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NEWS EXTRA**Quorn
supremacy**

MORE than 60 per cent of Spaniards intentionally opt for meat-free days, topping the European ranking ahead of Germany and Poland, according to a new report by global market research provider Mintel.

Baby boost

SPAIN'S new socialist government has agreed to offer free fertility treatment for lesbians and single women, restoring a benefit which had been axed by the conservative regime of former Prime Minister Mariano Rajoy.

Car wars

MADRID City Council has confirmed that most of the Spanish capital's centre will be off-limits to non-residents' vehicles from November as it ramps up plans to establish a giant 'Residential Priority Zone.'

By Matt Ford

A SPANISH teenager who went missing last year ago has been rescued from a satanic sect in the Amazon rainforest.

Patricia Aguilar, 19, vanished from her home in Alicante on the Costa Blanca 18 months ago, but she has now been found in central Peru.

Investigators have also held Peruvian Felix Steven Manrique Gomez, 35, a former trainee electrician suspected of heading the Gnosis cult which kept three women as sexual slaves.

According to the victim's relatives, she was lured to the South American country by Gomez through social media.

They say he targets emotionally unstable girls promising to save them from the end of the world, urging them to leave their families as soon as they turned 18.

Referring to himself as 'Prince Gurdjeff,' he reportedly considers himself to be a messenger from God sent to Earth ahead of the planet's imminent destruction, which he announced in a series of online clips posted under false names.

He used a text-reading soft-

ware to disguise his voice with a Spanish accent.

The suspect also claims he has been chosen to repopulate the world in the wake of the Apocalypse and needed to build up a harem of women.

In another ploy he offered victims cosmetic treatments, writing: "Attention tablet girls. During this year and the next I will provide natural treatments

according to each case, you can grow breasts and hips up to three sizes. Free, complete discretion, the treatment is largely personal. Flat-chested girls from Latin America... Write to me if you are interested."

A source close to the case revealed he 'began screaming to be taken to a hairdresser' when charged with human trafficking at a local police sta-

tion, adding: "He is a special person who takes care of his image, and he knew that this was going to go out in the media, that is why he took an interest in getting a shave and wearing dress clothes. He takes care of that, because he is still luring [women] on social media."

Patricia was found five hours after the arrest at a private property where she was

looking after her one-month-old baby and four other children aged between four and 10, all fathered by Manrique and suffering from malnutrition according to detectives.

She has now been reunited with her family after her father Alberto travelled to Peru.

"It was a psychological kidnapping," he told Spanish media.

Non-profit support group SOS Desaparecidos, which has been supporting the family, revealed in a tweet her parents 'have been knocking on doors on land, sea and air to get Patricia out of the nightmare of human trafficking.'

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18-MONTH ORDEAL: Suspect Felix Steven Manrique Gomez (left), and Patricia Aguilar leaves the property where she was being held with her newborn baby.

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Gender crime silence held

COUNCILLORS in Benidorm have held a minute's silence to pay tribute to the latest victims to die in gender violence-related cases since last Friday in Spain. The deaths, which took place in Madrid, Asturia and Lepe, brings the total number of women killed as a result of gender violence to 21 this year.

Drugs bust

NATIONAL POLICE officers have arrested a man in Benidorm in connection with more than 100 doses of cocaine hidden within a belt. The arrest comes as part of a wider operation which aims to curb violence, as well as sex and drugs offences, in parts of the city popular for nightlife.

Two held

TWO people have been detained in Elda in connection with separate sexual assaults. The first was suspected of touching the bottom of a 14-year-old without consent while making inappropriate comments, while the other allegedly sexually assaulted a waitress in a restaurant toilet, with proceedings for both cases having been sent to the courts.

Road deaths

A 40-YEAR-OLD man has died and his eight-year-old son was injured after being hit while on their bicycles on the road running from Villena to Biar. Emergency services were called out to kilometre three of CV-799 road at around 10pm last Sunday, with a man having been arrested in connection with the crash.

'Theft' probe

TWO 25-year-olds have been arrested en route from Valencia to Palma in Mallorca in connection with alleged robberies across Alicante Province, including in Campello. Proceedings for the case have been sent to local courts, with the pair suspected of robbing an ice cream shop and bar in the town.

Strike vote

OFFICIALS from a textile workers' trade union have unanimously backed a strike at a plant in Ontinyent claiming the owners failed to uphold a wage agreement. The walkout, due to go ahead next Thursday July 19, comes as union bosses recently reached an agreement with employers to set an annual minimum wage of €14,000.



THE BIG PICTURE Nº 22

RAINBOW ROAD: A scene from the final parade in central Madrid.

Bursting with pride

IT is the biggest Pride celebration in Europe.

And the 2018 Madrid Orgullo was particularly special after an estimated two million revellers flocked to the capital to mark the 40th anniversary of the first authorised LGBT demonstration in Spain.

Organised by the Homosexual Liberation Front of

Castilla, it took place when 'homosexual acts' were still criminalised.

The 10-day festivities ended with a spectacular giant parade through the city's streets, while the opening march, this year dubbed 'Conquering equality, TRANSforming society,' was for the first time led by two government ministers.

Tourism data

OFFICIALS due to meet in Benidorm for the International Tourism Forum plan to use 'smart data' to analyse and improve on holiday offerings.

The decision to examine the statistics comes as part of a wider effort to place the industry and the forefront of technology which can improve services for customers. The conference, in its 19th year, is set to be held from October 18 to 19 according to the organisers.

The Forum is set to be attended by the mayor of Benidorm Toni Perez and

Valencia tourism spokesperson Francesc Colomer, among other officials.

Colomer said Valencia's regional authority was committed to innovation both in the tourism and in the technology sector.

"We have the responsibility to increase our understanding of the sector to make life easier for visitors," he said.

Artificial Intelligence, cryptocurrencies, data management and improvements are on the agenda for the meeting.

Cliff diver boy hurt

A 14-YEAR-OLD boy was left with multiple neck and back injuries after jumping from a cliff edge and landing on a rock in the sea of El Campello.

Emergency services including paramedics, firefighters and Guardia Civil officers were called out to the Baños de la Reina after the fall.

It is believed the boy was with friends when he leaped from the cliff and fell some five metres before hitting his head on rocks below.

Emergency services were alerted shortly after the fall which took place at around 6.30pm last Sunday.

Officers and other emergency personnel gave the 14-year-old first aid treatment while waiting for an ambulance.

He was later taken to hospital with medics stating they suspect he has suffered injuries to his neck and possibly to his spine. The fall comes as local authorities on the Costa Blanca have warned against diving near rocks.

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Photo credit: Eduardo Losada/Wikimedia

WATERY GRAVE: A piece of the wreckage and (inset) a US Air Force photo showing the attack on U-996.

Nazi sub found

THREE Spanish divers have found the wreckage of a German Second World War U-boat off the coast of northern Spain.

The crew blew the U996 vessel up using timed charges after it was badly damaged by Allied bombers in November 1943.

Eight of the 52 men on board died trying to reach the shore near Estaco de Bares, a peninsula in La Coruña Province, Galicia.

The desperate move came after US Navy and RAF Liberator bombers targeted the submarine for an entire day, with one plane, believed to be an RAF Caralina flying boat, shot down by its anti-aircraft gun.

One RAF Wellington bomber also joined the battle and dropped depth charges before the crew scuttled their ship.

Naval historian Yago Abilleira, who was part of the team which unearthed the wreck after years of searching, said U-966 was abandoned "in desperation, as Allied planes were attacking them on all sides and they

knew time was running out."

Its remains were found scattered over a wide rocky area at a depth of 24-26 metres, and the men are now aiming to find the Allied plane which they think lies close to the submarine.

The precise location will not be revealed since it constitutes a war grave.

Three local fishing boats reportedly saved some of the German crew after they were found clinging to offshore rocks.

The U-boat, nicknamed Gut Holz (Good Wood), was returning from a mission in North America when it came under attack on November 10, 1943 having been launched just 10 months earlier.

Commander Eckehard Wolf flew to Germany a year later under a false name, according to German website *Ubootarchive.de*.

Spain's fascist leader at the time, the dictator Francisco Franco, is also thought to have helped other members of the crew return home.

POLL OF THE WEEK

Should the conservative party call for a no-confidence vote in Prime Minister Theresa May?

■ **LAST WEEK'S POLL:**

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Fight for life

Ex-BBC host punched in bar

By Matt Ford

THE family of an ex-BBC host have released a heart-breaking photo of their dad fighting for his life in hospital as they appeal for help tracing his attacker.

Comic Jimmy Carol, 63, is hooked up to a ventilator in the picture, and his son James Everall said he is on life support after being punched when trying to defend a group of women being harassed by drunks in Benidorm.

The performer from Burscough in Lancashire has a fractured skull and bleeding on the brain.

He said: "Today I arrived in Alicante and went straight to my dad's bedside in the ICU.

"Unfortunately after Friday's positive report there is no further similar update.

"My dad was not responsive to me today and quite honestly it was difficult to be with him.

"He is on life support and the machine is doing his breathing.

"He has a third CT scan on Monday to see if the bleeding and haemorrhaging reduce but due to his multiple skull fractures the medical team are unable to per-



HORROR ATTACK: Jimmy was trying to defend a group of women from drunks.

form surgery yet."

James, from Chapel-en-le-Grave, Derbyshire, also confirmed a £20,000 cash reward is on offer for information leading to the attacker being held.

Friend Christine Coles said on social media 'top celebs' from TV comedy Benidorm will be among those performing at fundraising shows, adding that a crowdfunding page will be set up.

James earlier said the at-

tacker, who hit his dad so hard he was unconscious when he hit the floor, was six feet tall and wearing a red England shirt.

He added: "Please pray for my brother and I who are obviously shaken and disturbed by all of this.

"And please pray for the person who did this. Pray that they realise the gravity of their drunken actions and that they have the courage to turn themselves in."

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Aless is more

SHE recently retired from her long role as a Victoria's Secret angel.

But Brazilian model Alessandra Ambrosio showed she retains an envy-inducing figure after slipping into a skimpy fishnet-style bikini on an Ibiza beach.

The 37-year-old bombshell struck a series of poses atop some nearby rocks before frolicking in the waves as she enjoyed her sunshine break.



BEACH BABE:
Alessandra Ambrosio.

Photo credit Twitter

Amy-zing boat trip

SHE'S the comedy queen who has starred in a series of hit films.

But American stand-up star Amy Schumer showed she knows how to relax in style after being snapped aboard a luxury yacht in Ibiza.

And the 37-year-old was joined aboard by sitcom legend Jerry Seinfeld, 64, plus the pair's partners.



COMEDY QUEEN: Amy Schumer.

Life's a peach!

IT'S the celebrity craze of the summer. And Made In Chelsea star Lucy Watson wasted no time in sharing her peachy posterior with the world after posting a belfie while staying at the five-star Las Dunas Beach Hotel and Spa on the Costa del Sol. The 27-year-old sent temperatures soaring after the racy snap appeared online.

WISH YOU WERE REAR: Lucy Watson.



Photo credit Lucy Watson/Instagram

Kiss it better

THEY'RE famous for their extravagant live shows and outrageous costumes.

And legendary rock band KISS proved their credentials again after taking to the stage at the Rock Fest in Barcelona for their first gig of the year.

Lead singer and bassist Gene



ROCK LEGENDS:
KISS.

Simmons, 68, recently revealed plans for a three-year world tour starting next January that will stop "on all continents."

He added: "Let me put it bluntly: One day we are going to stop and do the last show. I

don't know when that is... I still look stunning in real life!

"The band's in great shape - Tommy [Thayer, guitar] and Eric [Singer, drums] are fantastic. Everybody finally seems happy with their lot in life."

Ron holiday

IT is rumoured he could play for Juventus next season after the Italian champions submitted a €100 million bid for his services.

But Real Madrid superstar Cristiano Ronaldo's mind appeared elsewhere as he shared a saucy snack with girlfriend Georgina Rodriguez while on holiday in Greece.

The 33-year-old footballer's Portuguese team was knocked out of the World Cup last-16 by Uruguay.

But he appeared carefree after jetting to the Peloponnese peninsu-



CRIS GOODBYE?
Ronaldo could be set to leave Spain.

Photo credit Georgina Rodriguez/Instagram

la before leaping aboard a helicopter and flying to a luxury resort.

And Spanish model Georgina, 22, posted a series of snaps from the trip, with the pair joined by her squeeze's eldest son Cristiano Junior, eight.

She recently gave birth to the striker's youngest child and second daughter Alana Martina, with his other three children, who also include twins Eva Maria and Matteo, believed to have been born via two surrogate mothers.



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HOLIDAY HORROR: Darcey Morgan's mum Alex said she has had a 'nightmare.'

First Choice sued

THE family of a schoolgirl who nearly drowned when her hair got tangled inside a hotel swimming pool filter is suing travel operator First Choice.

Darcey Morgan, who is now seven, turned blue after she became trapped underwater for two minutes while on holiday in Spain with family in April 2017.

The girl was taken to hospital from the H10 Rubicon Palace in Lanzarote, and the traumatic incident has apparently left her with psychological problems.

Mum Alex Morgan explained that seeing her daughter in such a state had been a 'nightmare,' made worse by a perceived lack of action by the hotel and tour company.

Mrs Morgan said: "The whole incident was an absolute nightmare and we truly thought at one point that we were going to lose our little girl."

"A huge amount of hair was ripped from Darcey's head, yet following what happened we never saw the hotel close the pool, turn off the

feature or examine the filter at all.

"We have been hugely frustrated by the response of both the hotel and the tour operator in relation to what happened, and just want to get some reassurances that lessons will be learned.

"No parent should face what Gareth and I went through and we hope this action will not only raise awareness of issues relating to hotel swimming pools, but also lead to clear safety improvements.

"This simply cannot be allowed to happen again."

Mrs Morgan had reportedly been told by other holiday-makers that they had reported the problematic filter to staff.

Two days prior to Darcey's ordeal, a boy had got his swimming trunks sucked into the device and ripped apart.

Philip Banks of Irwin Mitchell solicitors commented: "This is a truly shocking case and, while Darcey survived, the incident has had a lasting impact on her and she will likely need access to specialist support in order to

put what happened behind her."

A spokesman for First Choice said at the time that it had taken 'immediate action' to resolve the issue, and had been in contact with Mrs Morgan to 'update and reassure them on the steps we have taken.'



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By Joe Gerrard

THE Spanish Defence Ministry has announced it plans to change its entry rules after a woman was told she could not join due to her tattoo.

Estela Martin argued she was being discriminated against after being told a tattoo of a lotus on her foot broke army uniform regulations. The armed forces have yet to confirm if she can be allowed to reapply, she said.

Current rules require tattoos, piercings and other body modifications be covered up by men and women while in uniform.

Martin was told hers would be visible if she wore a skirt, optional for



RULE CHANGE: Estela Martin was told she could not join due to her tattoo (inset).

women in the army who typically wear trousers.

Military officials since

announced rules will be changed so that tattoos, rings and other body modifications will not be allowed to be shown in uniforms common to men and women. The wording excludes skirts in order to resolve the issue Martin had.

Martin said she was happy for other women that the rules were set to change but added the military had not contacted her to offer her a chance to

reapply.

"When I saw this new measure, at first I felt happy to know that it will not happen to other women. But then I wondered ... what about me?" she said.

"If they change the rules they are acknowledging they were unfair to me but I have not had an answer from them," she added.

Martin applied to join the Spanish Army as a psychologist this year after leaving her job at a hospital in Madrid two years ago. She sat her civil service exam last month.

Martin was taking part in a swimming test when an examiner noticed the tattoo and told her she could not continue with the entry process. It may have been seen if she wore a skirt, he added.

She claimed men who bore tattoos in similar places to hers were not pulled out of the session.

OUR VIEW

PM safe this week?

JUST when it seemed that the British government had reached a modicum of agreement over the Brexit plans, first David Davis and then Boris Johnson decided to resign from the cabinet.

There were rumours that the influential 1922 committee of Conservative backbenchers were considering calling for a vote of no confidence in Prime Minister May but those opposing her did not find 48 MPs prepared to sign such a declaration.

At the end of the day it appears that the Tories are more interested in trying to influence the final Brexit deal from within rather than deciding to tear the minority government apart when there is still so much to do before March 2019.

Two voices which had been strident in calling for Brexit, Liam Fox and Michael Gove have kept relatively low profiles during the last week with Gove actually saying that he is 100 per cent behind Mrs May's Brexit plan (if he was talking about a football manager, you would know that they were about to be sacked).

Tellingly, the four arguably most important positions in government, Prime Minister, Chancellor, Foreign Secretary and Home Secretary are now all held by MPs who voted to Remain so to some extent it would appear that a softer exit is now possible.

Having said that, both Davis and Johnson are now likely to be more voluble about their opposition to the plans and Jacob Rees Mogg has made it clear that not only is he opposed to the plan, but thinks Boris Johnson would make an excellent Prime Minister.

As the saying goes, watch this space!

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FROM RUSSIA WITH SHOVE: Jussi.

JUSSI, 43, on holiday from Helsinki, Finland

"Sometimes yes, sometimes no. You can't blame everyone for the actions of a few people.

"It's not only England either, Russians are just as bad, if not worse. I saw a documentary about English hooligans though! It was a few years ago but they would go around Europe for football matches in the Champions League and stuff, not to watch the games but to cause trouble. During the European Championships two years ago there were also a few incidents, especially between the English and the Russians.

"However, I've not seen or heard about any bad behaviour

STREET TALK

Are English football fans misbehaving?

Armed police officers have clashed with celebrating Three Lions supporters in Benidorm, but have holidaying revellers gone overboard during England's World Cup run?

on the Costa, so maybe that tells you something too."

Mark Ransom, 51, on holiday from Surrey, England

"Of course they do! I've certainly not heard about anything. I'm staying in Alhaurin el Grande and it's a quiet place so there's no reason for that sort of stuff to happen. There's a large expat community

there and everyone gets on fine.

"I suppose for a few people, when England lose, the frustration kicks in and then it spills out in a bad way. It's groups of young lads having had too much sunshine and beer. But they don't represent everyone. There are lots of English out here and most are absolutely fine."

Steven and Frida Hair, 61, on holiday from Ardrossan, Scotland

"They're all hooligans! No, just joking. We've never seen any cases of it. There are lots of foreign people here and they all seem to get on well. When the English go abroad, they get targeted because of their reputation. Then the press hypes everything up too. There are a few hooligans

but they've got no interest in football, they just want a fight. But it's not just England, the Russians and Dutch are just as bad, if not worse."

Christopher and Katerina, 22 and 25, on holiday from Porvoo, Finland

"We've not had any bad experiences. When we watch an England game the fans are just cheering and enjoying themselves. No one is throwing anything

or fighting!

Christopher: I watched the film Green Street Hooligans and so I did have an impression of the English from that! I think there was a problem in 2016 between English and Russian fans, but I think that was more the Russians' fault."



FAN-TASTIC ATMOSPHERE: Mark.

NO BIG KICKOFF: Steven and Frida.

THEY'RE ALWHITE: Christopher and Katerina.

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Tourism backlash goes on

Bus packed with holidaymakers targeted

A TOURISTIC bus came under attack on Monday, by two members of Arran, the youth movement of the radical CUP party.

The Marxist pro-Cataluña independence group was protesting overcrowding of holiday hotspots.

The activists boarded the open top bus, as it stopped outside the Olympic village, lighting green and white flares and displaying a huge sign saying: 'Stop mass tourism in the Catalan countries.'

Arran posted a picture of the demonstration on its Facebook page. The groups also warned of further protests and threatened to take their protest to other parts of Spain to show their discontent at systematic overcrowding of holiday hotspots.

Arran claims it is not against tourism but rather the 'massification' of tourism which they claim is ruining local people's lives.



Photo Wikimedia

**MESSAGE SENT: Bus stormed
by Arran**

Adding the uncontrolled large scale tourism ruins residential areas, prices locals out of holiday destinations and long term rental properties at the same time ruining beaches and landscapes.

The action in Barcelona was followed hours later by a further two members of the organisation storming a touristic bus in Va-

lencia and displaying the same message.

Other Arran stunts include attacking a sightseeing bus filled with British holidaymakers last summer in Barcelona, near the Nou Camp and causing havoc in Palma's high end marina last August.

Two weeks ago, in a less publicised stunt Arran activists had to be cut free after chaining themselves to a famous Gaudi sculpture in Barcelona.

Sources from Barcelona's metropolitan services (TMB) tried to down play the incident claiming no damage was caused to property, or any delays to the bus service schedule. Adding the protesters left soon after displaying their sign.

Gerardo Pisarello, first deputy of the mayor of the Barcelona City Hall, played down the incident calling it a 'symbolic initiative.'

€120m boost

ALICANTE City Hall will begin a €1.2 million restoration project for the San Fernando castle to improve accessibility, with €499,450 coming from the Valencian Community's Feder fund and a further €709,220 coming from the town hall from funds made available to them by the European Union.

The project is directed by the councillorship for project coordination and the department of historic memory, tourism and urbanism.

The town hall hope to im-

prove access for people with reduced mobility by installing ramps and rehabilitating different key access points as well as improving transport services from the town centre to the castle.

Plans also include the restoration of the Puerta de los Leones and the round tower, along with refurbishing the interior of the vaults to contain a performance and show area.

Local authorities also hope to increase visitors to the San Fernando castle by promoting sporting, educational and



RESTORATION APPROVED: San Fernando castle.

touristic events at the venue.

Alicante mayor, Luis Barcala, hopes these steps will breathe new life into the fortress which has fallen into a state of disrepair.

This week the mayor traveled to Valencia to meet with the president of the regional

government for the first time.

The mayor brought to the regional president's attention further historically and culturally important areas in Alicante in urgent need of restoration such as Baluarte de la Mina and other parts of the Santa Barbara castle wall.

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NEWS EXTRA

No bail

A JUDGE turned down a request for bail from the Elda woman accused of killing her partner's foster son. Instead she will remain in Fontcalent prison until her trial by jury comes to court.

Slow down

VILLAJYOYOSA Town Hall is installing 13 'sleeping policemen' at zebra crossings along the seafront Paseo as far as Arsenal as too many drivers are ignoring the speed limit and endangering pedestrians, the Patrimony department said.

Too hot

A BOY of 14 overcome by heatstroke while hiking with his father in Sierra de Segaria near El Verger was flown by helicopter to Denia's fire station from where he was transferred to hospital.

€220 million traffic boost

TERRITORIAL Urban planners have requested building work from the Development board in eight Costa Blanca municipalities including Altea, Ondara, Pedreguer, Alfaz del Pi, Javea and La Nucia.

The territorial councillor for development, Maria Jose Salvador presented the Spanish Ministry of Development a plan issued to improve the accessibility of eight municipalities to the AP-7 motorway.

The plan would be implemented once the motorway that connects Alicante and Cataluña becomes toll free by December 31, 2019, according to promises made by new development minister Jose Luis Albalos.

The forecasted costs reach €220 million at the moment but according to claims by the Director General of Transport, Carlos Domingo, the outlay could drop significantly by the final budget, basing this on previous pro-

jects like the Altea ring road that plummeted from an original budget of €80 million to €30 million

In the province of Alicante they want improvements to the N-332 motorway between Gata de Gorgos and Pedreguer improving safety while at the same time increasing overall capacity.

Altea and Oliva motorists face serious problems with congestion, pollution and safety especially in the summer.

According to Ms Salvador, the study carried out concentrated on analysing the mobility around the AP-7 motorway that runs through Valencia, having paid special attention to the coastal corridor.

These problems are particularly serious on the N-332 stretch which passes through urban centres whereas in other areas the CV-10 motorway allow these problems to be mitigated to a certain extent.

In general there are two fronts for proposed improvement on the current road system. One approach lies in creating new links between the AP-7 with the N-332 and

N-340, therefore improving connections allowing traffic to flow from higher to lower density congestion areas.

The second aim is to improve capacity and safety on

existing road systems that connect the soon to be public AP-7 toll roads to urban centres or other existing roads with unacceptable congestion levels.

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By Joe Gerrard

SPAIN'S Prime Minister has received the President of Cataluña in Madrid for talks which aim to restore normal relations between authorities following the recent push for the region's independence.

Pedro Sanchez and Quim Torra were photographed standing outside the Prime

Minister's official resident of La Moncloa smiling and shaking hands for a photo call last

Monday.

Torra said on Twitter ahead of the visit he wanted to explain to the Prime Minister the 'very serious' situation he claimed the Spanish state had created in Cataluña.

His ambition was to try to reach a solution with Sanchez as the region continues to be embroiled in the fallout from last year's independence referendum and declaration.

Sanchez wrote on the social media site in Catalan and Spanish: "A political crisis requires a political solution. This meeting is a constructive starting point for the normalisation of relations."

He added the two leaders had decided to take steps towards returning Cataluña and Spain to 'normalcy' along the lines of cooperation and understanding.

Torra, a member of the pro-independence Junts per

PM Catalan meeting

Sanchez and Torres aim to achieve 'normalcy' at talks



TALKS: Sanchez (right) and Torra (left) swapped books at the meeting.

Cataluña party, also reportedly wanted to continue advancing the cause of the region's self-determination.

Spanish government officials spent the weekend before the meeting playing down the topic as a subject for discussion in interviews and ruling out a second, legally-sanctioned referendum on self-rule.

Sanchez floated at the meeting lifting the blocking of financial transfers and invest-

ment into the region, according to reports in Spanish media.

The Catalan President took questions from reporters after the meeting. Torra said he told Sanchez he regarded former pro-independence politicians currently being held or having fled abroad in connection with the independence push 'political prisoners.'

"We must put an end to the police and judicial offence against the independence

movement and the persecution of people for their ideas," he said.

Carmen Calvo, Spain's Deputy Prime Minister, said Spain was a "single state" and there were no options for self-rule under its Constitution.

"Sovereignty falls on all inhabitants but recognising the diversity of the regions. Self-determination does not exist because Cataluña was part of the great pact that is the Spanish Constitution," she said.



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NEWS EXTRA

Feder
bounty

BENISSA is to receive €135,000 from Europe's Regional Development Fund (FEDER) which will be used to convert the old Sala del Consejo (Council Hall) into a History Museum and Interpretation Centre.

At last

FIFTY squatters finally left the Campello property that they had occupied since 2015 after their electricity and water supplies were cut off, following complaints from neighbours of squalor and lack of security.

Grain gain

CEREAL crops in the inland Alcoy will amount to around 14,000 tons, the best harvest for four years thanks to the spring rains that came at the right time despite the ongoing drought.

Bang on

THE mammoth Castell de l'Olla fireworks display in the Altea next month will be announced by two women, Lina Vila who designed this year's poster and Silvia Zarza, Europa Press's Valencian Community editor.

Big ask

AGRICULTURAL growers in Callosa asked Joan Baldovi, Compromis spokesman in the regional parliament, for official funding to enable them to switch to drip irrigation, which is environmentally-friendly and cheaper than traditional methods.

Road death

A 40-YEAR-OLD cyclist was killed and his son of eight injured when they were mown down between Villena and Biar by a hit-and-run driver. Detained shortly afterwards he tested positive for both alcohol and drugs.

‘Wrong defendant’ in court

MAGISTRATES at a court in Palma have shelved proceedings against a 36-year-old in court in connection with a glass bottle attack after discovering he was not the defendant.

The man, from Senegal, reportedly repeatedly denied that he was the man set to be tried that day. He was previously arrested after the courts issued a warrant for the detaining of a suspect in

connection with an alleged assault with a glass bottle in Magaluf.

The 36-year-old was released but was summoned to appear before the court again last Friday. He continued to

insist he was not the defendant and so Judicial Police compared his fingerprints with that of the suspect.

Officers found the 36-year-old shared the same name and nationality as the

suspect but the prints showed he was not the suspect.

The man was freed and a warrant has been issued for the arrest of the suspect who is nine years older than the 36-year-old.

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Testing the waters

FROM July 1 to September 15 the Finestrat Council will publish weekly reports on the quality of the bathing waters and sand in the La Cala beach area of the town.

The analytical and visual inspections will be made by the Ministry of Agriculture, Environment, Climate Change and Rural Development through the Programme of Control and Surveillance of the Quality of the Bathing Waters for the Valencia Region.

The result will be published on the town's website www.ayto-finestrat.es. Between July 1 and July 8 the rating was 'excellent.'

New HQ for Alcoy

THE Technological Institute of Textile (AITEC) has announced plans to build their new headquarters in Alcoy by 2020.

Situated in the town's Batoy area, the single location of all the services will enable AITEC to cease using the five different buildings dotted around the town.

The new premises will be 18,000 square metres and cost approximately €8 million.

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Obama and King tour gallery



CREDIT: Casa de S.M. el Rey, via Twitter

MEETING: Obama met with Felipe in Madrid.

BARACK OBAMA, the former President of the United States, has met with Spain's monarch King Felipe in Madrid for a tour around the Reina Sofia art gallery.

Pictures released by the royal family's Twitter account showed the ex and current heads of state taking in works including Pablo Picasso's Guernica and several by Salvador Dali.

King Felipe presented Obama with a book about the painting, regarded by some as one of the great paintings of the 20th century, as a token of friendship.

Royal sources said the book included a dedication which read in English: 'For President Obama, as a testimony of my friendship and affection and in memory of our visit together to the 'Guerinica,' an eternal icon

of the most universal art.'

The visit follows a speech made by the former President at the Summit of Technological Innovation and Circular Economy held in Madrid last Friday.

It also comes as King Felipe travelled with Queen Letizia to the United States last month. Their trip culminated in a meeting with President Donald Trump in Washington DC.

Repair faux pas

RESTORATIONS on El Campello's throne of the Virgin of Carmen have begun even though the owner had not consented.

One local, who thought they were using their initiative, began restoring the throne despite the authorities saying it was already in good condition.

The resident claimed that they intended to change the wiring, repaint the Virgin of Carmen and replace items such as bulbs and batteries.

The legitimate owners, the Festival Commission, are the only ones able to sanction any restoration work to the throne.

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We talk the talk, but do we walk the walk?

By Sam Kelly, Managing Partner, Chorus Financial.



I'm sure you'll all be aware by now that I'm not exactly shy in my beliefs that Chorus offer the best investment management service here in Spain! Rather than me just saying it, I'm sure you'd all be interested to know how we do it?

A typical Spanish investment bond or pension here may contain a handful of funds that the financial advisor's firm have on a 'recommended fund list'. I can look at pretty much any portfolio here in Spain and have an idea of which firm put it together. The options are often limited, and the fees can be incredibly high.

Chorus take a very different approach. When we say we are independent, we genuinely mean it. We have access to the full fund market, and each and every Chorus portfolio is designed for the individual client.

So how does the process work? The blue line on the chart you can see is an actual portfolio I put together for a client with a Balanced attitude to risk. In simple terms, we'd expect a balanced portfolio to have no more than

40-60% exposed to equities, with the rest in cash, fixed interest, property, bonds and alternatives. The red line on the chart is the FTSE 100, an index of the UK's 100 biggest companies (which would class as a 100% equity, high risk investment). The chart covers May 2013 until May 2018.

The Chorus portfolio has achieved smoother returns vs the FTSE, whilst taking around 50% of the risk of investing in 100% equities.

We achieved this by creating the most optimal portfolio possible within the client's risk tolerance. This meant analysing

thousands of funds, choosing only those with the strongest track records, and best performance within their sector and creating a risk-weighted portfolio. The portfolio covered different sectors, regions, and asset types for maximum diversification. Each fund is then closely monitored for the life of the plan, with changes and rebalancing made where necessary to optimise returns.

Many funds used here in Spain cost as much as 3-4% and those charges are rarely disclosed. The average fund cost on this portfolio was around 0.5% per annum (costs can vary, and advice on a specific portfolio can only be offered when we

have assessed your circumstances).

As always, we encourage you to google investments and research them for yourself. This specific portfolio contains funds from Rathbones, Royal London, Vanguard, Schroders, Fundsmith & others, with information on fees and past performance all available online.

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Breeding success

SUMMER brings 18 new births to the Terra Natura Park in Benidorm.

The park announced that seven different species have been added to their numbers including birds

and monkeys.

Putting the success down to a good diet during the spring, managing to cover the nutritional needs and the general welfare of the animals, keepers are de-

lighted with the new intake.

Each birth was carefully monitored by the veterinary team and the staff at the park, with all animals being reported as healthy.

Airport arrest

AN Irishman has been arrested at Malaga Airport after allegedly attempting to take his children to Belfast under duress.

The Guardia Civil said officers detained the suspect before he was able to board a flight to Belfast with the six and nine-year-olds.

He had also reportedly broken a restraining order which stopped him from making contact with his ex-partner after arriving at her workplace in Mijas.

A police spokesperson said the man was travelling on an Irish passport and that he had dual nationality. The other travel documents were not issued by British authorities, he added.



Terry Whalbone, via Flickr

HELD: The man was arrested at Malaga Airport.

Fiesta time in Altea

THIS weekend Altea will be honouring Sant Pere and the Virgen del Carmen.

The festivities, which start today (Thursday) will run throughout the weekend culminating with a firework display on Sunday at 11pm.

Whilst the Mariners Medieval Market on the Paseo at Playa de la Roda, with various workshops all related to the sea such as fishing takes place, visitors can also see parades, listen to music and sample the traditional 'coca a la llumá.'

Farmers market

BENISSA is holding a monthly farmers market on Saturday. Known as the Mercat dels Porxes, the event will be held on the second Saturday of every month.

Located in the Mercat dels Porxes the

market will run from 9am until 2pm, with stall holders giving demonstrations, selling ecological products, hand-crafts and many more locally produced items.

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Polop festival

THE 2018 edition of the Festijove Polop takes place tomorrow evening (Friday) with food stalls and live music starting at 8pm on the Plaza de la Ermita.

Bass Rock, Blue Papaya and DJ Christian Blond will all perform during the gastronomic celebrations and admission is free.

For full details consult the town hall website: www.polop.org.

Meter thieves

A SPATE of water meter thefts have been reported in Denia, concentrated in the Suertes del Mar and La Pedrera areas.

Suppliers of the equipment, Aqualia, state that the thieves have targeted properties where the equipment is not protected by a padlock, and that they will replace the meters free of charge and supply padlocks to deter further criminal activity.

All of the incidents have been reported to the police, and it is believed that the thefts are not isolated incidents but the work of organised gangs.

Costa crackdown



COSTA CRACKDOWN: Venues on the Calle Mallorca will be barred from dishing out free drinks.

DRINKS venues are set to halt the handing out of free drinks in the area of Benidorm known as 'Little England' as part of a wider crackdown on booze-related incidents.

The City Council's decision comes as the area around the Calle Mallorca, also known as the 'guiri zone,' has seen a surge in alleged alcohol-fuelled violence in recent weeks.

Lorenzo Martinez, a local security official, said free drinks offers designed to entice people into venues would now be barred. Police also believe many of those promoting the offers were also using it as a cover to sell drugs, he added.

Martinez said bars, pubs and clubs caught breaking the ban would be slapped with fines.

Riot police were deployed against England fans celebrating after the country beat Panama in the World Cup.

It also follows a shooting at a well-known nightclub in the area last Wednesday. Three people were left wounded including a 42-year-old British tourist in what is believed to have been a gang-related feud.

Eco deadline

TODAY is the final day for La Nucia residents to apply for a recycling grant, which can reduce their rubbish tax bill by €100 annually.

Two grants are on offer. The first aims to help the most disadvantaged in the community, offering a subsidy of €45 on the annual bill.

The second is dependent on the amount of paper, glass and other items that a household takes to the Ecopark located in the town.

To register simply pop into any of the town hall locations or download the form www.lanucia.es.



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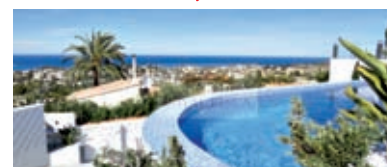
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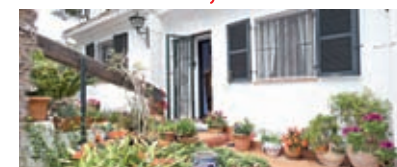
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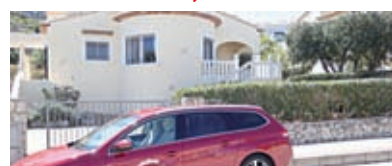
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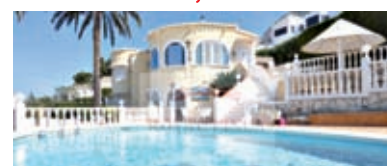
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Claims firms fly off with cash

PERSONAL claims firms are preying on holidaymakers at airport arrival gates in a bid to whip up a compensation storm for flight delays.

Those who fall for their schemes could lose hundreds of pounds despite being able to claim what they are owed for free.

Passengers are entitled to statutory compensation of up to €600 if their plane lands more than three hours late.

They can easily make the claim themselves for free via the airline, but claims firms have spotted a sly opportunity to do the chasing on their behalf.

The agents catch weary passengers on their way through arrivals halls - urging them to fill out forms on the spot - which they then take to the airlines.



Credit: Packshot/Shutterstock

FLIGHT FRIGHT: Many claimants are unaware that they will not receive the full amount.

However, many claims firms help themselves to a big chunk of the final payout (in the smallprint), sometimes over 40 per cent.

The scourge has been on the rise in the past 18 months as agents hunt for alternatives to payment protection insurance (PPI) claims, which are being clamped down on.

The problem is aggravated by the failure of many airlines to inform passengers of their entitlement to apply for compensation directly.

Passengers whose flights are cancelled should be booked on other flights and compensated for the resulting delay in their arrival, or given a full refund.

Pool dive paralysis

Brit father loses use of legs after pool accident

By Joe Gerrard

A BRITISH father is facing major surgery and can no longer use his legs after he hit his head on the bottom of a pool while holidaying in Mallorca.

Keith Dungait, 42, was said to be critically ill in hospital following the head-first dive into a pool at a hotel in the resort of Cala d'Or on the island.

The father of two was on holiday with wife Christina and friends when the accident took place. They have since launched a fundraising drive which aims to get him treatment so he can walk again.

Friends said on the appeal's Just Giving page that Dungait had dived into the pool and hit his head on the bottom.

"A moment that took just seconds has left Keith in a critical condition with five fractures in his back and



Dungait family, via Just Giving

CRITICAL: Keith Dungait may never be able to walk again.

without the use of his legs," they said.

"Keith's family know there is a long road ahead, and we hope that the funds we raise through this appeal will help make that rehabilitation possible and get Keith back on his feet," they added.

Shelly Kitching, a Facebook friend of Dungait's, said the 42-year-old had in-

surance but that he could remain in hospital for "a while" longer.

"We are raising money to help bring him back to Britain and for his family. Wishing our crazy fun-loving friend Keith a speedy recovery!" she wrote in a post.

More than €43,600 of the roughly €56,480 has so far been raised on the page.

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Drug clubs raided

GUARDIA CIVIL officers have raided several cannabis associations and arrested 17 people for drug trafficking in the north of the Costa Blanca.

The three operations, which took place over two months, have now concluded with two buildings being raided in Javea and four arrests being made.

Other arrests were made in

Denia, Calpe, and Benissa. One of the businesses which was growing 400 plants even had security guards with fake weapons.

Properties were also raided in Pego, Pedreguer, Moraira and Beniarbeig.

Aged between 19 and 40, many of the arrested had set up cannabis associations as a ruse to cover up that they were dealing

drugs, which resulted in the closure of those establishments.

The operations brought in a haul of €34,000 in cash, approximately 18 kilos of marihuana, one kilo of hashish pollen, 760 joints and 1,000 marihuana seeds.

All were charged with drug trafficking and being part of a criminal organisation.

Spanish Milton Keynes?

IT has been announced that yet another roundabout is to be built in La Nucia.

The town, which is locally renowned for all its roundabouts, will place this latest edition on the CV-715 where it joins with Avenida de la Marina near Mercadona.

The Department of Public Works will spend approximately €240,000, with completion being estimated as three months.

Work is also scheduled to make changes to the roundabout on the CV-70 which links to Polop de la Marina, where a recorded 8,800 vehicles pass through daily.



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Blaze traps hikers

A RAGING fire took hold on the slope of the Montgó mountain between Denia and Javea on Sunday, with many fearing that winds would beat those battling so hard to extinguish it.

The fire started near the Camí de la Colònia on the Denia side of the mountain and was initially spotted by the castle's watchman around 3.30pm.

Quickly aerial support began bombarding the mountain with water, as ground crews navigated a group of three hikers to safety as their exit

had been blocked by the flames.

Despite nine aerial support teams constantly bombing the area with water, the fire continued to spread over the mountain towards Javea, with visibility being a key problem for the pilots.

The continued efforts by the fire services both in the air and on the ground resulted in the fire being stabilised just after 6pm and classified as controlled at 7.45pm.

Residents were asked to keep away from the area with the Denia Civil Protection taking to social media and requesting that certain roads were kept clear for emergency vehicles.

As work continued through the night to ensure that the fire was out, on Monday morning further aircraft were despatched to the area to ensure that no further outbreaks had occurred.

Whilst an estimated six hectares of land was dam-



AT THE SCENE: Protection Civil Denia.



SMOKEY CONDITIONS: Bravely battling the fire.

aged, the quick and efficient response of the emergency services avoided a repeat of the devastating fire that oc-

curred in 2014, where 444 hectares of forestry was destroyed and many homes were forced to evacuate.

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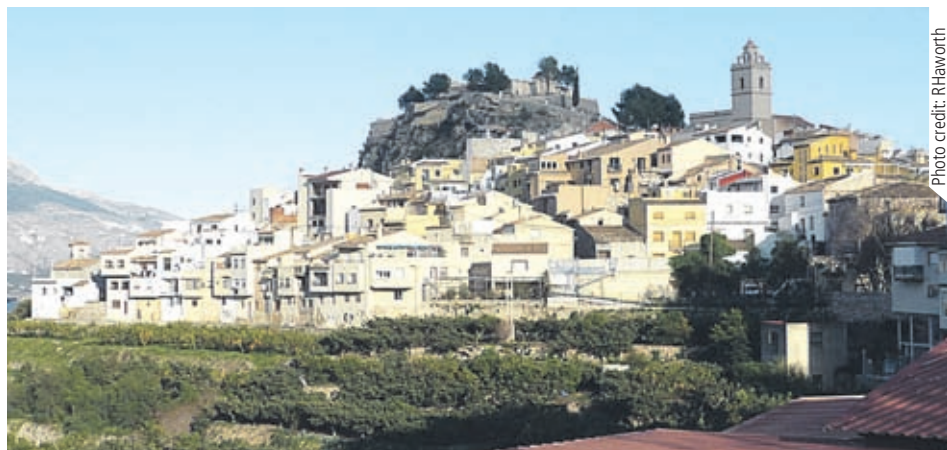
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A never-ending court case



POLOP: Mayor was murdered in 2007.

ALEJANDRO PONSODA, mayor of Polop, was shot by hired killers in October 2007 and died several days later in hospital.

His murder was allegedly plotted in Club Messalina, a Finestrat brothel, and the principal instigators were named as fellow Partido Popular politician Juan Cano, who succeeded

Ponsoda as mayor, together with local businessman Salvador Ros. Between the plotters and the two Czechs and a Spaniard who carried out the shooting, a total of seven men were finally due to stand trial almost 11 years after Ponsoda died.

The case has been shelved and reopened several times but

on May 3 when the trial was due to start, the Alicante High Court returned the case to the examining judge in Villajoyosa.

The tribunal assigned to hear the case detected a procedural irregularity, according to Spanish media sources, and this must be corrected to prevent later objections from the seven men's defence lawyers.



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Homophobic neighbour

A DENIA resident has been arrested following allegations from his neighbours of hate crimes.

The 42-year-old man, had for several months, goaded his homosexual neighbours and threatened to kill the couple. He had previously cut their internet cables and

continually insulted them.

The couple fearing for their safety called the National Police. When officers arrived at the scene the accused continued to hurl abuse at his neighbours and was immediately detained.

A restraining order was put into place, restricting

the man to no closer than 500 metres of his neighbours but subsequent to that, the courts rushed through another hearing for the case and the man, who failed to keep to the restraining order has now been sentenced to eight months in prison.

Ban on fireworks

VILLA owners got more than they expected whilst celebrating with fireworks in Javea.

The property, surrounded by trees, comes under the jurisdiction of zones at high risk of fire, and therefore fireworks are not permitted.

As a result the Javea Council has issued a denuncia to the villa owners, with the Ministry of Environment asked to take action. The penalty for such events can be as much as €18,000.

Delays with NIE

ESTATE AGENTS in the Marina Alta area of the region have complained that a delay in processing applications for NIEs is having an effect on their businesses.

The national identity document is an essential requirement for non-nationals to carry out any property purchase. Currently the

National Police station in Denia is the processing office, but appointments can be as much as two months in advance, even using the digital service.

Authorities say that they have recognised that this is a problem and are working hard on ways to resolve the delays.

Caught in the act

NATIONAL POLICE officers in Benidorm have arrested a man who was spotted offering drugs near to where they were standing.

The arrest, which in part could be attributed to the higher than normal number of officers in the resort for the World Cup, resulted in a total of 102 doses of cocaine being taken off the streets.

Officers patrolling the area noticed that the man was offering something to a tourist whilst acting in a suspicious manner. Approaching the defendant they then conducted a frisk search and found that he had four individual packets of the drug hidden in his clothing. A more detailed inspection of his belt found a further 19 doses of cocaine hidden in a fold.

Armed with a warrant the officers proceeded to the man's home where a further 79 packets, already prepared for sale, were confiscated.

The man has been charged with drug trafficking.



HIDDEN DRUGS: A belt full of cocaine.

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Denia lounge corner

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Kite surfing comes a cropper

OLIVA'S Tourism and Beaches councillor Mireia Morera lamented that it will be impossible to practise water sports on Oliva beaches.

The Generalitat's Pativel laws protecting undeveloped coastline will affect the Costas-authorised Kite Surf channel that was also approved by the Environment department.

The channel was to be located on the Agua Blanca beach which now comes under Pativel protection.

Running this was to be put out to tender so that the service would be available this summer but the process had to be halted as this occurred at the same moment that Pativel came into force, the councillor explained.

The Tourism department has had several meetings with the Generalitat departments in-



Photo credit: Oliva town hall

PATIVEL IMPASSE: Oliva's kite surfing channel put on hold.

involved in an attempt to redirect the situation.

"Pativel leaves us without legal coverage to carry out any administrative procedure since it is no longer possible to carry out any activity of this kind on wild

beaches," Morera said.

The Tourism and Beaches department was studying possible alternatives as, if the project is to go ahead, it would be necessary to relocate the Kite Surf channel to an urban beach.

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In loving memory of Pompeia Maxima

EXCAVATIONS during the installation of underground rubbish containers in Denia unearthed details of two early residents.

As so often happens when digging in the town centre, workmen soon saw that the 20-square-metre site contained archaeological remains and immediately advised the municipal architect.

A subsequent investigation, led by Josep Marques, unearthed a late second century AD Roman funerary inscription and vestiges of an Arab funduq, or guesthouse, from the 11th century.

'To Pompeia Maxima, who lived 36 years. Nonius Victor to his esteemed wife' reads the inscription which would have marked the tomb of this woman who died nearly 2,000 years ago.

The finds were unearthed at the junction of Calle La Mar and Calle Foramar, a meeting



ALWAYS IMPORTANT: A meeting of ancient highways.

of centuries old roads that sheds more light on urban expansion east of the promontory where the castle now stands.

"This was clearly a residential zone with homes and a cemetery in Roman times, as central Dianium was situated on the other side of the castle

in Hort de Morand where the Forum and port were located," the director of Denia's Archaeological Museum, Josep A Gisbert, explained.

"The funduq at the same spot also provides further clues to Denia's layout as a town in the 11th century," he added.

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Building bridges



Photo credit: Keith Williamson

VEGA BAJA: 'Has so much to contribute.'

RESPECTED director Pilar Perez Solana recently finished filming in the Vega Baja.

Perez Solana won a Goya - Spain's Oscar equivalent - for *Las maestras de la República* (Teachers in the Republic) and her latest documentary on the Costa Blanca's southernmost area is a bid to build bridges, she explained.

"Geographically the Vega Baja is a long way from Valencia and it's essential to

improve relations between both areas," she said.

The documentary, which has the backing of the Generalitat, features the area's history as well as its tangible and intangible cultural patrimony.

"It explains the area to a wider public, revealing the values that have turned the Vega Baja into a place with its own culture that has so much to contribute to the Valencian Community, Perez Solana said.

The distance separating the Vega Baja from Valencia and its situation on Alicante Province's boundary with Murcia give the area its distinctive character and 'occasional' identity problem, according to the director.

"Catalan was spoken since Jaume II's Reconquest until the 18th century but language has become a matter of political confrontation and not a heritage that should be recovered," she insisted.



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Calpe

NEWS

Drugs raids

THE Guardia Civil concluded a series of anti-drugs raids resulting in 17 arrests throughout the Marina Alta. One of the operations was headed by officers from the Calpe Guardia Civil headquarters who searched private homes and a Smokers' Club in Moraira and Calpe, leading to the arrest of seven men and two women.



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Girl footballers cry foul

THE Calpe Futsal Femenino team criticised the club's decision to reject promotion.

They won the league, the cup and promotion to the Second Division but the directors chose not to go up.

The indignant players and their families pointed out that the club 'cut short their dreams' without first consulting them.

They also condemned the club's attitude as sexist. "If this happened in the male category the club would not have turned down the opportunity," said the family of an affected player.

"A year's effort for nothing," one girl lamented.

The club directors rejected

the claims of sexism.

"The accusations of machismo are profoundly unjust and hurtful," sources declared, especially as they had collaborated with pro-equality campaigns and censured gender violence.

Renouncing promotion had been difficult and unpopular, but going up to the second division would have meant taking on outside players and professionalising the team, the directors explained.

Less than half would have been Calpe girls, and many would not have been able to spend time travelling to other autonomous regions.



CALPE STATION: End of the line until 2019 at the earliest.

No tickets to ride

IT is nearly two years since the Calpe-Denia stretch of Line 9 track closed for modernisation.

This section is covered by a coach service but a recent spot-check one morning showed that only five of 49 passengers had paid their fares.

A check the previous day produced similar results as the 27 passengers had only three tickets between them.

The ongoing situation was revealed to the local Spanish media by a habitual user who explained that passengers want to pay but cannot acquire tickets.

A local woman, whose two daughters use the service, explained that they pay when boarding the bus but this is impossible on their return journey.

Tickets are available at the railway stations in Calpe and Denia where the service starts and finishes, but not at intermediate stops in Benissa and Gata.

The coach stops at the roadside, not the stations, and the driver, subcontracted by the region's rail service FGV, does not collect fares. There are no ticket machines and passengers can buy a ticket only when an inspector boards the bus. This, they say, rarely happens.

FGV employees blamed the situation on staff shortages while the rail operator maintained that inspectors were assigned in the same proportion to all lines, including Line 9. It was also possible to buy a return ticket at any station, a spokesman said.



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Picture comes home

TE VENGAREMOS, by Altea-born Juan Navarro Roman, will be displayed at the Palau from July 20 until the autumn. Born in 1903, Navarro Ramon studied in Valencia before living in Madrid then Barcelona. He emigrated to France in 1938 and returned to Spain in 1941. The painting -We shall avenge you - was originally shown at the International World Fair in Paris in 1937.

Film festival thirty years on

MANUEL GUTIERREZ ARAGON, Alex Garcia and the Filmoteca Valenciana received Faros de Plata as Alfaz launched its 30th Film Festival.

Director and scriptwriter Aragon, actor Alex Garcia and Abel Guarinos - director of the Valencian Institute of Culture - received Silver Lighthouse Awards for their services to Spanish cinema.

"Dreams come true," the Festival's director Juan Luis Iborra said in his opening speech, expressing his gratitude to the creators of the Festival and all the institutions that had been at his side for the last 30 years, as well as the actors, actresses, directors and all those linked to the world of film.



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Sports chance

ALTEA'S European Projects Office has places for 10 young women participants in the Erasmus+ programme, 'Empowering women in sport via media,' which will be held in Edime (Turkey) in September. The project sets out to inspire young women from four European regions while eliminating the barriers that still exist in sport.

Flushed with pleasure

WORK has finished on public toilets in Plaza de les Escoles Velles in Alfaz. The €55,180 conveniences will be used chiefly by members of public attending functions at Espai Cultural Centre and they conclude the town hall's project to recuperate the Plaza for community use.

Alfaz's Urban Development councillor Toni Such explained that this project began with restoring the town's first primary school, the Escoles Velles building, which was built in 1926 but had been abandoned for years.

From smugglers to students

ALL political groups on Altea Council voted in favour of converting the Carabineros' headquarters in La Olla for public use.

At present the old coastguards' building is registered in the name of the Generalitat's department of Agriculture, Food and Environment and the first step will be to ask the regional government to transfer the property to the municipality.

The town hall has already allocated €150,000 to the project, announced Patrimony councillor Vicenta Perez.

"Altea has a cultural, tourism and environmental vocation that will be reinforced with the addition of the coastguards' station," Perez said. Once restored, the old building which dates from the early 20th century will have an observatory, a nature room and



Photo credit: Joanbanjo

PRIVILEGED POSITION: Carabineros building in La Olla.

accommodation to complement the town's cultural and educational offer.

The station's privileged position overlooking the Bay of Altea, originally

chosen to allow the Carabineros to keep watch for smugglers, will now enhance students' coastal and environmental knowledge.

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Teulada Moraira

NEWS

Good showing

BASED on results obtained in the university entrance exams that were held in June, Teulada's high school, the Instituto, was ranked at 80th position out of the Valencian Community's 459 state, state-aided and private secondary schools. The 31 pupils obtained an average mark of 7.17, although one failed to make the cut.

Funding for Cap d'Or

TEULADA-MORAIRA has received its biggest-ever EU subsidy from the European Regional Development Fund (FEDER).

The €500,000 grant will go towards giving the Cap d'Or site in Moraira the importance it deserves, one of the town hall's principal objectives since the start of the current legislature.

The €1 million project, which is to be co-financed, will concentrate on the Cova de la Cendra cave, the Cap d'Or Tower, the Algibe water deposit and Iberian settlement, and the path leading to Cap d'Or.

Teulada-Moraira councillor Raul Dalmau recently went to Brussels to present the project and explain the Cap d'Or's potential to Luis Ramon Valcarcel, Vice-president of the European Parliament responsible for FEDER funds.

Improvements will be made to the Cova de la Cendra path, along with the door and railings that protect the interior, as well as the interior itself which will be equipped with a viewing platform and other infrastructure for conducted tours.

There are plans to explore the cave, which has important Stone Age remains and is one of the most important on the Mediterranean coast, excavating the first of the cave's chambers as well as a second leading from it.

The Cap d'Or watchtower will be completely restored by dismantling it stone by stone before rebuilding it, while the Algibe water deposit will be cleaned and restored.

This is also the site of an Iberian settlement which will be excavated and investigated for the first time, the mayor announced.



Photo credit: Teulada-Moraira town hall

CAP D'OR: Spectacular and archaeologically important.

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Harsh lesson from Education department

TEULADA-MORAIRA'S town hall issued a communique lamenting that the Generalitat was again sidelining the town.

The regional government's Education department has eliminated the local Official Language School (EOI) centre which for years taught official English courses.

Worse still, this was done without a formal notification, said Teulada-Moraira's Education councillor Daniel Ibanco.

After hearing rumours that the EOI centre was to close, he tried to contact the regional government and the General Directorate of Linguistic Policies without being able to speak



Photo credit: Teulada-Moraira town hall

DAVID IBANCO: Education councillor complained about official snubs and neglect.

directly to the Head of Service or receiving any kind of reply.

It was true that there were fewer pupils at the Teulada-Moraira OEI than there were at others owing to the size of the local population but many students from neighbouring towns attended the centre thanks to its closeness, the councillor pointed out.

The Generalitat had overlooked the fact that some would now have to travel much further to attend an official OEI course, Ibanco said.

The town hall also drew attention to the way that principal members of the regional Education department ignored invi-

tations to meetings on Education-related issues in Teulada-Moraira.

Official snubs and neglect from the Education department had been patent for years, Ibanco claimed, and the town hall wished to express its dissatisfaction after ignored requests for vocational courses in cooking at the local high school.

The town hall was no happier at the regional government's failure to take action over repairs to the high school's pavilion roof, which the municipality had paid for in order to hurry along procedures, Ibanco added.



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Save the date for September

THE Teulada-Moraira Auditorium recently hosted the announcement of the eighth edition of Dolia that will be held in September.

The exhibition combines Wine Tourism and Gastronomy and this year is entitled A lighthouse on the Mediterranean.

The presentation, held on the Castillo Esplanade on the Moraira seafront, was attended by Eduardo Dolon, head of the provincial council's Tourist Promotion depart-



Photo credit: Teulada town hall

DOLIA 2018: Rafa Soler, Carlos Linares and Eduardo Dolon.

ment, Teulada-Moraira's Mayor Carlos Linares Diputación - who is also president

of the Teulada-Moraira Auditorium Foundation - and Dolia 2018 chef, the Michelin-starred Rafa Soler from Calpe.

This latest edition, which begins on September 1, has a Mediterranean flavour, the Dolia organisers explained. The Mediterranean was and still is a tourist and heritage reference point and its properties have favoured the cultivation of native products in the Valencian Community's but, above all, in the Marina Alta.

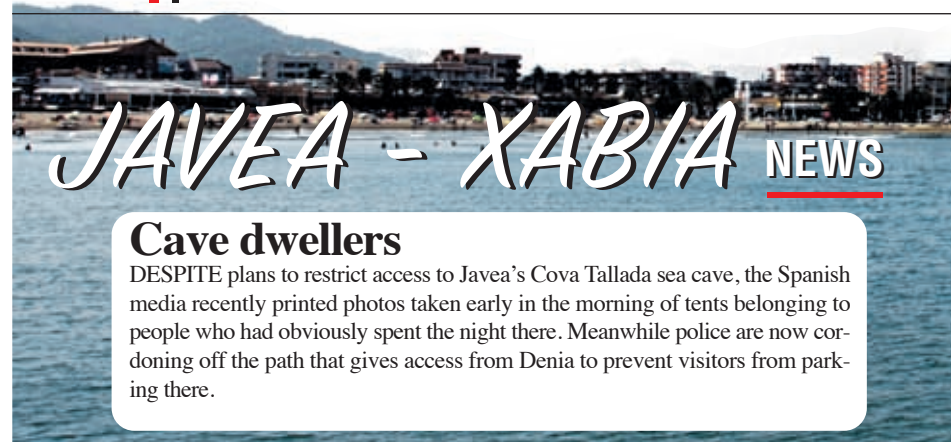
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JAVEA - XABIA NEWS

Cave dwellers

DESPITE plans to restrict access to Javea's Cova Tallada sea cave, the Spanish media recently printed photos taken early in the morning of tents belonging to people who had obviously spent the night there. Meanwhile police are now cordoning off the path that gives access from Denia to prevent visitors from parking there.

Cat invasion not wanted

RENOVATIONS to the abandoned Central Cinema in Javea's Old Town have deprived the resident cat colony of their home.

The door with its many holes where the cats came and went as they wished was covered over and they found themselves out on the street.

Animal protection associations have done their best to trap, neuter and rehome the cats but bar and restaurant owners are complaining that the area is still full of cats which invade their terraces as they search for food, even jumping onto the



Photo credit: Pixabay

CAT COLONY: Giving Old Town a bad image, business owners say.

tables.

"Some of the cats are unwell, others have fleas and

it is totally unhygienic," a restaurant owner complained.



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JAVEA - XABIA

NEWS

Fire fighting

THE regional government's forest fire awareness campaign Stop al Foc (Stop Fire, protect your home and your urbanisation) first visited Pinosol where the Environment and Climate Change department advised residents on fire prevention strategies. Another meeting was held yesterday in Balcon al Mar with future visits planned for localities at risk from summer fires.

Rocket and fine for villa owner

THE St John's Night fiesta organised by a Javea villa owner could cost him an extra €18,000.

The town hall is taking action against him for putting on a fireworks display that rounded off the evening in the luxury property perched above the cliffs, a stone's throw from Cabo de la Nao, Ambolo and Granadella.

The area is also heavily wooded and the regional government's forest fire precautions require prior permission for all fireworks displays.

The fireworks, which



Photo credit: Up2ualan

AMBOLO CLIFFS: Fireworks could be seen kilometres away.

would have needed 'many kilos' of explosives, could be seen kilometres away and appeared to be the creation of a professional py-

rotechnician, locals said.

The Local Police immediately visited the villa and launched an investigation, municipal sources revealed.

Given the owner's 'grave negligence' the town hall has also referred the matter to the national government's Sub-delegation in Alicante City.

The town hall announced afterwards that it will react 'implacably' to any type of recklessness that could cause a woodland fire and would start criminal proceedings when necessary.

In 2015, 444 hectares of woodland were destroyed by fire in La Plana, Cabo San Antonio and Montgo and the following year 812 hectares were lost in Granadella.

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A Guide for tourists who want to stop being one

Have you ever seen a Moorish oven?

A Moorish oven is one of the many ingenuities left by the Arabs during their passage through Spain. Traditionally there were many uses for these ovens: pottery, lime manufacture, baking food ... Over time they were relegated to gastronomic use, because their natural form was perfect to store and maintain heat.

These days there are almost no Moorish ovens left. Most pizzerias and restaurants no longer work with traditional ovens, most modern ones are more efficient, but they do not give off that charm, much less imbibe the authentic flavour generated by cooking in a clay oven. In short, it is not so easy to find a place where you can taste the authentic flavour generated by these Moorish ovens.

Restaurant Al Forn de les Deveses

But all is not lost, there are some who still elaborate their dishes in a traditional way and one of the most outstanding is **Al Forn**, in Denia. A delightful restaurant where the traditional cuisine of La Marina Alta has one of its last refuges, their famous 'cocas' are a worthy find all on their own.

The restaurant **Al Forn de Les Deveses** is located around what was an old Moorish bread oven of almost four metres in diameter, which has been restored, creating in its interior an elegant rustic atmosphere, merging the conservation of the architectural and cultural heritage with the modern restaurant.

Located right in the heart of the emblematic fishing district of Baix la Mar, **Al Forn de Les Deveses** has a large magnificent terrace where diners can enjoy the beauty of the square and the Mediterranean breeze on hot summer nights. It's situated close to the port and the castle of Dénia, so you can enjoy a beautiful stroll through the historic narrow streets of Baix la Mar that lead to the restaurant.

The menu includes tapas, cocas de la Marina, the Cocas are similar to a kind of Pizza made with natural fresh local toppings, and an excellent touch of olive oil. Take advantage of its magnificent oven to try delicious hot tapas, baked rice dishes, and meats such as 'espatarrado' chicken, lamb shoulder or lamb chops; as well as baked fish such as 'boquerones,' mackerel and octopus among others, without forgetting amazing salads made with delicious fresh local vegetables.

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SCHOOL'S IN: The smiling group.

Senior Masons visit summer school

By WBro William G Turney

RECENTLY, two senior Masons from the Provincial Grand Lodge of Valencia, plus a third from the Grand Lodge of Spain, visited the Masonic summer school in Guadalest.

This school has been funded by Freemasons in Spain for the past three years and is designed so that disadvantaged and underprivileged children are able to visit the school for 10 days and learn about subjects they

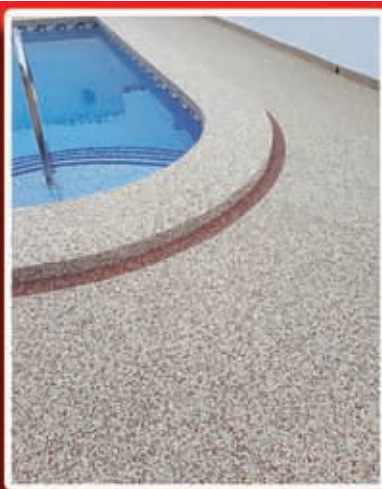
would normally not be able to study.

Every place is fully funded by the Masons so the children's parents or carers do not have to pay a cent towards the cost. This year they have funded a record 42 children in total, 22 of who have come from the El Preventorio children's home in Gandia, 11 from the Red Cross in Javea and others from around the region.

The funding has been donated entirely by local Masons, the

Provincial Grand Lodge of Valencia and the Grand Lodge of Spain who are delighted to be able to send so many children to the school who otherwise would be unable to attend. It should be noted that this is not a holiday, though it must appear so to the children. This is an educational trip where all students are expected to learn about subjects totally new to most of them.

If you have an interest in Freemasonry email prensa@glpvalencia.com.



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Friends united

ON Friday July 6 some 40 members of AMUX, Amigos del Museo de Xabia, celebrated summer with a supper on the terrace of the restaurant L'almassera in the old town of Javea.

Music from a talented group of young musicians and the delicious tapas and wines made this an evening to remember.

AMUX is a group of people with an active interest in the history and archaeology of Javea and the Marina Alta region.

The group holds talks and workshops at the Museum Soler Blasco and organises excursions to interesting sites and museums, as well as various projects to support the Museum's activities.

Membership is open to everyone for an annual subscription of only €10.

For more information visit the website <http://amuxabia.weebly.com/iquiestquienes-somos.html>.



OFFICIAL OPENING: HELP DAMA and Teulada Moraira Lions members at the event.

New Pergola at La Pedrera Hospital

BACK in 2017, Candy Wright from HELP of Denia and Marina Alta was approached by Lynn Clark whose husband Brian sadly passed away in 2016 after spending six months in La Pedrera Hospital following a massive stroke.

Lynn wanted to honour Brian's memory, so family and friends got together to raise money so that they could purchase a pergola to create a shaded area at

the hospital for patients to use. Candy was happy to help organise with Lynn the project for the new pergola.

HELP donated €3,000 and as Brian was a member of Teulada Moraira Lions, they were also happy to donate €3,000 towards the costs as well.

Dr Jaume Morera who is the director of La Pedrera Hospital was happy to receive the pergola and

was very pleased with the result. The official presentation of the pergola was on Wednesday July 4.

Family, friends, hospital staff and the two charities were in attendance to honour Brian's memory and a commemorative plaque was also put up.

Lynn was very happy that they were able to do something for the hospital and have a lasting legacy for Brian.



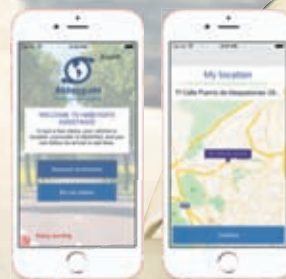
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The competence of special courts dealing with mortgage floor clauses has been extended until the end of 2018

DEAR Readers,

In today's article, we have to inform you that the General Council of the Spanish Judiciary (CGPJ) announced on June 27, 2018, that it has decided to extend for another six months, (that is, until December 31, 2018), the emergency plan, which was approved more than a year ago, in relation to claims before the courts, presented by consumers relating, among others, to mortgage floor or suelo clauses.

Therefore, unfortunately, it is still necessary, in order to claim for the return of overcharged interest by the bank, (due to a floor clause), to go to the special court that was designated for each province.

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help you.



Thus, for example, in the Valencian Community, the special courts are:

For the entire province of Alicante, the court of first instance No. 5-bis.

For the entire province of Valencia, the court of first instance No. 25-bis.

For the entire province of Castellon, the court of first instance No. 6-bis.

As we have said in previous articles, the intention of this plan is that the thousands and thousands of claims foreseen for these is-

sues do not overburden the normal courts (for example courts in Denia, Benidorm, etc), but the problem is that these special courts, (there is only one per province), are completely overwhelmed and the resolution of these issues is and will be extremely slow.

What do we recommend?

First check your loan and the receipts that you have paid for several years, and see if you have been overpaying interest due to a floor clause.

If you have a floor clause on your mortgage loan, we are happy to advise you and offer you the possibility of making an assessment of the amounts that you can claim.

Then, you must go to

your bank and file a claim, based on RDL 1/2017, but do not sign any document until it has been reviewed by an expert lawyer.

Please take note that not all the proposals and calculations offered by the banks are always correct, some banks offer less money than they should, others do not include back interest, others instead of returning money offer a reduction of interest rate.

If you are in this situation, and you have a mortgage floor clause, **contact us and we will help you.**

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

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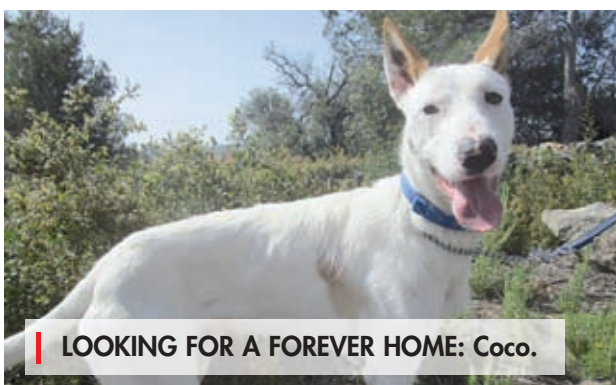


JUST REWARDS: Juan Jose Perez Parker collects the award in Madrid.

AN EWN client has picked up a major award.

Airport transfer specialist Beniconnect was honoured by the national Ministry of Tourism and daily newspaper *La Razon* after bagging the Best Quality Transfer Service in Spain gong.

Director Juan Jose Perez Parker travelled to Madrid to collect the prize on behalf of the firm, which said in a statement: "We would like to take this opportunity to thank all our customers for their continued support and trust, because without you this award would not have been possible."



LOOKING FOR A FOREVER HOME: Coco.

Akira dog of the week

COCO is a 23-month-old pod who is beautiful inside and out.

He was surrendered by his owners some months ago due to a change in their circumstances and it makes him very sad as he doesn't really like being at the shelter. What he enjoys most is when he spends some time with you on his own.

He is so happy with very lit-

tle and would be a loyal and loving member of your family. He is obedient, knows some commands and is eager to learn more.

Coco is castrated, chipped, fully vaccinated and tested free from Mediterranean diseases. If you would like to meet this lovely boy, please phone Akira shelter on 657 689 567.

Apple pie and chat

A GOOD number of members turned up at bar Mosset, in Jalon, to enjoy a chat supported with apple pie and coffee. Despite the very warm weather members managed to keep cool under large umbrellas, and thoroughly enjoyed the opportunity to chat with friends they had not seen for a few weeks, and to enjoy the apple pie!!!

The morning finished with a raffle and a promise

to do it again.

For further information on U3A Vall del Pop check the website www.u3avallpop.com. The U3A is all about enjoyment and learning, and this is particularly evident in the U3A Vall del Pop, whose members hold their General Meeting on the first Thursday of each month at the Centre Polivalent in Murla, and have a diverse range of interest groups.



KEEPING THEIR COOL: U3A Vall del Pop.

Carp R Us

Doug Hornblow again showed his class to finish first with 4.98kg caught on the feeder using corn, pellet and maggot.

Second was Alan Smith with 4.54kg caught on the feeder and whip using corn and maggot. Third was Dave Sutton with 2.68kg using float and feeder

and maggot and fourth Steve Fell with 2.40kg using whip and maggot.

Further information about the club can be found on the website www.carp-r-us.weebly.com or Facebook page Carp-R-Us Fishing Costa Blanca.

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NO PLANS: Javid spoke in wake of the police poisoning probe in the Salisbury area.

Javid: sanctions not on the table

BRITAIN'S Home Secretary has said Whitehall has "no current plans" to slap more sanctions on Russia in the wake of two people being poisoned in Amesbury. Sajid Javid's comments come as Dawn Sturgess died in hospital and as Charlie Rowley was in critical condition after the couple were exposed to the Novichok nerve agent. Russia denied any involvement.

Sanctions broadened

THE European Union has extended sanctions passed after Russia annexed the Crimean peninsula in 2014. The bloc has prolonged measures restricting economic activity benefiting defence, financial and energy sectors until 2019 and extended a ban on EU companies investing in Crimea.

Veterans' Syria call

FORMER soldiers have said the government in Moscow should come clean about deploying private contractors to fight in Syria. Several ex-senior officers jointly signed a letter claiming Rus-

sia had not provided social, medical or financial support to them, with the Kremlin denying the existence of the operation.

Retirement changes

AROUND 90 per cent of Russians said they opposed government plans to raise the country's retirement age, according to a survey. The Levada poll follows proposals made by Prime Minister Dmitry Medvedev to raise the age to above the life expectancy of some people in the country. Those against claim the Kremlin is using the World Cup as cover for the plans.

Stereotypes 'broken'

PRESIDENT Vladimir Putin has said Russia's hosting of the World Cup has dispelled stereotypes about the country. Putin added: "People have seen Russia is a hospitable country, a friendly one for those who visit." His comments follow the country's football team losing to Croatia in the tournament's quarter final.

Fan questions

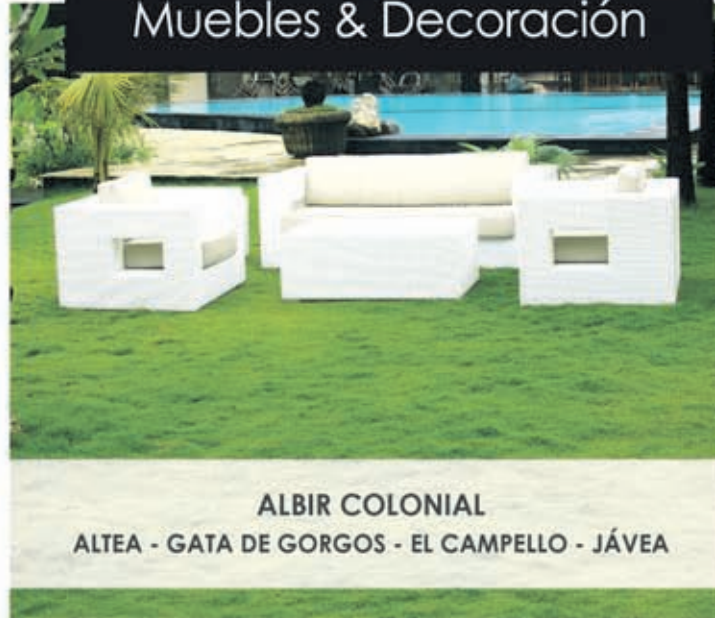
A SEARCH ENGINE has collected and published the most commonly asked questions on its platform by Russians about foreign football fans during the World Cup. Yandex said people from the country wondered why there were so few English, French and Polish fans and that the lyrics of their chants were queried.

SEARCHED: Russians asked where French fans were.



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'Baccy sales are on a roll

SALES of rolling tobacco in Spain have increased by 91 per cent since 2004.

Around 15.4 per cent of the nation's smokers now prefer to roll their own cigarettes, compared to just 1.4 per cent 14 years ago, according to a new study from the World Health Organisation.

And the report found that the main reason for the swing is the lower price of loose tobacco compared with pre-rolled cigarettes, with self-rollers less likely to quit smoking 'because they think they are less harmful and more natural.'

TSB blunder sparks squabble

by Matt Ford

AN IT meltdown which left hundreds of thousands of TSB customers unable to access their personal accounts has reportedly left owner Sabadell considering whether to offload the UK-based bank.

The row erupted over the role of Sabadell's in-house IT provider Sabis in the slip-up, leading TSB chief executive Peter Pester vowing to "insource" in a letter to MPs.

He added that Sabadell's "written attestations" over its new IT platform were "instrumental" in his

company's decision to migrate customer data.

TSB chairman Richard Meddings recently told the Treasury Select Committee that only 29 per cent of complaints received in nine weeks since the botched upgrade took place had been resolved.

And an unnamed senior figure added that TSB has paid €2.25 million to customers for the inconvenience and a further €13.5 million to those defrauded in the wake of the blunder.

Sabadell paid around €1.6 billion to acquire TSB in 2015 in what was seen as a key move for the group to reduce reliance on the Spanish market.

TSB said in a statement: "Our absolute focus is on fixing the remaining issues, and we are working together with Sabadell to achieve this. We have made a firm commitment that no customer will be left out of pocket as a result of the recent IT issues and no complaint will go unanswered. We are working hard to do this as quickly as possible."

EIB to fork out €100m in deal

THE European Investment Bank (EIB) has inked a €100 million deal with Spanish car interior firm Antolin Group.

Part of the European Fund for Strategic Investments, the cash will be used to develop new lightweight components for the next generation of energy-efficient, connected and autonomous vehicles.

EIB Vice-President Emma Navarro said: "As the EU bank, we are pleased to support a project fostering innovation investment in a key sector for the European economy, while also promoting highly skilled employment."



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Outrage as Spanish wine sold as French



GRAPE DIVIDE: France's wine industry is furious over the scandal.

UP to 4.6 million bottles of Spanish rose wine have been mislabelled as French and sold in bars, hotels and restaurants, according to investigators.

The findings come in the wake of a two-year probe into the wine trade by France's anti-fraud directorate.

And while most wine was correctly labelled, as much as 3.45 million litres of Spanish plonk was 'disguised.'

The typical ploy was to stick

French flags on the bottles with labels including 'Produced in France' and 'Bottled in France.'

Remi Dumas, head of the young wine-producers organisation in the Herault region in southern France, said: "For those who wonder why we demonstrate, for all the wine-producers who aren't bothered by our calls for protest! Consumers open your eyes! 10m [sic] bottles of fake rose from Spain."

» BUSINESS EXTRA

Motorists not fuelled

BETWEEN January and June only 37 per cent of the 735,000 new cars sold in Spain were powered by diesel engines, a year-on-year decrease of 13 per cent, with 57.2 per cent petrol, the Spanish Association of Car and Truck Manufacturers said.

Fare game

SPANISH on-demand transport firm Cabify has said it 'categorically denies' talks over a €2.5 billion sale to US-based Lyft after Spanish media reported the pair were negotiating a deal.

Going postal

THE European Commission has ordered Spain's state postal company Correos to repay €166 million of 'excessive compensation' it received from the country's government from 2004-2010, according to reports.

Octopus market squids in

SPANISH diners are up in arms over the soaring price of octopus.

The delicacy has become increasingly expensive recently and is currently selling wholesale for up to €10.25, a 26 per cent jump from last year and 45 per cent more than in 2016, according to industry data.

In the north of Spain, depleted stocks and re-

duced quotas have seen demand outstrip supply, whereas in Mediterranean provinces catches have remained similar while the market has grown.

And the predicament has reportedly seen suppliers and restaurateurs turn to foreign octopus to make up the deficit, with much of the tentacle treat served in eateries now sourced from Morocco, Mauritania and Portugal.



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Associated British Foods	2,502.00	10.00	0.40	20,615.20
Admiral Group	1,871.00	1.00	0.05	5,492.98
Ashtead Group	2,302.50	47.50	2.11	10,903.13
Antofagasta	966.20	22.20	2.35	9,393.24
Aviva	495.95	-0.15	-0.03	19,836.17
AstraZeneca	5,224.00	23.00	0.44	65,651.19
BAE Systems	644.50	2.50	0.39	20,443.47
Barclays	186.36	-0.14	-0.08	31,927.35
British American Tobacco	3,938.50	35.00	0.90	89,455.05
Barratt Developments	481.90	-1.10	-0.23	4,935.00
Berkeley Group Holdings (The)	3,565.50	-11.50	-0.32	4,845.74
British Land Co	664.80	0.60	0.09	6,526.03
BHP Billiton	1,684.20	20.00	1.20	35,039.27
Bunzl	2,278.50	15.50	0.68	7,633.91
BP	577.05	-2.05	-0.35	116,427.91
Burberry Group	2,068.50	-1.50	-0.07	8,505.48
BT Group	229.88	-1.67	-0.72	22,765.81
Coca-Cola HBC	2,580.00	13.00	0.51	9,336.02
Carnival	4,274.50	-27.50	-0.64	8,727.15
Centrica	164.03	0.93	0.57	9,140.46
Compass Group	1,584.50	-6.50	-0.41	25,086.04
Croda International	4,845.00	-13.00	-0.27	6,343.88
CRH	2,699.50	3.50	0.13	22,539.81
DCC	6,877.50	17.50	0.26	6,078.36
Diageo	2,743.00	-4.00	-0.15	67,423.33
Direct Line Insurance Group	331.80	1.60	0.48	4,714.88
Evrax	514.80	4.80	0.94	7,229.01
Experian	1,892.25	-6.25	-0.33	17,340.67
easyJet	1,631.75	15.75	0.97	6,446.69
Ferguson	6,058.00	7.00	0.12	13,980.54
Fresnillo	1,134.00	10.50	0.93	8,470.59
Glencore	329.58	0.63	0.19	47,039.08
GlaxoSmithKline	1,545.40	-2.40	-0.16	76,401.79
GVC Holdings	1,059.50	9.50	0.90	6,018.43
Hargreaves Lansdown	1,999.00	-1.00	-0.05	9,450.80
Halma	1,340.50	0.50	0.04	5,053.03
HSBC Holdings	702.95	0.65	0.09	140,804.02
International Consoltd Airs Grp	680.00	10.60	1.58	13,584.89
InterContinental Hotels Grp	4,725.50	72.50	1.56	8,854.71
3i Group	906.90	3.10	0.34	8,760.11
Imperial Brands	2,892.25	1.75	0.06	27,777.59
Informa	830.80	3.80	0.46	10,325.22
Intertek Group	5,615.00	-11.00	-0.20	9,073.52
ITV	181.70	1.30	0.72	6,963.96
Just Eat	841.00	20.60	2.51	5,487.80
Johnson Matthey	3,587.00	19.00	0.53	6,889.79
Kingfisher	295.90	3.70	1.27	6,240.01
Land Securities Group	953.50	3.80	0.40	6,989.74
Legal & General Group	264.95	2.35	0.89	15,686.39

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Lloyds Banking Group ORD	63.17	0.68	1.09	44,794.81
London Stock Exchange Grp	4,503.00	6.00	0.13	15,516.73
Micro Focus International	1,283.50	23.00	1.82	5,480.55
Marks & Spencer Group	312.80	5.50	1.79	5,020.59
Mondi	2,036.50	20.50	1.02	7,381.54
Melrose	211.30	3.20	1.54	10,021.73
Morrison (Wm) Supermarkets	254.85	0.85	0.33	5,972.47
National Grid	875.40	-1.10	-0.13	28,838.42
NMC Health	3,523.00	59.00	1.70	7,241.57
Next	5,932.00	132.00	2.28	8,197.73
Ocado Group	1,016.75	2.75	0.27	7,139.78
Paddy Power Betfair	8,322.50	37.50	0.45	6,869.69
Prudential	1,770.25	8.25	0.47	45,668.80
Persimmon	2,460.50	-9.50	-0.38	7,745.70
Pearson	890.40	4.20	0.47	6,962.05
Reckitt Benckiser Group	6,386.50	-20.50	-0.32	44,945.68
Royal Bank of Scotland Group	249.60	1.30	0.52	30,033.52
Royal Dutch Shell	2,643.50	25.50	0.97	120,307.05
Royal Dutch Shell	2,729.50	31.00	1.15	100,772.32
RELX	1,648.75	-6.75	-0.41	17,116.61
Rio Tinto	4,111.25	40.25	0.99	53,424.67
Royal Mail	488.10	-2.90	-0.59	4,980.00
Rightmove	5,085.00	9.00	0.18	4,725.66
Rolls-Royce Group	983.40	-2.20	-0.22	18,426.61
Randgold Resources	5,748.00	32.00	0.56	5,488.52
RSA Insurance Group	649.60	0.60	0.09	6,760.18
Rentokil Initial	342.05	-3.25	-0.94	6,359.50
Sainsbury (J)	329.35	3.45	1.06	7,151.08
Schroders	3,230.50	15.50	0.48	7,228.20
Sage Group (The)	615.60	2.00	0.33	6,629.15
Segro	672.50	-5.10	-0.75	6,792.19
Shire	4,279.00	-7.00	-0.16	39,010.13
Smurfit Kappa Group	3,111.00	17.00	0.55	7,306.12
Sky	1,466.25	10.25	0.70	24,865.58
Standard Life Aberdeen	317.80	1.10	0.35	9,537.34
Smith (DS)	511.90	-0.90	-0.18	5,456.73
Smiths Group	1,714.50	18.00	1.06	6,646.81
Scottish Mortgage Invstmnt Trst	536.00	5.00	0.94	7,520.47
Smith & Nephew	1,321.25	-1.25	-0.09	11,535.30
SSE	1,402.75	2.75	0.20	14,197.40
Standard Chartered	688.05	-6.25	-0.90	22,889.17
St James's Place	1,174.00	3.00	0.26	6,177.05
Severn Trent	2,068.00	0.00	0.00	4,796.62
Tesco	259.65	-0.45	-0.17	25,397.24
TUI AG	1,672.50	8.50	0.51	9,741.81
Taylor Wimpey	172.25	-0.65	-0.38	5,619.49
Unilever	4,206.00	-3.00	-0.07	50,738.97
United Utilities Group	783.10	-0.30	-0.04	5,284.64
Vodafone Group	188.87	-2.13	-1.12	50,127.06
WPP Group	1,207.75	17.75	1.49	14,762.70
Whitbread	4,002.00	17.00	0.43	7,315.11

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US dollar.....					1.17761
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Switzerland franc					1.16461
Denmark kroner					7.45361
Norway kroner					9.43214

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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 9

COMPANY	PRICE	CHANGE%	CHANGE	VOLUME(M)
3M	197,460	+0.06%	0,120	117.182,98
AMERICAN EXPRESS	98,5200	-0.01%	-0,0100	84.762,88
APPLE	187,970	+1.39%	2,570	923.898,49
BOEING CO	334,640	+0.44%	1,460	194.611,17
CATERPILLAR	135,410	-0.29%	-0,400	80.968,38
CISCO SYSTEMS	42,710	+0.35%	0,150	200.860,09
COCA-COLA	44,64	-0.04%	-0,02	189.954,92
DOWDUPONT	65,93	-0.21%	-0,14	153.055,88
EXXON MOBIL	82,33	+0.02%	0,02	348.529,25
GOLDMAN SACHS	221,79	+0.48%	1,05	83.774,09
HOME DEPOT	194,4800	+0.04%	0,0700	224.364,23
IBM	142,48	+0.74%	1,05	130.764,59
INTEL CORP	51,3700	+1.22%	0,6200	239.384,20
J.P.MORGAN CHASE	104,0600	+0.33%	0,3400	354.301,09
JOHNSON & JOHNSON	125,7500	+0.60%	0,7500	337.280,36
MC DONALD'S CORP	159,4200	+1.33%	2,1000	125.172,98
MERCK AND CO. NEW	62,20	+0.91%	0,56	167.363,81
MICROSOFT	101,160	+1.40%	1,400	777.232,31
NIKE	76,48	-0.09%	-0,07	98.100,41
PFIZER	37,1100	+0.65%	0,2400	217.106,83
PROCTER AND GAMBLE	79,310	+0.13%	0,100	199.407,74
VERIZON COMMS	51,48	+0.39%	0,20	212.668,71
VISA	134,09	+0.60%	0,80	239.488,84
WAL-MART STORES	84,5100	-0.07%	-0,0600	249.375,86
WALGREENS BOOTS	63,30	+1.47%	0,92	62.819,67
WALT DISNEY CO	104,7800	-0.53%	-0,5600	155.796,59

M - MILLION DOLLARS

NASDAQ

CLOSING PRICES JULY 9

COMPANY	PRICE	CHANGE NET / %
Most Advanced		
Black Box Corporation	\$ 2.03	1.08 ▲ 113.68%
AC Immune SA	\$ 12.86	3.56 ▲ 38.28%
ArQule, Inc.	\$ 6.81	1.14 ▲ 20.11%
Biogen Inc.	\$ 357.48	58.67 ▲ 19.63%
MediciNova, Inc.	\$ 8.34	1.28 ▲ 18.13%
Internet Gold Golden Lines Ltd.	\$ 3.18	0.36 ▲ 12.77%
Stitch Fix, Inc.	\$ 32.41	3.58 ▲ 12.42%
Proshares UltraPro Nasdaq Biotechnology	\$ 39.1743	3.9243 ▲ 11.13%
Corbus Pharmaceuticals Holdings, Inc.	\$ 5.70	0.45 ▲ 8.57%
Solid Biosciences Inc.	\$ 42.26	3.31 ▲ 8.50%
Destination Maternity Corporation	\$ 6	0.46 ▲ 8.30%
Most Declined		
Restoration Robotics, Inc.	\$ 3.25	0.42 ▼ 11.44%
ProShares UltraPro Short NASDAQ Biotechlgy	\$ 15.12	1.88 ▼ 11.06%
PriceSmart, Inc.	\$ 83.40	10 ▼ 10.71%
Tricida, Inc.	\$ 30.50	3.51 ▼ 10.32%
Credit Suisse AG	\$ 45.28	5.04 ▼ 10.02%
Collegium Pharmaceutical, Inc.	\$ 21.14	1.86 ▼ 8.09%
ProShares UltraShort Nasdaq Biotechnology	\$ 17.32	1.40 ▼ 7.48%
Mersana Therapeutics, Inc.	\$ 17.61	1.32 ▼ 6.97%
Silicon Motion Technology Corporation	\$ 51.04	3.55 ▼ 6.50%
Town Sports International Holdings, Inc.	\$ 13.80	0.95 ▼ 6.44%
Athenex, Inc.	\$ 18.73	1.24 ▼ 6.21%

Kleinwort Hambros Elite PCC Limited

Distributing Funds

Sterling Fixed Income B

DEALING PRICE

£0.9042

PRICE MOVEMENT

-£0.0030

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

£1.1525

PRICE MOVEMENT

-£0.0034

£1.0611

-£0.0035

£1.3338

-£0.0054

£1.2141

-£0.0052

£1.5039

-£0.0081

£1.3767

-£0.0078

Remaining Elite Fund prices available on request

Prices correct as at 04/07/2018



Understanding Funeral Plans in Spain

Have you ever thought about your funeral in Spain, would you like to be buried or cremated?

Did you know funerals in Spain continue to rise yearly and it is very different to what we are used to, apart from the language barrier, a burial or cremation normally takes place between 24 to 48 hours and the cost of the funeral, in most cases must be paid up front and sometimes is not what we thought would happen.

With no plans in place, under Spanish law the Guardia Civil must be called and a doctor contacted. The doctor will issue a temporary certificate, after which either the doctor or the Guardia Civil will contact a local funeral director to attend to the deceased. The Spanish funeral director will ask for a release form to be signed and in some cases the form is part of a legally binding contract, it usually does not disclose prices until after all the arrangements have been made.

Taking care of the process in advance by means of a funeral plan is greatly reassuring for both, the emotional burden and it takes away the worry and concerns of cost from loved ones and the remaining family.

With a Golden Leaves Plan you can discuss all your requirements and tailor plan to suit your needs, and at the time of need all that is necessary is one call and we will take care of all the arrangements.

“We weren’t sure how the funeral system worked in Spain, so some friends recommended Golden Leaves.”

Julian



If you would like more detailed information about all your options, please call 8000 98309 or alternatively, email info@goldenleavesinternational.com



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Julian

See Julian's full testimonial at www.goldenleavesinternational.com

What 'British' education system?

LEAPY LEE SAYS IT

OTHERS THINK IT



DO the authorities have any control whatsoever over what is being taught to our vulnerable children who are the very future of the country?

By some of the evidence offered up to the British courts of late, it would appear not. This latest legal sloop of drivelling nonsense truly does take the whole, anti-British values tin. Rapist Adil Rashid was recently spared jail because he claimed, 'he was not aware it was illegal to have sex with a 13-year-old girl.' He maintained that his education left him 'ignorant of British law!'

He was also the piece of trash that told investigators he had been taught that 'women were no more worthy than a lollipop that had been dropped on the ground.'

Disregarding the fact that yet another Judge has passed a sentence that is so extraordinary it hovers on the borders of judicial insanity, it got me to thinking 'just what exactly is going on in the schools of the UK?'

Surely education establishments are legally required to follow some sort of general guidelines that reflect the laws and traditions of the country they are allowed to operate in? Well,



PARADISE: Leapy has a new assistant in the house.

don't hold yer breath.

I tried to research it all and believe me it is a complete mishmash of organisations; all apparently empowered to carry out inspections by agreements with the department of education. All have their pompous titles represented by initials (BSI, DSI, SIS, ISI). I didn't exactly unearth ISIS but it's probably in there somewhere!

Did I hear someone mention Ofsted? Don't bother. Of the schools that are supposed to be under the jurisdiction of this main governmental body, many had not been inspected for up to seven years!

So, rest easy all of you. Islamic schools all over the country are operating unsupervised, unchecked and happily teaching a whole new generation of youngsters a completely differ-

ent culture, religion and future set of values to regale you all with. When they all leave these learning establishments, and go out into your world with these totally alien attitudes toward British life, the answer is simple, all you have to do is integrate!

After all, the snowflakes have been recommending integration for years. Well, in the not too distant future they may finally get their wish. Just not quite sure this reversed integration was actually what they had in mind. Still, a happy Sharia to you all. And good luck!

Thanks for all your birthday wishes this week. Still can't quite believe that with the lifestyle I have led I have managed to get this far. One thing this year's event did bring into my life was the introduction of a new woman. Her name is Alexa. She does everything she's told, caters to my every (verbal) whim and shuts-up the second I instruct her to. Paradise!

If they could just give her some resemblance of the female form my Utopia would be complete! Oh, I dunno though. Still can't quite beat the real thing, can you!? Interesting to see my new British licence bears the Union Jack. Looks pretty good to me.

Keep the Faith

Love Leapy

leapylee2002@gmail.com

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

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BBC one

2:40am	BBC News
7:00am	Breakfast
10:15am	Right on the Money
11:00am	Homes Under the Hammer
12:00pm	Rip Off Britain
12:45pm	Caught Red Handed
1:15pm	Bargain Hunt
2:00pm	BBC News at One
2:30pm	BBC London News
2:45pm	Wimbledon 2018
7:00pm	BBC News at Six
7:30pm	BBC London News
8:00pm	The One Show
8:30pm	EastEnders
9:00pm	Eat Well for Less
10:00pm	Keeping Faith
11:00pm	BBC News at Ten
11:30pm	BBC London News
11:45pm	Question Time
12:45am	This Week
1:30am	Weather for the Week Ahead
1:35am	BBC News

BBC TWO

3:15am	This is BBC Two
7:00am	Flog it! Trade Secrets
7:30am	Right on the Money
8:15am	Coast
9:00am	Britain in Bloom
9:30am	Trust Me, I'm a Doctor
10:00am	Victoria Derbyshire
12:00pm	BBC Newsroom Live <i>Stay up to date on the day's top stories, with the latest breaking news as it happens.</i>
12:30pm	The Daily Politics
1:30pm	Wimbledon 2018
9:00pm	Today at Wimbledon
10:00pm	Gardeners' World
11:00pm	Mock the Week
11:30pm	Newsnight
12:15am	Frankie Goes to Russia
1:15am	Grammar Schools: Who Will Get In?
2:15am	Imagine...
3:25am	This is BBC Two

BBC FOUR

5:00am	This is BBC Four
8:00pm	Beyond 100 Days
8:30pm	The Sky at Night
9:00pm	The First Georgians: The German Kings who Made Britain
10:00pm	Napoleon
11:00pm	Who Were the Greeks?
12:00am	Britain's Whale Hunters: The Untold Story
1:00am	Deep Down and Dirty: The Science of Soil
2:00am	The Rise and Fall of Nokia
3:00am	The Art That Made Mexico: Paradise, Power and Prayers
4:00am	The First Georgians: The German Kings who Made Britain

CHANNEL 4

7:45am	King of Queens
8:35am	Everybody Loves Raymond
10:00am	Frasier
11:05am	Car S.O.S
12:05pm	Ramsay's Kitchen Nightmares USA
1:00pm	Channel 4 News
1:05pm	Come Dine with Me
2:05pm	Find it, Fix it, Flog it
3:10pm	Countdown
4:00pm	A Place in the Sun: Winter Sun
5:00pm	The £100k Drop
6:00pm	Come Dine with Me
6:30pm	The Posh Frock Shop
7:00pm	The Simpsons
7:30pm	Hollyoaks
8:00pm	Channel 4 News
9:00pm	Supershoppers
10:00pm	Holidays From Hell
11:00pm	Celebrity Sextortion
12:05am	News Crack
12:40am	Naked Attraction

CHANNEL 5

9:05am	Paw Patrol
9:20am	Floogals
9:40am	Digby Dragon
9:55am	Nella the Princess Knight
10:05am	Mofy
10:15am	The Wright Stuff
12:15pm	On Benefits: Life on the Dole
1:10pm	5 News Lunchtime
1:15pm	GP's: Behind Closed Doors
2:15pm	Home and Away
2:45pm	Neighbours
3:15pm	Cagney and Lacey
4:20pm	Deadly Inn
6:00pm	5 News at 5
6:30pm	Neighbours
7:00pm	Home and Away
7:30pm	5 News Tonight
8:00pm	Police Interceptors
9:00pm	Bad Tenants, Rogue Landlords
10:00pm	Clash of the Titans
12:25am	Traffic Cops
1:25am	Cricket on 5
2:20am	Super Casino
4:10am	The A-Team

4

9:00am	Melissa and Joey
9:30am	Melissa and Joey
10:00am	Baby Daddy
10:30am	Baby Daddy
11:00am	Black-Ish
11:30am	Black-Ish
12:00pm	How I Met Your Mother
12:30pm	How I Met Your Mother
1:00pm	The Goldbergs
2:00pm	The Big Bang Theory
3:00pm	Melissa and Joey
3:30pm	Melissa and Joey
4:00pm	Baby Daddy
5:00pm	Black-Ish
6:00pm	The Goldbergs
6:30pm	The Goldbergs
7:00pm	The Big Bang Theory
7:30pm	The Big Bang Theory
8:00pm	Hollyoaks
8:30pm	Kevin Can Wait
9:00pm	Young Sheldon
9:30pm	Young Sheldon
10:00pm	Brooklyn Nine-Nine
11:00pm	The Inbetweeners
12:05am	The Big Bang Theory

sky sports main event

6:00am	Sky Sports News
7:00am	Good Morning Sports Fans Bitesize
7:30am	Good Morning Sports Fans Bitesize
8:00am	Good Morning Sports Fans
9:00am	Good Morning Sports Fans
10:00am	Good Morning Sports Fans
11:00am	Sky Sports News
11:30am	Live European Tour Golf
1:00pm	Cricket
9:30pm	Live Super League
11:00pm	Live PGA Tour Golf
1:00am	Cricket
2:00am	Sky Sports News
3:00am	Sky Sports News
4:00am	Sky Sports News
5:00am	Sky Sports News

itv

6:05am	The Jeremy Kyle Show
7:00am	Good Morning Britain
9:30am	Lorraine
10:25am	The Jeremy Kyle Show
11:30am	This Morning
1:30pm	Loose Women
2:30pm	ITV Lunchtime News
2:55pm	ITV News London
3:00pm	Judge Rinder
4:00pm	Tenable
5:00pm	Tipping Point
6:00pm	The Chase
7:00pm	ITV News London
7:30pm	ITV Evening News
8:00pm	Emmerdale
8:30pm	Trump and Britain: Love or Loathing? Tonight
9:00pm	Emmerdale
9:30pm	Paul O'Grady: For the Love of Dogs
10:00pm	Police Tapes
11:00pm	ITV News at Ten and Weather
11:30pm	ITV News London
11:45pm	The Late Debate
12:15am	Lethal Weapon
1:10am	Trump and Britain: Love or Loathing? Tonight

itv2

7:45am	Totally Bonkers
8:10am	Guinness World Records
8:10am	Who's Doing the Dishes?
9:00am	The Cube
10:00am	You've Been Framed!
10:25am	The Ellen DeGeneres Show
11:20am	The Bachelorette
1:15pm	Britain's Got Talent
2:15pm	You've Been Framed!
2:45pm	The Ellen DeGeneres Show
3:35pm	The Jeremy Kyle Show
4:45pm	The Jeremy Kyle Show
5:55pm	The Jeremy Kyle Show
7:00pm	Take Me Out
8:30pm	You've Been Framed!
9:00pm	Two and a Half Men
9:30pm	Superstore
10:00pm	Love Island
11:00pm	Keith Lemon: Coming in America
11:50pm	Family Guy
12:20am	Family Guy
12:45am	American Dad!

itv3

3:30am	Teleshopping
7:00am	Classic Coronation Street
7:25am	Classic Coronation Street
7:55am	Heartbeat
9:00am	The Royal
10:00am	Judge Judy
10:30am	Judge Judy
11:00am	Judge Judy
11:25am	Agatha Christie's Marple
1:25pm	Heartbeat
2:30pm	ITV Racing: Live From Newmarket
5:00pm	Classic Coronation Street
5:30pm	Classic Coronation Street
6:00pm	On the Buses
6:30pm	On the Buses
7:00pm	Heartbeat
8:00pm	Murder, She Wrote
9:00pm	Vera
11:00pm	Foyle's War
1:05am	Unforgotten
2:05am	Unforgotten
3:00am	ITV3 Nightscreen
3:30am	Teleshopping

itv4

4:00am	Teleshopping
7:00am	Goals of the 90s
7:10am	The Chase
7:55am	The Chase
8:50am	Cash Cowboys
9:50am	The Professionals <i>The unit is hit by bombings and assassinations as part of a vendetta campaign.</i>
10:50am	Minder
12:00pm	Tour De France 2018 - Highlights
1:00pm	Tour De France 2018
6:00pm	The Professionals
7:00pm	Cash Cowboys
8:00pm	Tour De France 2018 - Highlights
9:00pm	Monster Carp
10:00pm	The Shawshank Redemption
11:00pm	FYI Daily
11:05pm	The Shawshank Redemption
12:55am	On Deadly Ground
1:55am	FYI Daily
2:00am	On Deadly Ground
3:00am	Minder
3:50am	ITV4 Nightscreen
4:00am	Teleshopping

sky CINEMA ACTION & ADVENTURE

5:15am	Stone of Destiny
7:00am	Keanu
8:45am	Robin Hood
10:45am	Birth of the Dragon
12:30pm	Wonder Woman
3:05pm	Assassin's Creed
5:15pm	Behind Enemy Lines
7:15pm	Birth of the Dragon
9:00pm	Wonder Woman
11:30pm	Assassin's Creed
1:30am	Behind Enemy Lines
3:25am	Spider-Man 3

sky CINEMA COMEDY

12:45pm	The Naked Gun 2 1/2: The Smell of Fear
2:20pm	The Naked Gun 33 1/3: The Final Insult
3:50pm	Snatched
5:30pm	American Pie: The Wedding
7:15pm	The BRITs are Coming
9:00pm	Snatched
10:40pm	American Pie: The Wedding
12:25am	Popstar: Never Stop Never Stopping
2:00am	Stuck on You
4:05am	Eurotrip

sky CINEMA PREMIERE

6:00am	Monster Family: Special
6:30am	The Hurricane Heist: The Eye of the Storm
7:00am	Professor Marston and the Wonder Women <i>The story of Harvard psychologist William Moulton Marston, his unconventional home life and the women who inspired an iconic literary creation.</i>
9:00am	The Wilde Wedding
10:50am	Geostorm
12:55pm	Top Ten Show, the 2018
1:15pm	Fashionista
3:15pm	Professor Marston and the Wonder Women
5:20pm	The Wilde Wedding
7:10pm	FML
9:00pm	Geostorm
11:00pm	Fashionista
1:00am	The Midnight Man
2:45am	Wetlands
4:35am	Alien Invasion: S.U.M.1

sky sports football

2:00pm	EFL Goals: Championship
2:30pm	EFL Goals: Leagues 1&2
3:00pm	Championship Season Review
4:00pm	Football's Greatest Teams
4:30pm	Football's Greatest Teams
5:00pm	Football's Greatest Head to Head
5:30pm	SPFL Round Up
6:00pm	Football Years
6:30pm	Football Countdowns
7:00pm	EFL Greatest Games
7:30pm	EFL Greatest Games
8:00pm	EFL Goals: Championship
8:30pm	EFL Goals: Leagues 1&2
9:00pm	SPFL Round Up
9:15pm	SPFL Round Up
9:30pm	SPFL Greatest Games
9:45pm	SPFL Greatest Games
10:00pm	Greatest Moments in Football
11:00pm	Phenoms - France
12:00am	Phenoms - Belgium and Netherlands
1:00am	Championship Season Review

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PULL OUT

COSTA BLANCA BUSINESSMEN

Bossing it!

FOR many years it was generally considered that the person in charge of any business should be a man.

As the world changes, so does this perception, even though it does appear that women still have a long way to go in order to obtain complete work equality.

Glass ceilings are being broken, women are taking more important positions in companies and even in politics there are more and more women leaders.

What is happening is that there a balance being reached whereby it's not



Bill Gates, Microsoft.

the gender that counts but the quality of the person involved.

In many cases, private companies are run by husband and wife teams with each taking a specific role which most suits their skill set and this is not only true of many of the businesses featured in this supplement, but with the EWN Media Group with Steven and Michel Euesden working together but with different responsibilities.

There is no doubt that business works best when it is all inclusive but in this special review, men are taking the centre stage and each of the businessmen has been interviewed and gives a fascinating insight into how they have taken their particular strengths in order to cre-



Jeff Bezos, Amazon.

ate a successful company.

Spain has been a very male dominated culture but the recent change in government means that the gender balance is now tipping towards females but the head of each of the major political parties remains a man, although the soon to be undertaken Partido Popular election may see a change.

Interestingly, there are certain disciplines and lines of work which appeal more to men than women perhaps because of cultural heritage, education or simply more men prefer to be involved working in building and similar trades.

To be a successful male boss today, you have to be alert to the activities and behaviour of all of your staff and to make sure that you appoint the best to the most appropriate position.

The modern world is all



Warren Buffett, Berkshire Hathaway.

about inclusion be it to take into account gender, sexual orientation and disability (mental or physical) and the best male managers will strive to ensure that they are fair and even handed.

When one looks around the international world of commerce, the 10 wealthiest people in the world are all men, with Spanish owner of Inditex, Amancio Ortega in the top three or four (depending upon share values) and this is unlikely to change in a hurry although as the older billionaires die, so it is not unusual for daughters to inherit.

Enjoy discovering the secrets of these successful businessmen who have taken the step of appearing in this, our first ever Men in Business Supplement.



Amancio Ortega, Inditex.



Mark Zuckerberg, Facebook.

MUNDOSPAS really is the world of spas. Established in both Torrevieja and Benidorm, the company has been supplying, fitting and repairing spas for 16 years.

This leading company in the spa industry supplies only the best quality Canadian spas which are built to withstand the extreme Canadian conditions where temperatures can fluctuate from -30 degrees in the winter to +30 in the summer, so Spanish customers can rest assured they are going to stand the test of time. Among the spas offered are Coast Spas and the MS-line Spas.

MundoSpas are the only importers in Spain of these hydromassage spas, known for their therapeutic benefits as well as being a wonderful relaxing addition to any home. As well as easing aches and pains, they are fun for families and friends and can add value to your home, without the expense of building a full size swimming pool.

The team at MundoSpas will help find the right spa for you and they also offer a range of second-hand spas for those wanting a more affordable way to enjoy a touch of luxury.

Both Torrevieja and Benidorm offer saunas. The use of hydrothermal therapy in a sauna or steam bath is an ancient treatment for relieving aches and pains and has been an important healing process in many cultures. Sitting in the wood-lined rooms or huts, tempera-

MUNDO SPAS

Welcome to the world of spas



MUNDOSPAS: A world of spas in Torrevieja and Benidorm.

Benidorm Shop:

Avinguda del Pais Valencia 9, Poligono Industrial, 03509 Finestrat

Torrevieja Shop:

CV-905 km 5,7, Torrevieja

Tel: 966 813 366

Visit: www.mundospas.com • Email: info@mundospas.com

tures reach between 70-90 degrees centigrade. Saunas have become best-known for relaxing the body and mind and for the ultimate sense of well-being which it imparts.

Studies have also shown they can help alleviate pain and improve joint mobility in patients with arthritis and rheumatic disease, offer short term improvements in pulmonary function for patients with asthma and chronic bronchitis and can even help lower blood pressure in patients with hypertension.

MundoSpas offer both indoor and outdoor spa units and can make a sauna to suit your size, using a traditional wood burning sauna stove or an infrared sauna system.

Having purchased your sauna or spa, MundoSpas aims to offer customers the best possible after sales service from ensuring your new purchase is fully installed and working in your home, to any technical or maintenance help you may need. Their technicians are fully trained and qualified in all aspects of repairs and can also carry out pool repairs.

Stores also stock a high range of maintenance products and spa accessories. For more information, visit your local store now.

JACQUES VLOET - MUNDO SPAS

Retaining a personal touch is Jacques' secret

JACQUES VLOET has been the driving force behind Mundo Spas since he established the business in 2006, and over the past 12 years has gone from strength to strength.

Born in Holland, Jacques' background is farming in his home country, but he came to Spain 24 years ago and hasn't looked back since.

"Like many people at the time, I opened a Dutch bar in Benidorm which I had for four-and-a-half years before getting involved in the spa business," explained Jacques. He began working for

Aqua4Fun, and his ability to speak four languages - Dutch, English, German and Spanish - enabled him to successfully deal with a multitude of nationalities during the boom in the spa market in the country.

"I learnt my Spanish in Spain thanks to marrying a Spanish girl I met not long after I moved to the country... it's the best way," smiled Jacques.

He was the Sales Manager for Aqua4Fun for six years and when they went out of business just before the credit crunch and economic crisis hit Spain, it was Jacques who stepped in and took over three

“ WANTS TO RETAIN THE PERSONAL TOUCH

of the shops and renamed those Mundo Spas.

"Thankfully, even though it was a difficult time, the fact we'd sold around 1,500 spas across the area before the recession gave us a ready-made list of customers that needed repairs, service and maintenance... and so all that hard work pre-crisis kept us going,"

said Jacques.

During his spare time, Jacques enjoys playing tennis and is a member of a Dutch football team in Albir. Travel has also played an important part in his life, visiting and working in Canada, the USA and Australia over the years.

As to the future, Jacques is more than happy with the two Mundo Spa outlets in Torrevieja and Benidorm and has no plans to expand.

"Some businesses try to be too big and more than not by doing so they lose that very important personal and individual touch. That's something I want to retain."



JACQUES VLOET: Is the driving force behind Mundo Spas.

MUNDOSPAS

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Our company distinguishes itself through its team of professionals and specialists in the spa market with more than 14 years of experience in the spa industry.

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We are the only importer of Coast Spas and the MS-line Spas in the whole of Spain. Coast Spas are the best built spas in the world. That is why we give you the best price guaranteed on every spa you buy from us.

SAUNAS & CABINS

In our range of saunas you can find the infra-red saunas and also traditional Finnish saunas. Feel free to take a look at our website. We are the official dealer of Saunakris and we can custom make every sauna to your needs.

TECHNICAL SERVICES

Our technical service is available throughout the whole of Spain; our head office is conveniently located on the Costa Blanca within the province of Alicante Finestrat. We also keep in stock a huge range of maintenance products for your spa.

MUNDOSPAS SHOP BENIDORM

Avinguda del País Valencia 9
Polígono Industrial Finestrat
03509 Finestrat – Alicante

MUNDOSPAS SHOP TORREVIEJA

CV-905 Km 5,7
Carretera Crevillente a Torrevieja
03180 Torrevieja – Alicante

From **sweet** beginnings...



PASSION:
Enrique Bañuelos started off in the honey business.

Photo credit: @banuelos Twitter

BORN in the town of Sagunto, just outside Valencia in 1966, entrepreneur Enrique Bañuelos is one of 12 Spanish nationals to hold the position of being listed in the Forbes World's Billionaires. In 2010, he was ranked at Nº 655.

After suffering the tragic death of his father when he was just nine years old in an accident at the steelworks where he was employed, Bañuelos went on to gain degrees in Law and Business Studies and set up his first company - dealing in honey and its by-products at the age of 16 in 1982.

His real estate group was established in the Mediter-

ranean region and managed to develop some 17,400,000m2 of land and building around 50,000 properties which were essentially aimed at the middle-class or second home buyers market.

At the time the average price of the properties was around €120,000.

Several of his companies were merged in 2006 and the ASTROC company was created, although it was later sold during the property crisis that hit Spain not long afterwards. It was time for Bañuelos to focus on other interests in the international market, and so in 2008 he entered the Brazilian market, first acquiring shares in

AGRA, a company listed on the Brazil Stock Exchange. He later bought into Abyara and Klabin Segal before eventually merging them to create AGRE SA.

Enrique Bañuelos has a passion for contemporary arts and in particular photography; through his foundation and in conjunction with the Valencian Institute of Modern Art (IVAM) he has promoted various exhibitions in, among other cities, Valencia, New York City, London and Beijing.

As at 2018, Enrique Bañuelos continues investing in Spain and is linked to the Formula E business, promoting the electric car world championship.

ERIK VERHAGEN - **RELIABLE CLIMA**

No regrets in coming to Spain...

BORN in Holland and having spent a number of years in a variety of trades that included the tourism industry, Erik Verhagen decided it was time for a new challenge and just around three years ago came to Spain. Mind you, it wasn't his first choice as the original plan was to return to Tenerife where he'd previously spent some time.

But Erik believes he most certainly made the right choice, and the customers he deals with in Reliable Clima from his Altea office would also agree.

Erik was given the opportunity to run the Altea branch of Reliable Clima and it's simply gone from

“

**PROUD
TO BE
RUNNING
THE
OFFICE**

strength to strength by the day. “It made me very proud that I was trusted with running the office and looking after the customers from Alicante up to Gandia in my role as Office Manager.”

Working in the air conditioning business, Erik doesn't get much free time as it's an all-year round service.

However, when he does he loves nothing better than getting out on his quad bike

and enjoying the great scenery that Spain has to offer. “One day in the future, I'd like to organise quad bike excursions and encourage others to enjoy the lifestyle.”

Erik has travelled extensively, and has spent longer than just an average holiday in places such as Curaçao, Lloret del Mar, France, Thailand and Tenerife.

Erik is very passionate about his job and he said that there is nothing more satisfying than having customers that are themselves 100 per cent satisfied with the product and the service they've received.

“If I and the company do a good job, that leads us to receive more recom-



ERIK VERHAGEN: Is passionate about his job.

mendations. Advertising is very important, but word of mouth is equally so from people who have already used the services of Reliable Clima,” said Erik.

As to the future, there are plans to expand further along the coast to places such as Moraira and it is something that Erik looks forward to playing a major part in.

RELIABLE CLIMA

Construction and Air Conditioning Services

THE name Reliable applies to two linked organisations, one dealing with construction and the other with climate control on the Costa Blanca.

It is a very apt name as the many customers that the company has, rely on them for a first class service.

Reliable Clima and Construction consists of a group of professionals who perform all of their tasks with an attentive eye, so that when a job is completed, they continue to monitor the quality of the product each year within the guarantee period.

Having been in business for 14 years, Reliable Construction is a leading company in general reforms as well as a number of other services in Costa Blanca and is recognised for their unbeatable price and quality.

Reliable Clima has been involved in the business of air conditioning, solar panels, renovations and refrigeration sales, service and maintenance for 17 years, operating from their base in Torrevieja, from which their technical staff and engineers are able to offer a full range of services, both before and after sales, giving advice and assistance.

Offering their services across Alicante, Almeria, Murcia and Valencia, the two groups with offices in Altea and Torrevieja understand the need to offer a speedy and efficient service especially in the area of climate control. They install across the entire Costa Blanca too!



RELIABLE CLIMA: A first class service.

Reliable Clima and Construction Services has offices at Calle San Luis 61, Torrevieja (open Monday to Friday 10am to 2pm) and Partida Cap Blanch 77, Altea (open Monday to Friday 9am to 2pm).

For more information visit www.reliable-clima.com or www.reliableconstruction.es alternatively call the Altea office on 965 843 144/673 468 922 or the Torrevieja office on 966 799 815/678 234 502.

They provide tailored refrigeration and air conditioning solutions to domestic, commercial, industrial, retail and leisure market sectors. In partnership with the leading manufacturers, Reliable Clima is committed to maintaining an efficient, effective and high level of service throughout the refrigeration and air conditioning industry.

Reliable Clima has been specifically formed to raise the level of service offered to users of refrigeration and air conditioning equipment.

They understand that most cooling equipment is business critical and should be treated with the importance it deserves and that with the correct design, installation, service and maintenance some faults can be eliminated and the useful life of the equipment drastically extended.

You can be sure you have made the right choice when you use the services of Reliable Clima, which is dedicated to meeting and exceeding customer expectations. In addition, they can also repair all brands of heating refrigeration, heat pump and air conditioning units

This summer has seen the introduction of the Ecosense to the Costa Blanca... air conditioning sensors that help you save energy, and there are plans to extend this system to windows and door sensors which are ideal for hotels and apartment blocks.



SERVICES

- Buildings
- Roofing
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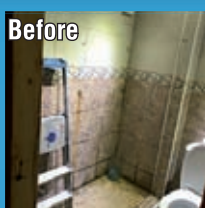
Before



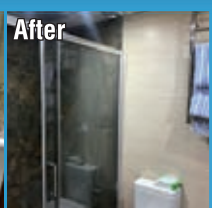
After



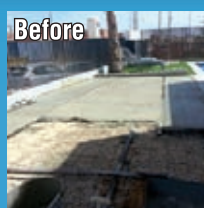
Before



After



Before



After



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www.reliable-clima.com • altea@reliable-clima.com

Ptda. Cap-Blanch 77 N-332 - Km 155, ALTEA

Tel. 965 843 144 • 673 468 922

THE very successful Automart Benissa has been so busy that it needed to expand its successful used car and vans dealership by opening an extra showroom in La Nucia.

If you are looking for a new car or a work van to expand or help your business, Automart Benissa offer a great variety of used cars and vans at great prices.

Located in Benissa and La Nucia, both in the Alicante Province, the dealership can offer all of the help you need to select your next car with the bonus of friendly staff who speak English.

And if you like the look of a particular car at one of their showrooms but don't think you can get to it, Automart Benissa will even transfer it to your chosen dealership for a more convenient viewing.

Many of their vehicles come with a 12-month warranty and where necessary they will be supplied with an up-to-date ITV. If you hate paperwork it's not a problem as the company will fill out all of the documentation for



Automart Benissa is open in Benissa six days a week, from 9.30am to 7pm Monday to Friday and from 10am to 2pm on Saturdays. They are located on Carretera Nacional 332, Partida Bonaire N° 60, Benissa, 03720, Alicante, telephone 965 733 311. Their La Nucia showroom is open from 10am to 7pm on Monday to Friday and from 10am to 2pm on Saturdays located on Calle Callosa de Ensarria, Polígono Industrial La Alberca, La Nucia - 03230, Alicante, telephone 682 455 828. There's a great range of cars at www.automartbenissa.com and if you want more information or want to book a test drive email sales@automartbenissa.com.

AUTOMART

Automart Benissa... a different second-hand car experience

Just one of two great showrooms with a wide range of cars.

you, transferring the car into your name for no extra cost.

Whatever sort of car or van you are looking for, Automart Benissa has everything you need at amazing prices and if you are looking to sell, they will even buy your old car or van off you at a great price.

So why not pop in and check out their fantastic deals?

MATTHEW - AUTOMART

Your dream car can be a reality...

MATTHEW - the founder and owner of Automart Benissa - is a successful young businessman on the Costa Blanca with an old and sensible head on his shoulders.

Born in Peterborough, he was just six years old when he and his parents came to Spain and so is virtually a Spanish native, which has proved an advantage as he built up his business that has gone from strength-to-strength since it opened around three-and-a-half years ago.

Matthew is a prime example that sheer hard work and an undeniable love and interest in your career can lead to a good

business, and doesn't require a string of educational qualifications behind you.

"I went to a Spanish school but ended up leaving at 14 with little or no employment prospects," explained Matthew. "Then the next moment my mum said that she'd found me a job and I spent time working in the construction trade. Then the recession hit."

Matthew has spent the last nine years in the used car business and has spent that time - certainly since he's run Automart Benissa - in looking to revolutionise and change the way second-hand cars are sold and marketed. "It's why we have a great showroom here," as

he proudly points at the cars neatly lined up, "and trying to give the customers the same experience as if they were buying a brand new car."

"I think we have a distinct advantage over some of the more traditional second-hand dealers who have a yard and a shed in the corner."

Matthew is also proud that Automart Benissa is transparent at all times and actively encourages customers to bring in their own mechanics to check out their future purchases. "It's very important to me to be totally open and honest, and only by doing so can my business retain the reputation that I'm proud it has gained."

His success in the trade



MATTHEW: Important to be totally open and honest.

PROUD OF HIS REPUTATION

has been achieved without having any mechanical background... but simply a love and a passion for cars that he's had from a very young age.

A natural, and engaging personality backed up with a confidence in dealing with people and the ability to sell has taken Matthew and the team to

where they are now.

Has Matthew been able to buy his ultimate car? "Actually, I have," he confessed. "I've got my 6-series BMW which I fell in love with at a car show back in 2003, and it goes to prove - in my case - that you can achieve your dream if you work at it."

Matthew continues to add to his fleet of used-cars and is regularly seen in Alicante, Madrid and Barcelona. However, a significant amount of what is sold comes from expats. "They're perfect

customers that in many cases are selling one-owner cars that have been well looked after and make them easier to sell on."

The beach and water sports take up any spare time that Matthew gets and he loves the Spanish summers and the lifestyle in general that he's fully integrated into.

Finally, Matthew was quick to pay credit to all the team at Automart Benissa, especially his brother James who is "a very important part of the business."



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Partida Bonaire 60

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NISSAN Qashqai
1.5 DCI Visia 4x2
Year 2009
1500cc, 105 hp
Manual, Diesel
127,000 km
10,395€



CITROEN C4
1.6HDI Business
Year 2011, 1600cc, 90 hp
Manual, Diesel
82,000 km
9,995€



CITROEN C4 Coupe
1.4i 16v Collection
Year 2006
1400cc, 90 hp
Manual, Petrol
75,000 km
4,795€



NISSAN Micra
1.2 Acenta
Year 2011
1200cc, 80 hp
Manual, Petrol
99,000 km
6,695€



NISSAN Micra
1.2i Visia Plus Auto
Year 2005
1200cc, 80 hp
Automatic, Petrol
99,000 km
5,995€



PEUGEOT 307 XT
Year 2002
2000cc, 135 hp
Automatic, Petrol
126,000 km
3,995€



RENAULT
Kangoo - Compact
Year 2009
1500cc, 105 hp
Manual, Diesel
173,000 km
4,995€



RENAULT Scenic DCI
Year 2011
1500cc, 110 hp
Manual, Diesel
50,000 km
10,695€



SEAT Ibiza
Year 2012
1600cc, 105 hp
Manual, Diesel
64,000 km
8,995€



SEAT Ibiza 1.2
Reference 70
Year 2012
1200cc, 70 hp
Manual, Petrol
82,000 km
7,995€



SEAT Ibiza ST
1.4 Style
Year 2010
1400cc, 85 hp
Manual, Petrol
89,000 km
7,995€



SEAT Ibiza Stella 12V
Year 2003
1200cc, 65 hp
Manual, Petrol
29,000 km
4,995€



SEAT Leon Stylance
Ecomotive DPF
Year 2008
1900cc, 105 hp
Manual, Diesel
27,000 km
8,995€



SMART Fortwo
Year 2010
1000cc, 60 hp
Automatic, Petrol
120,000 km
6,195€

NEW ARRIVAL



SEAT Leon 1.6 Sport
Year 2006
1600cc, 100 hp
Manual, Petrol
77,000 km
6,995€

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Name and transfer plus paperwork
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WE BUY CARS FOR CASH!

Avoid the pitfalls of private selling;
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Car transfers processed within 7 days
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PELLICER & HEREDIA

Recommended and respected by all

PELLICER & HEREDIA is one of Spain's most dynamic law firms, consisting of a multi-skilled staff, fluent in English and with many years of experience in dealing with Spanish law.

In addition, a substantial amount of their work has an international aspect. They regularly find themselves acting for foreign companies and private individuals representing their interests in Spain on both transactional and litigation matters.

Pellicer & Heredia have developed a reputation of being independent, reliable and committed to their clients, and would be more than happy to prove it to you. Their attorneys are nationally recognised leaders in their practice areas and carry on the tradition of experience and innovation. All of their clients can feel confident about working with them and knowing that they understand their legal needs.

There is no doubt that the success of the business is due to the confidence that has been shown for some time and has allowed the practice to grow into one of the most suc-

cessful law firms in Spain.

Buying and selling property is still a major part of people's lives and it's important to have the right advice at all times throughout the process. In Pellicer & Heredia, you have a company that has led the way in the Spanish legal services market, drawing on its in-depth knowledge of the various transactions and practices on the real estate market. For more than 15 years, the Department's professionals have acted in many complex and ordinary real estate transactions.

The expertise of its professionals in the various legal issues involved in these types of transactions added to their in-depth knowledge of real estate practices enable Pellicer & Heredia to advise on an array of real estate-related areas: the sale and acquisition of real estate and real estate companies, leases, development and construction contracts and real estate financing.

They are true professionals, are experts in their field and regularly receive the thanks and appreciation from the leading local operators in the Spanish real estate market.



PROFESSIONALS: Pellicer & Heredia have led the way in the Spanish legal services market.

IGNACIO PELLICER - PELLICER & HEREDIA

Being realistic and a passion for work is the key

IGNACIO PELLICER is one half of the very successful and well-known law firm of Pellicer & Heredia. Along with his partner Pedro Heredia, Ignacio set up the business back in 2007 which was just before the credit crunch... a scenario that particularly affected Spain.

Ignacio's background is specialising in International Law and, like his business partner, offers true, honest and independent advice for international clients and all with a personalised service and a broad smile. Even though Ignacio's first language is Spanish, his level of English is superb and thus has no problem dealing on a day-to-day basis with a large number of English-speaking individuals (both resident and non-resident) and businesses of all sizes.

Ignacio and Pedro opened their first office in Hondon and at that time Ignacio thought his partner was showing too much optimism that it was only a starting

point to future expansion. "This was due to the credit crunch and I was understandably concerned," confessed Ignacio. "However, we always believed in the quality of our work and continuing to provide customer satisfaction at all times and it saw us through to where we are today."

Ignacio and Pedro cover a vast area of the south-east of Spain, covering between Denia in the Alicante Province down to Mojacar in Almeria. If required, they can also provide a service to any part of Spain.

Ignacio's approach has always been to adapt to the changing world, and the recession taught him to ensure that is the case for the present and the future. "It's important to be one step ahead of the market, but Spain is now recovering from its recent economic problems and I predict stability in the long run."

At the forefront of Ignacio's mind is un-



IGNACIO (right): Works alongside his partner Pedro Heredia.

derstanding his clients concerns about the consequences of Brexit. "Yes, there has been and continues to be a degree of uncertainty about what's going to happen and everything depends on the outcome of the ongoing negotiations," he said. "We're in the hands of the politicians, but the reasons to stay and remain in Spain will still be the wonderful sunshine, quality of life and the cost of living."

He continued: "We look forward to being part of a future series of Brexit seminars as from November across the Costa Blanca in an association with Brexipats in Spain and the British Consulate, and showing our commitment to keeping

people as well informed as possible."

With so much going on business-wise, Ignacio doesn't get much free time but when he can he spends it with his two young children playing football and swimming, and also takes every opportunity he can to go hiking in the hills around Alicante, often with business partner Pedro early in the morning before starting work.

Ignacio's secret to success: "Do what you're passionate about and push as hard as you can. However, be prepared for unforeseen circumstances, be realistic at all times and don't expect overnight success. That has to be worked for."

PELLICER & HEREDIA

INTERNATIONAL LAWYERS

Did you buy a property off-plan? Did you not recover the money paid?

The Supreme Court states Banco Popular (Banco Pastor), SGRCV and BBVA are to return the money paid for off-plan properties, for not issuing compulsory individual bank guarantees.

Buyers who received a Bank Guarantee / Insurance Policy to cover payments made towards their property (or even those who never had this because the developer or bank failed to comply with the Law) could benefit from a Supreme Court of Spain Judgement, which has ordered these entities return all the money invested, plus interest, from the time payments were made, to the buyers of off-plan properties.

The Supreme Court has made clear that:

- if other buyers in the same resort received individual bank guarantees, then all buyers should have received them. Not having an individual bank guarantee would not stop them from claiming the money from the bank.
- if the amount covered by the bank guarantee is lower than the money actually paid to the developer, the bank should pay back the full paid amount plus interest.
- if there is not an individual bank guarantee, but there is a general bank guarantee, this should cover all buyers as though they were issued an

individual bank guarantee.

- there is no need to sue the developer, before suing the bank.

If you bought a property off-plan, paid a deposit or even made stage payments, whether you received the compulsory individual bank guarantee or not, you might be interested to learn more about your rights.

This is only general information. It is recommended that all legal matters pertaining to specific cases are referred to a lawyer for advice, guidance and execution.

Pellicer & Heredia have been successful in claiming back money for many clients – in relation to bank guarantees – the link highlights an interview that Ignacio had with some very happy clients.
We were able to claim back more than 800.000€ PLUS interest for a group of 8 families.
<https://mixcloud.com/BayRadiospain/pellicer-heredia-jul18-bank-guarantees/>



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PEACE OF MIND
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IN HOUSE UK QUALIFIED LAWYER

BORN in 1936 into an extremely poor family in the Spanish region of Leon, Amancio Ortega is now one of the richest and most successful people in the world.

He's a Spanish fashion entrepreneur and the co-founder of Inditex which includes a number of well-known high street names such as Zara, Pull and Bear, Massimo Dutti, Bershka, Stradivarius, Oysho, and Uterqü.

Amancio Ortega left school at the age of 14 having overheard his mother pleading for credit at a local store just to get essential supplies that the family couldn't afford.

His first job was a shop assistant called Gala where he also learned to make clothes by hand; the shop is still open and customers still ask about Amancio, such was the impression he made all those years ago.

He loved to ride his bicycle, and his brilliant business idea could have come during one such

Riches from giving the customer what they want...

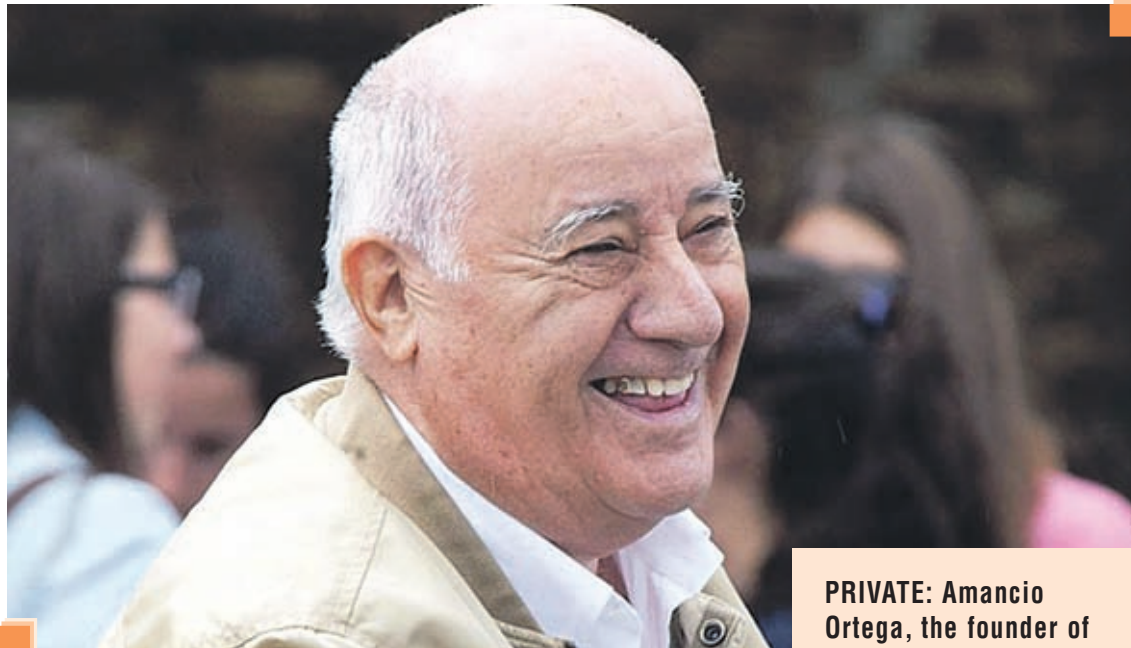


Photo credit: @AmancioOrtega Twitter

PRIVATE: Amancio Ortega, the founder of some of the biggest names in Spain.

ride when Ortega realised that to earn good money, he should give customers what they want.

At the age of 16, he was pondering on how to fig-

ure out potential client desires and, what is even more important, meet that demand.

In the 1950's, an autonomous community of

Spain, Galicia, was a perfect spot for his business plan: poor job prospects combined with numerous single women who could sew well.

Ortega started to organise women into sewing co-operatives.

The product line included lingerie, babywear and nightgowns and not only were the goods selling, the people that worked for him shouted from the rooftops about their excellent conditions and how close their boss was to them on a day-to-day basis.

A very private man, Amancio Ortega is believed to spend millions of euros in an effort to keep that status quo... and has never given an interview to anyone.

ADRIAN BARBUDO

Passionate about property... and family

BORN in Segovia just outside of the Spanish capital, Madrid, Adrian Barbudo is one of the most respected and successful young businessmen on the Costa Blanca.

With almost two decades in the real estate business, he has not only turned his talents to writing a book that shares his wealth and experience of the sector, but has now moved into the consultancy side of the business and working as an independent operator.

Adrian studied for and

achieved a Diploma in Business Administration and Management at the Domingo de Soto University (attached to the Universidad Complutense de Madrid). This was followed by a training course at the University Camilo José Cela where he qualified as an estate agent and then Adrian successfully completed a Masters in Real Estate Management.

These certainly make him one of the most highly qualified people in this sector in the area and in fact he's the only independent consultant in both Ali-

cante and Murcia.

Not only is Adrian Barbudo passionate about his work, his new book, and what the future holds for him - he hopes to get into training future estate agents - he is equally passionate about his family. He positively beams with pride as he discusses his wife and two young children and despite his very busy lifestyle and work ethic, tries to spend as much time as he can with them.

"My eldest daughter, she's seven years old already, is into cooking and I love spending Sundays helping her in the



“ PUTS HIS CUSTOMERS FIRST

| ADRIAN BARBUDO: Highly qualified in the sector.

completing a half-marathon in 2016. "My one and only!" he smiles.

"I try to enjoy a healthy lifestyle and you might often see me out for an early morning run to give the body a boost." It obviously works because despite his 37 years, he could be taken for being much younger.

He's also very keen on football and a supporter of Real Madrid, and is

"excited" about Spain's chances in the current FIFA World Cup.

Adrian's secret to his success is his undoubted friendly personality and the way he puts the interests of his customers before his own, often surprising them in what he can do for them during negotiations. As he says: "The happiness of my clients is the best business card ever."

ADRIAN BARBUDO

Taking a career to the next level...

ADRIAN BARBUDO is one of a very rare breed in the Costa Blanca. Having gained a wealth of experience in buying and selling property in the area, he's moving on to the next stage of his career.

Adrian has one aim in his professional career, and that's to make the world of estate agency better, more professional, and easier to understand for people on both sides of the market. He is there to offer independent and individual advice to both buyers and sellers and to guide them through every stage of what can often be a very difficult and confusing process.

Since 2004, he has worked for a handful of estate agents in the Costa Blanca, and now in Alicante for the past five years, and has understandably become an expert in the local area. Such is his expertise that Adrian wants to improve the real estate market in Spain and the best way to do this is with the companies Century 21 and Grupo Mahersol.

Century 21 the biggest estate agent network in the world with over 8,000 franchise broker offices in 80 countries, and over 118,000 affiliate sales people. Grupo Mahersol is a major name in the building industry since 1966 in Costa Blanca, Costa Calida, Costa de Almería and Madrid.



ADRIAN: Has now written a book.

For this reason, Adrian has signed a contract with both companies, because he believes that "together we become stronger and better."

Adrian covers all the well-known areas of the Costa Blanca, Murcia, and Valencia, and includes Alicante, Torrevieja, Benidorm, Denia, Calpe,

Altea, Villajoyosa, San Juan, Javea, Santa Pola, La Mata, Dehesa de Campoamor, Los Montesinos and Alfaz del Pi among others.

Whether a Spanish or a foreign client, Adrian's prime aim is to support and defend their interests at all times and has taken this a stage further than many others would do... he's now written a book.

Called '2018 to 2023 - The best moment to buy and invest on a property in Spain' Adrian explains in great detail the current situation of the real estate business in Spain, and offers some interesting tips and advice based on his professional experience. Not only are property prices into an upward trend again, at present it's also the best time for fixed-term mortgages for foreign buyers.

Adrian Barbudo accepts that Brexit is always going to be there in the background for many UK people considering buying and selling property in Spain, and acknowledges that there was a major panic in the weeks following the referendum.

Despite this, the British are still N°1 in Spain for non-Spanish buyers with 15 per cent of the market.

ADRIAN BARBUDO

Tel: 636 49 48 93

Website: <https://adrianbarbudo.com>

E-mail: hello@adrianbarbudo.com



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'Whether you are thinking of purchasing or investing in real estate property, you should read this book before doing it...'

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ANTONIO BRUFAU is the 70-year-old CEO and Chairman of the multinational oil and gas company Repsol... a role he's held for the past 14 years.

After leaving his education with a degree in Economics from the University of Barcelona and an MA in Economics from IESE Business School - Universidad de Navarra, Brufau became a partner and director of auditing for the American holding company Arthur Andersen.

In 1988, at the age of 40, he joined La Caixa as deputy general manager, where he assisted in the amalgamation of the Pension Fund of Cataluña and the Balearic Islands. In addition, in 1994, he became the president of



TURNAROUND: Antonio Brufau leads one of the world's biggest companies.

the popular theme park Port Aventura.

In July 1997, he was appointed the president of the natural gas division at Repsol, a post he held until 2004; and parallel to this was a member of their

Board of Directors.

In recognition of the part he played in Repsol's increasing activity outside of its country of origin, Brufau was awarded the 2010 Entrepreneur of the Year award by the Federa-

tion of Spanish Chamber of Commerce in Europe.

His influence and expertise was also recognised further on the world business stage as he was the only Spanish member on the Executive Committee of the International Chamber of Commerce until 2005.

Brufau's extensive experience in the business world and his expertise in the energy sector have enabled him in the last decade to lead the company's transformation. Repsol now boasts assets in 40 countries and is present across the entire oil and gas value chain, from the exploration and production of hydrocarbons to their transformation and marketing.

Award-winning real estate entrepreneur

MANUEL JOVE is a 77-year-old Spanish businessman who was the founder of the real estate company Fadesa Inmobiliaria in 1980, and developed it into one of the Spain's leading property companies.

He set it up mainly with his own money and such was the success of his venture that he was able to take the company public in 2004.

Whether it was by luck or intuition or using his extensive knowledge of his field, he took the decision to sell his 55 per cent stake for \$3 billion in 2006 to businessman Fernando Martin... just before the collapse of the Spanish property market.

However, the buyer sued Jove for \$2 billion in March 2011 after he had to file for bankruptcy in 2008. His claim the purchase price had been overinflated didn't hold up in court when it was heard in 2012 and Jove even won his legal costs back.

Following the sale of Facesa, Manuel Jove took on some new projects and investments that included the Inverante Corporation at the start of 2007... a business holding company that includes in its portfolio land management and an interest in the agriculture and food sectors.

Throughout his professional career, Manuel Jove has received a number of awards, the most prestigious being the Best Galicia Businessman Award of 2004.

According to the *Forbes Magazine* in 2018, Jove's net worth is \$2 billion.

JOHN CLEMENTS - CRYSTAL WINDOWS

The pleasure of seeing happy clients is key...

ORIGINALLY from Manchester, the owner of Crystal Windows in Pedreguer - John Clements - has been in Spain for 23 years, with the last 18 years running his very successful business.

"It was a difficult decision to make the break to Spain at first," explained John, "especially when there were three young children - aged six, four and one - to take into account."

There is no doubt, however, that John and his young family made the right decision, as all these years later those young boys have all followed him into the business. They all went to school here and,

unusually for an expat family, their first language is Valencian, "albeit one of my lads keeping his Mancunian accent," giggles a very proud father.

John's background was as a timed-served joiner and he spent a number of years working as an installer with the well-known Anglian Windows. He then started his own company in 1986 until coming to Spain in the late '90s. It's no surprise that he chose the trade he did as his father was also a joiner, and he gained much of his experience working on the old sash windows that dominated properties in that era before double glazing and more modern replacements were the norm.

AFTER-SALES SERVICE IS IMPORTANT

"From day one, I just had so much pleasure from not only doing a good job myself but by seeing the pleasure on the faces of the customers as they stood back and admired their new windows," beamed John. "New windows can completely transform a property and it was great to see their reaction; in fact, it still is."

John Clements is not satisfied in just replacing

existing windows and doors. "Living in Spain, you want to make the most of the space you have, so if the design of the property allows, I advise customers to perhaps consider opening up their homes a little more and suggest glass replacing an existing external wall, especially if it leads on to a beautiful garden," he said.

With a very friendly personality, Crystal Windows are most fortunate to have John as the face of his company as he makes it his business to see every customer and quite obviously never tires of his day-to-day routine.

"I do spend much of my time out on the road, measuring up and giving the



JOHN CLEMENTS: Likes to give a great service.

customers the best advice I can... but I do miss 'getting my hands dirty' and working on the materials myself." He hasn't totally ruled out a return - now and then - to keep himself up-to-date with some of the modern techniques of the trade.

John has completely embraced the Spanish lifestyle and regularly plays pool locally in his spare time. "There's a mixture of British and Spanish but there's never a sense of them and us,"

he said. Coming from Manchester, he proudly admits to being a Red when it comes to football. "I can remember a time when £1 covered the cost of the entrance to Old Trafford, a programme, return bus fare, as well as a beef tea AND a pie at half time."

John's secret and his motto for success: "Do your best, give a great service... but especially a superb after-sales service. You won't go wrong."

CRYSTAL WINDOWS

Crystal Windows

the transparent choice for your house

IF you are looking for new windows, doors or glass curtains then Crystal Windows - in business on the Costa Blanca since 1997 - is without doubt the place to visit.

As manufacturers of replacement windows and doors, conservatories, terrace enclosures and glass curtains, they offer a 10-year guarantee on all products and can discuss all of your needs in English, Dutch, German and Spanish.

For over 20 years now the company has been improving client's views from Valencia all the way to Alicante and they are expert at making the right recommendation to suit customer need on the range of reasonably priced options that exist.

The company is proud of the fact that Crystal Windows are the only company on the Costa Blanca to manufacture their own curved PVC arches and their en-

tire service is aimed at making sure that customer satisfaction always comes first.

Nothing is too much trouble to ensure your experience of ordering with Crystal Windows is professional, pleasant and very satisfying, turning your dreams into reality with friendly and knowledgeable staff in each department ready to help and advise.

Your chosen configuration will be installed by their experienced and highly skilled fitting teams to standards most companies would find difficult to match.

Latest technologies and computerised machinery combine with 20 plus years of experience to ensure that new windows and doors are manufactured with precision, efficiency and to the highest technical standard.

All of Crystal Windows' fitters have worked for at least five years here in Spain, thus gaining

a proper knowledge of Spanish materials and building techniques, by working exclusively for Crystal Windows.

They are skilled not only in window fitting, but in all the associated building works that may be needed such as block work, plastering, and tiling.

Having been fabricating and installing in Spain since 1997 their experience and understanding of what is needed is undoubtedly second to none.

Importantly they are able to advise you on the most suitable solution for your needs, taking into consideration conditions particular to Spain - the weather, temperature variations - cold in the winter - warm in the summer, ventilation, security and low maintenance.

Potential customers are invited to visit their showroom in Pedreguer to discuss their requirements and to see a range of



For all your windows, doors or glass curtains.



products and working models and unusually, they will also be happy to show you their factory to see exactly how they manufacture the wide range of product.

Crystal Windows Doors & Conservatories, SL is open from 9am to 6pm with no lunchtime closing and they promise that you won't be pressured into committing on the spot.

The showroom is at Carrer de la Pansa 14, Pol Ind Les Galgues 03730 Pedreguer, Alicante.
Tel (+34) 96 645 72 53 - Fax (+34) 96 645 72 70 -
e-mail: info@crystalwindows-spain.com and to get more idea of the special products available visit <http://crystalwindows.es/>.



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SG HAULAGE

SG Haulage transporting loads across Europe



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A FAMILY-RUN business with headquarters in Lincolnshire, SG Haulage is the first choice for the movement of general and abnormal loads.

Whilst they can carry most bulky items, their main speciality is the transportation of agricultural machinery, boats, caravans, construction machinery, motorhomes and yachts from the UK to mainland Europe as well as the other way.

The company has a roving permit for Spain allowing them to move any boat or marina equipment up to three metres wide at short notice although loads over three metres require a dedicated route permit

which they can obtain for the journey.

All of their trucks and trailers are registered with the relevant Spanish ministry so obtaining permits is relatively easy and in France they have CAT1 and CAT2 permits in place to move any load in that category.

All pilot cars for the escorting of loads over three metres wide are supplied and routes planned for the safest and quickest transit time of the load.

All trailers have full air suspension to transport any load safely and carefully no matter how fragile or delicate.

SG Haulage has a fleet of 30 trucks and 60 trailers ranging

from a 3.5 tonne pickup with a trailer to an 80 tonne 6x4 tractor unit for heavy and specialist transport.

The company also operates a number of lorries with HIAB cranes and trailers with Moffett forklifts for loading and unloading goods up to two tonne in weight.

As a close knit family firm all of their employees and vehicles are not only very well pre-

sented but staff are trained to the highest standard in many specialist transport areas.

When working with large valuable loads, safety is imperative, so the company is a member of the Road Haulage Association which sets standards for road hauliers.

Recently they have attained FORS bronze level from Transport for London which is a vol-

untary scheme which acts as a cornerstone to promote safety and efficiency by sharing best practice.

Members of the team are CPCs, NPORS and ALLMI accredited. This combined with years of experience allows them to safely and competently move any heavy, specialised, sensitive or abnormal load.

For details of how SG can help you visit www.sghaulage.co.uk.

STEPHEN GAUNT and his partner Diane Hallett, who owns SG Haulage Ltd, are one of the most successful teams in their field and have expanded their business from three lorries to over 25. In addition, they also have 50 trailers.

It is a family-run business with Steve's son and daughter and Diane's daughter who also drives for them.

Steve has his own background in the haulage trade and gets it from his parents.

His dad used to be a driver and his mother worked hard in the office.

Born in Lincoln, Steve had his first small van when he was 29 years old, and has kept working ever since.

"I'm a workaholic and have no time for

any outside interests at the moment," said Steve, although he does try to attend as many of the 'trucking fests' across the UK as he can.

SG Haulage has also diversified in recent years and now does a significant amount of work in transporting horses, rowing boats (used in the Henley Regatta), and supporting singing stars such as Olly Murs with their stage equipment.

Steve and Diane have developed their business through sheer hard work and determination, work-

STEPHEN GAUNT - SG HAULAGE

Looking to diversify... but not expand



STEPHEN GAUNT: Has a passion and dedication for the haulage business.

“ 100 PER CENT COMMITMENT TO THE NEEDS OF THEIR CUSTOMERS ”

ing long hours, weekends and having to sacrifice any thought of a break.

They are now starting to reap the benefits of their work ethic, as they have recently started to take holidays in the Costa del Sol region of Spain and plan to

find a base there for a holiday home at least. Steve has recently proposed to his long-term partner Diane after being together for 19-years and they look forward to spending more time enjoying the Spanish sun in the future.

When Steve was asked if he had any plans to expand the SG Haulage, the answer was instead given by new fiancé Diane... and it was a resounding "No!" and said with an enormous but determined smile!

Steve's secret to success is without doubt his - and Diane's - 100 per cent commitment to the needs of their customers.

This is backed up by a passion and dedication for the haulage business that drives him to provide a superior service.

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IT is a major decision when anyone decides to purchase a new property in Spain and in the majority of cases all goes well.

After the financial crises from 2008 onwards, a surprisingly large number of building companies entered into liquidation and were unable to complete projects for which they had received substantial deposits or full payment and it was a heart-breaking time for those who lost large amounts of money.

Whilst for several years it appeared as if the money was lost forever, it might just be possible to be able to recover some or all of it.

In a number of circumstances, it is perfectly possible to obtain a refund of what you have lost thanks to a ruling by the Spanish Supreme Court Article 57/68 and the involvement of a knowledgeable group of lawyers and advisors.

A very well-informed former real estate agent, Sheldon Grossmith found himself in exactly this situation but not only did he have a good idea of the law, he also knew very astute and successful lawyers who actually helped him recover his funds.

Now, through his company

Off-Plan Property Deposit Refunds SL which is based in Estepona, Sheldon and his Spanish associates will do their best to assist expatriates and Spaniards to recover their funds, even if, as is often the case, they were lost 15 years ago.

The concept is very simple, although recovery can take some time, as Banks with whom the original deposit was lodged could well be responsible in law for the refund of the monies lost as it was their legal responsibility to oversee that the developers had a Bank Guarantee in place to protect clients' deposits, if this was not carried out, the Banks have been deemed liable and must return clients' deposits.

Almost none of the money lost was ever in a 'safe haven' and this is where OPPDR can assist.

Sheldon still remembers how sick and upset he felt when he thought that he had lost such a

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SHELDON GROSSMITH

Off-Plan Property Deposit Refunds could help you



So many unfinished properties.

large sum and wants to help others recover what in some cases could be their entire life savings.

To be fair, he isn't totally altruistic as he will make a charge for putting this together, but this will be on a No Win / No Fee basis!

Those who have suffered such a loss are invited to get in touch with him and send him a copy of the original purchase contract

and proof of payment (as well as where it was paid to).

A decision as to whether there is a viable case to prosecute can be made very quickly and if

the decision is positive then it is intended that there will be a three-way agreement, signed between the person losing the money, OPPDR and the lawyers who will undertake the case.

Once an agreement to proceed is reached, it is likely to take between 18 and 24 months to obtain a final court ruling and in the event of the Judge making an award to the person whose money has been taken, there will be a 15 per cent charge (plus IVA) from OPPDR and the lawyers will keep any interest that has been awarded by the court which will cover all their costs and fee.

Should the case be unsuccessful however, then no costs are charged to the client.

Off-Plan Property Deposit Refunds was formed at the beginning of 2016 and now he is delighted to report that a large number of cases have now gone before the courts and every single one has seen the court find in favour of his clients.

So if you want to find out more, visit www.off-planpropertydepositrefunds.com or call Sheldon on 642 740 708 but bear in mind that there is a 15-year time limit so some cases need to be initiated quickly or they will no longer be accepted by the courts.

SHELDON GROSSMITH

Sheldon Grossmith had a very good idea

IF you are one of the many who paid over deposits to developers when deciding to buy an off-plan property in Spain and then the developer went bankrupt or disappeared and you lost your money, then all is not lost.

In a number of circumstances, it is perfectly possible to reclaim monies that you have lost thanks to a ruling by the Spanish Supreme Court (article 57/68) and the involvement of a professional group of lawyers and advisors.

Sheldon Grossmith was caught in exactly this situation but as a former real estate agent based in Spain not only did he have a good idea of the law, but also knew a very astute and successful lawyer who helped him recover his funds.

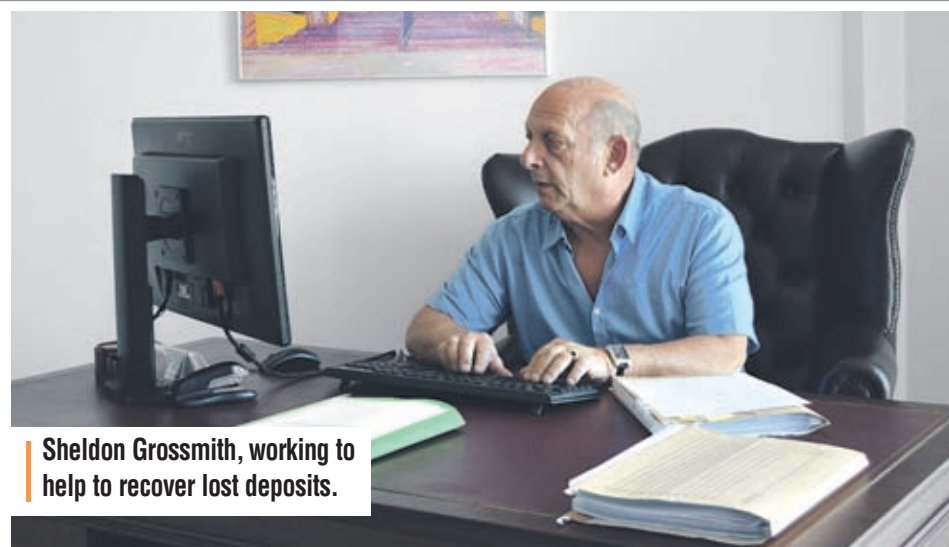
Now, through his company Off Plan Property Deposit Refunds SL based in Estepona, Sheldon and his Spanish associates are offering expatriates and Spaniards the opportunity to recover their lost deposits, even if, as is often the case, they

were lost 15 years ago.

The answer is very simple and that is that the Banks with whom the original deposit was lodged could well be responsible in law for the refund of the monies lost, as they did not oversee that there was a bank guarantee in place when the developers received clients' deposits into their bank account.

Article 57/68 states that if the bank did not oversee that there was a bank guarantee in place the banks are required to return purchasers deposits.

Sheldon took a very



Sheldon Grossmith, working to help to recover lost deposits.

“ A VERY BRAVE DECISION

brave decision when he set up the company in 2016 as he knew that it would take 18 months to two years for any of the cases to come to fruition, so effectively he has been helping and advising clients with no guarantee of remuneration to his company.

Happily, the wait was worthwhile for Sheldon

and those who have taken advantage of his services as the first clients have now been to court and won their cases, receiving the monies that were lost and to date, every case that has been contested has been found in favour of the claimant.

Sheldon is now able to prove that his confidence in the ability of his associates to help those who were so badly treated was not misplaced and he is now busy talking to others who are in the same boat.

Everything has gone to plan and people who thought that they had lost significant sums of money now find that OPPDR has managed to recover it for them.

There is no question that the claims are snowballing and as Sheldon and his associates recover large amounts of money for their clients, so more are signing up to take advantage of the success brought about through the knowledge of Spanish law that OPPDR has gained.



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EURO WEEKLY NEWS MEDIA GROUP

Steven Euesden:

a life in the driving seat

STEVEN EUESDEN has stood shoulder-to-shoulder with wife Michel since they came to head up the EWN Media Group in 2002.

The winning husband and wife team have since taken *EWN* to ever greater heights.

Steven has brought all his strength and business acumen to bear on the firm to help get it this far.

He brings a male touch to the winning team at the helm of *EWN*. His love of motor racing and sports gives him the 'will to win' mentality that comes with these endeavours and the company.

The *Euro Weekly News* is the largest free English language newspaper in Europe, with six weekly editions across the country.

The *EWN* family also includes *RTN* and the *Sol Times* newspapers. The company was also awarded the Spanish National Press Association's Professional Trajectory Award earlier this year, the third annual award from the association.

Steven brings much to his role as joint publisher and lead man on sales at *EWN* from his pursuits outside work.

He is like the coach that any sports team needs to consistently bring home the success and plaudits *EWN* does time after time. He says what drives him to achieve is simple.

"Hard work and time is what you need to give to be successful."

Steven moved to the Bolton area as a young man for what was to become a thoroughly working class upbringing.

He later worked in the mills of Bury after leaving school, but soon realised the factory floor was not his calling and instead took a chance on sales.

"The biggest challenge for me was always to stay focused and motivated. We all need to do that to achieve something and to keep going forward," he says.

He went on to meet his 'li-oness' wife Michel in the 1990's. The two fell in love and decided to join forces to create the winning team they are today.

"I would never have achieved anything without my



**“ NEVER
LOSES
SIGHT OF
WHAT HE HAS
ACCOMPLISHED**

Steven Euesden.

like the racing drivers he enjoys watching and occasionally emulating in his spare time.

But he never loses sight of what he has accomplished and of the challenges the future holds, as well as the glory.

"From the point of view of starting a business in Spain, if you play by the rules and have your head above the parapet then as the saying goes if you can do it here, you can do it anywhere."

"The lifestyle is good but we tend to err on the business side of things. It is very satisfying to be one of the longest-standing

wife Michel, she is my driving force. Those who really know her will agree, but others can go to hell!" he says.

The couple moved to Spain to start a new life and build *EWN*. Steven finds himself now with a great deal of success to look back on.

"I've met some amazing people. Some of them clients, others I never thought I would ever meet from film stars to sports stars, to unsung heroes to royalty.

"Not to mention growing the *EWN* into the largest free English newspaper group in Europe along with Michel," he says.

Now he finds himself in a fast-paced environment, always trying to get the edge over the competition, much

expat business owners in the country," he says.

His advice to those looking to emulate his success is as straightforward as the man himself.

"Pick a good partner who will stand by you no matter what others may do to stop you on your journey. Make sure they have the same drive and determination to see the job through to the end and beyond," he says.

"My final message to all is anything is achievable if you are prepared to go the extra mile."



STEVEN: Enjoys racing in his spare time.

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120.38% increase

RTN:

359,438

hits on the website this year (262,953 more than last year same period)

272.53% increase

SOL TIMES:

118,819

hits on the website this year (107,037 more than last year same period)

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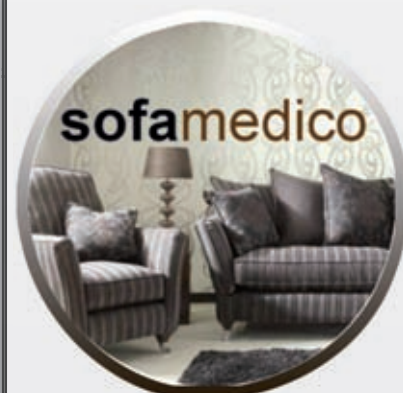
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12:00pm	Rip Off Britain
12:45pm	Caught Red Handed
1:15pm	Bargain Hunt
2:00pm	BBC News at One
2:30pm	BBC London News
2:45pm	Wimbledon 2018
7:00pm	BBC News at Six
7:30pm	BBC London News
8:00pm	The One Show
8:30pm	A Question of Sport
9:00pm	EastEnders
9:30pm	Still Open All Hours
10:00pm	Would I Lie to You?
10:30pm	Our Friend Victoria
11:00pm	BBC News at Ten
11:25pm	BBC London News
11:35pm	Gary Barlow Live at Eden
12:35am	Shanghai Noon
2:15am	Weather for the Week Ahead
2:20am	BBC News

BBC TWO

3:25am	This is BBC Two
7:00am	Flog it! Trade Secrets
7:30am	Right on the Money
8:15am	Coast
9:00am	Gardeners' World
10:00am	Victoria Derbyshire
12:00pm	BBC Newsroom Live
	<i>Stay up to date on the day's top stories, with the latest breaking news as it happens.</i>
12:30pm	The Daily Politics
	<i>Jo Coburn presents the latest political news, interviews and debate.</i>
1:30pm	Wimbledon 2018
8:30pm	Today at Wimbledon
9:30pm	First Night of the Proms
11:30pm	Newsnight
12:05am	Romper Stomper
12:50am	Romper Stomper
1:40am	Panorama
2:10am	Conviction: Murder in Suburbia
3:10am	This is BBC Two

BBC FOUR

5:00am	This is BBC Four
8:00pm	World News Today
8:30pm	Top of the Pops
	<i>John Peel and Janice Long present the pop chart programme, first broadcast on 2 January 1986.</i>
9:00pm	Top of the Pops
10:00pm	Meat Loaf: In and Out of Hell
11:00pm	Smashing Hits! The 80s Pop Map of Britain and Ireland
12:00am	Top of the Pops
12:30am	The Story of Funk: One Nation Under a Groove
1:30am	London Songs at the BBC
2:30am	Meat Loaf: In and Out of Hell
3:35am	Top of the Pops
4:35am	This is BBC Four
	<i>BBC Four is the BBC channel for people who want more.</i>

CHANNEL 4

8:10am	King of Queens
8:35am	Everybody Loves Raymond
9:00am	Everybody Loves Raymond
9:30am	Everybody Loves Raymond
10:00am	Frasier
10:35am	Frasier
11:05am	Car S.O.S
12:05pm	Ramsay's Kitchen Nightmares USA
1:00pm	Channel 4 News
1:05pm	Come Dine with Me
2:05pm	Find it, Fix it, Flog it
3:10pm	Countdown
4:00pm	A Place in the Sun: Winter Sun
5:00pm	The £100k Drop
6:00pm	Come Dine with Me
6:30pm	The Posh Frock Shop
7:00pm	The Simpsons
7:30pm	Hollyoaks
8:00pm	Channel 4 News
9:00pm	Food Unwrapped
	<i>Summer Diet Special</i>
10:00pm	8 Out of 10 Cats
	<i>Does Countdown</i>
11:00pm	The Last Leg
12:05am	The Big Narstie Show

CHANNEL 5

9:05am	Paw Patrol
9:20am	Floogals
9:40am	Digby Dragon
9:55am	Nella the Princess Knight
10:05am	Mofy
10:15am	The Wright Stuff
12:15pm	On Benefits: Life on the Dole
1:10pm	5 News Lunchtime
1:15pm	GP's: Behind Closed Doors
2:15pm	Home and Away
2:45pm	Neighbours
3:15pm	Cagney and Lacey
4:20pm	Jesse Stone: No Remorse
6:00pm	5 News at 5
6:30pm	Neighbours
7:00pm	Home and Away
7:30pm	5 News Tonight
8:00pm	Tony Robinson: Coast to Coast
9:00pm	Celebrity Five Go Caravanning
10:00pm	Jane McDonald and Friends
11:00pm	The Graham Norton Story
12:30am	That's So... 1984
1:30am	Cricket on 5

4

9:00am	Melissa and Joey
9:30am	Melissa and Joey
10:00am	Baby Daddy
10:30am	Baby Daddy
11:00am	Black-ish
11:30am	Black-ish
12:00pm	How I Met Your Mother
12:30pm	How I Met Your Mother
1:00pm	The Goldbergs
1:30pm	The Goldbergs
2:00pm	The Big Bang Theory
2:30pm	The Big Bang Theory
3:00pm	Melissa and Joey
3:30pm	Melissa and Joey
4:00pm	Baby Daddy
4:30pm	Baby Daddy
5:00pm	Black-ish
5:30pm	Black-ish
6:00pm	The Goldbergs
6:30pm	The Goldbergs
7:00pm	The Big Bang Theory
7:30pm	The Big Bang Theory
8:00pm	Hollyoaks
8:30pm	Mrs. Doubtfire
10:55pm	The Inbetweeners
11:30pm	The Inbetweeners
12:05am	The Big Bang Theory
12:35am	The Big Bang Theory
1:05am	Gogglebox

sky sports main event

6:00am	Sky Sports News
7:00am	Good Morning Sports Fans Bitesize
7:30am	Good Morning Sports Fans Bitesize
8:00am	Good Morning Sports Fans
9:00am	Live NRL
11:45am	Live European Tour Golf
7:30pm	Cricket
	<i>England Women meet New Zealand Women in the third ODI of the series at Fischer County Ground in Leicester.</i>
10:30pm	Live PGA Tour Golf
	<i>Day two of the John Deere Classic from TPC Deere Run in Illinois</i>
1:00am	European Tour Highlights
2:00am	Sky Sports News
3:00am	Sky Sports News
4:00am	Sky Sports News
5:00am	Sky Sports News

itv

4:00am	ITV Nightscreen
6:05am	The Jeremy Kyle Show
7:00am	Good Morning Britain
9:30am	Lorraine
10:25am	The Jeremy Kyle Show
11:30am	This Morning
1:30pm	Loose Women
2:30pm	ITV Lunchtime News
2:55pm	ITV News London
3:00pm	Judge Rinder
4:00pm	Tenable
5:00pm	Tipping Point
6:00pm	The Chase
7:00pm	ITV News London
7:30pm	ITV Evening News
8:00pm	Emmerdale
8:30pm	Coronation Street
9:00pm	James Martin's American Adventure
9:30pm	Coronation Street
10:00pm	Holiday Horrors: Caught on Camera
11:00pm	ITV News at Ten and Weather
11:30pm	ITV News London
11:45pm	The Last Boy Scout
1:40am	Jackpot247

itv2

8:10am	Who's Doing the Dishes?
9:00am	Emmerdale
9:55am	You've Been Framed!
10:25am	The Ellen DeGeneres Show
11:20am	The Bachelorette
1:15pm	Emmerdale
2:15pm	You've Been Framed!
2:45pm	The Ellen DeGeneres Show
3:35pm	The Jeremy Kyle Show
4:45pm	The Jeremy Kyle Show
5:55pm	The Jeremy Kyle Show
7:00pm	Take Me Out
8:00pm	You've Been Framed!
9:00pm	Two and a Half Men
9:30pm	Superstore
10:00pm	Love Island
11:05pm	Celebrity Juice
11:55pm	Family Guy
12:25am	Family Guy
12:50am	American Dad!
1:20am	American Dad!

itv3

9:55am	Judge Judy
10:20am	Murder, She Wrote
11:20am	Agatha Christie's Poirot
1:25pm	Heartbeat
2:30pm	ITV Racing: Live From Newmarket
5:00pm	Classic Coronation Street
	<i>Gail can't work as she has to look after Nicky and Martin</i>
5:30pm	Classic Coronation Street
6:00pm	On the Buses
6:30pm	On the Buses
7:00pm	Heartbeat
8:00pm	Murder, She Wrote
9:00pm	Agatha Christie's Poirot
11:00pm	Foyle's War
1:05am	Vera
3:00am	Honest
3:55am	Long Lost Family - Australia
4:50am	This Time Next Year
5:40am	Judge Judy

itv4

4:00am	Teleshopping
7:00am	World Cup Rivalries: England v Argentina
7:20am	The Chase
8:05am	The Chase
8:55am	Cash Cowboys
9:55am	The Professionals
11:00am	Tour De France 2018 - Highlights
12:00pm	Tour De France 2018
6:00pm	The Professionals
7:00pm	Cash Cowboys
	<i>On their first-ever Toronto pick, Scott and Sheldon swing by Peter's Barber Shop.</i>
8:00pm	Tour De France 2018 - Highlights
9:00pm	World Series of Darts (Non UK Legs)
1:00am	Nacho Libre
2:05am	FYI Daily
2:10am	Nacho Libre
2:50am	The Professionals
3:40am	ITV4 Nightscreen
4:00am	Teleshopping

sky CINEMA ACTION & ADVENTURE

12:00pm	Atomic Blonde
2:00pm	King Arthur: Legend of the Sword
4:15pm	Top Ten Show, the 2018
4:30pm	Willow
6:45pm	The Accountant
9:00pm	Atomic Blonde
11:00pm	King Arthur: Legend of the Sword
1:15am	Death Wish
2:55am	Broken Arrow

sky CINEMA COMEDY

1:25pm	Top Ten Show, the 2018
1:40pm	Fletch
3:25pm	Chips: Law and Disorder
5:15pm	American Pie: Reunion
7:15pm	Fletch
9:00pm	Chips: Law and Disorder
10:45pm	American Pie: Reunion
12:45am	Bridesmaids
3:00am	Killing Hasselhoff

sky CINEMA PREMIERE

4:35am	Alien Invasion: S.U.M.1
6:30am	The Hurricane Heist: The Eye of the Storm
7:00am	The Midnight Man
8:50am	The Wilde Wedding
10:40am	Professor Marston and the Wonder Women
12:45pm	The Hurricane Heist: The Eye of the Storm
1:15pm	Happy Death Day
3:05pm	Geostorm
5:10pm	The Wilde Wedding
7:00pm	Professor Marston and the Wonder Women
9:00pm	Happy Death Day
	<i>Groundhog Day gets dark as a college birthday girl finds herself repeating the same deadly day over and over.</i>
10:45pm	Geostorm
12:45am	Fashionista
2:45am	FML

sky sports football

1:00pm	Greatest Moments in Football
2:00pm	EFL Goals: Championship
2:30pm	EFL Goals: Leagues 1&2
3:00pm	Championship Season Review
4:00pm	Football's Greatest Teams
4:30pm	Football's Greatest Teams
5:00pm	Football's Greatest Head to Head
5:30pm	SPFL Round Up
6:00pm	Football Years
6:30pm	Football Countdowns
7:00pm	EFL Greatest Games
8:00pm	EFL Goals: Championship
8:30pm	EFL Goals: Leagues 1&2
9:00pm	SPFL Round Up
9:30pm	SPFL Greatest Games
10:00pm	Greatest Moments in Football
11:00pm	Phenoms - Spain
12:00am	Phenoms - Roi, Scotland and Wales

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

Solo traveller 'privilege'

Mike Senker

In my opinion

Views of a Grumpy Old Man



WHY do single travellers get treated like second class citizens? They always get the worst seat in the restaurant. I travel a bit on my own and they always want to stick me in the corner or somewhere out the way. The dumb thing is that I am still given a table for two but always the worst one.

My way round that is, of course, to say I'm waiting for a friend. I then tell them, after looking at the menu for a bit that my friend just cancelled and I just order. The waiter isn't going to say, 'OK, then we have to move you to the kitchen or give you a toilet view.' Oh, and you can't order paella either!

Book most holidays and you find the phrase somewhere 'based on two people sharing' then further down you will find the single person supplement. Having to fork out for the 'privilege' of travelling solo can feel frustrating - not to mention downright unfair. It can seem as though you are being penalised for holidaying on your own.

Hoteliers and cruise ships will view singletons as less profitable, as only one person will spend money on food, drinks, goods and en-

tertainment, where there could be two people spending money. My advice is just don't suffer any of it. There are ways round it. Don't just do as you're told by the people you are giving money to for a service. If they want to charge you more or give you a bad table just say 'no thanks' and if they don't give you something better just take your business elsewhere.

Body lotion! There is too much body lotion in the world. I opened our bathroom cupboard and there were bottles of it. I asked Mrs S why and she couldn't give me an answer because she claims she has never bought a single bottle and I certainly haven't. So we decided it must have been included in gift sets that have been accumulated over the years. We must have 20 bottles of all different makes.

I have to admit I use a face cream every day. But body lotion? OK maybe a bit of after sun now and again but body lotion - who can be bothered? I bet everyone, or at least couples or ladies, have bottles and bottles of the stuff that either has never been opened or which has been used once. Go check and if you find some chuck it away because you are never going to use it! If you do buy someone a gift set, and it has body lotion in it, ask if it can be changed for another shampoo or shower gel, or anything, but not BODY LOTION!

mikesenker@gmail.com

Advertising Feature

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Should you be suffering poor ADSL/Wimax Internet then this new unlimited 4G service is for you, connected to the national Telefonica 4G network you will receive around 20Mbps real speeds (not claims) more than enough to stream HD Television and without any limit on the GB downloaded.

If 4G is not obtainable then 3G will be available which still will be good enough for TV streaming. The provided Huawei Wireless Router (free use) is portable and can be used

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The 4G router is supplied preconfigured and ready for immediate use.

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All support is in English.

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The promotion price for

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The team at Elite Satellite SL have over 20 years experience in telecommunications in Spain and are at your disposal for free help and advice on Freefone 900 899 908 or 966 760 335 10am to 6pm Monday to Friday, email info@elite-satellite.com.

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BBC one

2:20am	BBC News
7:00am	Breakfast
11:00am	Saturday Kitchen Live <i>James Martin presents another menu of mouth-watering recipes, great chefs and celebrity guests.</i>
12:30pm	Simply Nigella
1:00pm	Bargain Hunt
2:00pm	BBC News
2:10pm	Weather
2:15pm	Wimbledon 2018 Ladies Final.
7:50pm	BBC News
8:00pm	Regional News
8:05pm	Weather
8:10pm	Pointless
9:00pm	Who Dares Wins
9:40pm	Casualty
10:30pm	Mrs. Brown's Boys
11:00pm	BBC News
11:15pm	Weather
11:20pm	Match of the Day
11:50pm	Today at Wimbledon
12:50am	Match of the Day
2:35am	Weather for the Week Ahead
2:40am	BBC News

BBC TWO

3:10am	This is BBC Two
7:35am	Marrying Mum and Dad
8:00am	Officially Amazing Goes Bunkers
8:30am	The Dengineers
9:00am	Naomi's Nightmares of Nature
9:30am	Deadly Dinosaurs with Steve Backshall
10:00am	Super Cute Animals
11:00am	Athletics
12:00pm	Wimbledon 2018: Wheelchair Finals
1:30pm	The Best Dishes Ever
2:00pm	Kew on a Plate
3:00pm	Garden Rescue
3:45pm	An Ideal Husband
5:15pm	Wanted Down Under
6:00pm	Flog It!
6:50pm	H is for Hawk: A New Chapter - Natural World
7:50pm	Wimbledon 2018
10:00pm	Reginald D. Hunter's Songs of the Border
11:15pm	Mississippi Grind
12:55am	Golf
1:55am	Picnic at Hanging Rock
2:50am	This is BBC Two

BBC FOUR

4:35am	This is BBC Four
8:00pm	Earth's Greatest Spectacles <i>Three-part series looking at some of earth's greatest spectacles, narrated by Domhnall Gleeson.</i>
9:00pm	Wonders of the Monsoon
10:00pm	Hidden
11:00pm	Stephen Fry: A Life on Screen
12:00am	Roy Orbison: Love Hurts
1:00am	Top of the Pops
1:30am	Smashing Hits! The 80's Pop Map of Britain and Ireland
2:30am	The Girl From Ipanema: Brazil, Bossa Nova and the Beach
3:30am	Wonders of the Monsoon
4:30am	Top of the Pops

CHANNEL 4

9:25am	Everybody Loves Raymond
9:55am	Frasier
10:25am	Frasier
10:55am	The Big Bang Theory
11:25am	The Big Bang Theory
11:55am	The Simpsons
12:25pm	The Simpsons
12:55pm	Come Dine with Me
1:55pm	Four in a Bed
2:25pm	Four in a Bed
3:00pm	Four in a Bed
3:30pm	Four in a Bed
4:00pm	Four in a Bed
4:30pm	A Place in the Sun: Winter Sun
5:30pm	Kirstie and Phil's Love it or List it
6:35pm	Escape to the Chateau: DIY
7:30pm	Channel 4 News
8:00pm	Great Canal Journeys
9:00pm	Star Trek: Into Darkness
11:35pm	Maze Runner: The Scorch Trials
2:00am	Ramsay's Hotel Hell
2:50am	The Big Narstie Show
3:45am	Hollyoaks Omnibus

CHANNEL 5

7:00am	Milkshake!
11:05am	Teenage Mutant Ninja Turtles
11:35am	Access
11:40am	Pets Make You Laugh Out Loud
12:00pm	Police Interceptors
1:00pm	Nightmare Tenants, Slum Landlords
2:00pm	Bad Tenants, Rogue Landlords
3:00pm	Bargain Loving Brits in the Sun
4:00pm	Bargain Loving Brits in the Sun
4:55pm	Rich House, Poor House
5:55pm	5 News
6:00pm	Can't Pay? We'll Take it Away!
7:00pm	Can't Pay? We'll Take it Away!
8:00pm	Cricket on 5
9:00pm	Britain's Favourite Biscuit
10:20pm	Victoria Wood by Her Friends
11:20pm	Victoria Wood: Live
1:10am	Super Casino
4:10am	The A-Team
5:00am	GPs: Behind Closed

4

8:55am	Don't Tell the Bride
10:00am	Postman Pat: The Movie
11:45am	Rude(Ish) Tube Shorts
12:00pm	How I Met Your Mother
12:30pm	How I Met Your Mother
1:00pm	The Goldbergs
1:30pm	The Goldbergs
2:00pm	The Goldbergs
2:30pm	Brooklyn Nine-Nine
3:00pm	Brooklyn Nine-Nine
3:30pm	Young Sheldon
4:00pm	The Big Bang Theory
4:30pm	The Big Bang Theory
5:00pm	The Big Bang Theory
5:30pm	The Big Bang Theory
6:00pm	The Big Bang Theory
6:30pm	The Big Bang Theory
7:00pm	The Big Bang Theory
7:30pm	The Big Bang Theory
8:00pm	The Big Bang Theory
8:30pm	The Big Bang Theory
9:00pm	The Big Bang Theory
9:30pm	The Big Bang Theory
10:00pm	Colombiana
12:05am	Gogglebox
1:15am	Gogglebox
2:20am	Tattoo Fixers

sky sports main event

6:00am	Sky Sports News
7:00am	Sky Sports News
8:00am	Good Morning Sports Fans
9:00am	Good Morning Sports Fans
9:30am	Live NRL <i>Gold Coast Titans meet Sydney Roosters at Cbus Super Stadium in the NRL.</i>
11:15am	To be Announced
11:30am	Cricket <i>England host India in the second ODI in their series at the iconic Lord's in London.</i>
8:00pm	Athletics World Cup
11:00pm	International Fight Night
12:45am	My Icon
1:00am	Football
3:05am	One2eleven
3:30am	Football's Greatest Teams
4:00am	Sky Sports News
5:00am	Sky Sports News

itv

8:30am	The Haunted Hathaways
8:55am	Drop Dead Weird
9:25am	ITV News
9:30am	Zoe Ball on Saturday
10:25am	James Martin's American Adventure
10:55am	Best Walks with a View with Julia Bradbury
11:20am	The Best of the Voice Worldwide
12:20pm	The Best of the Voice Worldwide
1:20pm	ITV Lunchtime News
1:30pm	ITV Racing: Live from Newmarket
3:30pm	FIFA World Cup 2018
6:15pm	Catchphrase
7:00pm	ITV Evening News
7:15pm	Regional News and Weather
7:30pm	Info not available
8:00pm	Info not available
9:00pm	Info not available
10:30pm	ITV News
10:55pm	The Bourne Supremacy
12:55am	Info not available

itv2

6:40am	ITV2 Nightscreen
7:00am	Totally Bonkers
7:25am	Guinness World Records
7:25am	Emmerdale Omnibus
10:30am	Coronation Street Omnibus
2:30pm	You've Been Framed! Gold
3:35pm	Peter Pan
4:40pm	FYI Daily
4:45pm	Peter Pan
5:45pm	Happy Feet Two
6:45pm	FYI Daily
6:50pm	Happy Feet Two
7:40pm	The Mummy
8:40pm	FYI Daily
8:45pm	The Mummy
10:00pm	Love Island
11:05pm	Keith Lemon: Coming in America
11:50pm	Family Guy
12:20am	Family Guy
12:50am	Family Guy
1:15am	American Dad!
1:45am	American Dad!
2:15am	Celebrability
3:00am	Totally Bonkers
	Guinness World Records

itv3

5:40am	Judge Judy
6:05am	Judge Judy
6:30am	ITV3 Nightscreen
7:00am	Judge Judy
7:20am	Murder, She Wrote
8:15am	Murder, She Wrote
9:15am	Agatha Christie's Marple
11:20am	Agatha Christie's Marple
1:25pm	Agatha Christie's Marple
3:25pm	ITV Racing: Live from Newmarket
5:00pm	Foyle's War <i>Drama about an enigmatic detective working on the south coast during the Second World War.</i>
7:00pm	Rosemary and Thyme
8:00pm	Midsomer Murders
10:00pm	Endeavour
12:00am	Vera
2:00am	Honest
2:55am	ITV3 Nightscreen
3:30am	Teleshopping

itv4

7:00am	World Cup Rivalries: England v Argentina
7:20am	Motorsport UK
8:10am	British Superbike Championship Highlights
9:00am	Tour De France 2018 - Highlights
10:00am	Storage Wars Texas
10:30am	ITV Racing: The Opening Show
11:30am	Tour De France 2018 - Live
4:00pm	Storage Wars Texas
4:30pm	Storage Wars Texas
5:00pm	Monster Carp
6:00pm	When English Football Ruled Europe
7:00pm	When English Football Ruled Europe
8:00pm	Tour De France 2018 - Highlights
9:00pm	World Series of Darts (Non UK Legs)
1:00am	Better Late Than Never
1:55am	Minder
2:55am	Minder

sky CINEMA ACTION & ADVENTURE

4:50am	Willow
7:00am	Spider-Man 2
9:15am	Spider-Man 3
11:45am	Logan
2:15pm	Fast and Furious 8
4:45pm	The Dark Tower
6:30pm	Logan
9:00pm	Fast and Furious 8
11:30pm	The Dark Tower
1:15am	Machete
3:15am	Death Warrant
4:50am	Spider-Man 2

sky CINEMA COMEDY

7:30am	My Best Friend's Wedding
9:20am	Hot Tub Time Machine
11:10am	Shallow Hal
1:10pm	The Bounty Hunter
3:10pm	Girls Trip
5:20pm	The House
7:00pm	The Bounty Hunter
9:00pm	Girls Trip
11:10pm	The House
12:45am	Hot Tub Time Machine
2:35am	Coming to America

sky CINEMA PREMIERE

4:40am	The Midnight Man
6:30am	Anon: Special
7:00am	The Wilde Wedding
8:50am	Fantastic Beasts and Where to Find Them: Special
9:20am	Geostorm
11:20am	Professor Marston and the Wonder Women
1:20pm	Renegades <i>A squad of elite US Navy Seals are sent on a covert mission to retrieve millions in Nazi gold from the bottom of a lake in war-torn Bosnia.</i>
3:20pm	Happy Death Day
5:10pm	The Wilde Wedding
7:00pm	Geostorm
9:00pm	Renegades
10:50pm	Happy Death Day
12:35am	Wetlands
2:35am	Fashionista
4:30am	More

sky sports football

8:30am	Phenoms - Germany
10:00am	Greatest Moments in Football
11:00am	Football's Greatest Head to Head
11:30am	Phenoms - France
12:30pm	Greatest Moments in Football
1:30pm	Football's Greatest Head to Head
2:00pm	Phenoms - Argentina
2:30pm	Greatest Moments in Football
3:30pm	Football's Greatest Head to Head
4:00pm	Phenoms - Brazil
4:30pm	Greatest Moments in Football
5:30pm	Football's Greatest Head to Head
6:00pm	Phenoms - England
7:30pm	Greatest Moments in Football
8:30pm	Football's Godfathers
9:30pm	Football's Godfathers
10:30pm	Football's Greatest Head to Head
11:00pm	Phenoms - England
12:30am	Phenoms - USA
1:00am	Football

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BBC one

7:00am	Breakfast
10:00am	The Andrew Marr Show
11:00am	Sunday Morning Live
12:00pm	Sunday Politics
1:10pm	Songs of Praise
1:45pm	BBC News
1:55pm	Weather for the Week Ahead
2:00pm	Wimbledon 2018
2:50pm	Wimbledon 2018
4:00pm	Motd Live: World Cup Final Build Up
4:50pm	Match of the Day Live: World Cup Final
7:35pm	BBC News
7:50pm	Regional News
7:55pm	Weather
8:00pm	Countryfile
9:00pm	Antiques Roadshow
10:00pm	Poldark
11:00pm	BBC News
11:20pm	Regional News
11:25pm	Weather
11:30pm	Match of the Day
12:00am	Today at Wimbledon
1:00am	Match of the Day
2:45am	Weather for the Week Ahead
2:50am	BBC News

BBC TWO

7:00am	A to Z of TV Gardening
7:45am	Glorious Gardens From Above
8:30am	Gardeners' World
9:30am	Countryfile
10:30am	Saturday Kitchen Best Bites
12:00pm	Wimbledon 2018: Wheelchair Finals
1:30pm	Coast
2:25pm	RAF 100: Into the Blue
2:55pm	Operation Grand Canyon with Dan Snow
3:55pm	Wimbledon 2018 Men's Final
9:00pm	Russia with Simon Reeve
10:00pm	The Misadventures of Romesh Ranganathan
11:00pm	The Fourth Estate
11:55pm	Joe Lycett: That's the Way A-ha A-ha
12:55am	Golf
1:55am	Question Time
2:55am	Holby City
3:55am	This is BBC Two

BBC FOUR

8:00pm	Secret Knowledge: Stradivarius and Me
8:30pm	BBC Proms 2018
11:00pm	Ben and James Versus the Arabian Desert
12:00am	Six Wives with Lucy Worsley <i>History documentary bearing witness to some of the most important moments in the lives of King Henry VIII's wives.</i>
1:00am	The Art That Made Mexico: Paradise, Power and Prayers
2:00am	David Starkey's Music and Monarchy
3:00am	Peter York's Hipster Handbook
4:00am	Ben and James Versus the Arabian Desert <i>Ben Fogle and James Cracknell as they battle the elements as they trek across the Arabian Desert.</i>

CHANNEL 4

5:50am	My Kitchen Rules
6:45am	Star Boot Sale
7:10am	King of Queens
7:35am	Everybody Loves Raymond
8:00am	Everybody Loves Raymond
8:25am	Frasier
8:55am	Frasier
9:25am	Bake Off: The Professionals
10:30am	Sunday Brunch
1:30pm	The Simpsons
2:00pm	The Simpsons
2:25pm	The Simpsons
2:55pm	A Monster in Paris
4:40pm	Location, Location, Location
5:40pm	Kirstie and Phil's Love it or List it
6:40pm	The Secret Life of the Zoo
7:40pm	Channel 4 News
8:00pm	George Clarke's Amazing Spaces
9:00pm	Dunkirk
10:00pm	The Handmaid's Tale
11:15pm	Hell or High Water
1:15am	The Last Leg
2:10am	News Crack
2:35am	Wuthering Heights

CHANNEL 5

5:45am	House Doctor
6:10am	The Great Artists
6:35am	Wildlife SOS
7:00am	Milkshake!
11:10am	Teenage Mutant Ninja Turtles
11:45am	FIA Formula E Highlights
12:45pm	Police Interceptors
1:40pm	Police Interceptors
2:30pm	Police Interceptors
3:20pm	Police Interceptors
4:10pm	Police Interceptors
5:00pm	The Wonderful World of Puppies
6:00pm	The Wonderful World of Puppies
7:00pm	The Prince of Egypt
9:00pm	Chuckle Time with the Chuckle Brothers
9:55pm	5 News
10:00pm	Wrath of the Titans
12:00am	Hercules
2:00am	Super Casino
4:10am	The A-Team
5:00am	Tribal Teens... Here Comes Trouble
5:45am	House Doctor

4

9:30am	Rude(Ish) Tube Shorts
9:50am	Kevin Can Wait
10:20am	Kevin Can Wait
10:50am	Kevin Can Wait
11:20am	Kevin Can Wait
11:50am	Young Sheldon
12:20pm	The Big Bang Theory
12:50pm	The Big Bang Theory
1:20pm	The Big Bang Theory
1:50pm	The Big Bang Theory
2:20pm	The Big Bang Theory
2:50pm	The Big Bang Theory
3:20pm	The Big Bang Theory
3:50pm	The Big Bang Theory
4:20pm	The Big Bang Theory
4:50pm	The Big Bang Theory
5:20pm	The Big Bang Theory
5:50pm	The Big Bang Theory
6:15pm	The Big Bang Theory
6:40pm	The Crystal Maze
7:45pm	Thor
10:00pm	Marvel's Agents of S.H.I.E.L.D.
11:00pm	Gogglebox
12:05am	Gogglebox Australia
1:10am	The Big Bang Theory
1:35am	The Big Bang Theory
2:05am	Brooklyn Nine-Nine
2:35am	Marvel's Agents of S.H.I.E.L.D.

sky sports main event

7:00am	Sky Sports News
8:00am	Good Morning Sports Fans
9:00am	Good Morning Sports Fans <i>Round-up of the sports news with live analysis and comment plus extended interviews with the headline makers.</i>
10:00am	Good Morning Sports Fans
11:00am	Sports Sunday
12:00pm	Sports Sunday
1:00pm	Sports Sunday
1:30pm	Cricket
5:15pm	Live European Tour Golf
9:00pm	Athletics World Cup
11:00pm	Live PGA Tour Golf
12:00am	Football
2:05am	One2eleven
2:15am	One2eleven
2:30am	SPFL Greatest Games
2:45am	SPFL Greatest Games
3:00am	Sky Sports News
4:00am	Sky Sports News
5:00am	Sky Sports News

itv

7:10am	Grizzly Tales for Gruesome Kids
7:35am	Dino Dana
7:50am	Mission Employable
7:55am	The Oddbods Show
8:05am	Ninjago
8:30am	The Haunted Hathaways
8:55am	Drop Dead Weird
9:25am	ITV News
9:30am	Zoe Ball on Sunday
10:25am	To be Announced
10:55am	To be Announced
12:00pm	Midsomer Murders
2:00pm	ITV Lunchtime News
2:15pm	Catchphrase
3:00pm	The Chase
4:00pm	FIFA World Cup 2018
7:30pm	Paul O'grady: For the Love of Dogs
8:00pm	ITV Evening News
8:15pm	Regional News and Weather
8:30pm	Info not available
10:00pm	Info not available
11:00pm	ITV News
11:15pm	Info not available
12:15am	Info not available
1:20am	The Big Fish Off

itv2

3:50am	Teleshopping
6:50am	ITV2 Nightscreen
7:00am	Emmerdale Omnibus
10:00am	Coronation Street Omnibus
1:50pm	Take Me Out
3:00pm	You've Got Mail
4:00pm	FYI Daily
4:05pm	You've Got Mail
5:25pm	Mamma Mia! Sing-along
6:25pm	FYI Daily
6:30pm	Mamma Mia! Sing-along
7:35pm	The Mummy Returns
8:35pm	FYI Daily
8:40pm	The Mummy Returns
10:00pm	Love Island
11:00pm	Love Island
12:05am	Family Guy
12:35am	Family Guy
1:05am	Family Guy
1:35am	American Dad!
2:05am	American Dad!
2:35am	Celebability
3:20am	Teleshopping

itv3

3:30am	Teleshopping
7:00am	Murder, She Wrote
7:50am	Murder, She Wrote
8:50am	Heartbeat
9:50am	Heartbeat
10:50am	Heartbeat <i>Sergeant Miller is on the warpath - especially when PC Mason arrests Lord Ashfordly</i>
11:50am	Foyle's War
1:50pm	Foyle's War
3:55pm	Foyle's War
5:55pm	Foyle's War
8:00pm	Victoria
9:00pm	Victoria
10:00pm	The Nation's Favourite Elton John Song
11:35pm	Wire in the Blood
1:30am	Blue Murder
2:55am	Liverpool 1
3:50am	Road to Avonlea
4:40am	Road to Avonlea
5:35am	Judge Judy
5:55am	Judge Judy

itv4

8:55am	River Monsters
9:25am	River Monsters
9:55am	Monster Carp
10:55am	Tour De France 2018 - Highlights
12:00pm	Storage Wars Texas
12:30pm	Tour De France 2018 - Live
4:30pm	River Monsters
5:00pm	River Monsters
5:30pm	Storage Wars Texas
6:00pm	Storage Wars Texas
6:25pm	Storage Wars Texas
6:55pm	The Chase: Celebrity Special
8:00pm	Tour De France 2018 - Highlights
9:00pm	River Monsters
9:30pm	River Monsters
10:00pm	Tinker Tailor Soldier Spy
11:10pm	FYI Daily
11:15pm	Tinker Tailor Soldier Spy
12:35am	Harry Brown
1:35am	FYI Daily
1:40am	Harry Brown
2:40am	The Motorbike Show
3:35am	The Protectors
4:00am	Teleshopping

sky CINEMA ACTION & ADVENTURE

9:00am	The Dark Knight
11:35am	Marvel's Avengers Assemble
2:00pm	Iron Man 3
4:25pm	Thor 2 - The Dark World
6:30pm	Marvel's Avengers Assemble
9:00pm	Iron Man 3
11:20pm	Thor 2 - The Dark World
1:20am	The Dark Knight

sky CINEMA COMEDY

8:30am	This is Spinal Tap
10:00am	Sweet Home Alabama
12:00pm	Zoolander
1:35pm	Meet the Parents
3:30pm	Going in Style
5:15pm	Role Models
7:05pm	Meet the Parents
9:00pm	Going in Style
10:45pm	Role Models
12:35am	Zoolander
2:15am	The Layover
3:50am	This is Spinal Tap
5:20am	License to Drive

sky CINEMA PREMIERE

4:30am	More
6:30am	Fantastic Beasts and Where to Find Them: Special <i>Sky Movies takes a behind-the-scenes look at the latest trip into JK Rowling's wizarding world.</i>
7:00am	FML
8:50am	The Wilde Wedding
10:40am	Tommy's Honour <i>Gifted young golfer Tommy Morris rejects the stuffy status quo and seeks to play the game on his own terms.</i>
12:40pm	Happy Death Day
2:30pm	Renegades
4:30pm	The Hurricane Heist: The Eye of the Storm
5:00pm	Geostorm
7:00pm	Tommy's Honour
9:00pm	Happy Death Day
10:45pm	Renegades
12:35am	Geostorm
2:35am	Professor Marston and the Wonder Women

sky sports football

6:00am	Football's Greatest
6:30am	Football's Greatest Teams
7:00am	Phenoms - Brazil
7:30am	Phenoms - Mexico
8:00am	Phenoms - Argentina
8:30am	Phenoms - USA
9:00am	Phenoms - France
10:00am	Phenoms - Spain
11:00am	Phenoms - Belgium and Netherlands
12:00pm	Phenoms - Roi, Scotland and Wales
1:00pm	Phenoms - England
2:30pm	Football's Greatest Head to Head
3:00pm	Football's Godfathers
4:00pm	Football's Godfathers
5:00pm	Greatest Moments in Football
6:00pm	Phenoms - England
7:30pm	Phenoms - USA
8:00pm	Football
10:05pm	Football's Greatest Head to Head
10:35pm	Football's Godfathers
11:35pm	One2eleven
12:00am	Football
2:05am	One2eleven
2:15am	One2eleven

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BBC one

7:00am	Breakfast
10:15am	Matron, Medicine and Me
11:00am	Homes Under the Hammer
12:00pm	Heir Hunters with Michael Buerk
12:45pm	The Farmers' Countryside Showdown
1:15pm	Bargain Hunt
2:00pm	BBC News
2:30pm	Regional News
2:45pm	Red Rock
3:30pm	Escape to the Country
4:30pm	Celebrity Money for Nothing
5:15pm	Flog It!
6:15pm	Impossible
7:00pm	BBC News
7:30pm	Regional News
8:00pm	The One Show
8:30pm	The Island That Saved My Life
9:00pm	EastEnders
9:30pm	Panorama
10:00pm	Who Do You Think You Are?
11:00pm	BBC News
11:30pm	Regional News

BBC TWO

7:00am	Flog It! Trade Secrets
7:30am	Right on the Money
8:15am	Bargain Hunt
9:00am	Antiques Roadshow
10:00am	Victoria Derbyshire
12:00pm	BBC Newsroom Live
12:30pm	The Week in Parliament
1:00pm	The Daily Politics
2:00pm	Coast
2:15pm	Perfection
3:00pm	Triathlon World Series
4:30pm	Secrets of the Castle with Ruth, Peter and Tom
5:30pm	Natural World
6:15pm	Antiques Road Trip
7:00pm	Eggheads
7:30pm	Great British Railway Journeys
8:00pm	Back in Time for Tea
9:00pm	Nadiya's Family Favourites
9:30pm	University Challenge
10:00pm	Versailles
11:00pm	QI
11:30pm	Newsnight
12:10am	Weather
12:15am	Horizon
1:15am	Countryfile

BBC FOUR

8:00pm	Beyond 100 Days
8:30pm	The Pennine Way
9:00pm	Nature's Miracle Orphans
	<i>Following the story of the wild orphan baby animals who are being given a second chance by their adoptive human parents.</i>
10:00pm	The NHS: A People's History
11:00pm	Mackintosh: Glasgow's Neglected Genius
12:00am	Rise of the Continents
1:00am	Rise of the Continents
	<i>Professor Iain Stewart reveals how our iconic continents were created, and how their tumultuous past has shaped our life today.</i>
2:00am	Scotland's Art Revolution: The Maverick Generation

CHANNEL 4

7:45am	King of Queens
8:10am	King of Queens
8:35am	Everybody Loves Raymond
9:00am	Everybody Loves Raymond
9:30am	Everybody Loves Raymond
10:00am	Frasier
10:35am	Frasier
11:05am	Car S.O.S
12:05pm	Ramsay's Kitchen Nightmares USA
1:00pm	Channel 4 News
1:05pm	Come Dine with Me
2:05pm	Find it, Fix it, Flog it
3:10pm	Countdown
4:00pm	A Place in the Sun: Winter Sun
5:00pm	The £100k Drop
6:00pm	Come Dine with Me
6:30pm	The Simpsons
7:00pm	The Simpsons
7:30pm	Hollyoaks
8:00pm	Channel 4 News
9:00pm	Dispatches
9:30pm	Food Unwrapped
10:00pm	Our Guy in Russia
11:00pm	8 Out of 10 Cats
	Does Countdown
12:05am	Britain's Benefit Tenants

CHANNEL 5

6:10am	Great Scientists
6:35am	Wildlife SOS
7:00am	Milkshake!
10:15am	The Wright Stuff
12:15pm	On Benefits: Breadline Brummies
1:10pm	5 News
1:15pm	FIA Formula E Highlights
2:10pm	Access
2:15pm	Home and Away
2:45pm	Neighbours
3:15pm	Cagney and Lacey
4:15pm	An Emma Fielding Mystery
6:00pm	5 News
6:30pm	Neighbours
7:00pm	Home and Away
7:30pm	5 News
8:00pm	Moto GP Highlights
9:00pm	Police Interceptors
10:00pm	The Jumbo Jet: 50 Years in the Sky
11:00pm	Traffic Cops
12:05am	Fights, Camera, Action
1:05am	Police UK: Armed and Deadly
2:00am	Super Casino
4:10am	On Benefits: Life on the Dole

4

9:00am	Melissa and Joey
9:30am	Melissa and Joey
10:00am	Baby Daddy
10:30am	Baby Daddy
11:00am	Black-Ish
11:30am	Black-Ish
12:00pm	How I Met Your Mother
12:30pm	How I Met Your Mother
1:00pm	The Goldbergs
1:30pm	The Goldbergs
2:00pm	The Big Bang Theory
2:30pm	The Big Bang Theory
3:00pm	Melissa and Joey
3:30pm	Melissa and Joey
4:00pm	Baby Daddy
4:30pm	Baby Daddy
5:00pm	Black-Ish
5:30pm	Black-Ish
6:00pm	The Goldbergs
6:30pm	The Goldbergs
7:00pm	The Big Bang Theory
7:30pm	The Big Bang Theory
8:00pm	Hollyoaks
8:30pm	The Goldbergs
9:00pm	The Big Bang Theory
9:30pm	The Big Bang Theory
10:00pm	RoboCop
12:20am	The Big Bang Theory
12:45am	The Big Bang Theory

sky sports main event

6:00am	Sky Sports News
7:00am	Good Morning Sports Fans Bitesize
7:30am	Good Morning Sports Fans Bitesize
8:00am	Good Morning Sports Fans
9:00am	Good Morning Sports Fans
9:30am	My Icon
9:40am	Live Anz Premiership Netball
11:15am	My Icon
11:30am	Sky Sports News
12:00pm	Sky Sports News
1:00pm	Sky Sports News
2:00pm	To be Announced
2:30pm	Sky Sports News
3:00pm	Sky Sports News
4:00pm	Sky Sports News
5:00pm	Live at the Open
6:30pm	Sky Sports News at 5
7:00pm	Sky Sports News at 6
8:00pm	Sky Sports Tonight
9:00pm	Sky Sports Tonight
10:00pm	Sky Sports Tonight
10:30pm	The Open Preview
12:00am	Sky Sports News
1:00am	Sky Sports News
2:00am	Live WWE Late

itv

6:05am	The Jeremy Kyle Show
7:00am	Good Morning Britain
9:30am	Lorraine
10:25am	The Jeremy Kyle Show
11:30am	This Morning
1:30pm	Loose Women
2:30pm	ITV Lunchtime News
2:55pm	Regional News and Weather
3:00pm	Judge Rinder
4:00pm	Tenable
5:00pm	Tipping Point
6:00pm	The Chase
7:00pm	Regional News and Weather
7:30pm	ITV Evening News
8:00pm	Emmerdale
8:30pm	Coronation Street
9:00pm	To be Announced
10:30pm	To be Announced
11:00pm	ITV News at Ten and Weather
11:30pm	Regional News and Weather
11:50pm	Police Tapes
12:45am	Killer Women with Piers Morgan

itv2

8:10am	Who's Doing the Dishes?
9:00am	Emmerdale
9:30am	Coronation Street
9:55am	Coronation Street
10:25am	The Ellen DeGeneres Show
11:20am	The Bachelorette
1:15pm	Emmerdale
1:45pm	Coronation Street
2:15pm	Coronation Street
2:45pm	The Ellen DeGeneres Show
3:35pm	The Jeremy Kyle Show
4:40pm	The Jeremy Kyle Show
5:50pm	Judge Rinder
6:50pm	Take Me Out
8:00pm	You've Been Framed! Gold
8:30pm	You've Been Framed! Gold
9:00pm	Two and a Half Men
9:30pm	Superstore
10:00pm	Love Island
11:05pm	Family Guy
11:35pm	Family Guy
12:05am	Family Guy
12:30am	American Dad!

itv3

5:55am	Judge Judy
6:15am	Judge Judy
6:40am	ITV3 Nightscreen
7:00am	Classic Coronation Street
7:30am	Classic Coronation Street
8:00am	Heartbeat
9:00am	Rosemary and Thyme
10:05am	Judge Judy
10:30am	Judge Judy
11:00am	Judge Judy
11:25am	A Touch of Frost
1:35pm	The Royal
2:35pm	Heartbeat
3:40pm	Classic Coronation Street
4:15pm	Classic Coronation Street
4:45pm	Agatha Christie's Marple
6:55pm	Heartbeat
8:00pm	Murder, She Wrote
9:00pm	Midsomer Murders
11:00pm	Foyle's War
1:05am	A Touch of Frost
3:05am	ITV3 Nightscreen
3:30am	Teleshopping

itv4

4:00am	Teleshopping
7:00am	World Cup Rivalries: England v Argentina
7:20am	The Chase
8:05am	Cash Cowboys
8:55am	Quincy, M.E.
9:55am	Minder
11:00am	Tour De France 2018 - Highlights
12:00pm	The Protectors
12:35pm	The Professionals
1:40pm	Kojak
2:45pm	Quincy, M.E.
3:45pm	Minder
4:55pm	The Sweeney
6:00pm	The Professionals
7:00pm	Cash Cowboys
8:00pm	Tour De France 2018 - Highlights
9:00pm	Goodwood First Glance
10:00pm	Benidorm
11:00pm	The Shawshank Redemption
12:15am	FYI Daily
12:20am	The Shawshank Redemption
1:55am	Motorsport UK
2:55am	The Motorbike Show
3:50am	ITV4 Nightscreen

sky CINEMA ACTION & ADVENTURE

7:00am	Armageddon
9:45am	Rogue One: A Star Wars Story
12:15pm	Beverly Hills Cop
2:15pm	Beverly Hills Cop II
4:15pm	Beverly Hills Cop III
6:15pm	Armageddon
9:00pm	Rogue One: A Star Wars Story
11:30pm	Beverly Hills Cop
1:30am	Beverly Hills Cop II
3:30am	Beverly Hills Cop III
5:20am	Stone of Destiny

sky CINEMA COMEDY

11:20am	Top Ten Show, the 2018
11:35am	American Pie
1:20pm	American Pie 2
3:10pm	Talladega Nights: The Ballad of Ricky Bobby
5:15pm	The Other Guys
7:15pm	Anchorman: The Legend of Ron Burgundy
9:00pm	American Pie
10:45pm	American Pie 2
12:35am	The Other Guys

sky CINEMA PREMIERE

7:00am	Top Ten Show, the 2018
7:20am	Tommy's Honour
9:25am	Renegades
11:25am	Happy Death Day
	<i>Groundhog Day gets dark as a college birthday girl finds herself repeating the same deadly day over and over.</i>
1:15pm	FML
3:10pm	Realive
5:10pm	Tommy's Honour
7:10pm	Renegades
	<i>A squad of elite US Navy Seals are sent on a covert mission to retrieve millions in Nazi gold from the bottom of a lake in war-torn Bosnia.</i>
9:00pm	Happy Death Day
10:40pm	Realive
12:35am	Fashionista
2:35am	Wetlands
4:30am	FML

sky sports football

12:30pm	SPFL Greatest Games
1:00pm	Greatest Moments in Football
2:00pm	EFL Goals: Championship
2:30pm	EFL Goals: Leagues 1&2
3:00pm	Play-Off Final Highlights
4:00pm	Football's Greatest
4:30pm	Football's Greatest Teams
5:00pm	Football's Greatest Head to Head
5:30pm	SPFL Round Up
6:00pm	Football Years
6:30pm	Football Countdowns
7:00pm	EFL Greatest Games
8:00pm	EFL Goals: Championship
8:30pm	EFL Goals: Leagues 1&2
9:00pm	SPFL Round Up
9:30pm	SPFL Greatest Games
10:00pm	Greatest Moments in Football
11:00pm	MLS Round Up Show
11:30pm	MLS Greatest Games
11:45pm	MLS Greatest Games
12:00am	Championship Season Review

YOUR PAPER - YOUR VOICE - YOUR OPINION

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What's happening to Mijas Pueblo?

THIS is the most beautiful village and the Spanish people are warm and friendly to people from other countries, who live and visit here.

Unfortunately I have noticed a decline in standards which may put tourists off visiting this unique village.

Mijas sells itself by the way it looks and if it falls short in this department then people will not visit as much and this will harm the Mijas economy.

The fountains which grace Virgen de la Pena square are not working and the lift has been out of order for months. There is not even an out of order sign in Spanish and English informing all residents of this appalling fact. Much as I enjoy seeing the excellent flamenco dancers of all ages in the village doing fantastic concerts free of charge, my husband and I specifically extended our stay this year to see the excellent music concerts in the auditorium.

For no apparent reason these are not taking place and everyone I talk to is very disappointed about this. I hope they can go ahead in the following

year. We are pleased that the Blues Festival is happening, as that will be well attended.

As a tax payer in Mijas Pueblo I feel that I am justified in raising these important issues. In the past I have written to the mayor and received no acknowledgement, as well as not seeing any action being taken on the issues raised, which is disappointing.

Sue Butler-Smith, Mijas

Think about neighbours

MY family and I live in Benalmadena Pueblo which is a beautiful Spanish village.

Our villa is in a very quiet residential urbanisation consisting of families with children, retired and working couples of Spanish and other European nationalities.

We have lived here in this small cul de sac for the past 18 years, but as always, things change and two years ago both the neighbouring

Plea to the people of Gibraltar



Credit: Marina Bolunova Shutterstock

BALLOONS: Have been used in the past.

I HOPE that this September for the Gibraltar National Day celebration people are not going to release thousands of balloons again. It is not just a criminal waste of the much-needed rare earth gas helium which is vital for body scanners, etc. The balloons themselves become plastic waste in the sea which then ends up being eaten by fish, whales, sea birds etc and kills them in huge numbers. This is happening across the world now, even in inaccessible places and is not a cause for celebration.

Michael Hill, Torre del Mar

villas have been sold to new owners.

Both are now summer rentals and

each villa can accommodate up to eight to 10 adults, so now every seven days there is a change of occu-

pancy, the paying guests are either a large family group with small children or a large group of adults.

We cannot use our garden because of the noise in the day time or we cannot sleep because of the unruly drunken behaviour.

The village already has numerous motels, hotels and dedicated holiday apartments.

We have approached the property management company and spoken with the owners, but little has changed. We are told that if the situation gets too bad, contact the police!

It is not just my family who are affected by these greedy property owners, as all the people in the surrounding villas are affected by the noise and disruption.

John, Benalmadena Pueblo

Daylight robbery

I PURCHASED an additional apartment that had been abandoned for several years.

The community had already arranged for the installation of new smart meters. I paid my lawyer €300 to organise the reinstallation of the electricity to the apartment. Then to my horror, my first bill, without any electric being used, was for €572.01.

I questioned this cost with my lawyer, and they went back to suppliers Endesa, only to be told that, that is the cost of reinstallation. So in a nut shell, to reconnect electric to my new apartment has cost me €872.01. I am appalled at these fees, and think it is daylight robbery.

Lynette Awcock, Costa Blanca

A plea to dog owners

WHILST humans can do a great deal to resolve the situation if they are too hot, all a dog can do is pant to circulate the necessary air through their bodies to cool down. They do sweat through their paws but in this very hot weather, the pavements can cause them pain as they don't wear shoes.

Give them plenty to drink and ensure that they are kept in a well-ventilated area (not a locked car).

Anita Brown, Casares

HAVE YOUR SAY

All letters by email or post should carry the writer's address, NIE and contact number though only the name and town will be published.

Readers who have missed correspondence can see all letters - which can be edited before publication - posted on: www.euroweeklynews.com.

Riot police used in Benidorm's 'guiri zone'

If you see riot police why would you bait them. Get out of the way. We are in Spain... Not England. The Spanish police won't tolerate yobbish behaviour!!!!

Anne Blandford

Who is baiting them in this video Anne? The man who is simply walking with his son on his shoulders and is struck by a police officer? I'm sorry but I cannot justify behaviour like that by anybody, least of all a police officer who is supposed to be a highly trained professional in order to know better. What if that strike by the baton had sent the guy to his knees and the child had fallen to the ground? A shameful spectacle in my opinion.

Stacey Knight

He is very obviously baiting them (very responsible parent NOT!!!) and the whole mob were confrontational as soon as they got a chance! Conveniently the filming doesn't show what's going on behind ie mob shouting, taunting and pushing forward towards the riot police ... perhaps leave them to do their jobs ... drive and walk on and you won't get any trouble would be the preferred intellectual option ... You're in someone else's country show respect, abide by the rules or pay the consequences? For the love of God they were lucky to only get

Comments from EWN online

a smack on the legs, try that in America or the Middle East and see how well you come off ... Everyone else managed to walk on by peacefully and get on with their business and the police had complete control of the streets and the situation which is their job remember. Unfortunately the opposite in the UK have lost control of the streets in England and hence why people are fearful and don't feel safe or protected particularly in cities ... totally unacceptable!

I abhor this aggressive attitude and behaviour at home so find it embarrassing and shameful to see it misrepresenting us abroad sadly. Minority ruining it for other respectable people.

Audrey Gallagher

We were up there last night the police were well over the top as per. Everyone was enjoying themselves having a great time. I live in Spain so am used to their no nonsense attitude but last night they wanted trouble.

Richard Seamark

If I was the police I think I would be agitated confronted with loads of people flanking me on either side and following behind and why on earth would a father with his child on his shoulders be following the police, why wasn't he walking in the opposite direction if a full scale fight had broken out, how safe does he think his son would have been?

Coral Simpson Tasker

Ryanair to grind to a halt during July due to strikes

Maybe they should treat their staff a bit better. Happy, well-treated staff rarely strike as they will lose money.

Matt Birks

I always say never again with Ryanair... then I can't get a reasonable flight with anyone else and I think one more try... to be fair the French air traffic people don't help either! It is maddening to have such a hassle when your just going for a short break. Sad for the holidaymakers with children I think...

Helen Mary Anderson

BBC one

7:00am	Breakfast
10:15am	Matron, Medicine and Me
11:00am	Homes Under the Hammer
12:00pm	Heir Hunters with Michael Buerk
12:45pm	The Farmers' Countryside Showdown
1:15pm	Bargain Hunt
2:00pm	BBC News
2:30pm	Regional News
2:45pm	Red Rock
3:30pm	Escape to the Country
4:30pm	Celebrity Money for Nothing
5:15pm	Flog It!
6:15pm	Impossible
7:00pm	BBC News
7:30pm	Regional News
8:00pm	The One Show
8:30pm	EastEnders
9:00pm	Holby City
10:00pm	Our Girl
11:00pm	BBC News
11:30pm	Regional News
11:40pm	Weather
11:45pm	Stacey Dooley Investigates Russia's War on Women
12:40am	Who Do You Think You Are?

BBC TWO

7:00am	Flog it! Trade Secrets
7:30am	Matron, Medicine and Me
8:15am	Heir Hunters with Michael Buerk
9:00am	How the NHS Changed Our World
9:30am	Trust Me, I'm a Doctor
10:00am	Victoria Derbyshire
12:00pm	BBC Newsroom Live
1:00pm	The Daily Politics
2:00pm	The Super League Show
2:45pm	Getting the Builders in
3:30pm	For What It's Worth
4:15pm	Secrets of the Castle with Ruth, Peter and Tom
5:15pm	Natural World
6:15pm	Antiques Road Trip
7:00pm	Eggheads
7:30pm	Great British Railway Journeys
8:00pm	Back in Time for Tea
9:00pm	Inside the Factory
10:00pm	The Five Billion Pound Super Sewer
11:00pm	Live at the Apollo
11:30pm	Newsnight
12:10am	Weather
12:15am	The Fourth Estate

BBC FOUR

8:00pm	Beyond 100 Days
8:30pm	The Return of Flying Scotsman
9:00pm	Beach Live: Jurassic Coast Revealed
10:00pm	Mark Kermode's Secrets of Cinema
11:00pm	Move Over, Darling <i>A bright and amusing remake of 1940's My Favourite Wife. Nicholas Arden appears before Judge Bryson to ask that his missing wife be declared officially dead so that he can marry his fiancée Bianca Steele.</i>
12:45am	Vienna: Empire, Dynasty and Dream
1:45am	A Very British Murder with Lucy Worsley
2:45am	A History of Art in Three Colours
3:45am	Mark Kermode's Secrets of Cinema

CHANNEL 4

6:05am	My Kitchen Rules
7:00am	Countdown
7:45am	King of Queens
8:10am	King of Queens
8:35am	Everybody Loves Raymond
9:00am	Everybody Loves Raymond
9:35am	Everybody Loves Raymond
10:05am	Frasier
10:35am	Frasier
11:05am	Car S.O.S
12:05pm	Ramsay's Kitchen Nightmares USA
1:00pm	Channel 4 News
1:05pm	Come Dine with Me
2:05pm	Find it, Fix it, Flog it
3:10pm	Countdown
4:00pm	A Place in the Sun: Winter Sun
5:00pm	The £100k Drop
6:00pm	Come Dine with Me
6:30pm	The Simpsons
7:00pm	The Simpsons
7:30pm	Hollyoaks
8:00pm	Channel 4 News
9:00pm	Ackley Bridge
10:00pm	Inside Facebook: Secrets of the Social Network
11:00pm	Gogglebox
12:05am	24 Hours in a and e
1:05am	Random Acts

CHANNEL 5

5:45am	House Doctor
6:10am	Great Scientists
6:35am	Wildlife SOS
7:00am	Milkshake!
10:15am	The Wright Stuff
12:15pm	On Benefits
1:10pm	5 News
1:15pm	GPS: Behind Closed Doors
2:05pm	Access
2:15pm	Home and Away
2:45pm	Neighbours
3:15pm	Cagney and Lacey
4:20pm	A Teacher's Obsession
6:00pm	5 News
6:30pm	Neighbours
7:00pm	Home and Away
7:30pm	5 News
8:00pm	The Secret Life of Owls
9:00pm	The Dog Rescuers with Alan Davies
10:00pm	The Hotel Inspector
11:00pm	Aidan: The Rarest Boy in the World
12:05am	Mums Gone Wild
1:05am	Cricket on 5
2:00am	Super Casino
4:10am	On Benefits: Bargain Barbie...
5:00am	Britain's Greatest Bridges

4

9:00am	Melissa and Joey
9:30am	Melissa and Joey
10:00am	Baby Daddy
10:30am	Baby Daddy
11:00am	Black-Ish
11:30am	Black-Ish
12:00pm	How I Met Your Mother
12:30pm	How I Met Your Mother
1:00pm	The Goldbergs
1:30pm	The Goldbergs
2:00pm	The Big Bang Theory
2:30pm	The Big Bang Theory
3:00pm	Melissa and Joey
3:30pm	Melissa and Joey
4:00pm	Baby Daddy
4:30pm	Baby Daddy
5:00pm	Black-Ish
5:30pm	Black-Ish
6:00pm	The Goldbergs
6:30pm	The Goldbergs
7:00pm	The Big Bang Theory
7:30pm	The Big Bang Theory
8:00pm	Hollyoaks
8:30pm	The Goldbergs
9:00pm	The Big Bang Theory
9:30pm	The Big Bang Theory
10:00pm	Gotham
11:00pm	Supernatural
12:00am	The Big Bang Theory
12:30am	The Big Bang Theory
12:55am	Gogglebox

sky sports main event

6:00am	Sky Sports News
7:00am	Good Morning Sports Fans Bitesize
7:30am	Good Morning Sports Fans Bitesize
8:00am	Good Morning Sports Fans <i>Round-up of the sports news with live analysis and comment plus extended interviews with the headline makers.</i>
9:00am	Good Morning Sports Fans
10:00am	Good Morning Sports Fans
11:00am	Sky Sports News
12:00pm	Sky Sports News
12:30pm	To be Announced
1:00pm	Cricket
9:30pm	Sky Sports Tonight
10:00pm	The Open Preview
12:00am	Sky Sports News
1:00am	Sky Sports News
2:00am	Live WWE Late Night Smackdown
4:00am	Sky Sports News
5:00am	Sky Sports News

itv

4:55am	ITV Nightscreen
6:05am	The Jeremy Kyle Show
7:00am	Good Morning Britain
9:30am	Lorraine
10:25am	The Jeremy Kyle Show
11:30am	This Morning
1:30pm	Loose Women
2:30pm	ITV Lunchtime News
2:55pm	Regional News and Weather
3:00pm	Judge Rinder
4:00pm	Tenable
5:00pm	Tipping Point
6:00pm	The Chase
7:00pm	Regional News and Weather
7:30pm	ITV Evening News
8:00pm	Emmerdale
9:00pm	To be Announced
10:30pm	To be Announced
11:30pm	ITV News
12:00am	Regional News and Weather
12:15am	The Frankenstein Chronicles
1:15am	To be Announced
1:40am	Jackpot247
4:00am	Loose Women
4:45am	ITV Nightscreen

itv2

8:10am	Who's Doing the Dishes?
9:00am	Emmerdale
9:30am	Coronation Street
9:55am	You've Been Framed! Gold
10:25am	The Ellen DeGeneres Show
11:20am	The Bachelorette
1:15pm	Emmerdale
1:45pm	Coronation Street
2:15pm	You've Been Framed! Gold
2:45pm	The Ellen DeGeneres Show
3:35pm	The Jeremy Kyle Show
4:40pm	The Jeremy Kyle Show
5:50pm	Judge Rinder
6:50pm	Take Me Out
8:00pm	You've Been Framed! Gold
8:30pm	You've Been Framed! Gold
9:00pm	Two and a Half Men
9:30pm	Superstore
10:00pm	Love Island
11:05pm	Family Guy
11:30pm	Family Guy
12:00am	Family Guy
12:30am	American Dad!
1:00am	American Dad!

itv3

3:30am	Teleshopping
7:00am	Classic Coronation Street
7:30am	Classic Coronation Street
7:55am	Heartbeat
9:00am	The Royal
10:05am	Judge Judy
10:30am	Judge Judy
10:55am	Judge Judy
11:20am	Agatha Christie's Marple
1:30pm	The Royal
2:35pm	Heartbeat
3:40pm	Classic Coronation Street
4:15pm	Classic Coronation Street
4:45pm	Agatha Christie's Marple
6:55pm	Heartbeat
8:00pm	Murder, She Wrote
9:00pm	Midsomer Murders
11:00pm	Foyle's War
1:05am	A Touch of Frost
3:05am	ITV3 Nightscreen
3:30am	Teleshopping

itv4

4:00am	Teleshopping
7:00am	Storage Wars <i>A look at a hero of England's 1966 World Cup winning team - Bobby Charlton.</i>
7:20am	The Chase
8:05am	The Chase
9:00am	Tour De France 2018 - Highlights
10:00am	Storage Wars Texas
10:30am	Tour De France 2018 - Live
6:30pm	Storage Wars Texas
7:00pm	Cash Cowboys
8:00pm	Tour De France 2018 - Highlights
9:00pm	Goodwood Festival of Speed
10:00pm	The Krays
11:05pm	FYI Daily
11:10pm	The Krays
12:30am	Falling Down
1:30am	FYI Daily
1:35am	Falling Down
2:45am	Ax Men
3:40am	ITV4 Nightscreen
4:00am	Teleshopping

sky CINEMA ACTION & ADVENTURE

9:00am	Smokey and the Bandit
10:45am	Iron Man 3
1:00pm	Atomic Blonde
3:00pm	Resident Evil: The Final Chapter
5:00pm	Smokey and the Bandit
6:50pm	The A-Team
9:00pm	Atomic Blonde
11:00pm	Iron Man 3
1:15am	Keanu

sky CINEMA COMEDY

9:45am	Get Him to the Greek
11:45am	Shallow Hal
1:45pm	Look Who's Talking
3:30pm	American Pie: The Wedding
5:15pm	American Pie: Reunion
7:15pm	Clue
9:00pm	American Pie: The Wedding
10:45pm	American Pie: Reunion
12:45am	Get Him to the Greek
2:45am	Shallow Hal
4:45am	Death at a Funeral

sky CINEMA PREMIERE

4:30am	FML
6:30am	Anon: Special
7:00am	Tommy's Honour
9:10am	Happy Death Day
11:00am	22 Chaser
12:50pm	Renegades
2:50pm	Realive
4:45pm	The Hurricane Heist: The Eye of the Storm <i>Take a special look at the latest Sky Movies Original Film, a full-throttle disaster-heist thriller from The Fast and the Furious and XXX director Rob Cohen.</i>
5:15pm	Tommy's Honour
7:15pm	22 Chaser
9:00pm	A good-guy tow truck driver finds himself risking everything on a dangerous quest to provide for his struggling family.
9:00pm	Renegades
10:50pm	Happy Death Day
12:35am	Realive
2:30am	Wetlands
4:25am	Fashionista

sky sports football

12:00pm	One2eleven
12:30pm	SPFL Greatest Games
1:00pm	Football's Greatest Head to Head
1:30pm	Live Chinese Super League
3:35pm	One2eleven
4:00pm	EFL Goals: Championship
4:30pm	EFL Goals: Leagues 1&2
5:00pm	Football's Greatest Head to Head
5:30pm	SPFL Round Up
6:00pm	Football Years
6:30pm	Football Countdowns
7:00pm	EFL Greatest Games
8:00pm	EFL Goals: Championship
8:30pm	EFL Goals: Leagues 1&2
9:00pm	SPFL Round Up
9:30pm	SPFL Greatest Games
9:45pm	SPFL Greatest Games
10:00pm	Greatest Moments in Football
11:00pm	MLS Round Up Show
11:30pm	Football's Greatest Head to Head
12:00am	Championship

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BBC one

11:00am	Homes Under the Hammer
12:00pm	Heir Hunters with Michael Buerk
12:45pm	The Farmers' Countryside Showdown
1:15pm	Bargain Hunt
2:00pm	BBC News
2:30pm	Regional News
2:45pm	Red Rock
3:30pm	Escape to the Country
4:30pm	Celebrity Money for Nothing
5:15pm	Flog It!
6:15pm	Impossible
7:00pm	BBC News
7:30pm	Regional News
8:00pm	The One Show
8:30pm	Fake Britain
9:00pm	Animals Behaving Badly
10:00pm	Killed by My Debt
11:00pm	BBC News
11:30pm	Regional News
11:40pm	Weather
11:45pm	A Question of Sport
12:15am	Live From the BBC

BBC TWO

7:30am	Matron, Medicine and Me
8:15am	Heir Hunters with Michael Buerk
9:00am	Eat Well for Less
10:00am	Victoria Derbyshire
12:00pm	BBC Newsroom Live
12:30pm	The Daily Politics
2:00pm	Perfection
2:45pm	Getting the Builders in
3:30pm	For What It's Worth
4:15pm	Secrets of the Castle with Ruth, Peter and Tom
5:15pm	Hidden Kingdoms
6:15pm	Antiques Road Trip
7:00pm	Eggheads
7:30pm	Great British Railway Journeys
8:00pm	Back in Time for Tea
9:00pm	Gardeners' World
10:00pm	Picnic at Hanging Rock
11:00pm	Mortimer and Whitehouse: Gone Fishing
11:30pm	Newsnight
12:10am	Weather

BBC FOUR

8:00pm	Beyond 100 Days
8:30pm	Secret Knowledge
9:00pm	Beach Live: Jurassic Coast Revealed
10:00pm	Paul O'Grady's Working Britain
11:00pm	Sword, Musket and Machine Gun: Britain's Armed History
12:00am	Tunes for Tyrants: Music and Power with Suzy Klein
1:00am	Utopia: In Search of the Dream
2:00am	A Very British Murder with Lucy Worsley
3:00am	Guts: The Strange and Wonderful World of the Human Stomach

CHANNEL 4

7:00am	Countdown
7:45am	King of Queens
8:35am	Everybody Loves Raymond
10:05am	Frasier
10:35am	Frasier
11:05am	Car S.O.S
12:05pm	Ramsay's Kitchen Nightmares USA
1:00pm	Channel 4 News
1:05pm	Come Dine with Me
2:05pm	Find it, Fix it, Flog it
3:10pm	Countdown
4:00pm	A Place in the Sun: Winter Sun
5:00pm	The £100k Drop
6:00pm	Come Dine with Me
6:30pm	The Simpsons
7:00pm	The Simpsons
7:30pm	Hollyoaks
8:00pm	Channel 4 News
9:00pm	Live Well for Longer
10:00pm	24 Hours in a and e
11:00pm	Stath Lets Flats
11:30pm	Lookalikes
12:00am	Celebrity Sextortion
1:05am	Inside Facebook: Secrets of the Social Network

CHANNEL 5

6:35am	Wildlife SOS
7:00am	Milkshake!
10:15am	The Wright Stuff
12:15pm	On Benefits
1:10pm	5 News
1:15pm	GP's: Behind Closed Doors
2:10pm	Access
2:15pm	Home and Away
2:45pm	Neighbours
3:15pm	Cagney and Lacey
4:15pm	Expecting Amish
6:00pm	5 News
6:30pm	Neighbours
7:00pm	Home and Away
7:30pm	5 News
8:00pm	the Trouble with m and S
9:00pm	The Highland Midwife
10:00pm	Secrets of the National Trust with Alan Titchmarsh
11:00pm	Celeb Trolls: We're Coming to Get You
12:00am	Fame at Any Cost
1:00am	Desperately Seeking Stardom
1:55am	Super Casino

sky sports main event

9:30am	Melissa and Joey
10:00am	Baby Daddy
10:30am	Baby Daddy
11:00am	Black-Ish
12:00pm	How I Met Your Mother
12:30pm	How I Met Your Mother
1:00pm	The Goldbergs
1:30pm	The Goldbergs
2:00pm	The Big Bang Theory
2:30pm	The Big Bang Theory
3:00pm	Melissa and Joey
3:30pm	Melissa and Joey
4:00pm	Baby Daddy
4:30pm	Baby Daddy
5:00pm	Black-Ish
5:30pm	Black-Ish
6:00pm	The Goldbergs
6:30pm	The Goldbergs
7:00pm	The Big Bang Theory
7:30pm	The Big Bang Theory
8:00pm	Hollyoaks
8:30pm	The Goldbergs
9:00pm	The Big Bang Theory
9:30pm	The Big Bang Theory
10:00pm	The 100
11:00pm	Tattoo Fixers on Holiday

sky sports main event

6:00am	Sky Sports News
7:00am	Good Morning Sports Fans Bitesize
7:30am	Good Morning Sports Fans Bitesize
8:00am	Good Morning Sports Fans
9:00am	Good Morning Sports Fans
9:30am	My Icon
9:40am	Live Anz Premiership Netball
11:15am	Sporting Triumphs
11:30am	Sky Sports News
3:00pm	Live at the Open-Practice Round
6:00pm	Sky Sports News at 5
7:00pm	Cricket
10:45pm	To be Announced
11:00pm	Sky Sports News at Ten
12:00am	Sky Sports News
1:00am	Sky Sports News
2:00am	Sky Sports News
3:00am	Sky Sports News
4:00am	Sky Sports News
5:00am	Sky Sports News

itv

4:45am	ITV Nightscreen
6:05am	The Jeremy Kyle Show
7:00am	Good Morning Britain
9:30am	Lorraine
10:25am	The Jeremy Kyle Show
11:30am	This Morning
1:30pm	Loose Women
2:30pm	ITV Lunchtime News
2:55pm	Regional News and Weather
3:00pm	Judge Rinder
4:00pm	Tenable
5:00pm	Tipping Point
6:00pm	The Chase
7:15pm	Regional News and Weather
7:30pm	ITV Evening News
8:00pm	Emmerdale
8:30pm	Coronation Street
9:00pm	Info not available
10:30pm	Info not available
11:00pm	ITV News at Ten and Weather
11:30pm	Regional News and Weather
11:50pm	Info not available
12:50am	Info not available
1:40am	Jackpot247
4:00am	Grantchester
4:50am	ITV Nightscreen

itv2

7:45am	Totally Bonkers
8:10am	Who's Doing the Dishes?
9:00am	Emmerdale
9:55am	You've Been Framed! Gold
10:25am	The Ellen DeGeneres Show
11:20am	The Bachelorette
1:15pm	Emmerdale
2:15pm	You've Been Framed! Gold
2:45pm	The Ellen DeGeneres Show
3:35pm	The Jeremy Kyle Show
4:40pm	The Jeremy Kyle Show
5:50pm	Judge Rinder
6:50pm	Take Me Out
8:00pm	You've Been Framed! Gold
8:30pm	You've Been Framed! Gold
9:00pm	Two and a Half Men
9:30pm	Superstore
10:00pm	Love Island
11:00pm	Celebrity
11:50pm	Family Guy
12:20am	Family Guy
12:45am	American Dad!

itv3

3:30am	Teleshopping
7:00am	Classic Coronation Street
7:30am	Classic Coronation Street
8:00am	Heartbeat
9:00am	The Royal
10:05am	Judge Judy
10:30am	Judge Judy
11:00am	Judge Judy
11:25am	Agatha Christie's Marple
1:35pm	The Royal
2:40pm	Heartbeat
3:40pm	Classic Coronation Street
4:15pm	Classic Coronation Street
4:50pm	Agatha Christie's Marple
6:55pm	Heartbeat
8:00pm	Murder, She Wrote
9:00pm	Lewis
11:00pm	Foyle's War
1:05am	A Touch of Frost
3:05am	ITV3 Nightscreen
3:30am	Teleshopping

itv4

4:00am	Teleshopping
7:00am	Football Rivalries
7:10am	The Chase
8:00am	The Chase
8:50am	Cash Cowboys
9:50am	The Professionals
10:50am	Minder
12:00pm	Tour De France 2018 - Highlights
1:00pm	Storage Wars Texas
1:30pm	Goals of the 80s
1:45pm	Tour De France 2018 - Live
6:00pm	The Professionals
7:00pm	Cash Cowboys
8:00pm	Tour De France 2018 - Highlights
9:00pm	Goodwood Festival of Speed
10:00pm	River Monsters
11:00pm	On Deadly Ground
12:00am	FYI Daily
12:05am	On Deadly Ground
1:05am	The Professionals
2:05am	Minder
3:10am	Minder
4:00am	Terry is left minding the fort when Arthur is called up for jury service.
4:00am	Teleshopping

sky CINEMA ACTION & ADVENTURE

8:45am	Tarzan
10:45am	Fast and Furious 8
1:05pm	The Hurricane Heist
3:05pm	The Accountant
5:15pm	Anaconda
7:00pm	Tarzan
9:00pm	Fast and Furious 8
11:30pm	The Hurricane Heist
1:20am	Desperado
3:10am	The Accountant
5:20am	Volcano: Fire on the Mountain

sky CINEMA COMEDY

6:30am	Fantastic Beasts and Where to Find Them: Special
7:00am	Don't Think Twice
8:40am	Here Comes the Boom
10:30am	Big Daddy
12:10pm	That Thing You Do!
2:05pm	Look Who's Talking Too
3:35pm	The House
5:10pm	This is the End
7:05pm	Roxanne
9:00pm	The House
10:35pm	This is the End
12:30am	Pineapple Express
2:25am	Where's the Money

sky CINEMA PREMIERE

4:25am	Fashionista
6:30am	The Hurricane Heist: The Eye of the Storm
7:00am	Top Ten Show, the 2018
7:20am	Tommy's Honour
9:20am	Realive
11:20am	Renegades
1:20pm	Happy Death Day
3:10pm	Tommy's Honour
5:10pm	Realive
7:10pm	Renegades
9:00pm	Happy Death Day
10:45pm	The Last Diamond
12:40am	Fashionista
2:40am	22 Chaser
4:35am	FML

sky sports football

1:30pm	Live Chinese Super League
3:35pm	One2eleven
3:45pm	One2eleven
4:00pm	EFL Goals: Championship
4:30pm	EFL Goals: Leagues 1&2
5:00pm	Football's Greatest Head to Head
5:30pm	SPFL Round Up
5:45pm	SPFL Round Up
6:00pm	Football Years
6:30pm	Football Countdowns
7:00pm	EFL Greatest Games
7:15pm	EFL Greatest Games
7:30pm	EFL Greatest Games
7:45pm	EFL Greatest Games
8:00pm	EFL Goals: Championship
8:30pm	EFL Goals: Leagues 1&2
9:00pm	SPFL Round Up
9:15pm	SPFL Round Up
9:30pm	SPFL Greatest Games
9:45pm	SPFL Greatest Games
10:00pm	Greatest Moments in Football
11:00pm	Football Godfathers
12:00am	Championship

Jobs for the boys

Cassandra Nash

A weekly look

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

A BIG headline in *El Mundo* announced that Pedro Sanchez was giving away €7 millions' worth in salaries to those close to him.

His buddies, the newspaper insinuated, will be shoe-horned into Renfe, Correos and ADIF amongst other big names and can look forward to cushy jobs now Sanchez is in the Moncloa.

The 'tentacles of state' - *El Mundo's* words - will also inch their way into Bankia, Aena, Enagas, Indra and Red Electrica, as the government can name directors and exert enormous influence.

As it was in the beginning, is now and ever shall be. Right or wrong, that's politics, folks, and not only in Spain but the world over.

That's my boy!

PABLO CASADO inched forward in the race to lead the Partido Popular

now that Mariano Rajoy has reclaimed his old job as Property Registrar in Santa Pola (Alicante).

It looked a two-horse race between eternal rivals, the former vice-president Soraya Saenz de Santamaria and Dolores de Cospedal, the PP's secretary general and Minister of Defence during Rajoy's last government.

It's still a two-horse race but it will be between Santamaria and outsider Pablo Casado, Rajoy's former Communications' chief, attracted by supporters who feared that a victory for either woman would split the party in half.

It's been said that Albert Rivera semi-lookalike, Pablo Casado, has the blessing of Jose Maria Aznar who was president of the Spanish government between 1996 and 2004.

Oh no, Aznar protested recently. He has had little contact with Casado, he insisted. 'Santamaria and

Cospedal were in my governments, Casado no.'

Was there ever a subtler or better endorsement?

Degrees of involvement

CASADO does have a problem, however. There's the trifling matter of his master's degree. Just like Cristina

GIVEAWAY:
Pedro Sanchez is inching the tentacles of the state throughout Spain.



The long and the short of it

PEDRO SANCHEZ admitted that the Catalan crisis will not be solved 'in one, two or even six years.'

The Catalan situation festered during Rajoy's two terms in office when Soraya Saenz de Santamaria, ostensibly minister responsible for bringing Cataluña back into the fold, did Sweet Fanny Adams. In her sporadic forays into the region she spoke only to the opposition

and once the 'Proces' towards secession gathered momentum she spoke only harsh, threatening words.

Five weeks after Sanchez moved into the Moncloa Palace he moved pro-independence politicians remanded for rebellion and sedition to prisons in Cataluña.

Sanchez is not kidding himself about Cataluña but, however long it takes, he has shortened it by a few days.

Most political parties will turn a blind eye to candidates' peccadilloes until they are officially classed as suspects, after which it's curtains.

Ponder on Cristina Cifuentes who resigned because of her dodgy degree and, once she was under the interrogator's lamp, two pots of face cream that she possibly shoplifted in a Madrid supermarket.

columnists@euroweeklynnews.com

Advertising Feature

Enjoy a comfortable stay at a top campsite

ONE of the great things about holidays in Spain is the range of different accommodation and there is no question that the Los Llanos campsite offers a tremendous range of options.

Based within a short walk to the charming Playa Les Deveses this modern and well-run campsite in Denia offers a wide choice of accommodation and is close to many of the major towns in Costa Blanca.

Los Llanos offers sites for tents, caravans and motor homes in a large grove with different species of evergreen and deciduous trees, which maintains a comfortable temperature in summer and has many sunny areas in winter.

That's not all however, if you prefer to simply turn up and move

into a pre-booked apartment or bungalow sleeping from two to 20, then that is not a problem as there is ample accommodation of this type available.

The site is within easy driving distance of the different but always interesting towns of Altea, Benidorm, Calpe, Denia, Javea and Moraira and there are a huge number of tourist attractions also available such as Terra Mitica, Aqualandia, Cueva de las Calaveras and the Peñon de Ifach.

Not everyone wants to be out and about all of the time so it's good to know that there is plenty to do on site with a bar, cafeteria, children's playground, swimming pools and supermarket, and if you are staying in one of the properties and don't want to miss your



CHOICES:
Plenty at
Los Llanos.

favourite programme you can even pre-book a TV with English channels.

The campsite is located at km 203 of National Highway 332 from Valencia to Alicante, just 500-metres from the border between the

two provinces. There is another access from Provincial Road Denia-Las Marinas at km 11.6.

This isn't just a summer location, it is also open during the winter offering some very attractive deals and there is no doubt that there is

still plenty to do in the area during the often mild and comfortable winter months.

See the website <http://www.losllanos.net> for more information on Los Llanos, including booking details.

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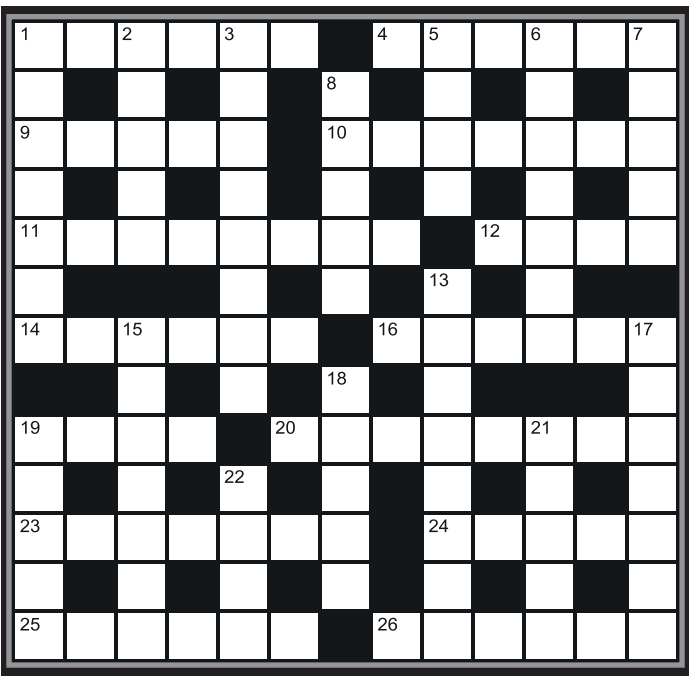
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Cryptic

- Across**
- 1 Hold out against rebel sister (6)
 - 4 Pursued but pure, by the sound of it (6)
 - 9 Explicit about king in play (5)
 - 10 Manila's odd beasts (7)
 - 11 I'm turning in winding street to find insects (8)
 - 12 They are the best playthings for children (4)
 - 14 See bad moves at the bottom of the ocean (6)
 - 16 Was incoherent in her cable (6)
 - 19 Start chopping wood for money (4)
 - 20 Prisoner to invite disdain (8)
 - 23 Specific recipes in a mess (7)
 - 24 Drummer from Ulan Bator in Gobi Desert (5)
 - 25 Some trainee dedicated to work required (6)
 - 26 Plastic or sand for decks (6)

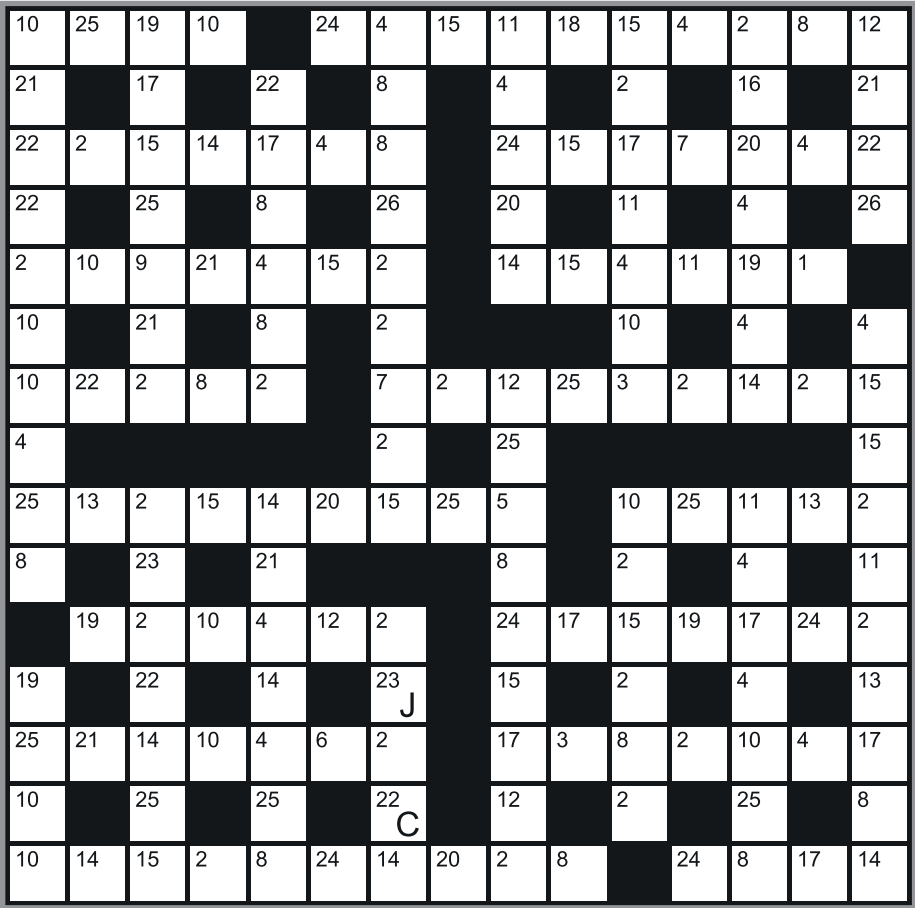


- Down**
- 1 Quotes poetry in acts of worship around Ecuador (7)
 - 2 Promise unusual wares (5)
 - 3 In a dress ruined by fish (8)
 - 5 One who will succeed with melody, we hear (4)
 - 6 Was dosh not right for Cliff's backers? (7)
 - 7 Dossiers? No sir! Medical units (5)
 - 8 Terribly alert at some time in the

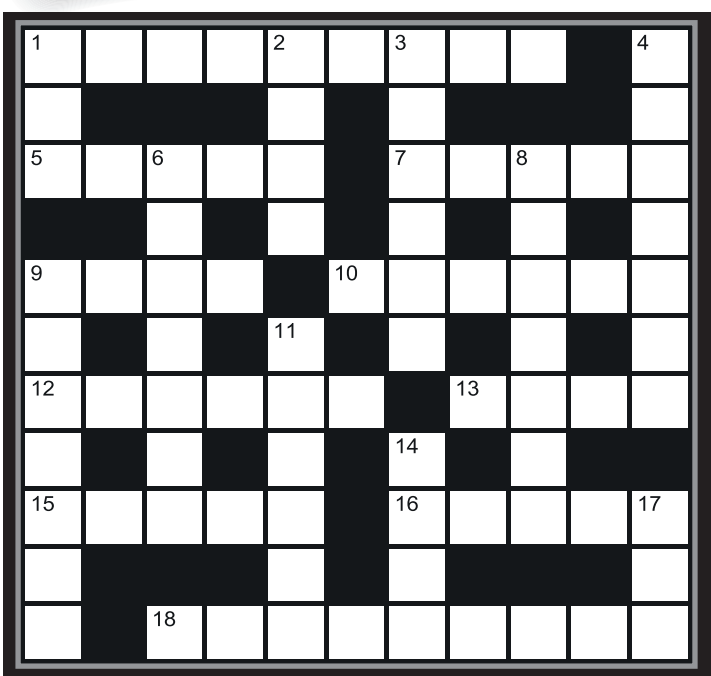
- future (5)
- 13 Successfully dealt with troubling dreams about return of alien (8)
- 15 Australia began before it became bleak and forbidding (7)
- 17 Rat is keeping on fixed allowances (7)
- 18 Cringe when farm animal is next to her majesty (5)
- 19 Some of Al Capone's mob are chicken (5)
- 21 Disorderly Roman territory (5)
- 22 A very small coin for a tiny child (4)

Code Breaker

Each number in the Code Breaker grid represents a different letter of the alphabet. In this week's puzzle, 22 represents C and 23 represents J, so fill in C every time the figure 22 appears and J every time the figure 23 appears. Now, using your knowledge of the English language, work out which letters should go in the missing squares. As you discover the letters, fill in other squares with the same number in the main grid and the control grid.



Quick

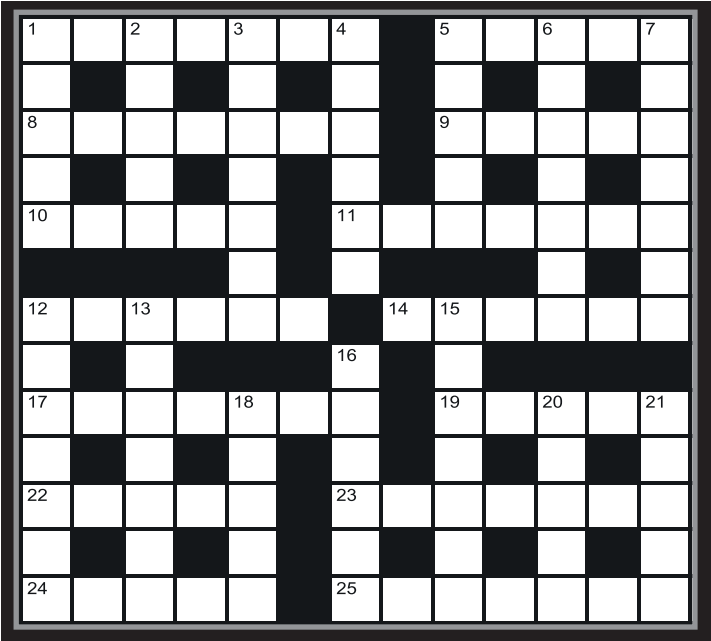


- Across**
- 1 Short-legged German dog (9)
 - 5 Stale and unclean smelling (5)
 - 7 American buffalo (5)
 - 9 Look for (4)
 - 10 Mariner (6)
 - 12 Gain with effort (6)
 - 13 Cleanse with soap and water (4)
 - 15 Great in size (5)
 - 16 Does what one is told (5)
 - 18 Silvery alkaline metallic element (9)

- Down**
- 1/17 Savoury Chinese dumplings (3,3)
 - 2 Eye infection (4)
 - 3 Pleasantly optimistic (6)
 - 4 King or queen (7)
 - 6 Protective structure (7)
 - 8 Collect discarded or refused material (7)
 - 9 Migratory swift-flying songbird (7)
 - 11 Marked by absence of sound (6)
 - 14 Large number or amount (4)
 - 17 See 1

English - Spanish

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



- Across**
- 1 Ciclismo (7)
 - 5 Basket (5)
 - 8 Moth (7)
 - 9 Cheers (used to toast) (5)
 - 10 Narices (5)
 - 11 Justicia (7)
 - 12/14 Good night (6,6)
 - 17 To look like (7)
 - 19 Attractive (f) (5)
 - 22 Friend (f) (5)
 - 23 El más frío (7)
 - 24 Águila (5)
 - 25 Patinete (7)

- Down**
- 1 Coupon (5)
 - 2 Tails (of birds, horses, fishes, planes) (5)
 - 3 Church (7)
 - 4 Farm (6)
 - 5 Things (5)
 - 6 Egoísta (7)
 - 7 Dirección (7)
 - 12 En avión (2,5)
 - 13 Pendiente (joya) (7)
 - 15 Pride (satisfaction) (7)
 - 16 Ladrillos (6)
 - 18 Code (cipher) (5)
 - 20 Agente (representante) (5)
 - 21 Después de (5)

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Kakuro

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

				21	16	10
			15			
		10	15			
	12					
16						
15						
10						
8						

Nonagram

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

N	O	I
T	C	R
I	D	E

TARGET:

- Average: 24
- Good: 20
- Very good: 28
- Excellent: 36

LAST WEEK'S SOLUTION

cert coot cote curt cute foot fort fret reft root rort rote
rout tofu torc tore torr tour tref true turf court croft
cruet cuter eruct fetor forte outer recto retro rotor
route truce truer curter footer rector rooter router
torero tourer crofter FORECOURT

Sudoku

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

LAST WEEK'S SOLUTION

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

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

LOTTERY

UK NATIONAL LOTTERY

Saturday July 07

17	18	29	BONUS BALL
48	52	54	1

IRISH LOTTO

Saturday July 07

3	11	24	BONUS BALL
26	29	47	13

EURO MILLIONS

Tuesday July 03

1	12	15	BONUS BALL
29	48		3

Friday July 06

8	30	33	BONUS BALL
38	48		2

EL MILLON: FJD99813

LA PRIMITIVA

Thursday July 05

11	13	31	BONUS BALL
32	47	49	1

JOKER: 594 356

Saturday July 07

6	9	10	BONUS BALL
11	42	44	21

JOKER: 7 130 654

EL GORDO DE LA PRIMITIVA

Sunday July 08

11	19	22	BONUS BALL
29	40		0

YOUR STARS

FOR NEXT 7 DAYS



AQUARIUS
(January 21 - February 19)

Energy is low but your spirit seems to be getting power from somewhere. At times, it feels that it is almost outside of your own sphere. When tackling what is seen as a tedious task, you may not be aware that you are building something for the future, but there is much going on that will affect your future to a large extent.



PISCES
(February 20 - March 20)

For some time, things on the romantic front have been confusing, to say the least. There are decisions that someone has to make that affect you seriously. Romantically and emotionally, things come to a head but don't let the wind of change blow away all that you have achieved.



ARIES
(March 21 - April 20)

You may well feel that your business life is not going as well as you would have hoped this week. They do say that you can't have everything right at once. This is a good time to enjoy the company of others and make your love life buzz.



TAURUS
(April 21 - May 21)

There is something of the rebel in you this week. Even you don't fully understand the changes taking place. You will resist any attempt to stop from expressing yourself freely. Although you prefer a peaceful time, it may be necessary to remind someone of your rights.



GEMINI
(May 22 - June 21)

Because you are about to enter an active phase, it would be best to keep things as straightforward and organised as possible. Those around you may be less than exciting at the moment, so keep the interest going with joint activities and accepting interesting invitations.



CANCER
(June 22 - July 23)

Have you been a bit of a couch potato recently? Spend some of this week working towards a healthy mind in a healthy body. Running yourself ragged should certainly be avoided. Seek expert advice now about a problem that just won't go away. It will, but only with a lot of effort. Although you prefer to share your activities, this is one area that you need to concentrate on fully, so go for it alone to begin with.



LEO
(July 24 - August 23)

Arm yourself with plenty of information about what is going on in your life at the moment. Those close might expect you to lead the way on an important matter. You need to trust your instincts more and have confidence. Think in the long term. Those who are not considered important now could be so in the future. As you prefer being in charge, this should not seem unnatural to you.



VIRGO
(August 24 - September 23)

Although you feel like going it alone at the moment, you would do well to involve someone close in your project or exercise. There is room for improvement in both your life and your health but it can be more enjoyable if shared. Expect surprises in your love life and you will not be surprised.



LIBRA
(September 24 - October 23)

It could be that you are feeling a little below par at the moment. You may assume it is because of a recent emotional upset, but it is unlikely to be quite that simple. Spend a bit of time and money on yourself for a change. Develop your talents in the realms of writing, painting and music. This need not take a large amount of time.



SCORPIO
(October 24 - November 22)

Despite pulling out all the stops when it comes to a certain person or project, your charm may not be working as well as usual this week. It is still a fine time to beaver on quietly in the background. A few emotional fireworks make you sit up and take notice, but try to be open-minded.



SAGITTARIUS
(November 23 - December 21)

Get some rest and peace because, if you let yourself get too tired, your temper could suffer. When it comes to business get it over with so that you can spend extra time on your social life. Something important is round the corner.



CAPRICORN
(December 22 - January 20)

Sometimes you shuffle things around to survive difficult times. The energy that this uses means that realising a dream this week could mean difficult choices to be made. Your need to be settled makes you impatient.

LAST WEEK'S SOLUTIONS

ENGLISH-SPANISH

Across:

1 Desmayo, 5 Faces, 8 Geese, 9 Cartero, 10 Golpear, 11 Skill, 12 Doctor, 14 Groove, 17 Armas, 19 Cuñadas, 21 Heavier, 22 Ninth, 24 Riada, 25 Dessert.

Down:

2 Shell, 3 Aderezo, 4 Oscuro, 5 Forks, 6 Crédito, 7 Shoulders, 10 Godfather, 13 Campaña, 15 Riñones, 16 Scared, 18 Suiza, 20 Dense, 23/1 Hot dog.

CRYPTIC

Across:

1 Desist, 4 Dreads, 9 Pontoon, 10 Amour, 11 Taste, 12 Passion, 13 Stamen, 15 Adders, 18 Elevate, 20 Sward, 23 Trout, 24 Shatter, 25 Sherry, 26 Snares.

Down:

1 Depot, 2 Sinks, 3 Slovene, 5 Roams, 6 Aconite, 7 Sprints, 8 Snipe, 13 Sleuths, 14 Anemone, 16 Disdain, 17 Feast, 19 After, 21 Actor, 22 Darts.

QUICK

Across:

1 Sedate, 4 Frog, 7 Arson, 8 Abhor, 10 Repose, 12/14 Big top, 15 Unsure, 18 April, 19 Tiara, 20 Safe,

Down:

1 Sham, 2 Distemper, 3 Tango, 5 Garage, 6 Fake, 9 Hibernate, 11 Son, 13 Steals, 15 Ugly, 16 Sitar, 17 Gale.

CODE BREAKER

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

KAKURO

	1	3	5	4					
	2	3	1	4	5				
	3	6	4	1	2				
	5	2	6	7	3				
	4	5	7	2	1				
	1	4	2	3					

QUIZ: UNDER THE WEATHER

1. Brontophobia is a morbid fear of which dramatic weather phenomenon?
2. From Spanish for 'the little boy', what name is given to a periodic large-scale warming of the surface of the Eastern Pacific Ocean, especially off the coast of Peru and Ecuador, associated with extreme meteorological phenomena in the Pacific region?
3. In which year was TIROS I, the first successful low-Earth orbital weather satellite, launched? (± two years)
4. Released in September 1982, what was the title of the Weather Girls only UK hit single?
5. What name is given to a dark cloud of great vertical extent charged with electricity, often associated with thunderstorms?
6. What name is given to the branch of science concerned with the processes and phenomena of the atmosphere,

- especially as a means of forecasting the weather?
7. Which actor played the television weatherman, Phil Connors in the 1993 comedy film Groundhog Day?
8. Which famous 1970s UK number one hit single contains the lines 'Thunderbolt and lightning, Very, very frightening me'?
9. Which fictional superhero character from Marvel Comics' X-Men, has the psionic ability to manipulate weather patterns over vast areas?
10. Which international scale of wind force, named after the English admiral and naval hydrographer who devised it, ranges from from 0 (calm air) to 12 (hurricane)?

Not a lot of people know that... the fastest a raindrop can fall is 18 mph (29 km/h)

Answers:

1. THUNDER (estrophobia is a morbid fear of thunder and lightning).
2. EL NIÑO.
3. (April 1) 1960 (accept 1958 to 1962).
4. IT'S RAINING MEN.
5. CUMULONIMBUS.
6. METEOROLOGY.
7. BILL MURRAY.
8. BOHEMIAN RHAPSODY.
9. STORM.
10. BEAUFORT SCALE.

Advertising Feature

Why Chiropractic care is good for you!

THE following 10 statements explain why getting a spinal adjustment by a chiropractor can help you to get, and stay, well for the rest of your life.

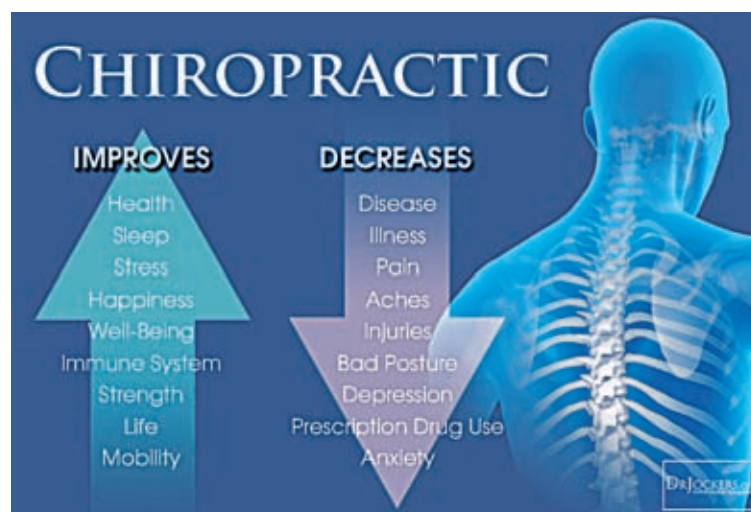
Each statement is supported by some great peer-reviewed articles which backs up the benefits of regular chiropractic care. To find out more about the research please visit www.kironilsson.com.

1. It's good for your nervous system. This is the system that controls and regulates every single function in your body.

2. It's good for your posture. The author of the supporting paper also suggests that you may need more than one or two adjustments if you want to train yourself out of poor postural habits.

3. It's good for your brain function. There is evidence to suggest that getting adjusted may help improve vision, reading ability, memory, alertness, energy.

4. It keeps your joints young and well-lubricated. An adjustment can help restore normal joint move-



SPINAL ADJUSTMENT: How to look and feel healthier.

ment and mechanics and help remove joint adhesions or scar tissue.

5. It's good for your overall health. Measurement of 'serum-thiol levels' reveal the higher the level the healthier you are, or the less chance of disease. People without pain or symptoms, who were getting adjusted, had high

serum-thiol levels.

6. It's good for your family, especially babies with colic, as it may stop them crying and this makes mummy and daddy happier.

7. It can make you more flexible. The article by Fox uses hamstrings as an example of how being adjusted and stretching can help your muscles to relax.

8. It can make your muscles stronger and more flexible. Quite an in-depth explanation into why getting adjusted can improve neurological control and muscle strength.

9. It can improve your coordination. Significant improvement to hand-eye coordination are noted in this article, following a series of adjustments.

10. It is an effective treatment for back pain. Chiropractic came out on top in this article, relative to hospital out-patient physiotherapy treatment.

Article supplied by Kiro Nilsson Gentle Touch Chiropractic. Original article by United Chiropractic Association, of which both Sharon and Johan Nilsson are members.

Contact details for Dra Sharon Nilsson DC:

sharonnilssondc@gmail.com

<http://www.Kironilsson.com>

www.facebook.com/KiroNilsson

<http://www.youtube.com/Kironilsson>

www.twitter.com/KiroNilsson.

Recall for certain blood pressure drugs

A PRESCRIPTION drug recall is underway across Europe following emerging concerns about drugs produced in China.

Impurities have been found in the manufacturing process of the active substance valsartan.

The facility where the issue was identified supplies this active substance to other drug manufacturers.

The impurity (N-nitrosodimethylamine), which may have carcinogenic potential, was the result of a change in the facility's manufacturing process.

This active substance is used in a number of medicines marketed in Europe to treat high blood pressure and heart conditions. The European Medicines Agency and other EU regulators are working together to investigate the extent of the issue and any impact for patients.

Dr Sam Atkinson, MHRA's Director of the Inspection, Enforcement and Standards Division said: "People taking valsartan medication affected by this recall are advised to not stop taking their medication, but to speak to their doctor for advice."

CBD Healthcare

CBD Oil 100% Biological
Based on Hempseed Oil
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THC Free

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Capsules

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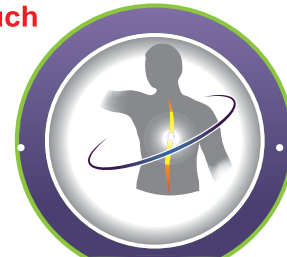
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DIESEL PARFUMS is thrilled to announce Les Twins as faces for the new fragrance for men, Diesel Only The Brave Street.

The brand has cast famous international urban street dancers to star in its new campaign.

New Style hip-hop dancers Larry and Laurent Bourgeois hail from Sarcelles, a Paris suburb. From street kids to street icons, they have created their own style. They were the main characters in the Michael Jackson Immortal Tour by the Cirque du Soleil in 2011.

They have also toured several times with Beyonce, including during her Coachella performance in 2018. Les Twins also won the first World of Dance TV competition in 2017, despite Laurent getting injured during the semi-finals. They are brave role models for a new generation.

"As New Style hip-hop dancers, we represent street culture," they say. "But our art is more than

From the street to role models



Photo credit: Diesel Only

just dance. When we dance, we go beyond our limits to become the best. The street taught us to be good with others, but hard on ourselves."

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WE hope you can get to the end of this article without yawning

To yawn is an almost impossible feeling to resist and control, and yet some of the world's top scientists are still uncertain of the biological reasons for it.

In the past, there have been

Don't nod off!

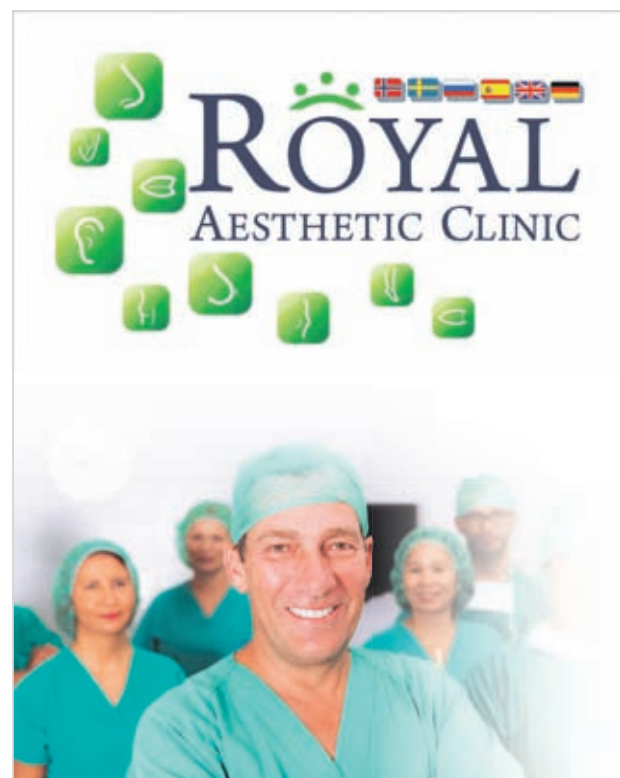
many theories as to why we yawn, and indeed go back as far as Hippocrates in 400BC who believed that yawning actually removed bad air from someone's lungs before a

fever.

Many centuries later - in the 1600's and 1700's - medical professionals thought yawning increased the amount of oxygen in the blood, blood pres-

sure, heart rate and the actual flow of blood itself.

In more recent times, the consensus has moved toward the idea that when somebody yawns, the brain cools down. Therefore, if the air temperature and indeed the temperature of the brain itself rises, the episodes of yawning increase.



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FRESH AIR: Major study findings probably surprise nobody.

Healthy outdoor lifestyle

ANYONE living in Spain will probably be among the first to agree with the following statement ... 'spending time outside is good for you.'

This has also been backed up by a major study undertaken from almost 300 million people who were analysed as part of a review into the supposed benefits of nature.

The researchers found that an outside lifestyle can dramatically cut the risk of type 2 diabetes, heart disease, stress and high blood pressure.

Those behind the research - which has taken place over a number of years - hope that the discoveries will encourage doctors to recommend patients spend more of their time in

green and open spaces.

Data was studied by the University of East Anglia from 20 countries around the world, including the UK, to come up with their one sentence conclusion. Caoimhe Twohig-Bennett, a PhD student and lead author of the study, admitted they are unsure what causes the benefits

found.

She said: "Spending time in nature certainly makes us feel healthier, but until now the impact on our long-term well-being hasn't been fully understood.

"It reduces the risk of type 2 diabetes, cardiovascular disease, premature death and preterm birth, and increases sleep duration."

Miss Twohig-Bennett added: "We hope that this research will inspire people to get outside more and feel the health benefits for themselves. Hopefully our results will encourage policymakers and town planners to invest in the creation, regeneration, and maintenance of parks and green spaces."



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PAIN RELIEF: A hip replacement is often the only option.

Time for a hip-op?

IF you're experiencing pain in your hip due to an injury or arthritis, you understand the affect that it has on your everyday life. When arthritis or injuries are severe, many times your only option is to have a hip joint replacement.

The hip is a ball-and-socket joint and is one of the largest joints in the body. It's made up of the acetabulum which is the part of the pelvis bone that forms the socket and the femoral head which is the upper end of the femur that forms the ball. The surfaces of the ball-and-socket are coated with articular cartilage that provides cushioning for the joint as it moves. The synovial membrane, the tissue that surrounds the hip, creates fluid that lubricates the cartilage to reduce friction during movement.

In a damaged hip, the articular cartilage becomes worn down so that the ends of the bones rub against each other without any form of cushioning. This causes a great deal of pain for the patient.

There are many diseases and conditions that can cause a hip injury severe enough to warrant a hip replacement. Arthritis can cause the synovial fluid to become inflamed and results in cartilage wearing away too. If you're dealing with severe hip pain and stiffness that persists even when at rest, you may need to undergo a hip joint replacement.

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Palm honey is worth a gold medal

LETTERS FROM CANARIES

By Barbara Belt
barbarabelt@gmail.com

SINCE my last missive, we've sung, dressed up, danced traditional dances, eaten and drank too much, and generally enjoyed Canaries Day, as we do every May 30.

It's a celebration of all things Canarian, marking the Canary Island parliament's first session, which was on May 30, 1983, since which time the islands have constituted one of Spain's autonomous regions.

The then Provisional Parliament had to choose a date for Dia de Canarias which: 'Has a historical, but at the same time contemporary, significance, with a future focus (!)'. This, understandably, created lots of argument and near fracas for the fledgling parliament. Commemorating the date of the first Canarian Parliament then saved the day. Politicians like a bit of immortality.

Dia de Canarias has become an institution, featuring national dress that's rocketed in popularity over the last 35 years, with each island boasting its own. There are romerias, fiestas, sporting events, concerts, school parties as well as performances of Canarian legends and history.

To mark the date, worthy Canarians are award-



INSTITUTION: Canaries Day celebrations.

ed the Canarian Gold Medal. The list of winners is long and dignified, but let's skip to the 'Los Guaraperos de La Gomera, for keeping alive a 500-year-old tradition' award.

These guaraperos (palm sap tappers) climb tall, swaying palms to work with sharp tools at the top. It's risky. The award, sadly, comes too late for father-of-three Jesus, a leading guarapero who was found dead under a palm tree in March.

"On the islands, the indigenous population made honey from palm trees. This liquid looks like cloudy lemon water and has a very agreeable flavour. When concentrated by boiling, it pro-

duces a syrup known as miel de palma (palm honey) used in the confection of desserts and sweets," said A J Benitez in *Historia de las Islas Canarias*.

When the Spanish arrived in the 15th century, the native populations of all seven islands were tapping guarapo and drinking it, or boiling it down to make palm honey, and had done so for millennia. Since then, the practice has disappeared everywhere but La Gomera.

The guarapero climbs to the top to clean off greenery and expose the crown. He uses a chisel to gradually form a hollow there, inserting a hori-



GUARAPEROS: The palm sap tradition lives on.

zontal length of cane to drain the guarapo off into a bucket suspended below. Early next morning, it's collected and filtered. Once a palm's been tapped, the delicate, exposed area needs protecting from sunlight. New fronds quickly sprout. The palm mustn't be tapped again for three or four years. The guarapero's work is sustainable. Palms aren't harmed.

Today, guarapo is poured into stainless steel cauldrons, slowly cooked for several hours and gradually becomes thicker, darker and sweeter. When a thin, continuous string of boiled guarapo falls from a spoon, it's miel de palma and is left to cool before bottling for sale. Try some if you can get it. It's delicious! Congratulations to all Canarian Gold Medal winners, especially Los Guaraperos de La Gomera. Rest in peace Jesus.

Advertising Feature

ParkandGo celebrates two years of contract for €400

NOW in its fifth year at the Alicante-Elche airport, ParkandGo Alicante is extending its special offer to clients by offering a two-year contract promotion for €400.

This is a limited time offer and to benefit from it you only have to present this article, or the voucher on page 46 in this week's edition of *Euro Weekly News*.

The ParkandGo company does exactly what its name promises, you just park and you go.

Parking at Alicante-Elche airport has never been as cheap, simple and convenient as it is now with ParkandGo, which is part of a large, reputable company and is the chosen car park for Ryanair customers who book airport parking.

They have over 1,000 outdoor spaces and more than 100 covered lots with indoor parking also available. A network of minibuses is available 24 hours a day, seven days a week, so there is never any delay in

boarding your shuttle transfer to the airport terminal after you have dropped off your vehicle.

The site is conveniently located just minutes from Alicante-Elche airport and is accessed via its entrance so users know they are close by without having to add to their journey time.

Aside from a stylish on-site reception area with coffee and snack facilities which stands out against the regular portacabins normally used, they allow customers to keep their car keys, although they can of course hold them if preferred, but unlike most other companies as they do not move your vehicle you can keep your key which gives many clients extra security and peace of mind.

If however you are leaving your vehicle for a longer period of time you may wish to entrust them with the key and take advantage of a range of other services available. ParkandGo can offer a full valet service,



PARKANDGO: New, modern facilities at Alicante-Elche airport.

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Summer Craft Fair

SOON, those living in the part of Javea near the port, will celebrate their Fiestas de Moros y Cristianos.

So on several days, the artists and craftsmen who take part in the summer craft fair in Javea Port won't be able to set up their stalls.

This means that this Saturday and from Thursday July 19 until Sunday July 22 there will be no craft fair.

On all other days however the fair will open as normal, offering original craft work on the sea front promenade in the port.

There is always a wide choice of beautiful hand made things; soft and wooden toys; leather bags, belts and purses; pottery; wooden sculptures and little animals made of shells; lamps made of recycled tins; water colours and hand painted t-shirts;

brooches made of real orchids and jewellery made of all sorts of materials: silver, leather, ceramics, macramé and even recycled beer cans. All hand made by the people on the stalls.

For your further entertainment there is live music: on Mondays you can enjoy the Happy Freuds and each Wednesday there is classic jazz and Soul by Montgó Music.

Tonight (Thursday) María will sing to the sound of her guitar and every Saturday the potter José brings his wheel to teach the young and old how to turn their own bowl or cup.

The fair opens every evening from 7pm and continues until midnight. More information (also in English) can be obtained by calling 639 979 678 and photographs of what to expect in the stalls will be found at <http://www.amata.es/JaveaSum17.html>.



HAND MADE: Some of the unique items at the fair.



Eat Well to Live Well

by Andrew Harding



LAST week I talked about diets at length, so could only include a simple recipe. This week, there will be little discussion and more recipes!

When I cook I like a beer, glass of wine or this twist on a gin and tonic!

• Gin and Chilli Tonic

Serves 1

3 whole ice cubes
1 measure gin
1 slice lemon
1 whole red birds eye chilli pepper, sliced in 1/2 lengthways and deseeded

4 measures tonic water
Place in a Highball glass in this sequence and then enjoy.

Tip: Wear rubber gloves when preparing the chilli pepper.

• Seared and Roasted Beef with a Pickled Walnut Sauce

Serves 4

1 kg whole fillet steak
1 tablespoon black peppercorns,

ground

1 tablespoon butter
500ml beef stock
6 whole pickled walnuts, chopped
2 tablespoons juice of pickled walnuts

Coat the fillet steak in the ground black pepper and saute in the butter on all sides to seal. then the outside is cooked, place in the oven pre-heated to 200 Celsius (fan oven) 220 Celsius (conventional oven) and cook to personal preference. I would recommend buying a meat thermometer, which for safety's sake is necessary to prevent food poisoning from undercooked pork, chicken and turkey.

The thermometer is inserted with the tip in the middle of the steak and should read as follows:

Rare: 52 Celsius
Medium Rare: 57 Celsius
Medium: 63 Celsius
Medium Well: 66 Celsius

Well: 71 Celsius

Place the beef stock, pickled walnuts and the walnut juice in a frying pan, bring to the boil and reduce in volume to one third.

Serve

Tip: Using a saucepan to reduce the sauce will take much longer than using a frying pan.

• Mushrooms with Garlic

Serves 4

1 tablespoon olive oil
4 whole garlic cloves, skinned and chopped
350 grams mushrooms, coarsely chopped
1 teaspoon black peppercorns, ground
Salt to taste

Place olive oil in a frying pan and saute garlic until transparent, remove garlic and reserve.

Add mushrooms to the pan and saute for three or four minutes so they are still firm. Add the reserved garlic, season and serve.

Tip: There are many varieties of mushrooms, the normal white supermarket ones can be slightly bland. Wild mushrooms are much better.



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Credit: Carlos Figueroa Wikimedia

CUBAN MUSIC: Alexander and Randy, Gente de Zona.

The thrilling sound of Reggaeton

THERE is a certain sound that is connected with Cuban music and Calpe will be throbbing to Gente de Zona, a show sponsored by Marc Anthony.

It's organised by the local council and the Moors and Christians Association Santísim Crist de la Suor and will take place on Wednesday August 15.

After a successful tour taking them from Europe to the United States, plus his collaborations with artists such as Marc Anthony, Jennifer Lopez, and Laura Pausini, Gente de Zona has with their new single Te Duele, already achieved 10 million views on YouTube, and ninth position on the Spanish trending list for Spain on Spotify.

The actual event which is more than six hours of show presents DJs, Salsa and Bachata dance together with a good assortment of typical Cuban dishes, will begin at 8pm in the Parc de la Creativitat with the star, Gente de Zona appearing at midnight.

Members of the National Symphony Orchestra of Cuba, Alexander Delgado and Randy Malcom will be leaders of a band of excellent musicians.

This duo who are at the forefront of Reggaeton have become very popular since 2014 when they had a huge hit with Enrique Iglesias and have since gone on to find more success in their own right and with Marc Anthony.

The two main men, Alexander Delgado and Randy Malcom, began rapping in 2000 in Alamar, a district of Havana considered the birthplace of Cuban hip-hop so they have learned their trade from the ground up.

The duo to Spain this summer on a three-day tour that will take them on August 15 to Calpe, Marbella on August 16 and Manga del Mar Menor in San Javier, Murcia on August 17.

Tickets will be on sale in Calpe, in the Association of Moros y Cristianos de Calp, in Estanc n ° 1, carrer llibertat n ° 3, and in Librería Corbeta C / Corbeta Edf. Apolo 4 as well as online from yesterday (Wednesday).

Madam Butterfly one of the great operas

THE breakup of the USSR and the large number of new independent republics has had an unexpected bonus for classical music lovers.

Every republic within the union had its own academy of music and now, looking for financial support, many of these countries are now sending their world call performers into Europe and other parts of the world.

The Benidorm Palace is welcoming the Moldova National Opera to the premier auditorium in the city on Sunday October 21 for a performance of the classic opera

Madame Butterfly by Puccini and with the ability to call on more than 100 musicians and a chorus of 50, the presentation is sure to be epic.

Set in Japan, the opera tells the story of Madame Butterfly who is disowned by her family when she marries and is then deserted by a US Naval Officer Lieutenant Pinkerton who eventually returns to her to take their child away and she commits suicide.

Tickets for the show which starts at 9pm cost from €30 to €40 and may be obtained direct from the Benidorm Palace.

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Nora Johnson
Breaking Views



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

Only mad dogs and Englishmen!



HEATWAVE: The UK is preparing for another scorcher this summer.

WHENEVER there's a couple of weeks of extreme weather in the UK, the red tops are full of scare stories predicting that this is the way it's going to be from now on - with the usual dire consequences. You know: 'Health authorities have warned that extreme summer heat is set to become the norm, and that we need to get better at preparing for it.'

Health authorities? The norm? Based on what science? What data? What evidence? A few old tea leaves, the eye of a toad and a bloodied rabbit's foot?

Or maybe the same technique for weather forecasting that Great Aunt Ethel used. Go to the beach, bring back a long bit of seaweed, hang it up outside and examine it every day. If it's dripping wet, it's raining; if it's wet but not dripping it has rained. If it looks whitish, it's frosty. If it looks white, it's been snowing. If you can't see it, there's fog. If it's dry, it's fine but if it shrivels up and drops there's a drought. However, if it's brown and burnt-looking when it drops, there's been a heatwave. Infallible!

Recent British summers have been rub-

bish - a few rays of sunshine, lots of cloud, too much rain - accompanied by the inevitable media reports predicting decades without 'real summers.' Some years ago, there was a run of mild winters with the red tops sounding off about kids in Britain never getting to make snowballs or see frost on trees.

A week or more of hot, cold, wet or windy weather isn't conclusive proof of some imminent and long lasting shift in the UK's climate. It's always been variable!

So, for those of you over there, this isn't

a heatwave ... it's called summer. Enjoy it while it lasts. Phew! A few weeks without rain? Soon enough there'll be drought warnings, hosepipe bans and, inevitably, an increase in those water bills ...

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 charity

columnists@euroweeklynews.com

LEGALLY SPEAKING

Was Horizontal Law broken?

Q. Can you tell me if the HPL is within the Spanish Civil Code?

If this Law is continually broken over many years, what remedy is there via the courts? There is a mass of evidence to show that the law has been abused or ignored. I am not referring to decisions which are disputed, but to serious breaches of this law that is supposed to regulate Communities of Owners.

M C (Costa Blanca)

A. The Law of Horizontal Property is not within the Spanish Civil Code, which is the general

body of regulatory law. The Horizontal Law is a separate body of rules that regulates Communities of Property Owners.

If you have evidence that your Community, by votes at the AGM or by the actions of its officers, has broken this law, you need to consult a Spanish lawyer who is experienced in the affairs of communities. The lawyer can steer you through any complications. Even one owner alone can bring legal action against the Community. If you can gather a group of owners to share the expenses and the problems that may arise, this will be to your advantage.

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.

TECH FOR THE TIMID



A cloud of suspicion

Does every silver lining have a cloud?, wonders Terence Kennedy

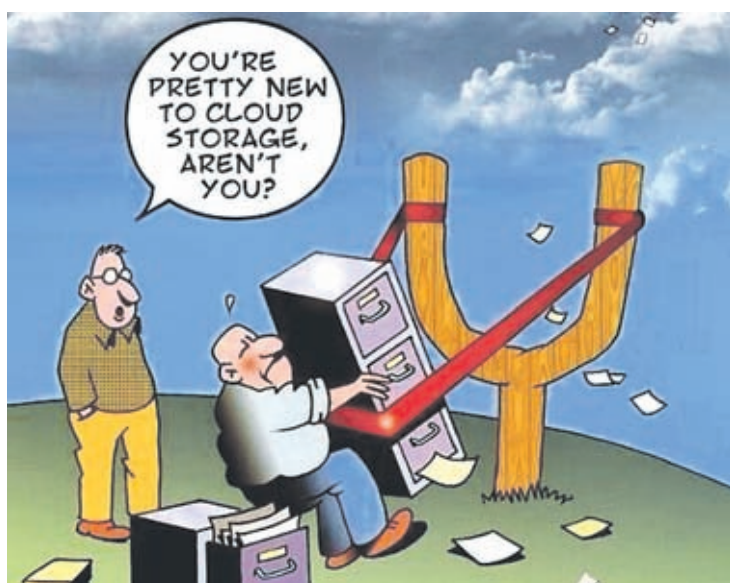
MY nephew asked recently: "What happens to our cloud data when there's a thunderstorm?"

My too-geeky answer about needing a Lightning connector is lost on pretty much anyone without an Apple computer which has one. But should the everyday Joe and Jose be using that fabled cloud?

Just to be clear, St Peter hasn't suddenly been surrounded by bits and bytes because 'The Cloud' began seeping into our tech awareness over the past 18 years or so. That's despite any number of wacko data storage ideas which have even included internet access from balloons.

'Cloud' is a misnomer. Saving your precious family snaps to the cloud actually sends them somewhere far less romantic: a gigantic sprawling data-centre near Dublin, most likely, or Microsoft's server farms in Seattle, or winging off to the monstrous Googleplex in California.

Cloud storage has become possible thanks to our growing high-speed data access from our Internet Service Providers. Sceptics quite rightly see 'The World As We Know It' coming



THE CLOUD: 18 years and growing.

to an end, come the day we suddenly can't just click and download - better then, they say, to keep all our own data on our own storage, whether that's hard-drives, flash sticks, increasingly-obsolete data DVDs and CDs, or clay tablets.

But there are compelling reasons

for using the cloud. Let me name the ways.

* Backup: the computing 'rule of threes' says you should always have at least three copies of any important data, one of them 'off-site'. If your computer breaks, or goes walkabout, your data will still be safe up there in

the cloud when you're ready to reinstall it. And cloud services can automatically back-up everything you do.

* Synchronisation: most cloud services will synchronise between any devices registered to your account. Draft the day's documents in your office, then access them to continue at home without faffing around with flash drives.

* Sharing: if you're embarrassed sending out scads of pictures of your utterly unique pussycat to your entire address book, just put the photos in the cloud instead and let friends and family choose whether to subject themselves to your moggy or not.

* Collaboration: there's a whole free office suite in the cloud for the asking, and several people can work on the same document, which will always be up to date.

Nay-sayers grumble that cloud services can be hacked. Well, so can your own computer. If your stuff really is that sensitive, just keep it on a flash drive in your underground bunker with your stash of corned beef and gas masks.

Cloud: 'Nein'?

CLOUD computing is a circus business these days (sorry).

Mostly, it's free to try. Microsoft provides OneDrive free with Windows 10, for 5 GB of data. Dropbox gives you 2 GB free, while Google Drive ups the ante with a generous 15 GB to start you off.

These and others hope to hook you (but mainly corporate users) into buying more storage. But free is fine for most of us.

With a reasonable broadband connection, you can set most of these programs to backup everything you do automatically.

Keeping copies of your data locally is also prudent of course, but come the crash (and it will, eventually), it's comforting to know your precious information is still available from the cloud. As long as there's no thunderstorm.



TV COUCH CRITIC

by Adam Whalley-Lewis

IF you were able to drag yourself away from the sun lounger on Tuesday morning and caught any of *BBC1*'s coverage of the events to mark the *Royal Air Force's centenary*, I hope you enjoyed it as much as I did.

The Royals looked spectacular and a nod to the Duchess of Cornwall, who regularly shows us that a woman of a certain age can totally pull off an above the knee summer dress and to the Duchess of Sussex, who wore less jewellery than anyone in the Abbey and still looked spectacular, the black dress really 'suited' her. Sorry, couldn't resist...

There was even a comedy moment when the Archbishop of Canterbury bowed his head, complete with Mitre, with so much reverence that he nearly took Her Majesty's head off on the way back up - are you picturing cries of 'off with his head,' I was.

Of course the real stars of the programme were the past and present magnificent men and women in their flying machines and those who keep them up there. The flypast was lump in the throat stuff, coordinated for the BBC by Sophie Raworth, who let's hope is paid as much as her male counterparts.

While the BBC did its civic duty on Tuesday,



FLOWER POWER: Jo Whiley and Joe Swift at Royal Hampton.

ITV were showing *This Morning* and then *Loose Women*. LW (as I like to call Loose Women) has reportedly recruited a chap to be on the panel.

This year Robbie Williams, Paddy McGuinness, Olly Murs and John Barrowman have all been on the panel, but only as guests doing one episode. Not sure what I think about a full time bloke. It could turn the show into a Victoria Wood sketch where the man is given the potentially sensitive women's health interview and the ladies all chat about drinking pints and the fact wolf whistling is about to become a hate crime.

To be fair, Ruth and Coleen probably will cover the wolf whistle story at some point.



FLYING HIGH: A RAF Typhoon.

ITV2 is still showing *Love Island*...

Since moving to Spain I've had to learn a whole new way of gardening and lost numerous timid, flowering plants whilst crying 'but I water them every day,' so it was a pleasure to watch *BBC2*'s coverage of the *RHS Hampton Court Flower Show* last week. I particularly enjoyed Saturday's show and will steal the ideas about creating privacy in your garden with pride.

Another programme running its course last week was *BBC1*'s *Celebrities on the NHS Frontline*, you can catch it on BBCiPlayer. I think the concept of the show was probably better than what we actually saw.



HOST WITH THE MOST: Robbie Williams on Loose Women.

Can you imagine waking up in hospital and Ann Widdecombe appearing to try and find you a bed, or Michael Mosley telling you he's not judging you, but then describing someone in rhesus as having a self-inflicted patient problem.

Stacey Dooley did a better job in the cardiac unit and Jonnie Peacock shed a tear on the children's ward. You can't knock the idea and we can't thank the wonderful NHS staff, my Mum amongst them, enough for what they do. Just one ask, don't picture Ann in a nurse's uniform - you just did, didn't you?

This weekend's TV is dominated by football and tennis.

Happy viewing.

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Another for Autograph Collection

MARRIOTT INTERNATIONAL'S Autograph Collection Hotels has opened the Eugenia de Montijo, in the centre of the UNESCO World Heritage site of Toledo in Spain.

The 42-room hotel operates in the former palace of the Empress Eugenia de Montijo, after being redesigned by Spanish architects Manuel Bernard and Sainz de Vicuña in tandem with Interior Design Leitmotiv.

The property is located near the cathedral and Jewish Quarter, as well as the Church of Santo Tome where painter El Greco's masterpiece, The Burial of the Count of Orgaz, resides.

John Licence, Marriott International's Vice President of premium brands Europe, said in a statement:

"The hotel's rich heritage, intimate size and chic, modern design creates a unique



Credit: Autograph-hotels.marriott.com

LUXURY LIVING: The Eugenia de Montijo is Marriott's second Toledo hotel.

getaway experience like nothing else.

"We look forward to welcoming guests as they discover the special city of Toledo."

“ Modern design creates a unique, getaway experience, like nothing else.

This is Marriott's latest addition to the Autograph Collection brand, which will join the other Spanish locations of Madrid, Baqueira, Santiago de Compostela, Granada and Barcelona.

Marriott has a total of 77 hotels operating in Spain under its AC Hotels, Autograph Collection, Edition, Renaissance, Ritz-Carlton, and Courtyard brands.

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Sun and sea keep Brits on the Costa



BRIGHT FUTURE: Homebuilders Taylor Wimpey España have a strong footing in the Spanish market.

THE ongoing Brexit uncertainty shows no signs of dampening British people's love of the Spanish sunshine.

In fact, Danish holiday rentals company Novasol has conducted a study that reveals that mainland Spain is the top choice for British holidaymakers looking to take last minute, warm weather breaks.

Moreover, leading Spanish home builder Taylor Wimpey España (TWE) knows very well how easy an option Spain is when it comes to owning a second home overseas.

Marc Pritchard, Sales and Marketing Director of

TWE said:

"Spain has a mature market when it comes to servicing overseas buyers, and Taylor Wimpey España has been building homes here for more than 60 years.



Add in the weather, and you have the ideal location for a holiday home purchase.

"Not only is the purchase process relatively straightforward, Spain's numerous, inexpensive

connections to the UK mean that it's a hassle-free option.

"Add in the weather, cuisine, coastline and leisure pursuits and you have the ideal location for a holiday home purchase."

Novasol's findings showed that the Costa Calida, the Costa del Sol and Costa Blanca were the three most popular destinations, with Spain also dominating the rest of Europe in terms of overall arrivals numbers.

Property prices in Spain have recovered to 2012 levels, and more homes were purchased in 2017 than in any year since 2008.



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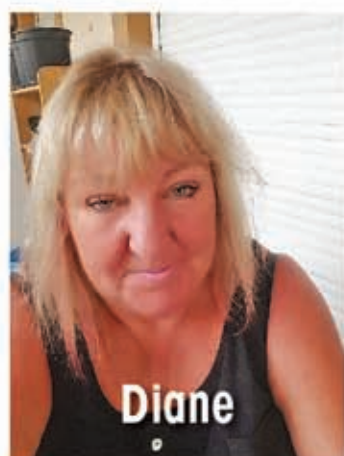
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Advertising Feature

Install the fence that can save lives

Q. WHY should Richard and Tony be the busiest people on the Costa Blanca?

A. Children are the greatest gift life can bestow on you, and the loss of a child is an almost unimaginable tragedy.

Yet every year throughout Spain there are, on average, 200,000 recorded incidents of children needing medical treatment after nearly drowning.

These can range from an on-site check up by an ambulance crew, to a full medical emergency resulting in life changing illnesses for the child and its family.

Most of these occur in swimming pools. Unfortunately, and tragically, around 100 of these children will die.

The greatest tragedy is that, like most accidents, the vast majority of these incidents are preventable. In the 1980's road deaths in the UK had an alarming statistic: 100 lives every week, over 400 every month. The equivalent loss of life of having a 'Hillsborough' every week and a 'Lockerbie' every month.

The majority of these deaths would have been prevented by the use of seatbelts, yet



SAFETY FIRST: Keep your children safe.

people were reluctant to use them.

When seatbelt use became the law, these numbers were more than halved. Nowadays, no sane person would ever use a car without belting up, and would definitely never allow children to travel without seatbelts.

Richard and Tony are the owners of Neater Pool Guardian Fence. They supply and fit removable swimming pool safety fences that comply with EU Regulations.

Once installed, they can prevent your children accessing the pool during those brief moments of distraction that you will inevitably have, maybe not today, but one day.

With a Neater Pool Guardian Fence installed, you will have the peace of mind of knowing that, when that heart-wrenching moment does eventually come, the one place you won't have to look for your child is the bottom of your pool.

That is why Richard and Tony should be the busiest people on the Costa Blanca.

For more information please visit their website www.neaterpoolguardian.es or telephone 634 312 171.



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Advertising Feature

Make sure that your garden looks great

THERE is no doubt that whilst many people enjoy working in the garden, others find that the heat can be too much and prefer to obtain help to keep everything tidy.

Happily, be Green-Azcarraga Jardineria SL, based in Denia, offers both services as it is not only a fully equipped garden centre, but also offers a complete range of support services.

You can visit their centre which is open from Monday to Saturday to view their wide range of horticultural stock or discuss with their expert and qualified staff what they can offer to assist you to either maintain an existing garden or create a whole new outside look.

The be Green Global Garden Centre can offer to supply everything you need to keep your garden trim and in good shape or they can agree a maintenance pro-



Credit: Shynartanya Shutterstock

LOOKING AFTER YOUR GARDEN: be Green offer a range of support services.

gramme. If you have a new build or just want a change, they can offer to design and/ or construct to

meet your needs and expectations.

Employing, as they do, knowledgeable staff who understand and care

for all things green, the company is confident that not only will customers be enthused by the experts'

dedication but will be more than happy about the quality of service which they will be offered.

Covering the whole of the Marina Alta area and with regular weekly special offers on products at the garden centre, it is recommended that if you haven't been to see them that you do so and get to know the products which are available at very competitive prices.

be Green Global Garden Centre can be found at Partida Madrigueres Sud 9, 03700-Dénia, Alicante and once their new website www.begreengarden.com is up and running, you will be able to check on the full range of services offered.

In the meantime the Centre is open 9am to 2pm and 5pm to 7.30pm on Monday, from 8.30am to 2pm and 5pm to 7.30pm Tuesday to Friday and 9am to 1.30pm on Saturday.

You can call for advice on 965 779 663 or email info@begreengarden.com



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RIGHT ON 'CUE: A summer barbecue is a Spanish must.

BARBECUE cooking has stood the test of time, and for very good reason.

There is no better way to celebrate summertime than sparking the coals, getting the embers glowing and those prawns sizzling.

With a little bit of preparation, you can make this your best and safest summer yet.

Protect against the sun. Starting a good BBQ takes patience, and a lot of time in the heat.

Make sure to don a hat and a pair of sunglasses and apply sun-

screen. You want to cook the food, not yourself.

Keep away from any flammables.

The last thing you need whilst cooking up a storm is to set your garden alight.

Ensure your BBQ is secure, and the flames are kept far from any combustible material.

Last but not least, stay hydrated.

Keep water handy so you can keep yourself healthy.

After all, the food is only ever as good as the cook!



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London Pride

Great low maintenance flowering ground cover

GRAEME TYRRELL

THE Mediterranean climate allows the use in the landscape of many plants that in northern Europe can only be used as indoor plants.

One of them is London Pride (*Crassula multicava*). It is a wonderful, easy to grow, self spreading succulent.

I use it as a ground cover around taller bushes and trees. It grows quickly when planted in autumn and spreads quickly with the cooler weather and moist soil in winter.

In spring it has a profusion of small, very fine white to pink flowers on long stems that look very attractive rising high above the leaves. In summer it tolerates the heat very well with minimal watering requirements.

Its advantages are that it covers the

soil with attractive foliage with minimal maintenance.

It is not invasive as it is so easy to remove from places that you do not want them to spread to. This can be a disadvantage if you have animals in the garden that scratch or dig as the plants can be quickly damaged.

A visitor to my garden, who is a professional gardener, recognised the succulent and was fascinated to see how well it had established all around the shrub beds of my terrace. He had only known it as an indoor plant.

It is a great pot plant as it is so hardy. It will proliferate with even poorer soil mixes for years and is usually tolerant of irregular watering. In northern Europe it is a popular pot plant but most regions are too cold to grow it as a landscape plant in an

open garden. The London Pride originates from Africa.

In the Mediterranean garden it will grow so easily. Pieces can be broken off established plants and planted wherever you want more to grow. They also seed prolifically and so renew themselves in the garden and self spread in this way.

The *Crassula* family of succulents, which London Pride belongs to, includes Jade plants and the Silver Dollar plant that are also more commonly grown in containers. I also grow these as landscape features in the garden.

The garden needs to have good drainage so it is necessary to have compost and you can even add fine stones to ensure that the soil does not



GROUND COVER: The attractive London Pride in flower.

get waterlogged in wet weather or when watering. They do not tolerate wet feet for long. They are shallow rooted so a good mulch of compost can be sufficient to grow London Pride successfully in the garden without having to cultivate deeply in established shrub beds.

You only need to water them when you see the leaves are becoming thin and perhaps wrinkled. They will normally recover quickly and swell up

again to store the water that enables them to survive long periods without additional watering.

I tend to just water the shrubs in the garden as required and the London Pride take advantage of this watering, so they are not additional work to water and the thick ground cover means that there are few weeds that can compete in the dry conditions that the London Pride can survive in summer.



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Can you pet-sit Nuka this August?

NUKA needs a dog-sitter in August, can you help?

Nuka is a labradoodle who loves walking in the Chiltern Hills near her home. Her owners are attending a wedding abroad this summer and need a dog-sitter for her while they are away.

They live in a charming English village with stunning scenery and near a train to London. Would you be interested in being this pet-sitter? Can you

help Nuka's owners?

Dog-sitters give peace of mind.

Peter, Nuka's owner, says they prefer having live-in sitters to care for their pets in their own home.

Nuka is very gentle, easy going and fairly easy to care for, with walks straight into stunning scenery directly out of the front door of the house. Peter and his wife like the pets to maintain their routine during the day and for someone caring

to be with her at night in her new home. So a live-in house-sitter is the best choice for them while they are away.

What our members say about us on Trustpilot.

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Well, what can we say but that we are DELIGHTED to have secured a fabulous pet-house-sit assignment, so shortly after joining HouseSitMatch. The professional and personal support that Lamia, the Founder and Owner of HSM, offers is second to none! We have been pet-house-sitters for more than 11 years but this is no doubt the beginning of a very exciting journey with HouseSitMatch.

Thank you Lamia for the vote of confidence. We'll raise a glass to happy sits, happy pets and happy home



Nuka walking in the cool woods in Buckinghamshire UK near her home

owners!

Malcolm and Marie - House-sitters, Wales UK.

How we work.

All new members register to join our online HouseSitMatch 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

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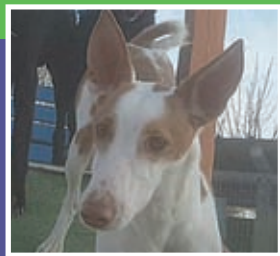
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Travel

Adventures in Africa

ONE of the best perks about living in Spain, or visiting there often, are the amazing travel opportunities to exotic destinations. Madrid, Barcelona, Galicia, Granada, Ibiza, Portugal and France are all completely different from one another yet right on your doorstep.

But what about Africa? A quick glance on the map tells you that a vast continent is just a sail away, or even a swim if you're fit enough. But travelling there for the first time can be quite a daunting prospect, especially with visas, vaccinations and language issues.

Enter the Spanish enclaves of Ceuta and Melilla. Just as the UK has maintained Gibraltar, Spain has its own overseas territories, both claimed by Morocco. Ceuta is an old Spanish penal colony with a fascinating history, while Melilla has been under the Spanish flag for more than 500 years.

Both are excellent travel destinations in their own right and, by travelling to Africa, you can certainly tick off the 'something different' box.

Ceuta and Melilla are not in the same region. Ceuta is near the Moroccan port of Tangier, about a six-hour drive from Melilla to the east.

Ceuta doesn't have its own airport but you can fly from Malaga by helicopter if you're feeling adventurous. Most people opt for the



CEUTA: Near Morocco.

MELILLA: Less touristy.

fast ferries from Algeciras which run several times a day and take just 45 minutes.

Melilla is less touristy but does have its own airport with flights arriving from Malaga, Madrid, Almeria, Granada, Valencia and Barcelona. A more leisurely option for those

who don't get sea sick are ferries from Malaga, Almeria and Motril, which take from three to seven hours.

Which city you choose for your North African adventure depends on what you're looking for. Ceuta is a perfect destination for



those interesting in exploring beyond the border and seeing real Morocco. After all, having gone all the way, it would be a shame not to visit the bustling medinas of Tangier, just a short bus ride away.

Entering Ceuta from Morocco will be a genuinely eye-popping experience as you see first hand the many challenges faced by border police. If that discourages you, worry not, Ceuta has some of the best duty free shopping in Spain courtesy of its autonomous status!

Melilla on the other hand is much more interesting as a tourist destination in and of itself. Walking tours of the old city and its many museums present a fascinating insight into the region's maritime history. You can explore the legendary Caves of the Convent, relax at the beach, or go sailing or fishing in the glorious blue waters.

The city will have a familiar vibe for Spanish residents, flush with tapas bars, flamenco music and an abundance of tourists from the mainland. A perfect easing in to your African adventure.



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MOTORING FACT



Car manufacturer Lotus designed Chris Boardman's sci-fi bicycle which he rode to victory in the 1992 Olympic 4,000m pursuit final.

NUMEROUS new features in the area of drive-technology enhance driving fun as well as reducing emissions in the current Mini models as from summer 2018.

Emission control in all petrol-engine variants of the Mini three-door, Mini five-door and Mini Convertible, as well as the Mini Clubman and Mini Countryman, will include a particulate filter as from this month.

This demonstrates how Mini consistently continues to pursue the optimisation of emissions in its current models.

The diesel engine variants of the Mini Clubman and Mini Countryman have met the Euro 6d-TEMP standard since March of this year, and their emission control system includes not just a diesel particulate filter and an NOx

Eco friendly Minis



Photo credit: BMW Group

storage catalytic converter, but also an SCR catalytic converter which features a special urea injection (Ad-Blue) for highly effective reduction of nitrogen oxide emissions.

In addition, the relevant model variants of the Mini Clubman and Mini Countryman will be fitted with enhanced petrol engines as from now too.

Here, optimised Mini TwinPower Turbo Technology especially benefits fuel consumption and emission levels.

As an alternative to the standard manual transmission, the petrol engine models of the Mini Clubman and Mini Countryman will be available with a seven-speed Steptronic transmission from now on.

**EMISSIONS:
Reduction.**

Nano no-no

RUMOURS are rife that production of the Tata Motors model called the Nano are about to cease. Manufacturing of the Indian-made car have slumped compared to June 2017 when 275 units came off the production line.

Twelve months later, that number had dropped to one. Sales were just as poor with just three Tata Nanos being driven away from the forecourt in June 2018.

Permanent underground parking

A NIGERIAN man has had one of the strangest, but luxurious, funerals of all time.

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It's not about the money

VOLVO is shortly to launch a new brand - Volvo M - which looks to deliver a broad range of mobility services offering 'Freedom to Move.' It is due to launch in Sweden and the USA next year.

Car makers are starting to think outside the box as the future of

personal mobility changes and outright car ownership, perhaps, becomes a thing of the past.

Already offering 'Care by Volvo' where customers can rent a car just like a phone, Volvo is now looking further ahead and is launching a new brand - Volvo M.


Volvo has been running a car sharing plan in Sweden for 20 years (known as Sunfleet) and it will be incorporated into the new 'M' as Volvo extends what it offers.

Volvo say that current mobility services, including their own, only offer an alternative to taxis or public transport, but Volvo say the new 'M' will focus on the way people use their cars and deliver a service which can take its place.

Volvo CEO, Hakan Samuelsson, said: "Volvo Cars is becoming more than just a car company. We recognise urban consumers are rethinking traditional car ownership. M is part of our answer.


We are evolving to become a direct-to-consumer services provider under our new mission 'Freedom to Move.'

"Volvo M will start to roll out in 2019 in Sweden and the USA, and although there are no real details of what is going to be on offer, Volvo makes it clear they want to respond to needs, rather than just offer services, and aim to build five million direct consumer relationships by 2025 to deliver that through an intuitive M App."



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Manual, Diesel
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3,995€



FORD Fusion 1.4 Urban
Year 2011
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Manual, Petrol
91,000 km
5,995€



MERCEDES-BENZ B180 CDI Autotronic - W245
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2000cc, 110 hp
Automatic, Diesel
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12,995€



MITSUBISHI Lancer Sportback 1.5 Invite
Year 2010
1500cc, 110 hp
Manual, Petrol
114,000 km
7,995€



NISSAN Micra 1.2i Visia Plus Auto
Year 2005
1200cc, 80 hp
Automatic, Petrol
99,000 km
5,995€



NISSAN Qashqai 1.5 DCI Visia 4x2
Year 2009
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Manual, Diesel
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Manual, Petrol
94,000 km

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TDCi
Year 2007
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Manual, Diesel
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4,995€



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Year 2003
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Automatic, Diesel
139,000 km

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KIA Picanto 1.1
SOHC LX, Year 2006
1100cc, 65 hp
Manual, Petrol
70,000 km

3,995€



MAZDA 3
Year 2009
1600cc, 105 hp
Manual, Petrol
40,000 km

7,995€



MERCEDES-BENZ
A160 BE Avantgarde
Year 2011
1500cc, 95 hp
Manual, Petrol
74,000 km

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Year 2012
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Manual, Diesel
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Hamilton fights back to stay in race

FERRARI'S Sebastian Vettel passed the Mercedes of Valtteri Bottas to win a British Grand Prix full of action, as Lewis Hamilton fought up from the back of the field to take second.

Hamilton drove superbly to recover from a first-lap collision with Vettel's teammate Kimi Raikkonen, and the result hinged on two late safety cars, when world champion Hamilton's Mercedes team took a strategic gamble.

Unlike rivals Ferrari and Red Bull, Mercedes chose

not to pit both their drivers for fresh tyres at the first safety car intervention.

The decision promoted Bottas, who had run second from the start, to the lead ahead of Vettel, while Hamilton was propelled two places up to third.

It was a gamble that paid off for the Briton - winning him crucial points in his title fight with Vettel and limiting the damage that could have been caused after the first lap.

However, it didn't work for Bottas, whose tyres ran



Credit: Formula1/Twitter

RAISED EXPECTATIONS: Vettel has extended his lead in the standings.

out and was passed by Vettel, Hamilton and Raikkonen before the end of the race.

Hamilton is eight points behind German Vettel in the championship, which is as tight as ever as the season ap-

proaches the halfway point.

"Winning a home Grand Prix is always a special thing," said Hamilton. "But in some ways I feel like I won today since I came from last."

Transfer rumours

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

Manchester City has agreed a €68 million deal with Leicester for long-term target Riyad Mahrez. (*Daily Mail*)

Paris St-Germain want to sign Barcelona midfielder Philippe Coutinho, 26, for €270 million to help keep fellow Brazilian Neymar at the club. (*Metro*)

West Ham hope to sign England midfielder Jack Wilshere, who is a free agent after leaving Arsenal. (*The Times*)

Real Madrid president Florentino Perez has already chosen Eden Hazard's squad number if the 27-year-old Chelsea star moves to the Bernabau. (*Talksport*)

Manchester United are confident of signing 29-year-old Chelsea forward Willian now Brazil are out of the World Cup. (*Sun*)

Everton has joined Arsenal in the race to sign Sevilla and France midfielder Steven N'Zonzi. (*Daily Express*)

Liverpool has received loan offers from Norwich and Sheffield United for 18-year-old Wales wonderkid Ben Woodburn. (*BBC*)



Credit: Al Kagou/Flickr

MERCURIAL MEXICAN: Hirving Lozano celebrates scoring against Germany.

Arsenal's Spanish left-back Nacho Monreal, 32, is a target for La Liga side Real Sociedad. (*Daily Star*)

Manchester United are ready to bid €45 million for PSV Eindhoven's 22-year-old Mexico striker Hirving Lozano. (*Mirror*)

Real Madrid want forward Cristiano Ronaldo to tell the club's fans he was not forced out of the Bernabeu if the Portugal captain moved to Juventus. (*Daily Mail*)

Paris St-Germain are willing to pay more than €113 million for Chelsea and France midfielder N'Golo Kante, 27. (*Metro*)

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World Cup 2018



Credit: Fabio Dena/Shutterstock

EXPERIENCED HEAD: Luis Enrique has a formidable record of success.

EX-BARCELONA and Roma coach Luis Enrique has been appointed as Spain manager on a two-year contract.

The 48-year-old former Spain midfielder replaces Fernando Hierro, who stepped down as interim boss on Sunday.

Hierro - who is not returning to his role as sporting director - was placed in temporary charge of the team after Julen Lopetegui was sacked on the eve of the World Cup.

Enrique has been out of management since leaving the Nou Camp last June.

Spanish Football Federation (RFEF) president Luis Rubiales said:

Enrique steps up for his country

"The decision was unanimous. I like his commitment and he has turned down better-paid jobs in order to coach Spain.

"He's a coach who has all the requirements the federation was looking for."

Luis Enrique, who played for Real Madrid and Barcelona, won La Liga, Spanish Cup and Champions League treble as Barca manager in 2015.

The RFEF also announced

that Jose Francisco Molina, a former Spain goalkeeper, had been brought in as sporting director.

Spain endured a World Cup tournament to forget, drawing against Portugal and Morocco in between a narrow victory over Iran.

They were then eliminated at the hands of Russia in the last 16, and Enrique, who knows a number of the squad from his Barcelona days, will be expected to turn their fortunes around.

Knox knocking on Ryder Cup door

RUSSELL KNOX intends to 'keep the hammer down' on home soil over the next two weeks in a bid to secure a spot in Europe's team for the Ryder Cup.

The Scot holed two remarkable 40-foot putts to beat New Zealander Ryan Fox in a play-off to win the Irish Open.

It catapulted him to eighth in the European Ryder Cup standings before this week's Scottish Open and the Open Championship at Carnoustie next week.

"This is a great start but it's not good enough," said Knox.

"I need to hammer down and I would love to

win the Scottish Open, and to be playing in the Open at Carnoustie, I'm very happy."

US-based Knox was controversially overlooked for a Ryder Cup wildcard in 2016 by then European captain Darren Clarke, despite being ranked higher than seven members of the team who eventually lost.

After finishing 12th in the recent US Open, Knox started a month-long sojourn in Europe last week by finishing tied for second at the French Open.

That lifted the 33-year-old to 87th in the world rankings, and he is now up to 49 after his stunning victory at Ballyliffin in County Donegal.

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SOUTH KOREA'S Kim Sei-young broke the LPGA Tour's 72-hole record as she won the Thornberry Creek Classic with an incredible 31 under-par score. The 25-year-old's nearest challenger in Wisconsin was Spain's Carlota Ciganda (22 under).

Sharma knocks England for six

ROHIT SHARMA made a stunning 100 not out to help India beat England by seven wickets in the third Twenty20 match and secure a 2-1 series victory.

England, batting first, could manage only 87 runs from the final 10 overs to post 198-8 in Bristol, despite Jason Roy's blistering 67 from 31 balls.

Rohit shared an 89 run stand with Virat Kohli and accelerated in the final overs to put India in control.

He and Hardik Pandya closed out the match with eight balls to spare and it was the highest run chase by any team against England in an international T20.

Three brilliant catches - one from Jake Ball and two by Chris Jordan - interrupted India's chase, but Pandya took 20 runs from the 18th over - bowled by Ball - to turn the match in India's favour.

A three-match one-day series starts today (Thursday) at Trent

Bridge, before the first of five Tests gets under way on August 1.

England's leading wicket-taker James Anderson remarked that it was "not a day to be a bowler" as both sides made hay on a pitch with short boundaries.

England captain Eoin Morgan said:

"That total isn't defendable when a guy comes out and plays like that on a small ground. India played better than us."



FIGHTING TALK: Brailsford pulled no punches in a press conference.

Brailsford slams brakes on Lappartient

TEAM SKY cycling boss Sir Dave Brailsford has said that UCI president David Lappartient needs to learn what his 'responsibilities' are, while accusing the Frenchman of having a 'nationalistic view.'

For his part, Lappartient had commented that Team Sky's wealth allowed them to fight Chris Froome's asthma drug case in a way other teams could not have done.

Cycling's governing body dropped the case against Froome last week and Brailsford said: "He (Lappartient) has still got the local French mayor mentality, maybe."

Lappartient, 45, is the mayor of the French commune Sarzeau, where stage four of this year's Tour de France took place.

"If you want to be the president of an international federation, protect everyone in that international community, don't take a French angle, or a nationalistic view," added Brailsford.

"The quicker he can learn his responsibilities, the better it will be for everyone."

When asked if Team Sky would release the evidence used in Froome's case, Brailsford said it was up to the UCI and Wada to publish the details.

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