

Landfill files request

LAWYERS for a defendant charged in connection with an allegedly illegal landfill site in Nerja have asked the court probing the case to request reports from authorities on its management.

The lawyer has asked Torrox's Court of Instruction Number One for the documents from the Governing Boards of the Sierras de Tejeda, Almijara and Alhama Natural Park and its Directorate.

The defence counsel claimed it wanted the paperwork to help determine what decisions, agreements, measures and actions were taken by the authorities over the site.

The lawyers argued decrees from June and September 1999 declared any unauthorised dumps such as the one at the centre of the current probe to be illegal.

It declared the Natural Park Governing Board as the authority tasked with ensuring unauthorised dumps did not spring up there.

The request comes as the Torrox Court dropped charges for several defendants charged in connection with the dump. It was located in a disused quarry in the Rio de la Miel area.

A total of 13 defendants are still charged including Nerja's mayor Rosa Arrabal of the left-leaning Partido Socialista (PSOE).



CREDIT: Fidel Jimenez, via Facebook (inset), Shutterstock (main)

SEARCHED: Fidel Jimenez (inset) disappeared in waters off Barbate last Sunday.

Diver missing

By Joe Gerrard

GUARDIA CIVIL officers are set to continue searching today (Thursday) for a 23-year-old from Velez-Malaga swept away while spearfishing in Cadiz Province.

A maritime rescue helicopter has been drafted in to help find Fidel Jimenez after he was last seen diving in the sea off Barbate around noon last Sunday.

Officers with the Guardia

Civil's underwater branch (GEAS) said he was fishing with two friends around eight kilometres off the shoreline in roughly 16-metre-deep waters.

The news comes as Jimenez's mother Montserrat Marin, 49, said her and her family had "lost all hope" of finding her son alive.

"Guardia Civil divers have told us they will keep searching until Thursday. They said after that only maritime and

aerial teams will continue looking as the body usually floats up after 72 hours," she said in a tearful statement.

Marin said Juan Toro, one of the 23-year-old's friends

who was with him at the time, saw his body floating face down and unconscious in the water. He had tried to pull him out but currents swept her son away, she added.

Food poisoning claims

NINE children in La Viñuela have fallen ill with suspected food poisoning at a summer camp in the town.

Six of the children were taken to the Regional Hospital of Axarquia where they were treated for mild stomach pains. They were discharged a few hours later, according to Andalusian Emergency services.

Emergency services said they were called out in the early hours of last Tuesday morning after camp staff said children were complaining of stomach ache and vomiting.

Personnel said none of those treated showed symptoms of a serious illness and have since returned to the camp.

An investigation has been opened into what happened at the Conviven site in the Viñas del Lago urbanisation. It remains unknown for certain if the children had food poisoning and if so what caused it.

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NEWS EXTRA**Booze ban
green light**

THE Balearic Islands regional government has revealed laws to curb the amount of alcohol holidaymakers are allowed to drink at all-inclusive resorts are to come into force by September.

Safe hols

SPAIN has unveiled its new safety campaign aimed at the 15 million citizens who travel abroad each year, including a series of three videos and a mobile phone app developed by the Foreign Ministry.

High road

A TOTAL of 42 per cent of drivers who died on Spanish roads during 2017 tested positive for drugs or alcohol, with men aged 25-55 making up the majority of victims, according to the national traffic authority.

Holiday nightmare

Girlfriend launches desperate plea

By Matt Ford

A WOMAN from Liverpool has launched a desperate bid to get her boyfriend home after he broke his neck jumping into a Mallorca swimming pool on his birthday trip.

Richard Budi, 26, is breathing through a tube in Palma's Son Espases hospital and has no feeling from his chest to his feet in the wake of the horrific accident.

Partner Simona Malarova said the couple, who are originally from Slovakia, were having "the best time of our lives" before he jumped into the pool at their Magaluf hotel.

She added he did not have European Health Insurance Card (EHIC) or travel insurance, and doctors have said it will cost thousands to fly him back to the UK to receive the specialist treatment he needs.

The state-run hospital offers



POOL HORROR: Richard Budi did not have a European Health Insurance Card or travel insurance.

free healthcare but does not have the required machines, while the UK Foreign Office advises that even an EHIC cannot always be used to cover medical repatriation.

Simona has launched a GoFundMe page to raise £20,000 and transport self-employed Richard to Liverpool by air.

On the page she wrote: "Richard is now breathing through a tube as his lungs are very weak and cannot breathe on his own."

"He is able to move his head and his shoulders but cannot move or feel from his chest down to his feet."

"We now need to get Richard transported in an air ambulance into a hospital in UK where they will be able to help him with his breathing and the movement of his body."

The page raised more than £4,000 within 24 hours, but the pair need thousands more to reach their target.

"The whole transportation and other medical treatments for Richard will cost £20,000, doctors in Son Espases hospital have given permission for Richard to go on the July 26 back home to get the medical assistance that he needs, however we do not have the funds to get Richard into a hospital in UK in an air ambulance."

"Can everyone spread the word and donate whatever you can, anything will be appreciated and will help!"

Simona had posted photos of the couple at the Creamfields Festival in Mallorca earlier in their holiday.

One donator wrote: "Simona this is heartbreaking my hun. Hope you get what you need to get your boyfriend home, thinking of you."

Another posted: "I hope you get him home soon so that he can get the care he needs."

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Assault probe arrest made

A COURT in Malaga has remanded a man in custody after he was charged with breaching a restraining order, illegally holding people, burglary and assault in Rincon de la Victoria. Guardia Civil officers also arrested the man in connection with making threats with a knife and resisting arrest, for which he was also charged.

Man held

GUARDIA CIVIL officers have arrested a Granada man in connection with an alleged spate of burglaries in Torrox and Algarrobo. A court remanded the suspect in custody following his arrest, with police also accusing him of being behind five alleged fraud incidents as well as the five robberies in the towns.

School call

THE parents of around 240 school pupils in Rincon de la Victoria have claimed their children do not know where they will go in September due to building works. The students, from the Josefin Aldecoa secondary school, are due to begin the next academic year in September while works go on until March.

Snake caught

LOCAL POLICE officers in Velez-Malaga were called out after the owners of a villa in the town discovered a snake in their garden. Officers were accompanied by animal specialists when they went to the property in the Benajafar area last Monday morning to catch the two-metre-long reptile.

Blaze tackled

FIREFIGHTERS have been called out to the Triana area of Velez-Malaga after a fire broke out in scrubland there. Local and National Police officers also attended the blaze which was put out having caused no damage or injuries while the rest of Axarquía remains on high alert for wildfires.

Sea sighting

FOOTAGE has emerged which appears to show the sea in Almuñecar awash with Portuguese Man O' Wars. The video, shot at Velilla beach, showed the creatures coming in with the tide at the water's edge with the sighting the latest in a series of similar spots on Spain's coasts this year.



THE BIG PICTURE Nº 24

BLOODTHIRSTY STREAK: Goiat is accused of slaughtering livestock.

Bear necessity

A BROWN bear suspected of killing livestock in the Pyrenees mountains is set to be deported from Spain.

The 200-kilo predator, named Goiat, was captured in Slovenia in 2016 and released in the Alt Pirineu Natural Park in Isil, Lleida Province, Cataluña, as part of a European Union-funded programme to reintroduce the species after it almost disappeared in the 1990's.

However, the young male has developed a bloodthirsty streak, and this April alone killed six horses, four foals and several sheep in the area.

Consequently, the Catalan government has now bowed to

months of pressure from local farmers, agreeing to hatch a plan for Goiat's 'capture and transfer.'

The move has sparked outrage among environmentalists and green action groups, since he was introduced to combat an inbreeding problem among bears in the area, most of which are the offspring of Pyros, a male also introduced from Slovenia in 1997 which now reproduces with his own offspring's cubs.

In 1996 there were just three brown bears left in the Pyrenees, with the total now having risen to 43, and another 300 believed to survive in the mountains of Cantabria.

Festival gear up

TORROX'S council has said it is getting ready for this year's Oktoberfest beer festival which they hope will break visitor records.

Officials said the area covered by the festival, held from September 13 to 16, would be expanded to accommodate more tourists including families with children.

Oscar Medina, the mayor of Torrox, said those measures and others were designed to strengthen its appeal.

"We hope to make a new leap forward with better services and a richer and wider offer of food," he said.

"There will be beer tastings, more craft stalls and a 'German of the Year' badge to recognise people from the country living in our town," he added.

Sandra Extremera, the council's tourism spokesperson, said locals and visitors should put the date in their calendars with the fair due to begin at 9pm on September 13.

Nature area survey

PLANNING officials in Velez-Malaga have agreed to allow a developer to survey the River Velez delta with a view to protecting it against flooding for later development.

The town's council signed the agreement with the Sociedad Azucarera Larios SA (SALSA) company.

It allows them to assess the costs of building flood defences on the river's left bank next to a site

where 1,200 homes are set to be built. Antonio Moreno Ferrer, the left-leaning Partido Socialista (PSOE) mayor of Velez-Malaga, said the council would be able to give permission for further developments.

Francisco Delgado, the head of the conservative Partido Popular (PP) group on the council, claimed officials did not give them time to scrutinise the agreement before it was signed.

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CREDIT: Salvamento Marítimo

RESCUED: More than 1,000 migrants arrived last weekend.

Gateway to Europe

COASTGUARDS rescued more than 1,000 people from several boats off Spanish coasts last weekend as figures show the country has taken in the most migrants in Europe this year.

Boats carrying the people, many refugees fleeing wars and persecution in sub-Saharan Africa, were spotted by the Salvamento Marítimo in the Strait of Gibraltar and the Alboran Sea.

A heavily pregnant woman was among those on board the boats bound for Spain. Coastguards found her as she was going into labour and she was taken by helicopter to a hospital in Almería after making landfall.

Friday saw the arrival of some 450 people in 20 small vessels, many of them inflatable rafts. A total of 329 people were rescued from 22 vessels on Saturday and 465 were picked up from 25 boats on Sunday, according to Salvamento Marítimo figures.

The Intentional Organisation for Migration (IOM), a United Nations body, called on countries to treat migrants humanely and with dignity, respect and compassion.

Spain has now become the leading gateway for people attempting to reach Europe, with almost

24,000 migrants having arrived by land and sea according to the United Nations. A total of 20,835 people arrived by sea while the number of those coming to the country by land stood at 3,158 as of last Tuesday.

A total of 7,791 migrants arrived on the Andalusian coast in June, more than Italy, Greece and Malta combined.

The migratory route into the country is now proportionally the deadliest in the world.

One in every 29 people who attempted to make the crossing to Spain since the start of this year has died. The figure for those heading to Italy was one in 36, according to the latest data from the IOM.

Maria Jesus Vega, the United Nations' Refugee spokesperson in Madrid, said earlier this year problems in the home countries of the migrants were still unresolved.

"A much greater effort must be made to support integration that goes beyond exclusively providing shelter.

"The reality is that the number of persecuted people fleeing conflict continues to grow every day," she said.

POLL OF THE WEEK

Do you agree with the Ryanair staff strikes - despite the disruption to THOUSANDS of holidays?

LAST WEEK'S POLL:

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'More than 40 dead' after explosion rips through migrant boat off Spain

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NEWS EXTRA

New cars for police fleet

VELEZ-MALAGA'S council has signed off a deal to buy 12 new patrol forces for the town's Local Police force, with Mayor Antonio Moreno Ferrer having approved the almost €490,000 agreement with Alphabet Spain Fleet Management.

Hotline made

THE conservative Partido Popular's (PP) candidate for the office of mayor in Motril has said his party has set up a hotline where residents can call in to inform them of problems in their neighbourhoods.

Man held

GUARDIA CIVIL officers have arrested an 18-year-old man in connection with the alleged theft of eight mopeds after police attended him following a crash, with four of the vehicles recovered and new arrests not ruled out.

Health works

WORKERS have begun expanding the surgical capacity of the Regional Hospital of Axarquia, with the €80,000 revamp set to increase the number of operating theatres from four to five.

Coast claims

THE environmental charity Greenpeace has warned about the level of urban development on the Costa del Sol, with their study highlighting an increase in farming in Axarquia contributing to reduced water supplies along with building.

Sand storm

by Joe Gerrard

BATHERS, tourists, locals and politicians have appealed to the head of the Costa del Sol's Coastal Demarcation after claiming recent storms have left rocks exposed on Axarquia beaches.

Those making the claims said sand on the La Cala del Moral beach, in Rincon de la Victoria, had been swept away leaving a step and several rocks bare. Similar problems had also been found at a beach in Torre del Mar.

Angel Gonzalez, the head of

the Coastal Demarcation which administers the beaches, said the rocks becoming exposed was caused by natural factors and man-made issues.

"Although we have been working for several months on replenishing sand on the beaches we have found swells have washed it away," he said.

"We can no longer hire heavy machinery to replace the sand because it would cause an even greater inconvenience to bathers than the one they are complaining about now," he added.

Gonzalez said an old breakwater near the shore at La Cala

del Moral was partly responsible for the swells sweeping sand away. He added Rincon de la Victoria Council and his authority would look into demolishing it in September.

Residents in Torrox have also complained about the Los Cuartos Catalanes beach in the town. The local branch of the left-leaning Partido Socialista (PSOE) said Oscar Medina, the town's conservative Partido Popular (PP) mayor, was responsible.

Medina said the town's council was trying to act within its means.

EU wastewater fines

NERJA'S wastewater treatment is among nine cases cited by the European Union (EU) as the bloc announced it would fine Spain for not complying with the bloc's rules on sanitation.

The EU claimed Gijón in Asturias and a plant in the Canary Islands did not follow the treatment rules. The other seven sites, all in Andalucía, are Alhaurín el Grande, Barbate, Coin, Isla Cristina, Matalascañas, Nerja and Tarifa.

The European Commission (EC), the EU's executive arm, said it would sanction Spain by at least €46.5 million for its failure to comply.

The case dates back to a ruling from the European Court of Justice which found 17 plants, including the nine cited recently, had broken sanitation rules.

The EC said it was going to slap Spain with the fine after finding the nine areas had done nothing to solve the problems.

OUR VIEW

Take a step to the right

THE voting for the next leader of the Partido Popular (PP) has now been completed and has brought a youngish leader to power.

There were six candidates, but the three front runners were two women who were former government ministers and a relatively unknown 37-year-old male.

The PP has a dual voting system whereby there is a popular vote of grass roots members and a delegates vote which saw the candidate who came third, María Dolores de Cospedal eliminated, leaving former Deputy Prime Minister María Soraya Sáenz de Santamaría Antón against Pablo Casado who was one of the three deputies for Avila in the national Congress of Deputies.

In the event, the popular vote saw María Soraya Sáenz take the lead with 21,512 votes (37 per cent) against Pablo Casado's 19,954, (34.4 per cent) but the Delegate vote of 1,701 (57.6 per cent) against 1,250, (42.4 per cent) saw Mr Casado take the day.

There probably won't be a general election in Spain until 2020 (although this is not guaranteed due to the fact that the PSOE under Pedro Sanchez is a vulnerable minority government) so it should give the new PP leader time to distance the party from the negative situation with the alleged corruption of the past.

Whilst he describes himself as a 'liberal-conservative' others suggest that his stance against abortion, 'gender ideology' and even Schengen, suggest that he may be quite far right of centre which may appeal to the machismo of many male voters.

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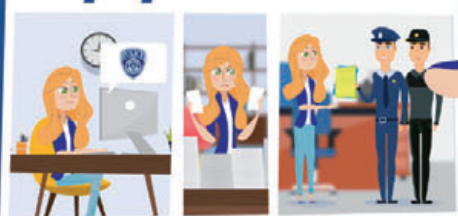


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MOHAMED, 47, on holiday from Rotterdam, Holland

"It's their choice, their life. It's your body isn't it? They have the freedom to do what they want.

It's the media which makes big things out of small things. It's all politics. You have to use your mind a bit to understand that.

I respect what they have done in Marbella though (banning swimming costumes away from the beach), if that's the law, that's the law.

It's a difficult one. It's just a few badly behaved people ruining it for everyone else. I think in general it should be more liberal, especially in Europe. It's the 21st century after all."

STREET TALK

Should tourists cover-up?

After holiday hotspots including Magaluf, Benidorm and Marbella unveiled new laws forcing holiday-makers to cover-up away from the beach or pool, should the rules be extended across Spain?

Jessica Utech, 32, on holiday from Cologne, Germany

"No, not really. I think that this promenade (in Fuengirola) is part of the beach-zone

so you should be able to do as you like. Maybe around the shops in the central areas it's good to wear a t-shirt.

In all of Spain it's normal for people to walk around with not many clothes

on because it's so hot. It doesn't bother me at all, and I'm sure it's the same for most people.

In Marbella, obviously you have to obey the law so it's different.

It's about adapting to whichever place you are in and not being insensitive."

Mark, 49, from Edinburgh but living on the Costa del Sol

"Yes! They should have some cover. Most of the people here need protection from the sun.

Also there are diverse religions and you shouldn't offend them. I have been here for 10 years and the situation has changed even in that time.

There are certain sights you don't want to see anyway. I understand the ban in Marbella, do you really want to sit in a restaurant and see that?

The younger generation doesn't have the respect. They don't try to adapt and

think they can do what they want."

Angelica, 45, on holiday from Finland

"I don't mind. Maybe they could put t-shirts on, but the seafront is fine. It's a holiday destination and a very hot one! There should not be a law against it, it's people's own choice.

If they have made a law in Marbella about it then you have to accept it. Maybe society is less liberal than it used to be."

Anonymous

"Yes, most people are not supermodels are they? And if they are attractive, then it's distracting!

I've just been in the Mercadona and there were three beautiful Scandinavian girls in there. I didn't buy half the stuff I was supposed to!"



BARE FACTS: Jessica.



NO NAKED ATTRACTION: Mark.

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Hot right now

SHE was in Spain to perform at SHARE festival in Barcelona.

But pop sensation Rita Ora, 27, took some time out ahead of the gig to soak up the sun aboard a luxury yacht.

The *How We Do* singer was seen looking gorgeous in a series of striking bikinis as she topped up her tan before her winning stage performance.



PHWOAR-A: Rita aboard the luxurious vessel.

Photo credit Rita Ora/Instagram

BIRTHDAY BOY: Stormzy.



Storm brewing

GRIME star Stormzy has had a year to remember after his debut album reached the top of the UK charts.

And the Brit award-winner, 24, is set to celebrate in style after inviting a group of fans to join him for his birthday party in Spain.

A social media post revealed that anyone interested must be aged 21 or over, have a valid passport and be able to travel today (Thursday), returning this evening.

The caption ends: "THIS WILL BE A MOVIE. We've done the madting."

Back in black

HER latest album *Liberation* was released last month.

And Christina Aguilera certainly appeared wild and free as she arrived at an Ibiza marina to board a luxury yacht with fiancée Matthew Rutler and Czech model Karolina Kurkova.

The 37-year-old looked every inch the blonde bombshell as she flaunted her cleavage in a low-cut black number.



'TINA HEAD TURNER: Christina on the white isle.

Family matters

THEY used to be neighbours and remain the best of friends.

And Hollywood stars Matt Damon, 47, and Chris Hemsworth, 34, have been enjoying a cruise around San Sebastian in northern Spain

with wives Luciana Barroso, 42, and Elsa Pataky, 42, plus their children.

The two families appeared in high spirits as they took turns leaping into the ocean from the deck of their private boat.



Photo credit celeb-fashionista/Instagram

Gilded Cage

HE'S the Hollywood heartthrob who famously blew his \$150 million fortune on a string of bizarre purchases including a dinosaur head, a private island and two castles in Europe.

But eccentric Oscar-winner Nicholas Cage, 54, continues to bag starring roles, and has now revealed he is to receive the Honorary Grand Prize at the upcoming International Fantastic Film Festival in Sitges.

The actor will present his new



NEW MOVIE: Nicholas Cage.

movie, the action horror *Mandy*, at the event.

He plays lead character Red Miller in the flick directed by Italian-Canadian Panos Cosmatos, which is set in the primal wilderness near California's Shadow Mountain in 1983.

Red is left broken and haunted after an unhinged religious sect murder the love of his life, leading him to hunt the maniacal villains down as he exacts his revenge.

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Leader chosen

Casado pledges 'contract' with Spain after vote win

By Joe Gerrard

PABLO CASADO has bested rival Soraya Saenz de

Santamaria in their face off for the leadership of the conservative Partido Popular (PP).

The 37-year-old former vice-head of communications for the party secured the backing of around 60 per

cent of PP members polled in the runoff with Mariano Rajoy's ex-deputy.

The party faithful met in Madrid to elect and anoint their new leader, with grandees including regional presidents and the former Prime Minister in attendance.

Casado said in his victory speech he would propose a contract with Spain in which the PP would seek to return the institutions of government to the people.

Saenz de Santamaria con-



NEW LEADER: Pablo Casado was joined by wife Isabel in Madrid.

CREDIT: Pablo Casado, via Twitter

gratulated Casado on his victory and thanked her supporters for backing her.

Casado said in a series of media interviews after the vote on Saturday his party would provide a strong opposition to the governing leftist Partido Socialista (PSOE).

"The PP has returned. Not to do the same as before but to improve the connection with society so that we have a sufficient majority to do what Spanish society wants us to do," he said.

Casado also revealed the PP would hold its first National Executive Committee under his leadership in Barcelona.

"We want to convey the message that the PP will fight for constitutionalism and public liberties in Cataluña," he said.

He added he wanted to carry out what he dubbed a

"liberal conservative reformist" programme if in government. This would include toughening abortion laws and the Criminal Code as well as reforming electoral law, he said.

"People are waiting for this agenda and it is my commitment that we will carry it out."

Casado said he would seek to unite the party and offered to work with the centrist Ciudadanos party on some issues.

Prime Minister Pedro Sanchez, of the PSOE, has reportedly called Casado to congratulate him on the victory. Sources close to the new PP head said he would aim to meet with him.

Casado was photographed talking with former Prime Minister and his predecessor Rajoy at the PP's headquarters in Madrid. Casado said he was the first person he wanted to meet.

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NEWS EXTRA

Market set to reopen

VELEZ-MALAGA Council has chosen the companies set to run 10 food stalls and six out of seven craft stands in the San Francisco market which is set to reopen this August after four years of closure.

Beach clean

MORE than 250 children have taken part in a litter pick on a beach in Torrox, with the town's mayor Oscar Medina saying local residents were the main ones to benefit from clean coastlines.

Job claims

THE mayor of Velez-Malaga has claimed the expansion of the town's shopping centre would be in the 'general interest' of the town due to it creating more job opportunities for local residents.

Centre cash

A NERJA centre which helps people with disabilities has received a €372,817 grant from local authorities and La Caixa bank, with El Taller de la Amistad set to cover 260 square metres when finished.

Tram costs

THE Junta de Andalucia has said it will cover financial costs racked up after Velez-Malaga's tram network was suspended in June 2012, with the regional authority set to grant network runners Alsa with €1.5 million.

Party meets

THE leftist Podemos party held the first of three public meetings in Velez-Malaga last Thursday as part of a programme to engage people in Axarquia ahead of local elections set for May 2019.

SCIENTISTS puzzled by the origin of an earthquake that hit Melilla, Malaga and parts of southern Spain in 2016 have discovered a new fault in the earth's crust.

According to research the fault lies under the Alboran Sea. Although there is little deformation of the seabed, it is enough to produce earthquakes of a relatively high magnitude.

The quake which hit in 2016 measured 6.3 on the Richter scale, enough to cause considerable damage in Melilla - where 26 people were injured - and

Finding fault in Alboran

tremors were felt on the Costa del Sol and as far away as Granada and Jaen.

Although the region has always been subject to earthquakes, scientists tracking the event spotted that the quake did not seem to emanate from the

known Al-Idrisi fault line.

So a team led by the Higher Council for Scientific Research (CSIC) decided to investigate.

The 'new' fault line between the African and Eurasian tectonic plates heads in a northeast to southwest direction and extends as far as Morocco.

It is now realised that this was also the source of two earthquakes registered in 1994 and 2004. The latter, of magnitude between 6.1 and 6.3 on the Richter scale, hit the region of Al Hoceima in northern Morocco and caused more than 600 deaths.



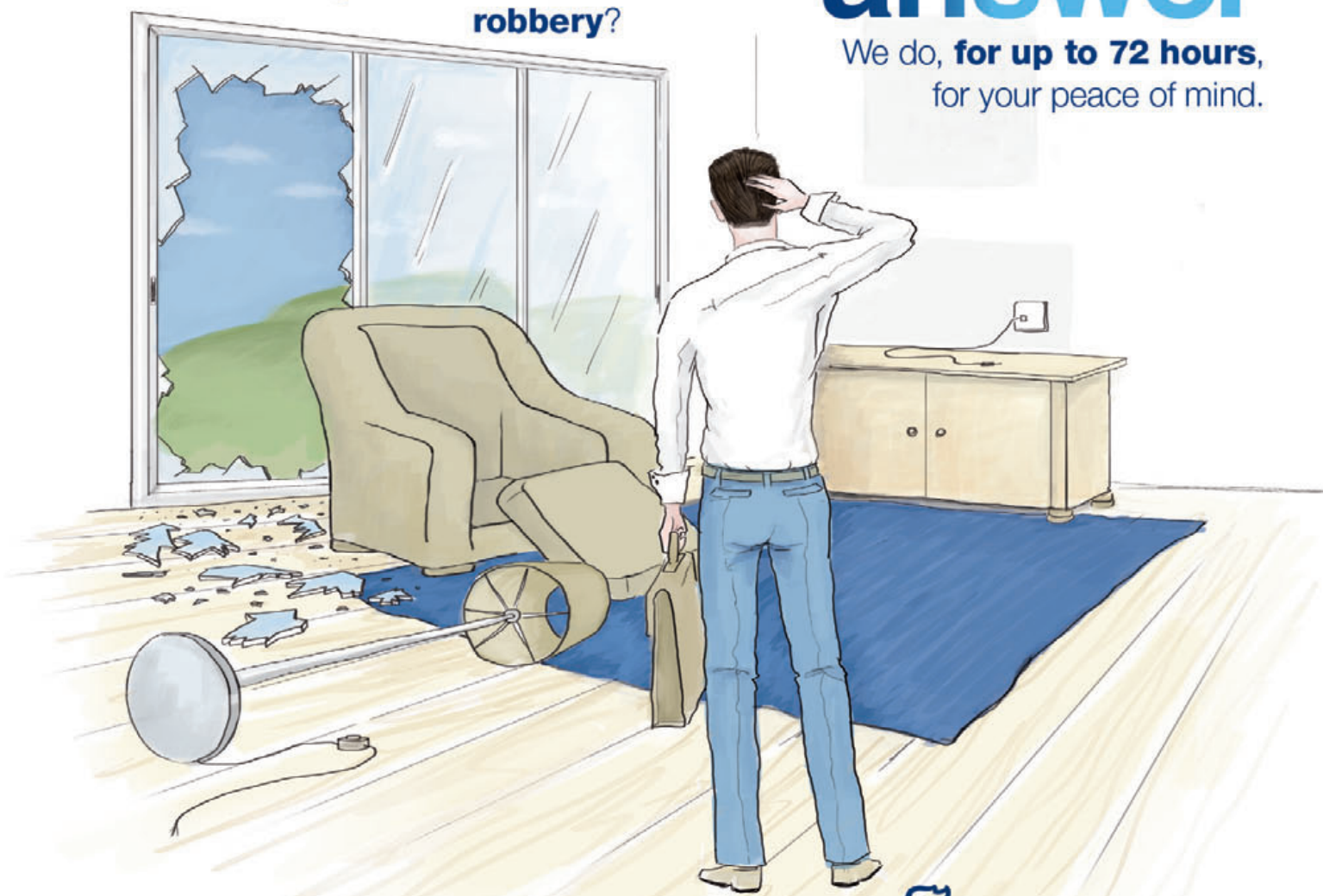
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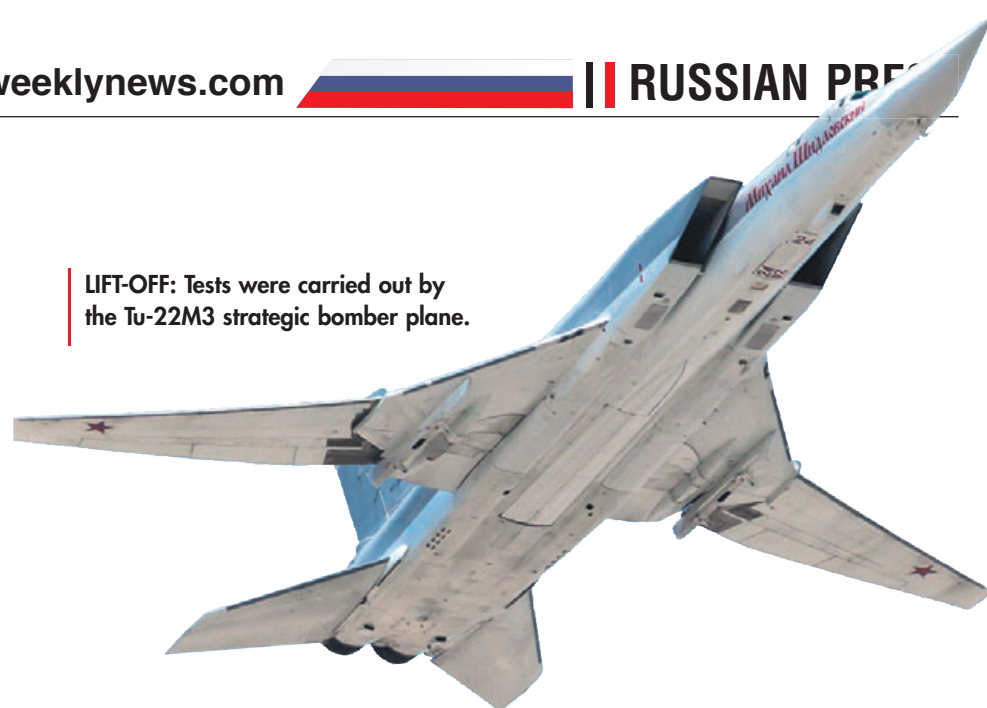
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LIFT-OFF: Tests were carried out by the Tu-22M3 strategic bomber plane.

Military tests new hypersonic missile

RUSSIA'S Defence Ministry has released footage of air force bomber planes carrying out tests on a new missile President Vladimir Putin claims is 'invincible.' The tests of the Kinzhal system, which travels at 10 times the speed of sound, comes amidst fears an arms race could break out with Western powers as tensions rise.

behind the Novichok attack on Sergei and Yulia Skripal are Russian. The Kremlin has repeatedly denied any involvement.

Putin summit claims

PRESIDENT Vladimir Putin has accused forces within the United States of trying to derail the 'success' of his Helsinki summit with US counterpart Donald Trump. Putin told Russian diplomats in Moscow the two leaders made useful agreements but some in the US were prepared to 'casually sacrifice' progress. It comes as Trump backtracked on comments defending Putin.

Alleged fire cover-up

PROSECUTORS have accused a Siberian official of attempting to destroy evidence related to a shopping centre blaze which killed 64 people. Alexander Mamontov, head of the Kemerovo Region's Emergency Services Ministry, has appeared in court hearings over the Winter Cherry fire after claims it was caused by poor safety standards.

Police 'gag' dropped

POLICE in Russia have begun publishing daily crime reports following World Cup blackout claims. Regular operational reports resumed yesterday (Wednesday) after being suspended by the Interior Ministry in June, according to an anonymous official source quoted in local media.

British poison probe

BRITISH investigators probing the nerve agent attack on a former Russian spy and his daughter have claimed several suspected culprits have been identified. Police checked CCTV footage and border records, with officers reportedly 'sure' those

Taste of Trump

BUSINESS has been booming at a Donald Trump-themed burger restaurant following the United States president's Helsinki meeting with Russian counterpart Vladimir Putin, according to its manager. Trump Burger, in Krasnoyarsk in Siberia, features walls decorated with paintings of the president and dishes named after him and First Lady Melania Trump.

Manager Igor Vinogradov added that some more nationalistic customers had behaved rowdily there.

TRUMP THEME: The restaurant is covered in paintings of the president.



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Spain referred to top EU court

THE European Commission has referred to the EU's Court of Justice for failing to fully implement a series of rules dubbed the Capital Requirements Directive.

This legislative package contains prudential rules for banks, building societies and investment firms.

EU member states should have brought the directive into national law by December 31, 2013, with Spain formally requested to do so in January 2015 and a final warning issued in January this year.

Ex-king 'tried to hide money'

SPANISH Prime Minister Pedro Sanchez has said he is unable to reveal whether the country's ex-king received a tax amnesty six years ago.

It comes after a recording of German philanthropist Corinna zu Sayn-Wittgenstein, 53, a former mistress of King Juan Carlos I, was leaked by Spanish media.

In the audio clip, she claims he benefited from the 2012 measure, which allowed tax dodgers to reveal all their undeclared assets and income before paying a one-off 10

per cent fine.

It was designed to bring in money and reduce public deficit during the economic crisis.

Far-left political party Podemos had demanded Sanchez make the names of those who paid the sanction public, but in parliament he said it is "not possible to review the cases of those who benefited from that amnesty," or reveal their names because it was last year declared void by the Constitutional Court.

by Matt Ford

"I don't have any idea who benefited from the amnesty," he added.

Podemos lawmaker Ione Belarra said: "The citizens of our country have the right to know if the former king is a fraudster or not."

King Juan Carlos abdicated in 2014 in the wake of a string of scandals, and in the recording zu Sayn-Wittgenstein alleges he had several bank accounts in Switzerland, some of which he submitted for the amnesty, while others were kept secret after being put in the name of a cousin.

beIN pulls out of footy battle

MIDDLE EASTERN broadcaster Al Jazeera Media Network's beIN Sports channel is to cease broadcasting in Spain from August 1.

The move follows Spanish rival Telefonica's acquisition of the rights to UEFA's Champions League and Europa League football in the country, with the firm having already clinched the La Liga domestic football rights for 2019-2020.

beIN Connect's website is no longer offering subscriptions to beIN Sports, although a stripped-down football bundle similar to that unveiled recently by Vodafone Spain is available.



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Amazon staff clash with police in strike



Photo credit Alberto Rodriguez/Twitter

PRIME SUSPECTS: Trade unions accused officers of attacking protestors.

A THREE-DAY strike by Amazon warehouse employees in Madrid has descended into violence.

Timed to coincide with the e-commerce giant's Prime Day summer promotion, the industrial action saw police in riot gear charging picket lines on grounds they were blocking traffic, trade union officials said.

At least two protestors were arrested during the rally over

working conditions, with one demonstrator reportedly losing teeth after being hit in the face with a truncheon.

A photo shared on social media by Alberto Rodriguez, a member of Spain's Congress of Deputies, appeared to show a blood-stained shirt outside the company's warehouse in San Fernando de Henares.

The image was captioned: "This is the respect that Amazon Spain has for its workers."

» BUSINESS EXTRA

Admiral to jump ship

UK-BASED car insurance specialist Admiral has announced it is to move its continental headquarters from London to offices in Madrid and Sevilla from January 1, 2019 amid fears over Brexit, the Spanish Economy Ministry said in a statement.

Pipe down

SPANISH utility Naturgy, formerly Gas Fenosa, has revealed a €3.7 billion depreciation in the value of its power stations amid a €4.9 billion overall plunge in the worth of its overall assets in the wake of its rebrand.

Hard sell

SPAIN ranks as the fifth weakest country in the European Union in terms of exports compared with gross domestic product, with last year's figure of 34.1 per cent meaning that only the UK, France, Italy and Greece export less.

Warships deal confirmed

SAUDI ARABIAN MILITARY INDUSTRIES (SAMI) has signed a deal to build five warships with Spain's Navantia.

The two state-owned firms will set up the joint venture - part of a €1.8 billion project agreed in April - in the Middle Eastern kingdom.

It will cover the design and construction of

five Avante 2200 Corvettes, with the last unit to be delivered by 2022, and generate 6,000 jobs including 1,100 direct posts.

Saudi Arabia's biggest sovereign wealth reserve, the Public Investment Fund, last year created SAMI after the government announced plans to diversify the economy in order to reduce its reliance on oil exports and create jobs.

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CLOSING PRICES JULY 23

COMPANY	PRICE(P)	CHANGE(P)	% CHG.	NET VOL
Anglo American	1,642.00	42.20	2.64	22,785.38
Associated British Foods	2,535.00	126.00	5.23	19,087.27
Admiral Group	1,980.00	22.00	1.12	5,713.10
Ashtead Group	2,207.50	-105.50	-4.56	11,417.57
Antofagasta	945.50	3.90	0.41	9,290.71
Aviva	497.50	4.80	0.97	19,590.24
AstraZeneca	5,565.50	-23.50	-0.42	71,047.18
BAE Systems	665.00	-10.20	-1.51	21,599.44
Barclays	188.50	1.72	0.92	31,742.56
British American Tobacco	3,850.00	-110.00	-2.78	88,583.44
Barratt Developments	506.20	-26.20	-4.92	5,369.46
Berkeley Group Holdings	3,623.00	-82.00	-2.21	4,947.73
British Land Co	640.00	1.40	0.22	6,253.62
BHP Billiton	1,615.00	1.60	0.10	34,590.30
Bunzl	2,644.50	354.50	15.48	7,758.34
BP	567.00	-0.30	-0.05	113,909.47
Burberry Group	2,075.00	-77.00	-3.58	8,938.58
BT Group	220.50	1.05	0.48	21,595.02
Coca-Cola HBC	2,510.00	-280.00	-10.04	10,311.59
Carnival	4,650.00	233.00	5.28	7,978.16
Centrica	153.00	0.40	0.26	8,581.88
Compass Group	1,680.00	27.00	1.63	26,060.03
Croda International	4,919.00	-51.00	-1.03	6,582.15
CRH	2,869.00	197.00	7.37	22,641.90
DCC	7,060.00	40.00	0.57	6,270.40
Diageo	2,858.00	-25.50	-0.88	70,290.57
Direct Line Insurance Group	343.50	5.20	1.54	4,669.50
Evrax	522.60	0.00	0.00	7,489.64
Experian	1,719.00	-213.50	-11.05	17,730.60
easyJet	1,622.00	7.00	0.43	6,522.16
Ferguson	6,195.00	0.00	0.00	14,546.16
Fresnillo	1,186.50	63.50	5.65	8,168.47
Glencore	316.00	4.35	1.40	46,201.79
GlaxoSmithKline	1,551.50	1.70	0.11	77,274.73
GVC Holdings	1,108.50	10.50	0.96	6,243.91
Hargreaves Lansdown	2,072.50	-51.50	-2.42	10,055.56
Halma	1,371.00	-24.00	-1.72	5,269.42
HSBC Holdings	707.90	-7.20	-1.01	143,356.01
International Conslidtd Airs Grp	667.00	-20.20	-2.94	13,970.30
InterContinental Hotels Grp	4,490.00	-438.00	-8.89	9,367.61
3i Group	945.00	16.00	1.72	9,042.26
Imperial Brands	2,837.50	-78.50	-2.69	27,710.83
Informa	816.00	-32.00	-3.77	10,600.56
Intertek Group	5,900.00	-94.00	-1.57	9,551.25
ITV	176.75	4.70	2.73	6,959.93
Just Eat	865.00	2.00	0.23	5,976.54
Johnson Matthey	3,625.00	-80.00	-2.16	7,253.63
Kingfisher	310.00	-7.10	-2.24	6,786.15
Land Securities Group	917.50	-7.50	-0.81	6,844.42
Legal & General Group	273.75	6.65	2.49	15,984.38

COMPANY	PRICE(P)	CHANGE(P)	% CHG.	NET VOL
Lloyds Banking Group ORD	62.00	-0.63	-1.01	44,748.69
London Stock Exchange Grp	4,578.00	37.00	0.81	15,896.04
Micro Focus International	1,252.50	-21.50	-1.69	5,539.46
Marks & Spencer Group	307.50	-3.70	-1.19	5,085.58
Mondi	2,044.50	0.50	0.02	7,609.23
Melrose	232.00	16.60	7.71	10,452.46
Morrison (Wm) Supermarkets	256.70	0.80	0.31	5,981.90
National Grid	856.00	10.90	1.29	28,230.84
NMC Health	3,786.00	0.00	0.00	7,849.54
Next	5,837.00	-213.00	-3.52	8,572.60
Ocado Group	1,106.00	23.00	2.12	7,380.56
Paddy Power Betfair	7,497.50	-877.50	-10.48	6,906.04
Prudential	1,845.00	55.00	3.07	46,498.20
Persimmon	2,525.00	21.00	0.84	7,852.11
Pearson	871.50	-33.50	-3.70	7,140.04
Reckitt Benckiser Group	6,460.00	-47.00	-0.72	45,524.98
Royal Bank of Scotland Grp	242.50	0.70	0.29	29,336.49
Royal Dutch Shell	2,612.50	-43.00	-1.62	122,352.78
Royal Dutch Shell	2,685.50	-39.50	-1.45	102,776.16
RELX	1,562.50	-153.00	-8.92	17,946.19
Rio Tinto	4,060.00	-27.00	-0.66	53,781.71
Royal Mail	457.55	-7.45	-1.60	4,686.00
Rightmove	5,202.00	6.53	0.13	4,718.42
Rolls-Royce Group	975.60	-14.40	-1.45	18,602.35
Randgold Resources	5,500.00	-74.00	-1.33	5,224.29
RSA Insurance Group	653.00	18.20	2.87	6,532.24
Rentokil Initial	312.20	-27.20	-8.01	6,376.09
Sainsbury (J)	315.00	-11.10	-3.40	7,153.27
Schroders	3,461.00	268.00	8.39	7,309.56
Sage Group (The)	715.10	83.90	13.29	6,863.20
Segro	673.20	-0.60	-0.09	6,828.61
Shire	4,230.25	-152.25	-3.47	40,623.37
Smurfit Kappa Group	3,109.00	47.00	1.53	7,301.37
Sky	1,527.00	22.00	1.46	25,931.38
Standard Life Aberdeen	315.00	1.00	0.32	9,313.88
Smith (DS)	496.00	-10.00	-1.98	5,277.28
Smiths Group	1,625.00	14.50	0.90	6,415.29
Scottish Mortgage Invstmnt Trst	570.00	12.50	2.24	8,040.71
Smith & Nephew	1,405.00	70.00	5.24	11,627.13
SSE	1,359.00	-4.50	-0.33	13,725.34
Standard Chartered	682.30	3.70	0.55	22,274.06
St James's Place	1,222.50	11.00	0.91	6,402.01
Severn Trent	1,924.50	24.00	1.26	4,462.63
Tesco	255.00	-3.80	-1.47	25,230.86
TUI AG	1,671.00	29.00	1.77	9,671.33
Taylor Wimpey	190.00	12.80	7.22	5,822.65
Unilever	4,400.00	38.50	0.88	52,042.16
United Utilities Group	723.90	0.00	0.00	4,909.60
Vodafone Group	177.95	0.31	0.17	47,615.89
WPP Group	1,172.50	17.50	1.52	14,396.78
Whitbread	3,975.00	-3.00	-0.08	7,370.19

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CLOSING PRICES JULY 23

COMPANY	PRICE	CHANGE%	CHANGE	VOLUME(M)
3M	201,950	+0,17%	0,350	119.860,53
AMERICAN EXPRESS	100,1500	-0,02%	-0,0200	86.165,27
APPLE	191,440	-0,23%	-0,440	940.954,02
BOEING CO	354,900	-0,12%	-0,430	206.757,99
CATERPILLAR	136,820	-1,86%	-2,600	81.811,49
CISCO SYSTEMS	42,010	-0,92%	-0,390	197.568,07
COCA-COLA	45,28	+0,38%	0,17	192.678,29
DOWDUPONT	65,82	-0,48%	-0,32	152.777,39
EXXON MOBIL	81,40	-0,74%	-0,61	344.634,12
GOLDMAN SACHS	231,69	+0,90%	2,06	87.513,50
HOME DEPOT	202,4500	-0,09%	-0,1800	233.534,90
IBM	146,35	-1,94%	-2,89	134.353,84
INTEL CORP	51,9100	-0,13%	-0,0700	241.900,60
J.P.MORGAN CHASE	111,2800	+1,26%	1,3900	374.034,56
JOHNSON & JOHNSON	125,8500	-0,07%	-0,0900	337.548,57
MC DONALD'S CORP	157,9700	+0,36%	0,5600	124.034,47
MERCK AND CO. NEW	62,52	+0,02%	0,01	168.197,80
MICROSOFT	106,270	+1,79%	1,870	816.493,45
NIKE	76,96	+0,01%	0,01	98.716,10
PFIZER	37,3300	-0,08%	-0,0300	218.305,99
PROCTER AND GAMBLE	78,680	-0,06%	-0,050	197.898,98
VERIZON COMMS	50,62	-0,26%	-0,13	209.156,60
VISA	140,99	+0,61%	0,86	251.813,37
WAL-MART STORES	88,0600	+0,39%	0,3400	259.851,36
WALGREENS BOOTS	64,98	+0,08%	0,05	64.486,92
WALT DISNEY CO	111,4800	-0,58%	-0,6500	165.728,08

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CLOSING PRICES JULY 23

COMPANY	PRICE	CHANGE NET / %
Most Advanced		
Tilray, Inc.	\$ 29.77	7.38 ▲ 32.96%
Origin Agritech Limited	\$ 10.40	1.545 ▲ 17.45%
AC Immune SA	\$ 16.28	1.97 ▲ 13.77%
Allakos Inc.	\$ 35.05	3.80 ▲ 12.16%
Invuity, Inc.	\$ 4.20	0.40 ▲ 10.53%
Limelight Networks, Inc.	\$ 5.15	0.45 ▲ 9.57%
PTC Therapeutics, Inc.	\$ 39.98	3.43 ▲ 9.38%
Dogness (International) Corporation	\$ 3.55	0.30 ▲ 9.23%
Xeris Pharmaceuticals, Inc.	\$ 20.85	1.74 ▲ 9.11%
AVROBIO, Inc.	\$ 37.55	3.05 ▲ 8.84%
Translate Bio, Inc.	\$ 15.94	1.26 ▲ 8.58%
Most Declined		
Zynerba Pharmaceuticals, Inc.	\$ 7.91	2.51 ▼ 24.09%
FTD Companies, Inc.	\$ 3.64	0.88 ▼ 19.47%
Yangtze River Port and Logistics Limited	\$ 11.12	1.38 ▼ 11.04%
Surface Oncology, Inc.	\$ 13.15	1.43 ▼ 9.81%
OptiNose, Inc.	\$ 24.09	2.34 ▼ 8.85%
Lumentum Holdings Inc.	\$ 54.40	5 ▼ 8.42%
Lonestar Resources US Inc.	\$ 10.04	0.88 ▼ 8.06%
QCR Holdings, Inc.	\$ 45.50	3.80 ▼ 7.71%
Goosehead Insurance, Inc.	\$ 26.92	2.16 ▼ 7.43%
Perceptron, Inc.	\$ 10.30	0.82 ▼ 7.37%
Ascent Capital Group, Inc.	\$ 3.14	0.24 ▼ 7.10%

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PRICE MOVEMENT

£0.0023

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Multi Asset Conservative B EUR

Multi Asset Balanced B GBP

Multi Asset Balanced B EUR

Multi Asset Growth B GBP

Multi Asset Growth B EUR

DEALING PRICE

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PRICE MOVEMENT

£0.0084

£1.0719

£0.0070

£1.3594

£0.0154

£1.2362

£0.0130

£1.5472

£0.0264

£1.4150

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Prices correct as at 18/07/2018



Everything you need to know about EHIC

What is an EHIC?

The European Health Insurance Card replaced the old E111 certificate in 2005. This free card gives you the right to access state-provided healthcare during a temporary stay in any of the other 27 EU countries plus Switzerland. The benefits include GP visits and in-patient stays. Most countries have a health system that is like the NHS, however in some countries you may be expected to pay a small proportion of the cost of treatment.

Do I still need travel insurance for Europe?

Some people think the EHIC provides all the cover they need while they're on holiday and they are happy to forego the benefits of travel insurance such as, emergency airlifts, delay and cancellation protection and cover against loss and theft. The NHS points out, "The EHIC is NOT an alternative to travel insurance and will NOT cover any private medical healthcare or costs."

EHIC is only for emergencies and the term 'Emergency' is classed as something that is medically necessary before your return home. It is designed to be used by holiday makers and not used by residents.

Brexpats in Spain mentioned recently how the Spanish government has agreed to help combat abuse of the EHIC by asking people to sign a declaration that they are in Spain on holiday. False declarations could result in a prosecution for fraud which could affect their future residencia applications should they decide to legalize their residential status.

What happens to the EHIC after Brexit?

No one knows. The prospects for continuation look more optimistic than they did.

"The Golden Leaves representatives were very knowledgeable with regard to what was available."

Michael Morey & Leslie Mackenzie



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Martin

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

What on earth is going on?

LEAPY LEE SAYS IT

OTHERS THINK IT



CAN anyone please tell me what the hell is actually going on with this planet of ours?

The whole shebang seems to be teetering on some kind of destabilising precipice with our so-called leaders stumbling through it all in a complete befuddled daze.

Politics groping through a tangled jungle of confusion and governmental garbage, getting all their priorities wrong and having no knowledge or way of even vaguely coming to grips with it all.

Those, who are laughingly under the impression that they can make a difference, are all rushing around, trying to look important and ultimately reversing up their own backsides. I cannot help but think we are yet again all pawns in some devious plan set in motion by those who truly run our lives.

Shadowy figures, who walk the secret corridors of those who hold the wealth of the world to their electronic bosoms and have the ability to buy and sell countries. These individuals instigate, and even rely on worldwide destabilisation, confusion and chaos to put their own devious and self-gratifying schemes into operation. Dividing and prospering is their speciality.

Another Leapy rant? I hear you say. Well I was accused of plenty of those, when I warned 30 years



'UNPREDICTABLE' TV PERSONALITY: The President of the United States.

or more ago that if we didn't come to terms and sort out the immigration problems, it would be too late and our enemies would be everywhere. So, don't dismiss the 'ol boy's ramblings too flippantly.

Look at the state were all in. Mid-East turmoil, African wars (Congo in particular, who conveniently hold vast supplies of cobalt, required in the

manufacture of electric cars!) is forcing so many opposing cultures and numbers into the mix, they are destabilising economies, causing anger and distrust in communities; destroying freedom of speech and generally upsetting their whole previously peaceful and fairly contented existence.

These manipulators must love all this EU fiasco,

you can bet they have a few fingers in that particular pie. Palestine are chucking over missiles into Israel and going virtually unreported. Russia has been taken over by criminals. China is still twitching nervously (after managing to drop the lid on the North Korean antics for a bit). An unpredictable TV personality controls the most powerful nation on Earth (or thinks he does!).

All this diversity rubbish has created its natural reaction from idiots, whose lunatic ideas and schemes muddy the waters of common sense even more. And on it goes. I just can't shake off the feeling that the whole thing is some kind of smoke screen, devised by these hidden manipulators to create some form of new world order which will be beneficial to only them. Saudi Arabia doesn't seem to be experiencing too much turmoil since their new man took over. They have you notice put up a seriously red herring of sharing in our drastic culture changes by allowing women to drive! By the amount of money they have sucked out over the years, you can bet there's a few of their oily fingers entrenched somewhere in the 'club.'

Ah well. There is only one thing you can rely on. The likes of you, I, and most everyone else, can't do a durned thing about it. Lend us a fiver!

Keep the faith.

Love Leapy.

leapylee2002@gmail.com

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

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Issue No 5

Take A Look Inside Out Monthly Across The Axarquia

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Nora Johnson
Breaking Views

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

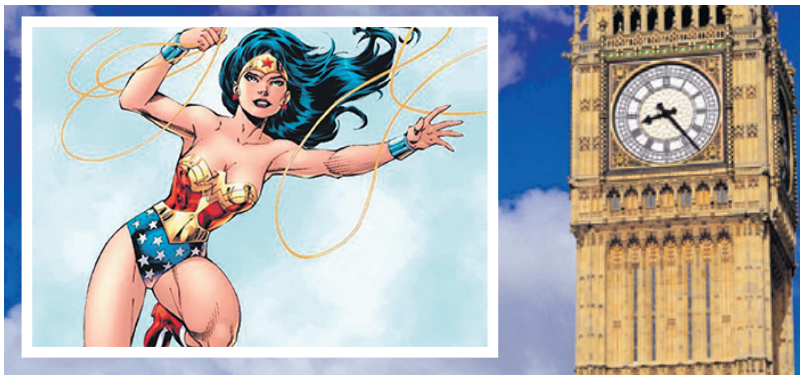
TEACHERS must stop trying to wrap children in cotton wool with OTT health and safety policies, according to the chief inspector of schools.

Making pupils wear high-vis vests on trips makes them look like Bob the Builder minus the hard hat, and enforcing bans on conkers and yo-yos by schools makes it harder for kids to tackle real dangers. Couldn't agree more!

And what about the silencing of Big Ben until 2021 to prevent maintenance workers being deafened? As one MP scoffed: "The Luftwaffe couldn't stop it, but health and safety has." A father had to demolish his garden pond because burglars could fall in and drown. He faced eviction if he failed to remove it. Health and Safety legislation has undeniably saved many lives and prevented many serious injuries, but this has surely gone too far.

And the reason for all this? The threat of lawsuits and the consequent closing of ranks when an incident does occur. Overall, the UK's PC culture continues to thrive. Arthur Ransome's novel *Swallows and Amazons* has been popular with kids for generations

Political correctness ... elf 'n' safety gone mad!



TOO LOUD AND TOO VIOLENT: Big Ben and Wonder Woman.

but, according to the BBC, one of its characters is too rude for today. It decided Titty was an unsuitable name and went for Tatty instead. Not for the first time: it made a similar decision back in 1963, when it chose Kitty. And an unknown school in England even banned a Wonder Woman lunchbox for being 'too violent,' according to a viral image posted online by a mum.

"We have defined 'violent characters' as those who solve problems using violence. Superheroes certainly fall into that category," read the letter from the school. Help!

Basically, when PC fanatics set their

minds to doing something daft they do it. Like changing the term 'brainstorming' to 'thought showers' so as not to offend epileptics, or calling a Spotted Dick pudding a Spotted Richard to stop lewd jokes.

Well, what a bunch of clever Richards!

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

columnists@euroweeklynnews.com

LEGALLY SPEAKING

Can she sell an inherited car?

Q. My husband recently passed away. I am in the process of selling the car which was in his name. The man who wants to buy it has requested a copy of my late husband's passport and NIE certificate and I am somewhat suspicious of this.

MB (Costa Blanca)

A. Properly, you cannot sell this car because you do not own it. I am supposing that your husband made a Spanish will leaving his estate to you.

David Searl
You and the Law in Spain

This includes the car. You must go to your Traffic department with the will, your acceptance of the inheritance and the documents of both you and your late husband, along with the car papers. Then you can transfer the title of the car into your own name, and sell it. A good gestoria can help you through this process for a modest fee.

The gestoria will also make sure the transfer itself is properly completed into the buyer's name. Sometimes an unscrupulous buyer never completes the transfer and the unsuspecting owner gets a traffic fine in the post months later because he is still the registered owner.

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



TV COUCH CRITIC

by Adam Whalley-Lewis

LET'S start with some humble pie.

I think that I need to check into that clinic for people who suffer with 'watching *The Voice*.' I accidentally tuned in last weekend and found myself watching *The Kids* final on ITV. I enjoyed it. There I have said it, I tuned in, watched and enjoyed it.

The winner, Daniel Davis, blasted out *Any Time You Need a Friend*. Daniel is 14 and I'm sure made Mariah Carey proud.

Daniel's mentor was Pixie Lott, who looked stunning in a gold dress. It was such a shame that Will.i.am turned up to the final wearing some maroon linen PJ's he obviously picked up from Malaga market. I think the stallholder would have been really grateful to have sloughed them. If you didn't see the show, think M&S loungewear, in maroon - creased - with baggy shorts. Thanks for making the effort Will. Wonder if Ad.am.i would work for me? Maybe not ...

Some TV news, the BBC has axed *The Great Pottery Throw Down*. Now, this BBC2 show attracts an audience of over three million and who doesn't like to see Sara Cox getting her hands covered in sloppy clay, so why is Auntie B pulling the plug? Well, the show is made by Love Productions (can you imagine the switchboard operator: 'Good Morning caller, Love Productions, how

Daniel wins and the pottery is down the sewer



LITTLE VOICE: Dan's the man, but what was Will wearing?

may I help?'). Love Productions also makes *Bake Off*, you get the connection?

The other big TV news is that ITV have announced the *X Factor* judges for 2018. Simon Cowell is joined by Louis Tomlinson (boy band) plus Mr and Mrs Robbie Williams. I think the *EWN* Grumpy Old Man needs to investigate the husband and wife pairing here, don't you?

Sunday evening viewing on ITV came to an unfortunate end for me last week when I stumbled across *Holiday Horrors Caught on Camera*. It was late and I think I might have breathed in some

POTTY DECISION: Was the Beeb's axing of *The Great Pottery Throwdown* a revenge move?

of the smoke from the first wild fire of the season in Casares - side bar, thoughts and prayers with the bomberos and others who fight wild fires across Spain, you were fantastic in Casares last week - but I don't call getting an unexpected visitor in

your tent whilst on safari (surely to be expected), or finding out that you and a few pals have a holiday jet to yourselves, is a holiday horror. Most of us have some experience of holidays going pear-shaped and I'm not sure these experiences fall into the horror category. If you fancy a late-night romp with random folk on their holibops, catch up via the ITV Hub.

Sticking with BBC2, having cancelled *Pottery Throw Down*, Tuesday saw the second of three programmes documenting the £5 billion super-sewer being built below London. A friend pushed the initial plans through parliament on this one (hola Alison), but this is a prime-time slot and while the scale of what is going on is impressive, apart from Alison and any engineering fans out there, this one is probably best viewed on a long transatlantic night flight, you will nod right off.

Looking ahead, *The Hairy Bikers* continue their Mediterranean Adventure on BBC2, Friday evening (quite a lot of BBC2 this week ...) and fans of Dad's Army won't want to miss *We're Doomed*, *The Dad's Army Story* on (yes, you guessed it) BBC2, Saturday evening.

Enjoy the heat and happy viewing.

Ad.am.i

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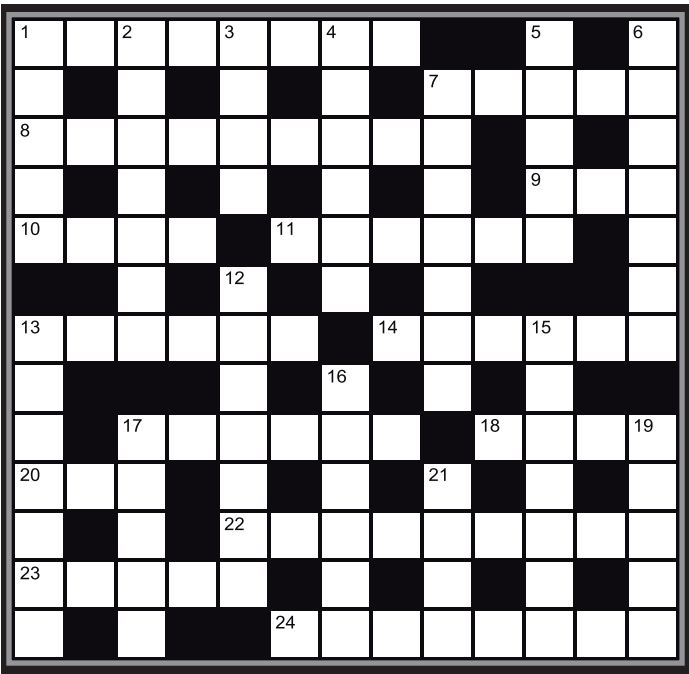
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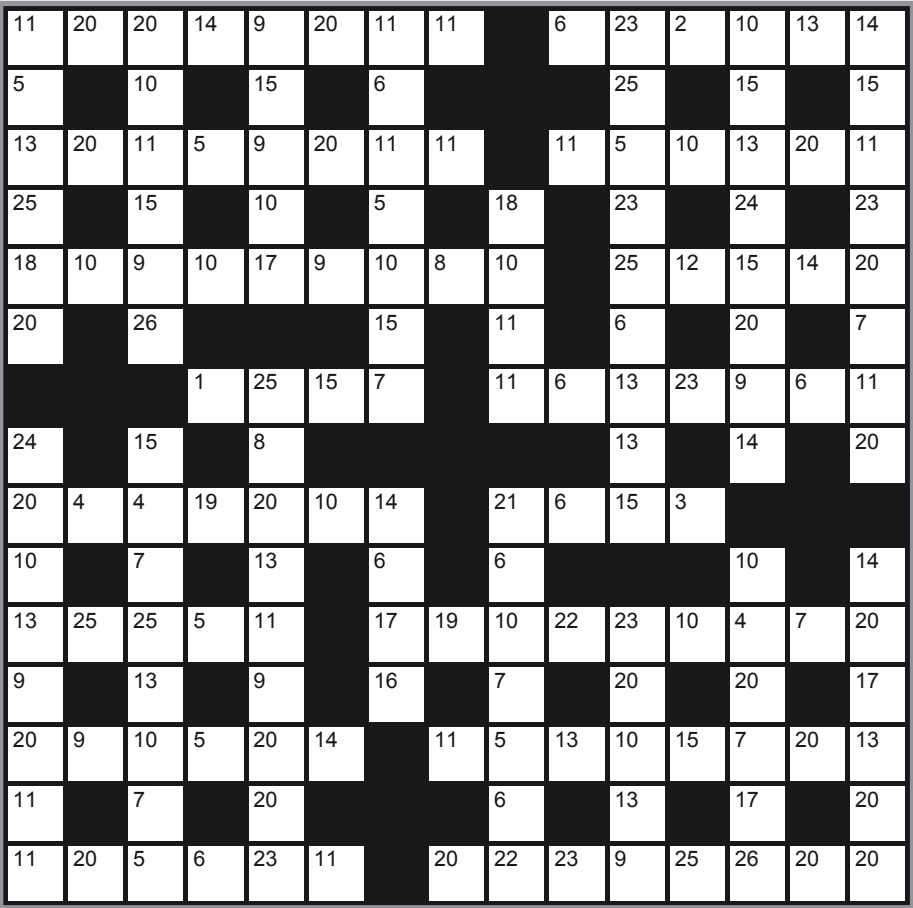
- Across**
- 1 Players on holiday get shipwrecked (8)
 - 7 Runaway comes back in a bargepole (5)
 - 8 Train Bill to get around, that's very clever (9)
 - 9 Party in a small science facility (3)
 - 10 Barents Sea is where you will find charter (4)
 - 11 Vocalising mantras is a possibility (6)
 - 13 Painter and lathe-operator (6)
 - 14 A variety of lashes can be a headache (6)
 - 17 A woman from New York is out of the country (6)
 - 18 Number one for Mr Beaufort (4)
 - 20 Miserable in Pasadena (3)
 - 22 One smiles about old Florida folk (9)
 - 23 One catches and one hangs on to them (5)
 - 24 Apparently be absolutely correct about seaside town (8)



- Down**
- 1/13 Casting bores out from Highland activity (5,7)
 - 2 Cricketer who always gives the other side a break (7)
 - 3 Usually had a friend (4)
 - 4 A cheap, nasty Parisian gangster (6)
 - 5 Nobel is a rebellious aristocrat (5)
 - 6 Observe badly written, excessive words (7)
 - 7 Top schoolboy makes mistakes in a note (7)
 - 12 Right, put your clothes on again (7)
 - 13 See 1
 - 15 Let cars, perhaps, be red (7)
 - 16 Tool for one who's over the top on stage (6)
 - 17 Let it in and let it out (5)
 - 19 Constructive member of society? (5)
 - 21 Warm and cosy in the local (4)

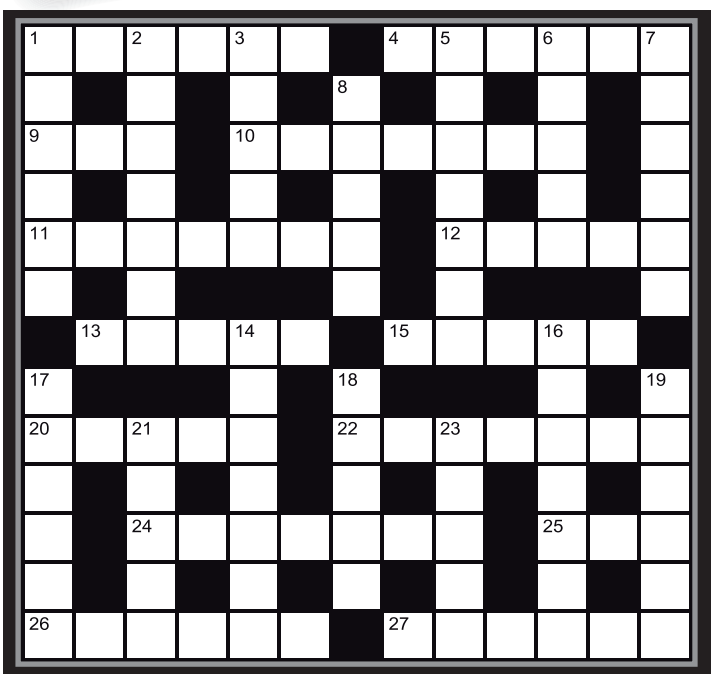
Code Breaker

Each number in the Code Breaker grid represents a different letter of the alphabet. In this week's puzzle, 9 represents L and 18 represents B, so fill in L every time the figure 9 appears and B every time the figure 18 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	L	10	11	12	13
14	15	16	17	18	B	19	20	21	22	23	24	25	26

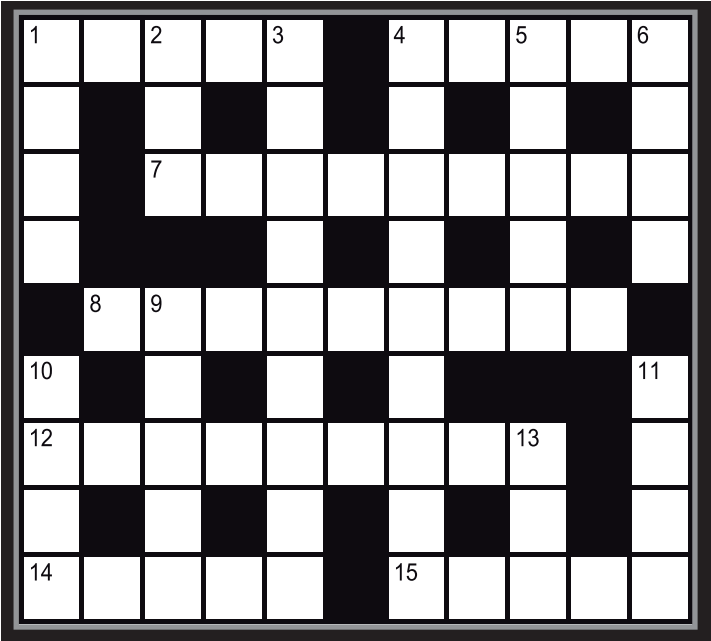
Quick



- Across**
- 1 Delicate (6)
 - 4 Principles (6)
 - 9/25 Inside information (3,3)
 - 10 Tropical fruit (7)
 - 11 Implement (7)
 - 12 Extra (5)
 - 13 Common (5)
 - 15 Keen (5)
 - 20 Prize (5)
 - 22 Gets in (7)
 - 24 Night time (7)
 - 25 See 9
 - 26 Hate (6)
 - 27 Small carnivorous mammal (6)
- Down**
- 1 Deviation (6)
 - 2 Leave one's mark (7)
 - 3 Snares (5)
 - 5 Large saltwater lake (4,3)
 - 6 Odour (5)
 - 7 Holy (6)
 - 8 Jovial (5)
 - 14 Deal with (7)
 - 16 Jealous (7)
 - 17 Sentimental song (6)
 - 18 Fundamental (5)
 - 19 Handy (6)
 - 21 Attentive (5)
 - 23 Scoundrel (5)

English - Spanish

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



- Across**
- 1 Más tarde (5)
 - 4 Gusto (sentido) (5)
 - 7 Scarlet (9)
 - 8 Guests (at hotel, guesthouse) (9)
 - 12 Artichoke (9)
 - 14 Hornos (5)
 - 15 Aceituna (5)
- Down**
- 1 Cordero (4)
 - 2 Corbata (3)
 - 3 Mochilas (9)
 - 4 Earthquake (9)
 - 5 Pala (para cavar) (5)
 - 6 Age (of person, animal, building) (4)
 - 9 Tío (5)
 - 10 May (month) (4)
 - 11 Rodilla (4)
 - 13 There (near you) (3)

CROSSWORD PAGE

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Kakuro

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

			25	37	24	22
		18				
	23					
27						
24						
25						
15						
22						

Nonagram

How many English words of four letters or more can you make from the nine letters in our Nonagram puzzle? Each letter may be used only once (unless the letter appears twice). **Each word MUST CONTAIN THE CENTRE LETTER (in this case C) and there must be AT LEAST ONE NINE LETTER WORD.** Plurals, vulgarities or proper nouns are not allowed.

T	N	O
R	C	A
I	A	N

TARGET:

Average: 12

Good: 15

Very good: 21

Excellent: 26

LAST WEEK'S SOLUTION

loan, lorn, lour, opal, oral, plop, porn, pour, prop, roan, upon, appro, apron, loran, nopal, polar, poplar, popular, UNPOPULAR

LOTTERY

UK NATIONAL LOTTERY

Saturday July 21

9	13	16	BONUS BALL
25	40	46	52

IRISH LOTTO

Saturday July 21

2	6	11	BONUS BALL
13	20	30	38

EURO MILLIONS

Tuesday July 17

4	6	27	BONUS BALL
48	50	11	

Friday July 20

2	15	40	BONUS BALL
43	46	6	

EL MILLON: FRT66788

LA PRIMITIVA

Thursday July 19

4	5	9	BONUS BALL
22	39	49	1

JOKER: 4 159 431

Saturday July 21

2	18	24	BONUS BALL
28	33	36	8

JOKER: 1 924 832

EL GORDO DE LA PRIMITIVA

Sunday July 22

8	13	28	BONUS BALL
49	52	7	

YOUR STARS FOR NEXT 7 DAYS



AQUARIUS
(January 21 - February 19)

Primarily, you are wanting to see some appreciation. That is understandable given the efforts that you have made. Do not be annoyed, however, if it is a while coming yet. Others are not always as well tuned in as you. If necessary, use a go-between discreetly to make sure of progress.



PISCES
(February 20 - March 20)

Increased activity in your love life means less time to really concentrate on business. Make sure that priority financial matters are dealt with. Not doing so will see you kicking yourself later on. A close relationship is going well. There's no reason to wonder why, the charm offensive is obviously working.



ARIES
(March 21 - April 20)

Keeping an eye on your health is particularly important at the moment. Because you have been active, it could be that you need to give yourself a bit of time. Pampering and just plain relaxing are all going to stand you in good stead during the coming week.



TAURUS
(April 21 - May 21)

Opening your mind to a new idea has convinced you that it is time for a change in direction. This is such a time, but not all changes will be permanent. Give yourself a way out of any situation this week. Using your tact and charm, it will require only a little application to please everyone.



GEMINI
(May 22 - June 21)

Improvising within a new business situation may not give you the perfect answer to a problem. What it will do, however, is give you an insight into the way others live. Until now, your approach to life may have been a little one-sided.



CANCER
(June 22 - July 23)

A recent holiday has set your mind racing. This being a romantic time means that you can get a little over-excited. Your romance may not be set to last but you should fully enjoy it nonetheless. Relatives issue words of warning

but they have only your best interests at heart.



LEO
(July 24 - August 23)

Opposing opinions on a matter close to your heart see you hesitating. There is nothing wrong with asking for advice. The chances are that you know someone who has already been through your situation. Don't let pride make you miss out on a solution.



VIRGO
(August 24 - September 23)

Not everything in the garden is rosy but you are made of strong stuff. Your conviction that something is right helps you in discussions. Support given to a loved one may be misguided, especially if it is a huge financial gamble.



LIBRA
(September 24 - October 23)

This is a time to enjoy the present and look forward to the future. Don't forget, along the way, to congratulate yourself for all that you have achieved in the last year. Sometimes you do not blow your own trumpet and people appreciate you in a quiet way.



SCORPIO
(October 24 - November 22)

An appetite for something new means that you tread unknown ground. It's an exciting time when you may find it easier to do things alone. This does not mean you have to feel alone as others can be told of your progress.



SAGITTARIUS
(November 23 - December 21)

Part of being 'you' is your independent mind. Some may try to change that this week. Why would someone want to make you more dependent on them? Could it be that they feel insecure? Giving reassurance may be all that is needed. We all feel the need for appreciation.



CAPRICORN
(December 22 - January 20)

Trying to be everything to all people is tiring. No one knows this more than you. Give yourself a little time and space this week because it will make a great difference to your spirits.

Sudoku

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

LAST WEEK'S SOLUTION

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

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

LAST WEEK'S SOLUTIONS

ENGLISH-SPANISH

Across:

1 Chef, 3 Phishing, 9 Letters, 10 Moses, 11 Snare, 12 Elated, 14 Almost, 16 Mantra, 19 Crisis, 21 Scare, 24 Bunny, 25 Arrange, 26 Sorcerer, 27 Eyes.

Down:

1 Coleslaw, 2 Extra, 4 Hostel, 5 Samoa, 6 Inspect, 7 Gust, 8 Recess, 13 Careless, 15 Mariner, 17 Absorb, 18 Escape, 20 Style, 22 Annoy, 23 Ibis.

CRYPTIC

Across:

1 Scribe, 4 Slick, 8 Lover, 9 Pontoon, 10 Carnage, 11 Cede, 12 Dot, 14 Idle, 15 Rags, 18 Spa, 21 Over, 23 Newgate, 25 Insider, 26 Exile, 27 Green, 28 Ascent.

Down:

1 Solace, 2 Revered, 3 Barrages, 4 Song, 5 Evoke, 6 Kinder, 7 Speed, 13 Trawlers, 16 Granite, 17 Boring, 19 Angry, 20 Select, 22 Elsie, 24 Eden.

QUICK

Across:

1 Sonido, 4 Wild, 8 Obras, 9 Arena, 10 Delantero, 13 Shape, 15 Linen, 16 Nada, 17 Pasaje.

Down:

1 Slow, 2 Norte, 3 Diseases, 5 Ice, 6 Día, 7 Pastilla, 11 Ronda, 12 Knee, 13 Sin, 14 Add.

CODE BREAKER

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

KAKURO

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

QUIZ: DOUBLE FEATURE

- In the animated cartoon series The Flintstones, what is the name of the adopted son of Barney and Betty Rubble?
- Which lively, high-kicking stage dance that originated in 19th-century Parisian music halls, is performed by women in long skirts and petticoats?
- Which 1968 British musical film, loosely based on children's book written by Ian Fleming for his son Caspar, starred Dick Van Dyke as Caractacus Potts and Sally Ann Howes as Truly Scrumptious?

- Which dog breed originated from China, where it is referred to as Songshi Quan, which means 'puffy-lion dog'?
- Save a Prayer, Hungry Like the Wolf, Union of the Snake, The Reflex and The Wild Boys were all UK Top 10 hit singles by which English rock band, formed in Birmingham in 1978?

Answers:

- BAMM-BAMM,
- CANCAN, 3. CHITTY CHITTY BANG BANG,
- CHOW CHOW,
- DURAN DURAN

GOOD NEWS FOR YOUR CAR 902 123 309



THURSDAY - 26 JULY

BBCone **BBCTwo** **BBCFOUR** **CHANNEL 4** **CHANNEL 5**

7:00am	Breakfast	3:15am	This is BBC Two	4:25am	This is BBC Four	9:00am	Everybody Loves	10:05am	Mofy
10:15am	Wanted Down	7:00am	Flog it! Trade	8:00pm	Beyond 100		Raymond	10:15am	The Wright
	Under		Secrets		Days	10:00am	Frasier		Stuff
11:00am	Homes Under	7:30am	Coast		<i>The latest</i>	11:05am	Ramsay's	12:15pm	Can't Pay
	the Hammer	8:15am	Heir Hunters with		<i>national and</i>		Kitchen		Special
12:00pm	Heir Hunters	9:00am	Michael Buerk		<i>news, exploring</i>	12:00pm	Nightmares USA	1:10pm	5 News
	with Michael		Buerk		<i>the day's events</i>	12:30pm	The Simpsons		Lunchtime
12:45pm	The Farmers'		How the NHS		<i>from a global</i>	1:00pm	The Simpsons	1:15pm	GP's Behind
	Country	9:30am	Changed Our		<i>perspective.</i>	1:05pm	Channel 4 News		Closed Doors
	Showdown		World	8:30pm	The Royal Welsh		Come Dine with	2:15pm	Home and
1:15pm	Bargain Hunt	10:00am	Caught Red		<i>Show 2018</i>	2:05pm	Me		Away
2:00pm	BBC News at	12:00pm	Handed		<i>Kate Humble</i>		Find it, Fix it,	2:45pm	Neighbours
	One				<i>and Gareth Wyn</i>	3:10pm	Flog it	3:15pm	Cagney and
2:30pm	BBC London	2:00pm	Victoria Derbyshire		<i>Jones present</i>	4:00pm	Countdown		Lacey
	News	2:45pm	BBC Newsroom		<i>highlights from</i>	5:00pm	A Place in the	4:15pm	Garage Sale
2:45pm	Red Rock		Live		<i>the final day of</i>	6:00pm	Sun: Winter Sun		Mystery
3:30pm	Escape to the	3:30pm	Perfection		<i>the Royal Welsh</i>		Come Dine with	6:00pm	5 News at 5
	Country		Getting the		<i>Show.</i>	6:30pm	Me	7:00pm	Home and
4:30pm	Celebrity Money	4:15pm	Builders in	9:00pm	Australia with		The Simpsons		Away
	for Nothing		For What It's		Simon Reeve	7:00pm	The Simpsons	7:30pm	5 News Tonight
5:15pm	Flog It!	5:15pm	Worth	10:00pm	Size Matters	7:30pm	Hollyoaks	8:00pm	Mission:
6:15pm	Impossible	6:15pm	Nature's Weirdest	11:00pm	In Search of	8:00pm	Channel 4 News		Impossible
7:00pm	BBC News at Six	7:00pm	Events		Science	9:00pm	Channel 4 News		- Fallout
7:30pm	BBC London	7:30pm	Antiques Road Trip	12:00am	The Great British		Old House, New	8:30pm	Caught on
	News		Eggheads		Year	10:00pm	Home		Camera
8:00pm	The One Show	8:00pm	Great British		<i>Documentary</i>	11:00pm	Prison	9:00pm	Bad Tenants:
8:30pm	EastEnders		Railway Journeys		<i>series showing</i>		Ramsay's 24		Disturbing the
9:00pm	Eat Well for Less	9:00pm	Hairy Bikers'		<i>Britain's</i>	12:00am	Hours to Hell	10:00pm	Peace
10:00pm	Keeping Faith		Mediterranean		<i>changing look</i>	12:40am	and Back		Eamonn and
11:00pm	BBC News at	10:00pm	Adventure	1:00am	<i>over the course</i>		Who is America?		Ruth: How the
	Ten		Inventing the	1:40am	<i>of a year</i>	1:40am	Our Guy in		Other Half
11:30pm	BBC London	11:00pm	Impossible: The	2:25am	Cardinal		Russia	11:00pm	Lives
	News		Big Life Fix	3:25am	Cardinal	2:35am	The Sex Clinic:	1:15am	Fall of the
11:45pm	New Tricks	11:00pm	Horizon: Spina		Australia with		Artist in		Krays
12:45am	Who Do You	11:30pm	Bifida and Me		Simon Reeve		Residence		Super Casino
	Think You Are?	12:15am	Quacks		Size Matters		The Supervet		
			Nightnight						
			Hospital						

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

6:05am	The Jeremy Kyle	7:45am	Totally Bonkers	7:25am	Classic	4:00am	Teleshopping	6:00am	Sky Sports News
	Show		Guinness World		Coronation		Shopping from	7:00am	Good Morning
7:00am	Good Morning		Records		Street		home.		Sports Fans
	Britain	8:10am	Who's Doing the	7:55am	Heartbeat	7:00am	The Chase	7:30am	Bitesize
9:30am	Lorraine		Dishes?	9:00am	The Royal	7:50am	The Chase		Good Morning
10:25am	The Jeremy Kyle	9:00am	Emmerdale	10:05am	Judge Judy		<i>Quiz show</i>		Sports Fans
	Show	9:30am	Coronation	10:30am	Judge Judy		<i>hosted by</i>	8:00am	Bitesize
11:30am	This Morning		Street	11:00am	George and	8:35am	<i>Bradley Walsh</i>		Good Morning
1:30pm	Loose Women	9:55am	Coronation		Mildred		Storage Wars		Sports Fans
2:30pm	ITV Lunchtime		Street	11:35am	Agatha Christie's	9:00am	Cash Cowboys	9:00am	Good Morning
	News	10:25am	The Ellen		Marple	10:00am	The		Sports Fans
2:55pm	ITV News		DeGeneres	1:35pm	The Royal		Professionals	10:00am	Good Morning
	London		Show		<i>A train crash</i>	11:00am	Minder		Sports Fans
3:00pm	Judge Rinder	11:20am	The Bachelor		<i>leads to tragedy</i>	12:00pm	Tour De France	11:00am	Live European
4:00pm	Tenable	1:15pm	Emmerdale		<i>and a young family</i>		2018		Tour Golf
5:00pm	Tipping Point	1:45pm	Coronation		<i>for a race</i>	1:00pm	Highlights	1:00pm	Live Senior
6:00pm	The Chase		Street		<i>against time for</i>		Storage Wars	3:30pm	British Open
7:00pm	ITV News	2:15pm	Coronation	2:40pm	<i>Dr Banner.</i>	1:30pm	Texas		Live Ladies
	London	2:45pm	Street	3:40pm	Heartbeat	1:45pm	Sporting Funnies	6:30pm	Scottish Open
7:30pm	ITV Evening		The Ellen		Classic		Tour De France		Info not
	News	3:35pm	DeGeneres Show	4:15pm	Coronation	6:15pm	2018	8:00pm	available
8:00pm	Emmerdale		The Jeremy Kyle		Street		Football's		Sky Sports
8:30pm	Eat, Shop, Save	4:40pm	Show		Classic		Greatest		Tonight
9:00pm	Emmerdale		The Jeremy Kyle	4:55pm	Coronation	6:30pm	Storage Wars	8:30pm	Live Super
9:30pm	Birds of a		Show		Street		Texas		League
	Feather	5:45pm	Judge Rinder	6:55pm	Agatha Christie's	7:00pm	Cash Cowboys	10:30pm	Live Darts: World
10:00pm	Our Shirley	6:50pm	Take Me Out	8:00pm	Marple	8:00pm	Tour De France		Matchplay
	Valentine	8:00pm	You've Been		Heartbeat		2018	12:00am	Jd Ringside: The
	Summer		Framed! Gold		Murder, She		Highlights		Countdown
11:00pm	ITV News at Ten	9:00pm	Two and a Half	9:00pm	Wrote	9:00pm	Monster Carp	12:30am	Dillian Whyte:
	and Weather		Men			10:00pm	Licence to Kill		Off Limits
11:30pm	ITV News	9:30pm	Superstore	11:00pm	Foyle's War	11:00pm	FYI Daily	1:00am	Sky Sports News
	London	10:00pm	Love Island	1:00am	A Touch of Frost	11:05pm	Licence to Kill	2:00am	MLS Greatest
11:45pm	Unforgotten	11:00pm	Keith Lemon:	2:55am	ITV3 Nightscreen	12:45am	Saw		Games
12:45am	Give it a Year		Coming in	3:30am	Teleshopping		FYI Daily	2:20am	Football
1:10am	Jackpot247		America					4:25am	MLS Greatest

FRIDAY - 27 JULY

BBCone **BBCTwo** **BBCFOUR** **CHANNEL 4** **CHANNEL 5**

10:15am	Wanted Down	3:15am	This is BBC Two	4:25am	This is BBC Four	8:10am	King of Queens	9:05am	Paw Patrol
	Under	7:00am	Flog it! Trade	8:00pm	World News	8:35am	Everybody Loves	9:20am	Floogals
11:00am	Homes Under		Secrets		Today		Raymond	9:40am	Digby Dragon
	the Hammer	7:30am	Coast	8:30pm	BBC Proms	9:00am	Everybody Loves	9:55am	Nella the
12:00pm	Heir Hunters	8:15am	Heir Hunters with		2018: English		Raymond		Princess
	with Michael		Buerk	10:40pm	Elegy	9:30am	Everybody Loves		Knight
	Buerk		Buerk		Top of the Pops:		Raymond	10:05am	Mofy
12:45pm	The Farmers'	9:00am	Gardeners'	11:00pm	1971	10:00am	Frasier	10:15am	The Wright
	Country		World		Mick Jagger -	10:35am	Frasier		Stuff
	Showdown	10:00am	Victoria		Whistle Test	11:05am	Ramsay's	12:15pm	Bad Tenants,
1:15pm	Bargain Hunt		Derbyshire		Special: It's Only		Kitchen		Knights
2:00pm	BBC News at	12:00pm	BBC Newsroom	12:00am	Rock and Roll	12:00pm	Nightmares USA	1:10pm	Landlords
	One		Live		BBC Proms		The Simpsons	1:15pm	5 News
2:30pm	BBC London	2:00pm	Perfection	1:20am	2018: Pioneers	12:30pm	The Simpsons		Lunchtime
	News	2:45pm	Getting the		of Sound	1:00pm	The Simpsons	1:15pm	GP's Behind
2:45pm	Red Rock		Builders in		The Rolling	1:05pm	Channel 4 News		Closed Doors
3:30pm	Escape to the	3:30pm	For What It's		Stones at	2:05pm	Come Dine with	2:15pm	Home and
	Country		Worth		the BBC		Me		Away
4:30pm	Celebrity Money	4:15pm	Nature's	2:05am	Northern Soul	2:45pm	Find it, Fix it,	2:45pm	Neighbours
	for Nothing		Weirdest Events	3:05am	Mick Jagger -		Flog it		Cagney and
5:15pm	Flog It!	5:15pm	Jungle Atlantis		Whistle Test	3:10pm	Countdown	3:15pm	Lacey
6:15pm	Impossible	6:15pm	Antiques Road		Special: It's Only	4:00pm	A Place in the	4:15pm	Jesse Stone:
7:00pm	BBC News at Six		Trip		Rock and Roll		Sun: Winter Sun		Benefit of the
7:30pm	BBC London	7:00pm	Eggheads	5:00pm	<i>David Hepworth</i>	6:00pm	The £100k Drop		Doubt
	News	7:30pm	Great British		<i>interviews Mick</i>		Come Dine with	6:00pm	5 News at 5
8:00pm	The One Show		Railway Journeys		<i>Jagger about his</i>	6:30pm	Me		Neighbours
8:30pm	A Question of	8:00pm	Hairy Bikers'		<i>career with The</i>	7:00pm	The Simpsons	6:30pm	Home and
	Sport		Mediterranean		<i>Rolling Stones</i>	7:30pm	The Simpsons	7:00pm	Away
9:00pm	EastEnders		Adventure		<i>and his solo</i>	8:00pm	Hollyoaks	7:30pm	5 News Tonight
9:30pm	Still Open All	9:00pm	Gardeners'		<i>work.</i>	8:00pm	Channel 4 News	8:00pm	Tony Robinson:
	Hours		World		Top of the Pops:	9:00pm	The Crystal Maze		Coast to Coast
10:00pm	Would I Lie to	10:00pm	Love and	4:05am	1971	10:00pm	8 Out of 10 Cats	9:00pm	Celebrity Five
	You?		Friendship	4:35am	This is BBC Four		Does		Go
10:30pm	Our Friend	11:30pm	Newsnight			11:00pm	Countdown		Caravanning
	Victoria	12:05am	Louis Theroux			12:05pm	The Last Leg	10:00pm	Jane McDonald
11:00pm	BBC News at	1:05am	Panorama				The Big Narstie	10:00pm	and Friends
	Ten	1:35am	Horizon				Show		Blind Date
						1:10am	Stath Lets Flats	11:00pm	

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

6:05am	The Jeremy Kyle	8:10am	Who's Doing the	3:30am	Teleshopping	4:00am	Teleshopping	4:30am	Football
	Show		Dishes?	7:00am	Classic		The Chase	6:35am	One2eleven
7:00am	Good Morning	9:00am	Emmerdale		Coronation	7:00am	The Chase	7:00am	Good Morning
	Britain	9:30am	Emmerdale		Street	8:35am	Cash Cowboys		Sports Fans
9:30am	Lorraine	9:55am	You've Been	7:25am	Classic	9:30am	Storage Wars		Bitesize
10:25am	The Jeremy Kyle		Framed! Gold		Coronation	10:00am	The Professionals	7:30am	Good Morning
	Show	10:25am	The Ellen		Street	11:00am	Tour De France		Sports Fans
11:30am	This Morning		DeGeneres Show	7:55am	Heartbeat		2018		Bitesize
1:30pm	Loose Women	11:20am	The Bachelor	9:00am	The Royal	8:00am	Highlights		Good Morning
2:30pm	ITV Lunchtime	1:15pm	Emmerdale	10:00am	Judge Judy		Tour De France		Sports Fans
	News	1:45pm	Emmerdale	10:30am	Judge Judy	12:00pm	2018	9:00am	Good Morning
2:55pm	ITV News	2:15pm	You've Been	10:55am	George and	6:15pm	Football's		Sports Fans
	London		Framed! Gold		Mildred		Greatest	10:00am	Good Morning
3:00pm	Judge Rinder	2:45pm	The Ellen	11:25am	Agatha	6:30pm	Storage Wars		Sports Fans
4:00pm	Tenable		DeGeneres Show		Christie's		Texas	10:30am	Paddock
5:00pm	Tipping Point	3:35pm	The Jeremy Kyle		Marple	7:00pm	Cash Cowboys		Uncut: Hungary
6:00pm	The Chase		Show	1:35pm	The Royal	8:00pm	Tour De France	10:45am	Live Hungarian
7:00pm	ITV News	4:40pm	The Jeremy Kyle	2:40pm	Heartbeat		2018		F1 GP: Practice
	London		Show	3:40pm	Classic	9:00pm	Highlights	12:50pm	Live Hungarian
7:30pm	ITV Evening	5:45pm	Judge Rinder		Coronation		The Bourne		F2: Practice
	News	6:50pm	Take Me Out	4:15pm	Street		Identity	1:45pm	Live Senior
8:00pm	Emmerdale	8:00pm	You've Been		Classic	10:00pm	FYI Daily		British Open
8:30pm	Coronation	9:00pm	Framed! Gold		Coronation	10:05pm	The Bourne	3:30pm	Live Women's
	Street		Two and a Half		Street		Identity		T20 Super
9:00pm	James Martin's		Men	4:50pm	Housewife 49	11:20pm	The Chronicles of		League
	American	9:30pm	Superstore	6:55pm	Heartbeat		Riddick	7:00pm	Cricknet
	Adventure	10:00pm	Love Island	8:00pm	Murder, She	12:20am	FYI Daily	10:45pm	Live Darts:
9:30pm	Coronation	11:05pm	Celebrity Juice		Wrote	12:25am	The Chronicles of		World
	Street	12:05am	Family Guy	9:00pm	Agatha		Riddick	12:00am	Matchplay
10:00pm	Doc Martin	12:35am	Family Guy		Christie's Poirot	1:40am	Football's		JD Ringside:
	and Weather	1:05am	American Dad!	11:00pm	Foyle's War		Foreign	12:00am	The Weight in
11:30pm	ITV News	1:30am	Two and a Half		Vera	2:40am	Lethal Weapon	12:30am	JD Ringside:
	London	2:00am	Men		Honest	3:30am	Storage Wars		The
11:45pm	The 40 Year Old	2:30am	Superstore		Billy Connolly's	3:50am	ITV4 Nightscreen		Countdown
	Virgin	2:55am	Totally Bonkers	4:45am	Big Send Off		Teleshopping	1:00am	Sky Sports
					This Time Next				News

Advertising Feature

Electrical items that can make a real difference

IN today's environmentally-conscious society, everyone needs to do as much as they can in order to reduce their use of polluting energy.

Pino Electricidad, with two outlets in Torre del Mar, is a warehouse distributor of electrical equipment with extensive experience in this sector.

Originally established more than 40 years ago, the company has kept up-to-date with all of the latest technological developments, ensuring that it stocks approved and recognised products which are as friendly to the environment as possible.

The two outlets stock large numbers of different but vital products which can be used for a myriad of different needs, and the experienced staff are ready to give advice on all of the latest and most appropriate product for your every need.

This is not a shop simply selling televisions and white goods. It's an ideal outlet for professional builders and DIY enthusiasts who need a range of different electrical items to either assist in their building or to update existing properties.



PINO ELECTRICIDAD: For your 'clean' electrical needs.

Their products include accessories for medium and low voltage - such as bulbs and special lamps - conduit material and conductors, telephony, batteries, DTT antennas, mechanisms, lighting - interior, exterior, LED and decorative - heating, ventilation and small household appliances.

From the smallest connector for a computer, to spare parts for vacuum cleaners, to aerials, heaters or fans, a whole world of different electrical items are available.

From time to time Pino Electricidad produces special publications where a range of specific

items are offered at exceptional prices.

There is a very useful website at <http://www.pinoelectricidad.es> which shows images of the range of products available and customers are very welcome to visit their two establishments in Torre



del Mar to discuss their needs.

Pino Electricidad is committed to recycling and low consumption, contributing to a certain extent with energy savings, betting on a more ecological future and is the ideal supplier for those who want to ensure a cleaner, greener future for themselves and their families.

The addresses of the two Pino Electricidad outlets are:

Calle Custodio Puga 9^a, 29740 - Torre del Mar - Tel: 952 540 392
Calle Puerta del Mar, 14, 29740 - Torre del Mar - Tel: 952 540 854.

Advertising Feature

Christina Sharp

GLOBELINK INTERNATIONAL

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DID you know that many tourists are unwittingly breaking the law each year when travelling abroad with their prescribed medication?

Wherever you're travelling to, the chances are your holiday destination will have laws that are very different. According to the Foreign and Commonwealth Office (FCO), it is not uncommon for medication that is acceptable in some countries, to be classified as 'controlled drugs' in others. The BBC have warned holidaymakers to check travel advice on medication they plan to take abroad to avoid being fined, or worse arrested and imprisoned. For example some cold remedies are banned in Japan, and Zambia won't allow Benylin cough syrup through its borders.

Examples of controlled medicines can include painkillers, such as diamorphine, and some medicines containing hormones, such as anabolic steroids.

Read on for some practical advice on this little known risk facing travellers:

What should you do if taking prescribed medication with you?

Plan well ahead. Different countries have different rules and regulations on permitted

Travelling abroad with medication? Beware!



Credit: Victoria 1 Shutterstock

PLAN AHEAD: Make sure that your medicine is legal before travelling.

medicine and the maximum quantity you can take in. Some countries, like India and Turkey, have lists of medicines they won't allow into the country.

Speak to your GP or practice nurse about where you'll be going at least four to six weeks before you travel so they can advise whether special arrangements are required for your particular medication.

You can also get information about the rules

that apply to the country you are visiting from their local foreign embassy. The Foreign and Commonwealth Office website also provides more general country information on health: <https://www.gov.uk/foreign-travel-advice>.

How to travel with your medication.

Always carry medication and medical equipment (eg needles) in their original, labelled packages. Carry a copy of your prescription and ideally a letter from your GP with details

of your health condition/s and your medication, including the generic name of the medicine (not just the brand name). This documentation will be very helpful if you need to arrange replacement medication for any reason while abroad, as well as helping you through border control.

Carry at least three days' supply of essential medication in your hand luggage in case your baggage is delayed. Note that you are allowed to carry essential medicines of more than 100ml in your hand luggage, as long as you have supporting documentation from your doctor.

Pack spare medication in your checked-in luggage too (with copies of the supporting prescription), in case you lose your hand luggage.

Don't be caught out by medication that requires temperature control (eg below 25C) if you are travelling to a very hot country. Your doctor or local chemist should be able to provide guidance here. You can help keep your medicine cool by using a thermos flask, or cool bag with ice packs.

Wherever you are going, stay safe, healthy and don't fall foul of foreign laws. Do your research well before you travel and don't forget to buy decent travel insurance. Choose Globelink, providing quality travel insurance for over 20 years, wherever you live in the EU.

Visit www.globelink.co.uk, or call (UK) +44 1353 699 082 or our Spanish link line 966 265 000.



línea directa

SUNDAY - 29 JULY

BBC one **BBC Two** **BBC FOUR** CHANNEL 4. CHANNEL 5

1:35am	BBC News	8:00am	Gardeners' World	5:00am	This is BBC Four	5:45am	My Kitchen Rules	11:30am	Chuckle Time
7:00am	Breakfast	9:00am	Countryfile	8:00pm	BBC Proms				with the
10:00am	BBC News	10:00am	The Beechgrove Garden	9:45pm	2018 Nature's Weirdest Events	6:40am	Star Boot Sale		Chuckle Brothers
	The latest news from the BBC.	10:30am	Saturday Kitchen Best Bites			7:10am	Mobil 1 the Grid	12:20pm	Police Interceptors
11:00am	Sunday Morning Live	12:00pm	RideLondon 2018		Documentary series exploring bizarre and extraordinary natural events.	7:35am	Motorsport Everybody Loves Raymond	1:10pm	Police Interceptors
12:00pm	Homes Under the Hammer	1:00pm	Triathlon World Series			8:30am	Everybody Loves Raymond	2:10pm	Police Interceptors
1:00pm	Bargain Hunt	2:30pm	The Hairy Bikers' Best of British			9:25am	Frasier	3:05pm	Police Interceptors
2:00pm	BBC News	3:30pm	Escape to the Country	10:00pm	Archaeology: A Secret History	10:00am	Frasier	4:05pm	Nanny McPhee
2:15pm	Animals Behaving Badly	4:30pm	My Congo			10:30am	Sunday Brunch	4:05pm	Access
3:15pm	Eat Well for Less	5:30pm	Inventing the Impossible: The Big Life Fix	11:00pm	Six Wives with Lucy Worsley	1:30pm	The Simpsons	4:10pm	Nanny McPhee
4:15pm	Songs of Praise					1:55pm	The Simpsons	5:10pm	Nanny McPhee and the Big Bang
4:50pm	Cycling	6:30pm	Secrets of Silicon Valley	12:00am	The Royal Welsh Show 2018 Highlights	2:25pm	Diary of a Wimpy Kid	6:10pm	Access
7:30pm	BBC News	7:30pm	Mortimer and Whitehouse: Gone Fishing			4:15pm	Location, Location, Location	6:15pm	Nanny McPhee and the Big Bang
7:50pm	BBC London News	8:00pm	Inside the Factory		Kate Humble and Gareth Wyn Jones present their favourite moments from the Royal Welsh Show.	5:15pm	Bang on Budget	7:15pm	The Wonderful World of Puppies
8:00pm	Countryfile	9:00pm	Searching for Shergar			6:20pm	Homes by the Med	8:05pm	Chuckle Time
9:00pm	Antiques Roadshow	10:00pm	Trumpland with Ed Balls	1:00am	The Lost Gold of the Highlands	7:20pm	Channel 4 News		with the Chuckle Brothers
10:00pm	Poldark	11:00pm	Free State of Jones	2:15am	Daniil Trifonov: Piano Sensation	7:45pm	Formula 1	9:00pm	Funniest Ever Gameshow Moments
11:00pm	BBC News	1:15am	Idris Elba: King of Speed	3:15am	Archaeology: A Secret History	10:00pm	The Handmaid's Tale	9:55pm	5 News Weekend
11:20pm	BBC London News	2:15am	Countryfile	4:15am	This is BBC Four	11:05pm	The Football Club: Artist in Residence	10:00pm	Face/Off
11:30pm	Imagine...	3:10am	Holby City			12:00am	Chef	11:00pm	Five News Update
12:40am	Albert Nobbs	4:10am	This is BBC Two			2:10am	The Last Leg	11:05pm	Face/Off
2:25am	Weather for the Week Ahead		Highlights of programmes on BBC Two.			3:05am	Rams	12:45am	Fight Club
2:30am	BBC News					4:45am	Mobil 1 the Grid		
						5:10am	Selling Houses with Amanda Lamb		

sky sports
main event

sky sports
main event

8:05am	Ninjago: Possession	7:00am	Totally Bonkers Guinness World Records	7:50am	Murder, She Wrote	4:00am	Teleshopping	6:00am	Sky Sports News
8:30am	The Haunted Hathaways			8:45am	Heartbeat	7:00am	The Professionals	7:00am	Sky Sports News
8:55am	Drop Dead Weird	7:25am	Emmerdale Omnibus	9:50am	Heartbeat	8:00am	Tour De France 2018 Highlights	8:00am	Good Morning Sports Fans
9:25am	ITV News	10:20am	Coronation Street Omnibus	10:50am	Agatha Christie's Marple	9:00am	River Monsters	9:00am	Good Morning Sports Fans
9:30am	Zoe Ball on Sunday	1:15pm	Ninja Warrior UK	2:55pm	Housewife 49	9:30am	Monster Carp	10:00am	Good Morning Sports Fans
10:25am	Japandemonium	2:15pm	You've Been Framed! Gold		Victoria Wood stars as a downtrodden wife and mother, whose life dramatically improves after the outbreak of WWII when she joins the Women's Voluntary Service	10:30am	BRDC Formula 3 Championship Highlights	11:00am	Good Morning Sports Fans
10:50am	Ninja Warrior UK	3:15pm	You've Been Framed! Gold			11:30am	MSA British Touring Car Championship	11:00am	Sky Sports News
11:50am	Wos Wrestling	3:50pm	Yogi Bear	4:50pm	FYI Daily	7:30pm	Goodwood Festival of Speed	12:00pm	Sky Sports News
12:50pm	Big Star's Little Star	4:50pm	FYI Daily	5:25pm	Yogi Bear	8:30pm	Storage Wars Texas	12:30pm	Live European Tour Golf
1:50pm	ITV Lunchtime News	6:35pm	FYI Daily		Dr. Seuss' the Lorax	9:00pm	River Monsters	1:30pm	Live Hungarian F1 GP:Pit Lane Live
1:55pm	Tipping Point	6:40pm	Dr. Seuss' the Lorax	7:10pm	Star Wars: Episode II - Attack of the Clones	9:25pm	River Monsters	2:30pm	Live Hungarian F1 GP: On the Grid
3:00pm	The Chase					10:00pm	Tour De France 2018 - Highlights	3:05pm	Live Hungarian F1 Grand Prix
4:00pm	Tour De France 2018			4:55pm	Rosemary and Thyme	11:00pm	Jaws 3	5:30pm	Cricknet
7:30pm	Paul O'grady: For the Love of Dogs	8:10pm	FYI Daily	5:55pm	Foyle's War	12:00am	FYI Daily	8:15pm	Live Darts: World Matchplay Final
8:00pm	ITV Evening News	8:15pm	Star Wars: Episode II - Attack of the Clones	7:55pm	Victoria	12:05am	Jaws 3		
8:10pm	ITV News London			9:00pm	Victoria	1:05am	Better Late Than Never		
8:15pm	Catchphrase			10:00pm	The Halcyon	1:55am	BRDC Formula 3 Championship Highlights		
9:00pm	The Chase: Celebrity Special	10:00pm	Love Island	11:00pm	The Halcyon			10:00pm	Live PGA Tour Golf
10:00pm	Unforgotten	11:00pm	Love Island	12:00am	Wire in the Blood	3:00am	The Motorbike Show	12:00am	Sky Sports News
11:00pm	ITV News	12:05am	Family Guy	2:00am	Blue Murder	3:50am	ITV4 Nightscreen	1:00am	Sky Sports News
11:20pm	Carry on Forever	12:35am	Family Guy	3:15am	Road to Avonlea	4:00am	Teleshopping		
12:20am	Sunday Night at the Palladium	1:05am	Family Guy	4:05am	Road to Avonlea				
	Jackpot247	1:35am	American Dad!	4:55am	George and Mildred				
1:15am		2:05am	American Dad!						

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MONDAY - 30 JULY

BBCone **BBCTwo** **BBCFOUR** **CHANNEL 4** **CHANNEL 5**

3:30pm	Escape to the Country	3:30pm	For What It's Worth	8:00pm	Beyond 100 Days	5:00pm	Sun, Sea and Selling Houses	12:15pm	Can't Pay? We'll Take it Away!
4:30pm	Celebrity Money for Nothing	4:15pm	Nature's Weirdest Events	8:30pm	Handmade in Mexico	6:00pm	Come Dine with Me	1:10pm	5 News Lunchtime
5:15pm	Flog It!	5:15pm	Britain's Secret Seas	9:00pm	Italy's Invisible Cities	6:30pm	The Simpsons	1:15pm	GPs: Behind Closed Doors
6:15pm	Impossible	6:15pm	Money for Nothing	10:00pm	Whoever Heard of a Black Artist?	7:00pm	The Simpsons	2:15pm	Home and Away
7:00pm	BBC News at Six	7:00pm	Eggheads	10:00pm	Britain's Hidden Art History	7:30pm	Hollyoaks	2:45pm	Neighbours
7:30pm	BBC London News	7:30pm	Great British Railway Journeys	11:00pm	Leading Lady	8:00pm	Channel 4 News	3:15pm	Cagney and Lacey
8:00pm	The One Show	8:00pm	Hairy Bikers' Mediterranean Adventure	11:05pm	Snatches: Moments From Women's Lives	9:30pm	How to Get Rich Quick	4:15pm	Garage Sale Mystery: The Wedding Dress
8:30pm	Lorry Ladies	9:00pm	Nadiya's Family Favourites	11:25pm	Snatches: Moments From Women's Lives	10:00pm	Our Guy in Russia: Chernobyl	6:00pm	5 News at 5
9:00pm	EastEnders	9:30pm	University Challenge	11:40pm	Snatches: Moments From Women's Lives	11:00pm	Who is America?	6:30pm	Neighbours
9:30pm	Panorama	10:00pm	Versailles	11:40pm	Snatches: Moments From Women's Lives	11:40pm	8 Out of 10 Cats	7:00pm	Home and Away
10:00pm	Who Do You Think You Are?	11:00pm	QI			12:45am	Does Countdown Ramsay's 24 Hours to Hell and Back	7:30pm	5 News Tonight
11:00pm	BBC News at Ten							8:00pm	Sinkholes
11:30pm	BBC London News							9:00pm	Police Interceptors
11:42pm	BBC Weather							10:00pm	The Bermuda Triangle Revealed



5:00pm	Tipping Point	3:35pm	The Jeremy Kyle Show	10:05am	Judge Judy	1:50pm	Quincy, M.E.	11:30am	Sky Sports News
6:00pm	The Chase	4:40pm	The Jeremy Kyle Show	10:35am	Judge Judy	2:50pm	Minder	12:00pm	Sky Sports News
7:00pm	ITV News London	5:45pm	Judge Rinder	11:00am	George and Mildred	3:55pm	Tour De France 2018	1:00pm	Sky Sports News
7:30pm	ITV Evening News	6:50pm	Take Me Out	11:35am	Housewife 49	4:55pm	Highlights	2:00pm	Sky Sports News
8:00pm	Emmerdale	8:00pm	You've Been Framed! Gold	1:35pm	The Royal Heartbeat Classic	6:00pm	The Sweeney	3:00pm	Sky Sports News
8:30pm	Coronation Street	8:30pm	You've Been Framed! Gold	2:40pm	Heartbeat Classic	7:05pm	The Professionals	4:00pm	Sky Sports News
9:00pm	Give it a Year	9:00pm	Two and a Half Men	3:40pm	Coronation Street Classic	8:00pm	Cash Cowboys	5:00pm	Sky Sports News
9:30pm	Coronation Street	9:30pm	Superstore	4:15pm	Coronation Street Hidden Treasure	8:30pm	Pawn Stars	6:00pm	Sky Sports News
10:00pm	Lewis	10:00pm	Love Island	4:50pm	Coronation Street	9:00pm	The Chase: Celebrity Special	7:00pm	Sky Sports News
11:00pm	ITV News at Ten and Weather	11:35pm	Family Guy	6:55pm	Hidden Treasure Heartbeat	10:00pm	Benidorm	8:00pm	Sky Sports Tonight
11:30pm	ITV News London	12:05am	Family Guy	8:00pm	Murder, She Wrote	11:00pm	Reservoir Dogs	9:00pm	Sky Sports Tonight
		12:30am	American Dad!	9:00pm	Agatha Christie's Marple	12:00am	FYI Daily	10:30pm	Live ATP 500: Washington
				11:00pm	DCI Banks	12:05am	Reservoir Dogs	2:00am	Live WWE Late Night Raw

TUESDAY - 31 JULY

BBCone **BBCTwo** **BBCFOUR** **CHANNEL 4** **CHANNEL 5**

2:45pm	Red Rock	2:45pm	The Super League Show	5:00am	This is BBC Four	1:50pm	The Great	4:15pm	Last Scene Alive: An Aurora
3:30pm	Escape to the Country	3:30pm	For What It's Worth	8:00pm	Beyond 100 Days	3:10pm	Celebrity Bake Off for Stand Up to Cancer	6:00pm	Teagarden Mystery
4:30pm	Celebrity Money for Nothing	4:15pm	Nature's Weirdest Events	8:30pm	Handmade in Mexico	4:00pm	Countdown	6:30pm	5 News at 5
5:15pm	Flog It!	5:15pm	Britain's Secret Seas	9:00pm	Andrew Marr's History of the World	5:00pm	A Place in the Sun: Winter Sun	7:00pm	Neighbours
6:15pm	Impossible	6:15pm	Money for Nothing	10:00pm	Mark Kermode's Secrets of Cinema	6:00pm	Sun, Sea and Selling Houses	7:30pm	Home and Away
7:00pm	BBC News at Six	7:00pm	Eggheads	11:00pm	An Education	6:30pm	Come Dine with Me	8:00pm	5 News Tonight
7:30pm	BBC London News	7:30pm	Great British Railway Journeys	12:35am	The Real Bonnie and Clyde	7:00pm	The Simpsons	9:00pm	World Rally Championship
8:00pm	The One Show	8:00pm	Hairy Bikers' Mediterranean Adventure	1:30am	The Inca: Masters of the Clouds	7:30pm	Hollyoaks	9:00pm	2018 Highlights
8:30pm	EastEnders	9:00pm	Inside the Factory	2:30am	Italy's Invisible Cities	8:00pm	Channel 4 News	10:00pm	The Dog Rescuers with Alan Davies
9:00pm	Holby City	10:00pm	The Five Billion Pound Super Sewer	3:35am	Mark Kermode's Secrets of Cinema	9:00pm	Ackley Bridge	11:00pm	The Bermuda Triangle Revealed
10:00pm	Age Before Beauty			4:35am	This is BBC Four	10:00pm	999: What's Your Emergency?	11:00pm	First Time Call Girl
11:00pm	BBC News at Ten					11:00pm	Gogglebox	12:05am	Desperately Seeking Perfection: Body Freaks
11:30pm	BBC London News					12:05am	Prison		
11:42pm	BBC Weather								



5:00pm	Tipping Point	2:45pm	The Ellen DeGeneres Show	1:35pm	The Royal Heartbeat Classic	1:45pm	Kojak	10:00am	Good Morning Sports Fans
6:00pm	The Chase	3:35pm	The Jeremy Kyle Show	2:40pm	Coronation Street Classic	2:50pm	Quincy, M.E.	11:00am	Sky Sports News
7:00pm	ITV News London	4:40pm	The Jeremy Kyle Show	3:40pm	Coronation Street Classic	3:55pm	Minder	12:00pm	Sky Sports News
7:30pm	ITV Evening News	5:45pm	Judge Rinder	4:15pm	Goodbye, Mr. Chips	5:00pm	The Sweeney	12:30pm	To be Announced
8:00pm	Emmerdale	6:50pm	Take Me Out	4:50pm	Heartbeat	6:05pm	The Professionals	1:00pm	Sky Sports News
8:30pm	Coronation Street	8:00pm	You've Been Framed! Gold	6:55pm	Murder, She Wrote	7:05pm	Storage Wars Texas	2:00pm	Sky Sports News
9:00pm	Love Your Garden	8:30pm	You've Been Framed! Gold	8:00pm	Chips	7:35pm	Storage Wars Texas	3:00pm	Sky Sports News
10:00pm	Long Lost Family	9:00pm	Two and a Half Men	8:00pm	Murder, She Wrote	8:00pm	Pawn Stars	3:30pm	Live Women's T20 Super League
11:00pm	ITV News at Ten and Weather	9:30pm	Superstore	9:00pm	Midsomer Murders	8:30pm	Pawn Stars	7:00pm	Cricket
11:30pm	ITV News London	10:00pm	Ted	11:00pm	Scott and Bailey	9:00pm	River Monsters	10:45pm	Mind Games
11:45pm	The Frankenstein Chronicles	11:00pm	FYI Daily	12:00am	A Touch of Frost	10:00pm	Jaws 3	11:15pm	Live ATP 500: Washington
				1:00am	ITV3 Nightscreen	11:00pm	FYI Daily	2:00am	Live WWE Late Night Smackdown
				3:00am		12:05am	Full Metal Jacket	4:00am	Sky Sports News
						1:05am	FYI Daily		

WEDNESDAY - 1 AUGUST

BBCone **BBCTwo** **BBCFOUR** **CHANNEL 4** **CHANNEL 5**

12:45pm	The Farmers' Country Showdown	10:00am	Victoria Derbyshire	4:35am	This is BBC Four	12:30pm	The Simpsons	9:25am	Floogals
1:15pm	Bargain Hunt	12:00pm	BBC Newsroom Live	8:00pm	Beyond 100 Days	1:00pm	Channel 4 News	9:40am	Digby Dragon
2:00pm	BBC News at One	1:00pm	The Seven Little Foys	8:30pm	Handmade in Mexico	1:05pm	Couples Come Dine with Me	9:55am	Nella the Princess Knight
2:30pm	BBC London News	2:30pm	Coast	9:00pm	1066: A Year to Conquer England	1:50pm	The Great Celebrity Bake Off for Stand Up to Cancer	10:05am	Moly
2:45pm	Red Rock	3:30pm	For What It's Worth	10:00pm	Murder in Soho	3:10pm	Countdown	10:15am	The Wright Stuff
3:30pm	Escape to the Country	4:15pm	Nature's Weirdest Events	11:30pm	Sword, Musket and Machine Gun: Britain's Armed History	4:00pm	A Place in the Sun: Winter Sun	12:15pm	Nightmare Tenants, Slum Landlords
4:30pm	Celebrity Money for Nothing	5:15pm	Britain's Secret Seas	12:30am	Time Shift	5:00pm	Sun, Sea and Selling Houses	1:10pm	5 News Lunchtime
5:15pm	Flog It!	6:15pm	Money for Nothing	1:30am	The Inca: Masters of the Clouds	6:00pm	Come Dine with Me	1:15pm	GPs: Behind Closed Doors
6:15pm	Impossible	7:00pm	Eggheads	2:30am	Shakespeare's Mother: The Secret Life of a Tudor Woman	6:30pm	The Simpsons	2:15pm	Home and Away
7:00pm	BBC News at Six	7:30pm	Great British Railway Journeys		Michael Wood tells the extraordinary story of an ordinary woman in a time of revolution.	7:30pm	Hollyoaks	2:45pm	Neighbours
7:30pm	BBC London News	8:00pm	Puerto Rico: Island of Enchantment			8:00pm	Channel 4 News	3:15pm	Cagney and Lacey
8:00pm	The One Show	9:00pm	Hairy Bikers' Mediterranean Adventure			9:00pm	Live Well for Longer	4:15pm	Fiance Killer
8:30pm	A Matter of Life and Debt	10:00pm	Picnic at Hanging Rock			10:00pm	24 Hours in A and E	6:00pm	5 News at 5
9:00pm	Animals Behaving Badly	11:00pm	Rhod Gilbert's Work Experience			11:00pm	Stath Lets Flats	7:00pm	Neighbours
10:00pm	The Real Marigold Hotel	11:30pm	Newsnight			11:30pm	Un Sex Abuse Scandal	7:30pm	Home and Away
11:00pm	BBC News at Ten	12:15am	Louis Theroux			12:35am	999: What's Your Emergency?	8:00pm	5 News Tonight
11:30pm	BBC London News	1:15am	See Hear			1:30am	One Born Every Minute	9:00pm	Cricket on 5
								10:00pm	Britain's Parking Hell
								10:00pm	The Bermuda Triangle Revealed
								11:00pm	21st Century Sex Slaves
								12:05am	Young and Living Off Benefits

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

6:05am	The Jeremy Kyle Show	9:00am	Emmerdale	3:30am	Teleshopping	6:00am	Sky Sports News
7:00am	Good Morning Britain	10:00am	You've Been Framed! Gold	7:00am	Classic Coronation Street	7:00am	Good Morning Sports Fans
9:30am	Lorraine	10:25am	The Ellen DeGeneres Show	7:50am	Coronation Street Classic	7:30am	Bitesize
10:25am	The Jeremy Kyle Show	11:20am	The Bachelor	8:10am	Heartbeat	8:00am	Good Morning Sports Fans
11:30am	This Morning	1:15pm	Emmerdale	9:30am	The Royal Heartbeat Classic	8:35am	Kojak
1:30pm	Loose Women	2:15pm	You've Been Framed! Gold	10:35am	Judge Judy	9:30am	Quincy, M.E.
2:00pm	ITV Lunchtime News	2:45pm	The Ellen DeGeneres Show	11:40am	Judge Judy	10:35am	Minder
2:20pm	ITV News London	3:35pm	The Jeremy Kyle Show	12:50pm	George and Mildred	11:40am	The Sweeney
2:30pm	ITV Racing Live	4:40pm	The Jeremy Kyle Show	1:50pm	Goodbye, Mr. Chips	12:50pm	The Professionals
5:00pm	Tipping Point	5:45pm	Judge Rinder	2:55pm	Heartbeat	1:50pm	The Professionals
6:00pm	The Chase	6:50pm	Take Me Out	3:55pm	Coronation Street Classic	2:55pm	Quincy, M.E.
7:00pm	ITV News London	8:00pm	You've Been Framed! Gold	5:00pm	Goodbye, Mr. Chips	3:55pm	Minder
7:30pm	ITV Evening News	8:30pm	You've Been Framed! Gold	6:05pm	Storage Wars Texas	5:00pm	The Sweeney
8:00pm	Emmerdale	9:00pm	Two and a Half Men	7:05pm	Pawn Stars	6:05pm	The Professionals
8:30pm	Coronation Street	9:30pm	Superstore	7:35pm	Storage Wars Texas	7:05pm	Storage Wars Texas
9:00pm	Best Walks with a View with Julia Bradbury	10:00pm	Family Guy	8:05pm	Pawn Stars	8:05pm	Pawn Stars
9:30pm	Coronation Street	11:00pm	Celebrability	9:00pm	The Chase: Celebrity Special	9:00pm	The Chase: Celebrity Special
10:00pm	The Blechley Circle: San Francisco	11:45pm	Family Guy	1:45am	Football	11:00am	FYI Daily
11:00pm	ITV News at Ten and Weather	12:15am	Family Guy			11:05pm	FYI Daily
11:30pm	ITV News London					12:10am	Payback
						1:10am	Senna
						1:15am	FYI Daily
						2:15am	Lethal Weapon

|| The schedules for the television programme pages are provided by an external company: we regret that any changes or errors are not the responsibility of Euro Weekly News.

Choc milk boosts recovery

CHOCOHOLICS will be happy to learn that chocolate milk is one of the best drinks to boost recovery after exercise.

According to a recent survey, chocolate milkshakes allow athletes to exercise for six minutes longer than advertised sports drinks as well as improve heart rate and lactic acid levels which could cause cramping.

The chocolate and milk combined contains carbohydrates, proteins, fats and electrolytes unlike the more traditional drinks which often do not contain proteins.

The research was conducted at the Sadoughi University in Iran. Study author Dr Amin Salehi-Abargouei said, "Chocolate milk contains carbohydrates, proteins, fats, flavonoids, electrolytes, and some vitamins which make this drink a good choice for recovery in athletes."

"The take-home message is that chocolate milk is a low-cost, delicious and palatable option for recovery and provides either similar or superior effects compared with commercial drinks."

One-hundred-and-fifty partici-

pants were used in the experiment and asked to complete a number of tasks from running and cycling to gym work.

Their post-recovery process was then analysed with tests done on heart rates, levels of lactic acid and tiredness.

Kim Spaccarotella from Kean University in Union, New Jersey, was not involved in the study, but agreed with the research, saying, "Any food that provides carbohydrate, protein, fluid and electrolytes and is well-tolerated will help promote recovery."

"In addition to chocolate milk, other popular choices are cereal with milk, smoothies, sandwiches or soup."

A small meal will even work, if the athlete is feeling hungry."



MILKING IT:
One of the best
after exercise.

All in the mind

WHILST we may have read about Meghan Markle's strict meditation routine in the days leading to her wedding or Goldie Hawn's summer vacation to a retreat in Greece, the relatively new practice of mindfulness is still an unknown practice that most of us are still unacquainted with.

Rooted from ancient Buddhist traditions, the modern version of the mindfulness movement began in 1979.

Kabat-Zinn, a professor from Massachusetts Medical School who worked on pain relief in his patients discovered that patients tried to mentally escape or avoid the pain, but this inner struggle resulted in creating more problems, mental anguish and exhaustion.

By teaching them a mindful approach to the pain, he could relieve distress and improve overall health.

Mindfulness is a natural quality that we all possess, we just need to focus on the art of creating space for ourselves - time to think, breathe and be aware of our actions at that present moment.

The benefits of practising mindfulness in adults, children and in the workplace are overwhelming. Proven positive outcomes include the following: Decreased stress, better health, more energy, reduced depression symptoms, assistance in recovery, improved academic success and enhanced ability to deal with illness.

To learn the art of mindfulness needs consistent practice as quoted by Buddha - 'Each morning we are born again. What we do today is what matters most.'

So, to begin the process set a time limit each day that will be viable, take a seat in a place that makes you feel calm and start by noticing your body.

Feel the sensation of your breath as you inhale and exhale.

When you notice your mind start to wander and your attention leaves the sensations of the breath to think of other things - return your attention to the breath.

Weed all about it

REWIND 20 years and you could hear a pin drop at the mere mention of cannabis - fast forward to the new craze of 2018 and everyone including iconic A-listers to housewives are riding high on the crest of the cannabis wave and it doesn't look like it's going to crash any time soon.

Recent changes in the law allow the use of medicinal cannabidiol (CBD), derived from cannabis seeds or cannabis plants which has anti-inflammatory, anti-bacterial, painkilling and anti-ageing properties.

So, it can greatly enhance your beauty regime.

The cosmetic companies have quickly jumped on the bandwagon and like Argan oil, coconut oil and many other oils derived from plants in the last few years, anything from mascara, toners, lipsticks or face creams are hitting the shelves.



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Ignorance was not an excuse in the past

LEAPY, I was interested in your article which stated a rapist was set free because he didn't understand British law.

It had always been my understanding that ignorance of the law is no defence. It would appear that a precedent has been set and now this excuse has been legalised. How many people can now escape prosecution with this excuse?

I was interested in a previous article about graffiti, following the death of three alleged vandals on the railway.

I worked on the railway for many years and these hooligans were a menace, destroying everything in their path. First of all they hit the trains. This resulted in trains being taken out of service to be cleaned. Now trains don't grow on Christmas trees and a train that is stopped for repair may result in a cancellation.

Of course the disgruntled passengers blame the train operator, not the perpetrators. Trains are infrequently vandalised now, that is because depots and sidings have more security fencing and cameras than Fort Knox.

Instead these mindless yobs destroy bridges and line side equipment, and

The airlines need to stop allowing drunks on

AS a resident of Spain, living in Javea, who regularly visits the UK, I am horrified at the number of young men and women who are even allowed to board planes at the boarding gate as they appear and act in an intoxicated manner.

They are loud and abusive to airport staff, air crew and fellow passengers. It is time for the Airport staff to act and to refuse boarding, have the ability to call Security and if it is deemed they can continue their journey, for the Cap-



Credit: New Africa Shutterstock

TIME TO ACT: Refuse boarding if drunk.

tain to be informed of their condition and in turn to refuse to sell any further alcohol.

All passengers' safety at airports and when airborne is paramount and if this is not dealt with soon, the situation will get out of hand.

Sometimes I am embarrassed being a Brit living in Spain.

Jenny Rich, Javea

ment. One group came unstuck though when they were caught spraying a speed restriction sign. Instead of being charged with criminal damage, they were charged with tampering with railway signalling equipment.

And that m'lud carries a mandatory prison sentence. They should have said they were unaware that it was illegal, they might have got away with it.

John Blake, Arboleas

Question of

I READ with interest the comment in Leapy Lee's column where he stated he had renewed his driving licence and it had a nice Union Jack on it. I presume and hope Leapy lives in the UK as a UK resident, as renewing a UK licence when a Spanish resident is questionable and may make his licence invalid.

Lucie

Visit Madrid

MY wife and I recently returned from a short city break in Madrid. On our return to Torrevieja I spoke with my fellow expats in the pubs and bars and was surprised very few had taken the trip.

I decided on the back of that to write this letter to implore your readers to visit the Spanish capital.

We strolled down the Gran Via from City Hall and took in an urban vista not unlike the other great cities of Europe. When we reached the other end we found ourselves in awe at the Royal Palace and the Santa Maria Cathedral.

Fellow expatriates, jump on the AVE and get to Madrid!

Craig Fitzgerald, Torrevieja

More police

I AM worried about the spate of crimes that are happening on the Costa del Sol.

At least six robberies have occurred in the last month in places like Riviera, Calahonda, including Mijar Golf House, and Mirador de Miraflores.

It's time councils invested more in their police forces and had more of a presence on the streets to keep us safe.

I also seem to be reading about drugs arrests far too often, with more funding the police should be able to dismantle these organisations.

Jack Salinger, Calahonda

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.

Girlfriend of tourist who broke his neck in Magaluf

If you can't afford about £20 for insurance for full cover including repatriation when booking your flight then don't go cap in hand and expect everybody else to pay for it. It's about time that all these holiday companies included compulsory insurance for holidays abroad. Too many people think nothing is going to happen to them. Pay for your own repatriation.

Phil

Should have had insurance. Why do people expect others to foot the bill? Only got themselves to blame. We never went without insurance.

Eileen Toyne

I thought the idea of being in the EU was that the healthcare is seamless across all borders and that should apply to medical transport.

John and Rose

This is so sad. Travel companies should insist on travel insurance. No insurance no travel.

Robert Mitchell

Bear in mind that if an accident or incident occurs while a person is under the influence of alcohol (ie drunk) that can also affect travel insurance. And before anyone jumps down my throat I'm NOT saying that this lad was drunk.

Karen Hanson

Wouldn't have been quite so bad but he didn't even

Comments from EWN online

have an EHIC which is just being stupid considering it's free and can be done online in five minutes!

Sheila Wilson

A lesson to be learned, take out EHIC card and insurance and then the rest of us wouldn't be stumping up to repatriate him, harsh I know but true.

Jacqui Perkins

Crackdown in Mallorca as 'anti-social behaviour' is banned

Too right not fair on local people, should have it everywhere in Spain.

Colin Carter

About time.

Lynne Utting

Let us all hope so. These places are so lovely... out of season!

Fiona Riley

Good, antisocial behaviour should be banned everywhere.

Anita Oakes

Brit survives seven-floor fall from Mallorca hotel after row with girlfriend

What is the correct height for a balcony rail under Spanish regulations?

Patrick Murphy

Passengers to Spain arrive without luggage after UK airport baggage system fault

Don't put medicines in checked in luggage. That's basic.

John McLean

Didn't anyone notice that there were no bags being loaded onto these planes or is that too difficult an observation for the airport staff? Surely whoever shuts the hold on the plane would notice that a couple of hundred suitcases were missing?

Naimah

The tradition of wine and goodbyes

CÓMPETA dedicates one night of the summer to praise the rich wines that are produced in the municipality and in the rest of the Malaga region of La Axarquía.

August 15 is a special date for the people of the town. On the one hand, homage is paid to the patron saint of the town, Our Lady of the Assumption and in addition it has always been the day before the farmers left the village to begin the harvest.

However, what began spontaneously in 1974, would become the flagship festivity of Cómpeta over the years. All this thanks to the fact that 44 years ago, Aurelio Fernández Navas gifted her neighbour a carafe of wine to drink the night before he the harvest began.

Today, this celebration is one of the main tourist attractions of the summer and has gained international relevance. In broad strokes the activities of the Night of Wine comprise a cultural aspect involving artists, poets, writers.

A folkloric part, with the performance of singers and dance groups and, finally, what gave rise to the party: the free tasting of the rich muscatel grape wine that is produced in the area.

Best of three

THE four-day festival celebrating the Three Cultures of Frigiliana begins on Thursday August 24.

The annual Festival, which begins with an impressive firework display, is designed to remind us of the influence three different cultures have had on the town, the Arabs, Christians and Sephardics. During the four days visitors can experience the food, listen to the music and appreciate the arts and traditions of these cultures.

The centre of the town becomes a street market. There are over 150 stalls selling food, clothes, and traditional products from the different cultures and a marquee housing the organisers to assist the public with any questions.

Music is heard in every corner of the town by wandering street musicians and a specially erected stage in the Plaza de las Tres Culturas allows for musical or theatrical shows.

Restaurants create new menus offering a variety of foods traditional amongst their people. The most awaited event being the Tapas Run. Participants collect a card from the Organiser's marquee and



FEAST OF FUN: The festival is well worth a visit.

aim to visit all 19 restaurants and bars on the route, getting their card stamped at each one. Tapas cost €2 each and if they manage to complete the route they get a free t-shirt. I am not really sure how many remember to collect their prize after calling at 19 bars!

The white walls of San Antonio de Padua Church provide a perfect screen to

display the images of the Three Cultures projected onto it.

Daily workshops offer the opportunity to learn the various art and culinary skills of the different cultures. The children also have their own workshops in a dedicated area for games and tournaments.

It promises to be a fun weekend and well worth a visit.

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Eat Well to Live Well

by Andrew Harding



LAST week I started talking about essential vitamins and minerals that humans need, to remain healthy.

I covered Vitamin A last time, this week I am going to cover Vitamin D and before anyone asks if I don't know my alphabet, I can assure you I do. The importance of these two vitamins being fat soluble cannot be over-emphasised, which is why I am discussing them sequentially with E and K next.

Both A & D vitamins have a 'get out clause.' As I mentioned last week, beta-carotene can be turned into Vitamin A and sunshine on human skin synthesises Vitamin D.

Back to more fake science; sun tans are bad for you? No, they are not, sunburn is bad for you, a sun tan indicates that your body is self-protecting.

I could weep when I see parents putting their children in all-in-one suits, with a peaked cap, a neck protector and covering any other exposed flesh with sun cream and wondering why their children don't want to go to the beach or the pool, because a) they look ridiculous and b) because they are too hot. Use a good sunscreen!

Fried gnocchi with parmesan



SPUD U LIKE: Pan-fried gnocchi.

My personal recommendation is for one that is applied at the beginning of the day and lasts for 10 hours. It means concentrating to ensure its application is thorough once only! I have used this type of sunscreen on my three children with no problems at all. It reacts with the skin to make it UVLA (Ultra Violet Light Band A, linked with skin cancer), impervious. It is not impervious to UVLB that causes tanning.

The fake science continues with regard to UVL. Yes, there is a link with malignant melanoma which can prove fatal if not discovered early enough, two other UVL related cancers are easily treatable and do not spread even after they have been present for 10+ years. However, diseases associated with Vitamin D deficiency are making a huge comeback: Osteoporosis and osteopenia, 17 types of

cancer, heart disease, high blood pressure, obesity, metabolic syndrome and diabetes, autoimmune diseases such as multiple sclerosis and rheumatoid arthritis, osteoarthritis, bursitis, gout, infertility and PMS, Parkinson's disease, depression and SAD, Alzheimer's disease, chronic fatigue syndrome, fibromyalgia, chronic pain, periodontal disease and psoriasis.

A tan will help to preclude all of the above, despite what the 'experts' say!

Only one short recipe this week, but one that is full of flavour and texture.

Fried Gnocchi with Parmesan Cheese

Serves 4

250 grams gnocchi, bought from a supermarket for about one Euro is fine!

2 tablespoons dried parmesan cheese

3 tablespoons extra virgin olive oil

1 teaspoon black pepper, finely ground

1. Place gnocchi in a polythene food bag.

2. Add parmesan cheese and shake to coat the gnocchi as evenly as possible.

3. Pour olive oil into a frying pan and place on heated hob.

4. Add gnocchi and agitate in the pan to coat gnocchi with oil.

5. Fry until slightly browned on the outside with a crispy coat.

6. Serve sprinkled with black pepper.

What's on!

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**TECH FOR
THE TIMID**

AN Amazon vendor just gave me a stark ultimatum: take down my bad review, or lose the €209 they owed me. Would you?

In these litigious times they could of course just sue, as indeed a New York doctor did last month for a million dollars, when a patient posted a negative review.

Then again you might recall what happened when guests logged a terrible review of Blackpool's Broadway Hotel ('a rotten stinking hovel'). The hotelier made headline news and was deluged by crippling publicity after adding a £100 (€114) fine to their bill for reputational damage.

And now it's happened to me. Hold the presses.

It all started with a quest for a phone - a very particular phone, which only one vendor stocked, on Amazon's French 'Marketplace.' That's where Amazon lets third-party merchants sell their own goods and pay the retail giant a tidy commission (on condition they don't undercut Amazon's own prices, but that's a juicy titbit for a different kind of article).

What would you do?

Terence Kennedy is pressured into deleting a bad review

EXCELLENT ☐
GOOD ☐
AVERAGE ☐
POOR ☐
The Worst!! ☒

**REVIEWS: Hell hath no fury**

I came, I saw, I ordered. And waited. And waited. Thirteen days later, phoneless and desperate after the order failed twice for reasons unknown, I lost confidence, abandoned hope and cancelled, ordering a simpler phone from Amazon itself and getting it in a day.

Wasting scads of time and temper had left me aggrieved enough to post

a poor review. After all, 70 per cent of people are now said to read reviews before buying online. I wrote nothing libellous, nothing vituperative, just the facts ma'am, nothing but the facts.

In the meantime, still no refund. Then an ultimatum from the seller, French retailer Hobby-Discount: take down your review or your money is

blocked. Voila and ouch.

To my shame, I buckled. Every man has his price, and mine is a de-risory €209.

Then my refund arrived safely - and I instantly reposted my review, turbocharged, updated and twice as mean. With another one for luck on the widely-consulted TrustPilot ratings site. So there.

Amazon's press office has gone to ground with my subsequent query, but its policy couldn't be clearer: sellers absolutely cannot force buyers to remove their comments, says an official response on the American mother-ship's site.

Any attempt to manipulate ratings, feedback or product reviews is prohibited and could result in a vendor's 'selling privileges' being revoked. Bottom line: we CAN fight back against shoddy service. Bad reviews might not ruin the Microsofts or Apples of this world, your local pizza joint or even my haughty French merchant. Let's face it though, revenge is sweet. After I got my €209 back.

Blackmail order

MY favourite Amazon review comes from a dissatisfied buyer: 'I measured the TV and it was actually 104.6 inches not 105 so I returned it.'

No, customers aren't always right as the old dictum has it. Except in their own minds.

The tough reality with consumers now holding so much power in their pens is that, when a customer complains, vendors simply have to grin and bear it. At best they can have a review taken down if it has been posted multiple times, or is 'libellous, defamatory, harassing, threatening or inflammatory.'

By all means speak out when service is shoddy, but keep it in proportion. Is it worth it spending hours of your life trying to bring down a company for a single shoddy service? Well, perhaps ...



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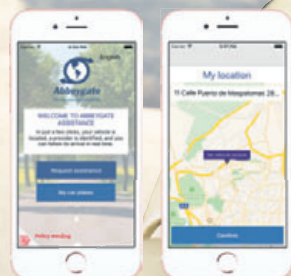
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Following the plot ...

Mike Senker

In my opinion

Views of a Grumpy Old Man



THERE was a new series starting on TV last Sunday called 'Unforgotten.' I do like a bit of 'who dunnit' drama on the TV and this series is on for the next eight weeks. I am also watching two or three other series plus the box set of Suits. (The missus insisted because Meghan Markle is in it.) Here lies the problem - after the first 15 or 20 minutes of this 'Unforgotten' I was lost. There are too many characters, too twisty a plot and not a hope in hell of me remembering who's who.

So my suggestion is, and some programme schedulers already do this, just make a maximum of seven episodes and put one on every night for a week. Problem sorted and Robert's yer relative. Most of us have catch up so if you are out and miss an episode you can watch it when you want and it doesn't matter if there are two or three different series going on at different times.

I mean, the dross on at the moment could easily be replaced. Like these programmes that trace your relatives back to the 17th century. What a lot of nonsense! I wasn't even sure who my dad was never mind my great,

great, great, great grandfather!

Talking of TV and entertainment my mind wandered back, for some reason, to when I was a kid some 60 years ago and to a radio show I used to listen to. I think it was on a Saturday and featured Archie Andrews and Peter Brough. It was called 'Educating Archie.' So what made me think of this? Well for the first time I remembered that Archie was a puppet and Peter was a ventriloquist. Yup that's right a ventriloquist act on the radio! What was the point? Nobody could see if his lips moved or not! The things we just used to accept and to be honest really enjoy.

Last Friday was the 13th and couple of things went boss-eyed. Nothing serious but they were immediately blamed on the day and the date! I'm not superstitious but in my mum's flats they never had a number 13 because they reckoned people wouldn't buy it which I was amazed at. Actually Mrs S has just told me nor do we!

One of the funniest things happened to me on a plane once. My seat number was 13F. As she got in her seat in row 12, a woman looked at me and said, "I don't envy you, you are in the unlucky seat." The big grin on her face soon disappeared when I politely informed her that if row 13 went down there was a very good chance row 12 was coming with it!

mikesenker@gmail.com

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Best ways to garden in the heat

GRAEME TYRRELL

THE sweltering Mediterranean midsummer days are not the time to be out working in the garden. The Spanish did not

have the afternoon siesta to be lazy, rather it was a clever way to rest during the most difficult time to work outside. An afternoon rest enabled staying up late at night and getting up ear-

ly in the morning to enjoy the best parts of the summer days.

In summer, most outdoor gardening and farm work in Spain is done in the early morning from first light until midday. After that it is time to freshen up and prepare for lunch and a siesta. The siesta gives a much needed rest in the hot and humid afternoons.

When I first came to Spain I would work through the afternoon but soon found out that it is so exhausting. It is far better to work in the cooler mornings, and if necessary the evening, than attempt to work in the summer afternoon heat.

The best plan for sustainable gardening though is to have all the main work done before summer and wait for autumn to do anything else major during the cooler seasons. In this way the garden can be a refuge to visit and enjoy in summer with only basic maintenance and harvesting of produce to be done at the most appropriate

time to enjoy the work.

I find any watering is best done in the evening as the water applied has time to soak into the soil and potting mixes in containers more deeply overnight. Morning applications can evaporate quickly before having the chance to penetrate.

Other priorities can mean it is not always possible to water when it is the ideal time so applying a minimum amount of water is worthwhile to save your plants at any time of day.

If you need to water during the midday period, you will need to be careful to apply water to the soil rather than the foliage and make sure that the water you are applying is about the natural air temperature.

Hoses can have extremely hot water when first turned on if they are stored in the sun and some underground-stored water can be quite cold. These ex-



Credit: Alicante Tireller

CLEVER, NOT LAZY: For best results harvest in the cool.

tremes are not good for your plants. Make sure the water is a suitable temperature and if not find a way to correct the water temperature such as using a watering can to regulate it.

To me, the morning is the best time to harvest any fruit and vegetables that may be ready in summer. The cooler overnight temperatures seem to freshen most produce and most are crisper and turgid.

If you wait until the sun gets hot they are much more limp and softer and often lose some of their flavour. Most flowers are at their best in the morning. The Day lilies have done especially well this year so I collect them to decorate the house for the day and to add to the salad.

After that, the rest of the day is to enjoy the summer by finding places to keep cool and enjoy a afternoon siesta.



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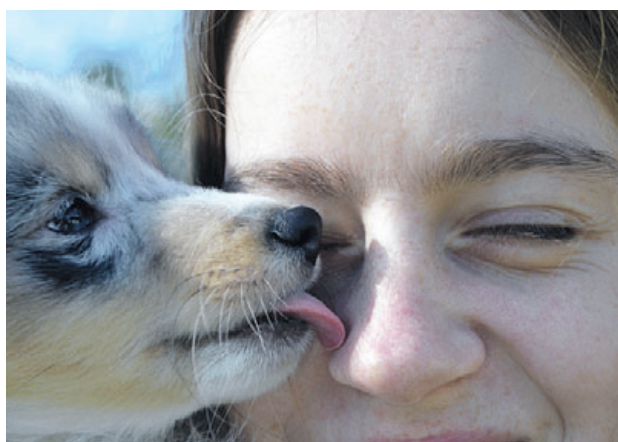
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Heather Szczepanski,

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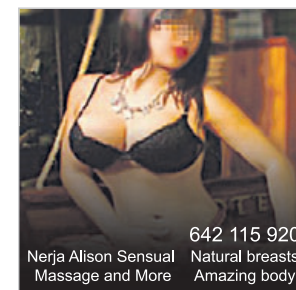
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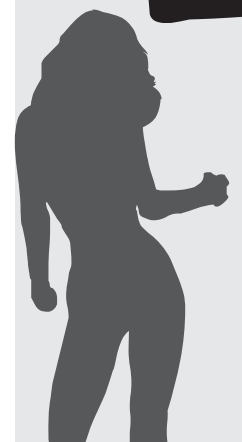
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About 75% of all cars made by Rolls Royce in its history are still on the road.



Spanish car industry hoping for US-EU trade agreement

THE Spanish car industry is anxiously waiting for the outcome of talks between the US and EU officials to be made public.

US president Donald Trump has said that the discussions will be largely focused on tariffs, with him threatening a substantial increase to as much as 25 per cent.

At the moment the US charges just 2.5 per cent on cars compared to the 10 per cent EU nations impose on imports. This is a situation President Trump sees as unfair and if talks fail, the prospect of having to pay higher tariffs could hit the Spanish car industry hard.

Speaking to reporters at the White House,

Trump said car tariffs are 'the big one' when it comes to US-EU trade disputes.

Spain is the second largest car manufacturer in the world and it also has a significant autoparts sector. Any move that hits the European car industry in general is almost certain to affect the Spanish one too.

European Commission President Jean-Claude Juncker was due to meet Trump yesterday (Wednesday) to discuss trade after the US imposed higher tariffs on steel and aluminium.

TRADE THREAT: Donald Trump in talks with EU officials.

Electric car sales growth slows

THE first six months of the year saw relatively poor growth in sales of electric cars, as a lack of charging points started to hit the expansion of the sector.

Even though registrations of electric cars increased by 33 per cent across Europe, when compared to the 54 per cent rise in the same period of 2017 it can be seen as a disappointing result.

Although there was relatively strong growth in Europe's biggest market, Germany, poorer figures from the UK and other countries dragged the total down. The UK saw 10 per cent growth compared to Germany's 64 per cent, with Spain recording 45 per cent more sales of EVs and plug-in hybrids.

Consulting firm EY, which produced the figures, pointed out that although 33 per cent growth still sounds impressive, it is from a low base.

EY partner Peter Fuss said: "Electric cars remain a niche product for now. Charging infrastructure remains inadequate and the models currently available mostly don't offer a good enough range."

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IT has been 20 years since sporty coupe the Audi TT was launched, and to celebrate the German manufacturer is giving the popular model an extensive upgrade.

The mid-life update of the third generation of the car features a subtle body shape redesign, higher-powered engines and a more extensive range of standard equipment.

Audi says that it has focused particularly on driver comfort and control.

Besides the driver-oriented Audi virtual cockpit, the basic version of the new model now fea-

tures the Audi drive select dynamic handling system to give the driver a feeling of being in total control.

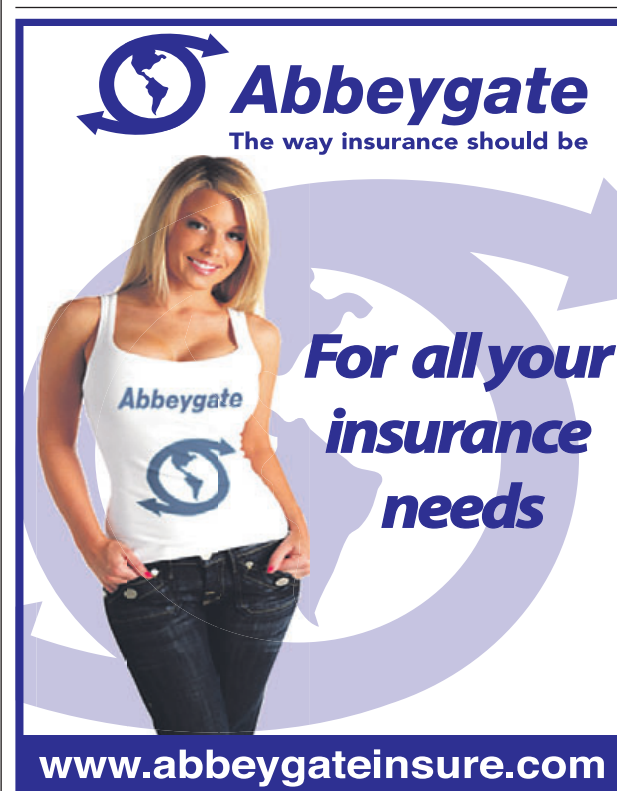
The multifunction steering wheel has also been improved allowing the infotainment and voice control system to be controlled without taking your hands off the wheel.

On the outside, the redesign features a new radiator grille, while large side air inlets make the car seem wider and more imposing on the road. The changes are subtle, but give the car a slightly more masculine and sportier look.

If the basic model is not sporty enough for you, the optional S line package may be what you need. It includes a full-length front splitter, vertical air inlets, a radiator grille in titanium black and specific side sills with inserts as well as a sporty rear end. Added is a wider diffuser and vertical air inlets below the rear lights with three horizontal fins each.

Prices have not been released, but are thought to be about 5 per cent higher than the present version.

Upgrade for Audi's third generation TT



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CCCA - Hot and sticky but still busy!



THE hot weather really seems to have arrived now but still motoring enjoyment continues. Both the Classic Car Club of Andalucía and the Jaguar Enthusiasts Club have held excellent and very successful events this month.

Both these events have been organised by Ian and Carol Giles and both have been incredibly well supported despite the heat. The CCCA event was covered in our last issue but the JEC run took place last weekend.

Starting near Marbella, Venta Peli-grino was the scene for quite a display of Jaguars of varying ages and models and, after enjoying coffee and breakfast, the cars set off at 11.00am to head up the main A-355 past Ojen and Monda. The first challenge here was to avoid the enthusiastically manned speed check outside the Shanti Som wellness centre. Luckily, no Jaguars were caught out!

The route headed past Coin and on to the A-357 Campillos road, passing the exits for Pizarra and Alora. A slot off right took the cars towards Venta Los Conejitos and through the winding, beautiful, and rarely used, road to Caratraca where a planned coffee stop was taken at Venta Trillo.

Back then to the main road and on towards Ardales before circumnavigating the town around the small perimeter road and heading towards El Burgo, turning off to climb the superb road over the top to Casarabonela. A most enjoyable stop had been arranged in the cool woods just before Casarabonela to sip a glass or two of Cava supplied by the organisers.

On down through Casarabonela and the quick but slippery road to Alozaina where the cars headed for Guaro and Monda, diving through the little town and enjoying the final, fast descent to Marbella. Here the route would end with a fabulous lunch at Restaurante Cascada, just behind the Crematorium above the La Cañada shopping centre where a welcoming chilled glass of Cava awaited the rather hot participants!

La Cascada restaurante used to be called 'Nueva Kaskada' and was always very good. The new owners, who took over in March are certainly doing an excellent job and produced some fabulous food together with first class, professional service that was much appreciated and enjoyed by all JEC members. I am quite sure that many of them will be returning to sample the superb culinary delights on offer there quite soon!



CLASSIC CAR CLUB: Has held very successful events this month.

Concours D'Elegance, Magna Cafe, Nueva Andalucía

Next event on the motoring calendar is the Magna Cafe Concours D'Elegance this Thursday evening. The Magna Cafe is just outside Nueva Andalucía, near Marbella, and is an annual event that has grown and grown and become better each year. There are already around 110 cars entered, including my own 1963 Jaguar Mk.2

The French term 'Concours d'Elegance' means 'Competition of Elegance' and thus the event will abide by the French Concours rules and the cars will be primarily rated on the visual impact they make; the so-called 'wow' factor.

The judges will rate each car by its style, beauty and elegance, which will account for 50 per cent of the points.

The remaining 50 per cent of the score will be based on Condition, Authenticity, Restoration, Rarity and Historical Importance.

Entrants will be classified as follows, and there will be prizes for each category:

Classic Cars: Pre-1950, 1950-1970 and 1970-1990, Modern Cars and Supercars and also Street Class (Wash & Shine)

There will be first, second and third prizes for each class. Following the initial awards, the Winner in each class will then be judged again for the Best of Show award. Judges will include the CCCA's own Jo Ramirez.

CCCA F1 Evening, Tuesday, August 7

You may have seen an exciting German Grand

Prix on TV this weekend, won by Mercedes' Lewis Hamilton. If you have an interest in Formula 1, do come along to the CCCA F1 evening at Treetops Restaurant in El Chaparral Golf Club, Mijas Costa. The evening will be a 'Forum' style event with F1 guests Pat Symonds and Jo Ramirez.

Former Ferrari race engineer to Michael Schumacher, Sky TV commentator, and latterly Williams Martini F1 Chief Technical Officer, Pat Symonds, will give a short talk on the state of Formula 1 as it is now.

Pat was responsible for the restructuring of the Williams GP team in 2014 and 2015 and was a central figure with Benetton and then Renault when Fernando Alonso and Renault won back-to-back constructors and drivers world titles in 2005 and 2006.

Also on the team will be CCCA member and former McLaren team boss, Jo Ramirez. Both, along with host Ian Giles, will answer questions, Forum style, from the floor.

The evening will be open to non members who will have to pay only a €10 entrance fee.

Dinner will then be served on the beautiful terrace at 'Treetops' and will be all inclusive with wines etc for only €25.

Do let Ian Giles know, ian@iangiles.com, if you would like to attend.

After that, the next event of interest will be the CCCA Classic Car run on Saturday, August 11.

Until the next time.



Ian Giles
MOTORING

Further information on Classic Car Club of Andalucía events can be found on the Club's website www.cccandalucia.com.
Membership of this vibrant club is open to anyone owning a genuine classic car here in Spain. Saca tu coche clásico del garaje y diviértete con él.

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GERMANY'S football association (DFB) has 'emphatically rejected' allegations of racism from Arsenal's Mesut Ozil, but says it could have done more to protect him. Ozil, 29, has announced his retirement from international football after a barrage of abuse.

TO READ MORE

Hamilton storms to victory



Credit: @Formula1/Twitter

RAIN RULER: Hamilton made the best of the conditions to win.

LEWIS HAMILTON claimed a sensational victory in a thrilling, rain-hit German Grand Prix as Ferrari's Sebastian Vettel crashed out to gift the Mercedes driver a 17 point lead in their championship battle.

Vettel had been cruising to victory ahead of Hamilton's teammate Valtteri Bottas until rain started to fall with about 25 laps to go.

The downpour turned the race on its head and brought Hamilton into contention

when he had been looking at a fourth place finish after starting 14th following a hydraulic failure in qualifying.

Hamilton began to carve into the advantage of the three leading drivers - Vettel, his Ferrari teammate Kimi Raikkonen and Bottas - as chaos erupted down the field.

As the rain became heavier, Vettel lost control at the Sachs Kurve hairpin in Hockenheim, in front of tens of thousands of his

home fans, bringing out the safety car.

The four-time champion swore over the radio as he absorbed the damage to his title hopes.

Hamilton pulled away at the front following the safety car period, but only after Bottas was told to back off from challenging him.

Behind the Mercedes one-

two, Raikkonen took third while Max Verstappen was fourth for Red Bull.

It was a stunning result in a remarkable race, with Hamilton registering his 66th career victory.

"We all have dreams and they just seem so impossible to reach, but I have done it time and again," said Hamilton.

Murray slides down

ANDY MURRAY is now the British men's number 23 after he dropped to 839 in the world rankings following his injury problems.

The former world number one fell 690 places after he pulled out of Wimbledon.

The 31-year-old Scot had hip surgery in January after being out of action since last year's Wimbledon.

He has only played three matches since then, winning one at Eastbourne last month.

Murray is due to return to action at the Citi Open, which starts in Washington on July 30.

He also hopes to play Masters level events in Toronto and Cincinnati before the US Open, which begins on August 27.

Murray will be able to enter the Masters events under the exemption available to players coming back from long-term injury.

His current position in the rankings sees him alongside part-time US College and Challenger Tour players.

British number one Kyle Edmund is up to a career high 16th, followed by Cameron Norrie (77) and Liam Broady (177).

Meanwhile, in the women's game Britain's Johanna Konta has dropped to 50th in the WTA rankings.

However, Serena Williams has returned to the world's top 30 after reaching the Wimbledon final.

The American, 36, has risen 153 places to 28th despite losing to Angelique Kerber in only her fourth tournament since giving birth 10 months ago.

Team Sky rivalry gears

WITH Geraint Thomas continuing to show his world class ability in this year's Tour de France, the question of him going for the outright win ahead of teammate Chris Froome is getting louder and louder.

Thomas retained the overall lead going into this final week, but has been careful not to say anything that will rock Team Sky's boat.

Thanks in part to its massive budget that lures top riders, Team Sky has become expert at managing intra-team rivalries.

Last year, Mikel Landa

appeared to be the strongest climber in the Tour and hinted strongly that he wished he had the freedom to ride his own race.

Of course there was also Froome's obvious frustration in 2012, when he had to give top billing to Bradley Wiggins when he felt he was better in the mountains.

Froome is now a four-time Tour winner going after historic achievements, while Thomas has never placed better than 15th overall.

Nevertheless, Team Sky has never dealt with a leadership dilemma this deep in-

to a Tour.

Geraint Thomas has the yellow jersey and is showing no signs of tailing off in the last stages of the race.

At 32 years of age he will be aware that such an opportunity will not come around many more times, and it is interesting that Team Sky have not yet designated Froome as their main man.

It may well be a results-based decision, and as Thomas is out of contract this autumn, he could be forgiven for riding for himself.



LOOKING AHEAD: Bellew has a range of fighting options before him.

Credit: Kevin Morejon/Flickr

Bellew and Usyk square up

BRITON Tony Bellew and Ukrainian Oleksandr Usyk both say they are 'ready' to fight each other.

Usyk, 31, became the first man to hold all four world cruiserweight titles: WBO, WBC, WBA and IBF, when he beat Murat Gassiev on Saturday to win the inaugural World Boxing Super Series.

After the fight, Bellew tweeted: 'Usyk I was born ready. Let's get this done.'

The Olympic 2012 gold medallist, who has won all of his 15 professional fights, replied: 'I'm also ready.'

Bellew, 35, has beaten compatriot David

Haye at heavyweight in his past two fights, and his promoter Eddie Hearn says talks about a fight against Usyk will take place this week.

"Tony has felt fantastic up around the 15st weight and I'm not sure he will make cruiser again, but I know with Usyk's desire to move to heavyweight it certainly wouldn't be a deal-breaker," he told Sky Sports.

While Bellew is keen on the fight, he also has WBC lightweight champion Adonis Stevenson in his sights, who he was defeated by in 2013.

"If I face him and win, I'd have beaten every man I have ever fought in a ring," said Bellew.

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