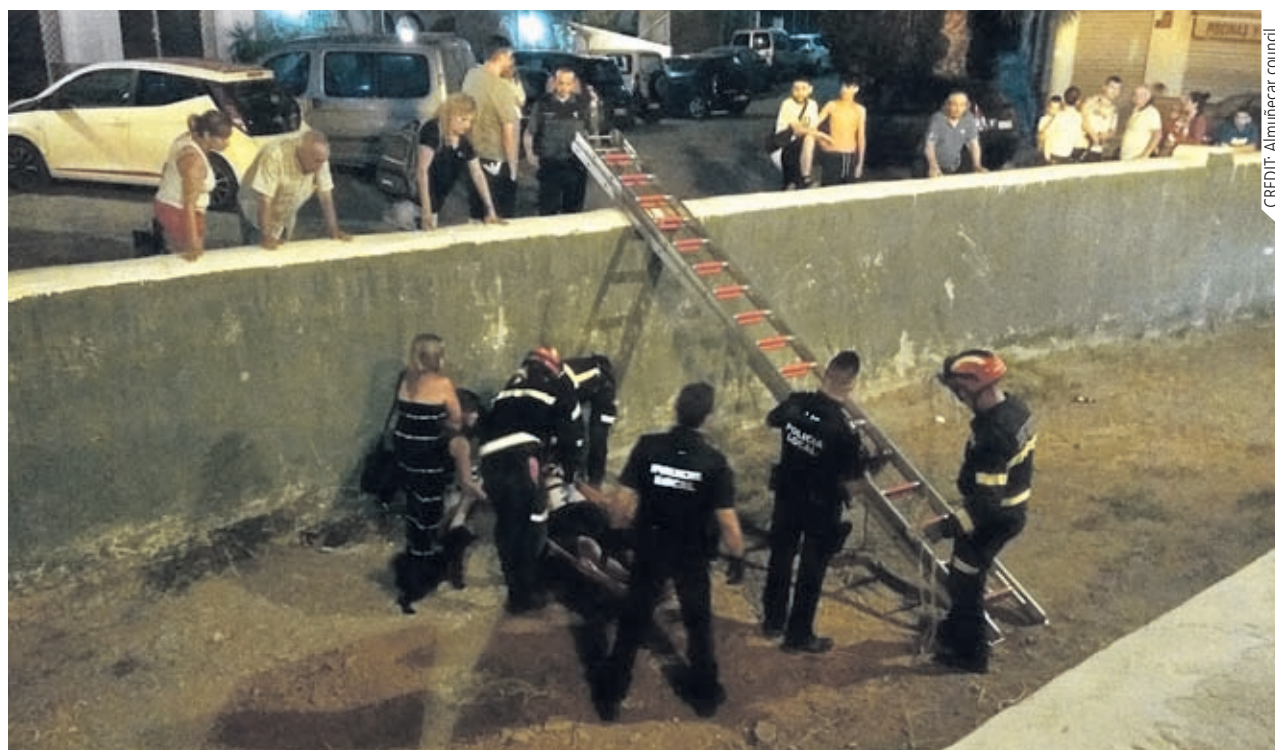


# Plunge rescue



CREDIT: Almuñecar council

**RESCUED:** The German man fell into a riverbed in Almuñecar.

By Joe Gerrard

THIS is the moment firefighters and Local Police officers made their way into a dried riverbed in Almuñecar to pull out a German tourist who fell into it.

The 25-year-old plunged two metres into the Rambla del Espinar bed in the La

Herradura area of the town at around midnight last Friday. The reasons for the fall are currently being investigated, the town's council said in a statement

Emergency services personnel including an ambulance, police and six firefighters were despatched to the man's location after be-

ing alerted to the fall.

Onlookers and locals watched as a ladder was lowered into the riverbed and personnel climbed down with a stretcher to get the man.

The 25-year-old was placed on the stretcher while paramedics provided first aid treatment. He was later taken

to the Regional Hospital in Motril.

Almuñecar Council said several locals were drawn to the scene due to the presence of emergency services. The Local Police officers and firefighters were later joined at the scene by a Guardia Civil patrol, the authority added.

## Rate hike passed

COUNCILS across Axarquía have agreed to raise water rates in order to save a publicly-owned waste treatment company from bankruptcy.

Residents in Velez-Málaga, Rincon de la Victoria, Torrox, Algarrobo and Benamocarra are set to face the higher rates to cover the debts of Axarquía. The firm reportedly owes around €10 million due to years of losses.

The measures passed by

councillors are due to raise an estimated €600,000 per year for the company.

Almost 100 people attended the local authority session at Rincon de la Victoria. Members of the left-leaning Partido Socialista (PSOE) and the leftist Izquierda Unida (IU) were targeted in protests due to them supporting the plans.

Councillors claimed the increase would be 'negligible' at around seven cents a month for most households.

## Six held

GUARDIA CIVIL officers have arrested six people in Rincon de la Victoria in connection with the alleged theft of olives from farms in Axarquía.

Police said they began their investigation in February after receiving several complaints from farm workers over the disappearance of their crops. Inspections were made at an olive oil mill as part of the probe.

The six suspects have been charged with theft, burglary, handling stolen goods, fraud, forging official documents and public health crimes. Officers based in Velez-Málaga claimed the group also attempted to commit tax fraud.

## Police probe council

A VELEZ-MÁLAGA Council building and the town's Local Police headquarters have been raided by National Police officers on Tuesday in connection with a national investigation into alleged illegal hirings.

Sources close to the operation confirmed officers from the police Economic and Fiscal Crime unit had visited the buildings.

They were there on the orders of Spain's Anti-corruption Prosecutors and were aiming to find documents about a group of companies being investigated as part of the claims.

Antonio Moreno Ferrer, the mayor of Velez-Málaga, said the authority had no commercial relationship with the group of companies being investi-

gated. He added as he was surrounded by reporters that officials wanted to return the town to a state of normalcy. "Until we know what the judge rules we must support and defend the presumption of innocence of those investigated," the mayor said.

He added the authority was conducting its own investigation into the allegations which date from 2003 onwards.

The raids come as more than 40 towns and cities throughout Spain faced similar visits from police as part of the nationwide Operation Enredadera. More than 600 National Police officers have reportedly been involved. The operation has also seen the arrest of Local Police chiefs and the Ciudadanos mayor of Arroyomolinos in the Madrid region.

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page 15



**NEWS EXTRA****Smoke  
screen**

THE number of smokers in Spain has fallen to 22 per cent of the population, the lowest for 30 years, according to the 2017 National Health Survey, although obesity has risen from 10 to 17 per cent.

**Whale joy**

SPAIN'S Council of Ministers has agreed to create a giant marine reserve critical in the migration of whales, dolphins and other cetaceans, stretching from the Gulf of Roses near France to the Canal de Ibiza undersea mountain range south of Valencia.

**Family hell**

A 35-YEAR-OLD Spanish man has been held in Sevilla for allegedly locking his mother and sister in a room with 10 dogs which were allowed to urinate and defecate on the floor, police said.

# 'Smelly passenger' dies

## Guitarist had flesh-rotting disease

By Matt Ford

A MAN who forced a Spanish flight packed with holidaymakers to make an emergency landing due to his 'unbearable' stench has died from a flesh-eating disease.

Russian musician Andrey Suchilin was travelling on a Transavia service from Gran Canaria to Amsterdam's Schipol Airport when passengers began to complain of his smell.

Some reportedly started fainting and vomiting, and the Boeing 737 aircraft was diverted to Faro on Portugal's Algarve so he could be removed after cabin crew tried to make him sit in the toilet.

Belgian flyer Piet van Haut at the time described the reek as 'unbearable.'

He added: "It was like he hadn't washed himself for several weeks."

"Several passengers got ill and



**DIVERTED:** The Transavia flight on which Andrey Suchilin was a passenger was forced to land in Portugal.

had to be sick."

A Transavia official said: "The aeroplane diverted because of medical reasons, but it is indeed right that he smelled quite a bit."

But now it has emerged that the 58-year-old was subsequently diagnosed with gangrene, a form of tissue necrosis caused by a loss of blood supply to the skin.

He later posted on Facebook how he had picked up an infection while on holiday, as he wrote: "The tragic and comic

component of this whole situation is that I caught a disease, which (let's not say how and why) makes a man quite stinky."

He added his health insurance had expired, leaving him with no 'money, consular support or medical care.'

He had tried to arrange treatment before leaving Spain, but his partner Lidia Tikhonovich said a doctor gave him antibiotics for what he told them was an 'ordinary beach infection.'

On landing in Portugal he was hospitalised, but his condition worsened as medics struggled to unearth the cause of the infection.

Lidia even tried to raise money from friends when he was moved into intensive care.

Mr Suchilin was later placed in a medically-induced coma and underwent several operations before she wrote, "there is nothing more to cut," adding that antibiotics were not working.

A fortnight later his heart, lungs and kidneys began to fail, before he died last week.

A Transavia statement said that the airline 'sympathises with the family and wishes them strength in processing their loss.'

According to local media in Russia, Mr Suchilin had been considered a 'rock music pioneer' in the former Soviet Union, and was 'one of the top guitar players in Russia.'

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## Health staff shortage

AN emergency room at Axarquía's Regional Hospital is set to be closed during the summer holiday period due to a lack of medical personnel. The Sindicato Medico doctors' trade union said no temporary staff have been recruited to meet the shortfall, with the period also typically busier for health workers.

## Road safety

TRAFFIC authorities in Torre del Mar have brought in new measures to help ensure the safety of drivers on a road following a spate of accidents. The A-356 at the entrance to the town, otherwise known as the Carretera Arco, is reportedly notorious for its blind spots which have led to recent crashes.

## Call stats

MALAGA Province's 112 emergency services co-ordination centre has taken a total of 950 calls during the first phase of Operation 'July Exit' from June 29 to July 2. Callouts related to health issues were most common at 411, with the operation referring to the time when many Spanish people travel for holidays.

## Rent figures

RINCON DE LA VICTORIA and Malaga City have both topped a list of the most expensive places to rent in the Andalucia region. The study, undertaken by letting site Fotocasa, found rates had risen for the past three years with the trend especially pronounced in major cities and tourist destinations.

## Drugs bust

GUARDIA CIVIL officers have conducted raids on a family in Alhendin as part of an investigation into an alleged global cryptocurrency laundering and drugs trafficking ring. Five people, including a 65-year-old woman, were arrested as part of the probe with police claiming the network handled more than €40 million in digital money.

## Child shock

A 12-YEAR-OLD girl has been taken to hospital after being electrocuted in a courtyard in a block of flats in Malaga City. Emergency services were called out to Calle Carboneros at around 2pm last Tuesday, with the girl taken to Malaga Children's Hospital after being revived following a cardiac arrest.

THE BIG PICTURE Nº 21



GORE BLIMEY: Spectators watch adrenalin-seekers as the bulls pass by below.

# Feeling bullish?

IT'S among the most controversial animal festivals in the world.

And the 2018 San Fermin celebrations get underway tomorrow (Friday), with the notorious Running of the Bulls, encierro in Spanish, taking place daily for a week from Saturday.

Each run sees more than 1,000 thrill-seekers take part in a hair-raising four-minute dash in front of half-a-dozen bulls over a course through the city's cobbled streets.

Most entrants dress in the event's traditional clothing which includes a white shirt and trousers with a red waistband (faja) and neckerchief (pañuelo).

Broadcast live on national television each morning, a rocket set off at 8am lets the runners know that the corral gate is open, with a second signalling the release of the bulls. Two more rockets are fired when all six of the animals have reached the bull ring, where they are normally killed in fights later the same day.

Injuries and even deaths are quite common, with three people gored on the first day last year, including one who was impaled through the testicles, while in 2016 a 29-year-old was killed.

And while it attracts hundreds of thousands of revellers every year, the festival has also been routinely slammed by animal rights campaigners.

## Phone theft probe

POLICE have made a number of arrests in connection with alleged thefts at mobile phone stores in Axarquía and across Andalucía.

National Police officers opened a probe in Velez-Málaga following four claims of shoplifting in shops there.

In a separate investigation, Guardia Civil and National Police have arrested seven people accused of involvement in 15 robberies in the provinces of Malaga, Sevilla and Cordoba.

Officers searched five homes in Malaga, Fuengirola and Casabermeja, with €9,000, 53 mobile phones and 52 kilos of hashish seized.

Guardia Civil opened their investigation in January after several robberies with force took place at mobile phone shops in the Guadalhorce valley.

They have been charged with being members of a criminal organisation, robbery with force and receiving stolen goods.

## Hook warning

A MAN whose dog swallowed a discarded fishhook on a Motril beach has taken to social media to warn other pet owners about the area.

Antonio Castro, from the Pinos Puente area of the town, said in a Facebook post some beachgoers had thrown away the hooks on the El Cable coastline. He added the area is designated for pets.

"Dogs go to this beach and children also play in the sand and

they could get pricked," he said.

"I invite you all to think about others and not commit such unwise acts. The council should also monitor the area," he added.

Castro's dog, called Tula and aged seven, needed surgery to remove the fishhook. She is currently recovering.

The Facebook post was reportedly shared more than 260 times. Other pet owners also commented to express their concern at sharp objects on the beach.

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**DIGGING DEEP:** One of the sites at the Gran Dolina and (inset) Homo antecessor skull fragments analysed in the study.

# Jaw dropping find

AN ancient series of bones found in a Spanish cave have been confirmed as the oldest-known fossils of a human ancestor found in Western Europe.

The skeleton belonged to an individual of the species Homo antecessor, believed to be the last shared relative between modern Homo sapiens and Neanderthals before the two diverged.

It has been dated to between 772,000 to 949,000 years old, pushing earlier estimates of the split back by at least 250,000 and up to 433,000 years.

And while some older human remains have been found in Europe, this new discovery is unique because none could be identified to species level.

It means that the evolution of modern humans could have taken far longer than genetic studies have suggested.

The fossils were found at the Gran Dolina archaeological site near Atapuerca in Burgos Province, Castilla y Leon, where experts have been working since the 1990s.

Remains and artefacts from a range of early humans, including hunter-gatherer groups, Bronze Age occupants and much later settlers have been

unearthed from a series of caves in the surrounding hills.

A tooth from the latest find was used in a complex carbon dating process to estimate its age by Professor Rainer Grün and Dr Mathieu Duval of the Australian Research Centre for Human Evolution and an international team of researchers.

The team also analysed soil samples from the dig site, and Professor Grün said: "We had to use the most advanced analytical techniques to date this tooth fragment, and had to go several times to the site in order to accurately reconstruct the sedimentary environment."

Homo antecessor is one of the earliest human species with remains dating back to around a million years ago.

It is said to have been around as tall as modern humans, although its brain was significantly smaller, and could have used a very basic language.

Previous studies claimed that modern humans and Neanderthals split around 516,000 years ago, but this new Spanish discovery appears set to rewrite such beliefs.

## POLL OF THE WEEK

*Did Spain deserve to be knocked out of the World Cup?*

**LAST WEEK'S POLL:**

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No **87%**

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**Media blackout is what's most worrying**



**TOMMY ROBINSON JAILING: 'A disgraceful act of politically motivated injustice.'**

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Media blackout is what's most worrying

**6,211**  
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Ryanair cabin crew summer strike set to affect 115,000 a day

**3,931**  
 views

Brit smashes car screen as England fans overrun Benidorm

**3,886**  
 views

Huge great white shark spotted off southern Mallorca

**3,235**  
 views

Ryanair cabin crew unions decide when they will strike

*\*For week 25 June – 2 July 2018*

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## Great ball of fire

AN observatory has published pictures of what it said was rock from a comet entering the Earth's atmosphere over Malaga Province.

The University of Huelva's Calar Alto telescopes, based in Almeria, spotted the space debris flying over the provinces of Malaga, Sevilla and Cordoba in the early hours of Monday.

It was recorded from that observatory as well as at one in La Hita in Toledo and La Sagra in Granada.

These sites are part of the SMART project which records and documents observations of space objects and activity.

Calar Alto said initial analysis from the site's principal investigator Professor Jose Maria Madiedo showed the 'fireball' phenomenon was created when the debris entered the earth's atmosphere.

The University of Huelva academic's work found that it was travelling at around 118,000 kilometres per hour.

It was flying around 99 kilometres above ground level when it passed over Malaga Province before crossing the provinces of Sevilla and Cordoba and falling to about 31 kilometres.

To see the pictures visit [www.caha.es](http://www.caha.es).

by Staff Reporter

A GIANT great white shark has been spotted off the coast of Mallorca.

The five-metre long predator was filmed for 70 minutes as it cruised in clear water in the Cabrera Archipelago National Park, 10 kilometres to the south of the holiday island.

Biologists from the ALNITAK 2018 Scientific Expedition announced the historic sighting on their Facebook page, writing that it is the first time one of the huge fish, known scientifically as *Carcharodon carcharias*, has been spotted in Spanish waters for three decades.

"There have been unconfirmed sightings and rumours in recent years, but this is the first scientific observation of

## Jaws-dropping!

Huge great white shark spotted



Photo credit ALNITAK/Beat von Niederhausen

**SOME FIN REMARKABLE:** It is the first documented sighting of the predator in Spain for 30 years.

Carcharodon in Spanish waters for at least 30 years," the post said. "On this occasion

the historic sighting was photographed, filmed and observed by a crew of 10 people

from five countries."

Led by Spanish-Dutch biologist Ricardo Sagarminaga van Buiten, the team also included 16-year-old scholarship students Miguel Felix Arboledas and Nahim Lasgaa Capo, plus British environmentalist and writer Georgina Stevens.

Alnitak is a Spanish marine research and education centre dedicated to the conservation of marine habitats.

There are at least 47 species of shark in the Mediterranean.

, but there are very few attacks on humans and even fewer fatalities.

## Works worth millions

ROAD works worth more than €1 million have been undertaken in the Huerto del Capitan area of Motril.

The renovations come as part of plans to modernise the area. They have taken around a year to complete, with investment provided by Axarquía's Commonwealth of Councils.

The sewage network and other pipelines beneath the road have also been overhauled. The newly resurfaced streets also feature new drainage systems put in place due to floods happening every time it rained.

Council officials including Mayor Flor Almon visited the streets while workers were laying tarmac on the roads. Almon said the works brought improved accessibility to the area.

## OUR VIEW

### Another cunning plan

AS both Plan A and Plan B covering Britain and the Customs Union have fallen foul of different factions of the Conservative Party, Plan C is due to be unveiled tomorrow (Friday).

What can be described as a schism within the government is becoming more apparent and there are even rumours that up to six current ministers are planning to challenge Mrs May for the leadership. The old saying about the difficulty of herding cats seems to apply to the current situation and this plan which is being trailed as offering 'the best of both worlds' will be discussed by the Cabinet at Chequers and then may form the basis of a white paper if agreement can be reached.

That is a big 'if' and the fact that the government finally has an agreed position, doesn't then mean that the 27 European Member States will agree unanimously to the British position.

On a wider platform, the EU itself appears to be in a fairly parlous state, with immigration in particular causing splits and with so many coalition governments in place around the Union, those Nationalist parties who would normally be in the minority are heavily involved in dictating policy.

Even Angela Merkel who is considered to be the most liberal of politicians has had to agree to open border camps for immigrants and to tighten control between Germany and Austria despite the Schengen agreement.

Spain is once again ruled by a minority government which attracted support not necessarily because of its policies but because so many opposition politicians wanted to see the end of Mariano Rajoy. Hopefully however, the next few weeks will see a clearer road to Brexit.

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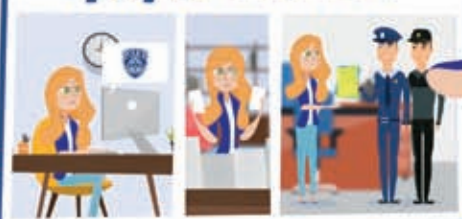
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# Beach ready

FORMER The Only Way Is Essex star Ferne McCann has been living it up in Marbella.

The 27-year-old posted a series of snaps to social media as she flaunted her washboard abs in a series of racy swimsuits.

Ferne gave birth to daughter Sunday in November, and recently said of her post-baby body: "My body shape has changed completely. I'm not totally ripped but my thighs have shrunk."



**RED HOT MAMA:** Ferne in Marbella.

Photo credit Ferne McCann/Instagram

# Hot date

HE'S the British dating coach and YouTube sensation with a pop star girlfriend.

And Matthew Hussey, 31, certainly seems lucky in love after being snapped with 21-year-old squeeze and ex-Fifth Harmony songstress Camila Cabello in Barcelona. The pair appeared head over heels in love as they kissed passionately in the Catalan capital.



Photo credit Twitter

**NO LOVE LOST:** Matthew Hussey and Camila Cabello.

# Raising the Bar

SHE recently gushed that Prince William is "the best looking prince in the world" after meeting the British royal at a Tel Aviv garden party.

And Hollywood star Leonardo DiCaprio's ex-girlfriend Bar Rafaeli, 33, certainly appeared a true lady as she made an appearance at the Africa en la Piel [Africa in the Skin] charity gala in Spanish capital Madrid.

The Israeli-born model wowed in a silk blouse, flared

trousers with floral lace and silver stilettos.

It came after she was introduced to the Duke of Cambridge at British ambassador David Quarrey's private residence.

Afterwards, she enthused:



Photo credit Bar Rafaeli/Instagram

**LADYLIKE VISION:** Bar Rafaeli in Madrid.

"He is very, very charming. I think both he and his brother are good looking. But he is the best looking

prince in the world."

She dated Titanic star DiCaprio for five years but the pair split in 2011.

# Ab's fab!

SHE recently gave birth to her third child. And Abbey Clancy, 32, seems to be taking advantage of life as a new mum as she jetted to Mallorca for a third break in three weeks.

The model and television personality sent temperatures soaring after slipping into a tiny white bikini and heading to the beach.

She was visiting the island with footballer hubby Peter Crouch and

their children Sophia, six, Liberty, two, and Johnny, five months.

It came days after the family flew back from a sun-soaked Caribbean holiday in Barbados, before which they had been pictured in Dubai.

The Britain's Next Top Model presenter recently told *Women's Fitness Magazine* how she worries about her body, admitting: "All girls have insecurities, whether it's worrying about love handles or a wobbly bum."



Photo credit Abbey Clancy/Instagram

**FANCY CLANCY:** Abbey and Peter in Mallorca.

# Rear window

THEY'RE the real life couple who prefer to keep their private life out of the public eye.

But Spanish film stars Penelope Cruz, 44, and Javier Bardem, 49, enjoy a mo-



**STEAMY ROMP:** Penelope and Javier in the movie.

ment of passion pressed up against a window in new Spanish flick *Loving Pablo*.

The film tells the story of a Colombian drug lord's four-year affair with journalist Virginia Vallejo between 1983 and 1987.

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# Doorstep shooting

By Matt Ford

A MAN has been held in Spain in connection with the shooting of a seven-year-old boy and his mother on the doorstep of their UK home.

Greater Manchester Police (GMP) confirmed that the unnamed 28-year-old was wanted for conspiracy to murder after Christian Hickey and mum Jane, 30, were gunned down in Winton, Salford.

Both victims were shot in the legs when they answered the door on October 12, 2015.

The suspect was held at

an unconfirmed location in Spain after a European Arrest Warrant was issued in his name and he is likely to be extradited shortly.

GMP's Det Ch Insp, Carl Jones, said the swoop was completed by Spanish National Police with help from the UK's National Crime Agency.

He added it was 'part of the wider investigation and follows the years of extensive enquiries carried out by dedicated officers.'

It comes after six other men this week appeared in Manchester and Salford Magistrates' Court and were

remanded in custody after being charged with conspiracy to murder, conspiracy to pervert the course of justice, or both.

Christian was hit in the left thigh after Jayne opened their front door to two men, one holding a gun, while Jayne was shot in both legs above the knee.

Investigators later released images of the young victim with both his legs bandaged, and both underwent several operations.

Detectives have said they believe the attack was linked to a violent gangland drugs feud.

# 'Stolen babies' trial halts

THE trial of a doctor accused of stealing babies, in a case dating back to the Franco era, has been suspended due to the defendant's ill health.

Eduardo Vela, 85, was due to begin the second day of his trial last week at a court in Madrid. He was admitted to hospital after complaining of pain and dizziness the evening before the hearing, his lawyer said.

Rafael Casas, acting for the defence, told the court his client would not be able to give statements over a remote video link due to his condition.

The trial follows a probe into the alleged stealing of babies from the San Ramon clinic during between 1961 and 1981.

Prosecutors have requested that Vela be handed an 11-year prison sentence should he be found guilty.

The case continues.



CREDIT: Jose David Carracedo, via Twitter

**ON TRIAL:** Protestors have rallied against the alleged thefts.

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## Tyre trial

A MAN accused of stealing almost €80,000 in tyres in Motril could be imprisoned for up to five years if found guilty in a trial scheduled to begin next Monday.

The man worked at a tyre sale and repair shop in Motril. He allegedly took advantage of his access to their stocks to begin making off with the tyres and selling them below market rates.

The defendant stole a total of 149 tyres, the majority of which were bought by Francisco Javier RG who is among others standing trial.

Prosecutors have also requested the court fine the defendant €3,600.

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## NEWS EXTRA

## Festival starts

THOUSANDS of people are expected to attend the Week-end Beach Festival in Torre del Mar which began yesterday (Wednesday), with local authorities hoping a record-breaking 40,000 people or more will turn out for the concerts.

## New motor

MALAGA Province's Diputacion has spent €20,500 on a new vehicle that is set to be used for public works and other tasks in the town of Archez, with Mayor Maire del Carmen Moreno receiving the motor on Monday.

## Beach staff

A TOTAL of 43 workers have been posted to the beaches of Velez-Malaga for the peak summer season, with the town council's coast spokesperson Jesus Atencia stating the workforce which includes lifeguards and nurses will be there until September 30.

## Two held

NATIONAL POLICE have arrested a man and a woman in connection with the alleged theft of a dog, with the Yorkshire terrier found after a visit to the vets in Rincon de la Victoria.

## Vacant post

THE director of Nerja's museum has left his post which will remain unmanned until his successor is chosen in what has reportedly become a delayed selection process, with archaeologist Juan Bautista's contract having ended on Saturday.

## Fish waste

COUNCIL workers in Rincon de la Victoria have begun collected the waste from seafood at chiringuitos, restaurants and fishmongers, with the 'door to door' service set to run until September.

ARCHAEOLOGISTS working in Cadiz City have found the remains of two people in what they believe could be a mass grave dating from the Spanish Civil War.

The researchers, from the city's council and a historical association, found the bodies after five months of working at the site in the San Jose cemetery. They said the skulls of the skeletons showed signs of bullet wounds.

Archaeologists believe there are two

## Bodies unearthed

mass graves in the cemetery. They estimate there are corpses of at least 141 victims of dictator Francisco Franco's reprisals against his opponents, after his forces took the city in July 1936 in one.

The other burial pit is yet to be properly surveyed but initial estimates place the number of those buried there

at anything up to 550.

Jose Luis Gutierrez, a historian with the Platform of Historical Memory in Cadiz, said many of those who died were likely killed during reprisals in August 1936.

"We must bear in mind that a council of war was established in Cadiz and that

was where the sentences were issued," he said.

Researchers are now set to document the physical characteristics of the remains found and to undertake DNA analysis to identify them and trace any surviving relatives.

Martin Vila, the Cadiz Council's democratic memory spokesperson, said works in the area in 1979 left a part of the grave empty, making a full documentation of the bodies difficult.



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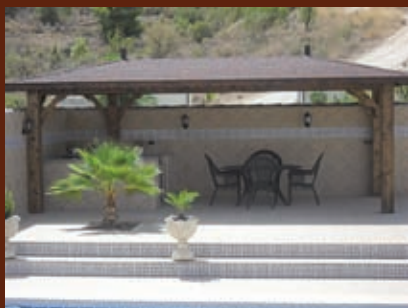
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*We hope the information provided in this article is of interest.*

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# New PP leader later this month

FORMER Foreign Minister José Manuel García-Margallo is touring Spain, drumming up support for his bid to become leader of the Partido Popular (PP) following the resignation of Mariano Rajoy.

On Friday, he hit Malaga City, Estepona and Granada as part of his whistle stop tour and on Saturday he was in Palma de Mallorca speaking to PP supporters there.

Recognising that he is very much an outsider in the race to take over leadership, he believes that he can defend the basic aims of the party better than those who were in power during the time of the vote of no confidence.

He is quoted as saying that he is standing because he has dedicated his whole life to the PP and is not prepared to "stand by and watch the ship



Credit: Twitter

**ON THE ROAD:** Mr García-Margallo with a supporter in Palma.

being shipwrecked."

There are six candidates for the election which takes place on July 20 and 21 including the former deputy Prime Minister Soraya Sáenz de Santamaría and Defence Secretary María Dolores de Cospedal.

The 73-year-old Margallo (who is a strong believer in Spain taking over sovereignty

of Gibraltar) is also facing the 37-year-old Pablo Casado and 47-year-old José Ramón García-Hernández both from Avila and with less than 10 per cent of those eligible to vote registering to do so, the outcome could surprise many.

The eventual winner will lead the largest individual party in the Spanish Parliament.

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**BUSINESS CRASS: Asa.**

Asa Hallonqvist, 43, from Sweden, living in Fuengirola

"I used to work as an air stewardess on SAS airlines and to be honest with you, the businessmen were the worst. Most problems happened when confronting those who had drunk too much. Imagine a young steward telling an important Managing Director he wasn't allowed any more! That's when the problems happened, and the rudeness started.

"I think it is up to each airline to deal with people on a case-by-case basis, but I know from experience it is tricky. Some people are absolutely fine after a few glasses of wine. It's just a small percentage who cause a problem."

**BOOZE YOU LOSE: Muchini.**

## STREET TALK

# Time for airport booze ban?

**RYANAIR has urged airports to ban passengers from drinking alcohol before 10am. But how many holidaymakers and residents agree with the Irish carrier's call for a crackdown on unruly pre-flight behaviour?**

**Muchini Meruni, 42, Spanish resident from Morocco**

"I am against alcohol in general, it's no good anywhere. I once saw some English people fighting on a flight. You just don't know what a person could do when they are drunk on a plane. Who knows, one drunkard could spark a mass brawl. But it's not just security but the comfort of the other passengers at stake."

**Steven, 70, from Plymouth but lives in Germany**

"I know the Brits have a bad reputation, but I was once on a flight with a German football team and there is no other way to describe it."

than a f\*\*\*ing nightmare! It was the flight from hell and the young stewards just couldn't handle it. Upon landing, one of the lads had a kind of psychotic frenzy, he just started losing it.

"The funniest thing was the way they sat like rabbits on the return flight, probably still recovering a week on. I think the airport duty free shops are irresponsible. They make huge profits and pass on the problem

to somebody else, ie the passengers! If it were up to

me, I would give flyers two drinks vouchers to use at airport bars and limit them to that."

**Luke, 21, from Hastings, sunning it up with his girlfriend on the beach**

"It would put me off flying with Ryanair if it brought in an anti-alcohol policy. There is nothing wrong with having a few beers on a plane, especially when you are coming to a holiday location known for drinking. You can't tar everyone with the same brush. I flew with easyJet this time around and they completely ran out of alcohol, but there was absolutely no rowdiness, just holiday spirits."

**Jim Hughes, 78, on holiday with his wife from Wrexham**

"I don't agree with anything Ryanair do. They are robbing scumbags! But I would proba-

bly ban alcohol on short-haul flights because they tend to be dominated by youngsters in big groups who don't always know how to control their drinking. But airports would definitely be against banning duty free because of the amount they rake in from it."

**Mads Ramsvatn, 17 and Marius Gjertsen, 18, on holiday from Norway**

**NO MORE HOLIDAZE: Jim.**

"I don't think they should ban it completely, but maybe introduce a two-drink limit. Some people can get unnecessarily mean and rude if they drink too much. It also depends on the destination. If it's a rowdy hotspot then the limits should be tighter. A ban wouldn't stop me flying but could cause problems with those who want to drink. It will be interesting to see the conflict play out."

**CONFLICT COMING: Mads and Marius.**

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## Politician owes more than €1m

FORMER Spanish Economy Minister Rodrigo Rato, 69, has been included on a national Tax Office list of individuals owing more than €1 million in unpaid duties.

The political figure, also an ex-chief of the International Monetary Fund, was last year found guilty of misappropriating funds while head of Bankia, which in 2012 was bailed out by the Spanish government after it almost collapsed.

Pop star Miguel Bose and footballer Dani Alves, who played for Barcelona from 2008-2016, also appear on the list.

## IAG takes it to the next level

BRITISH AIRWAYS owner IAG is to expand its low-cost long-haul airline Level with the launch of short-haul flights from a base in Austria.

The Madrid-based firm, which also owns Spanish flag-bearing carrier Iberia, launched the new brand last year as a direct rival to Norwegian.

It currently flies from Buenos Aires, Los Angeles, Boston, and San Francisco to Barcelona, and New York to Paris and Madrid.

But it will from July 17 begin flights from Vienna to 14 destinations including London Gatwick, Barcelona,

by Matt Ford

Madrid, and Mallorca using four Airbus A321 planes in a bid to take on established budget carriers.

Simon Calder, travel editor of the *Independent* said the bold move by IAG would spark a "massive fares war."

He added: "British Airways' parent company has astonished the aviation market by launching a new Vienna-based subsidiary with less than three weeks' notice."

IAG's chief executive Willie Walsh said there will be "more flight choices

across Europe."

He added: "These flights will be branded as Level to build upon the huge success of our new long-haul low-cost operation."

Flights from London to the Austrian capital with Level currently start at €24, although as with rivals, passengers must pay extra fees to choose a seat or to check in a hold bag.

IAG recently tried to buy its low-cost long-haul rival Norwegian Air Shuttle and Vienna-based Niki, losing out to Irish airline Ryanair in the latter battle.

## EU agrees hike in migrant cash

SPAIN is to receive a boost in European Union (EU) funding as it battles to cope with a surge in migrant arrivals.

It comes after new Prime Minister Pedro Sanchez spoke with EU lawmakers in Brussels following bilateral talks with French President Emmanuel Macron and German Chancellor Angela Merkel.

The money will be used to improve cooperation with migrant origin and transit nations, with Morocco seen as a key collaborator, the leader said.



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## Telefonica lands footy monopoly



Photo credit Guardia Civil

**REAL DEAL:** The agreement is worth €1.08 billion.

SPANISH broadband and telecommunications provider Telefonica has snapped up the rights to broadcast UEFA Champions League and Europa League football from rival Mediapro.

The firm will fork out €1.08 billion for the 2018-2021 period, paying €360 million for each of the next three seasons, it said in a statement.

It comes after its recent acquisition of La Liga football from 2019-2022, with the multinational now holding a monopoly on

pay-per-view football rights in the Spanish domestic market.

The agreement includes shared advertising rights for a set of new Movistar-branded channels to be launched in the coming weeks.

Telefonica Spain's president, Emilio Gayo, said: "The award of the main lots of the rights of La Liga last Monday cements Telefonica's commitment to television with our customers' most-watched content, now completed with the Champions and the Europa League."

### » BUSINESS EXTRA

## Taco-bout a revolution

MEXICAN-INSPIRED US fast food chain Taco Bell is to open more than 200 new eateries in Spain after agreeing a new deal with Madrid-based Casual Brands Group, which already operates 40 of the brand's restaurants across the country.

## Rates rise

SPAIN'S consumer price inflation soared to a 14-month high in June, advancing 2.3 per cent year-on-year, the fastest increase since April 2017 according to data from the National Statistics Office.

## Power on

MADRID-BASED energy firm Repsol has snapped up the electricity assets of Cantabrian rival Viesgo for €750 million as it intensifies its bid to diversify into low-emissions businesses, the company said in a statement.

## Delayed budget passed

SPAIN'S parliament has passed its long-delayed 2018 budget.

It leaves the new minority Socialist government led by Pedro Sanchez able to start work on next year's accounts after months of holdups sparked by last year's Catalan independence crisis.

The budget was drafted by the recently ousted

conservative administration, and includes a bid to bring the public deficit below 3 per cent of economic output for the first time in a decade.

The European Union has set Spain a target of 2.2 per cent for 2018, but Bank of Spain forecasts suggest it will be closer to 2.7 per cent.

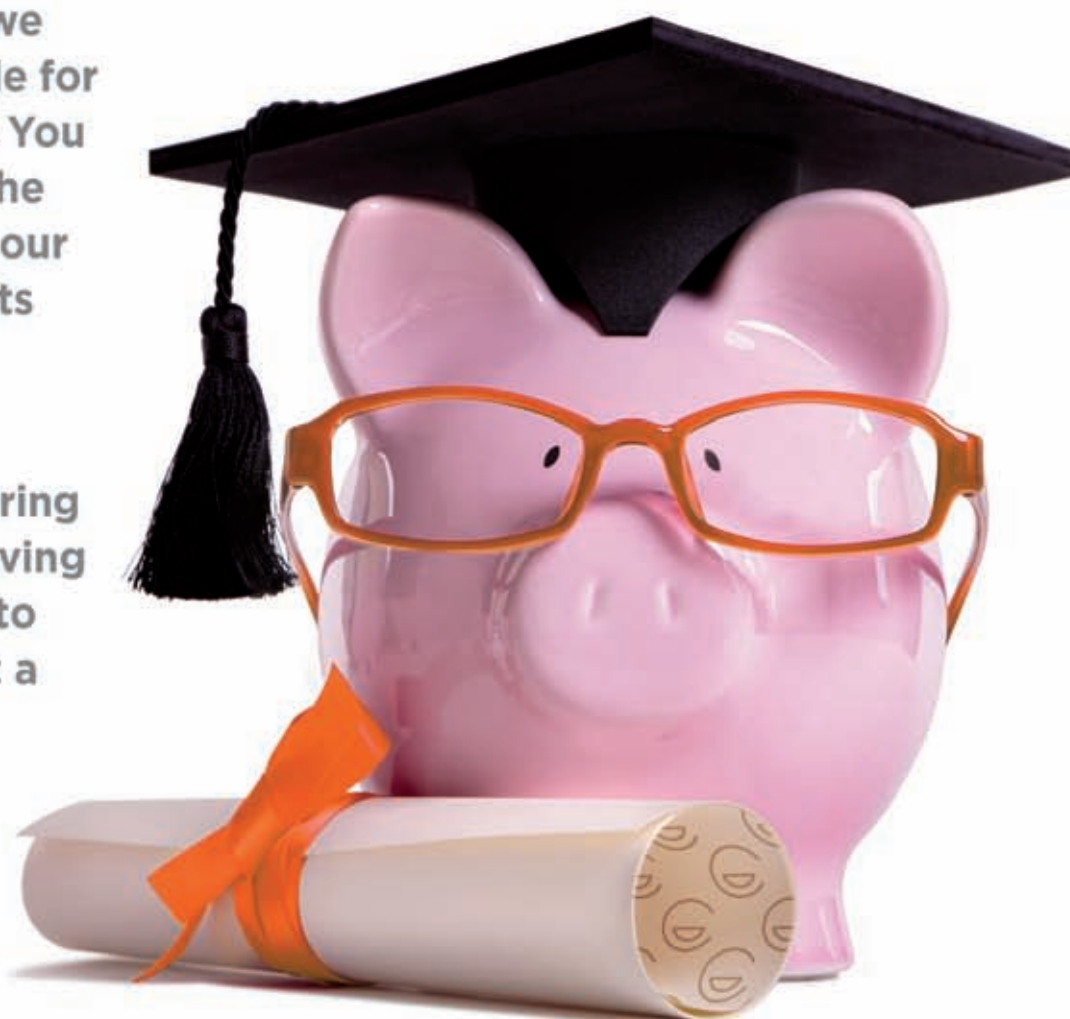
Work on next year's budget is set to get underway immediately, the Socialists have said.



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Admiral Group	1,907.50	0.00	0.00	5,492.98
Ashtead Group	2,255.00	-18.00	-0.79	10,878.79
Antofagasta	1,065.00	75.00	7.58	9,671.25
Aviva	509.00	5.00	0.99	19,958.45
AstraZeneca	5,235.00	-18.00	-0.34	66,169.66
BAE Systems	620.00	-26.80	-4.14	20,179.99
Barclays	189.10	0.10	0.05	32,492.48
British American Tobacco	3,885.00	55.00	1.44	88,926.95
Barratt Developments	522.70	7.30	1.42	5,192.34
Berkeley Group Holdings (The)	3,891.50	106.50	2.81	5,004.04
British Land Co	671.30	-0.90	-0.13	6,582.09
BHP Billiton	1,697.50	-8.50	-0.50	35,651.77
Bunzl	2,280.00	-15.00	-0.65	7,673.26
BP	579.50	1.20	0.21	116,398.40
Burberry Group	2,179.50	19.50	0.90	8,942.72
BT Group	216.00	-1.80	-0.83	21,555.33
Coca-Cola HBC	2,420.00	-111.00	-4.39	9,155.38
Carnival	4,723.50	376.50	8.66	9,082.13
Centrica	159.00	1.35	0.86	8,973.87
Compass Group	1,555.00	-63.50	-3.92	25,647.67
Croda International	4,652.00	-150.00	-3.12	6,275.42
CRH	2,518.50	-156.50	-5.85	22,421.85
DCC	6,895.00	0.00	0.00	6,100.69
Diageo	2,737.50	15.50	0.57	67,328.52
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Evrast	508.40	0.00	0.00	7,260.51
Experian	1,871.00	-3.50	-0.19	17,100.64
easyJet	1,675.00	2.00	0.12	6,633.38
Ferguson	6,150.00	8.00	0.13	14,053.96
Fresnillo	1,214.00	70.50	6.17	8,407.96
Glencore	364.00	2.00	0.55	51,755.97
GlaxoSmithKline	1,520.60	-9.20	-0.60	74,759.83
GVC Holdings	1,060.50	9.50	0.90	6,011.38
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Informa	835.00	-2.00	-0.24	10,350.25
Intertek Group	5,690.00	-26.00	-0.45	9,131.62
ITV	174.75	0.75	0.43	6,943.83
Just Eat	810.00	31.00	3.98	5,246.47
Johnson Matthey	3,585.00	-34.00	-0.94	6,920.76
Kingfisher	307.50	10.50	3.54	6,354.04
Land Securities Group	959.00	2.10	0.22	7,110.60
Legal & General Group	264.25	-1.75	-0.66	15,647.96

COMPANY	PRICE(P)	CHANGE(P)	% CHG.	NET VOL
Lloyds Banking Group ORD	63.75	0.70	1.11	45,018.68
London Stock Exchange Grp	4,525.50	54.50	1.22	15,360.14
Micro Focus International	1,307.50	-16.00	-1.21	5,558.70
Marks & Spencer Group	300.00	4.90	1.66	4,815.84
Mondi	2,025.00	-26.00	-1.27	7,436.63
Melrose	208.50	-4.20	-1.97	9,964.30
Morrison (Wm) Supermarkets	250.25	-1.75	-0.69	5,927.57
National Grid	836.50	-1.90	-0.23	28,141.47
NMC Health	3,420.00	-162.00	-4.52	7,349.84
Next	6,070.00	20.00	0.33	8,552.67
Ocado Group	1,035.00	7.50	0.73	7,198.14
Paddy Power Betfair	7,460.00	-840.00	-10.12	6,905.67
Prudential	1,740.00	5.50	0.32	44,865.12
Persimmon	2,566.50	33.50	1.32	7,826.40
Pearson	881.50	-3.50	-0.40	6,843.36
Reckitt Benckiser Group	6,180.00	-59.00	-0.95	43,685.21
Royal Bank of Scotland Group	265.50	9.40	3.67	30,621.56
Royal Dutch Shell	2,567.50	-61.50	-2.34	121,709.18
Royal Dutch Shell	2,725.00	11.50	0.42	102,195.61
RELX	1,502.50	-120.00	-7.40	16,843.58
Rio Tinto	4,275.00	74.00	1.76	55,417.61
Royal Mail	500.00	-5.40	-1.07	5,060.00
Rightmove	5,160.00	-150.00	-2.82	4,709.36
Rolls-Royce Group	972.00	-16.20	-1.64	17,940.47
Randgold Resources	5,735.00	-85.00	-1.46	5,439.45
RSA Insurance Group	675.00	-4.40	-0.65	6,915.95
Rentokil Initial	317.95	-32.85	-9.36	6,330.01
Sainsbury (J)	320.00	-1.20	-0.37	7,036.92
Schroders	3,158.00	0.00	0.00	7,002.17
Sage Group (The)	624.00	-4.60	-0.73	6,724.34
Segro	672.10	2.70	0.40	6,718.74
Shire	4,220.00	-45.00	-1.06	38,583.10
Smurfit Kappa Group	3,283.00	217.00	7.08	7,163.79
Sky	1,461.50	0.00	0.00	24,985.92
Standard Life Aberdeen	326.00	0.30	0.09	9,689.08
Smith (DS)	502.60	-18.60	-3.57	5,557.63
Smiths Group	1,680.00	-18.00	-1.06	6,666.57
Scottish Mortgage Invstmnt Trst	527.50	-2.50	-0.47	7,540.51
Smith & Nephew	1,391.00	-7.00	-0.50	12,198.98
SSE	1,345.00	-10.00	-0.74	13,781.14
Standard Chartered	695.00	2.40	0.35	22,948.64
St James's Place	1,147.50	0.00	0.00	6,047.25
Severn Trent	1,715.00	-264.50	-13.36	4,684.08
Tesco	258.50	1.80	0.70	25,158.75
TUI AG	1,662.50	0.00	0.00	9,782.93
Taylor Wimpey	190.00	11.10	6.20	5,817.66
Unilever	4,175.00	-17.00	-0.41	50,403.98
United Utilities Group	758.00	-5.20	-0.68	5,208.26
Vodafone Group	184.50	0.68	0.37	48,967.50
WPP Group	1,200.50	7.50	0.63	15,084.01
Whitbread	3,975.00	16.00	0.40	7,334.87

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US dollar.....1.16434			
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Switzerland franc.....1.15494			
Denmark kroner .....7.45045			
Norway kroner .....9.52786			

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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 JULY 2

COMPANY	PRICE	CHANGE%	CHANGE	VOLUME(M)
3M	196,720	+0.38%	0,750	116.808,96
AMERICAN EXPRESS	98,0000	+1.06%	1,0300	84.324,10
APPLE	185,110	-0.21%	-0,390	909.841,20
BOEING CO	335,510	+0.26%	0,860	195.461,74
CATERPILLAR	135,670	-0.26%	-0,360	81.123,84
CISCO SYSTEMS	43,030	+0.21%	0,090	207.297,76
COCA-COLA	43,86	+0.90%	0,39	186.635,82
DOWDUPONT	65,92	-0.35%	-0,23	153.009,47
EXXON MOBIL	82,73	+0.93%	0,76	350.222,78
GOLDMAN SACHS	220,57	-1.28%	-2,85	83.313,28
HOME DEPOT	195,1000	-0.06%	-0,1100	225.079,43
IBM	139,70	-0.24%	-0,34	128.267,71
INTEL CORP	49,7100	+0.93%	0,4600	232.046,28
J.P.MORGAN CHASE	104,2000	-0.70%	-0,7300	354.777,76
JOHNSON & JOHNSON	121,3400	-0.54%	-0,6600	325.452,08
MC DONALD'S CORP	156,6900	+0.24%	0,3700	123.076,56
MERCK AND CO. NEW	60,70	+0.66%	0,40	163.247,64
MICROSOFT	98,610	-0.02%	-0,020	759.276,59
NIKE	79,68	+11.13%	7,98	102.205,03
PFIZER	36,2800	-0.22%	-0,0800	212.280,93
PROCTER AND GAMBLE	78,060	+0.01%	0,010	196.264,49
VERIZON COMMS	50,31	-1.08%	-0,55	207.999,67
VISA	132,45	-0.22%	-0,29	237.006,07
WAL-MART STORES	85,6500	-0.24%	-0,2100	252.739,82
WALGREENS BOOTS	60,02	+0.53%	0,32	59.514,81
WALT DISNEY CO	104,8100	+0.04%	0,0400	155.960,13

M - MILLION DOLLARS

**NASDAQ**

CLOSING PRICES JULY 2

COMPANY	PRICE	CHANGE NET / %
Most Advanced		
Echelon Corporation	\$ 8.24	4.08 ▲ 98.08%
Gemphire Therapeutics Inc.	\$ 10.19	4.95 ▲ 94.47%
Acceleron Pharma Inc.	\$ 48.52	14.54 ▲ 42.79%
Aquinox Pharmaceuticals, Inc.	\$ 2.65	0.39 ▲ 17.26%
Vertex Pharmaceuticals Incorporated	\$ 169.96	22.37 ▲ 15.16%
Tricida, Inc.	\$ 29.90	3.90 ▲ 15%
ASLAN Pharmaceuticals Limited	\$ 8.90	1.12 ▲ 14.40%
IRIDEX Corporation	\$ 6.96	0.85 ▲ 13.91%
Overstock.com, Inc.	\$ 33.65	3.75 ▲ 12.54%
Atlanticus Holdings Corporation	\$ 2.07	0.23 ▲ 12.50%
EyePoint Pharmaceuticals, Inc.	\$ 2.08	0.23 ▲ 12.43%
Most Declined		
ATA Inc.	\$ 4.19	0.8152 ▼ 16.29%
Verona Pharma plc	\$ 13.66	1.77 ▼ 11.47%
Arsanis, Inc.	\$ 3.63	0.37 ▼ 9.25%
Aceto Corporation	\$ 3.35	0.33 ▼ 8.97%
Pain Therapeutics, Inc.	\$ 2.06	0.195 ▼ 8.65%
Hanwha Q CELLS Co., Ltd.	\$ 6.46	0.60 ▼ 8.50%
Fossil Group, Inc.	\$ 26.87	2.47 ▼ 8.42%
Uxin Limited	\$ 9.04	0.73 ▼ 7.47%
Iteum Therapeutics plc	\$ 10.67	0.83 ▼ 7.22%
Secoo Holding Limited	\$ 8.08	0.62 ▼ 7.13%
NuCan a plc	\$ 19	1.41 ▼ 6.91%

**Kleinwort Hambros Elite PCC Limited**

**Distributing Funds**

**Sterling Fixed Income B**

DEALING PRICE

£0.9072 .....

PRICE MOVEMENT

-£0.0036

**Accumulating Funds**

**Multi Asset Conservative B GBP**

**Multi Asset Conservative B EUR**

**Multi Asset Balanced B GBP**

**Multi Asset Balanced B EUR**

**Multi Asset Growth B GBP**

**Multi Asset Growth B EUR**

DEALING PRICE

£1.1559 .....

PRICE MOVEMENT

-£0.0049

£1.0646 .....

-£0.0046

£1.3392 .....

-£0.0123

£1.2193 .....

-£0.0113

£1.5120 .....

-£0.0220

£1.3845 .....

-£0.0203

Remaining Elite Fund prices available on request

Prices correct as at 27/06/2018



# Pound stumbles, US dollar accelerates

## Ask the expert

Peter Loveday



Currencies Direct

Contact me at [euroweekly@currenciesdirect.com](mailto:euroweekly@currenciesdirect.com)

### Euro

EUR/GBP: Up from £0.87 to £0.88

EUR/USD: Down from \$1.17 to \$1.16

The euro (EUR) has traded in wide range again in June, with easing concerns over Italy's commitment to the Eurozone being unwound by the European Central Bank's (ECB) latest policy meeting.

Initially the single currency strengthened this month as Italy's new government dispelled fears that it was planning to ditch the euro.

However this meant little in the face of June's ECB policy meeting.

This saw the single currency nosedive as the bank's announcement of plans to unwind its stimulus programme was undermined by the ECB's accompanying pledge to leave interest rates on hold well into 2019.

The single currency did a serviceable job in clawing back some of these gains by the end of the month however, with some upbeat PMI figures aiding its road to recovery.



### JULY: Could see a more substantial lift in the euro.

Looking ahead, July could see a more substantial lift in the euro should Eurozone data continue to print positively, which would help ease fears of a sustained slowdown across the bloc.

### Pound

GBP/EUR: Down from €1.14 to €1.13

GBP/USD: Down from \$1.33 to \$1.32

Sterling (GBP) fell back once again in June, with the pound bowing before the pressures on rising Brexit uncertainty and subdued economic expansion.

While May's better-than-expected PMI readings helped Sterling to get off to a positive start this month, it was soon undone by the UK's latest wage growth and inflation figures, both of which dragged on the pound as they printed below expectations.

The only notable lifeline offered to GBP in June came in the form of a hawkish swift from within the Bank of England (BoE), with Chief

Economist Andy Haldane's shock vote for an immediate rate hike at this month's policy meeting prompting markets to be on the lookout for an August rate hike.

Indeed, if there is any more evidence supporting a summer rate hike, it may be possible for the pound to find some strength in July, so long as the shadow of Brexit doesn't return to drag on sentiment.

### US Dollar

USD/GBP: Up from £0.74 to £0.75

USD/EUR: Unmoved at €0.85

While the US dollar (USD) continued to appreciate in June, its advance slowed noticeably in comparison to its meteoric rise in May.

Just as in May, this month has seen the US dollar continue to find support from some solid domestic data, while a widely-anticipated rate hike from the Federal Reserve also lent strength to the currency.

However the dominant force behind USD in June proved to be the sharp rise in global trade tensions, with the currency fluctuating as Donald Trump stepped up the rhetoric.

This trend is likely to continue throughout July as well, with the US dollar likely to remain in a position of strength as upbeat economic data and ongoing trade uncertainty helps to drive demand for the 'Greenback.'

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# For God's sake give us all a break

**LEAPY LEE SAYS IT**

**OTHERS THINK IT**



WHY is it always the black and Asian minorities that constantly whine on about racism?

What about the white majorities, that have to put up with racist insinuations on an almost daily basis?

White people are accused of just about every injustice that ever befell humankind: 'The white man pillaged our land,' 'White people get all the best jobs,' 'White people are more likely to be accepted in Universities,' 'White people are first in line for promotion,' 'It's wrong to allow a white man/woman to portray a black man in some play or another,' 'It's a white man's world.'

It simply goes on and on. Substitute the word white with black in these situations and there would be a spate of law suits, self-righteous uproar and probably rioting across the land.

How many more times do we have to hear some toe-rag crook, caught bang to rights committing some heinous crime or another, scream out



**TOGETHER AS ONE: There is no place for any form of racism.**

that he was only being nicked because he was black? Even the brave firemen that risked life and limb trying to save the victims of the Grenfell disaster were accused of racism for not acting quickly enough. How disgraceful is that?

Well quite frankly I'm sick of being made to feel guilty because of the

colour of my skin. I'm also sick of white people being frightened to open their mouths against some injustice or another because they may be accused of racism or Islamophobia, or some other 'Obia' or 'Ism,' dreamed up to crush the freedom of speech. I am not a racist, never have been, and hopefully never will be.

However, if, heaven forbid, I ever did begin to lean in that direction, it would be purely because I had been driven there by these bigoted individuals, who are in fact the biggest racists of all.

It's time to stop blaming the failures and shortcomings of the so-called minorities on the oppression of the white

race majority. I realise that we have committed some horrendous atrocities in the past but have now been bending over backwards for years trying to atone for our historical mistakes. These days, in the name of 'diversity,' people are more likely to gain positions because they are members of a minority, rather than be left in line.

That, in itself, is blatant racism, but I don't see hordes of long suffering whites taking to the streets or bleating in the media because of it. For God's sake give us all a break. If this reversed racist attitude doesn't ease up soon, it could (basically because the white majority are becoming utterly peeved off) completely backfire, allowing the far right-wing faction to gain the upper hand in British politics.

If it does, heaven help Great Britain and everyone who sails in her. Don't kill the goose. Just be thankful to live in a country that still actually cares - for now!

*Keep the Faith,*

*Love Leapy*

*leapylee2002@gmail.com*

*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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Cryptic

- Across**
- 1 Leave off it's Ed's turn (6)
  - 4 Fears make it sadder (6)
  - 9 Bridge is a card game (7)
  - 10 Mother backing our love affair (5)
  - 11 Sample some of the pasta's texture (5)
  - 12 Overtake charged particle with emotion (7)
  - 13 Plant part of Old Testament (6)
  - 15 Dreads exotic snakes (6)
  - 18 Leave scribbled note offering lift (7)
  - 20 Draws back the turf (5)
  - 23 Member of the Salmon family seen in adult routine (5)
  - 24 Ruin the star turn (7)
  - 25 Drink for German man in the Seychelles (6)
  - 26 Tin god's nets (6)

- Down**
- 1 Opted out of storage facility (5)
  - 2 Declines washing facilities (5)
  - 3 An inhabitant of Eastern Europe makes love nearer the middle (7)
  - 5 Wanders around for nothing, among the sheep (5)
  - 6 Sadly, one cat I poison (7)
  - 7 Runs second editions (7)
  - 8 Bird pines away (5)
  - 13 Hustles Doctor Watson and Sherlock Holmes (7)
  - 14 Name one hybrid woodland plant (7)
  - 16 Sid and I upset by scorn (7)
  - 17 Iron, a good man's big spread (5)
  - 19 Following behind the queen (5)
  - 21 Leading man in The Wasp Factory (5)
  - 22 Moves quickly for the board game (5)

Code Breaker

Each number in the Code Breaker grid represents a different letter of the alphabet. In this week's puzzle, 2 represents G and 3 represents L, so fill in G every time the figure 2 appears and L every time the figure 3 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.

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

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

Quick

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

- Across**
- 1 Calm and dignified (6)
  - 4 Tailless web-footed amphibian (4)
  - 7 Malicious burning to destroy property (5)
  - 8 Find repugnant (5)
  - 10 State of rest, sleep or tranquillity (6)
  - 12/14 Main tent in a circus (3,3)
  - 15 Lacking self-confidence (6)
  - 18 Fourth month (5)
  - 19 Jewelled headdress (5)
  - 20 Free from danger (4)
  - 21 Light wind (6)
- Down**
- 1 Counterfeit or pretence (4)
  - 2 Infectious viral diseases of animals (9)
  - 3 Ballroom dance of Latin-American origin (5)
  - 5 Outbuilding for housing motor vehicles (6)
  - 6 Fraudulent (4)
  - 9 Sleep during winter (9)
  - 11 Male human offspring (3)
  - 13 Takes unlawfully (6)
  - 15 Displeasing to the senses (4)
  - 16 Stringed instrument of India (5)
  - 17 Very strong wind (4)

English - Spanish

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

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

- Across**
- 1 Faint (medical) (7)
  - 5 Caras (5)
  - 8 Gansos (5)
  - 9 Postman (7)
  - 10 To strike (hit) (7)
  - 11 Habilidad (5)
  - 12 Médico (6)
  - 14 Ranura (6)
  - 17 Arms (weapons) (5)
  - 19 Sisters-in-law (7)
  - 21 Más pesado (7)
  - 22 Noveno (5)
  - 24 Flash flood (5)
  - 25 Postre (7)
- Down**
- 1 See 23
  - 2 Concha (de caracol, marisco) (5)
  - 3 Dressing (culinary) (7)
  - 4 Dark (lacking light) (6)
  - 5 Tenedores (5)
  - 6 Credit (7)
  - 7 Hombros (9)
  - 10 Padrino (en bautizo) (9)
  - 13 Bell (instrument) (7)
  - 15 Kidneys (7)
  - 16 Asustado (6)
  - 18 Switzerland (5)
  - 20 Denso (5)
  - 23/1 Perro caliente (3,3)







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THURSDAY - 5 JULY

BBCone BBC TWO BBC FOUR CHANNEL 4 CHANNEL 5

1:35am	BBC News	3:15am	This is BBC Two	8:30pm	Canal Walks	7:00am	Countdown	12:15pm	On Benefits:
7:00am	Breakfast	7:00am	Flog it! Trade		with Julia	7:45am	King of Queens		Life on the
10:15am	Right on the		Secrets		Bradbury	8:10am	King of Queens		Dole
	Money	7:30am	Right on the	9:00pm	The First	8:35am	Everybody Loves	1:10pm	5 News
11:00am	Homes Under		Money		Georgians:		Raymond		Lunchtime
	the Hammer	8:15am	Coast		The German	9:00am	Everybody Loves	1:15pm	GPs: Behind
12:00pm	Rip Off Britain	9:00am	Britain in Bloom		Kings who Made		Raymond		Closed Doors
12:45pm	Caught Red	9:30am	Trust Me, I'm a		Britain	9:35am	Everybody Loves	2:15pm	Home and
	Handed		Doctor	10:00pm	Napoleon		Raymond		Away
1:15pm	Bargain Hunt		<i>Series going</i>		<i>The second of</i>	10:05am	Frasier	2:45pm	Neighbours
2:00pm	BBC News at		<i>behind the</i>		<i>documentaries</i>	10:35am	Frasier	3:15pm	Cagney and
	One		<i>headlines to</i>		<i>telling the story</i>	11:05am	Car S.O.S		Lacey
2:30pm	BBC London		<i>give the definitive</i>		<i>of Napoleon.</i>	12:05pm	Ramsay's	4:15pm	Hidden Truth:
	News		<i>answers to health</i>	11:00pm	Whites v Blacks:		Kitchen		Lies Will
2:45pm	Wimbledon		<i>questions.</i>		<i>How Football</i>	1:00pm	Nightmares USA	6:00pm	Surface
	2018	10:00am	Victoria Derbyshire		<i>Changed a</i>	1:05pm	Channel 4 News		5 News at 5
7:00pm	BBC News at Six	12:00pm	The Daily Politics		<i>Nation</i>		Come Dine with	6:30pm	Neighbours
7:30pm	BBC London		<i>Jo Coburn</i>	12:00am	Britain's Whale	2:05pm	Me	7:00pm	Home and
	News		<i>presents the latest</i>		Hunters: The		Find it, Fix it,		Away
8:00pm	Fake Britain		<i>political news and</i>		<i>Untold Story</i>	3:10pm	Flog it	7:30pm	The NHS at 70:
8:30pm	EastEnders		<i>debate.</i>	1:00am	Top of the Pops	4:00pm	Countdown		A 5 News
9:00pm	Would I Lie to	12:30pm	Wimbledon 2018	1:30am	Gods and	5:00pm	A Place in the	8:00pm	Tonight Special
	You?	9:30pm	Today at		Monsters:		Sun: Winter Sun		The Wonderful
9:30pm	EastEnders		Wimbledon		Homer's Odyssey	6:00pm	The £100k Drop		World of
10:00pm	Celebrities on	10:30pm	RHS Hampton	2:30am	B is for Book		Come Dine with	9:00pm	Puppies
	the NHS		Court Flower	3:30am	The First	6:30pm	Me		Bad Tenants,
	Frontline	11:00pm	Show 2018		Georgians: The	7:00pm	The Posh Frock		Rogue
11:00pm	BBC News at	11:30pm	Mock the Week		German Kings		Shop	10:00pm	Landlords
	Ten	12:15am	Newsnight		who Made	7:30pm	The Simpsons		Nando's: A Peri
11:30pm	BBC London		Frankie Goes to		Britain	8:00pm	Hollyoaks		Peri Big
	News		Russia	4:30am	This is BBC Four	9:00pm	Channel 4 News		Success Story
11:45pm	Question Time	1:15am	The Bridge			10:00pm	Supershoppers	11:00pm	Notorious Fritz!
12:45am	This Week	2:15am	Grammar Schools:			11:00pm	Humans		What
1:30am	Reggie Yates'		Who Will Get In?			12:05am	First Dates	12:05am	Happened Next
	Extreme Russia	3:15am	The Truth About				Bride and		Murder: The
2:30am	Weather for the		Carbs			1:05am	Prejudice		Soap Star Killer
	Week Ahead						Naked Attraction		

itv itv2 itv3 itv4 sky sports main event

11:30am	This Morning	8:10am	Who's Doing the	3:30am	Teleshopping	4:00am	Teleshopping	4:30am	Football
1:30pm	Loose Women		Dishes?	7:00am	Classic	7:00am	The Chase	6:35am	One2eleven
2:30pm	ITV Lunchtime	9:00am	Emmerdale		Coronation Street	7:50am	Pawn Stars	7:00am	Good Morning
	News	9:30am	Coronation	7:25am	Classic		<i>Reality series.</i>		Sports Fans
2:55pm	ITV News		Street		Coronation Street		<i>Sniggering</i>		Bitesize
	London	9:55am	Coronation	7:55am	Heartbeat		<i>abounds as the</i>	7:30am	Good Morning
3:00pm	Judge Rinder's		Street	9:00am	The Royal		<i>guys check</i>		Sports Fans
	Crime Stories	10:25am	The Ellen		<i>Spin-off drama</i>		<i>out some 40s'</i>		Bitesize
4:00pm	Tenable		DeGeneres Show		<i>from Heartbeat</i>		<i>sex education</i>	8:00am	Good Morning
5:00pm	Tipping Point	11:20am	The Bachelorette		<i>set in a cottage</i>		<i>literature</i>		Sports Fans
6:00pm	The Chase	1:15pm	Emmerdale		<i>hospital in the</i>	8:15am	Quincy, M.E.	9:00am	Good Morning
7:00pm	ITV News	1:45pm	Coronation		<i>seaside town of</i>	9:20am	Minder		Sports Fans
	London		Street	10:00am	<i>Elsinby.</i>	10:20am	The Sweeney	10:00am	Good Morning
7:30pm	ITV Evening	2:15pm	Coronation		Judge Judy	11:30am	The		Sports Fans
	News		Street		Judge Judy	12:35pm	Professionals	11:00am	Sky Sports News
8:00pm	Emmerdale	2:45pm	The Ellen	10:30am	Judge Judy		Ironsides	11:30am	Live European
8:30pm	Violent Britain:	3:35pm	DeGeneres Show	11:25am	Agatha Christie's	1:40pm	Quincy, M.E.	7:00pm	Cricket
	Drugs, Knives		The Jeremy Kyle		Marple	2:45pm	Minder		<i>Middlesex host</i>
	and Gangs -	4:40pm	Show	1:35pm	The Royal	3:50pm	The Sweeney		<i>Surrey at Lord's</i>
9:00pm	Emmerdale		The Jeremy Kyle	2:40pm	Heartbeat	4:55pm	The		<i>in the opening</i>
		5:45pm	Show	3:40pm	Classic	6:00pm	Professionals		<i>week of the</i>
9:30pm	Best Walks with		The Jeremy Kyle		Coronation Street		Cash Cowboys		<i>Vitality T20</i>
	a View with	6:50pm	Show	4:15pm	Classic	7:05pm	Pawn Stars		<i>Blast.</i>
10:00pm	Police Tapes	8:00pm	Take Me Out	4:50pm	Coronation Street	8:00pm	Pawn Stars	10:30pm	Live PGA Tour
11:00pm	ITV News at Ten		You've Been		Agatha Christie's	8:30pm	World Series of		Golf
	and Weather	9:00pm	Framed!	6:55pm	Marple	9:00pm	Darts Live: Las	12:30am	European Tour
11:30pm	ITV News		Two and a Half	8:00pm	Heartbeat		Vegas		Highlights
	London	9:30pm	Men		Murder, She		River Monsters	1:30am	Sporting
11:45pm	It's Not Just	10:00pm	Superstore	9:00pm	Wrote	1:00am	Minder		Triumphs
	Cricket	11:00pm	Love Island		Vera	2:05am	The Protectors	1:45am	Sporting
12:45am	Violent Britain:		Keith Lemon:	1:05am	Unforgotten	3:10am	Barcelona's		Triumphs
	Drugs, Knives	11:50pm	Coming in	2:05am	Unforgotten	3:35am	European Glory	2:00am	Sky Sports News
	and Gangs -	12:20am	America	3:00am	ITV3 Nightscreen	4:00am	ITV4 Nightscreen	3:00am	Sky Sports News
	Tonight		Family Guy	3:30am	Teleshopping		Teleshopping	4:00am	Sky Sports News
1:10am	Jackpot247	12:45am	American Dad!					5:00am	Sky Sports News

FRIDAY - 6 JULY

BBCone BBC TWO BBC FOUR CHANNEL 4 CHANNEL 5

12:45pm	Caught Red	4:15am	This is BBC Two	4:30am	This is BBC Four	7:45am	King of Queens	8:55am	Ben and Holly's
	Handed		Flog it! Trade	8:00pm	World News	8:10am	King of Queens		Little Kingdom
1:15pm	Bargain Hunt	7:00am	Secrets		Today	8:35am	Everybody Loves	9:05am	Paw Patrol
2:00pm	BBC News at		Right on the		<i>The latest</i>		Raymond	9:20am	Floogals
	One	7:30am	Money		<i>national</i>	9:00am	Everybody Loves	9:40am	Digby Dragon
2:30pm	BBC London		Coast		<i>and international</i>		Raymond	9:55am	Nella the
	News	8:15am	Gardeners'		<i>news, exploring</i>	9:30am	Everybody Loves		Princess Knight
2:45pm	Wimbledon	9:00am	World		<i>the day's events</i>		Raymond	10:05am	Mofy
	2018		Victoria		<i>from a global</i>	10:00am	Frasier	10:15am	The Wright
7:00pm	BBC News at Six	10:00am	Derbyshire		<i>perspective.</i>		Frasier		Stuff
7:15pm	BBC London	12:00pm	The Daily Politics	8:30pm	Top of the Pops	11:00am	Formula 1	12:15pm	On Benefits:
	News		<i>Jo Coburn</i>	9:00pm	Top of the Pops	12:35pm	F1 Meets...		Life on the Dole
7:30pm	Match of the		<i>presents the</i>	10:00pm	Top of the Pops		Daniel Ricciardo	1:10pm	5 News
	Day Live		<i>latest political</i>	11:00pm	Smashing Hits!	1:00pm	Channel 4 News		Lunchtime
10:15pm	EastEnders		<i>news, interviews</i>		The 80s Pop	1:05pm	Couples Come	1:15pm	GPs: Behind
10:45pm	Our Friend		<i>and debate.</i>		Map of Britain		Dine with Me		Closed Doors
	Victoria	12:30pm	Wimbledon		and Ireland	1:55pm	Find it, Fix it,	2:15pm	Home and
11:15pm	BBC News at	2018	2018	12:00am	Top of the Pops		Flog it		Away
	Ten	9:30pm	Today at	1:00am	Chalkie Davies:	2:55pm	Formula 1	2:45pm	Neighbours
11:40pm	BBC London		Wimbledon		Rock	5:00pm	The £100k Drop	3:15pm	Cagney and
	News		RHS Hampton		Photographer	6:00pm	Come Dine with		Lacey
11:50pm	Room 101	10:30pm	Court Flower		<i>Documentary</i>		Me	4:15pm	Jesse Stone:
12:30am	Live at the		Show 2018		<i>following</i>	6:30pm	The Posh Frock		Thin Ice
	Apollo	11:30pm	Newsnight		<i>photographer</i>		Shop	6:00pm	5 News at 5
1:00am	Match of the	12:05am	Romper Stomper		<i>Chalkie Davies</i>	7:00pm	The Simpsons	6:30pm	Neighbours
	Day	12:55am	Romper Stomper		<i>as he prepares</i>	7:30pm	Hollyoaks	7:00pm	Home and
2:40am	Weather for the	1:50am	The Trouble with		<i>for his first</i>	8:00pm	Channel 4 News		Away
	Week Ahead		Women with		<i>major exhibition,</i>	9:00pm	George Clarke's	7:30pm	5 News Tonight
2:45am	BBC News		Anne Robinson		<i>which is opening</i>		Amazing Spaces	8:00pm	Cruising with
7:00am	Breakfast	2:50am	The Richard		<i>at the National</i>	10:00pm	The Crystal Maze		Jane McDonald
10:15am	Right on the		Dimbleby Lecture		<i>Museum of</i>	11:00pm	The Last Leg	9:00pm	Cruising with
	Money	3:35am	This is BBC Two		<i>Wales in Cardiff.</i>	12:05am	The Big Narstie		Jane McDonald
11:00am	Homes Under			1:30am	Top of the Pops		Show	10:00pm	Jane McDonald
	the Hammer			2:30am	Shirley Bassey at	1:05am	Stath Lets Flats		and Friends
12:00pm	Rip Off Britain				the BBC			11:00pm	Jane McDonald:
12:45pm	Caught Red			3:30am	Top of the Pops				My Life Story
	Handed			4:30am	This is BBC Four			12:00am	Cricket on 5

itv itv2 itv3 itv4 sky sports main event

9:30am	Lorraine	9:00am	Emmerdale	3:30am	Teleshopping	4:00am	Teleshopping	6:00am	Sky Sports
10:25am	The Jeremy Kyle	9:30am	Emmerdale	7:00am	Classic	7:00am	The Chase		News
	Show	9:55am	You've Been		Coronation	7:50am	Pawn Stars	7:00am	Good Morning
			Framed!		Street	8:15am	Ironsides		Sports Fans
11:30am	This Morning		The Ellen	7:25am	Classic		<i>A small-time</i>		Bitesize
1:30pm	Loose Women	10:25am	DeGeneres Show		Coronation		<i>gangster warring</i>	7:30am	Good Morning
2:30pm	ITV Lunchtime		The Bachelorette		Street		<i>with a mob boss</i>		Sports Fans
	News	11:20am	You've Been	7:55am	Heartbeat		<i>hires a hitman to</i>		Bitesize
2:55pm	ITV News	12:15pm	Framed!	9:00am	The Royal		<i>kill Ironside.</i>	8:00am	Good Morning
	London		Emmerdale	10:00am	Judge Judy	9:20am	Quincy, M.E.		Sports Fans
3:00pm	Judge Rinder's	1:15pm	Emmerdale	10:30am	Judge Judy	10:20am	Minder	9:00am	Good Morning
	Crime Stories	1:45pm	Emmerdale	10:55am	Judge Judy	11:25am	The Sweeney		Sports Fans
3:30pm	FIFA World Cup	2:15pm	You've Been	11:20am	Agatha	12:35pm	The Professionals	10:00am	Good Morning
	2018: Quarter-		Framed!		Christie's	1:40pm	Ironsides		Sports Fans
	Finals	2:45pm	The Ellen		Marple	2:45pm	Quincy, M.E.	10:30am	Paddock Uncut
6:15pm	Catchphrase		DeGeneres Show		The Royal	3:50pm	Minder	10:45am	Live British F1
7:00pm	ITV News	3:35pm	The Jeremy Kyle	1:35pm	Heartbeat	4:55pm	The Sweeney		GP: Practice
	London		Show	2:35pm	Classic	6:00pm	The Professionals	12:50pm	Live European
7:30pm	ITV Evening	4:40pm	The Jeremy Kyle	3:40pm	Coronation	7:05pm	Cash Cowboys		Tour Golf
	News		Show		Street	8:00pm	Pawn Stars	6:00pm	Cricket
8:00pm	Emmerdale	5:45pm	The Jeremy Kyle	4:15pm	Classic	8:30pm	Pawn Stars		Live PGA Tour
8:30pm	Coronation		Show		Coronation	9:00pm	World Series of	10:00pm	Golf
	Street	6:50pm	Take Me Out		Street		Darts Live: Las	12:30am	European Tour
9:00pm	James Martin's	8:00pm	You've Been	4:45pm	Agatha		Vegas		Highlights
	American		Framed!		Christie's	1:00am	River Monsters	1:30am	Sporting
9:30pm	Adventure	9:00pm	Two and a Half		Marple	2:00am	Minder		Triumphs
	Coronation		Men		Heartbeat	3:10am	Pawn Stars	1:45am	Sporting
	Street	9:30pm	Superstore		Murder, She	3:30am	Football Rivalries		Triumphs
10:00pm	Lethal Weapon	10:00pm	Love Island		Wrote	3:40am	ITV4 Nightscreen	2:00am	Sky Sports
11:00pm	ITV News at Ten	11:05pm	Celebrity Juice	9:00pm	Agatha	4:00am	Teleshopping		News
	and Weather	12:20am	Family Guy		Christie's Poirot			3:00am	Sky Sports
11:45pm	FIFA World Cup	12:50am	American Dad!	11:00pm	Foyles War				News
	2018: Highlights	1:20am	American Dad!	1:05am	Vera			4:00am	Sky Sports
12:45am	Mad Max 3:	1:45am	Two and a Half	2:55am	Honest				News
	Beyond		Men	3:45am	Long Lost Family			5:00am	Sky Sports
	Thunderdome	2:20am	Superstore		- Australia				News





## TV COUCH CRITIC

by Adam Whalley-Lewis

REGULAR readers (thank you by the way, for being regular) will know that I like to pick a nice spot to pen this piece each week, usually somewhere with an abundance of Rioja on offer. So this week I am writing from the wonderful terrace of Restaurante Sarmiento in Casares village, it's smashing and I hope you have watched some smashing TV over the last seven days?

*Love Island* is still going...

I'm going to risk another fumble into football territory following the Spain v Russia match on Sunday, *BBC1* and *ITV*. It was edge of your seat stuff. My phone was buzzing with messages from local friends in the village and from family and friends back in the UK. No idea what you say when things pan out as they did. I settled with 'felicitaciones por la forma en que España jugó.'

My copy deadline this week is too early for any comment on the England match, probably for the best, don't you think?

It was quite tricky to avoid sport on Sunday with football, athletics and the Motor Racing all nudging each other for air time, but *BBC2* tried to offer something different by showing *Into the Woods*.

Now if you caught this one and managed to watch to the end, well done, I just about made it, with the help of, you guessed it, a massive glass of Rioja.

I suppose this would be billed as 'a musical adaptation of a gaggle of fairytales all mixed up.'

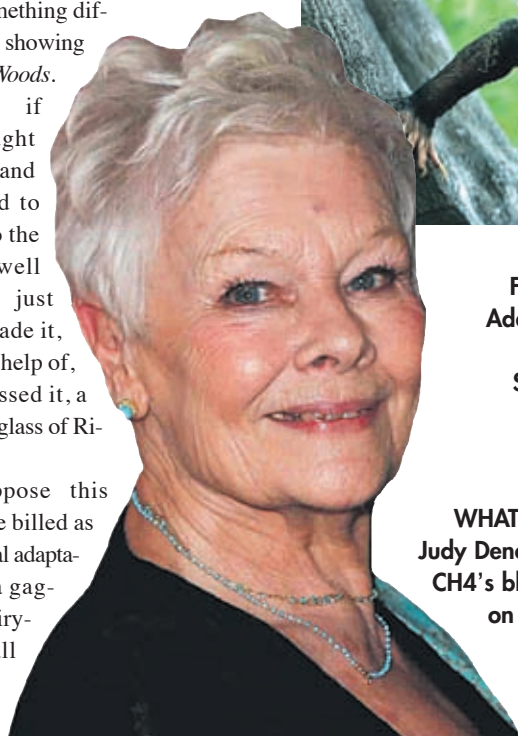


Photo credit: BBC2

**FAIRY TALE:**  
Adaptation of Stephen Sondheim's Broadway hit.

**WHAT A DAME:**  
Judy Dench stars in *CH4*'s blockbuster on Saturday.

with Meryl Streep and James Corden thrown in for good measure. Ah, lovely Meryl Streep you cry, must have been fantastic. Well, err, no. Little Red Riding Hood and Cinderella did make an appearance, as did Cinder's wicked step sisters. I particularly enjoyed the bit where Mum cut off bits of the sisters' toes and feet so that the glass slipper (which I don't think was glass) might fit them. I bet glasses of something healthy were spilt all over Highgate at that point.

The cast list should have ensured this was much better than it was. I

mean, what on earth was Johnny Depp trying to do with the Big Bad Wolf character? If the brief was sleaze, he nailed it. The Broadway version was a massive hit, so maybe it just lost something in translation to TV. A little bit like my 'well done Spain' attempt above.

Nothing fairy-tale about *Channel 4*'s look *Inside the American Embassy* on Monday night. Last week we were introduced to the US Ambassador to the UK. He's a Trump guy and a billionaire. It feels like there should be a Red and a Green button here to gauge your views on that last sentence. I have no views, on anything. Well, I do on telly but other than that, no views. This is an interesting watch, concludes next Monday, *CH4*.

Looking forward, TV schedules are a load of balls. Footballs and tennis, how very dare you! And for a movie break from the balls, how about *The Second Best Exotic Marigold Hotel*, *CH4* Saturday?

Happy viewing.

## I don't like the cheating

Mike Senker

In my opinion

Views of a Grumpy Old Man



I'M quite enjoying watching the World Cup and, at the time of writing, both England and Spain are doing OK. I also love the VAR system of being able to check questionable decisions. What I don't like is the cheating that goes on. It's diabolical the way some of these highly paid professional 'sportsmen' behave on the pitch. When I watched the first match I thought there was a sniper in the crowd the way they were going down and rolling about.

It was ridiculous when all they were trying to do was get a decision for a free kick or a penalty and, in turn, either gets the other player booked and/or sent off. As the week has gone on it's got worse. What is even more incredible is how they celebrate when they get the decision - hugging, fist pumping and back slapping and this is for cheating, not scoring.

They have fooled, or tried to fool, the referee into giving them a decision. I love watching all sorts of sport. My favourite is snooker which is a sport that is proud of its gentlemanly conduct. The players actually call a foul shot even if the ref hasn't seen it. I believe if you have to cheat to win a sports event and

you get caught, you should be banned, end of. That goes for the overpaid footballers - if they get caught cheating, which includes the holding and obstructing of players, they should get an instant red card and be out for the rest of the tournament or season. Do that and they will soon stop.

Having bought quite a bit of furniture over the years I have lived in Spain, I have always been very impressed with the service you get from the delivery people. The goods are delivered and, sometimes, that's no easy task if you live in an apartment. They take it out of the boxes, fix it all up, put it in the location you want it and take away the old stuff a lot of the time and even the empty packaging is removed. So I was surprised when my daughter told me of her experience in the UK.

She bought a small shed, not a wooden one, a plastic one - you know the type which come flat packed and just slots together. Anyway a guy knocks on her door and basically says, 'Here's your shed.' She asks if he could just take it through to her small garden. 'Nah love, can't do that. We are only allowed to take it as far as the front door. Why? How is she meant to get it through the house? 'Sorry only insured up to the front door. If you don't want it I'll shove it back on the van.' Jobsworths!

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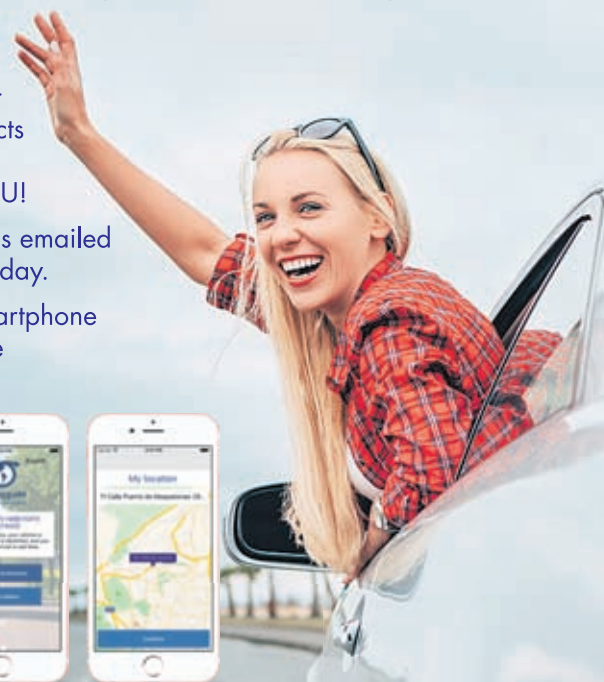
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SATURDAY - 7 JULY

BBConeBBCtwoBBCFOURCHANNEL4CHANNEL5

2:45am	BBC News	3:35am	This is BBC Two	4:30am	This is BBC Four	7:45am	King of Queens	11:35am	Make You
7:00am	Breakfast	7:40am	Marrying Mum	8:00pm	Earth's Greatest	8:10am	King of Queens		Laugh Out
11:00am	Saturday		and Dad		Spectacles	8:35am	Everybody Loves		Loud
	Kitchen Live	8:10am	Officially	9:00pm	Simon King's		Raymond	11:55am	Police
12:30pm	Simply Nigella		Amazing Goes		Shetland Diaries	9:00am	Everybody Loves		Interceptors
1:00pm	BBC News		Bunkers	10:00pm	Hidden		Raymond	12:50pm	Police
1:10pm	Weather	8:40am	The Dengineers	11:00pm	Rik Mayall Lord	9:30am	Frasier		Interceptors
1:15pm	Wimbledon	9:10am	Naomi's		of Misrule	10:00am	Frasier	1:50pm	Nightmare
	2018		Nightmares		<i>A tribute to</i>	10:30am	The Big Bang		Tenants, Slum
3:30pm	Match of the		of Nature		<i>Mayall, whose</i>		Theory	2:45pm	Landlords
6:15pm	Day Live	9:40am	Deadly Dinosaurs		<i>blend of rocket-</i>	11:00am	The Big Bang		Bad Tenants,
	Wimbledon		with Steve		<i>fuelled physical</i>		Theory	3:45pm	Rogue
	2018	10:10am	Backshall		<i>comedy,</i>	11:25am	The Big Bang		Landlords
7:10pm	BBC News		David		<i>surrealism,</i>		Theory	4:50pm	Bargain Loving
7:20pm	Regional News		Attenbrough's		<i>subversive satire</i>	11:55am	Formula 1		Brits in the Sun
7:25pm	Weather		Natural		<i>and pompous</i>	1:25pm	F1: Grand Prix		Brits in the Sun
7:30pm	Match of the	10:30am	Curiosities		<i>punk wit left a</i>	1:55pm	Formula 1	5:45pm	Rich House,
	Day Live		Second Chance		<i>body of work</i>	4:50pm	Location,		Poor House
10:15pm	Mrs. Brown's		Summer: Tuscany		<i>that spanned</i>		Location,	6:45pm	5 News
	Boys	11:30am	Athletics		<i>four decades.</i>	5:50pm	A Place in the	6:50pm	Can't Pay?
10:45pm	BBC News	12:30pm	Wimbledon 2018	12:00am	Sound of		Sun: Winter Sun		We'll Take it
11:00pm	Weather	9:30pm	Today at		Cinema: The	6:35pm	Escape to the		Away!
11:05pm	Avengers: Age	10:30pm	Wimbledon		Music that		Chateau: DIY	7:45pm	Can't Pay?
	of Ultron		Rhs: Hampton		Made the	7:30pm	Channel 4 News		We'll Take it
1:15am	Match of the		Court Palace		Movies	8:00pm	Great Canal		Away!
	Day		Flower Show				Journeys	8:40pm	Britain's
2:55am	Weather for the	11:00pm	Joanna and	1:00am	Top of the Pops	9:00pm	The Second Best		Greatest
3:00am	Week Ahead		Jennifer:	2:00am	Smashing Hits!		Exotic Marigold	10:00pm	TV's 50
	BBC News		Absolutely		The 80's Pop	11:25pm	Hotel		Greatest
			Champers		Map of Britain	1:30am	Ramsay's Hotel		Magic Tricks
			Absolutely		and Ireland	2:20am	Hell	1:50am	Cricket on 5
		12:00am	Fabulous	3:00am	Je t'aime: The		The Big Narstie	4:10am	Super Casino
			Behind the		Story of French		Show		The A-Team
		12:30am	Candelabra		Song with Petula		Hollyoaks		
		2:20am	Populaire		Clark	3:15am	Omnibus		
		4:05am	This is BBC Two	4:00am					

itv itv2 itv3 itv4 sky sports main event

8:55am	Drop Dead	6:40am	ITV2 Nightscreen	5:45am	Judge Judy	4:00am	Teleshopping	6:00am	Sky Sports
	Weird	7:00am	The Planet's	6:05am	Murder, She	7:00am	Storage Wars		News
9:25am	ITV News		Funniest Animals		Wrote		Texas	7:00am	Rugby Gold
9:30am	Zoe Ball on	7:20am	Totally Bonkers	6:50am	ITV3 Nightscreen	7:20am	The Professionals	7:10am	Rugby Union
	Saturday		Guinness World	7:00am	Murder, She	8:25am	Motorsport UK		<i>Chiefs take on</i>
10:25am	James Martin's		Records		Wrote	9:30am	ITV Racing: The		<i>Brumbies at</i>
	American	7:45am	Emmerdale	7:45am	Murder, She		Opening Show		<i>FMG Stadium</i>
	Adventure		Omnibus		Wrote	10:30am	Tour De France		<i>Waikato in</i>
10:55am	Who's Doing	10:00am	Coronation	8:45am	Murder, She		Live 2018		<i>Hamilton, New</i>
	the Dishes?		Street		Wrote	4:15pm	Pawn Stars		<i>Zealand.</i>
11:55am	The Best of the	12:00pm	Omnibus	9:45am	Agatha Christie's	4:40pm	Pawn Stars	9:00am	Good Morning
	Voice Worldwide		Framed!		Marple	5:05pm	Pawn Stars		Sports Fans
12:55pm	ITV Lunchtime	1:05pm	Harry Hill's Alien	11:50am	Agatha Christie's	5:35pm	Pawn Stars	9:30am	Rugby Union
	News		Fun Capsule		Marple	6:05pm	Pawn Stars	11:30am	Cricket
1:00pm	ITV Racing: Live	1:35pm	Fun Capsule		<i>When a murder</i>	6:30pm	Pawn Stars		Live British F1
	from Sunday	2:20pm	Catchphrase		<i>is announced in</i>	7:00pm	Pawn Stars	2:00pm	GP: Qualif Pre-
3:30pm	FIFA World Cup	3:20pm	Twister		<i>the personal</i>	7:25pm	Pawn Stars		Show
	2018: Quarter-	3:25pm	Twister		<i>columns of</i>	8:00pm	Tour De France	2:55pm	Live British F1
	Finals	4:35pm	Peter Pan		<i>the Chipping</i>		2018 Highlights		GP: Qualifying
6:15pm	Catchphrase	5:40pm	Peter Pan		<i>Cleghorn</i>	9:00pm	World Series of		<i>at the 2018</i>
7:00pm	ITV Evening	5:45pm	Peter Pan		<i>Gazette, the</i>		Darts (Non UK		<i>Legs)</i>
	News	6:45pm	The Hobbit: An		<i>locals wonder if</i>	1:00am	Nacho Libre		<i>Prix at</i>
7:15pm	Regional News		Unexpected	1:50pm	Agatha Christie's	2:05am	FYI Daily		<i>Silverstone.</i>
	and Weather		Journey		Marple	2:10am	Nacho Libre	4:40pm	Cricket
7:30pm	FIFA World Cup	7:50pm	FYI Daily	3:50pm	Agatha Christie's	2:55am	Minder	6:00pm	Live Netball
	2018: Quarter-	7:55pm	The Hobbit: An		Marple	3:50am	ITV4 Nightscreen		Superleague
	Finals		Unexpected	5:55pm	Foyle's War	4:00am	Teleshopping		Final
10:15pm	Bear's Mission		Journey	8:00pm	Midsomer			7:45pm	Live PGA Tour
	with Rob Brydon		Love Island		Murders				Golf
11:00pm	ITV News	10:00pm	Keith Lemon:	10:00pm	Endeavour			12:00am	Live LPGA Golf
11:20pm	The Bourne	11:05pm	Coming in		Vera			2:30am	European Tour
	Identity		America	2:00am	Honest				Highlights
1:40am	Jackpot247	11:50pm	Family Guy	2:50am	Judge Judy			3:30am	Sporting Greats
4:00am	Mr Selfridge	12:20am	Family Guy	3:10am	ITV3 Nightscreen				II
4:50am	ITV Nightscreen	12:50am	Family Guy	3:30am	Teleshopping			4:00am	Football Years

SUNDAY - 8 JULY

BBConeBBCtwoBBCFOURCHANNEL4CHANNEL5

11:00am	Sunday Morning	9:05am	Heligan: Secrets of	5:00am	This is BBC Four	6:10am	Cheap Cheap	10:05am	Ben and Holly's
	Live		the Lost Gardens		<i>BBC Four is the</i>		Cheap		<i>Little Kingdom</i>
12:00pm	Sunday Politics	10:05am	Countryfile		<i>BBC channel for</i>	7:05am	Motorsport	10:20am	Shimmer and
1:15pm	Bargain Hunt	11:00am	Saturday Kitchen		<i>people who</i>	7:30am	Motorsport		<i>Shine</i>
2:00pm	BBC News		Best Bites		<i>want more.</i>	8:00am	Everybody Loves	10:35am	Digby Dragon
2:15pm	Barry Davies:	12:30pm	The Hairy Bikers'	8:00pm	Vienna Summer		Raymond	10:55am	Peppa Pig
	The Man, the		Best of British		Night Concert	8:25am	Everybody Loves	11:05am	Peppa Pig
	Voice, the	1:15pm	Rick Stein's German		2018		Raymond	11:10am	Teenage
	Legend		Bite	9:15pm	Legends of the	8:55am	Frasier		Mutant Ninja
3:00pm	Just Call Me	2:15pm	Homes Under the		Deep: Giant	9:25am	Frasier		Turtles
	Martina		Hammer		Squid	9:55am	Bake Off: The	11:45am	Pets Make You
4:00pm	Escape to the	3:15pm	Garden Rescue	10:00pm	Horizon		Professionals		Laugh Out
	Country	4:00pm	Mountain Lions: Big	11:00pm	The Sky at Night	11:00am	Sunday Brunch		Loud
4:30pm	Money for		Cats in High Places	11:30pm	Hunting the	2:00pm	Formula 1 British	12:05pm	Police
	Nothing	5:00pm	Operation Grand		Nazi Gold Train		Grand Prix Live		Interceptors
5:15pm	Songs of Praise		Canyon with Dan	12:30am	The Art of		Build Up	1:00pm	Interceptors
5:50pm	Attenborough		Snow		Scandinavia	2:40pm	Formula 1		Interceptors
	and the Giant	6:00pm	Flog It!	1:30am	The Art That	5:30pm	Formula 1	2:00pm	The Secret Life
	Elephant	6:50pm	Mortimer and		Made Mexico:	6:35pm	Bang on Budget		of Puppies
6:50pm	Pointless		Whitehouse: Gone		Paradise,	7:30pm	Channel 4 News	2:55pm	The Secret Life
7:35pm	BBC News		Fishing		Power and	8:00pm	The Great British		of Puppies
7:50pm	BBC London	7:20pm	Strokes of Genius:		Prayers		Germ Hunt	3:55pm	Dirty Dancing
	News	9:00pm	Federer v Nadal		<i>Series in which</i>	9:00pm	Bake Off: The	6:00pm	Maid in
8:00pm	Countryfile		Reeve		<i>artist Alinka</i>		Professionals		Manhattan
9:00pm	Antiques	10:00pm	The Misadventures		<i>Echeverria</i>	10:00pm	The Handmaid's	8:00pm	Cricket on 5
	Roadshow		of Romesh		<i>explores the</i>		Tale	9:00pm	Chuckle Time
10:00pm	Poldark		Ranganathan		<i>forces and ideas</i>	11:10pm	World's Tiniest		with the
11:00pm	BBC News	11:00pm	The Fourth Estate		<i>that have</i>	12:05am	Masterpieces		Chuckle
11:20pm	BBC London	11:55pm	The Box		<i>shaped Mexican</i>	2:20am	The Eagle		Brothers
	News	1:45am	Question Time	2:30am	David Starkey's	3:15am	The Last Leg	9:55pm	5 News
11:30pm	Celebrities on	2:45am	Holby City		Music and		the Zoo	10:00pm	We're the
	the NHS	3:45am	This is BBC Two		Monarchy	4:15am	Gillette World		Millers
12:30am	Reggie Yates'		Highlights of	3:30am	Horizon		Sport	12:10am	Hot Tub Time
	Extreme Russia		programmes on	4:30am	This is BBC Four	4:40am	My Kitchen		Machine 2
	Show		BBC Two.				Rules	2:00am	Super Casino
1:25am						5:35am	Star Boot Sale	4:10am	The A-Team

itv itv2 itv3 itv4 sky sports main event

7:35am	Dino Dana	7:00am	The Planet's	3:30am	Teleshopping	4:00am	Teleshopping	9:15am	Live British
	Mission		Funniest Animals	7:00am	Judge Judy	7:00am	Minder		GP3: Race
7:50am	Employable	7:15am	Totally Bonkers	7:20am	Heartbeat	7:50am	Minder	10:10am	When Seb Met
	The Oddbods		Guinness World		<i>PC Walker and</i>	8:45am	The Professionals		Ted
7:55am	Show		Records		<i>Nurse Carol</i>	9:45am	The Professionals	10:25am	Live British F2:
8:05am	Ninjabo	7:40am	Totally Bonkers		<i>Cassidy have a</i>	10:50am	The Professionals		Race
8:30am	The Haunted		Guinness World		<i>disagreement</i>	11:55am	Tour De France	11:35am	Billy Monger
	Hathaways		Records		<i>over handling a</i>		2018 Highlights		and Lewis
8:55am	Drop Dead	8:05am	You've Been	1:00pm	Tour De France		Live 2018	11:40am	Alonso Drives
	Weird		Framed!		Live 2018	6:00pm	Sports short film.		Simon
9:25am	ITV News	8:30am	Emmerdale	8:15am	Heartbeat		Nico and Keke	11:45am	Legends of F1
9:30am	Zoe Ball on		Omnibus	9:20am	Agatha	6:10pm	Storage Wars	12:00pm	Legends of F1
	Sunday	10:50am	Street Omnibus		Christie's Marple	6:35pm	Texas	12:30pm	Live Porsche
10:25am	Problem Child		Framed!	11:25am	Foyle's War		Texas	12:35pm	Supercup:
11:55am	The Best of the	12:50pm	You've Been	1:40pm	Foyle's War	7:00pm	Pawn Stars		Britain
	Voice Worldwide		Framed!		<i>Feature-length</i>	7:30pm	Pawn Stars	1:20pm	Zak Drives
12:55pm	Midsomer	1:50pm	You've Been		<i>drama about an</i>	8:00pm	Tour De France		Alonso
	Murders	2:20pm	Take Me Out		<i>enigmatic</i>		2018 Highlights	1:25pm	Billy Monger
2:55pm	ITV Lunchtime	3:35pm	Happy Feet Two		<i>detective</i>	9:00pm	Rush Hour 2		and Lewis
	News	4:45pm	FYI Daily		<i>working on the</i>	10:05pm	FYI Daily	1:30pm	Live British F1
3:00pm	Catchphrase	4:50pm	Happy Feet Two		<i>south coast</i>	10:10pm	The Glimmer		GP: Pit Lane
3:45pm	Tenable	5:25pm	The Mummy	3:50pm	Foyle's War		Man		Live
4:45pm	Tipping Point	6:25pm	FYI Daily	5:55pm	Foyle's War	7:00pm	Minder	2:30pm	Live British F1
5:45pm	Despicable Me 2	7:45pm	The Mummy		Victoria	11:55pm	The Motorbike		GP: On the
7:30pm	ITV Evening		Mamma Mia!	8:00pm	Unforgotten		Show	3:05am	My Icon
	News	8:50pm	Sing-along	12:05am	Wire in the		ITV4 Nightscreen	7:00pm	Live PGA Tour
7:45pm	ITV News		FYI Daily		Blood	3:20am	Teleshopping		Golf
	London	8:55pm	Mamma Mia!		Blue Murder	4:15am		12:00am	Sky Sports
8:00pm	The Chase:		Sing-along		Liverpool 1	5:05am			News
	Celebrity	10:00pm	Love Island		Road to Avonlea	5:55am		1:00am	MLS Greatest
	Special	11:00pm	Family Guy		Murder, She				Games
9:00pm	Vera	12:05am	Family Guy		Wrote				
11:00pm	ITV News		Forever						
11:20pm	Tommy Cooper		The Big Fish Off						
	Forever								
12:20am	The Big Fish Off								



**Nora Johnson**  
*Breaking Views*

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



## Fake news that leaves us lost for words

LORD RICHARDS of Herstmonceux, former top brass in the British Army, gave an example of how news can be twisted into, err, fake news. Before the US election last year, he was quoted as saying that Donald Trump was not necessarily as awful as people say. This duly appeared in the *Daily Mail* as 'Chief of defence staff endorses Trump' and then, on Trump's own website, as 'Best ever defence chief favours Trump.' So much for Trumpplamacy!

But that's nothing compared to the bizarre BBC subtitle gaffes on its News, Sport and Weather channels that have left the BBC lost for words. One blunder quoted Jeremy Corbyn praising Prince Harry 'and Hezbollah,' rather than 'Harry and his brother.'

Another howler welcomed Chinese New Year viewers into the 'year of the whores' - quickly corrected to 'horse.' A news report on pigs that 'nibble anything, even willies' was swiftly corrected to 'wellies.'

Former Italian PM Silvio Berlusconi became 'Mr Beryl Beryl,' ex-Labour leader



**TRUMPED: Lord Richards' words were turned into fake news by the media.**

Ed Miliband renamed 'Ed Miller Band,' and Eurovision star Engelbert Humperdinck dubbed 'engle Bert humper distinct.'

And when one BBC announcer revealed the government was 'making helpful decisions,' deaf members of the audience would have been confused as to why politicians were 'making holes for surgeons.' Likewise, a weather presenter was subtitled as saying there would be a 'few

more mist and fox patches' while news that '500 actors are set to be killed' later became '500 badgers.'

Other gaffes have seen the sale of millions of 'puppies' - not 'poppies' - in Britain on Remembrance Day, a 'cat's pornography reading' disclosed during a court report and a solemn call for 'silence' become 'a moment's violence' during the Queen Mother's funeral in 2002. Oops!

The communications' watchdog Ofcom has found that subtitling errors make some programmes 'unwatchable' for deaf viewers - hardly surprising as regards some of these blunders. Some of those quoted in its reports include 'they need a man' rather than 'they need a mum,' lemon written as 'lepl on' and 'be given to ayatollas' instead of 'to our toddlers.' Nuff said!

*Nora Johnson's '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 (€0.99; £0.99) and iBookstore. All profits to Costa del Sol Cudeca cancer.*

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## LEGALLY SPEAKING

### Must they pay wealth tax?

**Q.** With reference to your advice regarding property wealth tax. We have owned a property in Torrevieja for 18 years but have only paid tax on it for four years. The property is now valued at €50,000. We are non-residents.

If we start to pay tax now, will we open a can of worms and what would be the worst-case scenario?

*D.C. (Costa Blanca)*

**A.** There is no 'property wealth tax.'

1. There is an annual property tax, the IBI (Impuesto sobre Bienes

Inmuebles), which is the equivalent of the 'rates' in the UK. You pay this tax every year, based on the rated value of your property. In your case, it should not be more than a few hundred euros.

2. Then there is the Spanish 'wealth tax,' the Impuesto sobre el Patrimonio. This is a tax on all capital assets, not only houses and flats. It includes stocks and shares, money in bank accounts, yachts and gold bars under the mattress. Even non-residents have an exemption of €700,000 per person, so you probably are exempt.

If you have not paid the IBI, the Tax Agency can claim back tax on the previous four years.

**David Searl**

*You and the Law in Spain*



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

## Advertising Feature

# Nothing should stop us enjoying the World Cup...

I HOPE everyone is enjoying the World Cup 2018, dull for some, exciting for most. No better way to enjoy the competition than by sitting out in the sun, TV on, drink in one hand and sandwich in the other.

That is if we are free from any aggravation caused by those few, but annoying, community members either late with their community fees or still consistently on our 'Unpaid List.' It does take the edge off it a bit.

So, as always, I appeal to all communities to keep looking at your debtor lists, because no matter what fantastic sports events or royal weddings we are watching and enjoying, there remain those that continue to enjoy all the benefits of our communities but do

not pay for the privilege.

This 'World Cup Season' does start me thinking about the numerous UK football clubs LPL currently work for. You see, it is not just communities and general suppliers that have debt problems.

In the world of football, many clubs suffer from unpaid hospital bills, banqueting arguments, and in some cases complex contractual issues surrounding agent payments and the like.

Just like transfer fees, the general unpaid bills that the clubs suffer are very high. Only recently we successfully recovered a £35,000 unpaid hospitality bill for a well-known Premier League club, probably more efficiently than their recent league table per-

formance! Fortunately, this club had incorporated within their terms and conditions a clause to cover them for collection costs, so in the end the collection cost the club nothing as we managed to get all the costs back from the debtor.

The matter of cost of collection was also a point of discussion recently with one of our valued Spanish Administrators. Their particular community in southern Spain did not have any provision for surcharges or extra costs of any kind on accounts that are overdue. Such costs and charges must be incorporated within the community by-laws.

If there is to be a provision for costs/surcharges on overdue or late payments it must be dis-

cussed and voted on at an AGM, minutes of the meeting properly recorded and then included in the by-laws. Then these extra amounts can, and must, be incorporated within the community statements (Libro Mayor) and presented to owners showing balance of account, dates of payments and balances due, if in arrears.

Should collection then be passed to LPL, we can, in nearly all cases, collect these further charges, which often negate the cost of collection. The general addition is between 10 - 20 per cent on the overdue quarterly unpaid account.

Such charges, properly added in accordance with the Community by-laws have, so far, never



### DEBTORS: Annoying.

been challenged in the UK or Spanish courts.

If you require any assistance in formulating such clauses, our office in London will be delighted to assist.

So, now you know that charges for collection can often be covered by the debtor, you can carry on enjoying the football.

*If your Community has any Management Fee collection problems, wherever you may be situated, please do not hesitate to contact us on 0044 208551 4019, direct to Greg Bryan our representative in Spain on 0034 689 408 412 or email gbryan@lplgroup.com.*



**GOOD NEWS FOR YOUR CAR 902 123 309**



**MONDAY - 9 JULY**

**BBCone** **BBC TWO** **BBC FOUR** **CHANNEL 4** **CHANNEL 5**

1:15pm	Bargain Hunt	3:45am	This is BBC Two	8:00pm	Beyond 100 Days	2:05pm	Find it, Fix it, Flog it	10:15am	The Wright Stuff
2:00pm	BBC News at One	7:00am	Flog it! Trade Secrets	8:30pm	The Pennine Way			12:15pm	On Benefits: Life on the Dole
				9:00pm	Nature's Miracle	3:10pm	Countdown		
2:30pm	BBC London News	7:30am	Right on the Money		Orphans	4:00pm	A Place in the Sun	1:10pm	5 News Lunchtime
2:45pm	Wimbledon 2018	8:15am	Bargain Hunt	10:00pm	The NHS: A People's History	5:00pm	The £100k Drop	1:15pm	GPs: Behind Closed Doors
7:00pm	BBC News at Six	9:00am	Antiques Roadshow		Storyville	6:00pm	Come Dine with Me	2:15pm	Home and Away
7:30pm	BBC London News	10:00am	Victoria Derbyshire	12:25am	Patagonia: Earth's Secret Paradise	6:30pm	The Posh Frock Shop	2:45pm	Neighbours
8:00pm	The One Show	12:00pm	The Daily Politics	1:25am	Freud: Genius of the Modern World	7:00pm	The Simpsons	3:15pm	Cagney and Lacey
8:30pm	Puppy Love	12:30pm	Wimbledon 2018	2:25am	Britain in Focus: A Photographic History	7:30pm	Hollyoaks	4:15pm	Til Death Do Us Part
9:00pm	EastEnders	9:30pm	Today at Wimbledon			8:00pm	Channel 4 News	6:00pm	5 News at 5
9:30pm	Panorama	10:30pm	Versailles			9:00pm	Jamie's Quick and Easy Food	6:30pm	Neighbours
10:00pm	Who Do You Think You Are?	10:30pm	Newsnight	3:25am	The NHS: A People's History	9:30pm	Food Unwrapped	7:00pm	Home and Away
11:00pm	BBC News at Ten	11:30pm	North Korea: Murder in the Family	4:25am	This is BBC Four	10:00pm	24 Hours in Police Custody	7:30pm	5 News Tonight
11:30pm	BBC London News	12:15am	Panorama			11:00pm	Inside the American Embassy	8:00pm	Sinkholes
		1:15am						9:00pm	Police Interceptors
								10:00pm	50 Years of the Jumbo Jet
								11:00pm	Traffic Cops



7:00pm	ITV News London	2:45pm	The Ellen DeGeneres Show	11:25am	Agatha Christie's Marple	10:50am	The Sweeney	11:15am	Sporting Triumphs
7:30pm	ITV Evening News	3:35pm	The Jeremy Kyle Show	1:35pm	The Royal Heartbeat Classic	11:55am	The Professionals	11:30am	Sky Sports News
8:00pm	Emmerdale	4:40pm	The Jeremy Kyle Show	2:40pm	Coronation Street	1:00pm	Tour De France 2018 Highlights	12:00pm	Sky Sports News
8:30pm	Coronation Street	5:45pm	The Jeremy Kyle Show	3:40pm	Coronation Street	2:00pm	Pawn Stars	1:00pm	Sky Sports News
9:00pm	Best Walks with a View with Julia Bradbury	6:50pm	Take Me Out	4:15pm	Coronation Street	2:35pm	Football's Greatest	2:00pm	Sky Sports News
9:30pm	Coronation Street	8:00pm	You've Been Framed!	4:45pm	Agatha Christie's Marple	2:45pm	Tour De France Live 2018	3:00pm	Sky Sports News
10:00pm	Long Lost Family: What Happened Next	8:30pm	You've Been Framed!	6:55pm	Heartbeat	6:00pm	The Professionals	4:00pm	Sky Sports News
		9:00pm	Two and a Half Men	8:00pm	Murder, She Wrote	7:05pm	Cash Cowboys	5:00pm	Sky Sports News
11:00pm	ITV News at Ten and Weather	9:30pm	Superstore	9:00pm	Lewis	8:00pm	Tour De France 2018 Highlights	6:00pm	Sky Sports News at 5
		10:00pm	Love Island	11:00pm	Foyle's War	9:00pm	The Chase!	7:00pm	Sky Sports News at 6
				1:05am	A Touch of Frost	9:00pm	Celebrity Special	8:00pm	Sky Sports Tonight
				3:00am	ITV3 Nightscreen	10:00pm	Benidorm	9:00pm	Sky Sports Tonight
						11:05pm	Never Say Never Again	10:00pm	Sky Sports News at Ten

**TUESDAY - 10 JULY**

**BBCone** **BBC TWO** **BBC FOUR** **CHANNEL 4** **CHANNEL 5**

1:05am	BBC News	9:45am	Mad About Elvis	4:25am	This is BBC Four	1:05pm	Come Dine with Me	1:15pm	GPs: Behind Closed Doors
7:00am	Breakfast	10:15am	Right on the Money	8:00pm	Beyond 100 Days			2:15pm	Home and Away
10:30am	The Centenary of the Royal Air Force	8:30pm	Homes Under the Hammer	8:30pm	The Pennine Way	2:05pm	Find it, Fix it, Flog it	2:45pm	Neighbours
		11:00am	The Hammer	9:00pm	Britain's Ancient Capital: Secrets of Orkney	3:10pm	Countdown	3:15pm	Cagney and Lacey
2:20pm	BBC News at One	12:00pm	BBC Newsroom Live	10:00pm	The Rise and Fall of Nokia	4:00pm	A Place in the Sun	4:20pm	The Vanished
2:50pm	BBC London News	12:30pm	The Daily Politics	11:00pm	Africa's Great Civilisations	5:00pm	The £100k Drop		Family: Aurora Teagarden
3:00pm	Wimbledon 2018	1:30pm	Wimbledon 2018		Series exploring the history of Africa	6:00pm	Come Dine with Me		Mystery 4
7:00pm	BBC News at Six	9:00pm	Today at Wimbledon	12:00am	Vienna: Empire, Dynasty and Dream	6:30pm	The Posh Frock Shop	6:00pm	5 News at 5
7:30pm	BBC London News	10:00pm	Horizon	1:00am	Immortal? A Horizon Guide to Ageing	7:00pm	The Simpsons	6:30pm	Neighbours
		11:00pm	QI			7:30pm	Hollyoaks	7:00pm	Home and Away
8:00pm	The One Show	11:30pm	Newsnight			8:00pm	Channel 4 News	7:30pm	5 News Tonight
8:30pm	Fake Britain	12:15am	The Fourth Estate			9:00pm	Ackley Bridge	8:00pm	Inside Westminster
9:00pm	Holby City	1:10am	World's Most Extraordinary Homes			10:00pm	999: What's Your Emergency?	9:00pm	The Dog Rescuers: Best in Show
10:00pm	Our Girl	2:10am	Million Pound Menu			11:00pm	Gogglebox		The Hotel Inspector
11:00pm	BBC News at Ten					12:00am	24 Hours in a and e	10:00pm	The Hotel Inspector



2:55pm	ITV News London	3:35pm	The Jeremy Kyle Show	11:25am	Agatha Christie's Marple	9:45am	The Professionals	9:00am	Good Morning Sports Fans
3:00pm	Judge Rinder	4:40pm	The Jeremy Kyle Show	1:35pm	The Royal Heartbeat Classic	10:50am	Minder	10:00am	Good Morning Sports Fans
4:00pm	Tipping Point	5:45pm	The Jeremy Kyle Show	2:40pm	Coronation Street	12:00pm	Tour De France 2018 Highlights	11:00am	Sky Sports News
5:00pm	The Chase	6:50pm	Take Me Out	4:15pm	Coronation Street	1:00pm	Football's Greatest	12:00pm	Sky Sports News
6:00pm	ITV News London	8:00pm	You've Been Framed!	4:50pm	Agatha Christie's Marple	6:15pm	Storage Wars Texas	1:30pm	Sky Sports News
7:00pm	ITV Evening News	8:30pm	You've Been Framed!	6:55pm	Heartbeat	6:30pm	Cash Cowboys	9:30pm	Sky Sports Tonight
7:15pm	FIFA World Cup 2018	9:00pm	Two and a Half Men	8:00pm	Murder, She Wrote	7:00pm	Tour De France 2018 Highlights	10:00pm	Sky Sports Tonight
7:30pm	David Walliams Presents...	9:30pm	Superstore	9:00pm	Midsomer Murders	8:00pm	World Superbike Highlights	11:00pm	Sky Sports News at Ten
	Revenge of Alright on the Night	10:00pm	Love Island	11:00pm	Foyle's War	9:00pm	Rush Hour 2	12:00am	Sky Sports News
		11:05pm	Family Guy	1:05am	A Touch of Frost	10:00pm	FYI Daily	1:00am	Sky Sports News
		11:30pm	Family Guy			11:00pm		2:00am	Live WWE Late Night Smackdown
								4:00am	Sky Sports News

**WEDNESDAY - 11 JULY**

**BBCone** **BBC TWO** **BBC FOUR** **CHANNEL 4** **CHANNEL 5**

7:00am	Breakfast	3:10am	This is BBC Two	8:30pm	The Pennine Way	10:00am	Frasier	9:55am	Nella the Princess Knight
10:15am	Right on the Money	7:00am	Flog it! Trade Secrets	9:00pm	Britain's Ancient Capital: Secrets of Orkney	10:35am	Frasier	10:05am	Mofy
11:00am	Homes Under the Hammer	7:30am	Right on the Money	10:00pm	Natural World	11:05am	Ramsay's Kitchen	10:15am	The Wright Stuff
12:00pm	Caught Red Handed	8:15am	Bargain Hunt	11:00pm	The Battle to Beat Polio	12:05pm	Channel 4 News	12:15pm	Bargain Bride on Benefits
12:30pm	Bargain Hunt	9:00am	Britain in Bloom		Documentary exploring the history of the search for a polio vaccine	1:00pm	Come Dine with Me	1:10pm	5 News Lunchtime
1:15pm	Wimbledon 2018	9:30am	Trust Me, I'm a Doctor			1:05pm	Find it, Fix it, Flog it	1:15pm	GPs: Behind Closed Doors
2:00pm	BBC News at One	10:00am	Victoria Derbyshire	12:00am	Tunes for Tyrants: Music and Power with Suzy Klein	2:05pm	Countdown	2:15pm	Home and Away
2:30pm	BBC London News	12:00pm	BBC Newsroom Live			3:10pm	A Place in the Sun	2:45pm	Neighbours
2:45pm	Wimbledon 2018	2:00pm	Wimbledon 2018	1:00am	Utopia: In Search of the Dream	4:00pm	The £100k Drop	3:15pm	Cagney and Lacey
7:00pm	BBC News at Six	9:00pm	Today at Wimbledon	2:00am	The 80s with Dominic Sandbrook	5:00pm	Come Dine with Me	4:15pm	To be Announced
7:15pm	BBC London News	10:05pm	Picnic at Hanging Rock			6:00pm	The Posh Frock Shop	6:00pm	5 News at 5
7:30pm	Match of the Day Live	11:00pm	Mortimer and Whitehouse: Gone Fishing			6:30pm	The Simpsons	7:00pm	Home and Away
10:15pm	EastEnders	11:30pm	Newsnight			7:00pm	Hollyoaks	7:30pm	5 News Tonight
10:45pm	Room 101	12:15am	The Misadventures of Romesh Ranganathan			8:00pm	Channel 4 News	8:00pm	The Secret Life of Puppies
11:15pm	BBC News at Ten	1:15am	Ambulance			9:00pm	Location, Location	9:00pm	The Highland Midwife
11:45pm	BBC London News	2:15am	Celebrities on the NHS Frontline	1:00am	The Art That Made Mexico: Paradise, Power and Prayers	10:00pm	24 Hours in A and E	10:00pm	Secrets of the National Trust with Alan Titchmarsh
11:57pm	BBC Weather	3:15am	This is BBC Two			11:00pm	Stath Lets Flats	11:00pm	Britain's Cocaine Epidemic
12:00am	The Voices in My Head					11:30pm	Lookalikes	12:05am	Cocaine: Teen Dealers
						12:00am	Custody		

**itv** **itv2** **itv3** **itv4** **sky sports main event**

9:30am	Lorraine	10:00am	You've Been Framed!	3:30am	Teleshopping	4:00am	Teleshopping	6:00am	Sky Sports News
10:25am	The Jeremy Kyle Show	10:25am	The Ellen DeGeneres Show	7:00am	Classic Coronation Street	7:00am	World Cup Rivalries: England v Argentina	7:00am	Good Morning Sports Fans
11:30am	This Morning	11:20am	The Bachelorette	7:25am	Classic Coronation Street	7:20am	The Chase	7:30am	Bitesize
1:30pm	Loose Women	1:15pm	Britain's Got Talent	7:55am	Heartbeat	8:05am	The Chase	8:00am	Good Morning Sports Fans
2:30pm	ITV Lunchtime News	2:15pm	You've Been Framed!	9:00am	The Royal Judge Judy	8:55am	Cash Cowboys	8:00am	Bitesize
2:55pm	ITV News London	2:45pm	The Ellen DeGeneres Show	10:05am	Judge Judy	9:55am	The Professionals	8:00am	Good Morning Sports Fans
3:00pm	Judge Rinder			10:30am	Judge Judy	11:00am	Tour De France 2018 Highlights	9:00am	Good Morning Sports Fans
4:00pm	Tenable	3:35pm	The Jeremy Kyle Show	11:00am	Judge Judy	12:00pm	Sporting Funnies	9:30am	My Icon
5:00pm	Tipping Point	4:40pm	The Jeremy Kyle Show	11:25am	Agatha Christie's Marple	12:15pm	Tour De France Live 2018	9:40am	Premiership Netball
6:00pm	The Chase	5:45pm	Take Me Out	1:35pm	Heartbeat	6:00pm	The Professionals	11:30am	Sky Sports News
7:00pm	ITV Evening News	8:00pm	You've Been Framed!	2:35pm	Classic Coronation Street	7:00pm	Cash Cowboys	12:00pm	Rugby League
8:00pm	Emmerdale	8:30pm	You've Been Framed!	3:40pm	Agatha Christie's Marple	8:00pm	Tour De France 2018 Highlights	2:00pm	Sky Sports News
9:00pm	Coronation Street	9:00pm	Two and a Half Men	4:15pm	Heartbeat	9:00pm	British Superbike	3:00pm	Sky Sports News
10:00pm	Paul O'Grady's Animal Orphans			4:50pm	Murder, She Wrote	10:00pm	Falling Down	4:00pm	Sky Sports News
11:00pm	ITV News at Ten and Weather			6:55pm	Maigret in Montmartre	11:05pm	Falling Down	5:00pm	Sky Sports News
11:30pm	ITV News London			9:00pm	Foyle's War	11:10pm	Lethal Weapon	6:00pm	Sky Sports News
11:45pm	FIFA World Cup 2018 Highlights			11:00pm	A Touch of Frost	12:20am	Minder	7:00pm	Cricket
12:45am	Play to the Whistle			1:05am	ITV3 Nightscreen	1:20am	The Protectors	10:45pm	Info not available
1:20am	Jackpot247			3:00am	Teleshopping	2:20am	ITV4 Nightscreen	11:00pm	Sky Sports News at Ten
4:00am	Grantchester			3:30am		3:50am	Teleshopping	12:00am	Sky Sports News
4:50am	ITV Nightscreen					4:00am			



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## New tourist licence could hurt expat owners

I'M now told that the application for a Valenciana Tourist Licence will not only require owners having to provide loads of information, but it appears that the current processing time is two months! That I think is from the point that they receive all the information.

So assuming it's June 6, if I got my application in by say July 6 I would be able to advertise my villa online by mid-September by which time of course the holiday season will be over!

So well done to all concerned, another stroke of government incompetence and I thought that only the British-government had the monopoly on that and stupidity!

If this affects as many properties as I think then there will be a shortage of villa and apartments followed by a migration of holidaymakers to other regions of Spain taking their spending money with them. Brilliantly done as by this change in the law owners will lose thousands of pounds and some rely on their villa earnings to make their mortgage payments!

*Ken Scott, Costa Blanca*

### Parted at birth

DEAR Leapy, I just wondered if your Dad ever had an affair with a woman from Barnsley? I'm sure I'm your twin sister as we think exactly the same, and say exactly the same things unless we happen to go to the same church, cos we sing from the same hymn sheet.

Seriously I love your column it's the first page I go to before reading the rest of the paper.

Love the way you tell it AS IT IS no holds barred, keep it up and I agree wholeheartedly every week.

*Coleen Bryan, Barnsley*

### Spain is friendly

I WAS very interested in Mr Ian Grant's letter of May 31.

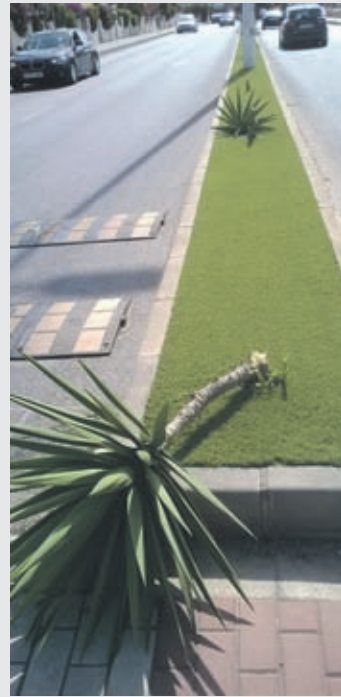
I have lived here for 17 years and have always found the Spanish very welcoming and friendly to an expat like me. I respect their culture and traditions.

If Mr Grant is unhappy with any of

### Vandalism is pointless and causes upset

THIS picture shows vandalism in Calle Villamartin (outside Consum Supermarket) to the plants in the centre of the road which happened the other night. This absolutely disgraceful behaviour is believed to have been caused by night time drunken holidaymakers.

*Paul Carpenter, Orihuela*



his, then why not go back to the UK, 'the land of milk and honey'?

As to animal cruelty in the UK, has

he seen the harrowing adverts put out by the RSPCA? It is also the country of awful puppy farms.

Look at the treatment of the elderly. Many are pushed into homes, while the children wait for them to die, to get the inheritance.

Then there are the terrible cases of the ill treatment, torture and murder of helpless babies and young children.

On the whole, Spanish people think the world of their children, old people and look after them.

I would suggest Mr Grant goes back to the UK, if he is not happy here.

*John Frensham, Quesada*

### About cyclists

THANK you for your article on cyclists, but I am unsure about whether we can ride on the road or the pavement or the rules applying to wheelchairs. I own a Segway which I refer to as my wheelchair without a chair.

I used to go down to the beach on the road, because of the state of the pavement which is unsafe due to tree roots breaking it up in places, but the Local Police told me I had to keep to the pavements as I did not have a matriculación, but what about cyclists?

*Robert Archibald, Gran Alacant*

### 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.euroweeklynnews.com](http://www.euroweeklynnews.com).

## easyJet cancels Alicante flight

If he had holiday insurance they will pay him out! Can't blame easyJet for what the French air traffic control do, the French government need to get their act together!

*Paula Bush*

They blamed the French last week but out of all the flights easyJet were the only ones cancelled or delayed.

*Jackie Waters*

### Huge great white shark spotted

There is a Great White breeding ground around Malta which is in the Med so they can pop up anytime anywhere.

*Ian Loder*

What a great looking fish, I do hope no one hunts it down.

*Michael Ridgway*

### Brit's 'looky looky' outfit sparks fury

What's happened to having a laugh? If a looky looky

### Comments from EWN online

man whitened his face and staggered round with a pint like a pissed up Brit I wouldn't be offended. All too serious these days...

*Kevin Airey*

I don't know if it's racist or not (personally I think it is) but it's just so unkind and not needed.

*Nikki Shortridge*

Tactless, disrespectful and not funny, these guys have enough to put up with without idiots doing this.

*Kathryn Ramsden*

### Cruelty claims trigger donkey 'taxi' ban plea

It was really upsetting. It was so hot, they had no shelter from the sun, they were standing in their own urine and the smell was awful.

*Brenda Gammon*

I certainly don't like seeing fat gits riding some poor little don-

key, but if they ban it I dread to think what would happen to them. Ideally they would go to a refuge. However, a lot of donkeys have gone to slaughter because there's a huge demand for hides in China. So careful what you wish for.

*Mt Tipa*

I definitely agree that these donkeys should not be used any longer. It's an outdated and cruel tradition.

*Debbie Tobin*

### England fan smashes car screen

Makes me embarrassed to be British when there are morons who can't hold their beer behaving like that. Personally I hope England get knocked out in the next round. Can you imagine the behaviour if they get to the final???

*Kev Lowe*

That's after a win!! Why can't they enjoy the moment without having to become animals and causing offence to innocent people around, these idiots spoil it for others without a thought and give the Brits a bad name, no shame any more!!

*Linda Rogers*

Just find the culprit and ban him from returning to Spain.

*Sandra Lyons*

### Cat care

YOUR anonymous correspondent (EWN 21-27th June 2018) asks if any group or organisation is neutering or spaying feral cats with the objective of reducing their numbers.

My German neighbour and her colleagues spend much of their time doing precisely that in the Benissa and Moraira area.

They catch the cats, take them to the vet for checking and neutering and insert an identity chip in the cat's ear. Litters of kittens and their feral mums are taken home for care and attention.

They foster many, find homes for many and some go to Germany for rehoming through a German sister organisation. They set up feeding stations when appropriate. They get many requests for help including occasionally from the town hall and respond to all requests.

They receive no official funding and thus have a charity shop at Moravit to help defray costs. They are called Pluto Protectora Animales.

If you would like to know more about them, check out their English language website at <http://pluto-protectora-animales-en.org>.

*M Collins, Moraira*



# Dirty habits

WE are creatures of habit. But, did you know that even habits that can seem inconsequential can have a negative effect on your health and beauty.

Here are four things that you probably do every day which not only impact your health but also your physical appearance.

If you drink a lot of milk, particularly more than one litre a day, then you are consuming too much fat. Just one cup of milk contains 7.93g of fat so you can see how that can build up.

Having said that, doctors do recommend that you drink some milk due to its high calcium content, just take note that you don't drink too much.

Another habit you might regularly

do is cross your legs. However, doing so limits the flow of blood through your arteries and can cause numbness, increased pressure and even varicose veins in the legs.

You also might need to amend your Saturday night routine. Plucking or waxing your eyebrows immediately before applying your make-up causes chemicals in your make-up to come into direct contact with your pores. Your skin will absorb this and it may cause irritation. The ideal time to pluck or wax is to do so with clean skin.

One of our main bad habits is touching our face. However, we are simply covering our face with all the bacteria that our hands have gathered during the day, which increases the risks of skin infections.



**NEW ROUTINE:**  
Don't pluck your eyebrows immediately before applying make-up.

## Sleepless cyan

RECENT research has shown that the colour cyan - between green and blue - affects our sleep.

Biologists based in the University of Manchester say that higher levels of cyan keep people awake, whilst lower levels induce sleep.

It is hoped that the results will mean that computer screens and phones could increase or decrease the levels of cyan in the screen.

Existing 'night mode' settings for phones and laptops are the result of previous research which showed a link between blue light and sleep. However, this research, published in the journal *Sleep*, shows the particular impact of the colour cyan.

Participants in the research were exposed to more or less cyan in order to measure the different levels of the sleep hormone melatonin.

The researchers suggest that shades of cyan could be used on computer screens to keep people awake, such as those working on night shifts for example.

Or shades and colours which give the same affect, but don't actually have cyan, could be used if the aim was to reduce anything that impedes sleep.

The findings could be particularly useful to help families with teenagers who stay up at night using their mobile phones.

## Child obesity concerns

PUBLIC HEALTH figures in the UK have revealed that one in 25 children in England aged 10 or 11 are severely obese.

Under the UK government's national child measurement programme, the weight and height of all children in England is measured when they start reception school

and when they leave primary school.

Figures showed that for children in reception school about one in 40 (15,000 out of 629,000) was classed as severely obese.

But by the time they left primary school more than one in 25 children (22,000 out of 556,000) were in this category.

This is the first time the national child measurement programme data has included the 'severely obese' category.

The Local Government Association warned children who are obese are at risk of dying younger due to health problems, including diabetes, cancer and heart disease.



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# Rocking in Periana

WHEN musician Robin George moved to the sleepy, white, mountain village of Periana; an oasis of tranquillity high in the mountains of the Axarquía, he knew he'd find inspiration for his writing.

Having recorded his first single in 1980, the musician went on to work with such diverse talents as David Byron of Uriah Heep fame, Noddy Holder and Roger Plant as well as a stint of touring with Roy Wood and Wizzard.

Just prior to the death of Phil Lynott, he had been invited to join a re-forming Thin Lizzy although he also went on to work with Glenn Hughes formerly of Deep Purple and the very talented Pete Haycock of the Climax Blues Band.

Now he has completed



**ROBIN GEORGE: At home with his guitar.**

his latest album recorded in Periana, Rogue Angel,

released on the British based Angel Air label and

containing 11 tracks of classic rock.

## Summer concerts

WITH the long summer times now with us, the Almuñecar Council has booked a number of acts to appear in the El Majuelo Park during July with each event starting at 10.30pm.

Saturday 7 - Soul and Jazz fusion with Loop Soul. María Romero and Carlos Martín

Sunday 8 - Classical music with the Tees Valley Youth Orchestra under Nicholas Nowicki in support of the association AFAVIDA

Monday 9 - Flamenco Fusion, La Jose ConCiertosFlamencos with the guitar of José Luís Montón

Tuesday 10 - Folk Music Salteños Traditional Hispano-American music

Wednesday 11 - 10pm Mundi featuring guitar: Nicolás Medina. Piano and accordion: Walter Sabolo

Thursday 12 - Flamenco with Laura de los Ángeles

Friday 13 - Amaranth Quartet and their Bolero Night

Saturday 14 - VI Flamenco Cycle with María Toledo

Sunday 15 - El Majuelo Park. 10pm Country music with Harley Daniels and Country Code.

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**Eat Well**  
*to Live Well*



by Andrew Harding

I WANT to talk about diets this week. We have been inundated with fake science about cutting saturated fats from our diet and eating more carbohydrates.

The result is that obesity and Type 2 Diabetes are much more prevalent than they have ever been. The link between saturated fat, cholesterol and heart disease is yet more fake science. The theory is that blood vessels are like pipes supplying hot water to radiators. If the water is 'hard' and contains lots of soluble compounds that become insoluble and then coat the inside walls of the pipes.

The pressure becomes greater due to the decreased volume of the pipes, which is simple physics. The simile to the human circulatory system ends there. Our arteries do not 'fur up' like water pipes, the fatty deposits are within the walls of the arteries and within the blood vessels of the heart, making them thicker and reducing blood flow. The problem with a carbohydrate rich diet is both starch and sugars create a spike in blood sugar causing the pancreas to make more insulin.

## Fake science in your diet



**NO WORRIES: A dinner or protein, vegetables, fibre and wine is easy on the hips.**

Fats are metabolised more gradually, leading to the urge to eat to occur later. Over the long term this means the consumption of less calories and consequently less weight gain. More fake science concerns the high calorie count of alcoholic drinks leading to weight gain.

It is impossible for ethyl alcohol, which is the intoxicating part of booze alone, to produce body fat, it is the carbs that go with it. The beer, sweet wines and liqueurs will all cause weight gain. A large gin with a slice of lemon and a slimline tonic, will not increase body weight by as much as a

gram! Another fallacy is eating later during the day will cause obesity, and that breakfast is the most important meal of the day. Basura!

A dinner with a mix of protein, vegetables and fibre with a few glasses of dry red and-or dry white wine is the perfect end to a day when eaten about two or three hours prior to bedtime.

The best and most effective diet ever with only five words is Eat Less and Move More!

This week's recipe is a Spanish accompaniment to any sea fish:

### Romesco Sauce

**Serves 4**

- 4 tbsp olive oil
- 1 slice good white bread, diced
- 2 cloves garlic, finely chopped
- 1 red chilli, finely diced
- 3 tomatoes (canned or fresh)
- 100g blanched flaked almonds, toasted

A small jar of roasted peppers

Juice and zest of 1 lemon

Freshly ground salt and black pepper

Fry bread in olive oil until golden, remove and reserve, add garlic and fry until transparent. Place all the ingredients in a blender and serve with grilled fish.

# What's on!

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**Nick Horne** *The Rich Pick*

Freelance correspondent, London, England



ASTON MARTIN the UK sports car manufacturer is reviving one of the world's most famous nameplates for its latest model, the DBS Superleggera.

First presaged in April 2018 the DBS Superleggera was finally revealed last week. The latest DBS Superleggera will replace the Vanquish S to become the flagship of Aston Martin's product line-up.

This super GT revives the badge last seen on the car James Bond famously 'rolled' in the movie 'Casino Royale' in 2006, the new car also gets the Superleggera suffix which is Italian for 'super light' and recalls the original DBS of 1967 designed by William Towns.

Executive Vice President & Chief Creative Officer, Marek Reichman said: "With DBS Superleggera we had the perfect opportunity to celebrate Aston Martin's unrivalled Super GT pedigree.

We wanted to create a car that combined cutting edge aerodynamics with the classic muscularity and presence for which our most potent series production models are renowned. The result is a shape of true purity and exceptional efficiency -



# Aston Martin : Revives the DBS and Superleggera in one epic sports car



Photo credit: Aston Martin

**DASHING:** The DBS Superleggera is muscular and athletic.  
**SPACIOUS:** A Super GT that packs a breathtaking punch.

one that generates a significant increase in downforce without any drag penalty. Explicit but not exaggerated, it exudes a sense of immense potency."

Aston Martin claim the DBS Superleggera is capable of going from zero to 62mph in 3.4 seconds and hit a top speed of 211mph. Clad in

carbon fibre body panels the DBS Superleggera is a muscular model with epic performance.

A design characterised by a bold grille in the front between new headlights and tail-lights, the generous proportions in between evoke aggression and athleticism. Beneath the bonnet the super-GT shares Aston's turbocharged 5.2-litre V12 engine with the DB11, however the

engine has been retuned to make 715 horsepower at 6,500 rpm and 664 pound-feet of torque between 1,800 and 5,000 rpm or 85 more horses than the DB11 AMR. Taking only 4.2 seconds in fourth gear to accelerate from 50 mph to 100 mph!

Dr Andy Palmer, Aston Martin President and CEO, said: "DBS Superleggera not only marks the return of a great Aston Martin name, but signals our return to the very pinnacle of the Super GT sector.

"Handsome beyond measure, its lightweight carbon composite and aluminium body is sculpted into a shape with tremendous presence and charisma. Thanks to the remarkable torque available from its twin-turbo V12, DBS Superleggera also packs a breathtaking punch, yet its dynamics have been carefully honed to engage drivers of all ability levels.

"Immaculately styled, obsessively engineered and outrageously potent, the new DBS Superleggera is every inch the Aston Martin flagship." Costing €274,995 in Europe and £225,000 in the UK, deliveries of the DBS Superleggera are scheduled to begin in the third quarter of 2018. Bag one as soon as you can!

## TECH FOR THE TIMID



THE other day a friend invited me to fondle her new equipment. No, not that. She had bought a very fancy, state-of-the-art laptop. And she simply got too much for her money.

Straight out of the box, her shiny new notebook was full of junk. Bloatware, as it's known in IT circles, or indeed its other far less user-friendly name, which we shall rename slightly in this family newspaper as clapware.

A time-limited trial office suite, anti-virus, toolbars, games and questionably useful apps squatted flatulently on what should have been a clean new hard-drive, all hoping to lock her into clicking Yes when their period of grace (soon) expired, and the consequent pain in the purse.

Those of us with plenty of ICT savvy, and no life, would show the junk the door with some fairly radical uninstalling. But we're not the target in what is, essentially, advertising what the buyer has actually paid to have.

"Can I safely delete this?," my friend would ask plaintively each time, and all power to her timidity.

# Pushing out the bloat

Terence Kennedy suggests what to do when your new lean, mean machine isn't.



## BATTLE OF THE BLOAT: Clean up your new PC.

It's what these digital intruders count on. Who wants to cripple a lovely new laptop by zapping something vital by mistake?

It's not just your storage which is affected by this pre-loaded junk. A survey comparing two otherwise identical top-of-the-range laptops, one with the

pre-loaded bloatware and the other without, revealed that the lean machine started 104 per cent faster, shut down 35 per cent quicker and had 28 more minutes of battery life. Ouch.

If you're reasonably confident, you can safely uninstall anything you know you won't need, Microsoft Of-

fice trialware eats up lots of disk space and can safely be zapped by going to PC Settings | Apps | Apps & Features and then clicking it. Then download LibreOffice as a perfectly serviceable free alternative.

You can also safely uninstall pre-loaded virus and security suites to replace them with the (free) solution of your choice - or live a little more dangerously and depend on the adequate Windows Defender built into your operating system.

When in doubt, there are several safe and free solutions for reclaiming all the hard-drive space, and processing power, that you paid for in a new computer.

Should I Remove It is exactly what its title suggests, or you could go for Slim Computer or AdwCleaner - and in all cases read their websites carefully so you know exactly what it will do.

Or you could just download PC Decrapifier. It's the registered name of the best-known of the cleaner-uppers, so please don't sue me for obscenity.

## Phone clog

TODAY'S Android phones are notorious for their pre-loaded junk, and most of it can be safely disabled or deleted.

All it takes is a quick trip to the Settings menu, then Apps (or Applications), then click each unwanted app in turn. Third-party apps generally have an Uninstall button, while many of Android's, or the manufacturer's, own apps will only allow you to Disable them. If there are unintended consequences simply go back and Enable again.

Or you can download Disable Bloatware from the Google Play store, but be aware this generally just hides unwanted junk rather than actually deleting it.

The bottom line is that the great populist philosopher Mick Jagger was wrong: you CAN always get what you want - with a little de-clapifying.



REVOLUTION Precrafted, a start-up real estate developer, has signed a €45 million deal with Spain-based property management firm BC Estudio to enter Spain's hotel market, according to a report from the *Business Mirror*.

The two companies will develop hotels and homes on the Ebro Delta in Spain, which will be Revolution's 13th international market.

The properties - 50 hotel villas on a lakefront site - are part of the first phase of a 260-room project spanning four plots on the Ebro Delta in Tarragona, Cataluña.

Revolution Precrafted and BC Estudio will also build approximately 40 one-bedroom villas on the lakefront during the first phase of construction.

These villas will share the plot with a main clubhouse and the entire development will be complete within several months.

Jose Roberto Antonio, Director at Revolution Precrafted, said:

"We've always wanted to expand to Europe, but we wanted



Credit: Revolution Precrafted/Facebook

**DREAM DESIGNS:** Revolution Precrafted provides designer, limited edition homes.

# A €45 million property revolution

a unique and high-impact project that would showcase our expertise and product portfolio.

"We are very happy to partner BC Estudio in spearheading a development that will further strengthen Spain's tourism."

Revolution Precrafted has hotel projects across the world including the Philippines, Indonesia, Japan, UAE, Japan, Puerto Rico and the Bahamas.

THE benefits of spending time near water are becoming increasingly evident, as more research on the issue is carried out.

For leading Spanish home builder Taylor Wimpey España, access to water is an integral part of the company's ethos.

The company can boast homes in its portfolio with direct access to stunning beaches, like Cala Murada in Mallorca.

But it also offers developments with multiple communal pools and water-based relaxation amenities, like Mijas' Horizon Golf townhouses at the La Cala Golf Resort, which come complete with a hydrotherapy centre and spa.

Marc Pritchard, Sales and Marketing Director of Taylor Wimpey España said:

"Just the sight of the sea can evoke a neurological reaction, let alone the health benefits to be enjoyed as a result of having a dip.

"Owning your primary residence or second home within sight of the water can boost your mental and physical health, which is why we take such care with the locations that

# Properties to heal the mind, body and soul



Credit: Taylor Wimpey España

**SPA AND SPORT:** The Horizon Golf townhouses come with pools and a hydrotherapy centre.

we choose and the views that our beachside homes offer."

Swimming in the sea is an excellent form of all-body exercise, and popular holiday locations like the Costa del Sol offer a variety of watersports

for thrill seekers.

Moreover, exposure to sea water can boost the immune system thanks to its antibacterial effects, and it can also improve the circulation to help heal aches and pains.

With glossy, high spec kitchens and wide terraces or private gardens, Taylor Wimpey España's properties perfectly cater for those wishing to reap the full benefits of seaside living.

For more information contact Taylor Wimpey España on 08000 121 020 or visit <http://www.taylorwimpey.spain.com>

Those outside of the UK can call 0034 971 706 972.

## Cashing in

AROUND a third of all homes sold in Spain are bought with cash, according to data from the country's National Institute of Statistics.

The total number of homes sold in Spain stood at 464,423 last year, with some 310,096 mortgages granted. That places those purchased without a mortgage at around 33.2 per cent.

Data from the General Council of Notaries, a public legal body, placed the total figure higher at 43.6 per cent based on their own data.

Jose Manuel Perez, from the FM Gestiona property company, said the typical profile of those buying in cash were usually in their 50's or 60's, buying houses worth €100,000 or less as investments.





# Secret addition to give a boost to your plants

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Well prepared soil, potting mixes, manures and compost can make a big difference to how a garden performs. There are however some extra additions that can make an ordinary garden into a much more lively one.

A not so well kept secret addition to improve the greenery, flower blooming and the uptake of other nutrients, such as nitrogen and phosphorous, that has been around for generations, but is still not widely known except by avid gardeners, is a natural mineral combination that was discovered in Surrey, England centuries ago.

It is a natural product and frequently used by organic gardeners as a remedy for weak growth and under performing vegetables. It is called a salt but is not the sodium chloride of table salt, in fact its main nutrient benefits are neither of these elements.

Epsom salts are well-known

as an addition to the bath for your own health but it can also be applied to plants with great benefits. Epsom salts are more technically known as Magnesium sulphate which indicates the main nutrients are magnesium and sulphur, which are generally in short supply in Mediterranean soil.

The magnesium assists with photosynthesis to improve plant functions. Adding this nutrient to fruit and vegetables is also a benefit to us who eat them as magnesium is something we need for our well-being that is often deficient in many foods.

The sulphur part of Epsom salts is acid by nature but this is beneficial in the alkaline soils of the Mediterranean. Sulphur is also an effective natural fungicide to reduce the problems of the various diseases that fungus can



cause. So the combination of elements in Epsom salts improve growth and reduce infirmities for the plants.

Another good thing about Epsom salts is that you only need about a teaspoon for smaller plants such as annual flowers to a tablespoon for plants such as tomatoes, peppers and a couple of tablespoons for rose bush size plants. It can be just sprinkled about the base of the plants or

**IMPROVE GREENERY:**  
Even a child is safe to apply Epsom salts.

dissolved in water and sprayed on the foliage at cooler times of the day or watered evenly into the soil.

It can be applied at planting time and before crucial moments for the plants such as before flower and fruit forming times. Too much applied is not toxic to plants but as it leaches away it is just wasted. It is better to apply a little often to get the most benefit.

Epsom salts can be used to treat leaf curl on many stone fruit trees and many other poor health issues of trees. If you want your trees to be healthier apply Epsom salts around them from the trunk out to the drip line of the foliage.

Try it on your favourite trees and you could be surprised by the results.



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**PETS PAGE**  
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# Could you dog-sit for Mocha?

## MOCHA needs a dog-sitter, can you help?

The Newfie Labrador is an unusual breed mix, Mocha is a classic example of this mix. She has a friendly nature, easy going and gentle with people. Mocha lives one mile from the village of Cookham in Berkshire and needs a dog-sitter from July 19-25. Can you help?

### Dog-sitters give peace of mind.

Amanda, Mocha's owner, says it took her a few weeks of living in their new house before she decided to go away and she wanted a reliable house-sitter to come in and look after Mocha in her own home.

While Mocha is very gentle and easy going, it can still be disruptive to keep moving the dog from one place to another with different feeding times in new environments. Amanda wanted her to maintain her routine during the day and for someone caring to be with her at night in her new home. So a house-sitter was the best choice for her.



**MOCHA: Friendly nature and gentle with people.**

## What our members say about us on Trustpilot.

### A very well-run house and pet-sit...

A very well-run house and pet-sit website, which you can join for a modest annual membership fee. Whereby we found a reliable couple to look after dog and home for a week while they enjoyed the use of the house. All for free, everyone's a winner!

*John, a dog and home owner, West Sussex, UK*

### How we work.

All new members register to join our online HouseSit Match network. On registration, we ID check every new member to ensure we know who you are, and in addition house-sitters and pet-sitters are police checked by us. We charge for membership to ensure that there is a commitment from both parties and that we can afford to manage our network online professionally.

## How you benefit as a home and pet owner.

Our membership offers you a secure network to help you find suitable sitters. We don't reveal your contact details, or your address. You post an advert ahead of your travel dates, we publish the advert then house-sitters apply. You can view their profiles and chat with them before you accept your choice of applicant. If you join as a Premium member we can also help you at each stage of the process to get you started and to manage your account.

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[www.Housesitmatch.com](http://www.Housesitmatch.com)

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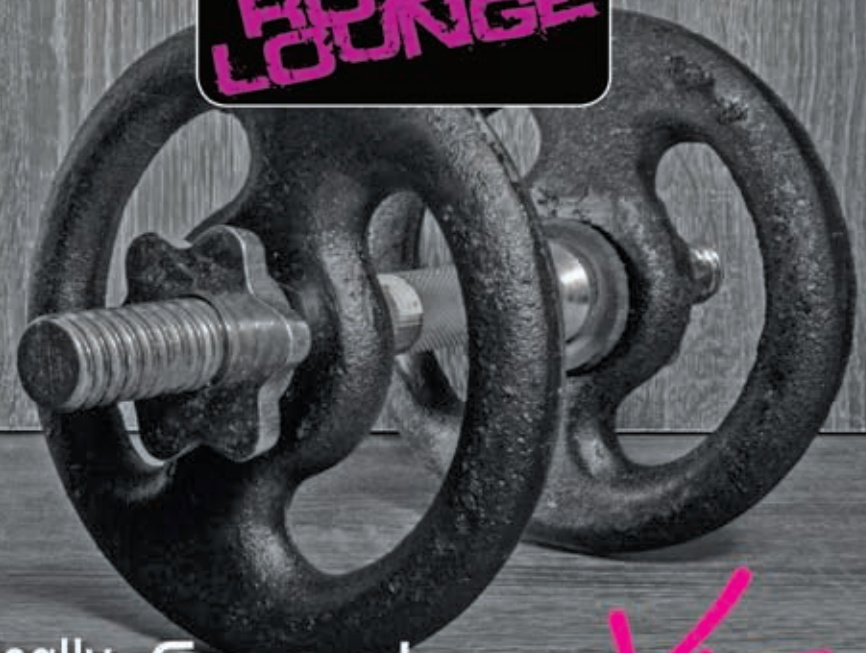
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## MOTORING FACT



Sweden's Volvo made the three point seatbelt design patent open and available to other car manufacturers for free, in the interest of safety. It saves one life every six minutes.

MERCEDES-BENZ is continuing its test programme for its upcoming EQC model, following an excursion to Sweden a few months ago.

This time the car was subjected to the burning summer heat in Spain, and it will be the first model to be introduced under the company's EQ brand.

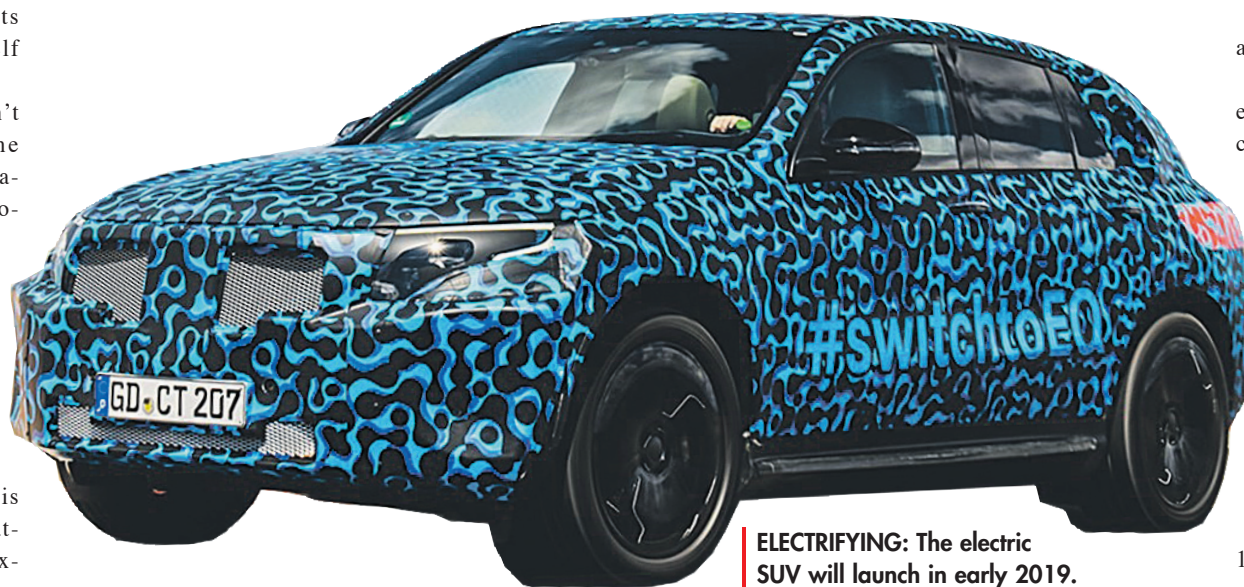
It is roughly the size of the current GLC, but comes with its own styling to distinguish itself as an all-electric model.

For now, Mercedes-Benz hasn't provided any details about the powertrain used, but the Generation EQ packed two electric motors (one on each axle) to provide a total output of 300 kW.

This setup is powered by a 70 kWh battery pack positioned within the car's floor, which provides a range of up to 500 km on a single charge.

Testing in high temperatures is important because while the battery loses power in the cold, extreme heat can potentially dam-

# Mercedes-Benz EQC electric SUV is hot



**ELECTRIFYING:** The electric SUV will launch in early 2019.

age the battery.

The EQC is therefore tested to ensure the battery's cooling circuit is up to scratch when encountering various scenarios.

Mercedes-Benz also focused on the car's air-conditioning system, and components were checked so technicians could determine where dust would settle in the vehicle.

According to the company, almost 200 prototypes were built for the test programme, with the involvement of over 100 experts from different development departments.

## Cost is barrier to electric cars

A NEW study by the European Automobile Manufacturers' Association (ACEA) shows that the affordability of electric cars remains a strong deterrent for customers across the EU. The analysis, which compares national data on the market uptake of electrically-chargeable vehicles (ECVs) with GDP per capita, shows that the

market share of ECVs is close to 0 per cent in countries with a GDP below €18,000, while it is no more than 0.75 per cent in half of all EU member states.

As members of European Parliament committees get ready to vote on the European Commission's proposal for post-2020 car CO2 targets shortly, ACEA cau-

tions that the targets must be realistic, taking into account what people can actually afford to buy.

"The European Parliament mustn't lose sight of the fact that the market is essentially driven by customers," explained ACEA Secretary General, Erik Jonnaert. "A natural shift to electric vehicles will simply not happen without addressing consumer affordability."

The Commission has proposed a 'benchmark' for the sales of full battery-electric cars at the level of 15 per cent by 2025, and 30 per cent by 2030. To put this in context, battery-electric cars accounted for just 0.7 per cent of total EU car sales in 2017. "We are worried that some policy makers have completely unrealistic expectations regarding the pace of market development," said Jonnaert.

"Already with the Commission's current proposal for a benchmark, we would need to jump from less than 1 per cent of battery electric car sales today to 30 per cent in the space of less than 12 years. And the Parliament is proposing even more aggressive targets, going as far as 50 per cent."


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World Cup 2018

# England march on

ENGLAND won a World Cup penalty shootout for the first time on a night of high drama in Moscow, edging past Colombia to secure a quarter-final meeting with Sweden on Saturday.

Amid a feverish atmosphere inside Spartak Stadium, Eric Dier scored the winning penalty after Jordan Pickford's brilliant save from Carlos Bacca.

Manager Gareth Southgate celebrated with his staff while his players mobbed the heroes Pickford and Dier, after their first win at the knockout stage of a major tournament since 2006.

Southgate's side looked to have emerged unscathed from an ill-disciplined match courtesy of Harry Kane's penalty, only for Colombia's Yerry Mina to equalise in the closing



**WINNING FEELING:** England claimed a rare victory on penalties.

seconds of stoppage time.

The extra 30 minutes could not separate the sides and led to a nerve shredding penalty

showdown that has so often been England's undoing.

No previous world championships stand between England

and the final, and should they get past Sweden, they will face either Croatia or hosts Russia for a place in the Moscow showpiece on July 15.

FIFA's rankings suggest England goes into the quarter-final against Sweden as favourites - they are 12th while Sweden are 24th - but former manager Sven-Goran Eriksson believes it will be an "extremely difficult" assignment due to Sweden's collective work ethic.

For his part, Gareth Southgate said:

"I'm proud of the way my team played. I thought we controlled the game in the 90 minutes, played with great discipline, we were very composed with the ball and in a big game that was very impressive from a young group of players."

CHRIS FROOME'S anti-doping case has been dropped by cycling's world governing body, the UCI.

The British four-time Tour de France winner, 33, was under investigation after more than the allowed level of legal asthma drug salbutamol was found in his urine.

The World Anti-Doping Agency, which worked closely with the UCI, has accepted that there was no breach and recommended the case be dropped.

Froome, who suffers from asthma, said he was "grateful and relieved to put an end to the matter."

"It has been an emotional nine months," he said.

"I meant it when I said that I would never dishonour a winner's jersey and my results would stand the test of time."

"I have never doubted that this case would be dismissed for the simple reason that I have known throughout I did nothing wrong."

Team Sky said Froome was only 19 per cent over the legal limit of salbutamol - not double as had been reported in some circles - and the result has since been adjusted to take account of dehydration.

Team principal Sir Dave Brailsford said he always had

# Froome in the clear at last



**RELIEVED RIDER:** Froome's name has been cleared after months of uncertainty.

total confidence in Froome's integrity and that he was looking forward to helping him challenge for a fifth Tour de France.

Tests have shown that indi-

viduals can exhibit significant variations in results taken over a number of days while using the exact same amount of salbutamol.

Froome is expected to line up at the start of the Tour de France on Saturday, despite talk of organisers wanting to ban him.

## Transfer rumours

*Who is in, who is out, and who is most wanted in England and Spain?*

**Bayern Munich** are the latest club to join the race to sign Manchester United's 22-year-old France forward Anthony Martial. (*Daily Express*)



Credit: iMasanMia/Twitter

**MARTIAL LAW:** Anthony Martial is being lined up by German giants Bayern Munich.

**Liverpool** could try to sign Germany and Bayer Leverkusen winger Julian Brandt, 22, after the breakdown of the deal for Fekir. (*Daily Star*)

**Barcelona** could sell 29-year-old midfielder Paulinho to raise funds for the signing of fellow Brazil international and Chelsea attacking midfielder Willian, 29. (*Mirror*)

**Tottenham** are preparing an offer for River Plate and Colombia midfielder Juan Quintero, 25. (*Metro*)

**Chelsea's** Thibaut Courtois is ready to leave Chelsea if the 26-year-old Belgian goalkeeper can get his dream move to Real Madrid. (*BBC*)

The Blues meanwhile are expected to make a bid for **Roma's** €70 million rated Brazilian keeper Alisson, 25. (*Sky Sports*)

**Arsenal** are set to finalise negotiations over the €28 million signing of Uruguay midfielder Lucas Torreira, 22, from Sampdoria next week. (*Daily Mail*)

**Barcelona** defender Marlon Santos, 22, has signed for Southampton for a fee of €11.3 million, after rejecting West Ham's advances. (*SportsMole*)

**Liverpool** are not only interested in Real Madrid's Spanish midfielder Marco Asensio, 22, but his teammate and compatriot Lucas Vazquez as well. (*Sun*)

**Atletico Madrid** and France forward Antoine Griezmann, 27, says he wants to end his career playing in the US' Major League Soccer by his early 30s. (*ESPN*)





DINA ASHER-SMITH set a British Championship record as she won the women's 100m at the Alexander Stadium in Birmingham. The 22-year-old dominated the race, breaking away in the final metres to take gold in 10.97 seconds.

TO READ MORE

## Molinari storms to first PGA tour win

FRANCISCO MOLINARI shot a stunning final-round 62 to win his first PGA Tour title by eight shots (-21) at the Quicken Loans National in Maryland.

The 35 year-old began the final round level with Mexico's Abraham Ancer on 13 under-par, but carded six birdies and an eagle to win from American Ryan Armour. He is the first Italian to win on US soil since Toney Pen-a in 1954, while Tiger Woods claimed his second-best result of the season, tied in fourth on 11 under.

Woods, a 14-time major win-



Credit: @englandcricket/Twitter

**FRAN'S THE MAN:**  
Molinari played flawless golf to win the title.

ner ended with a four-under final round of 66 and has only finished higher once since August 2013.

But Molinari ensured those chasing him were of little threat

as after making two birdies on the front nine, he made a 50ft eagle putt on the 10th hole and followed it with four consecutive birdies. The two-time European Ryder Cup team member moved from 123rd to 42nd in the FedEx Cup standings, justifying his decision to play in the tournament rather than take part in the European Tour's French Open.

"It wasn't an easy decision," said Molinari. "I thought until the last minute whether to go to France or to come here but it seems like it was the right choice in the end."

## Verstappen snatches win as Hamilton retires



Credit: @Max3Verstappen/Twitter

**MAX SATISFACTION:** Verstappen celebrates his victory in Austria.

LEWIS HAMILTON lost the world championship lead after retiring from a depressing Austrian Grand Prix for Mercedes, as Max Verstappen clinched an unexpected victory for Red Bull.

Hamilton retired due to a loss of fuel pressure with eight laps to go following a Mercedes strategy blunder and tyre problems.

Title rival Sebastian Vettel finished third in his Ferrari behind teammate Kimi Raikkonen, putting Vettel into a one-point lead heading into this weekend's British Grand Prix.

Mercedes will head to Silverstone with plenty to think about as they ponder how what had looked set to be an easy one-two finish in a race

they had dominated, fell apart.

Their problems handed a first win on their home track to Red Bull, for whom Verstappen drove flawlessly to close out the win.

Hamilton's teammate Valtteri Bottas had started in pole position, but a poor start saw him slip back into fourth.

However, a wonderful overtaking manoeuvre around the outside of Verstappen and Raikkonen saw him move up to second place, only to retire on lap 14 with a loss of hydraulic pressure.

The British Grand Prix is the third race of F1's first 'triple-header' and with the track's high-speed nature and sweeping corners, Mercedes are expected to get back to winning ways.

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