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Out of the doghouse!

by Kat Ashton

Orba Council and Local Police have moved to rescue 11 dogs kept in poor conditions by a resident living on the Orbeta urbanisation.

It comes two years after complaints were filed by neighbours condemning the situation.

Photos revealing the dogs' poor living situation were first made public by a local resident, and several others slammed the council for not acting to ensure the dogs well-being at the time.

A report by the Spanish Nature Protection Service claimed

"the dogs were tied up with short chains, they were not living in hygienic conditions, do not have access to water, some lack a health certificate and several have not been vaccinated against rabies nor dewormed."

The mayor of Orba, Ignasi Cervera, in a bid to escape the criticism he received for not acting when the concerns were first raised, has clarified to local media sources that the council and police have since intervened, assuring they had inspected the property and that the dogs were moved to a more suitable space.

The Local Police reportedly inspected the garage and advised the owner to move them to some farmland so they would have more room to roam, which he allegedly agreed to.

The owner also brought the dogs' health certificates to the town hall to prove they had all been vaccinated and wormed.



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NEWS EXTRA

False abuse claim

A WOMAN who claimed her ex-partner mistreated her to get him arrested has been fined more than €1,000 by a court in Alicante after she was prosecuted for the false reporting of a crime.

Home sales

ALICANTE saw the largest amount of property market activity of any province in Spain last year with more than 34,630 homes sold, an increase of around 16.6 per cent compared to 2016.

Saw assault

A 27-YEAR-OLD man who allegedly severed the tendon of another man with a saw in an argument following a car accident has been arrested by the Guardia Civil in El Campello.

Brit stab suspect held

A BRITISH man accused of stabbing the owner of a bar after an argument about paying for drinks has been arrested by National Police in Benidorm.

The 46-year-old reportedly fled the establishment shortly before officers arrived. They found a 36-year-old British man sitting in a chair with a kitchen knife stuck in his back when they got to the bar.

Police called an ambulance for the wounded man who was taken to the Regional Hospital of the Marina Baixa in Villajoyosa after paramedics removed the knife from his back.

Officers had questioned the man before the arrival of the ambulance. He said his alleged attacker was a regular customer who started an argument with him over the price of drinks.

The owner said the 46-year-old had then reached for a kitchen knife and stabbed him in the back before leaving.

Police arrested the suspect at his home around three hours after the assault on charges of attempted murder.

Police seize more than 600 marihuana plants in illegal power hook up raid



Photo by Guardia Civil

MARIHUANA RAID: Police found 660 plants and an illegal power system.

by Joe Gerrard

THE Guardia Civil have dismantled a marihuana plantation that ran on power taken fraudulently from the local electricity grid in Tavernes de la Vallidigna.

Officers arrested a 57-year-old man and seized 660 plants in the raid. They also found the 'vampire' hook which allowed the accused to draw

power illegally from the grid by bypassing the meter.

Police found the crop in the main room of the house with plants in various stages of growth, along with plant tools.

The suspect has been arrested and charged with crimes against public health, as well as drug trafficking and electric power fraud. Proceedings have been sent to a court in Tavernes de la Vallidigna.

Sex pest kidnap probe

A 56-YEAR-OLD accused of kidnapping and sexually assaulting a woman for more than a week in Valencia Province has been arrested by National Police.

The Polish man, who was picked up by officers acting on a European Arrest Warrant, is set to be extradited to and tried in his home country. His alleged victim was also a Polish citizen and reported him to police there.

The 56-year-old stands accused of kidnapping and then holding the woman for more than seven days and raping her six times. She was also injured across her body.

He was taken into custody last Friday for the alleged crimes which were said to have taken place in October 2016.

Proceedings have been sent to a court in Alicante.

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House fire death

AN 87-year-old man has died after a spark from his chimney reportedly set his sofa on fire. The man, from Denia, was working on his chimney when the fire started which then spread to his clothes, according to the Guardia Civil.

Terror scare

A GROUP of people travelling home from a party reportedly triggered an antiterrorist operation in Valencia after skipping a police checkpoint.

National Police cars and a Guardia Civil helicopter were despatched and the group's car was surrounded by officers outside the city following a chase.

Cancer care

THREE political groups on Alicante City Council have reached an agreement on the treatment of teenage cancer patients.

Partido Popular (PP), Partido Socialista (PSOE) and Ciudadanos councillors are set to request that provincial authorities change rules so the patients are treated in children's wards.

Speak freely

THE Vice President of Valencia's regional government has said that the province's citizens have the right to choose between its two official languages when accessing public administration.

Monica Oltra said public employees should learn both Spanish and Valencian to serve all the province's citizens.

Police at 174

AN expedition from l'Alfas del Pi to the Church of San Jaime and Santa Ana in Benidorm has been held for the anniversary of the Local Police branch.

The walkers left at 9am on Sunday for the 16 kilometre hike to mark its 174th birthday.

Blooming gorgeous

THE BIG PICTURE Nº 2



IN THE PINK: Snow blankets the Sierra Nevada mountains in Granada as almond trees burst into flower on the lower slopes.

A MAGICAL display is taking place in the hills and mountains of Mediterranean Spain.

For a few weeks in January and February hundreds of thousands of almond trees erupt into blossom, with the countryside briefly transformed into a spectacular fairytale landscape of delicate pink and white hues.

Grown mostly in Andalucia, Aragon, Cataluña, Valencia, Murcia,

and the Balearic Islands, almonds form an important part of the local diet, being used to prepare everything from soups and sauces to cakes, pastries, marzipan and nougat.

Almonds form part of the Prunus 'stone fruit' genus along with plums, cherries, peaches, nectarines and apricots.

Native to the Middle East and Northern Africa, the trees were domes-

ticated around 3,000 BC and brought to Spain by the Moors.

And the country is now the world's second-largest producer of almonds after the United States.

More than 100 varieties are currently grown, but only five are produced on a commercial scale, with the marcona form - known as the queen of almonds - widely considered to be the best quality in the world.

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Spring watch



Photo credit: Jesus, iFlicker

A Harramacho looks on and (inset) revellers gather in the village square.

It is an ancient festival of unknown origin.

Taking place in the hamlet of Navalacruz in the foothills of the Sierra de Gredos mountains, Avila, the Los Harramachos ritual is thought to be a pre-Roman call to protect livestock and children and boost fertility at the onset of spring.

During the event revellers dress in fearsome-looking costumes made from sacking, animal skins and natural materials, concealing their faces with animalistic masks.

And a number of different characters are involved in the annual celebration, which took place last Saturday.

The Harramachos themselves are brash, masked individuals with a frightening appearance, although they do not participate in the ritual itself.

The Heifer is the incarnation of evil and wears a set of cow antlers and a bell at the waist, with three black crosses painted on his face.

He chases women and lifts their skirts with his horns, before fighting and 'dying' in the village square.

El Vaquero carries chorizo, wine and bread, and traditionally rewarded children who rang small bells.

The mayor is the highest-ranking of the Fifts - boys who turned 18 during the previous year - and can be recognised by his black cloak and long stick that is used to leap the Chico River several times at a point of his choosing during a key part of the ceremony.

He temporarily becomes mayor of the village during the festival.

POLL OF THE WEEK

Do you agree with the Balearics' decision to ban tourists from travelling to the islands in diesel or petrol cars?

LAST WEEK'S POLL:
 Do you agree with Formula 1's decision to replace grid girls with grid kids?

Yes 83% **No 17%**

EWN online this week
137,231 Page views

TOP 5 stories



SPEEDING SNAP: The EXACT speeds that will trigger the devices have been revealed.

- 8,806 views** Police warn of exact speeds that will trigger roadside radar cameras
- 3,987 views** Couple face fine after shooting adult film in national park in Spain
- 2,915 views** Brit 'crack head' arrested in Benidorm after stabbing British bar owner
- 2,706 views** Police stop overloaded car and can't believe what they find
- 2,491 views** Motor homes plague Costa Blanca beaches

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Civil war politician made a name for himself!



NAME APPROVED: Callosa d'en Sarria's high school is set to be named after the republican and civil war politician, Rodolfo Llopis (inset).

A SCHOOL in Callosa d'en Sarria will be named after a prominent Republican government figure following a local council and school board decision approved by the Ministry of Education.

Local authorities chose to name the high school after Rodolfo Llopis because of his promotion of universal free education while in government during the 1930's.

Llopis, who was born in the town in 1895, was a professor at the Normal School of Science. He co-founded the Federation of Teaching Workers of the General Union of Workers and became a director of education in the Republican government.

He served as a deputy for Alicante in the Parliament of the Second Spanish Republic and as Minister of Public Instruction.

His role as an education minister saw him extend the building and equipping of primary schools throughout Spin.

Llopis served as Undersecretary of the Presidency of the government with Francisco Largo Caballero.

He went on to become the General Secretary of the Spanish Socialist Workers Party in exile after leaving the country for France following Franco's nationalist rebellion in the 1930's. He was also elected the President of the

Spanish Republic in exile in 1947.

Llopis returned to Spain following the dictator's death and ran in the first democratic elections since the fall of the Republic for the Democratic Socialist Alliance but lost.

He visited Alicante Province during the democratic transition period, including Callosa d'en Sarria. He died in Albi, France in July 1983.

The Ministry of Education approved the decision to name the school after Llopis which was taken by the town's Secondary Education school board last year. It was approved by the school and town council in July and August 2017 respectively.

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Strictly on beach duty

AFTER months of speculation they finally confirmed their romance on Valentine's Day.

And Spanish dancer Gorka Marquez, 27, and actress Gemma Atkinson, 33, are clearly head over heels after the pair posted a series of snaps after jetting to Tenerife for a blast of winter sun.

The loved-up couple were pictured enjoying a tanning session on the beach, with Gemma sporting a skimpy bikini and Gorka showcasing his rippling torso, after earlier uploading a video of themselves arm wrestling.

Although they had previously denied any romantic link, Gemma let the cat out of the bag on Valentine's Day as she posted a picture of them sat on a rock together with her head resting on his shoulder.

She captioned the shot: 'Here's to many more kid. Happy Valentine's Day @gorka_marquez.'

Their idyllic getaway came after the pair wrapped up the Strictly Come Dancing live tour.

IN THE PINK: The stunner recently made the CBB final.



Gorka Marquez/Instagram

Jess Impiazzi/Instagram



LOVED UP: Gemma and Gorka.

Jess the ticket!

SHE recently finished fourth on Celebrity Big Brother after splitting from rugby player fiancé Denny Solomona.

And former Ex On The Beach star Jess Impiazzi, 28, certainly appeared to be living life to the full after hitting the beach at an unknown location in Spain.

The London-born beauty left little to the imagination after slipping into a barely-there swimsuit for a racy frolic in the shallows.

Life's a peach!

SHE'S never been shy of flaunting her surgically-enhanced assets on social media. And ex-Geordie Shore star Chantelle Connelly had even more to display after slipping into an orange thong to display the result of her new bum implants.

The 27-year-old jetted to Marbella on the Costa del Sol for the surgery, and captioned the saucy snap with a series of peach emojis.

Bad Baggies off hook over taxi raid



CIRCLED: From L-R, culprits Livermore, Barry, Evans and Myhill.

THE West Bromwich Albion players who allegedly stole a taxi from a Barcelona McDonald's have been let off by Spanish police.

Jonny Evans, 30, Gareth Barry, 36, Jake Livermore, 28 and Boaz Myhill, 35, were expected to face community service or a fine, but a court in the Catalan capital shelved the case due to 'a lack of proof.'

The quartet reportedly broke a midnight curfew and returned drunk at 6am, leaving a set of taxi keys at reception before heading to bed. They were quizzed at a Local Police station and later released an apologetic statement via the club.

They had been staying in Cataluña for three days warm weather training ahead of an FA Cup fifth round game at home to Southampton, which they lost 2-1.

Dancing on ice

HE'S the Oscar-winning Spanish actor who married fellow star Penelope Cruz.

And dad-of-two Javier Bardem, 48, has revealed that his next film project will be to provide a voice-over commentary for upcoming environmental flick Sanctuary.

The project aims to draw attention to the plight of the Antarctic and create the world's largest nature reserve.

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Council call meeting following collapse

By Benjamin Park

THE City Council of Benidorm has requested an urgent meeting with the Regional Health Council after part of the third floor ceiling at the La Vilajoyosa Hospital collapsed.

According to reports, the ceiling collapsed on a corridor which connects patients' rooms with offices of hospital staff of various specialties including cardiology, neurology and internal medicines.

No one was reported injured following the collapse but the incident has led Mayor Toni Perez, to request an urgent meeting in order to determine how to solve the most urgent measures at the hospital.

He told Spanish media: "In addition to determining what urgent measures are needed to take and execute, we also want the heads of the Ministry of Health to convey truthful information of where the hospital



Credit: Twitter

FALL: The corridor following the ceiling collapse.

expansion project currently is."

Perez reportedly went on to claim "on May 3, 2017, and after more than a year talking about the expansion, we were presented with an architectural project, which collected the needs of the hospital centre, and days later the councillor Carmen Montón announced a millionaire investment for our reference hospital."

He continued to say since then the City Council have had

"little information, until very recently when, only through the media, we have learned the Ministry plans to invest €3.6m to tender the drafting of the reform and expansion project."

Technicians continue to analyse the possible causes for the collapse, but it is not the first incident. Towards the end of September 2016, a ceiling also collapsed which made the Biochemical laboratory unusable.

New bill of health

A BRAND new health centre is set to be built in Denia, with 62 rooms available to patients.

Known as Hospital Clinica Benidorm, the health centre will be located on Avenida de Gandia and have an intensive Care Unit, Emergency Service and a rehabilitation area spread out over two floors and a basement.

In addition, the centre will also have room for 17 outpatient consultations and a surgical area with four operating theatres.

While it is not yet known when the centre will be operational, the Ministry of Health, Social Services and Equality has already pre-authorized the project, while the land planned for the building has also received an urban compatibility certificate.

€6,000 The average difference in annual income between men and women in Spain, which reportedly saves companies €42 billion a year according to the UGT union.

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Two arrested after alleged multiple bar burglary

TWO men accused of burglary at the same bar three times in less than a month and a half have been arrested by police in Alicante.

The 33 and 45-year-olds allegedly committed the first burglary around the time of the Three Kings celebrations.

The two men went into the establishment wearing balaclavas and armed with a gun when they found a worker closing it for the night.

They forced the employee to take them into the storeroom and took almost €2,000 from the till slot machines as well as a mobile phone.

They also made off with the keys to the bar and a remote control to open its outside shutter. The owner of the establishment reportedly installed security cameras following the first robbery in case the burglars came back.

The men returned around

two weeks later and were able to get into the bar with the remote control and keys they had taken before. They again made off with money from the till and slot machines.

The burglars returned for a third time and were reportedly seen by the owner as they went into the building and began robbing the machines on February 6.

Police were called and found the robbers as they were emptying the machines. The suspects were then arrested and police said they are also the suspects for the two previous burglaries.

Officers searched their house and found the clothes and a gun allegedly used at the bar. Proceedings have been sent to a court in Alicante and one of the suspects has been remanded in custody due to his previous criminal record, according to reports.

OUR VIEW

Wildlife trade pledge smacks of tokenism

SPAIN has announced it is to tackle the illegal wildlife trade.

It is the country's first crack at confronting the issue, and comes after a gang of monkey traffickers were recently caged by Guardia Civil investigators.

Animal rights campaigners will be overjoyed at the news the country long-known as the gateway to Europe for poachers operating in Africa and the Americas is finally acting to address the problem. But will the government's measures make a difference?

The official plan speaks of increases in funds for awareness campaigns and the provision of alternative livelihoods for communities involved in poaching, but crucially, it does not have a specific budget.

Wildlife trafficking is among the most profitable criminal activities in the world, worth hundreds of millions of Euros per year.

Demand is unlikely to be stemmed by an educational crusade, while it will surely be difficult if not impossible to convince local people profiting from the trade that they should seek new employment. Conservation biologists say that in reality, Spain will need to spend millions to make even a small change.

And based on previous pledges by a Spanish government which has a long history of flouting or simply ignoring environmental laws, the level of investment is likely to be lacking.

While this week's announcement has been widely cheered by animal lovers, including many readers of the *Euro Weekly News* website, time will tell whether it is simply a token gesture.

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Volunteers thanked at ceremony

MORE than 20 health and social associations have received recognition for their

contribution to Altea.

Jaume Llinares, the mayor of Altea, was joined by

the council's health and social welfare spokesperson Diego Martinez for the ceremony organised by his department.

A total of 22 voluntary associations, including the local associations of housewives, arts and culture, animal welfare and the Red Cross were at the event.

Councillor Martinez said Altea was lucky to have so many voluntary associations working in the town.

"It seems necessary not only to recognise their work but it also seems fair to make known these associations.

"Our residents know very little about them but their help is of great value," he said.

Mayor Llinares said: "The event today is a public show of thanks that is symbolically important."

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Youth held for alleged motorbike theft

A 17-YEAR-OLD accused of stealing motorcycles and scooters for their parts has been arrested by Local Police in Alicante.

Officers picked up the youth after a night patrol found him and another in an industrial unit in the Rabasa Polygon estate at around 10.45pm last Friday.

Police reportedly found several motorbikes and mopeds inside, which had been taken apart and scrapped, with an engine, exhaust pipes, wheels and fuel tanks among the parts inside.

Officers checked the frame number of one of the bikes and found that it had been registered as stolen at a Guardia Civil station in San Vicente the day before.

Police then arrested the 17-year-old on theft charges and seized the stolen parts. Proceedings have been sent to a youth court.

Family detained on drugs charges

by Joe Gerrard

SIX people who were allegedly in possession of a ball-point pen that could fire bullets and a torch capable of giving electric shocks have been arrested on drugs charges.

The three male and three female family members, aged between 23 and 47, have been accused of selling drugs from several homes in the town of Sant Vicent del Raspeig.

Police began investigating the family after neighbours complained that people were knocking on doors at the early hours of the morning to buy drugs, having gone to the wrong houses.

Officers then began monitoring one building and found drugs were being sold there on a small scale. Police later found the sellers were all from the same family and that they would move to and from various different houses to avoid detection.

Some of the family members handled the sale of the drugs while others would patrol the area and alert the sellers and buyers if police were nearby. They would then move to another house, according to the Guardia Civil.



Picture credit Guardia Civil

SHOCKING: Police found a pen-turned-gun and a torch capable of delivering electric shocks during the raid.

Police raided the buildings suspected to be part of the drug selling operation once they had identified all the family members. Two of them were found to be illegally occupied, with one being used as a store house for the drugs.

Officers also seized 22-caliber ammunition from the building, as well as a modified ball-point pen capable of firing the rounds.

They also found a pocket torch that

was able to deliver powerful electric shocks when the light button was pressed.

Four kilos of hashish, 100 grams of marijuana, five mobile phones, more than €1,740 in cash and a vehicle were also seized in the raid.

The six family members were then arrested and proceedings were sent to court. Four were released on charges and two have been detained after being denied bail.

NEWS EXTRA

Recycling campaign

AUTHORITIES in L'Alfas del Pi have launched a drive to promote recycling in the town, which is set to include stickers in Spanish, Valencian and English reminding residents which bins to put their waste into.

Child law

STUDENTS from Javea attended the presentation of a draft law that will treat children as citizens and give them full rights and protection and encourage their participation in public life.

Road works

IMPROVEMENTS to the Calle Doctor Perez Llorca in Benidorm have begun, with the removal of barriers and the paving and repairing of roads currently being carried out.

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Take them to church

VILLAJOYOSA'S councillor for Culture joined directors from the town's museum and the provincial heritage institute to see works currently being undertaken on a church in the town.

Maria Angeles Gualde, of the council, took part in the visit along with Antonio Espinosa, of the museum and Gemma Contreras, of the Valencian Institute of Conservation on Monday.

They were there to see restoration work currently being done on the Church of the Assumption's roof and vault. The officials also saw the church's stained glass windows.

The renovation has uncovered three different types of decoration to the church. One possibly dates back to the 18th century, while another could be older. The third is what can currently be seen in the church.

It is not thought that the findings will delay the progress of the works.



VISIT: The councillor and heritage officials view the church's stained glass windows.

NEWS EXTRA

Firefighters aid

THE Provincial Council of Alicante has said it will offer financial help to towns with less than 20,000 people in paying for Fire Brigades, with €700,000 available to access by 116 local councils.

Hiring probe

A COURT in Benidorm investigating allegations of irregular hiring under former mayor Agustin Navarro has expanded its inquiry to cover Natalia Guijarro, the council's finance spokesperson at that time.

Gate fixed

THE entrance to the Guardia Civil barracks in Javea has been repaired after it was broken and left open for more than a year, with the council covering the costs of around €900.

New centre

A CLINIC with an Intensive Care Unit, Emergency Service, rehabilitation area, four operating theatres and 62 beds is set to be built in Denia as part of the General Structural Plan approved by town authorities.

Gun fraud

TWO brothers who allegedly made €14,000 off several sales of a shotgun they did not own have been arrested by the Guardia Civil in Asturias, after a man claimed he lost €2,300 in the scam.

Dig request

THE Partido Popular group on Valencia's city council have said they will present a motion to request the excavation of the Roqueta monastery at a meeting today (Thursday).

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Self-cleaning toilet works begin



PUBLIC FACILITY: The building of the new toilet has begun in Benissa.

BENISSA'S Marina Alta has seen the start of work on a self-cleaning and adapted

public toilet designed to be more accessible.

The toilet will be located

on the west corner of the Glorieta de Dolors Piera playground. The building of the facilities has begun in response to the needs of those in the park and the town. The prefabricated self-cleaning cabin is also equipped to prevent vandalism.

Mari Carme Ronda, the council's urban features spokesperson, said such toilets were common in other European towns and in Northern Spain.

"We hope the public toilet will be in use before the end of February. It will serve parents who go to the park with their children and it will also be used by people generally," she said.

"It will not generate any discomfort in the neighbourhood and for establishments around them and it complies with both national and European regulations," she added.

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Man who strangled aunt to death has sentence upheld

A MAN who appealed his 20-year prison sentence for killing his 88-year-old great aunt and stealing from her house afterwards will remain in jail following a court ruling.

The defendant, Felix RS, 41, was found guilty of murder and theft by a court in Alicante in October last year. The court heard that he had strangled the woman with the cable from a lamp while she sat in her chair waiting to have breakfast on October 5.

He then took €300, her jewellery and a television from her house before turning himself in at a National Police station five days later.

The man had originally pleaded guilty after confessing to the crime, but he argued that the 88-year-old had asked him to help her end her life, according to reports.

The prosecution had requested 24 years imprisonment for the defendant in the original trial, while the de-



Photo by google maps

CRIME SCENE: The street where the man lived with his great aunt.

fence had argued for 15 years in light of the circumstances.

The court heard the man shared a home with his great aunt on the Calle del Pintor Aparicio in Alicante City and acted as her carer.

The defendant told the jury at the October trial his

great aunt's ill health had led her to ask him to help her die.

"She told me many times that she was fed up, that she could not do it any more and that she wanted to die.

"She did not leave the house, she could not get out of bed, and she was diabetic.

She took 10 pills every day and she did her daily work on top of all that," he said.

"I strangled her in front of her, looking her in the face and not from behind as the prosecutors claim," he added.

The court also heard from the defendant's sister who

said she had overheard the 88-year-old had told him several times on the phone that she did not have any money.

The defendant's brother also testified and told the jury he was a "violent person" who had spent time in prison before for abusing his wife.

A neighbour of the victim told the court he heard several arguments between her and the defendant.

One of them was reportedly to do with her living in the flat, which belonged to the man's deceased grandfather.

National Police officers who went with the man to the house after he turned himself in said in court he told them he killed her after she asked him to.

"During the trip to the house in the police car, he told us he killed her because he was tired of her, since she gave him a lot of work.

"But he said the woman had asked him to kill her," the police officer said.

The defendant was handed a 20 year and three month sentence for murder and theft at the October trial. The judge said he had exploited the circumstances and a woman in ill health.

The judge also applied mitigating circumstances because of his confession.



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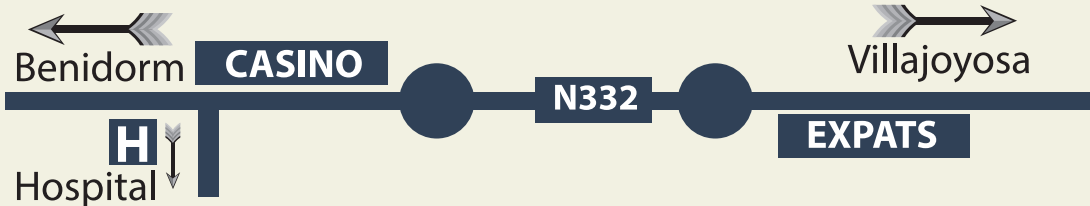
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Hatching out!

TERRA NATURA in Benidorm has seen a Blue Poison Dart frog reproduce while in captivity for the first time in the park's history.

Six new amphibious offspring have arrived in the wildlife and nature park, after the staff noticed a female frog had laid several eggs in the enclosure.

The mother usually dampens and cleans the area where they plan to lay the eggs beforehand, which is often the interior of a Bromeliad plant that is known to retain water.

When these polliwogs



BABY BLUE: Six new Blue Poison Dart frogs have arrived at Terra Natura.

(baby frogs) hatch, the parents move them nearer to water, where the father then assumes responsibility for their welfare.

The new-borns will allegedly take 10 to 12 weeks to reach their adult size.

Blue Poison Dart frogs are known to be poisonous but they do not make their own poison naturally, they absorb it when they feed on ants that have poisonous toxins. These toxins are then secreted through their skin in order to defend themselves against any possible predators.

Zookeepers at the park had to ensure the frog enclosure had the right conditions, such as humidity and natural features, to encourage reproduction.

The species can live for about 15 years and it is often difficult to differentiate the females from the males, since their colour and most features are the same.

Got him!

A BELGIAN man charged with murder 28 years ago has been arrested in Benidorm after he escaped from hospital.

The 65-year-old allegedly escaped custody while receiving treatment at the Sint-Kamillus hospital in Bierbeek, Belgium and fled to the Costa Blanca, where he remained in hiding for two weeks.

The fugitive was charged with murdering a person in 1990 while robbing a house, and the court which processed the case determined he was seriously mentally ill, so ordered that he be placed in a psychiatric ward.

A European Arrest Warrant was issued by the Belgian authorities, and the man was tracked to Spain.

Police finally succeeded in detaining the man in Benidorm, and he remains in the country as the Spanish authorities process the extradition request to Belgium.

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Would you like to save your loved ones that big inheritance tax bill?

By Sam Kelly, Managing Partner, Chorus Financial.



IHT (Inheritance Tax) planning is certainly not as simple in Spain as the UK, but there are solutions if you get the right advice.

A typical scenario here in Spain is that of my clients, a husband and wife, who have been retired here in Spain for 12 years, and own a property here. They also have 2 investment properties in the UK and savings and investments totalling approximately £300k. When they both pass away, they want to leave their entire estate to their two grown up children, who both live in the UK.

Their Worldwide assets will be subject to UK IHT, as they are seen as UK domiciled, and their Spanish based assets will also be subject to Spanish IHT (although with the double tax agreement, they can claim relief on this part of their UK bill).

As a couple, the first £650k will be free of UK inheritance tax. As their primary residence is not in the UK, they will not benefit from any primary residence tax relief in terms of their UK properties. The total value of their 3 properties will use up all their £650k UK tax free relief.

This means that their savings and investments of £300,000 will be fully

subject to UK IHT at 40%, which will leave a bill of approximately £120,000, potentially more if they hold some of these savings or investments in a Spanish bank or institution. The good news is, with proper planning, we can save their beneficiaries this entire £120,000 bill.

The key to Spanish IHT planning is that to avoid Spanish IHT both the

beneficiary and the asset must be outside Spain. Once you've ticked this off, your remaining issue is the UK IHT allowance. This is where trust planning comes into play.

What we were able to do with this couple is to place their savings and investments into a Spanish compliant investment bond, a bond recognised by the Spanish tax authorities, but crucially

based outside Spain, and then move this bond into a trust for their children.

In terms of the Spanish bond, this is a tax efficient plan designed for Spanish residents, which allows my clients, cautious investors, to target investment returns of around 4-5% per year. Despite being in trust, they can still make regular withdrawals to supplement their pension incomes, pay for holidays, a new car etc. When they both pass away, the trust element will mean the proceeds of their investment bond will be paid in full to their children without being subject to Spanish or UK IHT, saving that £120,000 IHT bill.

Even more reassuring for my clients was the fact that the institution I recommended for this solution is a FTSE 100 company with nearly 20 million clients Worldwide.

Whether you're looking to improve the returns on your savings or investments, explore your pension options, or come up with robust IHT planning solutions, a free consultation with Chorus is the best place to start.

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CREDIT: Guardia Civil

MONKEYING AROUND: One lucky survivor of the illegal trade.

Six primates rescued

AN investigation initiated by SEPRONA, the Nature Protection Service of the Guardia Civil, has resulted in the arrest of 11 people charged with trafficking in protected species.

The operation has been in place for one year after it was alleged that a number of primates whose sale under the CITES agreement was illegal were being offered on a selection of internet sites.

Those responsible were believed to be operating out of Alicante, Granada, Jaen and Sevilla and the SEPRONA office in Malaga City was detailed to control the operation.

In the event, officers managed to stop a num-

ber of sales and to rescue five marmosets as well as one tamarind estimated to be worth in excess of €12,500 on the black market.

Additionally, one of the accused was trying to obtain €3,000 for a pair of marmosets which he didn't even have, so he is to be charged with attempted fraud.

When the animals were recovered and passed to a veterinary centre in Malaga and a zoo in Fuengirola, they were found to be in a poor state, having been kept in unsanitary conditions but have now recovered and are settled in the APP Primadomus Foundation Centre for rescue of exotic animals in Alicante.

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Pretty rotten

Xylella disease detected in almond trees across 16 towns



DISEASE OUTBREAK: Almond trees in 16 areas have been hit by the outbreak of Xylella in Alicante.

A SIXTH outbreak of Xylella has been declared in Alicante and has hit 47 plots of almond trees in 16 areas across the province. Emergency measures to halt the spread of the disease are set to be put in place following the declaration of the outbreak.

Outbreaks of the disease have been reported in Alcalai, Altea, Balones, Benigembla, Benimassot, Benissa, Calpe, Fachea, Gata de Gorgos, Lliber, Parcent, Quatretondeta, Senija, Tarbena, La Vall d'Alcala and Xalo. A resolution on halting the

spread of the disease was adopted by Agriculture Directorate of the Valencia Generalitat last Friday.

The bacteria Xylella fastidiosa can cause stunted growth in trees and their fruit as well as scorched leaves from water deficiencies.

The news comes as subsidies were recently made available to farmers for damage caused to their trees from Xylella outbreaks. Farmers can receive grants from €13 to €28 per tree to help pay for eradication methods to avoid new outbreaks.

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NEWS EXTRA**New women's centre**

THE mayor of Denia joined councillors and the director of Valencia's gender equality institute at the site of the town's new Women's Centre, which has moved to Calle Arxiduc Carles.

Heart help

POLICE patrol cars in Villajoyosa have been fitted with defibrillators so they can quickly help people suffering from heart attacks and failures on public roads.

Craft market

AN agri-food and craft market took place in the old town of Teulada last Saturday, with sellers offering food and goods to visitors in an effort to encourage environmental consumption.

Court move

PLANS to move the courts of Villajoyosa and Compromis to a building on Calle Juan Tonda Aragones were approved by the area's council, with the relocation set to take around 10 years.

Buying less

VALENCIANS have spent an average of €224 in sales so far this year which is a fall of 12 per cent compared to 2017, with clothing, footwear and sports clothing the top three products bought.

House plot

BENIDORM Council have drawn up plans to take over the site of Jose Martinez Alejos' home on the seafront of Levante beach, with authorities set to build a classroom and public garden.

Fire fighters

THREE fire engines to be tasked with preventing forest fires have been delivered to Benlloch, Xativa and Torre de les Macanes at a cost of more than €500,000.

A SPOKESPERSON for the Partido Socialista (PSOE) has criticised Benidorm Council for buying €6,500 worth of fireworks for last year's New Year's celebrations which did not go off.

The fireworks which were reportedly bought by the council in 2017 were not let off due to weather in the area on the night of the celebrations.

Ruben Martinez, of the PSOE,

said the reasoning for not setting them off was reflected in the decisions of police and firefighters.

He added it was strange the council had still paid the €6,500 despite the fireworks not being used.

"It's a very rare situation. You

pay for something that has not been done and you ask for a permit on behalf of a company that does not do the work," he said.

The PSOE group have said they will analyse the invoice and other information surrounding the

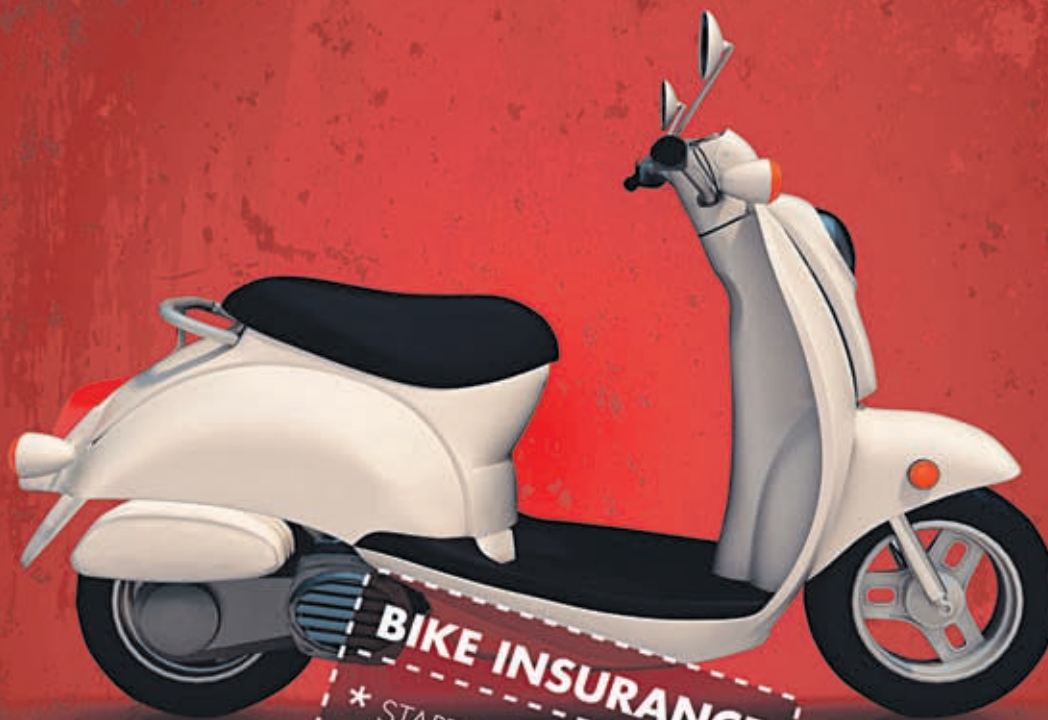
purchase to examine whether it is a case of the misuse of public money.

Martinez said the situation had been brought about by a lack of transparency on the part of the governing Partido Popular (PP).

"The PP authorises payments by decree so that we cannot carry out a prior inspection. This is their way of behaving," he said.

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Car crash horror

A BRITISH woman, aged about 60 years old, has died after a multi-vehicle smash on the holiday island of Tenerife in Spain's Canary Islands, according to the regional government.

Three other people were injured in the three-vehicle pileup on the TF-46 in Guia de Isora.

After the accident one vehicle caught fire.

Firemen released four people who were trapped in two of the cars.

And one woman died at the scene.

An air ambulance airlifted another with a serious head injury to hospital. A man with 'moderate head trauma,' was transferred in a life support ambulance to Hospiten Sur.

Another person, with a hip injury, was transferred to the Costa Adeje Hospital by ambulance.

Guard Civil traffic officers are investigating the sequence of events that led up to the fatal crash.

It's a fare cop

Taxi meter fare fiddle probed



Credit: Twitter / @EmergenciasSev

ON THE TAKE: Meters may have been tampered with.

POLICE in Spain are investigating several taxi drivers who, it is alleged, have fiddled their meters to overcharge their customers.

Local Police offices in Sevilla in Andalusia, southern Spain, have also raided a workshop where it is claimed the electronic system was installed. Pressing a button, the electronic device allowed the taxi driver to manipulate the final price of the passengers' journeys on the offi-

cial meter. The button was located below the gear lever out of sight of the customer. When drivers changed gear they could easily press the button that bumped up the price on the meter.

The city council in Sevilla that licenses the taxis issued a statement saying it believed the fraud only affected a 'small group.'

A taxi drivers' spokesman said, "It is not a massive fraud, but confined to a small group."

For the ale of it

IF you've been keeping things bottled up and need to escape for a barrel of laughs a new beer spa in Spain might just be what you need.

Spain's first-ever spa for beer-lovers has opened in Granada and you could find yourself in over your head if you immerse yourself in the frothy liquid.

According to Beer Spa, the benefits are many and claim the beer bath relaxes muscle tension, prevents ageing of skin, reduces stress and helps eliminate toxins from the body.

The baths of beer contain hot water to which yeast, hops, malt and cinnamon are added and it only takes 20 minutes submerged in the barrel for the ingredients to act on the skin.

As well as the beer baths, you will find body treatments including massages and a barley bed where you can relax on a bed of fresh barley which the skin absorbs.

There are already plans in the pipeline to open other beer spas in Spain.

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RIGHT ON: Members from the UN Working Group will visit Spanish cities.

Official business

UN visit to probe human rights

OFFICIALS from a United Nations body are set to visit Spain to examine the human rights situation of people with African heritage.

The delegation of the Working Group of Experts on People of African Descent plan to visit Madrid, Barcelona, Almeria and Ceuta.

They are set to meet with communities, government representatives, civil society groups and people working on race relations issues during the visit.

Sabelo Gumedze, the head of the Working Group, said he and his colleagues would be assessing the human rights situation of Spain's African-descended population.

"We will collect information on any form of racism, racial discrimination, xenophobia, afrophobia and related intolerance," he said.

Gumedze, along with Marie-Evelyne Patrus-Barry and Ricardo Sunga are set to study measures to prevent racism and help protect the victims of it. They also plan to examine protection, integration and inclusion measures for migrants and refugees.

The group will present its findings to the UN's Human Rights Council next September. They are also set to promote the International Decade for People of African Descent (2015-2024), a UN initiative to promote African culture and descendants.

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Job market boom

Unemployment falls to 2009 levels

THE number of people seeking work in Spain stood at almost 3.5 million at the end of January, according to government data.

Spending on unemployment reached more than €17 billion in 2017, the lowest amount since 2007.

The amount of those enrolled with the Public Employment Service was at its lowest level since 2009, around the time the last economic crisis began. The Spanish government spent 44 per cent less on unemployment benefits than it did almost 10 years ago, according to the Ministry of Employment.

Differences in spending were reportedly down in part to the number of people eligible to claim unemployment benefits falling. Around 58.6 per cent of those out of work received state subsidies last year compared to 80 per cent in 2009.

The number of those claim-



FLIPSIDE: While unemployment has fallen, wages have stagnated.

ing benefits that have had to request additional state help was more than half (56 per cent) in 2017, compared to 30 per cent in 2009. This was reportedly due to those who have been long-term unemployed exhausting their contributory benefits which means they had to request a government subsidy.

People claiming unemployment benefits spend less time receiving payments on average than they have done in previous years, which is another factor in spending being lower. Claimants spent an average of 15.1 months receiving state help, compared to 15.8 in 2009 and 17.9 in 2013.



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ILLEGAL TRADE: Trading in endangered plants and animals and products made from them is one of the most profitable criminal activities.

War of the jungle

Spain to combat animal trafficking

THE Council of Ministers in Madrid has approved a 16-part action plan to help combat the illegal plant and animal shipping trade.

Spain's first plan against illegal trafficking and the international poaching of animal and plant species is set to be enacted over the next two years until 2020.

It commits the Foreign Affairs, Environment, Economy and Finance ministries as well as the Guardia Civil and the Attorney General's Office to help combat the trade.

An increase in funds for awareness campaigns on poaching designed to reduce demand for goods made from endangered plants and animals is part of the plan. There is also set to be an increase in diplomatic efforts to address the issue at its source.

Support to encourage the development of alternative livelihoods for communities who are involved in the trade and efforts to combat corruption associated with poaching are also part of the plans.

The trade in products from poached plants and animals is reportedly the third most profitable organised criminal activity, dealing in an esti-

mated almost €21 billion every year. This includes the trade in live animals prohibited for sale.

Spain is one of the leading entry points into the EU for the illegal goods because of its location, with exports from Africa and the Americas arriving in its ports.

The Spanish branch of the World Wildlife Foundation (WWF) estimated that between 2013 and 2014 9,500 cases of animal trafficking and 10,000 of illegal plant shipping were opened.

Products from reptiles were most commonly trafficked into Spain due to the demand for their skin by collectors and leather makers, according to the NGO.

Exotic birds, especially parrots from South America were also trafficked in large numbers. Products from large mammals, some from species nearing extinction, were also common. Authorities recently seized a shipment of 70 whole elephant tusks.

Government plans do not have a set budget but includes details on how much each department will spend from their own funds, according to Spanish media.

Speed trap warning

POLICE in Spain have revealed the exact speeds that will activate roadside radar cameras that will snap you if you're a Speedy Gonzales.

It's a question that has perplexed drivers for a long time but now the traffic police have posted the information on Twitter to clear up any misunderstanding.

The Guardia Civil has confirmed, on Twitter, that up to

100 km/h, it is allowable to exceed the limit by seven km/h but from 101 km/h, you must add 7 per cent to the actual speed recorded.

Therefore, if the speed limit is 50 km/h, 80 km/h or 100 km/h the radar will trigger at 57 km/h, 87 km/h and 107 km/h.

However, from 101 km/h upwards the leeway is 7 per cent of the actual speed

you're doing, so if the speed limit is 110 km/h, the devices will be triggered at 117.7 km/h.

And, in the same way, you'll be fined if you're caught doing more than 128.4 km/h in a 120 km/h limit.

The Guardia Civil has also used the occasion to remind drivers 'the road is not a racetrack.'

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A REPORT has revealed that a number of public hospitals in Spain have been involved with a company that charges tourist 'up to triple' the cost of medical care.

According to a document seen by a Spanish newspaper, International Care Patient Assistance (ICPA) acts as an intermediary between the patient and the hospital and is given free reign to charge what it sees as fit as long as the medical centre gets a cut.

The report states that the Hospital del Mar in Barcelona has a deal with ICPA where it receives 55 per cent of what is charged by the company. Last year 1,616 tourists received treatment at that hospital alone.

Hospital del Mar received €852,000 from these treatments, while ICPA charged more than double, making a total of €1.8 million.

Sant Pau Hospital - also in Barcelona - uses the same company to manage tourist patients, but does not have an agreement with how much they should receive as long as costs of care are covered. According to the figures revealed, it appears they could be charging even higher rates.

In one case, a German tourist had a heart attack and needed a bypass at Sant Pau. He was charged €68,000 for a €19,908 bill according to his insurance company, who then took ICPA to court.

The company used to operate across Spain in many tourist hotspots including Marbella in the Costa del Sol Hospital, the Denia and Torrevieja hospitals and others in Valencia, Manacor, the Balearic Islands, Portugal and even in Turkey.

Hospital outrage

Tourists charged 'up to triple' for medical care



HOSPITAL DEL MAR: Accused of charging tourists 'triple' for medical care.

ICPA has been shut down in these areas after numerous court cases brought forward by both insurance companies and patients for the surcharges they add and also for demanding money up front from patients in certain cases.

Although most patients are covered by some form of insurance, the report estimated that between 15 and 20 per cent of people requiring

treatment from the two Barcelona hospitals were required to pay for the costs in full.

Both Mar and Sant Pau hospitals defend ICPA, and have said the charges are "purely for the service provided." They are both largely funded by the Catalan government but are allowed to manage their funds.

ICPA has told Spanish media that "at all

times" they have followed the "suggestions put forward by hospitals" in terms of what to charge tourists.

It blames "pressure from insurance companies" and says they provide more services than "merely charging patients" including providing translators, family support for patients and aftercare.

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MODEL 720 : DECLARATION OF ASSETS AND OWNERSHIP OVERSEAS

For those who are fiscal resident, please find below a reminder, in case you need to complete the 720 form this year.

When does it apply?

The period for presenting the model 720: declaration of assets and rights located abroad (for the year 2017) is from 1 January to 31 March 2018.

What information is needed?

Three distinct groups define this declaration:

- 1) **Bank accounts**
- 2) **All types of financial assets**
- 3) **Real estate**

Who is obliged to submit the Model 720?

Those who have overseas assets that fit into any of these three groups and amount to or exceed 50,000€, and only for the group in which this amount is exceeded

If you require further legal advice on any tax, legal or administrative matters please contact us



Do I need to submit it every year?

Once you have made the 720 declaration, regarding your assets overseas, you then only need to declare your overseas assets in subsequent years, when:

- 1) **Any of the above 3 distinct sectors experiences an increase in value greater than 20,000€.**
- 2) **You are no longer the owner of the aforementioned assets (sale, transfer, etc... even if you made a loss).**
- 3) **In any of the 3 sectors, you did not previously have to declare that you had assets to the value of 50,000€, if you NOW do have assets to the value of, or exceeding 50,000€.**

Failure to meet this tax liability might be penalised by the Spanish tax.

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Part I. Legal advice: common mistakes.

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IN this article, and in those that will follow it, we take into account the requests received from our clients and readers and intend to review the most common

mistakes that both buyers and sellers of real estate properties in Spain often make.

It is our intention to explain the legal situation with regards to the way to buy or sell a property in Spain without taking unnecessary risks and without making mistakes.

Thus, among the most common errors, is the false belief that because the deed of purchase will be signed before a notary public in Spain, you do not have to worry about anything as he will check that everything is correct.

Sometimes we hear that both buyers and sellers say that it is not necessary to contract the services of an expert lawyer in real estate law, or to carry out checks in relation to the property, since the sale is completed before a notary and he will make sure that everything is correct and therefore there is nothing to worry about.

This is a major mistake. It is true that notaries public in Spain, are excellent professionals, and they will explain the conditions of purchase and sale, but there are many aspects in the transaction of properties, including checks, legal advice, and precautions, which is not to be undertaken by notaries.

Thus, if you do not correctly check the legal status of a property, you may face several problems, whether you are a seller or a buyer, which are not the responsibility of the notary, for example.

Although the notary will make on the day of completion of the purchase a check in the land (property) registry, concerning the owner of the property, charges, etc.

It is essential that this work is done in advance, even prior to the signing of any reservation contract or making any payment as if there is any serious

problem with the property you are looking to purchase, you will be assuming unnecessary risks if you wait until you visit the notary, especially if you have already laid out a substantial sum of money.

In the case of the sale of owned properties, it is not mandatory for the notary to request the existence of the occupation licence, which is a very important document, as we have stated in previous articles.

It is also not the responsibility or obligation of the notary to check the planning situation of the property, which is essential as if there is any penalty file opened against the property for illegal works and it is important to check that the property is properly urbanised with pavements, connection to the mains drainage etc.

If the property is in a rural situation it is also necessary to identify if it is in an area of spe-

cial protection.

Also the notary will not verify - nor is it his obligation to do so - if the construction complies with the urban obligations in accordance with the planning regulations of the municipality.

For all these reasons, and taking into account that although the notary is a fundamental officer who performs a very important task, involved in the buying and selling process in Spain, you must be aware that he does not have to verify all the issues that are necessary to know in order to sell or buy a property correctly.

Therefore, if you want to buy or sell a property with guarantees in Spain, taking precautions and avoiding mistakes, you must request legal advice, so contact us and we will help you.

The information provided in this article is not intended to be legal advice, but merely conveys general information related to legal issues.

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L of a plan

Revamped driving test to be unveiled

NEW drivers taking their test in Spain will have to attend compulsory classes.

It comes as the Spanish government puts the final touches to a raft of traffic law amendments expected to be approved 'within days,' according to reports.

Director of the Directorate General of Traffic (DGT), Gregorio Serrano, confirmed that an official announcement is expected shortly.

"It is clear that we must change the way we examine and introduce new material, such as videos, which include real life traffic situations and not just answering a, b or c," he said while addressing Spanish Congress.

Under the new rules, learner drivers will not be able to sit the theory test



TESTING TIMES: The new rules come into force in May, according to Gregorio Serrano of the DGT (inset).

without attending a series of mandatory lessons.

According to the DGT, 'many' students show up to take the exam without any preparation, causing test

centres to 'collapse.'

And some of the new questions will involve writing down solutions to potential traffic issues, rather than picking a traditional multiple

choice answer.

New subjects introduced via the classes will include driving at night and the safe use of satellite navigation, plus risk assessment while at the wheel.

The DGT also plans to unveil a new system of sanctions for drug and alcohol offenders, making it more difficult for them to recover their licences.

More than 193,000 driving tests were cancelled last year in the wake of a slew of strikes by driving instructors locked in an ongoing pay dispute with the DGT.

The new rules - including previously announced changes to the ITV technical inspection - are set to be applied from May 20.

Football sex probe goes on

A 63-YEAR-OLD youth team football coach has been jailed for nine years for abusing three players on the Costa del Sol in Spain.

The man earned their trust by promising them a great future as a professional footballer.

The prosecution said he selected the weakest and most vulnerable and promised them a successful future in football, something they would only achieve if they did everything he told them.

He offered the players 'personalised training' to turn them into great players. He made the players sign a 'contract' where they hired him as a personal trainer and they had to 'obey, behave with loyalty and honesty' and keep it secret.

The contract said that if they didn't they would have to give the coach €100 million compensation.

The court heard he gave the boys sports clothes and forced them to put them on without underwear.

He also sexually abused the players by touching them with the excuse of doing massages or stretches.

The offences began in 2008 with a 15-year-old boy until 2010. His second victim was a 14-year-old-boy in 2011. The last one was a 15-year-old boy in 2013.

The man was convicted of three crimes of sexual abuse.

In addition to the nine years prison sentence of nine years he must pay €35,000 to two of the boys.



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Numbers game

ALFAS DEL PI Council has sued the National Institute of Statistics (INE) so it will acknowledge the 3,000 foreigners who live there but were missed off their list. The town hall filed a lawsuit against the institute to recognise the correct number of residents that are in the town so the numbers reach 21,964 once more.

ALFAZ DEL PI / ALBIR NEWS



Photo credit: Carol Bastida/Facebook

CAROL BASTIDA: One of the professional dance teachers at the event.

Love to dance?

AN urban dance event will be held on the Albir beach so young people and their families can enjoy a day filled with dancing and learning.

This Saturday will mark the very first time that the 'Just for dance' festival will be held in Albir.

During the morning, the Albir Social Centre will host workshops held by experienced instructors.

Carol Bastida, Alex Sánchez and Enoch Bascañana will take turns teaching Hip-Hop, Popping and Experimental dance to participants in intensive sessions that will last for an hour and a half.

In the afternoon, the Raco de l'Albir beach will host a freestyle competition, consisting of one-on-one dance battles in which anyone can participate, regardless of their age.

"We wanted to provide an opportunity for all those who have something to express through urban dance and all its artistic elements to do so," explained Rodrigo Blanco, organiser of the event.

People who are interested in participating in

Saturday's urban dance battles should register themselves from 3.30pm to 4.30pm in the information booth they will find on the Raco de l'Albir beach. The registration fee is €5.

The dancers in charge of teaching the morning workshops will also form the jury that will choose the winner of the urban dance competition.

Carol Bastida is a Hip-Hop teacher at Funkadelic Dance Studio in Alicante and Alex Sánchez is an expert in Hip-Hop, Experimental and Vogue dance and teaches at Home Studio in Valencia as well as Funkadelic.

Finally, the international dancer Enoch Bascañana is the freestyle Red Bull BCN Spain champion, as well as the winner of Just Debut Nordic (Norway) and Show Me Your Moves 2016 (Greece).

The councillor of Culture, Mayte García, has encouraged all lovers of urban dance in the area to come to the beach on Saturday and enjoy the event. The entrance for spectators will be free.

Calling all entrepreneurs!

ALFAS DEL PI Council has launched the 'Peces' awards to help support local creative and entrepreneurial initiatives.

The town council announced the awards, which are the first of their kind in the town, will

have nine categories: tourism, sustainability, healthy initiatives, technology/videogames, social projects, audio-visual projects, social media, global reach and cultural and creative projects. Those who wish to en-

ter can submit their proposals until March 21 and the awards will be presented April 6 and 7.

"With this initiative we want to promote and stimulate creativity and ingenuity in different areas," said Mayor Vicente Arques.

The local Youth councillor, Isabel Muñoz, has encouraged young people to put their projects up for consideration including ideas they would like to study or develop in the future.

The awards were allegedly created in order to stimulate creativity, innovation and entrepreneurship among young people.

Visit basespremiospeces.eu.

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Teulada Moraira

NEWS

Number one for recycling

TEULADA MORAIRA has reportedly come out first in the province of Alicante for its recycling efforts; getting first place for recycling paper and cardboard, second for glass collection and third for collecting light packaging.

The news was announced by the Teulada Moraira councillor for Recycling, Raul Llobell.



POLLITO: Loveable and friendly.

THIS beautiful dog is Pollito. He arrived at the shelter together with Guszi another dog with a sad history.

Pollito is a Podenco cross and is approximately four years old. He is a sweet and affectionate boy but has only three legs; he was shot by a hunter and because of this he lost his leg.

In spite of this he leads a

Pollito

completely normal life and is a great character who would give you lots of love. Pollito is good with other dogs but not with cats.

To meet him, and his small female friend Guszi, phone Akira: 657 689 567 or email: akirashelter@aol.com or find them on Facebook - Akira Benissa Dog Sanctuary.

Come and hear their stories.

A team effort



HELPING OTHERS: Members of the Social Services Department.

TEULADA'S Department of Social Services has increased their team from three to eight full time employees, in order to improve services and streamline procedures.

The latest two workers joined the department in the past week alone.

Now the department has eight members of staff in total,

including three social workers, two social educators, two administration assistants and one psychologist.

The Social Services Councillor, Nieves Rodriguez, commented the level of service offered to locals has improved greatly, which will help to resolve any problems or conflicts in the home.

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Ref 00445 Moraira
 Plot to build a single-family house with swimming pool, very close to the centre of Moraira (Costa Blanca) and its beaches
€210.000



Ref 00532 Moraira
 Great apartment in the centre of Moraira, composed of living - dining room, open kitchen.
€225.000



Ref 00753 Moraira
 Villa with sea views in Moraira, oriented to the South-East and close to services
€390.000



Ref 00399 Moraira
 For Sale business and villa in Moraira. LOWER LEVEL: Restaurant composed: bar - dining area for 50 people and terrace
€750.000



Helping jobless

THE Crema office in Javea has introduced two new computers to be used by the unemployed so that they can access job websites. Citizens can use these computers from 9am to 2pm by appointment only, which can be requested by phoning: 965 793 604 or by emailing: jginer@crema.org or icaselles@crema.org.

Ladies night

RECENTLY local Freemasons Lodge Javea 40 held a successful and very enjoyable Valentine's celebration to honour their Ladies.

Fifty-one Masons and guests attended the celebratory Valentine's meal at the Attico restaurant in Javea Port where, the Worshipful Master, WBro Matthew James, presented each lady with a personal gift from himself, suitable for the evening - a floral arrangement containing two red roses.

Everyone agreed that the food was really excellent and it was enjoyed by all.

Continuing the Valentine's theme, the star raffle prize was an amazing flower arrangement, which was won by Mrs Diane Jackson, wife of WBro Neville Jackson.

The WM also presented a surprise bouquet to his beloved lady, Beatriz.

WM Matthew James then thanked Bro Malcolm March for organising the evening at short notice and presented a lovely bouquet to Malcolm's wife, Margaret, for all the work she had undertaken during his year in office, and supporting Javea 40's social events with advertising and IT help.

The evening's raffle raised an additional €365 for the WM's chosen charity, the La Fe Children's Oncology Research Department and Oncology Ward.

If you have an interest in Freemasonry or are actively considering becoming a Freemason, please contact the email address below: prensa@glpvalencia.com.

Smoked out

AN elderly man was treated by paramedics for smoke inhalation brought on by a fire in his home in Javea.

The 89-year-old was the only person in the building when the fire began in the morning. The blaze spread through the dining room of the house and smoke filled the building as a result.

Six firefighters in three vehicles from the Denia station arrived at the two-storey house after the blaze started at around 8.45am last Saturday.

The fire was put out at around 10.15am and the man, originally from Madrid, was treated by paramedics without needing to be taken to hospital, according to reports.

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Tasting the Wine of Fire

THE U3A Vall del Pop Wine Tasting Group held their first wine tasting, of sparkling wines, at Celler Vinyater in Jalon.

They were offered seven sparkling wines, espumante wines - wines in which the bubbles are induced by gas, cava - wines in which the bubbles are produced as part of the fermentation process, and the final star of the evening the Wine of Fire, a gold coloured wine.

Celia explained that the sparkle of a cava wine comes from the bottom



ON FIRE: The U3A Vall del Pop Wine Tasting Group at their wine tasting.

beautiful red sparkling wine, with the Wine of Fire a golden yellow colour.

The star of the evening was the Wine of Fire, which had an amazing gold colour with shots of bright yellow when shaken and was a smooth medium dry wine with tastes of a variety of fruits.

The wines were accompanied by tapas, structured to complement the wines they were tasting, and rounded off with a chocolate brownie.

For further information on U3A Vall del Pop check out their website: <http://u3avallpop.com>.

The U3A is all about enjoyment and learning, and this is particularly evident in the U3A Vall del Pop, whose members hold their General Meeting on the first Thursday of each month at the Centre Polivalent in Murla, and have a diverse range of groups for the interest of the members.

when it's poured, producing what is known as the 'rosary' of sparkling bubbles.

The wines had all been locally sourced and were generally in the medium price range of between €3.75 to €6.85 per bottle.

They ranged in sweetness from very sweet to dry and from a pale-yellow colour through blush pink to a

Still being served

IT was reported recently in the UK press that a theatre in Hull has banned a production of *Are You Being Served?* for being demeaning to women and outdated.

Fortunately, the people of Careline Theatre are not so politically correct. They will be performing this ever-popular TV comedy in May, complete with all the risqué jokes, innuendo and over-the-top characters.

Auditions will take place on Tuesday February 27 at 7.30pm.

Both the read-through and the auditions are open to non-members, but if you succeed in getting a part you will be required to join Careline Theatre for the modest subscription of €10.

For more information go to: carelinetheatre.com

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New Explorers walking group

THE U3A Vall del Pop Thursday Explorers walking group started 18 months ago to offer day walks in the hills, valleys and coast of this beautiful area.

The aim was to create a group of friends who would walk each week to enjoy the area and each other's company. They aimed to have 12-20 walking each week, to maintain the identity and character of the group. They have now reached a membership of 30 and have had to close new membership for the present.

They have enjoyed the experience so much that they decided to start a second group to avoid having to turn away new members.

They are asking for commitment up front and asking you to trust them that day walks at a moderate pace are within the ability of most fit



STUNNING: The U3A Vall del Pop walkers.

people.

The new Monday Group has started their walks but they urgently need additional new members if they are to make a go of this new project. If the idea appeals, but you are not sure if you could manage it, why not give it a

try. 30 people who walk with them regularly on Thursday have found it to be an enjoyable and rewarding experience.

For more information contact Paul or Jan on: paulleniston@hotmail.com or: 966 405 335.

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IMPORTANT MATTERS: At the Calpe U3A general meeting.

Meeting up

CALPE U3A recently held their General Meeting at the Sol Ifach Hotel.

A total of 125 members attended. A big welcome was extended to the nine new members that signed up on the day.

Mr Phil Williams outlined the threat of possible new buildings on the land adjacent to the second century Roman Queens baths in Ave Europa Calpe.

The Vice President Mr Peter Purvey introduced the guest speaker Dr Rafael Garcia who gave a brief talk about the one metre long mus-

sels that are to be found in the local waters. They are under threat from a parasite.

Reports were given to the members of the wide range of activities that Calpe U3A undertakes throughout the year and some new features for 2018.

After the meeting Penny Brighton of membership invited the new members for a chat and a coffee.

The next meeting of Calpe U3A will be held at the hotel Sol Ifach on Thursday March 15, 10am for 10.30am start. All welcome.



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GERMANY

Skating success

GERMAN figure skaters Aljona Savchenko and Bruno Massot won the gold for pairs figure skating at the Pyeongchang Winter Olympics - Germany's first pairs gold since 1952 - and set a new world record in the process.

GOING FOR GOLD: Germany's Aljona Savchenko and Bruno Massot.



Ducking blame

GERMAN rail company Deutsche Bahn allegedly 'exploited climate change' by blaming it for cancellations of rail services during recent storms, when they had allowed trees to grow next to the rail tracks, causing the issue.

Tractor trauma

A 24-YEAR-OLD woman was killed after being run over by tractor at a carnival parade in the village of Waidhofen, Bavaria, but police say there is no indication that anyone pushed her under its wheel.

SWEDEN

Record rates

SWEDEN'S central bank announced the country's record-low interest rate of -0.50 per cent has been extended again to boost inflation so the price of everyday goods and services, which has remained stagnant in recent years, will go up.

in a lake in Hudiksvall in May last year, has been found guilty of murder and sentenced to life in prison.

Weeded out

CUSTOMS officers in Sweden reportedly seized a record amount of drugs last year, with 400 kilos of marihuana and 2,000 kilos of hash seized, and the biggest finds were reportedly made

while searching trucks crossing the border.

Employer aid

SWEDEN is reportedly injecting a further €17million into a programme by the Swedish Agency for Economic and Regional Growth that focuses on matching recently-arrived migrants with jobs that match their specific skill set.

Guilty verdict

THE boyfriend of 19-year-old Tova Moberg, whose body was found hidden

FRANCE

Job boost

AMAZON plans to create 2,000 jobs in France this year by adding more workers to its distribution centres and sorting centres, bringing its total number of employees in the country to more than 7,500.

Street appeal

A HOMELESS pizza maker in Paris has written an open letter printed in left-wing newspaper *Liberation* appealing to President Emmanuel Macron to help those living on the streets in France.

Snow tragedy

THREE French skiers were found dead in the Cauterets ski resort in south-western France after they were buried by an avalanche while skiing off-piste.

Auto award

POLICE on French motorways are reportedly hunting for 'good' drivers to award them with €50 petrol vouchers, by following potential candidates for 15 minutes in unmarked cars.

BELGIUM

Dirty water

EIGHT per cent of Belgian citizens are allegedly exposed to health risks because of the poor quality of drinking water in certain areas, according to a recent study by the European Commission.

Flower power

A TITAN ARUM - the world's largest plant - is expected to bloom at the Botanic Garden in Meise next week, a phenomenon that last occurred in 2016 and only lasts for around three days.

Tax high

REVENUES from Belgian stock exchange tax are believed to be at their highest level since 2000 based on figures from FPS Finance, with investors paying more than €289 million into the Belgian Treasury last year in stock exchange tax.

Mountain fun

THE Belgian royal family hit the slopes for their annual ski trip in Verbier, Switzerland as Queen Mathilde, King Philippe and their four children took a break from royal duties.

NETHERLANDS

Smoke free

FOLLOWING a lawsuit put forward by Clean Air Nederland (CAN), the Dutch Court of Appeal has placed a ban on all smoking rooms in restaurants and bars.

Life saving

DUTCH law makers have passed a bill which introduces opt-out organ donation, which automatically makes all adults over 18 in the Netherlands organ donors after death, unless they opt out before.

Asylum seeker

THE Ukrainian opposition leader Mikheil Saakashvili has fled to the Netherlands, the home country of his wife, after he was ejected from Ukraine into Poland, allegedly for leading anti-government protests.

Speedy service

EUROSTAR will reportedly start the new high-speed train service between London's St Pancras station and Amsterdam on April 4, which will take three hours and 41 minutes.

NORWAY

Fuel fail

LOW-COST airline Norwegian Air revealed that rising fuel prices and the cost of opening up new routes and replacing aircraft caused the company to suffer a loss of nearly €31 million in 2017.

Son suspect

A 43-YEAR-OLD man is believed to have killed his 70-year-old mother with an axe after she was found dead at her home in Bergen.

Snowed under

OSLO Council reportedly sets aside €5.45 million to clear away snow each year and has already found that the winter budget limits for 2018 have been surpassed, having seen twice as much snow as expected.

Me too

OVER 100 cases of sexual harassment have been registered at Norwegian colleges and universities, with universities in Tromsø, Bergen and Oslo receiving the highest number of cases.

DENMARK

Prince passes

PRINCE HENRIK OF DENMARK, the husband of Queen Margrethe, has passed away at the age of 83, after being diagnosed with dementia last year and admitted to hospital with a lung infection in January.

New tradition

MORE Danes than ever are now tying the knot at city halls, according to data from Statistics Denmark, with less than a third of marriages now conducted by priests.

Good stuff

SUPERMARKETS in Denmark reportedly stock the highest percentage of organic food produce in the world, with more than 10 per cent of the total products fitting the label.

Bus bother

BUS services could be temporarily cancelled in the Danish town of Næstved after several buses were vandalised by having their windows smashed in, allegedly with a red emergency hammer.



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PROGRESS REPORT: The Progress MS-08 met with the ISS to bring supplies to astronauts stationed there.

Spaceship docks

■ A RUSSIAN spacecraft has docked with the International Space Station (ISS) following a two-day voyage, according to the country's flight control authority. The Progress MS-08 cargo ship linked with the station, bringing water, oxygen tanks, fuel, clothes and food with it after lifting off from Kazakhstan around 50 hours before.

investigators which they reportedly said showed the powder to be not harmful.

Crimean tourism

■ AROUND six million tourists are expected to holiday in Crimea this year, according to a regional official Vadim Volchenko. Crimean Parliamentarian Alexei Chernyak said visitor numbers were expected to surge once the Simferopol Airport and Kerch Straight Bridge are opened in the peninsula occupied by Russia in 2014.

Cyber attack

■ THE British government has accused the Russian military of being behind the NotPetya cyber attack in a statement from the Foreign Office in London. The attack targeted Ukrainian firms but spread worldwide, affecting FedEx, and Russia's Rosneft among others in June 2017, causing around \$900 million (around €721 million) in damages. Russia denied any involvement.

Kadyrov eyes Bitcoin

■ THE Chechen president has reportedly asked Muslim scholars to examine whether the use of Bitcoin is contrary to Islamic beliefs. Ramzan Kadyrov said he had plans to invest in the cryptocurrency in a post on Telegram, provided religious experts give the go-ahead.

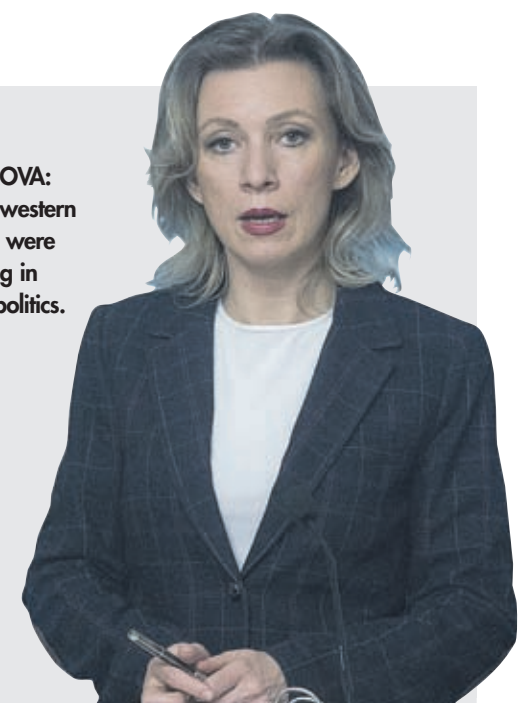
Embassies close

■ SEVERAL foreign embassies closed in Russia's capital after receiving envelopes with white powder inside. The Czech embassy had to evacuate for several hours and the Dutch embassy passed an envelope onto

Election meddling

■ RUSSIAN officials believe western countries have been interfering in domestic politics ahead of the Presidential election in March, a Foreign Ministry spokesperson has claimed. Maria Zakharova said during a briefing that European countries should halt such activity and claimed Russia had evidence it was going on. The country would retaliate if it did not stop, she added.

MARIA ZAKHAROVA:
Claimed western countries were interfering in Russian politics.



Crypto cash sweeteners

THE Spanish government is eager to attract companies using blockchain technology.

Conservative lawmaker Teodoro Garcia Egea has been tasked with preparing legislation to smooth potential deals, including possible tax breaks. "The level of digitalisation for companies is key," he said. "We hope to get the legislation ready this year."

According to Mr Garcia, it is in the country's interest to attract such firms as a driver for industries including finance, health and education.

Sub crash trial goes on

By Matt Ford

A SENIOR British naval officer who cost the UK €2.4 million after crashing a nuclear submarine near Spain has pleaded guilty in court.

Commander Justin Codd, 45, was in charge of the €1.2 billion HMS Ambush when it collided with the tanker MV Andreas off Gibraltar.

The submarine was taken out of service for three months after suffering damage to its conning tower.

Commander Codd was leading a training course when the incident occurred, as the group practised observing shipping

movement while controlling the craft at periscope depth.

Captain John Atwill, prosecuting, said that the commander did not carry out observations himself, relying on those of the trainees, who focused on a nearby yacht and failed to spot the tanker. He added: "Commander Codd's decision to focus on teaching, not safety, compounded the error carried out by the students."

Captain Sean Moore, defending, said: "This is a failure that will live with him for the rest of his life."

"No officer becomes teacher of the Submarine Command Course because they are good enough, they must be the best the submarine service has to offer.

"Perisher is widely acknowledged as the toughest command course in the world."

Judge Advocate Robert Hill said while sentencing: "You have, save for this incident, an exemplary record. It was more in the nature of a momentary aberration than a careless attitude."

The case will reportedly affect Commander Codd's 'career progress' and €88,000 annual salary.

A licence to print money

SPAIN wants to print money at a new location. And the government is pushing ahead with plans to build a new 'money factory,' after printing firm IMBISA - 80 per cent owned by the Bank of Spain - agreed contracts worth around €2 million.

More than half the cash will be handed to Spanish consultancy firm Everis for 'strategic design of information systems, with the remainder awarded to El Corte Ingles, best known for its chain of department stores, for 'development of new computer applications.'

Quote of the Week

"The EU does not abandon those who face a tragedy." EU Policy Commissioner Corina Crețu announces Spain is to receive €32m in EU aid to help repair the damage caused by last year's devastating wildfires in the Galicia region.



Photo by Twitter

GREAT BARCA BEKO-OFF: The firm has sponsored the club since 2014.

€19m shirt deal for Turkish firm

FC BARCELONA has extended a sponsorship deal with a budget washing machine brand.

Turkish domestic appliance maker Beko has revealed it is to pay €19 million per season for the next three years after sealing a new deal with the Catalan club.

In return, the company's logo will continue to appear on the first team training strip plus the left sleeve of the official club shirt.

Having been a relatively small sponsor since 2014, Beko now becomes one of the historic club's most important backers.

A new deal with American sportswear behemoth Nike - FC Barcelona's most important patron - is reportedly set to land the club €100 million per year for shirt sponsorship plus a further €60 million for managing its dedicated stores.

» BUSINESS EXTRA

The future is bright

SPAIN is set to be the second country to receive French telecommunication giant Orange's mobile banking service, with a full rollout planned for 2019 after the product dubbed Orange Bank launched in France last November.

Pension pain

SPANISH pensioners will lose an average of €350 of purchasing power per month over the course of their retirement as a result of the latest government reforms, according to consultancy firm Analysts Financieros Internacionales [International Financial Analysts].

Tasty profit

FOOD group Campofrío - headquartered in Madrid but owned by Mexican multinationals since 2013 - has revealed net sales shot through the €2 billion barrier in 2017, as the firm's Spanish sales soared by 22 per cent to €68.3 million.



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Spanish misery goes on

SPAIN has retained its position as the world's eighth most miserable economy. The country scored 17.3 on US technology firm Bloomberg's annual Misery Index, which ranks economies according to their rates of inflation and unemployment.

The company said in a statement: "The Bloomberg Misery Index relies on the age-old concept that low inflation and unemployment generally

illustrate how good an economy's residents should feel."

The league table was topped by Venezuela with a massive score of 1872, followed by South Africa (33.1), Argentina (27.1), Egypt (26.4), Greece and Turkey (20.6) and Ukraine (17.8) ahead of Spain, with Brazil (15.8) and Saudi Arabia (14.7) completing the top 10.

LONDON - FTSE 100

CLOSING PRICES FEBRUARY 19

COMPANY	PRICE(P)	CHANGE(P)	% CHG.	NET VOL
Anglo American	1,723.00	-25.60	-1.46	23,785.75
Associated British Foods	2,645.00	-17.00	-0.64	20,694.36
Admiral Group	1,875.00	-31.00	-1.63	5,409.68
Ashtead Group	1,939.50	-91.50	-4.51	9,941.61
Antofagasta	925.00	10.40	1.14	9,030.45
Aviva	509.50	12.90	2.60	19,720.39
AstraZeneca	4,750.00	10.50	0.22	61,166.92
BAE Systems	596.50	-1.30	-0.22	18,239.56
Barclays	198.00	-2.05	-1.02	33,393.79
British American Tobacco	4,540.00	88.50	1.99	101,837.58
Barratt Developments	591.90	40.10	7.27	5,546.69
Berkeley Group Holdings	4,007.00	207.00	5.45	5,129.53
British Land Co	650.00	1.00	0.15	6,269.22
BHP Billiton	1,530.00	-47.40	-3.00	33,256.68
Bunzl	1,965.00	-69.00	-3.39	6,822.80
BP	475.00	1.60	0.34	94,660.10
Burberry Group	1,534.25	-17.75	-1.14	6,453.32
BT Group	238.50	10.10	4.42	22,378.85
Coca-Cola HBC	2,360.00	-99.00	-4.03	8,610.24
Carnival	4,845.00	34.00	0.71	10,123.13
Centrica	127.00	-1.15	-0.90	7,081.54
Compass Group	1,467.50	-80.00	-5.17	24,519.92
Croda International	4,456.50	1.00	0.02	5,682.74
CRH	2,482.50	20.40	0.82	20,360.50
DCC	6,967.50	262.50	3.91	6,065.66
Diageo	2,517.00	12.00	0.48	61,118.43
Direct Line Insurance Group	407.40	21.60	5.60	5,303.38
Evrax	351.00	-43.60	-11.05	5,374.50
Experian	1,571.00	14.00	0.90	14,036.65
easyJet	1,655.00	8.00	0.49	6,559.89
Ferguson	5,328.00	112.00	2.15	12,788.37
Fresnillo	1,348.00	-52.00	-3.71	9,797.00
G4S	271.55	12.85	4.97	3,910.02
GKN	403.00	-13.50	-3.24	7,064.52
Glencore	386.50	-1.50	-0.39	55,160.21
GlaxoSmithKline	1,304.50	-14.10	-1.07	64,000.38
Hargreaves Lansdown	1,681.50	-7.32	-0.44	7,880.80
Halma	1,222.50	0.00	0.00	4,540.51
Hammerson	479.30	16.60	3.59	3,651.86
HSBC Holdings	750.00	-10.80	-1.42	149,988.83
International Consoltdt Airs Grp	635.00	27.00	4.44	12,372.63
InterContinental Hotels Grp	3,852.50	-850.50	-18.08	8,815.54
3i Group	940.00	35.00	3.87	8,668.42
Imperial Brands	2,666.50	9.00	0.34	25,026.06
Informa	698.30	9.30	1.35	5,514.24
Intertek Group	5,130.50	137.50	2.75	7,829.06
ITV	167.50	-4.45	-2.59	6,658.03
Just Eat	855.00	-35.00	-3.93	5,857.20
Johnson Matthey	3,515.00	289.00	8.96	6,007.28
Kingfisher	357.00	-2.00	-0.56	7,757.13

COMPANY	PRICE(P)	CHANGE(P)	% CHG.	NET VOL
Land Securities Group	967.50	23.70	2.51	6,900.75
Legal & General Group	230.55	-26.25	-10.22	15,051.35
Lloyds Banking Group ORD	67.09	-0.64	-0.94	48,034.79
London Stock Exchange Grp	4,074.50	24.50	0.60	13,772.38
Micro Focus International	2,235.50	117.50	5.55	8,929.06
Mediclinic International	591.50	8.50	1.46	4,217.04
Marks & Spencer Group	292.50	-6.30	-2.11	4,724.76
Mondi	1,901.50	38.50	2.07	8,698.70
Morrison (Wm) Supermarkets	223.90	3.10	1.40	5,112.12
National Grid	742.50	-7.10	-0.95	25,139.53
NMC Health	3,426.00	0.00	0.00	6,771.10
Next	5,211.00	290.00	5.89	6,916.16
Old Mutual Group	225.20	-21.20	-8.60	11,808.92
Paddy Power Betfair	7,615.00	-680.00	-8.20	6,919.79
Prudential	1,855.00	16.00	0.87	46,906.72
Persimmon	2,686.50	263.50	10.87	7,444.43
Pearson	691.50	-9.10	-1.30	5,249.67
Reckitt Benckiser Group	6,502.50	-65.50	-1.00	44,501.74
Royal Bank of Scotland Group	274.80	-0.60	-0.22	32,894.13
Royal Dutch Shell	2,325.00	62.00	2.74	104,883.66
Royal Dutch Shell	2,283.25	-5.25	-0.23	86,876.57
RELX	1,520.50	29.50	1.98	15,445.27
Rio Tinto	4,080.00	-22.00	-0.54	54,236.45
Rolls-Royce Group	834.50	2.30	0.28	15,182.85
Randgold Resources	6,770.00	464.00	7.36	6,007.73
RSA Insurance Group	640.10	29.70	4.87	6,169.90
Rentokil Initial	295.00	4.60	1.58	5,216.19
Sainsbury (J)	247.00	-3.90	-1.55	5,361.82
Schroders	3,562.50	146.50	4.29	7,594.35
Sage Group (The)	751.10	50.90	7.27	7,471.07
Segro	600.60	9.40	1.59	5,552.20
Shire	3,250.00	48.00	1.50	28,534.30
Smurfit Kappa Group	2,633.00	23.00	0.88	5,940.39
Sky	1,105.00	4.00	0.36	18,599.77
Standard Life Aberdeen	367.10	2.90	0.80	11,597.50
Smith (DS)	489.35	5.65	1.17	5,046.93
Smiths Group	1,536.00	-53.00	-3.34	6,112.35
Scottish Mortgage Invstmnt Trst	445.50	-12.90	-2.81	6,210.39
Smith & Nephew	1,225.00	-54.50	-4.26	11,015.02
SSE	1,315.00	115.00	9.58	12,082.63
Standard Chartered	820.00	-1.50	-0.18	26,670.97
St James's Place	1,149.25	24.25	2.16	5,925.70
Severn Trent	1,815.50	77.50	4.46	4,087.47
Tesco	205.50	0.90	0.44	16,563.62
TUI AG	1,645.75	91.75	5.90	9,045.76
Taylor Wimpey	189.50	1.70	0.91	6,083.80
Unilever	3,800.00	-1.50	-0.04	46,708.61
United Utilities Group	662.00	-7.40	-1.11	4,563.20
Vodafone Group	206.55	1.90	0.93	53,280.07
WPP Group	1,423.00	-48.00	-3.26	17,575.87
Whitbread	3,850.00	-100.00	-2.53	6,997.81

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DOW JONES

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COMPANY	PRICE	CHANGE%	CHANGE	VOLUME(M)
3M	236,670	+0,77%	1,800	141.407,43
AMERICAN EXPRESS	96,7900	+0,24%	0,2300	83.365,95
APPLE	172,430	-0,32%	-0,560	879.828,78
BOEING CO	355,040	-0,40%	-1,420	209.249,50
CATERPILLAR	156,290	-2,31%	-3,690	93.508,69
CHEVRON	112,14	-0,35%	-0,39	213.185,73
CISCO SYSTEMS	44,330	+0,57%	0,250	220.164,21
COCA-COLA	44,98	+0,45%	0,20	192.177,40
DOWDUPONT	71,95	+0,14%	0,10	169.087,70
EXXON MOBIL	76,54	+0,43%	0,33	324.853,65
GENERAL ELECTRIC	15,0500	+1,35%	0,2000	130.899,92
GOLDMAN SACHS	267,62	-0,02%	-0,06	101.150,35
HOME DEPOT	186,9700	+0,92%	1,7000	218.637,57
IBM	156,18	+0,11%	0,17	144.646,57
INTEL CORP	45,5600	-0,78%	-0,3600	215.092,80
J.P.MORGAN CHASE	114,6800	-0,72%	-0,8300	395.074,10
JOHNSON & JOHNSON	133,1500	+1,46%	1,9200	358.395,21
MC DONALD'S CORP	157,7900	-1,86%	-2,9900	126.270,21
MERCK AND CO. NEW	56,29	+0,54%	0,30	153.957,93
MICROSOFT	92,000	-0,71%	-0,660	713.136,70
NIKE	68,30	+0,01%	0,01	88.891,45
PFIZER	36,2600	+1,54%	0,5500	217.088,96
PROCTER AND GAMBLE	82,600	+0,23%	0,190	208.587,85
TRAVELERS CIES	141,16	+0,20%	0,28	38.684,18
UNITED TECHNOLOGIE	129,26	-0,57%	-0,74	103.347,35
UNITEDHEALTH GROUP	229,37	+1,48%	3,35	221.972,20
VERIZON COMMS	50,15	+0,82%	0,41	204.955,19
VISA	121,85	-0,35%	-0,43	220.244,67
WAL-MART STORES	104,7800	+1,50%	1,5500	309.331,87
WALT DISNEY CO	106,5300	+1,28%	1,3500	161.118,83

M - MILLION DOLLARS

NASDAQ

CLOSING PRICES FEBRUARY 19

COMPANY	PRICE	CHANGE NET / %
Most Advanced		
Synchronoss Technologies, Inc.	\$ 9.05	1.57 ▲ 20.99%
Yangtze River Port and Logistics Limited	\$ 5.25	0.80 ▲ 17.98%
The Navigators Group, Inc.	\$ 59.40	8.70 ▲ 17.16%
Calithera Biosciences, Inc.	\$ 8.10	1.15 ▲ 16.55%
Cowen Inc.	\$ 14.80	1.75 ▲ 13.41%
ObsEva SA	\$ 14.13	1.65 ▲ 13.22%
US Ecology, Inc.	\$ 56.85	6.60 ▲ 13.13%
BlackLine, Inc.	\$ 39.04	4.39 ▲ 12.67%
ARMO BioSciences, Inc.	\$ 53.65	5.36 ▲ 11.10%
Computer Task Group, Incorporated	\$ 5.87	0.58 ▲ 10.96%
DMC Global Inc.	\$ 23.40	2.30 ▲ 10.90%
Most Declined		
Impinj, Inc.	\$ 11.07	2.36 ▼ 17.57%
Pacira Pharmaceuticals, Inc.	\$ 30.15	5.95 ▼ 16.48%
Cohu, Inc.	\$ 19.31	3.60 ▼ 15.71%
Pixelworks, Inc.	\$ 4.51	0.84 ▼ 15.70%
PDF Solutions, Inc.	\$ 11.66	1.95 ▼ 14.33%
Aquinox Pharmaceuticals, Inc.	\$ 14.62	1.69 ▼ 10.36%
Restoration Robotics, Inc.	\$ 4.63	0.45 ▼ 8.86%
Veritone, Inc.	\$ 14.72	1.43 ▼ 8.85%
Harmonic Inc.	\$ 2.95	0.275 ▼ 8.53%
Westport Fuel Systems Inc	\$ 3.01	0.28 ▼ 8.51%
LogMein, Inc.	\$ 122.45	11.35 ▼ 8.48%

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Sterling Fixed Income B

DEALING PRICE

£0.9112

PRICE MOVEMENT

-£0.0058

Accumulating Funds

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

£1.1401

PRICE MOVEMENT

-£0.0062

£1.0562

-£0.0059

£1.3020

-£0.0078

£1.1946

-£0.0075

£1.4515

-£0.0089

£1.3388

-£0.0085

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

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Hunt for Med October

STATE-OWNED FIRM TO DESIGN WARSHIPS

SPAIN appears set to build new warships for the United States (US).

The news comes after the US government confirmed that it has chosen Spanish state-owned shipbuilding company Navantia to head the conceptual design of its massive multi-billion Euro frigate programme.

And the decision places the shipbuilder - the fifth biggest in Europe - at the head of the queue to construct the boats on behalf of the US Navy.

The programme, dubbed FFG(X), will see the first of the frigates completed by 2020, with a second due in 2021, after which the Navy will buy two per year until reaching a total of 20 at a cost of 'no more than \$950 million (€767 million) each,' according to a US Department of Defence report.

This timeframe does not allow for development of a completely new design, therefore the Navy has requested that the FFG(X) be based on an existing 'parent' ship, with the Australian Hobart-class destroyer, itself based on Navantia's F100/Alvaro de Bazan-class frigate, having been selected.

Having beaten off competition from four other firms, Navantia will now work alongside partner General Dynamics Bath Iron Works, a shipyard located on the Kennebec River in Bath, Maine, to design the frigates.

The US has ordered a warship that can keep pace with aircraft carriers, and the FFG(X) programme will equip the Navy with "sufficient capacity to achieve the objective of maritime security control and operations, as well as provide support to naval combat groups," Navantia said in a statement.

The frigates will be equipped with guided missiles and will have



ART OF WAR: The new frigates will be based on Navantia's existing F100 blueprint.

the capacity to destroy enemy ships over the horizon, detect submarines, defend convoys, employ electronic warfare systems, and defend against swarming small boat attacks.

The F100-class design has seen Navantia contracted to the world's largest warship programmes, including the Australian and Canadian fleets.

It last year agreed to work with Bath Iron Works on US military projects in a reverse of a relationship which began more than 40 years ago, when the American company helped provide technology to build ships for the Spanish Navy's Santa Maria-class fleet.

Spanish oil company inks €1.2bn 'mega deal'

SPANISH oil and gas firm Cepsa has announced a €1.2 billion mega deal with the United Arab Emirates.

The 40-year agreement will see the multinational bag a 20 per cent stake in the Umm Lulu and Satah al-Razboot (also known as SARB) offshore oilfields from the Abu Dhabi National Oil Company.

It is the biggest contract inked by the company since its €1.76 billion acquisition of South East Asian exploration and production company Coastal Energy in 2013.

Cepsa was bought by Abu Dhabi's International Petroleum Investment Company (IPIC) in a €267 million 2011 takeover.

IPIC was in 2016 merged with Mubadala Development Company PJSC, an investment vehicle owned by the Abu Dhabi government and classed as a National Wealth Fund.

FAST FOOD AND BREAKFASTS ON RISE

Grub's up for restaurants

SPANISH diners are visiting more bars and restaurants than ever.

Sales in the catering sector increased by 2.5 per cent in 2017, with overall revenue topping €36 million, according to American market research company the NPD Group.

It is the third consecutive year that the industry has demonstrated positive growth, with the number of visits climbing by 1.3 per cent, or 98 million.

Each customer also spent an additional 1 per cent, an average of €4.88.

NPD Group Executive Director Vicente Montesinos said: "The improvement in an economic context has favoured recovery in terms of traffic, while the increase in visits and a growing average expenditure allowed the market to exceed €36 million in sales for the first time since 2011."

But the market has not yet recovered to pre-financial crisis levels, with the number of visits and expenditure both below the totals for 2005-2007.

The annual average number of visits per individual during that period was



FOOD FOR THOUGHT: Spaniards are eating out more but increasingly prefer burgers and pizza, says NPD's Vicente Montesinos (inset).

180, while the average for 2017 was 158.

And the latest statistics show that eateries serving products quickly are the main driver behind the growth, with fast food restaurants, tapas bars and coffee

shops representing 86 per cent of the increase.

There is also a trend away from traditional Spanish fare, with American-style hamburger and Italian restaurants outstripping their rivals.

Chains also eclipsed independently-owned businesses in terms of both the number of visits and the amount of money spent, accounting for 23 per cent of the overall catering market.

Breakfast and lunchtime demonstrated the greatest increases in diners during the week, while the number of people eating out at weekends also shot up.

Mr Montesinos added: "At the beginning of the [financial] crisis the first thing that was hit were breakfasts eaten outside the home, because unemployment increased and labour mobility decreased.

"Then, around two million people lost their jobs in 2009 and the lunch industry was hit.

"But with the economic recovery we are seeing more jobs and an increase in the number of people eating out, including breakfast, lunch and dinner."

Minister to tour London

SPAIN has moved to quash Brexit fears.

Speaking to the national congress, Development Minister Iñigo de la Serna revealed that Spain continues to view the UK as one of 11 key construction and infrastructure markets despite voting to leave the EU.

The official went on to confirm that he has a trip to London lined up later this month, during which he will offer support to Spanish companies competing for major UK infrastructure contracts, including construction of the HS2 high speed train and expansion of Heathrow Airport.

The whistle-stop tour will see the official hold a series of key business meetings plus bilateral talks with his UK government peers, before he visits some existing Spanish-led projects.

FLORIDA AND BALI CHEAPER THAN SPAIN Long-haul savings sky high

SPANISH hoteliers may have shot themselves in the foot.

Rising room prices, plus a weak United States dollar and competition from the Middle East mean it can now be cheaper to spend two weeks in far flung locations including Thailand, Dubai and Florida.

It comes after several years of record-breaking tourist figures, with 82 million holidaymakers choosing Spain in 2017.

But research by price comparison website TravelSupermarket has revealed that in 2018 various long-haul destinations are considerably more cost-effective than the Costa del Sol, Balearic and Canary Islands.

For example, over the upcoming May half-term, a week in a four-star Abu Dhabi hotel costs around €350 per person, compared with €620 in Menorca and €475 in Tenerife.

A similar break in Dubai - based on a seven-night stay for a



family of four flying from London Gatwick on the last weekend in May - is priced at €350, while Florida costs €420.

In summer, Pattaya in Thailand and the Indonesian paradise of Bali are up to 20 per cent cheaper than Ibiza or Menorca, according to TravelSupermarket's Emma Coulthurst.

"People may think their holiday budget can only stretch to short haul and they can't afford

long haul, so don't consider it. "But the reality is, long-haul destinations can offer incredible

value this summer... it is really worth doing your research and comparing both to see what else you can get for your money.

"But, be realistic on weather. Florida, for example, is also coming up cheaper this July and August and offering some incredible deals - but the weather at that time of year is incredibly hot and humid."

US holiday firms have slashed prices by up to 35 per

cent due to the so-called 'Trump slump,' with travellers less-inclined to visit the country in the wake of his appointment.

Ms Coulthurst added: "Brits have always been one of the US's biggest markets and Florida, particularly Orlando, can't afford for us not to go there."

Abu Dhabi and Dubai have also made cuts of around 10 per cent, while Spanish hotel prices have increased by around 8 per cent since 2016.

It is however cheaper to eat and hire a car in Spain.

More than 20 million British holidaymakers visited Spain last year, the most of any country, but 2018 forecasts predict a fall in numbers.

The 2016 Spanish boom came in the wake of terrorist attacks in Turkey, Egypt, and Tunisia, although travel agent Thomas Cook recently announced that it will fly to the latter this year.

De Guindos fears raised in Brussels

HE appears set to be named vice-president of the European Central Bank.

But the European Parliament has raised concerns over the appointment of Spain's Finance Minister, Luis de Guindos, to the coveted role.

In government office since 2011, the conservative politician announced he will step down 'in the coming days' after Ireland's Philip Lane - his sole rival - pulled out of the race.

He has been slated to replace Portugal's Vitor Constancio for months, although it was Lane who most impressed senior members of the parliament's monetary and finance committee during a non-binding, closed-door hearing with the two candidates in Brussels.

He had little support from ministers, however, while De Guindos has been backed by influential countries including France and Germany. A final decision is expected in March.



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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Something must be done quickly

LEAPY LEE SAYS IT
OTHERS THINK IT



THESE latest revelations of paedophilia and 'sex for aid' in OXFAM didn't surprise me one bit.

Frankly I also consider it merely the tip of the iceberg. I believe that just about all organisations that deal with children are positively riddled with these low life predators. After all, if I were a junkie I would go where the drugs are. If my habit was gambling I would seek out gambling joints.

It stands to reason that those who feel the need to prey on youngsters, go where they can find children. OXFAM. UNICEF. Football scouting. Church and teaching organisations. Dr Barnardo's homes. Children's hospitals and so on, all are vulnerable to the infiltration of these evil beings who destroy young lives before they have barely begun.

A recent report by an ex-UN official stated that UN aid workers, may not only have raped up to 60,000 people over the last 10 years, but are estimated to employ some 3,300 paedophiles in their worldwide operation.

One terribly sad result of these alarming, seemingly never-ending revelations, is that decent men and women, who sincerely want to



OXFAM SCANDAL: The tip of the iceberg?

help and care for the young, are shying away and entering other professions, simply because they don't want to be regarded with suspicion by their peers. Even stating publicly that you love children can attract a 'funny' look in some circumstances. If this unacceptable situation is allowed to continue unchecked, sooner or later the majority of children's charity workers will all be sex abusers and paedophiles.

So where do you start? Well first of all there needs to be a worldwide easily accessible data centre, which holds a record of every worker who has been sacked for abuse of any kind.

This would ensure that these people at least could never get into any other organisation that involved children. Secondly, those at the very top need to be thoroughly vetted. After all it stands to reason, if they are rife with such

large numbers of offenders, some could quite easily be in board and management positions.

This would also explain the fact that there have been numbers of occasions where whistleblowers have been sacked, with their accusations stifled and pushed under the carpet.

Far from being vilified, these caring people need to be given every encouragement and complete anonymity while a thorough investigation of their accusations is conducted by an independent body set up by respective governments. I also believe the finances of these big charity companies should be more carefully looked into. It seems to me many of those 'at the top' seem to be living far too comfortably - for comfort - if you get my drift.

Well that's my three penneth, for what it's worth. All I know is something must be done and as quickly as possible. After all it is the children who are suffering at the hands of these monsters, and above all they must retain priority.

Thanks for all your wonderful mails after last week's piece. Fair warmed the ol' boy's cockles. Keep 'em coming, and whatever ya do.

Always.
Keep the faith,

columnists@euroweeklynews.com

Love Leapy. leapylee2002@gmail.com

Leapy Lee's opinions are his own and are not necessarily representative of those of the publishers, advertisers or sponsors.

If 'Send to All' really existed...

If you really want to play the Michael McIntyre game, practise safe sending

TECH FOR THE TIMID



LAST year a friend sent my email address a joke.

Now I'm deluged with offers to augment the male anatomy, retrieve my winnings from a lottery I didn't enter, or enjoy the charms of ladies called Anushka or Anastasya.

And all because my friend took a leaf from the Michael McIntyre show by using his equivalent of that 'Send to All' game to pass on his innocuous joke.

What email etiquette did he contravene? His emailed joke was openly addressed to everyone in his address book. I could see all his dozens of friends' addresses, and they could all see mine. In this age of easy digital pilferage that put all our addresses out there in the wild, it's easy pickings for the spammers.

So here's this week's tiny but vital email etiquette tip: when you want to forward the funniest thing since seg-



EMAIL OVERLOAD: To BCC or not to BCC.

mented whole wheat, hide the addresses of your inflictees.

Here's how:

- 1) Compose your email.
- 2) Address it to your own email address.
- 3) Then add your recipients one by one with the BCC button.

BCC officially means 'Blind Carbon Copy'. It's the subversive variant of the CC 'copy' function, responsible single-handedly for swamping workplaces with

avalanches of digital sludge.

BCC is a really sneaky way to copy someone into correspondence without the original addressee being aware of it. All BCC addresses are hidden from all other recipients, so no one can harvest valuable contact details from your address book.

By addressing an email to yourself and then BCC-ing your recipients, their details remain sacrosanct and they'll only hate you for the inanity of your joke, not for revealing their

email addresses to all.

While we're at it, here's another obvious but surprisingly common email fault: keeping everything in your Inbox.

My immortal beloved eventually had several thousand emails in her groaning, treacle-slow Inbox until she finally saw the light and was saved.

All it takes is to make folders/directories in your email program's left-hand navigation column, and every day drag your dealt-with emails from the Inbox into their respective folders: Business, Friends, Lovers, Potential lovers, Final demands, Absolutely final demands, whatever folders suit your particular needs. It makes finding the email you want a whole lot easier too.

One more tip: delete those huge attachments from your emails once you're done with them. In some programs you just right-click the attachment symbol and choose delete.

Your email program will become much more responsive without the burden of all those forwarded cat videos. So do it right miao.

Scorched earth

RATHER than clean my lodgings as a student, it was often easier just to keep moving somewhere else.

Sadly it's not that simple with email, though some of us do indeed just give up when spammers overrun our accounts, and endure the 'scorched earth' hassle of starting a new address.

Hitting an 'Unsubscribe' link at the bottom of an email often works. But sometimes it has the opposite and unintended effect of confirming to the spammer that he has reached an actual live recipient, and the invasion ramps up.

For extreme cases you can actually train your program to recognise junk mail and move it to a junk folder automatically. Or you can use a proper spam blocker. I had 30 emails advertising one in my Inbox last week...

Advertising Feature

A hearing problem

ABOUT a third of adults older than 65 - and half of those older than 85 - have a hearing problem. It is the third most common chronic disease among older adults.

A hearing problem is usually a very gradual process, even unnoticeable. It's sometimes the people around us commenting that our hearing is not as good as we'd like to think, or you may have noticed you ask people to repeat what they've said.

Group situations or background noise make it more difficult to hear, so you switch off and don't join in with friends and family. You may even tell them they sound as if they mumble. When you can't hear well you lose your confidence to join in conversations and avoid situations.

Common Signs of Hearing Loss

- Playing the radio or TV too loudly
- Saying "what?" a lot during conversations, frequently asking people to repeat themselves, or saying "speak up a bit you must be mumbling"
- Having trouble hearing in noisy or busy places
- Not hearing something if the person is out of your range of vision

Let Apple Hearing & Healthcare help you. Hearing aids are the most common amplification devices. They can improve your ability to understand speech, particularly soft

A discreet miniture hearing system will help you all day every day.

speech and loud conversational speech.

It's best to get hearing aids in both ears because that helps you identify the direction of the sound, and most importantly improves understanding in noisy situations.

Don't wait until the loss is severe, getting a hearing aid early on can help you adjust to its use, and can reduce the psychological impact related to hearing loss.

Although you can buy hearing aids from many sources, including online, you should work with an audiologist or other healthcare professional trained in audiology. This way, you can make sure you get the right hearing

aid for your needs and be sure they are fitted and adjusted correctly.

No-one wants to wear a hearing aid, but a discreet miniature hearing system will help you all day every day.

They offer FREE no obligation hearing tests, 30 days free trial and lifetime aftercare service, with new aids starting from €795 and up to four years free warranty on selected models.

Website - www.applecares.eu
booking online for a test could not be easier. Or if you prefer, drop into one of their centres or give Apple Hearing & Healthcare a call on 965 020 813 and check out how improved hearing can contribute to a happier and more fulfilled life. **BOOK YOUR APPOINTMENT NOW !!!**

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**LITTLE DEVICE:
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the difference.**



You realise you need it when the worst happens

IT'S true to say that some people regret not having insurance when something goes wrong yet others know how important it is to be prepared.

Insurance Altea SL is an exclusive agent for Plus Ultra Seguros and offers a complete range of insurance for you and your family.

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

Car insurance is not a luxury, it is a legal requirement, but you can consider a range of different options for your Spanish registered vehicle which ranges from third party, third party fire and theft all the way to fully comprehensive insurance.

There are various options which can include windscreen cover, 24-hour road side assistance, annual Green Card with full European cover. In the case of an accident a substitute vehicle may also be provided all the time your vehicle is being assessed and repaired.

Needless to say, a No Claims Bonus from your previous company will also be accepted whether it comes from abroad or in Spain.



FIRST CALL: Insurance Altea SL and Plus Ultra Seguros offers security for all.

Moving on to personal insurance, 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.

There is a very comprehensive opportunity to obtain reasonably priced health insurance which will cover those insured with some of the best doctors, consultants and hospitals in the area, but coverage is possible not just for the whole of Spain

but for areas outside of the country when travelling.

What's more, if you have a preference for a particular doctor who is not covered automatically by your insurance, it may be possible to arrange to receive support to see your first choice depending upon the circumstances.

Funeral plans are also available at very reasonable prices which should give you considerable peace of mind.

Building and contents insurance are equally important for main residences, holiday homes and it is even possible for bed and breakfast as well as hotels to obtain coverage.

You don't have to be an individual to obtain insurance as Plus Ultra Seguros is also expert at assisting businesses to cover their property as well as staff and public liability and for those of a sporting nature there is special coverage for boats as well as water sports.

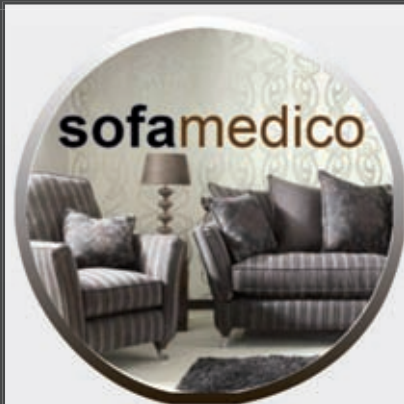
The Insurance Altea office which can be found at Calle Conde de Altea 65, 03590 Altea is open from 9.30am until 3pm on weekdays and by appointment at other times. For more information and to obtain a quote, call 965 840 753, email elaine@insurancealtea.es or visit their very useful website www.insurancealtea.es.

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- Car interiors including head linings
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- Hot tub covers
- Outdoor cushions and sun lounger pads
- Bespoke headboards and footstools

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BBC one

10:15am Winter Olympics
2:00pm BBC News at One
2:30pm BBC London News
The latest news, and weather from London.
sport
2:45pm Doctors
3:15pm The Coroner
4:00pm Escape to the Country
4:45pm Get Away for Winter
5:30pm Antiques Road Trip
Antiques experts travel across the country, competing to make a profit at auction
6:15pm Pointless
7:00pm BBC News at Six
7:30pm BBC London News
8:00pm The One Show
8:30pm EastEnders
9:30pm Would I Lie to You?
10:00pm Death in Paradise
11:00pm BBC News at Ten
11:30pm BBC London News
11:45pm Question Time
12:45am This Week

BBC TWO

5:00am BBC News
7:00am Winter Olympics
10:15am Animal Park Summer Special
11:00am Homes Under the Hammer
12:00pm Bargain Hunt
1:00pm The Daily Politics
2:00pm Winter Olympics
7:00pm Eggheads
7:30pm Great British Railway Journeys
8:00pm Winter Olympics
9:00pm Sea Cities - Bristol
10:00pm Girls on the Edge
11:00pm The Mash Report
11:30pm Newsnight
12:15am Dragons' Den
1:15am Millionaires' Ex-Wives Club
2:15am Trouble at the Zoo
3:15am Islam, Women and Me
3:55am Royal Recipes
4:40am Weather for the Week Ahead

BBC FOUR

4:55am This is BBC Four
BBC Four is the BBC channel for people who want more.
8:00pm Beyond 100 Days
8:30pm Top of the Pops
9:00pm Winter Olympics Extra
10:00pm From Ice to Fire: The Incredible Science of Temperature
11:00pm Richard Hammond's Wild Weather
12:00am Storm Troupers: The Fight to Forecast the Weather
1:00am Top of the Pops
1:40am Top of the Pops
2:20am Top of the Pops
2:55am Soup Cans and Superstars: How Pop Art Changed the World
4:25am The Art of the Impossible: MC Escher and Me
5:00am This is BBC Four

CHANNEL 4

11:05am Ramsay's Kitchen Nightmares USA
12:00pm Undercover Boss USA
1:00pm Channel 4 News
1:05pm Come Dine with Me
2:05pm Posh Pawnbrokers
3:10pm Countdown
4:00pm A Place in the Sun
5:00pm A New Life in the Sun
6:00pm Four in a Bed
6:30pm Extreme Cake Makers
7:00pm The Simpsons
7:30pm Hollyoaks
8:00pm Channel 4 News
9:00pm George Clarke's Amazing Spaces
10:00pm Married at First Sight
11:00pm The Job Interview
12:05am 24 Hours in Police Custody
1:05am Working with Weinstein
2:00am One Born Every Minute
2:55am Joe Wicks: The Body Coach
3:50am Dispatches
4:20am The Question Jury
5:10am China Between Clouds

CHANNEL 5

8:35am Peppa Pig
8:45am Peppa Pig
8:50am Shimmer and Shine
9:05am Floogals
9:20am Digby Dragon
9:35am Rusty Rivets
9:55am Ben and Holly's Little Kingdom
10:05am Mofy
10:15am The Wright Stuff
12:15pm GPs: Behind Closed Doors
1:10pm 5 News Lunchtime
1:15pm Cowboy Builders
2:15pm Home and Away
2:45pm Neighbours
3:15pm NCIS
4:15pm Killer Obsession
5:00pm 5 News at 5
6:30pm Neighbours
7:00pm Home and Away
7:30pm 5 News Tonight
8:00pm The Wonderful World of Puppies
9:00pm Police Interceptors
10:00pm Dale Winton's Florida Fly Drive
11:00pm Critical Surgery:

4

9:00am Baby Daddy
9:30am Baby Daddy
10:00am Melissa and Joey
11:00am How I Met Your Mother
11:30am How I Met Your Mother
12:00pm Brooklyn Nine-Nine
12:30pm Brooklyn Nine-Nine
1:00pm The Goldbergs
1:30pm The Goldbergs
2:00pm The Big Bang Theory
2:30pm The Big Bang Theory
3:00pm Melissa and Joey
3:30pm Melissa and Joey
4:00pm Baby Daddy
5:00pm Brooklyn Nine-Nine
6:00pm The Goldbergs
7:00pm The Big Bang Theory
8:00pm Hollyoaks
8:30pm Coach Trip
9:00pm The Big Bang Theory
9:30pm Young Sheldon
10:00pm Celebs Go Dating
11:00pm The Inbetweeners
11:35pm The Inbetweeners
12:10am The Big Bang Theory
12:35am The Big Bang Theory

sky sports main event

6:00am Sky Sports News
7:00am Good Morning Sports Fans
7:30am Good Morning Sports Fans
8:00am Good Morning Sports Fans
8:30am Live European Tour Golf
10:30am Good Morning Sports Fans
11:00am Premier League Daily
12:00pm Live European Tour Golf
3:00pm Live Honda Classic Featured Grps
8:00pm Live Premier League Darts
11:30pm Live ATP 500: Rio Day four of the Rio Open in Rio de Janeiro, Brazil.
2:30am EFL Midweek Goals: Championship
3:00am Sky Sports News
4:00am Sky Sports News
5:00am Sky Sports News

itv

4:50am ITV Nightscreen
6:05am The Jeremy Kyle Show
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 James Martin's American Adventure
4:00pm Tenable
5:00pm Tipping Point
6:00pm The Chase
7:00pm ITV News London
7:30pm ITV Evening News
8:00pm Emmerdale
9:00pm Trans Kids: The Right Response? Tonight
9:30pm Coronation Street
10:00pm John Worboys: The Taxi Cab Rapist
11:00pm ITV News at Ten and Weather
11:30pm ITV News London
11:45pm UEFA Europa League Highlights
12:45am Play to the Whistle
1:35am Lethal Weapon
2:25am Jackpot247

itv2

8:10am Dress to Impress
8:55am Emmerdale
9:20am Coronation Street
9:50am You've Been Framed!
10:25am The Ellen DeGeneres Show
11:15am Totally Bonkers Guinness World Records
11:30am Space Chimps
12:30pm FYI Daily
12:35pm Space Chimps
1:10pm Emmerdale
1:45pm Coronation Street
2:15pm You've Been Framed!
2:45pm The Ellen DeGeneres Show
3:35pm The Jeremy Kyle Show
4:45pm The Jeremy Kyle Show
5:55pm The Jeremy Kyle Show
7:00pm Take Me Out
8:30pm You've Been Framed!
9:00pm Two and a Half Men
9:30pm Two and a Half Men
10:00pm Survival of the Fittest
11:00pm Celebability
11:50pm Family Guy
12:15am Family Guy
12:40am American Dad!
1:10am American Dad!

itv3

7:55am Heartbeat
8:55am The Royal
10:00am Judge Judy
10:25am Judge Judy
10:55am Judge Judy
11:20am Tales From Northumberland with Robson Green
11:55am Tales From Northumberland with Robson Green
12:25pm Love Your Garden
1:30pm The Royal
2:35pm Heartbeat
3:40pm Classic Coronation Street
4:15pm Classic Coronation Street
4:45pm On the Buses
5:20pm On the Buses
5:50pm You're Only Young Twice
6:20pm George and Mildred
6:55pm Heartbeat
8:00pm Murder, She Wrote
9:00pm Agatha Christie's Marple
11:00pm Unforgotten
12:00am Unforgotten
1:05am DCI Banks
2:05am DCI Banks
3:00am ITV3 Nightscreen
3:30am Teleshopping

itv4

4:00am Teleshopping
7:00am The Chase
8:00am The Chase
8:55am Ironside
10:00am Quincy, M.E.
11:00am Minder
Arthur plans to become a major player in the fitness industry.
12:05pm The Sweeney
1:10pm The Protectors
1:45pm Snooker
The second round of the World Grand Prix reaches its conclusion in Preston.
6:15pm The Professionals
7:15pm Counting Cars
7:45pm Snooker
11:45pm World Boxing Super Series
12:20am 8 Mile
1:25am FYI Daily
1:30am 8 Mile
2:35am Car Crash Global
3:35am Counting Cars
4:00am Teleshopping

sky CINEMA ACTION & ADVENTURE

11:30am Saving Private Ryan
2:30pm Once Upon a Time in Mexico
4:30pm Captain America: Civil War
7:00pm The A-Team
9:00pm Saving Private Ryan
12:00am Kiss of the Dragon
1:50am 12 Rounds 3: Lockdown
3:30am Once Upon a Time in Mexico

sky CINEMA COMEDY

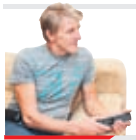
5:40am The Grass is Greener
7:35am Drillbit Taylor
9:30am Three Amigos!
11:25am Hail, Caesar!
1:20pm Chips: Law and Disorder
3:15pm Bridesmaids
5:30pm How to Lose Friends and Alienate People
7:30pm The Naked Gun 33 1/3: The Final Insult
9:00pm Chips: Law and Disorder
11:00pm Bridesmaids
1:10am Popstar: Never Stop Never Stopping
2:45am Juno

sky CINEMA PREMIERE

5:00am It Had to be You
Charming romantic comedy about a commitment-shy jingle writer who runs for the hills when her boyfriend proposes.
6:30am The Great Wall: Special
7:00am After the Reality
8:40am Dive Olly Dive and the Octopus Rescue
10:05am Roxxy
Romance blooms between small-town loner Vincent and rebellious punk rocker Roxxy, but can the pair escape their troubled pasts?
12:00pm Fast and Furious 8
2:25pm Freehold
4:00pm Dive Olly Dive and the Octopus Rescue
5:30pm Monster Family: Special
6:00pm Killing Hasselhoff
7:25pm Jarhead 3: The Siege
9:00pm Fast and Furious 8
11:20pm Freehold
12:50am Killing Hasselhoff
2:20am Roxxy

sky sports football

2:00pm League Cup Final 2014
3:00pm Caraboa Cup Highlights
3:30pm Caraboa Cup Highlights
4:00pm League Cup Final 2015
5:00pm Caraboa Cup Highlights
5:30pm Caraboa Cup Highlights
6:00pm League Cup Final 2016
7:00pm Caraboa Cup Highlights
7:30pm Caraboa Cup Highlights
8:00pm EFL Matters
8:30pm EFL Midweek Goals: Championship
9:00pm EFL Rivalries
9:30pm La Liga Highlights: Real Madrid
9:45pm La Liga Icons
10:00pm EFL Matters
10:30pm EFL Midweek Goals: Championship
11:00pm La Liga Show
11:30pm EFL Matters
12:00am EFL Midweek Goals: Championship



TV COUCH CRITIC

THERE seems to be a concerted effort by the BBC to bring American football to the British sporting masses?

I applaud the coverage shown on Sunday at some ungodly hour for the Super Bowl, and I realise it's a big deal in America, but to headline it on the sports news the following day. Why? Not too many people are interested except the odd fan.

There is only one football and it doesn't have American before it! We also have rugby in two codes - union and league - both of which are much more entertaining and British.

I prefer The Voice (ITV Saturdays) to the X Factor. Although the judges are far more famous on The Voice they are also more humble and don't love themselves as much as the X Factor pretenders.

Will.i.am, Jennifer Hudson, Olly Murs and the great Sir Tom Jones come across as genuinely seeking singing talent that they personally like and can improve. The banter between the acts, with themselves and the audience really appeals.

I also love the ad-lib jamming that they all do and last week we had an impromptu rendering of 'It's Not Unusual' live by Tom which was fantastic. His own voice has lost none of its strength and he is held in awe by the three other judges as well as myself. Yes indeed Tom, a true legend!

What can you say about Casualty (BBC1 Saturdays)? Firstly, it's not my usual fare on Saturdays but



HUMBLE: The Voice judges Olly Murs, Jennifer Hudson, Tom Jones and will.i.am.



FABULOUS: Mary Berry.

The Voice has the X Factor and Berry is a gem

I occasionally watch it. It's been going so long the early operations were performed using ether as the anaesthetic, and they even had a contract with Burke and Hare for supplying specimens to practise on.

Good old Charley, (Derek Thompson) the only surviving original cast member on the show, was a sprightly young man at the series onset and him and Duffy (Kathy Shipton) seemed to always have a thing for each other so marriage was inevitable. Still, the hospital staff always go the extra mile, much further than a normal hospital in the UK would, but it seems there's a good following or the Beeb would have pulled the plug ages ago.

Who wouldn't want to stay at Mary Berry's house for a week or two? Her Saturday lunchtime cookery show on BBC1 has me drooling at the screen. Apart from her fantastic food recipes she comes across as a

nice person. The rack of lamb she produced last week had me scrambling to open a tin of beans as soon as the show finished. Still judging by the size of the house and gardens either her cooking or character has paid dividends, or her husband's not short of a few bob. Good luck to her whichever, she deserves it and is fabulous.

It's obvious Morse was as miserable in his early police career as he was in later life, judging by ITV's Sunday evening prequel, *Endeavour*. I have to admit his fledgling police career is more gritty and the nostalgia of early policing methods and the 60's feel swings it for me, even though there was only one John Thaw.

Shawn Evans plays the young Endeavour Morse well, and in this episode he had just been promoted to a DS before going about his business hunting

down murder suspects which are connected to a horror film set at the local flix. There's also an influx of racist attacks which seem to escalate.

Morse and Inspector Thursday hunt down their prey in a relaxed manner, ably assisted by the usual forensic scientist describing the victim's injuries in colourful detail after examining the bodies.

Not seen much of the *Winter Olympics* this time round (BBC1 and BBC2, various times), although I don't think many people have. The usual problem is that it's not cold enough and there's not enough snow, but Korea seems to be the opposite! Oh well, at least we have had a lessening of hostilities between the two warring factors north and south, both actually presenting a passable united front and sitting down to talk. Progress I hope.

Critique: PM, San Fulgencio, Costa Blanca.

Advertising Feature

An appetite to travel?

Christina Sharp



GLOBELINK INTERNATIONAL

christina@globelink.co.uk

WE know that age doesn't slow down your appetite for travel to new, exciting destinations. We know that it's the mature generation taking holidays by storm and travelling more often and further afield than ever before.

An impressive 85 per cent of over 65's travel more than twice annually. And why not! With time and enthusiasm to discover the world, whether visiting family, friends, or taking a life time trip, there is no holding back this sea of change as holidays escalate up our 'essentials list' the older we get.

Older travellers tend to be more security and health conscious, yet it's sometimes increasingly difficult to get travel insurance the



WINTER SPORTS: Cover is free on certain policies.

older you get, especially for the over 80's.

At Globelink we like to think we work hard to develop and improve products in line with customer's feedback, particularly as we really appreciate how loyal you are, with a whopping 68 per cent of you repeat buying from us.

We believe that age shouldn't be a blocker when arranging Travel Insurance, that's why we're excited about Globelink's latest new product - Single Trip Travel Insurance for 85-89 year olds.

Thanks to the support of our insurance partner at Lloyds, we've introduced comprehensive cover

for this older age band, so spread the word to look further for a quality policy if you're aged up to 89.

We will also soon be offering long term Single Trip cover for up to 10 months for people aged up to 79 years, so there's no need to cut short those exotic adventures, or trips to family and friends.

Did you know that all our policies include Cruise Cover as standard, with no extra charge? Fourteen per cent of holidaymakers plan on taking a cruise this year and there's more choice than ever, especially river cruises, so avoid paying insurance hidden extras by choosing Globelink.

We know the older you get, the more likely you might have a medical condition, so we've doubled the number of Pre-Existing Medical Conditions covered as standard, including gastric reflux, diabetes, hypertension and more.

If you are an unashamed regular

traveller taking two+ trips a year, check out Globelink Annual Multi-Trip Cover available for people up to 79 years with longer trip durations than even before.

Thinking about taking a Winter Sports break to enjoy some of the best snow Europe has seen for years? We'll get you covered for Winter Sports up to 70 years. Winter Sports Cover is free on our Annual Policies if you are up to 65 years and buy our '45-day trip duration' option, or you get free Winter Sports cover within Europe on our Annual Multi Trip 45+ policies if aged between 66-70 years.

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BBC one

5:00am	Winter Olympics
7:00am	Breakfast <i>The latest news, sport, business and weather from the BBC's Breakfast team.</i>
10:15am	Winter Olympics
2:00pm	BBC News at One
2:30pm	BBC London News
2:45pm	Doctors
3:15pm	The Coroner
4:00pm	Escape to the Country
4:45pm	Get Away for Winter
5:30pm	Antiques Road Trip
6:15pm	Pointless
7:00pm	BBC News at Six
7:30pm	BBC London News
8:00pm	The One Show
8:30pm	Six Nations Rugby Union
11:00pm	BBC News at Ten
11:25pm	BBC London News
11:35pm	The Graham Norton Show
12:25am	The Young Offenders
12:55am	Murder in Successville
1:25am	Winter Olympics
5:00am	Winter Olympics

BBC TWO

7:00am	Winter Olympics
10:15am	Animal Park Summer Special
11:00am	Homes Under the Hammer
12:00pm	Bargain Hunt
1:00pm	The Daily Politics <i>Jo Coburn with the latest political news, interviews and debate.</i>
2:00pm	Winter Olympics
7:00pm	Eggheads
7:30pm	Great British Railway Journeys
8:00pm	Winter Olympics
9:00pm	Mastermind
9:30pm	Wild Cameramen at Work
10:00pm	An Island Parish
11:00pm	QI
11:30pm	Newsnight
12:05am	While We're Young
1:35am	Panorama
2:05am	Animals with Cameras
3:05am	Horizon
4:05am	Royal Recipes
4:50am	Weather for the Week Ahead
4:55am	BBC News

BBC FOUR

5:00am	This is BBC Four <i>BBC Four is the BBC channel for people who want more</i>
8:00pm	World News Today <i>The latest national and international news, exploring the day's events from a global perspective.</i>
8:30pm	Top of the Pops <i>John Peel and Janice Long present the pop chart programme, first broadcast on 9 May 1985.</i>
9:00pm	Winter Olympics Extra
10:00pm	The Old Grey Whistle Test
1:00am	Top of the Pops
1:40am	The Old Grey Whistle Test
3:10am	The Old Grey Whistle Test Story
3:50am	Duets at the BBC
4:50am	This is BBC Four <i>BBC Four is the BBC channel for people who want more</i>

CHANNEL 4

9:00am	Everybody Loves Raymond
9:30am	Frasier
10:00am	Frasier
10:35am	Frasier
11:05am	Ramsay's Kitchen Nightmares USA
12:00pm	Undercover Boss USA
1:00pm	Channel 4 News
1:05pm	Come Dine with Me
2:05pm	Posh Pawnbrokers
3:10pm	Countdown
4:00pm	A Place in the Sun
5:00pm	A New Life in the Sun
6:00pm	Four in a Bed
6:30pm	Extreme Cake Makers
7:00pm	The Simpsons
7:30pm	Hollyoaks
8:00pm	Channel 4 News
9:00pm	Jamie and Jimmy's Friday Night Feast
10:00pm	Gogglebox
11:00pm	The Last Leg
12:05am	Rude Tube
1:05am	Underworld: Rise of the Lycans
2:45am	Born to Kill
3:40am	Damned

CHANNEL 5

9:35am	Rusty Rivets
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	Cowboy Builders
2:15pm	Home and Away
2:45pm	Neighbours
3:15pm	NCIS
4:15pm	A Sister's Nightmare
6:00pm	5 News at 5
6:30pm	Neighbours
7:00pm	Home and Away
7:30pm	5 News Tonight
8:00pm	The Wine Show
9:00pm	Celebrity Five Go Bargaining
10:00pm	Cruising with Jane McDonald
11:00pm	Will and Grace
11:30pm	Joan Rivers: By Her Friends
12:30am	The Joan Rivers Position
1:15am	Super Casino
4:10am	The X Files
5:00am	GP's: Behind Closed Doors

4

9:00am	Baby Daddy
9:30am	Baby Daddy
10:00am	Melissa and Joey
10:30am	Melissa and Joey
11:00am	How I Met Your Mother
11:30am	How I Met Your Mother
12:00pm	Brooklyn Nine-Nine
12:30pm	Brooklyn Nine-Nine
1:00pm	The Goldbergs
1:30pm	The Goldbergs
2:00pm	The Big Bang Theory
2:30pm	The Big Bang Theory
3:00pm	Melissa and Joey
3:30pm	Melissa and Joey
4:00pm	Baby Daddy
4:30pm	Baby Daddy
5:00pm	Brooklyn Nine-Nine
5:30pm	Brooklyn Nine-Nine
6:00pm	The Goldbergs
6:30pm	The Goldbergs
7:00pm	The Big Bang Theory
7:30pm	The Big Bang Theory
8:00pm	Hollyoaks
8:30pm	Coach Trip
9:00pm	The Big Bang Theory
9:30pm	The Big Bang Theory
10:00pm	X-Men: First Class
12:35am	The Big Bang Theory
1:05am	The Big Bang Theory

sky sports main event

6:00am	Sky Sports News <i>All the news from the Premier League and beyond</i>
7:00am	Good Morning Sports Fans
7:30am	Good Morning Sports Fans
8:00am	Good Morning Sports Fans
8:30am	Live European Tour Golf
10:30am	Good Morning Sports Fans
11:00am	Premier League Daily
12:00pm	Live European Tour Golf
3:00pm	Live Honda Classic Featured Grps
8:00pm	Football <i>Hull City meet Sheffield United at the KCOM Stadium in the Sky Bet Championship</i>
11:15pm	The Debate - Live
12:15am	Live ATP 500: Rio
3:30am	Barclays Premier League Preview
4:00am	Sky Sports News
5:00am	Sky Sports News

itv

6:05am	The Jeremy Kyle Show
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	James Martin's American Adventure
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	Love Your Garden
9:30pm	Coronation Street
10:00pm	Lethal Weapon
11:00pm	ITV News at Ten and Weather
11:30pm	ITV News London
11:45pm	Benidorm: Ten Years on Holiday
12:45am	The Brit Awards 2018

itv2

9:50am	Coronation Street
10:25am	The Ellen DeGeneres Show
11:15am	Totally Bonkers Guinness World Records
11:25am	The Flintstones in Viva Rock Vegas
12:30pm	FYI Daily
12:35pm	The Flintstones in Viva Rock Vegas
1:10pm	Emmerdale
2:15pm	Coronation Street
2:45pm	The Ellen DeGeneres Show
3:35pm	The Jeremy Kyle Show
4:45pm	The Jeremy Kyle Show
5:55pm	The Jeremy Kyle Show
7:00pm	Take Me Out
8:00pm	You've Been Framed!
9:00pm	Two and a Half Men
9:30pm	Two and a Half Men
10:00pm	Survival of the Fittest
11:00pm	Celebrity Juice
11:50pm	Family Guy
12:20am	Family Guy

itv3

10:30am	Judge Judy
10:55am	Judge Judy
11:25am	Tales From Northumberland with Robson Green
11:55am	Tales From Northumberland with Robson Green
12:25pm	Love Your Garden
1:30pm	The Royal Heartbeat
2:35pm	Classic Coronation Street
3:40pm	Classic Coronation Street
4:15pm	Classic Coronation Street
4:45pm	On the Buses
5:20pm	On the Buses
5:50pm	You're Only Young Twice
6:20pm	George and Mildred
6:55pm	Heartbeat
8:00pm	Murder, She Wrote
9:00pm	Rosemary and Thyme
10:00pm	Rosemary and Thyme
11:00pm	The Good Karma Hospital
12:00am	The Murder of Becky Watts: Police Tapes

itv4

4:00am	Teleshopping
7:00am	The Chase
8:00am	The Chase
8:55am	Ironsides
10:00am	Quincy, M.E.
11:00am	Minder
12:05pm	The Sweeney
1:10pm	The Protectors
1:45pm	Snooker <i>The pressure is on in Preston with the two remaining quarter-finals to be decided this afternoon.</i>
5:45pm	The Professionals
6:45pm	Counting Cars
7:15pm	Counting Cars
7:45pm	Snooker
12:15am	The Game of Death
1:20am	FYI Daily <i>Latest news from the world of entertainment.</i>
1:25am	The Game of Death
2:15am	World Boxing Super Series
2:50am	Fifth Gear
3:50am	ITV4 Nightscreen
4:00am	Teleshopping
5:00am	Teleshopping

sky CINEMA ACTION & ADVENTURE

8:30am	The Great Escape
11:30am	G.I. Joe: The Rise of Cobra
1:30pm	Logan
4:00pm	The Great Escape
7:00pm	G.I. Joe: The Rise of Cobra
9:00pm	Logan
11:30pm	The Punisher: War Zone
1:20am	Drop Zone
3:05am	Walking Tall

sky CINEMA COMEDY

9:45am	Fun with Dick and Jane
11:20am	Me, Myself and Irene
1:20pm	Mike and Dave Need Wedding Dates
3:05pm	The Bounty Hunter
5:05pm	Dumb and Dumber
7:00pm	Couples Retreat
9:00pm	Mike and Dave Need Wedding Dates
10:45pm	The Bounty Hunter
12:45am	48 Hrs
2:30am	Another 48 Hrs
4:15am	Laid in America

sky CINEMA PREMIERE

4:20am	The Midwife
6:30am	The Great Wall: Special
7:00am	Dive Olly Dive and the Octopus Rescue
8:35am	Killing Hasselhoff <i>A debt-ridden nightclub owner decides to rig his celebrity death pool, which means killing his pick - David Hasselhoff.</i>
10:10am	Freehold
11:45am	Dive Olly Dive and the Octopus Rescue
1:20pm	Birth of the Dragon
3:10pm	Fast and Furious 8 <i>The crew must ride to the rescue when Dominic Toretto is blackmailed by a hi-tech terrorist.</i>
5:40pm	Roxy
7:30pm	Killing Hasselhoff
9:00pm	Birth of the Dragon
10:50pm	Fast and Furious 8
1:10am	Freehold
2:40am	Jarhead 3: The Siege
4:20am	The Midwife

sky sports football

10:30am	Caraboa Cup Highlights
11:00am	La Liga Show
11:30am	EFL Matters
12:00pm	EFL Midweek Goals: Championship
12:30pm	EFL Greatest Games
12:45pm	EFL Greatest Games
1:00pm	League Cup Final 2015
2:00pm	Caraboa Cup Highlights
2:30pm	Caraboa Cup Highlights
3:00pm	League Cup Final 2016
4:00pm	Caraboa Cup Highlights
4:30pm	Caraboa Cup Highlights
5:00pm	League Cup Final 2017
6:00pm	La Liga Preview
7:00pm	SPFL Matters
7:30pm	EFL Matters
8:00pm	Football
11:15pm	The Debate - Live
12:15am	SPFL Greatest Games
12:30am	SPFL Matters

Nick Horne *The Rich Pick*

Freelance correspondent, London, England



SEARCHING for a discreet yet fabulous holiday? One that is a destination and a conveyance at one and the same time? Need to take the whole family, several friends and their families too? Looking for the height of luxury, the epitome of service, huge interior spaces as well as a close and intimate connection to the ocean? May I suggest the yacht NIRVANA.

Completed by Oceanco and delivered to her owner in the spring of 2012, then presented to the world at the Monaco Yacht Show (the premier superyacht show of the world) that September.

NIRVANA at 88.50 metres is a striking, elegant and exclusive mega yacht with modern lines and contemporary style. NIRVANA features six enormous decks and offers an impressive 150 square metre owner's suite comprising study, lounge, lobby and private exterior deck area with whirlpool. A further five guest cabins, a 3-D cinema, a fully equipped gym, a 7.5-metre long oval pool and whirlpools with panoramic views are just a few of the massive superlatives of this superyacht.

NIRVANA's six decks are connected by the main stairwell and an extraordinary six-person glass lift, which is entwined in a striking Balinese stainless-steel woven art piece resembling a bubbling whirlpool. This sculptural feature is a focal point from all levels of the yacht.

Two vivariums act as room dividers - be-

This is what a €900,000 a week holiday looks like



TRULY OPULENT: NIRVANA at sea.



EATING IN STYLE: The al fresco dining area.



SIX DECKS: A view from above.



WATER SPORTS: The garage houses jet skis and a speedboat.

tween the salon, dining room and a cosy separate sitting room - and are home to live and active reptiles, a chameleon, water dragons, bearded lizards, turtles and exotic frogs.

The timeless Sorgiovanni-designed interior mixes various distinctive and exceptional materials, including bamboos and textured leathers, in imaginative and inspiring ways.

NIRVANA accommodates an experienced crew of 24 in an exceptionally friendly layout, enabling the efficient and discreet fulfilment of any and all her guests' requirements.

Guests are close to the sea and the excitement and involvement is enhanced through the garage, which can hold a large array of tenders and water sports equipment.

A watersports room holds diving equipment and a drying cabinet for wetsuits, with immediate access to the sea through the lower lobby access.

Charlie Birkett and Gary Wright together with their professional team at Y.CO (www.ycoyacht.com) are the brokers for numerous mega yachts as well as NIRVANA.

This winter NIRVANA is cruising in the Indian Ocean, and can be yours for a charter of €900,000 per week.

In a manner of speaking

Cassandra Nash

A weekly look

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

PODEMOS leader Pablo Iglesias and his girlfriend Irene Montero, who is also the party spokeswoman, want to use 'la portavoz' instead of 'la portavoz' which means nothing other than spokeswoman.

What's more Adriana Lastra, a PSOE spokeswoman, agreed with Montero and is happy to use it, she said.

Portavoz is one of those nice Spanish words that can be preceded by el or la depending on whether it describes a male or female. You could say it was gender-neutral, which should keep everybody happy.

Unfortunately portavoz could be here to stay because politicians increasingly feel the need to refer to both genders, which makes for some very clunky speechmaking and irritates more people than it pleases.

But it's not going to close the male-female pay gap, which is where Montero and Lastra should be investing their energies instead of splitting semantic hairs.

Interestingly, no-one has asked the Podemos spokeswoman if she intends to

change her surname to Montera.

Up, up and away

THE polls show Ciudadanos taking the lead again, ahead of the governing Partido Popular (PP) and the PSOE.

With regional and municipal elections only a year away, the government has agreed that something must be done to clip Albert Rivera's wings. The PP barons have their own ideas about how to do this but are afraid to tell Rajoy. And no wonder. The best and least conflictive way to stop Rivera

from flying up, up and away is by grounding and replacing Mariano Rajoy.

Telling him so is regarded inside the party as heresy but 60 per cent of PP voters have told pollsters that they think Rajoy should go. If the faithful are deserting him now, how can the party ever hope to recruit non-believers?

The icing on the cake

SPAIN'S Economy Minister Luis de Guindos hopes to become vice-president of the European Central Bank.

A rose by any other name

IT'S said that a resigned Mariano Rajoy would allow Carles Puigdemont, currently skulking in Waterloo, to receive an honorary designation from Cataluña's pro-independence parliament. This would be acceptable so long as he receives no public money and possesses no administrative powers, Madrid has hinted.

Two months after the regional elections, Cataluña still does not have a government because the pro-independence parties whose combined majority allows them to call the shots, wanted Puigdemont as president. It must be him or no-one, they threatened, so the Madrid compromise would be one way of investing someone - possibly Elsa Artadi - so that Cataluña finally has a semblance of a government.

Although with Puigdemont as a string puller and an acknowledged presence in Belgium there would be no change in secessionist ambitions and this particular remedy could turn out to be worse than the disease.

Inside Spain there was criticism because he announced his candidacy but hasn't yet handed in the boxy briefcases that are the Spanish government's equivalent of a despatch box.

There should be a respectable hiatus between both jobs, it's claimed.

That's inside Spain. Outside, it's a different story because there is uneasiness about his past with Lehman Brothers.

Remember Lehman Brothers? The economic crisis was already looming in 2008 but the bank's collapse brought it into focus while Luis de Guindos was its European adviser and director of Lehman's subsidiary in Spain and Portugal.

And oh yes, just to make things really kosher and put the icing on the cake, De Guindos belongs to Opus Dei, too.



Irene Montero/Facebook

IRENE MONTERO: The 'portavoza' of Podemos.

columnists@euroweeklynews.com

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BBC one

5:00am	Winter Olympics
7:00am	Breakfast
11:00am	Winter Olympics
1:00pm	Football Focus <i>A look ahead to this weekend's football action with interviews, expert opinions and highlights.</i>
2:00pm	BBC News
2:10pm	Weather
2:15pm	Winter Olympics
5:00pm	Six Nations Rugby Union
8:00pm	BBC News <i>The latest national and international news stories, followed by Weather.</i>
8:10pm	Regional News
8:13pm	Weather
8:15pm	All Together Now
9:20pm	Casualty
10:10pm	Troy: Fall of a City
11:10pm	BBC News
11:25pm	Weather
11:30pm	Match of the Day
12:55am	Winter Olympics
4:30am	Winter Olympics

BBC TWO

4:55am	BBC News
7:00am	Winter Olympics
11:00am	Saturday Kitchen Live
12:30pm	The Hairy Bikers' Comfort Food
1:00pm	Winter Olympics
2:15pm	Escape to the Country
3:00pm	Italy's Invisible Cities
4:00pm	Nigel Slater's Middle East: Iran
5:00pm	Trust Me, I'm a Doctor
5:30pm	Final Score
6:30pm	Tom Kerridge's Lose Weight for Good
7:00pm	Hugh's Wild West
8:00pm	Winter Olympics Today at the Games.
9:00pm	David Attenborough's Natural Curiosities
9:30pm	Dad's Army
10:00pm	Judi Dench: All the World's Her Stage
11:00pm	Philomena
12:30am	Strawberry Fields
1:55am	Weather for the Week Ahead
2:00am	BBC News

BBC FOUR

4:50am	This is BBC Four
8:00pm	The Dark: Nature's Nighttime World <i>Natural history series revealing a new perspective on wildlife at night.</i>
9:00pm	Winter Olympics Extra.
10:00pm	Modus
10:45pm	Modus
11:30pm	Top of the Pops <i>Richard Skinner and Gary Davies present the pop chart programme, first broadcast on 7 February 1985</i>
12:05am	Top of the Pops
12:40am	Annie Nightingale: Bird on the Wireless
1:40am	Queens of Soul
2:40am	Folk America on Later
3:40am	From Ice to Fire: The Incredible Science of Temperature

CHANNEL 4

8:35am	King of Queens
9:00am	Everybody Loves Raymond
9:30am	Everybody Loves Raymond
10:00am	Frasier
10:30am	Frasier
11:00am	Frasier
11:30am	The Big Bang Theory
12:00pm	The Big Bang Theory
12:30pm	The Big Bang Theory
1:00pm	The Simpsons
1:30pm	The Simpsons
2:00pm	The Simpsons
2:25pm	Come Dine with Me
3:25pm	Coast v Country
4:25pm	A Place in the Sun
5:30pm	The Secret Life of the Zoo
6:35pm	The Supernet
7:30pm	Channel 4 News
8:00pm	Penelope Keith's Coastal Villages
9:00pm	Britain at Low Tide
10:00pm	The Take
11:50pm	Dredd
1:35am	Ramsay's Kitchen Nightmares USA
2:25am	The Last Leg
3:20am	Hollyoaks Omnibus
5:25am	Coast v Country

CHANNEL 5

6:10am	Divine Designs
6:35am	Wildlife SOS
7:00am	Milkshake!
11:05am	Teenage Mutant Ninja Turtles
11:35am	Make You Laugh Out Loud
12:00pm	Police Interceptors
1:00pm	Police Interceptors
2:00pm	Police Interceptors
3:00pm	Can't Pay? We'll Take it Away!
4:00pm	Can't Pay? We'll Take it Away!
5:00pm	Can't Pay? We'll Take it Away!
6:00pm	Rich House, Poor House
7:00pm	The Wonderful World of Puppies
8:00pm	Cruising with Jane McDonald
9:00pm	Britannia: Secrets of the Royal Yacht
9:55pm	5 News
10:00pm	Football on 5
11:00pm	Football on 5
11:30pm	Britain's Favourite Biscuit
12:55am	Cruising with Jane McDonald

4

7:50am	Couples Come Dine with Me
8:50am	Couples Come Dine with Me
9:55am	Don't Tell the Bride Ireland
11:00am	The Goldbergs
11:35am	The Goldbergs
12:05pm	The Goldbergs
12:35pm	The Goldbergs
1:05pm	The Goldbergs
1:35pm	The Big Bang Theory
2:05pm	The Big Bang Theory
2:35pm	The Big Bang Theory
3:10pm	The Big Bang Theory
3:40pm	The Big Bang Theory
4:10pm	The Big Bang Theory
4:40pm	The Big Bang Theory
5:10pm	The Big Bang Theory
5:40pm	The Big Bang Theory
6:10pm	The Big Bang Theory
6:40pm	The Big Bang Theory
7:10pm	The Big Bang Theory
7:40pm	The Big Bang Theory
8:15pm	Men in Black II
10:00pm	The Heat
12:20am	Gogglebox
1:25am	Naked Attraction
2:30am	Celebs Go Dating
3:35am	Celebs Go Dating
4:25am	Celebs Go Dating

sky sports main event

6:00am	Sky Sports News <i>All the news from the Premier League and beyond.</i>
7:00am	Barclays Premier League Preview
7:30am	Rugby Union
9:35am	Rory: A Decade on Tour
10:00am	Live European Tour Golf <i>Day three of the Commercial Bank Qatar Masters from Doha Golf Club in Qatar</i>
12:30pm	Football
1:30pm	Football <i>Leicester City take on Stoke City at the King Power Stadium in the Premier League.</i>
4:15pm	Live Super League
6:15pm	Football
8:40pm	Football
10:45pm	Live PGA Tour Golf
12:00am	Best of Tiger Woods
12:30am	Cricket
12:50am	Cricket
1:10am	Cricket

itv

4:50am	ITV Nightscreen
7:00am	CITV
10:25am	ITV News
10:30am	Saturday Morning with James Martin
12:25pm	Dancing on Ice
2:20pm	ITV News and Weather
2:30pm	Six Nations Live Ireland v Wales.
5:30pm	ITV News and Weather
5:50pm	Local News and Weather
6:00pm	The Chase
7:00pm	Take Me Out
8:00pm	Ant and Dec's Saturday Night Takeaway
9:30pm	The Voice UK
10:50pm	Through the Keyhole
11:45pm	ITV News and Weather
12:05am	Lethal Weapon 4
2:30am	Jackpot247
4:00am	Babushka
4:50am	ITV Nightscreen

itv2

9:40am	Coronation Street Omnibus
12:30pm	Take Me Out
2:05pm	Mr. Bean
2:35pm	Mr. Bean
3:05pm	You've Been Framed!
4:10pm	Babe
5:20pm	FYI Daily
5:25pm	Babe
6:00pm	Nanny McPhee
7:00pm	FYI Daily
7:05pm	Nanny McPhee
8:05pm	The Hobbit: The Battle of the Five Armies
9:10pm	FYI Daily
9:15pm	The Hobbit: The Battle of the Five Armies
10:50pm	Survival of the Fittest
11:50pm	Family Guy
12:20am	Family Guy
12:50am	American Dad!
1:20am	American Dad!
1:45am	The Cleveland Show
2:15am	The Cleveland Show
2:40am	Ibiza Weekender
3:35am	Totally Bonkers Guinness World Records

itv3

5:50am	Judge Judy
6:10am	Judge Judy
6:30am	ITV3 Nightscreen
7:00am	Judge Judy
7:20am	Murder, She Wrote <i>Drama series about a sleuthing writer who solves murder mysteries</i>
8:10am	Murder, She Wrote
9:10am	Murder, She Wrote
10:15am	A Touch of Frost
12:20pm	A Touch of Frost
2:25pm	Columbo
4:00pm	Agatha Christie's Marple
6:00pm	The Durrells <i>Comedy-drama in which a family relocates to the Greek paradise of Corfu in 1935.</i>
7:00pm	The Durrells
8:05pm	Midsomer Murders
10:00pm	Midsomer Murders
12:00am	Lewis
2:05am	The Good Karma Hospital
2:55am	ITV3 Nightscreen
3:30am	Teleshopping

itv4

5:00am	Teleshopping
7:00am	Counting Cars
7:25am	Minder <i>Modern-day re-imagining on the classic comedy-drama.</i>
8:25am	The Professionals
9:25am	The Professionals
10:30am	ITV Racing: The Opening Show
11:30am	Counting Cars
12:00pm	Counting Cars
12:25pm	Fishing Impossible
1:25pm	Fishing Impossible
2:30pm	ITV Racing: Live from Kempton
5:00pm	The Train Robbers
6:00pm	FYI Daily
6:05pm	The Train Robbers
6:55pm	Storage Wars
7:25pm	World Cup Rivalries: England v Argentina
7:45pm	Snooker
12:15am	High Plains Drifter
1:20am	FYI Daily
1:25am	High Plains Drifter
2:30am	The Professionals
3:25am	Counting Cars
3:50am	ITV4 Nightscreen

sky CINEMA ACTION & ADVENTURE

11:15am	Pele: Birth of a Legend
1:15pm	King Arthur: Legend of the Sword
3:25pm	The Great Wall
5:15pm	Smokey and the Bandit
7:00pm	Pele: Birth of a Legend
9:00pm	King Arthur: Legend of the Sword
11:20pm	The Great Wall

sky CINEMA COMEDY

10:30am	This is Spinal Tap
12:00pm	The Hitchhiker's Guide to the Galaxy
2:00pm	Keeping up with the Joneses
3:50pm	Baywatch
5:50pm	Sausage Party
7:30pm	This is Spinal Tap
9:00pm	Keeping up with the Joneses
11:00pm	Baywatch
1:00am	Sausage Party
2:40am	Walk Hard: The Dewey Cox Story

sky CINEMA PREMIERE

4:20am	The Midwife Special
6:30am	<i>Sky Movies takes a special look at Marvel's superhero adventure, starring Chadwick Boseman and Creed's Michael B Jordan.</i>
7:00am	Roxy
8:55am	Dive Olly Dive and the Octopus Rescue
10:25am	Fast and Furious 8 <i>The crew must ride to the rescue when Dominic Toretto is blackmailed by a hi-tech terrorist.</i>
12:50pm	The Mummy
2:45pm	The Mummy: Special
3:05pm	Birth of the Dragon
4:45pm	Dive Olly Dive and the Octopus Rescue
6:10pm	Monster Family: Special
6:40pm	Fast and Furious 8
9:00pm	The Mummy
11:00pm	Birth of the Dragon
12:50am	Killing Hasselhoff
2:25am	Freehold

sky sports football

6:00am	League Cup Final 2017
7:00am	League Cup Final 2015
8:00am	League Cup Final 2016
9:00am	League Cup Final 2017
10:00am	EFL Greatest Games
10:15am	EFL Greatest Games
10:30am	SPFL Matters
11:00am	Soccer A.M.
12:30pm	SPFL Matters
1:00pm	Football
3:30pm	Gillette Soccer Saturday
4:15pm	Gillette Soccer Saturday
6:15pm	Football
8:40pm	Football
10:45pm	La Liga Highlights: Real Madrid
11:00pm	EFL Goals: Championship
11:30pm	League Cup Final 2017
12:30am	EFL Goals: Championship
1:00am	La Liga Highlights: Barcelona

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

What a state Britain's in - how did it get to this?

WHAT'S going on in the UK?

We read that the NHS was forced to pay £1,500 for a £2 pot of moisturiser, people have been extortionately fined for putting cardboard boxes in the wrong recycling bins, plus there's been a torrent of false rape allegations.

First up, the owner of the high street chemist, Boots, charged the NHS £1,500 for a £2 moisturiser.

The case is among thousands where it looks as if the NHS has been overcharged for drugs called specials: custom-made for patients who need non-standard medicines, mixtures of skin creams for eczema etc and drugs in liquid form for those unable to swallow pills.

This speaks volumes about poor management at the NHS. Are they totally blind to the blatant abuse of the

system by unscrupulous suppliers, who must have knowledge of pricing and policies, but choose to exploit them for their own gain?

Next, a woman was fined £600 for putting one cardboard box into the wrong recycling bin. When she complained, she was warned she'd face an even larger fine, possibly a prison sentence unless she paid up. The fine was imposed by a company, employed by the council, that provides enforcement to councils free of charge and makes money from all these fines. Really?

Then, the false rape allegations. A teenage schoolboy, Liam Allan, was cleared of rape after his lawyers uncovered key evidence proving his innocence but missed by



EXTORTIONATE: Boots ripped the NHS off £1,500 for a £2 moisturiser.

police and prosecutors.

Expelled from school after his arrest, on bail for two years, he's the youngest vic-

tim of the disclosure scandal engulfing the CPS.

But are other innocent men behind bars less 'lucky' than

young Liam? Has the pendulum against men swung a bit too far?

Let's take another exam-

ple. The UK, as elsewhere, is confronted by threats of a world order; Putin's Russia on the prowl, terrorists galore, Trump's America not completely dependable anymore. Meanwhile, what sort of questions were the British media hurling at the defence secretary in response recently? Why, all about his past sex life, of course. 'Nuff said.

Nora Johnson's psychological crime thrillers 'The Girl in the Red Dress', 'No Way Back', 'Landscape of Lies', 'Retribution', 'Soul Stealer', 'The De Clerambault Code' (www.nora-johnson.net) available from Amazon in paperback/eBook (€0.99;£0.99) and iBookstore.

All profits to Costa del Sol Cudeca cancer charity.

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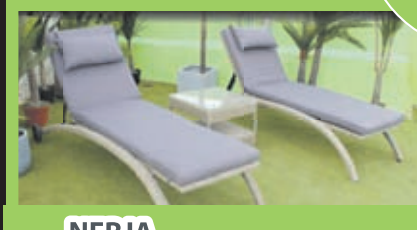
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BBC one

7:00am	Breakfast
8:30am	Match of the Day
10:00am	The Andrew Marr Show
11:00am	The Big Questions
12:00pm	Sunday Politics
1:15pm	Bargain Hunt
2:00pm	BBC News
2:10pm	Weather for the Week Ahead
2:15pm	Wanted Down Under
3:00pm	Money for Nothing
3:45pm	Get Away for Winter
4:30pm	Songs of Praise
5:05pm	Earth's Natural Wonders
6:05pm	Earth's Natural Wonders
7:05pm	BBC News
7:20pm	Regional News
7:25pm	Weather
7:30pm	Countryfile
8:30pm	Hold the Sunset
9:00pm	Call the Midwife
10:00pm	Strike - Career of Evil
11:00pm	BBC News
11:20pm	Regional News
11:25pm	Weather
11:30pm	Match of the Day 2
12:15am	Point Break

BBC TWO

7:00am	Winter Olympics
12:00pm	Winter Olympics Closing Ceremony.
3:00pm	Athletics Coverage of the latest athletics championships and tournaments.
6:30pm	Flog It!
7:00pm	Back in Time for Tea
8:00pm	Winter Olympics Today at the Games.
9:00pm	Top Gear
10:00pm	Life and Death Row Documentary series about the historic number of executions scheduled in Arkansas, USA.
11:15pm	The Mash Report
11:45pm	Top Gear Extra Gear
12:10am	Cleverman Dark Clouds. Series 2, episode 3.
1:00am	Women's Six Nations Highlights
1:30am	Question Time

BBC FOUR

8:00pm	Only Connect Victoria Coren Mitchell hosts the series where knowledge will only take you so far.
8:30pm	University Challenge Cult student quiz show where two rival university teams battle it out to see who has the most superior intellects.
9:00pm	Yo-Yo Ma and the Silk Road Ensemble
10:30pm	Clouds of Sils Maria
12:30am	From Ice to Fire: The Incredible Science of Temperature
1:30am	The Genius of Bert Jansch: Folk, Blues and Beyond
3:00am	The Enigma of Nic Jones - Return of Britain's Lost Folk Hero
4:00am	Art of France

CHANNEL 4

7:15am	King of Queens
7:40am	King of Queens
8:05am	Everybody Loves Raymond
8:35am	Everybody Loves Raymond
9:00am	Frasier
9:30am	Frasier
10:00am	Frasier
10:30am	Sunday Brunch
1:30pm	Jamie and Jimmy's Friday Night Feast
2:30pm	Jamie's Quick and Easy Food
3:00pm	The Simpsons
3:30pm	The Simpsons
3:55pm	Tooth Fairy
6:00pm	Ice Age: Continental Drift
7:35pm	Channel 4 News Includes sport and weather.
8:00pm	Posh Pawn
9:00pm	Hannibal's Elephant Army: The New Evidence
10:00pm	Homeland
11:10pm	Gogglebox
12:05am	Shutter Island

CHANNEL 5

5:45am	House Doctor
6:10am	Divine Designs Paul Binski examines some of Britain's most fascinating religious artworks and artefacts.
6:35am	Wildlife SOS
7:00am	Milkshake! Programming aimed at children aged two to seven years old.
10:30am	Teenage Mutant Ninja Turtles
11:00am	Football on 5 The Championship.
11:50am	Football on 5 Goal Rush.
12:20pm	The Bridge at Remagen
2:50pm	A Bridge Too Far
6:05pm	Where Eagles Dare
9:00pm	Football on 5 The Carabao Cup Final.
9:55pm	5 News
10:00pm	Trainwreck
12:30am	Sex Tape
2:15am	Super Casino

4

7:00am	Hollyoaks Omnibus
9:20am	Coach Trip The group land in Lanzarote. Brendan takes them sea trekking and for a spin on some quadricycles. But on this trip, all roads lead to the vote.
12:05pm	Rude(ish) Tube Shorts
12:20pm	The Goldbergs
1:20pm	Stuart Little
3:00pm	The Goldbergs
4:30pm	The Big Bang Theory
5:00pm	The Big Bang Theory
5:30pm	The Big Bang Theory
6:00pm	The Big Bang Theory
6:30pm	The Big Bang Theory
7:00pm	Young Sheldon
7:30pm	The Big Bang Theory
8:00pm	Men in Black 3
10:00pm	Celebs Go Dating
11:00pm	Naked Attraction
12:10am	The Big Bang Theory
12:40am	The Big Bang Theory
1:05am	Gogglebox
2:10am	Celebs Go Dating

sky sports main event

7:00am	Cricket New Zealand take on England at Seddon Park in Hamilton in the opening ODI in their series.
10:00am	Total Goals
11:00am	The Sunday Supplement From Wembley Neil Ashton hosts a discussion on the week's major football stories, joined by leading football journalists to give their opinion on all the latest news.
12:30pm	Goals on Sunday From Wembley
2:00pm	Live Nissan Super Sunday
5:00pm	Live Carabao Cup Final
8:30pm	Live Fight Night: Jd Nxtgen
12:00am	Sky Sports News
1:00am	Sky Sports News All the news from the Premier League and beyond.

itv

7:00am	CITV
10:25am	ITV News
10:30am	Love Your Garden
11:00am	Peston on Sunday
12:00pm	The Martin Lewis Money Show
12:30pm	The Voice UK
1:45pm	ITV News and Weather
2:00pm	Ant and Dec's Saturday Night Takeaway
3:30pm	What Would Your Kid Do?
4:30pm	Tipping Point
5:30pm	ITV News and Weather
5:50pm	Local News and Weather
6:00pm	The Chase
7:00pm	Dancing on Ice
9:00pm	Endeavour
11:00pm	ITV News and Weather
11:15pm	Peston on Sunday
12:15am	Rugby Six Nations Highlights.
1:10am	100 Year Old Driving School

itv2

7:00am	You've Been Framed!
7:50am	Emmerdale Omnibus
10:35am	Coronation Street Omnibus
1:30pm	Mr. Bean
2:05pm	Mr. Bean
2:35pm	The Voice UK
4:00pm	Looney Tunes: Back in Action
5:05pm	FYI Daily
5:10pm	Looney Tunes: Back in Action
5:55pm	Nanny McPhee and the Big Bang
6:55pm	FYI Daily
7:00pm	Nanny McPhee and the Big Bang
8:00pm	Legally Blonde
9:00pm	FYI Daily
9:05pm	Legally Blonde
10:00pm	Ibiza Weekender
11:00pm	Survival of the Fittest
12:00am	Family Guy
12:30am	Family Guy
12:55am	Family Guy
1:25am	American Dad!
1:55am	American Dad!
2:25am	Totally Bonkers Guinness World Records

itv3

7:00am	Murder, She Wrote Drama series about a sleuthing writer who solves murder mysteries.
8:55am	Heartbeat Drama, set in the North Yorkshire moors in the 1960's.
11:00am	Columbo
12:35pm	Lewis
2:35pm	A Touch of Frost
4:50pm	The Durrells Comedy-drama in which a family relocates to the Greek paradise of Corfu in 1935.
7:00pm	Midsomer Murders
9:00pm	Paul O'Grady: For The Love of Dogs
9:30pm	Paul O'Grady: For The Love of Dogs
10:00pm	Tonight at the London Palladium
11:00pm	Captain Corelli's Mandolin
1:35am	Life of Crime
2:30am	Blue Murder

itv4

7:00am	Football Rivalries Short sports film about this compelling sporting rivalry.
7:15am	Ironsides
8:20am	Quincy, M.E.
9:20am	The Professionals Action-packed drama series about two criminal-intelligence agents.
10:25am	The Sweeney
11:30am	The Sweeney
12:35pm	Minder Modern-day re-imagining on the classic comedy-drama.
1:45pm	Snooker Coverage and reaction from the latest Snooker event taking place.
6:15pm	Storage Wars
6:45pm	The Chase: Celebrity Special
7:45pm	Snooker
12:15am	A Dangerous Man
1:15am	FYI Daily

sky CINEMA ACTION & ADVENTURE

9:45am	Independence Day: Resurgence
12:00pm	Guardians of the Galaxy Vol.2
2:20pm	300
4:20pm	Independence Day
6:55pm	Independence Day: Resurgence
9:00pm	Guardians of the Galaxy Vol.2
11:30pm	300

sky CINEMA COMEDY

7:40am	Special
8:10am	Juno
9:55am	Dragnet
11:50am	Calendar Girls
1:45pm	Absolutely Fabulous: The Movie
3:25pm	Get Him to the Greek
5:25pm	Police Academy
7:10pm	Paul
9:00pm	Absolutely Fabulous: The Movie
10:40pm	Get Him to the Greek
12:40am	Paul

sky CINEMA PREMIERE

7:00am	Dive Olly Dive and the Octopus Rescue
8:30am	Fast and Furious 8
10:50am	Birth of the Dragon
12:40pm	Christine Powerful true-life drama about Christine Chubbuck, a Florida-based local news reporter who, in 1974, committed suicide live on air.
2:45pm	The Mummy After he inadvertently awakens an ancient Egyptian sorceress, renegade US soldier Nick Morton must race to save the world from her army of the undead.
4:40pm	The Mummy: Special
5:00pm	Fast and Furious 8
7:20pm	Birth of the Dragon
9:00pm	The Mummy
11:00pm	Christine
1:05am	Freehold

sky sports football

7:00am	League Cup Final 2017
8:00am	Carabao Cup Highlights
10:00am	EFL Goals: Championship
10:30am	EFL Goals: League
11:00am	The Sunday
12:30pm	EFL Goals: Championship
1:00pm	EFL Goals: League One and League Two
1:30pm	La Liga Highlights: Barcelona
1:45pm	La Liga Highlights: Real Madrid
2:00pm	Football
4:30pm	Live Carabao Cup Final
8:30pm	La Liga Greatest Games
8:40pm	Football
10:45pm	Carabao Cup Final Highlights
11:15pm	EFL Goals: League One and League Two
11:45pm	EFL Goals: Championship
12:15am	Carabao Cup Final Highlights

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BBC one

11:00am	Homes Under the Hammer
12:00pm	Wanted Down Under Revisited
12:45pm	Caught Red Handed
1:15pm	Bargain Hunt
2:00pm	BBC News
2:30pm	Regional News
2:45pm	Doctors
3:15pm	Shakespeare and Hathaway
4:00pm	Escape to the Country
4:45pm	Get Away for Winter
5:30pm	Antiques Road Trip
6:15pm	Pointless
7:00pm	BBC News
7:30pm	Regional News
8:00pm	The One Show
8:30pm	Inside Out
9:00pm	EastEnders
9:30pm	Classic Mary Berry
10:00pm	MasterChef
11:00pm	BBC News
11:30pm	Regional News
11:40pm	Weather
11:45pm	Have I Got Old News for You
12:15am	The Graham Norton Show

BBC TWO

7:30am	Get Away for Winter
8:15am	Escape to the Country
9:00am	Info not available.
10:00am	Victoria Derbyshire
12:00pm	BBC Newsroom Live
12:30pm	The Week in Parliament
1:00pm	The Daily Politics
2:00pm	Women's Six Nations Highlights
2:30pm	Perfection
3:15pm	Yes Chef
4:00pm	A Place to Call Home
4:55pm	More Creatures Great and Small
5:25pm	Simon Reeve Caribbean
6:25pm	Flog It!
7:00pm	Eggheads
7:30pm	Great British Railway Journeys
8:00pm	Top Gear
9:00pm	Only Connect
9:30pm	University Challenge
10:00pm	Collateral
11:00pm	Two Doors Down
11:30pm	Newsnight
12:10am	Weather

BBC FOUR

8:00pm	Beyond 100 Days
8:30pm	Handmade on the Silk Road
9:00pm	India: Nature's Wonderland <i>Travel programme revealing the wonder of India's natural world.</i>
10:00pm	The Art of Japanese Life
11:00pm	Mary Beard's Ultimate Rome: <i>Empire Without Limit Documentary asking new and unexpected questions about the Roman Empire.</i>
12:00am	How the Celts Saved Britain
1:00am	Singer Songwriters at the BBC
2:00am	Top of the Pops
2:35am	Top of the Pops
3:10am	The Art of Japanese Life
4:10am	Handmade on the Silk Road

CHANNEL 4

7:45am	3rd Rock from the Sun
8:35am	Everybody Loves Raymond
9:30am	Frasier
11:05am	Ramsay's Kitchen Nightmares USA
12:00pm	Undercover Boss USA
1:00pm	Channel 4 News
1:05pm	Come Dine with Me
2:05pm	Posh Pawnbrokers
3:10pm	Countdown
4:00pm	A Place in the Sun
5:00pm	A New Life in the Sun
6:00pm	Four in a Bed
6:30pm	Extreme Cake Makers
7:00pm	The Simpsons
7:30pm	Hollyoaks
8:00pm	Channel 4 News
9:00pm	Dispatches
9:30pm	Food Unwrapped
10:00pm	24 Hours in Police Custody
11:00pm	Electric Dreams
12:05am	Married at First Sight
1:10am	The £1 Houses: Britain's Cheapest Street

CHANNEL 5

7:00am	Milkshake!
10:15am	The Wright Stuff
12:15pm	Can't Pay? We'll Take it Away!
1:10pm	5 News
1:15pm	The latest news coverage.
1:15pm	GP's: Behind Closed Doors <i>Documentary taking a look at what goes on in the consultation room.</i>
2:10pm	Access
2:15pm	Home and Away
2:45pm	Neighbours
3:15pm	NCIS
4:15pm	Killer Obsession
6:00pm	5 News
6:30pm	Neighbours
7:00pm	Home and Away
7:30pm	5 News
8:00pm	Aviva Premiership Rugby Highlights
9:00pm	Extreme Winter Road Rescue
10:00pm	The Flying Scotsman
11:00pm	The X Files
12:00am	Elysium
2:00am	Super Casino

4

7:00am	Hollyoaks
8:00am	Coach Trip
8:30am	How I Met Your Mother
9:00am	Baby Daddy
10:00am	Melissa and Joey
11:00am	How I Met Your Mother
12:00pm	Brooklyn Nine-Nine
1:00pm	The Goldbergs
2:00pm	The Big Bang Theory
3:00pm	Melissa and Joey
4:00pm	Baby Daddy
5:00pm	Brooklyn Nine-Nine
6:00pm	The Goldbergs
7:00pm	The Big Bang Theory
8:00pm	Hollyoaks
8:30pm	Coach Trip
9:00pm	<i>On Gran Canaria, Brendan takes the group sofa boating and for an afternoon at down school.</i>
9:30pm	Young Sheldon
10:00pm	Celebs Go Dating
11:00pm	Celebrity First Dates Ep1
12:05am	The Big Bang Theory
12:35am	The Big Bang Theory

sky sports main event

7:00am	Good Morning Sports Fans
7:30am	Good Morning Sports Fans
8:00am	Good Morning Sports Fans
9:00am	Good Morning Sports Fans
10:00am	Good Morning Sports Fans
11:00am	Live ATP 500: Dubai <i>Day one of the Dubai Duty Free Tennis Championships from the Aviation Club Tennis Centre in Dubai</i>
3:00pm	Sky Sports News
4:00pm	Live ATP 500: Dubai
7:30pm	Sky Sports News at 6
8:00pm	Football <i>Crystal Palace take on Tottenham Hotspur at Selhurst Park in the Premier League.</i>
12:00am	Sky Sports News <i>All the news from the Premier League and beyond.</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
3:00pm	James Martin's American Adventure
4:00pm	Tenable
5:00pm	Tipping Point
6:00pm	The Chase
7:00pm	Local News and Weather
7:30pm	ITV Evening News
8:00pm	Emmerdale
8:30pm	Coronation Street
9:00pm	The Martin Lewis Money Show
9:30pm	Coronation Street
10:00pm	Marcella
11:00pm	ITV News at Ten and Weather
11:50pm	John Worboys: The Taxi Cab Rapist
12:50am	Serial Killer with Piers Morgan

itv2

7:20am	Totally Bonkers Guinness World Records
8:10am	Dress to Impress
8:55am	Emmerdale
9:20am	Coronation Street
10:25am	The Ellen DeGeneres Show
11:15am	Who's Doing the Dishes?
12:10pm	Dress to Impress
1:15pm	Emmerdale
1:50pm	Coronation Street
2:45pm	The Ellen DeGeneres Show
3:35pm	The Jeremy Kyle Show
6:50pm	Take Me Out
8:00pm	You've Been Framed!
9:00pm	Two and a Half Men
10:00pm	Survival of the Fittest
11:00pm	Family Guy
11:30pm	Family Guy
11:55pm	Family Guy
12:30am	American Dad!
12:55am	American Dad!
1:25am	Plebs
1:55am	Two and a Half Men

itv3

7:00am	Classic Coronation Street
7:55am	Heartbeat
9:00am	The Royal
10:05am	Judge Judy
11:25am	The Cruise <i>Documentary exploring life on board one of the world's largest luxury cruise ships.</i>
12:25pm	Love Your Garden
1:30pm	The Royal
2:35pm	Heartbeat <i>Drama, set in the North Yorkshire moors in the 1960's.</i>
3:40pm	Classic Coronation Street
4:45pm	On the Buses
5:50pm	You're Only Young Twice
6:25pm	George and Mildred
6:55pm	Heartbeat
8:00pm	Murder, She Wrote
9:00pm	Lewis
11:00pm	DCI Banks
12:00am	DCI Banks
1:05am	Scott and Bailey

itv4

7:30am	The Chase
8:30am	Ironsides
9:35am	Quincy, M.E.
10:35am	Minder
11:45am	The Sweeney
12:50pm	The Professionals <i>Action-packed drama series about two criminal-intelligence agents.</i>
1:50pm	Ironsides
2:55pm	Quincy, M.E.
3:55pm	Minder
5:00pm	The Sweeney
6:05pm	The Avengers
7:10pm	Storage Wars
7:40pm	Storage Wars
8:05pm	Pawn Stars
8:35pm	Pawn Stars
9:00pm	River Monsters
10:00pm	River Monsters
11:05pm	On Deadly Ground
12:05am	FYI Daily
12:10am	On Deadly Ground <i>Action-packed thriller</i>
1:10am	Car Crash Global

sky CINEMA ACTION & ADVENTURE

7:50am	2012
10:35am	Batman v Superman: Dawn of Justice
1:20pm	John Wick: Chapter Two
3:35pm	2012
6:15pm	Batman v Superman: Dawn of Justice
9:00pm	John Wick: Chapter Two
11:15pm	Babylon A.D.
1:00am	Hitman
2:45am	Fearless

sky CINEMA COMEDY

8:00am	Top Ten Show, the 2018
8:20am	The Love Guru
9:55am	Ghost Town
11:45am	Don Verdean
1:25pm	Top Ten Show, the 2018
1:45pm	Table 19
3:20pm	Bridesmaids
5:30pm	Liar Liar
7:05pm	Miss Congeniality
9:00pm	Table 19
10:35pm	Bridesmaids
12:45am	The Waterboy

sky CINEMA PREMIERE

7:00am	Killing Hasselhoff
8:25am	Monster Family: Special
8:55am	Birth of the Dragon
10:45am	Christine
12:55pm	The Mummy <i>After he inadvertently awakens an ancient Egyptian sorceress, renegade US soldier Nick Morton must race to save the world from her army of the undead.</i>
2:55pm	The Mummy: Special
3:15pm	Larry Gaye: Renegade Male Flight Attendant
5:00pm	Birth of the Dragon
6:50pm	Christine
9:00pm	The Mummy
11:00pm	Larry Gaye: Renegade Male Flight Attendant
12:50am	Roxy

sky sports football

9:00am	Football's Greatest
9:30am	Football's Greatest Teams
10:00am	La Liga Highlights: Barcelona
10:15am	La Liga Highlights: Real Madrid
10:30am	La Liga Greatest Games
11:00am	Football
5:15pm	La Liga Icons: Falcao
5:30pm	La Liga Greatest Games
6:00pm	La Liga Highlights: Barcelona
6:15pm	La Liga Highlights: Real Madrid
6:30pm	Football Countdowns
7:00pm	20 Years of El Clasico
7:45pm	La Liga Icons Soccer A.M.
8:00pm	La Liga Icons
8:30pm	La Liga Greatest Games
8:55pm	Football
11:00pm	SPFL Round Up 2017/18
11:15pm	SPFL Greatest Games
11:30pm	MLS Preview Show
12:00am	La Liga Icons

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

LEGALLY SPEAKING

Permission to use your vehicle

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.

AUTORIZACIÓN PARA CONDUCIR DE MANERA TEMPORAL UN VEHÍCULO DE MI PROPIEDAD. N332

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 Teléfono de contacto (Contact Phone):

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 MARCA (Make):
 MODELO (Model):
 Compañía Aseguradora (Insurance Company):
 Teléfono Asistencia / Roadside Assistance Phone:
 N° Póliza (Policy Number):

CONDUCTOR AUTORIZADO / AUTHORIZED DRIVER
 Nombre/Apellidos (Name/surname):
 N° Nie/Pasaporte (Nie/Passport):
 Dirección (Address):

VIGENCIA DE LA AUTORIZACIÓN / TERM
 Desde (from):
 Hasta (until):

Lugar, fecha, hora / Place, date, hour.
 Titular (signature) Autorizado (signature)

(Attach the photocopy of both IDs to this document)

ASSUMING your insurance covers multiple drivers, you may allow any qualified driver to use your vehicle. However, in order to avoid problems if the driver is stopped, it is recommended that the vehicle driver is given a document proving that they have the owner's permission to drive the vehicle.

This may seem like an inconvenience, but it is for your protection. If the vehicle is stopped, the officers who come across a vehicle driven by somebody other than the registered keeper will question the legalities of the driver, which is in your best interest, as if it is stolen they will find out very soon.

Otherwise, if a vehicle is stolen but not yet reported as such, there could be no reason for the

Guardia Civil or police to doubt the person driving the vehicle has the owner's permission, and so it could otherwise go unchecked. But of course there could be a genuine reason for somebody other than the registered keeper to drive the car, which is what this document would help to prove.

Simply download the document and complete it, or complete the online version and print it, and attach a copy of both the owner's driving licence, and a copy of the licence of the person given permission to drive. It should be completed in full, including a term of validity, and then dated and signed.

Download, print and complete the following document: <http://n332.es/wp-content/uploads/2018/01/authdriver.pdf>.

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

What is rental registration?

Q. To a recent enquiry about noisy renters you replied that the landlord must include a registration number on his advert. Does this apply to companies that manage properties for rental for the

landlord? I ask because I never knew this and I have not seen it on any adverts. Where would the registration be placed and how many digits should it have?

MF (by email)

A. Good question. The regulation of short-term tourist lettings is handled by each one of Spain's 17 autonomous regions, so the rules are different from Andalusia to Valencia to the Balearic Islands. Furthermore, most of the regulations are quite new and the land-

David Searl
 You and the Law in Spain



lords may have up to a year to comply in some areas. My own quick search showed that practically no one is in compliance yet. There have been

many bureaucratic delays in obtaining the registration but it has been made easier in some areas so you should find the numbers used before too long. And, yes, the letting agencies will be required to include the registration number for each property they advertise on the internet.

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

I am 'Relentless'

Mike Senker
 In my opinion



Views of a Grumpy Old Man

THERE is nothing that makes me grumpier than dealing with ignorant, stupid people. Ryanair has recently introduced a 'live chat' facility which, after never being able to actually speak to a human being, is a good alternative. But this is the conversation I had with one of their agents today:

'Hello Michael - how may I help you?'

'I have booked a flight and paid to carry hand luggage. I am disabled and travel with my own wheelchair and I have just read in your FAQs that disabled passengers can take their hand luggage free of charge so I'd like to arrange a refund please.'

After going through the usual security questions she comes back with, 'There is no refund with priority boarding. Is there anything else I can help you with today?'

Well a) she hadn't actually helped me with anything and b) now she's offering to not help me with something else.

I explained again that I don't need priority boarding as I always have Special Assistance due to my disability but, because of their new

luggage policy, I felt I had no choice other than to pay for priority boarding. Nowhere on their luggage details do they state that passengers using Special Assistance are able to keep their hand luggage with them free of charge.

I only discovered that little gem buried in their FAQs. Is it so hard to make it easy for people to know that or is it, as I suspect, an easy way to nick more money?

She confirms again there is no refund as they are 'a non-refundable airline'! What the hell does that mean??? I asked to be transferred to a supervisor at which point she says, 'I can't transfer you to a supervisor, if you're not happy fill out a form, goodbye'. And then she disconnects our chat!! And that was the end of my chat. How rude. This is not 'customer service' - this is 'customer alienation'.

Ryanair boast about how they are 'making things better' for their passengers. Really??? I then get a box come up asking me to fill in a survey regarding my experience. I asked them to send me copy of the chat so if anyone thinks I'm exaggerating I have the proof. I'm sure that nowhere on the booking page or the priority boarding does it say Special Assistance passengers do not need to pay. My nickname is 'Relentless' so I won't let this go and it's not even about the money, it's the principle.

columnists@euroweeklynews.com

Email mikesenker@gmail.com



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BBC one

7:00am	Breakfast
10:15am	Murder, Mystery and My Family
11:00am	Homes Under the Hammer
12:00pm	Wanted Down Under Revisited
12:45pm	Caught Red Handed
1:15pm	Bargain Hunt
2:00pm	BBC News
2:30pm	Regional News
2:45pm	Doctors
3:15pm	Shakespeare and Hathaway
4:00pm	Escape to the Country
4:45pm	Get Away for Winter
5:30pm	Antiques Road Trip
6:15pm	Pointless
7:00pm	BBC News
7:30pm	Regional News
8:00pm	The One Show
8:30pm	EastEnders
9:00pm	Holby City
10:00pm	Shetland
11:00pm	BBC News
11:30pm	Regional News
11:40pm	Weather
11:45pm	Acid Attack: My Story
12:30am	Miranda Hart - My What I Call Live Show
1:30am	Weather for the Week Ahead

BBC TWO

4:35am	This is BBC Two
7:00am	Caught Red Handed
7:30am	Get Away for Winter
8:15am	Wanted Down Under Revisited
9:00am	Info not available
10:00am	Victoria Derbyshire
12:00pm	BBC Newsroom Live
1:00pm	The Daily Politics
2:00pm	The Super League Show
2:45pm	Plan it, Build it
3:16pm	Yes Chef
4:00pm	A Place to Call Home
4:55pm	More Creatures Great and Small
5:25pm	Simon Reeve Caribbean
6:25pm	Flog It!
7:00pm	Eggheads
7:30pm	Great British Railway Journeys
8:00pm	Sea Cities
9:00pm	Back in Time for Tea
10:00pm	Amazing Hotels: Life Beyond the Lobby
11:00pm	Mum
11:25pm	The Archeologists
11:30pm	Newsnight
12:10am	Weather
12:15am	An Island Parish
1:15am	Generation Gifted
2:20am	Royal Recipes

BBC FOUR

8:00pm	Beyond 100 Days
8:30pm	Handmade on the Silk Road
9:00pm	Pedalling Dreams: The Raleigh Story
10:00pm	The Mafia's Secret Bunkers <i>Author and mafia historian John Dickie uncovers the truth about Italy's most powerful organised crime group.</i>
11:00pm	Byzantium: A Tale of Three Cities
12:00am	Dreaming the Impossible: Unbuilt Britain
1:00am	Je t'aime: The Story of French Song with Petula Clark
2:00am	Top of the Pops <i>Simon Bates presents the weekly pop chart show, first broadcast on 6th May 1982.</i>
2:35am	Top of the Pops
3:15am	Pedalling Dreams: The Raleigh Story
4:15am	Handmade on the Silk Road

CHANNEL 4

8:10am	3rd Rock from the Sun
8:35am	Everybody Loves Raymond
9:00am	Everybody Loves Raymond
9:30am	Frasier
10:00am	Frasier
10:35am	Frasier
11:05am	Ramsay's Kitchen Nightmares USA
12:00pm	Undercover Boss USA
1:00pm	Channel 4 News
1:05pm	Come Dine with Me
2:05pm	Posh Pawnbrokers
3:10pm	Countdown
4:00pm	A Place in the Sun
5:00pm	A New Life in the Sun
6:00pm	Four in a Bed
6:30pm	Extreme Cake Makers
7:00pm	The Simpsons
7:30pm	Hollyoaks
8:00pm	Channel 4 News
9:00pm	How to Get Fit Fast
10:00pm	24 Hours in A and E
11:00pm	The FGM Detectives
12:00am	Before We Die
1:15am	Ramsay's Kitchen Nightmares USA
2:00am	It's a Weird World
2:55am	The Supervet

CHANNEL 5

7:00am	Milkshake!
10:15am	The Wright Stuff
12:15pm	Can't Pay? We'll Take it Away!
1:10pm	5 News
1:15pm	GP's: Behind Closed Doors
2:10pm	Access
2:15pm	Home and Away
2:45pm	Neighbours
3:15pm	NCIS
4:15pm	Killer Collector
6:00pm	5 News
6:30pm	Neighbours
7:00pm	Home and Away
7:30pm	5 News
8:00pm	Loch Lomond: A Year in the Wild
9:00pm	Secrets of the National Trust with Alan Titchmarsh
10:00pm	Elizabeth: Our Queen-the Crown Under Attack
11:00pm	Return to the Wild
12:05am	Sinkholes
1:05am	Weather Terror
2:00am	Super Casino
4:10am	Cowboy Builders
5:00am	My Mum's Hotter Than Me!
5:45am	House Doctor

4

9:00am	Baby Daddy
9:30am	Baby Daddy
10:00am	Melissa and Joey
10:30am	Melissa and Joey
11:00am	How I Met Your Mother
11:30am	How I Met Your Mother
12:00pm	Brooklyn Nine-Nine
12:30pm	Brooklyn Nine-Nine
1:00pm	The Goldbergs
1:30pm	The Goldbergs
2:00pm	The Big Bang Theory
2:30pm	The Big Bang Theory
3:00pm	Melissa and Joey
3:30pm	Melissa and Joey
4:00pm	Baby Daddy
4:30pm	Baby Daddy
5:00pm	Brooklyn Nine-Nine
5:30pm	Brooklyn Nine-Nine
6:00pm	The Goldbergs
6:30pm	The Goldbergs
7:00pm	The Big Bang Theory
7:30pm	The Big Bang Theory
8:00pm	Hollyoaks
8:30pm	Coach Trip
9:00pm	The Big Bang Theory
9:30pm	The Big Bang Theory
10:00pm	Celebs Go Dating
11:00pm	Tattoo Fixers
12:05am	The Big Bang Theory
12:35am	The Big Bang Theory
1:00am	First Dates

sky sports main event

6:30am	Tennis Archive
6:45am	Tennis Archive
7:00am	Good Morning Sports Fans Bitesize
7:30am	Good Morning Sports Fans Bitesize
8:00am	Good Morning Sports Fans
9:00am	Good Morning Sports Fans
10:00am	Good Morning Sports Fans
11:00am	Live ATP 500: Dubai
3:00pm	Sky Sports News
4:00pm	Live ATP 500: Dubai
7:30pm	Sky Sports News at 6
8:00pm	Sky Sports Tonight
8:30pm	Live Checkatrade Trophy
11:00pm	The Debate - Live
12:00am	Sky Sports News
1:00am	Sporting Greats
1:30am	A look at the career of one of sport's all-time greats.
1:30am	Cricket
1:30am	New Zealand take on England at the Bay Oval in Mount Maunganui in the second ODI in their series.

itv

4:55am	ITV Nightscreen
6:05am	The Jeremy Kyle Show
7:00am	Good Morning Britain
9:30am	Lorraine
10:25am	The Jeremy Kyle Show
11:30am	This Morning
1:30pm	Loose Women
2:30pm	ITV Lunchtime News
3:00pm	James Martin's American Adventure
4:00pm	Tenable
5:00pm	Tipping Point
6:00pm	The Chase
7:00pm	Local News and Weather
7:30pm	ITV Evening News
8:00pm	Emmerdale
8:30pm	100 Year Old Driving School
9:00pm	What Would Your Kid Do?
10:00pm	100 Years Younger in 21 Days
11:00pm	ITV News at Ten and Weather
11:45pm	Through the Keyhole
12:45am	Sunday Night at the Palladium
1:35am	Jackpot247
4:00am	Loose Women

itv2

8:10am	Dress to Impress
8:55am	Emmerdale
9:20am	Coronation Street
9:50am	Coronation Street
10:25am	The Ellen DeGeneres Show
11:15am	Who's Doing the Dishes?
12:10pm	Dress to Impress
1:15pm	Emmerdale
1:50pm	Coronation Street
2:15pm	Coronation Street
2:45pm	The Ellen DeGeneres Show
3:35pm	The Jeremy Kyle Show
4:40pm	The Jeremy Kyle Show
5:50pm	The Jeremy Kyle Show
6:50pm	Take Me Out
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	Survival of the Fittest
11:00pm	Celebrity Juice
11:50pm	Family Guy
12:15am	Family Guy
12:40am	American Dad!
1:10am	American Dad!
1:40am	The Cleveland Show
2:10am	Two and a Half Men

itv3

7:00am	Classic Coronation Street
7:25am	Classic Coronation Street
7:55am	Heartbeat
9:00am	The Royal
10:05am	Judge Judy
10:30am	Judge Judy
11:00am	Judge Judy
11:25am	The Cruise
11:55am	The Cruise
12:25pm	Love Your Garden
1:30pm	The Royal
2:35pm	Heartbeat
3:40pm	Classic Coronation Street
4:15pm	Classic Coronation Street
4:50pm	On the Buses
5:20pm	On the Buses
5:55pm	You're Only Young Twice
6:25pm	George and Mildred
7:00pm	Heartbeat
8:00pm	Murder, She Wrote
9:00pm	Midsomer Murders
11:00pm	Scott and Bailey
12:00am	Scott and Bailey
1:05am	A Touch of Frost
3:00am	ITV3 Nightscreen
3:30am	Teleshopping

itv4

7:00am	The Protectors
7:35am	Pawn Stars
8:00am	Pawn Stars
8:30am	Ironsides
9:30am	Quincy, M.E.
10:30am	Minder
11:35am	The Sweeney
12:40pm	The Avengers
1:50pm	Ironsides
2:50pm	Quincy, M.E.
3:55pm	Minder
5:00pm	The Sweeney
6:05pm	The Avengers
7:05pm	Storage Wars
7:35pm	Storage Wars
8:05pm	Pawn Stars
8:35pm	Pawn Stars
9:00pm	World Superbike Highlights
10:00pm	Britain's Busiest Airport - Heathrow
11:00pm	The Game of Death
12:00am	FYI Daily
12:05am	The Game of Death
1:05am	On Deadly Ground
2:05am	FYI Daily
2:10am	On Deadly Ground
3:10am	The Americans
4:00am	Teleshopping

sky CINEMA ACTION & ADVENTURE

4:45am	Rocky II
7:00am	The Matrix
9:20am	The Matrix Reloaded
11:40am	The Matrix Revolutions
2:00pm	Kong: Skull Island
4:00pm	The Matrix
6:20pm	The Matrix Reloaded
8:45pm	The Matrix Revolutions
11:00pm	Kong: Skull Island
1:00am	Battle for Moscow

sky CINEMA COMEDY

10:55am	Top Ten Show, the 2018
11:10am	City Slickers
1:10pm	Chips: Law and Disorder
3:00pm	Top Ten Show, the 2018
3:20pm	Fist Fight
5:00pm	Stuck on You
7:00pm	Miss Congeniality 2: Armed and Fabulous
9:00pm	Chips: Law and Disorder
10:45pm	Fist Fight
12:25am	Stuck on You
2:30am	Deuce Bigalow: Male Gigolo

sky CINEMA PREMIERE

5:35am	Dive Olly Dive and the Octopus Rescue
7:00am	Birth of the Dragon
8:40am	Larry Gaye: Renegade Male Flight Attendant
10:35am	Monster Family: Special
11:05am	The Mummy
1:10pm	Christine
3:15pm	Hard Target
5:15pm	Larry Gaye: Renegade Male Flight Attendant
7:10pm	Birth of the Dragon
9:00pm	The Mummy
11:00pm	Hard Target
12:50am	Christine
3:00am	Freehold
4:35am	Killing Hasselhoff

sky sports football

12:45pm	SPFL Greatest Games
1:00pm	SPFL Round Up 2017/18
1:15pm	SPFL Greatest Games
1:30pm	Soccer A.M. - The Best Bits
2:00pm	La Liga Icons
3:00pm	SPFL Round Up 2017/18
3:15pm	SPFL Greatest Games
3:30pm	Soccer A.M. - The Best Bits
4:30pm	Football's Greatest Teams
5:00pm	Scottish Cup Greatest Games
5:15pm	Scottish Cup Greatest Games
5:30pm	La Liga Greatest Games
5:45pm	La Liga Greatest Games
6:00pm	MLS Preview Show
6:30pm	Football Countdowns
7:00pm	Revista de la Liga
7:30pm	Eredivisie
8:30pm	Football
11:00pm	The Debate - Live
12:00am	La Liga World
12:30am	MLS Preview Show

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BBC one

11:00am	Homes Under the Hammer
12:00pm	Wanted Down Under Revisited
12:45pm	Caught Red Handed
1:15pm	Bargain Hunt
2:00pm	BBC News
2:30pm	Regional News
2:45pm	Doctors
3:15pm	Shakespeare and Hathaway
4:00pm	Escape to the Country
4:45pm	Get Away for Winter
5:30pm	Antiques Road Trip
6:15pm	Pointless
7:00pm	BBC News
7:30pm	Regional News
8:00pm	The One Show
9:00pm	DIY SOS The Big Build
10:00pm	Earth's Natural Wonders
11:00pm	BBC News
11:30pm	Regional News
11:40pm	Weather
11:45pm	A Question of Sport
12:15am	2018
12:45am	Good

BBC TWO

10:00am	Victoria Derbyshire
12:00pm	BBC Newsroom Live
12:30pm	The Daily Politics
2:00pm	Perfection
2:45pm	Plan it, Build it
3:16pm	Yes Chef
4:00pm	A Place to Call Home
4:50pm	More Creatures Great and Small
5:20pm	Simon Reeve Caribbean
6:20pm	Flog It!
7:00pm	Eggheads
7:30pm	Great British Railway Journeys
8:00pm	Sea Cities
9:00pm	World's Most Extraordinary Homes
10:00pm	The Assassination of Gianni Versace - American Crime Story
10:50pm	Live at the Apollo
11:30pm	Newsnight
12:10am	Weather
12:15am	Amazing Hotels: Life Beyond the Lobby
1:15am	Flatpack Empire
2:15am	Royal Recipes

BBC FOUR

8:00pm	Beyond 100 Days
8:30pm	Handmade on the Silk Road
9:00pm	The Secret History of Our Streets
10:00pm	Nelson: In His Own Words
11:00pm	The British Empire
12:00am	Horizon
1:00am	California Comes to the Whistle Test
2:00am	Top of the Pops <i>Simon Bates presents the weekly pop chart show, first broadcast on 6th May 1982.</i>
2:30am	Top of the Pops
3:00am	Fabric of Britain <i>Documentary telling the story of how knitting rose from basic craft to the height of popular fashion in the 20th century</i>
4:00am	Nelson: In His Own Words

CHANNEL 4

9:00am	Everybody Loves Raymond
9:30am	Frasier
10:35am	Frasier
11:05am	Ramsay's Kitchen Nightmares USA
12:00pm	Undercover Boss USA
1:00pm	Channel 4 News
1:05pm	Come Dine with Me
2:05pm	Posh Pawnbrokers
3:10pm	Countdown
4:00pm	A Place in the Sun
5:00pm	A New Life in the Sun
6:00pm	Four in a Bed
6:30pm	Extreme Cake Makers
7:00pm	The Simpsons
7:30pm	Hollyoaks
8:00pm	Channel 4 News
9:00pm	The Supervet
10:00pm	The £1 Houses: Britain's Cheapest Street
11:00pm	Damned
11:30pm	8 Out of 10 Cats
12:35am	24 Hours in A and E

CHANNEL 5

5:45am	House Doctor
6:10am	Divine Designs
6:35am	Wildlife SOS
7:00am	Milkshake!
10:15am	The Wright Stuff
12:15pm	Can't Pay? We'll Take it Away!
1:10pm	5 News
1:15pm	GPs: Behind Closed Doors
2:10pm	Access
2:15pm	Home and Away
2:45pm	Neighbours
3:20pm	NCIS
4:20pm	Left for Dead
6:00pm	5 News
6:30pm	Neighbours
7:00pm	Home and Away
7:30pm	5 News
8:00pm	Can't Pay? We'll Take it Away!
9:00pm	GPs: Behind Closed Doors
10:00pm	Violent Child, Desperate Parents
11:00pm	When Chat Shows Go Horribly Wrong
1:55am	Super Casino
4:10am	Cowboy Builders

4

9:00am	Baby Daddy
9:30am	Baby Daddy
10:00am	Melissa and Joey
10:30am	Melissa and Joey
11:00am	How I Met Your Mother
11:30am	How I Met Your Mother
12:00pm	Brooklyn Nine-Nine
12:30pm	Brooklyn Nine-Nine
1:00pm	The Goldbergs
1:30pm	The Goldbergs
2:00pm	The Big Bang Theory
3:00pm	Melissa and Joey
4:00pm	Baby Daddy
5:00pm	Brooklyn Nine-Nine
6:00pm	The Goldbergs
6:30pm	The Goldbergs
7:00pm	The Big Bang Theory
7:30pm	The Big Bang Theory
8:30pm	Coach Trip
9:00pm	The Goldbergs
9:30pm	The Big Bang Theory
10:00pm	Celebs Go Dating
11:00pm	Don't Tell the Bride Ireland
12:05am	The Big Bang Theory
12:35am	The Big Bang Theory
1:00am	First Dates

sky sports main event

1:30am	Cricket
7:00am	Cricket
10:00am	Good Morning Sports Fans
11:00am	Live ATP 500: Dubai
3:00pm	Sky Sports News
4:00pm	Live ATP 500: Dubai
7:30pm	Sky Sports News at 6
8:00pm	Sky Sports Tonight <i>Round-up of the sports news with live analysis and comment plus extended interviews with the headline makers.</i>
8:30pm	Football
11:00pm	The Debate - Live
12:00am	Sky Sports News <i>All the news from the Premier League and beyond</i>
1:00am	Live ATP 500: Acapulco <i>Day three of the Abierto Mexicano Telcel presented by HSBC, held in Acapulco, Mexico</i>

itv

4:50am	ITV Nightscreen
6:05am	The Jeremy Kyle Show
7:00am	Good Morning Britain
9:30am	Lorraine
10:25am	The Jeremy Kyle Show
11:30am	This Morning
1:30pm	Loose Women
2:30pm	ITV Lunchtime News
3:00pm	James Martin's American Adventure
4:00pm	Tenable
5:00pm	Tipping Point
6:00pm	The Chase
7:00pm	Local News and Weather
7:30pm	ITV Evening News
8:00pm	Emmerdale
8:30pm	Coronation Street
9:00pm	Britain's Brightest Family
9:30pm	Coronation Street
10:00pm	Benidorm
11:00pm	ITV News at Ten and Weather
11:45pm	Britain's Busiest Airport - Heathrow
12:45am	Caught on Camera
1:35am	Jackpot247
4:00am	Tenable
4:50am	ITV Nightscreen

itv2

8:10am	Dress to Impress
8:55am	Emmerdale
9:20am	The Cube
10:25am	The Ellen DeGeneres Show
11:15am	Who's Doing the Dishes?
12:10pm	Dress to Impress
1:15pm	Emmerdale
1:50pm	You've Been Framed!
2:15pm	You've Been Framed!
2:45pm	The Ellen DeGeneres Show
3:35pm	The Jeremy Kyle Show
4:40pm	The Jeremy Kyle Show
5:50pm	The Jeremy Kyle Show
6:50pm	Take Me Out
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	Survival of the Fittest
11:00pm	Celebrity Juice
11:50pm	Family Guy
12:15am	Family Guy
12:45am	American Dad!
1:15am	American Dad!
1:40am	The Cleveland Show
2:10am	Two and a Half Men
2:40am	Two and a Half Men

itv3

3:30am	Teleshopping
7:00am	Classic Coronation Street
7:25am	Classic Coronation Street
7:55am	Heartbeat
9:00am	The Royal
10:05am	Judge Judy
10:30am	Judge Judy
11:00am	Judge Judy
11:25am	The Cruise
11:55am	The Cruise
12:30pm	Love Your Garden
1:30pm	The Royal
2:35pm	Heartbeat
3:40pm	Classic Coronation Street
4:15pm	Classic Coronation Street
4:45pm	On the Buses
5:20pm	On the Buses
5:50pm	You're Only Young
6:25pm	George and Mildred
7:00pm	Heartbeat
8:00pm	Murder, She Wrote
9:00pm	Endeavour
11:00pm	Law and Order: UK
12:00am	Law and Order: UK
1:05am	Unforgotten
2:05am	Unforgotten
2:55am	ITV3 Nightscreen
3:30am	Teleshopping

itv4

4:00am	Teleshopping
7:00am	The Chase
7:45am	Pawn Stars
8:10am	Pawn Stars
8:30am	Ironsides
9:30am	Quincy, M.E.
10:30am	Minder
11:35am	The Sweeney
12:40pm	The Avengers
1:50pm	Ironsides
2:55pm	Quincy, M.E.
3:55pm	Minder
5:00pm	The Sweeney
6:05pm	The Avengers
7:10pm	Storage Wars Texas
7:40pm	Storage Wars
8:05pm	Pawn Stars
8:35pm	Pawn Stars
9:00pm	Britain's Busiest Motorway
9:30pm	Britain's Busiest Motorway
10:00pm	Rush Hour
11:00pm	FYI Daily
11:05pm	Rush Hour
12:05am	Lethal Weapon
1:00am	River Monsters
2:00am	Car Crash Global
3:05am	The Protectors
3:40am	ITV4 Nightscreen
4:00am	Teleshopping

sky CINEMA ACTION & ADVENTURE

4:55am	Rocky
7:00am	Captain America: Civil War
9:30am	X-Men: Apocalypse
12:00pm	Logan
2:30pm	Assassin's Creed
4:30pm	Captain America: Civil War
7:00pm	X-Men: Apocalypse
9:30pm	Logan
12:00am	Assassin's Creed
2:10am	12 Rounds

sky CINEMA COMEDY

7:55am	Top Ten Show, the 2018
8:10am	Love of My Life
10:05am	Who's Harry Crumb?
11:45am	Special
12:00pm	How to be a Latin Lover
2:00pm	Bad Neighbours 2
3:40pm	The Boss
5:25pm	Drillbit Taylor
7:15pm	Police Academy
9:00pm	Bad Neighbours 2
10:40pm	The Boss
12:25am	Ali G Indahouse
2:00am	Deuce Bigalow: European Gigolo
3:30am	Eddie Murphy: Raw

sky CINEMA PREMIERE

4:35am	Killing Hasselhoff
6:10am	Top Ten Show, the 2018
6:30am	Fantastic Beasts and Where to Find Them: Special <i>Sky Movies takes a behind-the-scenes look at the latest trip into JK Rowling's wizarding world.</i>
7:00am	Christine
9:05am	Larry Gaye: Renegade Male Flight Attendant
11:00am	Hard Target
12:50pm	The Mummy
2:50pm	Christine
4:50pm	Birth of the Dragon
6:40pm	Monster Family: Special
7:10pm	Hard Target
9:00pm	The Mummy
11:00pm	Clash
12:50am	Larry Gaye: Renegade Male Flight Attendant
2:45am	Birth of the Dragon
4:35am	Special
5:05am	Freehold

sky sports football

9:00am	MLS Preview Show
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	Football
1:05pm	Revista de la Liga
1:30pm	La Liga World
2:00pm	La Liga Icons
2:15pm	La Liga Icons: Zidane
2:30pm	La Liga Icons
2:45pm	La Liga Icons
3:00pm	Football
5:15pm	La Liga Greatest Games
5:25pm	Football
7:30pm	La Liga World
8:00pm	MLS Preview Show
8:30pm	Football
11:00pm	The Debate - Live
12:00am	MLS Preview Show
12:30am	La Liga Icons
12:45am	La Liga Icons
1:00am	Eredivisie
2:00am	One2eleven
2:15am	One2eleven
2:30am	SPFL Greatest

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MADDOCKS' VIEW ON LIFE



THE UNTOUCHABLES - HOLLYWOOD U.S.A. 2018

YOUR STARS FOR NEXT 7 DAYS

AQUARIUS
(January 21 - February 19)

Your emotions, extra expenses and other domestic pressures are on the boil. Put off major decisions until next week. Meanwhile, loosen up, walk into some creative space, and if necessary, talk to someone who understands your ups and downs. There are good things waiting to happen, refuse to lose nerve.

LEO
(July 24 - August 23)

Move forward on this week's positive waves of optimism. Treat yourself, but don't overindulge your temptations. The planets aren't dancing to all your wants and desires. If certain situations or individuals seem complicated, wait until the dust settles, then follow your hunches.

PISCES
(February 20 - March 20)

It's both a vertical and horizontal week. What goes right somewhere could easily go wrong elsewhere. Sensitive Venus conspires with touchy Mars to trigger tensions and troubles. If you're aware of where others are coming from, you'll be fine. You'll have fun, but don't let your spending splurges rule your head on Wednesday or Saturday.

VIRGO
(August 24 - September 23)

There's a saying that if it doesn't rain, it pours, so keep an umbrella of humour to hand. Spring is around the corner, and with it, a much happier trend for your workaday, social and financial prospects. Strive through this showery emotional week, and the sunshine will surely follow. Meanwhile, focus on the now.

LIBRA
(September 24 - October 23)

Scanning the rest of the star-signs, you'll see that you have many things in common this week: challenging influences at work and play, and during other clogging capers. Unexpected events, finances, or the usual everyday frustrations could pile on the pressure.

ARIES
(March 21 - April 20)

Your efforts to get your message across might be best delayed for seven days. Fickle Venus and flighty Mercury will cross swords with other planets, so keep your ideas and emotions grounded. Take nothing for granted on Tuesday, and don't agree to anything without the facts.

SCORPIO
(October 24 - November 22)

You're not the only member of the zodiac who'll have to toughen up. It'll pay you to chill on Tuesday, be patient on Wednesday, and put your potent insights into orbit throughout the weekend. Although certain set arrangements are liable to veer off track, some discussions and shared commitments are slowly but firmly improving.

TAURUS
(April 21 - May 21)

Don't jump from one financial frying pan into another. Take it easy on all fronts, especially where your money, emotions and other people's moods are at odds with your ideas.

GEMINI
(May 22 - June 21)

You will see the advantage of working towards a new location, or even a specific makeover for your domestic scene. Either way, wait for a further green light, especially where money's concerned. Monday and Thursday are delicate days, so play it cool.

SAGITTARIUS
(November 23 - December 21)

The full moon in your own sign is a powerful ally against this week's planetary fracas. Speak from the heart and reject any ambiguous emotional games. It's the only way to clear the air and truly know where you're heading.

CANCER
(June 22 - July 23)

Refuse to be miffed by whatever disagreements or difficulties clutter your world. The sooner you get on with things, the better for your peace of mind. Even this week's affrays and dismays are simply passing clouds. Put yourself first, and things will start to change.

CAPRICORN
(December 22 - January 20)

There's a financial theme to many of your plans and ideas. Above all, spend with care and examine all offers carefully. Rely on your sixth sense, especially where close-to-you matters are concerned. Give more thought to what you hope to have achieved in 12 months from now. Be patient, especially over personal stresses and strains.

Trivia from around the world

*** A reality show featuring patients in need of a kidney transplant who had to compete for a supposedly dying woman's organ aired on Dutch TV in 2007.

*** The North Korean calendar has only counted the years from the birth of its first leader Kim Il-Sung, meaning they are currently in year 107.

*** The US has a population of more than 320 million, but around 47 per cent of its territory is uninhabited.

*** Ghana banned the sale of second-hand underwear in 2010 over concerns they posed a health hazard.

*** A *Silene stenophylla*, a flowering plant from Siberia, has been grown from 32,000-year-old seeds in Russia.

*** New Zealand was uninhabited until it was settled by the Polynesians around 800 years ago.



SIGHTSEERS: The International Space Station orbits about 220 miles above the Earth.

DID YOU KNOW?

Astronauts aboard the International Space Station see around 15 sunrises and 15 sunsets every day. The station, which travels at around 17,211 mph, orbits the Earth once every 92 minutes. That means a sunrise or sunset is seen around every 45 minutes.

Women's wit

"I've probably earned the right to screw up a few times. I don't want the fear of failure to stop me from doing what I really care about."

Emma Watson, actor

Famous quote

"There is only one corner of the universe you can be certain of improving, and that is your own self."

Aldous Huxley, writer

World of English

Deipnosophist - A person who is skilled in the art of dining and dinner-table conversations.

UK NATIONAL LOTTERY	IRISH LOTTO	EURO MILLIONS		LA PRIMITIVA		EL GORDO DE LA PRIMITIVA
Saturday February 17	Saturday February 17	Tuesday February 13	Friday February 16	Thursday February 15	Saturday February 17	Sunday February 18
(5) (8)	(20) (21)	(10) (13)	(10) (12)	(1) (2)	(9) (18)	(23) (30)
(9) (10)	(23) (34)	(17) (21)	(23) (32)	(21) (22)	(19) (22)	(42) (51)
(38) (53)	(39) (43)	(44)	(50)	(27) (47)	(31) (38)	(54)
BONUS BALL	BONUS BALL	LUCKY STARS	LUCKY STARS	REINTEGRO	REINTEGRO	REINTEGRO
(56)	(4)	(1) (10)	(4) (10)	(24) (0)	(17) (8)	(7)
		EL MILLON: XXGP60849		JOKER: 4 085 600	JOKER: 8 034 825	

LOTTERY

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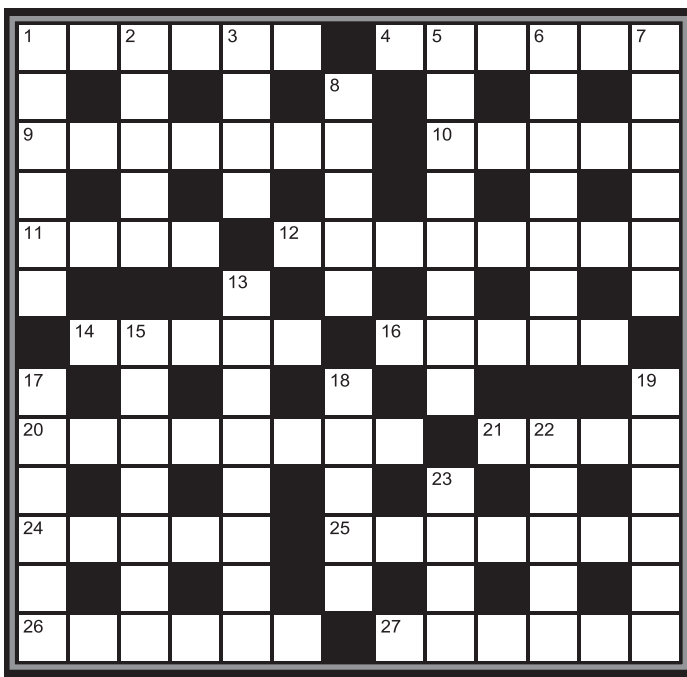
Cryptic

Across

- 1 Stop translating Sartre (6)
- 4 Prepared sauces for the campaigns (6)
- 9 First class rider takes a tumble in Scotland (7)
- 10 Swap jazz key (5)
- 11 Rotate tea boiler (4)
- 12 Fine head start with British Airways, perhaps (8)
- 14 Harbour with own pole (5)
- 16 It's torture putting silver on Yankee (5)
- 20 Risk money, a pound, after some light shopping? (8)
- 21 Funny ditch (2-2)
- 24 Play doctor and a graduate (5)
- 25 Crush the star characters (7)
- 26 Something glossy for a teen's dance (6)
- 27 Love means nothing for such players (6)

Down

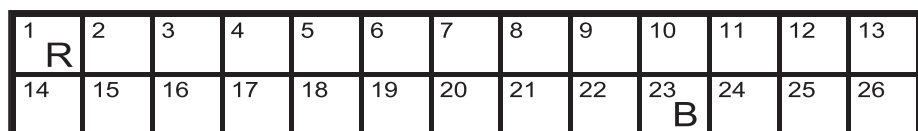
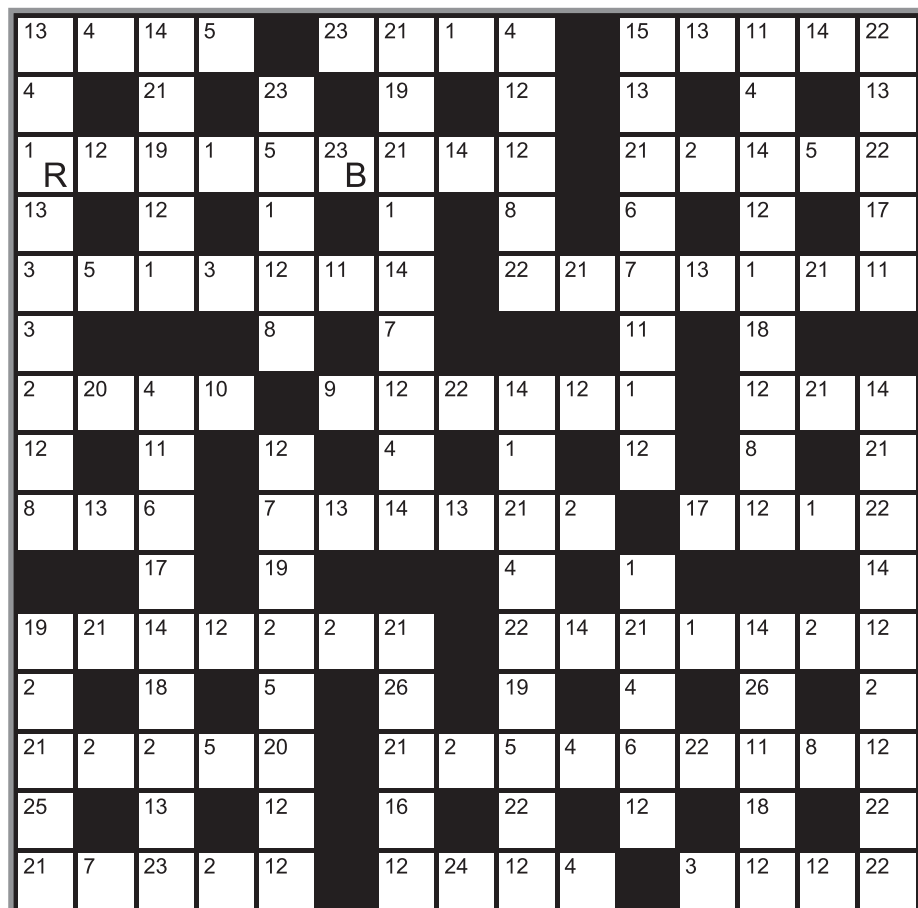
- 1 Changes Pat's ad about (6)
- 2 More uncommon rubles are registered (5)
- 3 Agile secret agent creeping round the ringleader (4)
- 5 Modify, for example, ring for a confidant (5,3)
- 6 One's position is not changed at the inside (7)
- 7 Metal pin crook finally found in waste pipe (6)
- 8 Keep out of French watering



- hole (5)
- 13 State risk accepting European jurisprudence (8)
- 15 After a time, the pamphlet will entice (7)
- 17 Remains in taxicab I'd escaped in (6)
- 18 Squander, say, part of the body (5)
- 19 Mother, doctor and a Sikh leader are all from Chennai (6)
- 22 Continue performing in part of West London (5)
- 23 Cabbage is an ingredient of cock-a-leekie soup (4)

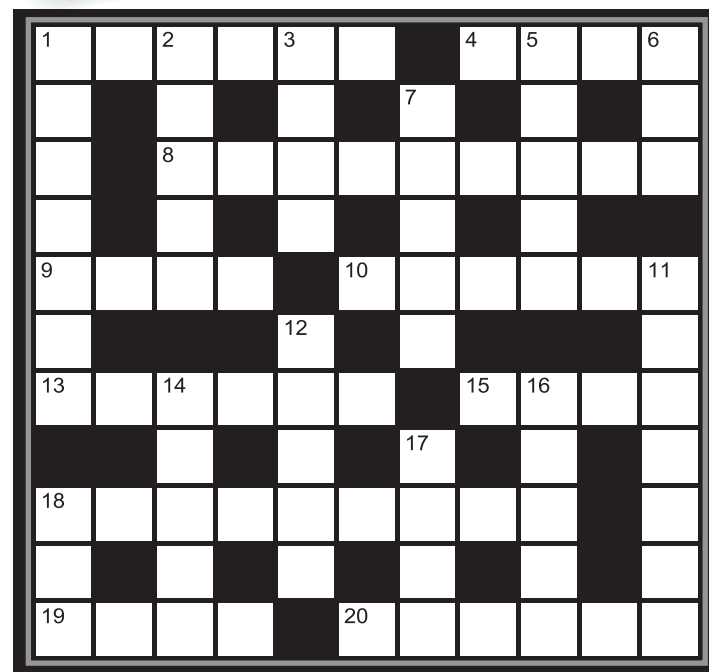
Code Breaker

Each number in the Code Breaker grid represents a different letter of the alphabet. In this week's puzzle, 1 represents R and 23 represents B, so fill in R every time the figure 1 appears and B every time the figure 23 appears. Now, using your knowledge of the English language, work out which letters should go in the missing squares. As you discover the letters, fill in other squares with the same number in the main grid and the control grid.



LAST WEEK'S SOLUTION FACING PAGE

Quick



Across

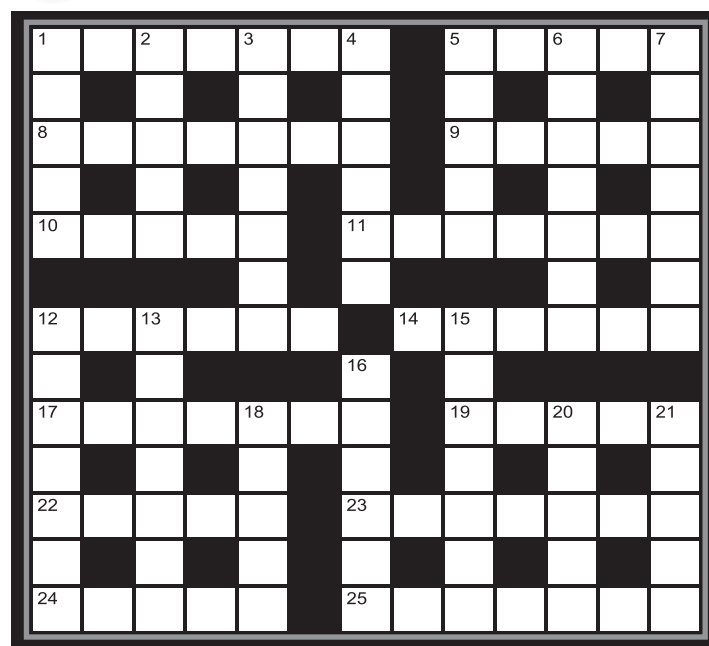
- 1 Come or go back (6)
- 4 Prison (4)
- 8 Variety of peach with a smooth skin (9)
- 9 Gemstone (4)
- 10 Rely on (6)
- 13 Stable units (6)
- 15 Capital of Norway (4)
- 18 Sweets on sticks (9)
- 19 Nesting insect (4)
- 20 Have an ambitious plan or a lofty goal (6)

Down

- 1 Unpleasantly loud and harsh (7)
- 2 Friendly Islands (5)
- 3 Wealthy (4)
- 5 Nimble or active (5)
- 6/18 Hide out (3,3)
- 7 Ship of the desert (5)
- 11 Bishop's jurisdiction (7)
- 12 Ordinary (5)
- 14 Collection of maps in book form (5)
- 16 Japanese food (5)
- 17 Chief or leader (4)
- 18 See 6

English - Spanish

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



Across

- 1 Desafortunado (7)
- 5 Toads (5)
- 8 Gaviota (7)
- 9 Parrots (5)
- 10 Thirteen (5)
- 11 To obtain (7)
- 12 Cubo (balde) (6)
- 14 Geese (domestic) (6)
- 17 Reign (7)
- 19 Arches (5)
- 22 January (5)
- 23 Pendiente (joya) (7)
- 24 Sheep (5)
- 25 Cantantes (7)

Down

- 1 Alterado (5)
- 2 Key (door) (5)
- 3 Dummy (for baby) (7)
- 4 Amarillo (6)
- 5 Hendidura (corte) (5)
- 6 Padres (7)
- 7 Tailors (7)
- 12 Barber (7)
- 13 Chino (7)
- 15 Scorpion (7)
- 16 Toallas (6)
- 18 Now (at this time, immediately) (5)
- 20 Delito (5)
- 21 Señales (indicaciones) (5)

CROSSWORD PAGE

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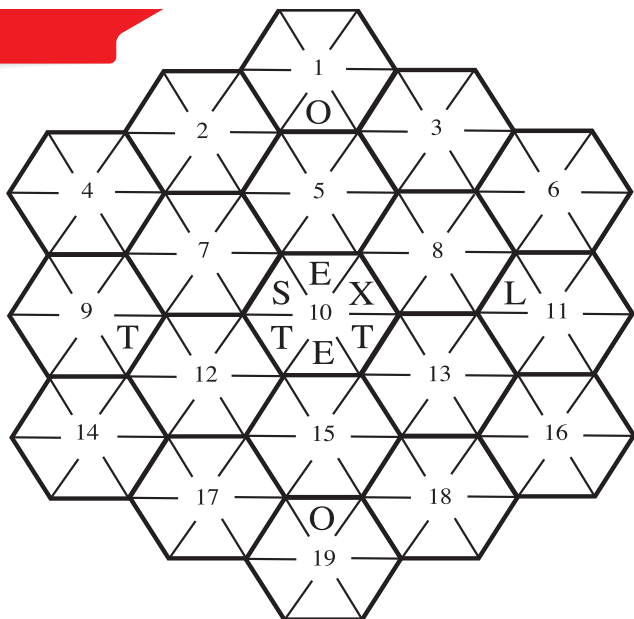
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Hexagram

- CARBOY
- CENSUS
- CLOSER
- COWBOY
- CURATE
- DETOUR
- DROOPY
- DUPLEX
- FAULTY
- FIASCO
- GOLDEN
- MEADOW
- OPAQUE
- SCENIC
- SEXTET (10)
- SLUDGE
- STODGY
- UTMOST
- VESTAL



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 (**SEXTET**) and one letter in four other cells are given as clues.

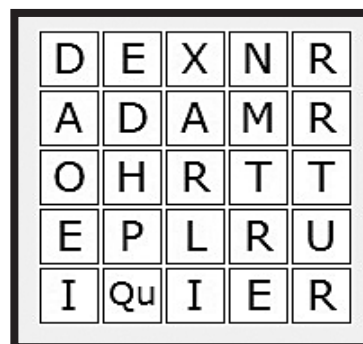
LAST WEEK'S SOLUTION

- 1 Artery 2 Coyote 3 Undoes 4 Aerate
- 5 Corona 6 Pigeon 7 Cravat 8 Domain
- 9 Revved 10 Raisin 11 Cowmen
- 12 Vandal 13 Jigsaw 14 Vellum
- 15 Indigo 16 Jovial 17 Inland 18 Toilet
- 19 Pundit

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: 21
- Good: 29
- Very good: 41
- Excellent: 53

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

cad's cart card cards carob carobs cars
crag crags crore ados adore adobe adsorb
ardor ardors arks tact tads taro taros tars
tags tract trad trod dart dark darks dags
drat drag drags dragster dork dorks dost
dory dobs rads rags rods roster robe
gads gars grad grads grog gods goby gobi
gory gore gobs orca ogre orbs soda sort
sorb sorbet sore sober stem bobs bora
bort bore bobs bros bribe byre bibs bier
biers rort ribs berg bets ergo erst

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 V)** and there must be **AT LEAST ONE NINE LETTER WORD**. Plurals, vulgarities or proper nouns are not allowed.



TARGET:

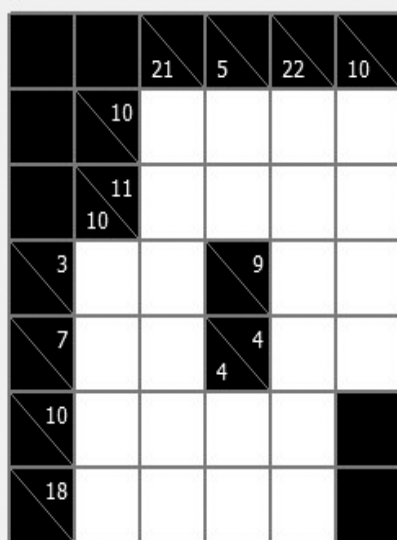
- Average: 6
- Good: 8
- Very good: 12
- Excellent: 15

LAST WEEK'S SOLUTION

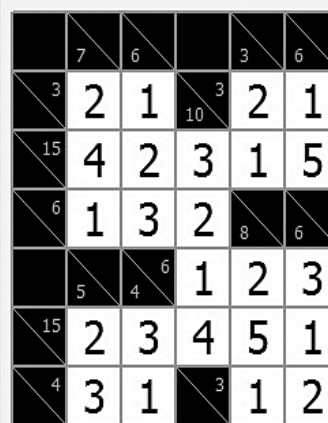
aloe dale deal dole flea fled floe foal fold fool lade lead
leaf load loaf lode oleo addle aloof doled flood laded
loofa offal doodle foaled folded fooled loaded loafed
flooded offload OFFLOADED

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

QUICK

- Across:** 1 Cryogenic, 7 Terms, 8 Rayon, 9/5 War cry, 10 Salmon, 14 Almond, 18 Andes, 20 Aware, 21 Gangsters.
- Down:** 1 Cite, 2 Yardarm, 3 Gasp, 4 Normal, 6 Awning, 11 Mundane, 12 Banana, 13 Unison, 16 Bans, 17 Fees, 19/15 Dog end.

CODE BREAKER

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

CRYPTIC

- Across:** 1 Spots, 4 Starlet, 8 Russell, 9 Limbo, 10 Polecats, 11 Wage, 13 Scroll, 15 Raptor, 18 Path, 19 Carousel, 22 Oiled, 23 Sterile, 24 Sprites, 25 Notes.
- Down:** 1 Stripes, 2 Ousel, 3 Stencils, 4 Salute, 5 Ally, 6 Lambast, 7 Trove, 12 Napoleon, 14 Rattler, 16 Rollers, 17 Causes, 18 Plots, 20 Saint, 21 Edit.

ENGLISH-SPANISH

- Across:** 1 Stars, 4 Caracol, 8 Against, 9 Ice, 10 Seaweed, 11 Abajo, 12 Brooms, 14 Porfin, 17 Temer, 19 Barrels, 22 Hot, 23 Ejemplo, 24 Respeto, 25 Shave.
- Down:** 1 Shops, 2 Aparato, 3 Suave, 4 Cuñada, 5 Retraso, 6 Caida, 7 Lie down, 12 Butcher, 13 Marbete, 15 Fregona, 16 Obrero, 18 Motos, 20 Ropes, 21 Sauce.

App of the week



TBubble Clean

A new app that helps improve the performance of Android phones. Its speed booster, junk file cleaner, phone cooler and battery saver features allow phones to run smoother.

QUIZ: HAVING YOUR CAKE AND EATING IT TOO

1. According to its advertising slogan, who 'makes exceedingly good cakes'?
2. Baby Cakes was a UK number one hit single in 2004 for which British garage trio?
3. First published in 1930, Cakes and Ale is a novel by which British novelist, short-story writer and playwright?
4. Pannetone, a light cake, usually made with sultanas and candied peel, is traditionally eaten at Christmas in which European country?
5. The name of which small, fancy cake comes from the French for 'small oven'?
6. What is the name of the oblong sponge cake covered with marzipan, with a square cross section quartered with two colours of sponge?
7. What is the name of the rich loaf cake containing 16 ounces, or equal weights, of each

- chief ingredient, typically flour, butter and sugar?
8. Which 1974 Top 10 Queen hit contains the lyric 'Let them eat cake she says, just like Marie Antoinette'?
9. Which Scottish city gives its name to a rich fruit cake, typically decorated on top with almonds?
10. Which small yeast cake is saturated in syrup made with hard liquor, usually rum, and sometimes filled with whipped cream or pastry cream?

Not a lot of people know that... the first cupcakes were so called, in the late 19th century, because they were baked in cups and made from ingredients measured by the cupful.

Answers:

1. MR KIPLING (owned by Premier Foods), 2. 3 OF A KIND, 3. WILLIAM SOMERSET MAUGHAM, 4. ITALY, 5. PETIT FOUR, 6. BATTENBERG, 7. POUND CAKE, 8. KILLER QUEEN, 9. DUNDEE, 10. RUM BABA or BABA AU RHUM

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Struggle for peace

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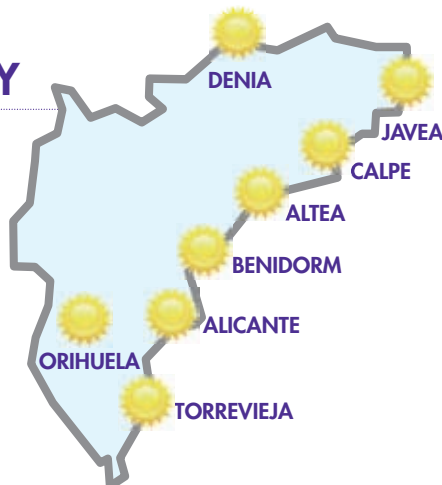
The ship and crew then stumble into new conflicts in Gareth L. Powell's Embers of War.

books@euroweeklynews.com

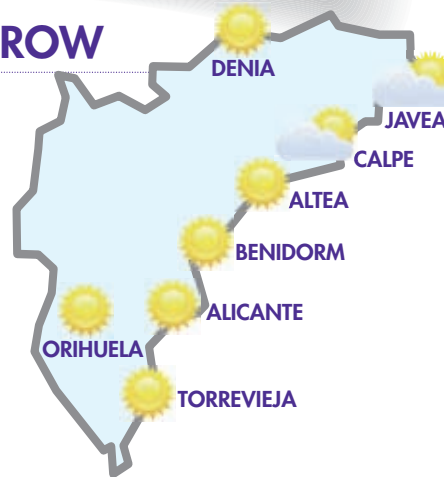
Costa Blanca

weather

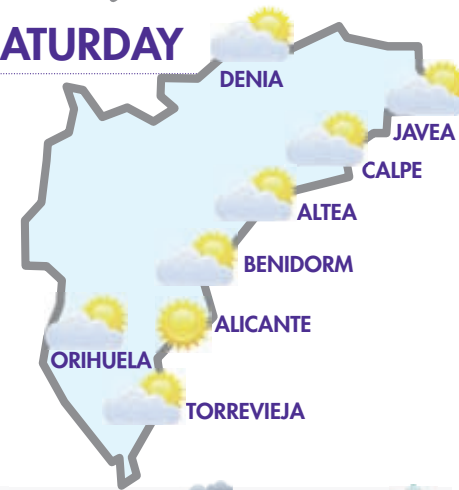
TODAY



TOMORROW



SATURDAY



Malaga Today: Max 15, Min 6 - Sh Fri - 15 8 - C Sat - 14 8 - C Sun - 16 9 - Cl Mon - 16 10 - Sh Tues - 17 10 - Sh Wed - 17 9 - Sh	Almeria Today: Max 14, Min 6 - S Fri - 14 7 - S Sat - 14 8 - S Sun - 16 9 - Cl Mon - 16 10 - Cl Tues - 16 10 - C Wed - 15 10 - Sh	Bilbao Today: Max 7, Min 2 - C Fri - 8 0 - C Sat - 12 3 - S Sun - 12 3 - S Mon - 9 4 - Cl Tues - 10 4 - C Wed - 8 5 - Sh	Madrid Today: Max 11, Min -5 S Fri - 10 4 - S Sat - 11 -3 - S Sun - 12 1 - S Mon - 12 3 - Sh Tues - 11 2 - Cl Wed - 11 2 - Cl
Alicante Today: Max 15, Min 5 - C Fri - 13 6 - S Sat - 14 6 - C Sun - 16 8 - S Mon - 16 10 - Sh Tues - 16 9 - Sh Wed - 16 9 - C	Benidorm Today: Max 14, Min 6 - S Fri - 12 6 - Cl Sat - 13 7 - Sh Sun - 14 8 - S Mon - 15 9 - Cl Tues - 14 9 - Sh Wed - 15 9 - Sh	Mallorca Today: Max 11, Min 4 - Sh Fri - 12 4 - Sh Sat - 14 5 - S Sun - 14 6 - Sh Mon - 13 6 - C Tues - 13 6 - C Wed - 13 7 - Sh	Barcelona Today: Max 10, Min 2 - S Fri - 11 3 - C Sat - 12 4 - S Sun - 12 4 - S Mon - 10 4 - Sh Tues - 10 3 - Sh Wed - 10 4 - Sh

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

• **Drew Barrymore, Actor; February 22, 43**

The Charlie's Angels star featured in an advert for dog food when she was less than one-year-old before going on to land roles in ET and Mad Love.

• **Josh Gad, Actor; February 23, 37**

Gad has starred in the Broadway production of The Book of Mormon and in the films The Rocker and Pixels. He studied at Nova Southeastern University



Floyd Mayweather

where he competed in national forensics competitions. He has since voiced characters in Frozen and the Ice Age series.

• **Floyd Mayweather, Boxer; February 24, 41**

The five-division world champion has won 15 titles and defeated rival Manny Pacquiao in what has been called the fight of the century. He retired in 2017 with a record 50 wins to zero losses.

• **James and Oliver Phelps, Actors; February 25, 32**

The Phelps twins played Ron Weasley's

(Rupert Grint) older brothers in the Harry Potter series. Born 13 minutes apart in Sutton Coldfield in Britain, they were cast in the series aged 14. James has had a role in The Da Vinci Code and Oliver in Own Worst Enemy.

• **Peter Andre, Pop Singer; February 27, 45**

Andre landed a record deal after competing on Hey Hey It's Saturday aged 16. He is well-known for Mysterious Girl and appeared on I'm a Celebrity... Get Me Out of Here where he met Katie Price. They married in 2005 and divorced in 2009.

Sierra Nevada SNOW REPORT



Partly cloudy skies and daytime temperatures above freezing are expected until Sunday, where it will snow through until next Thursday. Temperatures will drop to lows of -6 degrees but no strong winds are expected.

Sudoku

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

LAST WEEK'S SOLUTION

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

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

Word Ladder

DARK

Move from the start word (**DARK**) to the end word (**ROAD**) in the same number of steps as there are rungs on the Word Ladder. You must only change one letter at a time.

ROAD

- ROAD
- LOAD
- WORD
- WORK
- DORK
- DARK
- Solution**

DVD

The Wild West



LIZ (Dakota Fanning) lives with her husband Eli (William Houston) and their children in a town on the US's Western frontier.

She is mute and communicates through sign language but when a new preacher (Guy Pearce) comes to town Liz is terrified and believes he is dangerous.

The story then follows different characters in four chapters detailing their personal trials. Brimstone is a gritty series of tales about retribution and survival which intertwine through the unforgiving Old West.

This week in history

532 - Hagia Sophia built
Byzantine Emperor Justinian I orders the construction of a new Orthodox church in Constantinople, which would become the Hagia Sophia. It has since been a mosque and is now a museum.

1246 - Siege of Jaen
Spanish forces take over the city of Jaen from the Taifa during the Reconquista, a series of wars on the Iberian Peninsula which ended in the 15th century.

1371 - Stuart dynasty begins

Robert II becomes Scotland's King, beginning the Stuart dynasty. One of his descendants, James I, would become the first Stuart King of England in 1603.

1607 - First opera

Claudio Monteverdi's L'Orfeo premieres, one of the first works which is recognisably an opera.

1815 - Napoleon escapes

Deposed French Emperor Napoleon Bonaparte flees exile in Elba to retake his throne and resume the Napoleonic wars. He would go on to be defeated at the Battle of Waterloo.

1933 - Reichstag fire

Germany's Parliament building is set on fire in an apparent arson attack. The fire sets in motion events that led to the Nazis tightening their grip on power in the country.

1954 - President Nasser

Colonel Gamal Abdel Nasser is made President of Egypt. His nationalisation of the Suez Canal will spark a crisis that leads to the invasion of his country and the fall of Anthony Eden's government in Britain.

2011 - Christchurch quake

New Zealand's second-deadliest earthquake in its history hits the city of Christchurch, killing 185 people.

YOUR PAPER - YOUR VOICE - YOUR OPINION

Letters should be emailed to yoursay@euroweeklynews.com or make your comments on our website: www.euroweeklynews.com

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

It seems crazy that the Spanish government makes some things so difficult

I LIVE in Spain, needing to fit a much-needed body-part to my car that would help my wife to enter and exit - especially as she has advancing mobility problems.

But so help me, the very expensive and robust stainless-steel side-steps I bought from Poland cannot be fitted as it doesn't include a Homologated Certificate. Where the heck does it all end?

Spain is a great country, with a population that is welcoming, friendly and warm; so why the Spanish government is so short-sighted, blinkered and blatantly stupid when it comes to allowing individuals to fit replacement or new parts to their cars is unbelievable?

Towing arms, bull-bars, air-horns, etc are all included. And lots more too! Whoever made this stupid rule a law needs to reconsider it, I reckon. Maybe Gibraltar should close its borders to the Spanish! That would cause a storm-and-a-half!

The fact that anything fitted to a car that is seen as modifying it (?) has to be checked by an experienced Trained Tester at an ITV Centre before it is added to the relevant vehicle's paperwork for legality.

So why-oh-why is there such a palaver when it comes to fitting something? Either it's done properly or not at all. If not at all,

A honeymoon and now their forever home

WE originally came here in 1985 on honeymoon (age 23 and 22 years old), we have been back a few times since then but back again this year, 2018 (some 33 years later!).

It was always a dream of ours to come back to our beloved Benalmadena and for two months now we have been doing the groundwork, planning out the next chapter of our lives. On the right is us in 1985 on the prom. This is us in the same place, today: 33 years later!

Anne Currie, Benalmadena



it will fail. It doesn't need a flimsy certificate. It doesn't necessarily need a so-called professional mechanic to fit it. It's only a few nuts and bolts, in most cases! It fails or it passes. What could be simpler?

Scotty Mackay, Alcaucin

Sangria explained

SANGRIA was originally produced and consumed only during Easter and its name refers to the blood of Christ.

It was produced on Easter Saturday from red wine, lemonade, lemon slices, cloves, cinnamon and a shot of brandy, no more, no less.

It was left in a bowl to simmer overnight and was consumed on Easter Sunday.

Oscar Gonzalez, Marbella

Road rules

RE Issue 1701, cyclists are governed by the same traffic laws that apply to any vehicle using the roads in Spain. The traffic law also states cyclists must now use headphones when using a mobile phone or when listening to music. They also should dismount before using a crossing.

Hope this helps.

John Dale, Los Dolses

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.

Motor homes plague Costa Blanca beaches

Live and let live. The vast majority are tidy people, some of the motorhomes cost more than a bungalow in Torrevieja. Plus, most of the 'beauty spots' around Costa Blanca look like wasteland anyway.

Marcus Tipa

If the town hall got their heads together, found them some wasteland, charged them a nominal fee and supplied electricity, water, toilets etc. They could then ban them from the beaches.

Maureen Rush

How is it that they don't use all the campsites on the Costas? Or are they too tight?

George R Carman

Some of us 'motorhomers' do not enjoy getting stacked like sardines into campsites. We pour the grey water into drains and the WC waste into disposal spots. Mostly we stay two or three nights and spend money in shops and restaurants, a lot of them owned by the very people moaning about our existence.

We do appreciate that in winter it is a different ball game than in summer and would expect to use official sites then, if only because all those areas will be full of Spaniards coming down to the coast and there is no room.

Comments from EWN online

But I would hope that the money spent in the local economies is worth way more than minor inconveniences caused by a few.

Edda Stentiford

Exact speeds that trigger radar cameras

Wish there were more signs posting the correct speed, too many ups and downs as it is!

Justice Christopher

What about when they hide in a full car park in an unmarked car, that's entrapment surely!

Amanda Allen Wheatley

What about people who drive far too slow? Surely that is just as bad, and dangerous?

Tricia Harrington

Political party members face jail over protest

They might change their minds if the Brits did go home and their money stream dried up.

Richard Gus Warren

Would be replaced by a better Quality of tourist Richard! Ones that spend real money! Like the Russians and the Scandinavians that don't want to come and see drunk Brits vomiting all over the place falling off balconies!

John William Roberts

I have several (seven) friends who live there most of the year John. They spend 'mucho dinero' there. They have all lived there for 15 to 20 years each. That's a lot of spending power. This mob of terrorists 'Arran' (check the definition of terrorist) need to be locked away for a few years till they grow up. They are the NF of Mallorca.

Richard Gus Warren

Arran is CUP. This is not about tourism, it's Catalan nationalist 'kale borroka.'

Peter Harvey

Poll position

I THINK we should keep grid girls provided they are not forced to be there.

As grid children will be all boys that will start another argument as grid girls will come under the ban.

Anyway, the grid girls provide a touch of glamour to a male dominated sport. I am an F1 fan and vote for the status quo.

Derek, La Marina

Suits the Spanish

IT always amazes me how very popular crowded, noisy events are with the Spanish people.

This is not a criticism, but maybe a cause for grudging admiration from a 'stiff upper lip Brit' who wouldn't dream of dressing up as a pirate and wandering around town during carnival.

Having said that however when you see hens and stags in fancy dress, they do actually look like idiots, but the Spanish seem to have a naïve charm which makes their bizarre costumes seem common place.

Perhaps the fact that they join in as groups of family and neighbours rather than a pack of drunken foreigners helps!

Brian Cox, Sabinillas

Lathering in lavender

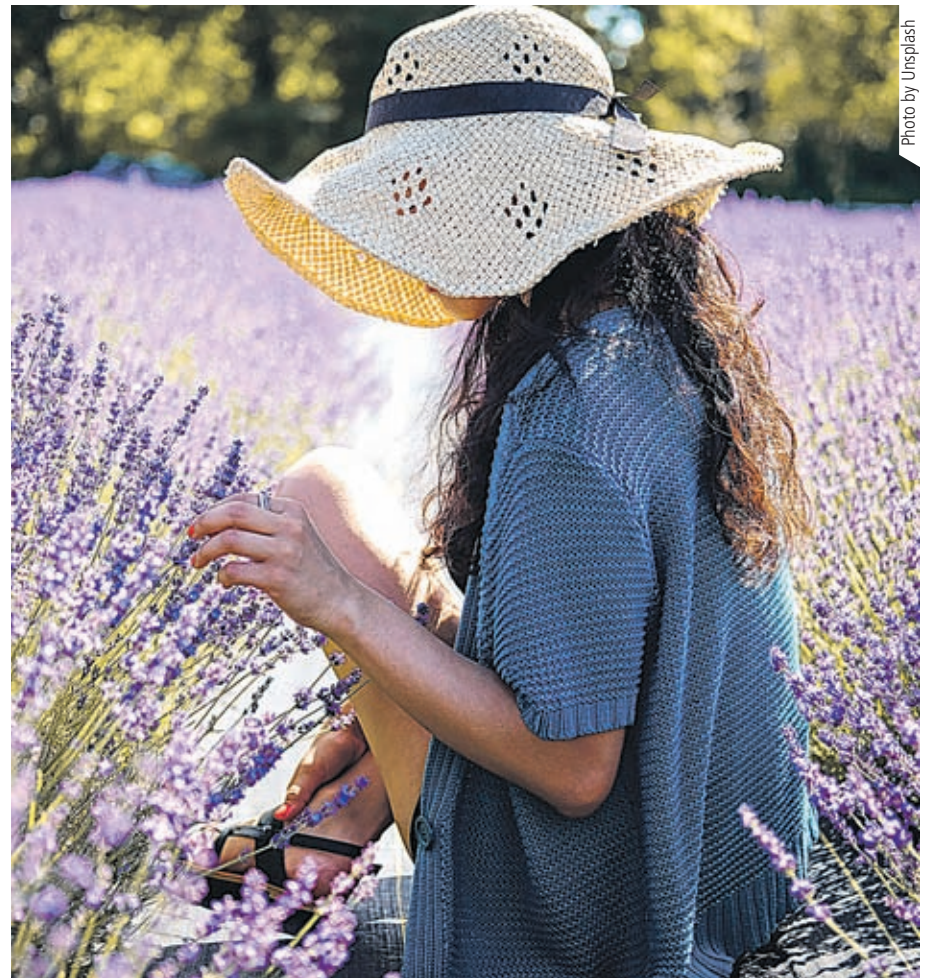


Photo by Unsplash

PURPLE GAIN: Lavender has been proven to reduce emotional stress and nervous tension.

LAVENDER oil is extracted from the flowers of the lavender plant, usually using steam, and is often used in beauty and health products such as aromatherapy oil, lotions and soaps.

The essential oil also works well when blended with other essential oils such as pine, cedar wood, geranium and nutmeg.

The health benefits of lavender oil have been raved about for centuries. It has the ability to relieve pain, enhance blood circulation, get rid of nervous tension, disinfect the skin, enhance blood circulation, and treat respiratory problems among others.

It also works as an effective bug repellent and has anti-inflammatory qualities that help to reduce the irritation if you do get bitten.

Lavender oil has been used for centuries to induce sleep and can be used to treat insomnia. Studies on elderly people have revealed their sleep regularity increases when they place some lavender essential oil on their pillows due to its relaxing impact.

For this reason it also helps to calm the nerves and ease anxiety.

The stimulating aroma has been proven to get rid of nervous exhaustion and restlessness while increasing mental activity at the same time. This, therefore, makes it effective in treating depression, headaches, emotional stress and nervous tension.

One study revealed that people taking exams suffered from less anxiety if they inhaled lavender and rosemary oil before taking the test.

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Thyroid in check

SUPERMODEL Gigi Hadid recently hit back at critics who berated her on social media for being 'too thin.'

Hadid claimed her body has changed over the years because she was diagnosed with Hashimoto's disease, a condition which affects the thyroid gland in the neck.

She said that those who called her "too big for the industry" when she first started were seeing "inflammation and water retention" due to the condition.

Since she was treated, she lost the fluid she was retaining, and the puffiness went down, giving the appearance she had become skinnier.

So what exactly is Hashimoto's disease, and how can it be treated?

The disease means your immune system forms antibodies that attack your thyroid gland, which may lead it to become less active over time causing a condition called hypothyroidism.

Hypothyroidism is fairly common and easy to treat, but can cause symptoms such as fatigue, issues with your metabolism and a heightened sensitivity to cold.

Hashimoto's reportedly runs in families, if a mother has it, daughters have about a 50 per cent chance of daughters having it but if a father has it, the chance is even higher that all offspring have it.

Doctors can test for the disease with a simple blood test and treatment involves taking a synthetic thyroid hormone pill once a day usually for the rest of your life.



GIGI HADID: Diagnosed with Hashimoto's disease.

The benefits of quinoa

QUINOA hit the foodie headlines several years ago as being the super grain you should add to your diet.

It's possible to find quinoa products in most health stores but its recent popularity means many supermarkets now stock them too.

It is believed humans first started consuming the grain three to four thousand years ago when the Incas discovered the quinoa seed was suitable for consumption. It seems they were onto something as this super food is packed with lots of good stuff that make it good for you.

Quinoa is packed with protein, which is essential for repairing muscle tissue and keeping the body in ship shape.

It also contains around twice as much fibre as other grains, which is essential in aiding digestion and could also help to prevent heart disease as it keeps blood pressure at healthy levels and prevents the risk of developing diabetes.

The super grain also has a good level of iron which is needed to keep our red blood cells healthy. It also increases brain function because the brain absorbs around 20 per cent of the oxygen from our blood.

It is also rich in magnesium and manganese, essential nutrients needed to relax blood vessels, therefore preventing migraines, promote healthy blood sugar control and protect cells from free radicals.



SUPER FOOD: Quinoa 'was the gold of the Incas.'



Photo by Unsplash

WARMING: Steep herbal tea in a covered vessel to preserve the essential oils.

Herbal tea: a holistic health boost

IF you're suffering from bloating, nausea or even just feeling a bit under the weather, instead of rifling through the medicine cabinet, perhaps reach for a herbal tea bag instead.

Besides being a stimulating, caffeine-free pick-me-up, herbal tea has been proven to have many health benefits and some also contain many of the vitamins and minerals needed on a daily basis.

Herbal tea isn't actually made

from the tea plant of course; it's an infusion of plant leaves, roots, seeds or bark, which provides all the benefits of the plant in an easy-to-digest form.

If you drink herbal tea every day, it can make a significant difference to your skin, your mood, and your energy levels.

Peppermint tea is effective at relieving muscle spasms, as well as the symptoms of nausea and bloating. However, you should

avoid it altogether if you suffer from indigestion or heartburn.

Fresh ginger tea is also great at solving digestion problems and is a powerful cold-fighting remedy when you add lemon and honey.

Known for its anti-oxidant properties, rooibos tea can help to ward off disease and can help reduce the signs of ageing, while chamomile tea can help treat insomnia or anxiety due to its calming and sedative qualities.



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Get kicked into shape

IF you're bored of jogging or Zumba and are looking for a new workout to keep you motivated, you should consider adding kickboxing to your routine. Kickboxing combines heart-pumping cardio with martial arts, giving an effective, well-rounded workout and helping you to reach your fitness goals in no time.

The exercise could help to reduce stress as an hour of punching and kicking your way to a healthier life can help to resolve many of life's small problems. It also releases endorphins which will help boost your mood and confidence.

The key kickboxing moves work out several core muscle groups so will help you get toned and fit in no time. Your legs and glutes are worked doing front, side and roundhouse kicks while the upper arms, shoulders and chest get toned from doing all the punching and jabbing.

It could also improve your posture and coordination as it helps to improve your reflexes and strengthen your core.

The workout will give you an energy boost as it helps you to sweat out toxins and breathe harder, increasing your oxygen intake.

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Travel

Sevilla: A friendly city that has it all



A STUNNING BUILDING: Tourist favourite Alcazar.

SEVILLA just about has it all. Yet the city manages to retain a likeable modesty: it's grand but not flashy, modern but full of history, diverse but traditional.

And Spain's fourth largest city - which is also the capital of Andalucia - is home to three UNESCO World Heritage Sites.

That is probably part of the reason why it has been named 'Best City to Travel in 2018' by the Lonely Planet.

Originally a Roman settlement, it has historical charm by the bucket load.

Later influenced by Moors, Castellians and Muslims, the points of interest in the city are hugely diverse.

The Cathedral, Torre Giralda, Plaza de Espana and historical centre are good places to start for antique architecture buffs and pretty-city strollers.

Torre Giralda, the bell tower, is particularly quaint and pleasing on the eye - much like The Royal Tobacco Factory.

Christopher Columbus is also buried in the city.

Fountains, cobbled streets, greenery and white buildings make up most of the river city's scenery and - alongside aristocratic mansions - provide some insight into why the place was one of the Moorish empire's show-piece settlements.

On a more modern note, the Metropol Parasol (Las Setas) is the world's largest wooden structure. The slightly bizarre monument ar-

guably looks most impressive at night from the walking platform.

Around that time, flamenco dancing, and Spanish restaurant culture make for vibrant but relaxed and friendly districts.

There is more than a hint of party atmosphere, though, so it is not difficult to imagine the festivities when Sevilla won their third consecutive Europa League in 2016.

Indeed, the city's festivals and crowded bars are considered some of the country's best.

For tourists, the Alcazar of Sevilla is an obvious highlight. Drawing on the city's medieval Islamic heritage, the stunning building, gardens and furnishing are an intriguing blend of Christian and Moorish architecture. It is not one to miss.

The city can be sweltering in summer but is on the warm side of perfect for most of the year, so many are glad of the shade from imposing buildings.

Balmy evenings make the tapas scene even more attractive. Local favourites include various seafood dishes, grilled and stewed meats, lamb kidneys in sherry sauce and spinach with chickpeas. A 'Serranito,' meanwhile, is Sevilla's answer to fast food: a warm sandwich with grilled meat, traditional ham, green pepper, tomato and sauce.

Fuelled by the tasty lunchtime treat, sightseers can tick off the main attractions in a few days, especially with a bike in one of the many cycle-friendly routes.



Photo by Announcing the Festival of the Spoon

TASTING MENUS: Announcing the Festival of the Spoon.

Hungry guests welcome in Benidorm

IF you are in Benidorm from this Saturday to March 4, you can visit up to 20 restaurants which will be offering special tasting menus including stews for just €20 per person.

Considered to be such an important event that the mayor of Benidorm, Toni Pérez; the president of Abreca-Cobrecia (Association of Bars, Restaurants and Cafeterias), Javier del Castillo; and the godfather of Benidorm Gastronómico 2018, Antonio

Barco appeared together to announce the seventh Conference of the Spoon that will start next weekend.

Those establishments taking part in the special gastronomic event are Arrocería La Marina, Belvedere, Bolikki, Cervecería Angelillo, Condal, El Barranco, El Yantar de Asturias, Sturgeon, Mediterranean Garden, The Old Cider House, La Bodeguita de Salva, Brasería Aurrera, La Cava Aragonesa, La Ta-

pería Aurrera, Mal Pas Brewery, Margem Resto Bar, El Puerto, Son de Mar, Taberna Andaluza and Terra Atlantica.

The concept of Benidorm Gastronómico will continue later in the year with the I Benidorm Gourmet, from May 12 to 20; the third Gastronomic Fair, on May 15; the eighth Tapas and Pinchos Contest, from June 16 to 24; and will close with Seven Days of Rice from October 20 to 28.

Classical music from the Ukraine



EXCEPTIONAL: The Quartet of Fine Sounds.

AN exceptional string quartet from Odessa in the Ukraine will be performing a selection of classic favourites in Denia tomorrow (Friday).

The Quartet of Fine Sounds will open the evening with the overture The Arrival of the Queen of Sheba by Händel which is an opulent work, written for an entire symphony orchestra, but for this showpiece,

the string quartet is more than capable of performing this magnificent work.

The soprano Alina Melnychuk will sing for the first time in Denia the aria from the Wedding of Figaro by Mozart followed by the light and amusing string quartet Opus 33 by Joseph Haydn.

Antonio Vivaldi also offers a gentle side of the composer and then the au-

dience will be invited to enjoy the wonderful melodies of Johann Strauss at the furious finale which will include the waltz The Blue Danube or the polka Thunder and Lightning.

Tickets for the concert at the Centro Social Denia, Calle Calderon 4 cost €15 and can be obtained from the box office.

For more information visit www.konzertfreunde.com.

Raphael rocks

THE very popular singer Raphael will be appearing at the Benidorm Bullring on September 15 and tickets are already on sale at prices ranging from €40 to €60.

This is part of the 74-year-old's Loco por cantar (Crazy to sing) tour which will see the artist from Jaen travel across Spain and then continue to Mexico, the United States, Guatemala, Ecuador, Argentina and Chile.

Raphael will present songs from his latest album, Infinitos Bailes - which includes compositions by artists such as Iván Ferreiro and Vanesa Martín and will also see him revisit some of his greatest hits.

He has a special relationship with Benidorm, since his musical career began after he won the Benidorm Song Festival in 1962.

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One of the great modern ballets

IF you can't get to the Royal Ballet at Covent Garden, it can come to you.

There will be a direct relay from the Royal Opera House of the ballet *The Winter's Tale* to the Condado Theatre in Denia and the IMF Cinema (at the Ondara shopping centre) at 8.15pm next Wednesday.

Christopher Wheeldon, the artistic associate of The Royal Ballet, created this adaptation of Shakespeare's great romance *The Winter's Tale* for the troupe in 2014.

The performance received ecstatic praise at its première, acclaimed by critics and audiences alike for its intelligent, distinctive and emotionally powerful story told through exquisite dance and it is now widely judged to be a modern ballet classic.

The Orchestra of the Royal



Photo by © ROH 2016 photographer Bill Cooper

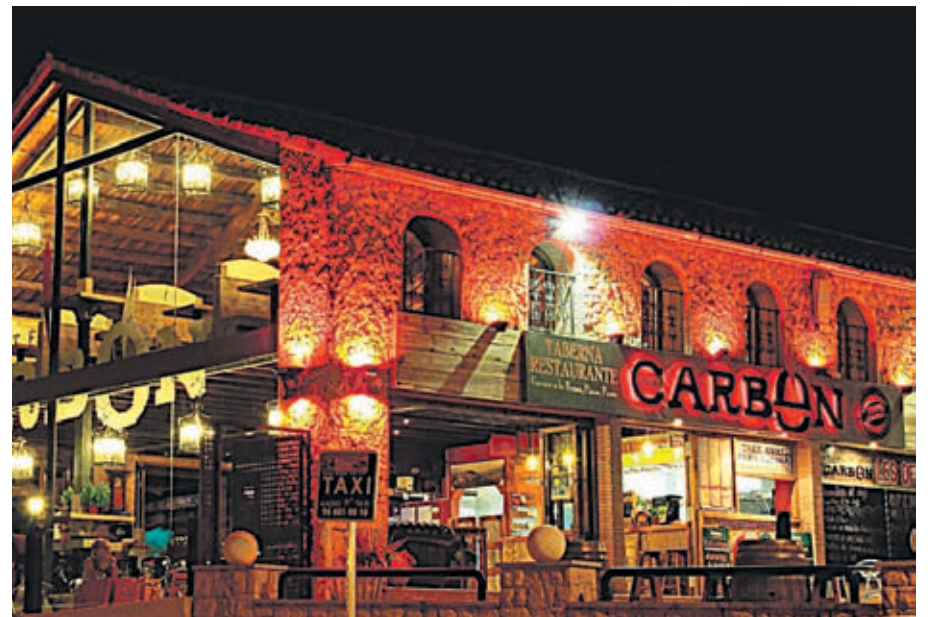
ROYAL BALLET: A scene from *The Winter's Tale*.

Opera House conducted by Tom Seligman will perform the musical score produced by Joby Talbot.

Bookings for seats to view the relay which cost from €13 must be obtained in advance from the theatre and cinema.

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Upcoming wine region

PRIORAT, as one of the upcoming Spanish wine regions, has recorded an extraordinary leap in quality and reputation over the last decade.

This small area which qualifies as Denominación d'Origen Qualificada (DOQ) is in Tarragona Province in Cataluña and is one of only two regions - alongside Rioja - to qualify as DOQa, the highest qualification.

It produces mainly red and powerful wines. Characterised by a terroir of volcanic origins with black slate and quartz soil known as llicorella, with vineyards on terraces at 100m - 700m, the area has low yields due to the rocky soil which does not allow water accumulation.

Wine production in the area dates from the 12th century, when monks from the Monastery of Scala Dei introduced viticulture and the prior ruled as a feudal lord, giving rise to the name Priorat.

At the end of the 19th century, the phylloxera pest devastated the vineyards and replanting was undertaken only in the 1950's. In the 1980's bulk wine production was phased out

BACCHUS CELLAR

by Lorenzo Barbareschi



PRIORAT: On the march.

and bottling of quality wine was introduced.

The traditional grape variety in El Priorat is the red Garnacha tinta, which is found in all the older vineyards. Other red varieties are Garnacha Peluda, Cariñena, Cabernet Sauvignon, Merlot and Syrah.

White varieties are Garnacha blanca, Macabeo, Pedro Ximenez and Chenin.

The traditional reds are a single grape bottling of Grenache and Carignan, or a blend of these with French grape varieties including Cabernet Sauvignon, Merlot, or Syrah. Usually aged in oak barrels for 18 months followed by six months in the bottle, Priorat wines have a consumption optimal two years later.

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The dead will walk the streets



Photo by Travis Nicholson flickr

ZOMBIE INVASION: Beware the streets of Javea.

IN keeping with a number of other towns around Spain, the Javea Council are expecting a Zombie Infection this Saturday.

It's not for real but the plot of the event imagines an apocalyptic world ravaged by a virus where the struggle for survival goes on each day.

The Youth Department of the council is organising the event and unsurprisingly it is aimed at young people who are invited to turn up at the Play Jove area at 7pm where boys and girls aged from 12 to 18 will be tasked with the problem of discovering a cure for the Zombie virus and survive for four hours.

Those who are registered by Friday and paid a €5 entrance fee will receive a kit in which they will live a simulated story of intrigue and terror in which their wit, physical conditions and mental abilities will be key to successfully complete the mission.

Assistance has been given to the organisers by the youth group of the Javea School of Theatre who will also be alert to the activities of the youngsters during the event.

It is hoped that some play-

ers will take the opportunity to dress accordingly and if this is a success, the council

wants to expand the experiment for the future to include those of all ages.

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Situated between the coastal towns of Javea and Moraira, this has fast become the charming village of Benitachell's premier bar and restaurant.

With a wide range of different attractions, it manages to cater for all tastes with a great bar, themed nights, regular carvery lunches, a varied menu and even music on some evenings.

The restaurant has been expanded following last year's change of ownership and comfortably seats 64 people. If you have a special event or celebration, you will be very welcome to discuss your requirements and to receive helpful advice from the friendly management.

Get together with friends and explore the possibility of four eating and sharing a bottle of wine but only paying for three, or on Friday there's normally a fish and chip offer for those who miss this most British of traditions.

There is a takeaway option and the carvery offers a choice of tremendous roasts accompanied by all of the trimmings plus some exceptional gravy.

The carvery opening hours are Tuesday to Saturday from 1pm to 5pm and Sunday 12.30pm to 6pm and if you just fancy popping in for a drink then the pub hours are 4pm to 11pm Monday to Saturday and 12.30pm to 10pm on Saturday.

There is always something to do at the Bull & Bear, and as the weather starts to get better then there will be more opportunity to enjoy the fantastic outside space, but in the meantime there may even be a chance to watch your favourite sporting event or enjoy some cool music.

This is a venue that wants to be part of the local community scene and welcomes local residents as well as holidaymakers to just enjoy the food and drink, or to take advantage of the fact that the property also offers charming accommodation in five boutique style en-suite rooms.

You can make a virtual visit via the website at <https://bullnbear4.wixsite.com/bullnbear> or the BullnBearBenitachell Facebook page but for the best result simply visit this charming bar and restaurant to see for yourself everything

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Lap of luxury

Costa is class act for high end sales



LOCATION, LOCATION, LOCATION: The Mediterranean coast is leading the luxury property drive.



PHOTO CREDIT: THE HEIGHTS/DREAM LIFE PROPERTIES/SHUTTERSTOCK

By **Kat Ashton**

THE purchase of Spanish homes by foreign buyers is sky rocketing.

And the real estate market has recovered faster since the financial crisis than most of the country's other industries.

The Spanish Mediterranean coast remains among the top destinations for those on the hunt for luxury homes, complete with pristine golf courses and,

above all, sea views.

According to the latest data published by Spanish notaries, there were more than 50,000 purchases by foreign investors in the first half of 2017, marking a 13.4 per cent year-on-year increase.

And while Spanish housing market figures have shown a consistent improvement since 2014, they have boomed in recent months.

The southern Spanish coast remains one of the preferred destinations year after year for foreign buyers looking for

a luxury home.

Sea views are reportedly among the top priority for these buyers, closely followed by distance to the nearest golf course and their own swimming pool, according to a new report by a leading estate agent. The agency claims that these buyers are looking for properties built using the latest materials and technology, but are also energy efficient. Smart homes are the latest trend among foreign upmarket buyers, which combine state-of-the-art technology with en-

ergy saving features. However, foreign buyers reportedly prefer a house further away from the coast, so long as they have a good pool, are closer to the golf course and still have great views of the sea, while homes sought by Spanish buyers tend to be closer to the beachfront. The typical "foreigner looking for a house in Spain is usually Nordic or British, who buys the property as a holiday home first and often ends up spending his retirement there," explained the agency.

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Tiny mobile homes making their mark

PHOTO BY TWITTER @ARCHITECTS_MAG



THE trend is yet to hit Spain, but the popularity of the Tiny House movement is sweeping across the US, and other countries are taking notice.

People are embracing a vision about mobile homes that takes in a lifestyle immersed in nature, but that can be near urban areas or even in a green area in the middle of a city.

For many it has been a day-dream to escape the stress and frantic pace of urban life, with an energy saving home that you can take where you want, with less expenses and less chores.

But the Tiny House social movement was born out of this vision, and to promote the reduction of built-up urban sprawls.

The case was there to be made that it is not necessary to live in

BRANCHING OUT: The Tiny House movement is spreading internationally.

houses of more than 200 square metres, in which owners spend a third of their income over many years on the mortgage.

The Tiny Houses do not usually exceed 20 or 30 square metres, and have all the comforts of a

normal home, with a bathroom, heating, appliances, but combined with a stylish minimalism.

Those who are curious about the concept can even start with a rental arrangement, or a week-end getaway.

Real estate sales go through the roof

MALAGA is the fourth most popular province in the country to buy a home, according to the National Institute of Statistics.

It is surpassed only by the two flagship cities, Madrid and Barcelona, and by Alicante.

Between January and November 2017 a total of 27,941 homes were

sold in Malaga, representing a growth of 13.1 per cent over the previous year.

The data confirms the view that the real estate sector is enjoying its strongest period in recent years, with November alone posting the best figures since 2007.

Malaga alone counts for a third of

all sales in the Andalucian region, owing to its popularity with foreign buyers.

The scale of Malaga's real estate performance can be seen in the fact that the January-November period saw it sell twice as many homes than both Galicia and the Basque Country.



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Moving home from Spain? Make your money go further

If the sun is setting on your time in Spain and you need to transfer savings or the proceeds of a property sale back to the UK, it's important to consider your currency options.

Picking the best time to transfer your funds and having the support of a specialist provider can leave you thousands better off. Intrigued? Read on to discover the key things you should be looking out for...

1. Exchange rate volatility

Exchange rates are the value of one currency relative to another, and they can move in reaction to all manner of economic, political, social and even environmental stimuli.

The EUR/GBP exchange rate, for example, has shifted significantly over the last few years.

Back in 2016 the EUR/GBP exchange rate was around £0.75 - meaning one euro was worth 75 pence. But then Brexit happened. The UK's unexpected vote to leave the EU sent the pound reeling, and the broad-based weakness in Sterling helped the EUR/GBP exchange rate jump as high as £0.92 - 17 pence stronger.

17 pence might not sound like much (it couldn't even buy you half a Mars Bar these days) but the exchange rate shift meant that people making larger currency transfers from the Eurozone to the UK were thousands better off than they would have been pre-vote.

Although the EUR/GBP exchange rate has since eased away from its post-referendum highs, it's still substantially stronger than it was a couple of years ago - making now a good time to transfer money back to Britain.

However, exchange rates can move by as much as 5% in a matter of weeks, so it's worth keeping an eye on what the currency market's up to if you want to transfer your funds at the best time.

If you aren't sure where to find the latest currency news, sign up to receive market updates from a leading currency broker and they'll send the information you need to know right to your inbox.

The type of provider you use can also make a massive difference to how much you receive, with currency specialists tending to offer far more competitive exchange rates than banks.

2. Transfer charges

While currency providers like Currencies Direct will manage your currency transfers fee-free, many other providers (and most high-street banks) will charge for the service.

The fee will vary, but no matter how much it is, it's still money you don't need to spend. Make

sure you check how much a provider charges before using them to move your funds back home.

3. Transfer options

When it comes to transferring currency overseas, there are a number of different options to choose from...

If you need to make an immediate transfer, a spot contract allows you to move the money quickly at the current exchange rate.

Meanwhile, if you don't need to move money at the moment but you're worried the exchange rate might change in the future, you can use a forward contract to lock in the rate for up to a year.

You can even use a stop loss order to set a worst-case rate, or use a limit order to target a rate higher than the current market level.

Currencies Direct offers all these options, and their teams of currency experts will be able to talk through your requirements and help you pick the best solution for you.

Currencies Direct also have a relationship with CaixaBank that means anyone selling a property in Spain can deposit the banker's draft in their euro account without incurring all the usual fees.

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ATTRACTING birds to your garden is easy if you have the right plants that will provide water, food, shelter and protection from predators.

Birds do best in gardens with multiple storeys of plants from ground covers, shrubs as under storeys, to taller tree canopies as an upper storey.

Providing water in the dry months in safe places for birds to drink, is the sure way to have birds attracted to your garden. A steady, reliable source of water is a primary need, even more than food, if other sources of water are not nearby.

If you provide water, birds will visit regularly, if you provide food plants, they will stay longer and if you provide safe shelter as well, native birds may start to nest in your garden. Migratory birds will only visit but are more likely to visit if you have a food source as well as water.

There are many plants that can provide food for the birds. As different bird species have different requirements of seed, nectar or insects, a variety of different plants are needed to attract the bird species you wish to support in your garden.

Bird lovers paradise, a garden for the birds

The best way to provide food is to use a lot of native plants and have a wild zone for allowing naturally occurring non-invasive native plants - even the plants considered weeds in the ornamental and vegetable garden - to go through their full life cycle.

Many plants considered weeds are useful plants for birds to feed on for the flowers, nectar and seeds.

Birds usually prefer to arrive onto the upper storey to survey a garden for food and dangers before entering, and different species build their nests in the upper storey for safety from ground based predators.

Each bird species has different needs however, so many smaller birds will look for nesting places in the under storey that has dense thickets to prevent larger predators from entering. So to attract a wide range of birds, having a wide range

of plants that give good protection is important for diversity.

Plants that provide nectar include Sages (Salvia species), Grevillea species, Torch lilies (Kniphofia species), Lobelia species, Penstemon species, Verbena species, Sunflowers (Helianthus), Thyme (Thymus species), Lavender (Lavendula species), Honeysuckle (Lonicera species), Ice Plant (Sedum species), Firethorn (Pyracantha species) and Barberry (Berberis species).

Seed plants include Sunflower (Helianthus species), Coneflower (Echinacea species), Aster species, Zinnia species, Cumin (Cuminum species), Calendula species and many others.

Attracting birds can just be a matter of widening the range of plants that you normally grow, which may provide even more interest to your garden as many bird food plants are very attractive.

Hedges and thickets of plants will provide safe nesting places for smaller birds, and tall trees can have nesting boxes installed to make trees a ready-made nesting place.

Applying natural mulches around your garden will help birds find materials to build the nests.



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February jobs for the garden



TIDY UP: Make sure to keep up with your pruning in February.

It may not quite be spring yet, but now is a great time to start getting stuck into your garden again.

Although temperatures are on the up, there is still a risk of some chilly days ahead, so make sure you protect any plants that are extremely averse to the cold

by wrapping them in insulation, such as garden fleece.

This is also a good time to clear your garden of any fallen leaves or debris in time for spring, as well as clearing out your shed or greenhouse.

You could also get structures and plans in place for

what you want to plant when it gets a bit warmer.

If it is fairly warm where you live, you could start sowing seeds in parts of your garden that receive a lot of sunlight.

Keep the seeds and seedlings covered at night to protect them from pests

and then plant in well-prepared soil when it gets warmer.

Also make sure to keep up with your pruning, but leave cherry, plum and apricots trees until summer, as pruning these trees now could make them vulnerable to Silver Leaf disease.



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David
THE Dogman



columnists@ewnmediagroup.com

Training day is vital

OVER the past 60 years I have seen many changes, some excellent but many not suitable. I frown upon the harness as I do not know anyone that can train a dog in a harness which was designed for tracking, rescue and for the blind and disabled.

Those that use the flexi cord should be aware they were designed for people who live in apartments to enable dogs to be taken down to the garden to relieve themselves.

Those that use them in the streets are not aware of the danger these can cause since there is no control when they are extended and again this is not a suitable tool for training. I have known many people to trip and indeed get hurt.

The standards of training have certainly diminished. Most 'trainers' have been to a training school themselves for four to six months, then give themselves a title 'I am a dog trainer'.

Some join American organisations on the internet which give out certifi-



GOOD JOB: These dogs know how to behave.

icates without putting the person through a test to see how they handle dogs. Note I use the word 'dogs', every type of dog is different to handle and so much depends on the breeders and pup-

py school teachers, best to look before you book!

All good schools will spend at least half the time explaining to owners many aspects of the dog including,

most importantly, feeding the correct type of dried food, as food affects behaviour and many skin problems. Today one does not need to march around in circles as owners need information

and help on feeding, grooming and their general attitude towards their pet.

Dogs must be respected by children who in turn need educating and taught that this is not a furry baby or toy, it is a canine live creature.

Young married couples must think hard before taking on a dog as one must think of their lifestyle including a future family, since everything changes once the lady gets pregnant. Dogs do get jealous and a good trainer will explain about dangers etc. Many of you reading this article may not realise that I never trained a dog! (I educated people.)

Never forget children need to be taught to respect animals. It is always a good idea to allow them to feed the dog and explain we never touch the dog or bowl when the dog is eating.

Before training a dog one must do research and understand how much work, cost and time is needed, plus the most important fact that dogs should never be allowed to be on their own for more than two hours.

Dangers of a 'butcher's dog' diet

IN the vein of the clean eating health food trend that involves going back to basics and consuming raw, unprocessed food, some dog owners are rejecting traditional pet food and going back to a more old-school 'butcher's dog' diet consisting of raw meat.

This food is still often bought pre-prepared so it can be easily served and frozen for convenience.

However, a recent study has suggested these raw meat products could contain bacterial and parasitic diseases, which are not necessarily a problem for dogs - although they can suffer from



WILD: Golden Retriever eats a raw chicken.

food poisoning - but they can become carriers of the bacteria.

This can then be spread

through their faeces, which could then make their owners seriously ill.

Storing the meat at -20°C could help to kill the bacteria and handling the food sensibly should help minimise the risks.

Always make sure to wash your hands with hot water and soap after handling the dog food and picking up your pet's faeces.

You should also keep your cutlery and bowls separate from your dogs and try to keep him out of the kitchen if possible.

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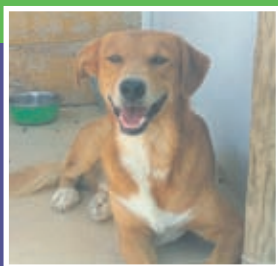
~ Nina JP, Gibraltar ~ Home & Pet owner
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Bond bombshell!

Limited edition Aston up for sale

A LIMITED edition Aston Martin, owned by James Bond actor Daniel Craig, is expected to sell for more than €450,000 when it is put up for sale.

Craig's very own customised Vanquish is being put under the hammer to raise money for his youth project.

The 2014 model, aptly numbered 007, can reach speeds of up to 320 kmph and has a spec chosen specifically by the Hollywood A-lister.

It features left-hand drive with a denim and dark interior, and deep blue, leather, hand-stitched seats based on Craig's

personal choice.

On his decision to let the car go, Craig told British media: "This Aston Martin Vanquish is a tour de force of automobile engineering and a distinct pleasure to drive.

"While I will miss it, I am keen to further the very important work of The Opportunity Network with its sale."

The car was personally designed by Marek Reichman, Aston Martin's Chief Creative Officer, who was also responsible for the DB10 in Spectre.

It is capable of doing 0 - 100 kmph in roughly four seconds and reach 320 kmph thanks to its 5.9 litre V12 engine.



Photo by Twitter/Shutterstock

BEAUTIFUL: The limited edition Aston, owned by Daniel Craig (inset).

The famous Aston will officially head to auction on April 20 in Christie's, The Exceptional Sale.

Along with purchasing the car, the winning bidder will also be offered a behind-the-scenes tour of the Aston Martin headquarters in Gaydon, Warwickshire, England.

Becky MacGuire, director of The Exceptional Sale, told

British media: "We are thrilled at the chance to support Daniel Craig's generosity to The Opportunity Network with the offer of this unique and gorgeous sports car.

"With its pristine condition, luxury materials, exceptional craftsmanship and impeccable provenance, the Aston Martin fits perfectly into Christie's masterpiece sale."

Auctioneers have estimated that the car will fetch between €320,000 and €480,000, with all proceeds going to The Opportunity Network.

The Opportunity Network, which Craig is an avid supporter of, is a non-profit organisation that aims to help young people into higher education and support career development.

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OPEL has announced that the next generation of the Opel/Vauxhall Corsa will be exclusively produced at the company's Zaragoza plant as of 2019.

The company has also announced that the electric version

of the bestselling sub-compact car will roll off the Zaragoza production line by 2020, meaning that the Spanish plant will be the first Groupe PSA plant to produce a fully electric Opel/Vauxhall model in Europe.

Opel Chief Executive, Michael Lohscheller, said: "This is an important step forward for the Zaragoza plant and marks the beginning of a new era."


The news comes after a social framework agreement was signed between Opel and the workers unions at the end of January.

The deal will not only enable the plant to significantly increase its competitiveness, but will also allow further future investments into the site

Lohscheller continued: "This result is significant and shows the mutual trust and confidence of all involved stakeholders."

"Zaragoza will continue to play an important role in the industrial footprint of Groupe PSA."

The Corsa will be one of four electrified models in the Opel/Vauxhall portfolio by 2020 and according to the company's strategic plan 'PACE!', all European Opel/Vauxhall passenger car models will have an electrified version by 2024.



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La Liga Preview

Malaga on the brink

by Ben Park

MALAGA'S relegation to the Segunda division could be all but confirmed by next week as they face a tough La Liga double header in the space of three days.

Los Boquerones were much the better side in their last match against Valencia, and led for a large period of the game thanks to Brown Ideye's first goal since joining on loan in January.

But a late collapse saw them concede two goals in the final 10 minutes and lose Ignasi Miquel to suspension after picking up a red card, as they fell to yet another loss.

They first face a Bilbao side on Saturday that is desperate for a win themselves, having picked up just three points from a possible 15 in their last five La Liga games.

Following the trip to Bilbao, they host Sevilla at home in what will be considered as a must win game if the side have any hope of surviving the drop to Segunda B.

Elsewhere, Atletico Madrid will look to cement their position in second but face a difficult match as they travel to Sevilla on Sunday.

Madrid closed the gap on Barcelona

last weekend as they swept aside Athletic Bilbao 2-0 thanks to goals from Kevin Gameiro and Diego Costa.

Following the Sevilla match, Greizmann and co host Leganes at the Wanda Metropolitano and will be confident of a win.

Barcelona will continue their push towards the title and look to keep up their unbeaten record as they host Leganes at the Camp Nou.

The Catalan giants sit seven points clear of Atletico at the top of La Liga following their 2-0 win over Eibar last weekend and are still yet to lose in the league this season (W19 D5).

Valencia remain locked in a battle with Real Madrid for third place and will be confident of grabbing all six points from their La Liga double header as they first host Real Sociedad on Sunday before heading to Athletic Bilbao next Wednesday.

Madrid will also be hopeful of getting all six points but may suffer from fatigue as their schedule begins to hot up.

After travelling to Leganes yesterday (Wednesday) Real Madrid host Alaves on Saturday before playing their third game in six days against Espanyol on Tuesday.

Villarreal remain in the driving seat for Europa League qualification and will hope to get back to winning ways after last week's 1-1 draw with Espanyol as they first host Getafe before travelling to Eibar, who are also in the hunt for a Europa League spot, on Wednesday.

Full week's fixture list

Tomorrow (Friday)

Deportivo La Coruña vs Espanyol

Saturday

Celta Vigo vs Eibar

Real Madrid vs Alaves

Leganes vs Las Palmas

Barcelona vs Girona

Sunday

Villarreal vs Getafe

Athletic Bilbao vs Malaga

Valencia vs Real Sociedad

Sevilla vs Atletico Madrid

Monday, February 26

Levante vs Real Betis

Tuesday, February 27

Espanyol vs Real Madrid

Girona vs Celta Vigo

Wednesday, February 28

Athletic Bilbao vs Valencia

Getafe vs Deportivo La Coruña

Malaga vs Sevilla

Atletico Madrid vs Leganes

Eibar vs Villarreal

SPANISH LA LIGA 2017/18 TABLE



TEAM	PJ	PG	PE	PP	GF	GC	PT
1 • Barcelona	24	19	5	0	62	11	62
2 • Atlético	24	16	7	1	36	9	55
3 • Valencia	24	14	4	6	47	28	46
4 • Real Madrid	23	13	6	4	55	26	45
5 • Sevilla	24	12	3	9	31	35	39
6 • Villarreal	24	11	5	8	35	29	38
7 • Eibar	24	10	5	9	32	36	35
8 • Girona	24	9	7	8	34	30	34
9 • Getafe	24	8	9	7	29	21	33
10 • Betis	24	10	3	11	41	50	33
11 • Celta	24	9	5	10	41	37	32
12 • R. Sociedad	24	8	5	11	46	45	29
13 • Leganés	23	8	5	10	20	25	29
14 • Athletic	24	6	10	8	24	27	28
15 • Alavés	24	9	1	14	22	33	28
16 • Espanyol	24	6	9	9	22	32	27
17 • Levante	24	3	11	10	21	38	20
18 • Las Palmas	24	5	3	16	18	52	18
19 • Deportivo	24	4	5	15	24	53	17
20 • Málaga	24	3	4	17	15	38	13

Champions L.

Europa L.

Relegation



PREMIER LEAGUE 2017/18 TABLE

TEAM	PI	W	D	L	F	A	Pts
1 • M. City	27	23	3	1	79	20	72
2 • M. United	27	17	5	5	51	19	56
3 • Liverpool	27	15	9	3	61	31	54
4 • Chelsea	27	16	5	6	49	23	53
5 • Tottenham H.	27	15	7	5	52	24	52
6 • Arsenal	27	13	6	8	51	36	45
7 • Burnley	27	9	9	9	21	24	36
8 • Leicester City	27	9	8	10	39	40	35
9 • Everton	27	9	7	11	32	46	34
10 • Bournemouth	27	8	7	12	31	41	31
11 • Watford	27	8	6	13	37	47	30
12 • West Ham Utd.	27	7	9	11	34	46	30
13 • Newcastle United	27	7	7	13	25	36	28
14 • Brighton	27	6	10	11	22	36	28
15 • Crystal Palace	27	6	9	12	25	42	27
16 • Swansea City	27	7	6	14	20	37	27
17 • Huddersfield Town	27	7	6	14	23	47	27
18 • Southampton	27	5	11	11	28	40	26
19 • Stoke City	27	6	7	14	27	53	25
20 • West Bromwich	27	3	11	13	21	40	20

They travel to Brighton and Hove Albion on Saturday, who themselves will be buoyed by the result in their last Premier League fixture, a big 4-1 win over Bournemouth.

In the weekend's other fixtures Leicester host Stoke, Newcastle travel to Bournemouth, Burnley are at home to Southampton, Watford take on Everton and Tottenham travel to Crystal Palace on Monday.

Full weekend fixtures

Saturday

Leicester vs Stoke City
Bournemouth vs Newcastle United
Brighton and Hove Albion vs Swansea
Burnley vs Southampton
Liverpool vs West Ham United
West Bromwich Albion vs Huddersfield Town
Watford vs Everton

Sunday

Crystal Palace vs Tottenham Hotspur
Manchester United vs Chelsea

Premier League preview

United host Chelsea in top four clash

MANCHESTER UNITED welcome Chelsea to Old Trafford as the Premier League returns this weekend in what could be a huge game in the quest for automatic Champions League places.

The Red Devils were all at sea during their last fixture

against Newcastle, as Matt Richie's goal was enough to secure a memorable win over Mourinho's men.

They host a Chelsea side on Sunday, who returned to winning ways with a 3-0 win against West Brom, following a string of bad results to ease the pressure on boss Antonio Conte and could climb up the table with a win.

If Manchester United were to lose by several goals, they could drop down as low as fourth in the Premier League table by the end of the day.

That is provided that Liverpool, who thrashed Porto 5-0 in their Champions League match last Tuesday, beat West Ham at Anfield.

The Hammers have found a bit of form in recent times, registering a 2-0 win against Watford in their last game, but it is hard to see anyone stopping in-form front three Mohammed Salah, Sadio Mane and Roberto Firmino at the moment.

At the other end of the table, West Bromwich Albion host Huddersfield Town in a tie that could be vital for both team's seasons

Premier League new boys Huddersfield currently sit just a point above the relegation zone and a win could give them some breathing space between them and the bottom three, while a loss for West Brom may all but seal their drop to the Championship.

Fellow strugglers Swansea seemed to have turned a corner since bringing former Sheffield Wednesday boss Carlos Carvalhal into the frame, with big wins against Arsenal and Liverpool followed up by a 1-0 victory against Burnley



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ON SCHEDULE: The Open de España will return to the European Tour between April 12 and 15.

Open de España returns to European Tour

THE Open de España, one of the oldest and most celebrated tournaments in Continental Europe, will return to the European Tour in April.

After its absence from last year's, the 91st edition of the Open de España will be held at the Centro Nacional de Golf in Madrid, the home of the Royal Spanish Golf Federation, from April 12 to 15.

The €1.5 million tournament will fulfil a pledge created by European Tour Chief Executive Keith Pelley made during a visit to Spain's capital last year when he promised the event would return to the European Tour in 2018.

Pelley said: "I am delighted to announce the return of the Open de Es-

paña to our schedule. The roll call of champions reads like a Who's Who of the game itself and we look forward very much to seeing who will add their name to that illustrious list in a couple of months' time.

"Our game thrives on prestigious national championships such as the Open de España and we thank everyone at the Royal Spanish Golf Federation and the Madrid Golf Federation for helping us to make this happen."

The Open de España was officially the first tournament played in the European Tour's inaugural season in 1972, with home favourite Antonio Garrido crowned as champion.

Several Spanish greats followed onto the Roll of Honour including Seve Ballesteros with three victories, Sergio Garcia, Alvaro Quirós and Miguel Ángel Jiménez.

Other prestigious winners include Major Champions Bernhard Langer, Sir Nick Faldo, Padraig Harrington, Charl Schwartzel and the late Arnold Palmer among many others.

Gonzaga Escauriaza, President of the Royal Spanish Golf Federation, said: "The Open de España is back on the European Tour International Schedule, which is great news for Spanish golf and we are doubly delighted to be welcoming it back to our home at the Centro Nacional de Golf."

Javea Green Winter League remain top of the table

JAVEA Green Winter League welcomed San Miguel for what proved to be a crucial game as the winter league draws to a close with only four points separating the top two teams.

Always a pleasure and a challenge to bowl against, San Miguel proved to be formidable opponents.

Javea only managed to win on two of the five rinks but thanks to Chris Evans's team of Chris Salter, Phil Woodhead and Paul Brown who continue their unbroken winning streak

and Clive English's team of Jan Brown, Pat Wardrop and John Pittaway who also won, the shot difference was secured for a 6-6 draw.

The Berleen team skipped by Brian Manser had an excellent win making them a contender for the title this year.

Javea's Northern league saw Onyx go down 8-2 to BBC Lions but Quartz beat BBC Jaguars 8-2.

The next Winter League match will see the side travel to Greenlands away.

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AFTER going 160 games without a goal for Arsenal, January signing Francis Coquelin opened his goal-scoring account for Valencia at the weekend. Coquelin scored the equaliser in Valencia's 2-1 victory over Malaga.

Costa Blanca's best guide to local sport

TO READ MORE

Davis Cup quarter-final hosted by Valencia

SPAIN'S Davis Cup quarter-final against Germany will be held at the Plaza de Toros de Valencia in April.

Spain booked their spot in this year's quarter-final with a 3-1 win over Great Britain in Marbella earlier this month.

They now face a German side, who beat Australia 3-1 in the first round, at the iconic Plaza de Toros de Valencia between April 6 and 8.

The 10,600 seater Plaza de Toros de Valencia's outdoor clay will host the Davis Cup for the first time, while the competition returns to Valencia



Credit: Copa Davis/Twitter

WINNERS: Spain will now face Germany following their win over Great Britain.

for the first time since 2003.

On that occasion, Spain thrashed Croatia 5-0 in the World Group quarter-finals.

The clash will be the 17th meeting between Spain and Germany in the Davis Cup but the first since 2014.

In the last contest between the pair, Germany came out victorious but Spain will be hoping to reach their first semi-final since 2012.

One step closer

Spain edge nearer to Rugby World Cup

SPAIN took a huge leap towards qualifying for the 2019 Rugby World Cup after beating top-of-the-table rivals Romania 22-10 in Madrid.

Los Leones haven't qualified for a World Cup tournament since 1999, but moved top of the table after overpowering the Oaks at a packed Estadio Nacional Complutense in Madrid.

Early tries from Benat Auzqui and Sebastien Ascarat eased the pressure on the hosts, as Brad Linklater also kicked four successful penalties in front of almost 16,000 fans.

Spain now sit one point clear of Romania on 21 points at the top of the group following the victory and two wins from their remaining fixtures against Germany and Belgium in March will guarantee Spain's place at the World Cup.

The winner of the group will



Credit: Federacion Española de Rugby

BATTLE: Spain fought hard for their victory against Romania.

qualify outright for the Tokyo World Cup next year and will go into Group A alongside Ireland, Scotland and Japan as well as the winner of a play-off.

Los Leones host Germany in their next group game on March 11, before heading to Brussels to face Belgium in their final group game on March 18.

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