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# Monkey business

## Police outwitted by fugitive trio

By Dilip Kuner

AUTHORITIES have called for public help in the hunt for three sick monkeys that have been on the run for a month.

The female Japanese Macaque and her two offspring escaped from a 'zoological farm' near Guardamar del Segura several weeks ago. The young are said to suffer from leukaemia.

They have been tracked by officers from the Guardia Civil's environmental division SEPRONA, the council's animal management company and Local Police ever since, but despite several sightings they have always stayed out of reach.

Initially, no publicity was given to the search, but now the town hall has decided to put out an appeal for any sightings. It is trying a new strategy using cage traps to recapture the monkeys.

Japanese Macaques are known to be intelligent creatures



**PRIMATE SUSPECTS:**  
 Japanese macaques are on the run.

and strong swimmers - two factors thought to have contributed to their continued freedom. They would appear to be outwitting searchers by swimming along a river before finding quiet spots to shelter.

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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 a world energy journal.

**Cat fight**

TWO high-ranking members of Spain's opposition People's Party, including leadership candidate Pablo Casado, 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 - one an Italian holidaymaker - in Cataluña, two in Castellon and one in A Coruña, Galicia, while a 10-year-old boy remains in critical condition after almost drowning in Tarragona.

**Killer sting**

A 44-YEAR-OLD man allergic to bee stings collapsed 'almost instantly' after being stung at least twice by an Asian hornet in Lugo, Galicia, with medics unable to resuscitate him after arriving to the scene of the incident.

# Kirsty case goes on

## TV documentary sheds new light

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 during which 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 actually spoke up."

In the dramatic reconstruction, the woman wore similar clothes to those Kirsty had on



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

when she died, and each took 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 after 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) and is now available on the BBC iPlayer.

If you have any information about the accident on April 29, 2017 email [info@kirstymaxwell.com](mailto:info@kirstymaxwell.com).

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## Record period for transplants

THE life-saving transplant unit at Alicante's University Hospital has had a record first six months of the year. In total, 75 transplants - 51 kidney and 24 liver - were undertaken, with the waiting time for kidney and liver transplants falling 18.6 per cent and 45 per cent respectively, according to the Ministry for Health.

## Saharan blast

A BLAST of hot air from the Sahara sent temperatures on the Costa Blanca soaring earlier this week. They peaked at 38.1°C in Elche and 36.8°C in Orihuela on Monday, but had dropped by midweek. Weathermen predict temperatures should remain slightly cooler until August, unless of course the Saharan wind returns.

## Trafficking rap

GUARDIA CIVIL have detained a man accused of transporting 800 kilos of hashish hidden in a consignment of old clothes. Officers at a routine traffic check-point at Crevillent decided to search the van driven by a 40-year-old Moroccan when they noticed he appeared nervous. The man awaits trial and faces up to six years in jail.

## Freestyling it

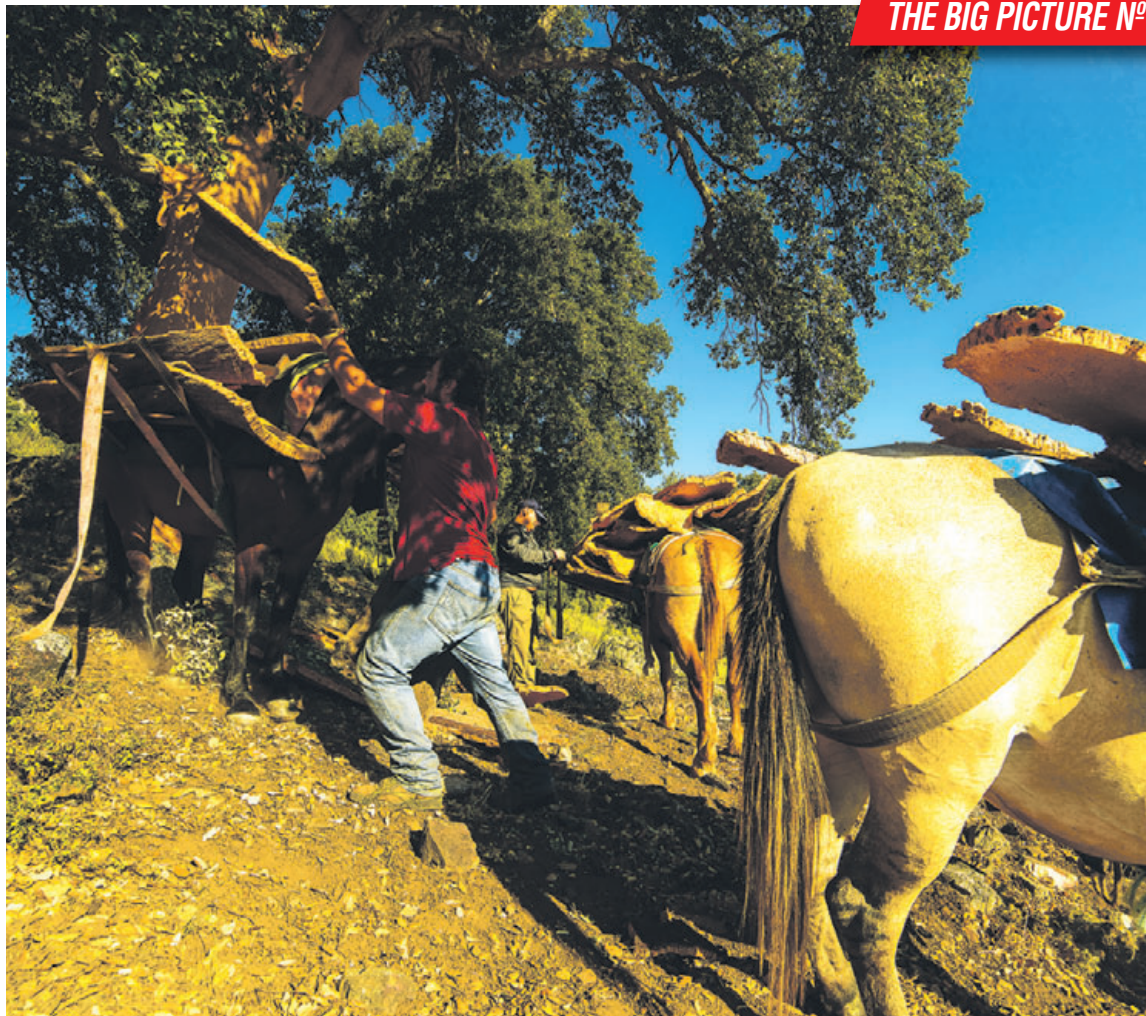
SKATE enthusiasts will soon have a purpose-built skateboard track in El Altet. A 500m2 facility will include half-pipe ramps, rails and a 'funbox' area. Costing €50,000, the park will include a separate outdoor exercise area. The park should be open 'soon' according to the local council.

## Prices soar

PROPERTY prices in Orihuela Costa have shot up 16.7 per cent in just a year, according to a new report. Figures from real estate company Tinsa reveal the municipality, along with Calpe (16.5 percent) led the way in leading the Valencia region further along the path to a new property boom - particularly for holiday homes.

## Pool rescue

A GIRL, aged seven, had a narrow escape when she nearly drowned in a Torrevieja swimming pool. She was pulled from the water and given CPR at about 3.30pm on Sunday. By the time an ambulance arrived she had been resuscitated. She was taken to the town's hospital where she was kept for observation.



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.

## 'Cat killer' held

POLICE have accused a 77-year-old Spanish woman of poisoning cats and a dog, which she said had 'removed' plants from her garden.

One cat is known to have died and a dog needed urgent veterinary attention after eating snail killer allegedly put down by the resident of Molina de Segura, near Murcia.

National Police had been alerted to several cases of animal poisoning in recent days, with one cat dying and

several suffering liver damage.

The owner of a German Shepherd that was saved by a vet, supplied police with photos showing his neighbour's terraces including a bottle of poison seen in several of them.

Police investigations found the poison was spread on terraces of the woman's home. She was interviewed at Molina de Segura Police Station where a statement was taken. Police are considering what action to take.

## A flat no

OWNERS of unregulated holiday apartments are in the sights of Alicante City Council.

Councillors are to meet with hoteliers in order to draft new regulations that will aim to target unlicensed holiday accommodation.

Hoteliers have long complained that they face unfair competition from private rentals that do not have to jump through the same regulatory hoops that they do, and claim that many holiday lets are never declared to the taxman.

An estimated half of all the holiday accommodation in Alicante City comes from the unregulated sector, a figure the council wants to bring down. Strides have already been made at the regional level, with more than 11,000 apartments being brought into the regulatory regime in the past six months.

Although this action has been welcomed by hoteliers, they want to see more done at a local level in order to protect their interests.

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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 Feria, 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.

## TOP stories 5

- 9,574** views Staff at all Spanish airports to strike in August says union
- 5,814** views WILDFIRE: First major blaze on Costa del Sol this summer
- 3,834** views Outrage over 'looky looky' men in southern Spain
- 3,690** views Ryanair pilots announce another 24-hour strike THIS WEEK
- 3,588** views WATCH: Alleged drug smuggler runs aground in southern Spain

*\*For week 10-16 July 2018*

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from Front page

# Escapees spark panic

They were first spotted three weeks ago in a Rojas orchard, with the latest sighting being near a Chinese restaurant on the N332.

Police believe the three-some are feeding from bins at commercial centres before making good their escape and hiding out.

This is not the first time the zoo has been led a merry dance by Japanese Macaques.

Last September the same female enjoyed a few days

of freedom alongside a male.

It would appear she enjoyed her taste of freedom so much she decided to have a more extended holiday, but this time with her children.

Regulatory authorities have already decided the farm is not suitable for keeping wild animals.

When the three monkeys have been recaptured a new life awaits them in Berlin zoo, alongside four other macaques still in the Guardamar farm.



Photo credit Twitter

**DON'T FLUSSSSH:**  
The python emerges from the loo.

## Snakes alive!

A WOMAN has found a python in the S-bend of her toilet in Spain when she went to the bathroom.

But she calmly rolled up her sleeves and released the snake that had recently eaten a rat and was wedged tight in the pipe.

The incident, that would normally send people running in horror, happened in Lorca in the province of Murcia in southern Spain.

But the woman who found the python used to keep snakes and remained calm.

It is believed the snake had escaped from the flat of an upstairs neighbour.

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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.'



Photo credit Instagram/Annalise Braakensiek

**BEACH READY:**  
Annalise Braakensiek.

## 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

## 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!"



**SUMMER LOVIN':**  
Gorka and Gemma.

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

## Atomic blonde

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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**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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**Airport strike threats**

SPANISH workers' unions have announced that more than 60,000 baggage-handlers and other airport staff are to strike on unconfirmed dates at the beginning of August. The action is expected to affect all Spanish airports.

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| 6   | Malaga    | 9:00    | 19:00     |
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# Attack of the drones

By Staff Reporter

WITH a surge in construction authorities are turning to new technology to solve an old problem - illegal dumping of rubble and other building rubbish.

As buildings go up and home owners carry out reforms there has been a noticeable rise in dumping of old bricks, concrete, tiles and unwanted materials in the region.

Now a map of blackspots for illegal dumping is being drawn up and some of the worst problem areas may be equipped with cameras to keep a look out. Drones may also be used in an effort to catch the worst culprits.

Two spots singled out for special attention are around the city's cemetery and the industrial estate Llano del Espartal,



**NEW TECH: Drones will help police.**

where the problem has intensified in recent times. Six months ago 360 tons of rubbish were removed from the area, and a month ago a further 85 tons were collected. The area is already being filled up again with building debris and rubbish.

Construction firms dump waste to avoid landfill disposal

charges, while home owners doing reforms often avoid the municipal tip if they have not paid for building licences and want to avoid the authorities.

Other measures being considered include better coordination between the cleaning/waste management department and the planning department.

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# Beachgoers barking mad

SOME residents of Cala del Moro are barking mad about their local beach being labelled dog friendly.

They have given a stony reaction to the local council's decision to allow pets on the sandy beach and want to restrict

animals to the decidedly unfriendly-for-paws rocky shore slightly further away.

But it seems that Torrevieja Council is sticking to its guns and refusing to change the designation of the beach as one suitable for owners to take their

pets for a swim.

About 100 bathers and residents of Cala del Moro gathered on the beach to demand that the council change its decision. The locals, mostly owners of seaside holiday apartments, say they are not against a canine area, but say the council has fudged the issue and left no one happy.

They complained that they had not been consulted over the decision, adding that for many years people had been bringing their pets to bathe from the rocky arms of the cove without any problems. The sandy beach in the centre of the bay was reserved for people ... but not any more.

The local council has said it will improve signage but has no intention of reversing its decision on allowing pets.

## No gain, but still pain

A COMPANY that was forced to pay plus valia tax on plots of land it sold at a loss is still waiting for a refund despite a court order in its favour.

Mazarron Council charged Quemen Gestion de Inmuebles €391,108 plus valia - a tax which is supposed to reflect gains in the underlying value of land.

Murcia's Superior Court of Justice was told that this was unfair as the company had bought 26 urban plots in 2005 for €2,769,460, then sold them for €2,046,686 in 2012, so there should have been no tax to pay as there was no capital gain.

The court agreed that no tax was due and last year ordered Mazarron Council to repay €550,000 (including interest).



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# Sex shaman held

## Suspect 'drugged and sexually abused' victims

By Dilip Kuner

A SO-CALLED shaman has been arrested accused of drugging a string of women with methamphetamine (crystal meth) before sexually abusing them.

The 52-year-old man is alleged by police to have gained the confidence of his victims by passing himself off as a South American mystic who could help them through courses related to meditation and spirituality.

In fact, police allege, he was searching for women of a certain profile - usually around 45-years-old - to drug, sexually abuse and extort money from.

The Spanish Ministry of the Interior says the man and two accomplices - a woman of 43 and man of 40 - set up a network of 'spiritual' meetings across Spain using local WhatsApp groups to lure their victims.

At the meetings the women were initially offered meditation

and spirituality courses, but were soon being given a drink the accused dubbed 'Water of Love.' It was in fact a highly potent cocktail of methamphetamine diluted in water.

The victims were given free access to the meetings to start with, but were soon being charged between €100 and €175 for attending.

Meetings took place against a backdrop of relaxing music or drums, while during the celebrations the shaman offered his victims the Water of Love. He assured them it would 'liberate love,' although his real intention was to assault them.

What began as liturgical celebrations ended up becoming events where both the leader of the organisation and his accomplices distributed drugs to their victims.

Marihuana, the powerful hallucinogenic DMT, the San Pedro cactus - also known as peyote -

and psychedelic mushrooms were amongst the narcotics handed out.

Police consider that the shaman endangered the lives of his victims as some of them suffered psychological problems, schizophrenic outbreaks and emotional dependence after the ceremonies.

In some case women suffered breathing problems during the rituals.

So far seven victims have been identified, although police believe the trio operated across all of Spain.

The police operation was carried out by the Judicial Police Brigades of the Provincial Police Station of Alicante and that of the Superior Headquarters of the Balearic Islands, who tracked the trio for months.

The leader of the gang and one accomplice were arrested in Mallorca, while the third arrest was made in Santander.

They have been charged with drug trafficking, fraud and belonging to a criminal group.



ARREST: The man was held in Mallorca.

Photo credit Policia Nacional

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# Summer security blunder

By Staff Reporter

POLICE reinforcements to patrol Torre Vieja's beaches will not arrive until nearly the end of August, therefore missing most of the busiest summer period.

Last month Mayor Jose Manuel Dolon announced the imminent arrival of 20 'interim' officers to help with the annual summer tourist influx.

But now a document detailing the positions to be recruited has only just been published in the province's official bulletin.

Looking at the deadlines set within the document itself, trade union officials say it is unlikely the new officers will be on the beaches before the second half of August at the very earliest.

The terms offered for the 20 officers include a period of



**COP THAT:** Extra officers are not set to arrive until the end of August.

nearly four months employment - specifically noted as from June 25 to October 14.

But the official notice was not actually posted until July 13. There are eight working days in which to apply, followed by an undetermined time for selection. After this, another three days are needed in case any excluded appli-

cants wish to appeal.

Taking into account the training needed, including exams, and union officials say the second half of August is a realistic target.

Given the late start date, it is likely the town's extra 'summer' police will actually serve most of their time in the autumn.

## Data disaster

THE personal and financial information of millions of Telefonica customers may have been compromised after the telecommunications giant suffered a data breach.

Customers of its Movistar landline, broadband and television services have had their supposedly secure information exposed.

This breach was only uncovered when a customer made a complaint to consumer rights organisation FACUA. Their investigation found anyone with a Movistar account could access other customers' personal data.

FACUA said: "Names, addresses, landlines and mobile numbers, email addresses and the breakdown of calls from Movistar customers have been publicly exposed by the biggest security hole in the history of telecommunications."

Telefonica could potentially be fined between €10 million and €20 million.

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# Six tips for protecting and growing your wealth

Today's climate presents many challenges to both preserving your wealth and seeing it grow over time. Alongside economic uncertainty surrounding Brexit, we have endured years of ultra-low interest rates and an ever-changing tax and regulatory landscape. All this makes it harder for investors to achieve returns that are not eroded by inflation and taxation.

At times like this, careful planning plays a particularly important role in securing your financial security over the long term. Here are six key tips that can help.

## 1. Establish a suitable strategy

When it comes to investing, one size definitely does not fit all. What will suit you depends on your specific objectives, time-frame and attitude to risk. Your portfolio should be created and managed to meet your particular set of circumstances and goals.

## 2. Understand your appetite for risk

Before investing, establish the right balance of risk and return for your



By Gerald Turner,  
Partner,  
Blevins Franks

peace of mind. Different investment assets represent varying levels of risk, from cash and fixed income assets (government and corporate bonds), to equities and 'real assets' like property.

It is extremely difficult to effectively assess your own tolerance for risk. Instead, speak to an experienced adviser who can ask the right questions and use appropriate tools to create a clear and objective risk profile for you. They can then recommend an appropriate blend of investments to match your profile.

Remember: without some element of risk, you may struggle to outpace inflation and could lose money, especially with longer term bank deposits and today's low interest rates. An adviser can present options to help control risk within your defined boundaries, for example, staggering the timing of investments in riskier assets to reduce exposure to market movements.

## 3. Identify your timeline for investing

The longer you have to invest, the more risk you can generally afford to take. With time, you can ride out market volatility and benefit from compound returns. Understanding your time horizon is also the key to ensuring your investments offer the right level of 'liquidity.'

## 4. Insist on diversification

The higher your concentration in one particular investment type or area - including the UK - the higher the risk. Spreading out investments

across asset classes, regions and market sectors limits exposure to any one area.

## 5. Incorporate effective tax planning

To help maximise real returns and protect your wealth for future generations, factor in tax planning when setting up your portfolio. Look for arrangements that can shelter capital from tax while providing a tax-efficient income, and that enable you to transfer wealth to your beneficiaries with minimal bureaucracy and inheritance taxes.

For expatriates, this is complicated by having to work with the rules of more than one country. An adviser with cross-border expertise can ensure you meet your tax liabilities, in Spain and in the UK, while taking advantage of available opportunities.

## 6. Regularly review your strategy

Good financial planning is not a 'set and forget' exercise. Your circumstances, aims and requirements usually change over

time. You should review your portfolio around once a year to keep it on track.

The key to bringing all these guidelines together is ensuring you take personalised, expert advice from a regulated adviser.

Whether you are looking at investments, tax planning, estate planning or your pension, it is crucial that your approach is appropriate for you. With the right strategy in place for your life in Spain, you can protect and grow your wealth - in real terms - not only during your lifetime but for the next generations to enjoy.

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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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# Holiday hell

## Tourist hurt 'taking selfie'



**RESCUE:** Santa Barbara Castle.

A TOURIST who toppled off the walls of Alicante's Santa Barbara castle probably lost balance while he was taking a selfie, say police.

Firefighters had to call in a helicopter to rescue the 23-year-old Italian man after he had plunged 25 metres at the city landmark perched on top of


Monte Benacantil.

The man had suffered a traumatic brain injury and multiple injuries to his body. Hospital authorities have not given an update on his condition.

Personnel from the Provincial Consortium rescue group joined firefighters in the rescue operation in an area 'of difficult

access' on the steep slopes beneath the walls of the castle.

A castle worker alerted Local Police to the incident, saying there was an injured person in the Baluarte de la Mina area. Medics stabilised the man's condition before he was flown to San Vicente Park, where an ambulance was waiting.




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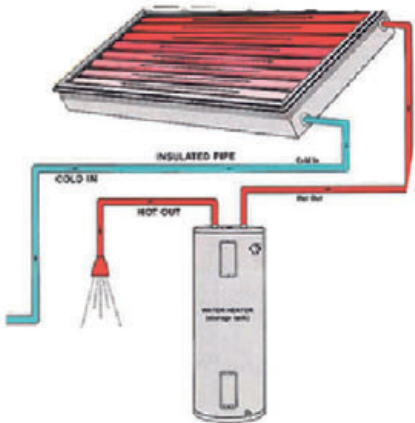
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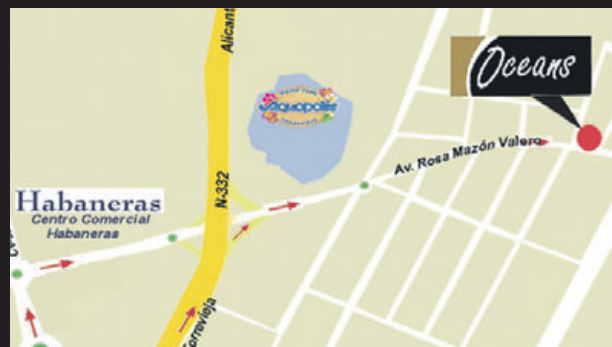
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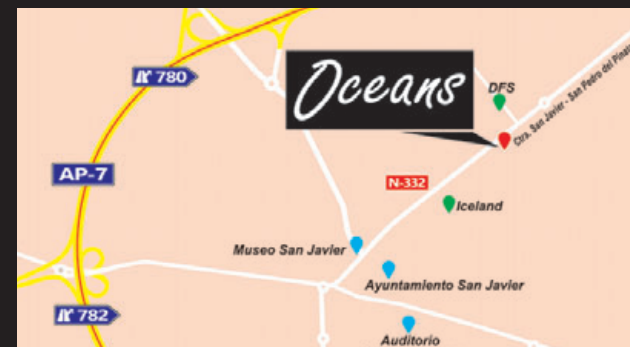
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# ‘Miracle escape’

## Brit survives seven-floor fall



**LIFE SAVER:** The car broke the victim's fall.

By Matt Ford

A BRITISH holidaymaker has survived after plummeting seven floors from a balcony at a Mallorca hotel and landing on a car bonnet during a row with his partner.

The unnamed victim, believed to be in his early 30's, suffered multiple injuries and

was taken to Son Espases Hospital in Palma in the wake of the dramatic incident.

He had reportedly been taking drugs and drinking alcohol before arguing with his girlfriend and plunging from their accommodation at the Hotel Porto Playa, Porto Cristo, in the early hours of the morning.

Medics said it is a "miracle"

he survived after a parked BMW broke his fall, probably saving his life.

Police are probing the accident amid claims the hotel had "problems" with the couple 24 hours earlier.

It comes days after a British woman, 41, was seriously hurt after falling from a second-floor apartment in Ibiza.

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# Police target youths

ELCHE Council has put into motion a plan to discourage underage drinking during August's famous Nit de la Roa celebrations.

Councillors are worried that the event has been turning into an event where youngsters overindulge in alcohol.

Now the Local Police has set up a special unit specifically to deal with underage drinking at the celebrations.

To make matters worse, the weeks leading up to the event are seeing increasing numbers of 'botellones' or ad-hoc street parties where youths gather to drink. The city says a dozen cases of drunks have to be dealt with each night, with 80 per cent of them being minors.

In response the council has increased surveillance on the look-out for such events, which

are increasingly being held on private land in an effort to escape police attention.

However, the council says underage drinking on private

land is still illegal, and wants youths and their parents to behave more responsibly. So far the council has detected seven illegal parties in the town.

## Troubled waters

TORREVIEJA'S troubled water desalination plant - the largest in Europe - faces a delay before it can finally double its output as planned.

With water shortages hitting farmers, and suppliers struggling to meet the summer demand, it was hoped to bring the extra production online before the peak tourism season arrived.

But now the extra capacity is not anticipated to be up and running until mid-August at the earliest, with delays running into September a distinct possibility.

This delay has been caused because the expansion of the plant to provide 80 cubic hectometres of fresh water per year requires a new high-voltage power line. Although this has been installed it is still in the testing phase.

Work to increase capacity and install the 220 kilovolt power line has already taken several years. The plan has been criticised as being too power hungry, with claims that the plant will use as much electricity as all the tourists in Alicante Province put together.



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# You're paying how much for your investment??

By Sam Kelly, Managing Partner, Chorus Financial.

Many of you will have read my article last week regarding financial advisors in Spain charging substantially more than the equivalent service in the UK. In just the last few days I have had several people come to my office to see if I can help them reduce the fees they're paying on their QROPS and Spanish Compliant Investment Bonds.

I saw a lady on Tuesday, we'll call her Sandra (as before, I've changed her name to protect her privacy). The first thing Sandra explained was that every few months her advisor would hand her another wad of pages covered in numbers, charts etc., bamboozle her with complex terminology, and she'd leave the appointment none the wiser as to why her QROPS hadn't grown over the last 4 years.

Well, finally she was sat in front of someone who would break it all down for her. One of my major concerns was that her advisor was changing her funds on a regular basis, and it was often costing the client between 3-5% to buy a new fund. I also questioned the fees on the funds she had been moved into, which were between 1.5%-3.5% per year – this is 3 to 4 times more than I'd expect a client to pay for a top performing UK fund, yet she was paying this for pretty average performing funds, which makes me question why they were chosen.

In addition, she was paying another 2% per year in



combined fees to her advisor and bond provider. When we broke it all down, her annual fees were over 5% of the total amount she had invested, and I calculated that around 4% of this was going to her financial advisor, most of which was in hidden fees which would be illegal in the UK. I was astounded by the combined

level of fees here, and it's safe to say, so was Sandra! The investment returns were barely covering her fees, which is why Sandra had seen no growth after 4 years.

Even worse, was that the entry costs of 3-5% each time she switched funds wasn't actually a genuine fund charge, rather a

commission being paid each time to her advisor. This practice is illegal in the UK and referred to as 'churning'.

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# Slow justice for knifeman

AN Elche man guilty of attempted murder should be grateful that the wheels of justice can turn exceedingly slowly in Spain.

A potential jail sentence of seven years has been reduced to just 15 months, in large part because his case took 10 years to be heard.

Elche court was told that the defendant had got into a pub fight in the town during which he drew out a knife with a 10-centimetre blade, which he plunged into the stomach, side and back of his male victim.

Originally the prosecution had asked for the attacker to be jailed for seven years, but taking the length of time the case has been going on and the fact the defendant admitted all the facts, it was agreed by all sides to jail him for 15 months.

The defendant, who has not been named, is at the moment remanded in custody accused of another attempted murder.

This 15-month sentence will be added on to any jail time imposed for the crime he is still awaiting trial for.

## No cash and no car

A MAN has found himself arrested and without a car after he allegedly tried to defraud his insurance company out of €20,000.

The 66-year-old Spaniard from Torrevieja is accused by Guardia Civil of setting fire to his own vehicle in order to claim on the insurance.

Guardia Civil report that when they notified the man his car had been found alight in the street, he seemed surprised, saying it had been in his garage for several days and must have been stolen.

After making an official complaint of theft to the police he then made several trips to his insurance office, getting more and more irate each time as they refused to pay until an official investigation was completed.

Unfortunately for the man, officers concluded he was responsible for the fire, and on questioning him found discrepancies in his story. He has now been accused of fraud, simulating a crime, and arson.

If found guilty, he faces a jail sentence or fines, as well as the loss of his €20,000 car, which was destroyed in the incident.

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## NEWS EXTRA

## Woman freed

A WOMAN aged 68 had to be freed from the wreckage of a car by firefighters after a three vehicle pile-up on the Santa Pola Road near Elche. The woman and a man, 71, were taken to Elche University hospital.

## Strike off

A THREATENED strike by ambulance staff has been called off after the UGT union agreed a 27 per cent pay rise with Valencian Community chiefs. The raise will be spread over five-and-a-half years.

## Lotto joy

THE second prize-winning ticket in last Thursday's (July 12) Loteria Nacional was sold in Villajoyosa. Each holder of a 'decimo' (tickets are sold in 10ths) will pocket €12,000.

## Speak down

TORREVIEJA Council has ordered a PA system at the local church to be silenced after years of complaints. The sound of bells to announce mass will still be permitted until noise levels are properly measured.

## Bin worry

A LOCAL councillor has called on Torrevieja's mayor to provide more recycling bins. Carmen Gómez Candell, (Partido Popular) claims the council has only ordered 10 or 12 containers.

# Young footballer dies

## Family to arrange repatriation

A YOUNG British man who died after falling from a Spanish hotel balcony has been named as a former Manchester United and Manchester City academy footballer.

Michael Jones, 21, from Little Lever, Bolton, is thought to have been on holiday with friends when the tragedy occurred at about 11pm on July 4 at the Apartamentos Vina Del Mar in the Costa Blanca resort of Benidorm. It is believed Michael toppled over railings on the balcony of a hotel room.

Now his parents have flown to Spain to arrange Michael's repatriation and talk to the investigating authorities.

Michael was signed to Manchester City's academy at the age of six before moving across town to Manchester United.

From the age of 12 he played for local teams including Bury FC Academy, Walshaw Sports Club, Bolton Town and Rams-

bottom United FC. He joined Little Lever Sports Club two years ago.

A memorial football match has been arranged between his Bolton-based club and Walshaw Sports Club, and a GoFund Me page has been set up to help his family with repatriation and funeral expenses.

Speaking on Facebook, Michael's father, Paul Jones, said: 'My main priority now is for Joseph, my younger son, he is staying strong, stronger than I ever thought possible, but he hurts beyond words.'

'I ask that his and Mike's friends help him through this awful time.'

Michael is survived by his parents, Paul and Kath, step-mum Janet, brothers Joseph and Robert and two sisters, Elisabeth and Sarah.

Donations can be made at: [www.gofundme.com/michael-jones-161096-050718](http://www.gofundme.com/michael-jones-161096-050718).



TRAGIC DEATH: Footballer Michael Jones died in hotel balcony fall.



JUNGLE HIDEOUT: The property where Felix Manrique (inset left) was allegedly holding Patricia Aguilar (inset right).

# Leader of Peruvian sect remanded

By Dilip Kuner

THE leader of a sect who allegedly held an Elche woman captive for a year-and-a-half has been remanded in custody for nine months by a court in Peru.

The judge decreed that Félix Steven Manrique should remain in custody and at the same time gave prosecutors four months to conclude the investigation as well as to prepare and present evidence.

Patricia Aguilar has become a cause célèbre in Spain and abroad after her family undertook a long campaign to secure her freedom from the clutches of the sect called Gnosis.

The 18-year-old had left her Elche home in 2017 and is thought to have been persuaded to travel to Peru to join Gnosis. Once there, it is alleged she was not permitted to leave.

Her father, however, started a search for her, and his efforts eventually paid off after a year of relentless effort including two visits to the Andean country. Police found her in a house hidden away in the San Martin de Pangoa jungle, 500 kilometres away

from where she had last been sighted.

There they found her looking after the children of other women, several of whom had also been reported as 'disappeared.' She is also a mother herself now, with a child born just two months ago.

The investigation is looking at the alleged illegal detention of Aguilar and two other women by the sect led by Manrique.

The women are in the care of Peru's Ministry of Women, where they will get psychological help in order to break this link with the leader of the sect.

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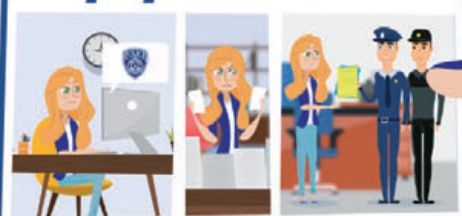
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# Caught on the run

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



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.

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 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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**NEWS EXTRA**

**Airport soaring**

SAN JAVIER airport has dealt with 9.7 per cent more passengers (a total of 576,592) in the first half of the year than in the same period of 2017. The number of take-offs and landings was 4,245 or 7.5 per cent up on the first six months of last year.

**Shock burns**

A MAN, aged 50, who suffered extensive first degree burns after being electrocuted while repairing a meter in Arenales del Sol has been transferred to the specialist burns unit of University Hospital of Alicante.

**Total waste**

PRESSURE group Residuo Cero (Zero Residues) has collected 1,000 signatures against a proposed new waste collection contract for Elche worth €200 million over 10 years.

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



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

# Irish teen named Victim drowned on summer camp

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 un-

desirable 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 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.

"There were a lot of people in the water and they hadn't noticed anything was amiss until they realised one of the party was missing."

The Guardia Civil said in a statement the victim was travelling on an Irish passport.

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# Life's a beach

## Bars to 'get licences by August'

BEACH goers in Orihuela will finally be able to visit some of their favourite chiringuito bars and put their feet up on loungers after a red tape knot was untangled.

Several beach bars at the popular resort have been forced to close their doors to the public, after complaints were made about the licence tendering process.

The town council has been unable to issue licences since May, when two complaints were put to the Central Administrative Court of Contractual Appeals.

This meant licences could not be renewed, and the bars were forced to close, leaving tourists and locals alike without a cooling drink and a comfortable place to lie and enjoy the sun, as well as missing the use of pedalos and other water sports equipment.

But now, according to councillors Luisa Boné and Paco Sáez, the case has been dismissed by the court, clearing the way for new licences to be awarded. They have pledged to make sure all appropriate permissions are granted before the start of the peak tourist season in August.

Not all the beach bars shut down - one that remained open despite its licence expiring last November may be investigated by



**LEGAL WRANGLE:** The bars have been battling for licences.

authorities.

Some mystery surrounds the two complaints that were made about the new tendering process. Although having different names, both complainants gave the same address, which is also the address given for the manager of a company bidding for a chiringuito licence.



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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 apart-



Photo credit: Google/Facebook

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

ment block.

And last month Tom Hughes, aged 20, from North Wales also died at the Eden Roc complex.

British diplomats have re-

cently had an emergency meeting with Spanish officials to try and cut the number of balcony falls in the resort popular with young holiday-makers.

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# Fowl play claim

## Birds unable to breed, say activists

THE natural reserve at El Hondo in Elche is the scene of an ecological clash between bird lovers and botanists - or rather the very different needs of nesting water fowl and rare plants.

Bosses at the natural park have kept around 100 hectares of the 200-hectare site artificially dry due to the presence of a rare plant. The only problem is it is supposed to be a protected wetland and the water fowl breeding season is upon us.

Normally by this time of the year nesting birds are taking advantage of the lagoons to feed, but this summer half the El Hondo reserve is a desert-like environment, leaving the birds high and dry.

Now the Association of Friends of the Humedales del Sur (AHSA) is to send a letter denouncing the situation to the Ministry of the Environment.

In it they will point out that in their opinion emptying the ponds during the breeding season of waterfowl violates environmental legislation.

The ponds have been emptied to protect a botanical species that thrives on the shores of the eastern part of the reserve, bringing two different arms of ecological conservation into conflict.

AHSA is asking for 'appropriate measures to be established' by the Directorate General of the Natural Environment to the Directorate of the Natural Park 'so that this situa-



Credit: Moisés Pastor/Wikipedia

**WETLANDS DILEMMA: El Hondo natural reserve.**

tion does not happen again.'

The environmental group considers it inexplicable that the lagoons have been dried during the breeding season on the orders of those responsible for the wetland ecosystems.

It is understood the decision to dry the lakes was taken by reserve managers, but has not been put before the park's Governing Board. Now the president of the board has pledged to look into the matter in light of the complaints.

Until last year the wetlands water levels have always been kept to an acceptable level. A problem with carp led to them being partially drained last summer, but environmentalists did not expect the situation to recur this year.

Governing Board president Vicent Sansano points out that the rare plants can't grow under water but notes that many birds are still raising their young, making the park management a difficult balancing act.

# Cirque du Soleil comes to town

A CIRCUS that has a good claim to be the best in the world is pitching tent in Alicante from tomorrow (Friday).

The world famous Cirque du Soleil will be at the Rabasa fairground entertaining the crowds with its unique blend of show business, artistry and circus attractions until August 19.

It is on the final leg of its Spanish tour - which has already taken in Sevilla, Barcelona and Malaga - before upping sticks and heading for Zurich.

This is the seventh year the circus - which was formed in Montreal, Canada - has visited the city. This year its show is called TOTEM and is based on the evolution of mankind.

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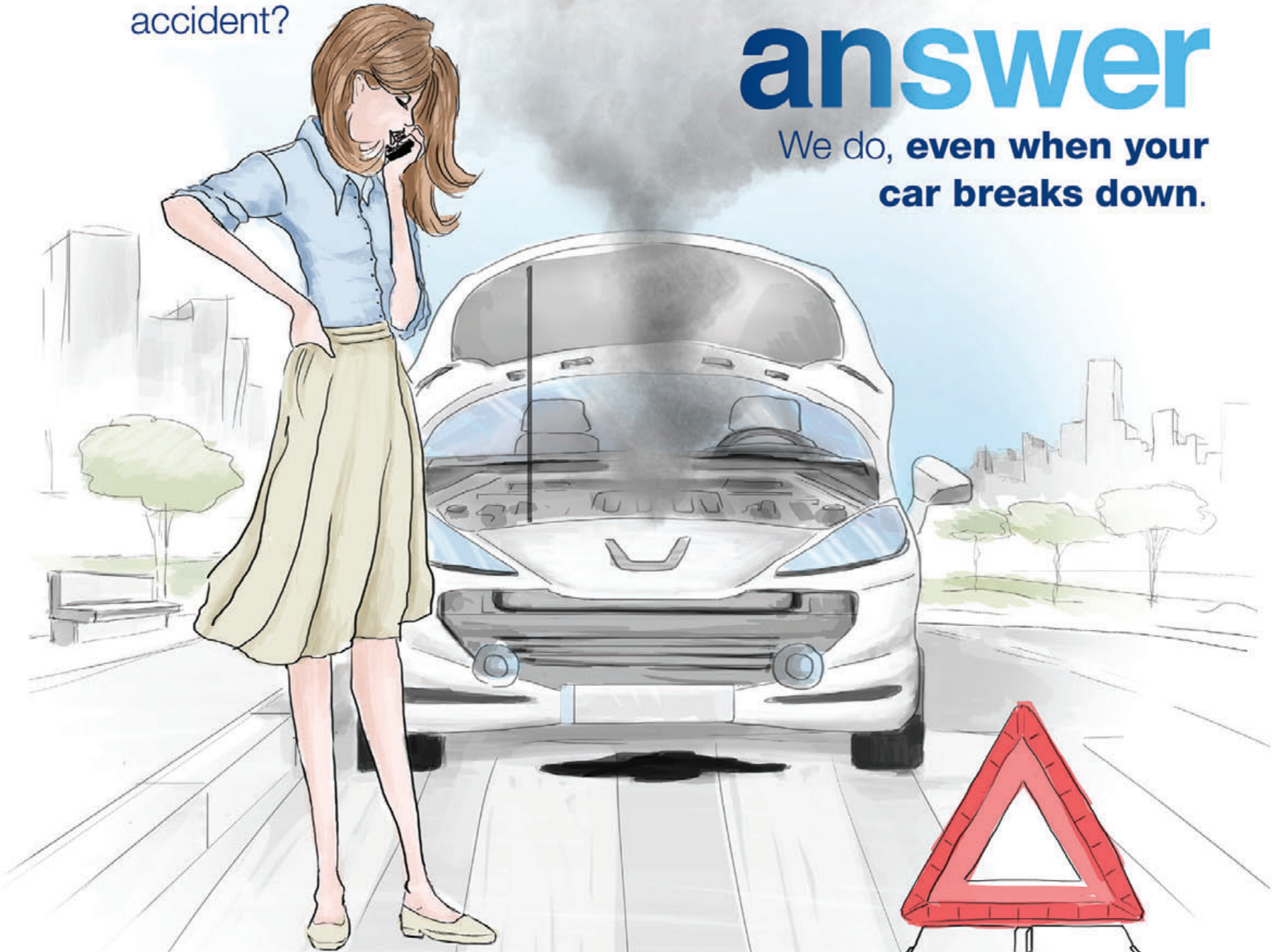
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By Matt Ford

A CHARLTON ATHLETIC footballer accused of sexually assaulting a British holiday-maker in Ibiza has been allowed to fly back to the UK.

Striker Reeco Hackett-Fairchild, 20, had been unable to leave the island for over a month after a Spanish judge ordered him to hand

over his passport.

He missed the start of pre-season training as well as a friendly match against Queens Park Rangers, and was warned

he could be forced to stay on the island for months in the wake of the alleged attack on a 19-year-old woman.

However his lawyer Jaime Campaner successfully managed to fight for his travel ban to be lifted and bail conditions changed.

It comes after investigating judge Carmen Martin Montero agreed to watch videos recorded on his and his 20-year-old team-mate Karlan Ahearne-Grant's mobile phones.

The pair were arrested on June 12 alongside pal Olusola Odejayi, 26, after the alleged

victim's parents told police she had been attacked in a hotel near San Antonio while on a family break.

Detectives were told that one of the men - later identified as Odejayi - then forced himself on the young woman while Hackett-Fairchild held her down and Ahearne-Grant filmed the scene on a mobile phone.

But it later emerged that the 'victim' engaged in a sex act with the player before the alleged assault, after she confessed to 'kisses and sexual things' when quizzed in court.

Asked to specify what had occurred by Campaner she replied: 'Oral sex.'

She then said she failed to confirm it in her initial police statement due to nerves, while the three men have always maintained their innocence.

Hackett-Fairchild has now been allowed to fly back to London after Campaner convinced the judge and state prosecutors to watch the videos, which he earlier claimed would prove the women had consensual sex with two of the accused.

Ibiza's Court of Investigation Number Three is reportedly still waiting for the results of forensic tests, after the medic who examined her last month said there were no signs of injury or bruising to suggest she had been raped.

The judge who initially quizzed the suspects described their version of events as 'credible and coherent,' and said there existed 'reasonable doubts' that a sexual assault had taken place.

Non-footballer Odejayi has also had his travel ban lifted, while Ahearne-Grant remains under investigation for a privacy offence believed to relate to a mobile phone recording he made.

All three must sign on at the Spanish Embassy in London twice-a-month, to date none have been charged.

## NEWS EXTRA

## Injuries prevented

A PARK fence saved five elderly people from serious injury when it took the brunt of the impact from a falling branch in Avenue Alfonso XII, Elda. Although all five suffered scratches, only two were taken to hospital for observation in case of shock.

## Long delays

LONG delays were caused on the A7 when a lorry hit a mini bus carrying six tourists near Alicante-Elche airport last Thursday, July 12. No one was hurt in the incident, which was caused by a tyre blow-out.

## Healthy sport

A CLINIC is to be opened at the Ciudad Deportiva sports centre in Elche. A doctor and a nurse will be on hand to care for any injuries suffered by the centre's 22,000 a week users.

## Seaweed stink

LOCALS are calling for action against 'mountains' of smelly seaweed on two Alicante beaches. Residents of the San Gabriel district complain that last year they had to clean the beach themselves, and a similar problem has now struck Cala de los Franceses.

## Long wait

STAFF shortages have meant that queues of up to an hour-and-a-half have been forming at Torreveja's General Registry (PROP). People have been queuing since 7.30am for the 9am opening time, with no guarantee of being attended to.

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**PASSPORT RETURNED:** Reeco Hackett-Fairchild was held last month.

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A MUM who downed three quarters of a bottle of sangria, then was given a tranquilliser by doctors, has been spared jail after attacking her husband on an easyJet flight.

Sharon Simmonite, 46, was arrested at John Lennon Airport, Liverpool, after she lost control of her emotions while jetting home from a

# Mile high drama

## Drunk mum 'attacked husband in front of child'

holiday in Mallorca.

A court heard that events began to get out of control

soon after the couple arrived at Palma airport around 9pm on April 13. Simmonite made a trip to the loos and when she came back five to 10 minutes later her husband, Martin, noticed a change in her behaviour.

He believed that she had finished off the contents of the bottle of sangria,

which he had earlier seen in her bag - although she denied this.

Soon after she fell, and doctors called to the scene to treat her bruising decided to give Simmonite, who was said to be upset and angry, a tranquilliser to calm her.

The couple later boarded the flight with one of their young children, where, according to the

prosecution, she seemed relaxed.

But it turns out it was the calm before the storm, Liverpool magistrates heard.

When cabin crew came round offering refreshments Simmonite asked for four glasses of wine. When she was refused service, with crew explaining easyJet does not serve alcohol on the Mallorca

route, she became angry, according to the prosecution.

She then accused her husband of telling staff not to serve her booze before rummaging through galley lockers in a search for alcohol.

Crew intervened and asked her to go back to her seat. On her return she struck her husband on the arm with a clenched fist five or six times, the court heard.

Cabin crew once more intervened and moved Mr Simmonite and the couple's son to seats at the front of the plane.

Simmonite, of Middlewich, Cheshire, admitted being drunk on an aircraft and assaulting her husband.

For the defence, it was said she had been a heavy drinker for years and suffered from an eating disorder. The court was told she had not eaten for 10 days and was drunk on arrival at Palma airport.

The defence said she had shown remorse and that she was a vulnerable woman.

Magistrates sentenced her to eight weeks jail, suspended for two years. She was also handed a rehabilitation order.



FLIGHTMARE: The incident took place on an easyJet flight.



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Photo credit: Google Street View

DRAMATIC SCENE: Calle San Juan.

# Hero catches toddler

TRAGEDY was averted when a passer-by managed to catch a three-year-old boy who had plunged off the balcony of a second floor apartment.

A man walking along Calle San Juan in Puerto Mazarron, Murcia, was alerted to the youngster's plight by the screams of witnesses. The quick thinking hero managed to position himself and catch the boy in mid air. It is thought the youngster hit a first-floor balcony railing, helping to break his fall.

The boy's parents were blissfully unaware of the drama as they sat inside their apartment, not

realising their son had made his way onto the balcony and was in mortal danger.

The heroic passer-by, who has not been named, immediately phoned the emergency services. When Guardia Civil arrived they found 'the child was fine,' according to a police spokesman. The boy was still taken to hospital as a precaution.

Now Guardia Civil have opened an investigation, although they do not anticipate making any charges, said the spokesman. He explained: "There is no responsibility on the part of the parents, as it is an oversight. It would be different if they were not at home at the time it happened."



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# Scout's honour

By Susan Shaw

DO you remember being a Scout or a Guide, or going further back a Cub or a Brownie?

Or perhaps you were a leader with Scouts or Guides?

There has been British Scouting abroad since 1908 in Gibraltar, 1909 in Paris and Oporto and 1910 in other parts of Europe. Today, there are over 57 Scout groups in 26 countries worldwide.

The association was formed to provide Scouting for the children of British servicemen serving abroad, civil servants, oil workers, etc, so that their children on return to the UK could slip seamlessly back into Scouting.

For that reason, the British system is employed, with local adaptations.

In addition, there often existed language, religious and cultural difficulties which prevented British children from joining local Scouting. Times have moved on but there is still a demand, and British Scouting has become an established part of the expatriate community worldwide.

I am looking to start a Scout group on the Costa Blanca. You do not need any experience of Scouting as full training will be given, but you must want to work as a volunteer, supporting young people to gain life skills while also having fun.

I have recently arrived here from the UK and am part of British Scouting Overseas. In order to start a new Scout group, I need a minimum of two leaders in each section, so I am appealing for adults to help me start this off.

You will need to fill in an application form and go through a vetting process to ensure that you are suitable to work with children.

At this stage I am looking for adults only because, until we have qualified leaders, we cannot work with the young people. In addition, if you are not keen on working with the Scouts themselves, I need an executive committee to help resource the group, including a chairperson, secretary, treasurer and fundraiser as a minimum.

If you want to help contact [Susan.shaw2211@gmail.com](mailto:Susan.shaw2211@gmail.com) or call +34 622 933 044.

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# Age Concern Costa Calida

**ARE you interested in volunteering?** Can you spare a couple of hours a week, a couple of hours a month or on an ad hoc basis to join a galant band of volunteers?

Age Concern's volunteer fundraisers are moving on at the end of this year, after eight years of amazing support. We are looking for a new fundraiser. This is a fun and rewarding position.

Our monthly menu del dia, plus our table top sales, black and white ball and winter fayres are well established and supported by a good team.

Full on the job training will be given and you will be en-

couraged to bring your own ideas to this post. For further information please call in to the Drop-in Centre on or after September 3 and find out more.

#### **Forthcoming events:**

#### **Wednesday September 5**

There are a few tickets still available for the Annual Black and White Ball at Bar la Sal, Puerto de Mazarron. Tickets are €20 with a choice of menu, either meat or fish.

If you would like to come along please telephone 634 336 484 to book, and advise your menu choices at the same time.

#### **Wednesday August 29**

Menu del Dia at the Siena Bar

and Grill, Calle Salvador Dalle 10, Mazarron at 1.30 for 2pm. Tickets €11, please phone 634 336 484 to book.

#### **Friday September 14**

Please note there will be no Table Top Sale in August, with the next scheduled for September 14. Come and pick up a bargain outside Mercer's office from 9am to 1pm.

*The Drop-in Centre will be closed for a summer break from Friday July 27 and will reopen at 10am on Monday September 3.*

The telephone lines will still be open but please bear in mind the volunteers will be on holiday.

#### **Future diary dates:**

Saturday November 24 is the Christmas Fayre at Mariano's Restaurante, Camposol, from 11am to 2pm. Note to all stallholders: please phone 634 336 484 if you would like a stall.

Tuesday January 1, 2019 is the New Year's Day Sponsored Swim. Sponsorship forms are now available for this fun event which is at 1pm on Bahia Beach to start off your New Year with a splash!

Water up to your knees for a minimum of one minute. Why not ask family members to sponsor you while they are here on holiday? Pick up your form from the Drop-in Centre.

#### **Drop in Centre:**

Calle Valencia 12, Camposol A.

Tel: 634 344 589.

Opening hours: Monday, Tuesday and Thursday 10am to 1pm.

#### **Age Concern telephone numbers:**

Enquiries: 634 344 589 (10am - 4pm Mon to Fri).

Events: 634 336 484 (10am - 4pm Mon to Fri).

Equipment Loan: 634 306 927 (10am - 4pm Mon to Fri).

## Torre Vieja U3A

TORREVIEJA U3A has now settled into its summer break for most of the group activities.

It is now certainly too warm for most active outdoor pursuits and even for some of the more relaxed activities.

So, almost all group activities have come to a season close. There are still a couple such as the discussion group that are carrying on provided there are sufficient attendees.

The group coordinator and leaders are now busy preparing for the next major event in the calendar which is the fair that will be held on September 25 as usual at the CMO building in Torre Vieja from 11am.

With all the group leaders showcasing their individual activities, this gives all existing members the chance to see and speak to group activity leaders first hand, put their name on the membership list for each activity and start to enjoy all the benefits of paying the €5 per year membership fee.

It is also of great benefit to anyone wanting to know more about the U3A and possibly joining.

New for this term will be cinema, food and cooking and metal art groups, details of which can be found on the website [www.torreviejau3a.com](http://www.torreviejau3a.com).

STEWART CUSDEN, chairman of the British Benevolent Fund (BBF) will present Jaqueline Phillips OBE of MABS Cancer Support with a cheque for €9,000 at a special ceremony at the charity's recently opened palliative care home in Camposol, Mazarron, Murcia next Wednesday at 12pm.

This palliative care home works with families of all nationalities affected by cancer,

## Generous donation

with a significant proportion being British, which is why the British Benevolent Fund has decided to make this generous donation. The British Benevolent Fund is the oldest English-speaking charity in Spain dedicated to helping British citizens in need.

A MABS spokesperson commented: "This home is a long held wish of ours to be

able to offer a complete range of services to help people when they are at their most vulnerable.

Cancer is a dreadful disease and we in MABS strive to help with everything from transport to translators, nursing care to counselling, so this place now means we can provide complete care when needed."

For more information see [www.britishbenevolentfund.org](http://www.britishbenevolentfund.org).



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# Humanists of Murcia enjoy a solstice party

A TOTAL of 35 members and friends of the Humanists of Murcia met on the beach in Bolnuevo to celebrate the summer solstice (a bit late).

Everyone brought food to accompany the usual fried chicken and bread provided by the treasurer.

Before the meal started, games of petanca and giant Jenga (provided by Deryck) started, couple against couple. After intense competition, Diane and Liam won the final of the petanca, while (amazingly) Jon and Joan narrowly beat off last year's finalists, Tom and Jan.

Along with the games, which gathered a large audience of passers-by, a student band and Spanish hen/stag party stopped to chat.

The feasting began with salads, sausage rolls, potato salad, chicken and proceeded to a 'monton' of puddings. A great evening of food and games with friends.

Thanks to: Ann, Martin and Audrey for the tables; Vince, Liz and Rik for judging; Jon and Joan for organising the show.

Join the group for walks, discussion groups, gardening group, games evenings and lots of lunches. For information call: 669 338 885, email [humanistsofmurcia@gmail.com](mailto:humanistsofmurcia@gmail.com) or visit [www.humanistsofmurcia.com](http://www.humanistsofmurcia.com).



**LIVING IT UP:** The Humanists of Murcia.

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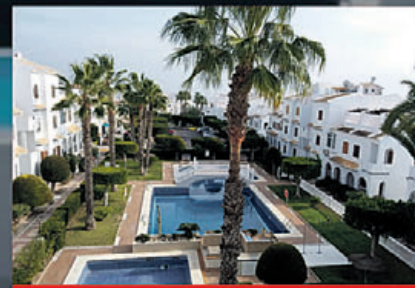
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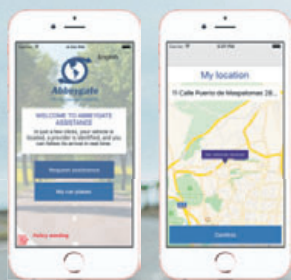
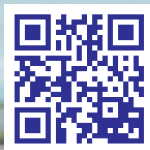
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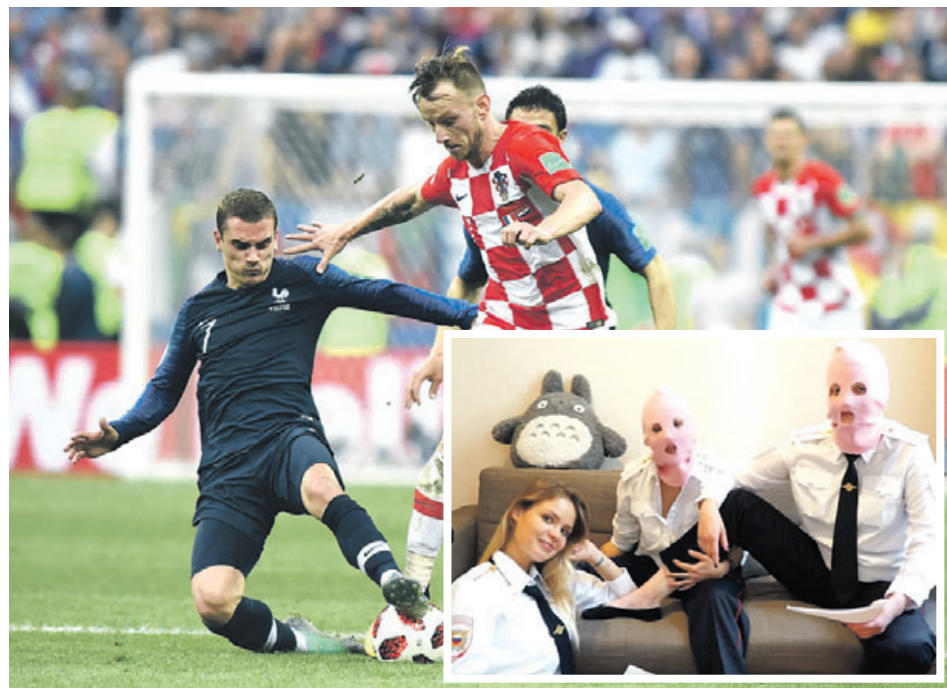
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**PITCH INVASION:** Pussy Riot (inset) said the protest was against police tactics.

# Band storms pitch in police protest

MEMBERS of a punk rock band were taken into custody after invading the pitch at the World Cup final between France and Croatia in Moscow. The four activists, from the Pussy Riot group, stormed the field dressed as police officers in protest against what they claimed were heavy-handed tactics from authorities including imprisoning opposition figures.

## Business figure dies

A BUSINESSMAN tried alongside a political opposition leader in a 2013 embezzlement case has died after being concussed. Pyotr Ofitserov, who was injured in the head, stood trial alongside Alexei Navalny when the two were handed suspended prison sentences. Navalny said Ofitserov was a 'real honest man.'

## Downed plane claim

FOREIGN MINISTERS from G7 countries have issued a joint statement calling on Russia to 'account for its role' in the downing of a plane

over Ukraine in 2014. The officials claimed there was 'compelling' evidence Russia had a hand in the Malaysia Airlines flight MH17 crash. Moscow called the claims 'unfounded.'

## Spy death vote 'link'

BRITISH investigators probing the alleged poisoning of a former spy and his daughter claimed a Russian military agency was behind that and disrupting the 2016 United States presidential election. Anonymous officials claimed agents from the GRU were involved in both the March 4 attack on Sergei and Yulia Skripal and vote meddling.

## EU conflict call

A SENIOR European Union official has called on Russia, Europe, the United States and China to work together to prevent 'conflict and chaos.' Donald Tusk, the European Council President, said the countries had a shared responsibility to make the world better and to stop trade wars turning into 'hot conflicts.'

## Bad beehive-our

POLICE in southern Russia were unable to reach the scene of a road accident after swarms of bees attacked them from knocked over hives. Officers were called out to the crash in the Krasnodar region after a lorry carrying the hives hit an off-road vehicle, with no human casualties said to have occurred as a result. Social media buzzed with jokes about the incident including Winnie the Pooh references.

**BUZZING:** The bees stopped police from getting to the scene.





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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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## DOW JONES

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 / % |
|---|----------|----------------|
| <b>Most Advanced</b>                      |          |                |
| 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%   |
| <b>Most Declined</b>                      |          |                |
| 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 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        |

Remaining Elite Fund prices available on request

Prices correct as at 11/07/2018



# 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.*

*Keep the faith.*

*Love Leapy.*

[leapylee2002@gmail.com](mailto:leapylee2002@gmail.com)

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

**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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**Nick Horne** *The Rich Pick*

Freelance correspondent, London, England



# Choose friendship and childhood imagination

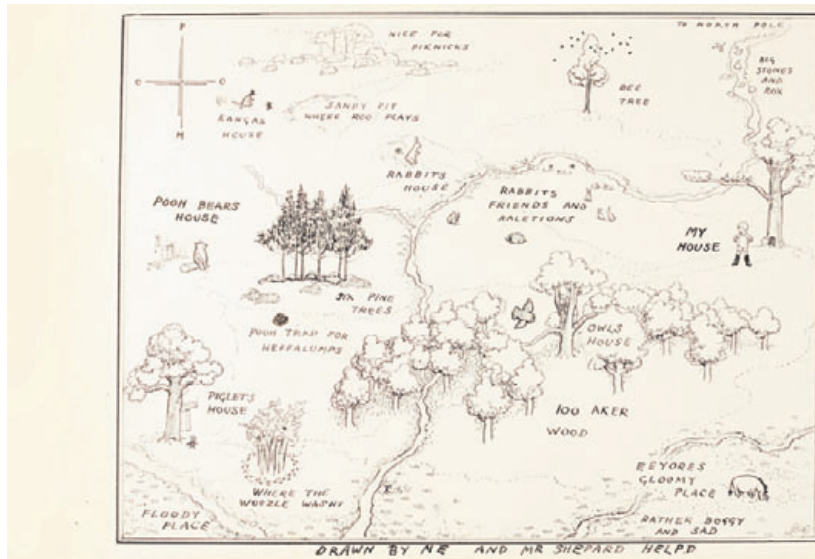
SOTHEBY'S the auction house has just sold my childhood memory. Actually they have not, they have however auctioned a series of inspired drawings by the illustrator EH Shepard at their recent sale, the 'English Literature, History, Science, Children's books and illustrations.'

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 enchanted place on the very



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

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 Forest, 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 lugubriously by from beneath the Bridge.



Photo credit Sotheby's

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).

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**BBC one**

|         |                                 |
|---------|---------------------------------|
| 11:00am | Homes Under the Hammer          |
| 12:00pm | Heir Hunters with Michael Buerk |
| 12:45pm | The Farmers' Country Showdown   |
| 1:15pm  | Bargain Hunt                    |
| 2:00pm  | BBC News at One                 |
| 2:30pm  | BBC London News                 |
| 2:45pm  | Red Rock                        |
| 3:30pm  | Escape to the Country           |
| 4:30pm  | Celebrity Money for Nothing     |
| 5:15pm  | Flog It!                        |
| 6:15pm  | Impossible                      |
| 7:00pm  | BBC News at Six                 |
| 7:30pm  | BBC London News                 |
| 8:00pm  | The One Show                    |
| 8:30pm  | EastEnders                      |
| 9:00pm  | Eat Well for Less               |
| 10:00pm | Keeping Faith                   |
| 11:00pm | BBC News at Ten                 |
| 11:30pm | BBC London News                 |
| 11:45pm | New Tricks                      |
| 12:45am | This Week                       |
| 1:30am  | Weather for the Week Ahead      |

**BBC TWO**

|         |  |
|---------|--|
| 8:15am  | Heir Hunters with Michael Buerk                |
| 9:00am  | Caught Red Handed                              |
| 9:30am  | Caught Red Handed                              |
| 10:00am | Victoria Derbyshire                            |
| 12:00pm | BBC Newsroom Live                              |
| 1:00pm  | The Daily Politics                             |
| 2:00pm  | Perfection                                     |
| 2:45pm  | Getting the Builders in                        |
| 3:30pm  | For What It's Worth                            |
| 4:15pm  | Secrets of the Castle with Ruth, Peter and Tom |
| 5:15pm  | Hidden Kingdoms                                |
| 6:15pm  | Antiques Road Trip                             |
| 7:00pm  | Eggheads                                       |
| 7:30pm  | Great British Railway Journeys                 |
| 8:00pm  | 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        |

**BBC FOUR**

|         |   |
|---------|---|
| 5:00am  | This is BBC Four  |
| 8:00pm  | Beyond 100 Days<br><i>The latest national and international news, exploring the day's events from a global perspective.</i> |
| 8:30pm  | Top of the Pops   |
| 9:00pm  | Beach Live: Jurassic Coast Revealed   |
| 10:00pm | Size Matters  |
| 11:00pm | Who Were the Greeks?  |
| 12:00am | The Great British Year  |
| 1:00am  | Top of the Pops   |
| 1:30am  | A Very British Murder with Lucy Worsley   |
| 2:30am  | Danielle De Niese: The Birth of an Opera  |
| 3:30am  | Size Matters  |
| 4:30am  | This is BBC Four  |

**CHANNEL 4**

|         |                                     |
|---------|-------------------------------------|
| 7:00am  | Countdown                           |
| 7:45am  | King of Queens                      |
| 8:35am  | Everybody Loves Raymond             |
| 10:05am | Frasier                             |
| 11:05am | Car S.O.S                           |
| 12:05pm | Ramsay's Kitchen Nightmares USA     |
| 1:00pm  | Channel 4 News                      |
| 1:05pm  | Come Dine with Me                   |
| 2:05pm  | Find it, Fix it, Flog it            |
| 3:10pm  | Countdown                           |
| 4:00pm  | A Place in the Sun: Winter Sun      |
| 5:00pm  | The £100k Drop                      |
| 6:00pm  | Come Dine with Me                   |
| 6:30pm  | The Simpsons                        |
| 7:00pm  | The Simpsons                        |
| 7:30pm  | Hollyoaks                           |
| 8:00pm  | Channel 4 News                      |
| 9:00pm  | George Clarke's Old House, New Home |
| 10:00pm | Prisión                             |
| 11:00pm | Ramsay's 24 Hours to Hell and Back  |
| 12:00am | Who is America?                     |
| 12:35am | Is Love Racist? The Dating Game     |

**CHANNEL 5**

|         |   |
|---------|---|
| 9:20am  | Floogals                                  |
| 9:40am  | Digby Dragon                              |
| 9:55am  | Nella the Princess Knight                 |
| 10:05am | Mofy                                      |
| 10:15am | The Wright Stuff                          |
| 12:15pm | On Benefits                               |
| 1:10pm  | 5 News Lunchtime                          |
| 1:15pm  | GPs: Behind Closed Doors                  |
| 2:15pm  | Home and Away                             |
| 2:45pm  | Neighbours                                |
| 3:15pm  | Cagney and Lacey                          |
| 4:15pm  | Two Wrongs                                |
| 6:00pm  | 5 News at 5                               |
| 6:30pm  | Neighbours                                |
| 7:00pm  | Home and Away                             |
| 7:30pm  | 5 News Tonight                            |
| 8:00pm  | Police Interceptors                       |
| 9:00pm  | Bad Tenants, Rogue Landlords              |
| 10:00pm | Eamonn and Ruth: How the Other Half Lives |
| 11:00pm | Inside the Murder Prison                  |
| 12:05am | The Last Days of Heath Ledger             |

**4**

|         |                       |
|---------|-----------------------|
| 9:00am  | Melissa and Joey      |
| 9:30am  | Melissa and Joey      |
| 10:00am | Baby Daddy            |
| 10:30am | Baby Daddy            |
| 11:00am | Black-Ish             |
| 11:30am | Black-Ish             |
| 12:00pm | How I Met Your Mother |
| 12:30pm | How I Met Your Mother |
| 1:00pm  | The Goldbergs         |
| 1:30pm  | The Goldbergs         |
| 2:00pm  | The Big Bang Theory   |
| 2:30pm  | The Big Bang Theory   |
| 3:00pm  | Melissa and Joey      |
| 3:30pm  | Melissa and Joey      |
| 4:00pm  | Baby Daddy            |
| 5:00pm  | Black-Ish             |
| 5:30pm  | Black-Ish             |
| 6:00pm  | The Goldbergs         |
| 7:00pm  | The Big Bang Theory   |
| 8:00pm  | Hollyoaks             |
| 8:30pm  | The Goldbergs         |
| 9:00pm  | Young Sheldon         |
| 9:30pm  | Young Sheldon         |
| 10:00pm | Brooklyn Nine-Nine    |
| 11:00pm | RoboCop               |
| 1:20am  | The Big Bang Theory   |

**sky sports main event**

|         |  |
|---------|--|
| 7:00am  | Good Morning Sports Fans Bitesize  |
| 7:30am  | The Open Championship Live   |
| 9:30pm  | The Open Verdict - Live<br><i>The verdict on the opening day of The 147th Open Championship, with discussion and analysis of the big stories and best rounds</i> |
| 10:00pm | The Open - Highlights<br><i>The year's third Major begins with day one of The 147th Open Championship, held at Carnoustie Golf Links</i>                         |
| 12:00am | Sky Sports News  |
| 1:00am  | Sky Sports News<br><i>All the news from the Premier League and beyond.</i>   |

**itv**

|         |                      |
|---------|----------------------|
| 4:50am  | ITV Nightscreen      |
| 6:05am  | The Jeremy Kyle Show |
| 7:00am  | Good Morning Britain |
| 9:30am  | Lorraine             |
| 10:25am | The Jeremy Kyle Show |
| 11:30am | This Morning         |
| 1:30pm  | Loose Women          |
| 2:30pm  | ITV Lunchtime News   |
| 2:55pm  | ITV News London      |
| 3:00pm  | Judge Rinder         |
| 4:00pm  | Tenable              |
| 5:00pm  | Tipping Point        |
| 6:00pm  | The Chase            |
| 7:00pm  | ITV News London      |
| 7:30pm  | ITV Evening News     |
| 8:00pm  | Emmerdale            |
| 9:00pm  | The Voice Kids       |
| 10:30pm | Our Shirley          |
| 11:30pm | Valentine Summer     |
| 11:30pm | ITV News             |
| 12:00am | ITV News London      |
| 12:20am | Unforgotten          |
| 1:15am  | Jackpot247           |
| 4:00am  | ITV Nightscreen      |

**itv2**

|         |                                |
|---------|--------------------------------|
| 8:10am  | Who's Doing the Dishes?        |
| 9:00am  | Emmerdale                      |
| 9:30am  | Coronation Street              |
| 9:55am  | Coronation Street              |
| 10:25am | The Ellen DeGeneres Show       |
| 11:20am | The Bachelorette               |
| 1:15pm  | Emmerdale                      |
| 1:45pm  | Coronation Street              |
| 2:15pm  | Coronation Street              |
| 2:45pm  | The Ellen DeGeneres Show       |
| 3:35pm  | The Jeremy Kyle Show           |
| 4:40pm  | The Jeremy Kyle Show           |
| 5:45pm  | Judge Rinder                   |
| 6:50pm  | Take Me Out                    |
| 8:00pm  | You've Been Framed! Gold       |
| 9:00pm  | Two and a Half Men             |
| 9:30pm  | Superstore                     |
| 10:00pm | Love Island                    |
| 11:00pm | Keith Lemon: Coming in America |
| 11:50pm | Family Guy                     |
| 12:20am | Family Guy                     |
| 12:45am | American Dad!                  |
| 1:20am  | American Dad!                  |
| 1:45am  | Two and a Half Men             |
| 2:15am  | You v Chris and Kem            |

**itv3**

|         |                           |
|---------|---------------------------|
| 3:30am  | Teleshopping              |
| 7:00am  | Classic Coronation Street |
| 7:30am  | Classic Coronation Street |
| 7:55am  | Heartbeat                 |
| 9:00am  | The Royal                 |
| 10:05am | Judge Judy                |
| 10:30am | Judge Judy                |
| 11:00am | Judge Judy                |
| 11:25am | Agatha Christie's Marple  |
| 1:35pm  | The Royal                 |
| 2:35pm  | Heartbeat                 |
| 3:40pm  | Classic Coronation Street |
| 4:15pm  | Classic Coronation Street |
| 4:45pm  | Agatha Christie's Marple  |
| 6:55pm  | Heartbeat                 |
| 8:00pm  | Murder, She Wrote         |
| 9:00pm  | Vera                      |
| 11:00pm | Foyle's War               |
| 1:05am  | A Touch of Frost          |
| 3:05am  | ITV3 Nightscreen          |
| 3:30am  | Teleshopping              |

**itv4**

|         |  |
|---------|--|
| 7:00am  | World Cup Rivalries: England v Argentina               |
| 7:20am  | The Chase<br><i>Quiz show hosted by Bradley Walsh.</i> |
| 8:05am  | The Chase  |
| 8:55am  | Cash Cowboys   |
| 9:55am  | The Professionals                                      |
| 10:55am | Tour De France 2018 - Highlights                       |
| 12:00pm | Tour De France 2018                                    |
| 6:15pm  | World Cup Rivalries: Brazil v Italy                    |
| 6:35pm  | Storage Wars Texas                                     |
| 7:00pm  | Cash Cowboys   |
| 8:00pm  | Tour De France 2018 - Highlights                       |
| 9:00pm  | Monster Carp   |
| 10:00pm | The Living Daylights                                   |
| 11:05pm | FYI Daily  |
| 11:10pm | The Living Daylights                                   |
| 12:40am | Tinker Tailor Soldier Spy                              |
| 1:40am  | FYI Daily  |
| 1:45am  | Tinker Tailor Soldier Spy                              |
| 3:15am  | Storage Wars   |
| 3:35am  | Sporting Funnies                                       |
| 3:45am  | ITV4 Nightscreen                                       |
| 4:00am  | Teleshopping   |

**sky CINEMA ACTION & ADVENTURE**

|         |                                  |
|---------|----------------------------------|
| 11:00am | King Arthur: Legend of the Sword |
| 1:10pm  | Geostorm                         |
| 3:10pm  | Thor 2 - The Dark World          |
| 5:10pm  | Underworld: Blood Wars           |
| 6:50pm  | King Arthur: Legend of the Sword |
| 9:00pm  | Geostorm                         |
| 11:00pm | Thor 2 - The Dark World          |

**sky CINEMA COMEDY**

|         |  |
|---------|--|
| 9:35am  | Bridesmaids                                |
| 11:45am | Larry Gaye: Renegade Male Flight Attendant |
| 1:30pm  | Look Who's Talking Now!                    |
| 3:15pm  | Going in Style                             |
| 5:00pm  | Bridget Jones's Baby                       |
| 7:10pm  | Role Models                                |
| 9:00pm  | Going in Style                             |
| 10:45pm | Bridget Jones's Baby                       |
| 12:50am | Role Models                                |
| 2:45am  | 48 Hrs                                     |
| 4:30am  | National Lampoon's Animal House            |

**sky CINEMA PREMIERE**

|         |   |
|---------|---|
| 4:35am  | FML   |
| 6:30am  | Fantastic Beasts and Where to Find Them: Special  |
| 7:00am  | The Hurricane Heist: The Eye of the Storm   |
| 7:30am  | Happy Death Day   |
| 9:20am  | Tommy's Honour  |
| 11:25am | An Ordinary Man   |
| 1:15pm  | Realive<br><i>A young artist diagnosed with terminal illness is cryogenically frozen and revived years later, but struggles to move on from his past.</i> |
| 3:15pm  | Renegades   |
| 5:15pm  | Tommy's Honour<br><i>Gifted young golfer Tommy Morris rejects the stuffy status quo and seeks to play the game on his own terms.</i>                      |
| 7:15pm  | An Ordinary Man   |
| 9:00pm  | Happy Death Day   |
| 10:45pm | Renegades   |
| 12:35am | Realive   |
| 2:30am  | 22 Chaser   |
| 4:25am  | The Last Diamond  |

**sky sports football**

|         |                                  |
|---------|----------------------------------|
| 12:30pm | SPFL Greatest Games              |
| 1:00pm  | Greatest Moments in Football     |
| 2:00pm  | EFL Goals: Championship          |
| 2:30pm  | EFL Goals: Leagues 1&2           |
| 3:00pm  | Play-Off Final Highlights        |
| 4:00pm  | Football's Greatest Teams        |
| 4:30pm  | Football's Greatest Teams        |
| 5:00pm  | Football's Greatest Head to Head |
| 5:30pm  | SPFL Round Up                    |
| 6:00pm  | Football Years                   |
| 6:30pm  | Football Countdowns              |
| 7:00pm  | EFL Greatest Games               |
| 8:00pm  | EFL Goals: Championship          |
| 8:30pm  | EFL Goals: Leagues 1&2           |
| 9:00pm  | SPFL Round Up                    |
| 9:30pm  | SPFL Greatest Games              |
| 10:00pm | Greatest Moments in Football     |
| 11:00pm | Football Godfathers              |
| 12:00am | Championship Season Review       |
| 1:00am  | Play-Off Final Highlights        |



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**BBC one**

|         |                                 |
|---------|---------------------------------|
| 7:00am  | Breakfast                       |
| 10:15am | Matron, Medicine and Me         |
| 11:00am | Homes Under the Hammer          |
| 12:00pm | Heir Hunters with Michael Buerk |
| 12:45pm | The Farmers' Country Showdown   |
| 1:15pm  | Bargain Hunt                    |
| 2:00pm  | BBC News at One                 |
| 2:30pm  | BBC London News                 |
| 2:45pm  | Red Rock                        |
| 3:30pm  | Escape to the Country           |
| 4:30pm  | Celebrity Money for Nothing     |
| 5:15pm  | Flog It!                        |
| 6:15pm  | Impossible                      |
| 7:00pm  | BBC News at Six                 |
| 7:30pm  | BBC London News                 |
| 8:00pm  | The One Show                    |
| 8:30pm  | A Question of Sport             |
| 9:00pm  | EastEnders                      |
| 9:30pm  | Still Open All Hours            |
| 10:00pm | Would I Lie to You?             |
| 10:30pm | Our Friend Victoria             |
| 11:00pm | BBC News at Ten                 |
| 11:25pm | BBC London News                 |
| 11:35pm | Room 101                        |
| 12:15am | What Women Want                 |

**BBC TWO**

|         |  |
|---------|--|
| 7:30am  | Matron, Medicine and Me                        |
| 8:15am  | Heir Hunters with Michael Buerk                |
| 9:00am  | Gardeners' World                               |
| 10:00am | Victoria Derbyshire                            |
| 12:00pm | BBC Newsroom Live                              |
| 1:00pm  | The Daily Politics                             |
| 2:00pm  | Perfection                                     |
| 2:45pm  | Getting the Builders in                        |
| 3:30pm  | For What It's Worth                            |
| 4:15pm  | Secrets of the Castle with Ruth, Peter and Tom |
| 5:15pm  | Hidden Kingdoms                                |
| 6:15pm  | Antiques Road Trip                             |
| 7:00pm  | Eggheads                                       |
| 7:30pm  | Great British Railway Journeys                 |
| 8:00pm  | RHS: Tatton Flower Show 2018                   |
| 9:00pm  | Golf   |
| 11:00pm | Mock the Week                                  |
| 11:30pm | Newsnight                                      |
| 12:05am | Louis Theroux                                  |
| 1:05am  | That's the Way A-ha A-ha Joe Lycett Live       |
| 2:05am  | Panorama                                       |
| 2:35am  | Conviction: Murder in Suburbia                 |

**BBC FOUR**

|         |  |
|---------|--|
| 8:00pm  | World News Today<br><i>The latest national and international news, exploring the day's events from a global perspective.</i> |
| 8:30pm  | BBC Proms 2018<br><i>Multi-instrumentalist Jacob Collier teams up with Jules Buckley and the Metropole Orkest.</i>           |
| 10:30pm | Top of the Pops  |
| 11:00pm | Smashing Hits! The 80s Pop Map of Britain and Ireland  |
| 12:00am | The Joy of ABBA  |
| 1:00am  | ABBA at the BBC  |
| 2:00am  | Top of the Pops  |
| 2:30am  | The R&B Feeling: The Bob Parks Story   |
| 3:30am  | The Joy of ABBA<br><i>Between 1974 and 1982 ABBA plundered the Anglo-Saxon charts, but divided critical opinion.</i>         |
| 4:30am  | This is BBC Four   |

**CHANNEL 4**

|         |                                 |
|---------|---------------------------------|
| 8:10am  | King of Queens                  |
| 8:35am  | Everybody Loves Raymond         |
| 9:00am  | Everybody Loves Raymond         |
| 9:35am  | Everybody Loves Raymond         |
| 10:05am | Frasier                         |
| 10:35am | Frasier                         |
| 11:05am | Car S.O.S                       |
| 12:05pm | Ramsay's Kitchen Nightmares USA |
| 1:00pm  | Channel 4 News                  |
| 1:05pm  | Come Dine with Me               |
| 2:05pm  | Find it, Fix it, Flog it        |
| 3:10pm  | Countdown                       |
| 4:00pm  | A Place in the Sun: Winter Sun  |
| 5:00pm  | The £100k Drop                  |
| 6:00pm  | Come Dine with Me               |
| 6:30pm  | The Simpsons                    |
| 7:00pm  | The Simpsons                    |
| 7:30pm  | Hollyoaks                       |
| 8:00pm  | Channel 4 News                  |
| 9:00pm  | The Crystal Maze                |
| 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                |

**CHANNEL 5**

|         |   |
|---------|---|
| 9:20am  | Floogals  |
| 9:40am  | Digby Dragon                                    |
| 9:55am  | Nella the Princess Knight                       |
| 10:05am | Mofy  |
| 10:15am | The Wright Stuff                                |
| 12:15pm | Desperately Seeking Stardom                     |
| 1:10pm  | 5 News Lunchtime                                |
| 1:15pm  | GP's: Behind Closed Doors                       |
| 2:15pm  | Home and Away                                   |
| 2:45pm  | Neighbours                                      |
| 3:15pm  | Cagney and Lacey                                |
| 4:15pm  | Jesse Stone: Innocents Lost                     |
| 6:00pm  | 5 News at 5                                     |
| 6:30pm  | Neighbours                                      |
| 7:00pm  | Home and Away                                   |
| 7:30pm  | 5 News Tonight                                  |
| 8:00pm  | Tony Robinson: Coast to Coast                   |
| 9:00pm  | Celebrity Five Go Caravanning                   |
| 10:00pm | Jane McDonald and Friends                       |
| 11:00pm | Mamma Mia! Mania: The World's Favourite Musical |
| 12:30am | Julie Walters: By Her Friends                   |

**4**

|         |                       |
|---------|-----------------------|
| 9:00am  | Melissa and Joey      |
| 9:30am  | Melissa and Joey      |
| 10:00am | Baby Daddy            |
| 10:30am | Baby Daddy            |
| 11:00am | Black-Ish             |
| 11:30am | Black-Ish             |
| 12:00pm | How I Met Your Mother |
| 12:30pm | How I Met Your Mother |
| 1:00pm  | The Goldbergs         |
| 1:30pm  | The Goldbergs         |
| 2:00pm  | The Big Bang Theory   |
| 2:30pm  | The Big Bang Theory   |
| 3:00pm  | Melissa and Joey      |
| 3:30pm  | Melissa and Joey      |
| 4:00pm  | Baby Daddy            |
| 4:30pm  | Baby Daddy            |
| 5:00pm  | Black-Ish             |
| 5:30pm  | Black-Ish             |
| 6:00pm  | The Goldbergs         |
| 6:30pm  | The Goldbergs         |
| 7:00pm  | The Big Bang Theory   |
| 7:30pm  | The Big Bang Theory   |
| 8:00pm  | Hollyoaks             |
| 8:30pm  | The Goldbergs         |
| 9:00pm  | The Big Bang Theory   |
| 9:30pm  | The Big Bang Theory   |
| 10:00pm | Colombiana            |
| 12:05am | The Big Bang Theory   |
| 12:35am | The Big Bang Theory   |

**sky sports main event**

|         |   |
|---------|---|
| 6:00am  | Sky Sports News   |
| 7:00am  | Good Morning Sports Fans Bitesize   |
| 7:30am  | The Open Championship Live<br><i>Day two of The 147th Open Championship, held at Carnoustie Golf Links.</i> |
| 9:30pm  | The Open Verdict - Live<br><i>Day two of The 147th Open Championship, held at Carnoustie Golf Links.</i>    |
| 10:00pm | The Open - Highlights   |
| 12:00am | Nick Dougherty's Tee Time Tips  |
| 12:15am | Info not available  |
| 2:00am  | Sky Sports News<br><i>All the news from the Premier League and beyond</i>                                   |
| 3:00am  | Sky Sports News   |
| 4:00am  | Sky Sports News   |
| 5:00am  | Sky Sports News   |

**itv**

|         |                             |
|---------|-----------------------------|
| 4:00am  | ITV Nightscreen             |
| 6:05am  | The Jeremy Kyle Show        |
| 7:00am  | Good Morning Britain        |
| 9:30am  | Lorraine                    |
| 10:25am | The Jeremy Kyle Show        |
| 11:30am | This Morning                |
| 1:30pm  | Loose Women                 |
| 2:30pm  | ITV Lunchtime News          |
| 2:55pm  | ITV News London             |
| 3:00pm  | Judge Rinder                |
| 4:00pm  | Tenable                     |
| 5:00pm  | Tipping Point               |
| 6:00pm  | The Chase                   |
| 7:00pm  | ITV News London             |
| 7:30pm  | ITV Evening News            |
| 8:00pm  | Emmerdale                   |
| 8:30pm  | Coronation Street           |
| 9:00pm  | The Voice Kids              |
| 10:30pm | Coronation Street           |
| 11:00pm | ITV News at Ten and Weather |
| 11:35pm | ITV News London             |
| 11:45pm | Crank                       |
| 1:25am  | Jackpot247                  |
| 4:00am  | Who's Doing the Dishes?     |
| 4:45am  | ITV Nightscreen             |

**itv2**

|         |  |
|---------|--|
| 7:45am  | Totally Bonkers Guinness World Records |
| 8:10am  | Who's Doing the Dishes?                |
| 9:00am  | Emmerdale                              |
| 10:00am | You've Been Framed! Gold               |
| 10:25am | The Ellen DeGeneres Show               |
| 11:20am | The Bachelorette                       |
| 1:15pm  | Emmerdale                              |
| 2:15pm  | You've Been Framed! Gold               |
| 2:45pm  | The Ellen DeGeneres Show               |
| 3:35pm  | The Jeremy Kyle Show                   |
| 4:40pm  | The Jeremy Kyle Show                   |
| 5:45pm  | Judge Rinder                           |
| 6:50pm  | Take Me Out                            |
| 8:00pm  | You've Been Framed! Gold               |
| 9:00pm  | Two and a Half Men                     |
| 9:30pm  | Superstore                             |
| 10:00pm | Love Island                            |
| 11:05pm | Celebrity Juice                        |
| 11:50pm | Family Guy                             |
| 12:20am | Family Guy                             |

**itv3**

|         |                              |
|---------|------------------------------|
| 7:00am  | Classic Coronation Street    |
| 7:30am  | Classic Coronation Street    |
| 8:00am  | Heartbeat                    |
| 9:00am  | The Royal                    |
| 10:05am | Judge Judy                   |
| 10:35am | Judge Judy                   |
| 11:00am | Judge Judy                   |
| 11:25am | Agatha Christie's Marple     |
| 1:35pm  | The Royal                    |
| 2:40pm  | Heartbeat                    |
| 3:40pm  | Classic Coronation Street    |
| 4:15pm  | Classic Coronation Street    |
| 4:55pm  | Agatha Christie's Marple     |
| 6:55pm  | Heartbeat                    |
| 8:00pm  | Murder, She Wrote            |
| 9:00pm  | Agatha Christie's Poirot     |
| 11:00pm | Foyle's War                  |
| 1:05am  | Vera                         |
| 3:00am  | Honest                       |
| 3:55am  | Long Lost Family - Australia |
| 4:50am  | This Time Next Year          |
| 5:40am  | Judge Judy                   |

**itv4**

|         |                                     |
|---------|-------------------------------------|
| 4:00am  | Teleshopping                        |
| 7:00am  | Football's Greatest: Bobby Charlton |
| 7:15am  | The Chase                           |
| 8:05am  | The Chase                           |
| 8:55am  | Cash Cowboys                        |
| 9:55am  | The Professionals                   |
| 10:55am | Minder                              |
| 12:00pm | Tour De France 2018 - Highlights    |
| 1:00pm  | Storage Wars Texas                  |
| 1:30pm  | Tour De France 2018                 |
| 6:00pm  | The Professionals                   |
| 7:00pm  | Cash Cowboys                        |
| 8:00pm  | Tour De France 2018 - Highlights    |
| 9:00pm  | The Chase: Celebrity Special        |
| 10:00pm | The Krays                           |
| 11:00pm | FYI Daily                           |
| 11:05pm | The Krays                           |
| 12:35am | World Boxing Super Series           |
| 1:05am  | Harry Brown                         |
| 2:05am  | FYI Daily                           |
| 2:10am  | Harry Brown                         |
| 3:10am  | Lethal Weapon                       |
| 3:55am  | ITV4 Nightscreen                    |
| 4:00am  | Teleshopping                        |

**sky CINEMA ACTION & ADVENTURE**

|         |                                |
|---------|--------------------------------|
| 12:15pm | War for the Planet of the Apes |
| 2:45pm  | Top Ten Show, the 2018         |
| 3:00pm  | The Dark Tower                 |
| 4:45pm  | All About the Money            |
| 6:30pm  | Marvel's Avengers Assemble     |
| 9:00pm  | The Dark Tower                 |
| 10:45pm | War for the Planet of the Apes |
| 1:15am  | Death Race                     |

**sky CINEMA COMEDY**

|         |                                       |
|---------|---------------------------------------|
| 7:00am  | Date Night                            |
| 8:35am  | Did You Hear About the Morgans?       |
| 10:25am | Spanglish                             |
| 12:40pm | Think Like a Man Too                  |
| 2:30pm  | Girls Trip                            |
| 4:40pm  | The Other Guys                        |
| 6:40pm  | Groundhog Day                         |
| 8:30pm  | Mamma Mia - Here We Go Again: Special |
| 9:00pm  | Girls Trip                            |
| 11:10pm | The Other Guys                        |

**sky CINEMA PREMIERE**

|         |  |
|---------|--|
| 4:25am  | The Last Diamond   |
| 6:30am  | The Hurricane Heist: The Eye of the Storm  |
| 7:00am  | Tommy's Honour<br><i>Gifted young golfer Tommy Morris rejects the stuffy status quo and seeks to play the game on his own terms.</i>   |
| 9:10am  | An Ordinary Man  |
| 11:00am | Renegades  |
| 1:00pm  | Thor: Ragnarok   |
| 3:15pm  | Tommy's Honour   |
| 5:15pm  | An Ordinary Man  |
| 7:00pm  | Renegades  |
| 9:00pm  | Thor: Ragnarok   |
| 11:15pm | Happy Death Day  |
| 1:00am  | Realive  |
| 2:50am  | 22 Chaser  |
| 4:40am  | Happy Death Day<br><i>Groundhog Day gets dark as a college birthday girl finds herself repeating the same deadly day over and over</i> |

**sky sports football**

|         |                                  |
|---------|----------------------------------|
| 12:30pm | SPFL Greatest Games              |
| 1:00pm  | Greatest Moments in Football     |
| 2:00pm  | EFL Goals: Championship          |
| 2:30pm  | EFL Goals: Leagues 1&2           |
| 3:00pm  | Play-Off Final Highlights        |
| 4:00pm  | Football's Greatest              |
| 4:30pm  | Football's Greatest Teams        |
| 5:00pm  | Football's Greatest Head to Head |
| 5:30pm  | SPFL Round Up                    |
| 6:00pm  | Football Years                   |
| 6:30pm  | Football Countdowns              |
| 7:00pm  | EFL Greatest Games               |
| 8:00pm  | EFL Goals: Championship          |
| 8:30pm  | EFL Goals: Leagues 1&2           |
| 9:00pm  | SPFL Round Up                    |
| 9:30pm  | SPFL Greatest Games              |
| 10:00pm | Greatest Moments in Football     |
| 11:00pm | Football Godfathers              |



**Advertising Feature**

# Seven benefits of window tinting

WHY have window film installed on your home or office?

There are numerous benefits to the product - including keeping heat out and reducing glare - and Cool Glass Tinting gives seven top reasons why it can improve your property:

**Decreases heat by 75 per cent:**

Today's solar control window films are highly efficient in reducing the amount of heat that passes through your windows into your home or office.

Clear, untreated glass only blocks 14 per cent of the sun's energy while solar screen films reject 75 per cent, increasing the comfort of your property. Don't forget you will save money too.

**A 99 per cent protection from UV rays:**

Solar control film blocks 99 per cent UV rays. Don't let the sun ruin your home! Window tinting protects your furniture from fading so you can enjoy it for longer.



**WINDOW FILM: Keep the heat out and reduce glare.**

**Reduces annoying glare by 85 per cent:**

Allowing a good amount of sunlight into your home is nice but direct glare from the sun through your windows can be really strong.



It's annoying and unpleasant, and depending on how your furniture is laid out it may be impossible to escape.

If you're using a computer or watching the TV, the reflection of this glare on your screen can also cause headaches and distractions, but who wants to draw the curtains in the middle of the day?

**Saves energy:**

Solar control film can significantly reduce air conditioning bills and wear and tear of your air con units, saving you money on your electricity bills.

**Increases privacy:**

Stop prying eyes from seeing into your property during the day. With the mirror-finish film you can see out and no one can see in.

We also have frosted film for glass balconies and en-suites.

**Enhances appearance:**

Enhance the exterior of any home or office and get the look you desire with an extensive range of solar control and decorative films. Available in many colours.

**Fast and easy:**

At Cool Glass Tinting, owner Mark was fully qualified and trained with Ultimate Tinting in the UK before moving to Spain nine years ago.

Mark operates a competitive pricing policy and offers free, no obligation quotations and advice on the type of tinting required.

Solar Screen film applied by Mark of Cool Glass Tinting is easy to clean, requires no special maintenance and lasts for 10 years or more.

**Contact Cool Glass Tinting on: 608 100 610 for Spanish and 699 441 876 for Dutch, or email: info@coolglasstinting.com or visit www.coolglasstinting.com.**



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## BBC one

|         |   |
|---------|---|
| 7:00am  | Breakfast   |
| 11:00am | Saturday Kitchen Live   |
| 12:30pm | Nadiya's Family Favourites  |
| 1:00pm  | Athletics   |
| 2:00pm  | BBC News  |
| 2:10pm  | Weather   |
| 2:15pm  | Athletics: London Anniversary Games   |
| 5:00pm  | Athletics: World Cup Highlights   |
| 6:05pm  | Wedding Day Winners   |
| 7:05pm  | BBC News  |
| 7:15pm  | Regional News   |
| 7:18pm  | Weather   |
| 7:20pm  | Wreck-it Ralph  |
| 8:55pm  | Pointless   |
| 9:40pm  | Casualty  |
| 10:30pm | Mrs. Brown's Boys   |
| 11:00pm | BBC News  |
| 11:15pm | Weather   |
| 11:20pm | Pretty Woman  |
| 1:15am  | Weather for the Week Ahead  |
| 1:20am  | BBC News<br><i>The latest national and international news stories, followed by Weather.</i> |

## BBC TWO

|         |   |
|---------|---|
| 8:00am  | Officially Amazing Goes Bunkers         |
| 8:30am  | The Dengineers                          |
| 9:00am  | Naomi's Nightmares of Nature            |
| 9:30am  | Deadly Dinosaurs with Steve Backshall   |
| 10:00am | David Attenbrough's Natural Curiosities |
| 10:25am | Animal Odd Couples                      |
| 11:25am | Coast                                   |
| 12:00pm | Second Chance Summer: Tuscany           |
| 1:00pm  | Simply Nigella                          |
| 1:30pm  | Kew on a Plate                          |
| 2:30pm  | Garden Rescue                           |
| 3:15pm  | Wanted Down Under                       |
| 4:00pm  | Money for Nothing                       |
| 5:00pm  | Ben and James Versus the Arabian Desert |
| 6:00pm  | Flog It!                                |
| 6:50pm  | Natural World                           |
| 7:50pm  | BBC Proms Extra                         |
| 8:30pm  | Dad's Army                              |
| 9:00pm  | Golf                                    |
| 11:00pm | QI XL                                   |
| 11:45pm | Touretteshero: Me, My Mouth and I       |
| 12:45am | Mandela: Long Walk to Freedom           |

## BBC FOUR

|         |   |
|---------|---|
| 4:30am  | This is BBC Four  |
| 8:00pm  | Mountain  |
| 9:00pm  | Wonders of the Monsoon<br><i>Series exploring a world where life is shaped by the greatest weather system on Earth.</i> |
| 10:00pm | Hidden  |
| 11:00pm | Top of the Pops   |
| 11:30pm | Top of the Pops<br><i>John Peel and Janice Long present the pop chart programme, first broadcast on 2 January 1986.</i> |
| 12:00am | The Undiscovered Peter Cook   |
| 1:00am  | Smashing Hits! The 80's Pop Map of Britain and Ireland  |
| 2:00am  | Classic Soul at the BBC   |
| 3:00am  | Mountain  |
| 4:00am  | Wonders of the Monsoon  |

## CHANNEL 4

|         |   |
|---------|---|
| 9:00am  | Everybody Loves Raymond                   |
| 9:25am  | Frasier                                   |
| 9:55am  | Frasier                                   |
| 10:25am | The Big Bang Theory                       |
| 10:55am | The Big Bang Theory                       |
| 11:20am | The Simpsons                              |
| 11:50am | The Simpsons                              |
| 12:20pm | Come Dine with Me                         |
| 1:20pm  | Four in a Bed                             |
| 1:50pm  | Four in a Bed                             |
| 2:20pm  | Four in a Bed                             |
| 2:50pm  | Four in a Bed                             |
| 3:25pm  | Four in a Bed                             |
| 3:55pm  | A Place in the Sun: Winter Sun            |
| 4:55pm  | Kirstie and Phil's Love it or List it     |
| 6:00pm  | Channel 4 News                            |
| 6:30pm  | Formula 1                                 |
| 8:00pm  | Inside Bentley: A Great British Motor Car |
| 9:00pm  | Great Canal Journeys                      |
| 10:00pm | Kingsman: The Secret Service              |
| 12:35am | The Visit                                 |
| 2:10am  | Ramsay's Kitchen Nightmares USA           |
| 3:05am  | The Big Narstie                           |

## CHANNEL 5

|         |                                       |
|---------|---------------------------------------|
| 6:10am  | Divine Designs                        |
| 6:35am  | Wildlife SOS                          |
| 7:00am  | Teleshopping                          |
| 11:10am | Teenage Mutant Ninja Turtles          |
| 11:45am | Make You Laugh Out Loud               |
| 12:10pm | Police Interceptors                   |
| 1:10pm  | Police Interceptors                   |
| 2:10pm  | Bargain Loving Brits in the Sun       |
| 3:10pm  | Bargain Loving Brits in the Sun       |
| 4:10pm  | Bad Tenants, Rogue Landlords          |
| 5:10pm  | Bad Tenants, Rogue Landlords          |
| 6:10pm  | Can't Pay? We'll Take it Away!        |
| 7:05pm  | Can't Pay? We'll Take it Away!        |
| 8:00pm  | Blind Date                            |
| 9:00pm  | Before They Were Stars                |
| 9:55pm  | 5 News                                |
| 10:00pm | Victoria Wood: Her Life as Seen on TV |
| 11:00pm | Victoria Wood: Live                   |
| 1:00am  | Super Casino                          |
| 4:10am  | GPs: Behind Closed Doors              |

## 4

|         |                                       |
|---------|---------------------------------------|
| 9:20am  | How I Met Your Mother                 |
| 9:50am  | How I Met Your Mother                 |
| 10:15am | Couples Come Dine with Me             |
| 11:15am | Couples Come Dine with Me             |
| 12:20pm | Don't Tell the Bride                  |
| 1:30pm  | The Goldbergs                         |
| 2:00pm  | The Goldbergs                         |
| 2:30pm  | The Goldbergs                         |
| 3:00pm  | The Goldbergs                         |
| 3:30pm  | The Goldbergs                         |
| 4:00pm  | Brooklyn Nine-Nine                    |
| 4:30pm  | Young Sheldon                         |
| 5:00pm  | The Big Bang Theory                   |
| 5:30pm  | The Big Bang Theory                   |
| 6:00pm  | The Big Bang Theory                   |
| 6:30pm  | The Big Bang Theory                   |
| 7:00pm  | The Big Bang Theory                   |
| 7:30pm  | The Big Bang Theory                   |
| 8:00pm  | The Big Bang Theory                   |
| 8:30pm  | The Big Bang Theory                   |
| 9:00pm  | The Big Bang Theory                   |
| 9:30pm  | The Big Bang Theory                   |
| 10:00pm | The Mortal Instruments: City of Bones |
| 12:35am | Gogglebox                             |
| 1:35am  | Gogglebox                             |

## sky sports main event

|         |  |
|---------|--|
| 6:00am  | Sky Sports News  |
| 7:00am  | Sky Sports News  |
| 8:00am  | The Open - Highlights  |
| 10:00am | The Open Championship Live   |
| 2:55pm  | Live German F1 GP: Qualifying  |
| 4:45pm  | The Open Championship Live   |
| 9:00pm  | The Open Verdict - Live  |
| 9:30pm  | Live Darts: World Matchplay<br><i>Day one of the BetVictor World Matchplay Darts from the Winter Gardens, Blackpool.</i> |
| 12:00am | The Open - Highlights<br><i>Day three of The 147th Open Championship, held at Carnoustie Golf Links.</i>                 |
| 2:00am  | Sky Sports News  |
| 3:00am  | Sky Sports News  |
| 4:00am  | Sky Sports News  |
| 5:00am  | Sky Sports News  |

## itv

|         |                           |
|---------|---------------------------|
| 7:35am  | Dino Dana                 |
| 7:50am  | Mission Employable        |
| 7:55am  | The Oddbods Show          |
| 8:10am  | Ninjago: Possession       |
| 8:30am  | The Haunted Hathaways     |
| 8:55am  | Drop Dead Weird           |
| 9:25am  | ITV News                  |
| 9:30am  | Zoe Ball on Saturday      |
| 10:25am | Who's Doing the Dishes?   |
| 11:25am | Info not available        |
| 11:45am | Info not available        |
| 12:45pm | Info not available        |
| 1:50pm  | ITV Lunchtime News        |
| 2:00pm  | To be Announced           |
| 3:00pm  | Catchphrase               |
| 3:45pm  | Tenable                   |
| 4:45pm  | Tipping Point             |
| 5:45pm  | The Chase                 |
| 6:45pm  | ITV Evening News          |
| 7:00pm  | Regional News and Weather |
| 7:15pm  | Info not available        |
| 9:00pm  | The Voice Kids            |
| 10:30pm | ITV News                  |
| 10:50pm | The Bourne Ultimatum      |
| 12:50am | You've Been Framed!       |

## itv2

|         |   |
|---------|---|
| 6:55am  | ITV2 Nightscreen                              |
| 7:00am  | The Planet's Funniest Animals                 |
| 7:10am  | Totally Bonkers Guinness World Records        |
| 7:35am  | Emmerdale Omnibus                             |
| 10:30am | Coronation Street Omnibus                     |
| 1:15pm  | Catchphrase                                   |
| 2:00pm  | You've Been Framed! Gold                      |
| 3:05pm  | You've Got Mail                               |
| 4:10pm  | FYI Daily                                     |
| 4:15pm  | You've Got Mail                               |
| 5:25pm  | St. Trinian's 2: The Legend of Fritton's Gold |
| 6:30pm  | FYI Daily                                     |
| 6:35pm  | St. Trinian's 2: The Legend of Fritton's Gold |
| 7:35pm  | The Mummy Returns                             |
| 8:35pm  | FYI Daily                                     |
| 8:40pm  | The Mummy Returns                             |
| 10:00pm | Love Island                                   |
| 11:05pm | Keith Lemon: Coming in America                |
| 11:50pm | Family Guy                                    |
| 12:20am | Family Guy                                    |

## itv3

|         |  |
|---------|--|
| 5:40am  | Judge Judy   |
| 6:05am  | Judge Judy   |
| 6:25am  | ITV3 Nightscreen   |
| 7:00am  | On the Buses<br><i>70s sitcom. Inspector Blake demands that all bus crews pass a first aid test or be suspended.</i> |
| 7:25am  | Murder, She Wrote  |
| 8:20am  | Murder, She Wrote  |
| 9:20am  | Murder, She Wrote  |
| 10:20am | Agatha Christie's Marple   |
| 12:20pm | Agatha Christie's Marple   |
| 2:30pm  | ITV Racing: Live from Newbury  |
| 5:00pm  | Rosemary and Thyme   |
| 6:00pm  | Midsomer Murders   |
| 8:00pm  | Midsomer Murders   |
| 10:00pm | Endeavour  |
| 12:00am | Vera   |
| 2:00am  | Honest   |
| 2:55am  | ITV3 Nightscreen   |
| 3:30am  | Teleshopping   |

## itv4

|         |                                    |
|---------|------------------------------------|
| 4:00am  | Teleshopping                       |
| 7:00am  | Barcelona's European Glory         |
| 7:10am  | The Protectors                     |
| 7:35am  | Minder                             |
| 8:25am  | Minder                             |
| 9:20am  | Motorsport UK                      |
| 10:30am | ITV Racing: The Opening Show       |
| 11:30am | Storage Wars Texas                 |
| 12:00pm | Tour De France 2018 - Highlights   |
| 1:00pm  | Tour De France 2018 - Live         |
| 6:00pm  | Storage Wars Texas                 |
| 6:25pm  | Storage Wars Texas                 |
| 7:00pm  | Monster Carp                       |
| 8:00pm  | Tour De France 2018 - Highlights   |
| 9:00pm  | The Living Daylights               |
| 10:05pm | FYI Daily                          |
| 10:10pm | The Living Daylights               |
| 11:45pm | Rugby World Cup 7s 2018 Highlights |
| 12:45am | Better Late Than Never             |
| 1:40am  | Minder                             |
| 2:45am  | The Motorbike Show                 |
| 3:40am  | Sporting Funnies                   |
| 3:50am  | ITV4 Nightscreen                   |

## sky CINEMA ACTION & ADVENTURE

|         |   |
|---------|---|
| 3:35pm  | Pirates of the Caribbean: Dead Man's Chest  |
| 6:10pm  | Pirates of the Caribbean: At World's End    |
| 9:00pm  | Pirates of the Caribbean: Salazar's Revenge |
| 11:15pm | Atomic Blonde                               |
| 1:15am  | Iron Man 3                                  |
| 3:40am  | Keanu                                       |

## sky CINEMA COMEDY

|         |                           |
|---------|---------------------------|
| 8:20am  | 50 First Dates            |
| 10:05am | American Pie              |
| 11:50am | American Pie 2            |
| 1:40pm  | American Pie: The Wedding |
| 3:25pm  | American Pie: Reunion     |
| 5:25pm  | American Pie              |
| 7:10pm  | American Pie 2            |
| 9:00pm  | American Pie: The Wedding |
| 10:45pm | American Pie: Reunion     |
| 12:45am | My Blind Brother          |

## sky CINEMA PREMIERE

|         |   |
|---------|---|
| 4:40am  | Happy Death Day   |
| 6:30am  | Anon: Special   |
| 7:00am  | Tommy's Honour  |
| 9:00am  | Renegades   |
| 11:00am | An Ordinary Man<br><i>A Bosnian Serb army general accused of war crimes and forced to go into hiding develops a relationship with his young maid.</i> |
| 12:50pm | Thor: Ragnarok  |
| 3:10pm  | The Shanghai Job  |
| 5:00pm  | Tommy's Honour  |
| 7:00pm  | Renegades   |
| 9:00pm  | Thor: Ragnarok<br><i>Thor has his work cut out after being banished to a remote junk planet and forced into gladiatorial combat.</i>                  |
| 11:15pm | The Shanghai Job  |
| 1:00am  | Happy Death Day   |
| 2:45am  | Realive   |
| 4:35am  | 22 Chaser   |

## sky sports football

|         |                           |
|---------|---------------------------|
| 9:00am  | EFL Play-Off Highlights   |
| 10:00am | EFL Play-Off Highlights   |
| 11:00am | EFL Play-Off Highlights   |
| 11:30am | EFL Play-Off Highlights   |
| 12:00pm | EFL Play-Off Highlights   |
| 12:30pm | EFL Play-Off Highlights   |
| 1:00pm  | EFL Greatest Games        |
| 1:15pm  | EFL Greatest Games        |
| 1:30pm  | Live Chinese Super League |
| 3:35pm  | One2eleven                |
| 4:00pm  | EFL Greatest Games        |
| 4:15pm  | EFL Greatest Games        |
| 4:30pm  | EFL Greatest Games        |
| 4:45pm  | EFL Greatest Games        |
| 5:00pm  | Play-Off Final Highlights |
| 6:00pm  | EFL Greatest Games        |
| 6:15pm  | EFL Greatest Games        |
| 6:30pm  | EFL Greatest Games        |
| 6:45pm  | EFL Greatest Games        |
| 7:00pm  | Season Review             |
| 8:00pm  | EFL Greatest Games        |
| 8:15pm  | EFL Greatest Games        |
| 8:30pm  | EFL Greatest Games        |
| 8:45pm  | EFL Greatest Games        |
| 9:00pm  | Football Years            |
| 9:30pm  | One2eleven                |
| 9:50pm  | Football                  |
| 11:55pm | Football Years            |
| 12:30am | Football Years            |





**TV COUCH CRITIC**

by Adam Whalley-Lewis

# France, Kerber, Djokovic and singing kids

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.



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

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

**GENUINE AFFECTION:** Angelique Kerber and Serena Williams.

**Advertising Feature**

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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.

Although their showroom is situated in Abanilla, on the border between Murcia and Alicante provinces, they actually supply



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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](http://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](mailto: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](http://WoodWorksDirect).



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## BBC one

|         |                            |
|---------|----------------------------|
| 7:00am  | Breakfast                  |
| 10:00am | The Andrew Marr Show       |
| 11:00am | Sunday Morning Live        |
| 12:00pm | Sunday Politics            |
| 1:15pm  | Bargain Hunt               |
| 2:00pm  | BBC News                   |
| 2:10pm  | Weather for the Week Ahead |
| 2:15pm  | Garden Rescue              |
| 3:00pm  | Money for Nothing          |
| 4:00pm  | Escape to the Country      |
| 4:45pm  | Lifeline                   |
| 4:55pm  | Songs of Praise            |
| 5:30pm  | Animals Behaving Badly     |
| 6:30pm  | Eat Well for Less          |
| 7:30pm  | BBC News                   |
| 7:50pm  | Regional News              |
| 7:55pm  | Weather                    |
| 8:00pm  | Countryfile                |
| 9:00pm  | Antiques Roadshow          |
| 10:00pm | Poldark                    |
| 11:00pm | BBC News                   |
| 11:20pm | Regional News              |
| 11:25pm | Weather                    |
| 11:30pm | Imagine...                 |
| 12:35am | A Little Chaos             |
| 2:25am  | Weather for the Week Ahead |

## BBC TWO

|         |                                       |
|---------|---------------------------------------|
| 7:00am  | A to Z of TV Gardening                |
| 7:45am  | Glorious Gardens From Above           |
| 8:30am  | Gardeners' World                      |
| 9:30am  | Countryfile                           |
| 10:25am | The Beechgrove Garden                 |
| 10:55am | Saturday Kitchen Best Bites           |
| 12:30pm | The Best Dishes Ever                  |
| 1:00pm  | The Hairy Bikers' Best of British     |
| 2:00pm  | Athletics: London Anniversary Games   |
| 5:30pm  | Flog It!                              |
| 6:30pm  | Secrets of Silicon Valley             |
| 7:30pm  | Mortimer and Whitehouse: Gone Fishing |
| 8:00pm  | Inside the Factory                    |
| 9:00pm  | Golf                                  |
| 11:00pm | Shankly: The Man Who Changed Football |
| 12:30am | Idris Elba King of Speed              |
| 1:30am  | Countryfile                           |
| 2:25am  | Holby City                            |
| 3:25am  | This is BBC Two                       |

## BBC FOUR

|         |   |
|---------|---|
| 8:00pm  | BBC Proms 2018 <i>Schumann and Boulanger.</i>   |
| 9:45pm  | Wild Scotland   |
| 10:00pm | Archaeology: A Secret History   |
| 11:00pm | Rich Hall's Presidential Grudge Match   |
| 12:30am | Six Wives with Lucy Worsley <i>History documentary bearing witness to some of the most important moments in the lives of King Henry VIII's wives.</i> |
| 1:29am  | Henry VIII's Enforcer: The Rise and Fall of Thomas Cromwell   |
| 2:30am  | Forest, Field and Sky: Art out of Nature  |
|         | Archaeology: A Secret History   |

## CHANNEL 4

|         |                                     |
|---------|-------------------------------------|
| 4:00am  | Hollyoaks Omnibus                   |
| 6:10am  | My Kitchen Rules                    |
| 7:00am  | To be Announced                     |
| 7:15am  | King of Queens                      |
| 7:40am  | King of Queens                      |
| 8:05am  | King of Queens                      |
| 8:30am  | Everybody Loves Raymond             |
| 8:55am  | Everybody Loves Raymond             |
| 9:25am  | Frasier                             |
| 10:00am | Frasier                             |
| 10:30am | Sunday Brunch                       |
| 1:30pm  | The Simpsons                        |
| 2:00pm  | The Simpsons                        |
| 2:30pm  | The Boxtrolls                       |
| 4:20pm  | Bang on Budget                      |
| 5:20pm  | Homes by the Med                    |
| 6:20pm  | Location, Location, Location        |
| 7:20pm  | Channel 4 News                      |
| 7:45pm  | Formula 1                           |
| 10:00pm | The Handmaid's Tale                 |
| 11:10pm | Artist in Residence: The Sex Clinic |
| 12:05am | Stonehearth Asylum                  |
| 2:10am  | The Last Leg                        |
| 3:05am  | My Golden Days                      |
| 5:10am  | Selling Houses with Amanda Lamb     |

## CHANNEL 5

|         |   |
|---------|---|
| 5:45am  | House Doctor                            |
| 6:10am  | Divine Designs                          |
| 6:35am  | Wildlife SOS                            |
| 7:00am  | Little Princess                         |
| 11:00am | Teenage Mutant Ninja Turtles            |
| 11:35am | Blind Date                              |
| 12:30pm | Police Interceptors                     |
| 1:20pm  | The Dark Crystal                        |
| 2:20pm  | Access                                  |
| 2:25pm  | The Dark Crystal                        |
| 3:15pm  | Labyrinth                               |
| 4:15pm  | Access                                  |
| 4:20pm  | Labyrinth                               |
| 5:15pm  | Nanny McPhee                            |
| 6:15pm  | Access                                  |
| 6:20pm  | Nanny McPhee                            |
| 7:05pm  | Wonderful World of Puppies              |
| 8:05pm  | Chuckle Time with the Chuckle Brothers  |
| 8:55pm  | 5 News                                  |
| 9:00pm  | Funniest Celeb Talent Show Moments Ever |
| 10:00pm | 21 Jump Street                          |
| 11:00pm | News Update                             |
| 11:05pm | 21 Jump Street                          |
| 12:10am | The Green Hornet                        |
| 1:10am  | Access                                  |
| 1:15am  | The Green Hornet                        |
| 2:25am  | Super Casino                            |

## 4

|         |                                 |
|---------|---------------------------------|
| 5:50am  | How I Met Your Mother           |
| 6:10am  | How I Met Your Mother           |
| 7:00am  | Hollyoaks Omnibus               |
| 9:20am  | Couples Come Dine with Me       |
| 10:25am | Couples Come Dine with Me       |
| 11:25am | Don't Tell the Bride            |
| 12:25pm | The Crystal Maze                |
| 1:30pm  | Rude(Ish) Tube                  |
| 1:55pm  | Brooklyn Nine-Nine              |
| 2:25pm  | Brooklyn Nine-Nine              |
| 2:55pm  | Young Sheldon                   |
| 3:25pm  | The Big Bang Theory             |
| 3:55pm  | The Big Bang Theory             |
| 4:25pm  | The Big Bang Theory             |
| 4:55pm  | The Big Bang Theory             |
| 5:25pm  | The Big Bang Theory             |
| 5:55pm  | The Big Bang Theory             |
| 6:25pm  | The Big Bang Theory             |
| 6:55pm  | The Big Bang Theory             |
| 7:25pm  | The Big Bang Theory             |
| 7:50pm  | Rango                           |
| 10:00pm | Marvel's Agents of S.H.I.E.L.D. |
| 11:00pm | Gogglebox                       |
| 12:05am | Gogglebox Australia             |
| 1:10am  | The Big Bang Theory             |
| 1:35am  | The Big Bang Theory             |

## sky sports main event

|         |   |
|---------|---|
| 6:00am  | Sky Sports News   |
| 7:00am  | Sky Sports News   |
| 8:00am  | Good Morning Sports Fans <i>Round-up of the sports news with live analysis and comment plus extended interviews with the headline makers.</i> |
| 9:00am  | The Open Championship Live <i>The fourth and final day of The 147th Open Championship, held at Carnoustie Golf Links.</i>                     |
| 8:00pm  | The Open Verdict - Live   |
| 8:30pm  | Live Darts: World Matchplay   |
| 12:30am | Boxing  |
| 1:00am  | Sky Sports News <i>All the news from the Premier League and beyond.</i>   |
| 2:00am  | Sky Sports News   |
| 3:00am  | Sky Sports News   |
| 4:00am  | Sky Sports News   |
| 5:00am  | Sky Sports News   |

## itv

|         |                                    |
|---------|------------------------------------|
| 7:20am  | Grizzly Tales for Gruesome Kids    |
| 7:35am  | Dino Dana                          |
| 7:50am  | Mission Employable                 |
| 7:55am  | The Oddbods Show                   |
| 8:10am  | Ninjago: Possession                |
| 8:30am  | The Haunted Hathaways              |
| 8:55am  | Drop Dead Weird                    |
| 9:25am  | ITV News                           |
| 9:30am  | Zoe Ball on Sunday                 |
| 10:25am | Who's Doing the Dishes?            |
| 11:15am | Midsomer Murders                   |
| 1:10pm  | ITV Lunchtime News                 |
| 1:20pm  | The Voice Kids Final               |
| 2:50pm  | Mamma Mia!                         |
| 5:00pm  | Tipping Point                      |
| 6:00pm  | The Chase                          |
| 7:00pm  | Paul O'Grady: For the Love of Dogs |
| 7:30pm  | ITV Evening News                   |
| 7:45pm  | Regional News and Weather          |
| 8:00pm  | Vera                               |
| 10:00pm | Unforgotten                        |
| 11:00pm | ITV News                           |
| 11:20pm | To be Announced                    |
| 12:20am | Goodwood Festival of Speed         |

## itv2

|         |   |
|---------|---|
| 6:50am  | ITV2 Nightscreen                          |
| 7:00am  | Totally Bonkers Guinness World Records    |
| 7:10am  | Emmerdale Omnibus                         |
| 10:15am | Coronation Street Omnibus                 |
| 1:00pm  | Take Me Out                               |
| 2:30pm  | You've Been Framed! Gold                  |
| 3:30pm  | Looney Tunes: Back in Action              |
| 4:30pm  | FYI Daily                                 |
| 4:35pm  | Looney Tunes: Back in Action              |
| 5:20pm  | Hotel Transylvania Preview                |
| 6:25pm  | FYI Daily                                 |
| 6:30pm  | Hotel Transylvania Preview                |
| 7:10pm  | Hotel Transylvania                        |
| 7:15pm  | Star Wars: Episode I - The Phantom Menace |
| 8:20pm  | FYI Daily                                 |
| 8:25pm  | Star Wars: Episode I - The Phantom Menace |
| 10:00pm | Love Island                               |
| 12:05am | Family Guy                                |

## itv3

|         |   |
|---------|---|
| 3:30am  | Teleshopping  |
| 7:00am  | Murder, She Wrote   |
| 7:50am  | Heartbeat <i>Sparks fly as Joe clashes with Rachel over an investigation into a train robbery</i> |
| 8:50am  | Heartbeat   |
| 9:50am  | Agatha Christie's Marple  |
| 11:50am | Foyle's War   |
| 1:50pm  | Foyle's War   |
| 3:55pm  | Foyle's War   |
| 5:55pm  | Foyle's War   |
| 8:00pm  | Victoria <i>Eight-part drama series about the early reign of Queen Victoria. The</i>              |
| 9:00pm  | Victoria  |
| 10:00pm | The Halcyon   |
| 11:00pm | The Halcyon   |
| 12:00am | Wire in the Blood   |
| 2:00am  | Blue Murder   |
| 3:15am  | Liverpool 1   |
| 4:10am  | Road to Avonlea   |
| 5:00am  | Road to Avonlea   |
| 5:45am  | Murder, She Wrote   |

## itv4

|         |                                     |
|---------|-------------------------------------|
| 4:00am  | Teleshopping                        |
| 7:00am  | World Cup Rivalries: Brazil v Italy |
| 7:15am  | Minder                              |
| 8:05am  | Minder                              |
| 8:55am  | The Sweeney                         |
| 9:55am  | River Monsters                      |
| 10:25am | River Monsters                      |
| 10:55am | Monster Carp                        |
| 11:55am | Tour De France 2018 - Highlights    |
| 1:00pm  | Tour De France 2018 - Live          |
| 6:15pm  | Football Rivalries                  |
| 6:30pm  | Storage Wars Texas                  |
| 7:00pm  | Storage Wars Texas                  |
| 7:25pm  | Storage Wars Texas                  |
| 8:00pm  | Tour De France 2018 - Highlights    |
| 9:00pm  | River Monsters                      |
| 9:30pm  | River Monsters                      |
| 10:00pm | The Chronicles of Riddick           |
| 11:00pm | FYI Daily                           |
| 11:05pm | The Chronicles of Riddick           |
| 12:20am | Rugby World Cup 7s 2018 Highlights  |
| 1:20am  | Red Heat                            |
| 2:20am  | FYI Daily                           |

## sky CINEMA ACTION &amp; ADVENTURE

|         |   |
|---------|---|
| 2:00pm  | Pirates of the Caribbean: At World's End    |
| 4:50pm  | Pirates of the Caribbean: Salazar's Revenge |
| 7:00pm  | Thor 2 - The Dark World                     |
| 9:00pm  | The Hurricane Heist                         |
| 11:00pm | Marked for Death                            |
| 12:45am | Kiss of the Dragon                          |
| 2:30am  | Cyborg 009                                  |

## sky CINEMA COMEDY

|         |                       |
|---------|-----------------------|
| 5:40am  | License to Drive      |
| 7:20am  | Dude, Where's My Car? |
| 8:50am  | Get Him to the Greek  |
| 10:45am | Billy Madison         |
| 12:20pm | Fletch                |
| 2:05pm  | Mean Girls            |
| 3:50pm  | Rough Night           |
| 5:35pm  | Fletch                |
| 7:20pm  | Fist Fight            |
| 9:00pm  | Rough Night           |
| 10:45pm | Pineapple Express     |
| 12:45am | Fist Fight            |
| 2:25am  | Don Verdean           |

## sky CINEMA PREMIERE

|         |   |
|---------|---|
| 7:00am  | Renegades   |
| 8:50am  | The Shanghai Job  |
| 10:35am | Same Kind of Different as Me  |
| 12:45pm | Thor: Ragnarok  |
| 3:00pm  | Tommy's Honour  |
| 5:00pm  | Renegades   |
| 6:50pm  | Same Kind of Different as Me <i>A wealthy married couple discover a renewed sense of purpose when they befriend a homeless drifter.</i>                           |
| 9:00pm  | Thor: Ragnarok  |
| 11:15pm | The Shanghai Job <i>Tasked with transporting a valuable antique, a down-on-his-luck bodyguard finds himself fighting for his life on the streets of Shanghai.</i> |
| 1:00am  | Realive   |
| 2:50am  | Happy Death Day   |
| 4:40am  | An Ordinary Man   |

## sky sports football

|         |                           |
|---------|---------------------------|
| 9:00am  | One2eleven                |
| 9:15am  | One2eleven                |
| 10:00am | Football's Greatest Teams |
| 10:30am | Football's Greatest Teams |
| 11:00am | One2eleven                |
| 12:00pm | Football's Greatest Teams |
| 1:00pm  | One2eleven                |
| 1:30pm  | Live Chinese Super League |
| 3:35pm  | One2eleven                |
| 4:00pm  | Football's Greatest Teams |
| 5:00pm  | One2eleven                |
| 6:00pm  | Football's Greatest Teams |
| 6:30pm  | Football's Greatest Teams |
| 7:00pm  | One2eleven                |
| 7:15pm  | One2eleven                |
| 8:00pm  | Football's Greatest Teams |
| 8:30pm  | Football's Greatest Teams |
| 9:00pm  | Football Countdowns       |
| 9:30pm  | Football Countdowns       |
| 10:00pm | Football Countdowns       |
| 10:30pm | Football Countdowns       |
| 11:00pm | Football Countdowns       |
| 11:30pm | Football Countdowns       |
| 12:00am | Football Countdowns       |
| 12:30am | Football Countdowns       |
| 1:00am  | Football Countdowns       |



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## BBC one

|         |  |
|---------|--|
| 10:15am | Wanted Down Under                                |
| 11:00am | Homes Under the Hammer                           |
| 12:00pm | Heir Hunters with Michael Buerk                  |
| 12:45pm | The Farmer's Country Showdown                    |
| 1:15pm  | Bargain Hunt                                     |
| 2:00pm  | BBC News   |
| 2:30pm  | Regional News                                    |
| 2:45pm  | Red Rock   |
| 3:30pm  | Escape to the Country                            |
| 4:30pm  | Celebrity Money for Nothing                      |
| 5:15pm  | Flog It!   |
| 6:15pm  | Impossible                                       |
| 7:00pm  | BBC News   |
| 7:30pm  | Regional News                                    |
| 8:00pm  | The One Show                                     |
| 8:30pm  | Elephants on the Move                            |
| 9:00pm  | EastEnders                                       |
| 9:30pm  | The Fake Murder that Fooled the World - Panorama |
| 10:00pm | Who Do You Think You Are?                        |
| 11:00pm | BBC News   |
| 11:30pm | Regional News                                    |
| 11:40pm | Weather  |

## BBC TWO

|         |                                    |
|---------|------------------------------------|
| 9:00am  | Antiques Roadshow                  |
| 10:00am | Victoria Derbyshire                |
| 12:00pm | BBC Newsroom Live                  |
| 12:30pm | The Week in Parliament             |
| 1:00pm  | The Daily Politics                 |
| 2:00pm  | Perfection                         |
| 2:45pm  | Getting the Builders in            |
| 3:30pm  | For What It's Worth                |
| 4:15pm  | Nature's Weirdest Events           |
| 5:15pm  | Madagascar                         |
| 6:15pm  | Antiques Road Trip                 |
| 7:00pm  | Eggheads                           |
| 7:30pm  | Great British Railway Journeys     |
| 8:00pm  | Back in Time for Tea               |
| 9:00pm  | Nadiya's Family Favourites         |
| 9:30pm  | University Challenge               |
| 10:00pm | Versailles                         |
| 11:00pm | QI                                 |
| 11:30pm | Newsnight                          |
| 12:10am | Weather                            |
| 12:15am | The Five Billion Pound Super Sewer |
| 1:15am  | Puppy Love                         |
| 1:45am  | Back to the Land with Kate Humble  |
| 2:45am  | This is BBC Two                    |

## BBC FOUR

|         |  |
|---------|--|
| 8:00pm  | Beyond 100 Days  |
| 8:30pm  | Royal Welsh Show   |
| 9:00pm  | Nature's Miracle Orphans   |
| 10:00pm | Crossing England in a Punt: River of Dreams  |
| 11:00pm | Storyville <i>Series showcasing the best in international documentaries.</i>   |
| 12:15am | Rise of the Continents <i>In the second episode, Professor Iain Stewart uncovers the mysterious history of Australia</i> |
| 1:15am  | Rise of the Continents   |
| 2:15am  | Natural World Special  |
| 3:15am  | Crossing England in a Punt: River of Dreams  |

## CHANNEL 4

|         |                                    |
|---------|------------------------------------|
| 9:00am  | Everybody Loves Raymond            |
| 9:30am  | Everybody Loves Raymond            |
| 10:00am | Frasier                            |
| 10:35am | Frasier                            |
| 11:05am | Ramsay's Kitchen Nightmares USA    |
| 12:00pm | The Simpsons                       |
| 12:30pm | The Simpsons                       |
| 1:00pm  | Channel 4 News                     |
| 1:05pm  | Come Dine with Me                  |
| 2:05pm  | Find it, Fix it, Flog it           |
| 3:10pm  | Countdown                          |
| 4:00pm  | A Place in the Sun: Winter Sun     |
| 5:00pm  | The £100k Drop                     |
| 6:00pm  | Come Dine with Me                  |
| 6:30pm  | The Simpsons                       |
| 7:00pm  | The Simpsons                       |
| 7:30pm  | Hollyoaks                          |
| 8:00pm  | Channel 4 News                     |
| 9:00pm  | Dispatches                         |
| 9:30pm  | How to Get Rich Quick              |
| 10:00pm | Our Guy in Russia                  |
| 11:00pm | Who is America?                    |
| 11:40pm | 8 Out of 10 Cats Does Countdown    |
| 12:45am | Ramsay's 24 Hours to Hell and Back |
| 1:35am  | 60 Days in Jail                    |

## CHANNEL 5

|         |   |
|---------|---|
| 9:55am  | Nella the Princess Knight                         |
| 10:05am | Mofy  |
| 10:15am | The Wright Stuff                                  |
| 12:15pm | On Benefits: Breadline Brits                      |
| 1:10pm  | 5 News Lunchtime National and international news. |
| 1:15pm  | GP's: Behind Closed Doors                         |
| 2:10pm  | Access  |
| 2:15pm  | Home and Away                                     |
| 2:45pm  | Neighbours  |
| 3:15pm  | Cagney and Lacey                                  |
| 4:15pm  | Past Malice: An Emma Fielding Mystery             |
| 6:00pm  | 5 News at 5                                       |
| 6:30pm  | Neighbours  |
| 7:00pm  | Home and Away                                     |
| 7:30pm  | 5 News Tonight                                    |
| 8:00pm  | Sinkholes   |
| 9:00pm  | Police Interceptors                               |
| 10:00pm | Crimewave 2018: Lawless Britain                   |
| 11:00pm | Law and Disorder: The Live Debate                 |
| 12:05am | Fights, Camera, Action: Citizens Arrest           |

## 4

|         |                       |
|---------|-----------------------|
| 9:30am  | Melissa and Joey      |
| 10:00am | Baby Daddy            |
| 10:30am | Baby Daddy            |
| 11:00am | Black-Ish             |
| 11:30am | Black-Ish             |
| 12:00pm | How I Met Your Mother |
| 12:30pm | How I Met Your Mother |
| 1:00pm  | The Goldbergs         |
| 1:30pm  | The Goldbergs         |
| 2:00pm  | The Big Bang Theory   |
| 2:30pm  | The Big Bang Theory   |
| 3:00pm  | Melissa and Joey      |
| 3:30pm  | Melissa and Joey      |
| 4:00pm  | Baby Daddy            |
| 4:30pm  | Baby Daddy            |
| 5:00pm  | Young and Hungry      |
| 5:30pm  | Young and Hungry      |
| 6:00pm  | The Goldbergs         |
| 6:30pm  | The Goldbergs         |
| 7:00pm  | The Big Bang Theory   |
| 7:30pm  | The Big Bang Theory   |
| 8:00pm  | Hollyoaks             |
| 8:30pm  | The Goldbergs         |
| 9:00pm  | Young Sheldon         |
| 9:30pm  | The Big Bang Theory   |
| 10:00pm | The Bourne Legacy     |
| 12:40am | The Big Bang Theory   |
| 1:10am  | The Big Bang Theory   |
| 1:35am  | Gogglebox             |

## sky sports main event

|         |                                   |
|---------|-----------------------------------|
| 6:00am  | Sky Sports News                   |
| 7:00am  | Good Morning Sports Fans Bitesize |
| 7:30am  | Good Morning Sports Fans Bitesize |
| 8:00am  | Good Morning Sports Fans          |
| 9:00am  | Good Morning Sports Fans          |
| 9:30am  | My Icon                           |
| 9:40am  | Live Anz Premiership Netball      |
| 11:15am | Coaching Clinic with Rob Key      |
| 11:35am | Coaching Clinic with Rob Key      |
| 11:55am | Cricket                           |
| 8:00pm  | Live Darts: World Matchplay       |
| 12:00am | Dillian Whyte: Whyte Hot          |
| 12:30am | Boxing                            |
| 1:00am  | Sky Sports News                   |
| 2:00am  | Live WWE Late Night Raw           |
| 5:15am  | WWE From the Vault                |
| 5:30am  | More Than a Game                  |

## itv

|         |                              |
|---------|------------------------------|
| 7:00am  | Good Morning Britain         |
| 9:30am  | Lorraine                     |
| 10:25am | The Jeremy Kyle Show         |
| 11:30am | This Morning                 |
| 1:30pm  | Loose Women                  |
| 2:30pm  | ITV Lunchtime News           |
| 2:55pm  | Regional News and Weather    |
| 3:00pm  | Judge Rinder                 |
| 4:00pm  | Tenable                      |
| 5:00pm  | Tipping Point                |
| 6:00pm  | The Chase                    |
| 7:00pm  | Regional News and Weather    |
| 7:30pm  | ITV Evening News             |
| 8:00pm  | Emmerdale                    |
| 8:30pm  | Coronation Street            |
| 9:00pm  | Give it a Year               |
| 9:30pm  | Coronation Street            |
| 10:00pm | Lewis                        |
| 11:00pm | ITV News at Ten and Weather  |
| 11:30pm | Regional News and Weather    |
| 11:45pm | Long Lost Family - Australia |
| 12:45am | Our Shirley Valentine Summer |

## itv2

|         |                          |
|---------|--------------------------|
| 8:10am  | Who's Doing the Dishes?  |
| 9:00am  | Emmerdale                |
| 9:30am  | Coronation Street        |
| 9:55am  | Coronation Street        |
| 10:25am | The Ellen DeGeneres Show |
| 11:20am | The Bachelorette         |
| 12:15pm | You've Been Framed! Gold |
| 1:15pm  | Emmerdale                |
| 1:45pm  | Coronation Street        |
| 2:15pm  | Coronation Street        |
| 2:45pm  | The Ellen DeGeneres Show |
| 3:35pm  | The Jeremy Kyle Show     |
| 4:45pm  | The Jeremy Kyle Show     |
| 5:55pm  | Judge Rinder             |
| 7:00pm  | Take Me Out              |
| 8:30pm  | You've Been Framed! Gold |
| 9:00pm  | Two and a Half Men       |
| 9:30pm  | Superstore               |
| 10:00pm | Love Island              |
| 11:05pm | Family Guy               |
| 11:35pm | Family Guy               |
| 12:05am | Family Guy               |
| 12:30am | American Dad!            |

## itv3

|         |                           |
|---------|---------------------------|
| 5:45am  | Murder, She Wrote         |
| 6:35am  | ITV3 Nightscreen          |
| 7:00am  | Classic Coronation Street |
| 7:30am  | Classic Coronation Street |
| 8:00am  | Heartbeat                 |
| 9:00am  | The Royal                 |
| 10:05am | Judge Judy                |
| 10:30am | Judge Judy                |
| 11:00am | George and Mildred        |
| 11:35am | Agatha Christie's Marple  |
| 1:35pm  | The Royal                 |
| 2:40pm  | Heartbeat                 |
| 3:40pm  | Classic Coronation Street |
| 4:15pm  | Classic Coronation Street |
| 4:55pm  | Agatha Christie's Marple  |
| 6:55pm  | Heartbeat                 |
| 8:00pm  | Murder, She Wrote         |
| 9:00pm  | Agatha Christie's Marple  |
| 11:00pm | Foyle's War               |
| 1:05am  | A Touch of Frost          |
| 3:05am  | ITV3 Nightscreen          |
| 3:30am  | Teleshopping              |

## itv4

|         |                                    |
|---------|------------------------------------|
| 4:00am  | Teleshopping                       |
| 7:00am  | The Chase                          |
| 7:50am  | The Chase                          |
| 8:35am  | Kojak                              |
| 9:35am  | Quincy, M.E.                       |
| 10:35am | Minder                             |
| 11:40am | The Professionals                  |
| 12:45pm | Kojak                              |
| 1:50pm  | Quincy, M.E.                       |
| 2:50pm  | Minder                             |
| 3:50pm  | Tour De France 2018 - Highlights   |
| 4:50pm  | The Sweeney                        |
| 6:00pm  | The Professionals                  |
| 7:00pm  | Cash Cowboys                       |
| 8:00pm  | Tour De France 2018 - Highlights   |
| 9:00pm  | Road Racing Series                 |
| 10:00pm | Benidorm                           |
| 11:00pm | An Audience with Billy Connolly    |
| 12:05am | Rugby World Cup 7s 2018 Highlights |
| 1:10am  | Motorsport UK                      |
| 2:10am  | The Sweeney                        |
| 3:10am  | The Motorbike Show                 |
| 4:00am  | Teleshopping                       |

## sky CINEMA ACTION & ADVENTURE

|         |                              |
|---------|------------------------------|
| 7:00am  | Keanu                        |
| 8:45am  | Hancock                      |
| 10:30am | Iron Man 3                   |
| 12:45pm | Independence Day: Resurgence |
| 3:00pm  | Fast and Furious 8           |
| 5:20pm  | I Am Legend                  |
| 7:15pm  | Hancock                      |
| 9:00pm  | Independence Day: Resurgence |
| 11:00pm | Fast and Furious 8           |
| 1:30am  | I Am Legend                  |
| 3:15am  | Armageddon                   |

## sky CINEMA COMEDY

|         |                                       |
|---------|---------------------------------------|
| 9:50am  | Made of Honour                        |
| 11:40am | Mamma Mia - Here We Go Again: Special |
| 12:10pm | Gulliver's Travels                    |
| 1:40pm  | Mean Girls 2                          |
| 3:25pm  | Baywatch                              |
| 5:30pm  | Chips: Law and Disorder               |
| 7:20pm  | Gulliver's Travels                    |
| 9:00pm  | Baywatch                              |
| 11:05pm | Chips: Law and Disorder               |
| 12:50am | White Chicks                          |

## sky CINEMA PREMIERE

|         |   |
|---------|---|
| 6:30am  | Fantastic Beasts and Where to Find Them: Special <i>Sky Movies takes a behind-the-scenes look at the latest trip into JK Rowling's wizarding world.</i> |
| 7:00am  | Realive   |
| 9:00am  | Same Kind of Different as Me  |
| 11:10am | The Shanghai Job  |
| 1:00pm  | Thor: Ragnarok  |
| 3:20pm  | Daphne  |
| 5:05pm  | Same Kind of Different as Me  |
| 7:15pm  | Thor: Ragnarok  |
| 9:00pm  | Daphne  |
| 11:15pm | An Ordinary Man <i>A Bosnian Serb army general accused of war crimes and forced to go into hiding develops a relationship with his young maid.</i>      |
| 12:50am | 22 Chaser   |
| 2:35am  | Realive   |
| 4:30am  | Realive   |

## sky sports football

|         |                            |
|---------|----------------------------|
| 10:00am | SPFL Greatest Games        |
| 10:30am | SPFL Round Up              |
| 11:00am | Play-Off Final Highlights  |
| 12:00pm | One2eleven                 |
| 12:30pm | SPFL Greatest Games        |
| 1:00pm  | Football's Greatest Teams  |
| 1:30pm  | Football's Greatest Teams  |
| 2:00pm  | EFL Goals: Championship    |
| 2:30pm  | EFL Goals: Leagues 1&2     |
| 3:00pm  | Championship Season Review |
| 4:00pm  | Football's Greatest Teams  |
| 4:30pm  | Football's Greatest Teams  |
| 5:00pm  | SPFL Greatest Games        |
| 5:25pm  | Info not available         |
| 7:30pm  | EFL Greatest Games         |
| 8:00pm  | EFL Goals: Championship    |
| 8:30pm  | EFL Goals: Leagues 1&2     |
| 9:00pm  | SPFL Round Up              |
| 9:30pm  | SPFL Greatest Games        |
| 9:45pm  | SPFL Greatest Games        |
| 10:00pm | Info not available         |
| 12:05am | MLS Round Up Show          |
| 12:35am | MLS Greatest Games         |



**Nora Johnson**  
Breaking Views



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

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.



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](http://www.nora-johnson.net)) Amazon (€0.99) and iBookstore. All profits to Costa del Sol Cudeca cancer charity.

[columnists@euroweeklynnews.com](mailto:columnists@euroweeklynnews.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.

**David Searl**

*You and the Law in Spain*



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.

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.

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

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**BBC one**

|         |                                 |
|---------|---------------------------------|
| 7:00am  | Breakfast                       |
| 10:15am | Wanted Down Under               |
| 11:00am | Homes Under the Hammer          |
| 12:00pm | Heir Hunters with Michael Buerk |
| 12:45pm | The Farmers' Country Showdown   |
| 1:15pm  | Bargain Hunt                    |
| 2:00pm  | BBC News at One                 |
| 2:30pm  | BBC London News                 |
| 2:45pm  | Red Rock                        |
| 3:30pm  | Escape to the Country           |
| 4:30pm  | Celebrity Money for Nothing     |
| 5:15pm  | Flog It!                        |
| 6:15pm  | Impossible                      |
| 7:00pm  | BBC News at Six                 |
| 7:30pm  | BBC London News                 |
| 8:00pm  | The One Show                    |
| 8:30pm  | EastEnders                      |
| 9:00pm  | Holby City                      |
| 10:00pm | Our Girl                        |
| 11:00pm | BBC News at Ten                 |
| 11:30pm | BBC London News                 |
| 11:45pm | Stacey Dooley Investigates      |
| 12:30am | I Shot My Parents               |
| 1:30am  | Weather for the Week Ahead      |
| 1:35am  | BBC News                        |

**BBC TWO**

|         |  |
|---------|--|
| 7:00am  | Flog it! Trade Secrets                               |
| 7:30am  | Bargain Hunt   |
| 8:15am  | Heir Hunters with Michael Buerk                      |
| 9:00am  | How the NHS Changed Our World                        |
| 9:30am  | Caught Red Handed                                    |
| 10:00am | Victoria Derbyshire                                  |
| 12:00pm | BBC Newsroom Live                                    |
| 1:00pm  | The Daily Politics                                   |
| 2:00pm  | The Super League Show                                |
| 2:45pm  | Getting the Builders in                              |
| 3:30pm  | For What It's Worth                                  |
| 4:15pm  | Nature's Weirdest Events                             |
| 5:15pm  | Madagascar   |
| 6:15pm  | Antiques Road Trip                                   |
| 7:00pm  | Eggheads   |
| 7:30pm  | Great British Railway Journeys                       |
| 8:00pm  | Back in Time for Tea                                 |
| 9:00pm  | Inside the Factory                                   |
| 10:00pm | The Five Billion Pound Super Sewer                   |
| 11:00pm | Live at the Apollo                                   |
| 11:30pm | Newsnight  |
| 12:15am | No More Boys and Girls: Can Our Kids Go Gender Free? |
| 1:15am  | Animals Behaving Badly                               |

**BBC FOUR**

|         |   |
|---------|---|
| 4:15am  | This is BBC Four  |
| 8:00pm  | Beyond 100 Days <i>The latest national and international news, exploring the day's events from a global perspective.</i>              |
| 8:30pm  | The Royal Welsh Show 2018   |
| 9:00pm  | Andrew Marr's History of the World  |
| 10:00pm | Mark Kermode's Secrets of Cinema  |
| 11:00pm | The Lavender Hill Mob <i>One of the most famous of the 1950s Ealing comedies.</i>   |
| 12:20am | Cardinal  |
| 1:00am  | Cardinal  |
| 1:45am  | Vienna: Empire, Dynasty and Dream <i>In the final episode, Simon Sebag Montefiore follows the Habsburgs to their dramatic demise.</i> |
| 2:45am  | Sync or Swim  |
| 3:45am  | Mark Kermode's Secrets of Cinema  |
| 4:45am  | This is BBC Four  |

**CHANNEL 4**

|         |                                 |
|---------|---------------------------------|
| 6:05am  | My Kitchen Rules                |
| 7:00am  | Countdown                       |
| 7:45am  | King of Queens                  |
| 8:10am  | King of Queens                  |
| 8:35am  | Everybody Loves Raymond         |
| 9:00am  | Everybody Loves Raymond         |
| 9:30am  | Everybody Loves Raymond         |
| 10:00am | Frasier                         |
| 10:35am | Frasier                         |
| 11:05am | Ramsay's Kitchen Nightmares USA |
| 12:00pm | The Simpsons                    |
| 12:30pm | The Simpsons                    |
| 1:00pm  | Channel 4 News                  |
| 1:05pm  | Come Dine with Me               |
| 2:05pm  | Find it, Fix it, Flog it        |
| 3:10pm  | Countdown                       |
| 4:00pm  | A Place in the Sun: Winter Sun  |
| 5:00pm  | The £100k Drop                  |
| 6:00pm  | Come Dine with Me               |
| 6:30pm  | The Simpsons                    |
| 7:00pm  | The Simpsons                    |
| 7:30pm  | Hollyoaks                       |
| 8:00pm  | Channel 4 News                  |
| 9:00pm  | Ackley Bridge                   |
| 10:00pm | 999: What's Your Emergency?     |
| 11:00pm | Gogglebox                       |
| 12:05am | 24 Hours in a and E             |
| 1:05am  | Random Acts                     |

**CHANNEL 5**

|         |                                   |
|---------|-----------------------------------|
| 9:05am  | Paw Patrol                        |
| 9:20am  | Floogals                          |
| 9:40am  | Digby Dragon                      |
| 9:55am  | Nella the Princess Knight         |
| 10:05am | Mofy                              |
| 10:15am | The Wright Stuff                  |
| 12:15pm | On Benefits                       |
| 1:10pm  | 5 News Lunchtime                  |
| 1:15pm  | GP's: Behind Closed Doors         |
| 2:10pm  | Access                            |
| 2:15pm  | Home and Away                     |
| 2:45pm  | Neighbours                        |
| 3:15pm  | Cagney and Lacey                  |
| 4:15pm  | A Wife's Nightmare                |
| 6:00pm  | 5 News at 5                       |
| 6:30pm  | Neighbours                        |
| 7:00pm  | Home and Away                     |
| 7:30pm  | 5 News Tonight                    |
| 8:00pm  | The Wonderful World of Puppies    |
| 9:00pm  | The Dog Rescuers with Alan Davies |
| 10:00pm | Traffic Cops                      |
| 11:00pm | Gangland                          |
| 12:05am | The Football Factory              |
| 2:00am  | Super Casino                      |
| 4:10am  | GP's: Behind Closed Doors         |
| 5:00am  | Britain's Greatest Bridges        |
| 5:45am  | House Doctor                      |

**4**

|         |                       |
|---------|-----------------------|
| 9:00am  | Melissa and Joey      |
| 9:30am  | Melissa and Joey      |
| 10:00am | Baby Daddy            |
| 10:30am | Baby Daddy            |
| 11:00am | Black-Ish             |
| 11:30am | Black-Ish             |
| 12:00pm | How I Met Your Mother |
| 12:30pm | How I Met Your Mother |
| 1:00pm  | The Goldbergs         |
| 1:30pm  | The Goldbergs         |
| 2:00pm  | The Big Bang Theory   |
| 2:30pm  | The Big Bang Theory   |
| 3:00pm  | Melissa and Joey      |
| 3:30pm  | Melissa and Joey      |
| 4:00pm  | Baby Daddy            |
| 4:30pm  | Baby Daddy            |
| 5:00pm  | Young and Hungry      |
| 5:30pm  | Young and Hungry      |
| 6:00pm  | The Goldbergs         |
| 6:30pm  | The Goldbergs         |
| 7:00pm  | The Big Bang Theory   |
| 7:30pm  | The Big Bang Theory   |
| 8:00pm  | Hollyoaks             |
| 8:30pm  | The Goldbergs         |
| 9:00pm  | The Big Bang Theory   |
| 9:30pm  | The Big Bang Theory   |
| 10:00pm | Gotham                |
| 11:00pm | Supernatural          |
| 12:00am | The Big Bang Theory   |
| 12:30am | The Big Bang Theory   |
| 12:55am | Gogglebox             |

**sky sports main event**

|         |   |
|---------|---|
| 6:00am  | Sky Sports News   |
| 7:00am  | Good Morning Sports Fans Bitesize   |
| 7:30am  | Good Morning Sports Fans Bitesize   |
| 8:00am  | Good Morning Sports Fans  |
| 9:00am  | Good Morning Sports Fans  |
| 10:00am | Good Morning Sports Fans  |
| 11:00am | Live ATP 500: Hamburg   |
| 11:00am | Day two of the German Tennis Championships from the Rothenbaum Tennis Center in Hamburg |
| 7:30pm  | Sky Sports News at 6  |
| 8:00pm  | Live Darts: World Matchplay   |
| 8:00pm  | Day four of the BetVictor World Matchplay Darts from the Winter Gardens, Blackpool.     |
| 1:00am  | Dillian Whyte: Heavy Duty   |
| 1:30am  | Dillian Whyte: Whyte Hot  |
| 2:00am  | Live WWE Late Night Smackdown   |
| 4:00am  | Sky Sports News   |

**itv**

|         |                                |
|---------|--------------------------------|
| 4:55am  | ITV Nightscreen                |
| 6:05am  | The Jeremy Kyle Show           |
| 7:00am  | Good Morning Britain           |
| 9:30am  | Lorraine                       |
| 10:25am | The Jeremy Kyle Show           |
| 11:30am | This Morning                   |
| 1:30pm  | Loose Women                    |
| 2:30pm  | ITV Lunchtime News             |
| 2:55pm  | ITV News London                |
| 3:00pm  | Judge Rinder                   |
| 4:00pm  | Tenable                        |
| 5:00pm  | Tipping Point                  |
| 6:00pm  | The Chase                      |
| 7:00pm  | ITV News London                |
| 7:30pm  | ITV Evening News               |
| 8:00pm  | Emmerdale                      |
| 9:00pm  | Love Your Garden               |
| 10:00pm | Long Lost Family - Australia   |
| 11:00pm | ITV News at Ten and Weather    |
| 11:30pm | ITV News London                |
| 11:45pm | The Frankenstein Chronicles    |
| 12:50am | Killer Women with Piers Morgan |
| 1:40am  | Jackpot247                     |
| 4:00am  | Loose Women                    |
| 4:50am  | ITV Nightscreen                |

**itv2**

|         |  |
|---------|--|
| 9:00am  | Emmerdale                              |
| 9:30am  | Coronation Street                      |
| 10:25am | The Ellen DeGeneres Show               |
| 11:20am | The Bachelor                           |
| 1:15pm  | Emmerdale                              |
| 1:45pm  | Coronation Street                      |
| 2:15pm  | Coronation Street                      |
| 2:45pm  | The Ellen DeGeneres Show               |
| 3:35pm  | The Jeremy Kyle Show                   |
| 4:45pm  | The Jeremy Kyle Show                   |
| 5:55pm  | Judge Rinder                           |
| 7:00pm  | Take Me Out                            |
| 8:00pm  | You've Been Framed! Gold               |
| 8:30pm  | You've Been Framed! Gold               |
| 9:00pm  | Two and a Half Men                     |
| 9:30pm  | Superstore                             |
| 10:00pm | Love Island                            |
| 11:05pm | Family Guy                             |
| 11:30pm | Family Guy                             |
| 12:05am | Family Guy                             |
| 12:30am | American Dad!                          |
| 1:00am  | American Dad!                          |
| 1:30am  | Two and a Half Men                     |
| 1:55am  | Superstore                             |
| 2:25am  | Totally Bonkers Guinness World Records |

**itv3**

|         |   |
|---------|---|
| 3:30am  | Teleshopping  |
| 7:00am  | Classic Coronation Street   |
| 7:00am  | <i>Tina quite enjoys Eddie following her around. Mike gets bored with not working</i> |
| 7:30am  | Classic Coronation Street   |
| 8:00am  | Heartbeat   |
| 9:00am  | The Royal   |
| 10:05am | Judge Judy  |
| 10:30am | Judge Judy  |
| 11:00am | George and Mildred  |
| 11:35am | Agatha Christie's Marple  |
| 1:35pm  | The Royal   |
| 2:35pm  | Heartbeat   |
| 3:40pm  | Classic Coronation Street   |
| 4:15pm  | Classic Coronation Street   |
| 4:45pm  | Agatha Christie's Marple  |
| 6:55pm  | Heartbeat   |
| 8:00pm  | Murder, She Wrote   |
| 9:00pm  | Midsomer Murders  |
| 11:00pm | Foyle's War   |
| 1:00am  | A Touch of Frost  |
| 3:00am  | ITV3 Nightscreen  |
| 3:30am  | Teleshopping  |

**itv4**

|         |  |
|---------|--|
| 4:00am  | Teleshopping   |
| 7:00am  | The Chase  |
| 7:50am  | The Chase  |
| 8:35am  | Cash Cowboys   |
| 9:30am  | Storage Wars   |
| 10:00am | Tour De France 2018 - Highlights   |
| 11:00am | Barcelona's European Glory   |
| 11:15am | Tour De France 2018 <i>The first of three days in the Pyrenees with three mountain passes before a twisting descent.</i> |
| 6:00pm  | The Professionals  |
| 7:00pm  | Cash Cowboys   |
| 8:00pm  | Tour De France 2018 - Highlights   |
| 9:00pm  | Road Racing Series   |
| 10:00pm | The Bourne Identity  |
| 11:00pm | FYI Daily  |
| 11:05pm | The Bourne Identity  |
| 12:20am | Saw  |
| 1:20am  | FYI Daily  |
| 1:25am  | Saw  |
| 2:30am  | Ax Men   |
| 3:20am  | Tommy Cooper   |
| 3:45am  | ITV4 Nightscreen   |
| 4:00am  | Teleshopping   |

**sky CINEMA ACTION & ADVENTURE**

|         |                                       |
|---------|---------------------------------------|
| 10:45am | The A-Team                            |
| 12:45pm | BattleShip                            |
| 3:00pm  | Behind Enemy Lines                    |
| 5:00pm  | The League of Extraordinary Gentlemen |
| 7:00pm  | The A-Team                            |
| 9:00pm  | BattleShip                            |
| 11:15pm | Machete                               |
| 1:15am  | Behind Enemy Lines                    |
| 3:15am  | Smokey and the Bandit                 |

**sky CINEMA COMEDY**

|         |                                |
|---------|--------------------------------|
| 4:35am  | Revenge of the Nerds           |
| 6:15am  | Dragnet                        |
| 8:15am  | Failure to Launch              |
| 10:00am | American Pie                   |
| 11:45am | Going in Style                 |
| 1:30pm  | Splash                         |
| 3:30pm  | The Brits are Coming           |
| 5:15pm  | Why Him?                       |
| 7:15pm  | The Ugly Truth                 |
| 9:00pm  | Going in Style                 |
| 10:45pm | American Pie                   |
| 12:30am | Why Him?                       |
| 2:30am  | Wilson                         |
| 4:15am  | Walk Hard: The Dewey Cox Story |

**sky CINEMA PREMIERE**

|         |  |
|---------|--|
| 4:30am  | Realive  |
| 6:30am  | The Hurricane Heist: The Eye of the Storm  |
| 7:00am  | Top Ten Show, the 2018   |
| 7:20am  | An Ordinary Man  |
| 9:10am  | Same Kind of Different as Me   |
| 11:25am | Thor: Ragnarok <i>Thor has his work cut out after being banished to a remote junk planet and forced into gladiatorial combat</i> |
| 1:45pm  | Daphne   |
| 3:25pm  | Heartlock  |
| 5:10pm  | The Shanghai Job   |
| 6:50pm  | Same Kind of Different as Me   |
| 9:00pm  | Thor: Ragnarok   |
| 11:15pm | Heartlock  |
| 1:00am  | The Shanghai Job   |
| 2:45am  | An Ordinary Man  |
| 4:35am  | 22 Chaser  |

**sky sports football**

|         |                              |
|---------|------------------------------|
| 1:30pm  | Football's Greatest Teams    |
| 2:00pm  | EFL Goals: Championship      |
| 2:30pm  | EFL Goals: Leagues 1&2       |
| 3:00pm  | Championship Season Review   |
| 4:00pm  | Football's Greatest Teams    |
| 4:30pm  | Football's Greatest Teams    |
| 5:00pm  | SPFL Greatest Games          |
| 5:15pm  | SPFL Greatest Games          |
| 5:30pm  | SPFL Round Up                |
| 6:00pm  | Football Years               |
| 6:30pm  | Football Countdowns          |
| 7:00pm  | EFL Greatest Games           |
| 8:00pm  | EFL Goals: Championship      |
| 8:30pm  | EFL Goals: Leagues 1&2       |
| 9:00pm  | SPFL Round Up                |
| 9:30pm  | SPFL Greatest Games          |
| 9:45pm  | SPFL Greatest Games          |
| 10:00pm | Greatest Moments in Football |
| 11:00pm | Wolves: In the Wolf Pack     |
| 11:30pm | MLS Round Up Show            |



# 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.

[columnists@euroweeklynews.com](mailto:columnists@euroweeklynews.com)

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**BBC one**

|         |                                 |
|---------|---------------------------------|
| 12:00pm | Heir Hunters with Michael Buerk |
| 12:45pm | The Farmers' Country Showdown   |
| 1:15pm  | Bargain Hunt                    |
| 2:00pm  | BBC News at One                 |
| 2:30pm  | BBC London News                 |
| 2:45pm  | Red Rock                        |
| 3:30pm  | Escape to the Country           |
| 4:30pm  | Celebrity Money for Nothing     |
| 5:15pm  | Flog It!                        |
| 6:15pm  | Impossible                      |
| 7:00pm  | BBC News at Six                 |
| 7:30pm  | BBC London News                 |
| 8:00pm  | The One Show                    |
| 8:30pm  | Fake Britain                    |
| 9:00pm  | Animals Behaving Badly          |
| 10:00pm | DIY SOS the Big Build           |
| 11:00pm | BBC News at Ten                 |
| 11:30pm | BBC London News                 |
| 11:45pm | A Question of Sport             |
| 12:15am | Live From the BBC               |
| 12:45am | Who Do You Think You Are?       |

**BBC TWO**

|         |  |
|---------|--|
| 9:00am  | Eat Well for Less                                    |
| 10:00am | Victoria Derbyshire                                  |
| 12:00pm | BBC Newsroom Live                                    |
| 2:00pm  | Lifeline   |
| 2:10pm  | Coast  |
| 2:45pm  | Getting the Builders in                              |
| 3:30pm  | For What It's Worth                                  |
| 4:15pm  | Nature's Weirdest Events                             |
| 5:15pm  | Madagascar   |
| 6:15pm  | Antiques Road Trip                                   |
| 7:00pm  | Eggheads   |
| 7:30pm  | Great British Railway Journeys                       |
| 8:00pm  | Back in Time for Tea                                 |
| 9:00pm  | Hairy Bikers' Mediterranean Adventure                |
| 10:00pm | Picnic at Hanging Rock                               |
| 11:00pm | Mortimer and Whitehouse: Gone Fishing                |
| 11:30pm | Newsnight  |
| 12:15am | No More Boys and Girls: Can Our Kids Go Gender Free? |

**BBC FOUR**

|         |  |
|---------|--|
| 4:45am  | This is BBC Four                                       |
| 8:00pm  | Beyond 100 Days  |
| 8:30pm  | The Royal Welsh Show 2018                              |
| 9:00pm  | 1066: A Year to Conquer England                        |
| 10:00pm | Paul O'Grady's Working Britain                         |
| 11:00pm | Sword, Musket and Machine Gun: Britain's Armed History |
| 12:00am | Tunes for Tyrants: Music and Power with Suzy Klein     |
| 1:00am  | Cardinal <i>Canadian crime drama series.</i>           |
| 1:40am  | Cardinal   |
| 2:25am  | 1066: A Year to Conquer England                        |
| 3:25am  | Paul O'Grady's Working Britain                         |
| 4:25am  | This is BBC Four                                       |

**CHANNEL 4**

|         |                                 |
|---------|---------------------------------|
| 7:00am  | Countdown                       |
| 7:45am  | King of Queens                  |
| 8:35am  | Everybody Loves Raymond         |
| 10:00am | Frasier                         |
| 11:05am | Ramsay's Kitchen Nightmares USA |
| 12:00pm | The Simpsons                    |
| 12:30pm | The Simpsons                    |
| 1:00pm  | Channel 4 News                  |
| 1:05pm  | Come Dine with Me               |
| 2:05pm  | Find it, Fix it, Flog it        |
| 3:10pm  | Countdown                       |
| 4:00pm  | A Place in the Sun: Winter Sun  |
| 5:00pm  | The £100k Drop                  |
| 6:00pm  | Come Dine with Me               |
| 6:30pm  | The Simpsons                    |
| 7:00pm  | The Simpsons                    |
| 7:30pm  | Hollyoaks                       |
| 8:00pm  | Channel 4 News                  |
| 9:00pm  | Live Well for Longer            |
| 10:00pm | 24 Hours in a and E             |
| 11:00pm | Stath Lets Flats                |
| 11:30pm | 999: What's Your Emergency?     |
| 12:35am | Prison                          |

**CHANNEL 5**

|         |  |
|---------|--|
| 10:05am | Mofy   |
| 10:15am | The Wright Stuff                                 |
| 12:15pm | Can't Pay? We'll Take it Away!                   |
| 1:10pm  | 5 News Lunchtime                                 |
| 1:15pm  | GPs: Behind Closed Doors                         |
| 2:10pm  | Access   |
| 2:15pm  | Home and Away                                    |
| 2:45pm  | Neighbours                                       |
| 3:15pm  | Cagney and Lacey                                 |
| 4:15pm  | Heart of Murder                                  |
| 6:00pm  | 5 News at 5                                      |
| 6:30pm  | Neighbours                                       |
| 7:00pm  | Home and Away                                    |
| 7:30pm  | 5 News Tonight                                   |
| 8:00pm  | Funniest Ever                                    |
| 9:00pm  | The Highland Midwife                             |
| 10:00pm | Undercover Coppers                               |
| 11:00pm | Britain Under Attack: Criminals Caught on Camera |
| 12:05am | Crimewave 2018: Lawless Britain                  |
| 1:05am  | Law and Disorder: The Live Debate                |

**4**

|         |                          |
|---------|--------------------------|
| 9:00am  | Melissa and Joey         |
| 10:00am | Baby Daddy               |
| 11:00am | Black-Ish                |
| 12:00pm | How I Met Your Mother    |
| 1:00pm  | The Goldbergs            |
| 2:00pm  | The Big Bang Theory      |
| 3:00pm  | Melissa and Joey         |
| 4:00pm  | Baby Daddy               |
| 5:00pm  | Young and Hungry         |
| 5:30pm  | Young and Hungry         |
| 6:00pm  | The Goldbergs            |
| 6:30pm  | The Goldbergs            |
| 7:00pm  | The Big Bang Theory      |
| 7:30pm  | The Big Bang Theory      |
| 8:00pm  | Hollyoaks                |
| 8:30pm  | The Goldbergs            |
| 9:00pm  | The Big Bang Theory      |
| 9:30pm  | The Big Bang Theory      |
| 10:00pm | The 100                  |
| 11:00pm | Tattoo Fixers on Holiday |
| 12:05am | The Big Bang Theory      |
| 12:30am | The Big Bang Theory      |

**sky sports main event**

|         |  |
|---------|--|
| 6:00am  | Sky Sports News  |
| 7:00am  | Good Morning Sports Fans Bitesize  |
| 8:00am  | Good Morning Sports Fans   |
| 9:30am  | My Icon  |
| 9:40am  | Live Anz Premiership Netball <i>Northern Mystics take on Waikato Bay of Plenty Magic in Auckland in the ANZ Premiership.</i> |
| 11:15am | Live ATP 500: Hamburg  |
| 7:30pm  | Sky Sports News at 6   |
| 8:00pm  | Live Darts: World Matchplay  |
| 1:00am  | Dillian Whyte: Off Limits  |
| 1:30am  | Dillian Whyte: Heavy Duty  |
| 2:00am  | Sky Sports News  |
| 3:00am  | Sky Sports News  |
| 4:00am  | Sky Sports News  |
| 5:00am  | Sky Sports News  |

**itv**

|         |  |
|---------|--|
| 4:50am  | ITV Nightscreen                            |
| 6:05am  | The Jeremy Kyle Show                       |
| 7:00am  | Good Morning Britain                       |
| 9:30am  | Lorraine                                   |
| 10:25am | The Jeremy Kyle Show                       |
| 11:30am | This Morning                               |
| 1:30pm  | Loose Women                                |
| 2:30pm  | ITV Lunchtime News                         |
| 2:55pm  | ITV News London                            |
| 3:00pm  | Judge Rinder                               |
| 4:00pm  | Tenable                                    |
| 5:00pm  | Tipping Point                              |
| 6:00pm  | The Chase                                  |
| 7:00pm  | ITV News London                            |
| 7:30pm  | ITV Evening News                           |
| 8:00pm  | Emmerdale                                  |
| 8:30pm  | Coronation Street                          |
| 9:00pm  | Best Walks with a View with Julia Bradbury |
| 9:30pm  | Coronation Street                          |
| 10:00pm | The Bletchley Circle                       |
| 11:00pm | ITV News at Ten and Weather                |
| 11:30pm | ITV News London                            |
| 11:45pm | Britain's Busiest Airport - Heathrow       |
| 12:15am | Holiday Horrors: Caught on Camera          |
| 1:10am  | Jackpot247                                 |

**itv2**

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

**itv3**

|         |   |
|---------|---|
| 3:30am  | Teleshopping  |
| 7:00am  | Classic Coronation Street   |
| 7:30am  | Classic Coronation Street   |
| 8:00am  | Heartbeat <i>In the Aidsensfield Arms, Rob and Phil are planning a night out in Whitby.</i> |
| 9:00am  | The Royal   |
| 10:05am | Judge Judy  |
| 10:35am | Judge Judy  |
| 11:00am | George and Mildred  |
| 11:35am | Agatha Christie's Marple  |
| 1:35pm  | The Royal   |
| 2:40pm  | Heartbeat   |
| 3:40pm  | Classic Coronation Street   |
| 4:15pm  | Classic Coronation Street   |
| 4:50pm  | Agatha Christie's Marple  |
| 6:55pm  | Heartbeat   |
| 8:00pm  | Murder, She Wrote   |
| 9:00pm  | Lewis   |
| 11:00pm | Foyle's War   |
| 1:00am  | A Touch of Frost  |
| 3:00am  | ITV3 Nightscreen  |
| 3:30am  | Teleshopping  |

**itv4**

|         |   |
|---------|---|
| 4:00am  | Teleshopping                              |
| 7:00am  | Snooker v Darts Sports short film.        |
| 7:05am  | The Chase                                 |
| 7:55am  | The Chase                                 |
| 8:40am  | Cash Cowboys                              |
| 9:40am  | The Professionals                         |
| 10:40am | Minder                                    |
| 11:40am | The Sweeney                               |
| 12:55pm | The Professionals                         |
| 1:55pm  | Tour De France 2018 - Highlights          |
| 3:00pm  | Tour De France 2018                       |
| 6:00pm  | The Professionals                         |
| 7:00pm  | Cash Cowboys                              |
| 8:00pm  | Tour De France 2018 - Highlights          |
| 9:00pm  | British Superbike Championship Highlights |
| 10:00pm | River Monsters                            |
| 11:00pm | Full Metal Jacket                         |
| 12:05am | FYI Daily                                 |
| 12:10am | Full Metal Jacket                         |
| 1:25am  | Minder                                    |
| 2:30am  | Lethal Weapon                             |
| 3:25am  | The Protectors                            |
| 3:50am  | ITV4 Nightscreen                          |
| 4:00am  | Teleshopping                              |

**sky CINEMA ACTION & ADVENTURE**

|         |                        |
|---------|------------------------|
| 6:30am  | Anon: Special          |
| 7:00am  | Iron Man 3             |
| 9:25am  | Armageddon             |
| 12:00pm | Avatar                 |
| 3:00pm  | Underworld: Blood Wars |
| 4:45pm  | Jarhead 3: The Siege   |
| 6:20pm  | Armageddon             |
| 9:00pm  | Avatar                 |
| 12:00am | Underworld: Blood Wars |

**sky CINEMA COMEDY**

|         |                      |
|---------|----------------------|
| 7:30am  | Killing Hasselhoff   |
| 9:00am  | The Nutty Professor  |
| 10:40am | American Pie 2       |
| 12:30pm | Drillbit Taylor      |
| 2:20pm  | Blue Streak          |
| 4:00pm  | Snatched             |
| 5:35pm  | Think Like a Man Too |
| 7:30pm  | Table 19             |
| 9:00pm  | Snatched             |
| 10:40pm | American Pie 2       |
| 12:30am | Think Like a Man Too |
| 2:25am  | The Perfect Match    |
| 4:05am  | This is Spinal Tap   |
| 5:35am  | Our Man Flint        |

**sky CINEMA PREMIERE**

|         |   |
|---------|---|
| 4:35am  | 22 Chaser   |
| 6:30am  | Fantastic Beasts and Where to Find Them: Special  |
| 7:00am  | Same Kind of Different as Me  |
| 9:15am  | Daphne  |
| 11:00am | The Shanghai Job  |
| 12:50pm | Thor: Ragnarok  |
| 3:15pm  | An Ordinary Man   |
| 5:05pm  | Same Kind of Different as Me <i>A wealthy married couple discover a renewed sense of purpose when they befriend a homeless drifter</i>                  |
| 7:15pm  | The Shanghai Job  |
| 9:00pm  | Thor: Ragnarok  |
| 11:15pm | Jupiter's Moon <i>Award-winning sci-fi following a Syrian refugee who discovers he can fly after being shot by a trigger-happy immigration officer.</i> |
| 1:25am  | Heartlock   |
| 3:10am  | Daphne  |
| 4:45am  | An Ordinary Man   |

**sky sports football**

|         |                              |
|---------|------------------------------|
| 1:30pm  | Football's Greatest Teams    |
| 2:00pm  | EFL Goals: Championship      |
| 2:30pm  | EFL Goals: Leagues 1&2       |
| 3:00pm  | Championship Season Review   |
| 4:00pm  | Football's Greatest Teams    |
| 4:30pm  | Football's Greatest Teams    |
| 5:00pm  | SPFL Greatest Games          |
| 5:15pm  | SPFL Greatest Games          |
| 5:30pm  | SPFL Round Up                |
| 6:00pm  | Football Years               |
| 6:30pm  | Football Countdowns          |
| 7:00pm  | EFL Greatest Games           |
| 8:00pm  | EFL Goals: Championship      |
| 8:30pm  | EFL Goals: Leagues 1&2       |
| 9:00pm  | SPFL Round Up                |
| 9:30pm  | SPFL Greatest Games          |
| 9:45pm  | SPFL Greatest Games          |
| 10:00pm | Greatest Moments in Football |
| 11:00pm | Championship Season Review   |



# 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!

mikesenker@gmail.com

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|---|---|--|---|---|--|
| <ul style="list-style-type: none"> <li>DENIA</li> <li>LA XARA</li> <li>JAVEA</li> <li>BENITACHELL</li> <li>MORAIRA</li> <li>BENISSA COSTA</li> <li>CALPE</li> </ul> | <ul style="list-style-type: none"> <li>LA CALA DE FINESTRAT</li> <li>BENIDORM</li> <li>ALBIR</li> </ul> | <ul style="list-style-type: none"> <li>ALFAZ DEL PI</li> <li>ALTEA</li> <li>LA NUCIA</li> <li>POLOP</li> </ul> | <ul style="list-style-type: none"> <li>LA CALA DE FINESTRAT</li> <li>BENIDORM</li> <li>ALBIR</li> </ul> | <ul style="list-style-type: none"> <li>ORBA</li> <li>PARCENT</li> <li>ALCALALI</li> <li>JALON</li> <li>LLIBER</li> <li>SENIJA</li> <li>BENISSA</li> </ul> | <ul style="list-style-type: none"> <li>SAN PEDRO DEL PINATAR</li> <li>PILAR DE LA HORADADA</li> <li>DEHESA DE CAMPOAMOR</li> <li>CAMPOAMOR</li> <li>VILLAMARTIN</li> <li>LA ZENIA</li> <li>PLAYA FLAMENCA</li> <li>TORREVIEJA</li> <li>CIUDAD QUESADA</li> </ul> |

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# YOUR PAPER - YOUR VOICE - YOUR OPINION

Letters should be emailed to [yoursay@euroweeklynews.com](mailto:yoursay@euroweeklynews.com) or make your comments on our website: [www.euroweeklynews.com](http://www.euroweeklynews.com)

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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.euroweeklynews.com](http://www.euroweeklynews.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*



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## Trivia from around the world

\*\*\*Cuba is the only Caribbean island with a railway, although old trains and fuel shortages can set travellers up for long delays.

\*\*\*Alaska is the largest state in the United States as well as being the most northern, eastern, and western state.

\*\*\*The Marshall Islands which are in the Pacific Ocean are the most endangered island nation and have the highest risk of flooding due to climate change.

\*\*\*The most overweight population in the world is in Nauru with over 95 per cent of its population overweight, even though it doesn't have a McDonald's...

\*\*\*Prince Phillip, husband to Queen Elizabeth, is worshipped by the villagers of Yaohnanen on Tanna Island in Vanuatu. Followers believe the Duke descended from one of their spirit ancestors and that he will visit them and even take up residence amongst them.

\*\*\*Many of the roads in Guam are made of a coral/oil mixture, as the island doesn't have a supply of natural sand. During wet weather the oil tends to float to the surface of the roads making them dangerous. Therefore the speed limit throughout the island is just 35mph.



**TINKERBELL EFFECT:** Named after the fairy in Peter Pan.

## DID YOU KNOW?

The Tinkerbell effect is an expression which describes things that are thought to exist only because people believe in them, like taking a placebo pill and feeling better because you think you have taken real medicine. It is named after Tinker Bell, the fairy in Peter Pan, who is revived from near death by the belief of the audience. Another form is the Reverse Tinkerbell effect, where the more you believe in something the more likely it is to vanish. For example, as more people believe that driving is safe, more people will drive carelessly, in turn making driving less safe.

### Women's wit

“If fame belonged to me, I could not escape here. If she did not, the longest day would pass me on the chase, and the approbation of my dog would forsake me then. My barefoot rank is better.”

*Emily Dickinson, poet*



### Famous quote

“People are condemned to be free; because once thrown into the world, they are responsible for everything they do.”

*Jean-Paul Sartre*

### World of English

“Cacoethes - the urge to do something inadvisable, unwise or uncalled for.”

## 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.

## LOTTERY

| UK NATIONAL LOTTERY   | IRISH LOTTO            | EURO MILLIONS       |                    | LA PRIMITIVA            |                        | EL GORDO DE LA PRIMITIVA |
|-----------------------|------------------------|---------------------|--------------------|-------------------------|------------------------|--------------------------|
|                       |                        |                     |                    |                         |                        |                          |
| Saturday July 14      | Saturday July 14       | Tuesday July 10     | Friday July 13     | Thursday July 12        | Saturday July 14       | Sunday July 15           |
| 4 8<br>13 26<br>41 55 | 5 16<br>37 43<br>44 46 | 3 8<br>26 33<br>45  | 1 4<br>14 21<br>49 | 10 20<br>25 26<br>32 47 | 2 12<br>16 18<br>27 40 | 3 21<br>40 42<br>49      |
| <b>BONUS BALL</b>     | <b>BONUS BALL</b>      | <b>LUCKY STARS</b>  | <b>LUCKY STARS</b> | <b>REINTEGRO</b>        | <b>REINTEGRO</b>       | <b>REINTEGRO</b>         |
| 58                    | 7                      | 7 10                | 2 12               | 2 4                     | 33 5                   | 5                        |
|                       |                        | EL MILLON: FKW87491 |                    | JOKER: 6 295 691        |                        | JOKER: 7 216 831         |



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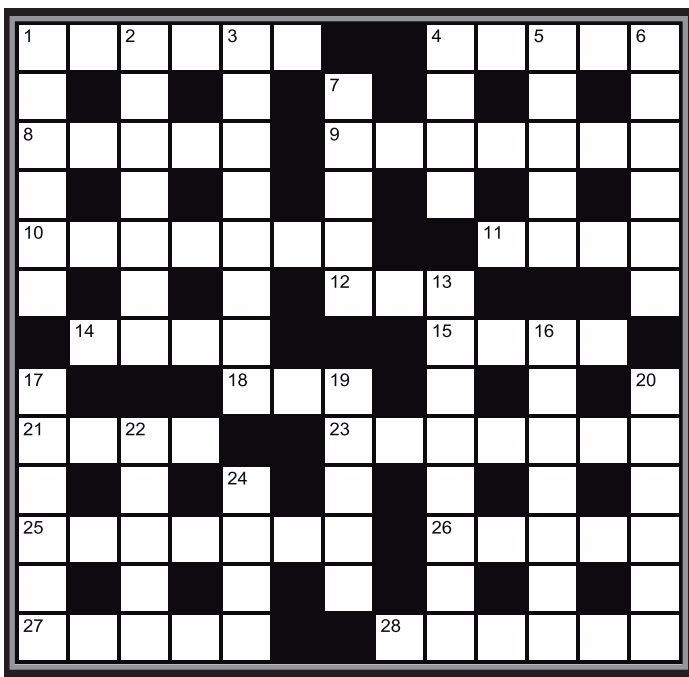
Cryptic

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

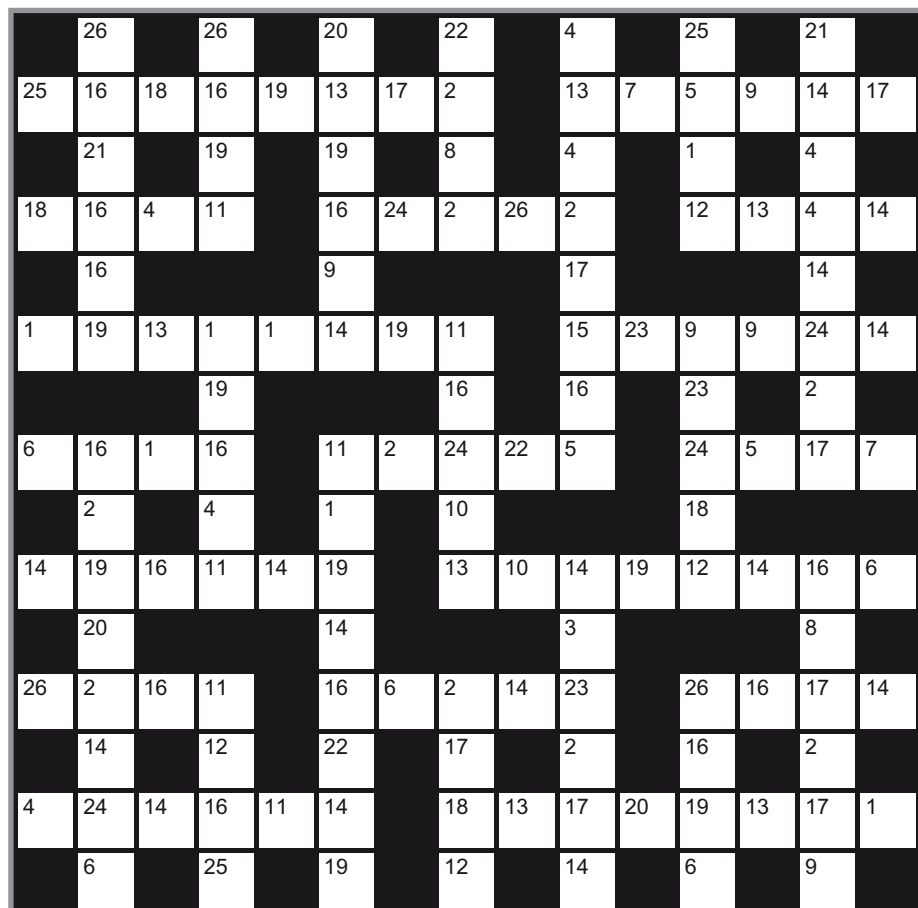
- 1 Close a helter-skelter, that's a relief (6)
- 2 Churchman, the Queen and the journalist admired (7)
- 3 Ruined rare bags for banks (8)
- 4 Offspring noted for a piece of music (4)
- 5 Call up the first girl outside, all right! (5)



- 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)

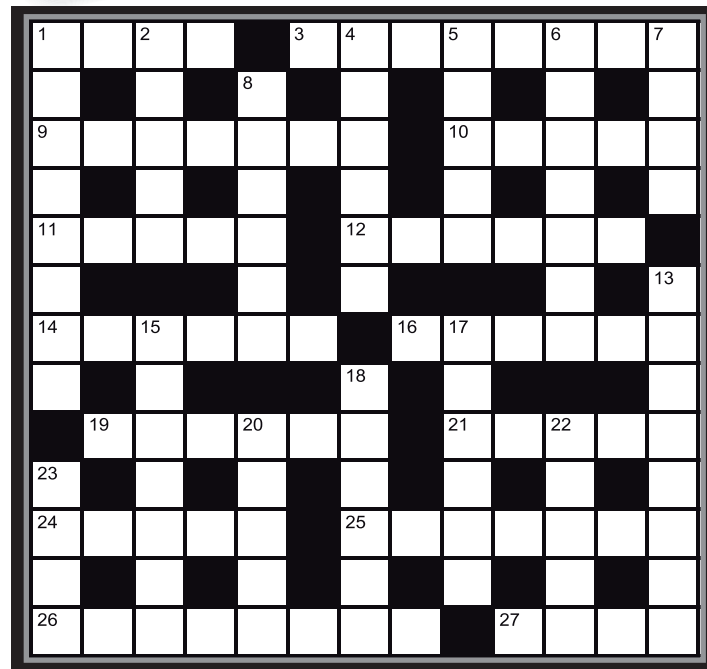
Code Breaker

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 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 |

Quick



Across

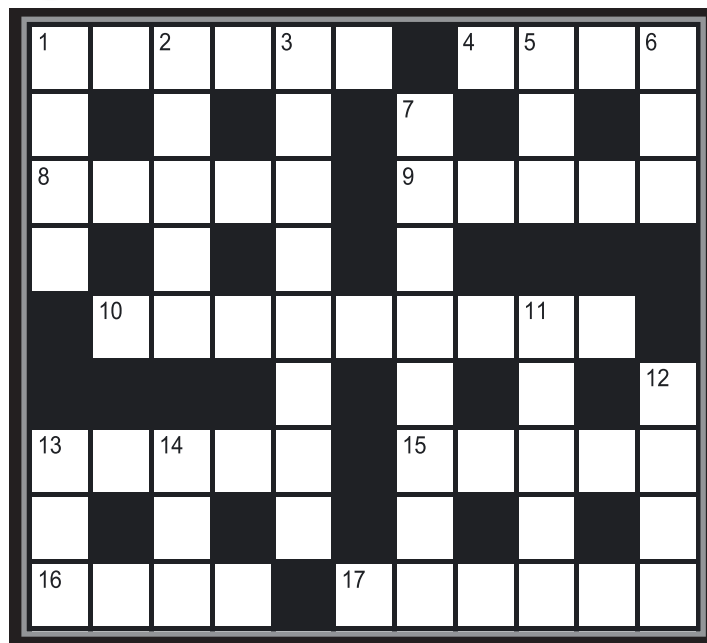
- 1 Cook (4)
- 3 Internet scam (8)
- 9 Alphabetic characters (7)
- 10 Hebrew prophet (5)
- 11 Trap (5)
- 12 Exhilarated (6)
- 14 Nearly (6)
- 16 Chanted phrase (6)
- 19 Dire situation (6)
- 21 Frighten (5)
- 24 Young rabbit (5)
- 25 Organise (7)
- 26 Magician (8)
- 27 Organs of sight (4)

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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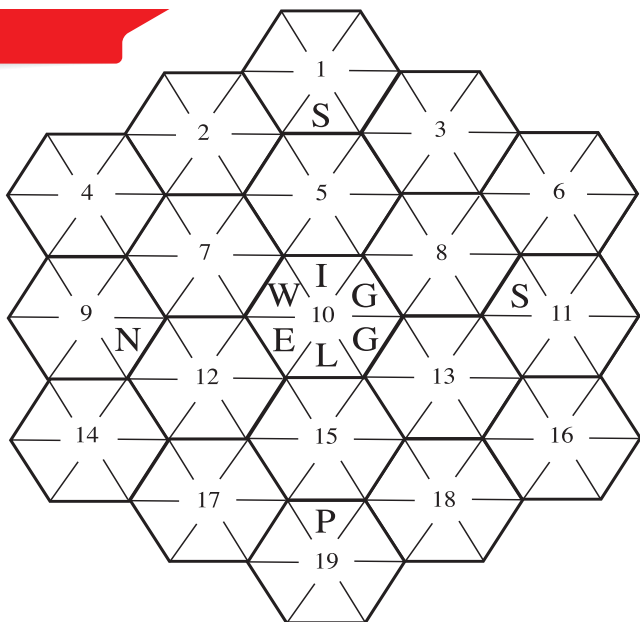
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## Hexagram

ANGLES  
APPEAL  
ASSERT  
CARVES  
DEMONS  
HEAVEN  
KITTEN  
POWDER  
PRINCE  
RAGING  
RIDDLE  
SEEING  
SHINES  
SIGHED  
SPEEDS  
TINDER  
VIGOUR  
WHITEN  
WIGGLE (10)



The purpose of the Hexagram puzzle is to place the 19 six-letter words into the 19 cells. **The letters at the edges of interlocking cells MUST BE THE SAME.** The letters in the words must be written **CLOCKWISE.** The word in cell 10 (**WIGGLE**) and one letter in four other cells are given as clues.

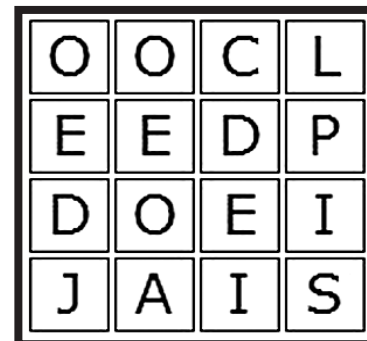
### LAST WEEK'S SOLUTION

1 Pebble 2 Beyond 3 Expert 4 Opaque  
5 Excise 6 Pronto 7 Swampy 8 Ascent  
9 Famine 10 Wisdom 11 Tiptoe  
12 Iambic 13 Pagoda 14 Crayon  
15 Baboon 16 Domain 17 Myriad  
18 Moving 19 Tidbit.

## Boggled

How many English words can you find in the Boggled grid, according to the following rules?

- The letters must be adjoining in a 'chain'. They can be adjacent horizontally, vertically or diagonally.
- Words must contain at least four letters and may include singular and plural or other derived forms.
- No letter may be used more than once within a single word, unless it appears twice.
- No vulgarities or proper nouns are permitted.



### TARGET:

- Average: 8
- Very good: 16
- Good: 11
- Excellent: 19

### SCORING:

4 letters: 1 point 7 letters: 5 points  
5 letters: 2 points 8 or more letters: 11 points  
6 letters: 3 points

### LAST WEEK'S SOLUTION

often tone toned enema enemy emcee  
emceed icemen iced font note neem need  
needy neve mien mice meed cement  
cede cedi emir even event edema feed  
info meme memento minx mixed main  
maven vent vain varment denote dent  
dement deem deva idem rime rimed rimy  
rain raiment rave raven raved aimed  
airmen amen ament amir armed army  
yamen rife ride wife wide widen wiry

## 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.



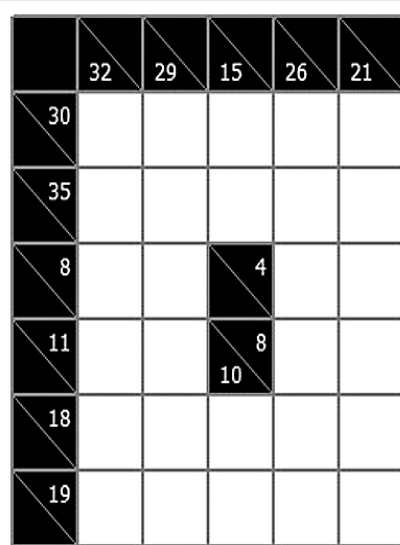
**TARGET:**  
Average: 5  
Good: 7  
Very good: 10  
Excellent: 12

### LAST WEEK'S SOLUTION

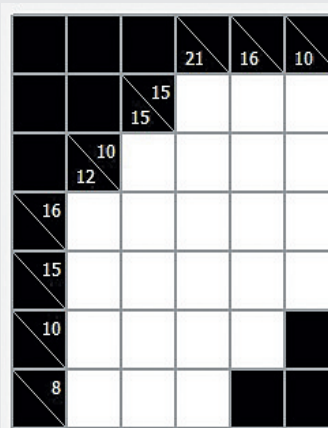
cedi cent cert cite code coin coir cone cord core corn cote cred deco dice  
iced icon nice once otic rice torc cento cider cited citer coder coned  
conte cored credo cried crone decor dicer dicot doric edict icier ionic  
nicer recon recti recto riced ricin tonic trice cinder citron coined coiner  
corned 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

## Kakuro

Fill all the empty squares using the numbers 1 to 9, so that the sum of each horizontal block equals the 'clue' on its left, and the sum of each vertical block equals the clue on its top. No number may be used in the same block more than once.



### LAST WEEK'S SOLUTION



## LAST WEEK'S SOLUTIONS

### QUICK

**Across:**  
1 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 Sty, 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 |

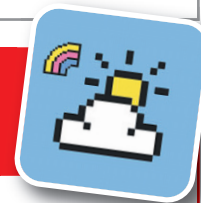
### CRYPTIC

**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 Cower, 19 Capon, 21 Manor, 22 Mite.

### 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.

## App of the week



### PIXEL WEATHER

Now that summer is here, why not try out a new weather app. This one isn't brand new, but it's worth a try. It offers a unique combination of quirky, nostalgic graphics and powerful features. It displays up to a 10-day forecast, Air Quality Index, and it supports Apple Watch and Notification Center widgets.

## 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, DIK AND HARRY, 7. ANY WHICH WAY YOU CAN, 8. THE LION, 9. PINOCCHIO, 10. BUTCH CASSIDY AND THE SUNDANCE KID.



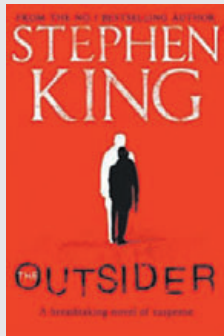
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BOOKS



Not such a nice guy?

WHEN an 11-year-old boy is found murdered in a town park, eyewitnesses point to the town's popular Little League coach, Terry Maitland, a well-loved family man, as the culprit.

DNA evidence and fingerprints confirm this. Horrified by the brutal killing, Detective Ralph Anderson, whose own son was once coached by Maitland, orders the suspect to be arrested in a public spectacle.

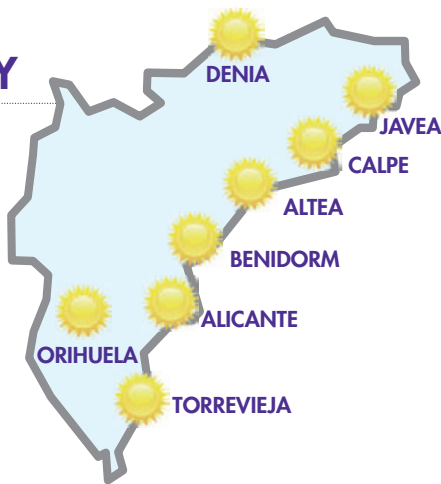
But Maitland has an alibi, as it is proved he was out of town that day. As Anderson and the District Attorney trace the clues, the investigation goes from Ohio to Texas. And as horrifying answers begin to emerge, so King's propulsive story of almost unbearable suspense kicks into high gear. Terry Maitland seems a nice guy but there is one hard fact: a man cannot be in two places at the same time. Can he?

books@euroweeklynews.com

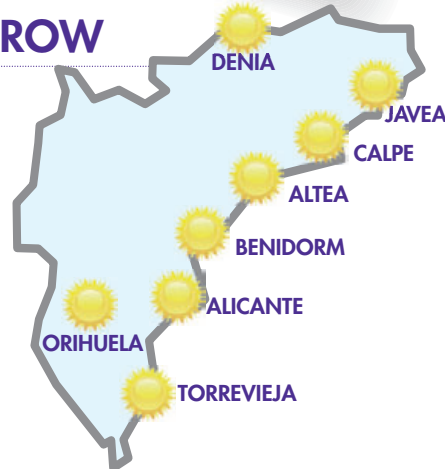
Costa Blanca

weather

TODAY



TOMORROW



SATURDAY



|   |  |  |   |
|---|--|--|---|
| <b>Malaga</b><br>Today: Max 34, Min 22-S<br>Fri - 35 22-S<br>Sat - 31 21-S<br>Sun - 30 20-S<br>Mon - 31 21-S<br>Tues - 34 21-S<br>Wed - 33 21-S | <b>Almeria</b><br>Today: Max 28, Min 22-S<br>Fri - 29 22-S<br>Sat - 28 22-S<br>Sun - 28 21-S<br>Mon - 27 20-S<br>Tues - 29 21-S<br>Wed - 28 21-S | <b>Bilbao</b><br>Today: Max 23, Min 17-C<br>Fri - 22 17-C<br>Sat - 23 16-Sh<br>Sun - 25 17-C<br>Mon - 28 18-C<br>Tues - 27 18-S<br>Wed - 26 18-C | <b>Madrid</b><br>Today: Max 33, Min 16-S<br>Fri - 32 17-S<br>Sat - 33 18-S<br>Sun - 35 18-S<br>Mon - 35 18-S<br>Tues - 34 18-S<br>Wed - 34 18-S |
|---|--|--|---|

|   |   |   |  |
|---|---|---|--|
| <b>Alicante</b><br>Today: Max 31, Min 22-S<br>Fri - 31 23-S<br>Sat - 31 22-S<br>Sun - 30 20-S<br>Mon - 31 22-S<br>Tues - 32 22-S<br>Wed - 32 22-S | <b>Benidorm</b><br>Today: Max 31, Min 23-S<br>Fri - 30 23-S<br>Sat - 30 23-S<br>Sun - 29 23-S<br>Mon - 29 23-S<br>Tues - 30 23-S<br>Wed - 30 23-S | <b>Mallorca</b><br>Today: Max 31, Min 21-S<br>Fri - 31 22-S<br>Sat - 31 21-S<br>Sun - 30 21-S<br>Mon - 31 21-S<br>Tues - 31 22-S<br>Wed - 31 22-S | <b>Barcelona</b><br>Today: Max 30, Min 21-S<br>Fri - 29 21-S<br>Sat - 28 21-S<br>Sun - 28 21-S<br>Mon - 29 22-S<br>Tues - 30 22-S<br>Wed - 30 22-S |
|---|---|---|--|

S: Sun ☀ Cl: Clear ☁ C: Cloudy ☁ Sh: Showers ☁ Th: Thunder ⚡ Sn: Snow ❄

Euro Weekly News strives for accuracy, but cannot be held responsible for any errors in published forecasts

BIRTHDAYS

- **Benedict Cumberbatch, Actor; July 19, 42**  
The London-born actor plays fictional detective Sherlock Holmes in the TV series Sherlock and has landed roles in 12 Years a Slave and The Imitation Game. He spent a year teaching English in an Indian monastery before studying drama at the University of Manchester.
- **Anton du Beke, Dancer; July 20, 52**  
Beke is known for appearing on the TV show Strictly Come Dancing and he has also presented a show Hole in the Wall. Born in Sevenoaks in England, he won the International Dancer Teachers Association Classic in 2003.
- **Paloma Faith, Singer; July 21, 37**  
Faith's singing career has resulted in five hit singles



Selena Gomez.

- including New York and Stone Cold Sober. She began a judge on the British edition of The Voice in 2016 and has also featured in the film The Imaginarium of Doctor Parnassus.
- **Selena Gomez, Actor; July 22, 26**  
The actor was born in Grand Prairie, Texas in the United States and rose to fame with the Disney series Wizards of Waverly Place. She went on to land roles in Spy Kids 3, Walker Texas Ranger and has also had a successful solo music career and with band Selena Gomez & the Scene.
- **Slash, Musician; July 23, 53**  
Slash was born Saul Hudson in Hampstead in England and later moved to the United States. The guitarist found

- fame with the band Guns N' Roses, performing lead guitar on hits such as Sweet Child O' Mine, Paradise City and November Rain.
- **Jennifer Lopez, Singer; July 24, 49**  
The singer is known for Waiting for Tonight and If You Had My Love and has sold more than 20 million albums worldwide. Born in New York City in the United States, she made her debut in films in My Little Girl in 1986 and later became a judge on American Idol.
- **Matt LeBlanc, Actor; July 25, 51**  
LeBlanc played Joey Tribbiani in the TV series Friends and won a Golden Globe for Best TV Comedy Actor for his role in Episodes. Born in Newton, Massachusetts in the United States, he also previously had a stint on the British TV series Top Gear.

This week in history

- 1545 - King Henry VIII of England watches his flagship, Mary Rose, capsize in the Solent as it leaves to battle the French. It is now in drydock in Portsmouth.
- 1799 - The Rosetta Stone, a tablet with hieroglyphic translations into Greek, is found in Egypt.
- 1588 - The Spanish Armada sets sail from Corunna to escort an army from Flanders to invade England.
- 1715 - The Riot Act goes into effect in England, declaring any group of 12 or more people to be unlawfully assembled.
- 1944 - Adolf Hitler is wounded in an assassination attempt by German Army officers at his field headquarters near Rastenburg.
- 1919 - The British House of Lords ratifies the Versailles Treaty ending the war between Germany and the Allied Powers.
- 1298 - King Edward I defeats the Scots under William Wallace at Falkirk.
- 1812 - A British army under the Duke of Wellington defeats the French at Salamanca, Spain.
- 1789 - Thomas Jefferson becomes the first head of the US Department of Foreign Affairs.
- 1894 - The first competitive automobile race takes place between Paris and Rouen, France.
- 1865 - William Booth founds the Salvation Army, an international charitable organisation.
- 1974 - The Supreme Court rules that President Richard Nixon must surrender the Watergate tapes.
- 1978 - The first test-tube baby, Louise Brown, is born in Oldham, England.

DVD

Special bond



TULLY is a new American comedy drama. Marlo (Charlize Theron) lives in New York and is about to give birth to an unplanned third child.

Her husband, Ron, is loving and works hard, but he doesn't realise the demands that motherhood puts on his wife. When the baby girl, Mia, is born, Marlo's wealthy brother Craig hires a nighttime nanny called Tully to help his sister out. Hesitant at first, Marlo soon learns to appreciate all that Tully does - forming a special bond with her new, lifesaving friend.

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.

Word Ladder

FULL

Move from the start word (FULL) to the end word (BEAM) in the same number of steps as there are rungs on the Word Ladder. You must only change one letter at a time.

BEAM

- BEAM
- TEAM
- TEAL
- TELL
- FELL
- FULL
- Solution

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 |



**Advertising Feature**

THE anus is a part of our body which we often try to hide and is not very elegant.

Perhaps in order to punish our rejection it can cause illnesses, although they are not serious illnesses, they can become very uncomfortable and make our lives unpleasant.

However, everybody knows that if these illnesses are painful, then the surgery is supposed to be even more painful.

There is also a risk that these operations lead to complications or have repercussions. For these reasons many try to ignore the situation or put it off for as long as possible.

Now in a day one organisation in particular is able to treat these problems without pain, without surgery, without hospitals and without having to take time off work, for all of those who suffer. To remove haemorrhoids, it is no longer necessary to operate or to support a long painful healing process. The new treatment methods achieve brilliant results.

This great progress is due to a change of strategy: If we eliminate them little by little instead of all at

once, they can be removed without surgery, and also without having to take time off to recuperate.

Doing it this way, the treatment can be made in the clinic during as many sessions as necessary, without having to step foot in a hospital.

The methods that have proven to take them away 'little by little' are known as Banda Elastica, Esclerosis, and Electro-Fulguración. By managing them correctly, complete control is achieved, even in the more advanced cases. The pain from anal fissure can be controlled from the first session of treatment in the clinic with an infiltration method using neuromodulator agents.

The result is spectacular, it achieves an instant solution to the anal pain from the first session in the clinic. For

# An embarrassing problem solved without surgery



Credit: Ann Patchanan Shutterstock

**HELP IS AT HAND: For those uncomfortable moments.**

the result to be permanent, the treatment must be repeated between three and five times over a three-month period, always in a way so as not to affect any normal activity.

The effectiveness to this treatment is similar to that of the surgery, however without the inconvenience and without the risk of causing incontinence.

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Visit <http://www.clinicamejorate.com> for more information about the organisation which is based at **Clinica Mejorate, Calle Via Augusta, 42, 03187 Los Montesinos, Alicante.**

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**Does it hurt?**  
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# Just the veganning?



**UNSTOPPABLE RISE:** Veganism is on the up.

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.

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|---|---|--|--|--|
| <b>4 Channels</b>   | <b>6+ Channels</b>  | <b>8+ Channels</b>   | <b>12+ Channels</b>  | <b>16+ Channels</b>  |
| <b>Domestic Situations</b><br><br>1-1 Conversation, TV, Shopping, Public Places | <b>Groups</b><br><br>Family Gatherings, Cafes, Small Groups | <b>Social</b><br><br>Restaurants, Parties, Social Gatherings, Noisy Places | <b>Active Social</b><br><br>Large groups, Business meetings, Outdoor Sports, Music | <b>Demanding Situations</b><br><br>Public Meetings, Concerts, Theatre, Orchestra |
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# Worth a punnet!

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



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

funded the research said, "we are excited about these findings."

Red raspberries are known to contain strong anti-oxidants such as vitamin C, quercetina and Gallic acid that fight against cancer, heart and circulatory disease and age-related de-

cline. They have also been shown to have anti-inflammatory properties.

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

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.

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Advertorial

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THE healthcare industry is one of the sectors with the most promising future in the economy of the Valencian Community.

The rapid growth in recent decades in terms of training of human talent and infrastructure investments have made it to excel in the country and there is an ever-increasing influx of Spanish and foreign patients seeking healthcare. The wonderful personal care, cutting-edge technologies and qualified healthcare personnel at hand stand out.

Quironsalud hospitals are international hospitals of excellence, equipped with teams of highly qualified professionals and cutting-edge technology. They provide you with a wide range of medical specialities, hence making them an internationally recognised multidisciplinary centre both in the field of oncology surgery as well as in the other medical and surgical specialities.

Having cutting-edge technology they are, at present, the best equipped private hospitals in the Valencian Community.

With over 25 years of experience, around 800 people have worked and are working every day to provide care to their patients. Given their locations in Va-

# Quironsalud t holidaymaker

lencia City centre and Torrevieja in the tourist town par excellence, they have become a benchmark for health tourism and foreign citizens who seek to settle in these places.

## Leading the ranking

Francisco Fiestras, the managing director of Quironsalud Levante Region, said: "We are pioneers in international patient care and have developed a healthcare management system in line with the needs of our patients."

Mr Fiestras added: "We have a team of renowned physicians plus cutting-edge technology and experience, which constitute the key features to provide a healthcare service of excellence."

Quironsalud Torrevieja Hospital received the 'Highly Recommended' Best International Hospital award in the Best International Hospital category at the worldwide IMTJ Medical Travel Awards 2017 for the care it



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provides to international patients.

Thus Quironsalud hospitals are benchmark international hospitals in the Valencian Community, offering a special approach to international patients, so that patients always feel at home and receive information as accurately as possible, paying attention to communication and various cultural idio-

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# the leader for s and expats



Quirónsalud Torrevieja.

make sense to treat a Russian or an Arab or a French patient exactly in the same fashion.”

He emphasised that the hospitals are dealing with international patients who travel and seek excellent care involving the least bureaucracy. They want to find all the facilities for their transfer and treatment including, for example, translation services or the presence of a prior free flow of communication with them so that on the same day of arrival they may be able to undergo the necessary tests, their case can be assessed by the medical team, and if possible, to begin treatment on that same day.

This requires that care is absolutely oriented towards that type of patient.

“All diagnostic tests are done based on a protocol so that everything is done on time, undergo a clinical session with professionals to determine the treatment to be applied, and start it,” he said.

At Quirónsalud, the international department is open 24 hours a day to cater to patients in any language at any time. The hospitals also have specific wards for international patients and offer a translation service with eight interpreters at Quirónsalud Torrevieja and five at Quirónsalud Valencia.

synchronies of each patient.

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Hyperspecialisation, be it in terms of treatments or in specific countries, as well as ‘total guidance’ of the entire hospital for the international patient, are the keys for successfully attracting citizens from other nationalities who wish to undergo any kind of medical

treatment outside their home country.

Mr Fiestras explained: “Any hospital that wants to be an international facility must be oriented and set this way right from the beginning, what necessarily happens at an international admissions department that respects the culture of those patients, as it does not

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is your home,  
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### 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.

# Learn about Rioja



### The exquisite aroma and taste of Rioja wine.

By the early 20th century, in 1902, a Royal Decree was issued which defined the 'origin' for application to the 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 Regulatory 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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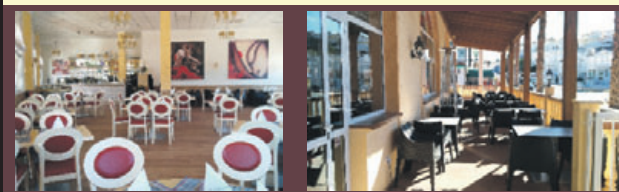
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# Queens of Rock hit Alicante

THE Queens of Rock, a great female tribute band, will be visiting Costa Blanca in August at nine different venues.

This UK theatre show is a huge touring production with a full seven-piece live band, projector screens and staging and the girls are taking a small detour from their UK tour dates where they will be headlining the Southport Rock festival in September, to perform these intimate small scale shows in the Alicante area.

The show is dedicated to female rock legends and great vocalists of the last four decades. With three of the UK's most experienced Rock singers - Kerry Carlton-Senior, Cassandra Kotchie and Helen Hurd, the show takes the audience on a rollercoaster ride of the most famous hits by artists such as Cher, Bonnie Tyler, Heart, Roxette, Pat Benatar, Pink, Tina Turner,



**QUEENS OF ROCK: Promise a great show.**

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With costumes and outstanding stage presence the Queens will be a sure hit with audiences of all ages.

The show will be appearing at the following venues:

- Wednesday August 15 - Spanglish Bar, Balsicas
- Thursday August 16 - The Madhouse, Orihuela
- Friday August 17 - Club

- Quesada Saturday August 18 - Rogers Bar, Gran Alicant
- Sunday August 19 - New York's Bar, Murcia
- Wednesday August 22 - Vista Bar, Mazarron
- Friday August 24 - Bowling Alley, Almeria
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- Sunday August 26 - Fusion Bar, Mar Menor.

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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 Cel-

sius (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).




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**Advertising Feature**

# The ideal place for a great Indian meal

SITUATED in the Ciudad Quesada suburb of Rosales, the Indian Ocean has been serving exceptional Indian food for more than a decade.

With glamorous high ceilings and chandeliers, as well as upstairs space perfect for private parties, and an outdoor terrace for al fresco dining if the weather allows, the Indian Ocean is a great place to enjoy an intimate meal for two or to enjoy a large gathering with friends and family.

Whilst the restaurant itself is a lovely environment to dine in, food is of course behind its success with owner Mohsin Reza priding himself on the quality and freshness of the Bangladeshi food: '95 per cent of restaurants in the UK are actually Bangladeshi rather than Indian and it is a slightly different type of cuisine, so we offer the much loved tastes that people are so fond of in the UK.'

They have begun to introduce a few new ingredients and make subtle little changes to things like garnishes which are proving popular with customers - enhancing the flavours and presentation of the dishes - and everything is freshly cooked to order.



**EXCEPTIONAL FOOD:** Bangladeshi cuisine and much loved tastes at the impressive Indian Ocean Restaurant.

Aware of the dietary needs of many customers, gluten-free is available;



just ask one of the friendly and attentive waiters and tell them of any allergies and those with special requests will be served a meal they can safely enjoy.

Indian Ocean remains open every day for lunch from 12-3pm and again in the evening from 6pm until 11pm. The 'menu del dia' offers the most affordable way to try the cuisine, costing €8.95, and the evening menu is €10.95 with both available Sunday to Thursday.

Apart from all of the dishes you would expect from a good Indian restaurant, the chef's specialities include a great selection of hard to find treatments of chicken, meat and prawns, as well as a range of starters and main dishes suitable for vegetarians.

Takeaways are also available so you can enjoy a little bit of the Indian Ocean in the comfort of your own home.

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# Jazz maestros in Alicante

JUST one day before they travel to San Sebastian for a sold out concert, the Holland, Hussain, Potter trio are performing at the Alicante Auditorium.

Bassist Dave Holland has been a major player in the evolution of contemporary jazz. He has worked with some of the greatest names in the genre including Miles Davis, Chick Corea, John Scofield, Anthony Braxton, Betty Carter, Steve Coleman, Herbie Hancock, Pat Metheny and Michael Brecker.

Zakir Hussain is a genius of percussion and his first love is the tabla. He is known worldwide for his collaboration with John McLaughlin and L Shankar in Shakti as well as working with members of the Grateful Dead, but in India he is revered as one of the best composers and performers of Hindustani classical music.

Making up the trio is saxophonist Chris Potter who was nominated in 2017 for a Grammy for Best Instrumental Jazz Album and his pedigree includes stints with Steely Dan, Herbie Hancock, and Mingus Big Band.

They have been performing together regularly for some time and the concert promises



Credit: Radiobread flickr

**Zakir Hussain, master of tabla**

to be a fusion of exceptional skill and experimental, yet controlled jazz, which combines double bass, saxophone and tabla.

The concert which is almost sold out takes place on Thursday July 26 at 10pm with tickets available online priced from €18 to €24.

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# Juan Carlos I in property scandal

THE former king of Spain, Juan Carlos I, bought multiple overseas properties through his alleged lover Princess Corinna zu Sayn-Wittgenstein, according to claims made by her in a leaked recording.

In a 2015 conversation with a former Spanish police officer in London, Princess Corinna alleged that the king's lawyers put her name on overseas properties without her permission, complaining that she was being drawn into 'money laundering.'

The 53-year-old princess, who obtained her title from her second marriage, also claimed that that Juan Carlos I held bank accounts in Switzerland in the name of his cousin, Alvaro Orleans de Borbon.

The allegations are the latest controversies to spring from the long-reputed relationship between the Mona-



Credit: Aleph/Wikimedia

co-based princess and Juan Carlos I, who has an estimated fortune of up to €2 billion.

Princess Corinna, an adviser to Prince Albert of Monaco, was named in the Spanish press as the then king's lover after she was seen in his company during a secret 2012 elephant hunting trip in Botswana.

It is an incident that is widely seen as the beginning of the fall of Juan Carlos I, who abdicated in 2014 at the age of 76.

Princess Corinna claimed the properties had been put in her name not 'because he loves me a lot, but because I reside in Monaco,' where such assets do not have to be publicly declared.

The Spanish palace has not commented on last week's reports, and Alvaro Orleans de Borbon has denied the claims.

**ROYAL SCANDAL:** The allegations are an embarrassment for Juan Carlos I.

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# Ortega makes €680 million Adelphi bid

THE Spanish billionaire and founder of Zara is set to buy the Adelphi - a Grade II listed building in central London - for about €680 million, weeks after losing out on buying another prominent building in the capital.

Amancio Ortega, 82, founder of the Inditex fashion empire that includes the retailer Zara, is understood to be the preferred bidder for the 330,000 sq ft office building by the Strand.

At the moment it is home to the music-streaming service Spotify, as well as Conde Nast, *The Economist*, and Finsbury, the public relations company.

Mr Ortega is the ninth richest person in the world, and is worth €58.7 billion, but no final decision to sell the property to him has



**FASHIONABLE PURCHASE:** The sale would be a significant move from Mr Ortega.

been taken.

The building is owned by Blackstone, America's largest private equity firm, which bought the site in 2012 for €294 million.

The 1938 building has been restored to its art deco glory with Travertine marble surfaces and etched glass panels, while the four sculptures that frame the

Adelphi and which were designed by the sculptor Gilbert Ledward, remain in place.

Pontegadea recently made a €1.13 billion bid for Goldman Sachs' London headquarters but missed out to South Korea's National Pension Service, a sovereign wealth fund.

Blackstone put the Adelphi up for sale in April after completing full occupancy of the building last July when Shiseido Group, the Japanese cosmetics company, took the remaining space.

The private equity group has completed a huge refurbishment of the site, which is one of the largest single office buildings in the West End with panoramic views over the Thames.

## Tenants' rights are building

SPAIN is introducing a series of measures to strengthen legal protection for people who rent their homes.

Home-building, boosted by foreign investment, is thriving in the country, 10 years after a property bubble burst, and the new Socialist government is now looking to rein in some areas of the market.

Development Minister Jose Luis Abalos said:

"We need to make sure housing stock is mainly allocated to satisfying the right to housing, safeguarding its social function."

Buyers of rented property will have to respect the terms of existing tenants' contracts, avoiding the post-crisis situation where cash-strapped councils sold social housing to private equity firms that subsequently raised rents.

Mr Abalos also proposed regulatory and fiscal measures to encourage owners of empty properties to let them.

He announced that over the next four to six years, 20,000 affordable homes for rent will be built, adding to a supply which currently makes up for just 2.5 per cent of Spanish housing stock, according to the OECD.

This compares with 14 per cent in France and 18 per cent in Britain.

Curbs will be placed on deposits or other guarantees that landlords can demand from tenants, and the government will aim to ease access to credit to help people rent.

Mr Abalos explained he wanted to 'balance the rights of landlords and tenants as much as possible.'

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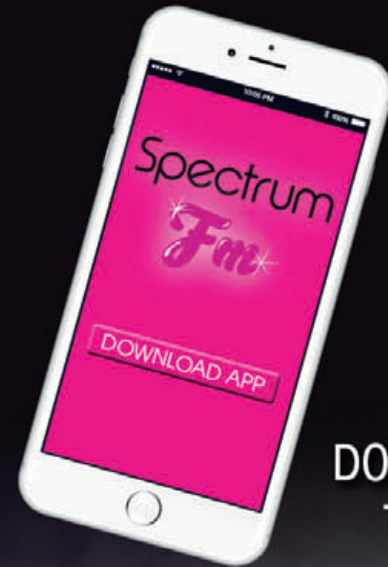


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# Vitalise your meals with minimal effort

## GRAEME TYRRELL

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



Credit: Oliver Hoffmann Shutterstock

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

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 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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## Watering your garden in summer

NOW that the heat and humidity have arrived on the coast, provisions for watering the garden need serious consideration in order to keep it thriving through the hot summer months.

These are the hot tips from local gardening professionals:

The best block of time to do

any work in the garden would ideally be between 5am and 9am.

The cooler temperatures at these hours of the day allow the plants to absorb water before the heat of the sun burns off the moisture.

If watering the plants at this

time of the morning is impractical, apparently the next best time advised by the experts to water plants out in the sun is three hours before sunset.

Plants need time to dry off before sunset otherwise mildews and other issues will arise in them. It is advised to only water shaded gardens in the early evening if desperate.

Watering the grass is a difficult balance. Whilst wanting to keep the grass alive, wasting water so that it looks like a golf course isn't necessary.

Healthy turf that goes dormant with a brown appearance will bounce back when temperatures cool down.

For best results they recommend watering heavily and less frequently rather than lightly and more often. One inch of water is the general rule of thumb, a good gauge is to place an empty tuna can on the grass as you water and when it is full the grass is fully watered.

Unlike plants, the best time to water grass is at night. Sprinkler timers are available in most hardware stores or garden centres up and down the coast.



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David  
**THE Dogman**



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OBSESITY is not just a problem in people; pets are packing on the pounds too! A recent report from the National Academy of Science shows that one in four pets is overweight or obese. This problem can no longer be ignored!

**How much does a fat pet weigh?**

Putting your pet on the scale is not the best way to evaluate if the pet is overweight. There is a tremendous amount of individual variation in an animal's ideal weight. It is better to look at the appearance of each animal rather than at a weight that this breed or type of animal 'should' be. Looking at the animal's body condition is the best way to judge where your pet falls on the obesity spectrum.

Body condition scores are most commonly rated on a five- or nine-point scale, with the middle of the scale designated ideal. The pet is scored by looking at its build, the amount of fat overlying its ribs and its 'waist.' Breed, age, sex and type

# How much does your fat pet weigh?

of lifestyle are minor factors noted.

You should be able to feel your pet's ribs easily without pressing, but you should not be able to see the ribs through the coat. There should be a 'tuck in' in the abdominal area. Your pet's torso, viewed from above, should resemble an hour glass. You can conduct these quick checks, but since it's hard for owners to be objective, it's best to seek your veterinarian's advice.

Since more pets are overweight, we have become accustomed to seeing pets who weigh more than is ideal. The norm now seems to be several pounds overweight. Often if a pet is lean, owners think the pet is starving. However, studies show that lean pets have fewer health problems and an increased life span of up to two years.

**Overweight**

An overweight pet is not a healthy pet. Owners need to recognise that they are putting their pet's health at risk by allowing that extra weight. Obesity commonly leads to diabetes, heart problems and arthritis. An overweight pet does not age well either.

Overweight pets are more prone to hip dysplasia, back and joint pain, and endocrine diseases. Extra weight also decreases a veterinarian's ability to manage these conditions both medically and surgically.

**Healthy weight**

Keeping Fluffy at a healthy weight can literally add years to her life. The answer is the same for pets as well as people: too many calories and not

enough exercise. The most common reason for overfeeding is that owners want to show their pet they care and one way is to give a treat. One extra treat can turn into five and then 10. Be aware exactly how much you are feeding your pets.

It can be a challenge deciding how much is the right amount to feed your pet. What's listed on the bag is for the average pet, but lifestyle, activity level and age also affect how much food a pet needs. If your pet is overweight, feed less than what the bag says and adjust from there. Remember that treats reduce the amount of food

required at each meal.

If given the chance most animals will eat more than they need. Talk to your veterinarian to figure out the ideal weight for your pet, then monitor your pet's weight with weekly or monthly 'rib checks' or weigh ins.

**Never start your pet on a diet without consulting your veterinarian**

Prevention is really the key. It is very hard to get pets to lose weight, especially if it is an arthritic pet that cannot exercise. Keeping animals at a steady weight is a much easier task.

If you are faced with an obese pet, first rule out medical reasons for being overweight. Then simply decrease calories in the diet and increase exercise. An extra motivation is that people who lose weight together with their pet are more likely to keep it off.

Working with a veterinarian is the best way to formulate a healthy diet for your pet, determine your pet's ideal weight, and create a weight loss plan. Contact your local veterinarian if your pet is overweight.



**OBESITY: A problem for all animals.**

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fessional but friendly, and takes a genuine interest in you as a house-sitter.

I'm very excited about my next booking. 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 their owners go on holiday is a brilliant idea!

*Sonya Piggot - House-sitter.*

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**THE ANGLICAN CHURCH, La Fustera.** For more info: contact Frank Bentley on 966 495 188. (95461)

**ALCOHOLICS ANONYMOUS** IS ALCOHOL COSTING YOU MORE THAN MONEY? Drinking to excess not only affects your health it can spill over into every other aspect of your life - damaging everything that is important to you. English-speaking AA meetings are held throughout the Costa Blanca from Valencia City to Murcia. Anyone wishing to attend a meeting or discuss a possible drinking problem contact Costa Blanca North: \*648 169 045\* or Costa Blanca South: \*625 912 078\* or Costa Calida \*679 385 105\*. All calls are treated in the strictest confidence. AA in German: 645 456 075; Spanish: 679 212 535; Flemish: 635 047 053; and Scandinavian: 659 779 222. [www.aa-costablanca.org](http://www.aa-costablanca.org) (93323)

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**THE ROYAL NAVAL ASSOCIATION, Torrevieja Branch,** meet at 17.00 on the first Wednesday of each month at the Restaurante El Paraiso, Urb. Jardin del Mar 3 (behind Carrefour), Torrevieja. Contact Paul Edwards, Chairman 618 644 934 or Margaret Fors-haw, Secretary 966 921 996.

**THE ROYAL BRITISH LEGION Orihuela Costa -** covering from Punta Prima to San Javier. The branch meets at Olympia restaurant, Mil Palmeras on 3rd Thursday of each month at 19.00 - 19.30pm. More info can be found on branch website [www.orihuelacostarbl.co.uk](http://www.orihuelacostarbl.co.uk)

**HELP VEGA BAJA.** We are a non-profit making organisation that helps and supports anyone, without prejudice, in times of need or crisis within the Vega Baja area. Our offices are based in San Miguel at Calle Lope de Vega 46 (Tel 966 723 733), Torrevieja at Rambla Juan Mateo Garcia 4 (Tel 965 704 282). Both offices are open Monday to Friday from 10 am to 1.30 pm and the Helpdesk at La Marina is open every Thursday (10 am to 1.30 pm) at the Hope Fellowship Church (opposite the Thursday Market site) at Avda de Justo Antonio Quesada, Urb. La Marina (Tel 615770145). We are online at [www.helpvegabaja.com](http://www.helpvegabaja.com) and also on Facebook. You can email the San Miguel Centre at [fice@helpvegabaja.com](mailto:fice@helpvegabaja.com). **We also have a 24-hour Emergency help-line which**

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**THE PHILIP SCOTT LODGE** No 10671 of the RAOB meets every Friday in the Bar Catorce, Benijofar. Please call the secretary, Colin Bird on 693 287 614 for further information. (95459)

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**PILAR CHRISTIAN COMMUNITY CHURCH,** Calle Canalejas, 3. Pilar de la Horadada. Sunday Service at 11am & Thursday at 5pm for Prayer and Praise and Worship. Home groups meet during the

week. All welcome from any church background or none. For further information, [www.pilarchurch.org](http://www.pilarchurch.org) Reg No: 2009-SG/A (95463)

**TORREVIEJA Christian Fellowship (TCF)** is an English speaking lively church located at Avenida de las Valencianas 68, Torrevieja 03183. Residents and holidaymakers are welcome to attend our services with communion and 'kids church' each Sunday at 10.30am. We have a Fellowship Meeting (Bible Study) each Wednesday at 6.00pm. For further information see our website [www.tcf-spain.org](http://www.tcf-spain.org) or tel 966 700 391. (95464)

**THE AIRCREW ASSOCIATION COSTA BLANCA BRANCH.** Former & serving aircrews of the UK or Allied Armed Forces are welcome to join this convivial & friendly organisation, now in its 21st year. [www.aca.costablanca.org](http://www.aca.costablanca.org) or call the Secretary on: 966 495 042 (95465)

**STROKE ASSOCIATION Spain** (formally known as Torrevieja stroke support) meet every Wednesday and Friday 2.30pm until 5.00pm. Our new address is Casa de Cultura, Calle Francisco Ribera Perez Benijofar. Our aim is to help and support stroke survivors and their carers. With rehabilitation, speech therapy, OC therapy and a very active social group. For info please contact 654 801 260 or email [strokesupportgroup@hotmail.com](mailto:strokesupportgroup@hotmail.com), website: [torreviejastroke.org](http://torreviejastroke.org). We are always looking for volunteers who have the skills and knowledge to support our groups and activities. (95473)

**THE ROYAL BRITISH LEGION Gran Alacant & La Marina Branch** meets 1st Monday of every month (except July and August) at Bar Sioux, Avda Escandinavia GA at 7pm for 7.30pm prompt. For further info contact Brian, Branch Secretary on 639 917 971 / email [secretarybr3606@gmail.com](mailto:secretarybr3606@gmail.com) (95474)

**CAMPELLO CONTRA CANCER** in conjunction with AECC Association Español Contra Cancer has opened a charity shop at C/Virgen de los Desamparados No 13 (next door to Mas y mas) El Campello. The shop is open Mon-Fri 10 - 2pm and is run by unpaid volunteers and all monies raised goes to the AECC. We urgently need donations of clothes, books, large and small furniture etc., and we will arrange collection of large items. We need volunteers to help out in the shop and also clothes rails, shelves etc. for display. Please support your local Cancer charity and if you wish to obtain literature or simply talk to someone. Please stop by at the shop. Contact Mina or Trisha. Tel 650 071 278 or 610 921 413 e-mail [aecc\\_campello@hotmail.com](mailto:aecc_campello@hotmail.com) (95475)

**INTERNATIONAL CHRISTIAN ASSEMBLY, TORREVIEJA** Calle Urbano Arregui, 23, Torrevieja 03185, Alicante Evangelical non-denominational church. All nationalities welcome. Sunday service 11.00 a.m.; Sunday school; Prayer meetings; craft and computer clubs. Ladies Bible Study: Thursday 11.00 a.m. Church Bible Study: Thursday 1.30 p.m. House groups in Torrevieja, La Siesta, La Zenia - Contact 966 752 543 / 617 215 463. For other church matters phone: 966 799 273 / 966 752 543 / 617 215 463 [www.icatorrevieja.org](http://www.icatorrevieja.org) (95476)

**ROYAL MARINES ASSOCIATION (Costa Blanca)** The aim of the Association is to bring together not just ex Royal Marines, but ex Service personnel with an affinity to the

Royal Marines. We meet on the last Tuesday of the month at 5.30. For further details Hon Sec 692 938 664

**FREEMASONRY.** Are you aware that Freemasonry is thriving on the Costa Blanca? There are various lodges meeting up throughout the Valencia region. If you already are a Mason or simply wish to know more about Freemasonry in Spain please contact Harry Palmer Membership Committee. Tel: 966 712 326 or email: [palmers.quesada@yahoo.co.uk](mailto:palmers.quesada@yahoo.co.uk) (95477)

**ROYAL AIR FORCES Association Branch #1359 Costa Blanca.** The Branch meets on the third Tuesday of the month at the El Paraiso Restaurant located close to the Carrefour Supermarket in Torrevieja. The meeting starts at 1430 hrs. You do not have to be an ex-member of the RAF to join this friendly Association, which supports the welfare of the RAF family and provides a social hub for ex RAF members and their friends. For further information about the Association and its activities please contact the Chairman on 692 508 916 or the Welfare Officer on 615 048 892 or visit our website: [www.rafa.org.uk/costa-blanca](http://www.rafa.org.uk/costa-blanca) (238593)

**THE PATIENCE LODGE** No 2177 of the R.A.O.B meets every Sunday morning at the Sacko's Bar, El Limonar near Las Siesta at 10am. We are always looking for new and lapsed members to join us. Please call Secretary Dave Tonge on 688 704 091 for further information. (253807)

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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

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The generously dimensioned interior with variable

luggage compartment, state-of-the-art operating and suspension technologies, as well as intelligent assistance systems, make the Audi Q8 a convincing companion for business and leisure.

With the permanent quattro all-wheel drive and a ground clearance of up to 254 millimetres, the SUV coupe can continue when paved roads end. The Audi Q8, which is manufactured at the Bratislava plant, can be ordered in Europe now and will be available at

dealers in August. Prices start at €76,300.

With a wheelbase of almost three metres (9.8 ft), the Audi Q8 offers ample space for five people. The interior space exceeds that of the direct competitors in almost all relevant dimensions.

The Audi Q8 is a representative of the progressive design language that Audi first brought

onto the road with the new A8.

Strong contours and athletically tight surfaces convey a feeling of power, sophistication and the special dynamics of the permanent all-wheel drive.

The Q8 interprets this in its very own way, as the fusion of an elegant four-door luxury coupe with a large SUV, and with echoes of an Audi icon - the original Quattro.



Photo credit: Audi Media Centre

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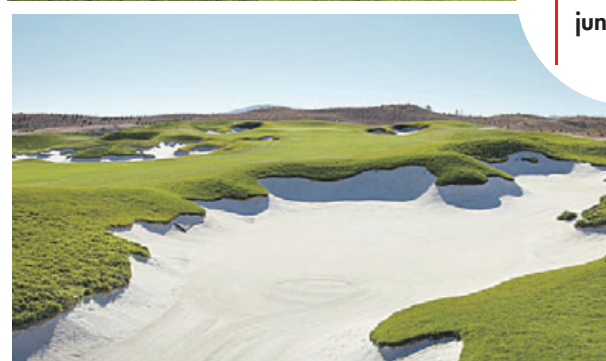
# Great summer golfing offers

THE Murcia region of Spain is one of the best areas in Europe for golfers.

GNK Golf is proud to be a part of this success by providing six great golf courses for residents and visitors of Murcia. All six courses are designed by the world renowned Nicklaus Design, while Alhama Signature was designed by Jack Nicklaus himself.

The golf courses are playable for all levels of golfers and provide a great variety of courses in one organisation. This unique package attracts golfers from all over Europe but also provides great golf for local golfers.

This summer GNK Golf are offering a play card that is available to all golfers which offers great discounts on green fees at all six GNK Golf courses. The more you play golf using the play card the bigger discounts you receive.



**GNK GOLF:**  
Green fee  
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junior camps.



until the end of August, this junior camp will be available to juniors of all levels from seven to 16 years old.

The camp lasts for two hours per day from Monday to Friday, with a new camp starting each week. The junior camp will cover all aspects of the game of golf by using the great practice facilities provided at GNK Golf courses.

Their professional team knows how important it is that juniors have fun while improving and learning the game of golf, and they do a fantastic job teaching golf to both local juniors and those visiting the area on holiday.

**For more information on GNK Golf, their play card or the summer junior camp please email:**  
[info@gnkgolf.com](mailto:info@gnkgolf.com).

At completion of the play card the sixth round of golf will be free of charge.

This play card will be avail-

able until September 16, or while supplies last. If you are a golfer and want to play golf at some great courses this

summer please visit any GNK Golf pro shop and pick up your very own play card at no extra cost.

Every summer GNK Golf offer weekly junior golf camps for all junior golfers in the area. Starting this week

## 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.



Credit: @HKane/Twitter

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

**Playcard****Enjoy it!**

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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

# Oui are the champions

## France win second World Cup crown

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 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 Zagallos 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.



Credit: @FifaWorldCup/Twitter

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

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