, as Sweden's tax agency thought it was 'unsuitable' for a child.

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Photo by Twitter

STILL HERE: Tis but a scratch said rapper poet Gnoyny.

Rappers war

FAMOUS rapper Vyacheslav Mashnov was attacked by seven people in St Petersburg. They demanded he apologise for his lyrics. Also known as Gnoyny, the rapper has gained fame from his 'battles' with rivals. One battle against a rival called Oxymirrin gained more than 26 million views on YouTube.

Cat rescue

WHEN a cat got stuck up a tree, residents of the Siberian city of Omsk managed to raise enough money online to hire a lorry with a hydraulic arm to rescue the pet. Local firefighters had said it wasn't their problem so locals appealed to the internet for help.

Space travel

FIVE Russians and one German were locked in an artificial spacecraft for 17 days in Moscow. The experiment simulated the time it would take to reach the moon. Scientists will gradually expand the trial period to lengths of up to one year in anticipation of deep space missions.

Retro strip

A RED shirt with white stripes has been criticised for resembling the old Soviet football strip. Russia's national team revealed their new Adidas-designed top as they prepare for the 2018 World Cup on home turf. Stadiums are facing a race against time to be ready for June.

Red flag

COMMUNIST leader Gennady Zyuganov will run for president for a fifth time in next year's election. The veteran politician won 17.2 per cent of the vote in 2012. His party has strong support among voters aged under 35. President Putin is expected to win but hasn't officially announced his candidacy.

Star gazers

THE world's biggest planetarium has opened in St Petersburg. There is a museum of space exhibits, a virtual reality room and a dome measuring 37 metres in diameter. It was built on an old gas plant and will hold space-themed workshops and offer guided tours to school groups.

Holy bikers

FLANKED by Patriarch Kirill, leader of the Russian Orthodox Church, President Putin took stock of a new motorcycle. The IZ motorbike was built by arms company Kalashnikov Concern and has a top speed of 250kph. The company are also producing a limo and sedan for Putin.



Photo by Twitter

ANGELS: President and Patriarch eye new wheels.

Catalan fear stalls €350m China deal

THE owner of a Chinese business consultancy has put the brakes on a €350 million investment in Spain due to fears over the Catalan political crisis. Veline Ong, owner of the Alicante-based Veline Group, has previously facilitated business deals worth €150 million between Chinese and Spanish firms. But the 37-year-old, speaking in the wake of a trip to Shanghai, said that in China "they are afraid of investing in Spain due to political instability."

Monarch woe goes on

COLLAPSED British airline Monarch will not be able to sell its take-off and landing spots to other carriers.

The blow comes after the former carrier's administrator lost a legal battle leaving it unable to cash in on assets worth an estimated €67.6 million.

Jet2, Norwegian Air Shuttle, IAG, Wizz Air and easyJet are all rumoured to be competing for the slots at Manchester, Leeds Bradford, Birmingham, Luton and Gatwick airports.

But two judges in London's High Court have ruled that KPMG, Monarch's administrators, do not have

By Matt Ford

rights to the slots. The decision follows an application for a judicial review submitted by KPMG after independent scheduling company Airport Coordination Limited, which manages flight schedules at 39 UK airports, opted not to allocate slots to Monarch for the summer 2018 season.

It represents a major upset for the ill-fated airline's owner, the private equity firm Greybull Capital, which intended to pocket millions by selling the slots, and an appeal is now expected.

KPMG's legal representative, Bankim Thanki QC, said: "Monarch Airline Limited's (MAL) portfolio of slots would represent MAL's most valuable asset.

"MAL would therefore seek to exchange those slots with other air carriers in order to realise value for its creditors." The winding down of UK's fifth-biggest airline in October saw 1,858 people made redundant and the flights of about 860,000 people cancelled, and sparked the country's biggest peacetime repatriation to fly home 110,000 stranded holidaymakers.

Economy on the upswing

SPAIN is set to meet its latest European Union budget deficit deadline.

The European Commission forecast comes as the country's spending gap - which must fall below 3 per cent of gross domestic product by the end of 2018 - is expected to plummet to 3.1 per cent this year, down from a high of 4.5 per cent in 2016.

Quote of the Week

No, no, the forecast is for growth of 2.3 per cent for 2018, and this already includes the impact from the Catalan situation." Spain's economy minister Luis de Guindos on the country's economic growth forecast.



Photo by Xiaomi/Twitter

NEW CHAPTER: Wang Xiang in Madrid.

Xiaomi targets Spanish market

CHINESE smartphone brand Xiaomi has picked Spain as its first market in Europe.

A selection of the firm's flagship products, including the €229 Mi A1 smartphone, are now available alongside scooters, fitness trackers and coffee makers.

The tech giant's senior vice-president Wang Xiang said that the company has embarked on "a new chapter" in its global expansion as he spoke at a launch event in Madrid.

He added: "It's proof we are

very, very serious to be a global company, not only a Chinese company and not only working in developing countries."

Two authorised Xiaomi shops opened in the Spanish capital on Saturday, and sales partners including Carrefour and Media Markt will carry the brand from next Wednesday.

The push into Spain comes after the company pulled out of several overseas markets including Brazil and Indonesia due to regulatory issues and local competition.

» BUSINESS EXTRA

All aboard

CIVIL ENGINEERING firm Grupo ACS - chaired by Real Madrid president Florentino Perez - is one of seven companies sharing a new €322 million, two-year maintenance contract for Spain's conventional rail network, according to state-owned railway manager ADIF.

And sold!

MELIA INTERNATIONAL is to add more than 30 new hotels to its 350-strong global portfolio before the end of 2017. It comes after the Mallorca-based chain generated revenue of €1.5 billion up to September, 5 per cent more than in the same period in 2016.

Sole traders

FRENCH and Norwegian investors are reportedly mulling over an €18-25 million investment to convert the disused Lemoiz nuclear power plant in the Basque Country into a giant fish farm for the production of sole, salmon, trout and prawns.



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Rotten eggs whip up stink

THE price of eggs is soaring in Spain. A dozen extra-large eggs from caged hens currently costs 20-50 cents more than in 2016.

It comes in the wake of the contamination scandal that hit 24 European nations this summer, leading Spain, which was not affected, to

become one of the main suppliers to other EU countries.

The scare broke out after eggs were found to contain high levels of a toxic insecticide, leading to millions being pulled from supermarket shelves across the continent.

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LONDON - FTSE 100

CLOSING PRICES NOVEMBER 13

COMPANY	PRICE(P)	CHANGE(P)	% CHG.	NET VOL
Anglo American	1,491.00	6.00	0.40	20,858.44
Associated British Foods	3,076.00	10.00	0.33	24,272.73
Admiral Group	1,843.00	-14.00	-0.75	5,333.57
Ashtead Group	1,910.00	2.00	0.10	9,525.23
Antofagasta	974.25	6.75	0.70	9,538.16
Aviva	493.25	-2.45	-0.49	19,883.55
AstraZeneca	5,002.50	132.50	2.72	61,651.71
BAE Systems	539.75	-16.25	-2.92	17,712.15
Babcock International Gr	781.25	-31.25	-3.85	4,107.97
Barclays	177.65	-1.50	-0.84	30,535.13
British American Tobacco	4,943.25	33.25	0.68	112,616.22
Barratt Developments	619.00	-1.00	-0.16	6,276.69
Berkeley Group Holdings	3,598.00	-15.00	-0.42	4,892.56
British Land Co	590.75	-2.25	-0.38	5,984.44
BHP Billiton	1,437.50	13.50	0.95	30,075.90
Bunzl	2,138.50	-18.50	-0.86	7,245.64
BP	510.55	3.65	0.72	100,431.76
Burberry Group	1,737.00	-9.00	-0.52	7,456.74
BT Group	245.95	-1.80	-0.73	24,571.29
Coca-Cola HBC	2,470.00	-115.00	-4.45	9,448.96
Carnival	4,912.00	48.00	0.99	10,299.89
Centrica	166.45	-0.75	-0.45	9,355.98
Compass Group	1,645.50	10.50	0.64	25,858.08
Croda International	4,197.50	15.50	0.37	5,494.85
CRH	2,703.00	2.00	0.07	22,652.41
ConvaTec Group	190.90	0.50	0.26	3,716.32
DCC	7,317.50	12.50	0.17	6,515.85
Diageo	2,576.25	16.75	0.65	63,998.61
Direct Line Insurance Gr	354.55	-1.15	-0.32	4,890.88
Experian	1,635.50	1.50	0.09	15,132.62
easyJet	1,266.50	-8.50	-0.67	5,064.40
Ferguson	5,315.00	20.00	0.38	13,293.52
Fresnillo	1,316.50	18.50	1.43	9,564.88
G4S	257.20	-1.40	-0.54	4,012.42
GKN	318.75	-1.25	-0.39	5,495.93
Glencore	363.83	1.23	0.34	52,195.33
GlaxoSmithKline	1,327.75	9.75	0.74	64,828.23
Hargreaves Lansdown	1,572.50	-10.50	-0.66	7,508.46
Hammerson	523.75	-0.25	-0.05	4,156.50
HSBC Holdings	735.90	-5.40	-0.73	148,188.50
International Consolidated Airlines	584.75	-12.25	-2.05	12,278.74
InterContinental Hotels Gr	4,288.50	8.50	0.20	8,131.58
3i Group	938.00	-7.50	-0.79	9,198.44
Imperial Brands	3,180.75	-0.75	-0.02	30,384.94
Informa	730.75	-0.25	-0.03	6,023.48
Intertek Group	5,367.50	2.50	0.05	8,658.60
ITV	157.15	0.35	0.22	6,311.84
Johnson Matthey	3,372.00	7.00	0.21	6,512.40
Kingfisher	304.70	-5.10	-1.65	6,719.08
Land Securities Group	938.25	0.75	0.08	6,950.98

COMPANY	PRICE(P)	CHANGE(P)	% CHG.	NET VOL
Legal & General Group	264.40	-0.70	-0.26	15,795.16
Lloyds Banking Group ORD	66.06	-0.42	-0.63	47,840.16
London Stock Exchange Gr	3,705.00	-15.00	-0.40	12,898.05
Micro Focus International	2,629.00	10.00	0.38	11,398.86
Mediclinic International	600.50	-3.00	-0.50	4,449.27
Merlin Entertainments	384.15	1.15	0.30	3,890.55
Marks & Spencer Group	316.10	-3.10	-0.97	5,186.17
Mondi	1,800.50	-6.50	-0.36	8,773.96
Morrison Supermarkets	215.55	-0.55	-0.25	5,089.60
National Grid	900.30	5.50	0.61	30,360.64
NMC Health	2,823.50	-94.50	-3.24	5,961.06
Next	4,367.00	-12.00	-0.27	6,406.08
Old Mutual Group	190.40	0.10	0.05	9,386.57
Paddy Power Betfair	8,620.00	60.00	0.70	7,225.50
Prudential	1,856.25	10.75	0.58	47,722.67
Persimmon	2,670.50	-2.50	-0.09	8,249.66
Pearson	697.50	4.50	0.65	5,641.47
Reckitt Benckiser Gr	6,557.00	13.00	0.20	46,042.04
Royal Bank of Scotland Gr	273.70	-1.60	-0.58	32,932.05
Royal Dutch Shell	2,452.25	34.25	1.42	109,883.95
Royal Dutch Shell	2,489.50	32.00	1.30	92,045.34
RELX	1,737.50	17.50	1.02	18,308.93
Rio Tinto	3,723.50	28.50	0.77	50,250.20
Rolls-Royce Group	909.75	-18.25	-1.97	17,080.68
Randgold Resources	6,952.50	47.50	0.69	6,495.76
RSA Insurance Group	608.75	-1.25	-0.20	6,238.73
Rentokil Initial	321.90	1.30	0.41	5,890.49
Sainsbury (J)	230.20	-2.00	-0.86	5,085.54
Schroders	3,433.50	-18.50	-0.54	7,802.29
Sage Group (The)	752.25	3.25	0.43	8,098.46
Segro	548.25	1.75	0.32	5,480.99
Shire	3,552.50	18.00	0.51	32,115.85
Smurfit Kappa Group	2,269.50	4.50	0.20	5,364.56
Sky	917.25	-0.75	-0.08	15,780.58
Standard Life Aberdeen	413.90	-1.70	-0.41	12,373.98
Smiths Group	1,517.50	-0.50	-0.03	6,006.62
Scottish Mortgage Inv Trust	454.70	2.50	0.55	6,307.37
Smith & Nephew	1,349.50	10.50	0.78	11,710.97
SSE	1,352.00	-8.00	-0.59	13,894.25
Standard Chartered	730.90	-3.10	-0.42	24,192.90
St James's Place	1,139.50	-6.50	-0.57	6,063.09
Severn Trent	2,174.50	5.50	0.25	5,124.56
Tesco	176.00	-0.60	-0.34	14,463.73
TUI AG	1,320.50	2.50	0.19	7,737.16
Taylor Wimpey	192.95	0.05	0.03	6,311.66
Unilever	4,287.50	63.50	1.50	52,367.70
United Utilities Gr	839.00	6.00	0.72	5,680.13
Vodafone Group	218.65	1.00	0.46	58,166.11
Worldpay Group	407.60	3.60	0.89	8,080.00
WPP Group	1,303.50	-0.50	-0.04	16,479.73
Whitbread	3,577.00	7.00	0.20	6,548.32

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THE ABOVE TABLE USES THE CURRENT INTERBANK EXCHANGE RATES, WHICH AREN'T REPRESENTATIVE OF THE RATE WE OFFER

DOW JONES

CLOSING PRICES NOVEMBER 13

COMPANY	PRICE	CHANGE%	CHANGE	VOLUME(M)
3M	227.45	-0.41%	-0.94	135,649.75
AMERICAN EXPRESS	93.52	-0.25%	-0.23	81,235.77
APPLE	174.67	-0.69%	-1.21	898,298.71
BOEING CO	260.85	-0.70%	-1.85	155,237.42
CATERPILLAR	136.48	0.84%	1.14	81,202.54
CHEVRON	117.18	-0.05%	-0.06	222,245.74
CISCO SYSTEMS	33.99	-0.18%	-0.06	169,826.83
COCA-COLA	46.54	0.67%	0.31	198,334.49
DOWDUPONT	69.97	-0.37%	-0.26	163,846.12
EXXON MOBIL	82.94	-1.23%	-1.03	351,357.36
GENERAL ELECTRIC	20.49	2.50%	0.5	178,428.15
GOLDMAN SACHS	240.15	-0.27%	-0.64	90,811.26
HOME DEPOT	164.11	0.51%	0.84	193,597.21
IBM	149.16	-0.76%	-1.14	138,327.12
INTEL CORP	45.58	-1.56%	-0.72	213,828.00
J.P.MORGAN CHASE	97.51	-0.12%	-0.12	339,582.04
JOHNSON & JOHNSON	139.56	-0.56%	-0.79	374,742.68
MC DONALD'S CORP	165.59	-0.84%	-1.41	131,487.79
MERCK AND CO. NEW	55.48	-1.30%	-0.73	151,056.40
MICROSOFT	83.87	-0.26%	-0.22	644,804.91
NIKE	56.09	-0.07%	-0.04	73,011.92
PFIZER	35.18	-0.06%	-0.02	208,305.90
PROCTER AND GAMBLE	88.16	0.43%	0.38	224,046.38
TRAVELERS CIES	135.54	0.75%	1.01	37,036.53
UNITED TECHNOLOGIE	118.11	-0.22%	-0.26	94,390.96
UNITEDHEALTH GROUP	211.07	-0.23%	-0.49	204,715.50
VERIZON COMMS	44.88	-0.42%	-0.19	183,146.50
VISA	111.88	-0.23%	-0.26	203,470.56
WAL-MART STORES	90.92	0.69%	0.62	272,253.56
WALT DISNEY CO	104.78	2.05%	2.1	162,829.52

M - MILLION DOLLARS

NASDAQ

CLOSING PRICES NOVEMBER 13

COMPANY	PRICE	CHANGE NET / %
Most Advanced		
Xunlei Limited	\$ 13.09	3.70 ▲ 39.40%
Omeros Corporation	\$ 18.17	4.08 ▲ 28.96%
Avid Technology, Inc.	\$ 5.10	1.06 ▲ 26.24%
Restoration Robotics, Inc.	\$ 7.19	1.43 ▲ 24.83%
Ovid Therapeutics Inc.	\$ 9.03	1.59 ▲ 21.37%
Teligent, Inc.	\$ 3.74	0.62 ▲ 19.87%
Immunomedics, Inc.	\$ 12.40	1.96 ▲ 18.77%
China TechFaith Wireless Comm. Tec. Ltd.	\$ 2.68	0.41 ▲ 18.06%
Bravo Brio Restaurant Group, Inc.	\$ 2.15	0.30 ▲ 16.22%
Fossil Group, Inc.	\$ 6.60	0.92 ▲ 16.20%
Roku, Inc.	\$ 33.25	4.06 ▲ 13.91%
Most Declined		
Kona Grill, Inc.	\$ 2.05	0.60 ▼ 22.64%
Puma Biotechnology Inc	\$ 103	24.20 ▼ 19.03%
FTD Companies, Inc.	\$ 8.09	1.71 ▼ 17.45%
Frontier Communications Corporation	\$ 6.77	1.19 ▼ 14.95%
The Trade Desk, Inc.	\$ 50.995	8.285 ▼ 13.98%
Infinity Pharmaceuticals, Inc.	\$ 2.41	0.39 ▼ 13.93%
Veritone, Inc.	\$ 22.07	3.53 ▼ 13.79%
Frontier Communications Corporation	\$ 12.50	1.85 ▼ 12.89%
PetIQ, Inc.	\$ 19.70	2.79 ▼ 12.41%
Yintech Investment Holdings Limited	\$ 11.43	1.50 ▼ 11.60%
Clearfield, Inc.	\$ 12.40	1.40 ▼ 10.14%

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Distributing Funds

EUR Fixed Income B
 Sterling Fixed Income B

DEALING PRICE

€0.9419 €0.0012
 €0.9307 €0.0044

Price Movement

Accumulating Funds

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

DEALING PRICE

€0.9803.....-€0.0007
 €0.9540.....-€0.0009
 £1.1659..... £0.0071
 €1.0856..... €0.0062
 £1.3356..... £0.0120
 €1.2316..... €0.0105
 £1.4935..... £0.0158
 €1.3842..... €0.0140

Price Movement

Remaining Elite Fund prices available on request

Prices correct as at 08/11/2017



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

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Paul

Currencies Direct customer since 2013, Calpe, Spain

Watch his story at currenciesdirect.com/Paul



Teens now appy shoppers

MOBILE PAYMENTS FOR U18S ROLLED OUT

SPANISH teens are addicted to mobile phones.

A number of studies have shown that young Spaniards clock up more screen time on their devices than in any other European nation.

And the tech savvy teens now have a new payment method after German electronic payment specialist Wirecard teamed up with mobile network operator Orange.

The partnership sees the range of functionalities available for Orange's mobile wallet app Orange Cash upgraded, tapping into the mobile payment market for 12 to 18-year-olds under their parents' supervision.

After the successful launch of Orange Cash Jeune in France, the app feature has now been launched in Spain.

It comes despite widespread fears and expert claims that excessive mobile phone use can have an adverse effect on childrens' mental health.

But the total transaction volume of mobile payments in Spain is set to triple by 2021, according to online statistics portal Statista.

With Orange Cash Joven, Wirecard and Orange believe they have developed a solution that they claim addresses the needs of the younger generation.

To create an account, parents or legal guardians sign up over the web interface of Orange Cash and install the app on their childrens' smartphones. Via the web interface, adults can control the sums of money, which can be charged on the account and get a real-time overview of the expenses.

All financial administration is managed through the parents' Or-



MONEY TALKS:
Teens are now able to pay using their smart phone.

ange Cash account.

Philippe Laranjeiro, Head of Sales Telecommunication at Wirecard said: "Today, nine out of 10 young people in Spain use a mobile device to connect to the internet on the go.

"No wonder teenagers would rather use their smartphones to shop in stores than use cash.

The future of farming?

SPANISH farmers are selling their expertise to the Middle East.

A group of businesses from the agricultural sector aims to help ensure profitable, year-round production of fruit and vegetables in Qatar.

Dubbed AgroQatar, the alliance was "created especially to facilitate the development of agribusiness in the country," according to Ignacio Escobar, Spanish ambassador to the gulf nation.

"The Spanish solution is the most advanced, efficient and adapted integrated system able to produce throughout the year a variety of crops with the highest quality and in the most sustainable and cost-efficient way in Qatar," he added.

His comments came at a matchmaking event in the Qatari capital Doha, with experts from Almeria, famed for its intensive soil-free farming, flown over to liaise with local investors.

'CORRUPTION IN ITS PUREST FORM'

€120m enquiry returns

THE head of an in-depth probe into Spanish political finances has accused Prime Minister Mariano Rajoy's party of "corruption in its purest form."

Manuel Morocho, chief inspector of Spain's Unit of Economic and Financial Crimes (UDEF), said that the national leader's centre-right Popular Party (PP) behaved as a "criminal organisation" after it accepted slush money from illegal donations.

The investigator also claimed that there exists "circumstantial evidence" linking Rajoy himself to the alleged offences.

His comments follow Rajoy becoming the first serving Prime Minister to testify as a witness in a criminal trial since Spain became a democracy in 1978.

The PP allegedly used a secret accounting system in parallel to its official one to channel bribe money into party coffers through the so-called 'Box B' managed by ex-treasurer Luis Barcenás, who stood down as the scandal erupted in 2009.



PP PROBE: Mariano Rajoy and (inset) UDEF's Manuel Morocho.



Barcenás has since admitted that he used to hand envelopes stuffed with undeclared cash to party members.

Addressing a Spanish Congressional commission, Mr Morocho said: "An organisation that has operated for a long time, which has penetrated to very deep levels in public administrations until it has become

parasitic and absorbed the capacity of a political leader to allocate and manage public funds...

"That is the concept of corruption in its purest form."

He added that circumstantial evidence links Rajoy, who would have benefited "indirectly" and former Spanish ambassador to the UK, Federico Trillo, to the payments.

But the Prime Minister is not considered a suspect in the case despite him being included in Barcenás' notes.

The inquiry into the PP's finances, known as the Gürtel case, has been ongoing since 2007, although it was not until October 2016 that most suspects began to appear on trial.

Mr Morocho also added that the UDEF had been placed under pressure to terminate their investigation, a move which led opposition party Podemos to slam the PP's efforts to 'intimidate' the independent body.

Analysts have suggested that the case resulted in the loss of at least €120,000,000 in public finances.

Green light for €1bn Spanish investment

SPANISH energy company CEPSA is to invest more than €1 billion in 2018.

The announcement from chief executive Pedro Miro comes as the firm looks to create new opportunities for growth in Asia, Latin America and other developing markets.

Miro confirmed the budget was rubber-stamped in Abu Dhabi by sole shareholder Mubadala Development Company, an investment vehicle of the Emirate's government which counts Manchester City FC owner Sheikh Mansour among its directors.

"In Europe, it is difficult to build a new factory because there is no more consumption, but to keep the existing ones, we invest €85 million per year per refinery," the official said.

IBERDROLA COMMITS TO RENEWABLES Gone with the wind!

SPAIN'S electricity, gas and services giant, Iberdrola, is to invest in new wind farms after announcing a €2.41 billion net profit for the third quarter of 2017.

The boost - 18.4 per cent up on the same period last year - comes after poor results in Spain were offset by a positive performance by the firm's international subsidiaries.

A countrywide drought meant the first nine months of the year saw low hydroelectric power production - some 57.2 per cent below 2016 levels.

And Spain's renewables output was also affected by low wind resources, although results improved elsewhere, with the company growing 34.7 per cent in the UK. Europe's second-biggest power company by market value is also the owner of Scottish Power.

But the UK core profit fell 77 per cent to €53 million in the nine months to September, partly due to the depreciation of the pound, lower output following the closure of a coal-fired power



Photo credit Shutterstock/Twitter

CLIMATE CHANGE ACTION: Urged by Iberdrola chairman Ignacio Galan (inset).

station in Scotland, an increase in regulatory costs, weaker gas sales and narrowing profit margins.

In the first three quarters of 2017, Iberdrola carried out investments worth €3.99 billion, up by 31.5 per cent from the same period last year.

A total of 91 per cent of investments were allocated to networks, renewable energy and long-term contracted energy generation.

The group has 7,400 megawatts (MW) of new infrastructure under construction, of which 2,700 MW are ex-

pected to be operational by the end of 2018.

Since announcing the results, Iberdrola's Chairman Ignacio Galan has called on governments and corporations from all sectors of the economy and other actors across the world to take firm action on combating climate change.

Speaking at the COP23 summit in Bonn he said: "Time for talking has passed, it's time for action now!"

Citing Iberdrola's decision to close their remaining coal power plants in Spain he added: "Iberdrola has set very strong targets to reduce carbon emissions, meaning we will reduce our carbon intensity by 50 per cent in 2030.

"In this sense, we have made the tough decision to close all of our fuel oil and coal-fired power plants around the world (almost 7,500 MW), and focus on renewable technologies.

"Iberdrola will continue to do our part, but we need other industries and companies to follow our lead."

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Inequality on the rise says report

THE planet's richest 1 per cent owns more than half the world's wealth.

Swiss financial services company Credit Suisse's annual global wealth report says that the world's most moneyed individuals have seen their share of the globe's wealth increase from 42.5 per cent in 2008 to 50.1 per cent in 2017.

And their combined fortune is equivalent to €118 trillion.

"The share of the top 1 per cent has been on an upward path ever since [the crisis], passing the 2000 level in 2013 and achieving new peaks every year thereafter," the report said.

The increase has seen 2.3 million new dollar millionaires in the last year, with the global total now standing at 36 million of which 428,000 are based in Spain, a rise of 58,000 on 2016.

The world's 3.5 billion poorest adults account for just 2.7 per cent of its riches.

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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Politically correct or a step too far for some

LEAPY LEE SAYS IT

OTHERS THINK IT



IF ever there was a case for leaving the EU then the recent decision to award a Somali criminal nearly £80,000 for wrongful imprisonment, has to be it. Abdulrahman Mohammed had amassed 30 convictions while living in the UK and had been imprisoned more than a dozen times over 15 years.

The government were trying to deport him back to east Africa and detained him for a total of 445 days over three periods between 2012 and 2016. A judge at the High Court ruled that, despite being described as a prolific and violent offender, there was some evidence he could be tortured if he returned to Somalia (oh dear!) and it was unlikely he would be sent back. Therefore, the judge concluded he had been falsely imprisoned and was entitled to 'justice in a civilised society.'

The 39-year-old had initially been refused asylum on entering Britain. He had been granted leave to remain but only until August 2000. In 2008 (it took eight years!) the Home Secretary made a deportation order against him. But lawyers took his case (yes, you've guessed it) to the European Court of Human



A STEP TOO FAR? Drag queens set to teach British schoolchildren.

Rights and the UK was ordered not to remove him from the country 'until further notice'.

Because he could not legally be deported, the judge decided the three periods of confinement had been 'improper detention' and were therefore illegal and awarded him £78,500 in compensation! Confused? Don't be.

Basically, some violent criminal illegal im-

migrant thug, has just been given nearly 80K of UK taxpayers' money. You really couldn't make it up. The sooner we say goodbye to the unbelievable and often downright lunacy of these arrogant EU idiots the better for us all.

I know it'll get a few backs up, but I think that allowing drag queens to sing and recite nursery rhymes to classes of two-year-old kids, is most definitely a step too far. As far

as I'm concerned nothing can be gained from this exercise, except more confusion and insecurity among our youngsters, serving no more purpose than teaching these little tots that, instead of a special treat at Christmas, Panto is now a classroom event.

It really is a time to call a halt to all this gender bender extremism; which in the main emanates from a minority of transsexuals, who won't be happy until all the toilet seats are glued down and 'boys and girls' a distant memory. Far from creating more acceptance of transgenderism, all this overkill is actually having a reverse effect.

For heavens, and sanities sake, these extremists must be reined in, before the whole, often commendable cause, is lost in a mire of mistrust and messy misinterpretation.

Got a laugh for you now. On the subject of name combinations, I was delighted to hear Tim Rice is set to marry a Miss Garlick. Apparently Mr Curtain is also about to tie the knot with a young lady called Annette and there actually appears to exist a Miss Flay whose first name is Sue! Can you do any better? I'm all ears. Only genuine combinations need apply!

Keep the faith

columnists@euoweeklynews.com

Love Leapy leapylee2002@gmail.com

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How ridiculous they are

Mike Senker

In my opinion

Views of a Grumpy Old Man



I'M lucky because I'm pretty computer savvy. I've always used computers for work, as well as at home, using search engines to look things up. But here's a word of warning about what not to look for on the internet. The worst thing you can do is to google medical symptoms.

Here's my advice - if you don't feel well go to the doctor. Do not self-diagnose because, if you do, I can guarantee you will have some of the worst diseases known to mankind. Every lump, stomach ache, going to the loo a lot or not enough will definitely mean you have got some form of horrible, nasty illness.

The same applies to looking at the side effects of medication the doctor has given you. I did it once and I absolutely had the majority of them and the ones I didn't have before I looked completely scared me about taking the medicines in case I got any of the others.

So now I just don't look and I advise you do likewise and save yourself a lot of worry.

'When are you going to do that?' I asked

the handyman. 'I'll get round to it sooner or later,' was the reply. What does that actually mean? Will it be sooner or later? It's one of those total dumbass sayings. He might as well have said, 'I'm not telling you!'

So of course that got me thinking about a couple of other sayings that makes me think how ridiculous they are.

I was watching one of those US cop TV shows and when they are questioning the suspect, they always say, 'Can you tell us, in your own words, what happened that night.' If that was me I'd be very tempted to say, 'I'm sorry, I don't have any of my own words, I just always use the same words as everybody else. Will that do?'

Another one that doesn't make sense is when you ask someone to do you a favour and they say, 'Sure, I'd be more than happy to do that for you.' What's more than happy? Delirious?

Last one today - when something is as 'easy as pie.' So back to google. What does it mean and why is it used? Apparently it's not the making of the pie; it's the eating of it. Well that's not easy for me because I'm diabetic and I've also googled what happens if I eat too much pie...

columnists@euroweeklynews.com

Email me: mikesenker@gmail.com.

LEGALLY SPEAKING

More potential road hazards

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.



OBSTACLES: If you need to 'moove' into opposite lane you must give way.

EVERY time we get behind the wheel of a car to embark on a journey our fate lies somewhat in the hands of others and there are potential hazards at every turn.

Last week we looked at some of the hazards drivers meet and how you can best avoid the risk.

Obstacles in the road: There are countless items that could find themselves in the road and pose a problem to vehicles, fallen trees, items fallen from vehicles, rocks and boulders, parked cars, the list is almost endless. If you encounter an obstruction one thing you must be aware of is that if you have to invade the opposite lane then you must give way to oncoming vehicles and only pass when safe to do so.

Permanent road features: It is vital that you pay attention to surroundings by reading and observing the physical signs on a road, like maximum permitted speed limits or warnings of hazards ahead. Also look at the physical

characteristics of the road itself for junctions, narrow streets, dangerous bends, elevation changes and dips, blind corners and merging traffic.

Parking: When parking your vehicle, always choose a location that is safe, legal and convenient. Respect distances between vehicles, look for signs or signals that prevent or restrict parking. Be careful when opening your door, look in the mirrors and around the vehicle for cyclists, motorbikes, pedestrians or other cars.

Reversing vehicles: Always try to avoid reversing wherever possible as the field of vision is significantly reduced. Reversing into a parking bay makes it safer and more convenient for leaving, and avoid reversing from a minor road to a major road.

Animals: Animals in the road pose a major risk, especially in countryside areas. Drive slowly and always respect distance, because animals are unpredictable and can be startled.

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

Can we change quotas?

Q. Some owners in our community have extended their properties by almost 50 square metres, making them into units of three bedrooms and three bathrooms. My own property is a two-bedroom, two-bathroom unit, as originally designed and built. However, I pay the highest community charges due to the original quota system established in the year 2000. Is it possible to have the quota reassessed? I have asked at the AGM for equal shares, but this was refused.

S M (Costa Blanca)

A. Yes, it is possible to change the assignment of quotas. In your case, it is necessary in order to match the reality of the new construction. Ask these questions: Did the owners have com-

David Searl
You and the Law
in Spain



munity permission for new construction? Did they have building permits from the town hall?

Are the new extensions registered in the property registry? Legally, your community needs to change its original basic charter and assign new percentage shares that reflect the new reality.

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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TECH FOR THE TIMID

Deal or no deal

HALF a million people in the States take out loans every year just to shop on Black Friday.

This year Spain may spend €1.3 billion, and virtually every major retailer is now on board.

But beware of over-inflated discount hype.

A British investigation last year found that up to half the goods on offer were not the real deal, that the 'was' price had been inflated, that the goods were obsolete models, or that some were actually cheaper before or after the big day (or week).

Buy from reputable retailers with a money-back guarantee, use a credit card rather than a debit one if you can because then the bank will foot the bill if things go wrong, and use your browser's bookmarks to keep track as you trawl the web and things get hectic.

Black Friday's child is loving and giving?

If retailers can afford such massive discounts next weekend, are consumers being scammed the rest of the year, asks Terence Kennedy.

GOT your Black Friday shopping spree planned? Ready to splash out next weekend on that electronic spaghetti fork you've always wanted, a WiFi-enabled toaster or a remote-controlled churros extruder?

In just over a decade Black Friday has morphed into a worldwide shopping frenzy (followed no doubt by Blue Saturday when adding up the resulting credit card bills). For one more bite at the cherry, retailers have added Cyber Monday, so now you really can shop till you drop. Or your bank account does.

Since Spanish rules on sale dates were lifted in 2012, Viernes Negro has taken off here: 90 per cent of Spaniards surveyed knew what it

was, nearly 60 per cent actually buy something, and the country is expected to splash out nearly €1.3 billion next weekend on discounts, real or imagined.

Cynics say the one who profits most from Black Friday is the one smart enough not to go shopping that day. Certainly those who do choose to partake may be safer here than in America, where there have been seven Black Friday deaths listed and nearly a hundred serious injuries. Indeed, two people died during a shooting altercation at a Toys 'R' Us in California. Someone must really have wanted that cut-price Disney princess.

Physical Black Friday shoppers



CHAOS: Black Friday scenes.

(those who will surge to the bricks and mortar retailers this weekend) are said to be older, less internet-savvy and often pay in cash. Cyber Monday shoppers are younger, more affluent, use credit cards and often don't have a lot of time (or patience) for shopping.

So why brave the madding crowds when you can bankrupt yourself so much more comfortably from home? Some online retailers have even extended the buying frenzy to a whole week (here's lookin' at you Amazon).

The trick to coming out on top next week is to know what you want, and to have priced it before the madness strikes. 'Fifty per cent off!'

might indeed mean it's half-price (assuming it doesn't mean only half the product is actually present...). But half-price of what? The price some overhyped designer store might have tried and failed to charge? Or the manufacturer's recommended retail price which no self-respecting consumer would ever expect to pay?

Ask yourself the killer question: it may be hyperventilatingly cheap, but what exactly is a WiFi detector shirt, and do I really need one?

So happy shopping one and all, and where I won't be spending my money next week is on an Irish site with my favourite Black Friday offer ever: 'Two for the price of three!!'



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BBC one

7:00am Breakfast
10:15am The Housing Enforcers
11:00am Homes Under the Hammer
12:00pm Getting the Builders in
12:45pm Fugitives
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 Royal Recipes
5:30pm Flog It!
6:15pm Pointless
7:00pm BBC News at Six
7:30pm BBC London News
8:00pm The One Show
8:30pm EastEnders
9:00pm Room 101
9:30pm EastEnders
10:00pm Love, Lies and Records
11:00pm BBC News at Ten
11:30pm BBC London News

BBC TWO

7:00am The Hairy Builder
7:30am The Housing Enforcers
8:15am Getting the Builders in
9:00am Council House Crackdown
10:00am Victoria Derbyshire
12:00pm BBC Newsroom Live
1:00pm The Daily Politics
2:00pm Permission Impossible: Britain's Planners
3:00pm Tennis
5:45pm Talking Comedy
6:15pm Street Auction
7:00pm Eggheads
7:30pm Strictly - It Takes Two
8:00pm Celebrity Antiques Road Trip
9:00pm MasterChef: The Professionals
10:00pm Exodus: Our Journey Continues
11:00pm Match of the Day
11:30pm Newsnight
12:15am Ireland with Simon Reeve

BBC FOUR

8:00pm Beyond 100 Days
The latest national and international news, exploring the day's events from a global perspective.
8:30pm The Sky at Night
9:00pm SAS: Rogue Warriors
10:00pm Ovid: The Poet and the Emperor
11:00pm Ovid From the RSC: The World's Greatest Storyteller
12:00am Handmade in Hull
12:45am Francesco's Venice
1:45am SAS: Rogue Warriors
2:45am Ovid: The Poet and the Emperor
3:45am Ovid From the RSC: The World's Greatest Storyteller
4:45am This is BBC Four
BBC Four is the BBC channel for people who want more. More depth, more range, more to stimulate the mind.

CHANNEL 4

8:35am Everybody Loves Raymond
9:00am Everybody Loves Raymond
9:30am Everybody Loves Raymond
10:00am 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 My Kitchen Rules
3:10pm Countdown
4:00pm A Place in the Sun
5:00pm Coast v Country
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 Ugly House to Lovely House with George Clarke
10:00pm Trump: An American Dream

CHANNEL 5

9:20am Rusty Rivets
9:35am Shimmer and Shine
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
2:15pm Home and Away
2:45pm Neighbours
3:15pm NCIS
4:15pm Angels and Ornaments
6:00pm 5 News at 5
6:30pm Neighbours
7:00pm Home and Away
7:30pm 5 News Tonight
8:00pm UK's Strongest Man 2017
9:00pm Bargain Loving Brits in Blackpool
10:00pm The King's Cross
Fire: Six Hours That Shocked Britain
11:35pm The Murder of Tia Sharpe: My Daughter

4

10:00am Rules of Engagement
10:30am Rules of Engagement
11:00am Black-Ish
11:30am Black-Ish
12:00pm How I Met Your Mother
12:30pm 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 The Goldbergs
7:00pm The Big Bang Theory
7:30pm The Big Bang Theory
8:00pm Hollyoaks
8:30pm Streetmate
9:00pm The Big Bang Theory
9:30pm The Big Bang Theory
10:00pm 2 Broke Girls
10:30pm The Big Bang Theory

sky sports main event

7:00am Cricket
12:15pm Live European Tour Golf
2:00pm Live ATP Finals: London
5:00pm SKY Sports News
6:00pm SKY Sports News
7:00pm SKY Sports News
8:00pm Live Grand Slam of Darts
12:00am SKY Sports News
A comprehensive review of all the night's football news, plus a look ahead to the morning headlines.
1:00am EFL Matters
1:30am Live NFL: Tennessee @ Pittsburgh
The Pittsburgh Steelers take on the Tennessee Titans at Heinz Field in the NFL.
5:45am Cricket

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 Tenable
5:00pm Tipping Point
6:00pm The Chase
7:00pm ITV News London
7:30pm ITV Evening News
8:00pm Emmerdale
8:30pm Acid Attacks: How Scared Should We Be? Tonight
9:00pm Emmerdale
9:30pm Paul O'Grady: For The Love of Dogs
10:00pm Serial Killer with Piers Morgan
11:00pm ITV News at Ten and Weather
11:30pm ITV News London
11:40pm The Late Debate
12:10am Parking Wars
1:10am Jackpot247
4:00am Acid Attacks: How Scared Should We Be? Tonight
4:25am ITV Nightscreen

itv2

7:00am The Cube
7:45am Totally Bonkers Guinness World Records
8:10am Dinner Date
9:00pm Emmerdale
9:30am Coronation Street
10:30am The Ellen DeGeneres Show
11:20am Dinner Date
12:20pm 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
5:55pm The Jeremy Kyle Show
7:00pm You've Been Framed!
8:00pm You've Been Framed!
9:00pm Two and a Half Men
9:30pm Two and a Half Men
10:00pm Family Guy
10:30pm Family Guy
11:00pm Celebrity Juice
11:50pm Family Guy
12:45am American Dad! In Country... Club
1:15am American Dad!
1:45am The Keith Lemon Sketch Show

itv3

7:00am Coronation Street
7:25am Coronation Street
7:55am Heartbeat
8:55am Wild at Heart
10:00am Judge Judy
10:30am Judge Judy
10:55am Judge Judy
11:25am A Touch of Frost
Frost has to contend with staying at home with an unwelcome guest.
1:35pm Wild at Heart
2:40pm Heartbeat
3:40pm Coronation Street
Mike goes to Birmingham on business. Audrey worries that Gail is close to a breakdown.
4:15pm Coronation Street
Sally misses Kevin, who is away in Southampton. Gail refuses to have an abortion.
4:50pm A Touch of Frost
6:50pm Heartbeat
7:55pm Murder, She Wrote
9:00pm Foyle's War
11:00pm Endeavour
1:00am A Touch of Frost

itv4

7:00am The Chase
7:50am The Chase
8:45am Storage Wars
9:10am Storage Wars
9:40am Pawn Stars
10:05am Pawn Stars
10:35am Ironside
11:40am Quincy, M.E.
12:40pm The Sweeney
1:50pm The Avengers
2:55pm Ironside
4:00pm Quincy, M.E.
5:00pm The Sweeney
6:00pm The Avengers
7:05pm Storage Wars
7:35pm Storage Wars
8:05pm Pawn Stars
8:30pm Pawn Stars
9:00pm Hornblower
11:00pm Hard to Kill
12:00am FYI Daily
12:05am Hard to Kill
1:05am Death Wish 3
2:10am FYI Daily
2:15am Death Wish 3
3:00am The Sweeney
3:50am ITV4 Nightscreen
4:00am Teleshopping
Shopping from home.

sky CINEMA ACTION & ADVENTURE

1:45pm Master and Commander: The Far Side of the World
4:05pm The Great Escape
7:00pm Tarzan
9:00pm Xxx: Return of Xander Cage
11:00pm Death Race
12:55am Air Force One
3:05am Rocky Balboa
4:50am The Blue Max

sky CINEMA COMEDY

8:00am How the Grinch Stole Christmas
9:50am Starsky and Hutch
11:40am The Naked Gun 3 1/3: The Final Insult
1:10pm The Top Ten Show 2017
1:30pm Fred Claus
3:30pm Dad's Army
5:20pm The Waterboy
7:00pm Any Which Way You Can
9:00pm Calendar Girls
11:00pm Sausage Party
12:35am Beverly Hills Cop
2:25am Beverly Hills Cop II
4:15am Beverly Hills Cop III

sky CINEMA PREMIERE

7:00am Almost Christmas
9:05am Moana: Special
9:35am Drone
11:20am The Doo Dah Man
1:05pm Assassin's Creed
3:15pm Mum's List
5:10pm Almost Christmas
7:15pm The Doo Dah Man
9:00pm Assassin's Creed
Michael Fassbender stars as a career criminal saved from death row by a shadowy organisation.
11:00pm Drone
12:45am The Resident
Left alone to care for her baby in a creepy apartment, a new mother begins to learn unsettling details about the building's violent past. Psychological horror-thriller.
2:20am Frantz
4:30am A Song for Christmas

sky sports football

1:30pm Football's Greatest Teams
2:00pm La Liga Icons
3:00pm Scottish Cup
Greatest Games
3:15pm Scottish Cup
Greatest Games
3:30pm La Liga Greatest Games
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 La Liga World
7:30pm La Liga Icons
8:00pm EFL Matters
8:30pm EFL Greatest Games
9:00pm Football Countdowns
9:30pm EFL Matters
10:00pm Ronaldo
10:30pm La Liga Greatest Games
10:45pm La Liga Greatest Games
11:00pm La Liga Show
11:30pm EFL Matters
12:00am Championship Review

Defending taking food porn photos Gordon Ramsay style



Nora Johnson
Breaking Views

Nora is the author of popular psychological suspense and crime thrillers and a freelance journalist. To comment on any of the issues raised in her column, go to www.euroweeklynews.com/3.0.15/nora-johnson



SNAPPY:
Gordon Ramsay has defended those who post food pics online.

HEARD about the latest squabble between rival three-Michelin star chefs Gordon Ramsay and Michel Roux? Ramsay described Roux as “pompous” and an “old fart” for banning diners at his Waterside Inn in Bray from photographing their food on Instagram: “If I see a great-looking picture posted, I’ll want to go and eat there immediately, he’s just an old fart who’s forgotten to move on!”

Personally, I’m not too bothered if people want to take pictures of food provided it’s done discreetly, though I do question the motivation. Perhaps they’re all keen chefs who want to replicate the dish, though wouldn’t it be embarrassing if people started posting photos of Big Macs, KFC bargain buckets or home-cooking disasters, and tagging them as if they were taken at

Monsieur R’s establishment?

As for attention-seeking, motormouth Ramsay, it’s simply unfortunate that he can’t actually discuss anything without his usual unintelligent four-letter expletives, or being rude and pretentious.

Talking of pretentiousness, navigating London’s restaurant scene these days is a bit like trying to find Wally in the dark, isn’t it? From weird pop-ups in shipping containers in Brixton to no-reservation, foraged-food joints in hipster Hackney.

Why must everything be ‘curated’ now - hang on while I curate some clothes to put on today - or ‘hand-crafted’? My coffee

from a local coffee ‘artisan’ was ‘hand-crafted’ (although I’m pretty sure I saw it coming out of a machine). And don’t get me started on ‘hand-cut’/‘hand-cooked’ chips - though better, I suppose, than crushed by foot or strained through teeth.

But I confess I’m a connoisseur of foodie pilgrimage stories. I love hearing tales of hazardous journeys to some distant outpost where, in some hovel known only to indigenous mystics, you’re served the local black flatbread made from unicorn’s ashes and garnished with virgin’s tears, and the taste is simply ‘a-w-e-s-o-m-e’!

Well, Monsieur Roux. I’ve just posted on Instagram a photo of my lunch of ‘haricots à la sauce tomate sur pain grillé’ (or ‘beans on toast’ to us), everything hand-cut, curated and foraged. Délicieux. So beat that!

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) from Amazon. All profits to Costa del Sol Cudeca cancer charity

columnists@euroweeklynews.com

THURSDAY THOUGHTS

By Susan Piercy (Albox)

The adventure

LET’S move to Spain we said. It’ll be an adventure. We can live like movie stars in a white villa with a swimming pool. Live the dream. The envy of our friends. Enjoy endless sunshine, cheap booze and minimum bills.

We arrived in February; expectations high after years of hard work. Wishful dreamers that we were, the weather was cold, wet and windy. Spain was supposed to be hot; wasn’t it? The villa was freezing so we lit our log fire eager to warm our disappointed cockles by the hearty chunks of blazing olive wood. Only when we were choking in a smoke-filled room did we discover the chimney was ornamental.

It rained, the ceiling leaked and the wind howled through the house like a screaming banshee. The tiles were cold and our feet freezing. Why oh why had we swapped our semi in England with wall to wall carpeting and central heating for this?

Swimming pool full of sludge, broken pump and leaking water. What had happened to the film-star life style?

To make matters worse we got our medication mixed up. (Knew we should’ve learned the lingo.) I suffered head rushes while hubby felt great on my HRT. Reality hit, should we give up our dream? Go home? Had our adventure turned sour?

Suddenly the sun shone, the rain stopped, the wind died down and was replaced by a warm breeze heralding summer. Each problem found its solution and our skin took on a golden glow along with our humour.

We laugh about those early days now because the mishaps were the adventure.

columnists@euroweeklynews.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@euroweeklynews.com.

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GOOD NEWS FOR YOUR CAR 902 123 309



BBC one

7:00am	Breakfast
10:15am	The Housing Enforcers
11:00am	Homes Under the Hammer
12:00pm	Getting the Builders in
12:45pm	Fugitives
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	Royal Recipes
5:30pm	Flog It!
6:15pm	Pointless
7:00pm	BBC News at Six
7:30pm	BBC London News
8:00pm	The One Show
8:30pm	Children in Need 2017
11:00pm	BBC News at Ten
11:25pm	BBC London News <i>The latest news, sport and weather from London.</i>
11:40pm	Children in Need 2017
1:30am	DIY SOS

BBC TWO

7:00am	The Hairy Builder
7:30am	The Housing Enforcers
8:15am	Getting the Builders in
9:00am	Gardeners' World
10:00am	Victoria Derbyshire
12:00pm	BBC Newsroom Live
1:00pm	The Daily Politics
2:00pm	Rugby League World Cup Highlights
3:00pm	Tennis
5:45pm	Kenneth Williams
6:15pm	Street Auction
7:00pm	Strictly - It Takes Two
8:00pm	Celebrity Antiques Road Trip
9:00pm	Mastermind
9:30pm	Only Connect
10:00pm	Extreme Wives with Kate Humble
11:00pm	Weakest Link
11:40pm	Celebrity Special for Children in Need
12:15am	Newsnight
1:00am	Snowfall
1:30am	Panorama
1:30am	Louis Theroux
2:30am	Army: Behind the New Frontlines
3:30am	This is BBC Two

BBC FOUR

8:30pm	The Good Old Days <i>Leonard Sachs presents the old-time music hall programme, first broadcast on 2 July 1980.</i>
9:20pm	Top of the Pops <i>Simon Bates and Janice Long present the pop chart programme, first broadcast on 20 December 1984.</i>
9:50pm	Top of the Pops
10:50pm	Gregory Porter's Popular Voices
11:50pm	Showstoppers at the BBC
12:50am	Van Morrison Live at Eden
1:45am	Top of the Pops <i>Simon Bates and Janice Long present the pop chart programme, first broadcast on 20 December 1984.</i>
2:20am	Top of the Pops
3:20am	Gregory Porter's Popular Voices

CHANNEL 4

7:20am	King of Queens
7:45am	King of Queens
8:10am	King of Queens
8:35am	Everybody Loves Raymond
9:00am	Everybody Loves Raymond
9:30am	Everybody Loves Raymond
10:00am	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	My Kitchen Rules
3:10pm	Countdown
4:00pm	A Place in the Sun
5:00pm	Coast v Country
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
10:00pm	Gogglebox
11:00pm	The Last Leg
12:05am	First Dates

CHANNEL 5

8:35am	Peppa Pig
8:55am	Floogals
9:05am	Digby Dragon
9:20am	Rusty Rivets
9:35am	Shimmer and Shine
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	GPs: Behind Closed Doors
2:15pm	Home and Away
2:45pm	Neighbours
3:15pm	NCIS
4:10pm	Crazy for Christmas
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	The World's Greatest Bridges
10:00pm	Eight Days That Made Rome
11:00pm	Bog Bodies: Secrets Revealed
12:05am	Hitler's Death: A Secret Conspiracy

4

7:00am	Hollyoaks
7:30am	Hollyoaks
8:00am	Charmed
9:00am	Charmed
10:00am	Rules of Engagement
10:30am	Rules of Engagement
11:00am	Black-ish
11:30am	Black-ish
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
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	The Goldbergs
7:00pm	The Big Bang Theory
8:00pm	Hollyoaks
8:30pm	Streetmate
9:00pm	The Big Bang Theory
9:30pm	The Big Bang Theory
10:00pm	The Bourne Legacy
12:40am	The Big Bang Theory
1:10am	The Big Bang Theory

sky sports main event

7:00am	Cricket
12:15pm	Live European Tour Golf
2:00pm	Live ATP Finals: London
5:00pm	Csa T20 Challenge
8:30pm	Football
11:00pm	The Debate - Live
12:00am	SKY Sports News <i>A comprehensive review of all the night's football news, plus a look ahead to the morning headlines.</i>
1:00am	SKY Sports News
2:00am	SKY Sports News
3:00am	SKY Sports News
4:00am	SKY Sports News <i>A comprehensive review of all the night's football news, plus a look ahead to the morning headlines.</i>
5:00am	Cricket
5:00am	Cricket <i>Day three of the first Test as India meet Sri Lanka at Eden Gardens in Kolkata.</i>

itv

7:00am	Good Morning Britain
9:30am	Lorraine
10:25am	The Jeremy Kyle Show
11:30am	This Morning
1:30pm	Loose Women
2:30pm	ITV Lunchtime News
2:55pm	ITV News London
3:00pm	Dickinson's Real Deal
4:00pm	Tenable
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	Gone to Pot
11:00pm	ITV News at Ten and Weather
11:30pm	ITV News London
11:40pm	The Chronicles of Riddick
1:45am	Jackpot247
4:00am	Storage Hoarders

itv2

7:00am	The Cube
7:45am	Totally Bonkers Guinness World Records
8:10am	Dinner Date
9:00am	Emmerdale
9:30am	Emmerdale
10:00am	Planet's Got Talent
10:30am	The Ellen DeGeneres Show
11:20am	Dinner Date
12:20pm	Dress to Impress
1:20pm	Emmerdale
1:55pm	Emmerdale
2:20pm	Planet's Got Talent
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	You've Been Framed!
8:00pm	You've Been Framed and Famous!
9:00pm	Two and a Half Men
10:00pm	Family Guy
12:00am	American Dad!
12:30am	American Dad!

itv3

7:00am	On the Buses
7:25am	Coronation Street
7:50am	Coronation Street
8:15am	Heartbeat
9:15am	Wild at Heart
10:10am	Judge Judy
10:40am	Judge Judy
11:05am	Judge Judy
11:35am	A Touch of Frost
1:40pm	Wild at Heart
2:40pm	Heartbeat
3:40pm	Coronation Street
4:15pm	Coronation Street
4:45pm	A Touch of Frost
7:00pm	Heartbeat
8:00pm	Murder, She Wrote
9:00pm	Midsomer Murders
11:00pm	Endeavour
1:00am	Mr Selfridge
2:05am	Chicago
3:10am	FYI Daily
3:15am	Chicago
4:05am	A Touch of Frost
5:50am	Judge Judy <i>The Emmy nominated reality courtroom series, presided over by outspoken family court judge.</i>

itv4

7:00am	Football's Greatest
7:10am	The Chase
8:00am	The Chase
8:55am	Storage Wars
9:25am	Storage Wars
9:50am	Pawn Stars
10:15am	Pawn Stars
10:45am	Ironsides
11:50am	Quincy, M.E.
12:55pm	The Sweeney
1:55pm	River Monsters
2:30pm	ITV Racing: Live from Cheltenham
5:00pm	The Sweeney
6:00pm	The Avengers
7:05pm	Storage Wars
8:00pm	Pawn Stars
8:30pm	Pawn Stars
9:00pm	The World is Not Enough
10:05pm	FYI Daily
10:10pm	The World is Not Enough
11:40pm	Cliffhanger
12:40am	FYI Daily
12:45am	Cliffhanger
1:50am	The Sweeney
2:55am	Bear Grylls: Mission Survive

sky CINEMA ACTION & ADVENTURE

7:25am	Domino
9:35am	Stealth
11:40am	Jurassic Park
1:50pm	Pearl Harbour
4:55pm	Rocky II
7:00pm	G.I. Joe: The Rise of Cobra
9:00pm	Jurassic Park
11:10pm	The 13th Warrior
1:00am	Rambo
2:35am	Troy
5:20am	Rocky II

sky CINEMA COMEDY

7:35am	Blade Runner 2049
8:05am	Film The House Bunny
9:50am	Hitch
11:55am	Dumb and Dumber
1:50pm	Bad Neighbours 2
3:30pm	Keeping up with the Joneses
5:20pm	The Meddler
7:10pm	Film A Street Cat Named Bob
9:00pm	Bad Neighbours 2
10:40pm	Keeping up with the Joneses
12:30am	Little Man

sky CINEMA PREMIERE

7:00am	The Resident
8:25am	Moana: Special
8:55am	Mum's List
10:50am	The Doo Dah Man
12:35pm	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>
1:05pm	The Great Wall
3:05pm	Assassin's Creed
5:15pm	Drone
7:00pm	Almost Christmas
10:50pm	Assassin's Creed <i>Michael Fassbender stars as a career criminal saved from death row by a shadowy organisation.</i>
12:50am	Drone
2:35am	Frantz
4:40am	A Song for Christmas

sky sports football

9:00am	Football's Greatest
9:30am	Football's Greatest Teams
10:00am	Scottish Cup Greatest Games
10:15am	Scottish Cup Greatest Games
10:30am	La Liga Greatest Games
10:45am	La Liga Greatest Games
11:00am	La Liga Show
11:30am	EFL Matters
12:00pm	La Liga Icons
1:30pm	EFL Matters
2:00pm	La Liga Icons
3:30pm	EFL Matters
4:00pm	Football's Greatest
4:30pm	Football's Greatest Teams
5:00pm	La Liga Show
5:30pm	EFL Matters
6:00pm	Football Years
6:30pm	Football Countdowns
7:00pm	SPFL Matters
7:30pm	EFL Matters
8:00pm	Football
11:15pm	SPFL Matters
11:45pm	SPFL Greatest Games
12:00am	SPFL Greatest Games

Advertising feature

Help is at hand, if you are locked out

WHEN you need to get into your car or house after losing your key, you need a fast, reliable and efficient locksmith who is able to speak your language.

Antonio Costalets is the person to contact as he offers a totally professional service, 24 hours a day and can converse in English, German and Spanish.

With more than 15 years of experience, he is pleased to offer a guaranteed locksmith service and can deal with all types of house doors, safes and many car locks.

Offering a quick, moderately priced and effi-

cient service, Antonio can be contacted 24 hours a day on 607 493 118 or 965 058 746.



Ensure that all of your locks are working efficiently.

Not only can he resolve an immediate problem but working with close contacts in the security business, Antonio can arrange for you to receive general advice on security systems and indeed any aspect of locks and security.

If you live outside of

Spain, then you need to ensure that all of your locks are working efficiently as insurers often expect homeowners to take action to ensure that their properties are properly secured, especially if left empty for any length of time.

There is also the added bonus that the more secure your property is, the more likely you are to obtain the most competitive insurance quote.

It's an unwritten rule that locks will jam or keys will be lost at the most inconvenient time, so add 607 493 118 and 965 058 746 under locksmith on your mobile phone now.



Photo by Ronstik Shutterstock

STUCK: Call the expert.

Good insurance gives peace of mind

IT'S only when you suffer a loss that you realise how important it is to have good insurance cover to help you at what can be a very difficult time.

SunBay Insurance situated in Aguas Nuevas, Torrevieja offers a complete range of insurance for you and your family working with a range of different insurers.

Whilst you can often obtain insurance online direct from insurance companies, the use of a knowledgeable broker ensures that they do the work to find the best and most economic insurance for you.

The range of different insurances is great and an insurer for one type may not be best for another risk, for example some home insurers have very low maximum protection for jewellery and precious items whilst others offer a significantly higher coverage for not that large an additional premium.

Monica at SunBay is committed to try to find the very best coverage based on each client's needs and pocket.

Currently, many expatriates have two main fears which concern health coverage after Brexit and the cost of their funeral which could fall on a relative's shoulders who may not even be living in Spain.

Monica and her colleagues know that it is



SUNBAY INSURANCE: Will find the best and most economic insurance for you.

difficult enough to cope with arranging a funeral in your own country without having to cope with different rules, regulations and laws here in Spain which is why SunBay has developed Caser Funeral Insurance, an insurance with which you and your family are guaranteed total peace of mind.

As an example, someone born in 1960 who is in reasonably good health would expect to pay an annual premium of about €125 with

cover of €7,350 so it is certainly worth asking for a quote especially tailored for you.

Currently expatriate pensioners who are resident in Spain are entitled to obtain an SIP card which gives them access to the Spanish Health System but it is not known whether this will continue once Britain has left the EU and those who are over 65 but do not receive any form of pension are required to pay a significant monthly contri-

bution to the health service.

SunBay is able to offer some very attractive health coverage which not only is reasonably priced but ensures that in many cases long waits to see specialists are a thing of the past.

Although this article has concentrated on two specific types of insurance, SunBay has a very healthy home and car insurance business and with vet's bills always getting larger, nowadays pet insurance is another very useful option for those with potentially vulnerable animals.

SunBay's insurers have been keeping promises to their customers since 1942 and all are fully Spanish registered with a 24-hour English assistance line because they know how difficult it is for foreign customers to get instant help when needed if they have to do it in Spanish.

For more information or for a simple, free, non-obligation quote, call Monica at SunBay on 965 063 483 or pop into the office in Aguas Nuevas Monday to Friday from 9am-5pm.

SunBay Insurance
Avda de la Mancha 37
Torrevieja

Tel: 965 063 483 or 966 705 267
Email: info@sunbay-insurance.com
Visit: www.sunbay-insurance.com

GOOD NEWS FOR YOUR CAR 902 123 309



BBC one

7:00am	Breakfast
11:00am	Saturday Kitchen Live
12:30pm	Nigella: At My Table
1:00pm	Football Focus
2:00pm	BBC News
2:15pm	Rugby League World Cup Highlights
3:00pm	Rugby Union
5:30pm	Final Score
6:10pm	Len Goodman's Partners in Rhyme
6:40pm	BBC News
6:50pm	BBC London News
7:00pm	Pointless
7:45pm	Strictly Come Dancing
9:10pm	Michael McIntyre's Big Show
10:10pm	Casualty
11:00pm	BBC News
11:20pm	Match of the Day
12:50am	The NFL Show
1:20am	Man on the Moon
3:10am	Weather for the Week Ahead
3:15am	BBC News

BBC TWO

7:15am	Holiday of My Lifetime with Len Goodman
8:00am	Nature's Weirdest Events
8:30am	Naomi's Nightmares of Nature
9:00am	Deadly 60
9:30am	Show Me What You're Made of
10:00am	Saturday Mash-Up!
12:00pm	Natural World
1:00pm	Rick Stein's Long Weekends
2:00pm	Italy Unpacked
3:00pm	Tennis
5:30pm	Mastermind
6:00pm	Rugby Union
8:30pm	Rugby Union
9:30pm	Dad's Army
10:00pm	My Country
10:55pm	QI XL
11:40pm	David Gilmour
12:40am	Spike Island
2:20am	Badlands
3:50am	This is BBC Two
5:30am	Rugby League World Cup Quarter-Final

BBC FOUR

8:00pm	Natural World <i>Wildlife documentary. The pygmy hippo is one of nature's last great mysteries.</i>
9:00pm	The Mekong River with Sue Perkins
10:00pm	I Know Who You are <i>Francesc Garrido, Blanca Portillo, Alex Monner, Pere Arquillue, Nancho Novo, Pepon Nieto.</i>
11:30pm	I Know Who You are <i>Francesc Garrido, Blanca Portillo, Alex Monner, Pere Arquillue, Aida Folch, Pepon Nieto.</i>
1:15am	The Vietnam War
2:15am	Top of the Pops <i>Simon Bates and Janice Long present the pop chart programme, first broadcast on 20 December 1984.</i>
2:50am	Natural World
3:50am	The Mekong River with Sue Perkins

CHANNEL 4

7:10am	Triathlon
7:40am	Everybody Loves Raymond
8:05am	Everybody Loves Raymond
8:30am	Frasier
9:00am	Frasier
9:25am	The Big Bang Theory
9:55am	The Big Bang Theory
10:25am	The Simpsons
10:55am	The Simpsons
11:25am	The Simpsons
11:55am	The Simpsons
12:25pm	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
3:00pm	Come Dine with Me
3:30pm	A Place in the Sun
4:30pm	A Place in the Sun
5:30pm	Best Laid Plans
6:35pm	Grand Designs
7:30pm	Channel 4 News
8:00pm	Volatile Earth
9:00pm	First Humans: The Cave Discovery
10:00pm	Lucy
11:45pm	R.I.P.D.
1:35am	The Simpsons
2:00am	The Simpsons

CHANNEL 5

9:15am	Paw Patrol
9:30am	Nella the Princess Knight
9:50am	Noddy: Toyland Detective
10:00am	Ben and Holly's Little Kingdom
10:10am	Shimmer and Shine
10:30am	Digby Dragon
10:45am	Peppa Pig
11:00am	Teenage Mutant Ninja Turtles
11:35am	The Gadget Show
12:35pm	Christmas Truce
2:20pm	Deck the Halls
4:05pm	A Belle for Christmas
5:05pm	5 News
5:10pm	A Belle for Christmas
6:00pm	Christmas in Homestead
7:00pm	5 News
7:05pm	Christmas in Homestead
8:00pm	Can't Pay? We'll Take it Away!
9:55pm	5 News Weekend
10:00pm	Football on 5
10:55pm	Football on 5
11:25pm	NCIS: New Orleans
12:20am	NCIS: New Orleans
1:15am	Super Casino

4

7:00am	Rules of Engagement
7:55am	How I Met Your Mother
8:25am	How I Met Your Mother <i>Daphne sends a text message to Lily, revealing the truth about Marshall becoming a judge.</i>
8:55am	Made in Chelsea
10:00am	Couples Come Dine with Me
11:00am	Couples Come Dine with Me
12:00pm	How I Met Your Mother
1:00pm	The Dog Who Saved Christmas
2:50pm	Toy Story Toons
3:00pm	The Goldbergs
5:30pm	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	The Mechanic
11:50pm	Gogglebox
12:55am	Gogglebox

sky sports main event

7:00am	Cricket
11:00am	Soccer A.M.
12:30pm	Live Premier League
1:30pm	Football
3:55pm	Live Rugby Union
6:15pm	Rugby Union
8:40pm	Football
10:45pm	Live Grand Slam of Darts
12:00am	SKY Sports News
1:00am	SKY Sports News
2:00am	SKY Sports News <i>A comprehensive review of all the night's football news, plus a look ahead to the morning headlines.</i>
3:00am	SKY Sports News
4:00am	SKY Sports News
5:00am	Cricket <i>Day four of the first Test as India host Sri Lanka at Eden Gardens in Kolkata.</i>

itv

8:05am	Oddbods
8:10am	Ultimate Spider-Man: Web Warriors
8:30am	Scrambled! Fangbone.
10:25am	Saturday Morning with James Martin
12:20pm	Gino's Italian Coastal Escape
12:50pm	ITV News
12:55pm	The X Factor
2:30pm	ITV Racing: Live from Cheltenham
5:00pm	Thunderbirds are Go
5:30pm	The Harbour
6:00pm	The Cruise
6:30pm	Paul O'Grady: For the Love of Dogs
7:00pm	Regional News and Weather
7:05pm	ITV News
7:15pm	Catchphrase
7:50pm	You've Been Framed!
8:15pm	Ninja Warrior UK
9:10pm	Pick of the Day
10:40pm	The Jonathan Ross Show
11:40pm	ITV News
11:55pm	First Blood
1:40am	Jackpot247

itv2

7:00am	Totally Bonkers Guinness World Records
7:20am	Totally Bonkers Guinness World Records
7:50am	Emmerdale Omnibus <i>More drama and turmoil from the residents of Emmerdale.</i>
1:15pm	Take Me Out
2:25pm	You've Been Framed!
3:00pm	Beethoven's 2nd
4:00pm	FYI Daily
4:05pm	Beethoven's 2nd
4:50pm	Step Up
5:50pm	FYI Daily
5:55pm	Step Up
7:00pm	Jack the Giant Slayer
8:00pm	FYI Daily
8:05pm	Jack the Giant Slayer
9:15pm	Quantum of Solace
10:15pm	FYI Daily
10:20pm	Quantum of Solace
11:30pm	Celebrity Juice
12:20am	Family Guy
12:45am	Family Guy
1:15am	Family Guy
1:45am	Family Guy

itv3

7:00am	Murder, She Wrote
7:50am	Murder, She Wrote
8:45am	Heidi
10:55am	Carry on Follow That Camel
11:55am	FYI Daily
12:00pm	Carry on Follow That Camel
12:50pm	Wycliffe
2:00pm	Foyle's War
4:00pm	Foyle's War
6:00pm	Midsomer Murders
8:00pm	Midsomer Murders
10:00pm	Midsomer Murders
12:00am	The Syndicate
1:05am	Jane Eyre
3:10am	ITV3 Nightscreen <i>Text-based information service.</i>
3:30am	Teleshopping
4:00am	Teleshopping
4:30am	Teleshopping
5:00am	Teleshopping
5:30am	Teleshopping <i>Shopping from home.</i>

itv4

7:00am	Football's Greatest
7:05am	River Monsters
7:30am	The Avengers
8:30am	The Sweeney
9:30am	Motorsport UK
10:30am	ITV Racing: The Opening Show
11:30am	Fishing Impossible
12:35pm	The Big Fish Off
1:35pm	Shed and Buried
2:35pm	Shed and Buried
3:35pm	The Alamo
4:50pm	FYI Daily
4:55pm	The Alamo
6:55pm	Hornblower
8:55pm	River Monsters
10:00pm	An Audience with Billy Connolly
11:05pm	American Gangster
12:05am	FYI Daily
9:35am	Starsky and Hutch
11:25am	Drillbit Taylor
1:15pm	Blade Runner 2049
1:45pm	Central Intelligence
3:40pm	Popstar: Never Stop Never Stopping
5:15pm	My Big Fat Greek Wedding 2
7:00pm	Miss Congeniality
9:00pm	Central Intelligence
11:00pm	Popstar: Never Stop Never Stopping
12:30am	Bridesmaids

sky CINEMA ACTION & ADVENTURE

12:35pm	The Big Fish Off
1:35pm	Shed and Buried
2:35pm	Shed and Buried
3:35pm	The Alamo
4:50pm	FYI Daily
4:55pm	The Alamo
6:55pm	Hornblower
8:55pm	River Monsters
10:00pm	An Audience with Billy Connolly
11:05pm	American Gangster
12:05am	FYI Daily

sky CINEMA COMEDY

9:35am	Starsky and Hutch
11:25am	Drillbit Taylor
1:15pm	Blade Runner 2049
1:45pm	Central Intelligence
3:40pm	Popstar: Never Stop Never Stopping
5:15pm	My Big Fat Greek Wedding 2
7:00pm	Miss Congeniality
9:00pm	Central Intelligence
11:00pm	Popstar: Never Stop Never Stopping
12:30am	Bridesmaids

sky CINEMA PREMIERE

7:00am	Mum's List
9:00am	The Doo Dah Man <i>A New Jersey college student running away from home finds himself travelling through the back roads of Texas with a con man who's just escaped from prison.</i>
10:45am	The Top Ten Show 2017
11:00am	Upside Down
1:00pm	The Great Wall
2:55pm	Assassin's Creed <i>Michael Fassbender stars as a career criminal saved from death row by a shadowy organisation.</i>
5:00pm	Almost Christmas
7:00pm	Upside Down
9:00pm	The Great Wall
10:50pm	Assassin's Creed
12:50am	Drone
2:35am	Almost Christmas
4:40am	A Song for Christmas

sky sports football

7:00am	EFL Greatest Games
7:15am	Football
10:30am	SPFL Matters
11:00am	Soccer A.M.
12:30pm	SPFL Matters
1:00pm	Live La Liga 2017/18
3:00pm	Gillette Soccer Saturday
4:15pm	Gillette Soccer Saturday
6:15pm	Football
8:40pm	Live La Liga 2017/18
10:45pm	EFL Goals: Championship
11:15pm	EFL Greatest Games
11:45pm	EFL Greatest Games
12:15am	EFL Greatest Games
12:30am	EFL Goals: Championship
1:00am	Football
3:25am	EFL Goals: Championship
4:00am	Football Years
4:30am	Football Countdowns
5:00am	EFL Greatest Games
5:30am	SPFL Greatest Games
5:45am	SPFL Greatest Games <i>Classic action from the Scottish Premiership.</i>



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BBC one

7:00am	Breakfast
8:25am	Match of the Day
10:00am	The Andrew Marr Show
11:00am	BBC Newsroom Live
12:00pm	Sunday Politics
1:15pm	Bargain Hunt
2:00pm	BBC News
2:15pm	Homes Under the Hammer
2:45pm	Money for Nothing
3:30pm	Escape to the Country
4:00pm	Songs of Praise
4:35pm	Children in Need
5:50pm	Blue Planet II
6:50pm	BBC News
7:05pm	BBC London News
7:15pm	Countryfile
8:15pm	Strictly Come Dancing
9:00pm	Blue Planet II
10:00pm	Howards End
11:00pm	BBC News
11:20pm	BBC London News
11:30pm	Match of the Day 2
12:15am	Ronny Chieng: International Student

BBC TWO

8:30am	Great British Garden Revival
9:35am	Countryfile
10:30am	Saturday Kitchen
	Best Bites
12:00pm	Food and Drink
12:30pm	My Life on a Plate
1:15pm	MOTD2 Extra
2:00pm	Rugby Union
3:00pm	Rugby League World Cup Quarter-Final Highlights
4:30pm	Wild Brazil
5:30pm	Coast
6:00pm	Flog It!
7:00pm	Tennis
10:00pm	Britain's Cycling Superheroes: The Price of Success?
11:00pm	Snowfall
11:40pm	Mock the Week
12:10am	The Lighthouse 1801. <i>Drama based on a true story.</i>
1:50am	Question Time <i>David Dimbleby presents topical debate from Newcastle.</i>
2:50am	Holby City

BBC FOUR

8:00pm	Only Connect
8:30pm	University Challenge
9:00pm	Stunning Soloists at the BBC
10:00pm	Shark
11:00pm	Highlights
12:00am	Rich Hall's Country Than You
1:30am	Country at the BBC
2:30am	Stunning Soloists at the BBC
3:30am	Shark <i>A wildlife series on the sharks of the world. Sharks are more than just hunters.</i>
4:30am	This is BBC Four <i>BBC Four is the BBC channel for people who want more.</i>

CHANNEL 4

7:00am	Kevin Can Wait
7:25am	Kevin Can Wait
7:45am	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
2:30pm	The Simpsons
3:00pm	The Simpsons
3:30pm	The Simpsons
4:00pm	Mr. Popper's Penguins
5:50pm	Channel 4 News
6:20pm	Men in Black II
8:00pm	Messages Home: Lost Films of the British Army
9:00pm	Guy Martin's WWI Tank
11:00pm	Gogglebox
12:00am	Atonement
2:15am	The Secret Life of 4 Year Olds

CHANNEL 5

11:00am	Teenage Mutant Ninja Turtles
11:35am	Football on 5
12:25pm	Football on 5
12:50pm	Cruising with Jane McDonald
1:10pm	Cats Make You Laugh Out Loud
1:40pm	Chasing Christmas
3:20pm	Santa Who?
4:25pm	5 News
4:30pm	Santa Who?
5:10pm	Pirates of the Caribbean: The Curse of the Black Pearl
6:10pm	5 News
6:15pm	Pirates of the Caribbean: The Curse of the Black Pearl
8:00pm	Christmas Makes You Laugh Out Loud
9:00pm	Aviva Premiership Rugby Highlights
9:55pm	5 News Weekend
10:00pm	Happy 90th: Ken Dodd in His Own Words
12:05am	Another Audience with Ken Dodd

4

7:00am	Rules of Engagement
7:25am	Couples Come Dine with Me
8:25am	Couples Come Dine with Me
9:25am	Hollyoaks Omnibus
12:00pm	Made in Chelsea
1:00pm	Don't Tell the Bride
2:00pm	Alvin and the Chipmunks: The Squeakquel
3:45pm	Rude(Ish) Tube Shorts
4:00pm	The Goldbergs
4:30pm	The Goldbergs
5:00pm	The Big Bang Theory
5:30pm	The Big Bang Theory
6:00pm	The Big Bang Theory
6:30pm	The Big Bang Theory
7:00pm	The Big Bang Theory
7:30pm	The Big Bang Theory
8:00pm	The Big Bang Theory
8:30pm	The Big Bang Theory
9:00pm	Rise of the Planet of the Apes
11:05pm	Naked Attraction
12:05am	The Big Bang Theory
12:35am	The Big Bang Theory
1:05am	Gogglebox
2:05am	First Dates
3:10am	Rude Tube

sky sports main event

7:00am	Cricket <i>Day four of the first Test as India host Sri Lanka at Eden Gardens in Kolkata.</i>
8:30am	Live European Tour Golf <i>Day four of the D.P. World Tour Championship from the Jumeirah Golf Estates in Dubai.</i>
1:30pm	Football
2:00pm	Football <i>Leeds United play Middlesbrough at Elland Road in the Sky Bet Championship.</i>
4:30pm	Live Nissan Super Sunday
7:30pm	Live Grand Slam of Darts
10:00pm	Live NFL: Sunday Game <i>A match from the NFL.</i>
2:00am	Live NFL: Philadelphia @ Dallas
5:30am	Cricket

itv

8:50am	Scrambled!
9:10am	Scrambled!
9:30am	Scrambled!
10:00am	Scrambled!
10:25am	ITV News
10:30am	Australian Wilderness with Ray Mears
11:00am	Peston on Sunday
12:05pm	Carry on Screaming
1:55pm	ITV News
2:05pm	The X Factor
3:35pm	Midsomer Murders
5:30pm	Elton John: The Nation's Favourite Song
7:05pm	Regional News and Weather
7:15pm	ITV News
7:30pm	The Chase Celebrity Special
8:30pm	The X Factor
10:00pm	Pick of the Day
11:45pm	ITV News
12:05am	Peston on Sunday
1:00am	Gone to Pot
1:50am	Jackpot247
4:00am	Motorsport UK
4:50am	ITV Nightscreen

itv2

7:00am	Totally Bonkers
	Guinness World Records
7:20am	The Cube
8:15am	Coronation Street
	Omnibus
11:00am	L.A. Story
11:15am	L.A. Story
11:30am	Ready, Set, Style
11:45am	Ready, Set, Style
12:00pm	Third Wheel
12:15pm	Third Wheel
12:30pm	The X Factor
2:00pm	Take Me Out
3:15pm	You've Been Framed!
4:15pm	Happy Feet Two
5:15pm	FYI Daily
5:20pm	Happy Feet Two
6:20pm	Despicable Me
7:20pm	FYI Daily
7:25pm	Despicable Me
8:15pm	Inception
9:15pm	FYI Daily
9:20pm	Inception
11:15pm	Family Guy
11:45pm	Family Guy
12:15am	Family Guy
12:45am	American Dad!
1:15am	American Dad!

itv3

7:00am	On the Buses
7:25am	Agatha Christie's Marple
9:05am	Heartbeat
10:10am	Heartbeat
11:15am	Murder, She Wrote
12:15pm	Murder, She Wrote
1:15pm	Murder, She Wrote
2:20pm	Poirot: Murder on the Orient Express
3:20pm	FYI Daily
3:25pm	Poirot: Murder on the Orient Express
4:55pm	Columbo
7:00pm	Wycliffe
8:05pm	Agatha Christie's Marple
10:00pm	The Syndicate
11:10pm	The Theory of Everything
12:15am	FYI Daily
12:20am	The Theory of Everything
1:35am	The Knock <i>Drama series following the dangerous investigations of an HM Customs and Excise unit.</i>

itv4

7:00am	Football's Greatest
7:15am	The Sweeney
8:10am	The Sweeney
9:10am	The Protectors
9:40am	Pawn Stars
10:10am	Pawn Stars
10:40am	Pawn Stars
11:05am	Pawn Stars
11:35am	Pawn Stars
12:00pm	Pawn Stars
12:30pm	Pawn Stars
1:00pm	Pawn Stars
1:30pm	Pawn Stars
1:55pm	Pawn Stars
2:30pm	ITV Racing Live
5:00pm	The Alamo
6:00pm	FYI Daily
6:05pm	The Alamo
8:15pm	Football's Greatest: George Best
8:30pm	River Monsters
9:00pm	The Chase: Celebrity Special
10:00pm	Cliffhanger
11:00pm	FYI Daily
11:05pm	Cliffhanger
12:15am	Hard to Kill
1:15am	FYI Daily
1:20am	Hard to Kill
2:20am	River Monsters

sky CINEMA ACTION & ADVENTURE

7:10am	Rocky IV
8:50am	Charlie's Angels
10:40am	Fantastic Beasts and Where to Find Them
12:55pm	The Magnificent Seven
3:05pm	2012
5:45pm	Green Zone
7:45pm	Fantastic Beasts and Where to Find Them 2012
10:00pm	Fearless

sky CINEMA COMEDY

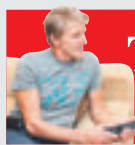
9:30am	Dragnet
11:25am	Talladega Nights: The Ballad of Ricky Bobby
1:30pm	Mike and Dave Need Wedding Dates
3:15pm	Keanu
5:00pm	Almost Christmas
7:00pm	Miss Congeniality 2: Armed and Fabulous
9:00pm	Mike and Dave Need Wedding Dates
10:45pm	Keanu
12:30am	O Brother, Where Art Thou?

sky CINEMA PREMIERE

7:00am	Mum's List
8:55am	The Top Ten Show 2017
9:10am	Drone
10:55am	Upside Down
12:55pm	The Great Wall
2:55pm	In a Valley of Violence
4:55pm	Assassin's Creed <i>Stylish action about a career criminal saved from death row by a shadowy organisation.</i>
7:00pm	Upside Down
9:00pm	The Great Wall
10:50pm	In a Valley of Violence <i>Full-blooded western starring Ethan Hawke as a mysterious drifter.</i>
12:45am	Assassin's Creed <i>Stylish action about a career criminal saved from death row by a shadowy organisation.</i>
2:55am	The Doo Dah Man

sky sports football

9:00am	Football's Greatest
9:30am	EFL Goals: Championship
10:00am	EFL Goals: League 1 and 2
10:30am	The Sunday Supplement
12:00pm	Live La Liga 2017/18
2:00pm	Football
4:30pm	Info not available
6:25pm	Live La Liga 2017/18
8:30pm	Live La Liga 2017/18
10:35pm	La Liga Greatest Games
10:45pm	La Liga Icons
11:00pm	EFL Goals: Championship
11:30pm	EFL Goals: League 1 and 2
12:00am	Magical Messi <i>Enjoy some of the best moments from the career of Argentinian football icon Lionel Messi. Seen by some as the world's finest player, he is Barcelona's record goalscorer.</i>



TV Couch Critic

Ramsay serves up dollop of coke surprises in loo

WITH the scale of cocaine use absolutely staggering in the UK, the new documentary series *Gordon Ramsay on Cocaine* (ITV 1, Thursdays) provided fascinating, if at times very disturbing viewing.

His first out-of-the-kitchen drugs task was to check the toilets of his own restaurants. Surprise, surprise, evidence of cocaine positive in every one, not only the gents and ladies loos but more worrying to him, further drug proof when the staff toilets also turned the wipes he was using blue, signifying Coke use.

Caution... for Ramsay also turned the air blue with his characteristic strong language.

It seems Albanian crime gangs - ever willing to use extreme violence - allegedly control London's cocaine trade, with the UK topping the European league table for use of the white powder!

Ramsay then travelled to Colombia, the main source for cocaine cultivation, and discovered that there are a million people involved in its growth and distribution.



RAMSAY: A drugs insight.



SHARPLES: What would she feel?

My own personal note to cocaine users is that it is manufactured using petroleum, acids and alkaline, so rather than me.

What would Ena Sharples (young readers Google her) make of her beloved *Coronation Street* (ITV weekdays) at present? The chances are she would get her hairnet in a twist at the goings on.

Where did Phelan come from?

How come he's found his long lost daughter? How did he acquire the house which he uses for his captives?

Will Ken Barlow turn out to be his proper dad? Will Aliens be hiding in Roy Cropper's deep fat fryer? Will Schmeichel come back as a poodle? Stay tuned folks as it's turning that unbelievable!

Blue Planet 2 (BBC 1 Sundays) blasted on to our screens in a wave

of anticipation and hype that didn't disappoint one bit.

Four years in the making, the filming, expert knowledge and professionalism of Sir David Attenborough, the master of all things in nature and the planet's best friend, were extraordinary.

Another blockbuster triumph from the BBC. *A Rhapsody in Blue* that George Gershwin would have been proud of and a superb must see.

For something totally different that does not tax the brain, try *Pawn Stars* shown on various channels, and centred around one family and a friend of the son, Chumley, working in a Las Vegas pawn shop.

Amazing items arrive through the door, some original worth thousands and some fakes. However, the banter between granddad, father, son and the not-so-bright Chumley make it a pleasant half hour.

A recent trend in television advertising is slow, re-recorded classic songs played over ads and sung by - to me at least - unknown female vocalists.

One that really grinds me down is the Beatles belter *Across the Universe*, now turned into a melancholy dirge by an anonymous vocalist!

I have no idea what is being promoted as I switched it off. Speaking of advertisements, thank the lord for the Beeb with no mundane interruptions.

Most ITV viewing is advertisement slots with programmes thrown in between. You can cook a three-course meal in the intervals now whereas it was at one time ideal only for making a cuppa!

Critique: PM, San Fulgencio, Costa Blanca.



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BBC one

7:00am	Breakfast
10:15am	Claimed and Shamed
11:00am	Homes Under the Hammer
12:00pm	The Housing Enforcers
12:45pm	The Sheriffs are Coming
1:15pm	Bargain Hunt
2:00pm	BBC News at One
2:30pm	BBC London News
2:45pm	Doctors
3:15pm	Armchair Detectives
4:00pm	Escape to the Country
4:45pm	Royal Recipes
5:30pm	Flog It!
6:15pm	Pointless
7:00pm	BBC News at Six
7:30pm	BBC London News
8:00pm	The One Show
8:30pm	Fake Britain
9:00pm	EastEnders
9:30pm	Would I Lie to You?
10:00pm	Elizabeth and Philip
11:00pm	BBC News at Ten
11:30pm	BBC London News
11:45pm	Stalkers
12:45am	The Apprentice
1:45am	Weather for the Week Ahead

BBC TWO

8:15am	Getting the Builders in
9:00am	The Big Family Cooking Showdown
10:00am	Victoria Derbyshire
12:00pm	BBC Newsroom Live
1:00pm	The Daily Politics
2:00pm	The Link
2:45pm	Terry and Mason's Great Food Trip
3:15pm	Going Back Giving Back
4:00pm	WPC 56
4:45pm	Oxford Street Revealed
5:15pm	Wartime Farm
6:15pm	Put Your Money Where Your Mouth Is
7:00pm	Eggheads
7:30pm	Strictly - It Takes Two
8:00pm	Celebrity Antiques Road Trip
9:00pm	University Challenge
9:30pm	Nigella: At My Table
10:00pm	Labour - The Summer that Changed Everything
11:00pm	Insert Name Here
11:30pm	Newsnight
12:15am	Exodus: Our Journey Continues

BBC FOUR

8:00pm	Beyond 100 Days
8:30pm	Great Continental Railway Journeys
9:00pm	Building the Ancient City: Athens and Rome
10:00pm	Sailors, Ships and Stevedores: The Story of British Docks
11:00pm	My Mother's Lost Children
12:30am	The Last Journey of the Magna Carta King
1:30am	Swim the Channel
2:30am	Keys to the Castle
3:30am	Building the Ancient City: Athens and Rome
4:30am	This is BBC Four <i>BBC Four is the BBC channel for people who want more.</i>

CHANNEL 4

9:00am	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	Kirstie's Handmade Christmas
3:10pm	Countdown
4:00pm	A Place in the Sun: Winter Sun
5:00pm	Coast v Country
6:00pm	Four in a Bed
6:30pm	Come Dine with Me
7:00pm	The Simpsons
7:30pm	Hollyoaks
8:00pm	Channel 4 News
9:00pm	Dispatches
9:30pm	Tricks of the Restaurant Trade
10:00pm	999: What's Your Emergency?
11:00pm	First Dates
12:05am	Naked Attraction
1:05am	A Very British Brothel

CHANNEL 5

8:35am	Peppa Pig
8:45am	Peppa Pig
8:55am	Floogals
9:05am	Digby Dragon
9:20am	Rusty Rivets
9:35am	Shimmer and Shine
9:55am	Ben and Holly's Little Kingdom
10:05am	Mofy
10:15am	The Wright Stuff
12:15pm	GP's: Behind Closed Doors
1:10pm	5 News Lunchtime
1:15pm	The Gadget Show
2:10pm	Access
2:15pm	Home and Away
2:45pm	Neighbours
3:20pm	NCIS: New Orleans
4:15pm	Nanny for Christmas
6:00pm	5 News at 5
6:30pm	Neighbours
7:00pm	Home and Away
7:30pm	5 News Tonight
8:00pm	FIA World Rally Championship Highlights - Australia
9:00pm	Sinkholes
10:00pm	Chris Tarrant: Extreme Railway Journeys
11:00pm	Secrets of the Tube

4

12:00pm	How I Met Your Mother
12:30pm	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
4:30pm	How I Met Your Mother
5:00pm	New Girl
5:30pm	New Girl
6:00pm	The Goldbergs
6:30pm	The Goldbergs
7:00pm	The Big Bang Theory
7:30pm	The Big Bang Theory
8:00pm	Hollyoaks
8:30pm	First Dates Abroad
9:00pm	The Big Bang Theory
9:30pm	The Big Bang Theory
10:00pm	Made in Chelsea
11:00pm	Tattoo Fixer
12:05am	The Big Bang Theory
12:35am	The Big Bang Theory
1:05am	Rude Tube
2:10am	Gogglebox

sky sports main event

7:00am	Cricket
12:15pm	My Icon
12:30pm	Sky Sports Daily
1:00pm	SKY Sports News
2:00pm	SKY Sports News
3:00pm	SKY Sports News
4:00pm	SKY Sports News
5:00pm	SKY Sports News
6:00pm	SKY Sports News
7:00pm	SKY Sports News
8:00pm	Football
12:00am	SKY Sports News
1:00am	SKY Sports News
2:00am	My Icon
2:15am	Live NFL: Atlanta @ Seattle <i>Seattle Seahawks meet Atlanta Falcons at CenturyLink Field in the NFL.</i>
5:45am	My Icon

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	Regional News and Weather
3:00pm	Dickinson's Real Deal
4:00pm	Tenable
5:00pm	Tipping Point
6:00pm	The Chase
7:00pm	Regional News and Weather
7:30pm	ITV Evening News
8:00pm	Emmerdale
8:30pm	Coronation Street
9:00pm	Pick of the Day
9:30pm	Coronation Street
10:00pm	I'm a Celebrity, Get Me Out of Here!
11:30pm	ITV News
12:00am	Regional News and Weather
12:15am	Serial Killer with Piers Morgan

itv2

8:10am	Dinner Date
9:00am	Emmerdale
9:30am	You've Been Framed!
10:00am	You've Been Framed!
10:30am	The Ellen DeGeneres Show
11:20am	Dinner Date
12:20pm	Dress to Impress
1:20pm	Emmerdale
1:50pm	You've Been Framed!
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	You've Been Framed!
7:30pm	You've Been Framed!
8:00pm	You've Been Framed!
8:30pm	You've Been Framed!
9:00pm	Two and a Half Men
9:30pm	Two and a Half Men
10:00pm	Family Guy
10:30pm	Ghosted
11:00pm	American Dad!
11:30pm	Family Guy
12:00am	Family Guy
12:30am	American Dad!

itv3

7:00am	Coronation Street
7:25am	Coronation Street
7:55am	Heartbeat
8:55am	Wild at Heart
10:00am	Judge Judy
10:25am	Judge Judy
10:55am	Judge Judy
11:20am	A Touch of Frost
1:35pm	Wild at Heart
2:35pm	Heartbeat
3:40pm	Classic Coronation Street
4:15pm	Classic Coronation Street
4:45pm	A Touch of Frost
7:00pm	Heartbeat
8:00pm	Murder, She Wrote
9:00pm	Doc Martin
10:00pm	Endeavour
12:00am	Blue Murder
1:35am	A Touch of Frost
3:30am	Teleshopping <i>Shopping from home.</i>

itv4

7:00am	Football Rivalries
7:10am	The Chase
8:00am	The Chase
8:45am	Storage Wars
9:20am	Storage Wars
9:45am	Pawn Stars
10:15am	Pawn Stars
10:40am	Ironsides
11:45am	Quincy, M.E.
12:45pm	The Sweeney
1:45pm	The Avengers
2:50pm	Ironsides
3:55pm	Quincy, M.E.
4:55pm	The Sweeney
6:00pm	The Avengers
7:05pm	Storage Wars
7:35pm	Storage Wars
8:00pm	Pawn Stars
8:30pm	Pawn Stars
9:00pm	River Monsters
9:30pm	River Monsters
10:00pm	Life Inside Jail: Hell on Earth
11:00pm	Death Wish 4: The Crackdown
12:05am	FYI Daily
12:10am	Death Wish 4: The Crackdown
1:05am	Motorsport UK
2:05am	The Sweeney

sky CINEMA ACTION & ADVENTURE

7:10am	Rocky V
9:00am	12 Rounds
10:55am	Jason Bourne
1:05pm	Rocky III
2:50pm	Hitman
4:30pm	The Karate Kid
6:40pm	The Rock
9:00pm	Bloodsport
10:40pm	Jason Bourne
12:50am	End of Days
2:55am	Terminal Velocity
4:40am	Tora! Tora! Tora!

sky CINEMA COMEDY

7:30am	Fred Claus
9:30am	Julie and Julia
11:40am	Fun with Dick and Jane
1:20pm	Liar Liar
3:00pm	You Don't Mess with the Zohan
5:00pm	How to be Single
7:00pm	Calendar Girls
9:00pm	Liar Liar
10:40pm	You Don't Mess with the Zohan
12:40am	Trading Places
2:40am	Brewster's Millions

sky CINEMA PREMIERE

7:00am	Drone
8:40am	The Doo Dah Man
10:25am	A Song for Christmas
12:00pm	In a Valley of Violence
1:50pm	The Hollow One
3:25pm	The Great Wall
5:10pm	Upside Down
7:10pm	In a Valley of Violence
9:00pm	The Great Wall
10:50pm	The Hollow One
12:30am	Upside Down
2:30am	Drone
4:15am	A Song for Christmas

sky sports football

10:30am	La Liga Greatest Games
10:45am	La Liga Greatest Games
11:00am	La Liga 2017/18
1:05pm	La Liga 2017/18
3:10pm	La Liga 2017/18
5:15pm	Scottish Cup Greatest Games
5:30pm	La Liga Greatest Games
5:45pm	La Liga Greatest Games
6:00pm	Football Years
6:30pm	Football Countdowns
7:00pm	Info not available
7:30pm	La Liga Icons
7:45pm	La Liga Icons
8:00pm	Soccer A.M.
8:30pm	Live La Liga 2017/18
10:35pm	La Liga Greatest Games
10:50pm	La Liga Greatest Games
11:00pm	SPFL Round Up 2017/18
11:15pm	SPFL Greatest Games
11:30pm	Soccer A.M.
12:00am	Championship Review

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BBC one

7:00am Breakfast
10:15am Claimed and Shamed
11:00am Homes Under the Hammer
12:00pm The Housing Enforcers
12:45pm The Sheriffs are Coming
1:15pm Bargain Hunt
2:00pm BBC News at One
2:30pm BBC London News
2:45pm Doctors
3:15pm Armchair Detectives
4:00pm Escape to the Country
4:45pm Royal Recipes
5:30pm Flog It!
6:15pm Pointless
7:00pm BBC News at Six
7:30pm BBC London News
8:00pm The One Show
8:30pm EastEnders
9:00pm Holby City
10:00pm The A Word
11:00pm BBC News at Ten
11:30pm BBC London News
11:45pm Drugsland
12:45am Life and Death Row

BBC TWO

7:00am An Island Parish
7:30am Claimed and Shamed
8:15am Armchair Detectives
9:00am Great British Menu
10:00am Victoria Derbyshire
12:00pm BBC Newsroom Live
1:00pm The Daily Politics
2:00pm The Link
2:45pm Terry and Mason's Great Food Trip
3:15pm Going Back Giving Back
4:00pm WPC 56
4:45pm Oxford Street Revealed
5:15pm Wartime Farm
6:15pm Put Your Money Where Your Mouth Is
7:00pm Eggheads
7:30pm Strictly - It Takes Two
8:00pm Celebrity Antiques Road Trip
9:00pm MasterChef: The Professionals
10:00pm Rick Stein's Road to Mexico
11:00pm Motherland

BBC FOUR

8:00pm Beyond 100 Days
The latest national and international news, exploring the day's events from a global perspective.
8:30pm Great Continental Railway Journeys
9:00pm Border Country: The Story of Britain's Lost Middleland
10:00pm Operation Grand Canyon with Dan Snow
11:00pm Roof Racks and Hatchbacks: The Family Car
12:00am Maps: Power, Plunder and Possession
1:00am Kew's Forgotten Queen
2:00am Border Country
3:00am Operation Grand Canyon with Dan Snow

CHANNEL 4

7:20am King of Queens
8:35am 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 Kirstie's Handmade Christmas
3:10pm Countdown
4:00pm A Place in the Sun: Winter Sun
5:00pm Coast v Country
6:00pm Four in a Bed
6:30pm Come Dine with Me
7:00pm The Simpsons
7:30pm Hollyoaks
8:00pm Channel 4 News
9:00pm The Secret Life of 5 Year Olds
10:00pm Grand Designs
11:00pm The Truth About Muslim Marriage
12:05am Walter Presents: Mr Avila

CHANNEL 5

8:35am Peppa Pig
8:55am Floogals
9:05am Digby Dragon
9:20am Rusty Rivets
9:35am Shimmer and Shine
9:55am Ben and Holly's Little Kingdom
10:05am Mofy
10:15am The Wright Stuff
12:15pm Access
12:25pm Christmas in Conway
2:10pm 5 News Lunchtime
2:15pm Home and Away
2:45pm Neighbours
3:15pm NCIS: New Orleans
4:15pm Dear Secret Santa
6:00pm 5 News at 5
6:30pm Neighbours
7:00pm Home and Away
7:30pm 5 News Tonight
8:00pm Yorkshire: A Year in the Wild
9:00pm Jo Brand's Cats and Kittens
10:00pm Ben Fogle: New Lives in the Wild
2:00am Super Casino

4

8:00am Charmed
9:00am Charmed
10:00am Rules of Engagement
10:30am Rules of Engagement
11:00am Black-Ish
11:30am Black-Ish
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 The Goldbergs
7:00pm The Big Bang Theory
7:30pm The Big Bang Theory
8:00pm Hollyoaks
8:30pm First Dates Abroad
9:00pm The Big Bang Theory
9:30pm The Big Bang Theory
10:00pm Tattoo Fixers
11:00pm Rude Tube

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 Info not Available
1:00pm SKY Sports News
2:00pm SKY Sports News
3:00pm SKY Sports News
4:00pm SKY Sports News
5:00pm SKY Sports News
6:00pm SKY Sports News
7:00pm SKY Sports News
8:00pm Soccer Special Pre-Match
8:30pm Rugby Union
11:00pm The Debate - Live

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 Regional News and Weather
3:00pm Dickinson's Real Deal
4:00pm Tenable
5:00pm Tipping Point
6:00pm The Chase
7:00pm Regional News and Weather
7:30pm ITV Evening News
8:00pm Emmerdale
8:30pm Save Money: Good Food
9:00pm Pick of the Day
The Martin Lewis Money Show Live.
10:00pm I'm a Celebrity, Get Me Out of Here!
11:00pm ITV News at Ten and Weather
11:35pm Regional News and Weather
11:45pm On Assignment
12:20am Lethal Weapon
1:15am Gone to Pot

itv2

7:00am The Cube
7:45am Totally Bonkers
8:10am Guinness World Records
8:10am Dinner Date
9:00am Emmerdale
9:30am Coronation Street
10:00am Coronation Street
10:30am The Ellen DeGeneres Show
11:20am Dinner Date
12:20pm 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 You've Been Framed!
8:00pm You've Been Framed!
9:00pm Two and a Half Men
9:30pm Two and a Half Men
10:00pm Sweeney Todd: The Demon Barber
11:00pm FYI Daily
11:05pm Sweeney Todd: The Demon Barber
12:20am Family Guy

itv3

7:00am Classic Coronation Street
7:25am Classic Coronation Street
7:55am Heartbeat
9:00am Wild at Heart
9:00am Judge Judy
10:00am Judge Judy
10:30am Judge Judy
10:55am Judge Judy
11:25am A Touch of Frost
1:35pm Wild at Heart
2:40pm Heartbeat
3:40pm Classic Coronation Street
4:15pm Classic Coronation Street
4:45pm A Touch of Frost
7:00pm Heartbeat
8:00pm Murder, She Wrote
9:00pm Doc Martin
10:00pm Endeavour
12:00am Blue Murder
1:35am A Touch of Frost
When a young drug addict is found dead it is assumed that he died from an overdose.
3:30am Teleshopping Shopping from home.

itv4

7:00am World Cup Top Goalscorers
Short football film.
7:10am The Chase
8:00am The Chase
Quiz show hosted by Bradley Walsh.
8:50am Storage Wars
9:20am Storage Wars
9:45am Pawn Stars
10:10am Pawn Stars
10:40am Ironside
11:45am 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 Storage Wars
8:00pm Pawn Stars
8:30pm Pawn Stars
9:00pm Stuck on You: The Football Sticker Story
10:00pm River Monsters
11:05pm Full Metal Jacket
12:05am FYI Daily

sky CINEMA ACTION & ADVENTURE

1:40pm Underworld: Blood Wars
3:20pm The Day the Earth Stood Still
5:10pm The Karate Kid, Part II
7:10pm The 13th Warrior
9:00pm Underworld: Blood Wars
10:40pm The Day the Earth Stood Still
12:30am Twister
2:30am The 13th Warrior

sky CINEMA COMEDY

6:15am Runaway Bride
8:15am Happy Gilmore
9:55am Lost in Karastan
11:45am Dad's Army
1:30pm Why Him?
3:30pm The Waterboy
5:10pm Sisters
7:10pm The First Wives Club
9:00pm The Waterboy
10:40pm Why Him?
12:40am Krampus
2:25am Mrs. Brown's Boys D'Movie
4:05am Brüno
5:35am Police Academy 6: City Under Siege

sky CINEMA PREMIERE

7:00am The Top Ten Show 2017
7:15am The Doo Dah Man
9:00am Upside Down
11:00am 12 Days of Giving
12:45pm The Great Wall
2:45pm In a Valley of Violence
4:45pm Fantastic Beasts and Where to Find Them: Special
Sky Movies takes a behind-the-scenes look at the latest trip into JK Rowling's wizarding world.
5:15pm Upside Down
7:15pm 12 Days of Giving
9:00pm The Great Wall
10:50pm In a Valley of Violence
Full-blooded western starring Ethan Hawke as a mysterious drifter.
12:40am The Hollow One
2:25am The Doo Dah Man
4:10am Drone

sky sports football

1:00pm SPFL Round Up 2017/18
1:15pm SPFL Greatest Games
1:30pm Soccer A.M.
2:00pm Eredivisie
3:00pm SPFL Round Up 2017/18
3:15pm SPFL Greatest Games
3:30pm Soccer A.M.
4:00pm Football's Greatest Teams
4:30pm Football's Greatest Teams
5:00pm Scottish Cup Greatest Games
5:30pm La Liga Greatest Games
5:45pm La Liga Greatest Games
6:00pm Eredivisie
7:00pm SPFL Round Up 2017/18
7:15pm SPFL Greatest Games
7:30pm Soccer A.M.
8:00pm Soccer Special Pre-Match
8:30pm Gillette Soccer Special
11:00pm Revista de la Liga
11:30pm La Liga World
12:00am Eredivisie

Cassandra Nash
A weekly look

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

RAJOY'S go-to strategy for political predicaments has always been to hide behind the courts or the public prosecution department.

Now it has come and bitten him on the backside.

The Fiscalía - less detached from the government than it should be - accused the Catalan government of sedition and rebellion.



COOL OPERATOR: Mariano Rajoy's decision to imprison Catalan politicians could come back to haunt him.

Crime and punishment

With these charges there was little for investigating Judge Carmen Lamela to do than remand the nine politicians remaining in Spain.

Result? Instant martyrdom and a probable slew of votes in the Catalan elections on December 21. Rajoy has blown it again.

Sometimes the punishment does not need to fit the crime and there has been too much stick and not enough carrot over Cataluña.

All the present government has ever made clear is what would happen if the Catalans left, and the punishment that awaited them.

They have never been told how much every-

one would like them to stay.

Rajoy could have tried that, but he never comes across as anything other than a third-time-lucky president unable to tackle a problem requiring instinct and warmth, not rule-book logic.

Alternative vocabulary

THERE was a point during and immediately after the Catalan UDI when the separatists were in disarray and ex-president Carles Puigdemont hightailed it to Brussels.

The disarray was not only

due to the Constitution's Article 155 that suspended Cataluña's autonomy. Companies were leaving Cataluña, unemployment was rising, tourism and the economy were less robust. What was promised as epic and heroic turned into a cowardly shambles, a deflated balloon after the party has ended.

The elections announced for December 21 were welcomed inside and outside Cataluña. The voices of the anti-independence majority, drowned out until now by the two million separatists would be heard, and a pro-remain vote would make everything

ticketyboo once more.

Then the remaining government members were remanded for rebellion and sedition.

Esquerra Republicana is rising in the polls and will not repeat the Juntspel Si coalition with Carles Puigdemont's downwardly mobile centre-right PDeCat. Left wing pro-independence parties might or might not go hand-in-hand but if the separatists win it, it will be thanks to voters who believe that words like rebellion and sedition, unheard in Spain for decades, are too redolent of former regimes.

following the region's short-lived declaration of independence.

The same can't be said for Junqueras' silhouette which was as rotund as ever when he was remanded on November 2 for sedition, rebellion and misuse of public funds. He is likely to get rotunder: prison food is notoriously calorific nowadays.

Keep smiling

WHO knows what Barcelona mayor Ada Colau truly feels regarding Catalan independence? What we do know is her much-criticised equidistance between 'stay' and 'go' means she wants to have her cake and eat it. She wants to remain mayor and needs PSC-PSOE support to do so. Her party Catalunya en Comu is not separatist but she needs separatist votes too.

Colau's pussycat smile does not falter but only she knows if the cream is curdling.

Food for thought

ORIOL JUNQUERAS, leader of Esquerra Republicana de Cataluña (ERC) was criticised for his low profile

columnists@euroweeklynnews.com

Travel



CULTURE LINK: This bridge in Girona was built by Gustav Eiffel just before he built the Eiffel Tower in Paris.

A city full of charm

A HUB of Catalan culture in its own right, Girona is packed to the brim with museums, galleries and stunning buildings. The historic centre built by the city's abundant wealth during medieval times has been well preserved over the centuries, surviving wars, sieges and revolutions.

The best way to see the city is to take a walk along the medieval walls, known as the Passeig de la Muralla, that border the city centre and offer great views.

Girona has one of the best preserved Jewish quarters in all of Europe called El Call, which

is a maze of narrow, cobbled streets that look just how they would have 500 years ago when the Jewish population occupied this area of the city.

Another highlight that should not be missed is Girona Cathedral, which has a picturesque long staircase leading to the entrance that was used as a location to film Game of Thrones.

The city has its own small airport but there is also a high-speed train service that links Girona to the Catalan capital of Barcelona, so it makes a perfect destination for a quick day trip.



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BBC one

7:00am	Breakfast
10:15am	Claimed and Shamed
11:00am	Homes Under the Hammer
12:00pm	The Housing Enforcers
12:45pm	The Sheriffs are Coming
1:15pm	Bargain Hunt
2:00pm	BBC News at One
2:30pm	BBC London News
2:45pm	Doctors
3:15pm	Armchair Detectives
4:00pm	Escape to the Country
4:45pm	Royal Recipes
5:30pm	Flog It!
6:15pm	Pointless
7:00pm	BBC News at Six
7:30pm	BBC London News
8:00pm	The One Show
9:00pm	Mary Berry's Country House Secrets
10:00pm	The Apprentice
11:00pm	BBC News at Ten
11:30pm	BBC London News
11:45pm	A Question of Sport
12:15am	Junior Doctors
12:45am	Live at the Apollo
1:15am	Weather for the Week Ahead

BBC TWO

7:00am	An Island Parish
7:30am	Claimed and Shamed
8:15am	Armchair Detectives
9:00am	Nigella: At My Table
9:30am	Caught Red Handed
10:00am	Victoria Derbyshire
12:00pm	BBC Newsroom Live
12:30pm	The Budget
4:30pm	WPC 56
5:15pm	Wartime Farm
6:15pm	Put Your Money Where Your Mouth Is
7:00pm	Eggheads
7:30pm	Strictly - It Takes Two
8:00pm	Celebrity Antiques Road Trip
9:00pm	MasterChef: The Professionals
10:00pm	Peaky Blinders
11:00pm	The Apprentice: You're Fired!
11:30pm	Newsnight
12:15am	Britain's Cycling Superheroes: The Price of Success?
1:15am	The Week the Landlords Moved in
2:15am	Eat Well for Less
3:15am	This is BBC Two

BBC FOUR

8:00pm	Beyond 100 Days
8:30pm	Great Continental Railway Journeys
9:00pm	How the Wild West Was Won with Ray Mears
10:00pm	Digging for Britain
11:00pm	Detectivists <i>Comedy series about two metal-detecting friends.</i>
11:30pm	The League of Gentlemen <i>Black comedy about small-town life. Mr Chinnery has an accident with a tortoise.</i>
12:00am	Sleuths, Spies and Sorcerers: Andrew Marr's Paperback Heroes
1:00am	Peggy Guggenheim: Art Addict
2:30am	How the Wild West Was Won with Ray Mears
3:30am	Digging for Britain
4:30am	This is BBC Four <i>BBC Four is the BBC channel for people who want more.</i>

CHANNEL 4

8:35am	Everybody Loves Raymond
9:00am	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	Kirstie's Handmade Christmas
3:10pm	Countdown
4:00pm	A Place in the Sun: Winter Sun
5:00pm	Coast v Country
6:00pm	Four in a Bed
6:30pm	Come Dine with Me
7:00pm	The Simpsons
7:30pm	Hollyoaks
8:00pm	Channel 4 News
9:00pm	The Secret Life of the Zoo
10:00pm	Violent Men: Behind Bars
11:00pm	Man Down
11:30pm	8 Out of 10 Cats
12:35am	Does Countdown 999: What's Your Emergency?

CHANNEL 5

8:05am	Paw Patrol
8:20am	Noddy: Toyland Detective
8:35am	Peppa Pig
8:45am	Peppa Pig
8:55am	Floogals
9:05am	Digby Dragon
9:20am	Rusty Rivets
9:35am	Shimmer and Shine
9:55am	Ben and Holly's Little Kingdom
10:05am	Mofy
10:15am	The Wright Stuff
10:15am	Access
12:15pm	Chasing Christmas
12:20pm	Chinese Food in Minutes
1:50pm	5 News Lunchtime
2:10pm	Home and Away
2:15pm	Neighbours
2:45pm	Neighbours
3:15pm	NCIS
4:15pm	A Snow Globe Christmas
6:00pm	5 News at 5
6:30pm	Neighbours
7:00pm	Home and Away
7:30pm	5 News Tonight
8:00pm	All New Traffic Cops
9:00pm	GPs: Behind Closed Doors
10:00pm	Raped: My Story
11:30pm	The Debate
12:30am	Extraordinary People

4

10:00am	Rules of Engagement
10:30am	Rules of Engagement
11:00am	Black-Ish
11:30am	Black-Ish
12:00pm	How I Met Your Mother
12:30pm	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
4:30pm	How I Met Your Mother
5:00pm	New Girl
5:30pm	New Girl
6:00pm	The Goldbergs
6:30pm	The Goldbergs
7:00pm	The Big Bang Theory
7:30pm	The Big Bang Theory
8:00pm	Hollyoaks
8:30pm	The Goldbergs
9:00pm	Ghostbusters II
11:10pm	The Big Bang Theory
11:40pm	The Big Bang Theory
12:05am	The Big Bang Theory
12:35am	The Big Bang Theory

sky sports main event

7:00am	Total Goals
7:30am	Total Goals
8:00am	Total Goals
8:30am	Total Goals
9:00am	Total Goals
9:30am	Total Goals
10:00am	Good Morning Sports Fans
11:00am	Premier League Daily
12:00pm	Sky Sports Daily
1:00pm	SKY Sports News
2:00pm	SKY Sports News
3:00pm	SKY Sports News
4:00pm	SKY Sports News
5:00pm	Csa T20 Challenge
8:30pm	Football
11:00pm	The Debate - Live
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	SKY Sports News

itv

7:00am	Good Morning Britain
9:30am	Lorraine
10:25am	The Jeremy Kyle Show
11:30am	This Morning
1:20pm	The Chancellor's Budget 2017
3:00pm	Dickinson's Real Deal
4:00pm	Tenable
5:00pm	Tipping Point
6:00pm	The Chase
7:00pm	Regional News and Weather
7:30pm	ITV Evening News
8:00pm	Emmerdale
8:30pm	Coronation Street
9:00pm	Pick of the Day
9:30pm	Coronation Street
10:00pm	I'm a Celebrity, Get Me Out of Here!
11:00pm	ITV News at Ten and Weather
11:30pm	Regional News and Weather
11:45pm	UEFA Champions League Highlights
1:10am	Britain's Busiest Airport - Heathrow
2:00am	Jackpot247
4:00am	May the Best House Win

itv2

9:00am	Emmerdale
9:30am	The Cube
10:30am	The Ellen DeGeneres Show
11:20am	Dinner Date
12:20pm	Dress to Impress
1:20pm	Emmerdale
1:50pm	You've Been Framed!
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	You've Been Framed!
7:30pm	You've Been Framed!
8:00pm	You've Been Framed!
8:30pm	You've Been Framed!
9:00pm	Two and a Half Men
9:30pm	Two and a Half Men
10:00pm	Shaun of the Dead
11:00pm	FYI Daily
11:05pm	Shaun of the Dead
11:50pm	Family Guy
12:20am	Family Guy
12:50am	American Dad!

itv3

7:00am	Classic Coronation Street
7:25am	Classic Coronation Street
7:55am	Heartbeat
8:55am	Wild at Heart
10:00am	Judge Judy
10:25am	Judge Judy
10:55am	Judge Judy
11:20am	A Touch of Frost <i>When a young drug addict is found dead it is assumed that he died from an overdose.</i>
1:35pm	Wild at Heart <i>Drama series set on an African nature reserve.</i>
2:40pm	Heartbeat
3:40pm	Classic Coronation Street
4:15pm	Classic Coronation Street
4:45pm	A Touch of Frost
7:00pm	Heartbeat
8:00pm	Murder, She Wrote
9:00pm	Doc Martin
10:00pm	Endeavour
12:00am	Blue Murder <i>Police drama.</i>
1:35am	A Touch of Frost

itv4

7:00am	Hat-Trick Heroes
7:15am	The Chase
8:05am	The Chase
8:55am	Storage Wars
9:25am	Storage Wars
9:55am	Pawn Stars
10:20am	Pawn Stars
10:50am	Ironsides <i>Detective drama series featuring Chief Robert Ironside of the San Francisco Police Department.</i>
11:50am	Quincy, M.E.
12:50pm	The Sweeney
1:50pm	The Avengers
2:55pm	Ironsides
4:00pm	Quincy, M.E.
5:00pm	The Sweeney
7:05pm	Storage Wars
7:35pm	Storage Wars
8:00pm	Pawn Stars
8:35pm	Pawn Stars
9:00pm	Britain's Busiest Motorway
9:30pm	Info not available
11:00pm	The World is Not Enough
12:00am	FYI Daily
12:05am	The World is Not Enough

sky CINEMA ACTION & ADVENTURE

11:00am	Tarzan
1:00pm	Terminator Salvation
3:00pm	The 5th Wave
5:00pm	The Karate Kid, Part II
7:00pm	Tarzan
9:00pm	Star Wars: Episode VII
11:20pm	Ride Along 2
1:10am	Terminator Salvation

sky CINEMA COMEDY

7:05am	The Top Ten Show 2017
7:25am	Dumb and Dumber
9:20am	How to Lose Friends and Alienate People
11:20am	Jerry Maguire
1:45pm	Keanu
3:35pm	Little Man
5:20pm	How the Grinch Stole Christmas
7:10pm	Big Little Man
9:00pm	Little Man
10:45pm	Keanu
12:30am	Jackass: The Movie
2:05am	Jackass: Number Two
3:45am	Jackass 2.5

sky CINEMA PREMIERE

7:00am	12 Days of Giving
8:45am	The Top Ten Show 2017
9:00am	The Doo Dah Man
10:45am	Upside Down
12:45pm	The Great Wall
2:45pm	In a Valley of Violence
4:45pm	12 Days of Giving
6:30pm	Blade Runner 2049
7:00pm	Upside Down
9:00pm	The Great Wall <i>Epic action adventure about a mercenary pulled into a centuries-old battle.</i>
10:50pm	Tramontane
12:40am	In a Valley of Violence <i>Full-blooded western starring Ethan Hawke as a mysterious drifter.</i>
2:40am	The Hollow One
4:25am	The Doo Dah Man <i>A New Jersey college student running away from home.</i>

sky sports football

11:00am	Revista de la Liga
11:30am	La Liga World
12:00pm	La Liga Icons
12:15pm	La Liga Icons
12:30pm	La Liga Icons
12:45pm	La Liga Icons
1:00pm	Revista de la Liga
1:30pm	La Liga World
2:00pm	La Liga Icons
2:15pm	La Liga Icons
2:30pm	La Liga Icons
2:45pm	La Liga Icons
3:00pm	Revista de la Liga
3:30pm	La Liga World
4:00pm	Football's Greatest
4:30pm	Football's Greatest Teams
5:00pm	Scottish Cup
5:15pm	Greatest Games
5:30pm	Scottish Cup
5:30pm	La Liga Greatest Games
5:45pm	La Liga Greatest Games
6:00pm	Football Years
6:30pm	Football Countdowns
7:00pm	Revista de la Liga
7:30pm	La Liga World
8:00pm	Football's Greatest
8:30pm	Football
11:00pm	Eredivisie
12:00am	MLS Round Up Show

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Women's wit

Some days are just bad days, that's all. You have to experience sadness to know happiness, and I remind myself that not every day is going to be a good day, that's just the way it is!"

Dita Von Teese - Dancer



Famous quote

It's fine to celebrate success but it is more important to heed the lessons of failure."

Bill Gates, Entrepreneur

World of English

Antimetabole - repeats words or phrases in reverse order - "ask not what your country can do for you - ask what you can do for your country."

(J F Kennedy)

MADDOCKS' VIEW ON LIFE



'FORGET ALL YOUR TROUBLES AT HOME MRS MAY - LET US TALK PROPER MEANINGFUL BREXIT!'

Spanish fashion brands

TOP 5

SPAIN is known for its fashionable styles and trends. Here are five of the country's biggest fashion brands.

Zara

Known the world over for its unique style, Zara has now become a household name. As part of the Inditex group, the brand reportedly took almost \$16 billion in revenue in 2016 and now has over 2,100 stores across 88 different countries.

Mango

The Spanish multinational clothing company was first founded in 1984 by two Turkish brothers based in Barcelona. The brand opened its first store in the UK in the year 2000 and now has shops in Europe, Africa, Asia, South America and the USA.

Stradivarius

Also part of the Inditex group, Stradivarius was reportedly acquired by the group in 1999 having been originally founded in



ZARA: Has become a household name.

1994. The international clothing brand recently launched its menswear collection called 'Stradivarius Man.'

and also fragrances.

Pull and Bear

The brand was originally named New Wear, SA before being officially launched as Pull & Bear in 1991. The style focuses on casual, laid-back clothing accessories for a younger demographic, with a very 'urban' style and now has over 870 stores worldwide.

Massimo Dutti

Despite the Italian name, Massimo Dutti is inherently Spanish. First founded in Barcelona in the 1980's, the brand offers a number of clothing ranges, accessories, a personal tailoring service

UK NATIONAL LOTTERY	IRISH LOTTO	EURO MILLIONS		LA PRIMITIVA	EL GORDO DE LA PRIMITIVA
					
Saturday November 11	Saturday November 11	Tuesday November 7	Friday November 10	Saturday November 11	Sunday November 12
(4) (16) (27) (30) (41) (49)	(9) (16) (27) (41) (42) (47)	(7) (19) (20) (37) (41)	(13) (22) (29) (36) (37)	(6) (8) (22) (24) (43) (45)	(11) (30) (37) (44) (49)
BONUS BALL	BONUS BALL	LUCKY STARS	LUCKY STARS	REINTEGRO	REINTEGRO
(54)	(4)	(2) (12)	(1) (9)	(11) (1)	(4)

LOTTERY

YOUR STARS FOR NEXT 7 DAYS

AQUARIUS
(January 21 - February 19)

A chance remark alluding to your past brings a flashback. This helps you to see a current situation more clearly. We all make mistakes and follow the same old patterns, but this time you are being forewarned. It is in your experience and power to make a different choice of action this time. In doing so, much confusion and upset can be avoided.

PISCES
(February 20 - March 20)

Someone will most certainly come to the rescue when your situation changes. Well, they will, won't they? Have Plan B ready just in case. In continuing to think in the short term you do yourself no favours. Think now of a '10-year plan' and be determined to reach your goal. Bit by bit and day by day you will progress. You don't have to rush ahead and get stressed.

ARIES
(March 21 - April 20)

An exciting project is bubbling away in your mind but may need financial backing. Take advice from a professional or someone with successful experience in these matters. Remember that any idea has to grow, so consider what you need to see happen in five years' time.

TAURUS
(April 21 - May 21)

During your social encounters this week you meet someone who offers to help. That is great, but do ask yourself if you would be prepared to give anything in return.

GEMINI
(May 22 - June 21)

Some exciting suggestions make you think twice about a current business matter. However, it may not be necessary to change anything but to consider the new suggestion as a sort of 'add on' to a current project.

CANCER
(June 22 - July 23)

The moment that you have been waiting for has arrived. A colleague has made a decision that is long overdue. Perhaps you are a little shocked and speechless because there has been such a time lag, but this will pass. It may not be over-convenient but the phrase 'striking while the iron is hot' springs to mind.

LEO
(July 24 - August 23)

You work hard for your money. Make it worthwhile by trying to hold on to as much of it as possible. Someone who is charming and plausible may try to get you involved in a fast-track money making scheme.

VIRGO
(August 24 - September 23)

By showing confidence in your own way of doing things, you inspire others. This is chiefly because you are at last finding a balance between work and home life. In the past you may have felt stressed and equated that with working - not so now.

LIBRA
(September 24 - October 23)

Because you are intent on pleasing others, you may be cramping your own style. This is something that you have in abundance and it should be used. You may be feeling that a business idea does not stand a chance.

SCORPIO
(October 24 - November 22)

A juicy bit of gossip comes your way this week and it is hard to keep it quiet. You must do so, however, because there is a lot riding on it. When people trust you, they are saying much about the relationship. In this particular case, the person may well be able to progress you socially at some time in the future.

SAGITTARIUS
(November 23 - December 21)

The rather more serious side of your nature needs to take over this week. Someone in a higher position is keeping an eye on you. This maybe because they are considering you for promotion, so be on your best behaviour. It is important at the moment to stick to any rules and regulations or your reputation (and pocket) could be hit.

CAPRICORN
(December 22 - January 20)

Letting life get too tame will eventually irritate you no end. Your social life needs a boost which, in turn, helps romance blossom. It is easy to be a bit lazy when things are going smoothly but we all need constant stretching. With an active mind such as yours, the important thing is to keep making progress. This may be in a physical way or in some kind of business. A brisk attitude to your whole life is needed.

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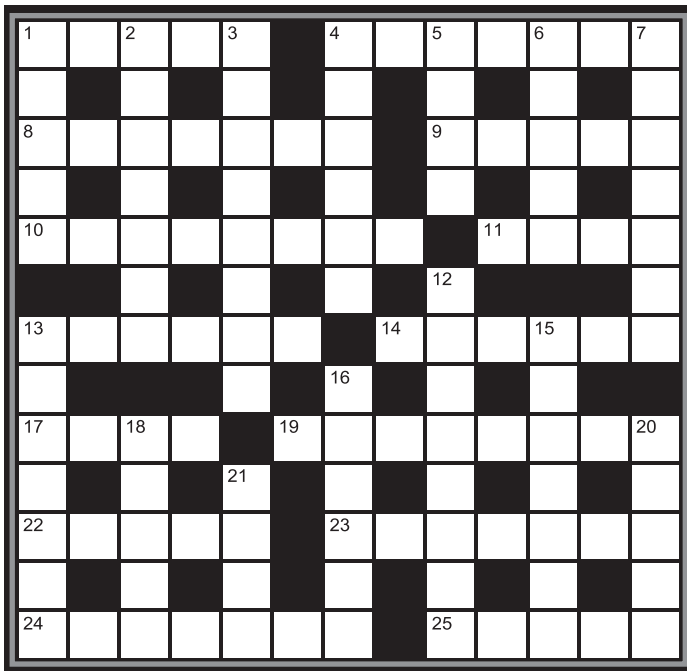
Cryptic

Across

- 1 Charlie enquires about barrels (5)
- 4 Former pilot's daft adventure (7)
- 8 Object when put into torn clothing (7)
- 9 Ring about never ending internet pest (5)
- 10 I acted in poor show (8)
- 11 Spirit around end of December causes a smile (4)
- 13 Relieves incantations (6)
- 14 Chaplains are spread around (6)
- 17 The remainder sleep (4)
- 19 Pet cried about being infirm (8)
- 22 Saw a daughter get mature (5)
- 23 Blend ten wine ingredients (7)
- 24 Recommend guests start getting organised (7)
- 25 What was a performance to be precise (5)

Down

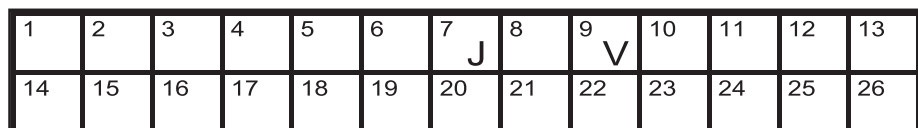
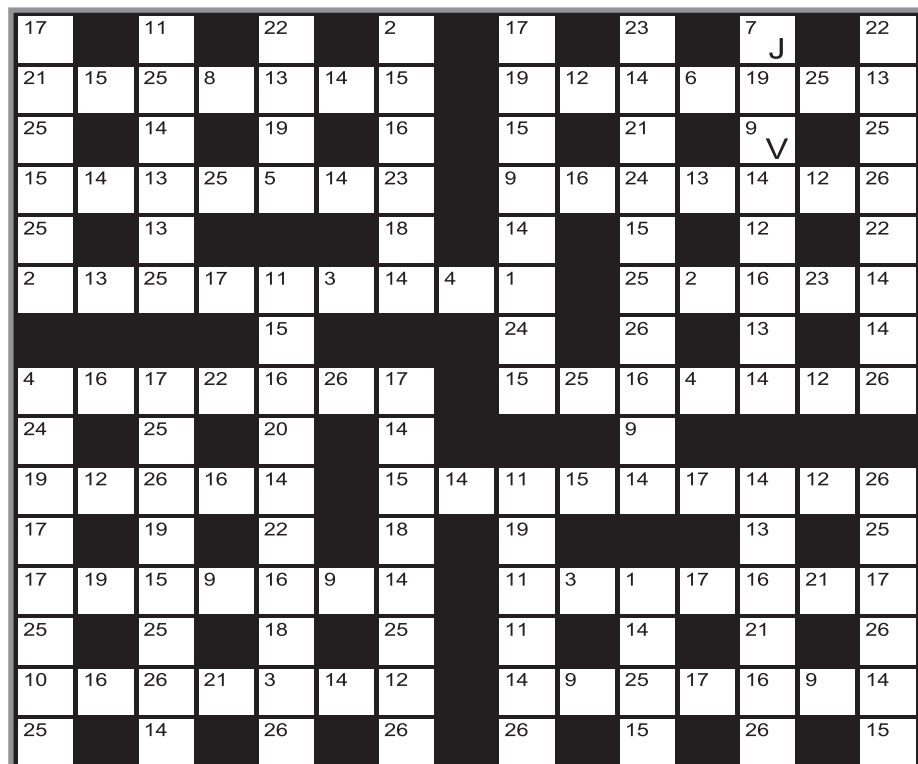
- 1 Dog runs between an officer and a private (5)
- 2 Edwin's upset about Lloyd's first fraud (7)
- 3 Outlines for small, confused clients (8)
- 4 English country property (6)
- 5 Trail from the Carpathian Mountains (4)
- 6 A smell from the food, our dinner (5)
- 7 New Testament stories about



- 8 gifts (7)
- 12 Surrealist friend is filled with determination (8)
- 13 Saint has lots of paper for courses (7)
- 15 Parcel I untied reveals an identical one (7)
- 16 Deprived female in a hat (6)
- 18 Some careless language (5)
- 20 An endless pact to foot the bill (5)
- 21 English monk buying every dinner, excluding starters (4)

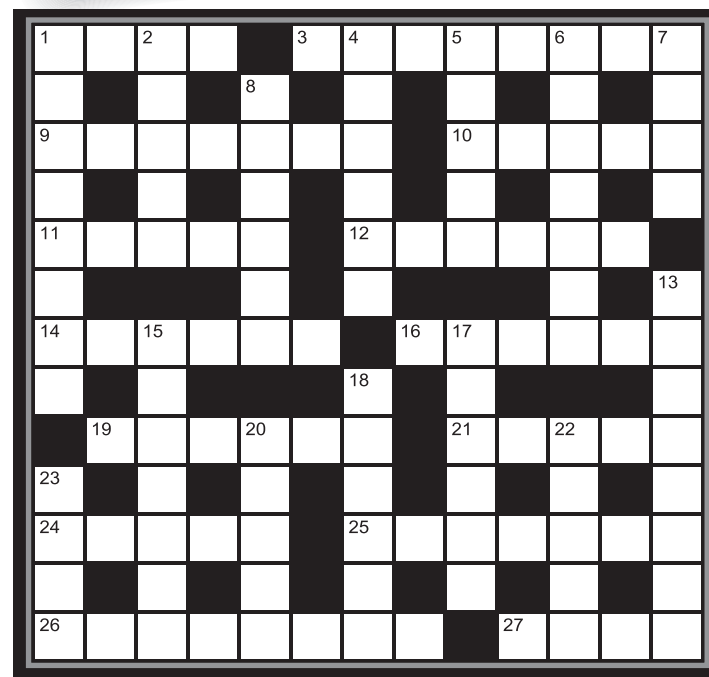
Each number in the Code Breaker grid represents a different letter of the alphabet. In this week's puzzle, 7 represents J and 9 represents V, so fill in J every time the figure 7 appears and V every time the figure 9 appears. Now, using your knowledge of the English language, work out which letters should 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.

Code Breaker



LAST WEEK'S SOLUTION FACING PAGE

Quick



Across

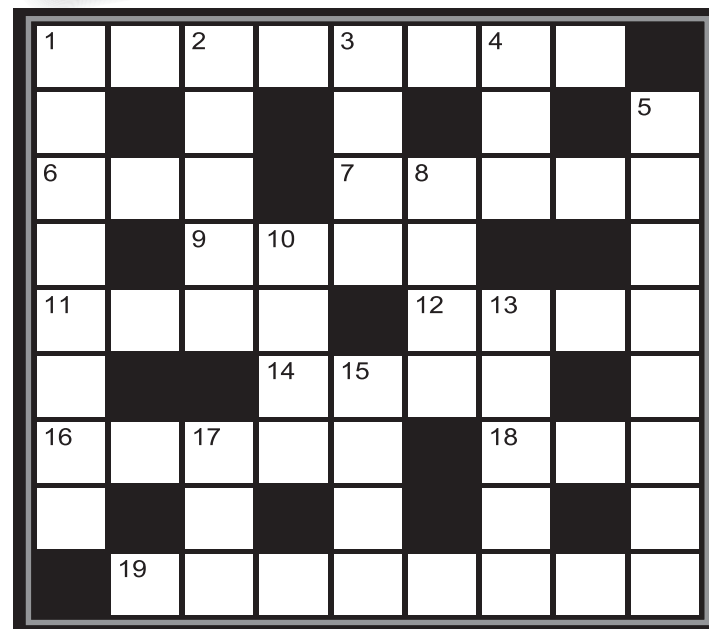
- 1/23 Become quiet or quieter (4,4)
- 3 Answer (8)
- 9 Regular payment (7)
- 10 Japanese dish (5)
- 11 Excessively fat (5)
- 12 Acquire (6)
- 14 Pass by, as time (6)
- 16 Disease of the skin (6)
- 19 Small informal restaurant (6)
- 21 Cause fear in (5)
- 24 Aquatic fish-eating carnivore of the weasel family (5)
- 25 Gun dog (7)
- 26 Drug that produces numbness or stupor (8)
- 27 Nothing (4)

Down

- 1 Any undertaking that is easy to do (8)
- 2 Graceful and elegant bearing in a person (5)
- 4 Severe or trying experience (6)
- 5 Disturb the balance or stability of (5)
- 6 Encourage (7)
- 7 Small metal spike with a broadened flat head (4)
- 8 Niche or alcove (6)
- 13 Major London railway station (8)
- 15 Pilot (7)
- 17 Unconcerned (6)
- 18 Japanese dwarf tree (6)
- 20 Body excluding the head and neck and limbs (5)
- 22 Similar (5)
- 23 See 1 Across

English - Spanish

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



Across

- 1 Frost (substance) (8)
- 6 Huevo (3)
- 7 Alcalde (5)
- 9 Those (4)
- 11 Expensive (4)
- 12 Ordenado (4)
- 14 Pie (anatómico) (4)

Down

- 1 Ejercicio (8)
- 2 To take hold of (5)
- 3 Oar (4)

- 4 Today (3)
- 5 Hermanos (8)
- 8 Ass (donkey) (4)
- 10 Blando (madera, droga, agua) (4)
- 13 Stage (phase) (5)
- 15 Bears (animals) (4)
- 17 To hear (3)

CROSSWORD PAGE

Bank-beating international money transfers

Your money, wherever it's needed, whatever the reason



Great rates



No fees*

*Changes may occasionally be applied by a third party bank when transferring the

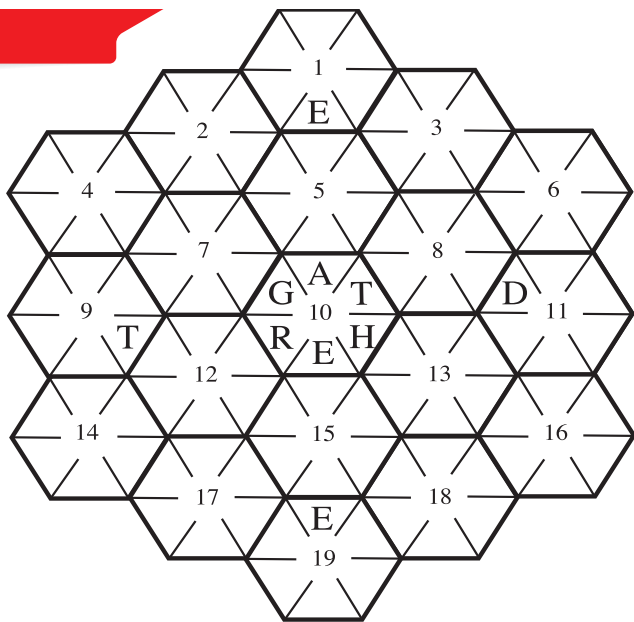
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Hexagram

- BEETLE
- CHALET
- CORRAL
- ETHANE
- FILTER
- GATHER (10)
- GENIAL
- INVENT
- LEADEN
- OBLATE
- RELIEF
- REPEAL
- SPECIE
- STEREO
- STRAND
- TEASEL
- UNISEX
- UPDATE
- UPTAKE



The purpose of the Hexagram puzzle is to place the 19 six-letter words into the 19 cells. The letters at the edges of interlocking cells **MUST BE THE SAME**. The letters in the words must be written **CLOCKWISE**. The word in cell 10 (**GATHER**) and one letter in four other cells are given as clues.

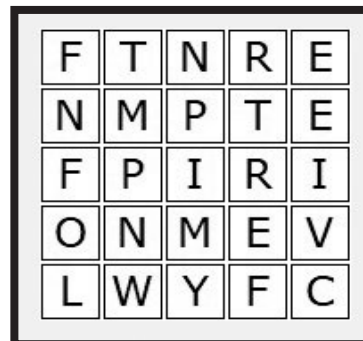
LAST WEEK'S SOLUTION

- 1 Lessee 2 Recess 3 Easier 4 Blurry
- 5 Arouse 6 Teeter 7 Subtly 8 Endure
- 9 Enable 10 Bouncy 11 Titian 12 Ninety
- 13 Almond 14 Urgent 15 Encore
- 16 Flight 17 Sortie 18 Armful
- 19 Seamen.

Boggled

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

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



TARGET:

- Average: 17
- Good: 23
- Very good: 33
- Excellent: 43

SCORING:

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

LAST WEEK'S SOLUTION

rowan rowans rows roos rood roods
rosin rondo rondos rout rods owns
woos wood woods woodcut wand
wands awns anis sown sonic swan
soon snow snood snip snipe sudor
sinh nows nidus quin quins quid quids
quip door doors duos duct disown
dins indoor indoors induct ictus incus
hind hinds cuds pins penni epic

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:

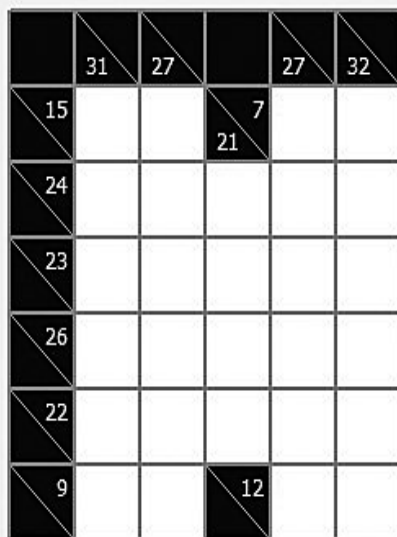
- Average: 12
- Good: 17
- Very good: 24
- Excellent: 31

LAST WEEK'S SOLUTION

alit alto gait gilt girt goat grit grot iota lilt loti
rata riot rota tail tala tall taro till tiro toga toil toll
tori trig trio allot altar aorta argot atoll atria
gator gloat griot groat raita ratio taiga tiara trail
trial trill troll aortal atrial lariat latigo latria rialto
tailor otalgia ALLIGATOR

Kakuro

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



LAST WEEK'S SOLUTION



LAST WEEK'S SOLUTIONS

ENGLISH-SPANISH

Across:

2 Sillas, 5 Cena, 6 Pozo, 7 Pared,
10 Words, 13 Cosa, 14 Lado,
15 Loncha.

Down:

1 Seda, 2 Sale, 3 Llover,
4 Stones, 7 Pencil, 8 Raisin,
9 Dew, 11 Olla, 12 Duda.

CODE BREAKER

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

CRYPTIC

Across:

1 Rare earth, 8 Silo, 9 Catalonia, 10 Repeal,
13 Shrewd, 15 Route, 16 Curer, 17 Award,
18 Oscar, 21 Renown, 22 Starch,
25 Volunteer, 26 Teak, 27 Celebrate.

Down:

2 Aware, 3 Elate, 4 Apollo, 5 Thirst,
6 Disrepair, 7 Hoarded, 11 Perennial,
12 Arrow, 14 Heart, 16 Corinth, 19 Snooze,
20 Assume, 23 Alter, 24 Cheat.

QUICK

Across:

1 Cygnet, 4 Boring, 9 Avarice, 10 Stain,
11 Slice, 12 Targets, 13 Strict, 15 Census,
18 Resolve, 20 Scrub, 22 Aroma,
23 Nervous, 24 Shekel, 25 Ceases.

Down:

1 Claws, 2 Glazier, 3 Exile, 5 Observe,
6 Inane, 7 Genesis, 8 Deity, 13 Surpass,
14 Collate, 16 Serious, 17 Feint,
19 Scope, 20 Surge, 21 Basis.

App of the week



Crosswords – Spanish version (Crucigramas)

This app introduces the classic pastime of solving Crosswords. To win the game, players must find all the vertical and horizontal Spanish words that make up the puzzle from their definitions.

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Success is a must

IN the newest mission for Will Robie, a highly trained assassin and the US government's most indispensable asset, he is called to London on urgent business.

An imminent terrorist attack threatens the Underground and with the US next in line, Robie is seen as the only candidate who can stop the terror threat before it begins.

Once given the assignment, Robie knows he has one chance to succeed in saving London and make it safely home.

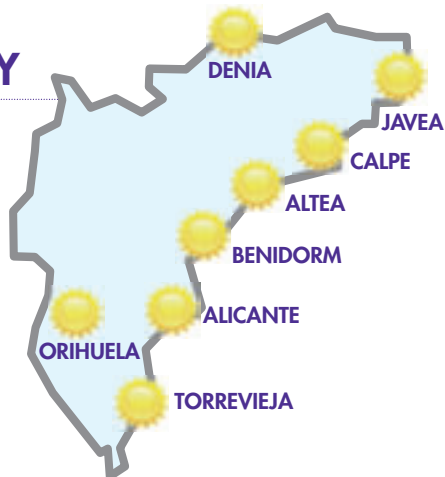
Robie knows that he must return home in order to find out what has happened to fellow agent Jessica Reel following their last deadly mission together, but he is about to learn that even if he succeeds, the worst is yet to come.

books@euroweeklynews.com

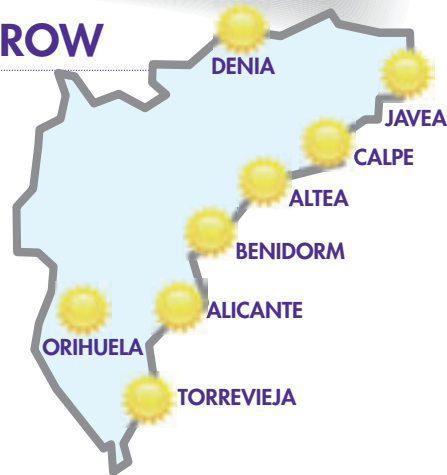
Costa Blanca

weather

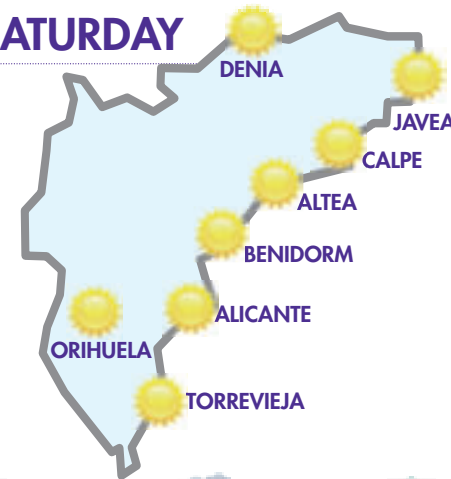
TODAY



TOMORROW



SATURDAY



Malaga Today: Max 19, Min 9-S Fri - 19 9 - S Sat - 20 10 - S Sun - 20 10 - S Mon - 21 10 - S Tues - 20 11 - Cl Wed - 20 11 - Cl	Almeria Today: Max 20, Min 12-S Fri - 20 12 - S Sat - 20 12 - S Sun - 20 12 - S Mon - 20 12 - S Tues - 20 13 - Cl Wed - 20 12 - Cl	Bilbao Today: Max 17, Min 4-S Fri - 15 7 - Cl Sat - 13 5 - C Sun - 14 5 - C Mon - 14 5 - Sh Tues - 13 5 - C Wed - 12 7 - C	Madrid Today: Max 17, Min 2-S Fri - 18 3 - S Sat - 17 2 - S Sun - 16 2 - C Mon - 15 2 - S Tues - 14 2 - C Wed - 14 3 - C
Alicante Today: Max 20, Min 10-C Fri - 20 10 - S Sat - 20 10 - S Sun - 21 11 - S Mon - 21 11 - C Tues - 19 11 - S Wed - 19 11 - C	Benidorm Today: Max 20, Min 11-C Fri - 19 11 - S Sat - 20 11 - S Sun - 20 12 - S Mon - 20 12 - C Tues - 19 11 - S Wed - 18 13 - S	Mallorca Today: Max 19, Min 8-S Fri - 19 9 - S Sat - 19 9 - S Sun - 18 9 - S Mon - 18 9 - C Tues - 17 8 - S Wed - 17 9 - C	Barcelona Today: Max 17, Min 7-S Fri - 17 8 - S Sat - 18 8 - S Sun - 15 8 - C Mon - 17 7 - Sh Tues - 15 7 - S Wed - 15 8 - C

S: Sun ☀ Cl: Clear ☁ C: Cloudy ☁ Sh: Showers ☁ Th: Thunder ⚡ Sn: Snow ❄

Euro Weekly News strives for accuracy, but cannot be held responsible for any errors in published forecasts

BIRTHDAYS

- **Paul Scholes, Footballer, November 16, 43**
English footballer played his entire career for Manchester United, winning 11 Premier League titles and three FA Cups.
- **Danny DeVito, Actor, November 17, 73**
The Emmy and Golden Globe award-winning actor has featured in classics such as One Flew Over the Cuckoo's Nest, La Confidential,



Danny DeVito.

- Get Shorty and Matilda.
- **Anthony McPartlin, TV Host, November 18, 42**
First introduced to audiences in Byker Grove, McPartlin is part of the famous duo Ant and Dec and will host the new series of I'm a Celebrity Get Me Out Of Here later this month.
- **Calvin Klein, Fashion Designer, November 19, 75**
Born in New York, the fashion designer has

- become recognised for revolutionising men's underwear. He is also known for his red carpet runway looks and ready-to-wear accessory lines.
- **Kimberley Walsh, Singer, November 20, 36**
Discovered on the show 'Popstars: The Rivals,' Walsh shot to fame as part of group Girls Aloud and recently featured as Princess Fiona in the production of Shrek the Musical in London.
- **Carly Rae Jepsen, Singer,**

- November 21, 32**
The Canadian singer is best known for her debut single *Call Me Maybe* which reached Number One on the US and Canadian Billboards and was also streamed over 400 million times on YouTube.
- **Scarlett Johansson, Actress, November 22, 33**
Acclaimed actress Johansson first made her film debut at the age of nine with a role in the film *North and* is now a huge part of the Marvel franchise, starring as *Black Widow*.

DVD

Ultimate heist



FAMILY man Jimmy Logan (Channing Tatum) teams up with his one armed brother Clyde and sister Mellie to steal money from the Charlotte Motor Speedway in North Carolina.

Jimmy and Clyde also recruit demolitions expert Joe Bang to help with heist and break into the track's underground system.

The heist does not go to plan of course as complications arise when a mix-up forces the crew to pull off the theft during a popular NASCAR race while also trying to dodge a relentless FBI agent.

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.

Word Ladder

Move from the start word (RACE) to the end word (BELT) in the same number of steps as there are rungs on the Word Ladder. You must only change one letter at a time.

RACE

BELT

RACE
MACE
MALE
MALT
MELT
BELT
Solution

LAST WEEK'S SOLUTION

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

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

Trivia Fact

Spain is the second highest country in Europe behind Switzerland, with an average altitude of 660 metres.

This week in history

- 1900 - First Mercedes test drive
The first car under the Mercedes name is taken for its inaugural drive in Cannstatt, Germany after being built for buyer Emil Jellinek.
- 1916 - Battle of the Somme ends
British Commander in Chief Sir Douglas Haig calls a halt to his army's offensive close to the edge of the Somme River in northwestern France.
- 1947 - Princess Elizabeth weds Philip Mountbatten
The 21-year-old Princess Elizabeth marries her distant cousin Philip Mountbatten, a former prince of Greece and Denmark who renounced his titles in order to marry the English princess.
- 1963 - John F Kennedy assassinated
The 35th President of the US, John F Kennedy is assassinated while travelling in an open-top convertible through Dallas, Texas.
- 1969 - Pele scores 1,000th goal
Considered one of the greatest players to ever play the game, Pele scores his 1,000th professional goal against Vasco da Gama in Rio de Janeiro's Maracana Stadium
- 2001 - First Harry Potter film opens
British author J K Rowling's creation of a bespectacled young wizard makes its big screen debut in Harry Potter and the Philosopher's Stone.

YOUR PAPER - YOUR VOICE - YOUR OPINION

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Are you sure you're on the padron?

SIR,
I wonder whether you could consider including an article regarding an issue which I have only just discovered despite many years serving on the council.

I recently had a few elderly couples come into my office asking for help due to their partners needing 24-hour nursing care, and we helped them get a place in a care facility.

Subsequently, we helped them contact social services with a view to applying for financial assistance. I then discovered that the claimant has to have been resident in the municipality for 10 years and consecutively on the padron (civil register) for the past two years, and if not they are not entitled to financial assistance.

The system for the maintenance of the padron creates a regular check to ensure that it accurately reflects who is in the municipality. But if the town hall are unable to contact the individual (due to changed phone number, no Spanish number, etc) they then drop off the padron and may not even know about it.

The only way to be sure is to check

Lions are losing roar

IT is very unfortunate that Nerja Lions Club now has members who seem to have forgotten what a Lion Club stands for.

When the Lions Club Nerja market was started many years ago, local charities were encouraged to take stalls and given half price rental rates.

Occasional charity sales were supported and given free access to a standing place by the gate.

This practice was continued until three years ago when a new President shelved the discount on the charity stalls. This also marked the time when a new intake of members created internal frictions which led to some people being forced to leave the club or resign.

These rejected members, believing in the ethics of the Lion Movement, started a new Lion Club in Nerja; the Lions Club, Balcon De Europa, Nerja.

We hope that readers will not think badly of the Lions movement because of the spiteful actions of one group of people.

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Blooming dispute Poppy seller sent packing

EXCLUSIVE
A dispute over the sale of poppies at a car boot sale in Nerja has led to a physical altercation between a poppy seller and a member of the local Lions Club. The incident occurred during a recent car boot sale where the poppy seller was accused of blocking the path of other vendors. The Lions Club member intervened, leading to a physical confrontation. The poppy seller was subsequently sent packing.

PREVIOUS EWN: Covering the recent dispute.

Margaret Barratt, past President, Nerja Lions Club

with the town hall. My suggestion would be that everyone makes that enquiry once a year, maybe on or near their birthday to ensure that they have not been inadvertently removed.

Jim Simpson, Zurgena Town Council, Almeria

On the turn?

WELL, it's official, the Leaping One's virtually owned up to being one of us and not one of them by giving the thumbs down to politicians who came through the public school system and we all know which party that is, well in the main anyway. What a fabulous picture in EWN (Issue 1688) of the chosen ones who believed they were born to rule. As for schemes and skulduggery the ex-Bullingdon's Club members and Tories are the masters of that!

Philip, San Fulgencio

Rental rip-off

I WISH to advise readers to make sure on returning their rental car to Goldcar at Alicante Airport they have it checked by a representative and take photos of the vehicle. My friends recently returned their vehicle at 6am - before the office was open - and have since been charged €615 for alleged damage!

Images which showed no obvious damage were attached to the bill. Several attempts have been made to contact them without success.

Mel Christie, Calpe

PC madness

WHY is it assumed that until recently everyone has enjoyed being deliberately rude about blacks and homosexuals so they had to introduce 'politically correct speech' to make sure that no-one would ever be inadvertently offended? But now we are to stop calling children girls and boys? Oh please!

June Rendle, Marbella

Out of town

HAS your printing equipment lost the word 'town'?

The only city on the Costa del Sol is Malaga! All the other municipalities are towns, villages or hamlets. Some of the places you call cities are not even towns, so please drop city everywhere!

Roberta, Malaga

Editor's note: Although the Spanish also class Marbella as a city, this point is well made and has been passed to the relevant department heads.

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.

Ex-shelter boss jailed for animal abuse

Pure evil!

IT'S time Spain started awarding minimum sentences of more than two years for animal cruelty - anything less, including the current one-year custodial term, will practically never have to be served as it is always suspended for a first offence. People actually being locked up for animal neglect and cruelty rather than just getting a symbolic black mark may act as a deterrent. Kally

I hope she will spend a long time in prison, absolutely heartbreaking all those poor dogs had to die because of greed. Doris Teasdale

Not enough time in my opinion... but a step in the right direction.

Let's hope this brings to the fore many other facilities that are operating in this way too. Karen Perry

Boris Johnson infuriates Spanish dinner guests

I JUST don't understand why he hasn't been sacked!!! He's an embarrassment to the UK. Anita Oakes

Comments from EWN online

How he even GOT that job still astounds me. Anne Sewell

Why does he even bother to open his mouth?? Ann Ayckbourn

And he's supposed to be a diplomat????? Barbara Taylor

Poppy seller sent packing from car boot sale

SHE'S not SELLING anything. She is taking donations. For which she is licensed.

People that know me understand that as much as I'm proud of my previous career, I will discuss it when asked, regale when invited to do so but don't walk around with my medals, tie and blazer on all of the time. But at this time of year it is different - it is special to me. It is a time for me to

privately reflect, to remember my comrades, my brothers and sisters of my 'Service Family' and to respect the Ultimate Sacrifice made for this country by some whom I knew and many that I didn't.

I am a Veteran, and a Veteran is someone who, at one point in their life, wrote a blank cheque payable to the United Kingdom for an amount up to, and including, their life. Regardless of personal political views, it is an honour to serve one's country, and there are far too many people in this country who no longer remember that fact. Sean Scully

Very embarrassed as this is our local car boot market and that the Lions have their own event for remembrance ... why stop someone else who is well known in town? Lydia Taylor

Mother shot and killed by ex-partner

A RECORD of physical and verbal violence against the deceased and released on bail pending trial for domestic violence. Why was he at liberty therefore to do this? Lorena Irwin

Avoid the dreaded lurgy

By Sally Underwood

WE all know we are more prone to coughs and colds in the winter months.

Poor sleep patterns, lack of fresh air and colder temperatures all lower our immune systems and increase our risk of catching a bug. The constant supply of hugs and kisses from friends and family at festive parties also heightens our chances of catching something someone else has.

However, there are some simple hygiene changes you can make this winter to avoid contracting bugs.

According to Heather Leslie, director of infection prevention and control at Benenden Hospital, a sneeze can travel around 30 metres if not captured in a tissue, while vomit can also travel far. She explains "just one particle" can spread infection to others.

So if you are ill, try to limit your contact with other people, particularly the very old, the very young and pregnant women and avoid spreading the infection further.

Leslie also encourages eating five portions of fruit and vegetables a day and getting as much sleep as possible. While this is sensible advice for any time of year, Leslie says this will avoid putting unnecessary strain on your immune system, therefore lowering your risk of contracting bugs.

She says it is also important to wash our hands more thoroughly than normal when there are bugs floating around. She explains an equally important part of the process is drying our hands, saying "wet hands are as dangerous as dirty hands." The NHS advises washing hands for between 40 and 60 seconds, reaching every part of your fingers, palms and nails.

Finally, Leslie recommends keeping our houses as clean as possible to avoid bugs spreading. She says we should use antibacterial sprays and disposable cloths on all kitchen and bathroom surfaces as well as ensuring we close our toilet lids before flushing as germs can travel up to six metres.



RUN DOWN: You can make small changes at home to avoid getting dreaded winter bugs.

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Aching muscles?

COLDER temperatures mean many of us suffer from aches and pains we do not notice the rest of the year.

Whether it is an old injury flaring up or muscles contracting when cold, these pains can reduce our quality of life in the winter months and prevent us being as active as normal.

The good news is there are several steps you can take to avoid and treat aching muscles and limbs.

While advice for years has involved using either heat or ice packs to relax muscles or reduce inflammation, the latest medical advice recommends alternating the two. You do not have to buy anything to do this, simply using things from your own home.

To make a heat pack, fill a long sock with rice and then tie or sew the end shut before heating in the microwave for around 60 seconds. Checking the pack is not too hot, place it

on the affected area.

To make an ice pack, either use a bag of frozen peas or other small vegetables - providing you do not mind defrosting your dinner - or fill a freezer bag with one part rubbing alcohol to two parts water and freeze. Place the finished product inside another freezer bag to prevent leaks and you will have a reusable gel ice pack.

If the ache persists, try a warm bath with a cup or two of Epsom salts (these are not recommended for those with a heart condition, high blood pressure or diabetes). These salts are made up of magnesium chloride and the magnesium is a muscle relaxant. In salt form, this chemical helps to draw moisture from the body, reducing inflammation and therefore muscular pain. Epsom salts can be found in most pharmacies as well as online.



SORE STUFF: Heat patches helps to relax tense or inflamed muscles.



FEET TREAT: It's important to give your feet some extra TLC in winter.

BEREFT of their customary uniform of flipflops and sandals, our feet can become sadly neglected throughout the winter as we cover them up more.

Giving yourself a pedicure can give you a quick makeover as well as ensuring your feet are hot to trot when the weather heats up again. Regular pedicures also get the blood flowing in your feet and lower legs, improving your circulation and help you detect any skin or nail problems early on.

Before starting your pedicure make sure you have all the essentials to hand; a bowl filled with warm water, exfoliant or sea salt, good quality nail scissors or clippers, a nail

Twinkle toes

file, a pumice stone or foot file, moisturiser and nail varnish remover and nail polish if applicable.

Remove any existing nail varnish before placing your feet into your bowl of water. For an extra treat, add Epsom salts, bath

salts, bubble bath or essential oil to the water for further skin-softening properties. Soak feet for around 10 minutes before massaging them with an exfoliator or a handful of dampened sea salt; this will help to remove dead skin.

Remove your feet from the bowl and dry them thoroughly before using your pumice stone or a very fine grade foot file to slough any particularly rough skin from heels and toes. Now trim your toe nails with scissors or clippers. Make sure you cut them in a straight line rather than an arc shape as this will encourage ingrown toenails.

Cover your feet in a layer of moisturiser.



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THE changing seasons can affect our sleep patterns, leaving us tired and more vulnerable to illness.

In addition to affecting our immune systems, lack of sleep also increases our risk of diabetes and depression, lowers our concentration levels and alters our mood. A recent study even found our brain cells slow down when we are tired, meaning we process information slower and making driving, whilst tired, as bad as drink driving in some cases.

Creating the right environment to get some shut eye is crucial and The Sleep Foundation has some suggestions.

Sleep tight

Firstly, the organisation recommends getting your body clock into an optimum position by going to bed and waking up at the same time every day. The Sleep Foundation claims this will regulate your sleep patterns, helping you to stay asleep for longer.

Next, it recommends establishing a relaxing routine you practise before bed each day, whether this is taking time to

massage in a moisturiser or clenching then unclenching all your bodies muscles in turn starting from your toes.

The Sleep Foundation also suggests checking your room for distractions, including light and noise. It is well-known 'blue light' - the sort of light emitted from mobile phones and tablets - can disrupt sleep and even induce depression so make sure to turn off any

devices at least 45 minutes before trying to get to sleep. Block out excess light with lined curtains and reduce any noise pollution, including snoring, by using a white noise machine to mask the sound.

Use good quality mattresses, pillows and linens in breathable fabrics to make your bed as comfortable as possible and reduce your risk of being woken up.

Finally, if you are struggling to relax before sleep, why not turn your bedroom into an oasis by using a lavender pillow spray or diffuser and get ready to sleep like a baby!

IT'S easy to put off venturing outside for a bit of exercise when the temperature starts to drop and the days grow darker.

However, it's important to keep up your routine throughout winter, otherwise your body may be in for a bit of a shock when spring rolls back around and you decide to pick things up again.

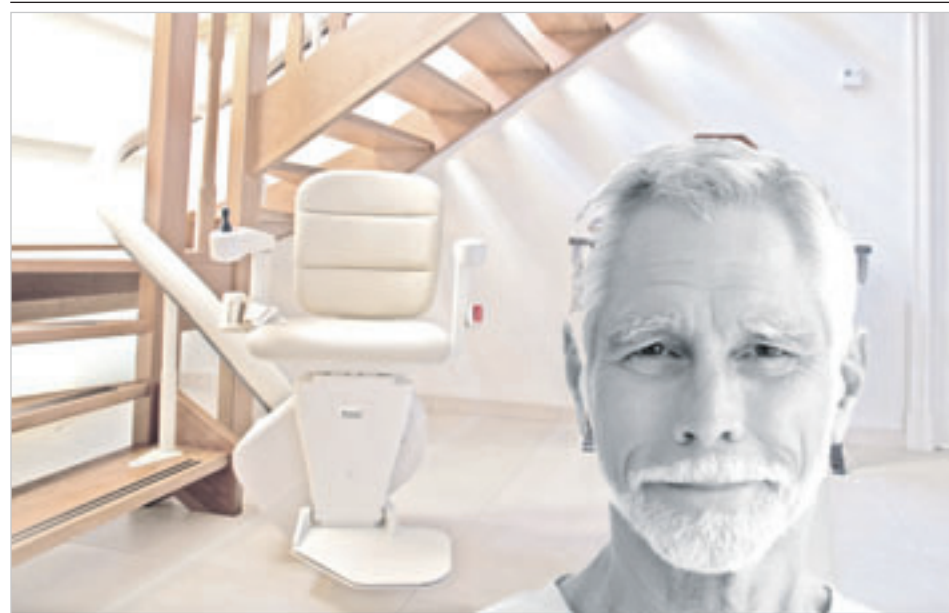
You don't have to punish yourself by embarking on a 10-mile run in cold and wet weather though. There are plenty of ways to workout indoors that will also keep your body strong during winter.

Yoga, pilates and zumba are all great ways of raising your heart rate and keeping your body supple when your muscles start to stiffen as a result of the cold weather.

Another great way to keep yourself motivated is by making the prospect of exercising exciting again. Invest in some new workout clothes, especially



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How to keep motivated this winter

some warmer items if you still plan on venturing out in the cold, and maybe even a new pair of trainers if the old ones are starting to look battered.

You could also try out a new class or sport to help mix things up a bit.

It's also easier to get out of bed in the morning when you have a friend waiting for you at the door so get a workout buddy. Set weekly goals with a friend or your better half and try to stick to them. You're much less likely to blow off that class if it means letting someone else down

PARTY season is definitely upon us and with it an increased risk of contracting food poisoning.

Buffets left out too long, wrongly defrosted party food and improperly handled seafood all place us at risk of salmonella and other infections. In the United States, around 300,000 people are hospitalised with food poisoning each year with 5,000 dying from their illness, making it especially important to prevent against germs.

So if you are hosting a party this winter, here are some easy-to-follow tips to make sure your food is as safe as possible.

According to website, WebMD, the two most common causes of food poisoning are unwashed hands and cooking food at the incorrect temperature. To avoid this, make sure you wash your hands thoroughly using an antibacterial soap every time you handle food, particularly if you are handling different meats or raw and cooked meat.

Make sure you cook your food to the temperature recommended on the recipe or packaging by using a food thermometer in any meats or flat foods.

Before even starting to cook, make sure you store your food properly by refrigerating it as soon as possible when you get home and cooking it within two hours of it being out of the fridge.

Unsettling news



TUMMY BUG: Make sure you take extra measures to stay healthy during the festive season.

When handling meats, make sure to use one set of utensils and serving dishes for raw and cooked meats and store them on different shelves in your fridge.

Finally, once your food is prepared, if you are laying it out buffet-style make sure to keep hot food hot with chafing dishes and cold food cold, for example by placing seafood on ice. If

you are refilling depleting supplies of a particular dish, put a fresh dish out rather than mixing the older food with the new and make sure nothing stays out for longer than two hours in total.



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HEALTHY: A red cabbage salad is packed with nutrients and makes the perfect winter dish.

The colour purple

By Kat Ashton

IT'S safe to say the colour purple is having a moment, in fashion, beauty and interior design. However, it's the purple-food trend that is perhaps becoming the most popular.

Not only can these foods be used to make dishes look more colourful, but they are also incredibly good for you. Many naturally purple foods have become closely associated with healthy eating as they are known to have a high nutritional content and be packed with antioxidants.

Fruit such as blackberries, blueberries and blackcurrants contain the antioxidant 'anthocyanin' which has been linked to a whole range of health benefits, such as lower insulin levels and less risk of inflammation.

It can also be found in cranberries, cherries, aubergines and cabbage.

Purple cabbage is a great source of essential nutrients such as manganese, potassium, magnesium and calcium. It also contains vitamin K, vitamin C, vitamin B1 and vitamin B6. The anthocyanins

found in red or purple cabbage are also believed to protect the heart and red blood cells from wear and tear.

Antioxidants found in purple and blue fruits could also be the key to young and healthy-looking skin as they help prevent damage caused by free radicals in the body.

Purple carrots are packed with anthocyanins and carotenoids, which can help aid weight loss and believed to reduce the risk of disease.

Other purple foods such as aubergine and purple onions reportedly help to reduce the

risk of cancer as they contain flavonoids which have been proven to boost immunity to certain cancers and help keep blood pressure under control.

Purple sweet potatoes are packed with fibre, as well as iron, potassium and vitamin B6, so are great for improving digestion. Studies have shown them to help improve blood sugar levels and they also have antibacterial properties, so protect against contracting certain diseases.

Beetroot, perhaps the most famous purple vegetable of them all, is jam packed with essential nutrients such as iron, potassium, B vitamins, magnesium and manganese. It is also a great detox food as it contains compounds called glutathiones which help to cleanse heavy metals, toxins and waste from the system.

They have also been proven to help your muscles recover following a workout as they are full of nitrates which release oxygen into the bloodstream and boosts circulation to the places that need it. This can also help to lower blood pressure.

You should also add other purple foods such as purple asparagus, purple cauliflower, elderberries and acai berries to reap the benefits of these nutritional foods and add a little colour to your diet while you're at it.

Ask The
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Prostate cancer: what to look for



SPECIALIST: Doctor Luis Perez Belmonte.

HOW often is prostate cancer present in middle-aged men?

Prostate cancer is extremely common, although its exact cause is unknown. Around 29,000 men in Spain suffer from the disease each year, making it the most common form of male cancer, affecting up to 50 per cent of males over 70.

When should you get checked?

All men over 50 should get checked even if they present no symptoms. If any symptoms present themselves or if you have any queries before this age don't hesitate to see a specialist.

What are the symptoms of the onset of prostate cancer?

Symptoms can take a long time or even years to manifest. In the early stages, when the tumour is confined to the prostate, it may be asymptomatic or accompanied by mild obstructive symptoms such as urinary incontinence, interruption of the urine stream, increased frequency of urination, especially at night, difficulty urinating or a burning sensation during urination.

When tumours are in an

advanced stage they can be accompanied by blood in the urine, infection, back pain and difficulties in sexual relations.

When it comes to advanced tumours, legs may appear swollen (due to the growth of regional lymph nodes), bone pain can present itself (due to the tumour spreading to the bone) and even weakness or loss of strength in the legs can appear (due to compression of the spinal cord or nerve roots). It can also cause kidney failure, loss of appetite and weight loss or anaemia.

What is the prognosis for the disease?

The evolution of the disease is usually slow, allowing early and timely treatment to control the disease in the majority of cases.

If diagnosed, what is the treatment?

Treatment depends on how the disease evolves and data, such as the grade and stage of cancer, age and health status of the patient are important to deciding treatment. Currently there are four ways to proceed to reduce and/or remove prostate cancer: surgery, radiation, hormonal therapy and permanent observation.

If you have any questions for Dr Perez Belmonte, please send them to:
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Packed with protein

MAKING sure you eat enough protein each day is important, as your body needs a healthy amount to function effectively.

The body uses protein to build and repair tissue, as well as for making hormones, enzymes and strengthening bones and muscles.

The good news is, unless you're extremely active, you will probably get enough protein just from eating a normal, balanced diet. Good sources of protein include fish, dairy, beans, nuts and seeds.

To work out your recommended daily intake in grams, you just need to multiply your weight in kilograms by 0.8.



FULL OF BEANS: Pulses like beans are a good source of protein and can help ward off illnesses.

If you are exercising four to five times a week, you should consider increasing this 1.2g per kilogram of body weight per day to help rebuild muscle tissue.

Research has also shown that increasing your protein

intake by a small amount as you get older may help you to maintain muscle mass and prevent osteoporosis.

Protein also helps you stay fuller for longer as it takes longer to digest than carbohydrates.

Go green

WHILE it might not go so well with milk, green tea is packed full of nutrients that could make all the difference to your health in the long run.

It is packed with powerful antioxidants that help to protect cells from damage and can also protect you from diseases such as cancer and type II diabetes.

You don't have to make a complete switch from brown tea to notice the benefits either. A cup a day will do the trick.



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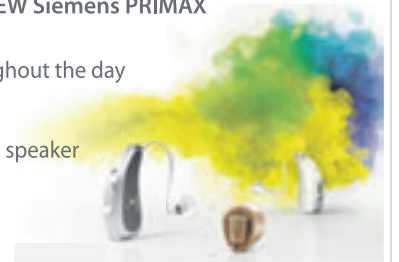
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HOW A DENTAL IMPLANT SOLUTION CAN HELP YOU

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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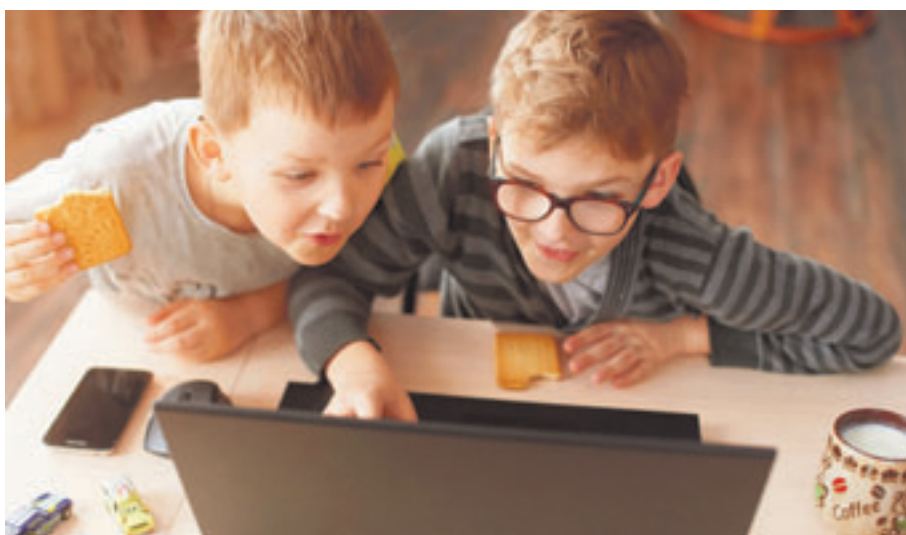
Now you or your tenants can enjoy convenient internet access without an expensive outlay even without the need to install a Telefonica line.

Whatever your requirements, be it television, internet, phone or a combination of all three, PN TV Services can satisfy all of your communication needs, especially as one of the requirements for holiday rental registration in some areas includes internet connection.

The company, which is owned and run by Nicky and Peter Savage, can offer advice on the service that will best suit your requirements. For television, they offer free-to-air TV and more, through a minimum 1.37m satellite dish and IPTV boxes which allow television to be viewed through the Internet.

PN's technology offers customers a telephone service with either a UK telephone number regional to where you came from or a Spanish telephone number or both.

The ideal internet service for holiday owners



INTERNET: Everyone needs a connection.

You do not require a Telefonica land-line connection with PN call rates being more competitive with calls to the UK, Spain and other European destinations

costing just cents per minute.

PN TV Services pride themselves on their efficient service and are able to offer combination packages of TV, Inter-

net and phone or you can pick and choose what you need. Peter is fully qualified, trained and certified by Sky. He is also certified by Ubiquiti which provides all their Internet equipment so customers know they are in safe and professional hands.

Their office is based in Pinar De Campoverde and their coverage is from there to Pilar De La Horadada, to Playa Flamenca, La Zenia, Villa Martin, Torrevieja, and most areas in between.

Feel free to visit the store in Avenida de las Especies, Pinar de Campoverde which is open from Monday to Friday 10am to 5pm and Saturday 10am to 2pm in order to discuss your particular needs.

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MANAGER: Ilde Casanova.

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Under the management of Ilde Casanova who has over eight years of experience in the field, We Park Alc is part of a new group of parking services that really cares about what they do.

You can see this on their logo which is a smart combination of a heart and parking lines, meaning that they love

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The company carefully considers all the individual needs of each client and with many being repeat and return customers their details are logged and stored so that the friendly service becomes a familiar one.

Ilde Casanova comments: "I always say: 'We work with cars but deal with people, everyone by their name,' and we pride ourselves on offering that personalised and friendly service."

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We Park Alc is conveniently located just two minutes from Alicante-Elche Airport and is accessed via its own entrance so users know they are close by without having to add to their journey time.

Unlike most other companies they do not move your vehicle so you can keep your key giving customers extra security and peace of mind.

However, if you are leaving your vehicle for a longer period of time you may wish to entrust Ilde Casanova and the We Park Alc team with the key and take advantage of a range of other services available.

We Park Alc offers a full valet service, can arrange an ITV test and undertake mechanical checks to make sure when you return, your car is in perfect working order.

A weekend stay costs just €17, a week €26 or a year (with up to 12 visits) €250, but show their advertisement in *Euro Weekly News* and the annual pass costs just €199!

If you know Ilde Casanova from previous roles, do get in contact with him, but if you haven't met him yet, visit We Park Alc and find out what he can offer.

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Interacting with horses... and the English

CHILDREN living in Redován with some form of physical or mental disability will have the opportunity to benefit from therapy with horses.

This initiative begins on Monday and the children will be able to interact with the horses without having to leave the municipality as they can go to the Centro Ecuestre Cándido Pina in the San Carlos part of town.

The owners of the equestrian centre and the city council have come to an agreement to carry out these activities that are acknowledged to be very beneficial to children. They will be under the control and supervision of a specialised instructor and there will be no charge to the families of the boys and girls taking part or to the municipal coffers for which the mayor of Redován, Emilio Fernández, gave his grateful thanks.

Torre Vieja's fortnight of fun with activities for everyone

TORREVIEJA'S councillor for Fiestas, Domingo Pérez, has formally announced the programme for the municipality's forthcoming fiestas.

The budget for the staging of the 15 days of events comes to €86,804.73 and will feature a number of traditional acts as well as some new surprises that attract thousands of locals and visitors from other nearby towns.

The programme launches on Sunday November 26 and ends Sunday December 10 (both dates inclusive).

This year's poster is by a teacher at the Municipal Painting School, Olga Parra Peinado, and she was publicly thanked for her great work. It's an image that captures the essential elements of the fiestas and include the famous Lily the Ogre and the Wolf, backed up with immediately recognisable pictures of the lakes, the salt works and the beaches of Torre Vieja.

This year's main children's parade with the participation of many of the



Photo credits: Ayuntamiento de Torre Vieja

FIESTA PROGRAMME: Announced by councillor Domingo Pérez.

Torre Vieja dance schools has been inspired by film characters, and there will also be the traditional marches of the Gigantes y Cabezudos (Giants with the Big Heads).

Among the many activities on offer, the councillor made particular reference to the third Encierro de San Fermín on

Saturday December 2 for which he said that once again, "many children will take part and have a great time." On Sunday December 3, the second Descenso Autos Locos y Artefactos Chocantes (Mad Car Parade) will run between Calle Bazán and the Plaza de la Constitución.

Shows and spectacles aimed at the youngsters include the Festival Tallarina On Tour featuring pop music played by a number of DJs that will be interacting with their audience on Saturday December 2.

In addition for this year, there will be two concerts held at the Palacio de los Deportes featuring performances from Antonio José (on Thursday December 7) and musical groups Maldita Nerea, Elefantes and Mad Jungle - winners of the Eras Music Torre Vieja Festival - on Saturday December 9. Tickets are €5.

The Palacio de los Deportes is also the venue for the children's musical D'Artagnan and the Three Musketeers which is free for all until the venue is full. This is on Sunday December 10.

Sporting activities are provided on Saturday December 9 with the La Purísima Race Night and the Gymkanica III all organised by the youth department and will challenge all those taking part in the fun-for-all events.

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Photo credit: Wikipedia

RECORD-BREAKING: Last year's visitor totals already surpassed.

Roman Museum's tourism numbers up

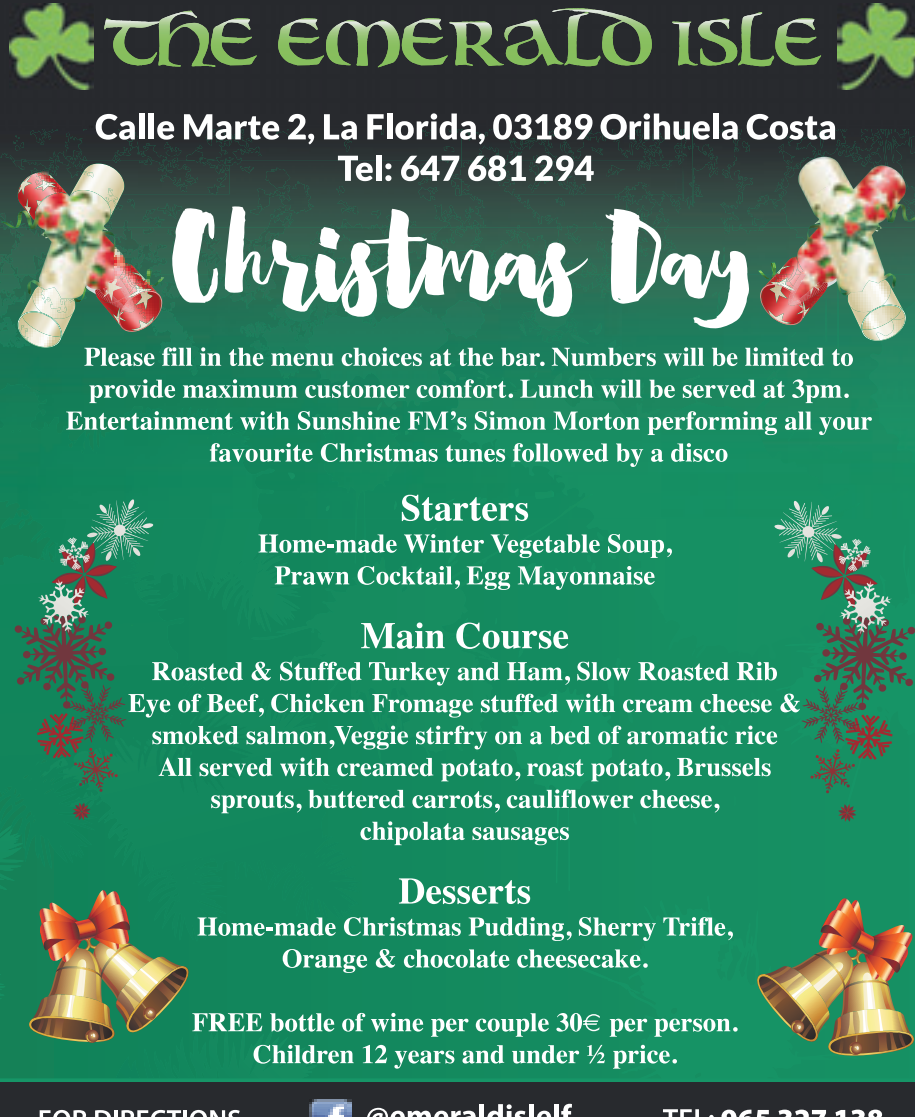
CARTAGENA'S Roman Theatre Museum has seen record numbers of visitors for October.

The attraction, run by the Murcia region, Cartagena City Council and the Caja Murcia Foundation, continues to increase their visitor numbers and to date have already surpassed the total number for 2016. In October alone, more than 200,000 passed through its doors.

"It was," said Celdrán, "further justification of

the great work that has been carried out at this attraction and continues to be the most visited museum in the region and one of the most important displays of local culture and heritage."

He went on to explain that, "the visits to this spectacular building are complemented by a wide and varied programme of events of which the many temporary exhibitions stand out. Such attractions can continue to attract visitors."



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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.

FOR DIRECTIONS [f @emeraldislelf](#) TEL: 965 327 138



THE EMERALD ISLE

Calle Marte 2, La Florida, 03189 Orihuela Costa
Tel: 647 681 294

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 [f @emeraldislelf](#) TEL: 965 327 138

Torre Vieja's Tapas Trail set to tease

RIGHT across the Vega Baja, there have been a number of municipalities offering their own Tapas Routes.

Now it's the turn of Torre Vieja from Thursday November 23 to Sunday December 3 and is the second time during this year that they've involved local businesses and residents.

Such is the popularity of the event that demand all-rounds need a twice-yearly staging of the Tapas Route around the city centre.

It's a great fun and inexpensive way to spend an afternoon or evening and gives people the chance to perhaps discover some of the hidden historical delights of the city whilst enjoying some traditional tapas and a refreshing tittle to accompany them. As people go around, they can vote for their favourite tapa to enable the establishment to win a prestigious prize and also, those customers



Photo credit: Torre Vieja.com

TASTY TAPAS: Go along and vote for your favourite.

who collect 10 official stamps on their Tapas Route Card will also be entered into a draw with some great prizes to be won.

Many other municipalities have taken the lead of Torre Vieja

in recent years and copied the format, and it's no doubt been a great success wherever they've been held and always with a slight variation on the traditional theme.

THE EMERALD ISLE

Calle Marte 2, La Florida, 03189 Orihuela Costa
Tel: 647 681 294

NOVEMBER MADNESS

Monday-Friday 12.30-3.30pm.
€5 Menu includes glass of wine or small lager or water

- Cajun Chicken Fillet, Chips & salad
- Homemade Lasagne, Chips & Coleslaw
- Pork Chop, Mash, Veg & Gravy
- Fresh Goujons of Cod, Chips & Tartare sauce
- Homemade Burger in Onion Gravy, Chips & Peas
- Homemade Shepherds Pie & vegetables
- Chicken or Vegetable Curry, Rice or Chips
- Spaghetti Bolognese & Garlic Bread
- Vegetable Stir Fry on a bed of aromatic rice
- Pork or chicken Stroganoff with Rice or Chips

FOR DIRECTIONS

@emeraldislef

TEL: 965 327 138

THE EMERALD ISLE

Calle Marte 2, La Florida, 03189 Orihuela Costa
Tel: 647 681 294

Book your Christmas PARTY

for Clubs, Societies, Family & Friends at THE EMERALD ISLE

Starter

Home-made Soup of the Day served with Crusty Bread
Fresh Seafood Cocktail Marie-Rose
Chicken & Mushroom Vol-au-Vent

Main Course

Roasted Stuffed Turkey & Ham with Cranberry Sauce
Roast Prime Rib of Beef and Yorkshire Pudding
Creamy Vegetarian Tagatelli with Crusty Garlic Bread
All served with Mash and Roast Potato, Brussels Sprouts, Carrots
Yorkshire Pudding & Thick, Meaty Gravy

Desserts

Home-Made Christmas Pudding
Sherry Trifle
Orange & Bailey's Cheesecake

Call 647 681 294 or 965 327 138

2 Course
Main
& Dessert
€9.95
*

3 Course
€12.50
*

*Minimum 10 people

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WED 29TH NOVEMBER

TICKETS: TEL: 647 681 294/ 965 327 138

Directions @emeraldislef

/costablancalegends

Advertising feature

Head towards Christmas with the Bonanza Bar and Restaurant

SITUATED in a small commercial centre in the heart of the Urbanisation El Chaparral in Torrevieja is the Bonanza Bar and Restaurant.

This is a Belgian-owned establishment that has been in the Torrevieja area for nearly 19 years and prides itself on the warm and friendly service regardless of whether you are in the bar or restaurant areas.

It has a homely feel and large glass patio doors leading to a spacious terrace so even in the coldest weather you can enjoy the feeling of space and comfort.

There is a regular three-course meal which includes a glass of wine for just €15.95 in the restaurant although there is also a good sized a la carte menu and special arrangements can be made for celebrations and party groups especially with Christmas fast approaching.

Belgian hospitality is renowned and this is exactly what you will find



TWO ENTRANCES: But one great establishment.

at the Bonanza so that at lunch time you could do a lot worse than visit the bar which offers a range of reasonably priced tapas dishes as well as a menu del dia.

Naturally, there is a wide range of some of the best Belgian beers, although there are plenty of other

drinks to choose from.

Most weeks see special food offers and Friday night often sees live music performed by Jo Swinnen, so it is advisable to call to confirm that he will be appearing and to make a reservation.

The Bonanza Bar is open every



ENJOY A MEAL: At the Bonanza Restaurant.

Tuesday to Sunday from 12pm to 3.30pm and then again from 6pm until late whilst the restaurant opens Tuesday to Sunday from 7pm with a special Sunday menu.

If you like grilled meat, fish or have a taste for a Belgian speciality then the Bonanza Restaurant is an

ideal option and once you have enjoyed your meal, you can always wander into the bar to mellow out for the rest of the evening.

Bonanza Bar & Restaurant

Calle Rossetti 2

Urb El Chaparral - Torrevieja

Tel: 966 786 365

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Tel 966 786 365.
Open 7pm till late**

**Belgian Restaurant,
established over
18 years in Torrevieja.**

Monday Closed

THIS year's Beaujolais Nouveau will by now have been heralded in various parts of the world after being held in bonded warehouses for release at one minute past midnight (CET) today, the third Thursday of November.

A red wine from Gamay grapes grown in the Beaujolais region of France, nearly 4,000 vineyards produce the 12 officially designated types of Beaujolais Nouveau.

Initially meant to celebrate the end of the harvest and intended only for local consumption, around 70 years ago producers saw the potential for marketing Beaujolais Nouveau and the idea of a race to Paris carrying the first bottles of the new vintage was consequently born.

This attracted wide media coverage, and by the 1990s it had become an international event.

The wine - from grapes

It's Beaujolais Nouveau time

**BACCHUS
CELLAR**

by Lorenzo
Barbareschi



**BEAUJOLAIS
NOUVEAU: Grapes
must be hand-picked.**

fermentation period and is bottled only six to eight weeks after harvest. Purple-pink, fresh and very low in tannins, Beaujolais Nouveau's fruity flavours include banana, figs and grapes.

Definite variations between vintages are an early indicator of the quality of the year's regional harvest and it is recommended to serve Beaujolais Nouveau slightly chilled to 13°C (55°F), ideally with light meals, and within six months from harvest.

While connoisseurs do not regard it as a great wine, I feel it is worth trying.

Sante' and Happy tasting!

which by law must be picked by hand - has a short

Monovar is ready to host its annual fair

THE Fira de Santa Caterina takes place in the municipality of Monovar from tomorrow (Friday) until Sunday November 26 and carries on a tradition that first took place in 1883.

This was due to requests from local merchants and traders that wanted a local event to promote their wares such as agriculture and small industry. Some 134 years later, it now includes the Santa Caterina Fair, a book fair, discount shopping and the ever popular Medieval Market.

Highlights of this year's programme are:

Friday November 17:

6.30pm to midnight - Medieval Market and Discount Outlet Shopping Fair in the Placa de la Sala.

Saturday November 18 and Sunday November 19:

10am to midnight - Medieval Market and Discount Outlet Shopping Fair in the Placa de la Sala.

Friday November 24:

5pm - Opening of the Fira de Santa Caterina in the Passeig de les Moreres.

Saturday November 25:



Photo credit: Ayuntamiento de Monovar

FIRA DE SANTA CATERINA: The procession takes place on November 25.

10am to midnight - Fira de Santa Caterina in the Passeig de les Moreres.

8.30pm - Procession in honour of Santa Caterina followed by the burning of the Foguera de Santa Caterina.

Sunday November 26:

10am to midnight - Fira de Santa Caterina in the Passeig de les Moreres

10am - Book Fair in the Placa de la Sala.
12 noon - Parade by the Giants and Big Heads.

You'll find the municipality of Monovar between Elda and Novelda on the CV-83 exit from the A-31 road from Elche from where it's a journey of approximately 30 minutes.

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STARTER:
SPECIAL STARTER PER COUPLE

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DESSERT:
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November... the month of the tapas invasions

• **ALHAMA DE MURCIA**

Alhama de Murcia will be hosting their 12th Tapas and Cocktail Trail tomorrow (Friday), Saturday and Sunday. A total of 12 restaurants are taking part and they will be offering a tapa and a drink for just €2.50.

In addition, another four bars will be offering a cocktail for €2.50. Customers taking part are reminded to pick up their 'Tapas Passport' from any

of the participating establishments and once they have four official stamps on them they can enter a prize draw for the chance to win an iPhone8.

• **Sax**

Sax are holding their 13th Tapas Route and are taking place over three

weekends during the month. They began last weekend (11 and 12) but don't worry if you missed out as they continue over the next two weekends - November 18 and 19 and 25 and 26 - with 15 venues taking part.

Each of them will be offering a tapa and a drink (available from 12 noon to

close) or a pastry and coffee (from 3pm until closing time) for just €2.

As in all the Tapas Trails, customers are encouraged to pick up their voting slips for the favourite snacks and once the card is full with official stamps can enter into a prize draw. Those taking part in the tapa and drink offer are:

Casa Vieja, Parneet Parmeet, Restaurante Frankfurt, Cal Tahona, Cervecería Heladería Mio Cid, Restaurante Camila, Mesón Hostal El Almendros, One Burger. Those offering cakes and coffee: Mambo Cafe, One Burger, El Camarote, Pub Rombo, Vinoteca Eclipse, Sunami, Cafetería Estambul.

La Piazza I
Café - Restaurante - Pizzería

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La Fuente Shopping Centre - Villa Costa Golf Course. Opposite Las Ramblas

NOW OPEN

La Piazza III

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Tel: 966 399 349
Open from 12:30

NEW MENU OF THE DAY with even more choices
8 first courses and 12 main courses to choose from, just **€11** Monday to Sunday

Price includes 1 drink (glass of wine, small beer or soft drink) and dessert OR coffee

La Piazza II
Café - Restaurante - Pizzería

New Closed Terrace Tel.: 966 798 041
Punta Marina Shopping Centre, Punta. Prima roundabout (1st floor - above MILAR)

Enjoy the difference!

NOVEMBER OFFER

20th-26th Nov La Piazza I Sirloin Steak with chips & sauce €9.95
La Piazza II Pasta Week, all pastas €6.95
La Piazza III Pizza Week, all pizzas €6.95

27th Nov - 3rd Dec
La Piazza I Pizza Week, all pizzas €6.95
La Piazza II Sirloin Steak with chips & sauce €9.95
La Piazza III Pasta Week, all pastas €6.95

Breakfasts 10am to 2pm
Snacks 10am to 6pm
Menu of the Day 12.30 - 4pm
À la Carte Menu from 12.30 until closing time

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Calle Los Arcos, 21, Ciudad Quesada, 03170

By Matthew Elliott

MINI-HOMES are coming to Spain. Popular in the post-recession US and UK, the tiny houses are winning over Spaniards lured by cheap prices and easy maintenance.

Typically less than 40 square metres, these prefabricated homes emerged in Japan in the 1990s as rents skyrocketed in Tokyo. They have a Zen vibe and are popular among young professionals who haven't a hope of stumping up enough money for a regular deposit.

In 2013 Spanish television ran a show called Minicasas. Now demand has grown and there are specialist architectural companies, including Microcasas, Pequeñas casas Bioclimaticas and Abaton Arquitectura, who are happily building small, cheap, personalised homes across the country.

Some of the homes are so light that they can be



Photo credit: Facebook/Microcasas, Pequeñas casas Bioclimaticas

THINKING FREE: Many of the homes are energy efficient and constructed with natural materials.

Mini casa revolution

Small homes, big imagination

moved on wheels. This means owners can rent space to place their property, without having to purchase plots of land.

Many of the homes are energy efficient and constructed with natural materials. Prices are appealing with €1,000 per square metre an average guide. A smartly constructed 30 square metre space can provide owners with a kitchen, bathroom and bedroom for €30,000. These homes can be built in as little as six weeks.

Demand in Spain is currently strongest in Galicia and Cataluña. Expecting young professionals, buyers including people looking for a second home, and others who buy the minicasas to place on their own property as an extension.

One problem area is regulation. Different regions have different definitions of housing and water, sanitation and electricity rules to be enforced.

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

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SWEDEN'S LEADING ESTATE AGENT

A LOT of expatriates, while on the hunt for property abroad, specifically hunt for a place in an urbanisation.

These often bring many advantages - such as an enriched sense of community, lack of DIY upkeep and shared amenities such as a swimming pool or sports facilities. However, community comes at a cost and it can often cause a financial headache if the property sellers are upfront about all the charges beforehand.

One thing worth taking into consideration is if the urbanisation allows short-term or holiday rentals. Tourists are often much noisier than permanent residents and a daily turnover of guests could be quite disruptive during the summer months. They are also likely to be less respectful of common areas and shared facilities as they are only staying there for a few days, which could get aggravating.

It is wise to check out how well communicated the urbanisation is to the other parts of the coast. Even if you have a car, road travel can be time consuming and expensive as coastal roads can get congested easily and it can be difficult to park in the summer months. Finding somewhere which has good bus connections and supermarkets within walk-

Community spirit!

Kat Ashton explores the pros and cons of urbanisation life



GOOD NEIGHBOURS: Living on an urbanisation is a great way to meet other expats.

ing difference could make all the difference.

Another problem which can cause tension in these gated communities is making sure that everyone pays the upkeep costs. If many home-owners dodge paying these charges, the extra costs have to be covered by everyone else which can get expensive. If a development has many properties on the market, this also is a sign that you could end up paying more in these fees than you first thought.

You should find out whether the community tends to carry out any major renovation work before you buy as this could also hike up the costs in the near future. Check whether you are liable for paying for these improvements and also find out if the previous owners owe any service charges, as the owners of the urbanisation might transfer those costs to you if they are not paid before they leave.

Finally, before you buy any property abroad always make sure you hire a good, English-speaking lawyer to check out all the contracts and investigate any loopholes before you sign anything. This way you should be able to sleep sound at night knowing all the costs you have to pay upfront.

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PROPERTY MARKET: Prices are expected to rise by 5.6 per cent next year.

Home prices' rosy future

CREDIT rating specialist Moody's has predicted that Spanish house prices will increase by 8.6 per cent over the next three years. The American giant has analysed the expected

impact of recent demographic trends on seven European residential property markets.

In Spain, Moody's expects property prices to rise by 5.6 per cent on average next year. In 2019 and 2020 this will stabilise at 1.4 per cent.

The firm's analysis cites a stronger economy and lower interest rates as key to price increases. The proportion of young workers in the marketplace has also risen by 8 per cent in the past decade.

Moody's suggested there were a few areas Spain could improve on to support the property sector. More affordable

homes and a boost to the construction sector to build new homes were chief among them.

While the outlook is positive for Spain, Neinor Homes has expressed fears that activity in the Catalan real estate sector could fall by as much as 25 per cent. Juan Velayos, CEO of the major property developer, said that the political crisis was generating distrust and instability.

He welcomed the call for fresh elections and reiterated Neinor's support for its Catalan operations. Neinor is set to build 12,000 homes across Spain in the coming years, including 1,900 in Cataluña.

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Advertising feature

Cleverly designed and unobtrusive

NOW in their eighth year of trading, Neater Heater are still being asked the same questions. What makes Neater Heaters special? Why should you choose them over other electric heaters? The simple answer is; design and build quality.

Many families throughout the Costa Blanca are already enjoying the soft warmth given off by these cleverly designed and unobtrusive Norwegian heaters. A good discreet central heating system has never been so affordable.

As Richard and Tony explain: "The basic choices for heating your home are either a full central heating system with water-filled radiators and pipes, gas heaters, electric, or a combination. Obviously with central heating the main obstacle is the high installation cost. Also, there is quite a high ongoing maintenance cost.

Gas estufas are effective, but quite unhealthy and give off a huge amount of vapour which causes black mould. This brings us to elec-



NEATER HEATERS: Can be wall-mounted or freestanding.

tric. Until we started Neater Heater the options were awful. You either bought Jell-filled heaters that were as expensive as a central heating system to buy, or cheap - but mostly inefficient - heaters that would make your electric meter wheel spin like a helicopter. There was nothing affordable, economical, and effective available in Spain. We know, believe us - we looked."

But sometimes in life luck plays a strange hand. It was while Tony was

looking for a heater for his son's bedroom that, quite by chance, he saw a heater in a house he was doing some maintenance jobs in and it fit the bill perfectly. It was a neat and very efficient wall-mounted Norwegian convector heater. It could be used as an individual room heater, or as part of a complete integrated system. The rest, as they say, is history and eight years down the road he, and Richard, are making "Neater Heaters" available to us all.

NEATER HEATER DISTRIBUTORS: COSTA BLANCA SOUTH

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TORREVIEJA REGION: Home visits, Euronics Blue Lagoon *Tel. 693 594 270*

Heaters also available for purchase at our online shop with free home delivery.
WWW.NEATERHEATER.ES or Tel. 634 312 171

The heaters can be wall-mounted or if you are limited for wall space additional feet can be purchased to enable them to be freestanding.

Last year they added to their range the Turkish-made Vigo heater and towel radiators. These heaters share the design technology and ethos of the current Neater Heaters, but it has two differences: The Vigo comes with a carrying handle, wall bracket, and feet included in the price; They also have a digital display which indicates the reduced wattage that the heater regulates once the room has

reached the desired temperature, thus saving more money through reduced running costs.

With their online shop or phone facilities for credit card payment, bank transfer and PayPal, purchasing these fantastic heaters couldn't be easier.

Alternately Neater Heater has a network of agents offering local sales and support from Moraira in the north, to Almeria / Costa Del Sol in the south.

Here you can view or purchase our heaters.

Olives trees - the marvel of the Mediterranean landscape and cuisine

GRAEME TYRRELL

THE olive tree is the most symbolic tree of the Mediterranean. Spain has been the centre of olive oil production for thousands of years with olive oil being traded by Spain with the Roman Empire importing boat loads of the golden oil for centuries. Mountains have been terraced and stone walls built in abundance to host the olive tree on thousands of hectares of otherwise unproductive land where the olive tree can grow and bear fruit for hundreds of years. There are olive trees that are known to be more than a thousand years old.

The branches of the olive tree are displayed in hieroglyphs in Egypt and are on the current United Nations flag. It has been allocated as a symbol of victory by the ancient Greeks and Romans and Noah is said to have received a branch from a dove in the Bible when the flood waters receded. Any Mediterranean cuisine is not

complete without a bowl of olives as an appetiser. The oil is the key to giving paella its Mediterranean taste, salads are anointed with it and bread is drenched in it.

The olive tree can grow up to 50 metres high but are usually kept severely pruned to allow easy harvest and to give maximum size of the olive fruit.

The trees obviously grow perfectly in the naturally alkaline soils of the Mediterranean. There is a wide range of different varieties so if you wish to grow them, you need to decide if you want the olives for eating or oil as they have different

characteristics. It is then a matter of finding the best of the type you want for your region. Wild olives have very small fruit so if you want to have larger olives it is necessary to have a tree from cultivated varieties. If you want an established tree, the trees transplant very easily. The roots are not very extensive and reshoot well when pruned to allow transplanting. Very old trees do not produce as much fruit as younger ones but they make a wonderful ornament in the garden and for the domestic garden one tree can produce enough for eating. You would need an orchard to get enough to make oil

so it is best to plant eating varieties if you want to use the fruit.

The fruit is bitter due to glucosides that are present when first picked so it is a process to make them edible. There are so many variations on how to do it. The ancient Greeks used to tie baskets full of olives to their boats and let the sea water naturally cure them of the bitterness. The basis of curing olives is to soak them in salty water and keep changing the water until they are the right taste.

It is an art form to prepare the olives to be just right, although right can have regional preferences.



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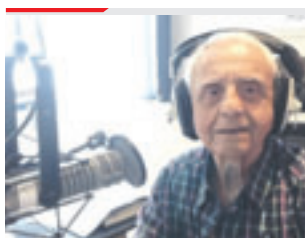
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THE sit and stay

This is an exercise that can only be correctly taught if each stage is perfected before continuing on to the next stage. The training for this exercise should be started indoors, the dog on the lead and no distractions. Initially the handler should be kneeling on the floor with the dog close to the handler's left side.

1. Give the SIT command once only, whilst putting the dog into the sit position at your left side, thereafter NEVER re-command, even if the dog moves. Pull up and back with your right hand in the collar, simultaneously push down with your left hand on the

dog's back just above the base of his tail. Never apply pressure any higher up the dog's back as this could cause injury. Remember - even if the dog does not sit immediately - DO NOT repeat the sit command.

PRAISE the dog quietly once he is settled and comfortable in the SIT and remains there without any physical restraint from the handler. If the dog moves, replace him into the SIT with no further commands. Do this as often as necessary, until he is sitting still and comfortable, praise quietly, then give the release command and at the same time move the dog from where he is sitting. PRAISE.

2. Repeat stage 1 until the dog is sitting when commanded with confidence. Always use the method described in stage 1 to guide the dog into the sit position. Gently try to pull or push the dog out of position (the handler should still be kneeling next to the dog), but be prepared to place him back into the SIT should he move. If he resists your gentle attempts to dislodge him, PRAISE and give the re-

lease command. If the attempts to move succeed - place him back into the sit position without commanding and go back to stage 1 and start again - until he is doing the exercise with more reliability.

The more frequently stages 1-2 are repeated the easier it will be to progress through this exercise and the more reliable your dog will be.

3. When the dog is doing stage 2 confidently, without moving, the exercise can be expanded. Put the dog into the SIT and with as little fuss as possible, stand upright. If he moves, put him straight back into the SIT without saying a word. When you are able to stand next to him use the lead, gently applying pressure to the collar to test the sit. If he moves again, replace him giving no ex-

tra commands and start stage 3 again.

NB On no account should you proceed any further if he is not reliable on stage 3.

4. When he is doing stage 3 reliably and confidently, the exercise can again be expanded. Place him in the SIT, take a couple of steps away from him, but be ready to

put him back just as he moves. Using the lead again gently apply pressure to the collar, return to the dog immediately, PRAISE profusely and then RELEASE.

NEVER release the dog until you are standing by his side or he will never do a reliable sit stay.

The down stay

This is taught in exactly the same stages as the SIT - remember to only command the dog once and only when you are

TRAINING: The sit and stay way.

standing next to him, always replace him into position using no extra commands and always PRAISE and RELEASE at the end of each sit/down.

When both the sit and down are perfected with no distraction indoors, use different places where there are no distractions and start again at stage 1, working through all the stages. Perfect the technique by gradually increasing the distractions i.e. rattling a bunch of keys, dropping your hanky etc.

NEVER TEMPT FATE by leaving the dog in a stay where a sudden distraction could cause an accident i.e. untethered outside a shop.

Ruff stuff

THE number of people who own pets has allegedly dropped due to rising living costs and people choosing to start a family at a later age.

In the UK alone, overall pet ownership has slumped from 63 per cent of the population in 2012 to 56 per cent in 2017, according to market research by Mintel. This figure is even worse among pensioners, plunging to 36 per cent.

Dog ownership in the UK has gone down from 33 per cent to 31 per cent, while cat ownership has dropped to 29 per cent.

Fish ownership has also plummeted from one in six households to one in 10.

It is not all bad news, however, as almost 75 per cent of UK families still own pets, but it ap-



HAPPY FAMILY: Nearly three quarters of UK families own a pet.

pears the drop in animal ownership is partly because people are choosing to start their families later in life.

The shift towards renting accommodation, rather than taking out a mortgage on a house, is also believed to have had an impact on these figures, as many landlords don't allow pets. However, rising house prices has made it more difficult for young people to get on the property ladder.

It has also been revealed that men are more likely to own dogs, while women are more likely to own cats.

Mintel is the world's leading market intelligence agency.

Barney loves the beach

RECENTLY we came to hear about Barney the Corgi, a resident of Almeria who simply loves the beach. It transpires that this fun loving dog, with a temperament of a mild mannered accountant is quite happy to sit on the sand all day, and only ever gets riled when it's time to go home.

House-sitters be warned, the owners say that in their house-sitter's briefing they always stipulate that you keep a handful of treats for the end of the day just to get him to get up off the beach. Barney the beach boy is always happy when he knows he is spending the whole day at the beach.

If you need experienced dogsitters, why not register with us at HouseSitMatch.



BARNEY: Soaking up the rays.

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build a profile about you and your pets. Create a house-sit advert with your dates. If you need help with the online work, choose the PREMIUM membership and we'll give you a call to help you out. And if you have a Barney at home, we'll do our best to find you a sitter who loves the beach just as much!

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

ALCOHOLICS ANONYMOUS IS ALCOHOL COSTING YOU MORE THAN MONEY? Drinking to excess not only affects your health it can spill over into every other aspect of your life – damaging everything that is important to you. English-speaking AA meetings are held throughout the Costa Blanca from Valencia City to Murcia. Anyone wishing to attend a meeting or discuss a possible drinking problem contact Costa Blanca North: *648 169 045* or Costa Blanca South: *625 912 078* or Costa Calida *679 385 105*. All calls are treated in the strictest confidence. AA in German: 645 456 075; Spanish: 679 212 535; Flemish: 635 047 053; and Scandinavian: 659 779 222. www.aa-costablanca.org (93323)

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

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

THE ROYAL BRITISH LEGION Orihuela Costa - covering from Punta Prima to San Javier. The branch meets at Olympia restaurant, Mil Palmeras on 3rd Thursday of each month at

19.00 - 19.30pm. More info can be found on branch website www.orihuelaacostarbl.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)

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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: palmers.quesada@yahoo.co.uk (95477)

ROYAL AIR FORCES Association Branch #1359 Costa Blanca The Branch meets on the third Tuesday of the month at the El Paraiso Restaurant located close to the Carrefour Supermarket in Torrevieja. The meeting starts at 1430 hrs. You do not have to be an ex-member of the RAF to join this friendly Association which supports the welfare of the RAF family and provides a social hub for ex RAF members and their friends. For further information about the Association and its activities please contact the Chairman on 692 508 916 or the Welfare Officer on 615 048 892 or visit our website: www.rafa.org.uk/costa-blanca (238593)

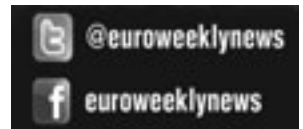
THE PATIENCE LODGE No 2177 of the R.A.O.B meets every Sunday morning at the Sacko's Bar, El Limonar near Las Siesta at 10am. We are always looking for new and lapsed members to join us. Please call Secretary Dave Tonge on 688 704 091 for further information. (253807)

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XXX RELAXATION

Speed record smashed

By Matthew Elliott

CLOCKING an average speed of 277.9mph over two separate runs through the Nevada desert, the Koenigsegg Agera RS is now officially the world's fastest production car.

During the runs the Swedish-built hypercar struck a top speed of 284.5mph, smashing the previous record set by a production car, the Hennessey Venom GT, which stood at 270.5mph.

Despite tackling an incline the Agera RS managed to reach 271.2mph on the first run. Enjoying a decline on the second it hit 284.5mph.

The average was calculated from the two runs in the

opposite direction on the same stretch of Nevada's Highway 106.

Driver Niklas Lilja said that the next stage was seeing how the Agera RS handles corners. Driving at 280mph plus was "really quite bumpy," he said, with his only concern being that the Michelin tyres were only guaranteed for speeds of 186mph.

A five-litre V8 engine with 1,300hp helped Koenigsegg engineers challenge the limits of aerodynamics. Ground force was tailored to prevent a disastrous flip on a small imperceptible bump.

Unlike the Bloodhound SSC aiming for a land speed record of 1,000mph plus next year with its jet engine, the Agera RS is road legal, though pushing 300mph might lead to a spell inside.



Photo credit: Twitter

WILD SIDE: Agera RS is new king of hypercar universe.

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Motoring shorts

Easy money

FERRARI is on course to make €1 billion in profits this year. It would be a record for the Italian giant, registering a 14 per cent increase on 2016's takings.

The one billion milestone was set as a target for 2020 by CEO Sergio Marchionne in 2014. Despite Ferrari racing to that finish line quicker than expected, this year's record profits are below those anticipated by shareholders who hoped for a 24 per cent profit increase.

Profits are expected to shoot up if Marchionne makes good on his pledge to take Ferrari out of Formula One. He plans to do so by 2021. It would be "totally beneficial to the profit and loss," he said, "the board would be celebrating here until the cows come home."

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Baggies boss Pulis pipes on sun cream in Barbados

UNDERFIRE West Brom boss Tony Pulis - whose Baggies host Champions Chelsea on Saturday - spent the international break tanning himself in Barbados.

Despite only two wins from their last 20 Premier League games Pulis relaxed with a trip to Barbados, having been booed by fans, following their 1-0 defeat against Huddersfield.

"I've been here nearly three years and talk was about us finishing in the top eight. If you go on a bad run supporters are unforgiving," rued Pulis, on a winless run of nine games.

Ander Herrera and Chris Smalling will be back in Premier League action on Saturday - as Manchester United host Newcastle United - at Old Trafford.

Herrera was given a week off by United boss Jose Mourinho.

"After so many matches



UK SPORTSCENE

with Andrew Atkinson

Herrera deserved to have a week off," said Mourinho, who also gave United defender and England's Smalling - left out of England's friendlies against

Brazil and Germany - time off. United, who face six games in 17 days, are set to see the return of Paul Pogba and Marcos Rojo following injury.

Mourinho is hopeful that Pogba and Rojo will return to face Newcastle: "They have to work every day, but they are in a good position now," said Mourinho.

Striker Zlatan

Ibrahimovic, sidelined with cruciate ligament injuries, has been pencilled in for a return in late December.

While United have been hit with injury woes their chances of narrowing the gap on league leaders Manchester City have faltered, with Pep Guardiola's side eight points ahead of United, going into their fixture at Leicester on Saturday.

Spain and United star Juan Mata, who was left out of United's squad at Chelsea, and Spain's squad against Costa Rica and Russia said: "There's

still a lot to play for."

Ex-Barcelona defender Dani Alves has not ruled out a move to City, despite snubbing a summer move to the Etihad, when joining Paris St-Germain: "I was considering going to play for Manchester City," said Alves.

"I don't hide my admiration for Pep and my will to play in the Premier League in the future," said Alves.

Liverpool, whose left-back Alberto Moreno was recalled to the Spain squad for friendlies against Costa Rica and Russia, host Southampton at Anfield on Saturday.

Moreno returned from the international wilderness having started eight Premier League matches and all four of Liverpool's Champions League group stage games this season.

Liverpool midfielder Jordan Henderson, who missed the 4-1 win against West Ham prior to the international break, is set to

return after a thigh injury.

Spurs, who meet Arsenal at The Emirates Stadium on Saturday, are hopeful trio Dele Alli, Harry Kane and Harry Winks, who withdrew from the England squad, will return from injury.

Arsenal's Olivier Giroud, Rob Holding, Santi Cazorla, Danny Welbeck and Shkodran Mustafi are nursing injuries at the Emirates.

Struggling West Ham are hoping that David Moyes can turn round their fortunes as they face Premier League relegation - starting against Watford - on Sunday.

The Hammers turned to ex-Preston, Everton, Manchester United, Real Sociedad and Sunderland boss Moyes after snubs by Carlo Ancelotti, Roberto Mancini and Rafa Benitez, to replace axed Slaven Bilic.

Moyes has yet another mammoth task, underlined with facing Manchester City, Chelsea, Arsenal and Spurs before the new year.

"I've managed five clubs since starting out nearly 20 years ago at Preston and I'm hungry to make sure I get things right," said Moyes, whose historic Georgian mansion formerly belonged to Squire Anderton, and has a helicopter pad, private chapel, tennis courts and ancient woodland.

Chelsea boss Antonio Conte has a debacle whether to recall defender David Luiz, dropped for the game against Manchester United prior to the break, when replaced by Andreas Christensen.

Conte criticised Luiz following poor displays in two Champions League games with Roma: "He has to work hard," said Conte, who said he didn't know whether the Brazilian has a future at Chelsea.

Luiz believes he is being punished - because of his close ties with ex-teammate Diego Costa - who had a rift with Conte, prior to rejoining Atletico Madrid in September.



DAVID MOYES: Under the hammer.

SPORTSCENE SPAIN

with Andrew Atkinson

QUALIFIED Advanced Open Water Scuba Diver, Zoe Connolly who successfully defended her Open Water Junior World Oceanman Female World Champion title in 2017 is eyeing further glory.

"I intend to participate in Oceanman for the third time in 2018. I'm going to try my best to maintain my title as World Champion," said Zoe.

"Another goal for 2018 is to achieve Elite Athlete Status, as it will also help me get a place in a Spanish University," said Zoe, who lives in Los Montesinos, Alicante.

"I am also aiming to get into the Spanish team for Fin Swimming. My aim is to win a medal in the Fin Swimming National Championships," said ambitious Portsmouth born Zoe, who has lived in Spain for 10 years.

"Last year I was very close to achieving both goals," said Zoe, who trains in the pool six days a week and also Fin-swims two days a week.

"When I don't do double sessions I go to the gym for an hour, after swimming three times a week," said Zoe, placed first, second or third in every race, with distances from 1,500m to 8km, in the 14



Zoe Connolly's Elite Athlete aim.



2017 Half Oceanman Tabarca.

Elite Athlete Status aim for teenage swimming star Zoe

sea races during 2017.

"Each distance has its own difficulties. It always depends on the conditions of the sea," said Zoe.

"The most difficult part of any race is

just after the second half, when the lactic acid kicks, and your muscles start aching," said Zoe.

"It's pointless putting extra pressure on. I do my best and have fun. I don't

think the experiences make it easier - you still give 110 per cent - but it helps you know how to swim it, what speed to go, when to go faster and slower," said Zoe.

"It helps you to be able to control the waves - how to orientate yourself - and to not get lost or go off course," said Zoe, who has been the youngest swimmer in a plethora of competitions.

"I wouldn't say it puts extra pressure on me. It motivates me. It's pointless putting extra pressure on yourself, over things you can't control. I just go out there, do my best, and have fun," said Zoe.

"To know, not only am I placed highly in my age group, but also one of the better female swimmers in competition, is a fantastic feeling," said Zoe.

"Every time I finish a race the first question I ask my parents, who are watching is: 'How many girls have come in before me?'"

"My parents signed me up for swimming classes when I was four and swimming has always been for me, without a doubt. I started competing when I was seven and it's been my life ever since," said Zoe.

**NEXT WEEK: Zoe Connolly reveals the financial costs to compete - with competition costumes costing anything up to €400.*

Photo credit West Ham United/Twitter



SPANISH MotoGP rider Marc Marquez has become the sports youngest four-time World Champion. The 24-year-old clinched his fourth world title in the last five seasons with a third-placed finish at the Valencia Grand Prix.

TO READ MORE

Costa Blanca's best guide to local sport

Montgo Golf Society report

MONTGO GOLF SOCIETY felt hints of winter's approach, teeing off at Oliva Nova below 10°C for the first time this season.

The sun soon won through though, leaving a full field of 40 golfers with perfect golfing conditions.

Golfers played a Stableford competition, sponsored by Dennis and Linda Coe, with Tom Atkinson beating all and sundry to win by two shots on 39 points, his second win of the year and coming on the back of his

excellent third place in the MGS Decanter.

Michel Grin beat Russ Peters on countback for second on 37 points, with Peter Twine fourth on 35.

Nearest the pin prizes on par 3, third and 16th holes were taken by the Butlers, Barry and Liz respectively; whilst Susie Snelling thought she had closest in two on the fifth in the bag with her shot to 0.5m, only to see Roy Jones' shank rebound off two trees and a fence-post to six inches.

No two's were recorded, but Heiko Schram achieved a rare eagle-3 at the eighth, holing his nine-iron approach, for which he was awarded a special prize by Dennis and Linda.

This week was also the penultimate round for the annual Eclectic competition,



in which Shaun O'Gorman holds a two-shot advantage, but several players, notably Geoff Willcock and Ed Wal-

lace - remain within a couple of good putts from overhauling his lead.

Next up is the final com-

peting Trophy of the season, the St Andrew's Day Stableford, sponsored by Ed Wallace.

MONTGO GOLFERS: Played a stableford competition.

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