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Sunseekers find fame

Two friends from Wales who swapped their lives in the UK for sunnier shores have gained fame on the Channel 5 show, Bargain-Loving Brits in the Sun.

The show, based in Benidorm, follows the lives of British expats as they embark on their new lives on the Costa Blanca.

Last Thursday's episode featured Mark Jones and Blane Dickinson who own the tattoo parlour Inkaholics, reportedly one of the most popular in the Spanish resort.

Mark, 47, originally from the Welsh town of Rhyl, first moved to Spain in 2016 after holidaying in the resort for the past 20 years and his wife Gail, 51, then joined him last year.

Mark and Blane first opened Inkaholics about two years ago after a six-month delay while they sorted out the paperwork.

He became involved in the show when Blane, who he met through Facebook, messaged the producers.

During the episode, the tattoo artists were shown going about



their daily business, which included 'inking' a few of their regulars as well as several more 'impulsive' clients.

Blane, 44, from Penmaenmawr revealed to UK Media sources that he was able to watch the show with his family in Spain, who 'loved seeing themselves on TV.'

He revealed that although it was weird at first, they've become more used to the idea and said having a camera crew follow them around has been "great fun."

INK KINGS: Mark Jones and Blane Dickinson, stars of 'Bargain-Loving Brits in the Sun.'



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NEWS EXTRA

No time to spare

DAYLIGHT saving time starts this weekend, with clocks going forward by an hour at 1am on Saturday, meaning we will lose an hour of sleep, but benefit from an earlier sunrise and sunset until October.

Appy tax

THE Spanish Tax Agency has released a mobile phone app - available by searching 'Agencia Tributaria' on both Google Play and Apple app stores - to help citizens submit their tax returns, this year's campaign running from April 4 to June 27.

By the book

THE Euro Weekly News Facebook page has soared past 25,000 'likes,' a year-on-year leap of more than 31 per cent, as the EWN website and social media continue to demonstrate rapid growth in 2018.

Expats data sting

Police catch up with cybercriminal

by Linda Hall

ONE of the world's most notorious hackers, a middle-aged Ukrainian, was detained in Playa de San Juan earlier this month.

According to Alicante Province media sources his arrest was a joint operation by Spain's National Police, Europol, the FBI and Russian police.

After spending two nights in police cells in Alicante City, he was transferred to Madrid where the National High Court judge assigned to the case decreed a reporting blackout.

What is known is that the Ukrainian is considered to be the brain behind a criminal network that robbed banks - principally in the US and Russia - of hundreds of millions of dollars by using computer know-how and malware to empty cash machines worldwide.

The ATM robberies are believed to be only one of the



Photo credit: JPOK

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SAN JUAN PLAYA: Cybercriminal operated from rented apartment

methods used to access and remove funds from the banks.

The Ukrainian, said to be in his 40's, was living in a rented apartment in Playa de San Juan with his partner and child.

A search by Spanish, American, Russian and Europol investigators armed with a court order took all day, as experts downloaded computer information.

15 years for sex abuser

A MAN who tried to rape a neighbour after robbing and abducting her will go to prison for 15 years.

With a stocking over his head and armed with a knife and what appeared to be a pistol he broke into the woman's Benidorm apartment shortly after midnight in September 2016, demanding money.

After finding only €70 in the home, he took her at gunpoint - although the weapon later turned out to be a replica firearm - to a cash machine after tying up her two under-age children.

After managing to free themselves they called the police who sent patrol cars just as attacker and victim were returning.

Escaping through another of the apartment block's entrances, he forced the

woman to accompany him to a nearby car park where he tried unsuccessfully to rape her on three occasions, owing to the resistance she put up or because of approaching vehicles. He also destroyed her mobile phone after ringing her husband, demanding that he pay €5,000 ransom for the woman's release.

The woman finally managed to give her abductor the slip at 3.30am, asking neighbours for help.

The court found him guilty of robbery with violence in an inhabited home, abduction, attempted sexual aggression, bodily harm and psychological suffering.

As well as the 15-year sentence he must pay €24,967 compensation to the victim as well as €6,000 to each of the woman's children.

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MOTORING

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Students stage special display

THIS year more than 1,800 Oliva school-children staged an Ecological Mascletada firework display centring on noise, not colour. Instead of letting off fireworks pupils gathered in the Estacion park, banging empty plastic bottles on the ground and whistling to produce the sound of rockets and firecrackers.

April Fool

FINES for travelling on the Alicante TRAM network without a ticket rises from €50 to €100 on April 1. According to regional rail operator RGV the 30,000 people who fail to pay for their tickets each month account for 4 per cent of all passengers.

No mystery

ALCOY police discarded their initial theory that the body of a man in his early 40's found in a burnt-out car parked in the Tren-cacaps gully was the result of a settling of accounts. There were no signs of violence on his body, pathologists reported.

Drummed out

JIJONA'S Giraboix BtkD percussion group complained that the town hall has only engaged them on one occasion after explaining that it would replace subsidies with contracts to perform. The group is also unhappy that the town hall has not offered them premises where they can practise.

Fire-raisers

CHILDREN throwing fireworks while accompanied by their grandfather in Valencia City set fire to an open sunblind on an apartment balcony. After the fire quickly spread to the interior and also affected adjoining flats, two people were affected by smoke inhalation and two suffered panic attacks

Spring break!

THE BIG PICTURE Nº 6



TOTAL WIPEOUT: Huge waves batter the Galician coast.

SPRING has sprung, but the winter chill lingers on.

Much of Spain has spent the week in the grip of a deep Siberian cold front that brought blizzards, strong winds and giant waves.

The north and centre of the country was badly affected by snow, with almost 200 stretches of road closed and schools shut down in Galicia, Cantabria, Asturias, Castilla y Leon, Castilla-La

Mancha and Cataluña.

Meanwhile a second storm battered southern Spain, with five-metre waves and gale-force winds lashing Andalucia and the Balearic Islands.

A motorist was killed in Jaen Province before a Guardia Civil officer lost his life after being swept away by flood waters while rescuing three people in Guillena, Sevilla.

The Arctic blast saw tempera-

tures plummet, with the mercury in some regions plunging to between 10-15°C below average for the time of year.

And the freezing snap came as the country said an official goodbye to winter on Tuesday, the first day of spring.

Falling on the vernal equinox, the date on which day and night both last for around 12 hours, it usually takes place on March 19, 20 or 21.

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Do you have news for us?

Email: newsdesk@euroweeklynews.com or call 951 38 61 61 and ask for the EWN news team.

179

The total number of news and features which appeared in Issue 1706 of the Euro Weekly News Costa Blanca North edition, including 64 local stories.

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On the wing



Photo credit Matt Ford/Shutterstock

IN A FLAP: A huge group of white storks arrives at Tarifa in Cadiz and (inset) a short-toed snake eagle makes the crossing.

It is one of Europe's greatest natural spectacles. And the annual spring migration of millions of birds from their wintering grounds in sub-Saharan Africa across the Strait of Gibraltar to breed in Europe is in full swing.

With just 14 kilometres separating the two continents at the Strait, the area serves up ideal conditions for huge numbers of large soaring species from storks to raptors including eagles, kites, and vultures.

This is because they are not strong flyers, and rely on thermals - the columns of rising air that form above the land as it warms in the sun - to travel.

But thermals do not form over water, meaning the birds have to use the narrowest hop possible, rising as high as possible in Morocco before gliding over to Spain.

Spread over several months, peak numbers are observed from March to May, and on a good day it is possible to see literally thousands of birds of prey, storks and smaller birds make the crossing.

Although some stay in Spain, many continue on

their epic journeys to northern Europe, Greenland or Russia, having already crossed the Sahara, the world's largest desert, with some racking up more than 5,000 kilometres.

But there is concern that the migration is in danger, with the numbers of birds returning to their breeding grounds plummeting in recent years, with some species in danger of disappearing completely.

Threats from hunting to illegal poisoning, power lines, wind farms and draining of wetlands have had a devastating effect on populations, which are thought to have halved to 2.1 billion since the 1950s.

Yet it is still a not-to-be-missed extravaganza for nature buffs.

There are a number of dedicated migration watchpoints along the coast between Gibraltar and the kite surfing mecca of Tarifa, Cadiz, and the website [## POLL OF THE WEEK](http://c/ is a good source of information should you wish to take your seat for one of the greatest shows on earth.</p>
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In the wake of national protests, should Spain introduce life prison sentences for a wider range of crimes?

LAST WEEK'S POLL:

Following recent parliamentary debates, should Spain decriminalise insulting the crown?

Yes **67%**

No **33%**

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TOP 5 stories

Holiday sickness scammers face £15,000 in costs for fake claim in Spain

COUPLE: Must pay £15,000 in costs to Tui for fraudulent claim.

- 8,339** views Holiday sickness scammers face £15,000 for fake claim
- 8,132** views Police find body of missing eight-year-old boy in Spain
- 5,780** views Girl who died in window fall was daughter of woman arrested with body of dead boy in car
- 5,734** views Father's girlfriend confesses that she killed Gabriel Cruz Ramirez
- 4,227** views Drunk and aggressive Brit pair held after clash with airport police

**For week 12 - 19 March*

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FOR COMMENTS FROM EWN ONLINE TURN TO LETTERS PAGE

CORRECTIONS

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Photo credit: Callosa town hall

SECURITY COMMITTEE: Detailing plans for nispero season.
Inset: NISPERO SEASON: Fruit will soon be ripe for the picking.

Nipping nispero crime in the bud

WITH the first nisperos visible on Marina Baja trees, steps are being taken to protect this year's crop.

Representatives from the Guardia Civil and Local Police forces throughout the area, together with local mayors and councillors recently attended a meeting of the Security Committee.

Nispero-growing areas will see additional patrols and men from the Guardia Civil as well as their specialist UCESIA, UCESC and ROCA units, it was announced.

During the meeting, which was presided over by the national government's Alicante sub-delegate Jose Miguel Saval, the Guardia Civil also impressed on growers the need to accompany every fruit consignment with its corresponding Document of Agricultural Traceability (DATA).

Plans agreed during the meeting will not only protect nisperos but also combat thefts of agricultural equipment and machinery.

According to Guardia Civil records, 19 criminal offences

linked to agriculture were reported in Callosa during 2016, compared with an average of 41 offences in other municipalities. By the following year, there were only 10 offences in Callosa and 27 outside the area thanks to preventive action by the Guardia Civil and police.

The Guardia Civil also stressed that cooperation from members of public would be vital in protecting this year's nisperos. They should always report the presence of suspicious, unknown vehicles close to orchards as well as any robberies.

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Footie star's brekky quiz

HE'S the Liverpool legend who saved two penalties in a Champions League final shootout.

And Jerzy Dudek, 44, proved he is the master of confusion after showing off his eccentric breakfast choice while holidaying in Spain.

The Polish goalkeeper famously employed the 'spaghetti legs' tactic used by former Reds 'keeper Bruce Grobbelaar to distract opposition players during penalties at the end of the 2005 final against AC Milan, which Liverpool won 3-2.

And he warmed up for a round of golf in La Manga, Murcia, by tucking into a peculiar combination of baked beans, croissants, salami and half a cherry tomato on a cocktail stick.

He even posed with the meal before posting a snap on social media, captioned: 'What is your breakfast like? Mine today is to give a good result in the field.'

GOLDEN GIRL: Kylie's career has spanned three decades.

Photo credit Jerzy Dudek/Instagram



FULL SPANGLISH: Jerzy Dudek.

Minogue in vogue

SHE'S the pint-sized pop star on a whistle stop tour to promote her new album.

And Australian singer Kylie Minogue, 49, was all smiles as she stepped off the plane at Barcelona Airport clad in a fluffy white jumper.

The *Can't Get You Out Of My Head* hitmaker was in Spain ahead of her 14th long player Golden hitting the shops on April 6.

Photo credit Twitter

Reality lovebirds frolic on the beach



SURVIVORS: Metisse and Tristan.

Photo credit Metisse Campbell/Instagram

THEY hit it off while competing against each other in the South African savannah on *Survival of the Fittest*. And Metisse Campbell, 21, and Tristan Jones, 20, showed they are still going strong after being snapped on a Spanish beach.

The reality stars jetted off for their first holiday as a couple in the wake of their appearance on the ITV2 show dubbed the 'ultimate battle of the sexes.'

While Tristan donned a pair of pink swimming shorts, Metisse sent temperatures soaring after slipping into a revealing red bikini.

She was crowned the fittest of the winning girls' team at the end of the series and chose to split her £40,000 winnings with her teammates.

The pair were both models before their TV stint.



Celeb focus

Benidorm love story

TWO members of the Benidorm cast have revealed they are a real life couple.

Adam Gillen plays Liam Conroy while Laila Zaidi joined the latest series as Rob Dawson's girlfriend Cyd.

And the pair appear to have got together while filming last summer, with a slew of social media selfies showing them together, including a recent jaunt to paradise island Mauritius.



BESOTTED: Liam and Zaidi.

Photo credit Laila Zaidi/Instagram

Fun in the sun

IT'S a coming together of reality TV royalty.

Former *Ex on the Beach* and *TOWIE* star Megan McKenna and *Love Island* hunk 'Muggy' Mike Thalassitis have confirmed they are an item.

It comes after a series of racy snaps appeared of the pair as they holidayed together in Tenerife.

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JOB BOOM: The new housing estate will bring thousands of jobs to Alicante.

Housing project creates 3,000 jobs

ALICANTE City Council has approved a new housing development project in the Vistahermosa neighbourhood.

The project will include the construction of more than 1,500 single-family homes, including two schools and one health centre, on a plot of around 710,700 square metres in size.

The project is in the hands of construction company Inmovist Inversiones, owned by Alicante native Enrique Ortiz.

The construction project in Vistahermosa will create about 3,000 jobs, according to the councillor for town planning Eva Montesinos.

Montesinos stressed that "for three months the Department of Town Planning

has prioritised the development of this project, and has finally been able to give it the green light, creating more than 3,000 jobs in the process."

The development will be built by the Vistahermosa shopping centre, next to Avenida de Denia and the Via Park.

The project has been in the works for several years but was halted at the beginning of the economic crisis and remained so until 2010, when Ortiz's company developed their first proposal to restart construction on the housing estate.

The company brought the city council their fourth round of amendments to the project at the beginning of last year, which has now finally been approved.

Constant flow is guaranteed

LA NUCIA'S L'Alberca industrial estate now has a second water connection.

This will ensure that there are no cuts in the supply during work on the town's new water purification plant and once this is operational, explained La Nucia's Town Planning councillor Miguel Angel Ivorra.

The €20,000 cost of installing the 52 metres of pip-

ing connecting the Calle Confrides outlet to the municipal deposit has been met by Equalia, the concessionary which supplies and maintains La Nucia's domestic water.

The businesses and industrial units on the estate will now have a steady flow of domestic water at all times, without cuts or sudden drops in pressure, Ivorra said.

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Holiday sickness scammers face £15,000 for fake claim

A COUPLE from Liverpool has been ordered to pay a holiday company's costs after a submitting a fraudulent sickness claim following a 10-day all-inclusive holiday in Spain.

Chelsea Devine, 21, and Jamie Melling, 22, were seeking £2,500 compensation each after claiming that the food and drink at their Benidorm hotel on the Costa Blanca left them ill for weeks afterwards.

But the judge at Liverpool County Court heard that the pair posted photographs on social media showing them smiling and happy in their hotel room and swimming in the pool.

She ordered them to pay holiday operator Tui £15,000 in costs - a record amount for costs awarded against a fraudulent claim of holiday sickness.

The doctor who backed the couple's case has been



COUPLE: Must pay £15,000 in costs to Tui for fraudulent claim.

referred to the General Medical Council after it emerged he is married to a partner at the legal firm representing them.

The law firm has also been referred to the Solicitors Regulation Authority.

Travel association ABTA is calling on the government to bring in new measures to tackle sickness claims ahead

of 2018 holiday season.

They claim figures from a YouGov survey of British adults reveal almost one in five people (19 per cent) have been contacted about making a compensation claim for holiday sickness.

The most common way people said they were approached was over the phone (14 per cent), followed by

text (7 per cent) and email (7 per cent). Some people also reported being contacted on social media (3 per cent) and some were approached in person (2 per cent) including in airports or while on holiday.

ABTA's 'Stop Sickness Scams' campaign highlights that false claims are costing the travel industry tens of millions of pounds and ABTA is calling for the urgent closure of a loophole in the law, which enables claims management companies and legal firms to make more money in fees from sickness claims abroad, than they're able to from personal injuries in the UK.

They remind the public that making a false compensation claim for holiday sickness is an act of fraud and if prosecuted could result in a large fine, criminal record or jail term of up to three years.

OUR VIEW

NGOs must boost employees' rights

THE revelations about charity employees' wages in Spain are nothing short of a disgrace.

Full-time workers for giant non-profit organisations (NGOs) including the Red Cross, the country's biggest, can earn less than €800 per month gross, while managers bring home €3,500 plus.

The third sector rakes in €14 billion annually, representing 1.5 per cent of Spain's gross domestic product.

So why can it not afford to pay its staff a decent wage?

NGOs are by definition supposed to balance investments against revenue, but the behaviour of some suggests they are becoming ever more corporate.

And in a sector which aims to tug at the heart strings as it appeals for donations, there is an irony in the fact that many of its employees are victims of the same human rights issues they are battling to overturn elsewhere.

One anonymous staff member told Spanish media: "One major conflict is that many organisations fight for human rights, including employment rights, and there's a perverse logic at work in which they compete to bring down costs to win contracts that the government has outsourced to the detriment of salaries."

This smacks of a worryingly institutionalised corporate approach by charity bosses in Spain, and suggests that NGOs may to an extent perpetuate the problems they were set up to solve.

Charity wage woe goes on - page 46

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NEWS EXTRA**School funding boost**

THE regional government is allocating €6 million for extensions and improvements to five Campello state schools and is studying the town hall's request for a second Instituto costing €16 million.

New role

THE Generalitat agreed to cede the old Lloixa high school, disused for 11 years, to San Juan Town Hall which will convert the deteriorated building into a municipal school of dramatic art.

Pirate homes

APTUR, the Costa Blanca association for owners of official holiday accommodation, complained that free Spanish-language 'Buy and Sell' magazines increasingly advertise unregistered and sometimes non-existent holiday homes.

AP-7 will still take its toll

ONCE the AP-7 motorway reverts to the State in December 2019, drivers could still pay tolls.

Answering questions raised by MPs representing Alicante, Valencia and Castellon in the national parliament in Madrid, the Ministry of Public Works confirmed that the concession would not be extended.

But when asked if the government intended to free any sections of the AP-7 the Ministry replied that this would happen only if "unforeseen circumstances" made this necessary.

The official answer appeared to hint that tolls will neither disappear nor be reduced. "The Ministry is open to negotiating tolls with the collaboration of autonomous regions," it explained.

This solution has already been implemented in the AP-68 in La Rioja, thanks to an economic contribution from the regional government. Since then lorries crossing the region are barred from the N-232 which runs parallel to the motorway.

The Generalitat could adopt a similar solution for the N-340 main road and the chronically saturated N-332, obliging lorries to use the AP-7.

The regional MPs specifically mentioned Altea and Oliva, whose town centres are crossed by the N-332.



Photo credit: Werner Wilmes

AP-7: Tolls unlikely to be lifted.

This adversely affects road communications between the Marina Baja, Marina Alta and La Safor, prompting PSOE MP Herick Campo to describe the national government's

attitude as a bad joke.

"In my opinion this is another demonstration of discrimination and injustice against Alicante Province," Campos said.

Bent coppers on drugs charges

THE six men arrested in Elda on drugs charges by the National Police's Internal Affairs Unit have been released.

Five of them - four police officers and an Elda resident - face prosecution while a sixth man was released without charges.

Three of the policemen belong to the National Police in Elda-Petrer and another is from Elda's Local Police force.

They and the fifth man have had to hand over their passports and must report periodically to an Elda court.

The first arrest was made last December following drugs raids on several Elda homes when two married couples were detained although only the men, one of them a National Police officer, were remanded.

The Internal Affairs Unit had been called in after 'irregularities' were noticed in this officer's behaviour, according to Spanish media sources.

The same sources revealed that the officers' colleagues expressed 'surprise, shame and indignation' at the harm done to the 'image, honesty and professionalism' of the force.

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VIEWING BY APPOINTMENT ONLY

Not an open and shut case

A SAN VICENTE nightclub closed down by the town hall last July appears still to be functioning, police reported.

The club located in the Sol y Luz area was not only operating without an opening licence but six people were arrested at the time for sexually exploiting 12 women.

Despite receiving an official order closing the business down, the club's website is still active and police have seen clients entering and leaving the premises, confirmed Marilo Jorda, San Vicente's Town Planning councillor.

Jorda explained that it was beyond the town hall's remit to close a brothel but it was competent to shut down an irregular business.

Following a search by the National Police last summer it was possible to close the club because there was a bar where drinks were served and a cash register for charging customers.



STILL GOING: The nightclub in San Vicente.

The town hall had wanted to close the brothel for months and the lack of the necessary opening licence

gave them the motive they needed, Jorda said.

The town hall has thrown out the owner's appeal

against the order, although the councillor admitted that it was possible that the issue could end up in court.

Squatter refuses to go

POLOP resident Francisco Lopez is living in his van while a squatter occupies his home.

He left two years ago to look after his ailing mother in Barcelona, locking the property and boarding up the windows.

Once his mother recovered, Francisco returned to Polop where he found work as a cook.

Arriving at 11.30pm he was unable to open the door to the building or his own front door as the locks had been changed.

From the street, Francisco could see a light inside the apartment and make out that the furniture had been changed.

He immediately called the Local Police whose officers replied that he had no intention of moving out. "Go to court," he told Francisco who remained outside the building until the squatter threatened him with an electric pistol.

He moved the van and parked outside the Local Police station, going next morning to the Guardia Civil to lodge an official complaint against the squatter and his threats.

The trespasser was detained but was released soon afterwards and immediately returning to Francisco's property.

Recovering his home is likely to take months, he told the local Spanish media, and the case is further complicated because he cannot access the deeds and other documents that are still inside the property.

In the meantime, he has to sleep in his van until he can find somewhere else to stay.

NEWS EXTRA

Bank on housing

SPAIN'S 'bad bank' SAREB owns 130 properties in Benidorm which could serve as social housing, maintained Compromis, an opposition party on the council which also called for more properties of this type.

Bus ride

THE 188,818 inhabitants of 38 small L'Alcoia and Comtat municipalities will be able in 2020 to use the buses that take children to school, although priority goes to the pupils.

Cactus attack

AUTHORISED by the Confederacion Hidrografica del Jucar, which controls rivers, Novelda's Environmental Quality department has in two years removed 20 tons of invasive Cholla cactus from the Vinalopo River.

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NEWS EXTRA

Hospital is spread thin

DURING periods when San Juan hospital is at risk of saturation, some patients will be transferred to Alicante General Hospital, which is relatively close and where there are usually beds free.

Virtual pals

CHILDREN of 10 and 11 in Alicante City told Spain's Consumer Observatory they only knew half of their internet friends. They also admitted skipping meals, homework and sleep to go online.

Tidying up

THE regional government is spending €1.1m on clearing dead and fallen trees from wooded areas while repairing 146 kilometres of Alicante Province's forest paths damaged in November 2016 and January 2017 storms.

FOR years the MontBenidorm Residents' Association have cleaned and maintained the chapel in La Cala de Benidorm.

They have now been told to hand over the keys to another group, Amigos de la Ermita Virgen del Mar, after Benidorm Council voted in favour of a Ciudadanos (Cs) motion changing the existing arrangement.

Teresa Garrido, president of the MontBenidorm group criticised Cs for the "disagreeable situation" and "creating an unnecessary conflict" between both groups.

Although they were aware that the

changeover had been approved by the council, Garrido asked Cs to reconsider or at least explain the party's reasons for changing the way that things had been done until now.

"We weren't even asked before

they introduced the proposal," the president said, explaining that all work at the chapel was documented and there was no reason for being unhappy with the way that things were carried out.

Crying in the chapel

Coasting on down

TEULADA MORAIRA recently promoted its coastline at the MEDSEA fair at the IFA fairgrounds in Alicante City.

The town has more than eight kilometres of coastal area with popular beaches and coves which also host a range of environmentally friendly boating activities. This was reason enough for the council to be present at the fair, said Carlos Linares the councillor for Tourism, so they could help promote Teulada Moraira as a general tourist destination appealing to boating aficionados

in particular. The Teulada Moraira booth, manned by the department for tourism, offered promotional material such as a brochure describing the beaches and boating activities, a special brochure about diving, a directory of tourist companies and a general brochure about the destination.

The staff also handed out information regarding the next Foto Sub Geas contest (underwater photography contest) which will take place along the Benissa and Teulada Moraira coastline September 21 to 23.

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Luxury boat was an empty vessel

A 46-YEAR-OLD Spanish man was arrested in Altea and charged with unlawful appropriation after stripping the interior of a boat.

He was accused of removing items worth €400,000 from the 22-metre craft which was moored at the Campomanes marina which was cor-

doned off last November by the Altea Guardia Civil. They were acting on a court order after a bank foreclosed on its owner's debt and repossessed the boat. Soon afterwards, it was sold for €1.5 million and a representative from the company that had bought it went some months later to Campomanes to inspect the boat.

He found that although the vessel was unchanged on the outside, its interior had been stripped bare during the intervening period.

The owner's whereabouts were unknown, but the Guardia Civil centred their investigations on people known to be linked to him.

This led them to a person who had rented two storage units at the marina which, when inspected were found to contain numerous articles and equipment from the boat.



Photo credit: GVA

START MADE: Carlos Domingo and Toni Perez visit future bus station halt.

All joined up

BY next July the TRAMs on Line 1 will stop at Benidorm bus station.

The railway line is visible and frustratingly near to the bus station but road and rail passengers wishing to connect with one or the other are obliged to make a time-consuming detour.

That is due to change within months once a new 1.4-kilometre section of track connecting both stations is completed.

Work is underway and was recently visited by the Generalitat's director general of Public Works, Transport and Mobility, Carlos Domingo, accompanied by Benidorm's mayor Toni Perez and other councillors.

The €3.2 million bus station project entails closing the nearby and rarely-used Disco Benidorm halt on Line 9 and includes electrification of the new section of track.

This will be the first step

towards electrification of the entire Benidorm-Denia line that enters into rail operator FVG's modernisation programme, Domingo revealed.

Work is expected to take four months and will not involve modifications or cuts to Line 1 or Line 9 timetables, the director general added.

"Anything that could affect the track, the power supply or public safety will be completed outside operating hours," Domingo said.

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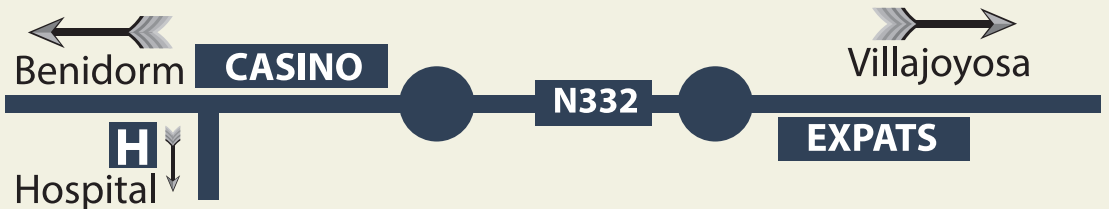
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photo credit: Dorico

PEGO-OLIVA MARSH: 23,000 eels were recently released there.

Eels in the swim again

AS the number of confiscated live eels destined for consumption in Asia rises, they are disappearing from their natural habitat.

The eel population has been preyed on by parasites, admitted Joseba Rodriguez, director of the Pego-Oliva marsh which is also a protected national park. But it is no coincidence that as their numbers dwindle, more airline pas-

sengers are caught trying to smuggle live eels and elvers out of Spain, Rodriguez said.

In a bid to restore the balance, the regional government's Environment department recently released 23,000 eels into the marsh's Bullent and Racons rivers.

Amongst them were elvers impounded when suspicious cus-

tomers officers at the airport in Manises (Valencia) opened six suitcases checked in by a couple bound for Hanoi. Inside they found 36 insulated plastic bags packed in ice that contained thousands of minute elvers weighing a total of 1.17 kilos.

Eels have been released in the marsh three times over four months, Rodriguez announced.

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Churning... the worst enemy of your pension or investment portfolio?

By Sam Kelly, Managing Partner, Chorus Financial.



So, before anyone asks, no I've not given up financial services to campaign against the dairy industry! Churning, in financial terms, is when a financial advisor persuades a client to buy or sell funds with the sole intention of generating commissions, rather than acting in the client's best interests. This unethical practice is illegal in the UK, so why is it so prolific here in Spain?

The problem lies in the fact that in Spain, financial advisors can still receive hidden payments from investment fund providers. I have seen numerous examples here in Spain where companies have found a new fund provider who will pay them a 3-5% 'entry charge' when they persuade their clients to invest in that particular fund.

This generates problems in two ways: Firstly, that 3-5% comes right out of the client's pocket, and is either paid for by reducing the number of units you buy in the fund, or by elevating the fees for a period of time, normally 5 years, in order to recoup that payment. This can leave

the client playing catch up from day one. The other problem, and often even more damage results from this practice, is that funds that an advisor wouldn't usually recommend - perhaps because they don't have a strong track-record, are from an unproven fund house, or are poorly regulated - are finding their ways

into client's portfolios, thereby lowering the quality of their investment portfolio.

The funds your advisor chooses for your pension or investment portfolio, should be chosen independently, after rigorous research. The Chorus approach is to favour UK based, FCA regulated funds, from well-known fund houses like

Rathbones, Investec, HSBC, BlackRock, Fidelity and Aviva. We will never receive any financial incentive when it comes to choosing funds for a client's portfolio, so you can be confident that our goals are aligned with yours.

If you think you may have been charged a 3-5% entry charge for an investment fund, or your advisor is making wholesale changes to your portfolio every year or two, then it's possible they are not acting in your best interests.

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Better routes with better timetables

THE regional government announced improvements to bus services for Alacanti towns.

All will have a year-round daily connection to San Juan hospital and Alicante University,

improving public transport for 409,189 residents in San Juan, Muchamiel, Campello, Aguas de Busot and Busot.

At least 21 vehicles will serve five intertown lines, two of them with a night service.

Existing links between Campello, San Juan and Muchamiel with Alicante City are to be reinforced, together with the Muchamiel-Playa de San Juan bus route that runs during the summer.

San Juan hospital continues as the network's principal transport hub, improving connections between Campello, Muchamiel and San Juan with Playa de San Juan as well as Alicante University in San Vicente and Playa de San Juan.

Aguas de Busot and Busot will have more buses with a timetable coordinated with Alicante City transport as well as the Campello TRAM.

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A member of staff is always on call for those enrolled in the service, meaning you can call day or night if you need help.

As well as language barriers, another problem in accessing healthcare in Spain can be the lack of private health insurance on offer for those over a certain age or

with pre-existing conditions, leaving you to face the alternative of long queues in a Spanish hospital or health centre.

As well as 24/7 contact with English-speaking doctors and nurses, the Altea Medical Centre also offers access to specialists without the need for referral. The centre offers weekly specialist clinics, with cardiologists, plastic surgeons and gynaecologists taking appointments.

So if you are finding it stressful accessing healthcare in Spain, why not contact the Altea Medical Centre and get back some peace of mind?

You can call 965 845 711, email info@alteamedicalcentre.com or visit their informative website www.alteamedicalcentre.com for more information about the services offered.

Alternatively visit the centre which is located at Mirador de la Galera 1, 03590, Altea but call first for details of opening hours.

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Photo credit: Benissa town hall

BENISSA REQUEST: Cesar Sanchez pledges help.

Diputacion promises to help

ALICANTE'S provincial council, the Diputacion, pledged to invest around €400,000 in infrastructure for Benissa.

Local mayor Abel Cardona and Benissa's Finance councillor Fernando Lopez Corsi recently visited the Diputacion where they voiced their concerns to the Diputacion president Cesar Sanchez.

Benissa was excluded from the Diputacion's Works and Services

plan in 2017 and was again omitted this year, Cardona and Lopez Corsi pointed out.

Without wishing to link this to the political changeover at Benissa Town Hall following Juan Bautista Rosello's resignation in December 2016, the present team was keen to learn how to become eligible to receive this type of official help.

Sanchez explained that he intended to enable Benissa to obtain

help via the Works and Services plan.

Both Cardona and Lopez stressed Cesar Sanchez's willingness to help. "We were assured that there is a 90 per cent likelihood that our request will be included in the Diputacion's carry-over. It should be possible to spend approximately €400,000 on municipal infrastructure," Cardona and Lopez Corsi revealed after the meeting.



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News from Roebuck Wealth

HELLO and welcome to my first editorial covering topical subjects which I hope will be of assistance.

I am often asked what an 'offshore bond' is and how do they work, so here goes...

• **What is an offshore portfolio bond and what are the benefits?**

An offshore portfolio bond is a tax efficient wrapper that can hold a variety of assets like stocks and shares or funds. This is a bond that fully utilises the legal and tax treatment of a whole of life insurance policy.

Put simply, it is designed to 'wrap around' an investment portfolio to create a wrapper that investors can manage and sell their assets both easily and tax efficiently.

The investments held within offshore bonds grow free of tax,



Paul Clarke FPC MAQ
Senior Consultant
Roebuck Wealth

unlike comparable UK OEIC's (Open Ended Investment Company), which are taxed annually on capital growth.

There is no liability for capital gains tax when you sell a profitable fund to purchase another fund within your offshore portfolio bond. This is one way that offshore bonds are often a more tax-efficient way for you to invest.

Offshore bonds are designed to be flexible, especially with regards to letting you take with-

drawals as and when it suits you, or set up a regular income stream into your bank account.

• **Tax and Offshore Bonds.**

No tax is payable until the policyholder makes a partial or total withdrawal. So all investment gains are rolled up, which over the long term can produce higher returns.

You don't have to include any information on your tax return before this point, compared with

the potentially complicated requirements for reporting income and gains on a portfolio of unit trusts or shares.

• **Administration of assets within your bond.**

Your offshore portfolio bond gives you an easy way to manage all of your investments; the financial institution selected will take care of all administration associated with the assets held. Therefore, you will have a simple, easy

to manage and understandable tax efficient investment.

• **Points to consider...**

- The amount you want to invest.
- The length of time you want to invest for.
- Your comfortable level of investment risk.
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- Do you want named beneficiaries?

Due to all of these points, face to face advice is necessary.

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NEWS EXTRA**New look for court**

DENIA'S Trinquet Valencian ballgame court, which was built in 1874 and has been empty for eight years, will be restored and turned into an open-air theatre and cinema.

Doggone it

FOLLOWING residents' opposition, Alcoy City Hall plans to DNA-test all dogs in order to trace incalcitrant owners who do not clean up after their pets were postponed for 18 months.

Double use

THE Official Language School in San Vicente will be allocated 12 classrooms in the Haygon high school, giving lessons during the afternoon and evening when the Instituto is practically empty.

Settle up

THE Valencia region's Upper Court of Justice ordered Castalla Town Hall to reverse its 8 per cent increase on water bills and to pay off the €900,000 still owing on constructing the new water deposit.

Lights out

BENIDORM will participate in Earth Hour this Saturday, when lights illuminating streets, monuments, businesses and homes are turned off between 8.30 and 9.30pm to raise awareness of the need to protect the environment.

Beach watch

THE Red Cross lifesaving and beaches service began in Gandia in time for the Fallas and will continue for 213 days until the autumn, gradually increasing its timetable as the high season approaches.

Herbicide kills more than weeds

TWO ecology groups reminded Denia Town Hall that as a Unesco Creative City it now has environmental commitments.

This entails eliminating the use of polluting insecticides, said representatives from the Marina Verda collective.

Together with the SOS Natural Mari-

na Alta platform, Marina Verda registered a proposal for a motion at the town hall asking for 'an institutional declaration' rejecting the use of glyphosate to control weeds in public places.

The two groups hope to oblige the town hall to state its position on the herbicide, which they described as having a

toxic effect on the health and the environment.

The International Agency for Research on Cancer has classed glyphosate as 'probably carcinogenic' and its use is prohibited in Castellon, Madrid, Barcelona, Tarragona, Zaragoza and Sevilla, the ecologists said.

Despite this, Denia is using glyphosate in parks, gardens, verges, schools and even the countryside.

'These poisons are being used indiscriminately,' the proposed motion maintained. 'The herbicide pollutes and damages organic crops, rain runoff and beehives.'

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ELEVEN companies have been chosen to execute the first phase of the Sequia Mare Park, for which Benidorm Council has budgeted more than €983,200.

The mayor Toni Pérez said construction will begin "at the beginning of May" and that "the first phase of the Sequia Mare Park will become a reality" at the end of 2018.

Park plans in place

Pérez said the park will be "a leisure, recreational and sports park; urban in nature but with a clear element focusing on natural conservation."

The park will include running, walking and cycling routes as well as a playground and zip-line. The first phase of the park received a grant of €700,000 from the Alicante authorities.

Fair shares all round (finally)

A BENIDOLEIG pensioner received an 18-month prison term for failing to share a lottery prize.

For 15 years the 78-year-old woman had bought National Lottery tickets for herself and five friends, always buying an entire sheet of 10 decimos (tickets) of the same number and any other that ended in six.

In October 2014 the woman bought the Lottery as usual in Denia and handed over decimos to two of the group. That week, the second number - 44386 - won first prize and the woman told her friends that they had won €30,000 each, failing to mention that one of the remaining decimos had won the special

prize worth €1.2 million.

Aware that there is always an extra prize for just one decimo of the winning number, the three people who had not received tickets believed that the pensioner kept this for herself.

When she protested that she separated her own decimo with the winning serial number before the draw, they began legal proceedings.

The Alicante High court didn't believe the elderly woman's story, ordering her to pay a further €73,125 to one person and €146,250 each to the other two.

She will not serve the 18-month prison term as this is less than two years and she does not have a police record.

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The Modelo 720 is not a tax, rather a declaration of assets and ownership overseas.

It is a declaration of assets that as a **resident** of Spain, with assets overseas that amount to or exceed 50,000€ that you must declare.

It must be completed and presented before the end of March 2018.

Please remember that the information provided in this declaration relates to your assets for the year 2017.

These overseas assets fit into any of the three groups

- Bank Accounts
- All types of financial assets
- Real estate; Valuation: Acquisition cost

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Remember that if you have bought or sold a house, shares or made an investment this could mean that you need to make this declaration.

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

If you require further legal advice on any legal or administrative matters please contact Pellicer&Heredia Lawyers & Tax Advisors who will be pleased to help you.

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Transfer of a Spanish property from a company to its directors. Disinvestment

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We can help you.



DEAR lawyers,

A few years ago we were advised to put our property in Spain in the name of a British limited company, supposedly to avoid the payment of inheritance tax in Spain.

We did this, transferring the property into the company as part of its capital base.

The fact is that it is not working as every year there are many expenses such as accounting, legal representation, etc.

For all these reasons, we want to divest ourselves and return the property back to our names as individuals. Should the British limited company sell us the property and what can you advise as the best course of action?

Dear reader, thank you for

your enquiry.

Without commenting on the advice that was given to you and the convenience of acquiring real estate in Spain through companies, or as in your case, transfer existing assets to a company, we will focus on how your foreign limited company - owner of real estate in Spain - transfers the property to you, in the most convenient and tax efficient way.

Purchase: you ask in your enquiry about the possibility of the company selling the property to you. This possibility in principle may be inadequate for the following reasons:

1. The sale of the property will attract a property transfer tax, which in the Valencian region is 10 per cent. Therefore, in addition to other expenses, there will be an additional 10 per cent tax on the value of the property to be paid by you as the buyer.

2. In addition, according to the money laundering regulations, you must prove that you have

paid the agreed price for the property to the company, showing the transfer, the cheque given for it, etc.

Other options:

If the Spanish property was incorporated into the foreign company by means of a capital base increase, by which you transferred the property in exchange for shares in the capital base, equivalent to the value of the property, the most appropriate form, from the company to return to you the property will be a reduction or decrease of the capital base, that is, to undo what was done before.

The foreign limited company could agree to undertake a share capital reduction or decrease, and return the equity to the shareholders and partners. If the amount of the decrease is equal to the value of the property, it can be agreed that the property is transferred back to the partners and shareholders in payment of their rights.

The capital base reduction, is

considered a corporate operation in Spain and as such it would attract a tax of 1 per cent, much lower than the 10 per cent transfer tax to be paid in the case of the sale, as mentioned above.

Conclusion: We cannot advise you correctly, without studying your case but, generally speaking, can suggest, that this could be a tax efficient way in your case, to divest and put the property back in your name, by arranging a capital base decrease, which would mean just 1 per cent in tax would be paid, instead of 10 per cent transfer tax if you undertake a property transfer, thus making a very considerable saving.

If you wish to acquire a property with a company in Spain or that your company transfer the property to you, 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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Tree Day outing

ALTEA celebrated Tree Day by inviting the local population to plant saplings along the banks of the River Algar. Thirty trees were planted by the participants themselves, who were shown how to do this correctly by experts who followed up with a workshop on taking cuttings from the riverside trees.

ALFAZ DEL PI / ALBIR NEWS

On the right road

CARLOS DOMINGO SOLER, the regional government's director general of public works, recently visited work in progress in Altea la Vieja.

Improvements are being made to the outlying district's principal access, explained Altea's mayor Jaime Llinares who accompanied Domingo.

"We could see firsthand the accesses to Altea la Vieja and Sierra de Altea, walking the length of the roadworks. There are a few details that need attention and we wanted authorisation and the regional government's involvement to find a solution," the mayor said.

These centre on access to properties and wooded areas that the town hall hopes to retain, he added.



BETTER ACCESS: Carlos Domingo, Jaime Llinares and councillors in Altea la Vieja.

Work was progressing on schedule and according to plan, Llinares said, but there were always possible hitches when adapting

a public works project to private property and the town hall needed the regional government's approval before solving them.

Local pupils in national competition

THE Institute of Marine Sciences in Barcelona selected Alfaz high school pupils to participate in the Moorea Me competition.

The competition is aimed at state school pupils wishing to embark on an audio-visual scientific 'expedition' to the remote island of Moorea in French Polynesia.

The Alfaz pupils, all in their fourth year, will be competing with schools from Albacete, Cartagena, Mostoles (Madrid) and Barcelona to produce a study on coral reefs and the affect that climate change is having on them.

The winner will receive a prize

consisting of a collection of books on science, nature and exploring.

Their reports will be published in the Super Science Me blog and their school will receive a visit from one or more scientists from the Moorea expedition.

The L'Arabi pupils were chosen on the strength of the motivation letter that accompanied their application.

The letter stressed the importance of the Sierra Helada national park that lies between Albir and Benidorm, where there are vestiges of a fossil lagoon containing well-preserved corals that 110 million years ago belonged to the Tethys Ocean.

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Not forgotten

THE anteroom in the exhibition room at Albir's Frax Foundation has been named after Altea-born painter, Juan Navarro Ramon. Born in 1903, he exhibited with Picasso and Miro at the 1937 Paris World Fair and immigrated to France in 1938. Returning to Spain in 1941, he died in Sitges (Barcelona) in 1989.

ALFAZ DEL PI / ALBIR NEWS

Arts and crafts to the fore

ALTEA is joining Italy, Romania, Croatia and Hungary in the Erasmus+K1 initiative 'artisans do it better'.

Thirty-two artists and craftspeople aged between 20 and 25 will create an

international network that will promote excellence while interchanging methods, tools and abilities.

The group will include six people from Altea who will be given the chance of

perfecting their skills, improving their entrepreneurial abilities and forming an international network of professional craftspeople.

'Artisans do it better' takes place between July 16 and 26 in Valle de Camonica in Brescia Province (Italy).

Travel costs, food and accommodation will be covered for the six people

representing Altea, explained Diego Zaragoza, Employment councillor.

"Altea has always been closely allied to arts and crafts and this year sees the 38th edition of the town's La Mostra craft fair," Zaragoza said.

"La Mostra was born so that Altea's artists and craftspeople could offer their products to the public and 'artisans do it better'



Photo by Altea town hall

ALTEA'S MOSTRA: The 38th edition coming up.

will be very enriching for the next generation."

Information can be found at

europa@altea.es or the website: www.euroaltea.eu and applications close on April 17.

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A great treat for wine lovers

MARCH 30 and 31 will see the seventh Mendoza's Wine Edition in the bodega's El Romeral winery.



Photo by Alfaz town hall

WINE EDITION: Pepe Mendoza with Alfaz's acting mayor, Mayte Garcia.

This will be the seventh Easter Week that Bodegas Enrique Mendoza opens its doors, inviting the public to an annual event that attracts visitors looking for more

than sun and beaches.

Aimed at genuine wine enthusiasts, capacity is limited daily to 300 people, as they seek to offer an excellent but friendly service.

"Ninety per cent of the places have already been reserved by wine-lovers from the Valencian community and other parts of Spain," Pepe Mendoza revealed some days ago.

One Wine Edition workshop will concentrate on Fondillon. "This is an emblematic, historic and almost forgotten Alicante Province wine," he said.

"It has been produced since the 16th century."

Tasting will be led by David Bernardo Lopez from Miguel Hernandez University.

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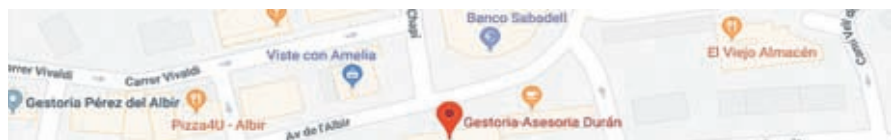
Choir sings further afield

L'ALFAS CANTA sang recently in Lucca (Italy) together with a local choir.

Alfaz has for some time been culturally linked to the Monte di Lucca bank, which shows great interest in the cultural events.

L'Alfas Canta, whose members are all retired and come from 10 different countries, was founded in 2010.

The Lucca concert was not the first time that the choir has performed outside Alfaz as it has performed in Segorbe and Requena (Valencia) as well as Toledo, Burgos and Lescar in France.



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Teulada Moraira

NEWS

Fine wine

A LOCAL vineyard impresario, Cristina Rodriguez, has been named a finalist in a state contest for rural women entrepreneurs, for her wine M de Alexandria. She was presented with the certificate at the Mujeres Referentes event in Madrid by the director of the Women's Institute, Julia Ceron.



GUSZI: Needs some TLC.

Guszi

GUSZI recently arrived at the shelter and hers is a sad story.

She's 18 months old and when rescued was in a very poor state. She had been living in a foster home but the woman who so kindly nursed her and has since been taking care of her cannot keep her any longer.

Life is very difficult for her as she has Leish and she needs a warm, comfortable home.

Phone Akira 657 689 567 or email akirashelter@gmail.com.

A special meal for the U3A

SATARI'S Restaurant in Moraira has long been a favourite with the Dining Out Group of Moraira-Teulada U3A, but in March the group were treated to a special Persian evening.

Pat and Brian Clarke, who organised and hosted the evening, introduced Abi, Satari's owner/chef, who explained that Persian food is full of flavour and cooked in a healthy way with lots of fresh herbs, but is not hot and spicy.

Typical Persian dishes are combinations of rice with meat (lamb, chicken or fish), vegetables and various herbs and nuts. Characteristic Persian flavourings such as saffron, cinnamon and turmeric are mixed and used in some special dishes.

This was amply demonstrated in the mixed starter combining wild herbs, walnuts and berries into a cake, along with stuffed red pepper and a delicious minced beef and potato ring with yoghurt and cucumber dip.

The main course was a choice of Persian



CUISINE CURATORS: The Moraira-Teulada U3A Dining Out Group.

Meze, Persian style fish or Moussaka, all offering a taste sensation. The meal concluded with a selection of home-made Baklavas dripping with honey or a deliciously light Persian Roulade.

Service throughout was exceptional, which, together with the food on offer, provided yet another triumph for Moraira-Teulada U3A Dining Out Group.

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NEWS

EVERY Sunday morning between 10 and 15 craft people from the area come together on the seaside boulevard in the port of Javea to set up their stalls.

Some weeks ago they decided to include a workshop for children in their little fair. These workshops have proved to be very popular: every Sunday at midday the children crowd around the table where one of the craft people teaches them to make a bracelet,

Fair workshops proving popular

a little sculpture or some juggling balls. As the participants take turns, the children can learn something different every Sunday.

The craft market in Javea Port is quite special, in that everything sold is made by the people on the stalls. Thus you can be sure that you can find something original for a reasonable price, as you buy directly from

the artist or artisan. The fair is advertised with the label 'Artesania de Autor.' The stalls open at 11am and stay till 3pm or later. The workshop is at 12 noon and is free.

For more information (in English) you can ring the organisers, Craft Association Amata, at 639 979 678. You can see some photographs of previous Sundays at: www.amata.es/JavSunSpr_18.html.

Taking on The Mirador Challenge

THREE staff members of The Original Charity Shop and Library plus two friends have been busy training for this year's Mirador Challenge which takes place on Sunday April 8.

The challenge involves hiking a very strenuous 29km from

Mirador La Granadella to Mirador Los Molines, passing through all 15 of Javea's magnificent view points, a tough test for even the fittest legs and definitely deserving of the name 'challenge' in places.

After last year's successful 'girl power' effort, which raised an astonishing €3,100, this year's team of three ladies and two gents are hoping to raise as much as possible to help support their chosen charities.

This year's beneficiaries are the Raquel Paya School for special needs children and the Javea psychological recovery and support programme for mistreated women.



OCSL WARRIORS: Gina, Darrel, Caroline, Erik and Aileen.

They are hoping that lots of generous people out there will be willing to sponsor their effort, however small.

Sponsorship forms are available in the Original Charity Shop on Carrer de Nancy 1

and in the Charity Library in Javea Park. The shop and library are open from Monday to Saturday from 10am to 1pm. For more information please see the web page: www.charityshoplibrary.com.

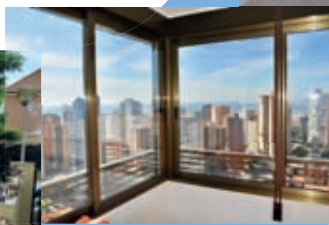
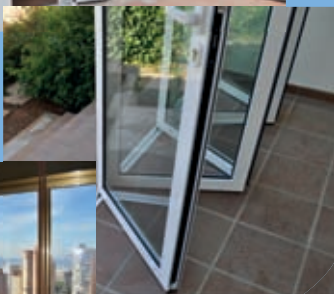


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All aboard

FIVE traditional fishing boats from Javea, manned by 20 sailors in total, will participate in a pioneering project to promote sustainable fishing tourism, which involves bringing non-crew members on board for recreational purposes.

Coast guarded

THE Javea Local Police have purchased a new boat for €5,000 to help them improve the safety of bathers along the coast. The boat is smaller, making it easier to manoeuvre in shallow or rocky areas and to lower fuel consumption.



ALL SMILES: The end of season sale descends on the Original Charity Shop

Bargain hunters paradise

THE Original Charity Shop is about to create a bargain hunters paradise from Monday until Saturday April 14 during the long-awaited end of season sale.

For three weeks you will find bargains galore, with a 50 per cent reduction on marked items including good quality ladies and gents clothing, household goods, electrical appli-

ances, tools, bedding, curtains, ornaments, jewellery and much more. Don't miss this brilliant bargain hunting opportunity.

Please note that they will not be accepting clothes for sale on commission before Sunday. However, from Monday they will be accepting all your suitable spring and summer items.

An evening of celebrations

CANCER CARE recently celebrated their 20th anniversary.

The ballroom was full to the brim with volunteers, friends and special guests. These included Irene Ellis MBE who founded the charity.

Thank you to everyone who helped make the evening such a success. Here's to another 20 years!

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See you soon, Anouk & Alain"

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Balcony death horror

Brit uni student killed 'after St Patrick's Day party'



Photo credit: Facebook/Google

FATAL PLUNGE: The block of flats from which James (inset) fell.

THE young British man who fell to his death from a Palma de Mallorca balcony has been named.

James Walton, 23, was on a placement year from Sheffield Hallam University and was killed after a St Patrick's Day party with friends.

Doctors say the language student died due to fatal head injuries after plummeting from a fourth floor balcony onto the pavement below.

Originally from Ealing in London, he had been in Mallorca since last September to work as a global loyalty intern at Melia Hotels International.

The placement was part of his Bachelor's degree in Languages with International Busi-

ness, of which he was in his third year.

Detectives currently believe he lost his balance after a heavy drinking session with workmates and friends from the UK.

A post mortem examination took place yesterday.

James' body was found lying on Calle Aragon in Palma City centre by a pedestrian early on Sunday morning.

Medics pronounced him dead at the scene after attempts to revive him failed.

His friends reportedly had no idea that he had fallen until police knocked on the door of their flat.

Investigators are not currently treating the incident as suspicious, and an official con-

firmed: "At this point in time everything is pointing towards it being accidental."

Friends have paid tribute to him via Facebook, with Melia colleague Maja Jaroszevska writing: "Words can't describe how heartbroken we feel to have lost you so soon and so unexpected. You are forever in our hearts. We will remember you, doing your amazing dance moves and winning dance offs with strangers."

"Thank you for being in my life."

A Foreign Office official told UK media: "We are in touch with local police and are providing bereavement advice to his family, following the death of a British man in Mallorca."

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TOP OF THE SLOTS: Ryanair was the biggest player in the low-cost market to Spain.

Boom time

10m passengers in two months

NEWLY-RELEASED Spanish government data has shown that international airline passenger numbers to Spain have soared during the first two months of 2018.

Statistics show that 9.98 million international passengers have arrived in the country by plane, a 5.9 per cent increase on the same period last year. Low-cost airline passenger numbers have particularly taken off with 5.21 million

passengers arriving in Spain in January and February - up 12.7 per cent on 2017.

The low-cost companies took 52.2 per cent of the market.

In contrast, 'traditional' airlines carried 4.7 million passengers, down 0.6 per cent.

Among the low-cost airlines Ryanair, easyJet and Vueling continue to lead the field and between them carried 67.6 per cent of 'low cost' market and

35.6 per cent of the total market.

The United Kingdom, with 1.5 million passengers (28.8 per cent of the total), was ahead of the pack despite a drop of 1.1 per cent in arrivals with the low-cost carriers.

Germany, with 13.3 per cent of the arrivals, showed an increase of 695,036 passengers (43.2 per cent more) and Italy with 683,997 low-cost flyers sent 13.2 per cent more.



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Advertising Feature

A family life dedicated to restoring value in La Marina's traditional gastronomy

FROM their first family restaurant, Casa Federico, in 1980, the Cervera family have led the gastronomic field in La Marina. They now have eight highly successful traditional restaurants in Denia including a unique gastronomic show house located in central Denia (El Condado).

In the late 70's, gastronomy in Denia suffered as a consequence of massive tourism and lack of innovation in the catering industry. Most of the restaurants in the city had abandoned the traditional dishes and opted for menus combined far from the culinary identity of the area.

The family Cervera decided to turn their family home, located at the start of Las Marinas in Denia - into a traditional family restaurant. It was 1980 and Casa Federico was the chosen name. With the irreplaceable company of the mother Rosa in the kitchen, the four brothers (Pepa, Federico, Jaume and Conxa) all got involved in the project. Passion, sensitivity, good local product and a respect for gastronomic tradition were the keys to the restaurant.

Casa Federico was an innovative restaurant from its first day. The philosophy and principles have continued to be present in all their restaurants:

- **Cuisine based on local tradition**
They served rice, stews, salted, preserves, marinades and coupled ingredients... just as they made themselves at home before opening the business.
- **Fresh food prepared daily and at the time of order**
- **Fresh and local products**
Fish came from Denia's own lonja, produce and vegetables purchased from local markets.
- **Food prepared to its 'punto'**

A commitment on the part of the chef, a certain risk in the search for the perfect taste.

- The fusion of gastronomy and environment

In Casa Federico, the family opted for natural materials such as a glassware with traditional furniture of wicker chairs and wooden tables, avoiding the plastic or aluminum that proliferated then.

- Transparent and open kitchens

Guests see what they are going to eat. Everything forms part of a singular experience.

- A complete menu

They revolutionised the sector with complete menus, featuring starters, seconds and dessert.

- Format 'picaeta' - tapas!

The restaurant opted to share traditional dishes in picaeta version (tapas).

- Personalisation

In Casa Federico, a rice was prepared for two, six or 13 people. Every table had its own cauldron.

- Dishes from the home's daily menu to restaurant table

Original staple dishes that were traditionally prepared in the home every day of the year were brought to the tables of their restaurant.

- Bet on training, a stable staff all year

From the first day they bet both on the training of now 120 staff and on the dissemination of traditional gastronomy. The restaurants have the 'Tourism Quality Commitment' certification from the Tourism Institute of Spain (TurEspana).

- Sustainability and ecology

Sustaining the environment, both social and heritage. From the daily purchases from their restaurants,

through to the choice of buildings for new openings.

For 10 years the Cervera family dedicated itself exclusively to their first restaurant, Casa Federico. During this decade a concept of gastronomy of La Marina was consolidated and the subsequent openings pivoted on it.

The restaurants had the same identity in the kitchen but with a different personalisation and character in the dishes of each of the new establishments:

- Casa Federico www.casafederico.es

Typical dishes of Mediterranean cuisine that include meats, rice, fish and seafood and tapas from La Marina.

- Primer Linea www.restaurantprimeralinea.com

Located right on the shores of the Mediterranean, Primer Linea is a unique doorway to the marine gastronomy of Denia.

- La Seu www.laseu.es

A dynamic and creative space designed on 16th century building, in which the contemporary interpretation of the cuisine of La Marina offers suggestive tapas and surprising dishes based on market products.

- Hotel Nou Romà and its restaurant La Senia www.restaurantelasenia.net

Cuisine that delves into the roots of La Marina's tradition and seeks excellence in innovation.

- Els Tomassets www.tascaelstomassets.com

Eclectic space to enjoy the best cuisine of La Marina Alta. Rooted in tradition whilst heading towards the avant-garde.

- Ca Pepa Teresa www.calapepateresa.com

Ancestral cuisine featuring rice,

stews, meat, fish and fresh products bought daily in the traditional markets of the area.

- Al Forn www.alfor.es

Elegant rustic restaurant located in an old Moorish bakery. Tapas, cocas de La Marina, coca-pizza and traditional oven prepared dishes with local natural products, and an excellent touch of olive oil.

- El Condado www.condadodenia.com

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Hailed a hero

Policeman's body found after search

AFTER three days of searching the body of the Guardia Civil officer swept away by floodwaters in Spain has been found.

The officer was rescuing a trapped motorist from his vehicle in a swollen stream when he lost his footing.

Diego Díaz, originally from Malaga, was swept away by the fast-flowing water in Guillena in Sevilla in Andalucia on Saturday evening.

At 10am on Tuesday morn-



Photo credit: Twitter /EmergenciasSev

SEARCH: More than 200 were involved in the search for the Guardia Civil police officer.

ing after a search involving more than 200 people the body was found around 300 metres from where the accident happened on Saturday night.

According to initial reports,

Dare devil's failed climb

A YOUTUBE dare-devil with more than 770,000 subscribers has failed in his attempt to free-climb Barcelona's Sagrada Familia after being spotted by security guards.

Despite the botched attempt, Ally Law's video has received half-a-million views on his channel in just five days.

The 21-year-old from Southampton has climbed in multiple locations around the world, such as Melbourne, Dubai, Bangkok and Blackpool, but his latest attempt in Spain could see him fined or even banned from the country as security forces launch an investigation.

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Publisher beats Madrid gag

A WEBSITE has been created which allows visitors to read a banned book about drug smuggling through the words of Don Quixote.

Fariña, a non-fiction work about cocaine being shipped from Columbia to Spain, was banned by a court in Madrid last week.

Sales of the book were stopped after Jose Alfredo Bea Gondar, the former mayor of O Grove in Galicia, brought libel proceed-

ings against the publishers.

The Booksellers Guild of Madrid has since made a site which searches through the text of Don Quixote to recreate the banned book word by word.

The website had more than 30,000 hits as of Friday after being online for two days, according to the Booksellers Guild.

Fernando Valverde, the secretary of the guild, said those behind the site found out all the words in Fariña were in Don Quixote in some form.

Those who made the site just had to find out a way of placing the words in the same order as the book and displaying it so people could read it.

"It's a metaphor for the fact that in the digital era you can seize a book, but you cannot gag words," he said.

Bea Gondar brought the case to the court because the book alleges he was involved in the unloading and shipment of cocaine.

It also alleged he took part in negotiations between the Columbian Cali cartel and local smugglers.

"It's all completely false," Bea Gondar said in an interview on the La Sexta television channel.

The former mayor was investigated and convicted of drug smuggling.

His sentence was subsequently overturned by the Spanish Supreme Court after an appeal, which is stated in the newest edition of Fariña.

The launch of the website comes as Amnesty International recently claimed free expression in Spain was being stifled by the country's legal code.

Rescue drama

A MOTHER and her three-year-old daughter have been seriously injured after their vehicle left the road and plunged three metres down an embankment.

No other vehicle was involved in the accident on the Cas Ripolls road, in the municipality of Sant Joan on the holiday island of Ibiza.

The young child was trapped by her legs and had to be sedated while firefighters cut her free. She was taken to hospital but, given the nature of her serious injuries, a helicopter transfer to another specialist unit is planned.

Her mother fractured her pelvis in the accident which took place last Sunday evening.

A nine-month-old baby travelling in the car was uninjured.

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c/ San Ramón, 183 (N332)
Mo-Sa: 9:30 am - 2:00 pm
4:00 pm - 8:00 pm
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Doggy day out

SIESTA GROUP would like to thank everyone for making the Fun Dog Show held at Gata De Gorgos a huge success.

There was a huge turnout of both dogs and spectators and lots of fun was had by everyone and the weather was perfect for the dogs.

Registration began at 10.30am and the first category entered the ring at 11.30am which was a special category enabling local rescues to bring along dogs looking for homes and they are pleased to say one lucky dog got his forever home and one found a foster home, so a good result for those two.

There were various other categories then for the dogs to enter which included 'Prettiest Bitch,' 'Most Handsome Dog,' 'Golden Oldies,' 'Dogs who looked like their owners' and 'Hold the Sausage the



READY SET GO: Anyone who couldn't make it on the day can still make a donation if they wish via Paypa, but please put Reference the Dog Show.

Longest.' This particular category caused such a stir as the poor dogs' mouths were watering.

During the proceedings several items were auctioned off, one item a bottle of Moët Champagne had a reserve of €150 and one kind elderly gentleman purchased this for €151 and then at the end do-

nated another €50, so a huge thank you to him.

Local businesses were also kind enough to donate prizes for the raffle so thanks go to La Solana Boarding Kennels and Cattery at Jalon, Keith at La Concordia Bar (Secret Garden) and UK Supplies.

A large amount of bedding, collars, leads and food was

also donated on the day which will be of great comfort to the charity.

The total raised on the day exceeded €800 which will enable Costa Blanca Dog Homing to continue their vital work in helping to rescue abandoned and abused dogs so once again a huge thank you for all the support.

Jet through time

MARCIA'S Dance Centre and Stage School are proud to present their latest production, *Jetting Through Time*, on Wednesday May 9 at the Casa de Cultura, Calpe.

Due to a malfunctioning navigational system the cast will take a roundabout route through time and destinations before arriving in Broadway!

The centre is well-known in Calpe for its annual charity show and this year will be supporting El Club Internacional de Leones de Calpe y Benissa. The proceeds will be donated to local charities.

The cast features around 65 members aged between two and 80 years old. The students are a variety of nationalities including Spanish, English, Dutch, Danish, Norwegian, French, Ukrainian, Belgium, Russian and Taiwanese.

The show provides an opportunity for students of all levels of ability to showcase their talents in a variety of dance styles. So, if you are a fan of traditional ballet and tap, funky hip-hop or cheeky burlesque there will be something to entertain you!!

Classes are still open to new students, so it's not too late to join in the fun! The centre would also like to hear from people who may be interested in volunteering for the many behind the scenes tasks; scenery, props, costumes, photography and publicity.

Tickets cost €10 for adults and €5 for children.

For further information please contact Marcia's Dance Centre and Stage School www.marciadancecentre.com, call 607 290 896 or 965 830 980 or find them on Facebook

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Inspire future generations by telling their unique story - to the nation and beyond.

RAF100 is the campaign to support this milestone in the nation's history. It will launch officially on March 31 with an opening concert at the Royal Albert Hall and run for approximately six months, with a programme of public events at national and regional levels.

The centrepiece of RAF100 public-facing activity takes place on July 10 with a centenary service in Westminster Abbey followed by a parade in the Mall and mass flypast. This will be an unparalleled spectacle in modern times, with the potential to reach a global audience of millions, reinforcing the UK's reputation at the forefront of defence aviation excellence.

A key objective for the campaign is to inspire

future generations. To achieve this, the RAF is hoping to attract the brightest and best to join and to help shape

the future. More importantly, the RAF wishes to highlight the importance of science and engineering skills against the background of a serious skills shortage at national level.

In Spain, the three branches of the RAF Association (Costa Del Sol, Costa Blanca and Costa Blanca North) will be organising their own commemorative events. Please support these whenever you can.

The Costa Blanca North Branch of the RAF Association, extending its comradeship and welfare services in the area between Alicante and Valencia, has arranged for an evening of celebrations at the Canor Restaurant in Teulada on March 31, commencing at 7pm with a Cava reception followed by a splendid multi-course dinner accompanied by wines of choice.

A Sextet from the Rommy Baker band has been booked to provide appropriate music during the evening. Members of the Royal Air Force stationed in Spain will be attending as will members of local associations in support of the Royal Air Forces Association.

Anyone with a background with the RAF, those with an interest in aviation or just happy to support the 'junior service' celebrate their 100th anniversary are welcome to attend. Bookings, or for further information, should be made to Bob Hunt on 659 092 198 or on email at roberthunt@hotmail.com.



SWEET TREATS: U3A Marina Baixa members at La Nucia's International Day.

Time for tea

U3A Marina Baixa was recently represented at La Nucia's International Day in the form of their Olde English Tea Shoppe serving home-made cakes, tea and coffee throughout the day.

All the cakes were donated by members and the stall was 'manned' by 20 volunteers working in shifts.

A net profit of €398.50 was raised which equates to approximately 160 pots of tea and cakes. The money raised will be used to provide food for the Food Bank in La Nucia.

A big thank you to everyone who supported U3A on the day.





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Library book sale

ON Easter Saturday the library will be holding a book sale outside the Original Charity Shop. There will be a huge selection of contemporary novels at 50 cents each and cook books for €1 or €2.

They will remain open until 2.30pm on the day, so take this opportunity to avail of the sale reductions and stock up on a good read at the same time.

The shop is situated on Carrer de Nancy 1, in Javea's Arenal and the library in Javea Park. Both are open Monday to Saturday from 10am to 1pm.

For more information please visit the web page: www.charityshoplibrary.com.



FUN TIMES: ARC supporters have fun at Los Amigos.

A night to remember

ARC supporters recently gathered at Los Amigos for a night of entertainment and, by all accounts, had a really enjoyable evening.

After the meal of fish or chicken and chips, expertly served by Andy and his team, Faye entertained us with her amusing stories of life experiences put to verse, and then the ever-popular Matt Mason took to the stage with several songs to which everyone could dance and sing along.

The raffle came next and our thanks go to everyone who donated lovely prizes, including meal vouchers from Tom at 'The Black Apple' and Jalon's 'Chippy,' 'Your Plaice or Mine.'

They then had their minds blown by Chill Factor who belted out many rock songs such as *Money for Nothing* and *One Brick in the Wall*.

The dance floor was full, and everyone joined in soaking up the atmosphere. ARC thanks Chill Factor, Faye

Blackwell and Matt Mason for donating their time and talents for the benefit of ARC and all their supporters who attended the evening and bought raffle tickets.

The €707 raised will go a long way towards food and veterinary care for ARC's dogs and cats. The next fundraiser is two days bag packing at Iceland, Benissa - so please do your pre-Easter shopping on Tuesday March 27 or Thursday March 29.

Church of England Easter services

PALM SUNDAY March 25: Normal Sunday Service times at all churches (see Easter Sunday below).

Maundy Thursday March 29: Denia Church 6pm - Eucharist of the Last Supper.

La Fustera Church 6pm - Passover Supper and Liturgy.

Good Friday March 30: Services at Albir 11am, Gandia 12pm, Denia 12pm, Calpe 12pm, La Fustera 12pm, Javea 2pm, El Campello 2pm.

Holy Saturday March 31: La Fustera 8pm: Service to mark the Passion of our Lord and his resurrection and to renew our baptismal vows.

Easter Sunday April 1: Normal Sunday Service times throughout the Chaplaincy (Albir 9.45am, Calpe 10.30am, Denia 11.45am, El Campello 12pm, Gandia 12pm, Javea 9.45pm, La Fustera 12pm).

For more information regarding service times and events, visit www.costa-blanca-anglicanchaplaincy.org.

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WE COVER ALL THE COSTA BLANCA

JYSK Ondara is back!

It has been nine years since the Danish furniture and household giant chose Ondara as the location of their third shop in Spain.

They currently have 54 stores and more than 2,500 distributors in 50 different countries.

Their expansion plans have evidently been a success, not only for the new shops that have opened, but for the old ones that have been refurbished too.

This is what JYSK have just done in Ondara and, after a month of renovations, they reopened to the public with a new image but the same offers.

JYSK, sticking to their principles, offer quality items with Norwegian style at affordable prices for all customers.

The reopening was a success and thousands of people arrived at the end of the month at the CC La Marina to enjoy the new store space that JYSK has created, which is more dynamic, modern, attractive and functional.



GRAND REOPENING:
JYSK reopens to the public in Ondara after a month of refurbishments.

EWN
online
Latest news and more as it happens

They have gone for a more natural design, with oak being the guiding thread of the store's new image.

They have no doubt that this news will be well received by everyone who is a fan of JYSK and it is an opportunity for those who do not yet know the store to do so.



GIVING GENEROUSLY: Aileen Lightfoot presents the cheque to Wilhelmina Hardee.

Raising funds for Alzheimer's

CAPRICE ladies choir are delighted to announce that their recent concert 'Just one of those things' in La Senieta, Moraira, raised over €800 for the Asociacion de Familiares de Personas con Alzheimer's, Teulada-Moraira.

Performing songs by George Gershwin and Cole Porter together with a variety of other popular songs, the concert was enjoyed by an appreciative audience.

Afterwards, Wilhelmina Hardee from the Alzheimer's Association came up on stage to speak about the work of the association and to accept the money from musical director Aileen Lightfoot.

Caprice's next concert will be on Thursday June 7 in the Anglican Church, La Fustera, Benissa, in support of the Costa Blanca Anglican Chaplaincy. For more information or to reserve tickets, contact Aileen on 696 514 613 or via the choir's website on www.capriceladieschoir.com.



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NORWAY



Ice cool

ARTISTS from Chinese city, Harbin constructed a church made entirely out of ice on a ski slope near the village of Beitostolen in an effort to attract more Chinese tourists to Norway's ski resorts.



Credit: Thoughts of Norway/Facebook

CHILLY CHURCH: Tourists observing the new ice building in Beitostolen

Crown taken

NORWAY'S title as the world's happiest country has officially been snatched by Finland, with the winner decided by factors such as good governance, generosity, health and income.

boards 10 years ago, the legislation has allegedly not had any impact.

Listhaug removed a Facebook post that caused controversy by claiming the nation's Labour Party considers 'the rights of terrorists (to be) more important than the security of the nation.'

Board balance

ALTHOUGH Norway introduced a law that required companies to have at least 40 per cent women on their

MP controversy

NORWAY'S Justice Minister Sylvi

GERMANY



Spending up

THE sharpest increase in consumer spending in Germany since 1994 was seen in 2017, according to the Federal Statistics Office, around €1.64 trillion splurged on personal goods, an increase of 3.6 per cent from the previous year.

lor Angela Merkel when he said he believes 'Islam does not belong' to the country in an alleged attempt to win back voters from the far-right Alternative for Germany party.

the US, noting a rise in deaths caused by an addiction to legal painkillers.

Leaders meet

GERMANY'S chancellor Angela Merkel visited Paris to meet with President Emmanuel Macron to discuss EU reforms such as bringing in a common Eurozone finance minister and budget.

Causing conflict

HORST SEEHOFER, Germany's new interior minister, contradicted Chancel-

Opioid crisis

ONE of Germany's leading newspapers claimed the country was on the brink of an opioid epidemic, as has been seen in

FRANCE



Joining forces

FRENCH President Emmanuel Macron has supported the UK's assertion that Russia was behind the poisoning of a former spy with a nerve agent, saying he plans to 'take action.'

Regal warrant

AN arrest warrant was issued for Princess Hassa bint Salman of the House of Saud, daughter of Saudi Arabia's King Salman, in Paris after she reportedly ordered her bodyguard to assault her decorator at her apartment.

Rail strike

FRENCH rail workers will stage strikes on two days out of five from April until June unless the government drops its plan to overhaul the state-owned operator SNCF which would strip the employees of several benefits.

Bling ring

POLICE have revealed a gang of teenage burglars were behind more than 1,500 break-ins over six months across the south of France looting up to a dozen houses a day.

BELGIUM



Royal visit

KING PHILIPPE and Queen Mathilde of Belgium recently visited Canada for a state visit, marking the first state visit by Belgian royalty since the 1970s.

Beer bother

MONKS from the Belgian village of Westvleteren who allegedly make the best beer in the world were outraged to discover that the Jan Linders supermarket sold bottles at around five times the usual price.

Footie fail

A DUTCH football player who played for Westerlo is suspected of carrying out armed robberies on a casino, a petrol station, a supermarket and two gambling offices in Turnhout.

Easy peasy

THE Belgian parliament has approved a bill that will allow foreign workers to be able to receive their work and residence permits in a single document, helping to speed up the relocation process.

NETHERLANDS



Sleep tight

ONE in five Dutch people have trouble sleeping, according to the national statistics agency CBS, with women, people on low incomes and older people more likely to sleep badly according to the research.

National snide

POPULIST party Leefbaar Rotterdam has claimed it wants to introduce new legislation to stop streets becoming 'un Dutch,' meaning it could prevent halal butchers, phone shops and other 'foreign' stores from opening.

Pot o' gold

WORKERS in the Dutch city of Vianen discovered an earthenware cooking pot containing more than 500 silver and gold coins dating back to the 15th century while carrying out excavation work.

Safety first

DUTCH car insurers have called for a 'black box' to be installed in every vehicle in order to increase traffic safety, make handling damage claims easier and prevent insurance fraud.

SWEDEN



Smart move

SWEDISH banking giant Nordea will move the company's head office from Stockholm to Helsinki so it can be within the European banking union, after 97 per cent of the bank's owners voted in favour.

Close call

MOUNTAIN rescue teams rescued six French tourists who went missing in the Swedish mountains after searching through the night using snowmobiles because the weather was too bad to use a helicopter.

Making progress

NORTH KOREA'S foreign minister Ri Yong-Ho travelled to Sweden for key talks with foreign minister Margot Wallström, to discuss setting up a meeting between Donald Trump and Kim Jong-Un.

Tongues twisted

FINNISH-SPEAKING Swedes who are the country's largest national minority and are entitled to Finnish lessons in school claim their minority language rights are being threatened with students claiming they are constantly told to stop speaking Finnish.

DENMARK



Migrant halt

NEARLY 5,500 foreign citizens have been refused entry to Denmark at its border with Germany, according to the Danish National Police, since the new controls were brought in at the beginning of 2016.

Debate drama

THE leader of the Danish Social Democrat party is facing criticism after seemingly suggesting a Danish-Somali woman was less entitled to take part in a debate because of her immigrant background.

Family tragedy

A 39-YEAR-OLD man has been found guilty of murdering his wife and three children, after admitting the crimes at the start of his trial, in the Bronshøj neighbourhood near Copenhagen at a Frederiksberg City Court.

Park shooting

A 24-YEAR-OLD man linked to the Loyal to Familia crime gang died after being shot in Valby Park in Copenhagen, but police have declined to comment on whether the incident was connected to any possible connection.



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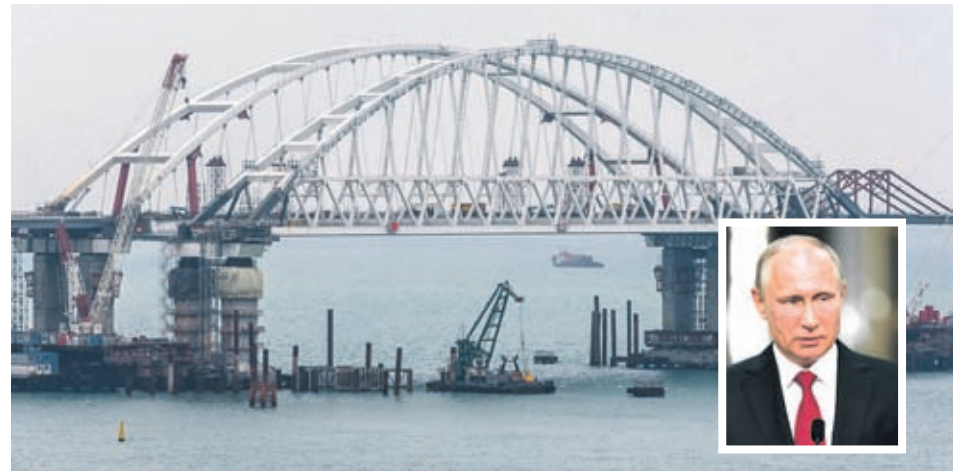
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BUILDING BRIDGES: President Putin (inset) visited the Kerch Strait Bridge ahead of elections on March 18.

Putin visits Crimea bridge before vote

■ PRESIDENT Vladimir Putin has visited the site of a new bridge currently being built between the Crimean peninsula and Russia in the Kerch Strait. The 19-kilometre-long road and rail bridge is being constructed as part of efforts to integrate the territory which was annexed in 2014 amid widespread international condemnation.

shut up.” Major-General Igor Konashenkov’s comments were part of an ongoing diplomatic spat between the two countries over Russia’s alleged poisoning of former double agent Sergei Skripal in Salisbury. Russia denies any involvement.

Blacklist expands

■ RUSSIA’S Deputy Foreign Minister has said the country would respond to a new raft of sanctions from the United States by adding more Americans to its own blacklist. Sergei Ryabkov’s comments come after the US Treasury announced measures against 19 Russian citizens and five organisations over allegations of the country’s meddling in the 2016 Presidential election.

A heated debate

■ THREATS, name-calling, tears and swearing were all reportedly part of the last televised presidential debate before Russia went to the polls on March 18. Communist candidate Maxim Suraikin threatened to break the jaw of rival Communist Pavel Grudinin and called him “hired scum.”

Trading blows

■ A SPOKESPERSON for Russia’s Defence Ministry has called the British Defence Secretary “intellectually impotent” after the latter, Gavin Williamson, told Russia to “go away and

Destination Mars

■ VLADIMIR PUTIN has said Russia will launch a mission to Mars next year in an interview broadcast shortly before the March 18 presidential election. The President said in the discussion a landing near the planet’s poles would be attempted with a view to conducting further research from there.

Raining gold

■ AROUND 172 bars of gold and other precious metals were left strewn across an airport runway after the door of a cargo plane opened during take-off. An estimated 3.4 tonnes of gold, worth around 21.6 billion rubles (€300 million), fell from the AN-12 cargo plane.

GOLDEN SHOWER:
Around 3.4 tonnes of gold are believed to have fallen from the plane.



An offer they could refuse

A SPANISH restaurant chain is unable to trademark its name after European judges ruled it could 'shock and offend' people.

It comes after Italy launched a complaint after Spanish chain La Mafia, which runs 42 Italian eateries, applied to trademark the name La Mafia Se Sienta a la Mesa (The Mafia take a Seat at the Table).

But the European Court of Justice said that the Godfather-style branding is not compatible with 'fundamental EU values.'

Ryanair lands new airline

By Matt Ford

RYANAIR has agreed to buy a majority stake in a new Austrian airline founded by former motor racing champion Niki Lauda.

Europe's largest budget carrier will buy an initial 24.9 per cent stake in Laudamotion, which recently regained control of airline Niki from insolvent former owner Air Berlin.

This will rise to 75 per cent 'as soon as possible,' subject to European Union approval, the carriers said in a statement, with Ryanair set to pay a total of around €50 million.

It is the Irish low cost giant's first acquisition since it bought UK airline Buzz from KLM in 2003, closing it down a year later.

It has since tried to take over Aer Lingus and last year pulled out of an auction for Air Berlin last year amid claims that it was rigged in favour of German rival Lufthansa.

Lauda will become chairman of Laudamotion and oversee the company's rebuilding, while Ryanair will provide six crewed aircraft this summer to increase its fleet to 21

planes, with further expansion to 30 jets planned within three years.

Ryanair has reportedly beaten off competition from Lufthansa and British Airways parent IAG to secure the deal, which will see it launch a major push on the German and Austrian markets.

Ryanair CEO Michael O'Leary said in a statement: "This Laudamotion partnership is good news for Austrian and German consumers/visitors who can now look forward to real competition, more choice and lower fares."

€18.8bn deal ends toll war

A POTENTIAL bidding war for Spain's biggest toll road operator has been averted.

It comes after Madrid-based construction firm ACS and Italian company Atlantia - which had been competing separately for months - agreed a joint takeover deal for the Abertis group.

Under the agreed terms, ACS's German arm Hochtief will buy Abertis for €18.18 billion.

But in the final holding, the Italians will own 50 per cent, ACS 30 per cent and Hochtief 20 per cent.

Quote of the Week

"Our concern is the citizens... we're trying to reach an agreement that at least maintains the general economic situation in Gibraltar." Foreign Minister Alfonso Dastis discusses Spain's approach to the rock during Brexit negotiations.



Photo credit Viadi Private Islands/Flickr

ISLE TAKE IT: S'Espalmador is popular in summer when tourists head ashore for mud baths (inset).

Protected island sold at discount

A BALEARIC island between Ibiza and Formentera has been sold to a private bidder for €18 million.

An unnamed family from Luxembourg has bagged 137-hectare S'Espalmador after attempts to sell it to Formentera Council failed.

Former owners, Catalan architect Norman Cinnamond and his sister Rosy, confirmed the sale with the price dropped from €24 million after three

years on the market.

The island - which is almost three kilometres long and 800 metres wide - had been owned by the Cinnamond family since 1932.

It boasts a 13-bedroom house, chapel and watchtower, can be reached by foot from Formentera when the tide is low and is part of the protected Las Salinas Natural Park.

In summer it is a popular mooring spot for yachts, and many people head ashore for a mud bath.

» BUSINESS EXTRA

Dress to impress

SPANISH clothing giant Inditex, which owns Zara among other brands, has revealed that net profit soared to €3.37 billion in 2017, placing the group ahead of long-term Swedish rival H&M, which posted returns of €1.6 billion.

Samba style

SPANISH energy firm gas Natural Fenosa will sink €95 million into two solar energy projects in Minas Gerais, Brazil, after snapping them up from rival Canadian Solar, with the plants set to become operational before the end of the year.

Anti-social

SPAIN'S data protection agency, AEPD, has slapped Facebook and WhatsApp with €300,000 fines for processing and sharing users' personal data without their consent, with the former currently appealing an earlier €1.2 million sanction for the same offence.

Ikos invests in luxury

INNOVATIVE Greek luxury hotel chain Ikos is to sink €150 million into its first Spanish project.

The company has snapped up the Costa del Sol Princess Hotel in Estepona, Malaga, which will be transformed into its latest 'infinite lifestyle' venture.

The resort will include 400 rooms, eight restaurants, upmarket sports facilities, a theatre, indoor

and outdoor swimming pools, a spa and 70,000 square metres of gardens, Ikos said in a statement.

It will become the brand's fifth hotel and first in Spain, and is set to open in 2020.

Ikos has created a buzz in the industry after redefining the all-inclusive boutique concept, and two of its Greek hotels were ranked in the world's top three in 2017.



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| Aviva | 519.50 | 1.70 | 0.33 | 20,908.98 |
| AstraZeneca | 4,820.00 | -47.00 | -0.97 | 60,776.88 |
| BAE Systems | 555.00 | -30.00 | -5.13 | 18,591.83 |
| Barclays | 209.75 | 0.25 | 0.12 | 35,327.44 |
| British American Tobacco | 4,455.00 | 271.50 | 6.49 | 96,791.84 |
| Barratt Developments | 566.00 | 38.80 | 7.36 | 5,431.26 |
| Berkeley Group Holdings (The) | 3,856.50 | 143.50 | 3.86 | 5,289.73 |
| British Land Co | 633.00 | 1.00 | 0.16 | 6,262.93 |
| BHP Billiton | 1,440.00 | -3.20 | -0.22 | 30,363.14 |
| Bunzl | 1,960.00 | -85.00 | -4.16 | 6,869.85 |
| BP | 472.50 | -1.25 | -0.26 | 92,553.97 |
| Burberry Group | 1,598.50 | -70.50 | -4.22 | 6,930.46 |
| BT Group | 234.50 | 6.65 | 2.92 | 22,319.32 |
| Coca-Cola HBC | 2,385.50 | -145.50 | -5.75 | 9,359.59 |
| Carnival | 4,790.00 | 92.00 | 1.96 | 9,744.90 |
| Centrica | 138.75 | 0.40 | 0.29 | 7,768.57 |
| Compass Group | 1,558.50 | 18.50 | 1.20 | 24,124.99 |
| Croda International | 4,599.00 | 51.00 | 1.12 | 6,000.29 |
| CRH | 2,486.00 | 5.57 | 0.22 | 20,912.78 |
| DCC | 6,942.50 | 0.00 | 0.00 | 6,156.31 |
| Diageo | 2,500.00 | 64.00 | 2.63 | 59,941.82 |
| Direct Line Insurance Group | 390.00 | 1.70 | 0.44 | 5,365.25 |
| Evrax | 440.00 | 19.10 | 4.54 | 6,279.55 |
| Experian | 1,571.00 | -34.00 | -2.12 | 14,790.44 |
| easyJet | 1,632.50 | -26.00 | -1.57 | 6,454.63 |
| Ferguson | 5,263.00 | 0.00 | 0.00 | 13,187.12 |
| Fresnillo | 1,274.00 | 70.50 | 5.86 | 8,787.46 |
| G4S | 266.25 | 15.05 | 5.99 | 3,894.50 |
| GKN | 405.00 | -21.90 | -5.13 | 7,392.74 |
| Glencore | 381.50 | -4.00 | -1.04 | 54,691.41 |
| GlaxoSmithKline | 1,322.50 | -0.90 | -0.07 | 65,020.66 |
| Hargreaves Lansdown | 1,707.75 | -26.75 | -1.54 | 8,200.97 |
| Halma | 1,193.50 | 1.50 | 0.13 | 4,551.90 |
| Hammerson | 437.05 | -1.25 | -0.28 | 3,450.12 |
| HSBC Holdings | 710.00 | 2.70 | 0.38 | 139,917.55 |
| International Consolidated Airlines Group | 641.50 | 9.70 | 1.54 | 12,940.64 |
| InterContinental Hotels Group | 3,755.50 | -754.50 | -16.73 | 8,635.44 |
| 3i Group | 907.30 | 0.00 | 0.00 | 8,919.48 |
| Imperial Brands | 2,475.00 | 20.50 | 0.84 | 23,643.14 |
| Informa | 698.30 | -31.30 | -4.29 | 5,929.54 |
| Intertek Group | 5,022.00 | 69.00 | 1.39 | 8,011.43 |
| ITV | 158.58 | 10.98 | 7.44 | 5,957.61 |
| Just Eat | 805.00 | 55.40 | 7.39 | 5,128.90 |
| Johnson Matthey | 2,999.50 | -138.50 | -4.41 | 6,164.04 |
| Kingfisher | 342.70 | -0.70 | -0.20 | 7,569.81 |

| COMPANY | PRICE(P) | CHANGE(P) | % CHG. | NET VOL |
|------------------------------------|----------|-----------|--------|------------|
| Land Securities Group | 960.25 | 53.45 | 5.89 | 6,740.61 |
| Legal & General Group | 260.25 | -2.15 | -0.82 | 15,617.64 |
| Lloyds Banking Group ORD | 67.00 | -0.50 | -0.74 | 48,137.71 |
| London Stock Exchange Grp | 4,048.00 | 52.00 | 1.30 | 13,935.35 |
| Micro Focus International | 1,936.50 | 52.00 | 2.76 | 8,378.50 |
| Mediclinic International | 774.00 | 172.20 | 28.61 | 4,419.04 |
| Marks & Spencer Group | 286.70 | 10.80 | 3.91 | 4,554.17 |
| Mondi | 1,885.50 | -63.50 | -3.26 | 7,168.54 |
| Morrison (Wm) Supermarkets | 230.50 | 19.50 | 9.24 | 4,980.24 |
| National Grid | 782.50 | 1.80 | 0.23 | 25,892.17 |
| NMC Health | 3,300.00 | -148.00 | -4.29 | 7,070.56 |
| Next | 4,712.00 | -47.00 | -0.99 | 6,928.60 |
| Old Mutual Group | 219.70 | -29.30 | -11.77 | 12,479.93 |
| Paddy Power Betfair | 7,287.50 | -347.50 | -4.55 | 6,502.01 |
| Prudential | 1,920.00 | 6.50 | 0.34 | 50,283.86 |
| Persimmon | 2,725.00 | 198.00 | 7.84 | 7,950.64 |
| Pearson | 743.50 | -32.30 | -4.16 | 5,965.74 |
| Reckitt Benckiser Group | 5,735.00 | 60.00 | 1.06 | 39,759.41 |
| Royal Bank of Scotland Group | 255.00 | -5.60 | -2.15 | 30,812.42 |
| Royal Dutch Shell | 2,272.50 | 59.00 | 2.67 | 100,815.19 |
| RELX | 1,635.25 | 149.75 | 10.08 | 15,760.74 |
| Rio Tinto | 3,725.00 | -10.00 | -0.27 | 50,143.11 |
| Rolls-Royce Group | 916.00 | 14.40 | 1.60 | 16,917.11 |
| Randgold Resources | 6,675.00 | 711.00 | 11.92 | 5,617.19 |
| RSA Insurance Group | 628.70 | 3.28 | 0.52 | 6,489.01 |
| Rentokil Initial | 250.50 | -26.00 | -9.40 | 5,074.71 |
| Sainsbury (J) | 231.60 | -4.50 | -1.91 | 5,239.28 |
| Schroders | 3,494.50 | 84.50 | 2.48 | 7,707.36 |
| Sage Group (The) | 759.90 | 72.90 | 10.61 | 7,471.07 |
| Segro | 591.30 | -17.10 | -2.81 | 6,111.84 |
| Shire | 3,200.00 | -5.50 | -0.17 | 28,769.99 |
| Smurfit Kappa Group | 3,234.00 | 76.00 | 2.41 | 7,423.67 |
| Sky | 1,324.75 | 15.25 | 1.16 | 22,691.03 |
| Standard Life Aberdeen | 380.00 | 4.90 | 1.31 | 11,100.28 |
| Smith (DS) | 495.55 | -1.79 | -0.36 | 5,336.55 |
| Smiths Group | 1,567.50 | -23.50 | -1.48 | 6,322.14 |
| Scottish Mortgage Investment Trust | 487.50 | 17.50 | 3.72 | 6,586.11 |
| Smith & Nephew | 1,343.50 | 14.50 | 1.09 | 11,603.26 |
| SSE | 1,265.50 | 26.50 | 2.14 | 12,480.13 |
| Standard Chartered | 767.50 | 0.10 | 0.01 | 25,363.25 |
| St James's Place | 1,149.25 | 7.75 | 0.68 | 6,034.16 |
| Severn Trent | 1,853.00 | 78.00 | 4.39 | 4,173.76 |
| Tesco | 206.50 | -3.30 | -1.57 | 20,878.64 |
| TUI AG | 1,642.50 | 97.00 | 6.28 | 9,054.57 |
| Taylor Wimpey | 185.50 | 1.35 | 0.73 | 6,116.81 |
| Unilever | 3,750.00 | -37.00 | -0.98 | 46,265.17 |
| United Utilities Group | 691.00 | -3.40 | -0.49 | 4,733.67 |
| Vodafone Group | 206.00 | 4.50 | 2.23 | 53,724.66 |
| WPP Group | 1,253.00 | 84.00 | 7.19 | 14,646.34 |
| Whitbread | 3,815.00 | 4.00 | 0.10 | 7,029.69 |

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

DOW JONES

CLOSING PRICES MARCH 19

| COMPANY | PRICE | CHANGE% | CHANGE | VOLUME(M) |
|--------------------|----------|---------|---------|------------|
| 3M | 237,220 | 0.57% | 1,350 | 141,455.07 |
| AMERICAN EXPRESS | 95,6100 | 1.29% | 1,2200 | 82,302.88 |
| APPLE | 178,020 | -0.35% | -0,630 | 902,768.39 |
| BOEING CO | 330,470 | 0.15% | 0,490 | 194,172.38 |
| CATERPILLAR | 156,460 | 1.22% | 1,890 | 93,576.24 |
| CHEVRON | 115,40 | -0.16% | -0,18 | 219,621.82 |
| CISCO SYSTEMS | 45,010 | -0.71% | -0,320 | 222,364.12 |
| COCA-COLA | 43,46 | -0.48% | -0,21 | 185,420.44 |
| DOWDUPONT | 67,96 | 0.12% | 0,08 | 158,280.44 |
| EXXON MOBIL | 75,12 | 0.94% | 0,70 | 317,809.66 |
| GENERAL ELECTRIC | 14,3100 | -0.35% | -0,0500 | 124,087.39 |
| GOLDMAN SACHS | 267,60 | 0.37% | 0,99 | 101,623.58 |
| HOME DEPOT | 178,9600 | 0.50% | 0,8900 | 209,318.94 |
| IBM | 160,26 | 0.41% | 0,65 | 147,829.02 |
| INTEL CORP | 51,1700 | 0.57% | 0,2900 | 239,335.20 |
| J.P.MORGAN CHASE | 115,4400 | 0.17% | 0,2000 | 396,322.57 |
| JOHNSON & JOHNSON | 133,6800 | 0.47% | 0,6200 | 357,335.66 |
| MC DONALD'S CORP | 162,3600 | 0.46% | 0,7500 | 129,066.18 |
| MERCK AND CO. NEW | 55,67 | 0.76% | 0,42 | 150,056.48 |
| MICROSOFT | 94,600 | 0.45% | 0,420 | 728,488.73 |
| NIKE | 65,91 | -0.72% | -0,48 | 85,601.34 |
| PFIZER | 36,7800 | 0.55% | 0,2000 | 218,887.43 |
| PROCTER AND GAMBLE | 78,970 | 0.38% | 0,300 | 199,108.87 |
| TRAVELERS CIES | 141,32 | 0.61% | 0,85 | 38,358.20 |
| UNITED TECHNOLOGIE | 128,33 | -0.71% | -0,92 | 102,931.09 |
| UNITEDHEALTH GROUP | 227,86 | -0.71% | -1,62 | 220,685.21 |
| VERIZON COMMS | 48,56 | 0.56% | 0,27 | 197,916.27 |
| VISA | 124,53 | +0.91% | 1,12 | 224,698.96 |
| WAL-MART STORES | 89,1700 | 1.90% | 1,6600 | 265,799.68 |
| WALT DISNEY CO | 102,8700 | -0.36% | -0,3700 | 154,758.28 |

M - MILLION DOLLARS

NASDAQ

CLOSING PRICES MARCH 19

| COMPANY | PRICE | CHANGE NET / % |
|---|----------|----------------|
| Most Advanced | | |
| Aemetis, Inc | \$ 2.45 | 1.33 ▲ 118.75% |
| Teligent, Inc. | \$ 3 | 0.52 ▲ 20.97% |
| Aeglea BioTherapeutics, Inc. | \$ 10.64 | 1.59 ▲ 17.57% |
| Chicken Soup for the Soul Entertainment, Inc. | \$ 7.95 | 1.04 ▲ 15.05% |
| Amyris, Inc. | \$ 6.40 | 0.82 ▲ 14.70% |
| Proteon Therapeutics, Inc. | \$ 2.45 | 0.30 ▲ 13.95% |
| Citi Trends, Inc. | \$ 26.47 | 3.10 ▲ 13.26% |
| Destination Maternity Corporation | \$ 2.77 | 0.31 ▲ 12.60% |
| Forterra, Inc. | \$ 8.74 | 0.96 ▲ 12.34% |
| Natera, Inc. | \$ 10.84 | 1.19 ▲ 12.33% |
| Spok Holdings, Inc. | \$ 15.65 | 1.60 ▲ 11.39% |
| Most Declined | | |
| Energy XXI Gulf Coast, Inc. | \$ 4.08 | 1.33 ▼ 24.58% |
| SecureWorks Corp. | \$ 8.33 | 1.39 ▼ 14.30% |
| Sundance Energy Australia Limited | \$ 4.94 | 0.76 ▼ 13.33% |
| RISE Education Cayman Ltd | \$ 14.34 | 2 ▼ 12.24% |
| Everspin Technologies, Inc. | \$ 7.92 | 1.09 ▼ 12.10% |
| ACM Research, Inc. | \$ 12.44 | 1.59 ▼ 11.33% |
| Kratos Defense & Security Solutions, Inc. | \$ 9.28 | 1.17 ▼ 11.20% |
| Rockwell Medical, Inc. | \$ 5.58 | 0.64 ▼ 10.29% |
| Raven Industries, Inc. | \$ 33.60 | 3.35 ▼ 9.07% |
| Tintri, Inc. | \$ 3.19 | 0.31 ▼ 8.86% |
| The ExOne Company | \$ 8.36 | 0.75 ▼ 8.23% |

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Sterling Fixed Income B

DEALING PRICE

PRICE MOVEMENT

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Accumulating Funds

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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

PRICE MOVEMENT

£1.1513 £0.0054

£1.0651 £0.0048

£1.3234 £0.0101

£1.2126 £0.0090

£1.4811 £0.0147

£1.3643 £0.0133

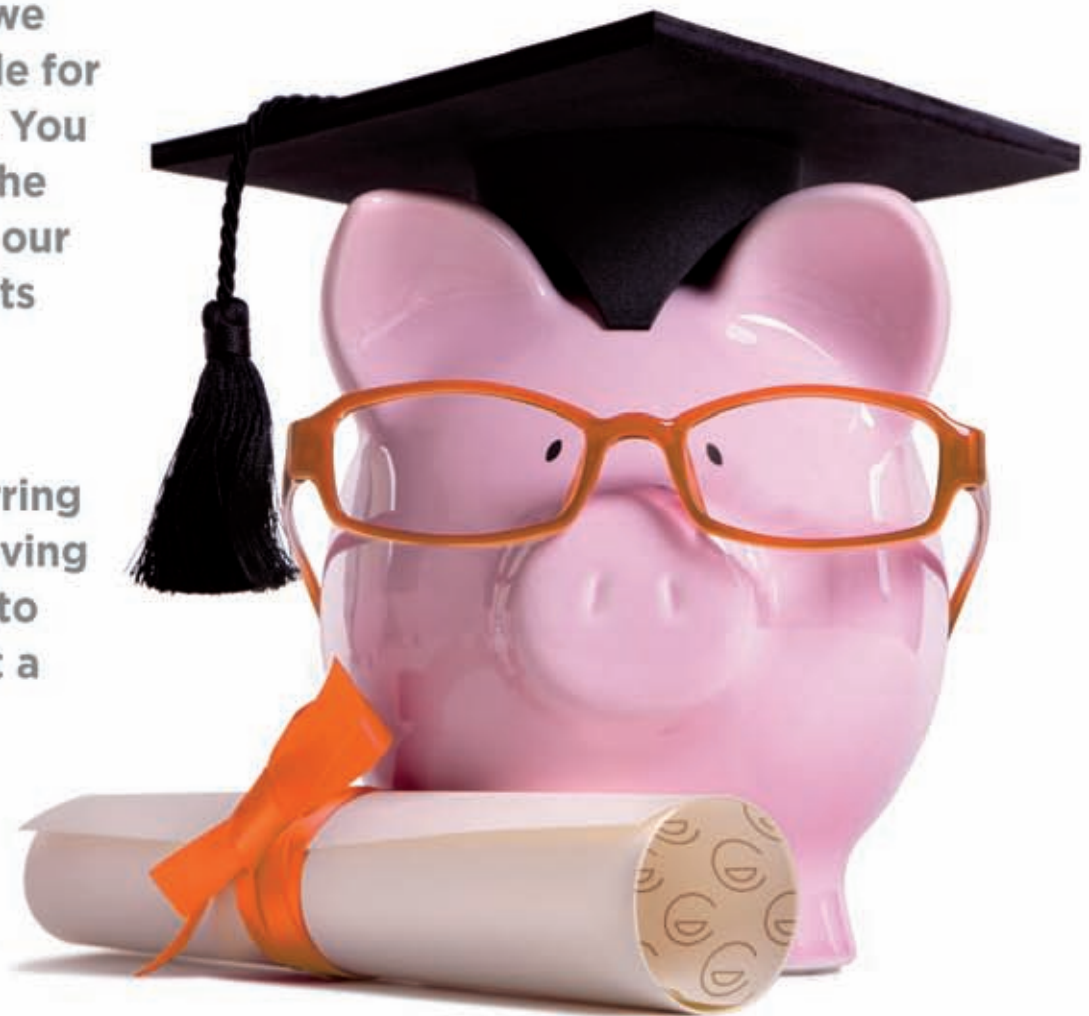
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*Fees and exchange rate data for banks taken from the International Money Transfer Index™ (IMTI™).

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€14.8bn fraud windfall

'TRIVIAL' DROP AS TAX DODGERS TACKLED

THE battle against fraud in Spain continues.

And the national Tax Agency has revealed that last year it raked in almost €14.8 billion - a year-on-year decrease of €91 million - in sanctions from cases relating to illegal renting of homes and other financial crimes.

The total has plunged for the third consecutive year, after the bureau revealed that it made €14.9 billion in 2016 and €15.7 billion in 2015.

Agency director Santiago Menendez argued that the average income from fraud over the last three years beats that of the previous three by 3.5 per cent, as he said: "The results consolidate the upward trend in recent years... it is a trivial drop with no significant reason."

And the figures still far outstrip the €8 billion earned in 2008, when the Tax Agency employed 2,000 more people and the housing bubble - having yet to burst - fuelled a significant 'underground economy.'

Fines for undeclared rental income shot up to €522 million in 2017, an increase of around 40.5 per cent on 2014, when the agency launched an annual campaign of sending inspectors to suspects' homes.

Among 32,215 visits made by tax inspectors last year, 14,698 were related to non-payment of IVA, the Spanish equivalent to VAT in the UK.

Menendez added that the use of new technology capable of processing big data has allowed investigators to acquire almost €333 million from cases including "aggressive tax planning, 'hidden' companies, buying powers that did not match what was declared and assets abroad."

He explained that thanks to Spain's tax amnesty (a disclosure facility introduced in 2012), plus revelations exposed in the Panama



RICH TWIST: Spain has clamped down on cheats owing more than €1 million - who allegedly include pop star Shakira - says Tax Agency director Santiago Menendez (inset).

Papers and other legal documents, that his agency has new data available.

And the result is that tax debt fell by the greatest amount yet recorded in a single financial year.

Pending collection, the outstanding amount plummeted by 7.6 per cent compared with 2016, with the total of €42.4 billion the lowest since 2010.

The annual inventory of defaulters owing more than €1 million to the state, introduced by Treasury Minister Cristobal Montoro in 2015, also contributed heavily to debt reduction, with €1.2 billion raised from taxpayers "afraid to appear on the list," according to Menendez.

Photo credit Shutterstock/Twitter

Abu Dhabi set to invite bids for Spanish oil and gas giant

THE United Arab Emirates is seeking to offload part of Spanish oil and gas multi-national CEPSA.

It comes after the Mubadala Investment Company, Abu Dhabi's state-owned holding firm, bought out French oil giant Total's stake in 2011.

The move saw the investment vehicle seal 100 per cent control of Spain's second-largest petrol company, which was at the time valued at around €8 billion.

But reports suggest that it is now worth much more, leading Mubadala to invite bids for a partial stake from a 'strategic ally' or 'major investment fund.'

Cepsa has been on an upswing since the takeover, breaking new ground in exploration and production, with several 'mega projects' in Asia and the Middle East.

UNION FURY OVER BELOW AVERAGE PAY

Charity wage woe goes on

THE working conditions of charity workers in Spain are under scrutiny.

Non-governmental organisations (NGOs) employ around 645,000 across the country, but both central and regional governments slashed third sector budgets during the 2008 financial crisis.

The move saw many of Spain's 30,000 NGOs freeze or reduce salaries, and conditions have not improved in the 10 years since.

"There is a latent instability," an administrator for several NGOs told Spanish media. "It's a sector that has been damaged and which requires a certain element of volunteering and a huge dose of personal motivation, which is exploited when it comes to unstable contracts and unpaid overtime.

"One major conflict is that many organisations fight for human rights, including employment rights, and there's a perverse logic at work in which they compete to bring down costs to win contracts



Photo credit Cruz Roja España

HELP FOR ZEROS: Charity staff are underpaid, critics say.

that the government has outsourced to the detriment of salaries."

Around 34 per cent of NGO contracts are temporary, and employment reforms introduced by the Spanish government in 2012 mean that companies and not-for-profits are able to ignore national labour

agreements and bring down salaries while maintaining investment.

In Teruel, Aragon, a full-time cleaner employed by the Red Cross now earns €765 gross per month in the wake of a 2.5 per cent January increase following a long

freeze on wages, while in Alicante part-time telemarketing staff can earn as little as €500.

Jose Luis Pascual, Red Cross Spain's Human Resources director, said: "We're not inventing low salaries, it's a fact. Should that be changed? Possibly."

When quizzed if €800 per month is enough to live on, he hesitated before admitting: "It would be very hard to cover everything... I don't agree that we ignore employment rights. In many cases, our salaries are better than others in the sector."

Critics, including unions, have panned Prime Minister Mariano Rajoy and the regional authorities after spending on social issues was cut by 23 per cent since 2016 despite the national economic upturn.

Pilar Marmol, from the UGT union, added: "Many NGOs don't behave like NGOs; they're all about business. And when there's an [outsourced] tender, they're like vultures. They go as low as they can."

Cashing in on crowdfunding

A SPANISH provincial council has become the first authority in the world to set up its own crowdfunding platform.

The innovative scheme allows residents of Biscay in the Basque Country to invest in start-up projects chosen by the governing body.

According to venture capital think tank, Seed Capital Bizkaia, the move will boost investor confidence and reduce risk.

The goal is to launch eight start-ups - cherry-picked from around 30 applicants - in the first year of the scheme, with the council hoping to attract some 350 investors after agreeing to plough €240,000 into the project itself.

Businesses must be headquartered in Biscay, of which Spain's 10th largest city Bilbao is capital.



TRADING BLOWS: The US President claimed that European Union subsidies create unfair competition before announcing the tariffs.

MEPs condemn Trump olive tax

THE European Parliament has called on the United States to reverse President Trump's move to impose import duties of up to 20 per cent on Spanish olives.

The tariffs were introduced in January to protect producers in California after Washington said that growers in Spain benefit from subsidies allowing them to sell olives below fair value.

"The US has started a trade war and they have used us as scapegoats," said Gabriel Re-

dondo, chairman of exporter Agro Sevilla, at the time.

And MEPs in Strasbourg have hit back at the levies, claiming that the EU agricultural grants follow World

Trade Organisation rules.

"The European Parliament calls on the US authorities to withdraw their interim decision and re-establish a mutually constructive approach in this domain to the mutual benefit of producers and consumers on both continents," they said in a statement.

Spain exported 32 million kilos of black olives worth €70 million to the US in 2016, but says the new tariffs will cost the sector €350-700 million over the next decade.



Thumbs down for €4.9 billion Hammerson takeover bid

A €4.9 BILLION bid for British shopping centre operator Hammerson sent the company's shares soaring by almost 27 per cent.

French firm Klepierre was behind the offer, which is being seen as an attempt to derail its competitor's €3.9 billion takeover of Intu Properties, which owns or has stakes in 17 shopping centres in the UK and three in Spain.

The deal is set to create the UK's biggest property group, worth an estimated €24 billion.

Klepierre said in a statement that it had offered 615p a share, but the bid was rejected by Hammerson chairman David Tyler within 24 hours. Tyler described the approach as "wholly inadequate and entirely

opportunistic," before advising shareholders to take no action.

He said in a statement that the board "sees absolutely no merit in Klépierre's proposal and has unanimously rejected it."

Klepierre is one of Europe's biggest players in the retail market, with more than 100 shopping centres in 16 countries.

The Hammerson takeover bid highlights the pressure currently gripping the sector, as more customers choose to shop online.

Hammerson owns or part-owns 37 shopping centres, including Birmingham's Bullring, and if the Insu deal goes ahead it will gain control of a €650 million scheme to create one of Spain's largest shopping complexes in Torremolinos on the Costa del Sol.

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You don't get more classic than that

LEAPY LEE SAYS IT
OTHERS THINK IT



NOT only is Vladimir Putin a gangster, he is actually your classic gangster.

I think the facts speak for themselves. He is undoubtedly an egomaniac and a bully. He is surrounded by thugs, hit men and bent politicians. He rubs out or 'subdues' any opposition. As a warning to others, those he considers 'ratfinks' are ruthlessly hunted down and 'eliminated.'

Both he and his henchmen are worth billions, and the general public of his domain consider him a hero. You don't get more classic than that.

Of course, that is where the resemblance ends. His operation makes the Capone, Gambino's and Mafia Dons of yore look like pussies.

However, in my opinion, through all this worrying new 'cold war' era I believe we can all console ourselves with one fact, Putin won't attack the West, certainly not nuclear. Why would he? He earns a big chunk of his ill-gotten gains from the West. He's not involved in all his skulduggery from a view of patriotism, or the old communistic ideals - heaven forbid. He's in it purely for the power and the money.

To take out the UK would be like Al Capone



Photo credit Twitter

VLADIMIR PUTIN: A 'gangster' but unlikely to attack the West.

destroying Chicago. He definitely doesn't want to terminate a golden egg layer of our magnitude. All that aside, I do truly believe that at this moment in time we are nearer to the ultimate holocaust than we have ever been - even during the Cuban missile crisis. At least in those days the USA and the USSR pulled most of the strings.

Both of these powers were fairly stable and had

reasonably sane leaders. Now they are all at it, and in my opinion a number are nowhere near stability. North Korea, run by a man/boy who thinks he's playing video games. Iran, who probably have a few tucked away by now, is run by a fanatical regime, who have vowed to destroy Israel - also a nuclear power. India, in an uneasy and still precarious 'truce' with fellow nuclear

power Pakistan. Saudi Arabia, threatening to develop nuclear weapons if Iran doesn't halt its own programme (some chance), France mmm! The ever-unpredictable China.

And, top of the bill, two megalomaniacs in the shape of Trump and Putin, who both think they are infallible. Sounds pretty volatile to me. Oh, I forgot about the good 'ol UK. Well I wouldn't worry too much about us. If Corbyn gets elected we'll all be sheltering behind our CND badges. Perhaps that means they'll leave the UK alone? Ha ha! Good luck all!

As most of you know, I have always believed in free speech. Thank the Lord I write for a publication that, although it may not always agree with my views, also considers free speech a human right!

I have always been a firm believer that if it ever came to being prevented from speaking the truth because it may 'offend' somebody, would mean we had either succumbed to the yolk of fascism or were finally being run by a bunch of lily livered leaders running totally scared. Well, try speaking out in the UK these days and you can take your pick!

columnists@euoweeklynews.com

Keep the Faith

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.

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BBC one

| | |
|---------|-------------------------|
| 11:00am | Homes Under the Hammer |
| 12:00pm | The Sheriffs are Coming |
| 12:45pm | Caught Red Handed |
| 1:15pm | Bargain Hunt |
| 2:00pm | BBC News at One |
| 2:30pm | BBC London News |
| 2:45pm | Doctors |
| 3:15pm | A Place to Call Home |
| 4:00pm | Escape to the Country |
| 4:45pm | Money for Nothing |
| 5:30pm | Flog It! |
| 6:15pm | Pointless |
| 7:00pm | BBC News at Six |
| 7:30pm | BBC London News |
| 8:00pm | The One Show |
| 8:30pm | EastEnders |
| 9:00pm | MasterChef |
| 9:30pm | Not Going Out |
| 10:00pm | EastEnders |
| 10:30pm | Still Game |
| 11:00pm | BBC News at Ten |
| 11:30pm | BBC London News |
| 11:45pm | Question Time |
| 12:45am | This Week |

BBC TWO

| | |
|---------|------------------------------------|
| 7:30am | Holding Back the Years |
| 8:15am | The Sheriffs are Coming |
| 9:00am | Earth's Natural Wonders |
| 10:00am | Victoria Derbyshire |
| 12:00pm | BBC Newsroom Live |
| 1:00pm | The Daily Politics |
| 2:00pm | Two Tribes |
| 2:30pm | Yes Chef |
| 3:15pm | Monty Halls' Great Irish Escape |
| 4:15pm | Planet Earth |
| 5:15pm | Spy in the Wild |
| 6:15pm | Put Your Money Where Your Mouth Is |
| 7:00pm | Eggheads |
| 7:30pm | The Repair Shop |
| 8:00pm | Saving Lives at Sea |
| 9:00pm | Big Cats |
| 10:00pm | Civilisations |
| 11:00pm | Match of the Day |
| 11:30pm | Newsnight |
| 12:15am | Top Gear |

BBC FOUR

| | |
|---------|---|
| 8:00pm | Beyond 100 Days |
| 8:30pm | Top of the Pops |
| 9:00pm | Secret Universe: The Hidden Life of the Cell |
| 10:00pm | Contagion! The BBC Four Pandemic |
| 11:15pm | Michael Mosley v the Superbugs |
| 12:15am | Britain's Outlaws: Highwaymen, Pirates and Rogues |
| 1:15am | Top of the Pops |
| 1:45am | The Inca: Masters of the Clouds |
| 2:45am | The Inca: Masters of the Clouds |
| 3:45am | Britain's Outlaws: Highwaymen, Pirates and Rogues |
| 4:45am | Sounds of the Seventies |
| 4:55am | Sounds of the Seventies Solos |
| 5:00am | This is BBC Four |

CHANNEL 4

| | |
|---------|---------------------------------|
| 7:00am | Countdown |
| 7:45am | 3rd Rock from the Sun |
| 8:10am | 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 | Star Boot Sale |
| 7:00pm | The Simpsons |
| 7:30pm | Hollyoaks |
| 8:00pm | Channel 4 News |
| 9:00pm | Location, Location, Location |
| 10:00pm | My Baby's Life: Who Decides? |
| 11:00pm | The Job Interview |
| 12:05am | Gogglebox |
| 1:05am | Seven Year Switch |

CHANNEL 5

| | |
|---------|---|
| 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 | Can't Pay? We'll Take it Away! |
| 1:10pm | 5 News Lunchtime |
| 1:15pm | GPs: Behind Closed Doors |
| 2:15pm | Home and Away |
| 2:45pm | Neighbours |
| 3:15pm | NCIS |
| 4:15pm | Secrets in the Attic |
| 6:00pm | 5 News at 5 |
| 6:30pm | Neighbours |
| 7:00pm | Home and Away |
| 7:30pm | 5 News Tonight |
| 8:00pm | The Yorkshire Vet Casebook |
| 9:00pm | Bargain Loving Brits in the Sun |
| 10:00pm | Do the Right Thing with Eamonn and Ruth |
| 11:00pm | Under Siege |

4

| | |
|---------|--------------------------|
| 7:00am | Hollyoaks |
| 8:00am | Rules of Engagement |
| 9:00am | How I Met Your Mother |
| 10:00am | New Girl |
| 11:00am | 2 Broke Girls |
| 12:00pm | Brooklyn Nine-Nine |
| 12:30pm | Brooklyn Nine-Nine |
| 1:00pm | The Goldbergs |
| 2:00pm | The Big Bang Theory |
| 3:00pm | How I Met Your Mother |
| 4:00pm | New Girl |
| 5:00pm | Brooklyn Nine-Nine |
| 6:00pm | The Goldbergs |
| 7:00pm | The Big Bang Theory |
| 8:00pm | Hollyoaks |
| 8:30pm | My Hotter Half |
| 9:00pm | The Big Bang Theory |
| 9:30pm | Young Sheldon |
| 10:00pm | Brooklyn Nine-Nine |
| 10:30pm | Derry Girls |
| 11:00pm | Five Star Hotel |
| 12:05am | The Big Bang Theory |
| 1:00am | First Dates |
| 2:05am | Five Star Hotel |
| 3:05am | Tattoo Fixers on Holiday |

sky sports main event

| | |
|---------|---|
| 7:00am | Cricket <i>Day one of the opening Test as New Zealand host England at Eden Park in Auckland.</i> |
| 9:25am | Cricket |
| 5:00pm | Cricket |
| 6:00pm | Cricket |
| 6:30pm | Sky Sports News at 5 |
| 7:00pm | Sky Sports News at 6 |
| 8:00pm | Live Premier League Darts <i>The eighth week of the Unibet Premier League Darts season at the SSE Hydro in Glasgow</i> |
| 11:30pm | Live World Golf Championship <i>Day two of the WGC-Dell Technologies Match Play from the Austin Country Club</i> |
| 1:00am | F1: Grand Prix |

itv

| | |
|---------|---------------------------------------|
| 7:00am | Good Morning Britain |
| 9:30am | Lorraine |
| 10:25am | The Jeremy Kyle Show |
| 11:30am | This Morning |
| 1:30pm | Loose Women |
| 2:30pm | ITV Lunchtime News |
| 2:55pm | Regional News and Weather |
| 3:00pm | Judge Rinder |
| 4:00pm | Dickinson's Real Deal |
| 5:00pm | Tipping Point |
| 6:00pm | The Chase |
| 7:00pm | Regional News and Weather |
| 7:30pm | ITV Evening News |
| 8:00pm | Emmerdale |
| 8:30pm | Pets |
| 9:00pm | Emmerdale |
| 9:30pm | Coronation Street |
| 10:00pm | Martin Luther King by Trevor McDonald |
| 11:00pm | ITV News at Ten and Weather |
| 11:30pm | Regional News and Weather |
| 11:45pm | The World's Ugliest Pets |
| 12:45am | The Durrells |

itv2

| | |
|---------|--|
| 7:45am | Totally Bonkers Guinness World Records |
| 8:10am | Who's Doing the Dishes? |
| 8:55am | Emmerdale |
| 9:20am | Coronation Street |
| 9:55am | Coronation Street |
| 10:25am | The Ellen DeGeneres Show |
| 11:20am | The Bachelor |
| 1:15pm | Emmerdale |
| 1:45pm | 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 | Judge Rinder |
| 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 | Family Guy |
| 10:30pm | Family Guy |
| 11:00pm | Celebrity Juice Live |
| 12:05am | Family Guy |

itv3

| | |
|---------|---|
| 7:00am | Coronation Street <i>Sally discovers Gina has locked her out. Emily helps Shirley make the flat look nice.</i> |
| 7:25am | Coronation Street |
| 7:50am | Heartbeat |
| 8:55am | The Royal |
| 9:55am | Judge Judy |
| 10:25am | Judge Judy |
| 10:50am | Judge Judy |
| 11:15am | Inspector Morse |
| 1:35pm | The Royal |
| 2:40pm | Heartbeat |
| 3:40pm | Coronation Street |
| 4:15pm | Coronation Street |
| 4:50pm | On the Buses |
| 5:20pm | On the Buses |
| 5:55pm | You're Only Young Twice |
| 6:25pm | Rising Damp |
| 7:00pm | Heartbeat |
| 8:00pm | Murder, She Wrote |
| 9:00pm | Vera |
| 11:00pm | Unforgotten |
| 12:00am | Unforgotten |
| 1:05am | DCI Banks |
| 2:05am | DCI Banks |
| 3:00am | ITV3 Nightscreen |
| 3:30am | Teleshopping |

itv4

| | |
|---------|---|
| 7:00am | The Chase <i>Quiz show hosted by Bradley Walsh.</i> |
| 8:00am | The Chase |
| 9:00am | Ironsides |
| 10:00am | Quincy, M.E. |
| 11:05am | Minder <i>A video implicating two senior police officers is mistakenly returned to Daley Videos.</i> |
| 12:10pm | The Saint <i>Troubleshooter Simon Templar embarks on another case involving action and intrigue</i> |
| 1:15pm | Storage Wars |
| 1:45pm | Snooker |
| 6:00pm | Football's Greatest |
| 6:15pm | The Avengers |
| 7:15pm | Storage Wars |
| 7:45pm | Snooker |
| 12:00am | The Dictator |
| 1:00am | FYI Daily |
| 1:05am | The Dictator |
| 1:40am | Minder |
| 2:45am | Deals, Wheels and Steals |
| 3:15am | Deals, Wheels and Steals |
| 3:45am | ITV4 Nightscreen |

sky CINEMA ACTION & ADVENTURE

| | |
|---------|---|
| 9:30am | 300 |
| 11:30am | Assassin's Creed <i>Stylish action about a career saved from criminal death shadowy row by a organisation.</i> |
| 1:35pm | Troy |
| 4:30pm | Robin Hood |
| 7:00pm | Braveheart |
| 10:00pm | Assassin's Creed |
| 12:00am | 300 |
| 8:00am | The Hitchhiker's Guide to the Galaxy |
| 10:00am | Miss Congeniality 2: Armed and Fabulous |
| 12:00pm | Bridesmaids |
| 2:10pm | Absolutely Fabulous: The Movie |
| 3:50pm | This is Spinal Tap |
| 5:20pm | National Lampoon's Animal House |
| 7:15pm | The Boss |
| 9:00pm | Bridesmaids |
| 11:10pm | Absolutely Fabulous: The Movie |
| 12:50am | Police Academy |
| 2:35am | Cooties |

sky CINEMA PREMIERE

| | |
|---------|--|
| 6:30am | Monster Family: Special |
| 7:00am | Fantastic Beasts and Where to Find Them: Special <i>Sky Movies takes a behind-the-scenes look at the latest trip into JK Rowling's wizarding world.</i> |
| 7:30am | Eat Locals |
| 9:20am | Transformers: The Last Knight |
| 12:00pm | The Land |
| 2:00pm | It Comes at Night |
| 3:50pm | Jasper Jones |
| 5:40pm | My Feral Heart |
| 7:10pm | Inconceivable |
| 9:00pm | Transformers: The Last Knight <i>Blockbuster sci-fi action about an inventor tasked with saving humanity from impending doom.</i> |
| 11:40pm | The Land |
| 1:35am | Eat Locals |
| 3:15am | It Comes at Night |
| 4:55am | Numb |

sky sports football

| | |
|---------|--------------------------------|
| 12:00pm | One2eleven |
| 12:30pm | SPFL Greatest Games |
| 12:45pm | SPFL Greatest Games |
| 1:00pm | Playoff Final Highlights |
| 2:00pm | La Liga Icons |
| 2:30pm | La Liga Icons: Falcao |
| 2:45pm | La Liga Icons |
| 3:00pm | Playoff Final Highlights |
| 4:00pm | Football's Greatest Teams |
| 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 | Football Years |
| 6:30pm | Football Countdowns |
| 7:00pm | Eredivisie |
| 8:00pm | EFL Matters |
| 8:30pm | The Best La Liga Goals 2016/17 |
| 9:30pm | EFL Matters |
| 10:00pm | La Liga Show |
| 10:30pm | EFL Matters |
| 11:00pm | The Debate - Live |

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BBC one

| | |
|---------|------------------------------|
| 7:00am | Breakfast |
| 10:15am | Holding Back the Years |
| 11:00am | Homes Under the Hammer |
| 12:00pm | The Sheriffs are Coming |
| 12:45pm | Caught Red Handed |
| 1:15pm | Bargain Hunt |
| 2:00pm | BBC News at One |
| 2:30pm | BBC London News |
| 2:45pm | Doctors |
| 3:15pm | A Place to Call Home |
| 4:00pm | Escape to the Country |
| 4:45pm | Money for Nothing |
| 5:30pm | Flog It! |
| 6:15pm | Pointless |
| 7:00pm | BBC News at Six |
| 7:30pm | BBC London News |
| 8:00pm | Sport Relief 2018 |
| 11:00pm | BBC News at Ten |
| 11:25pm | BBC London News |
| 11:35pm | Sport Relief 2018 |
| 2:00am | Zoe Ball's Hardest Road Home |
| 3:00am | Weather for the Week Ahead |
| 3:05am | BBC News |

BBC TWO

| | |
|---------|--|
| 8:15am | The Sheriffs are Coming |
| 9:00am | Back in Time for Tea |
| 10:00am | Victoria Derbyshire |
| 12:00pm | BBC Newsroom Live |
| 1:00pm | The Daily Politics |
| 2:00pm | Two Tribes |
| 2:30pm | Yes Chef |
| 3:15pm | Monty Halls' Great Irish Escape |
| 4:15pm | Planet Earth |
| 5:15pm | Spy in the Wild |
| 6:15pm | Put Your Money Where Your Mouth Is |
| 7:00pm | Eggheads |
| 7:30pm | The Repair Shop |
| 8:00pm | Saving Lives at Sea |
| 9:00pm | David Attenborough's Natural Curiosities |
| 9:30pm | Gardeners' World |
| 10:00pm | Pilgrimage: The Road to Santiago |
| 11:00pm | A Question of Sport Relief |
| 11:40pm | Newsnight |
| 12:15am | The Assassination of Gianni Versace - American Crime Story |

BBC FOUR

| | |
|---------|--|
| 8:00pm | World News Today <i>The latest national and international news, exploring the day's events from a global perspective.</i> |
| 8:30pm | Top of the Pops |
| 9:00pm | Fleetwood Mac: Don't Stop |
| 10:00pm | Better than the Original |
| 11:00pm | Pop Charts |
| | Britannia: 60 Years of the Top 10 |
| 12:30am | Top of the Pops |
| 1:00am | Ultimate Cover Versions at the BBC |
| | <i>Smash hits from 60 years of great cover versions in performance from the BBC TV archive.</i> |
| 2:00am | Better than the Original |
| 3:00am | Guitar Heroes at the BBC |
| 4:00am | Fleetwood Mac: Don't Stop |
| 5:00am | This is BBC Four |

CHANNEL 4

| | |
|---------|---------------------------------|
| 7:00am | Countdown |
| 7:45am | 3rd Rock from the Sun |
| 8:10am | 3rd Rock from the Sun |
| 8:35am | Everybody Loves Raymond |
| 9:30am | Frasier |
| 10:00am | 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 | Star Boot Sale |
| 7:00pm | The Simpsons |
| 7:30pm | Hollyoaks |
| 8:00pm | Channel 4 News |
| 9:00pm | Britain's Favourite Food |
| 10:00pm | Gogglebox |
| 11:00pm | The Last Leg |
| 12:05am | Rude Tube |
| 1:10am | The Net |

CHANNEL 5

| | |
|---------|---|
| 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 | Can't Pay? We'll Take it Away! |
| 1:10pm | 5 News Lunchtime |
| 1:15pm | GPs: Behind Closed Doors |
| 2:15pm | Home and Away |
| 2:45pm | Neighbours |
| 3:15pm | NCIS |
| 4:15pm | The Gourmet Detective 3: Death Al Dente |
| 6:00pm | 5 News at 5 |
| 6:30pm | Neighbours |
| 7:00pm | Home and Away |
| 7:30pm | 5 News Tonight |
| 8:00pm | The Gadget Show |
| 9:00pm | Sandringham: Holidaying with the Queen |
| 10:00pm | Jane McDonald and Friends |
| 11:00pm | Will and Grace |
| 11:30pm | Lip Sync Battle UK |
| 12:05am | Greatest Ever |
| | Celebrity Wind-Ups |

4

| | |
|---------|--------------------------|
| 9:00am | How I Met Your Mother |
| 9:30am | How I Met Your Mother |
| 10:00am | New Girl |
| 11:00am | 2 Broke Girls |
| 12:00pm | Brooklyn Nine-Nine |
| 1:00pm | The Goldbergs |
| 2:00pm | The Big Bang Theory |
| 3:00pm | How I Met Your Mother |
| 4:00pm | New Girl |
| 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 | Rude(Ish) Tube Shorts |
| 8:45pm | School of Rock |
| 11:00pm | Five Star Hotel |
| 12:05am | The Big Bang Theory |
| 12:35am | The Big Bang Theory |
| 1:00am | First Dates |
| 2:05am | Five Star Hotel |
| 3:10am | Tattoo Fixers on Holiday |
| 4:05am | Timeless |
| 4:45am | Rude Tube |

sky sports main event

| | |
|---------|--|
| 7:00am | Cricket <i>Day two of the opening Test as New Zealand host England at Eden Park in Auckland</i> |
| 9:25am | Cricket <i>Day two of the third Test as South Africa play host to Australia at PPC Newlands in Cape Town.</i> |
| 5:00pm | Cricket |
| 6:00pm | Cricket |
| 6:30pm | Sky Sports News at 5 |
| 7:00pm | Live World Golf Championship <i>Day three of the WGC-Dell Technologies Match Play from the Austin Country Club.</i> |
| 8:30pm | Live Super League |
| 11:00pm | The Debate - Live |
| 12:00am | Sky Sports News <i>All the news from the Premier League and beyond</i> |
| 1:00am | Cricket |
| 1:30am | Cricket |

itv

| | |
|---------|-----------------------------------|
| 7:00am | Good Morning Britain |
| 9:30am | Lorraine |
| 10:25am | The Jeremy Kyle Show |
| 11:30am | This Morning |
| 1:30pm | Loose Women |
| 2:30pm | ITV Lunchtime News |
| 2:55pm | Regional News and Weather |
| 3:00pm | Judge Rinder |
| 4:00pm | Dickinson's Real Deal |
| 5:00pm | Tipping Point |
| 6:00pm | The Chase |
| 7:00pm | Regional News and Weather |
| 7:30pm | ITV Evening News |
| 8:00pm | Emmerdale |
| 8:30pm | International Football |
| 11:00pm | ITV News at Ten and Weather |
| 11:35pm | Regional News and Weather |
| 11:45pm | International Football Highlights |
| 12:50am | Play to the Whistle |
| 1:40am | Jackpot247 |
| 4:00am | Take on the Twisters |

itv2

| | |
|---------|---------------------------------------|
| 8:55am | Emmerdale |
| 9:20am | Emmerdale |
| 9:55am | Coronation Street |
| 10:25am | The Ellen DeGeneres Show |
| 11:20am | The Bachelor |
| 1:15pm | Emmerdale |
| 1:45pm | Emmerdale |
| 2:15pm | Coronation Street |
| 2:45pm | The Ellen DeGeneres Show |
| 3:35pm | The Jeremy Kyle Show |
| 4:40pm | The Jeremy Kyle Show |
| 5:50pm | Judge Rinder |
| 6:50pm | Take Me Out |
| 8:00pm | You've Been Framed! |
| 9:00pm | Crazy Stupid Love |
| 11:20pm | Family Guy |
| 11:50pm | Family Guy |
| 12:20am | Family Guy |
| 12:50am | American Dad! |
| 1:20am | American Dad! |
| 1:50am | The Cleveland Show |
| 2:20am | The Cleveland Show |
| 2:45am | Totally Bonkers Guinness World Record |

itv3

| | |
|---------|--------------------------------|
| 7:00am | Coronation Street |
| 7:25am | Coronation Street |
| 7:55am | Heartbeat |
| 8:55am | The Royal |
| 10:00am | Judge Judy |
| 10:25am | Judge Judy |
| 10:55am | Judge Judy |
| 11:20am | Inspector Morse |
| 1:40pm | The Royal |
| 2:40pm | Heartbeat |
| 3:40pm | Coronation Street |
| 4:15pm | Coronation Street |
| 4:50pm | On the Buses |
| 5:20pm | On the Buses |
| 5:55pm | You're Only Young Twice |
| 6:25pm | Rising Damp |
| 6:55pm | Heartbeat |
| 8:00pm | Murder, She Wrote |
| 9:00pm | Agatha Christie's Marple |
| 11:00pm | The Security Men |
| 12:00am | Killer Women with Piers Morgan |
| 1:00am | Vera |
| 2:50am | A Touch of Frost |
| 4:30am | Million Dollar Princesses |
| 5:25am | On the Buses |

itv4

| | |
|---------|--|
| 7:00am | The Chase <i>Quiz show hosted by Bradley Walsh.</i> |
| 7:55am | The Chase |
| 8:55am | Ironsides |
| 10:00am | Quincy, M.E. |
| 11:00am | Minder |
| 12:10pm | The Saint |
| 1:15pm | Storage Wars |
| 1:45pm | Snooker |
| 6:00pm | British Touring Car Crashes and Smashes <i>A short sports film depicting extraordinary British Touring Car crashes and smashes.</i> |
| 6:15pm | The Avengers |
| 7:15pm | Storage Wars |
| 7:45pm | Snooker |
| 12:00am | Wanted |
| 1:05am | FYI Daily |
| 1:10am | Wanted |
| 2:15am | Fifth Gear |
| 3:10am | The Protectors |
| 3:45am | ITV4 Nightscreen |
| 4:00am | Teleshopping |
| 5:00am | Teleshopping |

sky CINEMA ACTION & ADVENTURE

| | |
|---------|----------------------|
| 9:10am | The Terminator |
| 11:00am | Top Gun |
| 1:00pm | Beverly Hills Cop |
| 2:50pm | Beverly Hills Cop II |
| 4:45pm | Conan the Barbarian |
| 7:00pm | The Terminator |
| 9:00pm | Top Gun |
| 11:00pm | RoboCop |
| 1:00am | Bloodsport |
| 2:45am | Beverly Hills Cop |
| 4:40am | Beverly Hills Cop II |

sky CINEMA COMEDY

| | |
|---------|--|
| 8:50am | Groundhog Day |
| 10:40am | Click |
| 12:35pm | Juno |
| 2:20pm | 30 Minutes or Less |
| 3:50pm | Mike and Dave Need Wedding Dates |
| 5:35pm | Liar Liar |
| 7:10pm | Big |
| 9:00pm | 30 Minutes or Less |
| 10:30pm | Mike and Dave Need Wedding Dates |
| 12:15am | The Naked Gun: From the Files of Police Squad! |

sky CINEMA PREMIERE

| | |
|---------|--|
| 6:30am | The Great Wall: Special |
| 7:00am | The Land |
| 8:50am | Jasper Jones |
| 10:40am | Transformers: The Last Knight <i>Blockbuster sci-fi action about an inventor tasked with saving humanity from impending doom.</i> |
| 1:20pm | Going in Style |
| 3:05pm | My Feral Heart |
| 4:40pm | Eat Locals <i>A team of Special Forces vampire killers stake out the British bloodsuckers gathered at a remote country farmhouse.</i> |
| 6:20pm | Transformers: The Last Knight |
| 9:00pm | Going in Style |
| 10:45pm | It Comes at Night |
| 12:25am | The Land |
| 2:20am | Inconceivable |
| 4:20am | Eat Locals |

sky sports football

| | |
|---------|-----------------------------|
| 10:00am | Scottish Cup Greatest Games |
| 10:30am | La Liga Greatest Games |
| 11:00am | La Liga Show |
| 11:30am | EFL Matters |
| 12:00pm | One2eleven |
| 12:30pm | SPFL Greatest Games |
| 1:00pm | La Liga Show |
| 1:30pm | EFL Matters |
| 2:00pm | La Liga Icons |
| 2:30pm | La Liga Icons |
| 3:00pm | La Liga Show |
| 3:30pm | EFL Matters |
| 4:00pm | Football's Greatest |
| 4:30pm | Football's Greatest Teams |
| 5:00pm | Scottish Cup Greatest Games |
| 5:30pm | La Liga Greatest Games |
| 6:00pm | La Liga Preview |
| 7:00pm | La Liga Icons |
| 7:15pm | La Liga Icons |
| 7:30pm | EFL Matters |
| 8:00pm | Football's Greatest |
| 8:30pm | Football |
| 11:00pm | The Debate - Live |
| 12:00am | La Liga Icons |

TECH FOR THE TIMID



All you need is pods

Terence Kennedy's listening life changed forever when he discovered the joy of podcasts.

IF you think silence is golden maybe give this week's column a miss. It's inspired by a Canadian lady who fills every unoccupied moment listening to podcasts, a hundred a week.

Mea not quite so culpa, I have to confess, and she's definitely the pod one out (sorry), but my own consumption does certainly max out at three or four a day.

My listening life changed radically when keeping my butterfly mind topped up during fallow periods suddenly meant I didn't have to put up with whatever dross was on the radio at the time, but instead a chosen programme I could actually control as my own DJ.

'Women's Hour' discussing hysterectomies might have been all well and good mid-morning when there was nothing else on, but podcasts meant I could now listen on demand to Melvyn Bragg discussing the finer points of three-toed newts or quantity

surveying. And I could hit the pause button so as not to miss a riveting second of it.

Initially we could tape radio programmes directly off-air onto cassettes. The tech breakthrough came with the iPod 17 years ago, then MP3 players and today there are two-thirds as many smartphones in the world as there are people.

Now four billion podcasts are downloaded each year and rising, with sensible users (unlike our Canadian lady or indeed me) spending an average of four hours a week listening to them.

In the western world, more people listen to podcasts than go to the movies. An American statistic John Lennon would have loved says there are more regular podcast listeners than Catholics.



PODCASTS: Four billion a year and rising.

Where original adopters were typically under 25, now the fastest growth is among the so-called 'silver surfers', those of us somewhat closer to our sell-by dates.

Downloading (mostly free)

pods straight off the web is the work of seconds to an MP3 player or increasingly now, a smartphone. And almost all will let you interrupt and pick up where you left off again at will, freeing you forever from the shackles of broadcast schedules.

There are hosts of apps for finding and playing podcasts, and for the latest pod experience, this year's 'next best thing' in tech, smart home assistants like Amazon's Echo and Google's Home can serve up unlimited podcasts on demand.

For the moment I'm stuck with downloading them straight off the web, as not all of us are (yet) blessed with a smart home assistant.

I was going to drop in a gag here about my wife fulfilling that role, but on reflection it could cost me my dinner.

Taking pod luck

TYPE 'podcasts' into your browser and prepare to be swamped.

A good place to start is with the traditional broadcasters, who all now package their output into free podcasts for downloading.

The BBC is a great source (<http://www.bbc.co.uk/podcasts>), with simply hundreds free for the grabbing, all in the ubiquitous MP3 format which any player or phone can handle.

Other broadcasters like America's NPR (www.npr.org/podcasts/), or Australia's ABC (www.abc.net.au/radio/podcasts/) have their own treasure-troves. Services like Apple's iTunes have pages and pages of them. If you 'subscribe' they will even be downloaded automatically to your player without human intervention.

So all you have to do, as Shakespeare so famously said, is 'lend me your ears'. Perhaps adding headphones for domestic harmony.



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BBC one

| | |
|---------|---|
| 7:00am | Breakfast |
| 11:00am | Saturday Kitchen Live |
| 12:30pm | Classic Mary Berry |
| 1:00pm | Football Focus |
| 1:30pm | BBC News <i>The latest national and international news stories, followed by Weather.</i> |
| 1:40pm | Weather |
| 1:45pm | Pirates! In an Adventure with Scientists |
| 3:05pm | Gymnastics |
| 4:50pm | The Boat Race |
| 7:15pm | Doodlebugs |
| 7:30pm | BBC News |
| 7:40pm | Regional News |
| 7:43pm | Weather |
| 7:45pm | Pointless |
| 8:40pm | Who Dares Wins |
| 9:20pm | Casualty |
| 10:10pm | Troy: Fall of a City |
| 11:10pm | BBC News |
| 11:25pm | Weather |
| 11:30pm | Guardians of the Galaxy |
| 1:23am | Weather for the Week Ahead |
| 1:30am | BBC News |

BBC TWO

| | |
|---------|--|
| 8:10am | The Pets Factor |
| 8:30am | Dengineers |
| 9:00am | Absolute Genius: Monster Builds |
| 9:30am | Beyond Bionic |
| 10:00am | Robot Wars |
| 11:00am | Elephant Family and Me |
| 12:00pm | Famously Unfit for Sport Relief |
| 1:00pm | Homes Under the Hammer |
| 1:45pm | Escape to the Country |
| 2:30pm | Planet Earth I |
| 3:30pm | Me and My Dog |
| 4:30pm | The Repair Shop |
| 5:00pm | The Secret Helpers |
| 6:00pm | Big Cats About the House |
| 7:00pm | Hugh's Wild West |
| 8:00pm | Amazing Hotels: Life Beyond the Lobby |
| 9:00pm | David Attenborough's Natural Curiosities |
| 9:30pm | Dad's Army |
| 10:00pm | Picasso's Last Stand |
| 11:00pm | A Late Quartet |
| 12:40am | Safe Haven |
| 1:30am | Civilisations |

BBC FOUR

| | |
|---------|---|
| 9:00pm | The Silk Road |
| 10:00pm | Below the Surface |
| 10:45pm | Below the Surface |
| 11:30pm | Top of the Pops <i>Mike Read and Steve Wright present the pop chart programme, first broadcast on 23 May 1985.</i> |
| 12:00am | Top of the Pops |
| 12:30am | Blues at the BBC |
| 1:30am | Ballrooms and Ballerinas: Dance at the BBC |
| 3:30am | Lost Kingdoms of Central America |
| 4:30am | The Silk Road |
| 5:30am | Secret Knowledge <i>In 1912, workmen demolishing a building in London's Cheapside district made an extraordinary discovery - a dazzling hoard of nearly 500 Elizabethan and Jacobean jewels.</i> |

CHANNEL 4

| | |
|---------|-------------------------------------|
| 6:20am | Coast v Country |
| 7:15am | King of Queens |
| 7:40am | King of Queens |
| 8:05am | King of Queens |
| 8:30am | Mobil 1 the Grid |
| 9:00am | Everybody Loves Raymond |
| 9:25am | Everybody Loves Raymond |
| 9:55am | Frasier |
| 10:25am | 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 | Formula 1 |
| 3:50pm | Car S.O.S |
| 4:50pm | Coast v Country |
| 5:50pm | A Place in the Sun |
| 6:35pm | The Secret Life of the Zoo |
| 7:30pm | Channel 4 News |
| 8:00pm | Coastal Railways with Julie Walters |
| 9:00pm | Britain at Low Tide |
| 10:00pm | Everest |
| 12:20am | Predator 2 |
| 3:20am | Ramsay's Kitchen Nightmares USA |

CHANNEL 5

| | |
|---------|-------------------------------------|
| 6:10am | HouseBusters |
| 6:35am | Wildlife SOS |
| 7:00am | Milkshake! |
| 11:00am | Teenage Mutant Ninja Turtles |
| 11:35am | The Gadget Show |
| 12:30pm | Police Interceptors |
| 1:30pm | Police Interceptors |
| 2:30pm | Police Interceptors |
| 3:30pm | Live Premiership Rugby |
| 6:15pm | Can't Pay? We'll Take it Away! |
| 7:15pm | Can't Pay? We'll Take it Away! |
| 8:00pm | Cruising with Jane McDonald |
| 9:00pm | Inside Windsor Castle |
| 9:55pm | 5 News |
| 10:00pm | King Tut's Treasure Secrets |
| 11:00pm | King Tut's Tomb: The Hidden Chamber |
| 11:55pm | Secrets of the Valley of the Kings |
| 12:45am | Football on 5 Goal Rush. |
| 1:15am | Super Casino |
| 4:10am | Due Date |
| 5:45am | House Doctor |

4

| | |
|---------|---|
| 7:00am | Couples Come Dine with Me |
| 7:55am | Couples Come Dine with Me |
| 8:55am | Made in Chelsea |
| 10:00am | Don't Tell the Bride |
| 11:00am | The Goldbergs |
| 11:30am | The Goldbergs |
| 12:00pm | The Goldbergs |
| 12:30pm | The Goldbergs |
| 1:00pm | The Goldbergs |
| 1:30pm | Dragonball Evolution |
| 3:05pm | Rude(Ish) Tube Shorts |
| 3:30pm | The Goldbergs |
| 4:00pm | Brooklyn Nine-Nine |
| 4:30pm | Young Sheldon |
| 5:00pm | The Great Celebrity Bake Off for Stand Up to Cancer |
| 6:15pm | Extreme Cake Makers |
| 6:50pm | Extreme Cakemakers |
| 7:00pm | The Big Bang Theory |
| 7:30pm | The Big Bang Theory |
| 8:00pm | The Big Bang Theory |
| 8:30pm | The Big Bang Theory |
| 9:00pm | The Big Bang Theory |
| 9:30pm | The Big Bang Theory |
| 10:00pm | 2 Guns |
| 12:05am | Gogglebox |

sky sports main event

| | |
|---------|---|
| 6:55am | Live Australian F1 GP: Qualifying <i>The qualifying stage from the 2018 Australian Grand Prix at the Melbourne Grand Prix Circuit.</i> |
| 8:40am | The F1 Show |
| 9:10am | Paddock Uncut |
| 9:25am | Cricket <i>Day three of the third Test as South Africa meet Australia in Cape Town.</i> |
| 5:00pm | Cricket <i>Day three of the opening Test as New Zealand host England at Eden Park in Auckland.</i> |
| 6:00pm | Football <i>Luton Town take on Barnet at Kenilworth Road in Sky Bet League 2</i> |
| 8:30pm | Boxing |
| 12:00am | Boxing |
| 12:30am | AJ: The Knockouts |
| 1:00am | Cricket |

itv

| | |
|---------|---------------------------------------|
| 7:00am | CITV |
| 10:25am | ITV News |
| 10:30am | Saturday Morning with James Martin |
| 12:20pm | Who's Doing the Dishes? |
| 1:20pm | ITV News and Weather |
| 1:30pm | Dancing on Ice |
| 3:30pm | Britain's Brightest Family |
| 4:00pm | Celebrity Catchphrase |
| 5:00pm | Tipping Point |
| 6:00pm | The Chase |
| 7:00pm | ITV News and Weather |
| 7:20pm | Local News and Weather |
| 7:30pm | You've Been Framed! |
| 8:00pm | Ant and Dec's Saturday Night Takeaway |
| 9:30pm | The Voice UK |
| 11:30pm | ITV News and Weather |
| 11:45pm | Fast Five |
| 3:00am | Jackpot247 |
| 4:00am | Babushka |

itv2

| | |
|---------|---------------------------------------|
| 7:20am | Emmerdale Omnibus |
| 9:50am | Coronation Street Omnibus |
| 12:20pm | Ant and Dec's Saturday Night Takeaway |
| 1:50pm | You've Been Framed! Gold |
| 2:55pm | Spy Kids 3: Game Over |
| 3:55pm | FYI Daily |
| 4:00pm | Spy Kids 3: Game Over |
| 4:40pm | Happy Feet |
| 5:40pm | FYI Daily |
| 5:45pm | Happy Feet |
| 6:45pm | The Mummy: Tomb of the Dragon Emperor |
| 7:45pm | FYI Daily |
| 7:50pm | The Mummy: Tomb of the Dragon Emperor |
| 8:50pm | The Amazing Spider-Man |
| 9:55pm | FYI Daily |
| 10:00pm | The Amazing Spider-Man |
| 11:30pm | Celebrity Juice |
| 12:35am | Family Guy |

itv3

| | |
|---------|--|
| 6:15am | Judge Judy |
| 6:35am | ITV3 Nightscreen |
| 7:00am | Judge Judy |
| 7:20am | Murder, She Wrote <i>Drama series about a sleuthing writer who solves murder mysteries.</i> |
| 8:15am | Murder, She Wrote |
| 9:15am | A Touch of Frost <i>Set in the town of Denton, this police drama series focuses on Detective Inspector Frost and his long-suffering Superintendent Harry Mullett.</i> |
| 11:20am | A Touch of Frost |
| 1:30pm | Agatha Christie's Marple |
| 3:40pm | Evil Under the Sun |
| 6:00pm | Midsomer Murders |
| 8:00pm | Midsomer Murders |
| 10:00pm | Midsomer Murders |
| 12:00am | Lewis |
| 1:55am | ITV3 Nightscreen |
| 3:30am | Teleshopping |

itv4

| | |
|---------|---|
| 7:00am | Football's Greatest |
| 7:10am | The Avengers |
| 8:15am | The Avengers |
| 9:20am | The Avengers |
| 10:30am | ITV Racing: The Opening Show |
| 11:30am | Fishing Allstars |
| 12:00pm | Fishing Allstars |
| 12:25pm | Monster Carp |
| 1:25pm | Monster Carp |
| 2:30pm | ITV Racing: Live from Doncaster |
| 5:00pm | Bill and Ted's Excellent Adventure |
| 6:05pm | FYI Daily |
| 6:10pm | Bill and Ted's Excellent Adventure |
| 6:45pm | Storage Wars |
| 7:15pm | Storage Wars |
| 7:45pm | Snooker <i>Coverage and reaction from the latest Snooker event taking place.</i> |
| 12:00am | Windtalkers |
| 1:10am | FYI Daily |
| 1:15am | Windtalkers |
| 3:45am | ITV4 Nightscreen |
| 4:00am | Teleshopping |

sky CINEMA ACTION & ADVENTURE

| | |
|---------|------------------------|
| 7:00am | Armageddon |
| 9:45am | Star Trek Beyond |
| 12:00pm | John Wick: Chapter Two |
| 2:15pm | Fast and Furious 8 |
| 4:45pm | The Bourne Identity |
| 6:45pm | Star Trek Beyond |
| 9:00pm | John Wick: Chapter Two |
| 11:10pm | Fast and Furious 8 |
| 1:30am | Birth of the Dragon |
| 4:15am | Bad Boys |

sky CINEMA COMEDY

| | |
|---------|-------------------------------|
| 8:05am | Happy Gilmore |
| 9:45am | Uncle Buck |
| 11:30am | Little Man |
| 1:15pm | Baywatch |
| 3:20pm | Paul |
| 5:15pm | Couples Retreat |
| 7:15pm | The Rocky Horror Picture Show |
| 9:00pm | Baywatch |
| 11:00pm | Paul |
| 12:50am | Kill Me Three Times |
| 3:35am | Coming to America |
| 5:45am | The Apartment |

sky CINEMA PREMIERE

| | |
|---------|--|
| 6:30am | Monster Family: Special |
| 7:00am | Jasper Jones |
| 9:00am | My Feral Heart |
| 10:40am | 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> |
| 11:10am | Despicable Me 3 |
| 12:55pm | Going in Style |
| 2:45pm | Transformers: The Last Knight |
| 5:25pm | Jasper Jones |
| 7:25pm | Despicable Me 3 |
| 9:00pm | Going in Style |
| 10:40pm | Transformers: The Last Knight <i>Blockbuster sci-fi action about an inventor tasked with saving humanity from impending doom</i> |
| 1:20am | Inconceivable |
| 4:10am | The Land |

sky sports football

| | |
|---------|--|
| 7:00am | EFL Greatest Games <i>Relive some classic action from the English Football League</i> |
| 7:15am | EFL Greatest Games |
| 7:30am | SPFL Greatest Games |
| 7:45am | SPFL Greatest Games |
| 8:00am | Football Years |
| 8:30am | Football Countdowns |
| 9:00am | Football's Greatest |
| 9:30am | Football's Greatest |
| 10:00am | Scottish Cup Greatest Games |
| 10:15am | Scottish Cup Greatest Games |
| 10:30am | Football Years |
| 11:00am | Soccer A.M. |
| 12:30pm | Football Countdowns |
| 1:00pm | Gillette Soccer Saturday |
| 6:00pm | Football |
| 8:30pm | EFL Greatest Games |
| 8:45pm | MLS Greatest Games |
| 8:50pm | Football |
| 10:55pm | MLS Greatest Games |
| 11:00pm | Football |
| 1:05am | Magical Messi |
| 3:00am | One2eleven |

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BBC one

| | |
|---------|---|
| 10:00am | The Andrew Marr Show |
| 11:00am | The Big Questions |
| 12:00pm | Sunday Politics |
| 1:15pm | BBC News |
| 1:25pm | Weather for the Week Ahead |
| 1:30pm | MasterChef |
| 2:30pm | MasterChef |
| 3:30pm | MasterChef |
| 4:00pm | Money for Nothing |
| 5:00pm | Escape to the Country |
| 5:30pm | Songs of Praise |
| 6:05pm | Sport Relief 2018 |
| | The Best Bits. |
| 7:05pm | BBC News |
| 7:20pm | Regional News |
| 7:25pm | Weather |
| 7:30pm | Countryfile |
| 8:30pm | Hold the Sunset |
| 9:00pm | MasterChef |
| 9:30pm | RAF at 100 with Ewan and Colin Mcgregor |
| 11:00pm | BBC News |
| 11:22pm | Regional News |
| 11:25pm | Weather |
| 11:30pm | War of the Worlds |
| 1:15am | The Women's Football Show |

BBC TWO

| | |
|---------|---|
| 7:20am | Coast |
| 8:20am | The Instant Gardener |
| 9:05am | Gardeners' World |
| 9:35am | Countryfile |
| 10:35am | Saturday Kitchen |
| | Best Bites |
| 12:05pm | Spring Kitchen with Tom Kerridge |
| 12:50pm | Lorraine Pascale: How to be a Better Cook |
| 1:20pm | Homes Under the Hammer |
| 2:20pm | Bringing Up Baby |
| 4:00pm | Pilgrimage: The Road to Santiago |
| 5:00pm | The Ladykillers: Pest Detectives |
| 6:00pm | Real Steel |
| 8:00pm | Down the Mighty River with Steve Backshall |
| 9:00pm | Top Gear |
| 10:00pm | Reggie Yates: Searching for Grenfell's Lost Lives |
| 11:00pm | Mock the Week |
| 11:30pm | Top Gear Extra Gear |
| 11:55pm | Life of Crime |
| 1:30am | Question Time |
| 2:30am | Holby City |

BBC FOUR

| | |
|---------|---|
| 8:00pm | Only Connect |
| | <i>A show in which connections must be made between seemingly unconnected things.</i> |
| 8:30pm | University Challenge |
| 9:00pm | Ancient Greece: The Greatest Show on Earth |
| | <i>Classicist Dr Michael Scott journeys to Athens to explore how drama first began.</i> |
| 10:00pm | Capability Brown's Unfinished Garden |
| 11:00pm | The Banker's Guide to the Art Market |
| 12:30am | The Secret Life of Children's Books |
| 1:00am | The World's Most Beautiful Eggs: The Genius of Carl Faberge |
| 2:00am | Moominland Tales: The Life of Tove Jansson |
| 3:00am | Capability Brown's Unfinished Garden |
| 4:00am | Ten Little Indians |

CHANNEL 4

| | |
|---------|---|
| 6:15am | Coast v Country |
| 7:10am | King of Queens |
| 7:35am | Everybody Loves Raymond |
| 8:25am | Frasier |
| 9:25am | Race of Champions 2018 |
| 10:30am | Sunday Brunch |
| 1:30pm | Jamie and Jimmy's Friday Night Feast |
| 2:30pm | The Simpsons |
| 3:30pm | Formula 1 |
| 6:15pm | The Great Celebrity Bake Off for Stand Up to Cancer |
| 7:30pm | Channel 4 News |
| 8:00pm | Homes by the Med |
| 9:00pm | Escape to the Chateau |
| 10:00pm | Homeland |
| 11:15pm | 8 Out of 10 Cats Does Countdown |
| 12:10am | Rush |
| 2:25am | The Last Leg |
| 3:20am | The Question Jury |
| 4:15am | KOTV Boxing Weekly |
| 4:45am | Mobil 1 the Grid |
| 5:10am | Mobil 1 the Grid |
| 5:40am | Coast v Country |

CHANNEL 5

| | |
|---------|------------------------------------|
| 7:00am | Milkshake! |
| 10:50am | Teenage Mutant Ninja Turtles |
| 11:25am | Football on 5 Goal Rush. |
| 11:50am | Make You Laugh Out Loud |
| 12:20pm | Police Interceptors |
| 1:20pm | The Illusionist |
| 3:25pm | The Man in the Iron Mask |
| 5:45pm | A Knight's Tale |
| 8:05pm | Can't Pay? We'll Take it Away! |
| 9:00pm | Can't Pay? We'll Take it Away! |
| 9:55pm | 5 News |
| 10:00pm | The Bodyguard |
| 12:35am | Whitney Houston: A Tragic Love |
| 2:20am | Whitney Houston: Her Greatest Hits |
| 3:10am | Super Casino |
| 4:10am | Greatest Ever Celebrity Wind Ups |
| 5:00am | Britain's Greatest Bridges |
| 5:45am | House Doctor |

4

| | |
|---------|---------------------------------|
| 5:30am | How I Met Your Mother |
| 7:00am | Hollyoaks Omnibus |
| 9:20am | Made in Chelsea |
| 10:25am | Don't Tell the Bride |
| 11:25am | The Crystal Maze |
| 12:30pm | The Goldbergs |
| 1:00pm | The Goldbergs |
| 1:30pm | The Goldbergs |
| 2:00pm | The Goldbergs |
| 2:30pm | The Big Bang Theory |
| 3:00pm | The Big Bang Theory |
| 3:30pm | The Big Bang Theory |
| 4:00pm | The Big Bang Theory |
| 4:30pm | The Big Bang Theory |
| 5:00pm | The Big Bang Theory |
| 5:30pm | The Big Bang Theory |
| 6:00pm | The Goldbergs |
| 6:30pm | Brooklyn Nine-Nine |
| 7:00pm | Young Sheldon |
| 7:30pm | The Big Bang Theory |
| 7:55pm | Fantastic Four |
| 10:00pm | Marvel's Agents of S.H.I.E.L.D. |
| 11:00pm | The Inbetweeners |
| 11:35pm | The Inbetweeners |
| 12:10am | The Big Bang Theory |
| 12:35am | The Big Bang Theory |
| 1:05am | Five Star Hotel |
| 2:05am | Five Star Hotel |
| 3:10am | Five Star Hotel |

sky sports main event

| | |
|---------|---|
| 7:05am | Live Australian F1 Grand Prix |
| 9:30am | Live Australian F1 GP: Paddock Live |
| 10:10am | F1: GP: Race Replay |
| 12:25pm | Cricket |
| | <i>Day four of the third Test as South Africa host Australia in Cape Town.</i> |
| 2:00pm | Football |
| | <i>Chesterfield take on Notts County at the ProAct Stadium in Sky Bet League 2.</i> |
| 4:30pm | Football |
| | <i>Portsmouth take on Oxford United at Fratton Park in Sky Bet League 1</i> |
| 7:00pm | Live World Golf Championship |
| 1:00am | Cricket |
| | <i>Day four of the opening Test as New Zealand host England at Eden Park in Auckland.</i> |
| 2:00am | Cricket |
| 2:30am | Cricket |

itv

| | |
|---------|--|
| 10:30am | Best Walks with a View with Julia Bradbury |
| 11:00am | Peston on Sunday |
| 12:00pm | The Voice UK |
| 1:50pm | ITV News and Weather |
| 2:00pm | Ant and Dec's Saturday Night Takeaway |
| 3:30pm | You've Been Framed! |
| 4:00pm | Tenable |
| 5:00pm | Tipping Point |
| 6:00pm | The Chase |
| 7:00pm | Paul O'grady: For the Love of Dogs |
| 7:30pm | ITV News and Weather |
| 7:45pm | Local News and Weather |
| 8:00pm | Celebrity Catchphrase |
| 9:00pm | The Durrells |
| 10:00pm | The Good Karma Hospital |
| 11:00pm | ITV News and Weather |
| 11:20pm | Peston on Sunday |
| 12:20am | Captain Corelli's Mandolin |

itv2

| | |
|---------|--|
| 7:00am | Planet's Funniest Animals |
| 7:10am | Totally Bonkers Guinness World Records |
| 7:35am | You've Been Framed! Gold |
| 8:00am | Emmerdale Omnibus |
| 10:40am | Coronation Street Omnibus |
| 1:05pm | You've Been Framed! |
| 2:10pm | The Voice UK |
| 4:05pm | BGT: Stephen's Unsung Heroes |
| 5:10pm | Hotel Transylvania Preview |
| 6:10pm | FYI Daily |
| 6:15pm | Hotel Transylvania Preview |
| 6:55pm | Happy Feet Two |
| 7:55pm | FYI Daily |
| 8:00pm | Happy Feet Two |
| 9:00pm | Skyfall |
| 10:00pm | FYI Daily |
| 10:05pm | Skyfall |
| 11:50pm | Family Guy |
| 12:20am | Family Guy |
| 12:50am | Family Guy |
| 1:20am | American Dad! |
| 1:50am | American Dad! |

itv3

| | |
|---------|---|
| 8:30am | Heartbeat |
| 9:30am | Heartbeat |
| 10:35am | Inspector Morse |
| 12:55pm | A Touch of Frost |
| 2:55pm | Brief Encounter |
| 4:40pm | The Theory of Everything |
| 7:00pm | Vera |
| | <i>Drama based on the novel by Ann Cleeves.</i> |
| 9:00pm | The Cruise |
| 9:30pm | The Cruise |
| 10:00pm | Joanna Lumley's Trans-Siberian Adventure |
| 11:00pm | Murder on the Homefront |
| 12:00am | Murder on the Homefront |
| 1:05am | Evil Under the Sun |
| 3:25am | Blue Murder |
| 4:40am | Rising Damp |
| 5:05am | Road to Avonlea |
| | <i>Drama series following the adventures of a young girl who is sent to live in remote Avonlea.</i> |

itv4

| | |
|---------|--|
| 7:00am | Snooker v Darts |
| | <i>Sports short film.</i> |
| 7:05am | Quincy, M.E. |
| | <i>Another case for the chief coroner of LA County.</i> |
| 8:10am | Minder |
| 9:10am | Storage Wars |
| 9:40am | Storage Wars |
| | <i>Reality series. In Oceanside, Rene seeks revenge on his fellow bidders.</i> |
| 10:05am | Fishing Allstars |
| 10:40am | Fishing Allstars |
| 11:10am | Fishing Allstars |
| 11:40am | Monster Carp |
| 12:40pm | Monster Carp |
| 1:45pm | Snooker |
| 6:15pm | Storage Wars |
| 7:10pm | Storage Wars |
| 7:45pm | Snooker |
| 12:15am | Senna |
| 1:15am | FYI Daily |
| 1:20am | Senna |
| 2:25am | It's Not Rocket Science |
| 3:30am | Fishing Allstars |
| 4:00am | Teleshopping |

sky CINEMA ACTION & ADVENTURE

| | |
|---------|--------------------------------------|
| 7:00am | Mission: Impossible - Ghost Protocol |
| 9:00am | Hancock |
| 10:45am | Assassin's Creed |
| 12:45pm | The Great Wall |
| 2:45pm | Iron Man 3 |
| 5:00pm | 300 |
| 7:00pm | Assassin's Creed |
| 9:00pm | The Great Wall |
| 11:00pm | Hancock |
| 12:40am | Iron Man 3 |
| 2:55am | 300 |

sky CINEMA COMEDY

| | |
|---------|---------------------------|
| 5:45am | The Apartment |
| 8:00am | Top Ten Show, the 2018 |
| 8:15am | Music and Lyrics |
| 10:05am | All Roads Lead to Rome |
| 11:45am | Mrs. Brown's Boys D'Movie |
| 1:25pm | Stuck on You |
| 3:25pm | Snatched |
| 5:05pm | That Thing You Do! |
| 7:00pm | How to be a Latin Lover |
| 9:00pm | Stuck on You |
| 11:00pm | Snatched |
| 12:45am | Go |
| 2:35am | The Night is Young |

sky CINEMA PREMIERE

| | |
|---------|--|
| 6:30am | Moana: Special |
| 7:00am | The Great Wall: Special |
| 7:30am | Jasper Jones |
| 9:15am | Transformers: The Last Knight |
| | <i>Blockbuster sci-fi action about an inventor tasked with saving humanity from impending doom</i> |
| 11:50am | Despicable Me 3 |
| 1:25pm | Going in Style |
| 3:05pm | The Beguiled |
| 4:45pm | Transformers: The Last Knight |
| 7:25pm | Despicable Me 3 |
| | <i>Dismissed from the Anti-Villain League after botching a mission, Gru sets off to meet his long-lost twin brother.</i> |
| 9:00pm | Going in Style |
| 10:45pm | The Beguiled |
| 12:30am | Eat Locals |
| 2:15am | It Comes at Night |
| 4:00am | Inconceivable |

sky sports football

| | |
|---------|--------------------------------------|
| 9:00am | Football's Greatest |
| 9:30am | Football's Greatest Teams |
| 10:00am | EFL Goals: League One and League Two |
| 10:30am | Sunday Supplement |
| 12:00pm | One2eleven |
| 12:15pm | One2eleven |
| 12:30pm | SPFL Greatest Games |
| 12:45pm | SPFL Greatest Games |
| 1:00pm | Football Countdowns |
| 1:30pm | EFL Goals: League One and League Two |
| 2:00pm | Football |
| 4:30pm | Football |
| 7:00pm | Football's Greatest |
| 7:30pm | Football's Greatest |
| 8:00pm | Football's Greatest |
| 8:30pm | Football's Greatest |
| 9:00pm | Football's Greatest |
| 9:30pm | Football's Greatest |
| 10:00pm | Football's Greatest |
| 10:30pm | Football's Greatest |
| 11:00pm | EFL Goals: League One and League Two |
| 11:30pm | Football Years |
| 12:00am | La Liga Icons: Zidane |
| 12:15am | La Liga Icons |
| 12:30am | La Liga Icons |

Advertising Feature

PMR for expert holiday and long term rental properties

IN 2007, property expert, Lisa Turner set up her real estate company PMR in Alfaz del Pi in which she and her multilingual and dedicated staff deal solely with lettings.

There are plenty of estate agents who rent out property as part of their sales business but PMR specialises in offering every form of service that a landlord or tenant may need.

Simplicity does not describe the workings of the PMR company although it does accurately reflect the overall result that can be expected by any client who decides to work with the group.

Knowing how easy it is to overstretch any business in search of increased profits, Lisa chose to concentrate in a small area of the Costa Blanca North where she knows that PMR can provide their clients with excellent service, advice and information, which is always up to date.

The majority of their properties are situated between Alicante and Calpe, with a number of properties in Benidorm, Albir, Alfaz del Pi, Villajoyosa, Altea and La Nucia areas but the company also reaches out inland of these towns.

PMR are specialists in property management and rental services for both long term and holiday lettings but that's not all.

As well as rentals, PMR also offer a comprehensive management service for property owners, providing property checks, key holding, alarm response, cleaning services etc.

Property owners who live outside of Spain, can often find it difficult to respond quickly to problems that tenants or holiday guests may have but by using one of PMR's management packages, the difficulties are generally quickly and easily resolved and tenants know that their interests are being looked after as well, directly from their local office.

For owners looking to let their property for either long term or holiday rental, PMR will provide online and newspaper advertising worldwide.

If you have a holiday home, you can rest assured there will be no nasty surprises awaiting your guests whenever they arrive and PMR will also take on worldwide advertising of your property, holiday bookings,

guest arrival and in-house guest services while the property is rented. PMR are proud to boast that every property they advertise is registered with the Spanish tourist authorities.

As another service, PMR can provide garden and pool maintenance and check water meters to ensure there are no leaks. They will thoroughly ventilate all rooms and carry out pest and vermin checks and even water house plants if required.

With long term rental Lisa's team will carry out tenant reference checks, preparation of all contract documents, handling of deposits and transfer of utility bills if required. Owners will also be able to take advantage of a rental collection service and regular tenant contact.

This is a complete service offered by a team of professionals who concentrate on one type of business in one particular area which is why PMR is proud to offer the best letting



PMR: The helpful team.

and management service in the area.

In addition, PMR provides a one stop shop to help process all Spanish documents including NIE applications, driving licences, wills, Residencia etc and they can also provide translation services, debt management and assist with community issues.

PMR is open from 10am to 6pm, Monday to Friday and on Saturday 10am until 1pm.

PMR

**Calle Ferreria 16, Alfaz del Pi
Call 966 260 877, email pmr@pmrspain.com
or visit www.pmrspain.com for more details of their complete range of services as well as to view short and long term lettings available.**

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BBC one

| | |
|---------|----------------------------|
| 7:00am | Breakfast |
| 10:15am | Holding Back the Years |
| 11:00am | Homes Under the Hammer |
| 12:00pm | The Sheriffs are Coming |
| 12:45pm | Claimed and Shamed |
| 1:15pm | Bargain Hunt |
| 2:00pm | BBC News |
| 2:30pm | Regional News |
| 2:45pm | Doctors |
| 3:15pm | A Place to Call Home |
| 4:05pm | Escape to the Country |
| 4:45pm | Money for Nothing |
| 5:30pm | Flog It! |
| 6:15pm | Pointless |
| 7:00pm | BBC News |
| 7:30pm | Regional News |
| 8:00pm | The One Show |
| 8:30pm | MasterChef |
| 9:00pm | EastEnders |
| 9:30pm | Classic Mary Berry |
| 10:00pm | The Queen |
| 11:00pm | BBC News |
| 11:30pm | Regional News |
| 11:40pm | Weather |
| 11:45pm | Imagine... |
| 1:25am | Live at the Apollo |
| 2:15am | Weather for the Week Ahead |
| 2:20am | BBC News |

BBC TWO

| | |
|---------|---|
| 7:30am | Holding Back the Years |
| 8:15am | The Sheriffs are Coming |
| 9:00am | Hugh's Wild West |
| 10:00am | Victoria Derbyshire |
| 12:00pm | BBC Newsroom Live |
| 12:30pm | The Week in Parliament |
| 1:00pm | The Daily Politics |
| 2:00pm | Coast |
| 2:10pm | Mr. Blandings Builds His Dream House |
| 3:40pm | Monty Halls' Great Irish Escape |
| 4:40pm | Blitz Cities |
| 5:10pm | Britain's Ultimate Pilots: Inside the RAF |
| 6:15pm | Put Your Money Where Your Mouth Is |
| 7:00pm | Eggheads |
| 7:30pm | The Repair Shop |
| 8:00pm | Top Gear |
| 9:00pm | Only Connect |
| 9:30pm | University Challenge |
| 10:00pm | Hospital |
| 11:00pm | QI |
| 11:30pm | Newsnight |
| 12:10am | Weather |
| 12:15am | Pilgrimage: The Road to Santiago |

BBC FOUR

| | |
|---------|--|
| 8:00pm | Beyond 100 Days |
| 8:30pm | Danny Baker Rocks the Seventies (a Bit) |
| 9:00pm | Treasures of the Indus |
| 10:00pm | The Art of Spain Critic and art historian Andrew Graham-Dixon travels from southern to northern Spain to tell the story of some of Europe's most exciting and vital art. |
| 11:00pm | The Lost Genius of British Art: William Dobson |
| 12:00am | Elegance and Decadence: The Age of the Regency |
| 1:00am | How to be a Surrealist with Philippa Perry |
| 2:00am | Top of the Pops Simon Bates presents the weekly pop chart show, first broadcast on 6th May 1982. |
| 2:30am | Top of the Pops |
| 3:00am | The Art of Spain |

CHANNEL 4

| | |
|---------|-----------------------------------|
| 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 | Star Boot Sale |
| 7:00pm | The Simpsons |
| 7:30pm | Hollyoaks |
| 8:00pm | Channel 4 News |
| 9:00pm | Dispatches |
| 9:30pm | Thrifty Ways to... Summer Holiday |
| 10:00pm | 24 Hours in Police Custody |
| 11:00pm | The Great Spy Murder Mystery |
| 12:05am | How to Get a Council House |

CHANNEL 5

| | |
|---------|------------------------------------|
| 7:00am | Milkshake! |
| 10:15am | The Wright Stuff |
| 12:15pm | Can't Pay? We'll Take it Away! |
| 1:10pm | 5 News |
| 1:15pm | The Gadget Show |
| 2:10pm | Access |
| 2:15pm | Home and Away |
| 2:45pm | Neighbours |
| 3:15pm | NCIS |
| 4:15pm | Kidnapped: Desperate Hours |
| 6:00pm | 5 News |
| 6:30pm | Neighbours |
| 7:00pm | Home and Away |
| 7:30pm | 5 News |
| 8:00pm | Aviva Premiership Rugby Highlights |
| 9:00pm | Paralysed: Britain's Worst Winter |
| 10:00pm | Paddington Station 24/7 |
| 11:00pm | Armed and Deadly: Police UK |
| 12:05am | The X Files |
| 1:05am | The X Files |
| 1:55am | Super Casino |
| 4:10am | Bargain Loving Brits in the Sun |
| 5:00am | Britain's Greatest Bridges |

4

| | |
|---------|-----------------------|
| 8:00am | Rules of Engagement |
| 9:00am | How I Met Your Mother |
| 10:00am | New Girl |
| 11:00am | 2 Broke Girls |
| 12:00pm | 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 | How I Met Your Mother |
| 4:00pm | New Girl |
| 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 | Extreme Cake Makers |
| 9:00pm | The Big Bang Theory |
| 9:30pm | Young Sheldon |
| 10:00pm | Made in Chelsea |
| 11:00pm | Five Star Hotel |
| 12:05am | The Big Bang Theory |
| 12:35am | The Big Bang Theory |
| 1:00am | First Dates |
| 2:05am | Five Star Hotel |
| 3:05am | Made in Chelsea |

sky sports main event

| | |
|---------|--|
| 2:30am | Cricket |
| 7:00am | Cricket Day five of the opening Test as New Zealand host England at Eden Park in Auckland. |
| 10:30am | Cricket Day five of the third Test as South Africa host Australia in Cape Town. |
| 5:30pm | Live ATP 1000: Miami |
| 6:00pm | Live ATP 1000: Miami |
| 3:30am | Super League Full Time |
| 4:00am | Sky Sports News All the news from the Premier League and beyond. |
| 5:00am | Sky Sports News |

itv

| | |
|---------|---------------------------------------|
| 7:00am | Good Morning Britain |
| 9:30am | Lorraine |
| 10:25am | The Jeremy Kyle Show |
| 11:30am | This Morning |
| 1:30pm | Loose Women |
| 2:30pm | ITV Lunchtime News |
| 3:00pm | Judge Rinder |
| 4:00pm | Dickinson's Real Deal |
| 5:00pm | Tipping Point |
| 6:00pm | The Chase |
| 7:00pm | Local News and Weather |
| 7:30pm | ITV Evening News |
| 8:00pm | Emmerdale |
| 8:30pm | Coronation Street |
| 9:00pm | The Kyle Files |
| 9:30pm | Coronation Street |
| 10:00pm | Marcella |
| 11:00pm | ITV News at Ten and Weather |
| 11:50pm | 100 Years Younger in 21 Days |
| 12:50am | 100 Year Old Driving School |
| 1:15am | Martin Luther King by Trevor McDonald |
| 2:05am | The Kyle Files |

itv2

| | |
|---------|--------------------------|
| 7:20am | Totally Bonkers |
| 8:10am | Who's Doing the Dishes? |
| 8:55am | Emmerdale |
| 9:25am | You've Been Framed! Gold |
| 10:25am | The Ellen DeGeneres Show |
| 11:20am | The Bachelor |
| 1:15pm | Emmerdale |
| 1:45pm | You've Been Framed! Gold |
| 2:45pm | The Ellen DeGeneres Show |
| 3:35pm | The Jeremy Kyle Show |
| 5:50pm | Judge Rinder |
| 6:50pm | Take Me Out |
| 8:00pm | You've Been Framed! Gold |
| 8:30pm | You've Been Framed! Gold |
| 9:00pm | Two and a Half Men |
| 9:30pm | Two and a Half Men |
| 10:00pm | Family Guy |
| 10:30pm | American Dad! |
| 11:00pm | Action Team |
| 11:35pm | Family Guy |
| 12:05am | Family Guy |
| 12:30am | American Dad! |

itv3

| | |
|---------|---------------------------|
| 6:45am | ITV3 Nightscreen |
| 7:00am | Classic Coronation Street |
| 7:25am | Classic Coronation Street |
| 7:55am | Heartbeat |
| 8:55am | The Royal |
| 9:55am | Judge Judy |
| 10:25am | Judge Judy |
| 10:50am | Judge Judy |
| 11:20am | Inspector Morse |
| 1:35pm | The Royal |
| 2:40pm | 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 | Rising Damp |
| 6:55pm | Heartbeat |
| 8:00pm | Murder, She Wrote |
| 9:00pm | Lewis |
| 11:00pm | DCI Banks |
| 12:00am | DCI Banks |
| 1:05am | Scott and Bailey |
| 2:05am | Scott and Bailey |
| 3:00am | ITV3 Nightscreen |

itv4

| | |
|---------|-------------------------------------|
| 7:00am | The Protectors |
| 7:30am | The Chase |
| 8:30am | Ironsides |
| 9:30am | Quincy, M.E. |
| 10:35am | Minder |
| 11:40am | The Saint |
| 12:45pm | The Avengers |
| 1:50pm | Ironsides |
| 2:50pm | Quincy, M.E. |
| 3:55pm | Minder |
| 4:55pm | The Saint |
| 6:00pm | The Avengers |
| 7:05pm | Storage Wars |
| 7:30pm | Storage Wars |
| 8:00pm | Pawn Stars |
| 8:30pm | Pawn Stars |
| 9:00pm | River Monsters |
| 10:00pm | Death Row 2018 with Trevor McDonald |
| 11:00pm | Jaws |
| 12:05am | FYI Daily |
| 12:10am | Jaws |
| 1:30am | Senna |
| 2:35am | FYI Daily |
| 2:40am | Senna |
| 3:40am | Football's Greatest |
| 3:50am | ITV4 Nightscreen |
| 4:00am | Teleshopping |

sky CINEMA ACTION & ADVENTURE

| | |
|---------|------------------------------|
| 7:00am | Rocky |
| 9:05am | Rocky II |
| 11:10am | Central Intelligence |
| 1:10pm | Rogue One: A Star Wars Story |
| 3:30pm | 12 Rounds 3: Lockdown |
| 5:15pm | Asian Connection |
| 7:00pm | Central Intelligence |
| 9:00pm | Rogue One: A Star Wars Story |
| 11:25pm | The Bourne Supremacy |

sky CINEMA COMEDY

| | |
|---------|----------------------------------|
| 8:30am | Brewster's Millions |
| 10:20am | Did You Hear About the Morgans? |
| 12:10pm | In and Out |
| 1:50pm | Table 19 |
| 3:30pm | Dodgeball: A True Underdog Story |
| 5:10pm | Norbit |
| 7:00pm | Splash |
| 9:00pm | Table 19 |
| 10:35pm | Dodgeball: A True Underdog Story |
| 12:20am | Death at a Funeral |
| 2:00am | Police Academy |

sky CINEMA PREMIERE

| | |
|---------|--|
| 6:00am | Monster Family: Special |
| 6:30am | Black Panther: Special |
| 7:00am | My Feral Heart |
| 8:40am | Jasper Jones |
| 10:30am | Gadget Gang in Outer Space |
| 12:10pm | Despicable Me 3 |
| 1:55pm | Going in Style |
| 3:45pm | The Beguiled |
| 5:35pm | Gadget Gang in Outer Space |
| 7:15pm | Despicable Me 3 |
| 9:00pm | Going in Style |
| 10:45pm | The Beguiled The arrival of a wounded Civil War soldier brings jealousy and betrayal to a Southern girls' school. Starry remake. |
| 12:30am | The Land |
| 2:30am | Eat Locals |
| 4:20am | Jasper Jones |

sky sports football

| | |
|---------|--------------------------------|
| 10:00am | Scottish Cup Greatest Games |
| 10:30am | La Liga Greatest Games |
| 11:00am | La Liga Files |
| 12:30pm | La Liga Files |
| 2:00pm | Magical Messi |
| 3:00pm | The Best La Liga Goals 2016/17 |
| 4:00pm | 20 Years of El Clasico |
| 4:45pm | Ronaldo |
| 5:15pm | La Liga Greatest Games |
| 5:45pm | La Liga Greatest Games |
| 6:00pm | Football Years |
| 6:30pm | Football Countdowns |
| 7:00pm | EFL Rivalries |
| 7:30pm | EFL Rivalries |
| 8:00pm | Soccer A.M. |
| 8:30pm | La Liga Greatest Games |
| 8:40pm | Football |
| 10:45pm | La Liga Icons |
| 11:00pm | MLS Round Up Show |
| 11:30pm | Soccer A.M. - The Best Bits |
| 12:00am | Ronaldo |
| 12:30am | La Liga Icons |



**TV COUCH
CRITIC**

by Adam Whalley-Lewis

THE DURRELLS have returned to *ITV* on Sunday evenings to bring a touch of Corfu to our weekends. This is the third series of the drama very loosely based around Gerald Durrell's memoir about his life in 1930's Corfu and is a perfect tonic if you are fed up with talent(less) shows and movie reruns.

I like the soft storylines, the scenery and the fact I could watch it with my Mum and not have to worry about anything nasty flashing across the screen. There are few shows which could simultaneously carry plotlines about giving up on finding love, taking up the harp and juggling multiple girlfriends and still be OK to watch con mi madre - but *The Durrells* does it really well. The Greek sunshine helps to make you feel just a little bit warmer too.

Immediately after *The Durrells* have gently guided us around their Greek lives, Amanda Redman wizzes us to Southern India with the return of *The Good Karma Hospital*, *ITV* Sunday evenings. I'm really not sure about Dr Ruby (Amrita Acharia) on that motorbike you know, the helmet must play havoc with her hair, but fans of the show will be pleased that she is still around to be put in her place by Ms Red-

The Durrells, Good Karma and a chateau



Photo credit ITV/Channel 4

PERFECT TO WATCH WITH MUM: The Durrells.

man and to continue her strange flirting antics with Dr Varma; I say flirting, I think that is what's happening, but Dr R can be so grumpy she will surely find herself heading for a night shift at *Holby City* if she doesn't crack a smile sometime soon. This isn't hard hitting, point making medical stuff, but it does what it sets out to do and I like it.

Sticking with Sunday night viewing for just a little bit longer, I'm so pleased that *Channel 4* are serving up another series of *Escape to the Chateau*. The Chateau de la Motte Husson is in the Loire and over the previous three series has been restored by Dick and Angel - she is the

brains and he is, well everything else. Dick can fix just about anything and knows how everything works, frankly I could do with him for a couple of days in mi casa, just to pull everything together.

Having 'done up' the Chateau, the couple are running an obviously successful foodie and wedding business and it's lovely to watch. You might struggle with Angel's hair and the fact Dick sometimes looks like an eccentric Englishman being Bohemian in the French countryside, oh wait, that's exactly what he is!

I don't know what to make of BBC2's new show *The Secret Helpers*, *BBC2* Wednesdays.



MANE ATTRACTION: Escape to the Chateau.

The format links people who need help or advice with random people around the world via secret earpieces. Family and friends aren't aware of the earpiece advice as their loved ones muddle through their personal challenges.

The advice givers include a Catholic nun, a retired NY police officer and someone in Denmark who is neither a nun nor a policeman, they just seems to be Danish. Now, the get-you-to-watch element seems to be the people getting advice. Show one helped out Dan who was left blind after two strokes and first time parent Brett who just wants to be a good Dad. You know I will be coming back to this one!

Looking ahead, *The Voice* is slowly drawing to a close with the knockout shows continuing on *ITV* on Saturday. I have no idea who is going through... *Happy viewing.*

Advertising Feature

The 3c Care Agency is here to help

THE 3c is a well established company which has been nursing and caring for clients in the Costa Blanca since 2005.

The Agency strives to offer an efficient service and has a long list of satisfied clients.

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Helping those who need support.

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They also need qualified staff in order to



Photo Credit: Gagliardiimages Shutterstock

Some of the 3c care team.

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Anne - south of Alicante- +34 634 318 769

Office:

+34 965 858 610

<http://www.costablancacareagency.com>

BBC one

| | |
|---------|---|
| 7:00am | Breakfast |
| 10:15am | Holding Back the Years |
| 11:00am | Homes Under the Hammer |
| 12:00pm | The Sheriffs are Coming |
| 12:45pm | Claimed and Shamed |
| 1:15pm | Bargain Hunt |
| 2:00pm | BBC News |
| 2:30pm | Regional News |
| 2:45pm | Doctors |
| 3:15pm | A Place to Call Home |
| 4:00pm | Escape to the Country |
| 4:45pm | Money for Nothing |
| 5:30pm | Flog It! |
| 6:15pm | Pointless |
| 7:00pm | BBC News |
| 7:30pm | Regional News |
| 8:00pm | The One Show |
| 8:30pm | EastEnders |
| 9:00pm | Holby City |
| 10:00pm | Come Home |
| 11:00pm | BBC News |
| 11:30pm | Regional News |
| 11:40pm | Weather |
| 11:45pm | This Country |
| 12:15am | Tiredness, Tears and Tantrums: Diary of a New Mum |

BBC TWO

| | |
|---------|---|
| 7:00am | The Repair Shop |
| 7:30am | Money for Nothing |
| 8:15am | Bargain Hunt |
| 9:00am | Celebrity Antiques Road Trip |
| 10:00am | Victoria Derbyshire |
| 12:00pm | BBC Newsroom Live |
| 1:00pm | The Daily Politics |
| 2:00pm | The Super League Show |
| 2:45pm | Gunga Din |
| 4:40pm | Blitz Cities |
| 5:10pm | Britain's Ultimate Pilots: Inside the RAF |
| 6:15pm | Put Your Money Where Your Mouth Is |
| 7:00pm | Eggheads |
| 7:30pm | The Repair Shop |
| 8:00pm | Mountain |
| 9:00pm | Great Indian Railway Journeys |
| 10:00pm | Amazing Hotels: Life Beyond the Lobby |
| 11:00pm | Mum |
| 11:30pm | Newsnight |
| 12:10am | Weather |
| 12:15am | Reggie Yates: Searching for Grenfell's Lost Lives |
| 1:15am | David Attenborough's Natural Curiosities |

BBC FOUR

| | |
|---------|--|
| 8:00pm | Beyond 100 Days |
| 8:30pm | Danny Baker Rocks the Eighties (a Bit) |
| 9:00pm | Immortal Egypt with Joann Fletcher |
| 10:00pm | How Quizzing Got Cool: Tv's Brains of Britain |
| 11:00pm | The Prosecutors: Real Crime and Punishment |
| 12:00am | Elegance and Decadence: The Age of the Regency |
| 1:00am | Treasures of Ancient Egypt |
| 2:00am | Top of the Pops |
| 2:30am | Danny Baker Rocks the Eighties (a Bit) |
| 3:00am | How Quizzing Got Cool: Tv's Brains of Britain |
| 4:00am | Ten Little Indians |

CHANNEL 4

| | |
|---------|---|
| 7:00am | Countdown |
| 7:45am | 3rd Rock from the Sun |
| 8:10am | 3rd Rock from the Sun |
| 8:35am | Everybody Loves Raymond |
| 9:30am | Frasier |
| 10:00am | Frasier |
| 11:05am | Ramsay's Kitchen Nightmares USA |
| 12:00pm | Undercover Boss USA |
| 1:00pm | Channel 4 News |
| 1:05pm | News Summary |
| 2:05pm | Come Dine with Me |
| 3:10pm | Posh Pawnbrokers |
| 4:00pm | Countdown |
| 4:00pm | A Place in the Sun |
| 5:00pm | A New Life in the Sun |
| 6:00pm | Four in a Bed |
| 6:30pm | Star Boot Sale |
| 7:00pm | The Simpsons |
| 7:30pm | Hollyoaks |
| 8:00pm | Channel 4 News |
| 9:00pm | Includes sport and weather. |
| 9:00pm | The Great Celebrity Bake Off for Stand Up to Cancer |
| 10:15pm | Seven Year Switch |
| 11:20pm | Gogglebox |
| 12:25am | Before We Die |

CHANNEL 5

| | |
|---------|--|
| 5:45am | House Doctor |
| 6:10am | The Great Artists |
| 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 |
| 3:15pm | NCIS |
| 4:15pm | Marriage of Lies |
| 6:00pm | 5 News |
| 6:30pm | Neighbours |
| 7:00pm | Home and Away |
| 7:30pm | 5 News |
| 8:00pm | Elizabeth: Our Queen |
| 9:00pm | Secrets of the National Trust with Alan Titchmarsh |
| 10:00pm | Britain's Wild Rivers |
| 11:00pm | Mr. & Mrs. Smith |
| 1:15am | A Walk Among the Tombstones |
| 3:05am | Super Casino |
| 4:10am | GPS: Behind Closed Doors |
| 5:00am | Britain's Greatest Bridges |
| 5:45am | House Doctor |

4

| | |
|---------|-----------------------|
| 8:00am | Rules of Engagement |
| 9:00am | How I Met Your Mother |
| 10:00am | New Girl |
| 11:00am | 2 Broke Girls |
| 12:00pm | 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 | How I Met Your Mother |
| 3:30pm | How I Met Your Mother |
| 4:00pm | New Girl |
| 4:30pm | New Girl |
| 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 | Extreme Cake Makers |
| 9:00pm | The Big Bang Theory |
| 9:30pm | The Big Bang Theory |
| 10:00pm | Tattoo Fixers |
| 11:00pm | Five Star Hotel |
| 12:05am | The Big Bang Theory |
| 12:35am | The Big Bang Theory |
| 1:00am | First Dates |
| 2:05am | Five Star Hotel |

sky sports main event

| | |
|---------|---|
| 7:30am | Good Morning Sports Fans Bitesize Round-up of the sports news with live analysis and comment plus extended interviews with the headline makers. |
| 8:00am | Good Morning Sports Fans |
| 9:00am | Good Morning Sports Fans |
| 9:30am | Good Morning Sports Fans |
| 10:00am | Good Morning Sports Fans |
| 11:00am | Premier League Daily |
| 12:00pm | Sky Sports Daily |
| 1:00pm | Sky Sports News |
| 2:00pm | Sky Sports News |
| 3:00pm | Sky Sports News |
| 4:00pm | Sky Sports News |
| 5:00pm | Live ATP 1000: Miami |
| 9:25pm | Football |
| 11:30pm | Parker in Camp |
| 12:00am | Sky Sports News |
| 1:00am | Sky Sports News |
| 2:00am | Live WWE Late Night Smackdown |
| 4:00am | Sky Sports News |
| 5:00am | Sky Sports News |

itv

| | |
|---------|------------------------|
| 7:00am | Good Morning Britain |
| 9:30am | Lorraine |
| 10:25am | The Jeremy Kyle Show |
| 11:30am | This Morning |
| 1:30pm | Loose Women |
| 2:30pm | ITV Lunchtime News |
| 3:00pm | Judge Rinder |
| 4:00pm | Dickinson's Real Deal |
| 5:00pm | Tipping Point |
| 6:00pm | The Chase |
| 7:00pm | Local News and Weather |
| 7:30pm | ITV Evening News |
| 8:00pm | Emmerdale |
| 8:30pm | International |
| 11:15pm | ITV News |
| 12:05am | International |
| 1:05am | Play to the Whistle |
| 1:55am | Jackpot247 |
| 4:00am | Loose Women |
| 4:50am | ITV Nightscreen |

itv2

| | |
|---------|--|
| 8:10am | Who's Doing the Dishes? |
| 8:55am | Emmerdale |
| 9:20am | Coronation Street |
| 9:55am | Coronation Street |
| 10:25am | The Ellen DeGeneres Show |
| 11:20am | The Bachelor |
| 12:15pm | The Big Soap Quiz: Coronation Street v Emmerdale |
| 1:15pm | Emmerdale |
| 1:45pm | 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 | Judge Rinder |
| 6:50pm | Take Me Out |
| 8:00pm | You've Been Framed! Gold |
| 8:30pm | You've Been Framed! Gold |
| 9:00pm | Two and a Half Men |
| 9:30pm | Two and a Half Men |
| 10:00pm | The Break-Up |
| 11:00pm | FYI Daily |
| 11:05pm | The Break-Up |
| 12:10am | Family Guy |
| 12:40am | Family Guy |

itv3

| | |
|---------|---------------------------|
| 7:00am | Coronation Street |
| 7:25am | Coronation Street |
| 7:50am | Heartbeat |
| 8:55am | The Royal |
| 9:55am | Judge Judy |
| 10:25am | Judge Judy |
| 10:50am | Judge Judy |
| 11:20am | Inspector Morse |
| 1:35pm | The Royal |
| 2:40pm | Heartbeat |
| 3:40pm | Classic Coronation Street |
| 4:15pm | Classic Coronation Street |
| 4:50pm | On the Buses |
| 5:20pm | On the Buses |
| 5:50pm | You're Only Young Twice |
| 6:20pm | Rising Damp |
| 6:55pm | 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 Chase |
| 7:45am | Pawn Stars |
| 8:10am | Pawn Stars |
| 8:30am | Ironsides |
| 9:30am | Quincy, M.E. |
| 10:35am | Minder |
| 11:35am | The Saint |
| 12:40pm | The Avengers |
| 1:45pm | Ironsides |
| 2:50pm | Quincy, M.E. |
| 3:55pm | Minder |
| 5:00pm | The Saint |
| 6:05pm | The Avengers |
| 7:10pm | Storage Wars |
| 7:35pm | Storage Wars |
| 8:05pm | Pawn Stars |
| 8:30pm | Pawn Stars |
| 9:00pm | World Superbike Highlights |
| 10:00pm | Cliffhanger |
| 11:00pm | FYI Daily |
| 11:05pm | Cliffhanger |
| 12:15am | Driven to Kill |
| 1:15am | FYI Daily |
| 1:20am | Driven to Kill |
| 2:10am | Fifth Gear |
| 3:10am | Ax Men |
| 4:00am | Teleshopping |

sky CINEMA ACTION & ADVENTURE

| | |
|---------|---------------------|
| 7:00am | Armageddon |
| 9:35am | Babylon A.D. |
| 11:15am | After Earth |
| 1:00pm | Robin Hood |
| 3:25pm | The Bourne Identity |
| 5:25pm | Babylon A.D. |
| 7:10pm | After Earth |
| 9:00pm | Robin Hood |
| 11:25pm | The Bourne Identity |
| 1:30am | Bloodsport |
| 3:10am | Death Warrant |
| 4:45am | Cyborg 009 |

sky CINEMA COMEDY

| | |
|---------|--|
| 9:15am | The Naked Gun: From the Files of Police Squad! |
| 10:50am | O Brother, Where Art Thou? |
| 12:45pm | Monster Family: Special |
| 1:15pm | Get Him to the Greek |
| 3:15pm | The Boss |
| 5:05pm | Billy Madison |
| 6:45pm | Knocked Up |
| 9:00pm | Get Him to the Greek |
| 11:00pm | The Boss |
| 12:45am | Superbad |
| 2:45am | The Love Guru |

sky CINEMA PREMIERE

| | |
|---------|----------------------------|
| 6:15am | Top Ten Show, the 2018 |
| 6:30am | The Great Wall: Special |
| 7:00am | Monster Family: Special |
| 7:30am | Gadget Gang in Outer Space |
| 9:00am | Going in Style |
| 10:40am | Despicable Me 3 |
| 12:20pm | Whiskey Galore |
| 2:10pm | The Beguiled |
| 3:55pm | Gadget Gang in Outer Space |
| 5:30pm | Despicable Me 3 |
| 7:10pm | Whiskey Galore |
| 9:00pm | Going in Style |
| 10:45pm | The Beguiled |
| 12:30am | Eat Locals |
| 2:20am | The Land |
| 4:20am | My Feral Heart |

sky sports football

| | |
|---------|-----------------------------|
| 12:00pm | One2eleven |
| 12:30pm | SPFL Greatest Games |
| 1:00pm | MLS Round Up Show |
| 1:30pm | Soccer A.M. - The Best Bits |
| 2:00pm | La Liga Icons |
| 2:30pm | La Liga Icons: Zidane |
| 2:45pm | La Liga Icons |
| 3:00pm | MLS Round Up Show |
| 3:30pm | Soccer A.M. - The Best Bits |
| 4:00pm | Football's Greatest Teams |
| 4:30pm | Football's Greatest Teams |
| 5:00pm | Scottish Cup |
| 5:30pm | Greatest Games |
| 5:30pm | La Liga Greatest Games |
| 5:45pm | La Liga Greatest Games |
| 6:00pm | Football Years |
| 6:30pm | Football Countdowns |
| 7:00pm | Soccer A.M. - The Best Bits |
| 7:30pm | MLS Round Up Show |
| 8:00pm | Ronaldo |
| 8:30pm | Magical Messi |
| 9:25pm | Football |
| 11:30pm | The Debate - Live |
| 12:30am | La Liga World |
| 1:00am | MLS Round Up Show |
| 1:30am | La Liga Icons |

LEGALLY SPEAKING

Cyclists - know the law

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.



PEDAL POWER: The rules of the road still apply.

IT is probably safe to say that all road users have witnessed a bicycle rider going through a red light or riding on the pavement, a practice that many find frustrating, but always one that raises the same question, are cyclists allowed to do such things?

The simple answer is NO.

In terms of law, once a bicycle is being ridden it is classed as a vehicle and therefore covered by the same rules and laws as a car, a truck, a bus, in fact any other vehicle on the road.

It is only when the rider dismounts and walks with the bicycle is it considered otherwise. In this instance, the situation means that the person has become a pedestrian.

That is the same reason why cyclists cannot ride across zebra crossings, because we wouldn't expect a truck to do that, and the rider must dismount before they do.

Listening to music using headphones or using a mobile phone when riding a bike are prohibited in the same way as they are for other vehicles. Consuming more than the prescribed limit of alcohol or using drugs is also not al-

lowed, as a cyclist you are governed by the rules of the road. Just so you know what you are risking, let's have a look at some of the most common infractions.

- Not having a bell on your bicycle - 80€
 - Faulty or no brakes - 80€
 - Carrying an extra person on the bicycle - 80€
 - Failing to stop at a traffic light - 200€
 - Failing to give way at a junction - 200€
 - Not having lights - 200€
 - Having too many lights - 200€
 - Failing to wear high visibility clothing between sunset and sunrise and in poor visibility - 200€
 - Riding under the influence of alcohol - 500€
- There are many other laws and infractions commonly committed by cyclists, as well as other road users of course.

We will look at these in more detail in future editions, but for now, take note, you can indeed be fined on your bike and remember that one golden rule, when you are riding your bike, it is a vehicle and governed by the same rules and laws as every other vehicle.

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

Can he fly his national flag?

Q. I live on a multinational housing estate where people are proud of their heritage and country and fly their respective national flags from their balconies or outside their houses. I have been told that this is not

against Spanish law providing that a Spanish flag is flown at the same time and that the Spanish flag is flown higher than their national flag. Is this correct?

J B (Costa Blanca)

A. It is not necessary to fly a Spanish flag as well as the flag of your own nation. You are free to put up a flagpole in your front yard and fly the Belgian or Swedish flag by itself. Or

David Searl
You and the Law in Spain



you can drape it from your

balcony. If you choose to fly a Spanish flag also, then indeed it goes in top position. I quite like the idea of an estate of detached villas with each one displaying the flag of the inhabitant's nation.

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

It's no joke any more - not like the old days

Mike Senker
In my opinion



Views of a Grumpy Old Man

YOU know what I miss? I miss jokes. Nobody tells jokes anymore. Yeah, there are loads of comedians but they are all, bar one or two, observational comedians. Years ago, when I was out with friends, we would all sit around telling or repeating jokes.

The types with a build up then a punch line. In fact, although I'm now very definitely labelled 'Mr Grumpy,' I was known for my sense of humour and my party trick was to be able to tell a joke on nearly any subject. My point is it doesn't happen now.

Why? Because everyone has 'jokes' on their phones 24/7. There are jokes on Twitter, Facebook etc etc. Nobody is actually telling them - they are just there to read. There's no delivery, no comic genius timing like the great comedians they used to have on the TV. My favourite show was actually called The Comedians and was just a bunch of guys telling joke after joke.

Most were so politically incorrect but hilarious and I'd try to remember as many as I could to add to my repertoire. I also get loads

of videos and GIFs (not sure what that actually stands for) on WhatsApp now.

I don't mind the odd one but I've got one friend who can send what seems like a 100 a day. Most are not funny and many are just YouTube stuff and when I tell him it's enough he gets the hump. Hope he reads this!

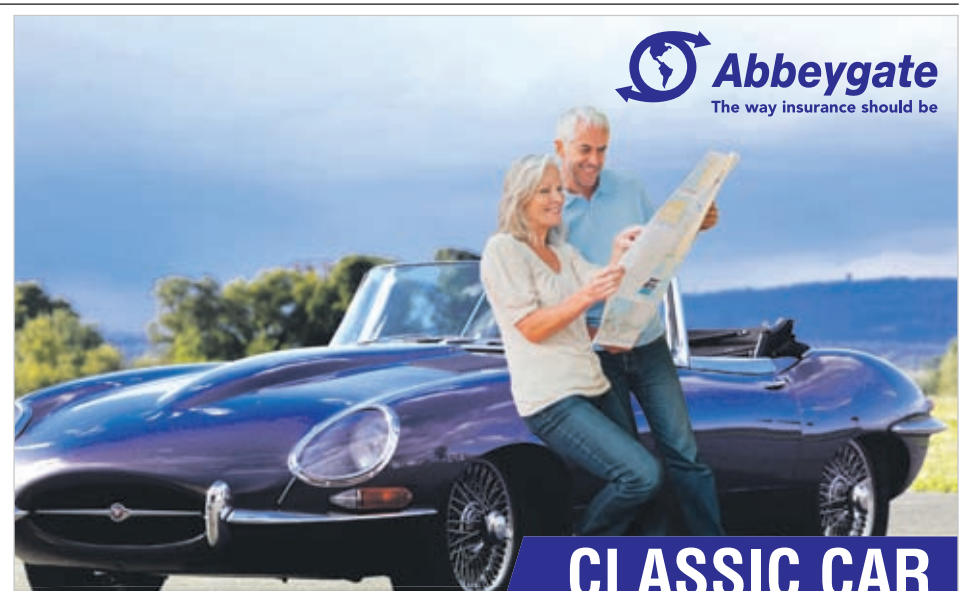
I watched a bit of the winter Olympics and thought the Russians were banned for their vast government run doping scheme that allowed them to win loads of medals by cheating. So I was to see, not their Olympic team, but a bunch of people called 'Olympic Athletes from Russia.'

What a lot of hogwash! One-hundred-and-sixty-eight of them took part and, guess what, two of them failed a drugs test! I don't get it - they were Russian athletes from Russia and no, they didn't march under their flag.

But it's simple - they were banned for cheating, got slung out, found a loophole, got back in and surprise, surprise, they cheated again! It's like the asthma drugs and the cyclists.

I know three people that have asthma. One can't walk up a flight of stairs and the other two won the Tour de France. When I took drugs I wouldn't have even been able to find my bike, never mind ride it!

Email mikesenker@gmail.com



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BBC one

| | |
|---------|----------------------------|
| 12:00pm | The Sheriffs are Coming |
| 12:45pm | Claimed and Shamed |
| 1:15pm | Bargain Hunt |
| 2:00pm | BBC News |
| 2:30pm | Regional News |
| 2:45pm | Doctors |
| 3:15pm | A Place to Call Home |
| 4:05pm | Escape to the Country |
| 4:45pm | Money for Nothing |
| 5:30pm | Flog It! |
| 6:15pm | Pointless |
| 7:00pm | BBC News |
| 7:30pm | Regional News |
| 8:00pm | The One Show |
| 9:00pm | BBC News and Regional News |
| 9:01pm | DIY SOS the Big Build |
| 10:00pm | MasterChef |
| 11:00pm | BBC News |
| 11:30pm | Regional News |
| 11:40pm | Weather |
| 11:45pm | A Question of Sport |
| 12:15am | Film 2018 |

BBC TWO

| | |
|---------|--|
| 9:30am | Classic Mary Berry |
| 10:00am | Victoria Derbyshire |
| 12:00pm | BBC Newsroom Live |
| 12:30pm | The Daily Politics |
| 2:00pm | Wuthering Heights |
| 3:40pm | Monty Hall's 'Great Irish Escape' |
| 4:40pm | Blitz Cities |
| 5:15pm | Britain's Ultimate Pilots: Inside the RAF |
| 6:15pm | Put Your Money Where Your Mouth Is |
| 7:00pm | Eggheads |
| 7:30pm | The Repair Shop |
| 8:00pm | Mountain |
| 9:00pm | The Secret Helpers |
| 10:00pm | The Assassination of Gianni Versace - American Crime Story |
| 10:55pm | Live at the Apollo |
| 11:30pm | Newsnight |
| 12:10am | Weather |
| 12:15am | Amazing Hotels: Life Beyond the Lobby |

BBC FOUR

| | |
|---------|--|
| 8:00pm | Beyond 100 Days <i>The latest national and international news, exploring the day's events from a global perspective.</i> |
| 8:30pm | Danny Baker Rocks the Nineties (a Bit) |
| 9:00pm | Metalworks! |
| 10:00pm | Make! Craft Britain |
| 11:00pm | Carved with Love: The Genius of British Woodwork |
| 12:00am | Elegance and Decadence: The Age of the Regency |
| 1:00am | Treasures of Ancient Egypt |
| 2:00am | Top of the Pops 1983: Big Hits <i>Compilation of some of the biggest hits of 1983 featuring soul, reggae, jazz, new wave and pop.</i> |
| 3:00am | Metalworks! |
| 4:00am | The Witness for the Prosecution |

CHANNEL 4

| | |
|---------|---------------------------------|
| 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: Winter Sun |
| 5:00pm | A New Life in the Sun |
| 6:00pm | Four in a Bed |
| 6:30pm | Star Boot Sale |
| 7:00pm | The Simpsons |
| 7:30pm | Hollyoaks |
| 8:00pm | Channel 4 News |
| 9:00pm | The Supervet |
| 10:00pm | One Born Every Minute |
| 11:00pm | Are You Autistic? |
| 12:05am | 999: What's Your Emergency? |
| 1:05am | Live From Abbey Road Classics |
| 1:30am | Seven Year Switch |
| 2:30am | The Raven |

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 | My Daughter Must Live |
| 6:00pm | 5 News |
| 6:30pm | Neighbours |
| 7:00pm | Home and Away |
| 7:30pm | 5 News |
| 8:00pm | King Tut's Treasure Secrets |
| 9:00pm | GP's: Behind Closed Doors |
| 10:00pm | Minute by Minute |
| 11:00pm | Social Housing, Social Cleansing |
| 12:05am | Under Siege |
| 2:05am | Super Casino |

4

| | |
|---------|-----------------------|
| 7:00am | Hollyoaks |
| 7:30am | Hollyoaks |
| 8:00am | Rules of Engagement |
| 9:00am | How I Met Your Mother |
| 10:00am | New Girl |
| 11:00am | 2 Broke Girls |
| 12:00pm | Brooklyn Nine-Nine |
| 1:00pm | The Goldbergs |
| 2:00pm | The Big Bang Theory |
| 3:00pm | How I Met Your Mother |
| 4:00pm | New Girl |
| 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 |
| 8:00pm | Hollyoaks |
| 8:30pm | Extreme Cake Makers |
| 9:00pm | The Goldbergs |
| 9:30pm | The Big Bang Theory |
| 10:00pm | Don't Tell the Bride |
| 11:00pm | Five Star Hotel |
| 12:05am | The Big Bang Theory |

sky sports main event

| | |
|---------|-----------------------------------|
| 6:00am | Sky Sports News |
| 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 |
| 9:30am | Good Morning Sports Fans |
| 10:00am | Good Morning Sports Fans |
| 11:00am | Premier League Daily |
| 12:00pm | Sky Sports Daily |
| 1:00pm | Sky Sports News |
| 6:00pm | Sky Sports News at 5 |
| 8:00pm | Sky Sports News Tonight |
| 9:00pm | Live ATP 1000: Miami |
| 11:00pm | Sky Sports News at Ten |
| 11:30pm | AJ: Off Limits |
| 12:00am | Sky Sports News |
| 1:00am | Sky Sports News |
| 2:00am | 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 |
| 3:00pm | Judge Rinder |
| 4:00pm | Dickinson's Real Deal |
| 5:00pm | Tipping Point |
| 6:00pm | The Chase |
| 7:00pm | Local News and Weather |
| 7:30pm | ITV Evening News |
| 8:00pm | Emmerdale |
| 8:30pm | Coronation Street |
| 9:00pm | Britain's Brightest Family |
| 9:30pm | Coronation Street |
| 10:00pm | The Real Full Monty |
| 11:30pm | ITV News |
| 12:20am | easyJet: Inside the Cockpit |
| 1:15am | Britain's Busiest Airport - Heathrow |
| 2:05am | Jackpot247 |
| 4:00am | Tenable |
| 4:50am | ITV Nightscreen |

itv2

| | |
|---------|--|
| 7:20am | Totally Bonkers Guinness World Records |
| 8:10am | Who's Doing the Dishes? |
| 8:55am | Emmerdale |
| 9:20am | The Cube |
| 10:25am | The Ellen DeGeneres Show |
| 11:25am | The Flintstones in Viva Rock Vegas |
| 12:30pm | FYI Daily |
| 12:35pm | The Flintstones in Viva Rock Vegas |
| 1:15pm | Emmerdale |
| 1:45pm | You've Been Framed! |
| 2:45pm | The Ellen DeGeneres Show |
| 3:35pm | The Jeremy Kyle Show |
| 4:40pm | The Jeremy Kyle Show |
| 5:50pm | Judge Rinder |
| 6:50pm | Take Me Out |
| 8:00pm | You've Been Framed! Gold |
| 9:00pm | Two and a Half Men |
| 10:00pm | Hell's Kitchen |
| 11:55pm | Family Guy |
| 12:25am | Family Guy |
| 12:55am | Family Guy |
| 1:25am | American Dad! |

itv3

| | |
|---------|---------------------------|
| 7:00am | Classic Coronation Street |
| 7:25am | Classic Coronation Street |
| 7:50am | Heartbeat |
| 8:55am | The Royal |
| 9:55am | Judge Judy |
| 10:20am | Judge Judy |
| 10:50am | Judge Judy |
| 11:15am | Inspector Morse |
| 1:35pm | The Royal |
| 2:40pm | 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 |
| 6:25pm | Rising Damp |
| 6:55pm | 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 |
| 3:00am | ITV3 Nightscreen |

itv4

| | |
|---------|-------------------------------------|
| 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 Saint |
| 12:40pm | The Avengers |
| 1:45pm | Ironsides |
| 2:50pm | Quincy, M.E. |
| 3:55pm | Minder |
| 5:00pm | The Saint |
| 6:05pm | The Avengers |
| 7:05pm | Storage Wars |
| 7:35pm | Storage Wars |
| 8:05pm | Pawn Stars |
| 8:30pm | Pawn Stars |
| 9:00pm | Goodwood Members Meeting Highlights |
| 10:00pm | Football's Foreign Legion |
| 11:00pm | Crank |
| 12:00am | FYI Daily |
| 12:05am | Crank |
| 12:50am | The Americans |
| 1:55am | Minder |
| 3:00am | Deals, Wheels and Steals |
| 3:30am | Deals, Wheels and Steals |
| 4:00am | Teleshopping |

sky CINEMA ACTION & ADVENTURE

| | |
|---------|----------------------------|
| 7:00am | Anaconda |
| 8:35am | 2012 |
| 11:25am | Rocky |
| 1:30pm | Rocky II |
| 3:35pm | Salt |
| 5:20pm | Xxx: Return of Xander Cage |
| 7:20pm | 2012 |
| 10:00pm | Salt |
| 11:45pm | Xxx: Return of Xander Cage |
| 1:35am | End of Days |

sky CINEMA COMEDY

| | |
|---------|---|
| 8:00am | The House Bunny |
| 9:45am | The Naked Gun 2 1/2: The Smell of Fear |
| 11:20am | Get a Job |
| 12:50pm | The Nutty Professor |
| 2:35pm | Nutty Professor II: The Klumps |
| 4:30pm | Talladega Nights: The Ballad of Ricky Bobby |
| 6:40pm | Love Actually |
| 9:00pm | Fist Fight |
| 10:40pm | The Nutty Professor |
| 12:25am | Nutty Professor II: The Klumps |
| 2:20am | Dirty 30 |

sky CINEMA PREMIERE

| | |
|---------|--|
| 6:00am | Monster Family: Special |
| 6:30am | Moana: Special |
| 7:00am | Gadget Gang in Outer Space |
| 8:40am | Whiskey Galore |
| 10:25am | My Feral Heart |
| 11:55am | The Beguiled <i>The arrival of a wounded Civil War soldier brings jealousy and betrayal to a Southern girls' school.</i> |
| 1:40pm | Despicable Me 3 |
| 3:15pm | Going in Style |
| 5:00pm | Gadget Gang in Outer Space |
| 6:30pm | Whiskey Galore |
| 8:15pm | Despicable Me 3 |
| 10:00pm | Going in Style <i>When their pension pots disappear overnight, a trio of cash-strapped retirees decide to rob a Brooklyn bank</i> |
| 11:40pm | An |
| 1:40am | The Beguiled |
| 3:20am | The Land |
| 5:20am | My Feral Heart |

sky sports football

| | |
|---------|-----------------------------|
| 12:45pm | SPFL Greatest Games |
| 1:00pm | 20 Years of El Clasico |
| 1:45pm | La Liga Icons |
| 2:00pm | La Liga Icons: Falcao |
| 2:15pm | La Liga Icons |
| 3:00pm | Ronaldo |
| 3:30pm | La Liga World |
| 4:00pm | Football's Greatest Teams |
| 4:30pm | Football's Greatest Teams |
| 5:00pm | Scottish Cup Greatest Games |
| 5:30pm | La Liga Greatest Games |
| 5:45pm | La Liga Greatest Games |
| 6:00pm | Football Years Countdowns |
| 6:30pm | Football Countdowns |
| 7:00pm | La Liga World |
| 7:30pm | MLS Round Up Show |
| 8:00pm | EFL Rivalries |
| 8:30pm | EFL Rivalries |
| 9:00pm | Championship Season Review |
| 11:00pm | Championship Season Review |
| 12:00am | La Liga Icons |
| 12:15am | La Liga Icons: Zidane |

Those wilting violets

Cassandra Nash

A weekly look

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

FRANCISCO CAMPS, erstwhile Valencian Community president, emerges pristine and clutching violets every time foes and former friends push him into the doo-doo.

His one court case until now centred on tailor-made suits in return for dozens of contracts irregularly awarded to companies linked to the Gurtel corruption setup headed by Francisco Correa.

He was acquitted after a jury found five-to-four in his favour in 2013, by which time he had already resigned as president.

Camps was a close friend of Correa's emissary in Valencia, Alvaro Perez aka El Bigotes (Whiskers), who was his Amiguito de mi alma, something approximate to a bosom friend.

Camps, with all his ex-presidential perks, has stayed out of harm's way and remanded Perez is no longer a bosom friend.

Instead Perez spilled the beans in the national criminal court during the Partido Popular's illegal funding case, maintaining that Camps knew what was going on.

When Camps' turn came to give evidence he explained that the PP's regional Secretary Gener-

al Ricardo Costa dealt with economic matters. In any case, his predecessor Eduardo Zaplana sent him to El Bigotes, Camps said.

Nice one Paco! You re-washed your immaculately clean hands while im-

plicating Zaplana, who immediately issued a communique stating that he could easily demonstrate that Camps was not telling the truth.

He also expressed surprise that his successor should have taken so many years to air his version.

Zaplana must be less surprised than he claims. There is little love lost between the two and Camps, once again in the doo-doo, has killed two birds with one stone while reviving those wilting violets.

reluctantly admitted that they were Juan-carlistas during the first years of the transition to democracy and most of the country would readily agree that Felipe VI is doing his best in a thankless role.

Whether or not Esquerra Republicana's proposal to depenalise insults to the Crown prospers, it is missing the point.

Democracy and royal families - and politicians - should be able to take it on the chin without precipitating a revolution. But nobody should publicly insult anybody else: that should be an issue of good manners, not legislation.

FRANCISCO CAMPS: Selling tailor-made corruption?



Photo credit; Salvador Enguix

Mind your tongue

THE Spanish are not monarchist by vocation and there are few royal groupies as there are in the UK. Nevertheless, Republicans

Changes the day after?

MOST recent general strikes in Spain have come and gone with neither pain nor glory and were largely invisible outside the biggest cities.

The same can't be said for the women's strike on March 8, calling for equal pay, equal treatment and equal rights. It was seen and heard all over Spain and in the smallest villages, too. Even Spain's president Mariano Rajoy, who ini-

tially showed little interest or enthusiasm in the strike, saw which way the wind was blowing and finally fixed a purple ribbon to his lapel.

All very well, but what about March 9? Did anything change the next day? What about a month's time, a year's time? That's when we'll know and few women are holding their breath right now.

No foregone conclusion

REGARDLESS of whether Brexit turns out hard or soft the Partido Popular wants British residents to have the vote in municipal elections. Very thoughtful of them, but what makes them so sure they would get their votes?

Along the Costas there are countless Brits who vote and a look at the 2015 election results makes it quite clear that not all of them voted for the Partido Popular.

columnists@euroweeklynews.com

A letter from Cuba

by **Barbara Belt**

AFTER a seven-hour transatlantic flight, your Canarian correspondent finds herself in Cuba. Were this the early 19th century, I'd have come on the weekly Canaries-Cuba sea route.

Incredibly, there were more boats to Cuba then than to mainland Spain. The Cuban sugar, tobacco and coffee industries, developed with African slave labour in the late 16th century, attracted massive Canarian emigration centuries later. Why stay on a feudal Canary Island as a Cacique's vassal when opportunities for making a living were within reach?

And Cuba, 6,000kms away, was within reach, as Venezuela was later when Cuba's attractions declined, because anything tossed into Canarian waters is 90 per cent sure to wash up in the Caribbean. The currents and winds take you there.

Canarian emigration to the Americas and the exportation, then re-importation of morphed versions of culture-particularly music- is why I'm here. After 30 years listening to what's popularly termed Salsa music, I'm investi-

gating its origins.

All Canarian fiestas feature this bounce between music from the Canaries and the Americas and Cuba's racial and cultural mix plays a key role in its creation.

If you've never been, well, go (unless you're a wuss). If you've been, you'll know Cuba is multi-faceted and often contradictory.

La Habana's a dirty, decrepit, port city full of ancient cars and crumbling

grandeur, with some of the best music you'll ever hear. One street, Calle Obispo, with all its bars and musicians, took me all day and alone merited the trip.

I left for Viñales, first stop on my metre-long bus itinerary print out. West of La Habana, it's rural, beautiful. Horses are transport. Riding the valley's a treat. Accommodation there, and everywhere, in 'casas particulares,' costs from €15 to €25. Eating

there disappoints less than eating out.

My see-it-all travel itinerary was typically masochistic. Cuba's a big island and I've bussed the 1,500km length of it, meeting nice, totally multi-racial people, many with Canarian ancestors, hearing music everywhere.

I'm happily exhausted.

At Sancti Spiritus, bookseller Roberto Merino Martin - who has Canarian great grandparents - told me fascinating stories, surrounded by

ancient books.

Later, in contrast, Brit reserve saved me from hysterics as 34 French people line-danced salsa behind their teacher in La Casa de La Trova (Cuban music holy of holies. Tourism strikes again).

Towards big, hot, noisy Santiago de Cuba, lush landscapes begin, the racial mix darkens and then... bang!

There's rubbish on the streets, a contaminated coastline, cheap street food, nice people, more percussion, heavy music and more hasslers. I escaped to a beach on Julio's moto-taxi. Refusing to leave me 'unprotected,' as his presence 'ensured' peace.

Some old European ladies seem flattered, it was a Cuban memory I'd happily ditch. Cubans are often beautiful and generally moneyless. Go figure.

Sixteenth century Baracoa the first town established by Spanish conquerors and my last stop. Here, my music quest ends, thanks to an invitation to see Grupo Folklorico Bararumba, whose brilliant dance/percussion narrative performance on Cuban musical evolution says it all.



POPULAR CANDIDATE: Ines Arrimadas is boosting support for Ciudadanos in Cataluña.

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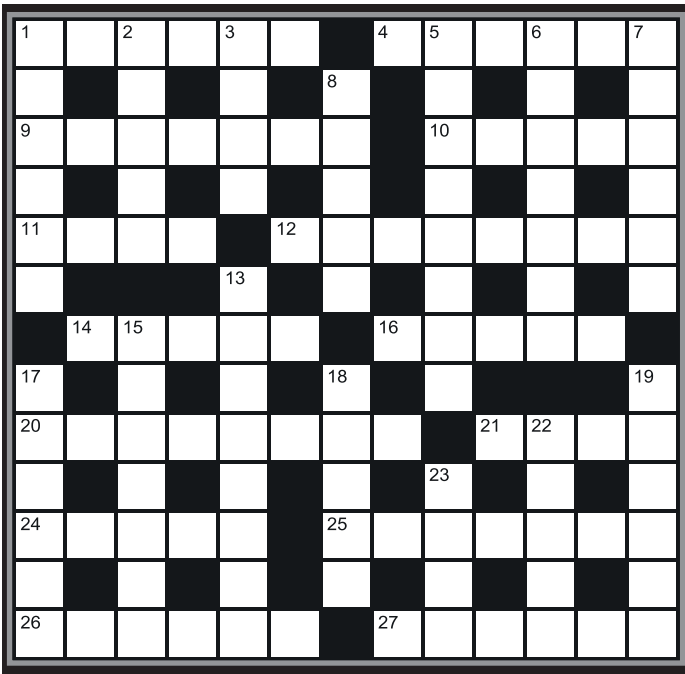


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Cryptic

Across

- 1 Clues I arranged for Watergate (6)
- 4 Has faith in repaired struts (6)
- 9 Plead for British cheese, for a change (7)
- 10 The Irishman I love for the terrace (5)
- 11 Parking on a great many building sites (4)
- 12 I acted in poor show (8)
- 14 Take the road to the river, going back by horse (5)
- 16 It's reported the dogs have reached the tops of the mountains (5)
- 20 Is a huge fan of dual seat contraption (8)
- 21 Encourage some of our generation (4)
- 24 President and African leader's animal (5)
- 25 Increase Green movement around Louisiana (7)
- 26 A duty list or back rest, maybe (6)
- 27 Withhold food from pop star vegetarian's diet (6)



Down

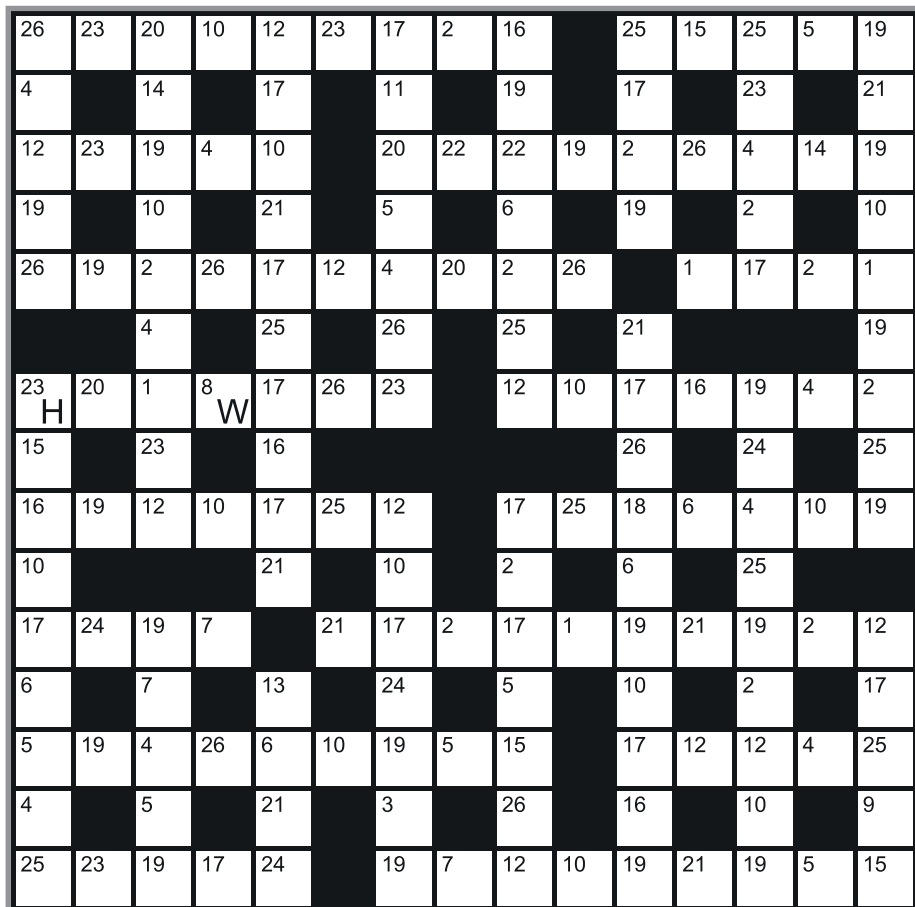
- 1 Delicate bust remodelled on the French (6)
- 2 Disturbed by the unexpected result (5)
- 3 Cook some borsch effortlessly (4)
- 5 About being put into twosomes,

- 6 Difficulty is fixed by rugby player (7)
- 7 Inclined to work in a sleigh (6)
- 8 She's caught in the beam (5)
- 13 State challenge to accept European rule (8)
- 15 Forgery of art stun absentees (7)

- 17 Hold up picnic container? (6)
- 18 Put off in high-altitude terrain (5)
- 19 Remove delegate and Latin sweetheart (6)
- 22 More uncommon rubles are registered (5)
- 23 Spot partial job lot (4)

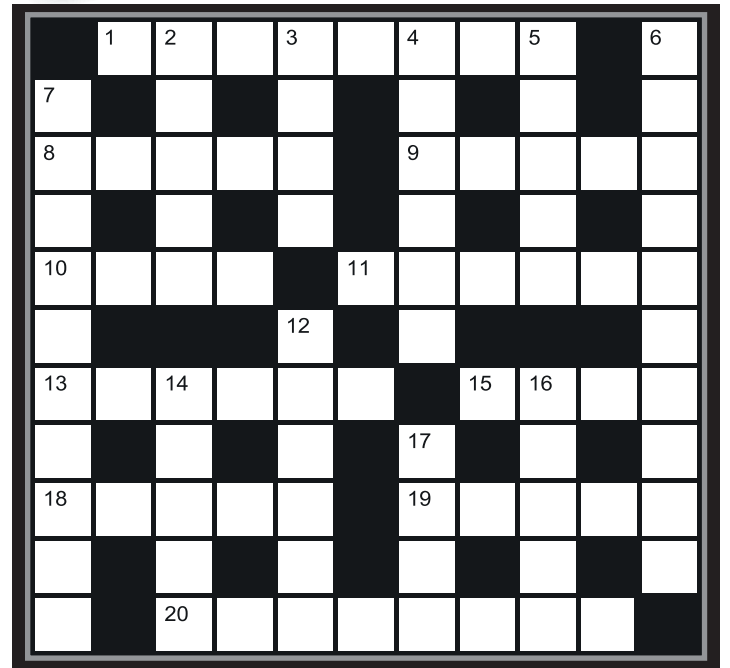
Code Breaker

Each number in the Code Breaker grid represents a different letter of the alphabet. In this week's puzzle, 8 represents W and 23 represents H, so fill in W every time the figure 8 appears and H 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

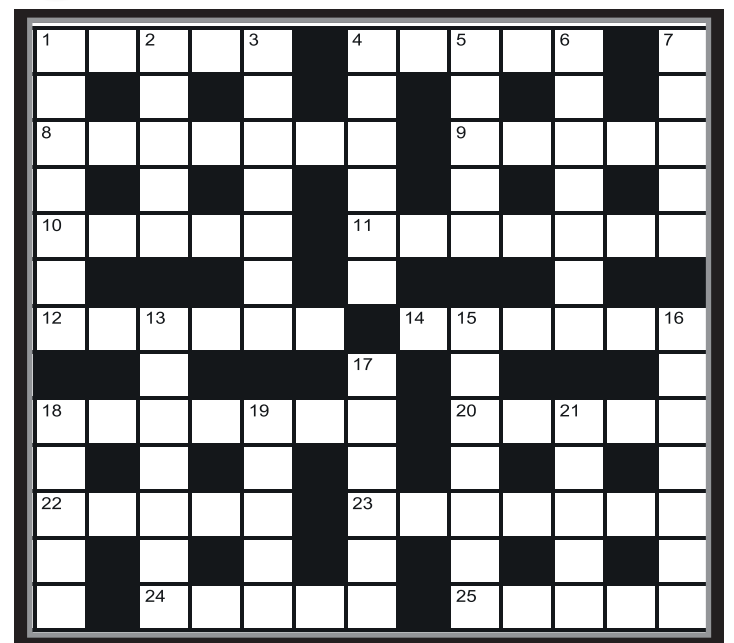
- 1 Journalist (8)
- 8 Escape or avoid by cunning (5)
- 9 Giver (5)
- 10 Speed (4)
- 11 Report or maintain (6)
- 13 Salted roe of the sturgeon (6)
- 15 Silvery-white metal (4)
- 18 Defendant's plea of being elsewhere at the relevant time (5)
- 19 Shoulder firearm with long barrel (5)
- 20 Natural opening in something (8)

Down

- 2 Precise (5)
- 3 Kitchen appliance (4)
- 4 Slightly intoxicated (6)
- 5 Scope (5)
- 6 Implausible (10)
- 7 Mischievous elf in Irish folklore (10)
- 12 Arrived at without due care or effort (6)
- 14 There you are (5)
- 16 Establish by deduction (5)
- 17 Worry unnecessarily or excessively (4)

English - Spanish

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



Across

- 1 Levantarse (3,2)
- 4 Alterado (5)
- 8 To hold on to (7)
- 9 Codo (5)
- 10 Cuchara (para comer) (5)
- 11 To achieve (7)
- 12 Tailor (6)
- 14 Dove (6)
- 18 To know (someone) (7)
- 20 Code (cipher) (5)
- 22 Cocineros (5)
- 23 Elected (7)
- 24 Roncar (cuando se duerme) (5)
- 25 Forma (figura) (5)

Down

- 1 Vasos (para beber) (7)
- 2 Cloth (for cleaning) (5)
- 3 Pareja (compañero) (7)
- 4 Magpie (6)
- 5 Vapor (5)
- 6 Ankle (7)
- 7 Menos (5)
- 13 Cantantes (7)
- 15 Arqueros (7)
- 16 Impresionante (7)
- 17 Brisa (6)
- 18 To cook (5)
- 19 Basket (5)
- 21 Friend (f) (5)

CROSSWORD PAGE

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MADDOCKS' VIEW ON LIFE



'IT'S HER - MARY POPPINS, AS SOON AS THIS CRAZY WIND DROPS - GET HER AUTOGRAPH'

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.

| | | | | | | |
|----|----|--|----|----|----|----|
| | | | 21 | 22 | 24 | 12 |
| | 11 | | | | | |
| | 17 | | | | | |
| 10 | | | | | | |
| 17 | | | | | | |
| 20 | | | | | | |
| 13 | | | | | | |
| 11 | | | | | | |

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 N) and there **MUST** be **AT LEAST ONE NINE LETTER WORD**. Plurals, vulgarities or proper nouns are not allowed.

| | | |
|---|---|---|
| T | D | E |
| O | N | I |
| U | C | D |

TARGET:

- Average: 12
- Very good: 24
- Good: 16
- Excellent: 31

LAST WEEK'S SOLUTION

dent even need neep nerd neve peen pend pent rend rent
teen tend tern vend vent enter event nerve never preen
trend deepen eterne evened evener needer nerved rented
repent tender vendee vender veneer vented venter entered
preened preteen pretend prevent repented PREVENTED

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

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

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

LOTTERY

UK NATIONAL LOTTERY

Saturday March 17

| | | | |
|----|----|----|------------|
| 7 | 8 | 13 | BONUS BALL |
| 24 | 45 | 46 | 39 |

IRISH LOTTO

Saturday March 17

| | | | |
|----|----|----|------------|
| 4 | 10 | 13 | BONUS BALL |
| 22 | 25 | 31 | 30 |

EURO MILLIONS

Tuesday March 13

| | | | |
|----|----|----|------------|
| 9 | 11 | 13 | BONUS BALL |
| 33 | 49 | | 12 |

Friday March 16

| | | | |
|----|----|----|------------|
| 4 | 17 | 24 | BONUS BALL |
| 27 | 31 | | 11 |

EL MILLON: ZPF44617

LA PRIMITIVA

Thursday March 15

| | | | |
|----|----|----|------------|
| 5 | 9 | 11 | BONUS BALL |
| 20 | 22 | 29 | 0 |

JOKER: 3 794 358

Saturday March 17

| | | | |
|----|----|----|------------|
| 8 | 21 | 35 | BONUS BALL |
| 36 | 37 | 43 | 1 |

JOKER: 4 497 057

EL GORDO DE LA PRIMITIVA

Sunday March 18

| | | | |
|----|----|---|------------|
| 3 | 4 | 5 | BONUS BALL |
| 13 | 20 | | 9 |

YOUR STARS FOR NEXT 7 DAYS

AQUARIUS (January 21 - February 19)

The last time that you sat down and thought about your finances it was confusing. Things are a lot simpler now. Keep emotions and the needs of others out of the equation. Balance is what this week is all about. Get the percentages right now and it is plain sailing for the immediate future.

LEO (July 24 - August 23)

At last it is clear that the future holds something quite exciting. Looking back during the past few years there has been a build-up to this moment. Treading a new path is half the story. There is much to be discovered both outside and inside your sphere.

PISCES (February 20 - March 20)

Something comes to your attention that makes you feel both anger and injustice. As you are urged to speak out and put your cards on the table, you hesitate. Be sure to have the true facts of the matter because this gives you real confidence. Keep emotions out of the equation and speak with a balanced view.

VIRGO (August 24 - September 23)

Your heart is saying 'Let's get out and have some fun'. Your head is saying 'Okay, but let's leave it until later'. Which is right? Well, one thing is for sure, emphasis on finances is restraining. You are, however, building on something strong for the future.

ARIES (March 21 - April 20)

There is a strong urge to be up and doing something to further your artistic needs. Be sure that you know what is important. Keep it simple and aim straight for it. There may be other options to be explored, but do not go off at a tangent. To do so would see you have many fingers in many pies but making little real progress. Trust your instincts.

LIBRA (September 24 - October 23)

What others see as our way ahead is not always the path which we want to tread. It would be easy to be cosy and not take a chance. Is that what you really want? Outside influences are heavy and pressing at times.

TAURUS (April 21 - May 21)

Although you are feeling more confident in many ways, there is also a secret insecurity. There is a strange emotional atmosphere this week, which perplexes you. An unusual feeling that you need to change your surroundings cannot be put down to a seasonal 'nesting' instinct. Let this be a time to pay more than lip service to your ideals and beliefs.

SCORPIO (October 24 - November 22)

Be sure not to put up with tedious comments. Someone is trying to rile you. Who are they to think this way? It is foolish and impossible to please this person. Avoid them and move on to something out of their sphere.

GEMINI (May 22 - June 21)

Waiting for just the right time to do and say things this week can produce miracles. Spontaneity may be your watchword but forward planning is where real progress is at the moment. It's not a week to expect co-operation from others.

SAGITTARIUS (November 23 - December 21)

Who wants you to go where and who wants you to do what? Each day seems to be spoken for before it arrives. Spending your life like this means running out of credit on your health. Do not neglect your well-being for the wishes of others. Give yourself permission to love and care for yourself as you do so much for others.

CANCER (June 22 - July 23)

If you are James Bond, I see no surprises in the week ahead. If you are not, then I certainly do. Something quite shocking crosses your path, so be cautious in your approach to new situations. Keep your eyes and ears open and be prepared to seek advice. Your social life may be dynamic, but what has to be done is irrefutable.

CAPRICORN (December 22 - January 20)

There are plenty of people who will tell you that what you seek does not exist. They will also tell you that what you feel is unsustainable. This is, however, no time to compromise your dreams or emotional needs. Taking a bright view and a chance now seems unusual to those round you. Who knows best?

LAST WEEK'S SOLUTIONS

ENGLISH-SPANISH

Across:

- 1 Espalda, 5 Crabs, 8 Capaz, 9 Terraza, 10 Mostrar, 11 Santo, 12 Daisy, 14 Tenth, 19 Apodo, 21 Roperia, 23 En avión, 24 Sabor, 25 Again, 26 Answers.

Down:

- 1 Encima, 2 Pipes, 3 Lizards, 4 Altura, 5 Caras, 6 Against, 7 Season, 13 Abogada, 15 Esposas, 16 Maceta, 17 Prensa, 18 Cabras, 20 Onion, 22 Roble.

CRYPTIC

Across:

- 1 Susan, 4 Crass, 8 Curator, 9 Green, 10 Ember, 11 Errands, 12 Stroll, 14 Walrus, 18 Pottage, 20 Sable, 22 Pence, 23 Evening, 24 Stale, 25 Event.

Down:

- 1 Sachets, 2 Scrub, 3 Natural, 4 Comea, 5 Anger, 6 Sterner, 7 Bends, 13 Ratings, 15 Austere, 16 Sleight, 17 Recede, 18 Pupil, 19 Akela, 21 Bribe.

QUICK

Across:

- 1 Secure, 4 Fake, 8 Adapt, 9 Apple, 10 Legitimate, 13 Assistance, 17 Chaos, 18 Torso, 19 Lies, 20 Decide.

Down:

- 1 Stag, 2 Cease, 3 Rat, 5 Alpha, 6 Eleven, 7 Fajita, 11 Insist, 12 Cancel, 14 Snare, 15 Corgi, 16 Core, 18 Tie.

CODE BREAKER

| | | | | | | | | | | | | | |
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| 14 | R | D | H | J | Z | Q | U | I | X | W | E | C | Y |

KAKURO

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| | 1 | 4 | 2 | | |
| | 4 | 3 | 6 | 1 | 2 |
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QUIZ: TOYS R QUIZ

- 'How gentle is the rain that falls softly on the meadow' is the opening line of which 1965 UK Top five hit single by The Toys?
- In which 1968 British musical adventure fantasy film did comedian Benny Hill play the part of the Toymaker?
- Released in Japan in November 1996 and the rest of the world six months later, what was the name of the electronic toy displaying a digital image of a creature that had to be looked after and responded to by the 'owner' as if it were a pet?
- The name of which famous toy is derived from the Danish phrase for 'play well'?
- What is the nationality of the sculptor and professor of architecture Ernő Rubik, the inventor of the famous 3-D combination puzzle the Rubik's Cube?
- Which actor is the voice of Woody (Sheriff Woody Pride), a pull-string cowboy doll in the Toy Story series of films?

- Which comedy duo starred in the musical film Babes in Toyland, first released in November 1934?
- Which mechanical drawing toy was invented by Frenchman André Cassagnes in 1960?
- Which of these toys was the first ever winner of the British Association of Toy Retailers' Toy of the Year award in 1965: (a) Hot Wheels, (b) James Bond Aston Martin die-cast car or (c) Spirograph?
- Which toy shop, the oldest and largest toy shop in the world was founded as Noahs Ark in High Holborn in 1760 but moved to its current site on Regent Street in 1881?

Not a lot of people know that... the yo-yo is believed to be the second-oldest toy in the world. Its name likely derives from the northern Philippine Ilocano language word 'yoyo'

Answers:

1. A LOVERS CONCERTO, 2. CHITTY CHITTY BANG BANG, 3. YAMA GOTCHI, 4. LEGO (leg good), 5. HUNGARIAN (born in Budapest), 6. TOM HANKS, 7. LAUREL AND HARDY - the film is also known by the alternate titles Laurel and Hardy in Toyland, Revenge is Sweet and March of the Wooden Soldiers, 8. LETCH A SKETCH, 9. JAMES BOND ASTON MARTIN DIE-CAST CAR - Spirograph (1967) and Hot Wheels (1969), 10. HAWAII

Hey! Study uncovers yet more useless bits of research!

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

ACCORDING to a recent survey, 11 per cent of young adults believe Margaret Thatcher was prime minister during the First World War.

If you think that's bad enough, a 2015 survey suggests that 20 per cent of youngsters believe fish fingers are fingers from actual fish.

Problem is, people are always ready to express an opinion, even on subjects they know nothing about.

In one survey, 15 per cent of people said they were either for or against the Monetary Control Bill. The Monetary Control

Bill doesn't exist (Oops! Men are the worst offenders here according to 'research').

People also lie to pollsters. According to the British Election Study, 11.6 per cent of survey respondents claimed to have taken part in the 2010 general election despite not doing so. This accounts for 5.3 million people.

And then there are all these research 'studies.'

Household cleaning products are as bad for lung function as smoking claims one recent investigation. And was it just yesterday we were told processed foods cause an increase in various sorts of cancer? What doesn't, it seems?

Modern living exposes us to a

range of chemicals that wouldn't have been present in primitive societies. But life expectancy in times past was much lower than today. On balance, the contemporary world, although it presents new dangers, offers us the prospect of

living well beyond the biblical three score plus 10.

Fortunately, no one believes any of these scare stories in any case. We've been saturated with so much doom and gloom

(and still are) that you'd think that the world's coming to an end tomorrow through disease, famine and pestilence.

I reckon dogs are far smarter than many of the individuals

involved in any of these surveys or 'studies.'

For instance, in a vet's waiting room recently I was surprised to see owners pacing up and down, jingling coins in pockets, listlessly checking out posters and notices while all the dogs present were sitting, waiting calmly and patiently.

Then I noticed the sign on the waiting room door: 'Be back in five minutes, Sit! Stay!'

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.

columnists@euroweeklynews.com



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Designed to scare?**

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Not convinced by Couch Critic Issue 1704

THIS guy certainly has no taste and I'm all shook up!

However I'm so pleased that his friends Graham and Robert do have taste along with myself and family and friends.

I so look forward to Jane McDonald's cruising programme as Jane is so vibrant and comes across with so much enthusiasm, the cruises are all so different.

We are so lucky to live here in Spain but there's a big wide world out there to explore so why not be tempted to try something different? I feel sure that so many people will be tempted by this programme, cruising is already very big business and I think Jane will have encouraged a lot more people to try one, going to different countries and seeing different cultures.

Before the end of each programme I am trying to guess what song she will be singing, never guessed yet. A shawl that looks like a tablecloth um, I must look for one of those at my Sunday market.

Looking for news about Altea wildfowl

I WONDER if any of your readers can put me in the picture regarding the swan and duck that are always together in the river mouth by Altea Yacht Club. I often drive by there and it really pleases me to see the pair of them so contented together.

The only thing I've heard is that they both used to live on the river mouth by the flags in Altea but, after hooligans broke one of the swan's wings, a local animal charity moved them both to their present location, which is hopefully safer for them. Thanks in anticipation.

Roy Gough, Altea



Photo Credit: Somos Gos Facebook

Paco the Swan and friend.

*Editor's note
Back in September of last year, Paco the Swan was rescued by the animal charity Somos Gos as he had a problem*

*with his wing and was depressed.
Perhaps readers will be able to give more information about current whereabouts.*

So Adam;

Are you lonesome tonight? No because you're watching Jane cruising,

Can't help falling in love but perhaps not with Jane's cruising.

Don't be cruel so what can one say?

Perhaps You're the Devil in disguise!

Ann Rosser, Calpe

Difficult journey

I REFER to the waterfall article in Issue 1705. Thought this would be a great visit, so yesterday set off from Quesada. When we arrived there some 2.5 hours later we discovered that the access road was closed. What your article FAILS to mention is that at this time of the year the access road is CLOSED, and we were informed by Spanish locals that it was a 7km walk to the falls and thus another 7km back!!!! As it was around 4pm we gave it a miss, so will have to return later in the year, do you know when the road is opened?

Bill Peters, Quesada

Editor's note

We have been unable to find any reference to the access road being closed for part of the year on local tourism websites, and there was no answer when we phoned the tourist office in Cazorla. Most likely is that the road was damaged or flooded and you were extremely unlucky.

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.

Girl rescued after dangerous stunt

Downright stupid if you ask me and her parents should be made to pay for the emergency services costs and she should repay it out of her pocket money! When will this generation learn?! Get a life... everything isn't about uploading photos and videos of yourself to see how many people like you!!

Tessa Green

Where the hell were her parents while this was going on?

Christine Petrie

Holiday sickness scammers face £15,000 fine

Thankfully there was a sensible judge in this case. Now she needs to throw the book at the doctor and law firm who are involved.

Clare Lloyd

Fantastic...and so they should. People don't like to hear this but I remember as a Main Line Holiday Rep in Benidorm, overhearing people discussing on their way to resorts from the airport ways of trying to claim on the insurance!!... and this just makes it more problematic for the genuine claims and of course is part of the reason premiums are so high for everyone... Of course it's all over the world this horrible claim culture...

Stephen Chatt Milne

Comments from EWN online

Brilliant. About time these thieves we taken to task and made cough up.

Gerard O'Brien

Police roll out 'invisible' speed cameras

If they are invisible how is that going to improve safety... just another money making measure.

Alex Walker

Invisible cameras do nothing to improve safety. Visible warnings improve safety, they cause people to slow down. This is a punishment, pure and simple. What would improve road safety is targeting lorry drivers who drive with disregard for other road users.

Robert Mitchell

Just don't speed. Simple! What's the hurry anyway? Relax and enjoy your holiday.

Dean Grande

Starving lions and tiger rescued

I've now watched the video of these poor injured, starved and very sad lions and a tiger. These circus people are disgusting and should be prosecuted to the highest degree, let's hope they are.

Chris Gregory

Thank God they were rescued. Thank you to all who achieved this.

Danusia Bourdon

This circus used to come to the town where I live. Hateful treatment, so glad they are safe now.

Jenny Brodie

Thank the Lord for this rescue. Will the circus owners be prosecuted?

Mary Povey

Ryanair: 'We're still Europe's No 1 customer service airline'

They are great, they get you there cheap what more do you want for 30 quid?

Tim Northern

Our View Brexit

IT is clear which extreme end of the political divide Colin MacGregor sits (Issue 1705). He seems to assume that because he favours Brexit, the majority of expats think likewise. Let me repeat what we all know. What is relevant is that a majority in the UK now favour Remain, because they realise they were fed false, misleading and inadequate information prior to the referendum. It is now irrelevant how they voted in June 2016. This is not a case of 'whining because we lost.' The future direction of the UK is at stake.

The government should not be too timid or too proud to admit we got it wrong. There is still time for a meaningful referendum.

David R Worboys, El Capistrano Village, Nerja

Dairy: the good and the bad

WHILE it isn't wise to give up entire food groups unless you are advised to by your doctor - like when you have an allergy, for example - it is becoming increasingly popular to cut dairy completely out of diets.

You may notice several changes to your body if you decide to go dairy-free - whether you need to or not - both good and bad.

This is because each food group fuels your body with different nutrients that are needed by your body to work properly, including dairy, however the US National Library of Medicine claims that two thirds of the world's population lack the enzyme needed to digest cow's milk.

This means your digestion may improve and you may feel less bloated if you cut out dairy, however, you



GOT MILK: Giving up dairy has both positive and negative side effects.

could also feel more bloated at first as your body reacts to the change in your diet.

You also might get fewer headaches as cheese contains a natural chemical called tyramine which can cause migraines and headaches.

However, dairy also contains vitamin B2 and people with a deficiency of this vitamin can suffer from migraines as a side effect, so make sure you eat lots of spinach, mushrooms and almonds which can contribute to this.

You could also miss out on other essential nutrients such as calcium and vitamin D if you go dairy-free so eat lots of fatty fish, as well as plant-based milks, which are normally a good alternative source of the nutrients you need.

Kiro Nilsson

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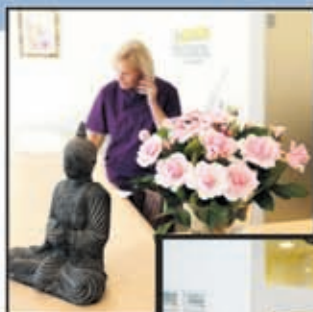


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THERE'S something about drinking a glass of Prosecco that can make you on top of the world.

Although you might have splashed a bit more on your drink of choice, there's something about bubbly alcoholic drinks that leave you feeling

Blame it on the bubbly drink

giddier than usual.

In fact, scientific research has confirmed that being 'Prosecco drunk' is a real thing.

An experiment which monitored a group of people who were all given the same Champagne to drink - but half were given it flat while the other

half were given it still sparkling - found the alcohol levels of those who were given the sparkling Champagne rose more quickly than the alcohol

levels of the group drinking it flat.

The bubbly Champagne drinkers had an average of 0.54 milligrams of alcohol per millilitre of blood after just five minutes, while the flat Champagne drinkers only had an average of 0.39 milligrams of alcohol.



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How to keep your brain healthy

AS we age, it is expected that our cognitive functions will start to decline, and we will become more forgetful, tired and flummoxed by simple tasks.

However, it is easier than you may think to keep your brain in good shape and prevent cognitive decline as you get older.

First things first, try to get at least eight hours sleep each night as sleeping less has been linked to cognitive decline.

Vices such as smoking and alcohol have also been proven to prematurely age the brain and body, so try to cut down on these as much as possible.

Go to your doctor to find out your homocysteine levels as increased levels in the blood have been connected to Alzheimer's disease. While you're there, also get your testosterone level tested as low levels of the hormone have been associated with low energy, depression and Alzheimer's disease.

On a daily basis, leading a healthy



BRAIN FUEL: Eating oily fish helps your brain to function.

lifestyle by eating well and exercising are small things that can help to make all the difference.

Eating oily fish and lots of fruits and veg-

etables will help to keep your brain functioning effectively and check your blood pressure often to make sure it is under control.



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Mood food

GUT health is fast becoming one of the biggest wellness trends of 2018, with new food products, diets and books being cultivated around the concept.

Looking after your gut means taking care of the ecosystem of fungi, yeasts, bacteria and viruses which live in the intestinal tract.

Several reports claim that having a healthy gut helps to reduce chronic inflammation that can cause all manner of diseases, but could also impact on our mood.

This is because the gut produces many hormones and transmitters that have an impact on the brain, such as serotonin which helps to regulate sleep, social behaviour and mood.

Some studies claimed the gut produces 95 per cent of the body's serotonin which is why an imbalanced intestinal tract can have a big impact on our emotions.

Conditions such as irritable bowel syndrome has also been linked to mental health conditions such as anxiety and depression, with several studies showing more than a third of people with IBS also suffer from the disorders, compared to the 7.8 per cent of the general population.

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Advertising Feature

Fishy Fishy, so good they named it twice

DELICIOUS aromas, welcoming staff and an inviting restaurant await you at Fishy Fishy in Moraira.

This family-run fish and chip restaurant and takeaway have been serving the British expatriate's favourite dish for nearly six years and continue to get bigger and better with year on year growth.

The dedication of Craig and Nicola, the owners, and the rest of the team clearly shows in everything they do as well as the fact that for each year since opening in 2012, they have won Certificates of Excellence from TripAdvisor for consistently excellent reviews.

The menu is in keeping with a more traditional style ensuring both quantity and quality, much of the menu is home-made including their secret beer batter, fishcakes, tartare sauce, coleslaw and desserts and they can also do gluten-free meals. There are various menu options and all come at a great price.

Lunch Menu €6.95 inc a



Great fish and chips and more at Fishy Fishy Moraira.



drink

Early Bird €9.95 inc 1/2 bottle wine

Evening Menu €11.95 inc dessert and 1/2 bottle of wine

Go Large €16.50 inc dessert and a bottle of wine.

Plus Under 11's eat FREE between 5pm and

6.30pm (t&c's apply). No matter if it is a table for two or a party of 25, the team will serve you your freshly prepared meal in next to no time and even if it's a large takeaway at your villa or on the beach they can accommodate you.

With seating inside for 24 and a large covered terrace which is extended in the summer they are also able and willing to cater for special events.

Fishy Fishy is a much-loved restaurant located in the centre of Moraira.

For a delicious meal or take-away visit them at Kristalmar 30F (in between Premium Plus and Saxo's) or call 966 491 867 to reserve a table or place an order. They are open Tuesday to Saturday from 12.30pm to 3pm and 5pm to 9pm.

To enter their fantastic Prize Draw Free Fish and Chips for a year!!!

Please bring in a copy of their advert from the Moraira page and your name and phone number in order to be entered in the draw to be held on Good Friday 2018.

You do need to make sure that you book a table for Good Friday as it will be one of the busiest days of the year, but the good news is that Fishy Fishy will be open all day from 12.30pm to 9pm on that special Holy Day.

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Don Eloy, a Spanish winemaker, brought several grape varieties back from the Bordeaux region where he trained to his Castile homeland, including Cabernet Sauvignon and Merlot, all of which are still used today together with Tempranillo and Malbec.

In the 20th century, Vega Sicilia - located in the Ribera del Duero DO in northern Spain - earned a reputation as one of Spain's most notable wineries with its top bottles selling for an average of €300.

The name Vega Sicilia refers to the Catholic Saint Cecilia with no connection to the island of Sicily.

Many of Vega Sicilia's 250 acres are planted with old vines, some more than 100 years old, resulting in a low yield during harvest.

The wines are aged in barrel and bottle for many years and depending on vintage for decades before release.

For example, in 1991 the winery released the 1968 and 1982 vintages after 23 and nine years ageing.

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by Lorenzo
Barbareschi



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Valbuena 5º: Aged for five years, it is composed mostly of Tempranillo, with Merlot and Cabernet Sauvignon.

Vega Sicilia Unico Reserva Especial: A non-vintage blend of different Unicos, aged at least for 10 years; it can include grapes from vintages harvested more than 30 years apart and usually only available to private customers.

Happy tasting.



Photo Credit: Anthony Correia Shutterstock

WORLD TOUR: Carlos Santana and band on stage.

Just three Spanish gigs for Carlos Santana

by John Smith

VOTED the 20th best guitarist of all time in Rolling Stone Magazine, the legendary Carlos Santana has set out on the Divination world tour which will see just three performances in Spain.

He and his band will be appearing at the Plaza de Toros in Alicante on Tuesday August 7 from 10.30pm with tickets which are now on sale costing from €56 to €81.

Next year sees the 50th anniversary of the release of Santana's first album and also their stunning appearance at the Woodstock Music Festival which surprised many and kick started the band's incredible career.

Mixing Latin rhythms - learned from his birthplace in Mexico where his father was a Mariachi performer - with African sounds, the early album releases were completely different from those of any of the other West Coast bands, but showed how Carlos Santana had blended his heritage within the burgeoning rock scene.

After having a fairly bleak period (when compared to his former popularity) during the 1990s, his album Supernatural released in 2000 saw Santana win-

ning no less than nine Grammy Awards including Album of the Year and Record of the Year.

At the age of 70 he seems more than happy to under-

take a huge tour which will see him and his band performing many of the outstanding tracks from his long and distinguished career.

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Photo Credit Kenneth Cruz flickr

SINGER SONGWRITER: Enrique Bunbury singing on stage.

Enrique Bunbury in Alicante

SPANISH singer songwriter Enrique Bunbury (real name Enrique Ortiz de Landázuri Izarduy) will be appearing at the Plaza de Toros in Alicante on Saturday August 25 from 10.30pm with tickets which are now on sale costing €40.

He has had a long career which has brought plenty of

success although his surname causes some confusion, but it is a stage name he adopted in 1984 with one of his first professional bands and is taken from a character who appears in the Oscar Wilde play, 'The Importance of Being Earnest.'

His band Heroes del Silencio, were a major influ-

ence in the Hispanic rock scene and he started his solo career in 1987 following the break-up of the band.

With his powerful almost operatic voice, he had experimented with a whole range of different musical styles and continues to attract audiences to his regular concerts around the country.

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Former Supertramp frontman due

ALICANTE is going to enjoy a busy musical August with both Santana and Bunbury visiting but there is a third great performer, Roger Hodgson also arriving in the city during that month.

The former singer with hugely popular Supertramp and writer of such hits as *Breakfast in America*, *The Logical Song* and *Dreamer* will be appearing at the Plaza de Toros in Alicante on Tuesday August 14 with tickets costing €50.

His current world tour runs from June to October with just four Spanish dates announced so far and his latest performances can be viewed at his website <http://www.rogerhodgson.com>.



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The Golden Man of Malaga

Nick Horne *The Rich Pick*

Freelance correspondent, London, England



PABLO PICASSO led Sotheby's London's Impressionist and Modern Art and Surrealist Art in February and last week the most popular Museum in London the Tate Modern opened Picasso's Golden Year exhibition which focused on his creations of 1932.

A year of two halves the first part dominated by his urgency to meet the deadline of his first major retrospective held in Paris in June 1932 at the Galeries George Petit.

The painting that crowned the Sotheby's sale Pablo Picasso's 'Femme au béret et à la robe quadrillée (Marie-Thérèse Walter)' achieved the second highest price for any work ever sold at auction in Europe - priced at €56.7m - as three bidders competed. This painting was created in 1937, the same year in whose final months saw his master work 'Guernica,' which happily may be seen by Spaniard and visitor alike at the Museo Nacional Centro de Arte Reina Sofia in Madrid, regarded by most as the greatest anti-war statement in art.

In a decade of extraordinary significance many see echoes of the trajectory of that decade in the profuse and varied output of an



Photo credit Sotheby's

PRICEY: Femme au béret et à la robe quadrillée (Marie-Thérèse Walter).

artist who never seemed to stand still. By 1932 Picasso was an established artist, famous and wealthy. Tailored suits and chauffeur driven car attest to that as well as the Paris apartment and country chateau.

At a moment when some entertained the thought that Picasso was at his peak, perhaps even past it, he continued to search and discover. For an impoverished immigrant from Spain who would have blamed him for slowing and enjoying the fruits of his youth?

Also 1932 was the year that Picasso is considered to have reinvented himself. Here he can be seen to be exploring surrealist distortion, painting and sculpture. It also saw the start and development of his relationship with his muse Marie-Thérèse Walter, by 1935 his wife Olga Khokhlova had left him for the south of France.

The darkening clouds of war marked with the Spanish Civil War which began in 1935 and ended in 1939, with the rest of Europe engulfed in what came to be known as the Second World War months after its conclusion.

Picasso was a man of his times. As an artist his times cover much of the 20th century. The triumphs, anxieties and tragedies, the vast scope of his art continues to fascinate and attract. For a determined collector a fascination that very occasionally may be satisfied by an acquisition.

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ers all the individual needs of each client and with many being repeat and returning customers their details are logged and stored so that a friendly service becomes a fa-

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Casanova and the We Park Alc team with the key and take advantage of a range of other services available.

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Ghost town comes alive again

SESENA, a town that came to symbolise the excesses of Spain's last real estate boom, has begun building again.

It was a decade ago that ghost-like buildings in the Castilian countryside became an emblem of out-of-control speculation and of the housing crash.

However, Sesena, (34km south of Madrid), is making plans to build thousands of new homes after councillors approved the 'Quixote Park' project in late January.

Mayor Carlos Velazquez says proposals to combine homes with an industrial park on the site prove that the



BUILDING BLOCK: The housing crash left Sesena littered with unfinished homes.

town has learnt from the mistakes of the past. In fact Sesena's change in fortunes is a sign of how soaring demand is causing Madrid's real estate and rental markets to heat up again.

Fernando Encinar, co-founder and head of research at Idealista said:

"There is as yet no bubble but there is a mini-boom. People will start to move out of the capital to the satellite cities."

As Spain's economic recovery stretches into its fifth year, property prices are rising strongly in the Madrid region, where they climbed 12 per cent in 2017.



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Benidorm riding a wave of popularity

BENIDORM may be best known among tourists for its sun, sea and nightlife, but it's the city's burgeoning real estate market that is causing international investors to take notice.

Back in 2008, Spain's unemployment rate shot up by 36 per cent and when the property bubble burst, investors couldn't get rid of Spanish real estate fast enough.

Today, however, there is a very different outlook: the economy is doing well; the banks are healthy; there is an investor-friendly legal framework; and property is still cheap compared to other European cities.

The recovery started six years ago with a €41 billion banking system bailout, and it is gathering pace as lenders clear out toxic property assets.

In the rental sector, cities like Benidorm have witnessed record average prices due to a combination of increased demand and a fall in supply.

That is because many homeowners, who had been renting out their properties during the slump, are now putting them back on the market.

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SPRING is on the horizon, so now is the perfect time to really start to get stuck into your gardening.

With the last of the winter weather (hopefully) out of the way, your garden is sure to really start sprouting in the next few weeks, so

Marching into spring

make sure you get on top of it before it gets on top of you.

Besides, the days will be

getting longer, not to mention warmer, so why wouldn't you want to make the most of it?

First things first, start by trimming any unruly hedges or bushes, giving your lawn a mow and removing any weeds. The sooner you get started on this, the less work you'll have to do later.

Now is also the best time to get planting your bulbs if you want to see your garden in full bloom come summer.

At the end of the month, you should make sure to lift and separate your winter perennials in order to get a better display next year.

Finally, lay some compost or manure around any bushes or fruit trees and mulch the earth around your plants, using wood chips or bark to help fertilise the soil.

You could also use any waste from your pruning to help boost your compost bins.



GET STUCK IN: Now's the perfect time to spring clean your garden.



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GRAEME TYRRELL

DESIGNING the plantings in your garden takes a lot more skill than just what looks good on paper.

It is a good idea to also know which plants can help and support each other's characteristics and needs. Many plants provide attributes that can greatly benefit each other.

Something as simple as providing shade where a taller, more sun tolerant plant can shelter a softer, sun sensitive one is a way to use plants to benefit each other.

Trees are an obvious example of a good means of providing shade for a variety of plants that cannot tolerate the hot Mediterranean sun.

In the vegetable garden corn can provide shade for beans, pumpkins, cucumbers, lettuce, Swiss chard, spinach, peas, potatoes and many other shorter heat intolerant plants, including flowers.

There are also plants that are incompatible. Tomatoes will not grow well with corn. Sun-loving plants or plants that need low nitrogen will not do well in a well prepared nitro-



Photo Credit: Miyuki Satake Shutterstock

COMPANION PLANTING: Peas and spring onions.

Companion planting

Finding the right friends for your plants

gen-rich corn bed. Many culinary herbs fit into this category.

Companion planting can be very detailed. If you want to find natural ways to improve your garden, it is important to at least understand the basics of

it.

Pests can be repelled by adding flowers and herbs such as marigolds, thyme, sage, lavender, tansy, mint and many more. Some plants will attract beneficial insects, such as zin-

nias which attract ladybirds. Garlic and onions are good pest deterrents but they can stunt the growth of some legumes including beans and peas.

There are many guides on companion planting and there

is a lot of variation in advice so it is best to research ideas you like and just try it out to see if recommendations work for your plants in your environment. It can be a help to research plants beneficial to the

specific problems you have with your plants and use those.

Combining plants known to support each other and ones that are detrimental to each other is also very handy to know. Lavender growing under or around fruit trees susceptible to codling moth will give them some protection.

Growing flowers in vegetable gardens is becoming more popular as people learn of the benefits of different flowers to deter damaging pests and to attract beneficial ones.

Do not be too concerned that you cannot follow garden plans for companion planting exactly.

Plants may not be crucially affected and some advice is regional. It is just an additional skill for better gardening. You can still get enjoyment from learning for yourself what works well and what does not.

It may be more detrimental to plants to be dug up and removed to another place if you find established plants are not where they should be to get the benefit of companion planting.

The most important thing is that you can feel good about gardening.



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Denning is a natural instinct

David
THE Dogman



columnists@ewnmediagroup.com

SAFE AND HAPPY: A place of her own.

DOMESTICATION of dogs is a fairly recent event in the history of canines on earth. Although wild canines have been around for millions of years, they have only spent a few thousand of those as our pets. As a result, they still retain some of their 'wild' instincts, and one of those is the instinct to 'den.'

Canines have a definite instinct to hide out in dens. If they do not have one available, they will 'make their own.' We frequently see our dogs under desks or the dining room table, if they can fit. When a dog digs a hole in your garden one reason might be the instinct to make a den.

What this behaviour is all about is a canine's natural desire to have a place he can call his own.

Many people dislike the idea of

'caging' or 'crating' their dog, feeling as if it is cruel and somehow hampering his freedom. This is not true. Just go to a friend's house who has a dog that has been properly crate (or cage) trained.

The dog will often seek out this refuge when he is tired, stressed, or just wants to be away from it all. Your friend probably feeds her dog in or near his 'den', has provided soft, comfortable bedding for his 'den', and has plenty of toys for him to play with or to chew nearby. What dog would not want to stay in a place with so many luxurious amenities?



Many people leave a cage or crate available for their dog so he has his own place to go to. The door is always open and the pet comes and goes as he pleases.

To him it is not a cage, but rather an

indoor doghouse that he feels secure in.

Other advantages of cages or crates include:

- Safety for your dog and house.
- Having your young or untrained dog in

a cage may protect your house from dog-related destruction while you are away or are unable to watch him.

I know of a woman who forgot to put her 10-month-old giant breed puppy in his cage. She came home to papers ripped up and spread all over, and toilet paper strewn throughout the house.

A crate can prevent this type of disaster from happening. It can also prevent the young, unsupervised animal from hurting himself by chewing electric cords or becoming ill from something he ate during his escapade.

- When travelling with your pet, a crate in your car can protect both your pet and the driver from being disturbed. Whether you choose a plastic crate or a wire cage, you will be doing both you and your pet a favour when you get him his own 'den.'

Walk this way

OWNING a dog can work wonders for your health, much more so than most other pets.

A new survey by Harringtons pet food discovered that dog owners walk their four-legged friends more than 1,000 miles on average each year and play 2,080 rounds of fetch.

The study, which surveyed 2,000 dog owners, also found that they take their dogs for a walk roughly 10 times a week, and each trip lasted an average of 34 minutes.

Therefore, owning a dog is an easy way to reach the recommended goal of 10,000 steps a week, helping you to stay fit and healthy without it seeming like a chore.

However, the survey also re-



FIT: Walking a dog can be rewarded by a range of health benefits.

vealed that couples or families who own dogs fight at least twice a week about whose turn

it is to take their pooch for a walk.

Nonetheless, owning a dog can also work wonders for your mental health, as exercise in any form releases endorphins, a natural mood booster.

It is also a great social activity as dog walkers bump into four other people on average while out with their pet and stop to have a chat on half of these occasions.

They also tend to have one break to grab coffee or a drink in a pub along the way.

Mature pets need understanding care

IF you are fortunate enough to have had a pet live with you into old age, you'll understand what I am about to describe. With every year, every noticeable limp, their comfort becomes more important both to you and to them.

They may not be as agile as they once were, and despite obvious enthusiasm and excitement about the prospect of going out with you, perhaps their gait is a little arthritic and the tail wagging somewhat shorter in duration than before.

Just like humans the older our pets become they may need prescribed medications and treatments to keep them well and comfortable. This can make a trip away more of a challenge.

Do you take them somewhere for the duration of your absence or keep them at home? Often pet owners express a wish to keep mature pets at home. They say it is less stressful if they know their location, familiar smells, and their routines.

Fortunately, today in the age of the internet there are options available to access affordable pet care for when we go on holiday. Joining a membership network where the house and pet-sitters are all checked on registration is easier than ever.



Keeping mature pets at home can be a great solution.

On HouseSitMatch.com the sitters offer an exchange of services free for home and pet care swapped for free accommodation.

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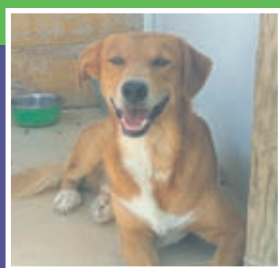
Jules Ross - home and pet owner in Malaga

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Domino's Pizza co-founder Jim Monaghan traded his shares, half of the business, for a Volkswagen Beetle in 1961.

Rock and Roll-ing in style

THREE vintage supercars previously owned by rock and roll superstars have gone under the hammer at auction for staggering fees.

Billed by some as the 'rock stars' cars' auction, the three cars formerly owned by Paul McCartney, Sir Rod Stewart and Pink Floyd's Nick Mason went up for auction as part of Bonhams' Goodwood Members' Meeting sale on Sunday, March 18.

Paul McCartney's limited edition 1967 Lamborghini 400 GT,



Credit: Bonhams

COOL: Mason's former Ferrari has been dubbed the 'coolest car ever made.'

one of just 247 ever built, belonged to McCartney during the Beatles' heyday and went on sale

for a stunning €559,000 (£494,000).

According to reports, the former Beatle had the car specially converted to right hand drive in the late 1960's before eventually selling it on in 1979.



Credit: Twitter

LIMITED: The 1967 Lamborghini, previously owned by Paul McCartney, is one of only 247 ever made.

"Paul McCartney, he has had some fantastic cars in his time and this is no different.

"It was first registered to him in February 1968, the heyday of his time with The Beatles."

Also sold at the auction was Pink Floyd drummer Nick Mason's 1974 Ferrari Dino 246 GT

Spider. Dubbed the coolest car ever made, the jet black supercar has 'Nero' painted down the side of it and fetched almost €476,000 (£420,000) when it went to auction.

Also under the hammer was Sir Rod Stewart's bright red Lamborghini Diablo.

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A cut above the rest

JAPANESE giants Honda have revealed their latest model is set to hit a top speed.

In a remake of their Mean Mower, which claimed the title of world's fastest lawnmower in 2014, Honda are set to release the new impressive follow up

model - the Mean Mower Mk2.

Honda's latest super powered ride-on grass cutter has the same engine as the brand new CBR1000RR Fireblade, a 1,000cc engine with roughly 189bhp.

And while it is yet to be offi-

cially tested, the Japanese manufacturing giants reportedly claim that the super-bike powered mower will top 134mph - which would make it faster than a 2017 Honda Civic hatchback.

The Mean Mower secured the world record for world's fastest lawnmower in Spain four years ago, when it reached 116.57 mph at the IDIADA proving ground close to Barcelona.

But Honda lost their title to the Norwegian Speed Factory Team just over a year later as they topped out 133mph on a modified Viking T6 lawnmower.

And now set the Japanese giants are set to challenge that figure and reclaim their title with the Mean Mower MK2 model, which they promise will be able to go beyond the current record of 133mph.

Honda have also said that Fast and Furious Live stunt driver, Jessica Hawkins, will drive the new model when it finally reaches testing; but a test date is yet to be set.



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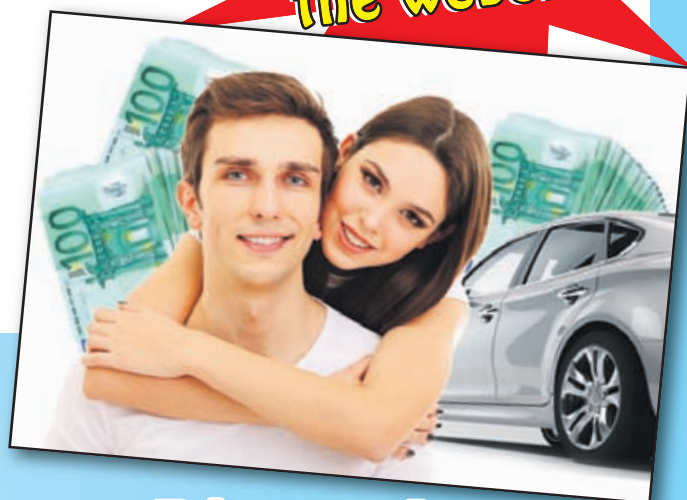
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Spain to take on world champions Germany

By Benjamin Park

SPAIN face a tough double header in their penultimate round of friendly fixtures ahead of this summer's World Cup in Russia.

La Roja will head to current world champions Germany on Saturday, before hosting the Germans' final opponents in 2014, Argentina, at the Wanda Metropolitano in Madrid on Tuesday.

Spain go into the matches in good spirits having not lost a match since the 2016 European Championships, but will be without front man Alvaro Morata after the Chelsea striker was left out by Julen Lopetegui.

The 25-year-old, who has struggled since his €85.7 million (£75 million) move from Real Madrid, got his first goal of 2018 in the 2-1 FA Cup quarter-final win over

Leicester on Sunday but has been replaced by rejuvenated former Chelsea man Diego Costa. There were also first time call-ups for Chelsea's Marcos Alonso, Valencia playmaker Dani Parejo and Villarreal's Rodri.

Speaking to English media, Lopetegui was adamant that his final selection for the World Cup was far from made, but was full of praise for the newcomers in his side.

He said: "There are players who are not on the list whose chances of going to the World Cup are intact.

"We've now got two exciting matches against two great sides and after that everyone will have their chances. The fact players haven't been called is down to various things; form, injuries and also to see new players better."

"We felt it was the right time for them to come in and take a look at them.

"We like (Rodri) a lot. He's very young but he's ready. We've liked watching him a lot, the reports from his club and the under-21's are excellent and we thought it was a good time to see him closer."

Elsewhere, England will hope to secure two victories in their penultimate double header.

England boss Southgate's side will be without key man Harry Kane after he was ruled out until April, as they head to the Netherlands on Saturday ahead of hosting Italy at Wembley on Tuesday.

Southgate has handed a place in the squad to three uncapped players ahead of the fixtures, all looking to state their claim for a place on the plane to the World Cup.

Burnley duo Nick Pope and



Credit: Twitter

FRIENDLIES: Germany ran out 1-0 winners the last time they faced Spain in 2014.

James Tarkowski receive their first call-ups on the back of the club's good form this season, alongside Swansea centre-back Alfie Mawson. Bournemouth midfielder Lewis Cook has been called up for the second time after he was originally called up for the 0-0 draw with Brazil in November.

There are also recalls for Arsenal pair Jack Wilshere and Danny Welbeck, while West Brom's Jake Livermore also retains his place in spite of his club side's poor form this season.

West Ham's Joe Hart also retains his place in the three lions' squad despite several high profile mistakes for the struggling Londoners this season, while high profile absentees include Chelsea captain Gary Cahill and Manchester United's Chris Smalling.

Other fixtures will see Argentina play Italy tomorrow (Friday) as well as Russia against Brazil and France take on Colombia before Portugal face the Netherlands on Monday and Germany host Brazil on Tuesday.

By Benjamin Park

"We've lost part of our dream"

SPAIN missed out on automatic qualification to next year's Rugby World Cup in dubious circumstances as they were beaten 18-10 in Brussels amidst ugly scenes at the final whistle.

Los Leones looked on course to qualify for just their second ever

World Cup and their first since 1999 ahead of the match, needing just a win over bottom side Belgium in their final qualifying match to leapfrog Romania into top spot.

But Spain were undone as Bel-

gian fly-half Vincent Hart kicked six penalties, scoring all of his sides points in the process, in a game controversially overseen by Romanian referee Vlad Iordachescu and two Romanian assistants.

Tempers flared after the final whistle with several of the Spanish players confronting the referee, while others sarcastically applauded the official's performance as he had to be escorted from the field by security.

The result means that Romania qualified for the 2019 Rugby World Cup and extended their record of competing at every World Cup since its inception in 1987, while Spain must now beat Portugal in a playoff; before the winner faces a two-legged tie against Samoa to secure a place in Japan.

Captain, Jamie Navara, was quick to apologise for his side's actions after the final whistle but remained critical of the referee and his assistants.

He told Radio Marca: "I'm the captain and I would like to apologise for what happened with the referee.

"The image at the end of the

game does not represent the sport nor the values of this team. It must be understood however, we've lost part of our dream."

While Spanish coach, Santiago Santos, also seemed incensed with the way the match was officiated.

"We weren't allowed to play," he told the media.

"The referee kept stopping the game at every moment. Our game was stopped continuously, the Belgians benefited from many more decisions.

"The difference between penalties against us and for us was huge. When we were trying to come back in the game the play kept on being interrupted."

Reports suggest that the Spanish Rugby Federation (FER) made an official request for the officials to be changed on February 19 given the potential outcome of the fixture.

The appointment was made by Rugby Europe, whose president is former Romanian player Octavian Morariu, as opposed to the governing body World Rugby.

The FER have since made a formal claim to both Rugby Eu-



UGLY SCENES: Spanish players confronted the Romanian referee at the final whistle.

rope and World Rugby for the game to be replayed, while Rugby Europe themselves have also released a statement regarding the match.

It reads: "Rugby Europe has always operated the highest standards of match official selection whatever the competitions. Our structures have provided a pathway for some of the world's top officials.

"While we appreciate that this is a subject of high-emotion, it would be inappropriate to comment on a match official performance before the usual full review has been undertaken.

"This is a usual procedure and occurs for every match.

"(The) Rugby Europe selection committee is waiting for

the assessment report of the supervisor for Belgium v Spain match officials. This committee will meet in Poznan next Friday on the occasion of the Rugby Europe U18 Championships.

"Its agenda will be modified and a large portion of the meeting will be devoted to the analysis of every stage of the Belgium v Spain game.

"Following this meeting, a statement will be released to Rugby Europe Board of Directors for dissemination."

And it has now been confirmed that World Rugby will investigate the circumstances, with the governing body stating that it will look at the 'context of events' around the result.



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CHINA MOVE: Iniesta admits he will 'make a decision' on a move before April 30.

China bound?

Iniesta weighs up Asia move

BARCELONA captain Andres Iniesta has revealed that he is considering a move to China.

The four-time Champions League winner returned to the starting line-up for Barcelona from a hamstring injury in their 3-0 Champions League win over Chelsea.

He has won a staggering 30 trophies during his time with the Catalan club including eight league titles, seven Spanish Super Cups, four Champions Leagues, five Copas del Rey, three European Super Cups and three Club World Cups.

But the 33-year-old, who

is on course to win a ninth La Liga title this season, admits he may make the move in the summer.

"Before April 30 I have to make the decision whether I'm still in Barcelona or I'm going to China. I have to assess what is best for me and for the club," he said.

"It is a decision that I will communicate to the club first and then you will find out. I will make a decision before April 30.

"It will be the most honest for me and for the club."

The Spaniard, who won the World Cup with Spain in 2010 alongside two European Championships in 2008

and 2012, has spent his entire career at Barcelona and has a 'lifetime contract' at the club.

Despite this, Barca boss Ernesto Valverde has admitted he is unsure whether Iniesta will remain at the club beyond the end of the season.

"I don't know (what he will do), it's a very personal decision, he has to decide," Valverde told the media after his side's Champions League victory.

"He has his reasons and will decide what's best for him. I'm not thinking of a Barcelona without Andres Iniesta because right now we have a Barcelona with Andres Iniesta."

Judge denies Semedo bail

VILLARREAL defender Ruben Semedo has been denied bail as he awaits trial on an attempted murder charge.

According to reports, the 23-year-old's plea was denied by a judge at Valencia's superior court who felt that Semedo posed an 'obvious risk to the integrity' of his alleged victim.

Along with attempted murder, the Villarreal centre-back has been charged with 'illegal detention, illegal possession of weapons and robbery with violence' following his arrest in February.

The charges relate to an alleged incident which reportedly saw Semedo tie up and beat a man in his own home, threaten to cut his fingers off and the alleged victim also claims that he was threatened with a gun.

Further reports claim that Semedo and two other men are alleged to have ransacked the property, stealing more than €22,800

(£20,000) in valuables.

Semedo has denied all allegations against him and his agent, Catia Balde, has since claimed that the former Portuguese Under 21 international is the 'victim of a set-up.'

He said: "Ruben was the victim of a set-up.

"His family and I are by his side to help him overcome this moment. Everything is very bad.

"The player's career has been stained. Let's hope it's a case that has no serious consequences.

"It's bad for a young athlete who was just starting a promising career."

The former Sporting Lisbon star has featured just five times for Villarreal since his summer move to Spain, and last played for the side in their defeat to Barcelona in December.

Following the allegations, the club has taken the decision to suspend Semedo without pay 'until the ongoing case has been settled.'



SEXX



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CRISTIANO RONALDO scored his 50th career hat-trick as he scored four for Real Madrid in a thrilling 6-3 win over Girona at the weekend, as he also took his tally to 17 goals in his last eight games.

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Formula One season begins in Australia

THE Formula One season officially kicks off this weekend, getting underway with the Australian Grand Prix on Sunday.

All eyes will be on last year's champion Lewis Hamilton and his battle with Ferrari's Sebastian Vettel, who will both be attempting to win their fifth titles respectively.

Mercedes will also be looking to pick up their fifth consecutive constructors' title this season but the infa-

mous fifth title may be the hardest of all, with several competitors set to rival them for the championship.

Alongside Ferrari, who will be desperate to reclaim the title, Red Bull finished the year hot on Mercedes' heels; and young Red Bull driver Max Verstappen is also tipped for a good year this season.

Verstappen, 20, is one of nine drivers this year under the age of 25 in this year's championship and is an out-

sider for the title after a strong performance in 2017.

The young Belgian-Dutch driver showed glimpses of what may be to come in 2018 last season with wins in Malaysia and Mexico, and he will certainly be in contention, along with last year's Abu Dhabi champion, Valtteri Bottas and Verstappen's Red Bull teammate, Daniel Ricciardo, whose future still remains seemingly up in the air.

The Australian is out of

contract at the end of the season and there is currently no news of him close to agreeing a new deal, unlike youngster Max Verstappen who signed an extension with the team until 2020 last year.

If Red Bull hit the ground running, we may see a change of heart from the 28-year-old but a reported 2019 move to Mercedes continues to seem the likeliest alternative at the moment.

Spaniard Fernando Alonso and McLaren will be positive heading into the season after posting the third fastest time in testing, despite five breakdowns, while the Australian GP will also see the return of Alfa Romeo, who teamed up with Sauber ahead of



BACK: The F1 returns this weekend, with Brit, Lewis Hamilton aiming for his fifth driver's championship.

the 2018 season.

This weekend's race in Australia will also be an F1 first as it will be the first ever season opener to feature two four-time world champions.

Action gets underway from 2am tomorrow (Friday) with P1 followed by P2, ahead of Saturday's Qualifying, which begins at

7am.

And the season's racing will officially begin at 7.10am on Sunday.

After Australia, the Formula One season heads to Bahrain on April 8 and then Shanghai the following week before taking a two week break ahead of the Azerbaijan GP in Baku on April 29.

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