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Tattoo fury

By Matt Ford



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NEWS EXTRA**Heatwave warning**

THE first official heatwave of the summer started yesterday (Wednesday) with daytime temperatures soaring to at least 40°C across most of the country, according to state weather office AEMET.

Young guns

WITH the appointment of Pablo Casado, 37, as president of the conservative Partido Popular, Spain and Croatia are the only two EU countries where leaders of three main political parties are under 40.

Big stink

AFTER the European Union fined Spain €12 million for failing to treat sewage in 17 larger towns, a new report pinpoints 1,000 smaller 'black spots' across the country.

Sex abuse probe

'Most wanted' Brit fugitive held

By Matt Ford

A BRITISH fugitive who appears on Europe's most-wanted list has been held in the southern Spanish city of Granada.

David Daniel Hayes, 39, from Anglesey in Wales, is allegedly a dangerous paedophile wanted for the sexually abusing of a string of children in the UK.

The former press officer for Welsh premier league club Bangor City FC is also suspected of at least three offences in Spain after giving private English lessons to children at his home under a false identity.

A probe launched in the wake of the latter claims revealed that the name and other personal details he supplied to clients in fact belonged to a British expatriate who lives in Valencia.



Photo credit North Wales Police/Guardia Civil

GOT HIM: David Daniel Hayes was arrested in Granada.

The BBC's Crimewatch programme at the time described him as 'one of the most wanted criminals in Britain,' while North Wales Police put out a number of calls for Europe when he fled to Europe.

He has been remanded in custody and will appear before the National Court in Madrid ahead of his probable extradition, a Guardia Civil statement said.

An official from North Wales Police said: "Following extensive enquiries and working collaboratively with the National Crime Agency, Crimestoppers and the Crown Prosecution Service, North Wales Police can confirm that David Daniel Hayes has now

been located, arrested and detained in Spain awaiting extradition to local jurisdiction."

DC Tim Dobson of the North Wales Police Protection of Vulnerable Persons Unit added: "Hayes mistakenly believed he could avoid police and the courts by fleeing the country following charge."

"However, with the tenacious and determined efforts of those involved in the hunt for him, we have been able to ensure that he will now face trial in relation to the offences he has been charged with and hopefully he will be brought to justice."

DS Katie Ellis said: "This is long-awaited news for the victims and their family, who have shown great courage to come forward, and further resilience and strength in awaiting the inevitable arrest of Hayes."

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Football sex pest

A FOOTBALL coach at a summer sports camp has been arrested for the alleged sexual abuse of four boys. Guardia Civil from Alfafar were alerted when the four youngsters, aged 13 to 16, accused the 22-year-old man of abusing them at a l'Horta Sud training facility.

Elite find

POLICE have arrested a man, aged 31 as he tried to board a Denia ferry to Ibiza while carrying 56 grammes of the drug 2-CB. Known as The Elite Drug due to its high price, it is becoming increasingly popular. Guardia Civil seized the drugs plus €7,000 in cash.

Sperm donors

LOCAL farmers frustrated by red tape stopping them selling stud goats to many South American countries have developed a new export trade for goat semen. While 2,000 of the Murcian-Granada breed have been airlifted to Iran with no problems, they have had to send semen to Chile, Costa Rica, Venezuela and Brazil.

Beach arrests

SO far this summer, officers of Valencia's Beach Protection Service have made 13 arrests - seven for theft, three for sexual assault, one for gender violence, one for robbery with violence and another as a result of an outstanding legal claim. The beach patrols will continue until the end of September.

A rum do

MORE than 21,000 bottles of counterfeit rum worth €316,000 were seized in a series of raids in Valencia and across Spain. The fake booze was imported into Spain, then distributed from Valencia to a series of screen companies to sell on. Guardia Civil made 14 arrests.

Taxi rape

A TAXI driver is being hunted after a 25-year-old mentally disabled woman was allegedly raped then abandoned in the middle of the road. National Police say the woman was on the way to Valencia centre when she was picked up by the taxi and then attacked.



THE BIG PICTURE Nº 24

Photo credit Twitter

NOT APPY: Taxi drivers have been on strike across the country.

Fare game

TAXI drivers across Spain have sparked chaos after joining a strike against ride-hailing firms including Uber and Cabify.

The outraged cab owners say the companies are ruining their livelihoods and putting jobs at risk.

Protesters used their cars to block main roads in Barcelona, where the action started, Madrid, Valencia, Alicante, Malaga, Zaragoza and Bilbao, while some drivers have been camping out for days.

And hours of talks between taxi association representatives and government officials have so far failed to break the deadlock.

The groups want the authorities to enforce a law under which there should be 30 traditional taxi licences for each ride-hailing licence.

They said in a statement: "Uber and Cabify are putting the viability of the taxi sector and 130,000 jobs at risk."

The strike comes after the Spanish government appealed against a Barcelona Council ruling which limited the number of licences granted to smartphone app-based taxi services.

Drivers have warned they will extend the revolt to airports, ports and even the border with France if Madrid fails to act.

Plotted to kill

DENIA police have arrested a woman accused of plotting to kill her ex.husband after her boyfriend tipped him off.

The Venezuelan woman's Dutch ex went to National Police to make a complaint after he received a call from a Danish man.

The latter said that the woman had been trying to persuade him to kill the father of her child.

Shocked by the request, he ended the relationship and instead of

killing her ex-husband he decided to tell the Dutch man about the threat.

He added that if the ex decided to go to police he would back him up. The ex, who now lives in Marbella, had recorded the phone call and took it to police. They contacted the witness in Malaga, who confirmed the story.

The woman, who denies the accusation, has been released by a court on provisional release.

Sex slave arrests

SIX people have been arrested for prostituting women for 22 hours a day in three Alicante flats.

The victims had been lured to Spain from Colombia with the promise of jobs before having their passports confiscated and being forced to work in the sex trade.

Police say the criminal gang would pay for the women's flights to Spain, give them cash and book hotel rooms so they could clear customs. Once here

they were coerced into prostitution to pay their 'debt' to the organisation, usually between €5,000 and €8,000.

Of the six arrests made, three were of women who were in charge of controlling the victims. The girls were made to stay in the flats and be available for sex work 24 hours a day except for a two-hour daytime rest.

Two people have been remanded in custody, with the others provisionally released.

REGULARS INSIDE

News

1 - 44

Finance

46

Leapy

50

Letters

63

Time Out

66-67

Health & Beauty

69-71

Social

72-75

Property

78-79

Services

85-88

Classifieds

89-90

Motoring

91-93

Sport

95-96

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Photo credit Youtube/Twitter

ABDUCTION CHARGE: Juana Rivas and (inset) demonstrators protest her sentence.

Mum jailed

A SPANISH court's decision to jail a mum-of-two for five years has sparked protests across the country.

Demonstrators have been taking to the streets in Madrid, Barcelona and other major cities to express their disgust after Juana Rivas was also stripped of custody rights for six years and told to pay significant legal costs.

Rivas went into hiding with her two sons to stop them being handed over to their father, who had been convicted of physically assaulting her.

The controversial case has become emblematic in Spain's battle against gender violence, and the verdict triggered a wave of criticism from politicians and female campaign groups.

Rivas fled Sardinia to escape Italian partner Francesco Arcuri in May 2016 and returned to Spain, where she lodged a domestic abuse report after telling him she was taking the children - now aged 12 and four - on a family visit.

But he denied the charges after previously being found guilty of hitting her in 2009, and a Spanish judge ordered her to return the boys to him last July.

She defied the ruling and vanished with them for

a month, leading a judge to order her arrest after she failed to turn up for a court summons.

And the move saw her become a social media sensation, with Twitter users adopting the slogan #JuanaEstáEnMiCasa (Juana is in my house) to show their support.

She eventually handed herself in and the children were reunited with Arcuri.

During the trial in Granada, she told the court she had been acting "as a mother," and that she did not want her children to go back to the place where she had been abused. She added she lived through hell, claiming Arcuri would "lock her up in a room for hours, hit her, spit in her face, and pull her hair," and said her children, particularly the eldest, had "suffered a lot and been witness to various things."

But the court said there was no evidence of domestic violence since the earlier incident and she had taken the boys illegally.

The ruling said a psychological analysis of her eldest son failed to reveal any trace of trauma related to abuse.

Her lawyer has called the verdict a "failure of the Spanish and Italian justice systems" and vowed to appeal.

POLL OF THE WEEK

Should the European Union do more to help Spain with the ongoing migrant crisis?

LAST WEEK'S POLL:

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

Yes **30%**

No **70%**

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Costa Blanca airport chaos as taxi drivers strike and block roads

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Expat hits out at claims

from Front page »

A BRITISH expatriate has hit out at claims his stag party paid to tattoo his name on a homeless man's face in Benidorm.

Jamie Blake, 37, also revealed he had split up with his bride-to-be ahead of the event but decided to go ahead with it anyway.

The alleged incident sparked outrage after he and around 30 of his friends had partied in a string of bars during a night out.

But photos of a man believed to be Polish and named Tomek having 'Jamie Blake, North Shields, NE28' inked on his forehead later emerged

after he reportedly bumped into the group.

Although he was smiling and making a peace sign in the pictures, the tattoo could not be finished because he was in so much pain.

Posted on Facebook by the parlour, they were quickly deleted after being slammed by furious social media users who branded the scene "barbaric" and accused the business of a "shocking lack of ethics."

But Jamie, who works in Benidorm after moving from North Shields three months ago, claims he was not involved in the incident and says the victim is not even homeless.

He told UK media: "I was not there at the time. There was a big group of around 30 of us drinking in the bar."

"There was a group of Irish lads there as well and Tomek. He isn't homeless, he lives with my friend and works on the strip. I got drunk and was asked to leave the bar. I was never in the tattoo parlour and as far as I know he was not paid any money."

He added the first thing he knew about it was when friends told him it had hit the news.

"My friends and family from the UK were contacting me and asking if it was me," he continued.

"It has been a nightmare. I

might have to fly home and could lose my job here."

Karen Cowles, president of the Benidorm British Business Association, told the *Star* she knows Tomek, adding: "What they have done to this man is utterly inhuman and akin to abuse."

"I'm appalled that a group of grown men would take advantage of someone in such a vulnerable position. They have left a human being scarred for the rest of his life."

A group of local firms has set up a fundraising page to pay for the tattoo to be removed.



Photo credit Facebook

STAG PRANK OUTRAGE: The incident triggered a furious response.



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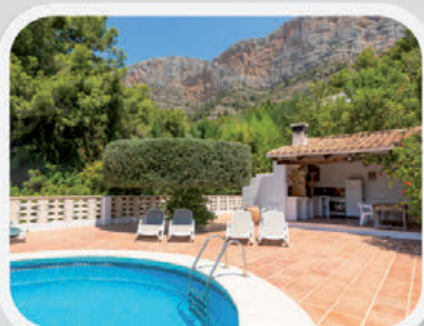
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In full string

AGELESS actress Elizabeth Hurley has opened a pop up bikini boutique in Mallorca.

And the 53-year-old beauty was on hand at the grand opening as she accompanied German businessman and owner of the new shop Mathias Kuhn.

Elizabeth Hurley Beach is located in prestigious marina Puerto Portals between Calvia and Palma.



BEACH BABE: Liz models one of her creations and (inset) at the boutique opening.

Photo credit Elizabeth Hurley/Instagram/Twitter

Flack on the market

SHE'S the presenter of hit ITV2 dating show Love Island.

But Caroline Flack, 38, is herself single once more after jetting back from filming the final stages of the series in Mallorca to hand over her diamond engagement ring to ex Andrew Brady.

The former Apprentice star reportedly refused to leave her London home without the piece of vintage jewellery believed to be worth £6,500.



UNLUCKY IN LOVE: Caroline Flack.

Bear-ly credible

HE sparked controversy earlier this year for hooking up with a former Miss England semi-finalist in the wake of an acrimonious split with former squeeze Charlotte Crosby.

And reality TV star Stephen Bear set tongues wagging again after being caught fibbing about the cost of his Ibiza hotel.

The Celebrity Big Brother winner, 28, wrote that he and

model girlfriend Ellie O'Donnell, 21, had moved into the 'super luxury' accommodation after their holiday villa was burgled.

And he was filmed on a balcony with views of the Mediterranean Sea, adding the caption: 'This is the only place in Ibiza that costs 50,000 a night!'

But it was later revealed in UK media the star was staying in a four-star hotel where rooms



WHITE LIE: Ellie and Stephen.

can be booked from €224.

And when quizzed about the apparent bungle, he replied: 'I just want to chill man by the pool to be honest.'

Fox in the box

HE shot to fame during this summer's World Cup, where he got his head on everything.

And England star Harry Maguire delighted revellers at Ibiza's Amnesia nightclub

by nodding a giant inflatable football into the crowd.

The 25-year-old Leicester City centre back became a cult hero during the Three Lions' run to the semi-finals in Russia.



MAG-NIFICENT: Harry Maguire in Ibiza with fiancée Fern Hawkins.

By ecc!

BILLIONAIRE heiress Tamara Ecclestone has been snapped aboard dad Bernie's super yacht as it sails around the Balearics.

The mum-of-one, 34, ap-



peared to be enjoying her ninth holiday of the year with daughter Sophia, four.

YUMMY MUMMY: Tamara Ecclestone with daughter Sophia.

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MICHAEL, 65, on holiday from Somerset, UK

"The strikes haven't affected me but if it comes to a point when they do then it will be inconvenient. We have the same situation in England, but the main taxi companies had a long time when they were sitting pretty without much competition. It's the nature of business that others come in and challenge.

"They should economise and adapt. Uber and Cabify are clever and using technology to get the upper hand over an old model. The traditional taxis simply need to react by putting in more investment and making changes to be competitive.

Adapt or die!"



UBER AND OUT:
Michael and partner.

Hannah Jackson, 15, on holiday from Manchester, UK

"Uber and Cabify offer a better service and have seen an opportunity in the market. Every business should be able to do what it wants. The taxi drivers can work for Uber if they want to, can't they? It might be better for their futures if they do.

"Local business is important but there should be room for everyone. I



APPY GO LUCKY:
Hannah and mum.

STREET TALK

Are nationwide taxi strikes justified?

Spanish taxi drivers have this week sparked chaos across the country after striking in protest against ride-hailing apps including Uber and Cabify. But are they right to do so?

use Uber if I need a taxi and with the app it's very easy. Me or my mum can order a cab for my grandma and we can track the car so we know she is safe.

"You also have to rate them so they'll be nicer to passengers! It's also cheaper so there are many different factors I think. The other taxis need to modernise!"

Timo, 44, and Katerina, 30, on holiday from Finland

"We don't know, we don't have these new companies in Finland. We always use local taxis, we're old fashioned like that! It's safer and easier, we don't trust the others. It's a free

market though so anyone should be able to offer a service."

Jani, 41, and Anja, 34, on holiday from Tampere, Finland

"We had to walk home because of the strikes, that was not good! We've never used Uber or the other similar ones, Finland doesn't have them.

"As tourists though we would use Uber because the app is probably easy to use and more modern. Whichever service is simple and efficient is going to be popular and successful."



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Squatter misery

by Tara Rippin

EXCLUSIVE

AN aggressive squatter has subjected a community to a four-year campaign of fear and squalor.

Residents of Las Vistas in Lomas De Cabo Roig, said they have tried in vain to have the 'violent' and 'disruptive' man removed through the courts, and claim he was arrested last year, only to break back into the empty property days later.

Witnesses to the arrest of the unwelcome guest, thought to be in his 40's and suffering with mental health issues, said he was brandishing knives and a machete before a dozen police officers detained him.

Speaking exclusively to *Euro Weekly News*, neighbour and retired police officer John Wakenshaw, aged 57, said: "All day long he is



SQUALOR: The stinking rubbish is attracting vermin and (inset) the man was last year held by police.

gesticulating and shouting. I barricaded myself in last week after seeing his ladder near my balcony. You just don't know what he is going to do."

Problems also include mountains of rubbish and dozens of noisy animals inside the property.

Mr Wakenshaw, who

bought his home in 2007, said: "I have to sleep with earplugs in."

Numerous complaints have apparently been made to Orihuela Town Hall and officials, but to no avail.

Community committee member Nick Langan, who owns a holiday home in the area, added: "Vermin have

been spotted in the grounds and the stench emanating from the area is unbearable."

The property, a possible re-possession, is thought to be owned by SAREB, a Spanish government-owned company set up to manage assets. It is not known if the firm has instigated any new eviction proceedings.

OUR VIEW

ID cards recommended

AS recently as 2006, the then Labour government introduced the concept of a UK identity card at an expected cost of £5 (€5.5) billion but this was scrapped by Theresa May in 2010.

Now as an ID registration system for EU citizens who want to remain in the UK after Brexit is to be introduced, a think tank suggests that this should be expanded to include all UK citizens.

The concept of an ID card must have some benefits as it is much easier to carry than a passport and can contain a large of information, but if mandatory, may cause some complaint if every citizen has to fork out £65 (€72) to comply.

One very strong argument is that the Windrush scandal would not be repeated as all of those entitled to reside in the UK would be able to prove their right rather than run the risk of old paper work being destroyed and then placing their rights to live and work in Britain in jeopardy.

This publication follows a week in which the EU has indicated that it is unlikely to agree to the May Brexit plans and the Italian Interior Minister has warned that the EU is being deceitful in its negotiations with Britain.

As Mrs May sets off on a walking holiday in Italy she will not be happy with the fact that a Sky News poll suggests that 78 per cent of those interviewed think that the government is doing a bad job on Brexit and that even committed Brexiters are now wondering whether there should be a second referendum.

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Brexit and pension transfers. A window of opportunity?

Last year the UK began to impose a 25% tax on transfers to overseas pension schemes, including QROPS. This currently excludes individuals and QROPS where both are resident in a European Economic Area (including Gibraltar) country, but who knows what will happen after Brexit? If you wish to move your pension overseas, it may be better to do so now, under known rules, rather than wait and see what happens. Pension transfers can take months, so don't risk leaving it too late.

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VIEWING BY APPOINTMENT ONLY

Sanchez-Macron talks

Leaders address migration trade and EU in Madrid

by Joe Gerrad

SPANISH Prime Minister Pedro Sanchez has received France's President Emmanuel Macron for talks at his residence in Madrid in what was the leader's first visit to Spain since taking office.

The Prime Minister welcomed the French head of state outside of La Moncloa in Madrid last Thursday.

They then held talks on issues including migration, trade and EU reform before holding a joint press conference.

The two leaders presented a united front on the current migration situation, with an eight point declaration issued calling for an approach based on solidarity and respect for human rights.

The Madrid Declaration on Migration Matters said Spain and France shared the same strategy to address the arrival of migrants and emphasised co-operation with other EU member states.

It added Spain and France supported lending more resources to tackle the rising number of arrivals in southern Europe and creating a 'predictable approach' in line with international law.

"Spain and France are willing to reinforce their support for, and co-operation with, the



CREDIT: Pedro Sanchez, via Twitter

TALKS: Macron (left) and Sanchez (right) met at La Moncloa.

countries of origin, transit and destination, especially with Morocco," the Declaration stated.

Sanchez and Macron also addressed the spectre of a trade war between the United States and the European Union following the former's decision to impose tariffs on some European goods.

Sanchez said any agreement between the US and the EU must be made with the approval of the bloc's Parliament and member states.

"We do not want any trade war but the European Union has made progress that must be preserved," Sanchez said.

Macron said work was needed to lower "useless ten-

sion" between the US and the EU and added he was sceptical that Brussels and Washington could thrash out a trade deal.

"Neither Europe nor France ever wanted any trade war. A good business dialogue can only be done under a balanced and reciprocal relationship that is not threatening under any circumstances," Macron said.

"I am not in favour of starting to negotiate a broad trade agreement now because the current situation does not allow it," he added.

The two spoke as European Commission President Jean Claude Juncker met with US President Donald Trump in Washington for talks which

aimed to stop a trade war.

Both leaders addressed further reforms to the EU and in particular to the bloc's Monetary Union.

Sanchez said: "We have to strengthen the Economic and Monetary Union now and not when we are in recession."

Macron said it was "essential" that the momentum of reform was maintained.

The French President later met with King Felipe for a dinner at the Royal Palace of Madrid. Both Sanchez and Macron travelled to Portugal last Friday for a summit in Lisbon on energy connections with Portuguese Prime Minister Antonio Costa and EC President Juncker.

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Boxers freed

Detectives probe sex claim

TWO British boxers held on suspicion of gang-raping a female holidaymaker in Ibiza have been provisionally freed after appearing in court on the island.

Paul Upton, 30 and his younger brother Sonny, 29, both from London and formerly trained by Ricky 'The Hitman' Hatton, were initially remanded in custody following their arrests in San Antonio.

They must now make themselves available to the judge when called upon.

A third boxer named as 21-year-old Bradley Smith from St Ives in Cambridgeshire and an unnamed fourth man had already been released investigators continue to probe the case.

The quartet is thought to have denied the accusations against them.

It comes after a 29-year-old



PROVISIONAL RELEASE: Paul, left, and Sonny Upton must report to the authorities when called upon.

British holidaymaker alleges she was sexually assaulted by the group after meeting them at well-known bar Lineker's and being force-fed two pills.

She claims she was then taken to the Marian apartment complex where she was held

down while the men took it in turns to have sex with her.

The woman is understood to have been drinking heavily and was unable to give detectives a clear account. She was examined by medics in the wake of the alleged assault.

Irish girl dies

THE Irish Department of Foreign Affairs has confirmed it is providing consular assistance to the family of a four-year-old girl who died after falling into a Costa del Sol swimming pool.

The incident took place on calle San Joaquin off Marbella's Golden Mile, where the victim is believed to have been coming to the end of a month-long holiday with her parents.

The alarm was raised at 10.30 in the morning, but medics were unable to resuscitate her. The identity of the family has not been made public, with investigators probing the circumstances surrounding the accident.

The alarm was raised at 10.30 in the morning, but medics were unable to resuscitate her. The identity of the family has not been made public, with investigators probing the circumstances surrounding the accident.

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NEWS EXTRA**Smart move
set to be gas**

DENIA-based Balearia will spend €60 million on converting five of its ferries to gas, while two 'smart ships,' which will also be gas-powered, are currently being built in Italy.

Royal visit

A **STATUE** of the Virgin de los Desamparados, patroness of Valencia and the Valencian Community, which is usually kept in Valencia City's cathedral, was taken to inland Alcoleja where the image remained for two days.

Bar none

THERE are 1,578 cafes and restaurants in La Marina Alta, an average of one for every 107 inhabitants according to 2016 statistics, and one in three of these is located in Denia.

Honouring pledge to Jaime I

JIJONA received a €275,000 grant from the Generalitat to restore the 12th century Torre Grossa tower and castle.

The council has also approved a €435,000 allocation from the local budget that will cover the remainder of the cash needed for the restoration.

Work is to be carried out in two phases and will begin with the Torre Grossa tower.

The second phase, which will commence in 2019 will reconstruct the perimeter walls of the Alcazaba or fort.

The restoration project was of 'vital importance' to the town, said Jijona's mayor, Isabel Lopez.

"The castle is the locality's most significant architectural and historical emblem as well as a tourist draw," the mayor added.

"By restoring it we shall have the chance of recovering and enjoying a fundamental part of our roots."



Photo credit: Alfredo Jerez

JIJONA CASTLE: Soon to be restored.

The Generalitat cash arrives in the same year that the Jijona celebrates the 750th anniversary of the town charter,

when Jaime I entrusted the existing and future inhabitants the task of maintaining and defending the castle.

A multinational enterprise

A BRITON, a Frenchman and a Dutchman were arrested in Callosa on drugs charges and fraudulent use of electricity.

The National Police based in Benidorm received a tip-off that foreigners were growing marihuana in Callosa.

On locating the property they immediately noticed a strong smell of marihuana. They could also hear air conditioning units at the back of the house and noticed that the electricity cables were connected to the general supply and had by-passed the meter.

On entering, they found five industrial fans, an air filter and extractor, 32 halogen lamps, two air conditioning units and 648 pots ready for planting - along with 11.3 kilos of marihuana buds and 2.7 kilos of a mixture of buds and marihuana leaves.

Mystery body found in sea

GUARDIA CIVIL divers recovered a badly decomposed body from the sea, 7.3 nautical miles (15.5 kilometres) off Villajoyosa.

The body was first spotted by Guardia Civil's Maritime Service which was patrolling on a day when at least four boats ferrying illegal immigrants from North Africa had landed on the Mari-

na Baja and Marina Alta coast.

The body appeared to have been in the water for several months but seemed to be that of a man aged between 25 and 30. There were no visible signs of violence and he was wearing a lifejacket.

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NEWS EXTRA**Dolphin killed**

A DEAD dolphin found on the Bellreguard beach near Oliva had died after being hit by a boat or a propeller and would have been washed ashore by currents, experts explained.

On file

SAN VICENTE'S municipal archive, ready for use 28 months ago, remained closed for lack of personnel. Two archivists have now been engaged but no opening date has been announced

Dem bones

VALENCIAN Community podiatrists warned that walking at the water's edge should be practised only when the shore is completely level. This is usually at an angle, with a negative effect on ankles, knees and hips.

On the lookout for dumpers

TEULADA-MORAIRA is stepping up checks on illegal dumping at rubbish collection points, as well as fly-tipping.

An extra inspector will keep watch in Teulada-Moraira, paying special attention to the collection zones and container points that are known to attract unauthorised rubbish, the town hall announced recently.

Teulada-Moraira Town Hall intends to maintain a clean municipality which can be enjoyed by residents and visitors alike, municipal sources revealed. Accordingly, it will fine all those who are found breaking local by-laws and leaving rubbish in inappropriate places.

A year ago, Teulada-Moraira Town Hall launched a campaign with the aim of raising the local population's awareness of the need to respect rubbish collection norms.



Photo credit: Teulada-Moraira town hall

ILLEGAL: Too much rubbish in wrong place.

This was entitled 'Haz lo correcto. Esta en tus manos' (Do the right thing, it's in your hands) and reminded the public of the correct use of the different rubbish containers.

Vigilance was intensified this

year precisely to reinforce last year's message and prevent the areas adjoining rubbish containers turning into the improvised and illicit dumping grounds now proliferating in Teulada-Moraira.

No appeal for paedophile

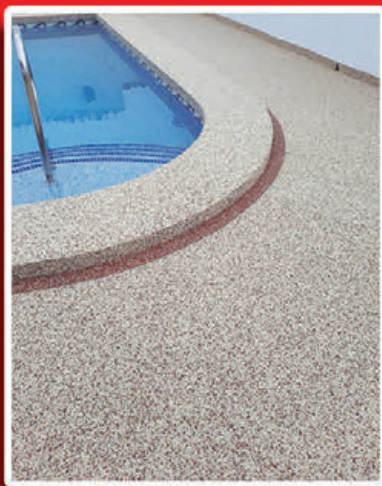
THE Supreme Court confirmed a Gata man's 11-year sentence for continually abusing his partner's grandson between 2014 and 2016.

The abuse began when the child was six and continued until he was eight - the Supreme Court rejected leave for an appeal to reduce the sentence.

The paedophile's lawyer claimed that as his client was not related to the victim there were no aggravating circumstances of kinship and the abuser had not exploited a 'position of superiority.'

Rejecting the defence lawyer's argument, the tribunal declared that it was 'patently obvious' that the abuser had done so and 'occupied a position equivalent to a grandfather.'

The tribunal also ruled that the accused's right to a fair trial and to defend himself had not been breached, although his defence lawyer was not present on two occasions when the child was interviewed by the Guardia Civil and psychologists.



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You're paying how much for your investment??

By Sam Kelly, Managing Partner, Chorus Financial.

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

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

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

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



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

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

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

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

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Migrant cr

Spain has recently become the preferred entry point for sub-Saharan Africans trying to reach Europe, and the latest flood of arrivals has seen resources stretched to the limit.

by Matt Ford & Dilip Kuner

Beachgoers shocked

NUDE sunbathers were left stunned after a dinghy carrying dozens of African migrants landed on a packed Cadiz beach before sprinting across the sand into the surrounding forest.

The dramatic incident, which saw their boat hit the sand ahead of a pursuing

Guardia Civil launch, took place on Del Cañuela beach near Bolonia in Tarifa.

And the migrants escaped after racing past groups of baffled nudists in the wake of crossing the Strait of Gibraltar from Morocco.

Less than 24 hours later, a second dinghy stormed Zahora beach in nearby Barbate as hundreds of confused sun-seekers looked on.

The news comes after Jose Ignacio Landaluce, mayor of nearby port city Algeciras, warned that

the area is at the centre of a "new migrant crisis" after 1,000 people arrived in the last week alone.

He added the Strait is in danger of becoming "the new Lampedusa," referring to an Italian island which has seen its tourist income slashed after being swamped by migrants.

"I hope the EU is working on a global policy on this: it may be our problem initially, but tomorrow, or in a week's time, or a month's, it will be at the heart of Europe," he said.

"We've never, ever,

BLOODIED: Some of those who made it into Spain cut themselves on the barbed wire-topped border fence.

THE Spanish government has announced the posting of 20 additional border patrol officers in the Spanish enclave of Ceuta after 700 African migrants stormed a six-metre fence.

Some reportedly attacked police officers with home-made flame-throwers, human faeces and quicklime as they scaled the barrier topped with barbed wire.

One large group reportedly used secateurs and circular saws to slice open parts of the fence before pouring through as Moroccan police and Guardia Civil officers battled to stop the onslaught for over an hour.

Ceuta Red Cross reported more than 130 injuries, including 22 policemen, with at least 11 people hospitalised after the fence almost collapsed due to the weight of the people atop it.

Many of the immigrants who successfully



Violence in Ceuta

crossed the border could be seen screaming with joy or kissing the floor as they roamed the streets of the North African territory.

Others headed straight to the Temporary Migrant Centre, which currently houses 600 people despite its official capacity of 520.

The overcrowding of the centre has sparked chaos in the enclave, with groups of immigrants forced to sleep in the open or makeshift tents, while 1,300 people have been rescued while trying to cross the Strait of Gibraltar since Monday.

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isis goes on



DAYLIGHT RAIDS: Dinghies with dozens of migrants aboard have landed on Spanish beaches.

ever had 1,000 migrants arriving in Spain each weekend. And all this could just be for starters.

"There's a lot of the summer left and there are thousands and thousands of migrants arriving on the coasts of North Africa and thousands and thousands more who have been waiting to cross for months or years.

"We have to talk about what we are going to do with the people who arrive to our shores so that our area does not become the new Lampedusa of the Western Mediterranean.

"This is not the mayor of Algeciras' or the Spanish Interior Ministry's problem, it is an EU matter."

The official explained many

of the most recent arrivals have been forced to sleep on floors with no bedding on boats or in police cells because "we do not have enough money or enough beds" to cope since "everything is overcrowded."

€30m pledge

SPAIN has revealed it is to invest €30 million on an emergency plan to deal with the flood of migrants.

But Foreign Minister Josep Borrell hit back at claims the country is being overwhelmed by mass immigration. Speak-

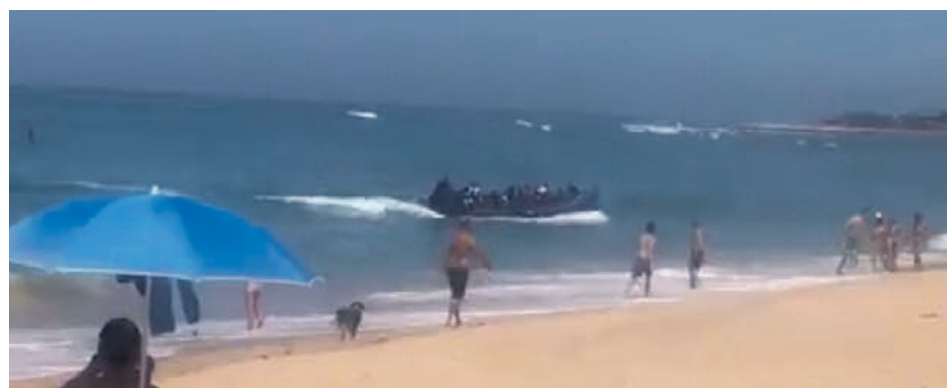
ing after a meeting with his Jordanian counterpart Ayman Safadi, he said: "We're trivialising the word mass."

He added that incidents such as the storming of the Ceuta border create an incorrect public perception.

"This shocks public opinion and the disorderly nature of immigration produces fear," the official added. "Six hundred people is not massive compared to 1.3 million [Syrian refugees currently in Jordan]."

"We're talking about 20,000 [migrants] so far this year in a country with more than 40 million inhabitants.

"That's not mass migration."





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NEWS EXTRA**Great costa
quake off**

THE five mild earthquakes registered recently in the Marina Alta were 'a good thing,' a seismologist said afterwards, as this will prompt more investigation in an area not usually associated with earthquakes.

Clean sweep

TWENTY-THREE volunteers aged between 19 and 29 from different parts of Spain, Serbia, Turkey and Russia have been helping to clear weeds and vegetation from Calpe's Baños de la Reina, a Roman archaeological site.

Lucky escape

THE driver of a cement mixer suffered minor injuries after overturning on the winding Garganta de Gata section of the N-332.

Fooball gums up the works

AN escalator that links Villajoyosa's Playa Centro with the Censal park has yet again been vandalised.

The ramp was immobilised after a football was crammed into the mechanism but when employees from the town hall's Technical Services department removed it, they found that the machinery was also damaged.

La Vila's Services councillor Pascal Amigo reported the vandalism to the Local Police who have now reviewed the CCTV cameras which were installed precisely to deter the vandals who regularly damaged the escalators.

The police were able to identify the culprits and the councillor has now lodged a formal complaint against them.

"This is not the first time that vandals have deprived residents and visitors of a service that is particularly necessary in the summer," Amigo said.



CENSAL PARK: Escalator immobilised by vandals.

"I'm asking for collaboration from the public so that we can avoid these incidents which prevent people

from using the ramps and also cost the town hall a great deal of money that could be better used elsewhere."

Another setback for the crematorium

THE Valencia region's Upper Court of Justice (TSJ) backed San Juan Town Hall's January 2015 decision to close the crematorium.

The tribunal threw out an appeal from the owners, ASV Funeser, although the company was given leave to appeal to the Supreme Court within 30 days.

The company must also pay up to €900 to compensate the administration for the cost of its failed appeal.

Company sources confirmed that ASV Funeser's lawyers intended to analyse the verdict in detail before studying whether or not to go to the Supreme Court.

Despite this possibility, all political parties on the local council applauded the TSJ's ruling and San Juan's mayor Jaime Albero declared that the verdict supported the strategies used by the municipality's legal team to defend the interests of public health.

The TSJ judges emphasised that the company should have implemented eight corrective measures set out in a November 2014 report from the Environmental Health section of General Directorate of Public Health.

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White Paper for safe cycling

THE growing popularity of cycling in Alfaz and Albir on roads and cross-country is complicating coexistence between cyclists and drivers.

Cyclists are increasingly the victims of traffic accidents, according to the General Directorate of Traffic (DGT), and Alfaz councillors have discussed the ongoing problem with Carlos Domingo Soler, the region's Director General for Public Works, Transport and Mobility.

Genoveva Tent, councillor for Public Safety and Sports councillor Luis Miguel Morant, learnt firsthand about the input from the region's sporting federations regarding the White Paper on protecting cyclists.

They also discussed the problems met by professionals on training runs and those who cycle for pleasure.

It was agreed that although ignorance of the law did not exempt cyclists from keeping it,



Photo credit: Alfaz town hall

VALENCIA MEETING: Plans for protecting cyclists.

very often neither drivers nor cyclists were sure of how to use the road correctly.

The councillors and Soler also agreed that main roads were not racing circuits, but there was an absence of cycling infrastructure and both professional and recreational cyclists needed safe routes.

There was also the problem

of upkeep of secondary roads, cycle lanes and safe routes which meant that cyclists often preferred to use main roads with heavy traffic.

All of these issues and others under discussion meant that it was essential to create a network of safe routes for both recreational and professional cyclists, Soler said.



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Outing almost ended in disaster

BENISSA'S beach and sea rescue service assisted five people whose hired boat sank near the Peñon de Ifach.

The five occupants were near the north face of the Peñon when they were taken by surprise by large waves that capsized the boat, they explained afterwards.

The Salvamento Marítimo coordination centre in Valencia alerted the launch Puig de la Llorença belonging to SVS, the company that provides Benissa's life-saving service.

This reached the scene minutes later but although none of the five occupants was in danger and all were unharmed, the hired boat was half-sunk.

The Puig de la Llorença crew advised that they would not be able to tow the drifting craft away although this needed to be removed without delay, as it could have endangered the scores of boats in



Photo credit: Benissa town hall

■ CAPSIZED: Boat's occupant surprised by large waves.

the area around Ifach.

The tourist boat was finally towed

away by the Javea-based Salvamar Diphda.

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A 31-YEAR-OLD Spaniard preparing to board the Ibiza ferry was arrested in Denia after drugs were found in his car.

The Guardia Civil, already suspicious, searched the off-road vehicle and found 56 grammes of 2C-B, 2.69 grammes of cocaine, one gramme of marihuana and a fruit gum that appeared to be impregnated with "a narcotic substance."

Ferry drug bust

They also confiscated €7,000 in cash.

Called 'pink cocaine' or the 'Alta Sociedad drug' owing to its high price, 2C-B - Tucibi in its Spanish version - was created by the chemist Dr Alexander Shulgin, credited with the discovery of other mind-altering drugs including MDMA (Ecstasy).

Detained by the Guardia Civil's Public Safety Unit, he was later charged and released on bail.

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Chance discovery of ancient terrace



Photo credit: Villajoyosa town hall

EARLY TERRACING: Evidence of an agricultural community.

ONE of the oldest examples of agricultural terracing in Europe was discovered in Villajoyosa several months ago.

Twelve metres long and nearly 1.5 metres high, the drystone wall is one of three tiers and was located near to the San Josep Roman funerary tower.

It was discovered by chance at the Allonbay Village and will be moved stone-by-stone to the devel-

opment's Plaza de Lesera.

This same procedure was used successfully for two Iberian funerary monuments discovered in the Plaza de la Creueta that were dismantled and rebuilt by Vilamuseu in the gardens of the Barbera dels Aragones mansion.

The terracing dates from the Iberian-Roman period and is regarded as "exceptionally important archaeological evidence of the terracing of agri-

cultural land."

The Villajoyosa find is one of the oldest examples of European terracing to date and the best-conserved.

The stones were bigger than those used today and the terracing resembles vestiges of others previously discovered in Villajoyosa that include the third century BC remains in La Cala and those at Puntetes del Moro which have been dated as second century BC.

Power grab

BENIDORM Council is making a bid for more power to crack down on 'uncivil' tourists.

The Councillor for Citizen Security of Benidorm, Lorenzo Martínez, is to ask for more powers to ensure anyone penalised for antisocial behaviour actually pays the fine rather than simply ignoring it.

Speaking at the council's plenary session, he added that at the moment there was nothing to be alarmed about, but he wanted to make sure the situation does not get out of control.

He explained that bad conduct from just a small number of tourists could badly affect visitor numbers.

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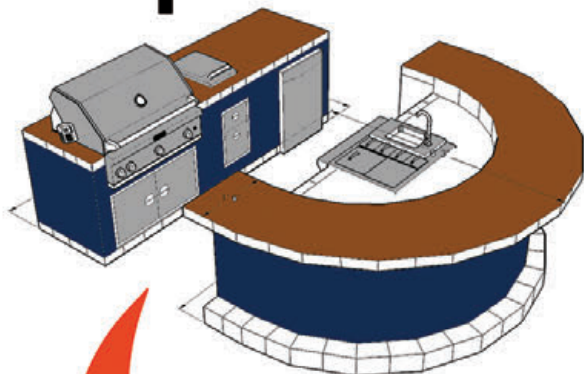


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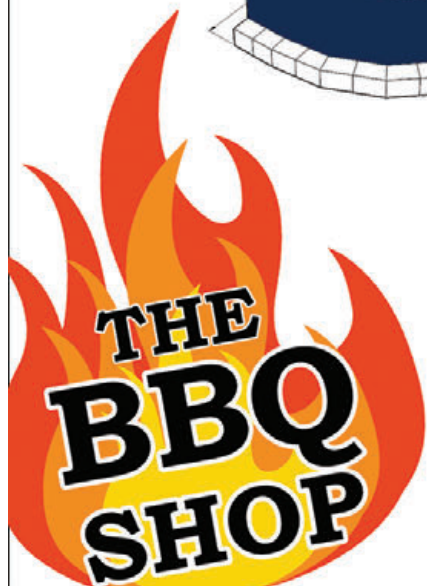




Photo credit Shutterstock/Twitter

HOLIDAY NIGHTMARE: The suspect was arrested in Santa Ponsa.

Sex assault rap

by Matt Ford

AN Irish teenager has been held on suspicion of sexual assault in Mallorca.

The holidaymaker was arrested on a beach in the tourist town of Santa Ponsa.

Believed to be aged 18, he has already appeared in a court in island capital Palma, but it remains unclear if he has been freed on bail or remanded in custody, having spent Thursday night behind bars. It comes after the victim, described locally as a 'foreign woman' reported the alleged attack to police.

She claims the young man forced himself on her while she was on a beach in the early hours of Tuesday morning.

Detectives are now probing the case after taking a statement from the accused.

Pet warning

Four dogs die in car boot



BAD IDEA: An open window is not enough in hot weather.

FOUR dogs have suffocated to death locked in the boot of a car while their owners went for some tapas.

The lifeless corpses of the rottweiler, podenco and two pit bull puppies were spotted by passers-by when two men returned to the car at about 1am.

Local Police were called to the car which was parked behind a discotheque on Gandia beach. They concluded that a combination of the hot weather - even though it was late at night - and a lack of oxygen in the unventilated boot were the causes of the tragedy.

The two men told police they had come

from Valencia to spend the day with the four dogs before leaving them locked in the boot for between 30 to 60 minutes.

The Local Police have issued a fine to both men and reported them to National Police for an investigation into possible animal abuse.

• Guardia Civil have issued several warnings this summer against leaving pets locked in cars, even for the briefest moment. Each year there are several cases of dogs dying or suffering heatstroke because of thoughtless owners. Police warn leaving a window slightly open will not prevent such cases.

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At **Pellicer & Heredia**, we are always surprised by the amount of people who **don't think about updating their will** whilst living in Spain.

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If you want your testament to reflect your last will, we highly recommend you get an **international will**, covering worldwide assets; or a **Spanish will** that covers your assets in Spain. This leaves everything as organised as possible, making sure your decisions and wishes are fulfilled.

Remember also **inheritance tax**, which varies depending on: residency of the deceased and heirs, amount inherited, number of properties inherited, number of heirs and their relationship with the deceased.

You must also **choose between the Spanish law or your National law**. Remember that under Spanish law you have to leave a certain amount of your assets to your children (2/3).

In general, the Spanish Succession Law protects the

right of inheritance in favour of the descendants, ascendants, spouse or partner, and people financially dependent on the testator. However, if you are not a Spanish national, **you might have more, or even free, disposal of your assets**. To do so, you must decide whether to make a will according to the laws of your home country, and mention it specifically in the document.

Pellicer & Heredia offer comprehensive will services: from reviewing your actual wills, to offering tips on making a will and giving advice on writing it, providing the will in Spanish and English, **ensuring that your will is legal** and registered (being in accordance with your wishes and with the requirements of the new European Regulation No. 650/2012), and **helping you with tax planning**, so your heirs can avoid paying more inheritance tax than necessary.



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NEWS EXTRA**Wood you believe it**

ELDA Town hall has begun pruning the municipality's trees following a spate of broken branches and fallen pines. Work started in the town centre's busiest areas but will continue in all areas.

Report it

THE municipal grouping of L'Alacanti towns have been fumigated but residents who are bitten or detect a focus of mosquitoes can report this to 966 013 192 helpline so that action can be taken.

Sweet music

SIX bulls and three steers supposed to lead them to the bull-running precinct during the Vall de Uixo (Castellon) fiestas galloped to the music Conservatoire's patio on leaving their lorry but were rounded up later.

Cuts death study storm

'More dead from austerity than civil war'

by Joe Gerrard

ACADEMICS from a Tenerife university have claimed that more people have died due to austerity policies implemented in Spain after the recession than were killed during the country's Civil War.

The University of La Laguna academics, publishing in a United States-based journal, claimed death rates spiked from 2011 to 2015 when spending cuts were first made.

The results are reportedly controversial. Another study was published in the same issue which sought to counter the claims on the grounds of statistics recording changes.

Researchers working with National Institute of Statistics (INE) data and in collaboration with Tenerife's Hospital of Nuestra Señora de la Candelaria claimed almost 505,560 deaths were connected to cuts.

Estimates of the death toll from the Spanish Civil War range from 200,000 up to two million at the highest depending on whether those killed outside of combat are counted.

Their findings are set to be pub-



DEATH CLAIMS: Spending cuts have previously sparked protests.

lished in the August edition of the *Journal of the American Society of Public Health*.

Academics including lead author Professor Antonio Cabrera de Leon, a public health specialist, claimed data showed a 29 per cent rise in mortality rates from 2011 compared to predictions.

Researchers compared the findings with those from the United States

and found death rates there rose by around 8 per cent during the same period.

Academics concluded the 'marked' increase in mortality between 2011 and 2015 was linked to the introduction of austerity in Spain.

The forthcoming edition of the society's journal also features an article from researchers seeking to

discredit the findings.

Academics from the London School of Economics, the University of Las Palmas de Gran Canaria and the Autonomous University of Barcelona claimed data collecting changes caused the spike in deaths.

Cristina Hernandez-Quevedo, Beatriz Lopez Valcarcel and Miguel Porta added there was an uninterrupted growth in public spending in Spain with the exception of 2012. Government cuts approved in that year saw money for public health fall by 6 per cent.

The counter study claimed there could be no link between rising death rates from 2011 and those cuts as they were not implemented until the following year.

The counter study stated that austerity had had a significant impact on many Spaniards and had increased inequality.

Researchers added that despite this there was no link to be found between death rates and spending cuts. The University of La Laguna has said that it plans to review the study from its academics.

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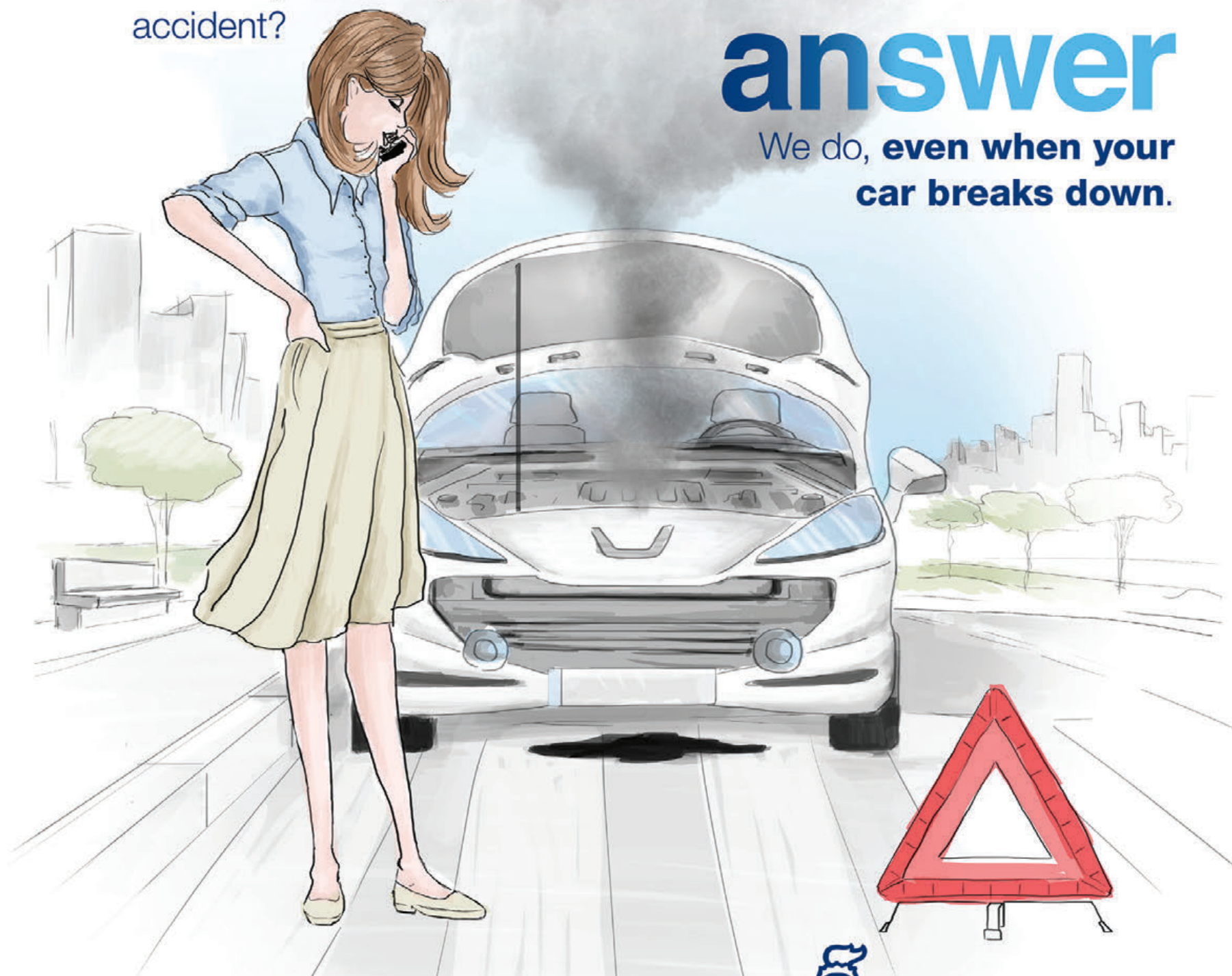
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Surprise visit

FOUR boats carrying 41 illegal immigrants from North Africa were located within hours of each other off the Costa Blanca coast.

Five of the 10 people discovered by the Guardia Civil after they landed in Altea claimed to be underage and one of them was immediately admitted to Villajoyosa hospital with severe stomach pains.

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ALFAZ'S Casa de Cultura hosted the closing ceremony of this year's Lions Costa Blanca Camp 2018.

This third edition of the camp was attended by young people aged 18 to 23 from Europe, Latin America and the US.

The event was presided by Alfaz's mayor Vicente Arques and there were speeches from

Summer camp conclusion

Pilar Ribagorda, president of Lions Club Benidorm and director of the Lions Costa Blanca Camp, Vicente Saval.

The summer camp reflected the municipality's multinational population.

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Shave and haircut for unkempt tree

THE regional government's Environment department has pruned a 29-metre monkey puzzle tree in Cap Negret.

The Generalitat's Monumental Trees section sent a team of four experts headed by Julio Lopez to Altea to attend to the tree in the Mar I Cel property, where the green route crosses the N-332.

"The town hall's Environment department asked the Generalitat to take action as the tree was very deteriorated," councillor Beatriu Nomdedeu explained.

Despite the monkey puzzle tree's unkempt appearance its structure was sound and only

needed to have its dead branches removed, Lopez said.

The experts used a lift platform to lop the highest branches, although they were also seen climbing the tree in the manner traditionally used to prune palms.

"It was a complicated operation but has made a great improvement to the tree," said Nomdedeu who thanked the Monumental Trees section for the present operation and others carried out on the Pi del Senyoret pine and another monkey puzzle tree at the start of the Via Verde.

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Nice one for birdwatchers

ALTEA's Tourism department has extended and improved the River Algar information panels, which now have texts in English.

"By including English we can give a better service to the foreign visitors who join our conducted tours," said Tourism councillor Anna Alvado.

"It's important that they can understand the panels and the information on our river and its wildlife."

The department has also issued a birdwatching leaflet with details of the 100 or so species which live in the river area or visit it during migratory journeys.

Hoping for a wipe-less town

ALFAZ Council voted unanimously to banish wet wipes from the town.

The motion was put forward by the Ciudadanos party but as well as asking the local population not to flush wipes down the lavatory, Alfaz Council wants the national parliament in Madrid to modify existing regulations.

Packets should include

visible warnings that wipes block drains and sewage plants and ought to be thrown out with the rubbish, said C's councillor Cesar Martinez.

He also suggested that manufacturers should be barred from including messages persuading consumers that the wipes are sustainable, biodegradable and similar to toilet paper.



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Calpe

NEWS

Saving water

AGUAS DE CALPE has saved 54,600 cubic metres of water since the beginning of the year thanks to modernising the town's network of waterpipes.

This is equivalent to 22 Olympic swimming pools and would be enough to supply 390 Calpe families with all the water they needed for a year.

At daggers drawn

CALPE Town Hall and a municipal worker must compensate another employee with €10,000.

A Benidorm court heard that the plaintiff was responsible for public relations at the Casa de Cultura and for years was the victim of workplace bullying.

She had been on bad terms with the defendant - who was also her superior - since 2007, and relations deteriorated further after the latter's daughter was sacked from her job at the Casa de Cultura.

She was obliged to carry out jobs that would normally have been assigned to a concierge and subjected to verbal attacks witnessed by colleagues which referred to her professional and private life.

She faced disciplinary proceedings on several occasions and the concierge was told to spy on her and keep a record of her comings and goings. When he refused to cooperate, the task was assigned to another female employee.

In 2014, the bullied woman asked for a transfer to Calpe's Civic Centre and disciplinary proceedings were initiated against the defendant.

Both the town hall and the accused had infringed the worker's physical and moral well-being, the Benidorm judge ruled.

Localised tremors



Photo credit: Randi Hausken

EARTHQUAKE: Peñón de Ifach still standing four square.

ALICANTE Province is a known earthquake zone, and Marina Alta visitors and residents remain in shock after a recent spate of mild tremors.

The first was a 3.1-magnitude tremor which woke Calpe residents just before midnight, followed by two aftershocks in the early hours.

According to Spain's National Geographic Institute (IGN), the epicentre was located beneath the seabed three nautical miles (5.5km) off the Peñón de Ifach. The two aftershocks were milder, measuring 2 and 2.2 on the Richter scale.

The first tremor was most noticeable in Calpe but also felt in Benissa and Teula-

da, while residents in Javea and Denia also claimed that they noticed it.

The aftershocks were particularly noticeable in Benissa, where stonework from a pinnacle on the Purísima Xiqueta cathedral fell to the street and the area originally cordoned off by the Local Police was extended to include the facade and two sides of the building, on the advice of the fire brigade.

A fourth seismic movement came next day - the epicentre of the 3-magnitude tremor was in Teulada-Moraira at a depth of 12km. The fifth, a mild 1.8-magnitude that was barely noticed, occurred the day after in Benissa.

Volunteers help at dig

TWENTY-THREE volunteers from as far afield as Serbia, Turkey, France, Belgium and Russia have helped uncover an archaeological treasure in Calpe.

They have been working on the Roman site of Banys de la Reina de Calp under the supervision of Spanish archaeologists. Not only did they help with excavation, they also cleared vegetation that was in danger of damaging the archaeological remains.

Deputy Mayor Manolo Cabrera thanked them for their efforts.

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Teulada Moraira

Let off lightly

ONE of the five recent earth tremors was located 12 kilometres below Teulada-Moraira's La Sabatera neighbourhood. This occurred the day after the first three seismic movements and registered 2.9 on the Richter scale, but the earthquake had less effect on the town than in neighbouring Benissa where masonry fell from the cathedral.

A summer of music and muscatel

THE Teulada-Moraira Auditorium starts August with the sixth edition of the International Festival of Youth Orchestras (FIJO).

The Auditorium is one of the centres where the young musicians from Alicante, Madrid, Poland and Thailand will be playing today (Thursday), tomorrow (Friday), Saturday and Tuesday.

Further concerts will be held at the Alicante Diputacion Auditorium (ADDA) and the International Auditorium in Torrevieja.

The festival is young and energetic, said its Artistic Director Francisco Maestre, who has prepared a programme with works by the best composers of all time.

"At the same time," said Teulada-Moraira mayor Carlos Linares, "the festival is an interchange of understanding, cooperation and comradeship between different cultures which is also a tourist attraction."

On September 1 and 3 it will be the turn of Dolia, directed by Maite Serrat.

"We have put the accent on the Mediterranean and the characteristics it gives us and our territory's produce, demonstrating our roots and identity through gastronomy," Serrat said.

There will be demonstrations from local Michelin-starred chefs Rafa Soler, Alberto Ferruz and Nazario Cano and a cookery contest featuring the Alejandria muscatel grapes, cultivated locally for centuries.



Photo credit: Teulada-Moraira town hall

DOLIA: Rafa Soler, Carlos Linares and Maite Serrat.



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Teulada Moraira

NEWS

Lottery luck

PART of the first prize in the National Lottery, which is usually sold in 10ths or decimos of a ticket, was sold in Avenida del Mediterraneo in Teulada. Those who bought the number 40519 will each win €30,000 for every decimo or €300,000 for the entire sheet of 10.



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Treatment plant criticism 'unfair'



Photo credit: Teulada-Moraira town hall

SEWAGE PLANT: Cost €6 million to build in 2015.

BRUSSELS imposed a €12 million fine on Spain for delays in improving waste treatment in 17 municipalities.

Teulada-Moraira is one of these but although improvements were made in line with EU directives, the fine still stands owing to the delay in implementing them, according to the European Court of Justice.

In response to recent media reports, Teulada-Moraira Town Hall issued a communique regarding waste treatment in the municipality.

"The local plant (EDAR) complies with all EU requirements and the municipality's sewage is correctly treated," the statement pointed out, prompting the town hall's wish to publish the latest analyses to back this up," the communique announced.

The EDAR was built and modified in 2015 with the intention of providing the town with a sewage plant capable of treating a daily 3,600 cubic metres of effluent.

It cost €6 million to build and is equipped with the latest technology and as a tertiary plant, the cleaning process improves wastewater quality before this is reused, recycled or discharged into the environment.

It was 'inexplicable' the town hall communique continued, that the Valencian government had not been able to defend Teulada-Moraira against the EU's accusations.

"The current situation presents an image that is far removed from reality, and the town hall intended to clarify the situation with Brussels, emphasising the municipality's merits," the communique ended.



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Teulada Moraira

Bulls tonight

TEULADA has been celebrating fiestas in honour of the Santos de la Piedra, Saint Abdon and Saint Sennen, martyred in third century Rome and allegedly buried on July 30, which is now their official feast day. The fiestas end today with bull-running and bou embolat where burning brands are fixed to the bull's horns.

Midweek music for jazz-lovers

THE eighth edition of the Vora-mar Street Jazz Festival begins tomorrow, Friday.

This year sees an innovation with the incorporation of Vora-mar Kids, a group of young people who have been given the opportunity of showing Teulada-Moraira the kind of music that they like to make.

The festival's 26 concerts

will be given by eight different groups at seven different venues throughout the municipality which have been sign-posted so that the public will know beforehand when there is a performance.

All of the concerts are free and they will be held each Tuesday, Wednesday and Thursday throughout August.



JAZZ FESTIVAL: Alfaz's mayor Carlos Linares and organiser Santi Ferrer.

TEULADA-MORAIRA Town Hall is cracking down on businesses that encroach on the public right-of-way.

An inspector will inspect the local streets and roads to ensure that bar and restaurant terraces or shops occupy only their authorised areas, ex-

Not in the way

plained Streets and Public Areas councillor Raul Llobell.

The campaign's purpose is to create a good relationship between businesses which occupy part of the town's pavements and streets and the pedestrians who use them.

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JAVEA - XABIA

NEWS

Fond farewell

COMPLYING with Spain's Historical Memory Law and after four years of red tape, the town hall has finally been able to put out to tender a €22,000 contract to remove three Franco-era crests from the Creu Coberta cross in the Old Town, despite Partido Popular criticism of the town hall's 'haste' in removing them.

Spy cameras needed

BOAT owners who use the public moorings in Javea port asked for CCTV cameras to be installed there.

The PXU association, which represents the owners, informed the regional government that its members are concerned about the recent spate of fires on-board moored boats and 'reiterated thefts of instruments and other objects' from their craft.

They had first requested four cameras two years ago, and pointed out that these are inexpensive to install and would not require exclusive staffing. Centralised control would consult images and warning notices would be a deterrent.

Discovering the secrets of the deep

GERMAN students visited Javea recently for a course in underwater archaeology.

The group were taking part in the Archäologische Seminar, organised by Philipps Universität Marburg, and stayed at the Portitxol Aula de la Natura centre, learning the principal techniques of subaquatic prospection.

This included exploring the coastal areas of the Marina Alta and Marina Baja with their rich legacy of well-preserved remains. The students paid an underwater visit to the area around Javea's Cova Tallada, a protected archaeological site



UNDERWATER ARCHAEOLOGY: German students at the Portitxol Aula.

and quarry whose stone was used for the parish church.

There was a session on traditional Mediterranean navigation and a visit to the wreck of the Bou Ferrer, a Roman galley that foundered off Villajoyosa.

An open secret

THE En Calo cove was practically unknown until a few years ago.

It can only be reached by sea and the entrance to the cove is partly hidden by an outcrop of rock, all of which makes it increasingly attractive to tourist boats, yachters and canoeists.

Aware that, thanks to En Calo's growing popularity, a 'massive' number of boats were anchoring there last year, the town hall has now installed mooring buoys.

Sources said these will not be sufficient for demand - the last remaining 'secret cove' is a secret no longer.

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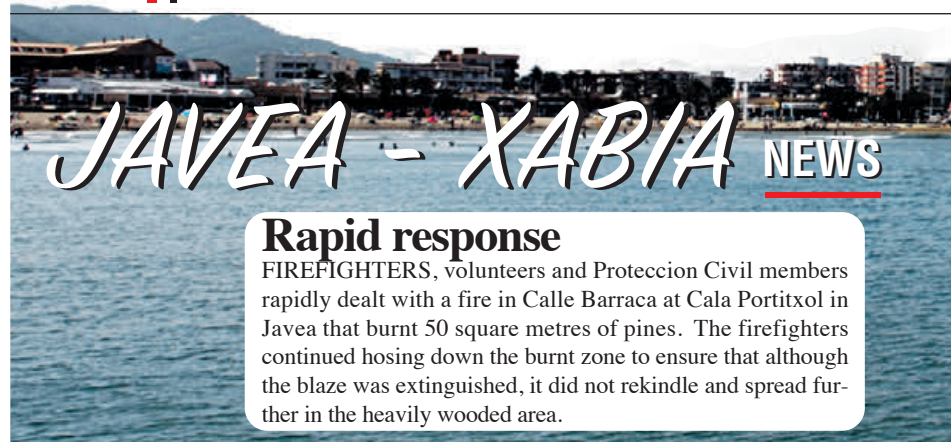
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JAVEA - XABIA NEWS

Rapid response

FIREFIGHTERS, volunteers and Proteccion Civil members rapidly dealt with a fire in Calle Barraca at Cala Portixol in Javea that burnt 50 square metres of pines. The firefighters continued hosing down the burnt zone to ensure that although the blaze was extinguished, it did not rekindle and spread further in the heavily wooded area.

Emblematic church's construction secrets

JAVEA'S Municipal Archive received a donation of documents giving details of how the Loreto church was built.

These are the handwritten technical notes that were made by Vicente Aliaga Llorens, the master builder who was responsible for making the moulds which were used when making the poured concrete structure.

Aliaga was a close friend of the donors, Vicente Ariño and Adela Cardo, and aware of the couple's links to Javea, in 1972 he gave them all the documentation that related to his work on the church.

Created by the architects Fernando Martinez Garcia-Ordoñez and Jose Dexeus Beatty, the Loreto church was finished 51 years ago and is regarded as a fine example of modern architecture in the 60's.

According to the Municipal Archivist, Aliaga's notes complement the archive's existing construction plans and once the building in Carrer d'Avall has been renovated, all will be made available to the public.

Neither was the donation the first from the couple, as some months ago Vicente Ariño, a retired surgeon, made a



Photo credit: Joanbarrio

LORETO CHURCH:
Outstanding example of 60's architecture.

permanent gift of his extensive professional library of 598 books and more than 600 medical journals to the municipality.



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Advertising Feature

Enjoy Denia!

A Guide for tourists who want to stop being one

Have you ever heard the term 'Rebost'?

'Rebost' is a Valencian word, its closest meaning would be 'pantry' in English and 'despensa' in Spanish. It is the place where, in years gone by, foods that did not need refrigeration were stored. In most cases that meant fruits and vegetables in season.

Like the restaurants that openly display their kitchens, restaurants that show the contents of their 'rebost' exhibit a certain transparency and confidence in their labours towards their customers.

These days, not many restaurants have a 'rebost' in full view for their customers. Sadly, they miss out on the opportunity to prove that the fruits and vegetables they store are fresh and seasonal. It is something that fell into disuse in modern times, where many decide to eat any vegetable throughout the year, and to top it off, packaged in plastic.

thentic local. Bustle and good humour are common, it is a cheerful Mediterranean place where life effuses and happiness flows.

A menu full of Mediterranean delicatessen that you will be unable to taste so fresh anywhere else. Spacious lounges and charming terraces await, we know that when it comes to eating, environment, light and harmony matter, as well as the guarantee of consuming a fresh and high quality local product at an affordable price.

With more devotees every year, their paellas and cocas are typical dishes of the cuisine of the Marina Alta that so many yearn for. Fresh products, heritage and respect for the culinary tradition of our region, are the flags of a restaurant that simply must be experienced first hand.

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Restaurant Els Tomassets

But if you are not one of those diners, rather you respect the food you eat, then you should definitely get to know the restaurant Els Tomassets, located in Calle Loreto in Dénia. Green beans, asparagus, aubergines, peppers, tomatoes, garlic, artichokes, celery, beets ... all these vegetables are clearly visible in the rebost of Els Tomassets.

The restaurant is a special place where eating becomes more than simple necessity, and embraces instead the level of ritual. The delightful atmosphere of its terraces, together with the superb quality of the food, make a unique and au-



Risks for residents in Spain who have no will covering Spanish assets

Carlos Baos

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DEAR Readers,

The European Inheritance Regulation 650/2012 is already in force in Spain, therefore any death that takes place now (in actual fact from August 17, 2015) will, with regards at least to Spanish assets, be governed by the law of the country where the deceased has his/her habitual residency at the

time of death.

Article 22 of this regulation does, however, give the possibility for the testator or testatrix to choose his or her national law, as the one to govern the succession and inheritance.

In practice, this means, that every succession regarding a death that takes place now, if there is not a will and the deceased is resident in Spain, Spanish law will apply to the inheritance.

Expatriates must be aware that, according to Spanish law, the descendants have the right to in-

herit the majority of the estate and the law considers them forced heirs.

Therefore, if you are living in Spain and pass away without a will, the Spanish intestate rules will apply to your succession and your descendants will inherit the vast majority of your estate and your spouse will be entitled just to the live interest/usufruct (right of use) of a third of the estate.

In order to make the dispersal of your legacy faster and cheaper, as well as simplifying the probate process, to plan the inheri-

tance tax and to make sure that your wishes are respected, etc, we recommend you to make a Spanish will covering your Spanish assets, as per your national law (English, Scottish, etc).

If you have any query about wills or inheritance, please contact us and we will be pleased to help you.

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

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NEWS EXTRA**Bone-dry cafeteria**

LA PEDRERA, the state-run long-stay hospital in Denia, will have no cafeteria for an unspecified period as the existing contract has run out and in line with new regulations tenders must be invited to run it.

Happy camp

OCCUPANCY of Oliva's campsites, which are used principally by Spanish tourists, has doubled over the past 10 years thanks to facilities that include free electricity and water, food shops and hairdressers.

Burnt-out

TWO fire engines were required to extinguish an unexplained fire that began when a car in a covered parking area on private land in Muro burst into flames, affecting another vehicle.

by Staff Reporter

AN Irish family has spoken of their outrage after being left stranded on the Costa del Sol when their Ryanair flight was axed.

Christine O'Leary had spent two weeks in Spain for a wedding bash but was shocked when she arrived at Malaga Airport with sisters Martina and Ann to find out her flight to Cork was suddenly cancelled.

The trio claim they received no text or email advising them of the issue and were left 'stuck in a hotel room' and unable to return home.

Christine told Irish media: "We were the first at the airport and the first in the queue, we asked could we get a flight to anywhere else in Ireland but they said 'no flights, no flight.'

"We got no text or email and it was only when we were at the airport and told we couldn't fly home that we received an email."

Another member of the wedding party, who has an autistic two-year-old son panicked and submitted a claim for a refund, meaning she received no further assistance from the budget carrier.

"When she realised what she had done, she asked could she undo it, but they said no," Christine added.

"She had to pay €1,400 for a flight home with another airline last night, she also had to pay for a hotel for the two extra nights she was here. She suffered a

Holiday flightmare

Family felt 'like prisoners'



Photo credit: Facebook/ Christine O'Leary

MIDDLE OF NOWHERE: The hotel is on the side of a motorway.

major loss.

"While the hotel and staff are beautiful, it is on a motorway so we are confined to our rooms.

"We don't like the food they are supplying us with, it is a drop off service and the children won't eat it.

"We are stuck in our rooms mostly, we are like prisoners (in the country)

waiting to get home." The ladies were told that the next available flight home was four days after they were due to fly.

"It has ruined the holiday, we are very upset, we had a good holiday until this happened. We were crying and laughing and now we are nervous. No one will speak to us. It is a frightening experience as you never think it will happen to you.



TRAVEL HELL: Sisters Christine, Martina and Ann say they have felt trapped.

I have a boy aged 15 at home waiting for me and he is anxious wondering will I get home.

"I will never fly with Ryanair again."

Holidaymakers trying to get through to Ryanair today (Thursday) say there is a 90-minute wait on the line without guarantee they will be attended to.



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Hot and heavy



PLANE RIDICULOUS: Twenty people were told to leave the aircraft.

by Karl Smallman

BRITISH AIRWAYS ejected 20 passengers off a flight to Spain's holiday island of Ibiza- because the heatwave in the UK made the plane too heavy to take off.

A total of 14 flights from the London City Airport were affected last Friday by temperatures which reached a blazing 35 celsius.

The London City Airport's short runway means that planes have to take off at a steeper angle than at most

other airports. And the airline explained that the high temperatures affected the air pressure meaning that aircraft could not take off unless they shed weight.

The airport said: "London City Airport was affected by the extreme heat which meant, to operate safely, unfortunately passengers needed to be offloaded from 14 British Airways flights.

A BA spokesperson said: "Like other airlines operating from London City Airport,

British Airways flights were affected by the extreme heat.

"Because of the unique nature of the airfield, with a short runway and steep take-off, extreme temperatures affect air pressure so aircraft weight has to be reduced.

"This meant regrettably we were forced to offload 20 customers from our Ibiza service.

"We worked with them to provide hotel accommodation and rebooked them on flights the following day."

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Norovirus hell

Bug floors family of 15 'within hours'

by Matt Ford

FIFTEEN members of the same family were left bedridden after being struck by norovirus at the same time.

David Goodwin, 28, from Openshaw in Manchester, said he was unable to move and forced to take three days off work.

He revealed his 20-year-old nephew was the first to fall ill after picking up the virus on a flight back from a holiday in Spain.

And within hours his parents, uncle, grandparents, brothers, nieces and nephews, aged from 65 to eight, had all been felled by the illness.

It comes after other cases of the stomach bug were reported from Devon, Cornwall, Greater Manchester, West Midlands, Essex and Wales.

David told UK media: "It



Photo credit Shutterstock/Twitter

OUTBREAK: David Goodwin says his nephew caught the bug returning from Spain.

is not like a normal sickness. It comes on quickly. You have all the symptoms of the flu, headaches, cold and hot sweats. You are vomiting all of the time. It hits you within a day.

"It is so infectious, it is unbelievable. It has just been going through us. You catch it within a day or two. It leaves you with no appetite."

The family said doctors told them they are displaying

all the symptoms associated with norovirus, and urged them to stay at home to avoid spreading it after diagnosing them over the telephone.

Public Health England dismissed claims the UK is suffering an unseasonal outbreak, as Dr Nick Phin said: "The number of laboratory reports for norovirus are in line with expected figures for this time of year, inconsistent with reports of an outbreak."

Healthcare boost

by Staff Reporter

AN international human rights NGO has welcomed a decision from Spain's ruling left leaning Partido Socialista (PSOE) party to restore universal healthcare.

Amnesty International welcomed the move, which overturned the former conservative Partido Popular (PP) government's 2012 healthcare reform which left more than 700,000 people without medical cover.

The NGO said it supported the extension of healthcare not only to all citizens but also to undocumented migrants.

Under the system implemented by the PP, the ill needed to be registered with the social security office as employed. This effectively excluded the unemployed or undocumented migrants.

Amnesty International added it approved of moves to extend cover for everyone, as well as reforms which make it easier for undocumented migrants and refugees to receive treatment on arrival.

The NGO urged the government to go further, de-

manding clearer guidelines as to who would be covered.

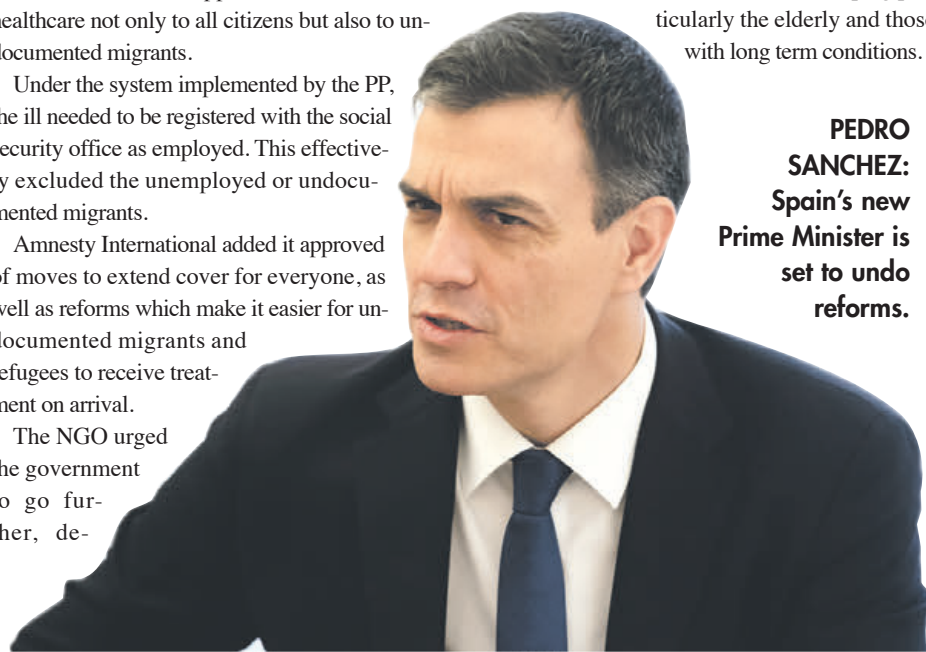
The government in Madrid has delegated the responsibility for evaluating the cases of migrants who have been in Spain less than 90 days seeking healthcare to regional authorities.

Amnesty International said they would like clarification on the guidelines governing those decisions.

The Spanish state is also expected to subsidise 60 per cent of the cost of prescription medication.

The move is aimed at helping particularly the elderly and those with long term conditions.

PEDRO SANCHEZ:
Spain's new Prime Minister is set to undo reforms.



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Advertising Feature



A FLAT TYRE: Línea Directa offer their customers Roadside Assistance.

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GETTING a flat tyre can be a daunting and sometimes scary experience especially if it happens on the motorway or on a bend. Taking some safety precautions will help to reduce potential risks.

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make customers lives a little bit easier.

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

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Health centre given a headache

THE big marquee set up for Gata's fiestas had to be taken down after two days.

Used as a headquarters by the quintos or fiestas' associations, it was only 50 metres away from the town's Health centre.

Doctors, nurses and staff were unpleasantly surprised when the marquee was set up so near the consulting rooms and Emergency department, they told the local Spanish media.

'Deafening' music late at night and into the early hours of the morning made it difficult to attend to patients and practically impossible to use a stethoscope with so much noise and vibration.

It was also a mark of disrespect to patients attending the health centre, the same sources maintained.

After two days of meetings between councillors, the Fiestas commission, the quintos and the Health centre coordinator Ana Morote, it was agreed that the marquee should be dismantled and set up elsewhere.

Municipal Services councillor Angels Soler explained that waste land near the Health centre was chosen following 'numerous' complaints in previous years when the quintos used the ground floor of a building in the town centre.

Given that the new location was likely to be equally 'problematic' it was decided to move the marquee to another plot of land in the Les Sorts area, well away from the Health centres and residential areas.

Good as new



Photo credit Ayuntamiento de La Nucia.

NEWLY-RESTORED: Mayor Bernabé Cano, Parish priest Don Juan Manuel Cortes, councillor Miguel Angel Ivorra and engineer David Marin outside La Nucia church.

SCAFFOLDING has now been removed from the newly-restored façade of La Nucia's parish church.

"The repairs were very necessary," said La Nucia mayor Bernabé Cano. "In recent years some of the moulding which had deteriorated over time broke away and it was necessary to remove the sections that were in bad condition to prevent further falls."

Cano went on to explain the missing moulding also spoiled the look of the Purísima Concepcion's façade and the recently-finished work not only guaranteed the safety of churchgoers and passers-by but also restored the church's image.

"Without a doubt, the steps up to the entrance and the church itself are an important part of our heritage that should be conserved and re-

stored. Possibly they are the features most-photographed by tourists and visitors," the mayor said.

The €47,000 restoration, which took six weeks, began with high-pressure cleaning of the façade, whose stucco and masonry have now recovered their original colours. This was followed by removing the damaged moulding and replacing it with new stonework.

NEWS EXTRA

Tag cost

ALICANTE and Valencia are amongst the Spanish provinces that are worst-affected by graffiti. Trains are the spray-painters' preferred target, obliging the region's rail operator FGV to spend €223,000 on graffiti removal last year.

Blue funk

NON-NATIVE blue crabs first spotted in the Pego-Oliva marsh a year ago are thriving according to anglers who say the crabs, which thrive in both sea and rivers are increasingly present in their catches.

Traffic jam

HUGE queues formed at the AP-7 motorway's Ondara exit where nine toll booths had to be opened as Spanish and foreign tourists began their holidays and locals from inland flocked to Marina Alta beaches.

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Summer Cup success

THE Carp-R-Us Summer Cup was fished at the El Bosquet complex using pegs two to 16.

Neil McBirney ran out winner with 17.72kg from peg 15 caught on pole and maggot. Steve Owen was second with 15.30kg (peg 13) caught on feeder and maggot. Third was Ian Brown, making his debut on a club match, with 14.42kg from peg six on pole and pellet and fourth was Dave Sutton (Peg 10) with 13.22kg on feeder and maggot. It was interesting to see that three of the top four weights were caught using maggots, even in the hot weather.

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

Akira Dog of the Week - Lec

ANOTHER of the shelter's beautiful Podencos who displays all the characteristics of this breed. Noble, gentle, laid-back and affectionate - Lec, who enjoys playing with other dogs and with people.

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loves getting a cuddle from them. He is just waiting for his forever-sofa and can be ready immediately.

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LAID-BACK: Lec.

New health centre

BENISSA will soon have an auxiliary health centre in the town's coastal area.

Following an agreement between Benissa town hall, Marina Salud - the provider of the Marina Alta's outsourced health care - and the Generalitat's health department, the centre will be housed in a wing of the Aula del Mar.

For some time Gata has been requesting a secondary centre that can attend to the 5,000

or so people living on urbanisations on the coast and Marina Salud has confirmed its commitment to opening the Aula del Mar centre in time for the 2019 high season.

"It is great news that all the administrations involved have agreed to offer the local population such an important service, and we are grateful to both Marina Salud and the regional government's Health department," said the Benissa councillors involved.

Christian fellowship

THE fellowship runs a weekly Sunday service from 11am to 1pm in Albir. Join the bilingual, family church and experience a refreshing and inspiring time, through worship, prayer and the Bible. All are welcome, please come forward if you need any specific prayer.

The Apostolic Christian Fellowship: Cami de la Cantera 12, local 4, 03581 Albir, Alicante, behind the Consum supermarket. Website www.apostoliccf.es or call Pastor Emilio Sevilla Lorenzo on 636 495 117 for further information.



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An unsung hero

‘every day of the year’

MICHEL EUESDEN, the leading lady at *Euro Weekly News*, has bagged a special one-off award which recognises the tireless work some expatriates put into helping their communities in Spain.

The Unsung Hero award, from TV show *Marbella Now*’s presenter Nicole King, has been running since 2017. Nicole broke with convention this year to honour Michel with a lifetime achievement award alongside this year’s annual winner.

Nicole travelled to the *EWN* head office in Fuengirola to chat to Michel about the honour, and said she was an unsung hero ‘every year.’

“What Michel does is incredible. On a personal and a professional level she is an unsung hero,” Nicole explained.

Michel replied she felt humbled after she accepted the award at the *EWN* Royal Wedding Party held earlier this summer.

“I’m lost for words. I’m not accepting the award for myself. I’m accepting it on behalf of everyone involved with the *EWN*,” she said.

Nicole insisted she had chosen to ‘break the system’ in order to give Michel the honour. It is usually given to people annually, but Michel’s was a timeless award, she added.

“This award is a lifetime achievement award. One for the past, present and future. We’ve created it especially for her and I don’t think we’ll award another like it again,” Nicole said.

“You can see and read Michel’s spirit of compassion on every page of the *EWN*. Lots of professional journalists work but they don’t necessarily care about the issues they’re reporting on. The *EWN* does care and that is down to Michel,” she added.

Michel revealed her philosophy stemmed from the feminist and women’s liberation movements giving her a head for a hard-edged business approach with a softer personal side.

“My first thought is that I mustn’t judge anyone. It dawned on me that women put themselves down without realising that we are all beautiful inside.

“When I saw how women put themselves down when they had no reason to I swore never to put another woman down. That all goes back to when I was involved with *Spare Rib* which was one of the first feminist magazines,” she said.

Nicole remarked Michel took on board any issue or problem she found.

“What Michel does for me is incredible. Especially when I think about how many ‘me’s’ there are in her life.



‘HUMBLED’: Michel (left) and Nicole (right) outside EWN head office in Fuengirola.

“Michel is there all the time. Most people have a limit. Michel isn’t one of them,” she said.

Michel admitted one issue that was always close to her heart was that of the homeless.

“The homeless is something I feel really strongly about. People often don’t look at a place like Benidorm for example when they think of issues such as the homeless, but Benidorm has an abundance of problems,” she said.

“I remember there was a homeless man sleeping on copies of the *EWN*. I went down to ask how he’d ended up on the streets and he told me he had a host of drink and drugs problems.

“I asked where his family was and he told me his family didn’t want him. I managed to get hold of his father and we were able to reunite them in Britain. He’s now getting care there and he’s due to go to rehab. But it goes to show that some people are so badly affected that they feel they can’t go back home,” Michel added.

“This award is a life time achievement award. One for the past, present and future. We’ve created it especially for her and I don’t think we’ll award another like it again.”

Nicole said Michel always had time for her ideas and that she makes *EWN* feel like a family.

“The *EWN* is a home. It makes people feel wanted, special and appreciated. The way Michel treats me and everyone else who comes into her world just shows her character,” Nicole said.

Michel said she recognised she had a pivotal role to play in the *EWN* but that it was a wider family.

“My team are this great family and the paper is a reflection of what’s going on in the community. We’re not here just to report the news. We’re here to help the community.

“I heard someone say once that everyone should try and pick up three pieces of plastic a day. I take it further. I think everyone should try and pick up three people a day.”

The Unsung Hero award is also being handed to Otilia Diaz-Ambrona, a worker at the Foreign Resident and Tourist Office who has put in 13 years of service there.

Kara Robertson of The Boardwalk took home the award in 2017. Kara has worked with orphans in Malaga for more than a decade with the aim of getting older ones back into the community once they left orphanages.



UNsung HERO: The award.

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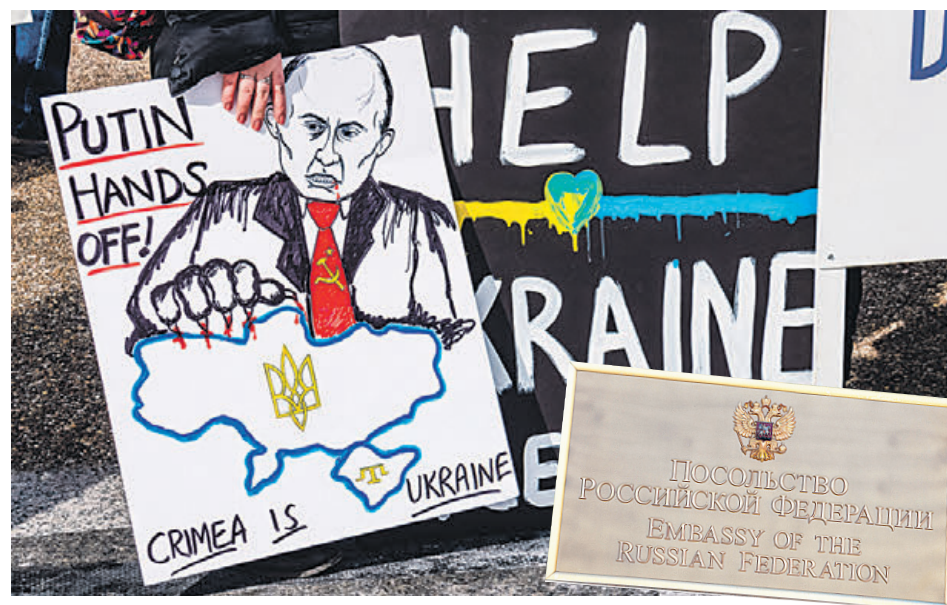
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BACKLASH: Embassy (inset) diplomats have waded in to the Crimea controversy.

Embassy hits back at Crimea claims

RUSSIAN diplomats in Washington DC have claimed the fact Ukrainians choose to holiday in Crimea disproves the charge that Moscow annexed and occupied the peninsula in 2014. The comments from Russia's Embassy in the United States capital comes as US Secretary of State Mike Pompeo said his country rejected the ongoing presence of Russian in the peninsula.

Missile 'leak' charge

AUTHORITIES have charged a Russian scientist with treason in connection with the leaking of information about missiles to the West. Viktor Kudryavtsev, 74, was arrested following police raids on two of the Roscosmos space agency's facilities with the leak believed to have happened in 2013.

Hey big spenders

FANS from the United States and China spent the most on card in Russia during the World Cup despite both countries not qualifying, Visa said. The credit firm, which had exclusive access to

digital payments during the tournament, said Americans spent the equivalent of almost €49 million while the Chinese spent €30 million.

Mafia bribe sentence

A SENIOR criminal investigator in Moscow has been handed a five-year jail term after being found guilty of taking a mafia bribe. Alexander Lamonov, deputy head of the Investigative Committee's Moscow branch, is set to appeal to reduce the sentence after his lawyer said he only accepted €21,440.

Prison 'torture' denial

AN official from Russia told the United Nations (UN) Committee against Torture strict rules governed using force in the country's prisons following torture claims. Deputy Justice Minister Mikhail Galperin's comments come as committee head Jens Modvig claimed there were no rules to ensure punishments for guards accused of torture matched the severity of crimes.

Bathtub ride fine

A 32-YEAR-OLD blogger has been fined in Siberia after posting a video on social media of him riding around semi-naked in a bathtub on wheels. Eduard Filippov posted the video on Instagram showing him being towed in the tub, ordering food in a drive-thru and squirting cars with a water gun. Traffic police said the stunt broke road safety rules.



SQUEAKY CLEAN: Filippov bathed while being towed.

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Back of the net for media hub

NETFLIX has revealed it is establishing its first European content production hub in Spain.

The United States-based video entertainment platform said in a statement the new production centre will be located on the outskirts of Madrid and will occupy almost a quarter of a media hub currently under construction by Spanish firm Grupo Secuoya.

The studios are expected to be operational by September and will concentrate on the company's 'growing slate of Spanish-language original content.'

Car rental price hike 'rip-off'

TWO of the world's biggest car hire firms have sparked outrage amid accusations they charge Britons more than other nationalities.

It comes after a probe by consumer group A Spokesman Said revealed how Europcar and Avis charge motorists 'rip-off rates' depending on where they booked the rental from.

And the charges are different even when hiring the same vehicle in the same location for the same amount of time, according to the investigation.

A British driver renting a Holden [Chevrolet] Spark from Europcar for

by Matt Ford

five days in New Zealand would be charged £124, while a holidaymaker travelling from Afghanistan, India or Australia would pay the equivalent of £95.

German motorists would be charged £1 more than Britons, while Americans would pay £119.

And Avis charged drivers from Afghanistan, Germany and India £98 for booking a Toyota Yaris for five days in New Zealand, while British customers were expected to shell out a whopping £150.

Similar differences were found for visitors to the UK, with those from Germany, Italy, France and Spain charged less than Americans or Australians.

When quizzed, Europcar said the discrepancies were down to "dynamic pricing [which] means that rates are never static."

Nic McBride from A Spokesman Said, explained: "This is an absolute rip-off, no two ways about it."

"Why should someone's country determine the price they pay for the exact same product?"

Pirate mission in Brexit move

EUROPEAN states have voted to move the headquarters of their Atalanta anti-piracy mission from the UK to Spain and France amid fears over Brexit.

The operation has fought pirates off the Horn of Africa for the last decade, and its command will next March move from Northwood, Hertfordshire to Rota, Cadiz, and Brest, Brittany. And British chief, major general Charlie Stickland, will be replaced by Spanish naval officer, major general Charlie Stickland.

Diplomats also agreed to spend €11.8 million on extending the mission by a year to December 2020.

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Gas guzzlers to face national park probe



Photo credit WWF/Greenpeace

FRESH HOPE: Greater flamingos fly over Doñana as Greenpeace activists protest the scheme.

THE Spanish government and Junta de Andalucía pledged to investigate plans by Naturgy, formerly Gas Natural Fenosa, to extract gas near Doñana National Park.

Jose Fiscal, environment and planning minister for the southern region, said in his opinion "the only solution is to wave a final goodbye to the project."

It comes after Andalusian Parliament earlier this summer approved a motion by left-wing populist party Podemos urging the

national government to "immediately paralyse" the scheme.

The conservative Partido Popular and centre-right Ciudadanos abstained from voting on the proposal, but the new socialist administration led by Pedro Sanchez has promised to form a commission ahead of an official probe.

And in September European parliamentary officials will visit the park, which straddles Cadiz, Huelva and Sevilla provinces, to assess the risk.

» BUSINESS EXTRA

No more playtime

COLLAPSED high street favourite Toys R Us has requested approval of a €35 million deal to sell its businesses in Spain and Portugal 'as soon as possible' in a filing to a United States Bankruptcy Court in Richmond, Virginia.

High fliers

AERONAUTICAL firm Airbus has forked out and the Spanish government have forked out €392.6 million to extend the company's headquarters in Getafe, Madrid by 400,000 square metres, with the new facilities to be complete by 2020.

Lucky Spar

CONVENIENCE store chain Spar has opened eight new shops in the Canary Islands and mainland Spain since April, and refurbished two of its larger premises in Gran Canaria, the company revealed in a statement.

Decoy olive to catch crooks

SPANISH farmers are taking extreme measures as they battle against income lost to olive thieves.

Organised mafias plunder the valuable fruit during the night from November to January.

And Andalusian firm AgroSecurity has unveiled its latest high-tech invention in the rural struggle.

Dubbed 'Señuelo,' the device features a decoy replica olive fitted with satellite tracking technology

to help police trace stolen crops.

These are hung on olive trees, and tripped by sensors installed in pressing machines when looters sell their haul to oil companies, alerting police.

"Now that we've got our patents and blueprints in order, we're looking for investors so that we can manufacture a prototype," said AgroSecurity founder Ricardo Cardenas. "That's the next step."



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LONDON - FTSE 100

Closing Prices July 30

COMPANY	PRICE(P)	CHANGE(P)	% CHG.	NET VOL
Anglo American	1,692.50	1.10	0.07	23,760.29
Associated British Foods	2,452.00	-22.00	-0.89	19,586.02
Admiral Group	1,914.50	17.50	0.92	5,458.45
Ashtead Group	2,368.00	-3.00	-0.13	11,558.30
Antofagasta	982.60	-0.60	-0.06	9,692.94
Aviva	496.60	7.00	1.43	19,344.81
AstraZeneca	5,750.00	16.00	0.28	72,630.50
BAE Systems	655.30	1.70	0.26	20,871.37
Barclays	193.21	2.31	1.21	32,663.08
British American Tobacco	4,130.25	15.25	0.37	94,386.55
Barratt Developments	535.20	-2.40	-0.45	5,444.40
Berkeley G Holdings (The)	3,709.50	-19.50	-0.52	4,972.03
British Land Co	647.60	-2.20	-0.34	6,371.84
BHP Billiton	1,720.60	13.60	0.80	36,051.80
Bunzl	2,270.50	-9.50	-0.42	7,667.54
BP	569.30	2.00	0.35	113,389.79
Burberry Group	2,108.50	-4.50	-0.21	8,781.59
BT Group	233.40	-2.60	-1.10	23,415.69
Coca-Cola HBC	2,713.00	-4.00	-0.15	10,002.36
Carnival	4,364.50	10.50	0.24	8,836.83
Centrica	151.10	-1.35	-0.89	8,601.63
Compass Group	1,630.25	14.25	0.88	25,592.83
Croda International	5,136.00	16.00	0.31	6,740.12
CRH	2,642.50	10.50	0.40	21,920.20
DCC	7,132.50	27.50	0.39	6,346.32
Diageo	2,811.25	-24.75	-0.87	69,798.34
Direct Line Insur Group	335.55	3.75	1.13	4,562.25
Evrax	553.00	7.80	1.43	7,807.56
Experian	1,899.75	1.25	0.07	17,418.65
easyJet	1,604.25	-11.75	-0.73	6,418.88
Ferguson	6,056.00	-18.00	-0.30	14,080.22
Fresnillo	1,001.50	-9.00	-0.89	7,446.31
Glencore	324.45	-1.55	-0.48	46,723.84
GlaxoSmithKline	1,560.10	6.70	0.43	77,046.58
GVC Holdings	1,147.50	52.50	4.79	6,330.63
Hargreaves Lansdown	2,077.00	4.00	0.19	9,832.63
Halma	1,410.50	3.50	0.25	5,341.55
HSBC Holdings	726.40	-1.40	-0.19	145,179.85
Internat Consol Airlines Group	695.50	4.30	0.62	13,945.75
InterContinental Hotels Group	4,750.50	44.50	0.95	8,972.93
3i Group	950.30	5.30	0.56	9,194.03
Imperial Brands	2,849.75	10.25	0.36	27,081.36
Informa	796.50	-3.50	-0.44	10,012.34
Intertek Group	5,963.00	-25.00	-0.42	9,664.22
ITV	165.25	-1.10	-0.66	6,696.27
Just Eat	851.60	-9.80	-1.14	5,863.55
Johnson Matthey	3,749.50	1.50	0.04	7,253.63
Kingfisher	310.10	1.60	0.52	6,581.35
Land Securities Group	921.40	-1.60	-0.17	6,843.67
Legal & General Group	263.05	0.25	0.10	15,662.55
Lloyds Banking Group ORD	62.49	-0.11	-0.18	44,804.65

COMPANY	PRICE(P)	CHANGE(P)	% CHG.	NET VOL
London Stock Exchange G	4,445.00	-47.00	-1.05	15,631.57
Micro Focus International	1,301.50	-3.00	-0.23	5,692.18
Marks & Spencer Group	308.50	-2.00	-0.64	5,044.96
Mondi	2,087.50	7.50	0.36	7,638.61
Melrose	214.45	-0.85	-0.39	10,304.10
Morrison (Wm) Supermarkets	259.60	2.90	1.13	6,047.86
National Grid	806.80	-19.10	-2.31	27,723.96
NMC Health	3,810.00	-16.00	-0.42	7,966.14
Next	5,857.00	-11.00	-0.19	8,196.74
Ocado Group	1,108.50	-24.50	-2.16	7,907.50
Paddy Power Betfair	8,202.50	-52.50	-0.64	72,114.27
Prudential	1,789.75	14.75	0.83	46,005.74
Persimmon	2,463.00	0.00	0.00	7,708.15
Pearson	935.00	-22.40	-2.34	7,474.17
Reckitt Benckiser Group	6,865.00	55.00	0.81	48,110.67
Royal Bank of Scot G (The)	253.65	4.05	1.62	30,071.41
Royal Dutch Shell	2,605.25	6.25	0.24	119,455.73
Royal Dutch Shell	2,661.75	0.75	0.03	99,667.40
RELX	1,673.25	-17.25	-1.02	17,686.56
Rio Tinto	4,145.50	-16.50	-0.40	54,931.68
Royal Mail	464.80	-4.20	-0.90	4,690.00
Rightmove	4,918.00	-16.00	-0.32	4,470.17
Rolls-Royce Group	988.60	-5.40	-0.54	18,583.66
Randgold Resources	5,576.00	24.00	0.43	5,239.39
RSA Insurance Group	632.10	7.50	1.20	6,413.13
Rentokil Initial	341.75	-2.25	-0.65	6,341.07
Sainsbury (J)	325.00	-1.30	-0.40	7,146.70
Schroders	3,086.00	13.00	0.42	6,945.67
Sage Group (The)	630.80	-15.20	-2.35	6,999.73
Segro	663.60	-2.20	-0.33	6,735.54
Shire	4,348.75	-7.75	-0.18	39,819.04
Smurfit Kappa Group	3,106.00	30.00	0.98	7,296.63
Sky	1,514.75	1.75	0.12	26,008.73
Standard Life Aberdeen	309.55	1.45	0.47	9,179.80
Smith (DS)	501.30	-1.50	-0.30	6,876.56
Smiths Group	1,605.50	0.00	0.00	6,353.95
Scottish Mortgage Invest Trust	546.50	-2.50	-0.46	7,879.01
Smith & Nephew	1,360.25	-16.25	-1.18	12,038.17
SSE	1,244.50	-19.00	-1.50	12,826.90
Standard Chartered	697.10	-5.60	-0.80	23,219.08
St James's Place	1,222.50	34.00	2.86	6,290.85
Severn Trent	1,897.50	-22.00	-1.15	4,546.72
Tesco	256.65	-0.95	-0.37	25,211.28
TUI AG	1,627.75	11.25	0.70	9,495.11
Taylor Wimpey	174.38	-1.52	-0.86	5,763.67
Unilever	4,342.50	28.00	0.65	51,703.49
United Utilities Group	709.80	-7.80	-1.09	4,893.23
Vodafone Group	180.32	0.32	0.18	48,086.07
WPP Group	1,177.75	-10.25	-0.86	14,989.82
Whitbread	3,931.50	6.50	0.17	7,206.78

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Norway kroner.....	9,52977

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DOW JONES

Closing Prices July 30

COMPANY	PRICE	CHANGE%	CHANGE	VOLUME(M)
3M	207.42	-0,26%	-0,54	121.681,23
AMERICAN EXPRESS	103.85	1,32%	1,35	89.429,09
APPLE	190.98	-1,66%	-3,23	938.693,06
BOEING CO	360.65	0,37%	1,33	207.692,45
CATERPILLAR	142.56	-0,01%	-0,02	85.243,72
CISCO SYSTEMS	42.57	-2,21%	-0,96	200.201,69
COCA-COLA	46.21	-0,06%	-0,03	196.678,24
DOWDUPONT	68.37	0,18%	0,12	158.695,39
EXXON MOBIL	81.92	-2,75%	-2,32	346.835,72
GOLDMAN SACHS	237.64	0,22%	0,53	89.760,93
HOME DEPOT	197.14	-1,13%	-2,26	227.409,59
IBM	145.15	-1,06%	-1,56	132.521,95
INTEL CORP	47.68	-8,59%	-4,48	222.188,80
J.P.MORGAN CHASE	116.03	1,03%	1,18	389.965,23
JOHNSON & JOHNSON	131.55	0,97%	1,27	352.863,65
MC DONALD'S CORP	157.48	0,86%	1,34	123.641,88
MERCK AND CO. NEW	63.49	-0,81%	-0,52	170.807,39
MICROSOFT	107.68	-1,77%	-1,94	827.326,76
NIKE	76.89	-1,61%	-1,26	98.626,31
PFIZER	38.41	0,66%	0,25	224.740,52
PROCTER AND GAMBLE	80.58	0,61%	0,49	202.626,43
VERIZON COMMS	52.01	1,62%	0,83	214.899,94
VISA	140.71	-1,26%	-1,79	251.331,11
WAL-MART STORES	88.13	-0,11%	-0,1	260.087,42
WALGREENS BOOTS	68.64	1,63%	1,1	68.119,15
WALT DISNEY CO	112.62	-0,78%	-0,89	167.452,71

M - MILLION DOLLARS

NASDAQ

Closing Prices July 30

COMPANY	PRICE	CHANGE NET / %
Most Advanced		
Essendant Inc.	\$ 15.53	2.36 ▲ 17.92%
resTORbio, Inc.	\$ 14.57	1.67 ▲ 12.95%
IRIDEX Corporation	\$ 7.95	0.82 ▲ 11.50%
SPS Commerce, Inc.	\$ 85.71	8.76 ▲ 11.38%
Omniceil, Inc.	\$ 59.85	5.85 ▲ 10.83%
Atlassian Corporation Plc	\$ 73.84	7.01 ▲ 10.49%
Iterm Therapeutics plc	\$ 9.21	0.86 ▲ 10.30%
Expedia Group, Inc.	\$ 137.79	11.99 ▲ 9.53%
The Goodyear Tire & Rubber Company	\$ 23.15	2 ▲ 9.46%
Ichor Holdings	\$ 20.99	1.78 ▲ 9.27%
Avid Technology, Inc.	\$ 5.36	0.44 ▲ 8.94%
Most Declined		
LogMein, Inc.	\$ 77.85	26.60 ▼ 25.47%
DMC Global Inc.	\$ 39.90	10.70 ▼ 21.15%
Magellan Health, Inc.	\$ 72	19 ▼ 20.88%
Town Sports International Holdings, Inc.	\$ 10.575	2.575 ▼ 19.58%
Enanta Pharmaceuticals, Inc.	\$ 96	22.67 ▼ 19.10%
Nabriva Therapeutics plc	\$ 2.51	0.57 ▼ 18.51%
Virtu Financial, Inc.	\$ 21.40	4.25 ▼ 16.57%
Imperva, Inc.	\$ 47.85	8.85 ▼ 15.61%
AC Immune SA	\$ 9.42	1.42 ▼ 13.10%
Arsanis, Inc.	\$ 2.53	0.32 ▼ 11.23%
Adverum Biotechnologies, Inc.	\$ 4.725	0.575 ▼ 10.85%

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Multi Asset Growth B EUR

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PRICE MOVEMENT

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-£0.0032

£1.2329

-€0.0033

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Currency outlook: Pound under pressure

Ask the expert

Peter Loveday



Currencies Direct

Contact me at euroweekly@currenciesdirect.com

Euro

EUR/GBP: Up from £0.87 to £0.89

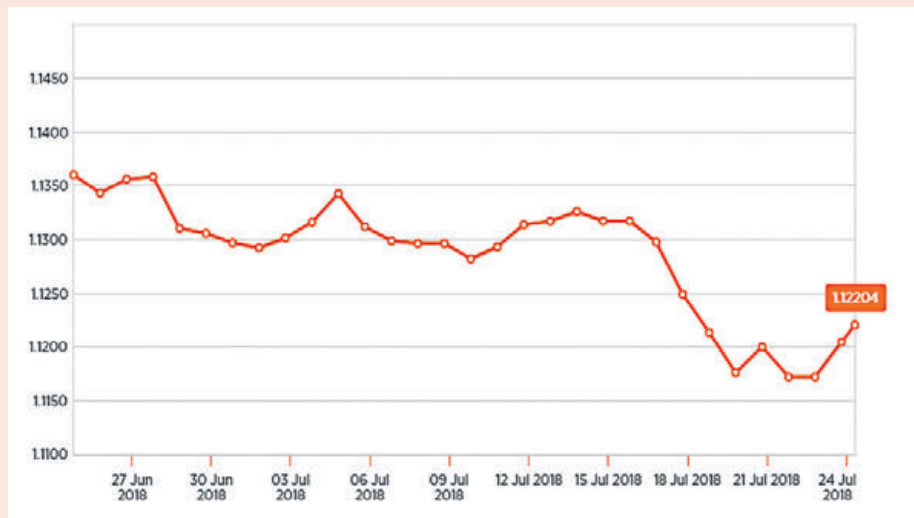
EUR/USD: Up from \$1.16 to \$1.17

AFTER being plagued by political uncertainty in June, the euro (EUR) has trended higher over the last month, as concerns were eased by EU leaders finally reaching an agreement over migration.

Further aiding the euro's move higher in July has been a swell of supportive Eurozone data, with the bloc appearing to have found its feet again at the end of the second quarter, much to the relief of EUR investors.

However, somewhat undermining the single currency has been a step up in rhetoric from Donald Trump, with the US President becoming increasingly critical of the trade imbalance between the US and the EU, stoking fears that Washington could impose tariffs on some EU exports.

Looking ahead, the end of July will see the European Central Bank (ECB) hold its latest policy meeting, with the euro potentially dropping if the bank's guidance continues to become increasing-



POUND: Facing considerable selling pressure.

ly dovish in the face of growing global trade tensions.

Meanwhile movement in August may be driven by the Eurozone's second quarter GDP report, with any uptick in growth likely to strengthen the EUR exchange rate.

Pound

GBP/EUR: Down from €1.13 to €1.12

GBP/USD: Down from \$1.32 to \$1.31

Sterling (GBP) saw some heavy losses throughout July, with the pound facing consider-

able selling pressure as political jitters and weak economic data prompted markets to sour on the currency.

On the political front the pound was rocked by the resignation of two senior Cabinet ministers, with markets fearing the departure of Boris Johnson and David Davis could lead to a leadership challenge.

While this was narrowly avoided, undercurrents of uncertainty pulled down Sterling throughout the first half of the month.

The second half of the month was marked by the release of a string of soft UK economic data, with domestic wage growth, inflation and retail sales all printing below expectations.

This run of data had a dramatic impact on the pound, sending it spiralling to new multi-month lows against both the euro and US dollar.

With economists suggesting it is now a toss-up whether the Bank of England (BoE) will choose to push ahead with a rate hike next month or not, is looks likely August's policy meeting is likely to be the key focus for GBP investors in the coming weeks.

Looking past the rate decision, markets are likely to turn their attention back to Brexit, with Sterling set to slide if progress remains slow.

US Dollar

USD/GBP: Up from £0.75 to £0.76

USD/EUR: Unmoved at €0.85

Trade in the US dollar (USD) was mixed in July, with US economic data released failing to lend much support to the currency. This was particularly the case with the most recent payrolls figures, which suggested the US jobs market may not be running as hot as it once was.

However the US dollar did continue to find support from rising trade tensions between the US and China, with markets flocking to USD as safe-haven demand soared.

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The Orwellian nightmare is here

LEAPY LEE SAYS IT

OTHERS THINK IT



CONTRARY to the popular opinions of some who regret the human ageing process, I think the last thing I would want to be in this day and age would be a teenager.

Heaven only knows how most of today's youngsters are going to cope with the 'slings and arrows' of the real world, when they finally realise that they are actually responsible for their own well-being and survival!

With the nanny state they are being raised in becoming more and more prevalent by the day, I can see them becoming utterly reliant on their robotic communicators, expecting them to solve just about any problem that happens to arise.

The Orwellian nightmare of brain-dead zombies, totally unable, or even willing to make a single decision for themselves, finally reaching manifestation. To tell the truth I think vast majorities of them are already there. It's actually not their fault. It's the so-called adults who have decided to interfere with just about every aspect of their young lives.

This week the 'nannies' delivered a real humdinger. In order to avoid accusations of rape among students, they have suggested a series of requests to be implemented and replied to at every



'NANNY STATE': Are young people being brainwashed?

step of the 'petting' process. For example: May I walk with you? May I hold your hand? Do you mind if I put my arm around you? Would you be willing to let me ... !? Well I think you can probably imagine the rest!

Personally, I can't think of a worse passion-killer than that scenario. In my day the girl soon

let you know whether you could 'touch' something or not. You often came up against some resistance; but then a young lady wouldn't want you to think she was 'easy' would she?

Whatever the case, ultimately your own judgements usually prevailed, leading to a satisfactory outcome for both parties. I also notice it's always

the female point of view they are discussing. Implying of course the age-old misconception of the young that it's only the boys who 'want it.' Utter nonsense. 'Yes of course you can touch it darling, you really didn't need to ask!'

Slightly nonplussed with the post-trial remarks of Cliff Richard last week. His Buddha prayer attitudes and his confession that he 'didn't think he would be able to look at anyone's child again' did somehow imply that the successful outcome of his case was in some way an exoneration of the criminal paedophilia charges that he was accused of.

This case had nothing to do with that. This was an invasion of privacy trial. The 'Elm Guest House affair' was never resolved, and was only dropped when the police decided there was not enough evidence to proceed. If he really wanted the public to believe in his innocence, he should be suing the police for a whole multitude of false accusations.

Personally, if I were innocent of these charges, and at this time there is no reason to believe otherwise. I would be fighting it with every breath of my being. Someone rummaging through the half empty drawers of one of my many 'homes' would, by comparison, be very small potatoes indeed!

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.

Advertising Feature

Let the games begin!

WELL the World Cup is over and another competition here in Spain starts. Yes it's 'grab a sun bed season.'

My usual chart goes up on the balcony wall, marking off the Community guests strategically placing their towels on beds before breakfast. My earliest recorded time was 5.30am - but what was I doing up at that time I hear you ask?

Then there's the 'that's my parking place competition,' a little more serious amongst the older residents, who don't even have a car, closely followed by the 6ft hurdles designed specifically for those that have not paid management fees so insist on straddling the swimming pool and health club gates because they haven't got the current entry codes.

The joys of the summer season - I suppose that's why many of my calmer neighbours prefer to keep well away during August. Unfortunately it does not always cure the non-payment problem, it just makes it a little more entertaining.

The more serious side of non-payment is when the poor renter realises that they cannot access some of the facilities and

worse still, as on more and more communities, they cannot even get through the gates, having endured a long flight, waiting two hours for a hire car, driving from the airport with three hungry children in the back - shameful really that some owners are so arrogant in thinking that everything will be as usual even though they delay payment of fees.

Well, at last, many communities have started to take a more proactive stand against non-payers by denying the relevant apartment or villa those facilities that can be legally withdrawn or restricted. The good news is it is working. Urgent calls from owners to get the facilities back on again followed by card payments or swift bank transfer payment for the overdue amounts which caused



the problem in the first place is the order of the day.

Some may argue that it is a little extreme and it is a shame that the holiday renter is the one that has to take the fall, but as long as the Community is quickly able to restore the facilities on receipt of payment it is the wayward owner who is really at fault here and has usually been warned by letters, emails and telephone calls over many months.

There was a recent situation where an owner said that they had never received an overdue letter or statement and had actually moved from the address on file two years previously.

Firstly it makes one wonder why said owner did not contact the Community, they knew fees were not being paid. But it also highlights how important it is to

ensure that address details, telephone numbers and emails are kept fully up to date.

Just one more, but very important, thing to do: emails going out at least once a year to ensure that administrators and communities are up to date with their information is a very simple low-cost operation.

There is also no need to worry about contravening General Data Protection Regulations either. All information, whether updated or not on owners is regarded as pre-existing and therefore has pre-existing consent.

Enjoy the summer games!

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BBC one

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

BBC TWO

3:30am	This is BBC Two
7:00am	The TV That Made Me
7:30am	Bargain Hunt
8:15am	Impossible
9:00am	Eat Well for Less
10:00am	Victoria Derbyshire
12:00pm	BBC Newsroom Live
1:00pm	I Was Monty's Double
2:40pm	Coast
3:30pm	For What It's Worth
4:15pm	Nature's Weirdest Events
5:15pm	Britain's Secret Seas
6:15pm	Money for Nothing
7:00pm	Eggheads
7:30pm	Great British Railway Journeys
8:00pm	Nature's Miniature Miracles
9:00pm	Inventing the Impossible: The Big Life Fix
10:00pm	The Prosecutors
11:00pm	Quacks
11:30pm	Newsnight
12:15am	Golf

BBC FOUR

4:30am	This is BBC Four
8:00pm	Beyond 100 Days
8:30pm	Top of the Pops
	<i>Simon Bates and Paul Jordan present the pop chart programme, first broadcast on 6 February 1986.</i>
9:00pm	Australia with Simon Reeve
10:00pm	Super Senses: The Secret Power of Animals
11:00pm	In Search of Science
12:00am	The Great British Year
1:00am	Top of the Pops
1:30am	James Clerk Maxwell: The Man Who Changed the Modern World
2:30am	Australia with Simon Reeve
3:30am	Murder in Soho
5:00am	This is BBC Four

CHANNEL 4

10:00am	Frasier
11:05am	Ramsay's Kitchen Nightmares USA
12:00pm	The Simpsons
1:00pm	Channel 4 News
1:05pm	Couples Come Dine with Me
1:50pm	The Great Celebrity Bake Off for Stand Up to Cancer
3:10pm	Countdown
4:00pm	A Place in the Sun: Winter Sun
5:00pm	Sun, Sea and Selling Houses
6:00pm	Come Dine with Me
6:30pm	The Simpsons
7:00pm	The Simpsons
7:30pm	Hollyoaks
8:00pm	Channel 4 News
9:00pm	George Clarke's Old House, New Home
10:00pm	Meet the Drug Lords: Inside the Real Narcos
11:00pm	Ramsay's 24 Hours to Hell and Back
12:00am	Who is America?

CHANNEL 5

9:05am	Paw Patrol
9:25am	Floogals
9:40am	Digby Dragon
9:55am	Nella the Princess Knight
10:05am	Mofy
10:15am	The Wright Stuff
12:15pm	Nightmare Tenants, Slum Landlords
1:10pm	5 News Lunchtime
1:15pm	GP's: Behind Closed Doors
2:15pm	Home and Away
2:45pm	Neighbours
3:15pm	Cagney and Lacey
4:15pm	Stalked by My Ex
6:00pm	5 News at 5
6:30pm	Neighbours
7:00pm	Home and Away
7:30pm	5 News Tonight
8:00pm	Cricket on 5
9:00pm	Bad Tenants, Rogue Landlords
10:00pm	Eamonn and Ruth: The Millionaires
11:00pm	Rulebook
12:05am	Rich Kids Go Skint
	Gangland

4

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

sky sports main event

9:00am	Good Morning Sports Fans
10:00am	Good Morning Sports Fans
11:00am	Cricket
11:30am	Cricket
	<i>Day two of the first Test between England and India at Edgbaston.</i>
7:45pm	Cricket
	<i>Kent Spitfires take on Essex Eagles at The Spitfire Ground in Canterbury in the Vitality T20 Blast.</i>
11:15pm	Live WGC Bridgestone Invitational
	<i>Day one of the WGC-Bridgestone Invitational from the Firestone Country Club.</i>
12:30am	Live ATP 500: Washington

itv

4:50am	ITV Nightscreen
6:05am	The Jeremy Kyle Show
7:00am	Good Morning Britain
9:30am	Lorraine
10:25am	The Jeremy Kyle Show
11:30am	This Morning
1:30pm	Loose Women
2:00pm	ITV Lunchtime News
2:20pm	ITV News London
2:30pm	ITV Racing Live
5:00pm	Tipping Point
6:00pm	The Chase
7:00pm	ITV News London
7:30pm	ITV Evening News
8:00pm	Emmerdale
8:30pm	Eat, Shop, Save
9:00pm	Emmerdale
9:30pm	Birds of a Feather
10:00pm	Our Shirley
	Valentine Summer
11:00pm	ITV News at Ten and Weather
11:30pm	ITV News London
11:45pm	Unforgotten
12:45am	Give it a Year
1:10am	Jackpot247
4:00am	ITV Nightscreen

itv2

7:20am	Totally Bonkers
	Guinness World Records
7:45am	Totally Bonkers
	Guinness World Records
8:10am	Who's Doing the Dishes?
9:00am	Emmerdale
9:30am	Coronation Street
10:25am	The Ellen DeGeneres Show
11:20am	The Bachelor
1:15pm	Emmerdale
1:45pm	Coronation Street
2:15pm	Coronation Street
2:45pm	The Ellen DeGeneres Show
3:35pm	The Jeremy Kyle Show
4:45pm	The Jeremy Kyle Show
5:55pm	Judge Rinder
7:00pm	Take Me Out
8:30pm	You've Been Framed! Gold
9:00pm	Two and a Half Men
9:30pm	Superstore
10:00pm	Evil Monkeys
11:00pm	Keith Lemon: Coming in America
11:50pm	Family Guy
12:20am	Family Guy

itv3

3:30am	Teleshopping
7:00am	Classic Coronation Street
7:25am	Classic Coronation Street
7:55am	Heartbeat
8:55am	The Royal
10:00am	Judge Judy
10:25am	Judge Judy
10:55am	George and Mildred
	<i>After 25 years of marriage, the Ropers' hopes of a good night's sleep rest on a horse.</i>
11:25am	Goodnight Mister Tom
1:35pm	The Royal
2:35pm	Heartbeat
3:40pm	Classic Coronation Street
4:15pm	Classic Coronation Street
4:40pm	Inspector Morse
7:00pm	Heartbeat
8:00pm	Murder, She Wrote
9:00pm	Vera
11:00pm	Law and Order: UK
12:00am	Law and Order: UK
1:05am	A Touch of Frost
3:00am	ITV3 Nightscreen
3:30am	Teleshopping

itv4

4:00am	Teleshopping
7:00am	The Chase
7:50am	Pawn Stars
8:10am	Pawn Stars
8:30am	Kojak
9:30am	Quincy, M.E.
10:30am	Minder
11:35am	The Sweeney
12:40pm	The Professionals
1:40pm	Kojak
2:50pm	Quincy, M.E.
3:50pm	Minder
4:55pm	The Sweeney
6:00pm	The Professionals
7:00pm	Storage Wars Texas
7:30pm	Storage Wars Texas
8:00pm	River Monsters
8:30pm	River Monsters
9:00pm	Monster Carp
10:00pm	Tomorrow Never Dies
11:00pm	FYI Daily
11:05pm	Tomorrow Never Dies
12:25am	Reservoir Dogs
1:25am	FYI Daily
1:30am	Reservoir Dogs
2:30am	The Big Fish Off
3:25am	The Protectors
3:50am	ITV4 Nightscreen
4:00am	Teleshopping

sky CINEMA ACTION & ADVENTURE

10:45am	War for the Planet of the Apes
1:15pm	Resident Evil: The Final Chapter
3:15pm	Thor 2 - The Dark World
5:15pm	Birth of the Dragon
7:00pm	300
9:00pm	War for the Planet of the Apes
11:30pm	Thor 2 - The Dark World

sky CINEMA COMEDY

8:35am	Larry Gaye: Renegade Male Flight Attendant
10:20am	Angus, Thongs and Perfect Snogging
12:05pm	My Best Friend's Wedding
2:00pm	Liar Liar
3:30pm	Bruce Almighty
5:15pm	Chips: Law and Disorder
7:00pm	You Don't Mess with the Zohan
9:00pm	Bruce Almighty
10:45pm	Liar Liar
12:20am	Chips: Law and Disorder

sky CINEMA PREMIERE

5:15am	Ingrid Goes West
7:00am	Rememory
9:00am	Top Ten Show, the 2018
9:15am	The Delinquent Season
11:15am	The Lego Ninjago Movie
1:15pm	The Ghost of Charnel House
3:00pm	The Mountain Between Us
5:00pm	The Delinquent Season
7:00pm	The Lego Ninjago Movie
9:00pm	The Mountain Between Us
	<i>Stranded on a mountain after a plane crash, strangers Kate Winslet and Idris Elba face a perilous journey through hundreds of miles of frozen wilderness.</i>
11:00pm	The Ghost of Charnel House
12:45am	Ingrid Goes West
2:35am	Rememory
4:35am	Road Hard

sky sports football

10:00am	Play-Off Final
	Highlights
11:00am	Championship Season Review
12:00pm	One2eleven
12:15pm	One2eleven
12:30pm	SPFL Greatest Games
12:45pm	SPFL Greatest Games
1:00pm	Football's Greatest
1:30pm	Live Chinese Super League
3:35pm	Football
5:40pm	MLS Greatest Games
6:00pm	MLS Greatest Games
6:15pm	MLS Greatest Games
6:30pm	MLS Greatest Games
6:45pm	MLS Greatest Games
7:00pm	EFL Greatest Games
7:15pm	EFL Greatest Games
7:30pm	EFL Greatest Games
7:45pm	EFL Greatest Games
8:00pm	EFL Matters
8:30pm	Football's Greatest
9:00pm	Football
11:05pm	EFL Matters
11:35pm	SPFL Greatest Games
11:50pm	SPFL Greatest Games
12:00am	Championship Season Review

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3rd September

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- Furniture repairs
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- Foam and filling replacement
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- Boat covers and Biminis
- Car interiors including head linings
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- Hot tub covers
- Outdoor cushions and sun lounger pads

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GOOD NEWS FOR YOUR CAR 902 123 309



BBC one

7:00am	Breakfast
10:15am	Wanted Down Under
11:00am	Homes Under the Hammer
12:00pm	Fake Britain
12:45pm	The Farmers' Country Showdown
1:15pm	Bargain Hunt
2:00pm	BBC News at One
2:30pm	BBC London News
2:45pm	European Championships 2018
6:15pm	Impossible
7:00pm	BBC News at Six
7:30pm	BBC London News
8:00pm	The One Show
8:30pm	A Question of Sport
9:00pm	EastEnders
9:30pm	Still Open All Hours
10:00pm	Would I Lie to You?
10:30pm	Our Friend Victoria
11:00pm	BBC News at Ten
11:25pm	BBC London News
11:35pm	Room 101
12:15am	One Hot Summer
12:45am	The Real Marigold Hotel
1:45am	Weather for the Week Ahead
1:50am	BBC News

BBC TWO

5:00am	This is BBC Two
7:00am	The TV That Made Me
7:30am	Bargain Hunt
8:15am	Impossible
9:00am	Gardeners' World
10:00am	European Championships 2018
2:45pm	Red Rock
3:30pm	Escape to the Country
4:30pm	Celebrity Money for Nothing
5:15pm	Flog It!
6:15pm	European Championships 2018
10:00pm	Gardeners' World
11:00pm	Mock the Week
11:30pm	Newsnight
12:05am	Rhod Gilbert's Work Experience
12:35am	Golf
1:35am	Panorama
2:05am	Horizon
3:05am	Picnic at Hanging Rock
4:00am	This is BBC Two

BBC FOUR

5:00am	This is BBC Four
8:00pm	World News Today
8:30pm	Top of the Pops
	<i>Gary Davies and Steve Wright present the pop chart programme, first broadcast on 13 February 1986.</i>
9:00pm	BBC Proms 2018
11:00pm	Doris Day: Virgin Territory
	<i>Michael Brandon narrates a profile of one of the big screen's more enduring legends.</i>
12:00am	BBC Proms 2018
1:20am	Top of the Pops
1:50am	...Sings Musicals
2:50am	How to Make a Number One Record
3:50am	Pierre Boulez at the BBC: Master and Maverick
4:50am	This is BBC Four
	<i>BBC Four is the BBC channel for people who want more.</i>

CHANNEL 4

9:00am	Everybody Loves Raymond
9:30am	Everybody Loves Raymond
10:00am	Frasier
10:35am	Frasier
11:05am	Ramsay's Kitchen Nightmares USA
12:00pm	The Simpsons
12:30pm	The Simpsons
1:00pm	Channel 4 News
1:05pm	Couples Come Dine with Me
1:50pm	The Great Celebrity Bake Off for Stand Up to Cancer
3:10pm	Countdown
4:00pm	A Place in the Sun
5:00pm	Sun, Sea and Selling Houses
6:00pm	Come Dine with Me
6:30pm	The Simpsons
7:00pm	The Simpsons
7:30pm	Hollyoaks
8:00pm	Channel 4 News
9:00pm	The Crystal Maze
10:00pm	8 Out of 10 Cats Does Countdown
11:00pm	The Last Leg
12:05am	The Big Narstie Show

CHANNEL 5

9:25am	Floogals
9:40am	Digby Dragon
9:55am	Nella the Princess Knight
10:05am	Mofy
10:15am	The Wright Stuff
12:15pm	The Dog Rescuers with Alan Davies
1:10pm	5 News Lunchtime
1:15pm	GP's: Behind Closed Doors
2:15pm	Home and Away
2:45pm	Neighbours
3:15pm	Cagney and Lacey
4:20pm	One Small Indiscretion
6:00pm	5 News at 5
6:30pm	Neighbours
7:00pm	Home and Away
7:30pm	5 News Tonight
8:00pm	Cricket on 5
9:00pm	Celebrity Five Go Caravanning
10:00pm	Jane McDonald and Friends
11:00pm	Blind Date
12:05am	Gino's Win Your Wish List
1:00am	Super Casino
4:10am	GP's: Behind Closed Doors

4

9:00am	Melissa and Joey
9:30am	Melissa and Joey
10:00am	Baby Daddy
10:30am	Baby Daddy
11:00am	Young and Hungry
11:30am	Young and Hungry
12:00pm	How I Met Your Mother
12:30pm	How I Met Your Mother
1:00pm	The Goldbergs
1:30pm	The Goldbergs
2:00pm	The Big Bang Theory
2:30pm	The Big Bang Theory
3:00pm	Melissa and Joey
3:30pm	Melissa and Joey
4:00pm	Baby Daddy
4:30pm	Baby Daddy
5:00pm	Young and Hungry
5:30pm	Young and Hungry
6:00pm	The Goldbergs
6:30pm	The Goldbergs
7:00pm	The Big Bang Theory
7:30pm	The Big Bang Theory
8:00pm	Hollyoaks
8:30pm	The Goldbergs
9:00pm	X-Men
11:00pm	The Inbetweeners
11:30pm	The Inbetweeners
12:00am	Warm Bodies
2:00am	The Big Bang Theory

sky sports main event

6:00am	Sky Sports News
7:00am	Good Morning Sports Fans Bitesize
7:30am	Good Morning Sports Fans Bitesize
8:00am	Good Morning Sports Fans
9:00am	Good Morning Sports Fans
10:00am	Good Morning Sports Fans
11:00am	Cricket
11:30am	Cricket
8:00pm	Football
11:15pm	Live WGC Bridgestone Invitational
	<i>Day two of the WGC-Bridgestone Invitational from the Firestone Country Club</i>
12:30am	Women's British Open Highlights
1:30am	Live ATP 500: Washington
5:00am	Sky Sports News

itv

4:00am	ITV Nightscreen
6:05am	The Jeremy Kyle Show
7:00am	Good Morning Britain
9:30am	Lorraine
10:25am	The Jeremy Kyle Show
11:30am	This Morning
1:30pm	Loose Women
2:00pm	ITV Lunchtime News
2:20pm	ITV News London
2:30pm	ITV Racing Live
5:00pm	Tipping Point
6:00pm	The Chase
7:00pm	ITV News London
7:30pm	ITV Evening News
8:00pm	Emmerdale
8:30pm	Coronation Street
9:00pm	James Martin's American Adventure
9:30pm	Coronation Street
10:00pm	Doc Martin
11:00pm	ITV News at Ten and Weather
11:30pm	ITV News London
11:45pm	The Break-Up
1:40am	Jackpot247
4:00am	Who's Doing the Dishes?

itv2

9:00am	Emmerdale
9:30am	Emmerdale
9:55am	You've Been Framed! Gold
10:25am	The Ellen DeGeneres Show
11:20am	The Bachelor
1:15pm	Emmerdale
1:45pm	Emmerdale
2:15pm	You've Been Framed! Gold
2:45pm	The Ellen DeGeneres Show
3:35pm	The Jeremy Kyle Show
4:45pm	The Jeremy Kyle Show
5:55pm	Judge Rinder
7:00pm	Dress to Impress
8:00pm	You've Been Framed! Gold
9:00pm	Two and a Half Men
9:30pm	Superstore
10:00pm	Ted
11:00pm	FYI Daily
11:05pm	Ted
12:10am	Family Guy
12:40am	Family Guy
1:10am	American Dad!
1:35am	American Dad!

itv3

7:00am	Classic Coronation Street
7:25am	Classic Coronation Street
7:50am	Heartbeat
8:55am	The Royal
9:55am	Judge Judy
10:20am	Judge Judy
10:50am	George and Mildred
11:20am	Inspector Morse
1:35pm	The Royal
2:35pm	Heartbeat
3:40pm	Classic Coronation Street
4:15pm	Classic Coronation Street
4:45pm	Inspector Morse
7:00pm	Heartbeat
8:00pm	Murder, She Wrote
9:00pm	Agatha Christie's Poirot
11:00pm	Prime Suspect 1973
12:00am	Prime Suspect 1973
1:05am	DCI Banks
2:05am	DCI Banks
3:00am	Neil Diamond: One Night Only
4:00am	Billy Connolly's Big Send Off
4:50am	This Time Next Year

itv4

7:50am	River Monsters
8:10am	River Monsters
8:35am	Kojak
9:35am	Quincy, M.E.
10:40am	Minder
11:45am	The Sweeney
12:50pm	The Professionals
1:50pm	Kojak
2:55pm	Quincy, M.E.
	<i>The death of movie star Roberta Rhodes forces Quincy to come to the defence of an old friend, an aspiring Senate candidate who does not want to be involved.</i>
3:55pm	Minder
5:00pm	The Sweeney
6:05pm	The Professionals
7:05pm	Storage Wars Texas
7:30pm	Storage Wars Texas
8:00pm	World Series of Darts: Auckland
12:00am	The Mechanic
1:00am	FYI Daily
1:05am	The Mechanic

sky CINEMA ACTION & ADVENTURE

9:00am	Aeon Flux
10:45am	The Hurricane Heist
12:45pm	Geostorm
2:45pm	White House Down
5:10pm	Aeon Flux
7:00pm	The Hurricane Heist
9:00pm	Geostorm
11:00pm	White House Down
1:15am	Machete
3:15am	12 Rounds
5:20am	Stone of Destiny

sky CINEMA COMEDY

5:40am	Police Academy 6: City Under Siege
7:15am	That's Not Me
8:50am	It Had to be You
10:20am	Bowfinger
12:05pm	Pretty in Pink
1:50pm	Girls Trip
4:00pm	The Dictator
5:30pm	Fist Fight
7:10pm	The Back-Up Plan
9:00pm	Girls Trip
11:10pm	The Dictator
12:40am	Fist Fight
2:20am	Killing Hasselhoff

sky CINEMA PREMIERE

7:00am	The Odyssey
9:20am	Rememory
11:20am	The Lego Ninjago Movie
1:15pm	Justice League
	<i>With the planet under threat from a terrifying new villain Batman (Ben Affleck) and Wonder Woman (Gal Gadot) must assemble a team capable of fighting back.</i>
3:25pm	The Mountain Between Us
5:25pm	The Ghost of Charnel House
7:10pm	The Lego Ninjago Movie
9:00pm	Justice League
11:10pm	The Mountain Between Us
1:10am	The Ghost of Charnel House
2:50am	The Delinquent Season
4:40am	Ingrid Goes West

sky sports football

6:00am	Football's Greatest
6:30am	Football's Greatest Teams
7:00am	EFL Greatest Games
7:15am	EFL Greatest Games
7:30am	SPFL Greatest Games
7:45am	SPFL Greatest Games
8:00am	Football Years
8:30am	Football Countdowns
9:00am	Football's Greatest
9:30am	Football's Greatest Teams
10:00am	Play-Off Final Highlights
11:00am	Championship Season Review
12:00pm	Live Esports World Cup
7:00pm	SPFL Matters
7:30pm	Info not available
8:00pm	Football
11:15pm	SPFL Matters
11:45pm	Info not available
12:15am	SPFL Greatest Games
12:30am	SPFL Greatest Games

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GOOD NEWS FOR YOUR CAR 902 123 309



BBC one

1:50am	BBC News
7:00am	Breakfast
11:00am	Saturday Kitchen Live
12:30pm	Nadiya's Family Favourites
1:00pm	Bargain Hunt
2:00pm	BBC News
2:15pm	European Championships 2018
5:45pm	European Championships 2018
7:40pm	BBC News
7:50pm	BBC London News
8:00pm	European Championships 2018
10:00pm	Casualty
10:50pm	BBC News
11:10pm	Iron Man 3
1:10am	Weather for the Week Ahead
1:15am	BBC News

BBC TWO

8:05am	Officially Amazing Goes Bunkers
8:35am	The Dengineers
9:05am	Deadly Dinosaurs with Steve Backshall
9:35am	David Attenborough's Natural Curiosities
10:00am	European Championships 2018
2:15pm	Kew on a Plate
3:15pm	Garden Rescue
4:00pm	Wanted Down Under
4:45pm	Escape to the Country
5:45pm	Flog It!
6:20pm	Great British Railway Journeys
6:50pm	Inventing the Impossible: The Big Life Fix
7:50pm	Proms Extra 2018
8:30pm	Dad's Army
9:00pm	Blitz
10:00pm	Angela Carter: Of Wolves and Women
11:00pm	Alan Partridge: Why, When, Where, How and Whom?
12:00am	Live at the Apollo

BBC FOUR

4:50am	This is BBC Four
8:00pm	Mountain: Life at the Extreme
9:00pm	Wonders of the Monsoon <i>Series exploring a world where life is shaped by the greatest weather system on Earth.</i>
10:00pm	Cardinal
10:40pm	Cardinal
11:25pm	The Summer of Love <i>Two-part series about the countercultural explosion that was the Summer of Love in 1967.</i>
12:25am	Top of the Pops
12:55am	Top of the Pops
1:25am	Jazz Divas Gold
2:25am	Mountain: Life at the Extreme
3:25am	Wonders of the Monsoon
4:25am	Top of the Pops
4:55am	This is BBC Four

CHANNEL 4

9:25am	Everybody Loves Raymond
9:55am	Frasier
10:25am	Frasier
11:00am	The Big Bang Theory
11:25am	The Big Bang Theory
11:55am	The Simpsons
12:25pm	The Simpsons
12:55pm	Come Dine with Me
1:55pm	Four in a Bed
2:25pm	Four in a Bed
2:55pm	Four in a Bed
3:25pm	Four in a Bed
4:00pm	Four in a Bed
4:30pm	A Place in the Sun
5:30pm	The People's Vet
6:30pm	Escape to the Chateau: DIY
7:30pm	Channel 4 News
8:00pm	A Year in the New Forest
9:00pm	My Family and the Galapagos
10:00pm	Sisters
12:20am	The Twilight Saga: Breaking Dawn - Part 1
2:25am	The Last Leg
3:20am	The Big Narstie Show
4:15am	Hollyoaks Omnibus

CHANNEL 5

10:10am	Shimmer and Shine
10:30am	Digby Dragon
10:45am	Peppa Pig
10:55am	Peppa Pig
11:00am	Teenage Mutant Ninja Turtles
11:35am	Naughty Toddlers Make You Laugh Out Loud
12:25pm	Police Interceptors
1:20pm	Police Interceptors
2:20pm	Police Interceptors
3:20pm	Nightmare Tenants, Slum Landlords
4:20pm	Nightmare Tenants, Slum Landlords
5:20pm	Bad Tenants, Rogue Landlords
6:20pm	Can't Pay? We'll Take it Away!
7:15pm	Can't Pay? We'll Take it Away!
8:00pm	Cricket on 5
8:55pm	5 News Weekend
9:00pm	Blind Date
10:00pm	Gino's Win Your Wish List
11:00pm	The World's Biggest Hips
12:05am	On Benefits: Too Fat to Work

4

9:25am	Don't Tell the Bride
10:25am	The Crystal Maze
11:30am	How I Met Your Mother
12:00pm	How I Met Your Mother
12:30pm	How I Met Your Mother
1:00pm	How I Met Your Mother
1:30pm	How I Met Your Mother
2:00pm	The Goldbergs
2:30pm	The Goldbergs
3:00pm	The Goldbergs
3:30pm	The Goldbergs
4:00pm	The Goldbergs
4:30pm	The Big Bang Theory
5:00pm	The Big Bang Theory
5:30pm	The Big Bang Theory
6:00pm	The Big Bang Theory
6:30pm	The Big Bang Theory
7:00pm	The Big Bang Theory
7:30pm	The Big Bang Theory
8:00pm	The Big Bang Theory
8:30pm	The Big Bang Theory
9:00pm	X2
11:40pm	The Inbetweeners
12:15am	The Inbetweeners
12:50am	Gogglebox
1:55am	Gogglebox

sky sports main event

6:00am	Sky Sports News
7:00am	Sky Sports News
8:00am	Good Morning Sports Fans
9:00am	Good Morning Sports Fans
9:30am	Super Rugby Final
12:00pm	Cricket <i>Day four of the first Test between England and India at Edgbaston.</i>
6:15pm	Football
9:00pm	EFL Goals: Championship
10:00pm	Live Wgc Bridgestone Invitational
12:00am	Women's British Open Highlights
1:00am	My Icon
1:15am	MLS Greatest Games
1:30am	Football
3:35am	MLS Greatest Games
3:45am	MLS Greatest Games
4:00am	Sky Sports News
5:00am	Sky Sports News

itv

4:50am	ITV Nightscreen
7:00am	Sooty
7:10am	Make it Pop
7:35am	Dino Dana
7:50am	Mission Employable
7:55am	The Oddbods Show
8:05am	Ninjabo: Possession
8:30am	The Haunted Hathaways
8:55am	Drop Dead Weird
9:25am	ITV News
9:30am	Zoe Ball on Saturday
10:25am	Saturday Morning with James Martin
12:20pm	James Martin's American Adventure
12:50pm	Eat, Shop, Save
1:20pm	Love Your Garden
2:20pm	ITV Lunchtime News
2:30pm	ITV Racing
5:00pm	The Chase
6:00pm	Wos Wrestling
7:00pm	ITV Evening News
7:15pm	ITV News London
7:30pm	Japandemonium
8:00pm	Big Star's Little Star
9:00pm	The Hobbit: The Desolation of Smaug
12:00am	ITV News
12:20am	Hard Target

itv2

10:05am	Coronation Street Omnibus
1:00pm	Catchphrase
1:40pm	You've Been Framed! Gold
2:15pm	You've Been Framed! Gold
2:45pm	Yogi Bear
3:45pm	FYI Daily
3:50pm	Yogi Bear
4:25pm	Dr. Seuss' the Lorax
5:25pm	FYI Daily
5:30pm	Dr. Seuss' the Lorax
6:10pm	Star Wars: Episode II - Attack of the Clones
7:10pm	FYI Daily
7:15pm	Star Wars: Episode II - Attack of the Clones
8:55pm	Johnny English Reborn
9:55pm	FYI Daily
10:00pm	Johnny English Reborn
11:00pm	Keith Lemon: Coming in America
11:50pm	Family Guy
12:20am	Family Guy
12:45am	Family Guy

itv3

5:45am	Judge Judy
6:05am	Judge Judy
6:30am	ITV3 Nightscreen
7:00am	Judge Judy
7:20am	Murder, She Wrote
8:10am	Murder, She Wrote
9:15am	Hidden Treasure <i>Drama starring John Thaw about a widower who, having been forced to care for his granddaughter, finds his life turned upside down by the new responsibility.</i>
11:20am	Goodbye, Mr. Chips
1:20pm	Goodnight Mister Tom
3:30pm	Inspector Morse
5:45pm	Inspector Morse
8:00pm	Midsomer Murders
10:00pm	Endeavour
12:00am	Vera
2:05am	George and Mildred
2:35am	George and Mildred
3:05am	ITV3 Nightscreen
3:30am	Teleshopping

itv4

7:15am	The Protectors
7:40am	Road Racing Series
8:30am	Road Racing Series
9:25am	Motorsport UK
10:30am	ITV Racing: The Opening Show
11:30am	British Touring Car Championship Highlights
1:00pm	Storage Wars Texas
1:30pm	Storage Wars Texas
1:55pm	Storage Wars Texas
2:25pm	Pawn Stars
2:55pm	Pawn Stars
3:20pm	Pawn Stars
3:50pm	Pawn Stars
4:15pm	The Battle of Britain
5:15pm	FYI Daily
5:20pm	The Battle of Britain
6:55pm	Monster Carp
8:00pm	World Series of Darts (Non UK Legs)
12:00am	Above the Law
1:00am	FYI Daily
1:05am	Above the Law
2:05am	Better Late Than Never
3:00am	Minder
3:50am	ITV4 Nightscreen
4:00am	Teleshopping

sky CINEMA ACTION & ADVENTURE

12:45pm	Top Ten Show, the 2018
1:00pm	Atomic Blonde
3:10pm	Walking Tall
4:45pm	Top Gun
6:45pm	Pirates of the Caribbean: Salazar's Revenge
9:00pm	Atomic Blonde
11:00pm	Beverly Hills Cop
1:00am	Beverly Hills Cop II
3:00am	Beverly Hills Cop III
8:00am	Top Ten Show, the 2018
8:20am	Uncle Buck
10:05am	The Ugly Truth
11:50am	Fletch
1:35pm	Jack and Jill
3:15pm	The Other Guys
5:15pm	The Bounty Hunter
7:15pm	Absolutely Fabulous: The Movie
9:00pm	Jack and Jill
10:40pm	The Other Guys
12:40am	My Blind Brother
2:20am	The Brits are Coming

sky CINEMA PREMIERE

4:40am	Ingrid Goes West
6:30am	Fantastic Beasts and Where to Find Them: Special
7:00am	Mamma Mia - Here We Go Again: Special
7:30am	The Ghost of Charnel House
9:15am	The Lego Ninjago Movie
11:10am	Journey to Oz
12:55pm	Top Ten Show, the 2018
1:15pm	Justice League
3:25pm	The Mountain Between Us
5:25pm	The Lego Ninjago Movie
7:15pm	Journey to Oz
9:00pm	Justice League
11:10pm	The Mountain Between Us
1:10am	The Ghost of Charnel House
2:50am	The Delinquent Season
4:40am	Ingrid Goes West

sky sports football

7:00am	EFL Greatest Games
7:15am	EFL Greatest Games
7:30am	SPFL Greatest Games
7:45am	SPFL Greatest Games
8:00am	SPFL Matters
8:30am	SPFL Greatest Games
8:45am	SPFL Greatest Games
9:00am	EFL Greatest Games
9:15am	EFL Greatest Games
9:30am	SPFL Greatest Games
9:45am	SPFL Greatest Games
10:00am	SPFL Matters
10:30am	SPFL Greatest Games
10:45am	SPFL Greatest Games
11:00am	EFL Greatest Games
11:15am	EFL Greatest Games
11:30am	Championship Season Review
12:30pm	Best Championship Goals 2017/18
1:00pm	Football
3:45pm	Gillette Soccer Saturday
6:15pm	Football
9:00pm	EFL Goals: Championship
10:00pm	Football
12:05am	EFL Goals: Championship
1:05am	MLS Greatest Games

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BBC one

1:15am	BBC News
7:00am	Breakfast
10:00am	BBC News
11:00am	Sunday Morning Live
12:00pm	Bargain Hunt
12:25pm	Songs of Praise
1:00pm	BBC News
1:15pm	Rugby League Challenge Cup Semi Final
3:30pm	Rugby League Challenge Cup Semi Final
6:00pm	Pointless
6:50pm	BBC News
7:05pm	BBC London News
7:15pm	Countryfile
8:15pm	Antiques Roadshow
9:15pm	Florence Foster Jenkins
11:00pm	BBC News
11:20pm	BBC London News
11:30pm	Match of the Day
12:15am	Imagine...
1:30am	Weather for the Week Ahead
1:35am	BBC News

BBC TWO

3:55am	This is BBC Two
7:20am	Glorious Gardens From Above <i>Horticulturist Christine Walkden explores gardens and countryside from a hot-air balloon.</i>
8:05am	Gardeners' World
9:05am	Countryfile
10:00am	European Championships 2018
1:15pm	European Championships 2018 <i>Continued coverage from the 2018 European Championships.</i>
6:00pm	European Championships 2018
10:00pm	Travels in Trumpland with Ed Balls
11:00pm	Nightcrawler
12:50am	Golf
1:50am	Countryfile
2:45am	Holby City
3:45am	This is BBC Two

BBC FOUR

4:55am	This is BBC Four
8:00pm	BBC Proms 2018
10:00pm	Archaeology: A Secret History
11:00pm	Entertaining the Troops
12:00am	Arena
1:00am	Africa's Magnificent Beasts <i>In the 1960s, Born Free captured the world's imagination with the story of Elsa, an orphaned lioness who was taken in by George and Joy Adamson and returned to a life in the wild.</i>
2:00am	The Ladybird Books Story: How Britain Got the Reading Bug <i>Documentary about Ladybird books.</i>
3:00am	Arena: American Epic
4:00am	Archaeology: A Secret History
5:00am	This is BBC Four

CHANNEL 4

7:10am	Motorsport
7:40am	Motorsport
8:05am	Everybody Loves Raymond
8:35am	Everybody Loves Raymond
9:00am	Everybody Loves Raymond
9:30am	Frasier
10:00am	Frasier
10:30am	Sunday Brunch
1:30pm	The Simpsons
2:00pm	The Simpsons
2:30pm	Diary of a Wimpy Kid: Dog Days
4:25pm	Location, Location, Location
5:25pm	A Place in the Sun
6:30pm	Homes by the Med
7:30pm	Channel 4 News
8:00pm	Flying Across Britain with Arthur Williams
9:00pm	Hidden Britain by Drone
10:00pm	The Handmaid's Tale
11:10pm	8 Out of 10 Cats Does Countdown
12:10am	The Shopping Centre: Artist in Residence
1:15am	Devil's Knot

CHANNEL 5

9:00am	Paw Patrol
9:20am	Pirata and Capitano
9:35am	Noddy: Toyland Detective
9:50am	Floogals
10:05am	Ben and Holly's Little Kingdom
10:15am	Shimmer and Shine
10:30am	Digby Dragon
10:50am	Peppa Pig
11:05am	Teenage Mutant Ninja Turtles
11:40am	Access
11:45am	Police Interceptors
1:20pm	Nanny McPhee and the Big Bang
3:30pm	13 Going on 30
5:30pm	Cars
7:10pm	Chuckle Time with the Chuckle Brothers
7:55pm	5 News Weekend
8:00pm	Cricket on 5
9:00pm	Pirates of the Caribbean: The Curse of the Black Pearl
10:00pm	Five News Update
10:05pm	Pirates of the Caribbean: The Curse of the Black Pearl
11:50pm	Green Lantern
2:05am	Super Casino

4

5:45am	How I Met Your Mother
6:05am	How I Met Your Mother
7:00am	Hollyoaks Omnibus
9:20am	Couples Come Dine with Me
10:25am	Couples Come Dine with Me
11:30am	Don't Tell the Bride
12:30pm	Doctor Dolittle
2:10pm	Rude(Ish) Tube Shorts
2:30pm	Brooklyn Nine-Nine
3:00pm	Brooklyn Nine-Nine
3:30pm	Young Sheldon
4:00pm	Young Sheldon
4:30pm	The Big Bang Theory
5:00pm	The Big Bang Theory
5:30pm	The Big Bang Theory
6:00pm	The Big Bang Theory
6:30pm	The Big Bang Theory
7:00pm	The Big Bang Theory
7:30pm	The Big Bang Theory
8:00pm	The Big Bang Theory
8:30pm	The Big Bang Theory
9:00pm	The Big Bang Theory
9:30pm	The Big Bang Theory
10:00pm	Escape Plan
12:15am	Gogglebox
1:20am	The Big Bang Theory

sky sports main event

6:00am	Sky Sports News
7:00am	Sky Sports News
8:00am	Total Goals
9:00am	Total Goals
10:00am	Total Goals
11:00am	Cricket
1:30pm	Football
4:30pm	Football
8:00pm	Live Wgc Bridgestone Invitational
12:00am	MLS Greatest Games
12:10am	Football <i>New York Red Bulls take on Los Angeles FC at Red Bull Arena in Major League Soccer.</i>
2:15am	OneEleven <i>Former France and Arsenal midfielder Emmanuel Petit reveals his #oneEleven.</i>
2:30am	SPFL Greatest Games
2:45am	SPFL Greatest Games
3:00am	Sky Sports News
4:00am	Sky Sports News
5:00am	Sky Sports News

itv

8:30am	The Haunted Hathaways
8:55am	Drop Dead Weird
9:25am	ITV News
9:30am	Zoe Ball on Sunday
10:25am	Japandemonium
10:50am	Cannonball Splash Hits
11:55am	Ninja Warrior UK
1:00pm	Wos Wrestling
2:00pm	ITV Lunchtime News
2:15pm	Big Star's Little Star
3:15pm	Catchphrase
4:00pm	Tenable
5:00pm	Tipping Point
6:00pm	The Chase
7:00pm	Paul O'grady: For the Love of Dogs
7:30pm	ITV Evening News
7:45pm	ITV News London
8:00pm	Midsomer Murders
10:00pm	Unforgotten
11:00pm	ITV News
11:20pm	Carry on Forever
12:20am	Tonight at the London Palladium
1:10am	Jackpot247
4:00am	Motorsport UK
4:50am	ITV Nightscreen

itv2

3:45am	Teleshopping
6:45am	ITV2 Nightscreen
7:00am	Totally Bonkers Guinness World Records
7:15am	Totally Bonkers Guinness World Records
7:35am	Emmerdale Omnibus
10:40am	Coronation Street Omnibus
1:35pm	Ninja Warrior UK
2:35pm	You've Been Framed! Gold
3:05pm	Step Up Revolution
4:05pm	FYI Daily
4:10pm	Step Up Revolution
5:10pm	The Smurfs
6:10pm	FYI Daily
6:15pm	The Smurfs
7:15pm	Star Wars Episode III - Revenge of the Sith
8:15pm	FYI Daily
8:20pm	Star Wars Episode III - Revenge of the Sith
10:00pm	Love Island
11:35pm	Family Guy
12:05am	Family Guy
12:30am	American Dad!
1:00am	American Dad!

itv3

3:30am	Teleshopping
7:00am	George and Mildred <i>George has to go behind Mildred's back to finance a get-rich-quick scheme.</i>
7:25am	George and Mildred
7:50am	Murder, She Wrote
8:50am	Murder, She Wrote
9:50am	Heartbeat
10:50am	Heartbeat
11:50am	A Touch of Frost
1:50pm	Rosemary and Thyme
2:50pm	Rosemary and Thyme
3:55pm	Rosemary and Thyme
4:55pm	Victoria
5:55pm	Victoria
6:55pm	Agatha Christie's Poirot
9:00pm	Agatha Christie's Marple
11:00pm	The Halcyon
12:00am	The Halcyon
1:05am	Wire in the Blood
2:50am	Blue Murder
3:40am	Blue Murder
4:35am	Road to Avonlea
5:20am	Road to Avonlea

itv4

8:10am	The Protectors
8:40am	Storage Wars Texas
9:05am	Storage Wars Texas
9:35am	Storage Wars Texas
10:00am	Storage Wars Texas
10:30am	Storage Wars Texas
11:00am	Storage Wars Texas
11:25am	Storage Wars Texas
11:55am	Storage Wars Texas
12:20pm	Storage Wars Texas
12:50pm	River Monsters
1:20pm	River Monsters
1:55pm	Monster Carp
3:00pm	The Battle of Britain
4:05pm	FYI Daily
4:10pm	The Battle of Britain
5:40pm	Escape to Victory
6:40pm	FYI Daily
6:45pm	Escape to Victory
8:00pm	World Series of Darts (Non UK Legs)
12:00am	Payback
1:00am	FYI Daily
1:05am	Payback
2:05am	The Motorbike Show
3:05am	The Protectors
3:30am	World Cup Rivalries: Brazil v Italy
3:45am	ITV4 Nightscreen
4:00am	Teleshopping

sky CINEMA ACTION & ADVENTURE

10:50am	Sucker Punch
12:50pm	John Wick: Chapter Two
3:00pm	All About the Money
4:45pm	The Count of Monte Cristo
7:00pm	Sucker Punch
9:00pm	John Wick: Chapter Two
11:15pm	U.S. Marshals
1:30am	The Dark Knight
4:10am	In Harm's Way

sky CINEMA COMEDY

5:30am	Police Academy 7: Mission to Moscow
7:00am	Top Ten Show, the 2018
7:15am	Spanglish
9:30am	Evolution
11:20am	Bruce Almighty
1:05pm	My Cousin Vinny
3:10pm	This is the End
5:05pm	Bridesmaids
7:15pm	Bruce Almighty
9:00pm	My Cousin Vinny
11:05pm	This is the End
1:00am	Popstar: Never Stop Never Stopping

sky CINEMA PREMIERE

4:40am	Ingrid Goes West
6:30am	Anon: Special
7:00am	Monster Family: Special
7:30am	The Lego Ninjago Movie
9:20am	Journey to Oz
11:10am	Top Ten Show, the 2018
11:30am	Ingrid Goes West
1:25pm	Justice League
3:35pm	Brigsby Bear
5:25pm	The Lego Ninjago Movie
7:15pm	Journey to Oz
9:00pm	Justice League
11:05pm	Brigsby Bear <i>Oddball comedy-drama about an isolated young man obsessed with a children's TV show which is suddenly revealed to be a fake.</i>
12:50am	The Ghost of Charnel House
2:30am	The Delinquent Season
4:20am	The Odyssey

sky sports football

7:45am	SPFL Greatest Games
8:00am	EFL Goals: League One and League Two
8:30am	EFL Goals: Championship
9:30am	SPFL Greatest Games
9:45am	SPFL Greatest Games
10:00am	EFL Goals: League One and League Two
10:30am	EFL Goals: Championship
11:30am	Sunday Supplement
1:00pm	Best Championship Goals 2017/18
1:30pm	Football
4:30pm	Football
8:00pm	Championship Season Review
9:00pm	EFL Goals: League One and League Two
9:30pm	EFL Goals: Championship
10:30pm	EFL Play-Off Memories
10:45pm	EFL Greatest Games
11:00pm	EFL Goals: League One and League Two
11:30pm	EFL Greatest Games
11:45pm	EFL Greatest Games
12:00am	MLS Greatest Games



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BBC one

7:00am	Breakfast
10:15am	Animal Park Summer Special
11:00am	Homes Under the Hammer
12:00pm	Fake Britain
12:45pm	The Farmers' Country Showdown
1:15pm	Bargain Hunt
2:00pm	BBC News at One
2:30pm	BBC London News
2:45pm	European Championships 2018
6:15pm	Impossible
7:00pm	BBC News at Six
7:30pm	BBC London News
8:00pm	The One Show
8:30pm	The Great Cheese Chase
9:00pm	EastEnders
9:30pm	Panorama
10:00pm	Who Do You Think You Are?
11:00pm	BBC News at Ten
11:30pm	BBC London News
11:45pm	Cuckoo
12:10am	Have I Got a Bit More Old News for You
12:55am	Celebrity Apprentice USA

BBC TWO

3:45am	This is BBC Two
7:00am	The TV That Made Me
7:30am	Bargain Hunt
8:15am	Impossible
9:00am	Antiques Roadshow
10:00am	European Championships 2018
2:45pm	Red Rock
3:30pm	Escape to the Continent
4:30pm	Coast and Country Auctions
5:15pm	Flog It!
6:15pm	European Championships 2018
10:00pm	Versailles
11:00pm	QI
11:30pm	Newsnight
12:15am	The Five Billion Pound Super Sewer
1:15am	Touretteshero: Me, My Mouth and I
2:15am	The Private Life of the Royal Academy
3:45am	This is BBC Two

BBC FOUR

5:00am	This is BBC Four
8:00pm	World News Today
	<i>The latest national and international news, exploring the day's events from a global perspective.</i>
8:30pm	Handmade
9:00pm	Italy's Invisible Cities
10:00pm	Abducted - Elizabeth I's Child Actors
11:00pm	The Story of Ireland
12:00am	Britain and the Sea
1:00am	Fossil Wonderlands: Nature's Hidden Treasures
2:00am	Britain's Most Fragile Treasure
3:00am	Fig Leaf: The Biggest Cover-Up in History
4:00am	Abducted - Elizabeth I's Child Actors
	<i>The gripping true story of a boy abducted from the streets of Elizabethan London, and how his father fought to get him back</i>
5:00am	This is BBC Four

CHANNEL 4

9:30am	Everybody Loves Raymond
10:00am	Frasier
10:35am	Frasier
11:05am	Ramsay's Kitchen Nightmares USA
12:00pm	The Simpsons
12:30pm	The Simpsons
1:00pm	Channel 4 News
1:05pm	Couples Come Dine with Me
1:50pm	The Great British Bake Off
3:10pm	Countdown
4:00pm	A Place in the Sun
5:00pm	Sun, Sea and Selling Houses
6:00pm	Come Dine with Me
6:30pm	The Simpsons
7:00pm	The Simpsons
7:30pm	Hollyoaks
8:00pm	Channel 4 News
9:00pm	Heatwave Britain
9:30pm	How to Get Rich Quick
10:00pm	Saving POUNDSTRETCHER
11:00pm	Who is America?
11:40pm	First Dates
12:40am	Ramsay's 24 Hours to Hell and Back
1:35am	The Supervet

CHANNEL 5

9:05am	Paw Patrol
9:20am	Floogals
9:40am	Digby Dragon
9:55am	Nella the Princess Knight
10:05am	Mofy
10:15am	The Wright Stuff
12:15pm	Can't Pay? We'll Take it Away!
1:10pm	5 News Lunchtime
1:15pm	GP's: Behind Closed Doors
2:15pm	Home and Away
2:45pm	Neighbours
3:15pm	Cagney and Lacey
4:20pm	The Wrong Roommate
6:00pm	5 News at 5
6:30pm	Neighbours
7:00pm	Home and Away
7:30pm	5 News Tonight
8:00pm	Moto GP Highlights
9:00pm	Traffic Cops
10:00pm	Tower Block Kids
11:00pm	Gangland
12:05am	Fights, Camera, Action
1:05am	Terror in the Air: Flights Out of Control
2:00am	Super Casino
4:10am	First Time Call Girl

4

9:30am	Melissa and Joey
10:00am	Baby Daddy
11:00am	Young and Hungry
12:00pm	How I Met Your Mother
12:30pm	How I Met Your Mother
1:00pm	The Goldbergs
1:30pm	The Goldbergs
2:00pm	The Big Bang Theory
2:30pm	The Big Bang Theory
3:00pm	Melissa and Joey
3:30pm	Melissa and Joey
4:00pm	Baby Daddy
4:30pm	Baby Daddy
5:00pm	Young and Hungry
5:30pm	Young and Hungry
6:00pm	The Goldbergs
6:30pm	The Goldbergs
7:00pm	The Big Bang Theory
7:30pm	The Big Bang Theory
8:00pm	Hollyoaks
8:30pm	The Goldbergs
9:00pm	The Big Bang Theory
9:30pm	The Big Bang Theory
10:00pm	Made in Chelsea: Croatia
11:00pm	Search Party
11:30pm	Search Party
12:00am	The Big Bang Theory
12:30am	The Big Bang Theory

sky sports main event

6:00am	Sky Sports News
7:00am	Good Morning Sports Fans Bitesize
7:30am	Good Morning Sports Fans Bitesize
8:00am	Good Morning Sports Fans
9:00am	Good Morning Sports Fans
10:00am	Good Morning Sports Fans
11:00am	Sky Sports News <i>All the news from the Premier League and beyond.</i>
12:00pm	Sky Sports News
1:00pm	Sky Sports News
2:00pm	Sky Sports News
3:00pm	Sky Sports News
4:00pm	Sky Sports News
5:00pm	Live ATP 1000: Toronto
8:00pm	Football <i>Hull City take on Aston Villa at the KCOM Stadium in the Sky Bet Championship.</i>
11:00pm	The Debate - Live
12:00am	Live ATP 1000: Toronto
5:00am	Sky Sports News

itv

4:50am	ITV Nightscreen
6:05am	The Jeremy Kyle Show
7:00am	Good Morning Britain
9:30am	Lorraine
10:25am	The Jeremy Kyle Show
11:30am	This Morning
1:30pm	Loose Women
2:30pm	ITV Lunchtime News
2:55pm	ITV News London
3:00pm	Judge Rinder
4:00pm	Dickinson's Real Deal
5:00pm	Tipping Point
6:00pm	The Chase
7:00pm	ITV News London
7:30pm	ITV Evening News
8:00pm	Emmerdale
8:30pm	Coronation Street
9:00pm	Give it a Year
9:30pm	Coronation Street
10:00pm	Lewis
11:00pm	ITV News at Ten and Weather
11:30pm	ITV News London
11:45pm	Long Lost Family
12:45am	Our Shirley Valentine Summer

itv2

8:10am	Dress to Impress
9:00am	Emmerdale
9:30am	Coronation Street
9:55am	Coronation Street
10:25am	The Ellen DeGeneres Show
11:20am	The Bachelor
1:15pm	Emmerdale
1:45pm	Coronation Street
2:15pm	Coronation Street
2:45pm	The Ellen DeGeneres Show
3:35pm	The Jeremy Kyle Show
4:45pm	The Jeremy Kyle Show
5:55pm	Judge Rinder
7:00pm	Dress to Impress
8:00pm	You've Been Framed! Gold
8:30pm	You've Been Framed! Gold
9:00pm	Two and a Half Men
9:30pm	Superstore
10:00pm	Family Guy
10:30pm	Ghosted
11:00pm	Family Guy
11:25pm	Family Guy
11:55pm	American Dad!
12:25am	American Dad!

itv3

5:20am	Road to Avonlea
6:15am	Judge Judy
6:35am	ITV3 Nightscreen
7:00am	Classic Coronation Street
7:25am	Classic Coronation Street
7:50am	Heartbeat
8:55am	The Royal
9:55am	Judge Judy
10:20am	Judge Judy
10:50am	George and Mildred
11:20am	Inspector Morse
1:35pm	The Royal
2:40pm	Heartbeat
3:40pm	Classic Coronation Street
4:15pm	Classic Coronation Street
4:45pm	Inspector Morse
7:00pm	Heartbeat
8:00pm	Murder, She Wrote
9:00pm	Agatha Christie's Marple
11:00pm	DCI Banks
12:00am	DCI Banks
1:05am	Scott and Bailey
2:05am	Scott and Bailey
3:00am	ITV3 Nightscreen
3:30am	Teleshopping

itv4

7:00am	The Chase
7:50am	Pawn Stars
8:10am	Pawn Stars
8:35am	Kojak
9:35am	Quincy, M.E.
10:35am	Minder
11:40am	The Sweeney
12:45pm	The Professionals
1:50pm	Kojak
2:50pm	Quincy, M.E.
3:50pm	Minder
5:00pm	The Sweeney
6:05pm	The Professionals
7:05pm	Storage Wars Texas
7:35pm	Storage Wars Texas
8:05pm	Pawn Stars
8:30pm	Pawn Stars
9:00pm	The Chase: Celebrity Special
10:00pm	Benidorm
11:00pm	Better Late Than Never
12:00am	The Adjustment Bureau
1:05am	FYI Daily
1:10am	The Adjustment Bureau
2:10am	Motorsport UK
3:10am	The Motorbike Show
4:00am	Teleshopping

sky CINEMA ACTION & ADVENTURE

4:10am	In Harm's Way
7:00am	Armageddon
9:45am	Doctor Strange
11:45am	War for the Planet of the Apes
2:15pm	300
4:15pm	Armageddon
7:00pm	Broken Arrow
9:00pm	War for the Planet of the Apes
11:30pm	300
1:30am	Death Race
3:25am	Doctor Strange

sky CINEMA COMEDY

11:55am	Failure to Launch
1:40pm	Top Ten Show, the 2018
2:00pm	Rough Night
3:50pm	Anchorman: The Legend of Ron Burgundy
5:35pm	Airplane!
7:15pm	Blue Streak
9:00pm	Rough Night
10:45pm	Anchorman: The Legend of Ron Burgundy
12:30am	Coming to America

sky CINEMA PREMIERE

7:00am	Rememory
9:00am	Top Ten Show, the 2018
9:20am	Journey to Oz
11:00am	The Female Brain
1:00pm	Justice League
3:05pm	Brigsby Bear
4:50pm	Mamma Mia - Here We Go Again: Special
	<i>Sky Movies takes a special look at the sequel to the Abba-fuelled musical romance, as a pregnant Sophie (Amanda Seyfried) hopes to take strength and inspiration from her mother's story.</i>
5:20pm	Journey to Oz
7:00pm	The Female Brain
9:00pm	Justice League
11:05pm	Brigsby Bear
12:50am	The Ghost of Charnel House
2:35am	The Delinquent Season
4:30am	Rememory

sky sports football

11:00am	Championship Season Review
12:00pm	One2eleven
12:15pm	One2eleven
12:30pm	SPFL Greatest Games
12:45pm	SPFL Greatest Games
1:00pm	Football's Greatest Teams
1:30pm	Football's Greatest Teams
2:00pm	EFL Goals: League One and League Two
2:30pm	EFL Goals: Championship
4:30pm	Football's Greatest Teams
5:00pm	Football's Greatest Teams
5:30pm	One2eleven
5:45pm	One2eleven
6:00pm	Football Years
6:30pm	Football Countdowns
7:00pm	EFL Greatest Games
7:15pm	EFL Greatest Games
7:30pm	EFL Greatest Games
7:45pm	EFL Greatest Games
8:00pm	Football
11:00pm	The Debate - Live
12:00am	SPFL Round Up Show

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BBC one

3:55am	BBC News
7:00am	Breakfast
10:15am	Animal Park Summer Special
11:00am	Homes Under the Hammer
12:00pm	Fake Britain
12:45pm	The Farmers' Country Showdown
1:15pm	Bargain Hunt
2:00pm	BBC News at One
2:30pm	BBC London News
2:45pm	European Championships 2018
6:15pm	Impossible
7:00pm	BBC News at Six
7:30pm	BBC London News
8:00pm	The One Show
8:30pm	EastEnders
9:00pm	European Championships 2018
10:00pm	Age Before Beauty
11:00pm	BBC News at Ten
11:30pm	BBC London News
11:45pm	Stacey Dooley: Face to Face with Isis
12:20am	Who Do You Think You Are?
1:20am	Weather for the Week Ahead
1:25am	BBC News

BBC TWO

3:45am	This is BBC Two
7:00am	Animal Park Summer Special
7:45am	Impossible
8:30am	Nadiya's Family Favourites
8:55am	Caught Red Handed
9:30am	European Championships 2018
2:45pm	Red Rock
3:30pm	Escape to the Continent
4:30pm	Coast and Country Auctions
5:15pm	Flog It!
6:15pm	European Championships 2018
9:00pm	Inside the Factory
10:00pm	Horizon
11:00pm	Live at the Apollo
11:30pm	Newsnight
12:15am	Travels in Trumpland with Ed Balls
1:15am	Animals Behaving Badly
2:15am	Inside the Factory
3:15am	This is BBC Two

BBC FOUR

5:00am	This is BBC Four <i>BBC Four is the BBC channel for people who want more.</i>
8:00pm	World News Today <i>The latest national and international news, exploring the day's events from a global perspective.</i>
8:30pm	Handmade
9:00pm	Andrew Marr's History of the World
10:00pm	Mark Kermode's Secrets of Cinema <i>Mark Kermode continues his personal look at the art of cinema by examining the techniques and conventions behind classic film genres, uncovering the ingredients that keep audiences coming back for more</i>
11:00pm	Twelve Monkeys
1:05am	Horizon
2:05am	Italy's Invisible Cities
3:05am	Mark Kermode's Secrets of Cinema

CHANNEL 4

7:45am	King of Queens
8:10am	King of Queens
8:35am	Everybody Loves Raymond
9:00am	Everybody Loves Raymond
9:30am	Everybody Loves Raymond
10:00am	Frasier
10:35am	Frasier
11:05am	Ramsay's Kitchen Nightmares USA
12:00pm	The Simpsons
12:30pm	The Simpsons
1:00pm	Channel 4 News
1:05pm	Couples Come Dine with Me
1:50pm	The Great British Bake Off
3:10pm	Countdown
4:00pm	A Place in the Sun
5:00pm	Sun, Sea and Selling Houses
6:00pm	Come Dine with Me
6:30pm	The Simpsons
7:00pm	The Simpsons
7:30pm	Hollyoaks
8:00pm	Channel 4 News
9:00pm	Ackley Bridge
10:00pm	999: What's Your Emergency?
11:00pm	The Foreign Doctors are Coming
12:05am	24 Hours in A and E

CHANNEL 5

8:55am	Ben and Holly's Little Kingdom
9:05am	Paw Patrol
9:20am	Floogals
9:40am	Digby Dragon
9:55am	Nella the Princess Knight
10:05am	Mofy
10:15am	The Wright Stuff
12:15pm	Can't Pay? We'll Take it Away!
1:10pm	5 News Lunchtime
1:15pm	GP's: Behind Closed Doors
2:15pm	Home and Away
2:45pm	Neighbours
3:15pm	Cagney and Lacey
4:15pm	Who Killed My Husband?
6:00pm	5 News at 5
6:30pm	Neighbours
7:00pm	Home and Away
7:30pm	5 News Tonight
8:00pm	Best of Springtime on the Farm
9:00pm	The Dog Rescuers with Alan Davies
10:00pm	Sinkholes
11:00pm	Weather Terror
12:05am	World's Deadliest Weather: Caught on Camera
1:05am	Killer Landslides

4

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

sky sports main event

6:00am	Sky Sports News
7:00am	Good Morning Sports Fans Bitesize
7:30am	Good Morning Sports Fans Bitesize
8:00am	Good Morning Sports Fans
9:00am	Good Morning Sports Fans
10:00am	Good Morning Sports Fans
11:00am	Sky Sports News
12:00pm	Sky Sports News
12:30pm	Sportswomen
1:00pm	Sky Sports News
2:00pm	Sky Sports News
3:00pm	Sky Sports News
3:30pm	Live Women's T20 Super League
5:00pm	Live Premier League Launch Show
8:00pm	Football
11:00pm	The Debate - Live Fantasy Football Show
12:00am	
12:30am	Live ATP 1000: Toronto
5:00am	Sky Sports News

itv

4:55am	ITV Nightscreen
6:05am	The Jeremy Kyle Show
7:00am	Good Morning Britain
9:30am	Lorraine
10:25am	The Jeremy Kyle Show
11:30am	This Morning
1:30pm	Loose Women
2:30pm	ITV Lunchtime News
2:55pm	ITV News London
3:00pm	Judge Rinder
4:00pm	Dickinson's Real Deal
5:00pm	Tipping Point
6:00pm	The Chase
7:00pm	ITV News London
7:30pm	ITV Evening News
8:00pm	Emmerdale
8:30pm	10k Holiday Home
9:00pm	Love Your Garden
10:00pm	Long Lost Family
11:00pm	ITV News at Ten and Weather
11:30pm	ITV News London
11:45pm	The Frankenstein Chronicles
12:45am	The Bletchley Circle: San Francisco
1:40am	Lethal Weapon
2:25am	Jackpot247
4:00am	Loose Women
4:50am	ITV Nightscreen

itv2

7:45am	Totally Bonkers
8:10am	Guinness World Records
8:10am	Dress to Impress
9:00am	Emmerdale
9:30am	Coronation Street
9:55am	Coronation Street
10:25am	The Ellen DeGeneres Show
11:20am	The Bachelor
1:15pm	Emmerdale
1:45pm	Coronation Street
2:15pm	Coronation Street
2:45pm	The Ellen DeGeneres Show
3:35pm	The Jeremy Kyle Show
4:45pm	The Jeremy Kyle Show
5:55pm	Judge Rinder
7:00pm	Dress to Impress
8:00pm	You've Been Framed! Gold
8:30pm	You've Been Framed! Gold
9:00pm	Two and a Half Men
9:30pm	Superstore
10:00pm	Creed
11:00pm	FYI Daily
11:05pm	Creed
12:40am	Family Guy
1:10am	Family Guy
1:35am	American Dad!

itv3

3:30am	Teleshopping
7:00am	Classic Coronation Street
7:25am	Classic Coronation Street
7:50am	Heartbeat
8:55am	The Royal
9:55am	Judge Judy
10:20am	Judge Judy
10:50am	George and Mildred
11:20am	Inspector Morse
1:35pm	The Royal
2:40pm	Heartbeat
3:40pm	Classic Coronation Street
4:15pm	Classic Coronation Street
4:45pm	Inspector Morse
6:55pm	Heartbeat
8:00pm	Murder, She Wrote
9:00pm	Midsomer Murders
11:00pm	Scott and Bailey
12:00am	Scott and Bailey
1:05am	A Touch of Frost
3:05am	ITV3 Nightscreen
3:30am	Teleshopping

itv4

4:00am	Teleshopping
7:00am	The Chase
7:50am	Pawn Stars
8:10am	Pawn Stars
8:30am	Kojak
9:30am	Quincy, M.E.
10:30am	Minder
11:35am	The Sweeney
12:40pm	The Professionals
1:45pm	Kojak
2:50pm	Quincy, M.E.
3:50pm	Minder
4:55pm	The Sweeney
6:00pm	The Professionals
7:05pm	Storage Wars Texas
7:35pm	Storage Wars Texas
8:00pm	Pawn Stars
8:30pm	Pawn Stars
9:00pm	River Monsters
10:00pm	Tomorrow Never Dies
11:00pm	FYI Daily
11:05pm	Tomorrow Never Dies
12:25am	Senna
1:25am	FYI Daily
1:30am	Senna
2:40am	The Protectors
3:10am	Ax Men
3:55am	ITV4 Nightscreen
4:00am	Teleshopping

sky CINEMA ACTION & ADVENTURE

9:45am	The Green Hornet
12:00pm	Thor 2 - The Dark World
2:00pm	Thor: Ragnarok
4:20pm	2012
7:00pm	Thor 2 - The Dark World
9:00pm	Thor: Ragnarok
11:30pm	The Green Hornet
1:45am	Domino
4:00am	The Day the Earth Stood Still

sky CINEMA COMEDY

7:40am	Dude, Where's My Car?
9:10am	Happy Gilmore
10:50am	Robin Hood: Men in Tights
12:40pm	Look Who's Talking
2:25pm	Napoleon Dynamite
4:10pm	Jack and Jill
5:50pm	Airplane II: The Sequel
7:20pm	Dodgeball: A True Underdog Story
9:00pm	Napoleon Dynamite
10:45pm	Jack and Jill
12:30am	Get Him to the Greek
2:30am	This is Spinal Tap

sky CINEMA PREMIERE

4:30am	Rememory
6:30am	Moana: Special
7:00am	Journey to Oz
8:45am	Brigsby Bear
10:30am	Mamma Mia - Here We Go Again: Special
11:00am	Justice League <i>With the planet under threat from a terrifying new villain Batman and Wonder Woman must assemble a team capable of fighting back</i>
1:05pm	Ali and Nino
3:05pm	Journey to Oz
4:45pm	The Female Brain
6:45pm	Top Ten Show, the 2018
7:00pm	Ali and Nino
9:00pm	Justice League
11:05pm	Brigsby Bear
12:50am	The Female Brain
2:50am	The Ghost of Charnel House
4:35am	The Delinquent Season

sky sports football

12:45pm	SPFL Greatest Games
1:00pm	Football's Greatest
1:30pm	Football's Greatest Teams
2:00pm	SPFL Round Up Show
2:15pm	SPFL Greatest Games
2:30pm	MLS Round Up Show
3:00pm	Championship Season Review
4:00pm	Football's Greatest
4:30pm	Football's Greatest Teams
5:00pm	Football's Greatest Teams
5:30pm	One2eleven
5:45pm	One2eleven
6:00pm	Football Years
6:30pm	Football Countdowns
7:00pm	SPFL Round Up Show
7:15pm	SPFL Greatest Games
7:30pm	MLS Round Up Show
8:00pm	Football
11:00pm	The Debate - Live SPFL Round Up Show
12:00am	
12:15am	SPFL Greatest Games
12:30am	MLS Round Up Show

YOUR PAPER - YOUR VOICE - YOUR OPINION

Letters should be emailed to yoursay@euroweeklynews.com or make your comments on our website: www.euroweeklynews.com

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‘Free health cover’ costs the UK government

THE so-called free medical cover UK nationals who have retired to Spain enjoy by means of a form S1 from DWP is not free.

For each person qualified, the DWP currently pays a flat rate of £4,172.59 (€4,700) a year. They also pay a flat rate for each qualified person's dependants according to age: For those under 19 years old it is £585 (€645) pa; those aged 20 to 64, £802 (€885). The amounts are paid each year irrespective of how much or little use is made of the service.

I was urged to get the exact figures when a few Spaniards in the health system told me they understood we paid nothing, believing the cost was covered by Spanish workers' social security payments. I wanted to be able to assure them we Brits are not parasites.

Re EHIC treatment. When used, the Spanish health authority bill the UK for the actual cost involved. Unfortunately the refunds must be sent to Madrid, and are then distributed to the various health authorities. I understand it is not done on the basis of treatments

Horse taxis need control in Fuengirola

THIS is not an attempt to stop the horse taxi service in Fuengirola, as I understand it is a part of the Spanish tradition and a tourist attraction.

However, I and many others, are concerned about the life and health of those horses that are used in front of these passenger carriages licensed by the town hall in Fuengirola. On the evening of Wednesday, July 18, we witnessed another example as one of the horses sadly collapsed at the horse taxi stop by PYR hotel next to the children's playground, so many children and adults were upset and concerned by it.

This is an example of how a horse taxi service should not be run and it is not the image we want for the town of Fuengirola. Therefore, I am kindly asking the town hall to consider stricter rules when issuing the permits and the licences to run a horse taxi service in Fuengirola.



Credit: Elliott Brown, flickr

TRADITIONAL: A typical Spanish horse taxi.

Firstly, every horse owner who applies for a licence should have a recommendation from a vet (similar to MOT for cars) to prove that the horse is fit and healthy enough to work in the taxi service, to pull the carriage/taxi with passenger/s, including children and disabled people.

Secondly, from July 1 to October 1 no horse should be allowed to work at least between 2pm and 5pm because of the scorching heat.

Thirdly, all the horses should have at least one day of rest during the week when they do not work at all.

Ann Ravn Jarlsdatter, Fuengirola

Editor's note: This is an extract from a longer letter sent to the Fuengirola Council and copied to Euro Weekly News.

provided, thus the main tourist areas which treat many more patients, are not compensated pro rata, thus inevitably lose out.

Julian Ward, Spain

Animal cruelty

OUR three neutered cats went missing over a period of three weeks in Calpe.

Our neighbour who knew the cats well by sight volunteered the information that they had been trapped on one visit and taken from his adjoining property by the cat protection service from the town hall.

This was emphatically denied by the society who only take strays and they do not take neutered cats (their ears are clipped to mark them). As the neighbour then described each cat individually he obviously knew them from seeing them each day.

The date that he gave for the trapping of the cats was after the cats disappeared which conveniently covered the fact that we believe he had already disposed of them himself.

I hope that you will give this publicity in order to raise public awareness of the continued wanton cruel acts to animals from people you would least suspect and the lack of legal protection from these abusers.

Peter, Calpe

Humans make mess

MY friend and I walk along the La Mata beach nearly every day and fill two or three carrier bags of plastic every day.

I've even picked up a toilet seat and all the mess is left by humans not dogs.

Dogs need somewhere to swim and cool off, if you don't like dogs don't sit there.

I don't like the smell of pig mess so I didn't buy a house next to a pig - simple, but please don't deny dogs some freedom and enjoyment, and by the way even if people didn't pick up their dog's mess (which they should) it goes back to nature unlike used nappies, empty bottles, and everything else we pick up daily.

Coleen Bryan, Animal Lover, La Mata

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.

Taxi strikes Spain: Costa cabbies join nationwide strikes

A bit of competition and these taxis complain.

Richard Taylor

I don't blame them, they have to pay a lot for the licence to work the airport ranks. Uber etc don't.

Bill Newall

Brits rally in Benidorm after stag party pay 'vulnerable' man for tattoo of groom's name on forehead

How about getting rid of the stag parties? Whilst spending money into the Benidorm economy they seem to think it's ok to behave like animals, drinking themselves to oblivion, throwing up in the street and behaving in a way no normal persons would when sober.

Stuart Ridgley

Bleeding disgusting, shouldn't be too hard to find them and charge them and name the tattoo artist as well.

Kim Johnston

I'd love to know what the bride to be thinks of all this? I would be disgusted if my man did this. I think it would change my opinion on wanting to marry him.

Zara Mária

Comments from EWN online

Brand new tattoos cannot start to be removed until six months has passed then it can take up to two years to be almost completely removed. This guy should sue!!!

Jennifer Knowles

Is this for real? Seriously what in God's name is wrong with people? Beggars belief.

Maria Thompson

Hang your heads in shame, it's abuse, you are the lowest of the low and should be named and shamed.

Pip Riley

Pensions warning: MPs told no-deal Brexit could see expats left with no money

Please correct me if I am wrong but aren't the Brits the third largest non-Spanish community in Spain, behind the Romanians and the Moroccans. Thus, despite the

exchange rate, their spend must be not inconsiderable?

John Price

I cannot understand why we British remain so arrogant as to think that all international economies are dependent on the British spending. I see the Spanish economy growing against a backdrop of a dwindling British expat community! Also there are far more French, Dutch and Belgians holidaying on the Costas these days. British money and investment is no longer the Aladdin's lamp it used to be. Wake up to the realism that it is the UK that is going to be MOST severely impacted as a result of turkey Brexit.

Mike Giles

Suffocated: Four dogs die in hot car while owners enjoy tapas

No words for such an irresponsible act from these egoist perpetrators. Hope in some near future they suffer intensely...

Felipe

A fine? Possible animal abuse? GOT TO BE KIDDING. Despicable gits.

Wyn

First of all they should be locked in a car for a few hours... Heavily fined and never allowed to have another dog.

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<div>BBCone</div>		<div>BBC TWO</div>		<div>BBCFOUR</div>		<div>CHANNEL 4</div>		<div>CHANNEL 5</div>		<div>4</div>		<div>sky sports main event</div>	
7:00am	Breakfast	3:45am	This is BBC Two	4:35am	This is BBC Four	8:10am	King of Queens	9:40am	Digby Dragon	9:00am	Melissa and Joey	6:00am	Sky Sports News
10:15am	Animal Park Summer Special	7:00am	Animal Park Summer Special	8:00pm	World News Today	8:35am	Everybody Loves Raymond	9:55am	Nella the Princess Knight	10:00am	Baby Daddy	7:00am	Good Morning
11:00am	Homes Under the Hammer	7:45am	Impossible	8:30pm	Handmade	10:00am	Frasier	10:05am	Mofy	11:00am	Young and Hungry		Sports Fans Bitesize
12:00pm	Fake Britain	8:30am	Nadiya's Family Favourites	9:00pm	1066: A Year to Conquer England	11:05am	Ramsay's Kitchen Nightmares USA	12:15pm	Can't Pay? We'll Take it Away!	12:00pm	How I Met Your Mother	7:30am	Good Morning
12:45pm	The Farmers' Country Showdown	8:55am	Caught Red Handed	10:00pm	Mechanical Monsters	12:00pm	The Simpsons	1:10pm	5 News Lunchtime	12:30pm	How I Met Your Mother	8:00am	Good Morning
1:15pm	Bargain Hunt	9:30am	European Championships 2018	11:00pm	Bridging the Gap	1:00pm	Channel 4 News	1:15pm	GP's: Behind Closed Doors	1:00pm	The Goldbergs	9:00am	Good Morning
2:00pm	BBC News at One	2:45pm	Red Rock	12:00am	Sailors, Ships and Stevedores: The Story of British Docks	1:05pm	Couples Come Dine with Me	2:15pm	Home and Away	2:00pm	The Big Bang Theory	10:00am	Good Morning
2:30pm	BBC London News	3:30pm	Escape to the Continent	1:00am	The Secrets of Quantum Physics	1:50pm	The Great British Bake Off	2:45pm	Neighbours	3:00pm	Melissa and Joey		Sports Fans
2:45pm	European Championships 2018	4:30pm	Coast and Country Auctions	2:00am	The Secrets of Quantum Physics	3:10pm	Countdown	3:15pm	Cagney and Lacey	4:00pm	Baby Daddy	11:00am	Sky Sports News
6:15pm	Impossible	5:15pm	Flog It!	3:00am	Bunkers, Brutalism and Bloodymindedness: Concrete Poetry with Jonathan Meades	4:00pm	A Place in the Sun	4:15pm	Who Killed My Husband?	5:00pm	Young and Hungry	12:00pm	Sky Sports News
7:00pm	BBC News at Six	6:15pm	European Championships 2018	4:00am	1066: A Year to Conquer England	6:00pm	Come Dine with Me	6:00pm	5 News at 5	6:00pm	The Goldbergs	12:30pm	Sportswomen
7:30pm	BBC London News	9:00pm	Inside the Factory	5:00am	This is BBC Four	6:30pm	The Simpsons	6:30pm	Neighbours	7:00pm	The Big Bang Theory	1:00pm	Sky Sports News
8:00pm	The One Show	10:00pm	Horizon			7:00pm	The Simpsons	7:00pm	Home and Away	7:30pm	The Big Bang Theory	2:00pm	Sky Sports News
8:30pm	EastEnders	11:00pm	Live at the Apollo			7:30pm	Hollyoaks	7:30pm	5 News Tonight	8:00pm	Hollyoaks	3:00pm	Sky Sports News
9:00pm	European Championships 2018	11:30pm	Newsnight			8:00pm	Channel 4 News	8:00pm	Best of Springtime on the Farm	8:30pm	The Goldbergs	3:30pm	Live Women's T20 Super League
10:00pm	Age Before Beauty	12:15am	Travels in Trumpland with Ed Balls			9:00pm	Ackley Bridge	9:00pm	The Dog Rescuers with Alan Davies	9:00pm	The Big Bang Theory	5:00pm	Live Premier League
11:00pm	BBC News at Ten	1:15am	Animals Behaving Badly			10:00pm	999: What's Your Emergency?	10:00pm	Sinkholes	10:00pm	Gotham		Launch Show
11:30pm	BBC London News	2:15am	Inside the Factory			11:00pm	The Foreign Doctors are Coming	11:00pm	Weather Terror	11:00pm	Supernatural	8:00pm	Football
11:45pm	Stacey Dooley: Face to Face with Isis	3:15am	This is BBC Two			12:05am	24 Hours in a and E	12:05am	World's Deadliest	12:00am	The Big Bang Theory	11:00pm	The Debate - Live Fantasy Football Show
12:20am	Who Do You Think You Are?					1:05am	Random Acts		Weather: Caught on Camera	12:30am	The Big Bang Theory	12:00am	Fantasy Football Show
									Killer Landslides	12:55am	Gogglebox	12:30am	Live ATP 1000: Toronto
												5:00am	Sky Sports News
<div>itv</div>		<div>itv2</div>		<div>itv3</div>		<div>itv4</div>		<div>sky CINEMA ACTION & ADVENTURE</div>		<div>sky CINEMA PREMIERE</div>		<div>sky sports football</div>	
4:55am	ITV Nightscreen	7:45am	Totally Bonkers	3:30am	Teleshopping	4:00am	Teleshopping	9:45am	The Green Hornet	4:30am	Rememory	1:00pm	Football's Greatest
6:05am	The Jeremy Kyle Show		Guinness World Records	7:00am	Classic Coronation Street	7:00am	The Chase	12:00pm	Thor 2 - The Dark World	6:30am	Moana: Special	1:30pm	Football's Greatest Teams
7:00am	Good Morning Britain	8:10am	Dress to Impress	7:25am	Classic Coronation Street	7:50am	Pawn Stars	2:00pm	Thor: Ragnarok	7:00am	Journey to Oz	2:00pm	SPFL Round Up Show
9:30am	Lorraine	9:00am	Emmerdale	7:50am	Heartbeat	8:10am	Pawn Stars	4:20pm	2012	8:45am	Brigsby Bear	2:15pm	SPFL Greatest Games
10:25am	The Jeremy Kyle Show	9:30am	Coronation Street	8:55am	The Royal Alun is getting ready for a gig in town with his new band	8:30am	Kojak	7:00pm	Thor 2 - The Dark World	10:30am	Mamma Mia - Here We Go Again: Special	2:30pm	MLS Round Up Show
11:30am	This Morning	9:55am	Coronation Street			9:30am	Quincy, M.E.	9:00pm	Thor: Ragnarok		We Go Again: Special	3:00pm	Championship Season Review
1:30pm	Loose Women	10:25am	The Ellen DeGeneres Show	9:55am	Judge Judy	10:30am	Minder	11:30pm	The Green Hornet	11:00am	Justice League	4:00pm	Football's Greatest Teams
2:30pm	ITV Lunchtime News	11:20am	The Bachelor	10:20am	Judge Judy	11:35am	The Sweeney	1:45am	Domino	1:05pm	Ali and Nino	4:30pm	Football's Greatest Teams
2:55pm	ITV News London	1:15pm	Emmerdale	10:50am	George and Mildred	12:40pm	The Professionals	4:00am	The Day the Earth Stood Still		As Azerbaijan fights for its independence, a young Muslim man attempts to build a life with his Christian lover.	5:00pm	Football's Greatest Teams
3:00pm	Judge Rinder	1:45pm	Coronation Street	11:20am	Inspector Morse	1:45pm	Kojak			3:05pm	Journey to Oz	5:30pm	One2eleven
4:00pm	Dickinson's Real Deal	2:15pm	Coronation Street	1:35pm	The Royal	2:50pm	Quincy, M.E.			4:45pm	The Female Brain	5:45pm	One2eleven
5:00pm	Tipping Point	2:45pm	The Ellen DeGeneres Show	2:40pm	Heartbeat	3:50pm	Minder			6:45pm	Top Ten Show, the 2018	6:00pm	Football Years
6:00pm	The Chase	3:35pm	The Jeremy Kyle Show	3:40pm	Classic Coronation Street	4:55pm	The Sweeney			7:00pm	Ali and Nino	6:30pm	Football Countdowns
7:00pm	ITV News London	4:45pm	The Jeremy Kyle Show	4:15pm	Classic Coronation Street	6:00pm	The Professionals			9:00pm	Justice League	7:00pm	SPFL Round Up Show
7:30pm	ITV Evening News	5:55pm	Judge Rinder	4:45pm	Inspector Morse	7:05pm	Storage Wars Texas			11:05pm	Brigsby Bear	7:15pm	SPFL Greatest Games
8:00pm	Emmerdale	7:00pm	Dress to Impress	4:55pm	Heartbeat	7:35pm	Storage Wars Texas			12:50am	The Ghost of Charnel House	7:30pm	MLS Round Up Show
8:30pm	10k Holiday Home	8:00pm	You've Been Framed! Gold	6:55pm	Murder, She Wrote	8:00pm	Pawn Stars			2:50am	The Delinquent Season	8:00pm	Football
9:00pm	Love Your Garden	8:30pm	You've Been Framed! Gold	8:00pm	Midsomer Murders	8:30pm	Pawn Stars					11:00pm	The Debate - Live SPFL Round Up Show
10:00pm	Long Lost Family	9:00pm	Two and a Half Men	9:00pm	Scott and Bailey	9:00pm	River Monsters					12:00am	SPFL Greatest Games
11:00pm	ITV News at Ten and Weather	9:30pm	Superstore	10:20am	Scott and Bailey	10:00pm	Tomorrow Never Dies						
11:30pm	ITV News London	10:00pm	Creed	11:00pm	A Touch of Frost	11:00pm	FYI Daily						
11:45pm	The Frankenstein Chronicles	11:00pm	FYI Daily	11:00pm	ITV3 Nightscreen	11:05pm	Tomorrow Never Dies						
12:45am	The Bletchley Circle: San Francisco	11:05pm	Creed	3:05am	Teleshopping	12:25am	Senna						
1:40am	Lethal Weapon	12:40am	Family Guy	3:30am		1:25am	FYI Daily						
2:25am	Jackpot247	1:10am	Family Guy			1:30am	Senna						
4:00am	Loose Women	1:35am	American Dad!			2:40am	The Protectors						
						3:10am	Ax Men						
						3:55am	ITV4 Nightscreen						
						4:00am	Teleshopping						

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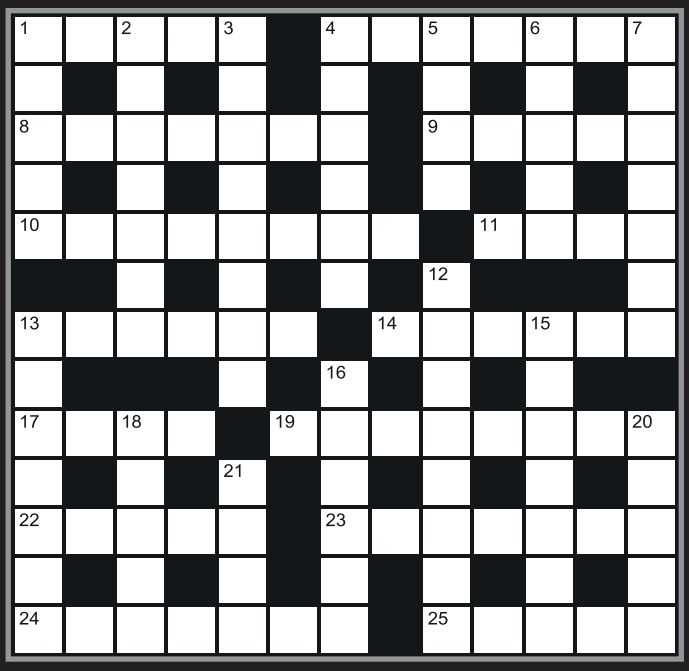
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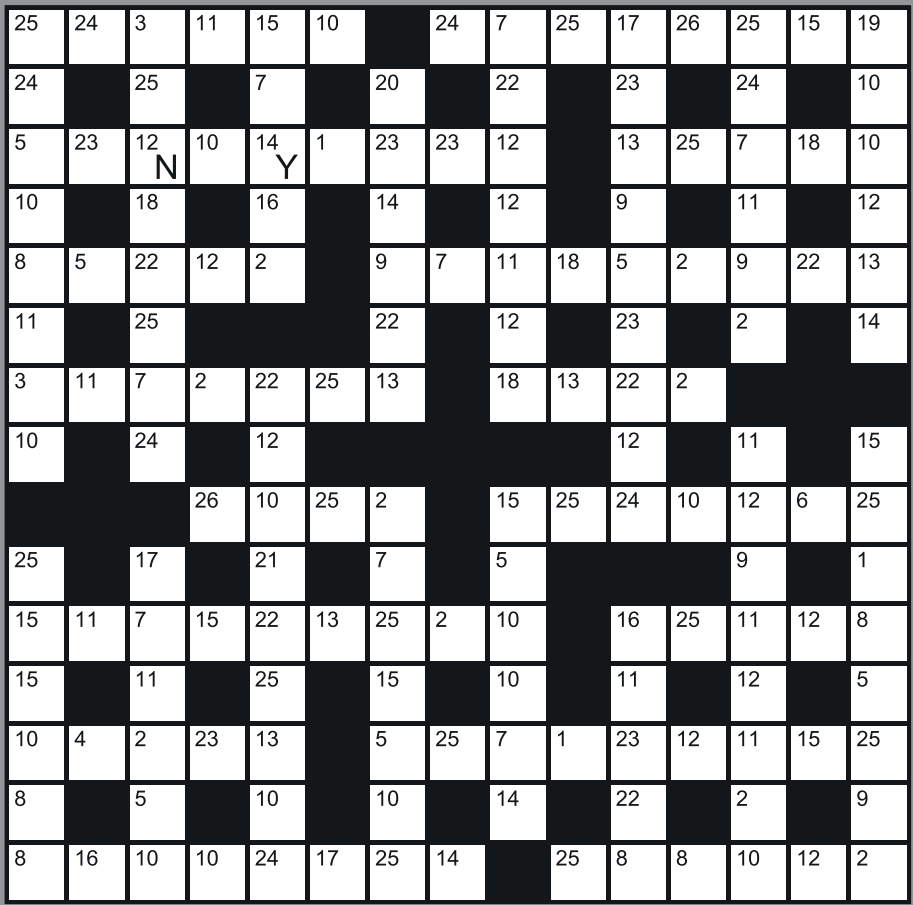
- Across**
- 1 The fruit of engagements (5)
 - 4 Penny lets out suits (7)
 - 8 Having broken toe with rake, produces acorns (3,4)
 - 9 Swim or go on all fours (5)
 - 10 Irregular form of PC's radio (8)
 - 11 Erotica used in part about the ears (4)
 - 13 Tone down safety first repeatedly (6)
 - 14 Something lucky in grandma's cottage (6)
 - 17 Source of danger irks badly (4)
 - 19 Draughts in politician's country house reported (8)
 - 22 Parts of Delaware are well informed (5)
 - 23 Very serious in grammatical form (7)
 - 24 Problem behind TV (7)
 - 25 Cold warmth? That's a fraud (5)



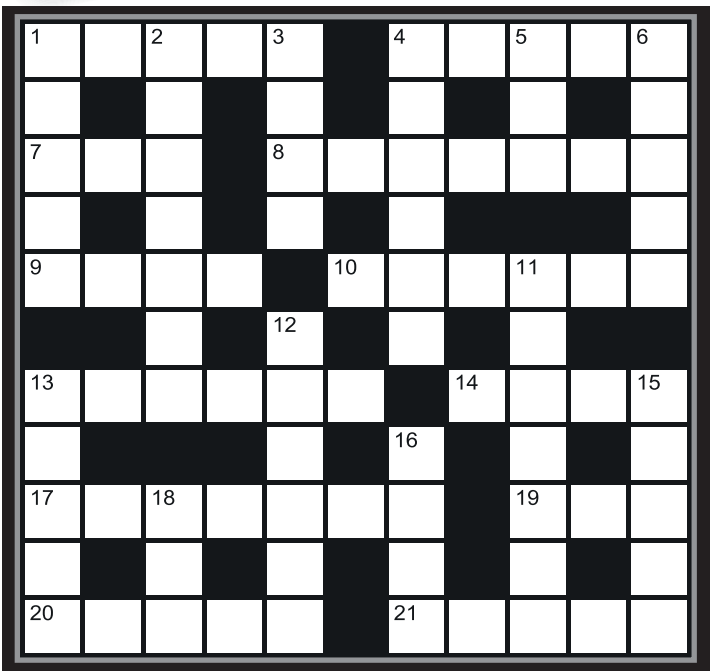
- Down**
- 1 Jim Morrison's band's openings (5)
 - 2 Mimic a rocket launch (4,3)
 - 3 Vessel carrying right flag (8)
 - 4 Referee seen in photos for a starter (6)
 - 5 Eat into some wet chips (4)
 - 6 Quiet at back of tunnel (5)
 - 7 Seek proper treatment of colitis (7)
 - 12 Drug out of place on Arctic (8)
 - 13 Runs naked around skaters (7)
 - 15 Can eels somehow purify? (7)
 - 16 Psychiatrist's contract (6)
 - 18 Stylish, second trading place (5)
 - 20 Paper put to bed (5)
 - 21 Greek goddess is part of the Ram constellation (4)

Code Breaker

Each number in the Code Breaker grid represents a different letter of the alphabet. In this week's puzzle, 12 represents N and 14 represents Y, so fill in N every time the figure 12 appears and Y every time the figure 14 appears. Now, using your knowledge of the English language, work out which letters should go in the missing squares. As you discover the letters, fill in other squares with the same number in the main grid and the control grid.



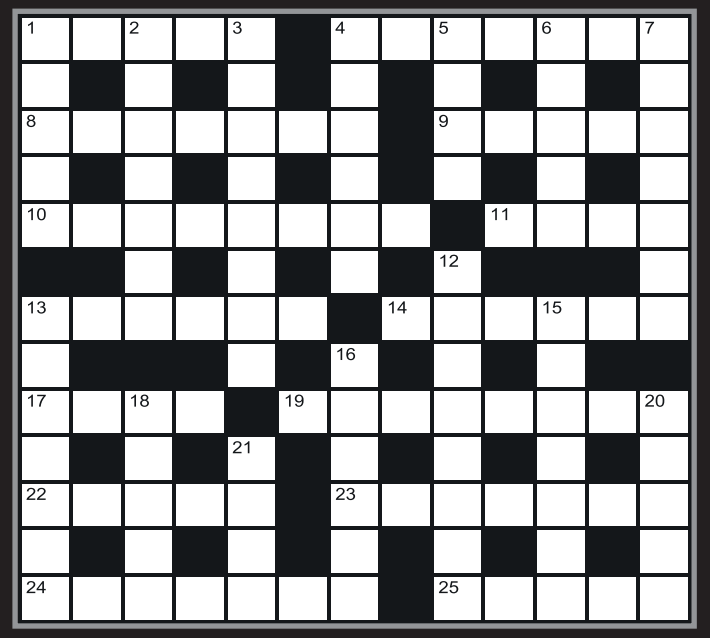
Quick



- Across**
- 1 Happen again (5)
 - 4 Have in common (5)
 - 7 Young of fox, bear or lion (3)
 - 8 Extra (7)
 - 9 Very light coloured (4)
 - 10 Leisurely (6)
 - 13 To or in a foreign country (6)
 - 14 South American Indian (4)
 - 17 South American country (7)
 - 19 Wager (3)
 - 20 Post a message on Twitter (5)
 - 21 Enthusiastic (5)
- Down**
- 1 Summarise briefly (5)
 - 2 Shoe repairer (7)
 - 3 Get up (4)
 - 4 High-pitched and piercing (6)
 - 5 Everybody (3)
 - 6 Short piece of writing on a particular subject (5)
 - 11 Person who talks at length but says little of any value (7)
 - 12 Brigand (6)
 - 13 Prevent (5)
 - 15 Theatrical performer (5)
 - 16 Impulse (4)
 - 18 Put into service (3)

English - Spanish

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



- Across**
- 1 To quote (writer, line, passage, source) (5)
 - 4 Mustard (7)
 - 8 Perdido (7)
 - 9 Strawberry (5)
 - 10 Puntos (costura) (8)
 - 11 Box (4)
 - 13 To crash (cars, trains) (6)
 - 14 Tatuaje (6)
 - 17 Gancho (4)
 - 19 Ashtray (8)
 - 22 Suma (5)
 - 23 Bracelet (7)
 - 24 Amanecer (7)
 - 25 Fright (sudden fear) (5)
- Down**
- 1 Beds (5)
 - 2 Witness (7)
 - 3 Impermeable (8)
 - 4 Imán (6)
 - 5 Caja fuerte (4)
 - 6 Pavement (for walking on) (5)
 - 7 Device (technical) (7)
 - 12 Toothpicks (8)
 - 13 Rockets (fireworks) (7)
 - 15 Hay (5,2)
 - 16 Gente (personas) (6)
 - 18 A menudo (5)
 - 20 Decline (5)
 - 21 There (indicating place) (4)

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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.

		3		21			21	3
5						7		
3					4			
		10						
		11						
3						7		
5						3		

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

T	A	C
E	P	L
I	I	M

TARGET:
Average: 10
Good: 13
Very good: 19
Excellent: 25

LAST WEEK'S SOLUTION

arco, cant, cart, ciao, coat, coin, coir, conn, corn, cran, icon, narc, orca, otic, taco, torc, acari, acorn, actin, actor, antic, cairn, canna, canon, canto, carat, coati, narco, tonic, action, aortic, arctan, arnica, atonic, cannot, canton, cantor, carina, carton, cation, citron, contra, crania, craton, tannic, cantina, carotin, contain, ocarina, raincoat, CARNATION

LOTTERY

UK NATIONAL LOTTERY
Saturday July 28

11	29	31	BONUS BALL
32	38	45	10

IRISH LOTTO
Saturday July 28

7	23	27	BONUS BALL
28	37	44	5

EURO MILLIONS

2	4	23	3
39	40	9	

11	17	22	6
23	41	11	

EL MILLON: FTF66927

LA PRIMITIVA

13	25	31	15
32	38	40	7

JOKER: 2 638 522

2	10	12	40
20	43	46	7

JOKER: 2 926 338

EL GORDO DE LA PRIMITIVA

22	25	34	8
43	48		

YOUR STARS

FOR NEXT 7 DAYS



AQUARIUS
(January 21 - February 19)

Feel sympathy for those who lack the gift of insight. Their lack of understanding upsets you, but their horizons are narrow. This is a time of giving to yourself. Look forward to some time away or indulging in something that really relaxes you. Should you be searching for someone special, they may be closer than you know.



PISCES
(February 20 - March 20)

This is not a time to drift into things because the planets are urging you to take control and forge ahead. Let others know exactly what you want and expect from them.



ARIES
(March 21 - April 20)

Someone who appears to be putting themselves in the way of your progress could simply be trying to help. They may have a valid point to make but just not be good at expressing themselves. Be aware of this because there could be a link to your health and love life.



TAURUS
(April 21 - May 21)

With your mind sharp and energy high, you want to make fast progress and, indeed, you can. You are only too aware of the time that has been wasted waiting for others. Now, most of that may be dealt with. See how others react when you do not. Leaving others to their own devices works better than nagging. Your lack of interest could worry them.



GEMINI
(May 22 - June 21)

When you meet opposition try to use persuasion and logic to win the day. Failing that, you may decide that 'enough is enough' and forge ahead, anyway. In this positive mood you find yourself attractive to the opposite sex. That does not mean you have a right to be pushy. Just use your charm. Combining business with pleasure could lead to trouble, so try to keep these two areas separate.



CANCER
(June 22 - July 23)

There is a strong feeling of 'self' this week, and you realise that you have many things to be thankful for. These thoughts come after a period of uncertainty that saw a lack of progress.



LEO
(July 24 - August 23)

You know in your heart that you should take control of your future. This is a time to talk with others and consider their thoughts. At the end of the day, however, you are the one who has the final say.



VIRGO
(August 24 - September 23)

At times this week you will feel that a certain relationship is not developing along the right lines. Although it seems that your efforts are often in vain, this is a situation that requires thought and patience on your part. It is perhaps a good time to look to your business matters for a change of scene and to set your mind on a more constructive course.



LIBRA
(September 24 - October 23)

You should not feel responsible for the failings of others. Although you may think you could have done more in a certain situation, it is unlikely that any significant difference would have resulted. This is a busy time but also one in which a small persistent voice will be heard: the voice of logic and practicality. Listen to it.



SCORPIO
(October 24 - November 22)

A long-term relationship has its wobbly moments this week, but all is not lost. Listen to your heart as it speaks louder than any other voice. You know what you need but that may conflict with what you feel you should want. In an ideal world, these two areas would be in harmony. Give a little happiness to others and your own heart will be lighter.



SAGITTARIUS
(November 23 - December 21)

Making firm decisions in your love life may prove difficult. Do not be rushed. This is far from a straightforward week and you need to remember how to relax. You are able to deal with what comes your way but it is upsetting to find that someone has been less than honest.



CAPRICORN
(December 22 - January 20)

Your sense of balance in the universe could be upset, but do not let this sour either your thoughts or your character. You are in the eye of the storm so take this time to think. A bit of care and attention is what you need and you know where to find it.

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

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

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

LAST WEEK'S SOLUTIONS

ENGLISH-SPANISH

Across:

1 Later, 4 Taste, 7 Escarlata, 8 Huespedes, 12 Alcachofa, 14 Ovens, 15 Olive.

Down:

1 Lamb, 2 Tie, 3 Rucksacks, 4 Terremoto, 5 Spade, 6 Edad, 9 Uncle, 10 Mayo, 11 Knee, 13 Ahi.

CRYPTIC

Across:

1 Castaway, 7 Elope, 8 Brilliant, 9 Lab, 10 Rent, 11 Chance, 13 Turner, 14 Hassle, 17 Abroad, 18 Calm, 20 Sad, 22 Seminoles, 23 Nails, 24 Brighton.

Down:

1/13 Caber tossing, 2 Spinner, 3 Ally, 4 Apache, 5 Noble, 6 Verbose, 7 Etonian, 12 Redress, 15 Scarlet, 16 Hammer, 17 Admit, 19 Mason, 21 Snug.

QUICK

Across:

1 Dainty, 4 Ideals, 9/25 Tip off, 10 Avocado, 11 Utensil, 12 Spare, 13 Usual, 15 Eager, 20 Award, 22 Arrives, 24 Evening, 26 Detest, 27 Weasel.

Down:

1 Detour, 2 Impress, 3 Traps, 5 Dead Sea, 6 Aroma, 7 Sacred, 8 Jolly, 14 Address, 16 Envious, 17 Ballad, 18 Basic, 19 Useful, 21 Alert, 23 Rogue.

CODE BREAKER

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

KAKURO

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

QUIZ: DEM BONES, DEM BONES

All the questions relate to human bones

- Also known as the breastbone, what name is given to the flat bone that articulates with the clavicles and the first seven pairs of ribs?
- From the Latin for 'to bind', what name is given to the sheet or band of tough fibrous tissue connecting bones or cartilages or supporting muscles or organs?
- 'Quivers down my back bone, I've got the shakes down the kneebone' are lyrics from which 1960 UK number one hit single?
- The coccyx, the small triangular bone at the base of the spinal column, takes its name from an ancient Greek word for which bird?
- What are the names of the two long bones that make up the forearm?

- What is the anatomical name for the kneecap?
- What name is given to a fracture of a bone, occurring typically in children, in which one side of the bone is broken and the other only bent?
- What name is given to the branch of medicine dealing with the correction of deformities of bones or muscles?
- Where are the metatarsal bones located?
- Which tiny bone (ossicle) in the middle ear is the smallest in the body?

Not a lot of people know that... the hyoid bone in the throat, which is responsible for holding your tongue in place, is the only bone that doesn't connect to a joint

Answers:

- STERNUM, 2. LIGAMENT, 3. SHAKIN' ALL OVER (Johnny Kidd and the Pirates), 4. CUCKOO (kukoo), 5. RADIUS and ULNA, 6. PATELLA, 7. GREENSTICK FRACTURE, 8. ORTHOPAEDICS, 9. IN THE FOOT, 10. STIRRUP or STAPES

Forward to the past

Cassandra Nash

A weekly look

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

THERE'S no 'back to the future' for the Partido Popular now that it has Pablo Casado as party president.

Confounding pundits, observers and soothsayers, the expected catfight between Soraya Saenz de Santamaria and Dolors de Cospedal did not take place.

Instead there was an arm-wrestling contest between former vice-president Saenz de Santamaria and ex-communications chief Casado, and the latter crushed the former's tiny hand.

He has the air of an Albert Rivera clone but is a young fogey cast in the political mould of Jacob Rees Mogg.

He doesn't want dialogue with Cataluña and does want to reform existing abortion laws, as he does not regard termination as a right. Ah yes, and he considers that 'feminism is a social collectivism that the centre-right has to combat.'

All of which will endear him to the



Photo credit Partido Popular

CRUSHING VICTORY: Pablo Casado.

far-right who always vote PP come what may but will alienate the undecided who are the people Casado must woo.

At least it's good news for Pedro Sanchez.

It all depends

AT the time when Pedro Sanchez launched his vote of no confidence against Mariano Rajoy and his Partido

Popular government, the PSOE would never have won a general election.

Sanchez is in the Moncloa only because the censure motion was supported by Cataluña's pro-independence parties as all agreed that ousting Rajoy was more important at that moment than ideology.

But the PDeCat recently celebrated its annual conference, raising party president and Cataluña's self-exiled ex-president Carles Puigdemont to

A lighter shade of grey

JOSE MARIA AZNAR, president of the Spanish government between 1996 and 2004, grumbled beforehand that he was not invited to the recent PP party conference. What did he expect? Aznar would have been the spectre at yet another feast, following the dyspepsia he suffered years back when his protégé Mariano Rajoy lost the 2004 and 2008 elections, and distanced himself from his mentor.

Aznar, who had expected to be Rajoy's eminence grise, has more chance of being Pablo Casado's, especially if he turns a lighter shade of grey.

still greater heights of sainthood.

No matter that only 15 per cent of PDeCat card-carriers bothered to vote and only 65 per cent of those who did vote, voted for Puigdemont.

The party's new vice-president announced almost immediately that the PDeCat MPs in the national parliament in Madrid have been told to withdraw all support for Pedro Sanchez.

So two things are obvious: PDeCat wants trouble, not dialogue, and Pedro Sanchez has learnt the hard way that you're never safe when your survival depends on someone you can't depend on.

Bitter harvest

PEDRO SANCHEZ has proposed a vote on a new Catalan Statute of Autonomy.

All of Madrid's problems stem from the 2006 Estatut. It was approved by referendum in Cataluña and passed by the national parliament under Jose Luis Rodriguez.

The Partido Popular, led by an indignant Mariano Rajoy, appealed against it to the Constitutional Tribunal who annulled the sections that most mattered to the Catalans.

columnists@euroweeklynews.com



**TV COUCH
CRITIC**

by Adam Whalley-Lewis

THIS week is probably my last chance to mention *Love Island*, ITV2.

Now, the ratings have been sky high and the UK press don't seem to be able to get enough of the beautiful contestants falling in and out of love and then spilling the beans about how their lives have been shattered by one of the other beautiful young things not finding them quite beautiful enough...

You might be surprised to read that I did watch one of the visits to the Island over the weekend, only one mind you and I had a lie down afterwards. I tuned in to see Danny Dyer make a massively hyped appearance to give his verdict of his daughter's pairing with Jack.

Danny is so famous that he could only squeeze in an appearance via FaceTime and luckily for Jack, Danny seemed to approve of him, especially his normal, rather than chiselled, tummy. Two things though. First, just when did Danny become so famous and second, I'm not sure why he's commenting on Jack's tummy, chiselled or flabby (he isn't at all flabby, but you get what I'm thinking).

I do realise, you know, that for someone who has consistently whined on about how much he dislikes *Love Island*, I do manage to drone on about it.

Goodbye to the island and food from scraps



ISLAND WINNERS: Danni and Jack.

Did you catch *Animals Behaving Badly*, BBC1 Sunday morning? Last week was all about how cunning our animal friends can be when it comes to securing food, you know, like the middle isle in Lidl when they have those really cheap solar lamps on special offer. Liz Bonnin is the host who guides us through macaques using psychological tricks to steal food and tigers, well, being tigers. I loved the hummingbirds stealing nectar, put me in mind

of a Red Bull dash to the local shops to fight off a Monday morning hangover!

If you are a fan of anything food or of *Bake Off*, I'm sure you will already have found Nadiya's *Family Favourites*, Monday BBC2. This week the lovely Nadiya was creating fabulous dishes out of stuff which my Mum would probably throw out. Nadiya also uses what she calls cupboard staples in her dishes. I think this is just to make those of us who call our cup-



Photo credit ITV/BBC

MONKEYING AROUND: Animals Behaving Badly.

board staples (really expensive) baked beans and some chicken soup, feel inadequate. The food is great and you will get some smashing ideas for easy to make dishes.

TV News, *E4* have announced the line up for *Celebs Go Dating*. Series five won't air until October and when it does you might struggle to recognise some (all) of the celebrities, but the hosts are the reason I tune in and thankfully Nadia and Tom are back. Eden isn't. He had a bust up with Nadia. He's been replaced by Paul C Brunson. If you are inclined, Google Paul.

This weekend the BBC are showing the European Championships from Glasgow.

*Go team GB.
Happy Viewing.*

Reality smiles down on us

LOVE ISLAND is the reality show like marmite, you either love it or hate it. But one thing is for sure, the fame hungry reality stars, who all look tanned and body perfect, place more pressure on us to get that beach body to die for.

With the likes of Meghan, who allegedly spent £25,000 on a makeover before she entered the Love Island house, or Jack, who travelled at great expense to Turkey to perfect his chop-pers, and with viewing figures just over the three million mark, the contestants want to look their best which requires time and money.

For most of us who aspire to be like these tanned gods and goddesses, dental enhancement is the first thing we tend to put on the list. It's a more realistic personal improvement that can be achieved simply and cost effectively at home.

Teeth whitening products are a far cheaper option to achieve the perfect smile without having to spend thousands on implants and crowns.

In recent years with demand increasing, prices start from as little as £10

with the added benefit that the ingredients of finely ground activated charcoal and bentonite clay can replenish essential minerals as well create the perfect pearly smile. James Finley, Sales Director at Pro Teeth Whitening Co, who confirmed that sales have rocketed 30 per cent since the beginning of the show, said, 'Reality TV programmes like Love Island are a great advertisement for us as all



ALL SMILES: Meghan Barton Hanson.

the cast have a great set of white teeth. Whether they've had professional cosmetic whitening treatments to achieve this is hard to tell. But home teeth whitening products are a simple and cost-effective option for anyone to use and our products work really well and safe on enamel.

"Certain brands will al-

ways benefit from the power of celebrity, and teeth whitening products are one of these.

"But it's also a seasonal trend, as summer is a time when most people are pre-holiday prepping and teeth whitening has become another part of that beauty regime.

"This could be coincidental, but one thing reality TV celebs all have in common is their perfect, white smiles."

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Chias to that!

CHIA seeds, from the 'Salvia Hispani' plant, originated in Mexico where they were used for medicinal purposes and considered to be so precious they were even used as currency.

The benefit of these seeds is now becoming widely acknowledged by nutritionists due to the high content of vitamins and minerals. Rich in Omega-3 and proteins they are also a source of antioxidants.

The most popular ways of consuming Chia is in smoothies and puddings, but they can easily be added to or sprinkled on other dishes, even a teaspoonful in a cup of tea.

Before using the seeds for any of these purposes it is recommended soaking them for 30 minutes. (One-and-a-half tablespoons to one cup water). This helps release the 'enzyme inhibitor' that protects the seed.



SUPERFOOD: Chia seeds.

It is also necessary to drink plenty of water. Chia is very absorbent so you need to replace any water it may take from your body.

Let's take a look at the health benefits.

Diabetes

Research shows that Chia could help diabetics control

their blood sugar levels. Studies indicate that a Chia-rich diet lowers harmful cholesterol and triglycerides, while increasing beneficial cholesterol. The high fibre content helps balance the bodies insulin level.

Digestive System

When consumed, due to the soluble fibre content, they create a gelatine like substance in the stomach. This acts as a prebiotic that encourages the growth of probiotics in the gut.

Heart

Omega-3 aids the heart by lowering blood pressure, bad cholesterol and inflammation.

Chia seeds actually contain more Omega-3 than salmon.

Cancer

The seeds are rich in Alpha Lipolic acid (ALA). In 2013 *The Journal of Molecular Biochemistry* found that ALA limited the growth of both breast and cervical cancer.

But it doesn't stop there, dental care is also under the chia umbrella. Calcium is the core element necessary for tooth health, vitamin A and phosphorus are important for healthy bones while zinc prevents tartar build up and has an antibacterial effect that keeps bad breath germs away.

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Update on food, drink, entertainments, what's on and weekly happenings

Five nights of diverse classical music

THERE are to be five concerts of classical music to enjoy during the 29th International Music Week of Denia which runs from August 18 to 25.

All concerts start at 8.30pm in the Denia Social Centre and tickets can be purchased separately or a season ticket will cost €55.

First on the bill, on Saturday August 18 is Paco Montalvo, who presents his album *Soul of the Flamenco Violin*, accompanied by guitar, percussion, palmas (hand clapping) and flamenco dancer.

Entry for this event is €20.

Then on Monday August 20 it is the turn of Alexander Beliaikov de Felipe, a classical pianist who will perform works by Bach, Beethoven and Chopin.

Tickets for this concert cost just €6.

In complete contrast, the following night sees a performance by the BCN Sax Quartet, a group formed by David Salleras, Marta Romero, Joan Soler and Dani Molina who presents their own



The BCN Sax Quartet present their multimedia project.

work, the Mínima Distancia Project which is a multimedia venture.

Tickets are available at €10.

On Saturday August 24, the Trio Pedrell made up of

Christian Torres González on violin, Ferran Dardolet on cello and Jordi Humer, piano will interpret selected works by Broton, Gerhard and Brahms.

Tickets for this concert cost €12.

Finally on the next day, Sunday August 25 the Orchestra of la Marina Alta celebrates 20 years of existence and will present works by two Spanish composers, Manuel de Falla and Joaquín Turina featuring soprano Carmen Paula Romero with musical direction by Francesca Estévez.

Tickets are priced at €15.

If tickets for each concert are purchased separately, the total cost would be €63 but the €55 season tickets allow you to save €8.

Triumphant arrival of OT

THERE is to be a very special concert at the Municipal Stadium Guillermo Amor, Benidorm this Saturday (August 4).

It features 16 former contestants from Operación Triunfo 2017 also known as OT (which is similar to X Factor) which promotes new singers who are also chosen to represent Spain in the Eurovision Song Contest.

This will be one of only performances in the Valencian region and will be a true representation of the successful TV programme which regularly attracts millions of Spanish viewers.

The tour is now coming to an end but producers are al-



Amaia, Aitana, Miriam, Nerea and Ana Guerra will all be in Benidorm

ready getting ready for the excitement of staging the 2018 series which sees thousands of hopefuls whittled down to a final 16.

This two hour show will

include a number of different musical genres but it appears that word about the concert spread fast and tickets which cost €30 are in great demand.

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**Eat Well
to Live Well**

by Andrew Harding



AS PROMISED this week I will discuss the remaining two fat soluble vitamins; Vitamin E and Vitamin K.

Vitamin E helps maintain healthy skin, eyes and strengthen the body's natural defence against illness and infection (the immune system). Vitamin E is found in a wide variety of foods. Good sources include: Plant oils such as soya, corn and olive oil, nuts and seeds and a particularly rich source is wheatgerm, found in cereals and cereal products and wholemeal bread.

Sunflower oil is another good source with 100 ml containing 500 per cent of the ADR (Adult Daily Requirement).

Vitamin K is essential for blood clotting, but Vitamin K deficiency is very rare due to the following:

a) There are a huge variety of food-stuffs that contain it (green leaved vegetables, such as broccoli and spinach), vegetable oils and cereal grains are the main sources.

b) The tiny amounts required to maintain health (one microgram a day per one kilogram of body weight).

c) Any unused Vitamin K is stored in the body, for future use.

Eat Well to Live Well!



SPICE UP YOUR LIFE: Ceylonese prawn curry.

**This week's recipes:
Ceylonese Prawn Curry
Serves 4**

1 large onion chopped
2 tablespoons coconut oil
6 whole garlic cloves, sliced
2 tablespoons of ginger, peeled and grated (more if you like the heat!)

750 grams fresh prawns, shells and intestinal tract removed (or 600 grams of frozen prawns, after defrosting, the amount of each will be roughly the same)

2 cups coconut milk
2 teaspoons tamarind pulp
2 teaspoons turmeric
1 can peeled tomatoes
4 tablespoons of cilantro leaves, finely chopped

1 seeded and chopped red or green chilli pepper (or more if you like the heat!)

Fry the onion in oil, until golden.

Add ginger and garlic continue to fry until the garlic becomes transparent.

Add all the remaining ingredients, except for the prawns.

Simmer for 10 minutes

Add the prawns and simmer until the prawns lose their transparency.

Serve with this:

Garlic Fried Rice

Serves 4

2 cups long-grain rice (ideally Basmati)
1 whole vegetable stock cube, crumbled
4 cups water, boiling
1 small lotus leaf (optional)
1 large onion, skinned and chopped
8 whole garlic cloves, skinned and chopped

2 tablespoons vegetable oil
2 whole red pepper, deseeded and chopped

2 teaspoons black peppercorns, ground
Juice of 2 limes

Place rice, stock cube and the lotus leaf in a rice steamer and add the boiling water.

Microwave at 850 Watts, for 12 minutes. Discard the lotus leaf.

Pour the vegetable oil into a wok, heat and add the onion. Stir-fry for two minutes, add the garlic and stir fry for a further two minutes, two minutes more with the red pepper added.

Add remaining ingredients stir and place in a warmed, covered dish.

Serve.



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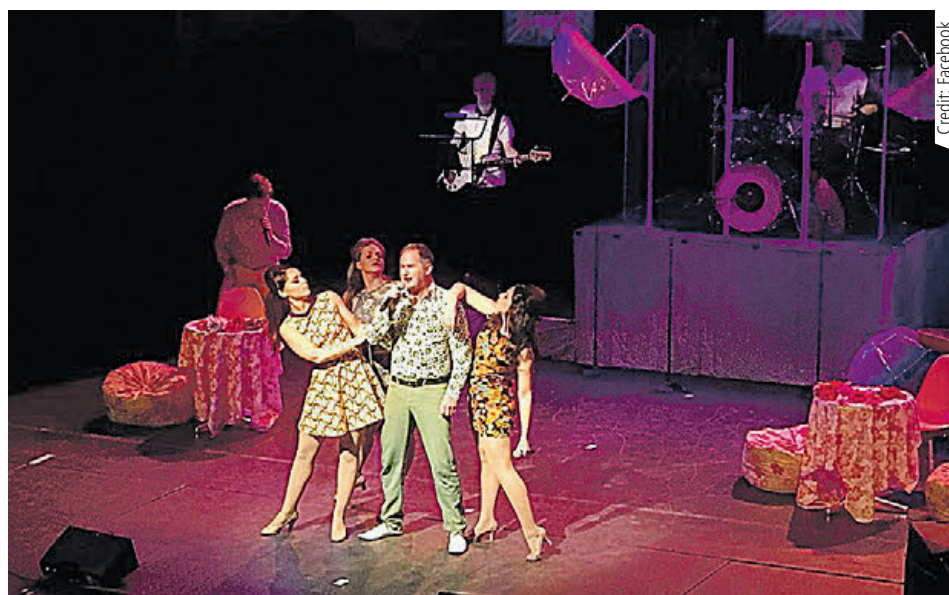
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TWIST AND SHOUT: Reliving the days of the Swinging Sixties.

Well, shake it up baby now

MANY say that nostalgia isn't what it used to be, but there is little doubt that in musical theatre it is alive and kicking.

Benidorm's top entertainment venue, the Benidorm Palace is renowned for the quality of shows that it presents, with four nights of performances of top entertainment accompanying a superb meal, but Sundays are reserved for special events.

Bookings are now being taken for Twist and Shout, a musical extravaganza that remembers the greatest hits of the 1960's, a time when skirts got shorter, hair got longer and the word teenager started to mean something more than adolescent.

This musical which appeared in the West End and is almost constantly on tour in the UK takes the audience through a decade that changed the face of music in the UK and finally allowed British acts to match and exceed America which had dominated the scene for so long.

With a band of talented musicians, six top singers (who also manage the steps of the twist and the frug) and more than 50 great hits from the decade that was nicknamed the Swinging Sixties, this is not a production with a complicated story line, rather

it is a fun-packed crowd pleaser that shoots from top song to another with the members of the cast singing solos, duets and en masse.

The audience will be able to sing and dance along with the cast of performers to the music of The Beatles, Herman's Hermits, Gerry & the Pacemakers, The Rolling Stones, Cilla Black, Manfred Mann, Dusty Springfield, Lulu, Sandie Shaw and so many more.

In reality the early 1960's weren't that great for home grown talent so the perfor-

mance starts in 1962 and then runs through to Flower Power with the clothes also changing with the songs, so that the audience is always transported to the correct period.

There is just one performance at 8.30pm on Sunday November 18 and with tickets costing just €25 it would be a good idea to book your place sooner rather than later.

For details of all events for the rest of the year, visit <https://www.benidormpalace.com/en/>.

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‘Teflon’ Trump

Mike Senker

In my opinion



Views of a Grumpy Old Man

WELL I’ve tried to ignore him - I really have, but unfortunately I can’t. Who am I talking about? I like to call him Stormy Daniels’ ex-lover, otherwise known as Donny ‘Teflon’ Trump.

This week alone I’ve read that his lawyer taped a conversation about paying off another woman. The recording offers the public a glimpse at the confidential discussions between Trump and Cohen, and it confirms the man who now occupies the Oval Office had knowledge of a proposal to buy the rights to the story of Karen McDougal, a woman who has alleged she had an extramarital affair with Trump about a decade ago.

He goes on to talk about paying cash. Yet another bit of evidence that he is just a scum bag. There are well over 20 women that allege he assaulted them. The mind boggles as to how he has got away with it. They can’t all be liars can they?

He went to Helsinki and, in a press conference standing next to Putin, Trump said he didn’t have reason to think Russia meddled with the US election, contradicting the find-

ings of US intelligence agencies. “I don’t see any reason why it would be Russia who interfered in the 2016 election,” Trump said. However, on Tuesday, after massive backlash from scores of US politicians and general outrage in the media, Trump did a complete U-turn on these comments, claiming he had intended to say “I don’t see any reason why it wouldn’t be Russia.”

Many people, including me, just do not buy this utter codswallop. Especially because Trump waited an entire day to correct himself. I mean really, come on, do any of you believe him?

How about this one? In the midst of an interview with the Director of National Intelligence, Dan Coats, MSNBC’s Andrea Mitchell told him of some breaking news. “The White House has announced Vladimir Putin is coming to the White House in the fall,” she said. Coats replied, “Say that again.” “Vladimir Putin,” Mitchell said. “Did I hear you?” he said. Mitchell confirmed Coats heard her correctly and he said, “OK ... that’s gonna be special.” This is the Director of National Intelligence!

So it goes on. This lying, cheating, racist misogynist carries on because, for some reason, his followers allow it and for the life of me I don’t know why.

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Gaw dropping Spanish hotel deal

REAL ESTATE private equity firm Gaw Capital Partners has announced that it has acquired a 50 per cent stake in Spain's leading boutique hotel brand, Hospes Hotel Group.

The transaction has been delivered through Gaw's European Hospitality Fund managed by GCP Hospitality, with the asset valued at €125 million, in a joint venture with a Spanish investment company, Omega Capital.

Hospes Hotel Group is a well-established brand in Spain with 10 properties in the luxury and heritage boutique hotel sector.

Each hotel is crafted in an artisan style, combining elements of heritage, design, local textures and innovative technology.



Credit: @theregistry/twitter

GLOBAL EMPIRE: Gaw Capital Partners owns assets across the world.

Goodwin Gaw, Chairman of Gaw Capital Partners, said:

"Entering the Spanish market with one of Spain's most distinguished entrepreneurs marks an important milestone for Gaw Capital Partners and its hospitality platform, GCP Hospitality."

"We will further expand the Hospes brand by opening more properties in tourist areas and strategic cities within Spain and southern Europe."

Focusing on real estate markets in Greater China and other global markets, Gaw Capital has raised a total of €8.6 billion equity since 2005 and has €15.5 billion of assets.

Christopher Vielle, CEO of GCP Hospitality, said:

"We are thrilled to expand our hotel portfolio to Europe."

Banks forecast strong housing market performance

LEADING banks expect 2018 to be a bumper year for the property market.

Both Bankinter and Solvia (the property arm of Banco Sabadell) have high expectations, with the latter forecasting 570,000 transactions by the end of the year, 7.2 per cent more than 2017.

Bankinter's forecasts say that the growth of employment, the attractiveness of property as an investment and reduced financing costs will make residential demand grow to a volume close to 540,000 homes in 2018 and 580,000 units in 2019, compared to 464,423 operations in 2017.

When it comes to prices, Solvia estimates that they will rise by 6.1 per cent in 2018, meaning the average Spanish property will have gained 16.6 per cent from the lows recorded in 2013.

While this is a significant increase, it is still far below the highs seen in 2007, meaning property is still relatively affordable and there is plenty of room for growth.

Bankinter is slightly more cautious, but still considers strong demand and the rebound of rental levels will push up the average price per square metre around 4 to 5 per cent, although the increase could be higher in the big cities and coastal Solvia expects an increase of 7.1 per cent in the average value of housing in Madrid, while in Cataluña it expects an increase of 10.5 per cent.

However, Bankinter warns that persistent increases close to 10 per cent are not in line with sustainable long-term trend, and can lead to overheating in 'peripheral areas.'

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Schumacher's wife buys villa



Credit: Associated Press

ISLAND LIVING: The Mallorca mansion is set in idyllic grounds.

MICHAEL SCHUMACHER'S wife has bought a €30 million mansion in Mallorca from Real Madrid president Florentino Perez, it has been reported.

Corinna, 49, signed off on the villa, which comes with a 161,000 sq ft estate, in May.

The stunning pad, near Andratx on the Mediterranean island, also features two swimming pools, a large garden, a helipad, a guest villa and unrivalled sea views.

According to media sources Corinna - who married Formula 1 legend Michael in 1995 - intends to use the property, known as Villa Yasmin, as a holiday home.

The couple previously owned a villa on the island and are thought to have holidayed

there regularly before his devastating skiing accident in December 2013.

Little is known about Michael's life since he was hurt in France and the seven-time F1 World Championship winner has remained out of the public eye.

He was put into a medically induced coma for six months after the injury to his head and is now believed to be receiving medical care at his home in Switzerland.

Billionaire Spaniard Perez bought the villa in 2005.

Following the death of his wife Maria in 2012, however, Perez stopped visiting the estate and put it up for sale last year, having paid €25 million for it 12 years previously.

Building boom stops for no law

THE amount of coastal land that has been built on in Spain has more than doubled since the introduction of a law in 1988 designed to limit development along its shores, Greenpeace has said.

A property boom in the 1990's led to an explosion in holiday homes, hotels and resorts, especially along Spain's sunny eastern and southern coast, until the market crashed in 2008.

During the boom, coastal laws were often ignored, with some local governments turning a blind eye as new buildings cropped up in the world's second most popular tourist destination after France.

"Building along Spain's coast has increased in recent years as the Spanish economy has rebounded," said Pilar Marcos, who is in charge of biodiversity issues at the Spanish branch of Greenpeace.

"Construction is returning," she said, "if it seemed that the Costa del Sol is saturated, real estate firms are already selling 11,000 new homes in 200 projects."

Spain's Supreme Court has ordered that a symbol of this building excess - the 21-story Azata del Sol complex on the Algarrobico beach in the Cabo de Gata park in Almeria - should be torn down.



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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

RECENT shock figures reveal that fewer than 5 per cent of UK street robberies and burglaries are solved, and the proportion of suspects caught and punished for all crimes has more than halved over the past five years to just 9 per cent.

The Metropolitan Police admit it solved fewer than 4 per cent of all domestic burglaries in London last year.

Do the values of the UK government and its various institutions no longer reflect the values of the majority of the British people? Do they hear only the shrill voices of the PC mob in its desire to fight perceived 'wrongs'?

As for the police, let's look at a couple of examples. Firstly, it seems there are insufficient funds to protect young teenage girls from sexual abuse, yet apparently unlimited funds to investigate allegations of historic crimes by people long since deceased. Allegations against Ted Heath, for instance, surely weren't justified so how can investigating such cases outweigh the need to protect the vulnerable of today?

Secondly, two fit, healthy men break into the home of a 78-year-old man who fights back and one dies. The police accuse him of

Isn't an Englishman's home his castle?



BE CAREFUL: It might be best not to defend yourself against burglars?

murder, defending the 'rights' of the traveller community to construct a shrine to the deceased outside the man's property, apparently unconcerned about threats against him.

If you're a middle class 'baby boomer,' it seems from a police perspective you can't be a victim. If you're burgled, you can afford it - the burglar was probably hard up and therefore vindicated! If you're attacked by a minority group, you'll probably be accused of assaulting your assailant if defending yourself.

As a taxpayer, you're paying for this 'service' but, unfortunately, can't change it.

Is it me or is the place going to hell in a hand cart as everyone's listening to the shouting of the PC brigade? The silent majority's being led by the vocal minority!

Finally, many thanks to all of you who have purchased my crime thrillers (all profits to Costa del Sol Cudeca cancer charity)

Nora Johnson's 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) from Amazon in (€0.99; £0.99) and iBookstore.

columnists@euroweeklynnews.com

LEGALLY SPEAKING

Can they get natural gas?

Q. I am president of my urbanisation and I seek your advice on bringing a supply of natural gas into our urbanisation. Some owners want gas and others do not. My questions are: Does the president have the power to disallow companies from bringing a gas supply into an urbanisation? Also, do owners have the right to order a gas supply even if the president rules against this? Finally, should such decisions be decided at an AGM by voting?

EC (Costa del Sol)

A. Properly, the installation of natural gas into a building or a housing estate of detached villas must be voted at the

AGM because the installation involves work on common elements, such as walls of the building or streets in a housing estate. This vote requires a three-fifths majority, or only one-third approval if it involves renewable energy sources, such as solar or wind power.

One owner alone must ask the community for permission if he wishes to do works on community property. The president on his own has no powers to permit or deny. Owners who do not want the new service are not obligated to connect to it.

David Searl

You and the Law in Spain



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

TECH FOR THE TIMID



I DON'T actually need Google. My wife knows everything.

Well no, she doesn't, and of course I seek stuff online, but it makes a great 'music hall-type' comedian's joke. If we still had music halls.

Those died long before our new technological age, but it's actually breathtaking just how many other things have gone south in just the past few decades.

Go on, off the top of your head, what's your partner's or best friend's phone number?

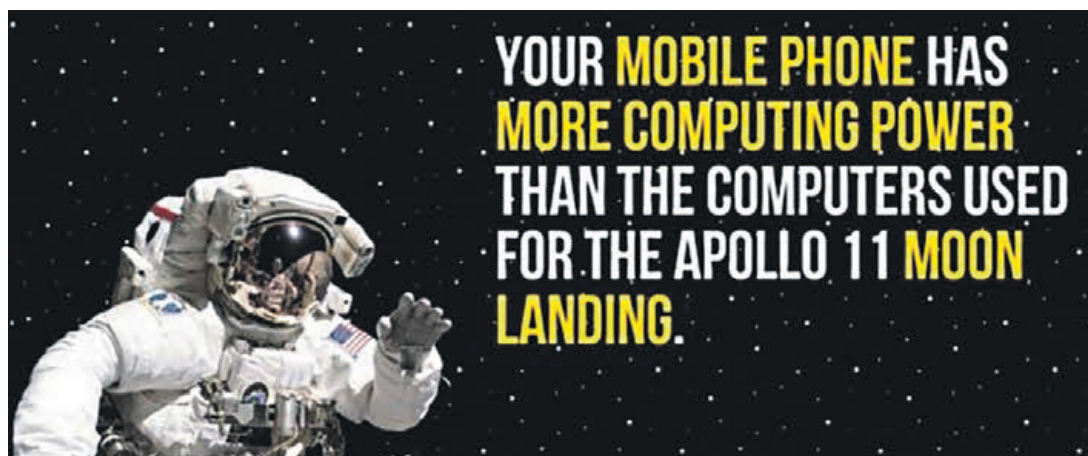
Don't worry, you're not alone; nobody knows them any more and why should we when it's all on that little pocket device said to be 1,300 times more powerful than the computer which took Neil Armstrong to the moon.

A while back I had to break the bad news to an inquiring motorist that he was several hundred kilometres off-track from the destination he intended, because he slightly mistyped it into the GPS and didn't actually have a folding map any more. Do you?

Remember the Yellow Pages, com-fortingly vast and heavy enough to

Nostalgia? I remember that ...

Terence Kennedy wonders when he could last recall a phone number



build up your biceps? Gone.

Calculate the discount on an offer in your head? As Mafia types might say: 'fuhgeddabaddit.' Even exam students use (phone) calculators now, and the world has not ended. Yet.

CD or record collections? Going, going, gone. Mixtapes? Ah, them wuz the days. Planning your viewing around the live TV schedules? Dinosaur stuff.

Let's not even mention the last time you wrote (or even typed) an actual letter. Who can actually remember a time when that involved inky fingers

and the trek to the post office (also going, going ...) to buy and lick a stamp. I wonder what philatelists collect these days, email auto-signatures?

Looking things up meant a trip to the wonderfully musty local library staffed by equally musty librarians. Finding new words involved hefting a brick of a dictionary, where now I have the entire 24-volume Oxford in a digital space freed-up by one unwanted cat video.

Remember when we had to carry jangling change in our pockets if seized by the need to use a public

phone? Come to that, remember actual phone booths?

Travel agents, like photo shops, are clinging on for dear life in our brave new world. And I recently dusted off the last cheque I wrote - nearly a decade ago.

But the ultimate chapter closed by technology for me as a writer, was the one which recently befell the very last typewriter I once cherished.

I finally, reluctantly, donated it to a typewriter museum. Which has now been demolished to make way for a data centre.

Analogging on

MY father once rejected the idea of giving a friend a book: "He already has one."

In fact, someone did just give me a book, and what a time-travelling experience this lump of dead trees has been in the e-book era.

But curiously and curiously - as Alice said in *Wonderland* - books, like vinyl records, are actually mounting a rearguard action and more of both were sold last year than the one before.

So perhaps the future is not entirely digital, or at least not yet.

I adore my Kindle with my ludicrously excessive 2,000 books or so. But unlike an old-fashioned book, I really don't recommend an e-reader when you absolutely have to hurl Dan Brown's latest piffle of a bestseller against the wall in rage.

Gathering the fruits of your labour

GRAEME TYRRELL

THE summer harvest of garden vegetables is in full swing.

If you have a vegetable patch that is being productive, you should be bringing in basket loads of tomatoes, peppers, aubergines, cucumbers, melons, summer squash, onions and a variety of other specialty summer produce.

It is a challenge to have a successful vegetable garden in the Mediterranean climate.

The reward is the freshest of produce grown with your own care and management. You know exactly what has gone into growing it and you can harvest it just at the right time to fully appreciate it at its best. Tomatoes ripened on the plant to full maturity have a taste and quality that cannot be obtained through most bought produce outlets.

Often the harvest will have an abundance of produce all at the same time. Even careful planning cannot completely elude the tendency of nature to have her feast and famine cycles. The good thing about this though



RIPE TOMATOES: Ready to harvest.

is the ability to share and conserve produce.

Sharing is best when the it is of mutual benefit for everyone. Many gardeners love to share their produce with others but over time, when they consider the work necessary to grow

the produce, it is less inspiring if those they share with have not shared the work or returned the favour in some way. This is a shame as the appreciation of quality produce requires the appreciation of the quality producer.

An abundance of produce to har-

vest is a good opportunity to help conserve much of the produce for the seasons of the year the produce cannot be grown. Opening a jar of fully ripened aromatic tomatoes in winter can bring back the memory of the summer harvest and provide a nour-

ishing addition to the meal. Even if you are not a gardener it is a great opportunity to help out to preserve the fruits of the summer harvest for the colder months.

The summer garden harvest provides the key ingredients for many Mediterranean salad and cold soup recipes.

The addition of fresh, full flavoured, fully matured, crisp and turgid items from the garden really does take the meal to another level of quality. Whether it is a potato salad, pasta salad, salad for paella, gazpacho, cold soups or a Spanish-style bread roll with cheese, tomatoes and other regional ingredients according to taste, they will all be enhanced by the fruits of the garden in the summer harvest.

So if you are fortunate enough to be a gardener who can grow your own produce, it is the time to take it easy during the summer heat and enjoy the benefits of your winter and spring efforts to obtain an abundance of a summer time harvest of delicious and nutritious produce that you have grown yourself.

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2018 garden trends

by Laura Maksvytyte

SMALL garden? No problem! Raised beds are an option, storage at the bottom and flowers soaking up in the sun on the top are a good way for efficient garden space. Hanging plants and planting roses can isolate the patio from the lawn.

Ever tried of growing your own fruit and veg? Fresh mint, basil, dill and chives are great when

preparing a family meal.

"Food gardening continues to be incredibly popular with gardeners of all ages, and for me, a big part of the fun in food gardening is trying new edibles - from quirky cucamelons and burr gherkins to super-sweet ground cherries. From chickpeas and edamame to heat-tolerant, exotic greens like magenta spreen, sweet potato leaves, and amaranth," says author Niki Jabbour.

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Natural wonders

THERE'S some fairly toxic stuff in a lot of shop bought cleaning products and if you want to avoid using them as much as possible around your home here are some possible substitutes.

- Salt can be used instead of scrubbing powder or even to unblock drains instead of caustic soda. For the latter pour salt down the drain and run through with warm water. For cleaning pots and pans sprinkle salt and clean off with a damp sponge.

- Vinegar also has many uses as a cleaning product and can remove stains on grouting, just use a small brush or cloth. It also acts as a natural deodoriser, simply place some in the microwave and bring to the boil. When left out the vinegar will absorb smells.

- Baking powder is also a good cleaning agent due to its abrasive nature. Try it on stains in coffee cups that even conventional cleaning won't remove - mix with some water and soak for a few hours before scrubbing clean.

- Olive oil can be used for polishing shoes or metal if rubbed with a clean cloth. It also removes stubborn stickers such as price tags on glass or plastic.

SALT & VINEGAR:
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Discover how to make the most of the month ahead with your August astrology, numerology and tarot forecast ...

Sally Trotman

www.sallytrotman.com

Sally Trotman is a qualified Counsellor who works with Astrology, Numerology and the Tarot. Each month she will deliver the forecast as an intuitive tool to aid increased self awareness.

ASTROLOGY: shine bright

Sun in Leo: Until August 23 the sun is ruled by Leo. This generous and loving sign is encouraging you to share your natural talents and gifts with others. Consider your strengths and how you can make the best use of these this month.

Focus on what you want and take steps towards fulfilling your goals this month. During the height of summer growth occurs quickly and abundantly, so make the most of this powerful energy. In the last week of August the sun moves into the more studious sign of Virgo. Pay attention to detail in all your dealings.

Get in tune with the moon: This month the new moon in Leo on August 11 may bring flashes of inspiration and ultimately a new vi-

sion for your path ahead. This partial solar eclipse is the last in the eclipse season.

Release self-doubt and follow your heart. Tap in to the creative power of this sign through song, dance or any other form of artistic expression you enjoy. Share your light with the world and watch as you attract new opportunities by showing who you really are.

Numerology: think big!

Number 8: The influence of this number brings the opportunity for intense focus and drive to succeed in whatever area of your life is most important to you at this time. The keywords for this number are power and balance. Consider how you use your power, through your thoughts and words. How can you balance your heart, mind and actions this



SUN IN LEO: Generous and loving sign.

with your most important goals.

The Tarot: find your inner strength

The eighth card in the Major Arcana Tarot deck is the card of Strength. Depicted as a woman taming a lion, the influence of this card helps you to overcome problems through your own strength of character. It indicates a time of improved health and recovery from setbacks. A card of self-mastery, state your needs this month, and tell others what is important to you. By honestly expressing what is true for you, others will reciprocate,

which will lead to a more open and authentic connection. This happy and fortuitous card promises a bright and hopeful outcome in the areas of your life which may have been challenging during the first six months of the year.

I am attracting abundance through all channels of the universe

Your Personalised Forecast

Astrology, numerology and the tarot are ancient tools of divination which aid self-awareness. By looking at the unique numbers, planets and corresponding tarot cards linked to your date of birth, I will intuitively guide you to become clearer, calmer and more confident about your direction. I offer consultations by Skype, Facetime and Facebook Video. Please contact me to arrange your appointment at sally.trotman@btinternet.com or call on 07944 744493.

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Advertising Feature

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*Malcolm Westwood
Dog owner, Wales UK.*

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Palm honey is worth a gold medal

LETTERS FROM CANARIES

By Barbara Belt
barbarabelt@gmail.com

SINCE my last missive, we've sung, dressed up, danced traditional dances, eaten and drank too much, and generally enjoyed Canaries Day, as we do every May 30.

It's a celebration of all things Canarian, marking the Canary Island parliament's first session, which was on May 30, 1983, since which time the islands have constituted one of Spain's autonomous regions.

The then Provisional Parliament had to choose a date for Dia de Canarias which: 'Has a historical, but at the same time contemporary, significance, with a future focus (!)'. This, understandably, created lots of argument and near fracas for the fledgling parliament. Commemorating the date of the first Canarian Parliament then saved the day. Politicians like a bit of immortality.

Dia de Canarias has become an institution, featuring national dress that's rocketed in popularity over the last 35 years, with each island boasting its own. There are romerias, fiestas, sporting events, concerts, school parties as well as performances of Canarian legends and history.

To mark the date, worthy Canarians are award-



INSTITUTION: Canaries Day celebrations.

ed the Canarian Gold Medal. The list of winners is long and dignified, but let's skip to the 'Los Guaraperos de La Gomera, for keeping alive a 500-year-old tradition' award.

These guaraperos (palm sap tappers) climb tall, swaying palms to work with sharp tools at the top. It's risky. The award, sadly, comes too late for father-of-three Jesus, a leading guarapero who was found dead under a palm tree in March.

"On the islands, the indigenous population made honey from palm trees. This liquid looks like cloudy lemon water and has a very agreeable flavour. When concentrated by boiling, it pro-

duces a syrup known as miel de palma (palm honey) used in the confection of desserts and sweets," said A J Benitez in *Historia de las Islas Canarias*.

When the Spanish arrived in the 15th century, the native populations of all seven islands were tapping guarapo and drinking it, or boiling it down to make palm honey, and had done so for millennia. Since then, the practice has disappeared everywhere but La Gomera.

The guarapero climbs to the top to clean off greenery and expose the crown. He uses a chisel to gradually form a hollow there, inserting a hori-



GUARAPEROS: The palm sap tradition lives on.

zontal length of cane to drain the guarapo off into a bucket suspended below. Early next morning, it's collected and filtered. Once a palm's been tapped, the delicate, exposed area needs protecting from sunlight. New fronds quickly sprout. The palm mustn't be tapped again for three or four years. The guarapero's work is sustainable. Palms aren't harmed.

Today, guarapo is poured into stainless steel cauldrons, slowly cooked for several hours and gradually becomes thicker, darker and sweeter. When a thin, continuous string of boiled guarapo falls from a spoon, it's miel de palma and is left to cool before bottling for sale. Try some if you can get it. It's delicious! Congratulations to all Canarian Gold Medal winners, especially Los Guaraperos de La Gomera. Rest in peace Jesus.



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Even more luxury from Bentley



SMOOTH: Sweeping lines give the car a muscular but elegant look.



THE new limited edition Bentley Mulsanne has been unveiled - and it is a stunning example of the luxury that the marque is so rightly renowned for.

The Mulsanne WO Edition by Mulliner was conceived as a homage to the founding father of the company.

To follow this theme, the Crewe-based manufacturer has cleverly decided to incorporate a real piece of Bentley history in every car.

Each of the 100 limited edition

Mulsannes will have a slice taken from the original crankshaft of WO Bentley's personal eight-litre car displayed in the interior.

It was the last model he designed for the company, way back in 1930. The crankshaft was removed and put into storage with no one quite sure what to do with it - up until now that is.

The Mulsanne WO Edition can be specified on any of the three-model Mulsanne range, based on customer preference. Key fea-

tures include a colour split interior cut from Heritage Hide reflecting the patina of vintage cars, elegant Beluga black wheels and a stunning cocktail cabinet or bottle cooler, featuring a slice from the original crankshaft, set into the armrest.

This special model will make

LUXURY: The immaculate details are inspired by 1930's British cars.

its public debut at Monterey Car Week in California, USA in late August, with customer deliveries starting in 2019 - Bentley's centenary year.

The new Mulsanne WO Edition by Mulliner draws on design cues taken from the eight-litre - built in an era that has been defined as the 'golden age' of mo-

toring in Britain. Just 100 examples will be handcrafted by Mulliner.

The interior displays a range of exquisite features inspired by luxury living in the 1930's - key to which is the Mulliner illuminated cocktail cabinet. A marquetry scene on the handcrafted unit - depicting the geometric front matrix grille and headlight of the eight-litre - reveals a display window, inside which the piece of the

crankshaft from WO Bentley's own eight-litre car is showcased.

To create the marquetry scene, a number of different veneers and materials were used. Four different wood types give contrast and depth to the piece, while aluminium is used to achieve the highlights, signature and geometric pattern. The diamond-like borders that run parallel to each side add to the contemporary look while retaining an art deco feel.

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New Macan's Chinese launch

PORSCHE has unveiled the new Macan, four years after the original was unleashed on the world.

At the time it was decided to fill the gap between its traditional sports car models and the bigger Cayenne SUV - and do it in style.

Since then the Macan compact SUV has been a huge success

with more than 350,000 units sold - 100,000 of them in China.

This probably explains why this model was officially launched in Shanghai, with Porsche hoping the facelift will help it maintain its popularity in the Chinese market.

The car has been enhanced in


terms of its design, comfort, connectivity and driving dynamics, says Porsche. One thing hasn't changed though - it remains the sportiest option in the compact SUV sector.

The new Macan certainly is stylish, with both visibility and stand-out looks enhanced by a three-dimensional LED tail light strip. LED technology also features in the headlights as standard.

On the inside, an 11-inch touch screen is central to the new Porsche Communication Management (PCM), while air vents have been redesigned and repositioned. It also features the GT sports steering wheel familiar from the 911.


The PCM enables access to new digital functions, such as intelligent voice control and the online navigation system provided as standard. The vehicle's range of comfort equipment has also been expanded to include an ioniser and a heatable windscreen.

The new Traffic Jam Assist enables more comfortable and relaxed driving behaviour at speeds up to 60 km/h.



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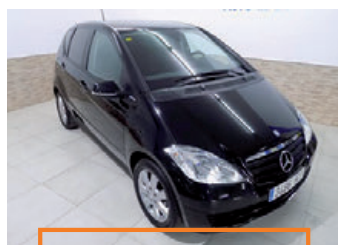


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Lew beauty

Hamilton extends F1 lead

LEWIS HAMILTON won a tense strategic battle at the Hungarian Grand Prix to head into Formula 1's summer break with a 24-point championship lead.

Ferrari appeared to blow their best chance to challenge the Mercedes driver, delaying a pit stop for Sebastian Vettel long enough to lose his advantage over Hamilton's teammate Valtteri Bottas, emerging behind the Finn.

It was a critical error that could have cost Vettel second place, but he fought back and passed Bottas with five laps to go.

Bottas misjudged an attempt to defend from Vettel, locking a wheel and even hitting the Ferrari, but Vettel emerged unscathed and overtook on the outside into Turn Two.

Bottas then slid into Red Bull's Daniel Ricciardo, which allowed Kimi Raikkonen to also pass through, and Bottas ended a forgettable race in fifth position. Hamilton's points advantage with nine races to go is almost a race victory and puts him in a strong position for when the season restarts in Belgium at the end of August.



Credit: @Formula1/Twitter

SWEATY WORK: Hamilton reflects on his important victory.

"We need to apply more pressure in the second half, this is where we need to turn up the heat," said Hamilton.

"It's been trying - physically, mentally and emotionally demanding - but a period I am really proud of, and look where we are standing," he said.

Vettel said he was confident Ferrari would be able to mount a serious challenge to Mercedes in the remaining races, and thinks his car has the pace to challenge Hamilton.

One of the boyos

GERAINT THOMAS became the third Briton to win the Tour de France when he crossed the line in Paris.

The Team Sky rider, 32, follows Sir Bradley Wiggins in 2012 and four-time Tour champion Chris Froome as Britain celebrates a sixth win in seven years.

Alexander Kristoff won the final sprint finish on the Champs-Elysees as Thomas crossed the line arm-in-arm with Froome after three weeks of racing.

He beat Dutchman Tom Dumoulin by one-minute 51 seconds, with Froome third.

The Welshman, who rode in support of Froome in each of his four wins, had built up that lead over the previous 20 stages, and Tour convention dictates that the yellow jersey is not challenged on the final stage.

"When I rode on the Champs-Elysees for the first time in 2007, that was insane, just to finish the race and be a part of it," said Thomas.

Froome was the heavy favourite to become the fifth rider to win a record-equalling fifth Tour de France title.



Credit: @chrisfroome/Twitter

G WHIZZ: Thomas and Froome cruise to the finish line.



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MICHAEL SCHUMACHER'S 19-year-old son Mick, has claimed his maiden Formula 3 victory on the Spa-Francorchamps circuit, 26 years after the legendary German driver, won his first F1 title there.

TO READ MORE

BARCELONA Football Club has sparked a sexism row after players of the men's and women's teams flew in separate parts of the plane.

The men's team enjoyed the luxury of business class on a flight bound for Portland, United States where the club's pre-season tour is taking place.

But photos on social media show that the women's team were forced to put up with economy seats, causing widespread outrage.

Prior to take-off both the men and the women posed for a photo-op in business class as part of Barcelona's first ever mixed-sex tour.

Most of the men's squad were made up of 'B' team players as stars like Lionel

Plane crazy!



Credit: @BarcaWomen/Twitter

SEAT SAGA: Barca will make sure the incident will not happen again.

Messi and Luis Suarez are given extended rest from the

World Cup in Russia last month.

Social media users vented their anger over gender inequality in the sport, but both Barcelona and a member of the women's team have played down the situation.

The club said it didn't know that the women's team would be joining the tour when they chartered the flight, and that there were only 36 spaces in first class.

Women's striker Alexia Putellas said:

"Barcelona back women's football, but it's something that can't go straight from zero to 100."

Gareth won't Bale

WELSH galactico Gareth Bale is reportedly willing to extend his contract with Real Madrid next summer, committing his long-term future to the Spanish giants.

With the departure of Cristiano Ronaldo to Juventus and the arrival of new head coach, Julen Lopetegui, the ex-Tottenham Hotspurs player sees an opportunity to finally cement his place in the club's starting 11.

Just two months ago, speaking after Real Madrid's Champions League triumph in the Ukraine, Bale spoke of his determination to find regular football, even if that means leaving the club.

He said: "I think I have to play every week. If I can't do it at Real Madrid then it's something I have to think about."

"Now I have time and have to wait to see what happens in the future."

Bale is currently contracted



CREDITED: @GarethBale11/Twitter

PARTING WAYS: Bale hopes to step out of Ronaldo's shadow.

to Real Madrid until 2022, after renegotiating his contract in 2016.

His future at the club is looking much brighter after this summer's developments, with former Real Madrid star Steve McManaman tipping him for success.

"I think Julen Lopetegui

wants Bale to assume the leadership role Ronaldo had at the club.

"It's very difficult because Cristiano averaged a goal every game, but he (Bale) is a different kind of player, very dynamic and he will have a magnificent season," explained McManaman.

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Comeback king

BRITISH former world heavyweight champion Tyson Fury says a deal to fight Deontay Wilder is "almost done."

Fury made his return to boxing after a 32-month absence with an easy victory over Sefer Seferi last month.

The 29-year-old is set to fight Italian Francesco Pianeta on August 18 and said a bout with America's WBC title holder Wilder could follow in December.

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