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Body found

THE crew of a British boat have found the body of a 23-year-old from Velez-Málaga who disappeared while fishing with friends off the coast of Cadiz Province last month.

A Guardia Civil and coastguard patrol was dispatched to the area about 10 kilometres off the town of Barbate when the remains of Fidel Jimenez Marin were found.

The 23-year-old was living in the town at the time of his disappearance on Sunday July 22.

Juan Toro, a friend of the 23-year-old who was fishing with him on July 22, said the body was identified by its diving suit.

Fidel Jimenez and Montse Marin, the 23-year-old's parents, said the discovery had put an end to more than two weeks of "nightmare and uncertainty."

They travelled to the town last Monday where they began making arrangements to transfer their son's body back to Velez-Málaga. Pathologists are now due to conduct a post-mortem examination on Jimenez Marin's remains.

Fidel Jimenez Marin was fishing with two friends around eight kilometres off the shoreline in roughly 16-metre-deep waters when he fell in the water.

Toro said he saw Jimenez floating face down and unconscious in the water. He had tried to pull him out, but currents swept him away.



CREDIT: Motril Port Authority, via Flickr

ALLEGATIONS: The groups said weapons were being shipped out of Motril's port.

Locked and loaded?

Fury over Saudi arms claim

By Joe Gerrard

PROSECUTORS in Granada have been urged to probe claims that arms and explosives have been illegally shipped from Motril to Saudi Arabia three times this year.

The leftist Motril En Comun group and the regionalist Nacion Andaluza party have both called on authorities to investigate the shipments and halt them if the allegations prove true.

The groups claimed the

shipping of military weapons from the port broke several Spanish and European regulations. They have requested further shipments be stopped if an investigation is opened.

The first of this year's ships, the Bahri Hofuf, left Motril's port in February laden with explosives and ammunition made at a Granada arms factory.

The Bahri Jazan left two months later and a third ship set out on June 26. All were

bound for the Saudi port of Yeddah, the groups claimed.

The allegations come as Amnesty International called on Spain and other countries to cease arms shipments to Saudi Arabia

earlier this year.

The NGO claimed the weapons were being used to target civilians in the ongoing Yemini Civil War which Saudi Arabia has intervened in.

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NEWS EXTRA**Rolling in the isle**

FANS of reality dating hit Love Island have poked fun at budget airline Jet2, a main sponsor of the ITV2 show, after contestants flew back from Mallorca with Ryanair.

Rock shock

GIBRALTAR'S Ape Management team has warned drivers to take care after three young Barbary macaques were crushed to death by vehicles pulling away while they were playing under them in the upper rock nature reserve.

Total boob

GUARDIA CIVIL director Felix Vicente Azon has sparked outrage after placing a female officer on a month's gardening leave and fining her after she filed a formal complaint over a lack of female bulletproof vests.

By Matt Ford

A HOMELESS man allegedly paid €100 by a British stag party to have the groom's name and address tattooed on his forehead has called for them to be jailed.

Polish-born Tomek Matuszewski, 34, says he has reported the offenders to the police after returning to Benidorm from Granada in Andalucia, where he spent a few days with friends.

And he marched to the Foreign Tourists' Office to file a complaint about the incident before being taken for a medical check-up.

He said being handed the money while drunk was "like winning the lottery," but was horrified when he woke up the next day.

"My reaction was: 'what the f*** have I done?'" he added.

The inking was supposed to read 'Jamie Blake, North Shields NE28,' but only the first two letters of the post code were completed because Tomek was in too much pain, and now he wants those responsible to face justice.

Speaking to UK media, he said: "I'd like to see the culprit

Tat row goes on



Photo credit: Shutterstock/Facebook/Judy Broadbent

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INK PROBE: Mr Blake, pictured with his fiancée, is accused of paying Tomek to have his head tattooed.

go to jail as well as the tattooist. I want justice and I hope karma will come back to them."

Mr Blake, 36, earlier denied his involvement in the stunt having recently moved to Benidorm and deciding to go ahead with his stag party despite separating from his fiancée.

He told the *Newcastle Evening Chronicle*: "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 money."

The incident has sparked outrage among expatriates in the holiday hotspot, and Karen Maling Cowles, president of the Benidorm British Business Association, has been leading a fundraising campaign to get the tattoo removed.

She said: "Tomek has contacted us. He was emotional and overwhelmed by the publicity given by the media and acts of kindness by the public.

"We are looking for help with various things for Tomek including somewhere not expensive for him to stay while we get things organised with doctors and so on."

Maureen Daniels added: "Well done for standing up to help this poor man. He has gone from an encounter with the worst of British in Benidorm to the very best. I hope his problems will soon be on the way to being solved."

Holidaymaker Paul, a 35-year-old lorry driver, told *The Sun*: "Today I've seen in the papers that Jamie has said it was nothing to do with him and Tommy wasn't homeless. That's a joke - it was his idea."

Police have confirmed they are probing the incident.



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Man dies on pavement

EMERGENCY SERVICES personnel were called out to Algarbo after a man collapsed unconscious on the street next to the town's Technical Vehicle Inspection (ITV) centre. First responders attempted to revive the man for half an hour while waiting for paramedics until he was declared dead from a suspected heart problem.

Dog found

LOCAL POLICE in Velez-Malaga have rescued an abandoned dog which was found last Saturday sitting in a cardboard box in the Arenas area of the town. Officers have sent out an appeal on their Facebook page seeking information on the person responsible, who is suspected of previously abandoning another dog.

Flat fire

A 43-YEAR-OLD woman was taken to Carlos Haya hospital with burns following the outbreak of a fire at her apartment in the Rincon de la Victoria area. Emergency services were called out to the block of flats in Torre de Benagalbon after the blaze started in the fifth storey apartment last Friday.

Man held

OFFICERS in Motril have arrested a 27-year-old man subject to a European Arrest Warrant issued by Dutch authorities for public order offences. The detainee, who was boarding a ferry at the port at the time of the arrest by National Police, has been sent along with case proceedings to the courts.

Selling stats

A TOTAL of 83 operations against unlicensed street vending took place in Almuñecar during June and July, according to statistics from the town's Local Police force. Officers have seized items including sportswear, sunglasses, bags, CDs and toys, with 61 of the raids taking place on the San Cristobal promenade.

Hotel blaze

AROUND 150 people had to be evacuated from a hotel in Nerja after a fire broke out in its ground floor kitchen at around 6.30am last Friday. Firefighters were despatched along with medical personnel and Local Police officers and a 35-year-old cook was later taken to Axarquía Hospital for smoke inhalation treatment.



THE BIG PICTURE Nº 26

Photo credit Carlos F. Turienzo

HEAVENLY VIEW: The incredible shot was captured in Italy's Dolomite mountains.

Shooting stars

THE view is out of this world.

This stunning shot shows the Milky Way emerging over the three peaks of the Tre Cime di Lavaredo in Italy's Dolomite mountain range.

And it landed Spanish snapper Carlos F Turienzo on the shortlist for the 2018 Insight Astronomy Photographer of the Year contest.

Organised by the Royal Observatory Greenwich in association with *BBC Sky at Night Magazine*, the competition this year received more than 4,200 entries from 91 countries.

And after making the final cut, the Galician photographer

said: "We had been travelling for 24 hours without sleeping to reach our destination before the one night where clear skies were forecasted ended.

"After reaching the hut and having a nice dinner, we climbed up to the cliff and waited for night-time to come.

"Unfortunately it came with a cloudy sky. We stood there being optimistic, knowing that all our efforts would be rewarded, and eventually the clouds disappeared and the magic happened: a beautiful Milky Way emerged over the mountains! "It was amazing being there together enjoying the magnificent spectacle, truly a dream come true."

Jail time upheld

ANDALUCIA'S high court has upheld a 15-year prison sentence for a Danish tourist found guilty of strangling his partner with a phone charging cable in Torre del Mar.

The Andalucia Superior Court of Justice heard the case after the 54-year-old defendant filed an appeal against his murder conviction. A jury found the defendant guilty at the original trial in Malaga. The courts heard the 54-year-old was holidaying with his part-

ner in June 2015. Both were staying in Velez-Malaga and visited friends in Torre del Mar when they began arguing at a chiringuito. The victim, 40 and also Danish, decided to go back to their room at Torre del Mar's Hotel BQ. The defendant followed her there and they began arguing again and objects began to be thrown.

The 40-year-old went into the bathroom and the defendant strangled her with the cable while in there.

Cove rescue

EMERGENCY SERVICES personnel have rescued an 18-year-old tourist and taken him to hospital after he was found trapped on rocks in a Maro cove for several hours.

Guardia Civil and Local Police officers, as well as firefighters, were despatched to the La Caleta stretch of coastline after friends of the man contacted emergency services last Monday.

The group of friends had reportedly been drinking and before the 18-year-old attempted to swim

from La Caleta to the nearby beach of Burriana. He reached a rocky area where he became stuck before climbing on an outcrop near the Barranco cove.

Emergency services found the 18-year-old there after a search which lasted around four hours. Personnel said he showed signs of hypothermia, sunburn and dehydration. Paramedics treated the man when he was taken to shore by Guardia Civil underwater specialists. He did not need to go to hospital.

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IN THE POST: Orwell is thought to have caught tuberculosis after being shot by a sniper in the Spanish Civil War.

By George

PIONEERING research has suggested British author George Orwell was killed by tuberculosis he caught in a Spanish hospital.

The Nineteen Eighty-Four penman died from a haemorrhage in January 1950.

And while the cause of his death is well known, it has remained unclear where he contracted the condition. But scientific tests on a letter the author sent to Sergey Dinamov, editor of the Soviet journal *Foreign Literature*, appear to have solved the mystery.

It was written in July 1937, shortly after Orwell returned to Britain after fighting against the military uprising of General Francisco Franco. The analysis was carried out by Israeli researcher Gleb Zilberstein, who in an earlier study verified traces of kidney disease on the manuscript of Russian writer Mikhail Bulgakov's *The Master and Margarita*.

He used acetate film to extract bacteria and morphine from the document, which were checked against archived medical registration records for those that fought in the Spanish Civil War, which broke out in 1936 and ended in 1939. Zilberstein told *The Times*: "The level of infection was very high and the [hygiene standards of] hospitals were very poor."

"The civil war in Spain was the last war in the

20th century without penicillin.

"Most wounded people got infections in hospital in Spain and mortality was higher from infections.

"Orwell got TB at a period of the civil war when there was a higher probability of hospital infections."

Orwell went to Spain to write about and fight in the war, during which Franco's fascist regime battled the Republican government for control of the country, eventually becoming a lieutenant in the militia of the communist, anti-Stalinist Workers' Party of Marxist Unification. He was shot in May 1937 through the neck by a sniper while moving through trenches at the Aragon Front, with the injury permanently affecting his voice.

Zilberstein says there is a "very high probability" the author was infected while recovering in hospital, although contaminated food could also have been to blame.

The traces of morphine are believed to have come from painkillers administered to him at the time.

Orwell later moved to the Scottish island of Jura, where he completed *Nineteen Eighty-Four* as his tuberculosis worsened.

The book was published in June 1949 and the novelist - real name Eric Blair - died six months later, aged 46.

POLL OF THE WEEK

In the wake of recent boiling temperatures, do you think humans are causing the global climate to change?

LAST WEEK'S POLL:
 Should the European Union do more to help Spain with the ongoing migrant crisis?

Yes **84%** No **16%**

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TOP 5 stories



EVACUATION: After mobile phone fire.

- 7,372** views Emergency evacuation of Ryanair flight in Spain after mobile phone fire
- 6,586** views It's a heatwave: Spain's record high temperature 'could be beaten' this week
- 4,939** views Community rallies in Benidorm after stag party pay 'vulnerable' man for tattoo
- 4,877** views Fighting for his life: British teen 'poisoned' on holiday in Spain
- 3,811** views Stag at centre of Benidorm tattoo row 'already split from partner'

**For week 31 July - 6 August 2018*

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Jellyfish menace



SWIMMERS off Axarquia beaches have been warned about a new wave of jellyfish which has affected 85 per cent of Malaga's coastline.

Many of the region's beaches have been forced to fly yellow flags to alert bathers to the dangers of the creatures that have been washed in from the Alboran Sea thanks to strong Levante winds.

While the plague has affected just about all the coast - only Marbella and Estepona seem to have escaped - the beaches west of Malaga have borne the brunt.

The menace of the sea creatures has spread along the Granada coastline too. Of the 566 health-related incidents reported by lifeguards in Almuñecar, the vast majority were for jellyfish stings.

Council chiefs at Salobreña have decided to go on the offensive against the sea creatures by setting up a four strong unit of jellyfish hunters. Their task is to wade through the shallow waters netting any they spot.

At the same time they scoop up any rubbish they see, meaning the waters of the resort are not only safer, but cleaner too.

If stung, people are advised to wash the affected area with sea water, and ice or anti-inflammatory can help ease itching.

PLAGUE: Swimmers warned of jellyfish danger.

OUR VIEW

Heatwave or climate change?

THERE seems to be almost inevitability at the way in which the temperature across Europe is increasing so dramatically.

There have been heatwaves in the past, the most memorable perhaps in the UK the summer of 1976 but that was something of a freak, although 1977 also had hot periods.

This however is different as the temperatures are rising to unprecedented levels and although there is a forecast by the University of Alicante that this latest bout of hot weather has officially finished, they also believe that it will return again in September with a vengeance.

The mainstream media doesn't seem to find this particularly bothersome, although it does allow for some useful 'scorchio' headlines, but the reality seems to be that climate change is becoming more likely than ever to be the reason for this increased heat.

Many of us moved to Spain in order to enjoy the warm weather but when it becomes so hot, both day and night, that it is difficult to breathe let alone take walks; we have to sit up and take note!

For older people, the heat can be dangerous and there is also the likelihood of increased outbreaks of wildfire due to the parched undergrowth, although it appears there haven't been as many disastrous outbreaks as last year (although there is still time).

At the end of the day, please be careful during the very hot weather, keep hydrated, use sun block and if you have animals make sure that they aren't exposed to danger.

Now we want to hear your views.
YOUR PAPER - YOUR VOICE - YOUR OPINION

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Tram pledge deadline

VELEZ-MALAGA mayor Antonio Moreno Ferrer has nine months left to make good on his pledge to reopen the town's tram 'before the next municipal elections.'

So far he has had three years to get the service up and running again 'but he still insists he will hit his self-imposed deadline.'

The tram service was shut down in 2012 by former mayor Francisco Delgado Bonilla due to ongoing losses that were building up a mountain of debt.

Now the Junta de Andalucia regional government has pledged to meet 40 per cent of the deficit, which the mayor says makes the tram feasible.

However, opposition councillors say the tram infrastructure has been neglected and will need repairing at an estimated cost of €1.5 million.

On top of that Als, which has the concession for public transport in the area, says it is committed to running a bus fleet only - a new contract would have to be negotiated for a tram service.

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Dad for it

HIS rock star father is famous for his wild behaviour. And Gene Gallagher, 17, appears ready to follow in dad Liam's footsteps after big sister Molly Moorish, 21, posted a snap of him smoking two cigarettes at once in Ibiza.



LITTLE LIAM: Gene Gallagher.

The former Oasis front-man was on holiday with his three children, all from different mothers, who also include 18-year-old Lennon.

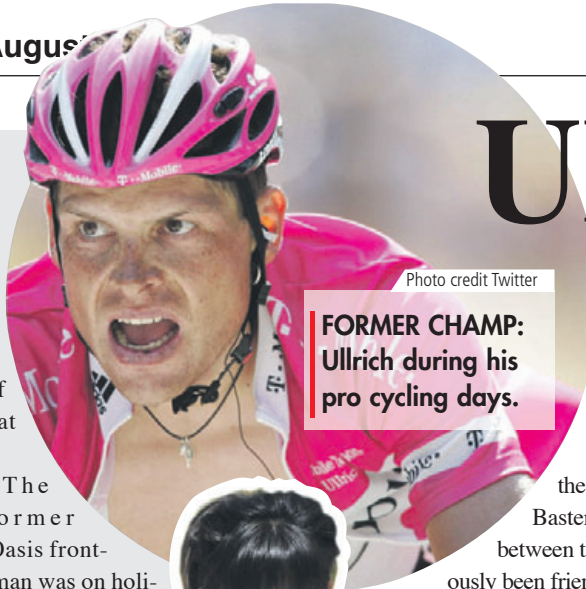


Photo credit Twitter

FORMER CHAMP: Ullrich during his pro cycling days.

Ull shook up

HE won an Olympic gold medal and the Tour de France during his time as an athlete.

But former cycling star Jan Ullrich says separation from his wife AND children has "thrown me into the deepest despair" after being arrested in Mallorca.

The German, 44, was held for nearly 24 hours after allegedly breaking into the home of neighbour and actor Til Schweiger - known for roles in Inglourious Basterds and Atomic Blonde - and threatening him. It reportedly ended in a brawl between the pair, and Schweiger told German media they had previously been friends but the relationship has recently deteriorated.

He said that Ullrich "had almost become a family member but when his wife left him he started taking amphetamines: he would only sleep for two hours. He'd start drinking beer at 6am and went on like that until the evening. He also told me that he had a prescription for cocaine."

Elle of a look

SHE earned her nickname 'The Body' after appearing on the cover of Time.

And Australian model Elle Macpherson showed she can still turn heads as she donned a sequin gown for an event in Mallorca.

The 54-year-old is rumoured to be dating British doctor Andrew Wakefield, 61, who was eight years ago struck off the UK medical register for unethical behaviour, misconduct and fraud.

Royal rebel!

SHE'S 38th in line to the British throne.

But Lady Amelia Windsor threw royal protocol to the wind after she went topless on a Spanish beach. The Duke of Kent's granddaughter, 22, was snapped wearing only a pair of pink bikini bottoms as she strolled on the beach in Santa Eulalia, Ibiza, before topping up her tan on a sun lounger.

The model is holidaying on the White Isle with sister Marina, 25.



WISH YOU WERE HEIR: Lady Amelia Windsor.



Photo credit Twitter

Foxy Roxy

SHE suffered a horror crash while driving a Formula 2 stock car last month. But former Emmerdale star Roxanne Pallett, 35, appeared to be making a strong recovery during a sunshine break in Spain. The Celebrity Stars In Their Eyes winner sent temperatures soaring after slipping into a skimpy yellow bikini before hitting the pool.

SUMMER STUNNER: Roxanne Pallett.



Photo credit Twitter

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NEWS EXTRA

Councillor car claims

A COUNCILLOR in Rincon de la Victoria has made a complaint to Local Police after returning to his parked car following a council meeting to find it damaged, with Oscar Campos claiming it was intentional.

Rally cash

A SPOKESPERSON for the conservative Partido Popular (PP) on Alcaucin's council has requested an explanation from the town's centrist Ciudadanos mayor over allegations the latter party spent public money on what Domingo Lozano claimed was an election rally.

Town plans

AUTHORITIES in Torrox have drawn up plans to undertake the beautification of its historical centre as part of efforts to improve the tourist appeal of the town following similar works recently undertaken on the seafont.

Site trips

A VELEZ-MALAGA cultural group has organised a series of visits to ancient Phoenician ruins at Toscanos on Mondays throughout this month after the site was recently excavated by workers from the German Archaeological Institute.

Beach vandal

THE mayor of Torre del Mar's office has issued a statement on what it claimed was vandalism committed on fittings on a dog friendly beach in the town which authorities said showed the culprit's lack of respect.

Dog data

AROUND 17 per cent of the roughly 9,500 pet dogs in Rincon de la Victoria have had their DNA data registered more than 10 months after local authorities required owners to do so according to Malaga Veterinarians College statistics.

A NEW JRR Tolkien-inspired theme park has been put back another year after councillors decided to spend the €1 million set aside for it on other projects.

But council chiefs have pledged to resurrect the scheme next year once they have overcome

a cash wrangle. Malaga Provincial Council is asking for €500,000 it gave for the project returned as it would appear the money has been spent, but no park has materialised. And they want an extra €50,000 in interest too.

Plans for the Rincon de

Tolkien theme park delayed

la Victoria scheme were first unveiled in 2015 but soon ran into trouble when they called it a Lord of the Rings theme

park. Producers of the hit films threatened legal action, so Rincon councillors quickly back tracked and instead called it a

Tolkein inspired park.

The plans were abandoned under a previous administration, but resumed when the present governing team came into power last year. They budgeted to start work this year, but the cash return demand has scuppered their plans.

Now the council is negotiating with the provincial council to extend the deadline for work to be done so they don't have to return the money. For this to happen the council will have to budget €1.8 million next year to build the park in the Torre de Benagalbon area.

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MARIA, 32, on holiday from Malaga

"Yes, I think so. There are so many cars and most of them are polluting the environment as much as ever.

"We have to do more, even with recycling, etc. The seasons are changing and it's quite strange to see. This summer only started at the end of June, and there was a lot of rain before that.

"But the heatwaves everywhere must also be a result of climate change.

"I work in Barcelona and it reached 40 degrees recently. There is a lot of smog there too, it's sometimes difficult

to breathe. But the authorities in Barcelona are trying to make changes to respond to this. There are parts of the city that don't allow cars through that are over 10 years old!"

Mrs Smith, 58, lives in Spain but originally from Hertfordshire

"Not really no. If you go back in history, there has been catastrophic climate change. Some of the highest temperatures ever were from times when mankind could not be blamed. I'm not saying we're

helping, but it's not all down to humans.

"There's not a huge

STREET TALK

Do you believe in climate change?

Spain is sizzling as a historic heatwave continues to scorch Europe, with above-average temperatures forecast for the next three months. But is climate change to blame?

amount of evidence, I'm more worried about plastics in the sea and the abuse of wildlife. Those are more important environmental issues for me."

David and Glynis Plume, 61 and 65, on holiday from Manchester

"Yes. Everywhere is getting warmer, although the UK still gets bad winters! The reasons are all around: pollution, cars, factories. These factors are ingrained in society and so it's not easy to change things. It will take a long time but small things can be done along the way to help.

"The developing countries

are trying to catch up though and they are not willing to make the same sacrifices that developed countries are. But then we've had our industrial revolution so maybe they have a right to have theirs!"

Chris, 35, lives in Spain but originally from Essex

"Yes. Recycling is so important too. It's vital for everyone to be aware of the environment and to play their part. It's hard to see any easy solutions. I think a lot of climate change is down to transportation. Even with all the electric cars, they might reduce emissions, but they have a negative side because of all the acids that are in-



FEELING THE HEAT: David and Glynis.

involved in battery production. The factories that are used to manufacture the cars emit more toxic waste than normal cars.

"We're never going to completely solve it, because of the lack of alternative solutions. Solar panels are too expensive and are not enough on their own."

Anonymous, 30-ish, on holiday from Manchester

"Yes, the evidence shows

that global warming has been real over the past few decades.

"The sea levels are rising, etc. We have to reduce plastics and use our own containers from home more. There was a campaign for a 'plastic free July' which was a good idea. People could also buy more second-hand clothes and use public transport more. Another problem is that trains are often more expensive than planes!"



BAKING BAD: Maria.

BOILING POINT: Chris.

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Out of danger

Poisoned Brit teen discharged

By Dilip Kuner

A BRITISH teenager who was left fighting for his life in a Spanish hospital after being poisoned with pesticide has left hospital.

Callum Forster, aged 17, and his stepdad Jamie Hadland, 24, were rushed to Torrevieja hospital after they both started feeling unwell after a family night out.

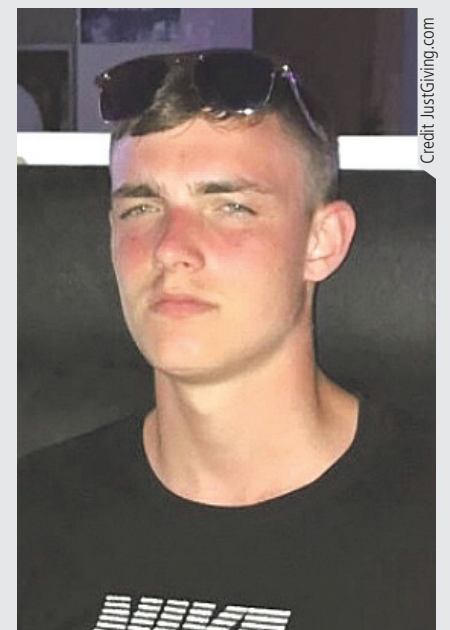
Callum had suffered 10 seizures, and the duo were both put into intensive care. They were heavily sedated to avoid seizures, but within a few days Jamie was well enough to be discharged.

However Callum remained seriously ill for a further 10 days, with tests showing both men had strong pesticide in their blood streams.

It is not known how they came to swallow the poison.

They arrived in Spain for a family holiday alongside Callum's mum, Helen Forster, 36, and younger brother Brandon, 12.

Now the entire family is staying in Villamartin on the Costa Blanca until Callum is well enough to return home to Leeds.



POISONED: Callum was kept in intensive care.

Family friend Jane Rapier set up a crowdfunding page to help them pay the costs of their extended stay. So far it has raised more than €3,000, with Helen thanking everyone who helped.



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Painkiller ‘killing Brits’



DEADLY? Nolotil.

RESEARCH has shown that at least 10 Britons have died after taking one of Spain’s most popular painkillers, Nolotil, which is banned in the UK.

In addition, more than 100 British and Irish expatriates and tourists in Spain have suffered devastating side effects after taking the drug.

The medicines regulator in Spain confirmed last Saturday that it had launched an investigation into concerns that northern Europeans may be more at risk of side effects from Nolotil.

The painkiller has not been

licensed in many countries, including the United States, Britain and Sweden, because of a possible side effect which can lead to blood poisoning and death.

Dr Rashmi Shah, a former senior clinical assessor at the Medicines and Healthcare Products Regulatory Agency, London, said: “We have known for a long time that because of genetic differences, people from particular ethnic groups can have higher probability of risk or benefit from certain medicines.

The regulators, therefore, re-

quire analysis of safety and efficacy data by population, gender and age.”

The Spanish Agency of Medicines and Medical Devices said it was gathering more evidence on the cases.

Boehringer Ingelheim, the manufacturer of Nolotil, responded in a statement:

“We take very seriously every case where a patient suffers an adverse event.

“Nolotil must not be given without a prescription. There is no scientific evidence on specific populations that are prone to develop any side effects.”

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Property Portfolio

Issue No 5

Take A Look Inside

Out Monthly Across The Axarquia

Mob boss held

by Matt Ford

THREE high-ranking members of the Russian mafia allegedly plotting a hit have been held on the Costa del Sol.

The arrests come after armed police swooped on a Marbella eatery where the gangsters were holding a meeting as shocked diners looked on.

They have been remanded in custody on charges of planning a murder, forgery and membership of a criminal network after fake Polish and Ukrainian passports were later found during searches of three properties.

One of the trio is believed to be a notorious crime boss known as The Worm, who investigators say is the mob's third-in-command at the global scale.

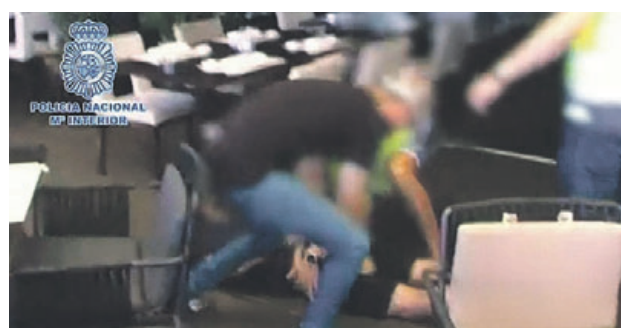
He recently fled Italy, where he is wanted on suspicion of assassinating a rival gang leader, and arrived in Spain just a few days before the dramatic restaurant raid.

A police statement said he was accompanied by a sizeable entourage 'from bodyguards to errand boys,' adding the group rented 'dozens' of apartments and hotel rooms under the names of third parties.

The men were due to hold a meeting with other mafia



Photo credit Policia Nacional



MAFIA SWOOP: The three gangsters were captured in a restaurant raid.

chiefs during which the execution of an enemy kingpin who planned to settle in Spain was to be organised.

But the murder plot was revealed over the course of a covert surveillance operation, with detectives also learning of the ring's plans to restructure after 129 suspects, including seven top dogs, were rounded up by the Spanish National Police and Interpol in June.

It is thought the planned

killing was intended as a show of strength in the wake of the giant offensive.

The probe was launched last month, when several known associates of The Worm, believed to be holed up in Lithuania at the time, appeared in Marbella.

The 10 elite criminals held during the recent swoops are known as vor v zakone - thieves in law - in the Russian underworld.

Tot mauled

A GIRL aged two is in hospital after being mauled by an American Staffordshire terrier.

She was visiting the dog's owner with her family when the animal turned on her and bit her on the cheek. The girl was treated locally in Massamagrel before being transferred to the Hospital Clinico de Valencia. According to hos-

pital sources she had been kept in but her condition is 'evolving favourably.'

The owner of the dog, a man aged 27, is being investigated for a crime of injury, while the dog has been taken to an animal shelter in El Puig. There it remains in quarantine until a judge determines its fate.

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Back to nature



MATT FORD, the long-serving editor of the *Euro Weekly News*, is set to leave the company to join a European-wide nature conservation project.

Matt, a biologist by trade, first joined *EWN* in April 2016 as a translator.

He soon climbed the ranks of the editorial team before being chosen to sit in the editor's chair in March last year.

Matt said he had thoroughly enjoyed working at the paper but added he could not pass up on the opportunity to return to his field and passion.

"It's been great working at *EWN*. I never would have imagined I would end up editing a newspaper," he said.

Matt said he first moved to Spain in 2008 and later undertook a Biology masters at the University of Barcelona. He later moved to Andalucia with his partner after she found out she was going to have a baby.

Matt soon found himself working as a reporter for *EWN* and following his appointment as editor he received extensive training from a former journalist.

"I was very lucky to have that. I'd written before for magazines and conservation science websites but that training turned me into a journalist.

"Once I had that grounding I enjoyed it. It gave me an insight into the journalism profession, into newspapers and into the expatriate community," he added.

Matt said highlights for him included working on a campaign for the family of a child who passed away in Almeria and following the ongoing Kirsty Maxwell case.

"I got the most of out of working on stories like that," he said.

Matt has now hung up his reporter's notepad and pen and is preparing to re-

locate to the German capital Berlin where he will join a PhD conservation research programme.

He will be working at the Leibniz Institute of Freshwater Ecology with leading scientists in the field of conservation biology while partially based at Cambridge University's David Attenborough building for stints with the International Union for Conservation of Nature, the global authority on the status of the natural world.

"The reason this project was created was to assess the European Union's ability to meet conservation targets set by the United Nations.

“It's been great working at *EWN*. I never would have imagined I would end up editing a newspaper

"The work I and others will be doing will go on to influence government policy, in my case with fishes in rivers and fresh water areas. Those areas are arguably our most important natural resources," Matt said.

The PhD comes on the back of Matt's lifelong passion for nature. "The chance to do this is a dream come true for me. I have always had a passion for nature and I remember drawing pictures of birds and animals from being a small child. I'm basically a nature geek.

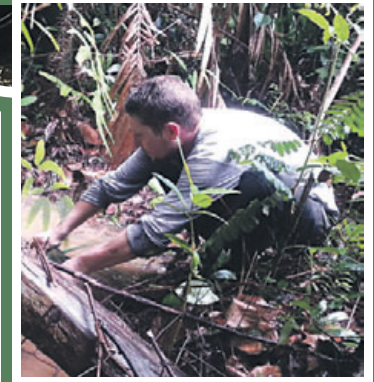
"I care about it a lot especially because many species are dying out and largely



TROPICS: Dip-netting in Borneo.



LAKE SALDA: Fieldwork in Turkey.



due to humans. If we don't take genuine action soon we will be in big trouble," he said.

Matt said he would take the skills he had picked up as a journalist with him into his Biology work.

"I'll never forget the people I've worked with. *EWN* has prepared me to take on any challenge and I want to thank everyone for the opportunity.

"Spain is a wonderful place to live but I will be back and be sure to pick up the *EWN* for a read.

"Anyone can achieve these things if they believe in themselves."

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bet365 swoop on footy clubs

BRITISH gambling firm bet365 has been accused of 'colonising' Spain's La Liga in the wake of a dramatic sponsorship swoop.

It comes as the Stoke-on-Trent based company announced new sponsorship deals with half of the country's top flight football clubs.

The agreements run until 2020, and will see the betting brand's logo appear on the websites, coaches, facilities including stadiums, at press conferences, and social networks of Athletic de Bilbao, Betis, Celta, Eibar, Español, Getafe, Huesca, Rayo Vallecano, Valladolid and Villarreal.

Anti-corruption boss on trial

THE chief of a Spanish anti-corruption group is to stand trial for extortion.

Miguel Bernad, founder of Manos Limpias (Clean Hands), and Luis Pineda, who set up Ausbanc, a legal support service for bank clients, are also accused of fraud and membership of a criminal organisation, according to a National Court statement.

They are suspected of demanding large sums of money from companies, institutions and individuals in exchange for withdrawing criminal cases they had lodged against them.

Manos Limpias filed hundreds of law-

by *Matt Ford*

suits after being created by Bernad, a prominent figure within the Spanish far right.

They include the indictment of judge Baltasar Garzon, who investigated crimes against humanity by the Franco regime, and accusing Spanish King Felipe VI's younger sister Princess Cristina of tax evasion in a corruption scandal surrounding her husband's business practices.

During the high-profile trial, the defence team claimed Manos Limpias had requested a bribe be paid to drop the allegations, but her lawyers refused.

She was in 2016 cleared of all charges, but partner Inaki Urdangarin was convicted of diverting public funds for his own gain via the non-profit Noos Institute and was sentenced to five years and 10 months behind bars.

Virginia Lopez, the lawyer representing Manos Limpias in the trial, and seven other people connected to the case have also been accused of extortion in the alleged plot.

Prosecutors have reportedly requested a 118-year jail sentence for Pineda, seen as the ringleader, more than 24 years for Bernad and 12 years for Lopez.

Tax vow sparks diesel decline

SALES of diesel cars plummeted across Spain in July.

The plunge followed Prime Minister Pedro Sanchez's government pledging to slash the existing 30 per cent gap between diesel and petrol taxes. And Energy and Environment Minister Teresa Ribera recently told parliament: "Diesel's days are numbered." While new car sales saw a 19 per cent year-on-year rise over the course of the month, diesel sales dropped by 31 per cent, according to trade association ANFAC.

A scandal over emission-test cheating is thought to have triggered the backlash.



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'No blank cheque' in F1 renewal deal



SPANISH HAM: Brit hero Lewis has won in Barcelona for the past two years.

LAWMAKERS in Cataluña regional say they will not be held to ransom by Formula 1 over the Spanish Grand Prix.

The current contract for the annual race at the Circuit de Barcelona-Cataluña expires next year, but renewal talks have been delayed due to political instability in the northern region. "The regional government is of course looking to extend the contract, but

obviously not at just any price," said Enterprise Minister Angels Chacon during an interview. "F1 cannot be a blank cheque."

And she added the new deal must be strongly linked to the circuit's new 'viability plan,' after the track last year suffered losses of €7.4 million, much of which was linked to the Grand Prix weekend.

» BUSINESS EXTRA

Summer job surge

SUMMER job contracts have seen the number of unemployed people in Spain plummet to 3.13 million, the lowest number in nearly a decade and two million fewer than in early 2013, the National Statistics Institute has revealed.

Lift off

MADRID-BASED firm Hisdesat is negotiating with Airbus and French multinational Thales over a bid to build spy satellites for the Spanish government, with the industry ministry having already approved a €750 million loan to build them.

Girl power

BANK OF SPAIN governor Luis Maria Linde has put forward banking supervision department director Margarita Delgado to succeed deputy governor Javier Alonso, the first woman to hold such a prestigious role at the institution.

Spanish pilots to sue

SPANISH pilots' union SEPLA has revealed it is suing Irish budget airline Ryanair in a dispute over contracts.

The organisation said in a statement it has filed a lawsuit with the country's High Court, adding: "After a year of negotiations, the failure of Ryanair to recognise Sepla and apply Spanish labour legislation

for the pilots who operate in Spain forces the union to take a legal path to attain this objective." SEPLA represents around 500 of 800 Ryanair pilots in Spain, and although the carrier agreed to recognise unions for the first time last December it has struggled to strike deals, leading to strikes across Europe.

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COMPANY	PRICE(P)	CHANGE(P)	% CHG.	NET VOL
Anglo American	1,674.80	-18.00	-1.06	23,266.07
Associated British Foods	2,459.00	16.00	0.65	19,213.93
Admiral Group	1,966.50	0.50	0.03	5,602.32
Ashtead Group	2,338.50	33.50	1.45	11,049.66
Antofagasta	942.00	-17.60	-1.83	9,373.53
Aviva	492.90	-1.50	-0.30	19,247.68
AstraZeneca	5,807.00	-39.00	-0.67	73,599.70
BAE Systems	626.90	1.90	0.30	20,235.16
Barclays	188.50	-0.20	-0.11	31,920.08
British American Tobacco	4,168.25	-21.25	-0.51	95,189.97
Barratt Developments	534.50	5.70	1.08	5,305.86
Berkeley Group Hold (The)	3,696.50	20.50	0.56	4,852.05
British Land Co	644.90	-11.10	-1.69	6,369.66
BHP Billiton	1,682.30	-15.90	-0.94	35,143.64
Bunzl	2,284.50	5.50	0.24	7,580.47
BP	564.95	4.45	0.79	111,173.45
Burberry Group	2,129.50	3.50	0.16	8,647.53
BT Group	237.78	3.38	1.44	22,820.38
Coca-Cola HBC	2,747.50	8.50	0.31	10,087.03
Carnival	4,416.00	-41.00	-0.92	8,899.75
Centrica	144.25	0.70	0.49	8,000.93
Compass Group	1,636.00	-1.00	-0.06	25,862.96
Croda International	5,205.00	3.00	0.06	6,779.62
CRH	2,558.50	7.50	0.29	20,928.48
DCC	6,887.50	7.50	0.11	6,137.36
Diageo	2,820.50	-2.50	-0.09	68,906.84
Direct Line Insurance Group	335.20	-2.00	-0.59	4,609.00
Evraz	547.60	-0.20	-0.04	7,678.67
Experian	1,869.25	3.75	0.20	16,927.64
easyJet	1,548.50	-1.00	-0.06	6,077.28
Ferguson	6,013.50	33.50	0.56	13,726.34
Fresnillo	984.60	-29.90	-2.95	7,317.35
Glencore	312.73	-5.37	-1.69	44,841.59
GlaxoSmithKline	1,573.20	20.00	1.29	76,086.45
GVC Holdings	1,128.50	-3.50	-0.31	6,564.15
Hargreaves Lansdown	2,113.50	36.50	1.76	9,733.02
Halma	1,409.00	-1.00	-0.07	5,303.65
HSBC Holdings	707.80	-8.00	-1.12	140,377.16
International Con Airlines G	670.70	0.90	0.13	13,810.20
InterContinental Hotels G	4,728.50	16.50	0.35	8,808.95
3i Group	940.40	7.40	0.79	8,952.98
Imperial Brands	2,907.00	-22.00	-0.75	27,739.44
Informa	789.40	3.20	0.41	9,732.45
Intertek Group	5,858.00	18.00	0.31	9,364.03
ITV	165.05	1.10	0.67	6,521.16
Just Eat	791.00	-15.40	-1.91	5,358.57
Johnson Matthey	3,649.00	-25.00	-0.68	7,046.55
Kingfisher	290.05	-4.15	-1.41	6,199.91
Land Securities Group	936.40	-7.20	-0.76	6,902.25
Legal & General Group	260.05	0.95	0.37	15,245.62
Lloyds Banking Group ORD	62.44	-0.11	-0.18	44,846.26

COMPANY	PRICE(P)	CHANGE(P)	% CHG.	NET VOL
London Stock Exchange Group	4,436.50	-52.50	-1.17	15,648.96
Micro Focus International	1,185.25	-43.75	-3.56	5,239.91
Marks & Spencer Group	296.75	1.25	0.42	4,749.28
Mondi	2,202.50	-33.50	-1.50	7,609.23
Melrose	214.30	0.40	0.19	10,117.45
Morrison (Wm) Supermarkets	261.30	0.50	0.19	6,180.49
National Grid	806.55	-2.25	-0.28	26,843.45
NMC Health	3,872.00	-2.00	-0.05	7,895.35
Next	5,667.00	5.00	0.09	7,730.19
Ocado Group	1,077.50	-11.00	-1.01	7,615.60
Paddy Power Betfair	8,165.00	25.00	0.31	6,702.71
Prudential	1,746.00	-1.00	-0.06	44,852.53
Persimmon	2,454.00	17.00	0.70	7,551.70
Pearson	913.90	5.90	0.65	6,988.90
Reckitt Benckiser Group	6,862.00	-3.00	-0.04	48,048.01
Royal Bank of Scotland G (The)	250.85	-6.95	-2.70	30,131.69
Royal Dutch Shell	2,555.75	11.25	0.44	116,306.33
Royal Dutch Shell	2,599.50	1.50	0.06	96,802.11
RELX	1,682.75	6.25	0.37	17,317.05
Rio Tinto	3,906.50	-85.50	-2.14	51,201.83
Royal Mail	457.50	-5.00	-1.08	4,614.00
Rightmove	4,882.50	20.50	0.42	4,380.12
Rolls-Royce Group	1,080.75	-13.25	-1.21	19,780.27
Randgold Resources	5,496.00	-114.00	-2.03	5,186.54
RSA Insurance Group	622.50	-5.70	-0.91	6,460.61
Rentokil Initial	326.55	-0.85	-0.26	5,898.67
Sainsbury (J)	331.00	2.00	0.61	7,180.08
Schroders	3,104.00	-17.00	-0.54	6,947.93
Sage Group (The)	664.30	4.30	0.65	7,009.21
Segro	668.20	-1.80	-0.27	6,602.05
Shire	4,442.75	13.25	0.30	40,206.13
Smurfit Kappa Group	3,272.00	58.00	1.80	7,481.65
Sky	1,511.75	-1.25	-0.08	26,120.47
Standard Life Aberdeen	310.05	2.15	0.70	9,063.82
Smith (DS)	505.70	3.70	0.74	6,726.12
Smiths Group	1,597.75	3.75	0.24	6,237.20
Scottish Mortgage Inves Trust	547.50	2.50	0.46	7,643.80
Smith & Nephew	1,357.25	0.75	0.06	11,703.17
SSE	1,249.25	-8.25	-0.66	12,598.69
Standard Chartered	689.20	-0.10	-0.01	22,264.14
St James's Place	1,150.75	-12.25	-1.05	6,044.76
Severn Trent	1,927.50	-1.50	-0.08	4,466.24
Tesco	259.55	0.05	0.02	25,219.44
TUI AG	1,571.00	-4.00	-0.25	9,204.35
Taylor Wimpey	171.23	0.43	0.25	5,562.15
Unilever	4,383.50	14.00	0.32	51,773.18
United Utilities Group	720.00	-2.40	-0.33	4,799.13
Vodafone Group	185.93	1.13	0.61	48,434.41
WPP Group	1,179.75	2.75	0.23	14,718.54
Whitbread	3,901.50	-10.50	-0.27	7,130.29

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CLOSING PRICES 6 AUGUST

COMPANY	PRICE	CHANGE%	CHANGE	VOLUME(M)
3M	205,650	-0.79%	-1,640	121,053,56
AMERICAN EXPRESS	100,8100	+0.02%	0,0200	86,854,54
APPLE	207,780	-0.10%	-0,210	1,005,590,59
BOEING CO	343,870	-1.31%	-4,570	197,918,11
CATERPILLAR	138,510	+0.00%	0,000	82,594,80
CISCO SYSTEMS	42,840	+0.02%	0,010	201,753,64
COCA-COLA	46,63	+0.02%	0,01	198,866,65
DOWDUPONT	67,54	+1.08%	0,72	155,956,87
EXXON MOBIL	80,11	-0.12%	-0,10	337,915,54
GOLDMAN SACHS	234,49	+0.17%	0,40	88,548,45
HOME DEPOT	195,8500	+0.11%	0,2100	225,771,56
IBM	146,51	-0.81%	-1,19	133,355,43
INTEL CORP	48,6650	-1.94%	-0,9650	225,963,40
J.P.MORGAN CHASE	116,8100	-0.24%	-0,2800	391,946,30
JOHNSON & JOHNSON	131,6300	-0.24%	-0,3200	353,158,69
MC DONALD'S CORP	156,4850	+0.18%	0,2750	122,793,89
MERCK AND CO. NEW	65,99	+0.08%	0,06	177,183,68
MICROSOFT	107,975	-0.06%	-0,065	831,053,11
NIKE	79,12	+0.48%	0,38	101,081,78
PFIZER	40,6850	+0.36%	0,1450	237,434,09
PROCTER AND GAMBLE	82,470	+0.17%	0,140	205,943,36
VERIZON COMMS	52,48	+0.40%	0,21	215,769,68
VISA	139,41	-0.29%	-0,41	248,892,07
WAL-MART STORES	89,1350	-0.52%	-0,4650	264,248,12
WALGREENS BOOTS	66,66	-0.83%	-0,56	66,114,48
WALT DISNEY CO	115,4000	+1.15%	1,3100	170,833,58

M - MILLION DOLLARS

NASDAQ

CLOSING PRICES 6 AUGUST

COMPANY	PRICE	CHANGE NET / %
Most Advanced		
Protagonist Therapeutics, Inc.	\$ 8.0601	1.0501 ▲ 14.98%
GreenSky, Inc.	\$ 20.30	2.45 ▲ 13.73%
Intercept Pharmaceuticals, Inc.	\$ 110	12.74 ▲ 13.10%
T2 Biosystems, Inc.	\$ 6.0325	0.6725 ▲ 12.55%
Rockwell Medical, Inc.	\$ 4.42	0.48 ▲ 12.18%
Web.com Group, Inc.	\$ 28.25	2.85 ▲ 11.22%
Surmodics, Inc.	\$ 66	6.65 ▲ 11.20%
Lonestar Resources US Inc.	\$ 9.95	0.85 ▲ 9.34%
Gladstone Land Corporation	\$ 12.88	1.07 ▲ 9.06%
Ra Pharmaceuticals, Inc.	\$ 9.83	0.81 ▲ 8.98%
Connecticut Water Service, Inc.	\$ 68.465	5.615 ▲ 8.93%
Most Declined		
Ovid Therapeutics Inc.	\$ 6.50	3.02 ▼ 31.72%
Restoration Robotics, Inc.	\$ 2.054	0.776 ▼ 27.42%
Kopin Corporation	\$ 2.49	0.55 ▼ 18.09%
Clementia Pharmaceuticals Inc.	\$ 8.59	1.24 ▼ 12.61%
ACADIA Pharmaceuticals Inc.	\$ 14.02	1.20 ▼ 7.88%
MDC Partners Inc.	\$ 5	0.40 ▼ 7.41%
Insmad, Inc.	\$ 24.26	1.89 ▼ 7.23%
Ceragon Networks Ltd.	\$ 3.74	0.29 ▼ 7.20%
Uxin Limited	\$ 6.40	0.48 ▼ 6.98%
UTStarcom Holdings Corp	\$ 3.56	0.22 ▼ 5.82%
Hexindai Inc.	\$ 8.61	0.53 ▼ 5.80%

Kleinwort Hambros Elite PCC Limited

Distributing Funds

Sterling Fixed Income B

DEALING PRICE	PRICE MOVEMENT
£0,9014	-£0,0060

Accumulating Funds

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

DEALING PRICE	PRICE MOVEMENT
£1,1612	-£0,0023
€1,0678	-€0,0022
£1,3540	-£0,0022
€1,2307	-€0,0022
£1,5396	-£0,0025
€1,4074	-€0,0025

Remaining Elite Fund prices available on request

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- You will have peace of mind knowing your final wishes will be lifted from the shoulders of your family and friends.
- You relieve your family from the financial burden of your funeral.

Is my money safe?

Yes. When you pre-plan with Golden Leaves, the funds are placed in the Golden Leaves Trust. The trust is managed by an independent board of trustees. Their role is to ensure that funds are available to cover the cost of every pre-paid funeral whenever it occurs.

What happens if the cost of a funeral increases?

However much the actual costs of your funeral rise, you will still get exactly what you've planned and paid for.

Is there an age limit or health restrictions?

Whatever your age, there's no medical or health restrictions with a Golden Leaves Funeral Plan.

"I would recommend contacting Golden Leaves and taking out a funeral plan to anyone."

L. Musgrove



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



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- Include conveyance of the deceased in mainland Spain



What our customers say...

"Both Golden Leaves and the funeral director... were amazing throughout the process, guiding me through everything."

Keith

Call Ruth and her team for advice or a chat on 966 493 082

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

Is ruling a threat to democracy?

LEAPY LEE SAYS IT

OTHERS THINK IT



LAST week's decision to accept a sharia law ruling into a British court, is yet another highly predictable nail in the crumbling coffin of both Christianity and western culture.

The fact that it seemed quite a fair and reasonable sharia rule simply has nothing to do with it.

The high court decided that a wife, married 20 years ago in an Islamic ceremony at a Southall restaurant, should be valid and recognised because 'their vows had similar expectations of a British marriage contract.'

This highly irresponsible and frighteningly naive decision, particularly when these wholly illegal courts are springing up all over the UK, is setting such a dangerous precedent as to be almost suicidal for British democracy and laws of the land.

You can't pick and choose which laws of an alien culture you agree with and disregard those you don't find so acceptable (ala stoning to death and limb amputation!).

The point is the British high court has recognised and condoned the existence of sharia law in the United Kingdom. Mark my words, it is now only a matter of time before muslim sharia lawyers are challenging all manner of British



'IRRESPONSIBLE': A high court judge ruled that a couple's Islamic nikah marriage fell within the scope of English matrimonial law.

court rulings, citing this case as an example.

Whether they are successful in their efforts is beside the point. This ruling has opened a back door to the almost laughable scenario of the laws of the UK actually being put on trial in its own courts! Once again appeasement to large numbers

of people, who simply have no intention of integrating into western culture and will buck against its values and traditions at any given opportunity, has been allowed to move even further into the realms of legal acceptance. Of course, no prizes for guessing who will be paying for all the time -

wasting and highly expensive court cases which will almost certainly be rearing their ugly heads in the not too distant future? Yep, you've guessed it!

Well, all I can say is on your own heads be it. Let's hope that at the next UK elections a new party emerges which has a degree of common sense and is not petrified of 'upsetting' or 'offending' someone or another. But don't hold yer breath.

I don't know about you, but I am heartily sick of all this 'touchy-feely' syndrome that seems to have crept into British sport of late. Even cricket, which used to be such a wonderful 'stiff upper lip' non-demonstrative occasion, now sees batsmen scurrying up to each other and 'fisting' after a particularly good shot.

Doubles at tennis is another example of this ridiculous habit. In fact, along with beach volleyball and badminton players, these partners still fist each other when they actually lose a point! All this, along with those utterly unacceptable orgasmic grunts of the tennis brigade and tangled pyramids of primped-up highly coffered hysterical soccer players, is turning this ol' boy back to the sport he was utterly in love with as a boy. Have a good week everyone.

Gone fishin.'

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

An exciting new chapter for the St George School Malaga

STAFF, parents and children at St George, Malaga had some exciting news just before their summer holidays began with the announcement of new owners for their school.

The International Schools Partnership (ISP), who recently included St George Malaga into its expanding portfolio, is a focused, growing and financially secure education investment group who are leaders in educational provision.

The company profile currently includes 32 schools located in Spain, Malaysia, Mexico, Costa Rica, the United States, the United Kingdom, the United Arab Emirates and Qatar.

In Spain, one of the biggest regions, the Colegios Laude Group of seven schools, purchased in 2014, has already seen major development and growth with some €30 million of investment already made. St George Malaga is delighted to be joining this prestigious regional group and to be refocusing the educational message to one of amazing learning - something that is at the heart of every ISP school.

When asked of her feeling about the new owners, head of school, Fiona Lee-Allan said, "The International Schools Partnership has been



HAPPY STUDENTS: An exciting time ahead for St George Malaga.

attracted by our philosophy and priorities and is committed to fostering them. As a school we are going to benefit enormously from their wealth of experience in running schools around the world and it allows our students, teachers and families more opportunities to learn from and connect with people around the globe.

"The central theme International Schools Partnership focuses on is all about creating 'amazing

learning,' and this for me is the most important factor in creating an outstanding school.

"Each region has a director for learning and we will be working closely with him to see how we can become even better at ensuring our students have the best possible learning experiences whilst at school. The support we have already received in the last month has been exceptional.

"The experience of their team in running prestigious schools around the world ensures that our school will benefit from inclusion in their existing and developing programmes. We are extremely excited by this news and are looking forward to a new chapter in the life of the school."

Regional Director, Nick Rugg commented, "St George Malaga is a strong fit for ISP's vision and philosophy of focusing on quality and excellence, all within a culture where learning takes centre stage.

"There is already a synergy with the school where learning is exciting and fun and we look forward to collaborating with them on ISP's approach to effective learning in the classroom. Equally, we will begin to share other benefits of being part of the ISP family of schools."

Once the new term begins, there will be an opportunity for current and prospective parents to learn more about the way in which the school will be moving forward.

For appointments to come and meet the head of school or to find out more, please contact Monica Gata: admissions.malaga@stgeorge.es.



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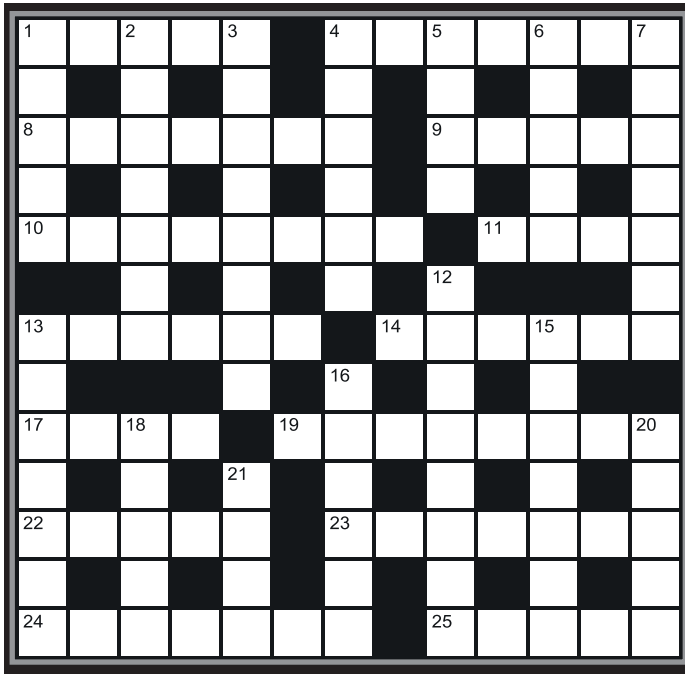
Cryptic

Across

- 1 Right cards for sporting events? (5)
- 4 Girl set apart the meat she found hard to chew (7)
- 8 Cut back mongrel hindquarters (7)
- 9 Doesn't have to sound negligent (5)
- 10 A daughter's choice; one way to create a family (8)
- 11 Dig out what belongs to me (4)
- 13 Wet two enclosures (6)
- 15 Strong Post Office shelter (6)
- 18 Woman of American nationality (4)
- 19 A £1 carpet is free (8)
- 22 Country contributing to Afghan appeal (5)
- 23 Not entirely bothered if I certify large building (7)
- 24 Treacle upset Agamemnon's daughter (7)
- 25 Steer away from pines, say (5)

Down

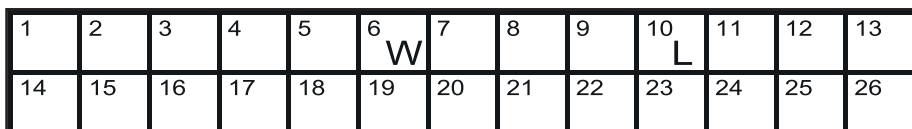
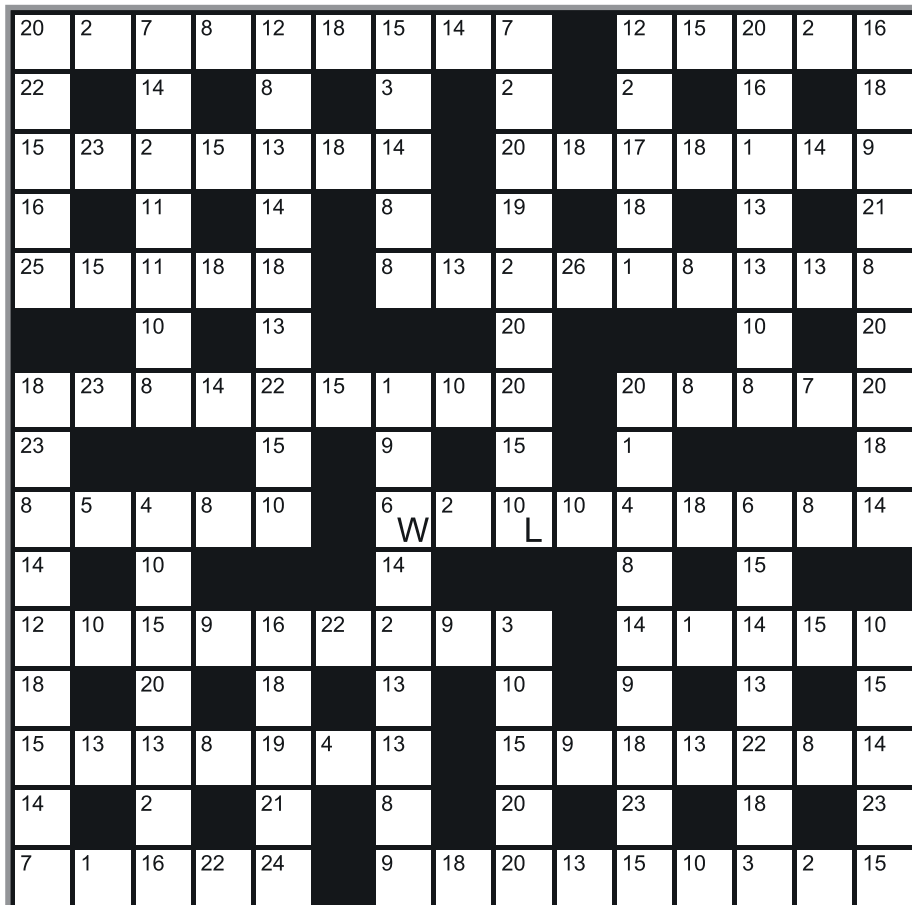
- 1 Sir Cliff is spotted in Zurich, Ardennes and St Tropez (7)
- 2 Madagascar goatherd carries a load (5)
- 3 Surprised when beginning was first? (8)
- 4 All in the Republican Party run at top speed (6)
- 5 Lied about being workshy (4)
- 6 Touching diplomacy by the



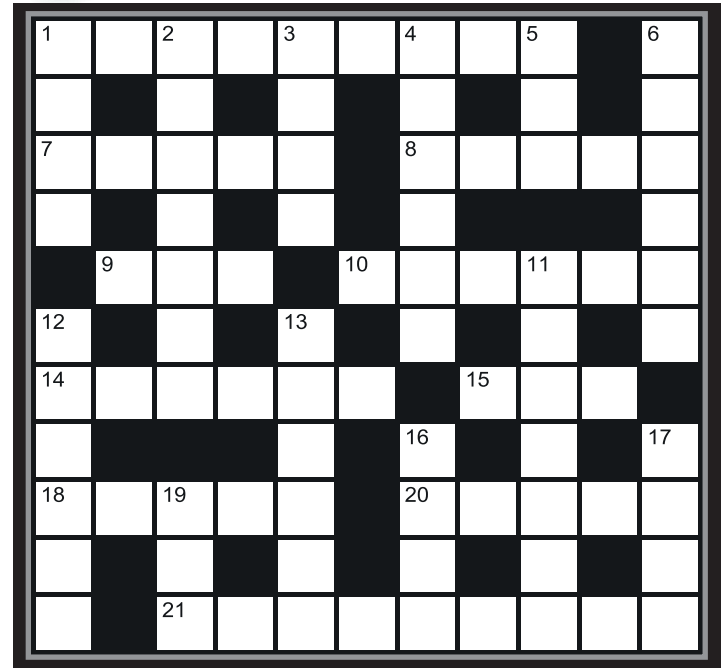
- 7 Follow girl after men lost lead (5)
- 12 Writer possibly in love with saint (8)
- 14 Order chap on a social engagement (7)
- 16 The potential uses for a Greek hero (7)
- 17 Came in anyway for the entertainment (6)
- 18 Point of view for fish (5)
- 20 Put up with a sailor, one of the French (5)
- 21 Annoy first boy arriving in town (4)

Code Breaker

Each number in the Code Breaker grid represents a different letter of the alphabet. In this week's puzzle, 6 represents W and 10 represents L, so fill in W every time the figure 6 appears and L every time the figure 10 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

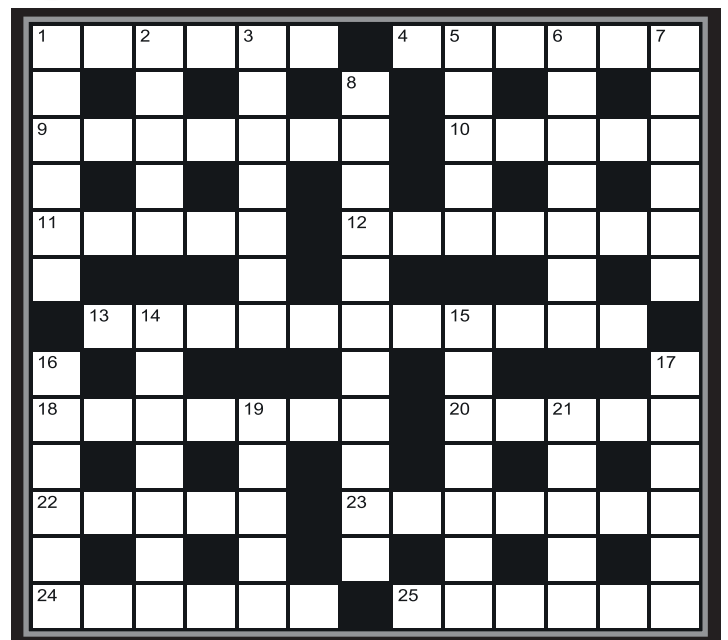
- 1 Self-service restaurant (9)
- 7 Functions properly (5)
- 8 Measuring stick (5)
- 9 Lacking in light (3)
- 10 Courageous (6)
- 14 Like better (6)
- 15 Beer (3)
- 18 Angry (5)
- 20 Join together (5)
- 21 Lacking flavour (9)

Down

- 1 Female bovine animals (4)
- 2 Capable of growing abundant crops or plants (7)
- 3 Chore (4)
- 4 Not often (6)
- 5 Every one of (3)
- 6 Wanders off (6)
- 11 Crash together with violent impact (7)
- 12 Quick run (6)
- 13 Alcove (6)
- 16 Unadulterated (4)
- 17 Wagers (4)
- 19 Small insect (3)

English - Spanish

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



Across

- 1 Mecanógrafo (6)
- 4 Ladrillos (6)
- 9 Coronel (7)
- 10 Son-in-law (5)
- 11 Stage (phase) (5)
- 12 Justicia (7)
- 13 Information (11)
- 18 Equipaje (7)
- 20 Pothole (in road) (5)
- 22 Fir tree (5)
- 23 Third (f) (7)
- 24 Asustado (6)
- 25 Al lado de (4,2)

Down

- 1 Billete (6)
- 2 Argument (verbal disagreement) (5)
- 3 Sensible (7)
- 5 Kings (5)
- 6 Shopping trolley (7)
- 7 Piso (6)
- 8 Accommodation (11)
- 14 Walnut tree (7)
- 15 Coward (7)
- 16 Siempre (indicando frecuencia) (6)
- 17 Summer (6)
- 19 Encima de (5)
- 21 Pecho (5)

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Kakuro

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

			21		4			25	
		9							10
	11								
20									
	5					5			
	7					9			
	17					7			
		6							

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

E	E	A
L	D	T
B	Y	L

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

LAST WEEK'S SOLUTION

camp cape clap clip epic lamp leap limp pace pact pail pale palm pate peal peat pelt pica pile pita plat plea tamp tape temp tipi ample clamp impel leapt lepta maple petal pilei place plait plate pleat plica tempi epical impact impale limpet plaice plicae plicate IMPLICATE

LOTTERY

UK NATIONAL LOTTERY

Saturday August 4

5	17	23	BONUS BALL
25	34	51	52

IRISH LOTTO

Saturday August 4

3	4	5	BONUS BALL
19	26	43	24

EURO MILLIONS

Tuesday July 31

20	25	34	BONUS BALL
42	45	11	

Friday August 3

7	26	36	BONUS BALL
38	43	12	

EL MILLON: GBG43976

LA PRIMITIVA

Thursday August 2

10	18	25	BONUS BALL
37	38	49	9

JOKER: 1 361 981

Saturday August 4

6	15	35	BONUS BALL
37	45	48	3

JOKER: 5 658 454

Sunday August 5

5	12	16	BONUS BALL
23	53	0	

YOUR STARS

FOR NEXT 7 DAYS



AQUARIUS
(January 21 - February 19)

Are you still in a very positive frame of mind? Okay, then. It is time to decide what is to be done about that problem. If you really can't see a way round this then seek help. Even if you don't agree with the reply, you will feel that you have made a step in the right direction



LEO
(July 24 - August 23)

Something has come to your attention and, quite frankly, you don't understand what is going on. It is possible that, if you don't react, the situation will just go away. Equally, you may want to influence the outcome and fear that it will not be to your advantage.



PISCES
(February 20 - March 20)

Don't ask a question unless you want to be told the truth this weekend. Go on, you're a big person and you can take it.



VIRGO
(August 24 - September 23)

You seem to be in a 'plodding' situation that is starting to cause you some irritation. That is all that it is though, irritation. See it as a big dilemma and it throws up all sorts of anxieties.



ARIES
(March 21 - April 20)

Sometimes you wonder why people make promises when they find them so hard to keep. However, losing your temper with someone midweek will not help at all because the person you are dealing with is not very sensitive. Patience will pay off and, by the weekend, a weight will have been lifted from your mind.



LIBRA
(September 24 - October 23)

You are being shown a great deal of affection which may be taken for granted. Even you are capable of putting people's backs up. As you dislike making enemies, I suggest that you take a little more time with family and loved ones.



TAURUS
(April 21 - May 21)

Somehow you seem to be going every which way round a situation but getting nowhere. Rather than burn yourself out and fray your nerves, just stay still. At the end of the day, someone else wants to solve this dilemma as much as you do.



SCORPIO
(October 24 - November 22)

By deciding now that you will not rise to the bait on a certain matter you are taking the best option. Much as you would like to confront someone head on, it is possible that this is just what they want you to do.



GEMINI
(May 22 - June 21)

It's not so difficult this week to get exactly what you want. Being sure is another matter, however, there are plenty of people who will cast doubts on where you are going and what you are aiming for. What do they know?



SAGITTARIUS
(November 23 - December 21)

Are you being asked to open your heart? What are you most afraid of about that? On the other hand, what would the rewards be if you did? Sometimes, we have to take a chance that others will not let us down or, at least that if they do, they will let us down gently.



CANCER
(June 22 - July 23)

As you are in the middle of a plan, it would be a shame to stop now. Yes, I realise that you have given it lots of time and thought. Even so, the events midweek bring a new perspective.



CAPRICORN
(December 22 - January 20)

As you try to control someone else's life, it could be that your own is slipping past you. Have you recently given up on a relationship or job that you dearly would have loved?

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

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

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

LAST WEEK'S SOLUTIONS

ENGLISH-SPANISH

Across:

1 Citar, 4 Mostaza, 8 Missing, 9 Fresa, 10 Stitches, 11 Caja, 13 Chocar, 14 Tattoo, 17 Hook, 19 Cenicero, 22 Total, 23 Pulsera, 24 Sunrise, 25 Susto.

Down:

1 Camas, 2 Testigo, 3 Raincoat, 4 Magnet, 5 Safe, 6 Acera, 7 Aparato, 12 Palillos, 13 Cohetes, 15 There is, 16 People, 18 Often, 20 Ocaso, 21 Alif.

CRYPTIC

Across:

1 Dates, 4 Pleases, 8 Oak tree, 9 Crawl, 10 Sporadic, 11 Otic, 13 Soften, 14 Mascot, 17 Risk, 19 Checkers, 22 Aware, 23 Intense, 24 Setback, 25 Cheat.

Down:

1 Doors, 2 Take off, 3 Streamer, 4 Prefix, 5 Etch, 6 Shaft, 7 Solicit, 12 Narcotic, 13 Streaks, 15 Cleanse, 16 Shrink, 18 Smart, 20 Sheet, 21 Hera.

QUICK

Across:

1 Recur, 4 Share, 7 Cub, 8 Surplus, 9 Pale, 10 Slowly, 13 Abroad, 14 Inca, 17 Ecuador, 19 Bet, 20 Tweet, 21 Eager.

Down:

1 Recap, 2 Cobbler, 3 Rise, 4 ShriLL, 5 All, 6 Essay, 11 Windbag, 12 Bandit, 13 Avert, 15 Actor, 16 Urge, 18 Use.

CODE BREAKER

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

KAKURO

		2	3			5	2																		
		1	2			3	1																		
						5	1	4																	
						6	3	2																	
						2	1			6	1														
						1	4			1	2														

QUIZ: DEM BONES, DEM BONES

Answers:

All the answers/questions contain the names (or almost the names) of books of The Bible

- According to a 1973 UK top four hit by Elton John, who was 'travelling tonight on a plane'?
- Based in Tolworth in the Royal Borough of Kingston upon Thames, with which sport would you principally associate Corinthian-Casuals?
- Founded in 1872, which British daily newspaper ceased publication in October 1960, being absorbed into the Daily Mail?
- Peter Gabriel, Tony Banks, Anthony Phillips, Mike Rutherford and Chris Stewart were the original members of which rock band, formed at Charterhouse School in 1967?
- Released in August 1968, which rock ballad was the first single from the Beatles' record label Apple Records?
- The novelty song Cinderella Rockefella was a UK number one hit single in 1968 for which Israeli husband

- and wife duo?
 - What was the name of the character played by comedy performer Ronnie Corbett in the 1980s BBC television sitcom Sorry!?
 - What was the name of the English perjurer who fabricated the 17th century 'Popish Plot', a supposed Catholic conspiracy to kill King Charles II?
 - Which American journalist, fiction writer and folklorist is best known for his collection of Uncle Remus stories?
 - Who was the author of the 1958 novel Exodus, based partly on the story of the Jewish refugee ship by that name?
- Not a lot of people know that... the Bible was written over a period of 1,500 years by approximately 40 different authors

- DANIEL, 2. (Association) FOOTBALL, 3. NEWS CHRONICLE, 4. GENESIS, 5. HEY JUDE, 6. ESTHER AND ABI OFARIM, 7. TIMOTHY LUMSDEN, 8. TITUS OATES (also called TITUS THE LIAR), 9. JOEL CHANDLER HARRIS, 10. LEON URIS

GOOD NEWS FOR YOUR CAR 902 123 309



THURSDAY - 9 AUGUST

FRIDAY - 10 AUGUST

BBC one		BBC TWO		BBC FOUR		CHANNEL 4		CHANNEL 5	
1:45am	BBC News	7:30am	Animal Park Summer Special	5:00am	This is BBC Four	9:00am	Everybody Loves Raymond	9:20am	Floggals
7:00am	Breakfast	8:15am	Impossible	8:00pm	World News	9:40am	Digby Dragon	9:40am	Digby Dragon
10:15am	Animal Park Summer Special	9:00am	The Island That Saved My Life		Today	9:55am	Nella the Princess Knight	9:55am	Nella the Princess Knight
11:00am	Homes Under the Hammer	9:30am	Caught Red Handed		<i>The latest national and international news, exploring the day's events from a global perspective.</i>	10:00am	Frasier	10:05am	Mofy
12:00pm	Fake Britain	10:00am	European			10:35am	Frasier	10:15am	The Wright Stuff
12:45pm	The Farmers' Country Showdown	10:00am	Championships 2018			11:05am	Ramsay's Kitchen	12:15pm	Nightmare Tenants, Slum Landlords
1:15pm	Bargain Hunt	2:45pm	Red Rock	8:30pm	Top of the Pops	12:00pm	The Simpsons	1:10pm	5 News
2:00pm	BBC News at One	3:30pm	Escape to the Continent	9:00pm	Australia with Simon Reeve	12:30pm	The Simpsons	1:15pm	Lunchtime GPs: Behind Closed Doors
2:30pm	BBC London News	4:30pm	Coast and Country Auctions		<i>Simon travels down the east coast of Australia to the magnificent cities of Sydney and Melbourne.</i>	1:00pm	Channel 4 News	2:15pm	Home and Away
2:45pm	European Championships 2018	5:15pm	Flog It!			1:05pm	Couples Come Dine with Me	2:45pm	Neighbours
6:15pm	Impossible	6:15pm	European Championships 2018			1:50pm	The Great British Bake Off	3:15pm	Cagney and Lacey
7:00pm	BBC News at Six	9:00pm	Inventing the Impossible: The Big Life Fix			4:00pm	A Place in the Sun: Winter Sun	4:20pm	The Wrong Child
7:30pm	BBC London News	10:00pm	The Prosecutors	10:00pm	Super Senses: The Secret Power of Animals	5:00pm	Sun, Sea and Selling Houses	6:00pm	5 News at 5
8:00pm	The One Show	10:00pm	Quacks	11:00pm	In Search of Science	6:00pm	Come Dine with Me	6:30pm	Neighbours
8:30pm	EastEnders	11:00pm	Newsnight	12:00am	The Great British Year	6:30pm	The Simpsons	7:00pm	Home and Away
9:00pm	European Championships 2018	12:15am	Hospital	1:00am	Top of the Pops	7:00pm	The Simpsons	7:00pm	Home and Away
10:00pm	Keeping Faith	1:15am	Rhod Gilbert's Work Experience	1:30am	Mechanical Monsters	7:30pm	Hollyoaks	7:30pm	5 News Tonight
11:00pm	BBC News at Ten	1:45am	Who Do You Think You Are?	2:30am	Australia with Simon Reeve	8:00pm	Channel 4 News	8:00pm	Cricket on 5
11:30pm	BBC London News	2:45am	Matron, Medicine and Me	3:30am	The Rules of Abstraction with Matthew Collings	9:00pm	George Clarke's Old House, New Home	9:00pm	Bad Tenants, Rogue Landlords
11:45pm	New Tricks	3:30am	Back to the Land with Kate Humble			10:00pm	Meet the Drug Lords: Inside the Real Narcos	10:00pm	The New Wife
12:45am	How to Stay Young	4:30am	This is BBC Two			11:00pm	Ramsay's 24 Hours to Hell and Back	11:00pm	Rich Kids Go Skint
1:45am	Weather for the Week Ahead					12:00am	Who is America?	12:05am	Gangland

BBC one		BBC TWO		BBC FOUR		CHANNEL 4		CHANNEL 5	
10:15am	Animal Park Summer Special	4:30am	This is BBC Two	5:00am	This is BBC Four	9:30am	Everybody Loves Raymond	9:40am	Digby Dragon
11:00am	Homes Under the Hammer	7:00am	The TV That Made Me	8:00pm	World News	9:55am	Nella the Princess Knight	9:55am	Nella the Princess Knight
12:00pm	Fake Britain	7:30am	Animal Park Summer Special		Today	10:05am	Frasier	10:05am	Mofy
12:45pm	The Farmers' Country Showdown	8:15am	Impossible		<i>The latest national and international news, exploring the day's events from a global perspective.</i>	10:35am	Frasier	10:15am	The Wright Stuff
1:15pm	Bargain Hunt	9:00am	Gardeners' World			11:05am	Ramsay's Kitchen	12:15pm	The Dog Rescuers with Alan Davies
2:00pm	BBC News at One	10:00am	European Championships 2018	8:30pm	BBC Proms 2018	12:00pm	The Simpsons	12:30pm	The Simpsons
2:30pm	BBC London News	2:45pm	Red Rock	10:15pm	TOTP2	1:00pm	Channel 4 News	1:00pm	Couples Come Dine with Me
2:45pm	European Championships 2018	3:30pm	Escape to the Continent	11:00pm	Elvis: The Rebirth of the King	1:05pm	Couples Come Dine with Me	1:50pm	The Great British Bake Off
6:15pm	Impossible	4:30pm	Coast and Country Auctions	12:00am	BBC Proms 2018	3:10pm	Countdown	2:15pm	Home and Away
7:00pm	BBC News at Six	5:15pm	Flog It!	1:20am	Great American Rock Anthems: Turn it Up to 11	4:00pm	A Place in the Sun: Winter Sun	2:45pm	Neighbours
7:30pm	BBC London News	6:15pm	European Championships 2018	2:15am	Tom Waits: Tales From a Cracked Jukebox	5:00pm	Sun, Sea and Selling Houses	3:15pm	Cagney and Lacey
8:00pm	The One Show	10:00pm	Gardeners' World	3:15am	Elvis: The Rebirth of the King	6:00pm	Come Dine with Me	4:15pm	Lifetime of Lies
8:30pm	A Question of Sport	11:00pm	Mock the Week	4:15am	TOTP2	6:30pm	The Simpsons	6:00pm	5 News at 5
9:00pm	EastEnders	11:30pm	Newsnight		<i>A 'then and now' special featuring a number of 1970s artistes as they were in 2002</i>	7:00pm	The Simpsons	6:30pm	Neighbours
9:30pm	Still Open All Hours	12:05am	Taxi Tales	5:00am	This is BBC Four	7:30pm	Hollyoaks	7:00pm	Home and Away
10:00pm	Would I Lie to You?	12:35am	My Brother the Devil			8:00pm	Channel 4 News	7:30pm	5 News Tonight
10:30pm	Mrs. Brown's Boys	2:20am	Panorama			9:00pm	The Crystal Maze	8:00pm	Cricket on 5
11:00pm	BBC News at Ten	2:50am	Reginald D Hunter's Songs of the Border			10:00pm	8 Out of 10 Cats Does Countdown	9:00pm	Britain by Bike with Larry and George Lamb
11:25pm	BBC London News	4:05am	Picnic at Hanging Rock			11:00pm	The Last Leg	10:00pm	Jane McDonald and Friends
11:35pm	Room 101	4:55am	This is BBC Two			12:05am	Peng Life	11:00pm	Blind Date
12:15am	One Hot Summer					1:40am	Haywire	12:05am	Gino's Win Your Wish List



7:00am	Good Morning Britain	7:45am	Totally Bonkers Guinness World Records	3:30am	Teleshopping	4:00am	Teleshopping	6:00am	Sky Sports News
9:30am	Lorraine	8:10am	Dress to Impress	7:00am	Classic Coronation Street	7:00am	The Chase	7:00am	Good Morning Sports Fans
10:25am	The Jeremy Kyle Show	9:00am	Emmerdale	7:25am	Classic Coronation Street	7:50am	Pawn Stars	7:30am	Bitesize
11:30am	This Morning	9:30am	Coronation Street	7:50am	Heartbeat	8:10am	Pawn Stars	8:00am	Good Morning Sports Fans
1:30pm	Loose Women	9:55am	Coronation Street	8:55am	The Royal	8:35am	Kojak	8:00am	Good Morning Sports Fans
2:30pm	ITV Lunchtime News	10:25am	The Ellen DeGeneres Show	9:55am	Judge Judy	9:35am	Quincy, M.E.	8:00am	Good Morning Sports Fans
2:55pm	ITV News London	11:20am	The Bachelorette	10:20am	Judge Judy	10:35am	Minder	8:00am	Good Morning Sports Fans
3:00pm	Judge Rinder	1:15pm	Emmerdale	10:50am	George and Mildred	11:40am	The Sweeney	8:00am	Good Morning Sports Fans
4:00pm	Dickinson's Real Deal	1:45pm	Coronation Street	11:20am	Inspector Morse	12:45pm	The Professionals	8:00am	Good Morning Sports Fans
5:00pm	Tipping Point	2:15pm	Coronation Street	1:35pm	The Royal	1:50pm	Kojak	8:00am	Good Morning Sports Fans
6:00pm	The Chase	2:45pm	The Ellen DeGeneres Show	2:40pm	Heartbeat	2:50pm	Quincy, M.E.	8:00am	Good Morning Sports Fans
7:00pm	ITV News London	3:35pm	The Jeremy Kyle Show	3:40pm	Classic Coronation Street	3:55pm	Minder	8:00am	Good Morning Sports Fans
7:30pm	ITV Evening News	4:45pm	The Jeremy Kyle Show	4:15pm	Classic Coronation Street	5:00pm	The Sweeney	8:00am	Good Morning Sports Fans
8:00pm	Emmerdale	5:55pm	Judge Rinder	4:45pm	Inspector Morse	6:05pm	The Professionals	8:00am	Good Morning Sports Fans
8:30pm	Eat, Shop, Save	7:00pm	Dress to Impress	5:00pm	Storage Wars Texas	7:05pm	Storage Wars Texas	8:00pm	Good Morning Sports Fans
9:00pm	Emmerdale	8:00pm	Family Guy	7:05pm	Heartbeat	8:05pm	Pawn Stars	8:00pm	Good Morning Sports Fans
9:30pm	Birds of a Feather	10:00pm	Family Guy	8:00pm	Murder, She Wrote	8:30pm	Pawn Stars	8:00pm	Good Morning Sports Fans
10:00pm	Our Shirley Valentine	11:00pm	Law and Order: UK	9:00pm	Vera	9:00pm	The Chase: Celebrity Special	8:00pm	Good Morning Sports Fans
11:00pm	ITV News at Ten and Weather	12:00am	Law and Order: UK	10:00pm	The World is Not Enough	10:00pm	The World is Not Enough	8:00pm	Good Morning Sports Fans
11:30pm	London			11:00pm	FYI Daily	11:05pm	The World is Not Enough	8:00pm	Good Morning Sports Fans
11:45pm	Britain's Busiest Airport - Heathrow			11:00pm	Heartbeat	12:40am	Above the Law	8:00pm	Good Morning Sports Fans
12:15am	Unforgotten			11:05pm	The World is Not Enough	1:40am	FYI Daily	8:00pm	Good Morning Sports Fans

7:00am	Good Morning Britain	8:10am	Dress to Impress	7:00am	Classic Coronation Street	4:00am	Teleshopping	7:00am	Good Morning Sports Fans
9:30am	Lorraine	9:00am	Emmerdale	7:50am	Heartbeat	7:00am	The Chase	7:00am	Good Morning Sports Fans
10:25am	The Jeremy Kyle Show	9:30am	Emmerdale	8:50am	The Royal	7:45am	Pawn Stars	7:30am	Good Morning Sports Fans
11:30am	This Morning	10:25am	The Ellen DeGeneres Show	9:55am	Judge Judy	8:10am	Pawn Stars	7:30am	Good Morning Sports Fans
1:30pm	Loose Women	11:20am	The Bachelorette	10:20am	Judge Judy	8:30am	Kojak	7:30am	Good Morning Sports Fans
2:30pm	ITV Lunchtime News	1:15pm	Emmerdale	10:45am	George and Mildred	8:30am	Kojak	7:30am	Good Morning Sports Fans
2:55pm	ITV News London	2:15pm	Emmerdale	11:20am	Inspector Morse	8:30am	Kojak	7:30am	Good Morning Sports Fans
3:00pm	Judge Rinder	2:45pm	The Ellen DeGeneres Show	1:35pm	The Royal	8:30am	Kojak	7:30am	Good Morning Sports Fans
4:00pm	Dickinson's Real Deal	3:35pm	The Jeremy Kyle Show	2:40pm	Heartbeat	8:30am	Kojak	7:30am	Good Morning Sports Fans
5:00pm	Tipping Point	4:45pm	The Jeremy Kyle Show	3:40pm	Classic Coronation Street	8:30am	Kojak	7:30am	Good Morning Sports Fans
6:00pm	The Chase	5:55pm	Judge Rinder	4:15pm	Classic Coronation Street	8:30am	Kojak	7:30am	Good Morning Sports Fans
7:00pm	ITV News London	7:00pm	Dress to Impress	4:45pm	Inspector Morse	8:30am	Kojak	7:30am	Good Morning Sports Fans
7:30pm	ITV Evening News	8:00pm	You've Been Framed!	5:00pm	Storage Wars Texas	8:30am	Kojak	7:30am	Good Morning Sports Fans
8:00pm	Emmerdale	9:00pm	Two and a Half Men	5:55pm	Storage Wars Texas	8:30am	Kojak	7:30am	Good Morning Sports Fans
8:30pm	Coronation Street	9:30pm	Superstore	7:00pm	Dress to Impress	8:30am	Kojak	7:30am	Good Morning Sports Fans
9:00pm	James Martin's American Adventure	10:00pm	American Pie	8:00pm	You've Been Framed!	8:30am	Kojak	7:30am	Good Morning Sports Fans
9:30pm	Coronation Street	12:00am	Family Guy	9:00pm	Murder, She Wrote	8:30am	Kojak	7:30am	Good Morning Sports Fans
10:00pm	Doc Martin	12:30am	Family Guy	8:00pm	Agatha Christie's Poirot	8:30am	Kojak	7:30am	Good Morning Sports Fans
11:00pm	ITV News at Ten and Weather	1:00am	Family Guy	9:00pm	Prime Suspect 1973	8:30am	Kojak	7:30am	Good Morning Sports Fans
11:30pm	London	1:30am	American Dad!	10:00pm	Prime Suspect 1973	8:30am	Kojak	7:30am	Good Morning Sports Fans
11:45pm	Forgetting Sarah Marshall	2:25am	Two and a Half Men	11:00pm	Prime Suspect 1973	8:30am	Kojak	7:30am	Good Morning Sports Fans
1:40am	Jackpot247	2:50am	Superstore	12:00am	A Touch of Frost	8:30am	Kojak	7:30am	Good Morning Sports Fans

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

Nora Johnson Breaking Views



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

OPEN the garden shed, swat the cobwebs from the deckchairs and prepare the knotted handkerchiefs: phew, it's summer - and sizzling! (However, I'm never quite sure if the knotted handkerchief should be flat on my head or placed at a natty, happy-go-lucky angle. Anyone happen to know?)

Seriously, though, the rules for keeping cool are simple enough: 1. Wear a hat; 2. Apply sunscreen; 3. Drink plenty of water (you know, the stuff from the tap) throughout the day; 4. Consider wearing loose, long-sleeved cotton clothes.

When I did a straw poll among my girlfriends (only the finest of scientific and journalistic methods for this column, folks) about summer etiquette, the thing that really irritates them is men coming into supermarkets shirtless - but marginally better than those who walk around scoffing the food whilst shopping before they've paid for it, or those who carry folded bikes inside the supermarket with them.

And what irritates my male friends?

The heat is on: how to avoid havoc on the hottest days



**FEELING HOT, HOT, HOT:
Wear a hat to cool down in summer.**

'Traditionally-built' (read: overweight) women in 'absurd, flimsy sunsuits' designed for three-year-olds.

But let's return to those guys walking around topless, showing what they've got (or not). What they do/don't have is usually a six-pack, multiple tattoos and/or a fat belly. What a sight! But not as startling as those doing their shopping sporting 'budgie smugglers' - the butt of jokes everywhere (pun intended)!

Which reminds me of the story of

one poor guy who years ago was strong-armed into playing the organ in a nearby church - the Episcopalian Church of Scotland.

At the start of the service there was a procession of office-holders all carrying banners who were played into the church with the minister at their head. As one of the office-holders parked his banner and took his official seat in front of the organ he glanced over at the newly-deputising organ-player and yelled out: "They tell me you have the biggest organ in the church."

Oddly this had such a paralysing effect on the poor guy that, if said anywhere else, would have had him rolling in the, err, aisles ...

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

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LEGALLY SPEAKING

Can they use spreadsheets?

Q. I was treasurer of a registered society for many years, during which time I followed the instructions of a Spanish lawyer for the presentation of the accounts. Our president has now urged a more modern approach and the new treasurer proposes to use spreadsheets instead of the established style which I used, along with explanatory notes.

Also, the minutes of the recent AGM have been sent to committee members for approval in a September meeting. The minutes, however, give no financial information. Surely the minutes have to include financial information at the end of the year? Are spreadsheets recognised by Spanish society laws?

MH (Costa del Sol)

A. Article 14 of Spain's law of associations says only that they must present accounts that give a faithful picture of the association's economic activities. The spreadsheet containing all details with double entries is considered the most complete form to present this.

Standardly, the minutes and the financial report are two separate documents. They both need the approval of the AGM, especially regarding next year's budget.

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

David Searl
You and the Law
in Spain



TV COUCH CRITIC

by Adam Whalley-Lewis

ANYONE who has Love Island withdrawal syndrome, yes, it is a thing apparently, might want to give *Our Shirley Valentine Summer*, ITV, Thursday & ITV Hub, a look.

For the rest of us, it is worth a look anyway. It is billed as a reality show where a bunch of women celebrities (a gaggle, maybe?) are transported to a remote foreign villa in search of fun, sun and maybe romance. I mean Wall, possible romance, whatever next?

Now, unlike some of the reality shows we chomp through together each week, you will actually recognise most of the celebrities. Among others, Melinda Messenger is there, Sian Lloyd (helping with the weather) and Ingrid Tarrant.

The ladies are all looking to make a fresh start or to change something. There is a marriage breakdown, a need to find love, low self-confidence and a longing to find a new hobby - thankfully these don't all relate to the same person and while I'm not entirely sure longing to take up Scottish Country Dancing quite falls into the same category as trying to get over a marriage break up, the show does seem to work.

I'm not sure what's in the Naxos water, but they seem to breed the locals handsome on the Island. A girlfriend of mine needed a lie down in a dark room after last week's Greek language

Shirley Valentine chasing The Governess anyone?



A GAGGLE OF CELEBS? Our Shirley Valentine Summer.

trainer and fitness guru made an appearance. Sian did a bit of reflecting, my friend was hitting rewind! This is probably one for the ladies to be honest, with some friends and a massive jug of sangria. Enjoy, just don't go planning a move to Greece.

If you are in a more musical mood over the next few weeks, *BBC4* is leading the *Proms* coverage from The Royal Albert Hall. Monday saw Ben Gernon conduct the BBC Philharmonic in a concert of Beethoven and Brahms, the composer, not of Grace Brothers fame - although Wendy Richard with a French horn



Photo credit: ITV.

WONDERFUL TO WEIRD: The BBC Proms.

might get the folk standing in the audience going. It was lovely. The second half was a world premiere. Great I thought. The music was by Tansy Davies. Don't know Tansy, stick with it.

Tansy is a contemporary composer. You just lost me. Now don't get all 'give new stuff a chance, bringing music to a new audience' on me. Tansy's work just doesn't sit well with Beethoven. Plan ahead via the BBC website for

a blast of sounds from London.

Fans of *The Chase*, *ITV*, weekdays, and *ITV Hub*, help me with this please. Regardless of what The Chaser or Brad might say, can it ever be right to take the lower offer? Shelve Brexit, the PM needs a Chequers conference to give us a way forward on this one.

And sticking with *The Governess* (love her) next time The Chaser is really up against the clock in the final chase, watch how Brad noticeably speeds up asking the questions in the last 45 seconds.

My movie choice this week is *Kings of Curry*, *BBC2*, Sunday, late. Worth staying up for if you are a bit of a foodie. The plot isn't taxing. Two chefs, who are brothers, fall out, open competing restaurants on the same street, daughter of one of them attempts a reconciliation for a wedding. Simples.

Happy Viewing.
HappyViewing1@outlook.com

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SATURDAY - 11 AUGUST

BBC one BBC TWO BBC FOUR CHANNEL 4 CHANNEL 5

1:50am BBC News	9:35am David Attenborough's Natural Curiosities	5:00am This is BBC Four	8:55am Everybody Loves Raymond	6:35am Wildlife SOS
7:00am Breakfast	10:00am European Championships 2018	8:00pm Wild Ireland	9:20am Frasier	7:00am Milkshake!
11:00am Saturday Kitchen	2:15pm The Hairy Bikers' Best of British	9:00pm Wonders of the Monsoon	9:50am Frasier	11:00am Teenage Mutant Ninja Turtles
12:30pm Food and Drink	3:15pm Garden Rescue	10:00pm Cardinal	10:25am The Big Bang Theory	11:35am Chuckle Time
1:00pm Football Focus	4:00pm Wanted Down Under	10:40pm Cardinal	11:20am The Big Bang Theory	12:25pm Police
<i>A look ahead to this weekend's football action with interviews, expert opinions and highlights.</i>	4:45pm Escape to the Country	11:25pm Top of the Pops	11:50am The Simpsons	12:50pm Come Dine with Me
2:00pm BBC News	5:30pm European Championships 2018	<i>John Peel and Janice Long present the pop chart programme, first broadcast on 2 January 1986.</i>	12:20pm The Simpsons	1:25pm Police
2:10pm Weather	6:30pm Flog It!	11:55pm Dusty Springfield at the BBC	12:50pm Come Dine with Me	2:20pm Police
2:15pm European Championships 2018	6:50pm Inventing the Impossible: The Big Life Fix	12:55pm You've Got a Friend: The Carole King Story	1:55pm Four in a Bed	3:20pm Police
5:30pm Final Score	7:50pm BBC Proms Extra	1:55am Easy Listening Hits at the BBC	2:25pm Four in a Bed	4:15pm Police
6:10pm BBC News	<i>All the talk backstage at the BBC Proms.</i>	2:55am Wild Ireland	3:30pm Four in a Bed	5:15pm Pirates of the Caribbean: The Curse of the Black Pearl
6:20pm Regional News	8:30pm Dad's Army	3:55am Wonders of the Monsoon	4:00pm Four in a Bed	8:00pm Cricket on 5
6:25pm Weather	9:00pm Blitz	11:00pm QI XL	4:35pm A Place in the Sun	8:55pm Blind Date
6:30pm European Championships 2018	11:45pm Devdas	11:55pm Series exploring a world where life is shaped by monsoons.	7:30pm Channel 4 News	10:00pm Gino's Win
10:10pm Casualty	2:40am Picnic at Hanging Rock		8:00pm A Year in the New Forest	11:00pm Your Wish List
11:00pm BBC News	3:30am Sylvia		8:00pm New Forest	11:00pm When Live TV Goes Horribly Wrong
11:15pm Weather	5:20am This is BBC Two		9:00pm My Family and the Galapagos	1:55am Super Casino
11:20pm Match of the Day			10:00pm Eye in the Sky	4:10am Britain by Bike with Larry and George Lamb
12:45am Shanghai Knights			12:00am Saga: Breaking Dawn - Part 2	
2:35am Weather for the Week Ahead			2:05am The Last Leg	
2:40am BBC News			3:00am Hollyoaks	
			5:10am Vet on the Hill	

itv itv2 itv3 itv4 sky sports main event

9:25am ITV News	6:50am ITV2 Nightscreen	5:35am The Ivy	7:00am World Cup Rivalries: England v Argentina	6:00am Sky Sports News
9:30am Zoe Ball on Saturday	7:00am The Planet's Funniest Animals	6:25am Judge Judy	7:20am Pawn Stars	7:00am Sky Sports News
10:25am Saturday Morning with James Martin	7:15am Emmerdale	6:45am ITV3 Nightscreen	7:40am Pawn Stars	8:00am Good Morning Sports Fans
12:20pm James Martin's American Adventure	9:55am Coronation Street	7:00am Murder, She Wrote	8:05am Pawn Stars	9:00am Good Morning Sports Fans
12:50pm Eat, Shop, Save	12:40pm Catchphrase	7:50am Murder, She Wrote	8:25am Motorsport UK	10:00am Good Morning Sports Fans
1:20pm Love Your Garden	1:20pm You've Been Framed!	11:05am Inspector Morse	9:25am British Superbike Championship Highlights	11:00am Live - Soccer Am
2:20pm 10k Holiday Home	2:25pm Framed!	3:45pm Inspector Morse	10:30am ITV Racing: The Opening Show	12:30pm Football
2:50pm ITV Lunchtime News	3:25pm FYI Daily	4:50pm Inspector Morse	11:30am Pawn Stars	4:15pm Cricket
3:00pm Tenable	3:30pm Step Up	5:50pm That Riviera Touch	12:00pm Pawn Stars	<i>Day three of the second Test between England and India at the iconic Lord's.</i>
4:00pm Tipping Point	4:20pm Revolution	8:00pm Midsomer Murders	12:25pm Pawn Stars	6:15pm Football
5:00pm The Chase	5:20pm Johnny English Reborn	10:00pm Endeavour	1:15pm Pawn Stars	<i>Derby County entertain Leeds United at Pride Park in the Sky Bet Championship.</i>
6:00pm Wos Wrestling	6:20pm Star Wars Episode III - Revenge of the Sith	12:00am Vera	1:45pm ITV Racing: Live From Ascot	9:00pm Cricket
7:00pm ITV Evening News	7:20pm FYI Daily	2:00am On the Buses	5:35pm Escape to Victory	11:15pm Cricket
7:15pm Regional News and Weather	7:25pm Star Wars Episode III - Revenge of the Sith	2:30am On the Buses	6:35pm FYI Daily	12:15am Cricket
7:30pm Japandemonium	9:00pm Creed	3:00am ITV3 Nightscreen	6:40pm Escape to Victory	12:45am Live Caribbean Premier League T20
8:00pm Big Star's Little Star	10:00pm FYI Daily	3:30am Teleshopping	8:00pm World Series of Darts (Non UK Legs)	
9:00pm Info not available	10:05pm Creed		12:00am Better Late Than Never	
11:35pm ITV News	11:35pm Keith Lemon: Coming in America		12:55am River Monsters	
11:55pm Wanted	12:25am Family Guy		1:55am Minder	
1:45am Jackpot247			3:00am The Motorbike Show	
4:00am Eternal Glory			3:50am ITV4 Nightscreen	
4:50am ITV Nightscreen			4:00am Teleshopping	

SUNDAY - 12 AUGUST

BBC one BBC TWO BBC FOUR CHANNEL 4 CHANNEL 5

2:40am BBC News	5:20am This is BBC Two	8:00pm BBC Proms 2018	11:00am Teenage Mutant Ninja Turtles
7:00am Breakfast	7:05am Gardeners' World	7:00am Kirstie's Vintage Home	11:30am Access
10:00am Match of the Day	8:05am Countryfile	7:05am Mobil 1 The Grid.	11:35am Police
11:25am Sunday Morning Live	9:00am European Championships 2018	7:30am Motorsport	12:25pm Police
12:25pm Bargain Hunt	2:15pm The Hairy Bikers' Best of British	8:30am Everybody Loves Raymond	12:50pm Police
1:25pm Songs of Praise	3:15pm Wastemen	8:55am Everybody Loves Raymond	1:20pm Police
2:00pm BBC News	4:15pm Money for Nothing	9:25am Frasier	1:20pm Police
2:10pm Weather for the Week Ahead	5:00pm Escape to the Country	9:55am Frasier	2:15pm Police
2:15pm European Championships 2018	6:00pm European Championships 2018	10:30am Sunday Brunch	3:15pm Police
6:00pm BBC News	6:20pm Regional News	1:30pm The Simpsons	4:15pm Bad Tenants, Rogue Landlords
6:25pm Weather	6:25pm Weather	2:00pm The Simpsons	5:15pm Bad Tenants, Rogue Landlords
6:30pm Countryfile	6:30pm Countryfile	2:30pm Peng Life	6:15pm Can't Pay? We'll Take it Away!
7:30pm European Championships 2018	7:30pm Mortimer and Whitehouse: Gone Fishing	3:00pm Diary of a Wimpy Kid: Rodrick Rules	7:05pm Can't Pay? We'll Take it Away!
10:00pm Fake or Fortune	8:00pm Inside the Factory	5:00pm Location, Location, Location	8:00pm Cricket on 5
11:00pm BBC News	9:00pm Dragons' Den	6:00pm A Place in the Sun	8:55pm 5 News
11:20pm Regional News	10:00pm Travels in Trumpland with Ed Balls	6:30pm Homes by the Sea	9:00pm Pirates of the Caribbean: Dead Man's Chest
11:25pm Weather	11:00pm Lost Boys? What's Going Wrong for Asian Men	7:30pm Channel 4 News	11:55pm The Expendables 2
<i>The latest weather information.</i>	12:00am Kings of Curry	8:00pm Flying Across Britain with Arthur Williams	
11:30pm Match of the Day 2	1:20am Countryfile	9:00pm Hidden Britain by Drone	
12:35am The Truth About Getting Fit	2:15am Holby City	10:00pm The Handmaid's Tale	
1:35am Weather for the Week Ahead	3:15am This is BBC Two	11:20pm Mama's Angel: Walter Presents	
<i>Detailed weather report.</i>		12:15am Fruitvale Station	
1:40am BBC News			

itv itv2 itv3 itv4 sky sports main event

7:55am The Oddbods Show	7:00am Totally Bonkers Guinness World Records	3:30am Teleshopping	7:00am Nijinsky's Triple Crown	6:00am Sky Sports News
8:05am Ninjago: Possession	7:25am Totally Bonkers Guinness World Records	7:00am Judge Judy	7:05am Storage Wars Texas	7:00am Sky Sports News
8:30am The Haunted Hathaways	7:50am Emmerdale	7:20am Heartbeat	7:30am Storage Wars Texas	7:00am Sky Sports News
8:55am Drop Dead Weird	10:40am Coronation Street	<i>Rumours of sinister goings-on are quick to spread when a local church is vandalised.</i>	7:55am Storage Wars Texas	<i>All the news from the Premier League and beyond.</i>
9:25am ITV News	1:30pm Ninja Warrior UK	8:10am Heartbeat	8:25am Storage Wars Texas	8:00am Total Goals
9:30am Zoe Ball on Sunday	2:30pm You've Been Framed!	9:10am Inspector Morse	8:55am Storage Wars Texas	9:00am Total Goals
10:25am Japandemonium	3:00pm You've Been Framed!	11:30am Inspector Morse	9:20am Storage Wars Texas	10:00am Total Goals
10:50am Ninja Warrior UK	3:30pm The Smurfs	1:50pm Rosemary and Thyme	9:50am Storage Wars Texas	10:30am Sunday Supplement
11:50am Wos Wrestling	4:30pm The Smurfs	<i>Light-hearted drama series about a pair of sleuthing gardeners.</i>	10:15am Storage Wars Texas	12:00pm Goals on Sunday
12:50pm Big Star's Little Star	5:35pm Ella Enchanted	2:50pm Rosemary and Thyme	10:45am BRDC Formula 3 Championship Highlights	1:30pm Live Renault Super Sunday
1:50pm ITV Lunchtime News	6:40pm Ella Enchanted	3:50pm Rosemary and Thyme	11:45am MSA British Touring Car Championship	4:30pm Live Renault Super Sunday
2:00pm Paul O'Grady's Little Heroes	7:35pm Star Wars: Episode IV - A New Hope	4:55pm Victoria	10:15am Storage Wars Texas	8:00pm Gary Neville's Soccerbox
2:30pm Tipping Point	8:35pm FYI Daily	5:55pm Victoria	10:45am Barcelona's European Glory	8:30pm Gary Neville's Soccerbox
3:30pm The Chase	8:40pm Star Wars: Episode IV - A New Hope	6:55pm Agatha Christie's Poirot	11:45am MSA British Touring Car Championship	9:00pm Info not available
4:30pm Info Not Available	10:00pm Skyfall	9:00pm Agatha Christie's Marple	10:00pm World Series of Darts (Non UK Legs)	10:00pm Live ATP 1000: Toronto Final
7:40pm ITV Evening News	11:00pm FYI Daily	11:00pm The Halcyon	12:00am The Halcyon	12:00am Live Caribbean Premier League T20
7:50pm Regional News and Weather	12:55am Family Guy	1:05am Wire in the Blood	1:05am Wire in the Blood	
8:00pm Midsomer Murders	1:50am American Dad!	2:55am Blue Murder	1:10am Assault on Precinct 13	3:30am Cricket's Greatest Games
10:00pm Unforgotten	2:20am American Dad!	3:50am Blue Murder	4:00am Sky Sports News	
11:05pm ITV News	2:45am Ghosted			
11:20pm Carry on Forever				
12:20am Tonight at the Palladium				

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MONDAY - 13 AUGUST

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

2:00pm BBC News	4:15pm Nature's Weirdest Events	8:00pm World News Today	4:00pm A Place in the Sun	1:10pm 5 News
2:30pm Regional News	5:15pm Oceans	8:30pm What Do Artists Do All Day?	5:00pm Sun, Sea and Selling Houses	The latest news coverage.
2:45pm Red Rock	6:15pm Antiques Road Trip	9:00pm Italy's Invisible Cities	6:00pm Come Dine with Me	1:15pm GPs: Behind Closed Doors
3:30pm Escape to the Country	7:00pm Celebrity Eggheads	10:00pm Mark Gatiss on John Minton: The Lost Man of British Art	6:30pm The Simpsons	2:10pm Access
4:30pm Royal Recipes	7:45pm The Repair Shop	11:00pm The Story of Ireland	7:00pm The Simpsons	2:15pm Home and Away
5:15pm Flog It!	8:30pm Great British Menu	12:00am Britain and the Sea	7:30pm Hollyoaks	2:45pm Neighbours
6:15pm Impossible	9:00pm Nadiya's Family Favourites	1:00am Fossil	8:00pm Channel 4 News	3:15pm Cagney and Lacey
7:00pm BBC News	9:30pm University Challenge	1:00am Wonderlands: Nature's Hidden Treasures	9:00pm How to Get Rich Quick	4:15pm Stolen From the Womb
7:30pm Regional News	10:00pm Bollywood: The World's Biggest Film Industry	2:00am Natural World	9:30pm Jamie Cooks Italy	6:00pm 5 News
8:00pm The One Show	11:00pm The Wedding Guru	3:00am Medieval Lives	10:00pm Saving POUNDSTRETCHER	6:30pm Neighbours
8:30pm Snowdonia Shepherdess	11:30pm Newsnight		11:00pm Who is America?	7:00pm Home and Away
9:00pm EastEnders			11:35pm 8 Out of 10 Cats	7:30pm 5 News
9:30pm Fake Britain			12:40am Ramsay's 24 Hours to Hell and Back	8:00pm Cricket on 5
10:00pm Who Do You Think You Are?				9:00pm Traffic Cops
11:00pm BBC News				10:00pm Tower Block Kids
11:30pm Regional News				11:00pm Lawless Britain
11:40pm Weather				12:05am Hummingbird

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

4:00pm Dickinson's Real Deal	3:35pm The Jeremy Kyle Show	10:50am George and Mildred	2:50pm Quincy, M.E.	8:00am Good Morning Sports Fans
5:00pm Tipping Point	4:45pm The Jeremy Kyle Show	11:20am Inspector Morse	3:50pm Minder	9:00am Good Morning Sports Fans
6:00pm The Chase	5:55pm Judge Rinder	1:35pm The Royal Heartbeat	4:55pm The Sweeney	10:00am Good Morning Sports Fans
7:00pm Regional News and Weather	7:00pm Dress to Impress	2:40pm Heartbeat	6:05pm The Professionals	11:00am Good Morning Sports Fans
7:30pm ITV Evening News	8:00pm You've Been Framed!	3:40pm Classic Coronation Street	7:05pm Storage Wars Texas	11:30am Cricket
8:00pm Emmerdale	8:30pm You've Been Framed!	4:15pm Classic Coronation Street	7:35pm Storage Wars Texas	11:00am Live ATP 1000: Cincinnati
8:30pm Coronation Street	9:00pm Two and a Half Men	4:45pm Inspector Morse	8:00pm Pawn Stars	12:00pm The Debate - Live
9:00pm Give it a Year	9:30pm Superstore	7:00pm Heartbeat	8:30pm Pawn Stars	1:00am Info not available
9:30pm Coronation Street	10:00pm Family Guy	8:00pm Murder, She Wrote	8:55pm Mr. Bean	2:00am Live WWE Late Night Raw
10:00pm Lewis	10:30pm Ghosted	9:00pm Agatha Christie's Marple	9:30pm Mr. Bean	5:15am WWE From the Vault
11:00pm ITV News at Ten and Weather	11:00pm Family Guy	10:00pm Sky Sports News	10:00pm Benidorm	
	11:30pm Family Guy	11:00pm DCI Banks	11:00pm Better Late Than Never	
		12:00am DCI Banks	12:00am Crank 2: High Voltage	
		1:05am Scott and Bailey		

TUESDAY - 14 AUGUST

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

2:00pm BBC News	2:45pm Building Dream Homes	8:00pm World News Today	12:30pm The Simpsons	2:45pm Neighbours
2:30pm Regional News	3:15pm 24 Hours in the Past	8:30pm What Do Artists Do All Day?	1:00pm Channel 4 News	3:15pm Cagney and Lacey
2:45pm Red Rock	4:15pm Nature's Weirdest Events	9:00pm Andrew Marr's History of the World	1:05pm Couples Come Dine with Me	4:15pm Murders: Garage Sale Mystery
3:30pm Escape to the Country	5:15pm Oceans	10:00pm Mark Kermode's Secrets of Cinema	1:50pm The Great British Bake Off	6:00pm 5 News
4:30pm Royal Recipes	6:15pm Antiques Road Trip	11:00pm Night of the Living Dead	3:10pm Countdown	6:30pm Neighbours
5:15pm Flog It!	7:00pm Celebrity Eggheads	12:35am Hitchcock's Shower Scene: 78/52	4:00pm A Place in the Sun	7:00pm Home and Away
6:15pm Impossible	7:45pm The Repair Shop	2:00am Italy's Invisible Cities	5:00pm Sun, Sea and Selling Houses	7:30pm 5 News
7:00pm BBC News	8:30pm Great British Menu	3:00am Mark Kermode's Secrets of Cinema	6:00pm Come Dine with Me	8:00pm Moto GP Highlights
7:30pm Regional News	9:00pm Inside the Factory	4:03am What Do Artists Do All Day?	6:30pm The Simpsons	9:00pm The Dog Rescuers with Alan Davies
8:00pm The One Show	10:00pm A Passage to Britain		7:00pm The Simpsons	10:00pm Sinkholes: Swallowed Whole
8:30pm EastEnders	11:00pm Goodness Gracious Me: Reunion Special		7:30pm Hollyoaks	11:00pm Hurricane Hell: 30 Deadly Days
9:00pm Holby City			8:00pm Channel 4 News	12:05am World's Deadliest Weather: Caught on Camera
10:00pm Age Before Beauty			9:00pm Ackley Bridge	
11:00pm BBC News			10:00pm 999: What's Your Emergency?	
11:30pm Regional News			11:00pm On the Edge	
11:40pm Weather				
11:45pm Faith Behind Bars				

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

5:00pm Tipping Point	2:45pm The Ellen DeGeneres Show	10:50am George and Mildred	2:55pm Quincy, M.E.	12:30pm Sportswomen
6:00pm The Chase	3:35pm The Jeremy Kyle Show	11:20am Inspector Morse	4:00pm Minder	1:00pm Sky Sports News
7:00pm Regional News and Weather	4:45pm The Jeremy Kyle Show	1:35pm The Royal Heartbeat	5:00pm The Sweeney	2:00pm Sky Sports News
7:30pm ITV Evening News	5:55pm Judge Rinder	2:40pm Heartbeat	6:05pm The Professionals	3:00pm Info not available
8:00pm Emmerdale	7:00pm Dress to Impress	3:40pm Classic Coronation Street	7:05pm Storage Wars Texas	3:30pm Live Women's T20 Super League
8:30pm 10K Holiday Home	8:00pm You've Been Framed!	4:15pm Coronation Street Classic	7:35pm Storage Wars Texas	6:30pm Katherine Brunt: No Boundaries
9:00pm Love Your Garden	8:30pm You've Been Framed!	4:45pm Inspector Morse	8:00pm Pawn Stars	6:45pm My Icon
10:00pm Long Lost Family	9:00pm Two and a Half Men	7:00pm Heartbeat	8:30pm Pawn Stars	7:00pm Cricket
11:00pm ITV News at Ten and Weather	9:30pm Superstore	8:00pm Murder, She Wrote	9:00pm River Monsters	8:30pm Football
11:30pm Regional News and Weather	10:00pm American Pie	9:00pm Midsomer Murders	10:00pm The World is Not Enough	11:00pm The Debate - Live
	11:00pm FYI Daily	11:00pm Scott and Bailey	11:05pm The World is Not Enough	12:00am Cricket's Greatest Games
		12:00am Scott and Bailey	12:40am Killer Elite	12:30am Live Caribbean Premier League T20

WEDNESDAY - 15 AUGUST

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

11:00am Homes Under the Hammer	9:30am The Farmers' Country Showdown	8:30pm What Do Artists Do All Day?	11:05am Ramsay's Kitchen Nightmares USA	5:45am House Doctor
12:00pm Fake Britain	10:00am Victoria Derbyshire	9:00pm Sacred Wonders of Britain	12:00pm The Simpsons	6:10am The Great Artists
12:45pm Thief Trackers	12:00pm BBC Newsroom Live	10:00pm Britain's Lost Masterpieces	12:30pm The Simpsons	6:35am Wildlife SOS
1:15pm Bargain Hunt	1:00pm Coast	11:00pm Time Shift	1:00pm Channel 4 News	7:00am Milkshake!
2:00pm BBC News	1:20pm Hue and Cry	12:00am Last Journey of the Magna Carta King	1:05pm Couples Come Dine with Me	10:15am The Wright Stuff
2:30pm Regional News	2:40pm Talking Pictures	1:00am Treasures of the Indus	1:50pm The Great British Bake Off	12:15pm Bad Tenants, Rogue Landlords
2:45pm Red Rock	3:15pm 24 Hours in the Past	2:00am Genius of the Ancient World	2:00pm A Place in the Sun	1:10pm 5 News
3:30pm Escape to the Country	4:15pm Nature's Weirdest Events	3:00am Sacred Wonders of Britain	5:00pm Sun, Sea and Selling Houses	1:15pm GPs: Behind Closed Doors
4:30pm Royal Recipes	5:15pm Oceans	Neil Oliver goes on a journey to reveal the sacred face of Britain, an ancient landscape of belief and ritual that still lies hidden just below the surface of our modern world	6:00pm Come Dine with Me	2:10pm Access
5:15pm Flog It!	6:15pm Antiques Road Trip		6:30pm The Simpsons	2:15pm Home and Away
6:15pm Impossible	7:00pm Celebrity Eggheads		7:00pm The Simpsons	2:45pm Neighbours
7:00pm BBC News	7:45pm The Repair Shop		7:30pm Hollyoaks	3:15pm Cagney and Lacey
7:30pm Regional News	8:30pm Great British Menu		8:00pm Channel 4 News	4:20pm Deadly Secrets by the Lake
8:00pm The One Show	9:00pm Recipes That Made Me: Punjab		9:00pm Orangutan Jungle School	6:00pm 5 News
8:30pm Rip Off Britain	9:30pm Recipes That Made Me: Sri Lanka		10:00pm 24 Hours in A and E	6:30pm Neighbours
9:00pm The Sheriffs are Coming	10:00pm Picnic at Hanging Rock		11:00pm Hang Ups	7:00pm Home and Away
10:00pm The Real Marigold Hotel	11:00pm Rhod Gilbert's Work Experience		11:30pm On the Edge	7:30pm 5 News
11:00pm BBC News	11:30pm Newsnight		12:00am 999: What's Your Emergency?	8:00pm Traffic Cops
11:30pm Regional News			1:00am One Born Every Minute	8:00pm Britain's Parking Hell
11:40pm Weather				9:00pm Flights From Hell: Caught on Camera
11:45pm A Question of Sport				10:00pm Hang 'Em High
12:15am Live From the BBC				11:00pm Bronco Billy
12:45am NYPD				

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

10:25am The Jeremy Kyle Show	9:00am Emmerdale	3:30am Teleshopping	7:50am Pawn Stars	6:00am Sky Sports News
11:30am This Morning	9:30am You've Been Framed!	7:00am Classic Coronation Street	8:10am Pawn Stars	7:00am Total Goals
1:30pm Loose Women	10:25am The Ellen DeGeneres Show	7:25am Classic Coronation Street	8:30am Kojak	8:00am Total Goals
2:30pm ITV Lunchtime News	11:20am The Bachelorette	7:50am Heartbeat	9:25am Quincy, M.E.	9:00am Total Goals
2:55pm Regional News and Weather	1:15pm Emmerdale	8:50am The Royal In the final episode, Susie makes a decision about her future.	10:35am Minder	Enjoy all the goals from the Premier League and beyond.
3:00pm Judge Rinder	1:45pm You've Been Framed!	9:55am Judge Judy	11:40am The Sweeney	10:00am Total Goals
4:00pm Dickinson's Real Deal	2:45pm The Ellen DeGeneres Show	10:20am Judge Judy	12:40pm The Professionals	11:00am Sky Sports News
5:00pm Tipping Point	3:35pm The Jeremy Kyle Show	10:50am George and Mildred	1:50pm Kojak	All the news from the Premier League and beyond.
6:00pm The Chase	4:45pm The Jeremy Kyle Show	11:20am Inspector Morse	2:50pm Quincy, M.E.	12:00pm Sky Sports News
7:00pm Regional News and Weather	5:55pm Judge Rinder	1:35pm The Royal Heartbeat	3:55pm Minder	1:00pm Sky Sports News
8:00pm Emmerdale	7:00pm Dress to Impress	2:40pm Heartbeat	5:00pm The Sweeney	2:00pm Sky Sports News
8:30pm Coronation Street	8:00pm You've Been Framed!	3:40pm Classic Coronation Street	6:05pm The Professionals	3:00pm Sky Sports News
9:00pm Paul O'Grady's Little Heroes	8:30pm You've Been Framed!	4:15pm Classic Coronation Street	7:10pm Storage Wars Texas	4:00pm Live Women's T20 Super League
9:30pm Coronation Street	9:30pm Superstore	4:45pm Inspector Morse	7:40pm Storage Wars Texas	7:00pm Cricket
10:00pm The Bletchley Circle: San Francisco	10:00pm Family Guy	8:05pm Pawn Stars	8:05pm Pawn Stars	7:15pm Katherine Brunt: No Boundaries
11:00pm ITV News at Ten and Weather	10:30pm Family Guy	8:35pm Pawn Stars	9:00pm Silverstone Classic	7:30pm Cricket
11:30pm Regional News and Weather	11:00pm Celebability	11:00pm McLaren	10:00pm McLaren	11:15pm Caribbean Premier League Highlights
11:45pm Bad Move	12:15am Family Guy	11:05pm McLaren	11:05pm McLaren	12:15am Cricket

TECH FOR THE TIMID



A COLLEAGUE says he has to buy a new tablet because the old one's full.

Really? Let's see: with a memory card it can hold 144 GB of data. At a rough calculation that would hold every word of, say, the Bible (4.13 MB in its free download from Project Gutenberg), more than 35,000 times with room left over for a few cat videos.

And it's full?

Call me old-fashioned but doesn't it make more sense to empty a bucket when it's brimming instead of buying a new bucket?

Unlike breaking-up in the 1975 pop song, cleaning up is not so hard to do. Or as the Everly Brothers might have put it: 'All I have to do is cle-ee-ee-ee-een, clean clean clee-een.'

The principle's roughly the same for a tablet or a smartphone. First, zap all the obvious junk you've acquired (here's looking at your animal clips and other YouTube funnies).

Clean up your act

Terence Kennedy gets out the broom for a digital sweep



CLEAN SWEEP: Out with the digital dross.

Don't know how to find them? If your device hasn't got a File Manager just download one, some are even called that. Then trawl the folders it reveals and merrily delete where needed. Or to be pedantic: not needed.

Purge unwanted attachments from your emails, then exorcise all the excess pix from WhatsApp and the downloaded music and videos you once thought you couldn't live without but have

done ever since.

You can even zap your photos because if your device has behaved as originally configured they'll all be backed up in the cloud anyhow.

Uninstall apps you absolutely don't use and most likely never will - though quite a few will dig their heels in because Mr Google or Mr Apple decided you may not do without them.

Then it's time to get down and

dirty. To terminate the stragglers with extreme prejudice as the CIA might say, download a cleaner-upper like the free 'Files Go' for Android, launch it and let it lead you by the hand.

Bingo: space available for several thousand more Bibles or one Spanish Labour Law. Works every time, though in rare cases it can go wrong and this column takes no responsibility blah blah blah ...

And if it does, or you'd simply prefer to have your device back the way it was when you took it out of the box? Easy-peasy.

Somewhere in the Settings you'll find 'backup and reset' or similar. Its scorched-earth option is called 'factory reset.'

Deep breath, click, wait, breathe. Then welcome to your shiny 'new' toy, and happy reinstalling and fiddling.

Oh, what, you forgot to write down all your passwords and save your vital documents before you wiped it clean? Oops.

Factory reset

FACTORY resets are a fail-safe option on plenty of gadgets these days and all you may need is a pin.

Look hard at simpler devices to find a pinhole. Poke your pin in there as instructed in the manual or online, and the device will reset.

A factory reset is absolutely the way to go if passing on a device which contains any personal data; it's almost the only sure-fire way to remove your traces.

Alas, you can't poke a pin at a computer to work that magic. Do your research, choose the reinstall option, enjoy a new and un sullied version of your operating system - and then schedule lots (and lots) of midnight oil to get it all back the way you want it.

Greed and power

Mike Senker
In my opinion



Views of a Grumpy Old Man

READ an interesting item this week that there is just one Blockbuster video store left in the world. In their prime they had 9,000 stores worldwide and employed over 84,000 employees. The amazing thing is that it took about 25 years from start to finish and what is even more amazing is that most 20 year olds don't even know what a video is.

They have never had the fun of going into a video store and renting a great movie. Or of making sure you booked it for whatever night you wanted to see it or going round the shop picking up the boxes and finding a night's entertainment. Video was a revolution.

Everything since is evolution and it was the pure greed of the Hollywood Studios that killed video. They hated the fact that individuals were, in their opinion, earning too much money out of their product. So they put obstacle after obstacle in the way to try and control the business. They used copywrite laws in the end to stop the renting out of VHS and then DVD. They wanted all the control.

The dream was that people would be able to download their movies directly from the studio and cut out the middle man. Well, they fi-

nally won, or thought they had. All the video stores went out of business and everybody started downloading movies. But instead of the studios getting paid for every movie watched, the punters found a way of by passing the system and are downloading them for free. Is it legal? No, it isn't. Can they stop it?

No, but it was their greed that caused it. I sold my video stores in 2001 as I just couldn't fight with the film companies any more. It was unbelievable how much the studios hated video and DVD even though, in its heyday, it represented 57 per cent of all returns of a movie. Greed and power - that's the problem.

I think the same will happen with Facebook. I reckon in a few years that will disappear too. Kids are already using other forms of social media. They don't want to be bombarded with adverts and stuff. Google, Amazon, Facebook, Apple, Microsoft and a few others want to control our lives. What we watch, what news we are fed and what we buy.

I think people will get wise eventually and do something about it. The biggest taxi company in the world doesn't own one taxi. The biggest food takeaway company doesn't own a burger van never mind a restaurant. I'm getting fed up with it all. I don't know about you but in my own grumpy way I'll try and fight it.

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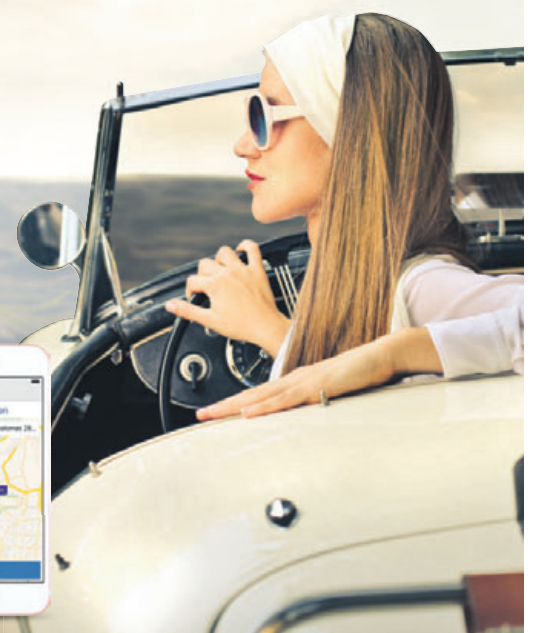
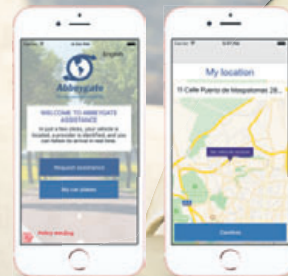
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Why taxi drivers are shooting themselves in the foot

I DO understand that taxi drivers have to pay a very large amount of money in order to obtain their licences and that they see the possibility of selling them on at a profit as a retirement plan.

They obviously believe the existence of Spanish private hire company Cabify and American-owned Uber to be damaging to their livelihoods but have chosen to hurt tourists and residents by striking and blocking access to airports.

In the long run, if they offer a worse service which costs more, the cab drivers are going to lose out and will only get a percentage of the existing business from people who can't be bothered to make an advance booking.

Drivers, if you have a problem with the law, don't penalise your customers!

George Brown, Benidorm

Against cruelty

I SHOULD like to draw reader's attention to the work of Anima Naturals, the animal rights organisation based here

Guardia Civil officers save the day

BREAKING down on the N332 in 30 degree heat is never going to be fun.

Having a five-week-old baby and a two-year-old toddler in the car as well quickly turns it into a nightmare.

This is what happened this week to my daughter-in-law, who was travelling from Finestrat to Villajoyosa with my wife.

There was nowhere shaded to take the children, so the only option was to wait in the hot car, with the traffic passing at 100 km/h just inches away. The insurance company was called, and a grua and taxi promised as soon as possible, but it was still a scary situation.

Enter the heroes of the day - two Guardia Civil officers - who pulled over and took control. The



Credit: Wikimedia

SAFE AND SOUND: Thanks to Guardia Civil officers.

blue lights on their van obviously slowed down the passing traffic and the officers took the four hot and flustered occupants into the air conditioned van.

As one officer chased up the grua and taxi on the phone, the other entertained the two-year-old (and the adults) by blowing up a latex glove and generally making him laugh. Apart from potentially preventing a crash, they made everyone feel at ease.

They did a brilliant job, so thank you to those two unnamed officers. You went beyond and above the call of duty, and we are very grateful.

Keith Baker, Villajoyosa.

in Spain which continues to fight against cruelty to animals.

At the end of August, the town of San Sebastian de los Reyes not only has its somewhat chaotic annual bull run but also has a festival in which calves aged between one and two years are slaughtered in a most inhumane manner.

This 'becerradas' as it is known occurs in a number of towns across Spain and a petition which wants to see the practice banned is hosted at www.becerradas.org.

Jane Thompson, Torremolinos.

Bad planning

I HAVE photos of the unacceptable horror and unhygienic reality of the new 'basura' recycling situation on the El Aspre/Orbeta urbanisation.

More than 18 large bins were removed, which have always been adequate even in the summer months when the urbanisation has a lot of holiday lets and summer visitors in situ. Then, with no other bins available, they began to build a small shed to house the much smaller, and fewer bins. For a few days, there were no bins on the urbanisation or in Orba at all.

Everyone in Orba had to queue (sometimes up to 90 minutes) to get a personal access code and/or the recycling bins.

The access code keyboard didn't work for a while and now the handle on the door has broken, although the lock works with the code entered. Many houses are currently empty, so they have not registered to get their access code, nor will they know the new system when they return to Spain.

The biodegradable bags split easily, and the collection for food waste is once a week. Food waste sits there rotting, and the bin lids are often left open and overflowing.

This is going to be a massive health and hygiene issue. People without access will simply dump their rubbish anywhere. There is very little parking now, whereas the bin areas before had plenty of parking, never overflowed and were completely safe from vermin and insects.

It is not acceptable given the Suma rates we all pay. Complain, and complain loudly people!

Outragad of Orbeta, Costa Blanca North.

HAVE YOUR SAY

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

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

Emergency evacuation of Ryanair flight in Spain after fire

Well done Ryanair on a speedy and well organised emergency procedure.

Lorraine Casey Orlandi

What an idiot for charging his phone with an external battery inside a bag. They need ventilation. Glad no one was hurt and this happened before take off!

Zara Mária

Fighting for his life: British teen 'poisoned' on holiday in Spain

First port of call will be the bars they drank in to test the alcohol. My money's on cheap knock-off booze trying to maximise profit.

Leyla Kara-Hassan

New potential virus carrying Asian Mosquito species arrives in Spain

Doesn't sound good. Maybe in a few years we'll all be walking around inside a mosquito net ball like bubble boy!

Zara Mária

Comments from EWN online

One dead as heatwave in Spain claims its first victim with temps of 48C expected today

That's why August was always when the work stopped in Spain, outdoor work should not be done in such hot weather, yes, there is aircon these days, for shop and office workers, but not for road workers, or builders.

June N Maurice Johnson

Balcony plunge horror: Brit falls six floors while 'relieving himself' in Mallorca

WHY should anyone show empathy? The moron was hanging over a balcony taking a poo!!! Deserved everything he got. That's the trouble with this world,

too many do gooders!! If you cannot behave like a civilised human being don't go on holiday!

Mandy Taylor

Red alerts: Heatwave death toll rises in Spain as maximum temperature records could be broken

No problem whatsoever, no different to any other year. We had the same warning last year. People just need to be sensible, drink plenty and stay in the shade if you go out. Early morning still lovely and after all it's not unexpected.

Stephen Clarke

Nolotil painkiller, banned in the UK, but prescribed in Spain 'is killing Brits' claim

My little girl's immunologist from the Materno in Malaga told us that there are studies showing that Metamizol has got much more dangerous side effects for northern Europeans than people coming from southern Europe.

Steffi Gracie



HAVE A TEA: Most effective cooling down method.

Cup winner

SCIENTISTS say a hot drink will cool you down more than an ice-cold beverage.

According to Professor Peter McNaughton, a neuroscientist at the University of Cambridge, drinking hot tea or hot water will raise core body temperature. This makes people sweat more.

Nerves in our mouths and upper digestive tract react to the heat of the drink, making the brain produce more sweat. As it evaporates, the sweat effectively cools you down.

McNaughton suggests that instead of grabbing an ice-cold drink on a hot day, he recommends 'a good cup of hot tea,' because it doesn't have other effects - like huge levels of caffeine.

Perk up in the morning



EARLY BIRD: Build your stamina.

EXERCISING in the morning on an empty stomach burns more fat than exercising at other times of the day.

Exercise increases how awake we feel and raises our core temperature. Burning calories is not the only benefit of an 'early bird work out.'

Working out in the morning is great for the mind

and body.

It is advisable to take supplements before exercising on an empty stomach. Iron deficiency is one of the leading causes of tiredness in women, with 27 per cent not getting enough.

Eat a lunch rich with animal produce, otherwise known as carnitine. Products like meat, fish, poul-

try, and milk are the best sources.

In general, the redder the meat, the higher its carnitine content. Carnitine converts fat to your cells so it can be used as energy, while not having enough can cause dizziness and muscle weakness.

Snacks in between meals should involve three key components: protein, fibre

and complex carbohydrates.

Apple with some oatcakes and peanut butter keeps blood sugar levels constant until dinner.

Dinner should be eaten at least three hours before sleeping.

Eating, sleeping and exercising at regular times will build stamina and form an easy to follow routine.

Truth or myth?

SOME say eating late leads to weight gain, some say it has no effect. Which is true?

Weight gains only happen when there is a change in calories consumed or calories burned.

If you feel full, you are less likely to snack. High protein meals for breakfast have been shown to reduce food cravings and help reduce snacking later in the day.

A high protein meal triggers a release of dopamine, a neurotransmitter which stimulates feelings of reward. The reward response is an important part of eating because it helps to regulate how much food you eat.

What you eat also controls your drive to be physically active. Eating a big dinner makes you feel heavy and less motivated so there is less chance of burning calories. Eating late at night is linked to weight gain and obesity.

Different cultures have different approaches to eating patterns. In Spain, a large midday meal followed by an afternoon siesta and evening tapas is very common.

According to the research by University of Murcia, overweight women who ate a larger lunch and smaller dinner lost more weight than those who had a larger evening meal.



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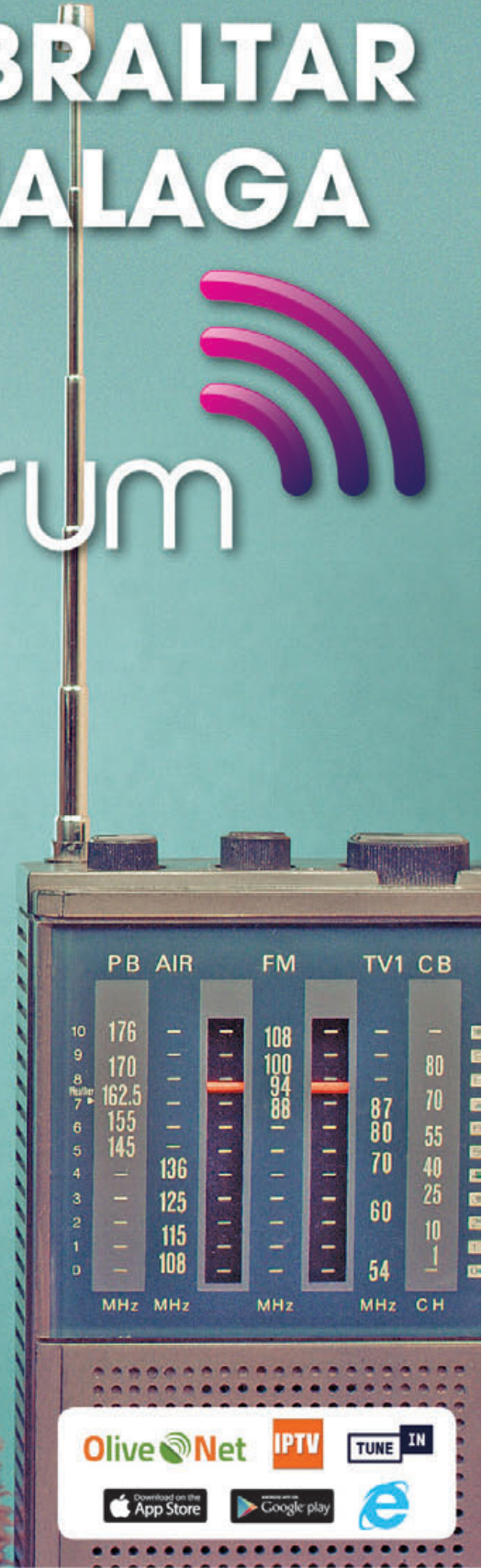
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Robin George returns to 'rock the Axarquia'

GUITAR legend, Robin George, has worked with a host of world class musicians including Thin Lizzy, Robert Plant and David Byron and, this August, he returns to 'rock the socks off the Axarquia!'

This time it's a little different. Robin and The LovePower Band will be joining forces with rock goddess, Jenny Darren, who recently wowed audiences with her electrifying appearance on Britain's Got Talent.

Audiences in Axarquia will be the first to hear electrifying performances of Robin and Jenny's new album, Savage Songs, as well as being treated to power rock nights.

Periana Town Hall has



snapped the band up for two headline concerts, first on Wednesday, in Periana Town Square and the grand finale on Friday August 24 at El Cañuelo.

Robin is known for the support he gives to local animal charities, and The LovePower Band will be performing at Bar Scirocco, Puente Don Manuel next Friday, August 17, to raise much-needed funds for Axarquia Animal Rescue.

You'll also have the chance to be the first to view Sammi Dennard's documentary about the fantastic work of this charity, filmed in Axarquia.

JENNY AND ROBIN: Ready to rock.

Top flamenco in Almuñecar

A SHORT festival of flamenco which has visited Motril and Salobreña comes to a triumphant end at the El Majuelo Park in Almuñecar on Saturday.

The headliners will be singer Marina Heredia and pianist Dorantes who will be playing numbers from their highly acclaimed production Esencias without Walls, which has had critics comparing the pianist and his work to that of guitar maestro Paco de Lucia.

Also on the bill will be dancer Farruquito - who after being sent to jail, convicted of manslaughter - returned to the stage and regained his crown as one of flamenco's greatest dancers in 2010.

Tickets for the event cost €18 and €20 and can be purchased at <https://www.rendradas.com>.

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Eat Well to Live Well



by Andrew Harding

THIS week I will discuss vitamin B complex. It is complex because there are more than one, but less than 12, which is the largest numeral ascribed to a B vitamin.

The first B vitamin to be discovered was called 'water-soluble B.' That meant that it was only the second vitamin ever identified (the first was fat-soluble A). Riboflavin was discovered next, so water-soluble B became B1, and riboflavin became B2. The system began to get confusing in 1926, when researchers realised that vitamin B1, was actually two vitamins, thiamine and niacin. Thiamine kept the B1 name. B2 was already taken, so Niacin became B3.

As vitamin research continued, scientists found a number of substances they thought at first were new B vitamins. Some, however, turned out to be the same B's that had already been discovered, while others turned out not to be vitamins at all. These phantom B's are the missing numbers. To avoid confusion, scientists now prefer to use the B vitamin names instead of the numbers. There are no vitamins 4, 8, 10 and 11. I will split the B vitamins into four-parts; one this week and the rest over the

Explaining B Vitamins



SLOWLY DOES IT: Italian stewed beef.

next two weeks.

Thiamine (vitamin B1) helps to break down and release energy from food and is essential for a healthy nervous system. Good sources include: peas, fresh and dried fruit, eggs, wholegrain breads, some fortified breakfast cereals and liver. Symptoms of deficiency include: loss of appetite, fatigue, irritability, tingling in the arms and the legs as a result of nerve damage (this is one of the earliest symptoms displayed), blurred vision and delirium.

Riboflavin (vitamin B2) helps to keep skin, eyes and the nervous system healthy and allows the body to release energy from food. Good sources of riboflavin include: milk, eggs, fortified breakfast cereals and rice. Ultraviolet light can destroy riboflavin, so ideally these foods should be kept out of direct sunlight. Symptoms of deficiency include: weakness or fatigue, mood change, a sore throat is usually the first presenting system, skin

cracking, dermatitis and anaemia.

• This week's recipe:

Italian Stewed Beef

Serves 4

- 1 kg stewing beef, cubed
- 2 tablespoons olive oil
- 1 large onion, skinned and chopped
- 6 whole garlic cloves, skinned and chopped

- 1 stick celery, sliced
 - 500 ml red wine
 - 1 tin chopped tomatoes
 - 4 whole bay leaves
 - 1 tablespoon Italian dried herbs
 - 2 whole beef stock cubes, crumbled
1. Place beef with the oil in a frying pan and fry to seal.

2. Add the onion, garlic and celery and continue to fry for another two or three minutes.

3. Add the red wine and simmer until the smell of alcohol has disappeared.

4. Pour into a slow cooker set on high and add the remaining ingredients.

5. Allow to cook for a minimum of three hours, ideally four to five.

6. Serve with ribbon pasta (tagliatelle, pappardelle, fettuccine, etc).

Hint: If you don't have a slow cooker, place in a lidded-casserole dish in the oven at 170 Celsius (Conventional)/ 160 Celsius (Fan).

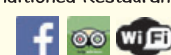
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Planning gardens to survive the summer

DICK HANDSCOMBE



I AM now enjoying my 30th summer in Spain without expensive air conditioning and

with fresh ecological salad vegetables daily from the garden.

The solution was to: live in an inland valley that had a breeze most days; retain and train natural trees for maxi-

mum shade in the summer and maximum sun in the winter; keep windows and shutters closed in the summer until shaded after 5pm and open windows and shutters 9am to 5pm in the winter; recognise that only early and late sun is required for salad vegetables but the roots need to be kept constantly damp - to help this a five kilo box of handy Terra-Cottem has been kept and used whenever planting new plants.

That is just a brain dump of things that come to mind first. This list is increased and expanded on to several hundred in the booklet *How to Use Less Water in your Garden* - a practical guide to water-wise Mediterranean-style gardening worldwide.

This is available inexpensively from Amazon in English and Spanish.

Luckily many plants have a defence mechanism when the weather is very hot and

slow down their activity with growth and flowering being reduced, except for true tropical and semi-tropical flowering plants and trees.

But even then most plants welcome shelter from the hottest suns in semi- or full shade for at least part of the day. Likewise so do humans, pets, insects and garden wildlife such as geckoes and frogs.

When we purchased our house we kept old trees and planted more, we maximised the use of the natural shade for part of the day on the north side and for much of the day on the western side. Likewise we now take maximum advantage of large trees on the eastern southern and western boundaries, trailing climbers over pergolas or wires from trees to the house wall. With very few spots in the garden that are not in at least dappled shade for at least part of the day

there is always somewhere to rest, read or work in the shade and one can stroll the entire perimeter of the plot largely in the shade.

Thinking about planting-up some areas of the garden, especially those which you see when resting or taking a siesta, with cooling plantings that are predominantly white, grey, blue and mauve as suggested in chapter 2.6 in *Your Garden in Spain - from planning to planting and maintenance.* This was chapter 4.17 in the earlier version of the book.

Possible plants include white and blue agapanthus, mauve tulbaghias, white flowering petunias, begonias, solanum, jasmine and roses, the grey foliage of echiums, lavenders, some gazanias and sages.

Likewise white walls, white plant pots, rocks in rockeries, areas of white stone chippings, light versus dark coloured paths and ter-

aces and whitewashed trunks of citrus trees - which also helps to prevent them from splitting in the sun - can help cool down the garden.

Lastly but not least, the sight and sound of water can be stimulating, soothing and cooling. A fountain can be purchased and immediately installed, but a pond with a fountain or cascading waterfall is a project for the winter - to be ready for next year.

Also a shower alongside a main pathway through the garden can provide a welcome cooling off and the draining water can keep a bed of canna lilies or comfrey happy all summer and autumn until autumn rains arrive.

Space has run out but we hope some of the above tips help you enjoy your Spanish abode to the full and in the summer just rely on air conditioning and television.



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FUNNY PHOTOS: Capture your amusing pets on camera.

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"The new website was causing some problems initially, but I think it has been fixed now. Lamia always seems to be on the phone to help whatever time it is,

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"I have enjoyed doing the house/pet-sits I have done up to now and the families whose pets I have looked after have been very nice and have welcomed me into their homes. I am even getting adept at using an Aga!! I would recommend this company, it is like being part of a family."

Liz Edge.

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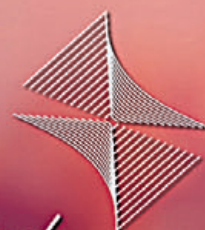
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Carretera Almería, Finca La Batería
TORRE DEL MAR, MÁLAGA

C/. Adarves, C.C. Los Olivos (Urb.
Calahonda)
CALAHONDA (MIJAS COSTA),
MÁLAGA

Ctra.de Cádiz km.189 (El Rosario)
MARBELLA, MÁLAGA

Calle Princesa 6, Edif. Boulevard
TORRE DEL MAR, MÁLAGA

Urb. Bell Air, C/ Camino de Calderon
s/n
ESTEPONA, MÁLAGA

C.C Plaza, Local, 45
MARBELLA, MÁLAGA

Avda. Benalmadena esq. C/ Antonio
Soler
TORREMOLINOS, MÁLAGA

Calle Torre Almenara, s/n. Junto
Avda. Virgen del Carmen
ESTEPONA, MÁLAGA

Ctra. De Cádiz km, 190,5 (C.C
Elviria)
MARBELLA, MÁLAGA

PS. del Colorado 25
TORREMOLINOS, MÁLAGA

Urb. La Portada (parcela 4-D)
ESTEPONA, MÁLAGA

Ctra. Nac. , Km.179 (Nagüeles)
MARBELLA, MÁLAGA

Avda. de los Manantiales, s/n.
TORREMOLINOS, MÁLAGA

Avenida General López Domínguez
19,
MARBELLA, MÁLAGA

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TORREMOLINOS, MÁLAGA

Ctra. N-340. km 292.
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NERJA, MÁLAGA

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MOTORING FACT



Ford offered the first ever intermittent wind shield wipers as an option on the company's Mercury line, beginning with the 1969 models.

Volkswagen Touareg has star power

WITH its starship looks and when fully kitted out with Volkswagen's InnoVision Cockpit, the new Touareg is unlike anything else currently on sale.

It was always going to need to make a statement to grab the attention of buyers, its predecessor has been under siege from rivals for 15 years.

This new model shares its underpinnings with the Audi Q7, Bentley Bentayga and Lamborghini Urus, among others.

Longer and wider than before, albeit a fraction lower, this new Touareg looks like a beast on the road, with a grille that appears to stretch across its entire front.

Despite its size, the Touareg remains a five-seater, meaning it lacks the versatility of a Q7 or Volvo XC90.

However, the five seats you do get are generously proportioned, with easily enough room for three adults to sit across the back,



Credit: Grzegorz Czapski/Shutterstock

BEAST MODE: The Touareg combines power with style.

and ample headroom even with the enormous panoramic sunroof installed.

As with the smaller Tiguan, these rear seats slide fore and aft, and have adjustable backrests, all allowing you to trade some rear legroom for additional boot space.

The quality of the interior surpasses any other VW to date - with soft, smooth leather

and absurdly comfortable seats.

At night the ambient lighting emits a gentle glow, and that the Touareg does all of this without any of the bling so often associated with these enormous SUVs is to VW's credit.

The 12-inch digital dials can display a full satnav map as well as the usual trip computer and audio controls, leading to an almost endless range of possible configurations.

Despite all the usual range of driving modes, the Touareg is at its best if you just leave everything in the default, normal setting.

It may be a two-ton SUV but if you put your foot down the 282bhp Touareg really goes, and the engine is well matched to the gearbox.

Volkswagen thinks it's got a class leader in its hands and if you value comfort and technology over a sporty drive or a posh logo, you may well agree.



LOOKING SPRITE: Iconic '2 GTO' first registered to Austin Healey.

A licence to sell

THE '2 GTO' licence plate could potentially be the most expensive ever to be sold in the UK. The registration plate could end up on a Ferrari 250 GTO, the most expensive car ever sold.

Once licensed to an Austin Healey 'Frogeye' Sprite, the '2 GTO' plate has belonged to the same owner since 1970. The iconic number plate has now been put up for auction with an official estimate of €225,000 to €337,000, however it may fetch much more.

Now retired, the owner prefers to remain anony-

mous but admits that the coveted plate has previously been used on ordinary, run of the mill cars.

At the moment the most expensive plate ever sold in the UK is '25 O,' registered to a €11.25 million Ferrari 250 GT SWB in 2014, costing €656,000.

The world's most expensive classic car to date is a 1963 model sold for €58 million last month.

Currently on sale for an asking price of €16million is the 'F1' registration plate, licensed to a 2013 Bugatti Veyron, having been bought for €422,000 from Essex Council in 2008.

Harley reinvents itself

MOTORBIKE makers Harley Davidson are reportedly hoping to broaden their appeal with a series of new models including a new electric bike.

The models, which include the LiveWire bike, are set for release in 2019. They come as the com-

pany has faced declining US sales in recent years.

Matt Levatich, the company's CEO, said Harley Davidson wanted to inspire future riders with the new models.

"We want to inspire those who haven't yet even thought about

the thrill of riding, alongside our existing loyal riders, with the next revolution of two-wheeled freedom," he said.

Harley Davidson, whose motorbikes are known for their roaring, rumbling engines, said it plans to introduce the electric LiveWire bike to make riding easier. It will feature no clutch and no gears, the company added.

The firm said it planned to release 100 new motorcycles over the next 10 years and that it wanted to win over two million new riders to combat falling sales.

The LiveWire will be followed by more 'twist and go' electric two-wheelers over the next few years which will be lighter and smaller.

The company is set to continue making big bikes and its new models will include a more technology-advanced touring and cruiser motorcycle.

Harley-Davidson is developing smaller bikes with 250-500cc engines to make them more accessible to customers in Asia and India, where sales are rising.



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A very well organised super cars event

As a general rule, the CCC of A tends to avoid static displays, preferring to get out on to the open road and enjoy the cars for the driving and the countryside. However, it's the exception that sometimes proves the rule, and the exception just recently was the Concours D'Elegance held at the Magna Cafe, near Marbella, and organised by Magna Supercars SL.



The venue proved to be quite beautiful, using some of the golf course there behind the Cafe and proving perfect for a real Concours.

The turnout on the day was extremely impressive with well over 100 cars of all types and sizes entering for

the prestigious awards.

A panel of five judges presided over it all and these learned few included top motoring journalist Dr Ian Kuah and the CCCA's own former McLaren team manager, Jo Ramirez.

The event was really well organised and with more super-cars parked in one place than one could imagine. It was quite a feast for enthusiastic eyes! Ferraris by the score, Porsches, Maseratis, Mercedes and much more. Every marque provided something very rare, often exquisite and always hugely valuable. Sadly too many fabulous vehicles were present to list here, but we will try to show some photos on this page.

Participants were treated to some marvellous tapas, Champagnes, beers and wines and then, once judging was complete, a magnificent dinner was served 'al fresco' under the stars whilst the prizes were distributed. I am delighted to report that my lovely 1963 Jaguar Mk.2 was among the prize winners making the evening even sweeter than was expected!



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However, this week 'Drive Andalusia' the Tours side of the CCC of A has announced its next big event, a seven-day Tour of some of the best mediaeval cities in Spain. The route will take in Cordoba, Caceres, Salamanca, Avila, Plasencia, Aracena and Ronda. Magnificent castles, palaces and five-star hotels will make up the night stops and the

roads and scenery will be quite magnificent. Perfect for drivers and passengers alike! There will be a two-night stop in Salamanca to allow everyone a full day to see the sites of this magnificent city of educational and historic interest. There will be black tie dinners, cocktail parties and a great crowd of people. This event is open to others outside the CCCA bringing either a Classic, Sports or Prestige car.

The next CCCA Classic car run will be on Saturday and will start from Venta Peligrino, just above La Cañada, near Marbella. Cars to depart at 11.00am. The finish will be in Mijas Costa.

That's it for this week,

Jan Giles
MOTORING



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



CONOR MCGREGOR will fight unbeaten Russian Khabib Nurmagomedov for his lightweight title in Las Vegas on October 6, in what UFC President Dana White has described as the "biggest fight in UFC history."

TO READ MORE

Aguero gives Chelsea the Blues

SERGIO AGUERO scored both Manchester City's goals as the Premier League champions beat Chelsea to win the Community Shield on a sweltering day at Wembley.

Aguero's first - his 200th goal for the club - came after 13 minutes, when he collected the ball on the edge of the area after Phil Foden surged forward, and fired into the bottom corner.

His second came after the break, when he latched on to Bernardo Silva's pass and beat Willy Caballero with another precise low finish.

Chelsea lacked a presence in attack and managed only one shot on target, a long range strike by 17-year-old Callum Hudson-Odoi.

Some of their lethargy going forward could be put



HEAR TO STAY: Aguero's first goal was his 200th for City.

down to the heat, which made it difficult for both sides to sustain any sort of tempo.

Players were allowed water breaks during the game and some substitutes had wet towels over their heads.

The Blues missed the creativity of Eden Hazard, but City were also without Kevin de Bruyne, Raheem Sterling and David Silva.

City's controlled performance secured their third piece of silverware in the past six months, and manager Pep Guardiola has emphasised that they are hungry for more.

Chelsea will face Huddersfield on Saturday, while City begin the defence of their Premier League crown at Arsenal on Sunday.

Peaty's record

GREAT BRITAIN'S Adam Peaty broke his own 100m breaststroke World record to retain his European title in Glasgow.

The 23-year-old Olympic and World Champion finished in 57 seconds - 0.13 seconds quicker than his previous best time - as teammate James Wilby grabbed silver following a late surge.

Peaty took a huge lead on the first 50m before pulling away further to win by 1.54secs from fellow Englishman Wilby.

"I can't believe I beat what I did at the Olympics," said Peaty.

"I was in perfect shape then, I'm not even in that good shape now. I didn't try to be in that good shape."

Britain also won gold in the mixed 4x100m medley relay, breaking the European record in the process.

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Women's Hockey World Cup

NETHERLANDS were crowned Women's Hockey World Cup winners for a record eighth as they overwhelmed Ireland 6-0 to end their fairytale tournament.

Four goals in a seven-minute spell around the half-time break earned the Dutch a commanding victory.

Minnows Ireland had won a raft of new fans on their un-

likely road to the final.

Their reward for reaching the final is an expected climb into the top of the world rankings for the first time.

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