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Landfill charges dropped

PROSECUTORS have requested that a Torrox Court drop criminal proceedings against several businessmen and politicians charged in connection with an illegal rubbish tip in Nerja.

Malaga's Provincial Prosecutors Office wrote to judges at the court to request that charges against around 20 out of the 40 originally placed under investigation be dropped. The probe into the River La Miel site has been ongoing since it was shut in 2016.

These include Jonathan Mendez, Jose Alberto Tome and Antonio Garcia of the conservative Partido Popular (PP) and Nerja Council's infrastructure spokesperson Jose Maria Rivas, of the left-leaning Partido Socialista (PSOE).

Charges against the Junta de Andalucía's Environmental representative in Malaga Province, Adolfo Moreno, have also been dropped.

The current and former mayors of Nerja, Rosa Arrabal (PSOE) and Jose Alberto Armijo (PP) respectively, are still under investigation.

A number of councillors and workers for businesses connected with the site also still have charges against them.

The allegedly illegal dump operated at the River La Miel between June 1998 and September 2016.



UNDER THREAT: The shelter (inset) is looking to rehouse its dogs.

Dog home appeal

EXCLUSIVE

By Joe Gerrard

A NERJA animal shelter is calling for locals to take in their dogs after they were told they faced closure over a noise complaint.

APA Esperanza Station, founded in 2015, is a charity that takes in animals who are strays or who have been abandoned or mistreated.

Paul Nicol, 39, is a volun-

teer at the shelter. He told *Euro Weekly News* he and his team had been informed they had 15 days to close the shelter after the complaint was made.

"We're in a difficult situation now and we're looking for the support of the community to help us by taking in our dogs," he said.

The Nerja resident, who has been volunteering at the shelter for around two years, added there were

about 50 dogs there.

"We've organised a gathering at the Balcon de Europa in Nerja this Saturday at around 11am so anyone interesting in helping us is

welcome to come along.

"We have a big following on Facebook and I have been told by some they would stop coming to Nerja if we close," he said.

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NEWS EXTRA**Coal not the goal**

SPAIN consumed 28.5 per cent more coal in 2017 than the previous year, the highest in the world in relative terms, after a lack of rain left the country with a hydropower deficit, according to an energy journal.

Cat fight

TWO high-ranking members of Spain's opposition People's Party want the country to leave the EU's Schengen Area after Germany refused to extradite separatist Catalan leader Carles Puigdemont on treason charges.

Five dead

FIVE people drowned on Spanish beaches last weekend, including two in Cataluña, two in Castellon and one in A Coruña, Galicia, while a 10-year-old boy remains in critical condition in Tarragona.

By **Matt Ford**

AN investigator who recreated the death of tragic Scottish holidaymaker Kirsty Maxwell for a television documentary says she "climbed out on a balcony in Benidorm before losing her grip and falling."

Specialist Michael Brown performed a series of tests where he asked three women of a similar height and weight to the victim to climb a replica of the hotel railing she fell from.

And his probe found that the 27-year-old from Livingston did not jump from the 10th floor balcony, but climbed over it and tried to cling on before plummeting to her death.

Mr Brown said: "All we can say is I believe she was facing into the room at the point she lost her balance or lost her grip and fell, vertically initially, before she interacted with features on the building.

"How that loss of balance or loss of grip occurred is not something I can hypothesise on. But the biggest thing that would help is if people spoke up."

In the dramatic reconstruction, the woman wore similar clothes to those Kirsty had on when she died, and each took

Kirsty case goes on

12 seconds to climb over the railing.

Tears on her denim skirt were also analysed,

Private detective David Swindle, an ex-police officer who has been leading an enquiry on behalf of her family, said in the BBC show *Killed Abroad*: "Kirsty could not have jumped directly over that balcony.

"It seems far more likely that she clambered over.

"But what happened next? It makes me wonder - has Kirsty

been climbing?"

"Was she trying to get to the rooms below?"

"It wasn't very quick. What were they (the suspects) doing when this was going on? We saw how difficult it is to do what was said that Kirsty did.

"It's a small piece in the jigsaw of circumstances that you try to put together. It helps the investigation."

He added: "Nobody tested that theory. The police in Spain hadn't used any experts. We will hand the information over to the authorities."

Kirsty was on a hen-do with pals and died seven months af-

ter marrying husband Adam in Cyprus.

After a night out she entered and fell from an apartment next door to a friend's room, and a floor above her own, occupied by five British bodybuilders from Nottingham.

The men were quizzed by Spanish investigators and denied responsibility for her death, claiming she jumped before returning to the UK.

Mr Swindle has obtained police images from inside their room, alongside copies of their statements, in which major holes were found during the programme.

Spanish investigators believe Kirsty could have mistaken the apartment for a friend's after becoming disorientated, and controversially destroyed her clothes without proper DNA testing.

Her dad Brian Curry, 59, has urged any witnesses to come forward as the family fight to keep the case open.

He said: "We hope this will put pressure on the authorities to take this to trial. We are waiting for scientific results back from the lab and a prosecutor will look at the evidence.

"We want somebody to be held responsible. To me, one or more people are responsible for Kirsty's death."

Killed Abroad, which also investigates the death of Craig Mallon, 26, who was killed with one punch while on a stag party in Lloret de Mar, aired on BBC1 Scotland at 9pm yesterday (Wednesday).

If you have any information about the accident on April 29, 2017 email info@kirstymaxwell.com.

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FRESH HOPE: BBC Scotland has featured the probe headed by David Swindle.

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Three fires tackled

FIREFIGHTERS in Axarquía were called out three times in 24 hours to blazes in Velez-Málaga after Spain's Met Office said it was at 'extreme risk' of fires. The first took place on a farm at around 5pm on Sunday, with personnel called out to the Arenas area twice afterwards.

Boat rescues

A TOTAL of 110 people have arrived at Motril's port after being picked up by coastguards in the Alboran Sea. The migrants, including two children and a pregnant woman, were reportedly in good health when they arrived at the harbour where they were met by Red Cross volunteers.

Man held

NATIONAL POLICE have arrested a 23-year-old man in Motril in connection with up to 11 robberies committed in the area between January and May this year. Officers working alongside the Local Police said the man was also suspected of forging vehicle registration plates and have accused him of road safety crimes.

Two hurt

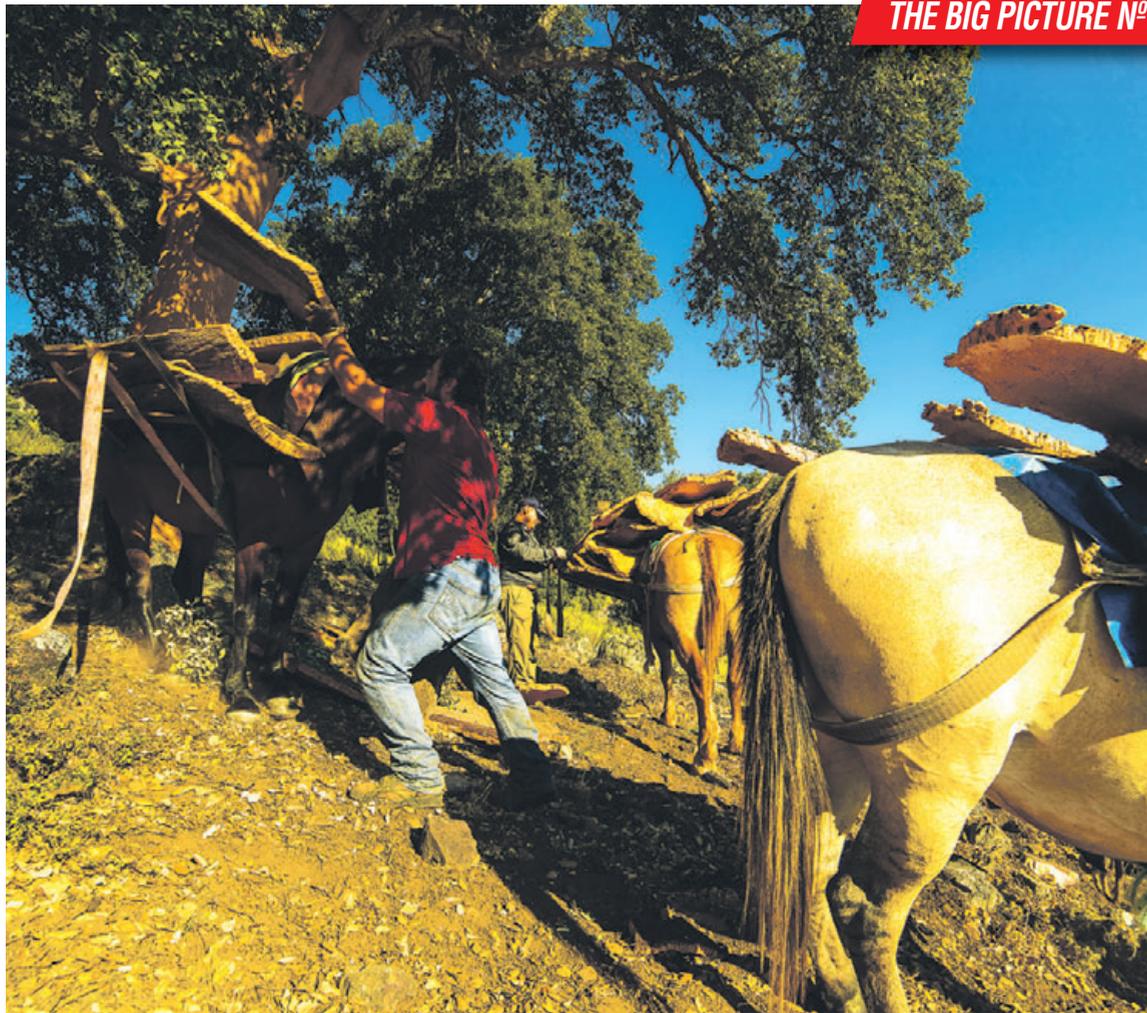
TWO people were taken to hospital with several fractures and required surgery after they were allegedly assaulted in Málaga City's Plaza San Francisco. National Police officers have arrested three men aged 27, 28 and 30 in connection with the claims which are said to date back to last May.

Gun haul

GUARDIA CIVIL officers have seized a 38-caliber revolver, two pistols, six carbines, ammunition and a bayonet which they claimed were not documented as part of an operation in Almuñecar. Police have also arrested a 70-year-old man in connection with the haul and officers suspect him of making death threats to his ex-partner.

One detained

A 25-YEAR-OLD man has been arrested in Málaga City in connection with sexual assault allegations following a complaint from a woman to the Guardia Civil in Torrox. National Police have sent proceedings for the defendant to Málaga City's Court of Instruction Number 13 for further processing in the coming days.



THE BIG PICTURE Nº 23

HACK TO NATURE: The process is sustainable since the trees are not cut down.

Popping the cork

SPAIN is the second-largest producer of cork in the world after Portugal, with 27 per cent of the world's 2.2 million hectares of cork forest, and the annual harvest is now in full swing.

Taking place from June 15 to August 15 each year, it is the ultimate example of an environmentally-friendly industry which still employs ancient methods.

The process is considered sustainable because the trees are not cut down to obtain the product, rather the bark is stripped from the trunk by highly-skilled workers known

as corcheros who wield specialised tools and must train for around eight years.

Normally working in teams of five, they each have a specific role, from using an axe to strip the cork to stacking the planks in piles or loading it onto mules once it is cut.

The trees cannot be harvested until they are 30 to 40-years-old, and after being cut they are left alone for nine to 12 years to allow the cork to grow back, the harvest taking place in a different area each year following a cyclical pattern.

Border control efforts

NATIONAL POLICE officers have joined others from Interpol at Motril's port as part of efforts to reinforce existing border controls at Mediterranean harbours.

Police have been aiming to curb trafficking into Motril and into Alicante's port as part of Operation Neptune.

Their focus has been on tackling trafficking in weapons, drugs and people and preventing terrorists

who have travelled abroad to fight from returning to Spain.

Police from the country have worked with authorities in Algeria, France, Italy, Morocco and Tunisia as part of the operation.

Officers have carried out duties including searching incoming ships and ferries arriving from North Africa. The routes covered included Motril-Nador, Motril-Melilla and Motril-Alhucemas.

Dolphin rescue

SEA RESCUE workers have been called out to Chilches beach after bathers found a baby dolphin washed up on the shoreline.

Biologists from the Centre for the Recovery of Marine Species (CREMA) arrived at the beach early last Sunday. Several locals reportedly alerted them to the animal, believed to be about one-year-old.

Local Police officers joined the rescue workers at the beach who

were photographed by local media dousing the dolphin with water to keep it hydrated before carrying it off in a stretcher.

The animal was later taken to the CREMA centre in the port of Málaga City, with rescue workers stating it bore no injuries.

Vets later inspected it and were attempting to get it acclimatised to the centre's swimming pool and they said they hoped to return it to the sea in the coming days.

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85

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Photo credit: Constanza Lambertucci/Twitter

'LONG LIVE SPAIN': Protesters give fascist salutes at the Valley of the Fallen and (inset) Pedro Sanchez addresses Congress.

Salutes for Franco

SPAIN'S new Prime Minister has vowed to exhume the remains of former military dictator Francisco Franco.

"I want to announce to you that the political decision of this government is taken," said Pedro Sanchez during an extraordinary session of Congress. "We are going to exhume the remains of the dictator Franco from the Valley of the Fallen, and this - barring last-minute changes to the means that will make this possible - will take place in a very brief period of time.

"The wounds have been open for many years, too many, and the time has come to close them. Our democracy will have symbols that unite citizens."

It comes days after hundreds of protesters gathered at the controversial Valley of the Fallen monument north of Madrid, giving fascist salutes and chanting: 'Long live Spain;' 'Don't touch the Valley;' and 'Franco, Franco, Franco!'

Many also sang 'Cara al Sol,' the anthem of the general's fascist Falange party, while some unfurled the pre-constitutional Spanish flag emblazoned with an eagle.

Opposition parties last year voted to move Franco's remains from the state-funded mausoleum and turn the site into a memorial for 'the victims of fascism' who died during Spain's Civil War from 1936-1939.

The end of the bloody struggle saw the dictator assume control of the country until his death in 1975 and he is the only person buried at the site who was not killed during the conflict.

In addition to Franco, Falange party founder Jose Antonio Primo de Rivera is also buried at the site alongside 27,000 fascist soldiers and 10,000 pro-Republicans fighters whose bodies were taken from mass graves and entombed there without their families' consent.

But the protestors fiercely oppose the move. Francisco Javier Fera, dressed in the blue uniform of the Falange, told Spanish media: "There is a lot of resentment, this is vengeance against a political ideology. This is not a Franco cult. The bodies here have to give an example so that [the Civil War] does not happen again."

Since taking office via a no-confidence motion in the former conservative administration of ousted leader Mariano Rajoy, Spain's socialist government has announced plans to establish a truth commission to investigate alleged crimes against humanity committed by the Franco regime.

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STRIKE IT UNLUCKY: Industrial action could spark chaos.

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**For week 10-16 July 2018*

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FOR COMMENTS FROM EWN ONLINE TURN TO LETTERS PAGE

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By Matt Ford

THE Irish teenager whose body was recovered from a lake in a Spanish natural park has been named as Joshua Osahon.

The 19-year-old was reportedly born in Nigeria but emigrated to Portlaoise, Leinster with his parents, who have flown to Spain to see his body.

Joshua died on a trip to Las Lagunas de Ruidera in Castilla-La Mancha, between Albacete and Ciudad Real.

He vanished during a post-dinner swim with classmates at La Salvadora lake - one of the 15 lakes that make up the park - with the group failing to notice he was missing because it was dark when they left the water.

But after several minutes they realised he had failed to collect his clothes, sparking a search, with emergency services alerted when he could not be found.

Investigators probing the incident said in a statement they believe he died from natural causes after suffering a cramp or cardiac arrest since the lake is a popular, safe bathing spot and the victim is believed to have been a strong swimmer.

His body was found by a team including Guardia Civil and Civil Protection officers, firefighters and country rangers watched by a crowd of onlookers.

The fire brigade tweeted the search had ended 'with an undesirable ending for everyone.'

A post mortem examination at an Albacete hospital is expected to reveal the cause of death.

Sources confirmed he was participating in the Spanish Ministry of Education's Inter-way language programme, during which Spanish students are taught by Irish volunteers while participating in leisure activities.

The group had been staying at the Retiro de Don Quijote holiday camp in nearby Villanueva de los Infantes.

Francisco Garcia Cano, a

Irish teen named Victim drowned on summer camp



Photo credit: CMM/Twitter

LAKE TRAGEDY: The unnamed victim is thought to have drowned while swimming.

councillor Ossa de Montiel, the municipality where the tragedy occurred, confirmed Joshua's parents had arrived

after flying into Madrid. He said: "It appears the alarm was sounded as the foreign volunteers and Spaniards

the Irish lad was with were picking up their belongings and heading back to their coach.

OUR VIEW

Much ado about little

It almost seemed that certain parts of the Spanish and International press wanted to see street riots following the England v Croatia match in Russia.

There had been some unsavoury scenes in Benidorm with a 'stand-off' between the police and so-called England fans following the previous match with both sides complaining that the other was at fault.

There was lots of huffing and puffing and a few insults, but generally speaking there was nothing too serious although any argument or disturbance by visitors to the city was certainly uncalled for and unnecessary.

The general feeling seemed to be that the Brits will be at it again (even though it has been pointed out by those who aren't English that the Northern Irish, Scots and Welsh were being unfairly brought into this general anti feeling) but in the event, the evening passed without any problem.

The media rolled into Benidorm looking for fights, the authorities had drafted in a number of specialist police who were used to handling riots and even the British (not English) Foreign Office advised people to be calm.

There is an old saying about giving a dog a bad name and in fairness, the combination of football, booze and heat could well have resulted in things getting fractious but thankfully, those England fans (and others who decided that England was part of the United Kingdom and they could offer their support) who were there, decided to just have a good time and either drown their sorrows or celebrate the best achievement of an England team since 1990.

Long may the peace last.

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Braak in the sun!

HER 16-year marriage to stockbroker Danny Goldberg ended in April. But Australian model Annalise Braakensiek showed she's letting things hang loose as she soaked up the rays on holiday in Barcelona.

The 45-year-old bombshell sent temperatures soaring after whipping off her bikini top before posting a saucy snap on Instagram captioned in Spanish: 'A very magical and fun day.'



BEACH READY:
Annalise Braakensiek.

Photo credit Instagram/Annalise Braakensiek



SUMMER LOVIN':
Gorka and Gemma.

Strictly romance

THEY recently hinted they've discussed children after just four months together.

And Strictly Come Dancing's Gorka Marquez, 27, and Gemma Atkinson, 33, jetted to Ibiza for a sunshine break as their burgeoning romance continues to take off.

Speaking on ITV chat show Lorraine, Gemma gushed: She said: "I love the fact that Gorka's an amazing cook, and I love eating so it's a great combo. Outside the gym it's like being best mates."

"In 10 years time when hopefully we've got a couple of kids around I won't want to be out of breath!"

Ocean Serg

SPAIN suffered an embarrassing World Cup after tumbling out to hosts Russia in the last 16 when widely predicted to be among the favourites.

But captain and Real Madrid star Sergio Ramos appeared to be getting the disastrous exit out of his system as he holidayed on a luxury yacht with girlfriend Pilar Rubio. They have been together for six years and their third child Alejandro was born in March.



Photo credit Sergio Ramos/Instagram

REAL LOVE: Pilar and Serge.

Bey to go

SHE'S currently travelling the globe with hubby Jay Z as the pair wow fans with their On The Run II tour.

And pop megastar Beyonce, 36, caused a stir at Barcelona airport as the couple and their entourage jetted into Spain ahead of their



only performance in the country. The Crazy In Love songstress flaunted her famous curves in denim shorts and a sheer blouse, topping off the outfit with a pair of red designer sunglasses.

ON THE RUN AGAIN: Beyonce.

Photo credit Beyonce/Instagram

Atomic blonde

FORMER Atomic Kitten singer Kerry Katona has been put through her paces at a holistic body camp on the Costa del Sol.

The TV personality and singer attended a water workout session atop a floating platform at the plush fitness centre overlooking the sea in Marbella.

It comes after a close friend told UK media that the mum-of-five was left devastated after her former bandmates Natasha Hamilton and Liz McClarnon

recorded a World Cup-themed version of their hit Whole Again while she was away in Spain.

The source said: "Kerry is heartbroken. She's absolutely gutted that the girls would sing the song without her."

"She always thought they'd get back together and this was an



Photo credit Kerry Katona/Instagram

KA-TONED: Kerry in Marbella.

amazing opportunity. She's a single mum and has been struggling looking after the kids and the family, so it hurts her a lot to be left out of it."

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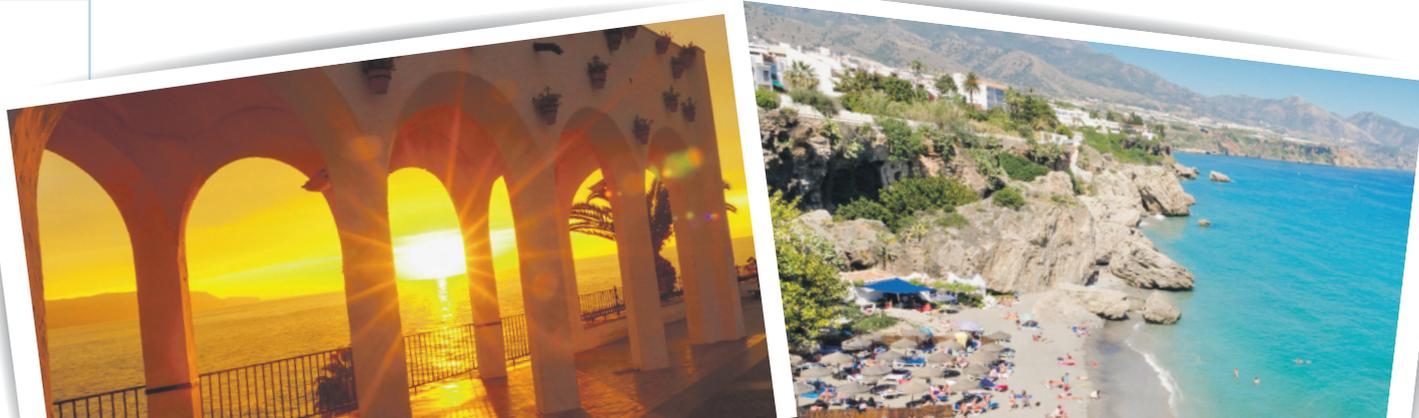


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STREET TALK

Is it opening time for seven-day retail?

Supermarkets in holiday hotspots now often throw open their doors on Sundays for peak tourist season, which would have been unheard of a few years ago. But should shops in Spain open on the Sabbath year-round?

JESS, 22, and Charlie, 26, from close to London but living on the Costa del Sol

“Yes! We live here and although it’s only been five months, it’s long enough to get annoyed about Sundays! But it’s not that common in countries to have them open, is it? It only seems to be England from what we have seen. The supermarkets are a big one too, you really

have to plan ahead because none of them are open. Actually Mercadona has recently opened on Sundays, but that’s only for the summer. We live in Los Boliches and there are a good variety of shops there, and the Miramar shopping centre is good too. It’s just nice to have escaped the rat race of London and to have a more relaxed lifestyle!”

Leonardo, 40, on holiday from Frankfurt, Germany

“No. You have to have some free time, not have work 24/7. It is important to have one day for yourself. It’s just not

healthy. God created Sunday as a holiday! The seventh day is the Sabbath after all. It doesn’t matter about business, people can get their things at other times in the week. It’s not a big problem for them.”

Fiona, 28, on holiday from Armagh, Northern Ireland

“Yes, because this is a thirsty place and what else is

there to do?! We’re staying in the centre of Fuengirola and it’s clear that a lot of shops would benefit from tourists on Sundays.

“It’s also surprising that supermarkets are not open here either. I do love the fresh fish, vegetable and fruits too. The produce seems to be much more local than back home. I love the swordfish, tuna, tomatoes and mangos, etc.”

Leticia, 36, from Brussels, Belgium but living on the Costa del Sol

“Yes. I don’t see the problem, the tourists should be able to get what they need. I work on Sundays too! I work in the fe-

male fashion industry.

“Spanish fashion is a little different from other countries in my experience. The colours are brighter and the design is lighter, for the warmer weather!”

“Of course everyone should have one day of rest but I get Wednesdays off. I



CONVENIENCE SHOPPERS: Darren and Chester.

don’t have children but I do understand about families wanting the day free.

“But it would be very good for the local economy if they changed the law on this.”

Darren and Chester, both 18, on holiday from Bristol, UK

“Yes. It would be more convenient for all the tourists who come here. It also gets people out of hotels and out and about. The economy would definitely benefit if they opened for the whole weekend. It’s cheaper here though, so we get a lot more for our money here.”



UN-BEER-BELIEVABLE: Fiona.



SHOP 'TIL THEY DROP: Jess and Charlie.



SLACK SABBATH: Leonardo.

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Caught on the run

Brit teen murder suspect arrested

By **Matt Ford**

A BRITISH fugitive, 19, has been held on the Costa del Sol in connection with the fatal stabbing of a young actor in the London district of Islington.

Jack Stevens, from the Euston neighbourhood in the English capital, is one of five young men suspected of the murder, and was traced to an Estepona housing estate after a European Arrest Warrant was issued in his name.

It comes after Nashon Esbrand, 27, was last August

stabbed after receiving death threats from Islington gang the Cally Boyz.

According to a police statement, the quartet chased the victim down on pushbikes before one produced a machete and stabbed him three times.

The father-of-one died of his injuries a few hours later.

Two of the suspects, Dillon Zambon, 19, Jhon Berhane, 18, and a 16-year-old who cannot be named for legal reasons were last month sentenced to a combined 54 years after being convicted of the murder.

And Stevens is one of two others investigators said were on the run at the time of the rulings.

Mr Esbrand was reportedly branded a 'grass' and asked po-

lice for help after he began to receive warnings that his life was in danger.

He told his doctor he was afraid to walk in the street because men had been after him since he gave detectives a witness statement following a violent incident in March 2017.

And on August 24 Stevens and Zambon spotted him as he walked home after visiting his week-old daughter.

They chased him on their bicycles while calling in 'reinforcements,' including Berhane, before cornering him on a doorstep.

He suffered one stab wound to the side and two to the back of his legs as he tried to escape, one of which - delivered by the 16-year-old - punctured an



Photo credit Policia Nacional

EUROPEAN MANHUNT: Jack Stevens, left, was traced to Estepona after allegedly participating in the murder of Nashon Esbrand, top right, with Jhon Berhane and Dillon Zambon.

artery in his thigh causing fatal blood loss.

A neighbour recorded the incident on his mobile phone, with the attackers heard to shout: "What are you saying now bruv."

During the trial, jurors heard

how the victim was on the phone to his father Desmond, who launched a desperate bid to find him, as the attack took place.

In a distressing victim impact statement he said: "The duty of a parent is to protect their child.

"From the day that I received that call I have felt a sense of guilt because I was the last person he talked to."

Stevens now faces extradition to the UK after an international manhunt led to him being tracked down.

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Balcony plunge horror

Victim third killed at complex this year

By **Karl Smallman**

AN 18-year-old student from South Wales has fallen to his death from a walkway at an apartment complex in Mallorca while celebrating completing his A-levels.

Thomas Channon plunged 70-feet to his death at the Eden Roc apartment complex in Magaluf where Natalie Cormack and Tom Hughes also died earlier this year

Thomas is believed to have become separated from his friends during a night out and got

lost as he made his way home at about 4am to the Hotel Florida, which is next door to the Eden Roc apartments.

In April Natalie Cormack from Scotland died after falling the equivalent of seven floors from the same apartment block.

And last month Tom Hughes, aged 20, from North Wales also died at the Eden Roc complex. British diplomats have recently had an emergency meeting with Spanish officials to try and cut the number of balcony falls in the resort popular with young holidaymakers.



Photo credit: Google/Facebook

BRITISH STUDENT DIES: Thomas Channon fell at the Eden Roc apartments.

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STAT OF WEEK**€93 billion**

The amount of social security money the new socialist Spanish government claims was 'squandered' by the previous conservative administration headed by ex-Prime Minister Mariano Rajoy.

PM vows to up defence spend

SPANISH Prime Minister Pedro Sanchez has pledged to raise defence spending to 2 per cent of gross domestic product by the year 2024.

The move will see the country's outlay brought into line with its NATO-agreed goal, the leader said during a press conference at a Brussels summit.

It comes after US President Donald Trump's latest call for NATO member states to meet their targets, with only the United States, Britain, Poland, Greece and Estonia currently hitting the mark.

Ryanair staff confirm strikes

BUDGET airline Ryanair is facing more disruption after staff announced a new round of industrial action.

It comes after a trade union announced that Ireland-based pilots will strike for 24 hours tomorrow (Friday) and next Tuesday.

Cabin crew are also set to strike for 48 hours in Spain, Portugal and Belgium and 24 hours in Italy next Wednesday.

The news follows a one-day strike by pilots in protest at their pay and conditions last week after the carrier bowed to pressure from staff to

by *Matt Ford*
recognise unions.

It was forced to cancel 30 flights between Ireland and the UK as a result.

Complaints include a seniority row, plus allocation of base transfers, the structure of promotions and annual leave.

Ryanair apologised in a statement for the 'regrettable disruptions' and pledged to minimise impact on holidaymakers flying to Spain, Portugal, France, Italy and Greece.

But the Irish Pilot's Association announced the two additional days of ac-

tion in the midst of the strike.

It added that while some agreement had been reached in talks a day earlier, there remained a difference of opinion over the terms of reference for a working group to study the pilots' concerns.

Ryanair's chief people officer Eddie Wilson described the meeting as constructive but very frustrating, according to Irish media, adding that the company was available for further discussion.

Last autumn the carrier cancelled hundreds of flights after a rostering blunder saw it left with a lack of crew.

Storms boost green energy

ALMOST half of Spain's electricity was generated from renewable energy sources over the first six months of 2018.

Wind, hydro and solar power together accounted for 45.8 per cent of the country's demand, according to a report by national grid operator Red Electric de España.

It comes after hydropower soared by 74 per cent compared to 2017 in the wake of a wet spring, with the storms also driving a 10.4 per cent surge in wind power, the summary said.

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UK imports salad as heatwave hits crops

TIP OF THE ICEBERG: A lettuce field in Almeria.

THE UK is flying in lettuce from Spain and Poland after warm weather hit crops and increased the demand for salad.

Tony Clemence, general manager of wholesaler Total Produce in Bristol, said the company is importing around 40 per cent of its iceberg lettuce and 40 per cent of celery from the two countries, when all supplies are normally sourced from British growers

during the summer.

"Spain is mainly growing for its local markets at this time of year, so there is not enough to go around and some will have to look further afield," he said.

Wholesale prices have reportedly soared by more than 30 per cent after the recent blast of heat added to problems in March when the 'beast from the east' wave of cold weather delayed planting.

» BUSINESS EXTRA**Market leaders**

BANKING group Santander and textile firm Inditex are the only two Spanish brands in the 2018 PricewaterhouseCoopers global top 100 of companies with the highest market capitalisation, which is headed by Apple. Google parent Alphabet and Microsoft.

Cashed in

THE Spanish government has revised its 2018 budget deficit forecast from 2.2 to 2.7 per cent of gross domestic product in order to boost pensions, improve health care and take over toll-motorway concessions, Budget Minister Maria Jesus Montero has announced.

High spies

SPANISH utility Iberdrola is using manhole cover-sized drones to spot faulty solar panels and wind turbines more quickly than telescope-wielding engineers on the ground and bringing down the cost of green electricity, according to innovation and sustainability officer Agustin Delgado.

Bank bags top Euro award

BUSINESS and finance magazine *Euromoney* has named Spain's Santander as the best bank in Western Europe in its prestigious annual awards.

Editor Clive Horwood said: "[Santander] is already one of the few big banks to prove that internationally diversified retail banks can be more profitable, and more stable, than domestic-

focused peers. Now it is in its rightful place, not just Spain's biggest bank, but also the one with the biggest domestic share, too."

Santander Group CEO Jose Antonio Alvarez said, "Our goal is to help the people and businesses we serve to prosper, and I am proud of the work our people do every day to support that goal and earn the loyalty of our customers."



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LONDON - FTSE 100

CLOSING PRICES JULY 16

COMPANY	PRICE(P)	CHANGE(P)	% CHG.	NET VOL
Anglo American	1,649.10	-8.10	-0.49	23,313.57
Associated British Foods	2,455.00	-9.00	-0.37	19,649.35
Admiral Group	1,918.50	-29.50	-1.51	5,564.91
Ashtead Group	2,366.00	11.00	0.47	11,441.35
Antofagasta	946.20	1.60	0.17	9,340.01
Aviva	490.50	0.90	0.18	19,374.16
AstraZeneca	5,518.00	16.00	0.29	68,830.51
BAE Systems	674.30	2.90	0.43	21,331.20
Barclays	189.83	0.15	0.08	32,423.54
British American Tobacco	3,911.00	-14.50	-0.37	90,074.35
Barratt Developments	520.40	3.20	0.62	5,164.89
Berkeley Group Holdings	3,624.00	4.00	0.11	4,854.73
British Land Co	656.80	0.40	0.06	6,438.90
BHP Billiton	1,644.30	-5.90	-0.36	34,997.03
Bunzl	2,308.00	6.00	0.26	7,734.80
BP	569.65	-1.15	-0.20	114,209.28
Burberry Group	2,113.00	5.00	0.24	8,565.87
BT Group	222.70	0.30	0.13	22,190.34
Coca-Cola HBC	2,753.00	5.00	0.18	10,083.35
Carnival	4,318.00	2.00	0.05	7,755.89
Centrica	161.10	0.95	0.59	9,053.01
Compass Group	1,667.50	1.50	0.09	26,115.46
Croda International	4,940.50	7.50	0.15	6,472.89
CRH	2,686.00	-5.00	-0.19	22,482.58
DCC	7,270.00	115.00	1.61	6,163.21
Diageo	2,815.75	11.75	0.42	68,530.84
Direct Line Insurance Grp	338.55	0.85	0.25	4,617.25
Evrax	520.90	-1.10	-0.21	7,326.39
Experian	1,916.50	9.50	0.50	17,620.50
easyJet	1,632.75	2.75	0.17	6,432.79
Ferguson	6,241.50	3.50	0.06	14,251.76
Fresnillo	1,094.00	-3.00	-0.27	8,161.10
Glencore	310.68	-2.32	-0.74	45,800.67
GlaxoSmithKline	1,575.20	-0.80	-0.05	78,197.27
GVC Holdings	1,098.00	-2.00	-0.18	6,394.22
Hargreaves Lansdown	2,003.00	-54.00	-2.63	9,789.94
Halma	1,375.50	8.50	0.62	5,178.31
HSBC Holdings	708.50	0.20	0.03	141,823.56
International Consoltd Airl Grp	672.40	4.20	0.63	13,487.78
InterContinental Hotels Grp	4,888.50	8.50	0.17	9,186.48
3i Group	907.30	-0.10	-0.01	8,810.70
Imperial Brands	2,876.00	7.00	0.24	27,682.22
Informa	860.30	1.30	0.15	10,750.74
Intertek Group	5,811.00	49.00	0.85	9,205.86
ITV	175.55	0.45	0.26	7,068.62
Just Eat	849.60	9.20	1.09	5,762.80
Johnson Matthey	3,689.00	24.00	0.65	6,928.50
Kingfisher	308.75	0.25	0.08	6,581.35
Land Securities Group	948.50	2.20	0.23	7,020.14
Legal & General Group	265.55	-0.45	-0.17	15,829.42

COMPANY	PRICE(P)	CHANGE(P)	% CHG.	NET VOL
Lloyds Banking Group ORD	62.69	0.28	0.45	44,850.06
London Stock Exchange Grp	4,519.50	-0.50	-0.01	15,711.60
Micro Focus International	1,227.00	-51.50	-4.03	5,330.01
Marks & Spencer Group	315.45	0.95	0.30	5,088.83
Mondi	2,029.00	0.00	0.00	7,477.02
Melrose	220.75	1.15	0.52	10,366.32
Morrison (Wm) Supermarkets	256.90	0.60	0.23	6,031.37
National Grid	856.20	-0.40	-0.05	28,915.63
NMC Health	3,698.00	8.00	0.22	7,603.85
Next	6,105.00	-1.00	-0.02	8,461.16
Ocado Group	1,038.50	9.00	0.87	7,104.88
Paddy Power Betfair	8,455.00	20.00	0.24	7,096.41
Prudential	1,722.50	-3.50	-0.20	44,696.85
Persimmon	2,488.00	6.00	0.24	7,773.87
Pearson	914.70	5.90	0.65	7,102.57
Reckitt Benckiser Group	6,488.00	23.00	0.36	45,899.41
Royal Bank of Scotland Grp	246.50	0.80	0.33	29,576.46
Royal Dutch Shell	2,649.25	3.75	0.14	120,927.66
Royal Dutch Shell	2,733.50	2.50	0.09	102,214.33
RELX	1,709.75	7.25	0.43	17,662.07
Rio Tinto	4,023.75	-15.75	-0.39	53,130.97
Royal Mail	488.00	0.90	0.18	4,855.00
Rightmove	5,148.00	42.00	0.82	4,629.63
Rolls-Royce Group	995.50	4.70	0.47	18,527.57
Randgold Resources	5,468.00	-12.00	-0.22	5,258.26
RSA Insurance Group	646.30	-0.30	-0.05	6,663.66
Rentokil Initial	352.35	2.55	0.73	6,436.92
Sainsbury (J)	329.85	0.45	0.14	7,214.59
Schroders	3,154.50	-6.50	-0.21	7,112.93
Sage Group (The)	622.10	2.70	0.44	6,776.51
Segro	676.70	2.70	0.40	6,796.24
Shire	4,363.50	23.50	0.54	39,631.66
Smurfit Kappa Group	3,137.00	-9.00	-0.29	7,424.72
Sky	1,541.50	6.50	0.42	26,558.82
Standard Life Aberdeen	310.20	-2.40	-0.77	9,307.92
Smith (DS)	483.30	-6.60	-1.35	5,204.21
Smiths Group	1,748.00	13.00	0.75	6,811.05
Scottish Mortgage Invstmnt Trst	550.00	-0.27	-0.05	7,781.95
Smith & Nephew	1,349.00	4.00	0.30	11,758.31
SSE	1,388.25	1.25	0.09	14,121.27
Standard Chartered	671.40	0.40	0.06	22,303.79
St James's Place	1,176.75	-1.75	-0.15	6,227.34
Severn Trent	1,940.50	-0.50	-0.03	4,560.93
Tesco	256.30	0.90	0.35	24,995.97
TUI AG	1,643.25	1.75	0.11	9,709.51
Taylor Wimpey	176.03	0.03	0.02	5,742.37
Unilever	4,200.00	2.00	0.05	50,475.85
United Utilities Group	734.80	0.80	0.11	5,011.88
Vodafone Group	181.63	0.13	0.07	48,769.96
WPP Group	1,242.00	-3.00	-0.24	15,469.29
Whitbread	4,013.50	13.50	0.34	7,417.93

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CLOSING PRICES JULY 16

COMPANY	PRICE	CHANGE%	CHANGE	VOLUME(M)
3M	201,180	+0.93%	1,860	119,439,01
AMERICAN EXPRESS	100,5000	-0.64%	-0,6500	86,449,19
APPLE	191,330	+0.16%	0,300	940,413,35
BOEING CO	350,790	+1.38%	4,760	204,363,58
CATERPILLAR	140,750	+0.95%	1,330	84,161,43
CISCO SYSTEMS	41,780	-4.13%	-1,800	196,486,41
COCA-COLA	44,74	+0.16%	0,07	190,380,45
DOWDUPONT	66,36	+0.17%	0,11	153,984,20
EXXON MOBIL	83,31	+0.75%	0,62	352,720,75
GOLDMAN SACHS	226,41	-0.36%	-0,81	85,519,15
HOME DEPOT	198,6900	+0.37%	0,7400	229,197,58
IBM	145,90	-0.38%	-0,55	133,931,58
INTEL CORP	52,2200	-0.25%	-0,1300	243,345,20
J.P.MORGAN CHASE	106,3600	-0.46%	-0,4900	362,132,07
JOHNSON & JOHNSON	125,9300	-1.43%	-1,8300	337,763,14
MC DONALD'S CORP	158,5100	-0.38%	-0,6100	124,458,47
MERCK AND CO. NEW	62,89	+0.37%	0,23	169,220,12
MICROSOFT	105,430	+1.19%	1,240	810,039,57
NIKE	77,38	+0.01%	0,01	99,254,83
PFIZER	37,5300	+0.03%	0,0100	219,534,40
PROCTER AND GAMBLE	79,310	+0.53%	0,420	199,432,88
VERIZON COMMS	51,41	+0.33%	0,17	212,379,48
VISA	139,42	-0.34%	-0,48	248,937,65
WAL-MART STORES	87,7000	+1.36%	1,1800	258,789,05
WALGREENS BOOTS	65,17	+2.02%	1,29	64,675,48
WALT DISNEY CO	110,0000	+1.62%	1,7500	163,527,69

M - MILLION DOLLARS

NASDAQ

CLOSING PRICES JULY 16

COMPANY	PRICE	CHANGE NET / %
Most Advanced		
SIGA Technologies Inc.	\$ 7.35	1.11 ▲ 17.79%
Inflix N.V.	\$ 33.84	3.53 ▲ 11.65%
Magenta Therapeutics, Inc.	\$ 13.36	1.28 ▲ 10.60%
Ovid Therapeutics Inc.	\$ 11	1.05 ▲ 10.55%
Yangtze River Port and Logistics Limited	\$ 11.81	1.11 ▲ 10.37%
Zogenix, Inc.	\$ 61.35	5.45 ▲ 9.75%
Xenon Pharmaceuticals Inc.	\$ 10.55	0.90 ▲ 9.33%
ObsEva SA	\$ 16.33	1.37 ▲ 9.16%
AcelRx Pharmaceuticals, Inc.	\$ 3.20	0.25 ▲ 8.47%
Educational Development Corporation	\$ 18.90	1.45 ▲ 8.31%
TransGlobe Energy Corporation	\$ 4.05	0.29 ▲ 7.71%
Most Declined		
China TechFaith Wireless Com Tech Limited	\$ 2.51	0.49 ▼ 16.33%
Gogo Inc.	\$ 4.04	0.78 ▼ 16.18%
Emmis Communications Corporation	\$ 4.41	0.61 ▼ 12.15%
MeiraGTx Holdings plc	\$ 10.53	1.16 ▼ 9.92%
CytomX Therapeutics, Inc.	\$ 23.01	2.31 ▼ 9.12%
Ascent Capital Group, Inc.	\$ 3.38	0.33 ▼ 8.89%
Spero Therapeutics, Inc.	\$ 12.14	1.15 ▼ 8.65%
Cleartside Biomedical, Inc.	\$ 10.28	0.96 ▼ 8.54%
Pattern Energy Group Inc.	\$ 17.09	1.56 ▼ 8.36%
Salem Media Group, Inc.	\$ 4.85	0.40 ▼ 7.62%
Internet Gold Golden Lines Ltd.	\$ 2.77	0.2274 ▼ 7.59%

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

DEALING PRICE	PRICE MOVEMENT
£1.1568	£0.0043
£1.0649	£0.0038
£1.3440	£0.0102
£1.2232	£0.0091
£1.5208	£0.0169
£1.3920	£0.0153

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Fine mess for mobile users

DRIVERS CAUGHT ON PHONE TO PAY MORE

DRIVERS caught using their mobile phones in Spain are set to face heavier fines.

It comes after Pere Navarro, the new head of the national traffic authority (DGT), announced plans to reduce the number of fatal accidents on the country's roads.

The DGT is hoping to change existing laws so that offending motorists also receive more than the current three penalty points on their licence if caught chatting or texting.

Financial penalties for recurring or infractions considered dangerous will also be stiffened, but are set to be reduced for less dangerous offences.

Drivers told to take refresher courses will also be handed eight penalty points rather than the current four.

Distractions at the wheel are the leading cause of fatalities on Spanish roads ahead of drink driving and speeding, the official said.

"We're going to update the point-based licence. After 12 years, my own roadmap says we need to stop, take stock and use our accumulated experience to update and review the system,"



GOOD CALL: New DGT chief Pere Navarro has big plans.

he added at a press conference discussing fatal traffic accidents in 2017.

Navarro was previously in charge of the DGT under former socialist leader Jose Luis Rodriguez Zapatero, between 2004 and 2012, when the points-based penalty system was

first introduced in Spain.

He last week accepted an offer from Pedro Sanchez' new government to re-assume the post in the wake of Mariano Rajoy's conservative People's Party being ousted from office.

"When it comes to road safety, our

indicator is very visible: the death toll. The figures set our path for us," he said. "We need to do something about secondary roads, we need to do something about motorcycles, we need to do something about cities, about distractions, about pedestrians."

The official pointed out that 46 per cent of those who died on Spanish roads last year were pedestrians, cyclists or motorcycle riders.

He added: "This trend is on the rise, which means that in two to three years there are going to be more deaths among these vulnerable groups than among drivers of four-wheel vehicles."

The points-based system came into effect on July 1, 2006, with 75 per cent of Spanish drivers failing to pick up a single point over its first decade.

Spain currently ranks eighth in the European Union for road safety, three places lower than last year, although the death rate of 39 per million inhabitants is beneath the bloc's average of 50.

"It's true that we're on the good side of the European average," said Navarro. "We're very good at road safety."

Airlines' merger unveiled

IRISH carrier Cityjet and Spain's Air Nostrum have announced a deal to create the largest pan-European regional airline group.

The two airlines will cooperate closely under a new umbrella holding company, according to a Cityjet statement.

Between them, the pair will have a combined fleet of almost 100 aircraft and annual revenues of around €700 million.

Cityjet employs 1,250 people across nine European countries and its regional network includes provision of services via wet lease contracts with Air France, Brussels Airlines and SAS.

Its fleet includes more than 40 aircraft including 22 new Bombardier CRJ900 regional jets.

Air Nostrum has more than 1,250 employees, is the regional operator for Iberia and flies to more than 60 destinations in Europe and Africa.



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If only snowflakes would melt away ...

LEAPY LEE SAYS IT

OTHERS THINK IT



ONE of the real problems with the social media is that it allows the snowflakes and bordering nutters to seek each other out.

Whereas, at one time someone with totally off-the-wall ideas would hardly come across any like-minded individuals, they can now contact them at the touch of a button.

It stands to reason, if you can air your views to everyone in and around your vicinity, or indeed the whole country, you are going to find more supporters than standing on a street corner banging a drum and handing out leaflets.

Although there seems to be a positive glut of gaggle heads these days, there are in fact no more than there ever were, they are just a bit more linked up that's all. Solo individuals have now turned into 'minority groups' and we all know they are a part of the 'flavour' who seem to get all the preferential treatment these days!

This latest bunch are a glaring example. Drunk with the power of getting national media coverage to get wolf whistles classed as a criminal offence, they are now advocating that ANY praise by male of the species, including reference to articles of dress or attire, be classed as a misogynistic 'hate crime.' I say Miss, 'What a lovely pair of



GIVE ME A BREAK: Is a man complimenting a woman really committing a hate crime?

shoes your wearing. Where did you get them?' 'Help. Police. Hate Crime. Hate crime in progress.' Doo da, doo da give us a break.

I suppose praise from a female is ok? Well be a bit careful lady, the woman admiring your hat at Ascot could be a gender bender; another load of codswallop dreamed up by these people.

To be honest I'm surprised most of 'em even have the courage to walk out of their own front doors. Some of their projects can be very dangerous indeed.

They all seem to have completely one-track minds and, because they all appear to suffer complexes of inferiority and inadequacy, are com-

pletely unable to accept, or even listen to any other points of view.

One example is their ongoing insistence that babies, and young children, who show a tendency to play with toys or enjoy dressing up and indulging in the games of their opposite sex, should be immediately and relentlessly encouraged to grow up in that sexual gender.

This was recently shot down by one eminent psychiatrist who, on examining a young boy who showed a great deal of interest in feminine toys, etc, had in fact a younger sister who suffered from a debilitating illness. This led to the parents showing her more attention than they had the older lad.

In the little boy's mind he interpreted this as a favouritism towards girls. He thought that if he acted more like a girl, he would attract the same attention as his sister. It had nothing to do with his gender whatsoever!

Oh yes, these sorry snowflakes are dangerous alright. And terrible wasters of our most precious possession: Time. Why don't they all stick on a burka and move into areas where they will not be noticed by anyone? And certainly not listened to!

Dream on Leapy.

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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

Readers turning to crime (ERR, crime novels!)

A TREND unforeseen, even by hard-bitten crime fiction detectives, crime novels have beaten general fiction for the first time since book charts were compiled. Anxious about volatility in the real world, readers now seek reassurance in stories where baddies get their just desserts.

Thriller writer David Baldacci said readers turned to his crime novels to see the good guys win: "When times are stressful and it looks like the bad is winning out over the good, along comes the genre of crime novels to put the balance back in life. People inherently don't like folks who do bad to get away with it. In real life they do all the time, because of a variety of factors. But in novels, evil's punished, and the good guys mostly win, after solving the puzzle."

The Girl in the Woods, the latest in my own psychological crime thriller series featuring investigative journalist Alice Myers, traces the increasing trauma of the Walker family who fall apart when their 17-year-old daughter, Kezia, fails to return home from a night out. As the hours pass and the police investigation builds, this just-published novel puts every parent's worst nightmare scenario under the microscope.

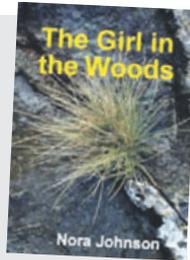
Deadly secrets

THE latest in the psychological crime thriller series featuring investigative journalist Alice Myers, *The Girl in the Woods*

depicts the unimaginable pressures faced by the Walker family when their 17-year-old daughter goes missing after a night out. As the hours pass and the police inquiry builds, it explores every parent's worst nightmare.

A teenager vanishes in woodland. Parents torn apart by secrets, guilt and jealousy. Barbara Forster, the complex DI heading the enquiry, faces a race against time, following a treacherous path that leads all the way to a dark and explosive climax.

An action-packed thriller on several levels, the stories unfold, adding an unexpected triple twist at the end. Tense and gripping throughout, *The Girl in the Woods* is highly recommended.



Focusing on the disappearance of an apparently captivating teenager, what follows is part whodunit, part police-procedural and part examination of the effects of the pressures on her parents, friends and acquaintances. When the police are called in, it soon becomes apparent she had secrets of her own and, as the investigation continues, suspicion shifts from one parent, friend and acquaintance to another.

Inevitably tension rises and tempers fray as Kezia's parents have different ideas how to proceed. Her father becomes obsessed with pursuing his own investigation while her mother bottles up her emotions, trying to keep her family together and marriage intact.

The very real anguish of a family torn apart by secrets, guilt and jealousy, as the gradually building nightmare gathers steam, keeps you guessing right up to the explosive triple-twist climax.

Nora Johnson's thrillers 'The Girl in the Red Dress', 'No Way Back', 'Landscape of Lies', 'Retribution', 'Soul Stealer', 'The De Clerambault Code' (www.nora-johnson.net) Amazon (€0.99) and iBookstore. All profits to Costa del Sol Cudeca cancer charity.

columnists@euroweeklynews.com

LEGALLY SPEAKING

Yet still more on wealth tax

Q. I read your comments on wealth tax with interest as I have an apartment in Los Boliches and have been paying wealth tax on this for the last 35 years. I am non-resident as I live in England. I would appreciate your thoughts.

CG (Costa del Sol)

A. Spain's tax on capital assets, the so-called 'wealth tax' (Impuesto sobre el Patrimonio) was passed into law in 1977 by the new government of Spain after Franco died. Spaniards and residents had exemptions on the value of their principal residence and on the first portion of any other assets. Non-residents however had no exemptions and had to pay from the first peseta of valuation.

The tax is quite low, starting at .002, or two-10ths of 1 per cent. If your flat was worth €100,000, your annual wealth tax would be €200. From 2008 to 2010, the government passed tax relief of 100 per cent, so no one had to pay.

In 2011 the tax relief was cancelled. Since 2016, non-resident property owners share in the resident exemption on the first €700,000 of value, so you should not be paying it any more.

David Searl

You and the Law in Spain



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

Advertising Feature

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AS the weather is starting to heat up, it's time to think about the exterior of your property and Woodworks Direct SLU are ready to supply all of your garden and carport needs.

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They now offer a new range of fencing and all weather composite decking but that's not all, if you need a garden-based office or summer house then Woodworks Direct is ideally situated to look after all of your requirements.

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to the whole of Alicante, Almería, Costa Blanca and Murcia and can also install or supply ready for the customer to construct.

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Whilst they do hold stock of ready to erect items, the compa-

ny also offers a design to order service. If you can't get to their showroom, the best way to get in touch is to send an email with all your requirements, stating the area you live in and the size you need.

They can then send you their recommendations on how best to meet your needs together with a quote, although a lot of information including some pricing is included on their very detailed



website www.woodworksdirect.com.

Normal trading hours are 8am to 4.30pm Monday to Friday at Woodworks Direct SLU, Casas de los Frailes, 11, Cañada Del Leña (los Gabrieles), Abanilla 30640, Murcia.

However, if an email is received after hours or at the weekend, as often as not a re-

sponse will be sent within a matter of hours.

To contact Woodworks Direct SLU, email: info@woodworksdirect.com or call 966 195 522 or 649 540 016 and don't forget that as well as their great website, the also have a busy Facebook page WoodWorksDirect.

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Nick Horne *The Rich Pick*

Freelance correspondent, London, England



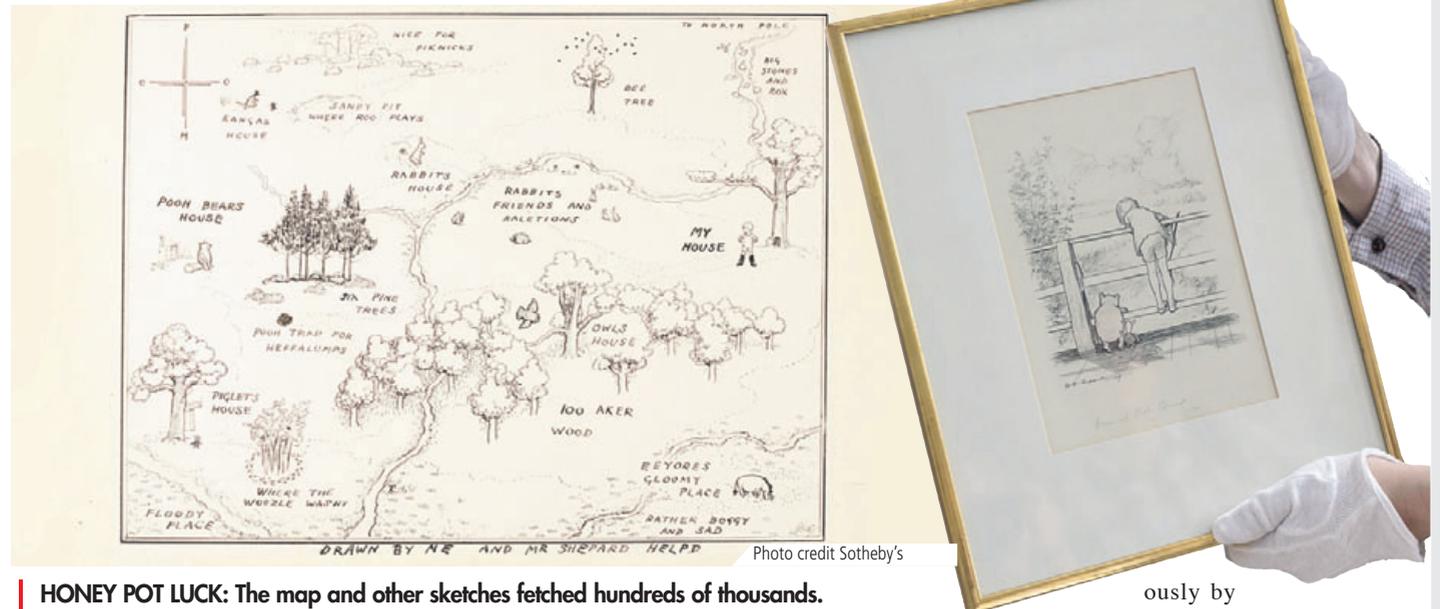
SOTHEBY'S the auction house has just sold my childhood memory. Actually they have not, they have however auctioned a series of inspired drawings by the illustrator EH Shepard at their recent sale, the 'English Literature, History, Science, Children's books and illustrations.'

Sketches drawn for AA Milne's story of the Hundred Acre Wood 'The House at Pooh Corner.' The history of Winnie the Pooh and his friends, Eeyore, Piglet, Roo and Tigger.

My imagination was fired at once by the Map of the Hundred Acre Wood, happy memories of childhood spent in imagination walking through the wood. Then in the late 1960's the Disney movie arrived 'Winnie the Pooh and the Honey Tree.' The map was animated and brought to life by Disney's artists so as to magically transport us to the wood itself. I was much older by then but affection is difficult to leave behind.

Someone out there agrees with me! He or she has bought arguably the most famous map in English literature for the princely sum of £430,000. Unseen by the public in the original for at least 50 years this 1926 sketch was expected to fetch £100,000 to £150,000, however the buyer was clearly determined. A further four sketches by EH Shepard were also auctioned, among them the illustration showing Christopher Robin and Pooh walking hand in hand 'to an en-

Choose friendship and childhood imagination



HONEY POT LUCK: The map and other sketches fetched hundreds of thousands.

chanted place on the very top of the forest' to make their final goodbye. An emotional farewell which is closed by AA Milne with, 'wherever they go, and whatever happens to them on the way in that enchanted place at the top of the For-

est, a little boy and his bear will always be playing.'

Two of the sketches illustrated that most famous of games, Poohsticks at Poohsticks Bridge, one comic image that of Eeyore floating lugubri-

ously by from beneath the Bridge. The final sketch of the five auctioned may be a description of friendships; it depicts Christopher Robin, Piglet and Pooh leaning over Poohsticks bridge. The five original illustrations were sold for £917,500 (€1,038,260).

**TV COUCH CRITIC**

by Adam Whalley-Lewis

WELL, we did it. Whether you watched the World Cup and/or Wimbledon, or if you did your best to avoid them, Sunday saw them both conclude - unfortunately at about the same time. I think a lot of us were flicking between Moscow and SW19 last Sunday trying to keep up.

Now, you know I can't explain the off-side rule and I can't play tennis for toffee, but I did get caught up in the football and in the latter stages, the tennis too. I might have missed the Men's final if lovely friends from London, Ray and Louise, hadn't sent me a copy of a well-known newspaper and jogged my memory via its sports section!

I enjoyed the tennis. I liked the genuine affection the Ladies' finalists showed for each other and for once, Djokovic dropped the arrogant act and was nice about his opponent too. It is a shame that British competitors who made it through to the finals in the wheelchair doubles, mixed doubles and in the Boys competition were difficult to follow, just because there was no BBC visibility of when these matches were being played or if, or when, the BBC were showing them. The British pair won the wheelchair match and got hardly a mention anywhere.

Oh and France won the World Cup. Felicitations La France.

If you are a fan of *The Voice* (if you are, worry

France, Kerber, Djokovic and singing kids



THE VOICE KIDS: Judges Danny Jones, Pixie Lott, Will.i.am and presenter Emma Willis.

not, there is help out there, no really there is) you probably found yourself watching ITV's *The Voice Kids*. The show kicked off last Saturday and is running across eight consecutive days. It broadly follows the format of the adult show, with three music industry heavyweights and of course, Emma Willis hosting.

Will.i.am is the only judge to make it over from the adult show. He is supported by Pixie Lott, you

might remember her from *Strictly* and Danny Jones. I had to Google Danny. He was in a Boy Band, McFly, apparently.

You have to admire the courage the kids have to be able to sing on national TV. *The Voice Kids*, ITV, continues Thursday-Saturday this week.

ITV treated us to the opening episode of series three of *Unforgotten* on Sunday night. Now, I've friends who are ex-police officers, hola Jimmy and Keith, but brilliant as they are, I'm not sure even they could pull together a six-part mystery, of a Sunday night, with only a piece of hip bone to start their investigations.

Sanjeev Bhaskar and Nicola Walker star as detectives Sunny and Cassie who test the friendship of, to be honest, a random group of people who seem to be in the frame for the crime. This is solid Sunday night viewing though and you can keep up with what is happening on ITV, Sunday at 10pm.

Happy Viewing.

GENUINE AFFECTION: Angelique Kerber and Serena Williams.



Bad loser

Cassandra Nash
A weekly look

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

ALBERT RIVERA, the pro-Constitution leader of Ciudadanos and one of the 50 per cent of Catalans who do not want independence slated Prime Minister Pedro Sanchez for receiving Quim Torra in the Moncloa.

Rivera dismissed Sanchez as a populist and condemned him for receiving someone who was not a democrat.

Better look for another stick to beat Sanchez with. Successive Spanish presidents have received dodgy visitors without a murmur, the last of whom was the Crown Prince of Saudi Arabia. Less of a tyrant than his grandfather, admittedly, but no shining example of democracy.

Poor Albert! He's still smarting because Pedro Sanchez stole his presidential thunder, wrong-footing and outsmarting him to get into the Moncloa with that amazingly successful vote of no confidence.

Lie of the land

WITHIN a day or so, either Soraya Saenz de Santamaria or Pablo Casado will be chosen to lead the Partido Popular now that Mariano Rajoy is tending his garden in Santa Pola.

To Casado's irritation, people keep harping on about the master's degree he picked up so effortlessly in 2008 without attending one lecture.

"It's rather a coincidence that just as I presented my candidature something that happened 10 years ago should acquire so much media, academic and legal importance," he said with hurt surprise.

Not very perceptive of him. Nobody gives two hoots about Casado's academic record. What they care about is the fact that he could be lying about it and if he can't see what's wrong in that, he's even worse than the usual run of politicians.



BITTER?: Albert Sanchez.

Ain't we got fun

SPAIN'S economy looks good on paper but seems not to have reached everyone's pockets.

The country's statistics office INE found that the 20 per cent who are Spain's lowest earners are 15 per cent worse off than they were before the crisis.

The 20 per cent who earn most are only 1 per cent worse off, INE said, while the top layer of affluent households earned 6.6 times more than the lowest-income families.

Disraeli reputedly said, "There

Victory of the German doctor

PASCUAL MARAGALL was the socialist mayor of Barcelona between 1982 and 1997. In the 1999 regional elections, he was the most-voted presidential candidate but owing to the way the electoral system distributes seats, Jordi Pujol was again invested as Cataluña's president.

Maragall finally made it, with the help of Esquerra Republicana and the largely forgotten ICV-EUIA in 2003 and remained president until he resigned in 2006.

In 2007, Maragall admitted that he had Alzheimer's. Echoing Cervantes, he joked: "The German doctor whose name I do not care to remember will win the

game in the end."

Not long ago Maragall's daughter Cristina told an *El Mundo* interviewer: "If my father were well, perhaps we wouldn't have arrived at this in Cataluña."

Maragall himself, like many Catalan socialists, possibly had a yen for independence but it remained latent and rational.

Eleven years later Maragall no longer knows who he is or was and the 'German doctor' is winning.

Like Maragall, many Catalan politicians are unsure of their identity, the least rational of whom is the self-exiled Carles Puigdemont, but unlike him there is no excuse for them.

are lies, damn lies and statistics' but the 20's song that maintained, 'There's nothing surer, the rich get richer and the poor get poorer' was nearer the mark, then and now.

The big difference is that in 2018

no-one would willingly agree that 'In the meantime, in between time, ain't we got fun.'

Frankly, we ain't.

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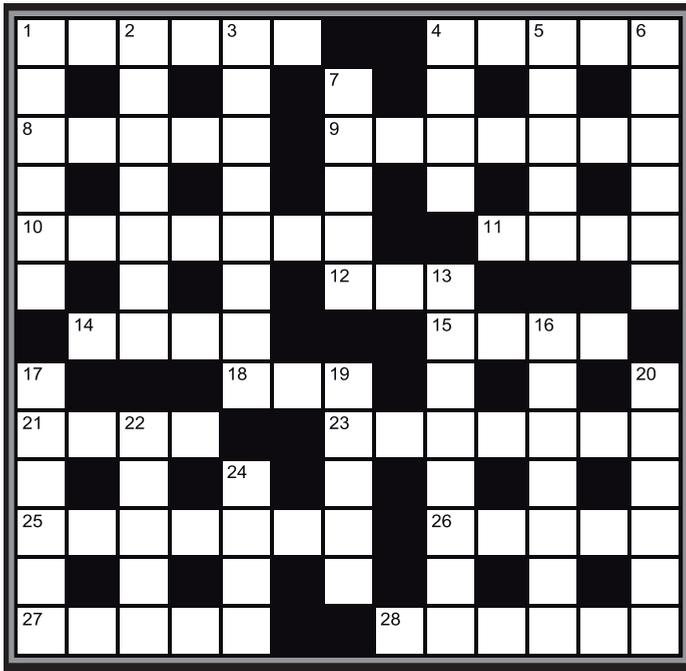


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Cryptic

Across

- 1 One who writes about British school rice (6)
- 4 South Staffordshire town is finely contoured (5)
- 8 Nothing going right sweetheart (5)
- 9 A game of bridge (7)
- 10 Wrong gear can mean bloodshed (7)
- 11 'Give up Pip', we hear (4)
- 12 Mark comes back in custody (3)
- 14 Candid leaflet includes the unemployed (4)
- 15 Makes fun of cheap newspapers (4)
- 18 Health resort in Las Palmas (3)
- 21 Six balls and it's finished (4)
- 23 Old jail's new entrance (7)
- 25 Illegal trader rides in disguise (7)
- 26 Former international the French deport (5)
- 27 Perhaps the genre is immature (5)
- 28 A trail for a dog going up (6)



Down

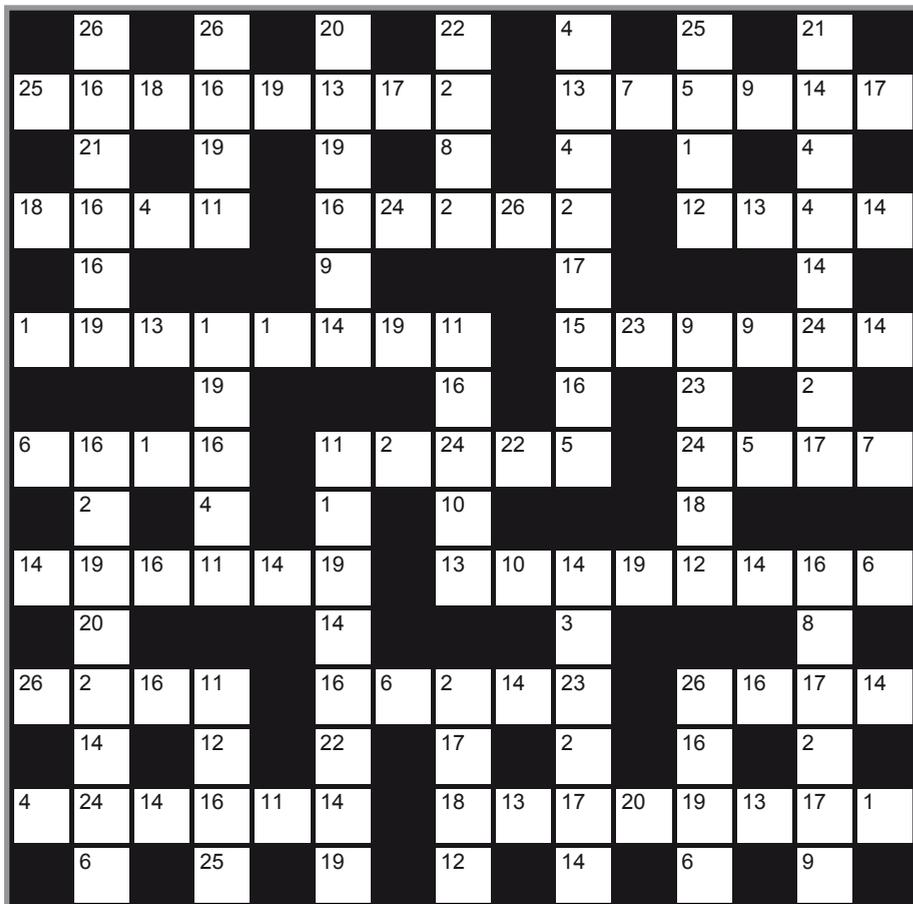
- 1 Close a helter-skelter, that's a relief (6)
- 2 Churchman, the Queen and the journalist admired (7)
- 3 Ruined rare bags for banks (8)
- 4 Offspring noted for a piece of music (4)
- 5 Call up the first girl outside, all right! (5)

- 6 More benevolent juveniles in Germany (6)
- 7 The going rate of the drug (5)
- 13 Trailers without one with direction can be fishing boats (8)
- 16 Hard rock from Tangier (7)
- 17 Could well be this when working, how tedious (6)

- 19 King George in any cross (5)
- 20 Pick out first class (6)
- 22 The Spanish head of state, that is to say, is Doris's sister (5)
- 24 Former prime minister's garden (4)

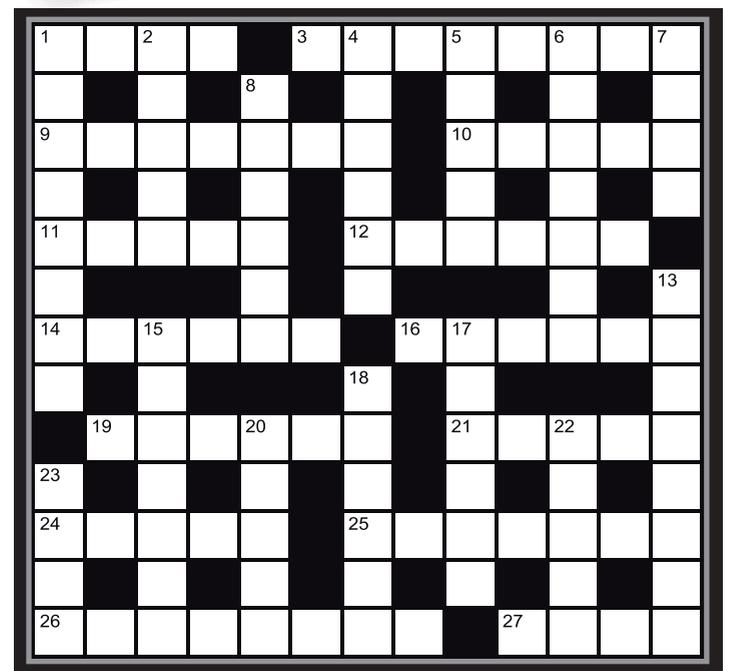
Code Breaker

Each number in the Code Breaker grid represents a different letter of the alphabet. In this week's puzzle, 4 represents P and 15 represents J, so fill in P every time the figure 4 appears and J every time the figure 15 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.



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

Quick



Across

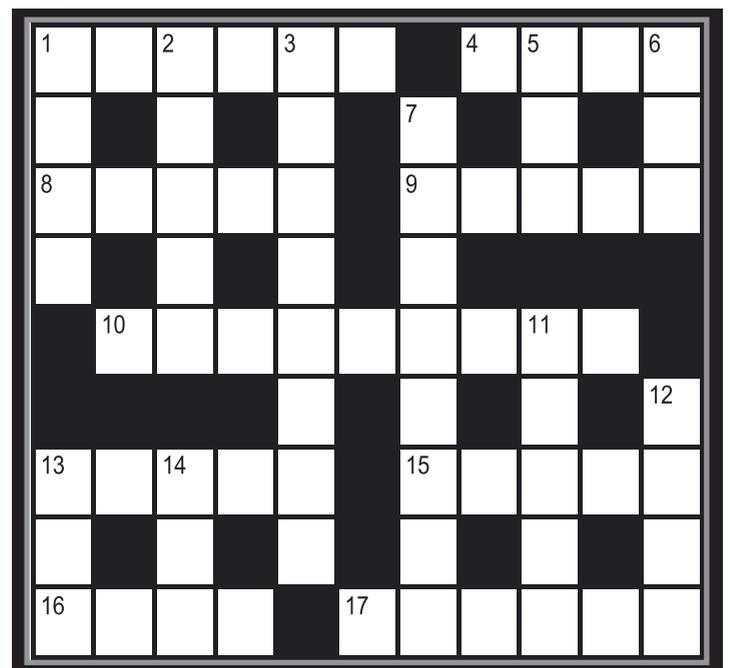
- 1 Cook (4)
- 3 Internet scam (8)
- 9 Alphabetic characters (7)
- 10 Hebrew prophet (5)
- 11 Trap (5)
- 12 Exhilarated (6)
- 14 Nearly (6)
- 16 Chanted phrase (6)
- 19 Dire situation (6)
- 21 Frighten (5)
- 24 Young rabbit (5)
- 25 Organise (7)
- 26 Magician (8)
- 27 Organs of sight (4)

Down

- 1 Salad dish (8)
- 2 Surplus (5)
- 4 Inexpensive lodging (6)
- 5 Polynesian island group (5)
- 6 Check (7)
- 7 Blast of air (4)
- 8 Alcove (6)
- 13 Unthinking (8)
- 15 Seaman (7)
- 17 Take in (6)
- 18 Get away (6)
- 20 Fashion (5)
- 22 Irritate (5)
- 23 Wading bird (4)

English - Spanish

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



Across

- 1 Sound (6)
- 4 Salvaje (planta, animal, tierra) (4)
- 8 Works (musical, teatro, literatura) (5)
- 9 Sand (5)
- 10 Forward (in position) (9)
- 13 Forma (figura) (5)
- 15 Lino (ropa) (5)
- 16 Nothing (4)
- 17 Passage (between buildings) (6)

Down

- 1 Lento (ritmo, movimiento, caída) (4)
- 2 North (side, part) (5)
- 3 Enfermedades (agentes concretos) (8)
- 5 Hielo (3)
- 6 Day (3)
- 7 Tablet (medicine) (8)
- 11 Round (of negotiations, drinks) (5)
- 12 Rodilla (4)
- 13 Without (3)
- 14 Añadir (3)

CROSSWORD PAGE

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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.

		32		29		15		26		21
30										
35										
8						4				
11						8				
18						10				
19										

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 O) and there must be AT LEAST ONE NINE LETTER WORD. Plurals, vulgarities or proper nouns are not allowed.



TARGET:
Average: 5
Good: 7
Very good: 10
Excellent: 12

LAST WEEK'S SOLUTION

cedi cent cert cite code coin coir cone cord core corn cote cred deco dice iced icon nice once otic rice torc cento cider cited citer coder coned conte cored credo cried crone decor dicer dicot doric edict icier ionic nicer recon recti recto riced ricin tonic trice cinder citron coined coiner cornet credit cretin dicier direct docent erotic incite indict irenic ironic nitric noetic notice triced citrine cordite crinoid diction incited inciter noticed oneiric centroid doctrine indirect DIRECTION

LOTTERY

UK NATIONAL LOTTERY

Saturday July 14



IRISH LOTTO

Saturday July 14



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Tuesday July 10



Friday July 13



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LA PRIMITIVA

Thursday July 12



JOKER: 6 295 691

Saturday July 14



JOKER: 7 216 831

EL GORDO DE LA PRIMITIVA

Sunday July 15



YOUR STARS

FOR NEXT 7 DAYS



AQUARIUS (January 21 - February 19)

You are in a romantic mood but something is missing from the picture. Its not that you're feeling the need to have more than one string to your bow, it is more that you are tired of using the same old arrows. So, what is out there to fire your imagination? Something really new will not miss the mark with you.



PISCES (February 20 - March 20)

This is a brilliant week for money and business. Mars is influencing you to be more up-front and practical in your approach. You may feel changes coming on that you would rather deny. Burying your head in the sand is not an option. Take the bull by the horns and you could be surprised at your success.



ARIES (March 21 - April 20)

You will see the lighter side of life this week when you discover that someone is holding a torch for you. You are flattered and vaguely interested. Your combination of intelligence and humour make you a delightful companion. Venus smiles on all your close relationships and you seem to be able to do no wrong.



TAURUS (April 21 - May 21)

There is much to be tackled this week, but you are wary of making full-on decisions. Taking things one step at a time is the best policy because it gives you space to consider the options. There is a restlessness about you that is hard to pinpoint. Perhaps you are feeling positive but have to hold fire because of others. This is frustrating, but try to relax.



GEMINI (May 22 - June 21)

Energy levels go up and down and you seek to ration yours by not going all-out physically. It is still possible to be quite dynamic while planning. Indeed, your clear vision impresses a colleague. If you are due for promotion then some good news is likely. Blow your own trumpet rather than wait for others to do it for you.



CANCER (June 22 - July 23)

The changes affecting you for the past few weeks continue but you are now getting better at managing

their direction. Someone wanting you to take a logical action should not be allowed to push you forward. When to act will be clear to you.



LEO (July 24 - August 23)

Someone who has been unhelpful in the past suddenly steps forward. Could you have been wrong about them? Probably not. Keep a clear mind when with them. Saturn influences you to be more organised before a bout of indecision strikes.



VIRGO (August 24 - September 23)

The influence of Venus and Jupiter brings you the influence and status that you deserve. It's not that you haven't worked towards it but now you start to see the benefits. There is an urge to improve your appearance and surroundings to fit in with the 'new you'.



LIBRA (September 24 - October 23)

During the past few weeks you may have gained a different perspective on life. Your need for a close attachment and harmony in your life should not be underestimated or denied in the name of practicality.



SCORPIO (October 24 - November 22)

To be truly happy you need to build on your partnerships. Keep these in balance and everything else will fall into place. Life has taught you some rather harsh lessons recently. The upshot of that is you now feel more in control and more secure.



SAGITTARIUS (November 23 - December 21)

There is an all-consuming need to see some reward for all your efforts. There will be those who will tell you that you need to push harder for success. Perhaps you need to be with more like-minded people. Certainly being with the wrong colleagues can bring your spirits down.



CAPRICORN (December 22 - January 20)

When needed you are sure to be positive this week. On a project, 'striking while the iron is hot' springs to mind. There is much fun to hand but it must be 'work first' at the moment. Some opportunities do not come twice and you need to be aware of them when they present themselves.

Sudoku

Fill the grid so that every row, every column and every 3X3 box contains the digits 1-9. There's no maths involved. You solve the puzzle with reasoning and logic.

LAST WEEK'S SOLUTION

3	2	1	9	8	4	7	5	6
7	8	9	3	5	6	2	1	4
5	4	6	1	2	7	8	3	9
2	6	3	4	9	5	1	7	8
8	5	7	6	1	3	4	9	2
9	1	4	2	7	8	5	6	3
1	7	2	8	3	9	6	4	5
6	9	8	5	4	1	3	2	7
4	3	5	7	6	2	9	8	1

1				7				
		9		6				
				4	3	5	8	
	2		5		1			
			6					
5		7					8	
			7				1	
		5		3	8		4	6
		3		4				2

LAST WEEK'S SOLUTIONS

ENGLISH-SPANISH

Across:

1 Cycling, 5 Cesta, 8 Polilla, 9 Salud, 10 Noses, 11 Justice, 12/14 Buenas noches, 17 Parecer, 19 Guapa, 22 Amiga, 23 Coldest, 24 Eagle, 25 Scooter.

Down:

1 Cupón, 2 Colas, 3 Iglesia, 4 Granja, 5 Cosas, 6 Selfish, 7 Address, 12 By plane, 13 Earring, 15 Orgullo, 16 Bricks, 18 Clave, 20 Agent, 21 After.

CRYPTIC

Across:

1 Resist, 4 Chased, 9 Clear, 10 Animals, 11 Termites, 12 Tops, 14 Seabed, 16 Hawser, 19 Cash, 20 Contempt, 23 Precise, 24 Ringo, 25 Needed, 26 Adorns.

Down:

1 Recites, 2 Swear, 3 Sardines, 5 Heir, 6 Shadows, 7 Doses, 8 Later, 13 Mastered, 15 Austere, 17 Rations, 18 Cover, 19 Capon, 21 Manor, 22 Mite.

QUICK

Across:

1 Dachshund, 5 Musty, 7 Bison, 9 Seek, 10 Sailor, 12 Attain, 13 Wash, 15 Large, 16 Obeys, 18 Potassium.

Down:

1/17 Dim sum, 2 Stye, 3 Upbeat, 4 Monarch, 6 Shelter, 8 Salvage, 9 Swallow, 11 Silent, 14 Lots.

CODE BREAKER

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

KAKURO



QUIZ: FILM FUN

- Which rock star played the title role in the 1970 film Ned Kelly?
- Which famous American actor sang I Talk to the Trees in the 1969 film Paint Your Wagon?
- Coalminer's Daughter was the title of a film concerning the life of which country singer?
- From which classic 1941 film does the following line come, 'I guess Rosebud is just the piece in a jigsaw'?
- According to the 1968 film, who was the father of Rosemary's Baby?

- In the 1963 film The Great Escape, what were the names given to the three tunnels?
- What was title of the 1980 sequel to Every Which Way but Loose?
- In 1989 film version of The Wizard of Oz, which character was searching for courage?
- Which 1940 full-length Walt Disney cartoon featured the songs Give a Little Whistle and When You Wish upon a Star?
- From which 1969 film does the Bacharach and David song Raindrops Keep Falling on My Head come?

Answers:

- MICK JAGGER, 2. CLINT EASTWOOD, 3. LORETTA LYNN, 4. CITIZEN KANE, 5. THE DEVIL, 6. TOM, DICK AND HARRY, 7. ANY WHICH WAY YOU CAN, 8. THE LION, 9. PINOCCHIO, 10. BUTCH CASSIDY AND THE SUNDANCE KID.

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THURSDAY - 19 JULY

FRIDAY - 20 JULY

BBC one	BBC TWO	BBC FOUR	CHANNEL 4	CHANNEL 5
7:00am Breakfast	8:15am Heir Hunters with Michael Buerk	5:00am This is BBC Four	7:00am Countdown	8:55am Ben and Holly's Little Kingdom
10:15am Matron, Medicine and Me	9:00am Caught Red Handed	8:00pm Beyond 100 Days	7:45am King of Queens	9:05am Paw Patrol
11:00am Homes Under the Hammer	9:30am Caught Red Handed	<i>The latest national and international news, exploring the day's events from a global perspective.</i>	8:10am King of Queens	9:20am Flogals
12:00pm Heir Hunters with Michael Buerk	10:00am Victoria Derbyshire	9:00pm Beach Live: Jurassic Coast Revealed	8:35am Everybody Loves Raymond	9:40am Digby Dragon
12:45pm The Farmers' Country Showdown	12:00pm BBC Newsroom Live	10:00pm Who Were the Greeks?	9:05am Everybody Loves Raymond	9:55am Nella the Princess Knight
1:15pm Bargain Hunt	1:00pm The Daily Politics	12:00am The Great British Year	9:35am Everybody Loves Raymond	10:05am Mofy
2:00pm BBC News at One	2:00pm Perfection	1:00am Top of the Pops	10:05am Frasier	10:15am The Wright Stuff
2:30pm BBC London News	2:45pm Getting the Builders in	1:00am Mike Read and Dixie Peach present the pop chart programme, first broadcast on 16 January 1986.	10:35am Frasier	12:15pm On Benefits
2:45pm Red Rock	3:30pm For What It's Worth	1:30am A Very British Murder with Lucy Worsley	11:05am Car S.O.S	1:10pm 5 News
3:30pm Escape to the Country	4:15pm Secrets of the Castle with Ruth, Peter and Tom	2:30am Danielle De Niese: The Birth of an Opera	12:05pm Ramsay's Kitchen Nightmares USA	1:15pm GPs: Behind Closed Doors
4:30pm Celebrity Money for Nothing	5:15pm Hidden Kingdoms	3:30am Size Matters	1:00pm Come Dine with Me	2:15pm Home and Away
5:15pm Flog It!	6:15pm Antiques Road Trip	4:30am This is BBC Four	1:05pm Come Dine with Me	2:45pm Neighbours
6:15pm Impossible	7:00pm Eggheads		2:05pm Find it, Fix it, Flog it	3:15pm Cagney and Lacey
7:00pm BBC News at Six	7:30pm Great British Railway Journeys		3:10pm Countdown	4:15pm Two Wrongs
7:30pm BBC London News	8:00pm Rhs: Tatton Flower Show 2018		4:00pm A Place in the Sun: Winter Sun	6:00pm 5 News at 5
8:00pm The One Show	9:00pm Golf		5:00pm The £100k Drop	6:30pm Neighbours
8:30pm EastEnders	11:00pm Quacks		6:00pm Come Dine with Me	7:00pm Home and Away
9:00pm Eat Well for Less	11:30pm Newsnight		7:00pm The Simpsons	7:30pm 5 News Tonight
10:00pm Keeping Faith	12:15am Hospital		7:30pm The Simpsons	8:00pm Tony Robinson: Coast to Coast
11:00pm BBC News at Ten	1:15am Reginald D Hunter's Songs of the Border		8:00pm Hollyoaks	9:00pm Celebrity Five
11:30pm BBC London News	2:30am Who Do You Think You Are?		9:00pm Channel 4 News	10:00pm Jane McDonald and Friends
11:45pm New Tricks	3:30am The Misadventures of Ramesh Ranganathan		9:00pm The Crystal Maze	11:00pm Mamma Mia! Mania: The World's Favourite Musical
12:45am This Week			10:00pm 8 Out of 10 Cats Does Countdown	
			11:00pm The Last Leg	
			12:05am The Big Narstie Show	
			1:10am Stath Lets Flats	
			1:35am The Last Days on	

BBC one	BBC TWO	BBC FOUR	CHANNEL 4	CHANNEL 5
11:00am Homes Under the Hammer	7:30am Matron, Medicine and Me	8:00pm World News Today	8:10am King of Queens	9:40am Digby Dragon
12:00pm Heir Hunters with Michael Buerk	8:15am Heir Hunters with Michael Buerk	<i>The latest national and international news, exploring the day's events from a global perspective.</i>	8:35am Everybody Loves Raymond	9:55am Nella the Princess Knight
12:45pm The Farmers' Country Showdown	9:00am Gardeners' World	8:30pm BBC Proms 2018	9:00am Everybody Loves Raymond	10:05am Mofy
1:15pm Bargain Hunt	10:00am Victoria Derbyshire	10:30pm Top of the Pops	9:35am Everybody Loves Raymond	10:15am The Wright Stuff
2:00pm BBC News at One	12:00pm BBC Newsroom Live	11:00pm Smashing Hits!	10:05am Frasier	10:55am Desperately Seeking Stardom
2:30pm BBC London News	1:00pm The Daily Politics	The 80s Pop	10:35am Frasier	1:10pm 5 News
2:45pm Red Rock	2:00pm Perfection	Map of Britain and Ireland	11:05am Car S.O.S	1:15pm GPs: Behind Closed Doors
3:30pm Escape to the Country	2:45pm Getting the Builders in	12:00am The Joy of ABBA	12:05pm Ramsay's Kitchen	2:15pm Home and Away
4:30pm Celebrity Money for Nothing	3:30pm For What It's Worth	1:00am ABBA at the BBC	Nightmares USA	2:45pm Neighbours
5:15pm Flog It!	4:15pm Secrets of the Castle with Ruth, Peter and Tom	2:00pm Top of the Pops	Channel 4 News	3:15pm Cagney and Lacey
6:15pm Impossible	5:15pm Hidden Kingdoms	2:30pm The R&B Feeling: The Bob Parks Story	Come Dine with Me	4:15pm Jesse Stone: Innocent Lost
7:00pm BBC News at Six	6:15pm Antiques Road Trip	3:30am The Joy of ABBA Between 1974 and 1982 ABBA plundered the Anglo-Saxon charts, but divided critical opinion.	Find it, Fix it, Flog it	6:00pm 5 News at 5
7:30pm BBC London News	7:00pm Eggheads	4:30am This is BBC Four	A Place in the Sun: Winter Sun	6:30pm Neighbours
8:00pm The One Show	7:30pm Great British Railway Journeys		The £100k Drop	7:00pm Home and Away
8:30pm EastEnders	8:00pm Rhs: Tatton Flower Show 2018		Come Dine with Me	7:30pm 5 News Tonight
9:00pm Eat Well for Less	9:00pm Golf		The Simpsons	8:00pm Tony Robinson: Coast to Coast
10:00pm Keeping Faith	11:00pm Quacks		The Simpsons	9:00pm Celebrity Five
11:00pm BBC News at Ten	11:30pm Newsnight		Hollyoaks	10:00pm Jane McDonald and Friends
11:30pm BBC London News	12:15am Hospital		Great British Railway Journeys	11:00pm Mamma Mia! Mania: The World's Favourite Musical
11:45pm New Tricks	1:15am Reginald D Hunter's Songs of the Border		RHS: Tatton Flower Show 2018	
12:45am This Week	2:30am Who Do You Think You Are?		Antiques Road Trip	
	3:30am The Misadventures of Ramesh Ranganathan		7:00pm Eggheads	
			7:30pm Great British Railway Journeys	
			8:00pm Rhs: Tatton Flower Show 2018	
			9:00pm Golf	
			11:00pm Quacks	
			11:30pm Newsnight	
			12:15am Hospital	
			1:15am Reginald D Hunter's Songs of the Border	
			2:30am Who Do You Think You Are?	
			3:30am The Misadventures of Ramesh Ranganathan	

|| 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.

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SATURDAY - 21 JULY

BBC one **BBC TWO** **BBC FOUR** **CHANNEL 4** **CHANNEL 5**

7:00am Breakfast	8:30am The Dengineers	4:30am This is BBC Four	9:25am Frasier	7:00am Teleshopping
11:00am Saturday Kitchen Live	9:00am Naomi's Nightmares of Nature	8:00pm Mountain	9:55am Frasier	11:10am Teenage Mutant Ninja Turtles
12:30pm Nadiya's Family Favourites	9:30am Deadly Dinosaurs with Steve Backshall	9:00pm Wonders of the Monsoon	10:25am The Big Bang Theory	11:45am Make You Laugh Out Loud
1:00pm Athletics	10:00am David Attenborough's Natural Curiosities	<i>Series exploring a world where life is shaped by the greatest weather system on Earth.</i>	10:55am The Big Bang Theory	12:10pm Police Interceptors
2:00pm BBC News	10:25am Animal Odd Couples	10:00pm Hidden	11:20am The Simpsons	1:10pm Police Interceptors
2:10pm Weather	11:25am Coast	11:00pm Top of the Pops	11:50am The Simpsons	2:10pm Bargain Loving Brits in the Sun
2:15pm Athletics: London Anniversary Games	12:00pm Summer: Tuscany	11:30pm Top of the Pops	12:20pm Come Dine with Me	3:10pm Bargain Loving Brits in the Sun
5:00pm Athletics: World Cup Highlights	1:00pm Simply Nigella	<i>John Peel and Janice Long present the pop chart programme, first broadcast on 2 January 1986.</i>	1:20pm Four in a Bed	4:10pm Bad Tenants, Rogue Landlords
6:05pm Wedding Day Winners	1:30pm Kew on a Plate	12:00am The Undiscovered Peter Cook	1:50pm Four in a Bed	5:10pm Bad Tenants, Rogue Landlords
7:05pm BBC News	2:30pm Garden Rescue	1:00am Smashing Hits! The 80's Pop	2:20pm Four in a Bed	6:00pm Love it or List it Channel 4 News
7:15pm Regional News	3:15pm Wanted Down Under	2:00am Classic Soul at the BBC	2:50pm Four in a Bed	6:30pm Formula 1
7:18pm Weather	4:00pm Money for Nothing	3:00am Mountain	3:25pm A Place in the Sun: Winter Sun	8:00pm Inside Bentley: A Great British Motor Car
7:20pm Wreck-it Ralph	5:00pm Ben and James	4:00am Wonders of the Monsoon	4:55pm Kirstie and Phil's	9:00pm Great Canal Journeys
8:55pm Pointless	6:00pm Flog It!		5:10pm Bad Tenants, Rogue Landlords	10:00pm Kingsman: The Secret Service
9:40pm Casualty	6:50pm Natural World		6:10pm Can't Pay? We'll Take it Away!	12:35am The Visit
10:30pm Mrs. Brown's Boys	7:50pm BBC Proms Extra		7:05pm We'll Take it Away!	2:10am Ramsay's Kitchen Nightmares USA
11:00pm BBC News	8:30pm Dad's Army		8:00pm Can't Pay? We'll Take it Away!	3:05am The Big Narstie Show
11:15pm Weather	9:00pm Golf		9:00pm Before They Were Stars	4:00am Hollyoaks Omnibus
11:20pm Pretty Woman	11:00pm QI XL		9:55pm 5 News	
1:15am Weather for the Week Ahead	11:45pm Tourtettero: Me, My Mouth and I		10:00pm Victoria Wood: Her Life as Seen on TV	
1:20am BBC News	12:45am Mandela: Long Walk to Freedom		11:00pm Victoria Wood: Live	
<i>The latest national and international news stories, followed by Weather.</i>			1:00am Super Casino	

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

7:35am Dino Dana	6:55am ITV2 Nightscreen	5:40am Judge Judy	4:00am Teleshopping	7:00am Sky Sports News
7:50am Mission Employable	7:00am The Planet's Funniest Animals	6:05am Judge Judy	7:00am Barcelona's European Glory	8:00am The Open - Highlights
7:55am The Oddbods Show	7:10am Totally Bonkers Guinness World Records	6:25am ITV3 Nightscreen	7:10am The Protectors	10:00am The Open Championship Live
8:10am Ninjago: Possession	7:35am Emmerdale	7:00am On the Buses	7:35am Minder	2:55pm Live German F1 GP: Qualifying
8:30am The Haunted Hathaways	10:30am Coronation Street Omnibus	<i>Inspector Blake demands that all bus crews pass a first aid test or be suspended.</i>	8:25am Minder	4:45pm The Open Championship Live
8:55am Drop Dead Weird	1:15pm You've Been Framed! Gold	7:25am Murder, She Wrote	9:20am Motorsport UK	9:00pm The Open Verdict - Live
9:25am ITV News	2:00pm You've Got Mail	8:20am Murder, She Wrote	10:30am ITV Racing: The Opening Show	9:30pm Live Darts: World Matchplay
9:30am Zoe Ball on Saturday	3:05pm You've Got Mail	9:20am Murder, She Wrote	11:30am Storage Wars Texas	<i>Day one of the BetVictor World Matchplay</i>
10:25am Who's Doing the Dishes?	4:10pm You've Got Mail	10:20am Agatha Christie's Marple	12:00pm Tour De France 2018 - Highlights	<i>Darts from the Winter Gardens, Blackpool.</i>
11:25am The Voice Kids	5:25pm St. Trinian's 2: The Legend of Fritton's Gold	12:20pm Agatha Christie's Marple	1:00pm Tour De France 2018 - Live	12:00am The Open - Highlights
12:55pm ITV Lunchtime News	6:30pm The Legend of Fritton's Gold	2:30pm ITV Racing: Live from Newbury	6:00pm Storage Wars Texas	<i>Day three of The 147th Open Championship, held at Carnoustie Golf Links.</i>
1:05pm Mindsomer Murders	6:35pm St. Trinian's 2: The Legend of Fritton's Gold	5:00pm Rosemary and Thyme	6:25pm Storage Wars Texas	
3:00pm Catchphrase	7:35pm The Mummy Returns	8:00pm Midsomer Murders	7:00pm Monster Carp	
3:45pm Tenable	8:35pm FYI Daily	8:00pm Midsomer Murders	8:00pm Tour De France 2018 - Highlights	
4:45pm Tipping Point	8:40pm The Mummy Returns	10:05pm FYI Daily	9:00pm The Living Daylights	
5:45pm The Chase	10:00pm Love Island	10:10pm The Living Daylights	10:05pm FYI Daily	
6:45pm ITV Evening News	11:05pm Keith Lemon: Coming in America	11:45pm Rugby World Cup 7s 2018 Highlights	10:10pm The Living Daylights	
7:00pm Regional News and Weather	11:50pm Family Guy	12:45am Better Late Than Never	11:45pm Rugby World Cup 7s 2018 Highlights	
7:15pm Minions	12:20am Family Guy	1:40am Minder	12:45am Better Late Than Never	
9:00pm The Voice Kids	12:50am Family Guy		2:00am Sky Sports News	
10:30pm ITV News	1:20am American Dad!			
10:50pm The Bourne Ultimatum				
12:50am You've Been Framed!				

SUNDAY - 22 JULY

BBC one **BBC TWO** **BBC FOUR** **CHANNEL 4** **CHANNEL 5**

7:00am Breakfast	7:00am A to Z of TV Gardening	8:00pm BBC Proms 2018	4:00am Hollyoaks Omnibus	5:45am House Doctor
10:00am The Andrew Marr Show	7:45am Glorious Gardens From Above	<i>Schumann and Boulanger.</i>	6:10am My Kitchen Rules	6:10am Divine Designs
11:00am Sunday Morning Live	8:30am Gardeners' World	9:45pm Wild Scotland	7:00am To Be Announced	6:35am Wildlife SOS
12:00pm Sunday Politics	9:30am Countryfile	10:00pm Archaeology: A Secret History	7:15am King of Queens	7:00am Little Princess
1:15pm Bargain Hunt	10:25am The Beechgrove Garden	11:00pm Rich Hall's Presidential Grudge Match	7:40am King of Queens	11:00am Teenage Mutant Ninja Turtles
2:00pm BBC News	10:55am Saturday Kitchen Best Bites	12:30am Six Wives with Lucy Worsley	8:05am King of Queens	11:35am Blind Date
2:10pm Weather for the Week Ahead	12:30pm The Best Dishes Ever	<i>History documentary bearing witness to some of the most important moments in the lives of King Henry VIII's wives.</i>	8:30am Everybody Loves Raymond	12:30pm Police Interceptors
2:15pm Money for Nothing	1:00pm The Hairy Bikers' Best of British	1:29am Henry VIII's Enforcer: The Rise and Fall of Thomas Cromwell	8:55am Everybody Loves Raymond	1:20pm Interceptors
4:00pm Escape to the Country	2:00pm Athletics: London Anniversary Games	2:30am Forest, Field and Sky: Art out of Nature	9:25am Frasier	2:20pm Access
4:45pm Songs of Praise	5:30pm Flog It!	7:20pm Channel 4 News	10:00am Frasier	2:25pm The Dark Crystal
4:55pm Animals Behaving Badly	6:30pm Secrets of Silicon Valley	7:45pm Formula 1	10:30am Sunday Brunch	3:15pm Access
5:30pm Eat Well for Less	7:30pm Mortimer and Whitehouse: Gone Fishing	8:55pm Artist in Residence: The Sex Clinic	1:30pm The Simpsons	4:15pm Access
7:30pm BBC News	8:00pm Inside the Factory	12:05am Stonehearth Asylum	2:00pm The Simpsons	4:20pm Labyrinth
7:50pm Regional News	9:00pm Golf	2:10am The Last Leg	2:30pm The Boxtrolls	5:15pm Nanny McPhee
7:55pm Weather	11:00pm Shankly: The Man Who Changed Football	3:05am My Golden Days	4:20pm Bang on Budget	6:15pm Access
8:00pm Countryfile	12:30am Idris Elba King of Speed	5:10am Selling Houses	5:20pm Homes by the Med	6:20pm Nanny McPhee
9:00pm Antiques Roadshow	1:30am Countryfile		6:20pm Location, Location, Location	7:05pm Wonderful World of Puppies
10:00pm Poldark	2:25am Holby City		7:20pm Channel 4 News	8:05pm Chuckle Time with the Chuckle Brothers
11:00pm BBC News	3:25am This is BBC Two Highlights of programmes on BBC Two.		7:45pm The Handmaid's Tale	8:55pm 5 News
11:20pm Regional News			11:10pm Artist in Residence: The Sex Clinic	9:00pm Funniest Celeb Talent Show Moments Ever
11:25pm Weather			12:05am Stonehearth Asylum	10:00pm 21 Jump Street
11:30pm Imagine...			2:10am The Last Leg	11:00pm News Update
12:35am A Little Chaos			3:05am My Golden Days	11:05pm 21 Jump Street
2:25am Weather for the Week Ahead			5:10am Selling Houses	12:10am The Green Hornet
2:30am BBC News				

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

7:50am Mission Employable	6:50am ITV2 Nightscreen	3:30am Teleshopping	4:00am Teleshopping	6:00am Sky Sports News
7:55am The Oddbods Show	7:00am Totally Bonkers Guinness World Records	7:00am Murder, She Wrote	7:00am World Cup Rivalries: Brazil v Italy	7:00am Sky Sports News
8:10am Ninjago: Possession	7:10am Emmerdale	7:50am Heartbeat	7:15am Minder	8:00am News
8:30am The Haunted Hathaways	10:15am Coronation Street Omnibus	<i>Sparks fly as Joe clashes with Rachel over an investigation into a train robbery</i>	8:05am Minder	8:00am Good Morning Sports Fans
8:55am Drop Dead Weird	1:00pm Take Me Out	8:55am The Sweeney	9:55am River Monsters	9:00am The Open Championship Live
9:25am ITV News	2:30pm You've Been Framed! Gold	10:25am River Monsters	10:25am River Monsters	<i>The fourth and final day of The 147th Open Championship, held at Carnoustie Golf Links.</i>
9:30am Zoe Ball on Sunday	3:30pm Looney Tunes: Back in Action	10:55am Monster Carp	11:55am Tour De France 2018 - Highlights	8:00pm The Open Verdict - Live
10:25am Who's Doing the Dishes?	4:30pm FYI Daily	11:55am Agatha Christie's Marple	1:00pm Tour De France 2018 - Live	8:30pm Live Darts: World Matchplay
11:15am Murders	4:35pm Looney Tunes: Back in Action	11:50am Foyle's War	6:15pm Football Rivalries	1:00am Sky Sports News
1:10pm ITV Lunchtime News	5:20pm Hotel Transylvania Preview	3:55pm Foyle's War	6:30pm Storage Wars Texas	1:00am Sky Sports News
1:20pm The Voice Kids Final	6:25pm FYI Daily	5:55pm Foyle's War	7:00pm Storage Wars Texas	2:00am Sky Sports News
2:50pm Mamma Mia! Tipping Point	6:30pm Hotel Transylvania Preview	8:00pm Victoria	7:25pm Storage Wars Texas	3:00am Sky Sports News
5:00pm The Chase	7:10pm Hotel Transylvania Preview	<i>Eight-part drama series about the early reign of Queen Victoria.</i>	8:00pm Tour De France 2018 - Highlights	3:00am Sky Sports News
6:00pm The Chase	7:15pm Star Wars: Episode I - The Phantom Menace	9:00pm Victoria	9:00pm River Monsters	4:00am Sky Sports News
7:00pm Paul O'grady: For the Love of Dogs	8:20pm Star Wars: Episode I - The Phantom Menace	10:00pm The Halcyon	9:30pm River Monsters	5:00am Sky Sports News
7:30pm ITV Evening News	8:25pm Star Wars: Episode I - The Phantom Menace	12:00am Wire in the Blood	10:00pm The Chronicles of Riddick	5:00am Sky Sports News
7:45pm Regional News and Weather	10:00pm Love Island	2:00am Blue Murder	11:00pm FYI Daily	5:00am Sky Sports News
8:00pm Vera	12:05am Family Guy	3:15am Liverpool 1	11:05pm The Chronicles of Riddick	5:00am Sky Sports News
10:00pm Unforgotten		4:10am Road to Avonlea	12:20am Rugby World Cup 7s 2018 Highlights	5:00am Sky Sports News
11:00pm ITV News		5:00am Road to Avonlea	12:20am Rugby World Cup 7s 2018 Highlights	5:00am Sky Sports News
11:20pm Info not available		5:45am Murder, She Wrote	2:20am FYI Daily	5:00am Sky Sports News

Advertising Feature



QUALITY SERVICE: Enjoy the sun and sea on Optimist of London II.

AFTER nine successful seasons here on the Costa Tropical, Optimist of London II, an ocean-going Lagoon 380 Catamaran, is busy taking guests out on the waves again this summer from the trendy and newly revamped port, Marina del Este, situated between La Herradura and Almuñecar.

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ty to swim and snorkel in the crystal clear waters, look out for dolphins, relax and take in the stunning scenery, whilst the more adventurous can take a ride in the yacht's high speed zodiac with the fun inflatable toys when the yacht drops anchor for lunch/dinner.

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MONDAY - 23 JULY

BBC one	BBC TWO	BBC FOUR	CHANNEL 4	CHANNEL 5
3:30pm Escape to the Country	3:30pm For What It's Worth	8:00pm Beyond 100 Days	3:10pm Countdown	2:10pm Access
4:30pm Celebrity Money for Nothing	4:15pm Nature's Weirdest Events	8:30pm Royal Welsh Show	4:00pm A Place in the Sun: Winter Sun	2:15pm Home and Away
5:15pm Flog It!	5:15pm Madagascar	9:00pm Nature's Miracle	5:00pm The £100k Drop	2:45pm Neighbours
6:15pm Impossible	6:15pm Antiques Road Trip	10:00pm Orphans	6:00pm Come Dine with Me	3:15pm Cagney and Lacey
7:00pm BBC News	7:00pm Eggheads	10:00pm Crossing England in a Punt: River of Dreams	6:30pm The Simpsons	4:15pm Past Malice: An Emma Fielding Mystery
7:30pm Regional News	7:00pm Great British Railway Journeys	11:00pm Storyville	7:00pm The Simpsons	6:00pm 5 News at 5
8:00pm The One Show	7:30pm Great British Railway Journeys	Series showcasing the best in international documentaries.	7:30pm Hollyoaks	6:30pm Neighbours
8:30pm Elephants on the Move	8:00pm Back in Time for Tea	12:15am Rise of the Continents	8:00pm Channel 4 News	7:00pm Home and Away
9:00pm EastEnders	9:00pm Nadiya's Family Favourites	In the second episode, Professor Iain Stewart	9:00pm Dispatches	7:30pm 5 News Tonight
9:30pm The Fake Murder that Fooled the World - Panorama	9:30pm University Challenge	Rise of the Continents	9:30pm How to Get Rich Quick	8:00pm Sinkholes
10:00pm Who Do You Think You Are?	10:00pm Versailles	In the second episode, Professor Iain Stewart	10:00pm Our Guy in Russia	9:00pm Police Interceptors
11:00pm BBC News	11:00pm QI	uncovers the mysterious history of Australia	11:00pm Who is America?	10:00pm Crimewave 2018: Lawless Britain
11:30pm Regional News	11:30pm Newsnight		11:40pm 8 Out of 10 Cats	11:00pm Law and Disorder: The Live Debate
	12:10am Weather		12:45am Ramsay's 24 Hours to Hell and Back	12:05am Fights, Camera, Action: Citizens Arrest

itv	itv2	itv3	itv4	sky sports main event
3:00pm Judge Rinder	2:45pm The Ellen DeGeneres Show	11:00am George and Mildred	4:00am Teleshopping	9:00am Good Morning Sports Fans
4:00pm Tipping Point	3:35pm The Jeremy Kyle Show	11:35am Agatha Christie's Marple	7:00am The Chase	9:30am My Icon
5:00pm The Chase	4:45pm The Jeremy Kyle Show	1:35pm The Royal Heartbeat	7:50am The Chase	9:40am Live Anz Premiership Netball
6:00pm Regional News and Weather	5:55pm Judge Rinder Take Me Out	2:40pm Classic Coronation Street	8:35am Kojak	11:15am Coaching Clinic with Rob Key
7:00pm ITV Evening News	7:00pm You've Been Framed! Gold	4:15pm Classic Coronation Street	9:35am Quincy, M.E.	11:35am Coaching Clinic with Rob Key
7:30pm ITV Evening News	9:00pm Two and a Half Men	4:55pm Agatha Christie's Marple	10:35am Minder	8:00pm Live Darts: World Matchplay
8:00pm Emmerdale	9:30pm Superstore	6:55pm Heartbeat	11:40am The Professionals	12:00am Dillian Whyte: Whyte Hot
8:30pm Coronation Street	10:00pm Love Island	8:00pm Murder, She Wrote	12:45pm Kojak	12:30am Boxing
9:00pm Give it a Year	11:00pm Family Guy	9:00pm Agatha Christie's Marple	3:50pm Tour De France 2018 - Highlights	1:00am Sky Sports News
9:30pm Coronation Street	11:05pm Family Guy	11:00pm Foyle's War	4:50pm The Sweeney	
10:00pm Lewis	12:05am Family Guy		6:00pm The Professionals	
11:00pm ITV News at Ten and Weather			7:00pm Cash Cowboys	
			8:00pm Tour De France 2018 - Highlights	

TUESDAY - 24 JULY

BBC one	BBC TWO	BBC FOUR	CHANNEL 4	CHANNEL 5
2:00pm BBC News at One	4:15pm Nature's Weirdest Events	4:15am This is BBC Four	1:05pm Come Dine with Me	1:15pm GPs: Behind Closed Doors
2:30pm BBC London News	5:15pm Madagascar	8:00pm Beyond 100 Days	2:05pm Find it, Fix it, Flog it	2:10pm Access
2:45pm Red Rock	6:15pm Antiques Road Trip	8:30pm The Royal Welsh Show 2018	3:10pm Countdown	2:15pm Home and Away
3:30pm Escape to the Country	7:00pm Eggheads	9:00pm Andrew Marr's History of the World	4:00pm A Place in the Sun: Winter Sun	2:45pm Neighbours
4:30pm Celebrity Money for Nothing	7:30pm Great British Railway Journeys	10:00pm Mark Kermode's Secrets of Cinema	5:00pm The £100k Drop	3:15pm Cagney and Lacey
5:15pm Flog It!	8:00pm Back in Time for Tea	11:00pm The Lavender Hill Mob	6:00pm Come Dine with Me	4:15pm A Wife's Nightmare
6:15pm Impossible	9:00pm Inside the Factory	One of the most famous of the 1950s Ealing comedies.	6:30pm The Simpsons	6:00pm 5 News at 5
7:00pm BBC News at Six	10:00pm The Five Billion Pound Super Sewer	12:20am Cardinal	7:00pm The Simpsons	6:30pm Neighbours
7:30pm BBC London News	11:00pm Live at the Apollo	1:00am Cardinal	7:30pm Hollyoaks	7:00pm Home and Away
8:00pm The One Show	11:30pm Newsnight	1:45am Vienna: Empire, Dynasty and Dream	8:00pm Channel 4 News	7:30pm 5 News Tonight
8:30pm EastEnders	12:15am No More Boys and Girls: Can Our Kids Go Gender Free?		9:00pm Ackley Bridge	8:00pm The Wonderful World of Puppies
9:00pm Our Girl			10:00pm 999: What's Your Emergency?	9:00pm The Dog Rescuers with Alan Davies
11:00pm BBC News at Ten			11:00pm Gogglebox	10:00pm Traffic Cops
			12:05am 24 Hours in a and E	11:00pm Gangland
				12:05am The Football Factory

itv	itv2	itv3	itv4	sky sports main event
4:00pm Tenable	2:45pm The Ellen DeGeneres Show	1:35pm The Royal Heartbeat	8:35am Cash Cowboys	9:00am Good Morning Sports Fans
5:00pm Tipping Point	3:35pm The Jeremy Kyle Show	2:35pm Classic Coronation Street	9:30am Storage Wars	10:00am Good Morning Sports Fans
6:00pm The Chase	4:45pm The Jeremy Kyle Show	3:40pm Classic Coronation Street	10:00am Tour De France 2018 - Highlights	11:00am Live ATP 500: Hamburg
7:00pm ITV News London	5:55pm Judge Rinder Take Me Out	4:15pm Classic Coronation Street	11:00am Barcelona's European Glory	11:00am Live ATP 500: Hamburg
7:30pm ITV Evening News	7:00pm You've Been Framed! Gold	4:45pm Agatha Christie's Marple	11:15am Tour De France 2018	7:30pm Sky Sports News at 6
8:00pm Emmerdale	8:00pm You've Been Framed! Gold	8:00pm Murder, She Wrote	6:00pm The Professionals	8:00pm Live Darts: World Matchplay
9:00pm Love Your Garden	8:30pm You've Been Framed! Gold	9:00pm Midsomer Murders	7:00pm Cash Cowboys	8:00pm Tour De France 2018 - Highlights
10:00pm Long Lost Family - Australia	9:00pm Two and a Half Men	11:00pm Foyle's War	8:00pm Tour De France 2018 - Highlights	9:00pm Road Racing Series
11:00pm ITV News at Ten and Weather	9:30pm Superstore	1:00am A Touch of Frost	9:00pm Road Racing Series	10:00pm The Bourne Identity
11:30pm ITV News London	10:00pm Love Island	3:00am ITV3 Nightscreen	10:00pm The Bourne Identity	11:00pm FYI Daily
	11:05pm Family Guy	3:30am Teleshopping	11:00pm FYI Daily	1:00am Dillian Whyte:

WEDNESDAY - 25 JULY

BBC one	BBC TWO	BBC FOUR	CHANNEL 4	CHANNEL 5
12:45pm The Farmers' Country Showdown	8:15am Heir Hunters with Michael Buerk	8:00pm Beyond 100 Days	9:30am Everybody Loves Raymond	9:55am Nella the Princess Knight
1:15pm Bargain Hunt	9:00am Eat Well for Less	8:30pm The Royal Welsh Show 2018	10:00am Frasier	10:05am Mofy
2:00pm BBC News at One	10:00am Victoria Derbyshire	9:00pm 1066: A Year to Conquer England	11:05am Ramsay's Kitchen Nightmares USA	10:15am The Wright Stuff
2:30pm BBC London News	12:00pm Live	10:00pm Paul O'Grady's Working Britain	12:00pm The Simpsons	12:15pm Can't Pay? We'll Take it Away!
2:45pm Red Rock	2:00pm Lifeline	10:00pm Working Britain	12:30pm The Simpsons	1:10pm 5 News Lunchtime
3:30pm Escape to the Country	2:10pm Coast	11:00pm Sword, Musket and Machine Gun: Britain's Armed History	1:00pm Channel 4 News	1:15pm GPs: Behind Closed Doors
4:30pm Celebrity Money for Nothing	2:45pm Getting the Builders in	12:00am Tunes for Tyrants: Music and Power with Suzy Klein	1:05pm Come Dine with Me	2:10pm Home and Away
5:15pm Flog It!	3:30pm For What It's Worth	1:00am Canadian crime drama series. Concerned that Cardinal is on to her, Delorme digs into the reasons behind her secret investigation.	2:05pm Find it, Fix it, Flog it	2:15pm Neighbours
6:15pm Impossible	4:15pm Nature's Weirdest Events	1:40am Cardinal	3:10pm Countdown	2:45pm Cagney and Lacey
7:00pm BBC News at Six	5:15pm Madagascar	2:25am 1066: A Year to Conquer England	4:00pm A Place in the Sun: Winter Sun	3:15pm Heart of Murder
7:30pm BBC London News	6:15pm Antiques Road Trip	3:25am Paul O'Grady's Working Britain	5:00pm The £100k Drop	4:00pm 5 News at 5
8:00pm The One Show	7:00pm Eggheads	4:25am This is BBC Four	6:00pm Come Dine with Me	6:30pm Neighbours
8:30pm Fake Britain	7:30pm Great British Railway Journeys		6:30pm The Simpsons	7:00pm Home and Away
9:00pm Animals	8:00pm Back in Time for Tea		7:00pm The Simpsons	7:30pm 5 News Tonight
10:00pm Behaving Badly	9:00pm Hairy Bikers' Mediterranean Adventure		7:30pm Hollyoaks	8:00pm Funniest Ever Celebrity Moments
11:00pm BBC News at Ten	10:00pm Picnic at Hanging Rock		8:00pm Channel 4 News	9:00pm The Highland Midwife
11:30pm BBC London News	11:00pm Mortimer and Whitehouse: Gone Fishing		9:00pm Live Well for Longer	10:00pm Undercover Coppers
11:45pm A Question of Sport			10:00pm 24 Hours in A and E	11:00pm Britain Under Attack: Criminals Caught on Camera

itv	itv2	itv3	itv4	sky sports main event
4:50am ITV Nightscreen	9:55am You've Been Framed! Gold	3:30am Teleshopping	4:00am Teleshopping	6:00am Sky Sports News
6:05am The Jeremy Kyle Show	10:25am The Ellen DeGeneres Show	7:00am Classic Coronation Street	7:00am Snooker v Darts	7:00am Good Morning Sports Fans
7:00am Good Morning Britain	11:20am The Bachelor	7:30am Classic Coronation Street	7:05am The Chase	7:30am Good Morning Sports Fans
9:30am Lorraine	1:15pm Emmerdale	8:00am Heartbeat	7:55am The Chase	8:00am Good Morning Sports Fans
10:25am The Jeremy Kyle Show	2:15pm You've Been Framed! Gold	9:00am The Royal Heartbeat	8:40am Cash Cowboys	8:00am Good Morning Sports Fans
11:30am This Morning	2:45pm The Ellen DeGeneres Show	10:05am Judge Judy	9:40am The Professionals	9:00am Good Morning Sports Fans
1:30pm Loose Women	3:35pm The Jeremy Kyle Show	10:35am Judge Judy	10:40am Minder	9:00am Good Morning Sports Fans
2:30pm ITV Lunchtime News	4:40pm The Jeremy Kyle Show	11:00am George and Mildred	11:40am The Sweeney	9:00am Good Morning Sports Fans
2:55pm ITV News London	5:45pm Judge Rinder Take Me Out	11:35am Agatha Christie's Marple	12:55pm Tour De France 2018 - Highlights	9:30am My Icon
3:00pm Judge Rinder	6:50pm You've Been Framed! Gold	1:35pm The Royal Heartbeat	3:00pm Tour De France 2018	9:40am Live Anz Premiership Netball
4:00pm Tenable	8:00pm You've Been Framed! Gold	2:40pm Classic Coronation Street	6:00pm The Professionals	11:15am Live ATP 500: Hamburg
5:00pm Tipping Point	8:30pm You've Been Framed! Gold	3:40pm Classic Coronation Street	7:00pm Cash Cowboys	7:30pm Sky Sports News at 6
6:00pm The Chase	9:00pm Two and a Half Men	4:50pm Agatha Christie's Marple	8:00pm Tour De France 2018 - Highlights	8:00pm Live Darts: World Matchplay
7:00pm ITV News London	9:30pm Superstore	6:55pm Heartbeat	9:00pm British Superbike Championship Highlights	8:00pm Live Darts: World Matchplay
7:30pm ITV Evening News	10:00pm Love Island	8:00pm Murder, She Wrote	10:00pm River Monsters	1:00am Dillian Whyte: Off Limits
8:00pm Emmerdale	11:00pm Celebability	9:00pm Foyle's War	11:00pm Full Metal Jacket	1:30am Dillian Whyte: Heavy Duty
8:30pm Coronation Street	11:50pm Family Guy	1:00am A Touch of Frost	12:05am FYI Daily	2:00am Sky Sports News
9:00pm Best Walks with a View with Julia Bradbury	12:20am Family Guy	3:00am ITV3 Nightscreen	12:10am Full Metal Jacket	3:00am Sky Sports News
9:30pm Coronation Street	12:45am American Dad!	3:30am Teleshopping	1:25am Minder	4:00am Sky Sports News
10:00pm The Blechley Circle			2:30am Lethal Weapon	
11:00pm ITV News at Ten and Weather			3:25am The Protectors	

|| 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.

SCIENTISTS confirm the benefits of eating raspberries to help avoid the risk of heart disease.

Research carried out by Kings College London and funded by the National Processed Raspberry Council have confirmed that eating raspberries can lessen the risk of heart disease and aid circulation by keeping blood vessels healthy.

Experiments were carried out where identical looking drinks were given to a group of participants, only some containing fresh raspberry juice. Beforehand the group underwent both blood and urine tests. Within two hours of taking the drinks they were tested again.

The people who had the drink containing raspberry juice showed a significant increase in FMD (flow mediated dilation) aiding the flow of blood through the widening of the arteries. Author of the report Dr Ana Rodriguez Mateos said this effect was still present 24 hours later.

Tom Krugman Executive Director of the Council that funded the research said, "we are excited about these findings."

Red raspberries are known to contain strong anti-oxidants such as vitamin C, quercetin and Gallic acid that fight against cancer, heart and circulatory disease and age-related decline. They have also been shown to have anti-inflammatory properties.

The oil from raspberries is creating interest in the cosmeceutical market due to the richness of vitamin E and Omega-3 fatty acids. These are a sun protection factor.

Worth a punnet!



BERRY GOOD: Raspberries could help reduce the risk of heart disease.

A previous study by the US Department of Energy Lawrence Berkeley National Laboratory found that men over the age of 44 with the largest intake of Vitamin C had 20 per cent less damage to their sperm DNA than men who did not eat foods containing the vitamin.

Mum slams suncream

A MOTHER is said to be furious that her son got so badly burned after using Asda's factor 50 sun cream.

Nicola Hadley, 47, from West Bromwich bought Asda's factor 50 sunscreen to use during the heatwave in England. However, even after applying the cream regularly, her 10-year-old son Aaron Boyes was left 'in tears.'

Nicola said: "My son is not the first child this has happened to, but he should be the last. I put the sun cream on him before school and topped it up when he came home." She continued, "I do not expect my son to be crying in pain because of a product I should be able to trust."

The company has received numerous complaints about the sun lotion, with Karen Trett from Milton Keynes, claiming her daughters were burnt on holiday in Mallorca having used the same factor 50 sunscreen.

A spokesman from Asda has said its product complies with all the industry standards.

SUPERFOODS and the vegan trend are dominating the latest food fads in magazines and trendy new restaurants, but are we willing to sustain such a limited diet in the future without the need for bacon butties or cheeseburgers?

The fashionable plant-based diet, proven to result in younger looking skin,

boost energy levels and reduce the risks of certain life-threatening diseases like diabetes and cancer is slowly pushing aside meat-based foods in the hope of a healthier lifestyle and

less obesity - but is it sustainable in this modern age?

Experts agree that a truly vegan lifestyle, although difficult to plan out and maintain can reduce weight

but they also look at the potential downfall of going totally plant-based.

Calcium, omega-3, fatty acids and Vitamin B12 are all key nutrients that a vegan diet can lack. Over a

length of time, these key elements to keep the body strong can result in loss of bone and muscle mass and inefficient running of the nervous system. Vitamins and supplements can only

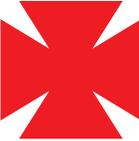
be taken in small doses otherwise they can cause toxicity in the body.

The bottom line, say experts is to avoid fad diets that are promoted on the internet, try to balance out the pros and cons of becoming a vegan, but most importantly stick to a healthy regime that gives your body good healthy food.

Just the veganning?



UNSTOPPABLE RISE: Veganism is on the up.



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Tourist tax will alienate many visitors

MY wife and I have just returned from a holiday in Mallorca (first went to Mallorca in 1999 and every year since apart from a three-year gap).

Before anything else at the hotel we were asked to pay the tourist tax which had doubled from last year, so having paid nearly €80 without any benefit to us at all and without any previous information as to what the Tourist Tax was likely to be, it set us thinking.

Where are the monies?

How much has accumulated since the tourist tax was instigated?

What are the monies being used for?

The pavements in Palma Nova are in a terrible state, you cannot walk for more than 25 metres and I am being generous here, before you meet cracked paving, misaligned paving, crumbling concrete, raised iron rings around the trees, depressed areas of pavement.

We do not own any property in Mallorca, but I am quite sure that the rental ban on apartments will be a devastating blow to the economy, several friends of ours have sold up and come back to England.

Why can't councils control noise?

WHEN is Calpe Council going to protect the residents of the town from the noise of private building work at all hours of the day?

We have endured three months of non-stop extremely high pitched continual noise from angle grinders and electric drills. This is on top of constant banging from hammers and bolsters and the grinding of a cement mixer all day.

This starts from the bawling of work men at each other when they first arrive at eight o'clock in the morning and commence work with the tools and continue until they depart at 6.30pm in the evening.

This goes on five days a week, week after week. There is totally no consideration from this non-resident in what is a normally peaceful residential area. Appeals to moderate the inconvenience are met with a refusal to comply. The noise is such during this time



Credit: MyImages Micha Shutterstock

IRRITATING: The constant building noise.

that you cannot hear the radio, TV, or concentrate to use a computer.

Surely Calpe Council can provide regulation of the hours in which this type of activity can be conducted and offer its residents some relief from this unacceptable behaviour.

Peter Gallagher, Calpe

People of Mallorca unite and vote for a mayor and president who are not blind to the devastating effect that this tourist tax and rental ban will do to the Mallorcan economy.

My wife and I will not be returning to Mallorca in this present situation.

Peter Higgins, Pontefract, West Yorkshire

Building consents

SEVERAL months ago a friend in the UK wrote to ask me if it was true that the chiringuitos at Punta Prima beach had been closed down, apparently over licensing problems.

I replied that it did appear to be the case, according to press reports. However, at the time I thought it was rather strange and was possibly just an excuse for something else.

I recalled that a builder had fairly recently tried for planning permission along that stretch of coastline and the request had been turned down partly due to the fact that there are Civil War bunkers there and also that the land was not considered suitable for building on.

The next thing that we hear is that the chiringuitos are illegal, etc, etc and have got to close whilst the matter is resolved.

Many people thought I was being cynical and that the chiringuitos would soon reopen. Well we all know how that situation has been handled!

Now I have seen an article in the press saying that a builder has offered to refurbish the bunkers and maintain them which is all very nice of them. Oh, and he is also seemingly going to be allowed to now build two skyscrapers along that bit of coast. No mention of course about the reopening of the chiringuitos.

Barry Weston Playa Flamenca

Paloma Park

IN response to Joe and Janet Calton, I live near Paloma Park and during and after the San Juan Feria held close by, plus the recent strong westerly winds has created this unfortunate situation with plastic bags being blown into the lake.

I can assure them that Benalmadena Council gardeners keep the park well-tended and a pleasure to visit.

Brian Johnston, Benalmadena Costa

HAVE YOUR SAY

All letters by email or post should carry the writer's address, NIE and contact number though only the name and town will be published.

Readers who have missed correspondence can see all letters - which can be edited before publication - posted on: www.euroweeklynnews.com.

Brit survives 7-floor fall from Mallorca hotel after row

It's past time that these hotel balcony rails were properly inspected for correct height! We know the last two we stayed in were not totally safe!

Ian

Outrage over 'looky looky' men in southern Spain

If the police were empowered to confiscate the items they were selling that would soon stop them. Authorities are so often scared to act though for fear of being accused of being racist.

John

Confiscate all illegal pirate versions, and the problems will fade away very quickly.

Joona

If people didn't buy off the looky looky men then they would have to pack up and leave.

Julie

Claims that Amazon may serve as a platform for racist products

Censorship, plain and simple. Those who accuse the 'Nazis' of book burning do so in far greater numbers. Thousands of book titles openly sold in the latter decades of the 20th century have been quietly moved.

Comments from EWN online

When they say 'racism' what they really mean is the ethnic-European's right to promote his ethnicity and to secure it. Every race prefers its own kind but only the whites are condemned for doing so.

Michael Walsh

Borrell hints that Spain could try to block Gibraltar from Brexit transition

This won't happen. Spain needs the UK more than the UK needs Spain.

Ken Clarke

Ryanair pilots announce another 24-hour strike this week

What are Ryanair playing at?? Don't they know that happy staff make good staff? Not only losing staff but customers too!

We are looking for alternative flights in the future,

those with one cost, no hidden extras.

Karen Goode

Why oh why are people still booking Ryanair??? I will never use them again. They cause so much heartache to oh so many people!!!!

Maggie Hayes

Drivers using mobile phones to receive heavier punishment in Spain

Needs to be at least a €1,000 fine and banned for at least three/four years.

Lynne Utting

With all the technology we have and hands free there's no excuse.

Paul Gilding

Everyday I must see 10-15 people with a phone to their ear, I drive a Ford Transit with Bluetooth and it's 2011. Most of these people would have Bluetooth in their cars, they just need to understand how to use it.

Nick Earl Hobbs Ainley

They need to start stopping them first, no good increasing the fine when they seem to do nothing to stop it in the Estepona area.

Kevin Airey

Advertising Feature

THOSE who enjoy wine know that some of the finest Spanish wines come from the Rioja region.

History tells us that in the Middle Ages, Mediterranean wine culture was closely linked to the monastic life and their major promoters were the monks.

The Rioja area is no exception and there is a great deal of local pride in the fact that Gonzalo de Berceo, the first poet who wrote in the Romance language, mentioned wine in the verses he wrote from his retreat in the Suso Monastery in San Millán de la Cogolla.

The first document to make reference to protecting and ensuring the quality of Rioja wines dates from 1650, but even earlier, in 1102, King Sancho of Navarra legally recognised the quality and importance of these prestigious wines.

The Royal Economic Society Rioja Grower was created in 1787 with the aim of promoting the cultivation of vines, wine production and trade development.

By the early 20th century, in 1902, a Royal Decree was issued which defined the 'origin' for application to the

Learn about Rioja



The exquisite aroma and taste of Rioja wine.

wines of Rioja. Then 1926 saw the creation of the Control Board whose mission was to identify the area of Rioja, control the issuance of the 'seal of guarantee' and recommend when appropriate, legal action be taken against infringers and counterfeiters of the name 'Rioja.'

It wasn't however until 1945 that the

agency was given a legal status.

Finally, the Control Board was constituted in 1953, and thus began to lay the foundations for a modern and efficient performance by the growers.

Highly important in the evolution which led to the present Rioja wine is the approval in 1970 of the Rules of the Appellation of Origin and its Regulator-

ry Board. In the same year the agency acquired a well-defined structure and clear functions described as 'The defence of the Denomination of Origin, implementation, monitoring and promoting the quality of the wines covered were mandated, first, the Control Board.'

After several amendments to the Regulation Governing the Control Board, which have been adapted to the needs raised in recent years, quality control systems have been perfected and there has been an enhancement of the promotion of the brand.

Following a long process in which the Denomination of Origin 'Rioja' always concentrated on the quality and control at source, this effort received recognition as on April 3, 1991 a Ministerial Order granted the status of Qualified Denomination of Origin to 'Rioja' which was the first and only in Spain to receive this recognition.

To find out more about the range of Rioja wines, visit <https://saberquieneres.riojawine.com>.

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Eat Well to Live Well

by Andrew Harding



I THOUGHT I would talk about vitamins and minerals over the next few weeks, why we need them and what they actually do. There are 13 vitamins that are essential to maintain health in humans: Vitamins A, C, D, E, K and the B vitamins: Thiamine (B1), riboflavin (B2), niacin (B3), pantothenic acid (B5), pyridoxine (B6), biotin (B7), folate (B9) and cobalamin (B12). The four fat-soluble vitamins-A, D, E, and K-are stored in the body's fatty tissues, which is why some fat in the diet is necessary.

Vitamin A, also known as retinol, has several important functions. These include ensuring the immune system works properly, helping vision in dim light and keeping skin and the lining of some parts of the body, such as the nose, healthy. Foods that contain vitamin A include dairy products, eggs, oily fish, liver and liver pate.

The body can synthesise Vitamin A from a compound called beta-carotene which is found in non-fatty foods such as yellow, red and green (leafy) vegetables, such as spinach, carrots, sweet potatoes and red peppers and yellow fruit, such as mango, papaya and apricots.

Flavoursome lamb



SUNDAY BEST: Rack of lamb with garlic and herb crust.

Vitamin A is toxic in large quantities and pregnant women should avoid pate due to possible harm to the unborn baby. Here is a recipe that will provide plenty of vitamin A and flavour:

• Roasted Vegetables

Serves 4

- 4 whole carrots, sliced
- 6 tablespoons olive oil
- 1 large red onion, quartered
- 6 whole garlic cloves, peeled
- 2 whole green peppers
- 2 small cauliflower florets
- 2 whole leeks sliced
- 7 large mushroom caps, sliced
- 2 small broccoli florets

Put carrots and olive oil into an oven proof dish, coat carrots with oil and cover with foil or lid.

Place in oven pre-heated to 180 Celsius (fan) 200 Celsius (conventional) for

10 minutes.

Add cauliflower, onions and stir to coat with oil. Cover again and put back in oven for 5 minutes.

Add leeks, garlic, green pepper, mushrooms and broccoli stir again to coat with oil and cover bake for 20 more minutes.

Serve

• Rack of Lamb with a Garlic and Herb Crust

Serves 4

- 4 racks of lamb
- 2 tablespoons Dijon mustard
- 6 whole garlic cloves, skinned and chopped
- 2 cups bread crumbs
- 2 teaspoons dried parsley
- 2 teaspoons dried tarragon
- 2 teaspoons dried sage
- salt and pepper, to taste

Make sure the lamb has all the fat removed. Coat in a mixture of garlic and dijon mustard.

Mix the herbs and salt and pepper with the breadcrumbs and sprinkle over the mustard coating on the lamb, where they should stick.

Place in a preheated oven at 200 Celsius (fan) 220 Celsius (conventional) for 1/2 hour (very rare) 3/4 hour (medium) 1 hour (well done).

Serve.

What's on!

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**TECH FOR
THE TIMID**

Gorilla in our pockets

A touch of glass or plastic fantastic, asks Terence Kennedy

I'M showing my age, but a catchphrase in the classic Goon Show was often: 'Have a gorilla,' and its stock response, 'No thanks, I've just put one out.'

These days we carry a gorilla in our pockets - at least if we have a reasonably new smartphone. Gorilla Glass is what's often on the front, supposedly tougher than the bourgeois stuff and designed to resist anything from the average drop (yeah, dream on) to the steady build-up of fingerprint residue or coin and key scratches. Sadly, as we spot that first heart-wrenching gouge, it doesn't.

A gung-ho friend insists he buys gadgets to use them. Given that he makes a more honest living than I do, producing physical stuff where I just describe it, after a month of unforgiving use his new phones look like they came straight off a Bangalore e-waste dump.

Like choosing to coddle or not coddle your phone with a fancy genuine imitation leather case, cossetting your Gorilla Glass with a screen protector is a personal preference. That gives rise to one of the great existen-

**OOPS: 'Scream' protector needed!**

tial questions of our time: glass or plastic?

Plastic screen-protector films are refreshingly cheap, last longer than their glass equivalents, and will actually give the device a tiny bit extra impact resistance. And they're reusable.

On the downside they may give your finger a slightly rougher 'slide' on the screen because they're not as smooth. You need to clean them more often and longer than their glass counterparts.

The deal-breaker for me: if anyone insists they have a foolproof way of

putting one on which won't leave bubbles, they're probably lying.

Tempered-glass protectors are (much) more expensive than those cheap-as-chips plastic films, they look great, they're slightly thicker, they're unlikely to affect the screen's clarity and your finger gets a smoother ride. They are also slower to accumulate fingerprints.

Most boast so-called 9H hardness, with their adspreak claiming only a diamond will scratch them. Believe that and I have a bridge to sell you.

They will indeed resist minor scratching, but on the downside if you drop the phone they are prone to cracking. As on a car's windscreen, a crack will often spread inexorably. And once a glass protector is on your phone you're unlikely to get it off without snapping it.

The bottom line: plastic lasts longer, glass looks better.

Or you could just adopt my manual-labouring friend's cavalier attitude summed up in that Cat Stevens song from the 60's: *The First Cut is the Deepest*. After that, who cares?

Screen test

SADLY, if you have one of the growing number of curved-edge smartphone screens, few screen protectors can cope with the curvature. You're generally left with bare edges which may lift slightly or collect fluff over time.

Like the screens themselves, glass protectors come as either tempered, or Gorilla which is also tempered but has been chemically treated to make it stronger.

Every decent screen protector has an 'oleophobic coating' for fingerprint resistance, sprayed on (for the cheapies), or applied statically. But here's the kicker: neither coating lasts more than a few months at best.

Then again, if you believe some pundits, neither will the coating on your actual smartphone screen. If that bothers you, buy a touch-screen stylus and never put digit to screen again.



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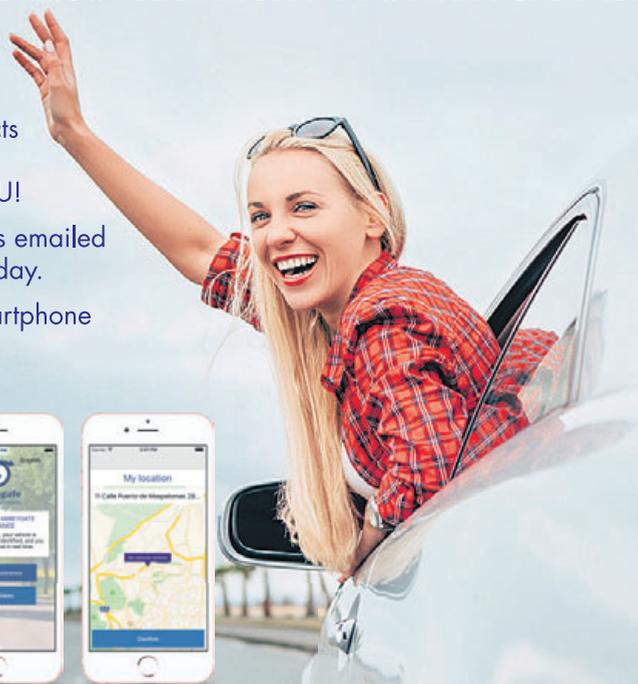
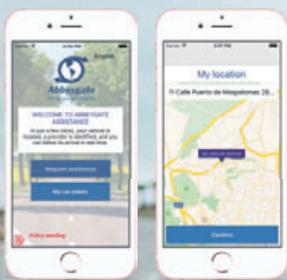
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Hammering it home

Mike Senker
In my opinion*Views of a Grumpy Old Man*

DO any of you watch a BBC programme called Homes Under the Hammer? I do, and it amazes me how they buy a property for usually silly money and most people have never bought an investment property before.

How it works is the presenters show the viewers some dump that needs a total refurb then they show you the punter buying it at an auction. They go to the house together and you get told that they are going to put in a new bathroom, new kitchen, rewire, put in new heating, rip a lean-to out and replaster basically everything. 'What's your budget and time frame?' they are asked and this is what flabbergasts me. 'Yeah, I've got a six grand budget and I'll do it in a month.' WHAT? HOW? I don't understand how they do it.

They buy the house for say 50 grand. They go back a month later and BOOM the place now looks like a palace. Then they're asked, 'Did you stick to your budget?' ... 'Well no, I spent an extra three quid because we needed a new roof.' I'm being sarcastic now! Then they get the estate agent back and get a new valuation. Now the house is worth 90 grand and the

rental income will give them 8 per cent. Simple isn't it? Well let me tell you it isn't that simple. I wish they would show you the horror stories too. The ones where the punters get it all wrong like what happens in real life. Because I know that it isn't that easy.

Sure if you are a builder and you can do stuff yourself it's OK but once you get tradesmen in it can be a nightmare. I'm going to suggest to the Beeb a show called 'Horror Houses Under The Hammer (The Nightmare Continues)' where they buy the gaff, get ripped off by the builder and can't sell it. They do their brains and have it repossessed by the building society. You know, just like real life.

There's always one isn't there? You know the one that tells you, 'tomatoes are actually a fruit not a vegetable.' Err yeah, I know that! smart a**e 'And so are cucumbers, bell peppers and avocados plus a few others. Did you know strawberries and raspberries aren't berries?' OK stop now mate, you are getting on my nerves.

But still they carry on. 'Mountain goats aren't really goats and killer whales never kill much at all and definitely not humans. White rhinos aren't white at all, not even remotely white.' I walk away when he gets on to Sperm whales!

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MOST gardeners and chefs are aware of the importance of herbs for flavouring and spicing-up meals to give a taste that

is both exotic and interesting.

Herbs also give a bundle of nutrients that most vegetables do not provide.

Garnishing and seasoning adds a touch of class to even

simple meals but having fresh herbs is always a challenge unless you have space and time for a herb garden.

It is a bother to have to find time to go to markets and find out that the not so fresh herbs wilt even more by the time they are taken home and added to the meal. The easier thing is to add dried herbs, but these are never as good as freshly picked herbs.

The easiest way to have fresh herbs is to have a window or planter box as near to the kitchen as possible and grow the herbs there. A simple tray with the herbs in pots in a place with plenty of light can allow you have fresh herbs right in your kitchen.

Even if you do not have green fingers you can have the advantages of fresh herbs by buying ready-grown plants and just pick the leaves you need as they keep growing. When the plant cannot produce sufficient for your needs, or has passed its

time, just buy another.

The herbs in pots are generally not expensive in comparison to buying bunches of fresh picked leaves that deteriorate so quickly after you buy them.

It is better in general to buy the growing plant and use it fresh to add vitality to the meal. If you have used fresh herbs direct from plants you will know the difference.

I prefer to harvest herbs just when they are to be added to a meal so having them growing nearby is important.

If you have time, space and interest you can grow many from seed in a very small area and save yourself the need to buy the plants. There is a lot of satisfaction in growing your own if you can.

The best herbs to grow are of course the ones that you would use the most and that will grow



Credit: Oliver Hoffmann Shutterstock

FRESH HERBS: Easy to grow and add flavour to food.

in small containers. Some herbs, such as lemongrass, are too big for small containers but are fine if you have a place for large containers.

The most suitable herbs for small containers in a Mediterranean zone include basil, chives, thyme, lemon balm, oregano, parsley, various mints, coriander (Cilantro), rosemary, sage, tarragon, stevia, camomile, dill, fennel, lemon

verbena and marjoram.

If you buy the plants, the pot they come in is often sufficient to last a couple of months. If they are still growing strong after this time, it is a good idea to repot them into a larger container to allow them space to continue to grow.

If you select plants of a good size you can harvest fresh herbs at home with a minimum of fuss for weeks at a time.



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I have just returned from one week of dog sitting and it was so much fun. I am still smiling from all the lovely memories.

I live on my own and the companionship of pets when



PET-SITTING: Giving peace of mind to pet owners.

their owners go on holiday is a brilliant idea!

Sonya Piggot - House-sitter

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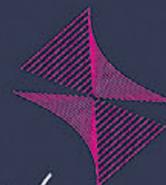
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MOTORING FACT



In Mexico, it isn't necessary to take a driving test since anyone over 18 can buy a licence for 626 pesos (£28). There are more than four million cars in Mexico City alone.

THE performance prowess of the new Ford Fiesta ST is demonstrated by a new film that features an amazing driving location - 400 metres below ground in one of Europe's largest salt mines.

Shot at a secret location with World Rally Championship driver Elfyn Evans at the wheel, the Fiesta ST is seen slipping, sliding and jumping in the dirt. The sound of the 200PS 1.5-litre Eco-Boost engine is amplified by its surroundings as it tackles a high-speed drop through the narrow, entrance tunnel.

"The salt is actually like fine gravel to drive on, quite slippery to be honest, especially on road tyres," said Evans. "You expect it to be claustrophobic but actually it's quite the opposite, a great place to really enjoy the new Fiesta ST."

A series of stern tests have taken place in some of the most stunning environments across the continent - from the Arctic Circle in Norway, to the sunny climes of Mallorca. Until now,

Underground, overground ... Fiesta ready for a challenge



Photo credit: Ford Media Centre

STERN: The new Fiesta ST has undergone rigorous tests.

all the locations have been above ground.

Ford chose the secret salt mine location for a new TV advert that sees the car put through its paces within the mine's 60-kilometre network of tunnels, where temperatures are a constant 16°C and safety precautions required that a skeleton crew was used for the three-day shoot amid strict safety precautions.

"The drama of the tunnels and the chance to show off Fiesta ST's ability on a different type of surface were a big part of choosing this unique location," said Leo Roeks, Ford Performance director. "It wasn't a typical race track, it was somewhere we could drive this great car to its full potential."

Robot car technology improved

AN autonomous car has used artificial intelligence to improve its driving skills within 20 minutes.

The team at Wayve showed how a Renault fitted with the technology used trial and error to correctly follow a lane, without the use of sensors and engineered rules as other self-driving cars work.

Wayve co-Founder and chief executive Amar Shah said: "The missing piece of the self-driving puzzle is intelligent algorithms."

Five-star blaze

A MINIVAN pulled away from a petrol station in St Louis, Missouri with the fuel hose still attached. The result was an enormous spray of petrol which ignited and turned a nearby blue Lamborghini Huracan's hot-running V10 engine into a fireball.

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THE British public lack understanding when it comes to pure electric cars, with half of Brits saying they wouldn't be able to describe what one is to someone else.

Joint industry and government campaign, Go Ultra Low, is working to dispel myths and give Brits the facts about the benefits of choosing a pure elec-

Electric car myths busted

tric car

New research published this week has revealed that there is a

huge amount of misunderstanding within the British public when it comes to pure electric cars, with many unaware of the benefits around performance, charging and cost.

One of the biggest areas of confusion is whether you can put an electric car through a car wash.

While this is no issue - just as with a petrol or diesel car - a significant number admit they aren't sure if this is an option for pure electric car owners.

Nearly half think petrol or diesel cars accelerate quicker than a pure electric, even though, in many cases, the opposite is true.

And finally, many don't realise how many charge points there are throughout the UK.

On average they think there are only 6,000 charge point connectors, when actually there are more than twice that amount, at around 17,000.


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JOE ROOT'S gritty century laid the foundations for England's series-levelling victory over India in the second one-day international at Lord's. Root made 113 as England won by 86 runs, to take the series to a decider.

TO READ MORE

FRANCE won the Fifa World Cup for the second time after beating Croatia 4-2 in a thrilling final in Moscow.

A Mario Mandzukic own goal from a free kick (18 mins) got France on the board, but Ivan Perisic replied 10 minutes later with a well-taken left foot strike into the corner.

Croatia then felt they were on the wrong end of another controversial VAR decision, shortly before half time.

Referee Nestor Pitana contentiously awarded a spot-kick for a handball by Perisic, after consulting pitch-side replays, which Griezmann calmly converted.

In a high-octane second half, France drove the dagger deeper with two crisp strikes in six minutes from Paul Pogba and Kylian Mbappe, either side of the hour mark.

Croatia, however, showed the spirit that got them into the final, refusing to give up and even clawing a goal back when

Oui are the champions

France win second World Cup crown

Mandzukic pounced on a poor error from France goalkeeper

Hugo Lloris.

But France saw out the win

to make manager Didier Descamps only the third person

to lift the trophy as a player and manager, following Mario Za-



VIVE LA FRANCE: The French team celebrates a deserved World Cup triumph.

gallo and Franz Beckenbauer.

Meanwhile, England's campaign in Russia ended with a 2-0 defeat by Belgium that meant the Three Lions finished in fourth place.

Thomas Meunier put Belgium ahead after just four minutes when he slid in ahead of Danny Rose to divert Nacer Chadli's cross past goalkeeper Jordan Pickford.

England had chances to level in the second half as Toby Alderweireld cleared off the line from Eric Dier, while Harry Maguire also headed wide from a good position.

Eden Hazard wrapped it up for Belgium with eight minutes left when he got the better of Phil Jones to drive past Pickford, who had just saved smartly from Meunier.

In some ways it was a game neither side really wanted, but to finish the tournament in fourth place is a proud achievement for Gareth Southgate's young side.

Golden boy

ENGLAND captain Harry Kane won the Golden Boot after finishing as the World Cup's top scorer with six goals.

Croatia's midfield maestro Luka Modric took home the Golden Ball, a deserving award as player of the tournament.

Kane is the second Englishman to end as the top scorer in a World Cup after Gary Lineker scored six goals in 1986.

He had 14 shots in the tournament and scored with all six of his shots on target.



CAPTAIN FANTASTIC: Kane will only get better in an England shirt.

Joshua to square up to Povetkin

BRITAIN'S Anthony Joshua will defend his world heavyweight titles against Russian Alexander Povetkin at Wembley Stadium on September 22.

The 28-year-old unified the WBA, IBF and WBO world heavyweight belts with a unanimous points win over New Zealander Joseph Parker in Cardiff in March.

Unbeaten in 21 professional fights, he now faces 38-year-old Povetkin, the WBA champion from 2011-2013.

Povetkin knocked out Liverpoolian David Price on the Joshua-Parker undercard in Cardiff.

The experienced Russian has suffered only one defeat since his professional debut in 2005, losing by unanimous decision to Wladimir Klitschko in Moscow in 2013.

The bout will also be a meeting of two former Olympic champions, Povetkin



PACKING PUNCHES: Joshua is seeking global domination of his sport.

taking super-heavyweight gold at the 2004 Athens Games and Joshua the same title at London 2012.

"I can't wait to get back in the ring, the end of March feels a long time ago now," said Joshua.

"Povetkin has serious pedigree and only a fool would underestimate what he brings to the table."

The Russian was banned in March 2017 after failing a second drug test in a year but was cleared to resume fighting nine months later.

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